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Bozeman, MT 59718

PLACE
STAMP
HERE



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MSU Basketball Game

Our mission is to create and sustain comfortable, caring environments for those who depend on us.

Bozeman Lodge News

Bozeman Lodge Independent & Assisted Living Newsletter— February 2016



Line Dancing Class!



Heart Health Month



Five Steps to a Healthy Heart

It's all coming up hearts this February, but not just in preparation for Cupid's arrival. In efforts to raise awareness about the importance of heart health, February has been designated National Heart Health Month. Heart disease remains a paramount concern, and leading reason of death, for people aged 65 years and older, according to the U.S. Centers for Diseases Control and Prevention (CDC). It affects 37 percent of men and 26 percent of women 65 and older.

In a national effort to prevent 1 million heart attacks and strokes in the United States by 2017, the CDC is encouraging Americans to make blood pressure control their goal. Adults of any age should know their blood pressure, and if it is high focus on controlling their blood pressure through diet, exercise, and in some cases, medication. We aim to encourage our staff, families and residents to focus on their own heart health this month with these five easy steps to a healthy heart:

Visit your doctor – Getting your blood pressure tested and learning what your blood pressure should be is a great first step to a healthy heart.

Stop Harmful Behaviors—Unhealthy eating habits and smoking are two of the biggest contributors to heart disease. If you struggle with either of these behaviors, take steps to reduce or quit.

Increase Physical Activity— To improve overall cardiovascular health the American Heart Association recommends at least 150 minutes per week of moderate exercise. That is about thirty minutes of aerobic activity at least five days a week. Not sure you can give it that much?

Something is better than nothing! Try one of our many exercise classes that we offer throughout the week, you can find them in our activity calendar.

Improve Diet— A healthful diet of nutrient dense fruits and vegetables will go a long way in improving heart health. Maintaining a healthy weight is essential to heart health. Avoid foods high in sugar and sodium and increase amounts of vegetables and fruits to easily improve your diet.

Get Good Quality Sleep-- Not getting enough sleep or getting too much sleep may put you at risk for heart disease according to researchers at the Center for Cohort Studies at Kangbuk Samsung Hospital. Make efforts to get at least six hours of good quality sleep to help reduce your risks.

Show yourself some love this February by focusing on your heart health!



Resident Highlight: Anne



Meet Anne Heymann. Anne was born in Toledo, Ohio to her father who was a CEO of Ohio Plate Glass that also had five other branches throughout the United States and her mother who stayed at home and took care of the kids. Anne is the youngest of three, she has two older brothers. Both of her brothers are married, one lives in New York with his wife and has two grown daughters, the other lives in Seattle with his wife and three boys. In the tenth grade Anne went to boarding school at Long Island, New York. School was not her favorite thing and learning was not easy. After boarding school she moved back to Toledo and eventually attended a two year college at Davis and obtained certificate in office skills. She was interested in doing data entry, and preferred the behind the scenes type of jobs.

She decided to move to Pennsylvania in 1998. The first few months were fine and then she didn't really like it there but ended up staying for eleven years! Despite what people say she did not think of it as the "City of Brotherly Love". While there she worked at various jobs, two of which stand out in her memory. The first was when she worked for an eye glasses manufacturer. She was part of an assembly line where it was her job to do the finishing touches on new eyewear. The second most memorable job was when she worked at the driver's license bureau for the state of Pennsylvania. It was her job to receive personal information and compare it for accuracy on the computer and take pictures for driver's licenses. In 1991 her parents bought a home in Big Sky, Montana and spent half the year in Toledo and the other half in Big Sky. When her father's health began to decline they sold their place in Big Sky and moved to Bozeman and eventually stopped returning to Toledo and lived full time in Bozeman.

In October 2009 Anne's mom broke both of her arms when she slipped on black ice. With her father in poor health Anne was summoned to come to Bozeman and take care of her mother. She was the cook, chauffer, personal assistant, and much more. After her mom had her surgeries, Anne stayed until her mom could drive on her own. It took nearly eight months for her mother to heal. Before Anne returned to her own home, her mother asked her if she wanted to move to Bozeman and she decided she would. So in 2010 Anne became a resident of Montana. She remembers thinking how much colder winter is in Montana than in Pennsylvania.

Per her brother's and mother's suggestion, she landed in Bozeman Lodge because of health issues. Anne is much younger than most of the residents at Bozeman Lodge but she has arthritis that makes it difficult to do everyday tasks and so she is unable to live on her own. She is working on getting in shape so that she can have a hip replacement which will hopefully alleviate a lot of her pain.

Anne enjoys volunteering when she feels up to it. Currently she calls BINGO for us here at Bozeman Lodge and would eventually like to get into helping out Veterans. She loves snow and snow people (don't call them snowmen!), the Miami Dolphins, cooking and COFFEE! She likes to listen to country music, soft and classical rock and new age. She does some reading, likes gin rummy and backgammon, and goes to the gym. She also enjoys going out to dinner, to the theater and visiting with friends and likes to go to Seattle to visit her brother and family, which she hopes to do again sometime after her surgery. If you haven't met or visited with Anne you should she is a hoot!

