

Crest Lines

June 2017

Volume 2, Issue 2

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Coming Soon

June

- Spring Into Motion
- Glenn Miller Orchestra
- ReZound (Barbershop)
- Gypsy Cowbelle
- Barbeques
- Hikes
- Picnics

July

- Band Concerts
- Garden Tour
- Blood Drive

Thoughts from the V.P.

By LeRoy Wilson



Leadership Structure

As most of you are aware, a licensed healthcare facility like Birchwood must comply with certain State and Federal regulations. One such regulation is that a staff member be designated to oversee the operation of the facility during an administrator's absence.

"In the absence of the administrator, a staff member must be designated to oversee the operation of the facility during the administrator's absence. The administrator or designee shall be in charge, on call and physically available on a daily basis as needed, and shall ensure there are sufficient, qualified staff so that the care, well being, health and safety needs of the residents are met at all times. State of Montana Code 37.106.2814"

When I am out of town or unable to provide direct oversight to the facility I must assign someone to oversee the day-to-day operations of Birchwood. This designee must meet specific criteria in order to be qualified to fulfill operational duties and responsibilities as an acting administrator. Rachel Clemens (Director of Programs and Fitness) has the educational background with a degree in Health and Human Development from Montana State University and professional expertise to adequately meet these requirements.

Rachel has been an employee of Hillcrest since 2000, starting in the original Hillcrest as a dining room server. When Rachel graduated from MSU she transferred departments to become an activities assistant in 2009 and taking over the director role in 2014. Rachel will be the go-to person for operational oversight and administration of Hillcrest whenever I am absent from the facility for any length of time. Please help me welcome Rachel into this essential role.



It's Summer and BBQ Time!

BBQ season starts Wednesday, June 7th and goes through August. BBQs are served buffet style in Aspen Pointe, however dining staff will be available to help residents with their trays. All BBQs are on Wednesdays except for Father's Day (Sunday, June 18th) and Independence Day (Tuesday, July 4th). The meal times are 11:30am to 1:00pm.

Guest prices are \$16.50 for adults, \$8.25 for children ages 6 to 12, and free for children under 6. For Father's Day, guest prices are \$28.00.

The menu will include a variety of grilled and smoked meats, chicken and fish, fresh corn and baked beans. Lemonade is made by squeezing lemons—no powdered mixes at Hillcrest. Jackson Hole soda pop, a premium brand, will be served. Salads and desserts are made with the best ingredients on the market.

To add a little more fun to BBQ season, employees may wear blue jeans or shorts and each Wednesday will be a themed apparel day. Employees and residents are encouraged to participate.

BBQ Themed Apparel Days

- June 7—Hat Day.
- June 14—Hawaiian Shirt Day.
- June 28—Favorite Sports Team Day.
- July 4—Patriotic Day.
- July 12—Tie Dye Day.
- July 19—Montana Logo/Western Day.
- July 26—Favorite Color Day.

Game Room Gets New Look

Watch the progress going on in the former game room as it is transformed into a new activity room where residents from Aspen Pointe and Birchwood will enjoy various programs.

Red Cross Blood Drive Seeks Donors

Help save a life, by donating blood. Every day in the U.S., roughly 44,000 pints of blood are needed. And every donation may help save up to 3 lives. Hillcrest will host a blood drive for the American Red Cross on Thursday, July 6th from 12:00pm to 4:15pm in the Learning Center.

Feel free to invite friends and family. Our goal is 15 donations. 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).

Spiritual Offerings

Services scheduled for June are the following: June 4 10am, Holy Eucharist, Chaplain Ken Mottram; June 11 10am, Morning Prayer, Chaplain Nadine Grayl; June 18 10am, Holy Eucharist, Chaplain Tim Spring; June 25 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.

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

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 short stories.

June 8 *Eveline* by James Joyce

June 22 *The Green Room* by O. Henry

Neighbors

By Kate Evans

Wayne Gibson Invests in People



Wayne Gibson says that “people” have been his life-long interest, like a hobby. “Both in my career and personal life, I have enjoyed interacting with people and working together with them on projects

or in organizations that supported or improved community life,” he explains.

