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## Coming Soon

### March

- “Old Man and the Sea” Showing
- HealthRHYTHMS
- Music by John Hosking
- Smart Women’s Seminar
- Paint & Sip
- Men’s Breakfast

### April

- Emerson Gallery Tour
- Prosthodontist Seminar
- High Tea at Townshend’s Teahouse
- Extreme History Project Lecture
- Birchwood Open House

## Hillcrest to show “The Old Man and the Sea” film

An artistic film presentation of Ernest Hemingway’s “The Old Man and the Sea” will be shown to Hillcrest residents March 15th at 7:45pm in the Aspen Pointe Commons.

Produced as an animated (but not cartoon) portrayal of the well-loved novel, Patrick Hemingway describes the film as “an amazing accomplishment of one man, a Russian artist, who tells the story by painting 29,000 different scenes on glass.” Patrick is the author’s only living son and an Aspen Pointe resident along with his wife, Carol.

Artist Aleksandr Petrov spent over two years in Montreal creating the thousands of frames for the Canadian production. In his work he used few brushes, mostly his fingers, washing the glass between each scene. “His beautiful coloring and composition is like a moving Renoir painting,” explains Carol.

Besides showing the feature animation of the book, the program will also present two additional segments: one reviewing the author’s life and another showing the artist at work.

Hemingway was awarded the Pulitzer Prize in 1953 for his most popular work, “The Old Man and the Sea,” and in 1954 he won the Nobel Prize in Literature “for his powerful, style-forming mastery of the art of narration.”

Aleksandr Petrov was honored in 1999 with an Academy Award for best animated short film. Vladimir Putin was in the Moscow airport to congratulate Petrov upon his arrival from attending the Oscar awarding ceremony in Los Angeles. The film earned many other awards and nominations.

Patrick Hemingway has lived in Bozeman since 1973. He was born in Kansas City, MO in 1928 to Pauline Pfeiffer and Ernest Hemingway. He spent his boyhood in Key West and later attended Stanford University before graduating from Harvard in 1952 with a Bachelors in Romance Languages and Renaissance Painting.



Screen capture of the marlin from the film by artist Aleksandr Petrov.

See page 8

## John Hosking to bring guitar music and vocals



Local singer songwriter John Hosking will provide an evening of acoustic guitar, rich vocals, and original work Thursday,

March 8, at 7:45pm in Aspen Pointe Commons.

Hosking is well-known regionally for the original music he wrote and performed while directing and acting in the Vigilante Theatre Company which he co-founded in 1983. His diverse lyrics call to mind familiar Montana mountain ranges, nights by campfire, and numerous adventures on the road. He'll share several new works at this concert.

He is the son of Louise and Elmer Hosking, former long time residents of Hillcrest.

### *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!

## Sip & Paint Watercolor Class Offered at Hillcrest

A professional British artist will lead a creative watercolor painting class for Hillcrest residents Thursday, March 29th at 2pm in the ARC Center.

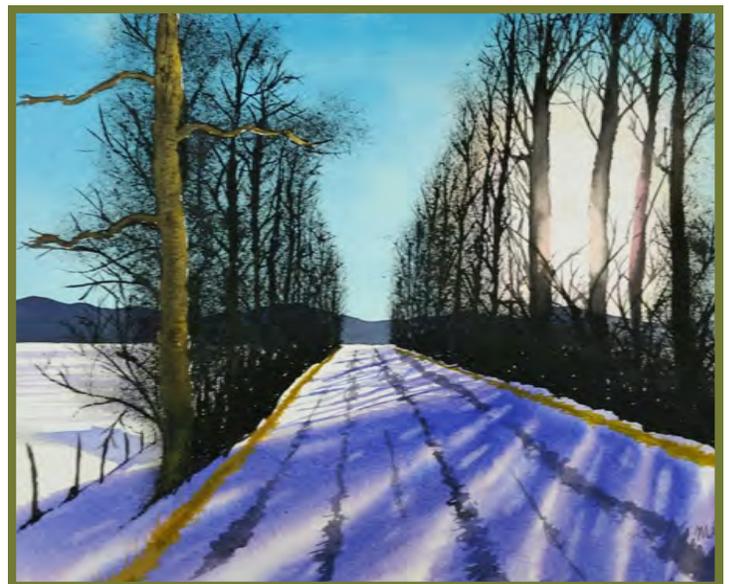
Husband and wife team, Peter and Joanna Jones, are owners since 2014 of the Milestone Gallery and Studio in Belgrade, where they both create and teach.

