

Crest Lines

October 2017

Volume 2, Issue 6

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Coming Soon

October

- Wisdom & Wine
- MSU Lecture
- Harvest Dinner
- Halloween Party

November

- Breakfast Buffet
- Bozeman Chamber Ensemble
- Ethnic Endeavors
- Veterans Day

December

- Tree Decorating
- Hillcrest Stroll

Conrad Anker, local famed climber, comes to Hillcrest

Famed mountain climber Conrad Anker, who is at home on any far away alpine wall or on the sparkling ice of his home Hyalite Canyon, will speak at the Bozeman Health Foundation Wine and Cheese social Wednesday, October 4th at 3:30pm in Aspen Pointe Commons.

In May 2012, the Bozeman resident summited Everest for the third time, leading an educational and research—based expedition to the Southeast Ridge. The summit came without supplemental oxygen, a distinction claimed only by the world's top climbers.

Thirteen years prior in May 1999, Conrad found the body of George Mallory, the preeminent Everest explorer of the 1920's, who disappeared with Sandy Irvin on their summit bid of Everest in 1924.

At age 54, Conrad is still climbing and is the captain of the North Face Athlete Team. In November 2016 he suffered a heart attack while climbing in the Himalayan mountains, just below 20,000 feet.

Although he's been recognized internationally for his many feats, he takes equal pleasure in the summit of Denali with his oldest son, Max.

Come hear Conrad discuss these life events and climbing experiences.



Thoughts from the VP



by LeRoy Wilson
Montana born and raised, I was taught three simple rules about the American flag. First, you honor the flag as it represents the sacrifices made by others for your freedom. Second, you acknowledge this freedom by placing your hand

to your heart whenever the flag is presented. Lastly, you defend this flag and the freedom it symbolizes without question.

In 1782, Charles Thomson reported to Congress the following about the colors of the flag "white signifies purity and innocence, red for hardiness and valor, and blue signifies vigilance, perseverance, and justice." As I reflect on those words I am challenged and somewhat saddened by the harsh reality of our present state.

The flag I grew up to love is never a bargaining chip or a platform for someone to use, abuse, and or champion special agendas and causes. The flag was about freedom and it is was the cornerstone of why I am proud to live in this great country. My hope (might I say prayer) is that we can recalibrate our moral compass on the true colors that matter "Red, White, and Blue," symbolically representing purity, innocence, hardiness, valor, vigilance, perseverance, and justice for "All."

Ginger Lee is available for wellness appointments

Ginger Lee will be available for 20 minute wellness appointments starting October 9th on Mondays and Thursdays only. Sessions will meet in the fitness center so bring your fitness program questions, balance and health concerns or aging and non-medical health inquiries. This service is free of charge. Please sign-up for an appointment time at the front desk.

New balance classes with Emma starting in October

Balance I is a class that will be offered this October. This class is suitable for those who are comfortable stepping on and over objects, can easily maneuver from sitting to standing, and feel comfortable moving around independently. Balance I will offer more advanced balance exercises. It will be structured into fun circuit-style classes that will help improve your confidence and balance!

Balance IIa and Balance IIb are other options coming this October. These classes will accommodate those with walkers and canes; classes are designed for individuals who need a little extra balance assistance. They will help you build confidence and skills needed to perform everyday activities. The class sizes will be smaller. Balance IIa and IIb will be covering the same exercises so choose the time that works best with your schedule. If you have any questions about the October balance classes call Emma at 414-2029.

Sign-up at the front desk. Classes start October 16th and go through November 29th. No balance classes in December.

New Yoga 2 class begins

All residents, regardless of physical ability, are welcome to attend the new hybrid yoga class. This 45 minute class incorporates basic yoga poses with low impact strength training exercises while standing and sitting in a chair. It will help to increase upper body mobility, improve balance, and reduce stress. No yoga mat needed.

The class will meet Tuesdays and Thursdays in the Learning Center from 2:30–3:15pm with Amber Wojik, existing leader of the other yoga classes.

Neighbors

By Kate Evans

Peggy Maichel finds pleasure in reading

Seated in a cozy lounge chair in her Birchwood apartment with a stack of books at her feet, Peggy Maichel said, “I really enjoy reading, almost any kind of book. I read books on history, sports, famous people, gardening and fiction.

