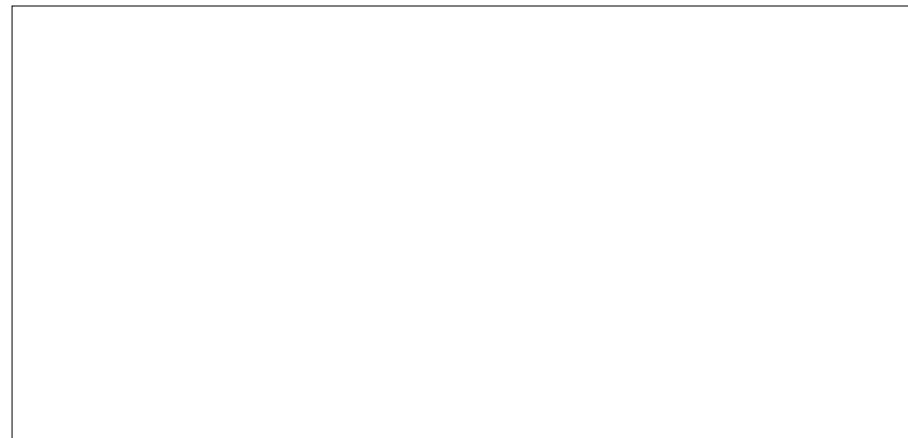




1547 N. Hunters Way
Bozeman, MT 59718

Stamp



Administrative Team:

Executive Director: Caitlyn Stolz
Community Relations Dir.: Denise Jurecki
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:

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



Bozeman Lodge News

November 2021 Newsletter



2 Flu Prevention Steps
3 Resident Spotlight & What's New
4 - 5 Activities Calendar

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

Flu Prevention Steps for Seniors This Season

Autumn brings much to be excited for: gatherings, delicious foods, crisp air, and beautiful sights outdoors! Less exciting, the influenza virus, a respiratory illness that infects the nose, throat, and lungs, makes its rounds in fall, typically on through February.

Anyone can catch the flu, but those 65+ or at senior living communities are at increased risk for flu-related complications like pneumonia, bronchitis, or sinusitis. The good news is older adults can take actions to avoid the flu. The best for many is an annual flu vaccine early in the flu season, with approval from one’s medical professional.

All of us can benefit from knowing how to avoid getting and spreading the flu. It can spread in tiny drops when people with the flu cough, sneeze, or talk. The drops can transfer to nearby mouths, noses, or surfaces. Those with flu are most contagious in three to four days after their illness starts. They can pass it to others before or while aware they’re sick. Time between exposure and infection is often two days, but can be one to four.

Best preventions, aside from the flu vaccine for many, include: covering mouth and nose when coughing and sneezing; washing hands with soap and



Differences Between Flu and a Cold

Flu is fast-coming and often brings fever, chills, cough, bodyache, headache, and tiredness. It only sometimes includes sneezing, sore throat, or stuffy nose. The flu can be tested for, and antiviral drugs exist for it. A cold brings gradual effects including a runny or stuffy nose, chest discomfort, cough, sore throat, sneezing, and sometimes fatigue and aches. Colds don’t often bring chills, fever, or headache. (CDC)

warm water for 15-20 seconds several times daily and after coughing/sneezing; and avoiding contact with eyes, nose, and mouth. Since the Covid-19 pandemic began, many have been wearing masks, social distancing, hand washing, and staying home when ill, which can help prevent the flu.

With many great habits in place, we’re set up to stand up to this year’s flu virus. We hope this information helps everyone navigate this year’s flu season!

Follow your medical professional’s advice and speak with them before changing diet, exercise, or medications. This article is for informational use only and should not be considered medical advice.

Special Moments

November 11th is Veterans Day!
It is a U.S. holiday that honors veterans of all wars. That day, and throughout the year, we thank all who have served for our great nation.



Happy Birthday!

Marjorie B.: Nov. 1	Merry S.: Nov. 9
Phil R.: Nov. 2	Carol S.: Nov. 12
Noma A.: Nov. 5	Harold H.: Nov. 20
Reba R.: Nov. 8	Albert B.: Nov. 25

- Those born in November are Scorpios (Oct. 23-Nov. 21) or Sagittarius (Nov. 22-Dec 21.)
- Their birthstone is topaz or citrine.
- Their birth flower is the Chrysanthemum, said to bring happiness and laughter!

