

Crest Lines

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Thoughts from Senior Services

by Rachel Clemens, Senior Services Director

There have been some questions coming up pertaining to emergency situations and how residents should respond. I wanted to address some common scenarios.

Medical Emergency - Dial 911 and activate your Emergency Call System, if possible. This is the pull cord in your bathrooms. This will allow a trained staff member to assist you. Please note that, there is no charge for an ambulance if they arrive and you are not transported to the hospital. You can also call the front desk at 414-2000, this will help us to direct first responders to the proper location. If you call the front desk phone after 9 pm when the Aspen Pointe receptionist is gone, the call will be automatically forwarded to Birchwood.

Fire Alarms & Fire Drills - Stay in your apartment or wherever you are located unless directed by the Fire Department or staff. Apartment doors are fire doors that are rated for 45 minutes. There are also metal fire doors located throughout our building to separate off sections. The metal doors are rated for 3 hours. The only reason to vacate your apartment is if that is where the fire is located. Do NOT use the elevators or go through any closed doors. The entire building is equipped with fire sprinklers and fire doors. Also, every apartment has smoke detectors which are monitored, and we know right away if the detector in your apartment has activated. In case of an alarm, a trained staff member(s) will respond to the alarm immediately. Periodically we hold practice drills to keep our staff properly trained in order to protect you and your possessions.

During the day, 8am-9pm, the receptionist will use the overhead paging system to notify staff where the alarm is going off. Once everything is all clear, the receptionist will announce to staff that everything is taken care of. At night, 9pm-8am, there will be no overhead pages. The staff on night shift in Birchwood will respond accordingly. They are trained to read the fire notifier and respond.

Engineering is always automatically notified if a smoke detector in an apartment goes off. If this is set off, open a window or patio door. Do not open your door to the hallway; the smoke will travel into the hallway and can cause the general fire alarm to go off. When the general fire alarm goes off, horns and strobes, in the entire building the fire

continued page 11

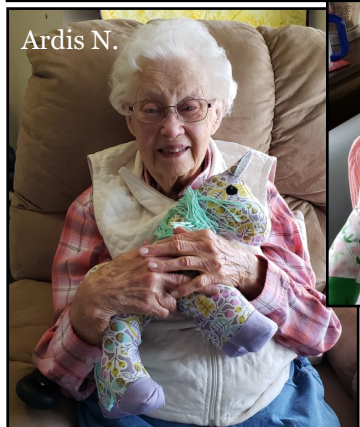
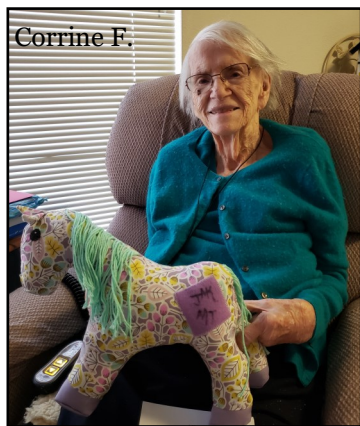
A Herd for Hugs!!

By Megan Reichert, Programs Supervisor

Through “A Herd for Hugs” volunteer project with Dunrovin Ranch of Lolo Montana, and in conjunction with Lorraine Turner of Calico Horses and a couple of local sewing shops, these wonderful stuffed horses are being created for many in isolation due to the pandemic.

Several of our Birchwod residents were gifted a horse made by a volunteer in Helena. Each horse has a patch with the initials and state it was created by hand in.

If their plan was to brighten people’s lives, I do believe they succeeded after seeing the smiles here.



Usters Boosters

By Allen Jones, Chaplain

Hey, what’s that? We’ve had a Life Transitions group going in Aspen Point for some time. We’ve just started it in Birchwood. The folks in Birchwood wanted to come up with a creative name. First it was USTERS GLEE CLUB, and then morphed on to USTERS BOOSTERS. We can talk about it more and decide for sure. So, what is USTERS? Well we “used to” do a lot of things, but not so much anymore and the group gives us a chance to talk with others, find out about their journeys and laugh together over the funny incidences of our lives. Sometimes our topics will be more serious sharing some of our difficulties, but it will be good also to know how other’s are handling the same problems... seems we are all different, yet very much the same. We all come from someplace and its fun to share how our lives have changed over the years. Sometimes we find out that our lives have crossed paths with someone else’s and that’s fun to make the connection. We’ve had some ups and downs. We’ve had great things happen, and hard things happen, yet we’ve lived to tell the stories and that makes us wonderfully human. We’ll also laugh with each other and share a good time of being together. We are looking forward to maybe sitting outside some days... Right now AP USTERS BOOSTERS will meet Monday at 2:30 in the Learning Center in the basement of A wing and Birchwood USTERS GLEE CLUB will meet Tuesday’s at 10:30 in the Activities room downstairs. It would be super to see you there. Even though I’m leading the groups they are not intended as another “religious meeting” and are non-denominational in nature. Come, have some fun.



