

# Crest Lines

December 2018

Volume 3, Issue 7

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## Coming Soon

### January

- Station Rotations
- Museum of the Rockies
- Tea Party
- Gym Orientation
- Escape Room
- Hillcrest Memorial Service

### February

- Super Bowl Party
- Valentine's Day
- Bozeman Hot Springs



## Thoughts from the Administrator's Desk: Traditions and Celebrations

by LeRoy Wilson

I have been fortunate in my life to have enjoyed many traditions and celebrations especially during Christmas. Growing up in a small cow town the Christmas season was mostly about going to my grandparents' house and playing with all the cousins. My Grandma would cook for days in preparation of our visit and there would always be more food than anyone could ever eat. I don't remember a lot of presents. My parents didn't have much, most often gifts were something my parents would make. My most favorite part of Christmas was driving up into the mountains and cutting down our own tree. We would decorate it with all homemade decorations like popcorn/cranberry strings, paper snowflakes, and cut outs from the cards we received.

When I got older, living on my own, the only real traditions were to come home for the holiday and spoil mom and dad with lots of gifts. It was a busy time getting airline tickets, rushing to my parents, and then getting back on a plane for home to work. I did not decorate my house as I lived alone and it just didn't feel necessary. Mom and dad now had an artificial tree with store bought decorations that they typically only put up if I was coming home. Looking back now on this time I wish I would have spent more time just visiting and listening to their stories.

When I got married I inherited three wonderful kids and a whole new set of traditions. This was also a very busy time with work, gifts, church activities, driving to several different homes on Christmas day, and eating food at each house we visited. Our home was decorated to the hilt both inside and out and there were lots of presents. Oh yes – this is also when I was introduced to the whole Santa Claus thing. I would have to wait until the kids all went to bed and then stuff the stockings with treats and presents from Santa. I am pretty sure the kids knew the whole story behind Santa, but they were not going to say anything in fear of losing out on the gifts. It is amazing now to think back on this time and reflect on how much time we spent together. My wife loved Christmas; it was truly her favorite time of year and she loved giving to everyone we knew. We even gave a bag of cookies and a small monetary gift to the mailman.

As my kids have aged and I now have grandkids I fully understand the blessings of my grandparents. My wife and I love having

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## Aspen Pointe Residents to Elect Three New Members

The Election Committee, Wanda Myers, Doug Dybvig, and Lee Wagner, has secured eight nominees for three vacant resident council positions, come January 2019. The nominees are Kay Reilly, Gigi Prunty, Lucy Dwarshuis, Jim McCall, Wayne Gibson, Fairy McWilliams, Camie Smith, and Will Price.

The council consists of nine Aspen Pointe resident members with one-third elected each year for three-year terms. The election will be on December 6, 2018 from 11:00am to 2:30pm in the library. Early voting will be available at 8:00am the morning of the 6th at the front desk.

The mission of the Resident Council is to serve as a form of communication between residents, management, and administration in a caring and collaborative manner. Residents are encouraged to bring their concerns to the council for discussion. Your input on issues relating to the community are important and play a role in the final decision making process.

## Holiday Shopping

A special holiday shopping trip to the Bozeman Health gift shop has been arranged for Hillcrest residents on December 3rd and 4th. The bus will leave each day at 10:30am.

The shop is beautifully decorated, according to Lee Wagner, Aspen Pointe resident and gift shop volunteer for some 12 years. "Residents should go just for the Christmas atmosphere," she explains. She will be there to answer questions.

Vickie Welton-Bailey, shop manager, has purchased gifts of all kinds: ornaments, door decorations, clothing accessories, jewelry, and more. A 20% discount will be extended to all residents making purchases those two days. ***This is a special offering for residents only.*** Sign up at the front desk if interested.



## Help Remove Your Recycling Contaminants

Small amounts of contaminants can lead to large amounts of recyclables being rejected by recycling facilities. Recycling contamination happens when people try to recycle materials they shouldn't. Contaminants slow processing and result in collections being sent to landfills.

Hazardous and inappropriate materials pose dangers to recycling workers and/or equipment. Large quantities of recycled materials such as cardboard and scrap metal contaminated with impurities such as a small amount of food or other rubbish ruin batches of recycling. Places like China are refusing to accept recycling because of this issue.

Waste managers are trying to clean up the recycling stream by educating customers. That's us! For starters we want to encourage everyone to reduce and reuse. Don't try to recycle plastic bags (garbage, frozen food, sandwich, or grocery bags). Make sure to rinse food containers, and throw pizza boxes and other food/oil contaminated cardboard in the trash.

*Reprinted, originally from Resurrection Parish Sunday bulletin.*

## Fall Prevention

By Jamie Brown,

Exercise Specialist, BS Health Promotion

AARP suggest 3 ways to be proactive in preventing falls. The first one being mindfulness. Take your time and don't rush to complete tasks.

