

Crest Lines

November 2017

Volume 2, Issue 7

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Coming Soon

November

- Breakfast Buffet
- Bozeman Chamber Ensemble
- Veterans Day
- Wonderment of the World
- MSU Lecture
- Ethnic Endeavors
- Thanksgiving Buffet
- HealthRHYTHMS

December

- Tree Decorating
- Hillcrest Stroll
- Symphony
- Christmas Party



Thoughts from the VP by LeRoy Wilson



Fall is here and what a glorious sight it brings. This is my favorite time of year. The radiant colors from this season force me to reconcile another year gone, but not forgotten. I find myself reflecting on what was accomplished and what was lost. Fall gives me hope in a new start, a new beginning, a curiosity of what is to come. Robert Frost may have best captured this aspect of fall better than most in his poem below.

“Nothing Gold Can Stay”

by Robert Frost

Nature's first green is gold, Then leaf subsides to leaf.
Her hardest hue to hold. So Eden sank to grief,
Her early leaf's a flower; So dawn goes down to day.
But only so an hour. Nothing gold can stay.

As I ponder this past year I fondly remember the few faces that are no longer with us and celebrate the new acquaintances made. More importantly, I warmly embrace those that have joined me on this adventurous trek. The residents and staff here at Hillcrest create this welcoming atmosphere providing generous support and encouragement to all encountered.

In October at the Harvest Dinner there was a moment while watching staff and resident interaction that I became overcome with emotion and had to excuse myself. It was like that feeling a father has when their son or daughter does something to make them proud. In my twenty plus years of leadership I cannot recall such a glorious moment. So to this note I want to extend my gratitude and thanks to all of the staff and residents that make Hillcrest such a wonderful place to live and work. Happy Thanksgiving.

What are you thankful for?

Jennifer McNulty has put together a thankful board outside the fitness center. Stop by to add what you are thankful for—family, friends, the warm sunshine. It could be something simple or something spectacular.

Hillcrest to Tour Emerson's Jessie Wilber Gallery



Biological Explorations piece by
Tad Bradley.

The Emerson Center for the Arts and Culture has invited Hillcrest residents to participate in its Fall 2017

“Schools in the Gallery” Program, an educational

outreach effort to connect the community to culturally diverse art exhibits. This is the first year the program has been offered to seniors in Bozeman. “We believe sharing the art exhibits at the Emerson with people of all ages is a unique and enriching experience,” states Alissa Popken, education curator.

The project this year, titled “Biological Explorations” by local artist, Tad Bradley, will focus on the five senses of the human body and how people can incorporate them into art making, according to Popken. Featured will be works that utilize glass, collage, prints, drawings, and found objects to explore systems of the human body. Tad Bradley’s background is in architecture; he believes the art of architecture is the similarity between the human body and how a building is designed.

A docent-led tour of the exhibit in the Jessie Wilber and Lobby Galleries will be Monday, November 6th with the bus leaving Hillcrest at 1:30pm. There will be an optional hands-on art exploration costing \$1 using the techniques Tad has used. Please sign up at the front desk.

BCBS Insurance Changes will be Reviewed in AP

Have you received a letter in the mail from Blue Cross Blue Shield announcing that your current Advantage plan is expiring at the end of the year?

To provide you with information concerning this matter, a review of available options for 2018 will be presented Friday, November 3rd at 3:00pm in the Aspen Pointe Commons.

The speaker will be Peggy Tombre who will explain the meaning of the letter, give options for the new Advantage plan or supplement plans, and answer any questions.

She is the Senior Health Insurance Program Counselor for Gallatin and Park counties with the local Area IV Agency on Aging. She is the host for the review meeting.

Plan to attend if you are seeking information.

Free Technology Assistance Offered November 10th

Anderson Zurmuehlen & Co., a local certified public accountant and business advisor company, has chosen Aspen Pointe for its annual community service project.

On November 10th, the professional staff will be on site to provide pro-bono assistance to residents of Aspen Pointe with the use of electronic devices including computers, printers, tablets, phones, TV’s, etc.

Please sign up in advance by Monday, November 6th, at the Aspen Pointe Reception Desk using the sheet they have provided. You will need to provide your phone number, apartment number, and a brief explanation of the assistance being requested.

Neighbors

By Kate Evans

Lucy Dwarshuis has busy retirement.



