

YOUR LETTERHEAD

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



Celebrating July

Picnic Month

Canada Day

July 1

Independence Day

July 4

Don't Step on a Bee Day

July 10

Zookeeper Week

July 21–27

Tell an Old Joke Day

July 24

Welcome New Residents

*Patricia Zitzer
Fredrick Heiser
Harry Folkvord
Marilyn Ryan
Stanley Droge*

The Men on the Moon

This year marks the 50th anniversary of NASA's historic Apollo 11 mission. On July 20, 1969, Commander Neil Armstrong and pilot Edwin "Buzz" Aldrin became the first humans to land on the moon. Six hours after landing, they did something even more daring: they set foot on lunar soil and walked on the moon. Armstrong's words captured the enormity of the moment: "That's one small step for a man, one giant leap for mankind." The astronauts became worldwide heroes, and their achievement vaulted them into both the history and science books, making them household names in the process.

The moon landing marked the pinnacle of achievement for a mission born of the Cold War-era "space race" between the United States and the Soviet Union. The mission was broadcast on television, and its importance was not lost on the astronauts involved. Michael Collins manned the command module, while Armstrong and Aldrin descended to the lunar surface in a module dubbed *Eagle*. When the craft touched down on the moon's Sea of Tranquility, Armstrong famously announced, "The Eagle has landed." Typically, in these situations, the junior ranking officer would take responsibility for the spacewalk, while the commander stayed behind. Aldrin had vied for the opportunity to be the first man to walk on the moon, but he well understood the symbolism of the mission's commander being first to set foot on alien soil, even if it meant a change of NASA protocol. For this reason, Armstrong made the first famous "small step." Aldrin was not far behind, however, and his poetic description of the lunar landscape's "magnificent desolation" has become just as memorable.

The two men spent over 21 hours on the moon. They collected samples of rock and dust, and planted an American flag. Aldrin even took Holy Communion. The entire Apollo 11 team safely returned to Earth to much fanfare, but not before they filled out a customs form declaring their place of departure as "Moon."

Resident of the Month Helen Kirkegard



Helen Kirkegard has been with Parkhaven since 2010, where she still enjoys collecting and coloring. Among Helens favorite collection is an impressive 3,000 salt-and-pepper shaker set that she and her husband James collected on their beloved travels to Montana's various antique and estate sales. Also part of Helens accumulations are Roosters, Dolls and Bears...some of which have been generously donated to our Bingo prize table. (...and they go FAST!)

Helen and James enjoyed 38 years of marriage of farming and ranching in the Missouri Breaks region of the state, managing over 2000 head of sheep, where Helen would feed the hired hands, who loved her rice pudding, and take care of the household.

Born in Froid, MT (located in the NE corner of the state about 50 miles from Canada), Helen lived in Circle, Glendive, Chinook, Miles City, Townsend and Manhattan. Helen did travel around the region including Washington, Idaho, Nevada, Colorado and South Dakota.

The Teddy Bears Picnic

On July 10, Teddy Bears Picnic Day, grab a blanket and head outdoors with your favorite plush friend. This holiday stems from a famous two-step melody penned by American composer John Walter Bratton in 1907. The words to the piece did not take shape until 1932 when Irish songwriter Jimmy Kennedy wrote about the fanciful gathering of teddy bears. Kennedy, who lived in Taunton, Somerset, England, is said to have gotten inspiration for the lyrics from a small wood near Stapleton Church in his town. Today, teddy bear picnics are the perfect occasions for kids to cozy up with their plush lovies. Why are kids so attached to toys like teddy bears? Psychologists explain that these plush toys act as transitional objects for kids to separate from their parents. The cozy, reassuring warmth of a teddy bear helps kids cope when their parents are away. In light of this noble role, teddy bears deserve to be feted with a grand picnic. Of course, parents are invited, too.

Continued...

These days you can find Helen coloring, playing cards including her favorite Gin-Rummy, doing "word-find" puzzles and playing Bingo.

If given the opportunity, Helen would love to go to England, see all the countryside, and meet the Queen...perhaps even "fancy a cuppa?", "join her for a cheeky pint" ...sounds "bloody fun" to me!!

