

Crest Lines

February 2019

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Inside this Issue

Administrator's Desk	1
Pecha Kucha	2
Local Scams	2
Tax Help	2
Caely in Finland	3
Hillcrest Neighbors	4
February Calendar	Center
Wise & Well	5
Hillcrest Staff	6
Continued Stories	7
Department Updates	8

Coming Soon

March

- Daylight Savings
- Bozeman Symphony
- Smart Women's
- St. Patrick's Day
- Breakfast Buffet

April

- Astronaut Scott Kelly
- Fashion Show
- Easter
- Bozeman Chamber Ensemble
- Eugene Onegin

May

- Cinco De Mayo
- Mother's Day Dessert Buffet
- Celtic Woman

Thoughts from the Administrator's Desk by LeRoy Wilson



The Resident Advisory Council asked that Hillcrest provide more information on renters insurance and the reason why all Aspen Pointe and Birchwood residents should have this coverage. Section Seven of the Residency Agreement states: *"Hillcrest will not provide any individual insurance coverage for you or your personal property. It is your responsibility to maintain insurance coverage for your personal*

property, and for any damage/injuries to others caused by you."

Renters insurance can be obtained from most all insurance providers and from what other residents have shared it is not very expensive. The coverage type you should request needs to include at least the following three items: personal property, liability, and additional living expenses. Personal Property Coverage - should cover the cost to repair or replace your personal belongings, such as clothing, furniture, and electronics. Liability Coverage - should cover the cost of repairs if you accidentally damage someone else's property or a guest's medical bills if you are found responsible for their injuries. Additional Living Expense Coverage - should cover the additional costs you incur, like hotel bills, if the apartment you rent is damaged to the point that it is uninhabitable. Each of these three coverages will have coverage limits that your insurance agent should be able to help you work through.

Looking back over the past ten years the number one issue we have experienced in regards to property damage has been overflowing water, flooding out the neighbor below them. Most all of these incidents ranged from overflowing the kitchen sink, the bathtub, to the toilet. The degree of damage ranged from just a small clean up in someone's own apartment to flooding out three or four neighboring apartments - to the point they were uninhabitable for a period of time. If the incident is caused by negligence on Hillcrest's part (like frozen water pipes) our insurance will cover the cleanup, mitigation, and the repairs. Your personal property insurance would still be used in this case to fully cover your personal belongings.



Ellen Theatre to Present Pecha Kucha

Pecha Kucha (peh-chak-cha) offers anyone with a passion an opportunity to share their ideas with the community during a fast-paced, friendly social get-together. There's just one catch—presenters have only 20 slides x 20 seconds each, a total of 6 minutes, 40 seconds! Pecha Kucha (sounds like chit-chat in Japanese) was created 12 years ago, by a Tokyo architectural firm. Events are now held around the world in more than 800 cities. Hillcrest will take a bus Thursday, February 21st at 6pm. Sign up at the front desk and turn in \$9 by February 8th.

Current Scams in the Area

Internal Revenue Service Scam

It has been reported that residents of Bozeman have received a voicemail stating there are serious allegations attached to the victim's name. The scammer requires the victim to call a phone number to discuss the case before taking legal action against the victim. When the phone number is called someone answers the phone saying it is the IRS and ask for the victim's social security number. **DO NOT GIVE OUT YOUR SOCIAL SECURITY NUMBER.** If you wish to look into it further, the local IRS phone number is (406) 582-8671.

Microsoft Office Scam

Resident Trica Skidmore warns everyone against two calls she received this past week. Her name and phone number appeared on the Caller ID. The recorded message said they were calling from Microsoft to inform her that the IP address and license had been compromised and would need to be changed. She was instructed to press one to make that change.

It is better to question these types of phone calls and be safe than to fall into a trap. Check it out with the police department, say you will call back and be sure to use a phone number you know is legitimate. Protect your identity and your finances.

Looking For Free Tax Help?

AARP Sponsored Tax Aid offered by appointment from February 5th through April 16th.

- **Bozeman Senior Center:** 807 N. Tracy, Bozeman. Mondays and Saturdays 9am-3pm by appointment only. Sponsored by AARP. Call 586-2421
- **Bozeman Public Library:** 626 E Main, Bozeman. Tuesdays 10am-6pm by appointment only. Sponsored by AARP. Call 586-6641 or 406-587-8666.

Volunteer Income Tax Assistance (VITA) Sponsored Tax Aid offered from February 4th through April 12th.

