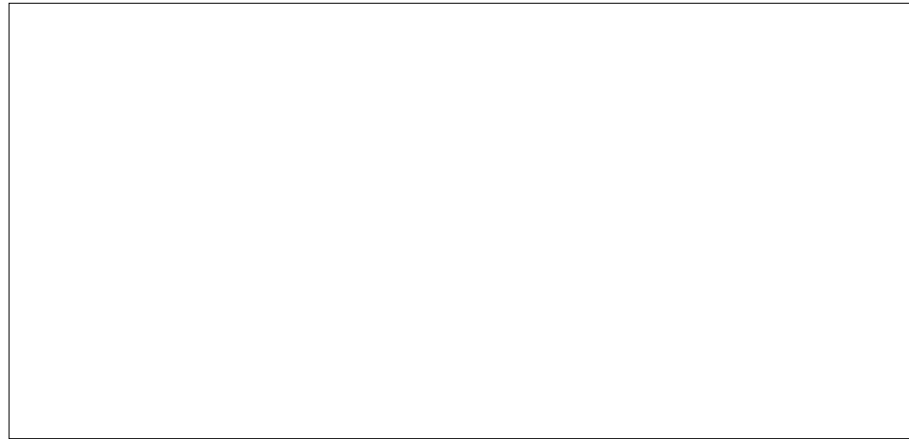




**BOZEMAN
LODGE**

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**
- Wellness Coordinator: Charlyz Gerig**
- Dining Services Director: Tim Green**
- Maintenance Director: Thomas Van Osdol**
- Life Enrichment Director: Tina Thompson**

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

Connect:

406-522-5452
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www.bozeman-lodge.com

Bozeman Lodge News

September 2021 Newsletter



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Achieving Better Balance & A More Active Lifestyle

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



Do you ever feel lightheaded upon standing or feel your surroundings spin when taking a step? These are signs of balance issues. Most stem from the inner ear, but can be related to medications, the circulatory system, or blood pressure, among other causes. Fortunately, balance issues can be improved with attention to health, and action.

In September, Balance Awareness Week takes place, the 19th-25th. In observance, we're sharing causes and improvement ideas.

Balance Issue Causes

Vertigo, lightheadedness, unsteadiness, and dizziness are four symptoms that can point to specific causes, per the Mayo Clinic. Causes are not limited to these, but can include: motion sickness, migraine, and Meniere's behind **vertigo**; cardiovascular issue or blood pressure change with movement behind **lightheadedness**; eyesight issue, medication, inner ear issue, leg nerve damage, or neurological issue behind **unsteadiness**; and inner ear issue, medication, or psychiatric issue behind **dizziness**. Balance disorders can bring about symptoms including but not limited to: confusion, disorientation, nausea and vomiting, diarrhea, changes in heart rate and blood pressure, fear, anxiety, or panic.

If you suspect you have an issue, speak with your medical professional for diagnosis and treatment. Depending on the issue, treatment can include medications to control dizziness and vomiting, balance retraining, inner ear

positioning procedures, surgery, change to diet (specific to the cause), and lifestyle change.

Lifestyle change many can benefit from is increased physical activity for muscle strength and flexibility. If your health professional approves, here are a few ideas to try, with a spotter present!

Exercises

- Tai Chi or Chair Chi! This is meditation in motion, with movements that shift weight from foot to foot, helping posture and balance.
- Hold a chair and stand on one leg at a time for several intervals.
- Tightrope Walking: Hold arms straight out at your sides. Walk a straight line with a 1-2 second pause as your back leg lifts from the ground. Have head up and eyes fixed ahead.
- Wall Pushups: Stand arm's length from a wall. Lean forward slightly with palms flat on wall at height and width of shoulders. Keep feet in place as you move your body forward. Gently push back until arms are straight.

Let us know if this information has been helpful to you on our facebook page!



Special Moments



Carol A.: Sept. 7
Edie M.: Sept. 12
Nick N.: Sept. 13
Lynn H.: Sept. 15

Tom P.: Sept. 20
Marji K.: Sept. 21
Darlene W.: Sept. 26

Those born in September are either Virgo (Aug. 23-Sept. 22) or Libra (Sept. 23-Oct. 22). The birthstone for September is sapphire. The birth flowers for September are asters and morning glory. Virgos are best known for being practical, loyal, and organized. Libras are balanced, social, and fair-minded. September has 11 of the top birthdates in the nation with more babies born on September 9 than any other day of the year!

