

Crest Lines

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Welcome Summer!

by Megan Reichert, Programs Supervisor



Claire Driscoll and Ilen Stoll soaking up some summer sun at Aspen Pointe.

“The yellow ball of warmth,” commonly known as the sun, has finally returned to our big Montana skies. After a fairly mild winter that faded into a very long and cool spring, it sure is nice to have some 70 and 80 degree days again. The flowers in the back garden and at the entrances of Aspen Pointe and Birchwood are in full bloom and we have Pam Linn and Ilen Stoll to thank for helping keep our gardens weed free and beautiful.

Though our summer activities are going to look a little different this year due to the COVID-19 outbreak, being outside is still a safe place to be, following social distancing practices of course. Many trails surround Hillcrest and there are many other trails and picnic areas within our Bozeman community to enjoy, including the new Story Mill Park on the east side of town which opened last fall.

Just because we have to be more careful, doesn't mean you have to be stuck inside. Be sure to look in the sign-up book at the front desk for scheduled walks and hikes beginning in July. The programs department looks forward to being a part of your summer plans and wishes you a very happy and safe Independence Day!



Remembering D-Day By Kate Evans

At Sunday services in Aspen Pointe chapel on June 7, Chaplain Allen Jones reminded the congregation of the historic importance of the weekend: the 76th anniversary of the seaborne invasion on June 6, 1944 of 156,000 American, British and Canadian troops along 50 miles of Normandy's beaches to defeat the Nazi forces in Europe. He posed a question, "Do you remember D-Day, if so how?" Here residents share memories of that day and other significant war events.

DEWEY ADAMS: On June 6, 1944, I was still a civilian. I had had a year of college and was waiting for the draft at age 18. Sure enough, I received a letter from FDR saying my friends and neighbors were inviting me to leave them for a time. Most of the boys in my class had left so I didn't have a "hangnail" or something to get deferred. What followed was Army basic training, then service in the Philippines and Japan.

FAIRY OVERTON: In spring 1944 I was finishing my junior year in high school, still living at home in Keatchie in northwestern Louisiana. I remember that June day when my father suddenly burst into the house with the surprising and exciting news that British, American and Canadian troops had landed on the beaches of France. From then on we called it D-Day.

MAXINE LECHNER: My most vivid memory of the war is personal. I remember learning of the death of my cousin during the Battle of the Bulge which began in mid December 1944 and ended with victory for the Allies on January 25, 1945. His loss (one of 75,000 American casualties in that battle) was sad as he had just received a letter from his wife telling him he was to be a father. I was living in central rural Montana at that time and we got most news of the war at the movies from the releases shown on the screen or a battery radio.

JOY STOWERS: My parents faithfully followed the war news because each had a brother fighting overseas. Willy Fant was killed early on in a plane crash, and Lloyd Thomas was held a prisoner by the Germans. When we heard of the D-Day inva-

sion Dad packed us up for a camping celebration at Lost Lake, along with a group of friends and their families. Everybody left town (Oroville, WA); the shops all closed. I was ten years old but I remember the happy excitement that erupted from this good news.

GENE QUENEMOEN: A most memorable date for me is August 6, 1945, the day the bomb was dropped on Hiroshima. I was 17, recently graduated from High School and anticipating being drafted into the military when I reached 18 on December 7. That same August day I was on a two week camping trip in the Bob Marshall Wilderness near Glacier with a friend. Although this was a busy time on the farm, my dad assumed I would be drafted in December, so he facilitated my dream of a pack trip into the wilderness.

Upon our return in mid-August, we learned of the bombing in Japan and the nearing end of the war. This caused a change in my life plans. Assuming I wouldn't be drafted, I started college at MSC, Bozeman. The draft continued and I served two years in the Navy, returning to college in 1948.

PAT BOOTH: For the British and the Commonwealth Countries (which sent many of their countrymen to aid Britain in the fight against the Nazi regime in Germany) the war began the day Hitler sent his troops into Poland on September 3, 1939. On that day I was one month shy of my 11th birthday and I can still hear Neville Chamberlain's voice over the radio advising us that "Britain is at war with Germany." Of course, I had no idea what that would mean to us. The first years were bad. Countries in Europe fell to the Nazis one by one; the only bright spot was Churchill's optimistic speeches that helped to keep us going. London and other major English cities were attacked nightly by German bombers but the RAF responded with attacks on Berlin and other major industrial areas. It seemed to be endless until that June day in 1944 when Allied troops, under Eisenhower, landed in France and turned the war around.

