



Crest Lines

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Thoughts from Senior Services

by Rachel Clemens, Senior Services Director

There have been many questions pertaining to emergency situations and how residents should respond. I would like to address some common scenarios below.

Medical Emergency - Dial 911 and activate your Emergency Call System, if possible. This is the pull cord in your bathrooms. A trained staff member will come to assist you. Please note, there is no charge for the ambulance if they arrive and you are not transported to the hospital. You can also call the front desk at 414-2000, which will help us direct first responders to the proper location. If you call the front desk phone after 9 pm when the Aspen Pointe receptionist is gone, the call will automatically forward to Birchwood.

Fire Alarms & Fire Drills - Stay in your apartment or wherever you are located unless directed by the Fire Department or a staff member. Apartment doors are fire doors that are rated for 45 minutes. There are also metal fire doors located throughout our building to separate sections. The metal doors are rated for 3 hours. The only reason to vacate your apartment is if that is where the fire is located. DO NOT use the elevators or go through any closed doors. The entire building is equipped with fire sprinklers and fire doors. Every apartment has smoke detectors which are monitored, and we know automatically if the detector in your apartment has been activated. In the event of an alarm, trained staff members will respond to the alarm immediately. Periodically we hold practice drills to keep our staff properly trained to protect you and your possessions.

During the day, 8am-9pm, the receptionist will use the overhead paging system to notify staff where the alarm is going off. Once everything is all clear, the receptionist will announce it to staff. At night, 9pm-8am, there will be no overhead paging. The staff on night shift in Birchwood will respond accordingly. They are trained to read the fire panel and respond.

Power Outage - Aspen Pointe and Birchwood have an emergency generator that will operate some hall lights, some dining room lights, exit lighting and heat. Our receptionist and our night shift employees are trained to contact all residents with oxygen to ensure they are equipped to keep their oxygen running. Birchwood night shift employees' main responsibility is taking care of the Birchwood residents. Once Birchwood

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Hillcrest Neighbors By Tony Garcia, Resident

Meet George McClure. He arrived at Aspen Pointe in September 2021, but his story began far to the Northeast.

George was born on February 26, 1935 in Halifax, Nova Scotia. George's mother was from Chicago, and his Dad was from St. Louis. George's father had gone to Halifax on a contract to do medical research. When his contract was up, the family moved first to Leesburg, PA, and then to Denver, CO where George's dad worked for a trucking company. The family now consisted of four children; a girl, George, and two younger boys. When WWII ended in 1945, the family moved to Central City, CO.

George graduated from high school in 1953 and attended the University of Colorado in Boulder. He worked in a dorm kitchen for room and board.

George worked during the summer breaks. He built houses in Denver, and helped to build roads for the state, operating various pieces of heavy equipment. He graduated in 1957 with a degree in Civil Engineering and was drafted into the Army, but he only had to serve 7 months. He returned to work for a structural engineering firm in Denver for about a year and a half. He joined a church group where he met a girl named Betty. The group attended lots of events and Betty always seemed to be there looking forward to the chance to meet and talk with George.

Meanwhile, George became increasingly troubled at work. Architects were making changes without informing the engineers. That inspired George to continue his education in structural engineering. Betty wanted to go with him and asked George to marry her. Eventually, he said yes, so they got married and off they went to California

in 1959. George attended the University of California, Berkeley, and got his Master's Degree in 1961. George and Betty moved back to Denver where George worked for his former employer there. Prior to leaving Berkeley, he applied to MSU and was given a teaching job for that fall. He taught architectural students and structural engineering.

