

Crest Lines

October 2018
Volume 3, Issue 5

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Thank you

to every volunteer and participant for a wonderful 2018 Active Aging Week. A week-long event like this does not happen without months of planning and hundreds of volunteer hours. This year we based many of our free programs at Hillcrest and want to give a special thank you to our residents for opening their "home" to our Montana neighbors to make this year's Active Aging Week a huge success.



Coming Soon

November

- Stefan Stern
- Men's Breakfast
- Veteran's Day
- Tree Trimming
- Podiatry Clinic

December

- Christmas Stoll & Boutique
- Christmas Party



Famous Violinist Jack Glatzer to Perform



Jack Glatzer, who regularly makes concert tours around the world, will perform at Aspen Pointe Commons on October 25th at 7:45pm. He has played his violin on every continent and in over 50 countries, plus has performed in some of the worlds most prestigious venues and appeared in many music festivals.

Glatzer's particular interest is the unaccompanied repertoire for the violin; he is celebrated not only for his interpretations of Bach, Paganini and Bartok, but also for his performances of Locatelli, roman, Ysaye, Bloch, Stravinsky and others. He is one of the very few violinists to perform all 24 Caprices of Paganini in one concert as well as the complete solo works of Bach in a series of two concerts.

Hillcrest Invites Chamber to Breakfast Buffet

Hillcrest is hosting members of the Bozeman Chamber of Commerce with one of its fabulous breakfast buffets on October 4th at 7:30am in the Aspen Pointe dining room.

It is a time for a joint conversation, an opportunity for an exchange of information and views about life at Hillcrest and in Bozeman. Invite our guests to join you at your table and learn about their connection to the chamber and local organizations.

Still in the working force, these are the community leaders running and maintaining the city's economy, the shops, ranches, agriculture and high tech industry. Speak up, your voices are important! Do come and enjoy the company and great food.

What is OLD?!

OLD?! a thought provoking and humorous film about the aging process, will be shown in the ARC Center on October 3rd from 3-4pm.

Aspen Pointe residents, Sally and Maynard Telpner, appear in the film which has been screened at festivals around the country and overseas. Among its many awards and recognition are "The Best of Fest" at the Reel to Reel International Film Festival at Kings Mountain, NC; featured in the opening night line up at the San Antonio Film Festival; and the Storytelling AARP Vital Aging Conference Special Screening in Medford, OR, all won in 2015.

The powerful underlying messages in the film state that "we are awed by elders who are defying and redefining the box our society calls 'old age,' and are affirmed by the absolute fact that we can be creative at any age." It ends with an invitation for elders to embrace their own aging process.

You're Invited...

Let's Celebrate
Katie Billau turning 99!!

Friday, Oct 12th

2pm-4pm

AP Commons

Your presence is her present!!

An Ode to Mr. Rogers



Filmmaker Morgan Neville examines the life and legacy of Fred Rogers, the beloved host of popular children's TV show Mister Rogers' Neighborhood in a new film, "Won't You Be My Neighbor?"

A.O. Scott of The

New York Times writes:

"A curious melancholy pervades 'Won't You Be My Neighbor?,' Morgan Neville's moving and illuminating new documentary. A lump might gather in your throat during the opening titles and dissolve into sniffles and sobs as the final credits roll. Some of this can be ascribed to nostalgia. As a member of the charter generation of viewers, when "Mister Rogers' Neighborhood" was first broadcast in 1968, I felt a bitter-sweet pang on revisiting the Neighborhood of Make-Believe, a place inhabited mainly by Mister Rogers' puppet alter egos. It was delightful to see pictures of the low-budget set in the studios of WQED-TV in Pittsburgh, where the show started out, and to hear the reminiscences of members of the cast and crew.

Mr. Neville, whose other films include "20 Feet From Stardom" and "The Best of Enemies" (directed with Robert Gordon) is not interested in psychological sleuthing. Rather than trying to unlock offscreen secrets, he sets out to assess the meaning and impact of an onscreen persona.

It is that emphasis, the earnest critical attention to the public Mister Rogers and his legacy, that makes "Won't You Be My Neighbor?" feel like such a gift."

Hillcrest will take a bus to the showing at The Ellen Theater on November 2nd, leaving at 6:45pm. Please sign up at the front desk and bring \$6.00 for your ticket.

