



1547 N. Hunters Way  
Bozeman, MT 59718

STAMP  
HERE



**Administrative Team:**

**PENELOPE WATKINS**  
Executive Director  
**ELICIA RUIZ**  
Community Relations Director  
**LORI SCHUMACHER**  
**BECKY PHILLIPS**  
Resident Care Coordinators  
**KYLIE STIER**  
Business Office Manager  
**GWEN PALSER**  
Registered Nurse  
**LOU RUIZ**  
Dietary Director  
**GLEN CROSBY**  
Maintenance Director  
**LEAH WEAVER**  
Activities Director

Contact us at:  
406 522-5452



# Bozeman Lodge News

## Independent & Assisted Living Newsletter



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## November 2018 Edition



# Flu Prevention Steps for Seniors

It's that time of year again! The leaves are falling and the air has a chill that gets us excited about wearing our sweaters and coats. Unfortunately, it's also when the flu virus begins to make its rounds—and it typically continues through February.

People of all ages and walks of life can catch the flu, but those over 65 or at home in senior living communities are among those particularly at risk for flu-related complications like pneumonia, bronchitis, and sinusitis.

The good news is seniors can take actions to avoid the flu—the best of which, for many, is getting an annual flu shot early in flu season. It takes two weeks to become fully effective.

Those who wish to get the flu shot should consult their medical professionals, disclose allergies to them, and not consider this article medical advice. Those with a history of Guillain-Barre Syndrome should not get the shot, per the CDC.

Seniors can certainly benefit from learning about flu and, thus, avoid coming into contact with it or spreading it. The flu is a contagious respiratory illness brought on by influenza viruses A,B,C, and D, which infect the nose,



throat, and lungs. Flu is believed to spread through tiny droplets when people with flu cough, sneeze, or talk. The droplets can transfer to mouths or noses of those nearby or reach a surface (and live there for two hours or more) that another person may touch and transfer to their own mouth, nose, or eyes.

People with flu are most contagious in the first three to four days after their

illness starts, and they can pass it to another person before or while knowing they are sick. The time between exposure and infection is usually two days, but can be one to four.

Best practices for preventing the flu, in addition to those previously mentioned, include

avoiding close contact with others who are sick; covering mouth and nose with a tissue when coughing or sneezing; washing hands with soap and warm water for 15 to 20 seconds, several times a day, and definitely after coughing or sneezing; sanitizing hands if water is not available; and avoiding contact with eyes, nose, and mouth.

For more information, please visit [CDC.gov](https://www.cdc.gov).

**Differences Between a Flu and a Cold**  
**Flu is fast-coming and usually brings on fever, chills, cough, body aches, headaches, and tiredness. Flu only sometimes includes sneezing, sore throat, and/or stuffy nose. Flu can be tested for, and antiviral drugs do exist for it.**  
**A cold brings gradual effects including a runny or stuffy nose, chest discomfort, a cough, sore throat, sneezing, and sometimes fatigue and aches. Colds do not often bring chills, fever, or headaches. (CDC)**

“When I say I want to photograph someone, what it really means is that I’d like to know them.” - Annie Leibovitz





# November Highlights

11/1 Veteran's Group Picture  
11/2 Clay Sculpting Class  
11/5 Christmas Card Making Class  
11/6 MSU Women's Basketball Game  
11/6 Malcom's UK Slideshow  
11/9 Live Harmonica Music by Joe  
11/10 Veteran's Coffee & Cookies Social with the DAR  
11/10 Bozeman Lodge 10 Year Anniversary Celebration!!  
11/12 Veteran's Day Luncheon & Flag Ceremony by the Vietnam Veteran's  
11/17 Cat VS Griz Pizza Party  
11/19 New Comers Social  
11/19 Dinner at MT Ale Works  
11/20 Health Talk: Bowel Health  
11/24 Live Music by Kathy Sullivan  
11/26 Brunch out at Treat Café  
11/29 Afternoon Tea Party  
11/30 MSU Women's Basketball Game



## Thanksgiving Dinner

You are invited to Bozeman Lodge Thanksgiving Dinner



There will be two seating times available  
11:30am-1:00pm & 1:45- 3:30pm  
All residents must sign up for a time slot even if you will not be having a guest.  
RSVP at the front desk by Monday, November 19th  
Guest cost \$10 please pay at the front desk

## No-Bake Peanut Butter Fudge Squares Recipe modified from All Recipes' one

### Ingredients:

1/2 cup of butter  
16 ounces of brown sugar  
1/2 cup of milk  
3/4 cup of peanut butter  
1 teaspoon of vanilla  
3 and 1/2 cups of confectioners sugar



### Steps:

In saucepan, on medium heat, melt butter.  
Add brown sugar and milk and stir.  
Bring to a boil for two minutes while stirring.  
Move from heat.  
Mix in vanilla and peanut butter.  
Pour on top of confectioners sugar in a big mixing bowl.  
Beat together until smooth.  
Pour into a pan that is 8x8.