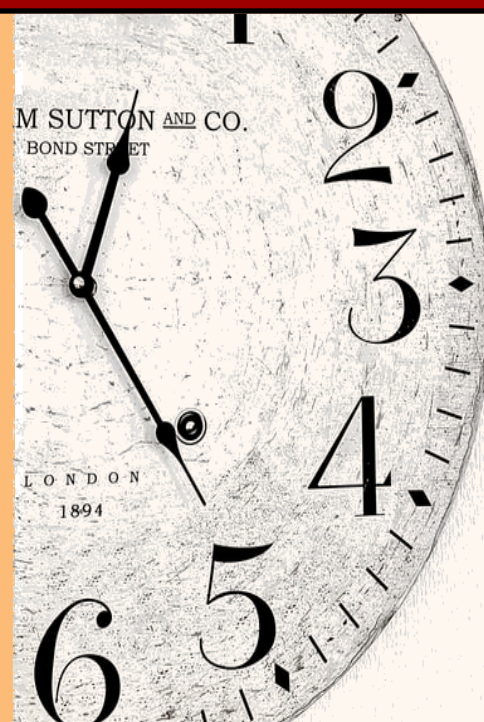
November 2021 Highlights

November observes Alzheimer's Disease Month, Diabetes Month, Gratitude Month, and Native American Heritage Month. It celebrates such foods as: pomegranates, raisin bread, squash, and peanut butter. It's also Novel Writing Month!

- | | |
|--|---|
| 01 Gratitude Journaling with Angela | 18 Cottage Happy Hour |
| 02 Operation Christmas Child Meeting | 19 Men's Pizza Party* |
| 02 Music Therapy with Trina | 19 Shopping at Gallatin Valley Mall* |
| 03 Happy Hour with Alice & Ray | 20 Coffee at ColdsSmoke Coffee* |
| 04 Make Your Own Candy Bar | 21 Bozeman Symphony: Brahms No. 2* |
| 05 Shopping at Target* | 22 Shopping at Dollar Tree/Hobby Lobby* |
| 05 Doughnut Tasting | 22 Share Favorite Thanksgiving Recipes |
| 07 Dog Park with Angela: Dog Play Group. | 22 Decorate Gingerbread Cookies w/ Pat |
| 09 London Fog Cappuccinos | 23 Bird Talk w/ Angela & Cockatoo Angus |
| 09 "What is Home Health?" Informational Meeting & Snacks with First Choice | 24 Health Talk with Denya |
| 11 Veterans' Day Luncheon | 24 Celebrate Thanksgiving Social Hour |
| 11 Ice Cream Sundaes | 25 Traditional Thanksgiving Dinner |
| 14 Bozeman Symphonic Choir* | 26 Dinner at Famous Dave's BBQ* |
| 16 Pack Operation Christmas Child Boxes | 27 Dreamcatchers History & Make One |
| 17 Visit from Bozeman Public Library | 28 Chanukah Begins: Make Potato Latkes |
| 17 Music by Edis & Cliff | 29 Make Aromatherapy Ornaments |
| | 30 Hot Buttered Cinnamon Tea Time! |

Regarding Covid-19:

Safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.



Daylight Savings Time Ends! On Sunday, November 7th, at 2 AM, turn your clocks back one hour. Enjoy more light in the morning.



RESIDENT SPOTLIGHT:

Lance B.

Lance B. moved to Bozeman from Minnesota to live near his brother, sister in law, and nephews. He also has a sister. While living in Minnesota, Lance sold glasses and worked as an elevator operator. His favorite show is The Price is Right, and he's a fan of Carol Burnett. Lance's favorite color is blue. He also has a collection of bolo ties. Lance is an avid Bingo player and likes attending the evening movies. Many afternoons you can find him in the bistro enjoying vanilla ice cream with chocolate sauce. We hope you'll say "Hi" when you see him around!

What's New?

Join us for some fun new activities in November!


- Come learn about Operation Christmas Child and how you can pack and send a gift box to a child somewhere in the world!
- Life Enrichment Assistant Angela is starting a weekly "Dog Park". Residents and staff are welcome to bring their well-behaved dogs to play and socialize with each other
- The local Bozeman Chapter of Vietnam Vets meets every Friday at 9:30 am in the bistro for coffee and conversation with our residents. You do not need to be a veteran to attend these coffee chats.
- First Choice Home Health will be holding an informational meeting about "What is Home Health?" and answering any questions you may have. Snacks will be provided!
- Join us for Gratitude Journaling, where we'll talk about things we're grateful for and create beautiful keepsake journals to keep our memories in. Angela will be able to assist with transcribing and writing to help make this activity available for everyone.
- We're still collecting recipes for our cookbook! Bring your recipes to the front desk and we'll make a copy.

