

MAY 2018

Parkhaven Press

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



Celebrating May

**Global Health and Fitness
Month**

Gifts from the Garden Month

Wildflower Week
May 7-13

Mother's Day
May 13

Memorial Day (U.S.)
May 28

Welcome New Residents:
Nenitta Zussblatt
Diane Findley
George Thaut

In Loving Memory of
Florence Galusha
Joan Crosbie

Rebecca's Rambles

Spring has been really hesitant in coming. It tantalizes for a couple hours and then we go back to clouds and cold. I overheard one of the residents telling someone else she just wasn't ready for winter yet. It gets a bit confusing for all of us.

At the end of March, John and I started planting seeds out in our greenhouse. It's amazing to me every year as I watch the little green shoots poke thru and they still have a blob of dirt sticking to their top. Life truly is a miracle.

Jennifer is planning a very special celebration for Mother's Day, special dinner and music. We are excited to have you be a part of this event.

Memorial Day always seems to be the kick off of camping season but let's be sure to remember all those who have given so much to protect our great country.

Spring and Summer means it's a great time to be outside more. The residents are spending more time on the patio and park trail. We need to soak up as much vitamin D as we can. It's been in short supply. So come and stroll or sit with us.

For more information on Parkhaven visit:

www.parkhavenretirement.com

Lei of the Land



Since May 1, 1928, Hawaii has celebrated the first of May as Lei Day. Lei—those beautiful garlands constructed of flowers, leaves, shells, seeds, nuts, feathers, and even bones and teeth are given at

birthdays, weddings, retirements, funerals, and graduations—any occasion one wishes to show honor, love, or high regard. While the lei's history dates back to the earliest Polynesian settlers of Hawaii, the holiday itself was introduced by Don Blanding, a poet from Oklahoma who had resettled in Hawaii.

The first Hawaiians adorned themselves with local flowers and vines. Certain lei flowers identified where you lived on the islands. Other lei represented your rank, wealth, or whether you were royalty. Many lei were not made of short-lived flowers or vines at all but of hardy bones and shells. In fact, lei were worn not just for celebrations or rituals but for everyday tasks by both commoners and chiefs alike.

Today, there is still a wide variety of lei, each unique to a particular occasion. The *hala* lei, made from the red fruit of the pandanus tree, is a symbol of cleansing and can be worn at funerals or for the new year. A delicate *ilima* blossom lei is the distinctive lei of royalty and is worn on special occasions. *Lehua* lei, made from blossoms associated with the fire goddess, are indicative of strength. *Pikake* is the flower of romance, worn at weddings. *Plumeria* lei are used to welcome guests but should never be given to sick people, as they are bad luck for those in ill health. Lei are woven into both the nature and mythology of Hawaii. They are not just given in love and esteem but as symbols that tell ancient and important stories.

Lei Day offers myriad opportunities to celebrate this unique form of art and culture, the greatest of which takes place in Waikiki on Oahu, where there is music, a lei competition, hula performances, craft demonstrations, and plenty of food for all.

Dreaming of a White Christmas

Bing Crosby had no idea that on May 29, 1942, his recording of Irving Berlin's "White Christmas" would become the world's most popular song. The recording took Crosby just 18 minutes, as part of an album for the movie musical *Holiday Inn*, and neither he nor Berlin thought the song was a hit. However, it went on to win the Academy Award for Best Original Song, and it hit number one on the pop charts in October of 1942, two months before Christmas. Irving Berlin, as a Jewish-American, did not celebrate Christmas, but he sure knew how to write a hit song, even one without any mention of magical characters or religion. The song's slow and melancholy longing for the cozy holidays of yesteryear was what audiences craved. What really propelled the song to superstardom was its inclusion on Armed Forces Radio. GIs fighting overseas during World War II loved the song, and Crosby performed it regularly for them. Audiences still love "White Christmas." With over 100 million copies sold worldwide, it remains the best-selling song of all time.

Front of the House



These are the amazing people that you see when you walk into Parkhaven. Rebecca, Sue and Dianna are the ones that greet everyone, answer all the questions and direct all to the right places. We are all thankful they are there.

Man's Best Friends (Bunnies)



Thank you to Leia Miller and the 4H Club for their time and sharing the sweet farm animals with us.

Any Way the Wind Blows

The Netherlands is famous for its windmills, which are celebrated on May 12, Windmill Day. As part of Europe's "Low Countries" (so named because of their location below sea level), the Netherlands was prone to flooding. Dutch windmills were created to drain the water from the land. At one point, 10,000 windmills were in operation across the country. Today, windmills in the form of massive wind turbines are making a comeback as generators of electricity.

Wind turbines are often grouped in "wind farms," or arrays of windmills strategically placed in windy areas such as hilltops, open plains, or even offshore. As the wind turns the blades, a rotor spins a generator, which creates electricity. The major advantage of this type of electricity is that there is no dangerous waste created as a byproduct. The main disadvantage, of course, is that these windmills create energy only when the wind blows. However, advancements in technology are creating batteries that can store power for later use. Windmills, it seems, are not merely for tourists anymore but will become part of the power grids of the future.



A Long Time Ago...



“May the Fourth be with you.” So say the millions of *Star Wars* fans who will celebrate Intergalactic *Star Wars* Day on May 4.

What has made *Star Wars* one of the most beloved and successful film franchises in history? When it was released on May 25, 1977, it blew audiences away. In the middle of an era when dark and brooding films were all the rage, this space adventure with cutting-edge special effects, wild aliens, strange other worlds, funny banter, and an amazing musical score was a breath of fresh air. *Star Wars* creator George Lucas had mined both high- and low-brow sources for his space opera, paying homage to the filmmakers he had studied during his film school years. What grew out of that first film is a media empire as far-reaching as the evil Empire itself.

May Birthdays

In astrology, those born between May 1–20 are Taurus’ Bulls. Bulls are hardworking, ambitious, honest, and dedicated to finishing tasks with a dogged persistence. Once the work is done, a Taurus expects to enjoy the fruits of their labor. Those born between May 21–31 are Gemini’s Twins. They have two distinct and alluring sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends.

Elizabeth: 5/6
Nick: 5/8
Vera: 5/12
Jennifer Y: 5/14
Evlyn: 5/1
Rosemary: 5/17
Crystal: 5/18

Don J: 5/19
Dorothy Y: 5/20
Rebecca: 5/24
Dianna: 5/25