

Crest Lines

November 2016

Volume 1, Issue 7

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Coming Soon

November

- Amanda Markel's Art Show
- Tall Tales & Songs
- Veterans Breakfast
- CEO, John Hill Meet & Greet

December

- Christmas Stroll
- Nutcracker in a Nutshell
- Charles Dickens' *A Christmas Carol*
- Christmas Lights Drive
- Sleigh Ride

January

- American Prairie Reserve
- Wine & Wisdom



Meet & Greet with CEO John Hill

John G. Hill, who assumed the position of President and Chief Executive Officer of the Bozeman Health system on August 1, 2016, will address Hillcrest residents on November 4th at 3:30pm in the AP Commons. His remarks will be followed by an informal meet and greet opportunity for residents to speak with him.

According to Julie Jackson, Chair of Bozeman Health Board of Directors, "Bozeman Health has evolved over the past decade to advance its mission and vision for the benefit of our rapidly growing population. John is an experienced healthcare leader and innovator who brings the requisite executive acumen and industry expertise to lead our organization and to shape and execute the strategic vision established by the board."



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MSU School of Music Comes to Hillcrest



Angella Ahn, MSU Professor of violin and viola, enjoys her success as the violinist for the classical Ahn Trio, comprised of her and her twin sisters, Maria who plays the cello and Lucia, the piano. The Trio formed while the three studied at the Juilliard School of Music, and now tours the world, playing in such venues as The Kennedy Center in D.C., New York's Lincoln Center, Vienna's Musikverein, Leipzig's Gewandhaus, Argentina's Teatro Colon, and The Beijing Concert Hall. In 2011, President Obama invited the Ahn Trio to perform at the White House for a State Dinner honoring South Korea, where the sisters were born. Angella and her trio have taken it as their mission to expand the piano trio repertoire, and have commissioned over 30 new works by composers including Pat Metheny and Mark O'Connor.

Continued on page 4

Hillcrest Tea Party & Art Show



Cade and Ansel Fiddaman, young musicians who provided beautiful music.



Jill Bute and resident artist, Lois Adams, enjoy the festivities.



Artist Nancy Little and daughter, Marcia, sip on tea and enjoy shortbread cookies.



Lois Ringo, Birchwood artist, stands with her artwork which was inspired by a poem written by a fellow church goer in Minnesota.



Aspen Pointe artist, Helen Howard, pauses next to her artwork during the tea party/art show.



Program assistant, Amanda Markel, and Carmen Mogen stop for a photo opportunity during the afternoon affair.



Hillcrest residents were dressed up with hats and gloves.



Program assistants, Jen and Tess, join in the fun—the art, the music, and tea!

CEO continued from page 1

“John has an understanding and appreciation of the entire healthcare continuum, along with strategies for optimizing each segment of our business to improve community health and quality of life,” she stated.

Hill has more than 20 years of experience as a healthcare executive. He served most recently as Senior Vice President and Chief Executive Officer of the PeaceHealth Oregon West Network, where he oversaw operations at four hospitals, including the flagship PeaceHealth Sacred Heart Medical Center at RiverBend in Springfield, Oregon. Under Mr. Hill’s leadership, Sacred Heart at RiverBend made significant gains in quality and patient safety outcomes in the tertiary care hospital and

physician practice setting and rose to become the preeminent regional referral center in the area. Before joining PeaceHealth, Hill spent five years as President and CEO of The Medical Center of Aurora and Centennial Medical Plaza near Denver, Colorado where the 346-bed acute-care hospital was recognized for innovation, effectiveness and quality care. He previously served as Chief Operating Officer at Medical City Dallas hospital, a 704-bed tertiary acute-care facility. Hill holds a Bachelor of Science and Master of Business Administration degrees both from Northern Arizona University. Additionally, he completed the HCA Executive Development Program in Nashville, Tennessee, and earned an Executive Certificate in Healthcare Administration from the Wharton School of Business, University of Pennsylvania. He is a Fellow in the American College of Health Care Executives, and has extensive experience in recruiting, retaining, and developing high-performing leadership teams, governance boards, and physician leadership groups.

