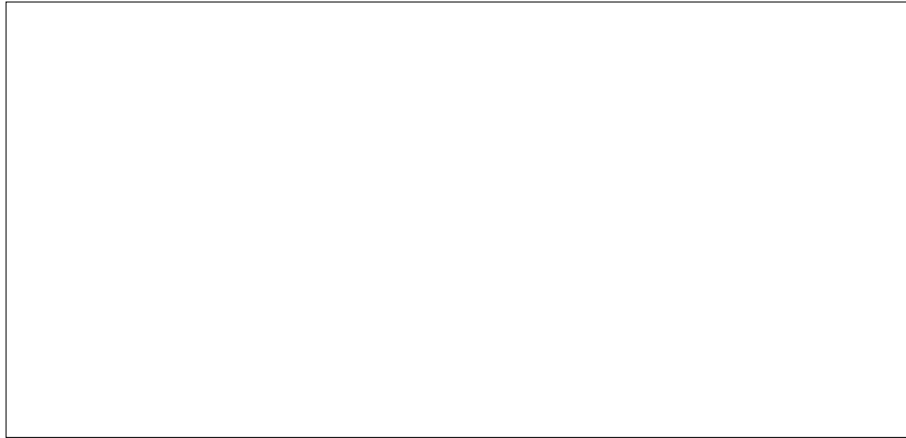




1547 N. Hunters Way
Bozeman, MT 59718

Stamp



Administrative Team:

Executive Director: Rita Christensen
Community Relations Dir.: Camille Bissell
Wellness Director: Jennifer Wilkinson
Business Office Director: Cara Street
Wellness Nurse: Renee Bonanini, RN
Wellness Nurse: Kathy Vaillancourt, LPN
Dining Services Director: Joe Hogin
Maintenance Director: Gary Shapiro
Life Enrichment Director: Tina Thompson

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



Bozeman Lodge News

January 2021 Newsletter



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| 2 Boosting Cognition | 6 Highlights, Notes, Shortbread |
| 3 Team Spotlight & What's New | 7 Special Moments & Birthdays |
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How to Boost Cognition with Diet & Exercise

Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only.

Cognitive health is affected by genetics, age, environment, diet, and physical lifestyle, among other influences. Some factors are out of our control, but diet and exercise are within reach. Here are several approaches to diet and exercise to improve cognition.

When it comes to diets, several approaches may achieve better brain health. One is the **Mediterranean Diet** which includes fish, fruits, vegetables, whole grains, beans, nuts and olive oil. It aids heart and brain health, red meat ought be limited, and herbs -not salt- should flavor food.

A second is the Dietary Approaches to Stop Hypertension Diet, or the **DASH Diet**. It focuses on vegetables, fruits, and low-fat or fat-free dairy products. It includes whole grains, fish, poultry, beans, seeds, nuts, and vegetable oils. It encourages limited sodium, sweets, and red meat.

Another is the Mediterranean-DASH Intervention for Neurodegenerative Delay Diet, or the **MIND Diet**, combining Mediterranean and DASH parameters, to promote a healthy mind. It emphasizes berries over other fruits, recommends fish at least once per week, and promotes leafy vegetables along with other vegetables.

A common thread through each diet is that sugar should be avoided as much as possible. Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function, as well as a worsening of mood disorder symptoms like depression.



A study of 16,000 older women over 15 years found those who consumed at least 1/2 cup of blueberries or strawberries weekly had slower cognitive decline.

10 foods on the brain health “yes” list
include fish (salmon and trout especially), blueberries, cruciferous vegetables (broccoli, spinach, kale, Brussel sprouts, collard greens, cauliflower, arugula), nuts (especially walnuts), avocados, beans and lentils, eggs, seeds, whole grains (like brown rice, whole-wheat bread, quinoa, and oats), and coffee and tea.

