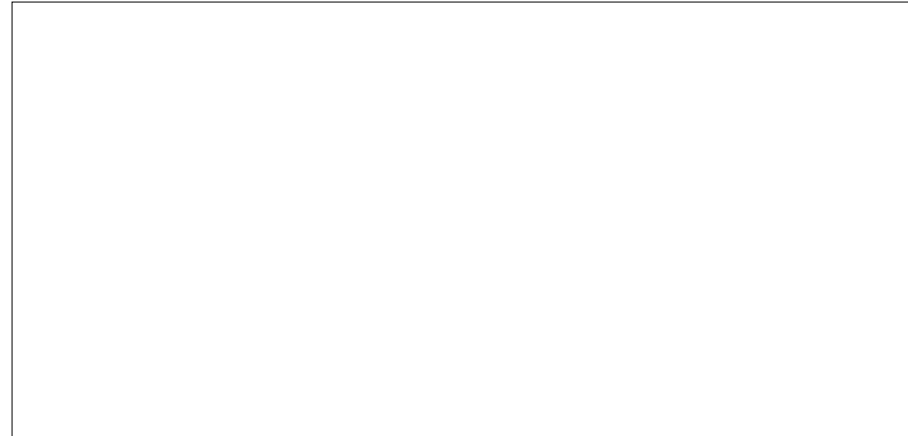




1547 N. Hunters Way
Bozeman, MT 59718

Stamp



Administrative Team:

Executive Director: Elicia Ruiz
Wellness Nurse: Kathy Vaillancourt, LPN
Wellness Director: Madison Ruetten
Maintenance Director: Mark Chattin
Dining Services Director: Joe Hogin
Life Enrichment Director: Tina Thompson

Connect:

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

Bozeman Lodge News

May 2021 Newsletter



2 Arthritis Facts & Care Tips
3 Team Spotlight & What's New
4 - 5 Activities Calendar

6 Highlights, Notes, In Our Words
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Hands On Arthritis Facts and Care Tips

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

This May marks National Arthritis Month to bring attention to the condition of joint pain and joint disease.

For those wondering whether they have Arthritis, it's best to go through a primary care provider or Rheumatologist for a diagnosis. In general, Arthritis symptoms may come and go and include mild to severe swelling, pain, stiffness, and decreased motion range. It can also limit one's ability to do some daily activities.

Read on to learn about arthritis types and ways to help arthritic conditions.

Types of Arthritis

- Osteoarthritis is the most common Arthritis type. Risk factors include family history, overweightness, age, and prior injuries. Those with non-severe Osteoarthritis can help the condition with a healthy weight, proper exercise, rest per activity level - especially during flare ups, avoiding repetitive movements, strengthening muscles by joints, and hot/cold therapy.
- Inflammatory Arthritis is another type. Rheumatoid and Psoriatic Arthritis are in this category. It occurs when the immune system creates inflammation to rid of what it falsely sees as infection. It occurs in people with genetic predisposition and environmental risk factors, like smoking. Early diagnosis and strong treatment are key in slowing the condition.



American Adults Diagnosed: 54 million+
Americans Likely to Have Arthritis: 91 million
Types of Arthritis That Exist: Over 100
Working Adults With Arthritis: 60%

Arthritis Pain Management Tips:

Are you dealing with Arthritis pain? Try some of the below tips for potential relief:

- Create a plan with your rheumatologist.
- Be aware of, and track, your warning signs, like a dull hand ache or daytime sleepiness.
- Stay up to date on vaccinations and wash hands frequently to avoid infections which could trigger a flare.
- Stay on top of your emotional health. Anxiety and stress can raise inflammation.
- Slow your movements, but continue moving to avoid stiff joints.
- Do hot & cold therapy, no more than 15 minute intervals, two to four times a day.
- Sleep on a schedule with lights off, devices off, and have no caffeine hours before bed.

We hope you find pain relief this National Arthritis Month. Let us know if you've found this helpful or received relief from these tips!

Special Moments



Happy Birthday!



John N.: May 1
Toni L.: May 22
Carol M.: May 30

Those born in May are Taurus (May 1-20) and Gemini (May 21-June 20). The birthstones for May are emerald and pearl. The birth flower for May is lily of the valley. A UK study showed that May is the luckiest month in which to be born!

