



Crest Lines

Inside this Issue

Hillcrest Neighbors	2
Hillcrest Staff	3
July Calendar	Center
Program Descriptions	6
Spiritual Offerings	6
How do our Gardens Grow	6
Wise & Well	7
Department Updates	8
Jacque Award	8
BBQ Themes	8
It Happened in July	8
Coming up in August:	
Livingston Trip	
Rolling Car Show	
Steve Merritt Concert	



Summer Fun!!!



Hillcrest Neighbors By Tony Garcia, Resident

Heather, born in 1942 in Montclair, NJ has a younger sister living in Mt. Shasta, CA and get together occasionally in Bozeman or California. Heather's family moved to Washington, DC soon after she was born due to the war. Her dad was a teacher and worked in the War Department and later the Pentagon.

In September 1945 the family moved to Palo Alto, CA where her Mom and Dad bought taught in public schools. Heather finished her schooling in Palo Alto, and went on to Stanford University getting a B.A. in psychology. She went on to get her M.S. degree in counseling and public administration. Heather didn't stop there. She went on to get her doctorate in clinical psychology in 1993. She was now married and had a boy and a girl, and now 6 grandchildren. Heather visits her son, a teacher in Portland, and her daughter, a teacher in New York.

Heather moved to Pittsburgh, Kansas, W. Boulder, MT, and finally Bozeman where she worked at MSU in the Counseling Center where she supervised doctoral students. She also began her own private practice. She met Max Deibert on a blind date at a 4th of July party. They married years later in 1995. Heather continued her private practice until 2006 when she retired. She enjoys walking and modern dance. She traveled to Mozambique twice to visit her daughter who now teaches in NY.

Max was born in 1937 in Lansing, MI. His parents were both from MI. Max had an older sister who has passed away, and a younger sister in St. John's MI, north of Lansing. The family moved to St. Louis for 15 months during the War.

Max's dad volunteered for the Navy and was in charge of material procurement and personnel. The family moved back to St. Johns, MI in 1947 where Max finished high school in 1955. Max went to Cornell University where he had a scholarship, and got his B.S. in chemical engineering in 1960. From there, Max went on to M.I.T, in Boston. He was there from 1964-70, four years as a student, and 2 years with the faculty. He got married and had two sons, Mark and Allen.

Max and four colleagues formed a company 1970, Environmental Research and Technology, also called ERT, based in Concord, MA. ERT provided environmental consulting services to government agencies and private firms. One of their contracts was in Billings, MT where Max moved to from the Boston area in 1976. In 1982, ERT was sold to COMSAT. In

1984, Max moved to Bozeman to teach Chemical Engineering at MSU where he also did extensive work on fuel cell research. He retired after 23 years. Max and Heather bought a series of campers and travelled through Montana, Texas, New Mexico, and Oregon. Max was a hiker, climbing many of the high peaks, including Granite Mountain at 12,800ft, twice, Sphinx and Emigrant Peak. He also ran the 23 mile Bridger run five times.

Max's sons, Mark and Alan, attended MSU. Mark became a Orthopedic Surgeon and Alan works at MSU.

Heather participants in a few activities here at Aspen Pointe and an advocacy group which assists new immigrants and their families. Max is a wonderful conversationalist and has coffee in the Fireside Room every morning at 8am. By all means, meet Max and Heather.



About Our Hillcrest Staff

By Edis Kittrell, Activities Assistant

Greetings. This month, I get to write about myself! Although most of you have spoken to me or have heard me perform, I haven't had a chance to share my personal history. The photo is me doing something that brings me much happiness: hanging out with an equine friend. Horses have always been a passion of mine.

I was born and raised in the New Jersey suburbs (don't tell anybody). As a horse crazy kid, I worked at many of the surrounding stables, often not for pay, but simply for the chance to ride and learn about horses. By high school, I commuted to the Catskills in upstate New York on weekends and summers to work at a dude ranch. What an adventure that was! After graduation, I spent the next dozen years or so following horse jobs around the country, including a year-long working student stint at Foxcroft Schools in Middleburg, Virginia. There, I learned horsemanship skills like veterinary basics, anatomy, stable management, grooming, tack care, dressage, jumping, and English riding. The most exciting experience I had there was fox hunting, which meant galloping at great speeds and jumping over short, wooden fences from farm to farm. A bit TOO exciting. I preferred dressage.

