



1547 N. Hunters Way
Bozeman, MT 59718

Stamp



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

Bozeman Lodge News

December 2020 Newsletter



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Stay Healthy this 2020 Flu Season

It's that time of year! The air has a chill that gets us excited about warm drinks, cozy sweaters, and the holidays.

Unfortunately, flu is also making its rounds — and will likely do so through February. Flu prevention is important every year, but especially this year when Covid-19 is also a health risk. Flu prevention efforts will also aid in preventing the contraction of Covid-19.

People of all ages and walks of life can catch flu, but seniors over 65 are among those at particular risk for flu-related complications. The good news is there are various actions—from hand-hygiene to vaccination—that may be taken to prevent the flu.

The Best Defense

Seasonal flu shots are designed to protect against the 3 or 4 influenza viruses likely to be most prevalent this season. While shot effectiveness varies by season and by different levels of health of those who receive them, it is the best line of defense for flu prevention.

Studies have shown that those who contract flu despite receiving a flu shot have less severe illnesses than those who did not get vaccinated. It is helpful to get the shot annually, and to know it takes two weeks to become fully effective. Those who wish to get a flu shot should consult their medical professional(s) and disclose allergies to them.

Is it flu, a cold, or coronavirus?

All share symptoms of fever, chills, body aches, and cough. In all cases, make efforts to stay home, wear a mask, and wash hands. It is recommended you contact your doctor about your symptoms.



The best line of defense in flu prevention is getting a yearly flu shot.

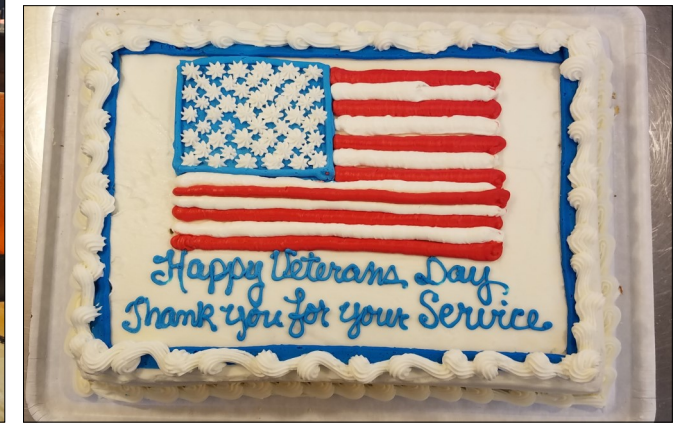
- Flu is fast-coming and usually brings fever, chills, cough, body aches, headaches, and tiredness. Flu only sometimes includes sneezing, sore throat, or stuffy nose. Flu can be tested for, and antiviral drugs exist for it.
- A cold, on the other hand, brings gradual effects, including a runny or stuffy nose, chest discomfort, a cough, sore throat, sneezing, and sometimes fatigue and aches. Colds do not often bring chills, fever, or headaches.
- Coronavirus is harder to pinpoint due to its wide range of symptoms. It rarely is accompanied by runny or stuffy nose or sneezing. It often is accompanied by a loss of taste or smell. Doctors can test for Coronavirus.

Flu prevention is important every year, but especially this one! Take care of your health by eating well, staying hydrated, practicing good hand-hygiene, and getting a flu shot. Spend more time enjoying this season and less time searching for the box of tissues.

Stop the Flu Before it Starts! Best practices:

- Get an annual flu shot
- Avoid close contact with those who are sick
- Wear a mask when out in public
- Cover mouth and nose with a tissue when coughing or sneezing
- Wash hands with soap and warm water for 15 to 20 seconds, several times a day
- Sanitize hands if water is not available
- Avoid contact with eyes, nose, and mouth
- Follow a healthy diet and staying hydrated
- Exercise regularly
- Get regular checkups by your doctor

Special Moments



Happy Birthday!



Marilyn C.: Dec. 10	Doreen M.: Dec. 21
Bill G.: Dec. 12	Bobbe E.: Dec. 21
Bev T.: Dec. 16	Kathy W.: Dec. 23
Betty H.: Dec. 16	Darrell W.: Dec. 29
Mollie N.: Dec. 20	

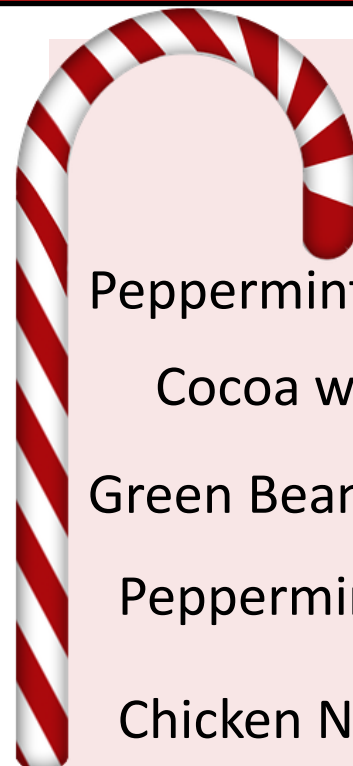
- Those born in December are Sagittarius (Nov. 22-Dec 21) or Capricorn (Dec. 22-Jan. 19).
- Their birthstone is Turquoise, zircon, or tanzanite
- Their birth flower is Narcissus or Holly. Narcissus symbolizes rebirth and respect.

