

DECEMBER 2017

Parkhaven Press

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



Celebrating December

International Volunteer Day

December 5

Hanukkah

December 12–20

Look for an Evergreen Day

December 19

Christmas Day

December 25

Make Cut-Out Snowflakes Day

December 27

Welcome New Residents:

Guy Carter

Bud & Edie Gurley

Dorothy Ypma

Rebecca's Rambles



“Oh you better not shout, you better not cry, you better not pout, I’m telling you why.” It’s just not any fun. Can you believe it’s Christmas time again? What is that very special thing that for you means Christmas? For me, it’s snuggling with my grandkids in front of the fire, listening to “Poppy” read The Night Before Christmas. I love their excitement and silliness.

We have lots of holiday events planned. It is always such a festive time and your presence adds to that. Please join us for any one of the events Gordon has planned for this month.

Of course, that brings us to the end of the year. Time to finish up some projects and prepare for a new year. It also brings to mind our Parkhaven family who has passed on this year. They truly touched our hearts

So, from all of us here at Parkhaven, have a special holiday season with those that really matter to you.

Volunteer Corner

The combination of wander lust, teaching and the theater has been integral part of who Faye is. She was born in Alexander City, a small city close to Montgomery, Alabama. As a child she grew up on a farm until the age of ten, when she then moved to the "Big City" of Decatur, Alabama where she lived until graduating high school. Faye then went on to attend Auburn University where she earned her BS degree in Speech and Communications in 1968.

Upon graduating, Faye began to move around in earnest. She first moved to Wichita Fall, TX to teach Speech and Drama for 4 years, then moved to Atlanta, Georgia and taught Adult Education for 7 years, then back to Auburn to teach Drama and Journalism. To expand her horizons, Faye then went to graduate School in Middlebury, Vermont.

"Round Two" of Faye's odyssey began. She moved to Wadley, Alabama to teach at Southern Union Junior College, and then eventually moving to Wisconsin.

Fate has a way of directing our future. In 2006 Faye lost everything she had to the fury of Hurricane Katrina. Her son suggested she come to Montana and stay with him, so as she said "I've nothing to pack" she accepted. Coming to Bozeman, Faye jumped back into education by teaching Freshman Composition at MSU until she retired in 2014.

Not content to sit idle, Faye began to volunteer at the Bozeman Senior Center, where she is the current President of the Board of Directors and is a member of Area 4 Aging Advisory Council. Because of her past experience in drama, Faye saw an opportunity to offer drama as an activity for the seniors at the center, so she formed "The Last Best GeriActors".

Named by the grandson of one of the group, "The Last Best GeriActors" with a core group of 15 actors give about 20 performances per year at local assisted living and senior centers.

Faye Christensen



Each new show's script is written by Faye after getting feedback and inspiration from the cast.

Besides her busy schedule with the senior center, the advisory council and the GeriActors, Faye finds time to make costumes for local theater groups and help make props for the Bozeman Opera Theater Group.

Faye has been widowed 30 years and is the proud grandmother of three grandchildren ages 11, 3, and 1 and spends as much time as she can with them. Her other interests include nature photography, camping in the summer and watching and feeding birds in her back yard. Her love of travel still continues with a goal to visit all of our National Parks. She is well on the way having already visited 2/3 of them and will be visiting all the National Parks in Colorado in 2018.

With as much as Faye has on her schedule we are very thankful for the time she shares her talents and the talents of the GeriActors with the residents of Parkhaven. They love the performances and are always eager for the next show.

On Top of Technology



December 3 is Roof Over Your Head Day, a day to give thanks for the gift of shelter. The biting cold and driving snow of winter are sober reminders of the

warmth and safety that a good roof can bring. Nowadays, however, roofs provide more than overhead shelter. Technological advances allow roofs to provide us with renewable energy, a cleaner environment, and even fresh food.

