

# Crest Lines

## Inside this Issue:

Hillcrest Neighbors in Aspen Pointe	2
Remembering the Civil War Part 2	3
It Happened in December	3
Hillcrest Neighbors in Birchwood	4
Spiritual Offerings	5
Remembering Christmas	5
December Calendar	Center
Program Descriptions	8
Wise & Well	9
Hillcrest Staff	10
Riches of Hard Times Part 2	10-11
November Wrap-Up	12



## *Hillcrest Christmas Stroll* *Thursday, December 8<sup>th</sup>*

**11:00-1:30 Christmas Boutique**  
**Fireside Room**

Handmade Gifts ♦ Art ♦ Books & More

### **Aspen Pointe Commons**

2:00-2:45 Kate & The AlleyKats

2:45-3:15 Bozeman High Jazz Choir

3:15-4:00 Kate & The AlleyKats

**Holiday Treats & Festive Drinks**

### **Birchwood Dining Room**

2:00-2:30 Edis Kittrell

2:30-2:45 Caroling in the Birchwood Halls

3:00-3:45 Montana Manouche

**Holiday Treats & Festive Drinks**

### **A-Wing Lounge**

3:00-3:45 Edis Kittrell

### **ARC Center**

2:00-4:00 Christmas Movie  
**Popcorn**

# Hillcrest Neighbors In Aspen Pointe

By Tony Garcia, Resident

## Meet Dale & Norma Figgins

Welcome Dale and Norma Figgins to Aspen Pointe. Dale, born in Bozeman in 1935, grew up and graduated from high school in Portland, OR. Norma was born in Wolf Point, MT, also in 1935.



They both went to Montana State College, meeting on a blind date at a college dance at the Masonic Lodge. They dated for about 3 years before marrying in 1956, their junior year. Norma graduated with a teacher's degree and Dale, who was a chemistry major, got a job with Dupont in Seaford, DE.

Dale was an Air Force career officer, forecasting weather for the next 20 years. Together they moved to many air bases around the U.S. and overseas. The best was a 3 ½ year stint in Germany which provided an opportunity to travel.

In 1970, Dale was stationed at Scott Air Force Base in St. Louis. Norma went back to school and became a nurse. When Dale retired in 1979, they moved back to Bozeman. Dale decided to go back to MSU to get a degree in accounting. One of his professors was Aspen Pointe resident Clint Frazee. Dale then worked as the accountant for the Museum of the Rockies.

Norma was a nurse at the old Bozeman Deaconess Hospital. She worked the last night shift there and the first night shift at the new

hospital and tells some hilarious stories.

Dale and Norma have one daughter, two grandchildren and four great grandchildren.

After Dale retired, their interest in European travel reenergized. They made about forty trips to many European countries. If you would like to talk travel, weather forecasting or nursing, be sure to meet Dale and Norma.



Live performance of "The Grinch"

by Kate Bryan

Tuesday, December 20th at 3:00pm in  
AP Commons



## Remembering the Civil War Part Two

by Tony Garcia, Resident

In 1861, the U.S. Navy was small but growing fast. By 1865 they had 671 vessels. Its mission was to blockade southern ports and take control of the river system. They did that effectively on the Ohio and Mississippi Rivers. Ironclad ships were introduced. The Confederacy built the Merrimack and the U.S. Navy built the Monitor, which sank the Merrimack after a 3 hour gun battle in March 1862.

The southern economy was dependent upon cotton exports, but Winfield Scott's Anaconda Plan to blockade the South took effect in 1861. The main ports of New Orleans, Mobile, and Charleston were now closed. The South began to suffer from food and supply shortages, and their economy collapsed.

The Confederacy began to buy ships from Britain and convert them to warships. U.S. marine insurance rates skyrocketed because of the war, so ships were reflagged under other country flags without additional cost.

The next step for the Confederacy was diplomacy. There was little chance that Britain and France would join them as allies, so they tried to bring them in as mediators. Lincoln and Secretary of State, William Seward, worked to block this and threatened war if any country officially recognized the Confederate States of America. The Confederacy refused to sell cotton to European countries to apply pressure, but European countries countered by buying cotton from Egypt and India.

