

Crest Lines

January 2018

Volume 2, Issue 9

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Coming Soon

January

- Low Vision Center Demo
- Author Talk
- Tea Party
- Acony Belles
- Men's Breakfast
- Movie Day
- MSU Lecture
- Hillcrest Memorial Service
- Brunch Outing

February

- Super Bowl Party
- Symphony
- Valentine's Day Dinner

Thoughts from the VP by LeRoy Wilson



On the first of December, resident Walt Sales stopped by my office and asked if I had read the article in the *Bozeman Daily Chronicle* about "Blue Light Month." Walt shared the significance of "Blue Light Month" a time to honor both fallen and active duty law enforcement officers. Displaying a blue light in your window or on your porch is a way to show support and appreciation to our law enforcement

officers that care for us every day.

With Walt's encouragement and financial support we purchased blue light bulbs and blue light covers to install on almost all of the Aspen Pointe patios. This morning as I came into work before the sunrise, I have to admit it was a beautiful sight to see "Blue Light Month" celebrated by so many. Thank you all for your participation and support of our law enforcement officers and a special thanks to Walt Sales for generously making this possible.

Here is the December 1, 2017 Bozeman Chronicle article titled: "Let our law officers know we support their service."

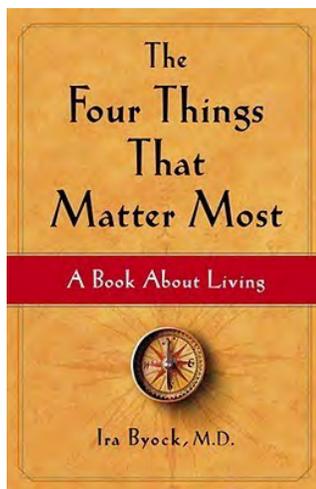
December is "Blue Light Month" to honor both fallen and active law enforcement officers. This is the month when businesses and individuals are encouraged to display a blue light in a window, or on the front porch, to show our support and appreciation of our law enforcement who care for us 24 hours a day, seven days a week.

Our local police officers, the Gallatin County sheriffs deputies and the Montana Highway Patrol officers are all community members, just like us. They each have a home, personal dreams and aspirations, and a loving family who carry the burden of worry until their loved one returns home safely at the end of each workday. Throughout December many of our officers will be away from their families keeping us safe, while the rest of us are at home in front of a Christmas tree with our own family.

December is also a month when stress levels are high throughout the community. For most of us, December is a month of celebration. But this month is also a time when more individuals are depressed, when domestic and family issues increase, when alcohol disturbances rise, and a month when criminal activity accelerates.

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Story Group to Read Ira Byock



The Short Story Group, which meets on select Thursdays from 3:30-4:30 PM, will focus January and February, on real life stories about living whole lives with integrity and grace. Chaplain Valerie Webster will read aloud selections from one-time Montana physician, Ira Byock, M.D.'s acclaimed book, *The Four Things*

That Matter Most: A Book About Living. The group will reflect on these stories and perhaps share some of their own.

The book's jacket observes "Four simple phrases: 'Please forgive me,' 'I forgive you,' 'Thank you,' and 'I love you.' In many ways, they contain the most powerful words in our language. They guide us through the thickets of interpersonal difficulties to a conscious way of living that is full of integrity and grace. And give us the language and guidance to honor and experience what really matters most in our lives every day."

All residents are welcome to come and listen to these powerful real life stories. For those who prefer to read ahead or to follow along in the text, you are welcome to borrow a book. Eight copies of Byock's book will be available from chaplain Valerie Webster. If you have questions, she may be reached at (406) 579-3980 or vwebster587@gmail.com.

January 4th	The Four Things...(Part 1)
January 25th	Forgiveness (Part 2)
February 8th	Thank You (Part 3)
February 15th	I Love You (Part 4)
February 22nd	Good-Bye (Part 5)

The Last Best GeriActors to Perform "Laying the Foundation"

Two years ago the Ghost Town Preservation Society of Montana booked the GeriActors for its state conference in Bozeman. The actors were asked to present an original script based on the red light district of pioneer Bozeman. Research proved that the "ladies of Bozeman" were very good business women and very generous with their philanthropy. The script, "Laying the Foundation," which tells of their contribution to starting the local library, will be performed in the Aspen Pointe Commons January 19th at 2pm.

