

Crest Lines

August 2017

Volume 2, Issue 4

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Coming Soon

August

- Sweet Pea Parade
- Mountains & Minds
- Intermountain Opera
- Solar Eclipse
- MSU Convocation

September

- Car Show
- Yellowstone Trip
- Walk to End Alzheimer's
- Active Aging Week

October

- Bozeman Symphony

Thoughts from the V.P. By LeRoy Wilson



At Hillcrest our staff mission is to do what is best for the resident. As long as it is not illegal, immoral and or unjust (creating a hardship on other residents) the staff are to respond appropriately. For me this is about good manners – doing the right thing for others. After reading several online articles about “customer service” I realized they align perfectly with practicing good manners.

- Greet everyone with a smile.
- Acknowledge the other person.
- Offer to help or lend a hand.
- Actively listen to their request.
- Respond timely.
- Say thank you when you part ways.

One of my father's favorite saying was “Son why are you looking down at your feet when you walk - did they change sides”.

Continued page 8

Montana State 2017 Convocation with Bryan Stevenson: “Take the Higher Ground”

Bryan Stevenson, often called the “Nelson Mandela of America,” will address incoming MSU Freshmen and other attendees at the 2017 Convocation, Thursday, August 24th at 7:30pm at the Brick Breeden Fieldhouse. Stevenson, a social activist, public interest lawyer, and founder of the Equal Justice Initiative, has dedicated his life to helping the poor, the incarcerated, and the condemned.

Stevenson's “Just Mercy” is a New York Times bestseller that was named by *Time Magazine* as one of the 10 Best Books of Nonfiction for 2014. The book has been awarded several honors including a 2015 NAACP Image Award. His presentation, “We need to talk about an injustice,” is also a popular TedTalk.

MSU has given Hillcrest 9 tickets for this event. Sign-up to reserve your ticket. Due to limited tickets, please only sign if you can definitely commit to this outing. Bus departs Hillcrest at 6:45pm.

Coloring/Zentangles

Are you looking for a creative outlet? Every Wednesday at 1pm the coloring/zentangles class meets in the New Activity Room. It is a very informal class where you choose your projects! From Coloring with brush tip pens to the Zen part of the class (a meditative pattern drawing), no special skills are required. Materials are provided. This group is small and supportive. Don't worry about drawing a "straight line" or about making "mistakes." There is no such thing, just opportunities and fun!

Congratulations Kay



One of the coloring/zentangles class participants, Kay DeMerritt of Aspen Pointe, recently won the *Show Your Colors* coloring contest conducted by Montana State University. According to the MSU publication *Mountains and Minds*, eight submissions

were received. Voting took place on MSU's Facebook page by its followers. DeMerritt's entry received 271 votes. The prize was a Montana State sweatshirt from the bookstore!

Resident Council Extends Appreciation to Culinary

Aspen Pointe resident council members would like to recognize the commitment the culinary department has shown to provide the services that are most wanted by our residents. It is with much gratitude and appreciation that the council thanks the staff for reverting the Sunday meal schedule to its original times.

Opera to present 40th Season Selections

Intermountain Opera Bozeman will present selections from its 40th Anniversary season line up in a program Saturday, August 5th at 2:30pm in the Aspen Pointe Commons.

Performers will include bass-baritone Joseph Beutel, soprano Tasha Fain, along with other local opera favorites. Their selections will be from the gentle and endearing "The Tender Land;" the delightful romantic comedy "She Loves Me;" and from the fervently cunning affairs of "Flagstaff." The performance will round out with favorites from other operas, musicals, and silly selections chosen by the artists. Chris Biehl will be the pianist.

Spiritual Offerings

Sunday services scheduled for August are the following: Aug 6 10am, Holy Eucharist, Chaplain Valerie Webster; August 13 10am, Holy Eucharist, Chaplain Ken Mottram; Aug 20 10am, Morning Prayer, Chaplain Sandy Osborne; Aug 27 10am, Morning Prayer, Chaplain Nadine Grayl.

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, from 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.