Intermountain Opera Presents Gilbert & Sullivan Classic

Intermountain Opera starts its 2018-19 season in a festive fashion with the uproariously funny operetta, *Pirates of Penzance*. Follow the adventures of young Frederic, mistakenly apprenticed to a band of pirates at birth, the lovely Mabel and her sisters, pompous Major General Stanley, and of course, the rowdy *Pirates of Penzance* themselves! Prepare to laugh all show long at the parody and silliness that ensues during one of the most popular and hilarious productions ever brought to the stage.

Aspen Pointe will take the bus to the Willson Auditorium for the Sunday, October 14th showing, leaving at 2:15pm. Please sign up at the front desk and bring \$75 for your ticket by Friday October 5th.

Special Wine & Cheese to Guess Who's Who?

The theme for our October wine and cheese event will be "Who's who?" Dig into your old photo albums and find a picture of yourself from your childhood years and we'll see if anyone can guess who you are! The more participants the better! Please bring your photos to the front desk by October 11th and we'll make a copy so you can take the original home. Most correct guesses will win a prize.



Do you know who these three sweeties are?

Hillcrest Neighbors

By Kate Evans

A river, the Missouri, separated the childhoods of Sally and Maynard Telpner. Sally lived on the west bank in Omaha, while Maynard grew up in Council Bluffs, Iowa, on the east bank. However the Jewish communities that resided in the two cities often crossed the stream to join together in activities.

Sally tells this story of their meeting: “One Sunday in 1949 my friend Ellie asked me to accompany her to the Jewish Community Center in Omaha to meet a young man from Council Bluffs who she found handsome. I went along to please her and met his friend, Maynard, who he had brought for support.” Maynard says, “It was a scheme with a happy ending.” Sally and Maynard were married June 5, 1951 in a ceremony performed by two Rabbis, one from Omaha and the other from Council Bluffs.

Their honeymoon in Colorado Springs was brief, shortened when Maynard became ill and they returned to Council Bluffs. The bridegroom had to have an emergency appendectomy. Hoping the next year to celebrate in Colorado, they got as far as Hastings, NE, when their used car broke down. “After three days there having it fixed, we were out of money and had to return home again,” Sally sadly explains.

Sally graduated from Central High School in Omaha which was located across the street from the community center, which provided the students with various activities, classes, trips. “We went there after school, on Sundays, most any time to study together, play games in the gym; it was our gathering place for fun and social events,” she explains.

Sally’s father, Harry Priesman, owned a printing firm, Omaha Lino Slug, that served the legal profession. “My Dad would bring home legal briefs that he and the family would help proof at night,” she recalls. Following her high school graduation she attended Omaha University for two years, enrolled in home economics.

Over in Council Bluffs young Maynard was going to Abraham Lincoln High School, plus

working at a war plant that made radio crystals for the armed forces during WWII and selling shoes at a department store. At high school he was on the track team, participated in plays, wrote a weekly column for the student newspaper, and was in ROTC. In addition he attended Hebrew School four days a week. Upon graduating he enlisted in the army and was sent to Ft. Knox for infantry basic training. After that he was assigned to the Counter Intelligence Corp (CIC).

Under the GI Bill, he attended Creighton University earning a law degree in 1952. He is most proud of the law firm, Telpner Peterson, which he established and at the time of his retirement in 2002, had eight lawyers, several of them women. It still carries Telpner as the first name of the firm.

At age 35 he was selected the Outstanding Young Man of Council Bluffs. During his term as mayor of Council Bluffs in 1963 he recalls two major projects which caused great concern to him and sleepless nights.

Cont’d page 8



Maynard and Sally Telpner

October 2018

Remove and keep as daily reference.

Spiritual Offerings

Chaplains delivering October services at 10:00am in the AP chapel are as follows:

- October 7** Chaplain Nadine Grayl
October 14 Chaplain Tim Spring
October 21 Chaplain Sandy Osborne
October 28 Chaplain Ken Mottram

Wednesday Morning Prayer at 9:15am in the AP Chapel led by the Venerable Roxanne Klingensmith from St. James Episcopal Church.

Catholic Mass at 2:00pm the 1st Wednesday of each month in the AP Chapel led by Father Leo Proxell of Holy Rosary, following Wednesdays Catholic Communion.

