

OCTOBER 2016

# Parkhaven Press

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



## Celebrating October

**Italian-American Heritage  
Month**

**Popcorn Poppin' Month**

**Do Something Nice Day**  
*October 5*

**Columbus Day (U.S.)**  
*October 10*

**World Pasta Day**  
*October 25*

**Halloween**  
*October 31*

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Parkhaven Retirement and  
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Check our Website  
[www.parkhavenretirement.com](http://www.parkhavenretirement.com)

## Rebecca's Rambles

Well, it feels like I just rambled, but another month has sailed by and here we are again. I love fall but it never seems to last long enough in Montana. Crystal and I were coming home from Billings the other day and we couldn't help but notice the changing colors. It was beautiful.

Speaking of Billings, Crystal, Jennifer, Kristi and I were in Billings doing some continuing education classes for assisted living. We were so very aware that we are so blessed to be able to work with the elderly. They have so much to teach us if we are willing to take the time to learn from their stories. Let's all stop and really listen to one another.

John has been providing entertainment for the residents the last few weeks. The smaller garage on the west side of the main building is in the way of our addition so he has been busy pouring concrete, building walls and moving the roof to the new structure. Some of the residents enjoy sitting back and watching the progress. We are so fortunate we have our own built in "Foreman" living at Parkhaven to oversee the project. Thanks, Bob (Foreman).

Flu shots will be available again this year at Parkhaven. Jennifer will post a signup sheet for anyone who wants one as soon as we have the details worked out.

Mark your calendars for October 18, 2016. We are sponsoring "Family Night" again and the theme is Oktoberfest. "Open Range" will be here to provide entertainment.

So come join us for supper and entertainment with your loved one

## Volunteer Corner

### Nathan Zussblatt



Nathan was born in the suburbs of Manhattan – Manhattan, New York that is. He spent the early part of his life in the shadows of New York City's mountain ranges and the elevated subway system, attending Brooklyn public schools, then going on to Long Island University. After 3 years of study Nat entered the army and served in Germany with the Medical Corp from 1954 to 1956. It was here that he met his future wife Nenitta, while on R&R leave in Denmark. Upon returning to the United States he finished his studies at LIU, graduating with a BS in Chemistry and marrying his Danish sweetheart in 1957. He lived and worked in NY as a chemist with Topix Pharmaceuticals, until 1996, raising 2 sons and eventually having 2 grandchildren.

Nate and his wife came to Manhattan, MT to vacation with their son who was living here. As happens with most people, he fell in love with the area and they moved here. In 1997 Nat became active with the Manhattan American Legion, Post 87.

## Mark your calendar!!

Our annual Fall Harvest Family Night is coming up.

**Date: October 18, 2016**

**Time: 5pm-7pm**

**Location: Parkhaven Assisted Living**

We are excited to announce that Open Range will be back to perform for us. They are a lively group that has everyone up and dancing.

So stop in and join us for a fun filled evening.

Please RSVP: 282-7488 by Oct 13<sup>th</sup>

See you there!!

### Volunteer Corner Continued....

He eventually held offices of Vice Commander, Adjutant, District 7 Commander, Service Officer and a member of the Honor Guard which provide Military Honors for our veterans who pass. In addition to his Post activities, Nathan enjoys reading, tending his small garden and outdoor activities including hiking and fishing.

We at Parkhaven truly appreciate the time and energy Nathan gives on behalf of the American Legion, in recognizing and honoring our veterans on special occasions such as Memorial Day and Veterans Day and his personal offering of his friendship and time visiting with all our residents. He exemplifies true devotion to duty, country and his fellow man.

## Headwaters State Park Picnic



## Facts about the Missouri Headwaters State Park

- It is located near Three Forks, Montana at an elevation of 4,045 feet (1,233 m)
- Lewis and Clark visited the site on July 28, 1805
- Lewis and Clark first set about finding suitable names for these Missouri tributaries, naming them in honor of the President and two of his cabinet members, Madison and Gallatin.
- Before Lewis and Clark encountered the Three Forks of the Missouri, it had served as a campground for the Shoshone American Indians--Sacagawea's tribe.

## A Fact about October:

More US presidents have been born in October than in any other month.

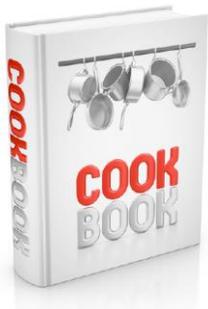
## American Native Music Performance



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Postage  
Information

## Cook the Books



If you've got an idea for a cookbook, October 12, Cookbook Launch Day, may be the time to publish it.

Remember, the cookbook industry is competitive, and you need an original idea. Take, for example, the cookbook *Manifold Destiny*, which

includes recipes for cooking on your car engine. Feeling blue? *The Happy Baker* cookbook provides recipes to pick you up after a romantic breakup. *Mini-Mart à la Carte* is a cookbook for people who do their shopping at gas stations. And of course there are cookbooks not for humans, but for our pets.

It seems that even the most outlandish cookbook ideas can be appetizing. A more traditional route might be to gather your friends and compile a homemade cookbook out of all your favorite recipes.

## Resident & Staff October Birthdays

In astrology, those born between October 1st and 22nd balance the scales of Libra. Libras seek equality, justice, and harmony. Eager to cooperate, Libras are charming diplomats who seek compromise and good will. Those born between October 23rd and 31st are Scorpios. Scorpios are passionate and assertive leaders who value honesty and fairness above all, but betray a Scorpio and suffer the scorpion sting. Befriend a Scorpio and you will have not just a friend for life, but an advocate and confidant.

Vi M: 10-5

Helen E: 10-10

Jackie M: 10-11

Scott: 10-12

Megan: 10-14

Brandi M: 10-22

Petal: 10-29