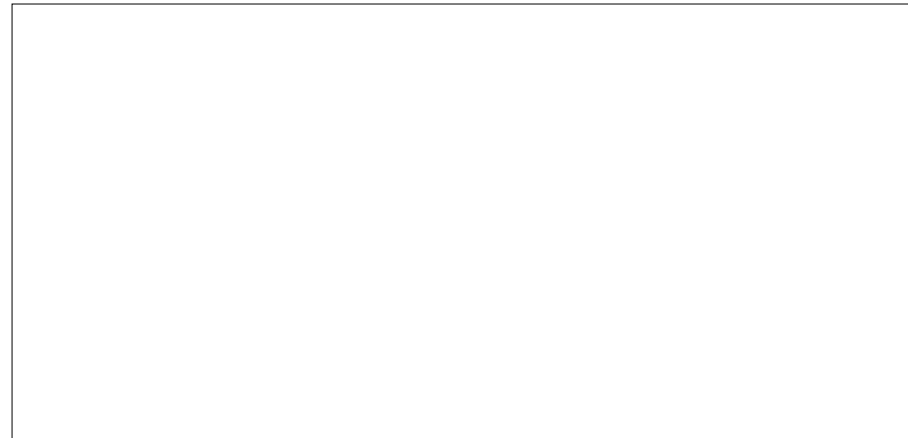




1547 N. Hunters Way
Bozeman, MT 59718

Stamp



Administrative Team:

Executive Director: Caitlyn Stolz
Asst. Executive Director: Christina Espeland
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

Connect:

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

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



Bozeman Lodge News

February 2022 Newsletter



2 Healthy Heart Habits
3 Activity Survey & Team Spotlight
4 - 5 Activities Calendar

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

Healthy Habits to Consider for Heart-Smart Living

Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only and should not be considered medical advice.

February is an important health month for all as it is heart-focused! It became so in 1963, when President Lyndon B. Johnson encouraged citizens to support solutions for a nationwide problem of heart diseases.

Solutions to better heart health—of which there are many—come from knowing risk factors, like high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol. Many risk factors can be addressed with lifestyle changes.

Where better to start than with an active lifestyle?! Getting out for a daily walk is great for weight management and the heart. The National Heart, Lung & Blood Institute recommends 30 minutes of moderate-level physical activity on most days of the week. Aerobic activity should be done in bouts of at least 10 minutes.

A healthy diet is also key. The American Heart Association lists a heart healthy diet as one that is rich in fruits, vegetables, whole-grains, low-fat dairy, skinless poultry and fish, nuts and legumes, and non-tropical vegetable oils. It limits saturated and trans fats, red meat, sweets, sugar-sweet beverages, and sodium. Items high in salt include tomato juice, soy sauce, and many prepared foods. The DASH Diet is a recommended one by the NHLBI.



Blood Pressure By the Numbers

(Source: National Heart, Lung, & Blood Institute)
Monitoring blood pressure with your medical professional is a smart move. If one has Hypertension (high blood pressure), that can almost always be prevented with a healthy weight, being physically active, a healthy diet, low sodium, alcohol only in moderation, and taking prescribed medications as directed.

Blood Pressure Category	Systolic (Upper Number)	Diastolic (Lower Number)
Normal	Less than 120	& Less than 80
Prehypertension	120-139	Or 80-89
Hypertension	140 or above	Or 90 or above

For older adults, impactful actions can be taken to improve heart health, such as stopping smoking, being physically active, having a healthy diet, and reducing alcohol to no more than two drinks per day for men, and no more than one drink per day for women. Managing stress is also important and can be approached with mindfulness meditation, deep breathing, and physical activity.

Let us know what heart healthy choices you make as part of your daily routine on our facebook post for this month’s newsletter. We’d love to hear of your efforts!

Special Moments



Happy Birthday!

Annetta V.: Feb. 6 Michael O.: Feb. 11
Gladys K.: Feb. 6 Paul A.: Feb. 23
Belinda S.: Feb. 8 Susan K.: Feb.25

Those born in February are either Aquarius “The Water Bearer” (Jan. 19-Feb. 19) or Pisces “The Fish” (Feb. 19-March 20). Aquarius birthstones are garnet or amethyst. Pisces birthstones are amethyst or aquamarine. The February birth flowers are iris and violet.

