



Crest Lines

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Thoughts from Senior Services

by Rachel Clemens, Senior Services Director

Monthly, I try to conjure inspiration on what to write a newsletter article about. When the inspiration hits, I know it. Today I asked a coworker for inspiration and without hesitation she handed me something a beloved, former resident wrote. And inspiration hit. First, I share with you the writing of Dr. Volney Steele.

"When one lives a long time there are many roads to take, many decisions to make. In my life two of these decisions I consider my best moves. The first was in 1959 when I moved my family to Montana from the South. The second was a few years ago when I moved from my retirement home in Florida back to my home and family and friends.

As many others know health issues dictate most decisions after a certain time. In my case I chose to spend my remaining years in Montana, the place that I love most. Fortunately with advice from family and friends I chose Aspen Pointe with no regrets. Few communities can boast of a better place for retirement and assisted living. Bad luck after I came home, introduced me to the loving care available when we inmates (sorry I like the term) become sick or injured.

Because I was a member of the local medical establishment for so many years I was aware of the efforts of the Hospital Board in acquiring land, planning for a medical center and what was then called Hillcrest. Most of the time I was unsure of the pros and cons. Some know this history much better but these efforts on the part of the Board were not without controversy. This meant that I knew and observed on that Board were strong and positive and ignored outside pressures.

As a newcomer I was told that "nobody can live on the windy, cold, snowy hill. Why it's a total waste of money." Local blamed the Board of course but this group of outstanding Bozeman citizens prevailed. So I now have a home. The naysayers were right about one thing, it blows like hell on this hill.

Of course the physical aspects of living here are the best but the main reason in my opinion for Aspen Pointe and Birchwood's success is the individual employee. I mean at every level these wonderful people from the youngest to the oldest treat the "inmate" (sorry, I like this term) as family with open love and affection and friendship; caregivers of the highest order. Also with the presence and close relationship with so

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BOZEMAN HEALTH
HILLCREST SENIOR LIVING

Hillcrest Neighbors

By Tony Garcia, Resident

Ilen Stoll moved to Aspen Pointe in 2009 as recommended by her friends, Rod and Maria Spitler. She was originally from Waterloo, MT, 30 miles from Whitehall. Ilen was born in October of 1932, the middle of three girls. Her parents were both immigrants of Switzerland. Her father began a business making cheese, so the girls helped. They wrapped butter, grated cream and nailed closed the wooden cheese boxes for sale. Sadly, her mother died when Ilen was 10, so it was hard for her father running the business and raising three girls at the same time.

The family moved to Whitehall where Ilen went to school. She was good in math and moved to Missoula to attend MSU, now the University of Montana. She got her teaching degree in 1954 and moved to teach in the oilfield country of Sunburst, MT, 20 miles south of the Canadian border. Ilen taught all four grades of college but especially like teaching the first year students. She had a boy friend, Skip, from MSU, Missoula and got engaged. They were the same age, but he was a pharmacist major so he graduated a year after Ilen. They got married in

1955 in Missoula. Skip was an ROTC graduate so they moved to Ft. Benning, GA for six months and then Ft. Lewis, WA until he was discharged in 1957.



They moved to Great Falls, MT where Skip worked as a pharmacist. Their first child, Marie Ann was born, followed by Chris, Teresa, Joe and Greg. Skip bought a pharmacy in Whitehall, MT, but died of pancreatic cancer about 20 years ago. Her son, Joe died of the same thing. Skip was 72 and Joe 32. Teresa died in 2019 in an accident.

Ilen sold the pharmacy and got an M.S. degree in Library Science at BYU in Provo, UT. Then she began to commute from Whitehall to Butte where she taught math and was the librarian at Montana Tech. In 1969, Ilen retired from teaching, but decided to continue to work as a librarian for two more years at the National Center for Appropriate Technology.

Ilen is that short little lady who will give you a contagious smile as she passes you and loves to talk. If you don't already know, make it a point to meet her.

