

# Crest Lines

May 2018

Volume 2, Issue 12

## Inside this Issue

Administrator's Desk	1
MedSafe	2
New Art Class	2
Happenings	3
Neighbors	4
May Calendar	Center
Wise and Well	5
About Our Staff	6
Spiritual Offerings	7
Power Outage Info	7
Department Updates	8

## Coming Soon

### May

- Fashion Show
- Mother's Day Dessert Buffet
- Breakfast Buffet
- Pianist Stefan Stern
- Older American's Lunch

### June

- Wednesday BBQ's
- Ethnic Endeavors:  
Neapolitan Pizza
- Livingston Depot
- Hikes/Picnics

### July

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

## Thoughts from the Administrator's Desk



by LeRoy Wilson

What a winter we have had. I don't care if it ever snows again and I have heard all the arguments that the moisture from snow is important to our environment, the forests, and our crops. Maybe it's an age thing or maybe it is because I had to shovel snow almost every week for the past four months but, I am tired of it. Montana State University reports a record high of 126 inches of snow fall in Bozeman from July 1, 2017 – April 3, 2018. This equates to over 10 feet of snow. I think we can all agree this is a lot of snow and we are all ready for some warm weather.

As I was pondering the thought, "Is it ever going to stop snowing?" I began to notice that as the months went on I was more restless than normal and that my appetite seemed to be steadily decreasing. I had this growing sensation to build something – I was almost giddy at the aspect of not being cooped up. Then I realized I must have "Spring Fever." I went to the computer and I typed "is there such thing as 'Spring Fever?'" I found an article written by Christie Nicholson titled "Fact or Fiction - Spring Fever Is a Real Phenomenon." An excerpt, *"There's an illness that has been documented by poets for centuries. Its symptoms include a flushed face, increased heart rate, appetite loss, restlessness and daydreaming. It is spring fever, that wonderfully amorphous disease we all recognize come April and May."* The article confirmed my self-diagnosis but unfortunately fell short in validating any real health related illness. I am ready for the seasonal change of spring and the hope it brings of new life and warmer memories.

If you have noticed the emotional and physical pull that accompanies the phenomenon of "Spring Fever" I would encourage you to join our Hillcrest team in getting out on Friday May 4<sup>th</sup> for our first ever "Spring Clean-Up" day from 11:30am to 3:15pm with a pizza party on the patio at 12:30pm. We are hoping to plant a few flowers, prune a few trees, pick up around the buildings, sweep the parking lots, and soak in the sunshine. We are inviting all staff, residents, and family to share in some outside fun and fellowship. As with all successful work projects we need a certain number of sidewalk superintendents (chairs and refreshments are provided) so please come outside even if it is only for a few minutes. Look for a cubby stuffer this next week for more details.

It is also important to note that if mother-nature decides that we need just one more snow or the weather outside is frightful we will re-schedule.

## Communication with Birchwood

Birchwood Nursing has reviewed the communication process for residents and families of Aspen Pointe. In order to improve communication we have decided to simplify it down to one phone number to call. If you call 414-2000, the receptionist will transfer you to the appropriate extension or have a nurse call you back. After hours this phone number will be transferred to a Birchwood RA. If you are having a true **EMERGENCY CALL 911** and direct them to your location.

*For all Aspen Pointe questions and needs call 414-2000.*

## New Art Class in the ARC

Grab your neighbor and head down to the ARC Center for a brand new art class starting May 16th from 1-2pm.

Open to all residents, it will take place every Wednesday. From those wanting to get their hands dirty and explore the wonderful world of art for the first time to those seasoned veteran artists willing to share their knowledge, everyone will be welcome.

Megan will give basic instruction using many different mediums so no class will be the same. Trips to various locations will be taken to further our knowledge and immerse ourselves in

everything artsy Bozeman has to offer. The sky is the limit; we hope to see you there!



Artwork from recent watercolor class.

## MedSafe Medication Disposal Containers in Place



Al Brayton, Clinical Pharmacy Supervisor

Highland Park and Big Sky Medical Center pharmacies are now DEA approved disposal sites for unused medications! One bin is installed outside of Highland Park Pharmacy, and another one will soon be installed at Big Sky Medical Center.