Lutheran Communion at 3:00pm the 3rd Wednesday of each month in the AP Chapel.

Bible Circle at 10:15 am in the Birchwood Activity Room.

Announcements:

- Please return all green "to go" plastic containers to the tables outside of the Aspen Pointe dining room. The containers are reusable and expensive to replace.
- New! Open Wii Bowling will begin in the Commons on Tuesday's from 10-11:30am. No partner necessary.

Aquatic Exercise Class Options

Depending on the majority decision, one of following locations will be selected for regular scheduled bus service from Aspen Pointe.

Eagle Mount has two different aquatic classes available and the cost for one month is \$40.

The Ridge has aquatic classes available as well as access to their entire gym for a monthly membership fee of \$48.

Please contact Megan in Programs if you are interested at 414-2031.

October Birthdays

El'n Marie Brown	10/1
Ilen Stoll	10/1
Eiko Franck	10/3
Oma Walls	10/9
Sue Truckle	10/11
Katie Billau	10/14
Kay Loeffelholz	10/26
Jack Burns	10/27
Camie Smith	10/27
Joan Berg	10/30



BOZEMAN HEALTH
HILLCREST SENIOR LIVING

Aspen Pointe

Sun	Mon	Tue	
<p style="text-align: center;"><i>Remove and keep as daily reference.</i></p>	<p>1 10:00am Chair Ex. in AP Commons 1:00pm Art Class in BW Act Rm 1:30pm Timely Topics 3:00pm Bingo & Cocktails in BW Act Rm <u>3:00pm Balance Class in AP Commons</u> <u>7:45pm Bozeman Accordion Ensemble in AP Commons</u></p>	<p>2 9:30am Yoga in LC No Tai Chi Today <u>10:00-11:30 Open Wii Bowling in Commons</u> 1:30pm Bus to Walmart <u>1:30-3:00pm Wellness Clinic in Gym</u> 2:30pm Stretching in BW Act Rm <u>3:00pm Guided Meditation in BW Act Rm</u> <u>3:30pm Great Courses in Commons</u> 2:30pm Yoga 2 in LC 6:30pm Bridge in FSR</p>	<p>3 9:15am Pray 9:30am Sho 10:00am CH 1:30pm AP 2:00pm Catl <u>3:00-4:00pm</u> <u>3:30-4:30pm</u> 6:30pm Bin</p>
<p>7 10:00am Worship Ser- vice in AP Chapel 2:30pm AP Movie in ARC</p>	<p>8 10:00am Chair Ex. in AP Commons 1:00pm Art Class in BW Act Rm 1:30pm Timely Topics 3:00pm Bingo & Cocktails in BW Act Rm <u>3:00pm Balance Class in AP Commons</u> <u>7:45pm Edis and Cliff in AP Commons</u></p>	<p>9 9:30am Yoga in LC No Tai Chi Today <u>10:00-11:30 Open Wii Bowling in Commons</u> 1:30pm Bus to Walmart <u>1:30-3:00pm Wellness Clinic in Gym</u> 2:30pm Stretching in BW Act Rm <u>3:00pm Guided Meditation in BW Act Rm</u> <u>3:30pm Great Courses in Commons</u> 2:30pm Yoga 2 in LC 6:30pm Bridge in FSR</p>	<p>10 9:15am Pray 9:30am Sho 10:00am CH 1:30pm AP <u>3:00pm Sma</u> 2:00pm Cat 6:30pm Bin</p>
<p>14 10:00am Worship Ser- vice in AP Chapel 2:30pm AP Movie in ARC <u>2:15pm The Pirates of Penzance at the Willson Auditorium</u></p>	<p>15 10:00am Chair Ex. in AP Commons 1:00pm Art Class in BW Act Rm 1:30pm Timely Topics 3:00pm Bingo & Cocktails in BW Act Rm <u>3:30pm Wine and Cheese in AP Com- mons</u></p>	<p>16 9:30am Yoga in LC No Tai Chi Today <u>10:00-11:30 Open Wii Bowling in Commons</u> 1:30pm Bus to Walmart <u>1:30-3:00pm Wellness Clinic in Gym</u> 2:30pm Stretching in BW Act Rm <u>3:00pm Guided Meditation in BW Act Rm</u> <u>3:30pm Great Courses in Commons</u> 2:30pm Yoga 2 in LC 6:30pm Bridge in FSR</p>	<p>17 9:15am Pray 9:30am Sho 10:00am CH 1:30pm AP 2:00pm Cat <u>3:00pm Hea</u> <u>3:00pm Lut</u> <u>3:30-4:30pm</u> 6:30pm Bin</p>
<p>21 10:00am Worship Ser- vice in AP Chapel 2:30pm AP Movie in ARC <u>3:45pm Bob B. in BW</u></p>	<p>22 10:00am Chair Ex. in AP Commons 1:00pm Art Class in BW Act Rm 1:30pm Timely Topics 3:00pm Bingo & Cocktails in BW Act Rm</p>	<p>23 9:30am Yoga in LC 10:30am Tai Chi in ARC <u>10:00-11:30 Open Wii Bowling in Commons</u> 1:30pm Bus to Walmart 2:30pm Stretching in BW Act Rm <u>3:00pm Guided Meditation in BW Act Rm</u> <u>3:30pm Great Courses in Commons</u> 2:30pm Yoga 2 in LC 6:30pm Bridge in FSR *Snacks and Beer in the Commons for World Series*</p>	<p>24 Ha 9:15am Pray 9:30am Sho 10:00am CH 1:30pm AP 2:00pm Cat No Bingo To</p>
<p>28 10:00am Worship Ser- vice in AP Chapel <u>1:45pm Bozeman Symphony at the Willson Auditorium</u> 2:30pm AP Mo vie in ARC</p>	<p>29 10:00am Chair Ex. in AP Commons 1:00pm Art Class in BW Act Rm 1:30pm Timely Topics 3:00pm Bingo & Cocktails in BW Act Rm <u>7:45pm Memoirs by Design in AP Com- mons</u></p>	<p>30 9:30am Yoga in LC 10:30am Tai Chi in ARC <u>10:00-11:30 Open Wii Bowling in Commons</u> 1:30pm Bus to Walmart <u>1:30-3:00pm Wellness Clinic in Gym</u> 2:30pm Stretching in BW Act Rm <u>3:00pm Guided Meditation in BW Act Rm</u> <u>3:30pm Great Courses in Commons</u> 2:30pm Yoga 2 in LC 6:30pm Bridge in FSR</p>	<p>31 9:15am Pray 9:30am Sho 10:00am CH 1:30pm AP 2:00pm Cat <u>3:30pm Hall</u> <u>mons</u> 6:30pm Bin</p>

