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Inside this Issue

Hillcrest Neighbors	2
Emergency Info	2
HRDC	3
Bozeman Symphony	3
Thanksgiving Poem	3
November Calendar	Center
It Happened in November	4
Spiritual Offerings	4
Baby Boy!	4
History of Thanksgiving	5
Spiritual Offerings	5
Wise & Well	6
Thank you from Pat	6

Coming up in December:

- Tree Decorating
- Christmas Stroll
- Christmas Passed App Party
- Wine & Cheese

Thank you to all residents for your participation in our exciting 2021 Active Aging Week! A week-long event like this does not happen without a lot of planning and others willing to help teach. This year we based all of our programs at Hillcrest because of the pandemic, but next year we hope to expand out into the public again for even greater active learning opportunities and fun!



Hillcrest Neighbors By Tony Garcia, Resident

Roger and Shirley are native Montanans, Roger from Red Lodge, and Shirley from Roberts, both towns at the foot of the Beartooth Mountains. It was one of the gateways to Yellowstone National Park.

Roger was raised on what was principally a sheep farm. He was very active with 4-H. He brought home several blue ribbons for his sheep. He also was awarded a trip to the national 4-H Congress in Chicago for record keeping. He graduated from high school at age

16, stayed home a year, and then went to Rocky Mountain College in Billings, where he earned a B.A. in Industrial Arts. He began teaching high school in 1955 at Rapelje, MT

In the late summer of 1955, Roger and Shirley met. Roger was working at a gas station, and Shirley was working across the street at a café. Roger would go into the café to order lunch, and you guessed, there was Shirley taking his order. It was like a scene from the movies. So, Roger then decided to ask her for a date, and, again, just like the movies, Roger took Shirley to see a movie. Neither

remembers the name of the movie. Shirley was going on to attend Billings Business College and Roger was going to Lambert, Montana, a small farming community to teach. At the end of 1957, Roger was drafted into the Army spending most of his time at Fort Carson, CO where he was a clerk typist for the military court. While on leave in 1957, Roger and Shirley were married.



Roger was discharged from the Army in 1959 and resumed his teaching career.

In 1962, son, David was born, and two years later, daughter, Shelly was born. Roger completed his Masters Degree in Vocational Education from Northern Montana University, in Havre, MT, and retired in 1988 after 34 years of teaching. Roger and Shirley then lived 7 years in Missoula, and 46 years in the Bitterroot Valley. They enjoyed many years with their grandchildren, gardening and four wheeling with friends.

They also spent 25 years wintering in Arizona, where they were active in playing golf, bean bag, and dancing.

David and his wife live in Happy Valley, OR. David recently retired from Boeing after 35 years ending his career as a Vice President. Their daughter is attending graduate school. Shelly and her husband live in Spring, TX. Her husband is an Executive with Exxon-Mobile. They have a home in Bozeman which allows them to spend time with their daughters and families and grandbabies.

Roger and Shirley took a cruise via the inside passage to Alaska, and also traveled to Hawaii, Maui, and Washington, D.C.

Their daughter found Aspen Pointe, where they moved in 2021. Introduce yourself to Roger and Shirley. They are a nice addition to the Aspen Pointe family. Be sure to congratulate them on their recent 64th wedding anniversary.

If you need immediate assistance, day or night, please call the front desk at 414-2000. In the evening, staff at Birchwood will receive the call. You may also pull your emergency cord in the bathroom and staff will respond.

In the event of a TRUE EMERGENCY always dial 911.

HRDC of Bozeman: Serving Our Community

By Chaplain Allen Jones

Kristin Hamburg, of HRDC in Bozeman, began working with HRDC in 1995. With a background in Public Relations and Marketing, Kristin moved into her role to educate the community on the mission of HRDC. She now



works in donor relations and fundraising. She will speak at **Aspen Pointe on November 8 at 3:00pm**. Kristin's long experience has given her a wealth of information and wisdom about what works in our community and how to stretch the dollars to most effectively help people.

The Sunday morning offering at chapel each week is saved up and then distributed to community agencies who are helping the people of Bozeman to live better. Recently a check for \$2,500 was given to HRDC to help support their work in this community. HRDC impacts thousands of people here in Bozeman each year and we are happy to be a part of that. Come and listen and learn about the needs of our community.

That Amazing Thanksgiving Turkey

The turkey shot out of the oven
And rocketed into the air
He knocked every plate off the table
And partly demolished the chair.

