



# Crest Lines

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## Thoughts from the Administrator

by LeRoy Wilson, Administrator

Over the last three weeks I have had the opportunity to work up here at Hillcrest helping cover Rachel's time away. Her time away is well deserved and the report is she is doing great and eager to return. As I walk the halls I have noticed many new faces and several familiar faces of the staff and residents alike. Although, many things have changed over the past two years, Hillcrest still feels the same. There is a sense of family here where everyone feels welcomed and cared for. Today a resident stopped me and asked: "It's been a while since we have seen you up here how's it going?" My answer was somewhat short and sweet. "It has been like coming home to family."

I moved out of my parents home at the age of eighteen – six days after graduating high school. I was so excited to live on my own and make my own rules. Over the years, as I matured, I started to relish any and all opportunities to come home and visit. It didn't matter if it was two weeks, two months or two years since the last visit home it was where I wanted to be. There was lots of food, great conversation and an endless amount of encouragement and love. In all honesty, I guess I never fully appreciated my parents and home until I left and came back to visit.

Well, that is how it has felt coming back home – up the hill to Hillcrest. My work at the hospital keeps me very busy - it is meaningful work that is challenging and rewarding. Unfortunately, it just doesn't have the same feeling of being home with family. At Hillcrest, we all openly share our lives with co-workers and residents in a way that can only be described as family. The wonderful combination of food, activities, and friendship at Hillcrest is how I would define home and family. That unbelievable feeling when you walk in the door, that you are loved, missed, and welcomed back.



## Hillcrest Neighbors By Tony Garcia, Resident

Gloria moved to Aspen Pointe in April 2019. Her beautiful smile for everyone comes from her heart. Gloria loves her grandchildren. She has 6 of them in the area and they love to come see grandma. The problem is that they have seemed to all want to come at the same time and talk at the same time. Gloria says “I love to talk with all of them, but not all at the same time”. So, she has now set up a schedule for them to visit at separate times.

When you first meet someone, you like to know all about them. To know about Gloria, you have to go back in time to May 22, 1922, when Gloria Carver was born in a little town called Osgood, MO. It was not far from Kansas City.

It was one of those very small towns where everyone knew everybody else. If sometime happened on one side of town, it only took an hour for everyone in town to know about it. Gloria was one of five children, and her father died when she was very young. Her father had been a farmer, and had some farm animals. One was a horse, named Babe. Gloria loved Babe. So, when Gloria wasn't in school, you'd always see her riding Babe. Gloria also like playing horseshoes and softball with her brother and sisters. Gloria's older brother and sisters were like others, always playing with younger sisters. “My older brother and sisters would play doctor and nurses with me. I was the patient, or should I say ‘victim’.”

Gloria went to school in Kirksville, MO., and then went to two years of college in Kirksville, studying home economics. When WWII began Gloria's brother moved to Los Angeles to work in the defense industry. Gloria decided to go with him. Gloria lived with a cousin, and went to college at night. In the day, she worked as a telephone operator and as a model.



Gloria volunteered with the USO. In Los Angeles, the movie studios stopped making movies, and the studios became USO entertainment centers. Gloria loved to sing and dance. Young soldiers and sailors would pay ten cents a dance to dance with her. Gloria said, “I didn't mind dancing with them. I felt sorry for them since I knew they were about to go off to war. The USO took me and my friends to entertain the soldiers at Army camps in the area. Many of my friends would get married, get pregnant and then find themselves widows when their husbands went off to war. I didn't want that, so I decided to wait.”

Gloria joined a bowling league. It was common then that men's teams would play women's teams. After a game they would go out together on group dates. No one had cars. They would ride streetcars. One of the men was named Donald Hansard. He took a liking of Gloria. He had been in the military, and now worked for a special events company doing work for Paramount Studios. Gloria drew his name for a date to attend a Christmas party. They continued to see each other bowling, ice skating, and music events. One night Don said he had a surprise for her. Don had rented a motorboat and took Gloria for a ride around Santa Monica Bay.

