

# Crest Lines

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## Thoughts from Senior Services

by Rachel Clemens, Senior Services Director

### *Birchwood Obtains Extended Care License*

For the past few years our goal has been to obtain an Assisted Living “B” license. This license allows Birchwood employees to further assist residents with activities of daily living i.e.; eating, walking, mobility, dressing, bathing, grooming, toileting, and transferring; as explained in the Montana Code Annotated 50-5-101. This expansion helps bridge the gap between assisted living and skilled nursing needs and allows our residents to age in place longer.

We started this process in the Spring of 2019. In order to apply for the “B” license many documents and sign-offs needed to be prepared and submitted. Some of these include: floor plans, policies and procedures related to a “B” license, resident agreement, verification from the company that installed our call system to ensure if we meet standards, our annual fire inspection, and ensuring our administrator has the proper qualifications.

Fall of 2019 our application was approved and we received a provisional license in January 2020 that would expire at 6 months. In the past our surveys have been every 3 years due to zero deficiency surveys. The last time Birchwood was surveyed was in 2017.

Last month we had our “B” license survey. Due to COVID-19, the survey was all virtual. We had a list of documents that needed to be compiled and electronically submitted. We spent a day compiling over 1,000 pieces of paper to be submitted. Later that week we had a virtual tour of our building with a state surveyor. Not only did we pass, we received a zero deficiency survey and were praised for the level of detail to our practices and documentation as compared to hospitals and Critical Access Hospitals, which are held to a higher standard!

I have to thank our Hillcrest leadership group and the support we get from the Safety Officers of Bozeman Health for these results! This work can only be done by a team and over the past several months we have combed through regulations and survey tools to ensure our preparedness. And this is all while having altered operations due to COVID-19 precautions. Our employee’s commitment to compassionately delivering quality care even during unprecedented times is more than commendable.



## Once Visitors, Now They Are Residents By Kate Evans

*When most residents move into Hillcrest they find it a new experience, a different routine, one requiring some adjustment. There are a few individuals, however, who are comfortable almost immediately. They do so because they are a second generation to reside in Hillcrest and have visited a relative here in the past. Currently they include Kay Reilly, Carol Flaherty, Pat Oriet, and Bill Merrick.*

"I moved my parents, Alpha and Henry Reilly, in the 1980's into the old building which was torn down in 2001. They thought it would be easier to make the adjustment when they were still together," Kay recalls. "Mom died in 1993 and Dad in 1997." With amusement she remembers them both. In high school in Whitehall, MT her Mom announced "that's for me! He's really conceited" when she spotted Henry entering a classroom. A star basketball player, Alpha and two other recent grads took the train to California for nurses training. While there Alpha bought a 1926 Dodge coupe.

As a nine year old Henry, operated the elevator in the old Placer Hotel in Helena and had a paper route that included the red light district. One Christmas he was tipped a dollar bill by one of the ladies. Following high school graduation he worked in Livingston for the Northern Pacific and retired in 1967 from Montana Power Company.

Both born in Montana and of the Christian faith, they were married during the Great Depression. Kay found some of Alpha's recipes called for "five cents worth of hamburger." For entertainment the couple entered contests, those that you praised the quality of the product. Henry won four automatic washing machines when they first appeared on the market but Alpha refused to use them thinking they could not get her clothes clean. At age 88, Henry won a Renault red convertible.

**Bill Merrick's father-in-law, Ray W. Dickerson**, really enjoyed living in the original Hillcrest when he came at age 91 to spend the winter away from his home in Butte, NB. As Bill tells the story, "He was living alone (Hazel had died) and Mary Lou and I were worried about him spending another cold winter in Butte away from us. Our

plan was for him to come in the fall to live in Hillcrest for six months and then go back to Butte, where he had owned Dickerson and Raymond Hardware Store and Mortuary and was once active in its business community. Well, when spring arrived we asked him about returning, he responded very vocally, "hell no my friends are her now." He stayed until he died at age 97."

