

Crest Lines



Inside this Issue

Hillcrest Neighbors	2
Novel & Poetry	3
Council Members	3
Bozeman Symphony	3
Spiritual Offerings	4
Department Updates	4
It Happened in January	4
Wise & Well	5
January Calendar	Center
Hillcrest Staff	8
Lewis & Clark	9-10
Hallway Pictures	10
January Birthdays	11
Safely Using a Walker	11
Brainteaser	12
Coming up in February:	
Hillcrest Memorial Service	
Valentine's Day	
Chrysti the Wordsmith	



Thoughts from Senior Services

by Rachel Clemens, Senior Services Director

This time of year can oftentimes be stressful and overwhelming. With preparing for Christmas to transitioning into the New Year and reflecting over the past year and thinking about what the New Year will bring.

The year 2021 was different for The Clemens family. The kids' Christmas break started with the kids choosing presents for each other, wrapping them, and putting them under the tree. This got them in the spirit. Then I took my two oldest boys Kasey (13) and Henry (6), donning Santa hats, with me to deliver gifts for the program "Be a Santa to a Senior," sponsored by Home Instead. I expected some opposition, but they willingly joined and enjoyed the joy and appreciation these gifts brought. Henry came home wanting to give more gifts, choosing from his own extensive collection! Time and time again during Christmas break I was surprised by my older two boys' understanding of what Christmas is truly about. At one point Henry told us Christmas is about "the birth of Jesus, joy, and giving gifts." That warmed this mother's heart!

Of course the kids, especially Wesley (3), were super excited about the gifts for each of them under the tree, as kids should be, but there was a new sentiment this year which has fueled me through this time and brought me hope and positivity for the New Year! I hope it does you too. Happy New Year and may 2022 bless each of you!



Hillcrest Neighbors By Tony Garcia, Resident

If you were born on a farm in the early 1930's, you will remember how much fun it was playing with your brothers and sisters. The worst you experienced was living through the Great Depression. It wasn't that way if you lived in the Baltic States.

Example: Ludmila Duka Kupriss. Ludmila was born September 3, 1930, about 2 miles from the very small town of Auce, in southwest Latvia, near the Lithuanian border. She was the youngest of seven children. Her mother was from Siberia, and gave Ludmila a Russian name. Ludmila's father was Latvian and a school principal. The family operated a dairy farm with 19 cows, 3 horses, pigs and chickens.

In 1939, the Soviets forced Latvia to accept a "mutual assistance pact", and occupied Latvia with 30,000 troops. They murdered the heads of state, and replaced them with their own selected representatives. Opponents were deported to Siberia or killed. Latvia was now a communist state. Kids were given red scarves and made members of the "Pioneers". They thought the red scarves were nice looking. The children had to sing a song that praised communism. Sounds bad? Wait, there's more.

In June 1941, the Nazi's invaded, forcing the Russians out. Nazi artillery and aerial bombing had destroyed many homes and buildings in the larger cities. When the Nazis arrived, they had collected lists of with the names of Jews and began rounding them up. They took them out of town and murdered them. It was about a third of the population. When they arrived at Ludmila's farm, the officers took their second floor for sleeping quarters. The enlisted men slept in their barn.

Their newly built barn mysteriously burned to the ground. The family's food for the next year was destroyed, but somehow they got by. Ludmila's older sister got married, had a child, and moved to a town closer to the sea.



Ludmila at age 16 in 1946 in Germany.

In July 1944, the Soviets, now Allies, again invaded Latvia to drive out the Nazis. Towns and cities were destroyed. Latvians, became refugees. Some fled to the north and reached Sweden, but the rest were forced west to the sea. Ludmila and her family got into their horse drawn wagon and left their farm forever with little to no belongings and travelled 75 miles to the seaport of Liepaja. Ludmila was allowed to bring her favorite cow for family nourishment along the way. Ludmila had to sell the cow at the seaport for a \$5 coin. She still has that coin.

They boarded a lice ridden Nazi troopship, and sailed south to Gdansk, Poland, now under Nazi control. The whole family was put to work at German manufacturing plant. After several months, the Nazis told them to flee south. The family found their way to a railroad station. It was now 1943. Ludmila was now 14. The family was packed tightly in a train of cattle cars. Everyone had to stand or sit on the floor.

Travel was slow, sometimes only moving after a day or two. They were to have been taken to Dresden but it had been bombed to the ground by the Allies. They had no idea where they would go. The train would stop occasionally so people could relieve themselves. One night Ludmila was left behind. The train left without her. She knew if she followed the train tracks, she would eventually find her train, and she did.

