

Crest Lines

March 2017

Volume 1, Issue 11

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Coming Soon

March

- Ash Wednesday Service
- Estate Planning & Avoiding Elder Financial Abuse
- St. Patrick's Day Happy Hour
- Brain Week

April

- Smart Women's Annual Fashion Show
- Easter Buffet
- Orchid Show

May

- Stefan Stern
- Mothers Day Dessert Buffet



Money Talk with Wells Fargo Representatives



Seniors are advised to stay smart and alert about money and financial matters. Thus two evening sessions to help residents with these concerns will be held in March in the Aspen Pointe Commons. The meetings will be conducted by Jen Schimbeno and Travis Hartman, fiduciary advisory specialists with Bozeman Wells Fargo Private Bank office.

The first meeting on March 9th at 7:45pm will be "Beware of Financial Abuse Signs," featuring tactics that individuals are using to take advantage of the elderly. It will present ways that will help present seniors from being susceptible and what to do if one becomes a victim.

On March 16th the subject will be "Estate Planning 101," highlighting information to know when creating estate plans and the importance of revisiting plans already in place.

Examples of real life scenarios will be presented and discussed so that residents are better able to relate to the content of the lectures, according to the presenters.

Thoughts from the V.P. By LeRoy Wilson



Use Fewer Paper Cups: Cut Cost and Waste

We are very fortunate to have recycling stations in each trash room here at Hillcrest. Our goal is to capture and recycle as many items as we can to prevent waste from going to the landfill.

One particular example of waste that you as a resident can help reduce are the use of paper cups. The next time you are in the Fireside Room look at the stack of paper cups that are available for your use to take tea and coffee. The stack is tall: each cup costs eight cents. Just a few pennies maybe, but not so few when residents some days use more than one, perhaps two or three cups. Two thousand cups per week are used, on average, costing \$180 per week. The figure jumps to \$9,360 per year for that same usage. The black plastic lids and cardboard sleeves are an additional cost at three cents and five cents.

Continued on page 2

Chapel Gives Back

Six non-profit organizations benefited in 2016 from the weekly contributions of Hillcrest residents who attended Sunday morning services in Aspen Pointe Chapel. The sum of \$5,900 was distributed among the following organizations: Gallatin Valley Food Bank, HRDC Warming Center, HRDC Community Café, Family Promise of Gallatin Valley, Meals on Wheels, and the Alzheimer's Association Walk to End Alzheimer's, according to Ken Mottram, Chaplain and Manager of Spiritual Care of Bozeman Health.

"The residents themselves decide on the local groups which they wish to support," Chaplain Mottram explains. "This was a generous amount and notes received from the recipients have expressed their appreciation for the support and concern by the chapel congregation."

Chaplain Ken Mottram reminds us of Woodrow Wilson's quote: "You are not merely here to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world."

Waste Not from page 1

The annual amount related to paper cups could be significantly reduced if residents use their own reusable mugs when enjoying a hot beverage from the Fireside Room. In August of 2016, I purchased coffee mugs for staff who work at Hillcrest in an effort to encourage them to eliminate waste and reduce costs associated with paper cups. I estimate this small investment of \$400 will save over \$10,000 in annual costs for paper cups, plastic lids and cardboard sleeves.

With that I extend this challenge to our residents to see what can be accomplished if you too use your own beverage containers. It is not just about the potential cost savings of \$9,360 per year it is also about decreasing our footprint on the waste we create for our local landfill.

Spiritual Offerings

All residents are welcome to join the Birchwood Bible Circle, which meets Thursdays at 10:15am in the Birchwood Activity Room. A Lenten study will begin at the beginning of March using Max Lucado's *He Chose the Nails*.

This study features a 15 minute DVD. The jacket states, "Every gift from God reveals his love, but no gift reveals his love more than the gifts of the cross. These gifts came not wrapped in paper but in passion. They were not placed around a tree but around a cross. They were not covered with ribbons but sprinkled with the blood that Christ shed on our behalf." In this Bible study, Max Lucado explores the gifts that Christ provided at His crucifixion.