Her family and friends supply her with titles and she secures others from the Aspen Pointe library, plus she reads stories on her Kindle. Her latest source for material is the Bozeman Library Bookmobile which stops at Hillcrest twice monthly on Wednesdays. “It comes right outside my window, “ she explains with enthusiasm.

Although she was born in 1928 in Livingston, her parents, Gladys and Harold Billings, and their three daughters moved to Harrison, MT, when Peggy was five years old. Her father was the depot agent at the station where the train stopped enroute to nearby Pony. Peggy is thankful she had such a strong loving father.

Peggy was the oldest of the three girls; she shared duties with sister Patty who was 13 months younger. When baby sister Renee was a year old, the girls lost their mother. Peggy enjoyed taking care of and being a “mom” to Renee.

At age 12 Peggy heard the plan of salvation from an itinerant Presbyterian pastor who spent a summer working at the church in Harrison. Her faith has always been important to her.

As a young girl she played basketball in grade school and at Harrison High School. Her parents took Peggy and her sisters (now Patty Johnston of Bozeman and Renee Sikknea of California) on picnics and horseback riding.

In high school she met Melvin Maichel who at age 17 enlisted in the Navy and was sent to the South Pacific. When he returned from



Peggy leaving with newly checked out books on wheelchair lift from the Bookmobile.

service Melvin enrolled in a Butte business college to be an accountant. They were married in 1946.

Her son, David Maichel, still operates the family ranch in Harrison, raising both grass and cattle. Her five daughters are Angela Jennings, Bozeman; Susan Paige, Harrison; Joy Nelson, Rochester, MN; Melanie Clark, Rolling Hills, WY; and Carol Pence, Faribault, MN. She has a special bond with her children.

Peggy moved to Birchwood in June of this year. Besides reading, she plays bingo and enjoys music. Her family treasures the many crochet items that she has made for them to celebrate weddings, graduations and newborns.

Bookmobile Schedule

The Bookmobile returns in October on Wednesdays the 4th and 18th from 3:30 to 4:30pm, according to Carmen Clark and Weston Flippo of the Bozeman Public Library. The bus will be parked in between Birchwood and Aspen Pointe in the front parking lot.

Any titles you may want to read can be pre-ordered and picked up on these days by contacting Carmen at the library at 406-582-2423 or cclark@bozeman.net.

Active Aging Week 2017

Ignite Your Passion was this year's Active Aging Week theme. The week was designed to connect and define the active-aging industry, support organizations and professionals that develop wellness environments and services for adults over 50. It promoted the benefits of a healthy lifestyle by giving "honored citizens" the opportunity to experience activities in all areas of life in a safe, friendly and fun atmosphere. With this theme in mind the local Active Aging Week committee planned and sought out community members to bring a wide scope of presentations and activities to the Gallatin Valley and surrounding area residents.

Bozeman Health CEO, John Hill, the opening speaker, reminded participants that, like a fire, igniting a passion and keeping it burning takes work and commitment. And that the sharing of our passions with others builds community and friendship. The committee hopes that the participants have found new passions or reignited old ones during this week.

The committee thanks Hillcrest residents for their participation and opening their doors to the community to share some of the wonderful people and programs available in Bozeman, MT. We hope you enjoyed the week and we look forward to next year!

Spiritual Offerings

Sunday services scheduled for October are the following: Oct 1 10am, Morning Prayer, Chaplain Sandy Osborne; Oct 8 10am, Holy Eucharist, Chaplain Ken Mottram; Oct 15 10am, Morning Prayer, Chaplain Nadine Grayl; Oct 22 10am, Morning Prayer, Chaplain Sandy Osborne; Oct 29 10am, Holy Eucharist, Chaplain Valerie Webster

Every Wednesday at 9:15am in the AP Chapel the Venerable Roxanne Klingensmith from St. James Episcopal Church leads residents in a morning prayer service.

Father Leo of Holy Rosary holds Catholic Mass on the first Wednesday of the month at 2:00pm in the AP Chapel. All following Wednesdays in the month Catholic Communion is offered at 2:00pm.

Lutheran Communion is offered the third Wednesday of every month at 3:00pm in the AP Chapel.

