

Crest Lines

October 2020

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Thoughts from the Administrator's Desk

by LeRoy Wilson

Fall is here and what a glorious sight it brings. This is my favorite time of year. The radiant colors from this season force me to reconcile another year gone, but not forgotten. I find myself reflecting on what was accomplished and what was lost. Fall gives me hope in a new start, a new beginning, a curiosity of what is to come. Robert Frost may have best captured this aspect of fall better than most in his poem below.

"Nothing Gold Can Stay"

by Robert Frost

Nature's first green is gold,
Her hardest hue to hold.
Her early leaf's a flower;
Then leaf subsides to leaf.
So Eden sank to grief,
So dawn goes down to day.

As I ponder this past year I fondly remember the few faces that are no longer with us and celebrate the new acquaintances made. More importantly, I warmly embrace those that have joined me on this adventurous trek. The residents and staff here at Hillcrest create this welcoming atmosphere providing generous support and encouragement to all encountered.

So to this note I want to extend my gratitude and thanks to all of the staff and residents that make Hillcrest such a wonderful place to live and work.



What Residents Should do in the event of a Fire Alarm

When the fire alarm goes off, what should you do? With so many new residents, we thought it important to remind everyone of the following instructions.

If the fire alarm does sound, it needs to be treated as if it is a real fire, every single time. Residents should stay in their apartment, or wherever they are, unless directed by the Fire Department or Hillcrest staff to move to another area of the building.

DO NOT use the elevators or go through a fire door. Fire doors are the metal doors located in each wing and on most elevator openings. These doors will close automatically when a fire alarm is triggered.

DO NOT call 911. The fire department is automatically notified, as well as Rich Hagstrom, Engineering, and Wayne Parker, Maintenance.

If you've burned food in your oven or microwave and smoke is in your apartment, DO NOT open your apartment door that leads to the hallway. If you do, the smoke will set off the fire alarm. Instead, open your windows and turn on your bathroom fan to help clear the smoke. Your apartment smoke detector will automatically alert the front desk and a courtesy call will be made to your apartment to see if you need help.

As always, if you have questions about fire alarms or anything else, please call the front desk at 414-2000. Answers may also be found in your Resident Information Directory.

Share Your Ideas

If you have a thought, concern, any knowledge from your professional experience, even a bit of whimsy, that you think would interest others, please contact *Crest Lines*. Your neighbors at Hillcrest want to hear from you! Call Kate Evans at 582-1353 or Megan Reichert at 414-2031.

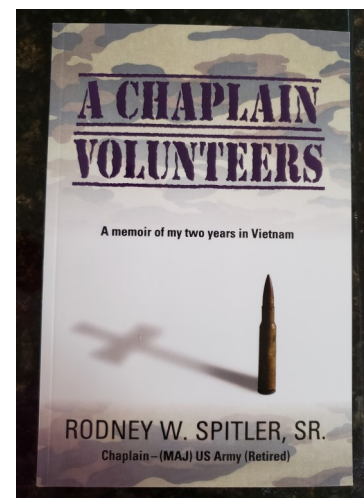
A Chaplain Volunteers By Kate Evans

In his memoir titled *A Chaplain Volunteers*, Aspen Pointe resident Rodney W. Spitler vividly describes the two years he spent in Vietnam as a chaplain in the United States Army. It is an engaging description of his service to his country and to his God, while relating a variety of dangerous incidents of conflict, accounts of soldiers' daily miserable endurances, as well as happy times.

"It may seem odd that as a pacifist man of the cloth I would volunteer for duty in an active combat zone, but I felt my decision was right; things that I saw and witnessed there forever changed my life and views," he writes. "They also reaffirmed my most basic core values, though these were often challenged by the horrors I experienced. Horrors I am sad to say that were not just done TO our men but sometimes under the most extreme circumstances BY our men."

