

Crest Lines

May 2017

Volume 2, Issue 1

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Coming Soon

May

- Poetry Reading w/ Gerry Higgins
- Working Together
- Stefan Stern
- Mothers Day Dessert Buffet
- Manager's Buffet
- Ethnic Endeavors

June

- ReZound (Barbershop Quartet)
- Gypsy Cowbelle
- Barbeques/Hikes/Picnics

Wisdom & Wine—Dr. Richard E. Popwell



Bozeman Health Foundation in partnership with Hillcrest Senior Living work together for the benefit of residents and staff. This month Bozeman Health Foundation is pleased to host Wisdom & Wine, a wine and cheese social, that brings educational opportunities to the residents of Hillcrest quarterly.

Dr. Richard E. Popwell, Bozeman Health Board Certified Neurologist, will be the guest speaker at the event Wednesday, May 31st at 3:30pm in the Commons. He obtained his medical degree at Tulane University School of Medicine in 1997, he completed his residency in 2001 at the San Antonio Uniformed Services Health Education Consortium. He served four years as an officer in the United States Air Force. From 2003 through 2005 he was the chief of neurology at Keesler Medical Center in Biloxi, MS. Following his military service, he went into private practice in Northern Colorado; moved to Bozeman in 2010. "I have a definitive passion for really trying to serve people and I believe that is my driving force. I am a Christian and I believe that is what God wants me to do. When I am not working, I have a family and two boys and I thoroughly enjoy spending time with them in the wilderness. In the winter it is mostly downhill skiing. In the summer we fish, hike and camp and enjoy pursuing hooved animals in the fall."

Working Together to Do Justice Ecumenically



Just back from New York City and the 61st Session of the United Nations Commission on the Status of Women, The Reverend Valerie Webster, also a Bozeman Health Chaplain, will speak Thursday, May 11th at 7:45pm at the Aspen Pointe Commons.

Her talk will address "Ecumenical relationships among non-profits empowering social justice ministry: at home in our local communities, across the state through the Montana Association of Christians, and nationwide including the National Workshop on Christian Unity, plus around the world through Ecumenical Women at the United Nations Commission on the Status of Women"

Chaplain Webster is the former president of the Montana Association of Christians and Montana's Episcopal Diocesan Ecumenical and Interreligious Officer. This month she will attend the National workshop on Christian Unity in Minneapolis, MN.

Thoughts from the V.P. By LeRoy Wilson



In the past three months, we have experienced two unfortunate incidents of a resident flooding the apartment or common space below them. Thus, there are three reasons I bring this matter to your attention.

First, renter insurance covers the damages to your apartment as well as the damage to other areas. Second, pursuant to the resident agreement as outlined below residents are to purchase renters insurance. Third, you are responsible for any damages you create to/in your apartment, the neighboring apartments and all common areas.

Section #7 - 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 is relatively inexpensive and should be available through your normal insurance provider. All State, GEICO, Triple AAA, State Farm and Farmers offers renters insurance if your provider does not. If you do not have renters insurance, it is our recommendation that you obtain it as soon as possible to save yourself the costs of paying out of pocket for any damage you may cause to other apartments and/or common space. If you have questions about insurance please feel free to give me a call at (406) 414-2004.

Mother's Day Dessert Buffet

This Mother's Day, Sunday, May 14th, the culinary team is preparing a tantalizing buffet of delightful desserts in honor of all of the special women in our lives.

Birchwood 2:00pm– 3:00pm

Aspen Pointe 2:30pm– 4:00pm

This is a free event for residents, but for all guests older than the age of five the cost is \$8.00. Please RSVP at the front desk with your intentions no later than Monday, May 8th.

Breakfast (Birchwood), Lunch, and Dinner will be provided as usual that day.

Spiritual Offerings

Services scheduled for May are the following: May 7 10am, Morning Prayer, Chaplain Tim Spring; May 14 10am, Holy Eucharist, Chaplain Ken Mottram; May 21 10am, Holy Eucharist, Chaplain Wendy Brown; May 28 10am, Morning Prayer, Chaplain Sandy Osborne.

