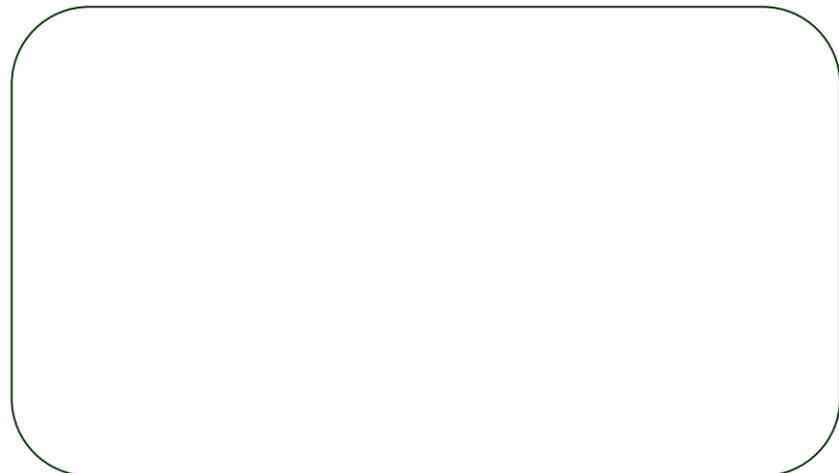




1547 N. Hunters Way
Bozeman, MT 59718

PLACE STAMP
HERE



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Elicia Ruiz

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Danny Hagfeldt

Maintenance Director

Leah Weaver

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

Bozeman Lodge

Bozeman Lodge Independent & Assisted Living Newsletter — December 2017



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Prioritizing Wintertime Wellness

Winter is often a time of great joy. For some, it can also bring on sadness or depression. Factors such as low vitamin D, Seasonal Affective Disorder, and other sources may be to blame. Thankfully, there are ways to address them and get on track toward feeling the merriment of the season.

Low Vitamin D:

Winter blues at older ages could be brought on by a vitamin D deficiency, according to Agingcare.com. People naturally get vitamin D from sunlight, and decreased exposure could lessen the ability to get enough. A deficiency could also result from medications affecting vitamin D production and metabolization, and aging skin decreasing vitamin D3 production.

Vitamin d levels can be increased with safe sun exposure and consumption of supplements, salmon, tuna, cod liver oil, egg yolks, mushrooms, oatmeal, cereal, soy milk, and cow milk. As for how much should be consumed daily, the National Institute on Aging recommends at least 600 IU, but not more than 4,000 IU, for those 50-70. At least 800 IU, but not more than 4,000 IU, is recommended for those 70 and older.

Seasonal Affective Disorder:

Another source for wintertime mood change could be Seasonal Affective Disorder (SAD), a form of depression that cycles seasonally. SAD is a temporary condition that can be due to a lack of sunlight or hormone disruption with



season changes. Signs of SAD include loss of interest in things once enjoyed, changes to appetite or sleep, sadness, anxiety, tiredness, increased sensitivity, and feelings of hopelessness, according to Interim Healthcare.

Treating SAD may include light therapy, talk therapy, aromatherapy, physical activity, and/or doctor-prescribed medications, to name a few options.

Other sources of sadness or depression:

Winter sadness or depression could also result from poor dietary choices and/or lack of exercise—both which can be helped with lifestyle changes. Holiday stress, nostalgia, and social isolation may also bring down one's mood during winter.

Check out our suggested Mood Boosters to help with wintertime wellness.

Remember that you are not alone!

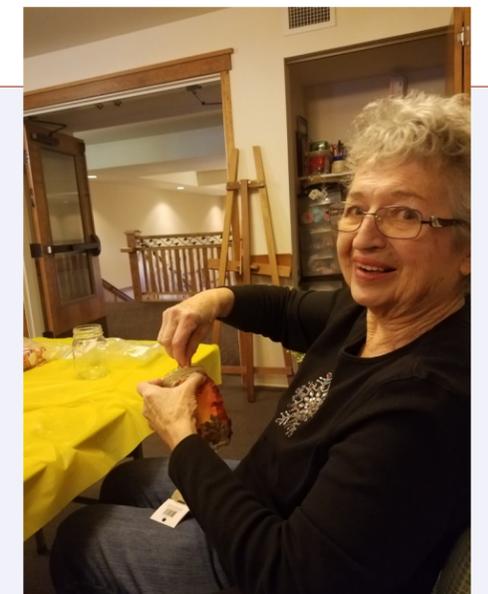
Note: Each individual should follow the advice of their medical professionals or doctors and speak with them before making changes to diet and/or exercise.

Wintertime Mood Boosters!