- **Bozeman HRDC Office:** 32 S Tracy, Bozeman. Mondays 5pm-7pm and Wednesdays 12pm-7pm by appointment only. Sponsored by VITA. Call or text 406-404-0725 to make an appointment.
- **Fork & Spoon:** 302 N 7th, Bozeman. Mondays, 10am-3pm. Walk-ins only. Sponsored by VITA.
- **Veterans Center at MSU-SUB:** February 8 & 22 1pm-3pm by appointment only. Sponsored by VITA. Call 406-404-0725 to make an appointment.

What to bring:

- Photo identification
- Social Security cards and birth dates for each member of the family
- Last year's tax return
- W-2 forms from 2018
- 1099 forms from 2018
- Other tax related documents: interest statements, federal loan documents, retirement statements
- Receipts from medical expenses, insurance, prescriptions, real estate tax, charitable contributions
- If married filing jointly, both parties must be present to sign the tax return

Server, Caely Stenehjelm, Returns from Finland

By Kate Evans



Caely is pictured in Copenhagen, Denmark on the Nyhavn-New Harbor where she visited with her mother before her studies began in Finland.

The Christmas excitement was over, the tree and decorations were down and packed away. However there was a very unexpected

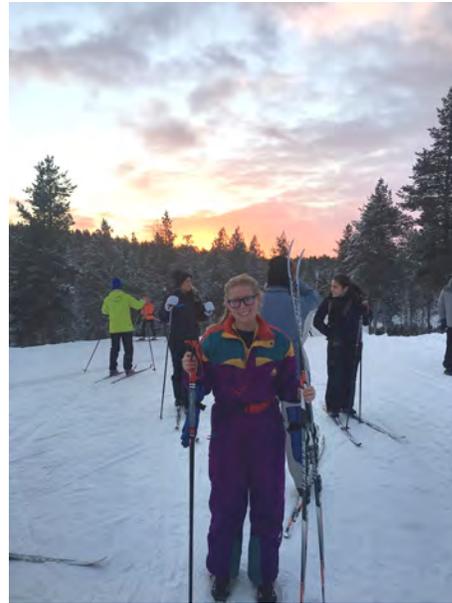
surprise awaiting residents in the Aspen Pointe dining room in early January. Caely Stenehjelm was back on the job from her fall adventure of study and travel abroad. When we introduced Caely, a server, in the July issue of *Crest Lines* she was anticipating this journey to Turku, Finland to study for a semester at Abo Akademi University.

“It was a lot of hard studying,” she quickly announced, then added, “I had a wonderful time, but I had to seriously study for finals as my grade depended solely on these exams in most classes. There were no other tests or homework assignments to help boost your grade.” Caely says she was lucky and passed all her classes.

She took a variety of biology related courses, some of which were master’s level and others more basic. With these credits behind her she is now a senior in microbiology at MSU with the goal of becoming a genetic counselor.

There was time to meet other students and to experience different countries. “I enjoyed meeting a variety of people from all over the world and became good friends with some, mainly from Germany, Sweden and France. It was very exciting getting to learn about different cultures.”

She found the Finnish people to be gener-



Cross country skiing in Saariselkä, Lapland. There is little sunlight at the end of November.

ally quiet, and more reserved, but very friendly. The Finnish foods that she tried were salmiakki, a salty black licorice, rye bread, herring and salmon soup. Her free days from classes took her on trips throughout Finland as well as to Norway, Germany,

Estonia, Russia, and Italy. “I traveled to northern Finland, or Lapland, at the end of November, crossing the Arctic Circle line in Santa Claus village. I met Santa Claus, fed reindeer, and saw the northern lights,” she explains of the visit. “I also went swimming in the Arctic Ocean, afterwards running into the sauna to warm up.”



By the Arctic Ocean in the small town of Bugøynes, Norway where she swam in the ocean and enjoyed fresh pollock fish soup.

Hillcrest Neighbors

By Kate Evans

Sondra Wade and Laszlo Torma were living in the late 1930's in two separate countries, one in the United States and the other in Hungary. An only child, Sondra spent her first six years in West Virginia while Laszlo was being raised with his younger sister, Boglar, in the small Hungarian community of Polgar where his father was a civil engineer and his mother, a chef, owned a hotel.

When Sondra's father could no longer work at the steel mill because of a serious injury he decided to move the family west. "Dad had always been interested in the west and did not want to work in the coal mines, the only other occupation there during the depression," Sondra explained. "He seized an opportunity to purchase land in southeastern Washington and we were off to become farmers."