Five years ago, Faye Christensen, a retired drama teacher, was volunteering at the Bozeman Senior Center. She noticed there were many opportunities for seniors including exercise, Bingo, and cards. But the only creative outlets were an oil painting group and a singing group. Thus began The Last Best GeriActors, a readers' theatre group that performs in senior centers and senior living facilities throughout Gallatin Valley.

Readers' theatre is a kind of acting, but the only drama experience required is a willingness to have fun and read aloud. Members hold their scripts as part of their performance. Sometimes costumes and props are used. They rehearse each script several weeks and then travel to perform.

Besides locally, performances have been in Manhattan, Three Forks, Churchill, and Livingston, and with the following Bozeman groups: The Country Bookshelf, MOR Volunteer Association, Big Sky Retired Teachers, and the Daughters of the American Revolution. In the past five years, they have entertained almost a 1000 people at free performances. They never charge for their performance — seeing their audience's enjoyment and laughter is payment enough.

Birchwood Quilt Project

To paraphrase a familiar saying, it seems “ole quilters never fade away, they just go on quilting.”

Birchwood has a number of these individuals or those who admire the art of making coverlets of function and beauty.

Seeking a fun project for these residents, Megan Reichert, activities coordinator for the programming department, thought they might enjoy putting together a Birchwood Community quilt for which each could stitch a square.

She introduced the idea last spring and 20 stitchers responded by selecting a background fabric of hand dyed batik and a design for their square. Now the squares (featuring animals, flowers, insects, hearts, etc.) are finished and ready to be assembled. Ardis Nichols and her daughter, Elaine Nichols, will complete the top. Megan will then apply batting and fabric backing to complete the project.

Two residents, Rose Marie Carney and Carmen Mogen, who last spring chose the material and design for a square have since passed away. In their memory, Megan will complete their squares so they can be included in the quilt.

Dedication of the quilt, to be hung in the Birchwood lobby, will be early spring.

Participants in the project are the following: Anne Gordon, Sally Hollier, Eunice Kincaid, Cissy Gracia, Ardis Nichols, Pat Spurr, Lois Ringo, Clara Hodges, Phyllis Schuttler, Leoti Waite, Peggy Maichel, Barbara Vance, and Lois Adams. From Hillcrest staff: Emma Otto, Amanda Markel, Megan Reichert, Jennifer McNulty, and Brenna Hale.

Congratulations!!!

Three newly elected resident council members will be seated at the first meeting of 2018 on January 11th, according to the election committee. Please welcome Tom Kaveney, Maury Dornberg, and Lee Wagner!

Conversation with Co-Authors



Anika Hanisch and Brigitte Yearman during a fact-checking trip to Germany and Poland, 2012.

The book, *Don't Say Anything to Anybody*, is the true story of a very young German girl during World War II, a perspective few American have ever heard.

