

Crest Lines

July 2017

Volume 2, Issue 3

Inside this Issue

V.P. Report.....	1
Friending.....	2
Hydration.....	2
Blood Drive.....	2
BBQs/Dining.....	4
Spiritual Offerings.....	4
Neighbors.....	3
July Calendar.....	Center
Wise and Well.....	5
Bill Merrick.....	6
Short Story Group.....	6
About Our Staff.....	7
Waste Update.....	8
Department Updates.....	8

Coming Soon

July

- Band Concerts
- Hike
- Picnic
- Garden Tour
- Blood Drive
- Verge Theatre

August

- Wine & Wisdom
- Car Show

September

- Yellowstone Trip
- Walk to End Alzheimer's
- Active Aging Week

Thoughts from the V.P.

By LeRoy Wilson



Annually, Hillcrest Senior Living conducts a resident survey evaluating how we are doing in meeting the needs of our residents. Below are the results from the most recent survey. The 2017 survey yielded a 45% response rate with a total of 70 responders. Even though the participation level was down we were able to glean many helpful things that we can use to improve our processes in delivering better service. At the end of the survey there

were several open ended questions soliciting direct feedback on what we are doing well and what we need to improve. This valuable information has been shared with the Hillcrest Managers so that they can address these pressing issues with their team. I truly appreciate the time you took to fill out the survey, your comments of praise, and ways we can grow and develop.

Hillcrest Staff show care and compassion when providing services.

YES	100%	NO	0%
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Culinary Service Staff provided the services you expect at mealtimes.

YES	96%	NO	4%
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Maintenance Staff responded to work orders in a timely manner.

YES	97%	NO	3%
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Housekeeping Staff provided the services you expect.

YES	97%	NO	3%
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Activity Staff provided programs that meet your expectations.

YES	94%	NO	6%
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Transportation Staff provided the services you expect.

YES	100%	NO	0%
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Resident Associates provided the services you expect. (Birchwood)

YES	100%	NO	0%
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Resident Associates responded to calls promptly. (Birchwood)

YES	100%	NO	0%
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I would recommend Hillcrest to others.

YES	99%	NO	1%
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Red Cross Blood Drive Seeks Donors

Donating blood is a commitment to helping meet the needs of seriously ill or injured patients. Every day in the U.S., roughly 44,000 pints of blood are needed. Hillcrest has a goal of 18 donations for Thursday, July 6th. We currently have 8 donors signed up to donate. Feel free to invite friends and family. To make an appointment or ask questions call Rachel, 414-2002; log on to redcrossblood.org; or call 1-800-RED CROSS (1-800-733-2767).

Getting Ready for Your Donation

- Hydrate.** Be sure to drink plenty of fluids on the day of your donation.
- Wear Something Comfortable.** Wear clothing with sleeves that can be rolled up.
- Maintain a Healthy Level of Iron.** Include iron-rich food in your diet, like meats, eggs, spinach, iron-fortified grains, lentils, and beans.
- Bring Your List of Medications.** Staff will ask what prescription and over the counter medications you are taking.
- Bring an ID.** Bring your donor card, driver's license or two other forms of identification.

Donation Process

- Registration.** Staff will sign you in and go over eligibility and donation information.
- Health History & Mini Physical.** Staff will privately ask health history and travel questions.
- Donation.** Staff will cleanse the arm and perform the blood draw, taking 8-10 minutes. When approximately a pint of blood has been collected, the donation is complete and a staff person will place a bandage on your arm.
- Refreshments.** After donating you should have a snack and drink. After 10-15 minutes you can leave and continue normal daily activities.

After Donation Care

- Hydrate More.** Continue to hydrate throughout the day.
- Avoid Heavy Lifting or Exercise.** Try not to exert yourself and rest for the day.

Hydration Challenge

Summers in Southwest Montana are hot and arid, so it is easy to become dehydrated, even if one is not actively sweating! It is very important to stay hydrated because water consumed is used for many vital functions within the body. Did you know that the human body is made up of roughly 65% water!? This summer make sure to stay hydrated while out and about!

Join the Hydration Challenge!! This program will run July through August to help you become more aware of the importance and amount of water that should be consumed on a daily basis. Let's see just how much water our community can drink this summer! Water bottles will be provided at the start of the challenge for ease of recording daily water intake!

If interested, please sign up at the front desk! On Monday, July 3rd, come to the Fitness Center between 1:00pm and 3:00pm to get your water bottle and recording sheets.