MONTH Highlights — You're Invited!

- 2/1 Lunch at Fuddruckers
- 2/2 Senior Fraud Protection Discussion
- 2/3 Toddlers & Live Music
- 2/5 Winter Scenic Drive
- 2/5 Clay Sculpting Class
- 2/6 MSU Woman's BB Game
- 2/7 Bozeman Symphony
- 2/7 Superbowl Party
- 2/9 Health Talk, Heart Health
- 2/11 Book Club Meeting
- 2/11 MSU Woman's BB Game
- 2/13 MSU Men's BB Game
- 2/15 320 Steakhouse
- 2/18 Men's Breakfast
- 2/18 Dermatology Skin Checks
- 2/20 Breakfast at Perkins
- 2/27 Woman's BB Game

Welcome New Resident
Lorraine McJunkin

In Loving Memory
of Sarah Bookout



Presidents' Day Monday,
February 15th



Anne Heymann



Dog Therapy with
Arthur

Valentine's Buffet



Friday, February 12th

11:30am to 2pm

Live Music from 12pm to
1pm

Fun Photo Booth!

Guest Cost \$15.00

Please RSVP & Pay at front
desk by Monday, February
8th

Employee of the month
Stephanie Sooy



February 2016



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



7 9:00 Calvary Baptist Church, C
9:30 Coffee and Cinnamon Rolls, BT
10:00 Ecumenical Service, D
*1:30 Bozeman Symphony, O
4:00 Super Bowl Party, BT/MR

8 9:00 Calvary Baptist Church, C
9:30 Coffee and Cinnamon Rolls, BT
10:00 Ecumenical Service, D
*1:30 Bozeman Symphony, O
4:00 Super Bowl Party, BT/MR

14 9:00 Calvary Baptist Church, C
9:30 Coffee and Cinnamon Rolls, BT
10:00 Ecumenical Service, C
2:00 Card Games, BT
3:00 Afternoon Movie, MR
7:00 Evening Movie, MR
Valentine's Day!!



21 *8:30 Bus to Church, O
9:00 Calvary Baptist Church, C
9:30 Coffee and Cinnamon Rolls, BT
10:00 Ecumenical Service, C
2:00 Card Games, BT
3:00 Afternoon Movie, MR
7:00 Evening Movie, MR

28 9:00 Calvary Baptist Church, C
9:30 Coffee and Cinnamon Rolls, BT
10:00 Ecumenical Service, C
2:00 Short Stories w/ Janice, LG
2:00 Card Games, BT
3:00 Afternoon Movie, MR
7:00 Evening Movie, MR

1 9:30 Coffee Talk with Bo, BT
9:30 Chairobics with Cheryl, ER
10:30 County Music w/ Bob, LR
*11:30 Lunch: Fuddruckers, O
1:30 Bingo Game, AR
3:00 Balloon Volleyball Game, ER
5:00 Piano Music with Vivian, DR
7:00 Live Bluegrass Jam, LR

8 9:30 Coffee Talk with Bo, BT
9:30 Chairobics with Cheryl, ER
10:45 Valentine's Coloring Class, BT
1:30 Bingo Game, AR
3:00 Live Music w/ Edith, LR
5:00 Piano Music with Vivian, DR

15 9:30 Coffee Talk with Bo, BT
9:30 Chairobics with Cheryl, ER
10:30 Art Class w/ Loretta, AR
1:30 Bingo Game, AR
3:00 Bean Bag Toss, ER
*4:00 Dinner at 320 Steakhouse, O
5:00 Piano Music with Vivian, DR
7:00 Live Bluegrass Jam, LR

22 9:30 Coffee Talk with Bo, BT
9:30 Chairobics with Cheryl, ER
10:45 Coloring Class, BT
1:30 Bingo Game, AR
3:00 Live Music w/ Edith, LR
5:00 Piano Music with Vivian, DR
*6:30 Live Music a Library, O

29 9:30 Coffee Talk with Bo, BT
9:30 Chairobics with Cheryl, ER
10:30 Art Class w/ Loretta, AR
1:30 Bingo Game, AR
3:00 Balloon Volleyball, ER
5:00 Piano Music with Vivian, DR
7:00 Live Bluegrass Jam, LR

2 10:00 Line Dancing w/ Myriah, ER
11:00 Yoga Class, ER
1:00 Brain Games, BT
2:00 Chair Exercise Class, ER
2:30 Senior Fraud Protection, LR
3:30 Piano Sing Along, C
*4:00 Music with Kids, ER
*5:15 Music with Kids, ER



9 10:00 Line Dancing w/ Myriah, ER
11:00 Yoga Class, ER
1:00 Brain Games, BT
2:00 Chair Exercise Class, ER
2:30 Health Talk: Heart Health, LR
3:30 Piano Sing Along, C
*4:00 Music with Kids, ER
*5:15 Music with Kids, ER