When facing hip surgery last month at Bozeman Health Deaconess Hospital, Lucy Dwarshuis had few concerns about what was ahead for her. She was having the procedure in a very familiar environment, a place where she had spent 37 years work-

ing as a surgical nurse until her retirement in 2000. "I knew I was going to be in good hands," she said with confidence.

In addition she had spent five years in the perioperative department as a volunteer in the waiting room assisting family and friends of patients in surgery.

Her nursing career began in the mid 1970's after she earned an associate nursing degree at Montana State University at Havre; later she obtained a bachelor of science degree in nursing at MSU-Bozeman. For a time following her graduation from high school, she worked and trained as a surgery technician in a hospital in Grand Rapids, MI.

Lucy was born March 14, 1940 to Neil and Lucy Dwarshuis in Conrad, MT. She later moved to Square Butte, a tiny rural community south of Fort Benton, into a house built by her father, a farmer, on property homesteaded by her grandfather. She was a middle child in the family of six daughters and two sons. She attended grade school in Square Butte. Her father and mother, the daughter of a Christian Reform minister, wanted the children to have a Christian school experience so they moved to Manhattan, MT, for them to attend high school at Manhattan Christian.

Lucy became a resident of Aspen Pointe in 2012. "I decided to move then, even though I was younger than most residents, because I was healthy, ready to meet new people, and able to participate in activities and events," she

explained. "Furthermore, I wanted to be comfortable, settled in a senior community, so that home services and medical assistance would be available to me if and when I needed them."

She continues to volunteer at Bozeman Health Deaconess Hospital and serves on the Hillcrest Welcomers Committee. She is a past member of the Aspen Pointe Resident Council, plus she participates in the Book Club, Timely Topics, and many other outing opportunities.

An added happy note: Lucy's hip replacement surgery on October 24 was a success, according to both the patient and her sister, Trudy Zuidema, also a nurse, who came from her home in Tacoma, WA, to be here for the operation. Lucy was in good spirits and able to take a short walk 24 hours after surgery. She is anticipating being discharged October 26 for physical therapy at Gallatin County Rest Home before her return to Aspen Pointe.

Nancy's "little" baskets

Bright colorful baskets of various shapes greeted Birchwood residents when they sat down to dine at their recent Harvest Dinner.

They were the thoughtful gifts of Nancy Little who had hand-woven them from folded paper strips with help from her daughter, Eliza Love. She started the project a month before the October event so that she could create one for every place setting. Each basket contained a fall poem printed on a book mark and was tagged with the message "Made with love by Nancy."

As a young girl Nancy was very creative, always making something out of nothing. The mother of six "she decorated the house for every season and occasion with different creations and projects for the family to enjoy," Eliza recalls.



Short Story Group to read Updike

Works by American writer John Updike will be read and discussed by the Short Story Group at November meetings at 3:30 pm in the A-Wing 3rd floor lounge.

The selections will be “A&P” on Thursday 16, and “Outage” and “Pygmalion” on November 30.

The popular “New Yorker” magazine author was recognized for his careful craftsmanship, unique prose style and prolific output (on average a book a year), according to Wikipedia. “His characters frequently experience personal turmoil who must respond to crises relating to religion, family, obligations, and marital infidelity,” Encarta encyclopedia explains.

Spiritual Offerings

Sunday services at 10 am for November are the following: Nov 5, Holy Eucharist, Chaplain Tim Spring; Nov 12, Morning Prayer, Chaplain Nadine Grayl; Nov 19, Holy Eucharist, Chaplain Ken Mottram; Nov 26, Holy Eucharist, Chaplain Valerie Webster.

- Thanksgiving Day Service at 9:30am with Chaplain Grant Barnett Christenson
- Wednesday Morning Prayer at 9:15am in the AP Chapel led by the Venerable Roxanne Klingensmith from St. James Episcopal Church
- 1st Wednesday of each month Catholic Mass at 2 pm in the AP Chapel led by Father Leo of Holy Rosary, following Wednesdays Catholic Communion
- 3rd Wednesday of each month Lutheran Communion at 3 pm in the AP Chapel.
- Thursday Birchwood 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.

HealthRHYTHMS Drum Workshop

Premiered in Bozeman during Active Aging Week, Ginger Lee brings HealthRHYTHMS back especially for Hillcrest residents Thursday, Nov. 30th at 7:30pm in the Learning Center.