The MedSafe receptacles are steel cabinets secured to the floor. Patients and employees can deposit unused medications, including controlled substances and small sizes of liquid medications. Once the receptacles are full, the containers inside of the cabinets are removed and shipped to DEA authorized sites for incineration. "These receptacles provide a safe and secure disposal method where otherwise people may choose to flush or throw out medications which potentially end up in our water supplies, as well as reducing the potential of diversion and illegal use of medications," said Al Brayton, Clinical Pharmacy Supervisor.

The MedSafe collection system is for oral medications only, sharps (needles) are not allowed.

The purchase of the MedSafe containers was made possible through the generosity of Bozeman Health Foundation and donor Sally Uhlmann. Sally was motivated to make this gift to Bozeman Health based on her personal desire to help address our communities' challenges with mental health and substance



# Important Hillcrest Happenings in May

## Cleanup Day Needs Your Help

It's May, spring is surely on the way! And time for Hillcrest's new annual cleanup, which is scheduled for Friday, May 4th, from 11:30am to 3:15pm. Put on your work clothes and join staff members outdoors in various jobs to spruce up the property from winter storms and wear. Any resident help will be appreciated—a few minutes, an hour, or more. Sign-up at the front desk to offer your service. A pizza lunch will be your treat.

## Older American's Day Lunch

Enjoy a traditional Older American's Day Lunch offering a free meal for those 80 years and older. Those 90 and older will be honored with a special recognition. Wednesday, May 23 a bus will depart Hillcrest for the Senior Center at 11:00am. Sign up at the front desk and note your age if you are 90 or older by May 7th. The programming department will put in the reservation. There is limited space so sign-up promptly.

## Mother's Day Dessert Buffet

The culinary team is preparing a tantalizing buffet of delightful desserts in honor of all the special women in our lives on Mother's Day, Sunday, May 13th.

**Birchwood 2:00pm– 3:00pm**

**Aspen Pointe 2:30pm– 4:00pm**

This is a free event for all residents, but for all guests older than the age of six the cost is \$8.00. Please RSVP at the front desk no later than Monday, May 7th.

Breakfast (Birchwood), lunch, and dinner will be provided as usual that day. Prime rib will be served for the noon meal.

## Watch For Resident Survey

Please keep an eye out for the Resident Satisfaction Survey that will be distributed via your cubby (Aspen Pointe) or shelf (Birchwood) during the month of May. Annually, surveys are sent to residents and family members to gain information about Hillcrest's services and whether the needs and expectations of the residents and their families are being met.

## Trek South America in Spring into Motion

Spring into Motion, a community wide walking program, is again upon us. An informational/sign-up meeting Monday, May 7th, at 3:45pm in the Aspen Pointe Commons will launch the event. The goal this year is to record the miles that participants trek in one month through the mountains of South America. Steps are recorded on a pedometer worn on the hip or shoe of the walker. Last year the walkers conquered 5,225 miles, 12,011,300 steps, across the Mississippi watershed, starting at the Missouri headwaters.

## Timely Topics Views "The Post"

The 2017 historical political film, "The Post," will be shown at the May 21st meeting of Timely Topics, starting at 1:30pm in the ARC Center. It depicts the true story of attempts by Post journalists to publish the Pentagon Papers, classified documents regarding the 30 year involvement of the United States government in the Vietnam War. Meryl Streep stars as Katharine Graham, first female publisher of an American newspaper, and Tom Hanks as Ben Bradlee, the paper's executive editor. Everyone is welcome to the showing.

# Hillcrest Neighbors

By Kate Evans



**Izzy Harris** “My life has been very ordinary” were the words Izzy Harris used to describe her childhood and married years. Yet, as she later recalled the details, an interesting story was revealed.

She was born Isabelle April 1, 1925 to Isabelle and Ben

Kennedy in Belt, MT where she had a busy youth in 4-H and school activities. She graduated from Belt Valley High School as valedictorian of the class of 1943 and attended the University of Montana in a general studies program for a year. Shortly after her marriage in 1946 to Lewis Harris of Cascade, MT he was off into the military.