"It Happened in April"

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

1513 Ponce de Leon lands in St. Augustine FL and claims it for Spain.

1785 Paul Revere's midnight ride. Eight Americans killed at Lexington, MA.

1789 George Washington is inaugurated in New York.

1860 Pony Express Service links Missouri to California.

1865 Robert E. Lee surrenders ending the Civil War with 500,000 American war dead.

1889 The Oklahoma Land Rush.

1897 The oldest U.S. marathon, The Boston Marathon, runs its first race.

1906 Mount Vesuvius erupts.

1912 The unsinkable Titanic hits an iceberg and sinks.

1917 U.S. enters WW I.

1923 First baseball game is played at the Yankee Stadium.

1945 F.D.R. dies. Nazi concentration camps Buchenwald and Dachau are liberated.

1949 North Atlantic Treaty Organization (NATO) is established.

1964 Ford unveils its new Mustang at the World's Fair.

1966 Martin Luther King Jr. is shot and killed.

1969 Large demonstrations started in major U.S. cities.

1970 Apollo 13, "Houston we've had a problem" explodes. Crew survives.

1973 New York's World Trade Center is completed.

1975 South Vietnam surrenders to North Vietnam.

1980 U.S. attempt to rescue U.S. Embassy hostages in Iran ends in disaster.

2005 Pope John Paul II dies.

2010 Apple release the Ipad.

2019 Corona virus believed to have spread from laboratory in Wuhan China.

2020 Covid 19 deaths in the U.S. reached 20,000.

Remembering Nelson Story

By Tony Garcia, Resident

Nelson Story was born in Ohio in 1838, and an orphan by age 18. He taught school and went to Ohio University for 2 years before going to Fort Leavenworth where he became a freight wagon driver. He met and married Ellen Trent in 1862 and then lived in Denver. He and Ellen went to Bannack in Montana territory to mine for gold. He exchanged it for a large amount of cash totaling \$20,000.

He traveled to Ft. Worth, Texas where he bought an estimated 3000 head of Texas Longhorns for the first cattle drive from Texas to Montana. You may have seen the 1989 thriller movie, Lonesome Dove which was a story about that drive. The movie used about 1000 horses because they could not find enough longhorns. The movie starred Tommy Lee Jones, and Robert Duval, former Texas Rangers.

Nelson and his many hired hands, were the first to drive cattle on the famous Bozeman Trail. The Army at Fort Phil Kearny ordered his drive to stop because they would surely encounter Sioux warriors led by Chief Red Cloud. Story's cowboys were in a dilemma having already traveled the entire distance. Nelson Story told his men to tear up blankets and cover the cattle's hooves. That night they would try to sneak around Fort Phil Kearny. It worked. After an 8 month, 2200 mile cattle drive Story drove down to a beautiful valley in December 1866. Some say it was Nelson Story who named it Paradise Valley where Story built his ranch. He became the leading cattleman in the northern plains. That cattle drive was the subject of the Pulitzer Prize novel by Larry McMurtry, called Lonesome Dove.

Nelson Story and his family are buried in Sunset Hills Cemetery in Bozeman.

About Our Hillcrest Staff

By Edis Kittrell, Activities Assistant

Meet Georgia Hale.



As an athletic, six foot tall young woman, Georgia Hale is used to turning heads. At this point, there might be some folks in the Aspen Pointe dining room who have whiplash as a result. But Georgia is also a down-to-earth, friendly person who finds her job as a server at Hillcrest “awesome.” She enjoys her colleagues – especially the cooks who make her laugh -- and finds it fun to get to know the residents. A sophomore at Montana State University, she minors in sustainability and her major is undecided.

