

Crest Lines

January 2020

Volume 3, Issue 9

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Coming Soon

February

- Okinawa Students
- Memorial Service
- Valentine's Day Dinner

March

- Balance Classes
- Bozeman Hot Springs
- Chrystie the Wordsmith
- Art Walk



Thoughts from Senior Services

by Rachel Clemens, Senior Services Director

The making of New Year's resolutions is said to date back to the Babylonians, some 4,000 years ago. Although their new year fell around mid-March after the crops were planted. During the New Year festival for crowning a new king or reaffirming their loyalty to their current king, Babylonians made promises to the gods to pay debts and return borrowed items. If they kept their promises the gods would bestow good fortune upon them.

Around 46 B.C. Julius Caesar changed the calendar and the new year was established on January 1. January named after the god, Janus, symbolically looked into the past and into the future. The Romans made promises to Janus for good behavior for the new year.

Similarly, in 1740 an English clergyman created the Covenant Renewal Service, also known as watch night services, held on New Year's Eve. This service was started as a spiritual alternative to wild New Year's celebrations. More recently the services have included making resolutions for the new year.

The practice of making promises or resolutions, which do have religious roots, have become a secular practice with high percentages of Americans making resolutions, but small percentages of actually reaching their goals. Why is that? *"Psychology Today"* says there are a few common reasons why. Goals aren't clear. Why is the goal important, where did it come from, how will achieving the goal influence your life? Goals need to be personal and align with where you wish to be. Change is overwhelming! Abrupt changes, pressure to change, too much change at once can cause people to quit early. People get discouraged when change isn't fast enough or the goal was set too high.

I have never been one to set resolutions, or at least keep them. However, in my professional position I am constantly evaluating myself. How did that go? Could I have handled that differently? Am I looking at this from the wrong point of view? I have set a path for myself to be the best that I can be at work and at home. I want to be open to possibilities, critiques, and growth. I am realistic about being human and making mistakes. I will never be "perfect" and that is okay. Instead of a goal, I think of it as a theme; live my best life every day for myself, my family, and my job.

Whether you are a descendant of Babylonians, Romans, or have participated in a religious watch night service, I believe it is human nature to want to be the best we can, to grow, to learn, break bad habits or be healthy. What would you like to work on this year? What is your theme for 2020? Whatever it might be make it specific, make it attainable, make it practical, and make it personal.

Wishing you all a happy and healthy 2020!

Three New Members to be Seated at Council Table

Aspen Pointe's Resident Council will welcome three new members when it holds its first meeting for 2020 on January 9 at 10:30am in the ARC room. Mary Gracia, Jim Eidson and Gene Quenemoen will replace outgoing members, Wanda Myers, Clint Frazee and Doug Dybvig, who have completed three years of service. Actually Gene will be returning to the Council; he first served from 2010 until 2013.

At the Council meeting in December Wayne Gibson was elected as the new chair, replacing Doug.

Gene, a native Montanan from Great Falls, served in the Navy from 1946 and 1947 when he was stationed during the winter in the Antarctic with Operation Highjump. He earned a Bachelor's and a Master's degree of Science at Montana State University, plus a PhD at Michigan State University in Agricultural Economics. During his 34 year career he worked in research, extension and teaching in the United States and abroad in Ethiopia and Egypt. Upon retirement in 1982 he began consulting with clients in the USA and in Pakistan and Morocco.

Mary, once an assistant admissions director at Vassar College and worker in the library at Michigan State University, ended her professional career as a social worker at the University of Utah Medical Center and the University Counseling Center. At Boston College she earned a degree with a double major in English and Spanish literature. From Vassar she has a master's in Spanish Literature and a second master's from Michigan State in Clinical Social Work.

Jim, a 1961 graduate of the University of California Medical School, San Francisco, is a former president of the Great Falls Clinic, as well as the Montana Heart Association. He is a founding member of the Benefis Hospital Foundation Board and has served on the Montana Easter Seals Board. After retirement in 2000 and while a resident of Big Sky he served on the Ophir School board.

Brain Fitness Workout



Ginger Lee will lead a Brain Workout Class Series this month. The first 4 week session begins **Tuesday, January 7 at 3:30pm in the Commons and will continue every Tuesday at 3:30pm through January 28.** Based

from the research she presented last year, each class will feature games designed to stimulate your brain. When your brain works, just like when your body works, it grows stronger. As always, Ginger's classes are interesting, challenging and FUN! Please sign up at the front desk so there are enough materials for everyone.

