

## Inside this Issue

Bookmobile.....	1
Yellowstone.....	1
Car Show.....	2
New Books.....	2
Resident Program Committee...2	
Ginger Recognition.....	2
Neighbors.....	3
Active Aging Week.....	4
Spiritual Offerings.....	4
Short Story Group.....	4
Interfaith Forum.....	4
September Calendar.....	Center
Wise and Well.....	5
Two Generations.....	6
About Our Staff.....	7
Walk to End Alzheimer's.....	8
Department Updates.....	8

## Coming Soon

### September

- Car Show
- Interfaith Forum
- Yellowstone Trip
- Pecha Kucha
- Walk to End Alzheimer's
- Active Aging Week

### October

- Wisdom & Wine
- MSU Lecture

## Bookmobile Adds Hillcrest to its Stops



Carmen Clark and Weston Flippo of the Bozeman Public Library.

Earlier this summer the Bozeman Public library received a new bookmobile. It is a spacious 40ft bus equipped with Wi-Fi, air conditioning, a wheelchair lift, and housing for between 3,000 to 4,000 books.

Two stops will be added in the month of September at Hillcrest on the street outside of Birchwood, September 6th and 20th from 3:30-4:30pm.

At the Bookmobile, library patrons may get a library card, place and pick up holds, check out books, DVDs, audio books and Playaways, or attend a story time or a special program. The vehicle will have books and other materials for the young and old, and everyone in between, according to Carmen.

Please contact the Bookmobile Librarian at [cclark@bozeman.net](mailto:cclark@bozeman.net) or (406)582-2423 if you have questions.

## Off to Yellowstone on Bus Tour

On September 19th Chef Dean will take a break from kitchen duties and become the guide for a Hillcrest bus tour of Yellowstone National Park.

"It's not a new role for me as in my younger days I worked 15 summers throughout the park and nine winters at Old Faithful Inn," he exclaims. "I was a snow coach and tour guide there in 1997."

After graduating from high school in Belt, MT in 1980 he started his Yellowstone career as a dishwasher and food-beverage helper. He was one of a hundred staff members at Old Faithful Inn who prepared 3,000 meals a day.

"I also know the Park's famous geological features," he explains, "When off duty, I hiked its trails and climbed most of the mountains; I also read everything- books, travel guides, and journals- to learn the flora, fauna, and history of the region." He has stories to tell.

Continued page 8

## Favorite oldies are coming to car show



The days may be getting shorter, but it is still summer. What better way to spend an afternoon than enjoying a cold beer or a soda while looking at classic/

vintage cars and listening to music by Country Tradition in your front yard?! September 7th from 2pm to 4:30pm is the time to take a walk through the Aspen Pointe front parking lot for the second annual car show. Some of the finest local vintage cars will be parked for your viewing pleasure.

*Please have your parked vehicles removed from the Aspen Pointe parking lot by 3pm on Wednesday, September 6th.*

## Many, many thanks to Ginger

We are so grateful for the work Ginger has done to help grow fitness programming at Hillcrest and the relationships she has cultivated and nurtured with residents and staff. She has been a valuable asset to the entire Hillcrest family.

Although this isn't goodbye, we would like to thank her again and celebrate her dedication to Hillcrest over the last 13 years. Come to the party on September 5th from 3-4pm in the Aspen Pointe Commons.

## Resident program committee seeks additional members

The newly formed resident programs committee, which has met recently, is seeking additional members.

"The committee feels that a broader base of members with ideas and suggestions is needed to better accomplish its mission of planning events that will interest our residents," explains Rachel Clemens, program manager.

The committee was organized to advise and help the program department schedule a wide variety of performances and lectures in the areas of music, dance, education and medical issues, Gallatin Valley concerns, and Bozeman Health developments. If interested, contact Rachel at 414-2002.

---

## New titles added to Hillcrest library

Hillcrest library is often gifted with books by residents and residents' families, according to Ilen Stoll, member of the library committee.

Among several "good reads" that have been acquired recently and added to the collection are: "The Waters of Eternal Youth" by Donna Leon and "The Long Way Home" by Louise Penny, both mysteries; "Lab Girl" by Hope Jahren, medical non fiction; and "A Terrible Glory and the Little Bighorn" by James Donovan, Western history.

Two large print mystery books also have been added to the shelves: "Entombed" by Linda Fairstein and "Magpie Murders" by Anthony Horowitz. Bird lovers might enjoy "Oswald, an American Osprey" by Hillcrest resident Carol Hemingway.

Continued page 8

# Neighbors

By Kate Evans

## Beverly Rose returns to Bozeman



When this interview took place Beverly Rose was still deciding where to hang pictures and how to display the antiques that she had brought from her home in Choteau, MT.

