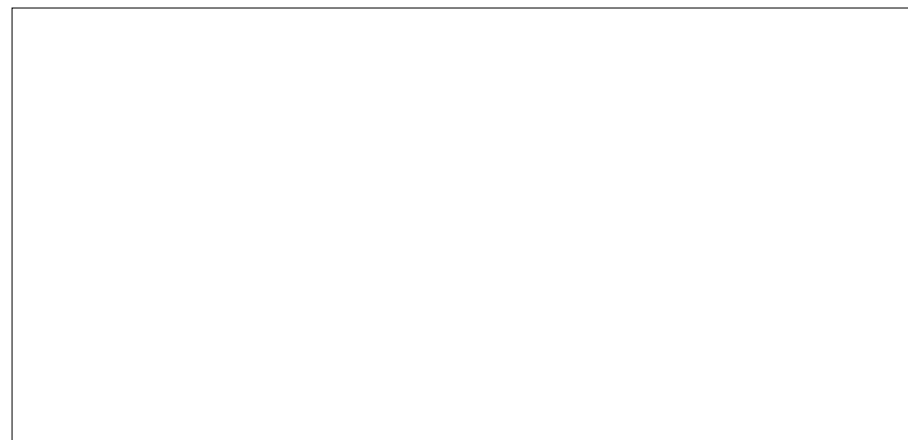




1547 N. Hunters Way  
Bozeman, MT 59718

Stamp



**Administrative Team:**

**Executive Director:** Caitlyn Stolz  
**Community Relations Director:** Denise Jurecki  
**Business Office Director:** Nicole Yost  
**Wellness Nurse:** Kim Ratterman, RN  
**Wellness Nurse:** Kathy Vaillancourt, LPN  
**Wellness Director:** Christina Espeland  
**Dining Services Director:** Tim Green  
**Maintenance Director:** Garret Hofmaster  
**Life Enrichment Director:** Tina Thompson

**Connect:**

**406-522-5452**

**[info@bozeman-lodge.com](mailto:info@bozeman-lodge.com)**

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**[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

October 2021 Newsletter



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# Physical Therapy for Improved Quality of Life

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

You may think of a physical therapist as one to go to for healing and strengthening after an injury. While physical therapists are great for that, they also do much more. Physical therapists can help people by diagnosing physical conditions, improving movement, managing pain, restoring function, and preventing disabilities, according to the American Physical Therapy Association.

Physical therapists help people through all stages of life with care, education, and treatment plans that aim to improve overall quality of life. They may approach issues with proper stretching techniques, strengthening and core-focused exercises, ice and heat, or ultrasound, to name a few approaches.

This Physical Therapy Month, we've delved into five ways physical therapy can help people, especially older adults.

## 5 Potential Physical Therapy Benefits

**Improved Movement:** Physical therapists can identify, diagnose, and treat movement challenges, and in some cases can help people to avoid having surgery.

**Pain Relief or Prevention:** Physical therapy can provide long-term pain solutions with exercises, joint and soft tissue mobilization, ice/heat therapy, ultrasound, and electrical stimulation for relief or restoring function.



**Did you know?** There are many physical therapy focus areas, including but not limited to: orthopedic, neurological, vestibular, and cardiovascular!

**Management of Issues with Diabetes:** Physical therapists can help prescribe and teach exercise for lowering blood glucose levels, treat chronic pain, improve walking ability, treat sores, help with assistive devices, and restore normal movement and balance.

**Management of Issues As We Age:** Physical Therapists may be able to help with managing arthritis, managing pain, osteoporosis and/or recovering from procedures like joint replacements. They may also be able to help prevent or recover from falls with exercises.

**Strengthening After a Stroke:** Physical therapists can help improve function and balance with Constraint-Induced Movement Therapy, functional electrical stimulation, and motor imagery, among others.

For those who haven’t tried physical therapy, but are interested, a great first step would be to reach out to a local physical therapist and see how they might be able to play a positive role in healthy living. Let us know if this information has been helpful to you on our facebook page!

# Special Moments



# Happy Birthday!

- |                    |                     |
|--------------------|---------------------|
| Ralph S.: Oct. 13  | Justine B.: Oct. 21 |
| Alonzo P.: Oct. 14 | Dean B.: Oct. 22    |
| Debbie G.: Oct. 18 |                     |

Those born in October are Libras (Sept. 23-Oct. 22) or Scorpios (Oct. 23-Nov. 21). Their birthstones are opals & tourmaline. Their birth flower is the Calendula. More American presidents have October birthdays than any other month!