Aspen Pointe residents are welcome to join the Birchwood Bible Circle, which meets Thursdays at 10:15am in the Birchwood Activity Room.

Chaplain Valerie Webster is available to meet and visit with residents anytime: 579-3980 or by email, vwebster587@gmail.com.

Neighbors

By Kate Evans

Jean summers by the seashore.



Many Californians reside in homes with views of the Pacific Ocean. Jean Wetmore was one of them. However, her summer home of many years did not look out at the ocean, or down on it from a cliff, it was on its shore.

Every summer for 18 years, Jean and husband Jerry pitched a high wall tent along with water near Laguna Beach for the family to reside in from the last day of school to Labor Day. “Our summers at Crystal Cove were fantastic,” Jean recalls. “Our kids, Jill and Jeff, loved it. We swam, fished, and walked the shoreline daily, away from San Marino where we lived during the school year.” Their canvas tent was more than a tipi or pup tent; it was quite comfortable with furniture in two rooms and beds to sleep four people. Spending the summer near the ocean became a family tradition for the Wetmores and for other groups who joined them annually for this experience. Sometimes there were 20 tents pitched in the cove.

Such a lifestyle was not one that Jean knew as a child growing up in Mt. Vernon, New York. She was born in 1920 into the John Griffiths family as the youngest of three daughters. Her father, who worked for a textile firm in New York City, shared his love of sports by taking Jean to athletic events, especially track and field competi-

tions. She also had a lot of cousins with whom she biked and played outdoor games.

In high school she was active in clubs and was named “the student who did most for the school, was the most polite and popular, and its best dancer.” She was a 16 year old graduate of high school and an 18 year old bride. In the two years between, she attended business school and worked as a secretary. As a mother in California she became involved with her children’s school activities and projects.

When reminiscing about her life Jean pays special tribute to her parents. “They were good, wonderful people, sensible individuals who also like to have fun. I was lucky,” she explains in a voice showing joy and gratitude.

Now living in Bozeman near her son, Jeff, she enjoys her Birchwood apartment with views of the Bridgers. Her days are enriched by reading the Wall Street Journal – “some days it takes me all day to read through it.” And if the paper is not delivered, she is greatly disturbed. She still likes sports; basketball and football games on TV are her favorite.



Crystal Cove lineup of high wall tents where Jean spent many summers with her children.

You're Invited to a Culinary Demonstration

After some brainstorming with Jesiah Hay, Dining Room Supervisor, and Dean Savage, Executive Chef, the program department announces a new culinary demo called *Ethnic Endeavors!*

The idea is to bring new cuisine to residents in a way that they can watch it being prepared, learn about what it is, and the culture it comes from. It will be a fun way for culinary services to stretch their creativity and bring something new and quite different for the residents to sample. The first program will be Friday, May 26th at 2:00pm in the Fireside Room. Dean will prepare ceviche, a seafood dish popular in the coastal regions of Latin America and the Caribbean.

Short Story Group Has New Meeting Time

Residents are invited to join the Short Story Group on the second and fourth Thursdays in May at its NEW time 3:30-4:45 PM. Valerie Webster will read aloud Willa Cather's short story *Flavia and Her Artists* in two sittings, May 11 and 25, with discussion following each reading.

Willa Cather (1873-1947), best known for chronicling pioneering life in *My Ántonia* (1918), lived and worked in New York, where this month's short story unfolds. In this piece, Imogen visits her friend Flavia to join a retinue of artists. However, things do not pan out as planned.



Willa Cather

Spring Into Motion

It's that time of year again; Spring into Motion is upon us! An informational/sign-up meeting Monday, May 15th at 3:30pm in the AP Commons will launch our Spring Into Motion season. Spring into Motion is a community wide walking program; a pedometer that is worn on the hip or shoe counts steps of participants. The goal is to record the miles walked in one month. Last year the group walked the Great Wall of China and the Silk Road totaling nearly 6400 miles. Let's have fun and see how many miles we walk this year!