Entrepreneur Elon Musk is best known for his company Tesla, its electric cars, and his aspirations to colonize Mars. Lesser known, but just as visionary, is his work to produce a new kind of roof. Tesla is designing solar glass roof shingles that look exactly like traditional roof shingles, but with the benefit of harnessing the sun's power and turning it into valuable energy to run a home. The durable glass is specially designed to withstand hailstones falling at over 100 mph. At \$42 per square foot, these tiles are much costlier than the average asphalt shingle, which costs \$5 per square foot. And while these tiles also cost more than the large, rectangular solar panels now perched atop many roofs, they look nicer and more natural than the clunky rooftop panels.

Another innovative roof option is the "green roof," where shingles are completely eschewed for a roof composed of soil, plants and shrubs. Residential home owners and urban building managers are opting for living rooftop gardens, where plants help clean the air, manage stormwater runoff, reduce air conditioning and heating costs, absorb heat, provide habitat for birds and animals, offer park space for people, and even provide fresh fruits and vegetables via rooftop farms. Innovations do not stop at green roofs; there are also designs for green walls, bridges, and railroad tracks. In all of these cases, success depends on the expertise of the engineer in considering a roof's ability to retain moisture, allow drainage, prevent erosion, repel pests, and determine which plants will be most successful. In the near future, homes will provide more than just a roof over our heads.

Sticky Business

Begin December 17 with pancakes, waffles, or French toast covered in a puddle of maple syrup because it's Maple Syrup Day. Maple syrup typically comes from sugar maple, red maple, or black maple trees. In cold climates, these trees store starch in their trunks and roots. When the weather warms, this starch is converted to sugar and then rises in sap to feed the tree. Maple sap is collected by boring a hole into the tree trunk and attaching a *spile*, or tap, through which the sap "runs." This dripping sap is collected and boiled down to remove excess water and create a concentrated syrup. It takes almost 40 gallons of maple sap to create one gallon of maple syrup. In South Korea, the sap is not even boiled down to syrup. Instead, maple trees known as *gorosoe* are tapped and the sap is drunk fresh from the tree. In some regions of South Korea where the sap is believed to have health and spiritual benefits, people drink as much as five gallons at once. It is also an economic boon. The city of Hadong alone produces 317,000 gallons of sap, which fetches between \$6 and \$7 a gallon.

Operation Santa Paws



The December holiday season may be one of good cheer for humans, but a group of animal lovers has made sure that the warmth of the season extends to pets as well. In 2001, Justin Rudd spearheaded a movement to solicit donations to animal shelters during the holiday season. Since then, every December, animal shelters and rescue groups participate in Operation Santa Paws, an effort to collect toys, treats, and supplies for neglected and abandoned animals, especially those pets given as gifts and then left out in the cold. Providing a happier holiday season for sheltered and rescued animals can even increase the likelihood of adoption.

Keep Your Footing



Scotland's Hogmanay is one of the world's greatest New Year's celebrations. *Hogmanay* is the Scottish word for the last day of the year. In Scotland, the celebration of

Hogmanay was traditionally even more important than Christmas. The most important ritual of Hogmanay is the practice of *first-footing*, which begins immediately after midnight. This entails being the first person to cross over a friend or neighbor's threshold. Any first-footer must arrive bearing symbolic gifts of salt, coal, shortbread, whiskey, and black bun. Another ritual is *redding the house*, which involves cleaning the home and hearth, and then "reading" your fortune on the hearth's ashes. No Hogmanay is complete without singing "Auld Lang Syne," composed by Scotland's own national poet Robert Burns.

Resident & Staff December Birthdays

In astrology, those born between December 1–21 are 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. Those born between December 22–31 are Capricorn's Goats. Goats are practical, determined and focused on their ambitious goals. They follow a straightforward, well-planned path and persevere with grit and honesty. Their sympathetic and caring natures make them devoted friends.

Melanie H: 12/2
Bert: 12/8
John S: 12/12
Eleanor: 12/13
Andy: 12/16
Vaughn Ann: 12/20
Darrell: 12/29