



1547 N. Hunters Way
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STAMP
HERE



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Business Office Manager
Shauna Herbal
Registered Nurse
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Dietary Director
Kelly Corbett
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



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May 2018 Edition

Arthritis Facts and Care Tips

May marks National Arthritis Month to bring awareness to a very common, but often misunderstood condition. A wide misconception about Arthritis is that it is a single disease. It's actually a way of referring to joint pain or joint disease.

Symptoms of Arthritis can come and go, and include mild to severe swelling, pain, stiffness, and lessened motion range. It can limit a person's ability to partake in some daily activities.

Osteoarthritis is the most common type of Arthritis. Risk factors include family history, being overweight, age, and injuries sustained. Those with non-severe Osteoarthritis can help the condition if they: achieve a healthy weight, get enough exercise, rest per activity level - especially during a flare up, avoid repetitive movements, strengthen muscles around joints, and use hot and cold therapy.

Inflammatory Arthritis is another type. Rheumatoid and Psoriatic Arthritis are in this category. It occurs when the immune system creates inflammation to get rid of what it falsely perceives as infection. It occurs in people with genetic predisposition and environmental risk factors like smoking. Early diagnosis and strong treatment are key

in slowing the condition.

Receiving a diagnosis for Arthritis can be done through a primary care provider or Rheumatologist. There are many ways that Arthritis can be helped.

Arthritis Foundation Pain Management Tips:

- Create a plan with your rheumatologist.
- Be aware of and track your warning signs, like a dull hand ache or daytime sleepiness for days.
- Stay up to date on vaccinations and wash hands frequently to avoid infections which could trigger a flare.
- Stay on top of your emotional health.

Anxiety and stress can increase inflammation.

- Slow your movements, but continue moving to avoid stiff joints. Move joints through the fullest range of motion you can. If it causes

more pain, stop.

- Do hot & cold therapy, no more than 15 minute intervals, two to four times a day.
- Sleep on a schedule, get restful sleep with lights off, devices off, and avoid caffeine in the hours before you head to bed.



Arthritis by the Numbers

American Adults Diagnosed: 54 million+

American Children Diagnosed: 300,000 est.

Americans Likely to Have Arthritis: 91 million

Direct Medical Costs: At least \$81 billion

Types of Arthritis That Exist: Over 100

Working Adults With Arthritis: 60%

Memories in the Making!



May Highlights

- 5/4 Resident Council Meeting
- 5/7 Wheat MT Bakery & Lunch
- 5/7 Bozeman Public Library Special Delivery Presentation
- 5/8 Book Club Meeting
- 5/11 MSU Balance Study
- 5/14 Bridger Brewing Tour & Pizza
- 5/15 Health Talk: Stroke Awareness
- 5/18 MSU Balance Study
- 5/18 Clay Sculpting Class
- 5/21 Dinner at Tia Basil
- 5/23 Older Americans Day Luncheon at Bozeman Senior Center
- 5/25 Toppers Frozen Yogurt
- 5/28 Memorial Day Parade, BBQ & Live Music by Honkytonk Rebel

Mother's Day Brunch

Sunday, May 13th

Two Seating Times Available

11:30am to-12:45pm & 1:15pm to 2:30PM

Guest Cost \$15.00

Please RSVP & Pay at the front desk by Wednesday, May 9th

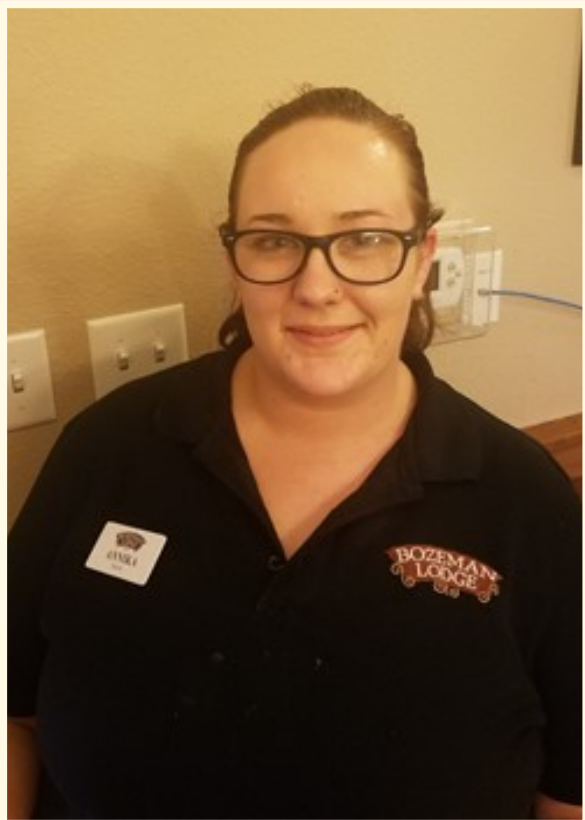
****All residents must pick a seating time even if you are not having a guest**



Wi-Fi Internet

Free Wi-Fi is now available inside Bozeman Lodge for internet Service.
To log in to Wi-Fi choose Bozeman Lodge guest link and use the Password: **welcomeguest**
If you need assistance check with the front desk or Leah & Barbara
If you have a personal internet carrier you may call and cancel your service if you wish.

