



1547 N. Hunters Way  
Bozeman, MT 59718

STAMP  
HERE



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**Lori Schumacher**  
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**Shauna Herbel**  
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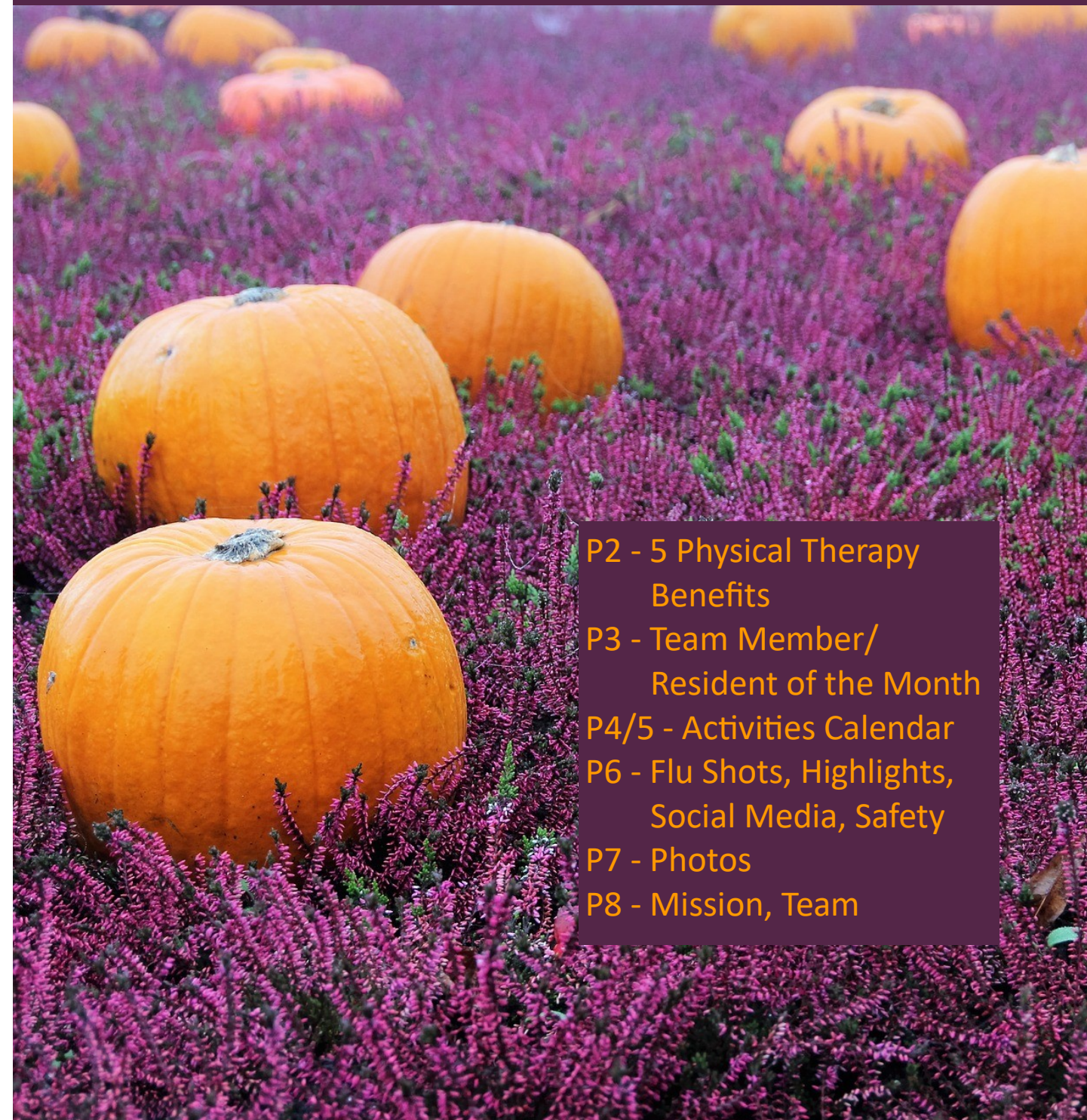
Contact us at:  
**406-522-5452**

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



# Bozeman Lodge

## Bozeman Lodge Independent & Assisted Living Newsletter



P2 - 5 Physical Therapy  
Benefits  
P3 - Team Member/  
Resident of the Month  
P4/5 - Activities Calendar  
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## October 2018 Edition



# 5 Benefits of Physical Therapy

Learn more on physical therapy in our blog online!