Gloria's mother had moved to Los Angeles following her daughter, and met Don. Three months later Don and Gloria were engaged, and three months after that they were married. “It was May 1947, and I was 25.” The problem then was that, American servicemen were returning home, and housing was very difficult to find. Luckily, Don found an apartment, and 10 months later Gloria gave birth to the first of three boys, Donald Jr, Robert and Andrew.

Gloria's mother had moved to Los Angeles following her daughter, and met Don. Three months later Don and Gloria were engaged, and three months after that they were married. “It was May 1947, and I was 25.” The problem then was that, American servicemen were returning home, and housing was very difficult to find. Luckily, Don found an apartment, and 10 months later Gloria gave birth to the first of three boys, Donald Jr, Robert and Andrew.

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Random Acts of Silliness has struck again! Earlier this year you may have spotted the giant smiley face that appeared in the pile of snow near the hospital parking lot. Well, this group is happily guilty. Who are they, you ask? They are a theater and visual arts organization inspiring laughter and play in the Gallatin Valley. They build community by sparking whimsy and creativity in the young - and young at heart - through quirky and engaging art installations, theater productions and random acts of silliness.

Inspired by natural history but with a magical twist, on display throughout the Story Mansion are cabinets filled with curious and engaging objects gathered by an imaginary family of collectors: mesmerizing mementos, fanciful renditions of scientific specimens and artifacts, and even encapsulated sounds and memories.

Created by talented Montana artists, the cabinets are interactive, designed to engage all the senses and sure to fascinate and delight visitors of all ages. Presented in partnership with Bozeman Parks and Recreation, the exhibit is free and open to the public from April 12th to May 8th.

Hillcrest will take a trip to the Story Mansion to visit these curious cabinets on **May 6 at 11:30am**. We plan to be back before the 1:00 lunch seating, so **sign up now at the front desk!**

If you are interested in following their “silly” work around town or would like to volunteer, find them at [randomactsofsilliness.com](http://randomactsofsilliness.com).



## Podiatry Clinics

Clinics for both Aspen Pointe and Birchwood residents will be available again in May and July. Alice Running, PhD, APRN and professor with the College of Nursing at MSU, will continue to lead this clinic every two months through Bozeman Health Wound Clinic. If this is your first time at the clinic, bring your insurance information.

**Sign up at the front desk or BW Nurses Office.**

### BIRCHWOOD

Location: Nurses Station #2

May 3 ~ 8:00am to 4:30pm

May 4 ~ 8:00am to 4:30pm

### ASPEN POINT

Location: Clinic in A-Wing Basement

July 11 ~ 8:00am to 4:30pm

July 12 ~ 8:00am to 4:30pm

## Art Class for Aspen Pointe

If you've been a resident of Aspen Pointe since 2017, you may remember we had an art group and previous to that, a coloring group who met once a week Dabbling in all kinds of art and projects, the class was open to everyone and anyone brave enough to roll up their sleeves, get their hands dirty, and be creative.



We've had an interest in recent months to get some kind of class up and running again, so we're going to give it a go! You will see on the May calendar this new “Creative Minds” class will meet two Monday's a month at 3:30. Great Courses or other special programs will be held the other Mondays, while the previous “Knit & Stitch” group will be absorbed into this new art group.

What can you expect from this “Creative Minds” class? A lot of fun, encouragement from friends and staff, and the opportunity to learn new things! Outside artists will come in from  
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## Prayers for Ukraine Continue

By Chaplain Allen Jones

We've been meeting in the chapel each Wednesday evening at 6:30 to pray for Ukraine. We've been able to identify a way to send letters and monetary contributions to help the people of Ukraine caught in the humanitarian catastrophe. The situation as we hear on the news and in the paper is dire, so we pray. We have also expanded our praying to include the people of Russia that are engulfed in the senseless violence as well as for other trouble spots in the world and for our own country as we try to help the people of Ukraine. All are welcome to come and pray with us.