When he was sent for duty overseas, she left for California to live with Lewis’ aunt and uncle in Oakland. Izzy soon found a job at the Naval Air Station in Alameda repairing instruments for planes. “Oakland at that time was very small, not the large urban city it is today,” she stresses. When Lewis returned from the service they lived for a short time in Cascade before buying a general store in Craig, MT on the Missouri River. However a position to manage a ranch at the Mental Health facility took them to Warm Springs where they resided for 10 years. Eventually they moved to Deer Lodge and an opportunity for Lewis to manage the ranch at the state prison. During these years they raised five children: Lewis Firman the eldest son killed in Vietnam; Neil died when five months old; Doug lives in Bozeman; Scott, a pediatrician, resides in Glendive, MT; and Sheila Sinclair, an MSU graduate in accounting, lives in Des Moines, Iowa.

See page 8



**Bea Gorr** For 22 years Bea was a senior companion to clients living in Bozeman, Livingston, and Big Timber. “I found this work interesting and a rewarding experience,” she explains.

“I enjoyed helping them with their lives and daily chores and became friends with all of them.” Throughout those years she also became familiar with the various community health programs and centers that provided service for older citizens. “I was impressed by one, Hillcrest Senior Living,” she emphasized. That’s where she became a resident in 2015.

Bea was born in 1929 to Harry and Susie McComb in Big Timber where her father was born in 1896 and farmed land on the South Boulder River. While in high school Bea worked in the local bakery, selling goods across the counter. Following her graduation in 1947, she was hired as the bakery bookkeeper, as well as the bookkeeper at the creamery.

Her marriage to Alvin Gorr took place in 1952 in Napa, CA where he was serving in the Air Force. Following his discharge a year later, they returned to Montana to reside and work at his family farm in Rapelje. They lived there several years before purchasing a house in town. There in 1953 they welcomed their first daughter, now Pam Sarrazin of Bozeman.

When they moved from Rapelje to Big Timber in 1959 Al became a co-owner of Gorr and Todd Construction, builders of pre-cut homes. Their daughter Terri was born in 1958. The young doctor who delivered Terri was Dr. George DeBelly who was unknown to Bea but was on call for her regular physician.

See page 8

# May 2018

*Remove and keep as daily reference.*

## Announcements:

- **Renter's Insurance:** Due to some recent flooding issues, we would like to bring to your attention the necessity of purchasing renters insurance to cover your personal belongings and for any damage/injuries to property/others caused by you. Please reference section #7 entitled Insurance of your contract. If you have questions please contact LeRoy at 414-2004.
- **Balance Classes:** Balance classes will begin April 27th and run through June 1st. The month of June we will focus on the Spring Into Motion walking program. Read more about this fun month long program on page 3. If you have any questions about which class is the best fit for you, please call Jennifer McNulty or Jamie Brown, Exercise Specialists, at 414-2029.
- **Yoga Classes:** Update: Amber has found a replacement yoga teacher for Tuesday and Thursday yoga. Class times will stay the same. The new teacher's name is Margaret Elliot. Please welcome her!
- **Cubby Information:** Check your cubby located by the mail boxes regularly. Some events get scheduled after the monthly calendar gets published. Information will include date, time, place, if you need to sign-up, and if there will be a cost. We use the cubbies to distribute important information to all residents.

## May Birthdays

Eileen Crook	5/1
Fred Santilli	5/2
Nancy MacWilliams	5/4
Jim Turnage	5/8
Hobart McWilliams	5/13
Walter Ainsworth	5/13
Jim Eidson	5/17
Anne Gordon	5/20
Huguette Coghlan	5/20
Bill Bryant	5/20
Norma Daniel	5/22
Larry Kelley	5/23
Gigi Prunty	5/24
Lois Ringo	5/26
Mary Gracia	5/28
Merry Lou Henson	5/30
Fred Pitkin	5/30



