

# Parkhaven Press

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



## Celebrating October

**Emotional Wellness Month**

**Vegetarian Awareness Month**

**Mystery Series Week**

*October 1-7*

**Guardian Angels Day**

*October 2*

**Mulligan Day**

*October 17*

**World Pasta Day**

*October 25*

**All Hallows Eve**

*October 31*

**Welcome New Residents:**

*Peter Mattes*

*Joan Benusa*

*Florence Galusha*



## Rebecca's Rambles

Hopefully by the time you read this we are having cooler days and the smoke is gone. I really love summer but with the constant headaches, itchy eyes, and hazy skies I think we are all looking forward to a change.

October brings thoughts of ghosts, goblins, fall leaves and Halloween activities. But did you know that October 6<sup>th</sup> is "World Smile Day"? I decided to research smiling and it, well it made me smile. Smiles are contagious, so spread it around. Smiles produce endorphins or happy hormones which in turn reduces stress. We could all use that. A smiling person looks more trustworthy, makes you more productive and best of all smiles are free. Let's SMILE.

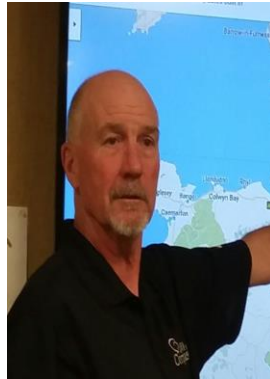
Gordon has a trip to Rocky Creek Farm planned this month for the residents. This is a very popular outing for our residents. Fall at its best with pumpkins, apples and cider. Put this event at the top of your list.

We are excited to have new residents and staff. If you are a visitor to our home, please stop and introduce yourself to any new faces you see. Hope to see you soon.

## Volunteer Corner

### Malcolm Fitzsimmons

Liverpool, created in 1207 when King John granted a Royal Charter, is a city in North West England, with a population of approximately a half million people. Besides being famous for being the home of “The Beatles”, it is also the most successful footballing (soccer) city in England. Liverpool is also the birth place of Malcolm Fitzsimmons.



After attending Lord Wandsworth College and the University of Durham, Malcolm earned his BS Degree in Life Science and Education in 1975 and then went onto study at Westminster College at Cambridge to earn his Diploma in Education.

He began his professional career teaching for 12 years Life Science and Physical Education at the Cheney School in Oxford. He transitioned in to health care in 1986, as a drug representative specializing in infectious diseases, cardiology and diabetes.

Because of his work as a pharmaceutical representative and his deep interest in the overall wellbeing and quality of life for patients Malcolm began working for the Department of Health. He consulted with hospitals all over the UK, to find ways to improve patient outcomes. This program was then expanded to the United State as the Global Comparative Program. He worked with 12 different hospitals comparing them globally, to benchmark performance and improve patient outcome.

In 2010, while working for the Global Comparative Program, Malcolm met his future wife Mandy in Bozeman. When the program came to an end Malcolm wanted to continue in health care with his primary focus being “To offer the best outcome for the end of life experience for patients and their families”. With this objective in mind Malcolm joined Compassus Hospice and Palliative Care in Bozeman.

## Departmental Change

The title for the world’s first department store likely belongs to Harding, Howell and Co.’s Grand Fashionable Magazine located at 89 Pall Mall in St. James’s, London. Opened in 1796, the women’s store was divided into four sections: furs and fans, haberdashery (sewing pieces), jewelry and clocks, and hats. Thanks to the Industrial Revolution, a new middle class contributed to the rise of this new form of shopping and eventually to a new holiday, Department Store Day, on October 16.

How times have changed. With the advent of online shopping, it seems department stores may be dying off. People would rather shop on Amazon from the comfort of their kitchen table than travel to Macy’s at the mall. But are department stores really dead? If only we could return to the era of glass atriums, brass clocks, grand elevators, and floorwalkers.

### Volunteer Corner Continued...

Malcolm’s love for people is demonstrated by his willingness to give of himself in many ways; professionally this is evident by his compassion and caring. But his willingness to come on his free time to interact with our residents and to provide “virtual tours “ of England and the UK and other countries in Europe with his firsthand experience is a treat they all enjoy.