## Spiritual Offerings

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

**May 1**      **May 8 (Mother's Day)**

**May 15**      **May 22**      **May 29**

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

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

## Department Updates

**MARKETING—Linda Jo Simkins**

**Welcome to our new resident:**

Mike Hopkinson D209

**PROGRAMS—Megan Reichert**

We've recently purchased a new PT Table to better help with resident fitness needs. Visit the Fitness Center or call Nick at 414-2029 to try it out!

## It Happened in May

By Tony Garcia, Resident

- 1607** Colonists found Jamestown, first English settlement on May 13.
- 1697** Dutch explorer Peter Minuet buys Manhattan from Indians for \$24 on May 4.
- 1805** Lewis & Clark boat overturns. Sacagawea saves their instruments on May 14.
- 1819** First bicycles, or velocipedes, appeared on New York city streets on May 21.
- 1868** Memorial Day, last Monday of May to honor our war dead began on May 30.
- 1899** New York taxi driver arrested for speeding at 12 mph, Lexington Ave on May 20.
- 1914** Mother's Day set by Congress as second Sunday of May.
- 1923** First transcontinental flight in 26 hours, 50 minutes on May 3.
- 1927** Charles Lindbergh makes first transatlantic non-stop flight on May 21.
- 1931** The 102 story Empire State Building is dedicated on May 1.
- 1937** German dirigible Hindenburg explodes in flames at Lindenhurst NJ on May 6.
- 1937** San Francisco Golden Gate Bridge opens on May 27.
- 1945** VE Day WW II in Europe ends on May 8.
- 1947** B.F. Goodrich announces development of first tubeless tire on May 11.
- 1949** Soviet Union blockades West Berlin, starting Berlin airlift on May 12.
- 1961** Astronaut Alan Shephard becomes first American in space on May 5.
- 1964** The Verrazano Bridge, NY to NJ is the longest bridge in the U.S. on May 28.
- 1965** First transatlantic TV pictures sent on May 2.
- 1970** U.S. population grows to 200 million.
- 2011** Bin Laden is killed on May 2.
- 2017** Congress set the Friday before Memorial Day as National Poppy Day May 28.

## Wise & Well: Arthritis

By Nick Valera, Exercise Specialist/Activity Assistant

Arthritis is a scary term. We hear it used all the time. It leaves people feeling stiff, slow, and fatigued. The pain it can cause when we move is the reason most of us put off doing physical activity. Bottom line, arthritis sucks! It is defined as inflammation in 1 or more joints and comes in a variety of forms. It is estimated that 58 million Americans are diagnosed with some type of arthritis. Unfortunately there is no cure, but thanks to the Arthritis Foundation and many others, there are treatment options to help us live high quality lives even with such a painful disease.

The Arthritis Foundation was organized and established in 1948. After receiving its first research grant in 1949, they have gone on to discover successful treatment options and even

helped to identify **Lyme Disease** in 1978 (was originally thought to be juvenile rheumatoid arthritis). The progress has also led to the creation of other groups created to help the research and treatment of people with arthritis.

The biggest accomplishment came not too long ago in 2018 when they launched the **Live Yes! Arthritis Network** built to better connect this community with a strong network of support, care, and information. If you are suffering from arthritis or know someone who is, I would highly encourage you to explore this network more at <https://www.arthritis.org/liveyes>.

Arthritis is an overall term covering hundreds of different conditions. This article is going to look at some of the most common and how to differentiate the different types of arthritis. We start off with a very common one, **rheumatoid arthritis (RA)**. This is an autoimmune disease in which the immune system attacks healthy cells in the body by mistake. This causes swelling in the affected areas, most commonly the joints of the hands, wrists, and knees. Very similar to that is **juvenile rheumatoid arthritis**, and yes, children can suffer from this disease too, it's not just for



older folks. Unfortunately, both of these can lead long-lasting physical effects as it may damage the joints and surrounding tissues. **Psoriatic arthritis** is another common type with similar symptoms. Although, this type more commonly attacks the skin leaving rashes and inflammation.