Lincoln called for Robert E. Lee to Washington, D.C. and asked him to take command of the northern army. Lee responded, "Sir, I am a Virginian, so I thank you for the offer but I better go to my homeland where I might serve them better." Lee got on his big white horse and rode south.

The war plan of the North called for four advances: 1. General McClellan would lead the main thrust in Virginia towards Richmond. 2. Ohio forces would advance through Kentucky into Tennessee. 3. The Missouri department would drive along the Mississippi River. 4. The western most attack would originate from Kansas.

McClellan kept asking for more troops. When Lincoln sent more troops he still refused to attack Richmond claiming he needed more time to train the troops. Lincoln was frustrated and ordered McClellan to withdraw his troops to Washington.

## It Happened in December

by Tony Garcia, Resident

Dec. 1, 1955 Rosa Parks was arrested for refusing to give up her seat to a white man.

Dec. 2, 1823 Pres. James Monroe announced his Monroe Doctrine, warning Europe against any interference in the western hemisphere.

Dec. 3, 1805 Lewis and Clark Expedition reached the Pacific & looked for a place to winter.

Dec. 4, 1783 The Revolutionary War concluded, Washington bid his officers farewell.

Dec. 5, 1933 The 21<sup>st</sup> Amendment ending Prohibition was ratified.

Dec. 6, 1865 The 13<sup>th</sup> Amendment abolishing slavery was ratified.

Dec. 7, 1941 Japanese war planes bomb Pearl Harbor.

Dec. 8 Congress declared war.

Dec. 9, 1835 Texan army captured San Antonio in the war for independence from Mexico.

Dec. 10, 1987 "Stars and Stripes Forever" was declared the national march for the U.S.

Dec. 12, 1925 The world's first "motel" opened in San Luis Obispo, CA.

Dec. 13, 1656 Massachusetts Bay Colony formed militia units into 32 regiments.

Dec. 14, 1902 First transpacific cable was laid between San Francisco and Honolulu.

Dec. 15, 1944 Glenn Miller's plane disappeared over the English Channel.

Dec. 16, 1944 Nazi's launched their last offensive in Belgium called "The Battle of the Bulge."

Dec. 17, 1903 Orville and Wilbur Wright made their first successful flight at Kitty Hawk, N.C.

Dec. 18, 1943 Tuskegee Airmen flew every day in December protecting Allied bombers.

Dec. 21, 1620 The pilgrims began coming ashore at Plymouth, MA.

Dec. 23, 1783 George Washington returned home for the first time in 8 years.

Dec. 25, Est 4BC-6BC Christ was born. General Washington approached Trenton.

Dec. 27, 1932 Radio City Music Hall opened in New York City.

Dec. 28, 1945 Congress marked The Pledge of Allegiance the national pledge.

# Hillcrest Neighbors In Birchwood

By Sarah Snider

## Meet Elaine Livers

What is the connection between Seattle, WA, New Orleans, LA, Cocoa Beach, FL, and East Helena, MT? Easy! These are all places that our Birchwood Resident of the Month, Elaine Livers, has lived! This remarkable 96-year-old woman has been a resident of Birchwood since 2010! The third child in a family of four, Elaine was born in her grandmother's house in Rosebud, MT (a small town between Forsyth and Miles City, MT). Her family moved around a lot during the depression, but they settled for most of Elaine's childhood in East Helena, MT. It was in the year 1944 that Elaine was sitting in a biology lecture at MSC when a handsome man caught her eye. Little did she know, this man, Carlos Livers, would become her husband! In fact, a fun story she shared was that the morning of their first date, Carlos shot a black bear in the Hyalite Mountains. The bearskin was mounted on the walls of their homes for decades to come. An ongoing joke of the family is to teasingly question which Carlos was more excited for: his black bear or his first date with Elaine! Together the couple had 3 children: 2 daughters and 1 son. Elaine was a home-maker and spent countless hours volunteering for Girl Scouts and for various hospitals. These were some of her fondest years.

Carlos was a mathematician and taught mathematics for 7 years in Roundup, MT before being hired with Boeing as part of the Apollo Space Program. Carlos' job moved the family to Seattle to New Orleans to Cocoa Beach (a particular favorite of Elaine's) and then finally back to Seattle. In their years married before the passing of her husband, Carlos and Elaine traveled to many destinations.

