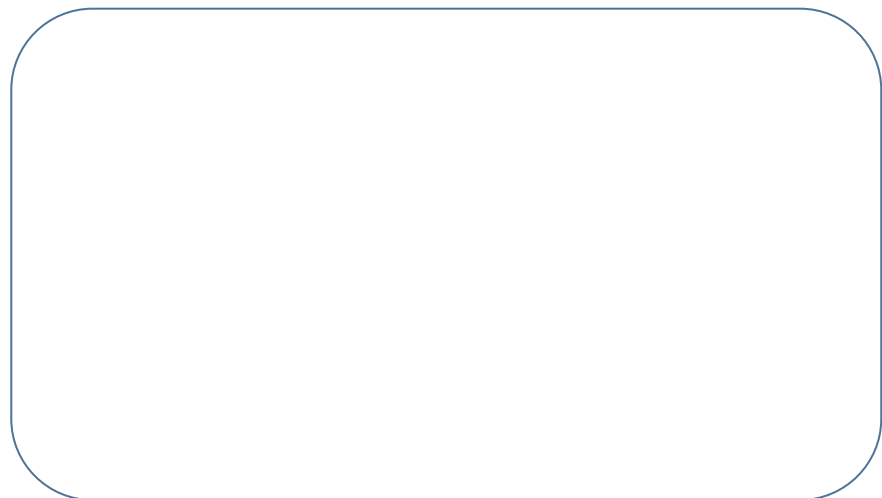




1547 N. Hunters Way
Bozeman, MT 59718

PLACE
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Bozeman Lodge News

Independent & Assisted Living Newsletter



May 2019

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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, RN
Kathy Vaillancourt, LPN

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.

Best Practices for Skin Health

Whether lounging outside with a book or chatting with friends over lemonades on the patio, there's a factor to pay attention to so we don't harm our skin, and that's the sun. Spending time outdoors is beneficial for so many reasons, including increasing Vitamin D and our activity levels. But too much sun can make a good thing not so good for us. A little skin protection and general hot weather safety will go a long way in letting us enjoy a good, warm day.



May has been designated Skin Cancer Awareness Month in hopes it will build awareness of ways to protect skin, the need for regular dermatologist visits, and causes and treatments for skin cancer.

WHY CARE ABOUT SKIN PROTECTION? Sun damage myths would have you believe most harm to skin occurs before age 18. However, studies have shown sun damage is actually cumulative; only 23 percent of lifetime exposure happens by age 18.

Skin cancer is a disease that one in five Americans will develop by age 70. That said, most skin cancer forms can be prevented, including the scariest, melanoma. While it is the most common form of cancer in the U.S., it is also the most preventable. Awareness and frequent skin checks are essential for preventing and treating melanoma.

TIPS FOR PROTECTING YOUR SKIN
Seek Shade: When the sun is at its strongest, between 10 am and 4 pm, enjoy the outdoors and protect your skin in the shade. Hang out under a sun umbrella or covered patio and avoid direct sunlight.

Cover Up: Long sleeves and pants seem counterintuitive when it's hot, but can help a lot with sun protection. Wear lighter-weight clothing with long sleeves and pants to help protect skin while not overheating. Don't forget a broad-brimmed hat and UV-blocking sunglasses!

Wear Sunscreen: The most critical part of avoiding skin cancer is avoiding sunburns. Sunburns are proof of skin damage by the sun, and they hurt. Avoid sunburns with the top two tips and by wearing sunscreen. The Skin Cancer Foundation recommends using a broad-spectrum (UVA/UVB) sunscreen with SPF 15 or higher every single day. For extended activity outdoors, opt for an SPF 30 broad-spectrum (UVA/UVB) sunscreen.

Stay Aware: Examine your skin and visit a dermatologist regularly. Conduct a head-to-toe skin check once a month to look for early warning signs of skin cancer. Visit with your dermatologist once a year or if you find anything suspicious in your examination.

For more useful skin care information and a self-exam guide, visit skincancer.org online.

Special Moments



Hat Day, Easter & Rodeo!