Before starting this venture, think about the amazing health benefits that walking produces. By walking 10 minutes, 3 times a day you will meet the national recommendations and start seeing some great health benefits. Walking increases blood flow which will accelerate the removal of waste and improve digestion. This alone helps you to maintain a healthy weight. Walking also increases bone mass and will help prevent or manage various chronic conditions: heart disease, high blood pressure, and Type 2 Diabetes. Lastly, walking lifts your mood, reduces stress, and improves balance and coordination, all while going about daily life.

Proper walking technique is a continuous smooth stride. The heel strikes the ground first, then your foot rolls to the toe, and pushes off with the ball of the foot, picking your foot off the ground with each step. Remember, it is very important to keep your head up, looking forward, and occasionally glancing from side to side while walking. Only glance at the ground when needed—to avoid an obstacle or when walking on uneven ground.

Count Your Steps

2,300 steps = 1 mile

1,150 steps = 1/2 mile

575 steps = 1/4 mile

May 2017

Remove and keep as daily reference.

Announcements:

- **Balance Class:** The next session of balance classes will be starting April 4th and running through May 25th. For more info contact Ginger, 414-2029.
Tuesdays: 2pm and 3:15pm in the AP Commons
Wednesdays: 1:30pm and 2:15pm in the gym
Thursdays: 1:30pm in the AP Commons
- **Functional Strength Class:** Jennifer's functional strength class series will be running April 19th through May 24th, Wednesdays at 3:15pm in the gym. There is no functional strength the 2nd Wednesday of the month due to Smart Women's Seminar. During the summer months of June and July there will be no functional strength. For more info contact Jennifer, 414-2029.
- **Cubby Information:** Check your cubby located by the mail boxes regularly. Some events get scheduled after the monthly calendar gets published. Information will include date, time, place, if you need to sign-up, and if there will be a cost.
- **Catholic Mass/Communion:** Catholic Mass/Communion will begin at 2:00pm in the AP Chapel each Wednesday to pray the Rosary before Mass or Communion.
- **First Security Bank Hours:** First Security Bank will be available from 9:00am-10:00am the third Tuesday of each month, same location.



Aspen Pointe

May Birthdays

Eileen Crook	5/1
Fred Pitkin	5/2
Nancy MacWilliams	5/4
Carmen Mogen	5/11
Hobart McWilliams	5/13
Mary McGee	5/17
Helen Howard	5/17
Anne Gordon	5/20
Huguette Coghlan	5/20
Norma Daniel	5/22
Larry Kelley	5/23
Gigi Prunty	5/24
Lois Ringo	5/26
Joan Bray	5/27
Mary Gracia	5/28
Merry Lou Henson	5/30

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

May 1	<i>Bring your own topic. Trica away.</i>
May 8	<i>Great Decisions: Saudi Arabia: A Nation in Transition.</i>
May 15	<i>Bring your own topic.</i>
May 24	<i>Immigration.</i>
May 29	<i>Bring your own topic.</i>