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July Calendar

Mondays

* 10 & 10:40am Chair Exercise in Commons

- 2:30pm Life Transitions in ARC

Tuesdays

- 9:15am Trail Hike (Meet at front desk)
- 9:30am Floor Yoga in Learning Center
- 10:00am Open Wii Bowling in Commons

Fridays

* 10 & 10:40am Chair Exercise in Commons

* 3:00pm Singing Group in Commons

Saturdays

- 2:30pm Great Courses in Commons

Wednesdays

- 9:30pm Floor Yoga in Learning Center
- 10:30 Seated Yoga in Learning Center

* 10 & 10:40am Chair Exercise in Commons

- 11am-3pm Spiritual Care

* 3:00pm Singing Group in Commons

Thursdays

- 9:15am Neighborhood Walk (Meet at front desk)
- 9:30am Floor Yoga in Learning Center
- 3:00pm Knit & Stitch Fireside in Commons



Spiritual Offerings

Sunday services at 10:00am and 11:00am in the AP Commons led by Chaplain Allen Jones are as follows:

July 5	July 19
July 12	July 26

Spiritual Care: Every Wednesday from 11am-3pm, Allen Jones is available for individual companionship and can be reached at 907-460-8109.

Life Transitions: Mondays at 2:30pm in the ARC with Chaplain Allen Jones. This is a non-religious gathering.

Programs listed in red will have two different time sessions to allow for a maximum participant number of 10 people. Please sign up at the front desk for the session you would like to attend. Proper sanitizing of chairs will take place in-between sessions and we ask for your patience in allowing staff time to clean before taking your seat.

Hillcrest Neighbors By Kate Evans

Ken Bondy, a former mayor of Fort Peck, MT, says that this job was mainly to keep peace between the city council and the city manager. “When disputes arose over various issues, I was the one who had to step in to settle disagreements, to bring individuals back to the table for discussion and team effort in order to help solve the problem,” he explains with a grin. “That’s the role most mayors play in community government.”

His term in the early 1990’s came at the time when the government was ending ownership of the houses that had been provided for the workforce to build the dam in the 1930’s. The government donated these very basic structures to the city which then sold them to buyers who moved them into the newly incorporated town of Fort Peck. Thus it was a new city with few financial concerns. “I wanted Fort Peck to be beautiful as well as efficiently governed, to look sharp to the residents and visitors to the dam,” Ken emphasized. As mayor he became interested in improving its appearance with new signage.

Ken was born in Glasgow, MT to Orville and Thelma Bondy in 1942, when about 80 per cent of the dam had already been constructed for the purpose of providing flood control. He remembers it from about 1945 when his father was hired by the Corps of Engineers, as a heavy duty mechanic, to build two power plants on the Missouri River to generate electricity. The family lived in a government house situated on property by the dam.

Ken relates a very unfortunate experience in his childhood. On a cold winter day he, then 5, and a six-year old pal were sledding down an icy road when they were hit at an intersection by a Model-T Ford. “I was only bruised but she suffered a very serious injury to her leg. Actually we

both could have been killed.” Years later he was pleased to hear that she had graduated from the University of North Dakota and had qualified for the Olympics in javelin competition.

With no hesitation, Ken answered “recess” when asked what he enjoyed most about his elementary school days in Fort Peck. During those years he also learned to play the saxophone, an instrument that he played in the Nashua High School band for four years, as well as singing with the school chorus. At NHS he participated in three sports (track, basketball and football), lettering in

each for four years. He was a delegate to the American Legion Boys State summer leadership-citizenship program in Dillon in 1959.

Ken entered Rocky Mountain College in 1960, selecting science for a major and baseball the sport he would play for the Battlin Bears. In his junior year he was named the most valuable player. He was awarded a BS in science at Rocky in 1964 and a masters in elementary education at Mon-

tana State in 1988. Ken started his career in education as a junior high science teacher in Terry and Fort Peck, followed by a post as junior high principal in Frazer, and subsequently superintendent of schools in Frazer and Turner.

