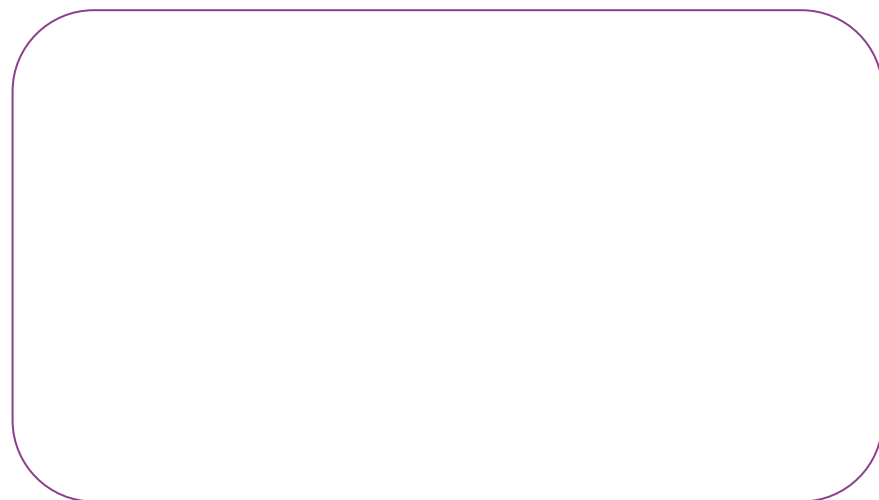




1547 N. Hunters Way  
Bozeman, MT 59718

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#### Administrative Team:

**Penelope Watkins**  
Executive Director  
**Elicia Ruiz**  
Community Relations Director  
**Lori Schumacher**  
Wellness Director  
**Kylie Stier**  
Business Office Director  
Kristie Tortelli  
Kathy Vaillancourt  
Registered Nurse  
**Stephanie Sooy**  
Dining Services Director  
**Lou Ruiz**  
Maintenance Director  
**Leah Weaver**  
Life Enrichment 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 News

Independent & Assisted Living Newsletter



### February 2019

2 Heart Healthy Living  
3 Resident & Team Spotlight  
4/5 Activities Calendar

6 Highlights, Social Media, Birthdays  
7 Special Moments  
8 Mission & Team

# Show Yourself Some Love: Prioritize Heart Health

The month of cupid, candy, and hearts isn't just about love, but also about showing yourself you care by prioritizing your heart health. February has been associated with hearts since Valentines were mass produced in the United States in 1847. In addition, since 1963, February has also been designated American Heart Month in the U.S.



each week—That's just around 20 minutes per day! Aerobic activity should be done in bouts of at least 10 minutes.

## Eat Better

Is the way to your heart through your stomach? The Mayo Clinic recommends eating more vegetables and

fruits as they have substances that may help cardiovascular health. They also recommend whole grains such as whole-grain bread and high-fiber cereals. Monitoring sodium is also important. Items high in salt include tomato juice, soy sauce, and many prepared foods.

## Manage Cholesterol

Getting active and eating better will go a long way in helping you achieve this final suggestion for better heart health, managing cholesterol! The first step in improving cholesterol is to seek out a medical professional to find your levels for both cholesterol types. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it.

Give yourself a Valentine this February with a commitment to improving your overall heart health!

**Note:** Each individual should follow their medical professional or doctor's advice and speak with them before making diet or exercise changes.

