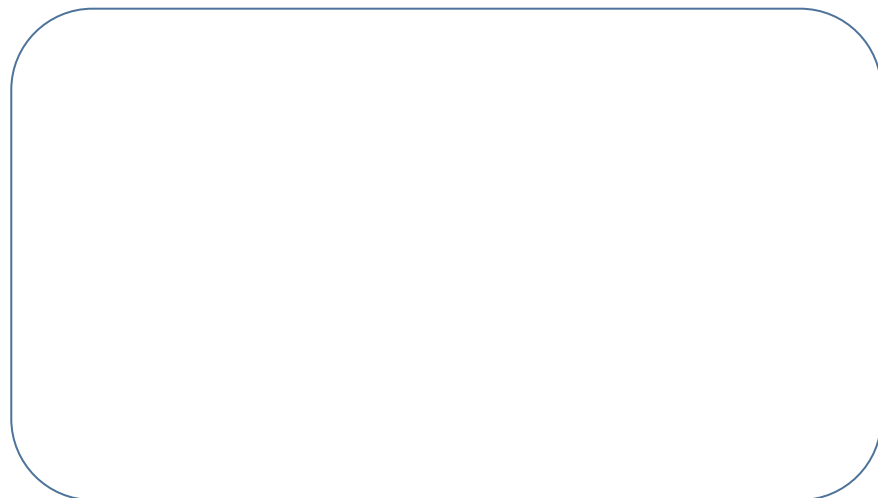




1547 N. Hunters Way
Bozeman, MT 59718

Stamp
Here



Administrative Team:

Penelope Watkins

Executive Director

Elicia Ruiz

Community Relations Director

Lori Schumacher

Wellness Director

Kylie Stier

Business Office Director

Kristie Torelli RN

Kathy Vaillancourt LPN

Registered Nurse

Lou Ruiz

Dining Services Director

Lou Ruiz

Maintenance Director

Leah Weaver

Life Enrichment Director

Contact us at:

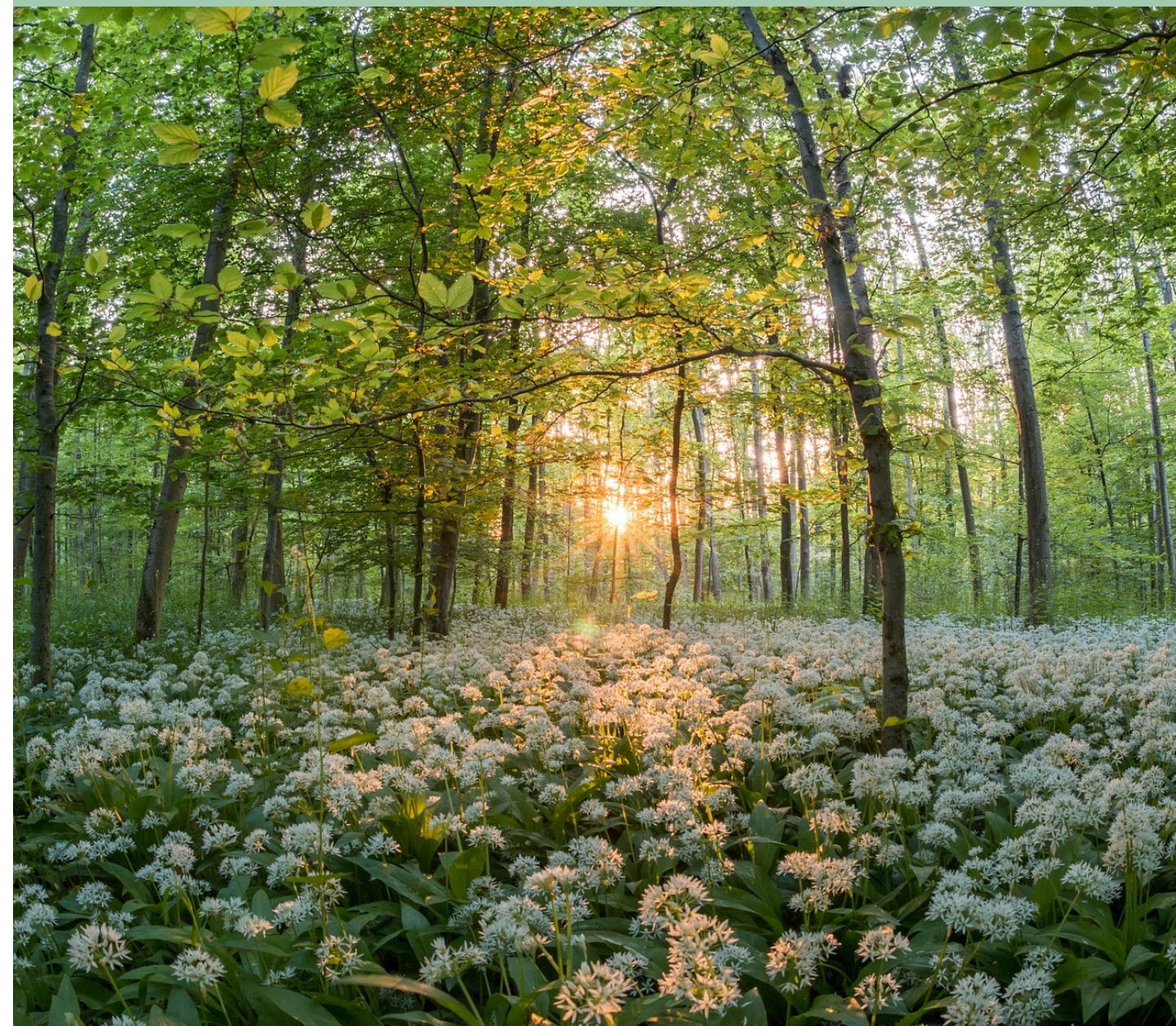
406-522-5452



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

Bozeman Lodge News

Independent & Assisted Living Newsletter



March 2019

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7 Special Moments & Spring Joys
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Senior Eye-Condition Awareness & Wellness Tips

At times, we may find details in the scenery we love may be dulling, or written words we read may be blurring. Changes like these can be frustrating. Fortunately, there are ways to proactively manage eye health and ensure precautions and/or treatments are in place for best vision!

One of the best ways to stay on top of eye health is to have annual eye exams. Practicing precautionary measures through lifestyle is also important. People with diabetes, high blood pressure, or who take medications that affect eyes are at higher risk for vision problems.

Lifestyle recommendations from the National Eye Institute include: eating a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields when appropriate; avoiding smoking; reducing eyestrain by looking 20 feet before you for 20 seconds every 20 minutes if you use screens often; and cleaning hands regularly to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms that may affect seniors is also helpful toward eye wellness.

Four Eye Issues That Can Affect Seniors:

- **Dry eye** is a common issue for seniors, in which not enough tears or quality tears are made, and poor vision may result.
- **Age-related macular degeneration** is an issue that causes central vision loss, but

does not affect side vision. The macula of the eye allows people to see fine details and colors, so when it is affected, activities such as reading, watching movies, and recognizing faces could be challenging.

- **Cataracts** are cloudy areas that occur in the eye lens (usually in both eyes, to different degrees) that can cause blurry vision, poor contrast awareness, dulled colors, and extra sensitivity to glare.
- **Glaucoma** is a group of eye issues

which damage the optic nerve and in time can take away side vision. While glaucoma is often painless and has no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. Prescription devices are also available, like spectacle-mounted magnifiers that aid in close-up tasks; hand-held or spectacle-mounted telescopes that help near and far vision; handheld and stand magnifiers that assist with short-term reading; and video magnification that enlarges items on video.

This has been just a glimpse into eye wellness. For more info, visit aoa.org online.

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



Our Favorite Things About Spring!