Make New Friends Over Wine and Cheese

"The great thing about new friends is that they bring new energy to your soul." (Shanna Rodriguez)

Research shows that most of us crave more meaningful friends in our lives but we don't always know how to foster those friendships or where to even meet other people who are also committed to expanding their circle of friends.

With these thoughts in mind, the monthly wine and cheese gathering July 13 at 3:30pm in the AP Commons will focus on meeting new people in a fun and unique event. Invite a neighbor and join the party.

Neighbors

By Kate Evans

Earl & Jan Peace on 14th Happy Year at Hillcrest

This interview was conducted May 25, 2017 on the same month and day as in 2004 when the Peaces moved into Hillcrest. Looking back 13 years, they agreed that they have had a comfortable and enjoyable life here. "Living in Aspen Pointe has allowed us to remain in Bozeman where we raised our daughters, Karen and Linda, had friends and our church, and where we have been able to receive the services and health care that we came to need," Jan explained.

Jan spent her childhood on the Fenske family farm southwest of Sidney, MT. However she was born December 7, 1927 in LeMars, IA where her mother had traveled to be near a hospital and her family. As a child and into her teenage years she was a member of 4-H Clubs and their various programs in gardening, cooking, and clothing. This interest led her to the MSU School of Home Economics in the mid-1940s. There she met Earl Peace, a student in the school of agriculture, and later a member of Alpha Gamma Rho ag fraternity.

Earl was born March 4, 1924 in Big Sandy, MT but was raised in Polson where he graduated from high school in 1942. He spent the following four years in the US Navy Air Corps as a flight engineer flying in PBMs on sea rescue missions in the Philippines.

Upon their college graduation, Jan went to work in the 4-H program office located on MSU's campus; Earl started his career for the MSU Extension Services in offices in Lewistown, Whitehall, and Hamilton. Eventually he was transferred to the state headquarters in Bozeman to serve county agents with livestock issues.

Earl has made a major contribu-

tion to the Bozeman community: for the past 20 years he has been a mentor to 62 men who were released from either jail or prison. "These men, generally young, some without parents, and most with no family support, came to me through various referrals," he stated. At weekly meetings he gave them encouragement and Christian values to live by. "I did not lecture them. I was just available to listen to them and assist them with any problems that they might have securing jobs and housing – to help them develop everyday skills for reentering society."

Sadness came to Jan and Earl in 2003 when their younger daughter, Linda Johnson, died in Tacoma, WA of cancer at age 47 and the mother of two young children, Zachary and Devi. In Linda's memory, Earl and Jan arranged a family trip with World Gospel Mission to Choluteca, Honduras in Central America in 2007. They were accompanied by Linda's family, Jeff and Joy Johnson and children; daughter Karen Cheever and her family, Dan Cheever, and children, Kaye and Tracy; and by church friends, Dr. and Mrs. Everett Lensink. The group painted several buildings at the mission headquarters and trade school, run by Angie and Larry Overholt. In a recent letter from the Overholts the Peaces were pleased to learn that 16 students are now enrolled in a nursing/health program at the mission center in addition to the participants in the various trade subjects.

Continued page 8



Daughter, Karen, takes a selfie with dad and mom, Earl and Jan.

BBQ Update

Independence Day will be celebrated with a BBQ on Tuesday, July 4th from 11:30am-1:00pm in Aspen Pointe and Birchwood. Aspen Pointe residents will be provided sack lunches for dinner, available for pick up outside the dining room at 5:00pm. Birchwood residents will be served the usual light meal in the evening. No BBQ on Wednesday, July 5th.

BBQ Themed Apparel Days

- July 4—Patriotic Day.
- July 12—Tie Dye Day.
- July 19—Montana Logo/Western Day.
- July 26—Favorite Color Day.

Dining Room Hours Adjusted

Back in February the Sunday dining hours were adjusted to create a more consistent dining schedule through the week. However, many residents voiced that they missed the original schedule. The residents were asked to vote for the Sunday dining schedule they liked best and by popular vote the dining schedule will be reverted back to its original schedule starting on July 2nd.

Sunday Dining Schedule Effective July 2nd

- **Noon—Main Meal**
[1st Seating] 11:30am (please exit by 12:45pm)
[2nd Seating] 1:00pm
- **Dinner—Light Evening Meal (similar to weekday lunch)**

Open seating from 5:00pm-6:30pm
This schedule adjustment is for Sundays only. For the noon dining service, please arrive at the beginning of either seating. Residents eating at the first seating are asked to please vacate the dining room at 12:45pm so staff can prepare the dining room for the second seating.

