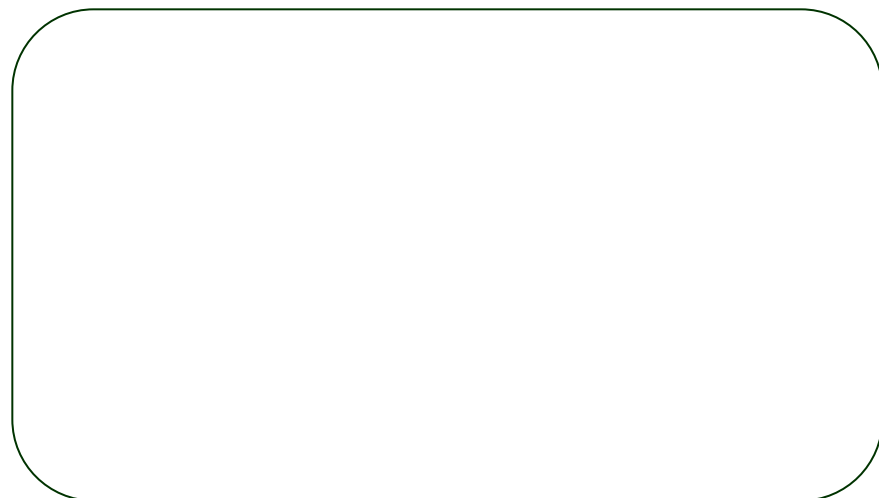




1547 N. Hunters Way  
Bozeman, MT 59718

PLACE STAMP  
HERE



### Administrative Staff:

**Penelope Stiff-Watkins**

Executive Director

**Elicia Ruiz**

Community Relations Director

**Cyndy Gilbertson**

Resident Care Coordinator

**Maryssa Scheetz**

Asst. Resident Care Coordinator

**Tina Thompson**

Business Office Manager

**Shauna Herbel**

Registered Nurse

**Lou Ruiz**

Dietary Director

**Danny Hagfeldt**

Maintenance Director

**Leah Weaver**

Activities Director

Contact Us At:

**406-522-5452**

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



# Bozeman Lodge

Bozeman Lodge Independent & Assisted Living Newsletter — September 2017



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# Walk to End Alzheimer's 2017

*This month, we had a chance to chat with Kara Griffey, the Walk Director at the Alzheimer's Association Oregon Chapter about the Walk to End Alzheimer's.*

**RSL: Since the Walk started in 1989, it has grown in participation and with funding. What goals are in place for success going forward?** **KG:** "Our goal is always to make sure that the Walk to End Alzheimer's is reflective of the community, and an opportunity to share the mission, and passion of those touched by the disease. As we move forward, we hope that more people will become story tellers and use the Walk as a platform to spread the awareness this disease deserves, and, by doing so, inspire others to give to the cause. We will continue to rely on the amazing volunteers in the community that put on their local Walk, and to grow the volunteers leading this effort so we can continue to reach more and more people, and a diverse group of people."

**RSL: How would you describe the Walk's interest and participation?** **KG:** "The Walk to End Alzheimer's is one of the fastest growing events of its kind in the nation, seeing positive growth nationally, and locally. As more Americans are faced with the challenges of this disease, more people are interested in getting involved and making a difference in the trajectory of this disease, and that is fantastic! We look forward to seeing many new faces this year at all our Walks across the state and are working hard to recruit new teams with diverse backgrounds."

*To read even more from this interview, visit [blog.radiantseniorliving.com](http://blog.radiantseniorliving.com)!*

**RSL: What are some of the Alzheimer's Association's nationwide efforts that we can support beyond the Walk?** **KG:** The Alzheimer's Association is the leader in terms of care, support, research, and advocacy efforts, working globally and locally to advance all areas forward. There are many ways for people to get involved with us, whether by becoming an advocate and helping advance public policy, or volunteering to facilitate one of our local support groups and enrolling in TrialMatch®. TrialMatch is a free clinical trial matching service that helps us ensure that research is moving forward for treatment, prevention, and a cure. Be sure to visit [alz.org/oregon](http://alz.org/oregon) for more information!

**RSL: Any parting message you would like to pass on?** **KG:** "Get involved in any of the ways mentioned above! Whether you are 1 or 100, there is a way to participate to help end this disease. Let's show the world our purple passion and that together we can do better today than we did yesterday. We are on our way to meeting the first survivor of this disease and that is something to be excited about, be hopeful about, and mobilize together around."