Sun	Mon	Tue	Wed
Abbreviations: FSR: Fireside Room LC: Learning Center BW Act: BW Activity Room BW DR: BW Dining Room PDR: Private Dining Room BW: Birchwood AP: Aspen Pointe	1 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 the FSR 6:30 pm– Bingo in FSR	2 8-9:30 am Gym Supervised Hrs 9:30 am– Yoga in the LC 10:00 am– Tai Chi in AP Chapel 1:30 pm- Bus to Walmart <u>2/3:15 pm– Balance IA/IB in AP Commons</u> 2:30 pm– Seated Yoga in BW Act Rm 6:30 pm– Bridge in FSR	3 8-9:30 am Gym Supervised Hrs 8:45 am– Shopping at Co-op 9:15 am– Prayer in AP Chapel 10:00 am– Brush-up Bridge 3 10:00 am– Chair Ex. in AP C 11:30 am– Interfaith Forum 1:00 pm– Coloring Group in 1:30 pm– Book Club 3rd Flr Balance Cancelled Today 2:00 pm– Catholic Mass in C 3:15 pm– Functional Strength 6:30 pm– Bingo in FSR
7 10:00 am– Worship Service in AP Chapel 2:30pm– Bingo in BW Activity Rm	8 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/Great Decisions in the FSR 6:30 pm– Bingo in FSR	9 8-9:30 am Gym Supervised Hrs 9:30 am– Yoga in the LC 10:00 am– Tai Chi in AP Chapel 1:30 pm- Bus to Walmart <u>2/3:15 pm– Balance IA/IB in AP Commons</u> 2:30 pm– Seated Yoga in BW Act Rm 6:30 pm– Bridge in FSR	10 8-9:30 am Gym Supervised Hrs 9:15 am– Prayer in AP Chapel 9:30 am– Shopping at Heeb's 10:00 am– Brush-up Bridge 3 10:00 am– Chair Ex. in AP C 1:00 pm– Coloring Group in 1:30/2:15 pm– Balance IIA/II 2:00 pm– Catholic Comm in 3:00 pm– Smart Women's Se No Functional Strength Tod 6:30 pm– Bingo in FSR
14 10:00 am– Worship No Bingo Today <u>Mother's Day Dessert Buffet</u> <u>2:00 pm BW</u> <u>2:30 pm AP</u>	15 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 the FSR <u>3:30 pm– Spring Into Motion Meeting in AP Commons</u> 6:30 pm– Bingo in FSR <u>7:45 pm– Bob B. in AP</u>	16 8-9:30 am Gym Supervised Hrs 9-10am– First Security Bank 9:30 am– Yoga in the LC 10:00 am– Tai Chi in AP Chapel 1:30 pm- Bus to Walmart <u>2/3:15 pm– Balance IA/IB in AP Commons</u> 2:30 pm– Seated Yoga in Act Rm 6:30 pm– Bridge in FSR	17 8-9:30 am Gym Supervised Hrs 9:15 am– Prayer in AP Chapel 9:30 am– Shopping at Town 10:00 am– Brush-up Bridge 3 10:00 am– Chair Ex. in AP C 1:00 pm– Coloring Group in 2:00 pm– Catholic Comm in 3:00pm– Lutheran Comm in 3:15 pm– Functional Strength 6:30 pm– Bingo in FSR
21 10:00 am– Worship 2:30pm– Bingo in BW Activity Rm <u>3:45 pm– Bob B. in BW</u>	22 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 the FSR 6:30 pm– Bingo in FSR	23 8-9:30 am Gym Supervised Hrs 9:30 am– Yoga in the LC 10:00 am– Tai Chi in AP Chapel 1:30 pm- Bus to Walmart <u>2/3:15 pm– Balance IA/IB in AP Commons</u> 2:30 pm– Seated Yoga in BW Act Rm 6:30 pm– Bridge in FSR	24 <u>Breakfast Buffet</u> 8-9:30 am Gym Supervised Hrs 9:15 am– Prayer in AP Chapel 9:30 am– Shopping at Heeb's 10:00 am– Chair Ex. in AP C 10:00 am– Brush-up Bridge 3 1:00 pm– Coloring Group in 1:30/2:15 pm– Balance IIA/II 2:00 pm– Catholic Comm. i 3:15 pm– Functional Strength 4:30 pm– Suzuki Violin Recit 6:30 pm– Bingo in FSR
28 10:00 am– Worship 2:30pm– Bingo in BW Activity Rm	29 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons <u>11:30 am– Fiesta Mexicana Lunch Outing</u> 1:00 pm– Art Class in BW Act Rm 1:30 pm– Timely Topics in the FSR 6:30 pm– Bingo in FSR	30 8-9:30 am Gym Supervised Hrs 9:30 am– Yoga in the LC 10:00 am– Tai Chi in AP Chapel 1:30 pm- Bus to Walmart 2:30 pm– Seated Yoga in BW Act Rm 6:30 pm– Bridge in FSR	31 8-9:30 am Gym Supervised Hrs 9:15 am– Prayer in AP Chapel 9:30 am– Shopping at Town 10:00 am– Chair Ex. in AP C 10:00 am– Brush-up Bridge 3 1:00 pm– Coloring Group in 2:00 pm– Catholic Comm. i 3:30 pm- Wisdom & Wine i 6:30 pm– Bingo in FSR

