

## Inside this Issue

Thoughts	1
Spiritual Offerings	2
Interfaith Forum	2
Let's Share Ideas	2
Julius Caesar	3
Neighbors	4
February Calendar	Center
Wise and Well	5
About Our Staff	6
Huguette, stamp collector	7
Department Updates	8

## Coming Soon

### February

- Super Bowl Party
- Symphony
- Valentine's Day Dinner
- Opera
- Museum of the Rockies
- Wisdom & Wine

### March

- HealthRHYTHMS
- Music by John Hosking
- Paint & Sip

### April

- Emerson Gallery Tour
- High Tea at Townshend's Teahouse

## Thoughts from the Administrator's Desk



by LeRoy Wilson

There have been several times throughout my life when I was stretched almost beyond my ability and/or emotions. Working through these tough situations, has helped define my strengths and my resilience. There are varied definitions for resilience but they all seem to have a fundamental core of being focused on the process of adapting to what life

throws at us. It might be family issues, relationship heartaches, health concerns, employment satisfaction, and even financial short-falls. Regardless of the reason, the way in which we "bounce back" is the indicator of how resilient we might be.

Through some recent coaching and training at Bozeman Health I was encouraged to discover that resilience is not a personality trait that someone has or does not have. It involves behaviors, thoughts, and actions that we all can learn and develop through practice. Part of the training was to learn about "triggers" and how we react to the event. Once we know the trigger we can explore the events and or circumstances that make us feel overwhelmed, anxious, angry, or worried. The training instructed us to recognize the trigger so that we know how to cope with it in the future if it happens again. If one can learn and develop resiliency they can limit the negative impact created by life's mishaps.

A great example for me is Halloween. When it comes around every year I go into a "funk" where I find myself withdrawn, depressed, and closed off. It has nothing to do with Halloween it just happens to be the anniversary of my first wife's death. Every year I get triggered and struggle emotionally because of this unfortunate life event. Now that I fully understand this trigger I am able to find ways to limit the negativity it had on my life. I still recognize the day as the day I lost my wife, but now I can have fun in the day dressing up and being a bit silly. It also helps to lighten the load - one less thing to carry with me as I continue on this journey called life with my now wife Wendy.

## Spiritual Offerings

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

February 4	Chaplain Valerie Webster
February 11	Chaplain Ken Mottram
February 18	Chaplain Tim Spring
February 25	Chaplain Sandy Osborne

- An Ash Wednesday Service will be held February 14th at 10am in the AP Chapel.
- Wednesday Morning Prayer at 9:15am in the AP Chapel led by the Venerable Roxanne Klingensmith from St. James Episcopal Church.
- 1st Wednesday of each month Catholic Mass at 2 pm in the AP Chapel led by Father Leo Proxell of Holy Rosary, following Wednesdays Catholic Communion.
- 3rd Wednesday of each month Lutheran Communion at 3 pm in the AP Chapel.
- Thursday Birchwood Bible Circle at 10:15 am in the Birchwood Activity Room (Lenten Study).

Chaplain Valerie Webster is available to meet and visit with residents anytime. Contact her by phone at 579-3980.

## Interfaith Forum

Each month at Beth Shalom local religious leaders come together to demonstrate visible respect for one another, emphasize our commonalities, and celebrate and learn from our differences.

These forums take place the 1st Wednesday of each month, 12pm-1pm, September through May. The Hillcrest bus departs at 11:30pm for this talk each month. Sign up at the front desk.

**February 7:** What does religion mean to me? Young people from our faith traditions respond to this question. LDS and Buddhist representatives.

**March 7:** Who is Abraham in our religious traditions? Florence Guest (Sufi)

**April 4:** What is the soul? Do all our faiths share the concept? How do we speak of this? Tom Wells (Buddhist) and Sally Loble (Bahai'i)

**May 2:** The pursuit of Happiness. It is enshrined in our nation's founding document, but is this a goal of our faith tradition? Karen DeCotis (Buddhist) and Dave Johnson (LDS)

## Let's Share Your Ideas and Concerns

If you have a thought, a concern, any knowledge from your professional experience, even a bit of whimsy, that you think would interest others, please contact *Crest Lines*. This newsletter is intended to provide residents with useful information, interviews, and feature stories that will help broaden their thinking and brighten their days.

Any topic, serious or fun, is fair game as long as it is a positive contribution, offered in good spirit. Your voices will certainly be a plus for *Crest Lines* and its readers. Waiting to hear from you!

### A Short Wait...

Even before the above was printed we heard from a resident who wished to express their ap-

preciation for a staff member's thoughtfulness. Here Peter and Eliza Love speak out:

"Are there guide lines in place for recognizing AspenPointe/Birchwood employees who go above and beyond as they serve us?"

For your consideration: on January 4th Dave Rousher was concerned when he spotted a resident's animal loose near Birchwood. He later spotted the owner stuck, straddling a snowbank, unable to go forward or back. He stopped the shuttle, got out, and assisted the resident to safety and reunited him/her with the animal. Without his help, the resident was, at least, in danger of doing a face-plant in the snow, or could have been seriously injured. Thank you, Dave for your care for us."