Transition to Direct TV

We will start our transition from Spectrum/Charter cable, to Direct TV, in the next couple of weeks. (More info to come on the timeline of Direct TV work.) Before we start, we need to ensure that all residents who were using Spectrum/Charter for a landline have been switched to another carrier. This is only if you wish to keep a landline. Once we start the transition to Direct TV, Spectrum/Charter landlines will not work. If you've already switched, you do not need to contact us.

If you still have a landline through Spectrum/Charter, please contact Rachel Clemens at 414-2002 as soon as possible.



This Moment

A neighborhood.
At dusk.

Things are getting ready
to happen
out of sight.

Stars and moths.
And rinds slanting around
fruit.

But not yet.

One tree is black.
One window is yellow as
butter.

A woman leans down to
catch a child
who has run into her arms
this moment.

Stars rise.
Moths flutter.
Apples sweeten in the dark.

~Eavan Boland



Hillcrest Library Donation

By Marcia Gans, Resident

Hillcrest library has received a generous donation from Joyce Morgan, Aspen Pointe resident since 2021. She has donated a collection of novel designated in 1998 by Modern Library Publishing as the 20th Century's top 100 novel written in English. The books were collected over many years by Joyce's late husband, Greg.

Late in 1990, Modern Library Publishing Company wanted to get people reading and talking about great books. From a list of 400 books, the company's Editorial board was asked to choose 100 titles as the greatest 20th Century English novels. The list of the chosen books was released to the public in 1998. About the same time at the request of the Modern Library editorial board, the Radcliffe College Publishing Course compiled and released its own list. The lists are similar. Greg Morgan had both lists as he collected his books.

Greg was born in Bozeman and raised on a farm in the area. He joined the U.S. Marine Corps and met his wife, Joyce, while he was stationed in Quantico, Virginia. Early in their marriage they lived in the Washington D.C. area while Greg attended George Washington University and received this B.A. and Juris Doctorate. Joyce, who earned a degree in English Literature from Mary Washington College, worked as an associate editor at a Washington D.C. publishing company.

Greg and Joyce moved to Butte, Montana in 1971 where Greg was a law clerk to the Honorable W.D. Murray, Federal District Judge. They made Bozeman their home in 1973 and Greg formed his own law firm. They raised their son and two daughters in Bozeman. Greg died in 2018.

The Morgan's have always been a family of readers. Not just Joyce and Greg, but their children and grandchildren as well, loved books. Spending time with a good book was, and is, prized. Greg stated to collect Modern Library's 20th Century's 100 greatest English language books in 1998 as soon as he heard about the list.

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Spiritual Offerings

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

March 6 March 13

March 20 March 27

Spiritual Care: Wednesday's from 10:00am - 2:00pm Chaplain Allen Jones is available for individual companionship 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

Bird Feeders: 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 quantities and spill birdseed and 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.

Super Bowl 2022 Winners

Congratulations to our winners of the
Super Bowl LVI Pool!

1st Quarter—Ji m Monger

2nd Quarter—Milt Negus

3rd Quarter—Clint Frazee

4th Quarter—Milt Negus



It Happened in March

By Tony Garcia, Resident

1620—The Mayflower arrived at Plymouth, MA with 130 people, having written the Mayflower Compact, the first self governing document of the New World.

1781—The U.S. Articles of Confederation went into effect.

1789—The U.S. Constitution now effective at the first session of Congress in New York.

1836—The Republic of Texas declares independence from Mexico.

1870—Congress outlawed the importation of slaves.

1872—President Ulysses S. Grant signed legislation making Yellowstone the world's first national park.

1918—The Spanish Flu arrived with U.S. soldiers returning to Fort Riley, Kansas eventually killing 500,000 Americans.

1923—The first sound movie is demonstrated in Los Angeles.

1931—The Star Spangled Banner became our National Anthem.

1933—F.D.R. declares a four day bank holiday to keep panicked depositors from withdrawing all their money.