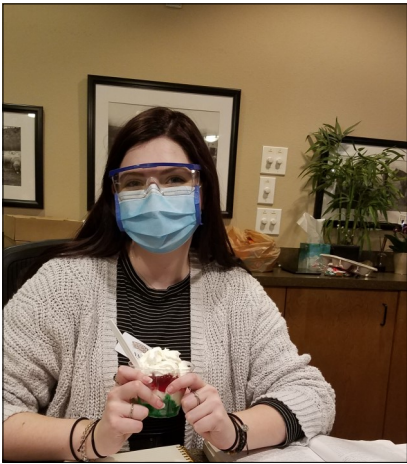
Regular exercise may be beneficial in helping to lower Alzheimer’s and vascular dementia risk. Several studies have found a link between physical activity and reduced risk of cognitive decline.

Exercise can help prevent things that can lead to memory loss, like diabetes, high blood pressure, high cholesterol, obesity, and stroke. It may increase blood and oxygen flow in the brain - benefiting brain cells, may reduce stress hormones, and may reduce inflammation.

A diverse menu of physical activities may bring the best results, including walking regularly, tai chi, aerobic exercise, resistance training, balance and coordination exercises, weightlifting, and dancing.

We hope these ideas inspire you as they have us. Help others boost cognition and share these tips with friends and family!

Special Moments



- | | |
|------------------|-------------------|
| Rich H.: Jan. 1 | Ann W.: Jan. 16 |
| Dona W.: Jan. 2 | Diane A.: Jan. 21 |
| Betty A.: Jan. 3 | Fred D.: Jan. 22 |
| Becky K: Jan. 6 | Roma I.: Jan. 31 |

Those born in January are Capricorn (Jan. 1-19) or Aquarius (Jan. 20-31). Their birthstone is garnet which symbolizes love and was discovered in Ancient Egypt. Their birth flowers are Carnations and Snow Drops. Carnations are among few flowers that can bloom in the cold!

January 2021 Highlights

January observes Healthy Weight Week, Bath Safety Month, and Mentoring Month. It celebrates hot tea, oatmeal, soup, pizza, and fresh squeezed juice, as well as taking part in beloved hobbies!

01 New Year's Day; Bloody Mary Day	17 Hot Buttered Rum Day
02 Cream Puff Day; Science Fiction Day	18 Martin Luther King Jr. Day; Thesaurus Day
03 Chocolate Cherry Day	19 Popcorn Day; Tin Can Day
04 Spaghetti Day; Trivia Day; Braille Day	20 Cheese Day
05 Whipped Cream Day; Bird Day	21 Granola Bar Day; Squirrel Lovers Day
06 Bean Day; Tech Day; Shortbread Day	22 Blonde Brownie Day; Library Fix Up Day
07 Bobblehead Day; Tempura Day	23 Pie Day; Handwriting Day
08 Argyle Day; English Toffee Day	24 Compliment Day; Peanut Butter Day
09 Apricot Day; Balloon Day	25 Opposite Day; Irish Coffee Day
10 Bittersweet Chocolate Day	26 Green Juice Day; Peanut Brittle Day
11 Milk Day; Vision Board Day	27 Bubble Wrap Day; Chocolate Cake Day
12 Pharmacist Day; Marzipan Day	28 Kazoo Day; Blueberry Pancake Day
13 Rubber Duck Day; Sticker Day	29 Corn Chip Day; Puzzle Day
14 Dress Your Pet Day; Pastrami Day	30 Croissant Day
15 Hat Day; Bagel & Lox Day	31 Inspire with Art Day; Backwards Day; Hot Chocolate Day
16 Fig Newton Day; Intl. Spicy Food Day	

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.

Jan. 6 is **Shortbread Day** and here's a recipe for it (modified from a Food Network version)!
3/4 lb. salt free butter; 1 cup of sugar; 1 tsp. vanilla extract; 3 1/2 cups of flour; 1/4 tsp. salt; 7 oz. of semisweet chocolate chopped
Preheat oven to 350. Mix butter + 1 cup sugar with mixer until combined. Add vanilla. In medium bowl sift flour with salt and add to the butter and flour. Mix on low until dough comes together. Dust a surface with flour and put dough on it. Shape into flat circle. Wrap in plastic and chill for 30 min. Roll dough 1/2" thick and cut with 3 by 1" rectangle cutter. Put cookies on ungreased baking sheet and top with extra sugar. Bake 20-25 min until edges start to brown. Cool to room temp.