Rushing around can make it difficult to stay in tune with your environment and your body, thus increasing the chance that something can throw you off balance. Second, be sure your eyeglass prescription is up to date so as to avoid blind spots if you can help it, to keep from tripping over obstacles and navigating changes in walking surfaces. Third, improve balance.

There are factors that we can control within the human balance system, in which we can improve function of or decrease rate of decline in. A lot of balance is skill and can be improved by performing exercises in a controlled, safe, setting and with effective techniques.

I encourage you to take part in the classes offered here at Hillcrest. Programming is designed specifically for our resident population, to target problem areas and create an opportunity for improvement so you can stay active and function optimally! The Center for Disease Control has come up with an extensive checklist titled, **Check for Safety: A Home Fall Prevention Checklist for Older Adults**. I encourage you to check it out at <https://www.cdc.gov/steady/pdf/STEADI-Brochure-CheckForSafety-508.pdf>.

(Copies available in the fitness center.)

There are a number of reasons that seniors are at more risk of falling. An important factor that contributes to increasing fall risk is a decline in functioning of systems related to balance. Musculoskeletal decline, decreases in strength and bone density, can not only be a cause for a fall, but can cause challenges in the recovery process. Vision problems can cause difficulty with our ability to be aware of surroundings, leading to increased risk of tripping and hindering visual cues that help with enabling us to sense the position of our body in space.

Problems with the vestibular system (inner ear), can lead to vertigo, making it difficult for us to maintain equilibrium and can cause falls.

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## Residents Volunteer at Heart of the Valley Shelter



Barbara Taylor and Dori McTigue cuddling puppies.

Interested in volunteering at the Heart of the Valley Animal Shelter? Hillcrest is going the 1st and 3rd Thursday of each month to play with the dogs and cuddle the cats. The shuttle

will leave Hillcrest at 9:30am; volunteer until 11am and be back for lunch by 11:30am. You do not need to commit to both Thursdays each month, just come when you can. Please sign up at the front desk. There is space for five people each trip.

## Can the Griz-Bobcats Win!

The recent food collection jointly held by Montana State University and the University of Montana was the 19th year for the off-field competition between the two schools to determine which one could collect the most donations for its local food bank.

For the win, Bobcats collected a record setting 236,263 pounds of food and \$185,457 in donations, compared to the Griz's 210,714 pounds of food and \$193,086 in donations. Thanks to Hillcrest staff and residents donated 244 pounds to help with the record win!

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



# Hillcrest Neighbors

By Kate Evans



**Lorraine Deming**, having survived two significant weather events in Montana, a flood in 1933 in Malta and a large earthquake in 1935 in Havre, emphatically states, “I think I can handle colder, more harsh winters in Bozeman than those in Great Falls, MT.”

Lorraine came to Aspen Pointe this fall after living for nearly 40 years in Great Falls where her husband, Bob Deming, served on the city commission and was mayor of the city. They moved there from Laurel, MT in 1968 when they realized they needed more services for their two and a half year old daughter, Lisa, who was born deaf, plus with heart and vision issues, during the 1965 rubella epidemic. “We felt that she would benefit from programs offered by the Montana School for the Deaf and Blind. We wanted her to learn to speak, to use her voice, so that she could more easily navigate the outside world.” Bob eventually became the school’s superintendent during a building project when a gym, several new classrooms and cottages were added to the campus.

Lorraine was born in 1931 in Noonan, ND across the state line from Westby, MT where the family lived but where there was no hospital. Her father, Curtis Ness, was employed at the Westby bank. Forty years later when she returned to Westby and could not find the bank, she went to the local bar for information. “You’re in the bank” was the answer to her question. She also learned that the bank president during the 1930’s spent many years repaying depositors who lost money when the bank folded during the depression.

Later when her father worked for the Montana Bureau of Reclamation, Lorraine lived in

Malta and Plentywood, moving in 1938 to Denver where she lived until 1946. Following the war when there was a shortage of housing her father decided to build a house in Billings, MT. “So for about a year while he was building our new home my mother, Ella, and my three siblings lived with our 98 old great grandmother in Mayville, ND, a very small town that I loved,” she fondly explains.

While in high school Lorraine worked at a dime store and credit union to pay for college. At Eastern Montana College (now MSU-Billings) she earned an associate degree in business and met Bob Deming, an education major. On campus she was president of the business club and member of the pep club, while Bob lettered in four sports: football, basketball, track and baseball, the only student in the school’s history to accomplish this. “While actually playing in a baseball game one afternoon the coach released him to cross the school field and compete in pole vaulting so he could get his track letter,” she explained. They were married in December 1952.