Horse jobs took me all over the country, from Vermont to Wyoming. In between my horse jobs, I held a variety of positions—pretty much anything that didn't require a college degree: construction worker, bank teller, geophysical field researcher, waitress, bartender, food prep worker, etc. Out west, I discovered “real” horses that worked cattle and roamed open ranges. Here, I was most happy. I spent six years in the small town of Pinedale, Wyoming, spending summers working in the mountains, including a season on a sheep ranch. I had my own sheep wagon! In the winters, I worked in town and learned to cross country and downhill ski.



One summer, I took a trip up to a town called Bozeman, Montana, to attend the Sweet Pea Festival. I had been expecting good ole country music, and was amazed to hear an exciting variety of genres, as well as see fine arts and crafts. The folks here were so friendly and the climate so much milder than Pinedale, which was over 7,000 feet. Here people actually grew tomatoes, corn, and apples in their backyards! In Pinedale, we only had about 21 nights that didn't freeze, with streets that stayed packed with snow from September to May. Finally, it was time to go to college. I'd always known I would, but had been


too busy to do! So I began my path in academia, which I loved more than I ever had imagined. At first, I had hoped to become a Special Ed teacher, but ended up graduating with Honors in English Literature in five years, including a delightful and adventurous year as an exchange student in Amsterdam, Holland. I still love everything Dutch. I then attended University of Vermont in Burlington for a Masters in English Literature. Along the way, I had taught College Writing classes and eventually ended up back at MSU-Bozeman as an adjunct instructor in the English Department. I spent twenty years teaching before making the leap at an attempt to make a living as a musician. As you can imagine, music had always been an important part of my life, the most rewarding and fun being singing for and with seniors. After about five years, I was actually “making it” as a full time musician.

Then COVID hit and shut down all public music venues. I was fortunate to join the Programs team here at Hillcrest where I already knew a lot of folks. And “the rest is history,” as they say.

Oh yes, there is a most important detail of marrying a very nice young man named George Kittrell, whom you also know!

That's my story! Thank you for always making me feel welcomed here at Hillcrest. What a lovely family to be a part of.

Sun	Mon	Tue	Wed
 <h1 style="font-family: cursive;">July 2022</h1>			<p style="text-align: right;">Ab</p> <p>BW: Birchwood AP: Aspen Pointe FSR: Fireside Room LC: Learning Center</p>
<p>3 10:00am Worship Service in Commons 2:00pm Bingo in ARC</p>	<p>4 10:00am Chair Exercise in Commons BBQ 10:40am 4th of July Program in Commons 2:00pm Timely Topics in ARC  NO SHUTTLE SERVICE</p>	<p>5 9:00am Yoga in LC 9:00am Shopping Bus to Walmart/Town & Country 9:00am Hike at Kirk Hill Loop 11:15am Tai Chi in ARC NO CHOIR TODAY 6:30pm Bridge in FSR 7:00pm Bozeman Municipal Band at Bogert Park</p>	<p>6 10:00am Chair Exercise in Commons 2:00pm Catholic Rosary/Communion in AP Chapel</p>
<p>10 10:00am Worship Service in Commons 2:00pm Bingo in ARC</p>	<p>11 Podiatry Clinic 10:00am Chair Exercise in Commons 2:00pm Timely Topics in ARC 2:30pm Creative Minds-Fireflies Pottery & Art Studio</p>	<p>12 Podiatry Clinic 9:00am Yoga in LC 9:00am Shopping Bus to Walmart/Town & Country 9:00am Hike at Bozeman Pond 11:15am Tai Chi in ARC 3:30pm Singing Souls Choir in Commons 6:30pm Bridge in FSR 7:00pm Bozeman Municipal Band at Bogert Park</p>	<p>13 10:00am Chair Exercise in Commons 11:30-12:15 Bookmobile (parking lot & AP lobby) 1-3:00pm Technology Support in Library (Sign up at front desk) 2:00pm Catholic Rosary/Communion in AP Chapel 3:00pm Book Club in A-100 3rd Floor Lounge</p>
<p>17 10:00am Worship Service in Commons 2:00pm Bingo in ARC 3:30pm Chelsea Padilla Classical Piano Concert in Commons</p>	<p>18 10:00am Chair Exercise in Commons 2:00pm Timely Topics in ARC 7:00pm Cliff & Edis in Commons (guitar & piano)</p>	<p>19 9:00am Yoga in LC 9:00am Shopping Bus to Walmart/Town & Country 9:00am Hike at Highland Glen 11:15am Tai Chi in ARC 3:30pm Singing Souls Choir in Commons 6:30pm Bridge in FSR 7:00pm Bozeman Municipal Band at Bogert Park</p>	<p>20 10:00am Chair Exercise in Commons 2:00pm Catholic Rosary/Communion in AP Chapel 3:00pm Lutheran Communion in Chapel</p>
<p>24 10:00am Worship Service in Commons 2:00pm Bingo in ARC</p> <hr/> <p>31 10:00am Worship Service in Commons 2:00pm Bingo in ARC</p>	<p>25 10:00am Chair Exercise in Commons 2:00pm Timely Topics in ARC 3:30pm Creative Minds in ARC</p>	<p>26 9:00am Yoga in LC 9:00am Shopping Bus to Walmart/Town & Country 9:00am Hike at Painted Hills Trail 11:15am Tai Chi in ARC NO CHOIR TODAY 3:00pm Vitamins & Supplements Presentation in Commons by Bob Flaherty 6:30pm Bridge in FSR 7:00pm Bozeman Municipal Band at Bogert Park</p>	<p>27 10:00am Chair Exercise in Commons 11:30-12:15 Bookmobile (parking lot & AP lobby) 1-3:00pm Technology Support in Library (Sign up at front desk) 2:00pm Catholic Rosary/Communion in AP Chapel 3:30pm Ukephoria Monty Concert in Commons (local ukulele group)</p>