	Thu	Fri	Sat
<p>ed Hrs el Brd Flr A-Wing Commons @ Beth Shalom n FSR A-Wing</p> <p>Chapel th in Gym</p>	<p>4 AP Nail Care 8-9:30 am Gym Rm Supervised Hrs 9:30 am- Yoga in the 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 1:30 pm- Balance IIC in AP Commons 3:00 pm- Knit & Stitch AP Fireside 7:45 pm- Poetry Reading w/ Gerry Higgins in AP Commons</p>	<p>5 8-9:30 am Gym Supervised Hrs 10:00 am- Chair Ex. in AP Commons 1:30 pm- Cribbage in FSR 2:30 pm- Poetry Reading w/ Gerry Higgins in BW Act Rm 4:00 pm- Cinco de Mayo Social in AP Commons 6:30 pm- Pinochle in FSR</p>	<p>6 1 pm- Mexican Train Dominoes in FSR 2 pm- AP Movie</p>
<p>ed Hrs el s Brd Flr A-Wing Commons n FSR IB in Gym n Chapel eminar in LC ay</p>	<p>11 AP Nail Care 8-9:30 am Gym Rm Supervised Hrs 9:30 am- Yoga in the LC 10:00am- AP Resident Council in FSR 10:15 am- Bible Circle in BW Act Rm 10:30-11:30 am- Bank of Bozeman 1:30 pm- Shopping Bus to 19th 1:30 pm- Balance IIC in AP Commons 3:00 pm- Knit & Stitch AP Fireside 3:30 pm- Short Story Discussion with Valerie in 3rd Flr A-Wing Lounge 7:45 pm- "Working Together..." w/ Chaplain Valerie in AP Commons</p>	<p>12 8-9:30 am Gym Supervised Hrs 10:00 am- Chair Ex. in AP Commons 11:30 am- Friday Forum @ Library 1:30 pm- Cribbage in FSR 6:30 pm- Pinochle in FSR</p>	<p>13 1 pm- Mexican Train Dominoes in FSR 2 pm- AP Movie 6:30 pm- Bridge in FSR</p>
<p>ed Hrs el & Country Brd Flr A-Wing Commons n FSR n Chapel n Chapel th in Gym</p>	<p>18 AP Nail Care 8-9:30 am Gym Rm Supervised Hrs 9:30 am- Yoga in the LC 10:15 am- Bible Circle in BW Act Rm 10:30-11:30 am- Bank of Bozeman 1:30 pm- Balance IIC in AP Commons 1:30 pm- Shopping Bus to the Mall 3:00 pm- Knit & Stitch AP Fireside 7:45 pm- Stefan Stern in AP Commons</p>	<p>19 8-9:30 am Gym Supervised Hrs 10:00 am- Chair Ex. in AP Commons 1:30 pm- Cribbage in FSR 6:30 pm- Pinochle in FSR</p>	<p>20 1 pm- Mexican Train Dominoes in FSR 2 pm- AP Movie</p>
<p>ed Hrs el s Commons Brd Flr A-Wing n FSR IB in Gym n Chapel th in Gym tal in AP Commons</p>	<p>25 AP Nail Care 8-9:30 am Gym Rm Supervised Hrs 9:30 am- Yoga in the LC 10:15 am- Bible Circle in BW Act Rm 10:30-11:30 am- Bank of Bozeman 1:30 pm- Balance IIC in AP Commons 1:30 pm- Shopping Bus to 19th 3:00 pm- Knit & Stitch AP Fireside 3:30 pm- Bob & Mark in BW DR 4:00 pm- Short Story Discussion with Valerie in 3rd Flr A-Wing Lounge 7:45 pm- Bob & Mark in AP Commons Birthday Night</p>	<p>26 8-9:30 am Gym Supervised Hrs 10:00 am- Chair Ex. in AP Commons 1:30 pm- Cribbage in FSR 2:00 pm- Ethnic Endeavors in FSR 6:30 pm- Pinochle in FSR</p>	<p>27 1 pm- Mexican Train Dominoes in FSR 2 pm- AP Movie 6:30 pm- Bridge in FSR</p>

May 2017



Aspen Pointe

Remove and keep as daily reference.

