

Crest Lines

April 2017

Volume 1, Issue 12

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Coming Soon

April

- Smart Women's Annual Fashion Show
- Flower Arranging
- Easter Buffet
- Orchid Show
- Jesse MacDonald & Hannah Reitz
- Men's Breakfast
- MSU Lecture

May

- Stefan Stern
- Mothers Day Dessert Buffet
- Ethnic Endeavors

Esteemed Musician to Play at Hillcrest



Bozemanite, Jesse MacDonald, who has entertained Hillcrest residents in the past, will return with a program Wednesday, April 26th at 7:45pm in the Aspen Pointe Commons. The accomplished violinist has been playing this instrument since age 4, taking instruction from Carrie Krause of Bozeman. "Jesse is a remarkable musician for his dedication to our musical profession from a very young age - with all the work and passion required, his elegant

sense of style and singing tone, and generous kindness to all, young and old," Carrie proudly states. Joining Jesse at this performance in April will be his friend Hannah Reitz, a music graduate of St. Olaf College and previous concertmaster of the acclaimed St. Olaf Orchestra.

Jesse received his Bachelors degree at the New England Conservatory of Music, studying with Masuko Ushioda and Joanna Kurkowicz; he has recently received a Masters degree studying with Mark Steinberg at the prestigious Manhattan School of Music. He previously held principal positions with Boston Civic Symphony, Montana All-State Orchestra, Beverly Hills Chamber Orchestra, Interlochen Symphony Orchestra, Bozeman Symphony Orchestra, Red Lodge Festival Orchestra, and the Intermountain Opera Association.

Continued page 8

Happy Anniversary!

This is the 12th issue of *Crest Lines*. Much of its first year's success has been due to the important role you, the readers, have played. Your voices of approval, plus your opinions regarding its content and layout, encouraged us to proceed with each issue. Thus, with your support, we will continue publishing the monthly newsletter with its original mission: to inform and enlighten you with articles in an attractive and readable format. Your suggestions are welcome. On to year two! Rachel Clemens and Kate Evans

Thoughts from the V.P. By LeRoy Wilson



Please help me recognize the outstanding contribution that Rachel Clemens, Kate Evans and other guest columnists have made in re-shaping and re-branding our resident newsletter *Crest Lines*. About a

year ago, I made the decision to change the newsletter with a desire to make it more about resident life at Hillcrest. In reality, I did not know what that change fully entailed or even what that change might look like.

As most of you have experienced, “change” is not always easy. One of my more favorite quotes from George Bernard Shaw is, “Progress is impossible without change, and those who cannot change their minds cannot change any-

thing.” I approached Rachel in hope that she was up to the challenge of moving the newsletter to a new place. Rachel did not bat an eye when I presented her this opportunity – she picked it up and went for it. All I had to do was get out of the way. Rachel’s intuitive nature, lead her to Kate Evans, our resident newsletter expert. This partnership has authored a wonderful newsletter with true journalistic quality and readability.

Crest Lines has become a highlight to my month, providing an informative gateway into resident life. Articles range from captivating stories about resident and staff to the day-to-day events we host here at Hillcrest. Rachel and Kate - thank you for your vision and leadership in making this paper so significant to so many of us. I appreciate all that you have done.

Garden Plots Available

It’s still Spring, but time to plan a summer garden here at Hillcrest if you like working in the soil.

Space is available in the Community Garden plot for anyone wishing to plant vegetables or flowers, according to Dewey Adams. Last year Dewey grew tomatoes, onions, carrots, along with flowers. Pam Linn hopes to add beets to her garden this year.

Ilen Stoll explains that an area will be planted again with herbs; Chef Dean and his staff of cooks like having fresh herbs for their recipes.

You can discuss your plans with Dewey, Ilen, or Pam for any tips or information.

Spiritual Offerings

Services scheduled for April are the following: Maundy Thursday, April 13th, 3:30pm Chaplain Valerie Webster; Good Friday, April 14th, 2pm Chaplain Ken Mottram; Easter Service, April 16th, 10am Chaplain Ken Mottram

All residents are welcome to join the Birchwood Bible Circle, which meets Thursdays at 10:15am in the Birchwood Activity Room. A Lenten study will begin at the beginning of April using Max Lucado's *He Chose the Nails*.