1938—Germany passed "The Enabling Act" giving Hitler absolute power to pass any law without legal recourse.

1939—Nazi troops invaded Poland beginning WWII in Europe.

2009—Downtown Bozeman's gas leak explosion destroyed buildings, killing 36 year old Tara Bowman.

Wise & Well: Heart Health

By Nick Valera, Exercise Specialist/Activity Assistant

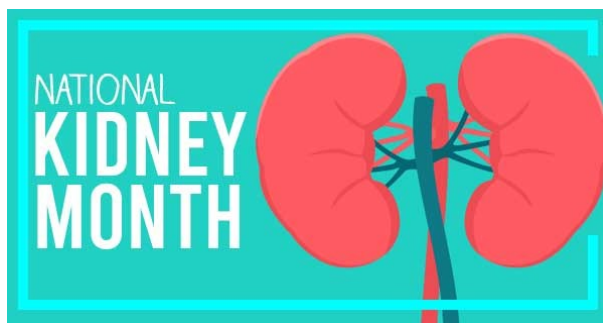
March is National Kidney Month which was created to grow awareness for kidney disease in the hopes to prevent and cure millions. It is one of the leading causes in death and illness effecting about 15% of the American population. About 1 in every 3 people are at risk to develop kidney disease, making it a very important topic to discuss so that we can all reduce our risk and improve our quality of life.

The kidneys serve a high importance in the body. The fact that we can live with only 1 does not mean it isn't a major contributor to our health. The kidneys carry many functions such as filtering fluids and removing waste, maintaining fluid and hormone balances, and hormone production. They kidneys filter about 50 gallons of fluid every day during these processes, or about ½ cup of blood every minute.

As you may know, today there is a research center and foundation for the big diseases like kidney disease. When doing some research for this article, I came across a story about the beginning periods of the National Kidney Foundation (NKF) that I wanted to share. In 1950 the DeBold family had a newborn son with an illness that was untreatable at the time. It ended up being nephrosis, or kidney disease, and unfortunately took the little boys life at 4 years old. But, the mother and father had pushed forward to bring awareness in hopes to find a cure. They hosted the 1st meeting of what was then then Committee for Nephrosis Research in November of 1950 (changing its name to the NKF in 1964). The 2 parents Ada and Harry DeBold had started something that has grown and has saved many parents and loved ones from experiencing the same pains they did by losing someone to kidney disease.

Just 10 years after the 1st meeting for this group came the invention of the Teflon shunt by Dr. Belding Scribner. This device saved lives by

allowed the use of dialysis, essentially taking the word “terminal” off of kidney disease and making it a “chronic” illness. At this time the research and experimentation of kidney transplants were taking big strides and saving lives as well. Later in 1972, the passage of legislation that provided federal government financing for nearly all Americans with kidney failure was signed. This law established an End Stage Renal Disease (ESRD) benefit within Medicare. It was, and continues to be, the only categorical coverage for any disease in America. Other significant dates include the creation of The *American Journal of Kidney Diseases* (AJKD) in 1981, the National Transplant Act in 1984 which prohibited the sale of organs, and the Kidney Early Evaluation Program (KEEP) which was created in 1997.




The nation has come a long way since 1950 in treating and preventing kidney disease, but there is still much work to be done. A study done in 2020 saw roughly 100,000 Americans on the kidney transplant list while

only 22,817 of them received a new kidney. This mean year after year we leave thousands of people on a transplant list still waiting every day for the miracle call that their kidney is ready for them. On a brighter note, isn't it amazing what our body can do? We can donate one of our kidneys, still live in good health, and save someone else's life. In fact, about 1 out of every 3 kidney transplants are from a living donor. The qualifications for this are simple, 18 years or older and in good health. A genetic match's (family member's) kidney transplant will have a higher chance of being successful, but it is not uncommon to have a match from a complete stranger. The rate of successful transplants grows every year.