They finally arrived in Bamberg, Bavaria. One night during a bombing raid, the family hid in the cellar of a church. Two bombs hit the church, but the family crawled out of the rubble. The family was split up, staying at various private homes and worked on farms. Germany surrendered May 7, 1945.

In 1950, Ludmila, now age 20, sailed for the New York on a U.S. Army troop transport.

Continued page 11

Bill Edwards: Novel & Poetry

Bill Edwards has been writing poetry for over twenty-five years. Inspiration has come from many sources including his wife, sons, granddaughters, travels to the Canadian Arctic, Africa, Europe, Australia, Ecuador, the Galapagos and many of the States.

After graduating from Carleton College in

1956 he attended the University of Wyoming obtaining a master's degree in Conservation and Wildlife while doing research on prong-horn antelope. After teaching high school biology in Cheyenne, WY, and getting married to Nancy Beal, he finished his graduate work at the University of Nebraska obtaining a Ph.D. in Plant Ecology. Then it was back to teach-



ing in Mankato State University in Minnesota and Laramie County Community College in Cheyenne, WY where he served in the Wyoming State Legislature for 10 years.

He has worked as a seasonal ranger in Grand Teton and Rocky Mountain National Parks and as a researcher and Biological Technician in Yellowstone National Park. He has also taught classes for the Yellowstone Institute and the Teton Science School.

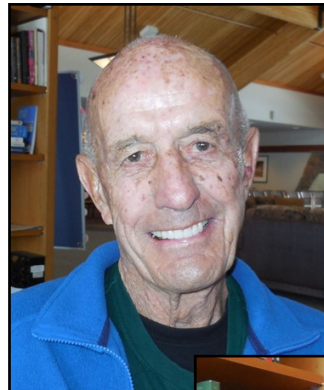
Bill and Nancy have two sons and two granddaughters and now live here at Aspen Pointe.

The short and long of it, join Bill in the **Commons at 3pm on January 26th** for a reading of original poetry and prose. He will also share excerpts from his novel, *“On the Old Yellowstone Road,”* a mystery with a 1900’s setting in the Yellowstone ecosystem.

Three New Members for Council

Aspen Pointe’s Resident Council will welcome three new members in 2022; Harper Bohr, Gloria Zimmer, and Doug Dybvig. Thank you for your commitment and contribution to Hillcrest!

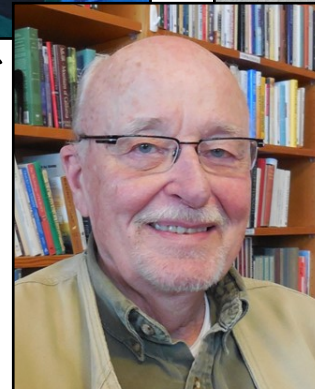
If you have any questions, concerns or positive feedback, contact the appropriate council member before council meetings are held. Meetings are the 2nd Thursday of each month at 10:30am in the ARC Room, with the next meeting on January 13th.



Harper Bohr



Gloria Zimmer



Doug Dybvig

Bozeman Symphony

The Bozeman Symphony will present an entire concert of music by John Williams from timeless film classics.

If you would like to catch a ride on the Hillcrest shuttle, please purchase tickets for Sunday, January 30 at 2:30pm. (Minimum of 4 persons required)

Spiritual Offerings

Sunday worship service is at 9:00am in the Birchwood Activity Room and 10:00am in the Aspen Pointe Commons.

January 2 (Tim Spring) January 9 (Melissa Johansen)

January 16 January 23 January 30

Spiritual Care: Wednesday's from 10:00am - 2:00pm Chaplain Allen Jones is available for individual companionship and can be reached at 907-460-8109.

Bible Circle: Thursday's from 10:00-10:30am in the Birchwood Activity Room.

Department Updates

MARKETING—Linda Jo Simkins

Happy New Year and cheers to many more to come! 2022 is starting out busier than ever with several new residents moving in.

Mai Kai Lee- A112

Marilyn Costigan-A122

Connie and Jerry Hammond-A206

Reba Regli-B208

ENGINEERING—RICH HAGSTROM:

Parking reminder to staff and residents: If there is fresh snow on the ground and you can find a parking spot that has been plowed, please park there first. Do not park your vehicle so your bumpers are over the sidewalks. Park your vehicles far enough back so that snow removal equipment, wheelchairs and walkers can get by.

