



# Crest Lines

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Helena Trip	
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Podiatry Clinics	



## Thoughts from Senior Services

by Rachel Clemens, Director of Senior Services

Every year in May we distribute a Resident Satisfaction Survey to Hillcrest residents and Birchwood resident family members to evaluate services we provide. Our goal is to do what is best for our residents. This year's survey results will be unique, yet very valuable during these unprecedented times with fluctuating transmission of COVID and staffing shortages nationwide. It is important to survey how a team functions and how the services we provide are received even at times like these.

Following are the 2022 Resident Satisfaction Survey Results. This year's results are calculated based on 71 respondents including Aspen Pointe residents, Birchwood residents, and Birchwood resident family members. This is a response rate of 48%.

**I would recommend Hillcrest to others.**

YES	100%	NO	0%
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**Hillcrest Staff show care and compassion when providing services.**

YES	99%	NO	1%
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**Culinary Service Staff provided the services you expect at mealtimes.**

YES	100%	NO	0%
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**Maintenance Staff responded to work orders in a timely manner.**

YES	97%	NO	3%
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**Housekeeping Staff provided the services you expect.**

YES	99%	NO	1%
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**Activity Staff provided programs that meet your expectations.**

YES	96%	NO	4%
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**Transportation Staff provided the services you expect.**

YES	100%	NO	0%
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**Our Aspen Pointe Front Desk Receptionists provide service with friendliness and respect.**

YES	99%	NO	1%
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**Resident Associates provided the services you expect. (Birchwood only)**

YES	100%	NO	0%
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**Resident Associates responded to calls promptly. (Birchwood only)**

YES	80%	NO	20%
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I have to acknowledge all employees of Hillcrest. A place like this does not run effectively unless it has a true team, working together across departments to provide the best services and care possible. The Hillcrest leaders and employees have proven themselves as problem solvers that are driven to compassionately deliver the best care for each resident. I commend all employees of Hillcrest for their dedication and hard work!



## Hillcrest Neighbors

By Tony Garcia, Resident

**Bob Sain** moved to Aspen Pointe on October 7, 2021. Bob was born in Memphis in 1942. He is the oldest of four siblings. Today, Bob has a sister in Memphis and a brother in Sarasota, FL.

Bob went to school to 9<sup>th</sup> grade. He won a Scripts Howard paperboy scholarship and attended Philips Exeter Academy in New Hampshire for his last three years of high school. At 107 pounds, he was a coxswain for a boat in his first year.

Tulane University in New Orleans became his undergraduate choice. He was a pre-med student and earned a Bachelor's degree in English. Bob trained in medicine at the University of Tennessee Medical Units in Memphis. After he received his M.D. Bob trained for five years in surgery in Atlanta, GA.

He met and married his wife, Suzanne, while there. Bob then served two years as Base Surgeon at the Marine Air Station at Cherry Point, NC. Bob was then age 33, and entered into a private practice in Knoxville, TN. He and his wife, Suzanne had two baby boys by now.

One of his practice highlights was performing the laparoscopic gall bladder removal in East Tennessee. This type of surgery greatly reduced pain and patients went home after one day in the hospital.

Bob had to retire after 26 years in practice. After retiring he enjoyed tennis and golf. He also played competitive bridge and continues to be a lover of good wines.

He and Suzanne traveled to Europe, and loved the Caribbean and enjoyed 35 years of marriage.

Look for Bob in the Fireside Room. He is a real gentleman, very nice to talk with.



## About Our Hillcrest Staff

By Edis Kittrell, Activities Assistant

Meet **Lacey Allen**, our new hair stylist in the Hillcrest salon. Lacey grew up south of Bozeman, right next door to her beloved grandparents, Sam and Barb Gianfrancisco. She and her two siblings enjoyed playing on the neighboring LaPlante farm. She attended Whittier Elementary School where, she says, her favorite subjects were art and lunch! She graduated from Bozeman High School in 2008. Lacey was a Bozeman Hawks cheerleader for four years, including two years on the Varsity Squad. She also played the violin for six years! Lacey is proud to share that she is a fourth generation Bozeman resident.