Now the question, how do I keep my kidneys healthy? There are a few basic solutions that we can follow to lower the risk. The biggest one being to avoid or stop smoking (anyone surprised by that? Me neither). Next is to have a healthy diet. This includes not overloading our sodium

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Sun	Mon	Tue	Wed
<h1>March 2022</h1> 		1 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	2 10:00am Chair Exercise 10:00am-2:00pm Spirituality <u>11:30-12:15 Bookmobile Loop (The bus is back)</u> 2:00pm Catholic Mass
6 10:00am Worship Service in Commons	7 10:00am Chair Exercise in Commons 2:00pm Timely Topics in ARC 3:30pm Great Courses (History of the United States)	8 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	9 <u>7:30am Resident Breakfast</u> 10:00am Chair Exercise 10:00am-2:00pm Spirituality 2:00pm Catholic Communion Chapel <u>3:00pm Book Club in Floor Lounge</u> <u>3:15pm Agility Class</u>
13 10:00am Worship Service in Commons <u>Daylight Savings-Set Clocks 1 Hour Ahead</u>	14 10:00am Chair Exercise in Commons 2:00pm Timely Topics in ARC 3:30pm Great Courses (History of the United States) <u>7:00pm Cliff & Edis in Commons</u>	15 <u>NO YOGA TODAY</u> 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	16 10:00am Chair Exercise 10:00am-2:00pm Spirituality <u>11:30-12:15 Bookmobile Loop (The bus is back)</u> 2:00pm Catholic Communion Chapel <u>3:00pm Lutheran Communion Chapel</u> <u>3:15pm Agility Class</u>
20 10:00am Worship Service in Commons	21 10:00am Chair Exercise in Commons <u>NO TIMELY TOPICS TODAY</u> <u>2:00pm Hillcrest Annual Tea Party in FSR</u> 3:30pm Great Courses (History of the United States)	22 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	23 10:00am Chair Exercise 10:00am-2:00pm Spirituality 2:00pm Catholic Communion Chapel <u>3:15pm Agility Class</u>
27 10:00am Worship Service in Commons <u>1:45pm Bozeman Symphony at Willson Auditorium</u>	28 10:00am Chair Exercise in Commons 2:00pm Timely Topics in ARC 3:30pm Great Courses (History of the United States)	29 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	30 10:00am Chair Exercise 10:00am-2:00pm Spirituality 2:00pm Catholic Communion Chapel <u>3:15pm Agility Class</u>

	Thu	Fri	Sat
se in Commons itual Care <u>ile in Front</u>) s in AP Chapel	3 9:00am Yoga in LC 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	4 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 1:30pm Bingo in ARC	5 9am-4pm Mountains of Courage Conf (Sign up at Front Desk) 2:00pm Movie in Commons <u>4:00pm Ladies Wine Gathering in A-wing 3rd Floor Lounge (BYOB)</u>
<u>akfast in DR</u> se in Commons itual Care mmunion in AP <u>A-Wing 3rd</u> <u>in Commons</u>	10 9:00am Yoga in LC 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10:30-12pm Open Wii Bowling in Commons <u>10:00am Resident Council Mtg in ARC</u> 1:30pm Shopping Bus to Target/Costco 3:00pm Knit & Stitch AP Fireside 3-4:00pm Beer:30 in FSR	11 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 1:30pm Bingo in ARC <u>5:00pm Olive Garden Dinner Outing (sign up at front desk)</u>	12 2:00pm Movie in Commons <u>4:00pm Ladies Wine Gathering in A-wing 3rd Floor Lounge (BYOB)</u>
se in Commons itual Care <u>ile in Front</u>) mmunion in AP <u>mmunion in</u> <u>in Commons</u>	17 <u>NO YOGA TODAY</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 <u>NO BEER:30 TODAY</u> <u>3:00pm Wine & Cheese in Commons</u> Happy St. Patrick's Day	18 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 1:30pm Bingo in ARC <u>3:00-4:30pm Ireland Presentation by Carol Flaherty in Commons</u>	19 2:00pm Movie in Commons <u>4:00pm Ladies Wine Gathering in A-wing 3rd Floor Lounge (BYOB)</u>
se in Commons itual Care mmunion in AP <u>in Commons</u>	24 9:00am Yoga in LC 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	25 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 1:30pm Bingo in ARC	26 2:00pm Movie in Commons <u>4:00pm Ladies Wine Gathering in A-wing 3rd Floor Lounge (BYOB)</u>
se in Commons itual Care mmunion in AP <u>in Commons</u>	31 9:00am Yoga in LC 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	<div> <u>Abbreviations:</u> 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 </div> <div>  BOZEMAN HEALTH HILLCREST SENIOR LIVING Aspen Pointe </div>	