Staff Spotlight: Steven V.

Steven has worked at the Lodge for two years as a dish washer. He's married and has a dog named Marlie Hendrix. Steven is originally from Florida, but ended up in Montana because of his family. He's an avid reader, often reading for a few hours every morning. Steven's favorite food is oriental food, and his favorite color is blue. When asked about his favorite vacation, Steven said he'll always remember a cruise he took to the Panama Canal and Caribbean when he was 10 years old. Thanks for everything you do, Steven!

What's New in January

Weather permitting, we'll be taking some winter scenic drives. Sign up to save your seat at the front desk.

We'll be offering a lot of activities including: making an art portfolio, making hand creams, and aromatherapy shower melts. We'll also be decorating coffee mugs, and having a unique "fizzy art" class that's suitable for all abilities!

If you like to cook, there are cooking classes beyond our weekly cooking club including making peanut brittle, ice cream, and chocolates.

Speaking of chocolate, we're dedicating the week of the 17th-23rd to the sweet treat and there are a variety of activities scheduled around chocolate.

There's also a lot of new treats and chances for discussion about a variety of topics.

We hope you'll join us!

JANUARY 2021

Bozeman Lodge

• 1547 N. Hunters Way, Bozeman, MT 59718

• (406) 522-5452

<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
Sunday, Jan. 31 from the calendar bottom INSPIRE WITH ART DAY 9:30 News with Nicole 10:00 Church Service via Video 10:45 Fizzy Art Class 1:30 Calvary Baptist via Video 2:00 Circuit Exercise 2:15 Resident Art Gallery 3:30 Hot Chocolate Bar 4:30 Play a Game of Pool 7:00 Evening Movie	All activities subject to change per mandated health guidelines.				1 New Year's Day 10:00 Some Good News 10:30 Strength & Stretch 2:30 New Year's Happy Hour 3:00 Afternoon Movie 3:45 IN2L National Parks: Yellowstone 5:00 IN2L Show Tunes 7:00 Evening Movie	2 9:30 Coffee Chat 10:00 Christmas Clean Up 10:45 Chair Exercise 11:00 Learn about Happy Grams 1:30 IN2L Slow TV: Winter Train 2:15 Bingo 3:00 Afternoon Movie 3:30 New Year's Humor 5:00 PBS Presents: Backroads of Montana 7:00 Evening Movie
3 CHOCOLATE CHERRY DAY 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 2:15 Chocolate Cherry Ice Cream Sundaes 3:00 Afternoon Movie 3:30 Family Feud 4:30 Home State History 7:00 Evening Movie	4 9:30 This Week in History 10:15 Resident Store Open 10:30 IN2L Brain Teasers 1:30 Strength & Stretch 2:00 Reindeer "Hunting" 3:00 Afternoon Movie 3:15 Painting with Nicole 4:30 IN2L: Lifestyle History Discussion 7:00 Evening Movie	5 NATIONAL BIRD DAY 9:00 Short Story Audio Books 9:45 Learn about Native American Legends 10:15 Greeting Card Sales 10:45 IN2L Animals: Birds 1:30 Photo Show Set to Music 2:15 Bingo 3:00 Afternoon Movie 3:30 Chair Exercise 4:30 Play a Game of Pool 7:00 Evening Movie	6 9:30 IN2L