HealthRHYTHMS is a research-based group drumming protocol which has demonstrated physical, mental and emotional health & wellness benefits. HealthRHYTHMS Drumming isn't really about drumming; rather the drum is used as a tool for communication & personal empowerment and enhanced quality of life.

- Experience drumming for wellness and creative expression!

- Reduce daily stress and ignite your creativity!
- Release tension and anxiety!
- Exercise your body, mind and spirit!
- Learn ways to relax and meditate!
- Improve your immune system!
- Enjoy in the moment music making!

Participating in HealthRHYTHMS Group Drumming provides an extraordinary opportunity to discover your personal rhythm and enhance the overall quality of your life. Come join in the fun of rhythmical expression. No musical experience required.

November 2017

Remove and keep as daily reference.

Announcements:

Activity Phone Line: Wondering about activities? Call 414-2030 and listen to the recorded list of what's happening for the day in Hillcrest.

Shuttle Request Reminders:

- When scheduling shuttle requests for Monday, please have the request turned in by Friday afternoon. This helps us serve residents efficiently and effectively. If you have questions please contact the Hillcrest Shuttle Driver, Dave Rousher, at 922-5392.
- There will be no shuttle service available on Thursday, November 23rd (Thanksgiving Day).

Resident Programming Committee: We are looking for more residents interested in serving on the resident programming committee. Quarterly meetings are held to discuss attendance, new issues, activity ideas, and anything else pertaining to programming. If interested please contact Rachel Clemens at 414-2002.

Balance Classes: The current session of balance classes are running through the end of November. There will be a break during December and classes will start again in January.

Thanksgiving Worship Service: Chaplain Grant Barnett Christenson will give a short Thanksgiving Day Worship Service in the AP Chapel at 9:30am.



Aspen Pointe

November Birthdays

Stafford Hall	11/1
Betty Larson	11/8
Marjorie Asbury	11/11
Kay Reilly	11/11
Paul LaBenz	11/13
Mary Urban	11/15
Mary Whitlock	11/17
Amy Black	11/27
Joyce Sandquist	11/28
Pete Ault	11/28

Bookmobile Schedule

The Bookmobile returns in November on Wednesdays the 1st and 15th from 3:30 to 4:30pm, according to Carmen Clark and Weston Flippo of the Bozeman Public Library. The bus will be parked in between Birchwood and Aspen Pointe in the front parking lot.

Any titles you want to read can be pre-ordered and picked up on these days by contacting Carmen at the library at 406-582-2423 or cclark@bozeman.net.

Sun

Mon

Tue

Wed

November 2017

Remove and keep as daily reference.

1 Breakfast Buffet

8-9:30 am Gym Supervised Hrs
9:30 am– Shopping at Co-op
 9:15 am– Prayer in AP Chapel
10-10:45am– Chair Ex. in AP C
 10:00 am– Brush-up Bridge 3rd
 1:00 pm– Coloring Group in AP
1:30 pm– Book Club 3rd Flr A-V
2:00 pm– Catholic Mass in AP
3:30-4:30 pm Boz. Public Book
3:45 pm– Bozeman Chamber E
Commons
 6:30 pm– Bingo in ARC

5
 10:00 am– Wor-
 ship Service in
 AP Chapel
 2:30 pm– Bingo
 in BW Activity
 Rm

6 8-9:30 am Gym Supervised Hrs
 10:00 am– Chair Ex. in AP Commons
No Art Class Today
 1:30 pm– Timely Topics in ARC
**1:30 pm– Emerson Gallery Tour/
 Project**
 2-3:30 pm Wellness Clinic in Gym
3pm Balance I in AP Commons
4:15pm– Balance IIa in ARC
 6:30 pm– Bingo in ARC

7
 8-9:30 am Gym Supervised Hrs
 9:30 am– Yoga in LC
 10:30 am– Tai Chi in ARC
 1:30 pm– Bus to Walmart
 2:30 pm– Seated Stretching in Act Rm
2:30 pm– Yoga 2 in LC
 6:30 pm– Bridge in FSR

8 8-9:30 am Gym Supervised
9:30 am– Shopping at Town &
 9:15 am– Prayer in AP Chapel
 10:00 am– Chair Ex. in AP Co
 10:00 am– Brush-up Bridge 3rd
11:30 am– Interfaith Forum @
 1:00 pm– Coloring Group in
 2:00 pm– Catholic Comm. in
3:00 pm– Smart Women’s Ser
 6:30 pm– Bingo in ARC