**BOZEMAN HEALTH**  
HILLCREST SENIOR LIVING

Aspen Pointe

Sun	Mon	Tue	We
 <p><i>Remove and keep as daily reference.</i></p>		<p><b>1</b> 8-9:30 am Gym Supervised Hrs  9:30 am– Yoga in LC  10:30 am– Tai Chi in ARC  <b><u>1:30-3:00 pm- Wellness Clinic in Gym</u></b>  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><b>2</b> 8-9:30 am Gym Super  9:30 am– Shopping at C  9:15 am– Prayer in AP C  10:00 am– Chair Ex. in  <b><u>11:30 am– Interfaith For</u></b>  <b><u>1:30 pm– Book Club 3rd</u></b>  2:00 pm– Catholic Mass  <b><u>3:00 pm– Flexibility in A</u></b>  <b><u>3:30-4:30 pm Boz. Publi</u></b>  6:30 pm– Bingo in ARC</p>
<p><b>6</b>  10:00 am– Worship Ser-  vice in AP Chapel  2:30 pm– Bingo in BW  Activity Rm  <b><u>3pm Recital in AP Com-  mons</u></b></p>	<p><b>7</b> 8-9:30 am Gym Supervised Hrs  10:00 am– Chair Ex. in AP Commons  1:00 pm– Art Class in BW Act Rm  1:30 pm– Timely Topics in ARC  <b><u>3:00 pm– Flexibility in AP Commons</u></b>  <b><u>3:45 pm– Spring Into Motion Info  Meeting in AP Commons</u></b>  6:30 pm– Bingo in ARC</p>	<p><b>8</b> 8-9:30 am Gym Supervised Hrs  9:30 am– Yoga in LC  10:30 am– Tai Chi in ARC  <b><u>1:30-3:00 pm- Wellness Clinic in  Gym</u></b>  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><b>9</b> 8-9:30 am Gym Super  9:30 am– Shopping at F  9:15 am– Prayer in AP C  10:00 am– Chair Ex. in  <b>Catholic Comm Cancel</b>  <b><u>3:00 pm– Smart Women  Show in the AP Commo</u></b>  <b>Flexibility Cancelled</b>  6:30 pm– Bingo in ARC</p>
<p><b>13</b>  <b>Happy Mother’s  Day</b>  10:00 am– Worship  <b>No Bingo Today</b>  <b>2pm BW Dessert Buffet</b>  <b>2:30 AP Dessert Buffet</b></p>	<p><b>14</b>  8-9:30 am Gym Supervised Hrs  10:00 am– Chair Ex. in AP Commons  1:00 pm– Art Class in BW Act Rm  1:30 pm– Timely Topics in ARC  <b><u>3:00 pm– Flexibility in AP Commons</u></b>  6:30 pm– Bingo in ARC</p>	<p><b>15</b>  8-9:30 am Gym Supervised Hrs  <b><u>9-10 am– First Security Bank</u></b>  9:30 am– Yoga in LC  10:30 am– Tai Chi in ARC  <b><u>1:30-3:00 pm- Wellness Clinic in  Gym</u></b>  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</p>	<p><b>16 Breakfast Buffet i</b>  8-9:30 am Gym Supervi  9:15 am– Prayer in AP C  9:30 am– Shopping at T  10:00 am– Chair Ex. in  1:00 pm– AP Art Class i  2:00 pm– Catholic Com  <b>No Flexibility Class Tod</b>  <b><u>3:00 pm– Lutheran Con</u></b>  <b><u>3:30-4:30 pm Boz. Publi</u></b>  6:30 pm– Bingo in ARC</p>
<p><b>20</b>  10:00 am– Worship  2:30 pm– Bingo in BW  Activity Rm  <b><u>3pm Recital in AP Com-  mons</u></b></p>	<p><b>21</b>  8-9:30 am Gym Supervised Hrs  10:00 am– Chair Ex. in AP Commons  1:00 pm– Art Class in BW Act Rm  1:30 pm– Timely Topics in ARC  <b><u>3:00 pm– Flexibility in AP Commons</u></b>  6:30 pm– Bingo in ARC</p>	<p><b>22</b>  8-9:30 am Gym Supervised Hrs  9:30 am– Yoga in LC  10:30 am– Tai Chi in ARC  <b><u>1:30-3:00 pm- Wellness Clinic in  Gym</u></b>  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</p>	<p><b>23</b> 8-9:30 am Gym Sup  9:15 am– Prayer in AP C  9:30 am– Shopping at F  10:00 am– Chair Ex. in  <b><u>11:00am– Older Americ  the Senior Center</u></b>  1:00 pm– AP Art Class i  2:00 pm– Catholic Com  <b><u>3:00 pm– Flexibility in A</u></b>  <b><u>4:30 pm– Violin Recital</u></b>  6:30 pm– Bingo in ARC</p>
<p><b>27</b>  10:00 am– Worship Ser-  vice  2:30 pm– Bingo in BW  Activity Rm  <b><u>3:45pm– Bob B. in  Birchwood</u></b></p>	<p><b>28</b>  8-9:30 am Gym Supervised Hrs  10:00 am– Chair Ex. in AP Commons  1:00 pm– Art Class in BW Act Rm  1:30 pm– Timely Topics in ARC  <b><u>3:00 pm– Flexibility in AP Commons</u></b>  6:30 pm– Bingo in ARC</p>	<p><b>29</b>  8-9:30 am Gym Supervised Hrs  9:30 am– Yoga in LC  10:30 am– Tai Chi in ARC  <b><u>1:30-3:00 pm- Wellness Clinic in  Gym</u></b>  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</p>	<p><b>30</b>  8-9:30 am Gym Supervi  9:15 am– Prayer in AP C  9:30 am– Shopping at T  10:00 am– Chair Ex. in  1:00 pm– AP Art Class i  2:00 pm– Catholic Com  <b><u>3:00 pm– Flexibility in A</u></b>  6:30 pm– Bingo in ARC</p>