# October 2021 Highlights

**October is Emotional Wellness Month, Physical Therapy Month, Dental Hygiene Month, and Breast Cancer Awareness Month. It celebrates Chili, Pretzels, Global Diversity, Adopting Shelter Dogs, and World Space Week!**

- |                                                   |                                            |
|---------------------------------------------------|--------------------------------------------|
| 01 Resident Council Meeting                       | 17 Cooking Club: Make Your Own Pasta Salad |
| 02 Art in The Park: Fall Colors Outing*           | 19 2nd Annual Lodge Pumpkin Patch          |
| 05 Zumba Gold Exercise                            | 19 Paper Crafting with Becky               |
| 05 Cookie Decorating                              | 20 Wheelchair/Walker Repair Clinic         |
| 06 Bozeman Health Hosts: Resident Vitals Clinic   | 20 Music with Edis & Cliff                 |
| 06 Wood Working Club                              | 20 Make a Dried Apple Cinnamon Wreath*     |
| 07 Make a Miniature Decorative Wagon*             | 21 Pumpkin Cheesecake Treats               |
| 08 Afternoon Treat: Pierogis                      | 22 Baking Club: Miniature Pumpkin Pies     |
| 10 Baking Club                                    | 23 MSU Hockey Game Outing*                 |
| 11 Aromatherapy Hand Massages                     | 24 Decorate a Pumpkin                      |
| 11 Paint & Sip with Nicole*                       | 26 Pumpkin Spice Lattes                    |
| 12 Common Constellations & Fun Facts              | 26 New Comer's Social                      |
| 12 Health Talk with Denya & Caramel Apples        | 27 Monsters, Ghosts, & Ghouls Fun Trivia   |
| 13 Wear Pink Day for Met                          | 29 Halloween Scavenger Hunt                |
| 13 Happy Hour with Alice and Ray                  | 30 Coffee & Pastries at ColdsSmoke Coffee* |
| 14 Oktoberfest Lunch                              | 30 History of Candy Corn & Treats          |
| 15 I Love Lucy Memorabilia & Fun Facts            | 31 Monster Mash Bash! Halloween Luncheon   |
| 16 Pastries at Faber's Deli                       | 31 Halloween Mystery Boxes                 |
| 16 Eat Like an Astronaut! Try Freeze Dried Snacks | 31 Share a Spooky Story                    |

## October Highlights:

**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're welcoming a NEW EXERCISE PROGRAM on Tuesday mornings at 10:45. It's called Zumba Gold by Britaineey, and it's a fun, energetic seated dance aerobic class, suitable for all abilities
- Staff from Bozeman Health will be here on October 6th to host a Resident Vitals Clinic. We hope all residents will take advantage of this!
- Join us as we turn the Lodge into a faux planetarium and see some common constellations and learn fun facts about the night sky
- Oktoberfest Celebration is on the 14th at lunch time
- By popular demand, we're hosting our 2nd Annual Lodge Pumpkin Patch! Stop by and pick a pumpkin or 2 and enjoy some cider and cookies



**Meet Caitlyn**  
**Bozeman Lodge Executive Director**

Caitlyn Stolz, our new Executive Director, was born and raised in Sandpoint, ID, but moved to Bozeman after accepting the role of Health Services Administrator at another assisted living community. She has worked in senior living since she was 16, and adores building relationships with residents and families.

In her own family, she has 3 brothers and 3 sisters, as well as 9 nieces and nephews with 2 more on the way! Caitlyn has a German Shepard named Nala. Outside of work, Caitlyn enjoys spending time at the lake with her family, reading, hiking, and going to hot springs. Her favorite colors are Tiffany blue and white, and her favorite foods are a toss up between Italian and Asian cuisine. Caitlyn loves to travel, and her most recent trip to Japan was shared with her grandma. She also likes to make people laugh. While not new to the Lodge, we welcome Caitlyn into this new role!



**Resident Spotlight:**  
**Susan C.**

Susan was born in Wisconsin, but lived for about 50 years in Jackson Hole, Wyoming, before moving to Bozeman Lodge. She has 2 kids and 5 grandkids. Susan is a Stanford Graduate and had a career as an elementary teacher in Jackson Hole. Her hobbies have included alpine skiing and cross country skiing. She is an avid reader! She also enjoys going on scenic drives. Her favorite color is all shades of blue, and her favorite foods are fresh fruits and desserts. Susan has made 2 trips to Europe as a teacher. You can often find Susan in the library, and listening to the live music acts that come in. Be sure to say hello when you see her around!