Peter will lead a step by step instructional process on how to mix and apply the watercolor paint. No experience is necessary and all materials are supplied, including wine and cheese!

Peter was taught the basics of watercolor as a child by his father and has gone on to develop his own landscape style using the local Montana scenery as his inspiration.

Joanna has been making jewelry since she was 16, advancing her skills with a silversmithing course at Malvern College in 2004. In addition to the gallery, she exhibits her jewelry at various local art and craft shows.

The class is limited to 15 and costs \$30. Sign up at the front desk.



End product from a beginner who has taken Peter's class.

## HealthRHYTHMS with Ginger Lee

Ginger Lee brings HealthRHYTHMS back to Hillcrest Thursday, March 1st at 7:45pm in the Learning Center. HealthRHYTHMS is a research-based group drumming protocol which has demonstrated physical, mental, and emotional health & wellness benefits.

HealthRHYTHMS Drumming isn't really about drumming; rather the drum is used as a tool for communication & personal empowerment and enhanced quality of life.

- Reduce daily stress and ignite your creativity!
- Release tension and anxiety!
- Exercise your body, mind, and spirit!
- Improve your immune system!
- Enjoy in the moment music making!

Participating in HealthRHYTHMS Group Drumming provides an extraordinary opportunity to discover your personal rhythm and enhance the overall quality of your life. Come join in the fun of rhythmical expression. No musical experience required.

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## Hillcrest Pet Policy Reminder

In order to ensure that all residents are safe and comfortable in their surroundings, Hillcrest has a pet policy that pet owners must respect and follow.

Montana State requires Hillcrest to follow these food safety regulations: pets are not allowed in food preparation, storage, or dining areas or in any area where their presence would create a significant health or safety risk to others. Pets may not be in any common or public area areas except to pass through going in or out of the building. Pets must remain on a leash at all times inside and on the grounds of the Hillcrest Community. When a pet is outside a resident's patio; it must still be on a leash. Resident pet owners are responsible for collecting and removing all pet defecations from the ground of the Hillcrest Community.

If you have questions about the pet policy please contact Linda Jo in the Marketing Office at 414-2008.

## Animals Add Whimsy to Free Emerson Exhibit

A new program "Seniors in the Gallery" at the Emerson Center for the Arts and Culture invites Hillcrest residents to a free exhibit, "One Fine Day," that features animals as the primary subject matter.

Two local artists, Jarrod Eastman and Kristen Kainz, who feel a connection to the natural world, will show whimsical paintings and sculptures of animals. Animals, it is believed, are the perfect guide to connect the beauty and humanity in nature while also providing a channel for storytelling.

The professional docent-led tour of the Jessie Wilbur and Lobby Galleries will be Monday, April 2nd with a bus leaving Hillcrest at 1:30pm. Following the tour, for \$1 per participant you may opt to add a hands-on art enrichment activity to the tour, with participants creating original pieces using themes presented in the exhibit. The project will use found objects to create fun and whimsical animal sculptures.

If interested, sign up for the bus and tour at the front desk. The Monday art class in Birchwood Activity Room will be cancelled that day.



"Porcupine Baby" by Kristen Kainz.

# Neighbors

By Kate Evans

## The Eidsons, Jim and Gayle, true advocates of the outdoors.



Jim Eidson says he was happy practicing in San Jose, CA with his father-in-law, Thomas Lyon MD, but he sensed he would be hap-

pier where there were fewer people and more streams to fly fish.

Thus he and Gayle searched for a medical opportunity in a more rural setting near water for fishing. Eventually they moved in 1969 to Great Falls, MT where they lived for the next 40 years. When Jim joined the multi-specialty clinic in Great Falls there were 35 physicians; when he retired in 2000 there were 100.

Both recall that the move to Great Falls was a perfect fit; when Jim was not at the clinic, they could be off to the beautiful outdoors, Jim casting a fly in a mountain stream and Gayle searching nearby for an arrowhead or fossil.

Gayle and Jim are native Californians. She grew up in an area outside San Jose; her family enjoyed having horses and participating in events associated with them. In 4-H Club she and her younger brother Bill took part in horse shows and programs. She describes herself as a "country girl," always fascinated by birds and animals, any creature of nature.