Physical therapy is more than just therapy for injuries. For seniors, physical therapists can encourage more physical activity and help with arthritis, osteoporosis, dementia, and balance challenges. That's hardly where physical therapy services end however; there are many reasons to seek it out for healthy living!

***Note:** Each individual should follow the advice of their medical professionals and speak with them before making changes to diet, exercise, or supplements. This article is for informational use only and should not be considered medical advice.*

## Five Potential Benefits of Physical Therapy:

1. **Improved Movement:** Physical therapists can identify, diagnose, and treat movement challenges.
2. **Pain Relief or Prevention:** Physical therapy can provide long-term pain solutions with techniques like exercises, joint and soft tissue mobilization, ice/heat therapy, ultrasound, and electrical stimulation for relief and/or restoring function.
3. **Management of Issues Associated with Diabetes:** Physical therapists can help

prescribe and teach exercise for lowering blood glucose levels, treat chronic pain, improve walking ability, treat sores, help with assistive devices, and restore normal movement and balance.

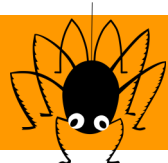
4. **Management of Issues Associated with Aging:** Physical Therapists may be able to help with managing arthritis, back pain, osteoporosis and or recovering from procedures like joint replacements. They may also be able to help prevent or recover from falls with strengthening and balance exercises.
5. **Strengthening After a Stroke:** Physical therapists can help clients improve function and balance with therapies such as Constraint-Induced Movement Therapy, functional electrical stimulation, and motor imagery among others.

These are just five potential benefits of physical therapy. There are so many more! For those who haven't tried physical therapy, but are interested, a great first step would be to reach out to a local physical therapist clinic and speak to them about how they might be able to play a positive role in healthy living.

Great photography is about depth of feeling, not depth of field." -Peter Adams







## October Highlights

10/1 Fall Walk at Sculpture Park  
 10/4 S'mores on the Patio  
 10/4 Living History Lecture  
 10/8 Lunch at Horn & Cattle in Big Sky  
 10/10 Resident & Staff Evacuation Drill  
 10/11 Oktoberfest & Accordion Music  
 10/13 MSU Homecoming Parade  
 10/15 Art Gallery Tour at Emerson Cultural Center  
 10/15 Clay Sculpting Class with Amanda  
 10/16 Health Talk– Sleep Hygiene  
 10/22 Halloween Craft Project  
 10/22 Dinner at Sidewinders  
 10/24 Dr. Clark Foot Clinic  
 10/25 “Power of Story” Presentation  
 10/26 Children's Halloween Costume Party  
 10/26 Live Music American Concert Violinist Jack Glatzer  
 10/28 Bozeman Symphony– Concerto for Hope  
 10/29 Stuffed Crepes and Waffles  
 10/31 Halloween Lunch & Costume Party



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[Radiant Senior Living on YouTube](#)

**Resident Flu Shot Clinic**  
**Thursday, October 18th**  
**Sign Up for a Time Slot**  
**at the Front Desk!!**

### 3 Autumn Safety Tips to Remember

- 1) Make sure lit candles are not unattended at any time.
- 2) Leaves that may look dry on top could be wet and slippery underneath. Walk carefully near leaves.
- 3) Avoid AM glare with sunglasses.



## Resident of the Month!

### Grace

Meet Grace Nesbit, a resident at Bozeman Lodge since March of 2015. Grace was born in Broadus, Montana, near the Powder River, and raised on a ranch in southeastern Montana. She has two children, one boy and one girl. She has 5 grandchildren and numerous great-grandchildren. Grace started collecting stamps as a child and amassed quite a collection which she recently sold. Her favorite places to eat out are Applebee's and Olive Garden. Her favorite color is red. One fun fact about Grace is that she taught grades 1-8 in a country school for twenty years. Grace has some of her stories compiled into a book and she has a copy of a book of stories her mother wrote about homesteading in Montana. Grace doesn't like to argue but she does like to discuss things, so if you see her in the dining room, lobby or bistro sometime introduce yourself and strike up a conversation! She is not shy about sharing her opinion!



## Team Member of the Month!

### Kourtney– Server





Our Employee of the Month is Kourtney from the Dining Room! Kourtney has lived all of her 34 years in Bozeman, MT. She has two boys ages 14 and 4 who she adores more than anything else. When she is not busy being a mom or working she enjoys cooking and drawing. Her favorite food is anything Mexican, especially tacos, burritos and nachos. Her favorite color is green and she taught preschool for 10 years. One fun fact about Kourtney is that she was born on Leap Day so she has only had 8 birthdays in 34 years! Congratulations Kourtney we are glad you are part of our team.



