

February 2019

Parkhaven Press

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Celebrating February

Haiku Writing Month

Mend a Broken Heart Month

Library Lovers Month

Groundhog Day

February 2

Celebration of Love Week

February 10–16

Valentine's Day

February 14

Love Your Pet Day

February 20

Welcome New Residents

Barbara Gilbaugh

www.parkhavenretirement.com

Rebecca's Rambles

Well, here we are, one month of 2019 already behind us. There is something to be said for being busy. Time flies and there is no time to be bored.

The new addition is creating a bit of excitement. It is coming down to the final touches and adjustments. The memory care community, which is called Reflections, is on the first floor and will be able to accommodate nine residents. It has its own living room, kitchen and dining room. The second floor addition has doubled the size of our hobby room along with giving us five more one bedroom assisted living units, a new conference room and an atrium.

If you've noticed lots of new faces, we've been training new care staff to cover the expansion. We've added a board in the main hall with pictures of the whole staff. Hopefully, this will help you identify our team. If you are a visitor to Parkhaven don't hesitate to introduce yourself.

John tries to have amaryllis blooming for Christmas every year but this year they were late. Actually it's been nice as the holiday decorations came down and the flowers started blooming so it added some excitement to the décor. They have been beautiful.

February brings Valentine's Day. It sounds like the activity staff have some great events planned. Music and bingo continues to be a real highlight for our residents.

Having visitors is always looked forward to so stop by and see us. We're happy to give you a peek at the new addition while you're here.

Resident of the Month

Mona Andrews

Mona is a native Montanan and was born in Deer Lodge in 1924.

In 1942 Mona moved to Bozeman to go to college for 2 years where she then transferred to The University of Wisconsin in Madison where she graduated with honors and received a Bachelor's of Science degree in Home Economics focusing on nutrition. After graduation she landed a job she loved in Berkley, California in research.

In 1951 Mona married the man of her dreams and together they raised 2 wonderful boys, John and Mark. Throughout the years Mona's love of gardening prompted her to join a gardening club in Chicago.

When asked about travels Mona said that if she was given the opportunity she would love to travel to Switzerland and Austria.



Facts about Switzerland

- Switzerland produces the most chocolate in the world
- Switzerland is the only country with a square flag
- Switzerland has the lowest crime rates in the world
- Switzerland's Sonnenberg Tunnel is the largest nuclear shelter in the world
- August 1st is Switzerland's Independence Day

A Sneeze for the Ages

Among his many scientific achievements, Thomas Edison is also known to have opened the very first film recording studio on February 1, 1893, in West Orange, New Jersey. His Black Maria studio (named after the cramped, dark police paddy wagons known colloquially as "black marias") was the testing ground and laboratory for his kinetograph, a forerunner to the movie camera. His first famous film recording is known as *Fred Ott's Sneeze*; he filmed a mere four silent seconds of Fred Ott rearing his head backward in a hearty *kerchoo*. Once his marvelous film was released to the public, Edison was contacted by a number of performers begging him to capture their work for posterity. The kinetograph's popularity was short-lived, though, lasting only about 10 years. In that brief span, kinetograph theaters known as kinetoscopes opened across the country in New York, Chicago, and San Francisco, but ironically not in Hollywood.

Underwater Weddings



With Valentine's Day falling in the middle of February, it is no wonder this month is known as Wedding Month. The city of Trang in Thailand has capitalized on lovers yearning to tie the knot on Valentine's Day by offering a unique setting for a wedding—under water! Every year from February 13 to 15, couples flock to this tropical seaside destination to take part in an underwater group wedding ceremony. On the 13th, couples are greeted at the airport by Thai dancers in traditional dress and then paraded through the streets of Trang to the cheers of spectators. On Valentine's Day, couples are boated to the island of Koh Kradan, where they take part in a traditional Thai wedding ceremony and are blessed with the pouring of water over their heads from a conch shell. Then—for qualified divers only—comes the big event. Tuxedoed grooms and brides dressed in white don their scuba kits for the underwater ceremony in the protected, pristine waters of Thailand's Andaman Coast.

The Original Castaway

On February 1, 1709, Alexander Selkirk was rescued from an island after being stranded there for four years. Upon his return to England, journalists portrayed his last four years in extraordinary detail, making Selkirk a celebrity and inspiring the novelist Daniel Defoe to write his masterpiece *Robinson Crusoe*.



