

# Crest Lines

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Stefan Stern	
Veteran's Day	
Thanksgiving	



## Thoughts from Senior Services

by Rachel Clemens, Senior Services Director

In the Fall of 2019 Hillcrest applied for a “B” category Assisted Living license. This license allows Birchwood employees to further assist residents with activities of daily living i.e.; eating, walking, mobility, dressing, bathing, grooming, toileting, and transferring; as explained in the Montana Code Annotated 50-5-101. This expansion helps bridge the gap between assisted living and skilled nursing needs and allows our residents to age in place longer. Our application was approved and we received a provisional license January 2020 that would expire at six months. In the past our surveys have been every three years due to zero deficiency surveys.

Last October, 2020 we had our provisional “B” license survey. Due to COVID-19, the survey was all virtual. We had a list of documents that needed to be compiled and electronically submitted. We spent a day compiling over 1,000 pieces of paper to be submitted. Later that week we had a virtual tour of our building with a state surveyor. Not only did we receive a zero deficiency survey, we were praised for the level of detail to our practices and documentation as compared to hospitals and Critical Access Hospitals, which are held to a higher standard! With a new “B” license that was no longer provisional we would have another survey in one year. We had an onsite survey last month; these surveys are not scheduled, one of the longer surveys we have had at Hillcrest, five hours long. They were very complimentary on the cleanliness of the facility, the happiness of staff and residents, and the organization of resident charts and records. We received a ZERO deficiency survey. Because of our zero findings we will not be surveyed again for three years.

I have to thank our Hillcrest leadership group and their team’s dedicated, consistent hard work. This level of proficiency can only be done by a team and over the past few years we have combed through regulations and survey tools to ensure our preparedness. And this is all while having altered operations due to COVID-19 precautions and other barriers.

Continued page 11



## Hillcrest Neighbors By Tony Garcia, Resident

Pat moved to Aspen Pointe in September 2019. She had lived in Bozeman since 1993.

Pat was born in October 1928 in a city of about 160,000 called Huddersfield, Yorkshire County, England. It was about an hour north of London and the woolen capitol of England. Her father, a WWI veteran, worked for the municipal water department, and her mother was the dauntless housewife taking care of Pat's older sister, Pat, and Pat's twin sister. Pat talks with her sisters every two weeks. She last visited them in 2011 but her sisters visited Pat in 2017.

The Booth family never had enough money to travel abroad but they did enjoy local travel to seaside resorts. Like most of us, the Booth family celebrated the holidays together as a family. Life was simple until 1939. Pat was 11 and the Nazis were in the process of taking over western Europe. In July, the Nazi's began the three month long "Blitz", better known as Battle of Britain. Pat said "we heard the air raid sirens mostly at night, followed by heavy bombing. We could see the glow from the many fires," Pat said. Nearby was Sheffield, well known for its several steel factories was heavily bombed. When asked what she thought of Winston Churchill, she said "He was a rock. He kept all of us optimistic about winning the war. Everyone turned on their radio whenever he addressed the nation. We wouldn't miss listening to one of his talks."

When Pat graduated from high school, she continued living at home and worked for a small printing company. Pat worked in the office doing clerical work. In 1953, Pat's uncle, who lived in Toronto, came to visit. He wanted Pat's older sister to come live with his daughter. This was a life changing moment because Pat's older sister declined to move, so Pat jumped at the chance.

Pat did go to Toronto and had two enjoyable years there, working for the Canadian Pacific, first in the purchasing office, next as a bank teller which she much preferred. When Pat's cousin got married, her uncle was selling his house.

Pat moved to a small town between Tucson and Nogales, called Tubac. She got a job working as a secretary at the Kenyon Dude Ranch in the winter. That job lead to her long career of living in many places. She continued doing office work in Lassen National Park in northern California, Glacier National Park and Denali National Park. This routine went on for several years.

One winter, in 1976, Pat took a job in Death Valley. Her Mother nearly had heart failure when she heard the name, "Death" Valley. Her memories of Death Valley are of wind storms, blowing sand, and having to drinking water by way of reverse osmosis. Fortunately, it was only for one winter.

Pat next moved to West Yellowstone, MT where she worked as secretary to the president of Hamilton Stores. That job went on for 17 years. In 1991, Hamilton Stores then moved their winter headquarters to Bozeman and Pat retired in 1993. She began a series of her last three moves, first to a house on S. Rouse, then to a condo, and finally to Aspen Pointe.