ADMINISTRATION—Rachel Clemens

We sincerely apologize for the issues surrounding the transition to CenturyLink for landlines. If you receive a call from a CenturyLink representative and are uncomfortable with communicating with them, please feel free to decline. We have found another carrier and a memo will be sent out shortly with those details.

It Happened in January

By Tony Garcia, Resident

Jan. 1, 1863 President Lincoln issues the Emancipation Proclamation.

Jan. 2, 1777 George Washington's army fights the second Battle of Trenton, NJ.

Jan. 3, 1870 Brooklyn Bridge construction began.

Jan. 5, 1914 Henry Ford began a wage of \$5 per day at his automobile factories.

Jan. 6, 1942 Pan Am's Pacific Clipper completes its first round-the-world trip.

Jan. 7, 1927 Trans-Atlantic telephone service began between New York and London.

Jan. 8, 1815 General Andrew Jackson's army defeated the British at New Orleans.

Jan. 9, 1776 Thomas Paine published his book Common Sense in Philadelphia.

Jan. 12, 1906 The Dow Jones Industrial Average closed above 100 for the first time.

Jan. 13, 1778 George Washington's troops build a hospital at Valley Forge.

Jan. 14, 1784 The Treaty of Paris was ratified by Congress ending the Revolutionary War.

Jan. 16, 1920 Prohibition began, outlawing the sale of liquor.

Jan. 17, 1917 The U.S. buys the Virgin Islands from Denmark for \$25 million.

Jan. 19, 1953 People watch on TV Lucille Ball give birth to a son on I Love Lucy.

Jan. 20, 1892 The first official basketball game was played at the YMCA in Springfield MA.

Jan. 21, 1954 USS Nautilus, first nuclear submarine was launched at Groton, CT.

Jan. 22, 1797 Abigail Adams writes to John in Philadelphia with news from home.

Jan. 24, 1848 James Marshall discovers gold at Sutter's Mill, CA, sparking a gold rush.

Jan. 25, 1915 Alexander Graham Bell makes a call from New York to San Francisco.

Jan. 26, 1784 Ben Franklin suggests a turkey as a better national symbol than the eagle.

Jan. 27, 1973 The Paris peace talks officially end the Vietnam War.

Jan. 28, 1986 Space Shuttle Challenger explodes 73 seconds after liftoff, Cape Canaveral.

Wise & Well: Feet & Ankles

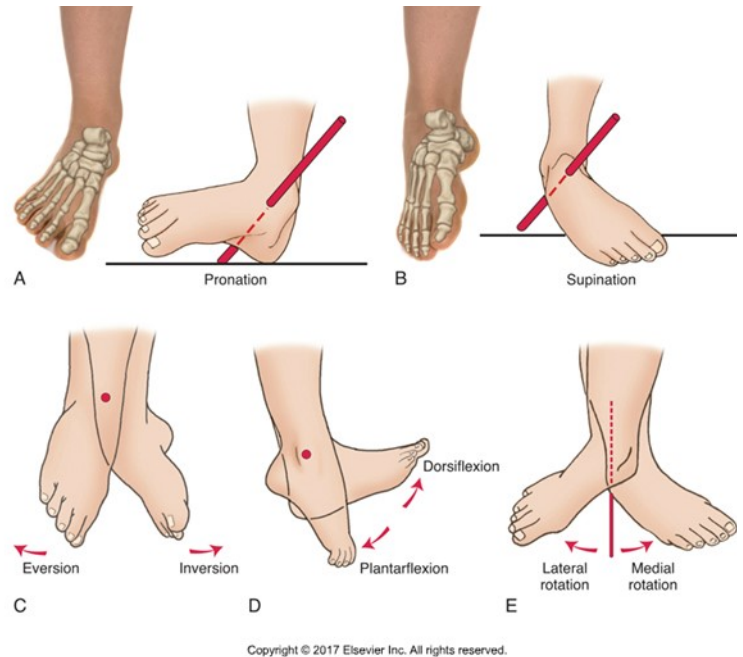
By Nick Valera, Exercise Specialist/Activity Assistant

Sniff Do you smell that? No, its not the holi-day dinners that have been in the fridge for weeks. It's those stinky feet! This month we complete our talk from head to toe by talking about the feet and ankles. Each foot is composed of 26 bones. That is a lot of small joints and room for movement in an area of our body we rely on for support. These joints glide and hinge around various surfaces to help our body find balance and structure no matter what we step on. The metatarsals and phalanges that make up our toes are hinge joints that will work to grab the ground. The other bigger and flatter bones glide and shift to give us as much surface area as possible for our balance.

