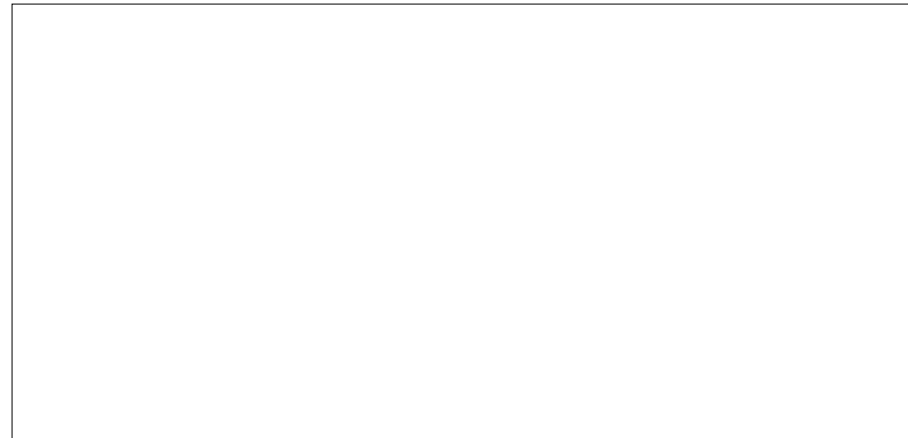




1547 N. Hunters Way
Bozeman, MT 59718

Stamp



Administrative Team:

Executive Director: Rita Christensen
Assistant Executive Director: Brandy Harris
Community Relations Director: Michael Giglio
Wellness Nurse: Renee Bonanini, RN
Wellness Nurse: Kathy Vaillancourt, LPN
Dining Services Director: Joe Hogin
Maintenance Director: Michael Gale
Life Enrichment Director: Tina Thompson

Connect:

406-522-5452
info@bozeman-lodge.com
www.bozeman-lodge.com

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



Bozeman Lodge News

September 2020 Newsletter



2 Balance Awareness Week
3 Team Spotlight & What's New
4 - 5 Activities Calendar

6 Highlights, Notes, Quotes
7 Special Moments & Birthdays
8 Mission & Team

Paths Toward Better Balance, More Active Lifestyle

Have you ever stood up to suddenly feel unsteady or light-headed? Have you stepped and felt a sense of spinning? These are common signs of balance issues that can be caused by a variety of issues, including medications or even inner ear problems. Balance can be improved with attention to health and some simple exercises!

Each September, Balance Awareness Week takes place, shedding light on issues that affect balance. In observance of Sept. 13-19, we're sharing causes for balance issues, and ideas for balance improvement.

Signs of a balance issue can include vertigo, dizziness, falling feel, lightheadedness, confusion, or changes to hearing, vision, or cognition. If you suspect you have a balance issue, speak with your medical professional regarding diagnosis and treatment. Depending on the balance issue occurring, treatments can include medications, vestibular rehabilitation, inner ear positioning procedures, surgery, or diet and lifestyle changes.

In addition to potential treatments, a lifestyle change many can benefit from is increased physical activity for muscle strength and flexibility.

If your health professional approves, and with a spotter present, here are a few ideas to try!

Walking with a friend is a great way to stay strong and lift your mood!



Exercises to Improve Balance:

- **Tai Chi or Chair Chi!** This is meditation in motion, with movements that shift weight from one foot to another. It improves posture and balance.
- **Hold a chair** and stand on one leg at a time for several intervals.
- **Tightrope Walking:** Hold arms straight out at your sides. Walk a straight line with a 1-2 second pause as your back leg lifts from the ground. Have head up and eyes fixed ahead.
- **Wall Pushups:** Stand arm's length from a wall. Lean forward slightly with palms flat on wall at height and width of shoulders. Keep feet in place as you move your body forward. Gently push back until arms are straight.

Falls happen to one in four Americans aged 65+ each year. Take steps to monitor and improve your balance to avoid a potential fall starting today!

Special Moments



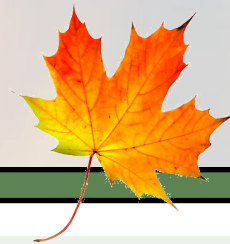
Carol A.: Sept. 7
Nick N.: Sept. 13
Lynn M.: Sept. 15
Marjorie K: Sept. 21
Darlene W.: Sept. 26

September 2020 Highlights

September celebrates Hispanic heritage, honey, piano, and square dancing!

