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Coming Soon

June

- Yellowstone Trip
- Spring into Motion
- Wednesday BBQ's
- Ethnic Endeavors: Neapolitan Pizza
- Hikes/Picnics
- City Band Concerts
- Art Show

July

- 4th of July- Symphony
- Father's Day
- Hikes/Picnics

Thoughts from the Administrator's Desk



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 2018 survey yielded a 52% response rate with a total of 72 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 deliver-

ing 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 Leaders 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.

I would recommend Hillcrest to others.

YES 100% NO 0%

Hillcrest Staff show care and compassion when providing services.

YES 97% NO 3%

Culinary Service Staff provided the services you expect at mealtimes.

YES 94% NO 6%

Maintenance Staff responded to work orders in a timely manner.

YES 98% NO 2%

Housekeeping Staff provided the services you expect.

YES 93% NO 7%

Activity Staff provided programs that meet your expectations.

YES 90% NO 10%

Transportation Staff provided the services you expect.

YES 98% NO 2%

Our Front Desk Receptionists provide service with friendliness and respect. (Aspen Pointe)

YES 98% NO 2%

Resident Associates provided the services you expect. (Birchwood)

YES 93% NO 7%

Resident Associates responded to calls promptly. (Birchwood)

YES 92% NO 8%

It's Summer and BBQ Time!

BBQ season starts Wednesday, June 6th and goes through August. BBQ's 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 17th). 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 6—Hat Day.
- June 13—Hawaiian Shirt Day.
- June 27—Favorite Sports Team Day.

Greenhouse is Self Serve

The Hillcrest greenhouse is available to residents wishing to store plants over the winter season or other foliage year round. The room is humidity-controlled; there is no need to change switch located near door. Residents must assume total care of their plants as staff does not water or trim them.

A metal surface work space and a sink are provided for your use, along with some garden tools and brooms. Since no fee is charged, users are asked to help maintain it, sweeping the floor and cleaning area around their plants. Each plant should be labeled with owner's name.

Yellowstone Day Trip

Join Megan and chef Dean for a trip through Yellowstone Park June 8th. Entering the West Entrance, the tour will visit Old Faithful and enjoy lunch at the inn, followed by the scenic drive to Norris for a hoped-for glimpse of Steamboat Geyser. Ending at the historic gate at Gardiner. Be prepared to walk a couple of miles on uneven ground and boardwalks. Comfortable shoes, sunblock, a hat and appropriate clothing are necessary. Bring money for lunch or souvenirs. Bottles of water and snacks will be provided. Sign up early at the front desk as this trip will fill up fast!

First Generation Tenants



Aspen Pointe resident Merry Lou Henson had one of the first art studios in the current Emerson Cultural Center which this year is celebrating its 25th anniversary as an organization and the 100th year of the building.

Her pastel and watercolor painting titled "Observe the Flowers of the Field" is currently hanging in the Lobby Gallery show featuring works by the 19 original tenant studio artists.

The journey of this historic building began in 1918 when the Emerson school, designed by Fred F. Willson, was constructed. The school served kindergarten through junior high students from 1918 to 1991 when it was deemed unfit as a school and faced demolition. A group of citizens interested in creating a space for arts purchased the building in 1992 from the Bozeman School District. The Emerson now houses 58 tenant studios in a variety of disciplines.

A fourth-generation Montanan, Merry Lou studied fine arts at Texas Christian University and Montana State University. She won a Best of Show at a Yellowstone Park Exhibition and her work has been shown in most of the western states. Her paintings are expressionistic and reflect her appreciation of the Life Force working in all things.

Congrats to Colin!



Seven high-achieving MSU students, each in the Honors College, have received the inaugural Cameron Presidential Scholarships. One of them is Colin Hammock, a resident associate in Birchwood.

The Cameron family homesteaded north of

Great Falls more than 125 years ago and owned and operated the Dana Ranch in Cascade for more than 75 years.

Colin, a graduate of Sentinel High School in Missoula, is a junior majoring in cell biology and neuroscience. He is a National Merit and Montana University System Scholar, as well as an Eagle Scout and offensive lineman with the Bobcat football team.