May Highlights

2 Dining RM Food Forum
3 Resident Council Meeting
4 Kentucky Derby Party
6 Outing to Cold Smoke Coffee
7 Dog Therapy with Moose
12 Mother's Day Brunch
13 Dinner at Santa Fe Red's
14 Funeral Planning Presentation
by Dahl Cares
15 Walker/Wheelchair/
Scooter Repair
15 Hearing Aid Clinic
15 Older Americans Dinner
16 May Picnic
18 Outing to Salted Caramel
Café

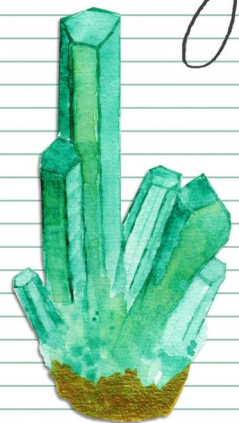
20 Lunch out at Wheat Montana
21 Live Music by Honkey Tonk Rebel
23 Book Club Discussion
24 U Swirl Frozen Yogurt
27 Memorial Day Parade
27 Memorial Day Bar-B-Que

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 Mother's Day to all the moms out there!

May Birthdays

May



EMERALD

We wish you a Happy Birthday!

5 –6 Elizabeth J.
5 –8 Henry H.
5 –11 Eilene S.
5 –14 Nenitta Z.
5 –19 Don J.
5 –22 Toni L.
5 –30 Carol M.

Resident Spotlight! Lloyd

This month's resident is Lloyd. Lloyd has lived at Bozeman Lodge for almost nine years. Lloyd is from Long Island, Kansas. Lloyd has one boy and two girls, nine grandchildren and two greatgrandchildren. His main interest is reading books and magazines. His favorite food is oatmeal, it has been that way for ten years. His favorite color is brown and one fun fact is that he played the stock market until very recently – in fact, the day he interviewed for this article, he just sold his last share!






Staff Spotlight! Rebecca

Rebecca T., aka Becca, is our employee of the month. She is from a very small town called Bear Lake, Michigan. She loves to fish and go on runs with her dog. Her favorite food is any and all sandwiches and her favorite color is red. She does not have any children but her fun fact about herself is that she is getting married this summer! Congratulations Becca!

