

Crest Lines

October 2016

Volume 1, Issue 6

Inside this Issue

Catch and Release.....	1
V.P. Update	1
Out and About.....	2
Employee Spotlight.....	3
October Calendar.....	Center
Neighbors	5
Wise and Well.....	6
Timely Topics Schedule.....	8
Department Updates.....	8

Coming Soon

October

- Art Show/Tea Party
- Rocky Creek Farm
- Harvest Dinner
- Museum of the Rockies
- Halloween Party

November

- Voting
- Tall Tales & Songs
- Food Demo
- CEO, John Hill Meet & Greet

December

- Christmas Stroll
- Nutcracker in a Nutshell



Catch and Release to Open in Bozeman



Catch and Release, a comedy by Carol Hemingway, will be presented for a four day run, October 20-23 at the MSU Black Box Theatre. The production, under the sponsorship of MSU's School of Art and Architecture and Montana's Shakespeare in the Parks, had its premiere in 2014 at the Shane Center for the Arts in Livingston.

The play, with an entirely new cast and stage setting, is set on the bank of a famous blue ribbon trout stream, according to playwright Hemingway, a resident of Aspen Pointe and former professor and department chair of theatre arts at City College of New York. "It has overtones about the environment and the management of rivers and fisheries," explains Dr. Hemingway, who earned a PhD degree at Carnegie-Mellon University.

Lead actor Steven Harris-Weiel plays Andre Nef, an idealistic fly fisherman and fishing guide, who has written the latest hot book on the sport. His counterpart, Torie Laher in the role of Lucy Bates, is a successful career woman who has flown from New York to interview Nef. The play moves forward after a camping trip on the river when the two fall in love in spite of their very different life styles.

John Hoskins, son of the late Louise and Elmer Hoskins, former residents of Hillcrest, plays the important role of seasoned fisherman, Bing Michelevsky, an Idaho native with opinions of his own. Kevin Asselin is the producer—artistic director and Gordon Carpenter is the play's director.

Carol, born in Kansas City to Millard and Dorothy Graves Thompson, had no interest or experience with fly fishing as a child. She appeared in plays in high school and at Swarthmore College. While getting a Masters in Fine Arts at Yale's Drama School, she did summer stock productions in Pennsylvania and with the Virginia City Players during a summer visit to her mother's family cabin on the Gallatin River. She has played *Madame Butterfly* and was cast in "No Mother to Guide Her," among other plays.

Continued on page 8



Walking to experience *Inverted Portal*, a concrete clamshell.



Riding to one of the sculptures.



I-beam sculptures with moving parts.

Out and About at Tippet Rise



Our contribution to the Walk to End Alzheimer's: \$500 from Hillcrest, a matched \$500 from the Hillcrest Chapel Sunday offerings, plus \$200 raised by individual staff members for a total of \$1200.

Rich Hagstrom



Young Navy Man.

A “man-on-the-go” seems an apt description of Rich Hagstrom, who in October begins his 27th year of employment at Hillcrest. He actually has a desk in the Environmental Services office but one wonders how

often he uses it.

Residents see Rich daily on his frequent trips throughout the building, fast pacing it from job to job. His job description is Manager of Engineering, however his duties extend beyond boilers, pipes, and electricity to snow plowing, lawn mowing, and most any other fix-it job.

Rich, a native Montanan, was born in 1958 in Roundup, the 10th child of 12, to Agnes and Cliff Hagstrom. He spent his youth in this cattle-coal community playing games in the city park across the street from the family home. At age 12 he started a Billings Gazette paper route which he had for three years and grew from 62 customers to 91.

During high school he worked at the local furniture and funeral company. As a high school junior he joined the delayed entry program of the Navy and upon graduation in 1977 was sent to boot camp in San Diego. His next assignment was to Great Lakes, Illinois, where he was enrolled in the self paced boiler training

program. “That program set me on a new path, a course in boilers and equipment that enabled me to advance throughout my life,” he explains.

Rich served on the USS Hamner before his discharge in 1980. Returning to Roundup, he soon found employment in the oil fields of Montana. He worked on drilling rigs for three years, plus another seven years in the industry maintaining pipes and solving other equipment problems.

