

Crest Lines

September 2018

Volume 3, Issue 4

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Updates from Megan's Desk

by Megan Reichert, Activities Coordinator



Hello Hillcrest residents! This month LeRoy Wilson asked me to take over the front page to update everyone on the Program Department staff and activities.

Jennifer McNulty, Activity Assistant and Exercise Specialist, will return from maternity leave on Monday, September 3rd. She welcomed her second daughter, Megan Jayne, in June and says everyone is doing great and adjusting well. Both Jennifer and Jamie Brown, our other Exercise Specialist, will teach Aspen Pointe and Birchwood chair exercise on Monday, Wednesday and Friday mornings, as well as balance classes on Monday afternoon in Aspen Pointe and seated stretching Tuesday afternoon in Birchwood. They will also continue to lead shorter hikes on Tuesday mornings around the Bozeman area in September.

Rachel Clemens, Resident Services Director, welcomed Wesley Eugene on July 24th, making her the mom of three boys! Everyone is doing well and happy to announce that little Wesley is nearing 10 pounds and already almost 6 weeks old! Rachel will return to work part time at the end of September and full time in mid October.

Shanda Barnhart, Activities Assistant for evening programs and weekends, recently took a couple of weeks off to tie the knot. The ceremony took place in a cabin in Livingston, MT on August 4th and she and new husband, Thane Rockwood, honeymooned in Cancun, Mexico. Congratulations to the newlyweds!

We're also excited to announce that Jessica Kindzerski, our former intern from Montana State University, accepted our offer for a permanent casual call position as an Activity Assistant. Jessica is in her last year at MSU and will graduate with a degree in Community Health with a minor in Human Development and a Gerontology Certificate.. If you see her in the halls, say hello. We are very happy to have her here.

Last, but certainly not least, I would like to thank every resident for allowing us to be a part of your daily lives. Our whole team wakes up each morning with a smile on our faces knowing we get to work at a wonderful place, filled with caring, kind and genuine people. You really do mean the world to us.

Coming Soon

October

- Gallatin Accordion Ensemble
- Chamber/Manager Breakfast
- Who's Who Wine & Cheese
- Violin Concert
- Harvest Dinner
- Memoirs by Design
- Halloween Party

November

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



BOZEMAN HEALTH
HILLCREST SENIOR LIVING

Astronomy in the ARC

Aspen Pointe resident Bob Yaw, a former Associate Professor of Atmospheric Science at Montana State University, has graciously agreed to lead the first of many

Great Course classes that are coming to Hillcrest. Earlier this year the programming department was able to purchase several different



courses for your learning pleasure. This first 12 week series course titled, "Understanding the Universe," will refresh and update your ideas about the solar system, including the sun, planets, dwarf planets etc. The half hour videos will begin on September 18th at 3:00pm in the ARC Center and will be followed by a question and answer discussion lead by Bob.

Finding Relaxation with Guided Meditation

A new class in guided meditation that we think you will enjoy, starts Tuesday, September 4th from 3-3:30pm in the Birchwood Activity Room. The drapes will be pulled, lights dimmed and Chaplain Katie Michael will guide you with eyes closed to a peaceful state of mind.

What is meditation, you might ask? Wikipedia defines meditation as, "a practice where an individual uses a technique, such as focusing their mind on a particular object, thought or activity, to achieve a mentally clear and emotionally calm state." Everyone is welcome, whether you're an old pro or have never tried meditation before. See you there!

Thompson & Associates at Wine and Wisdom event

Bozeman Health has partnered with Thompson & Associates, a value based estate planning firm who partner with nonprofit organizations to provide planned giving expertise to Friends of Bozeman Health Foundation and the community. Vince McElligott, a staff member of Thompson & Associates, since November 2011, is the representative working directly with Bozeman Health. Vince lives in Houston, TX but services clients throughout the US; he is a 1989 Montana State graduate with strong ties to the Bozeman community. Vince will be in the AP Commons on Thursday, September 13th from 3-5:00pm.

Bozeman Symphony

Throughout the 2018-19 concert season, the symphony will present a wide variety of thrilling musical experiences. With repertoire ranging from baroque period through the 21st century, this season has something for everyone. Featuring the leading guest artists of our time, it welcomes new friends along with the return of a few favorites. Special performances include Fauré's Requiem with the Bozeman Symphonic Choir, the Piano Recital Series held on the Montana State University campus, and fun ways for families to experience the symphony together. Nothing compares to the magic of live symphonic music—a season subscription promises a thrilling journey for all.

