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Coming Soon

April

- Emerson Gallery Tour
- Prosthodontist Seminar
- High Tea at Townshend's Teahouse
- Extreme History Project Lecture
- Birchwood Open House

May

- Fashion Show
- Mother's Day Dessert Buffet
- Breakfast Buffet
- Pianist Stefan Stern

June

- Wednesday BBQ's
- Ethnic Endeavors: Neapolitan Pizza

Thoughts from the Administrator's Desk



by LeRoy Wilson

My wife Wendy and I have three dogs, one cat, six chickens, and three ducks. We often wonder if we have a home or if we are running a zoo. To some this may seem like a crazy lifestyle, but for us it is just the way we like it. The chickens and ducks live in their own little fenced area with a pond and a heated coop. My daughter's corgi (Ella) and calico cat (Kitty) live in the downstairs apartment with her. Wendy and I have two black labs (Kate and Leopold) that live upstairs with us. Every pet has its own place and as long as the cat does not get upstairs we have peace. On top of all of this Wendy has bird feeders (five in total) set up around the property in an attempt to feed all the birds that live in Gallatin County.

Most of our guests would never guess that we have this many pets. We vacuum almost every day, we pick up after the pets outside every other day and our dogs have gone through extensive obedience training. When guests come over to visit we put the dogs in their kennel until they are more appropriately introduced. Some visitors prefer the dogs to be out and about and some prefer that the dogs stay in their kennel. Wendy and I don't really mind as we want others to feel welcomed and comfortable in our home and we respect their wishes.

I share this because I think it is equally important that you all feel comfortable in your home at Hillcrest - especially when some of your neighbors have pets. Every pet owner at Hillcrest has to sign a Pet Addendum as part of their Residency Agreement. Resident pet owners residing at Hillcrest have to honor these rules and respect their neighbor's right to a peaceful and enjoyable environment. Below are highlights of the pet addendum that pet owners agree to follow:

- Pet has to be licensed and vaccinated.
- Pet must be clean and disease free at all times.
- Pet environment must be kept clean.
- Pet is not permitted in food preparation, storage, dining areas, or in any area where their presence would create a significant health or safety risk to others.

Cont'd page 8

Extreme History Project Brings Lecture to MOR



Marsha Fulton and Crystal Alegria

The Extreme History Project brings the April lecture “Antiquities on Montana’s Public Lands: A History of Indians, Amateurs, and Archaeologists”

to the Museum

of the Rockies. A bus will leave Aspen Pointe at 5:15pm Thursday, April 19th for this lecture that is free to the public.

The Extreme History Project, a local non-profit, was co-founded in 2011 by Marsha Fulton, a professor teaching anthropology and art history, and Crystal Alegria, a historian with the Montana Archeological Society. Operating out of Livingston their goal is to “make history relevant for the community while finding innovative ways to experience historical events that shaped our present,” Fulton explained.

In 2012 they were chosen by The Montana Preservation Alliance as a recipient of a Historic Preservation Excellence Award. Their work researching and preserving the site of Fort Parker, the first Crow Indian Agency, was recognized as “Outstanding Tribal Preservation Project.” This work included hours collecting hours of interviews from key Crow tribal elders, 3D-scanning for digital images of the site remains, giving lectures about Fort Parker, and helping negotiate the purchase of the land for preservation through the national Archaeology Conservancy.

This non-profit publishes literature, organizes local events, and offers public presentations. Learn more about the Extreme History Project at <https://extremehistoryproject.org/>.

Old Man and The Sea Showing

Rescheduled Date

April 12th

7:45pm

Aspen Pointe Commons

Hillcrest Visitors

Hillcrest had some feathery visitors in March! These wild turkeys strutted past the Bridger View Salon and then down the hill outside the Birchwood Activity Room for many to see!



History of Deaconess Hospitals

By Chaplain Valerie Webster

Have you ever wondered where Bozeman Deaconess Hospital got its name? Or why there are so many Deaconess Hospitals across the United States, Europe, and the world?

In the early church diakonia, the hands-on specialized ministry of deacons and deaconesses, flourished. You might recall Stephen from Acts 6, whose role was to make sure that Greek-speaking widows received equal care to the Aramaic-speaking widows at the church in Jerusalem. Phoebe, who Paul identifies as “deacon of the church at Cenchreae,” was entrusted by Paul to carry his letter to the Church in Rome; he also commended Phoebe to the Romans for ministering ably with him and for providing gracious hospitality. Where bishops oversaw groups of house churches, and Presbyters preached the Good News of Jesus, the deacons and deaconesses of

the early church were entrusted with the Christ-like ministries of feeding the hungry, clothing the naked, caring for the sick, offering hospitality to the stranger, and visiting the imprisoned.

