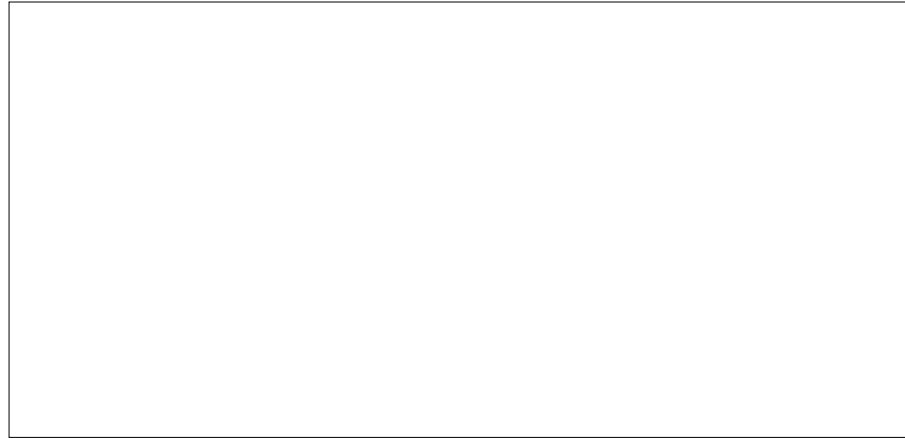




1547 N. Hunters Way
Bozeman, MT 59718

Stamp



Administrative Team:

Executive Director: Elicia Ruiz
Community Relations Director: Denise Jurecki
Business Office Director: Nicole Yost
Wellness Nurse: Kim Ratterman, RN
Wellness Nurse: Kathy Vaillancourt, LPN
Wellness Director: Madison Ruetten
Maintenance Director: Mark Chattin
Dining Services Director: Joe Hogin
Life Enrichment Director: Tina Thompson

Connect:

406-522-5452
info@bozeman-lodge.com
www.bozeman-lodge.com
[Facebook.com/BozemanLodge](https://www.facebook.com/BozemanLodge)

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



Bozeman Lodge News

June 2021 Newsletter



2 Alzheimer's Awareness Month
3 Meet Our Nurses!
4 - 5 Activities Calendar

6 Highlights, Notes, Summersgiving
7 Special Moments & Birthdays
8 Mission & Team

Support an End to Alzheimer's Disease!

This **Alzheimer's & Brain Awareness Month**, take action toward an end to Alzheimer's! The Alzheimer's Association has a slew of opportunities for getting involved. Check out the info and links here to start supporting!

Make a Difference Against Alzheimer's

- Take part in the Longest Day on June 20—the day with the most light, the day we fight—by taking an activity you enjoy and making it a fundraiser to fight Alzheimer's.
- Walk in the Walk to End Alzheimer's! Register for your local walk as part of a team or independently. Our local walk date is: **Sept. 12**. Set up a Tribute or Memorial Page with fundraising support options at **act.alz.org**
- Participate in the Ride to End Alzheimer's on August 29, 2021. You can bike ride anywhere for this Summer Challenge.
- Help with Research. TrialMatch is a free service that pairs potential participants with clinical studies. See: **trialmatch.alz.org**
- Advocate. Urge congress to support the Alzheimer's and dementia community. There are online fillable forms for contacting congress about vital issues at **alz.org/get-involved-now/advocate**
- Donate vehicles, boats, and RVs through the Donate-A-Car Program. Proceeds support the Alzheimer's Association and may provide tax benefits. Visit **alz.careasy.org/home**
- Be a Volunteer:
 - ⇒ Support Group Facilitator, creating safe environments for sharing feelings or experiences of Alzheimer's or dementia.
 - ⇒ Volunteer Faith Outreach Representative, sharing information and free resources through the Alzheimer's Association.



⇒ Volunteer Community Educator, providing education and expanding program reach. Learn more at: **volunteer.alz.org/Volunteeropportunities/becoming**

Alzheimer's Facts

- Americans who have Alzheimer's is growing. More than 6 million Americans have Alzheimer's in 2021.
- 1 in 3 seniors pass with Alzheimer's or Dementia. Deaths from Alzheimer's increased 145% from 2000 to 2019.
- Early diagnosis can: provide medical, emotional, and social benefits; aid with participation in vital clinical trials; enable individuals to be in control of their legal and financial wishes; and create significant cost savings in medical and long-term care.

The more information about Alzheimer's that is shared, the more people will support the fight against Alzheimer's. Follow along with our Facebook page this month as we "Go Purple for Alzheimer's" and as we share resources and information to support the cause.

Special Moments



Happy Birthday!

