

Crest Lines

July 2018

Volume 3, Issue 2

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Coming Soon

July

- 4th of July Fireworks/Music
- Livingston Depot
- *Oklahoma*
- Chrysti the Wordsmith
- Hula Dancers

August

- Sweet Pea Parade
- Car Show
- MSU Music Conservatory
- Voter Registration
- Health Rhythms

Thoughts from the Administrator's Desk



by LeRoy Wilson

In light of our recent resident satisfaction survey I started thinking about the great leadership at Hillcrest. A place like this does not run effectively because of a singular leader – in truth it demands every one of us to work together providing the best services and care possible. To take this even one step further we all have to be committed to the same set of goals, objectives, and mission. For us the mission is to do what is best for our residents and their families.

Effective leadership requires trust, accountability, and a desire to serve a greater good than oneself. Several years ago I was fortunate enough to hear Colin Powell speak. His presentation was on leadership and one quote he used has stuck with me: "Leadership is solving problems. The day soldiers stop bringing you their problems are the day you have stopped leading them. They have either lost confidence that you can help or concluded you do not care. Either case is a failure of leadership." The Hillcrest leaders have proven themselves as problem solvers caring about the resident needs and wants.

I think it is noteworthy to share that the leaders (Administrator, Director, Supervisors, and Coordinators) at Hillcrest have over 200 years of leadership experience and a combined total of close to 125 years of service at Hillcrest. Not only are they great leaders but they are loyal leaders who pride themselves on serving seniors. I want to recognize and express my heartfelt thanks to the Hillcrest leaders:

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Rachel Clemens

Director of Resident Services

Dean Savage

Exec. Chef Culinary Supervisor

Brenda Watkins

Business Operations Supervisor

Anne Greydanus

Resident Services Supervisor

Tina Stensrud

Culinary Supervisor

Debbie Schnell

Resident Care Coordinator

Linda Jo Simkins

Marketing Supervisor

John Odden

Facility Supervisor

Rich Hagstrom

Engineering Supervisor

Jesiah Hay

Dining Room Supervisor

Megan Reichert

Activity Coordinator

Pam Richards

Resident Care Coordinator



Wellness Clinic Revised

We are very excited to expand Hillcrest's Wellness Clinic with Ginger Lee. In addition to her Tuesday afternoon Fitness Center hours by appointment from 1:30-3:00pm, Ginger will have a monthly informal discussion focused on a specific topic in the Fireside room called Wellness Conversations. Look for those dates on your activities calendar.

Starting in September Wellness Conversations will fall on the first Tuesday of each month. The first gathering will be July 10th at 1:30pm; the age-related changes that were in the June *Crest Lines* Wise and Well column will be the subject of discussion.

The topics Ginger has scheduled so far are:

- July – Age-related changes
- August – No Wellness Conversations
- September – Arthritis and Active Aging Week
- November – Walker Clinic
- December – Mindfulness for the Holidays

Balance Classes Begin

Balance Class is a fun, safe, yet challenging opportunity to maintain and improve essential components of balance. Classes will begin July 6th and run through August 10th and take place in the AP Commons. Sign-ups are at the front desk in the binder under the balance tab. If you have questions about which class is appropriate, call Jamie at 414-2029.

Balance I: Fridays at 2pm

Balance II: Fridays at 3pm

Balance I will focus on adaptable stability, improving function in daily activity. This class is tailored for every skill level. Stationary exercises have been planned to help increase and maintain balance skills, improve posture, and enable optimal function to perform daily activities.

Balance II is now a more advanced skill level class focused on progressive stability, safely challenging stability to improve balance skills. This class is for those who are independently mobile and stable while performing daily tasks.

Car Show on the Crest--- Calling all car enthusiasts!