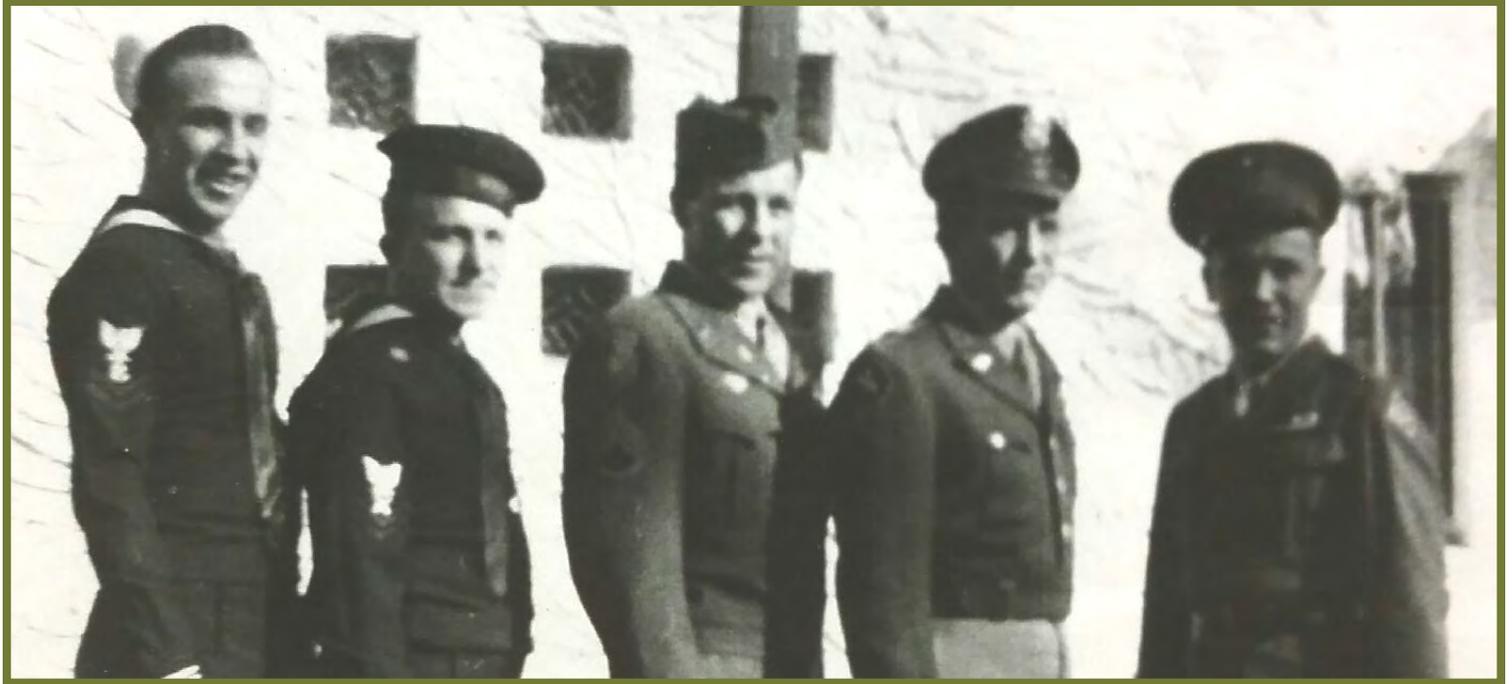
Bozeman author, Brigitte Yearman, will relate her journey to Hillcrest residents Thursday, January 11th at 7:45pm in the Aspen Pointe Commons.

Yearman, daughter of a German soldier, was a part of wartime child transports from age five to eleven years old. She survived as a North German refugee; escaped Russian soldiers; and scavenged bombed out towns for food. Surviving the reconstruction years as a teenager was no easier.

Reading more like an adventure story than a tale of grinding war survival, *Don't Say Anything to Anybody* follows a clever and resourceful girl as she navigates her coming-of-age years in the midst of war. The memoir celebrates shining acts of compassion and hope during years of serious adversity.

An equally adventurous path ultimately brought Yearman to the United States and eventually Bozeman, where she met Jewish co-author, Anika Hanisch. The book is the result of six years of building their unique relationship, interviewing, writing, revising, and traveling to Europe to fact-check.

The co-authors will discuss this relationship, the refugee experience, and the healing Yearman found through writing her story. Book was published by Third Path Press, 2017.



The Bryant brothers: from left, Bill, Ralph, Charley, Gene, and Ed at home in Alton, IL, 1945.

Neighbors

By Kate Evans

Bill Bryant, sailor, salesman, father, coach

The following story was written before Bill broke a hip. He is now at Bridger Rehab and Care and would enjoy having visitors. Phone: 522-9862.

It's January 2018 and Bill Bryant feels at home in Aspen Pointe having moved here recently from California. However seventy four years ago in January 1944 he had just graduated from high school in Alton, IL and was off to join the Navy.

Bill had been influenced in early enlistment by four older brothers who were already serving in the military. His eldest brother, Ray, had been deferred from the draft because he worked in a war related industry.

The youngest of eleven children, Bill had tried several times to enlist in the Air Corps but was turned down because he was color blind. "I only passed for the Navy because I memorized the numbers on the vision chart," he explained. After completing boat camp in February 1944 at Great Lakes, IL his first assignment was in New Guinea aboard the USS Monticello,

which was initially an Italian cruise ship until purchased by the US military for troop transport. A year later he was sent to Subic Bay in the Philippines as a coxswain on LCM (landing craft, mechanized) with a crew of a seaman and a motor mechanic.

When the war ended with the treaty signed by Japan on September 2, 1945, he decided to re-enlist for two more years. He was assigned to the USS Avery Island, a converted Liberty ship. On May 29, 1946 he crossed the equator for the second time and received the "Sacred Order of the Golden Dragon" certificate. On his first crossing in 1944 aboard the Monticello he received the "Domain of Neptunus Rex" card.