Selkirk was a hot-tempered navigator of a privateering ship called the *Cinque Ports*—a legalized pirate ship plundering for the British Crown. When conditions on board got bad, Selkirk tried to raise a mutiny against the ship's young captain by begging to be left alone on an island with the crew. Unfortunately for Selkirk, none of the other crew members wanted to stay behind with him, so he was abandoned on Más a Tierra island off the coast of Chile. Selkirk expected another friendly ship to arrive, perhaps within days, but again he miscalculated, and another ship did not arrive for four years and four months. Amazingly, Selkirk survived. He ate fish, crayfish, and the many goats that inhabited the island. He grew so fleet of foot that he could catch them with his bare hands. Food and shelter came relatively easy. Keeping his sanity was his most difficult task. When a ship arrived on the horizon to save him, it was navigated by none other than William Dampier, a buccaneer under whom Selkirk had sailed on the *Cinque Ports*. Selkirk attempted to tell his story to Dampier, but he could barely remember the English language. Selkirk found it difficult to reintegrate into society, often thinking that he was happiest when he had nothing on the island.

Daniel Defoe was intrigued with Selkirk's story and so wrote a romanticized version of it in *Robinson Crusoe*. Perhaps, however, this story should not be celebrated, for it has often been criticized as a tale of one colonialist's suppression and enslavement of an indigenous culture. Crusoe may have been a hero in 18th-century England, but today his accomplishments seem rather brutish. Perhaps instead, we should celebrate February 1 as Alexander Selkirk Day and forget Robinson Crusoe.

Drawing the Short Straw

February 22 is Skip the Straw Day. Banning straws has certainly been a hot topic. More and more companies and communities are outright banning these seemingly harmless modern conveniences. This is because Americans, on average, use one million plastic straws each day, and many of those plastic bits are ending up in landfills and our oceans. For those who still want straws or need them for medical reasons, some companies now provide customers with biodegradable or compostable straws, including paper straws. People used to sip drinks through long hollow reeds of ryegrass. That all changed in 1888 when inventor Marvin Stone patented a spiral winding process for paper and created the first paper straw. His straws were far superior to ryegrass straws, for they did not impart a grassy taste to the beverage. So it seems that we have come full circle, back to Stone's original invention. But will banning plastic straws actually save the environment? Not entirely. Plastic straws are just a tiny percentage of plastic pollution. But the anti-straw movement might raise awareness about the harms of plastic to our planet.

Many Happy Returns



February is Return Shopping Carts to the Supermarket Month. Shopping carts are abandoned in the strangest of places: alongside roads, in ditches, under bridges. Today is the day to put those shopping carts back where they belong. It is estimated that two million shopping carts are taken from supermarkets each year, and with one shopping cart valued at \$100, that's \$200 million rolling away. If pushing a shopping cart back to a supermarket all the way from a highway is too much to ask, you can start by returning shopping carts from the parking lot. Unattended carts can do a lot of damage to cars. Furthermore, studies show that abandoned shopping carts lead to people throwing other trash into parking lots. Returning carts fosters good citizenship!

Hard to Swallow



The last Saturday in February is International Sword Swallowers Day, a holiday not for the faint of heart or throat. Sword swallowing is not an illusion or trick, but an incredibly dangerous feat that takes years of practice.

If done incorrectly, it can end with hospitalization or even death. Professionals, however, only suffer the occasional sore, or “sword,” throat. The key to sword swallowing is to not swallow at all! One must completely relax the throat and esophagus and suppress the gag reflex, not an easy feat considering our throats have built-in nerves designed to eject foreign objects in our esophagus. Sword swallows do not start with swords but practice with spoons, knitting needles, and coat hangers. Out of the world’s 7.5 billion people, only about 100 dare to swallow swords. What originated as a divine ritual 4,000 years ago is today a shocking and sensational demonstration of willpower.

Resident & Staff February Birthdays

In astrology, those born between February 1–19 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. Those born from February 19–28 are the slippery Fish of Pisces. Selfless Pisces are very wise and empathetic, making them always willing to help others. These deep emotions also make Pisces talented artists and good friends.

Tessa: 2/5

Barbara: 2/20

Roelena: 2/9

Joan B: 2/20

Connie: 2/12

Imelda: 2/23

Marilyn M: 2/14

Cameron: 2/23

Mike: 2/20

Happy Birthday!!!