



1547 N. Hunters Way
Bozeman, MT 59718

Stamp



Administrative Team:

Executive Director: Caitlyn Stolz

Asst. Executive Director/Wellness Director:
Christina Espeland

Community Relations Dir.: Denise Jurecki

Business Office Director: Zandra Stolz

Wellness Nurse: Kim Ratterman, RN

Wellness Nurse: Kathy Vaillancourt, LPN

Dining Services Director: Tim Green

Maintenance Director: Garret Hofmaster

Life Enrichment Director: Tina Thompson

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

Bozeman Lodge News

January 2022 Newsletter



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Here's to You in 2022: Healthy New Year's Resolutions

A new year is a great time to focus on health and look at what great habits you have in place for yourself, and what areas you could improve upon. There's so many ways to approach taking on better habits, from exercise to sleep. These are just a few to consider!

Get Social

Taking part in group activities, being with others, and sharing your feelings boosts overall health. Ways to bring out your social butterfly:

- Attend group activities. Set small social goals each time you take part. Greet and share an observation or compliment.
- Have your hearing and vision tested to ensure that you aren't missing things.
- Practice your favorite hobby in a common area. Others may join you!
- If religious, attend group services.
- Use IN2L with your Life Enrichment Director.

Make Exercise Fun

Being active helps the whole body. Do some thinking about your favorite ways to be active and set small goals for daily activities (walking, dancing, stretching, lifting, bowling, golfing, or chair exercises). Work out with a buddy for motivation and safety. Share your successes!

Hydrate

Dehydration can affect people of all ages, but especially older adults. Ask your health professional how much water you should get each day, as it varies from person to person. To make hydration fun, in addition to water, try foods like watermelon, spinach, cucumbers, green peppers, and celery. Ways to detect fluid intake is adequate include rarely feeling thirsty and colorless or light yellow urine.

Prioritize Your Wellness

Reach out to your medical and dental health



Goal Idea: Eat more blueberries! Did you know blueberries can: improve brain function, protect the body from unstable molecules, lower blood pressure, and help prevent heart disease? These little blue buddies pack quite the health punch!

professionals as you head into 2022 to schedule wellness appointments. Staying on top of your well-being is the best gift you can give yourself.

Sleep Well

Sleep quality can be compromised in many ways. Try these goals to improve your sleep:

- Follow a pre-sleep routine / sleep schedule
- Avoid late afternoon naps or caffeine
- Avoid screens, lights, & large pre-bed meals

Have A Rainbow A Day...

It's true, the saying goes "an apple a day..." but a rainbow is more fun. When you eat, improve nutrition with a rainbow of different colored foods on your plate at each meal, with many colors coming from fruits and vegetables.

We wish you a healthy 2022! Let us know which of these focus areas spark your interest on our Facebook post on the 1st. 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



Happy Birthday!

Rich H.: Jan. 1	Norma H.: Jan. 13
Betty A.: Jan. 3	Ann W.: Jan 31
Becky K.: Jan. 6	

Those born in January are Capricorn (Jan. 1-19) or Aquarius (Jan. 20-31). Their birthstone is garnet, symbolizing love and was discovered in Ancient Egypt. Their birth flowers are Carnations and Snow Drops. Carnations are among few flowers that can bloom in the cold!

January 2022 Highlights

January observes bath safety, mentoring, and braille literacy. It celebrates oatmeal, soup, hot tea, slow cooking, and Sunday suppers. It's Hobby Month so it's a great time to indulge in and share about hobbies!

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| 02 Transportation to Church Resumes* | 14 Brews & Cues Evening Billiards Game |
| 03 Shopping at Smith's Grocery* | 15 Coffee Outing to Coldsmove* |
| 03 Chocolate Covered Cherry Sundaes | 16 Trip to Mountains Walking Brewery* |
| 04 Christmas Clean Up | 17 Shopping: Dollar Tree/Hobby Lobby* |
| 05 Happy Hour with Alice & Ray | 17 Afternoon Cocktail: Hot Buttered Rum |
| 07 Art Walk at Emerson Cultural Center & Lunch at Sidewall Pizza Company* | 18 Staff Chili Cook-Off |
| 07 Resident Council Meeting | 19 Winter Carnival |
| 08 MSU Women's Basketball Game* | 20 Health Talk with Denya & Parfaits |
| 09 Sign Thank You Cards for Local Cops | 21 Lunch at Olive Garden* |
| 09 Help with Filling Out Activity Surveys | 23 Trip to Shine Beer Sanctuary* |
| 10 Shopping at Walmart* | 24 Shopping at Safeway* |
| 10 The Story of Me Life History Club | 26 Men's Pizza Party* |
| 11 Resin Crafting Project | 28 Winter Formal Dinner Party with Music by Edis & Cliff |
| 12 Blood Pressure Clinic with Encompass | 30 Bozeman Symphony Presents: Music of John Williams* |
| 13 Activity Forum | 31 Paint & Create Inspired by Music |
| 14 Shopping at Gallatin Valley Mall* | |

