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Coming Soon

December

- Nutcracker in a Nutshell
- Christmas Stroll & Boutique
- Christmas Party
- MSU Piano Recital

January

- Tea Party
- Hillcrest Memorial Service

February

- Super Bowl Party
- Valentine's Day



Thoughts from the Administrator's Desk: Food Quality versus Financial Accountability

by LeRoy Wilson

As a healthcare administrator I have learned that there is one area where you never scrimp to save money and that is food quality. At Hillcrest, we have a proven track record of our servers and chefs providing the best culinary experience possible. When we conducted our recent "Meal Credit Survey" my main concern was the growing number of missed resident meals. Not only is this a budgetary issue, I am honestly concerned that some residents are not eating enough to stay healthy.

After reading through the survey results I am relieved to see that although we do have opportunities to improve, our residents still love our menus and dining service. It's also clear that residents share our concern in managing our budget responsibly. The underlying issues we have to address are centered on three items: we are giving a record number of meal credits back to residents, we see residents taking a second meal home in a to-go box at lunch and dinner, and the steady increase of complimentary snacks in the Fireside Room.

In the last three years, meal credits have gone from \$15,000 to now a record high of more than \$60,000 in credits. The solution, supported by 50% of the residents that participated in the "Meal Credit Survey," is to change the meal credit program to crediting residents only after being gone for 5 or more consecutive days or when they have a hospital/skilled/rehab nursing stay. These credits would truly be a one-for-one credit and the financial impact is estimated to be around \$30,000 per year. This new program would be implemented in January 2019 and be re-evaluated every quarter.

It may come as a surprise to many of you, but we have a significant number of residents that order one entrée and then ask for a second entrée to go. Some residents fill to-go boxes at the salad bar and the dessert bar where they take enough food for additional meals. This costs the facility money for the extra food and the cost associated with handling/replacing/cleaning of to-go boxes. The best solution is for us to eliminate to-go containers (residents may bring their own) and charge residents that want a second meal. Please note servers have been directed to charge for additional entrées or sandwiches if residents take this food to go.

Continued page 8

Hillcrest to Honor Veterans



Veterans Day honors ALL American veterans, both living and deceased. November 11 of each year is the day that we ensure veterans know that we deeply appreciate the sac-

rifices they have made to keep our country free.

On a photo collage, we would like to recognize all of the Veterans who live here at Hillcrest along with friends and family of our residents who have served in the military. Please bring your picture to the Aspen Pointe front desk or the LPN office at the front of Birchwood. We will make a copy of your picture and then return it to you promptly, as we know these pictures are very special to you. Please put a sticky note on it with the person's name, if they are not a resident here and explain your relationship. Turn pictures in by November 5th. These pictures will be displayed in the Aspen Pointe Commons and Birchwood.

The Daughters of the American Revolution will be bringing cookies November 10th at 10am to the Fireside Room and visiting to express their gratitude. And on November 11th, the Hillcrest culinary department will be making homemade donuts for the Fireside Room as a symbol of our appreciation.

Water Aerobics at the Ridge

There has been enough interest in the aqua classes at the Ridge to start taking a shuttle there Mondays and Wednesdays. The shuttle will leave Hillcrest at 8:15am, class begins at 8:45am and runs for 45 minutes. The Ridge offers three FREE classes before committing to a monthly membership for \$48. There is also a one time activation fee of \$25. This membership is good for all classes and the entire facility. Call Megan for more information at 414-2031.

Residents to Volunteer at Heart of the Valley

Interested in volunteering at the Heart of the Valley Animal Shelter? Hillcrest will be going the 1st and 3rd Thursday of each month to play with the dogs and cuddle the cats. The volunteer coordinator will do a brief orientation before starting. The shuttle will leave Hillcrest at 9:30am, volunteer until 11am and be back for lunch by 11:30am. You do not need to commit to both Thursdays each month, just come when you can. Please sign up at the front desk. We have space for five people each trip.

Can the Griz

This is the 19th year for this off-field competition between Montana State University and the University of Montana to see which school can collect the most donations for its local food bank. The competition begins on Nov. 3rd and runs to the end of the first quarter on Nov. 17th at the Brawl of the Wild game between MSU and UM.

Last year's competition was the closest ever. Bobcat supporters donated 257,336 pounds of food, plus approximately \$131,757! The Griz only winning by 4,985 pounds. We can't let this happen again this year.

Hillcrest will be joining in the fight this year. Non-perishables can be donated at the front desk of Aspen Pointe until November 16th to join in the competition.