	Thu	Fri	Sat
Abbreviations: ARC: Act/Rec/Crafts Center Act Rm: BW Activity Room BW DR: BW Dining Room BW NS 1 or 2: Nurses Station	 Aspen Pointe	1 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR <u>4:00pm Spring Into Motion Ice Cream Party in Commons</u>	2 2:00pm Movie in Commons 3:30-4:30pm Ladies Wine Gathering in FSR
	7 9:00am Yoga in LC <u>9:00am Garden Clean Up Day</u> 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10:30-12pm Wii Bowling in Commons 1:30pm Shopping Bus to Target/Costco 3-4:00pm Gentlemen's Beer:30 in FSR <u>3-4:00pm Book Signing in Library</u>	8 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR	9 2:00pm Movie in Commons 3:30-4:30pm Ladies Wine Gathering in FSR
BBQ Support nt Wing	14 9:00am Yoga in LC <u>9:00am Helena Trip</u> 9:30am-12 Nail Care 3rd Flr A-Wing Lounge <u>10:00am Resident Council Mtg in ARC</u> 10:30-12pm Wii Bowling in Commons 1:30pm Shopping Bus to Target/Costco 3-4:00pm Gentlemen's Beer:30 in FSR	15 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR <u>3-4:00pm Documentary: "37 Words-The Story Of How Title IX Came To Be" (Women in Sports)</u>	16 <u>2-4:00pm Christmas in July Ornament Sale in Library</u> 2:00pm Movie in Commons 3:30-4:30pm Ladies Wine Gathering in FSR
BBQ Union	21 9:00am Yoga in LC <u>9:00am Garden Clean Up Day</u> 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10:30-12pm Wii Bowling in Commons 1:30pm Shopping Bus to Target/Costco 3-4:00pm Gentlemen's Beer:30 in FSR	22 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR	23 2:00pm Movie in Commons 3:30-4:30pm Ladies Wine Gathering in FSR
Support nt ana ocal BBQ	28 9:00am Yoga in LC 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10:30-12pm Wii Bowling in Commons 1:30pm Shopping Bus to Target/Costco 3-4:00pm Gentlemen's Beer:30 in FSR Birthday Night	29 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR <u>3:00pm Glacier National Park Photo Presentation by Sarah Snider in Commons</u>	30 2:00pm Movie in Commons 3:30-4:30pm Ladies Wine Gathering in FSR

Program Calendar Descriptions

7/5, 12, 19, 26 Bozeman Band: The city of Bozeman will perform in the band shell at Bogert Park every Tuesday evening in July. This is a free event, but sign up is required at the front desk.

7/7 Book Signing: Patrick will be in the Library from 3-4pm for those that still need their “Dear Papa” book signed.