Neighbors

By Kate Evans

Betty Nelson Miller feels at home in Aspen Pointe



"I'm a very fortunate woman." This was the opening statement in an interview with Betty Nelson Miller. "God has been good to me," she further explained.

According to Betty, she had a happy childhood, two good marriages, a 29 year career in banking, caring stepchildren, and many

fun and faithful friends.

She was born in 1937 in Fargo, ND where she spent her first five years. Her grade school years were in Havre. As a youngster she visited her Grandmother Ida Satre for adventurous summers in Madison, MN. In 1950 she and her mother, Polly Knapp moved from Havre to Bozeman to enable her mother to accept a grade school teaching position. Following high school graduation, she attended Concordia College in Moorhead, MN for two years.

Betty's long banking career began in Bozeman at the Gallatin Trust and Savings Bank in 1955, and continued throughout her marriage in 1959 to Dean Nelson who also was a banker. They moved to West Yellowstone in 1966 and with the help and encouragement of friends at First Security started the first bank in that park gateway community. (This year the Yellowstone bank celebrated its 51st anniversary.) The bank operated in an A-frame building; Betty and Dean lived upstairs on the top two floors for ten years.

"It was a wonderful life," she recalled. "Our first winter there it snowed 81 inches and we watched local children hike to the top of some very old structures and ski down." She

also remembers that the streets were "horrid" and that Dean could not watch when children were brought to the local dump to see grizzly bears feed on garbage. "He thought it was an unsafe place for children and unhealthy food for the bears."

Betty led a Girl Scout troop while living in West Yellowstone. "I enjoyed the girls and the experiences and activities we shared. Several of them still contact me which is fun."

In 1983 she and Dean bought a trailer and for four years "bummed" around the West, ultimately spending winters in Utah at St. George, where Dean could play endless rounds of golf. A few years later they built a home in Sun City, Las Vegas. "Ours was the 816th house constructed; now there are over 7,000," she mused.

Dean died in 2003 of prostate cancer. "I had no thoughts of ever remarrying," she stated. Then one day she received a phone call from Dean's niece with a message that her father, Bob Miller (Betty's brother-in-law) was planning a visit to Bozeman. "She asked if he could stay with me. Norma Jean, Bob's wife, had died in 2002. I hesitated but then said yes," she explained.

"Bob was a kind and considerate man who I had known for some 30 plus years," she added. "He was a commissioner of Beaverhead County and owner of Miller Concrete in Dillon."

She and Bob were married in 2005; he died in 2010. "Bob's children, Cherie Stevens of Idaho Falls; and Kathie Drew and George and Bonnie Miller of Dillon, MT always introduce me as Aunt Betty and our step mother," she smiled as she explained.

Downhill skiing was Betty's favorite sport, first at Bridger Bowl and later at Big Sky. An auto accident in 1977 in Gallatin Canyon forced her to retire her skis. She spent a month in the hospital recovering from this incident.

Years ago while still a banker, Betty decided that when she reached 80 years of age she would seriously consider moving to a senior living facility. "So here I am! I intend to participate and enjoy life at Aspen Pointe."

Walk to End Alzheimer's

Save the date for the annual WALK TO END ALZHEIMER'S that Hillcrest has helped sponsor! We are encouraging all residents and staff 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.



2016 Walk to End Alzheimer's participants—staff and residents!

Short Story Group

Join Chaplain Valerie for the Short Story Group in the A-Wing 3rd Floor Lounge at 3:30pm to read & discuss the selected stories. August readings will be from the collections of Edgar Allen Poe.

Bravo to Blood Donors

What a great turnout at the July blood drive! During this crucial time of need of donations, 12 Hillcrest residents and staff members were willing to offer this "gift of life." Six were first time donors. Thanks to their support, the drive was possible and a huge success.

Come Meet Barbara and her Mini Jiggabug



Barbara Prowse has been around horses all of her life, from being a horse trainer to a jockey, and

now the handler of a registered miniature therapy horse, Jiggabug! Barbara has family members with disabilities and has seen the joy animals can bring to others firsthand. "We enjoy cheering people up," Barbara says with a broad smile. Introduce yourself to Barbara and Jiggabug on Friday, August 11th at 2pm on the Birchwood patio off the activity room.