All of the food collected during Can the Griz remains in the Gallatin Valley and is used to support our friends, our neighbors, and our children's classmates.



Two Yoga Classes Offered in Aspen Pointe



Margaret Elliot started teaching yoga at Hillcrest in June earlier this year. She is a 200-hour registered yoga teacher who took her first class with her mom about 5 years ago and fell in love! She completed her training in Mystic,

CT in 2016 at Mystic Yoga Shala, a Baptiste Yoga studio. Margaret places an emphasis on breath work and a focus on correct body alignment in order to create a flow that will be physically challenging for students, yet spiritually connected enough to leave anyone feeling inspired and empowered.

Mat Yoga at 9:30am Tuesdays and Thursdays

The class is around 55 minutes long. Students spend time doing yoga poses/stretchers on the floor, standing, and seated in a chair. The morning class moves at a slower pace at the beginning and end of the class in order to warm up and cool down and at a moderately quick pace during the middle of the class in order to increase the heart rate. It incorporates full body stretches, balance work, and accessible core exercises. To finish, students take a nice long savasana with their legs resting up on the chair. All you will need for class is a mat and yourself!

Chair Yoga at 2:30pm Tuesdays and Thursdays

This class is around 45 minutes long. Students spend time doing yoga poses/stretchers seated in a chair & standing at the back of their chair (using the chair for support if needed). The afternoon class moves at a slower pace, and the first and last 5 minutes are dedicated to breathing exercises. It incorporates full body stretches, balance work, and strength building exercises. All you will need for this class is yourself!

Both classes are located in the Learning Center on the lower level of A-Wing.

Bozeman Film Celebration Comes to Hillcrest



BOZEMAN FILM CELEBRATION

Bozeman Film Celebration's website states the mission of this celebration "is at the forefront in building bridges of understanding between diverse

points of view and is in the vanguard in restoring media literacy. The vision behind BZN is to highlight movies that make a positive impact on audiences—stories that showcase the best of the human spirit while inviting a call to action. We champion films that educate and enrich while they entertain: documentaries, indies, comedies, features, and shorts that make our cut must be intelligent and thought-provoking, inspire curiosity, and encourage community and global awareness. Above all, they should stimulate conversation—a lost art we're determined to help restore."

Artistic Managing Director, Beth Ann Kennedy, has helped set up two days of film showings at Hillcrest. Sunday, November 11th at 2:30pm a group of short films will be shown: "In Perpetual Motion," "I Am Ocean: Puua Case," "The Milliner," "The Harpist," "Men Talk About Mother," "Refrigerator Flying Lesson," "Inland Island," "Where the Wild Things Play," and "Deux Mains." Sunday, November 18th a longer film will be shown with an intermission at the halfway point, "Not for Ourselves Alone." Beth Ann will be at Hillcrest during these showings to help facilitate conversations.

Whether you are a serious cinephile or simply appreciate a good movie, we're sure you'll treasure this adventure.

Keep an eye out for more information on these films and the location of these showings.

<https://bozemanfilmcelebration.com/>

Hillcrest Neighbors

By Kate Evans



Dorothy Combs is not one person, she is many individuals living life in a tiny energetic body. During her 87 years she has been a teacher, singer, entrepreneur, wife, mother, organizer and author. "I am still a curious and self-willed child who does NOT know

what I can't do. My philosophy is to think 'I can' and then work hard to make it a success."

She was born and grew up in Aulander, NC, a very small community surrounded by aunts, uncles, and cousins who she loved and who loved her. "I had two older brothers but I was daddy's little girl just as in the song." From her father, Jack Jenkins, she inherited his industrious nature and his love of music. As a four-year-old Dorothy sang to the domestic turkeys who lived back by the wood pile. In high school she won a state voice competition, and created a weekly radio show, entertaining listeners for a half hour with songs.

While a student at Duke University she was a member of the adult chapel choir and sang solos in Handel's Messiah. When living in Rochester, MN she sang at all three Sunday services at Christ United Methodist Church. "Singing came naturally to me, with little formal training," she says. During her freshman year at Duke, while studying education, she learned from a friend that a group of black children were in need of a program offering guidance and support. "I offered to meet with them on Tuesday nights during the summer. By fall the group had outgrown the small church for a black congregation," she explains. "They just needed to know that they as persons mattered; that they had worth and deserved respect and opportunity."

