



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: Kathy Vaillancourt, LPN
Wellness Directors: Alan Omine &
Madison Ruetten
Maintenance Director: Mark Chatten
Dining Services Director: Joe Hugin
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

April 2021 Newsletter



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Gardening Benefits for Health & The Environment

Spring has sprung! Those who have been waiting for the gardening season to begin are ready for the last frost to end so they can dig in. When gardeners get into the soil and get to work, they are not only enjoying a fun hobby, they are also doing wonders for their health and the planet!

Dig Into Better Health

Gardening positively impacts wellness in various ways:

- It relieves stress. Gardening can lower cortisol levels that cause stress and increase blood pressure. Gardening also increases serotonin, which helps people feel happy.
- Friendly bacteria in the soil can boost immunity. It may help against asthma.
- It provides great exercise. It is low-impact and can be comfortable work with the right padding or protective gear, but it takes energy, and the weather can make it more challenging.
- It involves hand-eye coordination and sensory intake. Both of these can positively affect cognition.
- It presents opportunities for a sense of community. Socializing among friends while gardening can be so much fun.
- It encourages outside activity. For some, gardening is the best reason to head out and enjoy sunshine and the environment



(albeit with proper sun protection).

Impact the Planet

Gardening also benefits the environment, and no act is too small for making our world a better place.

- It can help with pollution. In large-scale harvesting of fruits and vegetables, pollution often results. The transport of those goods also causes pollution. It may seem like a small step, but gardening at home

- or in the community influences the big picture.
- It can reduce the size of landfills. This is possible when people compost garden waste rather than sending everything to the landfill when it's gone bad.
- Plants in the garden take in CO2 and release oxygen, improving air quality.
- It helps local habitats of insects and animals which play important roles in our environment (like bees pollinating).
- Plants and mulch can hold soil in place and reduce erosion, and keep sediment out of waterways, drains, and roads.

These are just some of the benefits that gardening can bring! This Spring and Summer, give gardening a try and share the benefits with others. Let us know about your efforts!

Special Moments



Happy Birthday!



Jack S.: April 2
Nancy H.: April 2
Bill P.: April 17
Joan M.: April 19

Sally B.: April 20
Gib L.: April 28
Nancy L.: April 29

Those born in April are Aries (March 21 - April 19) and Taurus (April 20-May 20). The birthstone for April is the diamond. The birth flowers for April are the daisy and the sweet pea. April babies are said to be fearless and enthusiastic.

April 2021 Highlights

April observes Stress Awareness, Healthcare Innovation, & Parkinson's Awareness. It celebrates volunteering, poetry, and jazz!

01 April Fools Day; Sourdough Day	17 Crawfish Day; Ellis Island History Day
02 Peanut Butter and Jelly Day; Ferret Day	18 Animal Cracker Day; Intl. Day for Monuments and Sights
03 Film Score Day; Handmade Day	19 Amaretto Day; Garlic Day
04 Easter; School Librarian Day	20 Twin Day; Pineapple Upside Down Day
05 Caramel Day; Deep Dish Pizza Day	21 Administrative Professionals' Day; British National Tea Day
06 Caramel Popcorn Day; Librarians Day	22 Earth Day; Jelly Bean Day
07 Coffeecake Day; Beer Day	23 Arbor Day; Picnic Day
08 Zoo Lovers Day; Empanada Day	24 Pigs in Blankets Day; Sense of Smell Day
09 Unicorn Day; Antique Love Day	25 Thank Plumbers Day; Zucchini Bread Day
10 Hug Dog Day; Farm Animals Day	26 Audubon Day; Pretzel Day
11 Quartet Day; Fondue Day; Pet Day	27 Babe Ruth Day; Prime Rib Day
12 Ramadan Begins; Grilled Cheese Day	28 Blueberry Pie Day; Superhero Day
13 Scrabble Day; Peach Cobbler Day	29 Shrimp Scampi Day; Intl. Dance Day
14 Dolphin Day; Gardening Day; Pecan Day	30 Hairstylist Appreciation Day; Oatmeal Cookie Day
15 World Art Day; Banana Day; Guess Day	
16 Bean Count Day; Eggs Benedict Day; Wear PJs Day; Orchid 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.

EASTER IS COMING!