Among the vintage treasures, she came with old crockery, a butter churn, cut glass-

ware, her childhood rocker with two worn teddy bears, and quilts that were hand stitched by her grandmother, Vieva Talbott, a master quilter of Clarksburg, West Virginia.

"I really like antiques, various pieces and furniture that have a history," she explained. She once hauled home a heavy chest, painted bright pink with hideous pulls. "My husband made fun of it when it was taken from the back of the car but revised his thinking when the paint was removed, revealing a handsome solid oak commode."

Beverly was born in 1932 to Chuck and Millie Talbott and raised in Great Falls. Her parents had a cattle ranch and her father was a cattle buyer. Beverly's childhood schooling was in Great Falls; her college years began at the University of Montana for two years, then for a time at Montana State University where she met Sam Rose. Finally she returned to the University of Montana where she graduated in 1954 with a degree in education.

She and Sam were married in 1954 three days after his discharge from the Air Force. At the wedding ceremony she revealed, "I came to realize that I was not marrying Sam but John Rose when I repeated the vows 'I take thee John as my wedded husband.' I always knew him as Sam; only his father called him John, his legal name!"

They set up housekeeping in Helena where Sam first worked for the Fish and Game and later in Choteau as a teacher, plus football coach. For some years he was the only high school English teacher/ football coach in the state of Montana.

In Choteau they ranched and raised cattle for over 65 years. Beverly was active in girl scouts, church, and various civic groups, plus GOP politics.

Sam never intended to be a politician until the day a group of local men arrived at their home with the idea of his running for a seat in the state legislature. They persuaded him to consider their request with "you are the perfect guy to fill the office." He responded that first he had to talk to Beverly. When approached with the idea she told him, "I will support you in any way I can, but will not knock on doors for your election or ride in parades." He served four terms, until he "termed out."

While he was a legislator, Beverly did accompany him to official political functions and volunteered as a docent for the Montana Historical Society, conducting as many as three tours a day through the State Capitol. Most of the tours were for government classes from high schools throughout the state. "I felt comfortable with these young people as I had subbed in high school classes and for three years taught keyboarding to high school students, those who did not want to take a full semester of typing."

For many years they went to Arizona for a few weeks in the winter. "We led very busy lives there which provided a welcomed break from the harsh Montana winters, and a chance to "re-charge our batteries."

Sam died in 2013. She remained in Chouteau until recently when she decided to move to Bozeman to be near her daughter Robin Phares. Now she's back in Bobcat land where Sam, Robin, and son Charles received degrees. Robin and her husband Sam Phares, also a MSU grad, ranch in the Bozeman area. Charles is employed by a mining company in the Congo, Africa.

## Active Aging Week 2017

Residents are invited to participate in the 6th Annual Active Aging Week (AAW), September 25-29th. This year's schedule of events has been created around the theme, "Ignite Your Passion."

AAW was initiated by the International Council on Active Aging. It promotes a healthy lifestyle by giving older adults the opportunity to experience activities and exercise in a safe, friendly, and fun atmosphere.

This year's AAW is presented by Bozeman Health Hillcrest and Bozeman Parks and Recreation with sponsorship from many local businesses. Call Rachel at 414-2002 or check out <http://www.hillcrestlivingbozeman.com/Active-Aging-Week.aspx> for more information.

Due to the number of AAW programs that will take place at Hillcrest, some of our usual programming will be cancelled. Please look closely at the calendar for these details. Hillcrest residents are encouraged to take advantage of the AAW offerings. Brochures will be distributed to residents via your Aspen Pointe cubby.

---

## Short Story Group to read Thurber

Join Chaplain Valerie Webster and the Short Story Group in the A-Wing 3rd Floor Lounge at 3:30pm to read & discuss the selected stories.

This month, September 14 and 21, two short stories will be read and discussed by cartoonist, author, playwright and celebrated wit, James Thurber (1894-1961): "The Secret Life of Walter Mitty," and "The Catbird Seat." One of the most popular humorists of the 1940s and 1950s, Thurber celebrated the comic frustrations and eccentricities of ordinary people.

If time permits, the group will be reminded of a few of his short fables: Danny Kaye as a young daydreaming proofreader for a magazine publishing firm and Virginia Mayo as the girl of his dreams in the 1947 technicolor comedy film of "The Secret Life of Walter Mitty," both loosely based on a Thurber story.

## Interfaith Forums return for season

To accommodate the rich religious diversity of Bozeman, local religious leaders will speak the first Wednesday of each month, September through May, at Beth Shalom from 12pm-1pm.