Born in Oakdale in 1936, Jim grew up in Modesto. In his youth he performed in operettas. He especially remembers singing in a Gilbert and Sullivan production. Jim graduated from the University of California, Berkeley in 1957, and from the University of California Medical School, San Francisco, in 1961. While

in med school he was accepted into the Berry Program which excused him from military duty to complete his specialty training in internal medicine. As an Internist, he spent two years in the Army at Fort Gordin in Augusta, GA.

Following high school graduation, Gayle studied at Mills College, Oakland, CA before entering the teaching program at San Jose College. She later taught in the grade schools in the San Francisco Bay area.

With the arrival of their three children, Jeff, Sam, and Jill, they added additional activities to their outdoor adventures: hiking, hunting, and camping. The family enjoyed fun times at their cabin on the Smith River as well.

Gayle's interest in horses remained while living in Great Falls. She smiles as she tells about the cart, with Jill and friends inside, that she pulled from a horse around their neighborhood. She and Jill also had many outings to horse shows and equine events. Jeff, an anesthesiologist, now lives in Boise, ID; Sam has an advertising business in Denver; and Jill Bough lives in Big Sky with her children, Dasha, Jessie, and Kayla.

In Big Sky where they retired in 2006, Jim found fishing challenging in the Gallatin River and Gayle went to clean fossils at the Museum of the Rockies. She also volunteered at the Big Sky Library and Jim served several years on the Ophir School Board.

### Casting Call for Variety Show

Were you once in a band or orchestra; still play the piano; or sing in a choir? 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.

We need more acts. So far we have: a puppeteer, a kazoo band, and a pianist.

Call Rachel at 414-2002 to be a part of this fun, creative activity.

# March 2018

*Remove and keep as daily reference.*

## Announcements:

- **Wellness Clinic with Ginger Changes:** Starting in March the day and hours of operation for the Wellness Clinic will be different. This offering has been underutilized so we have cut back to just Tuesdays from 1:30-3pm in the Gym. If this is a service you would like to see continued, encourage your friends to sign up and take advantage of Ginger's expertise.
- **Daylight Savings Time:** Remember to turn your clocks forward one hour before going to bed on Saturday, March 10th. Daylight Savings Time Day starts Sunday, March 11th.
- **Balance Classes:** The current session of balance classes will end Friday, March 9th. There will be a break during the month of April; they will start again at the beginning of May.
- **Yoga Classes:** Unfortunately we will lose our yoga instructor Amber Wojik at the beginning of the summer. She will be moving to attend a doctorate program for Occupational Therapy. However, she will help us search for a replacement teacher. Amber has been a knowledgeable instructor and wonderful person that we will all miss. We wish her the best of luck!
- **Bozeman Symphony:** The Bozeman Symphony Society, under the direction of Music Director and Conductor Matthew Savery, presents a repertoire of symphonic and choral music performed for the benefit of the community residing in south-central Montana. Please purchase your tickets for Sunday afternoons through the symphony box office at 585-9774.



Aspen Pointe

## March Birthdays

Kay DeMeritt	3/1
Earl Peace	3/4
Chuck Undlin	3/4
Wanda Myers	3/8
Maxine Davis	3/9
Kathryn Kelly	3/13
Lucy Dwarshuis	3/14
Trica Skidmore	3/16
Corrine Fohrer	3/20
Molly Richardson	3/24
Beverly Rose	3/26
Birdie Kelley	3/29

## Looking For Free Tax Help?

- **Bozeman Senior Center:** 807 N. Tracy, Bozeman. Mondays and Saturdays by appointment only. Sponsored by AARP. Call 586-2421
- **Bozeman Public Library:** 626 E Main, Bozeman. Tuesdays by appointment only. Sponsored by AARP. Call 586-6641.
- **Bozeman HRDC Office:** 32 S Tracy, Bozeman. Monday and Wednesdays by appointment only. Sponsored by VITA. Call 406-404-0725.
- **Fork & Spoon:** 302 N 7th, Bozeman. Mondays, Wednesdays, and Thursdays from 12-3pm. Walk-ins only. Sponsored by VITA.