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

Chapel Services for March

Services scheduled for March are the following: Ash Wednesday, March 1st Chaplain Valerie Webster; Morning Prayer, March 5th Chaplain Nadine Grayl; Holy Eucharist, March 12th Chaplain Ken Mottram; Holy Eucharist, March 19th Tim Spring; Morning Prayer, March 26th Chaplain Sandy Osborne.

Waste Facts to Ponder

- Average person generates over 4 pounds of trash every day and about 1.5 tons of solid waste per year.
- EPA estimates that 75% of the American waste stream is recyclable, but we only recycle about 30% of it.
- Container Recycling Institute estimates that the 36 billion aluminum cans landfilled last year had a scrap value of more than \$600 million.
- Americans discard yearly about 28 billion bottles and jars.
- Over 87% of Americans have access to curbside or drop-off paper recycling programs.
- Junk mail accounts for 4.5 million tons of paper per year – 100 million trees are ground up to produce junk mail.

Neighbors

By Kate Evans

Ellen Urie goes from farming to biking.

When retirement sneaks up on you, what do you do? Relocate to a warm climate, downsize from a house to a condo, stay put, or go on a cruise. These are just a few of the options.

Ellen and Richard Urie decided to go on a year long journey in their motorhome with two new bicycles. “After a busy life running a dairy farm in Northern Vermont, we looked forward to a fun adventure without 150 milking cows,” she explained. Their major concern in making this decision was about the future of the farm which had been worked by three generations of Urie men. Richard loved the land and wanted to be sure that Bonnieview would remain a farm, so they placed it with the Vermont Land Trust and with a nephew as the fourth generation owner.

They had no detailed travel route for their “magical trip” other than to head to Eastern Pennsylvania and the Amish communities there. “Our intent was to meet the people and sights in the Midwest, the prairie and mountain states, those along the Pacific, into the desert, then to the Deep South and finally the Atlantic.

We wanted to stop whenever and wherever we found something of interest,” she said with a smile. They took one map. Actually they used post cards as their guides. They purchased them in shops and stores along the way, then used them for direction to local attractions. Their motorhome, parked in camps and other convenient sites, provided their lodging; their bikes were their transportation to what they wanted to see. “We usually rode about 20 miles each day.”

At the end of the cross country journey, they had covered 22,000 miles in the motorhome. On their bikes they had no record of their mileage but they had pedaled in every state that they had visited. Thus, they had ridden in all of the 48 states of the continental U.S. when adding rides previously taken in the northeastern states. “The couple who started this long adventure was not the same one who ended it,” Ellen emphasized. “We had expanded our knowledge of this unique country and its diverse population. We had a new appreciation of its enormous beauty and a deeper understanding of its people – the problems and issues they faced in their daily lives and work, their spirit, courage, and ambitions. “We had grown; our lives had been enriched,” she thoughtfully stated.

Ellen’s personal life has taken her from metropolitan Pittsburgh, to rural Vermont, to North Carolina and finally Montana. She and two sisters were born to Cecile and Montgomery Boyd, a minister who served various churches in the Pittsburgh area. She obtained a bachelor’s degree in education at Geneva College and a master’s at the University of Pittsburgh in literature. She and Richard were married December 11, 1965 following his two year service with the Army in Germany and graduation from the University of Vermont in agronomy.

Continued on page 4



Thinking of Bonnieview, dairy farm in Vermont.

Ellen from page 3

At Bonnieview she became a dairy farmer's wife and mother of three daughters, Wendi, Barbara and Kelley. Upon the request from World Vision, she and Richard welcomed into their family a baby boy, not quite a year old, who along with five other boys were brought by American soldiers from Vietnam to this country for adoption. "Dan was a wonderful addition and was adored by our girls. He was about the same age as our new baby Kelley when we picked him up in Boston. He was seven years old when he died from Agent Orange exposure." she sadly related.

Dairy farming is hard work, according to Ellen. The days are long in winter and summer. The tasks require the farmer to care for the animals and grow crops to feed them; manage outside help; and conduct the business matters of the farm. When the state paper, the *Burlington Free Press*, asked permission to do a feature on the operation of Bonnieview the Uries were honored. However, the honor of being selected required that they host a reporter and photographer for five full days with housing and meals. "The two literally followed Richard from early morning to night, asking questions and observing every detail."