She attended the Academy of Cosmetology here in Bozeman, graduating in 2010. She enjoyed working as a stylist in the mall and at a spa in town, offering all hair services. Since marriage and motherhood, she has held a variety of other positions, including co-owning a daycare and a cleaning business, and working at the airport. She currently works full time for HRDC as the Galavan/Streamline dispatcher, serving the disabled and elderly community by providing rides for medical trips, meals, and any other needs around town. She has started working at the Hillcrest Salon on Fridays, which is her very favorite thing.

When not working, she enjoys camping with her family, especially at Canyon Ferry Lake. This summer, she will celebrate her twelve year wedding anniversary with her high school sweetheart, Matt Allen. They have two "amazing" kids: eight-year-old Aubrey, and Colt, almost six. Lacey adds, her family "motivates and inspires" her. Lacey considers herself a "people person" who enjoys meeting new people and hearing their stories. She says, "I look forward to being a part of a great place {Hillcrest} and providing hair services to many new faces!" She is also happy to share that her great-grandma Dorothy Gardner lived at Aspen Pointe many years ago. You are sure to enjoy having your hair styled with Lacey; her generous smile and upbeat personality will make the experience most delightful.

(picture on page 3)

# Bridger View Salon Grand Re-Opening!!

After many years of planning and several more months waiting for materials, the new improved Bridger View Salon is ready for clients!

Inside you will find a previously remodeled room where Shelli Collins provides manicures and pedicures using our new comfortable leather massage chair. The main room has new flooring, paint, cupboards, sinks, counters, chairs for easier client access, mirrors, lighting and a dryer that rolls right to your seat, so no getting out of your chair to dry your hair!

Also inside you will notice a new face. Lacey Allen, beautician, hired to replace Suzie, who retired several weeks ago, will now be available for appointments on Fridays. Read all about her in the Hillcrest Staff article on the previous page. Toby Petersen will continue to join Lacey a couple days a week as appointments fill up.

Special thank you to Linda Jo Simkins for the planning and decorating of this new beautiful salon space.



Main Room of Salon



Shelli Collins in New Pedicure Chair



Lacey Allen and Toby Petersen



Waiting Area in Main Room

To book your appointment for any hair or nail needs call: Salon Main Line: 406-414-2026

Lacey Allen:406-599-1176 (hair) Toby Petersen:406-209-2015 (hair) Shelli Collins:406-539-2934 (nails)

## BBQ's ARE BACK!

We encourage all residents and staff to participate in wearing/following our theme of the week on BBQ Wednesdays!

June 1-Hat Day \* June 8-Western Day \* June 15-Favorite Team Day \* June 29-1980's Day

