

FEBRUARY 2018

# Parkhaven Press

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



## Celebrating February

**Library Lovers Month**

**Bird-Feeding Month**

**Spunky Old Broads Month**

**Groundhog Day**

*February 2*

**Weatherman's Day**

*February 5*

**XXIII Winter Olympics**

*February 9-25*

**Valentine's Day**

*February 14*

**Welcome New Residents**

*Betty Melee*

## Rebecca's Rambles

John and I moved here in 1975 and I remember thinking I had never seen so much snow in my life. Well, I hadn't because I grew up in the Midwest. After those first few years, there just wasn't that much snow in the valley. But this year reminds me of those first beginning years. John and Mike are constantly trying to keep the sidewalks here at Parkhaven cleared. Driving has been treacherous. Hopefully spring will come early this year.

There are hyacinth, daffodils and the last of the amaryllis blooming in the big, front room. Thanks John! It helps chase the winter blues away.

As I write this I am thankful that we have managed to avoid the worst of the flu season. We so much appreciate those of you who stay away when you aren't feeling so good. Staff too has been wonderful about making sure they aren't working while sick.

We are looking forward to "Valentine's High Tea" for our lovely ladies this month. It is great to see what fancy outfits and hats they come up with. Of course our gentlemen get a bit of special treatment at the same time. They go to the café for pie and coffee. I may have to go with them sometime just to see what they talk about since the ladies aren't there to keep them in line.

Stop by anytime. We look forward to each visit.

For more info on Parkhaven visit:  
[www.parkhavenretirement.com](http://www.parkhavenretirement.com)



## Meet the Staff

### Misti Andersen

Misti was born in Sheridan, MT and is the youngest child of a large family of 3 sisters, 2 brothers and 1 step brother. As a baby, the family moved to Belgrade where she grew up and still lives. Her dad named her Misti because of his love of misty mountain mornings.

While still in high school, Misti began her care giving profession, at the age of 17, by working for Edgewood Vista Assisted living. After graduating Belgrade High, she attended MSU for one semester before transferring to Helena College of Technology to take the needed prerequisite course to apply for nursing school. Before coming to Parkhaven, Misti worked in housekeeping, as an office manager for a glass company and for two years at Bozeman Deaconess as a medical floor nursing assistant.

Misti wanted to work at Parkhaven because it has a family based feeling, not a corporate environment, and she already knew several staff members. She has worked here for 1 year 4 months. Misti is our Memory Care Assistant as well as Lead Med-Tech and is responsible for medication administration and inventory control as well as caring for our residents living with Alzheimer and Dementia.

## Stick to Your Chops

Put away the forks and spoons—February 6 is Chopsticks Day. Today, over a quarter of the world's population uses these utensils for eating, but 5,000 years ago the first chopsticks were developed in China as a cooking tool. It was Confucius who said, "The honorable and upright man keeps well away from both the slaughterhouse and the kitchen. And he allows no knives at the table." This alone may have made chopsticks the preferred utensil in China. By the year AD 500, chopsticks had spread to Vietnam, Korea, and Japan, although in Japan chopsticks were originally used strictly in religious ceremonies. To the uninitiated, the use of chopsticks can be fraught with peril. One should never stand their chopsticks up in a bowl of rice, for it looks like the way rice is offered during a funeral ceremony. And never rest your chopsticks sideways across the top of a dish—use chopsticks holders!

### Meet the Staff continued...

Misti and her significant other, Tom, live in Belgrade and share their lives with Misti's two, four legged companions, Rowdy (a 7 year old black Lab/Blue Healer mix) and Tigger (a 5 year old house/barn cat) that was the runt of the litter.

When Misti isn't working she enjoys outdoor activities like camping and hunting as well as traveling, spending time with her family and spoiling all her nieces and nephews.

Regarding long term plans, she wants to enroll in nursing school, get married, start a family and build a home out in the country.

Misti brings to Parkhaven a bubbly personality and caring nature that exemplifies her philosophy of why she enjoys care giving -"I like care giving because it makes a difference in people's lives".