“I look forward to serving as a member of the Bozeman Health team of dedicated leaders,

caregivers and providers,” states Hill. “Bozeman Health is doing amazing work developing the care continuum, with new ambulatory access points in Bozeman and Belgrade, and a beautiful new medical center in Big Sky. The entire organization is dedicated to excellence and understands its long standing heritage of caring for members of the community in the very best possible way, and I’m excited about the momentum and vision they’ve demonstrated. Bozeman Health is committed to improving health and wellness in its regional service area through the expansion and continued integration of a healthcare delivery system focused on the needs of the communities it serves,” he said.

Hill was selected through a nation-wide search and succeeds David Chen, MD and Gordon Davidson who have been serving as interim dyad President and CEO. Dr. Chen will retain his position as Chief Medical Officer, and Davidson will remain as Chief Financial Officer, a position he has held for more than 30years. “I am pleased that John has agreed to lead our organization,” said Davidson. “He has depth of

experience in operational excellence, which will be instrumental as we embrace the future delivery of healthcare.” “Bozeman Health has a tremendous legacy of providing the highest in quality, safe, and compassionate care to our patients across the Gallatin Valley,” states Dr. David Chen, CMO, “and we anticipate that John will add executive bench strength to lead enhancement of our patient focused initiatives.”

As Bozeman Health faces an ever-changing local, regional and national health care environment, breadth and depth of leadership experience is key to success. Added Jackson, “John has exposure to diverse markets – rural and urban, non-profit and for profit – in four different states which will bring additional innovation and insight to our experienced executive leadership team.”

“Thanks to ongoing economic development, an emerging tech industry and bountiful recreational opportunities, Bozeman and the greater Gallatin Valley region are well positioned for expected growth, and I look forward to leading a cornerstone healthcare system that has continually evolved with this community growth for over a century.”

~John Hill, Bozeman Health CEO

Thoughts from the V.P.: Wakeup Call



By LeRoy Wilson

This spring, I was working on a final paper for my Masters in Health Care Administration. The paper was on population health and the contributing factors of chronic illness. As I was writing, I

started to think that the same issues I was researching had more meaning than just mere facts for a paper. Here is an excerpt from my paper: "The only hope for healthcare is that patients take responsibility for their role in getting better. Chronic illnesses can be significantly impacted if patients are accountable for their contribution toward obesity, smoking, and alcoholism." WOW - there it was in black and white. "I" - was the problem with healthcare! My chronic issues: hypertension, gout, back pain, acid reflux, and diabetes (all symptoms of poor nutrition and obesity). This was my wakeup call.

I knew that I had to accept responsibility and be accountable for my role with poor nutrition and obesity but I was not sure where to turn. As I looked around though, I quickly realized that the answer to my many questions was right in front of me here at Hillcrest, through residents and my co-workers. Witnessing residents like Huguette Coghlan walk five plus miles a day during "Spring into Motion" and seeing the daily commitment of residents like Fred Pitkin & Fred Howard working out in the fitness center inspired me to get up, get walking, and be active. I was also very fortunate that I worked at Hillcrest where the food is not only excellent it is nutritional and well balanced. Every day at lunch, I could partake in the salad bar that offered great selection and a wide variety of flavor.

In the weeks and now months that followed my wakeup call, I was amazed and humbled by the number of residents and co-workers that were cheering me on and encouraging me daily. Co-workers like, Brenda Watkins and Rachel Clemens were not only cheering me on they were holding me accountable by watching what I ate and making sure that I stayed on the program. I am proud to report that in

the last seven months, I have lost 122 pounds. I have a few more pounds to go but am confident and committed to keep the weight off. Thank you for your heart felt encouragement and for the example, you all set by staying active regardless of your age and or abilities.

Spiritual Offerings

All residents are welcome to join the Birchwood Bible Circle, which meets Thursdays at 10:15am in the Birchwood Activity Room. Currently the attendees are following a community-wide interfaith Bible Study, *Fleeing Oppression*, covering Exodus, chapters 1-15; the Book of Ruth; and Matthew 2. The circle is considering what the Hebrew and Christian Scriptures have to say to them about the refugee, the stranger in our midst, and how that relates to them today. Their **Advent Study**, Max Lucado's *Because He Chose Bethlehem*, will begin Thursday, December 1st and extend four sessions.

Chaplain Ken Mottram will hold a **Thanksgiving Worship Service** Thursday, November 24th in the Aspen Pointe Chapel at 9:30am.