Sun	Mon	Tue	Wed
 <h1 style="font-size: 4em; color: black; text-decoration: none;">June 2022</h1>			<b>1</b> 10:00am Chair Exercise in Commons 2:00pm Catholic Rosary Chapel <b>NO CATHOLIC MASS TODAY</b> <b>3:00 "About Aging" Presentation in AP Commons presented by Bob Flaherty</b>
<b>5</b> 10:00am Worship Service in Commons <u>2:00pm Bingo in ARC</u>	<b>6</b> 10:00am Chair Exercise in Commons 2:00pm Timely Topics in ARC <b>3:00pm Open Door Theatre Bickerson's Show in Commons</b> <i>*Start counting your steps at NOON for Spring into Motion*</i>	<b>7</b> 9:00am Yoga in LC 9:00am Shopping Bus to Walmart/Town & Country <u>9:00am Hike at Burke Park Loop</u> <b>NO TAI CHI TODAY</b> 2:00pm Tripoley Game in ARC <b>NO CHOIR TODAY</b> 6:30pm Bridge in FSR	<b>8</b> 10:00am Chair Exercise in Commons <u>1-3:00pm Technology Support in Library (Sign up at front desk)</u> 2:00pm Catholic Rosary/Communion in AP Chapel <b>3:00pm Book Club in A-1 3rd Floor Lounge</b>
<b>12</b> 10:00am Worship Service in Commons <u>2:00pm Bingo in ARC</u> <b>3:00pm Connie Haas 90th Birthday Party in Commons</b>	<b>13</b> 10:00am Chair Exercise in Commons 2:00pm Timely Topics in ARC <b>3:30pm Creative Minds in ARC</b> <b>7:00pm Cliff &amp; Edis in Commons (guitar &amp; piano)</b>	<b>14</b> 9:00am Yoga in LC 9:00am Shopping Bus to Walmart/Town & Country <u>9:00am Hike at Glen Lake Loop</u> 11:15am Tai Chi in ARC 2:00pm Tripoley Game in ARC 3:30pm Singing Souls Choir in Commons 6:30pm Bridge in FSR	<b>15</b> 10:00am Chair Exercise in Commons <b>11:30-12:15 Bookmobile (parking lot &amp; AP lobby)</b> <u>1-3:00pm Technology Support in Library (Sign up at front desk)</u> 2:00pm Catholic Rosary/Communion in AP Chapel <b>3:00pm Lutheran Communion in Chapel</b>
<b>19</b> 10:00am Worship Service in Commons <span style="color: green; font-weight: bold;">BBQ</span> <u>2:00pm Bingo in ARC</u> 	<b>20</b> 10:00am Chair Exercise in Commons 2:00pm Timely Topics in ARC <b>8:15am-4:30pm Butte History Trip (trolley tour and lunch)</b>	<b>21</b> 9:00am Yoga in LC 9:00am Shopping Bus to Walmart/Town & Country <u>9:00am Hike at Bridger Creek Trail</u> 11:15am Tai Chi in ARC 2:00pm Tripoley Game in ARC <b>NO CHOIR TODAY</b> 6:30pm Bridge in FSR	<b>22</b> 10:00am Chair Exercise in Commons <u>1-3:00pm Technology Support in Library (Sign up at front desk)</u> 2:00pm Catholic Rosary/Communion in AP Chapel <b>3:15pm Nature Walk led by Bill Edwards</b>
<b>26</b> 10:00am Worship Service in Commons <u>2:00pm Bingo in ARC</u>	<b>27</b> 10:00am Chair Exercise in Commons 2:00pm Timely Topics in ARC <b>3:30pm Creative Minds in ARC</b> <i>*Stop counting your steps today at NOON for Spring into Motion*</i>	<b>28</b> 9:00am Yoga in LC 9:00am Shopping Bus to Walmart/Town & Country <u>9:00am Hike at Sourdough Trail</u> 11:15am Tai Chi in ARC 2:00pm Tripoley Game in ARC <b>NO CHOIR TODAY</b> 6:30pm Bridge in FSR	<b>29</b> 10:00am Chair Exercise in Commons <b>11:30-12:15 Bookmobile (parking lot &amp; AP lobby)</b> <u>1-3:00pm Technology Support in Library (Sign up at front desk)</u> 2:00pm Catholic Rosary/Communion in AP Chapel