May 2021 Highlights

May observes Blood Pressure Education, Asthma Awareness, and Osteoporosis. It celebrates BBQs, Nurses, Photography, & Seniors!

01 Kentucky Derby Trivia & Mint Juleps	19 Visit from the Bookmobile
02 Shopping at Winco*	20 Make Dog Treats to Donate
03 Cooking Club: Make Fresh Salsa	21 Resident Council Meeting
05 Dr. Clark Foot Clinic*	22 Make Solar Garden Lights
05 Catholic Communion in the Chapel	24 Video Chat with Nicole from Alaska
05 Cinco de Mayo Party	26 On The Day You Were Born: Fun Facts
06 Paint a Garden Stepping Stone*	27 Book Club Meeting: Small Great Things
07 Try a London Fog Frappuccino	28 Men's Pizza Party*
08 Coke a Cola Ice Cream Floats	28 Food Forum with Joe
09 Get Pampered Party*	29 Saturday Sweet Treats
10 Lunch Outing at Old Chicago*	30 Shopping at Walmart*
12 Activity Forum	30 Make a Fairy Garden Craft*
13 Apple Pie Sundaes	31 Memorial Day BBQ Lunch
15 Make Tin Can Owls	
16 Shopping at Walmart*	
16 Calvary Baptist Service in the Chapel	
19 Walker/Wheelchair Repair Clinic	

A * denotes signing up is required for that activity

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.

May 6th is Beverage Day!

Our residents and staff shared their favorite drinks!

"Sweet tea" - Dee

"Coffee with Baileys" - Sally

"Coke a Cola" - Pat

"Hot black coffee" - Joanne

"Iced coffee!!!" - Kathy

"Scotch" - Phil



Staff Spotlight: Tyler C.

Maintenance Assistant Tyler is our employee of the month. Originally from Kalispell, MT, Tyler eventually landed in Bozeman because of family. Tyler and his wife have been married for nine years and they have a 4-year-old son. His favorite color is green, and his favorite food is bar food, especially a good burger. In his free time, Tyler likes to play games and watch movies. He also manages a fundraiser for the USO! Thanks for being such a hard-working member of our team, Tyler!

What's New in May:

- May is bringing us exciting new opportunities for outings! We have 3 shopping trips and a lunch outing scheduled. Seating for these outings are limited and residents will need be expected to wear a mask and practice safe distancing while out.
- Dr. Clark is hosting a foot clinic on Wednesday, May 5th. Sign up at the desk for a time.
- We'll be hosting a ladies Pampering Party on Mother's Day with opportunities to get your hair curled, nails painted, and some light makeup applied. Be sure to save your spot with the front desk.
- The Bozeman Public Library Bookmobile will be visiting us twice in May. If you have questions or want to reserve some books, call [\(406\) 582-2400](tel:4065822400)
- In-person church services are resuming in May! Calvary Baptist Church will be holding services in the Chapel on Sunday 16 and 30 at 1:00pm. Catholic Communion will be Wednesday, May 5 at 1:00pm, and Mass with Father Leo will be Wednesday, May 19 at 3:30 pm.