Dorothy and a Duke 2nd year medical student, Joseph John Combs, became friends in her

senior year and were married June 26, 1953. Upon his graduation he was sent to the new Air Force Academy at Colorado Springs as the physician to those stationed there and the cadets. Here Dorothy found a new challenge. She was recruited to head a drive to raise funds for the construction of an academy football stadium. "I sensed that the effort had to be exciting, a really different event, to get the attention of the academy community," she explains. "I got brave and phoned the head of the English department and said that I needed his help. He seemed surprised at my request but willing to help find professors to write a humorous military melodrama; General Sullivan agreed to appear in a can-can line of dancers." In one night's performance a sum of \$7,000 was raised.

As a cardiologist, Joe was transferred to San Antonio to examine heart tracings of Russian astronauts, measuring their rhythms while in space. Later he worked as a flight surgeon at McDonnell Douglas, an aerospace manufacturing corporation in St. Louis.

In the late 1960's The Mayo Clinic invited Joe to join its staff in Rochester, MN, where the couple would reside for the next 50 years. Dorothy again assumed volunteer roles in the community. When a group of Rochester citizens (mostly women) were having difficulty deciding on the events for their annual summer festival she stepped forward with a plan, featuring a week of musical programs and a parade. "A festival starring the world famous pianist Victor Borge, plus other performances by the Rochester Symphony and the choirs from the three local high schools (all performing under one roof) was a very special summer festival," she proudly exclaims. At her request, the Merchants Association surprised her with a gift of \$1,000 for the Symphony Guild. Furthermore Dorothy secured a free auto from a car dealer that was offered as a door prize, bringing additional publicity and more funds to the festival.

Continued page 8

November 2018

Remove and keep as daily reference.

Spiritual Offerings

Chaplains delivering November services at 10:00am in the AP chapel are as follows:

November 4	Chaplain Nadine Grayl
November 11	Chaplain Tim Spring
November 18	Chaplain Ken Mottram
November 25	Chaplain Sandy Osborne

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.

Announcements:

- **Bridge Players Needed:** Do you play bridge, but haven't joined the group that plays Tuesday nights? They are looking for more players. They play every Tuesday at 6:30pm in the Fireside Room. If you are interested let the programming department know at 414-2031.
- **Shopping Shuttle:** Interested in shopping downtown? We will be driving the shuttle down Main Street on Friday, November 16th. Shuttle will leave Hillcrest at 1:30pm and picking residents up at 3:30pm. Sign up at the front desk. Indicate where you would like to be dropped off.
- **Thanksgiving Worship Service:** Chaplain Katie Michael will give a short Thanksgiving Day Worship Service in the AP Chapel at 9:30am.
- **Movie Showing:** Movie "OLD?!" to be viewed again Friday, November 9th at 3pm in the ARC for those who missed the first showing.
- **Holiday Shopping:** The hospital gift shop has great gifts and is always decorated beautifully during December. Keep an eye out for 2 shopping days at the beginning of December where you get 20% off.

November Birthdays

Stafford Hall	11/1
Betty Larson	11/8
Bob Hohne	11/11
Kay Reilly	11/11
Mary Urban	11/15
Peggy Whitlock	11/17
Amy Black	11/27
Joyce Sandquist	11/28
Pete Ault	11/28
Mary Hohne	11/28



BOZEMAN HEALTH
HILLCREST SENIOR LIVING

Aspen Pointe

Sun

Mon

Tue

November



Aspen Pointe

Abbreviations:

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

4 10:00am Worship Service in AP Chapel
2:30pm AP Movie in ARC
3:00pm Recital in AP Commons
Daylight Savings—Fall Back 1 Hour

5 10:00am Chair Ex. in AP Commons
1:00pm Art Class in BW Act Rm
1:30pm Timely Topics: Great Decisions in ARC
3:00pm Bingo & Cocktails in BW Act Rm
7:45pm Stefan Stern Music Trio in AP Commons

6 9:30am Yoga in LC
10-11:30 Open Wii Bowling in Commons
10:30am Tai Chi in ARC
1:30pm Bus to Walmart
1:30-3:00pm Wellness Clinic in Gym
2:30pm Stretching in BW Act Rm
3:00pm Guided Meditation in BW Act Rm
3:30pm Great Courses in Commons
2:30pm Yoga 2 in LC
6:30pm Bridge in FSR

7 Men's Br
9:15am Prayer
9:30am Shopp
10:00am Chair
11:30am Inter Parish
1:30 pm Book
1:30pm AP Ar
2:00pm Catho
3:30-4:30pm I
6:30pm Binge

