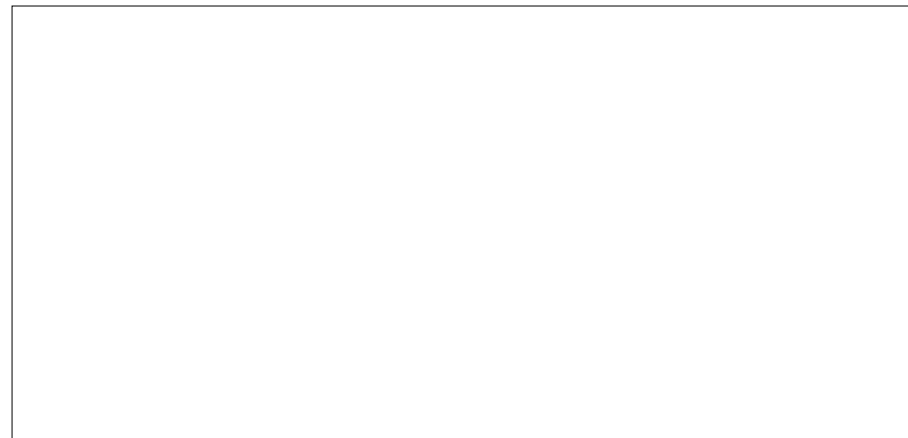




1547 N. Hunters Way
Bozeman, MT 59718

Stamp



Administrative Team:

Executive Director: Elicia Ruiz

Community Relations Director: Denise Jurecki

Community Relations Director: Caitlyn Stolz

Business Office Director: Nicole Yost

Wellness Nurse: Kim Ratterman, RN

Wellness Nurse: Kathy Vaillancourt, LPN

Dining Services Director: Tim Green

Life Enrichment Director: Tina Thompson

Connect:

406-522-5452

info@bozeman-lodge.com

www.bozeman-lodge.com

Facebook.com/BozemanLodge

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

Bozeman Lodge News

August 2021 Newsletter



2 Paths to Improved Eye Wellness

3 Team Spotlight & What's New

4 - 5 Activities Calendar

6 Highlights, Transportation Info

7 Special Moments & Birthdays

8 Mission & Team

Explore Paths to Improved Eye Wellness

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

August is Eye Exam Month and in observance, we've gathered some insight for eyesight! It can be frustrating to experience changes to eyes which result from an array of factors. Luckily, there are many ways to address eye health.

One of the best ways to stay on top of eye health is to have annual eye exams. Practicing precautionary measures through lifestyle is also important. People with diabetes, high blood pressure, or medications that affect eyes have increased risk for vision problems.

Some lifestyle recommendations from the National Eye Institute include having a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields as appropriate; avoiding smoking; reducing eyestrain from screens by looking 20 feet before you for 20 seconds every 20 minutes; and cleaning hands often to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms that may affect seniors is also helpful toward eye wellness.

Four Eye Issues That Can Affect Older Adults:

- Dry eye is a common issue for seniors, in which not enough tears or quality tears are made, and poor vision may result.
- Age-related macular degeneration is an issue that causes central (not side) vision loss. The macula of the eye allows people to see fine details and colors, so when it is affected, activities like reading, watching movies, and recognizing faces could be challenging



Did you know? UV rays can negatively affect your eye's surface tissue, cornea, and lens. When in the sun, protect your eyes with sunglasses that have 100% UV or UV400 protection.

- Cataracts are cloudy areas in the eye lens (usually in both eyes, to different degrees) that can cause blurry vision, poor contrast awareness, dulled colors, and glare sensitivity.
- Glaucoma is a group of issues which damage the optic nerve and in time can take away side vision. While glaucoma is often painless with no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. Prescription devices are also available, like spectacle-mounted magnifiers for close-up tasks; hand-held or spectacle-mounted telescopes for near and far vision; handheld and stand magnifiers to assist with short-term reading; and video magnification that enlarges items on video.