In 1990, he and Cindy and their family of 4 children moved to Bozeman where he was hired by Bozeman Deaconess Hospital as a maintenance worker. For two and a half years

he was rotated for work between the hospital and at nearby Hillcrest, the original facility for senior residents. Then in 1993 he became a permanent employee of Hillcrest.

“It was the residents, the people at old Hillcrest, who

“Rich is loyal and dependable; always looking for ways to best serve residents.”

-LeRoy Wilson



The Rich we know and appreciate.

Annual Tea Party

Put on your best hat and gloves and join us for our annual tea party! We will host this afternoon affair in the Birchwood dining room on October 10th from 2-4pm. If you do not have a hat and gloves, don't worry we will have an assortment that you can choose from and enjoy for the occasion!

This year a special addition to the party will be the recognition of the artists from the Birchwood art class. Their art will be displayed by the fireplace for all to view and enjoy! Several dedicated residents meet every week with local artist and instructor, Loretta Domaszewski and Jill Bute, activities assistant, to paint and draw.

The event will also serve as a farewell to Jill, who is transferring to the Hillcrest Marketing department. We thank her for all her work and dedication to the residents over the past 2 years. Thankfully we will still see her around the neighborhood. The art class will be led by Amanda Markel, activities assistant, who is also a phenomenal artist with experience in various



Thoughts from the Vice President



By LeRoy Wilson

Whose Job is it Anyway?

This is a story about four people named Everybody, Somebody, Anybody, and Nobody. There was an important job to be done, and Everybody was asked to do it. Everybody was sure Somebody would do it. Anybody could have done it, but Nobody did it. Now, Somebody got angry about that, because it was Everybody's job. Everybody thought that Anybody could have done it, but Nobody realized that Everybody wouldn't do it. So, it ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

(Source Unknown)

At Hillcrest, our mission is to "Do what is best for the resident." It does not matter if you are a housekeeper, a nurse, a server, or a manager – our job is to do what is best for our resident. If I am walking down the hall and there is water spilt on the floor, it is my job to clean it up regardless of my title or position. If a resident asks for something, I have the responsibility to help that resident even when I may not know the answer myself. Hillcrest employees are empowered to do all they can within their scope of authority to address resident concerns and issues in a timely manner with a good attitude.

I am proud of the Hillcrest staff and how well they carry out this mission. The staff shows dedication everyday. And when we receive letters

Neighbors

By Kate Evans

Meet The Frazees, Dorothy and Clint

Young Clint Frazee had an eye for pretty girls, one Dorothy Wright in particular. He spotted her at a grade school carnival and playfully squirted her several times with water from a plastic flower pinned to his jacket. She was not too pleased with this prank, however some years later she was quite pleased when he drove numerous times ten miles over a gravel road in the family car to see her.

Both were born in 1937 in North Dakota, Clint in Watford City and Dorothy ten miles west in tiny Arnegard. Dorothy was the first of five children of Edith and George Wright, while Clint, his twin Cliff, and younger brother Curt were the sons of Olga and Morris Frazee.

Although they spent their youth in separate communities, their paths crossed frequently at county, school, and band functions. He played drums at Watford High and she was the only French horn player at Arnegard. Following their graduations in 1959, they just happened to both enroll at Jamestown College, Dorothy in the nursing program and Clint into the business school. Dorothy spent her junior year training at Cook County Hospital in Chicago. Three months after completing college in 1959, they were married in the Lutheran Church in Arnegard and were soon off to Grand Forks and the University of North Dakota for Clint to earn an MBA degree. They stayed a second year while he taught business classes at the university and Dorothy continued working in the University Student Health Service.

A job offer for Clint from Haskens and Sells, now Deloitte Touche, took them to Portland for seven years. By this time their family had grown to three children, Brad, Dee, and Julie and they were beginning to think of moving closer to their families in North Dakota. This



The Frazees brought the desert with them to their apartment.

happened in 1967 when Clint obtained a faculty position at MSU's business school in Bozeman. When Julie entered school in 1973, Dorothy resumed her nursing career, first for two years in the pediatric practice of Dr. Ralph Berry and then for 17 years with Dr. Paul Visscher, plus 5 years with Medical Associates.