The ankle is made up of the foot bones going up and connecting to your tibia (shin bone) and fibula. There are many ligaments and tendons that help support this joint. The ligaments connect bone to bone, tendons are connecting the bone to muscle. They are the main shock absorbers in our body when we run, jump, and walk. Without these our body would feel shock and forces much greater all the way up the body in every joint which could cause more pain and injury in places like our knees, hips, and back. The biggest and strongest of the ligaments and tendons being the Achilles tendon. If you've ever hurt yours, you know that there is not much that a person can do without it besides sitting down. Some people have suffered devastating injuries to their Achilles tendon. If you are a sports fan and from Los Angeles like myself, you will remember the time Kobe Bryant ruptured his and was able to still somehow shoot 2 free throws and walk off the court. Some people were born different, and that's what made Kobe such a fun athlete to watch.

Because of all the small joints and tissues in this area, it is important to have some mobility throughout your foot. Like I mentioned earlier, it is supposed to bend and fold to give us a greater surface area for the rest of our body to balance upon. The technical terms for the many

movements of the foot are listed in the picture below. There are also ways to measure degrees of movement in these directions to see if we have the healthy ranges of motion. Of course, the flexi-



bility is not everything. One thing I like to do in exercise programs is put the feet and ankles through these different ranges of motion with resistance applied to them. Some examples of this would be calf raises, banded letters, walking on the feet in different positions as some have experienced in chair exercise. When we expose our ankles to resistance in these different positions we can strengthen all the surrounding tissues reducing our risk of injury all while increasing our strength and stability.

The foot also has a natural arch that is very important. A normal arch in the bottom of the foot can help absorb shock and act as a spring which helps to propel you into the next step. It can also lead to better posture. Whether it's a high or low arch, it has some effect up the chain of joints that make up our body. It can affect our body alignment and therefore having an effect on the muscular balance in our body. We can have a normal arch, a low arch (flat foot), or a high arch.

A low arch, which is common, will typically have your foot rolling inward creating poor shock absorption and can cause joint pain in the ankles, knees, and hips. Usually a good arch

Continued page 11

Sun

Mon

Tue

W

January 2022

Abbreviations:

BW: Birchwood

AP: Aspen Pointe

FSR: Fireside Room

LC: Learning Center




ARC: Act/Rec/C

BW Act: BW Ac

BW DR: BW Dir

BW NS 1 or 2: N

<p>2 10:00am Worship Service in Commons</p>	<p>3 10:00am Chair Exercise in Commons <u>NO TIMELY TOPICS TODAY</u> <u>NO GREAT COURSES TODAY</u> <u>3:00pm Michael Paglia Presents "Visions of Sicily" video in Commons</u></p>	<p>4 9:00am Yoga in LC 9:00am Shopping Bus to Walmart/Heebs 11:15am Tai Chi in ARC <u>NO CHOIR TODAY</u> 6:30pm Bridge in FSR</p>	<p>5 10:00am Chair Exercise 11:30-12:15 Book Meeting Loop 2:00pm Catholic Mass <u>3:00pm Bob Flaherty will this Pandemic</u></p>
<p>9 10:00am Worship Service in Commons</p>	<p>10 10:00am Chair Exercise in Commons 1:30pm Timely Topics in LC <u>NO GREAT COURSES TODAY</u> <u>3:15 Brain Fitness with Ginger in Commons</u></p>	<p>11 9:00am Yoga in LC 9:00am Shopping Bus to Walmart/Heebs 11:15am Tai Chi in ARC 3:30pm Singing Souls Choir in Commons 6:30pm Bridge in FSR</p>	<p>12 10:00am Chair Exercise 10:00am-2:00pm Sp 2:00pm Catholic Chapel <u>3:00pm Book Club Floor Lounge</u></p>
<p>16 10:00am Worship Service in Commons</p>	<p>17 10:00am Chair Exercise in Commons 1:30pm Timely Topics in LC <u>NO GREAT COURSES TODAY</u> <u>3:15 Brain Fitness with Ginger in Commons</u> <u>7:45pm Edis & Cliff in Commons</u></p>	<p>18 9:00am Yoga in LC 9:00am Shopping Bus to Walmart/Heebs 11:15am Tai Chi in ARC 3:30pm Singing Souls Choir in Commons 6:30pm Bridge in FSR</p>	<p>19 10:00am Chair Exercise 10:00am-2:00pm Sp 11:15-11:45 Book Meeting 2:00pm Catholic Chapel <u>3:00pm Lutheran Chapel</u></p>
<p>23 10:00am Worship Service in Commons</p> <hr/> <p>30 10:00am Worship Service in Commons <u>1:45pm Bozeman Symphony at Willson Auditorium</u></p>	<p>24 10:00am Chair Exercise in Commons 1:30pm Timely Topics in LC <u>NO GREAT COURSES TODAY</u> <u>3:15 Brain Fitness with Ginger in Commons</u></p> <hr/> <p>31 10:00am Chair Exercise in Commons 1:30pm Timely Topics in LC <u>NO GREAT COURSES TODAY</u> <u>3:15 Brain Fitness with Ginger in Commons</u></p>	<p>25 Podiatry Clinic 9:00am Yoga in LC 9:00am Shopping Bus to Walmart/Heebs 11:15am Tai Chi in ARC 3:30pm Singing Souls Choir in Commons 6:30pm Bridge in FSR</p>	<p>26 10:00am Chair Exercise 10:00am-2:00pm Sp 2:00pm Catholic Chapel <u>3:00pm Bill Edwards poetry and his novel Yellowstone Road.</u></p>