Spiritual Offerings

Services scheduled for July are the following: July 2 10am, Morning Prayer, Chaplain Nadine Grayl; July 9 10am, Morning Prayer, Chaplain Sandy Osborne; July 16 10am, Holy Eucharist, Chaplain Tim Spring; July 23 10am, Holy Eucharist, Chaplain Ken Mottram; July 30 10am, Holy Eucharist, Chaplain Valerie Webster.

Aspen Pointe residents are welcome to join the Birchwood Bible Circle, which meets Thursdays at 10:15am in the Birchwood Activity Room. In July, we'll watch and discuss the Christian DVD Study *The Story of Heaven* featuring Max Lucado with Randy Frezee, both pastors at Oak Hill Church in San Antonio, TX. They "will open your eyes to what is beyond the glorious finale of God's masterfully told story of life here on earth. Combining new content with adapted teaching from *God's Story, Your Story*, they offer an awe-inspiring peek into the hope and promise of eternal life."

Chaplain Valerie Webster is available to meet and visit with residents anytime: phone, 579-3980 or by email, vwebster587@gmail.com.

Intergenerational Play (I Play)

For years, the Child Development Center from MSU has been bringing about seven preschool children, ages 4 and 5, to Hillcrest for intergenerational play time. The handful of children LOVE to hop on the Streamline bus to visit our residents each Tuesday from 10:30 to 11:30am in the Birchwood Activity Room. The Programs Department brainstorms new activities to engage the group; from singing to painting and reading.

We desperately need four or more residents to volunteer each week to help continue this enriching program for these children. So many children grow up away from regular contact with their grandparents; I Play provides them with surrogate grandparents and is a wonderful bonding experience for both. If you would like to take part or have questions please contact Megan at 414-2047.

July 2017

Remove and keep as daily reference.

Announcements:

Balance Classes: Summer is always a time of travel and guests so this summer's balance classes will be on a drop-in basis. There is no sign-up necessary. However, there will be sign-up sheets available at the front desk to inform Ginger of your intentions. The schedule is as follows:

Balance I: Tuesdays at 2:00pm , AP Commons, July 11 through August 8. This is a fairly advanced class.

Balance II: Wednesdays at 1:30pm and 2:15pm, Fitness Center, July 5 through August 9. If you regularly use a walker or feel tippy without your cane or walker, this class would be for you. This class concentrates on strength and stationary balance activities. (Space limited to 6.)

Balance Fun: Thursdays at 1:30pm in the AP Commons, July 6 through August 10. This class is open to everyone. We play various balance games.

If you have any questions call Ginger at 414-2029 or 406-920-0136.

Bob Britten: Bob will be taking some summer vacation time during July and August and won't be in Aspen Pointe or Birchwood during this time. He will be back in September; watch your calendars.

Worship Service Hymnals: Please let the activity staff member on duty if you would prefer a large print hymnal during the 10am worship service in the Aspen Pointe Chapel. We have four large print hymnals available for use.



Aspen Pointe

July Birthdays

Bob Brandenberger	7/1
Ruby Wiedenheft	7/10
Mary Lensink	7/12
Liz Frisque	7/16
Dewey Adams	7/17
Agnes Brunelle	7/20
Helen Klages	7/20
Bobbie Wertz	7/21
Bernice Burns	7/22
Cissy Gracia	7/26
Erwin Elgen	7/28
Carol Hemingway	7/29
Peggy Maichel	7/31

Timely Topics Weigh Issues

Mondays at 1:30pm in FSR

July 3	<i>Bring Your Own Topic.</i>
July 10	<i>Jobs.</i>
July 17	<i>Bring Your Own Topic.</i>
July 24	<i>Great Decisions: Latin America.</i>
July 31	<i>Bring Your Own Topic. Trica Away.</i>