d	Thu	Fri	Sat
Supervised Hrs Co-op Chapel AP Commons <u>um @ Beth Shalom</u> <u>3rd Flr A-Wing</u> in Chapel AP Commons <u>ic Bookmobile</u>	<b>3</b> 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 2:30 pm– Yoga 2 in LC 3:00 pm– Knit & Stitch AP Fireside <u>3:30 pm– Stories with Valerie in 3rd Flr A</u>	<b>4</b> 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 <u>11am-3:15pm Spring Clean-up</u> 1:30 pm– Cribbage in FSR <u>2pm– Balance I in AP Commons</u> <u>3pm– Balance II in AP Commons</u> 6:30 pm– Pinochle in FSR	<b>5</b> 1 pm– Mexican Train Dominoes in FSR <b>No Movie Today</b> <u>3:30pm Cinco de Mayo Social in AP Commons</u>
Supervised Hrs Heeb's Chapel AP Commons <b>led</b> <u>er's Annual Fashion</u> <u>ons</u>	<b>10</b> 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 <u>10:30 am– AP Resident Council in ARC</u> 1:30 pm– Shopping Bus to the Mall 2:30 pm– Yoga 2 in LC 3:00 pm– Knit & Stitch AP Fireside <u>3:30 pm– Stories with Valerie in 3rd Flr A</u> <u>7:45 pm– Stefan Stern in the AP Commons</u>	<b>11</b> 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>2pm– Balance I in AP Commons</u> <u>3pm– Balance II in AP Commons</u> 6:30 pm– Pinochle in FSR	<b>12</b> 1 pm– Mexican Train Dominoes in FSR <u>1:30 pm– AP Movie in ARC</u> <u>2:30 pm– Recital in the AP Commons</u> 6:30 pm– Bridge in FSR
in AP sed Hrs Chapel own & Country AP Commons n ARC m in Chapel <b>lay</b> <u>m in Chapel</u> <u>ic Bookmobile</u>	<b>17</b> 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 2:30 pm– Yoga 2 in LC 3:00 pm– Knit & Stitch AP Fireside <u>7:45 pm– Info Session on Gallatin County Open Lands Levy in the AP Commons</u>	<b>18</b> 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 <u>11:30 pm– Friday Forum @ Library</u> 1:30 pm– Cribbage in FSR <u>2pm– Balance I in AP Commons</u> <u>3pm– Balance II in AP Commons</u> 6:30 pm– Pinochle in FSR	<b>19</b> 1 pm– Mexican Train Dominoes in FSR <u>1:30 pm– AP Movie in ARC</u>
Supervised Hrs Chapel Heeb's AP Commons <u>ans Day Lunch at</u> n ARC m. in Chapel <u>AP Commons</u> <u>in AP Commons</u>	<b>24</b> 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 <u>3:30 pm– Stories with Valerie in 3rd Flr A</u>	<b>25</b> 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>2pm– Balance I in AP Commons</u> <u>3pm– Balance II in AP Commons</u> 6:30 pm– Pinochle in FSR	<b>26</b> 1 pm– Mexican Train Dominoes in FSR <u>1:30 pm– AP Movie in ARC</u>
sed Hrs Chapel own & Country AP Commons n ARC m. in Chapel <u>AP Commons</u>	<b>31</b> 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– Stories with Valerie in 3rd Flr A</u> <u>7:45 pm– "What do you do when you see a blind person?" in the AP Commons</u> <u>Birthday Night</u>	<b>Abbreviations:</b> BW: Birchwood AP: Aspen Pointe FSR: Fireside Room LC: Learning Center ARC: Activities/Recreation/Crafts Center BW Act: BW Activity Room BW DR: BW Dining Room PDR: Private Dining Room  Aspen Pointe	