It ricocheted into a corner
And burst with deafening boom,
Then splattered all over the kitchen
Completely obscuring the room.

It stuck to the walls and windows
It totally coated the floor
There was turkey attached to the ceiling
Where there'd never been turkey before.

It blanketed every appliance,
It smeared every saucer and bowl.
There wasn't a way I could stop it,
That turkey was out of control.

I scraped and I scrubbed with displeasure
And though with chagrin as I mopped
That I'd never again stuff a turkey
With popcorn that hadn't been popped.

-Jack Prelutsky-




Bozeman Symphony

It's finally time for the Symphony!

The third concert of the season is Brahms Symphony No. 2 with guest artist Demondrae Thurman playing the euphonium.

To catch a ride on the Hillcrest shuttle, sign up at the front desk and purchase tickets for Sunday, November 21 at 2:30pm. (Minimum of 4 persons required)

Sun	Mon	Tue	Wed
	<p>1 10:00am Chair Exercise in Commons</p> <p><u>2:00pm Timely Topics in LC</u></p> <p>No Great Courses Today</p> <p><u>3:30pm Direct TV/Century Link Meeting in Commons</u></p>	<p>2 <u>9:00am Yoga in LC</u></p> <p>9:00am Shopping Bus to Walmart/Heebs</p> <p>11:15am Tai Chi in ARC</p> <p>3:30pm Singing Souls Choir in Commons</p> <p>6:30pm Bridge in FSR</p>	<p>3 10:00am Chair Exercise in Commons</p> <p>10:00am-2:00pm Spirituality</p> <p>11:15-11:45 Bookmobile</p> <p>2:00pm Catholic Communion in Chapel</p> <p><u>3:00pm Wine & Cheese</u></p>
<p>7 10:00am Worship Service in Commons</p> <p><u>2-4pm Game Time in Fireside Room</u> <u>(Bring your own games)</u></p>	<p>8 10:00am Chair Exercise in Commons</p> <p><u>2:00pm Timely Topics in LC</u></p> <p>No Great Courses Today</p> <p><u>3:00pm HRDC Presentation in the Commons</u></p>	<p>9 <u>9:00am Yoga in LC</u></p> <p>9:00am Shopping Bus to Walmart/Heebs</p> <p>11:15am Tai Chi in ARC</p> <p>3:30pm Singing Souls Choir in Commons</p> <p>6:30pm Bridge in FSR</p>	<p>10 10:00am Chair Exercise in Commons</p> <p>10:00am-2:00pm Spirituality</p> <p>2:00pm Catholic Communion in Chapel</p>
<p>14 10:00am Worship Service in Commons</p> <p><u>2-4pm Game Time in Fireside Room</u> <u>(Bring your own games)</u></p>	<p>15 10:00am Chair Exercise in Commons</p> <p><u>2:00pm Timely Topics in LC</u></p> <p>3:00pm Great Courses in Commons</p> <p><u>7:00pm Edis & Cliff in Commons</u></p>	<p>16 <u>9:00am Yoga in LC</u></p> <p>9:00am Shopping Bus to Walmart/Heebs</p> <p>11:15am Tai Chi in ARC</p> <p>3:30pm Singing Souls Choir in Commons</p> <p>6:30pm Bridge in FSR</p>	<p>17 10:00am Chair Exercise in Commons</p> <p>10:00am-2:00pm Spirituality</p> <p>11:15-11:45 Bookmobile</p> <p>2:00pm Catholic Communion in Chapel</p> <p><u>3:00pm Lutheran Communion in Chapel</u></p>
<p>21 10:00am Worship Service in Commons</p> <p><u>1:45pm Bozeman Symphony at Willson Auditorium</u></p> <p><u>2-4pm Game Time in Fireside Room</u> <u>(Bring your own games)</u></p>	<p>22 <u>Podiatry Clinic</u></p> <p>10:00am Chair Exercise in Commons</p> <p><u>2:00pm Timely Topics in LC</u></p> <p>3:00pm Great Courses in Commons</p>	<p>23 <u>9:00am Yoga in LC</u></p> <p>9:00am Shopping Bus to Walmart/Heebs</p> <p>11:15am Tai Chi in ARC</p> <p>3:30pm Singing Souls Choir in Commons</p> <p>6:30pm Bridge in FSR</p>	<p>24 10:00am Chair Exercise in Commons</p> <p>10:00am-2:00pm Spirituality</p> <p>2:00pm Catholic Communion in Chapel</p>
<p>28 10:00am Worship Service in Commons</p> <p><u>2-4pm Game Time in Fireside Room</u> <u>(Bring your own games)</u></p>	<p>29 10:00am Chair Exercise in Commons</p> <p><u>2:00pm Timely Topics in LC</u></p> <p>3:00pm Great Courses in Commons</p>	<p>30 <u>9:00am Yoga in LC</u></p> <p>9:00am Shopping Bus to Walmart/Heebs</p> <p>11:15am Tai Chi in ARC</p> <p>3:30pm Singing Souls Choir in Commons</p> <p>6:30pm Bridge in FSR</p>	

