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Thoughts from Senior Services

by Rachel Clemens, Senior Services Director

It is a gift to receive inspiration if you are in a mindset to receive it, process it, and apply it. It can come in forms you may not expect. I've had two of these experiences lately and both have led to this article.

A few weeks ago I was putting my 5 year old, Henry, to bed. He asked me to sing him the song about the old woman, that song being John Prine's "*Angel from Montgomery.*" It is one of my favorite songs and it is in my repertoire for singing to my kids at bedtime. I had only sung the first verse...

"I am an old woman
Named after my mother
My old man is another
Child that's grown old"

... and Henry stopped me and asked me, "What's her name?" He caught me off guard. This question has never crossed my mind in the 100s of times I've sang it and it made me wonder why? I still wonder if it is because I know the song never states her name or maybe because the story provides enough of a connection to the person that I never wondered. But Henry reminded me of the basic human need for connection. We can get so busy in our day to day lives that something as basic as learning someone's name can bring you closer to that person and make that person feel special.

Fast forward to today, I had a long conversation with a resident's family member; we meandered through various topics, but ended on human connection and ways to become more connected with friends, family, and the staff at Hillcrest.

I was at a loss for what my article for the July newsletter would be about. But the inspiration hit after the conversation with the resident's family member and then remembering about Henry asking me the woman's name – human connection. Starting with this newsletter, I will be emailing the monthly newsletter to resident family members. The newsletter is a great way to learn about new residents, new staff, and find similar interests or backgrounds to strike up a conversation. The more connected we become, the better compassionate care and support we can provide residents and their families.



Hillcrest Neighbors

By Tony Garcia, Resident

Gene and Marie Quenemoen arrived at Aspen Pointe in 2006 and enjoyed 62 years together. Following a stroke, Marie passed away in 2013.

Gene was born in Great Falls in 1927 and lived in a very rural area under very primitive conditions with his younger sister and brother. He went to Power, MT schools, graduating from high school in 1945. He took a bus to Bozeman and started at Montana State College. He had finished the first year when he got his draft notice, so he quickly signed up for the Navy serving on a tanker. He made a voyage to Guantanamo Bay



Gene in his home with picture of he and Marie on their wedding day.

and a couple of round voyages to the Persian Gulf before spending a few months in the Antarctic.

Gene returned to Montana State College and majored in Agricultural Economics. A friend set him up on a blind date with Marie to go to a movie. "I don't remember the title of the movie. I was more interested in Marie," he said. They were married June 10, 1950, and had three girls and a boy. They began a life of moving: Dickinson, ND; Lewiston, MT, East Lansing, MI; Addis Ababa, Ethiopia to teach; and Cairo, Egypt for seven years. They returned to Bozeman in 1983 when he retired. In between, Gene earned a M.S. at MSU and a PhD in Agricultural Economics at Michigan State University.

Spring Into Motion 2021



"Walking the Wonders"

Thank you to everyone who participated this year! Staff had a great time and we hope you did too. Not only did everyone get out and exercise, but we also learned a lot about the seven Modern Wonders of the World! Big shout out to Jessica Kindzerski for putting this awesome program together!

Total combined miles walked was 2,548. The top walkers were Michael Blumhagen with 183 miles, John Odden with 168 miles, Wayne Gibson with 138 miles and Lucy Dwarshuis with 134 miles.

Grand Prize winners were Emileen Veltcamp with a fancy new yoga mat and Leslie Egloff with a shiny new pair of walking sticks! Congratulations!

Neighbors continued

Gene and Marie built a house in Belgrade. He loved horses, so he had four. They bought a motorhome and traveled south to Phoenix, Tucson and San Antonio where they visited their daughter.

They have six grandchildren and six great grandchildren. His description of his childhood days in very primitive conditions is fascinating, so you might want to listen to a few of his stories. I guarantee you will find them worth listening to.

Gene hangs out with the cocktail hour group on the third floor of A-Wing. It's a heavily attended group. They are fun to listen to.



