

Crest Lines

December 2016

Volume 1, Issue 8

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Coming Soon

December

- Christmas Stroll
- Nutcracker in a Nutshell
- Charles Dickens' *A Christmas Carol*
- Christmas Lights Drive
- Sleigh Ride

January

- American Prairie Reserve
- Wine & Wisdom
- Annie

February

- Bel Canto

Thoughts from the V.P.

By LeRoy Wilson



Business leaders develop and hone leadership skills in a variety of ways from various sources. For me, I have two management approaches that I inherited early in my career from my first work place mentor - Garrett Franks. Mr. Franks was the superintendent of the high school where I grew up and my first exposure to a true business leader. The first approach he taught me was an open door policy, which encourages openness and transparency through open and approachable communication. I remember Mr. Franks instructing me to come to him directly with questions and concerns. His philosophy was that an open door policy promoted honest dialog and mitigated the effects of rumors and back hall stories. The second leadership approach came from Matthew 7:12, "In everything, do unto others as you would have them do unto you." Mr. Franks lived by this code and treated everyone around him with dignity & respect building, healthy relationships with all he encountered. He felt that if he modeled this behavior everyone around him would do the same.

At Hillcrest, we have a very similar program called "Commitment To My Co-Worker". This program's primary focus is for every employee to be committed to going directly to a co-worker when there are questions, concerns, or misunderstandings.

"Commitment to My Co-Worker"

At work, I expect to give 100% of my time and energy to my job. I will be enthusiastic about my job assignments and encourage those around me to do the same. As your Co-Worker and with our shared organizational goal of excellent resident care, I commit to the following:

- I will accept responsibility for establishing and maintaining healthy interpersonal relationships with you and every member of this team and community.
- I will talk to you promptly if I am having problems with you. The only time I will discuss it with another person is when I need advice or help in deciding how to communicate with you appropriately.

Continued on page 3



Upcoming Holiday Events



Smart Women's Christmas Stroll: Enjoy the festivities Wednesday, December 7th starting at 12pm with the Holiday Boutique Sale in the Fireside Room and the Bozeman High School Jazz Choir at 3pm in the AP Commons with more music, fun, plus festive beverages and goodies.



Sleigh Ride and Dinner: "Sleigh Ride Under the Stars" is sure to be an unforgettable night. It is the perfect activity for crisp, winter evenings in Bozeman. Guests will enjoy a gourmet dinner followed by a starlit, horse-drawn sleigh or wagon ride. Cost of \$60/person. We must have 4 residents signed up to go. Ride is 30 minutes long.



Charles Dickens' *A Christmas Carol*: A bus will be taken to the Ellen for this production on Sunday, December 18th, leaving at 2:15pm. If you are interested, sign-up at the front desk and turn in your money by December 5th. Tickets are \$21.25 (\$19.75+\$1.50 restoration fee).

A Letter to Hillcrest Veterans,

My name is Corey Yecny. I am a sophomore from Three Forks High School. I want to thank you. I like to play sports, hunt, and ride dirt bikes. None of these liberties would be possible today if it wasn't for the sacrifices you have made for us. Because of you and fellow veterans I am free to be a kid. I don't have to worry about going off to war at a young age; the guns I am free to have are for pleasure hunting and not as a weapon to kill another or defend my country. I get to wake up and go to bed everyday in the comforts of my own home with my family, not on a cold lonely cot that might be in the same room as hundreds of others. I know simple freedoms like this are taken for granted by me and millions of free citizens everyday. I can't even begin to pay you back for all that you have

done and been through. The horrors you have witnessed and the battles you have fought, not only at war but back home as well.

Please accept this small token of my respect and appreciation for your life long sacrifices. Thank you.

Sincerely, Corey Andrew Yecny

We received this letter on behalf of Hillcrest Veterans. A high school student speaks from the heart to thank all veterans who have helped provide him with a true childhood. If you wish to respond bring your letter to Rachel in the Administration Office, and it will be mailed.