As a 21-year-old student in 1956, Laszlo was participating in the nationwide revolution against the Hungarian People's Republic (a communist government) and its Soviet imposed policies. Laszlo was so active in these events, that for his personal safety, he had to leave Hungary. The US Air Force plane bringing him to the US, a country where he could neither speak nor write its language, traveled from Vienna to Munich, finally landing in New York. He was a refugee, all alone with no support. "Hungarian students were taken to Annandale-on-Hudson, NY where I was to learn English at Bard College. However there was a major problem; the professors did not know Hungarian and we refugees knew no English," he explains with an amused smile. Later the students were helped with the aid of translators and became proficient enough for assignments to other schools. "I did not want to stay in New York; fortunately I was sent to Colorado College in Colorado Springs for additional English instruction. I worked summers at the Broadmoor Hotel in the restaurant and in other odd jobs," he goes on to describe. Eventually he attended Colorado State University at

Fort Collins. There he studied chemistry, earning a Bachelor's of Science degree.

In 1965 he was hired by MSU President Leon Johnson and Professor Elmer E. Frahm to establish an analytical lab in the experiment station under the umbrella of the chemistry department. He became the lead research chemist and director of the Chemistry Station Analytical Lab, a position he held for 35 years. Over time the lab became both nationally and internationally. "This achievement and recognition is what I am most proud of," he acknowledged.

Following his retirement in 2000 he worked as a consultant for Pickering Laboratories, a California company. He was responsible for organizing workshops and demonstrating new analytical techniques in this country, Europe, and Latin America. He holds numerous publication awards and is a life member of the Association of Official Analytical Chemists. His work also has won him recognition by the Environmental Protection Agency.

When six-year-old Sondra moved west in 1942 her life took on new exciting experiences and chores. On the 360 acre farm the family had 75 head of Hereford cattle, horses and some pigs, which were more or less a hobby. "I loved the pigs, especially the babies; it was my job to tend to the runts."

Sondra took a liking to the horses (eventually she became a skilled horsewoman); helped in the field where they raised silage for the cattle to feed, and baled hay. "I also drove a tractor."

See page 8



The Tormas pictured in front of one of Sondra's paintings.

February 2019

Remove and keep as daily reference.

Spiritual Offerings

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

February 3	Chaplain	Ken Mottram
February 10	Chaplain	Sandy Osborne
February 17	Chaplain	Nadine Grayl
February 24	Chaplain	Tim Spring

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.

February Birthdays

Gayle Eidson	2
Ardis Nichols	5
Lee Wagner	12
Jo Whiteaker	13
Ursina Rutz	13
Doug Dybvig	14
Helen Tess	16
Jo Hudson	16
Dori McTigue	19
Jean Simkins	25
Michael Paglia	25
Maury Dornberg	26
Everett Lensink	27
Paul Loeffelholz	27

Upcoming Events:

- Capt. Scott Kelly, a history-making U.S. astronaut who spent a year in space, will speak April 4 at Montana State University. Kelly who is also a bestselling author, is expected to discuss his space travel experiences, share lessons in leadership, reflect on his commitment to discovery, and tell stories of perseverance. Sign up at the front desk by February 15th. Tickets are \$20.
- Intermountain Opera presents Tchaikovsky's opera *Eugene Onegin* Sunday, April 28th, based on Pushkin's sweeping story of love, jealousy, and aristocratic life in Imperial Russia. Eugene Onegin brings chaos and tragedy to a small country village while attracting the adoration of Tatyana, the daughter of a wealthy landowner. Sign up by February 15th. Tickets are \$65 including \$5 in fees.
- CELTIC WOMAN celebrates Ireland's rich musical and cultural heritage, while continuing its remarkable legacy of introducing some of Ireland's most talented singers and musicians onto the world stage. They will perform at the Brick Breeden fieldhouse on May 21st. Sign up at the front desk by February 15th. Tickets are \$65.



Aspen Pointe

Sun

Mon

Tue

February 20

Remove and keep as daily reference

3 10:00am Worship Service in AP Chapel

1:45pm Symphony at the Willson

2:30pm AP Movie in ARC

Super Bowl Party

4
8:15am H₂O 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
3pm Balance in AP Commons

5
9:30am Yoga in LC
10-11:30 Open Wii Bowling in Commons
10-11am Brush Up Bridge in FSR
10:30am Tai Chi in ARC
1:30pm Bus to Walmart
2:30pm Stretching in BW Act Rm
2:30pm Yoga 2 in LC
3:30pm Great Courses Italy in Commons
3:30-4:30pm Open Gym Hours
6:30pm Bridge in FSR