MAY 2021

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

SUN	MON	TUE	WED	THU	FRI	SAT
2 (1st in last box) 9:30 Shopping at Winco* 10:00 IN2L Classic TV 11:00 IN2L: What Did it Cost? 1:00 Calvary Baptist Church 1:30 Chair Exercise 2:15 Enjoy a Fruity Lemonade 3:00 Scenic Drive* 4:00 PBS Presents: Nova 7:00 Evening Movie	3 9:30 This Week in History 10:15 Resident Store 10:30 Strength & Stretch 11:00 American Road Trip 1:00 IN2L Candid Camera 2:00 Make Fresh Salsa 3:15 Painting with Nicole 4:00 Family Feud 7:00 Evening Movie	4 9:30 Arizona Travel Videos 10:00 Fruit Smoothies 10:15 Greeting Card Sales 10:45 IN2L Crosswords 1:00 Walking Club 2:15 Bingo 3:30 Circuit Exercise 4:00 State Songs 7:00 Evening Movie	5 9:00 Dr. Clark Foot Clinic* 9:30 Chair Dancing Exercise 10:15 History of Cinco de Mayo 11:00 Cinco de Mayo Trivia 12:30 Bookmobile Visit 1:00 Catholic Communion 2:00 Cooking Club 2:30 Cinco de Mayo Party 4:00 Mariachi Music 7:00 Evening Movie	6 9:45 Current Events 10:15 Resident Store 10:30 Chair Exercise 11:00 IN2L Games 1:00 Knit & Crochet Club 2:15 Bingo 3:30 Paint a Garden Stepping Stone 4:00 Coloring for Relaxation 7:00 Evening Movie	7 <u>Space Day</u> 9:30 IN2L Classic Movie 10:00 Scenic Drive* 11:00 Inspirational Seniors 1:30 Strength & Stretch 2:00 Lunar Landing Memories 3:00 Afternoon Movie 3:00 Try a London Fog Frappuccino 4:00 IN2L Music 7:00 Evening Movie	8 <u>Have a Coke Day</u> 9:30 Only Good News 10:30 Circuit Exercise 11:00 History of Coke a Cola 1:00 National Geographic 2:15 Bingo 3:00 Afternoon Movie 3:30 Coke Ice Cream Floats 4:00 Arizona Landmarks 7:00 Evening Movie
9 <u>Mother's Day</u> 9:30 Get Pampered Party* 11:00 Mother's Day Trivia 1:00 Calvary Baptist via Video 1:30 Chair Exercise 2:00 Share a Story 3:00 Afternoon Movie 3:00 Scenic Drive* 4:00 Mother's Day Videos 7:00 Evening Movie	10 9:30 This Week in History 10:15 Resident Store 10:30 Strength & Stretch 10:45 Lunch at Old Chicago* 1:00 IN2L Bloopers Videos 2:15 BLINK Card Game 3:00 Afternoon Movie 3:15 Painting with Nicole 4:00 Family Feud 7:00 Evening Movie	11 9:30 Nevada Travel Videos 10:00 Fruit Smoothies 10:15 Greeting Card Sales 10:45 IN2L Crosswords 1:00 Walking Club 2:15 Bingo 3:00 Afternoon Movie 3:30 Circuit Exercise 4:00 State Songs 7:00 Evening Movie	12 9:30 Chair Yoga 10:15 Broadway Musicals 10:45 On the Day You Were Born 12:00 Bookmobile Visit 1:00 Putt for Prizes 2:00 Music & Movement 2:45 Bozeman History Slide Show & Presentation 4:00 Activity Forum 7:00 Evening Movie	13 <u>Apple Pie Day</u> 9:45 Current Events 10:15 Resident Store 10:30 Chair Exercise 11:00 IN2L Games 12:45 Music with Trina 1:00 Knit & Crochet Club 2:15 Bingo 3:30 Apple Pie Sundaes 4:00 Coloring for Relaxation 7:00 Evening Movie	14 9:30 IN2L Classic Movie 10:30 Therapy Dog Buddha 11:00 Friday Funnies 1:30 Strength & Stretch 2:00 Double Trouble Dice Game 3:00 Fun Facts: Statue of Liberty 4:00 IN2L Music 7:00 Evening Movie	15 9:30 Saturday Sweets 10:30 Circuit Exercise 11:00 Nevada Trivia 1:00 National Geographic 2:15 Bingo 3:00 Afternoon Movie 3:15 Bible Study 3:45 Make Tin Can Owls 4:00 Nevada Landmarks 7:00 Evening Movie