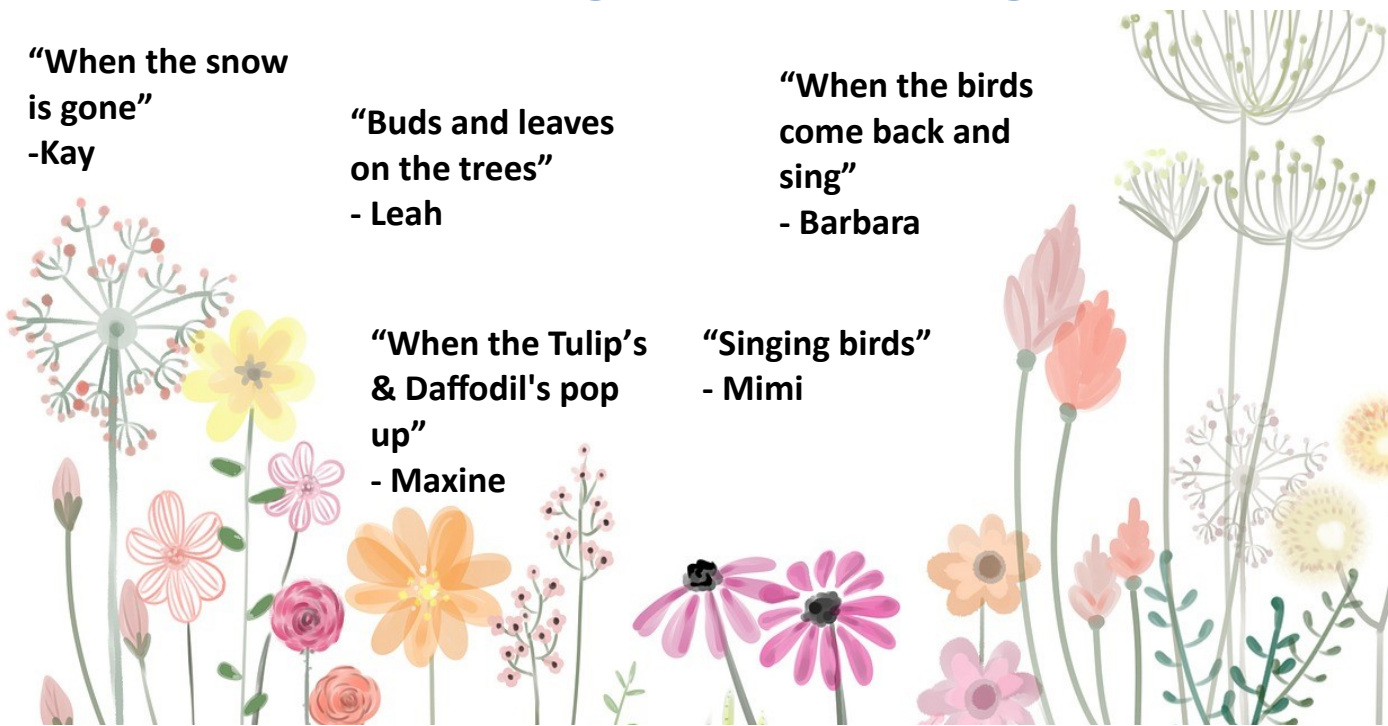
"When the snow is gone"
-Kay

"Buds and leaves on the trees"
- Leah

"When the birds come back and sing"
- Barbara

"When the Tulip's & Daffodil's pop up"
- Maxine

"Singing birds"
- Mimi



March Highlights

- 3/3 Bozeman Symphony
- 3/4 Brunch at Farmers Daughter Café
- 3/6 Ash Wednesday
- 3/7 Clay Sculpting Class
- 3/9 MSU Women’s Basketball Game
- 3/10 Bus Transportation to Church
- 3/11 Lunch at Bacchus Pub
- 3/12 Public Library Bookmobile
- 3/13 Hearing Aid Clinic
- 3/15 St. Patrick’s Day Dinner & Live Accordion Music
- 3/18 Dinner Outback Steakhouse
- 3/20 Walker/Wheelchair Clinic
- 3/21 Spring Picnic
- 3/21 Book Club Meeting
- 3/23 Spring Scenic Drive
- 3/25 Museum of the Rockies Children's Book Illustrations
- 3/26 Health Talk: Heart Health
- 3/29 Fall Risk Presentation & Screening



Sunday, March 10th is
Day Light Saving Time!
Turn your clocks forward
one hour.



We’re online @

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

Happy St. Patrick’s Day everyone! Take note:
“Never iron a four-leaf clover because
you don’t want to press your luck!”

