



1547 N. Hunters Way
Bozeman, MT 59718

Stamp



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Wellness Nurse: Kim Ratterman, RN
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Our mission is to create and sustain comfortable, caring environments for those who depend on us.

Bozeman Lodge News

July 2021 Newsletter



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Fun in the Sun: Hot Weather Safety Tips

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

Summer can be the most fun season of the year! With weather being warm and the sun shining bright, there are so many opportunities for activities outside - from gardening and picnics to ball-game watching and seashell hunting on the beach. To ensure a summer full of fun and one free from sunburns, heat stroke, or exhaustion, here are sun-safe guidelines to consider.

Stay hydrated. Older adults are especially susceptible to dehydration. The body's ability to conserve water reduces with age, as does thirst. It is important for older adults to drink lots of fluids and eat foods with high water content, like berries and celery. The Mayo Clinic's recommended daily water intake for men is 15.5 cups and for women is 11.5 cups.

Use sunscreen. Protecting the skin is always a good idea. A sunscreen with an SPF of at least 30 is recommended by the Mayo Clinic. Apply it at least 15 minutes before heading outside. It should be applied generously and reapplied every two hours or more if a person is swimming or sweating. Ears, scalp, lips, nose, hands, and neck are spots to remember!

Cover up. When headed out into the heat or sun, it is best to wear loose-fitting, lightweight, light-colored clothing. Wide-brimmed hats and sunglasses are smart for protective purposes. It is good to have a lightweight jacket handy to protect the skin from sun exposure. If possible, find a shady spot to be in.



Did You Know? Water, snow, sand and concrete reflect light and raise sunburn risk.

Try to avoid the sun during peak hours. Peak sun hours are between 10 am and 4 pm, with the sun highest in the sky at noon and the temp. highest at 3 pm. UV rays from the sun are greatest between late spring and early summer in the U.S.

Pay attention to the heat index and UV index. The Heat Index measures how hot it feels in a place when relative humidity is factored in with actual air temperature. It can be found on local weather websites. There is also a UV index for seeing how strong UV light is where you are at www.epa.gov/sunsafety/uv-index-1

Medications and sun don't always mix. Certain medications can increase sensitivity to sunlight. Sunburns, hives and rashes can result if one is not careful while on such medications. Research your medications before going out.

Have a great, safe summer! We hope these suggestions are helpful to you in your preparation for summer fun this year!



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|--------------------|-----------------------|
| Grace P.: July 3 | Harry S.: July 10 |
| Gay H.: July 3 | Mary Lou A.: July 17 |
| Sally D.: July 4 | Tommy T.: July 21 |
| Joan S.: July 6 | Priscilla W.: July 24 |
| Nanette M.: July 7 | Judy W.: July 26 |

Those born in July are either Cancer (June 21-July 22) or Leo (July 23-August 22). The birthstone for July is ruby. The birth flowers for July are larkspurs (delphinium) and water lilies. July babies are said to have a sunny disposition and great self control.

July 2021 Highlights

July observes Eye Injury Prevention, UV Safety, and Social Wellness. It celebrates Blueberries, Peaches, Ice Cream, and Watercolors!

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|--|--|
| 01 Music by Trina | 16 Picnic at Headwater's State Park* |
| 02 Patriotic Parfaits & small Fountain | 17 Gone Fishin' Club* |
| Fireworks on the Patio | 19 Shopping at Target* |
| 04 Independence Day BBQ Lunch | 19 Dinner at Fiesta Mexicana* |
| 05 Shopping at Smith's* | 20 Painting Garden Stones |
| 05 Men's Strength Training with Serranna | 21 Walker/Wheelchair Repair |
| 07 Music by Edis & Cliff | 21 Music by Alice & Ray |
| 08 Theater in the Park: "Pirate's Life for Me" | 22 Visit from Likety Split Ice Cream Truck |
| 09 Milkshakes at Chocolate Moose Candy | 23 Trip to Emerson Art Gallery* |
| Store, Downtown Bozeman* | 24 Coffee & Pastries at Ghost Town Coffee* |
| 10 Enjoy a fruity lemonade | 25 Culinarians' Day; Parents' Day |
| 11 Blueberry Muffin Day; Amer. Pet Pic Day | 26 Day Trip to Tizer Botanical Gardens* |
| 12 Shopping at the Dollar Tree | 27 Archery Game on the Patio |
| 12 Nicole's Alaska Vacation Slide Show | 28 Ladderball Game on the Patio |
| 13 Health Talk with Denya: Summer Safety | 28 Crafting with Resin |
| 14 Fingernail Painting with Pat | 29 Parachute Drop Game |
| 15 Theater in the Park*: "Stone Soup, Pardner" | 30 Rubber Duck Racing on the Patio |
| | 31 Raegan Sings: The Patsy Cline Songbook |

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.

