

# Parkhaven Press

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



## Celebrating November

**Adopt-a-Turkey Month**

**Novel Writing Month**

**Aviation History Month**

**Sherlock Holmes Weekend**

*November 3–5*

**Veterans Day (U.S.)**

*November 11*

**World Diabetes Day**

*November 14*

**Homemade Bread Day**

*November 17*

**Thanksgiving Day (U.S.)**

*November 23*

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## Rebecca's Rambles

October was just what we needed. Beautiful trees, sunny skies, warm days, chilly nights, some snow flurries, clouds and rain. What do they say about the weather in Montana? If you don't like it, wait five minutes. Where else can you have it all?

The pilgrims really planned it right when they decided to have Thanksgiving at the end of November. The year is winding down and it's a great time to reflect on all we have to be thankful for. There are many things we don't agree on, politics, religion, doctors, etc. but I think we all agree that we are thankful that we live in a country where we are free to have our own opinions.

Parkhaven has had some very interesting events this last month. The activity department has added a yoga class and it is being very well attended by the residents. It's great to see their desire to stay active.

The Montana Raptor Conservation Center gave a talk and brought examples of different raptors for our residents to observe. It was very interesting and appreciated.

A trip to Rocky Creek farm and a magic show here at the facility were attended by many but I think the highlight of the events this month was the trip to Kimm's Seed Potato Farm. Sue Kimm gave a very informational tour of their operation including picking, grading and storing of the potatoes. Thanks, Sue. They really enjoyed it.

Don't forget to make your reservations for our traditional Thanksgiving Dinner. All of us love having company for the holidays.

## Volunteer Corner

### Tiffany Wood

Born in the Sunshine State of Florida, Tiffany spent her childhood in Gainesville, Florida attending and graduating from Trenton High School. While in high school she was active in The Future Business Leaders of America and played the French horn in the school band. After graduating high school, Tiffany went on to earn her Associates Degree in Elementary Education from Santa Fe College in Gainesville, FL.

After graduation, Tiffany's love for Montana and its open spaces prompted her to move to Livingston in 2007, where she worked for the city of Livingston as a Recorder for City Commission meetings for a while. Being a single mom of two young girls, Tiffany decided she wanted to devote more time to her children so she became a stay at home mom for several years.

In 2015 Tiffany relocated in the Gallatin Valley and a year later reentered the work force becoming a teller for Manhattan Bank. As been the practice of Manhattan Bank, each month they come to Parkhaven and call bingo on "Bank Bingo Day" and bring baked treats for the participants. This gives Tiffany an opportunity to combine two of her loves; baking and working with seniors. Her other interests are running, playing with children and spending time with her two daughters. Her goal in life is to be the best mom she can be and she wants to tell each of our residents that they should "enjoy each other and love everyone".

Parkhaven's residents enjoy the time Tiffany spends calling bingo, one of their most favorite activities, and truly love the baked treats she brings each month. With heartfelt thanks, all of us thank her for the love she shows our residents.

"Enjoy each day and love everyone"



## But Is It French?

The concoction of bread dipped in a batter of milk and eggs is commonly called French toast, but was this dish really innovated in France? November 28, French Toast Day, may be the perfect time to find out.

Battering and frying bread was common during medieval times as a method of using up stale loaves. The first written mention of this dish, called *pain perdu*, or "lost bread," comes from the court of Henry V in England. Both Spain and Germany had similar recipes. The term *French toast* first appeared in the dictionary in 1660, but it did not use eggs. Instead, bread was dipped in wine, sugar, and orange juice. Another story suggests that it was called *German toast* before World War I. After the war, for patriotic reasons, the dish changed its name to *French toast*, although this is unlikely. Also unlikely is the tale of innkeeper Joseph French, who served up a piece of his French toast in 1724. Regardless of its origins, diners can find delicious French toast in France.

## Juke History



The jukebox has been around throughout many musical eras: big band, jazz, country, blues, and rock and roll. November 22, Jukebox Day, commemorates the day the first jukebox was installed in the Palais Royale Saloon, in San Francisco, California, in

1889. The history of the jukebox begins with inventor Louis Glass, who began his career working the telegraph and telephone lines. In 1880, Glass switched careers to the new technology of the phonograph and invented a machine that would play music from a wax cylinder at the drop of a nickel. When Glass boasted that his 15 machines had raked in over \$4,000 in six months, copycats hurried to replicate his music-playing machine. The word *juke* originated with the juke, or jook, joints of the early 1900s, where rural laborers could congregate to drink, dance, and gamble.