Birchwood residents, Claire Driscoll and Ardis Nichols admire their handy-work. These two lovely ladies along with several other residents planted the beautiful flower pots that line the Birchwood activity room patio.

BBQ Season!

Independence Day will be celebrated with a BBQ on Sunday, July 4th in Aspen Pointe and Birchwood. Aspen Pointe residents will be provided sack lunches for dinner, available for pick up outside the dining room at 5:00pm. Birchwood residents will be served the usual light meal in the evening. No BBQ on Wednesday, July 7th.

Themes for the month of July are as follows:

- July 4~Patriotic Day
- July 14~80's Day
- July 21~Favorite Color Day
- July 28~Beach Day

Exciting Engagement!

By Edis Kittrell, Activity Assistant

Dining Room server Sage Triantis is happy to announce her recent engagement to Nick Wilbert. They have known each other since 2012. Interestingly enough, they were born on the exact same day and year! In high school, they celebrated their birthdays together and have the same friends. While they have been dating two and a half years, and Sage knew Nick's proposal was eminent, the actual moment was a delightful surprise. Sage and Nick had gone on their favorite hike up Truman Gulch. About a mile up the trail, they stopped at their special spot. Nick got down on one knee and popped the question. She said yes! Surprisingly for Sage, Nick had arranged for a friend to hide in the bushes across the creek in order to take pictures, one of which you see below. Nick presented Sage with a beautiful ring. They then hiked back down in order to tell family. The next day, they had an impromptu, informal celebration, including fellow servers and long-time friends, Tyler and Jamie. A wedding is planned for next summer in Missoula in a place with a mountain view. Nick approached the engagement in a rather traditional way; he asked both Sage's mother and father for their blessings first. Sage said, "Mom cried." Do congratulate Sage the next time you see her, and check out that fabulous ring!



It Happened in July By Tony Garcia, Resident

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Patsy Cline Songbook Show coming to Hillcrest!

Raegan Williams will be performing "The Patsy Cline Songbook Show" which consists of her singing 15 of Patsy Cline's Greatest Hits, with tidbits about Patsy Cline's iconic songs and stellar career, some cute antidotal stories, and fun interactive banter with the audience.



She's originally from Richmond, VA and was the Entertainment Director and Performer aboard Spirit Cruise Line's, The Annabel Lee Riverboat for almost 17 years.

The show will be held in the Commons on Tuesday, July 27 at 3:30pm. Everyone is welcome!

Successful MOR Trip

Our very first bus trip since 2019....can you believe it! Not a seat was left as we took 12 residents to view the new "Vikings Begin" exhibit and the Tinsley House at the Museum of the Rockies.

Be watching your cubbies for information on additional trips in July and August and sign up early so you don't miss out!



Cyndy Lewis, Newt Blakesley, Claire Driscoll and Lillian Kessler at the Tinsley House.

Spiritual Offerings


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

July 4 (Independence Day) July 11

July 18 July 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.



Jane Garcia	7/6
Ruby Wiedenheft	7/10
Flore Hill	7/10
Doris Janes	7/13
Liz Frisque	7/16
Frangee Bailey	7/18
Newt Blakesley	7/20
Maria Spitler	7/22
Marilyn Robertson	7/27
Carol Hemingway	7/29

Announcements:

- **Reminder: A minimum of four residents is required for special trips.** This includes hikes, picnics, and longer trips around or outside of Bozeman. Be sure to sign up by 9am the day before the trip is scheduled so staff can plan accordingly.
- We have several new residents moving in during the month of July. Please say hello when you see them; Jo Russel B203, Joy Linfield B210, Barbara & Rob Robson D310. Many of you are enjoying small wine and cheese parties in your separate wings. If you would like help organizing a gathering for your floor or wing please contact Linda Jo at 414-2008.
- **Usters Boosters and the Walking Group in AP will no longer meet due to low attendance.** We will review the interest of residents again in the fall.
- **If you go out to one or our many patios to enjoy the beautiful Montana summer weather, please don't forget to lock the door after coming back inside.**
- **The Hillcrest Annual Car Show is scheduled for Thursday, August 12 from 2-4pm.** If you have a classic car that you would like to enter in the show, please call Megan at 414-2031.
- **We would like all residents who use the front parking lot (Aspen Pointe or Birchwood) to record their vehicle information in the sign up book at the front desk.** This will allow management to identify the owner in case of emergency or if your vehicle has to be moved for an event.
Thank you.