16 <u>Mimosa Day</u> 9:30 Shopping at Walmart* 10:00 IN2L Classic TV 11:00 Are You Smarter than a 5th Grader? Trivia Game 1:00 Calvary Baptist Service in the Chapel 1:30 Chair Exercise 2:00 Afternoon Mimosas 3:00 Play Kerplunk Game 4:00 PBS Presents: Nova 7:00 Evening Movie	17 9:30 This Week in History 10:15 Resident Store 10:30 Strength & Stretch 11:00 American Road Trip 1:00 IN2L Funny Animals 2:00 PicFlip Card Game 3:00 Afternoon Movie 3:15 Painting with Nicole 4:00 Family Feud 7:00 Evening Movie	18 9:30 Utah Travel Videos 10:00 Fruit Smoothies 10:15 Greeting Card Sales 10:45 IN2L Crosswords 1:00 TED Talks Educational Lecture 2:15 Bingo 3:30 Circuit Exercise 4:00 State Songs 7:00 Evening Movie	19 9:30 Chair Dancing Exercise 10:00 Walker/Wheelchair Repair Clinic 11:00 IN2L: What Did it Cost? 12:30 Bookmobile Visit 1:00 Yahtzee Game 2:00 Walking Club 2:45 Fruit Slushies Treat 3:30 Catholic Mass 7:00 Evening Movie	20 <u>Rescue Dog Day</u> 9:45 Rescued Dog Stories 10:30 Chair Exercise 11:00 IN2L Games 1:00 Knit & Crochet Club 2:15 Bingo 3:00 Afternoon Movie 3:30 Make Dog Treats to Donate to Animal Shelter 7:00 Evening Movie	21 9:30 IN2L Classic Movie 10:00 Scenic Drive* 11:00 Inspirational Kids 1:30 Strength & Stretch 2:00 Baking Club 2:45 Resident Council Meeting 3:00 Afternoon Movie 4:00 IN2L Music 7:00 Evening Movie	22 9:30 Only Good News 10:30 Circuit Exercise 11:00 Utah Trivia 1:00 National Geographic 2:15 Bingo 3:00 Afternoon Movie 3:30 Make Solar Garden Lights 4:00 Utah Landmarks 7:00 Evening Movie
23 10:00 IN2L Classic TV 11:00 Transitions Trivia 1:00 Calvary Baptist via Video 1:30 Balloon Volleyball 2:00 Get to Know Your Neighbor Game 3:00 Afternoon Movie 3:15 Afternoon Snack with Pat 7:00 Evening Movie	24 10:15 Resident Store 10:30 Strength & Stretch 11:00 American Road Trip 2:00 Video Chat with Nicole while she's in Alaska 3:00 Afternoon Movie 3:45 Coloring for Relaxation 7:00 Evening Movie	25 9:30 Alaska Travel Videos 10:00 Fruit Smoothies 11:00 May Trivia 1:00 TED Talks Educational Lecture 2:15 Bingo 3:00 Afternoon Movie 3:30 Circuit Exercise 4:00 State Songs 7:00 Evening Movie	26 9:30 Chair Yoga 10:15 Broadway Musicals 10:45 On the Day You Were Born 1:00 Walking Club 2:45 Happy Hour 3:00 Afternoon Movie 4:00 Rick Steve's Travel 7:00 Evening Movie	27 9:45 Current Events 10:15 Resident Store 10:30 Chair Exercise 11:00 IN2L Games 1:00 Knit & Crochet Club 2:15 Bingo 3:00 Afternoon Movie 3:30 Book Club Meeting* 4:00 Fun Facts: Adoption 7:00 Evening Movie	28 9:30 IN2L Classic Movie 10:30 Therapy Dog Buddah 11:00 Friday Funnies 12:00 Men's Pizza Party* 1:30 Strength & Stretch 2:45 Food Forum with Joe 3:00 Afternoon Movie 3:30 Enjoy an Iced Coffee 4:00 IN2L Music 7:00 Evening Movie	29 9:30 Saturday Sweets 10:30 Circuit Exercise 11:00 Alaska Trivia 1:00 National Geographic 2:15 Bingo 3:00 Afternoon Movie 3:15 Bible Study 4:00 Alaska Landmarks 7:00 Evening Movie
30 9:30 Shopping at the Dollar Tree* 10:00 IN2L Classic TV 11:00 Are You Smarter than a 5th Grader? Trivia Game 1:00 Calvary Baptist Service in the Chapel 2:15 Make a Fairy Garden Craft* 4:00 Family Feud 7:00 Evening Movie	31 <u>Memorial Day</u> 9:30 This Week in History 10:30 Strength & Stretch 11:30 Memorial Day BBQ Lunch 1:00 Memorial Day History 2:15 Play Left Right Center Game 3:15 Painting with Nicole 4:00 Memorial Day Trivia 7:00 Evening Movie	All activities subject to change per mandated health guidelines.		A * denoted signing up is required for that activity		1st 9:00 Scenic Drive* 10:30 Circuit Exercise 11:00 History of Kentucky Derby 1:00 Run for the Roses Documentary 2:15 Bingo 3:45 Kentucky Derby Trivia & Mint Juleps 5:00 Kentucky Derby Race 7:00 Evening Movie