Lynn M.: June 3	Mary Ann N.: June 26
Gerene S.: June 6	John A.: June 27
Sue C.: June 14	Walter B.: June 28
Betty L.: June 18	Jean L.: June 30

Those born in June are Gemini (May 21–June 20) and Cancer (June 21–July 22). The birthstone for June are alexandrite and pearl. The birth flowers for June are the rose and honeysuckle. Those born in June are said to be optimistic and creative!

June 2021 Highlights

June observes Men's Health, Cataract Awareness, and Headaches. It celebrates the Great Outdoors, Roses, and Fresh Fruits & Veggies!

- | | |
|---|--|
| 02 "What is Hospice?" Informational Presentation by Stillwater Hospice* | 16 Visit from the Bookmobile
Call (406) 582-2400 to reserve books |
| 04 Dog Therapy with Elicia's dog Dante | 16 Live Music by Edis & Cliff |
| 04 Welcoming Committee Info Meeting | 17 Alaska Vacation Slideshow by Nicole |
| 05 Make Sun Art with Light Sensitive Paper | 18 Gone Fishing Club: Fishing Outing* |
| 07 Shopping at Target* | 19 Scenic Drive* |
| 08 Indoor Picnic* | 20 Father's Day Barbeque |
| 09 Sing Along with Trina | 21 Shopping at Winco* |
| 09 Happy Hour with music by Alice and Ray | 23 Happy Hour with Music by Alice & Ray |
| 10 Visit from Lickity Split Ice Cream Truck | 24 Summersgiving Lunch Party |
| 11 Walk at Story Mill Park* | 24 Visit from Lickity Split Ice Cream Truck |
| 11 Resident Council Meeting | 26 Decorate a Pair of Sunglasses* |
| 11 Dinner at The Club* | 28 Trip to Livingston Depot Museum & Lunch at the Murray Hotel* |
| 13 Plant Shopping at Home Depot* | 30 Functional Fitness Informational Presentation by Cheryl |
| 14 Make a Summer Wreath* | 30 June Birthdays Lunch |
| 14 Food Forum with Joe | |
| 15 Nature Photo Gallery by resident Gib | |
| 15 Health Talk by Denya: Breathing Exercises | |

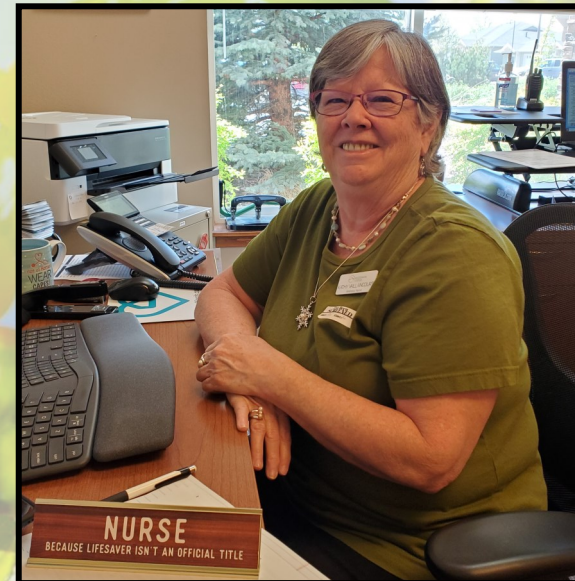
Regarding Covid-19: Resident and staff safety and comfort remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. All activities are subject to cancellation per those current guidelines. To read our measures taken, and our current visitor policy, please visit our website.

JOIN US FOR THANKSGIVING IN JUNE!

A Thanksgiving inspired celebration in June called "Summersgiving" is a national day created to welcome the Summer season with our favorite Thanksgiving foods! It's a celebration of warmer weather, life, gratitude, and friendships.

We'll be hosting a summer party with traditional Thanksgiving-style foods in the dining room on:

**Thursday, June 24th
11:30 am - 1:30 pm**



Kathy V.
LPN

Kathy, originally from Weymouth, MA, has lived in Bozeman for three years. She moved here from Florida when her family decided to move here. She said her favorite color depends on the day, sometimes it's turquoise, sometimes it's purple. Her favorite food is pizza! Her hobbies include knitting, gardening, bike riding, and reading. Spending time with her family is her favorite way to spend time. A fun fact Kathy shared is that she's visited 49 states and Puerto Rico! The only state she hasn't been to is Alaska. Kathy has been a nurse for over 40 years and truly enjoys spending time with the residents. Thanks for everything you do, Kathy!