Intergenerational Play

A very special thank you to the MSU Child Development Center day care kids who came and sang for Birchwood residents. The children, who are 4 and 5 years old, come to Birchwood the 2nd and 4th Tuesdays of each month to play games, read and do other fun activities with residents, but on December 10, they came to perform many new Christmas songs they've been practicing!

Walter Ainsworth, Ardis Nichols and others were elated when the giggling pre-schoolers entered their rooms full of smiles and songs.



Children singing for Ardis Nichols in Birchwood.

Chelsea Koessel Graduates



Chelsea Koessel had every reason to be proud and happy at the recent fall graduation ceremony at MSU. She was receiving a second Bachelor's, this one a dual degree in cell biology and neuroscience, and French with a minor in global health. She earned her first degree, a Bachelor's in

healthcare administration, in May 2015. "While studying for the admin degree I found the science courses so interesting that I decided to take the classes required for medical school," she explained. "Thus In spring of 2016 I enrolled again, also taking French as I knew that I wanted to work in Africa one day as a physician."

For the past two summers she has worked abroad in health care programs in Morocco. She plans to take the MCAT exam on April 25 and to apply at the end of May at the following Medical schools: the WWAMI program here in Bozeman, plus programs at the universities of Colorado, Minnesota, Utah, Dartmouth, and Harvard. Should she win a Fulbright Scholarship this March, she will move to Morocco in September to work until May 2021 in the nursing center that she and other students from MSU have previously visited. "I hope to enter a medical school in the fall of 2021," she expresses with enthusiasm.

Birchwood residents have known Chelsea since September 2014, first as an overnight resident associate. A year later she was promoted to the resident care associate coordinator, the position she currently holds. Brad Fassione (Chelsea's significant other) was graduated at the recent fall ceremony with a Bachelor's degree in applied mathematics and a minor in physics. He has been accepted into the MSU mathematics program where he will pursue a Master's degree with intentions of getting a PhD and becoming a math professor/researcher.

Naha Nikkei Vocational School

Hillcrest residents interested in learning about individuals living on Okinawa, the tropical island south of Tokyo, Japan, will want to attend a program on **Tuesday, February 4 at 3:30pm in the Commons**. Eleven undergraduate students from the Naha Nikkei Vocational School will interpret their culture through dance, music and other mediums.

Visiting Montana through an exciting English training program offered by the Office of International Programs at MSU, it gives college students the opportunity to improve their English skills, learn about American culture and explore MSU. In addition to classroom instruction, program participants will visit the Museum of the Rockies and Yellowstone National Park.

"Homestays" place the students in homes of Bozeman community members. It allows them to be immersed in everything American from January 12 to February 8.

Cello-Piano Concert

Concert pianist Stefan Stern and Else Trygstad-Burke, cellist, will perform Rachmaninoff's sonata for cello and piano at Aspen Pointe on **Thursday, January 16, at 7:45pm in the Commons**.

Upon graduating with a Master's degree in piano education from the Hochschule fur Musik in Hannover, Stern taught piano lessons at a music school in Germany. Now in Bozeman he teaches private students, continues performing and freelances as a jazz, classical and rock pianist, both live and on CD recordings. He is also

Continued on page 8



Hillcrest Neighbors

By Kate Evans

Though he never earned a degree in education, Wes Horner believes he became a good teacher because he was able to impart to his students what he actually had experienced on the job. With a Master's in geology from the University of Colorado and a career in that field behind him, he entered the teaching profession in 1960. "Into the classroom, I brought first-hand knowledge from my years of working with various oil, water and coal companies, not just material from textbooks," he explains.

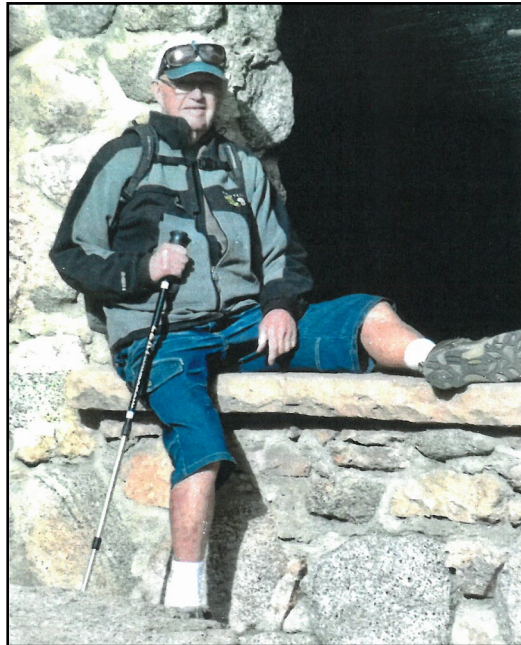
Wesley Pate Horner was born April 29, 1925 in Roanoke, VA to Robert and Fina Mae Horner. His father, a newspaper reporter, worked for the Norfolk and Western Railroad and edited the company's publication. His mother, a graduate of Georgia State College for Women, was a teacher and taught reading and writing.