The Avery was sent to the Bikini Atoll in the Marshall Islands to participate in Operations Crossroads, which conducted weapons testing to determine the effects of atom bomb fallout on naval ships.

"Ninety five obsolete American, Japanese, and German ships (submarines, destroyers, aircraft carriers, oil tankers) were placed in convoy formation within a mile circle of the bomb site," he described. "There were animals on some of the ships to study the effect of fallout on domestic as well as wild animals."

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January 2018

Remove and keep as daily reference.

Announcements:

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

Holiday Meal Schedules:

- 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:

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

Functional Strength Class: Jennifer's functional strength class series will be starting up this month. Mondays at 3:45pm in the fitness center. Functional strength is an interactive class that focuses on maintaining mobility and strength. Each week it will focus on a different muscle group. Each class begins with a short warm up followed by a circuit training session. For more info contact Jennifer, 414-2029.

Transportation Update & Reminders:

- Please turn transportation requests into the front desk 24 hours in advance. Dave will respond as quickly as possible and put the copy of the request with a departure time in your cubby.
- During the winter months it is important to be on time to ensure plenty of travel time.
- Residents have requested more trips to Heeb's grocery store. Starting in January there will be at least two trips per month to Heeb's, longer months there will be three trips planned.

January Birthdays

Jack White	1/1
Ree Howell	1/5
Jim McCall	1/23
Marjorie Bender	1/25
Lee Kravetz	1/25
Helen Mell	1/26
Phylis Somers	1/31



BOZEMAN HEALTH
HILLCREST SENIOR LIVING

Aspen Pointe

Sun	Mon	Tue	We
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	1 Happy New Year! 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 <u>3:45pm- Functional Strength in Gym</u> 6:30 pm– Bingo in ARC	2 8-9:30 am Gym Supervised Hrs 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC <u>1-2:30 pm- Wellness Clinic in Gym</u> 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	3 8-9:30 am Gym Super <u>9:30 am– Shopping at C</u> 9:15 am– Prayer in AP C 10:00 am– Chair Ex. in 10:00 am– Brush-up Bri <u>11:30 am– Interfaith For</u> 1:00 pm– Coloring Gro <u>1:30 pm– Book Club 3r</u> 2:00 pm– Catholic Mass <u>3:30-4:30 pm Boz. Publi</u> 6:30 pm– Bingo in ARC
7 10:00 am– Worship Ser- vice in AP Chapel 2:30 pm– Bingo in BW Activity Rm <u>3:45pm Bob B. in BW</u>	8 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 <u>3:45pm- Functional Strength in Gym</u> 6:30 pm– Bingo in ARC <u>7:45pm– Bob B. in AP Commons</u>	9 8-9:30 am Gym Supervised Hrs 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC <u>1-2:30 pm- Wellness Clinic in Gym</u> 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	10 Men’s Breakfast 8-9:30 am Gym Supervi <u>9:30 am– Shopping at F</u> 9:15 am– Prayer in AP C 10:00 am– Chair Ex. in 10:00 am– Brush-up Bri 1:00 pm– Coloring Gro 2:00 pm– Catholic Com <u>3:00 pm– Smart Women</u> 6:30 pm– Bingo in ARC
14 10:00 am– Worship 2:30 pm– Bingo in BW Activity Rm	15 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 (Movie “An Inconvenient Sequel: Truth to Power”) <u>3:45pm- Functional Strength in Gym</u> 6:30 pm– Bingo in ARC	16 Movie Day 8-9:30 am Gym Supervised Hrs 9:30 am– Yoga in LC <u>9-10 am– First Security Bank</u> 10:30 am– Tai Chi in ARC <u>1-2:30 pm- Wellness Clinic in Gym</u> 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	17 8-9:30 am Gym Sup 9:15 am– Prayer in AP C <u>9:30 am– Shopping at T</u> 10:00 am– Brush-up Bri 10:00 am– Chair Ex. in 1:00 pm– Coloring Gro 2:00 pm– Catholic Com <u>3:00 pm– Lutheran Con</u> <u>3:30-4:30 pm Boz. Publi</u> 6:30 pm– Bingo in ARC
21 10:00 am– Worship 2:30 pm– Bingo in BW Activity Rm <u>3:45pm Bob B. in BW</u>	22 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 <u>3:45pm- Functional Strength in Gym</u> 6:30 pm– Bingo in ARC <u>7:45pm– Bob B. in AP Commons</u>	23 8-9:30 am Gym Supervised Hrs 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC <u>1-2:30 pm- Wellness Clinic in Gym</u> 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	24 8-9:30 am Gym Sup 9:15 am– Prayer in AP C <u>9:30 am– Shopping at F</u> 10:00 am– Chair Ex. in 10:00 am– Brush-up Bri 1:00 pm– Coloring Gro 2:00 pm– Catholic Com 6:30 pm– Bingo in ARC
28 10:00 am– Worship Ser- vice 2:30 pm– Bingo in BW Activity Rm	29 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 <u>3:45pm- Functional Strength in Gym</u> 6:30 pm– Bingo in ARC	30 8-9:30 am Gym Supervised Hrs 9:30 am– Yoga in LC <u>10am Brunch Outing to Kountry Korner Café</u> 10:30 am– Tai Chi in ARC <u>1-2:30 pm- Wellness Clinic in Gym</u> 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	31 8-9:30 am Gym Supervi 9:15 am– Prayer in AP C <u>9:30 am– Shopping at F</u> 10:00 am– Chair Ex. in 10:00 am– Brush-up Bri 1:00 pm– Coloring Gro 2:00 pm– Catholic Com 6:30 pm– Bingo in ARC