Thoughts continued from page 1

- I will establish and maintain a relationship of functional trust with you and every member of this team. My relationships with each of you will be equally respectful, regardless of job titles or levels of educational preparation.
- I will not engage in the "3 B's" (Bickering, Backbiting, and Blaming). I will practice the "3 C's" (Caring, Committing and Collaboration) in my relationship with you and ask you to do the same with me.
- I will not complain about another team member and ask you not to as well. If I hear you doing so, I will ask you to talk to that person.
- I will accept you as you are today, forgiving past problems and ask you to do the same with me.
- I will be committed to finding solutions

to problems, rather than complaining about them or blaming someone for them, and ask that you do the same.

- I will affirm your contribution to the quality of our work.
- I will remember that neither of us is perfect, and that human errors are opportunities, not for shame or guilt, but for forgiveness and growth.

I feel that it is important that all Hillcrest residents and family members know the commitment that employees make. I would also like to invite residents to adopt these same guiding principles and come directly to us with any questions and concerns they might have, embracing a healthy interpersonal relationship through open and honest communications.

My door is always open to you.

Wise & Well: Are Superfoods really superior foods? By Jennifer McNulty

Everybody has heard the popular term “superfood” and know a few of the foods that fall under that category, for example; kale, quinoa, chia seeds, berries, and coconut oil. These foods contain nutritional components that are beneficial and good for us. They have been branded superfoods due to their antioxidant content, nutrient density, or overall health benefits. In addition, many of these superfoods are gaining in popularity due to their versatility; you can consume them in various ways making it easy to use for multiple meals. Many experts feel that the current fascination of superfoods is due to the increased interest of food and health in today’s society.

With the term superfood floating around mainstream language, we would like to know: Is there any food that is actually superior? While this term is everywhere from nutritional blogs, to online newspapers and magazines, and even by nutritional supplement suppliers; many dietitians stay away from the word.

One of the reasons is there is no legal or medical definition of “superfood” and there are no standard criteria or approved lists as there are with other health terminology. According to the Academy of Nutrition and Dietetics, marketers invented the term to promote foods that are high in vitamins, nutrients, and antioxidants. With these qualifying terms, essentially anything in the produce department can be labeled as a superfood. People have created unrealistic expectations of these foods. People may think if they consume one or two of these foods they will be protected from chronic diseases and other health problems; or that they will counteract the negative health consequences of an unhealthy diet.

While studies have shown that certain foods are beneficial in aiding health-promoting properties due to their nutritional content; most of these studies were conducted in labs

where they use massive quantities of the food to elicit these health benefits. For example, garlic is said to lower cholesterol and blood pressure, however you would actually have to consume 28 cloves of garlic a day to see the benefits. There are health benefits to many foods; however, it is unrealistic to think that this could be achieved in a normal, everyday diet. It is not to say that eating a little bit of garlic or other superfood would not produce some results, but you have to consider the bigger picture. Health benefits are due to consuming a variety of foods, more so than eating a lot of one type of food. Eating too much of any one type of food will prevent you from getting the other nutrients and vitamins that you need and get from other foods; this could hinder you and your health in the long run.

Superfoods are loaded with excellent vitamins, minerals, and antioxidants, but labeling them as such may have given people

the wrong idea. Many different types of foods have some health benefits when eaten by themselves or in combination with another food, but if we label just a few foods as superfoods, it may cause people to think that the other healthy choices they are making are not as good or beneficial.

In part, this is why some dietitians prefer to use the phrase “super diet” which emphasizes a healthy, balanced diet that is rich in fruit, vegetables, and wholegrain foods. While science has shown that certain components of food may be good for you, it is not realistic to assume that eating only a small range of superfoods will improve your overall health and wellbeing.

In today’s society we are always looking for the next big health craze or quick fix—broccoli, pasta, and spinach were yesterday’s news; today it’s kale, seeds, and coconut oil; tomorrow it will be something new. We should focus beyond the fad; we need to understand that what we are eating on a daily basis needs to be nutritionally balanced throughout all the foods we consume.

Continued on page 7

*A “super diet” of varied foods is more
healthful than a small range of “superfoods.”*

December 2016

Remove and keep as daily reference.

Announcements:

Balance Evaluations: Sign-ups are available for end of year balance evaluations. Questions? Call Ginger, 414-2029.