Chaplain Valerie Webster is available to meet and visit with residents anytime, 579-3980 or by email, vwebster587@gmail.com.

Neighbors

By Kate Evans

The Pruntys & Sadie



When Bill and Gigi Prunty moved to Bozeman in 1962, Bill was the first physician to start a psychiatric practice in the

community. Besides developing this medical service, he was employed part time at Montana State College.

Back then mental health issues in Bozeman were largely untreated, or ignored, due to the lack of trained professionals. In the 1970's Bill and a clinical psychologist, Frank Seitz, helped convince the Gallatin County Commissioners and the Gallatin County-City Health Department to create a program to meet the needs of residents with mental health issues. Thus was the beginning of Bozeman's mental health department which now, years later, includes a wide range of various team members in that field.

Bill grew up in Rapid City, SD, the son of teachers Earl and Hazel Prunty. The family, also including son Bob and daughter Carol, vacationed throughout the West. As a child, Bill recalls, "I would think about living in Montana where I could fish and hunt." Following high school, he attended Creighton University Medical School, graduating in 1955. He went on to intern at Mercy Hospital in Des Moines, IA. Then he was off to the Air Force in 1956 for three years. During this period, he was in Japan as a flight surgeon and medical officer.

Gigi spent her childhood in Colorado Springs, a member of the family of William and Gertrude Gordon. She was the elder twin of Bill. She, too, was interested in a career in the field of health. In 1949 she enrolled in a three

year nursing program at Chicago's Wesley Memorial Hospital, an affiliate of Northwestern University where she also took courses. Upon completion of the nursing course in 1953 she continued working at the hospital and exploring the city of Chicago. But after a year she decided to return to Colorado and took a position at the Veterans Administration in Denver where she worked for nine years. She met Dr. William Prunty when he was hired by the hospital following his military service. They were married in August 1960 in the Presbyterian Church in Aurora, CO.

Throughout their marriage they have shared many interests: fishing, skiing, the Chicago Cubs, and Basset Hounds. Their car displays a personalized license plate CUBNUT which was a gift years ago to Gigi from their two sons. They follow the Chicago Bulls basketball team and Bill has some interest in the Chicago Bears, but not Gigi. "I'm not into football," she declares.

Friendly Sadie, their current Basset Hound, wags her tail when she greets visitors at their apartment front door. She is their fifth long eared pet, following Maude, Pansy, Percy, and Tilly. She takes Gigi out for a walk most every afternoon.

When not "doctoring" Bill has carved an assortment of animals and birds from basswood and painted pictures in oil. "Working with my hands provided a good past time," he explains. "I was never interested in politics or volunteering much. I concentrated my life on doing what is expected of you – mine was being a good physician."

Here in Bozeman, they have raised three children: Sheri Owens lives in Lake Forest, Illinois; teaches music in Highland Park, and is a member of Chicago Symphony Chorus; Steve, owner of Edison Electric in Bozeman; and Dave, head of Flathead Country Public Works in Kalispell.

When it was time to decide to move from their home in Sypes Canyon, it was not difficult for them to know where to go – to Hillcrest of course, where Gigi's mother, Gertrude Gordon, had lived for ten years in the original facility.

Volunteer Week April 23 to 29

Celebrating Volunteers

Crest Lines salutes the volunteers of Hillcrest, residents who contribute time and talent to this community. “Their efforts vary but are greatly appreciated by all who live and work here,” according to Rachel Clemens, Program Director.

National Volunteer Week was first established in the United States by Richard Nixon via a Presidential Proclamation on April 20, 1974. This spirit of helping others has been recognized since then and will be celebrated the week of April 23 to 29.

The week was conceived in Canada in 1943 as a way to honor the contributions made by women on the home front to the war effort. After World War II, National Volunteer Week declined in popularity until the 1960’s when it revived and gained popularity in the United States as well.

Hillcrest residents who make the generous gift of giving include:

Resident Council: Wanda Myers, Eileen Crook, Peg Gary, Trica Skidmore, Sara Lyons, Oma Walls, Pete Ault, Dick Walker, and Clint Frazee.