Sun

Mon

Tue

July 2021

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

<p>4 10:00am Worship Service in Commons</p> <p>12:00pm 4th of July BBQ</p> 	<p>5 10:00am Chair Exercise in Commons</p> <p>1:30pm Timely Topics in LC</p> <p>3:00pm Singing Group in Commons</p>	<p>6 9:00am Shopping Bus to Walmart/Heebs</p> <p>9:15-11:00am Snowfall Recreation Hike</p> <p>9:30am Yoga in LC</p> <p>11:15am Tai Chi in ARC</p> <p>6:30pm Bridge in FSR</p>	<p>7 10:00am Chair Exercise in Commons</p> <p>10:00am-2:00pm [Activity]</p> <p>2:30pm Catholic Mass</p>
<p>11 10:00am Worship Service in Commons</p>	<p>12 10:00am Chair Exercise in Commons</p> <p>11:30 Picnic at Glen Lake</p> <p>1:30pm Timely Topics in LC</p> <p>3:00pm Singing Group in Commons</p>	<p>13 Podiatry Clinic</p> <p>9:00am Shopping Bus to Walmart/Heebs</p> <p>9:30am Yoga in LC</p> <p>9:15-11:00am Gallatin Regional Park Hike</p> <p>11:15am Tai Chi in ARC</p> <p>6:30pm Bridge in FSR</p>	<p>14 BBQ</p> <p>10:00am Chair Exercise in Commons</p> <p>10:00am-2:00pm [Activity]</p> <p>11:30am-12:15pm [Activity] front parking lot</p> <p>2:30pm Catholic Chapel</p>
<p>18 10:00am Worship Service in Commons</p>	<p>19 10:00am Chair Exercise in Commons</p> <p>1:30pm Timely Topics in LC</p> <p>3:00pm Singing Group in Commons</p> <p>7:45pm Edis & Cliff in Commons</p>	<p>20 9:00am Shopping Bus to Walmart/Heebs</p> <p>9:30am Yoga in LC</p> <p>9:15-11:00am Glen Lake Rotary Park Hike (East Gallatin Recreation area)</p> <p>11:15am Tai Chi in ARC</p> <p>6:30pm Bridge in FSR</p>	<p>21 BBQ</p> <p>10:00am Chair Exercise in Commons</p> <p>10:00am-2:00pm [Activity]</p> <p>2:30pm Catholic Chapel</p> <p>3:00pm Lutheran Chapel</p>
<p>25 10:00am Worship Service in Commons</p>	<p>26 10:00am Chair Exercise in Commons</p> <p>1:30pm Timely Topics in LC</p> <p>3:00pm Singing Group in Commons</p>	<p>27 9:00am Shopping Bus to Walmart/Heebs</p> <p>9:30am Yoga in LC</p> <p>9:15-11:00am Bozeman Pond Park Hike</p> <p>11:15am Tai Chi in ARC</p> <p>3:30pm Patsy Cline Songbook Show in Commons</p> <p>6:30pm Bridge in FSR</p>	<p>28 BBQ</p> <p>10:00am Chair Exercise in Commons</p> <p>10:00am-2:00pm [Activity]</p> <p>11:30am-12:15pm [Activity] front parking lot</p> <p>2:30pm Catholic Chapel</p>