Sun

Mon

Tue

We

# March 2018

**Abbreviations:**
**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


*Remove and keep as daily reference.*

<p><b>4</b> 10:00 am– Worship Service in AP Chapel <b>1:45pm Symphony at the Willson</b> 2:30 pm– Bingo in BW Activity Rm</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>3:00 pm– Flexibility in AP Commons</b> <b>3:45pm- Functional Strength in Gym</b> 6:30 pm– Bingo in ARC</p>	<p><b>6</b> 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC <b>1:30-3:00 pm- Wellness Clinic in Gym</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>9:30 am– Shopping at H</b> 9:15 am– Prayer in AP C 10:00 am– Chair Ex. in 10:00 am– Brush-up Bri <b>11:30 am– Interfaith For</b> 1:00 pm– Coloring Gro <b>1:30 pm– Book Club 3r</b> 2:00 pm– Catholic Mass <b>3:00 pm– Flexibility in A</b> <b>3:30-4:30 pm Boz. Publi</b> 6:30 pm– Bingo in ARC</p>
<p><b>11 Daylight Saving Time Begins</b> 10:00 am– Worship 2:30 pm– Bingo in BW Activity Rm</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>3:00 pm– Flexibility in AP Commons</b> <b>3:45pm- Functional Strength in Gym</b> 6:30 pm– Bingo in ARC</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>1:30-3:00 pm- Wellness Clinic in Gym</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>9:30 am– Shopping at H</b> 10:00 am– Brush-up Bri 10:00 am– Chair Ex. in 1:00 pm– Coloring Gro 2:00 pm– Catholic Com <b>3:00 pm– Flexibility in A</b> <b>3:00 pm– Smart Women</b> 6:30 pm– Bingo in ARC</p>
<p><b>18</b> 10:00 am– Worship 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>3:00 pm– Flexibility in AP Commons</b> <b>3:45pm- Functional Strength in Gym</b> 6:30 pm– Bingo in ARC</p>	<p><b>20</b> 8-9:30 am Gym Supervised Hrs <b>9-10 am– First Security Bank</b> 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC <b>1:30-3:00 pm- Wellness Clinic in Gym</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 Men’s Breakfast</b> 8-9:30 am Gym Supervised Hrs 9:15 am– Prayer in AP C <b>9:30 am– Shopping at T</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 Tod</b> <b>3:00 pm– Lutheran Com</b> <b>3:30-4:30 pm Boz. Publi</b> 6:30 pm– Bingo in ARC</p>
<p><b>25</b> 10:00 am– Worship Service (Palm Sunday) 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 1:30 pm– Timely Topics in ARC <b>3:00 pm– Flexibility in AP Commons</b> <b>3:45pm- Functional Strength in Gym</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>1:30-3:00 pm- Wellness Clinic in Gym</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>9:30 am– Shopping at H</b> 10:00 am– Chair Ex. in 10:00 am– Brush-up Bri 1:00 pm– Coloring Gro 2:00 pm– Catholic Com <b>3:00 pm– Flexibility in A</b> 6:30 pm– Bingo in ARC</p>