Throughout their marriage, Dorothy and Clint have been involved in Scouts, community, church, and school functions. With their family they enjoyed outdoor sports and recreation, especially camping in a variety of tents, pop ups and hard sided rigs.

Clint, an active member of the Montana Society of Certified Public Accountants, was appointed in 1982 by Governor Ted Schwinden to the Montana State Board of CPA's for a six year period. Upon his retirement from MSU in 2000, they moved to the Southwest, initially to Apache Junction, AZ and later to Saddlebrook, a community in the Catalina Mountains north of Tucson. In Arizona they had time for golf, tennis, and various card and board games, plus volunteering at church and community centers.

Dorothy's health issue with cancer brought them back in 2014 to Bozeman, where they had spent 32 working years with friends and colleagues. Now they are renewing these associations and building new friendships with residents of Hillcrest.

Sun

Mon

Tue

Wed

October 2016

<p>2 10:00 am– Worship Service in AP Chapel 2:30pm– Bingo in FSR <u>3:30pm– Cowboy Music in BW DR</u></p>	<p>3 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons <u>11:45 pm– Movie Outing “Sully”</u> 1:00 pm– Art Class in BW Act Rm 1:30 pm– Timely Topics in the FSR 7:30 pm– Bingo in FSR <u>7:45 pm– Stephen Merritt in AP Commons</u></p>	<p>4 8-9:30 am Gym Supervised Hrs 9:30 am– Yoga in the LC 1:30 pm– Bus to Walmart 2:30 pm– Seated Yoga in BW Act Rm 6:30 pm– Bridge in FSR</p>	<p>5 8-9:30 am Gym Supervised 9:15 am– Prayer in AP Chape <u>8:45 am– Shopping at Co-op</u> <u>10:00 am– Brush-up Bridge 3</u> 10:00 am– Chair Ex. in AP Co <u>1:00 pm– Coloring Group</u> <u>1:30 pm– Book Club 3rd Flr A</u> <u>2:00 pm– Rocky Creek Farm C</u> <u>2:30 pm– Catholic Mass in C</u> <u>4:00 pm– Methodist Church</u> 7:30 pm– Bingo in FSR</p>
<p>9 10:00 am– Worship Service in AP Chapel 2:30pm– Bingo in FSR <u>3:45pm– Bob B. in BW</u></p>	<p>10 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 the FSR <u>2-4pm– Tea Party/Art Show in BW</u> 7:30 pm– Bingo in FSR <u>7:45pm– Bob B. in AP</u></p>	<p>11 8-9:30 am Gym Supervised Hrs 9:30 am– Yoga in the LC 1:30 pm– Bus to Walmart 2:30 pm– Seated Yoga in BW Act Rm 6:30 pm– Bridge in FSR</p>	<p>12 8-9:30 am Gym Supervise 9:15 am– Prayer in AP Chape <u>9:30 am– Shopping at Heeb’s</u> <u>10:00 am– Brush-up Bridge 3</u> 10:00 am– Chair Ex. in AP Co <u>1:00 pm– Coloring Group</u> 2:30 pm– Catholic Comm. in <u>3:00 pm– Smart Women’s Ser</u> <u>4:00 pm– Wine & Cheese Soc</u> 7:30 pm– Bingo in FSR</p>
<p>16 10:00 am– Worship 2:30pm– Bingo in FSR</p>	<p>17 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons <u>11:30 am– Lunch Outing to Un-Knotted</u> 1:00 pm– Art Class in BW Act Rm 1:30 pm– Timely Topics in the FSR 7:30 pm– Bingo in FSR <u>7:45 pm– Jim Averitt & Chelsea Hunt in (Fiddle, guitar, singing) AP Commons</u></p>	<p>18 8-9:30 am Gym Supervised Hrs 9:30 am– Yoga in the LC <u>9:30-10:30am– First Security Bank</u> 1:30 pm– Bus to Walmart 2:30 pm– Seated Yoga in BW Act Rm 6:30 pm– Bridge in FSR</p>	<p>19 8-9:30 am Gym Supervise 9:15 am– Prayer in AP Chape <u>9:30 am– Shopping at Town</u> <u>10:00 am– Brush-up Bridge 3</u> 10:00 am– Chair Ex. in AP Co <u>1:00 pm– Coloring Group</u> 2:30 pm– Catholic Comm. in <u>3:00 pm– Accordion Ensembl</u> <u>3:00pm– Lutheran Comm in</u> <u>5:00 pm– Harvest Dinner (1se</u> 7:30 pm– Bingo in FSR</p>
<p>23 10:00 am– Worship 2:30pm– Bingo in FSR <u>Catch and Release TBD</u> <u>3:45pm– Bob B. in BW</u></p>	<p>24 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 1:00 pm– Art Class in BW Act Rm 1:30 pm– Timely Topics in the FSR 7:30 pm– Bingo in FSR</p>	<p>25 8-9:30 am Gym Supervised Hrs 9:30 am– Yoga in the LC 1:30 pm– Bus to Walmart 2:30 pm– Seated Yoga in BW Act Rm 6:30 pm– Bridge in FSR</p>	<p>26 8-9:30 am Gym Supervise 9:15 am– Prayer in AP Chape <u>9:30 am– Shopping at Heeb’s</u> 10:00 am– Chair Ex. in AP Co <u>10:00 am– Brush-up Bridge 3</u> <u>1:00 pm– Coloring Group</u> 2:30 pm– Catholic Comm. in <u>3:00 pm– Pumpkin Decoratin</u> 7:30 pm– Bingo in FSR</p>
<p>30 10:00 am– Wor-ship <u>1:45 pm– Bozeman Symphony</u> 2:30pm– Bingo in FSR</p>	<p>31 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 1:00 pm– Art Class in BW Act Rm 1:30 pm– Timely Topics in the FSR <u>4:00 pm Halloween Costume Party in AP Commons</u> 7:30 pm– Bingo in FSR</p>	<p>Balance Classes October 4th-November 17th. Tuesdays: Balance I in AP Commons at 1:30 pm Wednesdays: Balance II in Gym at 1:30 pm Thursdays: Balance IIB in AP Commons at 1:30 pm</p>	