His membership in the Lions Club dates back fifty plus years; he has been a Shriner since 1974; and has participated in Masonic work since 1972.

A native Montanan, he was born in Jordan in 1936 and raised on the O’Connell cattle ranch in the Helena Valley where his father, Darrel, was the foreman and mother, Lucile, was the cook. It was here, among a large crew of hired hands, that Wayne learned “the value of hard work and that all work is honorable” which was the message of his father.

He remembers that his mother prepared and served meals daily at a table for 12 and that he was among those who sometimes ate at the third seating. Wayne had a variety of jobs at the ranch but he particularly liked working with cattle and calves.

Wayne credits his experiences in 4-H for directing him to a path of public service. “4-H gave me an opportunity to see and do things I would not have been able to do without this influence,” he emphasizes. “It taught me to keep records, to be responsible for completing projects, to learn to speak publically, and to help others accomplish their projects.” His

first 4-H project was a dairy heifer which he named Valentine because of a white heart shaped spot on her face. Sadly, he reflects, she had to be sold when she checked positive with brucellosis.

Besides their many ranch duties, Wayne and his family were involved in establishing a Community Center as a meeting place for 4-H club activities. “It was the biggest project of my young life.” Later Wayne served on the Montana 4-H Foundation Board from 1997 to 2003 and its president from 2000 to 2001.

The Gibson family enjoyed music. When Wayne entered Helena High School he signed up for band. When asked what instrument he played he answered, “I never played anything.” Because of his size the band teacher determined that he looked like a tuba player which he became for four years. He marched in the Spokane Lilac Festival Parade, carrying the tuba for over five miles and arriving home with lots of blisters. At MSU he played for two years in the ROTC band.

During college at MSU he continued working at the O’Connell ranch and for the Lewis and Clark Weed District. He served in the Army following his graduation in 1958 with a Bachelor of Science degree in general agriculture. In 1966 he earned a Master’s degree in agricultural education at MSU.

With college and military service behind him, he began in 1959 his ag career as an employee of the Montana State University Extension, serving in Lake, Blaine, Meagher, and Broadwater counties.



Tuba player Wayne Gibson in his high school band uniform.

Continued page 8

Summer Hikes

All levels of walkers are welcome!

Starting this month residents will be able to venture out into the Gallatin Valley to take advantage of the beautiful trails in the area! A walk every Monday morning at 9:00am and a hike every Wednesday afternoon at 2:00pm will be offered. Once a month a longer hike will include lunch; please keep in mind that this will count as one of your meals. Each week the location of the hike will be posted next to the TV in the AP Commons; sign up at the front desk.

Monday mornings are designated for the recreational walker, or those who are just out to enjoy the views. These walks will last about 30 minutes at a slower pace. Wednesday afternoons are designated for advanced walkers who are able to walk up small hills in a trail setting. If you have any questions or are unsure of which group you may enjoy, please call Jennifer at 414-2029.

Volunteers Recognized

Thank you for your service!

Five Hillcrest residents were among the 514 RSVP (Retired and Senior Volunteer Program) volunteers recently honored for contributing 74,236 hours to 72 organizations in Gallatin and Park counties last year.

Recognized for their years of service were: Phyllis Schuttler (22); Lois Adams (17); Lucy Dwarshuis (15); Amy Black (4); and Jo Hudson (4).

City Band Concerts

Enjoy music in the park!

The City Municipal Band, a traditional concert group that plays marches, medleys, movie music and more, was founded in 1921. It will begin an 8 week summer concert series June 20th, running through August 8th. The band is led by local conductors and comprised of local musicians.

The concerts take place at the Ralph Challender Band Shell in Bogert Park on Tuesdays at 7:30pm. The bus will leave Aspen Pointe at 6:45pm; please sign up at the front desk. Four people are needed for the activity to take place. Remember to bring a lawn chair, a hat, a light jacket, and possibly a blanket to stay warm on chilly evenings.