We'll be hosting a special Easter lunch on Sunday, April 4th, with seating available in the dining room and bistro!

In order to accommodate everyone, we'll be having 2 seating times:

11:30 am — 12:30 pm

1:30 pm — 2:30 pm

If you plan to be here for Easter lunch, you are required to sign up for a seating time. Room meal deliveries will still be available on request.

Please sign up for a time at the front desk.



Staff Spotlight: Angela

Angela, a med tech here at the Lodge, is originally from Australia. She spent two years living in Canada before moving to Bozeman in 2020 when her husband took a job transfer.

She's been married for 27 years and has 4 children, 2 boys and 2 girls. She also has 2 dogs. Her favorite color is dusty pink, and her favorite food is sushi. Angela's hobbies include camping, skiing, gardening, reading, and hiking. In fact, her love of hiking has even taken her on a 12-day, 18,700 foot journey to the base camp on Mount Everest!

Thank you, Angela, for everything you do!

What's New in April?


- ♦ Get out and about with us during coffee and a cruise, where we'll enjoy a specialty coffee and scenic drive. We also have a few trips to ColdsSmoke Coffee shop, and a walk at Storymill Park planned. Seating is limited, so be sure to save your seat at the front desk.
- ♦ There are some fun get-togethers planned, too! In addition to our men's pizza lunch, we'll be having an indoor picnic, Spring brunch (a delightful mix of breakfast and lunch treats), and ice cream socials. Some of these activities require signing up.
- ♦ April is bringing us live music with Trina! Seating is limited, so she will be performing two half-hour shows. If you'd like to join her, sign up at the front desk for your preferred time.
- ♦ New residents are encouraged to attend our new comers social, which is a great opportunity to meet other residents, learn about the community, and make new friends!
- ♦ Our cook Johnny will be bringing his service dog, Buddha, in to visit twice in April. We hear he's very sweet, so be sure to stop by and say hi.
- ♦ Do you have a favorite recipe? We'd love to add it to our Lodge resident cookbook project. Join us at our recipe book meeting, or drop them off at the front desk during April.