7/11 Creative Minds: The Creative Minds Art Group will take a trip to the Livingston Fireflies Pottery & Art Studio for a private event to paint their very own ceramic masterpieces! Sign up at the front desk. Cost depends on what you would like to paint plus any snacks/coffee.

7/14 Helena Trip: Our trip to Helena will start at Tizer Gardens with picnic lunch there, then a guided tour of the original Governor’s Mansion. Sign up at the front desk. Cost is \$4/person.

7/16 Ornament Sale: Maria Spittler will have hand made ornaments for sale in the Library. All proceeds will go to the Hillcrest Employee Christmas Gratitude Fund.

7/17 Chelsea Padilla: The Berg’s granddaughter, Chelsea, who currently lives in Berlin and holds a doctorate in music, will be here to perform for us. You won’t want to miss this concert!!

7/26 Vitamins & Supplements: Do you have a medicine cabinet full of vitamins? Seems like “Health Experts” tell you that you need a different vitamin or supplement every week, so it is no surprise if you are confused. Join Bob Flaherty to learn what the medical research says regarding which are necessary for seniors.

Spiritual Offerings

Sunday worship service is at 9:00am in the Birchwood Activity Room and 10:00am in the Aspen Pointe Commons. **July 3, 10, 17, 24 and 31**

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

Bible Circle: Birchwood Activity Room at 10:00am on Thursdays.

Prayers for Ukraine: Aspen Pointe Chapel every Wednesday at 6:30pm.

How do our Gardens Grow?

By Bill Edwards, Resident

Actually, they are growing quite well due to some help from volunteer weed pullers, flower planters and sunshine, along with a more than adequate amount of precipitation.

The east garden has several planting beds including three raised beds which have been filled with plants started from seed or purchased as flowering plants. One plant that was started in the greenhouse is an orange flowering milkweed which is supposed to attract monarch butterflies, though no monarchs have been seen yet! There are also seeded marigolds to ward off deer. Several other easily recognizable plants in the east garden are: chives, rhubarb, strawberries, lupines, roses and corn flowers.

In the front garden by the flagpole are irises, peonies, roses, day lilies and petunias to greet those entering or exiting the front



door. One of the most unusual plants in flower in the front garden is the edelweiss which was started from seeds collected in Austria or Germany. Labeled by a rock bearing its name, the apparent flowers are actually modified leaves. The edelweiss, greatly revered in legend and song, is the national symbol of Austria, Switzerland, Slovenia, Bulgaria, and Romania. Edelweiss symbolizes love and bravery. The seeds for this edelweiss were obtained by Leslie Egloff. She grew several generations in her garden before she planted them in the front garden at Hillcrest.

There are also a number of different trees on campus which have mostly passed flowering, but still have very colorful foliage including, the front door, a variety of crabapple called Thunder Child Purple Leaf crab apple.

With good weather and a minimum of care our gardens will continue to provide a variety of color and enjoyment for all.

Wise & Well: National Parks & Recreation Month

By Nick Valera, Exercise Specialist/Activity Assistant

Our health and wellness is made of many different dimensions. It is not all the physical capabilities, but also includes environmental, social, spiritual, intellectual, and emotional factors. Piecing all of these together can lead to a well-balanced and high quality of life.

During the month of July we can get outside to enjoy the sunshine before blowing up fireworks at night for Independence Day. When you go out to celebrate with your family, know that we are also celebrating National Park and Recreation month. Parks throughout our nation are put in place to provide communities with a multitude of ways to meet their health and wellness needs.

The main organization for that is the National Recreation and Park Association (NRPA). We are lucky to have so many parks and recreation areas thanks to the efforts of those before us to develop, progress, and provide these locations.

Although talk, planning, and development was already happening to establish parks and recreation areas, this was a “community duty” as of 1928. There were 5 leading organizations since then that began to take over some responsibilities. In August of 1965 is when those 5 combined, officially creating the NRPA. Their organizational mission is to advance parks, recreation, and environmental conservation efforts that enhance the quality of life for all people. They set out to provide health and wellness opportunities for everyone regardless of race, class, ability, or identity. Unfortunately, even with all the progress, about 100 million Americans (about 30% of the population) still lack access to park and recre-



Nick Valera and his nephew.

ation areas. The good thing is that there are practices and organizations like NRPA that are set to close that gap.

