

September 2020

Parkhaven Press

Parkhaven Retirement, Assisted Living and Memory Care 100 Hamilton Ct. Manhattan, MT 59741 ph. 406-282-7488



Celebrating September

Happy Cat Month

Mushroom Month

Healthy Aging Month

**International Enthusiasm
Week**

September 1-7

Bowling League Day
September 3

Labor Day: U.S.
September 7

Grandparents Day
September 13

**International Country Music
Day**
September 17

Good Neighbor Day
September 28

Dear Families and Friends,

We are happy to announce that our Baseline/Surveillance Testing came back with all Staff and Residents being negative for Covid-19. Staff will continue to test on a weekly basis and a resident will only be re-tested if they are showing any symptoms.

As you have heard Assisted Livings have been cleared to open to visitors with very strict guidelines. We have done our best to follow each and every mandate that has been given to us and we will continue to do so. Our hyper vigilance will help to ensure that your loved one is safe and well cared for. We understand how difficult this has been for everyone involved and we appreciate your continued support during this re-opening by following all guidelines that you will receive in this letter.

At this time we have set up a visiting room that will allow resident and guest to visit inside while following ALL of the mandated guidelines. The guidelines for visitations are listed below.

- ALL visits must be scheduled beforehand. This will allow adequate time between visitors to properly clean and disinfect.
- Covid-19 questionnaire completed and all visitors are symptom free
- Face masks or Face Shield must be worn by visitors at all times
- Limit of 2 visitors at a time
- No one under that age of 18
- No out of state visitors will be allowed into the building
- During visitation, physical distancing of 6 ft must be maintained at all times
- Due to the risk of exposure, holding hands, hugging, kissing, or other physical contact is not allowed during family visits.
- **NO** outside visits are allowed at this time as social distancing has not been maintained during these visits.

We are required to submit a letter to the Health Department insuring that we can and will follow the regulations that we have been given. Your cooperation in following the guidelines listed above will help us continue to stay open for scheduled visits.

On the Ball

Ballroom dancing was once a privilege afforded only to the upper classes and well-to-do. Today, however, ballroom dancing is a pastime that everybody can enjoy, and you don't need an extravagant ballroom in which to do it. Grab a partner and take to the dance floor for a foxtrot, waltz, tango, pasodoble, rumba, or any other style of dance during the week of September 18–27, Ballroom Dancing Week.



The term *ballroom* comes from the Latin word *ballare*, which means “to dance.” The earliest ballroom dances were invitation-only events where aristocrats were invited to the royal court for formal balls.

Many historians believe that ballroom dancing originated in 16th-century France. The book *Orchésographie*, written by the French cleric Thoinot Arbeau in 1589, explains in great detail the role of dance in aristocratic circles during the French Renaissance. Soon after, in 1650, the French composer and dancer Jean-Baptiste Lully introduced the dance known as the minuet to Paris. These lively and fast-paced dances became all the rage and remained a ballroom staple for a hundred years.

Many formal ballroom dances evolved from folk dances. The minuet was originally a peasant dance from the French province of Poitou. The waltz, too, had its origins as a German peasant dance. During the 18th century, nobles grew bored with the minuet and would steal away to the dances of their servants, where they learned the waltz. The waltz was considered scandalous, with its clasped hands and bodies pressed closely together. It took years before it was accepted into the ballrooms of the aristocracy. So, too, over the years did dances like Argentina's tango and Cuba's rumba gain acceptance to the ballroom. And in the 20th century, as audiences watched Fred Astaire and Ginger Rogers dance across the silver screen, ballroom dancing suddenly seemed accessible to the masses. Today, ballrooms offer dance nights for dancers of all abilities. Whether you are a novice or an old pro, Ballroom Dancing Week is a chance to put on your dancing shoes.

In Memory

Patsy Stearns
1935-2020

Stanley Droge
1947-2020



Kitchen Creativity



September 13, or 9/13, brings 9x13 Day, a day for cooks of all abilities to fill their 9x13 pans with something delicious.