Hidden Figures Film Shown at Timely Topics

The film *Hidden Figures* will be shown at the June 26th meeting of Timely Topics in the Fire-side Room. The film relates the race to space between the United States and the Soviet Union during the Cold War. It emphasizes the important and key role that three black female mathematicians had in the program launching astronaut John Glenn into outer space, making him the first American to orbit the Earth.

Mondays at 1:30pm in FSR, June Schedule

- June 5 Bring your own topic. Trica away.
- June 12 Great Decisions: U.S. Foreign Policy and Petroleum
- June 19 Bring your own topic.
- June 26 Film Showing: *Hidden Figures*

Please note: The book entitled *The Woman Behind the New Deal, the Life and Legacy of Frances Perkins*, is available on the Timely Topics shelf. To borrow, please sign it out.

June 2017

Remove and keep as daily reference.

Announcements:

- **Glenn Miller Orchestra:** The most popular and sought after big band in the world today for both concert and swing dance engagements. With its unique jazz sound, the Glenn Miller Orchestra is considered to be one of the greatest bands of all time. The present Glenn Miller Orchestra was formed in 1956 and has been touring consistently since, playing an average of 300 live dates a year all around the world. "A band ought to have a sound all of its own. It ought to have personality," said Glenn Miller. The Glenn Miller Orchestra will be at the Ellen Theater on June 15th, starting at 7pm. Please sign-up at the front desk and turn in \$19.50 by **June 5th** so we can order seats as soon as possible. We will need four residents signed up to go.
- **Shuttle Service Reminders:**
 - ⇒ The Hillcrest Shuttle Driver is available Monday through Friday, 8:00am-4:30pm. We ask that you not schedule appointments after 3:00pm. Final pick ups for the day are between 3:30 and 4:00pm. If your appointment runs past the driver's shift you may need to find another mode of transportation home.
 - ⇒ We ask that you do not schedule appointments for Tuesday and Thursday afternoons due to shopping buses. During those shopping trips we will not be stopping places other than the planned destinations.
 - ⇒ All request forms need to be filled out entirely and returned to the front desk 24 hours in advance. This means appointments for Monday need to be in Friday by Noon. If you have a request for Monday please call the bus driver directly Monday morning at 8:00am.
 - ⇒ If there is an urgent need we will try to accommodate to the best of our ability.
 - ⇒ Please feel free to contact the bus driver with any questions 922-5392. If the bus driver is unable to answer or it is after hours please leave a message.

June Birthdays

Clinton Frazee	6/4
Barbara Magerfleisch	6/9
Jane McGarity	6/17
Leoti Waite	6/18
Peg Gary	6/24
Pat Spurr	6/ 25
Will Price	6/26
Patrick Hemingway	6/28
Glenna Mills	6/28
Jane Fisher	6/29
Mary Butler	6/29
Ellen Burgess	6/30



Aspen Pointe

Sun

Mon

Tue

Wed

June 2017



Aspen Point

Remove and keep as daily reference.