This summer he will travel to Poland with 10 of his teammates on a Habitat for Humanity project. "We are going to be brick layers for ten days," he explains.

On campus he serves on the Student Athlete Advisory Committee, as vice president of MSU's Health Pre-professional Honor Society and is a vice president of Phi Kappa Phi. He also works as a tutor on campus and maintains a research position with the Stress, Adversity, Resilience, and Health Lab at MSU.

The recipients were selected on the basis of scholastic achievement, demonstrated leadership, and exemplary public service.

Update on Ashley Van Hemert

Ashley is currently walking with lots of assistance. She will be fitted for a stiff brace for her left leg, which will allow her to walk. As her ability to walk progresses she will be fitted for a different brace. In about two weeks Ashley will move from in-patient rehab to out-patient rehab at the same facility.

Forest Service Fire Crews Plan Spring Burning

By Jesse James

Forest Service fire crews have made plans and checking conditions to conduct prescribed burning on the Bozeman Ranger District this spring.

Burning activities could be seen in the Gallatin Canyon for the next several weeks.

Burning will take place in Aspen Restoration Projects that are located above Highway 191 near mile post 54 in the Gallatin Canyon near the Durnham Meadow and the Porcupine Creek Area.

According to Cory Lewellen, Bozeman District Ranger, "Our goal is to reintroduce fire around aspen stands where we have already removed encroaching conifers. The treatments are expected to stimulate aspen roots and help reinvigorate aspen stands. Aspen trees play a unique and vital role in the ecosystem on the Bozeman Ranger District, attracting many birds, insects, and mammals."

See page 7

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 individuals crave more meaningful friends in their lives but 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 June 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.

Hillcrest Neighbors

By Kate Evans

Jack and Bernice Burns' marriage that is now in its 66th year almost didn't happen. The Methodist minister who was to perform the wedding service for Bernice Calkins and Jack Burns hesitated to do so because he was concerned that their four month courtship was not long enough for such a serious decision. "Then I informed him that I had orders to report for duty to the Naval station at Norfolk in Virginia and he changed his mind," Jack says with a smile. The wedding did take place in Detroit as planned and last September 6th they celebrated their 65th anniversary.

The couple lived most of their earlier married lives in southern California where Jack was employed by the California Division of Highways. Later he worked on the construction of dams, powerhouses, and aqueducts, such as the one that runs from Sacramento south to San Diego. He also helped construct the Oroville Dam in the Nevada foothills east of the Sacramento Valley. At 770 feet, it is the tallest earth fill dam in the United States. Jack obtained a degree in civil engineering at the University of Colorado where as a member of the World War II V-12 program he was commissioned an officer in the Navy.

Bernice, who was born in 1926 in Detroit and grew up in that city, obtained an undergraduate degree from the University of Michigan and later earned a masters in occupational therapy at the University of Southern California. At the time she and Jack became acquainted, she was working for a physician in Los Angeles.

As a 12 year old Bernice became interested in art and took the bus from her home in Farmington to the Detroit Institute of Arts for classes. She has continued that interest and now paints in oils and acrylics in the art class.

At their California home at the Pine Mountain Club, a community near Fresno, they golfed, cross country skied, and enjoyed outings

in the San Emigdio Mountains.

"When we moved from there to here in 2003, a friend asked if Bozeman's high altitude would bother us," Jack recalls. "My answer was no; it is higher at Pine Mountain, between 5100 and 7100 feet, than Bozeman's 4820 feet."

Their son Paul introduced them to the Gallatin Valley; he first came to Yellowstone Park for a summer job and then transferred from Chico to MSU. After frequent visits here they chose Bozeman as the place to live when Jack retired in 1986.

Born in Pasadena in 1926, Jack says he enjoys Montana more than his native state because of the fewer people and less congested roadways. Jack and Bernice brought their active lives with them to Aspen Pointe. They are credited for organizing the weekly bridge program which is so popular with residents. While they no longer attend the evening games, they are always ready for an afternoon match. Jack reserves Friday afternoons for cribbage and Monday afternoon is art class day for Bernice.

Paul still lives in Bozeman, as does their daughter, Barbara Bunge. Son Tom resides in Portland, OR.