By the time of the Medieval Church in Europe and Great Britain, most organized diaconal ministry was done by nuns in Roman Catholic monasteries specializing in ministries to the hungry poor, the sick, and suffering of the fringes of society. Following the Christian Reformation, Protestants focused on family and church life. Additionally, their leaders appropriated the monasteries and their land—but did not continue their healing work. Since most Protestants did not pursue diaconal ministries in the organized, dedicated way of the Roman Catholic nuns, there were no institutions caring for the ill and the aged.



Early 1900's.

In the 1830's, a young Lutheran pastor and his wife, Theodore and Frekerike Fliedner, of Kaiserswerth, Germany, traveled across Europe. They were appalled by the suffering of the sick, the poor, the aged, and the outcasts of society they saw in many places. They were also inspired by a group of Mennonites, who had organized the care of the sick in a village in Holland, and the Quaker, Elizabeth Fry, who cared for released prisoners in England. In response, the Fliedners returned to Kaiserswerth and opened the first Deaconess Home and Hospital in Europe in 1836.

The Fliedners invited the young, unmarried women of their

small congregation to join them in this venture of faith. A doctor's daughter, Gertrude Reichard, became the first recruited deaconess of modern times. Despite strong opposition from the townsfolk, who did not want a “pest house” in their midst, and the skepticism of others who scoffed at the undertaking or disap-

proved of any career for

women outside the home, Kaiserswerth sisterhood grew and became a model for deaconess work all over the world.

The deep Christian commitment of the Fliedners, combined with their organizational ability, attracted not only those who wished to become deaconesses but also others who came simply to observe their methods. Florence Nightingale, called by God to healing ministry at 17 years of age, studied with the Fliedners on two occasions and stayed in Kaiserswerth for three months in 1851, before beginning her famous work later in England. She spoke of this experience with the Fliedners as the turning point in her life. Of the deaconess sisters at Kaiserswerth she said, “Never have I met with a higher love, a purer devotion than there.”

Cont'd page 7

Neighbors

By Kate Evans

Darlinton, fans of sheep, sports



Gordon and Marilyn with Grand Champion trophy from 1976.

In nearby Three Forks, Marilyn and Gordon Darlinton are known for raising sheep, but not just any sheep. They specialized in the Columbia breed which has a white open face and superior quality of wool and meat.

On their farm they also had cattle, horses, and chickens, however it was the flock

of some 500 Columbia sheep that was their pride and joy. Breeders came from throughout the West to purchase their yearling rams and ewes to enlarge or improve their own herds, according to Gordon.

“There are always challenges and problems when you are running a large animal operation,” Gordon explains. He gives Marilyn credit for her patience and various skills in caring for the lambs, especially in nurturing a lamb which has been rejected from its biological mother and needs a substitute for nourishment.

Both Marilyn and Gordon spent their youth in the Three Forks area. She was born in 1938 to Merrill and Alma Vaught who farmed on property six miles outside of town. Through school and community events they became acquainted and were married in 1957, a year following her high school graduation.

Gordon was born in 1935 to Ralph and Elizabeth Darlinton. He never knew his mother as she died of complications during childbirth. He was raised on the family sheep farm by his father and Uncle Carey, a bachelor. He describes them as very good parents but la-

ments the fact that he never had a mother or a step mother.

Upon his high school graduation, he entered MSU where he majored in agriculture and took classes in judging sheep and livestock. Later in life he was a professional judge at state fairs and shows in Wyoming, Utah, and Montana, as well as in Canada.

With a college degree in hand, he and Marilyn moved from campus back to his family sheep farm in Three Forks and into the house where he grew up. Here on this acreage on the Madison River, he and Marilyn raised three children: Norman ranches in Three Forks; Steve runs a delivery service in Great Falls for Wheat Montana; and Diana Aughney, a MSU graduate, resides in Las Vegas, NV.

The Darlinton have won numerous awards for their prize Columbia sheep. In 1976 they were honored with the trophy for the Grand Champion ewe at the national show at Des Moines, Iowa. Gordon describes this ewe as the best he had ever seen; she was perfect in face, body, and wool. In 1979 their entry was the National Reserve Columbia Ram at the competition in Minot, ND and Gordon was named “Columbia Sheepman” of the year for the United States.

While sheep have been their major interest, Marilyn and Gordon are also enthusiastic sports fans, mainly football and basketball.

“We are loyal supporters of the Bobcats; we have had season tickets for over 50 years,” Marilyn explains. They also follow all the games that Three Fork schools play in the Class B football and basketball division. Recently they attended the divisional and state tournaments in

Billings and Missoula where the Three Forks girls won the state championship. In the summer they are in attendance at many American Legion baseball games.



Gordon with their Grand Champion ewe in 1976.