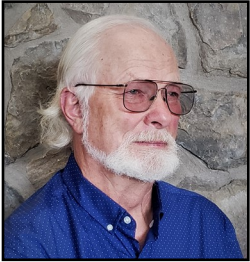
Pat went to her two sisters in England in 2011. It was only to be for 3 weeks but she broke her ankle so it became 2 months. Her sisters came to visit Pat in 2017. She hopes to make one more trip back to England to see her two sisters.

Pat likes reading, especially mysteries. Movies on TCM are her favorite. You'll frequently see Pat doing puzzles in the Fireside Room. Be sure to strike up conversation with her. You'll find here quite chatty.



# Of Goblins & Ghosts

By Chaplain Allen Jones



October is a month of change, especially in Montana. We start with those first crisp days of autumn, those azure blue skies, and gentle breezes peppered with sunshine and before it's over we want a jacket and more than likely we'll see some snow. In many

Halloween parades, participants brush off snowflakes and struggle to keep warm. In Montana October is summer's last hurrah before the snow and cold of winter, but we don't mind; the snow is pretty and we like snuggling by fireplaces and sipping hot chocolate. We are the lucky ones who get to live in this beautiful state and winter holds its charms as well.

It is obvious that the virus hasn't just disappeared as we all hoped it would. We are deeply grateful that we do not have cases in Aspen Pointe. Birchwood has had a few positive cases but thankfully no serious illness. That said, regardless of how we feel about it, let's double-down on precautions, for the sake of each other... wear the darn mask when you go out of the building, especially in town. It makes good sense. With any luck we can continue to live together relatively worry free and above all healthy. Put a goblin on your mask so the virus stays out of here. Let's work to keep each other healthy.

On Sunday, October 31, I will host a Poetry Sunday. This time I'd like to introduce a theme. Please bring poems to read about Montana, the beauty, the mountains, ghost towns, spring, summer, winter or fall, ranching, farming, tractors, horses, the rivers, camping, fishing, cabins, Lewis and Clark, native Americans, cowboys, the hi-line, any town or city in Montana, the pioneers, Yellowstone or Glacier, the grizzly bear, the bison, sheep, goats or elk...anything Montana. Any of these topics will be just find.



*Bozeman Symphony*

The second concert of the season is titled *Symphonie Fantastique* featuring Rodolfo Leone, piano and music director Norman Huynh.

If you would like to catch a ride on the Hillcrest shuttle, please purchase tickets for Sunday, October 31 at 2:30pm. (Minimum of 4 persons required)



Many thanks to all of the residents and staff that came together to present the wonderful 9/11 Commemoration Program. Tony Garcia did a great job recruiting everyone to help and made it all happen, so if you see him in the hall, say Thank you!

Pictured from Left to Right; Edis Kittrell, Tony Garcia, Bob Flaherty, Cherie Wilcox, Mary Hohne, Leslie Egloff, Jim McCall, Harper Bohr and Allen Jones. Not pictured is Lee Wagner.





## Spiritual Offerings

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

September 5 September 12

September 19 September 26

**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

Fall is in the air and many new residents are moving in and getting settled before winter! Please join us in welcoming them all to the Hillcrest Community.

#### A-Wing

A306-Jack Berg

A310-Sue Fineman

A118-Peter & Shirley Thatcher

A211-Bill & Nancy Edwards

#### B-Wing

B210-George McClure

B307-Steve Voigt

B103-Jeannie Haight

B203-Jo Russel

#### D-Wing

D206-Joyce Morgan

D305-Patty Dolecek

### BIRCHWOOD—Ashley Guevara

Birchwood has implemented a photo of each RA in the hall, to be changed at each shift. They are located on the half round table just outside of the dining room. This will help residents and new staff see who is on shift in each hall everyday.

## It Happened in October

By Tony Garcia, Resident

**Oct 1** Congress declared Mother Teresa an honorary US citizen 1966, Winston Churchill in 1963 and Marquis de Lafayette in 2002.