6 Men's Breakfast
8:15am H₂O Aerobics
9:15am Prayer in A
9:30am Shopping
10:00am Chair Ex.
11:30am Interfaith
1:30pm AP Art Cla
1:30pm Book Club
2:00pm Catholic M
3:00pm Amaltheia
Act Rm
3:30-4:30pm Boz P
6:30pm Bingo in A

10
10:00am Worship Service in AP Chapel
2:30pm AP Movie in ARC

3:45pm Bob B. in BW

11
8:15am H₂O Aerobics at the Ridge
10:00am Chair Ex. in AP Commons
1:00pm Art Class in BW Act Rm
1:30pm Timely Topics
3pm Balance in AP Commons
3:00pm Bingo & Cocktails in BW Act Rm
7:45pm Bob B in AP Commons

12
9:30am Yoga in LC
10-11:30 Open Wii Bowling in Commons
10-11am Brush Up Bridge in FSR
10:30am Tai Chi in ARC
1:30pm Bus to Walmart
2:30pm Stretching in BW Act Rm
2:30pm Yoga 2 in LC
3:30pm Great Courses Italy in Commons
3:30-4:30pm Open Gym Hours
6:30pm Bridge in FSR

13
8:15am H₂O Aerobics
9:15am Prayer in A
9:30am Shopping
10:00am Chair Ex.
1:30pm AP Art Cla
2:00pm Catholic C
3:00pm Smart Wor
6:30pm Bingo in A

17
10:00am Worship Service in AP Chapel
2:30pm AP Movie in ARC

18
8:15am H₂O Aerobics at the Ridge
10:00am Chair Ex. in AP Commons
1:00pm Art Class in BW Act Rm
1:30pm Timely Topics
3pm Balance in AP Commons
3:00pm Bingo & Cocktails in BW Act Rm

19 9-10am First Security Bank
9:30am Yoga in LC
10-11:30 Open Wii Bowling in Commons
10-11am Brush Up Bridge in FSR
10:30am Tai Chi in ARC
1:30pm Bus to Walmart
2:30pm Stretching in BW Act Rm
2:30pm Yoga 2 in LC
3:30pm Great Courses Italy in Commons
3:30-4:30pm Open Gym Hours
5:00pm Fork and Spoon Dinner Outing
6:30pm Bridge in FSR

20
8:15am H₂O Aerobics
9:15am Prayer in A
9:30am Shopping
10:00am Chair Ex.
1:30pm AP Art Cla
2:00pm Catholic C
3:00pm Lutheran C
3:30-4:30pm Boz P
6:30pm Bingo in A

24
10:00am Worship Service in AP Chapel
2:30pm AP Movie in ARC
3:45pm Bob B. in BW

25
8:15am H₂O 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 Bozeman Hot Springs Outing
3:00pm Bingo & Cocktails in BW Act Rm

26
9:30am Yoga in LC
10-11:30 Open Wii Bowling in Commons
10-11am Brush Up Bridge in FSR
10:30am Tai Chi in ARC
1:30pm Bus to Walmart
2:30pm Stretching in BW Act Rm
2:30pm Yoga 2 in LC
3:30pm Great Courses Italy in Commons
3:30-4:30pm Open Gym Hours
6:30pm Bridge in FSR

27
8:15am H₂O Aerobics
9:15am Prayer in A
9:30am Shopping
10:00am Chair Ex.
1:30pm AP Art Cla
2:00pm Catholic C
3:30pm Wine & Ch
mons
6:30pm Bingo in A