All 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: by email, vwebster587@gmail.com or by phone, 579-3980.

Animals bring therapy to Birchwood



Therapy horse, Jiggabug, visits residents.



Kelsi and Toby visit Pat Spurr.

October 2017

Remove and keep as daily reference.

Announcements:

Bozeman Symphony Tickets: The Bozeman Symphony will start its Fall season soon. Hillcrest does take residents to their performances, but only on Sunday afternoons. If you wish to utilize Hillcrest transportation please purchase Sunday tickets and remember to sign up at the front desk. The list fills up fast. To purchase tickets, call the box office at 406-585-9774.

Activity Phone Line: Wondering about activities? Call 414-2030 and listen to the recorded list of what's happening for the day in Hillcrest.

Powerball Power Play Tickets: Are you interested in going in with other residents and staff to purchase Powerball tickets? For \$3, you could join the fun! Turn your money in at the front desk by 12pm Friday, Oct. 27th. By signing up you are agreeing to equally share the lump sum winnings with all participants.

World Series: During the world series, which starts October 24th, you are welcome to enjoy the games in the AP Commons on the big screen. Beer and peanuts will be served during all of the games.

Timely Topics: Meets Mondays at 1:30 in the ARC Center.

October 2nd: Great Decisions: Afghanistan. Reminder: The Great Decisions handbook contains an article on Afghanistan. Several copies can be found on the Timely Topics shelf in the Library.

October 9th: Bring Your Own Topic.

October 16th: The Rural-Urban Divide.

October 23rd: Bring Your Own Topic.

October 30th: Inequality and the Poor.



Aspen Pointe

October Birthdays

El'n Marie Brown	10/1
Ilen Stoll	10/1
Oma Walls	10/9
Peter Love	10/10
Sue Truckle	10/11
Katie billau	10/14
Marv Lefens	10/15
Trish Mohler	10/25
Kay Loeffelholz	10/26
Jack Burns	10/27
Camie Smith	10/27

Internal Medicine Flu Shot Clinic

Wed., Oct. 4th, 2017

8:30am-11:30am

Aspen Pointe Clinic (A-Wing Basement)

Please note: This is on a first come, first serve basis. Please bring your Medicare card and a photo ID. Questions? Call Anne at 414-2032.

