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Coming Soon

December

- Tree Decorating
- Hillcrest Stroll
- Symphony
- Christmas Party

January

- Low Vision Center Demo
- Author Talk
- Acony Belles
- Hillcrest Memorial Service
- Geri-Actors
- Dr. Paul Farmer Lecture



Thoughts from the VP by LeRoy Wilson



How to have a “Great Day Every Day” was the opening line at a customer service presentation we hosted for the Hillcrest employees on November 9th. Speaker Steve Beck presented to over 50 employees the fine art of customer service and team work. Mr. Beck challenged staff to be present in the moment by connecting with those around

us—watch how you do things, watch how you speak, and watch your thoughts. Say hi, respond appropriately, and appreciate the work that we are blessed to be part of. According to Mr. Beck, we have hundreds of opportunities each day to interact and positively impact the lives of our residents and co-workers around us. Each encounter we have represents all of Hillcrest and Bozeman Health.

Part of having a great day is choosing to. We each have a choice of what attitude we embrace each day. Mr. Beck presented us each with a menu, “Today’s Menu” it read on the front in bold letters. On the inside there were two menu options: Terrible Day or Great Day! It is within our power to react with a positive attitude during our daily encounters with others.

Mr. Beck requested for us to leave our “funk” at the door when we come to work. As employees we need to leave our worries, concerns, and personal issues at home in order to give our residents and co-workers our very best. As most know this may be much easier to say than do. Mr. Beck referred to the Blue Dot Theory. So often we focus on the negative aspects of our lives (the tiny blue dot) instead of all the blessings we should be appreciative of in our lives (the white space around the blue dot).

Giving our employees the opportunity to grow and learn from this type of expert is beneficial to all of us here at Hillcrest. In truth, this may be the best investment I can make as a leader. My hope is that over the months ahead you see how valuable it is to invest in the lives of those who work here.

One of the statements made during this presentation resonated with many of us in attendance: “The residents do not care how much you know until they know how much you care.”

***Choose to have a great day!
Leave your “funk” at the door!
Appreciate your life!***

Recalling ole traditions; now enjoy new ones

As the days grow shorter, darker and nearer to the Christmas season are you beginning to recall family holiday traditions from your childhood?

Some residents who lived in rural areas remember hiking into the woods to help chop down a live tree or those of us who were “city kids” went into town to a lot where trees for Christmas were sold, followed by a trip to the local department store where Santa would pose with little believers in pictures.

Most residents can still visualize and smell the yummy pastries, pies, and cakes that they watched being prepared; some were allowed to help stir the dough but were told “not to lick the spoon.”

One youngster of years past remembers the fudge and divinity he made with his father; another says she put together strings of paper chains and popcorn to decorate the tree.

In one Midwestern household, a resident and a sister helped their mother bake many batches of cookies that they later delivered to homebound patients of their father, a local doctor.

Almost everyone has memories of singing the familiar carols—at Christmas Eve church services, in strolls throughout the neighborhood, and at other festive events.

A staff member of Italian heritage still celebrates with her children, Santa Lucia the night of December 12th by placing their shoes outside their bedroom doors, along with a plate of cookies for Santa Lucia and carrots for her donkey that she rides upon.

Now it is time for us to enjoy the holiday traditions of Hillcrest, those that have been observed here for many seasons. Come attend these activities to savor the homemade goodies, the familiar music, the colorful red and green decorations, plus the opportunity to share in the “Spirit of Christmas.”

Hillcrest Traditions

December 1: Start off the season by helping (or watching) to decorate the 15 foot tall tree. Sample egg nog, hot chocolate and cookies. 2:30pm Aspen Pointe Commons.

December 4: Bridger Mountain Harmony (Sweet Adeline's). 7:30pm Aspen Pointe Commons.

December 8: 10th year of the Dance Center's showing of the Nutcracker in a Nutshell. 7:30pm Aspen Pointe Commons.

December 12: Cocktails and Christmas Ornaments. 3:30pm BW Activity Room

December 12: Caroling by Pilgrim Congregational Church. 6pm Birchwood Dining Room, 6:20pm Aspen Pointe Dining Room.

December 13: Boutique Sale in Fireside Room, 12pm-4:30pm. Local artists and vendors including: RSVP- handmade blankets, hats, scarves; fused glass; DoTerra-essential oils and accessories; ThirtyOne- totes/bags; Montana Rose Painter- ornaments; Sassy Sisters- gifts, jewelry, scarves; LulaRoe- leggings, tops, dresses; crocheted hats and scarves; knitted dolls.