During the Korean War Bob enlisted in the Army; after basic training he was sent to Baltimore, MD for Counter Intelligence Training. Later while on duty in New Orleans, they had their first son, Rich. Upon discharge from service, Lorraine and Bob settled in Laurel, MT where Bob taught and coached in the high school. Also in Laurel they welcomed second son, Greg, and eight years later their surprise daughter, Lisa.

Although Lisa had open heart surgery at the Mayo Clinic in Rochester, MN when she was twelve years old, she was healthy enough in high school to play basketball in the class C league. She attended Gallaudet University in Washington, DC. It is the only liberal arts institution in the world for the deaf. After college she worked for the Victoria Clipper ferry service and a bank in Seattle.

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# December 2018

*Remove and keep as daily reference.*

## Spiritual Offerings

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

December 2	Chaplain Nadine Grayl
December 9	Chaplain Tim Spring
December 16	Chaplain Sandy Osborne
December 23	Chaplain Ken Mottram
December 30	Chaplain Wendy Brown

**Christmas Eve Service** will be held Monday, December 24th at 4pm in the Aspen Pointe Chapel led by Ken Mottram.

**Wednesday Morning Prayer** at 9:15am in the AP Chapel led by the Venerable Roxanne Klingensmith from St. James Episcopal Church.

**Catholic Mass** at 2:00pm the 1st Wednesday of each month in the AP Chapel led by Father Leo Proxell of Holy Rosary, following Wednesdays Catholic Communion.

**Lutheran Communion** at 3:00pm the 3rd Wednesday of each month in the AP Chapel.

**Bible Circle** at 10:15 am in the Birchwood Activity Room.

## December Birthdays

Jo Schwaller	12/1
Curtis Carson	12/5
Jan Peace	12/7
Gene Quenemoen	12/7
Newt Michaelson	12/8
Barbara Taylor	12/10
Wayne Larson	12/18
Clara Hodges	12/20
Jan Wood	12/23
Lillian Kessler	12/25
George DeBelly	12/27
Shirley Dealy	12/28

## Announcements:

**Food Bank Donations:** It has been a Hillcrest tradition to donate goods to the Gallatin Valley Food Bank. During the month of December, for your convenience, there is a sleigh in the AP Commons area. Feel free to bring non-perishable items that can be donated.

**Birchwood Cocktails & Bingo:** More bingo players are needed to join the competition in Birchwood. Game time starts at 3:30pm in the Activity Room. We offer soft drinks and wine! Bring your nickels and pull up a chair!

### Holiday Meal Schedules:

- **Christmas Eve** the main meal will be served during two mid-day seatings. There will be a light meal in the evening.
- **Christmas Day** the big meal will be served during two mid-day seatings. In place of an evening meal at Aspen Pointe, sack lunches will be available for pick up at 5pm outside the dining room. Birchwood's evening meal will continue as normal.
- **New Year's Eve** the big meal will be served during two mid-day seatings. In place of an evening meal at Aspen Pointe, sack lunches will be available for pick up at 5pm outside the dining room. Birchwood's evening meal will continue as normal.
- **New Year's Day** the main meal will be served during two mid-day seatings. There will be a light meal in the evening.



Aspen Pointe

Sun

Mon

Tue

# December 2018


**BOZEMAN HEALTH**  
 HILLCREST SENIOR LIVING

Aspen Pointe

**2** 10:00am Worship Service in AP Chapel

2:30pm AP Movie in ARC

**5:45pm Cavalry Baptist Caroling in BW**

**3**

**8:15am H<sub>2</sub>O Aerobics at the Ridge**

10:00am Chair Ex. in AP Commons

**10:30am Bus to Hospital Gift Shop**

1:00pm Art Class in BW Act Rm

1:30pm Timely Topics

3:00pm Bingo & Cocktails in BW Act Rm

**4** 9:30am Yoga in LC

**10-11:30 Open Wii Bowling in Commons**

10:30am Tai Chi in ARC

**10:30am Bus to Hospital Gift Shop**

1:30pm Bus to Walmart

**1:30-3:00pm Wellness Clinic in Gym**

2:30pm Stretching in BW Act Rm

3:30pm Great Courses in Commons

2:30pm Yoga 2 in LC

6:30pm Bridge in FSR

**5** **8:15am H<sub>2</sub>O Aerobics**

9:15am Prayer in A

9:30am Shopping a

10:00am Chair Ex.