A few favorite trips include a trip to the big island of Hawaii, complete with helicopter tours of the volcanoes, and a trip to the Bahamas on a cruise to celebrate their 25<sup>th</sup> wedding anniversary.



Although life these days looks different, Elaine enjoys watching old westerns, visiting with her friends at the lunch table, and arranging flowers. The grandmother to 7 grandchildren and great-grandmother to 15 (with 1 more on the way), Elaine's heart is full! She is the proudest of her family and children.....

Pet Therapy visits with Dori McTigue, Phylis Somers, Claire Driscoll and Jack Berg 





## Spiritual Offerings

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

Dec. 4 Chaplain Allen Jones

Dec. 11 Chaplains Allen Jones & Joseph Carver

Dec. 18 Chaplains Allen Jones & Grant Barnett Christenson

Dec. 25 Chaplains Allen Jones and Joseph Carver

**Catholic Rosary & Communion** at 2:00pm

Wednesdays in the AP Chapel.

**Lutheran Communion** at 3:00pm the 3rd

Wednesday of each month in the AP Chapel.

**Methodist** at 2pm the 2nd Thursday in AP Chapel

**Bible Circle** at 10:00 am on Thursdays in the Birchwood BW Act Rm.

**Spiritual Care** from 9-4, every Tuesday,

Wednesday, and Thursday. For an appointment, call Chaplain Allen at 907-460-8109.

## Remembering Christmas

Merry Christmas! It's the day Christians celebrate the birth of Jesus of Nazareth, December 25<sup>th</sup>. For two millennia, people around the world have been observing it with traditions and practices that are both religious and secular in nature.

Customs include the exchanging of gifts, decorating homes and Christmas trees, attending church, enjoying Christmas dinners with family and friends, singing carols around the piano. Do you remember doing all that? Wasn't it wonderful? Maybe some of you still enjoy those traditions. I hope so.

Do you remember how it started? Do you remember how Santa Claus began? Here are some thoughts.

Centuries before the arrival of Jesus, early Europeans celebrated light and birth in the darkest days of winter. Many people rejoiced during the winter solstice, when they could look forward to longer days of sunlight.



### Live Wreaths & Trees

If you are planning to display a live wreath on your apartment home door or inside your home, please submit a service request to have the wreath sprayed with fire retardant.

If you are planning to put up a tree, it needs to be an artificial tree; live trees are NOT allowed in the building.

Thank you for your cooperation.





### News from Bozeman Health Laboratory

If you have orders for lab work from your provider, you can have your blood drawn every Thursday morning 9:00 to 9:30am in the A-Wing basement Clinic.



Edis and Jenny (daughter of the Schwallers) playing music for BW residents. Edis is back!!! Hooray!