Autumn begins Tuesday, September 22nd!

- | | |
|---|--|
| 01 Learn About Essential Oils | 15 Make Homemade Paper |
| 02 Picnic on the Patio | 15 Afternoon Apple Cider |
| 02 Hand Massages | 16 Resident Collections Showcase |
| 04 Crafting with Horseshoes | 18 Resident Scavenger Hunt |
| 05 Home State History | 19 Learn to Talk Like A Pirate |
| 07 Labor Day Happy Hour | 22 Make Homemade Butter & Enjoy with Pumpkin Bread |
| 08 Make Homemade Applesauce | 25 Learn a Language |
| 09 Activity Forum | 26 Live Piano Music via Video with Kaya |
| 11 Patriot Day: Write a Letter or Card for First Responders | 26 Fall Flower Arranging |
| 12 Aromatherapy Craft | 27 Plant an Indoor Herb Garden |
| 13 Start of Assisted Living Week: Caring is Essential | 28 Life Stories Writing Group |
| 13 Make Fresh Salsa | 29 Fall Wreath Making |
| 14 Sign a Thank You Card for Staff | 29 Caramel Apple Sundaes |
| 14 Health Talk with Fruit & Yogurt Parfaits | |



Regarding Covid-19:

The safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.

Our Autumn Favorites:

"I enjoyed hunting, going to picnics, and Halloween festivities" - Frank A.

"The cooler breezes and smell of Autumn" - Brandy

"Football season and the Homecoming celebrations" - Dona W.

"Taking trips to the pumpkin patch and drinking fresh apple cider" - Tina

What's New in September:

We have a new Strength & Stretch Exercise Class on Mondays and Fridays. Wednesday mornings will feature a Chair Dancing Exercise Class, as well as a new Men's Strength Training Class.

Do you have a collection? To celebrate Assisted Living Week, we're hosting a Collections Showcase so you can share your collection with other residents. Sign up for your table at the front desk!

Engage your senses with a variety of activities: Make homemade butter to enjoy with fresh baked pumpkin bread, add some color to your days in one of our drawing or painting classes, or learn about essential oils and make an aromatherapy craft to take home.

Enjoy an interactive piano concert with Kaya, who will be playing for us by live video. We'll be able to talk to her as she plays.

We're still traveling around the world with IN2L! Each week features a new country and a variety of activities to showcase their culture.



STAFF SPOTLIGHT:

Nicole Y.

Life enrichment assistant Nicole is our Employee of the Month. Nicole is from Bozeman and she has five siblings. You may know her best for her collection of sparkly shoes; that's because glitter is her favorite color! Her favorite food is popcorn. Outside of working at the Lodge, Nicole is the coach for the MSU Women's Lacrosse team and is the Head of Promotions for MSU Men's Hockey. She also competes in pageants and is the reigning Ms. Montana US Continental.

Thanks for brightening our days with your positive attitude and laughter!