Wed	Thu	Fri	Sat
<p>ayer in AP Chapel pping at Co-Op hair Ex. in AP Commons Art Class in ARC holic Comm in Chapel <u>Showing of OLD?!! In ARC</u> <u>Boz Public Bookmobile</u> go in ARC</p>	<p>4 7:30am Breakfast Buffet w/Chamber 9:30am Yoga in LC 10:15am Bible Circle in BW Act Rm 10:30-11:30am Bank of Bozeman 1:30pm Shopping Bus to 19th 2:30pm Yoga 2 in LC 3:00pm Knit & Stitch AP Fireside 3:30pm Story Hour w/Katie 3rd Flr A-Wing</p>	<p>5 9:30am-12pm AP Nail Care 3rd Flr A-Wing Lounge 10:00am Chair Ex. in AP Commons 1:30pm Cribbage in FSR 3:00pm Edis in BW Act Room 6:30pm Pinochle in FSR</p>	<p>6 1:00pm Mexican Train Dominoes in FSR 12:00pm Blind Conference at Comfort Inn 2:00pm BW Movie in Act Rm 6:30pm Bridge in FSR</p>
<p>ayer in AP Chapel pping at Heeb's hair Ex. in AP Commons Art Class in ARC Art Women's in LC holic Comm in Chapel go in ARC</p>	<p>11 9:30am Yoga in LC 10:15am Bible Circle in BW Act Rm 10:30am AP Resident Council in ARC 10:30-11:30am Bank of Bozeman 1:30pm Shopping Bus to the Mall 2:30pm Yoga 2 in LC 3:00pm Knit & Stitch AP Fireside 3:30pm Story Hour w/Katie 3rd Flr A-Wing</p>	<p>12 9:30am-12pm AP Nail Care 3rd Flr A-Wing Lounge 10:00am Chair Ex. in AP Commons 11:30am Friday Forum at Library 1:30pm Cribbage in FSR 2:00-4:00pm Katie Billau 99th Birthday party in Commons 3:30 Angella Ahn Students in BW DR 6:30pm Pinochle in FSR</p>	<p>13 1:00pm Mexican Train Dominoes in FSR 2:00pm BW Movie in Act Rm 6:30pm Bridge in FSR</p>
<p>ayer in AP Chapel pping at Town & Country hair Ex. in AP Commons Art Class in ARC holic Comm. in Chapel Health Rhythms in BW Sharan Comm in Chapel <u>Boz Public Bookmobile</u> go in ARC</p>	<p>18 9:30am Yoga in LC 10:15am Bible Circle in BW Act Rm 10:30-11:30am Bank of Bozeman 1:30pm Shopping Bus to 19th 2:30pm Yoga 2 in LC 3:00pm Knit & Stitch AP Fireside 3:30pm Story Hour w/Katie 3rd Flr A-Wing 7:45pm MSU Lecture Series in AP Commons</p>	<p>19 9:30am-12pm AP Nail Care 3rd Flr A-Wing Lounge 10:00am Chair Ex. in AP Commons 1:30pm Cribbage in FSR 3:00pm Edis in BW Act Room 6:30pm Pinochle in FSR</p>	<p>20 1:00pm Mexican Train Dominoes in FSR 2:00pm BW Movie in Act Rm 6:30pm Bridge in FSR</p>
<p>Harvest Dinner ayer in AP Chapel pping at Heeb's hair Ex. in AP Commons Art Class in ARC holic Comm in Chapel tonight</p>	<p>25 9:30am Yoga in LC 10:15am Bible Circle in BW Act Rm 10:30-11:30am Bank of Bozeman 1:30pm Shopping Bus to the Mall 1:30-3:00pm Winter Safety Wellness Conversation in FSR 2:30pm Yoga 2 in LC 3:00pm Knit & Stitch AP Fireside 3:30pm Story Hour w/Katie 3rd Flr A-Wing 7:45pm Violin Recital in AP Commons</p>	<p>26 9:30am-12pm AP Nail Care 3rd Flr A-Wing Lounge 10:00am Chair Ex. in AP Commons 1:30pm Cribbage in FSR 6:30pm Pinochle in FSR 3:30pm Morocco Presentation in ARC</p>	<p>27 1:00pm Mexican Train Dominoes in FSR 2:00pm BW Movie in Act Rm 6:30pm Bridge in FSR</p>