Chaplain Valerie Webster and harpsichordist Maya Moody will offer *A Blue Christmas Service* Friday, December 16th at 4pm. Lighting an Advent wreath and lighting candles to honor the memory of those people and gatherings that are held dear, this beautiful candle-lit service features harpsichord music and well-loved readings and Christmas carols. Many residents have shared feelings that by holding bittersweet memories of Christmases past, they are able to be more present to the joy of this festive season.

Chaplain Ken Mottram will conduct a **Christmas Eve Worship Service** Saturday, December 24th in the Aspen Pointe Chapel at 4pm.

November 2016

Announcements:

Balance Classes will run October 4th-November 17th.
Tuesdays: Balance I in AP Commons at 2 pm & 3:15pm.
Wednesdays: Balance II in Gym at 1:30 pm.
Thursdays: Balance IIB in AP Commons at 1:30 pm.

Balance Evaluations: Sign-ups will be available towards the end of November for end of year balance evaluations. Questions? Call Ginger, 414-2029.

Functional Strength will run October 5th-November 9th.
Wednesdays: 3:15pm in the Gym.

Arts on Fire: Arts on Fire is a locally owned *Paint Your Own Pottery Studio!* You paint it, they fire it! No reservations needed! Pricing is the price of the piece you choose to paint, plus a paint & fire fee of \$6. Tentatively plan on Friday, November 18th if you are interested. A trip to the studio is planned. Keep an eye out for more information on a trip this month.

Charles Dickens' *A Christmas Carol*: A bus will be taken a bus to the Ellen for this production on Sunday, December 18th, leaving at 2:15pm. If you are interested sign-up at the front desk and turn in your money. Tickets are \$21.25 (\$19.75+\$1.50 restoration fee). Please have your money turned in by November 14th.

Photography Club: If enough interest is shown, a photography club will start meeting regularly. Meetings would include the basics of photography, aesthetics, tips and tricks, and photo critiques. Sign-up at the front desk if you would like to participate. Should you need assistance in purchasing a camera or getting your camera ready for shooting, contact Rachel at 414-2002.

November Birthdays

Bonnie Pickett	11/8
Kay Reilly	11/11
Paul LaBenz	11/13
Mary Urban	11/15
Dorothy Aasheim	11/17
Amy Black	11/27
Joyce Sandquist	11/28
Pete Ault	11/28
Martha Kelsey	11/29


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

- Nov. 7- Gun Rights.
- Nov. 14- Bring your own.
- Nov. 21- Great Decisions: The United Nations.
- Nov. 28- Bring your own.