A short courtship has led to a long happy marriage.

June 2018

Remove and keep as daily reference.

Announcements:

- **Podiatry Clinic:** Dr. Clark, the podiatrist at the Medical Arts Building, will be here on a regular basis every two months in the downstairs clinic in A-Wing. His first day providing this service will be by June 27th. Please sign up at the front desk for an appointment time. Be sure to bring your insurance card, money for your co-pay, and a list of your medications.
- **Hikes & Walks:** 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 slower pace walk every Monday morning at 9:00am and a hike for more advanced walkers who are able to walk up small hills in a trail setting every Tuesday at 9:00am will be offered. Each week the location of the hike will be posted on the sign up sheet at the front desk. If you have any questions or are unsure of which group you may enjoy, please call Jennifer at 414-2029.
- **City Band Concerts:** The City Municipal Band will begin an 8 week summer concert series June 19th, running through August 7th. 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.
- **Picnics:** Aspen Pointe and Birchwood will each go on one picnic a month during the summer months. First dates are June 22nd for Aspen Pointe and June 29th for Birchwood.
- **Balance:** The next session for balance classes will be July 6th through August 10th. Sign-ups will be out towards the end of June.

June Birthdays

Clinton Frazee	6/4
Joy Stowers	6/5
Barbara Magerfleisch	6/9
Connie Haas	6/12
Jane McGarity	6/17
Peg Gary	6/24
Pat Spurr	6/25
Will Price	6/26
Patrick Hemingway	6/28
Jane Fisher	6/29
Mary Butler	6/29
Ellen Burgess	6/30



BOZEMAN HEALTH
HILLCREST SENIOR LIVING

Aspen Pointe

Sun

Mon

Tue

We

June 2018

Remove and keep as daily reference.

Abbreviations:

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

<p>3 10:00 am– Worship Service in AP Chapel 2:30 pm– Bingo in BW Activity Rm <u>3pm– Recital in AP Commons</u> <u>3:45 pm– Bob Britten in BW</u></p>	<p>4 8-9:30 am Gym Supervised Hrs <u>9-9:30 am Neighborhood Walk</u> 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>3:30 pm– Spring Into Motion Meeting in AP Commons</u> 6:30 pm– Bingo in ARC <u>7:45 pm– Bob Britten in AP</u></p>	<p>5 8-9 am Gym Supervised Hrs <u>9-10:30 a m Trail Hike</u> 9:30 am– Yoga in LC No Tai Chi Today <u>1:30-3:00 pm- Wellness Clinic in Gym</u> 1:30 pm- Bus to Walmart 2:30 pm– Stretching in BW Act Rm 2:30 pm– Yoga 2 in LC 6:30 pm- Bridge in FSR</p>	<p>6 BBQ 8-9:30 am Gym Supervised Hrs 9:30 am– Shopping at Commons 9:15 am– Prayer in AP Chapel 10:00 am– Chair Ex. in AP Commons <u>1:30 pm– Book Club 3rd Floor Commons</u> 2:00 pm– Catholic Mass <u>3:30-4:30 pm Boz. Public Library</u> 6:30 pm– Bingo in ARC</p>
<p>10 10:00 am– Worship 2:30 pm– Bingo in BW Activity Rm</p>	<p>11 8-9:30 am Gym Supervised Hrs <u>9-9:30 am Neighborhood Walk</u> 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>3:30 pm– Spring Into Motion Meeting in AP Commons</u> 6:30 pm– Bingo in ARC</p>	<p>12 No Supervised Gym Hrs Today No First Security Banking Today <u>9-10:30 am Trail Hike</u> 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC <u>1:30-3:00 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</p>	<p>13 BBQ 8-9:30 am Gym Supervised Hrs 9:15 am– Prayer in AP Chapel 9:30 am– Shopping at Commons 10:00 am– Chair Ex. in AP Commons 1:00 pm– AP Art Class in Commons 2:00 pm– Catholic Mass 6:30 pm– Bingo in ARC</p>
<p>17 Happy Father's Day BBQ 10:00 am– Worship 2:30 pm– Bingo in BW Activity Rm <u>3:45 pm– Bob Britten in BW</u></p>	<p>18 8-9:30 am Gym Supervised Hrs <u>9-9:30 am Neighborhood Walk</u> 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>3:30 pm– Spring Into Motion Meeting in AP Commons</u> 6:30 pm– Bingo in ARC</p>	<p>19 8-9am Gym Supervised Hrs <u>9-10:30 am Trail Hike</u> 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC <u>1:30-3:00 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 <u>6:45 pm– City Band at Bogert Park</u></p>	<p>20 8-9:30 am Gym Supervised Hrs 9:15 am– Prayer in AP Chapel 9:30 am– Shopping at Commons 10:00 am– Chair Ex. in AP Commons 1:00 pm– AP Art Class in Commons 2:00 pm– Catholic Mass <u>3:00 pm– Lutheran Communion</u> <u>3:30-4:30 pm Boz. Public Library</u> 6:30 pm– Bingo in ARC <u>7:45 pm– Ross O. Brown Singing in AP Commons</u></p>
<p>24 10:00 am– Worship Service 2:30 pm– Bingo in BW Activity Rm</p>	<p>25 8-9:30 am Gym Supervised Hrs <u>9-9:30 am Neighborhood Walk</u> 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>3:30 pm– Spring Into Motion Meeting in AP Commons</u> 6:30 pm– Bingo in ARC</p>	<p>26 8-9am Gym Supervised Hrs <u>9-10:30 am Trail Hike</u> 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC <u>1:30-3:00 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 <u>6:45 pm– City Band at Bogert Park</u></p>	<p>27 BBQ 8-9:30 am Gym Supervised Hrs <u>9am-12pm– Podiatry Clinic</u> 9:15 am– Prayer in AP Chapel 9:30 am– Shopping at Commons <u>10 am– First Generation at the Emerson</u> 10:00 am– Chair Ex. in AP Commons No Art Class Today 2:00 pm– Catholic Mass 6:30 pm– Bingo in ARC</p>

