

Crest Lines

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Thoughts from Senior Services

by Rachel Clemens, Senior Services Director

There is a steep learning curve around all things COVID-19 vaccines. There are many questions and myths swirling around. The question of the hour I'd like to address is "I've been vaccinated; why do we still have so many precautions in place?"

There are many reasons why precautions are still in place. Once the 2nd dose of vaccine has been administered it takes about 14 days to gain full effectiveness of the vaccine. There are still many unanswered questions about the full extent of what the vaccines can do. The length of time the vaccine can protect those vaccinated is something we will only learn over time. There is ongoing research on whether the vaccines can protect against becoming infected and transmitting the virus to someone else. We also need to remember that between limited vaccine availability and age groups that have not been approved for the vaccine, there are many people who have not had the opportunity to be vaccinated.

Two things the COVID-19 pandemic has taught us are patience and hope. The vaccine alone has given us all hope for the day we can dial back precautions. But answers to many questions related to this pandemic are time bound. Time will give us more answers to how the vaccine works, if additional age groups will be approved to receive the vaccine, and the available resources to provide broad vaccination coverage in our community. Not until then can we start slowly and cautiously lifting our precautions. (cdc.gov, healthygallatin.org and who.int)



BOZEMAN HEALTH
HILLCREST SENIOR LIVING

After Hours Reminder

Between the hours of 9pm and 8am, the front desk of Aspen Pointe is closed. However, any resident needing assistance should call the main desk number at 414-2000 and the phone line will be automatically transferred to a staff member in Birchwood.

In the instance of an actual emergency, please dial 911 directly.

Get with the Program!

By Megan Reichert

Can you believe it's been almost an entire year since we've been able to come together safely because of the Covid-19 pandemic!?

All of our group programs had to be canceled, many months of not being able to eat in the dining room and many more months of no visitors allowed inside the building. Well, that's all about to change, as we take one step forward into March of 2021! Many of the faces that provide music, nail care, exercise classes and lead religious gatherings, will be allowed into the building by mid month.

There is a catch of course, to keep everyone safe. If a resident or staff member should test positive, our schedule will be subject to change with very short notice. This notice will continue to be communicated via your cubby and/or delivered directly to your apartment.

Now, on to the good news. In Aspen Pointe we will move forward with nail care, Beer:30, chair exercise, movies, life transitions, Wii bowling, several music programs and church service.

Birchwood's calendar

will include chair exercise, church service, movies, music programs, birthday parties and many other small group activities.

For the month of March, Aspen Pointe will have a fun St. Patrick's Day themed Scavenger Hunt Bingo

game and Birchwood will try to hunt down *Leo the Leprechaun*....who knows where he'll pop up next!

We are so excited to be able to get life at Hillcrest back to "normal," but need to continue to stay safe. When outside in the community and inside the building, wear your mask, remember to wash your hands and keep a 6ft social distance.



Leo the Leprechaun

March History Facts

A look back in history for the month of March, kindly shared by Tony Garcia....enjoy!

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 became 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.

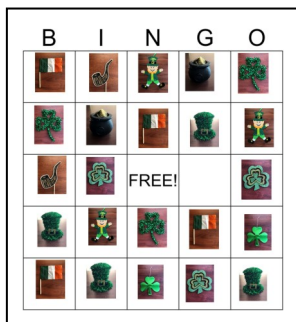
1931: The Star Spangled Banner became our National Anthem.

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

1939: Nazi troops invaded Poland beginning WWII in Europe.

1945: U.S. troops crossed the Rhine River at Remagen.

1965: First U.S. combat troops arrived in South Vietnam in response to North Vietnamese torpedo boat attack of Destroyer USS Maddox and aircraft carrier USS Turner Joy, in the Gulf of Tonkin in August 1964.



Remembering John Bozeman

By Tony Garcia

In 1860 John Bozeman left his wife and children in Georgia to join a gold rush in Colorado. He was 22. Claims in Colorado failed so he tried Deer Lodge and Bannack Montana which also failed. In 1863 John teamed up with a friend to find a new route into Montana Territory. It was called the Bozeman Trail, from the Oregon Trail in Wyoming to Bannack and guided miners to Virginia City, Montana.