Wed	Thu	Fri	Sat
<p>19</p> <p>ce.</p>		<p>1 <u>8:15am H₂O Aerobics at the Ridge</u> 9:30am-12pm AP Nail Care 3rd Flr A-Wing Lounge 10:00am Chair Ex. in AP Commons 1:30pm Cribbage in FSR <u>1pm-3pm Open Gym Hours</u> 6:30pm Pinochle in FSR</p>	<p>2 <u>1-3pm Saturday Games in FSR</u> 2:00pm BW Movie in Act Rm</p>
<p>st <u>cs at the Ridge</u> AP Chapel at Co-op in AP Commons <u>Forum Resurrection Parish</u> ss in ARC <u>3rd Flr Awing Lounge</u> Mass in Chapel <u>Organic Dairy in the BW</u> <u>Public Bookmobile</u> ARC</p>	<p>7 9:30am Yoga in LC <u>9:30am Heart of the Valley Animals</u> 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 3:30pm Story Hour w/Katie 3rd Flr A-Wing <u>7:45pm Angella Ahn's MSU Music Students in the AP Commons</u></p>	<p>8 <u>8:15am H₂O Aerobics at the Ridge</u> 9:30am-12pm AP Nail Care 3rd Flr A-Wing Lounge 10:00am Chair Ex. in AP Commons <u>11:30am Friday Forum at Library</u> 1:30pm Cribbage in FSR <u>1pm-3pm Open Gym Hours</u> 6:30pm Pinochle in FSR</p>	<p>9 <u>1-3pm Saturday Games in FSR</u> 2:00pm BW Movie in Act Rm 6:30pm Bridge in FSR</p>
<p><u>cs at the Ridge</u> AP Chapel at Town & Country in AP Commons ss in ARC Comm. in Chapel <u>men's in LC</u> ARC</p>	<p>14 9:30am Yoga in LC 10:15am Bible Circle in BW Act Rm <u>10:30am AP Resident Council in ARC</u> 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 <u>5:00pm Valentine's Day Dinner</u></p>	<p>15 <u>8:15am H₂O Aerobics at the Ridge</u> 9:30am-12pm AP Nail Care 3rd Flr A-Wing Lounge 10:00am Chair Ex. in AP Commons 1:30pm Cribbage in FSR <u>1pm-3pm Open Gym Hours</u> 6:30pm Pinochle in FSR</p>	<p>16 <u>1-3pm Saturday Games in FSR</u> 2:00pm BW Movie in Act Rm</p>
<p><u>cs at the Ridge</u> AP Chapel at Heeb's in AP Commons ss in ARC Comm in Chapel <u>Comm in Chapel</u> <u>Public Bookmobile</u> ARC</p>	<p>21 9:30am Yoga in LC <u>9:30am Heart of the Valley Animals</u> 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 3:30pm Story Hour w/Katie 3rd Flr A-Wing <u>6pm Pecha Kucha at the Ellen Theatre</u></p>	<p>22 Wear Red Day <u>8:15am H₂O Aerobics at the Ridge</u> 9:30am-12pm AP Nail Care 3rd Flr A-Wing Lounge 10:00am Chair Ex. in AP Commons 1:30pm Cribbage in FSR <u>1pm-3pm Open Gym Hours</u> 6:30pm Pinochle in FSR</p>	<p>23 <u>1-3pm Saturday Games in FSR</u> 2:00pm BW Movie in Act Rm 6:30pm Bridge in FSR</p>
<p><u>cs at the Ridge</u> AP Chapel at Town & Country in AP Commons ss in ARC Comm in Chapel <u>neese Social in AP Com-</u> ARC</p>	<p>28 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 the Mall 2:30pm Yoga 2 in LC 3:00pm Knit & Stitch AP Fireside 3:30pm Story Hour w/Katie 3rd Flr A-Wing <u>7:45pm MSU Lecture in AP Commons Birthday Night</u></p>	<p>Abbreviations: BW: Birchwood AP: Aspen Pointe FSR: Fireside Room LC: Learning Center ARC: Act/Rec/Crafts Center BW Act: BW Activity Room BW DR: BW Dining Room PDR: Private Dining Room</p> <div style="text-align: right;">  <p>Aspen Pointe</p> </div>	

2/3 Bozeman Symphony: Surprises abound in this classy program for chamber orchestra. The elegance (and bustle) of Mozart's Ballet Music from Idomeneo opens the program. Next, one of the great mysteries in all of music—Schubert's hauntingly sublime Unfinished Symphony. We'll conclude with Haydn's famous Symphony No. 94 in G major, better known as the Surprise Symphony. Purchase your tickets by calling 585-9774. Be sure to sign up at the front desk.

2/3 Super Bowl Party: Game between the Rams and the Patriots starts at 4:30pm, buffet style dinner in Aspen Pointe starts at 5pm. Birchwood will have the same game day food served as a formal sit down dinner.

2/6 Men's Breakfast: All men are invited to a complimentary cooked to order breakfast in the Aspen Pointe Dining Room.

2/6 Interfaith Forum: This week the panel will be discussing education and religion, with associate professor of Education David Henderson who studies the inner life of leaders and their practices of leadership. Please sign up at the front desk.

2/6 Amaltheia Organic Dairy: Amaltheia Organic Dairy is a sustainable, organic company in Belgrade that makes organic goat cheeses. They have been making cheese for 12 years using two different breeds of goats and have three American Cheese Society Competition Award-Winning Cheeses. They will be in Birchwood with baby goats and some cheese samples.

2/7 Angella Ahn's MSU Music Students: Violin and Viola MSU school of music students of Angella Ahn will perform in the AP Commons.

