

May 2019

Parkhaven Press

Parkhaven Retirement, Assisted Living & Memory Care 100 Hamilton Ct Manhattan, MT 59741



Celebrating May

**Physical Fitness & Sports
Month**

Older Americans Month

Meditation Month

Be Kind to Animals Week
May 5–11

Teacher Day
May 7

Mother's Day
May 12

Memorial Day: U.S.
May 27

Welcome New Residents
Delores Fuhrman & Margo

In Loving Memory
Mary Jane Cutler
6/13/1935-4/12/2019

Rebecca's Rambles

We seem to be having our usual Montana spring. A little sunshine, a little rain and a little snow. But through it all the perennials just keep growing. I always wonder how they manage. Sometimes they get frozen on top but they just push onward. I think there is a lesson in that. Adversity makes us stronger if we just push forward.

Spring weather brings a change in our activities here at Parkhaven. We love being able to go outside, enjoy the sun on the patio, and walk in the park. It's time to start planning the garden and digging in the dirt.

Reflections, our new memory care home, has proven to be a real plus for our Parkhaven community. It is so calm and serene, which is just the kind of atmosphere that people with memory issues need. Anxiety is diminished because we can provide more one-on-one care for them. We have chosen to keep it very small, serving only nine residents. The public area is filled with soft music and comfortable furnishings. Once the weather really becomes summer they will be able to go outside freely in their very own enclosed courtyard.

Once again, we invite you to stop by and see us. Don't forget to ask for a tour of the new facility. See you soon.

Now Open!!



Meet Your Neighbor

Joan's story started at home in Bowlus, Minnesota, on February 20, 1933, during a Minnesota blizzard. She went on to attend grades 1-8 in a one room school house. She was the only student in grades 5-8, and even helped the teacher by teaching the younger students. Her passion for teaching was sparked at an early age.

Joan attended the all-girl's St. Francis Catholic High School in Little Falls, MN, graduating at 17. She attended 1 year of teacher's training and then at the age of 18 she began teaching for 5 years in several rural schools including the one she attended. After the death of her mother, Joan returned to Bowlus, MN to help care for her father and also taught 1 year in Rice, MN.

Joan met her husband Reynold in Bowlus and they were married on July 8, 1959. They moved to Fargo, ND where Rey attended pharmacy school at NDSU and Jeffery & Lisa were born. After graduating in 1963 they moved to Danville, IL where Ann & Robert were born. In 1969 the family moved to Little Falls, MN where Rey continued on as a pharmacist and Joan raised the children and earned her bachelor's in Elementary Education. The next 7 years were spent teaching special education and middle school.

In 1976 the family moved to Montana and purchased the drug store and small motel business in Manhattan, MT. Joan returned to teaching Title I at Manhattan Elementary, until she retired in 1990, she went to work full time

Joan Benusa



in the drug store and motel business with with her husband.

After 16 years Rey & Joan moved to Three Forks, MT in 1992 where they purchased a building and opened the Three Forks Pharmacy & Gift Shop. They operated the business for 14 years until they retired and closed the business in 2006. Rey passed away in 2017, just after celebrating their 58th anniversary. Shortly after Joan moved to Parkhaven.

Joan has always been active in the Catholic Church. Joan credits her faith to giving her strength to carry her through the trials and the many joys during her lifetime. Joan has been blessed with 4 children, 7 grandchildren, and 5 great grandchildren.

Reflections

MEMORY CARE
PARKHAVEN RETIREMENT COMMUNITY



Things are finally getting settled and the residents and staff have found their groove.

We are all very excited for the warmer weather because that means the back courtyard will be completed and the residents & families can enjoy the beautiful Montana weather!

Feel free to stop in and join our morning exercise or our afternoon coffee & cookie breaks. All are welcome!!



Dancing *Ghawazee*



May 11 heralds the arrival of World Belly Dance Day. The term *belly dance* is a Westernized description of what was originally traditional Middle Eastern dancing. The earliest form of belly dancing came from the Egyptian *ghawazee* dancers. The *ghawazee* were popular street dancers, unveiled women who rapidly shook their

hips and played brass cymbals or castanets with their hands. While audiences enjoyed the art form, it was often frowned upon as improper. In the early 1800s, Europeans became fascinated with all aspects of orientalism, including belly dancing. It was the French who first called it *danse de ventre*, or belly dance. In the 20th century, the dancing of the *ghawazee* evolved into *raqs sharqi*, a classical Egyptian style of belly dance. This modern style rose to fame during Egypt's golden age of film, but despite its popularity, *raqs sharqi* is still considered disreputable.

Resident & Staff May Birthdays

In astrology, those born May 1–20 are Bulls of Taurus. Bulls are stable, reliable, patient, and determined. They will work hard and finish the job no matter what gets in their way, but they expect to be rewarded! Those born May 21–31 are Gemini's Twins. Twins seem to have two personalities and can blend into any situation. They have an energetic and fun-loving side that is the life of the party but also a deep and emotional side that needs love and nurturing.

Skie 5-6	Jennifer Y 5-14
Nick 5-8	Crystal 5-18
Vera 5-12	Verla 5-20
Faye 5-12	Rebecca 5-24
Laurie 5-12	Dianna 5-25
Karin 5-12	Leandra 5-28
	Kristin L 5-30