Charles Dickens' *A Christmas Carol*: A bus will be taken a bus to the Ellen for this production on Sunday, December 18th, leaving at 2:15pm. If you are interested sign-up at the front desk and turn in your money. Tickets are \$21.25 (\$19.75+\$1.50 restoration fee). Please have your money turned in by December 5th.

Photography Club: If enough interest is shown, a photography club will start meeting regularly. Meetings would include the basics of photography, aesthetics, tips and tricks, and photo critiques. Sign-up at the front desk if you would like to participate. Should you need assistance in purchasing a camera or getting your camera ready for shooting, contact Rachel at 414-2002.

Thursday Shopping Bus hours: The shopping bus hours on Thursdays prior to Christmas will be extended for the convenience of holiday shopping. The bus will leave at 1:30 as usual. Pick up time will be 3:30pm, which is about 45 extra minutes.

"Annie," Broadway in Bozeman: The world's best-loved musical returns in time-honored form to the Brick Breeden Fieldhouse. Directed by original lyricist and director Martin Charnin and choreographed by Liza Gennaro, this production of AN-NIE will be a brand new incarnation of the iconic original. Friday, January 27th @ 8pm. Tickets are \$76 (\$65 plus a \$11 fee). Please Sign-up and turn in money by December 14th so we can assure the purchase of tickets.



Aspen Pointe

December Birthdays

Lois Westin	12/7
Gene Quenemoen	12/7
Beth Wood	12/16
Clara Hodges	12/20
Barbara Vance	12/22
Paul Visscher	12/24
Lillian Kessler	12/25
George DeBelly	12/27
Shirley Dealy	12/28

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

December 5– Great Decisions: Cuba
December 12– Bring your own.
December 19– No Meeting.
December 26– No Meeting.
January 2– Bring your own.

****All following Timely Topics meetings will be bring your own topic, unless otherwise noted.*

Sun

Mon

Tue

Wed

December 2016



Aspen Pointe

Remove and keep as daily reference.

Abbreviations:**FSR:** Fireside Room**LC:** Learning Center**ACR:** Admin. Conference Room**BW Act:** Birchwood Activity Room**BW DR:** Birchwood Dining Room**PDR:** Private Dining Room**AP:** Aspen Pointe**BW:** Birchwood

4 10:00 am– Worship Service in AP Chapel
2:30pm– Bingo in FSR
3:30 pm– Jazz Concert w/ Kate Westin, Bob Britten, and Craig Hall in AP Commons

5 8-9:30 am Gym Supervised Hrs
10:00 am– Chair Ex. in AP Commons
1:00 pm– Art Class in BW Act Rm
1:00 pm– Zentangles in ACR
1:30 pm– Timely Topics in the FSR
7:30 pm– Bingo in FSR

6 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 PDR

7 8-9:30 am Gym Supervised Hrs
8:45 am– Shopping at Co-op
9:15 am– Prayer in AP Chapel
10:00 am– Brush-up Bridge 3
10:00 am– Chair Ex. in AP Commons
12:00 pm– Holiday Boutique
1:00 pm– Coloring Group
1:30 pm– Book Club 3rd Floor
No Catholic Mass Today
3:00 pm– Christmas Stroll in Commons
7:30 pm– Bingo in FSR

11
10:00 am– Worship
1:45 pm– Symphony
2:30pm– Bingo in FSR

12 8-9:30 am Gym Supervised Hrs
9:30 am– Volunteer Gift Wrapping
10:00 am– Chair Ex. in AP Commons
1:00 pm– Art Class in BW Act Rm
1:00 pm– Zentangles in ACR
1:00 pm– Volunteer Gift Wrapping
1:30 pm– Timely Topics in the FSR
7:30 pm– Bingo in FSR
7:45 pm– Sweet Adeline's in AP Commons

13 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

14 8-9:30 am Gym Supervised Hrs
9:15 am– Prayer in AP Chapel
9:30 am– Shopping at Heeb's
10:00 am– Brush-up Bridge 3
10:00 am– Chair Ex. in AP Commons
1:00 pm– Coloring Group
2:30 pm– Catholic Comm. in Commons
2:30 pm– Country Classics in Commons
3:00 pm– Wreath Making in Commons
4:30 pm– Suzuki Violin Recital in Commons
7:30 pm– Bingo in FSR