**Oct 2** Texas Revolution began against Mexico in 1835.

**Oct 4** The first U.S. Open golf tournament began in Newport R.I. in 1895. Carving began on Mt. Rushmore in 1927.

**Oct 5** Nez Perce Chief Joseph surrendered to U.S. Army troops in 1877.

**Oct 9** Boulder Dam began sending electricity 266 miles to Los Angeles in 1936.

**Oct 10** U.S. Naval Academy opened with 56 students in 1845. The first Air Force One went into service in 1962.

**Oct 12** Christopher Columbus lands at San Salvador, part of today's Bahamas in 1492.

**Oct 14** Continental Congress authorized an American naval force, 1775. Cornerstone of the White House was laid 1792.

**Oct 15** TV show I Love Lucy began in 1951.

**Oct 16** President Kennedy learns Soviets are constructing missile bases in Cuba in 1962.

**Oct 19** General Charles Cornwallis surrendered to General George Washington at Yorktown VA, 1781.

**Oct 20** Thomas Jefferson paid \$15 million to France in 1803. General MacArthur returns to the Philippines landing on Leyte.

**Oct 21** The USS Constitution was launched in Boston in 1797.

**Oct 22** The U.S. was the closest ever to nuclear war over the Cuban missile crisis in 1962. The Soviets backed down.

**Oct 23** The lady statute of freedom is placed on top of the Capitol in 1863.

**Oct 24** The first transcontinental telegraph message was sent from San Francisco to President Abraham Lincoln in 1861.

**Oct 25** U.S. troops invade Grenada to stop a Cuban communist takeover in 1983.

**Oct 29** The Great Depression began as stock prices crashed on Wall St in 1929.

**Oct 30** Americans panic as Orson Wells broadcasts his "War of the Worlds" in 1938.

## Wise & Well: Keeping Your Hips Strong & Healthy

By Nick Valera, Exercise Specialist/Activity Assistant

As we continue our evaluation of body health from head to toe, we come down to the hips. The hips help control our center of mass and are the largest weight bearing joint in the human body. If we want to keep our body healthy, we need to start at the root of most of our movements.

As you follow the spine down, the bottom section is the sacrum which sits on the backside of the pelvis, creating the pelvic girdle. The front side of the pelvis is where you find the femur bones, or your hip joint. This is a ball and socket joint, meaning it has a wide range of motion in all

directions. Many muscles attach and run through the legs, hips, and lower back to move and/or stabilize

your body through hip flexion, extension, abduction, adduction, external, and internal rotation. We could talk about the specific muscles and their specific functions, but that would probably put most of the readers to sleep. I've been there, my anatomy classes in college could be pretty dry. But through these movements and muscles, our body creates 3 very basic patterns that all training is simplified to, squatting, hinging, and rotating.

As we age, unfortunately strength and range of motion seem to take a drastic decline. **Sarcopenia**, the natural loss of muscle tissue due to aging, can attribute to 50% or more of muscle loss by the time we turn 80 years old. Why is this? As humans age, typically there is a decline

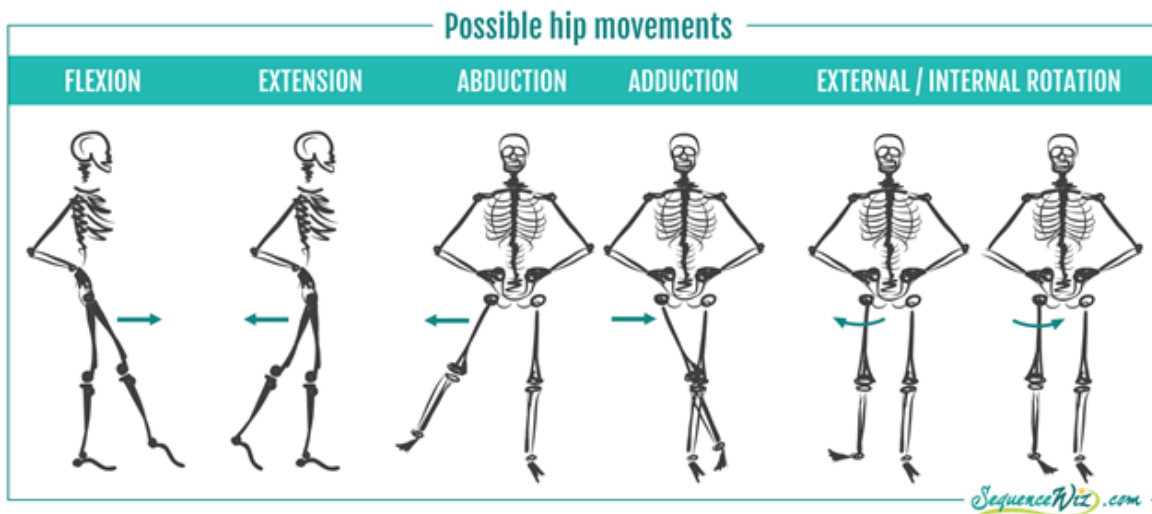
in physical activity. Therefore there is no stress placed on the muscles and bones. As muscle mass depletes, the lack of physical activity accelerates the aging process. And with minimal stress placed on the body and our weight bearing joints (such as the hips) the process of general bone loss is also accelerated, called **osteopenia**. So to wrap this up, you'll start to lose it no matter what, but if you take away physical activity, it's lost much faster! This is why I love training legs! And if you've been at the chair exercise classes the past couple weeks, you have gotten to experience that a bit. I want to train your legs to put the appropriate stress through your hips, the largest weight bearing joint in the body. Keeping your hips