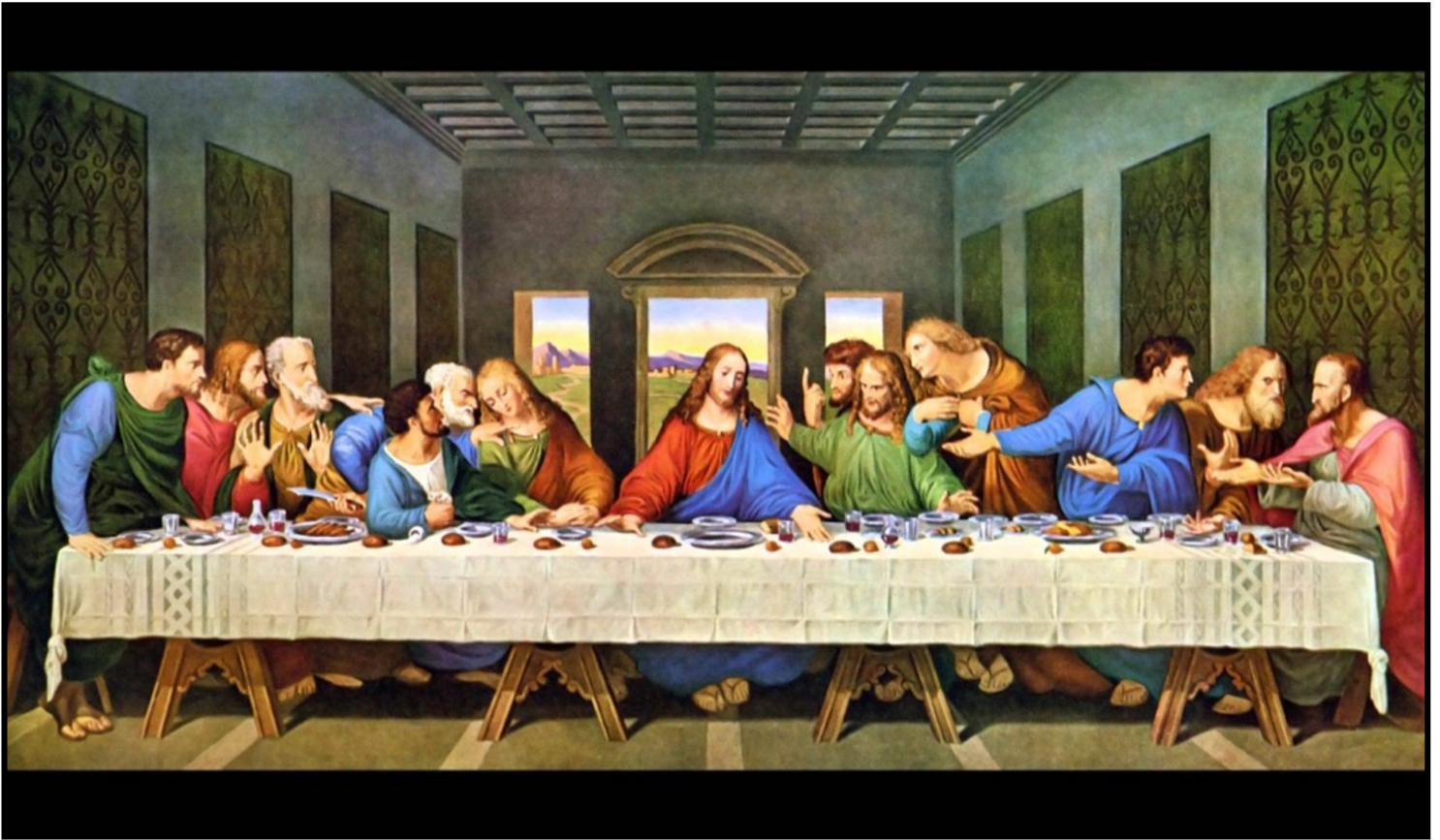
George went to the University of Colorado and got his doctorate degree in the spring of 1967. He and Betty returned to Bozeman where George again taught at MSU. George and Betty had a daughter, Mary, who died. Their son, Richard, became a teacher and lives in Yuma, AZ. George now has 3 grandchildren; a granddaughter in Tokyo, a grandson who works in graphic design, and a grandson who is a musician and substitute teacher in Tucson.

In 1988-89, George took a sabbatical and went to teach engineering at Queens University, Belfast, Ireland and loved it. George retired from MSU in 1993 and he and Betty decided to travel. They took a cruise to Alaska and the Panama Canal. Betty died of a heart attack in 2014, and George's travels took him to Korea, Japan, Hawaii, Tanzania, Switzerland, Peru, Ecuador, the Galapagos, and some river cruises in Europe.

George likes classical music, and reading mystery stories and history of the old west. He was an avid tennis player and skier. George has a great smile and loves conversation, so pick a subject; architecture, engineering, travel, books, classical music and strike up a conversation. George has a contagious smile. You'll surely enjoy talking with him.



The Last Supper—A Living Portrait Coming to a Commons Near You!



As a part of Holy Week Observances, on **April 14th at 7:00pm**, thirteen Aspen Pointers will portray Jesus and the 12 disciples as they meet in the **Upper Room (Commons)** for Passover celebration. Each will tell of their relationship with Jesus and how they came to follow him. Da Vinci's painting captures the disciple's reactions just when Jesus says, "One of you will betray me." While we know that in the time of the story, all of the disciples were men, we've chosen to be more egalitarian. In our day women are disciples too!