11 Veterans Day
10:00am Worship Service in AP Chapel
2:30pm AP Movie in ARC Bozeman Film Celebration Short Films

12 10:00am Chair Ex. in AP Commons
1:00pm Art Class in BW Act Rm
1:30pm Timely Topics
3:00pm Bingo & Cocktails in BW Act Rm
7:45pm Angella Ahn's MSU School of Music Students in AP Commons

13 9:30am Yoga in LC
10-11:30 Open Wii Bowling in Commons
10:30am Tai Chi in ARC
1:30pm Bus to Walmart
1:30-3:00pm Wellness Conversation: Winter Walking & Walker Clinic in FSR
2:30pm Stretching in BW Act Rm
3:00pm Guided Meditation in BW Act Rm
3:30pm Great Courses in Commons
2:30pm Yoga 2 in LC

14 Dr. Cla
9:15am Prayer
9:30am Shopp
10:00am Chair
1:30pm AP Ar
2:00pm Catho
3:00pm Smart
4:00pm Bozem
AP Commons
6:30pm Binge

18 10:00am Worship Service in AP Chapel
2:30pm AP Movie in ARC Bozeman Film Celebration Documentary
3:45pm Bob B in BW

19 10:00am Chair Ex. in AP Commons
1:00pm Art Class in BW Act Rm
1:30pm Timely Topics
3:00pm Bingo & Cocktails in BW Act Rm
7:45pm Bob B in AP Commons

20 9-10am First Security Bank
9:30am Yoga in LC
10-11:30 Open Wii Bowling in Commons
10:30am Tai Chi in ARC
1:30pm Bus to Walmart
1:30-3:00pm Wellness Clinic in Gym
2:30pm Stretching in BW Act Rm
3:00pm Guided Meditation in BW Act Rm
3:30pm Great Courses in Commons
2:30pm Yoga 2 in LC
6:30pm Bridge in FSR

21 9:15am Prayer
9:30am Shopp
10:00am Chair
1:30pm AP Ar
2:00pm Catho
3:00pm Luthe
3:30-4:30pm I
6:30pm Binge
7:45pm Music Commons

25 10:00am Worship Service in AP Chapel
2:30pm AP Movie in ARC

26 10:00am Chair Ex. in AP Commons
1:00pm Art Class in BW Act Rm
1:30pm Timely Topics
3:00pm Bingo & Cocktails in BW Act Rm
7:45pm Health Rhythms in Learning Center

27 9:30am Yoga in LC
10-11:30 Open Wii Bowling in Commons
10:30am Tai Chi in ARC
1:30pm Bus to Walmart
1:30-3:00pm Wellness Clinic in Gym
2:30pm Stretching in BW Act Rm
3:00pm Guided Meditation in BW Act Rm
3:30pm Great Courses in Commons
2:30pm Yoga 2 in LC
6:30pm Bridge in FSR

28 9:15am Prayer
9:30am Shopp
10:00am Chair
No Art in ARC
2:00pm Catho
2:00pm Tree T
6:30pm Binge