The first concert is September 23rd. If you plan to attend, please call and purchase your tickets in advance. We will have Hillcrest bus service to and from the symphony for Sunday afternoon performances only. The bus will leave Aspen Pointe at 1:45 and will return at approximately 4:15.

Katie Billau to celebrate 99 eventful years!

Katie Billau always surprises us with her creative Halloween costumes! Remember when she came to the party as the wooden puppet Pinocchio, as the German physicist Albert Einstein, or as a player from her favorite Bronco team? She also has participated in 10 of the 12 Aspen Pointe fashion shows since she came here in May 2004. Now with the same spirit she is ready to celebrate in October another birthday, her 99th year!

For 25 years she played a more serious role in law enforcement in Denver, CO. She served five different judges who presided over courtrooms hearing cases pertaining to criminals, prostitutes, assault claims and general sessions. She especially recalls working for Judge Ramirez who wrote the laws for a

special courtroom that he established for juvenile offenders. "It was bittersweet work but I loved the job," she explains. "I only retired from it when my hearing became impaired." On vacations from work, she traveled to 21 countries collecting a pin from each to adorn a ball cap.

Born in western Wyoming in the small town of Lusk, Katie moved when three years old to Denver where her father Emerson Brewster was a brick layer and her mother Marguerite a school teacher. Her Dad became disabled when a horse stepped on his foot, causing blood poisoning and the loss of portions of his leg over time. He later sold car accessory products but died at the early age of 49.

"Mother became the sole support for my brother Paul, then 11, and me, age 9. She found an accounting job for the State of Colorado, but providing for us was difficult for her," she explains. "I got jobs at the Colorado State License Bureau and Montgomery Ward's when I was 18 to buy her a fridge," Katie recalls. "I was placed at the tube station where the basket carried cash, invoices and paperwork to the store office. There was no money for me to go to college and these jobs were a way for me to get a



much needed refrigerator for her. I even got a discount."

Her first marriage at age 21 ended when her husband returned to the States after five years of Army service overseas. "I had matured in those years and so had he. It was a mutual agreement," she explains. Eight years later when she and a friend were

walking down a street in Arvada during the November Harvest Festival they passed a man in a Navy uniform who walked on, and then returned to ask for Katie's phone number. That casual meeting led to her marriage to Emerson Roy Billau, an electrician who eventually was employed at Denver General Hospital. "He shared my dad's name and also was very capable mechanically, both of them could fix anything." They had two daughters, Robin Billau of

Bozeman and Kim Felt, who presently is moving from California to Prescott, AZ. Her grandson, Tom Felt, lives in San Diego, where he sells surfing gear.

Her "gung ho" enthusiasm has helped her struggle with continued back issues and several surgeries, including CyberKnife treatment at Stanford University Hospital.

"My life at Aspen Ponte has been a blessed experience; I found another family here," Katie stated with emotion. "It has provided me with a healthy life style and I still walk over a mile everyday, good food and enumerable opportunities for exercise, social engagement, games and educational enrichment."

Mahjong anyone?

Recently a resident asked if anyone at Aspen Pointe would like to learn to play Mahjong. If you are interested in learning to play this popular 4 player, tile-based game, please call Megan at 414-2031.

Hillcrest Neighbors

By Kate Evans



Helen Tess was convinced that her life story would be uninteresting to readers. Yet in the telling we met a young woman who held two jobs related to the newspaper

field and later in

life was a major contributor and owner of a poultry operation.

She was born the only child to Walter and Louisa Davis in 1920 in a country house near Republic, MO. Walter was a serious cattle rancher, however, he moved the family to Ontario, CA when Helen was three years old so he could find work in the citrus fruit industry. Over the years the family moved back and forth several times between the two states so that he could try ranching again. By the time Helen was a sophomore in high school they were living in Ontario, CA where she graduated in 1938. Immediately she enrolled in the Chaffee Business School to study related courses, bookkeeping and shorthand.

Her first job as an office worker, was with a woman who distributed the Los Angeles Examiner. This was followed by a position at the Pamona Progress Bulletin, a daily publication where she not only had office duties but also took advertising and served customers at the front desk.

