

SEPTEMBER 2017

Parkhaven Press

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



Celebrating September

**International Square
Dancing Month**

Library Sign-Up Month

Ice Cream Shake Month

Assisted Living Week
September 10–16

Love Note Day
September 26

Good Neighbor Day
September 28

Welcome New Residents:

Ann Walters

Darrell Walters

Visit us at:

www.parkhavenretirement.com

Rebecca's Rambles

Do you ever wonder where the time goes? It just flies by. School is already back in session and the birds are winging their way south. I never seem to get everything crammed in that I want to do in a summer but I do love fall. The crispness gives me a new lease on life.

September brings classes again for some of us at Parkhaven. This time, Jennifer, Crystal, Dianna and I will be traveling to Billings to get the state update on regulations and hopefully learn the latest on dementia care. It's good to get a new perspective on this subject and enables us to become better caregivers.

We had a good turnout for our bbq. The food was awesome thanks to Patty, her staff and John. Is there anyone one who doesn't appreciate grilled chicken, baked beans and potato salad followed by popsicles? Just good American food. Music was provided by Dave Zimmerman and his group. They performed music that held great memories for all of us.

So as summer turns to fall stop by Parkhaven and enjoy a visit with our treasured residents.



Volunteer Corner

Dana Terry

Dana was born and raised in Great Falls, Montana, before moving.

She spent two years attending Belt High School and then completed her high school education at Fort Benton. Upon graduation she attended MSU where she earned her BS degree in Business Management.

While in school she was active in basketball, volleyball, and ran the 1 and 2 mile events in track. Upon graduating Dana moved to Denver, CO., where she began her professional career in Human Resources where she worked 5 years at an Allstate Insurance regional office. She then relocated back to Bozeman where she continued her career with KMG Hospitality. After working 11 years there she decided she wanted to spend more time with her husband of 17 years, Bill, and her four children Jordan, Brady, Abigail and Briana.

While busy raising her children, Dana is still active in her career by doing HR consulting and helping with her husband's business, Triton Electric, located in Bozeman. Triton is involved with both residential and commercial electrical work.

Dana has been active with the Dry Creek Bible Church for the past 3 years where she is a Deacon and also their Children's Ministry



Calling All Rock Hounds

September 16 offers a holiday for all the rock hounds, from the professional geologist to the casual collector at the beach. It's Collect Rocks Day! What's the attraction to collecting rocks? For many, it's the incredible diversity of rocks in the natural world. Not only do many rocks look different but they are formed by different geological processes that give us clues to the geologic history of the area they are found in. Half the fun of rock collecting is identifying and cataloging your rocks by kind, where you found them, and why they're special to you. Minerals, crystals, and gemstones are often admired for their brilliant colors, shapes, and structures. But many of the best rocks in a collection are judged valuable not because they are gemstones or minerals but because they were found someplace meaningful: on a vacation, perhaps, or on a trip with someone special. Whether you adore igneous, sedimentary, or metamorphic, you'll never grow tired of the amazing diversity of rocks out there just waiting to be found.

Volunteer corner continued...

Coordinator.

When not busy with work or church activities Dana enjoys baking goodies of all sorts and getting out in the great outdoors to camp and fish with her family.

Three months ago Dana offered to help us out as our Wednesday morning devotions leader. She has brought energy and joy to our residents sharing God's word with them through scripture and song. Her main goal in life is to have a willing heart and do what God wants her to do and share the word of God. She certainly is achieving her goal and we are blessed to have her be a part of our volunteer group.

A Consequential Cup



While you may enjoy a morning cup of coffee every day, there is only one Coffee Day, and it's September 29. No other drink is as revered as coffee. After oil, coffee is the second-most sought after global commodity, with an estimated trade value of \$100 billion and employing a workforce of 25 million people. That's one powerful cup of morning joe.

The powerful jolt of caffeine that comes with a cup of coffee may be what makes it so special and sought after, but before coffee was served as a drink, it was eaten. Tribes in Africa supposedly mixed coffee berries with fat into edible energy balls. So, who made this discovery? Legend states that around 850 AD, an Ethiopian goatherder named Kaldi observed his goats acting strangely after eating the fruit of a certain bush. Kaldi knew his goats to be ill-tempered, but here they were frolicking and dancing like never before. Kaldi decided to try the berries, and he, too, felt a rush of energy. At that moment, edible coffee was discovered.

So who decided to brew it into a drink? Another legend tells of how a wandering monk observed Kaldi and his dancing goats. This monk, who had terrible trouble trying to stay awake during his prayers, tried the berries as a method to stay alert. Needless to say, that monk did not doze off. It was this resourceful monk who first dried the berries and boiled them into a beverage. Not only did it keep him awake and alert, but it tasted good, too. Soon, his fellow monks were drinking coffee and praying right alongside him.

While these legends may be fun to relate, coffee is still a serious business in Ethiopia and throughout the Middle East. Since drinking alcohol is forbidden amongst Muslims, coffee has always been the next best thing. In fact, the word *kahve*, from which we get our word *coffee*, means "wine of Arabia." Today, coffee's reach extends well beyond the Middle East, and if you're lucky, it even reaches as far as your own kitchen counter.

Plenty to Appreciate

Flowers. Perfume. Jewelry. Clothing. These are just some of the ways you can show your wife you love her on Wife Appreciation Day, the third Sunday in September. But what do wives really want? Romance doesn't necessarily have to mean a \$100 bouquet. A surprise \$10 bouquet of flowers from the supermarket on a weeknight can sometimes be even more romantic. Another show of appreciation is to create a sweet routine. Does your wife like a cup of coffee in the morning? Prepare it just the way she likes it and bring it to her. The advantage of being her husband is that you know things about her that no one else does. Is her cell phone on the verge of becoming obsolete? Get her a new one. Does she hate doing the dishes? Step up and empty the dishwasher and then load all the dirty dishes. Not only are you being helpful but you're showing her that you are paying attention to her needs. Of course, if all else fails, there is absolutely nothing wrong with getting your wife jewelry and shoes. Just make sure it's jewelry and shoes that *she* wants, not that you want her to have.

Enjoying the Solar Eclipse



Parkhaven Retirement &
Assisted Living
100 Hamilton Court
Manhattan, MT 59741

Postage
Information

In Loving Memory

Lavonne Marks

8-22-1941 to 7-30-2017

June Linderer

6-11-1925 to 8-26-2017



Resident & Staff September Birthdays

In astrology, those born from September 1–22 are Virgos. Detail-oriented Virgos have a deep sense of humanity, a trait that makes them careful, tender, and practical. Since all that attention to detail is put into the service of others, Virgos make perfect humanitarians. Those born between September 23–30 balance the scales of Libra. Libra epitomizes fairness and harmony in all dealings large and small. Sincere, beautiful, and romantic, Libra will work hard to keep all relationships on an even keel with boundless grace and charm.

Helen K – 9/6
Mona – 9/14
Thom Z – 9/18
Kay – 9/27
Conrad – 9/28
Rommel – 9/28
Bill C – 9/29
Grace – 9/29