In 1864 John laid out the town of Bozeman which brought more settlers into Bozeman. Three years later John Bozeman was killed. A partner, Tom Cover, reported that Bozeman was attacked by Blackfeet Indians but others suspected that Cover killed Bozeman. John Bozeman is buried in Sunset Hills Cemetery.

Looking For Free Tax Help?

Bozeman HRDC Office: 32 S Tracy, Bozeman. By appointment only. Sponsored by VITA. Call and leave a message at 406-585-4848. Please note, they are experiencing high call volumes and may take several days to get back to you.

Kindness Challenge Winners!

Congratulations to our winners Edis Kitrell in Programs and residents, Cynthia Lewis and Bea Gorr!

Thank you to everyone for spreading love and kindness.



Beware of Scams

It is the time of year for increased scams pertaining to the IRS.

Scammers know that claiming to be the IRS is a tried and true way to trick people into disclosing social security numbers, personal information, financial information, or sending money!



You receive a call, text or email. You are told that you owe money to the IRS and it must be paid promptly through a gift card, government certified bond, Bitcoin or a wire transfer. You are threatened with arrest, deportation or suspension of a business or driver's license or your social security card if this is not paid immediately. If the phone isn't answered, the scammers often leave an "urgent" callback request.

Do not reply or answer the communication. If the email or text contains an attachment, DO NOT open it! Remember an attachment could be infected with malware that could be used to take over your computer and monitor everything you do.

Let's explain the use of a government "certified bond" or a gift card. The scammer will send you to Walmart, Walgreens, Target or even an Apple store, which they will tell you are government "certified" stores. They will have you buy gift card(s) and tell you to provide them with the serial number on the back of the card, so that they can update your information on file at the IRS. Once you give the scammer the serial number on the back of the card, they can withdraw the money on the card and disappear!

Do not call the scammer back. Call the IRS directly, if you want to verify whether you have an outstanding tax debt. *Report this scam to the IRS: <https://www.treasury.gov/tigta/>

Hillcrest Neighbors

By Tony Garcia

Curt Backlin arrived at Aspen Pointe in November 2020. He came here from Belgrade and enjoys a conversation about almost anything. He loves local history and certainly knows a lot about it. During his 84 years he has lived in many places in the west and has had fascinating work experiences.

Curt was born in Minneapolis, MN August 16, 1936. His father drove the family to Bozeman in 1939, although Curt might laugh and tell you he remembers crawling here. His father was sent here to be manager of the John Deere dealership on Main St. by the Rialto Theater. Curt went to Irving elementary school two blocks from his house on 8th Street which was the end of the pavement on Main St. He remembers playing hide and seek with his friends at night, something you wouldn't let your kids do at night nowadays. As Curt said, "You didn't have to worry about your kids back then. Your kids were safe anywhere."

Curt got his driver's license when he was 14. He learned how to drive on a pickup truck and a grain truck. His first car was a four door Studebaker.

Curt went to Gallatin County High School located in what today is the Wilson School. He played basketball, was a Boy Scout and his Mom was a Scout leader. He graduated in June 1955 but not before an important event. Curt was riding down Main Street in a friend's car with three of his friends. The driver saw his girl friend walking with three of her girl friends. He pulled over and asked if he could give her a ride home. With that all four girls got in and sat on the lap of each of the boys. The girl on Curt's lap was named Roberta, or Bert as they all called her. He liked her so he invited her to the junior prom. Bert accepted, and "she became the love of my life," said Curt.

They wanted to get married, but Curt wanted to go to trade school in North Dakota. Bert

was about to start her sophomore year, so they decided to wait until Curt returned to Bozeman in the spring 1956. When Curt returned to Bozeman, they decided not to be apart anymore. They got married September 30, 1956. Curt and his bride moved to Spokane so Curt could study machine booking and accounting. His parents bought them a little trailer which they parked by the railroad tracks. Every time a train went through town, their trailer shook all over. They returned to Bozeman that summer where Curt farmed 640 acres on his father's property.