Seeking Cars for Show

Calling all car enthusiasts! Following a very successful 2016 car show, plans are being made for the 2nd Annual Car Show on September 7th. If you or a family member have a vintage/unique/rare car that you would like to exhibit please contact Rachel in the programming department, 414-2002. It will be a fun-filled day of shiny cars, music, and refreshments!

BBQ Themed Apparel Days

- August 2—Sweet Pea Festival Gear/Flowers
- August 9—Biker Wear/Tattoos
- August 16—Athletic Wear
- August 23—Pool Party (Pool toys, sunglasses, hats)
- August 30—Gilligan's Island/Tropical/Boating

August 2017

Remove and keep as daily reference.

Announcements:

Bob Britten: Bob will be taking some summer vacation time during July and August and won't be in Aspen Pointe or Birchwood for performances. He will be back in September; watch your calendars.

Worship Service Hymnals: Please alert the activity staff member on duty if you would prefer a large print hymnal during the 10am worship service in the Aspen Pointe Chapel. Four large print hymnals are available for use.

Sign-up Sheets: If there is an event you are interested in and plan on attending please sign up at the beginning of the month or as early as possible so the programming staff knows your intentions. This will better help us plan our weeks and prevent events from being cancelled.

Hot Air Balloon Ride: Have you always wanted to go up in an air balloon? Now might be your chance. We are looking to see how much interest there would be in such an outing. The ride is 1 hour long. There are no seats, but you can lean on the basket. Staff will help everyone into the basket, which is about 4ft tall, using a few steps. The basket holds up to 8 people and if Hillcrest has 8 people interested the lift off could take place in the area. Champagne and mimosas are provided afterwards. The price is \$250 per person. Details were provided by Colin Graham at Endeavor Ballooning. Please sign-up at the front desk or call Rachel at 414-2002 if interested.

August Resident Council Meeting: Please make note that the August resident council meeting has been changed from August 10th to August 17th. It will be held at 10am in the Fireside Room.



Aspen Pointe

August Birthdays

Robert Itoh	8/4
Eunice Kincaid	8/5
Peggy Macdonald	8/6
Wanda Hargrove	8/14
Betty Jo Monforton	8/14
Walt Sales	8/15
Sandra Felts	8/16
Norma Murdoch	8/18
Art Wolke	8/20
Betty Dilling	8/22
June Stone	8/30

Timely Topics Weigh Issues

Mondays at 1:30pm in FSR

August 7	<i>Great Decisions: Latin America</i>
August 14	<i>Opioid epidemic.</i>
August 21	<i>Bring your own topic.</i>
August 28	<i>Climate change and adaptation.</i>

