

# Parkhaven Press

Parkhaven Retirement & Assisted Living 100 Hamilton Ct. Manhattan, MT 59741 406-282-7488



## Celebrating March

**International Ideas Month**

**Women's History Month**

**Mad for Plaid Month**

**Iditarod Begins**

*March 4*

**International Bagpipe Day**

*March 10*

**As Young as You Feel Day**

*March 22*

**Mothering Sunday**

*March 26*

**Welcome New Residents**

*Val Kuntz*

*Vera Barnett*

[www.parkhavenretirement.com](http://www.parkhavenretirement.com)

## Rebecca's Rambles

February flew by on wings. It's a short month anyway but it was jam packed so it made for a fast moving one. John and I managed to get away for a few days. We drove up to Quinn Hot Springs which is northeast of Saint Regis. It is a beautiful place in the mountains, with good food and just a quiet place to chill out. A great soak was had by all.

March makes me yearn for spring. We aren't there yet but there are little hints that have me making the journey out to the greenhouse. The smell of warm dirt is perfume to my nose. The feel of it between my fingers is the best therapy I know. The seeds we ordered back in February are arriving and calling to be planted in the warm moist depths. Time to get my hands dirty.

Of course we will have our St. Patrick's Day celebration when we all pretend to be Irish. That being said, I was wondering where the term "Luck of the Irish" came from. If I remember my history right they would not appear to be very lucky. Google says it was a mining phrase. A lot of miners were Irish and they struck it rich but the statement implies it was not from brains, it was luck. John is Irish and the only time he struck it rich was when he got me. Brains or luck, who knows?

So while we wait for spring, come on by for a bit of Mardi gras fun. We are always rockin and rollin at Parkhaven.

## Volunteer Corner

From his birth place in Galicia, Spain, located in the northwestern area of Spain bordering on the Atlantic Ocean and the location of the reputed burial place of the apostle Saint James in the cathedral Santiago de Compostela, to the pivotal location for Lewis and Clark in Three Forks Montana, Joe's life exemplifies the American dream.

With the beginnings of WW II occurring, Joe's family came to the United States landing in New York City in 1941. At the tender age of 4½ he entered the sport of boxing with the Police Athletic League, thus beginning a lifelong love and passion for boxing. His family moved again in 1947 to Jersey City, NJ where he promptly joined the YMCA's boxing program and had his first fight at the age of 8 and won. Over the course of his boxing career Joe fought 49 amateur fights and 11 professional fights as a welterweight (145-147 lbs.). Joe has also been a boxing trainer to over 8600 fighters including 28 men and 4 women world champions.

Joe understood that the success to becoming a good boxer, as well as living a healthy life depended on four critical factors: Diet, Nutrition, Exercise and Attitude. To this end he has devoted his life in incorporating these elements into his training programs as well as his own life and dedication to his community.

At the age of 9 Joe was fortunate in meeting Bernard McFadden, the well-known American proponent of physical culture that combined bodybuilding with nutritional and health theories..

## Joe Diaz



His interest in nutrition and diet continued with his studying nutrition for the rest of his life. With this foundation, Joe incorporated these elements with a positive self-attitude. He began working with youth through many organizations, as well as his own gym, to help keep these kids on track and falling victim to drugs

In 1994 Joe moved to Arizona and opened another gym where he continued his life's mission in boxing and helping kids. While in Arizona, Joe became the first promoter to place a Russian Gold Medalist on a Professional Boxing card and remained active in drug prevention programs.

On the 4<sup>th</sup> of July 2012, Joe was invited to a BBQ in Three Forks. Upon entering the town he was greeted by the towns welcome sign listing all the churches available in town.

## Volunteer Corner continued...

He was amazed, that in such a small town there was so much diversity and freedom available. It was then he knew this is where he wanted to be.

Joe has been in Three Forks now for 5 years. He is outgrowing his current gym and wants to expand the scope of his facility. He is in the process of building a new 7000 square foot gym that is scheduled to open mid-June 2017. In addition to training people in the art of boxing, his new gym will also have the goal of developing Olympic boxers and wrestling teams. The gym will also have available Yoga lessons and dance classes.

Parkhaven has been fortunate that Joe has committed himself to helping our residents by coming once a week, every Sunday, to provide exercise and breathing training. He also provides insight and guidance on nutrition and a proper diet and the benefits that are to be gained from them. Once his new gym is open, he welcomes us to augment his Sunday program by visiting the gym once or twice a week.

Joe is convinced "Age is just a number, Time is just a place". Through an exercise program, proper diet and nutrition you can lead a healthier life, live longer and minimize or eliminate many diseases and ailments.

### Boxing Fact

Boxing as a sport dates back to ancient Greeks who made it part of Olympic games as early as 688 BC.

## A Spot of Tea

Keep your afternoon open on the third Tuesday in March for Tea for Two Tuesday. Afternoon tea was invented in England by the seventh Duchess of Bedford in 1840. She found she was always hungry for a snack around four in the afternoon. Her solution was an afternoon tea break, which evolved into more formal social gatherings that gained popularity amongst England's upper classes.

This "low" tea is a fancy affair typically served early, around four o'clock, long before dinner, complete with finger sandwiches and walks in the garden. High tea was most often for the middle and lower classes. It was served later in place of dinner, with tea and a much heavier meal. The terms *low* and *high* come from the height of the tables the tea is served on. Low tea is served in a parlor or drawing room on a low table. High tea was served on a high-legged dinner table. Low or high, Earl Grey or English breakfast, caffeinated or decaf, enjoy the pleasures of your afternoon spot of tea.

## The Pilots of Tuskegee



On March 19, 1941, the U.S. War Department established the 99th Pursuit Squadron, which became famously known as the Tuskegee Airmen. America's first African American pilots made up the squadron. African Americans had hitherto been banned from high-ranking military positions, but several historically black colleges joined the Civilian Pilot Training Program, a program created by Congress in 1939 to train pilots. President Franklin D. Roosevelt authorized the enlistment of these black aviators, which led to an all-black fighter pilot unit, trained at the Tuskegee Institute in Alabama. The pilots confronted racism at home and put their lives on the line abroad, but their success record was exemplary during World War II, paving the way to President Truman's desegregation of the military.

## Spring

"Today is the day when bold kites fly,  
When cumulus clouds roar across  
the sky.

When robins return, when children  
cheer,

When light rain beckons spring to  
appear.

Today is the day when daffodils  
bloom,

Which children pick to fill the room,  
Today is the day when grasses green,  
When leaves burst forth for spring to  
be seen."

- Robert McCracken

## Resident & Staff March Birthdays

In astrology, those born between March 1–20 are Pisces. Fish are compassionate, gentle, intuitive, and artistic. Known for their wisdom, Pisces are not judgmental and are very forgiving. They never hesitate to put others' needs before their own. Those born between March 21–31 are Rams of Aries. As the first sign of the zodiac, Aries are energetic and assertive initiators. With bravery, zeal, and speed, they jump head first into life, confident that they can navigate any challenges.

Hank: 3-4

Patty: 3-6

Katy: 3-9

Sue L: 3-12

Jennifer: 3-14

Margaret: 3-17

Don T: 3-18

Lindsey: 3-20

Cathy: 3-30

Marilyn I.: 3-31