April 2018

Remove and keep as daily reference.

Announcements:

- **Renter's Insurance:** Due to some recent flooding issues, we would like to bring to your attention the necessity of purchasing renters insurance to cover your personal belongings and for any damage/injuries to property/others caused by you. Please reference section #7 entitled Insurance of your contract. If you have questions please contact LeRoy at 414-2004.
- **Balance Classes:** Balance classes will begin April 27th. Keep an eye out for sign up sheets. If you have any questions about which class is the best fit for you, please call Jennifer McNulty or Jamie Brown, Exercise Specialists, at 414-2029.
- **Yoga Classes:** Unfortunately we will lose our yoga instructor Amber Wojik at the beginning of the summer. She will be moving to attend a doctorate program for Occupational Therapy. However, she will help us search for a replacement teacher. Amber has been a knowledgeable instructor and wonderful person who we will all miss. We wish her the best of luck!
- **Cubby Information:** Check your cubby located by the mail boxes regularly. Some events get scheduled after the monthly calendar gets published. Information will include date, time, place, if you need to sign-up, and if there will be a cost. We use the cubbies to distribute important information to all residents.



BOZEMAN HEALTH
HILLCREST SENIOR LIVING

Aspen Pointe

April Birthdays

Izzy Harris	4/1
Lou Fox	4/4
Louise Lord	4/8
Pam Linn	4/9
Elaine Livers	4/10
Pat Baumbauer	4/11
Kate Evans	4/14
Phyllis Schuttler	4/14
Ruth Kelley	4/16
Kay Nordlund	4/19
Betty Nelson Miller	4/23

Looking For Free Tax Help?

- **Bozeman Senior Center:** 807 N. Tracy, Bozeman. Mondays and Saturdays by appointment only. Sponsored by AARP. Call 586-2421
- **Bozeman Public Library:** 626 E Main, Bozeman. Tuesdays by appointment only. Sponsored by AARP. Call 586-6641.
- **Bozeman HRDC Office:** 32 S Tracy, Bozeman. Monday and Wednesdays by appointment only. Sponsored by VITA. Call 406-404-0725.
- **Fork & Spoon:** 302 N 7th, Bozeman. Mondays, Wednesdays, and Thursdays from 12-3pm. Walk-ins only. Sponsored by VITA.