In a world growing smaller, in a nation becoming more and more multi-religious, in a community becoming more diverse, it is important to understand our neighbors, their values and their traditions. What do we have in common? How do we differ? How can we live in community with one another? The purposes of the Interfaith Forum are to demonstrate visible respect for one another, to emphasize our commonalities, and to celebrate and learn from our differences.

**See calendar for monthly date and topic details.**

---

## Spiritual Offerings

Sunday services scheduled for September are the following: Sept 3 10am, Holy Eucharist, Chaplain Ken Mottram; Sept 10 10am, Holy Eucharist, Chaplain Tim Spring; Sept 17 10am, Morning Prayer, Chaplain Nadine Grayl; Sept 24 10am, Holy Eucharist, Chaplain Valerie Webster.

Every Wednesday at 9:15am in the AP Chapel the Venerable Roxanne Klingensmith from St. James Episcopal Church leads residents in a morning prayer service.

Father Leo of Holy Rosary holds Catholic Mass on the first Wednesday of the month at 2:00pm in the AP Chapel. All following Wednesdays in the month Catholic Communion is offered at 2:00pm.

Lutheran Communion is offered the third Wednesday of every month at 3:00pm in the AP Chapel.

All residents are welcome to join the Birchwood Bible Circle, which meets Thursdays at 10:15am in the Birchwood Activity Room.

Chaplain Valerie Webster is available to meet and visit with residents anytime: phone, 579-3980 or by email, [vwebster587@gmail.com](mailto:vwebster587@gmail.com).

# September 2017

*Remove and keep as daily reference.*

## Announcements:

**Shopping Bus:** The shopping bus to Walmart on September 19th will only be for 4 people. The group going to Yellowstone this day will be using the bus. Please plan ahead for your shopping needs.

**Bozeman Symphony Tickets:** The Bozeman Symphony will be starting up their fall season soon. Hillcrest does take residents to their performances, but only on Sunday afternoons. If you wish to utilize Hillcrest transportation please purchase Sunday tickets and remember to sign up at the front desk. The list does fill up fast. To purchase tickets, call the box office at 406-585-9774.

**Pecha Kucha at The Ellen:** Pecha Kucha (peh-chak-cha) offers anyone with a passion or a vision—designers, artists, inventors, architects, adventurers, entrepreneurs—an opportunity to share their ideas with the community during a fast-paced, friendly social get-together. There's just one catch—presenters have only 20 slides x 20 seconds each, a total of 6 minutes, 40 seconds! Summoning the Dead in The West: Spiritualism in the 19th Century Montana, including speakers from the Bozeman-based Extreme History Project nonprofit group. Please sign-up at the front desk and turn in \$10.50 by September 8th.

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

**Powerball Power Play Tickets:** Are you interested in going in with other residents and staff to purchase Powerball tickets? It costs \$3. Sign up and turn your money in at the front desk by 12pm Friday, Sept. 29th. By signing up you are agreeing to equally share the lump sum winnings with all participants.

## September Birthdays

Ludmilla Kupriss	9/4
Jack Myers	9/6
Lois Adams	9/8
Rita White	9/13
Jane Price	9/13
Bob Yaw	9/15
Agnes Persson	9/15
Ellen Urie	9/17
Dorothy Firth	9/18
Bea Gorr	9/18
Abby Claps-Paglia	9/20
Eliza Love	9/22
Wayne Gibson	9/23
Tom Kaveney	9/24
Ken Slaght	9/24
Darlene Walker	9/26

## Timely Topics Weigh Issues

### Mondays at 1:30pm in ARC Center

September 7	<i>Bring your own topic.</i>
September 14	<i>Climate change and adaptation.</i>
September 21	<i>Bring your own topic.</i>
September 28	<i>Great Decisions: Afghanistan.</i>



Aspen Pointe

Sun

Mon

Tue

Wed



Aspen Pointe

# September 2011

*Remove and keep as daily reference.*

**3**  
10:00 am– Worship Service in AP Chapel  
2:30 pm– Bingo in BW Activity Rm

**4** 8-9:30 am Gym Supervised Hrs  
**9:00 am– Neighborhood Walk w/ Emma**  
10:00 am– Chair Ex. in AP Commons  
1:00 pm– Art Class in BW Act Rm  
1:30 pm– Timely Topics in ARC  
**2:30 pm– Bocce Ball**  
6:30 pm– Bingo in ARC

**5**  
8-9:30 am Gym Supervised Hrs  
**9:00 am Trail Hike w/Emma**  
9:15 am– Yoga in the ARC  
10:30 am– Tai Chi in ARC  
1:30 pm– Bus to Walmart  
2:30 pm– Seated Yoga in Act Rm  
**3-4 pm Ginger Recognition in AP Commons**  
6:30 pm– Bridge in ARC