About Our Hillcrest Staff

By Edis Kittrell, Activities Assistant

Meet Sydney Dickinson, a recently hired dining room server. Sydney grew up doing true Montana activities: camping, hiking, ice climbing, and horseback riding. In fact, when asked what her very favorite place to still visit is, her immediate response was the Little Belt Mountains near Great Falls. She enjoyed spending time outdoors with her Golden Retrievers, her brother Riley, and her family (her ordering of importance!). She also has experience working locally at the Ted Turner's Flying D Ranch. Such interests are not surprising, given she is a SIXTH generation Montanan! Her family names include the Robertsons and Nepils, all of whom worked and lived on the High Line in northern Montana.

Sydney's personal interests in leadership and helping to create a better world began early while attending Sacagawea Elementary School in Great Falls. She was part of the student government leadership project and helped with the school's compost program, which initiated her lifelong awareness of all things environmental. Once in CMR high school, she was also involved in DECA, competed in track and cross country, and achieved the distinction of Honor Student and homecoming royalty!



Seeking to "try something new," Sydney ventured across the country for a while and attended Bentley University in Boston, Massachusetts, but Montana called her home. She is currently studying at Montana State University here in Bozeman and plans to start grad school in Dietetics in May of next year. She intends to become a Registered Dietitian by 2024. At MSU, she has kept up her involvement in cross country and track and field competitions, with her favorite being 5K.

Once she is a registered dietitian, she hopes to work in rural areas, which fits in with her love of country-living and her priority of helping others. The extrovert side of her enjoys connecting with people, such as in AP Dining Room, but she also likes time to herself to unwind and for such activities as crocheting and sewing. In addition, she enjoys doing yoga and Pilates. One surprising skill she has, given that she's spent most of her life in land-locked Montana, is that she is a certified scuba diver! She has great memories of her times diving in Ha-

waii and Puerto Rico with sharks and turtles (though the Little and Big Belt mountains near Great Falls are still her favs!).

So be sure to say Howdy to Sydney next time you see her. You'll find her down-to-earth, easy going, and helpful. Besides that, she's lucky: she got to see Stevie Nicks in person at just sixteen-years-old!



The Hillcrest Annual Tea Party



The annual tea party will be held March 21st in the Fireside Room beginning at 2pm. This event is open to all ladies. Come dressed in your finest attire, hat and gloves for a glorious tea party.

Don't forget to sign up at the front desk by March 16th!

Remembering Our Roads & Highways By Tony Garcia, Resident

Did you ever give thought to how our roads and highways began? Was it the railroad, or was it the horse? No, I don't think so. I think it was the American Indians and their need to migrate. They generally followed the rivers for need of water and fish. A lot of our railroads also followed the rivers. The wheel gave rise to the unicycle and the bicycle. The bigger the wheel the faster the bike.