The cast from left to right in the painting are:

Nathaniel.....Lee Wagner

James.....Nancy Edwards

James the Less.....Bill Edwards

Thomas.....Ilen Stoll

Andrew.....Gen Gans

Philip.....Carol Flaherty

Peter.....Barbara Taylor

Matthew.....Bob Flaherty

Judas.....Jim McCall

Thaddaeus.....Bob Sain

John.....Cherie Wilcox

Simon the Zealot.....Gloria Zimmer

Jesus.....Wayne Gibson

The performance will close with the cast singing acapella, "*The Lord's Prayer*." When finished, the lights will go dark for one minute and will come back on as the service concludes.

Sleep & Aging By Bob Flaherty, Resident

Shakespeare said “Sleep that knits up the ravell'd sleave of care...” Indeed, sleep is “chief nourisher in life's feast,” and necessary to maintain our physical, intellectual, and emotional health. We all know how well babies and teenagers sleep, so why can't we sleep that well as we age?

Join me, Bob Flaherty, on **Wednesday, March 20, at 3:30pm in the Commons** as we talk about how our sleep patterns change as we age, what can impair our sleep, and the many things we can do to sleep better.

Spiritual Offerings

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

April 3 April 10

April 17 April 24

Spiritual Care: Allen Jones is available for individual companionship Sunday through Thursdays and can be reached at 907-460-8109.

Bible Circle: Thursday's from 10:00-10:30am in the Birchwood Activity Room.

Department Updates

MARKETING—Linda Jo Simkins

Welcome to our new residents:

Tom Wessel A109

Harriet Tamminga D201

Lydia & Gordon Buchman D207

Margie Mullen A111

It Happened in April

By Tony Garcia, Resident

1513: Ponce de Leon lands in St. Augustine FL and claims it for Spain.

1701: Delaware Colony granted charter.

1785: Paul Revere's midnight ride. Eight Americans are killed in Lexington, MA.

1789: George Washington is inaugurated in New York.

1860: Pony Express Service links Missouri to California.

1865: Robert E. Lee surrenders ending the Civil War with 500,000 Americans dead.

1889: The Oklahoma Land Rush.

1897: The oldest U.S. marathon, The Boston Marathon, runs its first race.

1906: Mount Vesuvius in Italy erupts.

1912: The “unsinkable” Titanic hits an iceberg and sinks.

1917: U.S. enters WWI.

1923: First baseball game is played at the Yankee Stadium.

1930: Twinkies hit the market. The first twinkies were banana-filled.

1945: Franklin D. Roosevelt dies. Nazi concentration camps Buchenwald and Dachau are liberated.

1949: North Atlantic Treaty Organization (NATO) is established.

1964: Ford unveils its new Mustang at the World's Fair.

1968: Martin Luther King Jr. is shot and killed.

1969: Large antiwar demonstrations started in major U.S. cities.

1970: Apollo 13 calls mission control. “Houston we've had a problem.” Crew survives.

1973: New York's World Trade Center towers are completed. Tallest buildings in the world.

1975: South Vietnam surrenders to North Vietnam on April 30th.

1981: 52 American hostages are released from Iran after being held for 444 days, following the signing of the Algiers Accords.

1990: Nasa launches Hubble Space Telescope into orbit.

2005: Pope John Paul II dies.

2010: Apple releases the iPad April 3rd for \$499.

2020: Covid-19 deaths in the U.S. reached 20,000.



Wise & Well: Occupational Therapy

By Nick Valera, Exercise Specialist/Activity Assistant

April is Occupational Therapy month! We are celebrating our OT's and bring awareness to everything they do in helping us live better and safer lives.

Bozeman Health's occupational therapy department states, "Our goal is to enhance your quality of life by working with you on activities of daily living to promote your independence and well-being. These activities include dressing, cooking, personal hygiene, along with training in fall prevention, home safety, and lifting." We see OT's around Hillcrest all the time helping the residents in our community, but they treat all ages and problems, not just the older population. Sometimes they evaluate work environments and help people avoid injury in the workplace. Other times an OT would work with children or adults dealing with troubles performing their everyday activities.

Populations other than our residents who would use OT's regularly could be anyone from children with mental disabilities to adults who suffered major injuries such as amputations or paralysis. When people's situations change in their lives, we are lucky to have the OT's to help us make those adjustments in our every day lives.

An OT goes through the highest education in order to be certified for their practice. To be an Occupational Therapy Assistant, one must complete an OTA program in college, either finishing with an Associate's or Bachelor's degree. To be a fully certified OT, completion of a Master's program is required with the option of continuing for a Doctorate. There is much schooling involved in order for these OT's to earn their letters.

As mentioned, they help many different ages with various physical limitations, but here at Hillcrest we will discuss tips that will help our residents. Here are several pieces of advice from OT's on what you can do at home to increase your safety and improve your daily activities.