St. Patrick's Day Celebration
Friday, March 15th

Enjoy an Irish Dinner 4:30-7pm

Live Accordion Music 5-6pm
Guest Cost \$9.00

Please RSVP at the Front Desk

march



AQUAMARINE

Resident Spotlight! Molly & Nick

Mollie and Nick Nickelson are our residents of the month. Mollie is originally from Minneapolis and came to Bozeman for college. Nick is from Cokedale, MT near Livingston. They have five children, three boys and two girls, 15 grandchildren and 2 greatgrandchildren. Mollie enjoys sewing of all kinds, she used to teach sewing and even does machine embroidery. Nick enjoys gardening and woodworking. He has his own woodworking shop at his house. Neither of them has a favorite food, they like just about everything except Mollie does not like chocolate! Nick likes the color yellow best and Mollie is partial to blue. One fun fact about them is that they lived in the same house in Hyalite Canyon since 1952. Their granddaughter now lives there and their son has a house on the same property and their oldest daughter is building a house there too for when she retires. Mollie and Nick are very active in things here at the Lodge, say “hi” next time you see them.



Employee of the Year! Kourtney

Our Employee of the Year is Kourtney from the Dining Room! Kourtney has lived all of her 34 years in Bozeman, MT. She has two boys ages 15 and 5 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.