Let us know if this information has been helpful for you in the comments section of our newsletter Facebook post on the first.



Special Moments



Wybe D.: August 1
Bob P.: August 4
Joanne J.: August 9
Eloise D.: August 9

Lance B.: August 14
Karen P.: August 15
Maury K.: August 22
George E.: August 31

Those born in August are either Leo (Aug. 1-22) or Virgo (August 23-31). The birthstone for August is peridot. The birth flower for August is the gladiola. August babies are said to be natural leaders and teachers who thrive in the spotlight. They can often be described as charismatic.

August 2021 Highlights

August is Eye Exam Month, Wellness Month, and Sun Safety Month. It celebrates peaches, paninis, golf, catfish, sandwiches, and goat cheese!

02 Shopping at Safeway*	16 Picnic at Headwater's State Park
03 Strawberry Watermelon Smoothies	17 Staff Bake-Off: Vote for Your Favorites!
04 Piano Tunes by Natalie	18 Walker/Wheelchair Repair Clinic
04 Farmer's Market on the Patio	18 Summer Carnival: Game, Prizes, Treats!
05 Happy Hour with Kristin	19 Peach Sundaes on the Patio
06 Root Beer Floats	20 Staff Chili Cook-Off: Vote for Your Favorites!
06 Resident Council Meeting	25 Chai Frappucinos
07 Dog Tricks with Emerson & Harley	25 Happy Hour with Alice & Ray
10 Health Talk with Denya	26 Book Club Meeting: Discussing novel "Small, Great Things"
11 Music with Edis & Cliff	27 Exercise with Myriah
11 "Murder Along the Yellowstone Trail" Historical Presentation	27 Trip to Jefferson Valley Museum & Lunch at Frankie's*
12 Cottage Happy Hour	27 Faux Stained Glass Craft*
13 Exercise with Myriah	28 Breakfast at Kountry Korner Café*
13 Classic Car Show!	30 Shopping at Target*
13 Activity Forum	31 August Birthdays Lunch*
14 Coffee & Pastries at Cold Smoke Coffee*	
14 Price is Right Games & Treats	

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.

A Few Notes About Transportation:

Transportation services to doctors appointments are available every Tuesday, Wednesday, and Thursday between 8:30am and 4:30pm

Our bus stays very busy! To help us best schedule ride times for everyone, please sign up for your ride at least 24 hours in advance!

Please arrive in the lobby 5 minutes before your scheduled leave time so we have adequate time to load the van/bus.

There will be NO Transportation available on Thursday, August 19th.



Staff Spotlight: Brooklyn F.





Brooklyn is our employee of the month! She's worked at the Lodge since February and is both a caregiver and a med tech. She was born and raised right here in Bozeman, and has one younger brother, 2 black labs, an orange cat, and chickens. Brooklyn currently attends MSU and is considering the nursing program for her degree. Her favorite food is pasta, and her favorite color is pink. In her free time, Brooklyn enjoys going camping and boating at the lake. She also likes to hunt.
Thank you for your hard work and dedication, Brooklyn!

What's New in August:

- August is bringing us some fun, new entertainment! Listen to server Natalie play the piano, watch Emerson do fun tricks with her dog Harley, and learn more about Bozeman history during a presentation by a local author.
- We're bringing our miniature version of a Farmer's Market to the Lodge! Wander around the patio and select from fruits, vegetables, and breads.
- Celebrate summer with state fair inspired activities! Staff will be participating in a bake off and chili cook off. You'll be able to sample all of the goods and vote for your favorites. Blue ribbons will be awarded to the winners! Our carnival was such a big hit last year, we're bringing it back, complete with games, prizes, and treats
- Join us for a classic car show! There will be a large variety of cars, as well as music, food, and a visit from the Likity Split Ice Cream Truck!
- Learn more about our area with a visit to the Jefferson Valley Museum in Whitehall. It is wheelchair accessible. We'll be having lunch at Frankie's.