Christmas Stroll 3pm-4:45pm kicking off with the Bozeman High School Jazz Choir and Montana Brass, more musicians to follow in various locations.

December 18: Chief Joseph Middle School Chamber Orchestra. 7:30pm Aspen Pointe Commons.

December 19: Christmas Lights Drive around Bozeman. 6:45pm Meet at the front desk in Aspen Pointe.

December 20: Resident Party with the Chord Rustlers and appetizers. 3:30pm AP Commons and Birchwood Lounge.

December 21: Blue Christmas Service. An advent wreath candle lighting of remembrance, harp and piano music, and quiet reflection. 4pm Aspen Pointe Chapel.

December 21: Cookie Decorating. B3:00pm W Activity Room.

December 21: Holiday Themed Flower Arranging. 7:30pm Fireside Room.

December 22: Staff/Resident Party. 2pm Aspen Pointe Commons.

Neighbors

By Kate Evans

Ardis Nichols Quilts On & On

When you enter apartment C224 in Birchwood you quickly sense that a lot of activity takes place here. There are books, a TV, a computer and a sewing machine, all ready for use.

Greeting you with a friendly smile is Ardis Nichols with whom it is easy to begin a conversation. Very visible and close to the sewing machine is a pile of cotton squares that have been pinned one to another in strips. "I am putting these patches together to make a top for a quilt that will be later assembled and sent to Lutheran World Relief for distribution to a needy person," she explains. It is an assembly line operation: Hope Lutheran Church sends her the packets of squares; she sews them together in strips that form a top; the church women apply the filling and back cover. "Right now I have a supply of 15 packets; that should keep me busy for some time," she remarks.

Quilting is not new to Ardis. She started in the 90's and since has created 61 or 62 custom ones for members of her family.

Her very first, with hearts in shades of red, was made in 1991 for her granddaughter Brandy Irwin. In 2016 she gifted a grandson Nicholas Mader with a quilt displaying a H design for his graduation from Havre High School.

In between those 25 years she has stitched quilts with stars, airplanes, a butterfly, ducks, sheep, cats, dogs, John Deere logo, football, a cross, etc, each with a special theme to honor a relative or friend. To remember these different quilts she kept a square from each one which she eventually pieced together with others into three wall hangings. That was her way of honoring someone with a quilt but keeping a part of it to enjoy herself.

Ardis was born in 1927 in Frazer, MT to Matt and Elsie (Cline) Eliason. Her father was a barber who moved his family and shop to several communities – from Frazer to Oswego, to Wolf Point and back to Frazer. She was the old-

est of four children; the other were boys. She spent eight years in 4H activities and in school liked home economic classes.

In the 1930's when the Fort Peck Dam was under construction Ardis remembers that the family took weekly trips, on very muddy and rough roads, to view the on-going work. "Dad felt it was important to keep a check on it and that we all must accompany him," she says with a sigh.

After graduating from Frazer High School in 1945 she attended Concordia College in Moorhead, MN for two years. "I did not want to be a teacher or nurse so I took a general studies course," she emphasized.

In 1948 she married Donell Nichols. They moved to his farm north of Frazer to grow grain and raise cattle. In his boyhood home they also raised six children: son Loren, now of Billings, followed by five daughters, Donna Nichols, Glasgow; Janet Irwin, Lincoln, NE; Paula Nichols, Spokane, WA; Elaine Nichols, Bozeman, and the late Lois Ann Mader.

Ardis likes to be busy, to read, play solitaire on her computer, and keep in touch via emails with friends in Glasgow, MT where she lived before coming to Birchwood in November 2016.

She has already stitched a square for the Birchwood Quilt project which will include a variety of squares made by residents. She and her daughter Elaine will later help to assemble the quilt. It is to be hung in the Birchwood lobby near the fireplace.



Phone 414-2030 to get Daily Aspen Pointe Events

Residents asked and we listened. Residents requested an additional way to learn the activities for the day.

For your convenience, an activity phone line is now open at 414-2030. Call that number to hear a pre-recorded message for the activities taking place in Aspen Pointe and any updates to the schedule. This message will be updated by 9pm for the next day. Saturday and Sunday activities will be recorded together for the weekend. If you wish to leave a message for the programming department press 0 at anytime.