Sun	Mon	Tue	Wed
<p>2 10:00 am– Worship Service in AP Chapel 2:30pm– Bingo in BW Activity Rm</p>	<p>3 8-9:30 am Gym Supervised Hrs 9:00 am– Neighborhood Walk w/ Jen 10:00 am– Chair Ex. in AP Commons 1:00 pm– Art Class in BW Act Rm 1:30 pm– Timely Topics/Great Decisions in the FSR 3:30 pm– Spring Into Motion in AP Commons 6:30 pm– Bingo in FSR</p>	<p>4 Independence Day 8-9:30 am Gym Supervised Hrs No Yoga Today No Tai Chi Today BBQ 1:30 pm- Bus to Walmart No Balance Today 2:30 pm– Seated Yoga in Act Rm 6:30 pm– Bridge in FSR 6:45pm– City Band @ Bogert</p>	<p>5 8-9:30 am Gym Supervised Hrs 8:45 am– Shopping at Co-op 9:00 am– Hike/Sack Lunch 9:15 am– Prayer in AP Chapel 9:30 am– Shopping at Town No Exercise Today 10:00 am– Brush-up Bridge 3 1:00 pm– Coloring Group in 1:30 pm- Book Club 3rd Flr 1:30/2:15 pm– Balance IIA/ID No Trail Walk Today 2:00 pm– Catholic Mass in C 6:30 pm– Bingo in FSR</p>
<p>9 10:00 am– Worship 2:30pm– Bingo in BW Activity Rm</p>	<p>10 8-9:30 am Gym Supervised Hrs 9:00 am– Neighborhood Walk w/ Jen 10:00 am– Chair Ex. in AP Commons 1:00 pm– Art Class in BW Act Rm 1:30 pm– Timely Topics/Great Decisions in the FSR 3:30 pm– Spring Into Motion Celebration 6:30 pm– Bingo in FSR</p>	<p>11 8-9:30 am Gym Supervised Hrs 9:30 am– Yoga in the LC 10:00 am– Tai Chi in AP Chapel 1:30 pm- Bus to Walmart 2 pm– Balance I in AP Commons 2:30 pm– Seated Yoga in Act Rm 6:30 pm– Bridge in FSR 6:45pm– City Band @ Bogert</p>	<p>12 8-9:30 am Gym Supervised Hrs 9:15 am– Prayer in AP Chapel 9:30 am– Shopping at Heeb' 10:00 am– Brush-up Bridge 3 10:00 am– Chair Ex. in AP C BBQ 1:00 pm– Coloring Group in 1:30/2:15 pm– Balance IIA/ID 2:00 pm– Trail Walk w/ Jen 2:00 pm– Catholic Comm in 6:30 pm– Bingo in FSR</p>
<p>16 10:00 am– Wor-ship 2:30pm– Bingo in BW Activity Rm</p>	<p>17 8-9:30 am Gym Supervised Hrs 9:00 am– Neighborhood Walk w/ Jen 10:00 am– Chair Ex. in AP Commons 1:00 pm– Art Class in BW Act Rm 1:30 pm– Timely Topics in the FSR 6:30 pm– Bingo in FSR</p>	<p>18 8-9:30 am Gym Supervised Hrs 9-10am– First Security Bank 9:30 am– Yoga in the LC 10:00 am– Tai Chi in AP Chapel 1:30 pm- Bus to Walmart 2 pm– Balance I in AP Commons 2:30 pm– Seated Yoga in Act Rm 6:30 pm– Bridge in FSR 6:45pm– City Band @ Bogert</p>	<p>19 8-9:30 am Gym Supervised Hrs 9:15 am– Prayer in AP Chapel 9:30 am– Shopping at Town 10:00 am– Chair Ex. in AP C 10:00 am– Brush-up Bridge 3 BBQ 1:00 pm– Coloring Group in 1:30/2:15 pm– Balance IIA/ID 2:00 pm– Trail Walk w/ Jen 2:00 pm– Catholic Comm. in 3:00pm– Lutheran Comm in 6:30 pm– Bingo in FSR</p>
<p>23 10:00 am– Worship 2:30pm– Bingo in BW Activity Rm</p>	<p>24 8-9:30 am Gym Supervised Hrs 9:00 am– Neighborhood Walk w/ Jen 10:00 am– Chair Ex. in AP Commons 1:00 pm– Art Class in BW Act Rm 1:30 pm– Timely Topics in the FSR 2:30 pm– Sweet Peaks Ice Cream Outing 6:30 pm– Bingo in FSR</p>	<p>25 8-9:30 am Gym Supervised Hrs 9:30 am– Yoga in the LC 10:00 am– Tai Chi in AP Chapel 1:30 pm- Bus to Walmart 2 pm– Balance I in AP Commons 2:30 pm– Seated Yoga in Act Rm 6:30 pm– Bridge in FSR 6:45pm– City Band @ Bogert</p>	<p>26 8-9:30 am Gym Supervised Hrs 9:15 am– Prayer in AP Chapel 9:30 am– Shopping at Heeb' 10:00 am– Chair Ex. in AP C 10:00 am– Brush-up Bridge 3 BBQ 1:00 pm– Coloring Group in 1:30/2:15 pm– Balance IIA/ID 2:00 pm– Trail Walk w/ Jen 2:00 pm– Catholic Comm. in 6:30 pm– Bingo in FSR</p>
<p>30 10:00 am– Worship 2:30pm– Bingo in BW Activity Rm</p>	<p>31 8-9:30 am Gym Supervised Hrs 9:00 am– Neighborhood Walk w/ Jen 10:00 am– Chair Ex. in AP Commons 1:00 pm– Art Class in BW Act Rm 1:30 pm– Timely Topics in the FSR 6:30 pm– Bingo in FSR</p>	<p><i>July 2017</i> Remove and</p>	