It's summer and time for Hillcrest's 3rd annual car show, August 9th from 2-4:30pm in the front parking lot!!! If you or a family member have a car that you would like to exhibit please contact Rachel Clemens in the programming department, 414-2002. It will be a fun-filled day of shiny cars, music by Country Tradition, and refreshments of ice cream, root beer, and beer!



Day Trip to Historic Depot

In nearby Livingston is the historic depot that was built in 1902 as the Northern Pacific's original access to Yellowstone National Park. It operated as such until 1979. Burlington Northern then used the building as office space until donating the building to the City of Livingston. The city restored the depot and opened a museum operated by the Livingston Depot Foundation, dedicated to preserving this monument of history.

Hillcrest will make a day trip Friday, July 13th. The bus will leave Hillcrest at 11am; lunch will be at the Rib and Chop House before exploring the depot. Please bring your own money for lunch and sign up at the front desk.



BBQ Update

Independence Day will be celebrated with a BBQ on Wednesday, July 4th from 11:30am-1:00pm in Aspen Pointe and Birchwood. Aspen Pointe residents will be provided sack lunches for dinner, available for pick up outside the dining room at 5:00pm. Birchwood residents will be served the usual light meal in the evening.

BBQ Themed Apparel Days

- July 4—Patriotic Day.
- July 11—Montana/Western Day.
- July 18—Tie Dye/80's Day.
- July 25—Christmas in July Day.

Oklahoma Comes to the Ellen

The Ellen Theatre is celebrating the 75th Anniversary of one of America's most beloved musicals! This Broadway blockbuster features a LIVE Orchestra, superbly playing hit songs!

Hillcrest will take the bus to the Ellen for the Sunday, July 29th performance, leaving at 2:15pm. Four persons are needed to sign up for the trip to take place. Tickets are \$34. Reserve at the front desk and turn in ticket money by July 8th.

Student Musical Performance

Four students from middle school to high school will perform Sunday, July 22nd at 3pm in the Aspen Pointe Commons. The musical program features:

- Olivia Yochim:** Honey Bun - South Pacific.
- Ian Chu:** Nocturne Opus 9 No. 2 by Chopin.
- Iris Chu:** I am Yours by Jason Mraz.
- Iris & Ellie Chu:** Colour by Hailee Steinfeld.
- Olivia:** Once Upon a Dream - Sleeping Beauty.
- Ian Chu:** Prendimi by Giovanni Allevi.
- Iris & Olivia:** Hold on Forever by Rob Thomas.
- Olivia:** Panis Angelicus by César Franck.

Hillcrest Yard Games

Starting this month, and for the rest of the summer, we will offer some yard games! These include Bocce Ball, Croquet, and Horseshoes! Each game will be played a few times throughout the month on Monday afternoons at 3:00pm, starting July 16th. If you have forgotten how to play or have never played these games before, do not worry! Each session will start with a brief reminder of how to play.

The games are intended to be relaxing and enjoyable for residents! Shade, lawn chairs, and water will be provided during these games to allow you to get out of the sun and cool down between turns. If there are any other yard games you are interested in, please let Jamie know at 414-2029.

Hillcrest Neighbors

By Kate Evans



Wyman Schmidt speaks very convincingly when he says that his life has been full of harmony. “I have experienced harmony of music, of environment, of family and of people.”

He states there was harmony in his forty-one year career in forestry research where his focus was on the ecology, regeneration process, stand development, and related cultural practices

in coniferous forests of the Intermountain West. For the major part of his career he was director of the Forestry Sciences Laboratory at MSU; upon retirement he became Scientist Emeritus of this lab.

Because of his technical background, he frequently was invited to give lectures around the world, mainly in Europe. He also was asked by the US State department to establish an exchange program for research scientists in this country with those in Chile and Argentina.

Much of his research, and writings, centered on the interrelationships of timber, water, and other resources as well as the interaction of cultural practices with insect pests such as western spruce budworm. He earned his doctoral degree in forest ecology at the University of Montana, following studies at University of South Dakota, Idaho State University, and Yale.