Always interested in the outdoors, he spent his summers in Georgia at his mother's family farm not far from Savannah. "I followed my cousin around, learning a lot about country living with kerosene lamps, wood stoves and smoke houses. There were fun times down at the swamp on the Ogeechee River at Rocky Ford where we boys swam in our birthday suits. We would jump into the water when the passenger trains rolled by. Water moccasins were plentiful and my cousin said they would not bite underwater, but I never believed him." According to Wes, their 80-year old grandpa really got their respect and attention with his fast running start and a quick back flip into the water. "In Georgia I also learned to catch and dress chickens, butcher hogs and split and carry firewood to the kitchen stove."

Immediately following graduation at Roanoke High School in 1943, Wes joined the Navy, earning a year of college credit and an ensigns commission during his three years of service. While in the Pacific Theatre in the mid 1940's he

was aboard a LST (Landing Ship Tank). "Marines, waiting to invade Japan, were camped close to the Tanapag Harbor on the Island of Saipan where my ship was anchored. Of course the war abruptly ended in August 1945 and rather than invade, marines were sent to occupy. My ship delivered them to Japan."

Pictures of Colorado's reddish-brown stone formations were what led Wes to Boulder, CO in 1947. "I thought the Flatirons were beautiful and that University of Colorado would be a good fit for me. I noticed also that the area was known for spectacular hiking and rock climbing," he emphasized.



He enrolled as a geology major, earned his Bachelor's degree and was off to Alaska for the summer as a member of a US Coast and Geodetic Survey. His crew worked to survey primary location points along the river system in southern Alaska. He returned in the fall to a job with the Atomic Energy Commission prospecting for uranium in Nevada, Arizona and South Dakota. "It was interesting work, spotting radio-active areas from the air in a small plane. But after a year I returned to the University of Colorado for a Master's degree. I met Virginia Brorby, a graduate of the University of Illinois

where she had earned a Master's degree in music composition. We were married in 1947," he further added.

As a teacher, he held positions at two college preparatory schools in Colorado: Fountain Valley School in Colorado Springs and the Colorado Rocky Mountain School in Carbondale. He also taught in a school in Brussels and Hawaii. His last teaching job was in Santa Fe, NM at a college prep school there.

Wes moved to Aspen Pointe in September 2019 to be near his daughter, Sally O'Neill, who worked at MSU as Senior Immigration Specialist for 20 years and is an artist and musician. His other two daughters are Pam Porter and Cindy Kahn. Pam lives in Carbondale, CO and is a children's art teacher. Cindy lives in Santa Fe, NM and is a Pilates instructor and massage therapist.

January 2020

Remove and keep as daily reference.

Spiritual Offerings

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

January 5 Katie Michael
January 12 Nadine Grayl
January 19 Ken Mottram
January 26 Timothy Spring

Catholic Mass & Communion at 2pm the 1st Wednesday of each month in the AP Chapel led by Father Leo Proxell of Holy Rosary. The following Wednesdays are prayer and communion.

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

Bible Circle at 9:30am on Thursdays in the ARC Center.

Spiritual Care 1st Wednesday of the month from 11:30am -1:30pm and 3rd Wednesday from 2-4pm. Chaplain Allen Jones is available for individual companionship and can be reached at 907-460-8109

January Birthdays

Fairy Overton	1/3
Nan Pizitz	1/7
Betsy Crabs	1/8
Gerry Robertson	1/11
Renata Scheder-Bieschin	1/17
Jim McCall	1/23
Lee Kravetz	1/25
Toni Thomas	1/25
Ginny Browne	1/27
Sally Telpner	1/29
Phylis Somers	1/31



Announcements:

- **Jessica will host a Fitness Center Open House** to familiarize new and present residents on how to safely use the exercise machines. In addition, she will also be signing residents up for one-on-one consultations and balance assessments. Meet her in the Fitness Center at 3:30pm on Monday, January 6. Sign up for the raffle drawing while you're there!
- **The bus will continue to take residents to the Interfaith Forums** at Resurrection Parish. These very informative meetings are held the 2nd Wednesday of each month from 12-1pm. Please sign up at the front desk.
- **Hillcrest "Readers Theatre" group** will gather again in February. The Christmas Ornament skit was a huge hit! If you would like to be a part of this fun group, please contact Megan at 414-2031 or Chaplain Allen Jones at 907-460-8109.

