

November 2024

Parkhaven Press

Parkhaven Retirement | 100 Hamilton Ct. Manhattan, MT. | 406-282-7488



Celebrating November

National Novel Writing Month

World Communication Week

November 1–7

Extra Mile Day

November 1

National Love Your

Red Hair Day

November 5

Origami Day

November 11

National Take a Hike Day

November 17

National Jukebox Day

November 27

Thanksgiving Day

November 28

Welcome New Residents

Janice

Donna M.

Welcome New Staff

Alex



Rockin' Through the Years

Rock and roll, a genre that revolutionized music, began in the early 1950s, blending elements of rhythm and blues, jazz, gospel, and country. Its roots can be traced back to African American musical traditions, which profoundly influenced its development.

It was Elvis Presley, the “King of Rock and Roll,” who brought rock and roll into the mainstream. His 1956 hit “Heartbreak Hotel” topped charts and made him a household name. Other pioneers included Chuck Berry, whose guitar riffs and showmanship set the standard for future rock musicians, and Little Richard, whose wild performances captivated audiences.

The late 1950s and early '60s saw rock and roll evolve into various subgenres. The British Invasion, led by the Beatles and the Rolling Stones, brought a new wave of rock music to the United States, blending rock and roll with British pop influences. This era also saw the rise of surf rock, with bands like the Beach Boys capturing the spirit of the California lifestyle.

By the late 1960s, rock music had become more experimental. Psychedelic rock, exemplified by bands like the Jimi Hendrix Experience and the Doors, pushed the boundaries of sound and performance. The Woodstock Festival in 1969 symbolized the peak of the counterculture movement and the unifying power of rock.

On November 9, 1967, *Rolling Stone* published its first issue, marking a significant moment in rock history. John Lennon graced the cover, and it cost only a quarter to purchase. The magazine became a leading voice in music journalism, covering the latest trends, iconic artists, and cultural shifts within the rock-and-roll world.

Rock and roll's journey from its early days to the early 1970s laid the groundwork for countless genres and artists, forever transforming the cultural landscape.

Time Change Tune-Up



In the United States, daylight saving time (DST) ends November 3, which means our clocks will fall back an hour from 2:00 a.m. to 1:00 a.m. (and we will gain an hour of sleep). Interestingly, Hawaii

and Arizona don't participate in DST, so their residents won't get an extra hour of rest. In Europe, they do not call it DST, but Summer Time, and it ends on October 27 at 2:00 a.m.

Regardless of where you live, the twice-yearly adjustment to DST offers an opportunity to take care of some important twice-yearly chores. Many fire departments advise us to change our smoke alarm batteries on this day. And since scaling a ladder to check all the smoke alarms isn't enough, here are some other chores to handle twice yearly.

For one, don't forget to rotate your mattress! Take a good look at your bed. You may have made a lasting impression on it, or it may be starting to sag. Rotating and flipping your mattress will help it wear more evenly. Some new and improved mattresses may not require flipping, but even they should be rotated. If you have a vacuum handy, it's also a good idea to rid your mattress of dust.

Another chore is changing the furnace filter. Because we spend most of the winter inside, our heating systems usually work all day to heat our homes. A new furnace filter will purify the air in the house. If you have a pet or allow smoking in your home, these filters also remove pet dander and smoke from the air. While it may be a good idea to check your filter every three months, DST is the perfect reminder to change it.

Still looking for more chores? Check your pantry, refrigerator, and medicine cabinet for expired products. Or, if you're not a fan of DST, then this may be the perfect reminder to write a letter to Congress to abolish the practice.



Mocs on the Move



Rock Your Mocs occurs November 10–16 in the middle of Native American Heritage Month. This event started in 2011 when New Mexico student and Laguna Pueblo tribe

member Jessica Atsye started an online campaign encouraging Indigenous people to wear moccasins in a show of cultural pride. The trend has spread across the globe, with native peoples of all cultures now photographing their unique Indigenous footwear and proudly posting the pictures online.

Moccasins are traditionally the footwear of Indigenous tribes of North America. While the construction of the leather footwear is generally very similar, the intricate designs, beadwork, quillwork, paint, fur, fringes, and embroidery help distinguish tribal affiliation. Each pair is like a work of art; each pair is as unique as its wearer.

Everyone is invited to participate in the fun of Rock Your Mocs and wear moccasins "wherever your day takes you."

Connected in the Cloud



The future of computing is in the cloud, and it's not as mysterious as it once seemed. Having our computers, smartphones, and tablets connected

to the cloud allows us to perform everyday tasks with ease. This technology may seem like magic, but it's a remarkable advancement in computing.

In the past, we used to buy CDs to install software on our computers to create documents, view photos, listen to music, and more. Updating these software packages meant another trip to the store and more money spent. This process is now a thing of the past. Instead of buying and loading CDs, companies today provide these applications through the cloud.

With wireless technology, our devices are always connected to the internet. We receive emails, photos, and videos instantly. We shop online, communicate with friends, and even do our banking—all with a few clicks. Businesses send customers applications directly through the cloud. We subscribe to services that allow us to write papers, create spreadsheets, play games, listen to music, and much more.

The cloud has become an essential part of daily life. It's not just about convenience; it's about efficiency and staying up to date. Paying a monthly or yearly fee for these services eliminates the need for frequent software purchases and installations.

The cloud is no longer in its infancy. It has grown significantly and continues to evolve. While we may not know its full potential, it's clear that the cloud is the future of computing. It promises to continue to make our lives easier, more productive, and connected like never before.

REST IN PEACE

Tom Baker 1942-2024
Paul DeLaMater 1942- 2024



Aged to Purrfection



November is Adopt a Senior Pet Month, a time to give older pets a chance to find a loving home. Senior pets often get overlooked in

favor of puppies and kittens, but they have so much to offer. They're usually already trained, which means fewer chewed-up shoes and more cuddle time. Their personalities are fully developed, so you know what you're getting—no surprises! Plus, senior pets are typically calmer and more content to relax with you.

Adopting a senior pet can be incredibly rewarding. These pets are often the first to be euthanized in shelters, so giving them a home literally saves their lives. They are just as loving and loyal as younger ones, and they often bond deeply with their new families. This November, consider visiting your local shelter and meeting some senior pets. You might find a perfect companion who's ready to spend their golden years giving you endless love and companionship.

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Postage
Information

Small Biz Saturday



Small Business Saturday is the perfect excuse to explore your local shops and support your community. Celebrated on the Saturday after

Thanksgiving, this special day encourages people to buy from small, independent businesses. It's a great way to discover unique products and services you won't find in big-box stores.

Shopping small means your money stays local, helping to boost the local economy and support your neighbors. From cozy cafés to quirky boutiques, small businesses add character and charm to your town. Plus, you're likely to receive personalized customer service and find one-of-a-kind items.

So this Small Business Saturday, skip the crowded malls and online giants. Take a stroll down Main Street, enjoy some local flavor, and make a big impact by supporting the small businesses that make your community special.

November Birthdays

Those born between November 1–21 are passionate Scorpios, considered the most intense sign in the zodiac. While on the outside Scorpios are calm and composed, inside they are forceful, emotional, determined, and ambitious. If you were born between November 22–30, you are Sagittarius, the Archer. Archers are optimistic, energetic, generous, and honest. They enjoy exploration and keep an open mind during new encounters.

Howard 11/1

Carolyn 11/2

Gene 11/11

Janice 11/22

A graphic with the text "Happy Birthday" in a colorful, bubbly font. Above the text are several colorful balloons in shades of purple, blue, green, and orange. The background is white with small colorful confetti dots.