Another common diagnosis is **fibromyalgia**. This type of arthritis also causes pain but it is widespread throughout the body instead of being mainly to the joints. The pain, stiffness, and fatigue are common symptoms of arthritis, but fibromyalgia can have a larger effect on sleep, depression, anxiety, headaches, and cognitive function. For this reason it is recommended that those diagnosed also seek therapy to combat those symptoms. Fibromyalgia has no known cause and

it can affect all ages, although women are twice as likely to be diagnosed. Traumatic events, repetitive injury, obesity, and family history will also increase your risk.

Two other common types of the arthritis



family are **lupus** and **gout**. They both have similar symptoms as discussed with the others such as swelling and joint pain. Lupus is more harmful to the body targeting organs and is 10 times more common in women. Gout is more common in men and is typically seen when people are in poor health and have a poor diet.

Lastly we talk about the big one, **osteoarthritis (OA)**. The big difference is this is not an autoimmune disease like the others discussed, but degenerative caused by “wear and tear” on the joints. This affects over 32 million Americans yearly with women over 50 being more at risk.

At this point you may wonder what to do about any one of these or how to lower your risk. As mentioned earlier, unfortunately there is no cure, so once diagnosed the problems will continuously get worse over time. Luckily, research has provided many treatment options to allow

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Sun	Mon	Tue	Wed
<p><b>1</b> 10:00am Worship Service in Commons</p>	<p><b>2</b> 10:00am Chair Exercise in Commons 2:00pm Timely Topics in ARC 3:30pm Great Courses in Commons</p>	<p><b>3</b> 9:00am Yoga in LC 9:00am Shopping Bus to Walmart/Town &amp; Country 11:15am Tai Chi in ARC <b>2:00pm Tripoley Game in ARC</b> 3:30pm Singing Souls Choir in Commons <b><u>4:15pm World Changers Home-school Choir in Commons</u></b> 6:30pm Bridge in FSR</p>	<p><b>4</b> <b><u>9:15am Hillcrest Garden Meeting in ARC</u></b> 10:00am Chair Exercise in Commons 2:00pm Catholic Rosary/AP Chapel <b><u>3:00pm Star Wars Movie: New Hope in Commons</u></b></p>
<p><b>8</b> 10:00am Worship Service in Commons <b><u>3:00pm Mother's Day Dessert &amp; Wine Buffet in Commons</u></b></p> 	<p><b>9</b> 10:00am Chair Exercise in Commons 2:00pm Timely Topics in ARC <b>3:30pm Creative Minds in ARC</b></p>	<p><b>10</b> 9:00am Yoga in LC 9:00am Shopping Bus to Walmart/Town &amp; Country <b>10:00am Yard Games in Commons</b> 11:15am Tai Chi in ARC <b>2:00pm Tripoley Game in ARC</b> 3:30pm Singing Souls Choir in Commons 6:30pm Bridge in FSR</p>	<p><b>11</b> 10:00am Chair Exercise in Commons <b><u>11:30-12:15 Bookmobile (parking lot &amp; AP lobby)</u></b> 2:00pm Catholic Rosary/Communion in AP Chapel <b><u>3:00pm Book Club in A-V 3rd Floor Lounge</u></b> <b><u>Rolling Car Show-AP and Loops (Time TBD)</u></b></p>
<p><b>15</b> 10:00am Worship Service in Commons <b><u>3:00pm "The Marriage of Figaro" at Willson Auditorium (bus leaves at 2:20 - sign up at front desk)</u></b></p>	<p><b>16</b> 10:00am Chair Exercise in Commons 2:00pm Timely Topics in ARC 3:30pm Great Courses in Commons <b><u>7:00pm Cliff &amp; Edis in Commons</u></b></p>	<p><b>17</b> 9:00am Yoga in LC 9:00am Shopping Bus to Walmart/Town &amp; Country <b>10:00am Yard Games in Commons</b> 11:15am Tai Chi in ARC <b>2:00pm Tripoley Game in ARC</b> 3:30pm Singing Souls Choir in Commons 6:30pm Bridge in FSR</p>	<p><b>18</b> 10:00am Chair Exercise in Commons 2:00pm Catholic Rosary/Communion in AP Chapel <b><u>3:00pm Lutheran Communion in Chapel</u></b></p>
<p><b>22</b> 10:00am Worship Service in Commons <b><u>2:30pm Bozeman Symphony at Willson Auditorium (bus leaves at 1:45 - sign up at front desk)</u></b></p>	<p><b>23</b> 10:00am Chair Exercise in Commons 2:00pm Timely Topics in ARC <b>3:30pm Creative Minds in ARC</b></p>	<p><b>24</b> <b>NO YOGA TODAY</b> 9:00am Shopping Bus to Walmart/Town &amp; Country <b>10:00am Yard Games in Commons</b> 11:15am Tai Chi in ARC <b>2:00pm Tripoley Game in ARC</b> 3:30pm Singing Souls Choir in Commons 6:30pm Bridge in FSR</p>	<p><b>25</b> 10:00am Chair Exercise in Commons <b><u>11:30-12:15 Bookmobile (parking lot &amp; AP lobby)</u></b> 2:00pm Catholic Rosary/Communion in AP Chapel</p>
<p><b>29</b> 10:00am Worship Service in Commons <b><u>3:00pm Violin, Cello &amp; Guitar Quartet in Commons</u></b></p>	<p><b>30</b> <b>Memorial Day</b> 10:00am Chair Exercise in Commons <b><u>10:30am Memorial Day Program in Commons</u></b> 2:00pm Timely Topics in ARC 3:30pm Great Courses in Commons</p>	<p><b>31</b> 9:00am Yoga in LC 9:00am Shopping Bus to Walmart/Town &amp; Country <b>10:00am Yard Games in Commons</b> 11:15am Tai Chi in ARC <b>2:00pm Tripoley Game in ARC</b> 3:30pm Singing Souls Choir in Commons 6:30pm Bridge in FSR</p>	