We celebrated Summersgiving in June

Here are some things our residents and staff said they are grateful for:

"I'm grateful for my family!" - Nicole

"I'm grateful to be living on the western side of the United States" - Sue C.

"I'm grateful to live in Bozeman. I'm also grateful for the warm weather and sunshine" - Shelly

"I'm thankful to live here at the Lodge and not have to cook or clean!" - MaryLou A.

"I'm thankful for wonderful people to talk to." - Merry S.

What's New in July:



Staff Spotlight: Pat A.

Receptionist Pat is our employee of the month! Originally from Massachusetts, she ended up in Bozeman to be near one of her two sons. She also shared she has 3 "grand dogs." In her free time, Pat loves to go to yard sales. She also likes to do crafts and sew. Her favorite color is yellow, and she had a hard time picking a favorite food, but thinks it might be steak and potatoes. Pat has traveled a lot, visiting Ireland, Cancun, and Jamaica. Montana, however, has truly become her home. We're grateful for your radiant presence, Pat!

- ♦ We're excited to be offering more exercise opportunities as our instructors are returning. Cheryl will be back to lead pole walking, Myriah will be here every other week to lead yoga & stretching on the patio, and Serranna will be back to teach Men's Strength Training every Monday afternoon
- ♦ Trina, Alice & Ray, and Edis & Cliff will be performing live music in July. We also will have a special performance by a new performer named Raegan who will sing songs by Patsy Cline and talk about the stories behind her music.
- ♦ Join us on July 2nd for patriotic parfaits in the afternoon, and a fun fountain fireworks show on the back patio in the evening.
- ♦ The Summer Olympics start in July, so we're hosting our first ever "Gold Medal Games" week! There will be different games daily with trophies and prizes to be won! No sports skills required.
- ♦ Life Enrichment Director Tina is part of a theater group and will be performing in two different evening plays at the Lewis & Clark Park in Belgrade. These plays are free. You can sign up at the front desk if you'd like to go.