Sun	Mon	Tue	Wed
<p>1 10:00 am– Worship Service in AP Chapel <u>1:45 pm– Symphony</u> 2:30 pm– Bingo in BW Activity Rm</p>	<p>2 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 6:30 pm– Bingo in ARC <u>7:45 pm– Peter & Kerri Brown in AP Commons</u></p>	<p>3 8-9:30 am Gym Supervised Hrs <u>9:00 am Trail Hike w/Emma</u> 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC 1:30 pm– Bus to Walmart 2:30 pm– Seated Stretching in Act Rm <u>2:30 pm– Yoga 2 in LC</u> 6:30 pm– Bridge in FSR</p>	<p>4 Men’s Breakfast 8-9:30 am Gym Supervised Hrs <u>8:45 am– Shopping at Co-c</u> 9:15 am– Prayer in AP Chapel 10:00 am– Chair Ex. in AP Commons 10:00 am– Brush-up Bridge <u>11:30 am– Interfaith Forum</u> 1:00 pm– Coloring Group in AP Commons <u>1:30 pm– Book Club 3rd Floor</u> <u>2pm Functional Strength in BW</u> <u>2:00 pm– Catholic Mass in BW</u> <u>3:30-4:30 pm Boz. Public B</u> <u>3:30 pm Wisdom & Wine in BW</u> 6:30 pm– Bingo in ARC</p>
<p>8 10:00 am– Worship Service in AP Chapel 2:30 pm– Bingo in BW Activity Rm <u>3:45 pm– Bob B. in BW</u></p>	<p>9 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 <u>2-3:30 pm Wellness Clinic in Gym</u> 6:30 pm– Bingo in ARC <u>7:45 pm– Maracujá in AP Commons</u></p>	<p>10 8-9:30 am Gym Supervised Hrs <u>9:00 am Trail Hike w/Emma</u> 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC 1:30 pm– Bus to Walmart 2:30 pm– Seated Stretching in Act Rm <u>2:30 pm– Yoga 2 in LC</u> 6:30 pm– Bridge in FSR</p>	<p>11 8-9:30 am Gym Supervised Hrs <u>9:30 am– Shopping at He</u> 9:15 am– Prayer in AP Chapel 10:00 am– Chair Ex. in AP Commons 10:00 am– Brush-up Bridge 1:00 pm– Coloring Group in AP Commons <u>2pm Functional Strength in BW</u> 2:00 pm– Catholic Communion <u>3:00 pm– Smart Women’s</u> 6:30 pm– Bingo in ARC</p>
<p>15 10:00 am– Worship 2:30 pm– Bingo in BW Activity Rm</p>	<p>16 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 <u>2-3:30 pm Wellness Clinic in Gym</u> <u>3pm Balance I in AP Commons</u> 6:30 pm– Bingo in ARC <u>7:45 pm– MSU School of Music in AP Commons</u></p>	<p>17 8-9:30 am Gym Supervised Hrs 9-10 am– First Security Bank 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC 1:30 pm– Bus to Walmart 2:30 pm– Seated Stretching in Act Rm <u>2:30 pm– Yoga 2 in LC</u> <u>4pm– Balance IIa in ARC</u> 6:30 pm– Bridge in FSR</p>	<p>18 Harvest Dinner 8-9:30 am Gym Supervised Hrs 9:15 am– Prayer in AP Chapel <u>9:30 am– Shopping at Tow</u> 10:00 am– Brush-up Bridge 10:00 am– Chair Ex. in AP Commons 1:00 pm– Coloring Group in AP Commons 2:00 pm– Catholic Communion <u>2pm Functional Strength in BW</u> <u>3:00 pm– Lutheran Comm</u> <u>3:30-4:30 pm Boz. Public</u> <u>4pm Accordion Ensemble</u> Bingo Cancelled</p>
<p>22 10:00 am– Worship 2:30 pm– Bingo in BW Activity Rm <u>3:45 pm– Bob B. in BW</u></p>	<p>23 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 <u>2-3:30 pm Wellness Clinic in Gym</u> <u>3pm Balance I in AP Commons</u> 6:30 pm– Bingo in ARC <u>7:45 pm– Bob B. in AP</u></p>	<p>24 8-9:30 am Gym Supervised Hrs 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC 1:30 pm– Bus to Walmart 2:30 pm– Seated Stretching in Act Rm <u>2:30 pm– Yoga 2 in LC</u> <u>4pm– Balance IIa in ARC</u> 6:30 pm– Bridge in FSR</p>	<p>25 8-9:30 am Gym Supervised Hrs 9:15 am– Prayer in AP Chapel <u>9:30 am– Shopping at He</u> 10:00 am– Chair Ex. in AP Commons 10:00 am– Brush-up Bridge 1:00 pm– Coloring Group in AP Commons <u>2pm Functional Strength in BW</u> 2:00 pm– Catholic Communion <u>3pm– Indoor Games in AP</u> 6:30 pm– Bingo in ARC</p>
<p>29 10:00 am– Worship 2:30 pm– Bingo in BW Activity Rm</p>	<p>30 8-9:30 am Gym Supervised Hrs 1:00 pm– Art Class in BW Act Rm 1:30 pm– Timely Topics/Great Decisions in ARC <u>2-3:30 pm Wellness Clinic in Gym</u> <u>3pm Balance I in AP Commons</u> 6:30 pm– Bingo in ARC</p>	<p>31 8-9:30 am Gym Supervised Hrs 9:30 am– Yoga in LC 10:30 am– Tai Chi in ARC 1:30 pm– Bus to Walmart 2:30 pm– Seated Stretching in Act Rm <u>2:30 pm– Yoga 2 in LC</u> <u>3:30 pm– Halloween Party in AP Commons</u> 6:30 pm– Bridge in FSR</p>	<p>Abbreviations: 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 BW: Birchwood AP: Aspen Pointe</p>