In 1941 she married Arthur Tess, an employee of Lockheed Aircraft in Burbank, CA. Because of his job there, he was deferred from service in World War II. At the end of the war he was drafted and sent to Germany as a member of the Counter Intelligence Corp. "I think he

was assigned there rather than to Japan because he had a limited ability to speak German," Helen explains. While Arthur was overseas, Helen remained in their home in Burbank and was employed by a group that developed 16 mm film for the movie industry.

Upon his discharge, Arthur made a career decision. He entered a poultry study program at the junior

college in Ontario. Thus he and Helen began poultry business that they operated for 15 years at Rancho Cucamonga. "We raised and cared for lots and lots of chickens. Periodically Arthur would buy 1500 chicks and Helen would help vaccinate all of them. We would sell both the eggs by the case to market and the older hens, those no longer laying eggs, to other buyers." In addition, they maintained a grove of lemon trees from which they sold the fruit.

After selling their poultry ranch, Helen and Art both worked for the Chaffee High School district until they retired in the late 1970's. Helen says she did not have time for many community activities; she spent any leisure hours sewing, knitting and crocheting, plus playing games with her children, Mike and Kate. She did keep books for their church, The Church of Christ, in Upland, CA.

Mike is a retired MSU professor in animal genetics who lives in Bozeman. Kate Olsen is living in Catalina Island, Avalon, CA. Helen has six grandchildren and 21 greats; the latest Wesley James Olsen, was born in June.

Helen moved to Bozeman following Arthur's death in 2004. "I lived many happy and pleasant years with Mike and Kathy before moving to Aspen Pointe in November 2014." In her retirement she has traveled to France, Germany, Alaska and across the United States. She moved to Birchwood in July 2018.

September 2018

Remove and keep as daily reference.

Announcements:

- **Active Aging Week 2018:** Residents are invited to participate in the 7th annual Active Aging Week (AAW), September 24-28th. This year's schedule of events has been created around the theme, "Inspiring Wellness." AAW, initiated by the International Council on Active Aging, promotes a healthy lifestyle by giving older adults the opportunity to experience activities and exercise in a safe, fun and friendly atmosphere..
Call Megan at 414-2031 or check out <http://www.hillcrestlivingbozeman.com/Active-Aging-Week.aspx> for more information. Brochures will be distributed via your Aspen Pointe cubby.
- **Wellness Conversation:** Does Uncle Arthur (itis) live with you? Come to the Wellness Conversation, Tuesday, September 4th at 1:30 in the Fire Side Room. Ginger Lee will lead a discussion about the different types of arthritis, joint functions and the best options for treatment and relief.
- **Mail:** A friendly reminder to not wait in the hallway while the mail person is filling the mail boxes. Often this hall gets congested causing a tripping hazard for all residents. If you do see the mail person busily working to fill the mail boxes, please wait in the lobby until they are finished. Thank you.

Eagle Mount Swimming Classes

In past years, a group of residents participated in the Eagle Mount aquatic exercise programs. The Hillcrest bus will need at least four people interested in attending to make it worth the trip. Cost is \$40/month. So far we have only one resident interested. If this sounds like something you would like to try, please contact Megan in Programs at 414-2031.

September Birthdays

Gloria Zimmer	9/1
Thomas Kaveney	9/4
Ludmila Kupriss	9/4
Dick Schwaller	9/5
Jack Myers	9/6
Lois Adams	9/8
Wyman Schmidt	9/9
Dorothy Combs	9/9
Rita White	9/13
Bob Yaw	9/15
Agnes Persson	9/15
Ellen Urie	9/17
Dorothy Firth	9/18
Jim Burke	9/18
Bea Gorr	9/18
Marilyn West	9/18
Wayne Gibson	9/23
Ken Slaght	9/24
Phyllis Cortner	9/25



BOZEMAN HEALTH
HILLCREST SENIOR LIVING

Aspen Pointe

Sun

Mon

Tue

September 2018



BOZEMAN HEALTH
HILLCREST SENIOR LIVING

Aspen Pointe

Abbreviations:

