

January 2019

Parkhaven Press

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



Celebrating January

Braille Literacy Month

Soup Month

Fruitcake Toss Day

January 3

Make Your Dream Come

True Day

January 13

Popcorn Day

January 19

Martin Luther King Jr. Day

January 21

Puzzle Day

January 29

Welcome New Residents!

Doreen Morton

Harold Lasater

Patricia Morrison

Rebecca's Rambles

Good Grief! It's hard to believe another year has passed. Out with the old and in with the new. We have so much to look forward to in this New Year.

We are so happy to be in the completion stage of the new addition. There are lots of loose ends to tie up but the light is visible at the end of the tunnel. It feels good to know we will be better able to serve our community.

Our Christmas season here at Parkhaven was filled with lots of joy, music and special goodies. Thanks to all who made this another Merry Christmas. A very special thank you to those who worked their holiday so our residents were given the very best of care.

Winter has been kind to us so far. Of course, we have plenty of time for that to change. So if you're on your way to Walmart in the Parkhaven van or out doing a bit of ice fishing, dress properly.

We wish each and every one a happy and healthy New Year. See you soon.



Resident of the Month

Bob Foreman

Bob was born in the Old Bozeman Hospital in 1929 and raised at the Madison Power Plant 10



miles north of Ennis. At the age of 14 we was laid up for 9 years with a muscular problem. In 1953 he had an orthopedic surgery to help him walk again.

After high school Bob attended Bible College in Billings. He then met a wonderful lady named Mary Jo who agreed to become his wife in 1960. Bob and Mary Jo were blessed to have 4 children; 1 daughter and 3 sons. They have 10 grandchildren and 2 great-granddaughters. Their son Brad and his wife have been missionaries for over 30 years.

Bob had a wonderful career, working for 28 years at MSU managing an electronics parts stock room and he also worked for Grace Bible Church for 22 years. At Grace Bible he worked as a custodian, vacation bible school organizer and summer camp worker.

Due to Bob's deep faith as a Christian he feels a responsibility to share the good news that Christ dies for our sins, was buried and rose again, that we may all have eternal life.

Bye-Bye to Dry

The cold, dry winter air can wreak havoc on sensitive skin and cause chronic dryness. Luckily, January 8 is Winter Skin Relief Day, a day to take some small steps to ease the discomfort of dry skin. Skin lotions and moisturizers are helpful, but dermatologists also recommend taking shorter showers. This may be the number one cause of dry skin. A long, hot shower strips the skin of its natural oils, degrading our best barrier against cold, dry air. Dermatologist Joshua Zeichner recommends showers less than 10 minutes and no hotter than 84 degrees. Many common cleansers and soaps are alkaline, and washing often disrupts the natural acidic pH of our skin. Look for soaps that are pH balanced. These will have a less deleterious effect on the skin. Moisturizer is key. Applying a thick and oily cream while the skin is still damp will improve absorption, but don't apply too much. Dr. Zeichner explains that constant moisturizing may tell the skin that it doesn't need to maintain its own hydration. These small changes to your routine may ease some uncomfortable symptoms of dry skin.

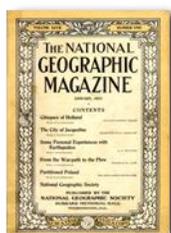
Burst Your Bubble



We wrap up the last Monday in January with Bubble Wrap Day, a day to pop to your heart's content. Why do we get such satisfaction from popping bubble wrap? The answer may lie in the healing power of touch. Psychology professor Kathleen Dillon turned to the ancient Greeks for an answer, and she came up with a "fingering piece" or "worry stone," often a smooth stone carried in a pocket. Rubbing the stone with one's fingers brought about a soothing sense of calm. The same sense of relaxation has been attributed to Catholic rosary beads and the practice of doing needlework. Keeping our fingers busy, it seems, has an intensely calming effect. So, too, does popping bubble wrap. When we are stressed, our muscles tense. Tiny actions such as rubbing stones, tapping fingers, wiggling feet, or popping bubble wrap release nervous energy, and with each burst bubble, more tension is released and the happier we get.

A History of Exploration

On January 13, 1888, an elite group of 33 explorers, scientists, academics, and wealthy financiers met at the Cosmos Club in Washington, D.C., with a common goal: “the increase and diffusion of geographical knowledge.” Their organization was officially incorporated two weeks later, on January 27, as the National Geographic Society. The Society’s first president, Gardiner Greene Hubbard, was not a scientist but a lawyer and philanthropist. He embodied the organization’s mission to share scientific knowledge with the layperson and to open up the world to everyone.