Sun	Mon	Tue	Wed
<p style="text-align: center;"><i>August 2017</i></p> <p style="text-align: center;"><i>Remove and keep as daily reference.</i></p>		<p>1 8-9:30 am Gym Supervised Hrs 9:00 am Trail Hike w/Emma 9:30 am– Yoga in the LC 10:00 am– Tai Chi in AP Chapel 1:30 pm– Bus to Walmart 2:00pm Balance I in AP Commons 2:30 pm– Seated Yoga in Act Rm 6:30 pm– Bridge in FSR 6:45pm– City Band @ Bogert</p>	<p>2 8-9:30 am Gym Supervised 8:45 am– Shopping at Co-op 9:15 am– Prayer in AP Chapel 10:00 am– Chair Ex. in AP C 10:00 am– Brush-up Bridge 3 BBQ 1:00 pm– Coloring Group in 1:30 pm– Book Club 3rd Flr 1:30/2:15 pm– Balance IIA/II 1:30 pm– Religious Tour of F with Father Leo/Catholic Ma 6:30 pm– Bingo in FSR</p>
<p>6 10:00 am– Worship Service in AP Chapel 2:30pm– Bingo in BW Activity Rm</p>	<p>7 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/Great Decisions in the FSR 6:30 pm– Bingo in FSR</p>	<p>8 8-9:30 am Gym Supervised Hrs 9:00 am Trail Hike w/Emma 9:30 am– Yoga in the LC 10:00 am– Tai Chi in AP Chapel 10:45 am– Mountains & Minds Music Camp in AP Commons 1:30 pm– Bus to Walmart 2:00pm Balance I in AP Commons 2:30 pm– Seated Yoga in Act Rm 6:30 pm– Bridge in FSR 6:45pm– City Band @ Bogert</p>	<p>9 8-9:30 am Gym Supervised 8:45am Croquet 9:30 am– Shopping at Heeb' 9:15 am– Prayer in AP Chapel 10:00 am– Chair Ex. in AP C 10:00 am– Brush-up Bridge 3 BBQ 1:00 pm– Coloring Group in 1:30/2:15 pm– Balance IIA/II 2:00 pm– Catholic Comm. in 6:30 pm– Bingo in FSR</p>
<p>13 10:00 am– Worship 2:30pm– Bingo in BW Activity Rm</p>	<p>14 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/Great Decisions in the FSR 2:00 pm– Bocce Ball 6:30 pm– Bingo in FSR</p>	<p>15 8-9:30 am Gym Supervised Hrs No Hike Today 9-10am– First Security Bank 9:30 am– Yoga in the LC 10:00 am– Tai Chi in AP Chapel 1:30 pm– Bus to Walmart 2:30 pm– Seated Yoga in Act Rm 6:30 pm– Bridge in FSR</p>	<p>16 8-9:30 am Gym Supervised 8:45am– Horseshoes 9:15 am– Prayer in AP Chapel 9:30 am– Shopping at Town 10:00 am– Brush-up Bridge 3 10:00 am– Chair Ex. in AP C BBQ 1:00 pm– Coloring Group in 2:00 pm– Catholic Comm in 3:00pm– Lutheran Comm in 6:30 pm– Bingo in FSR</p>
<p>20 10:00 am– Worship 2:30pm– Bingo in BW Activity Rm</p>	<p>21 8-9:30 am Gym Supervised Hrs 9:00 am– Neighborhood Walk w/ Jen 10:00 am– Chair Ex. in AP Commons 11:15am Eclipse Live Steaming Video in AP Commons 1:00 pm– Art Class in BW Act Rm 1:30 pm– Timely Topics in the FSR 2:00 pm– Bocce Ball 6:30 pm– Bingo in FSR</p>	<p>22 8-9:30 am Gym Supervised Hrs 9:00 am Trail Hike w/Emma 9:30 am– Yoga in the LC 10:00 am– Tai Chi in AP Chapel 1:30 pm– Bus to Walmart 2:30 pm– Seated Yoga in Act Rm 6:30 pm– Bridge in FSR</p>	<p>23 8-9:30 am Gym Supervised H 9:15 am– Prayer in AP Chapel 9:30 am– Shopping at Heeb' 10:00 am– Chair Ex. in AP C 10:00 am– Brush-up Bridge 3 BBQ 1:00 pm– Coloring Group in 2:00pm Croquet 2:00 pm– Catholic Comm. in 6:30 pm– Bingo in FSR</p>
<p>27 10:00 am– Worship 2:30pm– Bingo in BW Activity Rm</p>	<p>28 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 the FSR 6:30 pm– Bingo in FSR</p>	<p>29 8-9:30 am Gym Supervised Hrs 9:00 am Trail Hike w/Emma 9:30 am– Yoga in the LC 10:00 am– Tai Chi in AP Chapel 1:30 pm– Bus to Walmart 2:30 pm– Seated Yoga in Act Rm 6:30 pm– Bridge in FSR</p>	<p>30 8-9:30 am Gym Supervised 9:15 am– Prayer in AP Chapel 9:30 am– Shopping at Town 10:00 am– Chair Ex. in AP C 10:00 am– Brush-up Bridge 3 BBQ 1:00 pm– Coloring Group in 2:00 pm– Catholic Comm. in 3:00 pm– Horseshoes 6:30 pm– Bingo in FSR</p>