	Thu	Fri	Sat
Hrs p pel Commons 3rd Flr A-Wing n @ Beth Shalom n ARC t A-Wing n Fitness Center AP Chapel ookmobile n AP Commons	5 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 & Stitch AP Fireside	6 8-9:30 am Gym Supervised Hrs 9:30 am-12 pm AP Nail Care in ARC 10:00 am- Chair Ex. in AP Com- mons 1:30 pm- Cribbage in FSR 6:30 pm- Pinochle in FSR	7 1 pm- Mexican Train Dominoes in FSR 1:30 pm- AP Movie in ARC
vised Hrs eb's apel P Commons ge 3rd Flr A-Wing in ARC n Fitness Center n. in AP Chapel s Seminar in LC	12 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 am- AP Resident Council in ARC 10:30-11:30 am- Bank of Bozeman 1-2:30 pm Wellness Clinic in Gym 1:30 pm- Shopping Bus to 19th 2:30 pm- Yoga 2 in LC 3:00 pm- Knit & Stitch AP Fireside 3:30 pm- Stories with Valerie in 3rd Flr A 7:45 pm- Bob & Mark in AP Commons	13 8-9:30 am Gym Supervised Hrs 9:30 am-12 pm AP Nail Care in ARC 10:00 am- Chair Ex. in AP Com- mons 1:30 pm- Cribbage in FSR 6:30 pm- Pinochle in FSR	14 1 pm- Mexican Train Dominoes in FSR 1:30 pm- AP Movie in ARC 6:30 pm- Bridge in FSR
d Hrs apel wn & Country ge 3rd Flr A-Wing P Commons in ARC n in Chapel n Fitness Center n in Chapel Bookmobile in BW DR	19 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 1-2:30 pm Wellness Clinic in Gym 1:30 pm- Shopping Bus to the Mall 2:30 pm- Yoga 2 in LC 3:00 pm- Knit & Stitch AP Fireside 3:30 pm- Balance Iib in ARC	20 8-9:30 am Gym Supervised Hrs 9:30 am-12 pm AP Nail Care in ARC 10:00 am- Chair Ex. in AP Com- mons 1:30 pm- Cribbage in FSR 6:30 pm- Pinochle in FSR	21 1 pm- Mexican Train Dominoes in FSR 1:30 pm- AP Movie in ARC
vised Hrs apel eb's P Commons ge 3rd Flr A-Wing in ARC n Fitness Center n. in Chapel RC	26 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 1-2:30 pm Wellness Clinic in Gym 1:30 pm- Shopping Bus to 19th 3:00 pm- Knit & Stitch AP Fireside 2:30 pm- Yoga 2 in LC 3:30 pm- Balance Iib in ARC 3:30 pm- Stories with Valerie in 3rd Flr A 7:45 pm- MSU Lecture in AP Commons	27 8-9:30 am Gym Supervised Hrs 9:30 am-12 pm AP Nail Care in ARC 10:00 am- Chair Ex. in AP Com- mons 1:30 pm- Cribbage in FSR 6:30 pm- Pinochle in FSR	28 1 pm- Mexican Train Dominoes in FSR 1:30 pm- AP Movie in ARC 6:30 pm- Bridge in FSR



Aspen Pointe

October 2017

Remove and keep as daily reference.

10/1 Symphony: The Bozeman Symphony is back for the fall and winter season! Please sign up at the front desk.

10/1 Peter and Karri Brown in Aspen Pointe Commons: In celebration of El'n Marie Brown's birthday son, Peter, and daughter-in-law, Kerri, bring to you "A Little Night Music."

10/3 Trail Hike: Join Emma and let's hike through South Cottonwood. Remember to bring your walking sticks and water. Please sign up at the front desk.

10/4 Men's Breakfast: All men are invited to this breakfast cooked to order by Chef Dean in the Aspen Pointe dining room.

10/4 Interfaith Forum @ Beth Shalom: The Protestant Reformation & Interfaith Relations: After 500 years, how are we all doing?? With Lutheran pastors Joel Seifert (WELS), Sam Grayl (LCMS), and Lindean Barnett Christenson (ELCA) Sign-up at the front desk.

10/4 Bookmobile at Hillcrest: Please refer to article on page 1. To view the schedule visit <http://www.bozemanlibrary.org/bookmobile/>.

10/4 Wisdom and Wine in Aspen Pointe: Come down for a glass of wine, cheese, and a good time with your fellow neighbors! Please refer to article on page 1.