Sun	Mon	Tue	W
<h1 style="text-align: center;">December 2022</h1> 		<p><b>Abbreviations:</b>          BW: Birchwood          AP: Aspen Pointe          FSR: Fireside Room          LC: Learning Center          ARC: Act/Rec/Crafts Center          BW Act: BW Activity Room          BW DR: BW Dining Room          BW NS 1 or 2: Nurses Station</p>	  Aspen Poi
<p><b>4</b></p> <p>10:00am Worship Service in Commons</p> <p>2:00pm Bingo in ARC</p> <p><a href="#">3:00pm Winter Recital with Jeni Fleming and Choir in Commons</a></p>	<p><b>5</b></p> <p><b>8-4:30pm Podiatry Clinic in A-Wing Clinic in Basement</b></p> <p>10:00am Chair Exercise in Commons</p> <p>2:00pm Timely Topics in ARC</p> <p><b>3:30pm Creative Minds in ARC</b></p>	<p><b>6 8-4:30pm Podiatry Clinic in A-Wing Clinic in Basement</b></p> <p>9:00am Yoga in LC</p> <p>9:00am Shopping Bus to Walmart/Town &amp; Country</p> <p>3:30pm Singing Souls in Commons</p> <p><a href="#">4:35pm World Changers Choir in Commons</a></p> <p>6:30pm Bridge in FSR</p>	<p><b>7</b> 10:00am Ch Commons</p> <p>2:00pm Catholi Communion in</p> <p><a href="#">6:00pm Bridger in Commons</a></p> <p><b>6:30pm Prayer V</b></p>
<p><b>11</b></p> <p>10:00am Worship Service in Commons</p> <p>2:00pm Bingo in ARC</p>	<p><b>12</b></p> <p>9:30am Hospital Gift shop Trip for 15% off</p> <p>10:00am Chair Exercise in Commons</p> <p>2:00pm Timely Topics in ARC</p> <p><b>7:00pm Cliff &amp; Edis in Commons</b></p>	<p><b>13</b> 9:00am Yoga in LC</p> <p>9:00am Shopping Bus to Walmart/Town &amp; Country</p> <p>2:00-3:00pm Technology Support in Library</p> <p>3:30pm Singing Souls Choir in Commons</p> <p>6:30pm Bridge in FSR</p> <p><a href="#">7pm Wayne Hanson, Musician &amp; Folk Singer in AP Commons</a></p>	<p><b>14</b> 10:00am C Commons</p> <p><b>11:45am-12:15pm mobile in Com</b></p> <p>2:00pm Catholi Communion in</p> <p>2:00pm Book Cl 3rd Floor Loung</p> <p>3:00pm Passed mons</p> <p><b>3:00pm Luthera in Chapel</b></p> <p><a href="#">6:00pm Singing</a></p> <p><b>6:30pm Prayer V</b></p>
<p><b>18</b></p> <p>10:00am Worship Service in Commons</p> <p>2:00pm Bingo in ARC</p>	<p><b>19</b></p> <p>10:00am Chair Exercise in Commons</p> <p>2:00pm Timely Topics in ARC</p> <p><b>3:30pm Creative Minds in ARC</b></p>	<p><b>20</b></p> <p>9:00am Yoga in LC</p> <p>9:00am Shopping Bus to Walmart/Town &amp; Country</p> <p><a href="#">3:00pm Kate Bryan is The Grinch in Commons</a></p> <p>6:30pm Bridge in FSR</p>	<p><b>21</b></p> <p>10:00am Chair Commons</p> <p><a href="#">2:00pm Blue Cl in Commons</a></p> <p>2:00pm Catholi Communion in</p> <p><b>6:30pm Prayer V</b></p>
<p><b>25</b></p> <p>10:00am Worship Service in Commons</p> <p>2:00pm Bingo in ARC</p>	<p><b>26</b></p> <p>10:00am Chair Exercise in Commons</p> <p>2:00pm Timely Topics in ARC</p>	<p><b>27</b> 9:00am Yoga in LC</p> <p>9:00am Shopping Bus to Walmart/Town &amp; Country</p> <p>3:00pm Frank Sinatra melodies by Steve Merritt</p> <p>6:30pm Bridge in FSR</p>	<p><b>28</b></p> <p>10:00am Chair Commons</p> <p>2:00pm Catholi Communion in</p> <p><b>6:30pm Prayer V</b></p>