<p>4 10:00 am– Worship Service in AP Chapel 2:30pm– Bingo in BW Activity Rm <u>2:30 pm– Recital in AP Commons</u></p>	<p>5 8-9:30 am Gym Supervised Hrs <u>9:00 am– Neighborhood Walk w/ Jen</u> 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 <u>3:30 pm– Spring Into Motion Launch Meeting in AP Commons</u> 6:30 pm– Bingo in FSR</p>	<p>6 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 2:30 pm– Seated Yoga in BW Act Rm 6:30 pm– Bridge in FSR</p>	<p>7 8-9:30 am Gym Supervised Hrs <u>8:45 am– Shopping at Co-op</u> 9:15 am– Prayer in AP Chapel 10:00 am– Brush-up Bridge 3 10:00 am– Chair Ex. in AP Commons <u>BBQ</u> 1:00 pm– Coloring Group in FSR <u>1:30 pm– Book Club 3rd Flr</u> <u>2:00 pm– Headwaters Tour (Action ONLY)</u> 2:00 pm– Catholic Mass in Commons 6:30 pm– Bingo in FSR</p>
<p>11 10:00 am– Worship 2:30pm– Bingo in BW Activity Rm <u>2:30 pm– Recital in AP Commons</u> <u>3:45 pm– Bob B in BW</u></p>	<p>12 8-9:30 am Gym Supervised Hrs <u>9:00 am– Neighborhood Walk w/ Jen</u> 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 <u>3:30 pm– Spring Into Motion Meeting in AP Commons</u> 6:30 pm– Bingo in FSR</p>	<p>13 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 2:30 pm– Seated Yoga in Act Rm 6:30 pm– Bridge in FSR</p>	<p>14 8-9:30 am Gym Supervised Hrs 9:15 am– Prayer in AP Chapel <u>9:30 am– Shopping at Heeb's</u> 10:00 am– Brush-up Bridge 3 10:00 am– Chair Ex. in AP Commons <u>BBQ</u> 1:00 pm– Coloring Group in FSR <u>2:00 pm– Trail Walk w/ Jen</u> 2:00 pm– Catholic Comm in Commons <u>3:00 pm– Gypsy Cowbelle in Commons</u> <u>3:00 pm– Smart Women's S</u> 6:30 pm– Bingo in FSR</p>
<p>18 Father's Day 10:00 am– Worship <u>BBQ</u> 2:30pm– Bingo in BW Activity Rm</p>	<p>19 8-9:30 am Gym Supervised Hrs <u>9:00 am– Neighborhood Walk w/ Jen</u> 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 <u>3:30 pm– Spring Into Motion Meeting in AP Commons</u> 6:30 pm– Bingo in FSR <u>7:45 pm– Bob B in AP</u></p>	<p>20 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 2:30 pm– Seated Yoga in BW Act Rm 6:30 pm– Bridge in FSR <u>6:45pm– City Band Concert @ Bogert</u></p>	<p>21 No BBQ Today 8-9:30 am Gym Supervised Hrs <u>9:00 am– Hike/Sack Lunch</u> 9:15 am– Prayer in AP Chapel <u>9:30 am– Shopping at Town</u> <u>No Exercise Today</u> 10:00 am– Brush-up Bridge 3 1:00 pm– Coloring Group in FSR <u>No Trail Walk Today</u> 2:00 pm– Catholic Comm. in Commons <u>3:00pm– Lutheran Comm in Commons</u> 6:30 pm– Bingo in FSR</p>
<p>25 10:00 am– Worship 2:30pm– Bingo in BW Activity Rm <u>3:30 pm– Recital in AP Commons</u> <u>3:45 pm– Bob B in BW</u></p>	<p>26 8-9:30 am Gym Supervised Hrs <u>9:00 am– Neighborhood Walk w/ Jen</u> 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 <u>3:30 pm– Spring Into Motion Meeting in AP Commons</u> 6:30 pm– Bingo in FSR</p>	<p>27 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 2:30 pm– Seated Yoga in BW Act Rm 6:30 pm– Bridge in FSR <u>6:45pm– City Band Concert @ Bogert</u></p>	<p>28 8-9:30 am Gym Supervised Hrs 9:15 am– Prayer in AP Chapel <u>9:30 am– Shopping at Heeb's</u> 10:00 am– Chair Ex. in AP Commons 10:00 am– Brush-up Bridge 3 <u>BBQ</u> 1:00 pm– Coloring Group in FSR <u>2:00 pm– Trail Walk w/ Jen</u> 2:00 pm– Catholic Comm. in Commons 6:30 pm– Bingo in FSR</p>