BOZEMAN HEALTH
HILLCREST SENIOR LIVING

Aspen Pointe

Sun	Mon	Tue	Wed
<p style="text-align: center;"><i>November 2016</i></p>  <p style="text-align: center;">Aspen Pointe</p>		<p>1 8-9:30 am Gym Supervised Hrs 9:30 am- Yoga in the LC 1:30 pm- Bus to Walmart 2:30 pm- Seated Yoga in BW Act Rm 6:30 pm- Bridge in FSR</p>	<p>2 8-9:30 am Gym Supervised 9:15 am- Prayer in AP Chapel 8:45 am- Shopping at Co-op 10:00 am- Brush-up Bridge 3 10:00 am- Chair Ex. in AP C 1:00 pm- Coloring Group 1:30 pm- Book Club 3rd Flr 2:30 pm- Catholic Mass in C 7:30 pm- Bingo in FSR</p>
<p>6 10:00 am- Worship Service in AP Chapel 2:30pm- Bingo in FSR 3pm- Suzuki Violin Graduation Recital in AP Commons 3:45pm- Bob B. in BW</p>	<p>7 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 7:30 pm- Bingo in FSR</p>	<p>8 8-9:30 am Gym Supervised Hrs 9:30 am- Yoga in the LC 10:30 am- MSU School of Music in AP Commons 1:30 pm- Bus to Walmart 2:30 pm- Seated Yoga in BW Act Rm 6:30 pm- Bridge in FSR</p>	<p>9 8-9:30 am Gym Supervised 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 2:30 pm- Catholic Comm. in 3:00 pm- Smart Women's S 3:50 pm- Student Chamber AP Commons 7:30 pm- Bingo in FSR</p>
<p>13 10:00 am- Worship 2:30pm- Bingo in FSR</p>	<p>14 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 7:30 pm- Bingo in FSR 7:45 pm- Angella Ahn & MSU School of Music Students in AP Commons</p>	<p>15 8-9:30 am Gym Supervised Hrs 9:30 am- Yoga in the LC 9:30-10:30am- First Security Bank 1:30 pm- Bus to Walmart 2:30 pm- Seated Yoga in BW Act Rm 6:30 pm- Bridge in FSR</p>	<p>16 8-9:30 am Gym Supervised 9:15 am- Prayer in AP Chapel 9:30 am- Shopping at Town & C 10:00 am- Brush-up Bridge 3rd 10:00 am- Chair Ex. in AP Com 1:00 pm- Coloring Group 2:30 pm- Catholic Comm. in C Lutheran Communion Moved t 7:30 pm- Bingo in FSR 7:45 pm- Edis w/ Cliff in AP Co</p>
<p>20 10:00 am- Worship 2:30pm- Bingo in FSR 3pm- Recital in AP Commons 3:45pm- Bob B. in BW</p>	<p>21 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 7:30 pm- Bingo in FSR 7:45pm- Bob B. in AP</p>	<p>22 8-9:30 am Gym Supervised Hrs 9:30 am- Yoga in the LC 1:30 pm- Bus to Walmart 2:30 pm- Seated Yoga in BW Act Rm 6:30 pm- Bridge in FSR</p>	<p>23 8-9:30 am Gym Supervised 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 No Coloring 2:30 pm- Catholic Comm. in 3:00pm- Lutheran Comm in No Bingo</p>
<p>27 10:00 am- Wor-ship 2:30pm- Bingo in FSR</p>	<p>28 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 7:30 pm- Bingo in FSR</p>	<p>29 8-9:30 am Gym Supervised Hrs 9:30 am- Yoga in the LC 1:30 pm- Bus to Walmart 2:30 pm- Seated Yoga in BW Act Rm 3:15pm- Balance Info Meeting in AP Commons 6:30 pm- Bridge in FSR</p>	<p>30 8-9:30 am Gym Supervised 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 2:30 pm- Catholic Comm. in 3:30 pm- Resident Budget U Commons 7:30 pm- Bingo in FSR</p>

	Thu	Fri	Sat
<p>1 Hrs el rd Flr A-Wing ommons</p> <p>A-Wing Chapel</p>	<p>3 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 3:00 pm– Knit & Stitch AP Fireside 7:45 pm– We Honor Veterans with Debbie Butz in the AP Commons</p>	<p>4 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR 3:30 pm– Meet & Greet w/ CEO John Hill in AP Commons 6:30 pm– Pinochle in FSR 7:45 pm– Art Show/Talk with Program Assistant, Amanda Markel, in AP Commons</p>	<p>5 10:00 am– Tai Chi in AP Chapel 1 pm– Mexican Train Dominoes in FSR 2 pm– AP Movie 2:30pm– Maracujá 6:30 pm- Bridge in FSR</p>
<p>1 Hrs el rd Flr A-Wing ommons</p> <p>n Chapel eminar in LC Orchestra in</p>	<p>10 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 11:30 am– Lunch Outing to Un-Knotted 1:30 pm– Shopping Bus to 19th 3:00 pm– Knit & Stitch AP Fireside 7:45 pm– “Tall Tales and Tall Song” with Bill Rossiter in the AP Commons</p>	<p>11 7:30 am Veterans Breakfast in AP 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>12 10:00 am– Tai Chi in AP Chapel 1 pm– Mexican Train Dominoes in FSR 2 pm– AP Movie</p>
<p>Hrs Country Flr A-Wing mons hapel o 11/23 ommons</p>	<p>17 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 3:00 pm– Knit & Stitch AP Fireside 7:45 pm– MSU Lecture Series in AP Commons</p> <p>Birthday Night</p>	<p>18 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR 2:00 pm– Jim Averitt & Chelsea in BW DR (guitar, fiddle, and song) 6:30 pm– Pinochle in FSR</p>	<p>19 10:00 am– Tai Chi in AP Chapel 1 pm– Mexican Train Dominoes in FSR 12pm– Cat/Griz Football Game in AP Commons 6:30 pm– Bridge Party in FSR</p>
<p>ed Hrs el ommons rd Flr A-Wing</p> <p>n Chapel Chapel</p>	<p>24 Thanksgiving AP Nail Care 9:30 am Thanksgiving Worship Service in AP 3:00 pm– Knit & Stitch AP Fireside 3:30pm- Bob Packwood & Mark Dixon in BW DR 7:45 pm– Bob Packwood & Mark Dixon in AP Commons</p>	<p>25 8-9:30 am Gym Supervised Hrs 10:00 am– Chair Ex. in AP Commons 1:30 pm– Cribbage in FSR 3:00 pm– Edis in BW 6:30 pm– Pinochle in FSR 7:45 pm– Kathy Sullivan in AP Commons (guitar and song)</p>	<p>26 10:00 am– Tai Chi in AP Chapel 1 pm– Mexican Train Dominoes in FSR 2 pm– AP Movie 6:30 pm– Bridge Party in FSR</p>
<p>ed Hrs el ommons rd Flr A-Wing</p> <p>n Chapel pdate in AP</p>	<p>Balance Classes will run October 4th-November 17th. Tuesdays: Balance I in AP Commons at 2 pm & 3:15pm. Wednesdays: Balance II in Gym at 1:30 pm. Thursdays: Balance IIB in AP Commons at 1:30 pm.</p> <p>Functional Strength will run October 5th-November 9th. Wednesdays: 3:15pm in the Gym.</p>		<p>Abbreviations: FSR: Fireside Room LC: Learning Center BW Act: Birchwood Activity Room BW DR: Birchwood Dining Room PDR: Private Dining Room AP: Aspen Pointe BW: Birchwood</p>