Sun	Mon	Tue	We
<p>1 Happy Easter 10:00 am– Easter Wor- ship 2:30 pm– Bingo in BW Activity Rm</p>	<p>2 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons No Art Class Today 1:30pm– Emerson Gallery Tour 1:30 pm– Timely Topics in ARC 3:00 pm– Flexibility in AP Commons 3:45pm- Functional Strength in Gym 6:30 pm– Bingo in ARC</p>	<p>3 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC 1:30-3:00 pm- Wellness Clinic in Gym 1:30 pm- Bus to Walmart 2:30 pm– Stretching in BW Act Rm 2:30 pm– Yoga 2 in LC 6:30 pm- Bridge in FSR</p>	<p>4 8-9:30 am Gym Super 9:30 am– Shopping at C 9:15 am– Prayer in AP C 10:00 am– Chair Ex. in 11:30 am– Interfaith For 1:00 pm– Coloring Gro 1:30 pm– Book Club 3r Catholic Mass Canceled 3:00 pm– Flexibility in A 3:30-4:30 pm Boz. Publi 6:30 pm– Bingo in ARC</p>
<p>8 10:00 am– Worship Ser- vice in AP Chapel 1:45pm Symphony at the Willson 2:30 pm– Bingo in BW Activity Rm</p>	<p>9 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 1:00 pm– Art Class in BW Act Rm 1:30 pm– Timely Topics in ARC 3:00 pm– Flexibility in AP Commons 3:45pm- Functional Strength in Gym 6:30 pm– Bingo in ARC</p>	<p>10 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC 1:30-3:00 pm- Wellness Clinic in Gym 1:30 pm- Bus to Walmart 2:30 pm– Stretching in BW Act Rm 2:30 pm– Yoga 2 in LC 6:30 pm- Bridge in FSR</p>	<p>11 8-9:30 am Gym Sup 9:30 am– Shopping at F 9:15 am– Prayer in AP C 10:00 am– Chair Ex in 1:00 pm– Coloring Gro 2:00 pm– Catholic Com 3:00 pm– Smart Women 3:00 pm– Flexibility in A 4:00pm Chamber Group 6:30 pm– Bingo in ARC</p>
<p>15 10:00 am– Worship 2:30 pm– Bingo in BW Activity Rm 3:45pm– Bob B. in Birchwood 3:30pm– High Tea at Townshend’s Tea House</p>	<p>16 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 1:00 pm– Art Class in BW Act Rm 1:30 pm– Timely Topics in ARC 3:00 pm– Flexibility in AP Commons 3:45pm- Functional Strength in Gym 6:30 pm– Bingo in ARC 7:45pm– Bob B. in AP Commons</p>	<p>17 8-9:30 am Gym Supervised Hrs 9-10 am– First Security Bank 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC 1:30-3:00 pm- Wellness Clinic in Gym 1:30 pm- Bus to Walmart 2:30 pm– Stretching in Act Rm 2:30 pm– Yoga 2 in LC 6:30 pm- Bridge in FSR</p>	<p>18 Men’s Breakfast 8-9:30 am Gym Supervi 9:15 am– Prayer in AP C 9:30 am– Shopping at F 10:00 am– Chair Ex. in 1:00 pm– Coloring Gro 2:00 pm– Catholic Com No Flexibility Class Tod 3:00 pm– Lutheran Con 3:30-4:30 pm Boz. Publi 6:30 pm– Bingo in ARC</p>
<p>22 10:00 am– Worship 2:30 pm– Bingo in BW Activity Rm 3pm Recital in AP Com- mons</p>	<p>23 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 1:00 pm– Art Class in BW Act Rm 1:30 pm– Timely Topics in ARC 3:00 pm– Flexibility in AP Commons 3:45pm- Functional Strength in Gym 6:30 pm– Bingo in ARC</p>	<p>24 8-9:30 am Gym Supervised Hrs 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC 1:30-3:00 pm- Wellness Clinic in Gym 1:30 pm- Bus to Walmart 2:30 pm– Stretching in Act Rm 2:30 pm– Yoga 2 in LC 6:30 pm- Bridge in FSR</p>	<p>25 8-9:30 am Gym Supervi 9:15 am– Prayer in AP C 9:30 am– Shopping at T 10:00 am– Chair Ex. in 1:00 pm– Coloring Gro 2:00 pm– Catholic Com 3:00 pm– Flexibility in A 6:30 pm– Bingo in ARC</p>
<p>29 10:00 am– Worship Ser- vice (Palm Sunday) 2:30 pm– Bingo in BW Activity Rm 3:45pm– Bob B. in Birchwood</p>	<p>30 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 1:00 pm– Art Class in BW Act Rm 1:30 pm– Timely Topics in ARC 3:00 pm– Flexibility in AP Commons 3:45pm- Functional Strength in Gym 6:30 pm– Bingo in ARC</p>		

d	Thu	Fri	Sat
Supervised Hrs Co-op Chapel AP Commons um @ Beth Shalom up in ARC 1 Flr A-Wing AP Commons ic Bookmobile	5 8-9:30 am Gym Rm Supervised Hrs 9:30 am– Yoga in LC 10:15 am– Bible Circle in BW Act Rm 10:30 am– AP Resident Council in ARC 10:30-11:30 am– Bank of Bozeman 1:30 pm– Shopping Bus to 19th 2:30 pm– Yoga 2 in LC 3:00 pm– Knit & Stitch AP Fireside 7:30 pm– Denture & Implant Educational Seminar in LC	6 8-9:30 am Gym Supervised Hrs 9:30 am–12 pm AP Nail Care in ARC 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR 3:30pm– Angella Ahn’s Students in BW 6:30 pm– Pinochle in FSR	7 1 pm– Mexican Train Dominoes in FSR 1:30 pm– AP Movie in ARC
Supervised Hrs Leeb’s Chapel AP Commons up in ARC um in AP Chapel ’s Seminar in LC AP Commons p in AP Commons	12 9:30 am– Yoga in LC 10:15 am– Bible Circle in BW Act Rm 10:30-11:30 am– Bank of Bozeman 1:30 pm– Shopping Bus to the Mall 2:30 pm– Yoga 2 in LC 3:00 pm– Knit & Stitch AP Fireside 3:30 pm– Stories with Valerie in 3rd Flr A 7:45 pm- “Old Man and the Sea” Showing in the AP Commons	13 8-9:30 am Gym Supervised Hrs 9:30 am–12 pm AP Nail Care in ARC 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR 6:30 pm– Pinochle in FSR	14 1 pm– Mexican Train Dominoes in FSR 1:30 pm– AP Movie in ARC 6:30 pm- Bridge in FSR
Supervised Hrs Chapel Leeb’s AP Commons up in ARC um in Chapel ay nm in Chapel ic Bookmobile	19 8-9:30 am Gym Rm Supervised Hrs 9:30 am– Yoga in LC 10:15 am– Bible Circle in BW Act Rm 10:30-11:30 am– Bank of Bozeman 1:30 pm– Shopping Bus to 19th 2:30 pm– Yoga 2 in LC 3:00 pm– Knit & Stitch AP Fireside 5:15pm– Antiquities of Montana’s Public Lands @ the Museum of the Rockies	20 8-9:30 am Gym Supervised Hrs 9:30 am–12 pm AP Nail Care in ARC 10:00 am– Chair Ex. in AP Commons 11:30 pm– Friday Forum @ Library 1:30 pm– Cribbage in FSR 3-4:30pm Birchwood Open House 6:30 pm– Pinochle in FSR	21 1 pm– Mexican Train Dominoes in FSR 1:30 pm– AP Movie in ARC
Supervised Hrs Chapel own & Country AP Commons up in ARC m. in Chapel AP Commons	26 8-9:30 am Gym Rm Supervised Hrs 9:30 am– Yoga in LC 10:15 am– Bible Circle in BW Act Rm 10:30-11:30 am– Bank of Bozeman 1:30 pm– Shopping Bus to the Mall 3:00 pm– Knit & Stitch AP Fireside 3:30 pm– Stories with Valerie in 3rd Flr A 7:45 pm– Edis & Cliff in AP Commons	27 Pizza Day! 8-9:30 am Gym Supervised Hrs 9:30 am–12 pm AP Nail Care in ARC 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR 2pm– Balance I in AP Commons 3pm– Balance II in AP Commons 6:30 pm– Pinochle in FSR	28 1 pm– Mexican Train Dominoes in FSR 1:30 pm– AP Movie in ARC