strong and healthy can lead to a stronger body and you being more physically capable!

But how do we train them? "I walk every

day, isn't that enough?" Walking can be great as it puts stress and load on the hips, but it might not be enough. Our hip joint only goes through a limited range of motion during walking. Yes, our muscles are working to move our body and support our joints, but we are missing out on a lot. Our hips are capable of doing much more and moving in greater ranges, so we must train them too.

Good hip movement and training can have great effect throughout the body. No matter where your starting point is, there is a way to train and get stronger. Join me at the chair exercise classes or individually in the fitness center to learn more. Let's train together and get stronger together!



Sun

Mon

Tue

W


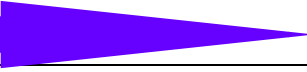
## Abbreviations:

BW: Birchwood  
 AP: Aspen Pointe  
 FSR: Fireside Room  
 LC: Learning Center

ARC: Act/R  
 BW Act: BW  
 BW DR: BW  
 BW NS 1 or

# October 2021

<p><b>3</b> 10:00am Worship Service in Commons</p> <p><u>2-4pm Game Time in the Fireside Room</u>  <b>(Bring your own games)</b></p>	<p><b>4</b>  <u>10:00am AAW Opening Speaker in the Commons (Patricia VanGalen)</u></p> <p>1:30pm Timely Topics in LC</p> <p><u>3:00pm AAW Drumming Class in the Commons</u>  <b>(sign up at front desk)</b></p>	<p><b>5</b> 9:00am Shopping Bus to Walmart/Heebs</p> <p><u>10:00am AAW Art Class in the Learning Center</u>  <b>(sign up at front desk)</b></p> <p>11:15am Tai Chi in ARC</p> <p><u>3:30pm AAW Singing Souls Choir in Commons</u></p> <p>6:30pm Bridge in FSR</p>	<p><b>6</b> <u>9:00am AAW Y Commons</u></p> <p><u>10:30 AAW Old Ma Animation in the C</u></p> <p>11:15-11:45 Bookmol</p> <p><u>2:00pm Catholic Mas</u></p> <p><u>3:00pm AAW Speec Commons</u></p>
			
<p><b>10</b>  10:00am Worship Service in Commons</p> <p><u>2-4pm Game Time in the Fireside Room</u>  <b>(Bring your own games)</b></p>	<p><b>11</b>  10:00am Chair Exercise in Commons</p> <p>10:30am Yoga in LC</p> <p>1:30pm Timely Topics in LC</p> <p><u>3:00pm Great Courses in Commons</u></p>	<p><b>12</b>  9:00am Shopping Bus to Walmart/Heebs</p> <p>11:15am Tai Chi in ARC</p> <p><b>3:30pm Singing Souls Choir in Commons</b></p> <p>6:30pm Bridge in FSR</p>	<p><b>13</b>  9:00am Yoga in LC</p> <p>10:00am Chair Exe</p> <p>10:00am-2:00pm Sp</p> <p>2:00pm Catholic C Chapel</p>
<p><b>17</b>  10:00am Worship Service in Commons</p> <p><u>2-4pm Game Time in the Fireside Room</u>  <b>(Bring your own games)</b></p>	<p><b>18</b>  10:00am Chair Exercise in Commons</p> <p>10:30am Yoga in LC</p> <p>1:30pm Timely Topics in LC</p> <p><u>3:00pm Great Courses in Commons</u></p> <p><u>7:45pm Edis &amp; Cliff in Commons</u></p>	<p><b>19</b>  9:00am Shopping Bus to Walmart/Heebs</p> <p>11:15am Tai Chi in ARC</p> <p><b>3:30pm Singing Souls Choir in Commons</b></p> <p>6:30pm Bridge in FSR</p>	<p><b>20</b>  9:00am Yoga in LC</p> <p>10:00am Chair Exe</p> <p>10:00am-2:00pm Sp</p> <p>11:15-11:45 Bookmol</p> <p>2:00pm Catholic C Chapel</p> <p><u>3:00pm Lutheran C Chapel</u></p>
<p><b>24</b>  10:00am Worship Service in Commons</p> <p><b>31 Halloween</b>  <u>1:45pm Bozeman Symphony at Willson Auditorium</u>  <u>2-4pm Game Time in the Fireside Room</u>  <b>(Bring your own games)</b></p>	<p><b>25</b>  10:00am Chair Exercise in Commons</p> <p>10:30am Yoga in LC</p> <p>1:30pm Timely Topics in LC</p> <p><u>NO GREAT COURSES</u></p> <p><u>3:00 Avoiding Colds &amp; Flu Presentation with Bob Flaherty in the Commons</u></p>	<p><b>26</b>  9:00am Shopping Bus to Walmart/Heebs</p> <p>11:15am Tai Chi in ARC</p> <p><b>3:30pm Singing Souls Choir in Commons</b></p> <p>6:30pm Bridge in FSR</p>	<p><b>27</b>  9:00am Yoga in LC</p> <p>10:00am Chair Exe</p> <p>10:00am-2:00pm Sp</p> <p>2:00pm Catholic C Chapel</p>