11/3 We Honor Veterans National Program: Hospice of Bozeman Health is part of the We Honor Veterans program. We Honor Veterans is a nationwide program aimed at strengthening the relationships between community hospice agencies and VA facilities to improve Veterans' access to hospice and palliative care. Learn more about We Honor Veterans. Perhaps you would like to assist as a volunteer or know someone who would benefit from the program.

11/4 Meet & Greet with CEO John Hill: Come enjoy a glass of wine, meet Bozeman Health's new CEO John Hill, and hear about him and the future plans of Bozeman Health.

11/4 Art Show/Talk with Amanda Markel: Program Assistant Amanda Markel is a talented artist in addition to a great employee of Hillcrest. Come hear how her interest in art started and how it has developed.

11/5 Maracujá: Caitlin and Terrence play a mixture of Latin American and North American music, focusing in Brazilian and Cuban music, and old-style swing, blues, and jazz.

11/6 Suzuki Violin Graduation Recital: Local violin teacher, Anna Jesiatis, will hold her graduation recital in the AP Commons.

11/6 Bob B. in BW @ 3:45pm: Come tap your toes and sing to Bob Britten on the piano in Birchwood!

11/8 MSU School of Music: MSU students of Professor Julie Gosswiller, Andrew Major, senior, and Cara Robertus, junior, will present a piano/vocal recital featuring Beethoven's Moonlight Sonata, George Gershwin's Rhapsody in Blue and works by Chopin.

11/9 Smart Women's: A meteorologist from the local NBC affiliate will be talking about preparing for severe weather and the types we face.

11/9 Student Chamber Orchestra: Bozeman Chamber Ensembles features young string students ages 7-17 crafting beautiful works from the baroque through modern times in self-directed, collaborative ensembles. Program directors: Violinists Carrie Krause and Pico Alt

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

11/10 Lunch Outing to Un-Knotted: Sign-up at the front desk for this lunch outing to a new lunch bakery.

11/10 "Tall Tales and Tall Songs" with Bill Rossiter: Rossiter presents a snapshot of life in the American West, detailing the values, experiences, humor, and tragedies unique to making a home in the rural West.

He accompanies his stories — some serious, some funny, some seriously funny, he says — on guitar, banjo, autoharp, and harmonica. Rossiter is a retired chair of the Humanities Department at Flathead Valley Community College and a recent recipient of the Governor's Humanities Award.

11/11 Veterans Breakfast in AP: Hillcrest staff would like to honor the veterans that live here with a special breakfast in Aspen Pointe starting at 7:30am.

11/11 Friday Forum @ the Library: No information currently available on November's topic.

11/14 Angella Ahn & MSU School of Music Students in AP: Join Angella's talented students. Get to know them better by reading the article in the November issue of Crest Lines.