JULY 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 9:45 Music by Trina 10:15 Resident Store 10:30 Chair Exercise 11:00 IN2L Crosswords 1:00 Knit & Crochet Club 2:15 Bingo 3:30 Find the Flag Game 5:30 Poker Game 7:00 Evening Movie</p> | <p>2 9:30 Visit with Vets Coffee Chat 9:30 Exercise with Myriah 11:00 4th of July Trivia 1:30 Bible Study with Bill Bell 2:45 Resident Council Meeting 3:30 Patriotic Parfaits Treats on the Patio 6:00 Fountain Fireworks Show on the Patio 7:00 Evening Movie</p> | <p>3 9:30 Saturday Sweets 10:15 Table Topics 11:00 Walking Club 2:15 Bingo 3:00 Afternoon Movie 3:30 Balloon Volleyball 6:30 Evening Social Hour 7:00 Evening Movie</p> |
| <p>4 INDEPENDENCE DAY! 10:00 Ecumenical Church 11:30 Independence Day BBQ Lunch 1:00 Calvary Baptist Church Service 2:00 Sing Along with Grace 3:00 Afternoon Movie 4:00 IN2L Patriotic Music 6:30 Evening Social Hour 7:00 Evening Movie</p> | <p>5 10:00 Shopping at Smiths* 11:00 IN2L: Chair Yoga 1:30 Men's Strength Training with Serranna 2:00 Board Games 3:00 Afternoon Movie 3:15 Painting Club 6:30 Evening Social Hour 7:00 Evening Movie</p> | <p>6 10:15 Fruit Smoothies 11:00 IN2L Trivia 1:00 IN2L Classic Radio 2:15 Bingo 3:00 Afternoon Movie 3:30 Circuit Exercise 5:30 Poker Game 6:30 Evening Social Hour 7:00 Evening Movie</p> | <p>7 9:30 Pole Walking with Cheryl 10:30 Greeting Card Sales 1:00 Catholic Communion 2:00 Live Music by Edis & Cliff 3:00 Yoga with Sophie 3:00 Afternoon Movie 3:30 Watermelon Slushies 6:30 Evening Social Hour 7:00 Evening Movie</p> | <p>8 10:15 Resident Store 10:30 Chair Exercise 11:00 IN2L Crosswords 1:00 Knit & Crochet Club 2:15 Bingo 3:45 Strawberry Sundaes on the Patio 5:30 Poker Game 5:45 Theater in the Park* 7:00 Evening Movie</p> | <p>9 9:30 Visit with Vets Coffee Chat 10:15 Wash & Curls with Pat* 11:00 Milkshakes at Chocolate Moose Candy Store* 1:30 Bible Study with Bill Bell 3:00 Afternoon Movie 4:00 Guided Meditation 6:30 Evening Social Hour 7:00 Evening Movie</p> | <p>10 9:30 Saturday Sweets 10:15 Table Topics 11:00 Walking Club 1:00 PBS: Backroads of Montana 2:15 Bingo 3:00 Afternoon Movie 3:30 Enjoy a Fruity Lemonade 6:30 Evening Social Hour 7:00 Evening Movie</p> |
| <p>11 10:00 Ecumenical Service 10:30 Gardening Club 1:00 Calvary Baptist Church Service 2:00 Sing Along with Grace 3:00 Scenic Drive* 4:00 Play a Game of Pool 6:30 Evening Social Hour 7:00 Evening Movie</p> | <p>12 10:00 Shopping at Dollar Tree* 11:00 IN2L: Sit & Be Fit 1:30 Men's Strength Training with Serranna 2:00 Shuffleboard Game 3:00 Afternoon Movie 3:15 Nicole's Alaska Vacation Slideshow 6:30 Evening Social Hour 7:00 Evening Movie</p> | <p>13 10:15 Fruit Smoothies 11:00 Play Jeopardy 1:00 Nature Documentary 2:15 Bingo 3:00 Afternoon Movie 3:30 Health Talk with Denya 5:30 Poker Game 6:30 Evening Social Hour 7:00 Evening Movie</p> | <p>14 9:30 Pole Walking with Cheryl 11:00 Fingernail Painting with Pat 12:45 Bookmobile Visit 1:00 Catholic Communion 2:00 Music & Movement 3:00 Yoga with Sophie 3:30 Cottage Happy Hour 6:30 Evening Social Hour 7:00 Evening Movie</p> | <p>15 10:15 Resident Store 10:30 Chair Exercise 11:00 IN2L Crosswords 1:00 Knit & Crochet Club 2:15 Bingo 3:45 Italian Sodas on the Patio 5:30 Poker Game 5:45 Theater in the Park* 6:30 Evening Social Hour 7:00 Evening Movie</p> | <p>16 9:30 Visit with Vets Coffee Chat 9:30 Exercise with Myriah 11:30 Picnic at Headwaters State Park* 1:30 Bible Study with Bill Bell 2:00 Minute to Win It Games 3:00 Afternoon Movie 4:00 Activity Forum 6:30 Evening Social Hour 7:00 Evening Movie</p> | <p>17 9:30 Saturday Sweets 10:00 Gone Fishing Club* 11:00 Walking Club 1:00 PBS: Nova 2:15 Bingo 3:00 Afternoon Movie 3:30 Circuit Exercise 4:00 Frozen S'Mores on the Patio 6:30 Evening Social Hour 7:00 Evening Movie</p> |