ed	Thu	Fri	Sat
<p>ec/Crafts Center / Activity Room / Dining Room 2: Nurses Station</p>		<p><b>1</b> 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 1:30pm Bingo in ARC <b><u>4:00 Hydration Challenge Party in Commons</u></b></p>	<p><b>2</b> <b>NO MOVIE TODAY</b> <b><u>3:00pm Pat Oriet Birthday Party in Commons</u></b></p>
<p><b><u>oga Class in</u></b> <b><u>an &amp; The Sea Movie Commons</u></b> <b>obile in Front Loop</b> <b>ss AP Chapel</b> <b><u>l Friending in the</u></b></p>	<p><b>7</b> 9:00am Shopping at Town &amp; Country <b><u>10:00am AAW Vaccine Update Presentation by Bob Flaherty in the Commons</u></b> <b><u>2:30pm AAW Chrysti The Wordsmith Presenting "Eponyms" in the Commons</u></b> 3:00pm Knit &amp; Stitch AP Fireside</p>	<p><b>8</b> 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR <b><u>3:00 AAW Dance Party with Montana Manouche in the Commons</u></b></p>	<p><b>9</b> 2:00pm Movie in Commons</p>
<p><b>Agging Week</b> </p>			
<p>rcise in Commons piritual Care ommunion in AP</p>	<p><b>14</b> 9:00am Shopping at Town &amp; Country 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10:30-12pm Open Wii Bowling in Commons <b><u>10:30am Resident Council Mtg in ARC</u></b> 3:00pm Knit &amp; Stitch AP Fireside 3-4:00pm Beer:30 in FSR</p>	<p><b>15</b> 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 1:30pm Bingo in ARC <b><u>3:30 Broadway's Best Show with Raegan Williams in the Commons</u></b></p>	<p><b>16</b> 2:00pm Movie in Commons</p>
<p>rcise in Commons piritual Care <b>obile in Front Loop</b> ommunion in AP <b><u>ommunion in</u></b></p>	<p><b>21</b> 9:00am Shopping at Town &amp; Country 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10:30-12pm Open Wii Bowling in Commons 3:00pm Knit &amp; Stitch AP Fireside 3-4:00pm Beer:30 in FSR</p>	<p><b>22</b> 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 1:30pm Bingo in ARC</p>	<p><b>23</b> 2:00pm Movie in Commons</p>
<p>rcise in Commons piritual Care ommunion in AP</p>	<p><b>28</b> <b>Birthday Night</b> 9:00am Shopping at Town &amp; Country 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10:30-12pm Open Wii Bowling in Commons 3:00pm Knit &amp; Stitch AP Fireside 3-4:00pm Beer:30 in FSR</p>	<p><b>29</b> 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR <b><u>No Bingo Today</u></b> <b><u>3:30 Halloween Party in Commons</u></b></p>	<p><b>30</b> 2:00pm Movie in Commons</p>