5/3 Interfaith Forum @ Beth Shalom: Why are we Hopeful? - What are the reasons for hope our religious traditions offer? With Sally Loble (Baha'i) and Karen DeCotis (Buddhist). This is the last forum for this year.

5/4 Poetry Reading in AP Commons: Gerry Higgins, former receptionist at Hillcrest, will be reading poetry based from an interesting point of view.

5/5 Cinco de Mayo Social in AP Commons: Celebrate with margaritas (non-alcoholic available) and some Mexican appetizers.

5/10 Smart Women's Seminar in LC: Bozeman's Drug Task Force—Join us for a discussion led by Drug Task Force Captain Ryan Stratman. He will speak about the Force, its origins, the operations, and what is happening in the community.

5/11 AP Resident Council @ 10:00am in FSR: All residents are welcome to come listen and bring up topics of their own.

5/11 Short Story Group: Are you interested in a short story group? Chaplain Valerie Webster will read a story, followed by the group's discussion.

5/11 "Working Together..." in AP Commons: Please see article on page 1 of newsletter.

5/12 Friday Forum @ the Library: Jim Madden and Dede Taylor of Mountain Time Arts, a public art initiative in Bozeman, will introduce their 2017 Summer series of art events: three compelling and significant art events to engage the public around water issues and conservation. Artist Mary Ellen Strom will join Mr. Madden and Ms. Taylor to talk about public art, creative place-making, and discuss their

experiences producing place-based temporal art works.

5/14 Mother's Day Dessert Buffet: Please see article on page 2 of newsletter.

5/15 Spring into Motion Mtg in AP Commons: Please see article on page 4 of newsletter.

5/15 Bob B. in AP Commons @ 7:45pm: Come tap your toes and sing to Bob Britten on the piano in Aspen Pointe!

5/18 Stefan Stern in AP Commons: Accomplished classical pianist, Stefan Stern, will be giving a concert in AP. He has given concerts here before, but most recently played during the fashion show in April.

5/21 Bob B. in BW @ 3:45pm: Come tap your toes and sing to Bob Britten on the piano in Birchwood!

5/24 Breakfast Buffet: All residents are welcome to this free breakfast buffet in Aspen Pointe where the managers serve the residents.

5/24 Suzuki Violin Recital: Support growing musicians during this string Spring recital.

5/25 Bob & Mark in BW & AP: Our favorite jazz duo will be in Birchwood at 3:30pm and Aspen Pointe at 7:45pm.

5/25 Short Story Group: Are you interested in a short story group? Chaplain Valerie Webster will read a story, followed by the group's discussion.

5/26 Ethnic Endeavors: Please see information on page 4 of newsletter.

5/29 Fiesta Mexicana Lunch Outing: Sign-up at the front desk to go for a lunch outing to Fiesta Mexicana off of 7th Street in Bozeman. Residents attending will pay for their meal.

Wise & Well: Essential Fatty Acids, Part 3 By Jennifer McNulty, Exercise Specialist

In the last two issues of Wise and Well: Essential Fatty Acids, Parts 1 and 2, we discussed that essential fatty acids can only be obtained through food consumption, which foods contain omega 3 and omega 6, and their individual benefits. This issue will focus on how balancing our intake of omega 3 and omega 6 can optimize the health benefits of both fatty acids.

Omega 6 and omega 3 fatty acids are not solely stored as fat and used as energy, as is the case with most fats we consume; they are actually biologically active and help maintain proper functioning of all vital organs and functioning in our body. Not only do we have to ensure that we are getting enough of these fatty acids, as discussed in parts 1 and 2, but we also need to be aware of the ratio in which we are consuming them. This is due to the fact that omega 6 fatty acids compete with omega 3 fatty acids for the enzymes that breakdown the fat into usable molecules for our body. Therefore, consuming a proper amount of each will ensure our body maximizes the optimal health benefits.