# October 2018

Bozeman Lodge Independent and Assisted Living  
1547 N Hunters Way, Bozeman, MT 59718 406 522-5452



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 Coffee Talk with Bo *9:30 Balance & Beyond 1:30 Bingo Game *2:45 Fall Walk at Sculpture Park by Public Library 3:00 Life Stories Writing Class 3:30 Pinochle Game 5:00 Piano Music with Vivian 7:00 Evening Movie	2 9:30 Current Events & Coffee 10:00 Chair Exercise, Leah 11:00 Fingernail Painting 1:00 Drumming with Trina 2:00 Stretch & Tone, Myriah 3:00 IN2L & Apple Cider Floats 3:00 Afternoon Movie 7:00 Evening Movie	3 9:30 Heart & Sole Exercise *10:45 Shopping Target *1:00 Bridge Game 1:00 Catholic Communion 2:30 Cooking Club 3:00 Afternoon Movie 4:00 Happy Hr. Bases Wild 7:00 Evening Movie	4 9:30 Current Events & Coffee 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 S'mores on the Patio *6:15 Living History Lecture 7:00 Evening Movie	5 9:30 Men's Coffee Club 10:00 Circuit Exercise 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study 1:30 Farkle Dice Game 2:30 Craft: Yarn Pumpkins 3:30 Resident Council Meeting	 6 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Shopping at Smiths 1:30 Bingo Game *3:00 Fall Scenic Drive 3:00 Afternoon Movie 7:00 Evening Movie
7 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games 3:00 Sing Along with Grace *3:00 Parkinson's Support Group 3:00 Afternoon Movie 7:00 Evening Movie	8 9:30 Coffee Talk with Bo *9:30 Balance Beyond *11:00 Lunch Horn & Cattle Big Sky 1:30 Bingo Game 3:00 Live Music with Edis 3:30 Pinochle Game 5:00 Piano Music with Vivian 7:00 Old Time Bluegrass	9 9:30 Current Events & Coffee 10:00 Chair Exercise, Leah 10:30 Visit with Arthur Dog 10:30 Greeting Card Sales 10:45 Crazy 8's Card Game 2:00 Stretch & Tone, Myriah 3:00 UK Slideshow by Malcom 3:00 Afternoon Movie 7:00 Evening Movie	10 9:30 Heart & Sole Exercise *10:30 <b>Bistro Banking</b> *10:45 Shopping GV Mall *1:00 Bridge Game 1:00 Catholic Communion 3:00 <b>Staff &amp; Resident Evacuation Drill</b> 4:00 Happy Hr. with Edis 7:00 Evening Movie	11 9:30 Current Events & Coffee 10:45 IN2L Brain Games *12:00 Birthday Lunch 1:30 Bingo Game, AR 2:45 Chair Exercise, Leah 3:30 Post Its with Penelope *4:30 Oktoberfest Dinner 5-6 Live Accordion Music 7:00 Evening Movie 	12 <b>Bobcat Blue/Gold Day!</b> 9:30 Men's Coffee Club 10:00 Circuit Exercise *10:30 Fall Festival & Lunch at Bozeman Senior Center 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study 1:30 Wheel of Fortune Game 2:30 Bobs Piano Tunes	13 *9:30 <b>MSU Homecoming Parade Main Street Bozeman</b> 1:30 Bingo Game *3:00 Shopping at Safeway 3:00 Afternoon Movie 7:00 Evening Movie
14 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games 3:00 Sing Along with Grace *3:00 Parkinson's Support Group 3:00 Afternoon Movie 7:00 Evening Movie	15 9:30 Coffee Talk with Bo *9:30 Balance & Beyond *10:15 Art Gallery Tour at Emerson Cultural Center 1:30 Bingo Game *2:00 Clay Sculpting Class 3:00 Life Stories Writing Class 5:00 Piano Music with Vivian 7:00 Evening Movie	16 9:30 Current Events & Coffee 10:00 Chair Exercise, Leah 11:00 Fingernail Painting 1:00 Drumming with Trina 2:00 Stretch & Tone, Myriah 3:00 Health Talk Sleep Hygiene 3:00 Afternoon Movie 7:00 Evening Movie	17 9:30 Heart & Sole Exercise *10:00 <b>Walker/Scooter Repair</b> *10:45 Shopping Dollar Tree *1:00 