12
 10:00 am– Wor-
 ship
 2:30 pm– Bingo
 in
 BW Activity Rm
**3pm– Recital in
 AP Commons**
**3:45 pm– Bob B.
 in BW**

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 ARC
 2-3:30 pm Wellness Clinic in Gym
3pm Balance I in AP Commons
4:15pm– Balance IIa in ARC
 6:30 pm– Bingo in ARC
7:45 pm– Bob B. in AP

14
 8-9:30 am Gym Supervised Hrs
 9:30 am– Yoga in LC
 10:30 am– Tai Chi in ARC
 1:30 pm– Bus to Walmart
 2:30 pm– Seated Stretching in Act Rm
2:30 pm– Yoga 2 in LC
 6:30 pm– Bridge in FSR

15 8-9:30 am Gym Supervise
 9:15 am– Prayer in AP Chapel
9:30 am– Shopping at Heeb’s
 10:00 am– Brush-up Bridge 3rd
 10:00 am– Chair Ex. in AP Co
 1:00 pm– Coloring Group in
 2:00 pm– Catholic Comm in
3:00 pm– Lutheran Comm in
3pm– Indoor Games in ARC
3:30-4:30 pm Boz. Public Boo
5:15 pm– Wonderment of the
Grand Ave Church
 6:30 pm– Bingo in ARC

19
 10:00 am– Wor-
 ship
 2:30 pm– Bingo
 in
 BW Activity Rm

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 ARC
 2-3:30 pm Wellness Clinic in Gym
3pm Balance I in AP Commons
4:15pm– Balance IIa in ARC
 6:30 pm– Bingo in ARC

21
 8-9:30 am Gym Supervised Hrs
 9-10 am– First Security Bank
 9:30 am– Yoga in LC
 10:30 am– Tai Chi in ARC
 1:30 pm– Bus to Walmart
 2:30 pm– Seated Stretching in Act Rm
2:30 pm– Yoga 2 in LC
3pm– Kathy Sullivan Music in BW DR
 6:30 pm– Bridge in FSR

22 8-9:30 am Gym Supervise
 9:15 am– Prayer in AP Chapel
9:30 am– Shopping at Town &
 10:00 am– Chair Ex. in AP Co
 10:00 am– Brush-up Bridge 3rd
 1:00 pm– Coloring Group in
 2:00 pm– Catholic Comm. in
 6:30 pm– Bingo in ARC

26
 10:00 am– Wor-
 ship
 2:30 pm– Bingo
 in BW Activity
 Rm

27
 8-9:30 am Gym Supervised Hrs
 1:00 pm– Art Class in BW Act Rm
 1:30 pm– Timely Topics/Great Deci-
 sions in ARC
 2-3:30 pm Wellness Clinic in Gym
3pm Balance I in AP Commons
4:15pm– Balance IIa in ARC
 6:30 pm– Bingo in ARC

28 8-9:30 am Gym Supervised Hrs
 9:30 am– Yoga in LC
 10:30 am– Tai Chi in ARC
 1:30 pm– Bus to Walmart
 2:30 pm– Seated Stretching in Act Rm
2:30 pm– Yoga 2 in LC
 6:30 pm– Bridge in FSR

29 8-9:30 am Gym Supervise
 9:15 am– Prayer in AP Chapel
9:30 am– Shopping at Heeb’s
 10:00 am– Chair Ex. in AP Co
 10:00 am– Brush-up Bridge 3rd
 1:00 pm– Coloring Group in
 2:00 pm– Catholic Comm. in
 6:30 pm– Bingo in ARC