	Thu	Fri	Sat
<b>BBQ</b> <b>AP</b> <b>WEDNESDAY</b> <b>Entertainment presented</b>	<b>2</b> 9:00am Yoga in LC 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10:30-12pm Wii Bowling in Commons 1:30pm Shopping Bus to Target/Costco 3-4:00pm Gentlemen's Beer:30 in FSR	<b>3</b> <u>9:30am Spring into Motion Kick-Off meeting in Commons</u> 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR	<b>4</b> 2:00pm Movie in Commons <u>3:30-4:30pm Ladies Wine Gathering in FSR</u>
<b>BBQ</b> <b>Support Center</b> <b>Level 3 Wing</b>	<b>9</b> 9:00am Yoga in LC 9:30am-12 Nail Care 3rd Flr A-Wing Lounge <u>10:00am Resident Council Mtg in ARC</u> 10:30-12pm Wii Bowling in Commons 1:30pm Shopping Bus to Target/Costco 3-4:00pm Gentlemen's Beer:30 in FSR	<b>10</b> 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR <u>3:00pm Candy Kraft Comedy Show in Commons</u>	<b>11</b> 2:00pm Movie in Commons <u>3:30-4:30pm Ladies Wine Gathering in FSR</u>
<b>BBQ</b> <b>Support Center</b> <b>Level 3 Union</b>	<b>16</b> 9:00am Yoga in LC <u>9:00am Garden Clean Up Day (sign up at the front desk)</u> 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10:30-12pm Wii Bowling in Commons 1:30pm Shopping Bus to Target/Costco 3-4:00pm Gentlemen's Beer:30 in FSR	<b>17</b> 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR <u>3:00pm Documentary "My Octopus Teacher" in Commons</u>	<b>18</b> 2:00pm Movie in Commons <u>3:30-4:30pm Ladies Wine Gathering in FSR</u>
<b>BBQ</b> <b>Support Center</b> <b>Level 3</b> <b>led by</b>	<b>23</b> 9:00am Yoga in LC 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10:30-12pm Wii Bowling in Commons 1:30pm Shopping Bus to Target/Costco 3-4:00pm Gentlemen's Beer:30 in FSR <u>7:00pm Cliff DeManty on Piano in Commons</u>	<b>24</b> 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR	<b>25</b> 2:00pm Movie in Commons <u>3:30-4:30pm Ladies Wine Gathering in FSR</u>
<b>BBQ</b> <b>Support Center</b> <b>Level 3</b>	<b>30</b> 9:00am Yoga in LC <b>Birthday Night</b> <u>9:00am Garden Clean Up Day (sign up at the front desk)</u> 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10:30-12pm Wii Bowling in Commons 1:30pm Shopping Bus to Target/Costco <b>NO BEER:30 TODAY</b> <u>3:00pm "Victrola Voilà!" Band &amp; Dance in Commons (Swing Music)</u>	 Aspen Pointe  <b>Abbreviations:</b> <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	

## Program Calendar Descriptions

**6/3 Spring into Motion:** Every June Hillcrest residents and staff participate in this fun walking program. Come to the meeting on June 3 along with your pedometer and let's get movin! Sign up at the front desk from May 27– June 3.

**6/6 Open Door Theatre:** Our own Valerie Watson, who leads Tai Chi, will perform with her theatre group in the Commons at 3pm. You won't want to miss their program based on an old radio show called, "The Bickerson's."

**6/7,14,21 & 28 Technology Support:** Bella Childre has volunteered to offer technology support to residents on Wednesdays from 1-3pm in the library. Please sign up at the front desk and bring your device (phone, laptop, Ipad) with you.

**6/10 Candy Kraft Comedy:** Candy visited Hillcrest two years ago and tickled our funny bones with her hilarious stories. Join her again in the Commons at 3pm for more fun!

**6/17 My Octopus Teacher:** Documents a year spent by filmmaker Craig Foster forging a relationship with a wild common octopus in a South African kelp forest. Showing at 3pm in Commons.

**6/20 Butte Trip:** Our trip to Butte will start with a trolley ride history tour and end with lunch at the famous Metal's Bank, now bar and restaurant. Sign up at the front desk. Cost is \$20/person.

## Spiritual Offerings

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

June 5 (Allen)      June 12 (Allen)

June 19 (Allen-Father's Day)      June 26 (Melissa)

