

October 2024

Northern Pines Newsletter

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



Celebrating October

Halloween Safety Month

Roller Skating Month

**Spinning and
Weaving Week**

October 7–13

Free Speech Week

October 21–27

**Balloons Around
the World Day**

October 1

Handbag Day

October 10

Cider Tasting with Shelby

October 11

Happy Birthday Betty!!!

October 25

National Mule Day

October 26

Checklist Day

October 30

Happy Halloween

October 31

Love Thy Neighbor

I am grateful for my neighbors. One day while power washing my porch, the power washer quit working. So I called my neighbor to borrow his power washer. He promptly said yes and brought it over. Because of his kindness, I was able to finish power washing the porch!

There is a story in the Bible in Luke 10:25-37 about a Samaritan being a good neighbor. This Samaritan was traveling from Jerusalem to Jericho and came upon a man lying in the road, beaten by robbers, striped of his clothing and left to die. Prior to the Samaritan finding the man, a priest and then a Levite came upon the man and kept walking past him. However, the Samaritan stopped.

Kneeling beside the man, he began bandaging his wounds and placing him on his donkey he brought him to an inn. While paying the innkeeper, he told him he would return and reimburse him for any extra expenses. This parable asks the question, 'which of these three was a neighbor to the man who fell to the hands of robbers'? As I reflect on this story, we see the Samaritan took pity on the man. He was a presence of compassion and love. He

took time to slow down and tend to the needs of a wounded man. He chose to give of his income to the innkeeper so the inn keeper would not feel cheated and so the man might find rest and healing at the inn. This is what it means to be a neighbor. This is love. Love that

comes from a heart that is right with God. We are instructed in Matthew 22:39 to 'love our neighbor as ourself'. Our neighbor is anyone we come into contact with - those who live next door, people we meet in the store, in the airport, even our coworkers. As you walk through your week, be praying for God to show you how to be a neighbor. Do not be afraid to be Jesus to others.

Do not be afraid to LOVE. Your presence and your compassion are the love your neighbor needs. Be a neighbor today!

-Chaplain Val

Doubt It Day



Don't take our word for it that International Skeptics Day falls on October 13—go out there and find out for yourself. Skeptics are known for their

propensity to doubt the opinions of others or even question the facts. While unchecked skepticism might lead people to reach unrealistic conclusions, some believe that a healthy skepticism is important. In fact, many skeptics consider themselves those who are still looking for the truth.

Skeptics have doubted some of history's most famous events. For example, many doubt that humans first walked on the moon in 1969. They instead insist that NASA faked all the broadcast images. Some skeptics also believe that the American government has knowledge of aliens landing on Earth and that all information regarding this landing is held inside New Mexico's infamous Area 51. Skeptics believe that this secret base houses a crashed UFO, that government agents have held secret meetings with aliens, and that aliens and the government are working together to develop time travel technology.

Is it wise to believe everything we are told, or is it better to question the world around us? When does skepticism cross the line and become wild conspiracy theory? The key to healthy skepticism lies in discerning when to accept the truth, even if it challenges our expectations. While self-denial can serve as a natural defense mechanism, it's crucial to recognize and embrace the truth when it becomes evident.

Ultimately, being a good skeptic means balancing doubt with the willingness to accept credible evidence. On October 13, International Skeptics Day, feel free to question authority and scrutinize the opinions of others, but remember that trust is also essential. After all, what value is there in seeking the truth if we are unwilling to accept it?

October Birthdays

If you were born between October 1–22, you balance the scales of Libra. Libras are very social, seek harmony through compromise, and have strong powers of critical thinking. Those born between October 23–31 are passionate Scorpios, considered the most intense sign in the zodiac. While on the outside Scorpios are calm and composed, inside they are forceful, emotional, determined, and ambitious.

- Bud Abbott (comedian) – October 2, 1895
- Jackie Collins (author) – October 4, 1937
- Desmond Tutu (archbishop) – October 7, 1931
- John Lennon (musician) – October 9, 1940
- e. e. cummings (poet) – October 14, 1894
- Bela Lugosi (actor) – October 20, 1882
- Annette Funicello (actress) – October 22, 1942
- Minnie Pearl (comedian) – October 25, 1912
- Emily Post (author) – October 27, 1872
- Julia Roberts (actress) – October 28, 1967

All Things Avocado



Avocados have a long and storied history in the Americas. When the Spanish explorer Hernán Cortés met Montezuma in 1519, the Aztec ruler presented Cortés with a mountain of treasure,

including gold, silver, gems, and “alligator pears,” a fruit otherwise known as avocado. From October 4–6, California holds the avocado in similarly high esteem during the Avocado Festival.

Avocados are high in fat, but the fat is good for you! These fats act as anti-inflammatories and even fight heart disease. That's something to celebrate! Each year, the Avocado Festival smashes 25,000 avocados to create a giant bowl of guacamole to feed the 100,000 visitors in attendance. After the chips and dip, participants join in the Best Dressed Avocado competition, where avocados are displayed like Mr. Potato Heads.