	Thu	Fri	Sat
			1 1 pm– Mexican Train Dominoes in FSR 2 pm– AP Movie
<p>Supervised Hrs 2 Chapel & Country 3rd Flr A-Wing FSR A-Wing B in Gym Chapel</p>	<p>6 Blood Drive in LC AP Nail Care 8-9:30 am Gym Rm Supervised Hrs No Yoga Today 10:15 am– Bible Circle in BW Act Rm 10:30-11:30 am– Bank of Bozeman 12-4:15pm Red Cross Blood Drive in LC 1:30 pm– Balance Fun in AP Commons 1:30 pm– Shopping Bus to 19th 3:00 pm– Knit & Stitch AP Fireside</p>	<p>7 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR 6:30 pm– Pinochle in FSR 7:30 pm– Don’t Close Your Eyes Live Radio Show at the Verge Theatre</p>	<p>8 1 pm– Mexican Train Dominoes in FSR 2 pm– AP Movie 6:30 pm- Bridge in FSR</p>
<p>Supervised Hrs Chapel s 3rd Flr A-Wing Commons FSR B in Gym Chapel</p>	<p>13 AP Nail Care 8-9:30 am Gym Rm Supervised Hrs 9:30 am– Yoga in the LC 10:00am– AP Resident Council in FSR 10:15 am– Bible Circle in BW Act Rm 10:30-11:30 am– Bank of Bozeman 1:30 pm– Balance Fun in AP Commons 1:30 pm– Shopping Bus to the Mall 3:00 pm– Knit & Stitch AP Fireside 3:30 pm– Make New Friends Over Wine and Cheese in AP Commons</p>	<p>14 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 11:30 am– AP Picnic 1:30 pm– Cribbage in FSR 6:30 pm– Pinochle in FSR</p>	<p>15 1 pm– Mexican Train Dominoes in FSR 2 pm– AP Movie</p>
<p>Supervised Hrs Chapel & Country Commons 3rd Flr A-Wing FSR B in Gym Chapel Chapel</p>	<p>20 AP Nail Care 8-9:30 am Gym Rm Supervised Hrs 9:30 am– Yoga in the 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 1:30 pm– Balance Fun in AP Commons 3:00 pm– Knit & Stitch AP Fireside 3:30 pm– Short Story Discussion with Valerie in 3rd Flr A-Wing Lounge 3:30 pm– Bob & Mark in BW DR 7:45 pm– Bob & Mark in AP Commons</p>	<p>21 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 10:00 am– Hillcrest Garden Tour 1:30 pm– Cribbage in FSR 6:30 pm– Pinochle in FSR</p>	<p>22 1 pm– Mexican Train Dominoes in FSR 2 pm– AP Movie</p>
<p>Supervised Hrs Chapel s Commons 3rd Flr A-Wing FSR B in Gym Chapel</p>	<p>27 AP Nail Care 8-9:30 am Gym Rm Supervised Hrs 9:30 am– Yoga in the 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 1:30 pm– Balance Fun in AP Commons 3:00 pm– Knit & Stitch AP Fireside 3:30 pm– Short Story Discussion with Valerie in 3rd Flr A-Wing Lounge Birthday Night</p>	<p>28 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR 6:30 pm– Pinochle in FSR</p>	<p>29 1 pm– Mexican Train Dominoes in FSR 2 pm– AP Movie 6:30 pm- Bridge in FSR</p>



Aspen Pointe

and keep as daily reference.

Abbreviations:
FSR: Fireside Room
LC: Learning Center
BW Act: BW Activity Room
BW DR: BW Dining Room
PDR: Private Dining Room
BW: Birchwood
AP: Aspen Pointe

7/3 Spring Into Motion: Weekly meeting. Turn in your steps in the morning before the meeting. This is the last steps you will need to turn in.

7/4 City Band Concert: This patriotic concert will be in place of the fairgrounds concert and fireworks for the 4th of July! This year the 4th falls on a Tuesday so we are opting to support the City band. Sign-up at the front desk.