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Radiant Senior Living on YouTube

## Resident of the Month!

### Vivian

Our resident of the month is Vivian Stiff. Vivian is a long time resident of Bozeman Lodge. She has lived here for almost 9 years. Vivian was born and raised in Helena, MT. She has 10 children; 6 boys and 4 girls and they have blessed her with 13 grandsons and 7 granddaughters who are responsible for her 15 or 16 great grandchildren! Her hobbies consist of playing piano, knitting, and reading. Her favorite food is candy and her favorite color is green, in fact she used to own a lime green Volkswagen Bug. One fun fact about Vivian is that she plays piano in the dining room every Monday at 5 and on Sunday for worship in the chapel and she never practices. Another fun fact is that her daughter, Penelope, is our Executive Director. Take some time to say "hi" next time you see Vivian. Her friends and her like to eat lunch and dinner early you will need to catch her at the beginning of mealtime.



## Team Member of the Month!

### Amanda



Our employee of the month is Amanda Usher, caregiver. Amanda is from the Baker/Ekalaka, Montana area. Amanda has three children, One boy, age 16 and two girls, ages 13 and 12. Her hobbies include anything outdoors like 4 wheeling and hiking. Her favorite food is a German dish her grandmother makes called pickled meatballs. Her favorite color is Army green and her fun fact is that she was raised on a Buffalo Ranch in Ekalaka. You may not see her unless you are up late at night because she works the noc shift.