Library Committee: Dewey Adams, Ilen Stoll, and Oma Walls.

Timely Topics: Trica Skidmore.

Brush-Up Bridge: Wanda Myers.

Book Club: Ilen Stoll.

Bridge Nights: Ellen Burgess, Tuesday; Wanda Myers, Saturday.

Bingo: Wendy Wilson, Wednesday; Bill and Emma Hawley (Emma started calling bingo with her dad on Sunday when she was 12 years old.).

Garden Work: Dewey Adams, Pam Linn and Ilen Stoll.

Crest Lines: Kate Evans.

Volunteers who give of themselves to groups in the Bozeman community include Lee Wagner, Wayne Gibson, Tom Kaveney, Earl Peace, Lucy Dwarshuis, and Ilen Stoll.

Clinic Services at Hillcrest

Just a reminder, lab services, like blood draws, are offered in the Aspen Pointe Clinic located in the basement of building A. These services are available between the hours of 9:30am and 10:00am every Thursday morning.

Please signup at the front desk of Aspen Pointe in the back of the activity sign up book. You will need to bring your lab orders; if you do not have a copy, you will need to contact your care provider to receive one. Be on time.

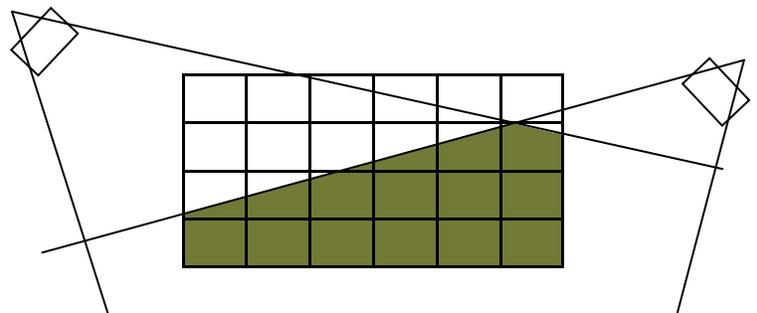
Dr. Loeffelholz also offers clinic hours in the Aspen Pointe clinic on the 1st and 3rd Wednesday of each month between 1:00pm and 4:00pm. In order to get an appointment call Internal Medicine Associates at 414-2400 and tell them it is for the Aspen Pointe Clinic.

In the future, the clinic will also be used for podiatry, audiology, and simple repairs for walkers and scooters.

Hearing Tips

Some residents have concerns about the ability to hear during programs in Aspen Pointe. Here are some tips to better enjoy the programs that are offered.

It is a misconception to think that in order to hear better you should sit up front during a program in the Commons. There are two large speakers to the right and left of the chairs at the front of the Commons area. The sound comes from those out to the audience in a cone shape of approximately 60°. Inside the cone of sound is where you want to sit. Or you can check if you are looking directly into the center of the speaker box.



April 2017

Remove and keep as daily reference.

Announcements:

- **Balance Class:** The next session of balance classes will be starting April 4th and running through May 25th. For more info contact Ginger, 414-2029.
Tuesdays: 2pm and 3:15pm in the AP Commons
Wednesdays: 1:30pm and 2:15pm in the gym
Thursdays: 1:30pm in the AP Commons
- **Functional Strength Class:** Jennifer's functional strength class series will be running March 1st through April 6th, Wednesdays at 3:15pm in the gym. For more info contact Jennifer, 414-2029.
- **Cubby Information:** Check your cubby located by the mail boxes regularly. Some events get scheduled after the monthly calendar gets published. Information will include date, time, place, if you need to sign-up, and if there will be a cost.
- **New Books in the Aspen Pointe Library:** Cara Black Myserties (set in France); Margaret Coil Mysteries (set in Wyoming); *Hillbilly Elegy* by J.D. Vance; *The Invention of Nature* by Andrea Wulf; *My Antonia* by Will Cather (LARGE PRINT); *Diana, Her True Story* (LARGE PRINT); *The Road to Character* by David Brooks (LARGE PRINT); and the first eleven mysteries by Craig Johnson (the *Longmire* series featured on Netflix).
- **Scheduled WiFi Maintenance:** In order to do a system upgrade there will be a scheduled time that WiFi will be unavailable on Tuesday, April 4th from 12pm-2pm.

