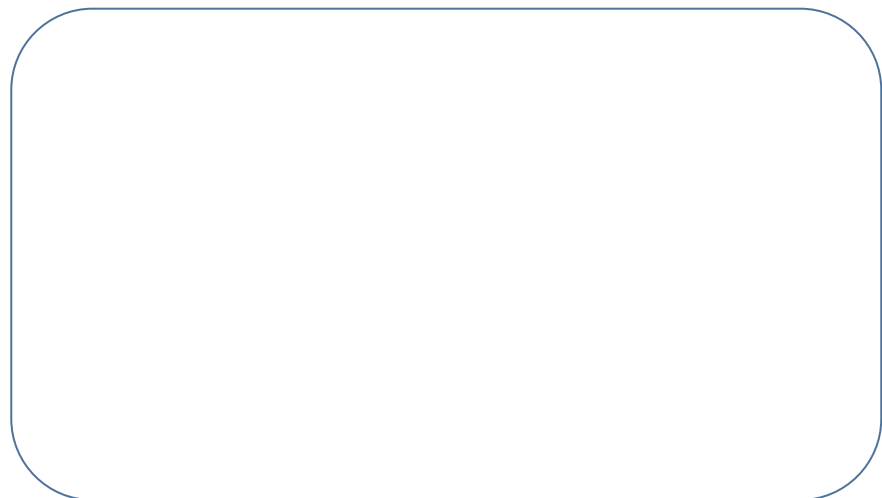




1547 N. Hunters Way
Bozeman, MT 59718

PLACE
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

Tim Green

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



April 2019

2 Gardening Benefits
3 Resident/Team Spotlight
4/5 Activities Calendar

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

Gardening Benefits for Health & The Environment Unearthed

Spring is here and it's a joyous time for those with green thumbs who have been waiting for the gardening season to begin. As it happens, there is a lot in the garden that is beneficial for health and the environment.

Dig Into Better Health

Gardening positively impacts wellness in various ways.:

- **It relieves stress.** Gardening can lower cortisol levels that cause stress and increase blood pressure. It also increases serotonin, which helps people feel happy.
- **Friendly bacteria in the soil can boost immunity.** It may particularly help against asthma.
- **It provides great exercise.** It is low-impact and can be comfortable work with the right padding or protective gear, but it takes energy, and the elements can make it more challenging.
- **It involves hand-eye coordination and sensory intake.** Both of these factors can positively affect cognition.
- **It presents opportunities for a sense of community.** Socializing among friends while gardening can be so much fun.
- **It encourages outside activity.** For some, gardening is the best reason to head outside and enjoy sunshine and the environment (albeit with proper sun protection).
- **It is an ongoing activity that can extend**



beyond the garden for learning. Why not make predictions for when plants may sprout up and see who comes closest? Or learn about what to grow when and where, and share those techniques,

Impact the Planet

Gardening also benefits the environment, and no act is too small toward making our world a better place.

- **It can help with pollution.** In large-scale harvesting of fruits and vegetables, pollution typically results. The transportation of those goods also causes pollution. It may seem a small step, but gardening at one's home or in the community influences the big picture.
- **It can reduce the size of landfills.** This is possible when people compost garden waste rather than sending everything to the landfill when it's gone bad.
- **Plants in the garden take in CO2 and release oxygen,** improving air quality.
- **It helps local habitats of insects and animals** which play important roles in our environment (like bees pollinating).
- **Plants and mulch can hold soil in place and reduce erosion,** and keep sediment out of waterways, drains, and roads.

These are just some of the benefits that gardening can bring! This Spring and Summer, give gardening a try and share the benefits with others.

Special Moments



Lodge Transportation Schedule

Bozeman Lodge Bus Transportation Schedule

Tuesday– 8:30am to 4pm Medical Appointments Only

Wednesday– 8:30am to 4pm Medical Appointments & Personal Outings

Thursday– 8:30am to 4pm Medical Appointments Only

Friday– 8:30am to 4pm Medical Appointments and Personal Outings

****Please sign up at the front desk the day before your appointment by 4pm**

April Highlights

- 4/1 Hat Day
- 4/5 Resident Council Meeting
- 4/8 Dinner at the Mint
- 5/11 Montana State University Spring Rodeo
- 5/12 Emerson Cultural Center Art Gallery Tour
- 4/14 Bus Transportation to Church
- 4/14 Bozeman Symphony
- 4/15 Craft Project: Spring Wreathes
- 4/16 Monforton Elementary School 2nd Grade Presentation
- 4/16 Health Talk
- 4/17 Walker/Wheelchair Clinic
- 4/17 Hearing Aid Clinic
- 4/16 Dye Easter Eggs
- 4/19 MSU Music Students Recital
- 4/20 Wild Crumb Bakery
- 4/22 Breakfast at Sola Café
- 4/23 Spring Picnic
- 4/25 Meet the Staffs Kids Day
- 4/29 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

Why are people exhausted on April 1st?
Because they just finished a 31-day March!



