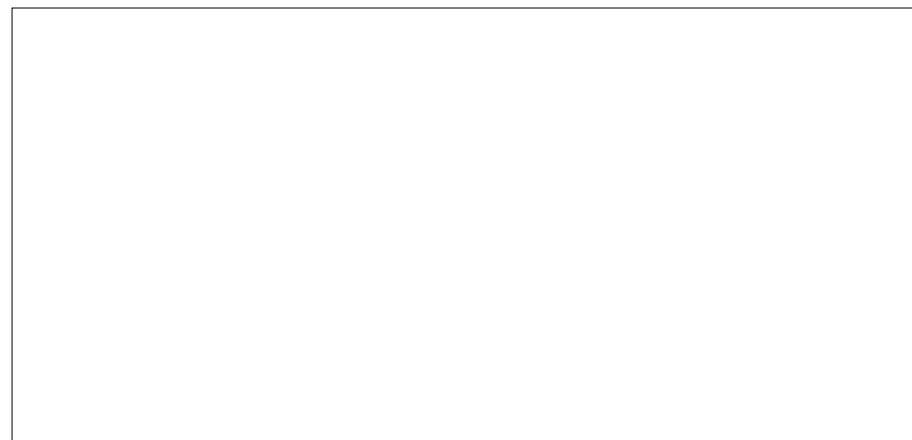




1547 N. Hunters Way  
Bozeman, MT 59718

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### **Administrative Team:**

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

### **Connect:**

**406-522-5452**

**[info@bozeman-lodge.com](mailto:info@bozeman-lodge.com)**

**[www.bozeman-lodge.com](http://www.bozeman-lodge.com)**

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

# **Bozeman Lodge News**

**October 2020 Newsletter**



2 Breast Cancer Awareness Month  
3 What's New & Resident Spotlight  
4 - 5 Activities Calendar

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



# Breast Cancer Awareness Increases Likelihood for Early Detection and Treatment

October is for Breast Cancer Awareness! Many know it's a month to wear pink, promote breast cancer knowledge, raise research funds, or support survivors and those in the fight—but it also can have significance in lives beyond that.

Breast Cancer Awareness Month encourages people to take steps to help themselves detect the disease in early stages. This October, increase your awareness level with some breast cancer facts and early detection information. Your knowledge could help a loved one, friend, or yourself.

*Note: This article is not intended to be medical advice. Consult your doctor before changing diet, medications, or lifestyle.*

### What is Breast Cancer?

When cells in the breast or nearby tissue divide and grow without normal control of cell division, breast cancer occurs. This process is often slow. If a lump can be felt, it may have been growing for 10 years.

Breast cancer may occur in men or women, but affects women more often than men. In the U.S., less than one percent of cases occur in men. In 2019, for U.S. women, there were about 268,600 new cases of invasive breast cancer. For men, there were an estimated 2,670 new breast cancer cases. Early



detection increases breast cancer survival.

### Early Detection is Key

There are ways to detect breast cancer early including regular self-examinations and clinical screenings. Clinical screenings include mammography (X-ray breast imaging); clinical breast exams (where a trained provider feels for abnormalities); and in certain high risk cases, breast MRIs. Learn more on screening at [cancer.gov](https://www.cancer.gov).

Women should be familiar with how their breasts normally look and report changes to a medical provider. The American Cancer Society recommends women 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health.

Men at high risk for breast cancer should discuss managing their risk with their doctor.

We hope these facts encourage awareness and continued learning beyond this special month.

## Special Moments



## Happy Birthday!



Tom D.: Oct. 8	Justine B.: Oct. 21
Doris K.: Oct. 12	Shirley A.: Oct. 24
Debbie G.: Oct. 18	Paul K.: Oct. 25

- Those born in October are Libras (Sept. 23 -Oct. 22) or Scorpios (Oct. 23-Nov. 21).
- Their birthstones are opals & tourmaline.
- Their birth flower is the Calendula.
- More American presidents have October birthdays than any other month!



# October 2020 Highlights

October observes emotional wellness, dental hygiene, and protecting hearing.

Foods celebrated: chili, apples, spinach, rhubarb, pretzels, pasta, and pizza.