## Support the Walk!

**Date:** Sunday, September 17  
**Time:** 1 pm to 4 pm  
**Location:** Bozeman Ponds  
Bozeman, MT 59715



## Eclipse Viewing & Sweet Pea Parade!!



## Senior Float Social



**Employee of the Month!!!**  
**Mary**  
**Dining Room Server**





# September Highlights — You're Invited!



9/1 Lunch at Wendy's  
9/4 Labor Day BBQ  
9/6 Evacuation Drill Meeting  
9/7 Raspberry Tea on the Patio  
9/8 Craft Project: Fall Wreaths  
9/11 Dinner at Chico Hot Springs  
9/12 Roasting S'mores on the Patio  
9/14 September Birthday Luncheon  
9/15 Gates of the Mountains Boat Tour  
9/17 Walk to End Alzheimer's Event  
9/18 Lunch, Backcountry Burger  
9/19 Heath Talk on Alzheimer's Prevention  
9/21 Men's Pizza Party  
9/21 Apple Pie Punch on the Patio  
9/25 Fall Picnic at Headwaters State Park  
9/26 Roasting S'mores on the Patio  
9/29 Yellowstone National Park Day Trip to Mammoth

## Grandparents Day Celebration Sunday, September 17th 4:30pm to 7pm

Invite your kids, grandkids & great grandkids for a fun evening of live music by Kate and the Alleykats, a bouncy house and roasting S'mores.

Dinner will be a Baked Potato Bar for \$5.00, Residents eat free  
All proceeds will go to the National Alzheimer's Association

Please RSVP & pay by Monday, September 11th at the front desk



## Dog Therapy

## City Band Concert

## Root Be



# Bozeman Lodge Exercise Class Information



September is Go4Life month. Launched by the National Institute on Aging in 2015. This month long campaign is to focus on the health benefits of exercise and physical activity for older adults. Below you will find information and a description about the different types of exercise classes we offer here at Bozeman Lodge. All classes take place in the exercise room on the first floor.

Monday, 9:30am – 10:30am

### Balance and Beyond Taught by Cheryl

Fall prevention skills are enhanced through functional fitness exercises using core, upper and lower body strength, flexibility and agility. A chair is used for support, but be prepared to stand for most of this program.

Tuesday, 10:00am to 10:30am

### Gentle Chair Exercise Taught by Leah

This class is a gentle chair exercise class that is a combination of stretching and strengthening by using resistance bands and is set to music. One can stay seated the entire time or choose to perform some of the exercises standing.

Tuesday, 2:00pm to 2:45pm

### Stretch and Tone Taught by Myriah

This 45 minute class is a combination stretching and strengthening class where we use yoga poses and resistance bands to strengthen our bodies. Each session includes a warm up and cool down with relaxation. All levels welcome. Come and see what your body can do!

Wednesday, 9:30am to 10:30am

### Stability 4 Mobility Pole Walking Taught by Cheryl

This specially designed program establishes stability, helps improve posture and provides increased range of motion through seated and standing exercises that incorporate poles. We warm up exercising in a chair and progress to standing exercises. We proceed to walk outdoors

for at least 20 minutes. As we build stamina and master stability techniques, we increase our walking distance.

Thursday, 10am to 10:30am

### Circuit Exercise Class Taught by Leah

This class builds strength and balance by rotating through stations. We use light hand held weights, resistance bands and balance balls. This class involves walking and standing.

Thursday, 2:45pm to 3:15pm

### Gentle Chair Exercise Taught by Leah

This class is a gentle chair exercise class that is a combination of stretching and strengthening by using resistance bands and is set to music. One can stay seated the entire time or choose to perform some of the exercises standing.

Friday, 9:30am to 10:15am

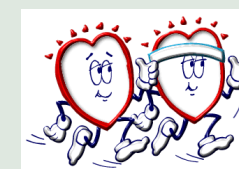
### Gentle Tai Chi Chair Exercise Class Taught by Val

In this Tai Chi class, deep breathing will be paired with slow, gentle exercise movements to tone and relax your body in order to improve your physical well-being and mental alertness. The exercise is characterized by methodically slow circular and stretching movements to help with flexibility, balance, coordination and muscle strength. Other benefits of Tai Chi are stress reduction, energy boost and increased stamina. A recent study has shown that doing Tai Chi helps to prevent or delay Alzheimer's.

### Heart and Sole Chairbics will start back up in October on Mondays at 9:30am



This high energy seated/ standing program includes aerobic, strength, flexibility and stretch components, choreographed to music. The emphasis is on coordination movements benefit both the brain and body.