Equally important to him has been the harmony of music, a lifetime hobby. He was born and grew up in Iowa on a farm located at Lake Okoboji. Music surrounded Wyman and his older siblings of two brothers and two sisters. His father Carl played the tuba and sang; his mother Ida taught piano. As a five year old he was entered into a school music contest, singing

I Wish I was Single Again. “Of course I won,” he says with a smile. Later as a youth, Wyman played the cornet and sang barbershop.

During his four year enlistment in the Korean War, he was sent to the Strategic Air Command, Intelligent Division. Besides concentrating on Russian targets, he sang with various SAC groups.

In Bozeman and Missoula he has been an active member of the First Lutheran Church; “I have been a choir boy for sixty years.” He served for twenty years on the board of Soldiers Chapel in Big Sky.

Community service has likewise been important to Wyman; he volunteered at the Bozeman Senior Center, serving on its board and as its president. He has mentored a number of foreign students enrolled at MSU. And of course has been a participant in various local song groups including The Chord Rustlers, a chapter he helped establish and has been singing with since 1975.

He and Patty (nee Clark) shared a 57 year marriage until her passing in 2010. He is most proud of the Patricia and Wyman Schmidt Endowment which they established to provide scholarships for graduate students interested in forest science research.

The Schmidts had five children: Roxi Morris of San Antonio, TX; Carl and Martin of Missoula; and Roland and Kurt of Bozeman.

Prime 24 over 64 Recipients

Three Hillcrest residents, Wayne Gibson, Wyman Schmidt, and Kate Evans, have been selected as this year's honorees to receive Prime 24 over 64 awards recognition.

They were chosen for their professional accomplishments, talents, and contributions to our community. The awards ceremony will be August 27th at the Hilton Garden Inn.

July 2018

Remove and keep as daily reference.

Announcements:

- **Balance:** The next session for balance classes will be July 6th through August 10th. See page two for more information.
- **Supervised Gym Hours:** There will be no supervised hours in the gym during July. Very few residents come in during that time and we would like to be efficient with our time. If you would like to make an appointment to be oriented to the equipment or to ensure that someone will be in the gym during your workout call the fitness center at 414-2029. Your calls will be returned within 24 hours Monday through Friday.
- **Calendar Changes:**
 - Starting this month we have moved Sunday bingo and cancelled Monday night bingo. We have added bingo to the calendar on Mondays at 3:00pm in the Birchwood Activity Room and cocktails will be served.
 - Movies will now be offered on Saturday and Sunday. Saturday in the Birchwood Activity Room at 2pm and Sunday in the ARC at 2:30pm. Popcorn and candy bars will be served.
 - Evening programs will take place either Monday evening or Thursday evening. This provides presenters and performers with more options.
 - AP Art Class will now begin at 1:30pm.
 - AP Nail Care will now be held in the 3rd Floor A-Wing Lounge.
- **Digital Signage Transition:** Thank you for your patience during the transition between TouchTown and Xhibit. You should now be able to view the digital calendars on your personal televisions. Aspen Pointe events are on channel 901 and Birchwood events are on channel 900. We are currently waiting for cable to be run to the two front televisions—front of Aspen Pointe lobby and Birchwood lobby.

July Birthdays

Ruby Wiedenheft	7/10
Mary Lensink	7/12
Liz Frisque	7/16
Dewey Adams	7/17
Helen Klages	7/20
Bernice Burns	7/22
Cissy Gracia	7/26
Carol Hemingway	7/29