d	Thu	Fri	Sat
<p><b>EMAN HEALTH</b> BEST SENIOR LIVING <b>Pointe</b></p>	<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 1:30 pm– Shopping Bus to the Mall 2:30 pm– Yoga 2 in LC 3:00 pm– Knit &amp; Stitch AP Fireside <b>3:30 pm– Stories with Valerie in 3rd Flr A</b> <b>7:30 pm– HealthRHYTHMS in LC</b></p>	<p><b>2</b> 8-9:30 am Gym Supervised Hrs <b>9:30 am–12 pm AP Nail Care in ARC</b> 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR <b>2pm– Balance I in AP Commons</b> <b>3pm– Balance II in AP Commons</b> 6:30 pm– Pinochle in FSR</p>	<p><b>3</b> <b>9:30am– Violin Recital in AP Commons</b> 1 pm– Mexican Train Dominoes in FSR <b>1:30 pm– AP Movie in ARC</b></p>
<p>Supervised Hrs <b>Co-op</b> Chapel AP Commons Edge <b>A206</b> <b>um @ Beth Shalom</b> up in ARC <b>1 Flr A-Wing</b> s in AP Chapel <b>AP Commons</b> <b>ic Bookmobile</b></p>	<p><b>8</b> 9:30 am– Yoga in LC 10:15 am– Bible Circle in BW Act Rm 10:30-11:30 am– Bank of Bozeman <b>10:30 am– AP Resident Council in ARC</b> 1:30 pm– Shopping Bus to 19th 2:30 pm– Yoga 2 in LC 3:00 pm– Knit &amp; Stitch AP Fireside <b>3:30 pm– Stories with Valerie in 3rd Flr A</b> <b>7:45 pm– John Hosking Folk Music in AP Commons</b></p>	<p><b>9 Pizza Day</b> 8-9:30 am Gym Supervised Hrs <b>9:30 am–12 pm AP Nail Care in ARC</b> 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR <b>2pm– Balance I in AP Commons</b> <b>3pm– Balance II in AP Commons</b> 6:30 pm– Pinochle in FSR</p>	<p><b>10</b> 1 pm– Mexican Train Dominoes in FSR <b>1:30 pm– AP Movie in ARC</b> 6:30 pm– Bridge in FSR  <b>***Turn your clock forward 1 hour tonight.***</b></p>
<p>Supervised Hrs Chapel <b>Heeb's</b> Edge <b>A206</b> AP Commons up in ARC um in Chapel <b>AP Commons</b> <b>n's Seminar in LC</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 1:30 pm– Shopping Bus to the Mall 2:30 pm– Yoga 2 in LC 3:00 pm– Knit &amp; Stitch AP Fireside <b>7:45 pm– "Old Man and the Sea" Showing in the AP Commons</b></p>	<p><b>16</b> 8-9:30 am Gym Supervised Hrs <b>9:30 am–12 pm AP Nail Care in ARC</b> 10:00 am– Chair Ex. in AP Commons <b>11:30 pm– Friday Forum @ Library</b> 1:30 pm– Cribbage in FSR 6:30 pm– Pinochle in FSR</p>	<p><b>17</b> <b>Happy St. Patrick's Day</b> 1 pm– Mexican Train Dominoes in FSR <b>1:30 pm– AP Movie in ARC</b></p>
<p><b>fast</b> Supervised Hrs Chapel <b>Down &amp; Country</b> AP Commons Edge <b>A206</b> up in ARC um. in Chapel <b>ay</b> <b>um 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 1:30 pm– Shopping Bus to 19th 3:00 pm– Knit &amp; Stitch AP Fireside <b>7:45 pm– MSU Lecture Series in AP Commons</b></p>	<p><b>23</b> 8-9:30 am Gym Supervised Hrs <b>9:30 am–12 pm AP Nail Care in ARC</b> 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR 6:30 pm– Pinochle in FSR</p>	<p><b>24</b> 1 pm– Mexican Train Dominoes in FSR <b>1:30 pm– AP Movie in ARC</b></p>
<p>Supervised Hrs Chapel <b>Heeb's</b> AP Commons Edge <b>A206</b> up in ARC um. in Chapel <b>AP Commons</b></p>	<p><b>29</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 1:30 pm– Shopping Bus to the Mall <b>2:00 pm– Sip &amp; Paint in ARC</b> <b>3pm– Maundy Thursday Service in Chapel</b> 3:00 pm– Knit &amp; Stitch AP Fireside</p>	<p><b>30</b> 8-9:30 am Gym Supervised Hrs <b>9:30 am–12 pm AP Nail Care in ARC</b> 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR <b>2pm– Good Friday Service in Chapel</b> <b>3pm Easter Egg Dying in BW Act Rm</b> 6:30 pm– Pinochle in FSR</p>	<p><b>31</b> 1 pm– Mexican Train Dominoes in FSR <b>1:30 pm– AP Movie in ARC</b> 6:30 pm– Bridge in FSR</p>

### **3/1 HealthRHYTHMS with Ginger:**

HealthRHYTHMS is a research-based group drumming protocol which has demonstrated physical, mental and emotional health & wellness benefits. HealthRHYTHMS Drumming isn't really about drumming; rather the drum is used as a tool for communication & personal empowerment and enhanced quality of life. For more info see page 3.

**3/3 Violin Recital:** Four of Carrie Krause's students from 2nd grade to 8th grade will be giving a recital in the AP Commons at 9:30am.

**3/4 Bozeman Symphony:** Over the years, we've wowed Bozeman audiences with the innovative and highly charged concert experience we call Collage. This unique, fast-paced program, all choreographed to a brilliant light-show, has amazed audiences while featuring—and celebrating—the very best of Bozeman's musical talent. You must purchase your own ticket for this afternoon symphony. Sign up at the front desk if you wish to ride the bus.

**3/7 Interfaith Forum @Beth Shalom:** Who is Abraham in our religious traditions? With Florence Guest (Sufi) Sign up at the front desk.

**3/7 Bookmobile:** The Bozeman Public Library will have the bookmobile in the parking lot between Aspen Pointe and Birchwood. Due to winter conditions, they will also bring a cart of selections into the Aspen Pointe library for you to check out. In order to utilize this service you will have to bring your library card.