	Thu	Fri	Sat
	<p>5 9:00am Yoga in LC</p> <p><b>NO NAIL CARE TODAY</b></p> <p><u>10:00am Strength Training with Nick in the Fitness Center (sign up at front desk)</u></p> <p>10:30-12pm Wii Bowling in Commons</p> <p>1:30pm Shopping Bus to Target/Costco</p> <p><u>3:00pm Cinco de Mayo Party in Commons</u></p> <p>3-4:00pm Gentlemen's Beer:30 in FSR</p> <p><u>7:00pm Cliff DeManty in Commons</u></p>	<p>6</p> <p>10:00am Chair Exercise in Commons</p> <p><u>11:30am "Cabinets of Curiosity" at The Story Mansion (bus will leave at 11:15 and return by 1:00—sign up at front desk)</u></p> <p>1:30pm Cribbage in FSR</p> <p>1:30pm Bingo in ARC</p>	<p>7</p> <p>2:00pm Movie in Commons</p> <p>4:00pm Ladies Wine Gathering in FSR</p>
	<p>12 9:00am Yoga in LC</p> <p>9:30am-12 Nail Care 3rd Flr A-Wing Lounge</p> <p><b>10:00am Resident Council Mtg in ARC</b></p> <p><u>10:00am Strength Training with Nick in the Fitness Center (sign up at front desk)</u></p> <p>10:30-12pm Wii Bowling in Commons</p> <p>1:30pm Shopping Bus to Target/Costco</p> <p><b>NO BEER:30 TODAY</b></p> <p><u>3:30pm Ginger's Farewell Gathering in FSR</u></p>	<p>13</p> <p>10:00am Chair Exercise in Commons</p> <p>1:30pm Cribbage in FSR</p> <p>1:30pm Bingo in ARC</p> <p><b>3:30am Singing Souls Choir in Commons (extra class this month)</b></p>	<p>14</p> <p>2:00pm Movie in Commons</p> <p>4:00pm Ladies Wine Gathering in FSR</p>
	<p>19 <b>NO YOGA TODAY</b></p> <p><u>10:00am Strength Training with Nick in the Fitness Center (sign up at front desk)</u></p> <p>10:30-12pm Wii Bowling in Commons</p> <p>9:30am-12 Nail Care 3rd Flr A-Wing Lounge</p> <p>1:30pm Shopping Bus to Target/Costco</p> <p>3-4:00pm Gentlemen's Beer:30 in FSR</p>	<p>20</p> <p>10:00am Chair Exercise in Commons</p> <p>1:30pm Cribbage in FSR</p> <p>1:30pm Bingo in ARC</p>	<p>21</p> <p>2:00pm Movie in Commons</p> <p>4:00pm Ladies Wine Gathering in FSR</p>
	<p>26 <b>NO YOGA TODAY</b> Birthday Night</p> <p><u>10:00am Strength Training with Nick in the Fitness Center (sign up at front desk)</u></p> <p>10:30am-12 Nail Care 3rd Flr A-Wing Lounge</p> <p>10:30-12pm Wii Bowling in Commons</p> <p>1:30pm Shopping Bus to Target/Costco</p> <p>3-4:00pm Gentlemen's Beer:30 in FSR</p>	<p>27</p> <p>10:00am Chair Exercise in Commons</p> <p>1:30pm Cribbage in FSR</p> <p>1:30pm Bingo in ARC</p>	<p>28</p> <p>2:00pm Movie in Commons</p> <p>4:00pm Ladies Wine Gathering in FSR</p>