BOZEMAN HEALTH
HILLCREST SENIOR LIVING

Aspen Pointe

Sun	Mon	Tue	
<p>1 10:00 am– Worship Service in AP Chapel 2:30 pm– AP Movie in ARC</p>	<p>2 9-9:30 am—Neighborhood Walk 10:00 am– Chair Ex. in AP Commons 1:00 pm– Art Class in BW Act Rm 1:30 pm– Timely Topics in ARC 3:00 pm– Bingo & Cocktails in BW Act Rm 3:30 pm– Spring Into Motion Meeting in AP Commons</p>	<p>3 9-10:30 am—Trail Hike 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC No Wellness Clinic Today 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 No City Band Tonight</p>	<p>4</p>  <p>BBQ 8:15pm Fireworks grounds</p>
<p>8 10:00 am– Worship Service in AP Chapel 2:30 pm– AP Movie in ARC 3:45pm Bob B. in BW</p>	<p>9 9-9:30 am—Neighborhood Walk 10:00 am– Chair Ex. in AP Commons 1:00 pm– Art Class in BW Act Rm 1:30 pm– Timely Topics in ARC 3:00 pm– Bingo & Cocktails in BW Act Rm 3:30 pm– Spring Into Motion Meeting in AP Commons 7:45pm—Estate, Financial, and Funeral Planning in the AP Commons</p>	<p>10 9-10:30 am Trail Hike 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC 1:30pm- Wellness Conversations in FSR 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 6:45 pm– City Band at Bogert Park</p>	<p>11 BBQ 9:30 am– Shopping 9:15 am– Prayer 10:00 am– Chair 1:30 pm– AP Art 1:30 pm– Book C 2:00 pm– Catho 3:30-4:30 pm Bo 6:30 pm– Bingo</p>
<p>15 10:00 am– Worship 2:30 pm– AP Movie in ARC</p>	<p>16 9-9:30 am—Neighborhood Walk 10:00 am– Chair Ex. in AP Commons 1:00 pm– Art Class in BW Act Rm 1:30 pm– Timely Topics in ARC 3:00 pm—Yard Games 3:00 pm– Bingo & Cocktails in BW Act Rm 7:45pm Chrysti the Wordsmith in the AP Commons</p>	<p>17 9-10:30 am - Trail Hike 9-10 am– First Security Bank 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC 1:30-3pm- Wellness Clinic in Gym 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 6:45 pm– City Band at Bogert Park</p>	<p>18 BBQ 9:15 am– Prayer 9:30 am– Shopping 10:00 am– Chair 1:30 pm– AP Art 2:00 pm– Catho 3:00 pm– Luther 6:30 pm– Bingo</p>
<p>22 10:00 am– Worship 2:30 pm– AP Movie in ARC 3:00 pm– School Aged Music Performance in AP Commons</p>	<p>23 9-9:30 am Neighborhood Walk 10:00 am– Chair Ex. in AP Commons 1:00 pm– Art Class in BW Act Rm 1:30 pm– Timely Topics in ARC 3:00 pm- Yard Games 3:00 pm– Bingo & Cocktails in BW Act Rm 7:45pm– Hula Dancers in AP Commons</p>	<p>24 9-10:30 am—Trail Hike 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC 1:30-3pm- Wellness Clinic in Gym 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 6:45 pm– City Band at Bogert Park</p>	<p>25 BBQ 9:15 am– Prayer 9:30 am– Shopping 10:00 am– Chair 1:30 pm– AP Art 2:00 pm– Catho 6:30 pm– Bingo</p>
<p>29 10:00 am– Worship Service 2:15 pm– Oklahoma @ the Ellen 2:30 pm– AP Movie in ARC</p>	<p>30 9-9:30 am Neighborhood Walk 10:00 am– Chair Ex. in AP Commons 1:00 pm– Art Class in BW Act Rm 1:30 pm– Timely Topics in ARC 3:00 pm—Yard Games 3:00 pm– Bingo & Cocktails in BW Act Rm</p>	<p>31 9-10:30 am—Trail Hike 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC 1:30-3pm- Wellness Clinic in Gym 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 6:45 pm– City Band at Bogert Park</p>	 <p>Rem</p>