**6** 8-9:30 am Gym Supervised Hrs  
**8:45 am– Shopping at Costco**  
9:15 am– Prayer in AP Chapel  
10:00 am– Chair Ex. in AP Commons  
10:00 am– Brush-up Bridge  
**11:30 am– Interfaith Forum**  
1:00 pm– Coloring Group  
**1:30 pm– Book Club 3rd L**  
**2:00 pm– Catholic Mass in AP**  
**3:00 pm Croquet**  
**3:30-4:30 pm Boz. Public**  
6:30 pm– Bingo in ARC

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

**11** 8-9:30 am Gym Supervised Hrs  
**9:00 am– Neighborhood Walk w/ Jen**  
10:00 am– Chair Ex. in AP Commons  
1:00 pm– Art Class in BW Act Rm  
1:30 pm– Timely Topics in ARC  
**2:30 pm– Horseshoes**  
6:30 pm– Bingo in ARC  
**7:45 pm– Bob B. in AP**

**12** 8-9:30 am Gym Supervised Hrs  
**9:00 am Trail Hike w/Emma**  
9:15 am– Yoga in the ARC  
10:30 am– Tai Chi in ARC  
1:30 pm– Bus to Walmart  
2:30 pm– Seated Yoga in Act Rm  
6:30 pm– Bridge in ARC

**13 Men’s Breakfast**  
8-9:30 am Gym Supervised Hrs  
9:15 am– Prayer in AP Chapel  
**9:30 am– Shopping at Target**  
10:00 am– Brush-up Bridge  
10:00 am– Chair Ex. in AP Commons  
1:00 pm– Coloring Group  
2:00 pm– Catholic Communion  
**3:00 pm– Smart Women’s**  
6:30 pm– Bingo in ARC

**17** 10:00 am– Worship  
2:30 pm– Bingo in BW Activity Rm  
**2 pm– Walk to End Alzheimer’s at Bozeman Ponds**

**18** 8-9:30 am Gym Supervised Hrs  
**9:00 am– Neighborhood Walk w/ Jen**  
10:00 am– Chair Ex. in AP Commons  
1:00 pm– Art Class in BW Act Rm  
1:30 pm– Timely Topics in ARC  
**2:30 pm– Horseshoes**  
6:30 pm– Bingo in ARC

**19 8 am- Yellowstone Trip**  
8-9:30 am Gym Supervised Hrs  
9-10 am– First Security Bank  
9:15 am– Yoga in the ARC  
10:30 am– Tai Chi in ARC  
1:30 pm– Bus to Walmart  
2:30 pm– Seated Yoga in BW Act Rm  
6:30 pm– Bridge in ARC

**20** 8-9:30 am Gym Supervised Hrs  
9:15 am– Prayer in AP Chapel  
**9:30 am– Shopping at Home Depot**  
10:00 am– Chair Ex. in AP Commons  
10:00 am– Brush-up Bridge  
1:00 pm– Coloring Group  
**1:30 pm– Bocce Ball**  
2:00 pm– Catholic Communion  
**3:00 pm– Lutheran Communion**  
**3:30-4:30 pm Boz. Public**  
6:30 pm– Bingo in ARC

**24**  
10:00 am– Worship  
2:30 pm– Bingo in BW Activity Rm  
**3:45 pm– Bob B. in BW DR**

**25** 8-9:30 am Gym Supervised Hrs  
1:00 pm– Art Class in BW Act Rm  
1:30 pm– Timely Topics/Great Decisions in ARC  
6:30 pm– Bingo in ARC

**26** 8-9:30 am Gym Supervised Hrs  
9:15 am– Yoga in the ARC  
10:30 am– Tai Chi in ARC  
1:30 pm– Bus to Walmart  
2:30 pm– Seated Yoga in Act Rm  
6:30 pm– Bridge in ARC

**27** 8-9:30 am Gym Supervised Hrs  
9:15 am– Prayer in AP Chapel  
**9:30 am– Shopping at Target**  
10:00 am– Brush-up Bridge  
1:00 pm– Coloring Group  
2:00 pm– Catholic Communion  
6:30 pm– Bingo in ARC