Wed	Thu	Fri	Sat
<p>MAN HEALTH BEST SENIOR LIVING</p> <p>Aspen Pointe</p>	<p>1 9:00am Shopping at Town & Country 9:30am Yoga in LC 9:30-12pm Nail Care 3rd Flr A-Wing Lounge 10:30-12pm Open Wii Bowling in Commons 3:00pm Knit & Stitch AP Fireside 3-4:00pm Beer:30 in FSR</p> <p><u>7:30pm Rolling Car Show in AP Front Loop</u></p>	<p>2 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 1:30pm Bingo in ARC</p>	<p>3 <u>2:00pm Movie in Commons</u></p>
<p>Chair Exercise in Commons Spiritual Care Mass in AP Chapel</p>	<p>8 9:00am Shopping at Town & Country <u>NO YOGA TODAY</u> 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10:30-12pm Open Wii Bowling in Commons <u>10:30am Resident Council Mtg in FSR</u> 3:00pm Knit & Stitch AP Fireside 3-4:00pm Beer:30 in FSR</p>	<p>9 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 1:30pm Bingo in ARC</p>	<p>10 <u>2:00pm Movie in Commons</u></p>
<p>Chair Exercise in Commons Spiritual Care Bookmobile in AP Communion in AP</p>	<p>15 9:00am Shopping at Town & Country 9:30am Yoga in LC 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10:30-12pm Open Wii Bowling in Commons 3:00pm Knit & Stitch AP Fireside 3-4:00pm Beer:30 in FSR</p>	<p>16 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 1:30pm Bingo in ARC <u>2:30pm Likity Split Ice Cream Truck in Aspen Pointe Front Loop</u></p>	<p>17 <u>2:00pm Movie in Commons</u></p>
<p>Chair Exercise in Commons Spiritual Care Communion in AP <u>Communion in</u></p>	<p>22 9:00am Shopping at Town & Country 9:30am Yoga in LC 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10:30-12pm Open Wii Bowling in Commons 3:00pm Knit & Stitch AP Fireside 3-4:00pm Beer:30 in FSR</p>	<p>23 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 1:30pm Bingo in ARC <u>3:00pm Cocktail Party on Aspen Pointe Back Patio with Music by Kate & The Alley-cat's</u></p>	<p>24 <u>2:00pm Movie in Commons</u></p>
<p>Chair Exercise in Commons Spiritual Care Bookmobile in AP Communion in AP</p>	<p>29 9:00am Shopping at Town & Country 9:30am Yoga in LC 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10:30-12pm Open Wii Bowling in Commons 3:00pm Knit & Stitch AP Fireside 3-4:00pm Beer:30 in FSR Birthday Night</p>	<p>30 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 1:30pm Bingo in ARC</p>	<p>31 <u>2:00pm Movie in Commons</u></p>

Wise & Well: Gut Health;

Importance and How to Improve it

By Jessica Kindzerski, Exercise Specialist

You might think of gut health in terms of the occasional stomachache, gas, or bloating. But did you know that the health of your gastrointestinal tract can actually impact everything from how your stomach feels to your mental state? This month, we share insights on the relationship between gut health and your overall health and tips for improving gut health.

What is gut health?

Gut health refers to how well your gastrointestinal tract helps your body digest and absorb nutrients. Each of us has trillions of bacteria cells in our body, known as microbes. The microbes in our intestines make up the gut microbiome — and essentially act as an organ that plays an important role in our overall health. A healthy gut microbiome helps control how we digest food and helps keep our immune system strong by preventing disease-causing bacteria from lingering on our intestinal walls (Care Credit, 2020).

How to improve gut health with diet.

The food you eat can impact your gut health — in a good way and a bad way. While it's smart to consume a wide variety of foods to build a diverse gut microbiome, you can take additional steps to keep your gut health strong by including these specific types of healthy gut foods in your diet:

- **High-fiber foods**, such as fruits, vegetables, legumes and whole grains; they contain prebiotics that help increase the amount of “good” gut bacteria
- **Probiotics** — which also contain helpful gut bacteria — can be found in fermented foods and drinks, like yogurt and sauerkraut
- **Polyphenol-rich foods and drinks**, like dark chocolate, almonds, red wine and green tea or prebiotics which can encourage the growth of good gut bacteria. Below is a list of foods to reduce in your regular diet to improve gut health:

- **Refined sugars**
- **Artificial sweeteners**
- **Charred meat, processed meat and red meat**
- **Fatty foods**
- **Excess caffeine or alcohol**

What does gut health affect?