	Thu	Fri	Sat
HEALTH R LIVING te	1 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 3:00 pm– Knit & Stitch AP Fireside	2 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	3 1 pm– Mexican Train Dominoes in FSR 2 pm– AP Movie
d Hrs 2 el 3rd Flr A-Wing Commons a FSR A-Wing Spring Into Mo- Chapel	8 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– Shopping Bus to 19th 3:00 pm– Knit & Stitch AP Fireside 3:30 pm– Short Story Discussion with Valerie in 3rd Flr A-Wing Lounge 7:45 pm– Edis & Cliff in AP Commons	9 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR 2:00 pm– Planting Flowers in BW 6:30 pm– Pinochle in FSR	10 1 pm– Mexican Train Dominoes in FSR 2 pm– AP Movie 6:30 pm- Bridge in FSR
ed Hrs el s 3rd Flr A-Wing Commons a FSR n Chapel n BW DR eminar in LC	15 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 3:00 pm– Knit & Stitch AP Fireside 3:30 pm– Bob & Mark in BW DR 6:15 pm– Glenn Miller Orchestra at The Ellen	16 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	17 1 pm– Mexican Train Dominoes in FSR 2 pm– AP Movie
Hrs el & Country 3rd Flr A-Wing a FSR n Chapel n Chapel	22 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 3:00 pm– Knit & Stitch AP Fireside 3:30 pm– Short Story Discussion with Valerie in 3rd Flr A-Wing Lounge 7:45 pm– John Hill and Michelle Skinner Presentation in AP Commons	23 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	24 1 pm– Mexican Train Dominoes in FSR 2 pm– AP Movie 6:30 pm- Bridge in FSR
ed Hrs el s Commons 3rd Flr A-Wing a FSR n Chapel	29 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 3:00 pm– Knit & Stitch AP Fireside 7:45 pm– ReZound in AP Commons (Barbershop Quartet) Birthdays Night	30 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	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

6/5 Spring Into Motion Launch: This will be the start of Spring Into Motion. Come pick up your step log sheet, pedometers (if needed), and information for the month. We will reset our pedometers at the meeting to commence the walking program together!

6/7 Headwaters Tour (Spring Into Motion ONLY): If you are part of the Spring into Motion walking program you can sign up for this outing at the front desk. If you have questions call Rachel 414-2002.

6/8 AP Resident Council @ 10:00am in FSR: All residents are welcome to come listen and bring up topics of their own.

6/8 Short Story Group: Are you interested in a short story group? Chaplain Valerie Webster will read a story, followed by the group's discussion.

6/9 Planting Flowers in BW: Megan will help residents plant flowers for the Birchwood patio off the activity room.

6/11 Bob B. in BW @ 3:45pm: Come tap your toes and sing to Bob Britten on the piano in Birchwood!

6/12 Spring Into Motion: Weekly meeting. Turn in your steps in the morning before the meeting.

6/14 Smart Women's Seminar in LC: A member of NBC Montana's Severe Weather Alert Team will talk about preparing for severe weather and the types of weather we face. Severe weather is more than just blizzards, floods, hurricanes, and tornadoes, it can be air quality issues and inversions or icy roads. Severe weather is anything that puts you or your family in danger.

6/14 Gypsy Cowbelle in BW: Miss V, the gypsy cowbelle, will get you dancing in your chair with her cowbilly music on her

homemade banjo. Welcome Miss V back, we're glad to have her visit!

6/15 Bob & Mark in BW: Our favorite piano and percussion duo will be in only Birchwood this time around.

6/15 Glenn Miller Orchestra: Please Announcements section of calendar insert.

6/16 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.

6/19 Spring Into Motion: Weekly meeting. Turn in your steps in the morning before the meeting.

6/19 Bob B. in AP Commons @ 7:45pm: Come tap your toes and sing to Bob Britten on the piano in Aspen Pointe!

6/20 City Band Concert: Please see article on page 4 for more information.

6/22 Short Story Group: Are you interested in a short story group? Chaplain Valerie Webster will read a story, followed by the group's discussion.

6/22 John Hill and Michelle Skinner Presentation: Have you ever been on a life changing journey? They are going to show you pictures and talk to you about theirs.

6/25 Bob B. in BW @ 3:45pm: Come tap your toes and sing to Bob Britten on the piano in Birchwood!

6/26 Spring Into Motion: Weekly meeting. Turn in your steps in the morning before the meeting.