Wed	Thu	Fri	Sat
<p>an Health Senior Living</p> <p>nte</p>	<p>1 9:00am Yoga in LC</p> <p>9:30am-12pm Nail Care 3rd Flr A-Wing Lounge</p> <p>10:00-12pm Open Wii Bowling in Commons</p> <p>1:30pm Shopping Bus to Albertsons</p> <p>3-4:00pm Gentlemen's Beer:30 in FSR</p>	<p>2 10:00am Chair Exercise in Commons</p> <p>1:30pm Cribbage in FSR</p> <p><a href="#">2:00pm Tree Trimming in Commons</a></p> <p>3:30-4:30pm Ladies Wine Gathering in FSR</p>	<p>3</p> <p>2:00pm Movie in Commons</p>
<p>Chair Exercise in</p> <p>c Rosary/ AP Chapel</p> <p><a href="#">Mtn. Harmony</a></p> <p>Vigil AP Chapel</p>	<p>8</p> <p><b><a href="#">11:00-4:30pm HILLCREST CHRISTMAS STROLL</a></b></p> <p>9:00am Yoga in LC</p> <p>9:30am-12 Nail Care 3rd Flr A-Wing Lounge</p> <p>10:00am No Wii bowling</p> <p>1:30pm Shopping Bus to Rosauers/Macys</p>	<p>9</p> <p>10:00am Chair Exercise in Commons</p> <p>1:30pm Cribbage in FSR</p> <p>3:30pm Bingo in ARC</p> <p>3:30-4:30pm Ladies Wine Gathering in FSR</p>	<p>10</p> <p>2:00pm Movie in Commons</p>
<p>Chair Exercise in</p> <p>pm Book mons</p> <p>c Rosary/ AP Chapel</p> <p>ub in A-Wing e</p> <p>apps in Com-</p> <p>an Communion</p> <p><a href="#">g in Commons</a></p> <p><a href="#">gigil AP Chapel</a></p>	<p>15 9:00am Yoga in LC</p> <p>9:30am-12pm Nail Care 3rd Flr A-Wing Lounge</p> <p><b>10:00am Resident Council Mtg in ARC</b></p> <p>10:00-12pm Open Wii Bowling in Commons</p> <p>1:30pm Shopping Bus to Rosauers/Macys</p> <p><a href="#">3:00pm Mt. Ellis Choir in Commons</a></p> <p>3:30pm Gentlemen's Beer:30 in FSR</p>	<p>16</p> <p>10:00am Chair Exercise in Commons</p> <p>1:30pm Cribbage in FSR</p> <p><a href="#">3:00pm Resident &amp; Staff Party in Commons</a></p>	<p>17</p> <p>2:00pm Movie in Commons</p>
<p>Exercise in</p> <p><a href="#">Christmas Service</a></p> <p>c Rosary/ AP Chapel</p> <p><a href="#">gigil AP Chapel</a></p>	<p>22 9:00am Yoga in LC</p> <p>9:30am-12pm Nail Care 3rd Flr A-Wing Lounge</p> <p>10:00-12pm Open Wii Bowling in Commons</p> <p>1:30pm Shopping Bus to Rosauers/Macys</p> <p>3:30pm Gentlemen's Beer:30 in FSR</p>	<p>23</p> <p>10:00am Chair Exercise in Commons</p> <p>1:30pm Cribbage in FSR</p> <p>3:30-4:30pm Ladies Wine Gathering in FSR</p>	<p>24</p> <p><a href="#">3:00pm Wine &amp; Cheese Party in Commons</a></p>
<p>Exercise in</p> <p>c Rosary/ AP Chapel</p> <p><a href="#">gigil AP Chapel</a></p>	<p>29 9:00am Yoga in LC</p> <p>9:30am-12pm Nail Care 3rd Flr A-Wing Lounge</p> <p>10:00-12pm Open Wii Bowling in Commons</p> <p>1:30pm Shopping Bus to Rosauers/Macys</p> <p>3:30pm Gentlemen's Beer:30 in FSR</p>	<p>30</p> <p>10:00am Chair Exercise in Commons</p> <p>1:30pm Cribbage in FSR</p> <p>3:30-4:30pm Ladies Wine Gathering in FSR</p>	<p>31</p> <p>2:00pm Movie in Commons</p>

**December Activities:**

**12/1 New Shopping Location, Albertsons**  
Albertsons extends a 10% senior citizen discount on the first Thursday of the month. You can now take advantage of the savings. Please sign up at the front desk.

**12/2 Tree Trimming**  
The halls are decked so let's trim the tree! Join us in the Commons for eggnog and cookies.

**12/5 & 6 Podiatry Clinic**  
If you are in wanting this service, appointments are needed, sign up at the front desk.

**12/6 World Changers Homeschool Choir of Bozeman**  
This is a Christian choir of 60 homeschool children, ages 5-18, who get together once a week with the purpose of singing positive music with the message of hope.

**12/7 Bridger Mountain Harmony**  
This group will be bringing of a Cappella Music to Hillcrest.

**12/8 Hillcrest Christmas Stroll**  
Please refer to the front page for the list of activities and their times.

**12/12 Get 15% off at the Hospital Gift Shop**  
Take advantage of this special offer for residents. Please sign up at the front desk.

**12/13 Wayne Hanson**  
Musician & Folk singer at 7pm in Commons.

**12/14 Passed Apps**  
Join us in the Commons for the annual Passed Apps Party. Sit back and relax as the culinary staff serves mouth watering appetizers.  
**Opera**  
Later in the day, Abigail Tidlow-Tranel will be accompanied by a pianist, for holiday music.