Bill remembers taking Ray fishing one day on the Gallatin River. A good fisherman, he caught three trout which he did not release back into the Gallatin but took back in a pail to Hillcrest, releasing them in the gold fish pond which was close to the front entrance of the old building (near the back side of the present A-wing where the dumpster shed stands today). The next day he went to check on his catch and they were gone; we never knew what happened to them," Bill says amusedly. "It's still a mystery."

Bill and Mary Lou, once a preschool teacher in Bozeman who also taught part time in programs at Pilgrim Congregational Church and at MSU, moved here in 2005. Bill was retired from co-owning and serving as the general manager of radio stations in Bozeman, Missoula and Helena. Mary Lou died January 5, 2008.

**At age 90, Hazel Claypool, mother of Pat Oriet**, moved into Hillcrest apartment A-206, one of the first occupants of the completed new building. She died in 2008. Her memorial service in the Commons was performed by her grandson, Pastor Robert Oriet, with guitar music and a ballad by Michael Blumhagen, a new employee of the maintenance department and still working here.

Hazel was raised on a Wisconsin farm near Boyceville. Her elementary school was built on her father's farm so she walked from home up a hill to attend classes. She did not go to high school in town as she did not have transportation and the walk would have been 10 miles round trip. Instead at age 16 she went to Minneapolis to live with her grandmother and do housekeeping for wealthy families. As a teen she also worked in a garment factory and played the piano in a silent movie theater. During her marriage to Herbert

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## ***Donation to Hillcrest*** By Kate Evans

A varied donation of books, puzzles and board games has been gifted to the Hillcrest library by Marc Mergy, an instructor in the Microbiology and Immunology Department at MSU.

“I took two classes, Cellular and Molecular Biology and Biomedical Genetics, with Marc,” states Chelsea Koessel, resident associate coordinator in Birchwood. He also worked in a research lab studying familial dysautonomia disease. Marc recently moved to Oregon with his wife and daughter to run a goat farm in Oregon, but will continue to teach remotely. The Mergy donation contains works of fiction, some classics, and a group of hardcover editions by Tom Clancy, according to Kay Loeffelholz, resident council representative to the library committee.

On another note, a resident, who has asked to remain anonymous, has placed many “self help” books in the chapel for your reading pleasure. Please return when finished so others may have the opportunity to learn as well.

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### **Once Visitors from page 2**

Albert Karlen (they were wed in 1930) she was employed at the Buttrey Department Store in Havre, MT. Pat reports that “F. A. Buttrey, store owner and former fur trader, loved fur pieces and featured them along with other dry goods. He and Hazel worked together long hours (even when the heat in the store would rise to 102 degrees). He patiently taught Mom how to repair and clean fur coats.” In the 50’s and 60’s she worked at a Price Rite grocery store, a company from which she retired at age 70 after working there 20 years, mostly part time.

Following Herbert’s death at age 63 she married Emmett Claypool 10 years later. Although Hazel was confirmed a Norwegian Lutheran she became an active Methodist when she married into the Karlen family.

**Carol Flaherty’s mother, Myrtle Gibson,** moved to Aspen Pointe in September 2002, from Arizona where she had lived with her husband, Jack, after raising their daughters, Carol and Kathleen, in Michigan. Myrtle said she wanted to move while she could learn the names of fellow

## ***Crest Lines Writer Moves On***

By Megan Reichert

When I joined Hillcrest in January of 2017, I had no idea I would be responsible for producing the Crest Lines monthly newsletter as part of my job duties. Writing has never been my thing, but I was determined to give it a good ol’ college try! On the upside of this whole new gig was the opportunity to work side by side with a real bonafide writer!

Well, turns out it wasn’t bad at all. In fact, it was the highlight of many of my work days. A sweet lady in her 90’s, full of spunk, chatter and wit spent nearly four years patiently by my side grooming me to be the best I could be, resulting in a very professional and informative newsletter.