6/27 City Band Concert: Please see article on page 4 for more information.

6/29 ReZound Barbershop Quartet: Remember sock hops, poodle skirts and saddle shoes? Join us for a fun performance as we take you "Back to the 50's."

Wise & Well: Walking 101

By Jennifer McNulty, Exercise Specialist

June brings warm weather, sunshine, and “Spring Into Motion” here at Hillcrest! Everybody is able to start enjoying longer, warmer days which allow us to be outside, take walks and revel in the beauty that we call home. Before we jump into our summer routine, let’s discuss the essentials needed for walking and how we can stick to a walking routine all summer, through fall, and into the long winter months! Whether or not you are participating in “Spring Into Motion,” let’s make sure you have all the walking essentials for any summer walks you are planning.

Get your gear. Make sure you have shoes with arch support that fit your feet, as well as a firm heel with a flexible sole that allows for ample cushioning. Wear light weight socks that will not bunch, along with comfortable clothes that are appropriate for the weather. Pick clothes that will breathe and let you move freely without constraint. Lastly, on your way out the door, grab a water bottle, sunscreen, and walking sticks (if you choose) to ensure optimal safety and enjoyment!

Tread carefully. If you walk outside this summer make sure to choose a route that you are comfortable with. When picking your walking route think about the terrain, path surface, any obstacles (rocks, tree roots, low hanging limbs, etc.), how busy it will be, what time of day works best for you, what the traffic is comprised of (dogs, bikers, joggers, etc.), and if it is shaded or not.

Get in a routine. Every time you hit the trails for a great, relaxing walk you need to remember to do a warm up and cool down walk and stretch at the end of each walk. The warm up and cool down should consist of five to ten minutes of a slow paced walk; this walk should be slower than your normal pace. This will make sure that all of your muscles are warmed up for your upcoming walk. After your walk and cool down walk, you want to stretch. When stretching you will be focusing on your low back and legs;

however, you should not forget your shoulders and arms as they helped support you and helped propel you forward during your walk.

Set up for success. It’s always a good idea to set some sort of goal. However, make sure you set a *realistic* goal; such as, “I will take a five minute walk after lunch.” When your five minute walk becomes a habit, increase the time and set a new goal. When deciding when to take your walk, pick a specific time that works well for you on a daily or semi daily basis. This will help prevent the “Oh, I will do this first and then maybe after I will go for a walk...” excuses that many of us have used at least once.

Make it enjoyable. Variety is the spice of life and turns out walking isn’t any different. You will get bored walking the same path day after day. Pick a few nice paths to walk and switch where you go every once in a while. You can walk on a trail one day, paved sidewalk the next, and treadmill the following day; this will give you a variety of things to look at and think about on your walks. To make them more enjoyable, bring what you enjoy on your walks with you—this could include listening to music, walking the dog, getting a book on tape, or walking and talking with friends.

Take everything in stride. Remember, nobody is perfect and even a great walking routine will be interrupted from time to time. If you miss a day, don’t dwell on it. If you would like to make that day up divide the minutes that you missed up and distribute the minutes among other days. Or simply just move on knowing that life does get in the way sometimes and that it is okay!

Let’s have a great summer filled with adventure, walks, hikes, and strolls! As always, if you have any questions or concerns, please stop by the Fitness Center to see Jennifer or Ginger. We are always happy to help.



The next time you enjoy a crisp salad or flavorful entrée that has been seasoned with a fresh herb think of the photo above. It pictures Ilen Stoll in mid-May planting savory herbs in the Community Garden.

“The Aspen Pointe culinary crew recommended which herbs to be planted, ones the cooks most regularly use,” explained Ilen of the garden committee. “Thyme, tarragon, and peppermint were among those selected.”

The beautiful early spring flowers in the two beds at the entrance of Aspen Pointe are the result of the faithful maintenance and care of Pam Linn, also a member of the garden committee.



Chef Dean concocted a tasty Latin dish enjoyed by residents at his cooking demo. Look for another Ethnic Endeavors program this fall.