AUGUST 2021

Bozeman Lodge • 1547 N. Hunters Way, Bozeman, MT 59718 • (406) 551-3875

<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
1 9:30 Scenic Drive* 10:00 Ecumenical Service 10:30 Gardening Club 1:00 Calvary Baptist Church Service 2:15 Sing Along with Grace 3:00 Afternoon Movie 4:00 Play a Game of Pool 6:30 Evening Social Hour 7:00 Evening Movie	2 10:00 Shopping at Safeway* 11:00 IN2L: Sit and Be Fit 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	3 <u>Watermelon Day</u> 10:15 Strawberry Watermelon Smoothies 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	4 9:30 Pole Walking with Cheryl 10:30 Greeting Card Sales 10:45 Iced White Chocolate Mochas 12:45 Bookmobile Visit 1:00 Catholic Communion 2:00 Piano Tunes by Natalie 3:00 Yoga with Sophie 3:30 Farmer's Market on the Patio 7:00 Evening Movie 	5 9:30 Resident Store 10:00 Current Events 10:45 Chair Exercise 11:15 IN2L Crosswords 1:00 Knit & Crochet Club 2:15 Bingo 3:30 Happy Hour with Kristin 5:30 Poker Game 7:00 Evening Movie	6 <u>Root Beer Float Day</u> 9:30 Visit with Vets Coffee Chat 10:00 Walk at Story Mill Park* 1:30 Bible Study with Bill Bell 2:30 Root Beer Floats 3:00 Afternoon Movie 3:15 Resident Council Meeting 6:30 Evening Social Hour 7:00 Evening Movie	7 9:30 Saturday Sweets 10:00 Table Topics 11:00 Walking Club 1:00 PBS: Nova 2:15 Bingo 3:00 Afternoon Movie 3:30 Dog Tricks with Emerson & Harley 7:00 Evening Movie
8 9:30 Scenic Drive* 10:00 Ecumenical Service 10:30 Gardening Club 1:00 Calvary Baptist Church Service 2:15 Sing Along with Grace 3:00 Afternoon Movie 4:00 Play a Card Game 6:30 Evening Social Hour 7:00 Evening Movie	9 10:00 Shopping at Dollar Tree* 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 7:00 Evening Movie	10 10:15 Fruit Smoothies 11:00 IN2L August Trivia 1:00 Nature Documentary 3:00 Afternoon Movie 3:30 Health Talk with Denya & Fresh Brewed Iced Tea 5:30 Poker Game 6:30 Evening Social Hour 7:00 Evening Movie	11 9:30 Pole Walking with Cheryl 10:45 Strawberries & Cream Frappuccinos 1:00 Catholic Communion 2:00 Music with Edis & Cliff 3:00 Yoga with Sophie 3:30 "Murder Along the Yellowstone Trail" Historical Presentation 6:30 Evening Social Hour 7:00 Evening Movie	12 9:30 Resident Store 10:00 Current Events 10:45 Chair Exercise 11:15 IN2L Crosswords 1:00 Knit & Crochet Club 2:15 Bingo 3:30 Cottage Happy Hour 5:30 Poker Game 7:00 Evening Movie	13 9:30 Visit with Vets Coffee Chat 9:30 Exercise with Myriah 11:00 Classic Car Show 1:30 Bible Study with Bill Bell 3:00 Afternoon Movie 4:00 Activity Forum 6:30 Evening Social Hour 7:00 Evening Movie 	14 9:30 Coffee & Pastries at Cold Smoke Coffee Shop* 10:45 Name 5 Game 1:00 PBS: Nova 2:00 Price is Right Games & Treats 3:00 Afternoon Movie 6:30 Evening Social Hour 7:00 Evening Movie
