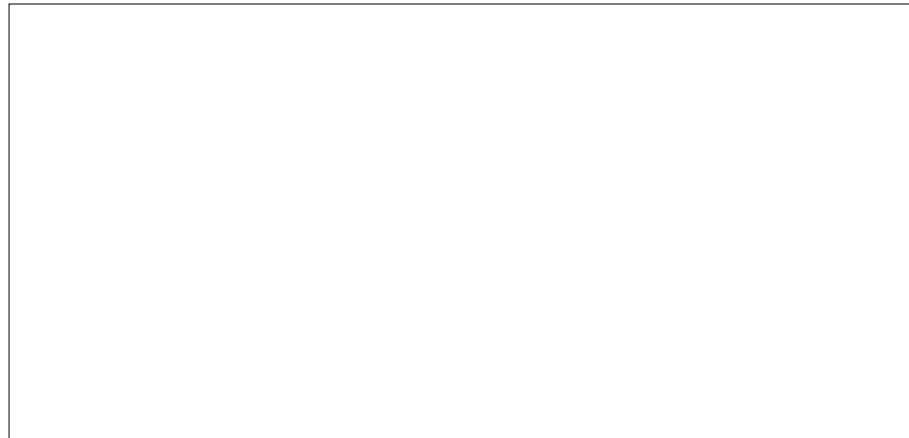




1547 N. Hunters Way
Bozeman, MT 59718

Stamp



Administrative Team:

Executive Director: Elicia Ruiz
Community Relations Dir.: Camille Bissell
Business Office Director: Cara Street
Wellness Nurse: Renee Bonanini, RN
Wellness Nurse: Kathy Vaillancourt, LPN
Maintenance Director: Mark Chatten
Dining Services Director: Joe Hogin
Life Enrichment Director: Tina Thompson

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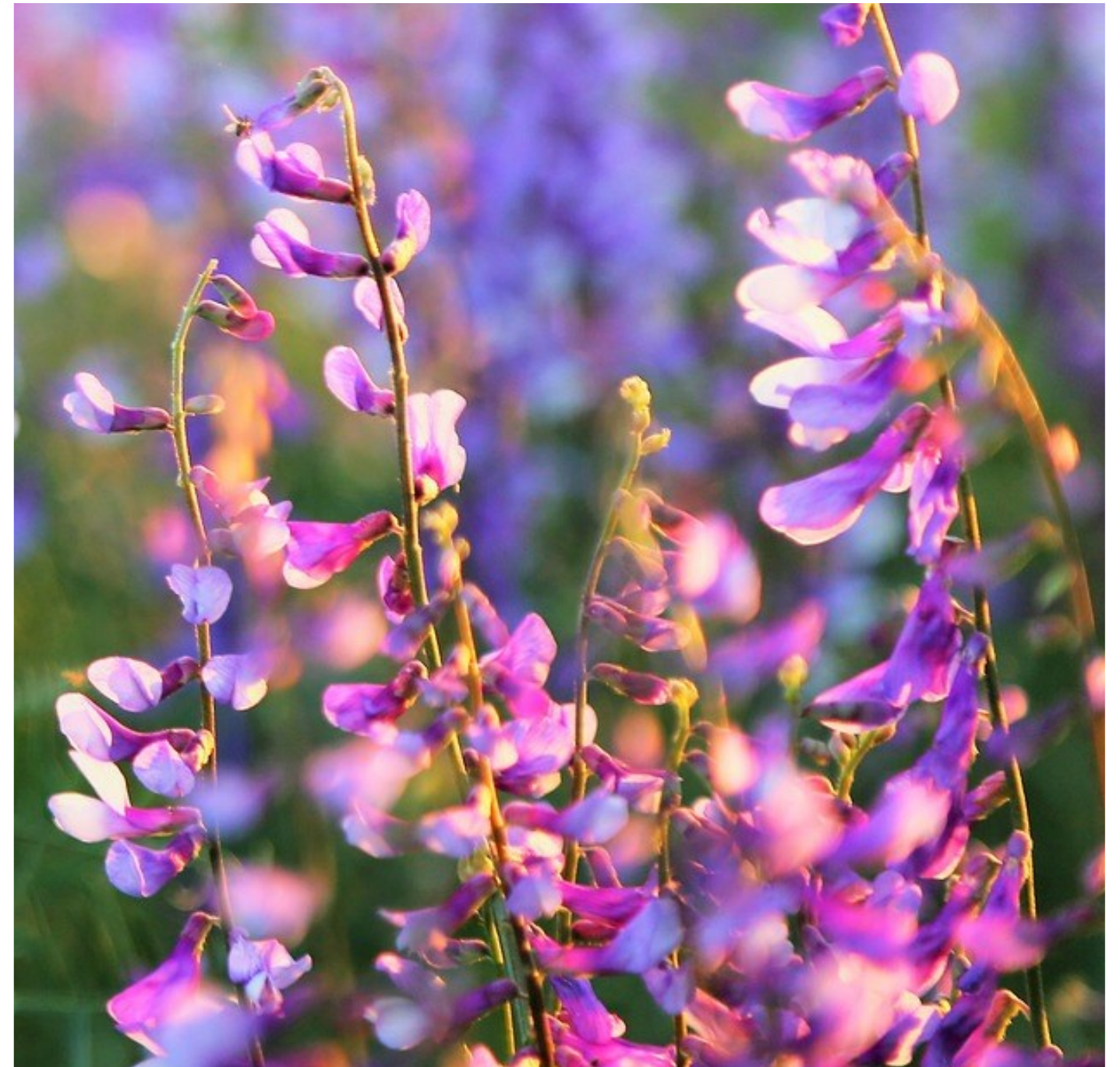
www.bozeman-lodge.com