01 Make & Bake Cookies  
02 Laugh Therapy: Autumn Humor  
04 Make Cinnamon Rolls  
06 Activity Forum  
07 Dr. Clark Foot Clinic  
07 Pumpkin Picking & Apple Cider  
08 Health Talk with Nurse Renee  
09 Make Homemade Paper  
10 Cupcake Decorating  
12 Balloon Tennis Game  
13 Learn About Metastatic Breast Cancer  
14 Dig For Fossils  
15 Lucille Ball Presentation  
16 The Origins of Superstitions Fun Facts  
17 Grab & Go White Hot Chocolate  
18 Tailgate Sunday with Nicole  
19 New Comer's Social

20 Learn About Osteoporosis  
21 Fall Festival Carnival  
22 Health Talk: Tips for Self Care  
23 Make Cards  
24 Live Piano Music with Kaiya via Video  
26 Grab & Go Pumpkin Coffee  
26 Paint a Pumpkin  
27 History of Halloween  
28 Sign a Card for a First Responder  
30 Choose Your Own Adventure Game  
30 Candy Corn Treats & Trivia  
31 Apple Bread & Coffee  
31 Staff Trick-Or-Treating



## Regarding Covid-19:

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.

## Apple Pie Bread Recipe

Baking spray w/ flour in 9x5" pan	1 tsp vanilla
$\frac{2}{3}$ cup granulated sugar	1 tsp baking soda
$\frac{1}{2}$ cup whole-milk Greek yogurt	1 tsp apple pie spice
2 eggs	$\frac{1}{2}$ tsp salt
$\frac{2}{3}$ cup applesauce	1 Green apple (diced)
7 tbsp unsalted butter, melted	$\frac{1}{2}$ cup chop walnuts
1 cup flour, plus 1 tbsp divided	3 tbsp brown sugar
$\frac{3}{4}$ cup whole-wheat flour	$\frac{1}{4}$ tsp cinnamon

Preheat oven to 350 F. Stir sugar, yogurt, eggs together. Add applesauce, vanilla, 6 tbsp butter. Separately whisk 1 cup flour, whole-wheat flour, baking soda, apple pie spice, salt. Add apple, stir until coated. Add flour-apple mix to egg mix; stir. Spoon into sprayed pan. Mix walnuts, brown sugar, cinnamon & 1 tbsp butter, flour in a bowl. Sprinkle on batter. Bake 55-60 minutes. Cool 1 hour (Modified from EatingWell)

## What's New in October

Fall is in full swing at the Bozeman Lodge! Join us for some of these seasonal activities:

Since we can't make a trip out to the pumpkin patch, we're bringing the pumpkin patch to the Lodge! Pick your own mini pumpkin and enjoy some hot apple cider.

Learn something new at one of the several presentations we'll be holding throughout the month.

Come on down and play a game! Cards, dice, and other varieties have been added to the schedule.

There are MANY Halloween festivities throughout October. Here's just a few: Learn about superstitions, make some crafts, tell spooky stories, and have fun at our Fall Festival Carnival where we'll have games, treats, and maybe a few "tricks" up our sleeves.

As always, we'll be hosting an activity forum where you can come share your ideas and let us know what you think about the activities here at the Lodge.



## STAFF SPOTLIGHT:

**Marisa D.**

Caregiver Marisa D. is in our October spotlight. She's a jack of all trades here at the Lodge. She is a caregiver and has also worked as a server and receptionist. Marisa is from Aurora, CO, and came to Bozeman to attend MSU where she's studying Human Development and Family Sciences with a certificate in Gerontology. She doesn't have a favorite food, but her favorite color is blue and her favorite hobby is shopping. She's a member of the Alpha Gamma Delta Sorority. A fun fact: she got to take a trip to Costa Rica while in junior high to work with sea turtles. Thanks for all you do Marisa!