Not only has Kate been researching and writing articles for years, she’s also been a kind face on the welcoming committee in Aspen Pointe, as many of you newcomers know.

You will be missed by all Kate and I will be forever thankful for your guidance! Safe travels, stay in touch, be good and enjoy your family and new home in Missoula.

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residents, and she did, starting with her next door neighbor, Katie Billau. According to Carol, “Mom knew it was important to remember things about her friends-to-be.” While learning all the names at Aspen Pointe seemed a bit daunting, Myrtle came up with an idea -- sharing her new apartment while preparing it for Christmas. She always liked Christmas and decorated with the images loved by both Christians and little kids. This included angels made by her Arizona church circle, Santa and Mrs. Claus, pictures on the walls wrapped like presents, plus lots and lots of colored lights, so many that when sitting in the darkened room one felt a soft glow. Starting right after Thanksgiving it was to this warm space that she invited one or two individuals each evening after dinner. “This social time cultivated friendships as she learned not just names but stories too. Neighbors entered to a glow of holiday lights and left with a glow of camaraderie,” Carol relates. “The relationships built from those special evenings are what made Aspen Pointe Mom’s home.”



## Hillcrest Neighbors By Kate Evans

In 1959 following the August 19th late night M7.3 earthquake that shook the town of West Yellowstone, Bill Oriet was soon on the scene repairing telephone lines. “I remember being up on a pole swinging and swaying during an after shock,” he describes in detail.

Bill, the main rural lineman for Montana Bell Telephone from Maudlow to West Yellowstone, was one of four linemen assigned to repair and reconnect the damaged lines. Bill joined “Ma Bell” upon his discharge from the Marine Corps, working first in Great Falls and later in Bozeman for a total of 35 years. It was an ideal job for Bill who grew up in Great Falls as a “free wheeling” youngster, rafting on the Missouri river, climbing the girders as the smelter buildings were being constructed, and doing other adventurous activities in the outdoors.

Bill joined the Marines while still in high school but returned to Great Falls from boot camp to participate (in full uniform) with the 1946 senior class at its graduation ceremony at Paris High. As a student he played football, was active in the ski club and won honors in the pre-architecture class.

Pat Oriet states emphatically. “I always knew I would become a nurse.” Ten days after graduating from Havre High School in 1949 she started classes at Northern Montana College and at the end of the quarter entered Montana State College School of Nursing program, finishing it and then completing three years of clinical training at Deaconess Hospital in Great Falls. She returned to college in 1968 to get a BSN and later earned a WHNP (Women’s Health Nurse Practitioner) at the University of Colorado at Denver.

In 2018 when MSC-MSU celebrated its 125th Anniversary it selected 125 women for their contribution to the university in the Women’s Role of Advocating for Women. “It was a great honor to be one of 125 chosen,” she explains with pride.

Last month Pat celebrated 68 years as a registered nurse. She has practiced this profession in many areas: private duty, office nurse, Red Cross-Blood Drawing RN, and for Student Health at

MSU. She worked either full or part time until she was 80 years old.

Born in Boyceville, WI, to Herbert and Hazel Karlen, Pat spent her childhood living either with her grandparents on a lumber camp run by Jacob Karlen or on a farm. “I liked climbing trees, playing in sawdust piles, and feeding the chickens,” she explains of those early days. She definitely recalls one incident on the farm. “I was in big trouble when I climbed the windmill.”

When her father got a job with the Great Northern Railroad the family moved to Havre, MT where she completed her elementary school education and graduated from high school in 1949. She participated in a number of clubs and was elected to the National Honor Society. In addition she worked at a grocery store and did baby sitting.

She and Bill were married November 29, 1952 in Havre at the United Methodist Church, the faith in which she was baptized in Boyceville and has been active since in Havre, Great Falls and Bozeman (a 50 year member).