Before volunteering as an Army chaplain, Rod served several churches in Texas, where he was born in Lufkin to William M. Spitler and Dorothy Zachary-Spitler. Following graduation from Lufkin High School he earned a Bachelor of Arts degree at Texas Christian University in Fort Worth, founded in 1873 by his great-great grandfather, Joseph Addison Clark and his two sons. He also earned a Master of Divinity from Brite Divinity School, a private seminary affiliated with the Disciples of Christ Church at TCU. Later at Long Island University in New York he was awarded a Master of Science/Education and Counseling. During his 20 year military career he was stationed in 11 different Army posts or units. When he retired from the military in 1987 he went on to serve churches in Houston and Whitehall, MT. He and wife Maria first came to Aspen Pointe in 2007-2014, then resided in the nearby Knolls from 2014 to 2019 when they returned here.

The book is available in the Hillcrest library.



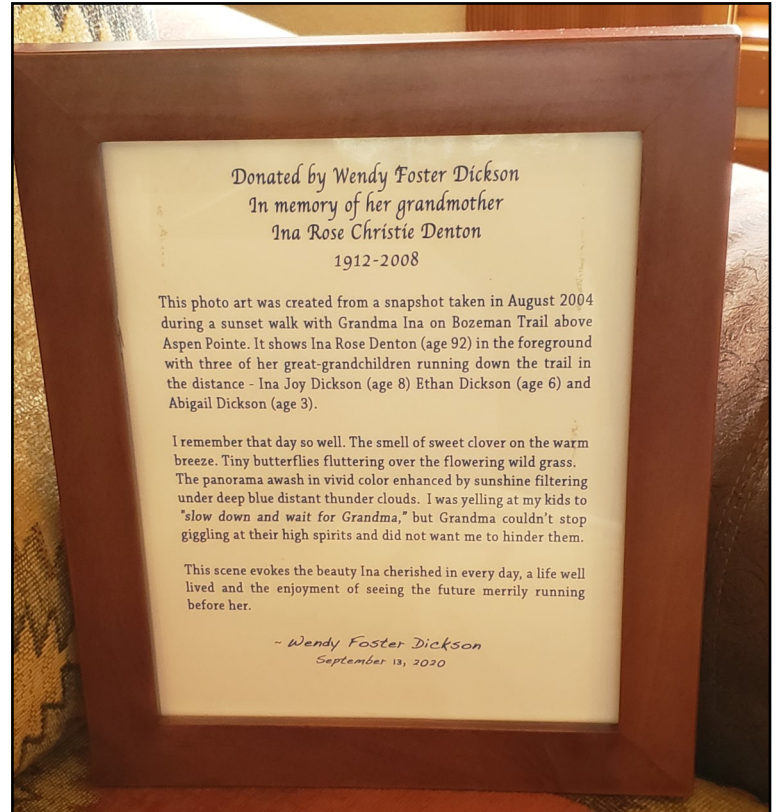
There's a Story Behind the Photo By Kate Evans

The very sentimental photo now hanging at the front entrance of Aspen Pointe honors Ina Rose Christie Denton, a resident from 2003 to 2008. It is a gift from her granddaughter, Wendy Foster Dickson of Matthews, NC. The picture, taken August 2004, shows Ina Rose, then 92, following three spirited great grandchildren running ahead of her down the nearby Burke Park Trail.

Ina Rose grew upon the Christie family dairy farm at the corner of Kelly and Bridger Canyon roads. She started school when only four to fill the required number of students at Lower Bridger School. She graduated from Gallatin County High School and received a teaching certificate from Montana Norma in Dillon. She married Gail B. Denton on October 17, 1937 at her grandmother's house in Bozeman. In 1945 she and Gail purchased a small log home with acreage where they lived for the next 53 years.

In addition to raising two children, Eva and Duane, and being busy with farm activities she worked as a telephone operator in Bozeman and Livingston, retiring in 1973 with more than 30 years of loyal service.

She was affectionately known as "Grandma Sugar" to her grandchildren and friends for her hospitality and baking skills. She was a friend to all and embraced the companionship, love and friendship of everyone who crossed her path. At Aspen Pointe she was a proud member of the "short gals club." She died February 18, 2008.