Wed	Thu	Fri	Sat
<p><i>Remove and keep as daily reference.</i></p>	<p>1 9:30am Yoga in LC 10:15am Bible Circle in BW Act Rm 10:30-11:30am Bank of Bozeman 1:30pm Shopping Bus to 19th 2:30pm Yoga 2 in LC 3:00pm Knit & Stitch AP Fireside 3:30pm Story Hour w/Katie 3rd Flr A-Wing</p>	<p>2 10am-12pm AP Nail Care 3rd Flr A-Wing Lounge 10:00am Chair Ex. in AP Commons 1:30pm Cribbage in FSR <u>3:00pm Piano Concert in AP Commons</u> 6:30pm Pinochle in FSR <u>6:45pm "Won't You Be My Neighbor?" at the Ellen</u></p>	<p>3 1:00pm Mexican Train Dominoes in FSR 2:00pm BW Movie in Act Rm</p>
<p>Breakfast r in AP Chapel ding at Co-op r Ex. in AP Commons <u>Faith Forum at Resurrection</u> <u>Club 3rd Flr Awing Lounge</u> <u>t Class Going to Emerson</u> blic Mass in Chapel <u>Boz Public Bookmobile</u> o in ARC</p>	<p>8 9:30am Yoga in LC 10:15am Bible Circle in BW Act Rm <u>10:30am AP Resident Council in ARC</u> 10:30-11:30am Bank of Bozeman 1:30pm Shopping Bus to the Mall 2:30pm Yoga 2 in LC 3:00pm Knit & Stitch AP Fireside 3:30pm Story Hour w/Katie 3rd Flr A-Wing</p>	<p>9 9:30am-12pm AP Nail Care 3rd Flr A-Wing Lounge 10:00am Chair Ex. in AP Commons <u>11:30am Friday Forum at Library</u> 1:30pm Cribbage in FSR <u>3:00pm Movie "OLD?!" in ARC</u> 6:30pm Pinochle in FSR</p>	<p>10 DAR 1:00pm Mexican Train Dominoes in FSR 2:00pm BW Movie in Act Rm 6:30pm Bridge in FSR</p>
<p>Work in A-wing Clinic r in AP Chapel ding at Heeb's r Ex. in AP Commons t Class in ARC blic Comm. in Chapel <u>Women's in LC</u> <u>man Chamber Ensemble in</u> o in ARC</p>	<p>15 9:30am Yoga in LC 10:15am Bible Circle in BW Act Rm 10:30-11:30am Bank of Bozeman 1:30pm Shopping Bus to 19th 2:30pm Yoga 2 in LC 3:00pm Knit & Stitch AP Fireside 3:30pm Story Hour w/Katie 3rd Flr A-Wing</p>	<p>16 9:30am-12pm AP Nail Care 3rd Flr A-Wing Lounge 10:00am Chair Ex. in AP Commons 1:30pm Cribbage in FSR <u>3:00pm Bronzing Sculpture Process with Amanda Markel in ARC</u> 6:30pm Pinochle in FSR</p>	<p>17 1:00pm Mexican Train Dominoes in FSR 2:00pm BW Movie in Act Rm <u>3:45pm Concert in AP Commons</u></p>
<p>r in AP Chapel ding at Town & Country r Ex. in AP Commons t Class in ARC blic Comm in Chapel <u>eran Comm in Chapel</u> <u>Boz Public Bookmobile</u> o in ARC <u>by Kathy Sullivan in AP</u></p>	<p>22 Thanksgiving <u>9:30am Thanksgiving Service in AP Chapel</u> 3:00pm Knit & Stitch AP Fireside <u>No Yoga, Bible Circle, Bank of Bozeman, or shopping today!</u> <u>No Bus Service Today</u></p>	<p>23 9:30am-12pm AP Nail Care 3rd Flr A-Wing Lounge 10:00am Chair Ex. in AP Commons 1:30pm Cribbage in FSR 6:30pm Pinochle in FSR</p>	<p>24 1:00pm Mexican Train Dominoes in FSR 2:00pm BW Movie in Act Rm 6:30pm Bridge in FSR</p>
<p>r in AP Chapel ding at Heeb's r Ex. in AP Commons <u>Today</u> blic Comm in Chapel <u>trimming in BW</u> o in ARC</p>	<p>29 9:30am Yoga in LC 10:15am Bible Circle in BW Act Rm 10:30-11:30am Bank of Bozeman 1:30pm Shopping Bus to the Mall 2:30pm Yoga 2 in LC 3:00pm Knit & Stitch AP Fireside <u>Birthday Night</u></p>	<p>30 9:30am-12pm AP Nail Care 3rd Flr A-Wing Lounge 10:00am Chair Ex. in AP Commons 1:30pm Cribbage in FSR <u>2:00pm Tree Trimming in AP</u> 6:30pm Pinochle in FSR</p>	

11/1, 11/8, 11/15, 11/29 Story Hour w/Katie: Chaplain Katie Michael will be in the 3rd Floor A-Wing Lounge to read a short story followed by discussion.

11/2 Piano Concert: Rod and Maria Spitler's, former Aspen Pointe residents, son Stephen Merritt will be here putting on a concert Friday afternoon. Stephen is an accomplished pianist who has played all over the world.

11/2 "Won't You Be My Neighbor?": See page 7 for more information. Sign-up at the front desk. Must have 4 signed up to go.

11/4 Recital: Children's recital—piano and violin.

11/5 Pianist Stefan Stern and friends

11/6, 11/13, 11/20, 11/27 Guided Meditation: Chaplain Katie Michael will lead this group to an emotionally calm state of mind in the BW Act Rm at 3:00pm.

11/6, 11/13, 11/20, 11/27 Great Courses: Bob Yaw will continue the 12 week series titled "Understanding the Universe" in the Commons at 3:30pm. The last course will be December 4th for this series. Then we will begin a new course.

11/7 Men's Breakfast: All men are invited to congregate for a cooked to order breakfast in the Aspen Pointe Dining Room.