Ideally, the ratio of omega 6 to omega 3 fatty acids should range from 1:1 to 4:1; however, most Americans consume these fatty acids at a ratio of 10:1 to 25:1. At these ratios we are unable to achieve any of the health benefits that omega 3 fatty acids produce in our body because omega 6 fatty acids use all of the enzymes up that are needed to break these fats down. This overconsumption of omega 6 fatty acids started about 100 years ago when we began making improvements in technology that allowed us to produce plant and seed oils in large quantities; making them an easy addition to many foods consumed in the Western diet.

This relatively recent imbalance is

mainly due to all of the fried and processed convenience foods that we as a society thrive on. Therefore, we should not be focusing on increasing our intake of omega 3 fatty acids, but rather reducing the amount of omega 6 fatty acids we are consuming. Lowering this ratio will help to reduce many chronic diseases that we become susceptible to developing if we continue to overconsume omega 6 through processed oils and convenience foods. Maintaining a proper 1:1 to 4:1 ratio of omega 6 to omega 3 fatty acids can help prevent the development of heart disease, certain types of cancers, asthma, rheumatoid arthritis, atherosclerosis, and strokes. We may also get some relief of symptoms from joint pain and ulcerative colitis which results in stomach and abdominal pain. In addition, maintaining this ratio will result in a healthier diet and therefore a healthier person.

In Wise and Well: Essential Fatty Acids, Part 1 and 2, we have learned that the importance of omega 6 and omega 3 fatty acids to our health are unquestionable. However, we have to remember that in order to achieve these health benefits we need to maintain the proper ratio of 1:1 to 4:1. The easiest way to maintain this ratio is by having a well-balanced diet containing fruits, vegetables, fish, legumes, and whole grains; as well as limiting the amount of red meat we consume and avoiding processed foods and oils, fried foods, and convenience foods. By decreasing the amount of omega 6 in our diets and finding the optimal balance of omega 3 and 6, we will be able to decrease many of the chronic conditions and abdominal discomfort that we may be experiencing due to this common fatty acid imbalance.

Reference: The American Journal of Clinical Nutrition, Ratio of n-6 to n-3 fatty acids. 2005. <http://ajcn.nurition.org>

“...we should not be focusing on increasing our intake of omega 3 fatty acids, but rather reducing the amount of omega 6 fatty acids we are consuming.”



New shuttle driver, Dave Rousher, assists a resident.



Tom Kaveney walks the line during balance class.



The Aspen Pointe dining services crew at the Easter buffet.

Life here at Hillcrest!



Residents enjoy morning coffee together.



Morning exercise with Jennifer.



Rose Marie Carney and her family makes memories at the Easter buffet.



Dewey Adams preps the soil for his garden.



Officer Bachich escorts Jane Price in the Smart Women's fashion show.

About our Staff By Kate Evans

This column was started last month in the April issue to describe the adventures of our staff members; it will report “the other side” of these employees, what they are doing when not on the job. It was the idea of Natalie Keim, Office Assistant, who is featured below.

Natalie Keim



May awakens new life in the mountains and elsewhere across the valley. This spring Natalie Keim, Office Assistant, is acutely aware of this annual happening. She and Nolan Bushman are expecting their first baby in October. They are thrilled to report this

news; to await for a new person in their lives. “When this baby arrives, he/she will be the fifth generation living in my family,” Natalie beams with pride. “My great grandma, Helen Townsend of Bassett, NE, and my three grandparents are still living; I have had the fun of growing up with them.”

Natalie was born in Twin Falls, ID, but spent her youth in Buena Vista, CO, where for four years she and a girlfriend were members of a boys baseball team. “I played second base and outfield, and in high school was a cheerleader.” While growing up, she and her family traveled to 35 states, visiting national parks along the way. In her late teens and early twenties, Natalie backpacked to 16 countries in Europe and Central America. When 21, she spent a month in Costa Rica, living and working on a family farm that produced sugar cane, coffee, and oranges. She also milked and delivered calves.