March 2019

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Resident Birthdays Craig Barber, 2 nd Jan Langhamer, 3 rd Patricia Zitzer, 7 th Kay Moore, 11 th Mary Ellen Kelly, 13 th	Faye Frome, 15 th Ruby Cull, 18 th Mona King, 19 th Ray Babcock, 20 th David Frantz, 21 st Irene Border, 22 nd				¹ 9:30 Men's Coffee Club 10:00 Circuit Exercise 10:45 Knit/Crochet Group 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study 1:30 The Wright Word Game 3:30 Resident Council Meeting 7:00 Evening Movie	² 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
³ 9:30 Cinnamon Rolls 10:00 Ecumenical Service *1:45 Bozeman Symphony 2:00 Sing Along with Grace 3:00 Parkinson's Support Group 3:00 Afternoon Movie 7:00 Evening Movie	⁴ 9:30 Coffee Talk with Bo *10:00 Brunch at Farmer's Daughter Café 9:30 Heart & Sole Exercise 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	⁵ 9:30 Current Events & Coffee 10:00 Chair Exercise, Leah 10:30 Greeting Card Sales 11:00 Fingernail Painting 1:00 Drumming with Trina 2:00 Scrabble Game 2:00 Stretch & Tone, Myriah 3:00 IN2L & Root Beer Floats 6:30 Poker Game 7:00 Evening Movie	⁶ Ash Wednesday 9:30 Balance & Beyond *10:45 Shopping Target *1:00 Bridge Game 1:15 Catholic Communion 2:30 Cooking Club 3:00 Afternoon Movie 4:00 Happy Hr. Music Edis 7:00 Evening Movie	⁷ 9:30 Current Events & Coffee 10:00 Tai Chi Exercise 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 *3:30 Clay Sculpting Class *6:15 MSU Women's BB Game	⁸ 9:30 Men's Coffee Club 10:00 Circuit Exercise 10:45 Knit/Crochet Group 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study 1:30 Wheel of Fortune 2:30 Bob's Piano Tunes & Sham-rock Floats 7:00 Evening Movie	⁹ 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Shopping at Heebs *1:15 MSU Women's BB Game 1:30 Bingo Game 3:00 Afternoon Movie 7:00 Evening Movie
¹⁰ Day Light Savings *9:00-12:00 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	¹¹ 9:30 Coffee Talk with Bo 9:30 Heart & Sole Exercise *11:00 Lunch Bacchus Pub 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	¹² 9:30 Current Events & Coffee 10:00 Chair Exercise, Leah 10:30 Visit with Arthur Dog 10:30 Bookmobile 2:00 Scrabble Game 1:00 Drumming with Trina, Myriah 3:00 Family Feud Game 3:00 Afternoon Movie 6:30 Poker Game 7:00 Evening Movie	¹³ 9:30 Balance & Beyond 10:30 Bistro Banking *10:45 Shopping Dollar Tree 11:00 Hearing Aid Clinic *1:00 Bridge Game 1:00 Catholic Communion 2:30 Cooking Club 3:00 Afternoon Movie 4:00 Happy Hr. Music Kristin 7:00 Evening Movie	¹⁴ 9:30 Current Events & Coffee 10:00 Tai Chi Exercise 10:45 IN2L Brain Games *12:00 Birthday Pizza Party 1:30 Bingo Game, AR 2:45 Chair Exercise, Leah 3:30 Pool Game 7:00 Evening Movie	¹⁵ 9:30 Men's Coffee Club 10:00 Circuit Exercise 10:30 Visit with Arthur Dog 10:45 Knit/Crochet Group 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study 1:30 Wheel of Fortune *4:30 St. Patrick's Day Dinner & Live Accordion Music	¹⁶ 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Shopping at Albertsons 1:30 Bingo Game 3:00 Decorate St. Patrick's Day Sugar Cookies 3:00 Afternoon Movie 7:00 Evening Movie
¹⁷ St. Patrick's Day 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	¹⁸ 9:30 Coffee Talk with Bo 9:30 Heart & Sole Exercise 10:30 Inked Dyed Coasters 1:30 Bingo Game 3:00 Art Class with Loretta 3:30 Life Stories Writing Class 3:00 Afternoon Movie *4:00 Outback Steakhouse 5:00 Piano Music with Vivian 7:00 Evening Movie	¹⁹ 9:30 Current Events & Coffee 10:00 Chair Exercise, Leah 10:30 Greeting Card Sales 11:00 Fingernail Painting 1:00 Drumming with Trina 2:00 Scrabble Game 2:00 Stretch & Tone, Myriah 3:00 IN2L & Rice Crispy Treats 6:30 Poker Game 7:00 Evening Movie	²⁰ Spring Begins ! 9:30 Balance & Beyond 10:00 Walker/Wheelchair Clinic *10:45 Shopping GV Mall *1:00 Bridge Game 1:00 Catholic Communion 2:30 Cooking Club 3:00 Afternoon Movie 4:00 Happy Hr. Music Alice 7:00 Evening Movie	²¹ 9:30 Current Events & Coffee 10:00 Tai Chi Exercise 10:45 IN2L Brain Games *12:00 Spring Picnic 1:30 Bingo Game, AR 2:45 Chair Exercise, Leah 3:30 Post Its with Penelope 4:00 Book Club Meeting 7:00 Evening Movie	²² 9:30 Men's Coffee Club 10:00 Circuit Exercise 10:45 Knit/Crochet Group 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study 1:30 The Wright Word Game 2:30 Bob's Piano Tunes & March Birthday Celebration 7:00 Evening Movie	²³ 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Shopping at Safeway 1:30 Bingo Game *3:00 Scenic Drive 3:00 Afternoon Movie 7:00 Evening Movie
^{24/31} 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	²⁵ 9:30 Coffee Talk with Bo 9:30 Heart & Sole Exercise *10:00 Museum of the Rockies Children's Book Illustration's 10:30 Visit with Arthur Dog 1:30 Bingo Game 3:00 Live Music with Edis 5:00 Piano Music with Vivian 7:00 Evening Movie 7:00 Old Time Bluegrass	²⁶ 9:30 Current Events & Coffee 10:00 Chair Exercise, Leah 10:30 Visit with Arthur Dog 2:00 Scrabble Game 2:00 Stretch & Tone, Myriah 3:00 Afternoon Movie 6:30 Poker Game 7:00 Evening Movie	²⁷ 9:30 Balance & Beyond 10:30 Bistro Banking *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. Music Lee & Debbie	²⁸ 9:30 Current Events & Coffee 10:00 Tai Chi Exercise 10:45 IN2L Brain Games *12:00 Men's Pizza Party 1:30 Bingo Game, AR 2:45 Chair Exercise, Leah 3:30 Pool Game 4:00 Cottage Happy Hour 7:00 Evening Movie	²⁹ 9:30 Men's Coffee Club 10:00 Circuit Exercise 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study 2:00 Fall Risk Presentation & Screening 7:00 Evening Movie	³⁰ 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Shopping at Rosauers 1:30 Bingo Game 3:00 Live Harmonic Music with Joe Serving Treats! 3:00 Afternoon Movie 7:00 Evening Movie