# OCTOBER 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 <u>HOMEMADE COOKIE DAY</u> 9:30 Men's Coffee Chat 10:15 Resident Store Open 10:30 Circuit Exercise 11:00 IN2L Brain Teasers 1:00 Knit/Crochet/ Needlework 2:00 Bingo 3:00 Afternoon Movie 3:30 Make & Bake Cookies 5:00 IN2L Classical Music 7:00 Evening Movie	2 <u>WORLD SMILE DAY</u> 9:45 Some Good News 10:30 Strength & Stretch 11:00 IN2L Crossword Puzzles 1:00 Bridge 2:00 Around the World Cooking Club 3:00 Afternoon Movie 3:15 Laugh Therapy: Autumn Humor 7:00 Evening Movie	3 *9:30 Scenic Drive 10:00 Classic TV on IN2L 11:15 Chair Exercise 2:00 Bingo 3:00 Afternoon Movie *3:30 Hand Massages 4:15 IN2L Group Discussion: Independent Living 5:00 PBS Presents: Backroads of Montana 7:00 Evening Movie
4 <u>NATIONAL CINNAMON ROLL DAY</u> 9:30 News with Nicole 10:00 Church Service via Video 10:30 Make Cinnamon Rolls 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 7:00 Evening Movie	5 9:30 This Week in History 10:30 Resident Store Open 11:00 IN2L Trivia 1:30 Strength & Stretch 2:00 Play a Card Game 3:00 Afternoon Movie 3:30 Painting with Nicole 4:30 Get to Know Your Neighbor 7:00 Evening Movie	6 9:45 IN2L Travel: Learn about Laos 10:30 Greeting Card Sales 11:00 IN2L Animals 1:00 Walking Club 2:00 Bingo 3:00 Afternoon Movie 3:15 Chair Exercise 4:00 Activity Forum 5:00 IN2L Time Lapse: Africa 7:00 Evening Movie	7 *9:00 Dr. Clark Foot Clinic 9:30 IN2L Exercise: Chair Dancing 10:30 Men's Strength Training 10:45 Pumpkin Picking & Apple Cider 1:00 Bridge Game 2:45 Happy Hour 4:00 Simon Says Game 5:00 IN2L Classic Radio 7:00 Evening Movie	8 9:30 Men's Coffee Chat 10:15 Resident Store Open 10:30 Circuit Exercise 11:00 IN2L Brain Teasers 1:00 Knit/Crochet/ Needlework 2:00 Bingo 3:00 Afternoon Movie 3:30 Health Talk with Renee 5:00 IN2L Show Tunes 7:00 Evening Movie	9 9:45 Some Good News 10:30 Strength & Stretch 11:00 IN2L Crossword Puzzles 1:00 Bridge 2:00 Around the World Cooking Club 3:00 Afternoon Movie 3:15 Make Homemade Paper 4:30 Play a Game of Battleship 7:00 Evening Movie	10 <u>CAKE DECORATING DAY</u> *9:30 Scenic Drive 10:00 IN2L: Candid Camera 11:15 Chair Exercise 2:00 Bingo 3:00 Afternoon Movie 3:30 Cupcake Decorating 4:15 Home State History 5:00 PBS Presents: Backroads of Montana 7:00 Evening Movie
11 <u>ACTIVE AGING WEEK</u> 9:30 News with Nicole 10:00 Church Service via Video 10:30 Knit/Crochet /Needlework 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 Play a Game of Pool 7:00 Evening Movie	12 9:30 This Week in History 10:30 Resident Store Open 11:00 IN2L Trivia 1:30 Strength & Stretch 2:00 Fall Craft Project 3:00 Afternoon Movie 3:30 Balloon Tennis 4:30 Family Feud 7:00 Evening Movie	13 9:45 IN2L Travel: Learn about Hong Kong 10:30 Relay Race 11:00 Roll the Dice Game 1:15 Fun Facts Walking Club 2:00 Bingo 3:15 Chair Exercise 3:45 Learn About Metastatic Breast Cancer 5:00 IN2L Time Lapse: Europe 7:00 Evening Movie	14 <u>NATIONAL FOSSIL DAY</u> 9:30 Chair Hockey 10:00 Flu Shot Clinic 10:30 Men's Strength Training 11:00 IN2L Word Games 1:00 Bridge Game 2:45 Happy Hour 3:45 Dig for Fossils 5:00 IN2L Sunday at the Memories 7:00 Evening Movie	15 <u>National I Love Lucy Day</u> 9:30 Men's Coffee Chat 10:15 Resident Store Open 10:30 Circuit Exercise 11:00 IN2L Brain Teasers 1:00 Knit/Crochet/ Needlework 2:00 Bingo 3:00 Afternoon Movie 3:30 Lucille Ball Presentation 5:00 IN2L Classic Radio 7:00 Evening Movie	16 9:45 Scavenger Hunt 10:30 Strength & Stretch 11:00 IN2L Crossword Puzzles 12:00 Men's Pizza Luncheon 1:00 Bridge 2:00 Around the World Cooking Club 3:15 The Origins of Superstitions Presentation 4:30 Go Fish Card Game 7:00 Evening Movie	17 *9:30 Scenic Drive 10:00 Classic TV on IN2L 11:15 Chair Exercise 2:00 Bingo 3:00 Afternoon Movie 3:30 Grab & Go White Hot Chocolate 4:15 IN2L: What Was There? 5:00 PBS Presents: Backroads of Montana 7:00 Evening Movie