Abbreviations:

- BW: Birchwood
- AP: Aspen Pointe
- FSR: Fireside Room
- LC: Learning Center
- ARC: Activities/Recreation/Crafts Center
- BW Act: BW Activity Room
- BW DR: BW Dining Room
- DR: Private Dining Room

April 2018

Remove and keep as daily reference.

4/2 Emerson Gallery Tour: Sign up at the front desk for the free Emerson Gallery Tour "One Fine Day," consisting of whimsical sculptures and paintings using animals as the primary subject matter. Following the tour for \$1, participants can opt to add a hands on art enrichment activity using the themes from the exhibit. The bus will leave Hillcrest at 1:30pm. *No art class in Birchwood this day.*

4/4 Interfaith Forum @Beth Shalom: What is the soul? Do all faiths share the concept? How do we speak of this? With Tom Wells (Buddhist) and Sally Loble (Bahai'i).

4/4 Bookmobile: The Bozeman Public Library will have the bookmobile in the parking lot between Aspen Pointe and Birchwood.

4/5 AP Resident Council: All residents are welcome to attend this meeting held at 10:30am in the ARC Center.

4/5 Denture and Implant Seminar: Dr. Halley from [re]Think Dentistry will give an informational seminar on dentures and implants in the AP Commons.

4/6 Angella Ahn's Students in BW: Students of Angella Ahn's from the School of Music at MSU will be performing in Birchwood.

4/8 Bozeman Symphony: Gustav Mahler was a giant of the late Romantics, and his music captivates the world to this day. Join us as we present one of his most special masterpieces, the Resurrection Symphony. Over 200 musicians will join together on the Willson Auditorium stage with special guests Colleen Daly, Margaret Lattimore, and the MSU Chorale. Please sign up at the front desk and purchase a ticket for the Sunday performance by calling the box office at 585-9774.

4/11 Chamber Group: A local chamber group under the instruction of Carrie Krause, will perform in the AP Commons

4/11 Smart Women's Seminar: Jackie Stoeckel works for the Senior and Long Term Care Division of the Governor's Advisory Council on Aging. The Council's job is to be an advocate

for aging issues. Listen to her speak about the Governor's Conference on Aging which will be held in Helena this year and also about the goals and overall function of the Council.

4/12 Old Man and the Sea Showing: An artistic film presentation of Ernest Hemingway's "The Old Man and the Sea" will be shown to Hillcrest residents April 12th at 7:45pm in the Aspen Pointe Commons. Besides showing the feature animation of the book, the program will also present two additional segments: one reviewing the author's life and another showing the artist at work.

4/15 High Tea: Please see page 7 for details and sign up at the front desk.

4/16 Bob Britten: Bob is back! He will be playing piano and taking requests in the AP Commons.

4/18 Men's Breakfast: All men of Aspen Pointe and Birchwood are welcome to enjoy a cooked to order breakfast by Chef Dean!

4/18 Bookmobile: The Bozeman Public Library will have the bookmobile in the parking lot between Aspen Pointe and Birchwood.

4/19 Extreme History Project: Please see page 2 for more details and sign up at the front desk.

4/20 Birchwood Open House: Invitation on page 8. Enjoy wine and cheese, music, and a scavenger hunt!

4/26 Edis & Cliff in AP: Edis will be signing and playing the guitar and Cliff will be playing the piano to old favorite tunes!