2/8 Friday Forum at the Library: Human trafficking is a bigger problem than most of us realize. How is it impacting our community? The Heart Initiative, an anti-human trafficking student organization at MSU, is working to raise awareness about human trafficking in the Gallatin Valley and beyond. They have assembled a panel to address human trafficking from three perspectives—prevention, protection, and prosecution. Sign up at the front desk.

2/13 Smart Women's: Madison Myers, assistant professor of Earth Sciences at Montana State University, will talk about the "Volcanic History of Yellowstone Park."

2/14 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.

2/14 Valentine's 5-Course Dinner: Join Hillcrest culinary services for a mouth watering 5-course Valentine's Day dinner, served with wine. There is only one seating beginning at 5pm. Please, no guests.

2/19 Fork & Spoon Dinner Outing: Sign up for a dinner outing to Montana's first pay-what-you-can restaurant. Please bring money for your meal to help keep the Fork and Spoon running.

2/21 Pecha Kucha at The Ellen: See page 2 for more information. Sign up at the front desk and turn in \$9 by February 8th.

2/25 Bozeman Hot Springs Outing: For more than 100 years, visitors have come to relax and rejuvenate in these natural hot springs. The facility features 12 different pools ranging from 59 to 106 degrees. Sign up at the front desk and be sure to bring \$9.50 for admission and water to stay hydrated.

2/27 Wine & Cheese Social: Enjoy wine and cheese and meet Hillcrest's newest residents.

2/28 MSU Lecture: Topic to be determined. Keep an eye out for a cubby stuffer.

Monthly Activities with Multiple Dates:

2/2, 2/9, 2/16, 2/23 Saturday Games: Saturday games, formerly known as Station Rotations, will now be every Saturday from 1-3pm.

2/5, 2/12, 2/19, 2/26 Great Courses—Italy:

2/6 & 2/20 Bookmobile: The Bozeman Public Library Bookmobile will be in the parking lot between Aspen Pointe and Birchwood. A cart with several book choices will also be in the Commons.

2/7 & 2/21 HOV Volunteering: Please sign up at the front desk.

2/7, 2/14, 2/21, 2/28 Story Hour w/Katie: Chaplain Katie Michael will be in the 3rd Floor A-Wing Lounge to read a short story followed by discussion.

2/10 (BW), 2/11 (AP), 2/24 (BW) Bob Britten: Bob will tickle the ivories as only he can. Come and request a song or two!

Wise & Well: A Heart to Heart, about your Heart! By Jamie Brown, Exercise Specialist

Heart disease is the leading cause of death for both men and women in the United States! According to the CDC, Coronary Artery Disease (CAD), hardening and narrowing of the coronary arteries, is the most common. Here are steps you can take to lower your risk.

Eating healthy helps keep your cholesterol and blood pressure in check. Cholesterol is a type fat found in the blood. Excessive amounts can build up on the walls of the blood vessels, causing elevated blood pressure. Lifestyle choices, such as healthy diet and regular exercise help keep levels within healthy ranges, but that alone may not be enough. It is important to have regular visits with your doctor in case further interventions are needed to keep your levels in check. There are wonderful food choices that can be made and enjoyed in abundance. Enjoy varieties of delectable greens and crisp, crunchy veggies. Savor fresh, seasonal, juicy fruits and nutrient rich, hardy whole grains and lean meats. Enhance flavors with savory herbs and spices, rather than salt and butter. According to an article published at mayoclinic.org on healthy fats, the 2015-2020 Dietary Guidelines for Americans recommends limiting saturated fat to less than 10 percent of calories a day and replacing saturated fat with healthier monounsaturated and polyunsaturated fats. But overall, moderate all dietary fat consumption and avoid trans-fats.

Get active. Ahem, like the invigorating and stimulating chair exercise classes taught by yours truly. Engage in purposeful daily activity that elevates the heart rate and safely challeng-

es your strength and flexibility. A fitness professional can help you with goal setting and determine individualized parameters, such as exercise type, frequency, duration and intensity that will be safe and effective for you.

Maintain a healthy body fat percentage. A healthy body fat percentage is 25-31% for Women and 18-24% for men. There are many ways that body composition can be determined such as dual energy x-ray absorptiometry scanning, underwater weighing, skin fold measurements and bioelectrical impedance. Check with your doctor about your ideal body weight/body composition and the best ways for you to achieve or maintain it.

Quit smoking and stay away from secondhand smoke. According to the CDC, smoking causes damage to blood vessels and causes build-up of plaque, resulting in a greater risk of heart attack.