## About Our Hillcrest Staff

By Edis Kittrell, Activities Assistant

Kurt Gummer, Hillcrest's new groundskeeper, has actually been mowing lawns for quite a while; he got his start mowing people's yards for income as a kid. Growing up on a small farm in eastern North Dakota, he did a whole lot more, however. Farm work taught him about the importance of hard work and of getting the job done well. Whether it was cutting and baling hay, feeding animals, or repairing broken pipes, he learned that, at the end of the day, a person needs to feel he or she did a good job. Conversely, he also realized a person can learn from making mistakes. "And I learned a lot," Kurt added with a grin. As a kid, he enjoyed scouting, fishing, and hunting. He was the middle boy in a family of six children and enjoyed the freedom that position in the family afforded. Kurt's mom, Kazia, grew up in Poland before she came to N.D., so Kurt and his family enjoyed authentic Polish foods such as golubski, pirogi, and kapusta. Some years ago, Kurt and his sister brought their mom to Poland to visit her homeland, a moving and exciting trip for all.

Kurt attended a different "MSU": Moorhead State University in Moorhead, Minnesota, graduating in business administration. He then worked as a manager for a CVS pharmacy (originally Osco) in Dickinson, North Dakota, and transferred to Bozeman in 1986. He and his wife raised their two sons here. He also volunteered as a coach and as the commissioner for youth soccer and baseball.

Kurt and his wife, Jennifer, have always supported their kids and also enjoyed bicycling over the years. They even served as assistant leaders for a five week youth bike trip across eight European countries! Jen is a Clinical Laboratory Scientist and works at Bozeman Health as an assis-

tant lab manager. Their sons both served our country as Marines. Their oldest, Sean, joined up shortly after the invasion in Iraq and served two deployments in Iraq. Their youngest, Ryan, served two deployments in Afghanistan. Though of course he was proud of his sons, when asked if he worried, Kurt said that he leans on his faith and upbringing. Kurt added, "If a sentence begins with 'What if...,' I don't want to hear the rest."

After 39 years with CVS, Kurt retired. After so many years and so many of responsibilities at CVS, such as being in charge of finances, personnel, inventory, etc., he was looking for the sort of work where he could simply clock in, work, and

clock out without added responsibility. Being a groundskeeper at Hillcrest seemed a good fit. Interestingly, Kurt already had familiarity with some folks in the Hillcrest community. Residents Bob and Carol Flaherty lived right across the street. (Be sure to ask Bob the story about speeding cars and a fast moving hammer). Kurt also lived just a half a block from Rich Hagstrom's family, and their kids are about the same ages. In fact, Rich's son Daniel endeared himself to Kurt's mom while she was helping with the kids. He had



joined the Gummer family for breakfast enough times, calling Kurt's mom "Grandma," and just being a part of the family to the point that Kurt's mom always asked about "my Daniel," even into her 90s. Kurt's boys also played with Chef Tina Stensrud's kids. On top of that, Kurt also knew Linda Jo because her business, Hallmark, was in the same shopping area as Osco, which Kurt managed. Right after Kurt retired, he happened to be checking in at CVS's job fair at the mall, the same day as Bozeman Health's job fair. He stopped by to say hi to Linda Jo. More than a month later, he gave John a call, and well, the rest is history, as they say.

Kurt and Jen's two sons are now married with kids of their own.

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## Remembering John Bozeman By Tony Garcia, Resident

Bozeman. It was first referred to as “Missouri,” but later named for John Bozeman. John Bozeman was a Georgian who left his family to search for gold in Montana. He was better known for the short cut trail he established in 1863 with his friend John Jacobs. It connected the Oregon Trail to Bozeman and the gold fields of Virginia City. It ran along the route just west of Fort Laramie, Wyoming and headed along the North Platte River.

Bozeman discovered that the trail was regularly used by the Lakota. Bozeman led some 3500 settlers on wagon trains into Bozeman. In my previous story about Nelson Story, you will remember that the Bozeman Trail was used by Story when he and hired hands disobeyed the Army’s orders to turn around. Story’s crew wrapped pieces of blankets around the longhorn and horses hooves to quietly sneak around the Fort Phil Kearney and continued to Bozeman. Don’t remember? See the movie “Lonesome Dove.” It is a very modified version, with exciting but fictional tales of Nelson Story’s 2500 mile trip from south Texas border to Bozeman with Tommy Lee Jones and Robert Duval. I could loan it to you, if you wish.

In 1866, Lakota Chief Red Cloud met with the U.S. Army. The Army wanted to have safe travel along the trail. Unfortunately, during the initial talks, Red Cloud discovered that the Army had already been using the trail without the Lakota permission. Red Cloud was furious and declared war. The U.S. Army then built 3 forts along the trail running patrols along the route. This plan was costly, unsuccessful, and led to the Treaty of Fort Laramie in 1868. It was probably the only settlement the Indians ever achieved. The last fort which entered the Gallatin Valley, Fort Ellis, was built in 1867 and was closed about 20 years later. Only a historic marker is left marking its site on the Frontage Road just east of Bozeman, leading to Livingston.