**11:30am Interfaith I**

**1:30 pm Book Club**

1:30pm AP Art Clas

2:00pm Catholic M

**3:30-4:30pm Boz Pt**

**4:30pm Violin Recit**

6:30pm Bingo in A

**9**

10:00am Worship Service in AP Chapel

**1:45pm Symphony at the Willson**

2:30pm AP Movie in ARC

**10**

**8:15am H<sub>2</sub>O Aerobics at the Ridge**

10:00am Chair Ex. in AP Commons

1:00pm Art Class in BW Act Rm

1:30pm Timely Topics

**2:00pm Clara Hodges 98th Birthday Party in the AP Commons**

**No Bingo and Cocktails Today**

**7:45pm MSU Piano Recital in AP Commons**

**11** 9:30am Yoga in LC

**10-11:30 Open Wii Bowling in Commons**

10:30am Tai Chi in ARC

1:30pm Bus to Walmart

**1:30-3:00pm Wellness Conversation**

2:30pm Stretching in BW Act Rm

**3:30pm MSU Balance Research Project in ARC**

2:30pm Yoga 2 in LC

6:30pm Bridge in FSR

**7:45pm Bel Canto in AP Commons**

**12**

**8:15am H<sub>2</sub>O Aerobics**

9:15am Prayer in A

9:30am Shopping a

10:00am Chair Ex.

**12pm-4pm Holiday**

**No Art Today**

**No Catholic Comm**

**3:00pm Annual Chr**

6:30pm Bingo in A

**16**

10:00am Worship Service in AP Chapel

2:30pm AP Movie in ARC

**3:00pm Piano Recital in AP Commons**

**17**

**8:15am H<sub>2</sub>O Aerobics at the Ridge**

10:00am Chair Ex. in AP Commons

1:00pm Art Class in BW Act Rm

1:30pm Timely Topics

3:00pm Bingo & Cocktails in BW Act Rm

**7:45pm Chief Joseph Middle School Orchestra in AP Commons**

**18** 9-10am First Security Bank

9:30am Yoga in LC

**10-11:30 Open Wii Bowling in Commons**

10:30am Tai Chi in ARC

1:30pm Bus to Walmart

**1:30-3:00pm Wellness Clinic in Gym**

2:30pm Stretching in BW Act Rm

**3:30pm English as She is Spoke with Dewey Adams in the AP Commons**

2:30pm Yoga 2 in LC

6:30pm Bridge in FSR

**7:45pm Bridger Mountain Harmony in AP Commons**

**19**

**8:15am H<sub>2</sub>O Aerobics**

9:15am Prayer in A

9:30am Shopping a

10:00am Chair Ex.

1:30pm AP Art Clas

2:00pm Catholic C

**3:00pm Lutheran C**

**3:30 pm Resident C Commons**

**3:30-4:30pm Boz Pt**

**6:15pm Christmas I**

6:30pm Bingo in A

**23**

10:00am Worship Service in AP Chapel

2:30pm AP Movie in ARC

**24** **8:15am H<sub>2</sub>O Aerobics at the Ridge**

10:00am Chair Ex. in AP Commons

1:00pm Art Class in BW Act Rm

1:30pm Timely Topics

3:00pm Bingo & Cocktails in BW Act Rm

**4:00pm Christmas Eve Service in AP Chapel**



**25**

**10-11:30 Open Wii Bowling in Commons**

6:30pm Bridge in FSR

**No Bus Service Today**

**Merry Christmas**

**26**

**8:15am H<sub>2</sub>O Aerobics**

9:15am Prayer in A

9:30am Shopping a

10:00am Chair Ex.