11/7 Interfaith Forum: This month the panel will be discussing agriculture and religion, with MSU professor of weed and invasive plant exology Fabian Menalled who focuses on the ecological basis of sustainable agriculture. Sign-up at the front desk.

11/7 & 11/21 Bookmobile: The Bozeman Public Library Bookmobile will be in the parking lot between Aspen Pointe and Birchwood. A cart with several book choices will also be in the Commons.

11/8 Aspen Pointe Resident Council: All residents are welcome to join the council members in the ARC to hear what's going on, and voice issues, comments, or concerns.

11/9 Friday Forum at the Library: Topic to be determined.

11/9 Movie "OLD?!": A thought provoking and humorous film about the aging process.

Aspen Pointe residents, Sally and Maynard Telpner, appear in the film which has been screened at festivals around the country and overseas.

11/11 Bozeman Film Celebration: See page 3 for more information.

11/14 Dr. Clark: Dr. Clark, podiatrist, will be here for the day in the Aspen Pointe clinic in the basement of A-Wing. Sign-up at the front desk.

11/14 Smart Women's: Come learn how important nutrition education is at all stages of life with registered dietitian Katie Bark.

11/14 Bozeman Chamber Ensemble: Carrie Krause will bring her chamber group of 20 kids ranging from elementary to high school students to play for us.

11/16 Bronzing Sculpture Process: Activity Assistant and artist Amanda Markel will give a presentation on the bronzing process.

11/17 Children's Concert: A group of local teens have put together a program of singing, piano, and dance.

11/18 Bozeman Film Celebration: See page 3 for more information.

11/18 & 11/19 Bob Britten: Bob will tickle the ivories as only he can. Come and request a song or two!

11/21 Kathy Sullivan: Singer and Guitarist. Kathy visits us every year around Thanksgiving. Welcome her back at one of her two shows!

11/26 Health Rhythms: Join Ginger Lee for fun and drumming in the Learning Center.

11/28 Birchwood Tree Trimming: Join Hillcrest staff for decorating the tree in Birchwood and enjoying holiday cookies and hot chocolate.

11/30 Aspen Pointe Tree Trimming: Join Hillcrest staff for decorating the tree in Aspen Pointe and enjoying holiday cookies, hot chocolate, and egg nog.



BOZEMAN HEALTH
HILLCREST SENIOR LIVING

Aspen Pointe

Wise & Well: De-Stress During the Holidays

The holiday season is upon us! We may be getting excited to spend time with family and friends, enjoy the change in seasons, and we may be getting antsy to celebrate the upcoming holidays. Even with all the excitement and happiness, we cannot forget that the holiday season is one of the most stressful times of the year. During the holidays we try to fit many extra things into our daily lives. It may not be anything large or extravagant, but every little outing and everything we try to fit into our schedules adds to the stress we experience. We may start to feel rushed or pressured to join an outing that we normally do not do, or we may feel the financial constraints of what the holidays bring upon us.

When we begin to feel stressed, our blood pressure raises, our heart rate increases, we lose sleep or may not be able to sleep soundly through the night. We get irritable and upset over things that normally wouldn't bother us. We get disorganized and unfocused; we may get anxious, and may startle much easier. But fear not; there are many ways to de-stress during these hectic, yet exciting, holiday times!

- **Take care of your body.** During the holidays make sure to continue to exercise, eat well, and limit the amount of sugar, caffeine, and alcohol that you consume. Ensure that you are sleeping enough and relaxing a little bit each day. These are the basics of stress reduction.
- **Take mini-breaks.** When you start to feel yourself getting stressed, mad, or upset, take a break from what you are doing. Walk away from the conversation or situa-

tion that is causing the stress. Take a walk outside in the crisp fresh air, go into a quiet room and read for a little bit, even if it is just five minutes.

- **Know your limits.** During the holiday season it is easy to want to do everything. Make sure you put realistic expectations on yourself. Knowing and sticking to your limits and therefore not overbooking yourself will greatly reduce the amount of stress you feel.
- **Ask for help & let things go.** It is always okay to ask for help and during the holiday season it is no different. If you are hosting a festive event, divvy up some of the smaller tasks to your close friends or family. Remember, if somebody is helping you; let them help you! They may not do things the way you do, but that is ok; perfection is in the eye of the beholder—your version of perfect may not be the same as your family or friends. In addition, do the best you can do with the time that is allowed.

Do not try to overdo the party or holiday festivities; it will cause too much stress. Your friends and family will be so happy for the invitation that they won't notice if the tablecloth is not the right shade of green.