1. Regular physical activity is necessary as we age. Anything that you enjoy that gets you moving and staying active works! Physical activity promotes longevity, helps to reduce blood pressure, risk of disease, and improves muscular function.

2. Stay Positive! Focus on what you can do now! Forget about what you used to be able to do many years ago. Times have changed and our bodies have changed. Focus on what you can do now and the small progressions you are currently making.

3. Create a safer home environment by reducing trip hazards. Ensure your home is well lit, remove and organize all cords, wires, and clutter that may be in your way.

4. Avoid slippery surfaces and use non-slip items.

In the bathroom and kitchen is typically where this will happen. Use non-slip mats or floor grip strip tape to reduce the risk of slipping in high risk areas.

5. Invest in and use your assistive equipment. Put your ego aside and use what will keep you safer not because you need them, but because they are there. Things as simple as walkers and canes can be a huge help in providing extra balance assistance. Other things

like railing along the walls, in the bathroom, or even attached to your bed can be a big help. Having the option is step #1, using it is step #2.

6. Keep important items close. If you use it a lot, make sure that item is easily accessible. If you are storing things, either food in the kitchen or clothes in your closet, place the items you use most on the lowest shelves where you can reach them easily.

7. Conserve energy when needed. Don't rush, take your time with your movements. Things like getting up out of bed or a chair, moving down the halls, or out in a busy public space, it is important to conserve energy and move slow and safely.

Sun

Mon


Tue

Wed



Aspen Pointe

April 2022

<p>3 10:00am Worship Service in Commons</p> <p><u>2:00pm Shuffleboard in the ARC</u></p>	<p>4 10:00am Chair Exercise in Commons 2:00pm Timely Topics in ARC</p> <p><u>3:15pm Brain Fitness with Ginger in the Commons</u></p>	<p>5 8am-5pm Podiatry Clinic</p> <p>9:00am Yoga in LC 9:00am Shopping Bus to Walmart/Town & Country 11:15am Tai Chi in ARC 3:30pm Singing Souls Choir in Commons 6:30pm Bridge in FSR</p>	<p>6 10:00am Chair Exercise 2:30pm Catholic Rosary in Chapel</p> <p><u>3:00pm Wine & Cheese Commons</u></p>
<p>10 10:00am Worship Service in Commons</p> <p><u>2:00pm Shuffleboard in the ARC</u></p>	<p>11 10:00am Chair Exercise in Commons 2:00pm Timely Topics in ARC</p> <p><u>3:15pm Brain Fitness with Ginger in the Commons</u></p> <p><u>7:00pm Cliff & Edis in Commons</u></p>	<p>12 9:00am Yoga in LC 9:00am Shopping Bus to Walmart/Town & Country 11:15am Tai Chi in ARC 3:30pm Singing Souls Choir in Commons 6:30pm Bridge in FSR</p>	<p>13 10:00am Chair Exercise</p> <p><u>11:30-12:15 Bookmobile</u></p> <p>2:00pm Catholic Rosary in AP Chapel</p> <p><u>3:00pm Book Club in A Lounge</u></p> <p><u>3:00pm Yellowstone Th Seasons—Presentation Lyons in Commons</u></p>
<p>17 10:00am Worship Service in Commons</p> 	<p>18 10:00am Chair Exercise in Commons 2:00pm Timely Topics in ARC</p> <p><u>3:15pm Brain Fitness with Ginger in the Commons</u></p>	<p>19 9:00am Yoga in LC 9:00am Shopping Bus to Walmart/Town & Country 11:15am Tai Chi in ARC</p> <p><u>NO CHOIR TODAY</u></p> <p><u>3:00pm Costa Rica—Presentation by Megan Reichert in Commons</u></p> <p>6:30pm Bridge in FSR</p>	<p>20 10:00am Chair Exercise 2:00pm Catholic Rosary in AP Chapel</p> <p><u>3:00pm Lutheran Com Chapel</u></p> <p><u>3:30pm Sleep & Aging—Bob Flaherty in Comm</u></p>
<p>24 10:00am Worship Service in Commons</p> <p><u>2:00pm Shuffleboard in the ARC</u></p>	<p>25 10:00am Chair Exercise in Commons 2:00pm Timely Topics in ARC</p> <p><u>3:15pm Brain Fitness with Ginger in the Commons</u></p>	<p>26 9:00am Yoga in LC 9:00am Shopping Bus to Walmart/Town & Country 11:15am Tai Chi in ARC</p> <p><u>NO CHOIR TODAY</u></p> <p>6:30pm Bridge in FSR</p>	<p>27 10:00am Chair Exercise</p> <p><u>11:30-12:15 Bookmobile</u></p> <p>2:00pm Catholic Rosary in AP Chapel</p> <p><u>3:00pm “Last Tracks” (former BW resident Ala Commons</u></p>