	Thu	Fri	Sat
<p>ed Hrs el ommons 3rd Flr A-Wing</p> <p><u>New Act Rm</u> <u>A-Wing</u> <u>IB in Gym</u> <u>France(DVD)</u> <u>ass in Chapel</u></p>	<p>3 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 Fun in AP Commons 1:30 pm- Shopping Bus to 19th 3:00 pm- Knit & Stitch AP Fireside 7:30 pm- Sweet Pea Flower Arranging in FSR</p>	<p>4 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>5 9:15am Sweet Pea Parade 1 pm- Mexican Train Dominoes in FSR 2:30 pm- "Intermountain Opera Bozeman 40th Anniversary Teaser" in AP Commons No Movie in AP</p>
<p>ed Hrs s el ommons 3rd Flr A-Wing</p> <p><u>New Act Rm</u> <u>IB in Gym</u> n Chapel</p>	<p>10 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 Fun in AP Commons 1:30 pm- Shopping Bus to the Mall 3:00 pm- Knit & Stitch AP Fireside 3:30 pm- Short Story Discussion with Valerie in 3rd Flr A-Wing Lounge</p>	<p>11 8-9:30 am Gym Supervised Hrs 10:00 am- Chair Ex. in AP Commons 1:30 pm- Cribbage in FSR 1:30 pm- Horseshoes 6:30 pm- Pinochle in FSR</p>	<p>12 1 pm- Mexican Train Dominoes in FSR 2 pm- AP Movie 6:30 pm- Bridge in FSR</p>
<p>ed Hrs el & Country 3rd Flr A-Wing ommons</p> <p><u>New Act Rm</u> a Chapel a Chapel</p>	<p>17 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- Edis w/ Cliff in AP Commons</p>	<p>18 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>19 1 pm- Mexican Train Dominoes in FSR 2 pm- AP Movie</p>
<p>rs el s ommons 3rd Flr A-Wing</p> <p><u>New Act Rm</u> n Chapel</p>	<p>24 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 3:30 pm- Short Story Discussion with Valerie in 3rd Flr A-Wing Lounge 6:45 pm- MSU Convocation at Brick Breeden Fieldhouse</p>	<p>25 8-9:30 am Gym Supervised Hrs 10:00 am- Chair Ex. in AP Commons 11:30 am- AP Picnic 1:30 pm- Cribbage in FSR 6:30 pm- Pinochle in FSR</p>	<p>26 1 pm- Mexican Train Dominoes in FSR 2 pm- AP Movie</p>
<p>ed Hrs el & Country ommons 3rd Flr A-Wing</p> <p><u>New Act Rm</u> n Chapel</p>	<p>31 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 Birthday Night</p>	<p>Abbreviations: FSR: Fireside Room LC: Learning Center BW Act: BW Activity Room BW DR: BW Dining Room PDR: Private Dining Room BW: Birchwood AP: Aspen Pointe</p>  <p>Aspen Pointe</p>	

8/1 City Band Concert: We need 4 residents to take the bus to Bogert Park for the City Band Concert. Sign-up at the front desk.

8/2 Religious Tour DVD: Father Leo will be showing a Religious Tour of France DVD starting at 1:30pm in the AP Commons. Everyone is welcome. Mass will follow in the chapel.

8/3 Sweet Pea Flower Arranging: Leisa Cook will be here to assist in arranging sweet peas. Sign-up at the front desk, limit is 10.

8/5 Sweet Pea Parade: Bring your hat, sunscreen, and water. Sign-up at the front desk. We need 4 people. Bus leaves at 9:15 am.

8/5 Intermountain Opera: Please refer to article on page 2.

8/8 MSU Mountains & Minds: Under the direction of Julia Cory Slovarp, this MSU music camp is a select, auditioned string ensemble for high school violin, viola and cello students. The group will perform around the area. Students will also rehearse and perform with small chamber ensembles throughout the camp. Come see them in the AP Commons.