	Thu	Fri	Sat
<p>Creation/Crafts Center Activity Room Reading Room Dining Room</p>	 <p style="text-align: center;">Aspen Pointe</p>	<p>1 8-9:30 am Gym Supervised Hrs <u>9:30 am–12 pm AP Nail Care in ARC</u> 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR <u>2 pm– Balance I in AP Commons</u> <u>3 pm– Balance II in AP Commons</u> 6:30 pm– Pinochle in FSR</p>	<p>2 1 pm– Mexican Train Dominoes in FSR <u>1:30 pm– AP Movie in ARC</u></p>
<p>Supervised Hrs Co-op Chapel AP Commons <u>1st Flr A-Wing</u> Activities in Chapel <u>Music Bookmobile</u></p>	<p>7 8-9:30 am Gym Supervised Hrs 9:30 am– Yoga in LC 10:15 am– Bible Circle in BW Act Rm 10:30-11:30 am– Bank of Bozeman 1:30 pm– Shopping Bus to the Mall 2:30 pm– Yoga 2 in LC 3:00 pm– Knit & Stitch AP Fireside <u>7:45 pm– Tom Georges Country Classics in the AP Commons</u></p>	<p>8 <u>8 am Trip to Yellowstone</u> 8-9:30 am Gym Supervised Hrs <u>9:30 am–12 pm AP Nail Care in ARC</u> 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR 6:30 pm– Pinochle in FSR <u>7:30 pm– Flower Arranging in FSR</u></p>	<p>9 1 pm– Mexican Train Dominoes in FSR <u>1:30 pm– AP Movie in ARC</u> 6:30 pm– Bridge in FSR</p>
<p>Supervised Hrs Chapel Heeb's AP Commons in ARC Dining in Chapel</p>	<p>14 8-9:30 am Gym Rm Supervised Hrs 9:30 am– Yoga in LC 10:15 am– Bible Circle in BW Act Rm <u>10:30 am– AP Resident Council in ARC</u> 10:30-11:30 am– Bank of Bozeman 1:30 pm– Shopping Bus to 19th 2:30 pm– Yoga 2 in LC 3:00 pm– Knit & Stitch AP Fireside</p>	<p>15 8-9:30 am Gym Supervised Hrs <u>9:30 am–12 pm AP Nail Care in ARC</u> 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR <u>2 pm– Ethnic Endeavors with Dean in the FSR</u> 6:30 pm– Pinochle in FSR</p>	<p>16 1 pm– Mexican Train Dominoes in FSR <u>1:30 pm– AP Movie in ARC</u></p>
<p>Supervised Hrs Chapel Town & Country AP Commons in ARC Dining in Chapel <u>Music Bookmobile</u> <u>Music (Fiddle, Guitar, Bass)</u></p>	<p>21 8-9:30 am Gym Rm Supervised Hrs 9:30 am– Yoga in LC 10:15 am– Bible Circle in BW Act Rm 10:30-11:30 am– Bank of Bozeman 1:30 pm– Shopping Bus to the Mall 3:00 pm– Knit & Stitch AP Fireside</p>	<p>22 8-9:30 am Gym Supervised Hrs <u>9:30 am–10:30 pm AP Nail Care in ARC</u> 10:00 am– Chair Ex. in AP Commons <u>11:30 am Aspen Pointe Picnic</u> 1:30 pm– Cribbage in FSR 6:30 pm– Pinochle in FSR</p>	<p>23 1 pm– Mexican Train Dominoes in FSR <u>1:30 pm– AP Movie in ARC</u></p>
<p>Supervised Hrs <u>Music</u> Chapel Heeb's <u>1st Tenants Art Show</u> AP Commons Dining in Chapel</p>	<p>28 8-9:30 am Gym Rm Supervised Hrs 9:30 am– Yoga in LC 10:15 am– Bible Circle in BW Act Rm 10:30-11:30 am– Bank of Bozeman 1:30 pm– Shopping Bus to 19th 3:00 pm– Knit & Stitch AP Fireside <u>3:30 pm– Make New Friends over Wine & Cheese in the AP Commons</u> <u>Birthday Night</u></p>	<p>29 8-9:30 am Gym Supervised Hrs <u>9:30 am–11 am AP Nail Care in ARC</u> 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR 6:30 pm– Pinochle in FSR</p>	<p>30 1 pm– Mexican Train Dominoes in FSR <u>1:30 pm– AP Movie in ARC</u></p>