Sun	Mon	Tue	
<div style="text-align: center;">   </div>			<p>1 NO YOGA TODAY 10:00am Chair Ex 11:30am-1:30pm S 1-2:30pm AP Art C NO BOOKMOBILE NO BINGO TODAY 3:30pm Wine & C</p> <p style="text-align: center;">NO SHUTTL</p>
<p>5 10:00am Worship Service in AP Chapel 2:30pm AP Movie in Commons</p>	<p>6 10:00am Chair Ex. in AP Commons 1-3:00pm Art Group in BW Act Rm 1:30pm Timely Topics 3:00pm Bingo & Cocktails in BW Act Rm 3:30pm Fitness Center Open House</p>	<p>7 9:30am Yoga in LC 10-11:30am Open Wii Bowling Commons 10:30am Tai Chi in ARC 1:30pm Bus to Walmart 2:30pm Stretching in BW Act Rm NO GREAT COURSES TODAY 3:30pm Brain Fitness in Commons 6:30pm Bridge in FSR</p>	<p>8 9:00am Yoga in LC 9:30am Shopping 10:00am Chair Ex 11:30pm Interfaith 1-2:30pm AP Art C 1:30pm Book Club 3:00pm Smart Sem 6:30pm Bingo in A</p>
<p>12 10:00am Worship Service in AP Chapel 2:30pm AP Movie in Commons</p>	<p>13 10:00am Chair Ex. in AP Commons 1-3:00pm Art Group in BW Act Rm 1:30pm Timely Topics 3:00pm Bingo & Cocktails in BW Act Rm 3-4:00pm Pup Play Date in ARC</p>	<p>14 9:30am Yoga in LC 10-11:30am Open Wii Bowling Commons 10:30am Tai Chi in ARC 1:30pm Bus to Walmart 2:30pm Stretching in BW Act Rm NO GREAT COURSES TODAY 3:30pm Brain Fitness in Commons 6:30pm Bridge in FSR</p>	<p>15 9:00am Yoga in LC 9:30am Shopping 10:00am Chair Ex 1-2:30pm AP Art C 2:00pm Catholic I 2:30-3:30pm Boz P 2-4pm Spiritual Ca 3:00pm Lutheran 6:30pm Bingo in A</p>
<p>19 10:00am Worship Service in AP Chapel 2:30pm AP Movie in Commons</p>	<p>20 10:00am Chair Ex. in AP Commons 1-3:00pm Art Group in BW Act Rm 1:30pm Timely Topics 3:00pm Bingo & Cocktails in BW Act Rm</p>	<p>21 9-10am First Security Bank 9:30am Yoga in LC 10-11:30am Open Wii Bowling Commons 10:30am Tai Chi in ARC 1:30pm Bus to Walmart 2:30pm Stretching in BW Act Rm NO GREAT COURSES TODAY 3:30pm Brain Fitness in Commons 6:30pm Bridge in FSR</p>	<p>22 9:00am Yoga in LC 9:30am Shopping 10:00am Chair Ex 1-2:30pm AP Art C 2:00pm Catholic I 6:30pm Bingo in A</p>
<p>26 10:00am Worship Service in AP Chapel 1:45pm Bozeman Symphony at the Willson 2:30pm AP Movie in Commons</p>	<p>27 10:00am Chair Ex. in AP Commons 1-3:00pm Art Group in BW Act Rm 1:30pm Timely Topics 3:00pm Bingo & Cocktails in BW Act Rm 3-4:00pm Pup Play Date in ARC</p>	<p>28 9:30am Yoga in LC 10-11:30am Open Wii Bowling Commons 10:30am Tai Chi in ARC 1:30pm Bus to Walmart 2:30pm Stretching in BW Act Rm NO GREAT COURSES TODAY 3:30pm Brain Fitness in Commons 6:30pm Bridge in FSR 7:30pm Mock Auction in Commons</p>	<p>29 9:00am Yoga in LC 9:30am Shopping 10:00am Chair Ex 1-2:30 AP Art Clas 2:00pm Catholic I 2:30-3:30pm Boz P Poetry Reading in 6:30pm Bingo in A</p>