Thu

Fri

Sat



BOZEMAN HEALTH
HILLCREST SENIOR LIVING

Aspen Pointe

1 10:00 am– Tai Chi in AP Chapel
1 pm– Mexican Train Dominoes in FSR
2 pm– AP Movie

Hrs
rd Flr A-Wing
ommons
A-Wing
Outing
Chapel
WOW in AP

6 Breakfast Buffet in AP
AP Nail Care
8-9:30 am Gym Rm Supervised Hrs
9:30 am– Yoga in the LC
10:15 am– Bible Circle in BW Act Rm
10:30-11:30 am– Bank of Bozeman
1:30 pm– Shopping Bus to the Mall
3:00 pm– Knit & Stitch AP Fireside
7:45 pm– Immunizations :What you need to know in the AP Commons

7 8-9:30 am Gym Supervised Hrs
10:00 am– Chair Ex. in AP Commons
1:30 pm– Cribbage in FSR
2:00 pm– Classical Piano in BW DR
6:30 pm– Pinochle in FSR

8 10:00 am– Tai Chi in AP Chapel
1 pm– Mexican Train Dominoes in FSR
2 pm– AP Movie
6:30 pm- Bridge in FSR

ed Hrs
rd Flr A-Wing
ommons
Chapel
minar in LC
cial in AP

13 AP Nail Care
8-9:30 am Gym Rm Supervised Hrs
9:30 am– Yoga in the LC
10:00am– AP Resident Council in FSR
10:15 am– Bible Circle in BW Act Rm
10:30-11:30 am– Bank of Bozeman
1:30 pm– Shopping Bus to 19th
3:00 pm– Knit & Stitch AP Fireside
7:45 pm– Legendary Locals of Bozeman in the AP Commons

14 8-9:30 am Gym Supervised Hrs
10:00 am– Chair Ex. in AP Commons
11:30 am- Friday Forum @ Library
1:30 pm– Cribbage in FSR
2:00 pm– Museum of the Rockies
3:00 pm– Angella Ahn and Students in BW DR
6:30 pm– Pinochle in FSR

