

September 2024

Northern Pines Newsletter

Northern Pines Assisted Living | 130 Mary Ann St. Grayling, MI 49738 | (989) 344-2010



Celebrating September

National Assisted Living Week

September 9-13

World Alzheimer's Month

National Guide

Dog Month

World Letter Writing Day

September 1

Day of Charity

September 5

Wonderful Weirdos Day

September 9

Bald Is Beautiful Day

September 13

International Country

Music Day

September 17

White Chocolate Day

September 22

Love Note Day

September 26

Good Neighbor Day

September 28

School Days Flashback

As September approaches, the sight of children heading back to school brings a wave of nostalgia, reminding us of how schools used to be.

Back in the day, many schools were one-room schoolhouses, especially in rural areas. Imagine one teacher managing students of all ages and grades in a single room. Discipline was strict—getting the occasional rap on the knuckles with a ruler was not unheard of!

Technology in the classroom was a far cry from today's smartboards and tablets. The trusty chalkboard was the centerpiece of the room, and students wrote on slates with chalk. Desks were often bolted in neat rows, and flexible seating was just a dream. Instead of Googling answers, students flipped through well-worn textbooks and took meticulous handwritten notes.

School supplies were prized possessions. Pencils and paper were often shared among siblings, and ink wells and nib pens were part of the daily routine. Lunches, wrapped in cloth or paper, were brought from home—no cafeteria pizzas or chocolate milk here!

Extracurricular activities, though fewer, were cherished. Recess games like hopscotch and kickball, along with school plays and community events, were major highlights. Physical education was simple and often included activities like dodgeball or relay races.

Getting to school was an adventure in itself. School buses were a rarity, so many children walked long distances, rain or shine. This daily trek often built a strong sense of community, as families and neighbors connected through their local school.

Reflecting on these memories, it's clear that while much has changed, the joy of learning, making friends, and community spirit remains timeless. Here's to celebrating the wonderful memories of school days past!

Adventure Awaits



The United Nations established September 27 as World Tourism Day, a day to recognize the importance of visiting other cultures and sharing social, cultural, political, and economic points of view. How, though, are

visitors to know all the rules of etiquette of a foreign country? For example, it is considered rude to order cappuccino in Italy after 11:00 in the morning. In Venezuela, don't show up on time for dinner; everyone is expected to arrive 10 to 15 minutes late. In Norway, table manners are extremely important, and one should always use a knife and fork at meals, even with sandwiches. When in Japan, never point, play with, or stab food with your chopsticks. And never take food from a shared plate with the eating end of your chopsticks; use the opposite end instead.

So how does one avoid making embarrassing or offensive mistakes in foreign countries? These few tips will make you the best kind of tourist—one who is welcomed back. First, learn a little about the country before you arrive. Whether you search the internet, buy a guidebook, or visit the library, learning a little bit about the culture, history, and landmarks of a foreign country will prepare you for your trip. You can learn about the city layout, currency exchange rates, local languages, popular food dishes, unusual customs, and even places to avoid.

After your feet are on the ground, don't rush. We tend to overschedule because we want to visit all the important tourist landmarks. Just because you're in Paris doesn't mean you have to visit the Eiffel Tower. Ditch the checklist. This allows you to enjoy the next two tips: meet local people and visit local places. You don't have to know the local language to be polite and gracious with others. Also, try to shy away from global chain restaurants and hotels. You're on vacation! Allow yourself to feel like you've been transported away from home.

September Birthdays

Those born between September 1–22 are Virgos. Virgos are considered shy and sometimes naïve, private, and very tidy. They are also curious explorers who are incredibly loyal and well respected by their friends and colleagues. If you were born between September 23–30, you balance the scales of Libra. Libras are very social, seek harmony through compromise, and have strong powers of critical thinking.

- Salma Hayek (actress) – September 2, 1966
- Alan Ladd (actor) – September 3, 1913
- Beyoncé (entertainer) – September 4, 1981
- Bob Newhart (comedian) – September 5, 1929
- Grandma Moses (artist) – September 7, 1860
- Patsy Cline (singer) – September 8, 1932
- O. Henry (writer) – September 11, 1862
- B. B. King (musician) – September 16, 1925
- Bruce Springsteen (singer) – September 23, 1949
- Bryant Gumbel (journalist) – September 29, 1948

Assisted Living Spirit Week

Celebrating National Assisted Living Week gives us a chance to recognize all the staff, volunteers, residents and their families that play a vital role in making our facility a success. So, get ready, September 9th-13th is a week to point out the amazing things that go on within our assisted living community. Join in on the fun and participate in our spirit week! Our staff, residents and their families and all volunteers are encouraged to dress up each day to the theme and show their spirit for their Northern Pines community!

- Monday September 9th**- USA Day
- Tuesday September 10th**- Crazy Day
- Wednesday September 11th**- Tropical/Beach
- Thursday September 12th**- Country vs. Country Club
- Friday September 13th**- Pajama Day