10/8 Bob Britten in Birchwood: Bob Britten is back to play your favorite piano tunes in Birchwood.

10/9 Maracujá in Aspen Pointe: Come on down and listen to some Brazilian music—singing, guitar, and saxophone.!

10/10 Trail Hike: Join Emma and let's hike through Truman's Gulch. Remember to bring your walking sticks and water. Please sign up at the front desk.

10/12 Aspen Pointe Resident Council: All residents are welcomed to this meeting. We have changed the time to 10:30am in the ARC Center.

10/12 Bob and Mark in AP and Birchwood: Our favorite jazz duo is back to entertain us with some great music!

10/16 MSU School of Music in Aspen Pointe: Angella Ahn's MSU music students will be here to perform for us!

10/18 Bookmobile at Hillcrest: Please refer to article on page 1. To view the schedule visit <http://www.bozemanlibrary.org/bookmobile/>.

10/18 Accordion Ensemble in Birchwood: Come and listen to some wonderful accordion musicians!

10/22 Bob Britten in Birchwood: Bob Britten is back to play your favorite piano tunes in Birchwood.

10/23 Bob Britten in Aspen Pointe: Bob Britten is back to play your favorite piano tunes in Aspen Pointe.

10/25 Indoor Games in ARC: This winter we will be playing various indoor games! Check next to the TV in Aspen Pointe to see what games we will be playing!

10/26 MSU Lecture Series in Aspen Pointe: Each month, during the school year, an MSU professor will come and share some of their research! More info to come.

10/31 Halloween Party in AP and Birchwood: Put on your favorite costume and come enjoy some festive treats and great company!



BOZEMAN HEALTH
HILLCREST SENIOR LIVING

Aspen Pointe

Wise & Well: Fall Prevention

By Jennifer McNulty, Exercise Specialist

Have you fallen in the past year? If so, you are not alone; one third of Americans 65 and older fall each year, according to the United States Center of Disease Control and Prevention. These falls result in more than 2.5 million trips to emergency departments and 700,000 hospitalizations annually (www.cdc.gov). As we age, we lose muscle mass and our balance may decrease as a result of various medications, coordination, or from vision and hearing impairments. Also, poor footwear due to swelling in the feet or foot pain; rugs and clutter on the floor; or walking on uneven ground may become tripping hazards and increase the risk of falling.

Many people who have fallen become fearful of falling again. Such individuals may start to avoid what caused the fall, subsequently decreasing their activity levels. This is one of the worst things that could occur after a fall because the longer you wait to return to the activity, the more intense the fear of falling becomes. In addition, reducing the activity level will decrease mobility and muscular strength, which will result in weaker muscles and reduced coordination. When these results occur, you are actually increasing your risk of falling again. If a fall occurs, recover fully, talk with your doctor, then resume your normal activities and hobbies.

The CDC has come up with an extensive Home Fall Prevention Checklist at www.cdc.gov. The idea of the Home Fall Prevention Checklist is to remove anything that could be a tripping hazard. This includes removing cords, wires, papers, rugs, and blankets off of the floor and out of the walking path. Also, be sure to move any furniture that you may have to maneuver around so that you have a clear walking path. Make sure your apart-

ment is bright and well lit and that you have more than one way to turn on a light; you should never have to walk across the room in the dark to turn on a light. Lastly, one of the most important things you can do is to slow down. Take your time getting up from a chair, walking to the door, or getting dressed in the morning.

Talking with your primary physician is always a good start if you have fallen or are worried about falling. Bring a list of all your current medications, homeopathic medications, and vitamins or minerals you may be

taking. Your doctor can determine if there are any interactions that may increase dizziness, decrease coordination, or increase drowsiness, all of which could increase the chance of a fall. Furthermore, if you do fall, record what happened and any obstacles that

might have been in the way. This way, you can review your notes and make any necessary changes to prevent falling in the future.

Here, at Hillcrest, we have many programs whose physical benefits may help prevent falls. Chair Fitness, in both Aspen Pointe and Birchwood, is an excellent way to work on coordination, strength, aerobic fitness, and balance. Balance Class is also a great way to work on your balance, reflexes, and coordination, while Functional Strength works on maintaining or improving muscular strength. Yoga, Seated Yoga, and Tai Chi are also a wonderful, low impact, ways to improve balance and coordination. Jennifer McNulty and Emma Otto are always available to answer any questions you may have regarding fall prevention or the Fitness Center. Whether you attend a class or talk with your doctor and start a different regime; please remember, there is always a way to decrease your chances of falling and increasing your chances of living in a healthy and safe manner.