ed	Thu	Fri	Sat
Crafts Center Activity Room Dining Room Nurses Station			1 2:00pm Movie in Commons 
Exercise in Commons Mobile in Front Mass in AP Chapel Community Presents <u>"When End???"</u>	6 9:00am Shopping at Town & Country 9:00am Yoga in LC 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10:30-12pm Open Wii Bowling in Commons 3:00pm Knit & Stitch AP Fireside 3-4:00pm Beer:30 in FSR	7 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 1:30pm Bingo in ARC <u>2:30 Safely Using a Walker or Scooter Presentation in Commons</u>	8 2:00pm Movie in Commons
Exercise in Commons Spiritual Care Communion in AP <u>in A-Wing 3rd</u>	13 9:00am Shopping at Town & Country 9:00am Yoga in LC 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10:30-12pm Open Wii Bowling in Commons <u>10:30am Resident Council Mtg in ARC</u> 3:00pm Knit & Stitch AP Fireside 3-4:00pm Beer:30 in FSR	14 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 1:30pm Bingo in ARC <u>2:30 Walker & Scooter Tune-up & Clinic in Commons</u> <u>7:00pm Stefan Stern & Children Concert in Commons</u>	15 2:00pm Movie in Commons
Exercise in Commons Spiritual Care Mobile in Front Loop Communion in AP <u>Communion in</u>	20 9:00am Shopping at Town & Country 9:00am Yoga in LC 9:30am-12 Nail Care 3rd Flr A-Wing Lounge <u>10:15am Beginner Yoga Class in Commons (everyone welcome)</u> <u>NO WII BOWLING TODAY</u> 3:00pm Knit & Stitch AP Fireside 3-4:00pm Beer:30 in FSR	21 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 1:30pm Bingo in ARC <u>2:30 Walker & Scooter Tune-up & Clinic in Commons</u>	22 2:00pm Movie in Commons
Exercise in Commons Spiritual Care Communion in AP <u>Community Presents original</u> <u>Play "On the Old"</u>	27 9:00am Shopping at Town & Country 9:00am Yoga in LC 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10:30-12pm Open Wii Bowling in Commons 3:00pm Knit & Stitch AP Fireside 3-4:00pm Beer:30 in FSR <p style="text-align: center;">Birthday Night</p> 	28 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 1:30pm Bingo in ARC <u>4:00pm Presentation on France and Epiphany in Commons</u>	29 2:00pm Movie in Commons

About Our Hillcrest Staff

By Edis Kittrell, Activities Assistant

Programs is happy to introduce a new member of the Activities team, Sarah Snider. Previously, Sarah worked with a younger age group. Much younger in fact: preschool students. She has a Bachelor's of Science in Early Education and Child Service from Montana State University (MSU), with a minor in Human Development. After having worked as a Preschool Teacher at the Child Development Center at MSU and as a Science teacher at the Montana Science Center, she was ready for a change in the energy level of her clients, so to speak. Hence, we are lucky enough to experience Sarah's enthusiasm and ingenuity here at Hillcrest.

Sarah grew up in the small town of Havre, MT, population 10,000. She enjoyed swimming in the summers and dancing lessons during the school year, starting a dance club in junior high. She attended St. Jude's Thaddeus Catholic School, where she enjoyed small-sized classes, graduating eighth grade with only 16 other students! From there, she went on to Havre High School class of 2015, while being involved in varsity cheerleading, key club, and choir. Once, she even dressed up as the school mascot, a blue pony, for a homecoming football game!