1:30pm AP Art Clas

2:00pm Catholic C

6:30pm Bingo in A

**30** 10:00am Worship Service in AP Chapel

2:30pm AP Movie in ARC

**31** **8:15am H<sub>2</sub>O Aerobics at the Ridge**

10:00am Chair Ex. in AP Commons

1:00pm Art Class in BW Act Rm

1:30pm Timely Topics

3:00pm Bingo & Cocktails in BW Act Rm

**Abbreviations:**

BW: Birchwood

AP: Aspen Pointe

FSR: Fireside Room

LC: Learning Center

**Abbreviations:**

ARC: Act/Rec/Crafts C

BW Act: BW Activity I

BW DR: BW Dining R

PDR: Private Dining R

Wed	Thu	Fri	Sat
<i>Remove and keep as daily reference.</i>			<b>1</b> 1:00pm Mexican Train Dominoes in FSR 2:00pm BW Movie in Act Rm
<b>5</b> <u><b>Yoga at the Ridge</b></u> AP Chapel at Co-op in AP Commons <b>Forum Resurrection Parish</b> <b>3rd Flr Awing Lounge</b> ss in ARC lass in Chapel <b>Public Bookmobile</b> <b>al in AP Commons</b> RC	<b>6</b> 9:30am Yoga in LC <b>9:30am Animal Shelter Volunteering</b> 10:15am Bible Circle in BW Act Rm 10:30-11:30am Bank of Bozeman <b>11am-2:30pm Resident Council Election in the Library</b> 1:30pm Shopping Bus to the Mall 2:30pm Yoga 2 in LC 3:00pm Knit & Stitch AP Fireside 3:30pm Story Hour w/Katie 3rd Flr A-Wing	<b>7</b> <u><b>8:15am H<sub>2</sub>O Aerobics at the Ridge</b></u> 9:30am-12pm AP Nail Care 3rd Flr A-Wing Lounge 10:00am Chair Ex. in AP Commons 1:00pm Cribbage in FSR <b>3:30pm Angella Ahn's Students in BW</b> 6:30pm Pinochle in FSR <b>7:30pm Nutcracker in a Nutshell in AP Commons</b>	<b>8</b> 1:00pm Mexican Train Dominoes in FSR <b>No BW Movie</b> <b>2:00pm Holiday Flute Music in AP Commons</b> 6:30pm Bridge in FSR
<b>6</b> <u><b>Yoga at the Ridge</b></u> AP Chapel at Heeb's in AP Commons <b>Boutique in FSR</b> <b>Union Today</b> <b>Christmas Stroll</b> RC	<b>13</b> 9:30am Yoga in LC 10:15am Bible Circle in BW Act Rm <b>10:30am AP Resident Council in ARC</b> 10:30-11:30am Bank of Bozeman 1:30pm Shopping Bus to 19th 2:30pm Yoga 2 in LC 3:00pm Knit & Stitch AP Fireside 3:30pm Story Hour w/Katie 3rd Flr A-Wing	<b>14</b> <u><b>8:15am H<sub>2</sub>O Aerobics at the Ridge</b></u> 9:30am-12pm AP Nail Care 3rd Flr A-Wing Lounge 10:00am Chair Ex. in AP Commons <b>11:30am Friday Forum at Library</b> 1:00pm Cribbage in FSR <b>2:00 pm Get-N-Up Clinic in AP Commons</b> <b>3:30pm Country Classics in BW</b> 6:30pm Pinochle in FSR	<b>15</b> 1:00pm Mexican Train Dominoes in FSR <b>No BW Movie</b> <b>2:00pm 4-H Carolers in Birchwood Dining Room</b>
<b>7</b> <u><b>Yoga at the Ridge</b></u> AP Chapel at Town & Country in AP Commons ss in ARC omm in Chapel <b>Comm in Chapel</b> <b>Christmas Party in AP</b> <b>Public Bookmobile</b> <b>Lights Drive</b> RC	<b>20</b> 9:30am Yoga in LC <b>9:30am Animal Shelter Volunteering</b> 10:15am Bible Circle in BW Act Rm 10:30-11:30am Bank of Bozeman 1:30pm Shopping Bus to the Mall 2:30pm Yoga 2 in LC 3:00pm Knit & Stitch AP Fireside 3:30pm Story Hour w/Katie 3rd Flr A-Wing	<b>21</b> <u><b>8:15am H<sub>2</sub>O Aerobics at the Ridge</b></u> 9:30am-12pm AP Nail Care 3rd Flr A-Wing Lounge 10:00am Chair Ex. in AP Commons 1:00pm Cribbage in FSR <b>2:00pm Holiday Party with Staff in AP Commons</b> <b>4:00pm Blue Christmas Service in Chapel</b> 6:30pm Pinochle in FSR	<b>22</b> 1:00pm Mexican Train Dominoes in FSR 2:00pm BW Movie in Act Rm
<b>8</b> <u><b>Yoga at the Ridge</b></u> AP Chapel at Heeb's in AP Commons ss in ARC omm in Chapel <b>Public Bookmobile</b> <b>Lights Drive</b> RC	<b>27</b> 9:30am Yoga in LC 10:15am Bible Circle in BW Act Rm 10:30-11:30am Bank of Bozeman 1:30pm Shopping Bus to 19th 2:30pm Yoga 2 in LC 3:00pm Knit & Stitch AP Fireside <b>7:45pm Movie in AP Commons</b> <b>Birthday Night</b>	<b>28</b> <u><b>8:15am H<sub>2</sub>O Aerobics at the Ridge</b></u> 9:30am-12pm AP Nail Care 3rd Flr A-Wing Lounge 10:00am Chair Ex. in AP Commons 1:00pm Cribbage in FSR 6:30pm Pinochle in FSR	<b>29</b> 1:00pm Mexican Train Dominoes in FSR 2:00pm BW Movie in Act Rm 6:30pm Bridge in FSR

**12/3 & 12/4 Holiday Shopping:** See page 2 for more info about shopping at the Bozeman Health Gift Shop. Sign up required.

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

**12/5 Interfaith Forum:** Join the Gallatin Interfaith Association for an interfaith forum with an MSU faculty member and a panel of local religious leaders examining the intersections of religions with various fields of study. This week the panel will be discussing music and religion, with composer, performer, and MSU faculty member Eric Funk. He is artistic director and host of "11th and Grant."

**12/5 Violin Recital:** Anna Jesiatis will have 10 violin students under age 10 here for their winter recital.

**12/6 Resident Council Election:** See page 2.

**12/7 MSU Music Students in BW**

**12/7 Nutcracker in a Nutshell:** The Dance Center will be here for their dress rehearsal of an abridged version of the beloved Nutcracker ballet.