	Thu	Fri	Sat
	<p>Abbreviations:</p> <p>BW: Birchwood ARC: Act/Rec/Crafts Center AP: Aspen Pointe BW Act: BW Activity Room FSR: Fireside Room BW DR: BW Dining Room LC: Learning Center BW NS 1 or 2: Nurses Station</p>	<p>1 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 1:30pm Bingo in ARC</p>	<p>2 <u>10:00am Singing Souls Choir in Commons</u> 2:00pm Movie in Commons <u>4:00pm Ladies Wine Gathering in FSR</u></p>
<p>e in Commons y/Mass in AP e Party in</p>	<p>7 9:00am Yoga in LC <u>10:00am Strength Training with Nick in the Fitness Center (sign up at front desk)</u> 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10:30-12pm Open Wii Bowling in Commons 1:30pm Shopping Bus to Target/Costco 3:00pm Knit & Stitch AP Fireside 3-4:00pm Beer:30 in FSR</p>	<p>8 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 1:30pm Bingo in ARC</p>	<p>9 2:00pm Movie in Commons <u>4:00pm Ladies Wine Gathering in FSR</u></p>
<p>e in Commons e (parking lot) y/Communion A-Wing 3rd Floor rough the by MacNeil</p>	<p>14 9:00am Yoga in LC <u>10:00am Strength Training with Nick in the Fitness Center (sign up at front desk)</u> 10:30-12pm Open Wii Bowling in Commons 9:30am-12 Nail Care 3rd Flr A-Wing Lounge <u>10:00am Resident Council Mtg in FSR</u> 1:30pm Shopping Bus to Target/Costco 3:00pm Knit & Stitch AP Fireside 3-4:00pm Beer:30 in FSR <u>7:00pm "The Last Supper" skit in Commons</u> Maundy Thursday</p>	<p>15 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 1:30pm Bingo in ARC <u>3:00pm Good Friday Service in Commons</u> Good Friday</p>	<p>16 <u>10:00am Singing Souls Choir in Commons</u> 2:00pm Movie in Commons <u>4:00pm Ladies Wine Gathering in FSR</u></p>
<p>e in Commons y/Communion munion in Presentation by ons</p>	<p>21 9:00am Yoga in LC <u>10:00am Strength Training with Nick in the Fitness Center (sign up at front desk)</u> 10:30am-12 Nail Care 3rd Flr A-Wing Lounge 10:30-12pm Open Wii Bowling in Commons 1:30pm Shopping Bus to Target/Costco 3:00pm Knit & Stitch AP Fireside 3-4:00pm Beer:30 in FSR</p>	<p>22 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 1:30pm Bingo in ARC <u>3:00pm Cliff DeManty & Sharon Iltis in Commons</u></p>	<p>23 2:00pm Movie in Commons <u>4:00pm Ladies Wine Gathering in FSR</u></p>
<p>e in Commons e (parking lot) y/Communion short film of n Jackson) in</p>	<p>28 9:00am Yoga in LC <u>10:00am Strength Training with Nick in the Fitness Center (sign up at front desk)</u> 10:30am-12 Nail Care 3rd Flr A-Wing Lounge 10:30-12pm Open Wii Bowling in Commons 1:30pm Shopping Bus to Target/Costco 3:00pm Knit & Stitch AP Fireside 3-4:00pm Beer:30 in FSR Birthday Night</p>	<p>29 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 1:30pm Bingo in ARC</p>	<p>30 <u>10:00am Singing Souls Choir in Commons</u> 2:00pm Movie in Commons <u>4:00pm Ladies Wine Gathering in FSR</u></p>

About Our Hillcrest Staff

By Edis Kittrell, Activities Assistant

This month, I get to write about my favorite Hillcrest employee, my husband, George Kittrell. George has been happily working as a dishwasher in the Aspen Pointe kitchen since Christmas, 2021. He enjoys his time here, especially his coworkers' congenial ways and light-hearted kidding. He works four days a week, two mornings and two closings.

Born in Johnson City, Tennessee, George was raised in Wilson, North Carolina. He still has a bit of a southern accent and a definite love of warm weather and growing things, which makes this northern climate somewhat frustrating for him. He originally came west in order to intern at Grant Village in Yellowstone Park. He had been attending Appalachian State in North Carolina when he learned of the opportunity. Later, he worked at Yellowstone's West Entrance. This was back before snowmobiles had emission controls, and George got his 15 seconds of fame when he was interviewed on National Public Radio regarding the pollution levels at the gate.