## Julius Caesar: Military Genius & Mighty Machines at MOR



If we could travel back in time and visit Ancient Rome, we would be very surprised to see how many aspects of our society resemble those of 2,000 years ago. We would learn that we have inherited from this great Empire many

of the objects, concepts, technologies, and machines that are part of our contemporary life.

It has been said that the Romans copied, or at least were greatly influenced by Alexandrine Science (that Greek-Hellenistic revolution sparked by Alexander the Great, circa 300-100 B.C.E.). However, it is thanks to the socioeconomic conditions created during the Roman Empire and the Romans' shrewd, selective adaptations of that knowledge that have allowed the spread and preservation of many "ancient technologies" to us.

*Julius Caesar: Military Genius & Mighty Machines* was born from the desire to recreate this fascinating period of history, as realistically as possible, to explore and experience the mighty machines, gadgets, and clever technologies of the Roman Empire.

Hillcrest will take a bus to the Museum of the Rockies to view this exhibit on Wednesday, February 21st, leaving at 2pm (sign up at the front desk). The exhibit showcases over 100 interactive machines, virtual reality displays, reconstructed scaled models, recreated artwork and frescoes. The exhibition covers four themes:

- **Military Genius:** The machines are interactive, reconstructed to scale by the Niccolai Teknoart Artisans, using only materials available in Roman times. Follow the exploits of Gaius Julius Caesar, reformer, inventor, military and political leader, and who played a crucial role in the transition from a republican system of government to an imperial one. Through the conquest of



Gaul, Caesar expanded the Roman "res publica" from Egypt to the Atlantic Ocean and led the Roman armies to the first invasions in the written history of Britain and Germany.

- **All Roads Lead To**

**Rome:** The Romans understood physics and excelled at controlling natural resources (the aqueduct), and used the abacus to manage their finances. To communicate with and better administrate their multi-ethnic populations in such a vast Empire, they adopted a sophisticated strategy of propaganda images, which we now refer to as Public Relations or even "Spin".

- **Building Rome:** The Roman Empire was in a state of constant expansion. Engaging in large-scale construction projects, from roads and bridges to baths houses and majestic monuments such as the Roman Arch that was symbolic of the Empire's greatness. What made these feats of construction engineering so remarkable and durable was the sophisticated Roman use of construction materials. Inventions like cement, glass windows and large-scale production of an incredible variety of brick and marble products are examples of such.
- **Entertainment and Lifestyle:** They built amphitheatres (the Oval Arena is their invention) to host gladiatorial games, their favorite sporting event. The Colosseum is one of the world's most famous monuments. This stadium, technologically advanced even by today's standards, was fitted with features such as the velarium, the vomitoria, lifts, turning platforms, and turnstiles. The skilled Teknoart artisans have meticulously reconstructed these features to scale, and have even recreated the gladiators in their dramatic final act.

*From Museum of the Rockies website.*



# Neighbors

By Kate Evans

## Cissy Gracia, the Latin from Manhattan



Born in 1926 in New York City, Cecilia Gracia has been known as Cissy throughout her life. Her father Julio Gracia Montero, a journalist and political refugee from Cuba, was light hearted and a talented dancer; her mother Ana Rosa Morales Latorre, who was quite prim and proper, was from Columbia. “I am more like my father,” she

explains. “My younger sister, Mary Gracia, is more serious like our mother.”

Thinking that she wanted to become a dress designer, she attended Manhattan High School for Needles and the Trade. Following graduation however she joined two older women in opening a shop, The Silver Box, in Greenwich Village. They made ID bracelets. “This was a fun experience, but one with little future,” she stresses. In 1951 a high school friend told her about the DAC program (Department of Army Civilians) that was being organized to send individuals to Japan (then occupied). “We thought this program provided us a fun way to escape New York, a paid adventure,” she emphasized. They both passed the security requirements but in the end her friend decided not to go. Cissy went without her. “My mother was very skeptical about this decision; for her going to New Jersey was like going to Europe,” she stated in amusement.

Thus began Cissy’s 30 year overseas career of working in developing countries as an employee of the United States government. Her first overseas post to Japan was as a GSII

file clerk. She enjoyed everything about it: a new culture, different food, and a challenging language. “I learned a ‘kitchen vocabulary,’ words that were necessary for daily living. I ate every dish as long as it didn’t wink at me.”

Following this two year assignment, she was ‘hooked’ on working in foreign countries (in many underdeveloped at the time): Korea, West Africa, Vietnam, Singapore, South America, and Egypt.

Her last post was in Cairo, which was her least favorite of the many in her long overseas working experience. “It actually was the inspiration to retire from the State Department in Foreign Service,” Cissy explains.

The absolute highlight of her career came in 1965 when she met in Ghana Dr. Albert Schweitzer, the French clergyman, physician, and music scholar. At ninety years old, he and his wife were serving as missionaries there. He died later that year. “I could speak no French, nor could he speak English,” she remembers. She prizes a picture of herself taken with him.

