



Crest Lines



Thoughts from Senior Services

by Rachel Clemens, Senior Services Director

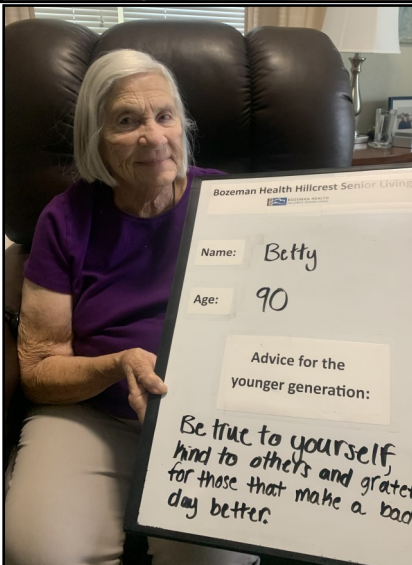
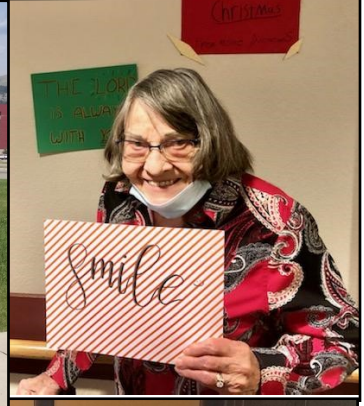
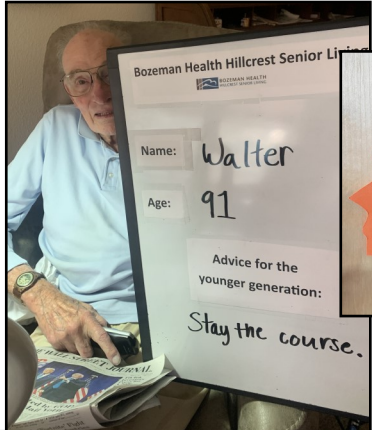
The start of a new year always creates a time of new beginnings, fresh starts, and hope. I think everyone's biggest hope for 2021 is seeing precautions lifted and some normalcy come back to our lives. The availability of the COVID-19 vaccine has provided that much needed hope and that begs for many questions to be answered. The most up to date news is below and when I receive more, it will be dispersed.

First off, the vaccine is not mandatory for either residents or staff, but both will have the option to receive it when they are eligible. Within Gallatin County, there will be multiple allocations for specific targeted groups. Bozeman Health has been allocated vaccines for workers who support the clinical and technical operations of the local acute care hospital in Bozeman and the health system as a whole. This is in alignment with the Phased Allocation of COVID-19 Vaccines document as presented by the ACIP COVID-19 Vaccines Work Group in collaboration with the CDC on December 1, 2020. The Residents and employees of Hillcrest will be receiving vaccines from different allocations as lined out by the Federal allocation plan. In order to maximize our allocations of the vaccine we need to make sure they are being used for the correct targeted groups because the vaccines cannot be reallocated to other groups. Residents and employees of Birchwood (Assisted Living) will receive their allocation from Walgreens, likely receiving the first dose of the COVID-19 vaccine in January 2021. Employees of Aspen Pointe or employees not providing direct care to residents will or have already received their vaccine through Bozeman Health allocation through Pfizer and Moderna.