Wed	Thu	Fri	Sat
 Happy Birthday! Books/Music @ the Fair-	5 9:30 am– Yoga in LC 10:15 am– Bible Circle in BW Act Rm 10:30-11:30 am– Bank of Bozeman 1:30 pm– Shopping Bus to the Mall 2:30 pm– Yoga 2 in LC 3:00 pm– Knit & Stitch AP Fireside	6 9:30 am–12 pm AP Nail Care 3rd Flr A-Wing 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR 2:00 pm– Balance I in AP Commons 3:00 pm– Balance II in AP Commons 6:30 pm– Pinochle in FSR	7 1 pm– Mexican Train Dominoes in FSR 2:00 pm– BW Movie in Act Rm
Singing at Co-op in AP Chapel Chair Ex. in AP Commons Class in ARC Club 3rd Flr A-Wing Public Comm in Chapel Boz. Public Bookmobile in ARC	12 9:30 am– Yoga in LC 10:15 am– Bible Circle in BW Act Rm 10:30 am– AP Resident Council in ARC 10:30-11:30 am– Bank of Bozeman 1:30 pm– Shopping Bus to 19th 2:30 pm– Yoga 2 in LC 3:00 pm– Knit & Stitch AP Fireside	13 9:30 am–12 pm AP Nail Care 3rd Flr A-Wing 10:00 am– Chair Ex. in AP Commons 11am–Livingston Depot Trip 1:30 pm– Cribbage in FSR 2:00 pm– Balance I in AP Commons 3:00 pm– Balance II in AP Commons 6:30 pm– Pinochle in FSR	14 1 pm– Mexican Train Dominoes in FSR 2:00 pm– BW Movie in Act Rm 6:30 pm– Bridge in FSR
Singing in AP Chapel Singing at Heeb's Chair Ex. in AP Commons Class in ARC Public Comm in Chapel Iran Comm in Chapel in ARC	19 9:30 am– Yoga in LC 10:15 am– Bible Circle in BW Act Rm 10:30-11:30 am– Bank of Bozeman 1:30 pm– Shopping Bus to the Mall 2:30 pm– Yoga 2 in LC 3:00 pm– Knit & Stitch AP Fireside	20 9:30 am–12 pm AP Nail Care 3rd Flr A-Wing 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR 2:00 pm– Balance I in AP Commons 3:00 pm– Balance II in AP Commons 6:30 pm– Pinochle in FSR	21 1 pm– Mexican Train Dominoes in FSR 2:00 pm– BW Movie in Act Rm
Singing in AP Chapel Singing at Town & Country Chair Ex. in AP Commons Class in ARC Public Comm. in Chapel in ARC	26 9:30 am– Yoga in LC 10:15 am– Bible Circle in BW Act Rm 10:30-11:30 am– Bank of Bozeman 1:30 pm– Shopping Bus to 19th 3:00 pm– Knit & Stitch AP Fireside Birthday Night	27 9:30 am–12 pm AP Nail Care 3rd Flr A-Wing 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR 2:00 pm– Balance I in AP Commons 3:00 pm– Balance II in AP Commons 6:30 pm– Pinochle in FSR	28 1 pm– Mexican Train Dominoes in FSR 2:00 pm– BW Movie in Act Rm 6:30 pm– Bridge in FSR

July 2018

move and keep as daily reference.

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



Aspen Pointe

7/2 Spring into Motion: Come to the first meeting to get your pedometer and start recording your steps.

7/4 Fireworks/Music @ Fairgrounds: Enjoy music as the sky gets darker and then watch the fireworks display organized by the Gallatin Empire Lions Club. Be sure to bring clothes to stay warm as the sun goes down and a lawn chair if you have one. Sign up at the front desk. Bus leaves at 8:15pm.

7/9 Spring into Motion: Come to the end of program celebration! Find out how many miles we walked.

7/9 Financial, Estate, and Funeral Planning: An educational seminar will be presented in three 15-20 minute segments.