Every summer, the family would travel to Wisconsin and Pennsylvania to visit relatives. Her maternal grandmother's farmhouse in "Cozy Valley" in northern Wisconsin is still a significant part of her life, as her parents have retired and moved from Havre to live there with her. Now 90 years old and still driving, Grandmother Pat has

had an important influence on both Sarah and her parents. Sarah describes Pat as "the toughest as well as the kindest." Pat grew up a farm girl during the depression, the oldest of five children, all girls except the youngest, a boy. Pat ended up being the "son," working the fields as any boy would. She often speaks of walking miles in the cold Wisconsin winters to a one-room schoolhouse. As a result of experiencing a childhood of such demanding labor, she wanted more for her own children, instilling in them the importance of hard work and education. Thus, all of Pat's children now have advanced degrees, including Sarah's mom, who has a Masters in counseling. Sarah's mom also worked as a preschool teacher for 21 years, then became a school based counselor at Rocky Boy College once she earned her Masters. Sarah's dad retired in 2020 after 31 years as an English professor at MSU Northern in Havre.

Sarah was fortunate to have parents who believed in her ability to succeed and always pushed her to do her best, while letting her know she didn't have to be "perfect." Sarah has followed her parents' and grandmother's lead and has always felt driven to

work hard and do well.

Outside of work, she enjoys fly fishing, karaoke, running, and snowshoeing. Her favorite places to visit include Glacier National Park, the Flathead Valley, and Red Lodge. She also has volunteered for Suffer Out Loud, a local non-profit that aims to reduce the stigma behind mental health services and lower the rate of suicide in our state. She considers herself organized, driven, and optimistic. She enjoys connecting with others in authentic ways and hearing people's stories, a perfect fit for Hillcrest!



Patricia J. Ortman and Sarah posing below a town mural on a building. In 2018 the "women's mural" was unveiled and because Pat served on the Ashland School board for decades, she was featured on the mural. (blonde)

Remembering Lewis & Clark

By Tony Garcia, Resident

On July 4, 1803 Thomas Jefferson paid \$15 million to Napoleon Bonaparte for what was called The Louisiana Purchase. It more than doubled the size of the United States.

About two months later, on August 31, 1803, Jefferson created what was known as The Corps of Discovery on August 31, 1803. He commissioned as Captains, his personal secretary, Meriwether Lewis, and a backwoodsman, William Clark as Captain. The goal was to find a water route to the Pacific, but the purpose was two-fold. The first was to map and explore the land. The second was to study area plants, animal life, and establish trade with the Indians.

Lewis and Clark planned their expedition for a year. Congress had authorized \$2500 for supplies for the expedition. From a group of 45 men, they carefully picked 33 of the most stalwart men for the expedition. They wanted them to be single, brave, healthy, and good hunters. The men spent a winter in training before they left.

On May 14, 1804, Clark left from a point just north of St. Louis the day his boat had finished construction. He sailed north for six days to pick up Lewis and his Newfound Retriever, Seamen. They would not return for 2 ½ years, on September 25, 1806. Here's what happened. Three months in to their voyage, the Corps of Discovery, as they were known, reached Kansas City, opposite Omaha, Nebraska. Sergeant Charles Floyd died from appendicitis. He was buried in what is now called Sioux City, Iowa. At the end of August, the Corps reach the edge of the Great Plains. Indians were blocking safe passage. As expected, The Corps was stopped by a Chief who demanded one of their boats. Lewis and Clark refused. The Chief backed away and left. Winter came early and hard so the Corps built winter quarters, known as Fort Mandan. The Corps found the Mandan's very friendly and without their help with food, they may have starved that first winter. A Canadian fur trapper named Toussaint Charbonneau and his young Shoshone Indian girl named Sacagawea. Lewis decided to take the two with the Corps to act as

translators. The Corps presented them with special silver medals with Jefferson's face engraved on the front.

April 7-June 2, 1805, Fort Mandan to Marias River. The Corps departed in the spring and moved upriver to the Marias River.

June 3 – June 20, 1805: Marias River to the Great Falls. They reached Great Falls June 20th when they endured a month long portage around the Great Falls. They had to abandon their boat, and carve out canoes to haul up the long, steep hill at Great Falls. Then the men encountered the painful prickly pear cactus and terrible mosquitos. They passed through the Gates of the Mountains, admiring the huge rock cliff and paddled on to Three Forks. Having heard of Sacajawea's story of having been stolen by the Hidatsas from her Shoshone tribe, Lewis and Clark were becoming anxious to find the Shoshones.