# OCTOBER 2021

Bozeman Lodge



1547 N. Hunters Way, Bozeman, MT 59718



(406) 522-5452

SUN	MON	TUE	WED	THU	FRI	SAT
<b>31 Happy Halloween!</b> 9:30 Make Halloween Slime 10:00 Christ the King Lutheran Service via Video 11:30 Monster Mash Bash Halloween Luncheon 1:00 Calvary Baptist Church Service 1:45 Halloween Mystery Boxes 2:15 Sing Along with Grace 3:15 Share a Story 7:00 Evening Movie		<b>All activities subject to change per mandated health guidelines.</b>  A * denotes signing up is required for that activity			<b>1</b> 9:30 Visit with Vets Coffee Chat 10:30 IN2L: Cute Animal Videos 1:30 Bible Study with Bill Bell 2:00 Circuit Exercise 3:15 Resident Council Meeting 4:45 Dinner at Thai Basil* 7:00 Evening Movie	<b>2</b> 9:30 Saturday Sweets 10:30 Art in the Park: Fall Colors Outing* 1:00 MSU Football Game Live Stream 2:00 Bingo 3:00 Afternoon Movie 3:30 Recipe Book Project 4:30 IN2L: Bob Ross Art 7:00 Evening Movie
<b>3</b> 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	<b>4 Cinnamon Bun Day</b> 9:30 Fresh Cinnamon Buns 10:30 Chair Exercise 1:30 Men's Strength Training with Serranna 2:00 Bingo 3:00 Afternoon Movie 3:15 Painting Club 4:00 IN2L: Family Feud & Fruity Lemonade 7:00 Evening Movie	<b>5</b> 10:15 Fruit Smoothies 10:45 Zumba Gold Exercise 1:00 Music Therapy with Trina 2:00 Cookie Decorating 3:00 Afternoon Movie 3:30 Paper Crafting with Becky 5:00 Poker 7:00 Evening Movie	<b>6</b> 9:30 Balance & Mobility with Cheryl 10:00 Bozeman Health Resident Vitals Clinic 10:30 "It Happened in October" Trivia 12:00 Visit from Bozeman Library 1:00 Catholic Communion 3:00 Yoga with Sophie 3:30 Woodworking Club 7:00 Evening Movie	<b>7</b> 9:00 Resident Store 9:45 Current Events 10:30 Strength & Stretch 1:00 Knit & Crochet Club 2:00 Bingo 3:00 Afternoon Movie 3:30 Make a Miniature Decorative Wagon* 5:00 Poker 7:00 Evening Movie	<b>8 Pierogi Day</b> 9:30 Visit with Vets Coffee Chat 9:45 Shopping at Walmart* 11:00 IN2L: Armchair Travel 1:30 Bible Study with Bill Bell 2:00 Circuit Exercise 2:30 Activities Forum 3:30 Afternoon Treat: Pierogis 7:00 Evening Movie	<b>9</b> 9:30 Saturday Sweets 10:30 Table Topics 1:00 MSU Football Game Live Stream 2:00 Bingo 3:00 Afternoon Movie 3:30 Ladderball Game 4:30 IN2L: Bob Ross Art 7:00 Evening Movie
<b>10 World Space Week</b> 9:30 Scenic Drive & Treats* 10:00 Ecumenical Service 11:00 Only Good News 1:00 Calvary Baptist Church Service 1:30 Name 5 Game 2:15 Sing Along with Grace 3:00 Afternoon Movie 3:30 Baking Club 7:00 Evening Movie	<b>11</b> 9:30 This Week in History 10:30 Chair Exercise 1:30 Men's Strength Training with Serranna 2:00 Bingo 3:00 Afternoon Movie 3:15 Aromatherapy Hand Massages 4:00 Sip & Paint with Nicole* 7:00 Evening Movie	<b>12</b> 10:15 Coffee Breakfast Smoothies 10:45 Zumba Gold Exercise 1:00 IN2L: U.S. in Space 2:00 Common Constellations & Fun Facts 3:00 Afternoon Movie 3:30 Health Talk with Denya & Caramel Apples 5:00 Poker 7:00 Evening Movie	<b>13 Wear Pink Day</b> 9:30 Balance & Mobility with Cheryl 10:30 Greeting Card Sales 10:30 IN2L: Space Travel Trivia 1:00 Catholic Communion 2:00 Cooking Club 3:00 Yoga with Sophie 3:30 Happy Hour with Alice & Ray 7:00 Evening Movie	<b>14</b> 9:00 Resident Store 9:45 Current Events 10:30 Strength & Stretch 11:30 Oktoberfest Lunch 1:00 Knit & Crochet Club 2:00 Bingo 3:00 Afternoon Movie 3:30 Puzzle Piece Trees 5:00 Poker 7:00 Evening Movie	<b>15 I Love Lucy Day</b> 9:30 Visit with Vets Coffee Chat 10:30 True Tales About Famous Scientists 1:30 Bible Study with Bill Bell 2:00 Circuit Exercise 3:30 I Love Lucy Memorabilia and Fun Facts with Tina 7:00 Evening Movie	<b>16</b> 9:30 Pastries at Faber's Deli* 10:30 Table Topics 1:00 IN2L: Astronaut Recollections 2:00 Bingo 3:00 Afternoon Movie 3:30 Eat like an Astronaut: Freeze Dried Treats 4:30 IN2L: Bob Ross Art 7:00 Evening Movie