Upon returning to the United States in the early 1970’s, she settled in Salt Lake City, Utah to be near where Mary was residing. (Their only and older brother Julio, a twenty year old paratrooper, became missing in action during the Allied Forces invasion of Southern France, then occupied by the Germans.)

“This was the first time Mary and I lived close to one another since our childhood. We really became acquainted with each other at this later stage in our lives.” smiles Cissy as she describes this new relationship. While in Salt Lake City Cissy volunteered at the Literacy Center and the Shriner’s Children’s Hospital. The sisters now live nearby one another in Hillcrest, Cissy in Birchwood and Mary in Aspen Pointe.

As one would expect, Cissy has decorated her apartment with the treasures she collected while working overseas. Displayed on a wall are eleven pieces of wood or leather items that were crafted in Kenya, Ethiopia, and Peru. Two very large carved gourds, from South America, hold bright colored flowers.

# February 2018

*Remove and keep as daily reference.*

## Announcements:

- **NEW CLASS** this February! Flexibility will be every Monday and Wednesday afternoon in the AP Commons. Stretching is an important part of any exercise routine to help minimize the effects of normal decline in the flexibility of joints. The focus is on maintaining flexibility around each joint to help reduce pain and maintain mobility. Flexibility will implement the use of static stretching, some strength aspects, and breathing to help relieve tension and facilitate good posture. Chairs, the wall, and the floor will be utilized. A yoga mat is recommended. If you don't have a mat don't let that stop you from attending, we have a few extra!
- **FINAL NOTICE:** Balance Class starts February 2nd! Sign up now at the front desk! If you are interested but are unsure of which class you should be in, call Jennifer at 414-2029.
- Functional Strength is continuing on Monday afternoons now through April! This class is an interactive class that focuses on maintaining mobility and strength. Each week is focused on a different muscle group. The class begins with a short warm up period followed by a circuit type training session with one person at each station. If you have any questions or concerns about these classes, do not hesitate to call Jennifer at 414-2029.
- Ginger Lee is currently researching what effects spinal degeneration has on posture and back health. Ginger would like to share some of what she is learning to answer questions you have about changes in your spine and posture. New 3D models of the spine and knee joints are on display in the Fitness Center. Hillcrest's Wellness Clinic is your resource for questions about a personalized fitness program, balance or health concerns, plus information about aging or non-medical health resources. Ginger is available by appointment or walk-in basis (at no cost to residents) Tuesday's and Thursday's 1:00 – 2:30 p.m. Sign up for a Wellness Clinic appointment at the Aspen Pointe front desk.

## February Birthdays

Bill Prunty	2
Gayle Eidson	2
Ardis Nichols	5
Lee Wagner	12
Jo Whiteaker	13
Ursina Rutz	13
Doug Dybvig	14
Carin Phillips	15
Helen Tess	16
Jo Hudson	16
Jean Wetmore	19
Jean Simkins	25
Michael Paglia	25
Peter Butler	25
Maury Dornberg	26
Everett Lensink	27
Paul Loeffelholz	27



