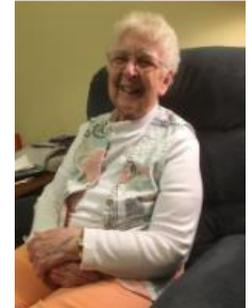


Parkhaven Press

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Resident of the Month

Vera Padgett-Barnett

Celebrating December

Spiritual Literacy Month

Bingo Month

Antarctica Day

December 1

Cookie Day

December 4

St. Nicholas Day

December 6

Poinsettia Day

December 12

Winter Solstice

December 21

Hanukkah

December 22–30

Christmas

December 25

Vera was born in Evansville Indiana to parents that worked in production; with her father employed by the local furniture factory. Vera was 1 of 7 children, and loved to take hikes and picnics along the lake shore.

Married for 63 years to Joseph David Barnett the couple raised 2 children, a girl and a boy who now live in Deer lodge and Belgrade respectively. Vera admits they didn't travel much except a honeymoon in Kentucky to the Mammoth Caves and moving the household for her husband's career in the oil company. They lived in Indiana and Illinois until the late 1950's, where they enjoyed going to the ballgames of the St. Louis Cardinals. They moved to Montana around 1958 and lived in Glendive, Glasgow and Belgrade.

Vera worked various positions throughout her married life, and recalls her favorite occupation to be working in housekeeping for the Hospital and Nursing home. Vera confirms that she enjoys the simple clutter free existence, and would rather take walks and reflect, than be a slave to projects and upkeep.

Interestingly, around age 50, Vera decided to learn to play the piano, took lessons for 2 years and finally accomplished reading music. She enjoys cooking chicken dumplings, (a family favorite), crocheting, reading mystery novels (Perry Mason an all-time favorite) and enjoyed playing "canasta" back in the day it was popular.

When asked what she would most like to be remembered for, Vera unhesitatingly replies that her Christian faith has been her foundation since her early 20's.

If given the opportunity, Vera would love to travel to Nova Scotia (where her maternal grandparents immigrated from) and see the ocean crashing on the rocks with the majestic views.

These days you can find her in Bible Study class, the Book Nook, or attending one of the many coffee-reading hours at Parkhaven. Vera Barnett is another wonderful resident here in our midst.

Across and Down



You don't need to be a *cruciverbalist*, someone skilled at solving or creating crossword puzzles, to celebrate Crossword Puzzle Day on December 21. On that date in 1913, the very first puzzle appeared in the Sunday *New York World* newspaper.

Even the most passionate cruciverbalists might be delighted to discover that the very first puzzle was called a "word-cross." Weeks after the first "word-cross" appeared, a typesetting error resulted in the puzzle being called a "cross-word," and it has been called that ever since.

No one knows what inspired Arthur Wynne to create the first crossword puzzle. Wynne was born in Liverpool, England, and moved to America at age 19, where he worked for newspapers in Pittsburgh and New York City. Word puzzles were fairly common in newspapers, but Wynne innovated many features of the crossword that still exist today. He created horizontal and vertical boxes for each letter, and he first used patterns of symmetrical black squares to separate the words into rows and columns. His first puzzle took the shape of a diamond with a hollow center. Numbered clues below corresponded to numbered boxes in the puzzle above, similar to today's crosswords, although the numbering system was slightly different. To help new puzzlers along, Wynne filled in the first answer with the letters F-U-N.

Crosswords have grown so popular that it's easy to forget that they are just over 100 years old. Wynne likely never imagined that his puzzle would appear in newspapers across the globe and spawn helplines where people pay for helpful clues. There are even annual crossword puzzle tournaments where the best-of-the-best crossword puzzle solvers compete against the clock and each other. Don't be intimidated or discouraged; crosswords are offered in a variety of levels, from easy to difficult, so on December 21, everyone can enjoy the satisfaction of being a cruciverbalist for a day.