**12/15 Mt. Ellis Choir**  
Mount Ellis Academy choir will be regaling you with holiday music. The choral group consists of juniors and seniors in high school. Also performing is Bellissimo, the hand bell choir from the Academy.

**12/16 Resident & Staff Holiday Party**  
Join the staff for fun and fellowship so we can thank the residents for their generosity.

**12/20 The Grinch** Enjoy  
Kate's one-person, interactive, theatrical rendition of Dr. Seuess' "How the Grinch Stole Christmas."

**12/21 Blue Christmas Service**  
We will remember the lives of those who passed from our presence this year in our annual Blue Christmas Service. It is a time of remembrance, reflection, prayer, thanksgiving and a time to mark the passing of those we have known.



**12/24 Wine & Cheese Party**  
Gather for this special social event on the eve of Christmas. Wishing a very merry holiday to all!

**12/27 Frank Sinatra Melodies by Stephen Merritt**  
Stephen is a pianist that entertains on cruise ships across the world. Stroll down memory lane with Stephen as he plays your to your favorite Sinatra tunes.

---

**Every Monday, Wednesday & Friday: Chair Exercise at 10:00am in the Commons: Meet up with Nick for this class.**

**Every Tuesday: Timely Topics in ARC at 2:00pm.**

**Every Tuesday & Thursday: Yoga in the Learning Center at 9:00am.**

**Every Tuesday and Thursday Shopping Trips: sign up at the front desk to catch a ride.**

**Every Thursday at 10:00am try WII bowling in the Commons; it's fun! Not meeting on 12/8**

**Every Friday is Ladies Wine Gathering in the Fireside Room. Not meeting on 12/16.**





## Wise & Well: National Influenza Vaccination Week (NIVW) 5<sup>th</sup>-9<sup>th</sup>

Happy holidays everyone! December is a great time with snow on the ground and the holidays coming up! I am sure that for almost all of us, holiday time means family time. We get to spend time with family that we may only see a few times a year. We want to take advantage of that and not be stuck at home because we got sick! December is the start of peak flu season and is the perfect time to have the National Influenza Vaccination Week from the 5<sup>th</sup> to the 9<sup>th</sup>. I hope all of us were able to get out flu shots over the past couple months. Bozeman Health works hard to get a flu shot to as many people as possible in order to keep our entire community safe and healthy.

We know we need to get the flu shot every year, and it is a NEED. The influenza virus constantly changes, meaning we need to adapt the vaccine to the changes annually. Whether we are in good health or not, the shot will give us the antibodies to fight off the virus if and when we are exposed to it. I hope that every one of our residents at Hillcrest already have their flu shot (or plan to soon) because just being over 65 years old puts you at a higher risk of getting sick and can increase severity of the symptoms. If you have chronic diseases such as diabetes or cardiovascular disease, this also puts you at a higher risk of contracting the flu virus. And I don't mean to scare you, but I do want those reading to understand that a flu is NOT just a bad cold. Getting the flu has led to hundreds of thousands of hospitalizations every year and can result in death. So if you are reading this and have not gotten flu shot yet, don't worry, there is still time! Get in contact with your doctor's office and they should be able to get you in quick.

**IS IT A COLD OR FLU?**

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU

Now that we know its importance and I have my vaccine, now what? The good news is that the best way to help prevent a flu is done. But we are not in the clear yet as there is plenty that we can do daily. Also, a reminder that just because the peak flu season is December through February does not mean this is the only time to think about preventing the flu. Just exposing ourselves to the virus in any way can lead to us getting sick. This is why it is highly encouraged year round

to avoid close contact with people who are sick, covering your mouth and nose, washing your hands, avoiding touching your face/mouth/eyes, and other regular healthy habits.

Some other ways to help lower your risk of getting the flu are simple daily habits such as getting good sleep and having a healthy diet. Supplements such as Echinacea, zinc, and vitamin C can give the immune system extra support to fight off viruses. If you do happen to have some symptoms, these items can also help reduce them and keep the virus from progressing. If you end up getting the flu, there are several over-the-counter products to help reduce the severity of the symptoms, but unfortunately those cough syrups and decongestants won't fight against the actual flu virus.