**BOZEMAN HEALTH**  
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Sun

Mon

Tue

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# February 2018

*Remove and keep as daily reference.*

<p><b>4</b> 10:00 am– Worship Service in AP Chapel <b><u>1:45 pm– Symphony at the Willson</u></b> 2:30 pm– Bingo in BW Activity Rm <b><u>4:00 pm– Super Bowl Party in AP Commons</u></b></p>	<p><b>5</b> 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 1:00 pm– Art Class in BW Act Rm 1:30 pm– Timely Topics in ARC <b><u>3:00 pm– Flexibility in AP Commons</u></b> <b><u>3:45pm– Functional Strength in Gym</u></b> 6:30 pm– Bingo in ARC</p>	<p><b>6</b> 8-9:30 am Gym Supervised Hrs 9:30 am– Yoga in LC <b>No Tai Chi Today</b> <b><u>1-2:30 pm- Wellness Clinic in Gym</u></b> 1:30 pm- Bus to Walmart 2:30 pm– Stretching in BW Act Rm 2:30 pm– Yoga 2 in LC 6:30 pm- Bridge in FSR</p>	<p><b>7</b> 8-9:30 am Gym Supervised Hrs <b><u>9:30 am– Shopping at C</u></b> 9:15 am– Prayer in AP C 10:00 am– Chair Ex. in 10:00 am– Brush-up Bri <b><u>11:30 am– Interfaith For</u></b> 1:00 pm– Coloring Gro <b><u>1:30 pm– Book Club 3r</u></b> 2:00 pm– Catholic Mass <b><u>3:00 pm– Flexibility in A</u></b> <b><u>3:30-4:30 pm Boz. Publi</u></b> 6:30 pm– Bingo in ARC</p>
<p><b>11</b> 10:00 am– Worship 2:30 pm– Bingo in BW Activity Rm <b><u>3:45pm– Bob B. in BW</u></b></p>	<p><b>12</b> 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 1:00 pm– Art Class in BW Act Rm 1:30 pm– Timely Topics in ARC <b><u>3:00 pm– Flexibility in AP Commons</u></b> <b><u>3:45pm– Functional Strength in Gym</u></b> 6:30 pm– Bingo in ARC <b><u>7:45pm– Bob B. in AP</u></b></p>	<p><b>13</b> 8-9:30 am Gym Supervised Hrs 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC <b><u>1-2:30 pm- Wellness Clinic in Gym</u></b> 1:30 pm- Bus to Walmart 2:30 pm– Stretching in Act Rm 2:30 pm– Yoga 2 in LC 6:30 pm- Bridge in FSR</p>	<p><b>14</b> 8-9:30 am Gym Supervised Hrs 9:15 am– Prayer in AP C <b><u>9:30 am– Shopping at F</u></b> 10:00 am– Brush-up Bri <b><u>10am- Ash Wednesday</u></b> <b>Chair Exercise Canceled</b> 1:00 pm– Coloring Gro 2:00 pm– Catholic Com <b><u>3:00 pm– Flexibility in A</u></b> <b><u>3:00 pm– Smart Women</u></b> <b><u>5:00 pm– Valentine’s D</u></b> 6:30 pm– Bingo in ARC</p>
<p><b>18</b> 10:00 am– Worship <b><u>2:15 pm– Opera at the Rialto Theater</u></b> 2:30 pm– Bingo in BW Activity Rm</p>	<p><b>19</b> 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 1:00 pm– Art Class in BW Act Rm 1:30 pm– Timely Topics in ARC <b><u>3:00 pm– Flexibility in AP Commons</u></b> <b><u>3:45pm– Functional Strength in Gym</u></b> 6:30 pm– Bingo in ARC</p>	<p><b>20</b> 8-9:30 am Gym Supervised Hrs <b><u>9-10 am– First Security Bank</u></b> 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC <b><u>1-2:30 pm- Wellness Clinic in Gym</u></b> 1:30 pm- Bus to Walmart 2:30 pm– Stretching in Act Rm 2:30 pm– Yoga 2 in LC 6:30 pm- Bridge in FSR</p>	<p><b>21 Breakfast Buffet i</b> 8-9:30 am Gym Supervised Hrs 9:15 am– Prayer in AP C <b><u>9:30 am– Shopping at T</u></b> 10:00 am– Chair Ex. in 10:00 am– Brush-up Bri 1:00 pm– Coloring Gro 2:00 pm– Catholic Com <b><u>2pm– Museum of the R</u></b> <b>No Flexibility Class Today</b> <b><u>3:00 pm– Lutheran Con</u></b> <b><u>3:30-4:30 pm Boz. Publi</u></b> 6:30 pm– Bingo in ARC</p>
<p><b>25</b> 10:00 am– Worship Service 2:30 pm– Bingo in BW Activity Rm</p>	<p><b>26</b> 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 1:00 pm– Art Class in BW Act Rm <b><u>1:30 pm– Great Decisions in ARC</u></b> <b><u>3:00 pm– Flexibility in AP Commons</u></b> <b><u>3:45pm– Functional Strength in Gym</u></b> 6:30 pm– Bingo in ARC</p>	<p><b>27</b> 8-9:30 am Gym Supervised Hrs 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC <b><u>1-2:30 pm- Wellness Clinic in Gym</u></b> 1:30 pm- Bus to Walmart 2:30 pm– Stretching in Act Rm 2:30 pm– Yoga 2 in LC 6:30 pm- Bridge in FSR</p>	<p><b>28</b> 8-9:30 am Gym Supervised Hrs 9:15 am– Prayer in AP C <b><u>9:30 am– Shopping at F</u></b> 10:00 am– Chair Ex. in 10:00 am– Brush-up Bri 1:00 pm– Coloring Gro 2:00 pm– Catholic Com <b>No Flexibility Class Today</b> <b><u>3:30pm– Wisdom &amp; Wi</u></b> 6:30 pm– Bingo in ARC</p>