After a couple of years of commuting across the country twice a year, George decided to settle in Bozeman. Eventually, he worked as a seasonal back country law enforcement Park Ranger for twenty summers, mostly in the Gallatin District, which is the area one drives through when traveling to West Yellowstone from Bozeman. George enjoyed many hours on horseback, checking camping and fishing permits, and clearing trail. Yes, he encountered every park animal you would expect, fortunately with only positive outcomes.



Edis and George at Sweet Pea Festival in Bozeman

He credits that to his knowledgeable and correct back country behavior, and also to the fact that the bears and wolves recognized him as a vegetarian. True story.

In the late 90's, George had the good fortune to meet his future bride, Edis. They have now enjoyed almost 23 years of marital bliss (also true story), hiking, biking, and camping in Montana and as many other locales as possible. They've also enjoyed a trip to Europe and many excursions in the national parks of Alberta, Canada. Two still somewhat feral cats and one absolutely perfect dog completes the family.

After his work in Yellowstone, George spent five years working in circulation at the Bozeman Public Library. Because he had previously volunteered there in his off-seasons, he was familiar with the library procedures and the staff. As a result of his library experience, he has developed a love of books, especially and ironically, children's books. His fa-

vorite is Dr. Seuss' *The Lorax*.

Before his work in Yellowstone and at the library, George had spent a couple of years jumping out of perfectly good helicopters and airplanes while enlisted in the 82nd Airborne Division of the U.S. Army. He had joined up right out of high school and got to experience the jungles of Panama and the deserts of the Sinai Peninsula as part of his enlistment.

George now enjoys spending as much time as possible outdoors. He loves sprouting, planting, and caring for various types of trees as well as observing and learning about new birds. Another fun interest of his is hula hooping! Keep an eye out for George; you might see him standing on his head again in unexpected places!

Remembering Something Beautiful By Tony Garcia, Resident



What is something beautiful and all over every state of the Union? If you said our nation's flag, you are right, of course. April is a good time to re-

member it. After all, Flag Day will be here in two months. You could probably name every state in the Union but could you pass a flag quiz?

For instance, how did our flag get designed? What are the other names of our flag? How many stripes does it have? Why? How many stars does the flag have. Why? When should it be flown? When you face a group of flags, how should the flags be placed? How do we salute our flag? Flag Day is June 14th, so let's see what our nations flag code says.

As you face a stage or room the American flag should always be on the left. Moving to the right would be the POW/MIA (Prisoner of War/ Missing in Action) flag, and on the far right would be the state flag. Flags of other foreign countries are never placed among them unless it is a government office holding a special event. If you knew this, you are doing well.

The first Flag Day was June 14, 1777. It took place at the Second Continental Congress in Philadelphia at Carpenter's Hall, now Independence Hall. John Adams proposed a resolution that the Continental Army should have a flag of 13 alternating red and white strips, 7 red and 6 white, representing the 13 original colonies. He proposed that it have a blue field in the upper left corner with 13 white stars representing a new constellation of a union. The resolution passed, and so our flag was born. Legend has it that Betsy Ross sewed the first flag. The first official flag flew on August 3, 1777 at the Siege of Fort Stanwix, NY. Since then, our American flag has led us in every battle for 245 years. It has taken on some nicknames, like "The Red, White and Blue", and "The Star Spangled Banner".

During the Civil War, northerners rushed

to buy America flags. It soon became custom practice for everyone to fly the American flag from your home and all government and commercial buildings. In 1871, a third nickname for our flag was created by Captain William Driver who flew it from his ship, "Columbia", on an around the world cruise in 1871. He called it "Old Glory". As states joined the Union, the flag changed by adding stars. The last two were on July 4, 1959 for Alaska, and July 4, 1960 for Hawaii.

When should the flag should be flown? The correct answer is every day except when foul weather may damage it. Getting wet will not cause damage. It should be posted in the morning and taken down at night unless you can illuminate it, or it is posted indoors. High wind can tear or fray the flag. Some think that if the flag touches the ground or becomes dirty it should be destroyed. That is not correct. You should clean the flag. So, what do you do when your flag becomes torn, faded, or tattered? Flags that need to be retired should be given to the American Legion who holds flag retirement ceremonies.

There is another symbol of the United States. The bald eagle. You will notice the American flag is the only flag which has an eagle on the flag staff tip. It should face the viewers and stand higher than other flags it appears with. State flags and the P.O.W./M.I.A. flag should have only a ball or a spear tip.