Birthday Night 1

	Thu	Fri	Sat
<p>ommons Flr A-Wing RC Wing Chapel mobile ensemble in AP</p>	<p>2 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 1-2:30 pm Wellness Clinic in Gym 1:30 pm– Shopping Bus to the Mall 2:30 pm– Yoga 2 in LC 3:00 pm– Knit & Stitch AP Fireside 3:30 pm– Balance IIb in ARC 7:45 pm– Edis & Betsy in AP Commons</p>	<p>3 8-9:30 am Gym Supervised Hrs 9:30 am–12 pm AP Nail Care in ARC 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR 3 pm– Reviewing Options for BCBS Insurance Changes in AP Commons 6:30 pm– Pinochle in FSR</p>	<p>4 1 pm– Mexican Train Dominoes in FSR 1:30 pm– AP Movie in ARC</p>
<p>Hrs & Country ommons d Flr A-Wing Beth Shalom ARC AP Chapel minar in LC</p>	<p>9 8-9:30 am Gym Rm Supervised Hrs No 9:30 am Yoga Today No Bible Circle Today 10:30-11:30 am– Bank of Bozeman 1-2:30 pm Wellness Clinic in Gym 1:30 pm– Shopping Bus to 19th 2:30 pm– Yoga 2 in LC 3:00 pm– Knit & Stitch AP Fireside 3:30 pm– Balance IIb in ARC 7:45 pm– Accordion Ensemble in AP Commons</p>	<p>10 Tech Help Day 8-9:30 am Gym Supervised Hrs 9:30 am–12 pm AP Nail Care in ARC 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR 3 pm- MSU School of Music in BW DR 6:30 pm– Pinochle in FSR</p>	<p>11 10 am– Veterans Day Coffee and Donuts in FSR 1 pm– Mexican Train Dominoes in FSR 1:30 pm– AP Movie in ARC 6:30 pm- Bridge in FSR</p>
<p>d Hrs d Flr A-Wing ommons ARC Chapel Chapel mobile e World at</p>	<p>16 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 10:30 am– AP Resident Council in ARC 1-2:30 pm Wellness Clinic in Gym 1:30 pm– Shopping Bus to the Mall 2:30 pm– Yoga 2 in LC 3:00 pm– Knit & Stitch AP Fireside 3:30 pm– Balance IIb in Fitness Center 3:30 pm– Stories with Valerie in 3rd Flr A 7:45 pm– MSU Lecture in AP Commons</p>	<p>17 8-9:30 am Gym Supervised Hrs 9:30 am–12 pm AP Nail Care in ARC 10:00 am– Chair Ex. in AP Commons 11:30 pm– Friday Forum @Library 1:30 pm– Cribbage in FSR 2 pm– Ethnic Endeavors in ARC 6:30 pm– Pinochle in FSR</p>	<p>18 1 pm– Mexican Train Dominoes in FSR 1:30 pm– AP Movie in ARC</p>
<p>d Hrs & Country ommons d Flr A-Wing ARC Chapel</p>	<p>23 Thanksgiving No Shuttle Service Today 8-9:30 am Gym Rm Supervised Hrs 9:30 am– Thanksgiving Worship Service No 9:30 am Yoga Today 3:00 pm– Knit & Stitch AP Fireside No 2:30 pm Yoga Today</p>	<p>24 8-9:30 am Gym Supervised Hrs 9:30 am–12 pm AP Nail Care in ARC 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR 6:30 pm– Pinochle in FSR</p>	<p>25 1 pm– Mexican Train Dominoes in FSR 1:30 pm– AP Movie in ARC 6:30 pm- Bridge in FSR</p>
<p>d Hrs ommons d Flr A-Wing ARC Chapel</p>	<p>30 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 1-2:30 pm Wellness Clinic in Gym 1:30 pm– Shopping Bus to 19th No 2:30 pm Yoga Today 2pm– Resident Budget Update in AP Commons 3:00 pm– Knit & Stitch AP Fireside 3:30 pm– Balance IIb in ARC 3:30 pm– Stories with Valerie in 3rd Flr A 7:30 pm– HealthRHYTHMS in LC</p>	<p>Abbreviations: 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 BW: Birchwood AP: Aspen Pointe</p>	
<p>0/30 →</p>	 <p>BOZEMAN HEALTH HILLCREST SENIOR LIVING</p> <p>Aspen Pointe</p>		

11/1 Breakfast Buffet: All Hillcrest residents are welcome to take advantage of this complimentary breakfast buffet prepared by culinary services and served by the Hillcrest managers in the AP dining room.

11/1 Bookmobile at Hillcrest: To view the schedule visit <http://www.bozemanlibrary.org/bookmobile/>.

11/1 Bozeman Chamber Ensemble in AP: Bozeman Chamber Ensembles features young string students ages 4-18 crafting beautiful works from the baroque through modern times in self-directed, collaborative ensembles. Program directors: Violinists Carrie Krause and Pico Alt.

11/2 Edis & Betsy: Enjoy music with singer/songwriter Edis and her friend and accompanist Betsy.