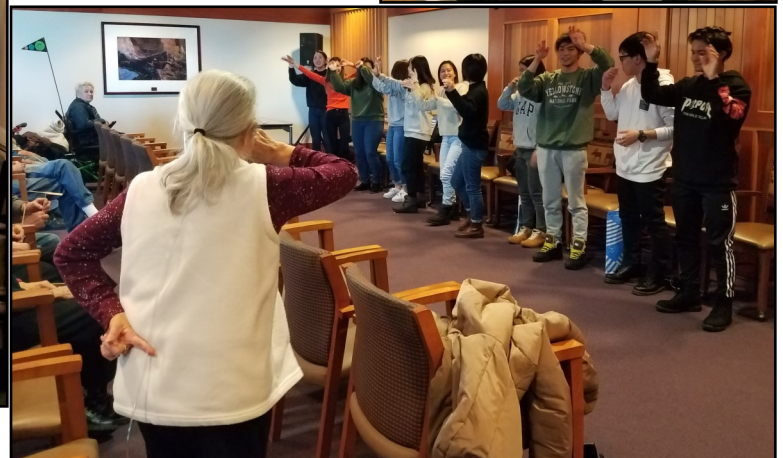
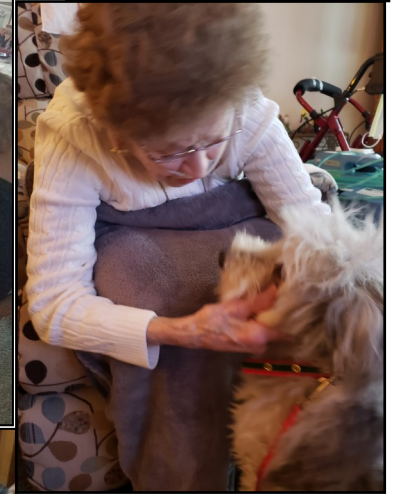
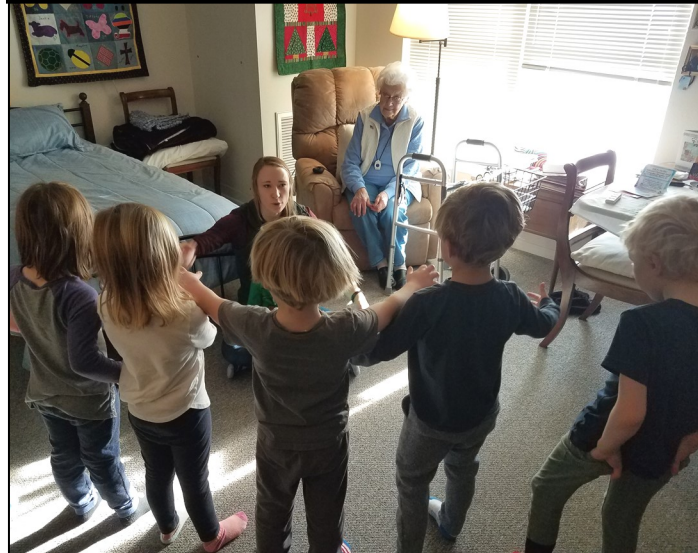
Residents of Aspen Pointe will be part of additional allocations within the community and will be coordinated directly with the local jurisdiction, our Gallatin City-County Health Department and a community-based incident command structure that includes other government agencies. These additional allocations will be used for those members of the community who fall within 1A. In the future, as more vaccine becomes available, distribution will focus on those who meet the definition of 1B and 1C of the ACIP document titled Phased Allocation of COVID-19 Vaccines from December 1, 2020. Phase 1B includes adults living in congregate settings age 75 and older and phase 1C includes adults with high-risk medical conditions and adults age 65 and older. The timing of this process is highly fluid and influenced by vaccine supply in Gallatin County. The Gallatin City-County Health Department has established a task force of local experts and community leaders to help determine prioritization and administration plans for the individuals within the rest of 1A, and all of 1B and 1C.

The Federal Allocation Plan is complex and being an independent and assisted living facility that is owned by a hospital allocations are coming from multiple allocations and can be confusing. If you have questions please reach out to me 414-2002 or rclemens@bozemanhealth.org.

2020 Year in Review



Think **POSITIVE**



Wise & Well: Health from Head to Toe By Jessica Kindzerski, Exercise Specialist

We are ringing in the year with another Wise & Well Health series! Over the next twelve months, we will be discussing the overall health of our bodies from top to bottom. The new series, *Health from Head to Toe*, will cover topics such as how the body ages, natural home remedies for different body aches and pains, and exercise ideas to help certain parts of our bodies stay in tip top shape. We will be kicking off this series with, you guessed it, the head/brain!

One of the best ways to take care of your brain is to keep it busy! Games and puzzles are a great example. You may also want to consider volunteer-

ing and/or social activities that keep you independent and engaged with friends and family. For example, learn new computer skills; participate on a board, book club, or dance group; or try gardening, crafts, or cooking. Here are a few more examples on ways you can help keep your brain healthy:

1. Exercise regularly
2. Take care of your heart
3. Avoid a high-sugar diet
4. Minimize stress

New Artwork Gifted

A famous local artist and author who spent most of his career in Livingston, Russel Chatham is known for his landscapes depicting Montana views in transition as weather changed, during sunsets or on rainy days. This new piece of art

was donated to us by a very generous resident who wishes to remain anonymous. It will be hung in the dining room.



“Silver Bow Winter Dusk”
By Russell Chatham

Department Updates

MARKETING—LINDO JO SIMKINS:

Welcome to our newest resident Celia Chynoweth in A-204.

ENGINEERING—RICH HAGSTROM: Parking reminder to staff and residents: If there is fresh snow on the ground and you can find a parking spot that has been plowed, please park there first. Do not park your vehicle so your bumpers are over the sidewalks. Park your vehicles far enough back so that snow removal equipment, wheelchairs and walkers can get by.

PROGRAMS—MEGAN REICHERT:

We are still working with xhibit (channels 900 and 901) to fix the youtube exercise videos. We hope to have the issues resolved soon.

JANUARY

BIRTHDAYS

Fairy Overton	1/3
Betsy Crabs	1/8
Gerry Robertson	1/11
Renata Scheder-Bieschin	1/17
Carol Flaherty	1/22
Jim McCall	1/23
Lee Kravetz	1/25
Ginny Browne	1/27
Patrcia Templin	1/29
Phylis Somers	1/31