Aspen Pointe

**Abbreviations:**

- |                            |                                     |
|----------------------------|-------------------------------------|
| <b>BW:</b> Birchwood       | <b>ARC:</b> Act/Rec/Crafts Center   |
| <b>AP:</b> Aspen Pointe    | <b>Act Rm:</b> BW Activity Room     |
| <b>FSR:</b> Fireside Room  | <b>BW DR:</b> BW Dining Room        |
| <b>LC:</b> Learning Center | <b>BW NS 1 or 2:</b> Nurses Station |



# About Our Hillcrest Staff

By Edis Kittrell, Activities Assistant

Paula Diaz is a brand new server here at Hillcrest and has a wide variety of intriguing interests and experiences.

Born and raised in Billings, Montana, she started playing the violin by ear at age eight with the Montana Fiddlers Society, then moved on to learn classical violin, eventually sitting in with the Billing Symphony. She also considers herself a “rock hound” and loves to look for her favorite stone, the agate, while walking along the Yellowstone River. In addition, Paula likes to quilt and sew as well as mountain bike, camp, and fish. Most interestingly, she also does power weight lifting and was training for competitive lifting before COVID hit.

She has volunteered at the Stafford Animal Shelter in Livingston and currently volunteers at Bounty of Bridger, a food pantry at Montana State University (MSU-Bozeman). This summer, she plans to work for The Gallatin Valley “Farm to School” organization, teaching kids about growing and cooking their own food as well as learning good nutrition.

She already has a degree in electronics and computer technology and has worked building custom circuit boards for computers, among other

things. Currently studying at MSU to become a Registered Dietitian, she hopes to earn a Masters Degree and graduate in 2025. Interestingly, she plans to specialize in an emerging field called Nutrigenomics, which, according the Oxford Dictionary, is “the scientific study of the interaction of nutrition and genes, especially in regard to the prevention or treatment of disease.” In her own words, Paula will be learning about “how the food we eat can help our genes be expressed in the best way possible.” She developed an interest in this field after realizing she has an autoimmune disease that is greatly affected by dietary choices.

She has two grown children: one married daughter who lives in Billings and works as a nurse, and a son who is a graphic designer and lives in Spokane, Washington. She also has two dogs: one three-legged dog named “Foxy” that she acquired while volunteering at the Stafford Animal Shelter, and a very lively sixteen-year-old Jack Russell/Pomeranian cross named “Cerberus” that she adopted from friends who were leaving town. She currently lives in Belgrade with her two canine friends and her partner of seven years, David, who builds custom furniture.

Please welcome Paula to Hillcrest when you see her. We are so very honored to have her here to join our community!