Twenty New Books Ordered for Your Reading Pleasure

The library committee of Aspen Pointe has placed an order for twenty books at the Country Bookshelf to add to its collection. Funds for the purchase of these books have come from large and small donations from various residents, according to the committee. The order includes 5 large print books and 15 regular print editions.

The committee is thankful for this support from readers and grateful for the discount from the book store. Anyone wishing to make a donation should contact Dewey Adams, Oma Walls, or Ilen Stoll.

For a fun read, the committee suggests one of Craig Johnson’s Western mysteries, a group of which are located on the library table.

The large print books are:

The Whistler, John Grisham - *Underground Railroad*, Colson Whitehead - *Rules of Civility*, Amor Towles - *Chilbury Ladies Choir*, Jennifer Ryan - *A Piece of the World*, Christine Baker Kline.

The regular print books are:

Tea Girls of Hummingbird Lane, Lisa See - *Beneath A Scarlet Sky*, Mark Sullivan - *Apprentice In Death*, J.D. Robb - *A Gentleman in Moscow*, Amor Towles - *Leaving Berlin*, Joseph Kanon - *Badlands*, C.J. Box - *The Long Way Home*, Louise Penney - *Lab Girl*, Hope Jahren - *Growing Up*, Russell Baker - *Stranger In the Woods*, Michael Finkel - *The Bertie Project*, Alexander McCall Smith - *Orphan Tale*, Pam Jenoff - *The Stars Are Fire*, Anita Shreve - *High Noon*, Frankel - *As Good As Gone*, Larry Watson.

Happy Nurses Week to Birchwood Staff and residents of Hillcrest 6/15-6/21!

About our Staff By Kate Evans

Jesiah Hay Sets a Busy Pace



As the youngest of seven children in an old fashion Christian family, Jesiah Hay explains that he was inspired and challenged by his older brothers and sisters. "I was download- ed with advice, infor- mation, courage, and strong will." Jesiah cred-

its his family for shaping many of his life skills: teamwork, communication, and determina- tion.

He was influenced by his father, John, an engineer, and by his brothers, future engi- neers, to study that field. "My teachers always told me I'd be an engineer." Thus he was in en- gineering at MSU for two years before switch- ing in his junior year to the business school where he felt more comfortable.

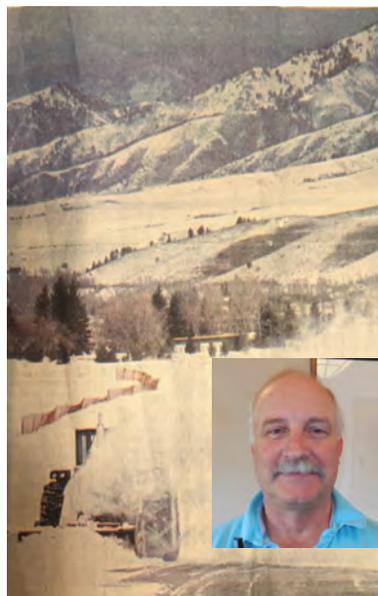
His interest in aviation came from his grandparents. Grandma Jean Donahue, 84, who lives on Long Island, NY is a registered pi- lot and Grandpa Joe, now deceased, was an air- plane mechanic. Aunt Eileen, an elementary school teacher in Florida, is a retired pilot from Southwest Airlines. "She really inspired me. Many times when she was flying, she took me aboard 747 cockpits and in her Cesna," he hap- pily recalls. Jesiah obtained his aviation sci- ence degree in 2015; he plans to take the test for a commercial license in the near future.

It was his sisters who taught him to dance, he enrolled in a ballroom class at MSU where the instructor soon recognized his talent and made him her assistant, a job he held for three years.

Jesiah was born May 14, 1991 in Clatskanie, OR but spent his childhood in Nox- on, MT. Sports were a big part of his youth. Besides playing basketball and soccer in grade school, he became a wrestler and in fourth grade won the state title for his weight class.

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Wayne Parker Returns to Hospital Family



From the Chronicle Feb. 9, 1990, Wayne Parker is shown snowblowing a high drift behind the hospital.