7/5 Hike: Jennifer and Emma will be taking a group on a longer hike in the morning. Sack lunches will be provided, but will count as a meal. Sign-up at the front desk; we need 4 to go.

7/6 Blood Drive: Hillcrest will be hosting a blood drive for the Red Cross from 12-4:15pm in the Learning Center. Please refer to article on page 2.

7/7 Don't Close Your Eyes Live Radio Show: This is the 7th season of Verge's summer live radio series. Writers Ryan Cassavaugh and Keith Suta highlight a different genre from the golden age of radio each week! The show starts at 8pm and runs one hour. Tickets are \$10. We need 4 residents to go; sign-up and turn money in at the front desk.

7/10 Spring Into Motion Celebration: This will be our end of program social to celebrate our many steps and hand out prizes.

7/11 City Band Concert: We need 4 residents to take the bus to Bogert Park for the City Band Concert. Sign-up at the front desk.

7/12 AP Resident Council @ 10:00am in FSR: All residents are welcome to come listen and bring up topics of their own.

7/13 Make New Friends Over Wine and

Cheese: Please refer to article on page 2.

7/14 AP Picnic: Sign up at the front desk to go on a picnic outing to the park. Remember, the picnic meal does count as a meal.

7/18 City Band Concert: We need 4 residents to take the bus to Bogert Park for the City Band Concert. Sign-up at the front desk.

7/20 Short Story Group: Are you interested in a short story group? Chaplain Valerie Webster will read a story, followed by the group's discussion.

7/20 Bob & Mark in BW: Our favorite piano and percussion duo will be in only Birchwood this time around.

7/21 Hillcrest Garden Tour: Pam Linn will be giving a garden tour to the Knolls residents, starting at the front of Aspen Pointe and then going to the back garden. Lemonade and cookies will be served on the patio by the back garden.

7/24 Sweet Peaks Ice Cream Outing: Sweet Peaks Montana founded ice cream shop that just opened in Bozeman where they make their own ice cream.

7/25 City Band Concert: We need 4 residents to take the bus to Bogert Park for the City Band Concert. Sign-up at the front desk.

7/27 Short Story Group: Are you interested in a short story group? Chaplain Valerie Webster will read a story, followed by the group's discussion.



BOZEMAN HEALTH
HILLCREST SENIOR LIVING

Aspen Pointe

Wise & Well: Trail Safety By Jennifer McNulty, Exercise Specialist

Summer has officially arrived and everybody wants to get outdoors to enjoy the warm weather! Whatever your summer hobby may be, whether it's walking, hiking, or biking; it is always beneficial to review a little trail etiquette and some safety tips before heading out!

Dress for the adventure! It is important to wear the appropriate attire, bring the appropriate things for the type of activity, and think about the time of day you are going. Always make sure to bring plenty of water, dehydration could occur at any temperature or exertion level. Wear loose, protective clothing and use sunscreen to help prevent unwanted sun exposure while out enjoying the beautiful summer day. Also, pick a pair of shoes, shoes that have an arch support and a solid sole, for cushioning your feet; a shoe with ankle support is always encouraged. Lastly, for a little extra support while walking on uneven ground, bring a walking stick or two! They are a wonderful tool to help become more confident and stable on walks.

Be self-aware! Please know and be aware of physical limits when choosing where and whether to go on a hike or walk. Here are some helpful questions to ask yourself before choosing which activity to attend:

- Can I step over or around obstacles (curbs, stumps, roots, dogs) without assistance from another person and without losing my balance?
- Am I able to walk on uneven, rocky, or grass covered trails?
- Can I step out of the way if I see someone coming down the trail in front of me?
- Am I able to walk safely with hiking poles or do I need my walker for the extra stability? Please keep in mind that walking with walk-

ers may not be suitable for some trails due to the terrain.

Tell a friend! Even if you are planning on taking a quick walk outside, it is always a good idea to tell someone where you are going and an approximate time you will be back. This is especially important if other hikers are few and the chance for assistance, if needed, is unavailable.

Have you heard of trail etiquette? Here are some common practices that help ensure the safety of all using the trails.

- Always walk on the right, pass on the left.
- Say "Hello" to hikers as they pass or you pass them, it's common courtesy.
- When taking a break, step off of the trail to allow others to pass by unobstructed.
- Walkers going downhill should always yield to those walking uphill.

- There is a hierarchy on the trail; horses have priority, followed by hikers, and then bikers. If you encounter a horse, they should be allowed to go by first; alternately, if you encounter a biker, they should yield to you, the hiker.