- **Financial Planning** -- Covers the importance of having an estate plan and keeping it current, planning for the expected and unexpected, and how personalized strategies can help individuals and families achieve their goals. Presented by Nathan Kirby, Financial Advisor at Edward Jones
- **Estate Planning** -- Overview of estate planning tools and when each should be used: wills, trusts, power of attorney, how to avoid probate and other related topics. Presented by Peter Simon, Attorney at Law at Gallatin Elder Law & Estate Planning
- **Funeral Preplanning** -- Reasons why people preplan, how preplanning helps your family through a difficult time, and how to get started -- Presented by Karen Johnson, Family Service Counselor at Dahl Funeral Home

7/10 City Band Concert: The bus will leave Aspen Pointe at 6:45pm; please sign up at the front desk. Four people are needed for the activity to take place. Remember to bring a lawn chair, a hat, a light jacket, and possibly a blanket to stay warm on chilly evenings.

7/11 Bookmobile: The Bozeman Public Library bookmobile will be in the parking lot between Aspen Pointe and Birchwood.

7/12 AP Resident Council: All residents are welcome to attend this meeting held at 10:30am in the ARC Center.

7/13 Livingston Depot Trip: See page 3 for more information.

7/16 Chrysti the Wordsmith: "Latin is Everywhere: How the Ancients Live on in American English" Latin is present in our everyday English.

7/17 City Band Concert: The bus will leave Aspen Pointe at 6:45pm; please sign up at the front desk. Four people are needed for the activity to take place. Remember to bring a lawn chair, a hat, a light jacket, and possibly a blanket to stay warm on chilly evenings.

7/22 Musical Performance: A group of students middle school to high school aged have put a performance program together. See the line up on page 3.

7/23 Hula Dancers: It has been too long since we've had this group of dancers to Hillcrest. Come enjoy Hawaiian, Tahitian, and Samoan style dancing.

7/24 City Band Concert: The bus will leave Aspen Pointe at 6:45pm; please sign up at the front desk. Four people are needed for the activity to take place. Remember to bring a lawn chair, a hat, a light jacket, and possibly a blanket to stay warm on chilly evenings.

7/29 Oklahoma @ the Ellen: See page 3 for more information.

7/31 City Band Concert: The bus will leave Aspen Pointe at 6:45pm; please sign up at the front desk. Four people are needed for the activity to take place. Remember to bring a lawn chair, a hat, a light jacket, and possibly a blanket to stay warm on chilly evenings.

Wise & Well: Wonders of Water

By Jennifer McNulty, Exercise Specialist

Staying hydrated may seem like a simple task, however more than 75% of Americans are dehydrated whether they are aware of it or not. Day to day activities can be very hectic, so it is easy to forget to drink water or other fluids in order to maintain a hydrated status—but we must not forget! Drinking an adequate amount of water will benefit us in so many ways. Listed below are some of those great benefits:

- Helps combat memory loss as we age.
- Lubricates and softens the impact of daily activities on joints.
- Helps with cell repair and wound healing.
- Helps red blood cells bring oxygen to vital organs and muscles and decreasing the amount of blood the heart has to pump through our body.
- Helps kidneys remove waste and toxins from our body.
- Moisturizes skin and slows the aging process of skin.
- Increases the strength of nails and hair.
- Lessens the pain associated with arthritis and low back pain.
- Decreases hair loss and dandruff.
- Increases energy and relieves fatigue.
- Decreases hunger pains and promotes weight loss.
- Prevents cramps and muscle strains.
- Boosts immune system.
- Maintains regularity and digestion health.
- Decreases intensity and duration of headaches.



- Increases metabolism.
- Hydrates brain cells and reduces stress.
- Reduces arterial pressure.
- Helps regulate body temperature.