	Thu	Fri	Sat	
<p>Exercise in Commons</p> <p>Nail Care</p> <p>in Front Loop</p> <p>Communion in AP</p> <p>Exercise in Commons</p>	<p>4 <u>9:00am Yoga in LC</u></p> <p>9:00am Shopping at Town & Country</p> <p>9:30am-12 Nail Care 3rd Flr A-Wing Lounge</p> <p>10:30-12pm Wii Bowling in Commons</p> <p>3:00pm Knit & Stitch AP Fireside</p> <p>3-4:00pm Beer:30 in FSR</p>	<p>5 10:00am Chair Exercise in Commons</p> <p>1:30pm Cribbage in FSR</p> <p>1:30pm Bingo in ARC</p> <p><u>2:00pm Travel Through Italy with Michael P in Commons</u></p> <p><u>7:45pm Stefan Stern (pianist) & Peter Landeen (cellist) in Commons</u></p>	<p>6</p> <p>2:00pm Movie in Commons</p>	
<p>Exercise in Commons</p> <p>Nail Care</p> <p>Communion in AP</p>	<p>11 <u>9:00am Yoga in LC</u></p> <p>9:00am Shopping at Town & Country</p> <p><u>9:00am Resident Council Mtg in FSR</u></p> <p>NO NAIL CARE TODAY</p> <p><u>10:15am Veteran's Day Program in Commons</u></p> <p>NO WII BOWLING TODAY</p> <p>3:00pm Knit & Stitch AP Fireside</p> <p>3-4:00pm Beer:30 in FSR</p>	 <p>VETERANS DAY</p>	<p>12</p> <p>10:00am Chair Exercise in Commons</p> <p>1:30pm Cribbage in FSR</p> <p>1:30pm Bingo in ARC</p> <p><u>3:30pm "Rise Up" Presentation & Class in Commons</u></p>	<p>13</p> <p>2:00pm Movie in Commons</p>
<p>Exercise in Commons</p> <p>Nail Care</p> <p>in Front Loop</p> <p>Communion in AP</p> <p>Communion in</p>	<p>18 <u>9:00am Yoga in LC</u></p> <p>9:00am Shopping at Town & Country</p> <p>9:30am-12 Nail Care 3rd Flr A-Wing Lounge</p> <p>10:30-12pm Wii Bowling in Commons</p> <p>3:00pm Knit & Stitch AP Fireside</p> <p>3-4:00pm Beer:30 in FSR</p>	<p>19 10:00am Chair Exercise in Commons</p> <p>1:30pm Cribbage in FSR</p> <p>1:30pm Bingo in ARC</p> <p><u>3:30pm "Rise Up" Class in Commons</u></p>	<p>20</p> <p>2:00pm Movie in Commons</p>	
<p>Exercise in Commons</p> <p>Nail Care</p> <p>Communion in AP</p>	<p>25 <u>9:00am Yoga in LC</u></p> <p>9:00am Shopping at Town & Country</p> <p>9:30am-12 Nail Care 3rd Flr A-Wing Lounge</p> <p>10:30-12pm Wii Bowling in Commons</p> <p>3:00pm Knit & Stitch AP Fireside</p> <p>3-4:00pm Beer:30 in FSR</p> <p>No Shuttle Service Today</p> <p>Birthday Night</p>	<p>26 10:00am Chair Exercise in Commons</p> <p>1:30pm Cribbage in FSR</p> <p>1:30pm Bingo in ARC</p> <p><u>3:30pm "Rise Up" Class in Commons</u></p> <p>No Shuttle Service Today</p>	<p>27</p> <p>2:00pm Movie in Commons</p>	

November 2021



Aspen Pointe

Abbreviations:

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

It Happened in November

By Tony Garcia, Resident

Nov 1: The Stamp Act goes into effect in 1765. John Adams becomes the first President to move into the White House in 1800.