Here are some tips to help brighten those long winter days:

- Bundle up and head outside for sunshine or sit by the window with a book and let the sun stream through if it's sunny
- Grab a friend for a game of cards or a talk
- Try to eat balanced meals all day
- Get exercise, even if it's a short walk
- Spend time with a furry companion.
- Enjoy some music or some dancing
- Have a cup of tea or cocoa to warm you and bring joy
- Take part in a cooking project
- Join in on karaoke with a group
- Play a board game with friends
- Brighten someone else's day by engaging with them and seeing how they are doing
- Build a model airplane
- Lead a Bible study group
- Knit, crochet, or cross stitch a gift
- Make a scrapbook or journal
- Have a puzzle competition with others
- Try to learn a new skill, like a language
- Watch a movie and have a snack
- Unclutter your space
- Go on an outing or shopping trip with a group when one is planned
- Make cards for family or friends
- Paint a picture of a scene outside
- List three good things from today
- Meditate or practice deep breathing
- Sign up for an activity for tomorrow
- Get a good night's sleep (you will be less sensitive to negative feelings)
- Practice smiling for an instant lift in mood



December Highlights — You're Invited!

- 12/1 Decorate for Christmas
- 12/2 Nutcracker Ballet
- 12/4 Dinner out at Teds MT Grill
- 12/5 Public Library Bookmobile
- 12/7 Amaryllis Planting party
- 12/8 Make Christmas Ornaments
- 12/10 Bus To Church
- 12/10 Bozeman Symphony
- Brasstacular Christmas Show
- 12/11 Lunch at Soup & Such
- 12/15 Decorate Gingerbread Houses
- 12/16 Shop at Bozeman Lodge Holiday Bazaar
- 12/18 Christmas Lights Tour
- 12/19 Health Talk, Cold Weather Safety
- 12/21 Christmas Lights Tour
- 12/24 Bus To Church
- 12/24 Christmas Eve Buffet
- 12/28 Book Club Meeting

Bozeman Lodge Christmas Party

Wednesday, December
20th
Live Music by Kate and
the AlleyKats

HOLIDAY PARTY

Employee of the Month Delany Junkermier



*Jerolyn playing the drums,
caregiver appreciation and
Veterans day celebration!*

Memories!



Find us on Facebook!



We've been sharing more and more on our Facebook page and would love to have you join the conversation!
LIKE our Facebook page today!