April Birthdays

Izzy Harris	4/1
Louise Lord	4/8
Dick Walker	4/9
Pam Linn	4/9
Elaine Livers	4/10
Sara Lyons	4/10
Pat Baumbauer	4/11
Kate Evans	4/14
Phyllis Schuttler	4/14
Ruth Kelley	4/16
Millie Visocan	4/16
Kay Nordlund	4/19
Josephine Dorsch	4/20
Don Norem	4/30

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

April 3

Great Decisions: China's Maritime Buildup.

April 10

Bring your own topic.

April 17

Bring your own topic.

April 24

Green Energy.



Aspen Pointe

Sun

Mon

Tue

Wed

April 2017

Ren

<p>2 10:00 am– Worship Service in AP Chapel 2:30pm– Bingo in BW Activity Rm 3:45pm– Bob B. in BW</p>	<p>3 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 3:30 pm– Bob & Mark in BW DR 6:30 pm– Bingo in FSR 7:45 pm– Bob & Mark in AP Commons</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 Hrs 9:15 am– Prayer in AP Chapel 10:00 am– Brush-up Bridge 3 10:00 am– Chair Ex. in AP Commons 11:30 am– Interfaith Forum 1:00 pm– Coloring Group in AP Commons 1:30 pm– Book Club 3rd Floor 1:30/2:15 pm– Balance IIA/ID 2:30 pm– Catholic Mass in Chapel 3:15 pm– Functional Strength 6:30 pm– Bingo in FSR</p>
<p>9 10:00 am– Worship 1:45 pm– Bozeman Symphony 2:30pm– Bingo in BW Activity Rm 3pm– Recital in AP Commons</p>	<p>10 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 6:30 pm– Bingo in FSR</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 Supervised Hrs 9:15 am– Prayer in AP Chapel 9:30 am– Grocery Shopping 10:00 am– Brush-up Bridge 3 10:00 am– Chair Ex. in AP Commons 1:00 pm– Coloring Group in AP Commons Catholic Communion Canceled 3:00 pm Fashion Show in AP Commons 6:30 pm– Bingo in FSR</p>
<p>16 Easter 10:00 am– Worship 2pm– BW Movie No Bingo Today</p>	<p>17 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 6:30 pm– Bingo in FSR</p>	<p>18 8-9:30 am Gym Supervised Hrs 9:30 am– Yoga in the LC 9:30-10:30am– First Security Bank 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 Supervised Hrs 9:15 am– Prayer in AP Chapel 10:00 am– Chair Ex. in AP Commons 10:00 am– Brush-up Bridge 3 1:00 pm– Coloring Group in AP Commons 1:30/2:15 pm– Balance IIA/ID 2:30 pm– Catholic Comm. in Chapel 3:00pm– Lutheran Comm in AP Commons 3:15 pm– Functional Strength 4:15pm– Bozeman Chamber 6:30 pm– Bingo in FSR</p>
<p>23 10:00 am– Worship 2:00 pm– Orchid Show at the Mall 2:30pm– Bingo in BW Activity Rm</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 6:30 pm– Bingo in FSR 7:45 pm– Bob B in AP Commons</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 Supervised Hrs 9:15 am– Prayer in AP Chapel 9:30 am– Grocery Shopping 10:00 am– Chair Ex. in AP Commons 10:00 am– Brush-up Bridge 3 1:00 pm– Coloring Group in AP Commons 1:30/2:15 pm– Balance IIA/ID 2:30 pm– Catholic Comm. in Chapel 3:15 pm– Functional Strength 6:30 pm– Bingo in FSR 7:45pm– Jesse & Hannah in AP Commons</p>
<p>30 10:00 am– Worship 2:30pm– Bingo in BW 3:45pm– Bob B in BW</p>	<p>Abbreviations: FSR: Fireside Room LC: Learning Center BW Act: Birchwood Activity Room BW DR: Birchwood Dining Room PDR: Private Dining Room BW: Birchwood AP: Aspen Pointe</p>		

Thu

Fri

Sat



Aspen Pointe

move and keep as daily reference.

