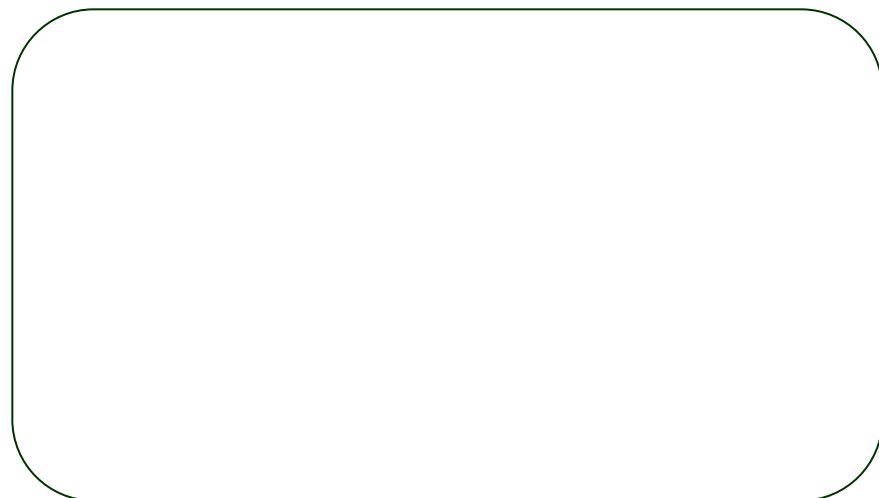




1547 N. Hunters Way
Bozeman, MT 59718

STAMP
HERE



Administrative Staff:

Penelope Stiff-Watkins
Executive Director
Elicia Ruiz
Community Relations Director
Maryssa Scheetz
Elizabeth Holloran
Resident Care Coordinator
Tina Thompson
Business Office Manager
Shauna Herbal
Registered Nurse
Lou Ruiz
Dietary Director
Danny Hagfeldt
Maintenance Director
Leah Weaver
Activities Director

Contact Us At:
406-522-5452



Bozeman Lodge

Bozeman Lodge Independent & Assisted Living Newsletter

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February 2018 Edition

Detection for Prevention: A Look into Regular Cancer Screenings for Seniors

Regular health screenings can empower us with knowledge about our health. They can also give us the possibility to stall, stop, or receive support for a health issue so that we can lead our best lives. February is National Cancer Prevention Month. This month was designated to share information about lifestyle choices that may lead to cancer as well as the importance of early detection.

The American Cancer Society provides screening recommendations for seniors with average risk--those who do not present a high risk due to genetics or lifestyle. For many older adults, screenings for cancer can be beneficial. Largely due to the early detection that screening provide, the mortality rate for cancer has steadily declined over the past two decades - down 26 percent from 1991.

Screening Suggestions for Men:

- Colon cancer testing should begin at 50. At 65 or older, it is also recommended. Talk with your healthcare provider about the best test type (as there are many) and how often to get tested.
- Prostate cancer testing should be discussed with your healthcare provider at 50 and should depend on overall health when over 65. Talk with your healthcare provider about uncertainties, risks, and benefits.
- Lung cancer testing should be discussed with your healthcare provider at 55 or older. Low-dose CT scans for early detection should be discussed. The same is recommended for those 65 or older and with a smoking history.

Screening Suggestions for Women:

- For women, age 50-54, annual mammograms



are recommended. At 55, they can be every two years, or annually if preferred. Learn the screening pros and cons. At 65 or older, mammograms should be every two years, or annually. If at high risk for breast cancer, ask your healthcare provider if other tests should accompany the mammogram.

- At 50-64, women should get a Pap test and HPV test every five years, or just a Pap test every three years. No testing is needed after a hysterectomy that removed

the uterus and cervix - if removal was unrelated to cervical cancer. At 65 or older, no cervical cancer testing is needed if results were normal during the previous 10 years.