APRIL 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>Happy Earth Day!</p>			<p><u>1 April Fool's Day</u> 9:45 Current Events & Coffee 10:15 Resident Store 10:30 Chair Exercise 11:00 Laugh Therapy 1:00 Knit & Crochet Club 2:15 Bingo 3:30 Decorate an Easter Bonnet* 4:15 History of April Fool's Day 7:00 Evening Movie</p>	<p><u>2 Good Friday</u> 9:30 IN2L Animals 10:00 Coffee & a Cruise* 11:30 IN2L: The Three Stooges 1:30 Strength & Stretch 2:15 Plant an Empty Tomb Garden* 3:15 Learn about Good Friday 3:45 Peanut Butter & Jelly Treats 4:00 Easter Poetry 7:00 Evening Movie</p>	<p><u>3 Catch a Rainbow Day</u> 9:30 Inspiration of the Day 10:00 History of Easter 10:30 Circuit Exercise 11:00 Rainbow Fun Facts 1:00 PBS Presents: Nova 2:15 Bingo 3:00 Afternoon Movie 3:30 Make a Suncatcher 4:00 Rainbow Treats 7:00 Evening Movie</p>
<p><u>4 Easter</u> 9:30 Easter Church Service via Video 10:00 Easter Humor 11:30 Easter Lunch* 1:00 Calvary Baptist via Video 1:30 Easter Lunch* 1:30 Chair Exercise 2:30 Easter Egg Hunt 4:00 PBS Presents: Saving Notre Dame 7:00 Evening Movie</p>	<p><u>5</u> 9:30 This Week in History 10:15 Resident Store 10:30 Strength & Stretch 11:00 American Road Trip 1:00 Egg in a Bottle Science Experiment 1:45 Coffee & a Cruise* 3:15 Painting with Nicole 4:00 Family Feud 7:00 Evening Movie</p>	<p><u>6</u> 9:30 Montana Travel Videos 10:00 Fruit Smoothies 10:15 Greeting Card Sales 10:45 Montana Attractions 1:00 Caramel Popcorn Treats 2:15 Bingo 3:30 Circuit Exercise 4:00 State Songs 7:00 Evening Movie</p>	<p><u>7</u> 9:30 Chair Dancing Exercise 10:15 Fingernail Painting 10:45 Would You Rather Discussion 1:00 Grains of Rice Trivia 2:00 Walking Club 2:45 Happy Hour 3:00 Afternoon Movie 4:00 Nutrition Trivia 7:00 Evening Movie</p>	<p><u>8</u> 9:30 Current Events & Coffee 10:15 Resident Store 10:30 Chair Exercise 11:00 Zoo Walk 1:00 Knit & Crochet Club 2:15 Bingo 3:00 Afternoon Movie 3:30 Share Some History 4:00 Coloring for Relaxation 7:00 Evening Movie</p>	<p><u>9</u> 9:30 IN2L Classic TV 10:00 Learn the Meaning of Your Name 10:30 Meet Therapy Dog Buddha 11:00 Montana Trivia 1:30 Strength & Stretch 2:15 Play a Card Game 3:00 Bible Study with Tina 4:00 IN2L: Jazz Music 7:00 Evening Movie</p>	<p><u>10</u> 9:15 Coffee & a Cruise* 10:30 Circuit Exercise 11:00 IN2L Crosswords 1:00 PBS Presents: Nova 2:15 Bingo 3:00 Afternoon Movie 3:30 Sewing Club: Tote Bag 4:00 Montana Landmarks 5:00 Virtual Piano Music 7:00 Evening Movie</p>
<p><u>11</u> 9:30 News with Nicole 10:00 Balloon Volleyball 10:45 Make a Mason Jar Salad* 1:00 Calvary Baptist via Video 1:30 Chair Exercise 2:15 Cheese Fondue Treats* 4:00 Putt for Prizes 5:00 Backroads of Montana 7:00 Evening Movie</p>	<p><u>12</u> 9:30 This Week in History 10:15 Resident Store 10:30 Strength & Stretch 11:00 American Road Trip 1:00 Walking Club 1:30 Coffee & a Cruise* 3:00 Afternoon Movie 3:15 Painting with Nicole 4:00 Family Feud 7:00 Evening Movie</p>	<p><u>13</u> 9:30 Washington Travel Videos 10:00 Fruit Smoothies 10:30 Washington Attractions 11:00 IN2L Trivia 1:00 Nature Documentary 2:15 Bingo 3:30 Circuit Exercise 4:00 State Songs 7:00 Evening Movie</p>	<p><u>14</u> 9:30 Chair Yoga Exercise 10:15 Movie Memories Chat 10:45 IN2L: What Did it Cost? 12:30 Bookmobile Visit 1:00 Farkle Dice Game 2:00 Music & Movement 3:00 Afternoon Movie 3:00 Ice Cream Floats 3:45 Activity Forum 7:00 Evening Movie</p>	<p><u>15 Titanic Remembrance Day</u> 9:45 Virtual Tour of the Titanic 10:15 Resident Store 10:30 Chair Exercise 11:00 Learn about the Titanic 12:45 Music with Trina* 1:15 Music with Trina* 2:15 Bingo 3:30 Recipe Book Project 4:00 Coloring for Relaxation 7:00 Evening Movie</p>	<p><u>16</u> 9:30 IN2L Animals 10:15 Coffee Outing at Coldsmoke Coffee* 11:00 IN2L: You Bet Your Life 1:30 Strength & Stretch 2:15 BLINK Card Game 3:00 Afternoon Movie 3:15 Spring Sing Along 4:00 IN2L: Millionaire Game 7:00 Evening Movie</p>	<p><u>17</u> 9:30 Inspiration of the Day 10:30 Circuit Exercise 11:00 Washington Trivia 1:00 PBS Presents: Nova 2:15 Bingo 3:30 Sewing Club 4:00 Washington Landmarks 7:00 Evening Movie 7:30 Bozeman Symphony Virtual Concert</p>