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

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Admin Conf Rm
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6 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
1:30 pm– Balance IIC in AP Commons
3:00 pm– Knit & Stitch AP Fireside
4:00 pm– Short Story Discussion with Valerie in 3rd Flr A-Wing Lounge
7:45 pm– Acony Belles in AP Commons

7
8-9:30 am Gym Supervised Hrs
10:00 am– Chair Ex. in AP Commons
1:30 pm– Cribbage in FSR
3:00 pm– Angella Ahn & Students 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

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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– Balance IIC in AP Commons
1:30 pm– Shopping Bus to 19th
3:00 pm– Knit & Stitch AP Fireside
3:30 pm– Maundy Thursday Service in Chapel
7:45 pm– Edis & Cliff in 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
2pm– Good Friday Service in AP Chapel
6:30 pm– Pinochle in FSR
7:30 pm– Flower Arranging in FSR

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

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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– Balance IIC in AP Commons
1:30 pm– Shopping Bus to the Mall
3:00 pm– Knit & Stitch AP Fireside
4:00 pm– Short Story Discussion with Valerie in 3rd Flr A-Wing Lounge
7:45 pm– “Profound Words” 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
6:30 pm– Pinochle in FSR

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

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Commons
3rd Flr A-Wing
Admin Conf Rm
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AP Commons

27 Men’s Breakfast & Birthday Night
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– Balance IIC in AP Commons
1:30 pm– Shopping Bus to 19th
3:00 pm– Knit & Stitch AP Fireside
7:45 pm– MSU Lecture in AP Commons

28 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

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

4/2 Bob B. in BW @ 3:45pm: Come tap your toes and sing to Bob Britten on the piano in Birchwood!

4/3 Bob & Mark in BW & AP: Our favorite jazz duo will be in Birchwood at 3:30pm and Aspen Pointe at 7:45pm.

4/5 Interfaith Forum @ Beth Shalom: Passover—Does this Jewish festival play a role in other faiths? Please sign-up at the front desk.

4/6 Short Story Group: Are you interested in a short story group? Chaplain Valerie Webster will read a story, followed by the group's discussion.

4/6 Acony Belles in AP Commons: This trio includes Besty Wise (Guitar, Vocals), Chelsea Hunt (Fiddle, Vocals) and keeping the two of them in time is Jody Engstrom (Stand-up Bass, Vocals). They draw their inspiration from Blues, Classic rock, Bluegrass and Americana.

4/7 Angella Ahn & MSU School of Music Students in BW: Join Angella's talented students for music in BW.

4/9 Bozeman Symphony: Our 49th season comes to a close with the monumental drama of Gustav Mahler's first symphony, "The Titan" and Stephanie Chase performing the virtuosic Bruch G minor concerto. Sign-up at the front desk.

4/9 Recital: Mary Murphy will be here with her students, playing piano, guitar, and singing.

4/12 Smart Women's Seminar: Preview new fashion trends provided by White House Black Market modeled by Hillcrest residents and Smart Women participants. Join us for a fun afternoon in the AP Commons at 3pm!

4/13 AP Resident Council @ 10:00am in FSR: All residents are welcome to come listen and bring up topics of their own.

4/13 Edis & Cliff in AP: Edis will be singing and playing guitar while Cliff is on piano.

4/14 Friday Forum @ the Library: Marty Matsen, Bozeman's new Community Development Director, responsible for overseeing the booming city's building and planning depart-

ments, will review and explain new policies and plans for the community.

4/14 Flower Arranging: Leisa will be here to help residents create a spring/Easter arrangement. Please sign-up at the front desk.

4/16 BW Movie: To be announced.

4/19 Bozeman Chamber Ensembles: Under the direction of Carrie Krause six groups of four to eight children, with piano will be playing. The kids are age 8-17.

4/20 Short Story Group: Are you interested in a short story group? Chaplain Valerie Webster will read a story, followed by the group's discussion.

4/20 "Profound Words" with Lynn Bissell: Lynn Bissell will be giving a humorous presentation about play on words.

4/23 Orchid Show: We will be taking a bus to view the orchids at the mall. Please sign-up at the front desk.

