

SEPTEMBER 2018

Parkhaven Press

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



Celebrating September

World Alzheimer's Month

Classical Music Month

Labor Day: U.S.
September 3

Grandparents Day
September 9

Museum Day
September 22

Johnny Appleseed Day
September 26

Welcome New Residents
Joyce Shepard
Janette Ebright

In Loving Memory
Donna Sundby
Harvey Schmautz

Rebecca's Rambles

Time flies when you're having fun. John and I spent one week in August, fishing with our oldest grandson, in Alaska. We had so much fun and adventure.

Time for an update on the addition. It is really moving along much faster than I expected. The siding is going up along with the entry porch to the memory care unit. I'm getting excited about putting colors, flooring and furniture together.

Thanks to Dianna, we have an employee board in the hall off the dining/living room area. We hope this will help you identify different staff members and their position. I'm very proud of our staff. Care for our residents is at the top of my list and it warms my heart when I see that same philosophy evident in our staff.

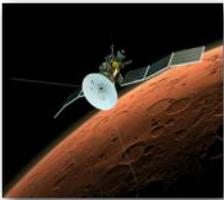
Tina has been doing the bulletin board by Sue's office the last few months and I have to say, I'm blown away. She uses items from nature to tell a monthly story. They are beautiful. Thanks, Tina!

Fall is here. There is a different smell and feel in the air. Bring your jacket and let's sit on the patio and soak up as many rays as we can.

www.parkhavenretirement.com

Into the Great Beyond

On September 5, 1977, NASA launched the Voyager 1 satellite into space. After 40 years of space travel, Voyager 1 has logged over 13 billion miles and is the first human-made object to leave our solar system.



Voyager 1's initial mission was to explore some of the most distant planets of our galaxy, Jupiter and Saturn. The pictures it sent back of Jupiter and its moons revealed

startling new information. Not only did it find two new moons orbiting Jupiter but it also discovered volcanoes on the moon Io and possibilities of ice and oceans on the moon Europa. Its findings about Saturn were no less exciting, again finding two new moons plus a new ring around Saturn to boot. But Voyager 1's mission is not limited to sending information back to Earth; it also brings information from Earth into the cosmos.

NASA scientists knew that Voyager 1 would leave our solar system and perhaps journey to another distant realm, so they made two gold-plated copper records filled with greetings for aliens. One record contains sounds, including whale songs, music by Chuck Berry, and greetings in 55 different languages. Also included are instructions for how to play the records, as well as a "star map" directing aliens back to our solar system. Voyager 1 could be Earth's messenger to other intelligent life forms in the universe.

For now, Voyager 1 is zipping through interstellar space at over 38,000 mph. Its next big mission won't happen for 40,000 years when it will pass a nearby star. Voyager 1 will run out of power by 2025, though, so it won't be able to send us any data. For now, NASA scientists are content to study Voyager 1's latest information about what life is like in outer space beyond our solar system. And who knows? Maybe it will find another satellite sent from a distant galaxy carrying a record or two for us to listen to back on Earth.

Resident of The Month



Bert Kamps

Bert was born in Manhattan, MT in 1923. Bert has lived his whole life in Manhattan except for 2 years back in 1969 when he lived in Whidbey Island, Washington.

Bert's love of farming kept him busy raising spuds for over 30 years. During those years he married his beloved wife, Harriet and raised 4 wonderful children.

Bert has a love for baseball and horseshoes and has always wanted to travel to Holland.

Bert is best known for his deep faith and his love of gospel music. He shares his faith with all he encounters and you can often hear his voice in the halls singing his favorite hymns.

Though it was hard for him to choose a favorite bible verse Bert shared with us one that is very special to him.

"For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God." 2 Corinthians 5:21

Cooking Dumplings with the Gals



Dumplings are thought to have originated in the Eastern Han Dynasty over 1,800 years ago. a man named Zhang Zhongjing recognized that the ears of many people were frostbitten during the winter. Zhang stuffed

dough skins with this filling and folded them over to look like an ear, and boiled them until cooked. The first dumplings were filled with warming herbs that promoted blood circulation to help people make it through the harsh winters without further frostbite.

The Origin of the Dumpling

Yes, Virginia

On September 21, 1897, the *New York Sun* newspaper published an editorial called “Is There a Santa Claus?” It was during that year that eight-year-old Virginia O’Hanlon asked her father if Santa Claus existed. He suggested that she write her question to the local paper. Francis Pharcellus Church, one of the newspaper’s editors, had no idea that his reply to Virginia’s query would be one of the most reprinted editorials in the world.

Church was a war correspondent during the Civil War. His experiences had made him cynical and an atheist. He had not wanted to write the editorial and refused to have his name attached to the reply. But he did write it, and rather than give a straight and simple answer, he wrote philosophically about the existence of fairytale-like figures and how they should give us all faith and joy in the profound innocence of childhood, and, as Church put it, in the existence of “love and generosity and devotion.” When he wrote, “Yes, Virginia, there is a Santa Claus,” he was arguing that, despite all he had seen during wartime, humanity was still decent and good.

A Hummer of a Bird



September 7–9 brings the Hummingbird Migration and Nature Celebration as these tiny winged marvels make

their way back to warmer southern climates. Hummingbirds, sometimes called hummerbirds, get their name from the sound their wings make. These birds flap their wings so fast—about 80 times per second—that they make a humming sound. Hummingbirds exist only in the western hemisphere; they range from southern Alaska to northern Chile and stop everywhere in between. Although they weigh less than a nickel, these tiny birds can fly up to 500 miles without stopping. So why not help them on their journey by putting out specially designed hummingbird feeders? These brightly colored feeders provide the sugary, high-energy nectar hummingbirds need to maintain their metabolism.

In the Zone



Without the ozone layer to protect Earth from the sun's harmful ultraviolet radiation, we would all be toast, which is why September 16 is the International Day for the Preservation of the Ozone

Layer. In 1985, scientists discovered that the use of harmful chemicals was creating a hole in our ozone layer over Antarctica. Two years later, countries all over the world signed the Montreal Protocol, promising to end using such harmful chemicals. So the good news is that this holiday has been a success! The harmful chemicals that destroyed the ozone layer were banned, stopping further depletion of the ozone layer. Scientists now expect that the hole in the ozone layer could be entirely healed by the year 2060, as long as countries adhere to the ban—which means we get to keep on celebrating!

Resident & Staff September Birthdays

In astrology, Virgo's Virgins are those born between September 1–22. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan so as to leave nothing to chance. These amazing listeners give excellent advice. Those born from September 23–30 balance the scales of Libra. Libras strive for balance, avoid conflict, and desire fairness for everyone. To achieve this, they are sociable, strategic, charming, and diplomatic.

Catherine 9/2
Helen 9/6
Mona 9/14
Eva B. 9/21
Dianna G. 9/5

Kay 9/27
Conrad 9/28
Tina 9/28
Bill C. 9/29
Grace R. 9/29