Being open to all possibilities is a norm for Georgia. Growing up in Seattle, she developed a love for travel and sports. Her parents took her camping, most often to Neah Bay, a quiet campground in the Makah Indian Reservation. Here, her dad taught her to surf in the ocean, a skill she later passed on to other Native American communities in Washington as a volunteer for “Warm Current.” She found this work fun and rewarding.

Two years ago, her parents also took her and her sister on an extended trip to Paris and South Africa, a memorable trip that she loved and often remembers. Her family had hosted a South African exchange student when she was in high school, so they were able to get a local’s perspective once they visited there. She found the landscape amazing and the people friendly and kind. A nearby, sustainably maintained village was fas-

cinating -- although she wasn’t too excited about the fresh, unsweetened yogurt she tried, the first time she had yogurt that wasn’t mass produced.

Georgia was constantly involved in sports, especially swimming and rowing on informal crew teams, including taking a trip to San Diego to row. She also competed in track -- her Roosevelt High School team always made it to State Finals. And, no, basketball is just not her thing. Outdoor activities are her favorite. Here in Bozeman, she loves to hike and downhill ski when she can. Her latest favorite hike is Hyalite Peak, where she and her friends enjoyed the expansive hilltop views.

While her friends play an important role in her life, her parents are her strongest influences. Her mom is a pre-school teacher and her dad is an architect. They have always been “super supportive” of Georgia and her life choices, and are open and sharing. The family always had dogs and cats as pets, and Georgia loves all animals.

One unexpected skill and hobby Georgia loves is speaking and writing in Japanese, and learning about the culture. She took Japanese for ten years, starting with an immersion language program in elementary school. She also enjoyed a school trip to Japan, where she found the people friendly and the atmosphere clean and beautiful. She hopes to take advantage of MSU’s international exchange program and take another, extended trip. For now, she invites any residents who know Japanese to join her in conversation. Any takers?

When asked about her beautiful and unusual name, she said her folks like old fashioned and place names, which is why she is “Georgia” and her sister is “Ruby.”

So be sure to say “Hi” to Georgia next time you see her in the dining room, especially if you can do so in Japanese!

Spiritual Offerings

Sunday worship service is at 9:15am in the Birchwood Activity Room and 10:00am in the Aspen Pointe Commons.

April 4 (Easter Sunday) April 18

April 11 April 25

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.

Announcements

- **Podiatry Clinics will be held again in May.** Birchwood on May 4 from 8-12 and May 6 from 8-4:30. Aspen Pointe on May 11 from 8-4:30. Sign up sheets for Aspen Pointe will be available at the front desk on April 9.
- **The Hillcrest Annual Easter Buffet is scheduled for April 4.** Information from our culinary team has been delivered to your cubbies.
- **Bob Flaherty's book study, "Being Mortal"** will begin with an informational meeting on April 8. Because of the overwhelming popularity, we will divide into two groups. One group will meet at 10:00am and the other at 1:30pm. The groups will meet every subsequent Thursday at those times for six weeks in the Learning Center, with the last meeting being May 20.
- **Resident Statements are always ready for pick up at the front desk by the 5th of the month, unless otherwise noted.**



Lou Fox	4/3
Marcia Gans	4/8
Pam Linn	4/9
Elaine Livers	4/10
Pat Baumbauer	4/11
Susan Patterson	4/15
Dick Lund	4/21
Patricia VanGalen	4/23
Betty Miller	4/23
Ralph Zimmer	4/29
Marty Daiello	4/30

Thank You Friends

It is difficult to find the words to express my gratitude for the many kindnesses shown to me at this sad time, by the staff of Aspen Pointe and Birchwood and my many friends. I can't think of anywhere I would rather be after the loss of my husband, Bob and son, Matt. The cards, phone and email messages, prayers, flowers and visits meant a great deal to me as I struggle with these heartbreaking losses. I am unable to write individual thank you notes to each one of you, but please know how dear you all are to me and to my family.