Moderate your alcohol consumption. Studies suggest that moderate consumption, can reduce your risk of heart disease. An article published by the Mayo Clinic regarding attributes of red wine that contribute to heart health, states that part of the benefit might be that antioxidants may increase levels of high-density lipoprotein (HDL), the "good" cholesterol, and protect against buildup. However, if you're not a drinker, this is not a reason to start. The health advantage does not warrant becoming a drinker.

Manage stress! According to an online article published by the American Psychological Association there are three types of stress.

See page 7



AWARENESS SAVES LIVES!

February is **AMERICAN HEART MONTH**

About Our Hillcrest Staff

By Kate Evans



Brooke Hanson

returned in January as a server in the dining room, a job she thoroughly enjoyed when she worked here before. “I really liked the Aspen Pointe residents and the culinary staff,” she enthusiastically states. “At that time I was a

junior at MSU in the pre-med program but I was having second thoughts about that decision,” she goes on to say. “I knew that I wanted to pursue a career in the health field but I was not sure now about medicine, maybe I should be in nursing.”

Believing that a change might help her decide she moved to Billings and entered MSU there. Besides her classes she worked two jobs: long hours as a waitress at the Montana Club and additional time at a small local mother-daughter bakery, RaeRae’s. “It was fun; I learned a lot and could be creative with decorating cakes and cookies.” During this time she also had to face the sudden death of her paternal grandmother with whom, as a child, she spent two weeks each summer in Missoula, MT. “She shared her interest in art with me; with her help I learned to paint pastels,” she thoughtfully recalls.

While training to participate in a Billings fitness competition Brooke developed a hip problem which she had experienced before. She returned home to her family in Colorado for arthroscopic surgery on her left hip (she had previously had repair to her right hip). It was while recuperating she decided to return to Bozeman and MSU, this time in the exercise science program. So now she is back on campus and at Hillcrest again.

See page 7



Chris Martin

was eight years old when he moved from the eastern coast of North Carolina to Montana. “I was just a kid but I noticed that Billings with its rim and refineries looked different than Jacksonville which is located on the New River

inlet of Onslow Bay,” he explains with a smile. “I liked the change in scenery, from the eastern shore to a western landscape,” he goes on to say.

He was the middle son with an older and younger brother who were raised in the military family of Curtis and Christy Martin, both of whom were in the Marine Corps. Because as a youth he was more interested in music than in sports, he participated in various school and community choruses, and the Billings All Natural Choir. “I could sing solos, express myself in music with ease. I was not as good with the written word or in speech.” When he graduated from Billings Skyview High School in 2008 he decided to enter the working world until he found a career that interested him. He first worked for a Billings movie store, then in the food industry.

Fascinated with the change in scenery earlier in his life, he moved to Bozeman six years ago to enjoy the mountains. “I came for the views and intend to stay,” he emphasizes. He once considered living and working in Arizona but the extreme summer heat dissuaded him. He is still figuring out a possible career, focusing on food and his need for professional training. Before joining the serving crew at Aspen Pointe in early December 2018, he worked at Old Chicago restaurant. He shares an apartment with several roommates, only one of whom does not do dishes. “He gets his meals on paper plates,” he stresses.

When not working Chris likes to read fantasy works and sing karaoke.

Bozeman Health Wear Red Day

Friday, February 22nd



Join the Bozeman Health Hillcrest staff in wearing red on Friday, February 22nd in recognition of February being heart health month. ***Please meet in the AP Commons at 1:15pm for a picture if you are wearing red!***

Heart Health from page 5

(Adapted from *The Stress Solution* by Lyle H. Miller, PhD, and Alma Dell Smith, PhD) They are acute, episodic acute and chronic stress. Each type has qualities that warrant different approaches to treating. Acute stress is the most common form of stress. It comes from demands and pressures of the recent past and anticipated demands and pressures of the near future. Episodic stress occurs when someone takes on too many tasks and becomes overwhelmed by all the demands, with an inability to meet those demands. Chronic stress is the grinding stress that wears people away day after day, year after year. There are many great ways to manage varieties of stress. Holistically considering your wellbeing physically, mentally and emotionally may help alleviate or manage stress from different angles and enable you to discover effective remedies that get at root causes. Regular exercise helps to boost “feel good” endorphins. Adequate nutrition helps ensure the body has all it needs for systems to function properly, and helps you feel better overall. Meditation is beneficial to calm and focus the mind, thus com-

Brooke from page 6

Brooke was born in Seattle, but moved with her parents, Dave and Paula Hanson, and older brother, Dillon, to the Denver area when she was two years old. Of her youth she fondly remembers the annual summer vacations and reunions with her family and relatives at Flat-head Lake in Montana. “Sometimes there would be 40 of us that my paternal grandparents would plan various activities for us to enjoy: fishing, camping, boating and wakeboarding. It was the highlight of my summer.”