Throughout her marriage Ellen continued advancing her education. Wherever she lived, she enrolled in college classes, mostly those that met at night. When a resident in Livingston, she took two classes at Montana State University.

When the "magical trip" ended



Wall hanging purchased on "magical trip."

A Day to Extend Love



Agnes Brunelle was one of the Birchwood residents to receive a Valentine rose, delivered by Brad Fassione, a friend of Resident Assistant Chelsea Koessel.

Brad's mother, Pam Fassione, is a nurse case manager for

Hospice of Denver which donates roses to their patients every year on Valentine's Day. This year Pam decided to celebrate Valentine's Day by doing the same. She thoughtfully chose Birchwood for this kind gesture.

To be remembered on Valentine's Day brought forth lots of happy resident smiles, according to Chelsea Koessel. Thank you Pam and Brad, and all Hillcrest staff who helped deliver roses and bring forth a lot of happy smiles.

they moved with their motorhome and bikes to Asheville, NC to build a house on land they had previously purchased. For 13 years this was home and another beautiful area for biking and hiking. Their next adventure was to Montana to be near Wendi in Livingston and Barbara in Clyde Park. In Livingston Ellen cofounded the Carnegie Readers Club and was a member of the Friends of the Library. Following Richard's death June 5, 2015, Ellen moved to Aspen Pointe.

March 2017

Remove and keep as daily reference.

Announcements:

- **Balance Class:** The next session of balance classes will be starting April 4th and running through May 25th. For more info contact Ginger, 414-2029.
Tuesdays: 2pm and 3:15pm in the AP Commons
Wednesdays: 1:30pm and 2:15pm in the gym
Thursdays: 1:30pm in the AP Commons
- **Functional Strength Class:** Jennifer's functional strength class series will be running March 1st through April 6th, Wednesdays at 3:15pm in the gym. For more info contact Jennifer, 414-2029.
- **Bozeman Symphony:** The Bozeman Symphony Society presents a repertoire of symphonic and choral music performed for the benefit of individuals, students, and musicians residing in south-central Montana. Established in 1968, the Society supports the Bozeman Symphony Orchestra and Symphonic Choir. Under the direction of Music Director and Conductor Matthew Savery, the Bozeman Symphony has experienced tremendous growth over the last twenty years. If you would like to use the Hillcrest shuttle service to the Bozeman Symphony please purchase your tickets for Sunday afternoons through the symphony box office at 585-9774.
- **Water Aerobics:** We are still trying to find a total of four residents who wish to ride the bus to Eagle Mount for water aerobics on Tuesday and Thursday, leaving at 9:30am. Class is held 10am-11am for \$40 per month or \$10 per class, paid to Eagle Mount. If interested, please sign-up at the front desk.



BOZEMAN HEALTH
HILLCREST SENIOR LIVING

Aspen Pointe

March Birthdays

Rusty Freeburg	3/1
Kay DeMeritt	3/1
Earl Peace	3/4
Chuck Undlin	3/4
Wanda Myers	3/8
Maxine Davis	3/9
Kathryn Kelly	3/13
Lucy Dwarshuis	3/14
Trica Skidmore	3/16
Roberta Balaz	3/18
Vivienne Rockhold	3/19
Corrine Fohrer	3/20
Skip Walker	3/20
Suzanne Yerx	3/22
Molly Richardson	3/24
Doris Ward	3/29
Ben Ichikawa	3/29
Larry Kelley	3/29

Timely Topics Weigh Issues Mondays at 1:30pm in FSR

March 6	Healthcare update.
March 13	Bring your own topic.
March 20	Climate change update.
March 27	Bring your own topic.

Sun

Mon

Tue

We

March 2017



Aspen Pointe

Remove and keep as daily reference.