They have raised five children: three sons, William M., James A., and Robert J. and two daughters, Jan Marie (Mc Ilvoy) and Julie Ann.

“Since the days of the original Hillcrest, I have known women who have lived here,” she says with a smile.



## About our Hillcrest Staff

By Kate Evans

**CATRINA BOGGES** brings a broad smile and a boundless amount of enthusiastic energy to her job as a server in the dining room. In fact, Jesiah describes her as “bubbly.” She thinks, however, of herself as being helpful, caring and fun.

At age 19 she has set firm goals for her life; she intends to graduate in 2023 from the nursing program at MSU with plans to help people with health issues and in need of medical care. “I am inspired to chug along through any rough, point-less days to stay positive in order to accomplish my dream for a nursing career,” she emphasizes. On campus she is a member of the Ultimate Frisbee Team and the American Indian Council.

Born in New Hampshire in the rural community of Lancaster, she is the daughter of Randy and Lynn Boggess, who often took their three girls camping and hiking. She was three when she began to participate in the small town’s recreation program. “That’s where I developed a love for sports and activities and made friends,” she states. At Lancaster Elementary School, Catrina enjoyed most the Winter Carnival, competing in the various games and dancing at the fun evening event. In high school, from where she was graduated in June 2019, she played soccer, basketball, cross country skiing and tennis, winning many athletic awards and usually the Most Distinguished. She received the annual Sportsmanship Award for a girl student in her senior year. In addition, she was active in theatre, student council and Spanish club.

While a “doer” in high school she also found time to instruct swimming and lifeguard at the town pool, instruct axe throwing, and serve as a teacher’s assistant at Littleton High School. She volunteered at numerous events at All Saints/Gate of Heaven Parish, including directing traffic for functions and acting as an altar server on Sundays.



**MARTIN ALDRICH** is a new server in the Aspen Pointe dining room but he feels very much “at home” here. Why? because he has been working for some years in restaurants in this country and overseas. Now he is a student again, a junior post baccalaureate in food and nutrition at MSU.

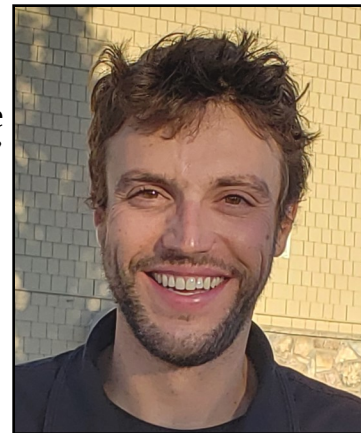
He started his career in the restaurant industry while in high school working at Toi’s Thai Cuisine in Helena, MT. He and other employees accompanied Toi to Thailand to experience the taste and flavor of that country.

Then while obtaining a degree in anthropology at the University of Montana, he worked as a cook in kitchens in Missoula. In Korea where he lived later for a year he worked in the foreign foods market and was a ski instructor in the winter.

As a resident of Denver, Martin prepared food for a Lebanese restaurant and while living in Vail for five years he cooked at various local eateries, including Vin48 Restaurant and Bar that features contemporary mountain fare and more than 40 wines by the glass. In Los Angeles he was a cook at Animal Restaurant, a trendy spot that offers offal specialties and other meat plates.

Moving to Bozeman in 2016, he continued his cooking career, at bisl and at the Whistle Pig Korean.

A highlight of this career came in September 2018 when he applied and received a stage (internship) to the world famous Hisa Franko restaurant in Kobarid next to the River Saco in the lush Saco Valley of Slovenia. “It is a restaurant with many traditions from the community of foragers, shepherds, cheesemakers, hunters and fishermen,” he relates. “The menu features local wild plants, animals and fish, including fresh caught trout and mushrooms foraged locally. They use



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## Tips on Isolation from Astronaut Scott Kelly By Kate Evans

“Being stuck at home can be challenging. When I lived on the International Space Station for nearly a year it wasn’t easy. When I went to sleep, I was at work. When I woke up, I was still a work. Flying in space is probably the only job you absolutely cannot quit,” wrote Scott Kelly, retired NASA astronaut. “I learned some things during my time up there that I’d like to share because they are about to come in handy as we all confine ourselves at home to help stop the spread of the coronavirus.”