He and Pat Vernon, a nursing school student, were married in Laurel, MT in 1964. They had three children, Jeff Bondy, now of Belgrade; Beth Bondy of Corvallis, and Danelle Bakke of Havre. There are seven grandchildren and two great-grandchildren as well.

Throughout his lifetime he has enjoyed hunting and fishing along with his continued interest in sports. After college he played in community leagues offering volleyball, softball, and basketball. Rocky Mountain College honored him in 2016 with induction into its Hall of Fame for his baseball years as a Battlin Bear.



About our Hillcrest Staff

By Kate Evans



IDENTICAL TWIN SISTERS Ellie and Laura Hansen were born in Billings and grew up as tomboys in the town of Melstone in eastern Montana. “It may be considered a town but with a population of roughly 100 it actually was more a rural community,”

explains Ellie, a newly hired cook at Hillcrest. As youngsters they spent time fishing with their grandparents; riding 4-wheelers on the farm; and just playing outdoors.

The highlight of her elementary school experience in the Melstone public school came in eighth grade when she and Laura, led by their science teacher, excavated a dinosaur bone that may have been a femur of a duck-billed dinosaur and then reconstructed it back in the classroom. “It is still on display there,” she says with pride. In high school she participated in the Future Farmers of America, the Business Professionals of America and was a member of the National Honor Society. She played volleyball and basketball. With honors she graduated in 2015 in a class of five girls and a foreign exchange student, a boy from Norway. She was the class salutatorian.

At MSU, Ellie focused on studies in criminology and anthropology, graduating in 2019 with a BS degree with highest honors from the College of Letters and Science in Sociology. She is a member of three honor societies: National Society of Collegiate Scholars, National Honor Society of Leaders and Success, and Phi Kappa Phi, plus the Sociology Club. On many weekends she volunteered with MSU Service Saturdays to help with Bozeman community projects.

Outdoors she likes to hike, fish, and hunt. Once completing the training, she will volunteer at The Heart of The Valley animal shelter. Her goal is to someday be a K-9 officer in Montana. Inspired by her grandparents who she thinks of often while cooking, she is motivated by the hard work ethic of her mother, Bonnie Hansen, and grandfather, Bernie Dawson. “They push me to be the best I can be.”



CIARA NORMANDIN has dreamed of being a cop since childhood. She is not discouraged, not about to abandon this longtime desire because of the current protests across the country demanding change in police department policy and treatment. “I have always wanted to help people, especially as a cop,” she strongly emphasizes. “I would like to be a member of the next generation which provides service to all individuals who are in need of support and acceptance in schools, the workforce, and various organizations; we all need safety in our home community. I want to be a part of the solution not the problem.”

To be that kind of a policewoman, she has studied sociology and criminology at MSU and is currently working as a server at Aspen Pointe to earn tuition money for enrollment at the police academy in Helena, MT. Her plan following academy training is to return to Bozeman and a position in its police department.

She was born to Tiffany and Gregory Normandin in Berthoud, CO a small farm community near Denver, living there until she was five, the year she received a baby sister Makena and the family moved to Montana.

At Hawthorne Elementary School in Helena Ciara loved recess and playing kickball. “On the first day of first grade I met Brooklyn, who has become my best friend. We were wearing the same identical skirt,” she relates with a smile. For a number of years she was a member of the Helena swim team and worked her way up through the ranks in taekwondo. She earned the black belt at age 11.

During high school she worked at the Holter Museum of Art and traveled overseas to Europe visiting many countries. She was graduated from Helena High in 2018 and has volunteered as a rock climbing instructor and summer camp counselor. She continues to enjoy rock climbing, rafting, and art, plus is a volunteer swim instructor at Lone Mountain Gymnastics.

Bozeman Public Library Adult Reading Program: “Imagine Your Story”

It's the perfect time of year to grab a book and head outside! The new reading program through Bozeman Public Library will run from June 15 through August 31. The challenge is to read six books in that 11 week time frame.

Tracking logs can be found at the front desk along with some fun bookmarks.