ayer in AP Chapel
pping at Town & Country
hair Ex. in AP Commons
Art Class in ARC
holic Comm in Chapel
Halloween Party in AP Com-
go in ARC

October 2018



Aspen Pointe

Abbreviations:

BW: Birchwood
AP: Aspen Pointe
FSR: Fireside Room
LC: Learning Center
ARC: Act/Rec/Crafts Center
BW Act: BW Activity Room
BW DR: BW Dining Room
PDR: Private Dining Room

10/1 Bozeman Accordion Ensemble: This group of talented local accordion players will be in the Commons at 7:45pm to play some popular tunes.

10/2, 10/9, 10/16, 10/23 & 10/30

Open Wii Bowling: We will now have an open Wii Bowling time in the Commons for anyone wanting to play. We have a few seasoned bowlers that can help any new residents get started. Everyone is welcome.

10/2, 10/9, 10/16, 10/23 & 10/30

Guided Meditation: Chaplain Katie Michael will lead this group to an emotionally calm state of mind in the BW Act Rm at 3:00pm.

10/2, 10/9, 10/16, 10/23 & 10/30

Great Courses: Bob Yaw will continue the 12 week series titled "Understanding the Universe" in the Commons at 3:30pm.

10/3 OLD?! Please see page 2 for more information.

10/3 & 10/17 Bookmobile: The Bozeman Public Library Bookmobile will be in the parking lot between Aspen Pointe and Birchwood. A cart with several book choices will also be in the Commons.

10/4 Breakfast Buffet with Chamber: Please see page 2 for more information.

10/4, 10/11, 10/18 & 10/25 Story Hour w/Katie: Chaplain Katie Michael will be in the 3rd Floor A-Wing Lounge to read a short story followed by discussion.

10/5 & 10/19 Edis: Edis will meet us in the BW Act Rm with her guitar and play us some old familiar tunes that we can sign along to.