The flu is nothing new. But the yearly reminder can help us stay healthy all year round. If you need more information on the influenza virus you can visit the CDC website. Another source that is more local are the handouts and PowerPoint presentations by our own resident Dr. Bob Flaherty. Contact Nick for more information and he can print it out for you. This flu season get vaccinated, keep safe, and live healthy!

## Meet Our Hillcrest Staff — Brooklyn Figgins by Edis Kittrell

Meet new Resident Associate (RA) Brooklyn Figgins, a true Bozeman native; she is a sixth generation Bozemanite! Born and raised just outside of town, she enjoyed summer weekends with her younger brother, her family, and grandparents at Canyon Ferry, fishing and boating. An important part of Brooklyn's life was competitive cheerleading, something she did from age seven to sixteen. She cheered at Bozeman High for two years, as well. Competitive cheerleading gave her a chance to see a lot of the American West, including Washington, California, Salt Lake City, and Las Vegas. It also taught her skills such as teamwork, agility, and body awareness, as well as overcoming the fear of being flipped in the air and landing on a teammate's shoulders!



Brooklyn attended Monforton Elementary and Middle School and went to Bozeman High for three years, graduating a year early in 2020. Significantly, she attended Montana Youth Challenge Academy in Dillon, MT, for six months. There she learned discipline, organization, listening skills, and respect, all skills she no doubt had a good leg up on after all her years of competitive cheerleading. Clearly, Brooklyn is a hardworking, disciplined person; in

addition to working part time while in high school, she volunteered every week with activities at the hospital and Spring Creek and occasionally at Eagle Mount. Sometimes her part-time jobs had added bonuses. While working at the Kountry Korner Café in Four Corners, she got to meet one of their regular—and quite famous—customers: Reba McEntire! Brooklyn has a picture to prove it. She reports that Reba was very kind and sweet.

Another highlight from her school years was an 8<sup>th</sup> grade class trip to Washington D.C. and New York. While she felt overwhelmed by how hectic the cities were, she would love the chance to go back. She has also enjoyed trips to her mother's home state, Massachusetts, especially in the fall to see the brilliant autumn colors.

Previous to working at Hillcrest, she was a Medical Technician and Wellness Coordinator at Bozeman Lodge Assisted Living and Bridger Rehab and Care Center. Plainly, Brooklyn cares about helping others. She also cares about animals. Sonni, the black lab she grew up with, her current year-old yellow lab named Willie and black lab, Duke are important to her. She also enjoys camping, boating, roller blading, and knitting/crocheting.

Be sure to say "Hi" to Brooklyn when you see her.

## The Riches of Hard Times—Part Two by Ken Walcheck, Resident

"He wasn't there," Dad said with a ring of disappointment in his voice. "Let's try those chokecherry patches at the head of the big coulee and see if he's there."

As we worked our way over to the coulee, Dad decided it was time to fire up his pipe and take a short break. We sat down next to an old swather to get out of the wind and I watched him fill the corncob with pungent tobacco. When we were together at times like these, he shared the treasure of his knowledge of the world with me.

"Most people," he said, "go through life worrying about getting rich. These are hard times, no doubt about it, but you and me, we're both rich. "Rich,"

he explained, "is not complaining about what you can't have. Rich is having the time to do what you want to do, like hunting grouse or set-lining for catfish. Rich is some food to eat and a roof over your head and a chance to sit like we are and look out at an open horizon. Rich is not owing any money, and not spending what you haven't got, and not worrying about how much money you can stash away in the bank. Rich is sitting right here and thinking about how to hunt that big whitetail. Time to go." said Dad, tapping his pipe against his heel to shake the tobacco remnants loose.

The buck came to his feet in one fluent, forceful movement and raced

**HardTimes**—Continued from page 10

off with the speed of a runaway locomotive, but yet with that buoyant grace so characteristic of whitetails. The buck we had been trying so hard to find had been lying about 100 feet from us in a patch of snowberry, beside a pile of fence posts. Flag up, he ran through a shallow coulee and faded into a dense willow patch. It was a fair number of years before I could appreciate the fact that whitetails are particularly adept at melting into cover that couldn't possibly hide a grouse, much less a deer.