www.Facebook.com/BozemanLodge

December 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Resident Birthdays Harold Sullivan 1st Ann VanDyke 6th Gene Ernst 8th Marilyn Camps 10th Mary Pierre 11th	Bill Griffin 12th Lois Armstrong 14th David South 17th Sherry Entwistle 21st Janice Wood 23rd	Jerry VanSlyke 26th Hank Goldhahn 27th Frank #2 29th Sally Black 30th		1 9:30 Price Rite Clinic 9:30 Tai Chi Exercise, Val 10:30 Decorate for Christmas *1:00 Bridge Game 1:00 Bible Study 1:00 Knitting /Crochet Group 2:30 Bob's Piano Tunes 3:30 Resident Council Meeting *5:15 MSU Women's BB Game	2 9:00 Christmas Caroling by MSU Honor College 9:30 Current Events & Coffee *10:30 Shopping at Smiths *1:15 Nutcracker Ballet 1:30 Bingo Game 3:00 Afternoon Movie 7:00 Evening Movie 
3 9:30 Cinnamon Rolls 10:00 Ecumenical Service 12:30 First Lutheran Church Caroling 2:00 IN2L Games 3:00 Afternoon Movie 7:00 Evening Movie	4 9:30 Coffee Talk with Bo *9:30 Balance & Beyond, Cheryl 10:30 Art Class with Loretta 1:30 Bingo Game 3:00 British Discoveries & Inventions part 2 Slideshow *4:30 Dinner at Teds Grill 7:00 Live Bluegrass Music	5 9:15 Current Events & Coffee 10:00 Chair Exercise, Leah 10:30 Bookmobile 10:45 Greeting Card Sale 11:00 Fingernail Painting 2:00 Stretch & Tone, Myriah 3:00 IN2L Trivia & Treats 6:30 Poker Game	6 9:30 Heart & Sole Exercise 10:30 Live Music w/ Trina 10:30 Bistro Banking *10:45 Shopping at CVS *1:00 Bridge Game 1:00 Catholic Communion 2:30 Cooking Club 4:00 Happy Hr. Geriactors 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 2:00 Chair Exercise, Leah 2:45 Chair Exercise, Leah 3:30 Amaryllis Planting Party 3:00 Afternoon Movie	8 9:30 Men's Coffee Club 9:30 Tai Chi Exercise, Val *1:00 Bridge Game 1:00 Bible Study 1:00 Knitting/Crochet Group 2:30 Christmas Ornaments 3:00 Afternoon Movie 4:00 Christmas Piano Recital 7:00 Evening Movie	9 9:30 Current Events & Coffee 10:30 Shopping at Safeway 1:30 Bingo Game *3:30 MSU Women's BBall Game 3:00 Afternoon Movie 7:00 Evening Movie
10 *9-12 Bus to Church 9:30 Cinnamon Rolls 10:00 Ecumenical Service *1:30 Symphony A Brasstacular Christmas 2:00 IN2L Games 3:00 Afternoon Movie 7:00 Evening Movie	11 9:30 Coffee Talk with Bo *9:30 Balance & Beyond *11:30 Lunch, Soup & Such 1:30 Bingo Game 3:00 Live Music with Edis 3:00 Afternoon Movie 5:15 Hearing Aid Clinic 6:00 Christmas Piano Recital	12 9:15 Current Events & Coffee 10:00 Chair Exercise, Leah 10:30 Visit with Arthur Dog 2:00 Stretch & Tone, Myriah 3:00 IN2L Trivia & Treats 6:30 Poker Game 6:30 Bridger Mnt Harmony 7:00 Evening Movie	13 9:30 Heart & Sole Exercise *10:45 Shopping at Walmart *1:00 Bridge Game 1:00 Catholic Communion 2:30 Cooking Club 4:00 Happy Hr. Reading by Janice 7:00 Evening Movie	14 10:00 Circuit Exercise *12:00 Birthday Lunch 1:00 Visit with Arthur Dog 1:30 Bingo Game, AR 2:00 Chair Exercise, Leah 2:45 Chair Exercise, Leah 3:30 Penny's Post Its 3:00 Afternoon Movie 7:00 Evening Movie	15 9:30 Men's Coffee Club 9:30 Tai Chi Exercise, Val *1:00 Bridge Game 1:00 Bible Study 1:00 Knitting /Crochet Group 2:30 Decorate Gingerbread Houses 3:00 Afternoon Movie 7:00 Evening Movie	16 10-2 Bozeman Lodge Holiday Bazaar 1:30 Bingo Game 3:00 Afternoon Movie 7:00 Evening Movie
17 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 Christmas Piano Recital 3:00 Afternoon Movie 7:00 Evening Movie 	18 9:30 Coffee Talk with Bo *9:30 Balance & Beyond 10:30 Art Class with Loretta 1:30 Bingo Game 3:00 Live Music with Edis 5:00 Piano Music with Vivian *5:30 Christmas Lights Tour 7:00 Live Bluegrass Music 	19 9:15 Current Events 10:00 Chair Exercise, Leah 10:30 Bookmobile 10:45 Greeting Card Sale 11:00 Fingernail Painting 2:00 Stretch & Tone, Myriah 2:45 Health Talk Cold Weather Safety 6:30 Poker Game	20 9:30 Heart & Sole Exercise 10:30 Bistro Banking *10:45 Shopping at GV Mall *1:00 Bridge Game 1:00 Catholic Communion *5:00 Lodge Christmas Party Music, Kate and the AlleyKats 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 2:00 Chair Exercise, Leah 2:45 Chair Exercise, Leah 3:30 Christmas Baking Bunch *5:30 Christmas Lights Tour 7:00 Evening Movie 	22 9:30 Men's Coffee Club 9:30 Tai Chi Exercise, Val 10:00 Hot Cocoa & Kids *1:00 Bridge Game 1:00 Bible Study 1:00 Knitting/Crochet Group 2:30 Bobs Piano Tunes & Birthday Party 7:00 Evening Movie	23 10:30 Shopping at Albertsons 1:30 Bingo Game 3:00 Afternoon Movie 7:00 Evening Movie
24 *9-12 Bus to Church 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 Christmas Reading by Janice 3:00 Afternoon Movie *4:30—7:00 Christmas Eve Buffet 7:00 Evening Movie	25 MERRY CHRISTMAS 3pm & 7pm Movie— A Christmas Carol 	26 10:00 Chair Exercise, Leah 10:45 Music Memories & Cider 2:00 Stretch & Tone, Myriah 3:00 IN2L Trivia & Teats 3:00 Afternoon Movie 6:30 Poker Game 7:00 Evening Movie	27 9:30 Heart & Sole Exercise 10:30 Bistro Banking *10:45 Shopping at Target *12:00 Winter Picnic *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 10:30 Visit with Arthur Dog 10:45 IN2L Brain Games *12:00 New Comers Lunch 1:00 Visit with Arthur Dog 1:30 Bingo Game, AR 2:00 Chair Exercise, Leah 2:45 Chair Exercise, Leah 3:30 Penny's Post Its 4:00 Book Club Meeting *6:00 MSU Women's BBall Game	29 9:30 Men's Coffee Club 9:30 Tai Chi Exercise, Val *10:00 Daily Coffee Bar & Bakery *1:00 Bridge Game 1:00 Bible Study 1:00 Knitting/Crochet Group 2:00 New Years Resolutions 3:00 Afternoon Movie 7:00 Evening Movie	30 9:30 Current Events & Coffee 10:30 Shopping at Rosauers *1:00 MSU Women's BBall Game 1:30 Bingo Game 3:00 Afternoon Movie 7:00 Evening Movie
31 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games 3:00 Afternoon Movie 7:00 Evening Movie				