The phone line was implemented in August and residents have been using it. But we want to remind everyone about this service. Tell your friends how convenient and easy it is to use.

Aspen Pointe Residents to Elect Three New Members

The Election Committee will be securing nominations for three vacant resident council members spots, come January 2018. Nomination forms need to be turned in no later than December 6th.

The council consists of nine Aspen Pointe resident members with one-third elected each year for three-year terms. The election will be on December 12, 2017 from 11 am to 2:30 pm in the library. Early voting will be available at 8:00am the morning of the 12th at the front desk.

The mission of the Resident Council is to serve as a form of communication between residents, management, and administration in a caring and collaborative manner. Residents are welcome, even encouraged, to bring their concerns to the council for discussion. Your input on issues relating to the community are important and play a role in the final decision making process.

Enjoying the Season, Snow and All

Pat Spurr, my mother, loves the outdoors! Camping, hiking, canoeing, ice skating and playing in the snow were some of her favorite activities. So, of course, going for walks is on the top of the to-do list whenever family members visit Mom at Birchwood. My brother, Dan, lives in Bozeman and is able to take Mom out on walks around Hillcrest multiple times per week

and on trails throughout town when the weather is agreeable. I visit from San Francisco every 6-8 weeks and on my most recent visit the snow was uncommonly wet. We were able to make a snow creature we named Alyssum (note her hairdo.) At the last

minute, we also made a few snowballs intended to be thrown at my brother (one of her most favorite winter activities!) Staying active and engaged with beauty is so important to my Mom, and we are thankful that this is easy to accomplish at Hillcrest. I can't wait for my next visit – we will admire the mountains and flowers, wave at the birds, and perhaps create another snow creature. The next one will be an owl. - Jean Spurr



December 2017

Remove and keep as daily reference.

Announcements:

Balance Classes: There will be a break during December and classes will start again in January. Questions? Call Emma at 414-2029.

Food Bank Donations: It has been a Hillcrest tradition to donate goods to the Gallatin Valley Food Bank. During the month of December, for your convenience, there is a sleigh in the AP Commons area. Feel free to bring non-perishable items that can be donated.

Holiday Meal Schedules:

- Christmas Eve meals will continue as normal.
- Christmas Day the big meal will be served during two mid-day seatings. In place of an evening meal at Aspen Pointe, sack lunches will be available for pick up at 5pm outside the dining room. Birchwood's evening meal will continue as normal.
- New Year's Eve the big meal will be served during two mid-day seatings. In place of an evening meal at Aspen Pointe, sack lunches will be available for pick up at 5pm outside the dining room. Birchwood's evening meal will continue as normal.
- New Year's Day meals will continue as normal.

Transportation Schedule During Holidays:

- Christmas Day and New Year's Day there will be no shuttle service.

Dr. Paul Farmer Lecture at MSU: Global health expert, physician, anthropologist, Harvard professor and chief strategist and co-founder of Partners in Health will speak at the SUB ballroom January 31st at 7:30pm. Waded Cruzado will be presenting him with the Presidential Medal for Global and Visionary Leadership. "Dr. Farmer has dedicated his life to treating the most vulnerable people and it is an honor and privilege to welcome him to Montana State University with this prestigious award," Cruzado said. Past recipients of the award include Maya Angelou, E.O. Wilson, Jane Goodall and Nobel Peace Prize winner Shirin Ebadi. Please sign up and turn in \$15 to the front desk for tickets by December 11th.

December Birthdays

Jan Peace	12/7
Gene Quenemoen	12/7
Newt Michaelson	12/8
Sally Hollier	12/8
Beth Wood	12/16
Wayne Larson	12/18
Clara Hodges	12/20
Barb Vance	12/22
Paul Visscher	12/24
Lillian Kessler	12/25
George DeBelly	12/27
Shirley Dealy	12/28



BOZEMAN HEALTH
HILLCREST SENIOR LIVING

Aspen Pointe

Sun

Mon

Tue

Wed

December 2017

Remove and keep as daily reference.