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



Bozeman Lodge News

March 2021 Newsletter



2 Eye Health and Wellness Tips
3 Team Spotlight
4 - 5 Activities Calendar

6 Highlights, Notes, What's New
7 Special Moments & Birthdays
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The Better to See You With: Eye Health & Wellness Tips

Follow your medical professional's advice and speak with them before changing diet, exercise, or supplements.

Do you ever find details in scenery that you've always loved growing duller, or written words appearing blurrier? Such changes can be frustrating. Fortunately, regular exams, daily habits, and treatments, can help. This "Save Your Vision Month," check out ways you may be able help with your eye wellness.

Be Seen

One of the ways to stay on top of your eye health is to have annual eye exams. Knowing family eye history and general medical history and disclosing it to your optometrist may bring a clearer picture to them of issues that may have the potential to affect you.

Form Eye-Health Habits

Practicing healthy habits in daily life is another—and perhaps the best— way to help aid your eye health. These are a few:

- Eating a diet rich in fruits and vegetables, particularly dark, leafy greens; and fish
- Wearing glasses, goggles, or safety shields when appropriate, like when using tools
- Reducing eye strain by looking 20 feet before you for 20 seconds every 20 minutes, if you use screens.
- Washing hands often to avoid infections
- Avoiding smoking
- Managing blood pressure, blood sugar, and cholesterol, and keeping a healthy weight
- Routinely safely cleaning and storing



- glasses and/or contacts
- Wearing UV protective sunglasses outdoors

Vision Issues

People with diabetes, high blood pressure, or who take medications that affect eyes are at higher risk for vision issues. Older adults can be affected by: age-related macular degeneration (that causes central vision loss); cataracts (that can cause blurry vision, poor contrast, and glare sensitivity); glaucoma (several issues which damage the optic nerve and can take away side vision); and dry eyes.

Looking Ahead

There is a lot on the bright side for those with vision issues. Some optometrists have rehabilitation programs to help with low vision for daily routines. There are also prescription devices for close-up tasks, near and far vision, reading, and watching screens. In addition, eye surgeries are available that can help against conditions affecting the eyes. Talk with your optometrist about what options may be right for your eye health.