5 10:00 am– Worship Service in AP Chapel
1:45 pm– Bozeman Symphony
2:30pm– Bingo in BW Activity Rm

6 8-9:30 am Gym Supervised Hrs
10:00 am– Chair Ex. in AP Commons
1:00 pm– Art Class in BW Act Rm
1:30 pm– Timely Topics in the FSR
7:30 pm– Bingo in FSR

7 8-9:30 am Gym Supervised Hrs
9:30 am– Yoga in the LC
1:30 pm– Bus to Walmart
2:30 pm– Seated Yoga in BW Act Rm
6:30 pm– Bridge in FSR

1 8-9:30 am Gym Supervised Hrs
8:45 am– Shopping at Costco
Prayer Cancelled
9:30 am– Ash Wednesday
10:00 am– Brush-up Bridge
Exercise Cancelled
1:00 pm– Coloring Group
1:30 pm– Book Club 3rd L
1:30 pm– Balance IIA in C
2:15 pm– Balance IIB in C
2:30 pm– Catholic Mass. in
3:15 pm– Functional Stre
7:30 pm– Bingo in FSR

12
Daylight Savings
10:00 am– Worship
2:30pm– Bingo in BW Activity Rm

13 8-9:30 am Gym Supervised Hrs
10:00 am– Chair Ex. in AP Commons
1:00 pm– Art Class in BW Act Rm
1:30 pm– Timely Topics in the FSR
7:30 pm– Bingo in FSR

14 8-9:30 am Gym Supervised Hrs
9:30 am– Yoga in the LC
1:30 pm– Bus to Walmart
2:30 pm– Seated Yoga in BW Act Rm
6:30 pm– Bridge in FSR

15 8-9:30 am Gym Supervised Hrs
9:15 am– Prayer in AP Chapel
9:30 am– Shopping at Costco
10:00 am– Brush-up Bridge
10:00 am– Chair Ex. in AP Commons
1:00 pm– Coloring Group
2:30 pm– Catholic Mass. in
3:00pm– Lutheran Comm
3:15 pm– Functional Stre
7:30 pm– Bingo in FSR

19
10:00 am– Worship
2:30pm– Bingo in BW Activity Rm
3:45 pm– Bob B in BW

20 8-9:30 am Gym Supervised Hrs
10:00 am– Chair Ex. in AP Commons
1:00 pm– Art Class in BW Act Rm
1:30 pm– Timely Topics in the FSR
7:30 pm– Bingo in FSR
7:45 pm– Bob B in AP

21 8-9:30 am Gym Supervised Hrs
9:30 am– Yoga in the LC
9:30-10:30am– First Security Bank
1:30 pm– Bus to Walmart
2:30 pm– Seated Yoga in BW Act Rm
4:30-4:45 pm– Morningstar Choir in AP Commons
6:30 pm– Bridge in FSR

22 8-9:30 am Gym Supervised Hrs
9:15 am– Prayer in AP Chapel
9:30 am– Shopping at Costco
10:00 am– Chair Ex. in AP Commons
10:00 am– Brush-up Bridge
1:00 pm– Coloring Group
2:30 pm– Catholic Mass. in
3:15 pm– Functional Stre
7:30 pm– Bingo in FSR

26
10:00 am– Worship
2:30pm– Bingo in BW Activity Rm
3:45 pm– Bob B in BW

27 8-9:30 am Gym Supervised Hrs
10:00 am– Chair Ex. in AP Commons
11:30 am– Lunch Outing to Wasabi
1:00 pm– Art Class in BW Act Rm
1:30 pm– Timely Topics in the FSR
7:30 pm– Bingo in FSR

28 8-9:30 am Gym Supervised Hrs
9:30 am– Yoga in the LC
1:30 pm– Bus to Walmart
2:30 pm– Seated Yoga in BW Act Rm
6:30 pm– Bridge in FSR

29 8-9:30 am Gym Supervised Hrs
9:15 am– Prayer in AP Chapel
9:30 am– Shopping at Costco
10:00 am– Chair Ex. in AP Commons
10:00 am– Brush-up Bridge
1:00 pm– Coloring Group
2:30 pm– Catholic Mass. in
3:15 pm– Functional Stre
7:30 pm– Bingo in FSR