## Get Active

Getting out for a daily walk is not only good for mental health and weight management, but also for heart health! The World Health Organizations says adults over 65 should do at least 150 minutes of moderate-intensity aerobic physical activity

# Special Moments



# February Highlights



2/1 Resident Council Meeting  
2/2 MSU Women's Basketball  
2/3 Super Bowl Party  
2/4 Valentine's Craft Project  
2/7 Cottage Resident Happy Hour  
2/11 Brunch at JAM  
2/12 Public Library Bookmobile  
2/12 Hearing Aid Clinic  
2/14 Clay Sculpting Class  
2/14 MSU Women's Basketball  
2/15 British Discoveries National Parks with Malcom  
2/16 MSU Women's Basketball  
2/16 Live Music with Kristin  
2/17 Bus to Church  
2/17 Camelot Opera  
2/18 Breakfast at Perkins  
2/19 Health Talk: Brain Health  
2/20 Walker/Wheelchair Clinic  
2/20 Winter Picnic  
2/21 Book Club Meeting

2/25 Dinner at Backcountry Burger Bar  
2/26 Public Library Bookmobile  
2/28 Afternoon Tea Party

We're online @

- ◆ Facebook.com/BozemanLodge
- ◆ Blog.radiantseniorliving.com
- ◆ Radiantsrliving & Radiantvoices on Instagram
- ◆ RadiantSrLiving on Twitter
- ◆ Pinterest.com/radiantsrliving
- ◆ Radiant Senior Living on YouTube

### Oh Special Wintry Days:

"Winter came down to our home one night  
Quietly pirouetting in on silvery-toed slippers of snow,  
And we, we were children once again."  
- Bill Morgan, Jr.

# February Birthdays!



## Valentine's Day Luncheon

Thursday, February 14th

Lunch, 11:30am to 2pm

Live Bluegrass Music

from 11:30am to 1pm

Guest Cost \$10



## Resident of the Month! Belinda

Belinda lives on the 1<sup>st</sup> floor of the lodge with her cat, Beau. She was born in Kansas but spent more than 60 years of her life in California where she taught elementary school. She was married to a wonderful man named Bob who had one daughter. Belinda's interests include knitting, anything do with arts and crafts and music. She doesn't have a favorite food and her favorite color is all the fall colors. One fun fact about Belinda is that she sold the pig she raised and used the money to buy her first piano!



## Team Member of the Month! Barbara– Life Enrichment Assistant

Barbara was born in Missoula but her family moved to Bozeman when she was five years old. After high school graduation she moved to Missoula to attend the University of Montana where she graduated with an Elementary Education degree. She eventually made her way back to Bozeman and has resided in the Gallatin Valley ever since. Her and her husband, Larry, have one son, Robert. She enjoys knitting, reading, going for scenic drives, hiking and camping. Her favorite food is macaroni and cheese and she loves the color green, all shades of green. One fun fact about Barbara is that she taught school for two and a half years in a one room schoolhouse in Lennep, MT where she had only four students each year, one of which was her own son!