May 2019

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Happy Birthday Elizabeth Johnson, 6 th Henry Hendrickson, 8 th Eilene Sternhagen, 11 th Nenitta Zussblatt, 14 th Don Jones, 19 th Toni Lohrer, 22 nd Carol Mallard, 30 th		¹ *9:30 Stability For Mobility Pole Walking Exercise Class *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 Edis 7:00 Evening Movie	² 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 Dining Room Food Forum 4:00 Pool Game 7:00 Evening Movie	³ 9:30 Men's Coffee Club 10:00 Circuit Exercise 10:30 Make Kentucky Derby Hats 10:45 Knit/Crochet Group 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study 3:30 Resident Council Meeting 7:00 Evening Movie	⁴ 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Shopping at Smiths 1:30 Bingo Game 3:00 Kentucky Derby Party 3:00 Afternoon Movie 7:00 Evening Movie
Cinco de Mayo ⁵ 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	⁶ 9:30 Coffee Talk with Bo 9:30 Heart & Sole Exercise *10:30 Cold Smoke Coffee House 1:30 Bingo Game 3:00 The Welch Experience with Malcom, Slideshow 3:00 Afternoon Movie 5:00 Piano Music with Vivian 7:00 Old Time Bluegrass	⁷ 10:00 Chair Exercise, Leah 10:45 Dog Therapy w/ Moose 1:00 Drumming with Trina 2:00 Scrabble Game 2:00 Stretch & Tone, Myriah 3:00 IN2L & Chocolate Parfaits 3:00 Afternoon Movie 6:30 Poker Game 7:00 Evening Movie	⁸ *9:30 Stability For Mobility Pole Walking Exercise Class 10:30 Bistro Banking *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 Kristin 7:00 Evening Movie	⁹ 10:00 Tai Chi Exercise 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 Post Its with Penelope 4:00 Pool Game 7:00 Evening Movie	¹⁰ 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 Flower Arranging for Mother's Day 7:00 Evening Movie	¹¹ 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Shopping at Walmart 1:30 Bingo Game *3:00 Spring Scenic Drive 3:00 Afternoon Movie 7:00 Evening Movie
Mother's Day ¹² 9:30 Cinnamon Rolls 10:00 Ecumenical Service *Mother's Day Brunch 10:30-12:00 & 1:00-2:30 3:00 Parkinson's Support Group 3:00 Afternoon Movie 7:00 Evening Movie 	¹³ 9:30 Coffee Talk with Bo 9:30 Heart & Sole Exercise 10:30 Art Class with Loretta 1:30 Bingo Game 3:00 Afternoon Movie 3:00 Live Music with Edis 3:30 Life Stories Writing Class *4:30 Dinner at Santa Fe Reds Mexican Restaurant 5:00 Piano Music with Vivian	¹⁴ 9:30 Current Events & Coffee 10:00 Chair Exercise, Leah 10:30 Greeting Card Sales 10:30 Bookmobile 11:00 Fingernail Painting 2:00 Scrabble Game 2:00 Stretch & Tone, Myriah 3:00 Funeral Planning Presentation by Dhal 6:30 Poker Game	¹⁵ *9:30 Stability For Mobility Pole Walking Exercise Class 10:00 Walker/Wheelchair Clinic 11:00 Hearing Aid Clinic *10:45 Shopping Dollar Tree *10:45 Older Americans Dinner *1:00 Bridge Game 1:00 Catholic Communion 2:30 Cooking Club 4:00 Happy Hr. Music Alice	¹⁶ 9:30 Current Events & Coffee 10:00 Tai Chi Exercise 10:45 IN2L Brain Games *12:00 May Picnic Bistro 1:30 Bingo Game 2:45 Chair Exercise, Leah 3:00 Afternoon Movie 3:30 Flower Potting 7:00 Evening Movie	¹⁷ 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 Bob's Piano Tunes & May Birthday Party 7:00 Evening Movie	¹⁸ 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Salted Caramel Café & Coffee Shop 1:30 Bingo Game *3:00 Shopping Rosauers 3:00 Afternoon Movie 7:00 Evening Movie
¹⁹ 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	²⁰ 9:30 Coffee Talk with Bo 9:30 Heart & Sole Exercise *10:45 Lunch at Wheat MT 1:30 Bingo Game *3:00 Clay Sculpting Class 4:00 Live Music with Steve 3:00 Afternoon Movie 5:00 Piano Music with Vivian 7:00 Evening Movie 7:00 Old Time Bluegrass	²¹ 9:30 Current Events & Coffee 10:00 Chair Exercise, Leah 10:45 Dog Therapy w/ Moose 1:00 Drumming with Trina 2:00 Scrabble Game 2:00 Stretch & Tone, Myriah 3:00 Health Talk Stroke 6:00 Live Music by Honkey Tonk Rebill 6:30 Poker Game	²² *9:30 Stability For Mobility Pole Walking Exercise Class 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 Edis 7:00 Evening Movie	²³ 9:30 Current Events & Coffee 10:00 Tai Chi Exercise 10:30 Beaded Bracelets 1:30 Bingo Game 2:45 Chair Exercise, Leah 3:00 Afternoon Movie 4:00 Book Club Meeting 4:00 Pool Game 7:00 Evening Movie	²⁴ 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 U Swirl Frozen Yogurt 7:00 Evening Movie	²⁵ 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Shopping at Safeway 1:30 Bingo Game *3:00 Four Corners Thrift Store 3:00 Afternoon Movie 7:00 Evening Movie
²⁶ *9:00-Noon Bus to Church 9:30 Cinnamon Rolls 10:00 Ecumenical Service *2:00 Sing Along with Grace 2:00 Scenic Drive & Milkshakes at Mark's In & Out Livingston 3:00 Parkinson's Support Group 3:00 Afternoon Movie 7:00 Evening Movie	Memorial Day ²⁷ *9:00 Memorial Day Parade 9:30 Coffee Talk with Bo 9:30 Heart & Sole Exercise 10:30 Art Class with Loretta *11:30 Memorial Day BBQ 12:30 Live Music by Edis & Cliff 1:30 Bingo Game 3:30 Life Stories Writing Class 5:00 Piano Music with Vivian 7:00 Evening Movie	²⁸ 9:30 Current Events & Coffee 10:00 Chair Exercise, Leah 10:30 Bookmobile 10:30 Greeting Card Sales 11:00 Fingernail Painting 2:00 Scrabble Game 2:00 Stretch & Tone, Myriah 3:00 IN2L & Vanilla Pudding 6:30 Poker Game 7:00 Evening Movie	²⁹ *Stability For Mobility Pole Walking Exercise Class *10:45 Shopping World Market *1:00 Bridge Game 1:00 Catholic Communion 2:30 Cooking Club 3:00 Afternoon Movie 4:00 Happy Hr. Music Lee & Debbie 7:00 Evening Movie	³⁰ 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 3:30 Post Its with Penelope 4:00 Cottage Happy Hour 7:00 Evening Movie	³¹ 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 2:30 Bobs Piano Tunes & Root Beer Floats 7:00 Evening Movie	