**3/8 AP Resident Council:** All residents are welcome to attend this meeting held at 10:30am in the ARC Center.

**3/8 John Hosking:** Local singer songwriter will sing and play his guitar. For more info see page 2.

**3/14 Smart Women's Seminar:** Meet and hear from Bozeman Health President and CEO, John Hill. Hill has been with Bozeman Health over a year and is committed to working each

day with care and gratitude to improve the health and wellness of Gallatin Valley. He will speak about the new and upcoming changes that will occur in 2018.

**3/16 Friday Forum @ the Library:** Health Care/Bozeman Health/Community Health-Partners Sign up at the front desk.

**3/17 Happy St. Patrick's Day:** Culinary Services will be serving Irish Coffee in the Fireside Room in the morning, beer at lunch and dinner, and corned beef and cabbage to celebrate the day. Erin go Bragh!

**3/21 Bookmobile:** The Bozeman Public Library will have the bookmobile in the parking lot between Aspen Pointe and Birchwood. Due to winter conditions, they will also bring a cart of selections into the Aspen Pointe library for you to check out. In order to utilize this service you will have to bring your library card.

**3/22 MSU Lecture Series: More info to come.**

**3/29 Sip & Paint:** Step by step instructional painting class offered by Milestone Gallery. British husband and wife team, Peter and Jo Jones, have lived and worked in the United States since 2005. In 2014 they opened Milestone Gallery and Studio in Belgrade, Montana, investing in providing an art venue for the community of Belgrade and the Gallatin Valley. On a regular basis they offer structured, instructional classes like the class Peter will be leading here at Hillcrest in the ARC center. Peter was taught the basics of watercolor as a child by his father, also a painter. Peter takes much of his inspiration from the Montana landscape. Please sign up at the front desk if you are interested. Space is limited to 15 people. This class is \$30, please turn in at the desk at the time of signing up. Wine provided!



**BOZEMAN HEALTH**  
HILLCREST SENIOR LIVING

Aspen Pointe

## Wise & Well: Hypertension

By Jennifer McNulty, Exercise Specialist

Before we can understand hypertension, we must determine what blood pressure is; simply put, blood pressure is the resistance on the vessel walls caused by the amount of blood that is passed through them. Hypertension, or high blood pressure, is known as a silent killer. It can go undiagnosed for years if you don't get routine medical checkups because there are generally no noticeable symptoms associated with hypertension. If you have hypertension, the force of the pumped blood against the artery walls is high and left untreated it can cause many health issues, including heart disease, heart attacks, and strokes. As mentioned before, there are rarely any symptoms associated with hypertension that we as individuals can see or notice without checking our blood pressure. There are however many risk factors that you should be aware of, especially if you do not get your blood pressure checked at least once a year. Risk factors of hypertension are listed below

**Age.** As we age, our risk of developing high blood pressure increases. Men are likely to develop hypertension around age 45, while women are more likely to develop it after 65 years old.

**Race.** Hypertension is more commonly seen at a younger age in black males and develops more serious complications such as heart attack, stroke, and kidney failure.

**Family history.** Check with your family, high blood pressure tends to run in families.

**Being overweight.** The more we weigh, the more blood has to be circulated to supply us with oxygen and nutrients. As the amount of blood circulated increases, so does the arterial pressure.

**Not being physically active.** Unfit individuals tend to have higher heart rates. The higher your heart rate is the harder your heart works during each contraction which will increase the force of the blood being propelled through your blood vessels.

**Using tobacco.** Using any form of tobacco

will immediately increase your blood pressure. Chronic use will damage the artery wall and cause them to narrow, thereby increasing your blood pressure.

**Too much salt in your diet.** Sodium causes your body to retain water which will increase the pressure in your blood vessels.

**Too little potassium in your diet.** Potassium helps regulate the amount of sodium retained in your body. With too little potassium in your body, sodium builds up and will cause water retention.

**Drinking too much alcohol.** Over time, drinking too much can cause significant damage to your heart.

**Stress.** Chronic stress will increase your heart rate. This will cause the heart to contract harder and faster, which will result in hypertension. Even a stressful event will cause your blood pressure to temporarily increase.

**Certain chronic conditions.** Some chronic conditions, such as kidney disease, diabetes, and sleep apnea can cause your blood pressure to increase.