## February's Feathered Friends



February is Bird-Feeding Month. During the cold, harsh winter, it is especially difficult for wild birds to find food, so everyone is encouraged to provide food, water, and shelter

to help birds survive, and birds do need our help. One-third of the North American overwintering bird population has declined since 1966. And one-third of all North American bird species are at risk of extinction, with birds in arid, grassland, and coastal climates at greatest risk. A little bit of winter seed to augment their daily catch of insects could be enough to get them to springtime nesting season.

Not only can you help birds by feeding them this February but simple observations conducted during the Great Backyard Bird Count (GBBC) from February 16 to 19 can inform scientists about winter bird populations. During this four-day event, participants can spend as little as 15 minutes per day identifying birds in their own backyards and submitting that list to scientists via [birdcount.org](http://birdcount.org). Last year, 160,000 birders participated, from amateurs to experts, creating a global snapshot of world bird populations. Since birds are always on the move, such counts are important for scientists to see where populations come and go, where certain species congregate, whether diseases are affecting birds in specific regions, how species are coping with habitat loss and pollution, and how weather changes are affecting populations.

Citizen science—the practice of regular citizens aiding scientists in their research—is an important part of ornithology. The more people who participate, the more data is gathered, and the more accurate a picture of bird health. Citizen science birding projects are not limited to February. From November through April, birders can participate in Project FeederWatch. Every fall, people gather in the mountains and hills to count migrating hawks and raptors. Journey North is an annual count of migrating hummingbirds during the spring. So grab your binoculars and field guide and get counting!

## A Penny for Your Thoughts

A penny may be worth only one cent, but after a lifetime of finding lost pennies, you could amass a small treasure. Consider the value of the cent on February 12, Lost Penny Day. Technically speaking, it costs 2.41 cents to mint one new penny. In 2013, the U.S. government spent \$169 million to put \$70 million worth of pennies in circulation. Some retail outlets have decided to do away with the penny altogether by rounding prices down to the nearest nickel.

In 2012, Canada decided to nip the problem in the bud and eliminate their penny, joining Britain, France, Israel, Spain, Australia, Denmark, Sweden, and New Zealand in phasing out their smallest denominations of coins. The truth is, once a small coin can no longer be used to purchase items but is only used to make change, it becomes more trouble than it's worth. So on February 12, the question remains, "Should I bother to pick up that lost penny?" It depends on whether you can buy anything with it, or whether you're the superstitious sort who is simply looking for some extra luck.

## Making Hearts Whole



February is Mend-a-Broken-Heart Month, and scientists are quick to argue that hearts can really be broken as a result of extreme grief or social rejection. Brain studies show a direct connection between emotions and physical health. But the good news is that both can be mended. Heartbreak is often the result of feelings of loss after a breakup. Psychologists explain that spending time with a romantic partner causes your identities to become intertwined. Losing or being rejected by that partner, therefore, leads to feelings of confusion due to a loss of your sense of self. The best way to mend your heart is to become yourself again: exercise, try new hobbies, socialize with other people. All of these things will challenge you to rediscover your joys and fall in love with yourself all over again in the process.

Parkhaven Retirement &  
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Postage  
Information

## Joy

Learn to enjoy the simple pleasures of life  
Because that is probably what we can afford  
Healthy children and a good wife  
Strength of conviction and faith in the Lord

The moral strength and honesty our  
forbearers had  
the song of the first bird in the Spring  
The first snow in the Fall to make us glad  
These are all the things about which we can  
sing

And all these things don't cost us a dime  
All it takes is a little of our time

By:  
Walter A. Steingruber

## Resident & Staff February Birthdays

In astrology, those born between February 1–18 are Water Bearers of Aquarius. They are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others. Those born between February 19–28 are born under Pisces. Friendly and selfless, they are always willing to help others with their hearts on their sleeves. Thanks to an intuitive understanding of life, Pisces make deep connections with other living beings.

Connie: 2/12  
Marilyn M: 2/14  
Guy: 2/17  
Mike: 2/20  
Barbara: 2/20  
Joan B: 2/20  
Imelda: 2/23

Happy Birthday!!!