6/3 Recital: Students, ages 4-12, under the direction of Anna Boarden will perform their American Folk violin recital pieces.

6/3 Bob Britten: Bob is back! He will play piano and take requests in Birchwood.

6/4 Spring into Motion: Come to the first meeting to get your pedometer and start recording your steps.

6/4 Bob Britten: Bob will play piano and take requests in Aspen Pointe.

6/6 Bookmobile: The Bozeman Public Library bookmobile will be in the parking lot between Aspen Pointe and Birchwood.

6/7 Tom Georges: Tom will play guitar and sing some of the country classics in the AP Commons.

6/8 Yellowstone Trip: See page 2 for more information. Sign-up at the front desk.

6/8 Flower Arranging: Leisa Cook will assist residents in the FSR with making a beautiful flower arrangement to take home.

6/14 AP Resident Council: All residents are welcome to attend this meeting held at 10:30am in the ARC Center.

6/15 Ethnic Endeavors: Neapolitan style pizza demonstration. Dean will hand toss pizza dough and cook it in his portable pizza oven that heats up to 800 degrees. It takes about 90 seconds to bake a pizza.

6/17 Bob Britten: Bob will play piano and take requests in Aspen Pointe.

6/19 City Band Concert: First city band concert of the year! 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.

6/20 Bookmobile: The Bozeman Public Library bookmobile will be in the parking lot between Aspen Pointe and Birchwood.

6/20 Ross O. Brown: Singer, songwriter, fiddle player, and guitar player will play some original songs and some old familiar fiddle tunes in the AP Commons.

6/22 AP Picnic: Sign up for a picnic in the park. We will take a picnic lunch provided by the kitchen to the park at the Bozeman ponds. ***Remember this picnic lunch does count as a meal.

6/26 City Band Concert: 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.