Even if you don't have any of the preceding risk factors, it is recommended that individuals over the age of 40 get their blood pressure checked yearly by going to their doctor, going to a kiosk at the pharmacy, or attending a health fair to get it checked for free. Chronic, uncontrolled high blood pressure will damage and weaken the blood vessels, as well as damage organs. The longer high blood pressure goes uncontrolled, the more irreversible damage can occur. Hypertension can lead to vision loss from torn or narrowed blood vessels in the eyes, trouble with memory or understanding, aneurysms, heart failure, heart attack, or stroke. Luckily though, hypertension is one of the easiest medical conditions to diagnose, control, and treat through diet modification, exercise, and medication. If you have, or think you may have high blood pressure, contact your physician and get your blood pressure checked.

## About Our Staff By Kate Evans

### Francine, native Californian, now a



### happy Montanan

Francine Rankin says she is often mistaken as a Native American. Actually her heritage is a blend of Mexican, Spanish, Italian, and Jewish. Her father, Jose Ramos, came to California from Mexico sixty-five

years ago. "He came to pursue opportunity and to become an American citizen," she emphasized. "He was proud when he became a citizen and taught his children to work hard and be proud too." Jose worked three jobs, one as a busboy at a popular restaurant owned by Gene Romero. It was a family operation: Gene ran the restaurant and several smaller ones in the Los Angeles area; his daughter, Mary Romero worked up front as hostess; and grandmother Margaret Romero was in the kitchen preparing dishes from family recipes. "I learned those wonderful recipes from my mother who as a girl used to sit side by side with my grandmother as she prepared meals," explains Francine. There in the restaurant Jose charmed Mary; a romance followed; and they were married. The youngest of eight children, Francine says, "We were as poor as church mice but we were loved, fed, had a home, and wore hand me downs."

Francine met her husband Douglas Rankin (born of the Jewish faith) at the church where he was ushering. His mother, Helen Mitchell Rankin, was British and a former couturiere for Queen Mary who released her so she could come to the United States in the 1930s. His father, Alvin Rankin, was a Russian Jew.

Francine and Doug lived for thirteen years in California where they were youth pastors. They later moved to Tulsa, where Francine managed a retail store and Doug ran his plumbing business, and where daughter Ashley was born.

See page 8

## Lynda Donahue, a decorator at heart.



Lynda Donahue is a woman of many interests; she is a busy person when not working in Birchwood where she has been on the staff since 2001. A native of Bozeman, she attended local schools and during those years was active in Girl Scouts and 4

-H Club activities, raising sheep and rabbits, as well as studying home design and photography. In 1965 she acquired her first and only horse, "Taneek," which she adored, but later sold to a family with children.

Her first job, when a junior at Bozeman Senior High, was at a local drive-in on North 7th where she served customers on roller skates. Also during her youth she appeared with her father's (Floyd Strickler) band, The Rangers, in performances at regional organizations and clubs. She sang and played the tambourine and guitar.

Lynda is easily recognized at Hillcrest as the staffer who dresses according to each holiday or season. "I love to coordinate my work uniform with special days or occasion," she states with a smile. "Decorating seems to run in my blood." To celebrate Easter and Christmas, she blows out eggs and then attaches ribbons, beads, flowers, etc, as gifts for family and friends. She also creates hand cut greeting cards, and even likes to decorate her car.

As a single mother, she raised her only child, Christopher Donahue, now deceased. A friend from high school is her partner for dancing, fishing, and attending stock car races. Her other companion is her eight year old cuddly calico cat, Miz Callie, who she has trained to do several tricks. "She picked me at the Humane Society," Linda explains.

Very sincerely, she explained why she has remained at Hillcrest for so many years; "The residents and staff are friendly and caring. They feel like family. I enjoy working and being with them."

## A reminder and update: paper cups are not cheap.

Five cents per cup is just small change but becomes big dollars when it is multiplied by the number of paper cups used weekly by residents for beverages in the Fireside Room.

A year ago, LeRoy Wilson, in our March 2017 *Crest Lines* publication, challenged staff and residents to reduce their waste by using reusable containers and mugs. At that point, two thousand cups were being used each week, eight thousand per month. Four months later in July 2017 Tina Stensurd reported that there had been a 30% decrease in paper cup usage. We are happy to say that together we have been able to maintain that 30% decrease. Thanks to those residents who use their own personal cup or container. Spread the word and encourage other residents and staff to follow suit and maybe we can decrease our usage even more.