10/6 Blind Conference: Please see page 7 for more information.

10/8 Edis and Cliff: This wonderful duo will sing, play guitar and piano for our listening pleasure in the Commons at 7:45pm.

10/11 Resident Council: All residents are welcome to attend this meeting held at 10:30am in the ARC Center.

10/12 Katie Billau's Birthday: Please see page 2 for more information.

10/12 Angella Ahn Music Students: The talented string musicians under the guidance of Angella Ahn will be in the BW Dining Room to play at 3:30pm.

10/14 Pirates of Penzance: Please see page 3 for more information. Sign up at the front desk.

10/15 Wine and Cheese: Please see page 3 for more information.

10/17 HealthRhythms: Ginger will lead this fun drumming group in the BW Act Room at 3:00. No experience needed. Sign up at the front desk.

10/18 MSU Lecture: Held in the AP Commons at 7:45pm. Subject is TBD.

10/21 Bob Britten: Bob will tickle the ivory's as only he can. Come and request a song or two!

10/25 Jack Glatzer Violin: Please see page 2 for more information.

10/26 Morocco Presentation: Chelsea Koessel will have a slide show from her recent trip to Morocco. The first showing was a great success, but some residents were not able to attend, so Chelsea has agreed to show it again. Join us in the ARC Center at 3:30pm.

10/28 Bozeman Symphony: The grandest of ceremonial fanfares announces this program with the vivacious Festive Overture by Dmitri Shostakovich. Then, trumpeter Ryan Anthony returns to our stage performing James Stephenson's Concerto for Hope, written specifically to chronicle Ryan's heroic fight with multiple myeloma, proving nothing can stop the human spirit. Finally, we'll bathe in the radiant joy of Brahms' pastoral 2nd Symphony. The bus will leave at 1:45pm for the Willson Auditorium. Sign up at the front desk.

10/29 Memoirs by Design: In 2005, Nanette Randall started Memoirs by Design, a personal history business, interviewing storytellers, writing personal histories and publishing books. She will be here to help guide us through telling our life stories before they are forever forgotten or lost. Join us in the Commons at 7:45.
10/31 Halloween Party: Our annual Halloween Party will have *goul-ish treats* and *scary drinks* created by our fabulous culinary team. Residents and staff and welcome to wear costumes and we'll even have a costume contest! We only ask that costumes be in good taste and not gory. Festivities will begin at 3:30 in the Commons.

Wise & Well: Fall Prevention

By Jennifer McNulty, Exercise Specialist

Have you fallen in the past year? 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. 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. There are ways to minimize the chances of it happening again.

Many people who have fallen become fearful of falling again. An individual who falls 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, we are actually increasing our risk of falling again. If a fall occurs, recover fully and after talking with your doctor, resume your normal activities and hobbies. The CDC has come up with an extensive Home Fall Prevention Checklist; the full checklist can be found at www.cdc.gov. The idea of the 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. In order to see the obstacles easily, make sure your apartment is bright and well lit; this could mean having a light or two on at all times. Moreover, there should be 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. If

you need to use the bathroom in the middle of the night, make sure to get a night light so that you can see where the bedside light is and are able to turn it on before getting out of bed. Another key point is to place things you use on a regular basis in the kitchen or bathroom at shoulder height, thereby reducing the number of times you need to bend over or stand on a ladder. Lastly, one of the most important things you can do help prevent falls is to slow down. Take your time getting up from the chair, walking to the door, or getting dressed in the morning. Making sure that you do not rush yourself will greatly decrease the chance of falling.

Talking with your primary physician is always a good start if you have fallen or are worried about falling. When you make an appointment with your doctor, make sure to bring a list of all your current medications, homeopathic medications, and vitamins or minerals you may be taking. Your doctor can look at the list and see 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 and are okay, record what happened, what caused the fall, and any obstacles that might have been in the way. This way, you can review your notes and make any necessary changes to prevent a fall from happening again. At the appointment, you and your doctor may discuss changing the type of medication you are on if there are any interactions, suggest physical therapy, or strength training in order to reduce the future risk of falling.

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.