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

<p>2 10:00am Worship Service in AP Chapel 2:30pm AP Movie in ARC 3:45pm Bob B. in BW DR</p>	<p>3 No Bus Service Today 10:00am Chair Ex. in AP Commons 1:00pm Art Class in BW Act Rm 1:30pm Timely Topics in ARC 3:00pm Bingo & Cocktails in BW Act Rm 7:45pm Bob B. in AP Commons</p> <p style="text-align: center;">Happy Labor Day!</p>	<p>4 9-10:30am Trail Hike 9:30am Yoga in LC 10:30am Tai Chi in ARC 1:30pm Wellness Conversation in FSR 1:30pm Bus to Walmart 2:30pm Stretching in BW Act Rm 3:00pm Guided Meditation in BW Act Rm 2:30pm Yoga 2 in LC 6:30pm Bridge in FSR</p>	<p>5 9:15am Pra 9:30am Sho 10:00am C 1:30pm AP 2:00pm Ca 3:30-4:30pm 6:30pm Bir</p>
<p>9 10:00am Worship Service in AP Chapel 2:30pm AP Movie in ARC</p>	<p>10 10:00am Chair Ex. in AP Commons 1:00pm Art Class in BW Act Rm 1:30pm Timely Topics in ARC 3:00pm Bingo & Cocktails in BW Act Rm 3:00pm Balance Class in AP Commons 7:45pm MSU music students of Angella Ahn in AP Commons</p>	<p>11 9-10:30am Trail Hike 9:30am Yoga in LC 10:30am Tai Chi in ARC 1:30-3:00pm Wellness Clinic in Gym 1:30pm Bus to Walmart 2:30pm Stretching in BW Act Rm 2:30pm Yoga 2 in LC 3:00pm Guided Meditation in BW Act Rm 6:30pm Bridge in FSR</p>	<p>12 7:30am Me 9:15am Pra 9:30am Sho 10:00am C No Art Class 1:30pm Bo 3:00pm Sm 2:00pm Ca 6:30pm Bir</p>
<p>16 10:00am Worship 2:00pm Alzheimer's Walk at Bozeman Pond 2:30pm AP Movie in ARC</p>	<p>17 10:00am Chair Ex. in AP Commons 1:00pm Art Class in BW Act Rm 1:30pm Timely Topics in ARC 3:00pm Bingo & Cocktails in BW Act Rm 3:00pm Balance Class in AP Commons</p>	<p>18 9-10:30am Trail Hike 9-10:00am First Security Bank 9:30am Yoga in LC 10:30am Tai Chi in ARC 1:30-3:00pm Wellness Clinic in Gym 1:30pm Bus to Walmart 2:30pm Stretching in BW Act Rm 2:30pm Yoga 2 in LC 3:00pm Great Courses in ARC 3:00pm Guided Meditation in BW Act Rm 6:30pm Bridge in FSR</p>	<p>19 9:15am Pra 9:30am Sho 10:00am C 1:30pm AP 2:00pm Ca 3:00pm Lu 3:30-4:30pm 6:30pm Bir</p>
<p>23 10:00am Worship Service 1:45 Bozeman Symphony 2:30pm AP Movie in ARC 3:45pm Bob B. in BW DR</p> <p>30 10:00am Worship Service 2:30pm AP Movie in ARC</p>	<p>24 No Chair Exercise Today 1:00pm- Art Class in BW Act Rm 1:30pm- Timely Topics in ARC 3:00pm- Bingo & Cocktails in BW Act Rm No Balance Class Today</p>	<p>25 9-10:30am Trail Hike 9:30am- Yoga in LC 10:30am- Tai Chi in ARC No Wellness Clinic Today 1:30pm- Bus to Walmart 2:30pm- Stretching in BW Act Rm 2:30pm- Yoga 2 in LC No Great Courses Today 3:00pm Guided Meditation in BW Act Rm 6:30pm- Bridge in FSR</p>	<p>26 9:15am Pra 9:30am Sho No Chair E 1:30pm AP 2:00pm Ca 6:30pm Bir</p> <p style="text-align: right;">Activ</p>