**5/2 Interfaith Forum @Beth Shalom:**

The pursuit of happiness. It's enshrined in our nation's founding documents, but is this a goal of our faith tradition? With Karen DeCotis (Buddhist) and Dave Johnson (LDS).

**5/2 Bookmobile:** The Bozeman Public Library will have the bookmobile in the parking lot between Aspen Pointe and Birchwood.

**5/4 Spring Clean-up Day:** More info on page 3. Sign-up at the front desk.

**5/5 Cinco de Mayo Social:** Celebrate with chips, salsa, guacamole, and of course...Margaritas!!! AP social starts at 3:30pm, BW social starts at 4pm. There will also be Mexican coffee in the Fireside Room on May 5th!

**5/7 Spring Into Motion Info Meeting:** There will be an informational/sign-up meeting for this annual resident/staff walking program. More info on page 3.

**5/9 Smart Women's Fashion Show:** Preview new fashion trends, colors, and accessories for the Spring and Summer season. The models are Smart Women participants. Fashions provided by White House Black Market. Everyone is welcome!

**5/10 AP Resident Council:** All residents are welcome to attend this meeting held at 10:30am in the ARC Center.

**5/10 Pianist Stefan Stern:** The talented and versatile pianist Stefan Stern will perform.

**5/13 Mother's Day Dessert Buffet:** Please see the details on page 3.

**5/16 Breakfast Buffet:** All residents of Hillcrest are invited to this scrumptious, free of charge breakfast in the Aspen Pointe dining room.

**5/16 Bookmobile:** The Bozeman Public Library will have the bookmobile in the parking lot between Aspen Pointe and Birchwood.

**5/17 Info Session on Gallatin County Open Lands Levy:** Join EJ Porth, Communications and Outreach Director at the Gallatin Valley Land Trust, for an info session and conversation about the upcoming Gallatin County Open Lands Levy. The levy will be on the June 5th ballot for voters to decide. More information available at [www.foropenlands.org](http://www.foropenlands.org)

**5/18 Friday Forum @ the Library:** More info to come.

**5/23 Older American's Day Lunch:** See page 3 for more details. Signup at the front desk.

**5/27 Bob Britten:** Bob is back! He will be playing piano and taking requests in Birchwood.

**5/31 "What do you do when you see a blind person?":** Todd Fahlstrom, a local advocate for the blind, will be showing a video that discusses how to help blind people. Todd will facilitate a discussion after the video.