The good news is for local businesses and organization is that they do not need to pay for community recreation areas on their own. Fund-raisers and taxes are collected and dispersed through various grants to help with the building and managing of the public areas. Grants are given out for a variety of things such as building pools, sports fields, tennis and basketball courts, libraries, and playgrounds to name a few. This

process also does a huge help to the economy by providing jobs. In 2017 it was estimated that park and recreation areas throughout our nation provided 1.1 million jobs! And that is not even counting volunteer positions, which can be a great way to get involved with your community.

As previously mentioned, our overall health and wellness is made up of multiple factors. The great thing about parks

and recreation areas is they involve all of these things. No matter what your interests or abilities are, there is most likely something offered for you. These community areas also serve as a great outlet for young kids to escape some of the negative dangers of the world such as drugs, violence, and gangs. No matter what economic background a kid may be raised in, I think we can all agree that there needs to be opportunity and outlets for the youth of our nation to utilize.

Parks and recreation areas are there for us to use, enjoy, and help us stay active and healthy. These areas give us a place take our families or meet with friends. One of my favorite places to visit with my family is the Dinosaur Park off Oak and Davis. They have a play area with a dinosaur theme that my nephews absolutely love!

Department Updates

MARKETING—Linda Jo Simkins

Welcome to our new residents:

Maria “Mai Kai” Lee-A112

Joy Linfield-B105

Ken Walcheck-A113

Connie Murray-C218

*The Salon and Fitness Center are now open again to all Knolls Residents, as there were before Covid restrictions. If you see a friendly face you don't know, say hello and introduce yourself!

CULINARY—Tina Stensrud

Welcome to our new staff:

Victor Markel-Dishwasher

April Vogel-Cook/Salad Prep

Kota Uthe-Server/Steward



Congratulations to Jacquie Murphy on her much deserved Hillcrest Hero Award.

Earlier this year, Jacquie noticed a Birchwood resident choking and ran to her aide without hesitation. Because of her quick thinking, that resident is alive and well today!

Way to go Jacquie! Your commitment to our residents is beyond compare

and we are lucky to have you as part of our team.

BBQ Themes in July

We encourage all residents and staff to participate in wearing/following our theme of the week on BBQ Wednesdays!

July 4-Patriotic Day

(Wear red, white and blue!)

July 13-Beach Day

(Wear your shorts, sunglasses and hat!)

July 20-Favorite Color

(Wear your favorite color!)

July 27-Pajama Day

(Wear your pajama's!)

It Happened in July

By Tony Garcia, Resident

1775 July 3: General George Washington arrived in Cambridge MA from Philadelphia and took charge of his Army for the first time. It led to his victory at the Battle of Boston.

1776 July 4: Congress voted for and approved the Declaration of Independence.

1788 July 2: The U.S. Constitution was ratified by the required nine states. The new government began to be formed.

1826 July 4: John Adams and Thomas Jefferson die both age 83.

1848 July 19: A women's rights convention at Seneca Falls, NY began the women's rights movement.

1862 July 1: The first U.S. income tax started under President Abe Lincoln. Also the IRS.

1863 July 1: The Battle of Gettysburg. Both Armies were surprised to see one another. The Union won.

1865 July 13: NY Tribune advises: Go west young man. Grow up with the country.

1868 July 9: The 14th Amendment to the U.S. Constitution was ratified, defining US citizenship.

1881 July 2: President James Garfield was shot and died while entering the railroad station in Washington, DC.

1882 July 4: Songwriter Stephen Foster was born in Lawrenceville, PA. 1882. The last great Buffalo hunt by Teton Sioux in North Dakota. An estimated 65-70 million Buffalo had been killed by 1883.

1937 July 2: Amelia Earhart and Fred Noonan disappeared over the Pacific Ocean.

1945 July 16: The first atomic bomb exploded in the New Mexico desert. It would be used 3 weeks later at Hiroshima and again 3 days later to bring Japan to surrender.

1953 July 27: The Korean War ends in a truce after nearly 3 years.

1959 January 3: Alaska becomes the 49th state. August 21 Hawaii becomes the 50th a year later.

1971 July 1: 26th Amendment lowered the voting age to 18.

1969 July 20: U.S. first moon landing with Neil Armstrong of Apollo 11.