4/24 Bob B. in AP Commons @ 7:45pm: Come tap your toes and sing to Bob Britten on the piano in Aspen Pointe!

4/26 Jesse MacDonald & Hannah Reitz in AP: Please refer to article on cover page.

4/27 Men's Breakfast: Men are welcomed to enjoy a cooked to order breakfast in the Aspen Pointe dining room.

4/27 MSU Lecture: To be announced.

4/30 Bob B. in BW @ 3:45pm: Come tap your toes and sing to Bob Britten on the piano in Birchwood!

******Wednesday Grocery Shopping:** In order to provide more opportunities for resident appointments we are going to try something new for grocery shopping. We will leave Hillcrest at 9:30am and the first stop will be to Rosauers, then Town & Country on 11th, next the Co-op, and lastly Heeb's. We will give residents an hour and loop back around to pick shoppers up, getting back to Hillcrest at approximately 11am. We will do this twice a month. Sign-up will be at the front desk.

Wise & Well: Essential Fatty Acids, Part 2

By Jennifer McNulty, Exercise Specialist

In the last issue of *Crest Lines*, we discussed omega 3 fatty acids. This issue will focus on the other fatty acids, Omega 6. Last month we learned that we need to consume essential fatty acids for the normal functioning of all tissues in our body; however we are not able to naturally produce them. Omega 3 and omega 6 fatty acids must be obtained directly from the foods we consume. These essential fatty acids are known as polyunsaturated fats, or good fat, which can help to reduce cholesterol and LDL levels in our blood.

Omega 6 fatty acids, also known as linoleic acid, are very similar to omega 3 fatty acids in that they play a very important role in brain function and normal cell growth. In addition, omega 6 fatty acids help stimulate hair and skin growth, maintain bone health, regulate metabolism, and maintain the reproductive system. As with omega 3 fatty acids, the body is not able to make omega 6 fatty acids. However, we usually do not need to add a supplement of omega 6 into our diet.

In general, people in the Western world are not deficient in omega 6 fatty acids; actually in most cases we are getting far too much omega 6 fatty acids. This is because the majority of our Western diet consists of meat, processed foods, or deep fried foods; all which contain omega 6. Excessive omega 6 consumption can cause symptoms such as inflammation, headaches, stomach pains, nausea, and loose stools. The exact amount of linoleic acid an individual needs should be discussed with a doctor as it depends on our age, weight, and underlying medical conditions.

Omega 6 fatty acids have many health benefits; additionally, they have also been shown to help manage the symptoms of common medical conditions. Below are some of these conditions:

Diabetic Neuropathy. Consuming omega 6 fatty acids for at least 6 months may help reduce the symptoms of nerve pain that are associated with neuropathy. To achieve this, it may require additional supplementation; however make sure not to start taking a supplement without first speaking to your physician.

High Cholesterol. Omega 6 may reduce the amount of LDL and increase the amount of HDL in our blood stream, thereby lowering our total cholesterol levels.

Hypertension. Some studies have found that in combination with omega 3 fatty acids, omega 6 fatty acids can reduce blood pressure. The reduction is mainly seen in the systolic pressure, or the pressure in the blood vessels when the heart contracts.

Osteoporosis. In combination with omega 3 fatty acids, omega 6 fatty acids have been shown to help protect against bone density loss and demineralization which are associated with osteoporosis.

While consuming omega 6 fatty acids is a necessity and provides many health benefits, we as a Western population need to be careful not to consume too much. Next month, we will discuss the importance of balancing our intake of omega 6 and omega 3 fatty acids in order to avoid these symptoms and maximize the health benefits.

Reference: University of Maryland Medical Center, February 2017. www.umm.edu/health.

Healthy Omega-6 Fatty Acids

Sunflower Oil

Vegetable Oil

Soy Oil

Sesame Oil

Grains

Margarine

Eggs

Meat Products

Spinach

My 70 year journey in journalism— by Kate Evans

This interview is an attempt to answer residents' questions about my working days on newspapers, magazines, and in public relations. It will explain my interest in the production of Crest Lines, and in writing the Neighbors column and other special articles.