Exercise 10:30 IN2L Word Games 11:30 Bozeman Library Book Drop Off & Pick Up 1:30 Roll the Dice Game 2:00 Bridge 2:45 Happy Hour 3:00 Afternoon Movie 4:00 Old Wives Tales from Around the World 7:00 Evening Movie	7 9:00 IN2L Classic TV 9:30 Coffee & Current Events 10:15 Resident Store Open 10:30 Circuit Exercise 11:00 IN2L Winter Trivia 1:00 Knit/Crochet/Needlework 2:15 Bingo 3:30 Health Talk with Renee 4:30 Play The Price is Right 7:00 Evening Movie	8 9:30 Influential Native Americans *10:00 Winter Scenic Drive 11:15 IN2L Crosswords 1:30 Strength & Stretch 2:15 Enjoy an Iced Coffee 3:00 Afternoon Movie 3:30 Virtual Concert by Lee & Debbie *4:00 Hand Massages 5:00 IN2L Music 7:00 Evening Movie	9 9:30 Some Good News 10:45 Chair Exercise 1:30 Laugh Therapy 2:15 Bingo 3:00 Afternoon Movie 3:30 Sing Along 5:00 Virtual Tour: The Original Governor's Mansion 7:00 Evening Movie
10 9:30 News with Nicole 10:00 Church Service via Video 10:30 Apple Raspberry Cider 1:00 Calvary Baptist via Video 1:30 Circuit Exercise *2:00 Winter Scenic Drive 2:30 Gesture Drawing: Art Therapy for All Abilities 3:30 Make an Art Portfolio 4:30 IN2L: What Was There? 7:00 Evening Movie	11 VISION BOARD DAY 9:30 This Week in History 10:15 Resident Store Open 10:30 IN2L Brain Teasers 1:30 Strength & Stretch 2:00 Create a Vision Board 3:00 Afternoon Movie 3:15 Painting with Nicole 4:30 Family Feud 7:00 Evening Movie	12 9:00 Short Story Audio Books 9:45 IN2L Travel: Learn About Macedonia 10:30 IN2L Animals 1:30 Activity Forum 2:15 Bingo 3:00 Afternoon Movie 3:30 Chair Exercise 3:45 Make Homemade Hand Cream 7:00 Evening Movie	13 RUBBER DUCK DAY 9:30 Chair Dancing Exercise 10:30 IN2L Word Games 11:00 History of Rubber Ducks 1:30 Kings in the Corner Game 2:00 Bridge 2:30 Root Beer Float Cart 3:00 Afternoon Movie 4:00 Rubber Duck Racing 4:30 IN2L Virtual Museums 7:00 Evening Movie	14 9:00 IN2L Classic TV 9:30 Coffee & Current Events 10:15 Resident Store Open 10:30 Circuit Exercise 11:00 IN2L January Trivia *12:00 Men's Pizza Lunch 1:00 Knit/Crochet/Needlework 2:15 Bingo 3:45 Snow Inspired Craft 4:30 IN2L: Wood Working 7:00 Evening Movie	15 9:30 IN2L National Parks: Alaska 10:00 Some Good News 11:15 IN2L Crosswords 1:30 Strength & Stretch *2:15 Resident Council Meeting 3:00 Afternoon Movie 3:30 Pros & Cons Discussion 5:00 IN2L Classical Music 7:00 Evening Movie	16 9:30 Make Faux Snow & Build a Snowman 10:45 Chair Exercise 1:30 IN2L Slow TV: Alaska Pass 2:15 Bingo 3:45 Afternoon S'mores 4:15 Laugh Therapy 5:00 Montana Mosaic: Homesteading 7:00 Evening Movie