Bozeman Lodge Easter Luncheon
Sunday, April 21st
More Information to Come



Resident Spotlight! Ruby

Meet Ruby C! She was born in Butte, Montana at her Aunt Rose’s house. Her family lived on a ranch outside of town and so her mom had come into town to give birth. When her mom went into labor the doctor was unavailable so her Aunt Rose delivered her! Ruby has two children: one boy and one girl, four grandchildren, and 10 great grandchildren. Her hobbies and interests include skating, sculpting in clay, knitting, and sewing. Ruby just turned 102 last month! She also loves dogs. She had a schnauzer named, Muffie who she adored. She has no particular favorite food. Her favorite color is red, although she wears mostly blue. One fun fact about Ruby is that the house where her Aunt Rose delivered her 102 years ago is still standing.





Staff Spotlight! Kelly Med Tech

Our employee of the month is Kelly A., Med Tech and Caregiver. Kelly is from Bozeman. Kelly has no human children but she does have a fur baby (dog) named Moose. She enjoys golfing, camping, and spending time with friends and family. Her favorite food is sushi and her favorite colors are blue and turquoise. One fun fact about Kelly is that she is 5th generation Bozemanite!

April 2019

Bozeman Lodge • 1547 N Hunters Way Bozeman MT • 406-522-5452



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	April Fools Day 1 9:30 Coffee Talk with Bo 9:30 Heart & Sole Exercise 10:30 Art Class with Loretta 1:30 Bingo Game 3:00 Hat Day & IN2L Jokes & Word Games for April Fools Day 3:30 Life Stories Writing Class 4:00 Kids Music with Kate 5:00 Piano Music with Vivian 7:00 Evening Movie	2 9:30 Current Events & Coffee 10:00 Chair Exercise, Leah 10:30 Greeting Card Sales 1:00 Drumming with Trina 2:00 Scrabble Game 2:00 Stretch & Tone, Myriah 3:00 IN2L & Raspberry Sherbet Floats 6:30 Poker Game 7:00 Evening Movie	3 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. Music Alice 7:00 Evening Movie	4 9:30 Current Events & Coffee 10:00 Tai Chi Exercise 10:45 IN2L Brain Games *12:00 New Comers Lunch 1:30 Bingo Game 2:45 Chair Exercise, Leah 3:00 Afternoon Movie 3:30 Post Its with Penelope 4:00 Pool Game 7:00 Evening Movie	5 9:30 Men's Coffee Club 10:00 Monforton 2nd Grade Presentation 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 Game 3:30 Resident Council Meeting 7:00 Evening Movie	6 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
7 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	8 9:30 Coffee Talk with Bo 9:30 Heart & Sole Exercise 1:30 Bingo Game 3:00 Afternoon Movie *4:00 Dinner at the Mint 4:00 Kids Music with Kate 5:00 Piano Music with Vivian 7:00 Evening Movie 7:00 Old Time Bluegrass	9 9:30 Current Events & Coffee 10:00 Chair Exercise, Leah 10:30 Bookmobile 2:00 Scrabble Game 2:00 Stretch & Tone, Myriah 3:00 Family Feud & Treats 6:30 Poker Game 7:00 Evening Movie	10 9:30 Balance & Beyond 10:30 Bistro Banking *10:45 Shopping Dollar Tree *1:00 Bridge Game 1:00 Catholic Communion 3:00 Afternoon Movie 4:00 Happy Hr. Music Grace 7:00 Evening Movie	11 9:30 Current Events & Coffee 10:45 IN2L Brain Games *12:00 Birthday Pizza Party 1:30 Bingo Game 2:45 Chair Exercise, Leah 3:00 Afternoon Movie 3:30 Clay Sculpting Class *6:00 MSU Spring Rodeo 7:00 Evening Movie	12 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 *2:00 Emerson Cultural Center Art Gallery Tour 2:30 Bob's Piano Tunes 7:00 Evening Movie	13 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Wild Crumb Bakery 1:30 Bingo Game *3:00 Shopping at Walmart 3:00 Afternoon Movie 7:00 Evening Movie