11/16 Edis with Cliff in AP Commons: Local folk singer and pianist Cliff will be playing in Aspen Pointe.

11/17 MSU Lecture Series: Keep an eye out for more info in your cubbies about this month's topic.

11/18 Jim Averitt and Chelsea Hunt in BW: Local singer/songwriter, Jim, and fiddle player, Chelsea Hunt.

11/19 Cat/Griz Football Game in AP Commons: Beer and snacks will be available for the exciting Cat/Griz rivalry football game.

11/20 Musical Recital in AP Commons: A teacher out of Livingston will be bringing her piano and guitar students for their winter recital.

11/20 Bob B. in BW @ 3:45pm: Come tap your toes and sing to Bob Britten on the piano in Birchwood!

11/21 Bob B. in AP Commons @ 7:45pm: Come tap your toes and sing to Bob Britten on the piano in Aspen Pointe!

11/24 Bob Packwood & Mark Dixon in BW & AP: Pianist, Bob Packwood, and percussionist, Mark Dixon, will be back to bring us wonderful jazz music.

11/25 Edis in BW: Local folk singer will be in Birchwood.

11/25 Kathy Sullivan in AP Commons: Kathy is a singer out of Whitefish, MT that comes to Bozeman and sings for us every year around Thanksgiving. Let's welcome her back!

11/29 Balance Info Meeting: Ginger will give an info meeting on what balance class is, why we have a balance class, and how you sign-up. Please join Ginger and bring any questions you might have for her.

11/30 Resident Budget Update Meeting: LeRoy will update the residents on the approved budget for next year in the AP Commons.

Neighbors

By Kate Evans

Meet the Multi-Talented Phyllis Schuttler



Phyllis Schuttler has played various roles in her 91 years—kid sister, grade school teacher, mother of three, community leader, and hunter of Montana game.

Every fall for some 27 years, she and husband Harlan took off to the mountains and fields to seek out elk and ante-

lope. “I carried my own gun,” she paused to remember. “And occasionally I was the one to bring down the only animal; sometimes neither of us had a successful shot and we came home game-less but we were not too unhappy as it was hard work cleaning the kill and hauling it out,” she added. In the early days they canned the meat, later they froze it.

Phyllis was born April 14, 1925 to Amanda and Benjamin Hansen in Blooming Prairie, MN, a small community southwest of Rochester. Her father was a farmer who raised cattle and grew corn and wheat. Her parents spoke only Danish to one another but not to their four sons and two daughters, of whom Phyllis was the youngest. “We knew when our parents were speaking Danish, they were discussing something that they did not want us to hear,” Phyllis explained.

“During World War II my brothers were all in the service, representing the four branches—the Army, Navy, Marines, and the Air Force,” she recalled.

In her youth Phyllis was involved in local

and statewide groups and activities of the Baptist church. Her grade school education was obtained in a one room school, followed by graduation from Blooming Prairie High School in 1943. She earned a certificate from a teachers training college in Austin, MN which led her to a three year position in a rural school, and a year later at a school in Missoula.

When asked how she met Harlan, she smiled and related this story. “My roommate asked me to accompany her to Mankato, MN to visit her boyfriend. I was to have a blind date with one of his friends. Well, the blind date fell off the wing of a plane while repairing it and broke his collar bone and Harlan filled in for him. At the time Harlan was training to be a Navy pilot in a program in Mankato. However, the war ended before he could enter active duty.”

As a civilian again he enrolled in the pharmacy program at the University of Montana. Phyllis’ first air plane ride was in 1947 when she flew to Missoula to marry the man who was the sub to her blind date.

Following his graduation, they moved to Bozeman where Harlan worked for 12 years at Save Way Drugs before purchasing the popular Bungalow Ice Cream Parlor and Drugstore, which they operated for 28 years.

During these years, they raised three children Becky Johnson, now of Big Sky, Patty Wittrup of Corvallis, OR, and the late Jay Schuttler of Belgrade.

Besides helping Harlan in the drug store, Phyllis was an active volunteer in Bozeman. She served as president of the Hospital Auxiliary, chair of the Bozeman Senior Center board, and president of Church Women United. Phyllis and Harlan spent many years leading the high school youth and college career groups at their church.

She came to Hillcrest in 2015. Here she enjoys painting in the art class, participating in the exercise class, and enjoying social gatherings.