Facts about England

- There are more chicken then people in England
- It is illegal to die in the House of Commons
- York was the first English city to become settled permanently by the Danish Vikings (in 867) and the last to remain under Viking rule (until 954)

How Tweet It Is

July 15, 2006, marks the day that people had to rethink their idea of the word *tweet*, as Twitter became part of the social media world. On that first day, a total of 265 tweets were sent. Today, there are 6,000 tweets sent every second.



What is a tweet? It is truly nothing more than a message. Twitter's co-founder Jack Dorsey conceived of a text messaging service that allows users to send messages to a specific group of people.

These messages, or tweets, were intended to be short—only 140 characters long. This length limit existed for 11 years, until 2017 when the character limit was doubled to 280 characters. Dorsey thought the name *Twitter* was perfect for his idea. The dictionary definition of *twitter* is “a short burst of inconsequential babble,” much like the short chirps of birds. Indeed, an analysis of tweets has shown that 40% of all messages qualify as “pointless babble.” So why, then, is the service so popular? Some psychologists think they have the answer.

Our love of Twitter is rooted in a very real social craving for community. If the Industrial Revolution fractured the extended family, then the internet revolution obliterated community. As we sit in front of our screens, we interact less and less with those closest to us, be it in our homes, neighborhoods, workplaces, or communities. According to Maslow's hierarchy of needs, a psychological theory about human motivation, all humans crave belonging and self-esteem. Twitter certainly offers a mode of social interaction with peers, and it also allows people to feel like celebrities, boosting self-esteem. Of course, like so many modern technologies, Twitter is a double-edged sword. Isn't the craving of attention via Twitter evidence of a lack of self-esteem? Does a never-ending desire for popularity and celebrity reveal an underlying narcissism? Is the Twitter community “real” if interactions occur over the internet, and not in person? Alas, the answers to these questions may be unanswerable in 280 characters or less.



Reflections Memory Care is now open and the staff and residents have settled in nicely. If you would like to stop in for a tour or drop in and enjoy a cup of coffee and fresh cookies call 406-282-7488 today!

A Good Score

Scarecrows are normally associated with the days of late summer and autumn, but Build-a-Scarecrow Day falls on the first Saturday in July, for this is when scarecrows are needed most. The Egyptians were the first to construct scarecrows in order to keep quail out of their wheat fields. And while the Greeks and



Romans were building scarecrows, so, too, were the Japanese, who made *kakashi* to protect their rice fields. With so much use of scarecrows throughout history, one would have to think that they are an effective way to deter pest animals from raiding the fields. Most scarecrows do scare off pest birds like crows and blackbirds—temporarily. But once the birds become accustomed to the scarecrow, they will resume eating the crops. Researchers have discovered that scarecrows with realistic faces and brightly colored clothing do a better job of scaring away birds. Moving a scarecrow around will also keep pests wary. Futuristic farmers have even begun to opt for robotic scarecrows that scare birds off with laser beams and supersonic waves.

But Is It Art?



On July 9, 1962, artist Andy Warhol unveiled his exhibit of 32 Campbell's soup cans at the Ferus Gallery in Los Angeles, California. Each painting depicted a different flavor of the ubiquitous soup. This was Warhol's first solo exhibition of pop art, but the question remained: was it art? Warhol had often used familiar images from American consumer culture as his subject. His soup cans, unlike the mass-produced soup produced at the Campbell's factory, were individually painted to look exactly alike, albeit with mechanical precision. The only difference between each canvas was the flavor of the soup. What drew Warhol to Campbell's? He spoke about how often he used to eat it; he had the same Campbell's soup for lunch for 20 years. The exhibit caused a mild stir, more due to the novelty of the subject matter than the art itself. Yet over the years, Andy Warhol and Campbell's Soup have become strange bedfellows, more famous together than alone.

July Birthdays

In astrology, those born July 1–22 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds and comfortable homes, and are always willing to welcome people into their circle. Those born between July 23–31 are Lions of Leo. Leos are natural leaders: intelligent, courageous, and bold. Leos' social natures also make them excellent friends.

<i>Honeylyn</i>	7/2
<i>Christina</i>	7/8
<i>Marian</i>	7/8
<i>Jennifer J.</i>	7/18
<i>Robert G.</i>	7/16
<i>Sirena</i>	7/29

Happy Birthday!!