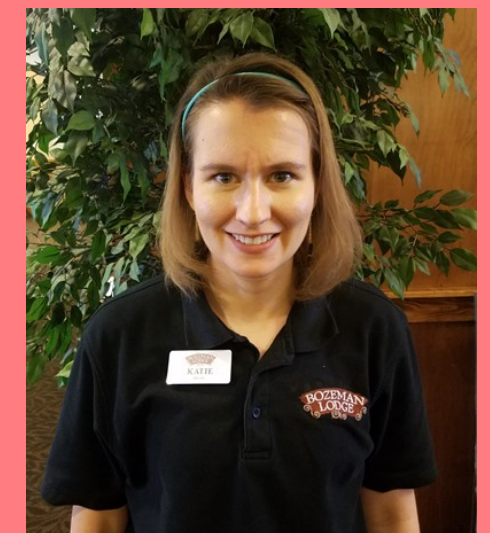
- Colon cancer testing should start at 50. There are several testing options that ought to be discussed with your healthcare provider. At 65 or older, testing is also recommended. Talk with your healthcare provider about the best test type and how often to do it.
- Lung cancer testing should be discussed with your healthcare provider when over 55. Low-dose CT scans for early lung cancer detection should be discussed at that time. At 65 or older, and with a smoking history, the same recommendation is given.

In addition to getting screenings and being aware of risk level (from personal and family history), one can reduce their risk of cancer by avoiding tobacco, getting to and staying at a healthy weight, engaging in regular physical activity, following a healthy diet, limiting alcohol intake, and protecting skin.

Memories in the Making!



Employee of the Month, Katie Server!



February Highlights — You're Invited!



- 2/1 MSU Women's Basketball Game
- 2/2 Resident Council Meeting
- 2/4 Super Bowl Party
- 2/5 Rise and Shine Café
- 2/6 Legendary Locals of Bozeman Slideshow by Gallatin History Museum
- 2/10 Baking Bunch— Red Velvet Hugs Blossom Cookies
- 2/12 Dinner at 14 North
- 2/13 Slideshow on British Foods
- 2/17 MSU Women's Basketball Game
- 2/20 Health Talk on Heart Disease and Dental Health
- 2/21 Walkers/Scooter Repair Clinic
- 2/22 Hearing Aid Clinic
- 2/23 Winter Picnic
- 2/26 Lunch at Starky's

Valentine's Day Luncheon
Wednesday, February 14th
Lunch will be served from
11:30am to 2pm
Live Music by Kate and the Alley Kats from 12pm to 1:30pm
Enjoy Champagne, a chocolate fountain and a fun photo booth!!

Guest Cost \$12.00
RSVP & Pay at Front Desk by
Wednesday, February 7th

In honor of Compliment Day on February 24, we turned to our residents and team members to find out the best compliment they have ever received.

A residents said "Danny is quick, good and keeps his promises".
Jim Elder

A stranger said, "I admire people like you who take residents out into the community for coffee and pastries ".
Leah & Barbara in Activities



Parking Lot Information

For Residents and guests who use the parking lot, this information is for you! We do our best to keep the parking lot plowed and the sidewalks as clear as possible. You can help us out by parking back away from the curb so that the sidewalk can be plowed safely. Also, if you have a vehicle in the parking lot please let the front desk know the make, model and color. We are compiling a list of vehicles and their owners to better serve you. Did you know we offer concierge service? If you need your car cleaned off or brought up to the front door simply let the front desk know ahead of time, at least thirty minutes prior to when you need to leave, and someone will get it for you. The same is true for when you return from errands or outings. Simply park out front and ask the front desk to have a staff member park your car. When parking your car keep in mind that the four spots directly across from the front doors are for visitor parking.

