



Crest Lines

April 2020

Volume 3, Issue 12

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Thoughts from Senior Services

by Rachel Clemens, Senior Services Director

Lately, I've been thinking a lot about this well-known quote from Mr. Rogers, "When I was a boy and I would see scary things in the news, my mother would say to me, Look for the helpers. You will always find people who are helping." This quote has been in my thoughts for two reasons.

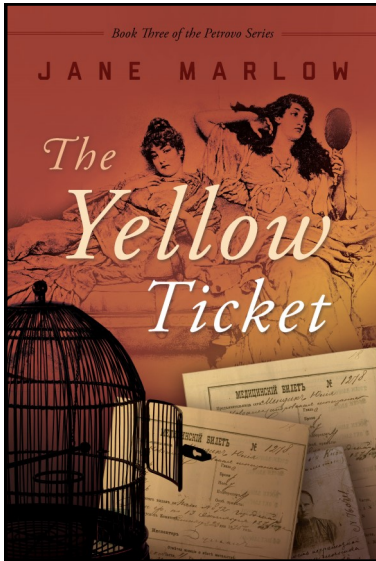
First, Mr. Rogers' mother found a way to shift her young son's emotion of fear into a different perspective. Shifting perspective is a way to help the mind take control of emotions. Information enters the spinal cord, travels through the brain to the limbic system where emotions are experienced. The stronger the emotions, the more likely the body can become emotionally hijacked, where emotions dictate actions. To be able to think and react to emotions reasonably the information needs to continue through the brain to reach the frontal lobe. Then these two parts of the brain can communicate together to think and react reasonably. During a time of uncertainty and new experiences it is easy for people to get triggered and stuck reacting to negative emotions. The more you think about those emotions, the feelings will perpetuate. Actively recognizing an event that has triggered an emotional response is a way to be able to move that signal to the frontal lobe to rationally decide how to process the event or to choose to look at it from a positive perspective.

This quote has also struck me because no matter what is happening in the world, there will always be helpers. There will always be people who put their worries, concerns, and needs second to someone else's. Really, we can all help. This is further conveyed in another Mr. Rogers quote, "We live in a world in which we need to share responsibility. It's easy to say 'It's not my child, not my community, not my world, not my problem.' Then there are those who see the need and respond. I consider those people my heroes." We all have a role in 'flattening the curve.' We can be sure to social distance. (Or as I've heard some call it, practice physical distancing. We don't want to perpetuate the isolation this pandemic is creating. Be social, but at a distance. We are blessed with so many means of technology.) We should stay at home. We can shop for neighbors who might be part of a vulnerable population. We can wash our hands. And of course medical staff and first responders play a big part in this and are making sacrifices for people they may not know. We can all be helpers, we can all be heroes by doing our part.

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Author Donates Novel By Kate Evans



Bozeman author Jane Marlow has given a copy of her latest novel, *The Yellow Ticket*, to the Hillcrest Library, according to Ilen Stoll, chair of both the library committee and the book club. “A resident of the nearby Knolls community, Jane makes this donation as a gift to her neighbors living in Aspen Pointe and Birchwood,” Ilen states in appreciation.

The novel is the third book in Jane’s Petrovo series set in Russia in the 1800’s. It relates the story of a homeless 15-year-old girl who is pregnant out of wedlock and banished from her village and her journey to Moscow into a life as a prostitute regulated by the Russian government.

Members of the Aspen Pointe book club read the second book in the Petrovo series, *How Did I Get Here?*, and met the author when she joined them for a discussion of the war story of a medical student recruited by Tsar Nicholas for duty in the Crimean conflict. The first book in the series, *Who Is To Blame?*, is described as a riddle and 25 year long saga of two families, one born of Russian noble heritage and the other bound as serfs to the noble’s household. All three editions are available in the library.

Birchwood Goes on a Scavenger Hunt

With social distancing orders still in place, all meals being delivered to individual apartments, and limited social activities, it became critical to figure out a way to keep Birchwood residents active and engaged. Programs Supervisor, Megan Reichert, created a scavenger hunt in all three halls of Birchwood using existing props and a few new festive items to do just that! Hats hanging from the ceiling and carrots hiding in trees are some of the silly things you’ll see as you walk the halls. “There are small and big things, high and low things,” Megan says while remembering some of the Dr. Seuss books she’s read. Laminated clue sheets are available in the activity room. See how many you can find!