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About Our Hillcrest Staff

By Kate Evans



Lavinia Garber was determined to be a professional dancer until she was 16. She dreamed of being a backup performer to the singer Michael Jackson. "Dancing was my life; I was consumed by it," she explains with a smile. "I lived at the dance studio, arriving there every

day after school and going home about nine o'clock. I had little interest in school activities: it was dance, dance, dance for me."

Then in her sophomore year she said she panicked. "I began to experience pain in my legs and feet, throughout my whole body. But more importantly I came to realize that I was not skilled enough as a dancer to be able to achieve what I wanted in life. I needed another goal."

That new goal came to her by way of a college pamphlet promoting a culinary school in Chicago. It interested her. "It seemed to offer a career that I could follow successfully throughout my life anywhere I lived," she states. "My mother was hesitant about my going to Chicago and found a similar school (Oregon Coast Culinary Institute) in Coos Bay, OR where I first went to its summer camp. There I immediately connected with a chef who specialized in baking and pastry. It was a fun experience and I was inspired by Chef Powers."

When a junior in high school she attended a college fair, wearing a sweatshirt from OCCI that she had brought home from summer camp. "There at the fair, at a table, was Chef Powers recruiting students for OCCI. We were both surprised! She supplied me with an application and information about scholarships." Lavinia attended the two year program, earning an associate degree in baking and pastry.

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Donna Jackson in the mid 1980's was living in Reno and working in several high profile casinos. Over the next 20 some years, she would work herself up through the ranks from sous chef, to assistant chef, and finally to executive chef at The Sands Regency, all

while mastering the styles of French, Spanish, Thai and Southwestern cooking.

A story and picture of her in a February 2001 issue of the Reno-Gazette Journal reported that Donna, once a sous chef but now an executive chef at a Reno casino, was the first woman to reach that level. "In 1997 I had been named the first woman executive chef in the state of Nevada," she explains with pride. Her Reno culinary career included 15 years of service at John Ascuaga's Nugget, where she also was a member of the Nugget softball team.

For a change in both career and weather, she brought her family to Bozeman in 2002. "As a single mother with two active sons (Chad and Kyle), I felt a smaller town with various outdoor activities would be a good experience for them and me," she says of her decision to leave Nevada. "We also had visited the area before with the boys' father, Brad Jackson, formerly of West Yellowstone and a descendant of President Andrew Jackson."

She answered an ad at MSU and was appointed executive catering chef, a position she held for over 15 years. She supervised a variety of events, dinners, banquets for the president and university affairs. "The largest function was for 2,200 attendees participating in a three day program at the Strand Union building," she explains. "We fed them three meals daily outdoors in tents from seven carving stations and numerous tables for the other dishes."

Donna was born in 1958 into the Thompson family which ran a dairy farm near Jamestown, NY. "I was one of the middle children of three boys and three girls.

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Man with Bionic Eye to Speak at Blind Conference

A man, who was blind for 32 years, but now “sees” with bionic eye technology, will speak at a three day conference October 5-7 for visually impaired persons at the Comfort Inn.

Titled, “Dare to Dream,” the event is sponsored by the Bozeman Chapter, Montana Association for the Blind. Allan Peterson, doctor of veterinary medicine in Fargo, ND, will describe his journey from blindness to partial sight at the Saturday noon session. He does not experience true vision but now is able to see details and forms that he could not before, plus he can view the silhouettes of members of his family. The Saturday evening speaker, Vince Ulstad, also of Fargo, will talk about sudden and complete vision loss. In 2009 he survived a serious head on collision of two trucks causing him to become permanently blind.

Other conference offerings by eye professionals and teachers will include these presentations: Shauna Jatho, RN, on non-24 sleep disorder; Dr. Christy Moeller, ophthalmologist, on Charles Bonnet syndrome; Dave Gentry on low vision equipment; and Richard Faubion on research of retinal disorders.

Ten vendors with the latest low vision equipment and blindness information will be available all day Saturday and open to the general public at no charge.

Registration of \$10 at the door Saturday is for both the noon and evening sessions (meals not included). For additional information and other conference events (adaptive water exercises, audible darts, parents curriculum at home, etc.) call Ken McCulloch, 556-7103), Christi, 586-6370 or email bozemanmab@outlook.com.

Balance from page 5

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, way to improve balance and coordination. Ginger Lee and Jamie Brown are always available to answer any questions you may have regarding fall prevention or the Fitness Center.

Remember, there is always a way to decrease your chances of falling and increasing your chances of living in a healthy and safe manner.