September 2021 Highlights

September is Healthy Aging Month, Cholesterol Education Month, Food Safety Education Month, and World Alzheimer's Month. It celebrates Hispanic Heritage, Sewing, Piano, Honey, Chicken, and Americana!

- | | |
|--|---|
| 01 Building & Code Staff Day; Write Letters Day | 16 Cinnamon Raisin Bread Day; Guacamole Day |
| 02 Blueberry Popsicle Day | 17 Apple Dumpling Day; Country Music Day |
| 03 Bowling League Day; College Colors Day | 18 Cheeseburger Day; Dance Day |
| 04 Macadamia Nut Day; Tailgating Day | 19 Butterscotch Pudding Day |
| 05 Cheese Pizza Day; Intl. Day of Charity | 20 Pepperoni Pizza Day; String Cheese Day |
| 06 Labor Day; Rosh Hashanah; Book Day | 21 Chai Day; NY Day; World Alzheimer's Day |
| 07 Acorn Squash Day; Salami Day | 22 Centenarians' Day; White Chocolate Day |
| 08 Intl. Literacy Day; Ampersand Day | 23 Pot Pie Day; Snack Stick Day |
| 09 Teddy Bear Day; Wiener Schnitzel Day | 24 Cherries Jubilee Day; Punctuation Day |
| 10 Swap Ideas Day; TV Dinner Day | 25 Family Health & Fitness Day; Quesadilla Day; |
| 11 Hot Cross Bun Day; Patriot Day | 26 HR Prof's Day; Pancake Day; Dumpling Day |
| 12 Assisted Living Week Kickoff; Grandparent Day | 27 Family Day; Corned Beef Hash Day; Scarf Day |
| 13 Peanut Day | 28 Good Neighbor Day; North Carolina Day |
| 14 Cream Filled Donut Day; Hoagie Day | 29 Coffee Day; Women's Health Day |
| 15 Yom Kippur; Learn Online Day; Linguine Day | 30 Hot Mulled Cider Day; Love Others Day |

"O sweet September, thy first breezes bring. The dry leaf's rustle and the squirrel's laughter. The cool fresh air whence health and vigor spring. And promise of exceeding joy hereafter." — George Arnold, September Days

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.

September Highlights:

- 03 Photo Slideshow Presentation by Gib
- 04 Headwater's Heritage Museum & Lunch at Iron Horse Café
- 08 End of Summer Beach Party
- 08 Pie in the Face Fundraiser for Alzheimer's Association
- 10 Intermountain Opera: Barber of Seville
- 12 Walk to End Alzheimer's
- 16 Newcomer's Social
- 18 Pastries at Faber's Bakery
- 25 Dinner at Thai Basil
- 26 Bozeman Symphony: Tchaikovsky Symphony No. 4



Staff Spotlight:
Alexis G.

Alexis, server and activities helper, is our employee of the month! Alexis was born in Mexico, but moved to Montana with his parents when he was 3 years old. He has one brother that is 12 years old. Outside of work, Alexis likes to ride his bike and go hiking. His favorite color is yellow, and his favorite food is his homemade spaghetti. Alexis speaks 4 languages! Spanish is his first language, followed by English. He also speaks Portuguese and German. A fun fact he shared is that one of his goals is to have a tarantula on his face! Thank you for always going above and beyond, Alexis!



Resident Spotlight:
Merry S.

Merry was born and raised in Illinois. She has 3 children, 1 grandchild, and 3 great grandchildren. Merry has had a diverse professional life that included working in public relations, teaching short hand classes, producer for a few TV shows, and with the Red Cross. Merry moved to Mexico with her husband and became a writer for a local newspaper, her passion. Merry's husband passed away while living in Mexico. She later met her second husband while visiting her son in Bozeman, a city she said is her favorite place to live because of the clean air. Merry's favorite food is blue, and her favorite food is medium rare roast beef. She also loves to garden and was even a master gardener in Illinois! Merry is full of stories she'd love to share. Be sure to say hi when you see her around!