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

**Bible Circle:** Birchwood Activity Room at 10:00am on Thursdays.

**Prayers for Ukraine:** Aspen Pointe Chapel every Wednesday at 6:30pm.

## It Happened in June

By Tony Garcia, Resident

**1215** The Magna Carta set British liberties becoming the foundation of modern democracies, June 1.

**1774** Britain closes the port of Boston in response to Boston Tea Party, June 1.

**1775** Flag Day-Birthday of the U.S. Army, June 14.

**1778** Washington leads troops from Valley Forge, retrained and eager to fight, June 20.

**1812** U.S. declares war against Britain, June 18.

**1876** General Custer and his 250 soldiers are killed after attacking about 3000 Sioux, June 25.

**1884** The first American roller coaster opens at Coney Island, Brooklyn, NY, June 4.

**1914** Austrian Archduke Ferdinand and wife were assassinated by a Serb, triggering WWI, June 28.

**1919** Treaty of Versailles officially ends WWI, June 28.

**1924** Congress grants U.S. citizenship to American Indians.

**1944** D-Day, began WWII in Europe to liberate Western Europe, June 6. It worked!

**1945** U.N. charter signed by 50 nations, June 26

**1948** Columbia Records unveils the first 33 1/3 "LP" phonograph records, June 18.

**1950** Soviet tanks rolled into South Korea starting Korean War, June 25.

**1951** Univac 1, the world's first commercial electronic computer, began at U.S. Census Department, June 6.

**1954** President Eisenhower signs bill adding "Under God" to the Pledge of Allegiance, June 14.

**1948** Texaco Star Theater begins first TV hit show, starring Milton Berle, June 8.

**1973** Secretariat wins Triple Crown at Belmont by 31 lengths, June 9.

**1997** British gave Hong Kong to the People's Republic of China.

**2019** U.S. Women's Soccer Team won the World Cup, June 7.

**2019** Over 1 million protest for months over China's extradition law of Hong Kong citizens, June 9.

**2020** Thousands ignore ban on celebration of Tiananmen Square Massacre, June 4.

## Wise & Well: Alzheimer's & Brain Awareness

By Nick Valera, Exercise Specialist/Activity Assistant

June is a great month! Summer is here and the days are long. For me, those summer days bring back memories of long weekends at the baseball fields, wakeboarding at the lake, and playing in the streets until dark. We all have some great memories and experiences, and like you, I would like to remember them until the day I die. We're talking about our memories because June is Alzheimer's and Brain Awareness month. And I'm sure you have heard, but our brain is kind of important. If there is damage to your brain, it will most likely have a dramatic effect on your lifestyle possibly affecting speech, memory, and physical ability. Some damage to the brain can be caused by physical injury ("wear your helmet, kids!"), but some damage cannot be fully explained. Dementia is an umbrella term covering 9 different types of brain disease, 1 of them being Alzheimer's. It is arguably the worst types having no known cause or cure and does tremendous damage. Those diagnosed with Alzheimer's and other brain illnesses often do not get better, but plenty of research and help is out there.

The Alzheimer's Association was founded in 1980 with a vision that inspires them to this day, "A world without Alzheimer's and all other dementia". The organization collects money throughout the year and disperses its back into the community to help those struggling with Alzheimer's and other dementia symptoms. They do research for treatments, give money to families be put towards care and support, as well as awareness and advocacy programs. Last year in 2021 the organization reported contributing more than \$384 million towards the cause. That is so im-

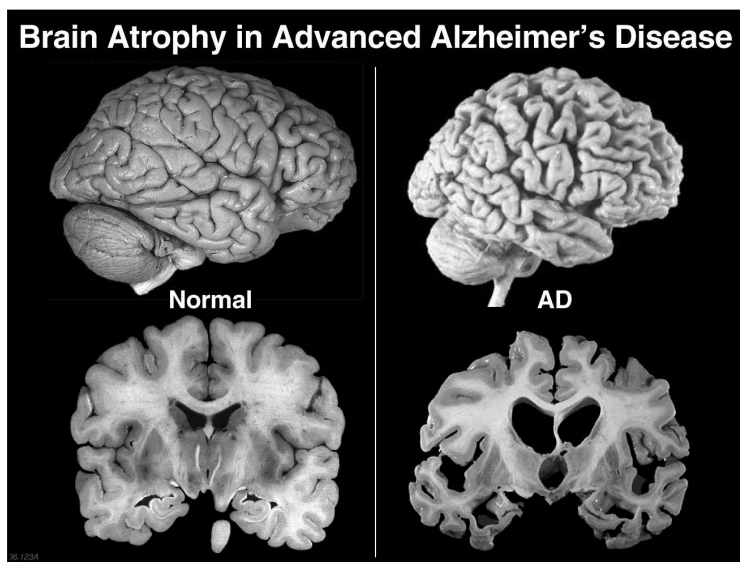
portant because not all families have the funds for care, and it is desperately needed for the individual and their families as the diagnosed person slowly loses their ability to function or even perform basic everyday activities.