18
10:00 am– Worship
2:15 pm– A Christmas Carol at The Ellen
2:30pm– Bingo in FSR

19 8-9:30 am Gym Supervised Hrs
10:00 am– Chair Ex. in AP Commons
1:00 pm– Art Class in BW Act Rm
1:00 pm– Zentangles in ACR
No Timely Topics
No Bingo
7:30 pm– Chief Joseph Middle School Orchestra in AP Commons

20 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
4:00 pm– Christmas Party in AP Commons w/ the Chord Rustlers
6:30 pm– Bridge in FSR

21 8-9:30 am Gym Supervised Hrs
9:15 am– Prayer in AP Chapel
9:30 am– Shopping at Town
10:00 am– Chair Ex. in AP Commons
10:00 am– Brush-up Bridge 3
1:00 pm– Coloring Group
2:30 pm– Catholic Comm. in Commons
3:00pm– Lutheran Comm in Commons
3:30pm– Gift Exchange in Commons
7:30 pm– Bingo in FSR

25 10:00 am– Worship
2:30pm– Bingo in FSR

26 8-9:30 am Gym Supervised Hrs
10:00 am– Chair Ex. in AP Commons
1:00 pm– Art Class in BW Act Rm
1:00 pm– Zentangles in ACR
No Timely Topics
7:30 pm– Bingo in FSR

27 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

28 8-9:30 am Gym Supervised Hrs
9:15 am– Prayer in AP Chapel
9:30 am– Shopping at Heeb's
10:00 am– Chair Ex. in AP Commons
10:00 am– Brush-up Bridge 3
1:00 pm– Coloring Group
2:30 pm– Catholic Comm. in Commons
7:30 pm– Bingo in FSR

	Thu	Fri	Sat
om Room oom	1 AP Nail Care 8-9:30 am Gym Rm Supervised Hrs 9:30 am– Yoga in the LC <u>10:15 am– Bible Circle in BW Act Rm</u> 10:30-11:30 am– Bank of Bozeman <u>1:30-3:30 pm– Shopping Bus to 19th</u> 3:00 pm– Knit & Stitch AP Fireside	2 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR <u>2:30 pm– Tree Decorating in AP</u> <u>3:00 pm– Angella Ahn & Students in BW DR</u> <u>4:45 pm–Dinner Sleigh Ride at the Yellow Barn</u> <u>6:00 pm- Faith Baptist Church Caroling in BW</u> 6:30 pm– Pinochle in FSR	3 10:00 am– Tai Chi in AP Chapel 1 pm– Mexican Train Dominoes in FSR 2 pm– AP Movie
l Hrs el rd Flr A-Wing ommons in FSR A-Wing AP Commons	8 AP Nail Care 8-9:30 am Gym Rm Supervised Hrs 9:30 am– Yoga in the LC <u>10:00am– AP Resident Council in FSR</u> <u>10:15 am– Bible Circle in BW Act Rm</u> 10:30-11:30 am– Bank of Bozeman <u>11am– Resident Council Election in Library</u> <u>1:30-3:30 pm– Shopping Bus to the Mall</u> 3:00 pm– Knit & Stitch AP Fireside <u>3:30 pm– Bob & Mark in BW DR</u> <u>7:45 pm– Bob & Mark in the AP Commons</u>	9 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons <u>11:30 am- Friday Forum @ Library</u> 1:30 pm– Cribbage in FSR <u>3:00 pm– Resiliency Workshop in FSR</u> 6:30 pm– Pinochle in FSR <u>7:30 pm– Nutcracker in a Nutshell in AP Commons</u>	10 10:00 am– Tai Chi in AP Chapel 1 pm– Mexican Train Dominoes in FSR 2 pm– AP Movie 6:30 pm- Bridge in FSR
ed Hrs el rd Flr A-Wing ommons n Chapel n BW DR FSR al in AP Com-	15 AP Nail Care 8-9:30 am Gym Rm Supervised Hrs 9:30 am– Yoga in the LC <u>10:15 am– Bible Circle in BW Act Rm</u> 10:30-11:30 am– Bank of Bozeman <u>1:30-3:30 pm– Shopping Bus to 19th</u> 3:00 pm– Knit & Stitch AP Fireside <u>7:30 pm– Flower Arranging in FSR</u>	16 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR <u>2:00 pm– Resident/Staff Christmas Party in AP Commons</u> <u>4:00 pm Blue Christmas Service in AP Chapel</u> 6:30 pm– Pinochle in FSR	17 10:00 am– Tai Chi in AP Chapel 1 pm– Mexican Train Dominoes in FSR 2 pm– AP Movie
ed Hrs el & Country ommons rd Flr A-Wing n Chapel Chapel SR	22 AP Nail Care 8-9:30 am Gym Rm Supervised Hrs 9:30 am– Yoga in the LC <u>10:15 am– Bible Circle in BW Act Rm</u> 10:30-11:30 am– Bank of Bozeman <u>1:30-3:30 pm– Shopping Bus to the Mall</u> 3:00 pm– Knit & Stitch AP Fireside <u>6:45 pm– Christmas Lights Drive</u>	23 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR <u>3:00 pm– Edis w/ Cliff in BW</u> 6:30 pm– Pinochle in FSR	24 10:00 am– Tai Chi in AP Chapel 1 pm– Mexican Train Dominoes in FSR No AP Movie <u>4 pm– X-Mas Eve Worship Service in AP Chapel</u>
ed Hrs el ommons rd Flr A-Wing n Chapel	29 AP Nail Care 8-9:30 am Gym Rm Supervised Hrs 9:30 am– Yoga in the LC <u>10:15 am– Bible Circle in BW Act Rm</u> 10:30-11:30 am– Bank of Bozeman 1:30 pm– Shopping Bus to the Mall 3:00 pm– Knit & Stitch AP Fireside <u>7:45 pm– Trivia Night in AP Commons</u> <u>Birthday Night</u>	30 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR <u>3:00 pm– Resiliency Workshop in FSR</u> 6:30 pm– Pinochle in FSR	31 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