4/20 Friday Forum @ the Library: Dr. Kristen Intermann, MSU Philosophy Professor. The Ethics of Gene Therapy. A follow up to the side trip on "Can New DNA Surgical Techniques Cure Genetic Diseases?" Sign up at the front desk.



BOZEMAN HEALTH
HILLCREST SENIOR LIVING

Aspen Pointe

Wise & Well: Macular Degeneration

By Jennifer McNulty, Exercise Specialist

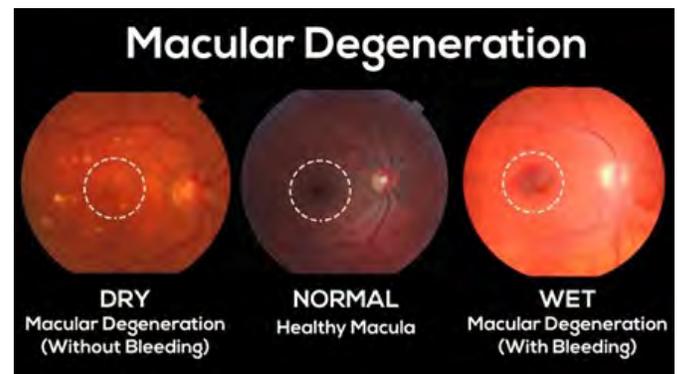
Macular Degeneration is the leading cause of vision loss in the United States, affecting more than 10 million people over the age of 55 years old, according to the American Macular Degeneration Foundation. Macular Degeneration is caused by the thinning of the central portion of the retina. The retina is located at the very back of the eye and it is what records everything we see. The middle portion of the retina is called the Macula, which controls our ability to read, focus on pictures, recognize colors, and see fine details (AMDF).

There are two forms of Macular Degeneration, “wet” and “dry” degeneration. Everybody who has Macular Degeneration starts off with ‘dry’ degeneration which is the thinning of the Macula. Ten to fifteen percent of the population will develop ‘wet’ degeneration which, in addition to the thinning of the Macula, has abnormal blood vessels that leak blood into the Macula causing further blindness. In the early stages of Macular Degeneration there are little to no noticeable vision changes. During the intermediate stages of the disease some vision loss may be noticeable; however the symptoms are still limited. As the disease progresses into the late stages of Macular Degeneration, people may notice that straight lines no longer appear to be straight, words may seem blurry, colors are not as vibrant and bright, and there may be an increased difficulty recognizing faces. Once the disease reaches its later stages, there may be a complete loss of central vision. Even if you lose central vision, the sides of your retina are still working properly; you may have the use of your peripheral vision.

The specific causes of Macular Degeneration are not conclusively known; however, researchers are aware that the causes are complex and include both heredity and environment. Currently researchers are working on understanding what causes the macula to begin to degenerate. One of the biggest risk factors of Macular Degeneration is age. If you are going to develop the disease, you will most likely see the

start of Macular Degeneration after age of 55. Other possible risk factors include obesity, genetics, smoking, cardiovascular disease and race. Caucasians are at a higher risk than most other races.

While there is no cure for Macular Degeneration, there are some things that you are able to do to possibly slow the progression of the disease. It is thought that certain lifestyle changes such as eating a low fat, low sodium diet; exercising on a regular basis; and quitting smoking - if that is a current habit, may lessen the impact and progression of Macular Degeneration. However, the most important thing any person can do, whether or not they have the disease, is to wear eyewear that protects your eyes against damaging ultraviolet light. It is also very important to make regular appointments with your eye care specialist, especially if you have Macular Degeneration. If you think you may be developing it, talk to your physician and see if an appointment is necessary.



What someone with Macular Degeneration sees.

About Our Staff

By Kate Evans



BETTY MAYOR, the diminutive Birchwood housekeeper, whose voice is a blend of Spanish and English, was born Beatriz Carmen Morales in the port city of Callao, west of Lima, Peru.

She and her husband, Manuel, left their homeland in 2006 to live near family members in Florida and Montana, especially to reside closer to their one year old granddaughter in Bozeman.

Upon their arrival in the United States, they went directly to Miami to see Betty's mother, Maria Morales, and a brother and sister. Maria and her late husband, Cesar, had been living in the states for twenty years. The visit was a bittersweet reunion, happy for the family to be together, but a sad occasion as it marked the first year anniversary of the passing of the husband and father. Betty and Manuel stayed several months in Miami before heading north to join their daughter, Erica Hofer, her husband, Curtis, and their first grandchild, Lindy, in Bozeman.