NOVEMBER 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 This Week in History 10:30 Chair Exercise 11:00 IN2L Crosswords 1:30 Men's Strength Training with Serranna 1:30 Bridge Club 2:00 Gratitude Journaling with Angela 3:15 Painting Club 4:00 IN2L: Family Feud 7:00 Evening Movie	2 9:30 Cinnamon Dulce Lattes 10:45 Zumba Gold Exercise 1:00 Music Therapy with Trina 2:00 Bingo 3:30 Operation Christmas Child Info Meeting 4:00 Story of the Navajo Code Talkers 7:00 Evening Movie	3 9:30 Balance & Beyond 10:00 Snack Chat: Popular Sayings & Their Origins 11:00 IN2L Word Games 12:30 Visit from Bozeman Library 1:00 Catholic Communion 2:00 Cooking Club 3:00 Afternoon Movie 3:30 Happy Hour with Alice & Ray 7:00 Evening Movie	4 <u>Candy Day</u> 9:00 Resident Store 9:30 Current Events & Coffee 10:30 Strength & Stretch 11:00 IN2L Trivia 1:00 Knit & Crochet Club 2:00 Bingo 3:30 Paper Crafting with Becky 4:00 Make Your Own Chocolate Candy Bar 7:00 Evening Movie	5 <u>Doughnut Day</u> 9:30 Visit with Vets Coffee Chat 10:00 Shopping at Target* 1:30 Bible Study with Bill Bell 2:00 Circuit Exercise 2:45 Doughnut Tasting 3:00 Afternoon Movie 3:15 Resident Council Meeting 7:00 Evening Movie	6 9:30 Saturday Sweets 10:00 IN2L: Would You Rather Discussion 11:00 IN2L: Bandstand, A Musical 1:00 Nature Documentary 2:00 Bingo 2:00 MSU Football Game Live Stream 4:30 IN2L: Rick Steve's Travel 7:00 Evening Movie
	7 <u>Daylight Saving Time Ends</u> 9:00 Fruit Smoothies 9:30 Chair Yoga 10:00 Ecumenical Service 10:45 Some Good News 1:00 Calvary Baptist Church Service 2:00 Dog Park with Angela 2:15 Sing Along with Grace 3:00 Evening Movie 3:30 Baking Club 7:00 Evening Movie	8 9:30 This Week in History 10:30 Chair Exercise 11:00 IN2L Crosswords 1:30 Men's Strength Training with Serranna 1:30 Bridge Club 2:00 Gratitude Journaling with Angela 3:15 Painting Club 4:00 IN2L: Family Feud 7:00 Evening Movie	9 9:30 London Fog Lattes 10:45 Zumba Gold Exercise 11:00 IN2L Trivia 1:00 IN2L: Native American Historical Events 2:00 Bingo 3:00 Afternoon Movie 3:30 "What Is Home Health?" Info Meeting by First Choice 7:00 Evening Movie	10 9:30 Balance & Beyond 10:00 Snack Chat: Chicken Soup for the Soul Stories 10:30 Greeting Card Sales 11:00 IN2L Word Games 1:00 Catholic Communion 2:00 Cooking Club 3:00 Afternoon Movie 3:30 Happy Hour with Alice & Ray 7:00 Evening Movie	11 <u>Veteran's Day</u> 9:00 Resident Store 9:30 American Flag History & Coffee 10:30 Strength & Stretch 11:30 Veteran's Day Lunch 1:00 Knit & Crochet Club 2:00 Bingo 3:00 Afternoon Movie 3:30 Ice Cream Sundaes 7:00 Evening Movie	12 9:30 Visit with Vets Coffee Chat 10:30 IN2L: Tomb of the Unknown Soldier 1:30 Bible Study with Bill Bell 2:00 Circuit Exercise 2:30 Paper Crafting with Becky 3:00 Afternoon Movie 4:00 Play a Card Game 7:00 Evening Movie