Kate Patterson began her journey in journalism in the early 1940's in her hometown of Elkhart, IN where for two summers she wrote obituaries and weddings for the *Elkhart Daily Truth*. This "vast experience" for a high school teenager proved helpful later when as a student at Northwestern University's Medill School of Journalism she applied for summer jobs at community papers on Chicago's North Shore.

As a sophomore at Northwestern, she wrote an article for a journalistic writing practice class which the professor submitted to *Read* magazine. It won the student contest prize of \$100 and was printed in the May 1945 issue. One hundred dollars was big money at that time for a gal living in a boarding house in Evanston and riding the "L" to a summer job at *Wilmette Life*.

Her first professional position came after graduation from Northwestern in 1947. It was as Women's Page Editor in Oak Park, IL, a weekly published by Telfer MacArthur, who was running for a seat in the Illinois Congressional District. It was an exciting time at the paper; he had interesting family supporters: brother Charles was the playwright of Front Page and husband of actress Helen Hayes, and brother John D. was insurance owner, a major supporter of PBS programs, and founder of MacArthur Foundation.

But an important meeting in her life occurred one Friday night in the La Salle Street New York Central Train station. She ran into Dick Evans, a high school acquaintance who was discharged from the Marine Corp, a graduate of Colgate University, and currently working in Chicago as a sales representative for the folding carton industry. Soon they were dating and on June 17, 1950 were married at Howes

Memorial Chapel on the Northwestern campus.

Kate remained working in Chicago when Dick was recalled in September 1950 for Korean service; she joined him in Virginia when she learned in March 1951 that he was assigned to the Marine Corps Schools at Quantico. But what was she to do there?

The *Fredericksburg Free Lance Star*, the daily in the nearby historic town, seemed to be the answer. In a suit, hat, nylons, and gloves, she stated her qualifications to the editor and was hired to help in two departments: editorial and advertising. This dual job proved to be a challenging and very different experience, in writing and in living in a southern segregated town.

When Dick was discharged again after five years plus of service in World War II and Korea, they returned to the Chicago area. Kate soon found work, first at an ad agency and later as public relations director at National College of Education in Evanston. Then came Nancy on October 17, 1955 and the boys, Greg and Doug, on September 13, 1958. No more jobs outside the home but Kate obtained freelance assignments for trade magazines and journals with the composing of copy on a manual typewriter on the kitchen table when the kids were asleep. Later when Nancy was at Colorado State and the boys in high school she was on the staff of *North Shore Monthly*, a regional magazine.

This was also the period when she discovered the occupation of editing newsletters. It started with their church newsletter, then one for the regional PTA, followed by a 2 year stint as newsletter editor for the Illinois American Association of University Women.

As the kids grew the family went camping, canoeing, and skiing in Wisconsin and Michigan, eventually to Colorado and Wyoming. In Montana in the 1960's they vacationed several times at a dude ranch on the Boulder River south of Big Timber. These trips to Montana were the deciding factor that the Big Sky state was the place to retire.

Continued page 8

About our Staff By Kate Evans

This new column will feature staff members each month. It was suggested by Natalie Keim, Administrative Assistant, who asked, "Can Crest Lines do a column on the staff similar to the Neighbors column about the residents?" So here it is. You will learn about "the other side" of these employees, when they are not working. It will report their hobbies, activities, interests, the things and events that are meaningful to them. Each will relate a story in a future issue.

Tyler Krueger



Server Tyler Krueger is emphatic about two things: that Aspen Pointe residents are interesting individuals and that Hillcrest is a great place to make friends! "I met my girlfriend

here and found some fun co-workers to do outdoor activities with," he adds with enthusiasm. Readers will remember Haley Walsh, who was a server several years ago and is now a hair stylist at Canyon River Spa following graduation from cosmetology school. His outdoor buddies are servers Sage Triantis and Ben Hepp; the four of them enjoy camping and floating the Madison River together.

As a youth who grew up in Bozeman, Tyler was active in soccer, mountain biking and ski racing with the Bridger Ski Foundation. He participated in the Junior Olympics of the Western Region in 2009. He and Haley would like to travel to Alaska where his brother Clayton works as a chemical engineer; to the Virgin Islands to visit his uncle; and to Europe to ski.