12/2 AP Tree Decorating: Help decorate the Aspen Pointe tree while enjoying Christmas cookies and hot chocolate!

12/2 Angella Ahn & MSU School of Music Students in BW: Join Angella's talented students for music in BW.

12/2 Dinner Sleigh Ride: Refer to page 2 of the newsletter for details. Sign-up at the front desk ASAP.

12/4 Jazz Concert in AP Commons: To celebrate Lois Westin's birthday her daughter-in-law and jazz singer, Kate Westin, will be accompanied by Bob Britten and Craig Hall for an afternoon concert.

12/5 Bob B. in AP Commons @ 7:45pm: Come tap your toes and sing to Bob Britten on the piano in Aspen Pointe!

12/7 Holiday Boutique: Partake in the convenient shopping at our holiday boutique in the FSR including Hallmark, Synergy, RSVP, essential oils, clothing, resident crafts, etc. 12-5pm.

12/7 Smart Women's Christmas Stroll: Enjoy music and goodies. Everyone is welcomed! Please refer to page 2 for more information.

12/8 AP Resident Council @ 10:00am in FSR: All residents are welcomed to come listen and bring up topics of their own.

12/8 Resident Council Election: Resident Council is electing three new members. The election will be held in the library at 11am.

12/8 Bob Packwood & Mark Dixon in BW & AP: Pianist, Bob Packwood, and percussionist, Mark Dixon, will be back to bring us wonderful jazz music.

12/9 Friday Forum @ the Library: The final 2016 Wonderlust Friday Forum features Dr. Renee A. Reijo Pera, Vice President of Research will speak to the University's broad range of research. Dr. Reijo Pera will talk about how research grants and contracts are obtained and processed specifically at MSU. Dr. Reijo Pera is an internationally recognized stem cell scientist, coming to MSU in January 2014. Prior to that, she was the director of Stanford University's Center for Human Pluripotent Stem Cell Research and Education and the Center for Reproductive and Stem Cell Biology, as well as the doctoral program in stem cell biology and regenerative medicine.

12/9 Resiliency Workshop: As part of a multi-pronged approach for residents, staff, and managers we will have resiliency workshops over the next few months. More info to come.