Hillcrest Neighbors By Kate Evans

When Cyndy Lewis and Newt Blakesley met in 1989 in Massachusetts both had first marriages behind them; each had been a teacher; and they shared a number of interests. “We both played musical instruments, enjoyed sports, traveling and volunteering,” she explained. They were married in 2004.

Their childhoods were spent miles apart in different regions of the country. She was born in Lowell, MA to Doris and Ivan Lewis, sister to two older brothers. Newt, an only child, was raised in Peoria Heights, IL by his parents, Clarence and Clara Blakesley, and with two aunts. He recalls that his best friend was his dog, Lunchmeat; that he enjoyed rides in his grandfathers taxi; and in grade school played basketball and the trumpet.

Cyndy has fond memories of living in a house in Concord, NH that was near a woods and had a large yard of fruit trees and flowers, plus a garden where her father and grandfather grew vegetables. Her family enjoyed drives in the country and visiting her mother’s parents in Massachusetts.

At a young age she was exposed to music, listening to her grandad play the violin and her dad the cello. She played the piano two years before she began violin lessons. She played in the city wide orchestra for elementary students, and participated in various church activities. At a nearby park she skated and skied.

She played first chair position in the high school orchestra and performed with the New Hampshire Philharmonic Orchestra. She was a member of the National Honor Society. In the summer she taught swimming at a camp in Maine.

When studying biochemistry at Russell Sage College, in Troy, NY, she was a lab assistant. “That money and my job as waterfront director at a Maine summer camp helped pay my college ex-

penses,” she explains. Upon graduating in 1966 she worked for a year as a lab assistant for a physician at Beth Israel Hospital in Boston, researching typhoid disease.

In 1967 Cyndy was married and moved to Wenham, MA. Then came a nine year break from work to raise two young daughters, Beth and Sarah, born two years apart. She earned a master’s in early education/special needs in 1977 from Lesley College in Cambridge. This degree led to a position with preschool children at Head Start and later a job with multiple handicapped pre-school students in a public school. “My teaching career finally totaled over 30 years,” she says with pride.

Newt also had a career in teaching. He taught chemistry for 13 years at Transei University in South Africa, and for 20 years tutored mentally challenged adults while living in Maine where he was president of the Tricounty Literacy Board of Directors in Bach, ME. More recently he was trained to be a hospice volunteer for local nursing residents in Boothbay Harbor, ME.

His college education however was in science. He earned a master’s at Wake Forest and a PhD in organic chemistry at the University of Texas in Austin. While attending Rollins College at Winter Park, Newt lived at home to help care for four cousins whose mother died of tetanus. At the same time he worked night jobs to pay for college. After earning his PhD he worked at Ohio State University for two years. This was followed by a lab job in food research in Johannesburg, South Africa.

He left college teaching in South Africa when his photo finishing business was successful, enough so that he learned to fly and purchased an airplane. He returned to the USA in 1985 and established a photo finishing business in Newburyport, MA.

Following their marriage they moved from Newburyport to Westport Island, ME. There they



Continued page 8

About our Hillcrest Staff

By Kate Evans

JOHN CASEY, a new cook, “lived” sports as a youth. Not just one sport but baseball, football, handball, tennis and golf. He also liked going to the beach to swim, plus he enjoyed camping and hunting.

The son of Robert and Carol Casey, he grew up in California in the San Fernando Valley where he attended Noble Elementary School in Van Nuys and James Monroe High School in the North Hills area of Los Angeles. At Monroe High he played outfield for the Vikings in games against John Elway, a member of the Granada Hills High School team, and against Darryl Strawberry of Crenshaw High School team. (Elway, talented in both high school baseball and football, later was the Denver Broncos quarterback for two superbowl championships, 1998 and 1999. Strawberry, a right fielder, spent 17 seasons in major league baseball.)

“In 1979 Monroe High lost to Crenshaw in the California state championship game at Dodger Stadium but we played in the consolation game and took third place,” John recalls with a smile.