Soon they both found housekeeping jobs and enrolled in night classes in English at the Bozeman School District Adult Learning Center. Back in Peru Manuel had been an economist, however here he was limited to physical labor because he was not fluent in English. As a child he worked in the potato fields with his father so he did not mind this type of work. Presently he is a custodian at MSU, assigned to Romney Hall. The Mayors became US citizens in 2011.

They have been active members for 12 years of Calvary Chapel, helping to minister to its members from Spanish speaking countries, and participating in the chapel fellowship and educational programs.

Seven grandchildren keep Betty and Manuel busy with their many activities and school and sports events. They include Benjamin, 8, Emelia, 4, and Mathias, 1, children of their son

Bozeman Health Annual Health Fair

Join Bozeman Health for its Annual Health Fair: Spring Into Wellness. As part of its mission to improve community health and quality of life, Bozeman Health is pleased to host this health fair. This is a great opportunity to receive low-cost and free preventive screenings for risk factors that often have no symptoms. Participating in screenings can help you proactively identify risk factors that contribute to chronic illness. In addition to screenings, the health fair brings together a variety of community resources, services, and information.

Come Saturday, April 7th from 7 a.m. to Noon at Bozeman Health Deaconess Hospital to get screened, connect with the community, and win prizes!

For more information about screenings and services available go to <https://www.bozemanhealth.org/healthfair>.

SPRING INTO WELLNESS!
Bozeman Health Annual Health Fair
Saturday, April 7 | 7 a.m. to noon

We've got you covered!

Reduced cost labs | Health screenings | Free mammograms | Community resources | FREE Kidabalo tickets!

BOZEMAN HEALTH

Ruben and Marianna Mayor who came from Peru in 2009, plus the Hofer family siblings of Lindy, now 12, Abby, 9, Bella, 7, and Adam, 6.

Betty and Manuel have returned to Peru several times to visit friends and family members still living there. Last August they went to Calgary, Canada to vacation with their daughter, Marisol Mayor, a dental surgeon in Lima.

"To me, Birchwood is like a bit of heaven," states Betty with a smile as she describes her job. "Here I have many friends who have helped and advised in so many different ways." In conclusion she said, "Love each and every day as our heavenly father loves us."

High Tea at Townsend's Teahouse

Townshend's Tea Company sprung from the idea that the various ways in which people enjoy great tea should be brought together under one roof, in a comfortable and inviting community-oriented space with locations in Oregon, Montana, and Utah. The Bozeman location, built and stewarded by tea-veteran Scott Herron and his wife Melissa, is situated downtown near the corner of Main and Rouse.

Hillcrest will take a bus to their "High Altitude Tea" on April 15th, leaving at 3:30pm. It consists of scones with jam and clotted cream, sandwiches, treats, and a choice of tea from their vast selection for \$15. Please sign up at the front desk by April 9th; note whether you have any dietary restrictions i.e. dairy, gluten allergies.

Deaconess from page 3

By the 1880's the deaconess movement included sixty-five deaconess sisterhoods with more than eight thousand deaconesses serving across Europe and North America, with outposts in Asia, Africa, and the Middle East. Women drawn to this ministry of mercy in the Lutheran, Episcopal, and Methodist denominations participated in the founding of Deaconess Hospitals across the United States.

In fact, Dr. Henry Foster's Bozeman Sanitarium on the corner of Lamme and North Tracy Avenue, was the first dedicated medical facility in the Gallatin Valley. It was leased to the Methodist Church Deaconesses in the early 1900s. By 1911, Bozeman Deaconess Hospital was born of a partnership between the community and the Methodist Church when each contributed \$10,000 to the purchase. Once the sale was complete, the Sanitarium was renamed Bozeman Deaconess Hospital and was managed by the deaconesses. These Christian women dedicated their lives to the healing arts—caring for patients, cleaning the hospital, and receiving a small stipend plus room and board. Deaconess nurses continued to serve at Bozeman Deaconess Hospital until the 1940's.

Spiritual Offerings

Chaplains delivering April services at 10 am in the AP chapel are as follows:

April 1	Chaplain Ken Mottram
April 8	Chaplain Nadine Grayl
April 15	Chaplain Tim Spring
April 22	Chaplain Sandy Osborne
April 29	Chaplain Valerie Webster

- Wednesday Morning Prayer at 9:15am in the AP Chapel led by the Venerable Roxanne Klingensmith from St. James Episcopal Church.
- 1st Wednesday of each month Catholic Mass at 2 pm in the AP Chapel led by Father Leo Proxell of Holy Rosary, following Wednesdays Catholic Communion.
- 3rd Wednesday of each month Lutheran Communion at 3 pm in the AP Chapel.
- Thursday Birchwood Bible Circle at 10:15 am in the Birchwood Activity Room. The Lenten Bible Study of "Wondrous Encounters" with Richard Rohr will continue through April. In April a six session study of "Moses: Reluctant Prophet" with Adam Hamilton will be started.