Here condensed are his Tips on Isolation, published in The New York Times on March 21, 2020.

**FOLLOW A SCHEDULE:** Maintain a plan to help you adjust to a different work and home life environment. When I returned to Earth I missed the structure it provided and found it hard to live without.

**BUT PACE YOURSELF:** Take time for fun activities. Schedule a consistent bedtime. Living in space, I deliberately paced myself because I knew I was in it for the long haul, just like we are today. NASA scientists closely study astronauts’ sleep when they are in space and they found that quality of sleep relates to cognition, mood and interpersonal relations, all essential to getting through a mission in space or a quarantine at home.

**GO OUTSIDE:** To enjoy nature’s colors, smells, sounds and feel of the sun. Get moving; take a walk. Time with nature is beneficial to physical and mental health, as is exercise. You don’t need a two hour plus work out as astronauts’ do on the space station, but moving once a day should be a part of your quarantine schedule.

**TIME TO CONNECT:** Keep in touch everyday with family and friends via phone, notes, or email, etc.

**KEEP A JOURNAL:** Chronicle days’ events, experiences, memories, unique moments. It does not have to be a book; make a list of what you did that day.

**FIND A HOBBY:** Confined in a small space you need an outlet that isn’t related to work or maintaining your environment. Books, a craft, instrument, cooking, art. Choose an activity that will provide a pleasant diversion.

**LISTEN TO EXPERTS:** Seek knowledge from those who know the most about a subject and listen to them. Social media and poorly vetted sources can transmit misinformation. Look to reputable sources of fact like the World Health Organization and Johns Hopkins Coronavirus Resource Center.

**WE ARE ALL CONNECTED:** Seen from space, earth has no borders. The spread of COVID shows that what we share is much more powerful than what keeps us apart, for

better or worse. All people are inescapably interconnected; the more we can come together to solve our problems the better off we will ALL be. One of the side effects of seeing Earth from the perspective of space, at least for me, is feeling more compassion for others.

He’s visited Bozeman on a couple different occasions to talk about his year in space and our journey to Mars. Most recently at MSU on April 4, 2019 and previous to that he made a free appearance for families at the Museum of the Rockies to hand out autographed images of himself for our future generation of astronauts.

Scott concludes by saying, “I’ve seen humans work together to prevail over some of the toughest challenges imaginable, and I know we can prevail over this one if we ALL do our part and work together as a team. Oh, and wash your hands often and stay at least six feet apart.”



## Wise & Well: Anaerobic vs Aerobic Exercise

By Jessica Kindzerski, Exercise Specialist

Time for a test question! Do you know the difference between Anaerobic and Aerobic exercise? During this month's W&W article, we will discuss the key differences between these two types of exercises and the benefits of each.

According to the American College of Sports Medicine (ACSM), anaerobic exercise is short, intense physical activity that is fueled by energy sources within the contracting muscles. Anaerobic exercise is typically unable to be carried out for more than two to three minutes at a time. Eventually, muscles will tire, weaken, feel discomfort, and require a break. Those types of activities include weightlifting, sprinting, and high-intensity interval training (HIIT). This type of exercise is typically done by those who are trying to build and tone their muscles (ACSM, 2015).