# February 2019

Bozeman Lodge Independent & Assisted Living • 1547 N Hunters Way • 406-522-5452



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Happy Birthday</b> Helen Jones, 5 <sup>th</sup> Annetta VanDyken, 6 <sup>th</sup> Barbara Christman, 8 <sup>th</sup> Belinda Sims, 8 <sup>th</sup> Kyrk Westbrook, 12 <sup>th</sup> Allan Allsop, 13 <sup>th</sup>	Bob Border, 16 <sup>th</sup> Mimi Arceneaux, 18 <sup>th</sup> Anna Winkler, 19 <sup>th</sup> Julie Verzuh, 20 <sup>th</sup> Paul Aicher, 23 <sup>rd</sup> Penny Lucas, 24 <sup>th</sup> Susan Kemp, 25 <sup>th</sup>				<sup>1</sup> 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 <b>3:30 Resident Council Meeting</b> 7:00 Evening Movie	<sup>2</sup> 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Shopping at Smiths <b>*1:00 MSU Women's Basketball</b> 1:30 Bingo Game 3:00 Afternoon Movie 7:00 Evening Movie
<sup>3</sup> 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 Sing Along with Grace 3:00 Parkinson's Support Group <b>4:30 Super Bowl Party</b> 3:00 Afternoon Movie 7:00 Evening Movie	<sup>4</sup> 9:30 Coffee Talk with Bo 9:30 Heart & Sole Exercise <b>10:30 Valentine's Craft Project</b> 1:30 Bingo Game 3:00 Art Class with Loretta 3:30 Life Stories Writing Class 3:00 Afternoon Movie 5:00 Piano Music with Vivian 7:00 Evening Movie	<sup>5</sup> 9:30 Current Events & Coffee 10:00 Chair Exercise, Leah 10:30 Greeting Card Sales 11:00 Pretty Nails 1:00 Drumming with Trina 2:00 Scrabble Game 2:00 Stretch & Tone, Myriah <b>3:00 IN2L &amp; Root Beer Floats</b> 6:30 Poker Game 7:00 Evening Movie	<sup>6</sup> <b>*9:30 Dr. Clark Foot Clinic</b> 9:30 Balance & Beyond *10:45 Shopping Target *1:00 Bridge Game 1:00 Catholic Communion 2:30 Cooking Club 3:00 Afternoon Movie 4:00 Happy Hr. Trivia 7:00 Evening Movie	<sup>7</sup> 9:30 Current Events & Coffee 10:00 Tai Chi Exercise 10:30 Visit with Arthur Dog 10:45 IN2L Brain Games <b>*12:00 New Comers Lunch</b> 1:30 Bingo Game, AR 2:45 Chair Exercise, Leah 3:30 Post Its with Penelope <b>4:00 Cottage Happy Hour</b> 7:00 Evening Movie	<sup>8</sup> 9:30 Men's Coffee Club 10:00 Circuit Exercise 10:45 Shuffle Board Game 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study <b>1:30 Gyrotonic Exercise Presentation</b> 2:30 Bobs Piano Tunes 7:00 Evening Movie	<sup>9</sup> 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Shopping at Heebbs 1:30 Bingo Game <b>3:00 The Interworking's of the Bronze Sculpting Process with Amanda</b> 3:00 Afternoon Movie 7:00 Evening Movie
<sup>10</sup> 9:30 Cinnamon Rolls 10:00 Ecumenical Service <b>2:00 Sing Along with Grace</b> 3:00 Parkinson's Support Group 3:00 Afternoon Movie 7:00 Evening Movie	<sup>11</sup> 9:30 Coffee Talk with Bo 9:30 Heart & Sole Exercise <b>*10:45 Brunch at Jam</b> 1:30 Bingo Game 3:00 Live Music with Edis 3:00 Afternoon Movie 5:00 Piano Music with Vivian 7:00 Evening Movie 7:00 Old Time Bluegrass	<sup>12</sup> 9:30 Current Events & Coffee 10:00 Chair Exercise, Leah 10:30 Visit with Arthur Dog <b>10:30 Bookmobile</b> 2:00 Scrabble Game 2:00 Stretch & Tone, Myriah <b>3:00 Family Feud Game</b> 3:00 Afternoon Movie 6:30 Poker Game 7:00 Evening Movie	<sup>13</sup> 9:30 Balance & Beyond <b>10:30 Bistro Banking</b> <b>11:00 Hearing Aid Clinic</b> *10:45 Shopping Dollar Tree *1:00 Bridge Game 1:00 Catholic Communion <b>1:30 Flower Arranging</b> 2:30 Cooking Club 3:00 Afternoon Movie 4:00 Happy Hr. Music with Edis	<sup>14</sup> <b>Valentine's Day</b> 9:30 