**BOZEMAN HEALTH**  
HILLCREST SENIOR LIVING

Aspen Pointe

## Wise & Well: Walking 101

By Jennifer McNulty, Exercise Specialist

As we gear up for Spring Into Motion let's discuss the essentials needed for walking and how we can stick to a walking routine all summer and into the long winter months! Whether or not you would like to participate in Spring Into Motion, let's make sure you have all the walking necessities 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!

**Get in a routine.** Every time we hit the trails for a great, relaxing walk we 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 shoulder 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 mi-

nute 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..." excuse 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 Jamie. We are always happy to help.



Aspen Pointe hikers keeping in shape.

# About Our Hillcrest Staff

By Kate Evans



## Bethany Myre

The best way to describe Bethany Myre, a Birchwood Resident Care Associate Coordinator, is to list the many outdoor activities that she enjoys: hiking, alpine skiing, paddle boarding, and

riding dirt bikes. She has done them all.

The daughter of Cindy and Tom Jacklen, she was born in Coon Rapids, MN. Her youth was spent in Ham Lake, MN surrounded by five younger siblings, three sisters, two brothers, and various pets.

The active family made many trips during the summer and fall seasons to northeastern Minnesota where they visited grandparents and extended family. Many summer weekends were spent on an aunt's lake property near the Superior National Forest enjoying watersports - boating, canoeing, and waterskiing - and any time spent outside. Fall weekends were spent at the "hunting shack" clearing trail for deer season, hunting ruffed grouse, and enjoying crisp fall weather.

Bethany's college days were at Minnesota State University at Mankato. During this time she worked as a lifeguard and swim instructor at a local YMCA during the school year. Her summer breaks were spent at Camp Foster YMCA in Okoboji, IA. Throughout her time at camp she held various roles - camp counselor, pool director, and health coordinator. While on spring break during her freshman year she became acquainted with Andy Myre. They were married in August 2009.

Besides working at Birchwood, Bethany is a registered Emergency Medical Technician (EMT).

See page 8



## Pam Richardson,

a registered nurse in Birchwood since February, and her buddy, a three year old Boston Terrier, are a happy twosome living in their cabin home in the Jackson Creek ar-

ea facing the Bridgers.

"It is a temporary arrangement for the three of us," she explains with a smile. "My husband, Tim, joins Riley and me frequently from Westlake Village where we have sold our home, but where he still owns a commercial property management business," she further states. "Tim and I view this move last May to Montana as an exciting new adventure, a life quite different from the urban one where we lived while raising our two children: Meaghan Javier now lives in Raeford, NC, and Kevin Richardson, resides in Santa Monica, CA.

Around 2015 they began researching desirable locations for a change of lifestyle, finally deciding on Montana. Over the years they had visited Tim's family in Three Forks where his father, Eddie Richardson, farmed, plus they had made trips to Montana to see his brothers: Gary, in Boulder, and Craig, in Bozeman.

Pam and Tim met in college while students at Arizona State University in Tempe. She obtained a B.S. in health science in 1981 and an RN degree in 1983 at Mesa Community College, Arizona. Tim's degree from ASU was in history. They left the desert in the mid-1990's for Southern California to work and raise a family in Westlake Village near Thousand Oaks.

Her nursing career of 35 years has included duty in hospitals, an insurance firm, nursing homes, health and hospice care, and private patients. Her last position in California was with the Department of Public Health.

See page 8

## Our Gorgeous Gardens



Garden at front entrance.

Aspen Pointe residents are fortunate to have two beautiful gardens, faithfully maintained by Ilen Stoll, Pam Linn, and Dewey Adams.

The three agree that the garden project is special to each of them and to the many other residents who admire the different plantings. However they would welcome additional volunteer assistance; helper(s) to water and prune once or twice a week on his/her own time schedule.

New this season to the back garden (between the D-Wing and Birchwood) will be four rhubarb starts that will furnish sauces and pies for years to come.

## Power Outage Information

Last month Hillcrest experienced a power outage due to a car accident taking out a power pole. This has brought up some questions. Although this does not happen often, it is important for Aspen Pointe Independent living residents to be prepared. There is emergency lighting in the hallways and main areas of the building, but not in apartments. You should have flashlights available to get around in your apartment. Live candles are not allowed due to the fire hazard. It is against our policy to use them. If you use oxygen, you should have backup canisters that don't require a plug in. For additional information call 414-2004.