At the end of the challenge, your tracking logs will be turned into the library for a chance to win some fun prizes including gift certificates to local stores and an e-reader device!

Good luck and happy reading!

News from the Library

Library chairman Ilen Stoll welcomes a new committee member, Jane Haydon, to assist Lorraine Deming, Sandy Cummings, and Will Price in performing library duties. Among the new books recently shelved for your reading pleasure are:

Lentil Underground by Liz Carlisle

The Death of Mrs. Westaway by Ruth Ware

Where the Crawdads Sing by Delia Owens

London Bridges by James Patterson

The Best Poems of Jane Kenyon

The Face of a Stranger by Anne Perry

The Everlasting Man by G.K. Chesterton

Finding Me by Michelle Knight

In the Company of Angels by Thomas E. Kennedy

The Careful Use of Compliments by Alexander McCall Smith

The Volunteer by Jack Fairweather

On the Move By Kate Evans

At one time spring was when many people changed addresses. It has happened here recently at Hillcrest for a variety of reasons. Five Aspen Pointe residents, Wanda Hargrove, Ursina Rutz, Fred Pitkin, Ken Slaght, and Wes Horner are now at home in Birchwood while Shirley Peterson who was recently in a respite room in Birchwood is now unpacking in an A-wing apartment in Aspen Pointe.

Making a longer move to another state, Sondra and Laszlo Torma are soon to be at home in Boise, ID and closer to family members.

Back from his winter home in Florida, Michael Paglia has returned to enjoy the summer in his Aspen Pointe apartment. Mary Gracia and Sandy Cummings are also back home in their apartments after spending some time with family. Other new residents welcomed this spring are Bill and Pat Oriet, Helen and Paul Gianas, Alison Travis, Bob and Carol Flaherty and, Gen Gans.

We hope all will have good health and happy new experiences.

Spring into Motion Results are In!

With a progressive goal of walking 6,000 miles from Seattle, Washington to Boston, Massachusetts, our staff and residents made a brave and gallant effort!

We collectively traveled 4,902 miles or approximately 9.8 millions steps.....yes, I said million! Even though the goal was not met, every step each individual walked for the four consecutive weeks, contributed to these pretty amazing end results.

Congratulations to Lucy Dwarshius with 414,719 steps, Wayne Gibson with 372,288 steps, Michael Blumhagen with 692,300 steps, and John Odden with 541,235 steps. The winners received water bottles, certificates, and Amazon gift cards. Weekly winners also received fanny packs, ice packs, and wrist bands.

Thank you again to all participants. Pictures of the winners will be posted on TV channels 901 and 900.

Wise & Well: Power of Positive Thinking By Jessica Kindzerski, Exercise Specialist

Do you tend to see the glass as half empty or half full? You have probably heard that question plenty of times. Your answer relates directly to the concept of positive thinking and whether you have a positive or negative outlook on life. Positive thinking plays an important role in positive psychology, a subfield devoted to the study of what makes people happy and fulfilled. Research has found that positive thinking can aid in stress management and even plays an important role in your overall health and well-being.

WHAT IS POSITIVE THINKING?

What exactly is positive thinking? You might be tempted to assume that it implies seeing the world through rose-colored lenses by ignoring or glossing over the negative aspects of life. However, positive thinking actually means approaching life's challenges with a positive outlook.

Positive thinking does not necessarily mean avoiding or ignoring the bad things; instead, it involves making the most of the potentially bad situations, trying to see the best in other people, and viewing yourself and your abilities in a positive light.

Some researchers, including positive psychologist Martin Seligman, often frame positive thinking in terms of explanatory style. Your explanatory style is how you explain why events happened. People with an optimistic explanatory style tend to give themselves credit when good things happen, but typically blame outside forces for bad outcomes. They also tend to see negative events as temporary and atypical.

On the other hand, individuals with a pessimistic explanatory style often blame themselves when bad things happen, but fail to give themselves adequate credit for successful outcomes. They also have a tendency to view negative events as expected and lasting. As you can imagine, blaming yourself for events outside of your control or viewing these unfortunate events as a persistent part of your life can have a detrimental impact on your state of mind.