Wed	Thu	Fri	Sat
<p>in AP Commons spiritual Care Class in ARC TODAY Y heese in Commons</p> <p>LE SERVICE TODAY</p>	<p>2 9:30am AP Nail Care 3rd Flr A-Wing Lounge 9:30am Yoga in LC 9:30am Bible Circle in ARC 10:30-11:30am Bank of Bozeman 1:30pm Shopping Bus to Mall 3:15pm Yoga 2 in LC 3:00pm Knit & Stitch AP Fireside 3:30-4:30pm Beer:30 in FSR 5:15pm "Little Women" Movie at Gallatin Valley Cinema</p>	<p>3 10:00am Chair Ex. in AP Commons 1:30pm Cribbage in FSR 1:30pm Catholic Prayer & Comm in Chapel 6:30pm Pinochle in FSR</p>	<p>4 1-3:00pm Games in FSR 2:00pm BW Movie in Act Rm</p>
<p>at Heeb's in AP Commons Forum at Res. Parish Class in ARC 3rd Flr A-Wing Lounge inar in Commons ARC</p>	<p>9 9:30am AP Nail Care 3rd Flr A-Wing Lounge 9:30am Yoga in LC 9:30am Bible Circle in ARC 10:30am AP Resident Council in ARC 10:30-11:30am Bank of Bozeman 1:30pm Shopping Bus to 19th 3:15pm Yoga 2 in LC 3:00pm Knit & Stitch AP Fireside 3:30-4:30pm Beer:30 in FSR 5:45pm Dinner at Fork & Spoon</p>	<p>10 10:00am Chair Ex. in AP Commons 11:30am Friday Forum at Library 1:30pm Cribbage in FSR 1:30pm Catholic Prayer & Comm in Chapel 6:30pm Pinochle in FSR</p>	<p>11 1-3:00pm Games in FSR 2:00pm BW Movie in Act Rm 6:30pm Bridge in FSR</p>
<p>at Town & Country in AP Commons Class in ARC Prayer & Comm in Chapel ublic Bookmobile re Comm in Chapel ARC</p>	<p>16 9:30am AP Nail Care 3rd Flr A-Wing Lounge 9:30am Yoga in LC 9:30am Bible Circle in ARC 10:30-11:30am Bank of Bozeman 1:30pm Shopping Bus to Mall 3:15pm Yoga 2 in LC 3:00pm Knit & Stitch AP Fireside 3:30-4:30pm Beer:30 in FSR 7:45pm Stefan Stern & Guest in Commons</p>	<p>17 10:00am Chair Ex. in AP Commons 1:30pm Cribbage in FSR 1:30pm Catholic Prayer & Comm in Chapel 2:30pm Tea Party in BW DR 6:30pm Pinochle in FSR</p>	<p>18 10:00am News & Notes Reading in BW Lobby 1-3:00pm Games in FSR 2:00pm BW Movie in Act Rm</p>
<p>at Heeb's in AP Commons Class in ARC Prayer & Comm in Chapel ARC</p>	<p>23 9:30am AP Nail Care 3rd Flr A-Wing Lounge 9:30am Yoga in LC 9:30am Bible Circle in ARC 10:30-11:30am Bank of Bozeman 1:30pm Shopping Bus to 19th 3:15pm Yoga 2 in LC 3:00pm Knit & Stitch AP Fireside 3:30-4:30pm Beer:30 in FSR 7:45pm Bozeman Ukulele Cabaret in Commons</p>	<p>24 10:00am Chair Ex. in AP Commons 1:30pm Cribbage in FSR 1:30pm Catholic Prayer & Comm in Chapel 6:30pm Pinochle in FSR</p>	<p>25 1-3:00pm Games in FSR 2:00pm BW Movie in Act Rm 6:30pm Bridge in FSR</p>
<p>at Town & Country in AP Commons s in ARC Prayer & Comm in Chapel ublic Bookmobile & Commons ARC</p>	<p>30 9:30am AP Nail Care 3rd Flr A-Wing Lounge 9:30am Yoga in LC 9:30am Bible Circle in ARC 10:30-11:30am Bank of Bozeman 1:30pm Shopping Bus to Mall 3:15pm Yoga 2 in LC 3:00pm Knit & Stitch AP Fireside 3:30-4:30pm Beer:30 in FSR 7:45pm MSU Lecture in Commons Birthday Night</p>	<p>31 10:00am Chair Ex. in AP Commons 1:30pm Cribbage in FSR 1:30pm Catholic Prayer & Comm in Chapel 6:30pm Pinochle in FSR</p>	<p><i>Remove and keep as daily reference.</i></p>

1/1 Wine & Cheese: Meet in the Commons with neighbors for this social gathering. Several selections of wine and cheese will be served.

1/2 "Little Women": Shanda will be taking residents to see this new movie at Gallatin Valley Cinema. The bus will leave AP at 5:15pm. Tickets must be purchased in advance. Please see the sign up book for more information.

1/6 Fitness Center Open House: Jessica will host a fun and informative open house for residents to familiarize themselves with the fitness center machines, sign up for an evaluation or get more information on staying active.