12/9 Nutcracker in a Nutshell: The Dance Center has been coming to Hillcrest for several years putting on

an abridged version of the Nutcracker. This holiday dance program is always a crowd pleaser. Come early to get a good seat.

12/11 Bozeman Symphony: This unique, fast-paced program, all choreographed to a brilliant light show, has amazed audiences while featuring—and celebrating—the best of Bozeman's musical talent. This year we add a new twist by marrying the Collage concept with the music of the Holidays—both traditional and popular.

12/11 Bob B. in BW @ 3:45pm: Come tap your toes and sing to Bob Britten on the piano in Birchwood!

12/12 Volunteer Christmas Gift Wrapping: Give back during the holidays by volunteering your time to wrap gifts. HomeInstead's program, *Be a Santa to a Senior*, provides gifts to those in need or without families and know they need help wrapping them. There are two time slots to sign-up for: 9:30-10:30am and 1:00-2:00pm. We will provide transportation.

12/15 Flower Arranging in FSR: Limited space. Sign-up at the front desk to make a holiday centerpiece.

12/16 Resident/Staff Christmas Party: Join the staff for fun and fellowship so we can thank the residents for their generosity.

12/16 Blue Christmas Service: Please refer to page 7 for more details.

12/18 A Christmas Carol at the Ellen: Please refer to page 2 for more details.

12/18 Bob B. in BW @ 3:45pm: Come tap your toes and sing to Bob Britten on the piano in Birchwood!

12/20 Christmas Party w/ the Chord Rustlers: The staff invites you to a served appetizers, champagne, and hot buttered rum Christmas Party with the Chord Rustlers to get us in the spirit.

12/21 Gift Exchange in FSR: Sign-up at the front desk by December 7th if you are interested in participating in a resident gift exchange. Exchange will take place on the 21st.

12/22 Christmas Lights Drive: Let's hop on the bus and see all the festive decorations around town.

12/23 Edis with Cliff in BW: Local folk singer and pianist Cliff will be playing in Birchwood.

12/24 Christmas Eve Worship Service: Refer to page 7 for more details.

12/29 Trivia Night: Grab your friends and lets play trivia.

12/30 Resiliency Workshop: As part of a multi-pronged approach for residents, staff, and managers we will have resiliency workshops over the next few months. More info to come.

Neighbors

By Kate Evans

Clara is making the move!

“The time is now.” Those were the words Clara Hodges used to explain her upcoming move in mid-December from Aspen Pointe to Birchwood.

“I have enjoyed 14, almost 15 years in independent living, but I am now aware that my emotional and physical abilities are not as sharp as when Lynn and I moved here in 2002,” she explains. “Before any health crisis forces me to move, I have decided to do it now.”

She provided other reasons for making this decision.

“At this time I am still in charge of my life. Life decisions are MINE to make as long as I can so I believe now is the right time for me to decide where I will spend the next few years,” she said with determination. “My children should not have to make this decision for me.”

Her three children reside some 2,000 miles away from Bozeman; each is working. She feels that their jobs would make it inconvenient for them to travel often to see her. Shirley Butherus, a recent widow as of October 2016, lives and owns a bookkeeping service in the San Francisco area; Lynn lives in Alameda, CA; and Stan is a resident of Fairbanks, AK.

Lastly she said that she does not feel comfortable asking her friends to meet her needs. “I feel very satisfied with this decision. I am certainly getting rid of “stuff.”

A great help to her for over 80 years is a verse in Proverbs 3:6 “In all your ways acknowledge Him and He will direct your path.”

This very thoughtful and independent woman spent 62 years serving people and churches with her husband, Pastor Lynn Hodges, in Kansas, Oregon, California, and Montana. Later in life she worked for the Neptune Society and Church World Service.

She met Lynn in Eugene, OR, where both were attending Bible College. Lynn obtained

his B.A. degree at Ottawa University in Kansas in 1949. While Clara received her degree from Washburn University in 1969 at age 49 and with three grown children out of the house.

While leading a church in Topeka, Kansas, Lynn welcomed black citizens to participate at his services, thus becoming the first American Baptist pastor to issue such an invitation.

“This was not an easy decision during the 1950’s. There was hesitation and concern for this idea from both the black and white congregations in the community,” she explains.