With the Hydration Challenge starting next month, have I convinced you to stay hydrated with water after sharing all the amazing benefits? Most of these changes do not occur with one or two glasses of water every few days, these occur as a result of chronic water drinking. The goal of the Hydration Challenge is not only to increase our water intake, but we are also looking to turn water consumption into a habit. Creating a habit takes 21 days, so with our month long challenge we are attempting to create a habit

that will carry on!

Last year we did a fantastic job increasing the amount of water we consumed! The participant's goal was to consume half of their body weight, in ounces, each day. Last year, over 7 weeks, we had an average of 21 people participate with an average weight of 145 pounds, which equated to roughly 72 ounces of water on average that should be consumed on a daily basis. Throughout the 7 weeks, on average each person drank about 68 ounces of water a day. Last year, while we all may not have met our individual goal, we did a wonderful job! Keep a lookout for more information to come to sign up!! The challenge starts August 6th and runs through September 3rd!

About Our Hillcrest Staff

By Kate Evans



Leann Lomakema

At Aspen Pointe we know her as Lelo, to her Hopi family she is Dahve (means sunshine), however her birth name is Leann Lomakema.

Lelo, a cook at Hillcrest since July 2016, is a member of the Hopi who live on the Second Mesa in northeastern Arizona. “My grandmother lives two doors away from Phillip’s family,” she explains, “however we are from different clans.” Each clan has a special responsibility in the village.

Phillip (Coochyamptewa), who works in the housekeeping department, is a member of the badger clan, the leaders and medicine people. “My clan is water. We pray for water and in sacred ceremonies dance holding gourds filled with water,” Lelo states with pride.

Lelo’s clan has its own kachina figure. Niman (means going home) katsina wears a headdress honoring rain clouds and a skirt of green leaves to represent falling water.

Lelo grew up in Second Mesa in the village of Mishongnovi but attended high school in Winslow where she lived in a dorm. She belonged to a service club that promoted community projects and activities. “I especially remember meetings with the Red Hat Society.”

Following high school, she attended the Le Cordon Bleu culinary school in Las Vegas for two years. Striking out on a career, she first worked in kitchens in the national parks at Zion in Utah, Mesa Verde in Colorado and the Grand Canyon in Arizona. In 2013 she was off to Montana to experience living at the ski resort in Big Sky; there she worked three seasons at the Summit Hotel.

“I like working here,” she expresses with a big smile.

See page 7



Caely Stenehjem

The spelling of one’s name is usually traditional, but not always. Jane can be spelled Jayne; an “e” can be added to Ann; Allen can become Alan or Allan; and then there are those named Katherine, Catherine or Kathryn?

“My ten year old sister, Lacey, was responsible for naming me,” explains Caely Stenehjem, a new server in the Aspen Pointe dining room. “Lacey took the five letters from her name, repositioned them, and decided that I was to be known as Caely.” Her parents, Lisa and Allan Stenehjem, had already agreed on Mandy and Mason as names for the two other babies who made up the triplets the family welcomed in 1998 in Bismarck, ND.

An upcoming junior at MSU, Caely is majoring in microbiology with the goal of becoming a genetic counselor. In August she will go overseas, first to tour Norway and then to Finland for a semester of study at Abo University in Turku, Finland.

When a student in middle school she was a crew member for school plays and at Century High School where she graduated in 2016 she participated in track and cross country. That is when she learned to French braid her long blond hair to control it while running. She spent five summers working at day care centers. Before coming to Hillcrest she was employed in retail at JoAnn’s.

At MSU she is a member of the Swing Cats, a dance group, and is helping to organize a sign language club, a skill she learned from her mother, a former childhood teacher. “I am not yet at the level of being an interpreter. I would like to improve so that I can converse with hearing impaired students on campus,” she states.

She is now training to run her third half marathon (13.1 miles) July 21st in Three Forks. In any spare time she likes to crochet and sew.

Birchwood Hatches

Painted Lady Butterflies

An interesting science project is being conducted in Birchwood activity room. It started several weeks ago with the mail order delivery of a batch of caterpillars for residents to observe first hand the metamorphosis process.