1/9 Resident Council: All residents are welcome to join the council members in the ARC to hear what's going on at Hillcrest, voice issues, comments or concerns.

1/7, 1/14, 1/21 & 1/28 Brain Fitness: See page 2 for more information.

1/8 Interfaith Forum: Holistic health and religion with Dr. Ken Mottram at Resurrection Parish. The bus will leave AP at 11:30am. Please sign up at the front desk.

1/8 Smart Seminar Series: See page 7 for more information.

1/9 Dinner at Fork & Spoon: Let's dine in at the Fork & Spoon, Bozeman's only "pay what you can" restaurant. The bus will leave AP at 5:45pm. Please sign up at the front desk.

1/10 Friday Forum: Dr. Nicol Rae, Dean of the MSU College of Letters and Sciences, will discuss the presidential impeachment power in the US Constitution and how it has played out over our history. Please sign up at the front desk.

1/13 & 1/27 Pup Play Date: Bring your K9 companion to the ARC for an hour of fun indoors! For those of you needing some companionship of the furry kind, but don't

own a dog, you are also welcome to come and visit.

1/16 Stefan Stern: Please see page 3 for more information.

1/17 Tea Party: See page 7 for more information.

1/18 News & Notes Reading: Chaplain Allen Jones will read current events and other interesting stories in the BW Nurses Station 1 beginning at 10:00am. Everyone is welcome to this non-religious gathering.

1/23 Bozeman Ukulele Cabaret: The Bozeman Ukulele Cabaret was founded by Marla Goodman in February of 2012. It began with a play-along at the Community Food Co-op's Flying C Coffee shop and due to popular demand, it grew to include hundreds of players of all ages. Our own Leslie Egloff is a member! Let's welcome them to the AP Commons on January 23.

1/26 Bozeman Symphony: The centerpiece of this concert presents three violinists who are graduates of The Juilliard School and reside here in Bozeman: Carrie Krause, Angella Ahn, & Pico Alt. Wesley Schulz Conducts. Please sign up at the front desk.

1/28 Mock Auction: Western College of Auctioneering is coming back to practice their new found skills! This is a fun and interactive way to win prizes, so bring a friend. No money needed.

1/29 Bookmobile Poetry Reading: See page 8 for more information. The poetry reading will begin at approx 2:45pm.

1/30 MSU Lecture: More information will be distributed to your cubby when available.

Happy New Year

Wise & Well: Intellectual Wellness

By Jessica Kindzerski, Exercise Specialist

Over the past few months, we have highlighted three out of the six dimensions that make up our wellness wheel. Among these dimensions are **Physical wellness**, **Social wellness** and **Emotional wellness**. Diving into the second half of the wellness wheel this month we will discuss the importance of Intellectual wellness for a balanced lifestyle.

Intellectual wellness encourages us to engage in creative and mentally-stimulating activities. These activities should expand our knowledge and skills while allowing us to share our knowledge and skills with others. According to counseling specialists at the University of California, Davis, intellectual wellness can be developed through academics, cultural involvement, community involvement and personal hobbies. As intellectual wellness develops, we are able to develop personal resources that work together with the other realms of wellness in order to be achieving a more balanced life (UCDAVIS Student Health and Counseling Services, 2018).



Intellectual wellness encourages all different types of learning. It is important to explore new ideas and understandings in order to become more mindful and better-rounded. Having an optimal level of intellectual wellness inspires exploration and stimulates curiosity. Curiosity is important because it motivates us to try new things and develop an understanding of how we see the relationship between ourselves, others and the environment in which we live (UCDAVIS Student Health and Counseling Services, 2018).

So how can one begin to strengthen this specific dimension of health? Below is a list of suggestions to help enhance our intellectual wellness:

Be open-minded - Be open to new ideas, new cultures, new knowledge, new skills and new environments.

Get Involved - Attend an Aspen Pointe activity or a community event you've never been to before. You may learn something new and have fun while doing it!

Pick Up A Hobby - Hobbies are great ways to increase your skill sets. They can also be fun and beneficial to our moods and overall health!

Listen - When you participate in active listening you are able to fully comprehend the information that is being given to you.

Reflect on Past Travels - The best way to gain knowledge as well as an appreciation for another culture is to experience it yourself. Take time to reflect on what you've seen, learned and experienced during your past travels over a cup of coffee with a friend!

Express Your Creative Side - Everyone has a creative side! Exploring different avenues of creativity and artistic expressions are great and fun ways to help build your intellectual wellness!

There is no single way to enhance your intellectual wellness. Intellectual wellness can be developed through a multitude of activities. Keep an open mind and try everything so you never miss out! There are so many ways to help develop intellectual wellness, you just have to go out and find them!