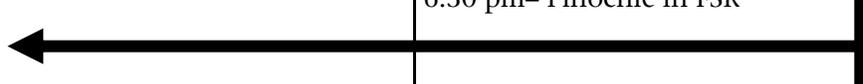


## Active Aging



	Thu	Fri	Sat
	<p><b>Abbreviations:</b>  <b>FSR:</b> Fireside Room  <b>LC:</b> Learning Center  <b>ARC:</b> Activities/Recreation/            Crafts Center  <b>BW Act:</b> BW Activity Room  <b>BW DR:</b> BW Dining Room  <b>PDR:</b> Private Dining Room  <b>BW:</b> Birchwood  <b>AP:</b> Aspen Pointe</p>	<p><b>1</b> 8-9:30 am Gym Supervised Hrs            10:00 am– Chair Ex. in AP Commons            1:30 pm– Cribbage in FSR            6:30 pm– Pinochle in FSR</p>	<p><b>2</b> 1 pm– Mexican Train Dominoes in FSR  <b>2 pm– Bonnie Pickett Memorial in AP Commons</b>            No Movie in AP</p>
<p>Supervised Hrs  <b>7-10 pm</b>            Chapel            AP Commons            3rd Flr A-Wing  <b>7 pm @ Beth Shalom</b>            in ARC  <b>7 pm Flr A-Wing</b>  <b>in AP Chapel</b>    <b>Bookmobile</b></p>	<p><b>7</b> 8-9:30 am Gym Rm Supervised Hrs            9:15 am– Yoga in the ARC  <b>10:15 am– Bible Circle in BW Act Rm</b>            10:30-11:30 am– Bank of Bozeman            1:30 pm– Shopping Bus to the Mall  <b>2-4:30 pm- Hillcrest Car Show</b>            3:00 pm– Knit &amp; Stitch AP Fireside</p>	<p><b>8</b> 8-9:30 am Gym Supervised Hrs  <b>9:30 am–12 pm AP Nail Care in ARC</b>            10:00 am– Chair Ex. in AP Commons            1:30 pm– Cribbage in FSR            6:30 pm– Pinochle in FSR</p>	<p><b>9</b>            1 pm– Mexican Train Dominoes in FSR  <b>1:30 pm– AP Movie in ARC</b>            6:30 pm- Bridge in ARC</p>
<p><b>10-11 pm</b>            Supervised Hrs            Chapel  <b>10 pm &amp; Country</b>            3rd Flr A-Wing            AP Commons            in ARC            in Chapel  <b>10 pm Seminar in LC</b></p>	<p><b>14</b> 8-9:30 am Gym Rm Supervised Hrs            9:15 am– Yoga in the ARC  <b>10:30 am– AP Resident Council in ARC</b>  <b>10:15 am– Bible Circle in BW Act Rm</b>            10:30-11:30 am– Bank of Bozeman            1:30 pm– Shopping Bus to 19th            3:00 pm– Knit &amp; Stitch AP Fireside  <b>3:30 pm– Short Story Discussion with Valerie in ARC</b>  <b>6:00 pm Pecha Kucha at The Ellen</b></p>	<p><b>15</b> 8-9:30 am Gym Supervised Hrs  <b>9:30 am–12 pm AP Nail Care in ARC</b>            10:00 am– Chair Ex. in AP Commons  <b>11:30am– Friday Forum</b>            1:30 pm– Cribbage in FSR  <b>2:00 pm– Ethnic Endeavors in ARC</b>            6:30 pm– Pinochle in FSR</p>	<p><b>16</b>            1 pm– Mexican Train Dominoes in FSR  <b>1:30 pm– AP Movie in ARC</b></p>
<p>Supervised Hrs            Chapel  <b>10 pm &amp; Country</b>            3rd Flr A-Wing            AP Commons            in ARC            in Chapel  <b>10 pm Seminar in LC</b>    <b>Bookmobile</b></p>	<p><b>21</b> 8-9:30 am Gym Rm Supervised Hrs            9:15 am– Yoga in the ARC  <b>10:15 am– Bible Circle in BW Act Rm</b>            10:30-11:30 am– Bank of Bozeman            1:30 pm– Shopping Bus to the Mall            3:00 pm– Knit &amp; Stitch AP Fireside  <b>3:30 pm– Short Story Discussion with Valerie in ARC</b>  <b>7:45 pm– Pianist Stefan Stern in AP Commons</b></p>	<p><b>22</b> 8-9:30 am Gym Supervised Hrs  <b>9:30 am–12 pm AP Nail Care in ARC</b>            10:00 am– Chair Ex. in AP Commons            1:30 pm– Cribbage in FSR  <b>2:30 pm– Cornhole</b>            6:30 pm– Pinochle in FSR</p>	<p><b>23</b>            1 pm– Mexican Train Dominoes in FSR  <b>1:30 pm– AP Movie in ARC</b></p>
<p>Supervised Hrs            Chapel  <b>10 pm &amp; Country</b>            3rd Flr A-Wing            AP Commons            in ARC            in Chapel</p>	<p><b>28</b> 8-9:30 am Gym Rm Supervised Hrs            9:15 am– Yoga in the ARC  <b>10:15 am– Bible Circle in BW Act Rm</b>            10:30-11:30 am– Bank of Bozeman            1:30 pm– Shopping Bus to 19th            3:00 pm– Knit &amp; Stitch AP Fireside  <b>Birthdays Night</b></p>	<p><b>29</b> 8-9:30 am Gym Supervised Hrs  <b>9:30 am–12 pm AP Nail Care in ARC</b>            10:00 am– Chair Ex. in AP Commons            1:30 pm– Cribbage in FSR  <b>1:30 pm– Active Aging Week Closing Social in AP Commons</b>  <b>3 pm– MSU School of Music in BW DR</b>            6:30 pm– Pinochle in FSR</p>	<p><b>30</b>            1 pm– Mexican Train Dominoes in FSR  <b>1:30 pm– AP Movie in ARC</b>            6:30 pm- Bridge in ARC</p>