July 15 – August 12, 1805. Finding the Shoshones. As the Corps continued along the Jefferson River, Sacajawea grew excited. She recognized a mountain the Shoshone called The Beaverhead and she knew she was getting close to her home.

August 13 – October 6, 1805. Over the Continental Divide and the Bitterroots. The Corps finally arrived at the end of the Jefferson River, near the foot of Lemhi Pass. When Chief Cameahwait noticed them. Sacajawea recognized him as her brother. The she ran up to greet him and then hugged her childhood friend, Jumping Fish. Sacajawea asked her brother to give the Corps horses to continue over the Continental Divide and onward. Cameahwait sent a Shoshone guide, named Old Toby with the Corps. Old Toby lead the Corps over the Bitterroots, nearly 200 miles.

October 8 – December 8, 1805. Down the Columbia River to Ft. Clatsop on the Pacific. The Corps again had to build canoes. It was much easier now as they traveled downriver for the first time. First was the Clearwater River, which led into the Snake River which led into the Columbia River. They ran as many as 15 rapids. Many dumped out of their canoes including Old Toby who climbed ashore. They had met the Nez Perce

Continue page 10

Hallway Pictures

By Bill Edwards, Resident

“One picture is worth a thousand words” according to advertising executive Fred R. Barnard.

A recent survey of the hallways of Hillcrest reveals a great diversity of paintings, photos and handings dealing with a variety of subjects. Not too surprisingly a trivia question which might be asked is which animal appears most often in these pictures?

There are bear, elk, geese, moose, dogs, bluebirds, crows, fish cattle, sheep, horses, deer, goats, pheasants, a chicken, pronghorn antelope, a great blue heron, a cedar waxwing, a squirrel in addition to a variety of flowers and trees plus many different views of humans hiking, fishing, riding and cowboying.

Why not take a leisurely walk some day down a hallway or two to observe some of the thought provoking subjects which are displayed for all of us to see.

And by the way, the animal which appears most often is the horse!

Lewis & Clark from page 9

on the way. Lewis convinced the Nez Perce to give Old Toby a horse so he could get home. Old Toby rode home after Lewis had paid him for his invaluable service. The Corps finally reached the Pacific and set up camp. They moved to the south side and back up river for the winter where they built Ft. Clatsop.

March 26, 1806, the Corps began their journey home. Before they left, Clark gave a letter to the Chinooks to give to the next ship arriving at the Columbia River. The letter reached President Jefferson before Lewis and Clark returned. Jefferson now knew they had reached the Pacific and heading home.

March 23 – July 28, 1806 Ft. Clatsop and Exploration of the Marias. The Corps returned to the Nez Perce. Paddling upriver was tough. The men frequently had to tow their heavily loaded canoes from shore. The Nez Perce were generally

nice, although members of the Corps had some testy encounters. On May 7th, the Bitterroot Mountains came into view but snow made them impassable. The Nez Perce kept telling the Captains they would have to wait. On June 10, they proceeded with guides to through the mountains and the falls of the Missouri. The men were in high spirits and had several spare horses. The Nez Perce guided the Corps for 3 weeks over the Lolo Trail. On July 3 the Captains decided to take different routes back. They shook hands and wondered if they would ever see the other again. Clark's route would be nearly 1000 miles down the Jefferson and Yellowstone Rivers. Lewis's would be nearly eight hundred miles through Great Falls and down the Missouri. They met on the Missouri August 12, 1806. Two days later the Corps arrived at the Mandan village. The Mandan's were thrilled to see them again and had great celebrations.

On September 26, 1806 The Corps of Discovery arrived home at Camp Woods, 28 months and 8000 miles later. They had seen and sketched bison, grizzly bears, prairie dogs, bighorn sheep, antelope, in all more than 125 animals and 180 plants.

Sacajawea left the Corps of Discovery at the Mandan village and eventually went back to live with the Shoshone in Wyoming. She gave her son, Jean Baptiste, or Pompey, meaning Little Chief to Clark who promised to have him educated which he did by attending a Jesuit boarding school called St. Louis Academy. He became the head of a fur trading company and a guide. He died of pneumonia at the age of 61. Sacajawea died at the age of 24 in Wyoming of typhus. Meriwether Lewis became a heavy drinker and died of two gunshot wounds at age 35. Clark died at age 69 after a brief illness.

There is now a new and functioning printer & scanner in the library! Directions for use are located on the desk. If you should need further assistance, please ask the front desk.