Curt's older brother, Lyle, had a farm north of Manhattan with an extra house on the property, so Lyle invited Curt and Bert to move in for winter.

Early that spring, 1958, Curt's father took Curt and Bert to see a 580 acre farm in the Spring Hill area. Curt's father asked Curt if he wanted to buy it. Curt and Bert said "you bet", so he helped Curt to buy it. That's where Curt and Bert started their lives as farmers. They had three children, Dan, Laura and Linda. A number of years later, Curt and Bert sold their farm and moved

into Curt's parents house. The whole family was active with 4-H, and Curt served on the Belgrade school board.

In time, Curt got tired of farming and decided to get a real estate license. They built a house in Belgrade and sold the farm. Curt decided to buy the largest commercial building in Belgrade. He subdivided the rooms for rental income including an insurance business in which Curt had part interest.

In 1979 Curt read an ad by someone who wanted to trade a 23 acre orchard in Oregon for a house in Belgrade. He and Bert decided to take the deal so off they went to Oregon on a new adventure. The orchard was profitable but Curt's partner in Belgrade was having a problem and Curt

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Wise & Well: Aging Ears By Jessica Kindzerski, Exercise Specialist

About a third of adults older than 65—and half of those older than 85—have some kind of hearing problem. Hearing loss is the third most common chronic disease among older adults. This month, we are talking all about our ears, how they age, and what we can do to help.

Our ears have two jobs. One is hearing and the other is maintaining balance. Hearing occurs after sound vibrations cross the eardrum to the inner ear. The vibrations are changed into nerve signals in the inner ear and are carried to the brain by the auditory nerve.

Balance (equilibrium) is controlled in the inner ear. Fluid and small hairs in the inner ear stimulate the auditory nerve. This helps the brain maintain balance (HealthinAging.org, 2019).

As we age, structures inside the ear start to change and their functions decline. Our ability to pick up sounds decreases. You may also have problems maintaining your balance as you sit, stand, and walk. **If you would like to learn how to improve your balance, call Jessica in the Fitness Center at 414-2029 for a balance assessment.**

The first step toward a healthy ear is a clean ear. Do not mistake a clean ear for a wax-free ear, since our ear is designed to have some wax in it. This wax stops dust and other possibly

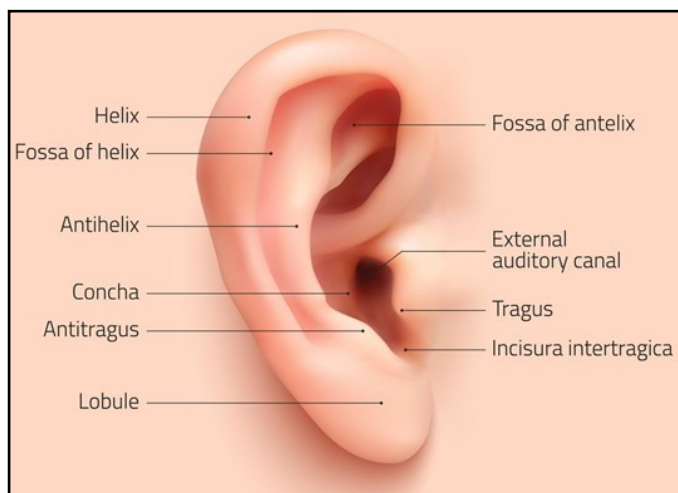
harmful objects from entering your ear. What many people don't know is that keeping your ears clean involves cleaning the outer portion of your ears. To clean your outer ear, simply use water, a gentle soap, and a washcloth. You can also use a cotton swab to clean the curves of your outer ear—do not stick anything in your ear canal. Use the washcloth to wipe above and behind your ear. (Medline Plus, 2020)

Pushing a cotton swab or other object into your ear canal does not remove wax. Instead, a

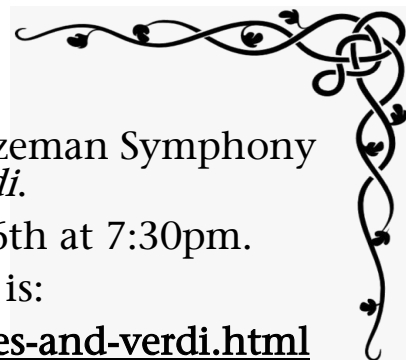
swab compacts the wax closer to your eardrum and which causes blockage (this is one of the most common causes of hearing loss). Severely impacted ear wax can be removed by your health care provider. If you feel you have a buildup of wax, you can try to soften it by placing a few drops of mineral oil in your ear. If you do not have mineral oil, you can use

baby oil (Medline Plus, 2020). As always, please consult your doctor before trying any home remedies to ensure the remedy is right for you.