Kim R.
RN

Nurse Kim moved to Bozeman with her husband and two sons in July of 2020. Her husband is Active Duty Air Force and works with MSU ROTC. Because of his career, Kim and her husband have moved nine times in the past 18 years, but may choose to retire in Bozeman. Kim's favorite color is blue, and her favorite food is french fries: especially chili cheese fries! At home, Kim stays busy with going to soccer games on the weekends, but she also likes to garden, read, and play games with her family. Kim says she loves being able to care for people, especially the residents here at the Lodge. We're lucky to have you on our team, Kim!

JUNE 2021

Bozeman Lodge



1547 N. Hunters Way Bozeman, MT 59718



(406) 522-5452

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.		1 9:30 IN2L: Funny Animals 10:15 Fruit Smoothies 11:00 Balloon Volleyball 1:00 Putt for Prizes 2:15 Bingo 3:00 Afternoon Movie 3:30 Circuit Exercise 4:00 Coloring for Relaxation 7:00 Evening Movie	2 9:30 Chair Yoga Exercise 10:30 Greeting Card Sales 11:00 IN2L Trivia 1:00 Catholic Communion 2:00 Music & Movement 3:00 Afternoon Movie 4:00 Enjoy an Iced Coffee 6:00 What is Hospice? Informational Talk* 7:00 Evening Movie	3 9:30 Resident Store 10:00 Current Events & Coffee 10:30 Chair Exercise 11:00 IN2L Crosswords 1:00 Knit & Crochet Club 2:15 Bingo 3:45 Name 5 Game 4:00 IN2L Music 7:00 Evening Movie	4 9:30 Tammy Talks 10:30 Dog Therapy w/ Dante 11:00 On the Day You Were Born History 1:30 Bible Study w/ Bill Bell 2:30 Resident Welcoming Committee Meeting 3:30 Strength & Stretch 4:00 Afternoon Meditations 7:00 Evening Movie	5 9:30 Scenic Drive* 10:15 Table Topics 11:00 Circuit Exercise 1:00 PBS: Nova 2:15 Bingo 3:00 Afternoon Movie 3:30 Sun Art for All Abilities 4:00 IN2L: The Wisdom of Aging 7:00 Evening Movie
	6 9:30 IN2L: Only Good TV 10:00 Ecumenical Church via Video 10:30 Scenic Drive* 1:00 Calvary Baptist 1:30 History of D-Day 2:00 Gardening Club 3:30 Chair Exercise 4:00 Play a Game of Pool 7:00 Evening Movie	7 9:30 Shopping at Target* 10:30 Virtual Guided Tour: Dali Museum 11:00 Strength & Stretch 1:00 Walking Club 2:00 Gratitude Game 3:00 Afternoon Movie 3:15 Painting Club 4:00 IN2L: Mona Lisa is Missing Documentary 7:00 Evening Movie	8 9:30 IN2L: Funny Babies 10:15 Fruit Smoothies 11:00 IN2L Brain Teasers 12:00 Indoor Picnic* 1:00 Shuffleboard 2:15 Bingo 3:00 Afternoon Movie 3:30 Circuit Exercise 4:00 Coloring for Relaxation 7:00 Evening Movie	9 9:30 IN2L: Sit and Be Fit 10:15 Reader's Digest Fun Facts 11:00 Sing Along with Trina 1:00 Yahtzee Game 2:30 Cooking Club 3:00 Afternoon Movie 3:45 Happy Hour with Music by Alice & Ray 7:00 Evening Movie	10 9:30 Resident Store 10:00 Current Events & Coffee 10:30 Chair Exercise 11:00 IN2L Crosswords 1:00 Knit & Crochet Club 3:00 Afternoon Movie 3:30 Visit from the Lickity Split Ice Cream Truck 4:00 Activity Forum 7:00 Evening Movie	11 9:30 Tammy Talks 10:00 Walk at Story Mill Park* 11:00 IN2L: Guided Tours 1:30 Bible Study with Bill Bell 2:30 Resident Council Meeting 3:30 Strength & Stretch 4:30 Dinner at The Club* 7:00 Evening Movie