Special Moments



- | | |
|--------------------------|---------------------------|
| Jan L.: March 3 | Ray B.: March 20 |
| Kay M.: March 11 | Bob R.: March 20 |
| Faye F.: March 15 | David F.: March 21 |

Those born in March are Pisces (Feb. 19 - March 20) and Aries (March 21 - April 19). The birthstones for March are aquamarine and bloodstone (which is dark green). The birth flowers for March are the daffodil and jonquil. March babies are said to have a sunny disposition!

March 2021 Highlights

March observes Women's History Month, Nutrition Month, and Save Your Vision Month. It celebrates crafting, aviation, and cleaning!

- | | |
|--|---|
| 01 Peanut Butter Day; Pig & Horse Day | 17 St. Patrick's Day |
| 02 Banana Cream Pie Day; Read Day | 18 Lacy Cookie Day; Sloppy Joe Day |
| 03 Mulled Wine Day; World Wildlife Day | 19 Certified Nurses Day; March Equinox |
| 04 Marching Music Day; Sons' Day | 20 Ravioli Day; Corn Dog Day; Quilting Day |
| 05 Staff Appreciation Day | 21 French Bread Day; World Puppetry Day |
| 06 Dentists' Day; Oreo Day; Dress Day | 22 Bavarian Crepes Day; Be Silly Day |
| 07 Cereal Day; Flapjack Day | 23 Puppy Day; Tamale Day; 3-D Day |
| 08 Intl. Women's Day; Peanut Cluster Day | 24 Cheesesteak Day; Chocolate Raisins Day |
| 09 Barbie Day; Meatball Day | 25 Medal of Honor Day; Swedish Waffle Day |
| 10 Registered Dietician Nutritionists' Day | 26 Spinach Day; Wear Purple (Epilepsy) Day |
| 11 Johnny Appleseed Day | 27 Spanish Paella Day; World Theatre Day |
| 12 Girl Scouts Day; Plant a Flower Day | 28 Black Forest Cake Day; Food on Stick Day |
| 13 Coconut Torte Day; K9 Veterans Day | 29 Vietnam War Vets Day; |
| 14 Daylight Savings Starts; Chips Day | Piano Day |
| 15 Pears Helene Day; Kansas Day | 30 Doctors Day; Park Day; |
| 16 Artichoke Hearts Day; Panda Day | Virtual Vacay Day |

Saturday night, March 13, set your clocks forward one hour!



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.

What's New in March?

- Every Tuesday in March is Smoothie Tuesday! We'll be enjoying freshly made fruit smoothies and conversation in the Bistro.
- March is Women's History Month! Join us for Famous Women Fridays to learn about women that have impacted history. We'll also do activities related to the women we're learning about.
- Saturdays are "Sensory Saturdays". Weekly, we'll have an activity appealing to a different sense.
- Join us for a music therapy session that also counts as exercise! Our new Music and Movement class will have us "drumming" along to favorite tunes.
- Spring is coming, which mean it's time to start planning our garden! Join us on Sundays as we bring back Gardening Club and do some fun activities to get ready to grow.



Staff Spotlight: Dee T.

Dee has worked at the Lodge for almost a year and a half. She started as a server and recently transferred to housekeeping. Dee has 3 children and 7 grandchildren. She also has 2 black labs. Her favorite color is purple, and her favorite meal is steak with a baked potato and salad. She loves cooking in her cast iron pans! She's also an avid gardener and loves to spend time at the river and working on craft projects, especially sewing. Originally from Oregon, Dee moved to Montana 13 years ago. Before coming to work at the Lodge, she spent a year living in a camper, traveling the country with her daughter and granddaughters. Thank you for your hard work, Dee!