The Power of Gratitude

Being grateful has been linked to health benefits such as improved mood, better sleep, and more satisfying relationships. Thank You Note Day on December 26 offers us a chance to use the power of gratitude. Researchers recently explored how writing thank-yous increases one's sense of well-being. Writers of thank-you notes often feel nervous about the task. They worry that they will not be able to find the right words or that the recipients of their notes would feel awkward or surprised to receive a letter. But these worries are completely unfounded. Recipients of thank-you notes are almost always grateful. In fact, recipients find thank-you notes to be warmer and more articulate than the writers expect. As long as the intentions of the writer are sincere and heartfelt, the contents of the note are always well received. Researchers believe that thank-you notes are prosocial; that is, they are an important type of social glue linking people together. Self-consciousness should never stand in the way of giving thanks. So, let us express our gratitude to the researchers for conducting their experiment.

Rub-a-Dub-Dub



On December 5, skip your worn-out shower routine and sink into a bath for Bathtub Party Day! Showers suffice if your only objective is to get clean, but there's something

indulgent about reclining in a bathtub full of bubbles. What is more, using bath salts can transform a bath into a therapeutic experience. *Balneotherapy*, or immersion in mineral-laden water or mud, has been a medical remedy for millennia. Today's bath salts made from magnesium sulfate (Epsom salt) or sea salt replicate the experience. These minerals can have remarkable effects of reducing stress, relieving aches and pains, reducing skin irritations, and improving circulation. Add a few candles and some relaxing music, and your bathroom suddenly transforms into a world-class spa.

The Season of Sugar and Spice



December is chock full of holidays celebrating cookies. The first week of December is Cookie Cutter Week. The week of December 16–20 is

Cookie Exchange Week. The 4th is Cookie Day, the 12th is Gingerbread House Day, and the 14th is Gingerbread Decorating Day. No wonder December is heralded as “the most wonderful time of the year”! Baking and exchanging sweets have been winter solstice traditions for hundreds of years.

The winter solstice has long been celebrated around the world by many cultures, and food has always been associated with these traditions. It was during the Middle Ages that dessert became an important part of winter solstice feasts. This was due to an influx of new and exotic ingredients, including spices like cinnamon, nutmeg, and black pepper, and sweet fruits like dates and apricots. Wealthy families added these fine new ingredients to their pantries, and their cooks created new and wonderful pastries and cookies. It became a sign of great wealth to send friends and rivals gifts of baked sweets.

One of the oldest and most popular cookies was springerle, the anise-flavored cookie that originated in the German province of Swabia in the 15th century. Anise was prized as a spice and a medicine, often grown in the cloistered gardens of monasteries. Springerle is easily recognized by the elaborate bas-relief pictures pressed into the cookies thanks to detailed molds carved into wood or clay. These cookies were not only delicious, but their pictures told important historical and religious stories. Like anise, ginger was considered both an exotic spice and a medicine. Recipes existed in China as early as the 10th century and finally made it to Europe during the Middle Ages, but it wasn't until the 16th century that the gingerbread house became popular. This was thanks to the Brothers Grimm and their story of Hansel and Gretel discovering a house made entirely of candy. These traditions have endured for centuries because they are so delicious.

Welcome to our new staff members!

Patty-Housekeeping

Aaron-Resident Assistant

Brandy-Resident Assistant

Rayna-Resident Assistant

Taylor-Resident Assistant

In Memory

of

Shirley Morton

1928-2019

Delores Fuhrman

1926-2019

Generosity on Tap



On December 31, 1759, Irishman Arthur Guinness signed a 9,000-year lease at £45 per year for the St. James' Gate brewery in Dublin. The brewery still operates today as one of the largest in the world. Guinness beer is famously

known for its dark stout, but Guinness himself was much more than a successful brewer. He was a philanthropist deeply committed to improving social welfare. He ensured that working conditions at his brewery meant that both workers and their families were offered health insurance, meals, high wages, pensions, and even a free beer after a long day's work. Guinness also donated to local charities offering the poor affordable health care, while he preserved Gaelic arts and culture and advocated for religious tolerance. Despite his wealth, fame, and generosity, only one portrait exists of Arthur Guinness, yet his signature appears on every bottle of his self-named brew.

December Birthdays

In astrology, those born between December 1–21 are centaur archers of Sagittarius. Archers are curious, energetic, and enjoy change, the restless travelers of the zodiac. They are funny and enthusiastic, cherishing freedom as their greatest treasure. Those born between December 22–31 are the horned goats of Capricorn.

Melanie – December 2

Leon– December 5

Joseph – December 6

Marlea – December 9

Eleanor – December 13

Doreen – December 21

Velma– December 29

Louise – December 30

Stephanie – December 31