## Spiritual Offerings

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

May 6	Chaplain Tim Spring
May 13	Chaplain Nadine Grayl
May 20	Chaplain Sandy Osborne
May 27	Chaplain Ken Mottram

**Wednesday Morning Prayer** at 9:15am in the AP Chapel led by the Venerable Roxanne Klingensmith from St. James Episcopal Church.

**Catholic Mass** at 2:00pm the 1st Wednesday of each month in the AP Chapel led by Father Leo Proxell of Holy Rosary, 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.

Chaplain Valerie Webster is available to meet and visit with residents anytime. Contact her by phone at 579-3980.

## Variety Show Movies Forward

The "in-the-works" Hillcrest Variety Show has moved up front from the back burner. It is acquiring more resident and staff volunteers who are willing to participate in the "just-for-fun" production. The show will never reach Broadway, nor will it be a competition. But it will be creative and entertaining!

Here are the performers listed so far: Dewey Adams and Wyman Schmidt, singers; Megan Reichert and Rachel Clemens, piano tunes; Nancy Little, puppetry; Eliza Love, kazoo band; and Fairy McWilliams, poetry. Call the programming department, 414-2002, to join the cast.

## Department Updates

### Marketing—Linda Jo Simkins

Please join us Wednesday, May 9th at 3:00, for the Spring Fashion Show, plus refreshments, and door prizes. All Hillcrest residents (men and women) are welcome!

### Environmental Services—John Odden

It is time for high traffic carpet cleaning. The high traffic areas in apartments get cleaned every other year. The residents of the apartments that get cleaned this year will be sent a memo of the cleaning schedule. Records are kept of which apartments are cleaned each year.

---

### Pam from page 6

She was born in Rapid City, SD the daughter of Air Force Colonel William Henderson and Joyce Henderson, a nurse. Typical of military families, they moved every two or three years. Pam spent her teen years at three different high schools, two in Colorado before graduating from Chandler High School in Arizona. Her interests then were swimming, tennis, and golf.

Now known to her out-of-state friends as “mountain mama,” Pam appreciates both the views of the nearby mountains and the various wildlife that come to her new backyard. “We love it her, even have plans to build a garage this spring.”

## Update on Ashley Van Hemert

Ashley, a Resident Associate in Birchwood who was wounded in a January shooting, continues to work hard and improve. She had a piece of her skull put back in successfully and continues to have a busy daily schedule of therapies. The hope is that in a few weeks she can move to outpatient rehab. Thank you for your continued thoughts and prayers for Ashley, and her family.

## Just a Reminder...

This is a friendly reminder that all periodicals in the Aspen Pointe Library and the Birchwood Lobby are there for the reading pleasure of all residents. Please do not remove the newspapers from their designated locations (library and lobby) or cut anything out of the newspapers. Thank you!

### Bethany from page 6

She patrols Big Sky ski resort 16 days each season as part of the Volunteer Ski Patrol there.

Bethany and Andy relocated to Bozeman in November 2015 and are enjoying every moment. They are animal lovers and have two cats, Boots and Rossy, and two dogs, Finn and Sawyer.

---

### Izzy from page 4

In the 1970's Lewis switched careers and became a helicopter pilot for the Montana Department of Livestock. While on a flight in 1976 he became ill and made an emergency landing. He died shortly after following a heart attack.

Upon his passing, Izzy moved to Bozeman where she hiked the local trails, participated in Young at Heart water aerobics at MSU and was active at the Ridge Athletic Club. She has been an Aspen Pointe resident since 2010.

---

### Bea from page 4

(Years later Bea and Dr. DeBelly met up again, this time in the Fireside Room as new residents of Aspen Pointe. Baby Terri is now Terri Ingram of Havre, MT.)

Later when Al became employed as a core driller of samples for the Montana Highway department, they bought ranch property in Big Timber to raise cattle and grow hay and alfalfa. “The girls had horses and I milked cows and raised chickens,” Bea pointed out.