PALM SUNDAY 14 *9-12 Bus to Church 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	15 9:30 Coffee Talk with Bo 9:30 Heart & Sole Exercise 10:30 Craft Spring Wreathes 1:30 Bingo Game 3:00 Live Music with Edis 3:30 Life Stories Writing Class 3:00 Afternoon Movie 5:00 Piano Music with Vivian 7:00 Evening Movie	16 9:30 Current Events & Coffee 10:00 Monforton 2nd Grade Presentation 10:45 Chair Exercise, Leah 1:00 Drumming with Trina 2:00 Scrabble Game 2:00 Stretch & Tone, Myriah 3:00 Health Talk 6:30 Poker Game 7:00 Evening Movie	17 9:30 Balance & Beyond 10:00 Walker/Wheelchair Clinic *10:45 Shopping GV Mall 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	18 9:30 Current Events & Coffee 10:00 Tai Chi Exercise 10:45 Dye Easter Eggs 1:30 Bingo Game 2:45 Chair Exercise, Leah 3:00 Afternoon Movie 3:30 Post Its with Penelope 4:00 Pool Game 4:00 Book Club Meeting 7:00 Evening Movie	19 9:30 Men's Coffee Club 10:00 Circuit Exercise 10:30 Flower Arranging 10:45 Knit/Crochet Group 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study *2:00 Let's Get Chalking Craft Project 4:15 MSU Music Student Recital	20 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Shopping at Heebs 1:30 Bingo Game *3:00 Scenic Drive 3:00 Afternoon Movie 7:00 Evening Movie
EASTER 21 9:30 Cinnamon Rolls 10:00 Ecumenical Service *11:30 to 3:00 Easter Luncheon 2:00 Sing Along with Grace 3:00 Parkinson's Support Group 3:00 Afternoon Movie 7:00 Evening Movie 	EARTH DAY 22 9:30 Coffee Talk with Bo 9:30 Heart & Sole Exercise *10:00 Breakfast at Sola Café 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	National Picnic Day 23 9:30 Current Events & Coffee 10:00 Chair Exercise, Leah 10:30 Bookmobile *12:00 Spring Picnic 2:00 Scrabble Game 2:00 Stretch & Tone, Myriah 3:00 IN2L & Orange Creamsicle Floats 6:30 Poker Game 7:00 Evening Movie	24 9:30 Balance & Beyond 10:30 Bistro Banking *10:45 Shopping CVS Pharmacy *1:00 Bridge Game 2:30 Catholic Mass 2:30 Cooking Club 3:00 Afternoon Movie 4:00 Happy Hr. Music Lee & Debbie 7:00 Evening Movie	25 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 2:45 Chair Exercise, Leah 3:00 Afternoon Movie 4:00 Meet the Staffs Kids Party 7:00 Evening Movie	26 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 Game 2:30 Bobs Piano Tunes & April Birthday Party 7:00 Evening Movie	27 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
28 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	29 9:30 Coffee Talk with Bo 9:30 Heart & Sole Exercise 10:30 Art Class with Loretta 1:30 Bingo Game *2:30 Afternoon Tea Party 3:30 Life Stories Writing Class 3:00 Afternoon Movie 5:00 Piano Music with Vivian 7:00 Evening Movie	30 9:30 Current Events & Coffee 10:00 Chair Exercise, Leah 10:30 Greeting Card Sales 11:00 Fingernail Painting 2:00 Scrabble Game 2:00 Stretch & Tone, Myriah 3:00 IN2L & Root Beer Floats 6:30 Poker Game 7:00 Evening Movie	Happy Birthday Larry Heberle, 1 st Anna Shannon, 1 st Jack Staples, 2 nd Marilyn Kathrein, 4 th Betty Bakke, 9 th Ellen Moe, 11 th	Bill Purcell, 17 th Suzanne Maier, 19 th Sally Babcock, 20 th Bill Wiley, 23 rd Evelyn Hart, 27 th Nancy Lapeyre, 29 th	