A healthy digestive system can reduce your risk of developing health issues like inflammation, certain cancers, skin disorders and autoimmune diseases. Factors beyond diet can also play a role in gut health. For instance, smoking can be harmful to gut health, while exercise and sufficient sleep can be beneficial. Even your environment, emotional stress and certain medications can play a role in gut health (Care Credit, 2020).

Making just a few minor adjustments to your diet can truly make a big change to your overall health!



Mr. Dave Milne was our first resident to try out the brand new NuStep! If you haven't had the opportunity to use it yet, stop by the Fitness Center and take a spin! It's very user friendly and as Dave says, “nice and smooth.” There is a second upgraded NuStep in hall 1 for Birchwood residents to enjoy.

About Our Hillcrest Staff

By Edis Kittrell, Activities Assistant

If you don't already like Nurse **Hannah Kline** because of her efficient, effective, and compassionate care of Birchwood residents, you'll love her when you learn of how she and her entire family is devoted to rescuing animals in need: everything from puppies and kitties, to baby bears and moose. Of course, having a dad who works for Montana State Fish Wildlife and Parks has a lot to do with it. Hannah's dad, Coy, would bring orphaned animals home to keep in the garage until they were able to go to rehabilitation. You can bet Hannah and her younger brother and sister were out there feeding the various critters carrots and lettuce leaves! Hannah and her siblings still rescue animals. She and her fiancé, Dylan, currently have Olly, a rescued beagle, whom they call "the baby."

While her dad instilled in her compassion for animals, it was her mom, Joey, who had the strongest influence on Hannah's life's path. Coy worked as a nurse, and Hannah always felt that pull. However, she first majored in Community Health at Montana State University, with a minor in Gerontology. She excelled at MSU, graduating with Honors (as well as being in the Honor Society in high school). Interestingly, it was while she was doing her undergraduate work that she discovered her true passion; she worked as a Resident Associate in Birchwood while still in college, which made her realize she did indeed want to become a nurse. Within a couple of years of graduation, she started an accelerated nursing program at the Denver College of Nursing. After achieving her certification in 2020 in only twenty months, all it took was one phone call to Head Nurse Liza to have a job once again at Birchwood, this time as a nurse. Liza was more than happy to have Hannah back on the payroll.

From the age of five, Hannah lived in Butte, spending summers at her grandmother's in eastern Montana. There, she enjoyed biking around the neighborhood with friends and siblings, and—yes—rescuing more animals. The family also enjoyed trips to the northwest of the country.

Hannah recalls that she loved going whale watching off the San Juan Islands. While she and her sister Chloe are only 22 months apart, her brother Colby is another 5 years younger.

Hannah is happy to be engaged to Dylan, a structural engineer. They've been together six years now, so his proposal to her on New Year's Eve 2020 at the Sacajawea Hotel in Three Forks was not a surprise. A small spring wedding is planned. Hannah credits the success of their relationship to having good communication. They are "good at addressing problems right away, figuring it out, and moving on." Sounds like a good skill for life in general, and for nursing in particular.

In addition to being good with people and animals, Hannah is great with plants! She has over one hundred houseplants which she collects and sells. While her grandparents are all gone, and her mother died way too young in 2012, Hannah says, "Life has given me a lot of good memories and I'm thankful for each one." She credits her friends and family for her sense of resilience, and she feels "very blessed" to carry on her mom's legacy as a nurse.