A junior at MSU, Tyler hopes to have a career in computer science. "I was attracted to that field as a kid; Clayton and I spent a lot of time playing video games. I was fascinated with digital devices."

Phillip Coochyamptewa



Montana's beauty, its rivers, forests, and mountains, lured Phillip Coochyamptewa to the Gallatin Valley. However he misses his Hopi people and the clan culture atop the 5,700 feet high

second mesa in north eastern Arizona. "I miss being able to participate in the social and religious ceremonies that define our beliefs," he explains.

He spent his childhood and high school days on the reservation in a family that was, still is, very active. "We farm crops (corn, beans, squash) to eat and sell," he states with pride. Creating artwork, authentic to their culture, is an activity the family enjoys. "Each of us, my mother, father, older brother, and step sister, is handy and has a skill for making pieces from nature, clay reeds, gourds, silver, etc." According to Phillip his mother is the "backbone of the family," very respected and a basket maker. His father paints, crafts various objects, and works in the local hospital as a housekeeper.

For a change from reservation life, Phillip lived for several years in Tucson; there he earned a certificate in automotive technologies from Pima Community College. Then in spring 2016 he relocated to Big Sky and had a summer job at the ski resort. When that position as a public area attendant ended, he moved to Bozeman and to a job at Hillcrest, where his Hopi friend, Lelo Lomakema, works as a cook.

He plans to visit his family for a week in April.

Department Updates & Reminders

Marketing—Linda Jo Simkins

•Happy Spring from the Marketing Department. A big Thank You to all who have so graciously agreed to be a part of the Welcoming Committee! As you know, being in a new living situation is not always easy. This committee helps make everyone feel warm and welcome in our community! The spring continues to very busy. We will be seeing many new faces this month and the coming months!

•As requested by the resident council, the name tags are here. If you wish to have a name tag, please fill out a request form and leave it at the front desk.

Environmental Services—John Odden

•It's time for another reminder that washcloths/towels used to remove make-up are often stained and cannot be cleaned effectively, rendering them unusable. If requested, Pam in laundry, will be happy to provide older washcloths which you can keep for make-up removal.

•It's getting to be springtime and with the snow melting, pet poop is evident on the grounds. Please be aware of this and pick up after your pet.

Programming—Rachel Clemens

Ginger and Rachel would like to thank all of the residents for attending the successful Brain Week at the end of March. We look forward to our time together next year!

Culinary Services—Jesiah Hay

The culinary staff is excited to prepare another extraordinary Easter Sunday Buffet on the 16th of this month! Keep in mind that this is a reservation only meal, and that each individual resident needs to RSVP to the front desk. Please specify whether you'd like to attend the 1st seating at 11:30am, the 2nd seating at 1:45pm, or your regrets. Don't forget to include the total number of guests attending and any special accommodations needed. Responses as soon as possible are greatly appreciated so that we may prepare an exceptional dining experience for you and your family.

Music from page 1

Hannah graduated with honors from the University of Nebraska-Lincoln's Master of Music program. There she served as the concertmaster of the University of Nebraska-Lincoln Symphony and Opera Orchestra. In demand as an educator, she has taught at Doane College and University of Nebraska-Lincoln as a private teacher and string methods instructor with various young string symphonies.



Journalist from page 6

In 1973 they visited a new resort area being promoted by Chet Huntley. They purchased a lot, started to build a house on it in 1983, and retired there three years later.

Big Sky was a thrilling new adventure, an opportunity to build a new community. Both pitched in, serving on various committees and projects of the Big Sky Owners Association. Kate also found another writing assignment. Eagle Mount, a fledgling organization establishing a nation-wide camp for kids with cancer and recreational program for the disabled, was looking for volunteers. Kate felt a pull to the cancer camp – she had lost an eight year old niece to leukemia in 1969. She volunteered to help in the office and observed that a publication was needed to tell the Eagle Mount story. Thus she became its first editor, a job she had for 20 years.

Kate's journey with various types of journalism has extended over 70 plus years – from the manual typewriter to the computer, through college, marriage, the Marines, kids, into AARP and Aspen Pointe. She likes working for *Crest Lines* and hopes the issues are meaningful to you.