Jack Berg	1/2
Fairy Overton	1/3
Chuck Bailey	1/3
Betsy Crabs	1/8
Gerry Robertson	1/11
Renata Scheder-Bieschin	1/17
Carol Flaherty	1/22
Jim McCall	1/23
Jim Monger	1/24
Patricia Templin	1/29
Phylis Somers	1/31

Ludmila from page 2

She was given \$5 and a train ticket to Boston where her uncle had immigrated in 1911. He was to be her sponsor. Her parents arrived on another ship two weeks later. They all got housekeeping jobs. Ludmila went to business school. Her boyfriend came from Latvia in 1952 and they were married. He joined the Air Force and was stationed at San Antonio, TX, and later at Montgomery, AL. They moved back to Boston. Ludmila had one son and worked at Aetna Insurance Company for more than 20 years.

Her son is a professor at MSU in Bozeman. Ludmila moved to Aspen Pointe in 2015. If you want to see her beautiful smile, greet her in Latvian and say “La Brite, pronounced, La Breet” which means “good day.”

Just for Laughs

A woman saw an electrician walking up to her door. She rushed up behind him and said, “I thought you were coming to fix our door bell yesterday.” The electrician said “I did come yesterday and I rang your door bell three times. I thought no one was home, so I left.”

Safely Using a Walker

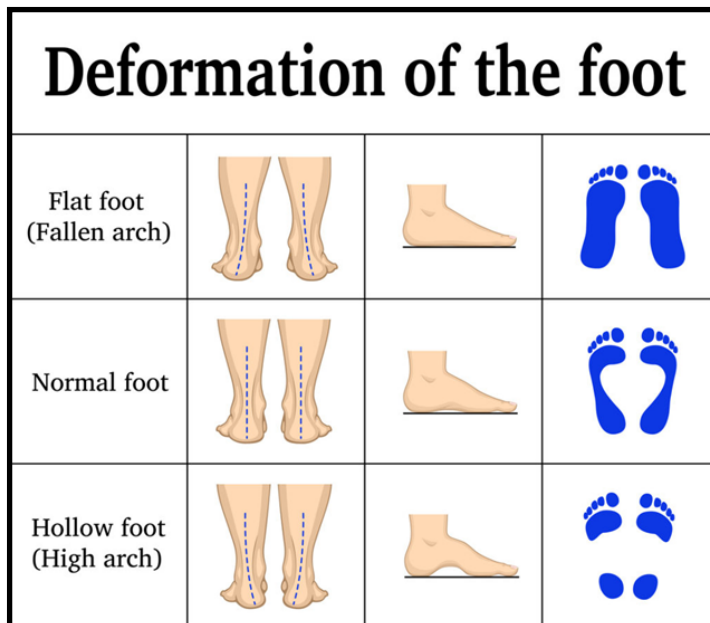
Our upcoming clinic on **January 7th at 2:30pm** will start with a presentation by Nick Valera, Exercise Specialist, on the different assistive equipment options and best practices in how to use them.

A technicians from Price Rite Drug on the two following Fridays will be here to help tune-up your walker or scooter to ensure it is as safe as possible. Please sign up at the front desk if you would like to schedule a tune-up for your walker or scooter.

Feet & Ankles from page 5

supporter in your shoe can help this issue. There are also exercises such as towel curls, calf raises, and arch lifts to help strengthen the arch of your foot to get rid of this problem.





A high arch, which is less common and usually genetic, places too much strain on the supporting tissues leading to instability, plantar fasciitis, calluses, corns, and hammer toes. This can be aided with high top shoes or orthotics with ankle support, but sometimes will require minor surgery. Exercises can be done as well to gain more mobility and length through the big toe and ligaments.



The feet and ankles contain many small bones and move in many ways. It is the base of our support and have affect throughout the rest of the body. Bottom line, take care of your feet!

Brainteaser

See if you can identify all of the well known sayings in this puzzle.

1 Get it Get it Get it Get it	2  Jack	3 Somewhere 	4 DOOR
5 <u>READ</u>	6 Blood Water	7 Beeeeeee	8 CANCELLED
9 once 	10 Egg Egg HAM	11 Try $\frac{\text{Stand}}{2}$	12 TOWN
13 NI bump GHT	14 Aid ← Aid Aid	15 Mill1on	16  3.14
17 ice ³	18 R O G O N C  I K	19 Think 	20 GROUND feet feet feet feet feet feet
21 1 KNOWS	22 Big Big ignore ignore	23 RAKEN	24 KNEE light light