11/3 Reviewing Options for BCBS Insurance Changes in AP: Please see page 1 for more information.

11/6 Emerson Tour/Project: In lieu of art class we will be taking part in this tour/project. Please sign up at the front desk and see page 1 more information.

11/8 Interfaith Forum @ Beth Shalom: Health Care and Religion: What perspectives do our religions offer to our national debates? With Rev. Duffy Peet (Uniarian-Universalist) Sign-up at the front desk.

11/8 Smart Women's Seminar: Montana State Political Science Professor, Franke Wilmer, PhD, specializes in international organization, international law, human rights, ethnic conflict, and peace studies. She has done research in multiple areas and will speak on psychology of identity and conflict and feminist theory.

11/9 Gallatin Valley Accordion Ensemble: Come listen to some wonderful accordion musicians!

11/10 MSU School of Music in Birchwood: Angella Ahn's MSU music students will perform for us!

11/11 Veterans Day Donuts & Coffee in FSR: The Bozeman Chapter of the Daughters of the American Revolution will be in the Fireside Room at 10am to visit with veterans and give out donuts and coffee.

11/12 Bob Britten in Birchwood: Bob Britten is back to play your favorite piano tunes.

11/13 Bob Britten in Aspen Pointe: Bob Britten will play your favorite piano tunes.

11/15 Bookmobile at Hillcrest: To view the schedule visit <http://www.bozemanlibrary.org/bookmobile/>.

11/15 Indoor Games: Sign up at the front desk.

11/15 Wonderment of the World: Dr. Betsy Gaines Quammen: Loving our World: Rituals and Restoration in Cultures Around the World. Presented at the Grand Avenue Christian Church. Sign-up at the front desk. Must have 4 people for shuttle service.

11/16 Aspen Pointe Resident Council: All residents are welcomed to this meeting.

11/16 MSU Lecture Series in Aspen Pointe: Each month, during the school year, a MSU professor will share some of their research! More info to come.

11/17 Friday Forum @ the Library: Montana's Race Problem: Facing our past and Transforming our Future Together. Judith Heilman, Executive Director of Montana's Racial Equity Project. Please sign up at the front desk.

11/17 Ethnic Endeavors: Chef Dean will teach participants how to make the butternut squash ravioli that was served at the Harvest Dinner.

11/30 Resident Budget Update: Hillcrest administration will update the residents on the approved budget for next year in the AP Commons.

11/30 Health Rhythms in LC: Please see page 4 for more information.



BOZEMAN HEALTH
HILLCREST SENIOR LIVING

Aspen Pointe

Wise & Well: Do's and Don'ts of Weight Lifting

By Jennifer McNulty, Exercise Specialist

Weight lifting is an important part of any fitness routine; however some people may be unaware that they are lifting improperly or the wrong amount of weight. The benefits of weight lifting are undeniable with increases seen in muscle mass, bone density, balance, and coordination. If weight lifting is done improperly, you will not experience these benefits and could suffer an injury. Below are a few rules to follow.

Do's of Weight Lifting:

Lift the correct amount of weight. Start with an amount that you can comfortably lift 12 times. A good starting reference would be 3 to 5 pounds for women and 5 to 8 pounds for men. As you become stronger, slowly increase the weight rather than increasing the amount of repetitions.

Breathe. Never hold your breath while lifting weights! It can increase your internal pressure too much and cause damage. Instead, breathe out as you are lifting the weight and breathe in when lowering it back down.

Maintain balance. Use your whole body for stability while lifting weights; this includes your back, abdominal muscles, and hips. Be sure to work opposing muscle groups. For example, if you work the front of your arms (biceps), make sure you work the back of your arms (triceps) as well.

Use proper form. Learn to do each lift properly, even with a machine. While lifting, slowly work through the full range of motion of the joint and muscle group. If you experience pain towards the end of the range of motion, stop right before you feel the pain on the next repetition. If you notice you are using improper form decrease the amount of weight you are using. This will help prevent injuries that could occur with improper form.

Rest. Avoid working the same muscle group two days in a row. If you work on your arms one day, work on your legs the following. Each muscle group needs a chance to recover and rebuild after a strength training session.

Don'ts of Weight Lifting:

Don't skip the warm up. Before lifting, start with a warm up of 5 to 10 minutes of cardio; this could include walking, using the Nustep, or biking. Cold muscles are more prone to injury if you lift without a warm up.