If you are still struggling to hear after cleaning and clearing your ears of excess wax, visit with your doctor about getting fitted for hearing aids. A hearing aid can help people hear more in both quiet and noisy situations.



Bozeman Symphony



Join your neighbors for a livestreamed viewing of the Bozeman Symphony concert, *Dvorak, Saint-Georges, and Verdi*.

This concert will be shown in the Commons, March 6th at 7:30pm.

The link to watch in your own apartment is:

<https://www.bozemansymphony.org/dvorak-saint-georges-and-verdi.html>

About Our Hillcrest Staff

By Edis Kittrell



Casey Krueger uses two main criteria when making life decisions: Is it personally challenging, and is it morally right?

This moral compass has brought him to where he is today: an MSU graduate and aspiring medical student, as well as working as Resident Associate in Birchwood.

As a boy growing up in North Bend, Washington, he had thoughts of becoming a neurosurgeon. His mom is an occupational therapist and his dad is a police officer, two careers which add to his strong character. As Casey stated, "There are elements of each (career) I'd like to capture."

His grandparents were also important influences. His mother's parents lived a humble and simple life, and his dad's parents instilled in him a sense of adventure and a love for the outdoors. As his maternal grandfather often said, "Don't be afraid to fail." Casey has taken this advice to heart and constantly seeks to challenge himself in his personal and professional life. He actually welcomes new challenges and situations where he knows he might fail. He recalls often playing the game "Battleship" with his grandfather. Casey sees this as a metaphor for life; one must take a shot in the dark, not knowing if success will follow.

Ending up at Birchwood was a new direction in itself. While at MSU, he had stepped out of his comfort zone to join the fraternity, Sigma Phi Epsilon. He had never seen himself as part of a fraternity, but he found himself attracted to Sigma Phi Epsilon's philosophies of community service and maintaining an alcohol-free status. Al-

ways a team worker, he soon recognized the rewards of frat life, and they in turn appreciated his strong work ethic to the point that he was offered a position as Regional Director or leadership consultant after graduating. He was to live back east and travel extensively as part of the job. However, the position was eliminated due to COVID restrictions on travel.

Falling back on his experience of volunteering at Bozeman Health ER and the escort department, he heard of an opening as a RA at Birchwood. He feels fortunate to have found this unexpected opportunity. He now loves his time with the residents and is in the process of applying to medical school.

While at MSU, Casey volunteered with Eagle Mount and eventually got some of his fraternity brothers to do the same. They even put together a 5K run as a philanthropic fundraiser for the non-profit.

Besides academic pursuits, Casey enjoys physical activities. Growing up in Washington, he loved to hike, camp, and downhill ski. These interests eventually attracted him to MSU for college. At MSU, he played on the lacrosse team, where he once again embraced the physical challenges as well as team play. In his sophomore year, his team went to national playoffs. He himself earned an All Conference award and the All American Honorable Mention.

He still keeps active lifting weights and running, although he is not now a part of any formal sports.