Wed	Thu	Fri	Sat
<p>s Center y Room Room Room</p>	<p><i>Remove and keep as daily reference.</i></p>		<p>1 1:00pm Mexican Train Dominoes in FSR 2:00pm BW Movie in Act Rm</p>
<p>ayer in AP Chapel opping at Co-op hair Ex. in AP Commons Art Class in ARC tholic Comm in Chapel n Boz Public Bookmobile ngo in ARC</p>	<p>6 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 <u>3:30pm Story Hour w/Katie 3rd Flr A-Wing</u> <u>7:45pm HealthRhythms in LC</u></p>	<p>7 9:30am-12pm AP Nail Care 3rd Flr A-Wing 10:00am Chair Ex. in AP Commons 1:30pm Cribbage in FSR 6:30pm Pinochle in FSR</p>	<p>8 1:00pm Mexican Train Dominoes in FSR 2:00pm BW Movie in Act Rm 6:30pm Bridge in FSR</p>
<p>n's Breakfast ayer in AP Chapel opping at Heeb's hair Ex. in AP Commons s Today ok Club 3rd Flr A-Wing art Women's in LC tholic Comm in Chapel ngo in ARC</p>	<p>13 9:30am Yoga in LC 10:15am Bible Circle in BW Act Rm <u>10:30am AP Resident Council in ARC</u> 10:30-11:30am Bank of Bozeman 1:30pm Shopping Bus to the Mall 2:30pm Yoga 2 in LC No Knit and Stitch Today <u>3:00pm Wine & Wisdom AP Commons</u> <u>3:30pm Story Hour w/Katie 3rd Flr A-Wing</u></p>	<p>14 9:30am-12pm AP Nail Care 3rd Flr A-Wing 10:00am Chair Ex. in AP Commons 1:30pm Cribbage in FSR <u>3:30pm Morocco Presentation in BW Act Rm</u> 6:30pm Pinochle in FSR</p>	<p>15 1:00pm Mexican Train Dominoes in FSR 2:00pm BW Movie in Act Rm</p>
<p>ayer in AP Chapel opping at Town & Country hair Ex. in AP Commons Art Class in ARC tholic Comm. in Chapel theran Comm in Chapel n Boz Public Bookmobile ngo in ARC</p>	<p>20 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 <u>3:30pm Story Hour w/Katie 3rd Flr A-Wing</u> <u>7:45pm MSU Lecture Series in AP Commons</u></p>	<p>21 9:30am-12pm AP Nail Care 3rd Flr A-Wing 10:00am Chair Ex. in AP Commons 1:30pm Cribbage in FSR <u>2:30pm Flower Arranging in BW Act Rm</u> 6:30 pm- Pinochle in FSR</p>	<p>22 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 opping at Heeb's xercise Today Art Class in ARC tholic Comm. in Chapel ngo in ARC</p> <p>e Aging Week</p>	<p>27 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 No Yoga Today 3:00pm Knit & Stitch AP Fireside <u>3:30pm Story Hour w/Katie 3rd Flr A-Wing</u> <u>5:30pm MOR Extreme History Project Birthday Night</u></p>	<p>28 9:30am-12 pm AP Nail Care 3rd Flr A-Wing No Chair Exercise Today 1:30pm Cribbage in FSR 6:30pm Pinochle in FSR</p>	<p>29 1:00pm Mexican Train Dominoes in FSR 2:00pm BW Movie in Act Rm 6:30pm Bridge in FSR</p>



9/2 & 9/23: Bob Britten: He will be playing piano and taking requests in the BW Dining Room.

9/3: Bob Britten: He will be playing piano and taking requests in the AP Commons.

9/4 Wellness Conversations: Ginger Lee will be in the Fire Side Room at 1:30 for a group conversation on the subject of Arthritis. No sign up needed.

9/4, 9/11, 9/18, 9/25 Guided Meditation: Chaplain Katie Michael will be in the BW Act Rm to lead everyone to a calmer state of mind.

9/5 & 9/19 Bookmobile: The Bozeman Public Library bookmobile will be in the parking lot between Aspen Pointe and Birchwood.

9/6, 9/13, 9/20, 9/27 Story Hour w/Katie: Chaplain Katie Michael will be in the 3rd Floor A-Wing lounge to begin a new short story group. No sign up needed.

9/6 HealthRhythms: Join Ginger Lee in the Learning Center for a fun evening of drumming. Please sign up at the front desk.

9/10 & 9/17 Balance Class: Jennifer and Jamie will start a new 5 week class in the AP Commons. Please sign up at the front desk.

9/10 MSU Music Students: Come and listen to these talented college students play in the AP Commons under the direction of Angella Ahn at 7:45pm.