Love to all, Mary Hohne

Sun

Mon

Tue

Wed

Abbreviations:

BW: Birchwood

AP: Aspen Pointe

FSR: Fireside Room

LC: Learning Center

ARC: Act/Rec/Crafts Center

BW Act: BW Activity Room

BW DR: BW Dining Room

BW NS 1 or 2: Nurses Station



Aspen

April 2021

<p>4 10:00am Easter Service in Commons</p> 	<p>5 10:00am Chair Exercise in Commons 2:30pm Usters Boosters in LC</p>	<p>6 9:00am Shopping Bus to Walmart/Heebs 9:30 Yoga in LC <u>11-11:30am Zumba in Commons</u> 11:15am Tai Chi in ARC 3:30pm Great Courses in Commons (Origins of Great Ancient Civilizations)</p>	<p>7 10:00am Chair Exercise in Commons 11:30am-1:30pm Spiritual <u>2:00 Catholic Mass in AP Chapel</u> <u>3:30pm Drumming Class in Commons (sign up at the front desk)</u></p>
<p>11 10:00am Worship Service in Commons</p>	<p>12 10:00am Chair Exercise in Commons 2:30pm Usters Boosters in LC <u>7:45pm Edis & Cliff in Commons</u></p>	<p>13 9:00am Shopping Bus to Walmart/Heebs 9:30 Yoga in LC <u>11-11:30am Zumba in Commons</u> 11:15am Tai Chi in ARC 3:30pm Great Courses in Commons (Scientific Secrets for a Powerful Memory)</p>	<p>14 10:00am Chair Exercise in Commons <u>11:30am-12:15pm Bookmarks</u> 11:30am-1:30pm Spiritual 2:00pm Catholic Prayer & Communion in Chapel <u>2:00 & 3:30pm Wine & Cheese in Commons (sign up at the front desk)</u></p>
<p>18 10:00am Worship Service in Commons</p>	<p>19 10:00am Chair Exercise in Commons 2:30pm Usters Boosters in LC</p>	<p>20 9:00am Shopping Bus to Walmart/Heebs 9:30 Yoga in LC <u>11-11:30am Zumba in Commons</u> 11:15am Tai Chi in ARC 3:30pm Great Courses in Commons (Scientific Secrets for a Powerful Memory)</p>	<p>21 10:00am Chair Exercise in Commons 11:30am-1:30pm Spiritual 2:00pm Catholic Prayer & Communion in Chapel 3:00pm Lutheran Communion in Commons</p>
<p>25 10:00am Worship Service in Commons</p>	<p>26 10:00am Chair Exercise in Commons 2:30pm Usters Boosters in LC</p>	<p>27 9:00am Shopping Bus to Walmart/Heebs 9:30 Yoga in LC <u>11-11:30am Zumba in Commons</u> 11:15am Tai Chi in ARC 3:30pm Great Courses in Commons (Scientific Secrets for a Powerful Memory)</p>	<p>28 10:00am Chair Exercise in Commons <u>11:30am-12:15pm Bookmarks</u> 11:30am-1:30pm Spiritual 2:00 Catholic Prayer & Communion in Commons</p>

Commons
Care
Chapel
in Commons

Commons
Mobile
Care
Comm in AP
use in
(at desk)

Commons
Care
Comm in AP
Chapel

Commons
Mobile
Care
Comm in AP Chapel

	Thu	Fri	Sat
	1 Maundy Thursday 9:30 Yoga in LC 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10-11:30am Open Wii Bowling in Commons 3:00pm Knit & Stitch AP Fireside 3-4:00pm Beer:30 in FSR <u>3:30pm Maundy Thursday Service in AP Commons</u>	2 Good Friday 10:00am Chair Exercise in Commons <u>1:30pm Bingo in ARC</u> <u>3:15pm Good Friday Service in AP Commons</u>	3 2:30pm Movie in Commons
	8 Being Mortal Book Study Mtg 9:30 Yoga in LC 9:30am-12 Nail Care 3rd Flr A-Wing Lounge <u>10:30am Resident Council Mtg in ARC</u> 10-11:30am Open Wii Bowling in Commons 3:00pm Knit & Stitch AP Fireside 3-4:00pm Beer:30 in FSR	9 10:00am Chair Exercise in Commons <u>1:30pm Bingo in ARC</u>	10 2:30pm Movie in Commons
	15 Being Mortal Book Study Today 9:30 Yoga in LC 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10-11:30am Open Wii Bowling in Commons 3:00pm Knit & Stitch AP Fireside 3-4:00pm Beer:30 in FSR	16 10:00am Chair Exercise in Commons <u>1:30pm Bingo in ARC</u>	17 2:30pm Movie in Commons <u>7:30pm Bozeman Symphony Live Streamed in Commons</u>
	22 Being Mortal Book Study Today 9:30 Yoga in LC 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10-11:30am Open Wii Bowling in Commons 3:00pm Knit & Stitch AP Fireside 3-4:00pm Beer:30 in FSR	23 10:00am Chair Exercise in Commons <u>1:30pm Bingo in ARC</u>	24 2:30pm Movie in Commons
	29 Being Mortal Book Study Today 9:30 Yoga in LC 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10-11:30am Open Wii Bowling in Commons 3:00pm Knit & Stitch AP Fireside 3-4:00pm Beer:30 in FSR Birthday Night	30 10:00am Chair Exercise in Commons <u>1:30pm Bingo in ARC</u>	