ing Week



**9/2 Bonnie Pickett Memorial:** There will be a memorial service for Bonnie Pickett at 2pm in the Aspen Pointe Commons.

**9/5 Ginger Recognition Social:** Ginger will be recognized for all the work she has done over the years for Hillcrest at 3pm in the Aspen Pointe Commons.

**9/6 Interfaith Forum @ Beth Shalom:** "Holy Tweet?" What is the impact of today's communications revolution on our religious practices? With Dave Johnston (LDS) and Suzanne Colon, (Buddhist). Sign-up at the front desk.

**9/6 Bookmobile at Hillcrest:** Please refer to article on page 1. To view the schedule visit <http://www.bozemanlibrary.org/bookmobile/>.

**9/7 Hillcrest Car Show:** Please refer to the article on page 2.

**9/10 Bob Britten in Birchwood:** Bob Britten is back to play your favorite piano tunes in Birchwood.

**9/11 Bob Britten in Aspen Pointe:** Bob Britten is back to play your favorite piano tunes in Aspen Pointe.

**9/13 Men's Breakfast:** All men are invited to this breakfast cooked to order by Chef Dean in the Aspen Pointe dining room.

**9/13 Smart Women's Seminar:** "How to Best Care For Your Houseplants" Laura Grochowski from The Foliage Company will be here to discuss the basic care of house plants, some common plant pests, tips for putting plants in pots, and the best environment for certain plants and some common problems.

**9/14 Aspen Pointe Resident Council:** All residents are welcomed to this meeting.

We have changed the time to 10:30am in the ARC Center.

**9/14 Pecha Kucha:** Please refer to the front of the calendar for details. Sign up at the front desk.

**9/15 Friday Forum:** More info to come.

**9/15 Ethnic Endeavors:** More details to come. Chef Dean will pick a dish native to a certain area of the world, provide some history about it, and prepare it to share with residents.

**9/17 Walk to End Alzheimer's:** Please refer to the article on page 8. We would love to have several staff and residents participate and show our support in finding a cure for Alzheimer's. Sign up at the front desk.

**9/19 Yellowstone Trip:** Please refer to page 1 for details and sign up at the front desk.

**9/20 Bookmobile at Hillcrest:** Please refer to article on page 1. To view the schedule visit <http://www.bozemanlibrary.org/bookmobile/>.

**9/21 Pianist Stefan Stern:** The accomplished pianist Stefan Stern will be performing in the Aspen Pointe Commons.

**9/24 Bob Britten in Birchwood:** Bob Britten is back to play your favorite piano tunes in Birchwood.

**9/25-9/29 Active Aging Week:** Please refer to page 4 for details. If you need a brochure please contact Rachel 414-2002. Be sure to register for any events you would like to participate in so we can have an accurate count on participants.



**BOZEMAN HEALTH**  
HILLCREST SENIOR LIVING

Aspen Pointe

## Wise & Well: Wonders of Water By Jennifer McNulty, Exercise Specialist

Staying hydrated may seem like a simple task, however more than 75% of Americans are dehydrated whether they are aware of it or not. Day to day activities can be very hectic, so it is easy to forget to drink water or other fluids in order to maintain a hydrated status. We must not forget! Drinking an adequate amount of water will benefit us in so many ways. Listed below are some of those great benefits:

- Helps combat memory loss as we age.
- Lubricates and softens the impact of daily activities on joints.
- Helps with cell repair and wound healing.
- Helps red blood cells bring oxygen to vital organs and muscles and decreases the amount of blood the heart has to pump through our body.
- Helps kidneys remove waste and toxins from our body.
- Moisturizes skin and slows the aging process of skin.
- Increases the strength of nails and hair.
- Lessens the pain associated with arthritis and low back pain.
- Decreases hair loss and dandruff.
- Increases energy and relieves fatigue.
- Decreases hunger pains and promotes weight loss.
- Prevents cramps and muscle strains.
- Boosts immune system.
- Maintains regularity and digestion health.
- Decreases intensity and duration of headaches.
- Increases metabolism.