6/27 Podiatry Clinic: Dr. Clark will be here on a regular basis every 2 months in the downstairs clinic in A-Wing. Please sign up at the front desk for an appointment time. Be sure to bring your insurance card, money for your co-pay, and your list of medications.

6/27 First Generation Tenants Art Show: See page 2 for more information. Sign up at the front desk. We will need 4 people signed up to go.

6/28 Make New Friends Over Wine: See page 3 for more information. Grab your neighbor, enjoy some wine, and meet some new people.



BOZEMAN HEALTH
HILLCREST SENIOR LIVING

Aspen Pointe

Wise & Well: Age Related Changes By Jennifer McNulty, Exercise Specialist

The aging process starts before birth; vital organs and bones are developing and growing into what is going to sustain the body over the lifespan. The body will continuously change and adapt to specific needs throughout the stages of life. While some of these changes are due to familial genetics; lifestyle greatly influences how the body interacts with those genetics, thereby impacting how well the body ages. A healthy lifestyle may reduce the effects of some of these common age related changes that occur.

Brain. Starting in the thirties, the size, blood flow and function of the brain start to decrease. These changes are subtle and the brain learns to adapt quickly, therefore the effect may be minimal at first. Eventually, even with these adaptations, things like recalling memories and learning to do a new task will take longer to accomplish. However, there are a few tools that will keep the brain as sharp as it can be. These tools include: puzzles, engaging in regular social activity, being physically active, and learning new tasks. These types of activities will produce more neurons, increase the blood flow, and increase the oxygen flow to the brain, helping to preserve mental function through the aging process.

Organs. There is a natural process that occurs in the body that will result in the lungs, heart, and kidneys to become less efficient as we age. The heart and lungs become less effective at pumping oxygenated blood through the body and the kidneys become less efficient in removing waste. Regular physical activity can help regulate and maintain the heart and lung function, while drinking plenty of water will increase the removal of waste. These simple tools will allow organs to work as efficiently as they can well into our later years.

Bones. Bones are the structure that carry the body through life and will go through much

wear and tear. As the body ages, bone density will decrease and therefore lose some of the strength and structure it had in the early years. This is a result of the declining of mineral content in the bones because the body is becoming less efficient in absorbing vitamins and minerals consumed. To slow this natural process, continue to do weight-bearing exercises, such as walking or weight lifting, and be sure to consume enough vitamin D and Calcium. Avoid anything that will accelerate the demineralization process, such as smoking and living an unhealthy lifestyle.

Functional Abilities. Vision, hearing, coordination, balance, and reflexes will start to decline. The decrease in these functions will increase the chances of losing balance or falling. There are a number of factors that can lead to a decrease in these abilities, such as the natural aging process, medications, certain chronic diseases, flexibility, and poor walking mechanics. Talking to a doctor about medications and their side effects will help better understand if they could be the cause of the decrease in functional abilities, or if it could be a different factor. Using aids such as a walker, hearing aids, and glasses may reduce the chance of falling by being able to see and hear the obstacles that are coming. Also, attending exercise classes and maintaining strength will decrease the chance of falling and aid in adjusting and maneuvering around certain obstacles that could otherwise result in a fall.

Even though family history plays a role in the aging process, our individual lifestyle plays an even bigger role in how our body reacts to the aging process. Maintaining a healthy lifestyle involves eating properly, getting enough sleep, having regular social interaction, regulating chronic diseases, and exercising. By living a healthy, balanced lifestyle our body will be able to age as gracefully as possible.

Lifestyle greatly influences how the body interacts with genetics, thereby impacting how well the body ages.

About Our Hillcrest Staff

By Kate Evans



Caleb and Georgia.

Georgia Lanning has five brothers, four with whom she grew up and one who she recently met for the first time at MSU.

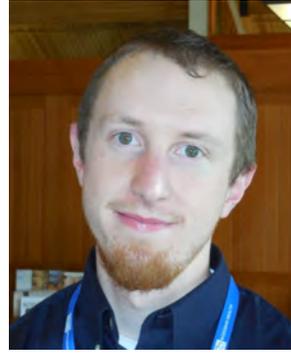
“How unique is that?” she asks. “It makes an interesting story; I’m still

amazed by it.”