Wed	Thu	Fri	Sat
<p>vised Hrs op Service in AP Chapel e 3rd Flr A-Wing Flr A-Wing Gym Gym in Chapel ngth in Gym</p>	<p>2 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 IIC in AP Commons 3:00 pm– Knit & Stitch AP Fireside 4:00 pm– Short Story Discussion with Valerie in 3rd Flr A-Wing Lounge 7:45 pm– Acony Belles in AP Commons</p>	<p>3 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>4 10:00 am– Tai Chi in AP Chapel 1 pm– Mexican Train Dominoes in FSR 2 pm– AP Movie</p>
<p>vised Hrs apel eb's e 3rd Flr A-Wing P Commons m @ Beth Shalom a. in Chapel s Seminar in LC ngth in Gym</p>	<p>9 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 the Mall 3:00 pm– Knit & Stitch AP Fireside 7:45 pm– Wells Fargo “Beware of Financial Abuse Signs” in AP Commons</p>	<p>10 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 11:30 am- Friday Forum @ Library 1:30 pm– Cribbage in FSR 3:00 pm– Edis in BW 6:30 pm– Pinochle in FSR</p>	<p>11 10:00 am– Tai Chi in AP Chapel 1 pm– Mexican Train Dominoes in FSR 2 pm– AP Movie 6:30 pm- Bridge in FSR</p>
<p>vised Hrs apel wn & Country e 3rd Flr A-Wing P Commons a. in Chapel a in Chapel ngth in Gym</p>	<p>16 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 7:45 pm– Wells Fargo Estate Planning in AP Commons</p>	<p>17 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR 4:00 pm– St. Patrick’s Day Happy Hour in AP Commons 6:30 pm– Pinochle in FSR</p>	<p>18 10:00 am– Tai Chi in AP Chapel 1 pm– Mexican Train Dominoes in FSR 2 pm– AP Movie</p>
<p>vised Hrs apel eb's P Commons e 3rd Flr A-Wing a. in Chapel ngth in Gym</p>	<p>23 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 4:00 pm– Short Story Discussion with Valerie in 3rd Flr A-Wing Lounge 7:45 pm– Country Classics with Tom Georges in AP Commons</p>	<p>24 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR 2:00 pm– MOR Ancient Predators Exhibit 6:30 pm– Pinochle in FSR</p>	<p>25 10:00 am– Tai Chi in AP Chapel 1 pm– Mexican Train Dominoes in FSR 2 pm– AP Movie 6:30 pm– Bridge Party in FSR</p>
<p>vised Hrs apel wn & Country P Commons e 3rd Flr A-Wing a. in Chapel ngth in Gym</p>	<p>30 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 7:45 pm– Angella Ahn’s Students in AP Commons Birthdays Night</p>	<p>31 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>Abbreviations: FSR: Fireside Room LC: Learning Center BW Act: Birchwood Activity Room BW DR: Birchwood Dining Room PDR: Private Dining Room BW: Birchwood AP: Aspen Pointe</p>

3/1 Ash Wednesday Service: Chaplain Valerie Webster will hold a service in the AP Chapel for all to attend.

3/2 Short Story Group: Are you interested in a short story group? Chaplain Valerie Webster will read a story, followed by the group's discussion.

3/2 Acony Belles in AP Commons: This trio includes Besty Wise (Guitar, Vocals), Chelsea Hunt (Fiddle, Vocals) and keeping the two of them in time is Jody Engstrom (Stand-up Bass, Vocals). They draw their inspiration from Blues, Classic rock, Bluegrass and Americana.

3/5 Bozeman Symphony: Songs of Destiny: Schicksalslied, op. 54 (Song of Destiny) by Brahms; Chichester Psalms by Bernstein; Concerto, violincello, op. 104, B minor by Dvorak with special guest Antonín Dvořák, cello soloist. Sign-up at the front desk.

3/8 Interfaith Forum @ Beth Shalom: *Inter-marriage:* What happens when we marry outside our faith? With Florence Guest, *Sufi*. Sign-up at the front desk.

3/8 Smart Women's Seminar: "How is our climate changing?" Anne Ready from Citizens' Climate Lobby will be here to discuss climate change.

3/9 AP Resident Council @ 10:00am in FSR: All residents are welcome to come listen and bring up topics of their own.

3/9 "Beware of Financial Abuse Signs" with Wells Fargo in AP Commons: Please refer to article on page 1 for more details.

3/10 Friday Forum @ the Library: "Bozeman's plans to build a second high school." Presenter Rob Watson is serving in his 5th year as Superintendent for Bozeman Public Schools. Sign-up at the front desk.

3/12 Daylight Savings: Turn your clocks forward one hour.

3/16 Estate Planning w/ Wells Fargo in AP Commons: Please refer to article on page 1 for more details.