- Hydrates brain cells and reduces stress.
- Reduces arterial pressure.
- Helps regulate body temperature.

With the Hydration Challenge coming to a close, have I convinced you to stay hydrated with water after sharing all the amazing benefits? Most of these changes do not occur with one or two glasses of water every few days, these occur as a result of chronic water drinking. As a community, we have done a fantastic job increasing the amount of water we are

drinking! If you remember, the participant's goal was to consume half of their body weight, in ounces, each day. Over the past 7 weeks we have had an average of 21 people participate in the challenge; the average weight of the group was 145

pounds, which equates to roughly 72 ounces of water on average that should be consumed on a daily basis. Throughout the 7 weeks, on average each person drank about 68 ounces of water a day. From the feedback I have been hearing, we, as a group have increased our water intake significantly! While we all may not have met our individual goal, we did a wonderful job!

The goal of the Hydration Challenge was not only to increase our water intake, but we were also looking to turn water consumption into a habit. Creating a habit takes 21 days, with our 49 day challenge we not only created a habit, but we solidified the habit and therefore will hopefully continue to drink water throughout the winter months and beyond! Congratulations participants!

## Two generations of family now reside in Hillcrest

By Kate Evans



Nancy, Eliza, and Peter

“We enjoy both picnics and music,” said Eliza Love as she and husband Peter ate sandwiches and shared a dill pickle at a July band concert at Bogert Park.

Sitting next to her, I learned that the Loves are new residents in Aspen Pointe, coming from southern California to be near her

mother, Nancy Little.

Nancy has lived in Hillcrest since January 2006, arriving also from California where she raised six children and where her husband Edward Little helped establish Harvey Mudd College in the mid 1950’s.

“We were retired and it just seemed the right time to relieve my sister, Kate Little of Salt Lake City, of the major responsibility of caring for mom,” Eliza further explained. “My brothers and sisters have always been a team, doing what we each could do for her, but Kate for some time has been the family facilitator; maybe our move into Hillcrest will offer a more effective plan.”

The move, a reversal of parents moving to be near their children, is somewhat unusual. It may establish a new tradition; it is believed to be the first instance of two generations of a family living in Hillcrest at the same time.

“We are most grateful to LeRoy Wilson and his entire staff for the support and assistance they have given us in making this arrangement possible,” states Eliza. “It has brought our family closer together, providing us

with another way of sharing mom’s love and care.” An added joy for Eliza is the one-on-one time she now has with her mother, something she did not experience as the second child of a large family.

Eliza and Peter met as students at San Diego State College. She graduated in 1972 and he in 1968. For 17 years she worked in public schools as a reading specialist near her home in Bothell, WA. In her church she was an active knitter for charity. She stitched 200 prayer shawls in five years for people in 15 different states and a dozen countries.

Peter, a Maine Corps veteran, worked in the insurance industry and restaurant management. He has spent 50 years behind the mask of an umpire, calling for both baseball and softball games. He has contacted the local umpire association and is “geared up” to officiate games in Bozeman next season.

Nancy was born January 23, 1926 in Lincoln, NB, where she spent her youth. Her mother sent her to a prep school, Abbott Academy in Andover, MA so that she would have the experience of living elsewhere. She attended the University of Nebraska for three years before accepting a marriage proposal from Edward (Spiff) Little. They were introduced by her brother one afternoon in 1946 and were married 10 months later. Edward, a graduate of Dartmouth College with a master’s and PhD degrees, was interested in industry and the business of running a company. While working in a plastics firm in Cleveland, OH, he was contacted by Joseph B. Platt, a nuclear physicist, who was helping to found a liberal arts college of engineering, science and math in Claremont, CA. Platt became Harvey Mudd College’s first president; he named Edward Little as his assistant.

When Edward was unable to schedule necessary surgery in Los Angeles, his son-in-law, Dr. Ron Tharp, a physician in Bozeman, arranged for the operation to be performed here. He recovered in Birchwood and he and Nancy eventually moved into Aspen Pointe. He died in October 2006.

## About our Staff By Kate Evans

### Server dreams of being an architect.



She's tall, energetic and enthusiastic, with a broad smile and expressive brown eyes, plus she is always on the run! That's Sage Triantis, who had a Greek grandfather and a Mexican grandmother.

Yet she speaks French fluently.