# Easter Eggs in Birchwood



Sarah had a fun afternoon dying eggs with a few of our residents in Birchwood. Great job ladies! They all looked so bright and beautiful.



Sarah Snider and Joyce Sandquist



Lois Ringo



Claire Driscoll



## Remembering Jim Bridger By Tony Garcia, Resident

Bridger this, Bridger that. Do you know there are 39 Bridgers in the Bozeman phone book? And if you look in Utah, Missouri, Oregon, Nevada, and Idaho, you'll find a lot more. If you're curious like me, you'd like to get to the bottom of this. Or is it the top? Anyway, it's all on account of a mountain man called Jim Bridger.

Jim was born in 1804 in Richmond Virginia, just after Lewis and Clark left on their expedition. He was orphaned at age thirteen. Like others in that period, Bridger would leave on his own expedition twenty years later. He never had a formal education but he was a blacksmith, a good shot and skilled outdoorsman, particularly with boats. He saw an ad looking for someone to travel the Missouri River to trade with the Indians. He signed on and left on the expedition in 1822. Bridger learned several dialects of Indian languages along the way. He helped build the first fur trading post on the Yellowstone River. He was also among the first North Americans to see the natural wonders of Yellowstone and the Great Salt Lake.

Bridger was a fur trader until 1834. He married the daughter of a Flathead Indian Chief whom he called Cora. They opened up a trading post on the Green River, Wyoming and of course named it Fort Bridger. It was a popular overnight trading post for travelers heading west. He and Cora had three children. Sadly, the Indians killed two of them and Cora died later. Bridger was devastated. He married the daughter of a Shoshoni Chief in 1850. He called her Mary and they lived part time at Fort Bridger and part time with his wife's Shoshoni tribe.

Members of the Latter Day Saints opened up a trading post near Fort Bridger. They took unkindly to the competition of Fort Bridger. They tried to arrest Bridger, claiming he was an outlaw and burned Fort Bridger and all its supplies to the ground. Bridger escaped with his family into the mountains and moved near Westport, Missouri. Bridger went off hunting for furs in 1856, this time with a younger friend, Kit Carson. They were

just outside Bozeman and discovered what is now called Bridger Canyon.

Bridger became a guide and Army scout in 1858. He was fifty four and continued that work for ten years. His eyesight was failing and he now had other physical problems. He retired, stayed home and just took care of his apple trees until he died at age seventy-seven.

I'll bet he would have been thrilled to hear that 39 businesses in Bozeman and five other states plus a beautiful mountain range were named for him. Jim Bridger was a hero to many. He was buried in Kansas City, MO in 1881.



Celebrate Intermountain Opera Bozeman's return to the Willson Auditorium with Mozart's most beloved comedy. The hit British TV series *Downton Abbey* - an era of high fashion and dramatic social change - provides the inspiration for this stunning production.

Please purchase your own tickets for the May 15th performance. The shuttle will leave Aspen Pointe at 2:20pm. Sign up at the front desk by 5pm on May 12.

## Hillcrest Library News

By Pat Templin & Helen Gianas, Residents

Aspen Pointe's library operates on the honor system. Residents donate books they have bought, read, and offer them to the library. Most books are donated. Very few are bought new.

Aspen Pointe's library is organized by two main categories or sections; fiction, on the eastern wall, and nonfiction on the western wall nearest the lobby. Each section is subdivided by types of books of many varieties. Mysteries constitute one of the largest and most popular fiction sections.

Mysteries are organized alphabetically on the shelves by authors from A to Z. Among the most frequently read mystery authors are CJ Box, Patricia Cornwell, James Patterson, Louise Penny, Michael Connelly, John Grisham, Sue Grafton, Daniel Silva, Scott Turow, Jacqueline Winspear and Donna Leon.

Come visit the library and select your next adventure or mystery.