Meet our Executive Director

After a brief hiatus, Elicia Ruiz has returned to the Bozeman Lodge as our new Executive Director. She has been with the Lodge for nearly 6 years and has held the titles of Business Office Director, Community Relations Director, as well as Assistant Executive Director. Before working at the Lodge, Elicia worked at other senior living communities in the Gallatin Valley which has helped her gain a wealth of knowledge. Outside of work, Elicia is married with 3 children and a dog. Her hobbies include shopping trips to Costco, cooking (a lot!), and having adventures with her kids. Congratulations, Elicia!

MARCH 2021

Bozeman Lodge • 1547 N. Hunters Way, Bozeman, MT 59718

• (406) 522-5452

SUN	MON	TUE	WED	THU	FRI	SAT	
<p>All activities subject to change per mandated health guidelines.</p>	<p>1 Love Peanut Butter Day 9:30 This Week in History 10:15 Resident Store 10:30 Strength & Stretch 11:00 Peanut Butter Fun Facts 1:00 Play a Card Game 2:00 Baking Club: Peanut Butter Treats 3:15 Painting with Nicole 4:00 What did it cost? Trivia 7:00 Evening Movie</p>	<p>2 Read Across America Day 9:30 IN2L USA Travel 10:00 Fruit Smoothies 10:30 Learn about Dr. Seuss 1:00 Our Planet Nature Documentary 2:15 Bingo 3:00 Afternoon Movie 3:30 Circuit Exercise 4:00 Share a Story 7:00 Evening Movie</p>	<p>3 Soup It Forward Day 9:30 Chair Dancing Exercise 10:15 Balloon Volleyball 10:45 IN2L Trivia 11:45 Bozeman Library Book Drop Off & Pick Up 1:00 IN2L Classic TV 2:00 Fun Facts Walking Club 2:45 Happy Hour 4:00 Share a Soup Recipe 7:00 Evening Movie</p>	<p>4 9:30 Current Events & Coffee 10:15 Resident Store 10:30 Chair Exercise 11:00 IN2L Brain Teasers 1:00 Knit & Crochet Club 2:15 Bingo 3:00 Afternoon Movie 3:30 Family Tree Mapping 4:15 Play Who Wants to Be a Millionaire 7:00 Evening Movie</p>	<p>5 Staff Appreciation Day 9:30 IN2L Animals 10:00 Coffee & a Cruise* 11:30 IN2L Crosswords 1:30 Strength & Stretch 2:15 Learn about Maya Lin 2:45 Virtual Tour: Vietnam Veterans Memorial 3:00 Afternoon Movie 4:00 Learn What Your Name Means 7:00 Evening Movie</p>	<p>6 Oreo Cookie Day 9:30 Some Good News 10:00 History of Oreo Cookies 10:30 Circuit Exercise 11:00 March Trivia 1:00 TED Talk Short Lecture 2:15 Bingo 3:45 Baking Club: Oreo Treats 5:00 Backroads of Montana 7:00 Evening Movie 7:30 Bozeman Symphony Live Stream Concert</p>	
	<p>7 Cereal Day 9:30 News with Nicole 10:15 History of Cereal 11:00 Knit & Crochet Club 1:00 Calvary Baptist via Video 1:30 Chair Exercise 2:15 Enjoy a Cereal Treat 2:45 Family Feud 4:00 Craft: Puzzle Piece Tree 5:00 IN2L: Earth Unplugged 7:00 Evening Movie</p>	<p>8 Intl. Womens' Day 9:30 This Week in History 10:15 Resident Store 10:30 Strength & Stretch 11:00 Women's History Trivia 1:00 IN2L: Women's History Events 2:00 Intl. Womens' Day Around the World 3:15 Painting with