4TH OF JULY WORD SEARCH

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

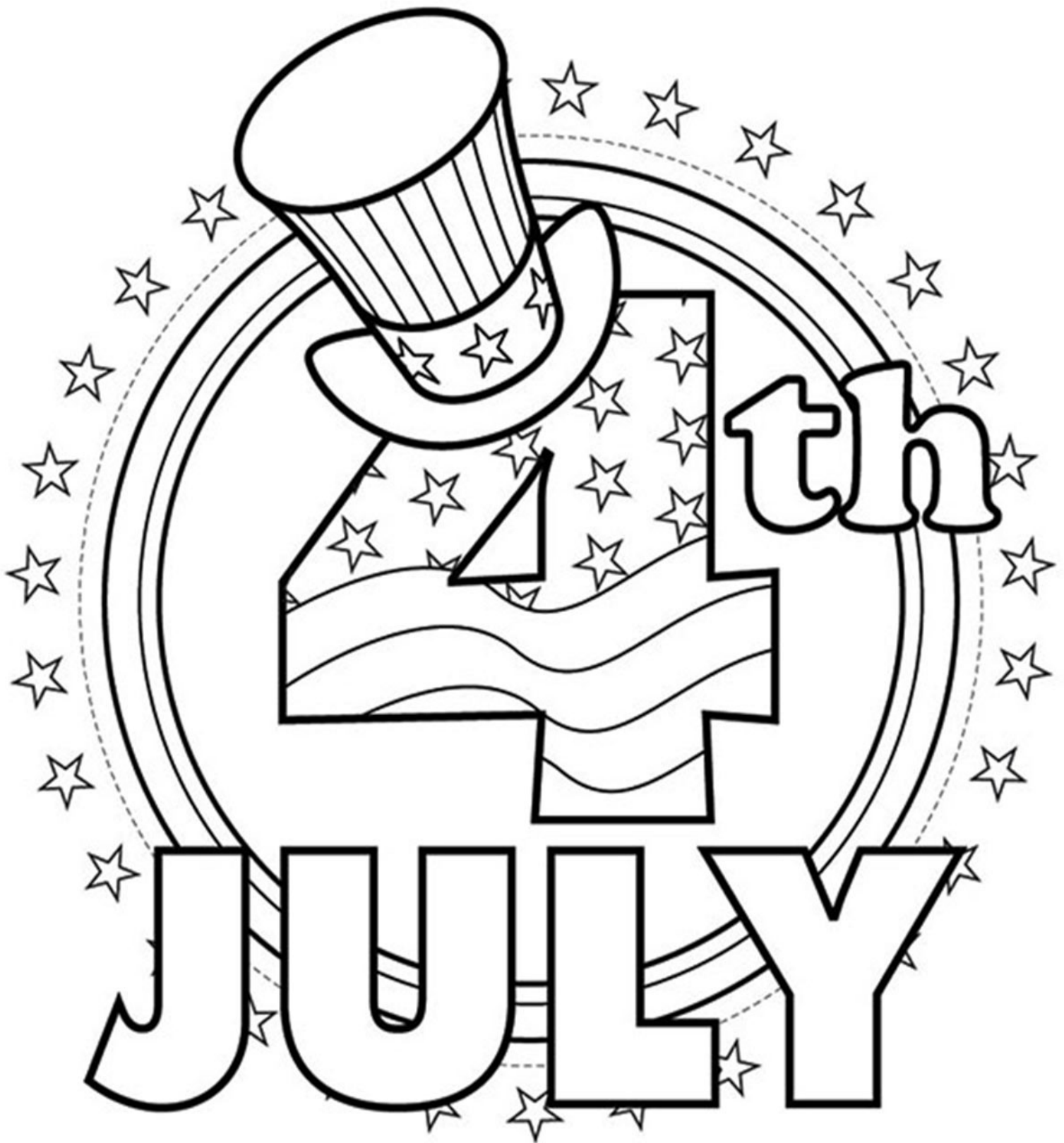
America
Blue
Britain
Celebrate
Declaration

Fireworks
Flag
Fourth
Freedom
Holiday

Independence
July
Liberty
Parade
Picnic

Red
Sparklers
Stars
Stripes
Summer

United
White



Coloring contest! Let's tap into your inner artist. When finished, cut this page out from the newsletter and submit to the front desk by Friday, July 4th. Prizes will be awarded for 1st, 2nd and 3rd place. Don't forget to write your name on the back!