<p><u>18 Animal Cracker Day</u> 9:30 News with Nicole 10:15 History of Animal Crackers 11:00 Family Feud 1:00 Calvary Baptist via Video 1:30 Chair Exercise 2:15 Animal Cracker Treats 3:00 Coffee & a Cruise* 4:15 TED Talk 5:00 Backroads of Montana 7:00 Evening Movie</p>	<p><u>19</u> 9:30 This Week in History 10:15 Resident Store 10:30 Strength & Stretch 11:00 American Road Trip 1:30 Coffee & a Cruise* 2:00 Play a Board Game 3:00 Afternoon Movie 3:15 Painting with Nicole 4:00 Coloring for Relaxation 7:00 Evening Movie</p>	<p><u>20</u> 9:30 Oregon Travel Videos 10:00 Fruit Smoothies 10:15 Greeting Card Sales 10:30 Oregon Attractions 11:00 Share Some History 1:00 Enjoy Fruity Lemonade 2:15 Bingo 3:30 Circuit Exercise 4:00 State Songs 7:00 Evening Movie</p>	<p><u>21</u> 9:30 Chair Dancing Exercise 10:15 Fingernail Painting 10:45 Pros & Cons Discussion 1:00 Pic-Flip Card Game 2:00 Walking Club 2:45 New Comer's Social 3:00 Afternoon Movie 4:00 Virtual Concert by Lee & Debbie 7:00 Evening Movie</p>	<p><u>22 Earth Day</u> 9:45 History of Earth Day 10:15 Resident Store 10:30 Chair Exercise 11:00 Nature Photo Walk 1:00 Knit & Crochet Club 1:30 Planet Earth Nature Documentary 2:15 Bingo 3:30 Shaving Cream Art Card Making 7:00 Evening Movie</p>	<p><u>23 Picnic Day</u> 9:30 IN2L Classic TV 10:00 Learn about William Shakespeare 10:30 Therapy Dog Buddha 12:00 Indoor Picnic* 1:30 Strength & Stretch 2:15 Shakespeare Fun Facts 3:00 Bible Study with Tina 4:30 Virtual Tour: London Globe Theater 7:00 Evening Movie</p>	<p><u>24</u> 9:30 Some Good News 10:30 Circuit Exercise 11:00 Oregon Trivia 1:00 PBS Presents: Nova 2:15 Bingo 3:00 Afternoon Movie 3:30 Test Your Sense of Smell Game 4:00 Oregon Landmarks 7:00 Evening Movie</p>
<p><u>25</u> 9:30 News with Nicole 10:00 Balloon Volleyball 11:00 Family Feud 1:00 Calvary Baptist via Video 1:30 Chair Exercise 3:00 Make a Garden Stepping Stone 4:00 TED Talk 5:00 Backroads of Montana 7:00 Evening Movie</p>	<p><u>26</u> 9:30 This Week in History 10:15 Resident Store 10:30 Strength & Stretch 11:00 American Road Trip 1:15 Coffee Outing at Coldsmoke Coffee* 2:00 Virtual Piano Music 3:15 Decorate a Birdhouse 4:00 Coloring for Relaxation 7:00 Evening Movie</p>	<p><u>27</u> 9:30 California Travel Videos 10:45 Spring Brunch* 11:00 Experience Yosemite 1:00 Nature Documentary 1:30 California Attractions 2:15 Bingo 3:30 Circuit Exercise 4:00 State Songs 7:00 Evening Movie</p>	<p><u>28 Blueberry Pie Day</u> 9:30 Chair Yoga Exercise 10:00 Wheelchair/Walker Repair Clinic 10:30 Fun Facts about Blueberries 12:30 Bookmobile Visit 1:00 Grains of Rice Trivia 2:00 Music & Movement 3:00 Blueberry Pie Sundaes 3:45 Spring Wreaths* 7:00 Evening Movie</p>	<p><u>29</u> 9:45 IN2L Animals: Frogs 10:15 Resident Store 10:30 Chair Exercise 11:00 IN2L Trivia: Frogs 1:00 Knit & Crochet Club 2:15 Bingo 3:00 Afternoon Movie 3:30 Book Club Meeting 5:00 IndepDANCE Virtual Performance 7:00 Evening Movie</p>	<p><u>30 Arbor Day</u> 9:30 IN2L Animals 10:00 History of Arbor Day 10:45 California Trivia 12:00 Men's Pizza Party* 1:30 Strength & Stretch 2:15 Enjoy a Bubble Tea 3:00 Walk at Story Mill Park* 4:00 Audio Story: The Giving Tree by Shel Silverstein 7:00 Evening Movie</p>	<p>A * denotes signing up is required for that activity</p>