Abbreviations:

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

<p>3 10:00 am– Worship Service in AP Chapel 2:30 pm– Bingo in BW Activity Rm 3:45pm Bob B. in BW</p>	<p>4 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 1:00 pm– Art Class in BW Act Rm 11:15 pm– Movie Outing 1:30 pm– Timely Topics (Film <i>Thirteen Days</i>) in ARC 2-3:30 pm Wellness Clinic in Gym 6:30 pm– Bingo in ARC 7:30 pm– Bridger Mountain Harmony—Sweet Adeline’s in AP Commons</p>	<p>5 8-9:30 am Gym Supervised Hrs 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC 1:30 pm– Bus to Walmart 2:30 pm– Seated Stretching in Act Rm 2:30 pm– Yoga 2 in LC 6:30 pm– Bridge in FSR</p>	<p>6 8-9:30 am Gym Supervised Hrs 9:30 am– Shopping at Co-op 9:15 am– Prayer in AP Chapel 10:00 am– Chair Ex. in AP Commons 10:00 am– Brush-up Bridge 3rd Flr 11:30 am– Interfaith Forum @ LC 1:00 pm– Coloring Group in AP Commons 1:30 pm– Book Club 3rd Flr AP Commons 2:00 pm– Catholic Mass in AP Commons 3:30-4:30 pm Boz. Public Book Store 4:30 pm– Suzuki Recital in AP Commons 6:30 pm– Bingo in ARC</p>
<p>10 10:00 am– Worship 1:45 pm– Symphony at the Willson 2:30 pm– Bingo in BW Activity Rm</p>	<p>11 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 2-3:30 pm Wellness Clinic in Gym 6:30 pm– Bingo in ARC 7:45pm– Bob B. in AP Commons</p>	<p>12 8-9:30 am Gym Supervised Hrs 9:30 am– Yoga in LC 10:00 am– Brunch at Kountry Korner 10:30 am– Tai Chi in ARC 11am-Resident Council Election 1:30 pm– Bus to Walmart 2:30 pm– Seated Stretching in Act Rm 2:30 pm– Yoga 2 in LC 3:30 pm– Cocktails and Ornament Making in BW Act Rm 6:20pm– Caroling in AP with Pilgrim Congregational Church 6:30 pm– Bridge in FSR</p>	<p>13 8-9:30 am Gym Supervised Hrs 9:15 am– Prayer in AP Chapel 9:30 am– Shopping at Heeb’s 10:00 am– Brush-up Bridge 3rd Flr 10:00 am– Chair Ex. in AP Commons 12pm-4:30pmBoutique in FSR 1:00 pm– Coloring Group in AP Commons 2:00 pm– Catholic Comm in AP Commons 3pm-4:45pm Christmas Stroll 6:30 pm– Bingo in ARC</p>
<p>17 10:00 am– Worship 2:30 pm– Bingo in BW Activity Rm 3:30pm– Recital in AP Commons 3:45pm Bob B. in BW</p>	<p>18 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 2-3:30 pm Wellness Clinic in Gym 6:30 pm– Bingo in ARC 7:45 pm– Chief Joseph Middle School Orchestra/Chamber in AP Commons</p>	<p>19 No Supervised Gym Hours Today 9-10 am– First Security Bank 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC 1:30 pm– Bus to Walmart 2:30 pm– Seated Stretching in Act Rm 2:30 pm– Yoga 2 in LC 6:30 pm– Bridge in FSR 6:45 Christmas Lights Drive</p>	<p>20 8-9:30 am Gym Supervised Hrs 9:15 am– Prayer in AP Chapel 9:30 am– Shopping at Town & Country 10:00 am– Chair Ex. in AP Commons 10:00 am– Brush-up Bridge 3rd Flr 1:00 pm– Coloring Group in AP Commons 2:00 pm– Catholic Comm. in AP Commons 3:00 pm– Lutheran Comm in AP Commons 3:30 pm– Resident Christmas Commons 3:30-4:30 pm Boz. Public Book Store 6:30 pm– Bingo in ARC</p>
<p>24 10:00 am– Christmas Eve Worship Service 2:30 pm– Bingo in BW Activity Rm 31 10:00 am– Worship Service in AP Chapel 2:30 pm– Bingo & Champagne in BW Activity Rm</p>	<p>25 Merry Christmas 10:00 am– Chair Ex. in AP Commons ***All other activities are cancelled for the day. Enjoy your time with family and friends!</p>	<p>26 8-9:30 am Gym Supervised Hrs 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC 1:30 pm– Bus to Walmart 2:30 pm– Seated Stretching in Act Rm 2:30 pm– Yoga 2 in LC 6:30 pm– Bridge in FSR</p>	<p>27 8-9:30 am Gym Supervised Hrs 9:15 am– Prayer in AP Chapel 9:30 am– Shopping at Heeb’s 10:00 am– Chair Ex. in AP Commons 10:00 am– Brush-up Bridge 3rd Flr 1:00 pm– Coloring Group in AP Commons 2:00 pm– Catholic Comm. in AP Commons 6:30 pm– Bingo in ARC</p>