8/8 City Band Concert: Last concert of the year. We need 4 residents to take the bus to Bogert Park for the City Band Concert. Sign-up at the front desk.

8/10 Short Story Group: Are you interested in a short story group? Chaplain Valerie Webster will read a story, followed by the group's discussion.

8/17 AP Resident Council @ 10:00am in FSR: All residents are welcome to come listen and bring up topics of their own.

8/17 Edis and Cliff: Edis, vocals and guitar; Cliff, piano, will be in Aspen Pointe.

8/21 Eclipse Viewing: Please refer to article on page 6. The eclipse will be streamed onto the projector in the AP Commons. Appropriate eclipse viewing eyewear will be available at the front desk.

8/24 Short Story Group: Are you interested in a short story group? Chaplain Valerie Webster will read a story, followed by the group's discussion.

8/24 MSU Convocation: Please refer to article on page 1. Tickets are limited please sign-up at the front desk if you can commit to attending.

8/25 AP Picnic: Sign up at the front desk to go on a picnic outing to the park. All parks have shade and easy walkways to the park. Remember, the picnic meal does count as a meal.



Wise & Well: Summer Fun

By Jennifer McNulty, Exercise Specialist

Get Ready for Yard Games

August not only brings warm sunny days but now yard games as well to Hillcrest! Many different games will be played over the next few months. Some of the new games to be introduced will be Bocce Ball, Croquet, and Horseshoes, games appropriate for any fitness level or ability. However, please make sure you have stable footing and a good sense of balance before hurling the horseshoe, swinging the croquet mallet, or throwing the bocce ball. Before joining these amazing games, it is important to remember:

- Wear comfortable, sturdy, tennis or hiking shoes. The games will be on grass and some uneven ground.
- With the possibility of uneven ground please remember to bring walking sticks, walkers, or whatever else may be needed to feel comfortable and confident while playing.
- Since we are playing in the middle of summer, please bring a hat, sunglasses, wear loose, breathable clothing, and use sunscreen.
- We will provide shade, chairs, and water for residents who are playing these games, but to be safe, please remember to bring a water bottle so that you can stay hydrated and cool between turns.
- If you are feeling lightheaded, over heated, or flushed, let one of the staff members know; we will help in any way that is needed!

We would like everybody to enjoy these fun summer games as safely as possible. Please sign-up and meet at the front desk. If you have questions or are interested in any other yard games, please contact Jennifer or Emma at 414-2029.

Hydration Challenge

With the Hydration Challenge in full swing, it is exciting to start seeing the results! The hydration challenge is a two month long campaign to get both residents and staff members to become aware of adequate hydration. Each day participants record how many ounces of water they drink (only water counts for this challenge) and turn their total ounces for the week into the Fitness Center. The first week 33 people consumed 105.2 gallons of water, an amazing start to this challenge! Each week it is hoped that the number of gallons of water consumed increases.

The overall goal of this challenge is to turn water drinking into a habit! Adequate hydration is achieved by drinking half of your body weight in ounces each day, i.e., 60 ounces for 120 pounds. Even if you are not participating in this challenge, residents are encouraged to drink as much water as they can a day to reach half their body weight in ounces!

Spring Into Motion

Spring Into Motion was a huge success this year! As a community, 5,225 miles were walked! This amounts to 12,011,300 steps that 44 residents and staff members completed in four weeks!

The river journey extended along the Headwaters of the Missouri River, down to the Gulf of Mexico; then turned back up along the Mississippi River to Lake Itasca, where the Mississippi starts. From there, ventured west through North Dakota to Fort Peck. Along the way participants learned:

- The Missouri River is the 15th largest river in the world.
- 10 Million people live along these rivers.
- 28 Native American tribes call this area home.
- First levee on the Mississippi was built in 1717.

Congrats to the BIG walkers: (staff) Michael Blumhagen, John Odden, and Megan Reichert and (residents) Amy Black, Lucy Dwarshuis, and Kay Loeffelholz!