Nicole 4:15 Famous Women in History 7:00 Evening Movie</p>	<p>9 9:30 IN2L World Travel 10:00 Fruit Smoothies 10:15 Greeting Card Sales 10:30 This or That Discussion 1:00 Photos Set to Music 2:15 Bingo 3:30 Circuit Exercise 4:00 Coloring for Relaxation 7:00 Evening Movie</p>	<p>10 9:30 Chair Dancing Exercise 10:15 Fingernail Painting 10:45 IN2L Trivia 1:00 IN2L Classic TV 2:00 Fun Facts Walking Club 3:00 Baking Club: Blueberry Popovers 4:00 Activity Forum 5:00 IN2L: Jazz Music 7:00 Evening Movie</p>	<p>11 Johnny Appleseed Day 9:30 Current Events & Coffee 10:15 Resident Store 10:30 Chair Exercise 11:00 History of Johnny Appleseed 1:00 Knit & Crochet Club 2:15 Bingo 3:45 Caramel Apple Sundaes 4:15 Play The Price is Right 7:00 Evening Movie</p>	<p>12 Girl Scouts' Day 9:45 Some Good News 10:30 Learn about Juliet Gordon Low 11:15 IN2L Crosswords 1:30 Strength & Stretch 2:15 Plant a Flower* 3:00 History of the Girl Scouts 3:30 Girl Scout Cookie Tasting* 7:00 Evening Movie</p>	<p>13 K9 Veterans Day 9:30 Inspiration of the Day 10:00 Fun Facts about Service Dogs 10:30 Circuit Exercise 11:00 FlowerGrams 1:00 TED Talk Short Lecture 2:15 Bingo 3:45 Make Aromatherapy Shower Steamers 5:00 Montana Mosaic 7:00 Evening Movie</p>
	<p>14 Start Daylight Saving Time 9:30 News with Nicole 10:15 Butterfly Fun Facts 10:45 Butterfly Trivia 1:30 Chair Exercise 2:15 Garden Planning Club 3:00 Afternoon Movie 3:30 Share a Story 4:15 Play Plink Ball 5:00 IN2L: Time Lapse 7:00 Evening Movie</p>	<p>15 Pears Helene Day 9:30 This Week in History 10:15 Resident Store 10:30 Strength & Stretch 11:00 IN2L Virtual Vacation 1:00 Play a Card Game 2:00 Make Pears Helene 3:00 Afternoon Movie 3:15 Painting with Nicole 4:00 Home State History 7:00 Evening Movie</p>	<p>16 Panda Bear Day 9:30 IN2L USA Travel 10:00 Fruit Smoothies 10:30 Learn about Pandas 1:00 Nature Documentary 2:15 Bingo 3:00 Afternoon Movie 3:30 Circuit Exercise 4:00 Movie Memories Discussion 7:00 Evening Movie</p>	<p>17 St. Patrick's Day! 9:30 Chair Dancing Exercise 10:30 Luck of the Irish Scavenger Hunt 11:00 St. Patty's Day Trivia 11:45 Bozeman Library Book Drop Off & Pick Up 1:00 IN2L Classic TV 2:00 Music & Movement 2:45 St. Patty's Party 4:00 St. Patty's Superstitions 7:00 Evening Movie</p>	<p>18 9:30 Current Events & Coffee 10:15 Resident Store 10:30 Chair Exercise 11:00 IN2L Brain Teasers 1:00 Knit & Crochet Club 2:15 Bingo 3:30 Health Talk with Renee 4:15 Family Tree Mapping 7:00 Evening Movie</p>	<p>19 Let's Laugh Day 9:45 Some Good News 10:30 Learn about Sacagawea 11:15 IN2L Crosswords 1:30 Strength & Stretch 2:15 Laugh Therapy: Jokes 3:00 Afternoon Movie 3:15 Treat: Shamrock Shakes 4:00 Have You Ever Discussion 7:00 Evening Movie</p>	<p>20 Spring is Here! 9:30 Inspiration of the Day 10:00 Roll a Garden Game 10:30 Circuit Exercise 11:00 Spring Trivia 1:00 TED Talk Short Lecture 2:15 Bingo 3:00 Afternoon Movie 3:45 Make Rainbow Roses 5:00 Backroads of Montana 7:00 Evening Movie</p>
