



The Friendly Times

Let Your Creativity Bloom!

Everyone looks forward to the new growth and blooms that are the hallmarks of spring. This lush and inspiring time of year is the perfect time to remind ourselves that fresh inspiration and creative ideas are just as ready to bloom inside each of us. We create every day, even if we don't think we do. For example, planting seeds and flowers in the garden is creativity at work. Cooking with Lucy, doing a craft, singing along with Brenten, or dancing with Michael are all examples of our creative abilities.

Spring is the perfect time to think about nurturing creativity. Regularly exercising your creativity allows ideas to flow from you in new and fresh ways of seeing the world instead of doing the same things you've always done.

Creativity about how you think causes innovation that benefits everyone around you. Why? Because creativity fosters enthusiasm and positive energy that are contagious. And when you have an obstacle or make a misstep, your ability to "think outside the box" with your creativity enables you to problem solve quickly and effectively.

Let's look at some ways you can foster your creativity:

1. Keep Your Sense Of Wonder

Despite the earthquakes, blizzards, and political upheaval, the world is still filled with wonder. So the next time you sit on the front porch, quietly observe what is happening around you. What do you see? What sounds do you hear? What can you smell? How does the air feel? When you take the time to be still and observe, it's easy to recall why young children find the world such an inspiring place.

2. Nurture Curiosity To Help Creativity

Being curious, asking questions, and even taking missteps are the cornerstones of learning and growth. Curiosity fuels creativity, so when circumstances challenge you, try looking at the problem from different perspectives. You just might come up with new and novel ways to think about an issue or solve a problem. Questioning allows new pathways for thinking, and the more you practice, the easier it becomes to foster creativity and self-expression.



Crafting with the Girl Scouts!



February Festivities

3. Recognize The Serendipitous

Recognize that some of your most creative ideas will arise spontaneously, seemingly out of nowhere. Serendipitous moments or happy accidents always occur if you are open to the creative thinking behind those instants. For example, did you know the discovery of penicillin occurred because mold grew on samples while the scientist was on vacation? He could have just thrown them away, but he was curious and investigated what happened, why it occurred, and what it could do. When you ask questions, creative answers emerge if you are receptive.

4. Be Patient When Creating

In her book [Big Magic: Creative Living Beyond Fear](#), [Elizabeth Gilbert](#) defines creativity as “the relationship between a human being and the mysteries of inspiration.” This quote because it so perfectly describes the creative process.

Creativity is often neither pretty nor organized, because it requires inspiration. And inspiration can't be forced. So, if you get stuck on a project or problem, walk away from it for a bit. Do something else. Read, listen to music, take a walk, have a quiet cup of tea, or even nap. Let the idea incubate. Often the solution will suddenly pop up, seemingly randomly.

As you become more mindful of your creative self and use these steps to cultivate your personal growth through creativity, you will develop more flexibility, a more adventurous attitude, and your ability to see many perspectives. So look around, be curious, have fun and get ready to bloom!

Adapted from an article by Terri Kozlowsk, "It's Simple To Cultivate Growth By Utilizing Your Creative Abilities", from her blog, Always Moving Forward



So Many Ways to Contribute to the Community!

People often ask what Montessori looks like in senior care, and here is a perfect example. One of Montessori's foundational principles is participating in and giving back to the community. Our latest community service project is helping with Danko's Orphan Grain Train Project. Several residents went to the Orphan Grain Train Project warehouse, where they sorted, folded, and packed clothing for various aid organizations. This project aligns with the Montessori idea of repetitive fine motor tasks to rekindle memories and build language.

We knew the residents at Linden Hall may not be able to stand up in a warehouse for the required two-hour shift, but we realized if we brought the boxes and the clothes to them, they could do the work sitting down! And so we now have two ways to contribute to this worthy cause.

March Madness

Z C A S U E G J K M H A N G T I M E N O M N V F
 U A E K S D C A S E T E N L W F V V M F I J Y V
 F K R P M A E T L M S S A P O V C U Q K U E Y M
 C C O D Y O A C D G E H F C E X G V I N S L Z N
 L Z A W N S F M L L A B T E K S A B G I S B N T
 J I O Q A D R T I Y D C Z G O O D L U C K B M I
 Q I P E D E N H V K B C S T E A L V C K L I P L
 L D S E R V V R G C J Z R T C O U R T S Z R J E
 S F E W O K A E Z A V C E A B W X V I C F D D Q
 P G O Y J F L E S H Y I F X S Q C L I P P E R S
 C Y B U L L S P P S N G E M Z R B Q C C S E P I
 P E O M E E Y O U N O A R L D G Z U Y G C Y O Y
 I G B A A H D I R B K M E H T Z K M P A M W O I
 S S V V H H G N S J L J E E S P Z Y J L N O H E
 T A E E C T N T T H A F Q S S R E K A L T O U G
 O M F R I R I E P S W M T O H S L U O F B R D U
 N X O I M Z L R L Q S D U N K F C E L T I C S J
 S L C C M L E A A P H R Y G B C W I Q T H Z G A
 L B K K R E V L Y Y T U R N O V E R L H U T F J
 G M C S C R A P E F R E E T H R O W V T B S E U
 U N U R P I R M R E B T O H S K N A B T G U T C
 A I M D X K T F S V F B O B Y D R I L L S J H W
 R S E P D L N O O T L L G E O O S T I H E A T B
 D Q C E N T E R O F D C Q M R E B O U N D J R T