American Indians first occupied the land which became Bozeman. They traveled it for thousands of years, and it was settled primarily by the Crow. They called it the Valley of the

Flowers. In July 1806, Captain William Clark and his group passed through here on their way east, camping on the east side of Bozeman by Kelly Canyon Rd.

In September 1871, the Avant Courier became the first newspaper in Bozeman. There were only 168 people living in Bozeman, so the gossip columns must have been a laugh. The Avant Courier sign still hangs on its store front on the north side of Main St. The Northern Pacific Railway came from the east and reached Bozeman in 1883. Thanks to Nelson Story’s gift of land, Montana State College was founded as a land grant college.

The population of Bozeman grew to 3500, and Bozeman got its first high school in 1902. It was called the Gallatin Valley High School and later the Willson School after the famous architect Fred Willson who designed most of the buildings in Bozeman. Farmers planted peas in Gallatin Valley. They were just for seed and canning. By the 1920’s it is estimated that 75% of the nation’s seed peas were produced in Bozeman canneries. For fun, Bozeman business owners began what they called the Sweet Pea Carnival in 1906. They even had a contest for selecting the Sweet Pea Queen and featured her in the annual parade. The parade died out in 1916, but restarted in 1977. Then it became a three day event. Sweet peas are inedible but have fragrant and pretty flowers. There are beautiful posters to collect from these annual August events. Like other “cow towns,” ranchers drove cattle right down Main Street. Main Street finally got paved in 1908.

If you live in Bozeman, you had better know some of the famous people who settled and built it. Of course there was John Bozeman who was given credit for finding Bozeman, but he had a friend, John Jacobs, who also traveled it with him. There was Jim Bridger who had traveled a different route to Bozeman. Bozeman, Daniel Rouse and William Beal platted the city in 1864. Rosa Beall, William Beal’s wife, was the first woman to settle in Bozeman. She was the one who donated the Beall Art Center at Beall Park. There was John Bogert, a general store owner, who became

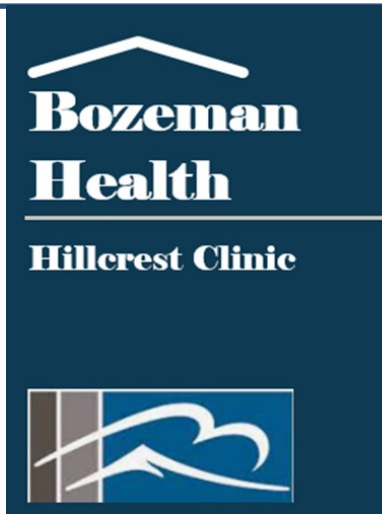
Continued page 8

We are very excited to announce that the Hillcrest Clinic has reopened for business!!

This is an outpatient clinic for residents living at Hillcrest that see any Bozeman Health Primary Care Provider in Family Medicine or Internal Medicine.

Appointments are available every Thursday, 8am to 12pm and 1pm to 4pm. Call for an appointment at 414-2400. Let the receptionist know you want to be seen at the Hillcrest Clinic.

A Nurse Practitioner from the Geriatric Team will see patients and send notes to their primary care provider.



John Bozeman from page 7

the first mayor of Bozeman when he was 70. He was bent on passing laws against nudity, passing out in public places, and cock fighting. John Mendenhall was the first Sheriff of Gallatin County. You've driven Koch St, but you probably did not know it was named for Peter Koch, a Danish immigrant. Peter began his career as a woodcutter who became a famous banker. He had been the Gallatin County attorney and kept quite a detailed diary. He wrote in detail about various gun fights he had with the Indians, hunting bison and poisoning wolves. William Babcock, an architect from San Francisco, moved to Bozeman. He was the overseer for construction of the Bozeman Opera House which stood on the south west corner of Rouse and Main where the park is now located. Durston Road is named for John Durston who reportedly owned land on