4/1 Maundy Thursday: Join Chaplain Allen Jones in the Commons for a special Maundy Thursday service at 3:30pm.

4/2, 9, 16, 23, 30 Bingo: Bingo is back! Grab your friends and meet in the ARC at 1:30 on Friday's.

4/2 Good Friday: Chaplain Allen Jones will host a Good Friday service in the Commons at 3:15pm.

4/5, 12, 19 & 26 Usters Boosters: Chaplain Allen Jones will be in the Learning Center at 2:30 on Mondays. Share you life stories, hopes, experiences and joys. (Formerly known as Life Transitions)

4/6, 13, 20 & 27 Zumba: Jessica Kindzerski will lead this fun dance workout in the Commons every Tuesday in April. No sign up needed and no experience necessary. Come and dance! Please see flyer for more information.

4/7 Spiritual Care: Chaplain Allen Jones is at Hillcrest to provide care and companionship during the hours noted in the calendar. He can be reached at 907-460-8109.

4/7 Drumming Class: Using buckets, balls and drum sticks, Jessica will guide you through some upbeat songs and give you a good workout....too bad you won't know it's exercise because you'll be having too much fun! Meet in the Commons at 3:30pm. Sign up at the front desk.

4/8 Resident Council: All residents are welcome to join the council members in the ARC at 10:30 to hear what's going on at Hillcrest, voice issues, comments or concerns.

4/8, 15, 22, 29 *Being Mortal* Book Study: The 8th is the first informational meeting. Each person that signed up was given a group meeting time of either 10am or 1:30pm. Please attend each Thursday in the Learning Center at the time you were assigned. If you have any questions, contact Bob Flaherty at 595-0416.

4/12 Edis & Cliff: This dynamic duo will play in the Commons at 7:45pm.

4/14 & 4/28 Bookmobile: Bozeman Public Library's mobile bus will be in the front parking lot between Aspen Pointe and Birchwood from 11:30am to 12:15pm.

4/14 Wine & Cheese: Meet in the Commons with neighbors for this social gathering. Several selections of wine and cheese will be served. Sign up at the front desk as two seating times will be available. First seating at 2:00 and second seating at 3:30.

4/17 Bozeman Symphony: The final free livestream concert of the season features principal flute Sue Makeever, sharing her interpretation of J.S. Bach's Orchestral Suite No. 2. Opening this program is a contemporary work, *Strum*, by composer Jessie Montgomery. Her piece was described by The Washington Post as "...wildly colorful and exploding with life." To conclude the concert, we explore the genius of a young Felix Mendelssohn who wrote twelve string symphonies between 1821-1822. You will listen in awe to his *Sinfonia* No. 7 when the realization hits that he was only 13 years of age at the completion of this work. Meet in the Commons to view at 7:30pm.

NEW! Library Community Forum is a program with a long tradition. The program is a continuation of Wonderlust Friday Forum that began in 2002 and has partnered with the Bozeman Public Library Foundation and been affiliated with MSU since 2014. MSU will continue to offer Friday Forum as a program of the Osher Lifelong Learning Institute (OLLI) at MSU.

If you have attended in-person or online Friday Forums over the last decade or so, you know you can count on quality presentations on topics that are relevant to the Gallatin Valley community. For nearly two decades, these forums have encouraged active citizen engagement by promoting civil discourse and a respectful exchange of ideas. Knowledgeable speakers explore issues of interest and lead lively Q&A. The Library Community Forum looks forward to continuing this important connection with our community.