d	Thu	Fri	Sat
Supervised Hrs Co-op Chapel AP Commons Edge 3rd Flr A-Wing um @ Beth Shalom up in ARC 1 Flr A-Wing s in AP Chapel ic Bookmobile	4 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 3:30 pm– Stories with Valerie in 3rd Flr A 7:45 pm– Edis & Cliff in AP Commons	5 8-9:30 am Gym Supervised Hrs 9:30 am–12 pm AP Nail Care in ARC 10:00 am– Chair Ex. in AP Com- mons 1:30 pm– Cribbage in FSR 2 pm– Low Vision Center Presenta- tion in AP Commons 6:30 pm– Pinochle in FSR	6 1 pm– Mexican Train Dominoes in FSR 1:30 pm– AP Movie in ARC
Supervised Hrs Lee’s Chapel AP Commons Edge 3rd Flr A-Wing up in ARC m in AP Chapel ’s Seminar in LC	11 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 7:45 pm– Conversation with Co-Authors of Don’t Say Anything to Anybody	12 8-9:30 am Gym Supervised Hrs 9:30 am–12 pm AP Nail Care in ARC 10:00 am– Chair Ex. in AP Com- mons 1:30 pm– Cribbage in FSR 2 pm– Tea Party in Birchwood Din- ing Room 6:30 pm– Pinochle in FSR	13 1 pm– Mexican Train Dominoes in FSR 1:30 pm– AP Movie in ARC 6:30 pm– Bridge in FSR
Supervised Hrs Chapel own & Country Edge 3rd Flr A-Wing AP Commons up in ARC m in Chapel m in Chapel ic Bookmobile	18 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 7:45 pm– Montana Lecture Series in AP Commons	19 8-9:30 am Gym Supervised Hrs 9:30 am–12 pm AP Nail Care in ARC 10:00 am– Chair Ex. in AP Com- mons 11:30 pm– Friday Forum @Library 1:30 pm– Cribbage in FSR 2 pm– GeriActors Presenting “Laying the Foundation” in the AP Commons 6:30 pm– Pinochle in FSR	20 1 pm– Mexican Train Dominoes in FSR 1:30 pm– AP Movie in ARC
Supervised Hrs Chapel Lee’s AP Commons Edge 3rd Flr A-Wing up in ARC m. in Chapel	25 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 3:00 pm– Knit & Stitch AP Fireside 3:30 pm– Stories with Valerie in 3rd Flr A 7:45 pm– Acony Belles in AP Commons	26 8-9:30 am Gym Supervised Hrs 9:30 am–12 pm AP Nail Care in ARC 10:00 am– Chair Ex. in AP Com- mons 1:30 pm– Cribbage in FSR 3:45 pm– Dove Release in AP 4 pm– Hillcrest Memorial Service in AP Commons 6:30 pm– Pinochle in FSR	27 1 pm– Mexican Train Dominoes in FSR 1:30 pm– AP Movie in ARC 6:30 pm– Bridge in FSR

January 2018



BOZEMAN HEALTH
HILLCREST SENIOR LIVING

Aspen Pointe

Remove and keep as daily reference.