Wise & Well: Destress During the Holidays By Jennifer McNulty

The holiday season is upon us! We may be getting excited to spend time with family and friends, enjoy the change in seasons, and we may be getting antsy to celebrate the upcoming holidays. Even with all the excitement and happiness, we cannot forget that the holiday season is one of the most stressful times of the year. During the holidays we try to fit many extra things into our daily lives. It may not be anything large or extravagant, but every little outing and everything we try to fit into our schedules adds to the stress we experience. We may start to feel rushed or pressured to join an outing that we normally do not do, or we may feel the financial constraints of what the holidays bring upon us.

When we begin to feel stressed, our blood pressure raises, our heart rate increases, we lose sleep or may not be able to sleep soundly through the night. We get irritable and upset over things that normally wouldn't bother us. We get disorganized and unfocused; we may get anxious, and may startle much easier. But fear not; there are many ways to destress during these hectic, yet exciting, holiday times!

Take care of your body. During the holidays make sure to continue to exercise, eat well, and limit the amount of sugar, caffeine, and alcohol that you consume. Ensure that you are sleeping enough and relaxing a little bit each day. These are the basics of stress reduction.

Take mini-breaks. When you start to feel yourself getting stressed, mad, or upset, take a

break from what you are doing. Walk away from the conversation or situation that is causing the stress. Take a walk outside in the crisp fresh air, go into a quiet room and read for a little bit, even if it is just five minutes.

Know your limits. During the holiday season it is easy to want to do everything. Make sure you put realistic expectations on yourself. Knowing and sticking to your limits and therefore not overbooking yourself will greatly reduce the amount of stress you feel.

Ask for help & let things go. It is always okay to ask for help and during the holiday season it is no different. If you are hosting a festive event, divvy up some of the smaller tasks to your close friends or family. Remember, if somebody is helping you; let them help you! They may not do things the way you do, but that is ok; perfection is in the eye of the beholder—your version of perfect may not be the same as your family or friends. In addition, do the best you can do with the time that is allowed. Do not try to overdo the party or holiday festivities; it will cause too much stress. Your friends and family will be so happy for the invitation that they won't notice if the tablecloth is not the right shade of green.

Notice the small things. With all the chaos that surrounds the holiday seasons make sure that you take a moment to smell the roses—or cinnamon sticks in this case. Sit by a window and watch the snow lightly fall onto the trees or watch the fire crackle in the fireplace. Remember to take a moment and listen to the music playing in the background or go into a quiet room and let your mind wander.



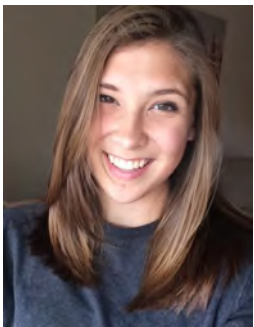
School of Music continued from page 1

The sisters were guest performers at the first-ever TEDWomen: *Ideas worth spreading*. The trio has six highly acclaimed recordings, one of which won Germany's highest musical honor, the Echo Award. The latest, "Lullaby for My Favorite Insomniac" made No. 8 on the Billboard Charts for 26 weeks in the Classical album category.

Angella shares the much sought-after technique of her mentor, the late Dorothy DeLay. She plays a 2013 violin made especially for her by renowned luthier Sam Zygmuntowicz of Brooklyn, New York.

Angella will bring the following MSU students to perform in programs being scheduled at Hillcrest. Please check your calendars for dates.

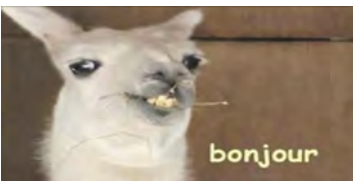
From Madeleine Price:



I am originally from Rapid City, South Dakota and I have been playing the viola for 15 years. I am a junior studying Conservation Biology and Ecology, but I love to spend my time making music with friends as well. I play with the MSU Symphony as well as the Bozeman Sympho-

ny. Playing for the residents is always a wonderful experience. I love having the opportunity to share my love for music, and there is always such a fun, appreciative audience!