SEPTEMBER 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 9:30 Pole Walking with Cheryl 10:30 Greeting Card Sales 10:45 IN2L Trivia 12:00 Bookmobile Visit 1:00 Catholic Communion 2:15 Cooking Club 3:00 Yoga with Sophie 3:30 Happy Hour with Alice & Ray 7:00 Evening Movie</p>	<p>2 9:30 Resident Store 10:45 Chair Exercise 11:15 IN2L Crosswords 1:00 Knit & Crochet Club 2:00 Bingo 3:00 Afternoon Movie 5:00 Poker Game 7:00 Evening Movie</p>	<p>3 National Food Drive Day All Day: Canned Food Drive for Gallatin Valley Food Bank 9:30 Visit with Vets Coffee Chat 10:00 Get to Know Your Neighbor 1:30 Guided Meditation 2:30 Photo Show by Gib 3:15 Resident Council Meeting 7:00 Evening Movie</p>	<p>4 9:30 Saturday Sweets 10:30 Visit Headwaters Museum & lunch at Iron Horse Cafe 1:00 PBS: Nova 2:00 Bingo 3:00 Afternoon Movie 3:30 Make a Key Chain or Necklace Charm 7:00 Evening Movie</p>	
	<p>5 9:30 This Week in History 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 PBS: Backroads of Montana 7:00 Evening Movie</p>	<p>6 Labor Day 10:00 History of Labor Day 11:30 Labor Day Luncheon 1:00 Bridge Game 1:30 Men's Strength Training with Serranna 2:00 Board Games 3:15 Painting Club 4:00 IN2L Patriotic Music 7:00 Evening Movie</p>	<p>7 10:15 Fruit Smoothies 10:30 Circuit Exercise 1:00 Music Therapy with Trina 2:00 Bingo 3:00 Afternoon Movie 3:30 Paper Crafting with Becky 5:00 Poker Game 7:00 Evening Movie</p>	<p>8 9:30 Pole Walking with Cheryl 10:45 IN2L: September Trivia 1:00 Catholic Communion 3:00 Afternoon Movie 3:30 End of Summer Beach Party on the Patio 4:30 Pie in the Face Fundraiser for the Alzheimer's Association 7:00 Evening Movie</p>	<p>9 9:30 Resident Store 10:00 Current Events 10:45 Chair Exercise 11:15 IN2L Crosswords 1:00 Knit & Crochet Club 2:00 Bingo 3:30 Projects with Pat 5:00 Poker Game 7:00 Evening Movie</p>	<p>10 9:30 Visit with Vets Coffee Chat 10:00 Circuit Exercise 10:30 Shopping at Walmart* 1:30 Bible Study with Bill Bell 3:00 Afternoon Movie 4:00 The Barber of Seville Opera at Hardscrabble Ranch* 7:00 Evening Movie</p>	<p>11 9:30 Patriot Day Remembrance Discussion 10:45 Strength & Stretch 1:00 PBS: Nova 2:00 Bingo 3:00 Afternoon Movie 3:30 Cook Book Project 6:00 MSU Gold Rush Game Live Stream 7:00 Evening Movie</p>
	<p>12 ASSISTED LIVING WEEK 9:30 This Week in History 10:00 Ecumenical Service 10:30 Gardening Club 1:00 Calvary Baptist Church Service 1:45 Walk to End Alzheimer's* 2:15 Sing Along with Grace 4:00 IN2L: Rick Steve's Travel 7:00 Evening Movie</p>	<p>13 11:00 IN2L: Sit and Be Fit 1:00 Bridge Game 1:30 Men's Strength Training with Serranna 2:00 Card Games 3:00 Afternoon Movie 3:15 Painting Club 4:30 IN2L Relaxation 7:00 Evening Movie</p>	<p>14 10:15 Fruit Smoothies 10:45 Circuit Exercise 1:00 Nature Documentary 2:00 Bingo 3:00 Afternoon Movie 3:30 Health Talk with Denya & Frozen Yogurt Snack 5:00 Poker Game 7:00 Evening Movie</p>	<p>15 10:00 Walker/Wheelchair Repair Clinic 10:30 Greeting Card Sales 10:45 It Happened In September Trivia 12:00 Bookmobile Visit 2:00 