When time permitted, I went with Dad on several forays that fall, but we never did find that old fox with the antlers. Dad even began thinking someone might have shot him, although we never saw anyone else hunting on the river bottom. It wasn't a problem of not seeing deer. Dad looked at a lot of bucks, but the one he had searched so hard for seemed to have been swallowed up by the earth.

The deer season was rapidly winding down, and Mom was starting to express concern about Aunt Penny and Thanksgiving dinner. Several healthy bucks had been entered in the contest and their weights posted on the barbershop window; it would take a good-sized deer to win.

One of the tricks of hunting for whitetails is searching for those little places where the animal can go and feel secure. But Dad had exhausted all of his possibilities.

The last day of the deer season finally rolled around and Dad announced to the family that he was going to shoot one—regardless. We needed the meat as part of our larder.

It wasn't snowing, but the biting wind hinted of winter couching just behind the hill. Against the wind, we walked the same pattern we had hunted all season—through the willows on the river bottom, up the slough and then down it again, through the silver sage bottoms and the buffalo berry and chokecherry patches and back and forth through the cottonwoods.

We worked our way back to the house until we came to a shallow coulee choked with silver sage and greasewood. It looked like a sterile piece

of country that no respectable deer would use. As we stood above the coulee, Dad—pretty well frustrated by now—picked up a rock and heaved it into the thickest part of the sage and hollered, "GET OUTA THERE."

I really wasn't prepared for what happened next. A buck exploded from the sage, white banner astern, and raced up the hill. Dad shot before the deer reached the top of the coulee. The animal started to fall, caught himself and toppled over.

As we walked through the bottom of the coulee to the downed deer, the object of our season-long search broke cover a few yards from where the first buck had bedded down. We both watched open-mouthed as he tore down the coulee and disappeared over a small rise. It seemed inconceivable he could have hidden until we were just a few feet from him. But he had. "There goes our thanksgiving turkey," said Dad ruefully.

We didn't have turkey that Thanksgiving, but the dinner for Aunt Penny was a great success. With Aunt Penny's help, Mom fixed a wild game menu that would have done justice to any chef. Main entrees included cinnamon-honey grilled grouse, breaded antelope cutlets, loin of venison and brown gravy stirred in the roasting pan with gloating bits of the crusty venison. Side dishes included mashed potatoes whipped with thick, fresh cream, corn, squash, homemade read, churned butter, apple jelly and wild honey, followed by apple pie topped with sharp cheddar cheese and freshly ground perked coffee. A crackling fire in our large stone fireplace added that final touch of festive warmth.

As I glanced over at Aunt Penny, I saw in her eyes a special kind of beauty, a cheerful serenity filled with understanding. Our eyes met and a warmth surged through me that had nothing to do with the heat from the fireplace. As the years passed, I learned the best kind of feeling is feeling good when surrounded by riches you can't count. That kind lasts longest. I guess that's what made that Thanksgiving 40 years ago so special. It was a good lesson on what being rich is all about, and one I will carry with me for the rest of my days.



**Remembering the Civil War**—Continued from page 3

Meanwhile, Lincoln was inspired by General Ulysses Grant who steadily attacked the Confederates forcing them to retreat further south to Vicksburg.

There were the Battles of Antietam, Fredericksburg, Chancellorsville, and Gettysburg. Gettysburg was the perfect opportunity for Lincoln to give his Gettysburg Address and Emancipation Proclamation. Lincoln, now impressed with Grant, appointed Grant Commander of the Union Army. While Grant drove further south, General Sherman conducted his march to the sea.

Lee's forces had dwindled between casualties, deserters, and supplies. He received a message saying he would be resupplied at the village of Appomattox. Grant raced his troops there and was waiting for Lee. When Lee arrived his troops were surrounded. After a skirmish, Lee knew the fight was hopeless. Lee surrendered his army April 9, 1865 in the parlor of Wilmer McLean's house. Lee told Grant, "We went to war for a good reason. Thank God we lost."



**Ending November with Fun Photos**

**West Paw Tour—Left to right:** Gen Gans, Harriet Tamminga, Marcia Gans, Patti Dolecek, Kate Reid, Lucy Dwarshuis, Keith, George McClure



**Bozeman Public Center Tour:** Karin Utzinger, Harriet Tamminga, Lucy Dwarshuis, Woody Burt, Helen & Paul Gianas, George McClure