Thu

Fri

Sat



Aspen Pointe

<p>l Hrs ommons d Flr A-Wing Beth Shalom ARC -Wing P Chapel mobile P Commons</p>	<p>7 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 1-2:30 pm Wellness Clinic in Gym 1:30 pm– Shopping Bus to the Mall 2:30 pm– Yoga 2 in LC 3:00 pm– Knit & Stitch AP Fireside</p>	<p>1 8-9:30 am Gym Supervised Hrs No Nail Care Today 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR 2:30 pm– AP Tree Trimming in AP Commons 6:30 pm– Pinochle in FSR</p>	<p>2 1 pm– Mexican Train Dominoes in FSR 1:30 pm– AP Movie in ARC</p>
<p>ed Hrs d Flr A-Wing ommons ARC Chapel in AP & BW</p>	<p>14 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 10:30 am– AP Resident Council in ARC 1-2:30 pm Wellness Clinic in Gym 1:30 pm– Shopping Bus to 19th 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– Bob & Mark in AP Commons</p>	<p>15 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 6:30 pm– Pinochle in FSR</p>	<p>16 1 pm– Mexican Train Dominoes in FSR 1:30 pm– AP Movie in ARC</p>
<p>ed Hrs & Country ommons d Flr A-Wing ARC Chapel Chapel Party in AP mobile</p>	<p>21 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 1-2:30 pm Wellness Clinic in Gym 1:30 pm– Shopping Bus to the Mall 2:30 pm– Yoga 2 in LC 3:00 pm– Knit & Stitch AP Fireside 3:00 pm– Cookie Decorating in BW Act Rm 4pm– Blue Christmas Service in AP Commons 7:30 pm– Flower Arranging in FSR</p>	<p>22 8-9:30 am Gym Supervised Hrs No Nail Care Today 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR 2pm– Staff/Resident Christmas Party 6:30 pm– Pinochle in FSR</p>	<p>23 1 pm– Mexican Train Dominoes in FSR 1:30 pm– AP Movie in ARC</p>
<p>rs ommons d Flr A-Wing ARC Chapel</p>	<p>28 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 1-2:30 pm Wellness Clinic in Gym 1:30 pm– Shopping Bus to 19th 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– Edis & Cliff in AP Commons Birthday Night</p>	<p>29 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</p>	<p>30 1 pm– Mexican Train Dominoes in FSR 1:30 pm– AP Movie in ARC 6:30 pm– Bridge in FSR</p>

12/1 AP Tree Trimming: Enjoy holiday goodies and help decorate the tree. (Just watching is okay too!)

12/3 Bob Britten in Birchwood: Bob Britten is back to play your favorite piano tunes.

12/4 Movie Outing: Murder on the Orient Express— PG-13, 1hr 54min- Based on the novel by best-selling author Agatha Christie. What starts out as a lavish train ride through Europe quickly unfolds into one of the most stylish, suspenseful and thrilling mysteries ever told.

Cast includes Judi Dench, Johnny Depp, Michelle Pfeiffer, Penelope Cruz. Tickets are \$8.80. Please sign up at the front desk.

12/4 Bridger Mountain Harmony: The local Sweet Adeline's a cappella group will be performing a Christmas concert in the AP Commons at 7:30pm

12/6 Interfaith Forum @ Beth Shalom: Civil Religion: How do our faith traditions interact with American civil religion? With Rev. Joel Seifert (WELS)

12/6 Suzuki Violin Recital: Anna Jesaitis will be bringing her students to Aspen Pointe for their winter recital.

12/8 Caroling in BW by Faith Baptist Church: The carolers will be singing outside the dining room at the end of dinner.

12/8 Nutcracker in a Nutshell: Co-owners Deborah Yarrington and Anna Hall from The Dance Center will be holding their dress rehearsal for the shorter children's version of Tchaikovsky's classic ballet in the AP Commons.

12/10 Symphony: A Brasstacular Christmas: The current principal trumpet for the Dallas Symphony and former principal trumpet for the Canadian Brass, Ryan Anthony, will collaborate with Maestro Savery and the Bozeman Symphony. You must purchase your own ticket for the Sunday show, 585-9774. For bus transportation, please sign up at the front desk.