"I studied the language both at Bozeman High School and then at Montana State," she explains. "For graduation from BHS, my dad, Jason Triantis, took me to Paris and Belgium for a week, and for a treat for my younger sister, Soriya, 12, he took her to Disney Land."

While in high school, she also studied art for two years as a student in an advanced placement class. "Some of my work was featured in the programs notes of the Bozeman Symphony and displayed at their performances." She likes to add drawings and quotes to the menu board at the entrance of the Aspen Pointe dining room.

In May she finished her first year in MSU's school of architecture and was accepted for the second year in that program. "It's a unique and tough program; to be accepted you have to prove yourself academically and submit a portfolio of projects and drawings from your first year." She was one of 78 accepted.

Her career dream is to design affordable and sustainable housing, employing solar panels and earth friendly materials.

When not working in the dining room or as a house sitter, she enjoys biking and floating local rivers with other servers, Tyler, Ben, Shauna, and former server, Haley Walsh.

### Chelsea's career goal: To be a surgeon in Africa.

With a strong desire to practice medicine in Africa some day, Chelsea Koessel is focusing her education and work experience in that direction.

She is currently registered in the pre-med program at MSU, where she is a student with a double major in cell biology-neuro science and French. Her goal is to be a surgeon with Doctors without Borders in an African Country. "That's my dream!" she confidently says with a smile.

In addition to her college studies, she is broadening her scientific knowledge by working in a chemistry lab with a small group of MSU undergrads and graduate students. They are studying proteins and radical enzymes. Chelsea already has a degree in health care administration, which she obtained at the University of Phoenix in 2015.

She came to Hillcrest in September 2014 as a Resident Associate. She now holds the position of Resident Associate Care Coordinator.

"I like to run, especially 10k's and half marathons; I don't like to swim or bike so I don't do triathalons," she emphasizes. In her neighborhood she runs with her 18 year old black poodle, aptly named Pepper. "Pepper is still quite lively. She enjoys visiting residents at Birchwood and they seem to like petting her."

Chelsea was born in Rawlins, WY but moved with her family and 2 sisters to Bozeman when she was 9 years old. "My youth was spent in Bobcat land and I have been one ever since."



## Department Updates

### Marketing—Linda Jo Simkins

The marketing department continues to have a very busy summer. New residents will arrive in September and October! Thank you all for always being warm and welcoming to new residents. The testimonials you have provided are wonderful, thank you. We will post some of them on our website in the near future.

### Environmental Services—John Odden

Recycling reminder: “Wax coated paper milk-style cartons are NOT recyclable. Please just throw these in the trash.”

### Programming—Rachel Clemens

- Meet Brenna Hale, a new member of the Hillcrest Programs Team; she is taking the title of Activity Assistant! Brenna originally from Billings, moved to Bozeman for her undergraduate degree at Montana State. She will graduate in December with a degree in Biological Studies and Spanish. She loves Bozeman, and Montana in general, for all of the outdoor activities it has to offer. And for the incredibly kind people in Montana she is blessed to share it with!



- New Activity Room: Starting this month several programs will move into the newly named ARC (activities/recreation/crafts) Center in order to free up common areas and resident space for socializing. **To make these accommodations some program times and days have changed.** Please review your calendar carefully. These changes will effect the following programs: timely topics, bingo, yoga, tai chi, bridge, coloring, resident council, short story group, AP nail care, and the AP movie. A schedule for the room will be available.

## Walk to End Alzheimer's

Save the date for the annual WALK TO END ALZHEIMER'S that Hillcrest has helped sponsor! All residents and staff are encouraged to participate in this fun event. Funds raised through the walk will further the care, support and research efforts of the Alzheimer's Association. All we need is you!

Come help this cause Sunday, September 17 for a 1 mile walk around the Bozeman Ponds. The trail is accessible to all walker levels and wheelchairs. The Hillcrest bus will leave at 2:00 from Aspen Pointe. Put this event on your calendar and sign-up at the front desk.

### Yellowstone from page 1

Leaving at 8am, the Geyser Hill Walk area will be toured around Old Faithful, lunch will be outside (weather dependent), and the day will be finished at Fountain Flats. The bus should return around 5pm. It will be a fun experience. Sign up at the front desk and join the adventure.

### Library from page 2

The committee is appreciative of receiving these titles. “It welcomes books, both fiction and non fiction, that are timely and appropriate to the library’s collection,” Ilen explains. “Available space is always a factor when considering adding books,” Dewey Adams, committee chairman further points out.

In addition to gifts of books, the committee has received several large cash donations with which to purchase books. Oma Walls is instrumental in buying new titles.

### *Wanted...*

Resident Ken Slaght would like to buy a used humidifier. Please call him at 586-5900.