After a fall, reducing the activity level due to fear will increase the fear, decrease mobility and muscular strength, which will result in weaker muscles and reduced coordination.

Centuries old game is played by residents

By Kate Evans

A lottery game, named “Lo Giucco del Lotto d’Italia,” that was being played in Italy in 1530 is enjoyed three times weekly at Hillcrest. The ages old game with changes in form and structure is now known as BINGO.

Versions of the game were popular among wealthy Frenchmen in 18th century France, where tokens were called out by numbers and placed on cards; in the 19th century in Germany the game was widely played to teach children spelling, animal names, history, and multiplication tables. The game also traveled with adaptations to the United Kingdom and beyond on its worldwide tour.

Bingo became popular in the United States early in the 20th century at county fairs and at other gatherings and events, where a dealer would select a numbered disc from a cigar box and players would mark their cards with beans, yes beans.

The origin of the name Bingo is unclear but may date to around 1920 when a player was so excited to have won that he cried out “Bingo” instead of “Beano.”

Such spirit by resident players is displayed at the sessions here: when O-72 is called they shout Bobcat for Birchwood RA Colin Hammock for his jersey number on the MSU football team; G-55 is recognized in voice as double nickel; and I-26 is “too sick.” They briefly sing “O sixty three, O sixty three” to the tune of *O Christmas Tree* when O-63 is called.

“We are an enthusiastic group,” states Katie Billau, a dedicated participant along with Ruth Kelley and Eiko Franck. Ruth is the banker; she always has a role of nickels in her purse.

The callers even get special attention. Former Monday night caller, Megan Reichert, and Wednesday caller, Wendy Wilson, are reminded of their ages when those numbers are called, “It’s all in fun,” states Wendy. “Time spent playing Bingo seems to be enjoyable for a number of residents; they like winning but they are not competitive. Cards are 5 cents each per game so it’s not a big win or big loss.”

Seasoned callers for the Sunday afternoon game are Bill Hawley, a driver for Fed Ex, and his daughter, Emma, now a Bozeman High School junior but only 12 years old when she started calling at Hillcrest. “Dad thought Bingo would be a good volunteer activity for us to do together,” she explained. “Back then I also helped paint residents’ nails.” Now Emma is active in high school theater and track; she throws the javelin and discus, and is an avid skier.

“There is always room for more players,” states Wendy. Current players are Helen Klages, Skip and Dick Walker, Peggy Maichel, Norma Daniels, Sandra Felts, Pat Spur, Phyllis Schuttler, Lou Fox, Wanda Hargrove, Paul Visscher, Eiko Franck, Katie Billau, Ruth Kelley, and often friends and family members of residents.

Games are played Sundays at 2:30pm in the Birchwood Activity Room and at 6:30pm on Mondays and Wednesdays in the ARC Center. Sessions last about an hour or so (ten games are played). Cards are 5 cents per game; players can play as many cards as they wish. The only rule is: come to have fun!



About Our Staff By Kate Evans

Mary begins 15th year caring for Birchwood residents



Mary Hochhalter traveled a zig-zag career path before she came to Birchwood in July 2003. Now in her 15th year as a resident associate, she says she has found her niche, “I love my job, the residents and the staff. I have always enjoyed meeting and helping people.”

In addition she is also the Birchwood “plant lady”; she plants the pots and containers in the outside seating areas around the building. Until two years ago she decorated Birchwood for all of the holidays. “Decorations just appear now and I enjoy them.”

She spent her youth in Bowman, ND where her father, Joseph Whalen, was a co-owner with his father of Whalen U-Save grocery store and a politician. Her mother, Bertha, was a registered nurse. Mary’s interest in caring for others began at age 13 when she became a candy striper at St. Luke’s Hospital in Bowman; two years later she became a nurses aid, work that she continued through high school and college. In high school she took classes mostly related to home economics. “I made all of my own clothes,” she proudly explains.

