

# The Manor Highlights

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## **Celebrating October**

### **Country Music Month**

### **Global Diversity Awareness Month**

### **Emotional Wellness Month**

#### **World Smile Day** *October 2*

#### **World Teachers Day** *October 5*

#### **Indigenous Peoples Day** *October 12*

#### **Character Counts Week** *October 18-24*

#### **International Chefs Day** *October 20*

#### **International Artist Day** *October 25*

#### **Halloween** *October 31*

## **Living Joyfully**

The Bible is filled with stories of joy. We read in Genesis 43-45 the story of Joseph being reunited with his brothers. Joseph had eleven brothers and his father Jacob favored him the most. Because of Jacob's favor to Joseph, his brothers became resentful and sold Joseph as a slave. They told their father Jacob he was dead. Many years later, Joseph and his brothers were reunited and Joseph forgave his brothers, saving his family from starvation during a time of famine. Joy was restored to Joseph's family. In 2 Samuel 6 we find David dancing before the Lord when the Ark of the Covenant came to Jerusalem. People sang and offered sacrifices and celebrated with musical instruments. David danced because the ark represented God's presence among his people. David's wife criticized him for dancing, but he told her he was dancing to honor God. A very popular parable in the New Testament, Luke 15:11-32, is the story of the prodigal son. The son decided one day to leave his father and venture out on his own. The father was heartbroken and waited with long suffering for his son to return home. Eventually, the son did return home. The father was so overcome with joy that he ran to him and lovingly embraced him, preparing a delicious feast with music and dancing. The father was filled with joy because his son was not dead, he was alive. He was not lost, but was found (Luke 15:32). Joy filled the father's home once again. Baruch's theme this year is living joyfully. In each of these stories, there was hardship and suffering that precluded the joy. Years of bitterness, resentment, grief and agony in relationships that were meant to serve the Lord. Yet, in all of this long-suffering, God still moved among his people and his spirit brought about healing and rejoicing.

No matter what happens in your life, remember the words of Nehemiah 8:10, "the joy of the Lord is your strength".

-Chaplain Val

## Marshall's Legal Legacy



On October 2, 1967, Thurgood Marshall was sworn in as the first Black Supreme Court justice. Marshall was no stranger to the Supreme Court. As chief counsel for the National Association for the Advancement of Colored People (NAACP), he had argued 32 cases before the Supreme Court, winning 29 of them, a record-setting achievement at that time. After a long and contentious debate in the Senate, Marshall's nomination was confirmed by a vote of 69–11. President Lyndon Johnson was confident in his selection, saying that it was “the right thing to do, the right time to do it, and the right man and the right place.”

Marshall was born in Baltimore, Maryland, in 1908, the great-grandson of slaves. He was rejected from the University of Maryland's law school because of his skin color, so he enrolled in Howard University in Washington, DC. There he studied under the civil rights lawyer Charles Houston, who was a major figure in the dismantling of Jim Crow laws. Marshall graduated first in his class in 1933, and three years later, he joined the legal team at the NAACP, where Houston was the director. In just two years, Marshall took over this top legal job and went on to argue many cases before the Supreme Court. They were cases that would reshape the legal landscape for minorities and usher in the Civil Rights Era.

Marshall's most notable case was *Brown v. Board of Education of Topeka*. He argued that “separate educational facilities were inherently unequal” and therefore violated the “equal protection clause” of the Fourteenth Amendment of the Constitution. The high court unanimously agreed with Marshall, ending segregation in schools.

Marshall's contributions as a Supreme Court justice were no less momentous. His decisions helped expand civil rights, challenged discrimination based on race and sex, and questioned inequities in the criminal justice system. Marshall spent his career as a tireless advocate for the betterment of all Americans.

## Pasta's Path to Italy

Pasta is a food beloved by cultures all over the world. While many associate this pantry staple with Italy (thanks to gorgeous visions of spaghetti mounds topped with meatballs), nearly every country has its own version of noodles made from flour, water, and eggs. On October 25, World Pasta Day, enjoy spaghetti from Italy, lo mein from China, ramen from Japan, orzo from Greece, or spaetzle from Germany.

Many myths describe how pasta was brought from China to Italy during the 13th century by explorer and merchant Marco Polo. Historians believe it is more likely that noodles originated in central Asia thousands of years prior. Noodles reached East Asia and even moved westward to Europe long before the triumphant return of Marco Polo. Yet none can dispute that in Italy pasta was transformed and refined, thanks to the cultivation of durum wheat, which is high in gluten and long-lasting on the shelf. The Mediterranean climate was suited to growing vegetables and herbs, which led to the development of the many tomato-based sauces that are today synonymous with pasta.