Following a surge of bicycle riding in and between towns, two bicycle mechanics came up with an idea. It was 1893, in Springfield, MA, that Charles and Frank Duryea built the first gasoline powered "motor wagon." Fifteen years later, in 1908 Henry Ford debuted the Model T Ford and it put the pressure on to create better roads. People called it the "Tin Lizzy". By 1928, Ford had sold nearly 15 million Tin Lizzy's. The slogan was "Get the farmers out of the mud". Eight years later, in 1916, the Federal Aid Road Act funded state highway agencies so they could make road improvements. As roads became more cluttered, cars were still getting stopped on the single lanes with on-coming traffic.

In 1921 the Federal Highway Act provided funding authorizing a network of rural and urban express highways called the "National System of Interstate Highways." By 1928, Ford had sold nearly 15 million Model T's. Most of the roads were packed dirt. They were muddy on the rainy days and dusty on the dry days. Drivers and passengers wore "dusters" and goggles. The "motorcar" became the simple way to get around and travel between towns became an exciting adventure. The Brooklyn Eagle newspaper called "automobiling" the "last call of the wild."

It wasn't long before drivers began meeting on the roads and highways and decided to have races between towns. It had already been going on since 1897. There, they had international races such as Paris to Madrid. The races made headlines in Europe and America. Accidents quickly followed and many a washed out roads.

The Romans built the Appian Way out of stone and it is still there. The cost today is estimated at \$2 million per kilometer, a prohibitive

cost today. John Macadam, born in England in 1757 knew that angular cut stone would pack better than rounded gravel or stone, so cut stone came into use. Larger stone, such as cobble stone was also used in Europe and the heavy trafficked areas in the U.S.

President Franklin D. Roosevelt signed the 1935 Highway Act which created a group to study state funded highway systems of paved roads and highways. WWII stalled progress on that study and road paving.

After WWII, President Dwight Eisenhower pushed for a National Highway system. On June 29, 1956 it finally happened. He signed the Federal Highway Act of 1956. The bill created a 41,000 mile "National System of Interstate and Defense Highways" that would eliminate unsafe roads, inefficient routes, traffic jams and all of the other unsafe travel. It also would provide quick evacuation routes in the event of atomic attacks. It was a massive public works project and achievement and provided huge employment increases in every state of the union.

Which Interstate Highway do you think is the longest? If you thought it might be I-90, then you would be correct. It runs from Boston to Seattle and is 3020 miles long. That Federal Highway Act of 1956, was, indeed, the "Last Call of the Wild" for roads. It was a good one, although victims of imminent domain didn't think so.

More Interstate Highways are in the planning and more highway safety innovation has long been under consideration. Maybe we will see some of that come true.

Bozeman Symphony

The Bozeman Symphony will present

Scheherazade with Sidney Outlaw, Baritone.

If you would like to catch a ride on the Hillcrest shuttle, please purchase tickets for Sunday, March 27 at 2:30pm. (Minimum of 4 persons required)



Birthdays

Kay DeMeritt	3/1
Richard Schultz	3/3
Tony Garcia	3/5
Marilyn Costigan	3/8
Wanda Myers	3/8
Gen Gans	3/11
Alison Travis	3/12
Lucy Dwarshuis	3/14
Trica Skidmore	3/16
Sonny Holland	3/22
Molly Richardson	3/24
Beverly Rose	3/26
Sharon Klint	3/27

Hillcrest Vitality Choir

As we “mature,” we adults may be finding it harder to communicate, much less sing. As we age, vocal cords tend to gradually atrophy. To stop this process, I try to drink plenty of water, limit caffeine and alcohol, and most importantly, use my voice in social interaction...and yes, sing!

So, join us on **Tuesday afternoons at 3:30pm in the Commons** as Kate Bryan leads us with her trusty guitar. We sing old favorites and may have informal performances too. So, guys and gals, give it a try! -Leslie Egloff, Resident

Great Courses in Library

Reminder, there are many Great Courses audio CD's as well as video DVD's for you to enjoy at home. All discs and coordinating books are located on the tan cart near the magazine rack.

Hallways' Art Mysteries

By Bill Edwards, Resident

The basement hallway below the A-Wing has only four wall hangings; however, they are worth viewing.