**12/8 Holiday Flute Choir:** MSU flute students will be here to play holiday music in the AP Commons.

**12/9 Symphony:** A festive Holiday celebration awaits! Featuring the Bozeman Symphonic Choir and soprano Clarissa Lyons, the centerpiece of the concert will put us all in the spirit of the season. Sign up at the front desk.

**12/10 MSU Piano Recital:** Under the direction of MSU faculty member, Julie Gosswiller, students will perform their winter recital pieces.

**12/11 MSU Balance Research Project:** MSU assistant professor, Scott Monfort, will be here talking about his research into balance. He is also looking for volunteers if anyone wishes to do so. The data collected could be used to help with our balance classes and assessments.

**12/11 Bel Canto:** This choral ensemble is part of the Bozeman Symphonic Choir, here to spread some holiday cheer.

**12/12 Annual Christmas Stroll and Boutique:** Join in the hustle and bustle of this merry gathering of Christmas music, holiday shopping,

and festive refreshments.

**12/13 Aspen Pointe Resident Council:** All residents are welcome to join the council members in the ARC to hear what's going on, and voice issues, comments, or concerns.

**12/14 Friday Forum at the Library:** Poverty in the Gallatin Valley: What We See and What We Don't and What HRDC is Doing About It. Sign up at the front desk.

**12/16 Piano Recital:** Elementary school to high school aged piano students of Linda Kirkconnell.

**12/17 Chief Joseph Middle School Orchestra**

**12/18 English as she is spoke:** Hillcrest resident Dr. Dewey (Dwight) Adams, Professor Emeritus of English, University of Nebraska at Kearney will be presenting the English written language from 800AD to present.

**12/18 Bridger Mountain Harmony:** The local Sweet Adeline's group will be here to sing seasonal music.

**12/19 Resident Christmas Party:** Enjoy a festive gathering with appetizers, hot buttered rum, and egg nog.

**12/19 Christmas Lights Drive:** Sign up at the front desk for a drive around Bozeman to see the lights.

**12/21 Holiday Party with Hillcrest Staff:** This is a fun gathering so staff get the opportunity to thank residents for their generous gratuity gifts.

**12/21 Blue Christmas Service:** This service marks a day in the Advent season marking the longest day of the year and honoring loved ones who have passed.

**12/27 Movie in AP Commons:** *Holiday Inn* with Bing Crosby, Fred Astaire, Marjorie Reynolds, and Virginia Dale.

### **Monthly Activities with Multiple Dates:**

**12/5 & 12/19 Bookmobile:** The Bookmobile will be in the parking lot between Aspen Pointe and Birchwood. A cart with book choices will also be in the Commons.

**12/6 & 12/20 HOV Volunteering**

**12/6, 12/13, 12/20, 12/27 Story Hour w/Katie:** Chaplain Katie will be in the 3rd Floor A-Wing Lounge to read and discuss a short story.

## Wise & Well: *Partaking in holiday fare without packing on the pounds!*

By Jamie Brown, Exercise Specialist, BS Health Promotion

And poof, here we are, in the midst of another holiday season! To ensure you enjoy this special time of year to the fullest, it is important to make sure to continue your regular health care regimen, or if you have plans or goals to make healthy changes, there is no time better than the present to start! Prioritize exercise! There are a variety of quality group fitness classes offered, right here at home, and I am happy to assist you in the Fitness Center to make the most of the strength and cardio machines. Make healthy food choices by moderating consumption of sweets and alcohol, which are served in abundance this time of year. Be sure to consider all areas of your wellbeing, including checking in with yourself regarding your emotional and mental health as well. As we come together in celebration of the holidays, food, no doubt, plays a substantial role in our festivities.

According to the Academy of Nutrition and Dietetics, [www.eatright.org](http://www.eatright.org), on average, Americans gain approximately one to two pounds during the holiday season. Here are a few helpful tips on how you can indulge and enjoy savory, seasonal treats without consequence.

**Don't skip meals.** Eating a healthy breakfast gets our metabolism going early in the day. Healthy snacking in between meals helps to sustain energy and prevents feelings of hunger. This will help in controlling our urge to eat large, unhealthy portions at meal times.

**Moderate** foods that have low nutritional value and that are high in calories, fat and sugar. The majority of your plate should consist of nutrient dense, healthy food. Load up

on luscious salad greens, fresh crunchy vegetables and fruit. In buffet style dining, add these healthy items to your plate first, then go ahead and add small portions of savory treats that you want to enjoy.