- **Notice the small things.** With all the chaos that surrounds the holiday seasons make sure that you take a moment to smell the roses—or cinnamon sticks in this case. Sit by a window and watch the snow lightly fall onto the trees or watch the fire crackle in the fireplace. Remember to take a moment and listen to the music playing in the background or go into a quiet room and let your mind wander.



About Our Hillcrest Staff

By Kate Evans



Wes Williamson, Hillcrest cook, has tried cowboying and truck driving in his life but found neither was what he wanted to pursue. “Cowboying just didn’t provide me with enough real money and driving a

truck for a local lumber firm didn’t seem to be a very professional kind of job,” he thoughtfully explained. Cooking has been far more rewarding and personally satisfying to him. “At Hillcrest I get to work with quality products to prepare healthy food, dishes for residents that are attractively presented and tasty. The working environment here with both residents and culinary staff is top notch, couldn’t be better.”

Right out of high school in 1973 he joined the Navy as a way to recover from a broken heart with a long time sweetheart. During his naval years of service, he was stationed on aircraft carriers Oriskany and Coral Sea. After being discharged in 1979, he applied with the Civil Service and took a temporary part time dishwashing job with the Veterans Administration as a way to get his foot in the door. “It started me on a climb to eventually be the highest paid cook in the system and a government career of 27 years,” he proudly stated. Later he drove a truck for five years for Kenyon Noble Lumber Co.

When he learned in 2005 about an opening at Hillcrest he applied and was hired by then chef, Leroy Mitchell, who told him that five qualified cooks had been considered already for the job but did not pass the background check. “So that’s how I got my first job at Hillcrest. It pays to behave,” he said with a smile.

He held that job for six years, leaving it only because his wife’s poor health required him to work closer to home (they were living in Manhattan).

Continued page 8



Anna DeCan grew up in a large mixed family of four children and numerous puppies. “There were always puppies in the laundry room,” she recalls in amusement. “My dad, David DeCan, is both a realtor and a breeder of black labradors

so I grew up with young dogs. We loved them and played with them, but sadly knew that eventually they would go to new owners.”

This early experience with animals has shaped her plans for a career in veterinary medicine. She presently is a sophomore at MSU in the letters and science program. “After graduating from vet school (possibly at Washington State University), I would like to work with exotic animals or those found in zoos,” she explains. “I hope someday to earn an internship in Africa or Australia with an organization such as International Animal Rescue. It would be exciting to treat a zebra or lion.”

With the help of several small scholarships and summer jobs, she is currently paying her own way through college without loans or debt.

A native of New Jersey, Anna and her family moved eight times. “Because of this I love change; I embrace it,” she stresses. Anna spent much of her youth with three older siblings in Florence, MT, attending Valley Christian School. In high school she was student body president, editor of the yearbook, salutatorian of her class of 2017, and member of the National Honor Society. She played center on the basketball team. “My mom, Noelle, was my history and government teacher,” she said smiling.

Her studies and job as a server in the Aspen Pointe dining room keep her busy. In her free time she likes to ski, hike, climb and join fellow classmates in social activities. But more importantly she emphatically states, “I have to spend time with animals!” So, as a volunteer, she walks dogs at the Heart of the Valley animal shelter. “It is a double pleasure; we both get the exercise and I enjoy being outdoors and away from campus.”

Old Glory Displayed in Aspen Pointe



An old appearing American 50 star flag is now proudly displayed in Aspen Pointe at the north end of the first floor in D-Wing. Until recently it was hidden in a closet in the Mt. Jefferson Lodge No. 56 in Pony, MT. Coming to its rescue was lodge member, Wayne Gibson, who discovered it while he and other members were cleaning the building to sell. "I felt that it deserved a new home and brought it to Aspen Pointe," he explains. The lodge, which closed in May because of lack of interest, sold the building and its adjoining park to the Hollow Top Senior

Center in Pony.

The actual age of this particular flag is not known but it was displayed for a number of years at ceremonies of the Eastern Star organization of the lodge. A bit of history records that two stars were added to Old Glory in 1912 to represent Arizona and New Mexico, bringing the number to 48. The 48 star flag was in effect until Alaska became the 49th state in 1959. Upon the order of President Eisenhower, our 50th state, Hawaii, had its star added on July 4, 1960.

An Ode to Mr. Rogers

The Ellen Theater will be showing the new film, "Won't You Be My Neighbor?" by filmmaker Morgan Neville. The film examines the life and legacy of Fred Rogers, the beloved host of popular children's TV show Mister Rogers' Neighborhood.