Residents dine at Sacajawea Inn following a educational experience to the Headwaters Heritage Museum in Three Forks.

About Our Hillcrest Staff By Kate Evans

Michele Harvey

Michele Harvey grew up in Phoenix however she can speak as if she were a native New Yorker, an Oklahoman or Sooner, or possibly from a southern state. “I quickly recognize different regional accents and can easily imitate most of them,” she explains. When conversing with someone with a strong accent, I can usually respond in the same manner but must be respectful so as to not offend that person,” she thoughtfully answers. With this language acuity, she has brought humor and laughter to many individuals. “My family compares me to our witty Aunt Melody who also could change her voice and create goofy pranks to entertain people,” she adds. With people who are deaf, Michele is able to establish a relationship by signing.



Although a native of Arizona, she admits to have never descended the Grand Canyon. “It is beautiful, awesome but terrifying to me. I am not that brave and I am afraid of falling.” Since moving to Bozeman in February of 2019, she has been enjoying the majesty of the mountains and is painting scenes of sunsets on rocks and cuddling with her dogs, Titus, Minnie and Phoenix.

Michele is a resident associate in Birchwood, where she is also known as “Millie,” a name given to her by residents Lois and Dewey Adams because it was easier for them to remember. She says she is happy to have the opportunity to help individuals in their senior years. “I hope to give them the care and attention that will provide them with healthy and enjoyable days. Because I unfortunately lost 13 friends and relatives of various ages over a two year period, I am extremely aware of end of life issues and recognize the importance of receiving and giving comforting support at this time.”

When Michele qualifies for in-state tuition, she plans to enter the nursing program at Mon
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Bailey Wagner

An ardent hiker who has already hiked to the top of 10 of Colorado’s 58 peaks exceeding 14,000 feet and who eventually hopes to conquer them all, Bailey Wagner also aspires to achieving another dream, that of becoming a physician. A 2018 graduate of the Colorado Early Colleges, one of its charter schools in Parker, where she earned both a high school diploma and an Associate degree in General Sciences, she currently is a sophomore at MSU majoring in biochemistry and working as a server in the Aspen Pointe dining room. “I am very fond of my family and hometown but I am happy to be in Bozeman away on my own to develop personal independence and be responsible for myself,” she explained.



Dance played a major role in her youth. As early as age three she was taking lessons at a dance studio in Parker. By the time she was 12 she was serious about ballet and had advanced to pointe shoes. “For several years, when I had reached the pre-professional level, I was with the Denver Ballet Theater performing in its full productions. My favorite ballet to have danced is Don Quixote based on Cervantes’ classic novel. Sometimes I was practicing and dancing for 30 hours a week.” Bailey also worked in a retail store that catered to dancers. “I trained under a shoe fitter and eventually was capable of fitting pointes to customers. It is a very exact job; so many measurements of the foot must be considered: width, length, strength and shape of arch,” she described in detail.

She grew up with parents, Mark and Marcia Wagner, and an older brother, Zach, who enjoyed camping and hiking together in Colorado’s great outdoors. Last March the family was treated to a trip to Hawaii by Grandma Jessie Wagner, also of Parker, who in her 80’s is experiencing various travel adventures.

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Wear Your Hat to Annual Tea

By Kate Evans

Early each new year it is customary for a tea party to be held in the Birchwood dining room. This year it will be **Friday, January 17 at 2:30pm**. Some might wonder if it is “an Afternoon Tea or a High Tea?” To find the answer, we went to the modern day source of all knowledge, **Google** of course. The following is what we learned.

Actually there is a **BIG** difference and much confusion between the two affairs. Afternoon Tea was introduced in England in 1840 by Anna, the 7th Duchess of Bedford, who seemed to need a bit of nourishment around 4 pm between lunch and dinner. The custom grew and by the 1880’s ladies in society and the upper class were changing into long gowns, gloves and hats to enjoy scones, sandwiches and sweets with their tea.

High Tea is not a treat, it is a meal for the working class. It is the family’s evening supper. It consists of hearty dishes and is served after the workers come home at the end of day. Thus Hillcrest’s function is an Afternoon Tea with shortbread cookies served along with an array of flavorful teas provided by Townshend’s Tea House. If you can’t find a hat in your closet you can select one from a collection provided by a long time friend of Hillcrest. Maya Moody will entertain with her soothing harp selections.

Because of limited seating only residents of Birchwood and Aspen Pointe are invited. Reservations should be made at the front desk.