Team Member of the Month!



Annika– Server

Our employee of the month is Annika a server. Annika has two children, both girls, ages 3 & 5. She was born and raised in the Bozeman/Belgrade area. She loves going camping and boating. She would love to go to school to be a nurse. Her favorite color is purple and her favorite food is anything lemon. One fun fact about Annika is that she plays the guitar and sings a bit.

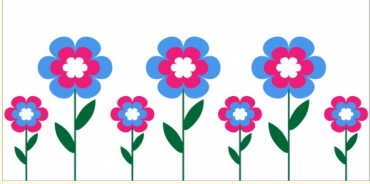
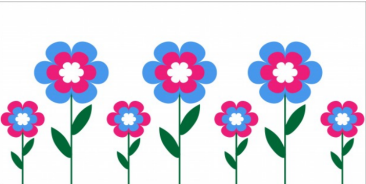
Resident of the Month!



Sally

Meet Sally Black. Sally was born in Atlanta, GA and lived in many different places including Florida and California. She lived in Ennis, MT for 34 years before moving into Bozeman Lodge. Sally has one boy, and two girls, eight grandchildren and 17 great grandchildren! She is a collector of music boxes and miniatures, she has built and furnished dollhouses, and she used to crochet. Her favorite food is real southern chicken & dumplings, her favorite color is blue and she used to love to play badminton. Sally used to work for the original United Airlines and she really enjoys spending time with her children.