In just a couple of days the caterpillars ate and tripled in size, then they crawled up to the top of the special grow cups and attached their tails to the top with silk. There they hung for ten days before breaking their chrysalides and flying out as painted lady butterflies.

“It has been a fun experience for us all to watch,” explains Megan Reichert, activity coordinator. “We hope to be able to soon release nine butterflies into the Hillcrest garden.” Anyone interested is invited to the Birchwood activity room to see them.



Lelo from page 6

“I have the opportunity to prepare your favorite foods, but I really enjoy surprising you with some of my own creations. I understand that residents like my soups and fry bread, but less for my posole and other exotic foods.”

Lelo looks forward to returning to Arizona to visit her family. “I am more interested now, than ever before, to learn more about my native heritage, its culture, tribal customs and the arts and crafts that have made my people so well known around the world.”

Spiritual Offerings

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

July 1	Chaplain Tim Spring
July 8	Chaplain Nadine Grayl
July 15	Chaplain Ken Mottram
July 22	Chaplain Sandy Osborne
July 29	Chaplain Wendy Brown

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 Ac-

Megan Earns Certification

Earlier this month Megan Reichert, Activity Coordinator, spent a week in Helena. A busy 40 hour week of lecture and studying earned her an Activity Director Certification through the State of Montana. Congratulations Megan!

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!

Department Updates

ENVIRONMENTAL SERVICES—John Odden

•Please welcome Alexandria Kurowski who will take over primary responsibilities for landscaping and snow removal. “Alex” has 6 years of experience working in commercial landscaping. After her recent two-year stint running a group of housekeepers at MSU, she is looking forward to the joy of working outside again and the attendant challenge of improving our external appearance.

•Pam Richards in laundry is encountering washcloths and hand towels which are being used for make-up removal. Despite her valiant efforts using Stain Blaster and bleach applications to remove the stains, we are having to retire close to a dozen of one and/or the other every week. Obviously, this strains the budget. Pam is happy to provide older washcloths for make-up removal which you can keep for your own use. Let the housekeeper know if you would like some. Please help us avoid having to replace items which are virtually brand new. Thanks!

ENGINEERING—Rich Hagstrom

When parking, please do not pull your vehicle up over the curb. This is so people are able to easily ambulate with walkers on the sidewalk. Same goes for grassy areas. Please do not pull your vehicle up over grassy areas so we are able to easily mow the lawn.

PROGRAMMING—Rachel Clemens

Meet Shanda Barnhart, new activity assistant. Originally from West Virginia and from a family of 9 children; Shanda is the eldest. In West Virginia she obtained two associate degrees and a certificate for ballroom dance instruction. She has worked many places in the Northwest, falling in love with the area, meeting her fiancé while working in Yellowstone. They will be married on the 4th of August in Livingston. In the fall Shanda will attend MSU focusing on a degree in exercise science and nutrition.

Summer Fun in the Sun



Birchwood residents, (from left) Phyllis Schuttler, Peg Gary, Clara Hodges, and Phyllis Cortner, enjoy the iced tea and cookies social on the Birchwood patio overlooking the Bridger Mountains.

Update on Ashley Van Hemert

Ashley has moved to a condo and is participating in out patient rehabilitation. She has family members there with her helping with daily activities of home life. Last weekend she was able to come to Bozeman for a wedding over a short weekend. Below is a recent Facebook post from Ashley.

January 7th my life changed. A man named Paul tried to take my life, but God was not ready for me yet. God's grace has been raining down on me ever since. When you realize his forgiveness never runs out for you, it's easier to forgive others. I now pray for Paul that he finds this loving God who will leave the 99 to find the lost sheep. If you were the only person on earth Jesus still would have come, died and rose for you. I will not forget all he has done for me and I will spread his love to everyone until he calls me home or he comes back.