December 2020 Highlights

December observes Handwashing Awareness, Food Service Safety, and Older Drivers' Safety. It celebrates Bingo, pears, writing to friends, spiritual literacy, root veggies, and exotic fruits!

02 History of the Rockefeller Christmas Tree	16 Christmas History
03 Decorate a Nutcracker	16 Learn about Las Posadas
04 Holiday Baking	17 Men's Pizza Lunch
04 Resident Council Meeting	17 Make Christmas Trees to Donate
05 Jingle Bell Toss	18 Holiday Tea Party
06 Make a Christmas Wreath	20 Flower Arranging
07 Pearl Harbor History & Remembrance	21 Enjoy a Cup of Holiday Wassail
09 Christmas Ornament Craft	22 Enjoy Hot Spiced Cherry Cider
10 Learn about Hanukkah	23 Christmas Eve Traditions Around the World
10 Health Talk with Renee	24 Reading The Grinch by Dr. Seuss
11 Decorate a Gingerbread House	26 Learn about Kwanzaa
12 Live Holiday Music by Kaiya via Video	27 Men's Happy Hour
12 Learn about the Nobel Prize & Winners	30 New Year's Eve Traditions Around the World
13 Holiday Sing Along	31 New Year's Eve Happy Hour
14 Make Faux Poinsettias	
15 Christmas Lights Tour	

Regarding Covid-19: Resident and staff safety and comfort 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. All activities are subject to cancellation per those current guidelines. To read our measures taken, and our current visitor policy, please visit our website.



Our Favorite Wintertime Foods!

Peppermint Bark- Hannah

Cocoa with Schnapps– Phil

Green Bean Casserole - Camille

Peppermint Mochas– Tina

Chicken Noodle Soup– Lance

What's New in December



Staff Spotlight:

Noah

Our Dining Room Supervisor Noah is our employee of the month!! Noah is originally from Sioux Falls, SD. He has 3 siblings and 2 dogs named Cash and Ozzie. Noah graduated from Bozeman High School in 2020 and plans to go to college to study business. His favorite color is blue, and his favorite food is pizza. Outside of work, Noah enjoys going fishing. Thanks for all of your hard work, Noah!

- Join us at one of the many craft classes to make your own Christmas décor. We'll also be decorating cookies and decorating gingerbread houses.
- There are lots of opportunities to play some games! Play a game of pool, learn a card game, or try your hand at one of our holiday inspired games.
- Christmas isn't the only holiday in December; join us to learn about Hanukkah, Las Posadas, and Kwanzaa!
- The Lodge wants to spread some cheer to folks that have to spend Christmas in the hospital. Help us decorate trees that we'll be donating to hospital patients!
- There are several scheduled holiday sing a longs and some virtual concerts that will be shown in the Bistro!
- For extra cheer, sign up for one of our Holiday Lights Tours! Seating will be limited.