d	Thu	Fri	Sat
	<p><b>1</b> 8-9:30 am Gym Rm Supervised Hrs            9:30 am– Yoga in LC            10:15 am– Bible Circle in BW Act Rm            10:30-11:30 am– Bank of Bozeman  <u><b>1-2:30 pm Wellness Clinic in Gym</b></u>            1:30 pm– Shopping Bus to the Mall            2:30 pm– Yoga 2 in LC            3:00 pm– Knit &amp; Stitch AP Fireside  <u><b>7:45 pm– MSU Music Students of Angella Ahn’s in AP Commons</b></u></p>	<p><b>2</b> 8-9:30 am Gym Supervised Hrs  <u><b>9:30 am–12 pm AP Nail Care in ARC</b></u>            10:00 am– Chair Ex. in AP Commons            1:30 pm– Cribbage in FSR  <u><b>2 pm– Trip to Low Vision Center at the Medical Arts Building</b></u>  <u><b>2pm– Balance I in AP Commons</b></u>  <u><b>3pm– Balance II in AP Commons</b></u>            6:30 pm– Pinochle in FSR</p>	<p><b>3</b>            1 pm– Mexican Train Dominoes in FSR  <u><b>1:30 pm– AP Movie in ARC</b></u></p>
<p>Supervised Hrs  <b>Co-op</b>            Chapel            AP Commons            Edge <b>A206</b>  <b>um @ Beth Shalom</b>            up in ARC  <b>3rd Flr A-Wing</b>            s in AP Chapel  <b>AP Commons</b>  <b>ic Bookmobile</b></p>	<p><b>8</b> 8-9:30 am Gym Rm Supervised Hrs            9:30 am– Yoga in LC            10:15 am– Bible Circle in BW Act Rm            10:30-11:30 am– Bank of Bozeman  <u><b>10:30 am– AP Resident Council in ARC</b></u>  <u><b>1-2:30 pm Wellness Clinic in Gym</b></u>            1:30 pm– Shopping Bus to 19th            2:30 pm– Yoga 2 in LC            3:00 pm– Knit &amp; Stitch AP Fireside  <u><b>3:30 pm– Stories with Valerie in 3rd Flr A</b></u>  <u><b>7:45 pm– Steve &amp; Kristi Nebel Americana Musicians in AP Commons</b></u></p>	<p><b>9</b>            8-9:30 am Gym Supervised Hrs  <u><b>9:30 am–12 pm AP Nail Care in ARC</b></u>            10:00 am– Chair Ex. in AP Commons            1:30 pm– Cribbage in FSR  <u><b>2pm– Balance I in AP Commons</b></u>  <u><b>3pm– Balance II in AP Commons</b></u>            6:30 pm– Pinochle in FSR</p>	<p><b>10</b>            1 pm– Mexican Train Dominoes in FSR  <u><b>1:30 pm– AP Movie in ARC</b></u>            6:30 pm- Bridge in FSR</p>
<p>Supervised Hrs            Chapel  <b>Heeb’s</b>            Edge <b>A206</b>  <b>Service in AP Chapel</b>  <b>ed Today</b>            up in ARC            m in Chapel  <b>AP Commons</b>  <b>n’s Seminar in LC</b>  <b>ay 5-Course Dinner</b></p>	<p><b>15</b> 8-9:30 am Gym Rm Supervised Hrs            9:30 am– Yoga in LC            10:15 am– Bible Circle in BW Act Rm            10:30-11:30 am– Bank of Bozeman  <u><b>1-2:30 pm Wellness Clinic in Gym</b></u>            1:30 pm– Shopping Bus to the Mall            2:30 pm– Yoga 2 in LC            3:00 pm– Knit &amp; Stitch AP Fireside  <u><b>3:30 pm– Stories with Valerie in 3rd Flr A</b></u></p>	<p><b>16</b>            8-9:30 am Gym Supervised Hrs  <u><b>9:30 am–12 pm AP Nail Care in ARC</b></u>            10:00 am– Chair Ex. in AP Commons  <u><b>11:30 pm– Friday Forum @Library</b></u>            1:30 pm– Cribbage in FSR  <u><b>2pm– Balance I in AP Commons</b></u>  <u><b>3pm– Balance II in AP Commons</b></u>            6:30 pm– Pinochle in FSR</p>	<p><b>17</b>            1 pm– Mexican Train Dominoes in FSR  <u><b>1:30 pm– AP Movie in ARC</b></u></p>
<p>in AP            sed Hrs            Chapel  <b>own &amp; Country</b>            AP Commons            Edge <b>A206</b>            up in ARC            m. in Chapel  <b>ockies</b>  <b>ay</b>  <b>m in Chapel</b>  <b>ic Bookmobile</b></p>	<p><b>22</b>            8-9:30 am Gym Rm Supervised Hrs            9:30 am– Yoga in LC            10:15 am– Bible Circle in BW Act Rm            10:30-11:30 am– Bank of Bozeman  <u><b>1-2:30 pm Wellness Clinic in Gym</b></u>            1:30 pm– Shopping Bus to 19th            3:00 pm– Knit &amp; Stitch AP Fireside  <u><b>3:30 pm– Stories with Valerie in 3rd Flr A</b></u>  <u><b>7:45 pm– Montana Lecture Series in AP Commons</b></u></p>	<p><b>23</b>            8-9:30 am Gym Supervised Hrs  <u><b>9:30 am–12 pm AP Nail Care in ARC</b></u>            10:00 am– Chair Ex. in AP Commons            1:30 pm– Cribbage in FSR  <u><b>2pm– Balance I in AP Commons</b></u>  <u><b>3pm– Balance II in AP Commons</b></u>            6:30 pm– Pinochle in FSR</p>	<p><b>24</b>            1 pm– Mexican Train Dominoes in FSR  <u><b>1:30 pm– AP Movie in ARC</b></u>            6:30 pm- Bridge in FSR</p>
<p>Supervised Hrs            Chapel  <b>Heeb’s</b>            AP Commons            Edge <b>A206</b>            up in ARC            m. in Chapel  <b>ay</b>  <b>ne in AP Commons</b></p>	<p><b>Abbreviations:</b>            BW: Birchwood            AP: Aspen Pointe            FSR: Fireside Room            LC: Learning Center            ARC: Activities/Recreation/Crafts Center            BW Act: BW Activity Room            BW DR: BW Dining Room            PDR: Private Dining Room</p> <div style="text-align: right;">  <p><b>BOZEMAN HEALTH            HILLCREST SENIOR LIVING</b></p> <p>Aspen Pointe</p> </div>		

**2/7 Interfaith Forum @ Beth Shalom:** What does religion mean to me? Young people from our faith traditions respond to this question. LDS and Buddhist representatives.