Please keep these important safety reminders and tips in mind when determining where and how long to go on a walk or hike! Throughout the summer there will be a walk every Monday morning at 9:00am for approximately 15-25 minutes. Also, every Wednesday afternoon, at 2:00pm, we will hike on a trail for approximately 30-45 minutes. Remember, if you have any questions on which activity to attend or have general questions about a trail you would like to try, you can talk to Jennifer in the fitness center or call 414-2029. Let's go out and *safely* enjoy this beautiful, big sky country we call home!



Hillcrest hikers on Peet's Hill.

Bill Merrick Heads Off to Explore Utah

By Kate Evans



“After living in Bozeman for some sixty years, and at Aspen Pointe since 2005, I will leave Montana with many fond memories,” explains Bill Merrick thoughtfully with a broad smile. “But at the same time I look forward to moving to Salt Lake and the new adventures and experiences I will find there.”

Bill is moving July 8 into The Ridge, a new assisted living facility, just blocks away from his daughter and son-in-law, Sally and Andy Bolic, and granddaughter, Abby Bolic.

He hopes to make new friends with whom he can enjoy the numerous cultural and educational activities offered in the capitol city. “I want to attend performances by the Utah Symphony, events at the Art Center, and catch Jazz basketball games,” he adds. He plans to discover new trails to walk (certainly to McDonalds just down the way from The Ridge for breakfast) and make frequent visits to the fitness center which is on the same floor as his apartment.

Born in California in 1927 and raised in North Dakota, Bill enlisted in the Navy while still a high school student. Upon completion of this service, the veteran returned to high school for classes to earn a diploma.

His working days in broadcasting began following his graduation from the University of Colorado. He eventually owned and managed three radio stations in Montana (Bozeman, Missoula, and Helena), and taught broadcasting at MSU for three years after retirement.

With an interest in aviation he obtained

a commercial pilots license in 1952. He has 1,000 hours of flying light aircrafts. He served on the Gallatin Country Airport Authority board for 28 years and was its chairman for 25 years.

To the Bozeman community his service includes: president of Kiwanis, chairman of the Bozeman Symphony, member of the Chamber of Commerce and board member of Bridger Bowl Ski Foundation. He taught skiing at the Bowl for five years and most winters skied 100 days.

During his twelve year residency at Aspen Pointe, he has made both personal and financial contributions. With the help of granddaughter Abby he has entertained residents with slide shows of their Mediterranean and Baltic cruises. Bill also showed pictures of his scuba diving trip to Tahiti with son, Sam. He donated both the large screen TV in the Commons and the one in the fitness center, plus the computer in the library. He was instrumental in bringing Wi-Fi service to Hillcrest.

Hillcrest sends Bill off with a warm thank you and sincere best wishes as he adds another chapter to his life.

Short Story Group

Join Chaplain Valerie for the Short Story Group in the A-Wing 3rd Floor Lounge at 3:30pm to read & discuss the selected stories.

July 20 Willa Cather's *Paul's Case* Part I

July 27 Willa Cather's *Paul's Case* Part II

If you've enjoyed Willa Cather's novel *Song of the Lark!* (1915), about a young woman growing up in a small Coloradan town who becomes an internationally famous opera singer, you'll find "Paul's Case" pursues similar themes of the artist in our midst. Frequently anthologized, this short story was first published in McClure's Magazine and later appeared in *The Troll Garden* (1905). Set in Pittsburgh among the "iron kings" and Carnegie Music Hall, the story follows the life of Paul, a young man hypnotized by theater and music.

About our Staff By Kate Evans

Amy Malcom, multi-tasker in Administration



Sometime in the future when you are browsing in the library you may find a book of fiction co-authored by Amy Malcom. Amy and her cousin are writing a medieval tale of fantasy which they work on evenings and weekends over the internet. “We each create separate characters and problems for them to overcome. Then we work together to build the world around them and weave it all together into a plot. It’s a challenge at times but a fun one,” she explains.

Since childhood the cousins have been making up stories whenever their families would get together. “First we made up tales about our plastic toy horses; later as we grew older we created stories about people.” For years now they have developed a number of tales. Amy states, “That for the time being the goal isn’t to get published, it’s to write a story that we both enjoy and to exercise our imaginations and our writing skills. However, it is possible that we might want to take one of our stories further in the future.”

Amy and her younger brother, Austin, were both adopted by Clint and Carol Malcom of Kearney, Nebraska, where they spent their childhood. In high school, she played clarinet in the band, was in choir and gymnastics, and was an active member of her church youth group. She moved to Bozeman in 2006 after visiting relatives here several times.