Library Community Forums are free and open to everyone. They will be held the third Wednesday of each month from noon-1:30pm, September to May. There is no pre-registration necessary for the Zoom presentations and links are available at bozemanlibrary.org_events page.

Hillcrest Neighbors By Tony Garcia, Resident

Cherie Wilcox, (accent on the “ie”) said “I’m happy to be here.” She has lived in Bozeman since 2009 following her son’s move here. She moved to Aspen Pointe in July 2020 and has met many residents. Cherie has two younger sisters, one in Idaho, one in California and they see one another during the year.

Cherie was born 8/27/47 in Golden, Colorado, the eldest of three girls. Her father had taken a job there with Coors Brewery. He had been a WWII Coast Guardsman. Her mother worked for Sears and was a model. The family next moved to Reseda, CA, where her Dad studied electronic engineering and worked for Ford Aeronautics. Her mother worked for the University of California Irvine.

When she was ten, Cherie took baton twirling lessons and became a competitive twirler, marching in parades in Reseda. A scout for the L.A. Rams noticed her and asked her to twirl at all the L.A. Rams football games at the Los Angeles Coliseum. Cherie was 13 and thrilled to do it.

The family moved to a nicer area, Tustin, CA. Cherie graduated from high school in 1966. She worked at Carl’s Burgers where she had worked all through high school. She took up running in 10K races with her younger sister. She loved that. Cherie married a man she knew from high school, had a son, Bret, but divorced him five years later. Life as a single mom was difficult, so her Mom took care of the baby while Cherie went to work. Cherie’s work began with waitressing but grew into training restaurant staff at a chain of restaurants. Her first car was a VW Beetle that cost less than three hundred dollars. It arrived from Europe coated with a film of grease. It was a laugh and a half because she and her Dad took it to a car wash where they had to run it through a dozen times to get the grease off.

Cherie’s Dad had always wanted a boy, so young Bret became Dad’s boy. Dad took Brett eve-

rywhere mostly hiking. They had great times together.

For a while, Cherie worked for a regional headquarters of State Farm Insurance but found that her income would be greater in the restaurant field, so she decided to make that her career. It worked. She moved up the ladder quickly, training restaurant staffs and opening new restaurants, thirteen of them in California and one in Oregon.

By 1993, Cherie’s son Bret had grown up, was married and had a son. Bret moved to North Carolina. He and his wife had their own real business. Brett found work possibilities for his Mom, so Cherie moved to North Carolina. Wendy’s hired her where she was also hired to open up a new store and trained staff.

In 2009, Bret and his family moved on to the growing town of Telluride, CO. Cherie followed not too long after. She met developers who were about to build the famous Capella Hotel. With Cherie’s experience, it’s no surprise that she landed the job of her life. She was now in charge of all the hiring and training of the entire staff. “There is no question that it was the best job I have ever had,” she said.

Bret and his family moved to Bozeman in 2009. Cherie followed later.

Journey Church in Bozeman was looking for a Banquet Manager and it’s no wonder that Cherie was hired. Journey Church banquet business soared. Cherie was thrilled to do it and bought her first house in 2013.

She has been running for nearly 30 years. She had run in the Santa Catalina Island race and after 26 years she finally placed first in their 10k race.

Now Cherie works out at The Ridge. She likes to read thriller books by Dave Balducci, generally at bedtime. She admits that it takes a while to finish a book because like many of us, she falls asleep after a few pages. The last book was “*Last Man Standing*.” Growing up Cherie liked music of



Wise & Well: Oral Health

By Jessica Kindzerski, Exercise Specialist

SAY “CHEESE!” This month, we are talking all about our pearly whites (your teeth) and how to keep them strong and healthy!

The two main topics of oral hygiene include teeth and saliva. Teeth help a person use their mouth to eat, speak, smile, and give shape to their face. Saliva helps prevent cavities from forming, and aids in protecting against gum disease. It naturally cleans teeth by washing away bits of food debris and preventing a prolonged acid attack on tooth enamel. Saliva also contains antimicrobial agents that help combat bad bacteria that fuels cavities.



As a person ages, their bodies become more prone to oral health issue such as gum disease, tooth loss (due to gum disease), dry mouth, and root decay. These issue can not only affect oral health, but can also affect our body’s nutrient intake (not being able to chew food) and even over-all brain health. Studies are currently being conducted on the potential correlations between gum disease and the development of Alzheimer’s (HealthinAging.org, 2019).