**2/2 Trip to the Low Vision Center:** See all the resources the low vision has to offer. Sign up at the front desk.

**2/4 Bozeman Symphony:** Recorder Mania: Enjoy virtual rock-star status in his native Mexico; Horacio Franco will amaze you with his extraordinary virtuosity and his flawless musicianship. You must purchase your own ticket for this afternoon symphony. Sign up at the front desk if you wish to ride the bus.

**2/8 Aspen Pointe Resident Council:** All residents are welcome.

**2/8 Steve & Krisi Nebel:** Traveling musicians will play Americana music—guitar and singing.

**2/14 Smart Women's Seminar:** Deputy Mayor of Bozeman Cyndy Andrus has six years of experience on the city commission to lead Bozeman in the future. Hear how committed she is to making Bozeman an even better place to live, raise a family, and do business.

**2/16 Friday Forum @ the Library:** Bob Hietala, Gallatin College Dean and MSU Wonderlust Council member, will speak about Gallatin College's role in the education system and goals for its students.

**2/18 Intermountain Opera:** A bus will go to the Opera She Loves Me at the Rialto theater. You can purchase a ticket at 587-2889. A list is in the sign up book of those who already have a ticket. Currently the bus is full, but you can sign up for the waiting list.

**2/21 Breakfast Buffet:** All residents are welcome to enjoy this free breakfast buffet in the Aspen Pointe dining room at 7:30am

**2/21 Museum of the Rockies:** A tour of the newest exhibit at the Museum about Julius Caesar. See page 3 for more information. You will be responsible for your entry fee; sign up at the front desk.

**2/22 MSU Lecture:** More info to come.

**2/26 Great Decisions:** "The Waning of Pax Americana"

**2/28 Wisdom & Wine:** Bozeman Health Foundation brings this special program to Hillcrest quarterly. More information to come on the speaker.

## Casting Call for Variety Show

Were you once in a band or orchestra; still play the piano; or sing in a choir? Maybe you were a dancer, a member of a theater group, write poetry or short stories, or an artist who paints or carves in wood. Just for fun come share your talent by participating in a Hillcrest variety show which is being considered for production. The cast would feature young-at-heart residents and staff. There would be no auditions, few rehearsals, and no pay (enthusiasm only). Call Rachel at 414-2002 to be a part of this fun, creative activity.



**BOZEMAN HEALTH**  
HILLCREST SENIOR LIVING

Aspen Pointe



## Wise & Well: Low Back

By Jennifer McNulty, Exercise Specialist

Our spine consists of 30 bones, called vertebrae, which extend from our head down to our pelvis. The spine is comprised of five different regions, starting at the base of the skull: 7 cervical, 12 thoracic, 5 lumbar, 5 sacral vertebrae, and 1 coccyx vertebra.

Between each vertebra we have a cushion-like disc that prevents the vertebrae from crashing into each other as we go about our daily activities. The spinal cord starts in the brain and travels down our spine in the spinal canal, which is located behind the vertebra body. Two vertebra stacked on top of each other form an opening called a foramen. This is where the nerve breaks off from the spinal cord and supplies our entire body with nerves.

The location from which the nerve comes off the spinal cord will determine what part of the body it will control. Nerves that come off of the cervical vertebrae will impact the neck, arms, and upper chest; the thoracic will impact the mid-section down to our waist; and the lumbar and sacral vertebrae will impact our low back and legs.

When everything works as it should you will have minimal pain while walking, sitting, sleeping, or doing any normal activity. However, when one part of the spine gets worn down due to use, injury, or a fracture it will interfere with other parts of the spine and cause pain.

A person can experience low back pain at any age; however according to the American Academy of Orthopedic Surgeons (AAOS) individuals over the age of 60 are more likely to experience pain due to degeneration of the spine. Osteoarthritis and spinal stenosis are two of the most common causes of low back pain for older adults. The discomfort can range from a mild ache to extreme pain depending on the severity of the degeneration.

Osteoarthritis develops over time from daily use. The pain individuals experience is caused by the cartilage between the facet joints breaking down, resulting in the two bones rubbing together. The pain may be intermittent at

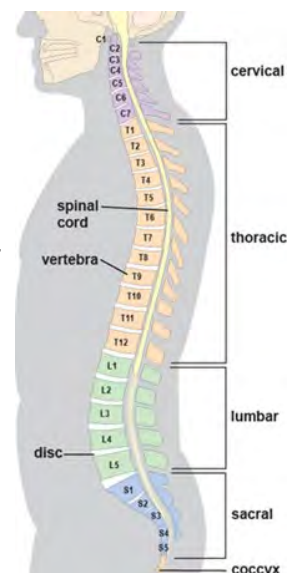
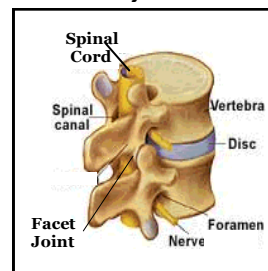
first but can gradually develop into chronic low back pain. Some common symptoms include low back stiffness in the mornings and evenings, loss of flexibility, pain that interferes with sleeping, and an ache that becomes aggravated by increased activity.