9/12 Men's Breakfast: Calling all men! Made to order breakfast will be served in the Aspen Pointe Dining Room beginning at 7:30. No sign up needed.

9/13 AP Resident Council: All residents are welcome to attend this meeting held at 10:30am in the ARC Center.

9/13 Wine & Wisdom: Please see page 2 for more information.

9/14 Morocco Presentation: Please see page 8 for more information.

9/16 Alzheimer's Walk: Please see page 7 for more information.

9/18 Great Courses: Please see page 2 for more information.

9/20 MSU Lecture: Dr. Neha John –Henderson is an expert in health psychology and psychoneuroimmunology. She has a bachelor's degree in sociology and a Ph.D. in psychology from the University of California, Berkeley. Her research focuses on ways to which differences in family environments and socioeconomic exposures in our early lives shape the way we cope with stress, our social interactions and health behaviors, and how these differences may affect our mental and physical health across the life-span.

9/21 Flower Arranging: Leisa will be showing us how to create a fall sunflower arrangement in the BW Act Rm at 2:30pm. All supplies will be included. Please sign up at the front desk.

9/23 Bozeman Symphony: Please see page 2 and don't forget to sign up at the front desk.

9/27 MOR Extreme History Project: Alcohol, Corsets and the Vote: Extreme History Project lecture series that encourages public understanding of the way our history has shaped our present. Anne Foster will take a fresh look at interesting historical topics. Please sign up at the front desk.

Wise & Well: Are superfoods really superior foods?

By Jennifer McNulty, Exercise Specialist

Everybody has heard the popular term “superfood” and some know a few of the foods which fall under that category, for example: kale, quinoa, chia seeds, berries, and coconut oil. These foods contain nutritional components that are beneficial and good for us. They have been branded superfoods due to their antioxidant content, nutrient density, or overall health benefits. In addition, many of these superfoods are gaining in popularity due to their versatility; you can consume them in various ways making it easy to use for multiple meals. Many experts feel that the current fascination of superfoods is due to the increased interest of food and health in today’s society.

With the term superfood floating around mainstream language, we would like to know: Is there any food that is actually superior? While this term is thrown around everywhere from nutritional blogs, to online newspapers and magazines, and even by nutritional supplement suppliers; many dietitians stay away from the word. One of the reasons being that there is no legal or medical definition of “superfood” and there are no standard criteria or approved lists as there are with other health terminology. According to the Academy of Nutrition and Dietetics, the term superfood was invited by marketers to promote foods that are high in vitamins, nutrients, and antioxidants. With these qualifying terms, essentially anything in the produce department can be labeled as a superfood.

Dietitians shy away from the term superfood because people have created unrealistic expectations of these foods. People may think that if they consume one or two of these foods they will be protected from chronic diseases and other health problems; or will believe that they will counteract the negative health consequences of an unhealthy diet. While studies have shown that certain foods are beneficial in aiding health-promoting properties due to their nutritional content; most of these studies were conducted in labs where they used massive quantities of the food to elicit these health benefits. For example, garlic is said to lower cholesterol and blood pressure, however you would actually have to consume 28 cloves of garlic a day to see the benefits. So yes,

there are health benefits to many foods; however, it is unrealistic to think that this could be achieved in a normal, everyday diet. It is not to say that eating a little bit of garlic or another pinged superfood would not produce some results, but you have to think of the bigger picture. These health benefits are due to consuming a variety of foods, more so than eating a lot of one type of food. Eating too much of any one type of food will prevent you from getting the other nutrients and vitamins that you need and get from other foods; which could hinder you and your health in the long run.

There is no doubt that these superfoods are loaded with excellent vitamins, minerals, and antioxidants, but labeling them as such may have given people the wrong idea. There are many different types of foods that have some health benefits when eaten by themselves or in combination with another food, and if we label just a few foods as superfoods, that may cause people to think that the other healthy choices they are making are not as good or beneficial. In part, this is why some dietitians prefer to use the phrase “super diet” which emphasizes a healthy, balanced diet that is rich in fruit, vegetables, and wholegrain foods. While science has shown that certain components of food may be good for you, it is not realistic to assume that eating only a small range of superfoods will improve your overall health and wellbeing.