SEPTEMBER 2020

Bozeman Lodge •

1547 N. Hunters Way Bozeman, MT 59718 •

(406) 522-5452

SUN	MON	TUE	WED	THU	FRI	SAT	
All activities subject to change per mandated health guidelines.		1 9:45 Learn About Essential Oils 10:30 Walking Club 11:00 IN2L Travel: Learn about French Polynesia 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:15 Chair Exercise 3:45 Share a Story 4:15 Play Wheel of Fortune 7:00 Evening Movie	2 9:30 IN2L Exercise: Chair Dancing 10:30 Men’s Strength Training 11:00 IN2L Travel Trivia: French Polynesia *12:00 Picnic on the Patio 1:00 Bridge Game *2:00 Hand Massages 2:45 Happy Hour 3:45 Met Gala Virtual Concert 4:15 Balloon Volleyball 7:00 Evening Movie	3 9:30 This Day in History 10:30 Circuit Exercise 11:00 IN2L Brain Teasers 1:15 Play a Game of Battleship 2:00 Bingo 3:00 Afternoon Movie 3:15 Around the World Cooking Club 4:15 Guess What’s in the Pillowcase Game 5:00 IN2L: Classical Music 7:00 Evening Movie	4 9:45 Reminisce: Classic Ads 10:15 Resident Store Open 10:30 Strength & Stretch 11:00 IN2L Crossword Puzzles 1:00 Bridge Game 1:30 Fall Craft with Horseshoes 2:00 Bible Study 3:00 Afternoon Movie 3:00 Learn A Language 4:00 Guided Meditation 7:00 Evening Movie	5 *9:30 Scenic Drive 10:00 Classic TV on IN2L 11:15 Chair Exercise 2:00 Bingo 3:00 Afternoon Movie 3:15 Sing a-Long with Susie Q 3:45 Home State History 4:15 MT Mosaic Presentation: When Copper Was King 7:00 Evening Movie	
	6 9:30 News with Nicole 10:00 Church Service via Video 10:30 Gardening Club 1:00 Calvary Baptist Church Service via Video 1:30 Circuit Exercise *2:00 Scenic Drive 2:30 Gesture Drawing: Art Therapy for All Abilities 3:00 Afternoon Movie 4:00 Family Feud Game 7:00 Evening Movie	7 9:30 This Day in History 10:00 Walking Club 10:30 Resident Store Open 11:00 IN2L Labor Day Trivia 1:30 Strength & Stretch 2:00 Reminisce: Movie Memoires and Discussion 2:45 Labor Day Happy Hour 3:00 Afternoon Movie 4:00 Laugh Therapy: Tell a Joke 7:00 Evening Movie	8 9:45 Make Fresh Applesauce 10:30 Order Library Books 11:00 IN2L Travel: Learn about South Africa *12:00 Men’s Pizza Party 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:15 Chair Exercise 3:30 Painting with Nicole 4:15 IN2L: September Trivia 7:00 Evening Movie	9 9:30 IN2L Exercise: Chair Dancing 10:30 Men’s Strength Training 11:00 IN2L Travel Trivia: South Africa 1:00 Bridge Game 2:00 Activity Forum 2:45 Happy Hour 3:00 Afternoon Movie 4:00 IN2L Word Games 4:30 Bean Bag Toss 7:00 Evening Movie	10 9:30 This Day in History 10:30 Circuit Exercise 11:00 IN2L Brain Teasers 1:15 Play the Price is Right 3:00 Afternoon Movie 3:15 Around the World Cooking Club 4:15 IN2L Group Discussion: This or That? 5:00 IN2L: Jazz Music 7:00 Evening Movie	11 9:45 Patriot Day, Information and Remembrance 10:15 Resident Store Open 10:30 Strength & Stretch 11:00 IN2L Crossword Puzzles 1:00 Bridge Game 2:00 Bingo 2:00 Bible Study 3:15 Write a Letter to First Responders 4:00 Guided Meditation 7:00 Evening Movie	12 *9:30 Scenic Drive 10:00 Classic TV on IN2L 11:15 Chair Exercise 2:00 Bingo 3:00 Afternoon Movie 3:15 IN2L: Senior Inspiration 3:45 Aromatherapy Craft 4:15 MT Mosaic Presentation: 1959 Yellowstone Earthquake 7:00 Evening Movie
	13 9:30 News with Nicole 10:00 Church Service via Video 10:30 Make Fresh Salsa 1:00 Calvary Baptist Church Service via Video 1:30 Circuit Exercise 2:00 Sweet Treats for Grandparent's Day *2:30 Scenic Drive 3:00 Afternoon Movie 4:15 Family Feud Game 7:00 Evening Movie	14 9:30 This Day in History 10:00 Sign a Thank You Card for Staff 10:30 Resident Store Open 11:00 IN2L Trivia 1:30 Strength & Stretch 2:00 Health Talk serving Fruit & Yogurt Parfaits 3:00 Afternoon Movie 3:15 Painting with Nicole 4:15 IN2L Funny Animals 7:00 Evening Movie	15 9:45 Make Homemade Paper 10:30 Walking Club 11:00 IN2L Travel: Learn about Poland 