Brenda Runs Temperature Poker



Brenda next to her poker cart and a decorated bulletin board Jessica Kindzerski, Exercise Specialist, created to help lift our spirits.

She took it upon herself to spice up the task of taking residents temperatures everyday, by adding a poker run flare! Brenda, Business Operations Supervisor, decked out her cart, (pun intended) with fun stuffed animals and a deck of playing cards. When visiting apartments in the B-wing, she asks the tenant to point at a playing card placed upside down in the base of the cart. The card is then recorded on a tally sheet

and the resident with the best poker hand after five cards, wins! Congratulations to Claire Driscoll with the highest hand and Lillian Kessler with the lowest hand. More fun games to come!

Thanks Brenda and her creative and fun spirit for making temperature taking the most fun ever. It’s staff like this that help us realize a smile can go a long way in spreading cheer and happiness in challenging situations.



Clara Hodges pointing to a smiley face balloon in hall 3. The clue was “A smile next to the trees.”

April Calendar

Mondays

- 10 & 10:40am Chair Exercise in Commons
- 2:30pm Seated Yoga in Learning Center
- 7:45pm Life Transitions in ARC (1st & 3rd Mondays)
- 3:30pm Life Transitions in ARC (2nd & 4th Mondays)

Tuesdays

- 9:30am Floor Yoga in Learning Center
- 10:00am Open Wii Bowling in Commons
- 10:30 Tai Chi in ARC

Wednesdays

- 9:30pm Floor Yoga in Learning Center
- 10 & 10:40am Chair Exercise in Commons
- 11:30-1:30pm Spiritual Care

Thursdays

- 9:30am Floor Yoga in Learning Center
- 10:30 Seated Yoga in Learning Center
- 10:30 Tai Chi in ARC
- 3:00pm Knit & Stitch Fireside in Commons

Fridays

- 10 & 10:40am Chair Exercise in Commons
- 2:30pm Movie in Commons

Sundays

- 10:00 Church Service in Commons
- 2:30pm Movie in Commons



Hillcrest Neighbors By Kate Evans

In her lifetime Fairy Overton has had at least 29 different residences, spanning from her childhood home in north Louisiana to several moves to towns in neighboring Texas, to locations in Connecticut and New York, and to western homes in Idaho and California, plus addresses in various countries overseas. "I am praying that my home here at Hillcrest will be my last nesting and resting place," she explains with a contented smile.

She spent her school years in cotton country surrounded by large plantations near Keatchie, LA. However, her family of three siblings lived a meager life affected by the depression of the 1930's. Her father, Albert Scherz, was a cotton broker and her mother, Fairy, taught voice and piano. Viewing his daughter being born at home in 1929 he excitedly exclaimed, "Her name has to be Fairy with those same blue eyes and blond hair as her mother's."

When the school across the street from the Scherz home was closed, Fairy took a bus 12 miles away to one in Stonewall where she was graduated from high school in 1945. After earning a BS degree in home economics at Northwestern State College in 1949 at Natchitoches, LA she was off to teach home ec and biology for a year and a half in Logansport, LA. During these years she often traveled to Houston to visit her aunt Helen and the young man Helen had introduced her to when she was only 16. "Frank Overton was one of her former third grade students who she was determined I must meet." They did become friends and visited each other over the years. "On one of those dates, when he was a student at Rice University studying chemical engineering, he told me he wished to marry me. I refused him telling I was in love with someone else." Rejected he went off to the University of Texas to get a master's degree. Then in summer 1950 when he discovered that she was vacation-



ing in Galveston he drove there immediately in a car she did not recognize and announced again his intentions of marrying her. "I was seriously considering this proposal but utterly confused as to why he strangely disappeared for a day. When he returned (in his own car this time) he explained that he had gone to recover his auto and engagement ring from his fiancé and was back because he was absolutely going to marry me," she describes with a smile. "Employed by Shell Oil Company but eligible for the draft, he won me over and we were married on December 23, 1950."