<b>17 Pasta Day</b> 9:30 Scenic Drive & Treats* 10:00 Ecumenical Service 11:00 Get to Know Your Neighbor Chat 1:00 Calvary Baptist Church Service 1:30 Play a Dice Game 2:15 Sing Along with Grace 3:30 Make Your Own Pasta Salad 7:00 Evening Movie	<b>18</b> 9:30 This Week in History 10:30 Chair Exercise 1:30 Men's Strength Training with Serranna 2:00 Bingo 3:00 Afternoon Movie 3:15 Painting Club 4:00 IN2L: Family Feud & Fruit Smoothies 7:00 Evening Movie	<b>19</b> 10:15 Crisp Apple Coffee 10:45 Zumba Gold Exercise 1:00 IN2L: TED Talks 2:00 Pumpkin Picking & Apple Cider 3:00 Afternoon Movie 3:30 Paper Crafting with Becky 5:00 Poker 7:00 Evening Movie	<b>20</b> 9:30 Balance & Mobility with Cheryl 10:00 Walker/Wheelchair Repair Clinic 10:30 "Who Am I?" October Birthday Trivia 12:00 Visit from Bozeman Library 2:00 Music with Edis & Cliff 3:00 Yoga with Sophie 3:15 Catholic Mass 3:30 Make a Dried Apple Cinnamon Fall Wreath* 7:00 Evening Movie	<b>21 Pumpkin Cheesecake Day</b> 9:00 Resident Store 9:45 Current Events 10:30 Strength & Stretch 1:00 Knit & Crochet Club 2:00 Bingo 3:00 Afternoon Movie 3:30 Pumpkin Cheesecake Treats 5:00 Poker 7:00 Evening Movie	<b>22</b> 9:30 Visit with Vets Coffee Chat 9:45 Shopping at Smith's* 11:00 IN2L: Armchair Travel 1:30 Bible Study with Bill Bell 2:00 Circuit Exercise 2:30 Baking Club: Miniature Pumpkin Pies 3:30 Origins of Common Superstitions 7:00 Evening Movie	<b>23</b> 9:30 Saturday Sweets 10:30 Table Topics 1:00 MSU Football Game Live Stream 2:00 Bingo 2:30 MSU Hockey Game* 3:00 Afternoon Movie 4:30 IN2L: Bob Ross Art 7:00 Evening Movie
<b>24</b> 9:30 Scenic Drive & Treats* 10:00 Ecumenical Service 11:00 Only Good News 1:00 Calvary Baptist Church Service 1:30 Play Candy Twister 2:15 Sing Along with Grace 3:00 Afternoon Movie 3:30 Decorate Pumpkins 7:00 Evening Movie	<b>25 Classic Horror Movie Week</b> 9:30 This Week in History 10:30 Chair Exercise 1:30 Men's Strength Training with Serranna 2:00 Bingo 3:00 Afternoon Movie 3:15 Painting Club 4:00 IN2L: Movie Memories Discussion 7:00 Evening Movie	<b>26</b> 10:15 Pumpkin Spice Lattes 10:45 Zumba Gold Exercise 12:00 October Birthdays Luncheon* 1:00 IN2L: TED Talks 2:00 Halloween Humor 3:00 Afternoon Movie 3:30 New Comer's Social 5:00 Poker 7:00 Evening Movie	<b>27</b> 9:30 Balance & Mobility with Cheryl 10:00 Greeting Card Sales 10:30 Monsters, Ghosts & Ghouls Fun Facts & Trivia 1:00 Catholic Communion 2:00 Cooking Club 3:00 Yoga with Sophie 3:45 Happy Hour with Alice & Ray 7:00 Evening Movie	<b>28</b> 9:00 Resident Store 9:45 Current Events 10:30 Strength & Stretch 1:00 Knit & Crochet Club 2:00 Bingo 3:00 Afternoon Movie 3:30 Book Club Meeting 5:00 Poker 7:00 Evening Movie	<b>29</b> 9:30 Visit with Vets Coffee Chat 10:30 IN2L: Halloween Trivia 1:30 Bible Study with Bill Bell 2:00 Circuit Exercise 3:00 Afternoon Movie 3:15 Halloween Scavenger Hunt 4:00 IN2L: Halloween Inspired Music 7:00 Evening Movie	<b>30 Candy Corn Day</b> 9:30 Coffee at ColdsSmoke* 10:30 Table Topics 1:00 It's the Great Pumpkin, Charlie Brown 2:00 Bingo 3:00 Afternoon Movie 3:30 History of Candy Corn & Treats 4:30 IN2L: Inspirations 7:00 Evening Movie  <i>October 31 in top row, column one.</i>