Nov 4: Iranians seize the U.S. Embassy in Teheran in 1979.

Nov 6: Lincoln defeats three other candidates to become the 16th President of the U.S. in 1860.

Nov 7: Jeanette Rankin becomes the first woman elected to the U.S. Congress in 1916.

Nov 9: A massive blackout left most of the northeast without power for nearly 14 hours in 1965.

Nov 10: Continental Congress founds the U.S. Marine Corps in 1775.

Nov 11: France, Britain and Germany met in a railroad car to sign the Armistice which became Veterans Day in 1918.

Nov 12: Ellis Island closes after processing 12 million immigrants in 1954.

Nov 13: The Vietnam Wall War Memorial is dedicated in 1982.

Nov 14: Herman Melville's novel Moby Dick is published on 1851.

Nov 16: The Santa Fe Trail opens as William Becknell arrives in Santa Fe from Independence, MO in 1821.

Nov 17: Congress convenes for the first time in the partially completed Capitol Building in 1800.

Nov 19: President Abraham Lincoln delivers his Gettysburg Address in 1863.

Nov 20: The Nantucket whaler Essex is attacked and sunk by a sperm whale in the South Pacific in 1820.

Nov 21: Pilgrims arrived at Cape Cod aboard the Mayflower and agree to the Mayflower Compact in 1820.

Nov 22: President Kennedy was assassinated in Dallas in 1963.

Nov 26: President George Washington proclaims this day a national day of thanksgiving in 1789.

Nov 27: The first Macy's Thanksgiving Day Parade in New York in 1924.

Nov 28: The first B-24 bomber rolled off the production line at Ford Motor Co. at Willow Run Michigan in 1942.

November

Birthdays

Stafford Hall	11/1
Mary Ricks	11/3
Betty Larson	11/8
Kay Reilly	11/11
Penny Fedro	11/12
Harper Bohr	11/13
Jeannie Haight	11/13
Mary Urban	11/15
Leo Atchison	11/26
Amy Black	11/27
Joyce Sandquist	11/28
Mary Hohne	11/28
Patty Dolecek	11/28

Baby Boy for Natalie!

In 2017, former resident Kate Evans and staff, Natalie Keim, had the idea to begin a staff article in the Hillcrest newsletter. "We thought it was a great way for residents to learn more about the



staff. When Kate interviewed me for her article I was excited to share the experiences I had before coming to Hillcrest but I was especially excited to share the news Nolan and I were expecting our first child. To keep with tradition Nolan Harper and I are happy to share we expect a baby boy in February 2022!"

History of Thanksgiving

By Tony Garcia, Resident

Remember how great it was celebrating Thanksgiving with you family when you were a child? The sounds of your family’s voices, their laughs, and the turkey with all the trimmings? And watching the Macy’s Thanksgiving Day Parade? It wasn’t that way for some of you who grew up in far off countries, some even during the war. Where did Thanksgiving come from?

History tells of an annual celebration of the harvest in ancient times. The Egyptians, Greeks and Romans feasted and paid tribute to their gods after the fall harvest. Thanksgiving also bares a resemblance to the ancient Jewish harvest festival called Sukkot. Historians tell of American Indians celebrating the fall harvest long before Europeans arrived.

Here, in the new world, Thanksgiving began in November 1621. Here’s what happened.

In September 1620, 102 Pilgrims left Plymouth, England on a small ship called the Mayflower and headed for the entrance to the Hudson River. They were seeking refuge where they could practice their religion. After 66 days of a cold crossing, they dropped anchor at what they named Provincetown, Cape Cod, far north of their intended destination. A month later, they crossed the bay to the north and landed at what they named Plymouth. That winter was brutal. The pilgrims stayed aboard ship but only half survived, due to disease and scurvy. In the spring of 1621, they moved ashore where they were greeted by Indians. One of them, Squanto, spoke English. He had been kidnapped by an English Sea Captain and taken to England, but returned to his home.

Squanto taught the pilgrims how to grow corn, extract sap from maple trees, catch fish and avoid poisonous plants. In 1621, the pilgrim hunters killed four deer and some fowl. There feast was shared with 90 Indians and lasted for days.