So what can you do? Here are a list of steps you can take to better prevent yourself from these oral health issue:

- Chew sugarless gum containing xylitol (*not aspartame*) to stimulate saliva production, especially if you have symptoms of dry mouth.
- Ask your dentist about prescription-strength fluoride mouth rinses and fluoride varnishes if you have a history of tooth decay.

- Make an appointment with a dentist if you have symptoms of chronic dry mouth. Dry mouth can be caused by certain medications. Talk to your doctor if you have questions.
- Brush your teeth every day with a fluoride toothpaste and an electric tooth brush.
- Floss your teeth every day. Using floss holders may be helpful for people with stiff hands.
- Ask your dentist about using a mouthwash containing chlorhexidine if you have gum disease or are at risk for gum disease.
- Schedule a dental cleaning performed by a dental hygienist and an oral health assessment by your dentist at least twice a year (HealthinAging.org, 2019).
- If you have removable dentures, be sure to brush them daily as well as clean your mouth before and after you place them into your mouth.

Remember that good dental hygiene is an important part of healthy aging. There is no substitute for brushing your teeth after each meal and flossing every day. Keep those smiles white and bright!

Share Your Ideas

If you have a thought, concern, any knowledge from your professional experience, even a bit of whimsy, that you think would interest others, please contact *Crest Lines*. Your neighbors at Hillcrest want to hear from you! Call Megan Reichert at 414-2031.

Stevie Wonder. Now she likes soft rock, music that tells a story. Cherie has a grandson who someday wants to own his own baseball team. Her granddaughter, Marin, wants to be President of the United States.

Cherie's wish for future generations is to "make sure you first know deeply about the person you marry. Work hard and love your country. Get a good knowledge of your country's history and don't ever be afraid of doing something new."

Cherie is easy to talk with. If you get a chance, engage her in conversation and by all means welcome her to Aspen Pointe. She is a true asset here...

Rachel from page 1

department will be notified to respond. The person on call from engineering, either Rich or Wayne, will respond in addition to the staff currently in the building.

Power Outage - Aspen Pointe and Birchwood have an emergency generator that will operate some hall lights, some dining room lights, exit lighting and heat. Our receptionist and our night shift employees are trained to contact all residents with oxygen to ensure they are equipped with what they need. Birchwood night shift employees' main responsibility is taking care of the Birchwood residents. Once they have done that they will begin reaching out to Aspen Pointe residents. We are able to receive information about outages in an expedited fashion to discern if or what type of planning needs to begin. This planning would be dependent on season and time frame. Once again, it is best to remain where you are.

Please remember that during an emergency situation the staff need to be able to do their job. I understand that with a power outage or alarms sounding everyone wants to know what is going on; that is human nature. But each time a resident stops a staff person to ask questions it takes up time that they could be responding to the emergency. If information needs to be distributed we will assign that duty to an employee. If there are further questions please call, 414-2002, or email me, rclemens@bozemanhealth.org.

Bookmobile Returning to Hillcrest

The Bookmobile bus will be back starting April 14, from 11:30am to 12:15pm. While they are not yet welcoming patrons onto the bus, they will be setting up a table with displays of new and exciting books and serving patrons just outside of the bookmobile.

They will be located between Aspen Pointe and Birchwood in the front parking lot. If you have any questions you can contact Westin Flipppo, the Bookmobile Librarian at 582-2423.



March Bingo Winners!