18 <u>HEALTH EDUCATION WEEK</u> 9:30 News with Nicole 10:00 Church Service via Video 10:30 Make Peanut Butter Bars 1:00 Calvary Baptist Church Service via Video 1:30 Circuit Exercise 2:00 Tailgate Sundays 2:30 Gesture Drawing: Art Therapy for All Abilities 4:00 Family Feud 7:00 Evening Movie	19 <u>NEW FRIENDS DAY</u> 9:30 This Week in History 10:30 Resident Store Open 11:00 IN2L Trivia 1:30 Strength & Stretch 2:00 New Comer's Social 3:00 Afternoon Movie 3:30 Painting with Nicole 4:30 Play a Game of Pool 7:00 Evening Movie	20 9:45 IN2L Travel: Learn about Cameroon 10:30 Greeting Card Sales 11:00 IN2L Animals 1:00 Walking Club 2:00 Bingo 3:15 Chair Exercise 3:45 Learn Info About Osteoporosis 5:00 IN2L Time Lapse: USA 7:00 Evening Movie	21 9:30 IN2L Exercise: Chair Dancing 10:30 Men's Strength Training 11:00 IN2L Word Games 1:00 Bridge Game 2:30 Fall Festival Carnival: Games, Prizes, Snacks! 3:00 Afternoon Movie 5:00 IN2L Classic Radio 7:00 Evening Movie	22 9:30 Men's Coffee Chat 10:15 Resident Store Open 10:30 Circuit Exercise 11:00 IN2L Brain Teasers 1:00 Knit/Crochet/ Needlework 2:00 Bingo 3:00 Afternoon Movie 3:45 Health Talk: Tips for Self Care 5:00 IN2L Jazz Music	23 *9:45 Hand Massages 10:30 Strength & Stretch 11:00 IN2L Crossword Puzzles 1:00 Bridge 2:00 Around the World Cooking Club 3:00 Afternoon Movie 3:15 Card Making 4:30 Roll the Dice Game 7:00 Evening Movie	24 *9:30 Scenic Drive 10:00 Classic TV on IN2L 11:15 Chair Exercise 2:00 Bingo 3:00 Live Piano Music with Kaiya via Video 3:30 Sewing Club 4:30 IN2L: Senior Inspiration 5:00 PBS Presents: Backroads of Montana 7:00 Evening Movie
25 9:30 News with Nicole 10:00 Church Service via Video 10:30 Knit/Crochet /Needlework 1:00 Calvary Baptist Church Service via Video 1:30 Circuit Exercise 2:00 Tailgate Sundays 2:30 Gesture Drawing: Art Therapy for All Abilities 4:00 Play a Game of Pool 7:00 Evening Movie	26 <u>NATIONAL PUMPKIN DAY</u> 9:30 This Week in History 10:30 Resident Store Open 11:00 IN2L Trivia 1:30 Strength & Stretch 2:00 Grab & Go Pumpkin Spice Coffee 3:00 Afternoon Movie 3:30 Paint a Pumpkin 4:30 Family Feud 7:00 Evening Movie	27 9:45 IN2L Travel: Learn about Transylvania 10:30 Play a Game of Battleship 11:00 History of Halloween 1:00 Walking Club 2:00 Bingo 3:15 Chair Exercise 3:30 Halloween Craft 5:00 IN2L Time Lapse: South America 7:00 Evening Movie	28 <u>FIRST RESPONDERS DAY</u> 9:30 IN2L Exercise: Chair Dancing 10:30 Men's Strength Training 11:00 Sign a Card for First Responders 1:00 Bridge Game 1:30 Make Treats for Heroes 2:45 Happy Hour 4:00 Movie Memories Discussion 5:00 IN2L Lunar Landing 7:00 Evening Movie	29 9:30 Men's Coffee Chat 10:15 Resident Store Open 10:30 Circuit Exercise 11:00 IN2L Brain Teasers 1:00 Knit/Crochet/ Needlework 2:00 Bingo 3:00 Afternoon Movie 3:30 Play a Card Game 5:00 IN2L Classic Radio 7:00 Evening Movie	30 <u>CANDY CORN DAY</u> 9:45 Some Good News 10:30 Strength & Stretch 11:00 Tricks or Treats Game 1:00 Bridge 2:30 Choose Your Own Adventure Game 3:00 Afternoon Movie 4:00 Candy Corn Treats & Trivia 7:00 Evening Movie	31 <u>HAPPY HALLOWEEN!</u> 9:30 Apple Bread & Coffee 10:30 Share a Spooky Story 11:00 Costume Parade 1:45 Staff Trick or Treating 2:30 Halloween Party 3:00 Afternoon Movie 4:15 Play a Game of Battleship 5:00 PBS: The Bozeman Trail, A Rush to Gold 7:00 Evening Movie