12/11 Bob Britten in Aspen Pointe: Bob Britten will play your favorite piano tunes.

12/12 Resident Council Election: The election will be held from 11am-2:30pm in the AP library. Early voting will be available at 8:00am that morning of the 12th at the front desk.

12/12 Brunch at Kountry Korner Café: Outing for brunch to the Kountry Korner. Please sign up at the front desk.

12/12 Caroling in AP by Pilgrim Congregational Church: Carolers will be outside the dining room in AP between the two dining seatings.

12/13 Holiday Boutique:& Christmas Stroll See page 2 for more information.

12/14 Aspen Pointe Resident Council: All residents are welcomed to this meeting.

12/14 Jazz Duo Bob & Mark in AP: Bob Packwood and Mark Dixon will be performing in AP Commons.

12/15 Friday Forum @ the Library: Affordable Housing: Fresh Perspectives and Innovative Ideas with Dr. Ralph Johnson, MSU professor of architecture. Please sign up at the front desk.

12/17 Bob Britten in Birchwood: Bob Britten is back to play your favorite piano tunes.

12/18 Chief Joseph Middle School Orchestra: The CJMS will be performing their winter concert in the AP Commons.

12/19 Christmas Lights Drive: Bundle up for a bus tour of Bozeman Christmas lights. Sign up at the front desk.

12/20 Resident Christmas Party in AP & BW: Happy Holidays! Enjoy holiday beverages and appetizers with the Chord Rustlers.

12/21 Blue Christmas Service: Please see page 7 for more information.

12/21 Holiday Flower Arranging in FSR

12/22 Staff/Resident Christmas Party: The staff enjoys giving back to the residents in gratitude of their generosity every year. Enjoy some music and fellowship with Hillcrest staff.

12/28 Edis & Cliff in AP: Edis will be here playing guitar and singing with piano accompanist, Cliff.

Wise & Well: De-stress during the holidays

By Jennifer McNulty, Exercise Specialist

The holiday season is upon us! We may be getting excited to spend time with family and friends, enjoying the change in weather, and even getting antsy to celebrate the upcoming holidays. With all the excitement and happiness, we cannot forget that the holiday season is one of the most stressful times of the year. During the holidays we try to fit many extra things into our daily lives. It may not be anything large or extravagant, but that extra outing adds to the stress we experience. We may feel rushed or pressured to join an activity that we normally don't do, or we may feel the financial constraints of what the holidays bring upon us. We may or may not be aware of the added stress during these days, but fear not, there are many ways to become less stressed or to destress during these hectic, yet exciting, holiday times!

When we begin to feel stressed, blood pressure raises, heart rate increases; we lose sleep or may not be able to sleep soundly through the night. We get irritable and get upset over things that normally wouldn't bother us. We get disorganized and unfocused, we may get anxious, and may startle much easier. There are a number of things we can do to minimize the amount of stress we feel this time.

Take care of your body. During the holidays make sure to continue to exercise, eat well, and limit the amount of sugar, caffeine, and alcohol that you consume. Ensure that you are sleeping enough and relaxing a little bit each day. These are the baselines of stress reduction.

Take mini-breaks. When you start to feel yourself getting stressed, mad, or upset, take a break from what you are doing. Walk away from the conversation or situation that is causing the

stress. Take a walk outside in the crisp fresh air, go into a quiet room and read for a little bit until you start to calm down. Even if it is just five minutes, this will help reduce stress and clear your mind.

Know your limits. During the holiday season it is easy to get carried away and want to achieve and do everything. Put only realistic expectations on yourself. Knowing and sticking to your limits and not overbooking yourself will greatly reduce the amount of stress you feel.



Ask for help & let things go. It is always okay to ask for help and during the holiday season it is no different. Nobody should have to do everything on their own. If you are hosting a cocktail party, divvy up some of the smaller tasks to your close friends or family. Remember, if somebody is helping you, let them help you! They may not do things the way you do, but that is ok. Perfection is in the eye of the beholder—your version of perfect may not be the same as your family or friends. In addition, do the best you can do with the time that is allowed. Your friends and family will be happy that they were invited to a party that they won't notice if the tablecloth is not the right shade of green.

Notice the small things. With all the chaos that surrounds the holiday seasons make sure to take a moment to smell the roses—or cinnamon sticks in this case. Sit by a window and watch the snow lightly fall onto the trees or watch the fire crackle in the fireplace. Find time to listen to the music playing in the background or go into a quiet room and let your mind wander.

