

JULY 2017

Parkhaven Press

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



Celebrating July

Blueberries Month

Grilling Month

Independence Day (U.S.)

July 4

Scrabble Week

July 22–27

Merry-Go-Round Day

July 25

**International Day
of Friendship**

July 30

Welcome New Residents:

Donna Sundby

Jeanette Hetu

Visit us at:

www.parkhavenretirement.com

Rebecca's Rambles

July is here with all its glory. Old Glory, glorious flowers and weather to name a few. The sounds and smells of summer tell a story that I love. What's your favorite summer memory?



We had a very busy month in June. The garden really took off, the flower beds are bursting with color and the fresh spinach and radishes are so tasty. There were lots of outside activities: picnics, walks in the park, and just being outside on the patio. Fresh air and vitamin D have a great effect on our outlook.

I've heard rumblings of a trip to Butte this month. I don't know all of the details yet but from what I hear it should be a great time.

Our flowers at home are doing well along with the vegetable garden. We lost our apples to a late frost but the cherry trees are loaded. Nothing like a cherry pie. It is John's favorite.

We always welcome visitors to Parkhaven. Stop by any time. Maybe you can play a round of Bocce ball with the residents. We have a very competitive, noisy crowd.

Enjoy your July and hope to see you soon.

Happy 4th of July!!

Volunteer Corner

Katie Powner



Katie hails from the state of Washington, growing up in the city of Everett. After graduating high school she wanted to learn more about the Bible, so she went online to research Bible Colleges and found Montana Bible College in Bozeman, where she decided to attend. She came out here and studied for one year earning a one year certificate in 2003.

The year 2003 was an important milestone year for Katie in a number of ways. Not only did she earn her certificate, she was married to her husband Andy. Katie and Andy had been friends in high school, but did not date. After she left to attend Bible College, both of them came to the realization that they wanted to be together. Andy came out to Bozeman, they were married and Andy then attended Montana Bible College.

After Andy graduated he became the Pastor at Manhattan Bible Church, where Katie does youth ministry. In addition to providing religious service to the community, both Katie and Andy have opened up their hearts and home to be foster parents. This is in addition to taking care of their three children, Michael 10, Simon 8, and Patience 4.

Katie loves music and plays the piano and guitar. She has shared this love and talent

Walking Tall

Stand tall on July 27, Walk on Stilts Day. While stilt walking has long been associated with parades and circus clowns, stilts have more working-class origins. Fruit pickers, window washers, and drywallers all wear stilts on the job. In Sri Lanka, there are stilt fishermen. Men sit far from shore atop long sticks, dangling fishing lines into the water. While they do not make much money from their catch, they do make reasonable sums from the tourists who watch them fish in this curious manner. In the French village of Landes during the 19th century, shepherds used stilts to follow their flocks of sheep over swampy fields. In 1891, a Landes shepherd named Sylvain Dornon stilt walked from Paris to Moscow in 58 days, ringing in an entirely new sport of stilt marathoning. Other stilt sports exist. In Belgium, locals have been stilt jousting in a tournament known as the Golden Stilt for 600 years. After a bout of jostling, prodding, butting, and knocking, the last person standing on stilts is declared the winner.

Volunteer corner continued...

since she was 16 years old, playing for nursing homes and assisted living facilities. In addition to her musical talents, Katie is an aspiring author of Christian fiction with her goal to be published. She also does Blogs that are family related, enjoys hiking, biking and school related activities with her children. If that wasn't enough to keep her occupied, Katie also home schools her two younger children.

Katie has provided her musical talents to Parkhaven's residents as well and has been our fill-in devotions leader when the occasion has arisen. All our residents appreciate her energy and devotion.

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Postage
Information

Feeling Bullish



Most everyone has heard of Pamplona's notorious *Encerrio*, or "Running of the Bulls." Lesser known is the Running of the Bulls in New Orleans on July 8.

As in Pamplona, brave souls wearing white shirts and red bandanas run through the streets, but instead of bulls, they are pursued by the RollerBulls, roller derby skaters with horned helmets and plastic bats. Around 400 skaters from roller derby teams from across the world chase 18,000 joyous runners down Convention Boulevard. The festival concludes the next day with a Hemingway-themed celebration featuring readings, skits, and a look-alike contest. This is all courtesy of Hemingway's 1926 novel *The Sun Also Rises*, which famously depicts Pamplona's Running of the Bulls.

Resident & Staff July Birthdays

In astrology, those born between July 1–22 are Cancer's Crabs. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of harmony at home and in the workplace. Those born between July 23–31 are Leo's Lions. Lions are the "kings" of the zodiac: dramatic, ambitious, confident, and hard to resist. Leos are also generous and loyal, putting both their family and friends first.

Judy: 7/7
Christina: 7/8
Kathleen: 7/21
Emily: 7/21

Happy Birthday!!