17 9:30 News with Nicole 10:00 Church Service via Video 10:15 Balloon Tennis 10:45 Knit/Crochet/Needlework 1:00 Calvary Baptist via Video 1:30 Circuit Exercise 2:15 New Comer's Social 2:30 Gesture Drawing: Art Therapy for All Abilities 3:30 Family Feud 7:00 Evening Movie	18 Martin Luther King Jr. Day 9:30 This Week in History 10:15 Resident Store Open 10:30 Learn about Martin Luther King Jr. 1:30 Strength & Stretch 2:00 Make Homemade Chocolates 3:15 Painting with Nicole 4:30 IN2L Reminisce: Movie Memories Discussion 7:00 Evening Movie	19 NATIONAL POPCORN DAY 9:00 Short Story Audio Books 9:45 Popcorn Fun Facts 10:15 Greeting Card Sales 10:45 IN2L Travel: Learn about Iceland 1:30 Photo Show Set to Music 2:15 Bingo 3:30 Chair Exercise 3:45 Grab & Go Popcorn Treats 4:30 Play a Game of Pool 7:00 Evening Movie	20 9:30 IN2L Exercise 10:30 The History of Chocolate 11:30 Bozeman Library Book Drop Off & Pick Up 1:30 Play a Game of Battleship 2:00 Bridge 2:15 Indoor "Snowball" Fight 2:45 Happy Hour 3:45 Learn About Snowflakes 4:30 Play the Price is Right 7:00 Evening Movie	21 9:00 IN2L Classic TV 9:30 Coffee & Current Events 10:15 Resident Store Open 10:30 Circuit Exercise 11:00 Chocolate Trivia 1:00 Knit/Crochet/Needlework 2:15 Bingo 3:00 Afternoon Movie *3:30 Chocolate Tasting 4:30 IN2L Beatles Music Trivia 7:00 Evening Movie	22 9:30 Native American Spirituality *10:00 Winter Scenic Drive 11:15 IN2L Crosswords *12:15 Ladies Luncheon 1:30 Strength & Stretch 2:15 Cooking Club 3:00 Afternoon Movie 3:30 Make Aromatherapy Shower Melts 5:00 IN2L Jazz Music 7:00 Evening Movie	23 9:30 Some Good News 10:45 Chair Exercise 11:15 Chocolate Fun Facts 1:30 Oreo Stacking Game 2:15 Bingo 3:00 Afternoon Movie 3:30 Sing Along 5:00 Native American Music & Art 7:00 Evening Movie
24 NATIONAL COMPLIMENT DAY 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 Winter Scenic Drive 2:30 Gesture Drawing: Art Therapy for All Abilities 3:45 Kindness Circle 4:30 IN2L Games 7:00 Evening Movie	25 IRISH COFFEE DAY 9:30 This Week in History 10:15 Resident Store Open 10:30 History of Irish Coffee 1:30 Strength & Stretch 2:15 Enjoy an Irish Coffee 2:45 Balloon Volleyball 3:00 Afternoon Movie 3:30 Painting with Nicole 4:30 Family Feud 7:00 Evening Movie	26 9:00 Short Story Audio Books 9:45 IN2L Travel: Learn about Canada 10:30 Make Peanut Brittle 1:30 IN2L Games 2:15 Bingo 3:00 Afternoon Movie 3:30 Chair Exercise 3:45 Decorate a Coffee Mug 4:30 Chess Trivia 7:00 Evening Movie	27 CHOCOLATE CAKE DAY 9:30 IN2L Exercise 10:30 IN2L Word Games 11:00 Home State History 1:30 List It! Game 2:00 Bridge 2:45 Happy Hour 3:00 Afternoon Movie 3:45 Grab & Go Chocolate Cake 4:30 IN2L Virtual Museums 7:00 Evening Movie	28 9:00 IN2L Classic TV 9:30 Coffee & Current Events 10:15 Resident Store Open 10:30 Circuit Exercise 11:00 IN2L Transportation Trivia 1:00 Knit/Crochet/Needlework 2:15 Bingo 3:45 Alcohol Ink Craft 4:30 Norman Rockwell History 7:00 Evening Movie	29 9:30 IN2L National Parks 10:00 Some Good News 11:15 IN2L Crosswords 1:30 Strength & Stretch 2:15 Cooking Club 3:00 Afternoon Movie 3:30 Pros & Cons Discussion 5:00 IN2L Music 7:00 Evening Movie	30 9:30 Coffee Chat 10:45 Chair Exercise 1:30 IN2L Slow TV: Boston Rain 2:15 Bingo 3:00 Afternoon Movie 3:30 Old Wives Tales from Around the World 5:00 PBS Presents: Backroads of Montana 7:00 Evening Movie