This is the way it unfolded. Georgia was originally accepted as a scholarship student at Drake University in Des Moines, IA, but something at the last moment told her that she should go to Montana State University instead. Thus she arrived on campus last fall, enrolled with a double major in psychology and cell biology-neuroscience. During her first college final week last December and on her 19th birthday, she received a disturbing phone call from an unknown freshman student. Caleb Morgan informed her that he believed that she was his sister. “I was stunned to hear this and immediately called my parents, Lisa and Todd Lanning, for some explanation. My dad answered the phone, but did not answer my question; he just hung up. “I did not know what to think of this as he and I are very close,” she explained thoughtfully. Later her mother told her that Todd had adopted her. At first she was confused, mad at her mother for not sharing her adoption and angry that she had to learn of it from a stranger.

Then she and Caleb Morgan arranged a meeting, “I was anxious about this and very nervous until I saw him. He looked just like me—with reddish brown curly hair, blue eyes, and dimples.” Other meetings followed and the two have become friends. They also share similar traits in personality and humor. Georgia has also met her biological father.

See page 8



Travis Carioscia is a history buff. He shares his enthusiasm for events of the past with his father Peter, a former history teacher at Buckley Country Day School on Long Island, NY. They also have a common enthusiasm for nature and the outdoors.

As a youth Travis spent many summers at Yellowstone National Park where Peter took students to experience nature and new adventures. “I would go along on these trips; actually I grew up having fun in the park,” explains Travis.

Their discussions of history and warfare strongly influenced Travis’ decision to attend the University of St. Andrews in Scotland. He spent three years there, from 2010 to 2013, majoring in international relations and counter terrorism, the ethics of civilian versus military targets. “Eventually I realized that I preferred working outdoors.”

Returning to the States, he came west to the Bozeman area he knew as a young boy. Here he has continued his interest in the out-of-doors: backpacking, hiking and camping. This summer with newly purchased gear, he hopes to do a lot of fly fishing.

He might also include some more traveling. “I have no plans for a trip; “I like to just pick up and go,” he explains. He has spent time living in Hawaii and Utah. “I loved the desert near Capitol Reef National Park.” This past March he returned to Scotland for a visit. “It is so easy and inexpensive to fly from there to Europe that I also went to Finland and the Netherlands.”

Travis was born in 1992 in East Meadow, Long Island, NY, where he graduated from high school and played baseball for some sixteen years. When it became more of a job than fun, he switched to rugby. His family followed him to Bozeman in 2016 when Peter retired from teaching. Peter now is a technical rep for Oboz Shoes and his mother Bettiann works in a day care facility. His younger brother Bryce is a senior at Bozeman High School.

Brenda and Lowreetha Share Anniversary

For 12 years, since June 28, 2006, Brenda Watkins has been on the management staff at Hillcrest. Officially she is the Business Operations Supervisor, but to most residents “I am the person who sends them their monthly statement,” she explains in amusement. In addition she is responsible for non-clinical billing for Bozeman Health and supervising the employees who man the Aspen Pointe front desk.

Her first hire was Lowreetha Johnson who will observe her 12th anniversary as a Hillcrest employee on July 6th. Besides serving as a receptionist in the entrance lobby, Lowreetha prepares the meal count for the billing statements and assists in the Aspen Pointe dining room when needed. To many residents she is the one who they ask to “help them fasten a bracelet, put batteries in hearing aids or thread a needle.”

Before coming to Hillcrest, Brenda worked nine years for At Home Solutions (now Option Care) and for twelve years in real estate in California and Bozeman. Lowreetha was an employee of Heeb’s for 18 years and for many years volunteered at the hospital gift shop.



Fires from page 3

Due to declining populations of aspen trees on the Bozeman Ranger District, these aspen restoration projects are being implemented with help from the Rocky Mountain Elk Foundation, Upland Game Foundation, and the MT Fish Wildlife, and Parks.

For more information please contact the Bozeman Ranger District at (406) 522-2520 or Marianne Baumberger at (406) 579-3732.