Curtis Backlin

Lucy Dwarshuis

Celia Chynoweth

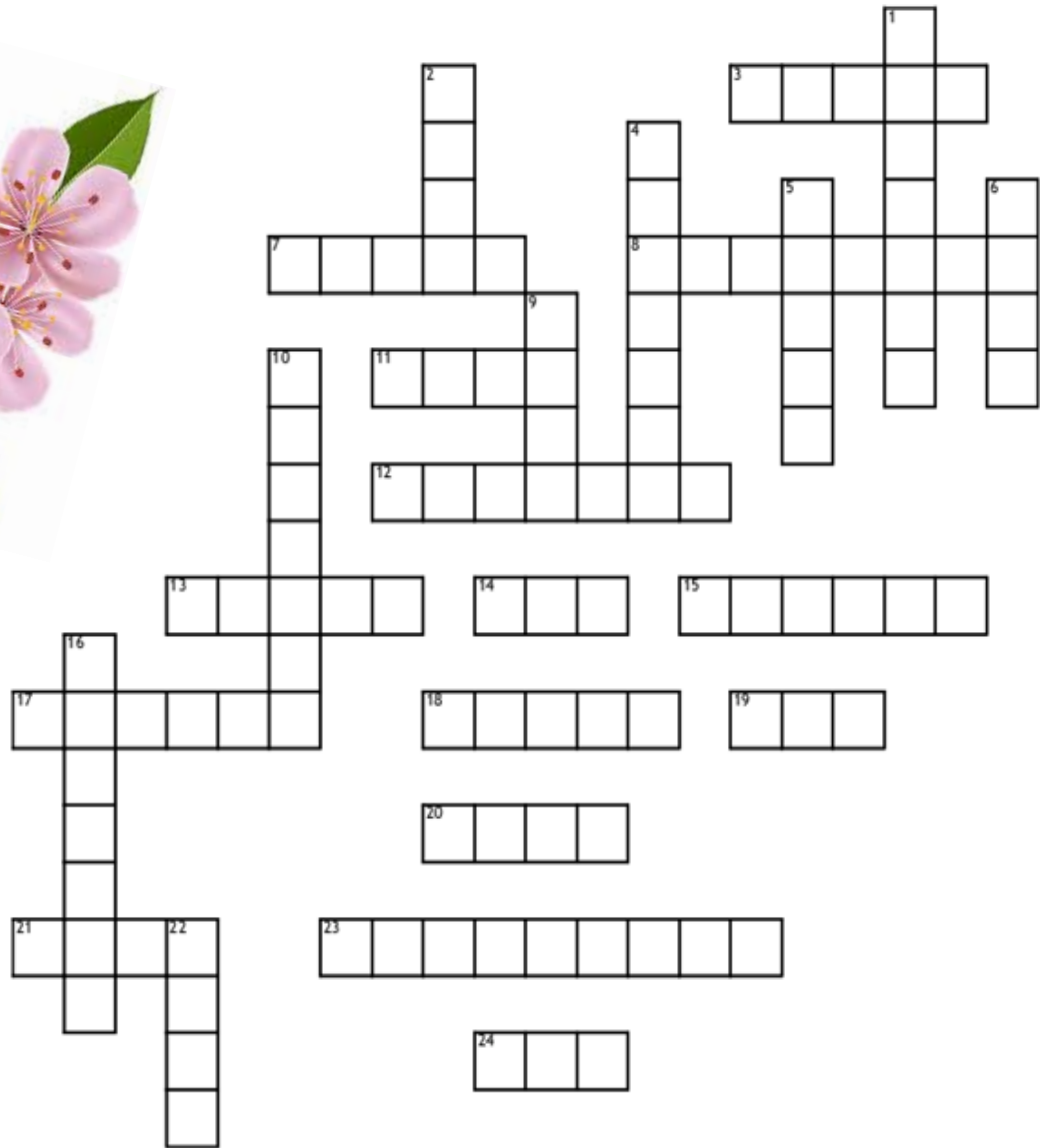
Department Updates

ENGINEERING—RICH HAGSTROM

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

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

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



Across

- 3. I may be white and puffy or dark and threatening.
- 7. If its foggy in the morning, it will be in the day
- 8. Its supposed to rain today. Take an
- 11. March comes in like a
- 12. March winds bring April
- 13. These bud with new leaves in early spring.
- 14. This gives light to help plants grow.
- 15. No matter how long this season lasts, spring is sure to follow
- 17. Rain _____ the earth.
- 18. Hold onto your hat. It's today.
- 19. _____ makes it hard to see.
- 20. It makes kites fly
- 21. Not too cold
- 23. flashes in the sky.
- 24. Rain mixed with dirt.

Down

- 1. Rain leaves these behind on the ground
- 2. Dark clouds often bring this.
- 4. A loud noise associated with storms
- 5. This turns green as days grow warmer.
- 6. Not too hot
- 9. This windy substance sometimes falls in the spring.
- 10. April showers bring May
- 16. I can be seen after a storm
- 22. March goes out like a