Hillcrest will take a bus to the showing on November 2nd if we can get four residents to sign up. Please sign up at the front desk and bring \$6.00 for your ticket.

RCare Motion Sensor System

Many inquiries have been received about the motion sensor system installed into all Aspen Pointe apartments earlier this year (not all of the sensors were activated per residents' requests). Residents want to know how it works and has it been helpful.

The system is all computerized, including if a battery needs to be replaced. The sensors send information to a computer which automatically compiles a list of apartments where no motion has been sensed. The list is then emailed to a number of Hillcrest employees in order for residents to be checked on. The system has proved useful and served its safety purpose for one resident to date that needed help.

Wayne Gibson Inducted Into 4-H Hall of Fame



Aspen Pointe resident, Wayne Gibson, has spent his lifetime professionally either as a county extension agent or a Bozeman agricultural banker. Away from those positions, the native Montanan has devoted his time to activities and projects with 4-H, Hope Lutheran Church, Bozeman Chamber of Commerce, Lions, Shriners, the Masonic Order, and the Gallatin County Winter Fair.

In recognition of his long involvement in 4-H he was one of three community-spirited individuals who were recently inducted in its Hall of Fame at the 2018 Montana Leadership Forum in Dillon, MT. for their "service and dedication to the 4-H program, members and volunteers."

Wayne credits his childhood experiences in 4-H for directing him to a path of public service in communities where he later resided. "4-H gave me an opportunity to see and do things I would not otherwise been able to learn or do," he stresses. He has also been honored in the Hall of Fame to both the Gallatin County Winter Fair and the Masonic Lodge.

Department Updates

CULINARY SERVICES—Tina Stensrud

- Welcome to new cook, Mitch Crane, and dishwasher, Shelley Phelps.
- Our annual Thanksgiving Buffet is Tuesday, November 22nd. There will be two seatings; 11:30am and 1:45pm. RSVP to the front desk by Friday, November 16th. Guest pricing: \$35 for adults, \$16 for children(7-12), free for children (0-6). Complimentary sack lunches available for pickup at 5:00pm.

ENGINEERING—Rich Hagstrom

With the weather changing please keep in mind the following:

- Don't pull your vehicle over the sidewalk. It will impede properly shoveling a safe walkway.
- Use caution while walking and be sure to wear appropriate footwear.
- When using exterior doors around the building, be sure that snow does not block doors open.

Wes from page 6

After Janice's death in March 2016 he returned to Hillcrest in November 2017. He says "caring for Janice," who suffered with rheumatoid arthritis and related issues for eight years, was the most honorable job he has had. "We were each others rock; she supported me throughout my career and I willingly cared for her during her long illness." They were married 38 years, 12 years short of the 50 he would have liked to have experienced. They had two daughters, Jessica Thompson, a grade school teacher in Helena, and Heather Jones, a beautician in Greenville, TX.

KUDOS to Culinary and Dining Services!!!

Congratulations and 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!

Food from page 1

We need to manage the increased utilization of complimentary snacks in the Fireside Room. This food is for residents only, not a snack bar for caregivers, third party providers, and facility visitors. The purpose of the Fireside Room snacks is for residents to have a small treat to tide them over to the next meal, not as a meal substitute. The solution is that we need to provide snacks to our residents only – if you see a caregiver in the Fireside room taking snacks remind them that this is for residents only.

Our goal to provide a quality dining experience will not change, we are just asking for your help in managing fair food consumption and costs.

Dorothy from page 4

While living in Minnesota she earned a master's in clinical psychology from Winona State University and authored three books. "Just Jenny" is a compilation of her life and that of her cousin, Jennifer Welch-Babidge, soprano with the Metropolitan Opera in New York City. She wrote "Dorothy's Window," a description of her life during World War II, at the request of a teenage camper who Dorothy met while serving as a counselor for a canoe trip in the Boundary Waters between Minnesota and Canada. "I spent one week for five summers doing this. These young people were very curious about the war and asked questions at our evening discussions after paddling and portaging all day." The third book, "Widdle Waddle Wiley Wallaroo," helps children better understand physical deformities.

In her 50's Dorothy took advantage of an opportunity to be the passenger in a Russian built, Czech fighter jet. "It was exciting, especially when the pilot executed aerobatic aileron rolls and diving stunts. I did not experience any ensuing problems," she stressed.

Her children are Dorothy W. Combs and Joseph J. Combs, both of Boulder, CO and Jennifer J. Combs of Bozeman.