Farewell to Jennifer

Jennifer McNulty has been a fixture in the Programming Department since 2014. She has promoted wellness through physical exercise by developing fun programs such as yard games, the hydration challenge, functional strength class, flexibility class, just to name a few. And she’s shared the birth of Madelyn and Megan and all the fun stories that go along with raising children. After four years at Hillcrest, Jennifer and her family will be moving on to a new adventure. Jennifer will be greatly missed by residents and co-workers, but we wish her the best of luck! The following is a note from Jennifer.

We are moving to Elk River Minnesota at the end of October to be closer to family. We cannot wait to watch Madelyn and Megan grow up with their cousins, playing at the lake, and learning to waterski, just as I did. While we are very excited for our new adventure, I will miss everybody very much. It has been a privilege to be able to work at such a great and caring place for the past four years. I have really enjoyed getting to know each and every one of you during our weekly exercise classes and chats. Thank you for being a huge part of my life here in Montana and I will miss everyone dearly.

Jennifer’s last day will be October 5th, 2018.

Department Updates

CULINARY SERVICES—Tina Stensrud

During the World Series, games will be played on the TV in the AP Commons. Snacks and beer will be provided. Opening day is October 23rd!

MARKETING—Linda Jo Simkins

Greetings from the Marketing Department! With all of the new faces here at Hillcrest, we are in need of more “welcomers.” Welcoming is a very light commitment. It involves meeting with new residents when they first move in and maybe sharing a meal or two with them. If you are interested call 414-2008 or stop by the marketing office in B202. Thanks!

Lavinia from page 6

At the same time she was at OCCI her fiancé, Mark Garber, was attending Montana State University, a student in mechanical engineering. They were separated during their nine month engagement, seeing each other for the first time the day before their wedding on May 14, 2014 in Coos Bay, OR.

Born November 28, 1995 in Los Alamos, NM, Lavinia spent her childhood with an older brother, Jake, in Lewistown, MT where her parents, Denise and Thomas Williams, still reside. Lavinia works weekends at Hillcrest as the pastry chef, however she often fills in as a cook and preparer of food for the salad bar. “I will be able to use these skills wherever Mark finds a nuclear engineering job following his graduation in 2020. In the summer he is employed as a firefighter with the Bureau of Land Management.

While Mark was on fire duty this past summer Lavinia became the “master gardener” of 150 tomato plants which she planted outside as seedlings. Each grew very, very tall; one cherry plant has beef size tomatoes on it. “Since most of them are still not ripe, I will start the seedlings inside and earlier next year,” she says. Now her only dancing is when she vacuums. “I get the job done while swinging!!!!!!”

Telpner from page 4

“Much controversy arose when the city proposed the fluoridation of the water system; the discussion was heated, plagued with false information and rumors,” he explained. “Fortunately in the end the council adopted the law mandating fluoridation.” Likewise he was in office when the city of 65,000 experienced the construction of two interstate highways through Council Bluffs, route 29 going north-south and 80 east-west. In jest, he stated “I was the first Jewish mayor to turn on the city holiday lights for the Christmas season.”

While raising three daughters, Heidi, Sari, and Marci, the couple was active in many community projects. Sally was president of the Council Bluffs Chapter of Hadassah, an international Jewish women’s organization. Maynard served for 36 years on the Jennie Edmundsen Hospital board. Mercy Hospital, the other hospital in Council Bluffs, honored him with its Outstanding Citizen award. In 1999 Maynard was inducted into his high school Hall of Fame. Before coming to Aspen Pointe they lived for 16 years in Ashland, OR.

Donna from page 6

My parents, Melvin and Kay, assigned each of us a job; we hayed, milked cows, helped in any way that we could,” she explained of her farm life. “Besides helping with the animals and outside chores, I often had to cook meals.” Because her father suffered poor health (diagnosed a diabetic at age three), the children helped monitor his condition. He died at age 37 of tuberculosis. She fondly remembers his work ethic: “when you do something, do it right the first time or not at all.”

She took home economic classes at Pine Valley High School in South Dayton, NY, graduating in 1976. Pursuing her interest in cooking, she attended the Culinary Institute of America in New York in 1982 and has returned there several times for continuing education courses. She has been a cook on the Aspen Pointe culinary staff since March 2017.