basketball	Referee	Court	Heat
Pistons	Knicks	Clippers	Mavericks
Spurs	Bulls	Lakers	Magic
Shack	Michael Jordan	Net	Celtics
Center	Walk	Dunk	Players
Team	Good Luck	Guard	Hangtime
Rebound	Turnover	Traveling	Steal
three pointer	Pass	Free throw	Foulshot
Bankshot	Drills	Hoop	Dribble

Never Stop Learning!

Did you know our music coordinator, Brenten, gives private music lessons to our resident ranging from voice to piano?



So how do we at Friends Home take that a step further and make this a Never Stop Learning Montessori experience?



Brenten teaches the lesson, Shirley learns and practices on her own, and then Brenten teaches her to care for and clean the piano!

Poetry Corner -

A March Glee

By John Burroughs

I hear the wild geese honking
From out the misty night,—
A sound of moving armies
On-sweeping in their might;
The river ice is drifting
Beneath their northward flight.

I hear the bluebird plaintive
From out the morning sky,
Or see his wings a-twinkle
That with the azure vie;
No other bird more welcome,
No more prophetic cry.

I hear the sparrow's ditty
Anear my study door;
A simple song of gladness
That winter days are o'er
My heart is singing with him,
I love him more and more.

I hear the starling fluting
His liquid "O-ka-lee;"
I hear the downy drumming,
His vernal reveillé;
From out the maple orchard
The nuthatch calls to me.

Oh, spring is surely coming.
Her couriers fill the air;
Each morn are new arrivals,
Each night her ways prepare;
I scent her fragrant garments,
Her foot is on the stair.



March Highlights

March 8 is International Women's Day, which is a day that not only celebrates the achievements of women and the progress made toward women's rights, but also brings attention to ongoing struggles for equality around the world.

March 12 is the start of Daylight Saving Time, which begins at 2:00 A.M. that day. If your area observes it, don't forget to "spring forward" and set the clocks one hour ahead, or you may find yourself an hour late to everything!

March 15 is the Ides of March! Legend surrounds this ill-fated day. Beware the Ides of March!

March 17 is St. Patrick's Day. According to folklore, folks wear a shamrock on St. Patrick's Day because the saint used its three leaves to explain the Trinity.

March 20 brings about the March equinox—also called the vernal or spring equinox in the Northern Hemisphere—marking the beginning of spring. In the Southern Hemisphere, this date marks the autumnal equinox and the beginning of fall. On this day, the Sun stands directly over Earth's equator.

March 22 marks the start of Ramadan, which begins at sundown on that day. In Islam, Ramadan is considered a holy month when a month-long, sunrise-to-sunset fast is observed.

March 29-31 are known as the Borrowing Days. According to lore, the last three days of March have a reputation for being stormy.



Happy Birthday

March 14 - Joe Carroll

March 14 - Louise Ralph

March 17 - Mary De Vries

March 22 - David Scharr

In Memorium



Dorothy ("Dottie") Taylor McGovern, age 86, of Kennett Square, passed away peacefully at Lin-den Hall on Friday, February 10, 2023. She was the wife of Edward ("Ted") McGovern, with whom she shared 63 years of marriage, until his passing in 2020.

Dottie was a life-long resident of the area. After graduating from college, she served as an assistant to a Wilmington judge before she married and became a mother and homemaker. She spent her life taking care of her family, shopping with her sisters, having monthly "Wednesday Club" lunch dates with a group of her childhood friends, babysitting her grandchildren, and spending time with her many friends. She was a volunteer at the Chester County Hospital, the Encore Consignment Shop, the Brandywine River Museum, and Longwood Gardens. Dottie was also a talented interior decorator and an avid antique collector.

Dottie was the daughter of the late Philip and Helen Taylor. She is survived by her four children, Julie Balentine, Janet Herr (Brian), John McGovern and Elaine Kelleher (Eric); 9 grandchildren, 4 great-grandchildren, several nephews, a niece and many cousins. She is predeceased by her parents, her two sisters, her brother, her infant son, and her first grandson.

Many will miss Dottie's warmth, caring manner and friendship. She will be remembered for her compassion, beauty and dignity.

As we went to press on this issue, we learned that Peg Sanders passed away on February 22. Our deepest condolences to Peg's family and friends. We will publish an In Memorium for Peg in the next issue of the Friendly Times.