Wayne Parker may seem a new face to Hillcrest residents but actually he has been an employee of Bozeman Dea- coness Hospital (now Bozeman Health) since the mid 1980's.

While an ar- chitectural student at MSU he painted at night in the old red brick building on Lamme street; eventually he be- came associated with the hospital engineering depart- ment and helped

with the transfer of the hospital to its present facility. A job move to RGO, Inc. in 2000 took him "on the road" for 17 years, inspecting sur- gical rooms and specialty labs for certification. When a position recently opened in the Hill- crest maintenance department he returned to hospital employment in March 2017.

A Montana native, Wayne grew up in Sidney, where his family lived until 1963 when they moved to Bozeman. Here his mother, Anne Wall Parker, eventually was a secretary for the MSU earth science department, a job she held for 36 years. His father, Neil, was asso- ciated in service with the Burroughs business equipment firm.

He used to play basketball for a city league, cross country skied, and raced snowmo- biles. Also in his free time Wayne has enjoyed weekend camping and fishing trips with his family and friends. At least one trip a year Wayne and his wife, Karen, travel the western states or go to Mexico.

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Department Updates & Reminders

Marketing—Linda Jo Simkins

Five new residents join us in Aspen Pointe this month; Wayne and Betty Larson, Betty Nelson Miller, Fred and Katie Cady. If you see a new face please make sure you take the time to welcome these newest residents. Thanks again to members of the Welcoming Committee and others who go out of their way to make a new resident feel comfortable and confident as they get to know their way around.

Environmental Services—John Odden

All doors to the outside will remain locked this summer. Last year this decision was made for safety purposes. This is a reminder for those taking walks, working in the garden, etc. to bring your “X” key with you to be able to enter the building through those doors. The main entrances of Aspen Pointe and Birchwood are the exceptions, which are open 8:00am-9:00pm everyday.

Programming—Rachel Clemens



Please welcome Emma Otto, the latest addition to programming staff as an activity assistant. She is a recent graduate of Colorado State University with a degree in Health and Exercise Science. Emma moved to Bozeman for an internship at Cancer Support Communi-

ty in January of this year. Bozeman welcomed her on her first day with 20 below zero weather. Despite the frigid cold, she loves spending time outside year round skiing, snowshoeing, hiking, and camping. She is excited to be at Hillcrest and looks forward to meeting all of you!

Wayne Parker from page 7

He enjoys a great working relationship with staff as well as the added pleasure of the interaction with the residents and their families. “All too often I find myself mesmerized by conversations with residents; I forget what my real task at hand is.” These are some of the pleasures that he will always cherish, according to Wayne.

Jesiah from page 7

At Noxon High School, he participated in football, basketball, and track. Being challenged by older siblings helped him excel in athletics.

His future plans include obtaining his business degree and commercial pilot license, plus traveling and enjoying the outdoors. He hopes to go to Belize in the fall and hike up Kilimanjaro in Tanzania around Christmas time.

Wayne Gibson from page 3

A career change came in 1966 when he joined the Security Bank and Trust Co. (now First Security Bank of Bozeman). He was associated there until his retirement in December 1995. He became a director in 1983 and a director emeritus in 2008.

While a resident of Bozeman he has been a member of Hope Lutheran Church and a trustee for a number of years; president in 1971 of the Bozeman Chamber of Commerce; a charter member of the Chambers Green Coat Ambassadors; and chairman of the Gallatin County Fair Board.

Throughout his life Wayne has partnered with many individuals and organizations to address problems and issues; however his principal partner always was Leona Franz who became his bride June 14, 1958 in Sidney. “She was a farm/ranch girl who was very active in her community and 4-H club activities. Her sewing, cooking, and leadership skills were a very important part of our partnership as we worked to better the Bozeman community,” he states with pride.

Their children are Debra Gibson of Helena; Karen Durbin of Lewistown; and Kenneth Gibson of Bozeman. His granddaughter is Abbey Schmaltz-Wesche.