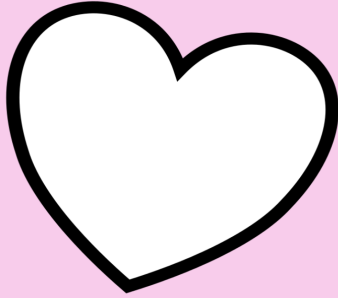
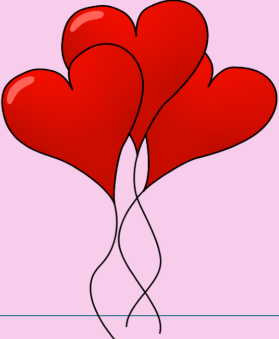
Residents Please Vote for Employee of the Year!!

Please place your one vote at the front desk or in the suggestion box located at the resident business center on the first floor.

- Lonnie— Server
- Becky— Med Tech
- Gwen— Housekeeper
- Mary— Server
- John— Cook
- Cierra— Caregiver
- Katie— Server

February 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Resident Birthdays Helen Jones 5 th Annetta VanDyken 6 th Barbara Christman 8 th Belinda Sims 8 th Allen Allsop 13 th	Bob Border 16 th Mimi Arceneaux 18 th Anna Winkler 19 th Shirley Reimann 22 nd Paul Aicher 23 rd Penny Lucas 24 th		1 10:00 Tai Chi Exercise, Val 10:30 Visit with Arthur Dog 1:30 Bingo Game, AR 2:00 Chair Exercise, Leah 2:45 Chair Exercise, Leah 3:30 Valentine's Wreathes 3:00 Afternoon Movie *6:00 MSU Women's Ball Game 7:00 Evening Movie	2 9:30 Men's Coffee Club 10:00 Circuit Exercise 10:30 Black History Doc. 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study 1:30 Qwirkle Board Game 2:30 Bob's Piano Tunes 3:30 Resident Council Meeting 7:00 Evening Movie	3 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Shopping at Walmart *1:15 MSU Women's Ball Game 1:30 Bingo Game 3:00 Craft Class with Emmy Paper Mache Part 1 3:00 Afternoon Movie 7:00 Evening Movie
4 *9:00-Noon Bus to Church 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games 4:30 Super Bowl Party Philadelphia Eagles VS New England Patriots	5 9:30 Coffee Talk with Bo *9:30 Balance & Beyond *10:00 Rise & Shine Cafe 1:30 Bingo Game 3:00 Marilyn's Writing Class 3:00 Banana Split Social & IN2L Games 3:00 Afternoon Movie 5:00 Piano Music with Vivian 7:00 Evening Movie	6 9:30 Current Events & Lattes 10:00 Chair Exercise 11:00 Fingernail Painting 2:00 Stretch & Tone, Myriah 3:00 Legendary Locals of Bozeman Presentation 3:00 Afternoon Movie 4:00 IN2L Shor Stories 6:30 Poker Game 7:00 Evening Movie	7 9:30 Heart & Sole Exercise 10:30 Bistro Banking *10:45 Shopping at Smiths *1:00 Bridge Game 1:00 Catholic Communion 2:30 Cooking Club 4:00 Happy Hr. Live Music 7:00 Evening Movie	8 10:00 Balloon Volleyball 10:45 IN2L Brain Games *12:00 Birthday Lunch 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	9 9:30 Men's Coffee Club 10:00 Circuit Exercise 10:30 V-Day Craft w/ Stylz 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study 1:00 Shake Loose a Memory 1:30 Rummikub game *3:45 Winter Scenic Drive 7:00 Evening Movie	10 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Shopping at Safeway 1:30 Bingo Game 3:00 Afternoon Movie 3:00 Baking Bunch— Red Velvet Hugs Blossom Cookies 7:00 Evening Movie