It took nine months for National Geographic to publish its first magazine, and it was not meant for a popular audience. It was a scholarly journal filled with short, technical articles mailed to only 165 charter members. Then in

1899, Gilbert H. Grosvenor was hired as the magazine’s full-time editor by Society president Alexander Graham Bell. Grosvenor changed the publication from a scholarly journal into a popular magazine full of general interest articles and full-color photography. Its images were so striking and beautiful that circulation grew from just 1,000 to over two million. Grosvenor became known as one of the “fathers” of photojournalism and one of the champions of creating a national parks system in America. Grosvenor’s legacy continues today, with the magazine’s worldwide circulation at 6.7 million.

The *National Geographic* magazine is certainly the Society’s most important and well-known outlet for spreading knowledge, and all revenue from the magazine is used to sponsor new expeditions and research. Indeed, the National Geographic Society has aided some of the world’s most fascinating explorations: Robert Peary’s journey to the North Pole, Jacques Cousteau’s dives to the deepest parts of the seas, Hiram Bingham’s uncovering of Machu Picchu, and Jane Goodall’s communes with chimpanzees. For over 130 years, it has stood by its original motto, and it continues to make important discoveries, such as an ancient megalopolis hidden in the Amazon jungle and new species of tarantula living in the Andes mountains.

Healthy Skepticism

Once you hear that January 13 is International Skeptics Day, you might want to check the date for yourself, because some people claim that this holiday falls on October 13, while others insist that it always falls on the first Friday the 13th of the year. It turns out that a little skepticism is healthy, even when it comes to science. Skepticism, after all, urges us to corroborate what we learn by seeking supporting facts, whether in the field of science, politics, relationships, or just about anything. Too much skepticism, though, can lead to cynicism and denial, even in the face of overwhelming evidence. Similarly, a lack of skepticism can lead to naivete and being taken advantage of. When psychologists talk about healthy skepticism, they are talking about that “Goldilocks” area—not too much, not too little, but just the right amount. If this sounds plausible to you, perhaps you should consider joining the Skeptics Society, a group emphasizing critical thinking as a means to resist pseudoscience, superstition, and irrational belief. Then again, you might want to do a background check on those folks first.

A Life in Words

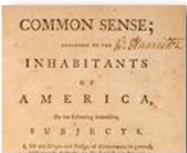


Amazing. Stupendous. Astounding. Those are just a few ways to describe Thesaurus Day on January 18. This day commemorates the birth of Peter Mark Roget, who published the world’s first thesaurus in 1852. Roget enjoyed making lists as a young boy but then moved on to a life of medicine and science. However, he never forgot his passion for words. In 1840, Roget retired from medicine and spent the rest of his life on his dictionary of synonyms, which he called *Roget’s Thesaurus of English Words and Phrases Classified and Arranged so as to Assist in Literary Composition*. His thesaurus was originally organized not alphabetically, but by concepts like *Space*, *Matter*, *Intellect*, and *Existence*. His handy tome has never been out of print and has sold more than 40 million copies—a countless, innumerable, and multitudinous number.

Parkhaven Retirement &
Assisted Living
100 Hamilton Court
Manhattan, MT 59741

Postage
Information

Making Sense



In January of 1776, just months before America made its Declaration of Independence from Great Britain, American propagandist Thomas Paine published his pamphlet *Common Sense*. In *Common Sense*, Paine not only set forth a list of compelling reasons for independence but he also was able to transform the colonists' vision of themselves. Paine argued that England was not the parent country of America and that colonists were not simply aggrieved subjects. Rather, colonists had fled to America from the whole of Europe, seeking peace from violent oppression and self-realization from monstrous tyranny. Many historians believe that Paine's pamphlet was the glue that united average folk with American political leaders, turning a colonial squabble into a full-fledged war. Paine's 47-page pamphlet sold 500,000 copies, and although it was published anonymously, Paine's name would enter history books alongside heroes like Washington and Revere.

January Resident and Staff Birthdays

In astrology, those born between January 1–19 are Capricorn's Goats. Goats are focused on lofty goals; these hardworking and determined souls will prevail with grit and resilience. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members.

Chelsey: 1/12

Lydia S: 1/27

In Loving Memory of
Herbert Nile Eddy 1931-2018
Guy Carter 1926-2018