Paint Grateful Stones 3:00 Yoga with Sophie 3:15 Catholic Mass 7:00 Evening Movie</p>	<p>16 9:30 Resident Store 10:00 Current Events 10:45 Chair Exercise 11:15 IN2L Crosswords 1:00 Knit & Crochet Club 2:00 Bingo 3:30 New Comer's Social 5:00 Poker Game 7:00 Evening Movie</p>	<p>17 9:30 Visit with Vets Coffee Chat 10:00 Circuit Exercise 12:00 Picnic at Bozeman Pond* 1:30 Bible Study with Bill Bell 2:00 Make "Thank You" Care Packages for Staff 3:00 Afternoon Movie 3:30 Activity Forum 7:00 Evening Movie</p>	<p>18 9:30 Pastries at Faber's Bakery* 11:00 Walking Club 1:00 MSU Football Game Live Stream 2:00 Bingo 3:00 Afternoon Movie 3:30 Grateful Game 7:00 Evening Movie</p>
	<p>19 9:30 This Week in History 10:00 Ecumenical Service 1:00 Calvary Baptist Church Service 2:15 Sing Along with Grace 3:00 Afternoon Movie 4:00 PBS: Backroads of Montana 7:00 Evening Movie</p>	<p>20 11:00 IN2L: Chair Yoga 1:00 Bridge Game 1:30 Men's Strength Training with Serranna 2:00 Board Games 3:00 Afternoon Movie 3:15 Painting Club 4:30 IN2L Slow TV 7:00 Evening Movie</p>	<p>21 10:15 Fruit Smoothies 10:45 Circuit Exercise 1:00 Nature Documentary 2:15 Bingo 3:00 Afternoon Movie 3:30 Family Feud Game 5:00 Poker Game 7:00 Evening Movie</p>	<p>22 9:30 Coffee Chat 10:45 "Who Am I?" September Birthdays Trivia 1:00 Catholic Communion 2:00 Music by Edis & Cliff 3:00 Afternoon Movie 3:30 Wood Working Club 4:00 Share a Story 7:00 Evening Movie</p>	<p>23 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 5:00 Poker Game 7:00 Evening Movie</p>	<p>24 9:30 Visit with Vets Coffee Chat 10:00 Circuit Exercise 10:30 Shopping at Smith's* 1:30 Bible Study with Bill Bell 3:00 Afternoon Movie 3:30 Make a Dried Apple Cinnamon Fall Wreath* 7:00 Evening Movie</p>	<p>25 9:30 Reader's Digest Fun Facts & Treats 10:45 Strength & Stretch 1:00 PBS: Nova 2:15 Bingo 3:00 MSU Football Game Live Stream 3:30 Make Your Own Trail Mix 4:45 Dinner at Thai Basil* 7:00 Evening Movie</p>
<p>26 9:30 This Week in History 10:00 Ecumenical Service 1:00 Calvary Baptist Church Service 1:30 Bozeman Symphony: Tchaikovsky Symphony No. 4* 2:15 Sing Along with Grace 3:00 Afternoon Movie 4:00 IN2L: Rick Steve's Travel 7:00 Evening Movie</p>	<p>27 11:00 IN2L: Sit and Be Fit 1:00 Bridge Game 1:30 Men's Strength Training with Serranna 2:00 Card Games 3:00 Afternoon Movie 3:15 Painting Club 4:30 IN2L Relaxation 7:00 Evening Movie</p>	<p>28 10:15 Fruit Smoothies 10:45 Circuit Exercise 12:00 September Birthdays Lunch* 1:00 Music Therapy with Trina 2:15 Bingo 3:30 Paper Crafting with Becky 5:00 Poker Game 7:00 Evening Movie</p>	<p>29 9:30 Coffee Chat 10:30 Greeting Card Sales 10:45 IN2L Trivia 1:00 Catholic Communion 1:30 Music by Kristin 3:00 Afternoon Movie 3:30 Projects with Pat 4:00 Share a Story 7:00 Evening Movie</p>	<p>30 9:30 Resident Store 10:00 Current Events 10:45 Chair Exercise 11:15 IN2L Crosswords 1:00 Knit & Crochet Club 2:00 Bingo 3:30 Cottage Happy Hour 5:00 Poker Game 7:00 Evening Movie</p>	<p>A * denotes signing up is required for that activity</p>		