15 10:00 am– Tai Chi in AP Chapel
1 pm– Mexican Train Dominoes in FSR
2 pm– AP Movie

ed Hrs
& Country
rd Flr A-Wing
ommons
Chapel
le in BW DR
Chapel
(ating)

20 AP Nail Care
8-9:30 am Gym Rm Supervised Hrs
9:30 am– Yoga in the LC
10:15 am– Bible Circle in BW Act Rm
10:30-11:30 am– Bank of Bozeman
1:30 pm– Shopping Bus to the Mall
3:00 pm– Knit & Stitch AP Fireside
7:45 pm– MSU Lecture Series in AP Commons

21 8-9:30 am Gym Supervised Hrs
10:00 am– Chair Ex. in AP Commons
1:30 pm– Cribbage in FSR
3:00 pm– Music with Edis in BW
6:30 pm– Pinochle in FSR
7:30 pm– Flower Arranging in FSR with Leisa

22 10:00 am– Tai Chi in AP Chapel
1 pm– Mexican Train Dominoes in FSR
2 pm– AP Movie
6:30 pm– Bridge Party in FSR

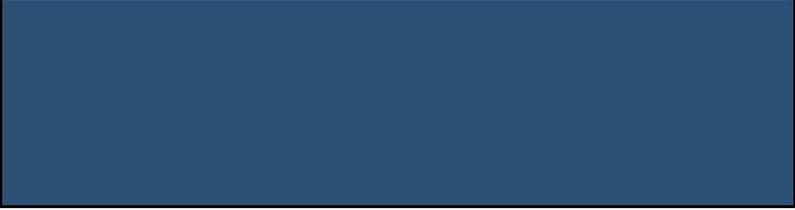
ed Hrs
ommons
rd Flr A-Wing
Chapel
g in FSR

27 AP Nail Care
8-9:30 am Gym Rm Supervised Hrs
9:30 am– Yoga in the LC
10:15 am– Bible Circle in BW Act Rm
10:30-11:30 am– Bank of Bozeman
1:30 pm– Shopping Bus to 19th
3:00 pm– Knit & Stitch AP Fireside
7:45 pm– Falconry Program in AP Commons
Birthday Night

28 8-9:30 am Gym Supervised Hrs
10:00 am– Chair Ex. in AP Commons
1:30 pm– Cribbage in FSR
3:00 pm– Joe’s Harmonica Music in BW DR
6:30 pm– Pinochle in FSR

29 10:00 am– Tai Chi in AP Chapel
1 pm– Mexican Train Dominoes in FSR
2 pm– AP Movie
6:30 pm– Bridge Party in FSR

Functional Strength Oct 5th-Nov 9th.
Wednesdays: 3:15pm in the Gym



10/2 Cowboy Music: Since 1971 Bob Bovee has traveled the country taking old time music to audiences of all ages. Along with a repertoire including dance tunes, ballads, cowboy songs, humorous and sentimental numbers, blues and rags, he spices their shows with stories, history and folklore. Bob sings (yodels, too) and plays guitar, harmonica, banjo and autoharp.

10/3 Movie Outing "Sully": The story of Chesley Sullenberger, who became a hero after gliding his plane along the water in the Hudson River, saving all of his 155 passengers. Please sign-up at the front desk. Tickets cost \$7.95.

10/5 Rocky Creek Farm: Tis the season for hayrides and pumpkins. Off to Rocky Creek farm we go. Please sign up at the front desk!

10/5 Methodist Church WOW Team: The Methodist afterschool program, WOW, will be in Aspen Pointe to sing. The kids range from kindergarten through 5th grade.

10/6 AP Breakfast Buffet: We will hold a free breakfast for all Hillcrest residents in Aspen Pointe, served by the managers! Come enjoy a yummy breakfast!

10/6 Immunizations: What you need to know in AP Commons: Make sure you have all the vaccines you need to protect your health. Want to learn more about the vaccines you need? We will discuss vaccine recommendations based on your age, health status, and other factors.

10/7 Classical Piano in BW: Natalie Dodge will be in Birchwood playing classical music on the piano. She has been playing for years and enjoys sharing her music.