1/3 Interfaith Forum @ Beth Shalom: Responding to Violence: Is it enough to say "We are praying for the victims?" With Rev. Duffy Peet (Unitarian-Universalist), and Karen DeCotis (Zen Buddhist)

1/4 Edis & Cliff in AP: Edis will be here playing guitar and singing with piano accompanist, Cliff.

1/5 Low Vision Center Presentation: The low vision center is the Bozeman Chapter of the Montana Association of the Blind. It allows people with vision loss to experiment with a variety of magnification devices, specialty aids, and appliances to make individuals more independent. Ken McCulloch, Dr. Kenneth Younger, and Todd Fahlstrom will talk about the latest equipment available.

1/7 Bob Britten in Birchwood: Bob Britten will play your favorite piano tunes.

1/8 Bob Britten in Aspen Pointe: Bob Britten will play your favorite piano tunes.

1/10 Men's Breakfast: Enjoy a cooked to order breakfast by Chef Dean with your friends and neighbors in the Aspen Pointe dining room.

1/10 Smart Women's Seminar: Yellowstone Forever: Come and hear Heather White, the president and CEO of Yellowstone Forever—formerly the Yellowstone Association and Yellowstone Park Foundation. The nonprofit organization partners with YNP to create opportunities for all people to experience, enhance, and preserve Yellowstone forever. Enjoy her presentation about the preservation of this wonderful National Park.

1/11 Aspen Pointe Resident Council: All residents are welcomed to this meeting.

1/11 Conversation with Co-Authors of *Don't Say Anything to Anybody*: Please see page 3 for more information

1/12 Annual Tea Party in Birchwood: We will host our annual tea party in Birchwood with

selections from Tumblewood Teas and musical enjoyment from MSU students of Angella Ahn. Please sign up at the front desk, there is limited seating.

1/16 Movie Outing: More info to come on this once the listings and times are available. Tickets are \$8.80. Please sign up at the front desk.

1/18 MSU Lecture: More info to come.

1/19 Friday Forum @ the Library: The topic is on The Bozeman Daily Chronicle. More info to come. Please sign up at the front desk.

1/19 The Last Best GeriActors: Please see page 2 for more information.

1/21 Bob Britten in Birchwood: Bob Britten will play your favorite piano tunes.

1/22 Bob Britten in Aspen Pointe: Bob Britten will play your favorite piano tunes.

1/25 Acony Belles: Based out of Bozeman Montana, Acony Belles are an all female musical trio. In a world of guy bands, these lovely ladies will melt your hearts and minds. This trio includes Besty Wise (Guitar, Vocals), Chelsea Hunt (Fiddle, Vocals) and keeping the two of them in time is Shawna Lockhart (Stand-up Bass). Acony Belles draw inspiration from luminaries like Gillian Welch, Patty Griffin and the Wailin' Jennys, while keeping in touch with the simple roots of Blues, Classic rock, Bluegrass and Americana.

1/26 Dove Release: Prior to the memorial service there will be a dove release at the front entrance of Aspen Pointe.

1/26 Hillcrest Memorial Service: A service will be held to honor all residents who have passed during 2017 with a candle lighting and dove release ceremony.

1/30 Brunch at Kountry Korner Café: Outing for brunch to the Kountry Korner. Please sign up at the front desk.

Wise & Well: New Year Survey

To kick off the New Year we are requesting your input! In order to get a better sense of your interests, we ask you to fill out this short survey. Mark the circles that you are interested in learning more about. Once you are done, please return this portion of the newsletter to the Fitness Center. Thank you!

Physical Health

- Components of Physical Fitness and Importance
- Chronic Diseases
- Heart Disease
- Hypertension
- Diabetes
- Arthritis
- Congestive Heart Failure
- Macular Degeneration
- Incontinence
- Peripheral Vascular Disease
- Osteoporosis
- Lower Back Pain
- Shingles
- Urinary Tract Infections
- Hypothermia and Hyperthermia
- Exercising in different Temps and Altitudes
- Cholesterol
- Falls
- Benefits of Walking

Mental Health Issues

- Depression
- Anxiety
- Memory Issues
- Dementia
- Alzheimer's
- Sleep Disorders
- Mental Fitness
- Psychological Changes with Age
- Mental Health Services

Well-Being

- Personality Types
- Common Aging Challenges
- Transitions
- Role Reversals
- Caregiving
- Moving
- Loss of Independence
- Spousal Illness
- Sensory Changes
- Long Term Care
- Learning to Ask for Help