Don't rush. Slowly move your weights through the full range of motion, deliberately slow and controlled. This will isolate the specific muscle group you are targeting and prevent relying on momentum to get you through the lift.

Don't ignore pain. If you experience pain while lifting through the full range of motion or the pain increases as your work through the exercise stop the exercise and make sure to rest. You can try the exercise after a few days with less weight to see if the pain returns. If you are still experiencing pain, talk to one of your fitness specialists for a modification of the exercise or contact your physician.

If you are interested in starting a weight lifting program or have any questions or concerns, don't hesitate to come see Jennifer and Emma in the Fitness Center. We are always happy to help! In addition, Ginger has a Wellness Clinic on Monday and Thursday afternoons, available by appointment at the front desk.

Beth Wood Turns 100!

By Kate Evans



Beth Wood appeared surprised when she was told that her upcoming 100th birthday would be of interest to readers of *Crest Lines*. When she was assured

that it would, she revealed the important events which had occurred along her long journey.

She was born December 6, 1917 to Agnes and Raymond Scheibe in Anatone, WA. Her father, a farmer, county assessor, and at times a school teacher, could be labeled a Renaissance man because of his wide interests. He also liked to sing, cook, and quilt.

Beth had an exciting beginning in tiny Anatone, a community of some 27 people that was surrounded by open country. As an infant she was placed in a pram one day for a nap outside on the front porch. When her mother returned to check on baby Beth she saw a rattlesnake approaching the pram. Alarmed, she ran inside the house for a pistol which she quickly found and shot the venomous creature.

At an early age, Beth showed a desire to play the piano. Because the family could not afford buying such an expensive instrument an uncle designed a keyboard on top of a wooden bench so she could “dry practice” the notes. Later when she was six the family purchased a piano for her; it has remained in the family since and is now with her granddaughter, Cassie Atteberry in Kansas City, KS. Years later she was helped by a neighbor to improve her skills.

Beth remembers happy days attending the small grade school with her younger brother, George, and sister, Charlotte. “We played games, enjoyed music, and had fun.” In high school, she participated in basketball and played the piano for the choir. “I also tried to ice skate, but was a failure,” she explained.

Upon graduation she enrolled in Lewiston, ID, Normal School where she met Linsy Atteberry, an athlete in football and basketball. They married in 1937 and had three children: Bill, Lynne Adene, and Ray, now of Bozeman.

Beside the piano, Beth learned to play the organ. When she and her family were living in Clarkston, WA, her father was singing in the Methodist church choir for which she was the organist.

In the early 1950’s she renewed a friendship with Walter Wood, a rancher who she had known at Anatone High School. They met at a dance hall where she was playing the piano to support her young family. She had this job along with a secretarial position with the Boy Scout organization in Lewistown, ID. They were married in 1952, a marriage that lasted for 50 years. “Walter and I loved to dance; we went every Saturday evening to local fraternal lodges to dance,” she happily recalls.

Throughout her life she enjoyed sewing and quilting. “I made my children’s clothes and was active in the Cow Belles, a professional organization of cattlemen who play a vital role in the beef community.” Also she has always been a reader; “I like most every kind of book.”

At Birchwood she enjoys the friendly residents, the time to read, and the music programs, especially those featuring pianists.



From left: Beth; brother, George; and sister, Charlotte.

About Our Staff

By Kate Evans

Meet the Roushers, Marilyn and Dave!

Over the past years brothers and sisters have followed one another as servers in the Aspen Pointe dining room. At other times there have been combinations of mothers and daughters working along side each other, but doing different chores. Currently there is a mother-daughter team in Birchwood; both are RA's but one is on day duty and the other works nights.

Recently, a married couple was employed by Hillcrest. Dave Rousher became the shuttle driver in March and Marilyn Rousher joined the Birchwood dining staff as a server in September.

Her decision to apply for the position was an easy one. She explains it this way, "Dave was so pleased, excited, about his new job that he mentioned it daily when he returned from work. I heard this happy report enough to decide that if a position opened at Hillcrest I would apply for it." Now they are two happy employees, working and helping people. "We like people and these jobs are all about and with people," she states.

Married since 1971, Marilyn and Dave met at Knott's Berry Farm while college students in California. She was a ticket taker and Dave was the loader of visitors for rides on the stage coach and burros. Dave was studying at Fullerton College. Marilyn was a student at Orange Coast College working on a degree in journalism. She later attended the University of California at Davis and freelanced for a number of publications, including the L.A. Times and Washington Post.