	14 9:00 Fruit Smoothies 9:30 Chair Yoga 10:00 Ecumenical Service 10:45 Some Good News 1:00 Calvary Baptist Church Service 2:15 Sing Along with Grace 2:15 Bozeman Symphonic Choir: Elements of Life* 3:30 Afternoon Chat w/ Pat 7:00 Evening Movie	15 9:30 This Week in History 10:30 Chair Exercise 11:00 IN2L Crosswords 1:30 Men's Strength Training with Serranna 1:30 Bridge Club 2:15 Projects with Pat 3:15 Painting Club 4:00 IN2L: Who Wants to be a Millionaire Trivia 7:00 Evening Movie	16 9:30 Chocolate Chai Coffee 10:45 Zumba Gold Exercise 11:00 IN2L Trivia 1:00 IN2L: Native American Music & Arts 2:00 Bingo 3:00 Afternoon Movie 3:30 Pack Gifts Boxes for Operation Christmas Child* 7:00 Evening Movie	17 <u>Homemade Bread Day</u> 9:30 Balance & Beyond 10:00 Walker/Wheelchair Repair Clinic 10:00 Snack Chat: Reader's Digest Stories & Jokes 12:30 Visit from Bozeman Library 11:00 IN2L Word Games 2:00 Music with Edis & Cliff 3:00 Woodworking Club 3:15 Catholic Mass 4:00 Fresh Pumpkin Bread 7:00 Evening Movie	18 9:00 Resident Store 9:30 Current Events & Coffee 10:30 Strength & Stretch 11:00 IN2L Trivia 1:00 Knit & Crochet Club 2:00 Bingo 3:00 Afternoon Movie 3:45 Cottage Happy Hour 7:00 Evening Movie	19 9:30 Visit with Vets Coffee Chat 10:30 IN2L: Movie Memories 12:00 Men's Pizza Party* 1:15 Shopping at Gallatin Valley Mall* 1:30 Bible Study with Bill Bell 2:00 Circuit Exercise 2:30 Activity Forum 3:00 Afternoon Movie 4:00 Play a Dice Game 7:00 Evening Movie
	21 9:00 Fruit Smoothies 9:30 Chair Yoga 10:00 Ecumenical Service 10:45 Some Good News 1:00 Calvary Baptist Church Service 1:15 Bozeman Symphony: Brahms Symphony No. 2* 2:15 Sing Along with Grace 3:30 Baking Club 7:00 Evening Movie	22 9:30 This Week in History 10:00 Shopping at Dollar Tree/Hobby Lobby* 10:30 Chair Exercise 1:30 Men's Strength Training with Serranna 1:30 Bridge Club 2:00 Thanksgiving Traditions: Share a Favorite Recipe 3:15 Decorate Gingerbread Cookies with Pat 7:00 Evening Movie	23 9:30 Pumpkin Spice Lattes 10:45 Zumba Gold Exercise 11:00 IN2L Trivia 1:00 IN2L: Native American Legends 2:00 Bingo 3:00 Afternoon Movie 3:30 Bird Talk with Angela & Angus the Cockatoo 7:00 Evening Movie	24 <u>Jukebox Day</u> 9:30 Balance & Beyond 10:00 Snack Chat: Chicken Soup for the Soul Stories 10:30 Greeting Card Sales 10:30 Macy's Parade History & Fun Facts 1:00 Catholic Communion 2:00 Health Talk with Denya 3:30 Thanksgiving Social Hour 7:00 Evening Movie	25 <u>Happy Thanksgiving</u> 8:00 Watch the Macy's Thanksgiving Day Parade 9:00 Thanksgiving Memories & Snacks 11:30 Thanksgiving Dinner 2:00 Bingo 3:00 Afternoon Movie 3:30 A Charlie Brown Thanksgiving 7:00 Evening Movie	26 9:30 Visit with Vets Coffee Chat 10:30 IN2L: Moscow Ballet's Great Russian Nutcracker 1:30 Bible Study with Bill Bell 2:00 Circuit Exercise 3:00 Afternoon Movie 4:00 Play a Card Game 4:30 Dinner at Famous Dave's BBQ* 7:00 Evening Movie
	28 <u>Chanukah Begins</u> 9:00 Fruit Smoothies 9:30 Chair Yoga 10:00 Ecumenical Service 10:45 Some Good News 1:00 Calvary Baptist Church Service 2:00 Dog Park with Angela 2:15 Sing Along with Grace 3:00 History of Chanukah & Cooking Club: Latkes 7:00 Evening Movie	29 9:30 This Week in History 10:30 Chair Exercise 11:00 IN2L Crosswords 1:30 Men's Strength Training with Serranna 1:30 Bridge Club 2:00 Gratitude Journaling 3:00 Afternoon Movie 3:15 Make Aromatherapy Inspired Ornaments 7:00 Evening Movie	30 9:30 Hot Buttered Cinnamon Tea 10:45 Zumba Gold Exercise 11:00 IN2L Trivia 12:00 November Birthdays Luncheon* 1:00 IN2L: Influential Native Americans 2:00 Bingo 3:30 Book Club Meeting 7:00 Evening Movie			A * denotes signing up is required for that activity.