Dying and Bereavement

- Grief Process
- Types of Grief
- End of Life Issues
- Living Wills
- Do Not Resuscitate (DNR)

Nutrition

- Vitamins/Minerals/Supplements
- Hydration/Dehydration
- Things that Affect Nutritional Status
- Essential Dietary Components
- Food Pyramid and its Practical Implications
- Obesity/Body Composition
- Malnutrition
- Changes in Appetite

Other Topics

- _____
- _____
- _____

About Our Staff By Kate Evans

Shauna Rasmussen, *a future dietician.*



When Shauna Rasmussen arrived in Bozeman in 2014 to attend Montana State University she was amazed, overwhelmed, at the size of her chemistry class. “The room was huge, my high school graduating class of 31 students would have filled just the front row,” she marveled.

Born in 1996 to Loren and Jenni Rasmussen in Spearfish, SD the family moved to Wright, WY so her father could be employed as a machinist in the coal industry. Wright is a small town south of Gillette and near the Thunder Basin National Grassland. “It is flat country, pronghorn habitat. Lots of mornings I would wake up to find several of them grazing in our front yard.” The town offered little social excitement; the local school was the activity center for such events and recreation.

At Wright High she participated in volleyball, basketball, and track. She still likes to run, especially in 5k “Color Me Fun” events, and hopes someday to do a half marathon. A good student, she earned a Western Undergraduate Scholarship to attend MSU in Food and Nutrition. Her interest in nutrition surfaced during her teen years when she began researching information about celiac disease, an illness she has had since childhood. Her only sibling, Steve, has the same condition. He is a student at Sheridan College.

Now a senior in her last semester, she hopes to obtain an internship in the food service industry that will further prepare her for a career in dietetics.

She came to Hillcrest in January, 2016 as a server in the Aspen Pointe dining room and soon made friends among her co-workers, joining them in camping trips and floating local rivers.

Megan Reichert, *a versatile coordinator.*



With high school graduation recently behind her, Megan Grotberg was looking ahead uncertain and anxious about her next step in life. She and her mother, Jean Grotberg, both graduated in 1995—Megan from Belgrade High School and Jean from Montana State University with a degree in art.

Her parents, Jean and Scott Grotberg, then of Glendive, MT, welcomed Megan on Groundhogs Day in 1977 and a son, Avery in May of 1978. During her childhood, Megan was taught by her grandmothers to crochet and sew. Then later she willingly helped her mother with art projects and activities at home and on the MSU campus when her mother was a student there. “I enjoyed spending time with my mom exploring and creating all kinds of art,” she explained. “But I had another interest, one of becoming a pediatric nurse. My dilemma then was choosing between art school or a nursing program.” However another major concern was the cost of a college education and the loan debt she would incur.

She settled this dilemma by enrolling at MSU in general studies courses and working full time at Video Lottery Consultants. At VLC she met a fellow employee, Jack Reichert, with whom she married in 1997. Their first son, Hudson, was born in 2001 while she was employed as an executive assistant at RightNow Technologies, now known as Oracle. After 9/11, she was forced to leave RNT and applied for her dream job at Big Sky Carvers in Manhattan, MT. In a short time she was working in customer service, then the accounting office and later became the product development assistant. She was pregnant in 2004 with her second son, Landen, when she was promoted to the position of product developer. “I was proud of the fact that just in a few years, with no college degree, I had reached my goal with this company,” she emphasized. “I worked hard, was self-taught, and had no loan debt,” she explained with a smile.

Continued page 7

Spiritual Offerings

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

January 7	Chaplain Nadine Grayl
January 14	Chaplain Ken Mottram
January 21	Chaplain Tim Spring
January 28	Chaplain Sandy Osborne

- Interfaith Forum the 1st Wednesday of the month (Sept –May) from 12pm-1pm at Beth Shalom.
- 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.

Blue Light Month from page 1

Our law enforcement officers will be responding to calls by the minute that require snap decisions, challenging circumstances, negotiation skills, and in many cases “policing with their heart.” In some instances our officers may be encountering situations where their life, or the life of others, are at risk.

Let us be cognizant this month of the unwavering commitment of our local law enforcement officers and the challenges that they will experience this holiday season. Please display a blue light in your business or at your home throughout the holiday season to show your support of all our local law enforcement officers. Let’s demonstrate that they are not alone as they are protecting and serving each of us and our community.