That same year John and his parents relocated to Bisbee in southeastern Arizona where they opened a restaurant serving breakfast and lunch. “I helped them for a short time, until I heard about jobs available in the oil wells in Evanston, WY. and Odessa, TX. I chose to go to Evanston because of its close proximity to Park City, UT and its ski slopes.” He found work with a construction company that built man camps of mobile homes to accommodate the many workers that were descending on the oil fields.

“After a year of that dirty work I moved on to Sun Valley, ID and into a cooking position with a trained chef. I learned a lot from him, experience that later helped me in other food positions.” In Sun Valley he met a nurse, Mary Eckman, who five years later would re-enter his life



REYNOLDS TURNER graduated last May from the Army National Guard’s Advanced Individual Training as a combat medic, but now he is a freshman at Montana State with a goal of graduating with a degree in exercise science and becoming a physical therapist.

“I became interested in a career in PT in high school when I suffered so many injuries in sports and had to have lots of rehabilitation,” he recalls with an amused smile.

Reynolds grew up in Shelby, MT along with five sisters and three brothers, the youngest of Rial Turner and Cheri Luongo’s nine children. “I liked being the baby of older siblings because then I had nine nieces and nephews to visit and play with.” As a kid he was happiest when outdoors, helping his dad with farm chores, plus having fun times fishing, hunting and skiing.

While a student at Sunburst Elementary School he played football and basketball and swam with the Montana Federation of Swimmers in the summers. At North Toole County High he played football for four years and was on the track team for two. In his senior year he was named both All Conference and All State in football, and All Conference for track. In addition he played tenor sax with the jazz and pep bands, and was involved with future Farmers of America, participating in mechanics competition and cattle judging. He graduated in May 2018 and then left for ten weeks of basic training in the Army National Guard at Fort Sill, OK.

Beside ranch work, he has held landscaping jobs and was a lifeguard at the pool in Conrad, MT.

In his hometown at the Shelby VA he volunteered frequently, often working in the kitchen at the veterans pancake supper or serving up the flapjacks. That experience helped qualify him for a serving position here at Aspen Pointe.





October Calendar



Mondays

- * 10 & 10:40am Chair Exercise in Commons
- 2:30pm Life Transitions in the Learning Center

Tuesdays

- 9:15am Trail Hike (Meet at front desk)
- 10:00am Open Wii Bowling in Commons
- 2:00pm Singing Group 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

Thursdays

- 3:00pm Knit & Stitch Fireside in Commons

Fridays

- * 10 & 10:40am Chair Exercise in Commons
- 2:00pm Singing Group in Commons

Saturdays

- 2:30pm Great Courses in Commons

Sundays

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

Spiritual Offerings

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

October 4	October 11
October 18	October 25

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 Learning Center (basement of A-wing) with Chaplain Allen Jones. This is a non-religious gathering and all are welcome.

AP Chair Exercise will have two different time sessions. 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.

Wise & Well: Sugar Intake

By Jessica Kindzerski, Exercise Specialist

DESSERT. Everyone's favorite part of the day! We all know that cookies, cakes, and other desserts contain sugar, but did you know that many foods such as beverages, salad dressings, and certain dairy products can contain much more sugar than you'd think? This month, I am here to tell you all about identifying hidden sugar the simple changes you can make to reduce your daily sugar intake!

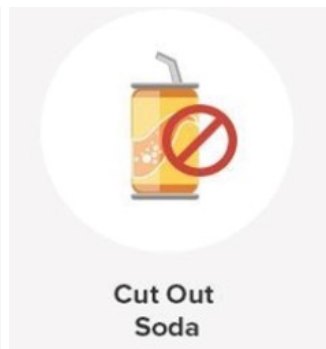
The World Health Organization recently released updated guidelines regarding sugar intake for the first time since 2002. The amount of sugar Americans consume each day has steadily risen over the past few decades, because processed foods, artificial sweeteners and sugary desserts have become more common. The WHO's new recommendation, for both adults and children, is that sugar account for 10 percent or less of a person's total daily energy intake. The organization also noted that reducing daily sugar intake below 5 percent – 25 grams – may yield additional health

benefit (WHO, 2010).