**Avoid over-eating** by utilizing a smaller plate. Eat mindfully, paying close attention to flavors and textures of food, savoring every bite and taking your time to chew and swallow. Pausing before deciding on second helpings will give your body an opportunity to better gauge satiation and you may realize that you are in fact satisfied and no longer have a desire to eat more. Furthermore, according to an article published by the International Food Information Council Foundation by Allison Webster, PhD, RD, Mar 08 2018, (Last updated Mar 12 2018), "Replacing sweetened drinks with water reduces calorie intake and drinking water before and during a meal can increase

our sense of fullness and prevent overeating." Another thought on this, is that if you think of a caloric allowance for a given meal, choosing a low caloric beverage such as water, is a great way to increase your margin for consuming a higher calorie, succulent treat.

**Stay active.** 30 minutes of purposeful physical activity daily, that increases your heart rate, will not only be beneficial to relieving holiday stress but will also help with maintaining a healthy body composition, by balancing caloric intake and expenditure.

If you have questions, would like help in the Fitness Center or need more information about class offerings, give me a call at 414-2029 and I will be happy to assist you!



## About Our Hillcrest Staff

By Kate Evans



### Shawn Harris

is most proud of his Native American heritage with the Spokane tribe that for many centuries inhabited northwest Washington, northern Idaho, and western Montana.

"Because of the light skin that I inherited from my mother, Donna, I resemble the white race more than that of the tribal people of my father, Randy Harris," he explains.

"I was born May 9, 1988 in the Deaconess hospital in Spokane but spent my childhood and school years in the small rural town of Springdale, WA just off of the reservation which is approximately 50 miles north of Spokane." He and his older brother, Josh, were included in the extended family activities of their father, Randy Harris, who had six siblings. "We grew up with lots of cousins."

While a student at Mary Walker High School he participated in football and track. Following graduation in 2007, he attended DeVry University in Federal Way, WA.

A dishwasher at Hillcrest for the past eight months, Shawn worked previously for a senior living facility in Spokane. A friend, who knew he was interested in making a move from Washington, told him about job opportunities at Bozeman Health Deaconess Hospital in Montana. "I came thinking about employment in the hospital but ended at Aspen Pointe. Here I am impressed with the many features (library, fitness room, nutritious meals, etc) that were not available where I worked before." He also was impressed with the longevity records of some of Aspen Pointe employees. "When I learned that a dishwasher/co-worker was retiring after 15 years of service, I felt that I would be well treated and happy here."

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### Alex Kurowski

spent last summer mowing, trimming, and clipping, doing her job to beautify the Hillcrest landscape. Now she is working mostly inside the building. As a painter, she is helping Michael refurbish apartments and is assisting in

the housekeeping department. Occasionally, to her delight, she is out in the weather snow plowing! She explains with a smile, "I'm just wearing different hats in my new winter roles. I feel at home here, accepted by both the friendly residents and the staff."

She describes herself as a true outdoors person and tomboy. As a child she climbed trees, roller skated, and "rough housed" with her three younger brothers, Evan, Luke and Phillip, usually acquiring bruised legs and knees. When she was employed at MSU as a custodian she skateboarded to and from work. Presently she enjoys karate and riding a borrowed Harley 96 Sportster on Montana outings with a group of retired men. "They consider me their kid sister," she explains.

Alex was born in 1997 in Livingston but moved over the pass to Bozeman when she was 18. She was home schooled by her mother, Aleece Decker. When her mother returned to MSU to study for a degree in chemistry, Alex spent some time in Tucson, AZ with her grandparents. "Growing up I was a huge nerd; I loved to play video games, read fantasy and sci-fi books. I was a big fan of Lord of the Rings."

At one time she thought she would like to become a pastry chef but later realized it was an unrealistic idea for her; she settled on cooking as a hobby. A year ago in Tucson as she and her grandmother were viewing old postcards and correspondence, Alex learned in a letter from a paternal aunt in Florida that she had an older sister. She located her in Tallahassee, FL. The two sisters will meet for the first time next May on Alex's 22nd birthday.

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## Word Up has Various Meanings and Uses

*The word “up” has more meanings than any other two-letter word in the English language. It can be a noun, verb, adverb, preposition, or adjective. Aspen Pointe resident Stafford Hall found the following article interesting and is sharing it with readers of Crest Lines:*

It’s easy to understand UP meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP?

At a meeting, why does a topic come UP? Why do we speak UP, and why are the officers UP for election (if there is a tie, it is a toss UP) and why is it UP to the secretary to write UP a report? We call UP our friends; brighten UP a room; polish UP the silver; warm UP the leftovers; and clean UP the kitchen. We lock UP the house and fix Up the old car.

At other times, this little word has special meaning. People stir UP trouble; line UP for tickets; work Up an appetite; and think UP excuses.

To be dressed is one thing but to be dressed UP is special. This UP is confusing: drain must be opened UP because it is blocked UP. We open UP a store in the morning but we close it UP at night. We seem to be pretty mixed UP about UP!