### Birthdays

Jane Gallagher	5/12
Jerry Hammond	5/16
Janet Breuner	5/16
Bill Edwards	5/17
Jim Eidson	5/17
Max Diebert	5/19
Gloria Hansard	5/22
Lois Ringo	5/26
Mary Gracia	5/28
Connie Hammond	5/30
Ernie Vyse	5/30

## Colorado Blue Spruce

By Bill Edwards, Resident

Looking out the east windows of the Commons, one can see several large Colorado blue spruce trees. Also known as Colorado spruce, white spruce and green spruce. It is native to North America and has become a very popular conifer for landscaping in the U.S. as well as in Europe where it has gained a wide popularity.

In the wild it is generally found growing at elevations from 6,500 to 11,000 feet above sea level and may reach a height of 75 feet with a diameter of four feet. They can live up to 400-500 years.

Spruce needles are square in cross section and the twigs are roughened when the needles have fallen. The needles are also sharp to the touch which helps differentiate the spruces from the firs. If one remembers "SSS" for the spruce needles which stands for Sharp-Square-Spruce and "FFF" for the firs which have flat, soft or furry needles or Flat-Furry-Fir for the fir trees, it makes it easy to tell a Colorado blue spruce from a fir tree.

The cones of the Colorado blue spruce are produced on the upper third of the tree. The cones are usually produced every other year and are about three and a half to four inches long. The cones usually fall off the tree before breaking apart.

The blue color of the Colorado blue spruce is mainly due to waxes that reflect sunlight in certain wavelengths, that appear as a frosty blue. Pigments within the needles, chlorophyll for example, also make a blue spruce more blue.

### Art Class from page 3

time to time, we might do an art tutorial via YouTube on the TV, we'll color, play with clay, make cards, sew, knit...the sky is the limit. If you'd like to bring a current project you are working on, you are also welcome to do that! There is plenty of space for everyone.

Spread the word and let's get creative with our friends at Hillcrest. As always, if you have a special talent, would like to lead a class, or know someone who would, please let Megan know at 414-2031. See you there!



**Bozeman  
Health**

**Hillcrest Clinic**



### Reminder:

**The Hillcrest Clinic is open 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 your primary care provider.**

### Gloria from page 2

After WWII, the film industry boomed. Don began travelling all over the world. That was great for Gloria. She got to go with him. One of the last movies Don did special effects for was "Top Gun" with Tom Cruise.

Years later, Don and Gloria moved to Bozeman. Her oldest son, Don Jr. lives in Belgrade. When Gloria's husband died, Gloria moved to Aspen Pointe. "I love it here," she says. "I'm nicely busy here with visits from her grandchildren, working on puzzles in the Fireside Room, reading poetry and talking with residents." When you see Gloria on May 22, be sure to wish her a very big HAPPY 100<sup>th</sup> BIRTHDAY!!

## Friends & Family Welcome

Visitors are now welcome in public spaces again within Hillcrest, with the exception of dining rooms. With this exciting and wonderful news, brings many new faces to our building and some we haven't seen in a very long time. Family and friends will once again frequent the halls as they did before the pandemic, allowing us more normalcy than we've had in the last two years!

While this is clearly a step in the right direction, we shouldn't forget that the main entrance doors at Aspen Pointe are unlocked until 9pm each day. We make every effort to keep our residents and staff safe, but locking your apartment door whether you are home or out, creates another layer of safety.

**If you ever see someone acting suspiciously in or around the building, please speak up. Call the front desk at 414-2000 until 9pm, or call 911 directly, after 9pm.**

### Wise & Well from page 5

people to live healthy, pain free lives with arthritis. Different drugs and shots have been found to ease the inflammation and limit pain, but that's all the drugs do, they are pain relievers slowing down or hiding the symptoms. With all types of arthritis, treatment options highly recommend exercise and regular physical activity. The stress on the body and its tissues help to lubricate the joints and keep the muscles and ligaments as healthy as possible. Obviously there are many levels of pain and physical ability so work with a fitness professional to help find a good starting spot and progression plan. The less you do, the faster arthritis progresses, so don't wait to start fighting back!

## Just for Laughs

**My wife says I'm soo competitive  
I told her I already knew that.**





## Flower Coloring Page