The utilization of unconventional props add interest and variety to the program.





# September 2017

	Mon	Tue	Wed	Thu	Fri	Sat
<b>Resident Birthdays</b> Carol Adams, 7 <sup>th</sup> Ben Dirks, 8 <sup>th</sup> Lloyd Engelsman, 9 <sup>th</sup> Lionel Hart, 12 <sup>th</sup> Virginia Traubert, 13 <sup>th</sup> Marcie Greenwood, 14 <sup>th</sup>	Marilyn Ryan, 17 <sup>th</sup> Madge McNally, 19 <sup>th</sup> Frank #1 Schledorn, 19 <sup>th</sup> Marji Kittelson, 21 <sup>st</sup> Barbara McMullen, 21 <sup>st</sup> Sandy Cummings, 22 <sup>nd</sup> Ken Greenwood, 26 <sup>th</sup>				1 9:30 Price Rite Equipment Repair Clinic 9:30 Men's Coffee Club 9:30 Tai Chi Exercise, Val *11:30 Lunch at Wendy's *1:00 Bridge Game 1:00 Bible Study 1:00 Knitting and Crochet Group 3:30 Resident Council Meeting 7:00 Evening Movie	2 *10:30 Shopping at Albertsons 10:30 Morning Walk 1:30 Bingo Game *3:00 Fall Scenic Drive 3:00 Afternoon Movie 7:00 Evening Movie
3 9:00 Evangelical Bible Study 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games 3:00 Afternoon Movie 7:00 Evening Movie	4 <b>Labor Day!!</b> 9:30 Coffee Talk with Bo *9:30 Balance & Beyond, Cheryl 11:30 Labor Day BBQ 1:30 Bingo Game 3:00 Live Music with Edis 3:00 Afternoon Movie 5:00 Piano Music with Vivian 7:00 Evening Movie	5 9:15 Current Events & Coffee 10:00 Chair Exercise, Leah 10:30 Fingernail Painting 1:30 Bean Bag Toss 2:00 Stretch & Tone, Myriah 3:00 IN2L Trivia & Smoothies 3:00 Afternoon Movie 6:30 Poker Game 7:00 Evening Movie	6 9:30 Pole Walking Class 10:30 Live Music w/ Trina *10:45 Shopping at Target *1:00 Bridge Game 1:00 Catholic Communion <b>2:00 Evacuation Drill Meeting</b> 2:30 Cooking Club 4:00 Happy Hr. Live Music 7:00 Evening Movie	7 10:00 Circuit Exercise 10:30 Visit with Arthur Dog 10:45 IN2L Brain Games 1:30 Bingo Game, AR 2:45 Chair Exercise, Leah 3:00 Afternoon Movie 3:30 Raspberry Tea on the Patio 7:00 Evening Movie	8 9:30 Men's Coffee Club 9:30 Tai Chi Exercise, Val 10:30 Make Fall Wreaths *1:00 Bridge Game 1:30 Bobs Piano Tunes 1:00 Bible Study <b>2:45 Evacuation Drill &amp; Pizza Party</b> 7:00 Evening Movie	9 *10:30 Shopping at Smiths 10:30 Morning Walk 1:30 Bingo Game 3:00 IN2L Activity 3:00 Afternoon Movie 6:00 Watch MSU Gold Rush Football Game in Bistro 7:00 Evening Movie
10 9:00 Evangelical Bible Study 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games 3:00 Afternoon Movie 7:00 Evening Movie	11 9:30 Coffee Talk with Bo *9:30 Balance & Beyond, Cheryl 10:30 Art Class with Loretta 1:30 Bingo Game 3:00 Live Music with Edis *4:15 Dinner at Chico Hot Springs 5:00 Piano Music with Vivian 5:15 Hearing Aid Clinic 7:00 Live Bluegrass Music	12 9:15 Current Events & Coffee 10:00 Chair Exercise, Leah 10:30 Greeting Card Sale 1:30 Bean Bag Toss 2:00 Stretch & Tone, Myriah 3:00 IN2L Trivia & Floats 3:00 Afternoon Movie 6:00 S'mores on the Patio 6:30 Poker Game 7:00 Evening Movie	13 9:30 Pole Walking Class 10:30 Bistro Banking *10:45 Shopping at Dollar Tree *1:00 Bridge Game 1:00 Catholic Communion 2:30 Cooking Club 4:00 Happy Hr. Live Music 7:00 Evening Movie	14 10:00 Circuit Exercise 10:30 Visit with Arthur