11 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games 3:00 Afternoon Movie 7:00 Evening Movie	12 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 3:00 Afternoon Movie *4:30 Dinner at 14 North 5:00 Piano Music with Vivian 7:00 Evening Movie 7:00 Live Bluegrass Music	13 9:30 Current Events & Lattes 10:00 Chair Exercise, Leah 10:30 Bookmobile 10:45 Greeting Card Sale 1:00 Live Music with Trina 2:00 Stretch & Tone, Myriah 3:00 Slideshow British Foods 4:00 Flower Arranging for Vday 6:30 Poker Game 7:00 Evening Movie	14 Valentine's Day! 9:30 Heart & Sole Exercise *10:45 Shopping at Dollar Tree *11:30-2 Valentines Luncheon & Live Music by Kate & the Alley Kats *1:00 Bridge Game 1:00 Catholic Communion 1:30 Visit with Arthur Dog 2:30 Cooking Club 4:00 Happy Hr. Live Music	15 10:00 Tai Chi Exercise, Val 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 Clay Sculpting Class *6:00 MSU Women's Ball Game 7:00 Evening Movie	16 9:30 Men's Coffee Club 10:00 Circuit Exercise *10:30 Delicious Bakery 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study 1:30 Qwirkle Board Game 2:30 Bobs Piano Tunes & Birthday Party 7:00 Evening Movie	17 9:30 Balloon Volleyball Exercise Class with Barbara *10:30 Shopping at Rosauers *1:15 MSU Women's Ball Game 1:30 Bingo Game 3:00 Craft Class with Emmy Paper Mache Part 2 3:00 Afternoon Movie 7:00 Evening Movie
18 *9:00-Noon Bus to Church 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games *2:15 Intermountain Opera 3:00 Afternoon Movie 7:00 Evening Movie	19 Presidents' Day! 9:30 Coffee Talk with Bo *9:30 Balance & Beyond 10:30 Winter Craft Project 1:30 Bingo Game 3:00 Afternoon Movie 3:00 Marilyn's Writing Class 3:00 Live Music with Edis 5:00 Piano Music with Vivian 7:00 Evening Movie	20 9:30 Current Events & Lattes 10:00 Chair Exercise, Leah 11:00 Fingernail Painting 2:00 Stretch & Tone, Myriah 2:45 Health Talk Heart Disease & Dental Health 3:00 Afternoon Movie 4:00 IN2L Short Stories 6:30 Poker Game 7:00 Evening Movie	21 9:30 Heart & Sole Exercise 10:00 Equipment Repair Clinic 10:30 Bistro Banking *10:45 Shopping at GV Mall *1:00 Bridge Game 1:00 Catholic Communion 2:30 Cooking Club 4:00 Happy Hr. Profound Thoughts 7:00 Evening Movie	22 10:00 Tai Chi Exercise, Val 10:45 IN2L Brain Games 11-12 Hearing Aid Clinic *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	23 9:30 Men's Coffee Club 10:00 Circuit Exercise 10:30 Black History Doc. 11:00 Men's Strength Training *12:00 Winter Picnic *1:00 Bridge Game 1:00 Bible Study 1:00 Shake Loose a Memory 1:30 Rummikub Game *3:00 Winter Scenic Drive	24 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Shopping at Albertsons 1:30 Bingo Game 3:00 Baking Bunch— Strawberry Chocolate Chip Cookies 3:00 Afternoon Movie 7:00 Evening Movie
25 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games 3:00 Afternoon Movie 7:00 Evening Movie	26 9:30 Coffee Talk with Bo *9:30 Balance & Beyond 10:30 Art Class with Loretta *11:45 Lunch at Starky's 1:30 Bingo Game 3:00 Chocolate Milkshakes & IN2L 5:00 Piano Music with Vivian 7:00 Evening Movie 7:00 Live Bluegrass Music	27 9:30 Current Events & Lattes 10:00 Chair Exercise, Leah 10:30 Bookmobile 10:45 Greeting Card Sale 1:00 Drumming Circle 2:00 Stretch & Tone, Myriah 3:00 Body, Heart & Mind Presentation 3:00 Afternoon Movie 4:00 IN2L Short Stories 6:30 Poker Game	28 9:30 Heart & Sole Exercise 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	