Spinal stenosis can be caused by an injury, osteoarthritis, disc degeneration, bone spurs that develop in the canals causing an obstruction, or thickening of the ligaments holding the spine together causing the nerve canals to shrink ([www.aaos.org](http://www.aaos.org)). Two common symptoms include leg pain while standing or walking for a long period of time and weakness, numbness, or tingling that radiates from the low back into the glutes or legs. Sitting down may temporarily relieve some of the pain if it becomes too intense.

Years of wear and tear will cause some back pain as we age and it is not realistic to say that we are able to prevent low back pain all together. However, we can minimize the discomfort we feel. Practicing proper lifting techniques—lifting with your legs instead of your back and having proper posture are great ways to reduce back pain and help prevent injury. Establishing and maintaining a healthy weight is also very important; any extra weight will put a lot of pressure on your low back and cause it to ache.

Exercise is a great holistic form of medication to relieve low back pain. Physical therapy and/or exercise classes that focus on stretching, whole body movement, weight lifting, and cardiovascular exercises may benefit a stiff, sore, and aching back.

See page 8



## About Our Staff By Kate Evans

### Jennifer charts course to be a nurse



Jennifer Kolling has been thinking of becoming a nurse for a very long time. As a youngster she visited both of her grandmothers when they were in the hospital. “I was taken to see them frequently, aware that they were seriously ill,”

she recalls. “Mostly my visits were intended to cheer them up, but I walked with them, took them flowers, and helped in other ways.”

She thinks these experiences, that so impressed her at a young age, were probably responsible for her early interest in the nursing profession.

Although she enjoys her housekeeping job, she hopes to be accepted into a CNA (certified nursing associate) program that will lead eventually to her goal of becoming a registered nurse.

Born in 1983 in Dickinson, ND to Carla and Roger Kolling, the family moved to Bismarck when she was four. There she became active in Girl Scouts and swimming programs from seventh grade to her junior year in high school. While in high school she worked during three summers at a day care facility. An only child, she enjoyed joining in activities with her many cousins, more boys than girls. “I played backyard basketball with the boys.”

Following graduation from Century High School in Bismarck, Jennifer enrolled in the community college in Brainerd, MN, earning a certificate in general studies.

Until she came to Hillcrest in May 2016 she worked at Smith’s as a checker and courtesy clerk. Jennifer enjoys going to the movies, hiking, and playing with her five year old Australian Shepherd, Chico.

### Ashley plans career in medicine



Caring for people has always been a big part of Ashley Sutter’s life. She has decided on a career in the medical profession because of this deep rooted feeling for other

people’s wellbeing. However, she has an unsolved dilemma; should she pursue a degree as a physician or a physician’s assistant? Either decision will lead to a career in the health field, dedicated to caring for others. That is what she has been doing since she came to Birchwood in October 2014. She was a student at Montana State, attending classes in Cell Biology and Neuroscience, while working as a Resident Associate in the morning and evenings. She graduated from MSU in May 2016 and is now a Resident Care Associate Coordinator, assisting nursing staff at Birchwood.

Ashley was born and raised in Miles City to Chad and DeeAnn Sutter, both of whom are graduates of Montana State. Chad, an architect, and DeeAnn, a high school teacher, met there while serving as Resident Assistants for the dorms. “I too was an Resident Assistant in college, a job that has helped me in positions that I have held at Birchwood since graduating.”

Ashley is the eldest of four siblings. She and Beth were 10 and 8 years old, respectively, when their mother told them they were to have another sibling. “This came as a big shock to us. We even cried, thinking that our lives were to be changed forever,” she revealed. “Then two years later another baby girl came into the family. I can only say we were wrong. I believe our lives did change but for the better. I became a more mature, patient, and caring person having Chloe and Dominique as sisters.”

Ashley’s younger sisters spurred an interest in healthcare, specifically in pediatrics. But as she has grown older and worked a variety of jobs, her interest grew to include geriatrics.

**See page 8**

## Huguette Coghlan, stamp collector

By Kate Evans

Postage stamps to Huguette Coghlan are colorful and beautiful works of art to be saved and enjoyed. She has been collecting them seriously since 1960 and now has a priceless collection mounted in seven very large albums. "I cannot give you an accurate number, maybe 10,000 or more," she ponders as she searches for a figure. "I have single stamps, many blocks of four or six stamps, and countless sheets or whole pages." She has domestic stamps, foreign stamps and special editions. She loves them all, has no favorite among them. "When I see an attractive bird stamp, one printed with the image of a famous person, a gorgeous fashion or delicate flower, I have to have it," she explains. Others she has acquired honor historical events, show ancient monuments, landmarks, scenic views, and those that celebrate holidays.