	<p>21 French Bread Day 9:30 News with Nicole 10:15 Cooking Club: French Bread Treats 11:00 Knit & Crochet Club 1:00 Calvary Baptist via Video 1:30 Chair Exercise 2:15 Gardening Club: Build a Planting Wall 3:15 Family Feud 4:15 Play a Card Game 5:00 IN2L: Earth Unplugged 7:00 Evening Movie</p>	<p>22 9:30 This Week in History 10:15 Resident Store 10:30 Strength & Stretch 11:00 IN2L: World Museums 1:00 Roll the Dice Game 2:00 Easter Craft 3:00 Afternoon Movie 3:30 Painting with Nicole 4:00 Transitions Trivia 7:00 Evening Movie</p>	<p>23 9:30 IN2L World Travel 10:00 Fruit Smoothies 10:15 Greeting Card Sales 10:30 Pros & Cons Discussion 12:00 Ladies Luncheon* 1:00 Photos Set to Music 2:15 Bingo 3:30 Circuit Exercise 4:00 Coloring for Relaxation 7:00 Evening Movie</p>	<p>24 9:30 Chair Dancing Exercise 10:15 Fingernail Painting 10:45 IN2L Trivia 1:00 IN2L Classic TV 2:00 Music & Movement 2:45 Happy Hour 3:00 Afternoon Movie 4:00 Virtual Concert by Lee & Debbie 7:00 Evening Movie</p>	<p>25 Medal of Honor Day 9:30 Current Events & Coffee 10:15 Resident Store 10:30 Chair Exercise 11:00 IN2L Brain Teasers 12:00 Men's Pizza* 1:00 Knit & Crochet Club 2:15 Bingo 3:45 Learn about the Medal of Honor 7:00 Evening Movie</p>	<p>26 9:30 IN2L National Parks 10:15 Coffee at Coldsmoke Coffee House* 11:15 IN2L Crosswords 1:30 Strength & Stretch 2:00 Learn about Sally Ride 3:15 Make & Launch Baking Soda Rockets 4:00 IN2L: Space Exploration 7:00 Evening Movie</p>	<p>27 Passover at Sundown 9:30 Some Good News 10:00 Learn about Passover 10:30 Circuit Exercise 11:00 Learn about Maya Angelou 1:00 TED Talk Short Lecture 2:15 Bingo 3:45 Painting with Spices 5:00 Montana Mosaic 7:00 Evening Movie</p>
<p>28 Palm Sunday 9:30 News with Nicole 10:00 Coffee & a Cruise* 11:00 Knit & Crochet Club 1:00 Calvary Baptist via Video 1:30 Chair Exercise 2:15 Gardening Club: Seed Planting 3:15 Learn about Palm Sunday 4:15 Play Plink Ball 5:00 IN2L: Time Lapse 7:00 Evening Movie</p>	<p>29 9:30 This Week in History 10:15 Resident Store 10:30 Strength & Stretch 11:00 IN2L Virtual Vacation 1:00 Play a Card Game 2:00 Roll a Garden Game 3:00 Afternoon Movie 3:15 Painting with Nicole 4:00 Coloring for Relaxation 7:00 Evening Movie</p>	<p>30 Doctors' Day 9:30 IN2L USA Travel 10:00 Fruit Smoothies 10:30 Movie Memories Discussion 1:00 Nature Documentary 2:15 Bingo 3:30 Circuit Exercise 4:00 Play Board Game: Operation 7:00 Evening Movie</p>	<p>31 9:30 Chair Dancing Exercise 10:15 Balloon Volleyball 10:45 IN2L Trivia 1:00 IN2L Classic TV 2:00 Music & Movement 2:30 New Comer's Social 3:00 Afternoon Movie 3:45 Book Club Meeting 5:00 IN2L: Showtunes 7:00 Evening Movie</p>	<p>A * denotes signing up is required for that activity.</p>			