	13 9:30 IN2L: Only Good TV 10:00 Ecumenical Church 10:30 Plant Shopping at Home Depot* 1:00 Calvary Baptist 1:30 Board Games 2:00 Gardening Club: Planting 3:30 Chair Exercise 4:00 Ladder Ball Game 7:00 Evening Movie	14 <u>Flag Day</u> 9:30 This Week in History 10:15 Resident Store 10:30 History of Flag Day 11:00 Strength & Stretch 1:00 Walking Club 2:00 Make a Summer Wreath*` 3:00 Food Forum with Joe 4:00 IN2L:Memoirs of WWII 7:00 Evening Movie	15 <u>Photography Day</u> 9:30 IN2L: Inspirational Seniors 10:15 Fruit Smoothies 11:00 IN2L Brain Teasers 1:00 Nature Photos by Gib 2:15 Bingo 3:00 Afternoon Movie 3:30 Health Talk with Denya: Breathing Exercises 7:00 Evening Movie	16 9:30 Chair Yoga Exercise 10:00 Walker/Wheelchair Repair Clinic 10:30 Greeting Card Sales 11:00 IN2L Trivia 12:30 Bookmobile Visit 1:00 Scrabble Game 2:00 Music by Edis & Cliff 3:15 Catholic Mass 3:30 S'mores Treats 7:00 Evening Movie	17 9:30 Resident Store 10:00 Current Events & Coffee 10:30 Chair Exercise 11:00 IN2L Crosswords 1:00 Knit & Crochet Club 2:15 Bingo 3:30 Alaska Vacation Slideshow by Nicole 4:00 IN2L Music 7:00 Evening Movie	18 <u>Go Fishing Day</u> 9:30 Tammy Talks 10:00 Gone Fishing Club* 11:00 IN2L: Classic Commercials 1:30 Bible Study with Bill Bell 2:30 Kings in the Corner Card Game 3:30 Strength & Stretch 4:00 Afternoon Meditations 7:00 Evening Movie
	20 <u>Father's Day/Summer</u> 9:30 IN2L: Only Good TV 10:00 Ecumenical Church 10:30 Gardening Club 11:30 Father's Day BBQ 1:00 Calvary Baptist 1:30 Board Games 2:00 Coffee & Conversation 3:30 Chair Exercise 4:00 Play a Game of Pool 7:00 Evening Movie	21 9:30 Shopping at Winco* 10:30 Virtual Guided Tour: The Met 11:00 Strength & Stretch 1:00 Walking Club 2:00 Gratitude Game 3:00 Afternoon Movie 3:15 Painting Club 4:00 IN2L: 108 Stitches Baseball Documentary 7:00 Evening Movie	22 9:30 IN2L: Inspirational Kids 10:15 Fruit Smoothies 11:00 Balloon Volleyball 1:00 Putt for Prizes 2:15 Bingo 3:00 Afternoon Movie 3:30 Circuit Exercise 4:00 IndepenDance Virtual Dance Performances 7:00 Evening Movie	23 9:30 IN2L: Sit and Be Fit 10:15 Reader's Digest Fun Facts 11:00 IN2L Trivia 1:00 Yahtzee Game 2:30 Cooking Club 3:00 Afternoon Movie 3:45 Happy Hour with Music by Alice & Ray 7:00 Evening Movie	24 9:30 Resident Store 10:30 Chair Exercise 11:30 Summersgiving Party 1:00 Knit & Crochet Club 2:15 Bingo 3:00 Afternoon Movie 3:30 Visit from the Lickity Split Ice Cream Truck 4:00 IN2L Music 7:00 Evening Movie	25 9:30 Tammy Talks 10:30 Scenic Drive* 11:00 IN2L: Guided Tours 1:30 Bible Study with Bill Bell 2:00 Kings in the Corner Card Game 3:00 Afternoon Movie 3:30 Strength & Stretch 4:00 Afternoon Meditations 7:00 Evening Movie
	27 9:30 IN2L: Only Good TV 10:00 Ecumenical Church 10:30 Gardening Club 1:00 Calvary Baptist 1:30 Board Games 2:00 Coffee & Conversation 3:30 Chair Exercise 4:00 Ladder Ball Game 7:00 Evening Movie	28 9:45 Livingston Depot Museum & Lunch at the Murray* 11:00 Virtual Guided Tour: London National Gallery 1:00 Walking Club 2:30 Italian Sodas on the Patio 3:15 Painting Club 4:00 IN2L: Still Dreaming Documentary 7:00 Evening Movie	29 9:30 IN2L: Inspirational Adults 10:15 Fruit Smoothies 11:00 IN2L Brain Teasers 1:00 Shuffleboard 2:15 Bingo 3:00 Afternoon Movie 3:30 Circuit Exercise 4:00 Coloring for Relaxation 7:00 Evening Movie	30 9:30 Chair Yoga Exercise 10:00 Functional Fitness Presentation by Cheryl 10:30 Greeting Card Sales 12:00 June Birthday Lunch* 1:00 Scrabble Game 2:00 Music & Movement 3:00 Afternoon Movie 3:30 Book Club Meeting 7:00 Evening Movie	A * denotes signing up is required for that activity	