

# Parkhaven Press

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



## Celebrating October

### Positive Attitude Month

### Spinning and Weaving Week

*October 1–7*

### Guardian Angels Day

*October 2*

### Mulligan Day

*October 17*

### International Artists Day

*October 25*

### All Hallows' Eve

*October 31*

### Welcome New Residents

*Frank Eckes*

*Bob & Phyllis Hermstad*

*Roelena Venhuizen*

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## Jack of the Lantern

Every October, once pumpkins have grown fat and orange, these gorgeous gourds are picked and used in a wide variety of ritual activities from baking pumpkin pie to carving jack-o'-lanterns for Halloween. But there's no need to wait until October 26, Pumpkin Day, to make the most of your favorite pumpkin traditions.

Pumpkins have been grown in North America for 5,000 years. While these gourds are native to Central America and Mexico, the tradition of carving pumpkins began across the Atlantic Ocean in Ireland. The practice of carving "jack-o'-lanterns" began with an Irish folktale about a man named "Stingy Jack."

The legend says that Stingy Jack invited the Devil to have a drink, but then the tightfisted fellow did not want to pay. Jack tricked the Devil into transforming himself into a coin he could use to buy the drinks, but Jack put the coin into his pocket next to a silver cross. The Devil, so near a cross, could not change back into his devilish self. Jack made the Devil promise not to claim his soul should he die. The Devil had no choice but to agree. However, when Jack did die, God would not allow someone who caroused with the Devil into heaven. In the end, Jack was sent into the dark of night with nothing but a lamp fashioned from a carved-out turnip, lit with a lump of glowing coal. For this reason, the Irish have long carved images of "Jack of the Lantern" from turnips and, later, potatoes or beets. The scary, glowing faces were used to frighten away Stingy Jack and any other evil spirits.

When Irish immigrants came to North America, they discovered a new medium for their jack-o'-lanterns: pumpkins. With their hollow centers and wide, thick, orange shells, these gourds were a perfect vessel. Today, pumpkins are grown on every continent except Antarctica, and people around the world use them to carve jack-o'-lanterns.

## 2018 Walk to End Alzheimer's



## 10 Warning Signs of Alzheimer's Disease

1. Memory Loss
2. Difficulty performing familiar tasks
3. Problems with Language
4. Disorientation to time and place
5. Poor or decreased judgement
6. Problems with Abstract thinking
7. Misplacing things
8. Changes in Mood or Behavior
9. Changes in Personality
10. Loss of Initiative

Memory loss that disrupts everyday life is not a normal part of aging. The Alzheimer's Association has developed this check list to help you recognize the difference between normal, age-related memory changes and Alzheimer's disease.

There's no clear line that separates normal changes from warning signs. It is always a good idea to check with a doctor if you or a loved ones abilities seem to be declining.



2018 Team Parkhaven

## Resident of the Month



### *Nola Knight*

Nola was born in Idaho Falls, Idaho in 1927. Nola spent her early years in Saco, MT living there for 45 years before moving to Belgrade.

After living in her cottage in Hamilton Village and enjoying her visits to Parkhaven Nola finally made her way to Parkhaven in 2015 to become a part of our family.

Nola has an artist's heart and it shows in the jobs she has had over the years including; art, sewing, knitting and decorating beautiful wedding cakes. Her favorite of all though was working in the flower shop arranging flowers. Nola would one day love to take a cruise to the Greek Isles.

Nola has expressed how much she enjoys living here at the retirement home and enjoys spending her days with the staff and residents.

## Intuitive Magic

On October 31, Halloween, strange things may go bump in the night. Perhaps this is why this date is also Increase Your Psychic Powers Day. Psychic powers derive from extrasensory perception (ESP), senses beyond our physical five senses. Although there is no scientific evidence to confirm the existence of psychic powers, clairvoyants believe in abilities such as reading minds, divining the future, and communicating without speaking. Perhaps another way of looking at psychic ability is by redefining it as *intuition*. Hindus believe in the third-eye *chakra*, an energy center located between the eyes that is the center of our power of intuition, or inner knowledge, guided by a sixth sense. So even if you do not believe in psychic ability, consider October 31 an opportune time to open yourself up to new and wondrous possibilities.

## Bottled Art



Artisans have been creating miniature models of fully rigged ships inside bottles for centuries. Perhaps you, too, could master this secret art on October 4, Ship in a Bottle Day. The first mention of putting objects, including ships, in bottles dates back to 1719, when the art was popularized by a German named Matthias Buchinger. What made the feat even more spectacular was that Buchinger was born without hands or legs and grew to only 29 inches tall. Despite these handicaps, Buchinger earned renown throughout Europe as an artist, magician, musician, marksman, calligrapher, and performer. From 1719, it became a common German folk art form to place objects in bottles, mainly depictions of saints. The oldest surviving ship in a bottle dates back to 1784. The three-masted Portuguese warship resides in a closed egg-shaped bottle. Ships in bottles were not only made by sailors to pass time on a long journey or to give as gifts, but historians think that many ships in bottles were created by lighthouse keepers, who had both the time and access to materials for creating these maritime models.

## Thank You, Sir Frobisher



On October 8, be sure to wish all your Canadian friends a Happy Thanksgiving. In 1578, more than 40 years before the Pilgrims celebrated their first Thanksgiving in the Americas, English explorer

Martin Frobisher held a Thanksgiving celebration in present-day Newfoundland. He and his crew were giving thanks for surviving their exploration looking for the Northwest Passage. This Thanksgiving celebration was finally formalized as a national holiday in 1879. Today, it does not honor Frobisher but is a harvest celebration similar to America's Thanksgiving, complete with turkey and pumpkin pie. And as far as Frobisher's claim to the first Thanksgiving, some historians think that Spanish explorers may have conducted Thanksgivings even before Martin Frobisher.

## Resident & Staff October Birthdays

In astrology, Libras are those born between October 1–22. Libras, symbolized by the scales, strive for balance, avoid conflict, and desire fairness for everyone. To achieve this, they are sociable, strategic, charming, and diplomatic. Those born between October 23–31 are Scorpios. Scorpios are passionate and deep, qualities that help them counsel others in meaningful ways. Resourceful and determined, Scorpios make good managers.

Kristen: 10/8

Jackie M: 10/11

Lewis: 10/12

Harriet: 10/12

Shawn: 10/20

LaVonne W: 10/21

Petal: 10/29

Amber: 10/25

Happy Birthday!!