The ACSM characterizes aerobic exercise as rhythmic activities that use large muscle groups. Slow-twitch muscle fibers are able to move and contract repeatedly without fast fatigue. The body likewise uses carbohydrate and glycogen stores as its primary fuel source during the initial 20 minutes. After 20 minutes of constant movement, the body starts to burn body fat to power the muscles and body. This is known as "aerobic fat-burning" Aerobic exercises include jogging and running, brisk walking, cycling, dancing, and canoeing. Really, any activity that elevates heart rate counts as aerobic exercise (ACSM, 2015). This type of exercise is typically done by those who are trying to keep their body moving without overly straining their muscles.

Both forms of exercise hold great benefits such as improving lung and heart health, improving endurance and muscle strength, and helping to lower the risk of health condition such as heart disease and type 2 diabetes. While anaerobic exercise tends to be more difficult, aerobic exercise can be done by people of all ages and skill levels!

Hillcrest offers many different activities that can be categorized as aerobic exercise: yoga, chair exercise, tai-chi, walking groups, seasonal stretching and balance classes, and summer hiking groups. The Fitness Center is also a great place for people looking to practice either type of exercise.

As always, make sure to talk to your doctor to see what type of activities and exercises are right for you. We are looking forward to getting back into activities and offering new and fun exercise related classes in the near future!



### THE RESIDENT WINNERS OF THE HALLOWEEN CANDY JAR CONTESTS ARE:

**ARDIS NICHOLS ~ GUESSED 94 AND ACTUAL WAS 98**

**MARIA SPITLER ~ GUESSED 323 AND ACTUAL WAS 329**



**CONGRATULATIONS!!**





Stafford Hall	11/1
Mary Ricks	11/3
Betty Larson	11/8
Bob Hohne	11/11
Kay Reilly	11/11
Harper Bohr	11/13
Mary Urban	11/15
Leo Atchison	11/26
Amy Black	11/27
Joyce Sandquist	11/28
Mary Hohne	11/28

**Martin from page 5**

many of the same ingredients as our Montana cooks.” He also learned about the tradition of natural wine making and crafting Slovenian cheese. “In addition I visited Venice; Ljubljana, capital of Slovenia; and the Julian Alps that stretch from northeastern Italy to Slovenia.”

Beyond cooking his major interests are outdoor activities and sports. The son of Pam and Jeff Aldrich, he was born in Helena and raised in the semi-rural community of Unionville.

“Because my parents both worked part time, I entertained myself by playing in the woods and at a nearby pond,” he described. “Sports became important to me in elementary school. I was active in baseball, basketball and football.” At Helena High School where he graduated in 2004, he played tennis along with enjoying skateboarding and skiing.

Now he is into snowboarding over 100 days a winter in the backcountry, mountain biking, and trail running. He recently volunteered on a project that constructed bike trails around Helena. And as expected, he always prepares food for community events wherever he lives.

## Department Updates

### SENIOR SERVICES—RACHEL CLEMENS

We understand the toll it takes not seeing your loved ones. We want to ensure all residents and family members know that window visits are permitted and encouraged. Aspen Pointe residents may set up individual visits on their own. To help facilitate a window visit with a Birchwood family member please call 414-2015. **Please do call ahead so we can determine a safe window to visit from. Snow and ice are evident this time of year.**

### PROGRAMS—MEGAN REICHERT

The Bozeman Public Library is trying to connect seniors with members of the community through a fun and new Pen Pal Project. If you would like a pen pal or have any questions, please contact Megan at 414-2031.

### MARKETING—LINDO JO SIMKINS

Please join us in welcoming our newest residents: Tony and Jane Garcia in B201 from Florida; Sharon Klint in D105 from Illinois; Curtis Backlin in A218 from Gallatin County; and Penny Fedro in A206 also from Gallatin County.

We all enjoy the sights and sounds of backyard birds, however sometimes they can be a bit messy. If you have a birdfeeder on your balcony or patio please remember to keep birdseed contained and covered with a secure lid. The birds gather in large groups and spill birdseed make messes for the residents below who may not want to encourage them. The spilled birdseed also invites unwanted guests. Thank you for your cooperation.

## 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 Megan Reichert at 414-2031.