In his free time, Malcolm is the Rugby coach at MSU; he loves outdoors activities like boating, fly-fishing, and hiking.

Malcolm has two adult sons who live in the UK and is the proud grandfather of a 2 3/4 year old and 4 month old little girl.

We are most fortunate and happy that Malcolm is a part of our volunteer group.

## Nightmares and Moonlight



In the spooky spirit of the Halloween season, the last Friday in October is known as Frankenstein Friday, after Mary Shelley's fictional novel about a mad scientist who created a monster. More interesting than the fiction are the facts surrounding why Shelley set out to write her gothic masterpiece.

In June of 1816, the 18-year-old Shelley was invited to Geneva, Switzerland, along with the poet (and her future husband) Percy Bysshe Shelley, her stepsister Claire Clairmont, the poet Lord Byron, and Lord Byron's doctor (and writer of vampire stories) John Polidori. On a rather cliché dark and stormy night, after reading from a volume of German ghost stories, Lord Byron challenged all the guests present to write their own scary tale. It was out of this challenge that Mary Shelley penned *Frankenstein*.

In a preface to her book written in 1831, Shelley wrote about how she suffered from a lack of ideas. After staying up late philosophically discussing "the nature and principle of life," and how one Dr. Erasmus Darwin had attempted to make dead matter move by administering electrical jolts, Shelley fell asleep only to be hounded by a nightmare: a man attempting to breathe life into a terrifying figure. She awoke with a start to find bright moonlight streaming in through her window. She realized that if the dream had frightened her, then it would frighten audiences. On the next morning she began writing *Frankenstein*. Of all the writers present, only Shelley finished her novel.

Mary Shelley's *Frankenstein* has become world-famous and is lauded as the first science fiction story ever written. It is also a philosophical masterpiece, examining the relationship between creator and created, and forcing us to wonder how much knowledge is too much. And of course, it is important to remember that Frankenstein is the name of the doctor, not the monster that the doctor created.

## All Hail the Kale

October 4 of this year heralds the fourth celebration of Kale Day. Kale, sometimes called "the king of leafy vegetables," is full of health benefits. It is also easy to cultivate, growing from spring all the way into winter, when frosts actually make kale sweeter. But kale has become more than a vegetable; it has achieved cult status, complete with T-shirts, bumper stickers, and celebrity endorsements. When did kale become popular? When public relations guru Oberon Sinclair decided it should, that's when. The savvy PR woman made kale cool when she got the trendiest restaurants and celebrities to endorse the leafy green. She even went so far as to create the fictitious American Kale Association to lend her advertising campaign credibility. But we can forgive Oberon for duping us with such sneaky tactics. Kale, after all, is a healthy vegetable. And she did it not for the money or the fame, but because she loves kale. Oberon's movement gained such a following that Columbia University Professor Dr. Drew Ramsey founded the first Kale Day in 2013, giving us all reason to "kale-abrate."

## Mistaken Invasion



It was on October 30, 1938, a Sunday evening and prime time for listening to the radio, that Orson Welles broadcast H.G. Wells' science fiction story *The War of the Worlds*, a dramatization of a Martian invasion of Earth. No one anticipated that the story would cause a national panic. The broadcast began with an innocuous weather report and live music, which was interrupted with a news report detailing the sudden invasion of Earth by hideous aliens. When the actors realistically announced that Martians were wiping out major cities, listeners flew into a panic. As many as a million people believed the invasion was real. Welles thought the controversy would ruin his career, but the wild performance earned him a Hollywood contract and superstardom.

Parkhaven Retirement &  
Assisted Living  
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Postage  
Information

### *In Loving Memory*

*Berness Lubbers*

*12/9/1932 to 9/11/2017*

*Kathleen Sulentor*

*7/21/2021 to 9/16/2017*



### **Resident & Staff October Birthdays**

In astrology, those born from October 1 to 22 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. Those born between October 23 and 31 are Scorpios. Scorpios are passionate, deep, and intense, qualities that help them counsel others in deep and meaningful ways. Resourceful and determined, Scorpios give their all when it comes to following their hearts.

Vi M – 10/5  
Jackie M – 10/11  
Lewis – 10/12  
Harriet – 10/12  
Megan – 10/14  
LaVonne – 10/21  
Joseph – 10/26  
Petal – 10/29