

Parkhaven Press

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



Celebrating March

**Irish-American Heritage
Month**

Women's History Month

**International Black Women
in Jazz and the Arts Month**

World Compliment Day
March 1

International Women's Day
March 8

Welllderly Week
March 16-22

St. Patrick's Day
March 17

Tuskegee Airmen Day
March 22

**Make Up Your Own Holiday
Day**
March 26

The Power of Names

The power of bestowing names is so great that in the Old Testament of the Bible it is God who grants this amazing gift to Adam and Eve. Modern psychologists agree that names are significant. As children develop the ability to speak, they name things to make sense of the world around them. The first full week of March is Celebrate Your Name Week, a time to appreciate our names.

In 1948, professors at Harvard University studied the success of recent Harvard graduates. As it turned out, those with common names like Mike had found more success than those with unusual names such as Berrien. The professors concluded that rare or unusual names had negative psychological effects. More studies followed, and they bore out similar results. Names seemingly influence where we go to school, where we choose to live, who we marry, and even the kind of financial investments we make. Psychologists have attempted to explain this phenomenon as a result of the "implicit-egoism" effect, or the fact that we are drawn to things that resemble us. Other psychologists offer a different explanation.

Names send powerful signals about where we come from: our native country, ethnicity, religion, and economic background. When we hear a name, we hear so much more.

Of course, not everyone loves their given name. According to Legal Zoom, people often change their name if it's very common. They list Britney and Ashley as two examples. Another reason people change their name is because it's difficult to spell or pronounce.

Celebrate Your Name Week is a chance to be proud of not just our names but of who we are. When you introduce yourself, say your name loud and proud, for the way you treat your name shows the way that you want to be treated.

Mirthful Medicine



March was declared International Mirth Month by self-proclaimed “jollytologist” Allen Klein. Klein’s interest in the healing power of mirth came in 1974 when his young wife died of liver disease. Despite her deteriorating health, Klein’s wife

kept her sense of humor to the end. She inspired Klein to give up his career in the theater and become a crusader for the stress-relieving benefits of humor.

Whether facing sicknesses or enduring other stressful situations at home or in the workplace, humor has been proven to be beneficial for both the body and the soul. Our human ancestors were aware of the benefits of laughter thousands of years ago. A proverb from the Old Testament states, “A merry heart doeth good like a medicine.” More recently, doctors studying the effects of laughter on human physiology have compiled empirical evidence to support these claims. Laughter releases endorphins, the body’s natural pain-relieving hormones; increases the production of cells responsible for strengthening our immune systems; and lowers cortisol, the hormone responsible for stress. Furthermore, humor has been shown to help us dispel fear and encourage creative thinking. In so many ways, our ancestors were right!

So how do we add more mirth to our daily routines? First and foremost, when you laugh, be sure to do it loud and proud. Big belly laughs leave muscles relaxed for 45 minutes. Funny television shows, YouTube clips, or friends are worth their weight in gold. Perhaps most importantly, learn to laugh at yourself. Don’t be afraid to share your own shortcomings or funny mistakes. Anthropologists believe that sharing our funny moments and drawing laughter is one of the strongest types of social glue, bringing friends nearer and keeping them close.

If you want to learn more about humor theory, check out *The Humor Code: A Global Search for What Makes Things Funny* by Peter McGraw and Joel Warner.

Welcome

New Residents

**Ed Noble
George & Teddy Kingma
Eileen Davis**

New Staff

Dustin Maldonado- Nurse

In Memory of Marilyn Ryan

1928-2020

The Old New Year

During the Colonial era in America, New Year’s Day was celebrated not on January 1, but on March 25, a date that can be traced to the colonies’ roots in England.



As a Protestant nation, England and its Protestant ruler Queen Elizabeth I refused to adopt the Gregorian calendar proposed by the Catholic Pope Gregory XIII. As such, March 25 officially remained the date of the start of the new year. This date was chosen to coincide with the Feast of the Annunciation, the date when the archangel Gabriel visited the Virgin Mary to announce that she would be the mother of Jesus, the son of God. For this reason, the date was also called Lady Day. The new year was held on Lady Day from 1155 until 1752, when the Gregorian calendar was finally adopted.

The Great Escape



On March 24, 1944, the British bomber pilot Leslie "Johnny" Bull poked his head out of the ground and took his first breath of freedom after suffering as a prisoner of war in the Nazi-controlled Stalag Luft III camp. The so-called "Great Escape" had begun, one of the most daring mass breakouts ever attempted during wartime.

In 1944, the camp housed over 10,000 Allied service members. The location of the camp was chosen in part due to its sandy soil, which made any attempts to tunnel out extremely difficult. This did not deter Royal Air Force Squadron Leader Roger Bushell from devising a grand tunneling scheme. His plan consisted of "three bloody deep, bloody long tunnels," code-named Tom, Dick, and Harry. Previous escapes had been attempted, but none on the scale Bushell proposed. Not only did he oversee the excavation of three tunnels but he also devised a system of signals that allowed POWs to track prison guards and communicate their whereabouts. He also procured civilian clothes for escapees, forged travel documents, and equipment for the 600 digging inmates. As the plan's mastermind, Bushell was given the code name "Big X."

His plan proved ingenious. Powdered milk cans distributed by the Red Cross were fashioned into shovels, picks, and lanterns. Excavated dirt was smuggled to the surface inside inmates' trouser legs and then scattered while the prisoners walked around. The tunnels were 30-feet deep and just 2-feet square, the walls shored up with pieces of wood scavenged from all over the camp, most notably the prisoners' bunk beds. Many of the guards, who were openly anti-Nazi, assisted in the procuring of forged documents and materials. By the moonless night of March 24, 1944, the tunnel "Harry" was complete, and 76 men tunneled to freedom. Of the 76 escapees, 73 were captured, but the dramatic "Great Escape" became the stuff of legend and a Hollywood blockbuster.



Schedule a tour today!!

Fit to the Finish?

The first Sunday in March is known as Finisher's Medal Day, honoring all those who don't win the race but just cross the finish line. The day was designed to encourage everyone to



participate in races, not just those with a real shot at winning. But this begs the question, does awarding a medal or trophy just for participation send a good message? Some argue that such participation medals diminish excellence. They become worthless mementos of participation rather than true tokens of achievement. They send the message that everyone is a winner, when in real life there are winners and losers. In some ways, these medals rob kids of the important lessons of losing, like how to cope with disappointment and how to remain resilient in the face of defeat.

Parkhaven Retirement Community
100 Hamilton Court
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Postage
Information

Won't You Be My Neighbor?



Each year, March 20 is celebrated as Won't You Be My Neighbor Day in honor of the birthday of Fred Rogers, everybody's favorite television neighbor.

Rogers suffered a lonely childhood and was often taunted about being overweight. He overcame his shyness to become a Presbyterian minister but left the seminary to go into television. He hated TV and wanted to transform it into a means of nurturing those who would watch and listen. Rogers was a natural when it came to children's broadcasting, using his talents to develop puppets, music, and characters that appealed to kids' better natures. By the time the show *Mister Rogers' Neighborhood* aired in 1968, he had mastered his use of imaginative elements and the kind, quiet manner that became his trademark.

March Birthdays!

Ed M. – March 2
Pat Z. – March 7
Sue L. – March 12
Janette E. – March 14
Jennifer L. – March 14
Margaret – March 17
Don T. – March 18
Pat M. – March 30
Bette M. – March 31

1 Year Anniversaries!

Velma-Dining Assistant

Stephanie-Dietary Director

Sirena-Resident Assistant