Inside the brain there are a countless number of neurons that then connect through the spinal cord to reach the rest of the body. With every section of the brain responsible for different func-

tions, damage to certain aspects of the brain will affect those functions. As we talked about earlier, I want to keep all my memories until I die, but for those with Alzheimer's that may not be the case. Unfortunately the disease seems to start in the hippocampus, which is the memory center for the brain. As the disease worsens, the neurons in the brain start to die. Memories

and the knowledge of how to do certain tasks or skills then seem to fade away. The progression of this disease leaves the brain looking picked apart and empty. There are seven categories used to describe someone's state. Usually it is diagnosed by a neurologist and medication is started between stages 2 and 3. Most are still cognitively strong enough to fool people into stage 4, but by stage 5 there is too much brain loss and assistance may be needed for everyday tasks. By stage 7, the person is bedbound.

No there is no cure, and that is very unfortunate. But there have been lifestyle changes that have been shown to slow the inevitable decline that this disease causes. Whether we have some form of dementia or not, I think we can all benefit from these. Multiple studies have suggested that healthy lifestyle choices such as eating a healthy diet, not smoking, regular exercise, and cognitive stimulation may decrease the risk of



Continued page 8

## Department Updates

### MARKETING—Linda Jo Simkins

Welcome to our new residents:

Celia O'Connor A304

Dale & Norma Figgins B311

### CULINARY—Tina Stensrud

Welcome to our new staff:

Hannah Topping—Baker/Salad Prep

Rimma Zaporoshchenko—Salad Prep

Paula Diaz—Server/Steward

Hailee Lindemulder—Server/Steward



Helen Gianas 6/01

Clint Frazee 6/04

Connie Haas 6/12

Lorraine Deming 6/15

Michaela Shyne 6/15

Will Price 6/26

Patrick Hemingway 6/28

### Wise & Well from page 7

cognitive decline and dementia. The biggest highlight is maintaining regular cognitive stimulation. It is so important to use those neuron connections as much as possible. Keep them firing and operating normally through games, conversation, practicing old skills, learning new skills, and making your brain as strong as possible.

Lastly, there are plenty of ways to learn more about this disease. The Alzheimer's Association website is full of information and resources. There are also ways to get involved as a research participant. More information can be retrieved from these 2 separate avenues, [Trial-Match@alz.org](mailto:Trial-Match@alz.org) or <https://www.alzheimers.gov/clinical-trials>.

## The Flowers that Bloom in the Spring, Tra La

By Bill Edwards, Resident

One of the flowers in bloom now, in fact, blooming every month of the year, is the dandelion. Not that the snow is mostly gone, at the lower elevations their yellow sunshine blossoms bedeck the lawns of the area.

**“Though much malign is the dandelion, it’s really quite good to eat. I’ve tasted its wine and it’s mighty fine, and its flower is kind of neat.”**

Originally from Eurasia, dandelions now grow almost everywhere. The word dandelion means, or is derived from, the jagged shape of the leaf that looks like the tooth of a lion. Although every part of the dandelion plant is edible, the leaves are usually harvested in early spring when they are not as bitter.



Crocus, in various colors of purple, yellow, lavender, cream and white are also harbingers of spring. They are also native to Eurasia. Reproduction in crocus mostly occurs by off shoots from a corm, though seed may be produced and used. Every part of the crocus plant is poisonous!

Daffodils, which are also poisonous, are likewise a part of the spring flowering flora. They are native to western Europe, Sweden to England, Spain and Austria.

**“I wandered lonely as a cloud,  
That floats on high O'er vales and hills,  
When all at once I saw a crowd,  
A host of golden daffodils:  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze.”**

~William Wordsworth