He had been drafted that fall and was assigned to Aberdeen Proving Grounds in Maryland, working with Wernher von Braun, aerospace engineer, on rocket power and ballistics. Fairy became an employee at Army headquarters as a personnel assistant to interview and process individuals for the ballistic research lab.

When Frank's two years of service were completed they returned to Houston and continued what would be his 30 year career with Shell. His position as a gas processing engineer took them to jobs in New York, Connecticut, and California. Two sons, Jeff and Greg, were born to them: Jeff in Houston and Greg in New York. When the boys were in elementary school, the family moved to New Orleans and Fairy went back to school to be certified in elementary education. A later move took them to Westport, CT, where she taught nutrition, sewing, food preparation and biology in a junior high school. In 1971 she earned a master's in counseling at the University of Bridgeport.

Frank's last move as an employee of Shell would return them to Houston where his career had been launched years earlier. Fairy would continue her interest in children and education by working in the Houston public school system as a counselor to special needs students.

In 1979 Frank retired from Shell, however he was not ready for a full retirement and became president of a small gas plant construction

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Those Dry Bones, Can They Live Again By Chaplain Allen Jones

Wow! What a time we are living in. Until two weeks ago things were pretty normal. In a comparative blink of the eye everything has changed; no visitors; we can't go anywhere; we are daily concerned about getting sick; we are concerned for those we love. Lots of calls have been made in the last few days. "Hi, how are you doing? Is the virus bad where you are? And the conversation ends with, "Take care, be careful, stay safe." We are in uncharted waters. Not a comfortable feeling for us humans. We much prefer normal, like it was. First, we are not alone. We live in a world where the tragedy happens on a daily basis. Auto accident ends the life of a 10 yr. old, tornado rips through a town in Tennessee; cancer claims the life of a 40 year old; two sons 7 and 10 are left without a father; airplanes crash; war displaces millions; families are ripped apart by the immigration polices of our country. In these life events we are forcefully reminded that life is not certain. In Ezekiel's time the people of Israel had been carted off to Babylon with little more than the clothes on their backs. Many we killed; families separated; the temple was destroyed; for roughly 40 years around 586 BC, at the time when Jerusalem was leveled by the armies, it was hard to make sense of life. In the midst of that Ezekiel had this vision. He looked out on the valleys filled with dry bones. Can these bones live again? Prophecy to the bones God said and say, "Dry bones, Hear the word of the Lord" and he did and there was this rattling of bones. They came together and took their human form again but there was no breath in them. God said Prophecy again. Ezekiel did and the breath came from the four winds and they stood up of vast army of people. "Can these dry bones live again?" We might say, "Can things ever get back to normal again?"

Now I hope you don't hear my words today as "don't worry, its going to be all better tomorrow," I'm not saying that at all because its not going to be all better tomorrow. We haven't much of a clue how long this will last or when



we can get back to normal. Israel didn't either but Ezekiel's vision said "These dry bones can live again."

Which brings me to my second point. This is a wonderful opportunity to learn compassion for all our fellow humans. We really are "all in this together." Getting through this depends on how we do with each other, everyone doing what must be done and we'll get through this. We are counting on each other to do the right thing; to take the abundance of caution necessary to stop the spread of this invisible and pervasive contagion. We don't like restricts of any kind. We don't like washing our hands every time we turn around; we don't like social distancing; but we must and everyone must. With grace and compassion for each other; love in action; everyday, all the time. Someone has said "don't worry about getting the virus, act like you already have it and don't want to give it to anyone else."

My third point is-this is a good time to learn the lessons of faith. When everything is well, we tend to trust that everything is well. Freedom of movement; regular supply of the things we need; the financial resources we have created and depend on; the assumption of good health and that the medical facilities of our country can handle what goes wrong with our bodies. So when all of that is gone in a moment of time, where does our trust go? "Can these dry bones live again?" We are reminded forcefully "in our faces," that only God holds our lives and we must trust God and learn the lessons of faith at this time of our dis-ease-ment. "That is a gift." And so finally, "We are going to get through this!" We don't know how, we don't know how long. We don't know what will happen or what will take place or what else we'll have to do. What changes will be forced upon us by the virus or what this world of ours will look like after its over. But together we will get through this. No need for worry only trust.