December 2020

Bozeman Lodge • 1547 N. Hunters Way, Bozeman, MT 59718 • (406) 522-5452

SUN	MON	TUE	WED	THU	FRI	SAT
		1 9:00 Cinnamon Bear Radio Show 9:45 Snowball Toss Game 10:15 Greeting Card Sales 10:30 IN2L Travel 1:30 Photo Show Set to Music 2:15 Bingo 3:00 Afternoon Movie 3:30 Chair Exercise 4:30 IN2L Matching Game 7:00 Evening Movie	2 9:30 IN2L Exercise: Chair Dancing 10:30 December Trivia 1:45 History of the Rockefeller Christmas Tree 2:00 Bridge 2:45 Happy Hour 3:00 Afternoon Movie 4:00 Play a Game of Pool 7:00 Rockefeller Tree Lighting 7:00 Evening Movie	3 9:30 Coffee & Current Events 10:15 Resident Store Open 10:30 Circuit Exercise 11:00 IN2L Brain Teasers 1:00 Knit/Crochet/Needlework 2:15 Bingo *3:30 Decorate a Nutcracker 4:30 Family Feud 6:00 Tis the Season Virtual Christmas Concert 7:00 Evening Movie	4 9:00 Cinnamon Bear Radio Show 10:00 Some Good News 10:30 Strength & Stretch Exercise 11:00 IN2L Crosswords 1:30 Holiday Baking 2:00 Bridge *2:15 Resident Council 4:00 IN2L: Christmas Movie Memories Discussion 6:00 IN2L Jazz Music 7:00 Evening Movie	5 9:30 Coffee Chat 10:30 Chair Exercise 11:00 Jingle Bell Toss 2:15 Bingo 3:00 Afternoon Movie 3:30 Holiday Sing Along 4:30 Laugh Therapy 6:00 Virtual Christmas Concert 7:00 Evening Movie
6 <u>National Miner's Day</u> 9:30 News with Nicole 10:00 Church Service via Video 10:30 Learn about Mining in Butte 1:00 Calvary Baptist via Video 1:30 Circuit Exercise *2:15 Make a Christmas Wreath 3:30 IN2L Brain Teasers 5:00 Against the Darkness: Tribute to Coal Miners 7:00 Evening Movie	7 <u>Pearl Harbor Day</u> 9:30 This Week in History 10:15 Resident Store Open 10:30 IN2L Trivia 1:30 Strength & Stretch 2:00 Pearl Harbor History 3:00 Afternoon Movie 3:15 Painting with Nicole 4:30 Family Feud 7:00 Evening Movie	8 9:00 Cinnamon Bear Radio Show 9:45 Candy Cane Game 10:15 Greeting Card Sales 10:30 IN2L Animals 1:30 TED Talk: Antarctica 2:15 Bingo 3:00 Afternoon Movie 3:30 Chair Exercise 4:30 Home State History 7:00 Evening Movie	9 9:30 IN2L Exercise 10:30 Christmas Music Trivia 1:30 Play a Game 2:00 Bridge 2:45 Happy Hour 3:00 Afternoon Movie 3:30 Christmas Ornament Craft 5:00 Holiday Inspirations 7:00 Evening Movie	10 <u>HANUKKAH BEGINS!</u> 9:30 Coffee & Current Events 10:15 Resident Store Open 10:30 Circuit Exercise 11:00 Learn about Hanukkah 1:00 Knit/Crochet/Needlework 3:00 Afternoon Movie 3:30 Health Talk with Renee 4:30 IN2L: What Was There? 6:00 Giving Voices Chorus Virtual Concert 7:00 Evening Movie	11 9:00 Cinnamon Bear Radio Show 10:00 Some Good News 10:15 Strength & Stretch 11:00 IN2L Crosswords 2:00 Bridge 2:15 Decorate a Gingerbread House 3:00 Afternoon Movie 3:30 Holiday Baking 5:00 IN2L Classical Music 7:00 Evening Movie	12 9:30 Make Applesauce 10:30 Chair Exercise 11:00 Laugh Therapy 2:15 Bingo 3:00 Live Holiday Piano Music by Kaiya via video 3:00 Afternoon Movie 3:30 Learn about the Nobel Prize & Winners 5:00 IN2L: Holiday Travel 7:00 Evening Movie
13 9:30 News with Nicole 10:00 Church Service via Video 10:30 Knit/Crochet/Needlework 1:00 Calvary Baptist via Video 1:30 Circuit Exercise 2:00 Play a Game of Pool 2:30 Gesture Drawing: Art Therapy for All Abilities 3:30 Holiday Sing Along 4:30 Family Feud 7:00 Evening Movie	14 9:30 This Week in History 10:15 Resident Store Open 10:30 IN2L Trivia 1:30 Strength & Stretch 2:00 Make Faux Poinsettias 3:00 Afternoon Movie 3:15 Painting with Nicole 4:30 Holiday Inspirations 5:00 Instrumental Christmas Music 7:00 Evening Movie	15 9:00 Cinnamon Bear Radio Show 9:45 Jingle Bell Toss 10:15 Greeting Card Sales 10:30 IN2L Travel 1:30 TED Talk: Art & A.I. 2:15 Bingo 3:00 Afternoon Movie 3:30 Chair Exercise 4:00 Activity Forum *5:30 Christmas Lights Tour 7:00 Evening Movie	16 9:30 IN2L Exercise: Chair Dancing 10:30 Christmas History 1:30 Play a Game 