Current Events & Coffee 10:00 Tai Chi Exercise 10:45 IN2L Brain Games <b>*11:30 Valentine's Luncheon &amp; Life Bluegrass Music</b> 1:30 Bingo Game, AR 2:45 Chair Exercise, Leah *3:30 Clay Sculpting Class <b>*6:00 MSU Women's BB Game</b> 7:00 Evening Movie	<sup>15</sup> 9:30 Men's Coffee Club 10:00 Circuit Exercise 10:45 Shuffle Board Game 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study <b>2:00 British Discoveries National Parks with Malcom</b> 3:00 Afternoon movie 7:00 Evening Movie	<sup>16</sup> 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Shopping at Albertsons <b>*1:00 MSU Women's BB Game</b> 1:30 Bingo Game <b>3:30 Live Music with Kristin</b> 3:00 Afternoon Movie 7:00 Evening Movie
<sup>17</sup> <b>*9:00 to 12:00 Bus To Church</b> 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 Sing Along with Grace <b>*2:15 Camelot Play at the Ellen Theater</b> 3:00 Parkinson's Support Group 7:00 Evening Movie	<sup>18</sup> <b>Presidents Day</b> <b>*9:00 Breakfast at Perkins</b> 9:30 Coffee Talk with Bo 9:30 Heart & Sole Exercise 1:30 Bingo Game 3:00 Art Class with Loretta 3:00 Afternoon Movie 3:30 Life Stories Writing Class 5:00 Piano Music with Vivian 7:00 Evening Movie	<sup>19</sup> 9:30 Current Events & Coffee 10:00 Chair Exercise, Leah 10:30 Greeting Card Sales 11:00 Pretty Nails 1:00 Drumming with Trina 2:00 Scrabble Game 2:00 Stretch & Tone, Myriah <b>3:00 Health Talk: Brain Health</b> 6:30 Poker Game 7:00 Evening Movie	<sup>20</sup> 9:30 Balance & Beyond <b>10:00 Walker/Wheelchair Clinic</b> *10:45 Shopping GV Mall <b>*12:00 Winter Picnic</b> *1:00 Bridge Game 1:00 Catholic Communion 2:30 Cooking Club 3:00 Afternoon Movie 4:00 Happy Hr. Piano Steve 7:00 Evening Movie	<sup>21</sup> 9:30 Current Events & Coffee 10:00 Tai Chi Exercise 10:30 Visit with Arthur Dog 10:45 IN2L Brain Games <b>*12:00 Men's Pizza Party</b> 1:30 Bingo Game, AR 2:45 Chair Exercise, Leah 3:30 Post Its with Penelope <b>4:00 Book Club Meeting</b> 7:00 Evening Movie	<sup>22</sup> 9:30 Men's Coffee Club 10:00 Circuit Exercise 10:45 Shuffle Board Game 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study 1:30 Wheel Of Fortune Game <b>2:30 Bobs Piano Tunes &amp; February Birthday Party</b> 7:00 Evening Movie	<sup>23</sup> 9:30 Balloon Volleyball Exercise Class with Oakley <b>*10:30 Shopping at Rosauers</b> 1:30 Bingo Game 3:00 Afternoon Movie 7:00 Evening Movie
<sup>24</sup> 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 Sing Along with Grace <b>3:00 Parkinson's Support Group</b> 3:00 Afternoon Movie 7:00 Evening Movie	<sup>25</sup> 9:30 Coffee Talk with Bo 9:30 Heart & Sole Exercise <b>10:30 Craft Project Inked Dyed Coasters</b> 1:30 Bingo Game 3:00 Live Music with Edis <b>*4:00 Backcountry Burger Bar</b> 5:00 Piano Music with Vivian 7:00 Evening Movie 7:00 Old Time Bluegrass	<sup>26</sup> 9:30 Current Events & Coffee 10:00 Chair Exercise, Leah <b>10:30 Bookmobile</b> 2:00 Scrabble Game 2:00 Stretch & Tone, Myriah <b>3:00 IN2L &amp; Cupid Floats</b> 3:00 Afternoon Movie 6:30 Poker Game 7:00 Evening Movie	<sup>27</sup> 9:30 Balance & Beyond <b>10:30 Bistro Banking</b> *10:45 Shopping CVS Pharmacy *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. Lee & Debbie 7:00 Evening Movie	<sup>28</sup> 9:30 Current Events & Coffee 10:00 Tai Chi Exercise 10:45 IN2L Brain Games <b>*12:00 Birthday Luncheon</b> 1:30 Bingo Game, AR 2:45 Chair Exercise, Leah <b>*3:30 Afternoon Tea Party</b> 7:00 Evening Movie		