About Our Staff By Kate Evans

Tina, the Sous Chef Foodie



"I'm a foodie" are the words that Sous Chef Tina Stensrud chose to describe herself. Her passion for food began when she was about 16 years of age and living in Texas. "My stepmom was a very good cook who provided plenty of tasty meals for our large family of seven children," she explains.

Tina started cooking for her own family when she was in her early 20's and soon mastered cheesecakes because they were the favorite dessert of her mom. "Every holiday I would make her some kind of cheesecake which she really loved."

She was a stay-at-home mom for the first 13 years of her three children's lives. "I enjoyed it—from cooking to making Halloween costumes, and volunteering at their schools."

In 2003 her husband at the time lost his job, leaving the family without health insurance. When sharing this with Barbara Grieco, a friend and employee at Hillcrest, Barbara advised her to contact Chef Leroy Mitchell who was looking for a cook. Although she did not have any commercial kitchen experience, Tina was hired for the opening. When Dean Savage was named the head Chef in 2009 she became the sous chef or second in charge. She loves this position and gives credit to her father, Raymond Burns, for the hard work ethic that he taught her, and for the help and cooperation she has received from Leroy, Dean, and her coworkers.

Born in Dallas, a "city girl," she had a strong interest in the outdoors. When her family moved to Montana in 1992 that interest became broader and more varied. Life was suddenly different near lakes, rivers, and mountains. Summers were spent in West Yellowstone, swimming, hiking, boating, and fishing. Those were busy and active days for her and her children—daughter Marki and sons Trice and Travis.

Her interest in nature and outside

Continued page 8

Jacquie Murphy, the Wood Burner



"I have been employed at Hillcrest since December 2008. I have enjoyed these years, working and becoming acquainted with both the staff and residents," she says appreciatively.

Jacquie Murphy was born in 1957 in Casper, WY but at the age of three moved to Fort Worth, TX with her parents, Kay and Patrick Murphy. Patrick, or Papa to Jacquie, had mixed roots. His mother was full blood Cherokee and his father was Irish.

She remembers spending Texas summers at the farm of her maternal grandparents, Esther and Earl Stephens, near Poolville. There she picked vegetables with her grandmother and helped her grandfather tend his cows, both dairy and cattle.

At age 14, the family returned to Casper, where she continued her education and her father became the co-owner of Murphy Sales Equipment during the oil field boom. Later when they lived in Gardiner, MT Kay Murphy was employed by the Hamilton Stores at Mammoth Hot Spring in Yellowstone National Park.

Following her graduation from Natrona County High School in Casper, Jacquie enrolled in Casper Junior College where she earned a certificate as a nurse's aide.

As a youth she enjoyed playing tennis but now wood burning and crocheting are her major interests. She burns designs and images onto wooden trunks, trays, picture frames, and other pieces for her family. She hairpin lace crochets on a loom. "This is an old technique, quite difficult, and not as popular as regular crocheting," she explains.

She is a member of the Belgrade Seventh Day Adventist Church. "I love my church family and enjoy helping with the adult Sabbath School program," she states.

Sadness has touched her family twice. Her 16 year old daughter, Kimberly, drowned in 1990 in the Yellowstone River near Gardiner, and son Jack died in 2004 as a result of an auto accident.

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Spiritual Offerings

Sunday services at 10 am in the AP chapel for December are the following:

December 3	Chaplain Nadine Grayl
December 10	Chaplain Sandy Osborne
December 17	Chaplain Tim Spring
December 24	Chaplain Valerie Webster
December 31	Chaplain Ken Mottram

- 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 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.

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

A Blue Christmas Service

By Chaplain Valerie Webster

You're invited to a Blue Christmas Service Thursday, December 21st at 4pm in the Aspen Pointe Chapel; an Advent Wreath candle lighting litany of remembrance with individual candle lighting, music, and opportunities for quiet reflection.

The holiday season is both a joyous time of celebrating special meals and traditions with family and friends, and a poignant time of experiencing afresh our deepest, most painful losses. Our culture makes much of celebrating the holidays and being of good cheer. However, for many of us, all the hoopla either reminds us of days gone by or of celebrations that never will be. For some of us, Elvis Presley's 1957 hit lyric, "I'll have a blue Christmas without you, I'll be so blue just thinking about you," is a more apt description of how we feel this time of year.