These versatile pans can be used for everything from appetizers to dessert. They can hold baked dips, beans, potatoes, casseroles, baked pasta, savory breads, meats, cakes, bars, cakes, and cobblers. The 9x13 pan is truly a workhorse of the kitchen. If you're looking for another excuse to whip up something special in the kitchen, September is Bake and Decorate Month. With apples and pumpkins begging to be picked, why not make one of these the star of your next cake or pie? And don't forget to decorate your dish with a decorative crust or a delightful icing.

Leaf-Peepers Delight



By the last weekend of September, Fall Foliage Week, you have likely noticed that the weather has begun to cool and leaves have started changing from green to shades of yellow, orange, and red. This dramatic transformation is the result of a careful and complex chemistry occurring within the leaves.

Throughout the summer months, tree leaves are hard at work, photosynthesizing thanks to chlorophyll. Not only does chlorophyll absorb sunlight and convert light energy to the chemical energy plants need to survive but they also give leaves their green color. But leaves also contain carotenoids, plant pigments that create hues of yellow and orange. Dominant chlorophyll normally covers up the carotenoids, but as the weather cools and days grow shorter, chlorophyll degrades and fades. Suddenly, the yellows and oranges of the carotenoids become dominant. But what of the brilliant red hues? The color red is the result of a pigment produced in autumn called *anthocyanin*. Cool nights stimulate the production of sugars within trees, and this stimulates the leaves to produce anthocyanin. Weather conditions in late summer, such as drought, heavy rain, or too many clouds, can affect the production of sugars and the resulting anthocyanin, either resulting in eye-popping (more sugar) or dull reds (less sugar). Dedicated leaf peepers enjoy nature's show regardless.

New England enjoys fame as a prime leaf-peeping destination, thanks to its leafy forests and chilly September nights, a combination that produces excellent fall foliage displays. Yet plenty of other places around the world offer excellent fall foliage. Japan is a prime spot for leaf-peeping, especially the northernmost island of Hokkaido, where leaves begin to turn as early as mid-September. Romania's Carpathian Mountains offer another excellent destination, especially the alluring Lake Sfânta Ana. No matter where you go, if there are leaves and chilly nights, then you are bound to find some spectacular fall foliage.

Welcome!!

Resident Assistants

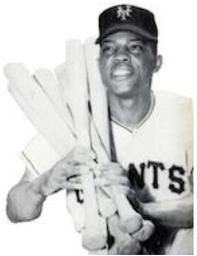
**Araceli
Crystal L.
Courtney
Mala
Skyler**

Maintenance **Carl**

New Residents
**Pat Gibson
Dixie Reich**

We are currently accepting new residents for Assisted Living and Memory Care, while adhering to CDC guidelines. We are working hard to ensure the safety of your loved ones, while protecting our current residents. If you would like any information please contact
Crystal Hamilton
At 406-282-7488
Or
Direct Line 406-284-7095

“The Catch”



On September 29, 1954, Willie Mays made one of baseball's biggest plays on baseball's biggest stage. It was Game 1 of the World Series between Mays' New York Giants and the Cleveland Indians. The score

was tied 2–2 in the top of the eighth inning when Cleveland batter Vic Wertz hit a line drive to deep center field. With the crack of the bat, Mays sprinted to the deepest part of center and made a spectacular over-the-shoulder catch on the warning track and still had the presence of mind to quickly throw the ball into the infield to keep the runners from advancing. New York went on to win the game and sweep the series for a World Series title, and Mays' catch, remembered forevermore as simply “The Catch,” has gone down in history as one of the greatest plays ever made.

September Birthdays

In astrology, those born between September 1–22 are Virgo's discriminating Virgins. Virgos pay attention to detail and are highly organized, making them curious and intelligent learners who can get the job done without complaint. Those born between September 23–30 balance the scales of Libra. Libras have strong intellects and keen minds and so need constant stimulation.

Carl K. – September 5
Courtney – September 6
Karen K. – September 8
Moryssa – September 9
Mona – September 14
Eva – September 21
George – September 27
Tina – September 28
Bill C. – September 29
Mike S. - September 30