During the American Revolution the Continental Congress designated one or more days of thanksgiving a year. After the winter in 1789, at Valley Forge, George Washington issued a procla-

mation asking his troops to express their gratitude for making it through winter, and a happy conclusion of the war.

In 1817, New York became the first of several states to officially adopt an annual Thanksgiving holiday.

In 1827, a woman, named Sarah Josepha Hale, known as the Mother of Thanksgiving, published editorials, wrote letters to governors, senators, and presidents for 36 years to have a national holiday of Thanksgiving. In 1863, President Abraham Lincoln in the height of the Civil War answered her plea. He proclaimed Thanksgiving as the last Thursday of November.

Finally, in 1941, President FDR signed a bill making Thanksgiving the fourth Thursday of November.

Today, the Thanksgiving celebration centers on cooking and sharing a bountiful meal with family and friends. Turkey, a Thanksgiving staple, has become symbolic with the holiday. The turkey includes stuffing, mashed potatoes, cranberry sauce and pumpkin pie. It is probably a lot better than that inaugural feast of 1621

Whatever it is to you, enjoy it and by all means thank God for all you have, thank God for your liberty, and thank God for your wonderful traditions.

Spiritual Offerings

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

November 7 November 14

November 21 November 28

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.

Wise & Well: Knees

By Nick Valera, Exercise Specialist/Activity Assistant

This month we are talking about knees and how to keep them healthy as we age. They are probably that joint that aches and creaks the most, especially after sitting or lying down for a long time. The knee is a hinge joint formed between the femur and the tibia with the patella on top, which is a small piece of bone surrounded by cartilage which helps protect the joint. Being a hinge joint just means it can only bend in 1 plane of motion, unlike the hips which we discussed last month. Between the hamstrings (3 muscles on the backside), quadriceps (4 muscles on the front side), 4 major ligaments all around the knee, and even more muscles below the knee.

But why are they so important? Did you know every time you take a step your knee joint is one of the hardest working structures to keep you from falling down? Whether it is walking, running, or going up stairs, your knees and the surrounding supportive muscles and ligaments make that happen. When you swing 1 leg to take a step, the knee bends to pick your foot up off the ground before making a step which decreases our risk of tripping. The other knee works to stabilize as all weight is placed upon it during our step. If there is too much weight, the knee may buckle. If there are any other directional forces we may have to overcome, the muscles and ligaments work together to stabilize that hinge joint so that the knee and our body weight stay balanced.

Some common issues that we may run into with knee pain are **osteoarthritis (OA)** and rheumatoid **arthritis (RA)**. This is degenerative and autoimmune disease that causes pain as the cartilage and fluid in the joint gradually wear away. Another common issue is **tendonitis**, which is irritation or inflammation of the tendon. The problem as we get older is we stop doing things that make this joint healthy. There is synovial fluid

and cartilage surrounding the joint, allowing for movement without pain. Movement, especially under load/resistance will help secrete synovial fluid into the area lubricating the joints. This will keep the cartilage healthy and reduce the amount of friction when bending your knee. The ligaments can also benefit greatly from this as they get the necessary blood supply from stress placed upon it during exercise. But I must add that the more range of motion we are able to achieve, the healthier the response is on our knees. It will promote better blood flow and nutrient delivery to the deeper tissues within the joint. Know that if you already have some of these issues you can still work towards improvement!

There are a couple basic exercises to do in order to build up the strength and work towards a healthier knee joint. The first one is available in the fitness center, it's the leg press machine. This is great because no matter what strength level you may be at, you can use this machine. As you press your legs out against the weight, you are using muscles from your hips and knees to extend your legs. As you lower it back, those same muscles have to control that weight as its lowered back down. Another great thing about this machine is that you can use 2 legs or just 1 at a time.

Lastly, an exercise that is great for the knees is a squat. Standing up out of a chair is a squat position. The lower we are able to bring our back side down during a squat, the better. This means our knees are going through the full range of motion. As you squat low, the muscles of your knees are controlling you so you don't lose balance and fall before standing up. As we age, we stop moving through some of these end ranges of motion and this leads to the pain, stiffness, and other potential knee issues later in life. The good news is, the muscle and ligament tissue is trainable. No matter where you currently are, it can get better!

Dear Friends and Neighbors,

Many, many thanks for honoring me with your presence, good wishes and lovely cards at my 90th birthday party. It is my great privilege to have met and gotten to know so many wonderful people. I hope to celebrate with you again for my 100th!

-Pat Oriet