# November 2018

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Resident Birthdays</b> Phil Rostad 2 <sup>nd</sup> Nell Sharpe 5 <sup>th</sup> Noma Alexander 5 <sup>th</sup> Grace Nesbit 7 <sup>th</sup> Jerolyn Dirks 8 <sup>th</sup>	Mary Strong 11 <sup>th</sup> Carol Spitz 12 <sup>th</sup> Stanley Durst 14 <sup>th</sup> Delores Byrd 17 <sup>th</sup> Margaret Svejkovsky 23 <sup>rd</sup> Naomi Wiley 23 <sup>rd</sup>		<b>1</b> 9:30 Current Events & Coffee 10:30 Visit with Arthur Dog 10:45 IN2L Brain Games *12:00 New Comers Lunch 1:30 Bingo Game, AR 2:45 Chair Exercise, Leah 3:30 Post Its with Penelope <b>3:30 Veterans Picture</b> 4:00 Pool Game	<b>2</b> 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 *2:00 Clay Sculpting– Amanda 3:30 Resident Council Meeting 7:00 Evening Movie	<b>3</b> 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Shopping at Smiths 1:30 Bingo Game 3:00 Fingernail Painting 3:00 Afternoon Movie 7:00 Evening Movie
<b>Day Light Savings Time 4</b> 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 Sing Along with Grace *3:00 Parkinson's Support Group 3:00 Afternoon Movie 7:00 Evening Movie	<b>5</b> 9:30 Coffee Talk with Bo *9:30 Balance & Beyond <b>10:30 Christmas Card Making</b> 1:30 Bingo Game 3:00 IN2L & Root Beer Floats 3:00 Afternoon Movie 5:00 Piano Music with Vivian 7:00 Evening Movie 7:00 Old Time Bluegrass	<b>6</b> 9:30 Current Events & Coffee *10:00 MSU Women's Basketball Game 10:30 Greeting Card Sales 1:00 Drumming with Trina 2:00 Stretch & Tone, Myriah 3:00 Malcolm's UK Slideshow 3:00 Afternoon Movie 6:30 Poker Game 7:00 Evening Movie	<b>7</b> 9:30 Heart & Sole Exercise <b>10:30 Bistro Banking</b> *10:45 Shopping Target *1:00 Bridge Game 1:00 Catholic Communion 2:30 Cooking Club 3:00 Afternoon Movie 4:00 Happy Hr. Profound Thoughts with Lynn 7:00 Evening Movie	<b>8</b> 9:30 Current Events & Coffee 10:45 IN2L Brain Games *12:00 Nov. Birthday Luncheon 1:30 Bingo Game, AR 2:45 Chair Exercise, Leah 3:00 Afternoon Movie 3:30 Craft: Popsicle Stick Scarecrow Door Hanger 4:00 Pool Game 7:00 Evening Movie	<b>9</b> 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 Live Harmonica Music with Joe– Serving Hot Apple Cider 7:00 Evening Movie	<b>10</b> 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Shopping at Safeway 1:00 Veterans Coffee w/ DAR 1:30 Bingo Game <b>3-7 Bozeman Lodge 10 Year Anniversary Celebration</b> 3:00 Afternoon Movie 7:00 Evening Movie
<b>11</b> 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 Sing Along with Grace *3:00 Parkinson's Support Group 3:00 Afternoon Movie 7:00 Evening Movie	<b>12</b> 9:30 Coffee Talk with Bo *9:30 Balance & Beyond <b>*11:30 Veterans Day Celebration &amp; Luncheon</b> 1:30 Bingo Game 3:00 Live Music with Edis 3:00 Life Stories Writing Class 5:00 Piano Music with Vivian 7:00 Evening Movie	<b>13 National Sundaes Day!</b> 9:30 Current Events & Coffee 10:00 Chair Exercise, Leah 10:45 Craft: Pinecone Turkeys 2:00 Stretch & Tone, Myriah 3:00 IN2L & Caramel Sundaes <b>4:00 Madge McNally Celebration of Life</b> 3:00 Afternoon Movie 6:30 Poker Game 7:00 Evening Movie	<b>14</b> 9:30 Heart & Sole Exercise *10:45 Shopping GV Mall *1:00 Bridge Game <b>1:00 Walker/Scooter Clinic</b> 1:00 Catholic Communion 2:30 Cooking Club 3:00 Afternoon Movie 4:00 Happy Hr. Chris Foster 7:00 Evening Movie	<b>15</b> 9:30 Current Events & Coffee 10:30 Visit with Arthur Dog 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 Post Its with Penelope 4:00 Pol Game 7:00 Evening Movie	<b>16</b> 9:30 Men's Coffee Club 10:00 Circuit Exercise 10:30 Baking Bunch Brookies 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study 1:30 Farkle Dice Game 2:30 Bobs Piano Tunes Serving Brookies 7:00 Evening Movie	<b>17</b> 9:30 Balloon Volleyball Exercise Class with Oakley 12:00 Cat VS Griz Football Game 1:30 Bingo Game *3:00 Shopping at Walmart 3:00 Afternoon Movie 7:00 Evening Movie
<b>18</b> *9:00-Noon Bus to Church 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 Sing Along with Grace *3:00 Parkinson's Support Group 3:00 Afternoon Movie 7:00 Evening Movie	<b>19</b> 9:30 Coffee Talk with Bo *9:30 Balance & Beyond 10:30 Art Class with Loretta 1:30 Bingo Game 3:00 Afternoon Movie *4:00 Dinner at MT Ale Works 5:00 Piano Music with Vivian 7:00 Evening Movie 7:00 Old Time Bluegrass	<b>20</b> 9:30 Current Events & Coffee 10:00 Chair Exercise, Leah 10:30 Greeting Card Sales 10:45 Shuffle Board Game 1:00 Drumming with Trina 2:00 Stretch & Tone, Myriah <b>3:00 Health Talk on Bowel Health, Yogurt Parfait</b> 6:30 Poker Game 7:00 Evening Movie	<b>21</b> 9:30 Heart & Sole Exercise <b>10:30 Bistro Banking</b> *10:45 Shopping Dollar Tree *1:00 Bridge Game 1:00 Catholic Communion 2:30 Cooking Club 3:00 Afternoon Movie 4:00 Happy Hr. Edis 7:00 Evening Movie	<b>Thanksgiving 22</b> Thanksgiving Dinner Two Seating Times Available All Residents Must Sign Up  *First Seating 11:30-1:00 *Second Seating 1:45-3:15  3:00 Afternoon Movie 7:00 Evening Movie	<b>23</b> 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 4:00 Live Music with Kathy Sullivan 7:00 Evening Movie	<b>24</b> 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Shopping at Rosauers 1:30 Bingo Game 3:00 Fingernail Painting 3:00 Afternoon Movie 7:00 Evening Movie
<b>25</b> 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 Sing Along with Grace *3:00 Parkinson's Support Group 3:00 Afternoon Movie 7:00 Evening Movie	<b>26</b> 9:30 Coffee Talk with Bo *9:30 Balance & Beyond 10:30 Art Class with Loretta *11:00 Brunch at Treat Café 1:30 Bingo Game 3:00 Live Music with Edis 3:00 Life Stories Writing Class 5:00 Piano Music with Vivian 7:00 Evening Movie	<b>27</b> 9:30 Current Events & Coffee 10:00 Chair Exercise, Leah 10:30 Bookmobile 10:45 Shuffle Board Game 2:00 Stretch & Tone, Myriah 3:00 IN2L & Banana Splits 3:00 Afternoon Movie 4:00 Book Club Meeting 6:30 Poker Game 7:00 Evening Movie	<b>28</b> 9:30 Heart & Sole Exercise *10:45 Shopping CVS Pharmacy *12:00 Fall Picnic *1:00 Bridge Game <b>2:00 Dining Services Meeting</b> 2:30 Catholic Mass 2:30 Cooking Club 3:00 Afternoon Movie 4:00 Happy Hr. Lee & Debbie 7:00 Evening Movie	<b>29</b> 9:30 Current Events & Coffee 10:30 Visit with Arthur Dog 10:45 IN2L Brain Games <b>11-12 Hearing Aid Clinic</b> 1:30 Bingo Game, AR 2:45 Chair Exercise, Leah *3:30 Afternoon Tea Party 4:00 Pool Game 7:00 Evening Movie	<b>30</b> 9:30 Men's Coffee Club 10:00 Circuit Exercise 10:30 Baking Bunch Blueberry Streusel Coolies 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study 2:30 Bob's Piano Tunes 4:00 New Comers Social *6:00 MSU Women's BB Game	