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About Our Hillcrest Staff

By Kate Evans

David Hammermeister

David Hammermeister is a zealous fisherman. Born in 1994 in Alaska, he and his dad, also a David, were buddies in the sport from the time he was three years old. “We fished the ocean almost every weekend,” he recalled with enthusiasm. “My biggest thrill came to me when I was seven years old. We were fishing Montana Creek, two hours north of Anchorage near Talkeetna. First I caught a 25 pound King Salmon and then later a 30 inch rainbow trout that weighed eight pounds, all in one day. Wow, what an experience for a kid,” excitedly relives David who is now working in the Aspen Pointe kitchen as a dishwasher.



Since moving to Bozeman in 2013 he has enjoyed fishing the Gallatin, Madison and Jefferson rivers, each famous to fishermen world wide, plus Hyalite Lake high in the canyon and the Missouri River. “But I still miss the ocean and plan to move to Oregon in the near future.”

He spent his early school years in Anchorage, however his middle school and high school days were in Stevensville, MT, where the family moved in 2008. He played football in eighth grade at Stevensville High. What really interested him was the high school chapter of Future Farmers of America and its many activities, particularly its speaking competitions. “I chose extemporaneous speaking. You select and research a subject from which an unknown topic is then given you at the contest to discuss in five minutes. It was a real challenge,” he explained and then added, “At FFA I learned all my life skills.”

Following high school graduation, he enrolled in 2013 at MSU on a state scholarship and served as a state officer/treasurer for FFA at its campus location. The following year he spent job shadowing in several local butcher shops, something he had done while a high school student. I really like cutting meat and found a butcher’s job at the Sams Club in Anchorage, AK.”

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Robert McDonald

It came as somewhat of a surprise to learn that Robert McDonald is focusing on an engineering career, not one in the health or medical profession. He is here as a resident assistant because a friend, Gaylene Kerr, RN resident services supervisor, told him about an opening at Birchwood and he was intrigued by the position. “I intend to enroll in MSU in spring 2021 to earn a bachelor’s degree in mechanical engineering so I thought that until then this job would work out perfectly in my plan to advance my education,” he further explains. “I like helping people so I am enjoying it, even though it is quite different than my previous work experience in construction.”



Robert has already earned a bachelor’s in industrial electronics at Lewis-Clark State College in Lewiston, ID where his father, Rob McDonald, is a professor of automated manufacturing. His mother, Lina, is a licensed architect with RGU, a firm that specializes in designing technical education centers.

Born in 1994 in Bozeman, Robert grew up in Lewiston with his younger brother, Jesse. In high school he participated in track and field and the metal shop club. His interests now are skiing and snowboarding, along with playing advanced board games; his favorite is a tile game titled carcassonne. “I especially like fixing cars on Tuesday evenings at Venture Church. A group of us, known as the auto team, do what we can for single parents, or others, who are having problems with their vehicles. I view it as a good community service project.” He is reading books in the Discworld series of 41 novels by English humorist, Terry Pratchett, and detective novels by British mystery author, Agatha Christie.

When asked as to was his long range career goal, he smiled and said “ I would love to help inventors who have unique ideas but who need assistance with their creations. I would like to be their coach.”

Spiritual Offerings

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

April 5	Allen Jones
April 9	Allen Jones (Maundy Thursday - 3pm)
April 10	Ken Mottram (Good Friday - 2pm)
April 12	Ken Mottram (Easter Sunday)
April 19	Allen Jones
April 26	Allen Jones

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.

Life Transitions: 1st and 3rd Wednesdays at 7:45pm and 2nd and 4th Wednesdays at 3:00pm in the ARC with Chaplain Allen Jones. This is a non-religious gathering.