One of the WHO's main concerns when releasing the new guidelines had to do with 'hidden' sugars found in foods that might not be traditionally considered unhealthy. A wide range of processed foods, condiments, dressings, beverages, smoothies and dairy products contain more sugar than it would seem.

Another great way to reduce your daily sugar intake is to read nutrition facts. Educating yourself and being aware of how much sugar is in the food you are consuming is a great way to keep track of what's going into your body. Always remember, just like all other foods, sugar is perfectly fine in moderation. Keep these simple changes in mind and you'll reduce your sugar intake without even feeling like you're trying! It's easy as pie!

If you are looking to reduce your overall sugar intake, here are a few simple changes you could try:



Continue to Practice Infection Prevention Measures

- Wear a clean mask covering nose and mouth when not in your apartment.
 - Wash hands with soap and water for at least 20 seconds.
 - Use an alcohol based hand sanitizer if hand washing is not available.
- Cover mouth and nose with inside of elbow when coughing or sneezing.
- Social distancing indoors and out of 6ft between yourself and others.
 - Avoid public places.

October Birthdays

Ilen Stoll	10/1
Pat Oriet	10/2
Pat Booth	10/3
Eiko Franck	10/3
Catherine Hobart	10/7
Sue Truckle	10/11
Milt Negus	10/19
Maxine Lechner	10/23
Dave Milne	10/24
Kay Loeffelholz	10/26



Cyndy and Newt from page 4

taught summer Bible school for many years and sang with a Hospice choir at the bedsides of shut-ins and dying. Cyndy visited for five years with residents in a nursing home in Damariscotta, ME and conducted a Bible study group there.

Travel has been a big part of their lives, especially sailing. On the *Star Flyer* they encountered a category 4 typhoon while sailing to French Polynesia but survived to take trips also to the Caribbean, Costa Rica and Sweden.

When Cynda retired in 2004, they built a house on their 11 acre wooded property on Westport Island. There they enjoyed boating.

Both described themselves as being friendly extroverts, willing to help others in need. Cyndy says "God motivates me." In 2014 she was rebaptized in a pond in Maine with all her family members present.

Hydration Challenge Results!

Thanks to all of the participants of the Hydration Challenge! Cumulatively you consumed 164 gallons over three weeks! Resident prize winners of a new hydro-flask were Lucy Dwarshius and Fairy Overton. Staff winner was Jen Kolling.

Active Aging Week; New Approach This Year

In alignment with many other community events, we have decided to wait until next year to gather in person for Active Aging Week.

The national AAW committee will have a collection of free movement classes as well as lectures at www.activeagingweek.com.

During the week of October 5-9, several of the online classes will be shown in the Commons, socially distanced with masks. See below:

Monday, Oct 5 ~ 3:30-4:30pm

The Artistic Genius of Michelangelo

Tuesday, Oct 6 ~ 10:30-11am

Balance Boogie (seated exercise)

Wednesday, Oct 7 ~ 2-3pm

Women of the American Revolution

Thursday, Oct 8 ~ 10:30am

Shibashi (seated Tai Chi and Qigong)

Friday, Oct 9 ~ 2-3pm

Three Musical Masterpieces That Changed America

John from page 5

in Long Beach, CA and become his wife. They were married in 1990.

Aside from working in various restaurants in Arizona, Idaho, and Hawaii, John has also been active in the business world. In southern California he worked in the mortgage industry and in Portland, OR he owned and operated a real estate property company. Previously to coming to Hillcrest he was in MSU Culinary Services for two years. Mary is employed at Bozeman Deaconess in Sleep Center/Home Oxygen. Their two sons are MSU Bobcats. Jacob, 23, is a graduate of 2020 in mechanical engineering and Ryan, 21, is a senior, studying finance and aviation.