Displaying and use of the flag is also important. The most important days to fly your flag outside is on civic holidays. Memorial Day, the flag is to be posted at "half staff" which means tipped down to ninety degrees or lowered to the half down position in the morning and then raised again to full staff at noon. The half staff position is to honor those who have died in service to their country.

When hung with the stripes vertically, the field of stars should be at upper left. The same applies if the flag is hung with stripes horizontally. The flag should never be used as wearing apparel. To learn other ways to respect our flag, see U.S. Code Title 4., U.S. Flag Code.

Oh, To Be a Kid Again

Dear residents and friends, I, John Odden, hereby give notice of my intention to retire, effective March 31st. It has been an honor and a privilege to labor at Hillcrest since November of 2007.

I have been inspired by our residents, their many kindnesses and life stories. I will miss the daily interaction with the last of the “Greatest Generation.” Too, I have enjoyed the collaborative interactions with our leadership team, all focused on “doing what is best for our residents.”

For your steady leadership in times of trial and tribulation, I am appreciative, and I will miss our personal and professional relationships. Hillcrest is well served under Rachel’s leadership.

More informally, I must reflect on the 14 plus years during which I have had the privilege of working at Hillcrest. Together we have welcomed new residents and staff and enjoyed becoming family, benefitting from our diverse talents and celebrating the lives of those who have left us with heavy hearts and fond memories. Together we have enjoyed great food, myriad and various social gatherings, intellectual and musical inspiration and the joy of communion.

To affect such a thriving environment requires the hard work of many, and I will forever be in debt to my fellow supervisors and staff who continue to make this place special: the environmental and engineering staff with over 260,000 collective hours keeping the facility clean, safe and functional; the programs department which provides creative group activities to enliven each day as well as personal care tailored to individual needs; the Birchwood staff who tirelessly cater and respond to the needs of residents in assisted living; the heroic kitchen staff who have maintained the extraordinary quality of every culinary offering and kept us literally, “fat and happy”; the wait staff who deliver meals in the dining room and throughout the facility with smiling efficiency and, lastly, the administrative staff who deal so carefully with resident requests, personnel, financial and legal issues keeping the community on an even keel.

Together we have endured power outages, “clean-ups on aisle two,” hail damage, floods,

Aspen Trees

By Bill Edwards, Resident

Aspen trees are noted for their ability to regenerate vegetatively by shoots and suckers arising along long lateral roots. This habit of growth results in many genetically identical trees resulting in a “clone.” The trees in a clone have identical characteristics and share a common root structure.

The word aspen is of American origin and is derived from the old English words *aespe* or *aepse*, which means, “shaking poplar tree.” It quakes or shakes because it has flat petioles or stems on the leaves. Some people believe that the shaking of the leaves helps the aspen to breathe by circulating the air around the leaves.

Aspen are a species of poplar and are classified in the willow plant family. They are deciduous, which means the male and female catkins are produced on separate trees.

Since times of old the aspen was seen as a tree of heroes. “Aspis” is the Greek name for aspen. It means shield. The Greek thought it had magical powers and protective qualities. Its leaves were used in the crowns of heroes.

Aspen range far and wide, being found in Alaska, south to Pennsylvania, Kentucky, Mexico and California, with probably the widest range of any native north American tree.

To be a kid again continued

wind damage, technology “upgrades,” and even of late, pestilence, but at least never famine! To all these challenges residents and staff alike have responded resolutely and communally.

To be a part of such a community has been gratifying, inspiring and humbling. So now allow me to share my off-repeated story about a former colleague from my days as an educator who, when I first started working here, asked, “How is it working with the elderly?” My response was and remains, it’s just like being in school, only the kids are older. How often we opine, “Oh, to be a kid again.....” Well, I guess I have achieved that status. With gratitude for your guiding me along the path to this moment and welcoming the new “kid” into your ranks, I am eternally grateful.

Celebrating Hillcrest's Library

By Pat Templin & Marcia Gans, Residents

April is a time to celebrate our libraries, librarians, and library workers and contributors. National Library Week is April 3 -9, 2022. National Librarian Day is April 16, 2022.

Positioned on the main floor between the front entrance, dining room and the south facing central fireplace, Hillcrest Library affords residents a number of features. These include books, newspapers, periodicals, dictionaries in multiple languages, a scanner and a computer with printer, as well as comfortable seating. It is a beautiful room filled with light from the south facing windows.