10/9 Bob B. in BW @ 3:45pm: Come tap your toes and sing to Bob Britten on the piano in Birchwood!

10/10 Annual Tea Party: Come with hat and gloves to enjoy a cup of tea and art! The Birchwood art class artists will be recognized with an art display. Please sign-up at the front desk. Space is limited.

10/10 Bob B. in AP Commons @ 7:45pm: Come tap your toes and sing to Bob Britten on the piano in Aspen Pointe!

10/12 Smart Women's: This month's program is about HRDC's Community Café and child nutrition programs. Find out more about this great community resource.

10/12 Wine & Cheese Social: Welcome new residents! New residents will be introduced at our wine and cheese social.

10/13 AP Resident Council @ 9:00am in FSR: All residents are welcomed to come listen and bring up topics of their own.

10/13 Legendary Locals: *Legendary Locals* is a photograph-focused work that relates stories of some Bozeman locals, past and present. Volney Steele, a former resident, is included in the book by Rachel Phillips of the Gallatin History Museum.

10/14 Friday Forum @ the Library: Wonderlust's Friday Forum will be on the proposed Law and Justice Center, October 14, 12-1:30pm in the Bozeman Public Library's large community room. The Forum will feature staff and elected officials from both the City and County, starting with a short presentation on the proposed project.

10/14 Museum of the Rockies: Have you had a chance to tour the Villas of Oplontis Near Pompeii? Now is your chance to see artifacts that are being exhibited for the first time in the United States. Please sign-up at the front desk and bring your membership card or ticket money.

10/17 Lunch Outing to Un-Knotted: Un-Knotted is a cafe and catering company that specializes in creative, hand-crafted comfort food that brings people together. Sign-up at the front desk.

10/20 MSU Lecture Series: Gary Stoner, professor emeritus in the Department of Internal Medicine at Ohio State University and professor in the Department of Cell Biology and Neuroscience at MSU will be presenting on his research using berries to prevent cancer.

10/21 Flower Arranging with Leisa: Please sign-up at the front desk. Space is limited. Leisa will come with all supplies needed for this activity.

10/27 Falconry: Come learn more about falconry, the hunting of wild quarry in its natural state and habitat by means of a trained bird of prey.

10/30 Bozeman Symphony:

Festival March by Dvorak

Sinfonia Concertante by Rozsa

Symphony No. 8, op. 88, G major by Dvorak

With special guests Jolyn Pegis and Maria Schleuning. Please order your tickets for Sunday afternoon at 585-9774. Sign-up at the front desk to take the bus.

10/31 Halloween Costume Party: Come dressed in your best costume and enjoy ghoulish treats!



BOZEMAN HEALTH
HILLCREST SENIOR LIVING

Aspen Pointe

October 2016

Announcements:

Brush-Up Bridge: Brush-up bridge will be starting again this month. It will be held on Wednesdays at 10am in the 3rd floor lounge of building "A." This class is for residents who have little to no experience playing bridge. If you are interested please contact Wanda Myers, 587-3511

MSU Music Students of Angella Ahn: We are delighted to have Angella Ahn continuing to bring her students to Hillcrest for music programs, alternating months between Aspen Pointe and Birchwood. They are just getting back to classes this month so we will have a schedule determined soon, keep an eye out.

Balance Classes will run October 4th-November 17th. Tuesdays: Balance I in AP Commons at 1:30 pm. Wednesdays: Balance II in Gym at 1:30 pm. Thursdays: Balance IIB in AP Commons at 1:30 pm. Sign-up at the front desk.

Functional Strength will run October 5th-November 9th. Wednesdays: 3:15pm in the Gym. Sign-up at the front desk.

Stephen Merritt: Steve attended California State University, Sacramento with a focus on piano performance. One of his earliest jobs was as Musical Director and Pianist at Pollardville's "Palace Showboat Dinner Theater," one of the last existing Melodrama and Vaudeville theaters in the United States. With his business hub centered near Orlando International Airport, Steve Merritt flies, drives and sails to perform top notch piano entertainment for clients including: The Walt Disney Company—Tokyo Disneyland, Disney Cruise Line, Walt Disney World, Carnival Corporation (as a musician, singer, and actor), Holland America Cruise Line, and National Carnival Cruise Line commercial. On a more personal note, Stephen is Maria Spitler's, former resident and current Knoll's resident, son Stephen Merritt will be here to play the piano on October 3rd at 7:45 pm.