Chaplain Valerie Webster is available to meet and visit with residents anytime. Contact her by phone at 579-3980.

Casting Call for Variety Show

Were you once in a band or orchestra; still play the piano; or sing in a choir? Just for fun come share your talent by participating in a Hillcrest variety show which is being considered for production. The cast would feature young-at-heart residents and staff.

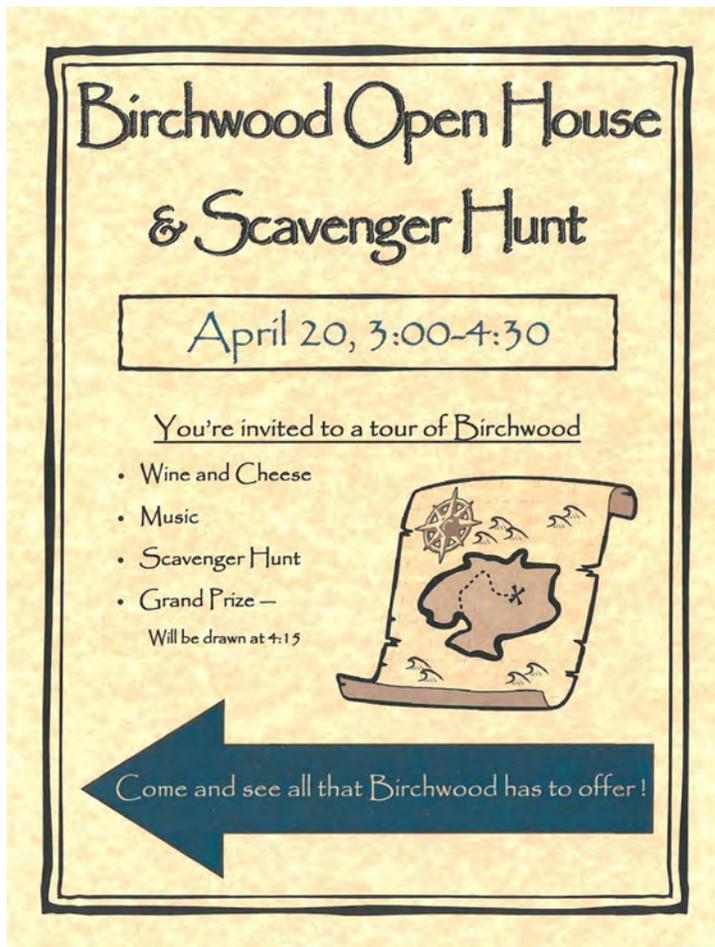
We need more acts. So far our acts include: a puppeteer, a kazoo band, a pianist, and a poet.

Call Rachel at 414-2002 to be a part of this fun, creative activity.

Department Updates

Marketing—Linda Jo Simkins

The Spring Fashion Show will be on Wednesday, May 9th. This cannot happen without the help of our attractive volunteer models. If you would like to participate as a model, please call me in the Marketing Office 414-2008.



Update on Ashley Van Hemert

Ashley has been fitted for an upright wheelchair that she moves herself with her right foot. Although previously there has been no left side movement, Ashley is now able to extend her lower left leg when in her wheelchair. She is busy daily, keeping up with her physical, occupational, and speech therapies.

Pet Policy from page 1

- Pet may not be in any community common or public areas except to pass through.
- Dogs may not reside in apartments without direct walk out access from the patio.
- Pet shall be kept on a leash at all times including outside on the Hillcrest grounds.
- Resident shall not leave the pet on a patio when away from the community.
- Resident shall collect and remove all pet defecations from the Hillcrest grounds.
- Pet cannot disturb any other Resident or damage any Hillcrest property.
- Resident must be fully able to care for pet.

Unfortunately, it has come to my attention that some pet owners have violated the pet addendum. Dogs not on a leash, dog waste not cleaned up, dogs barking excessively inside a resident apartment, and dogs roaming in the common area. To ensure compliance with our pet addendum and to provide a peaceful enjoyable environment for all residents we have to put a stop to the non-compliance of a few residents.

I am asking pet owners to be respectful of their neighbors and to honor the pet addendum that they signed as part of their residency agreement. Starting April 1st, 2018 a written warning will be issued for a violation of the pet addendum. If a resident receives three written warnings we will have no other choice than to enforce the pet addendum. Per the pet addendum: "Resident failure to comply with the terms and provision of this Pet Addendum and/or violation of any representation or assurance contained in this Pet Addendum shall constitute a default permitting termination of the Residency Agreement."

Thank you, in advance, for your consideration and commitment to a peaceful environment here at Hillcrest that all residents can enjoy and participate in.