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.

Some dates to remember:

Montana State Women's Basketball
Games are Saturday the 8th and 22nd. Bus will leave at 1:00pm
Please bring cash to pay for tickets. Tickets cost \$12.00. Concessions will also be available for purchase.

Bozeman Symphony: The Music of John William
Sunday, January 30th. Bus leaves at 1:30pm
Tickets cost \$27. Must be signed up and cash paid to Life Enrichment by Wednesday, January 12th

The Fourth Week of January is Activity Professionals Week



Meet Our Life Enrichment Team!

Tina Thompson, Life Enrichment Director
Tina has worked at the Lodge for 6 years. She started as a receptionist and has been in Life Enrichment for 2.5 years. Some of her favorite activities include anything crafty, Circuit Exercise, and coffee shop outings.

Becky P., Life Enrichment Assistant
Becky started her journey at Bozeman Lodge as a Med tech in 2015. After taking some time off in 2020, she returned to the Lodge in July 2021 as a member of the Life Enrichment team. Becky is often found driving the van for doctor's appointments and loves spending personal time with our residents.

Angela H., Life Enrichment Assistant
The newest member of our team, Angela relocated from Oregon and has worked with us since October 2021. She brings fresh ideas and a bright energy to our department! Angela's enjoys going on the symphony outings, shopping trips, and creating with our painting club.

A Note About Winter Transportation

Sunday morning transportation to church services is resuming in January!

The van will be available between
9:30am-12:00pm

Sign ups are required by the Friday afternoon prior.

Our transportation services are available for medical appointments between 8:30am-4:30pm on Tuesdays, Wednesdays, and Thursdays. Please no appointments before 9:00am or after 3:30pm unless discussed with Life Enrichment staff first.

Appointments **MUST BE SCHEDULED** through the front desk by 3:00pm the day prior to your appointment. We often have very busy ride schedules to coordinate, so anything scheduled after that time cannot be guaranteed a ride.

Please call the front desk to confirm your ride time the night before if you haven't received a call.

We ask that you be ready to go 5 minutes prior to departure. If you are 5 minutes late for your departure time and other people are waiting, we will have to leave without you in order to make sure everyone arrives to their appointments on time.

Thank you for helping us keep our transportation schedule efficient and safe this winter!