3/17 St. Patrick's Day Happy Hour in AP Commons: Erin Go Bragh! We will celebrate St. Patrick's Day with some "Leprechaun juice!"

3/19 Bob B. in BW @ 3:45pm: Come tap your toes and sing to Bob Britten on the piano in Birchwood!

3/20 Bob B. in AP Commons @ 7:45pm: Come tap your toes and sing to Bob Britten on the piano in Aspen Pointe!

3/21 Morningstar Choir in AP Commons: The 5th grade choir under the direction of Holly Sexton will be here to share a few songs.

3/23 Short Story Group: Are you interested in a short story group? Chaplain Valerie Webster will read a story, followed by the group's discussion.

3/23 Country Classics in AP Commons: Tom Georges will be playing his guitar and singing some of the old country favorites.

3/24 Crocs: Ancient Predators in a Modern World at the Museum of the Rockies: This family-friendly exhibit presents cutting-edge science where you will be immersed in the sights and sounds of this stealthy aquatic predator. Come eye-to-eye with living reptiles such as a Siamese crocodile and an African dwarf crocodile! Members of the museum get in free and senior pricing is \$13.50. Sign-up at the front desk.

3/26 Lunch Outing at Wasabi: Sign-up at the front desk for this lunch outing on the hibachi side of Wasabi where we can watch them cook our food!

3/26 Bob B. in BW @ 3:45pm: Come tap your toes and sing to Bob Britten on the piano in Birchwood!

3/30 Angella Ahn & MSU School of Music Students in AP: Join Angella's talented students for music in AP.

Happy Birthday Wishes to Maxine and Suzanne

By Kate Evans

Maxine Becomes Centenarian



Basketball champ.

She rode horseback to school when she was six years old, was on a winning basketball team in high school, milked nine cows when she was nine months pregnant, and butchered many pigs.

Maxine Davis, who will be 100 on March 9th, is not quite as active these days, but she still likes to keep busy. “I can’t just sit still,” she explains.

How does she keep busy? She likes to color both in her apartment and at the weekly art class in Birchwood activity room. With good vision in only one eye and no previous art instruction, “her work is exceptional for her combination of colors and shading of hues,” according to Amanda Markel, art class instructor and Hillcrest activity assistant. She attends class regularly and always knows what she wants to color, usually birds or animals. In her apartment she has a card table, with numerous containers of pencils and pens, set up for these projects. And when she isn’t coloring she is putting together jigsaw puzzles on another card table, plus she likes to read magazines and newspapers.

Her basketball career was at Townsend High School with a squad of eleven players who were limited to half court games. She was a forward for the team which won the Montana State championship in 1935 and 1936.

Maxine was born in 1917 in Broadwater County into the ranch family of Chloe and Oscar Nilson which eventually had 3 girls and 2 sons. “I always loved the outdoors and wildlife. I was happier around horses and other ranch animals than inside a classroom,” she states.

Continued on page 7

Suzanne Celebrates 102

A lady of fashion, Suzanne Yerx, will reach the age of 102 years on March 22nd. She was born Edith Suzanne to Marie Rickert and John Atten in the Rogers Park area of Chicago.

Her parents met in 1908 on the ship bringing them to the United States from Germany; they were married soon after their arrival. Besides working as a maintenance man at Edgewater Country Club, her father also had a milk delivery route.

“I had three brothers and always wanted a sister; then I had two sons, Jim and Rick Block, and no daughters,” she comments with a sigh.

Following her graduation from Senn High School, she attended Metropolitan Business School. Her career as a secretary, with short hand skills, led her to jobs at Chicago Merchandise Mart, and to a firm in nearby Skokie.

Always interested in fashion, Suzanne loved to shop, especially for shoes. Her trip to the loop, took her to Marshall Fields where she met friends under the handsome large clock outside the store.

Throughout her life she played bridge, biked, golfed, and cross country skied, plus she liked gardening and she did them all well. But she emphasizes, “Tennis was my favorite game and interest.”

Continued on page 7



Suzanne with Gov. Bullock in Helena at 2015 luncheon honoring state residents celebrating 100 years.