April Birthdays

Lou Fox	4/4
Louise Lord	4/8
Marcia Gans	4/8
Pam Linn	4/9
Elaine Livers	4/10
Pat Baumbauer	4/11
Kate Evans	4/14
Phyllis Schuttler	4/14
Susan Patterson	4/15
Patricia VanGalen	4/23
Betty Nelson Miller	4/23
Wes Horner	4/29
Ralph Zimmer	4/29
Marty Daiello	4/30



Announcements:

- **A daily body temperature is taken of all residents and staff within the building.** If you miss getting your temperature recorded for any reason, please visit the front desk. Staff will try its best to take all temperatures between 1-2pm. Please also remember to maintain proper social distancing (6ft distance) between yourself and others when inside or outside of the building.
- **The Hillcrest Annual Easter Buffet is cancelled for April 12th.** The culinary department is planning an expanded Sunday menu in its place on Easter. They are also planning a special 5-course dinner for residents shortly after the social distancing requirements are lifted.
- **Book Club Members should return March books to the front desk at their earliest convenience.** Please note there will be no book club meeting in April.
- **Phi Upsilon Omicron—National Honors Society** is still looking for residents to participate in a project they are working on to commemorate Aspen Pointe. This years theme is “Our light shines brighter together in service and leadership.” If you would like to participate, please contact their student President, Teresa at teresajoan20@gmail.com or phiupsilonbozeman@yahoo.com. Interviews will take place via email or over the phone.
- **Resident Statements are always ready for pick up at the front desk by the 5th of the month, unless otherwise noted.**

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company in Oklahoma City. While there Fairy learned to fly a single engine beechcraft plane.

They lived in Oklahoma until 1983 and then moved back to Houston where Frank became a consultant to the gas processing industry. Consulting jobs took him to Australia, Venezuela, Japan and Thailand for as much as two years. Shorter assignments were in Argentina, Suriname, South Korea and Oman.

Frank's final job was executive administrator for the First Presbyterian Church in Houston. Their last home was in Montrose, CO where he died in 2014.

Fairy is grateful to be here with family nearby, plus many new friends in Aspen Pointe and at Springhill Presbyterian Church where she transferred her membership in March.

Rachel continued from page 1

Social media has made it easy to see the many ways people have helped in their own way. Lending libraries filled with food, toilet paper, and hand sanitizer saying to take what is needed. Large and small businesses changing hours to accommodate vulnerable populations to shop. Musicians creating video recordings to entertain people. World-renowned museums posting free virtual tours. Communities banding together to sew reusable masks. The list goes on and on.

I think it is also important to bring up how these positive efforts affect our brains. The brain is an open-loop system meaning it does not rely on itself alone. The system depends on external sources, such as relationships and connections with others. This means that people can affect our overall physiologically; therefore, our emotions.

Moods can be contagious. Positivity can be contagious.

We've all heard the expression "when life gives you lemons, make lemonade." This cliché sums it all up. During this time find ways to make people smile, find ways to laugh, find ways to help neighbors. Look for opportunities to turn an unfortunate time in history, into a time in history that all of humanity banded together with compassion, service, gratitude, and connectedness.

David continued from page 6

is another of his interests. He and his two roommates have a workshop, filled with various tools and two 3D printers, inside their three car garage. "We do all kinds of projects there while our cars are housed outside," he jokes. He likes working with wood, metal and foam. Frisbee golf and biking add to his list of outdoor activities. Of course,

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About worry. Now we are rightfully concerned about ourselves and the world, but what has any one of us gained by worrying? Nothing. So in the place of worry state our feelings of concern, say a prayer or meditate or go into a time of gratitude, go for a walk, look at the grandeur of the mountains out the windows and then trust God, trust each other and let it go. As best you can.

The flowers in the spring will poke their heads through the departing snow. It happens every year. We can count on God's self expression to continue. We will get through this together! Walk on!

Scripture is from Psalm 130 and Ezekiel 37:1-10



COVID-19 Stay at Home Directive



Within our own Hillcrest community, the directive issued by Governor Steve Bullock means to stay home and only travel for essential activities or needs. If you would like to visit, please utilize commons areas in the building or take advantage of the warmer weather and go for a walk outside, keeping a social distance of 6ft. Programs will also limit groups to 10 with chairs at least 6ft apart.

Active screening and temperature monitoring of all approved visitors, residents and staff continues. Any residents who are experiencing fever or respiratory symptoms need to self-quarantine themselves to their apartments and immediately notify nursing staff at 414-2015.

Thank you for doing your part to keep your neighbors and Hillcrest staff safe.