May 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Happy Birthday Elizabeth Johnson, 6 th Henry Hendrickson, 8 th Eilene Sternhagen, 11 th Pauline Aspevig, 11 th Toni Lohrer, 22 nd	Mary VanSlyke, 23 rd Woody Fogg, 25 th Carol Mallard, 30 th Eloise Hargrove, 31 st	1 10:00 Chair Exercise 11:00 Fingernail Painting 1:00 Live Music with Trina 2:00 Stretch & Tone, Myriah 3:00 IN2L & Strawberry Shortcake Sundae's 3:00 Afternoon Movie 4:00 Walking Club 6:30 Poker Game 7:00 Evening Movie	2 9:30 Heart & Sole Exercise *1:00 Bridge Game 1:00 Catholic Communion 1:30 Golf: Putting Around 2:30 Cooking Club 3:00 Afternoon Movie 4:00 Happy Hr. Old-time Record Music & Trivia 7:00 Evening Movie	3 10:00 Tai Chi Exercise, Val 10:45 IN2L Brain Games 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	4 9:30 Men's Coffee Club 10:00 Circuit Exercise *10:45 Shopping at GV Mall 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study 1:30 Rummikub Game 1:30 Travel the World IN2L 2:30 Bobs Piano Tunes 3:30 Resident Council Meeting 7:00 Evening Movie	5 Cinco de Mayo 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Shopping at Smiths 1:30 4 Corners etc. Bingo Game *3:00 Scenic Drive 3:00 Afternoon Movie 7:00 Evening Movie
6 8:30-Noon Bus to Church 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games *3:00 Parkinson's Support Group 3:00 Afternoon Movie 7:00 Evening Movie	7 9:30 Coffee Talk with Bo *9:30 Pole Walking Class *10:45 Wheat MT Bakery & Lunch 1:30 Bingo Game 3:00 Public Library Special Delivery Presentation 3:00 Afternoon Movie 3:30 Pinochle Game 5:00 Piano Music with Vivian 7:00 Live Bluegrass Music	8 9:30 Current Events & Lattes 10:00 Chair Exercise 10:30 Bookmobile 2:00 Stretch & Tone, Myriah 2:30 Wellness Through Music Quintet 3:00 Afternoon Movie 4:00 Book Club Meeting 6:30 Poker Game 7:00 Evening Movie	9 9:30 Heart & Sole Exercise 10:30 Bistro Banking 10:30 Visit with Arthur Dog *1:00 Bridge Game 1:00 Catholic Communion 1:30 Golf: Putting Around 2:30 Cooking Club 3:00 Afternoon Movie 4:00 Happy Hr. Profound Thoughts 7:00 Evening Movie	10 10:00 Tai Chi Exercise, Val 9:45 Chief Joseph Middle School Choir Performance 10:45 IN2L Brain Games *12:00 Men's Picnic 1:30 Bingo Game, AR 2:00 Chair Exercise, Leah 2:45 Chair Exercise, Leah 3:30 What's IN2L Info Session 3:00 Afternoon Movie 7:00 Evening Movie	11 9:30 Men's Coffee Club 10:00 Circuit Exercise *10:30 MSU Balance Study *10:45 Shopping at Goodwill 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study 1:30 Rummikub Game 1:30 Travel the World IN2L *3:00 MSU Balance Study 7:00 Evening Movie	12 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Shopping at Walmart 1:30 4 Corners etc. Bingo Game 3:00 Flower Arranging and Mom Memories 3:00 Afternoon Movie 7:00 Evening Movie
13 Mother's Day 9:30 Cinnamon Rolls 10:00 Ecumenical Service * Mothers Day Brunch two seating times available 11:30 & 1:15 2:00 IN2L Games *3:00 Parkinson's Support Group 3:00 Afternoon Movie 7:00 Evening Movie	14 9:30 Coffee Talk with Bo *9:30 Pole Walking Class *11:15 Bridger Brewing Tour and Pizza 1:30 Bingo Game 3:00 Live Music with Edis 3:00 Afternoon Movie 3:30 Pinochle Game 6:00 Children's Piano Recital 7:00 Evening Movie	159:30 Current Events & Lattes 10:00 Chair Exercise 11:00 Fingernail Painting 1:00 Drumming Circle 2:00 Stretch & Tone, Myriah 2:45 Health Talk Stroke Awareness 3:00 Afternoon Movie 4:00 Walking Club 6:30 Poker Game 7:00 Evening Movie	16 9:30 Heart & Sole Exercise 10:00 Equipment Repair Clinic *12:00 Spring Picnic *1:00 Bridge Game 1:00 Catholic Communion 1:30 Golf: Putting Around 2:30 Cooking Club 3:00 Afternoon Movie 4:00 Happy Hr. Paul Harvey Readings by Janice 7:00 Evening Movie	17 10:00 Tai Chi Exercise, Val 10:30 Visit with Arthur Dog 10:45 IN2L Brain Games *12:00 New Comers 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	18 9:30 Men's Coffee Club 10:00 Circuit Exercise *10:30 MSU Balance Study *10:45 Shopping at Target 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study 1:30 Travel the World IN2L 2:30 Bobs Piano Tunes *3:00 MSU Balance Study *3:30 Clay Sculpting Class	19 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Shopping at Safeway 1:30 4 Corners etc. Bingo Game *3:00 Scenic Drive 3:00 Afternoon Movie 7:00 Evening Movie
20 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games *3:00 Parkinson's Support Group 3:00 Afternoon Movie 7:00 Evening Movie	21 9:30 Coffee Talk with Bo *9:30 Pole Walking Class 10:30 Art Class with Loretta 1:30 Bingo Game 3:00 Craft Project 3:00 Afternoon Movie 3:30 Pinochle Game *4:45 Dinner at Tai Basil 5:00 Piano Music with Vivian 7:00 Evening Movie 7:00 Live Bluegrass Music	22 9:30 Current Events & Lattes 10:00 Chair Exercise 10:30 Bookmobile 2:00 Stretch & Tone, Myriah 3:00 IN2L & Banana Split Sundaes 3:00 Afternoon Movie 4:00 Walking Club 6:30 Poker Game 7:00 Evening Movie	23 9:30 Heart & Sole Exercise 10:30 Bistro Banking *11:15 Older Americans Day Luncheon Boz. Senior Center *1:00 Bridge Game 2:00 Dining Services Meeting 2:30 Catholic Mass 2:30 Cooking Club 3:00 Afternoon Movie 4:00 Happy Hr. Edis 7:00 Evening Movie	24 10:00 Tai Chi Exercise, Val 10:30 Visit with Arthur Dog 10:45 IN2L Brain Games *12:00 Birthday Lunch 11-12 Hearing Aid Clinic 1:30 Bingo Game, AR 2:00 Chair Exercise, Leah 2:45 Chair Exercise, Leah 3:30 New Comers Social 3:00 Afternoon Movie 7:00 Evening Movie	25 9:30 Men's Coffee Club 10:00 Circuit Exercise *10:45 Shopping at Dollar Tree 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study 1:30 Rummikub Game 1:30 Travel the World IN2L *2:30 Toppers Frozen Yogurt 7:00 Evening Movie	26 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 City Brew Coffee Shop 1:30 4 Corners etc. Bingo Game *3:00 Shopping at Rosauers 3:00 Afternoon Movie 7:00 Evening Movie
27 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games *3:00 Parkinson's Support Group 3:00 Afternoon Movie 7:00 Evening Movie	28 Memorial Day *9:15 Memorial Day Parade *9:30 Pole Walking Class 10:30 Art Class with Loretta *11:30 Memorial Day BBQ 1:30 Bingo Game 3:00 Live Music by Edis 3:30 Pinochle Game 5:00 Piano Music with Vivian 6:00 Live Music by Honkytonk Rebel	29 9:30 Current Events & Lattes 10:00 Chair Exercise 11:00 Fingernail Painting 2:00 Stretch & Tone, Myriah 3:00 IN2L Chocolate Peanut Butter Sundaes 3:00 Afternoon Movie 4:00 Walking Club 6:30 Poker Game 7:00 Evening Movie	30 9:30 Heart & Sole Exercise *1:00 Bridge Game 1:00 Catholic Communion 1:30 Golf: Putting Around 2:30 Cooking Club 3:00 Afternoon Movie 4:00 Happy Hr. Lee & Debbie 7:00 Evening Movie	31 10:00 Tai Chi Exercise, Val 10:45 IN2L Brain Games *12:00 Spring Picnic 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		