“Personal counseling helped ease the situation.”

Clara and Lynn spent time visiting all 50 states before retiring to California. “It was a short retirement; we were soon off to Montana to serve a two year interim ministry in a church in Belgrade,” she recalled. “After that we went to Wyoming for only a short period as the Belgrade congregation wanted us back for another two years.”

They finally retired in 1986 and bought seven acres of Belgrade countryside to enjoy. When maintaining this property was beyond Lynn’s physical capabilities they moved to Aspen pointe in 2002. Lynn died in a year later.

“Lynn and I were both in agreement to move to Hillcrest,” she recalls. “My experience here over the years has proved it was wise and profitable.” With this move, she plans to continue en-

joying the good food and many activities at both Aspen Pointe and Birchwood.

“Moving will not affect this privilege,” she states.



“Should I take it, or leave it?”

Hobbyists at Hillcrest

Bill Skidmore, woodworking craftsman



Bill, caning a chair.

Topics in Aspen Pointe.

However, few are aware of his talent and skill as an artisan in wood pieces that he has designed and crafted. His furniture in cherry, walnut, and Pennsylvania woods are handmade works treasured by members of his family. In Ann Arbor, Michigan, his daughter Becky has a handsome dining room hutch which he built for her and her husband Norton Fogel as a wedding gift.

“Becky wanted a simple piece, styled and proportioned similar to Shaker design,” explained Bill. “But the problem was that we could not find instructions for constructing such a piece, so Becky and I were on our own for assembling the hutch.”

Following extensive research in catalogs, antique stores, furniture books, and many discussions, they arrived with their own measurements and ideas: a two piece model of solid cherry, 83 inches tall on invisible casters, and entirely finished on the back. When completed, they were pleased that the hutch was not boxy or top heavy, that it had clear glass doors to display silver and china and a large open counter top from which to serve food. Bill’s sketch for a graceful cove molding to top the piece proved

to be the perfect crown.

Becky’s hutch was featured in Home Furniture Magazine in the June/July 1997 issue, accompanied by a full description of Bill’s and Becky’s measurements and personal considerations for the project.

Bill was self taught. He had no mentoring, classes, or instructions in wood-

working. “My father was not handy and we had very few tools in our house. Perhaps because I got polio when I was 15 and could not participate in many physical activities, I became interested in what I could do with my hands.” Even before polio, he constructed wooden Adirondack chairs

which he hoped to sell in his hometown of Ridgewood, NJ. Also as a teenager he assembled balsa wood model airplanes that represented the various aircraft being flown in World War II.



Hutch designed and crafted by father and daughter, Becky.



Son Peter, at age 14, with music stand made by his father.

Continued on page 8

Jeans Days Dollars Support Local Community Programs

Bozeman Health staff members have the opportunity to participate in two separate Blue Jean fundraisers each month.

The Bozeman Daily Chronicle's Blue Jean Friday is the first Friday of each month.

Participants pay \$2 each for the right to wear jeans to work. The event unites the Bozeman community in supporting a worthwhile non-profit. November proceeds benefited the Gallatin Valley

Food Bank; Hope and the Holidays, an organization comprised of the Marine Corps League, Lions, Kiwanis and American Legion, will receive the December proceeds to help provide families in surrounding counties food, clothing, and toys during the holidays.

Bozeman Health Foundation coordinates



the second fundraiser. It is a two day observance: the 2nd and 4th Wednesdays of each month; again \$2 is collected from each participant to wear jeans those days. Funds collected by the foundation benefit the Employee Emergency Fund that helps employees who are facing emergent financial situations. Emergent is defined as a sudden, urgent, unforeseen occurrence requiring immediate action. Examples include medical, shelter, transportation or general emergencies (i.e., a death in the family, a critical illness or injury, fire, auto accident, etc.).



When you see the Blue Jean Friday or Blue Jean Wednesday stickers you will know that the employees of Bozeman Health are giving back to their community and their fellow co-workers!

Spiritual Offerings

All residents are welcome to join the Birchwood Bible Circle, which meets Thursdays at 10:15am in the Birchwood Activity Room. The **Advent Study**, Max Lucado's *Because He Chose Bethlehem*, will begin Thursday, December 1st and extend for four sessions.