Durston Road. He was a newspaper man but moved to Anaconda where he became editor of what became Montana's largest newspaper. Mr. Leander Black opened the first general store on Main St. with his friend Achilles Lamme between Tracy and Black. They also expanded the 1<sup>st</sup> National Bank of Bozeman in 1872. Lamme was a medical doctor from Missouri. Good physicians were rare, so Lamme tended to people in need. Lester Willson, was a Colonel in the Union Army. When he moved to Bozeman he built the first school. When he died they renamed Central Avenue to Willson Ave. Bozeman Ave, was of course named after John Bozeman, and Alderson was named after William Alderson who helped build a Methodist Church. Alderson also started a dairy herd, served as an agent with the Sioux tribe and became one of the first members of the Bozeman municipal council. When you walk down Main Street you can't help but notice the seven story Hotel Baxter, built by Robert Baxter in 1929. It was designed by, you guessed it, Fred Willson and had its grand opening on Robert's 80<sup>th</sup> birthday. It, among many others is on the list of National Historic Places. Going east you'll notice the Ellen Theater, named for Nelson Story's wife. It was built by her sons and opened in 1919 for the 1600 Bozeman residents. You'll find Gary Cooper's name on a medallion in the sidewalk. Across the street is the Rialto Theater, which has a medallion for Peter Fonda.

So, take a drive or walk around Bozeman and see the sights. Also, go for a walk through Lindley Park and the Sunset Hills Cemetery. Most of the people mentioned above are buried there. Be sure to walk to the top and see the reduced size Vietnam War Memorial. Every state in the U.S. received one. Bozeman received it for the State of Montana. In the fall of 2021 Bozeman will receive the Gold Star Monument for Montana.

No matter where you go in Bozeman, there is always something great to see, Crazy Days, Cruisin' On Main, Artwalks, Music On Main. Remember, you are not a tourist. You are a resident, so know it's history, and keep on enjoying it. It's your city.



Ilen Stoll	10/1
Pat Oriet	10/2
Pat Booth	10/3
Eiko Franck	10/3
Catherine Hobart	10/7
Sue Truckle	10/11
Shirley Hyem	10/11
Roger Hyem	10/12
Jean Roll	10/18
Milt Negus	10/19
Ron Robson	10/21
Maxine Lechner	10/23
Dave Milne	10/24
Woody Burt	10/29

## Active Aging Week 2021!!

Residents are invited to participate in the 10th annual Active Aging Week (AAW), **October 4-8**. This program, initiated by the International Council on Active Aging, promotes a healthy lifestyle by giving older adults the opportunity to experience activities and exercise in a safe, fun and friendly atmosphere.

This year's schedule of events will be open to Aspen Pointe residents only, to keep everyone as safe as possible.

Please review the calendar of events and note that some normally scheduled programs have been cancelled due to the special Active Aging Week festivities.

\*Earn tickets for each program you attend and be present at the drawing held on Friday before the dance!

### Senior Services from page 1

Our employee's commitment to compassionately deliver quality care even during unprecedented times is more than commendable. Thank you to each of these leaders and the education and support they provide their teams!

#### **Liza Medina, LPN**

Resident Services Clinical Manager

#### **Ashley Guevara, CNA**

Resident Services Clinical Supervisor

#### **Hannah Kline, RN**

Resident Care Coordinator

#### **Jo Johnson, LPN**

Resident Care Coordinator

#### **Kayla Falmoe, CAN**

Resident Associate Coordinator

#### **Sydney Clark, CNA**

Resident Associate Coordinator

#### **Linda Jo Simkins**

Marketing Supervisor

#### **Brenda Watkins**

Business Operations Supervisor

#### **Megan Reichert**

Programs Supervisor

#### **John Odden**

Facility Supervisor

#### **Rich Hagstrom**

Engineering Supervisor

#### **Tina Stensrud**

Exec. Chef Culinary Supervisor

#### **Jesiah Hay**

Dining Room Supervisor

### Kurt from page 8

Kurt and Jen have three grandsons, and he is happiest spoiling them, as well as enjoying Montana's outdoors. Kurt defines himself as "living life and enjoying every minute of it!"

Kurt works three days a week as groundskeeper and doing whatever needs to be done, whether it's mowing, staining benches, or helping with the garden. When asked how the job is going, he answered with his usual humor, "Good so far. Haven't been fired yet." If you've seen Kurt out mowing the yards, you will easily see that he works carefully and meticulously. As he says, "I like seeing a job done well." Indeed.



# HALLOWEEN WORD SEARCH

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



Bat  
Pumpkin  
Halloween  
Mummy  
Vampire  
Witch  
Spooky  
Trick or Treat



Fun  
Ghost  
Costume  
Skeleton  
Candy  
Scary  
Monster  
Haunted House