| <p>18 10:00 Ecumenical Service 10:30 Gardening Club 1:00 Calvary Baptist Church Service 2:00 Sing Along with Grace 3:00 Scenic Drive* 4:00 Bean Bag Toss Game 6:30 Evening Social Hour 7:00 Evening Movie</p> | <p>19 10:00 Shopping at Target* 11:00 IN2L: Chair Yoga 1:30 Men's Strength Training with Serranna 2:00 Board Games 3:00 Afternoon Movie 3:15 Painting Club 4:45 Dinner at Fiesta Mexicana* 6:30 Evening Social Hour 7:00 Evening Movie</p> | <p>20 10:15 Fruit Smoothies 11:00 IN2L Trivia 12:00 July Birthdays Lunch* 2:15 Bingo 3:00 Afternoon Movie 3:30 Circuit Exercise 4:00 Painting Garden Stones 5:30 Poker Game 6:30 Evening Social Hour 7:00 Evening Movie</p> | <p>21 9:30 Pole Walking with Cheryl 10:00 Walker/Wheelchair Repair 10:30 Greeting Card Sales 1:00 IN2L Classic Radio 2:00 Cooking Club 3:00 Yoga with Sophie 3:15 Catholic Mass 3:45 Happy Hour Ray & Alice 6:30 Evening Social Hour 7:00 Evening Movie</p> | <p>22 10:15 Resident Store 10:30 Chair Exercise 11:00 IN2L Crosswords 1:00 Knit & Crochet Club 2:15 Bingo 3:30 Visit from the Likety Split Ice Cream Truck 5:30 Poker Game 6:30 Evening Social Hour 7:00 Evening Movie</p> | <p>23 9:30 Visit with Vets Coffee Chat 10:30 Emerson Art Gallery: Where the Wild Things Are* 1:30 Bible Study with Bill Bell 2:00 Play a Dice Game 3:00 Book Club Meeting 4:00 Summer Olympics Fun Facts 6:30 Evening Social Hour 7:00 Evening Movie</p> | <p>24 9:30 Coffee & Pastries at Ghost Town Coffee Roasters* 10:15 Table Topics 11:00 Walking Club 1:00 PBS: Backroads of Montana 2:15 Bingo 3:00 Afternoon Movie 3:30 Ice Cream Sundaes 6:30 Evening Social Hour 7:00 Evening Movie</p> |
| <p>25 <u>Gold Medal Games Week</u> 10:00 Ecumenical Service 10:30 Gardening Club 1:00 Calvary Baptist Church Service 2:00 Sing Along with Grace 3:00 Scenic Drive* 4:00 Play a Game of Pool 6:30 Evening Social Hour 7:00 Evening Movie</p> | <p>26 9:30 Trip to Tizer Botanical Gardens & Picnic* 11:00 IN2L: Sit & Be Fit 1:30 Men's Strength Training with Serranna 2:00 Shuffleboard Game 3:00 Afternoon Movie 3:15 Painting Club 6:30 Evening Social Hour 7:00 Evening Movie</p> | <p>27 10:15 Fruit Smoothies 11:00 Archery on the Patio 1:00 Nature Documentary 2:15 Bingo 3:00 Afternoon Movie 3:30 Circuit Exercise 5:30 Poker Game 6:30 Evening Social Hour 7:00 Evening Movie</p> | <p>28 9:30 Pole Walking with Cheryl 11:15 Ladderball on the Patio 12:45 Bookmobile Visit 1:00 Catholic Communion 2:00 Music & Movement 3:00 Yoga with Sophie 3:15 Resin Craft Project 6:30 Evening Social Hour 7:00 Evening Movie</p> | <p>29 <u>Chili Dog Day</u> 10:15 Resident Store 10:30 Chair Exercise 11:00 Parachute Drop Game 1:00 Knit & Crochet Club 2:15 Bingo 4:00 Chili Dog Treats 5:30 Poker Game 6:30 Evening Social Hour 7:00 Evening Movie</p> | <p>30 9:30 Visit with Vets Coffee Chat 9:30 Exercise with Myriah 11:00 Rubber Duck Racing on the Patio 1:30 Bible Study with Bill Bell 2:00 Dirt Cup Treats on the Patio 3:00 Afternoon Movies 4:00 Guided Meditation 6:30 Evening Social Hour 7:00 Evening Movie</p> | <p>31 9:30 Saturday Sweets 10:15 Table Topics 11:00 Walking Club 1:00 PBS: Nova 2:15 Bingo 3:00 Afternoon Movie 3:30 Raegan Sings: The Patsy Cline Songbook 6:30 Evening Social Hour 7:00 Evening Movie</p> |