To be knowledgeable about the proper uses of UP, look UP the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost 1/4 of the page and can add UP to about thirty definitions. If you are up to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don’t give UP, you may wind UP with (UP to) a hundred or more.

When it threatens to rain, we say it is clouding UP. When the sun comes out, we say it is clearing UP. When it rains, the earth soaks UP the water. When it does not rain for a while, things dry UP. One could go on and on, but I’ll wrap it UP, for now...my time is UP!

Oh, one more thing: What is the first thing you do in the morning and the last thing you do at night? UP! Now I’ll shut up!

## Get-N-Up Clinic

Friday, December, 14th  
2-3pm

AP Commons

Sign-up at the front desk

### Fall Prevention page 3

Somatosensory issues that hinder our ability to feel pain, pressure and warmth, particularly in the feet, make it difficult to feel the floor and falling can occur if changes in walking surface can’t be detected.

According to an article from AARP, *The Art of Falling*, it may be possible to adjust your body position as you first sense that you are off balance and unable to correct. Of course, falls happen suddenly and unexpectedly and there may not be time to consciously react. A few things to keep in mind and implement while falling, if at all possible, are to stay bent and don’t lock out joints. Extending your arm to catch a fall can lead to compression fracture and damage to joints. Protect your head. If falling forward, turn you head to the side, if you are falling backward, try to tuck chin and curl body forward to prevent your head from hitting the ground. Try to land on meaty areas of the body, such as fleshier spots on the back, rear or thighs to help cushion the fall. Positioning your landing, so as not to let bony areas of the body strike the ground and take the full impact, may help prevent serious injury. Keep falling. Try to relax and go with momentum rather than trying to break or stop the fall.

Last month was the first Get N Up clinic that was suggested by a resident council member. It was well attended and there were many people on the wait list. Sign up at the front desk for the next clinic on December 14th.

## Department Updates

### ENGINEERING—Rich Hagstrom

If you have a real Christmas wreath you must put in a work order at the front desk to have it sprayed with fire retardant.

### ADMINISTRATION—LeRoy Wilson

Two Christmas gratuity boxes are available, one is located at the Aspen Pointe front desk and the other in the Birchwood Main Lounge. If you would like to contribute please do so by the end of the day on December 14th. This is a completely voluntary donation that is given to Hillcrest employees as a Christmas bonus. The employees are incredibly grateful for your generous giving each year. Thank you!

### PROGRAMS—Megan Reichert

Xhibit, the digital signage on channel 900 and 901 is now transmitting to Hillcrest TVs!!! We will be working on getting slides for December running during the first week of the month. Thank you for your patience. We are sorry for the inconvenience.

### Lorraine from page 4

She and her husband, Anthony Christie, have a daughter, Sarah, a freshman studying engineering at the University of Minnesota.

“My favorite stories are those of the accomplishments of my children, for whom I have much pride and joy,” Lorraine explains. Rich, an MSU grad, is President of First West, Inc. in Bozeman and on the board of Bozeman Health Foundation. Greg, who retired at 50 years of age from the Compus Bank System, had Aspen Pointe resident, Clint Frazee, as a professor when a business student at MSU. He played football in high school on a team that lost only one game in two years and went on to be the state champions.

Lorraine recalls her life in Great Falls as a busy time with children, friends and community activities. “I enjoyed my memberships in both PEO and the Travel Club, which was founded in 1901 and is the oldest continuous organization in Montana. Now I am here to experience Bozeman.”

### Shawn from page 6

He has since recruited two new employees, Katrina Danker and Shelley Phelps, to work as dishwashers in the kitchen.

Shawn likes to play video and laser tag games and to go snowboarding. As a kid, he and a friend enjoyed the sport, not at a ski resort, but on a local hill where they built a ramp over a creek. “The trick was to jump over the creek, not end up in it,” he states with a smile.

He considers himself a hard worker and that dishwashing is an “honest job.”

### Alex from page 6

In the future she would like to travel overseas, especially to Asian countries, for experiences to expand her understanding of different cultures and world issues. The love of her life is her dog, Allie, a possible mix of German shepherd and border collie, which she says is “possessed by a human soul.” Some day she would like to share a simple house with three or four dogs, and have a huge garden of vegetable and flowers, mainly her favorite roses.

Alex ended this interview with a word of advice to Hillcrest residents who have problems with houseplants: “Most house plants that die or are not healthy have been overwatered,” she warns.

### Traditions from page 1

everyone over to our house and my wife loves to cook and bake for the entire family. We try to make our celebrations about our savior and our family - stressing the importance of spending time together. We want our family to know the real reason for this season.

Our traditions and celebrations may be different, but my guess is everyone can relate to how important family is. My hope for each resident and our staff members is that you take some time this holiday season to say thanks and express your gratitude to your family and each other. In many ways we are family and our best memories and traditions come from spending this time with each other.

Merry Christmas and Happy New Year, LeRoy