2:00 Bridge 2:30 Holiday Parfaits Cart 3:00 Afternoon Movie 3:45 Learn about Las Posadas *5:30 Christmas Lights Tour 7:00 Evening Movie	17 9:30 Coffee & Current Events 10:15 Resident Store Open 10:30 Circuit Exercise 11:00 IN2L Brain Teasers *12:00 Men's Pizza Lunch 1:00 Knit/Crochet/Needlework 2:15 Bingo 3:30 Make Christmas Trees to Donate to Hospital Patients *5:30 Christmas Lights Tour 7:00 Evening Movie	18 9:00 Cinnamon Bear Radio Show 9:45 Some Good News 10:15 Strength & Stretch 10:45 IN2L Crosswords 1:30 Christmas Humor *2:30 Holiday Tea Party 3:00 Afternoon Movie 4:00 Play a Card Game 5:00 IN2L Holiday Music 7:00 Evening Movie	19 9:30 Make Hermit Cookies 10:30 Chair Exercise 11:00 IN2L Games 1:30 Hillsong Church Christmas Carols Concert 2:15 Bingo 3:00 Afternoon Movie 3:30 Decorate Cookies 5:00 Rick Steve's Travel: European Christmas 7:00 Evening Movie
20 9:30 News with Nicole 10:00 Church Service via Video 10:30 Reminisce: Holiday Memories Discussion 1:00 Calvary Baptist via Video 1:30 Circuit Exercise 2:00 Celebration: A Virtual Christmas Recital 3:15 Flower Arranging 5:00 Virtual Christmas Concert 7:00 Evening Movie	21 9:30 This Week in History 10:15 Resident Store Open 10:30 IN2L: Christmas Trivia 1:30 Strength & Stretch 2:00 Enjoy Holiday Wassail 3:00 Afternoon Movie 3:15 Painting with Nicole 4:30 Family Feud *5:30 Christmas Lights Tour 7:00 Evening Movie	22 9:00 Cinnamon Bear Radio Show 9:45 Name That Christmas Tune 10:15 Enjoy Peppermint Cookies 10:30 IN2L Animals 1:30 Holiday Inspirations 2:15 Bingo 3:30 Chair Exercise 3:45 Hot Spiced Cherry Cider 5:00 Bach Choir Virtual Christmas Concert 7:00 Evening Movie	23 9:30 IN2L Exercise 10:30 Christmas Poetry 1:30 Christmas Eve Traditions Around the World 2:00 Bridge 2:45 Happy Hour & Christmas Carols Sing Along 3:00 Afternoon Movie 3:45 Snowman Craft 4:15 History of Santa Clause 7:00 Evening Movie	24 <u>Christmas Eve</u> 9:30 Dr. Seuss' The Grinch 10:15 Resident Store Open 10:30 Circuit Exercise 11:00 IN2L: Holiday Travel 2:15 Bingo 3:30 Afternoon Egg Nog 5:00 Short Audio Story: The Gift of the Magi 6:00 Christmas Eve Church Service via Video 7:00 Evening Movie	25 <u>MERRY CHRISTMAS!</u> 9:30 Cinnamon Bear Radio Show 9:45 White Peppermint Cocoa 10:15 Strength & Stretch 10:45 Share a Story 2:00 Bridge 2:15 Holiday Sing Along 3:00 Afternoon Movie 3:30 Play a Reindeer Game 5:00 IN2L Christmas Music 7:00 Evening Movie	26 <u>Candy Cane Day</u> 9:30 Coffee Chat 10:30 Chair Exercise 11:00 History of Candy Canes 1:30 TED Talk: Mysterious Moon 2:15 Bingo 3:00 Afternoon Movie 3:30 Learn about Kwanzaa 4:15 Candy Cane Fishing 7:00 Evening Movie
27 9:30 News with Nicole 10:00 Church Service via Video 10:30 Knit/Crochet/Needlework 1:00 Calvary Baptist via Video 1:30 Circuit Exercise 2:00 Play a Game of Pool 2:30 Gesture Drawing: Art Therapy for All Abilities 2:45 Men's Happy Hour 3:45 IN2L Games 7:00 Evening Movie	28 9:30 This Week in History 10:15 Resident Store Open 10:30 IN2L Trivia 1:30 Strength & Stretch 2:15 Play a Card Game 3:00 Afternoon Movie 3:30 Painting with Nicole 4:30 Family Feud 7:00 Evening Movie	29 9:00 Rick Steve's Travel 9:45 Scavenger Hunt 10:15 Enjoy Sparkling Cider 10:30 New Year's Eve Trivia 1:30 Photo Show Set to Music 2:15 Bingo 3:30 Chair Exercise 3:45 Aromatherapy Craft 7:00 Evening Movie	30 9:30 IN2L Exercise 10:30 New Year's Eve History 1:30 Share A Resolution 2:00 Bridge 2:30 Hot Cocoa Cart 3:00 Afternoon Movie 4:15 New Year's Around the World Traditions 7:00 Evening Movie	31 <u>New Year's Eve</u> 9:30 History of Auld Lang Syne 10:15 Resident Store Open 10:30 Circuit Exercise 11:00 New Year's Eve Poetry 2:30 New Year's Eve Happy Hour 3:00 Evening Movie 5:30 IN2L Celebration Music 7:00 Evening Movie	All activities subject to change per mandated health guidelines.	