A Tip from Ken

Resident Ken Slaght, an active participant at exercise classes and in the fitness center, reminds us to use our time wisely. We often sit too long (especially while watching TV); during the commercials get up and walk around.

Megan from page 6

The company, famous for its wood carvings of bears and fish, sent her to China in 2005 to locate vendors for new products. “It was a fascinating experience for me; it was my first trip overseas and to a country with an ancient culture,” she remembers. “My blond hair and blue eyes seemed of interest to the citizens there.”

Megan worked at Big Sky Carvers for over 12 years until 2014 when the company moved her position to another state. Her next adventure was working with a land developer as an assistant for a project in Baxter Meadows, Bozeman. This job was followed by serving as office manager for a Belgrade door company.

Throughout these years, as she worked in the business world, she kept her interest in art alive: quilt classes; teaching herself how to make soap; taking pictures and scrapbooking; rubber stamping; painting; needlework. More recently she has made lotions and taken watercolor classes.

Her two teenage sons and husband keep her busy with their sporting events, hunting, fishing, camping, and skiing trips. In between the joys of motherhood and everything creative, she still finds time to dance and prepare for her 2nd Spartan Race, which will take place in May 2018 in Flathead Lake.

Now she is activities coordinator for the Hillcrest programming department. She helps Rachel Clemens in day to day responsibilities and the scheduling of events and projects. “I really love my job; I am able to draw upon my artistic skills as well as apply procedures that I learned while employed in local industry.” She especially enjoys being an instructor for the art class and getting to connect on a personal level with all of the wonderful residents.

Department Updates

Marketing—Linda Jo Simkins

A big, heartfelt thanks to everyone who has gone out of their way to make our new residents feel at home this year. We hope that 2018 is another great year for welcoming new friends and neighbors. Happy New Year from the Marketing Department!

Engineering—Rich Hagstrom

To avoid any unnecessary maintenance work please consider these few things when operating the handicap doors: When the door is opening or closing do not force it in the other direction. (If there is something or someone in the door's path the door will automatically reverse.) Do not block the door open or closed. When the door is locked open using the appropriate switch do not try to close it. Please only use hands to push the open button.

Programs—Rachel Clemens

- Ginger Lee's Monday Wellness Clinic is being moved to Tuesdays from 1pm-2:30pm. She is also available at the same time on Thursdays in the gym. Please take advantage of this free service so we can continue this offering. Sign up sheets are located at the front desk.
- Super Bowl LII is Sunday, February 4th. A couple weeks prior, in January, we will have the pool available at the front desk. Details will follow.

Bill from page 4



The purpose of the Avery was to shuttle scientists to and from target ships that were assembled in the bay to install various instruments to measure the magnitude and fallout of the bomb tests.

Bill's Navy career ended with duty on the 455 Bush, a destroyer that

worked maneuvers with aircraft and carriers

around San Diego.

Commander Pugh tried to convince him to stay in the Navy but Bill decided to return home to Alton and start college. He was discharged in October 1947 and became a member of the Naval Reserves.

Until he started Shurtleff College in the fall of 1948 he worked as a truck driver for Railway Express. He majored in business; played football for three seasons; and worked part time at the nearby Shell refinery. He was not recalled when the Korean War started in 1950.

Aware of Bill's interest in sales, his brother Edgar informed him about a position open in California in the wholesale liquor business. He moved to Stockton in 1953 and traveled and worked in that industry throughout the state until his retirement in 1992.

He and Noreen Pearson, whom he met Labor Day weekend in 1953 at the old Pinecrest Lodge in Stockton, were married January 16, 1954. They had two children, Patricia Hohne, now of Sunora, CA, and William Bryant II of Colorado. Patricia and husband Bob, both CPA's, are moving to Livingston later this spring.

Noreen worked in an escrow office until their daughter was born and later part time as an instructor at Humphrey's College and St. Mary's High School. She died in November 2014.

Bill is proud of his 70 year membership in the Masonic Lodge, Franklin No. 25, the same lodge where his father was a past Master and where his brothers participated. In retirement he served on the boards of the Twain Harte Golf Course and Oakdale Golf Course and in 1991 qualified for the Northern California Golf Association Net Championship at Poppy Hills Course in Monterey. He took third place in the top flight competition.

While living in Twain Harte he officiated football for high school and college games in the San Joaquin District; was the local president of Rotary; and served on the Community Services District Board for 40 years, plus he was a Boy Scout Cub master, a Little League Coach, and Tuolumne County Little League President.