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Spiritual Offerings

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

June 3	Chaplain Wendy Brown
June 10	Chaplain Sandy Osborne
June 17	Chaplain Ken Mottram
June 24	Chaplain Nadine Grayl

Wednesday Morning Prayer at 9:15am in the AP Chapel.

Catholic Mass at 2:00pm the 1st Wednesday of each month in the AP Chapel, following Wednesdays Catholic Communion.

Lutheran Communion at 3:00pm the 3rd Wednesday of each month in the AP Chapel.

Bible Circle at 10:15 am in the Birchwood Activity Room.

Farewell from Chaplain Valerie Webster

“Thank you for the privilege of serving as your chaplain at Hillcrest Senior Living. Spending time with you in the Birchwood Bible Circle and afternoon Story Group, conversing at your homes and in common areas, and joining with you at worship and special offerings – has been a gift. I will miss being with you weekly. I am retiring from hospital chaplaincy to be more available for family care-giving as the generation ahead needs greater support, and as my husband and I welcome our first grandchild.”



Replacing Valerie will be Rev. JP Carlson. The son of a Presbyterian (PCUSA) pastor, JP was raised in the church, participating in youth groups, going to church camp, singing in the choir, and engaging in

a whole host of other activities associated with congregational life. He received a B.A. in religious studies and a minor in music at Whitworth University in Spokane, WA. Immediately after college he went to Princeton Theological Seminary where he earned his Master of Divinity degree.

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Department Updates

ADMINISTRATION—LeRoy Wilson

In mid-June a safety check notification system will be installed in Aspen Pointe apartments. It will be placed near your primary bathroom and will send a report to the front desk during a specific time of day that movement has been detected and all is well. If you choose, there will be an opt out option. More info to come.

ENVIRONMENTAL SERVICES—John Odden

Please help me welcome Emileen Veltcamp to our environmental services staff. Emileen will start work in mid-June. For the past 10 years she has been a Lead Teacher at the Manhattan Christian Early Childhood Learning Center. Her responsibilities included care for 5 -8 children for 10 hours a day, including cleaning the facility. We look forward to having her apply her skills with slightly older kids.

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.

PROGRAMMING—Rachel Clemens



Mid-June Margaret Elliot will begin teaching our yoga classes. She is a 200-hour registered yoga teacher who took her first class with her mom about 5 years ago and fell in love! She completed her training in Mystic, CT in 2016 at Mystic Yoga

Shala, a Baptiste Yoga studio. She believes that yoga goes beyond what other workouts can achieve because the focus on self-acceptance infuses your spirit with positive energy and the linking of breath allows you to truly be in the present moment. She enjoys learning and growing as a teacher by attending workshops and trainings and is excited to continue sharing yoga with others!

JP from page 7

Since 2005 he has held many pastoral roles in Nebraska and Montana.

His wife, Mary Alice Carlson, is a professor in the Department of Mathematics at Montana State University. They have two children, ages 15 & 11. His family enjoys skiing, snowboarding, hiking, walking their dogs, and watching Seahawks football, among other things. JP is a big fan of coffee shops, books on theology, punny jokes, choral music, movies, and Seattle sports teams.

He is currently serving as the Director of Children, Youth, and Family Ministries at Christ the King Lutheran Church in Bozeman and a chaplain for Bozeman Health.

Georgia from page 6

Strange as it may seem, Georgia believes the experience, while difficult, has brought her mother and her closer, “we are more bonded.”

Georgia spent her childhood in Idaho Falls, ID. As a youth she was a member of an international jump rope team, ProForm Airborne, which traveled across the country spreading awareness of drug use and performing for events such as college basketball halftime shows. As a high school sophomore, she took first place in the double-dutch division in the international competition in Washington, DC, plus she met First Lady Michelle Obama. At Idaho Falls High School she played clarinet in the marching band and was a pitcher and first baseman for the varsity Lady Tigers softball team, the district champs that went on to the state tournament for the first time in over ten years. She was valedictorian of her graduating class in 2017.

At MSU she is vice president of Alpha Lambda Delta, an honor society for first year students that promotes academic success and contributes to the community.

She will spend this summer at home in Idaho Falls working at a facility for patients with disabilities to earn nursing assistant certification and volunteering at the Eastern Idaho Regional Medical Center.