October Birthdays

El'n Marie Brown	10/1
Ilen Stoll	10/1
Eiko Franck	10/3
Oma Walls	10/9
Sue Truckle	10/11
Katie Billau	10/14
Marv Lefens	10/15
Trish Mohler	10/25
JackBurns	10/27

Wise & Well: Fall Prevention

By Jennifer McNulty

Have you fallen in the past year? If so, you are not alone; one third of Americans 65 and older fall each year, according to the United States Center of Disease Control and Prevention. These falls result in more than 2.5 million trips to emergency departments and 700,000 hospitalizations annually (www.cdc.gov). As we age, we lose muscle mass and our balance may decrease as a result of various medications, coordination, or from vision and hearing impairments. Also, poor footwear due to swelling in the feet or foot pain, rugs and clutter on the floor, or walking on uneven ground may become tripping hazards and increase the risk of falling. If you are one of the millions of older individuals who have fallen, there are ways to minimize the chances of it happening again.

Many people who have fallen become fearful of falling again. An individual who falls may start to avoid what caused the fall, subsequently decreasing their activity levels. This is one of the worst things that could occur after a fall because the longer you wait to return to the activity, the more intense the fear of falling becomes. In addition, reducing the activity level will decrease mobility and muscular strength, which will result in weaker muscles and reduced coordination. When these results occur, we are actually increasing our risk of falling again. If a fall occurs, recover fully and after talking with your doctor, resume your normal activities and hobbies.

The CDC has come up with an extensive Home Fall Prevention Checklist; the full checklist can be found at www.cdc.gov. The idea of the checklist is to remove anything that could be a tripping hazard. This includes removing cords, wires, papers, rugs, and blankets off of the floor and out of the walking path. Also, be sure to move any furniture that you may have to maneuver around so that you have a clear walking path. In order to see the obstacles easily, make sure your apartment

is bright and well lit; this could mean having a light or two on at all times. Moreover, there should be more than one way to turn on a light; you should never have to walk across the room in the dark to turn on a light. If you need to use the bathroom in the middle of the night, make sure to get a night light so that you can see where the bedside light is and are able to turn it on before getting out of bed. Another key point is to place things you use on a regular basis in the kitchen or bathroom at shoulder height, thereby reducing the number of times you need to bend over or stand on a ladder. Lastly, one of the most important things you can do help prevent falls is to slow down. Take your time getting up from the chair, walking to the door, or getting dressed in the morning. Making sure that you do not rush yourself will greatly decrease the chance of falling.

Talking with your primary physician is always a good start if you have fallen or are worried about falling. When you make an appointment with your doctor, make sure to bring a list of all your current medications, homeopathic medications, and vitamins or minerals you may be taking. Your doctor can look at the list and see if there are any interactions that may increase dizziness, decrease coordination, or increase drowsiness; all of which could increase the chance of a fall. Furthermore, if you do fall and are okay, record what happened, what caused the fall, and any obstacles that might have been in the way. This way, you can review your notes and make any necessary changes to prevent a fall from happening again. At the appointment, you and your doctor may discuss changing the type of medication you are on if there are any interactions, suggest physical therapy, or strength training in order to reduce the future risk of falling.

Continued on page 7

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 sacrifices they have made to keep our country free.

To honor our veterans, men and women, a breakfast will be the morning of Friday, November 11th. Later that day the Chief Joseph Middle School Choir will be here to sing.

On a photo collage, we would like to recognize all of the Veterans who live here at Hillcrest Senior Living 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 their name, if they are not a resident here, explain your relationship. Turn pictures in by October 28th. These pictures will be displayed for at least 1 week in the Aspen Pointe Commons.

Calling All Knitters & Crocheters

We have been asked if any resident or a group would like to volunteer time to knitting or crocheting hats and booties for premature babies. If you have an interest, please contact Rachel Harmon at 599-9827.