Another passion for Casey is music. He has played piano since a young child as well as saxophone in marching and concert band in high school. Music is something he enjoys with his girlfriend of two years, Lauren, also a graduate of MSU. Their most recent exciting acquisitions are

Continued page 8

ST PATRICK'S DAY

Word Search

S	H	W	E	G	E	I	W	X	F	T	C	H	Y	N
D	T	M	O	D	Z	M	C	E	Y	R	G	I	J	U
W	N	P	A	B	F	E	E	J	S	A	I	U	N	A
O	L	R	A	U	N	B	Z	H	D	D	G	C	Y	H
R	A	N	X	T	D	I	A	A	G	I	Q	G	B	C
P	C	L	B	E	R	M	A	N	S	T	B	B	Z	E
Z	G	L	N	C	R	I	Y	R	T	I	I	P	F	R
Z	S	R	N	O	I	A	C	P	E	O	A	U	X	P
I	O	A	C	S	X	I	G	K	G	N	M	J	Y	E
C	U	K	W	N	Q	K	D	N	A	L	E	R	I	L
P	O	T	O	F	G	O	L	D	B	U	G	X	F	M
C	L	O	V	E	R	R	O	C	B	C	Q	S	A	L
T	D	B	E	M	D	I	E	P	A	K	V	R	X	E
W	U	Q	I	U	A	C	Q	E	C	Y	C	Y	O	T
C	J	E	W	J	G	W	X	E	N	H	G	R	H	O

CABBAGE

JIG

POT OF GOLD

CLOVER

LEPRECHAUN

RAINBOW

CORNERD BEEF

LUCKY

SHAMROCK

GREEN

MARCH

ST PATRICK

IRELAND

PARADE

TRADITION



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needed to go back to Belgrade to solve the problem. They sold the orchard and moved back in 1982.

Curt knew the owner of Ponderosa Homes in Belgrade and began working them. He asked the owner if he could fix up some of the owners old mobile homes. The owner gave Curt the okay and these restore old homes sold well. About four years later, Curt and Bert wanted to travel so they bought a large travel trailer, sold their house in Belgrade and began traveling mostly to Arizona.

After 57 years of married life, Bert passed away May 20, 2014. Curt started to reconnect with friends from Yuma, AZ. He then went to Apache Junction, AZ and bought a mobile home there. He made new friends, played golf, lots of cards and returned to Belgrade in summer. Eventually, Curt began to feel his age so he sold his mobile home in Arizona and returned to Belgrade.

Today he enjoys having most of his family around now. His son, Dan and his family live in Canyon Ferry. His daughter Laura lives in Portland, and his daughter Linda and her family live between Bozeman and Belgrade.

Curt now has 8 grandchildren and 6 great grandchildren. Every few years they have a reunion at his son Dan's home at Canyon Ferry where about 30 show up.

He likes western music from the 1940's and 50's era, and also the famous old singers like Frank Sinatra, Dean Martin and Sammy Davis. They called them "The Rat Pack".

Krueger from page 6

two new black and white tuxedo kittens, which keep them happy and busy.

These past years, he is delighted to have his only sibling, a younger sister, living in Montana. She is now a senior at MSU, and as Casey states, "It's nice to continue our relationship on a more mature level." He enjoys helping her with the ins and outs of college life.

When asked what his favorite place is, he said, "Montana! I love it here."

MARCH

BIRTHDAYS

Kay DeMeritt	3/1
Richard Schultz	3/3
Tony Garcia	3/5
Wanda Myers	3/8
Gen Gans	3/11
Alison Travis	3/12
Lucy Dwarshuis	3/14
Trica Skidmore	3/16
Corrine Fohrer	3/20
Sonny Holland	3/22
Molly Richardson	3/24
Beverly Rose	3/26
Sharon Klint	3/27
Doris Ward	3/29
Ray Bradley	3/29

Department Updates

ADMINISTRATION/BILLING—BRENDA WATKINS

*Residents will no longer get a prorated garage credit for relinquishing their space after the 1st of the month. Please call Brenda Watkins at 414-2005 to cancel your rental. Garage door openers can be turned into the front desk by the last day of the month.

CULINARY—TINA STENSRUD

Kitchen staff is planning a special breakfast in the dining room on March 3rd. More information will be distributed via your cubby.

ENGINEERING—RICH HAGSTROM

Resident Storage Units: NO ITEMS are allowed outside of storage units and nothing should be taller than the height of the unit. Please take time to check your unit asap.

****Personal shopping carts should not be stored in recycle/garbage rooms.**

Parking Garage Storage: Only items related to your vehicle can be stored in front of your parking space. Check your parking space and remove any excess items. Thank you.