Dog 10:45 IN2L Brain Games *12:00 September Bday Lunch 1:30 Bingo Game, AR 2:45 Chair Exercise, Leah 3:00 Afternoon Movie 3:30 Penny's Post Its 7:00 Evening Movie	15 9:30 Men's Coffee Club 9:30 Tai Chi Exercise, Val *11:00 Gates of the Mountains Boat Tour (Lunch Provided) *1:00 Bridge Game 1:00 Bible Study 3:00 Afternoon Movie 7:00 Evening Movie	16 *10:30 Shopping at Rosauers 10:30 Morning Walk 1:30 Bingo Game *3:00 Fall Scenic Drive 3:00 Afternoon Movie 7:00 Evening Movie
17 *9:00—12:00 Bus Service To Church 9:00 Evangelical Bible Study 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 Walk to End Alzheimer's 2:00 IN2L Games *4:30 to 7 Grandparents Day Celebration 3:00 Afternoon Movie	18 9:30 Coffee Talk with Bo *9:30 Balance & Beyond, Cheryl 10:30 Art Class with Loretta *11:00 Lunch at Backcountry Burger 1:30 Bingo Game 3:00 New Comers Social 3:00 Afternoon Movie 5:00 Piano Music with Vivian 7:00 Evening Movie	19 9:15 Current Events & Coffee 10:00 Chair Exercise, Leah 10:30 Fingernail Painting 1:30 Bean Bag Toss 2:00 Stretch & Tone, Myriah 2:45 Health Talk 3:00 Afternoon Movie 6:30 Poker Game 7:00 Evening Movie	20 9:30 Pole Walking Class *10:45 Shopping at GV Mall *1:00 Bridge Game 1:00 Catholic Communion 2:30 Cooking Club 4:00 Happy Hr. Readings 7:00 Evening Movie	21 10:00 Circuit Exercise 10:45 IN2L Brain Games *12:00 Men's Pizza Party 1:30 Bingo Game, AR 2:45 Chair Exercise, Leah 3:00 Afternoon Movie 3:30 Apple Pie Punch on the Patio 4:00 Book Club Meeting 7:00 Evening Movie	22 9:30 Men's Coffee Club 9:30 Tai Chi Exercise, Val *10:30 Fall Scenic Drive *1:00 Bridge Game 1:00 Bible Study 1:00 Knitting and Crochet Group 2:30 Bobs Piano Tunes & Birthday Party 3:00 Afternoon Movie 7:00 Evening Movie	23 *10:30 Shopping at Safeway 10:30 Morning Walk 1:30 Bingo Game 3:00 IN2L Activity 3:00 Afternoon Movie 7:00 Evening Movie
24 9:00 Evangelical Bible Study 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games 3:00 Afternoon Movie 7:00 Evening Movie	25 9:30 Coffee Talk with Bo 9:30 Morning Walk with Barb *11:00 Fall Picnic at Headwaters State Park 1:30 Bingo Game 3:00 Afternoon Movie 5:00 Piano Music with Vivian 7:00 Live Bluegrass Music 7:00 Evening Movie	26 9:15 Current Events & Coffee 10:00 Chair Exercise, Leah 10:30 Greeting Card Sale 1:30 Bean Bag Toss 2:00 Stretch & Tone, Myriah 3:00 IN2L Trivia & Sweet Treats 3:00 Afternoon Movie 6:00 S'mores on the Patio 6:30 Poker Game 7:00 Evening Movie	27 9:30 Pole Walking Class 10:30 Bistro Banking *10:45 Shopping at Target *1:00 Bridge Game 2:00 Dining Services Meeting 2:30 Catholic Mass 2:30 Cooking Club 4:00 Happy Hr. Live Music 7:00 Evening Movie	28 10:00 Circuit Exercise 10:45 IN2L Brain Games *12:00 New Comers Lunch 1:30 Bingo Game, AR 2:45 Chair Exercise, Leah 3:00 Afternoon Movie 3:30 Penny's Post Its 7:00 Evening Movie	29 9:30 Men's Coffee Club 9:30 Tai Chi Exercise, Val *10:00 Yellowstone National Park Mammoth Trip *1:00 Bridge Game 1:00 Bible Study 3:00 Afternoon Movie 7:00 Evening Movie	30 *10:30 Shopping at Walmart 10:30 Morning Walk 1:30 Bingo Game *3:00 Fall Scenic Drive 3:00 Afternoon Movie 7:00 Evening Movie