Active Aging Week 2016

Explore the Possibilities, was this year's Active Aging Week theme. The week was designed to connect and define the active-aging industry, support organizations and professionals that develop wellness environments and services for adults over 50. It promoted the benefits of a healthy lifestyle by giving "honored citizens" the opportunity to experience activities in all areas of life in a safe, friendly and fun atmosphere. With this theme in mind the local Active Aging Week committee planned and sought out community members to bring a wide scope of presentations and activities to the Gallatin Valley and surrounding area residents.

Dr. Tom Tursich, the opening speaker, reminded us to Live Passionately—get off the sidelines and join in the game on the field! Going into the week, we had a record number of registrants this year with over 100 participants and an average class size of 39! It was a great year and we look forward to seeing you next year!

Wellness continued from page 6

Here, at Hillcrest, we have many programs whose physical benefits may help prevent falls. Chair Fitness, in both Aspen Pointe and Birchwood, is an excellent way to work on coordination, strength, aerobic fitness, and balance. Balance Class is also a great way to work on your balance, reflexes, and coordination, while Functional Strength works on maintaining or improving muscular strength. Yoga, Seated Yoga, and Tai Chi are also a wonderful, low impact, way to improve balance and coordination. Ginger Lee and Jennifer McNulty are always available to answer any questions you may have regarding fall prevention or the Fitness Center. Whether you attend a class or talk with your doctor and start a different regime; please remember, there is always a way to decrease your chances of falling and increasing your chances of living in a healthy and safe manner.

Department Updates

Marketing—Linda Crisp and Linda Jo Simkins

Aspen Pointe has been filling up rapidly ahead of the winter season. Currently we have only one large two bedroom D wing apartment and several smaller 2 bedroom apartment homes in the B wing. Birchwood has several studio apartment homes available. We have been extremely busy. If you have friends who are looking to move in tell them not to wait. The variety of floor plans available are extremely limited.

Engineering—Rich Hagstrom

Please do not put grease down any sink drains or flush anything other than toilet paper down the toilets. The pipes become backed up if this happens. Also, be careful of any valuable jewelry you may happen to be wearing while doing dishes or showering. If something goes down the drain it will be gone. There is nothing to catch such items.

Hemingway continued from page 1

She did become interested in fly fishing, and at a very high level, in February 1982 when she married Patrick Hemingway at the church in West Yellowstone. She was strongly encouraged by Pat and his brother, Jack Hemingway, both of whom were highly skilled and enthusiastic about casting the fly and bringing in the fish. She did learn the art, and quite well, as she and Pat since have fished rivers throughout the West, Chile, and Norway. They especially enjoy the water of the Missouri River near Craig, MT where they have a home.

Welcome Aboard!

Lelo Lomakema is a new cook here at Hillcrest. She has worked in some of the area's best restaurants. Besides cooking, Lelo enjoys fishing, swimming and sewing.

Tessa Nelson has a degree in kinesiology and minor in biology from Cal Poly. She will work in the programming department full time. She is a lover of the outdoors and reading.

Taylor Johnson just moved to Bozeman from Sacramento. He is taking a year off from school before returning to Montana State University. His plans are to go to PA school. He is our new weekend receptionist at the Aspen Pointe front desk.

Danielle Turley has moved from Helena to the Bozeman area and is a new full time employee.

Amanda Embleton and Loni Frantzich are new Birchwood casual call staff members, while they attend Montana State University.

Brittany Overturs-Goetz is another new casual call staff member in Birchwood. She also works at another facility in the area.

Ella Brothers will be a full time in Birchwood during the night, while she attends Montana State University.

Suzan Mubarak and Manny Lopez are Project SEARCH interns. Suzan is working in the Environmental Services and Birchwood departments. Manny is working in the Birchwood dining room. They are excited to meet all the residents and learn new job skills while working at Hillcrest.

A bus is scheduled for the Sunday, October 23rd performance of Catch and Release Sign up at the front desk and watch for more information on time and tickets.

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

October 3– Wages.
October 10– Bring Your Own Topic.
October 17– Work/Family Issues.
October 24– Bring Your Own Topic.
October 31– Gun Rights.