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Dillon Marks, new Resident Associate in Birchwood

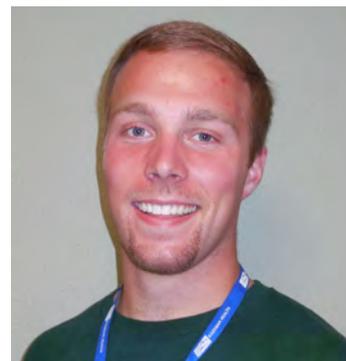
Dillon Marks, an MSU sophomore majoring in pre-med/exercise science, was hired as a resident associate in Birchwood in late April. His long term goal is to become a Physician’s Assistant.

When not working or in class, Dillon likes to fish, kayak, and trail run in the summer and cross country ski when the snow arrives. His non-sport interest is reading. He and several friends from Grace Bible Church have formed an informal book club that meets Saturday mornings to discuss Christian books. Currently they are reading *Disciplines of a Godly Man* by R. Kent Hughes.

Dillon is the eldest of three sons of Don and Tammy Marks of Belgrade. At Belgrade High School where Dillon graduated in 2015, he participated in football, wrestling, and track. His brother Derek, a freshman at MSU this past year, played defensive end on the football team. Young brother Dawson, 12 years old and in Belgrade Middle School, continues the family sports tradition by playing basketball and football.

“My mother is surrounded by men; in addition to her three sons, she had three brothers, no sisters,” Dillon explains with a smile.

The Marks family plans to celebrate July 4th camping in Glacier National Park.



Amy continued

She worked 10 plus years for Hallmark, where her employer advised her of the opening at Hillcrest.

Summer is her favorite season. She loves outdoors, enjoying the sun and mountains, and going to plays at the Ellen and The Playmill in West Yellowstone with friends.

Department Updates

Marketing—Linda Jo Simkins

- Medical release forms are being updated. These forms are very useful in an emergency situation. If you have not already turned one in, please consider doing so. We have additional copies in the Marketing office or would be happy to deliver a form to your apartment.
- We are wanting to use testimonials from residents for marketing purposes. We are looking for volunteers to write testimonials, picture included, as well as filmed testimonials for use on the website. If you are willing to participate, please contact Linda Jo in the marketing office, 414-2008.

Engineering—Rich Hagstrom

- When parking, please do not pull your vehicle up over the curb. This is so people are able to easily ambulate with walkers on the sidewalk. Same goes for grassy areas. Please do not pull your vehicle up over grassy areas so we are able to easily mow the lawn.
- The parking spaces north of the A-Wing parking garage beside the dumpster are for employees. Guests and third party services should be parking at the front of the building and using the main entrances.

Environmental Services—John Odden

- There are now three pet waste stations placed on Hillcrest grounds for your convenience; by the Aspen Pointe front circle fire hydrant, the end of the north end D-Wing sidewalk, and the island by the A-Wing garage.
- Please refer to the recycling posters in the janitors closets on each floor for recyclable items. Waxed containers are not recyclable, i.e. milk and juice cartons.

Programming—Rachel Clemens

Did you know that Hillcrest has a Facebook page? Search **Hillcrest Senior Living Neighborhood** on Facebook and “like” the page. We post pictures and events that are coming up here and within the Bozeman community. Also check out **Bozeman Health, Bozeman Health Foundation, and Bozeman Health Deaconess Hospital** on Facebook.

Update on Waste

In the March 2017 issue of *Crest Lines* an article ran about the waste that accumulates from paper cups at Hillcrest. Two thousand cups were being used each week. And that number doesn't include the waste from plastic lids and cardboard sleeves.

LeRoy Wilson, V.P. of Senior Services, extended a challenge to residents and staff to use reusable beverage containers. It's been four months since that suggestion and according to Tina Stensrud, Sous Chef, we are currently using about 30% fewer paper cups.

“That's a significant savings in both money and waste. I want to thank all of you for your effort and hope you will continue using your reusable beverage containers,” LeRoy stated. “Also please pass the message along to new residents so that they can help bring the usage of paper cups down.”

Peaces from page 3

Longtime and active members of the Presbyterian Church, they have served on various committees and projects, especially those related to children. Earl has been a board member of the church's Rockhaven Camp on the Gallatin River. Jan sang with the choir for 30 years and for several years was in charge of the music and robes. While raising their daughters, Jan served on the alumni board of Kappa Delta sorority and was a volunteer leader of a 4-H club.

Give Us a Shout

We would like to hear from you. Share your story, photo, question, tip or submission. Contact Rachel Clemens in the Programming Department, 414-2002.