JANUARY 2022

Bozeman Lodge • 1547 N. Hunters Way, Bozeman, MT 59718 • (406) 522-5452

SUN	MON	TUE	WED	THU	FRI	SAT
2 (1st in last box) 9:00 Fruit Smoothies 9:30 Church Transportation* 10:00 Ecumenical Service 10:00 One on One Visits* 1:00 Calvary Baptist Church Service 2:30 New Year Traditions Around the World 3:00 Afternoon Movie 7:00 Evening Movie	3 <u>Chocolate Covered Cherry Day</u> 9:00 Morning Brain Teasers 10:00 Shopping at Smith's* 1:30 Men's Strength Training with Serranna 2:15 Chocolate Covered Cherry Sundaes 2:45 Chair Exercise 3:00 Afternoon Movie 3:30 Painting Club 7:00 Evening Movie	4 9:30 Eggnog Lattes 10:00 Christmas Clean Up 10:45 Zumba Gold Exercise 11:00 New Year's Poetry 1:00 Bird Watching Club 2:00 Bingo 3:00 Afternoon Movie 3:30 Play a Game of Pictionary 7:00 Evening Movie	5 9:30 Balance & Beyond with Cheryl 10:00 Snack Chat: Fun Facts: It Happened In January 1:00 Theater: Big Cats Animal Documentary 2:00 Cooking Club 3:00 Afternoon Movie 3:45 Happy Hour with Alice & Ray 7:00 Evening Movie	6 9:00 Resident Store 10:30 Circuit Exercise 11:00 IN2L: Learn about the Epiphany & Wise Men Trivia 1:00 Knit & Crochet Club 2:00 Bingo 3:00 Afternoon Movie 4:00 IN2L: The Three Stooges 7:00 Evening Movie	7 9:30 Visit with Vets Coffee Chat 10:15 Emerson Cultural Center Art Walk & Lunch at Sidewall Pizza Company* 1:00 Theater: Dolly Parton's Heart Strings Show 3:00 Afternoon Movie 3:15 Resident Council Meeting 4:00 IN2L Slow TV: Sunrise 7:00 Evening Movie	8 9:30 Saturday Sweets 10:00 IN2L: Classic TV: Carol Burnett Show 1:00 Montana State Women's Basketball Game* 1:00 IN2L: Rick Steve's Travel 2:00 Bingo 3:00 Afternoon Movie 3:30 IN2L: Two Dollar Bill Documentary 7:00 Evening Movie
9 <u>National Law Enforcement Day</u> 9:00 Fruit Smoothies 9:30 Church Transportation* 10:00 Ecumenical Service 10:00 One on One Visits* 1:00 Calvary Baptist Church Service 2:30 Help with Filling Out Activity Surveys 3:30 Sign Thank You Cards for Local Law Enforcement Officers 7:00 Evening Movie	10 9:00 Morning Brain Teasers 10:00 Shopping at Walmart* 1:30 Men's Strength Training with Serranna 2:00 The Story of Me Project 2:45 Chair Boxing Exercise 3:00 Afternoon Movie 3:30 Painting Club 7:00 Evening Movie	11 9:30 Marshmallow Mochas 10:00 IN2L: Arctic Animals 10:45 Zumba Gold Exercise 11:00 "Learn Your Name in Morse Code" Day 1:00 Scrabble Club 2:00 Bingo 3:00 Afternoon Movie 3:30 Resin Jewelry Making 7:00 Evening Movie	12 9:30 Balance & Beyond with Cheryl 9:30 Blood Pressure Clinic with Encompass Home Health 10:00 Snack Chat: Popular Proverbs & Their Origins 10:30 Greeting Card Sales 1:00 Theater: Dogs Documentary 2:00 Cooking Club 3:45 Happy Hour with Alice & Ray 7:00 Evening Movie	13 9:00 Resident Store 10:30 Circuit Exercise 11:00 IN2L: Brain Teaser Riddles 1:00 Knit & Crochet Club 2:00 Bingo 3:00 Afternoon Movie 3:30 Activity Forum 4:00 IN2L: The Three Stooges 7:00 Evening Movie	14 9:30 Visit with Vets Coffee Chat 10:45 Friday Fun Facts 1:15 Shopping at Gallatin Valley Mall* 1:30 Bible Study with Bill Bell 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 IN2L Slow TV: Fly Fishing 5:30 Brews & Cues Billiards Game 7:00 Evening Movie	15 9:30 Coffee & Pastries at ColdsSmoke Coffee* 9:30 Saturday Sweets 10:00 IN2L: Classic TV: Dick VanDyke Show 1:00 IN2L: Rick Steve's Travel 2:00 Bingo 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie
16 9:00 Fruit Smoothies 9:30 Church Transportation* 10:00 Ecumenical Service 11:00 IN2L: Spiritual Music 1:00 Calvary Baptist Church Service 2:00 Trip to Mountains Walking Brewery* 3:00 Afternoon Movie 7:00 Evening Movie	17 <u>Hot Buttered Rum Day</u> 9:00 Morning Brain Teasers 10:00 Shopping at Dollar Tree/Hobby Lobby* 1:30 Men's Strength Training with Serranna 2:00 Aromatherapy Hand Massages 2:45 Chair Boxing Exercise 3:30 Painting Club 4:00 Afternoon Cocktail: Hot Buttered Rum 7:00 Evening Movie	18 <u>Winnie the Pooh Day</u> 9:30 Blackberry Hot Cocoa 10:00 IN2L: Tell a Tall Tale 10:45 Zumba Gold Exercise 11:00 History of Winnie the Pooh & Fun Facts 1:00 Bird Watching 2:00 Bingo 3:00 Afternoon Movie 3:30 Staff Chili Cook Off 7:00 Evening Movie	19 <u>International Flower Day</u> 9:30 Balance & Beyond with Cheryl 10:00 Snack Chat: Test Your Knowledge: Flowers Trivia 1:00 Theater: Marsupials : Animal Documentaries 2:00 Music with Cliff & Edis 3:00 Afternoon Movie 3:15 Winter Carnival 7:00 Evening Movie	20 9:00 Resident Store 10:30 Circuit Exercise 11:00 IN2L: Learn Basic Sign Language 1:00 Knit & Crochet Club 2:00 Bingo 3:00 Afternoon Movie 3:30 Health Talk & Fruit Parfaits 4:00 IN2L: The Three Stooges 7:00 Evening Movie	21 9:30 Visit with Vets Coffee Chat 10:45 Lunch at Olive Garden* 1:00 Theater : Dolly Patton's Heart Strings Show 1:30 Bible Study with Bill Bell 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 IN2L Slow TV: A Day in Wildlife 7:00 Evening Movie	22 9:30 Saturday Sweets 10:15 Snowy Day Poetry 1:00 Montana State Women's Basketball Game* 1:00 IN2L: Rick Steve's Travel 2:00 Bingo 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie
23 9:00 Fruit Smoothies 9:30 Church Transportation* 10:00 Ecumenical Service 11:00 IN2L: Spiritual Music 1:00 Calvary Baptist Church Service 2:00 Trip to Shine Beer Sanctuary* 3:00 Afternoon Movie 7:00 Evening Movie	24 9:00 Morning Brain Teasers 10:00 Shopping at Safeway* 1:30 Men's Strength Training with Serranna 2:00 The Story of Me Project 2:45 Chair Boxing Exercise 3:00 Afternoon Movie 3:30 Painting Club 7:00 Evening Movie	25 9:30 Red Velvet Lattes 10:00 IN2L: Arctic Animals 10:45 Zumba Gold Exercise 12:00 January Birthdays Luncheon* 1:00 Scrabble Club 2:00 Bingo 3:00 Afternoon Movie 3:30 Soap Making 7:00 Evening Movie	26 9:30 Balance & Beyond with Cheryl 10:00 Snack Chat: Behind the Music Short Stories 10:30 Greeting Card Sales 12:00 Men's Pizza Party* 1:00 Theater: Octopus: Animal Documentaries 2:00 Cooking Club 3:45 Happy Hour with Alice & Ray 7:00 Evening Movie	27 <u>Mozart's Birthday</u> 9:00 Resident Store 10:30 Circuit Exercise 11:00 IN2L: Learn Sign Language 1:00 Knit & Crochet Club 2:00 Bingo 3:00 Theater: "The Marriage of Figaro" Opera by University of Colorado 3:30 Book Club 4:00 IN2L: The Three Stooges 7:00 Evening Movie	28 9:30 Visit with Vets Coffee Chat 10:45 Friday Fun Facts 1:00 Theater: Dolly Parton's Heart Strings Show 1:30 Bible Study with Bill Bell 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:30 Winter Formal Dinner Party 5:00 Music with Edis & Cliff 7:00 Evening Movie	29 9:30 Saturday Sweets 10:15 Laugh Therapy: Winter Jokes 1:00 IN2L: The Story of Will Rogers 2:00 Bingo 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie
30 9:00 Fruit Smoothies 9:30 Church Transportation* 10:00 Ecumenical Service 1:00 Calvary Baptist Church Service 1:30 Bozeman Symphony: The Music of John Williams* 3:00 Afternoon Movie 7:00 Evening Movie	31 <u>Inspire Your Heart w/ Art Day</u> 9:00 Morning Brain Teasers 10:00 Shopping at Target* 1:30 Men's Strength Training with Serranna 2:45 Chair Boxing Exercise 3:00 Afternoon Movie 3:30 Art Therapy: Paint & Create to Music 7:00 Evening Movie	All activities subject to change per mandated health guidelines.		A * denotes signing up is required for that activity		1st New Years Day 9:30 Saturday Sweets 10:30 IN2L: Documentary: Mona Lisa is Missing 2:00 IN2L: Classic New Year's Music 3:00 & 7:00 Movie: Midnight at the Magnolia Happy New Year!