View Partial Solar Eclipse

By Bob Yaw, Aspen Pointe Resident



On Monday, August 21 Bozeman will experience a partial solar eclipse beginning at 11:18 MDT, ending at 1:59 MDT and with 95% of the sun covered at 12:36 MDT. The dark portion of the moon's shadow, about 70 miles in diameter, will move from the Oregon

Coast to the South Carolina Coast, just touching the southern-most point of Montana. Within the dark portion of the shadow the eclipse will be total and the sun will be totally covered for less than three minutes at any location. Bozeman will be in the lighter outer portion of the shadow and the eclipse will be partial.

Among ancient cultures, eclipses were calamities or at least unsettling omens. Aztecs believed that if the sun were covered completely, demons of darkness would come to earth and destroy the people. In China a dragon dined on the sun. The Vikings saw the sun pursued and consumed by a wolf. Bonfires, loud noise, shouting, singing, and arrows shot into the sky were used to save the sun. Australian Aborigines saw the eclipse as the mating of the sun and moon, who were husband and wife. The eclipse lore is vast.

The total eclipse, as viewed from a series of high altitude balloons, will be live-streamed from the NASA website onto the projector screen in the Aspen Pointe Commons. Montana State University has a leading role in this NASA-sponsored Eclipse Ballooning Project through the Montana Space Grant Consortium and it's Director Angela Des Jardins, who proposed the project in 2014.

Plan to enjoy the partial eclipse from Bozeman, weather permitting. Adequate eye protection will be available to borrow at the front desk of Aspen Pointe.

Continued page 8

Phillip to Participate in Hopi Sacred Ceremony

Phillip Coochyamptewa will return to northeast Arizona in mid-August to participate in a sacred Hopi tradition—the bi-annual Snake Dance. The dance is performed in the village plaza of Mishongovi at a water ceremony that lasts over a period of two weeks.

“My people believe the snakes (rattlers, bulls, and garters) are guardians of the springs,” explains Phillip. “The snake dancers gather and protect them until the end of the ceremony. We regard them as brothers and sacred; we rely on them to carry our prayers for rain to the gods and spirits of our ancestors.”

In the dance, Phillip and his brother Allen, will represent the Badger Clan, the clan of their mother. Phillip describes the dance as very spiritual. The dancers are dressed in colorful painted kilts and feather headdress and hold live snakes in their mouths. As the dancers circle the plaza, the Antelope singers chant, sway, and rattle shells.

At the conclusion of the event, the snakes are released in the four directions—north, east, south, and west—to carry the prayers of the dancers. “The dance is just a small part of this long, hard ceremony; most of the work and preparation is done privately in the kivas,” Phillip further explains.

A foot race, similar to a 10k, is run the last two days of the celebration. Snake dancers and Antelope singers run it barefoot; others wear shoes. The race, according to Phillip, represents the gods bringing water to the village.

Phillip is a proud member of the Badger Clan, the leaders and medicine people. He is a crew member of the Environmental Services department.



About our Staff By Kate Evans

Lowreetha Johnson, involved employee.



One July day in 2006 when Lowreetha Johnson was volunteering as a receptionist at Bozeman Deaconess Hospital she briefly learned about a job opening at Hillcrest.

“I heard about it in a casual remark and thought I should look into it,” she recalled. “It was a

receptionist position at a facility for older residents; I liked that combination and thought ‘I can do that.’”

Her previous experiences serving people had been employment with a Bozeman photographer for five years; in the advertising department at the Bozeman Daily Chronicle for ten years; and for 18 years at Heeb’s grocery store where she was a cashier and employee responsible for ordering and stocking non-food items.

Clark Finch, her former employer at Heeb’s, felt she was right for the position and called Rick Ojala (then V.P. of Senior Services) to highly recommend her. Her job at Heeb’s had been terminated because of her carpal tunnel issues.

She did apply and has enjoyed working at Aspen Pointe for the past 11 years. “Even as a child I felt more comfortable around older adults so I have been happy here.”

Her present position as a receptionist at the front desk has been broadened to include duties in the dining room for the culinary department.