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:15 Chair Exercise 3:30 Afternoon Apple Cider 4:15 Play Wheel of Fortune 7:00 Evening Movie	16 9:30 IN2L Exercise: Chair Dancing 10:30 Men’s Strength Training 11:00 IN2L Travel Trivia: Poland 1:00 Bridge Game *2:30 Resident Collections Showcase 3:00 Afternoon Movie 4:00 IN2L Word Games 4:30 Putting Around Indoor Golf 7:00 Evening Movie	17 9:30 This Day in History 10:30 Circuit Exercise 11:00 IN2L Brain Teasers 1:15 Play a Game of Battleship 2:00 Bingo 3:00 Afternoon Movie 3:15 Around the World Cooking Club 4:15 Laugh Therapy: Tell a Joke 5:00 IN2L: Classical Music 7:00 Evening Movie	18 9:45 Scavenger Hunt 10:15 Resident Store Open 10:30 Strength & Stretch 11:00 IN2L Crossword Puzzles 1:00 Bridge Game 2:00 Bingo 2:00 Bible Study 3:00 Afternoon Movie 3:15 Sewing Club with Tina 4:00 Guided Meditation 7:00 Evening Movie	19 *9:30 Scenic Drive 10:00 Classic TV on IN2L 11:15 Chair Exercise 2:00 Bingo 3:00 Afternoon Movie 3:15 Learn Pirate Lingo for National Talk Like a Pirate Day 3:45 Home State History 4:15 MT Mosaic Presentation: Montana’s Quiet Revolution 7:00 Evening Movie
	20 9:30 News with Nicole 10:00 Church Service via Video 10:30 Crash Course Educational Program on IN2L 1:00 Calvary Baptist Church Service via Video 1:30 Circuit Exercise *2:00 Scenic Drive 2:30 Gesture Drawing: Art Therapy for All Abilities 4:00 Family Feud Game 7:00 Evening Movie	21 9:30 This Day in History 10:00 Walking Club 10:30 Resident Store Open 11:00 IN2L Trivia 1:30 Strength & Stretch 2:00 Share a Story 3:00 Afternoon Movie 3:15 Painting with Nicole 4:15 Home is Where the Music Is: Virtual Concert 7:00 Evening Movie	22 9:45 Make Fresh Butter 10:30 Order Library Books 11:00 IN2L Travel: Learn about Mexico 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:15 Chair Exercise 3:45 Enjoy Freshly Made Pumpkin Bread & Butter 7:00 Evening Movie	23 9:30 IN2L Exercise: Chair Dancing 10:15 Men’s Strength Training 11:00 IN2L Travel Trivia: Mexico 1:00 Bridge Game 1:30 September Birthday Treats 2:45 Happy Hour 3:00 Afternoon Movie 4:00 IN2L Word Games 4:30 Balloon Volleyball 7:00 Evening Movie	24 9:30 This Day in History 10:30 Circuit Exercise 11:00 IN2L Brain Teasers 1:15 Play a Game of Battleship 2:00 Bingo 3:00 Afternoon Movie 3:15 Around the World Cooking Club 4:15 IN2L Group Discussion: Independent Living 5:00 IN2L Piano Music 7:00 Evening Movie	25 *9:45 Hand Massages 10:15 Resident Store Open 10:30 Strength & Stretch 11:00 IN2L Crossword Puzzles 1:00 Bridge Game 2:00 Bingo 2:00 Bible Study 3:00 Afternoon Movie 3:15 Learn A Language 4:00 Guided Meditation 7:00 Evening Movie	26 *9:30 Scenic Drive 10:00 Classic TV on IN2L 11:15 Chair Exercise 2:00 Bingo 3:00 Afternoon Movie 3:00 Live Piano Music with Kaya via Video 3:45 Fall Flower Arranging 4:15 MT Mosaic Presentation: 1964 Central Montana Flood 7:00 Evening Movie
27 9:30 News with Nicole 10:00 Church Service via Video 10:30 Plant an Indoor Herb Garden 1:00 Calvary Baptist Church Service via Video 1:30 Circuit Exercise *2:00 Scenic Drive 2:30 Gesture Drawing: Art Therapy for All Abilities 4:00 Family Feud Game 7:00 Evening Movie	28 9:30 This Day in History 10:00 Laugh Therapy: Tell a Joke 10:30 Resident Store Open 11:00 IN2L Trivia 1:30 Strength & Stretch 2:00 Life Stories Writing Group 3:00 Afternoon Movie 3:15 Painting with Nicole 4:15 Crash Course Educational Program on IN2L 7:00 Evening Movie	29 9:45 How It’s Made 10:30 Fall Wreath Making 11:00 IN2L Travel: Learn about Tanzania 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:15 Chair Exercise 3:30 Caramel Apple Sundaes 4:15 Virtual Botanical Gardens 7:00 Evening Movie	30 9:30 IN2L Exercise: Chair Dancing 10:30 Men’s Strength Training 11:00 IN2L Travel Trivia: Tanzania 1:00 Bridge Game 2:45 Happy Hour 3:00 Afternoon Movie 4:00 IN2L Word Games 4:30 Bean Bag Toss 7:00 Evening Movie				