Positive thinkers are more apt to use an optimistic explanatory style, but the way in which people attribute events can also vary depending upon the exact situation. For example, a person who is generally a positive thinker might use a

more pessimistic explanatory style in particularly challenging situations, such as at work or at school.

HEALTH BENEFITS

According to the Johns Hopkins Medicine, positive thinking is linked to a wide range of health benefits including:

Longer life span.

Less stress and lower rates of depression.

Increased resistance to the common cold.

Better stress management and coping skills.

Increased physical well-being.

One study of 1,558 older adults found that positive thinking could also reduce frailty during old age. Clearly, there are many benefits of positive thinking, but why exactly does positive thinking have such a strong impact on physical and mental health?

One theory is that people who think positively tend to be less affected by stress. Another possibility is that people who think positively tend to live healthier lives in general; they may exercise more, follow a more nutritious diet, and avoid unhealthy behaviors.

DIFFERENCE FROM POSITIVE PSYCHOLOGY

While the terms "positive thinking" and "positive psychology" are sometimes used interchangeably, it is important to understand that they are not the same thing.

First, positive thinking is about looking at things from a positive point of view. Positive psychology certainly tends to focus on optimism, but it also notes that while there are many benefits to thinking positively, there are actually times when more realistic thinking is more advantageous.

For example, in some situations, negative thinking can actually lead to more accurate decisions and outcomes. Researchers have also found that in some cases, optimistic thinking can improve physical health. Even if you are not a natural-born optimist, there are things you can do to learn how to think positive and become a positive thinker. One of the first steps is to focus on your own inner monologue and to pay attention to your self-talk.

MD's Prescribe RX of Fun and Laughter

By Kate Evans

It's true that a hearty laugh can actually improve your health. Studies show that laughter is strong medicine: it strengthens your immune system; boosts mood; diminishes pain; and protects you from damaging effects of stress. Humor has the power to heal and renew. Read on for a chuckle.

When my grandson asked me how old I was. I teasingly replied, "I am not sure." He advised, "Look on your underwear Grandma. Mine says I'm 4 to 6."

You are getting older, when while tying your shoelaces, you ask: "What else can I do while I'm down here?"

The next time you want to be young again remember algebra, money isn't everything but it keeps you in touch with your kids.

A grandmother was not sure that her granddaughter knew her colors so she decided to test her. She would point out something and ask her the color of the item. The child was always correct and soon grew tired of the questioning and firmly stated, "Grandma, I think you should try to figure out these by yourself."

Voter: "I wouldn't vote for you, if you were St. Peter himself! Candidate: "If I were St. Peter you would not be in my district."

Why not wear a smile? It is about the only thing you can wear that is not taxed!

Women are rarely as successful as men: they have no wives to advise them.

It's ironic! In tennis "love" is nothing but in life "love" is everything.

Why don't challenges occur when we're 17 and we know everything?

To the lazy office boy the boss said, "I don't know how we are going to get along without you, but starting next week we are going to try."

Announcements:

- A new digital scale is now located in the Fitness Center for everyone's use.
- Welcome to Pam Springs our new Activity Assistant working Saturdays and Sundays.
- Reminder: Do not put styrofoam food trays in the microwave!

July Birthdays

Ruby Wiedenheft	7/10
Flore Hill	7/10
Liz Frisque	7/16
Dewey Adams	7/17
Newt Blakesley	7/20
Maria de Spitler	7/22
Marilyn Robertson	7/27
Carol Hemingway	7/29



Remembering D-Day from page 2

LEE WAGNER: During the war my Dad, R. Allen Eyestone, a physician in the small Ohio town of Gibsonburg, was declared essential to the war effort and responsible for performing preliminary physical exams for the local young men called up in the draft. They came every Thursday afternoon to his office in our home. I have the Selective Service medal, awarded him by Congress and signed by Harry S. Truman, that recognizes him for his "loyal and faithful" volunteer service. My Mother, Helen B. Eyestone, volunteered with the Red Cross. Every month she drove some 18 miles to its office in Fremont to secure yarn kits that she took back home to distribute to a group of 15 knitters who followed the kit directions to make vests, socks, and protective hoods in only two colors, blue for the Navy and khaki for the Army. I'm proud of them both!