Wise & Well: Essential Fatty Acids, Part 1

By Jennifer McNulty, Exercise Specialist

We may be aware that we need to consume essential fatty acids, but do we really know what they are and their benefits? Essential fatty acids are important for the normal functioning of all tissues in our body; however the body is not able to produce them. Omega 3 and omega 6 fatty acids need to be obtained directly from healthy foods. These essential fatty acids are polyunsaturated fats, or good fat, which are known to reduce cholesterol and LDL levels in our blood.

Over the next three *Crest Lines* issues we will discuss omega 3 and omega 6 fatty acids and learn the importance of balancing the intake of the essential fatty acids to achieve optimal health benefits.

Alpha-linolenic acid, or omega 3 fatty acids, plays an important role in our brain function, as well as optimal cell growth and development. Omega 3 fatty acids reduce inflammation, may help lower our risk of some chronic diseases, increase circulation, and will increase the amount of oxygen in our blood stream. Since our body cannot make omega 3 fatty acids, omega 3 needs to be consumed through dietary means on a daily basis. To achieve this it may take some meal planning, however it can be done. The recommended daily amount of omega 3 is 1.1 to 1.6 grams per day.

Although you do not want to become deficient in omega 3 due to fatigue, poor memory, dry skin, heart problems, mood swings and depression, or poor circulation; more is not always better! It is not advisable

to consume more than the recommended amount without consulting a doctor due to the increased risk of bleeding that can be associated with consuming large quantities of omega 3.

Below are some of the conditions that omega 3 fatty acids may prevent or manage.

High Cholesterol. Omega 3 may reduce the amount of triglycerides and increase the amount of HDL in our blood stream, thereby lowering our total cholesterol levels.

Rheumatoid Arthritis. Omega 3 reduces the swelling and inflammation that is associated with rheumatoid arthritis.

Heart Disease. Possibly, one of the best ways to prevent heart disease is to consume omega 3 fat-

ty acids and other unsaturated fats. They decrease the amount of plaque and atherosclerotic tissue that can build up in the arteries. Omega 3 fatty acids may help prevent, or prevent another heart attack or stroke.

Cognitive Decline. Some studies have found that consuming omega 3 fatty acids have neuroprotective capabilities that will slow cognitive decline.

Even though our body is not able to produce omega 3 fatty acids, it is a very important part of our body's ability to function. Next month we will be discussing Omega 6 fatty acids.

Reference: University of Maryland Medical Center, February 2017. www.umm.edu/health.

Healthy Omega-3 Fatty Acids

Cold-Water Fish (salmon, mackerel, halibut, tuna)

Flax Seeds and Flax Seed Oil

Walnuts and Walnut Oil

Canola Oil

Pumpkin Seeds and Pumpkin Seed Oils

Soy Beans and Soy Bean Oil

Spinach

Maxine from page 5



Maxine with her color work.

Following her high school graduation in 1936, she enrolled in a business school in Great Falls but quit after one week. “It was not for me,” she emphasizes strongly with a hand gesture. That same year she was married to Dietz Davis; she was 18 and he was 30. “It was during the depression and times were tough then, however with hard work we put together a ranch which we scrounged to keep going by raising chickens, cows, and pigs,” Maxine explains. She also sold eggs, cream, and horses for extra funds.

She recalls butchering pigs and transporting them to Helena for sale by securing them to the fenders of a Ford Model A. Proudly she states, “I could drive every piece of machinery on the ranch.” Working beside Dietz, she branded and vaccinated livestock.

All this was in addition to cooking and sewing clothes for five children all of whom were born in the 1940s. They are Betty McDill, Bozeman; Margaret Jappe, Dillon; and sons, Darrel, Robert, and Bill, all of Townsend.

Later Dietz and Maxine purchased a large section of land which allowed them to raise Hereford cattle. As expected Maxine loved these animals too. The original ranch plus the later addition of acreage is today a fifth generation operation.

Her marriage of 63 years ended with Dietz’s death on the ranch in 1998. She then moved to a Bozeman condo, from there in 2015 to Birchwood where she has been busy ever since.

Program Changes Announced

Two programs announce changes for March.

Because of illness, the February Short Story group meeting was cancelled. It will meet March 2nd at 4pm in the third Floor lounge of A-Wing. Valerie will be reading the story by Anton Checkhov, “The Lady with the Toy Dog.” Afterwards a discussion will be facilitated with attendants. Large print books will be available to follow along with. Due to the re-scheduling, there will be two Short Story meetings in the month of March, the second being March 23rd.