At Grandview High School-Cherry Creek, where she graduated in 2014 in a class of 700 students, she was a cheerleader, a gymnast, and a member of Sports Made Possible, an organization that paired its members with disabled individuals in playing various games. “It was such a rewarding experience to be able to work with kids with special needs. The joy that these kids got from doing these activities made it so much fun to be a part of.” She also belonged to Fellowship Christian Athletes and Technology Student Association.

Growing up Brooke enjoyed time with family and learning things many girls don’t have the chance to learn. “My dad, a businessman, could repair anything that needed fixing and thought that a girl should have these skills too; that it did not hurt her to get her hands dirty,” she proudly states. “He taught me about electricity, plumbing, carpentry, and took me hunting.”

Her life goal is to work either at a rehabilitation facility for military veterans or become a coach in nutrition or fitness.

batting physiological, daily responses to stress that affect our entire body.

If you would like more information about ways that you can reduce your risk of heart disease, visit the Office of Disease Prevention and Health Promotion website at www.healthfinder.gov. Have questions or need assistance with exercise equipment or getting set up with an exercise program? Stop by the Gym or give me a call at 414-2029, and I would love to assist you! References: CDC, AARP, mayoclinic.org, American Psychological Association

Department Updates

ENVIRONMENTAL SERVICES—John Odden

- It is the goal of all housekeepers to clean each resident's apartment within a 45-60 minute timeframe. On occasions, if a resident requests an extra service which, considering time and appropriateness, can be provided, we are more than happy to do so. However, if the request is either outside of our normal services or would require a time commitment causing the housekeeper to fall behind in his/her daily schedule, we would ask you to call John O at 414-2013 to see how we can best respond to your need.
- Dog owners: With the advent of winter and accumulating snow on the grounds, it is tempting to forego pet waste pick-up (this is actually a Bozeman-wide annual phenomenon!). Please respect the fact that it remains every owner's responsibility to continue to pick up after our pets.
- Greenhouse Request: If you haven't checked your plant(s) in the greenhouse lately, please do so. Some of them are suffering from benign neglect. Too, there are planters on the bench which do not have a plant in them. Please reserve the bench space for living plants and not for planter storage.

PROGRAMMING—Megan Reichert

- Please turn in shuttle request forms to the front desk at least 24 hours in advance. This allows staff to be prepared and on time.

CULINARY SERVICES—Tina Stensrud

- Sugar free vanilla ice cream has been requested and is now available. Just ask your server.
- Missing any dishes from your personal kitchen? You may have accidentally returned them to the Aspen Pointe kitchen. Ask at the front desk to see if any have been turned in. They will be kept for one week before being donated.
- Chef Dani Nordaas has returned to the kitchen to cook until April. Dani works at West Creek Ranch from May to October each year as their pastry/sous chef.

Tormas from page 4

During her school years she won many ribbons for the cattle she showed and participated in various 4-H activities. She learned to play the piano on a paper keyboard. When she promised to practice faithfully on a real instrument, her parents purchased her a small blond spinet. "I treasured it for years, selling it just three years ago."

Following her graduation from Prosser High School in 1954, she attended Washington State University, earning a degree in Animal Science in 1958. While at WSU she met a Montana student, Wes Frazer, who was studying veterinary medicine. They were married and moved to Polson, MT in 1960 to set up a practice. Their children are Renee Horat, now of Culver, OR and Franklin Frazer, of Queen Creek, Az.

Following her divorce Sondra and her children moved to Bozeman. There at MSU she was hired to work in the analytical lab directed by Laszlo Torma, also divorced with two children. They were married in 1973. His children are Chris Torma, now of Livingston, MT and Cynthia Mutvay, of Boise, OR. Peter Allen Torma was added to the blended family in 1974.

Sondra returned to MSU in 1990 as the administrative assistant in the ecology department. An important responsibility of this position was managing its faculty grants program which she did for over ten years.

Art is a special interest of Sondra's. She enjoys painting in water colors, especially flowers, birds and southwestern scenes from their travels. She has taken classes with Belgrade artist, Pat Brandting. "Pat is an excellent instructor; she is a former elementary teacher so she knows how to teach and explain techniques."

When you visit the Tormas at their apartment in D wing you will be greeted at the door by Wilbur, a large metal pig and reminder of the ones Sondra once cared for as a child. This Wilbur was a gift from son Peter who recalls his mother reading him the children's novel, Charlotte's Web, the story of a pig and a barn spider.