Chaplain Valerie Webster and harpist Maya Moody will offer *A Blue Christmas Service* Friday, December 16th at 4pm. Lighting an Advent wreath and lighting candles to honor the memory of those people and gatherings that are held dear, this beautiful candle-lit service features harpsicord music and well-loved readings and Christmas carols. Many residents have shared feelings that by holding bittersweet memories of Christmases past, they are able to be more present to the joy of this festive season.

Chaplain Ken Mottram will conduct a **Christmas Eve Worship Service** Saturday,

December 24th in the AP Chapel at 4pm.

Hillcrest residents who passed away in 2016 will be remembered at a **Memorial Service** Friday, January 20th, 2017 at 2pm in the AP Commons. Chaplain Valerie Webster will lead a candle lit naming ceremony and closing dove release. Maya Moody, harpist, will play special music.

Chaplain Webster is available to meet and visit with you anytime. You can reach her at 579-3980 or vwebster587@gmail.com.

Superfoods continued from page 4

We need to emphasize eating a well-balanced, diverse diet containing nutritious foods; instead of focusing on a few superfoods that are trending this month.

Reference: Academy of Nutrition and Dietetics, 2016. www.eatright.org.

Department Updates & Reminders

Marketing—Linda Crisp and Linda Jo Simkins

Over the holidays we welcome the opportunity to meet with the many families of Aspen Pointe and Birchwood residents who are visiting the community. Because we tend to be a bit busier than normal, please call for an appointment: 414-2008 (Linda Crisp) or 414-2018 (Linda Jo Simkins).

- Aspen Pointe: A couple of two bedroom apartments are available at this time. But this could change at any time, and some one bedroom apartment homes may be open soon.
- Birchwood: Several studio apartments are available, featuring very nice views and quiet locations. Please inquire because this can change at any time.

Engineering—Rich Hagstrom

Real Trees and Wreaths: If you have a real Christmas tree or wreath you must put in a work order at the front desk to have it sprayed with fire retardant.

Programming—Rachel Clemens

- Holiday Programs: Please be patient during this busy time of year. We have volunteers spreading holiday cheer through song, dance, and more. To accommodate their generosity, some programs may be cancelled or scheduled differently. Be sure to check your calendars carefully.
- Resident Council Elections: The Election Committee will be gathering nominations for three vacant resident council members spots, come January 2017. Voting day will be December 8th at 11am in the Hillcrest Library.
- Hospital Gift Shop: In your search for gifts for friends or family remember the hospital gift shop just down the hill. It's selection is great! And if for nothing else, visit to see the lovely winter decorations.

Administration—LeRoy Wilson

Christmas Gratuity Boxes: Two gratuity boxes are available, one is located at the Aspen Pointe front desk and the other in the Birchwood Main Lounge on the table where calendars

are available. 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!

Hobbyists from page 6

Bill and Patricia Brooks were married in 1952 in Williamstown, MA. "For our first apartment in The Village in New York City he made some modern style pieces that were in fashion at the time," Trica explained. "He had few tools to work with and the wood was birch ply board, not cherry or walnut."

Upon their retirement in 1998 from Washington D.C. they moved to a farm in Clearville, PA. There he set up a workshop where he could continue to make pieces of furniture for family members, and toys and trucks for their eight grandchildren. For daughter Wende Du Fion, who resides in Guatemala, he made a coffee table that incorporates a lattice top and shelf on a walnut base. Walnut also was selected by his sister Alice Culbreth for the tall armoire he built for her home in New Jersey.

Their Aspen Pointe apartment is furnished with his chests, end tables, and a cherry Grandmother clock he built to celebrate their 30th wedding anniversary. A beautiful, special piece in the living room is the dictionary stand that he crafted for Trica's parents, Mary and Bob Brooks.

This interview was conducted at an antique cherry table they purchased in Maryland. It originally had one extra leaf; Bill made three more to extend it to accommodate larger gatherings and holiday entertaining.

Do you have a hobby or collection, past or present, that you enjoy; a story about a special interest that you would like to share? If so, Contact Rachel at 414-2002.