Walking out of the elevator into the basement under the A-wing one is met by a cool breeze from the garage on the left and, to the right, a hallway displaying four interesting photos.

All four are enlarged colored photographs: two are photos of birds, one is a photo of a fish and one is a photo of a butterfly.

Each photograph has a title. The first photo is entitled, “Chickadee.” Showing no fear of the photographer the plucky little fellow is actually looking the photographer in the eye! Perched on an aspen twig he looks like he is about to burst into song.

The next photo is labelled, “Baby Great Horn Owls on the East Gallatin River.” Apparently siblings of a sort they are birds of a feather, wearily eying the person behind the camera. The final photo is given the label, “Butterfly—Paradise Valley, Montana.” It captures a striking Western Tiger Swallow Butterfly which stand out against the flowers from which it is extracting nectar.

Next time you take the elevator to the parking garage below the A-Wing, why not take a look at the photo hangings down the hall?

Wise & Well from page 5

levels, hydrating enough to ensure our kidneys has enough water to do their job, and being cautious with your use of anti-inflammatory drugs. The purpose of all of these is to keep the blood pressure down at a healthy level. An elevated blood pressure reading could mean that not enough blood is flowing through the body and therefore not filtering as often as it should and the kidneys do not get the proper nutrients to operate efficiently. A great way to keep blood pressure low, especially as we get older, is to exercise. Stay Strong! Stay Healthy!



Mountains of Courage

Mountains of Courage Annual Conference 2022

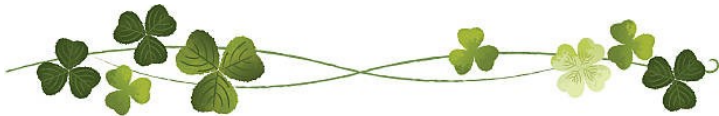
Conversations on Death and Dying

Bozeman Best Western Plus GranTree Inn

March 5th ~ 9:00am to 4:00pm

This is a one-day conference on death and dying, featuring keynote speaker Dr. Michael Kinsella, co-founder of Shared Crossings. Dr. Michael Kinsella will present in the morning. The afternoon offers multiple workshops to choose from during two one-hour breakout sessions.

Lunch is provided to those at the venue. If you are interested in going, please call Linda Jo at (406) 414-2008. Tickets are \$40 general admission / \$15 for Veterans. They can be purchased online at [Eventbrite.com](https://www.eventbrite.com) or through Linda Jo. If you would like to make transportation arrangements, please sign up at the front desk.



Senior Services from page 1

many fine young devoted men and women caregivers we make many friends. We learn about their families and friends and ambitions and successes and failures. Sometimes if we are lucky we meet their husbands, fathers, and mothers. WE ARE FAMILY.

Last month I wrote on something similar, choosing perspective in the face of challenges and the strong team we have that have kept Hillcrest going. But, reading this reminded me why we are all still here. Our Hillcrest staff is a group of dedicated, compassionate people. We are here for the residents, "WE ARE FAMILY." We love what we do. We love building relationships with our residents. We will persevere together, for you, despite challenges.

Library from page 3

According to Joyce, he went into every book store he saw. He would even turn the car around and go back to it if he happened to pass and miss a book store. He resolutely searched for books on his list and found most of them. His pleasure in the books came from both the finding and the reading.

The Morgan book collection is available in the Hillcrest Library at Aspen Pointe. The books are fiction. They are shelved alphabetically on the front shelves of the new bookshelf unit. Taking a book is on the honor system. No need to check it out. Take a book, read it, return it.

Many of the books will be familiar to you: *Catcher in the Rye*; *Ulysses*; *Grapes of Wrath*; *Brideshead Revisited*; *Angle of Repose*; *The Sound and the Fury*; and many more. Perhaps it is time to read or re-read a classic. Enjoy! Thanks to Joyce and Greg Morgan for providing us with this pleasure.

March Coloring Page—Four Leaf Clover