Marilyn's youth was spent in southern California near Orange, where then it was a rural area with ranches. She grew up around horses, learning to understand them and how to train them. As an adult she used these skills to teach children to ride and coached older women who "bought horses but were scared to death to ride them." She proudly stated, "I trained horses until I was 60 years of age." During a period when she and Dave lived in Coeur d'Alene she edited

the "Back Country Horseman," an Idaho state newsletter.

Following a year at Fullerton College, Dave enlisted for three years in the Army Veterinarian Corps and became a farrier (blacksmith) of caisson horses at Fort Meyers, VA. Upon his discharge he enrolled in the University of California-Davis for a degree in agriculture, which he obtained in 1977.

However, an interest in real estate led him to a new career in mobile home parks. He and a partner eventually owned and managed 35 such ventures nationwide, 12 of them in Montana. During this time Marilyn became a certified bookkeeper to help in this business operation. "See, we worked together even before Hillcrest," she explained.

Dave also followed his passion for flying. As a child growing up in Buena Park, CA, he enjoyed watching the many planes flying over the growing area of Anaheim and Disneyland. He shared this interest with his father, Roy, who now makes his home with Marilyn and Dave in Belgrade. Dave and Roy took flying lessons at the same time in 1978 and today, as registered private pilots, they watch from their front porch the many planes arriving over the Bridger Mountains to nearby Gallatin International Airport.

The Roushers have two daughters, Kerry Rousher lives in Coeur d'Alene, ID and Vanessa Clore in Bozeman.



Department Updates

Marketing—Linda Jo Simkins

- We will welcome two new residents into Aspen Pointe during the month of November: Mary Whitlock, D304, and William Bryant, D208.
- We greeted a new resident pet this past month, Sophie. Sophie is Jane Fisher's adopted Havanese puppy.
- On November 9th, the Hillcrest staff has an opportunity to participate in the Exceptional Customer Service Seminar, presented by the Brandt group. The nationally acclaimed speaker, Steve Beck, is the founder and President of Beck and Associates, an author, keynote speaker, master facilitator and coach. Steve brings more than 20 years of corporate executive experience to his programs. Through his numerous seminars, workshops, and speaking engagements he has taught thousands how to have a Great Day Every Day.

Environmental Services—John Odden

- Reminder: please do not put plastic grocery bags in the plastic tubs in the janitors' closets; they are not recyclable.
- Given the popularity of the "Hotel Stay" apartment in the B wing, we are asking that guest stays be limited to no more than 2 weeks. That way, all can share in its use.

Programs—Rachel Clemens

- Fitness Center Orientation: Emma and Jennifer will take appointments to help acquaint residents to the equipment in the fitness center. Sign-up at the front desk for your appointment. Time slots are Wednesdays from 1:30-3:30pm.
- Christmas Decorating: We will begin decorating in November. If you would like to participate, here are the dates to help: Birchwood, November 29th in the dining

room at 2:30pm, and Aspen Pointe, December 1st at 2:30pm in the AP Commons.

- Smart Women's Stroll/Holiday Boutique: During the Smart Women's Christmas Stroll, December 13th, there will be a Boutique in the Fireside Room. We are looking for residents who would like to have a table. We already have residents who are interested so be sure to contact Rachel Clemens at 414-2002 or Brenda Watkins 414-2005 ASAP.
- Holiday Programs: Please be patient during this busy time of year. We have many volunteer groups that want to spread holiday cheer through song, dance, and more. To accommodate their generosity, some regularly scheduled programs may be cancelled or scheduled at a different time or place. Be sure to check the times of programs carefully.

Culinary—Dean Savage

- This month's Ethnic Endeavors featured dish is Butternut Squash Ravioli, which was served during the Harvest Dinner. Join Chef Dean in the ARC Center November 17th at 2pm.
- Culinary Services will be hosting the elaborate annual Thanksgiving Buffet on November 23rd. Be sure to make your plans and put in your reservations early to the front desk.

KUDOS to Culinary and Dining Services!!!!

Congratulations for a most excellent job well done!!! The Harvest Dinner was a joyous occasion with delicious and beautifully presented cuisine! The residents wish to say thank you for the wonderful evening!