Bridge Game 1:00 Catholic Communion 2:30 Cooking Club 4:00 Happy Hr. Profound Thoughts by Lynn	18 <b>FlueShot Clinic</b> 9:30 Current Events & Coffee 10:00 Visit with Arthur Dog 10:45 IN2L Brain Games *12:00 <b>Fall Picnic Bistro</b> 1:30 Bingo Game, AR 2:45 Chair Exercise, Leah 3:30 Post Its with Penelope 7:00 Evening Movie	19 9:30 Men's Coffee Club 10:00 Circuit Exercise 10:30 Baking Bunch Pumpkin Bread 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study 1:30 Farkle Dice Game 2:30 Bobs Piano Tunes	20 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Shopping at Albertsons 1:30 Bingo Game *3:00 Fall Scenic Drive 3:00 Afternoon Movie 7:00 Evening Movie
21 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games 3:00 Sing Along with Grace *3:00 Parkinson's Support Group 3:00 Afternoon Movie 7:00 Evening Movie	22 9:30 Coffee Talk with Bo *9:30 Balance & Beyond *10:30 Halloween Craft Project 1:30 Bingo Game 3:00 Live Music with Edis 3:30 Pinochle Game 5:00 Piano Music with Vivian 7:00 Old Time Bluegrass	23 9:30 Current Events & Coffee 10:00 Chair Exercise, Leah 10:30 Visit with Arthur Dog 10:30 Greeting Card Sales 10:45 Crazy 8's Card Game 2:00 Stretch & Tone, Myriah 3:00 IN2L & Pumpkin Shakes *5:00 Dinner at Sidewinders 7:00 Evening Movie	24 <b>9-12 Dr. Clark Foot Clinic</b> 9:30 Heart & Sole Exercise *10:30 <b>Bistro Banking</b> *10:45 CVS Pharmacy *1:00 Bridge Game 2:00 <b>Dining Services Meeting</b> 2:30 Catholic Mass 2:30 Cooking Club 4:00 Happy Hr. Bases Wild 7:00 Evening Movie	25 9:30 Current Events & Coffee 10:00 Tai Chi Exercise, Val 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 Power of Story Info Session by Nanette 7:00 Evening Movie	26 9:30 Men's Coffee Club 10:00 Circuit Exercise 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study 1:30 Wheel of Fortune Game 3:00 Children's Halloween Party 6:00 Live Music American Concert Violinist , Jack Glatzer	27 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Ghost Town Coffee 1:30 Bingo Game *3:00 Shopping at Walmart 3:00 Afternoon Movie 7:00 Evening Movie
28 *9-12 Bus to Church 9:30 Cinnamon Rolls 10:00 Ecumenical Service 1:00 Live Violinist Sasha 8th Grader *1:45 Bozeman Symphony 2:00 IN2L Games 3:00 Sing Along with Grace *3:00 Parkinson's Support Group 3:00 Afternoon Movie 7:00 Evening Movie	29 9:30 Coffee Talk with Bo *9:30 Balance & Beyond *10:30 Stuffed Crepes & Waffles 1:00 Pat Fosters 102nd Birthday Celebration !! 1:30 Bingo Game 3:00 Life Stories Writing Class 5:00 Piano Music with Vivian 7:00 Evening Movie	30 9:30 Current Events & Coffee 10:00 Chair Exercise, Leah 11:00 Fingernail Painting 2:00 Stretch & Tone, Myriah 3:00 IN2L & Candy Corn Ice Cream Sundaes 4:00 Book Club Meeting 3:00 Afternoon Movie 7:00 Evening Movie	31 <b>Happy Halloween!</b> 9:30 Heart & Sole Exercise *10:45 Shopping Target *11:30 <b>Halloween Luncheon &amp; Costume Party</b> *1:00 Bridge Game 1:00 Catholic Communion 2:30 Cooking Club 3:00 Afternoon Movie 4:00 Happy Hr. Lee & Debbie 7:00 Evening Movie 	<b>Happy Birthday</b> Bob Harr, 2nd Patty Johnston, 5 <sup>th</sup> Doris Krebill, 12 <sup>th</sup> Debbie Goltz, 18 <sup>th</sup> Helen Birgfeld, 18 <sup>th</sup>	Maxine Lechner, 23 <sup>rd</sup> Mildred Raffety, 24 <sup>th</sup> Paul Krebill, 25 <sup>th</sup> Trish Mohler, 25 <sup>th</sup> Lee Rostad, 28 <sup>th</sup> Pat Foster, 29 <sup>th</sup>	