Tea guests Clara Hodges, Wanda Hargrove and Helen Tess

2020 Smart Seminar Series

By Kate Evans

The organization that was once known as Smart Women’s Seminar is no longer; it has been re-named “The Smart Seminar Series.” It will continue its mission of offering educational programs but will welcome men as well as women to its sessions, according to Linda Jo Simkins, director of the Hillcrest series. “For a number of years, the series provided information and speakers to help women with their quest for knowledge and information on a variety of subjects and issues. When men began inquiring about the monthly series, and actually attending some of the sessions, we began to think that it should be more inclusive, that our speakers had messages for a wider audience,” she further explains.

The 2020 series includes topics related to finance, health, environment, arts, recreation and community/government areas of concern. The series, free of charge, is sponsored by Bozeman Health Hillcrest Senior Living and by the Bozeman Health Foundation. Nine different speakers will present, with a break during the summer months from June through August.

Brian Sprenger, director of Bozeman Yellowstone International Airport, will be the first speaker of the new series on **Wednesday, January 8 at 3pm in the Commons**. He will discuss airport expansion and growth. A graduate of MSU, he has been the director since 2009, plus he has had a 14 year career as a customer service agent and manager of education programs.

At the following meeting, Wednesday, February 12, attendees will hear from Marcus Meyer, investigator for the past seven years in the office of consumer protection for the Montana Attorney General. His job includes educating consumers about deceptive business practices and investigating/mediating complaints from consumers against businesses.

The pamphlet with additional series topics for the year was distributed in your cubby in December. If you should have any additional questions, please call Linda Jo at 414-2008.

Department Updates

ENVIRO SERVICES—JOHN ODDEN

There's no shame in spilling. Should it happen anywhere, please let us know so that we can respond appropriately.

Bailey Wagner continued

While taking the required courses necessary for acceptance to medical school, Bailey would like to have a part time job where she would be in contact with individuals requiring medical care or emergency attention. Thus she is investigating two programs: CNA (certified nurses assistant) or EMT (emergency medical training). "I feel a job in either would provide me with necessary experience for medical school and help me narrow down what I want to specialize in."

Her hobbies are photography and yoga. She is now exploring the many hiking trails in the Gallatin Valley and is learning to fly fish with instruction from her boyfriend, Adam Grock, a sophomore at MSU in civil engineering. "It's not easy; a number of my casts have caught on a nearby bush and not in a fish's mouth," she sighs with disappointment.

Cello-Piano Concert continued

the music director for Montana Ballet Company.

Else, a graduate from the University of San Francisco's Museum Studies Program, also is a graduate, summa cum laude, of MSU Honors College with a degree in history and a minor in art history. She has played for the Intermountain Opera Company and in the Bozeman Symphony and has maintained a large cello studio for many years.

Stern has performed at venues ranging from music festivals to private house concerts, as well as on cruise ships in Antarctica and vessels up the Amazon River. Locally he founded and leads the band "Lester Rocks" and has been featured twice in 2013 on Eric Funk's Emmy Award Winning show "11th and Grant." He has played with the Bozeman Symphony, Glenn Johnston's Swing Band, the Bridger Mountain Big Band, the Mountain Ballet Company, and Jeni Fleming.

Michele Harvey continued

tana State University. She earned an associate degree in social and behavioral sciences at Merced College during the 12 years she and her husband, Carlo Harvey, then a welder, were residents in California. When they returned to Arizona to live she attended Grand Canyon University, taking the prerequisite courses for a nursing degree. She has been a volunteer CPR, First Aid and AED instructor, plus a child passenger safety technician and a tutor of biology, English and math at Merced College. She and Carlo have a family of four children: Ricky, 27, Aurora, 23, Micah, 20, and CJ, 13. Carlo now is Pro-services Manager at Lowe's and owner of an information technology business.

Michele was raised by a single mother, met her husband when she was 17 years old and was married when she was 20. Even though she was 37 when she entered Merced College, she graduated with high honors as a member of two honor societies, Alpha Gamma Sigma and Phi Theta Kappa. While at Merced she organized a recycling committee and became it's director, plus she was president of Alpha Gamma Sigma. During that time, Michele was awarded numerous academic and service scholarships. "Who would have guessed I would be the first in my entire family to graduate from college, let alone with honors," she asks with pride.

"I love my job and I believe God brought me to Bozeman and Hillcrest for a special purpose. I feel truly blessed to be here."

Bookmobile Poetry Reading

The Bookmobile will make an extra stop, Wednesday, January 29 at Hillcrest for a Winter Poetry reading. Jessica Carlson will bring her favorites to share and all residents are invited to bring some of theirs as well. Meet in the Commons at 2:45pm.