At North Dakota State she studied dietetics until she decided the program concentrated too much “on bookwork and not enough on people.” She left at the end of her sophomore year for an adventure in Long Island, New York. There she found work first as a personal care giver for a retired Broadway actress and later as a nanny for a young child.

Continued page 8

Will is on track to be a future financial professional



Like father, like son. That old saying seems to apply to Will Dorwart and his father, Kevin. Both have double career interests.

Will is sure that he wants to be a banker or in some other career related to the financial world. Yet he has gained ex-

perience in an unrelated field. For the past four summers and after high school classes he worked in an auto body shop in Glendive, MT, his hometown. “I will always be able to maintain my car, myself,” he proudly states.

His dad, Kevin Dorwart, a CPA, is City Manager of Glendive. In addition he is a journeyman plumber. “He renews his license every year,” Will says with a smile.

This past summer, following his sophomore year at MSU, Will was employed as an intern in the Glendive branch of Stockman Bank from May 15 to August 17. “It was a great experience. I spent several weeks in both the teller and customer service departments before ending up in the loan division.”

He praises his business classes for providing him with the necessary, and relevant, material relating to a working bank.

Will enrolled in MSU in 2015 in engineering but soon decided he was in the wrong program; he liked math but not calculus. He switched to business classes and this fall was formally admitted to the JABS Business School.

In high school he participated in basketball, track, and football (team captain his senior year). As a senior, he was also captain of the Academic team, a squad that competed against other Montana schools with its knowledge of sports, science, history, etc.

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Department Updates

Marketing—Linda Jo Simkins

The Marketing department is actively working on updating the Respite Brochure and Respite Care Packets. We had a photographer from the Bozeman Health Marketing Department take pictures of the Birchwood common areas and the respite recovery rooms. These brochures will go out to the public and to discharge planners at the hospital to help inform people about recovery choices after a surgery or illness. If you have an upcoming surgery or know of anyone who needs some additional help while recovering from an illness, please talk to the Marketing Department here at Hillcrest. We would be happy to give you more information about respite care while we work with our caring nursing and resident assistant staff to make a stay at Hillcrest Respite Care a warm and comfortable place to recover. Marketing Department, 414-2008.

Environmental Services—John Odden

Chelsey Drew will start October 9th in the Environmental Services department. She will replace Carol Claassen, as a housekeeper, who has retired and moved back to Idaho. Chelsey comes to us with experience owning her own business as an esthetician (skin care); managing the Sparky's Garage Bar & Grill in Dillon, MT; and parenting 2 young children. Please welcome her when you see her!

Culinary—Dean Savage

The Culinary department will be creating their magic for the annual Harvest Dinner on October 18th. This will be a well thought out pre-fixed 5-course dinner with white and red wine. It will be one seating starting at 5:15pm in Aspen Pointe. Beginning at 5:30pm in Birchwood, residents will have the same food options, but can order a la carte.

Mary from page 7

After a year, Mary returned to Bowman. "I met Connie Hochhalter and we were married in July 1976." They lived in Wahpeton, ND while he attended North Dakota State School of Science and then moved to Miles City, MT, while Connie found a job at a lumber yard in the estimating and drafting department. Mary became a bank teller.

In 1986, Connie and Mary moved to Bozeman with their four children: Sam, Jarid, Blair and Hillary (she is a night time RA at Birchwood). Mary became the Activity Director at Mountain View Care Center for eight years. Soon after, she decided to start her own business, a commercial embroidery operation of applying designs to a wide range of items. "I could do my sewing in one part of the house and Connie could do his work in another part." She continued this business until she returned to Birchwood for caregiving of the elderly.

Will from page 7

Some Hillcrest residents remember his sister, Dakotah, who was an Aspen Pointe server during 2015-2016. She is now in Great Falls as the lead dietitian and patients manager at Benefis Hospital.

His mother, Shawna Dorwart, an RN, is vice president of patient care at Glendive Medical Center. Sister, Saige, is a high school senior who intends to follow her mother in a nursing career.

Yellowstone Trip Cancelled

The Yellowstone Trip has been cancelled with great regret. The weather reports are not looking good for the park in the next couple weeks. We are sorry for the disappointment. We will plan a trip earlier in the year for 2018.