She and Nolan, a Montana native who spent his youth in Fort Benton, met four years ago while working at Big Sky Resort.

Continued page 8

Wade Knighton



When asked about joining the Birchwood dining crew, Wade Knighton said with a broad

smile, “I know I am going to be happy here; I like everything about the job.” Wade started working in Birchwood as part of an internship with MT Project SEARCH, a program that enables young adults to gain access to employment opportunities through education and hands-on training in real life work experiences. After completing his internship he was asked to stay on and fill in for Dalene Holton, Birchwood Dining Room Supervisor, while she is out for back surgery. “He is such a positive person, hard working, and he gets along really well with the residents,” said Anne Greydanus, Resident Services Manager in Birchwood.

The Bozeman native and 2008 graduate of Bozeman High School describes himself as easy going and a lover of the outdoors: fishing, hiking, and hunting. Right now he is looking forward to his cousin’s annual visit to Bozeman. Throughout the summer he and Kenny Knighton of Williamsport, PA, will camp, hike, and fish in Yellowstone. “We use to spend 2 to 3 weeks in the park, but now that I’m working we will have to do more hikes in the Bozeman area.”

Wade says his Dad, Berk Knighton, Research Professor in Chemistry and Borealis Flight Director for Montana State Grant Consortium, taught him to cook; Mexican and seafood dishes are his specialty. He lists MSU football as his favorite sport.

Department Updates & Reminders

Marketing—Linda Jo Simkins

Spring continues to be a busy time at Hillcrest! Several new residents will move in during May and June! Currently available are 3 apartments in Aspen Pointe and 3 in Birchwood.

Environmental Services—John Odden

It is time for high traffic carpet cleaning. The high traffic areas in apartments get cleaned every other year. The residents of the apartments that get cleaned this year have already been sent a memo of the cleaning schedule. Records are kept of which apartments are cleaned each year.

Programming—Rachel Clemens

Time Changes

- Catholic Mass/Communion will begin at 2:00pm in the AP Chapel each Wednesday to pray the Rosary before Mass or Communion.
- First Security Bank will be available from 9:00am-10:00am the third Tuesday of each month, same location.
- Tai Chi will meet Tuesdays at 10:00am in the AP Chapel.
- Bingo on Mondays and Wednesdays has changed to 6:30pm. Those who play are looking for more individuals to make it more fun! Ten games are called, the last being blackout. It cost .05 cents per card per game.

Shuttle Service Updates

- Please remember to turn in requests at least 24 hours in advance to ensure a timely response. If it is not 24 hours in advance, the shuttle driver may not be able to accommodate your request.
- Wednesday grocery shopping has been changed. We tried something new in April that we thought would be a more efficient shopping process for the driver, but unforeseen problems cropped up. We are reverting to the previous Wednesday shopping schedule. Please see the calendar for details and remember to sign-up in the book at the front desk.

Survey Alert

- Please keep an eye out for the Resident Satisfaction Survey that will be distributed via your cubby (Aspen Pointe) or shelf (Birchwood) during the month of May. Annually surveys are sent to residents and family members to gain information about Hillcrest's services and whether the needs and expectations of the residents and their families are being met.
- The Hillcrest resident programming committee met Monday, April 10th. It was a very productive, insightful meeting; in order to better accommodate residents' interests and needs, we are requesting your feedback through a survey that has been dispersed. Please complete and turn into the front desk of Aspen Pointe by Monday, May 15th. If you need a new survey, wish to be on the committee, or have any questions please contact Rachel, 414-2002.

Natalie from page 7

She was a mountain service supervisor and Nolan was a cook. He is now a chef at Galatin River Lodge.

The two of them share an interest in selecting different ways to spend their vacations. One year they spent two weeks snowboarding at various Colorado ski locations, and another vacation was a road trip to California to attend a music festival featuring 100 bands. "We plan these trips together," she emphasized. They have another unique interest: they both like saving or adopting animals. Currently they are caring for 2 dogs, 2 cats, a turtle, and an iguana. "We enjoy giving them a loving home."