This yearly service is crafted to bring comfort to those struggling to find the joy of Advent and Christmas. Friends and family are welcome. No RSVP is necessary.

Story Group to Hear Capote Memory

Join Valerie Webster for the holiday classic, "A Christmas Memory" by Truman Capote, an autobiographical story that takes place in 1930 from the point of view of the 7 year old narrator and an elderly woman, who is his distant cousin and best friend. The discussion on December 14th will focus on country life, friendship, and the joy of giving during the Christmas season.

Cynthia Marshall Rich's scandalous story "My Sister's Marriage" will be the story shared on December 28th. It examines the lives of two sisters very different from one another, Olive and Sarah Ann.

In January and February the book of short stories from Ira Byock's "The Four Most Important Things" will be examined.

Jacque from page 6

Jodie Crabb Sipes, her eldest daughter, has an undergraduate degree from Montana State University in Psychology and is employed at Washington Elementary School in Livingston as a behavioral specialist for children with severe emotional disturbances. She is working on a Master's Degree in social work at Walla Walla University, Billings, MT. She and husband James, owner of Sipes Construction, live in Belgrade.

Daughter Jessica Crabb has multiple sclerosis; however she is able to remain in her own home with help from her fiancé Jorge Parija of Ecuador.

Jacque has two grandsons: Austin Sipes, Jodie's son, who is the father of her great granddaughter, Raylynn Sipes; and Jessica's son Shane Weber, 13, who lives in Colorado with his father.

Department Updates

Marketing—Linda Jo Simkins

Happy Holidays from the Marketing Department! Many of you will have guests visiting over the holidays. We would be happy to give them a tour and a complimentary meal so they can join you for lunch or dinner. Please contact, Linda Jo, Jill or Amy in the Marketing Office, 414-2008.

Administration—LeRoy Wilson

Two Christmas gratuity boxes are available, one is located at the Aspen Pointe front desk and the other in the Birchwood Main Lounge. If you would like to contribute please do so by the end of the day on December 20th. This is a completely voluntary donation that is given to Hillcrest employees as a Christmas bonus. The employees are incredibly grateful for your generous giving each year. Thank you!

Environmental Services—John Odden



•Environmental Services welcomes new staff member, Francline Rankin. She recently relocated to Bozeman with her husband and daughter from Oklahoma. She is involved with youth ministry at her church

and BACA (bikers against child abuse).

•Just a reminder that washcloths/towels used to remove make-up are often stained and cannot be cleaned effectively, rendering them unusable. If requested, Pam in laundry will be happy to provide older washcloths which you can keep for make-up removal.

Engineering—Rich Hagstrom

Real Trees and Wreaths: If you have a real Christmas tree or wreath you must put in a work order at the front desk to have it sprayed with fire retardant.

Programs—Rachel Clemens

Please be patient during this busy time of year. Many volunteer groups want to spread holiday

cheer through song, dance, and more. To accommodate their generosity, some regularly scheduled programs may be cancelled or scheduled at a different time or place. Be sure to check the times of programs carefully.

Culinary—Dean Savage

We are excited to have Wes Williamson back cooking for us. Wes worked here for six years starting in 2008 and was never late or sick. Wes will bring various skills and a positive attitude to the culinary department.

Tina from page 7

activities has continued along with a happy marriage, two years ago, to Andy Stensrud, a civil engineer and land surveyor. They enjoy skiing (water, cross country, and downhill), camping and working in their yard. They have taken trips to Utah National Park and hiked rivers, canyons, and atop high walls. Last fall they visited vineyards in Oregon and Washington and had a private tour at Pepper Bridge Vineyard. They look forward to attending the Red Ants Pants music festival in White Sulphur Springs, MT each year.

Andy shares Tina's passion for food and joins her in preparing meals and "sipping a nice glass of wine." A special joy for Tina is spending time weekly with her three grandchildren so that Marki and her husband TJ can have a date night. Tina also likes to receive a call from one of her kids requesting help with a cooking suggestion or problem. "It's nice to have knowledge to share with them," she states.

Tina is a member of First Lutheran Church where she teaches Sunday school for those three to five years of age, and often donates catering service for church programs.

In December she will return to Dallas and her childhood home to help her father celebrate his 90th birthday. Joining her at this special gathering will be sisters, Darla and Lisa, and brothers, Kevin, Randy, Kenny, and David.