In today’s society we are always looking for the next big health craze or quick fix—broccoli, pasta, and spinach were yesterday’s news; today it’s kale, seeds, and coconut oil; and tomorrow it will be something new. We should focus beyond the fad; we need to understand that what we are eating on a daily basis needs to be nutritionally balanced throughout all the foods we consume. We need to emphasize eating a well-balanced, diverse diet containing nutritious foods; instead of focusing on a few superfoods that are trending this month.

Reference: Academy of Nutrition and Dietetics, 2018. www.eatright.org.

About Our Hillcrest Staff

By Kate Evans



Stephanie Jimenez, a Birchwood resident associate, once dreamed about becoming a talented figure skater. Now her goal is to be a registered nurse.

As a youngster growing up in the suburbs of Chicago, she spent most of her after school hours on the ice rink in suburban Morton Grove. “I was there almost daily, practicing various skills and maneuvers or in classes,” she explains. “The skaters trained together and traveled together to competitions; we were like a family,” she recalls with pleasure. “For some eight or nine years I wanted a career like that of Michelle Kwan. I still have my medals from those days.”

Her life changed in her 14th year when the family moved west to Montana. After working some 40 years in the telephone industry, her father Edward purchased 20 acres of land near McAllister and built a log home upon it. Here she and her brother Oscar were introduced to a life outdoors, camping and hiking. “I immediately loved the beauty of the mountains and all the mysteries of nature.”

Her figure skating days seemed to be over. At the rink in Bozeman she no longer had the same experience she so enjoyed in Illinois. “It was all different, the rink was not the same, and the family atmosphere was missing. So I lost interest in the sport.”

Likewise she describes her high school years at McAllister and Harrison as difficult. “It was a rough time for me. I was considered a ‘city kid’ by the local students; I did not know their country ways.” Also during the first week of her freshman year she broke her ankle in three places which made it difficult for her to participate in school activities. “I was glad when the four years were over and I was accepted at MSU to study early childhood and special education,” she further states. There, she says, she found a friendlier student body, a mixture of people from everywhere. While attending MSU she worked in retail and volunteered at Highgate and Bozeman Lodge. “Because I loved helping the elderly so much at these facilities my mother Maria suggested I get a paid job doing that type of work. “I applied at Hillcrest, was hired, and am very happy here.” She now hopes to return to MSU in 2020, this time to earn a nursing degree.

While attending MSU she worked in retail and volunteered at Highgate and Bozeman Lodge. “Because I loved helping the elderly so much at these facilities my mother Maria suggested I get a paid job doing that type of work. “I applied at Hillcrest, was hired, and am very happy here.” She now hopes to return to MSU in 2020, this time to earn a nursing degree.



Chris Miller, as a little boy, dreamed of being a cook, not a policeman, fireman or soldier as do lots of little boys. “Even as a youngster, I loved being around food,” he explains. “I liked being in the kitchen with my mother, Amanda, or my grandmother, Lorraine Miller, when they were preparing meals.” They would give him simple jobs,

cutting up fruit, measuring flour, etc.” His mother recalls that one day when he was two years old he firmly announced, “I want to bake bread for people of the world.”

Chris was born in 1996 and spent his youth with three brothers and one sister in Bedford, NH. His grandfather, David Miller, was one of the first businessmen in the state to use a computer in his insurance work. After raising her children, Amanda became a middle schoolteacher who later obtained a master’s degree; she now teaches middle school math.

When Chris became a teenager he attended a public high school in the afternoon for academic classes and was enrolled at Manchester School of Technology in the morning for culinary training. His first job, while still in high school, was as a dishwasher in Manchester at The 11Eleven Bistro. He was able to improve his skills when the crew of the high end restaurant recruited his help to prep food. At Johnson and Wales University in Providence, RI, he earned a bachelor’s degree in food service management with an emphasis on culinary arts, baking and pastry.

About this time Chris decided that one day he would like to own his own restaurant or work in a facility to cook “real food for real, ordinary people.” He stresses that, “Good healthy food should be available to everyone at an affordable price.”

Chris came west to Bozeman last December and started cooking at Hillcrest in May. In his spare time Chris likes to listen to podcasts on his phone or on the computer. “I’m addicted; I have enjoyed doing this since I was in seventh grade, long before it was popular.” He and his new bride, the former, Agnes Hale (they have known each other since middle school days) were married August 22 in Bozeman’s First Baptist Church. “We both enjoy watching podcasts, but different types,” he emphasizes. Agnes is employed at Cost Plus World Market.