Huguette became fascinated with stamps in 1934 as a nine year old living in her native France. Her young neighbor friend, Natalia, showed her some mail his family had received from Italy. "The stamps were so beautiful," she recalls. Soon the two of them were exchanging her French ones for his from Italy. In addition she began receiving stamps from her father's friends with whom he worked at a tool and die factory. Many of these co-workers were from throughout Europe hence her small collection was becoming more diverse.

"At this time France was occupied by Germany and we were poor. I could not buy stamps; I could only collect those that were sent or given to me." One family friend who gave her stamps was caught listening to an English radio station for which he was imprisoned. While he was there a German was killed. "My friend was among 50 prisoners put to death for this crime," she recalls with sadness. While growing up in Courbevoie where she was born, and later in Chatou, she lived under Nazi regulations and bombings by

the allies. In gratitude, she remembers that the local small church was hit but not destroyed.

As a teen she graduated from Chatou High School followed by two years of college attendance, studying history, philosophy and geography. Then when the United States Army arrived in France, she and her friends began noticing its soldiers. On one particular night as they were walking to a dance an MP in a jeep asked them if he could give them a ride; they refused the offer. Later in the evening, when he approached them at the party, they were friendly to him. Rodger Rusher of Roundup, MT was assigned to monitor the various dances so they saw him often. He and Huguette were married September 22, 1945. The following spring they were off to the states to his parents' ranch in Roundup. Their marriage of 32 months ended in 1948 when he was killed in a plane accident. Huguette was left with one young son, Gerald and another on the way, Gregory. She and the boys returned to France for a brief time. "But soon I realized that I wanted my sons to be raised in America so we returned to Roundup and into a house purchased for us by my in-laws."

Three years later a lawyer, Terry Coghlan, was hired at the bank where she was working. Socially they became acquainted at a party where canasta was played. "I liked the game and he did not. We never ever played it again throughout our marriage of 47 years." They were married April 9, 1951 and a daughter, Jacquie  
**See page 8**



## Department Updates

### Marketing—Linda Jo Simkins

•We continue to have a busy winter. In Aspen Pointe, we have several new residents settling in and others coming in February. Join us in welcoming Jim Turnage (B-206), Jim & Gayle Eidson (A-106) and Gordon & Marilyn Darlington (A-306), plus Birchwood resident, Wyman Schmidt (C-210).

•If you contract with third party services advise them to sign in at the front desk. This ensures that we know who is in the building at any given time for safety purposes.

### Environmental Services—John Odden

In order to provide the best possible housekeeping services, communication is the order of the day. When orienting new residents, we always ask for candid, timely communication if we are not meeting expectations. If we don't know your concerns, we cannot address them. Your candor is received as informative not punitive. We all have the same goal of a clean, healthy, safe environment. Issues in this regard can be shared with your housekeeper or John, preferably as soon as they are observed so that we can make corrections. We welcome your collaboration.

### Engineering—Rich Hagstrom

Just a reminder that the fire hammers, driveways to the west of A-Wing and between D-Wing and Birchwood, are designated for emergency vehicles only. Let family, friends, and third party services know not to use either of these areas for parking.

### Culinary Service—Dean Savage

Join us for a 5-course Valentine's Day dinner on the 14th. There is only one seating beginning at 5pm. Please, no guests. Wine will be served.

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### Ashley from page 6

Ashley enjoys science fiction novels and movies, an interest she shares with her dad, hiking and camping, and most any activity with her Golden Retriever, Ellie.

### Low Back from page 5

During either physical therapy or chiropractic care, the health care provider may elect to add ice, heat, massage, ultrasound, Graston technique, or electrical stimulation on the affected area. These types of modalities are used to reduce swelling, relieve pain, increase blood flow, or break up any scar tissue that may have built up from use or an old injury.

Your doctor may prescribe medication or a back brace to help decrease the pain and increase the possibility of your back healing. Aspirin or acetaminophen can relieve mild discomfort, while ibuprofen may relieve swelling. According to the American Academy of Orthopedic Surgeons patients with more pronounced pain may benefit from narcotics such as morphine or codeine, or steroids. Back braces are used to stabilize and limit the range of motion of the back and give extra support. Always consult your doctor before using any medication.

AAOS recommends that you try other modalities for six months to a year before a surgical intervention is considered. Keep in mind that some people may not be surgical candidates; due to another medical condition, an age related deterrent, or because surgery will not relieve any of the discomfort. There may come a time when surgical intervention becomes a viable option. Whatever type of intervention you choose in order to relieve low back pain, remember to get as much information as you can and talk to your doctor.

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### Huguette from page 7

McCoughlan, now of Worland, WY was born in 1952. The family moved to Plentywood, MT when a banking position opened there. Huguette became involved in St. Joseph Church, was a Cub Scout Den Mother, and a leader in 4-H. In 1983 she and Terry moved to Bozeman where again she became active in Holy Rosary Church, BWAGS, and the Museum of the Rockies. Terry died in 1997. She has enjoyed living in Aspen Pointe since January 2014, playing bridge and making friends.