Smart Women’s Seminar speaker, Bozeman Health President and CEO John Hill, has regrettably had to cancel for the March 8th meeting. The new subject for the meeting will be “*How is our climate changing?*” Anne Ready from the Citizens’ Climate Lobby will talk about the basics of climate change, how the planet is already changing, what the future may hold, and what we can do. The time and location still remains the same, March 8th at 3pm in the Learning Center. The following Spring seminars will be: April 12th Spring Fashion Show; May 10th Bozeman’s Drug Task Force; June 14th Local Weather Specialist.

Suzanne from page 5

She spent ten years working at Dartmouth Hitchcock Hospital while living near son Jim in Hanover, New Hampshire. “I was a receptionist,” she recalls. When she later moved to Arizona she volunteered at Banner Thunderbird Medical Center in Sun City. She is proud to show the Certificate of Appreciation for service of 16,544 volunteer hours for the years 1984 to 2007.

In Arizona she married Harry Yerx. Their marriage ended a year later when he suffered a sudden heart attack. She moved to Hillcrest in 2009 to be near Rick, professor emeritus of psychology at Montana State University.

Department Updates & Reminders

Marketing—Linda Jo Simkins

- Spring will be busy! You will be seeing many new faces as we have 5 new residents moving into Aspen Pointe in March and April. If you would like to be on our Welcoming Committee please call Linda Jo in Marketing 414-2008.
- New fashion trends, colors, and accessories will be displayed for the summer season at the Smart Women's Annual Fashion show April 12th at 3pm at Aspen Pointe. Members from the Bozeman Police Department will escort the models, each of whom has participated at the monthly Smart Women's seminars. Some gals have already volunteered for this fun spring event, but we welcome anyone else wishing to step out on the runway. If interested call Rachel, 414-2002, or Linda Jo, 414-2008. Fashions will be provided by a local shop and make-up will be by Synergy.

Environmental Services—John Odden

- A garbage can is now located by the sidewalk just outside the D-Wing South exit door for residents to deposit pet poop bags.
- At your request for additional softness, the purchase of toilet paper will be switched to the Costco Kirkland brand. This will create cost increases and additional transportation requirements, which Hillcrest will assume. In return, residents are asked to use as needed but not to stockpile rolls.
- It's time for another reminder that washcloths/towels used to remove make-up are often stained and cannot be cleaned effectively, rendering them unusable. If requested, Pam in laundry will be happy to provide older washcloths which you can keep for make-up removal.
- If you have had recent symptoms of either the intestinal or cold flu, please inform the housekeepers when they come to clean. That way, they can don protective masks and gloves to avoid contracting/spreading your ailment. Please avoid spending time in common areas in the building until your symptoms have discon-

Brain Week 2017

The brain is like a motherboard of a computer to our body. It is responsible for the functioning of many systems within our body. Last year Rachel Clemens and Ginger Lee brought the first *Brain Week* to Hillcrest covering the ability of the brain to change and adapt over time, creating new synaptic connections through trying new things, and improving brain function to some degree by doing so.

"Building on last year's success, we intend to bring a combination of formal discussions and new challenges, along with fun, informal gatherings," states Rachel. The week will include a presentation and experiential introduction to Mindfulness-Based Stress Reduction by John Christopher, PhD.

Come find out what the "big secret" theme is for this year's week, March 27th-31st, located in the Learning Center. More info to come. Please no guests, residents only.

tinued. Everybody's health is everybody's responsibility.

Engineering—Rich Hagstrom

- Residents are asked to be cautious to not leave water running unattended. Likewise, ranges and other major electrical appliances should be monitored to avoid any possible fire crises. Although effective to moisturize dry air by boiling water on the stove, it is dangerous if the pot boils dry. Excessive steam can also set off a fire alarm. In the case of an unforeseen event residents are encouraged to hold renter's insurance to cover personal belongings.

Programming—Rachel Clemens

- We are still trying to find a total of four residents who wish to ride the bus to Eagle Mount for water aerobics on Tuesday and Thursday. If interested, please sign-up at the front desk.