For those that do use the paper goods in the Fireside Room, the paper products are recyclable. Remember to please place them in the bins in the trash rooms on each floor for proper recycling.

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## Council Members to meet with Committees.

Three members of the Resident Council have volunteered to represent the Council at various meetings of the standing committees recognized in the newly revised by-laws.

Their appointments are as follows: Doug Dybvig, library; Maury Dornberg, culinary; and Lee Wagner, programs. Residents with comments or suggestions may direct them to these individuals.

## Spiritual Offerings

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

March 4	Chaplain Ken Mottram
March 11	Chaplain Sandy Osborne
March 18	Chaplain Nadine Grayl
March 25	Chaplain Valerie Webster

- Maundy Thursday Service 3/29 at 3pm in the AP Chapel with Chaplain Valerie Webster.
- Good Friday Service 3/30 at 2pm in the AP Chapel with Chaplain Ken Mottram.
- 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. The Lenten Bible Study of "Wondrous Encounters" with Richard Rohr will continue through March. In April a six session study of "Moses: Reluctant Prophet" with Adam Hamilton will be started.

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

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## Short Story Group

In March the Short Story Group will begin, "Montana Stories," using the book "The Last Best Place." Selections from Grace Stone Oates, D'Arcy McNickle, Norman MacLeod, Hugh Call, and other 20th Century Montana Writers will be read and discussed.

March dates include: Thursday, March 1st and Thursday, March 8th at 3:30pm in the A-Wing 3rd Floor Lounge.

## Department Updates

### Marketing—Linda Jo Simkins

Mark your calendars for April 20<sup>th</sup>! We planning an Open House in Birchwood for *all* Hillcrest residents. There will be wine and cheese, prizes and music! If you are new to Hillcrest or just haven't been over to Birchwood, come join in the fun!

### Culinary Service—Dean Savage

On St. Patrick's Day, Culinary Services will serve Irish Coffee in the Fireside Room in the morning, beer at lunch and dinner, and corned beef and cabbage to celebrate the holiday. Erin go Bragh!

### Programming Department—Rachel Clemens



The programming department is excited to introduce the newest member of the team, Jamie Brown, exercise specialist and activity assistant.

She was born and raised in MT, growing up in the Flathead Valley. She moved to Bozeman to attend MSU where she graduated with a Bachelor's degree in Health Promotion. Jamie enjoys working with others, helping to support them while they journey to improve their health and quality of life. She has 18 years of experience working with others of all ages in the field of health and fitness including an inpatient clinical setting, teaching water aerobics, and in a health club setting as a personal trainer. Jamie states, "I am excited to be joining the Hillcrest team and being of service to this wonderful community."

Jamie married her high school sweet heart; they are experiencing parenthood for the first time with their 2-year old foster daughter. They love spending time outdoors, reveling in the beauty of Gallatin Valley and romping around with their two Doberman Pinschers.

### Francine from page 6

They served their church as pastors, plus Francine was a teacher for the Metro Christian Academy in the early learning and elementary classes. As advocates for abused children, they often went to court to support and represent them as they testified.

In 1998, Doug had an opportunity to accept a plumbing job in Big Sky with a one year contract. "We loved Montana and its beautiful mountains but elected to return to Oklahoma at the end of the year," she states. Then again in 2017 he was offered another plumbing position in Montana, this time as a project manager in Big Sky. "So here we are! We love the beautiful scenery that changes daily. It's like a second honeymoon," she exclaims with joy. "I remember my mom saying, 'cleanliness is close to godliness,' now when I clean I often think of her and it makes me smile."

Ashley was a toddler when she first lived in Montana; now she is 21, an optometrist tech, a talented self-taught photographer, and an accomplished cook and baker, just like her grandmother, Mary Ramos, and her great grandmother, Margaret Romero.

### Film from cover page

He lived for 25 years in East Africa and for over a decade owned a safari business. In the 1960's he was appointed by the United Nations to the Wildlife Management College in Tanzania as a teacher of conservation and wildlife. He now manages the intellectual property of his father's estate. His only daughter, Edwina Hemingway, also lives in Bozeman.

## Update on Ashley Van Hemert

Ashley has had some miraculous milestones this month. She was moved to the rehab unit to undergo physical and occupational therapy. With the support of her therapist she has stood up and sat up on the side of her bed. And most recently she has started talking. We will continue to provide updates as Ashley progresses.