16 10:00 Line Dancing w/ Myriah, ER
11:00 Yoga Class, ER
1:00 Brain Games, BT
2:00 Chair Exercise Class, ER
3:00 Root Beer Floats, BT
3:30 Piano Sing Along, C
*4:00 Music with Kids, ER
*5:15 Music with Kids, ER

23 10:00 Line Dancing w/ Myriah, ER
11:00 Yoga Class, ER
1:00 Brain Games, BT
2:00 Chair Exercise Class, ER
3:30 Piano Sing Along, C
*4:00 Music with Kids, ER
*5:15 Music with Kids, ER



3 9:30 Chairobics with Cheryl, ER
10:35 Bistro Banking, BT
*10:45 Shopping at Dollar Tree, O
11:00 Toddlers & Live Music, LR
1:00 Bridge Game, ER
1:00 Catholic Communion, C
2:30 Cooking Club, BT
4:00 Happy Hr. Live Music, LR

10 9:30 Chairobics with Cheryl, ER
*10:45 Shopping at Target, O
1:00 Bridge Game, ER
1:00 Catholic Communion, C
1:30 Dog Therapy, LR
2:30 Cooking Club, BT
4:00 Happy Hr. Trivia, LR

17 9:30 Chairobics with Cheryl, ER
10:35 Bistro Banking, BT
*10:45 Shopping at Rosauers, O
1:00 Bridge Game, ER
1:00 Catholic Communion, C
1:30 Dog Therapy, LR
2:30 Cooking Club, BT
4:00 Happy Hr. Live Music, LR

24 9:30 Chairobics with Cheryl, ER
10:35 Bistro Banking, BT
*10:45 Shopping at GV Mall, O
1:00 Bridge Game, ER
2:30 Catholic Mass, C
2:30 Cooking Club, BT
4:00 Happy Hr. Live Music, LR

4 9:30 Penny's Post Its, LR
10:00 Circuit Exercise Class, ER
10:45 Knitting with Barb, BT
11:00 Yoga Class, ER
1:30 Bingo Game, AR
2:45 Chair Exercise Class, ER
4:00 Visit with Stylz, LR
7:00 Evening Movie, MR

11 9:30 Penny's Post Its, LR
10:00 Circuit Exercise Class, ER
10:45 Knitting with Barb, BT
11:00 Yoga Class, ER
1:30 Bingo Game, AR
2:45 Chair Exercise Class, ER
3:00 Book Club Meeting, LR
*6:00 MSU Woman's BB Game, O

18 * Men's Breakfast, BT
9:30 Penny's Post Its, LR
10:00 Circuit Exercise Class, ER
10:45 Knitting with Barb, BT
11:00 Yoga Class, ER
*1-4 Dermatology Skin Checks, PD
1:30 Bingo Game, ER
2:45 Chair Exercise Class, ER

25 9:30 Penny's Post Its, LR
10:00 Circuit Exercise Class, ER
10:45 Knitting with Barb, BT
11:00 Yoga Class, ER
1:30 Bingo Game, AR
2:45 Chair Exercise Class, ER
3:30 Dog Therapy, LR

Resident Birthdays

Everett Killam, 2nd
Helen Jones, 5th
Annetta VanDyken, 6th
Barbara Christman, 8th
Jim Drummond, 9th

Paula Bouma, 22nd
Henry Kathrein, 27th
Paul Loeffelholz, 27th
Bobby Bjork, 28th
Louise Mickelsen, 23rd



5 9:00 Tai Chi Exercise Class, ER
*10:30 Winter Scenic Drive, O
1:00 Bridge Game, ER
1:00 Bible Study, LG
*2:00 Clay Sculpting Class, BT
3:00 Afternoon Movie, MR
3:00 Resident Council Meeting, LR
7:00 Evening Movie, MR

12 9:00 Tai Chi Exercise Class, ER
*11:30 - 2 Valentine's Luncheon, DR
1:00 Bridge Game, ER
1:00 Bible Study, LG
3:00 Fingernail Painting, AR
7:00 Evening Movie, MR

19 9:00 Tai Chi Exercise Class, ER
*10:30 Hearing Aid Clinic, AR
*12:00 Birthday Lunch, BT
1:00 Bridge Game, ER
1:00 Bible Study, LG
2:30 Baking Bunch, BT
4:00 Live Bluegrass Music, LR
7:00 Evening Movie, MR

26 9:30 Tai Chi Exercise Class, ER
10:30 Craft Project, AR
*12:00 New Comers Lunch, DR
1:00 Bridge Game, ER
1:00 Bible Study, LG
2:30 Bob's Piano Tunes, DR
7:00 Evening Movie, MR

AR- Activity Room
BT- Bistro PD- Private Dining Room
C- Chapel MR- Media Room
DR- Dining Room
ER- Exercise Room
LR- Living Room
LG- Lounge
O- Bus Outing