## Bald Is Beautiful



Sometimes by choice but most often by necessity, people go bald. October 14, Be Bald and Be Free Day, is a day to honor the bald pate and the integrity of those who dare to bare it all.

Baldness is often caused by genetics or hormonal changes. It may also be the result of an autoimmune disorder, where the body attacks its hair follicles. Some people may use wigs to cover their heads or rely on treatments such as Minoxidil, but October 14 is an opportunity to bare your baldness with pride. Baldness is so prevalent in cultures around the world that geneticists believe it is a beneficial trait that projects intelligence, honesty, helpfulness, and social maturity.

## Max for the Mini



October 30, 1965, was the day of the Melbourne Cup Carnival at the Flemington Racecourse in Melbourne, Australia. It was a day of horse races, entertainment, fashion, food, and culture, but the attention was not on the racehorses. Twenty-two-year-old English supermodel Jean Shrimpton, known as “the most beautiful girl in the world,” had arrived wearing a simple white shift dress, yet there was nothing simple about the fact that the hem of the little minidress ended four inches above her knees. Moreover, she wore no hat, gloves, or stockings. The Melbourne Cup may have been known as “the race that stops a nation,” but Shrimpton’s skimpy attire had stopped the nation’s heart. Australia was scandalized, and the supermodel had single-handedly launched a fashion revolution.

Was Shrimpton’s shocking choice intentional? She had been hired by Dupont to promote its new Orlon fabric and had been sent rolls of the stuff prior to Derby Day. Shrimpton and London dressmaker Colin Rolfe went to work crafting a dress, but Rolfe soon discovered that he did not have enough Orlon to finish his design. Shrimpton advised him to settle on the modern and minuscule white shift. Miniskirts were in vogue amongst the youth of London, largely thanks to the work of fashion designer Mary Quant, so the decision must have seemed a natural one to Shrimpton. It was not deemed acceptable by mainstream Australian society.

The newspapers chided her for her poor taste. Dupont immediately found a Melbourne designer to design more appropriate clothes for Shrimpton’s subsequent Derby appearances. Shrimpton wore the new conservative clothes, but she could not escape the scandal of her white minidress. By the end of the Carnival, she had unapologetically returned to her modern look, saying, “I feel Melbourne isn’t ready for me yet.” By the next year’s Carnival, Melbourne designers had copied Shrimpton’s look. Any hemline below the knee was now old-fashioned.

## A Home for the “Gentle Giants”

The massive redwood trees have graced the coast of California for thousands of years, yet it wasn’t until October 2, 1968, that Redwood National Park was founded to protect these “gentle giants” as national treasures. After the discovery of gold along the Trinity River in 1850, Northern California experienced a mini-gold rush, and many miners turned to logging, which decimated the redwood population. Various conservation groups attempted to save the old-growth forests, and many stands of trees were saved. The outbreak of World War II led to a construction boom, and once again the trees were eyed as a rich source of lumber. It was not easy for President Lyndon Johnson to sign legislation establishing Redwood National Park, especially in the face of opposition from timber companies. But thankfully, 58,000 acres of forest were set aside for preservation. Today that number has grown to over 130,000 acres, providing a vast coastal shelter for the tallest trees in the world. Nurtured by the dense fog of the coast, some of these trees soar more than 300 feet into the sky. Even the smallest specimens are wondrous to behold.

## Pleasure in the Post



The first full week of October brings International Postcard Week. Experienced *deltiologists* (the official term for postcard collectors) value postcards for their rarity, beauty, and condition, yet anyone can collect postcards as a fun and enjoyable hobby. Postcards are often set into two categories: those depicting topographical and social history, such as photos or illustrations of historical scenes; and subject or “topical” cards created by notable artists. Of course, International Postcard Week is not just for collectors. Many people celebrate by creating their own postcards and mailing them to someone they love. You never know, your postcard could end up in a deltiologist’s collection someday.

## Happy Birthday!

Jerrie Heath-10/4

Wanda Kleynenberg-10/7

Barbara Turner-10/7

Bernee Mazurek-10/13



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### Spiritual Care Staff

Chaplain Ryan Hoekstra & Chaplain Val Wykstra

## Flu Shot Clinic

**Tuesday, October 6, 2020**  
**1:00pm-4:00pm**

Our annual flu shot clinic will be held at Yorkshire and Stonebridge Manors. If you would like your loved ones to receive the flu shot, please return the consent form by October 5<sup>th</sup>. You can fill out the consent form and email it to Beth, Epiphany or Resident Care Manager, Sydney Duel. [sydney.duel@baruchsls.org](mailto:sydney.duel@baruchsls.org) Please make sure we have a current insurance card for your resident.