Life is like a journey

When Lee Kravetz was a freshman at New York University in the 1940;s she noticed a framed verse hanging on the wall in a professor's office. "Since I rode the subway to classes it was very meaningful to me," she explained. "He gave me a copy and over the years I have reread it and enjoyed it." Crest Lines thanks Lee for sharing it with our readers.

Life is like a journey
Taken on a train
With a pair of travelers
At each window pane
I may sit beside you
All the journey through
Or I may sit elsewhere
Never knowing you
But if fate should mark me
To sit by your side
Let's be pleasant travelers
It's so short a ride

Author Unknown

Tuesday trail hikes will continue in September

Our spring was wet and cold and many of the planned hikes were cancelled because Mother Nature did not cooperate. We decided to continue the trail hikes through September since the cold and snow has not made an appearance. Please remember to sign up at the front desk by 9:00am the day before the hike. As always, we need four people to attend to make it worth the trip.

Walk to End Alzheimer's

Save the date for the annual WALK TO END ALZHEIMER'S that Hillcrest is helping sponsor!

Come help this cause Sunday, September 16th for a 1 mile walk around the Bozeman Ponds. The trail is accessible to all walker levels and wheelchairs. The Hillcrest bus will leave at 2:00 from Aspen Pointe. Put this event on your calendar and sign-up at the front desk.

Spiritual Offerings

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

September 2	Chaplain Tim Spring
September 9	Chaplain Nadine Grayl
September 16	Chaplain Sandy Osborne
September 23	Chaplain Katie Michael
September 30	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.

Department Updates

PROGRAMMING—Rachel Clemens

Thank you to everyone who is signing up early for activities. We greatly appreciate it as it helps us better plan for staffing.

The Xhibit software, formerly known as Touch Town, is still not working properly in the Aspen Pointe and Birchwood lobbies. The cable company will need to reconnect them and unfortunately they have been extremely busy. We're hoping they can get them working in the next four weeks.

ENVIRONMENTAL SERVICES—John Odden

A reminder to all residents: Please do not dispose of cooking oils/grease in your kitchen sink drains. This will potentially cause coagulation "downstream." The best solution is to pour the unwanted grease into a tin can, let it solidify and then throw the can into your garbage. Thank you for your cooperation.

MARKETING—Linda Jo Simkins

I always tell people when touring them around Hillcrest that our residents are warm and welcoming. I recently toured with a family and then signed a contract with them a few days later after they had toured several other communities. When asked, "Why did you choose Hillcrest?" They said they chose Hillcrest because of the happy residents they saw, they noted that some of them even came up and talked to them while they were having lunch. So thank you for always being warm and welcoming to all.

Bozeman Public Library Bookmobile to offer living history series

The Bozeman Public Library Bookmobile, with support from Humanities MT, would like to invite you to lively evenings at Bozeman Pond Park, held Thursday's starting on September 13 at 6:30pm. Please bring a chair or a blanket and be prepared to be entertained by our lively historic guests. In case of inclement weather, the lecture will be held under the pavilion.

Chelsea visits Morocco

Chelsea Koessel, a Birchwood Resident Care Associate Coordinator, had the wonderful opportunity to go abroad to Morocco this summer. Her time there was split into three different areas: teaching



English and French to a village located in the Atlas Mountains; working for a service-learning program located in the city of Meknes; and conducting research on geriatric care in Morocco. During her stay, she was able to go on excursions to visit many areas of the country. She learned many things: a new language, about their culture and way of living; and various ethnic foods. "There are beautiful landscapes and sites in the country!," she exclaims. Join Chelsea in the Birchwood Activity Room on September 14th at 3:30pm while she presents a slide show and stories from her amazing experiences. She'll even have special mint tea and popcorn, a local favorite, to share with everyone.

Story Hour to return to A-Wing

Our newest Chaplain, Katie Michael, will be leading this one hour short story group similar to the one formerly conducted by Chaplain Valerie Webster. As before, a book will be selected by Katie or the group and read out loud, during which discussions about the book will take place. This reunited group will meet in the A-Wing, 3rd Floor Lounge from 3:30-4:30 every Thursday.