## Cardinal Rules for Wayfinding



November 6 is Marooned Without a Compass Day. While some people may feel lost or directionless in life, this day is for people who are actually marooned or lost and unable to find their way for lack of a compass or equipment. Luckily, there are still methods to find

your way even without a compass to find the cardinal directions.

Perhaps the easiest way to find north, south, east, and west is by the sun. As a general rule, the sun rises in the east and sets in the west. By marking the sun's rising point you can establish a general idea of direction. Likewise, at night, you can find north by locating the North Star, or Polaris, in the northern hemisphere. During the night, Polaris does not rise or set but remains fixed. This star is located in the Little Dipper constellation. To find Polaris, simply find the last star on the handle of the Little Dipper. If you are unable to find it this way, find the two stars forming the end of the bowl in the Big Dipper, draw a straight line, and you will arrive at Polaris. Polaris can also be used to determine latitude. The farther north you go, the higher Polaris is in the sky. At the equator, Polaris is almost on the horizon.

Another trick is to use shadows to determine direction. Drive a stick into the ground and place a pebble at the end of the stick's shadow. Wait about 30 minutes for the shadow to move and place another pebble at the shadow's end. Draw a line between the two pebbles: this line runs from east to west. Draw another line bisecting this line, and you now know north and south.

Knowing the four cardinal directions is important but can be fairly unhelpful if you do not know which direction you want to go. A map will only help you if you can determine where you are on it. Find high ground, identify unique landmarks such as mountains or rivers, establish your general position, and then use the cardinal directions to find the nearest roadway or town. Practice these strategies, and you may never be lost again.

## Mermaids and Manatees

Manatees go by many names, including sea cows and Teddy bears of the sea. When Christopher Columbus reported seeing women, or mermaids, swimming in the ocean, it was scientifically understood that these were actually manatees. This gentle undersea beast gets its due during Manatee Awareness Month in November.

There are three species of manatee: the West Indian manatee common in Florida, the West African manatee that lives from the coasts of Senegal to Angola, and the Amazonia manatee, which is found in the rivers and swamps of the Amazon basin. Warm water is a must for these large, slow-moving creatures. For this reason, they are attracted to warm water outputs from power plants. If the water gets too cold during the winter months, manatees suffer greatly. Because they move so slowly, they are also in danger of being hit by boats. While these creatures have no natural predators, these gentle mermaids of the sea are in decline due to human behaviors.

## Hang Three



November 12 begins the prestigious Triple Crown of Surfing on the North Shore of Oahu, Hawaii. This coastline is world famous for its reliable winter swells with waves up to 50 feet high. Many consider the three unique events of the

Triple Crown to be the ultimate test for surfers. The first event, at Haleiwa, requires quick adaptability to varying conditions. For the second event, at Sunset, one of the world's premiere big wave beaches, surfers must be in peak condition and read the waves accurately. Pipeline, the site of the third event, is equally famous for its massive rolling waves exploding over the reef in shallow water, making it one of the most difficult waves to surf. For one month, the greatest surfers in the world will converge to prove themselves at this surfing mecca.

## Dear Santa



With just seven weeks to go before Christmas, November 7–13 is Dear Santa Letter Week, a week when kids all over the world send letters to the North Pole. Kids have been sending Santa letters since the 18th century, but

how does the post office handle the seasonal onslaught of mail? The U.S. Post Office has a solution. Send the letters (including a parent-written response from Santa) to Anchorage, Alaska, where Santa's Helpers will send back that prewritten reply with an authentic North Pole postmark. England's Royal Mail also ensures a response from Father Christmas. The Canada Post has even given St. Nick his own postal code: H0H 0H0. In France, any child who writes to *Le Père Noël* is guaranteed a response by a law passed in 1962. Just be sure to have that letter postmarked by December 15!

## Resident & Staff November Birthdays

In astrology, those born between November 1–21 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. Those born between November 22–30 are the Archers of Sagittarius. Sagittarians are travelers, open-minded, and constantly in search for meaning. Extroverted and optimistic, Archers seek change and take concrete steps to achieve their goals.

Herb: 11/10  
Donna: 11/15  
Jeff: 11/16  
Nola: 11/21  
Anne: 11/26  
Shirley: 11/28