Two walls of bookshelves face each other in the library. Recent labeling of the book categories has been completed with the outstanding label making of Amy Malcom. Categories of the eastern wall are Biographies, Large Print, Humor and Poetry, Fiction, and Mysteries. Categories of the all-nonfiction western wall, nearest the front entry, are Age of Exploration, US History, the American Presidency, US Courts and the Press, History of the West, Women and the West, Lewis and Clark, Native Americans, History of Montana, Montana Places, Yellowstone, National Parks, Places to Visit, American Exceptionalism, Contemporary Issues, Environment, Flora and Fauna, Ideas, Nonfiction, Philosophy, Early Man, Journeys, Art, Inspiration, Health, Menus, Timely Topics, and Resident Information.

Residents have donated most of the books in the library. The same is true for the always current magazine and journal subscriptions. Library Committee Member, Will Price is responsible for the periodical collection. A few books have been donated by the Country Bookshelf on Main Street, through an ongoing relationship and agreement established by Ilen Stoll, Hillcrest Library librarian for many years. Some books are purchased with donations to the library. Duplicates are donated to the public library for its book sale.

Ilen Stoll became the librarian in 2009 and remained in that role until she retired in 2021. She was long standing Chair of the library com-

mittee. She is well qualified, for she holds two degrees in Library Science. In 2009 she introduced herself to Dewey Adams, a retired English professor. Together they decided on a project to improve the library by going through every shelf and making decisions. Following Ilen, Mary Gracia headed the library committee in 2021. The library committee now consists of Frangee Bailey, Bill Edwards, Marcia Gans, Helen Gianas, Doris Janes, Will Price, Pat Templin, and Ernie Vyse. Ilen acts as consultant to the committee.

At Hillcrest Library, quite a bit of activity reigns. Although there is no index or check out system, the honor system prevails. Comments are welcome, as new books are added.

Those who planned Aspen Pointe did well by setting aside this much space for a library a with fireplace.



Lou Fox	4/3
Joyce McQueary	4/8
Marcia Gans	4/8
Pam Linn	4/9
Elaine Livers	4/10
Susan Patterson	4/15
Dick Lund	4/21
Karin Utzinger	4/22
Pat VanGalen	4/23
Betty Miller	4/23
Sue Fineman	4/27
Ralph Zimmer	4/29
Marty Daiello	4/30



Thank you to all residents and staff of Aspen Pointe who gave me much compassion and support for the tragic death of my grandson. I give you all my sincere thanks.

- Fairy Overton

Senior Services from page 1

residents are taken care of, they will begin reaching out to Aspen Pointe residents. We are able to receive information on outages in an expedited fashion to discern if or what type of planning needs to begin. This planning would be dependent on season and time frame. Once again, it is best to remain where you are.

Ways for you to be prepared: have a few flashlights (with working batteries) available in your apartment. If you use oxygen, make sure you have backup oxygen canisters.

Please remember, during an emergency situation, staff needs to be able to do their job. I understand with a power outage or alarm sounding, everyone wants to know what is going on; it's human nature. But each time a resident stops a staff member to ask questions, it takes up valuable time in which they could be responding to the emergency. If information needs to be communicated, we will assign that duty to an employee. If there are further questions please call, 414-2002, or email me, rclemens@bozemanhealth.org.

The Resident Council would like to acknowledge Tina, Jesiah and all kitchen and dining staff for providing excellent meals and service during these difficult staffing shortages. Thank you for all of your dedication to the residents.

Are you an April Fool??

The first day in April is the day most commonly known as, "April Fools Day."

Practical jokes, silliness, and foolishness are intertwined into daily life this one day of the year.

No one knows exactly where this tradition started, though many think it can be traced back to a change in the calendar in 16th century France.

When King Charles IX introduced the new Gregorian calendar in 1582, it changed the first day of the new year to January 1. Before that time, the first day of the year was celebrated during the week of March 25 to April 1. Those that refused to acknowledge the change continued to celebrate on April 1 and were considered "fools" for not changing. Thus it became commonplace to play jokes on these people.

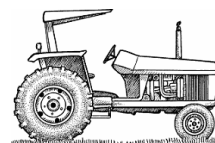
Now, people all over the world use April Fool's Day as an excuse to play harmless practical jokes on their families, friends. Many newspapers, radio personalities, television shows and internet web sites participate in the fun.

One of the most famous April Fool's Day hoaxes was carried out in 1957. The BBC television news show, "Panorama," announced that Swiss farmers had grown a wonderful "spaghetti crop" and showed a video of them picking spaghetti from trees! Also, in 1998, Burger King advertised its new "Left-Handed Whopper" on April Fool's Day, saying that all of the condiments were placed especially for the left-handed eater. Both of these hilarious practical jokes fooled many people!



Just for Laughs

What did the farmer say when he couldn't find his tractor?



Answer: Where's my tractor?