15 9:30 Scenic Drive* 10:00 Ecumenical Service 10:30 Gardening Club 1:00 Calvary Baptist Church Service 2:15 Sing Along with Grace 3:00 Afternoon Movie 4:00 Play a Game of Ladderball 6:30 Evening Social Hour 7:00 Evening Movie	16 11:00 IN2L: Sit and Be Fit 12:00 Picnic at Headwaters State Park* 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	17 10:15 Fruit Smoothies 11:00 State Fair Fun Facts 1:00 Nature Documentary 2:30 Staff Bake-Off: Vote for Your Favorites! 3:00 Afternoon Movie 3:30 Circuit Exercise 5:30 Poker Game 6:30 Evening Social Hour 7:00 Evening Movie	18 9:15 Music with Trina 9:30 Pole Walking with Cheryl 10:00 Walker/Wheelchair Repair Clinic 10:30 Greeting Card Sales 12:45 Bookmobile Visit 3:00 Yoga with Sophie 3:15 Catholic Mass 3:30 Summer Carnival 7:00 Evening Movie 	19 9:30 Resident Store 10:00 Current Events 10:45 Chair Exercise 11:15 IN2L Crosswords 1:00 Knit & Crochet Club 2:15 Bingo 3:30 Peach Sundaes on the Patio 5:30 Poker Game 7:00 Evening Movie	20 9:30 Visit with Vets Coffee Chat 10:30 Get to Know Your Neighbor Game 1:30 Bible Study with Bill Bell 2:30 Staff Chili Cook-Off: Vote for Your Favorites! 3:00 Afternoon Movie 6:30 Evening Social Hour 7:00 Evening Movie	21 9:30 Saturday Sweets 10:00 Table Topics 11:00 Walking Club 1:00 PBS: Nova 2:15 Bingo 3:00 Afternoon Movie 6:30 Evening Social Hour 7:00 Evening Movie
22 10:00 Ecumenical Service 10:30 Gardening Club 1:00 Calvary Baptist Church Service 2:15 Sing Along with Grace 3:00 Afternoon Movie 4:00 Play a Game of Pool 6:30 Evening Social Hour 7:00 Evening Movie	23 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	24 10:15 Fruit Smoothies 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	25 9:30 Pole Walking with Cheryl 10:45 Chai Frappuccinos 1:00 Catholic Communion 2:30 Cooking Club 3:00 Afternoon Movie 3:00 Yoga with Sophie 3:45 Happy Hour with Alice & Ray 6:30 Evening Social Hour 7:00 Evening Movie	26 9:30 Resident Store 10:00 Current Events 10:45 Chair Exercise 11:15 IN2L Crosswords 1:00 Knit & Crochet Club 2:15 Bingo 3:30 Book Club Meeting 5:30 Poker Game 7:00 Evening Movie 	27 9:30 Visit with Vets Coffee Chat 9:30 Exercise with Myriah 10:30 Trip to Jefferson Valley Museum & Lunch* 1:30 Bible Study with Bill Bell 3:00 Afternoon Movie 3:30 Faux Stained Glass Craft* 4:00 Guided Meditation 7:00 Evening Movie	28 8:45 Breakfast at Kountry Korner Cafe* 10:45 Reader's Digest Fun Facts 1:00 PBS: Nova 2:15 Bingo 3:00 Afternoon Movie 3:45 Music & Movement 6:30 Evening Social Hour 7:00 Evening Movie
29 10:00 Ecumenical Service 10:30 Gardening Club 1:00 Calvary Baptist Church Service 2:15 Sing Along with Grace 3:00 Afternoon Movie 4:00 Play a Card Game 6:30 Evening Social Hour 7:00 Evening Movie	30 10:00 Shopping at Target* 11:00 IN2L: Sit and Be Fit 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	31 10:15 Fruit Smoothies 12:00 August Birthdays Lunch* 2:15 Bingo 3:00 Afternoon Movie 3:30 Circuit Exercise 5:30 Poker Game 6:30 Evening Social Hour 7:00 Evening Movie 	A * denotes signing up is required for that activity			All activities subject to change per mandated health guidelines.