Born in 1951 in Bemidji, MN, Lowreetha was the second daughter of Orval and Louise Johnson. She has three younger sisters and a brother. Her parents were so sure that the sixth baby was to be another girl that they purchased clothing for “her.” Richard was born instead.

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Michael Blumhagen, lover of nature.

“Just recently I have come across four wolf pups on a hike in the Bacon Rind Creek drainage and five young foxes along Bozeman Trail.”

Michael’s weekends are devoted to outdoor adventures where he can relate to the beauty of the mountains, forests, and streams, plus the thrilling encounters he has with the animals that live in these places.

These excursions into nature also satisfy his interest in photography. “I try to capture on film every living creature, magnificent waterfalls, or patches of wildflowers that I see. Every trail rewards me with a different feeling of awe and enjoyment,” he states enthusiastically.

He was born in 1960 in Turtle Lake, ND to Richard and Joyce Gross Blumhagen and into a family of six children who moved frequently throughout the state. For three years he attended high school in Bismarck but graduated from Dickey Central High School in Fargo in 1978. His mother’s grandfather was a German Russian who in 1870 immigrated to the United States from an area near the Black Sea.

Michael studied for three years at Trinity Bible College in Ellendale, ND and then transferred to Valley Forge Christian College in Phoenixville, PA, graduating in 1983. He is now a member of the Hebraic Roots Fellowship. He plays and composes music for the guitar and performs at various church services.

He has lived in Belgrade since 1996. His four children live in Kansas. Before coming to Hillcrest in 2001, he worked in condo maintenance in Big Sky for seven years.



Michael hiking in Zion National Park.

Department Updates

Marketing—Linda Jo Simkins

We are looking for volunteers to write testimonials or film testimonials for marketing purposes. The testimonial can just be a short, one line thought in your own words, about Hillcrest. If you would like to participate please contact Linda Jo in the Marketing office 414-2008. Thank You.

Engineering—Rich Hagstrom

Hallway thermostats are set to a temperature of 70° so the majority of guests are comfortable. Please do not change the temperature. When the temperature is changed throughout the day it forces the system to work harder to warm up or cool down the building and it can be hard on the system. It is more efficient to keep the hallways at a consistent temperature. We also ask that you do not turn hallway lights off. They are on for the safety of residents or staff walking the hallways.

Programming—Rachel Clemens

For your convenience, we will be offering another way to find out what the activities are for the day starting August 1st. When you call 414-2030 you will hear a pre-recorded message for the activities taking place in Aspen Pointe. This message will be updated by 9pm for the next day. Saturday and Sunday activities will be recorded together for the weekend. If you have any questions about this new service call Rachel at 414-2002.



Photograph of foxes taken by Michael Blumhagen.

Lowreetha from page 7

As a self-employed woodsman Orval moved the family frequently. Lowreetha spent the second grade at Bear Canyon, a one room school near Bozeman and the third grade in Ennis, MT. Her remaining school years were in Bemidji. She obtained her GED at Montana State University.

Reading is her favorite past time. "I once liked only science fiction; now I read everything, fiction and non-fiction."

Eclipse from page 6

Ordinary sunglasses are not adequate. You will need welder's goggles or inexpensive "eclipse glasses." Never attempt to view the sun with field glasses unless you have appropriate filters.

Yaw is a retired MSU Associate Professor, Atmospheric Sciences, Earth Science Department.

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Looking up and making eye contact with everyone you encounter allows you to acknowledge that person and it shows you have respect for those around you. An added bonus is we get to see the beauty around us and sometimes the beauty right in front of us.

I grew up in a day and time where a person stood up when someone walked into their office, a person held the door for others, you shook hands when you greeted someone, and you offered to help when someone was carrying an arm full of groceries. Honestly, I do not remember being told to do any of these things you just did them. Many times because you witness others doing them.

Over the next few months I am going to help lead the team in developing and practicing good manners. If you happen to witness this type of behavior from one of our staff I would ask that you fill out a "Recognizing Excellence" card (found at the front desk and nurse's station) acknowledging their great work. I will personally recognize that staff member and thank them for living out our mission and practicing good manners.