From Zach Bury:



Hello! I am a junior studying to become a civil engineer. Music has always been a huge part of my life, and I thoroughly enjoy shar-

ing it with others. My goal with music, whenever and wherever I play, is to be able to communicate with the audience and be able to express myself to them through my instrument. I love playing for people of all types and ages—I

especially love it when I am able to connect with an audience member or two through the music I make. Although I may not be able to meet everyone in an audience I am performing to, I really strive to play something that will connect with each individual to leave them with a feeling of peace and hopefully joy. I hope we will get the chance to meet in the near future where you will find that I am not a llama, nor do I speak French as the picture may imply. Rest assured that I will do my best to make myself presentable both by how I look and how I speak; but I encourage you to come so that we can all connect through our love for music regardless of our age, language, or how we look.

From Cami Kohler:



I've been playing violin for 11 years. I'm a junior studying nursing, but I pursue my love of music by playing in the MSU Symphony, Bozeman Symphony and by taking lessons with Angella Ahn. I have lived in Bozeman for 7 years and love it here, the people and the scenery make it a truly wonderful place to live.

Playing for the residents at Aspen Pointe and Birchwood is such a joy, our audience members are always so supportive.

"I love taking my MSU violin and viola students to Hillcrest every month. Music is to be shared and I appreciate sharing it with the residents at Hillcrest! The residents always welcome us warmly and are such appreciative and attentive listeners. My students have a great time and look forward to their monthly visits. I look forward to continued performances for the residents!"

~Angella

Department Updates & Reminders

Marketing—Linda Crisp and Linda Jo Simkins
Aspen Pointe is at a record setting occupancy, with more move-ins scheduled for November leaving a very limited number of apartments available. Birchwood has several studio apartments available. If you have friends who are looking to move in, tell them not to wait. The variety of floor plans available is limited.

Engineering—Rich Hagstrom
Fire Alarms

This is to remind all residents of what to do in the case of certain emergency situations. If a fire alarm sounds residents are to stay in their apartments or wherever they currently are located. Do NOT use elevators or go through any doors. If needed, further instruction would come from staff or the fire department. You will not know at the time whether it is a real alarm or a fire drill, so treat every fire alarm like the real thing to protect yourself and others. When it is safe to resume your activities you will hear “Code Green, All Clear” over the intercom.

Programming—Rachel Clemens

- **Holiday Programs:** Please be patient with us during this busy time of year. We have many volunteers who want to spread holiday cheer through song, dance, and more. To accommodate their generosity, some regularly scheduled programs may be cancelled or scheduled at a different time or place. Be sure to check the times of programs carefully.
- **Holiday Boutique:** During the Smart Women’s Christmas Stroll, December 7th, there will be a Holiday Boutique in the Fire-side Room. We are looking for residents who would like to have a table. We already have residents who are interested so be sure to contact Rachel Clemens at 414-2002 or Brenda Watkins 414-2005 ASAP.

Hillcrest Pet Policy

Hillcrest has rules for all residents and family members of Hillcrest residents who have pets on the premises.
Continued on right

KUDOS to Culinary and Dining Services!!!!

Congratulations and a most excellent job well done!!! The Harvest Dinner was a joyous occasion with delicious and beautifully presented cuisine! The residents wish to say thank you for the wonderful evening!

BALANCE CLASS INFO SESSION

November 29, 2016 at 3:15pm, AP Commons

Poor balance in older persons increases the risk of injurious falls during daily activities. Maintaining balance is the result of a complex interaction of many systems of the human body. With aging, changes occur that reduce the efficiency of these systems, which jeopardizes balance and increases the risk of falls.

Join Ginger Lee on November 29, 2016 at 3:15pm as she brings her many years of experience and knowledge about the different components of balance into an info session. Ginger will also answer questions about age-related changes related to stability.

You will be able to sign-up for your Balance Evaluation appointment which will be conducted in during December.

Updates continued from left

Pets are not permitted in food preparation, storage, dining areas, or in any area where their presence would create a significant health or safety risk to others. The pet may not be in any common or public areas of Hillcrest except to pass through while entering or exiting the community. Pets must be on a leash at all times while in the community and outside the community (maximum length of leash 6ft). It is Hillcrest’s sole discretion whether a pet has or is disturbing residents and/or programs or is causing damage to Hillcrest property. In this case the owner will be asked to remove the pet and be responsible for any damage done. While visiting Hillcrest, pet owners are also expected to collect and remove all pet defecations from the grounds of Hillcrest.