February 2022 Highlights

February is American Heart Month, Black History Month, Cancer Prevention Month and Wise Healthcare Consumer Month. It celebrates libraries, bird feeding, canned foods, embroidery, cherries, and American pies.

- | | |
|--|--|
| 01 Dark Chocolate Day; Baked Alaska Day | 15 Gumdrops Day; World Hippo Day |
| 02 Groundhog Day; Tater Tot Day; Ukulele Day | 16 Fat Tuesday; Almond Day; Anthropology Day |
| 03 Carrot Cake Day; Optimist Day | 17 Cabbage Day; Random Kind Acts Week |
| 04 Homemade Soup Day; Thank a Mail Carrier | 18 Wine Day; Pluto Day; Caregivers' Day |
| Day 05 World Nutella Day; Fun Outside Day | 19 Chocolate Mint Day; Arabian Horse Day |
| 06 FroYo Day; Chopsticks Day; Pizza Baking Day | 20 Cherry Pie Day; Muffin Day; Love Pets Day |
| 07 Alfredo Day; Periodic Table Day | 21 Presidents' Day; Sticky Bun Day |
| 08 Boy Scouts Day; Kite Flying Day; Iowa Day | 22 Sweet Potato Day; Margarita Day |
| 09 Bagel and Lox Day; Pizza Day | 23 Banana Bread Day; Dog Biscuit Day; Tile Day |
| 10 Cream Cheese Brownie Day; Donation Day | 24 Tortilla Chip Day; Toast Day; Chili Day |
| 11 Inventor Day; Backyard Bird Count Day | 25 Chocolate Nut Day; Clam Chowder Day |
| 12 Plum Pudding Day; Global Movie Day | 26 Pistachio Day; Tell a Fairy Tale Day |
| 13 Cheddar Day; Tortellini Day; Super Bowl LVI | 27 Retro Day; Strawberry Day; Kahlua Day |
| 14 Valentine's Day; Book Giving Day | 28 Floral Design Day; Chocolate Souffle Day |

February Facts: February is named for the Latin word Februum, or purification. The Welsh call February "y mis bach" meaning "little month." At one time, February had as few as 23 days! Together with January, it was the last of the months added to the Roman calendar.

Regarding Covid-19:

Safety and comfort of our residents and staff remains our first 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.



Visit our facebook at:
www.facebook.com/BozemanLodge

Here are some fun facts about our resident population at the Lodge!

As of December 31, 2021:

The Average Age of Lodge residents is: 84

Our Oldest Resident is: 98

Our Youngest Resident is: 65

We have 18 residents over the age of 90!

July has the most birthdays: 10, while March & October tie with the fewest birthdays: 4



We're always looking for ways to grow and improve the activities offered here at the Lodge and would love your input! Here's a few ways you can help:

• Fill Out an Activity Survey

We have some activity survey forms available for you to tell us more about your interests and hobbies. You can fill them out and turn them in to the front desk, or let us know if you need help and we're happy to assist you with them.

• Attend Our Activity Forum The monthly activity forum is a great place for you to share ideas, learn about future goals, and help us brainstorm ways to make this a fun, engaging place to live! It's scheduled on Feb. 17 at 3:30pm.

• Stop by the Life Enrichment Office and drop off your suggestions. You can find us on the 2nd floor next to the Activity Room.



STAFF SPOTLIGHT:

Rick—Cook

Originally from Denver, Rick worked with our dining director Tim at a community in Colorado and moved to Bozeman to join Tim and the Lodge team. He's been cooking for about 14 years. When he's not cooking, Rick is an outdoorsman who enjoys fly fishing and hunting. He also enjoys watching movies and reading books. Another hobby he has is writing poetry. He shared that he has had some of his poetry published! His favorite meal is steak and a potato, and his favorite color is black. He's traveled around the US, and his favorite city to visit is Seattle.

You'll often see Rick in the dining room during lunch talking to residents and checking on their meals. Thanks for your hard work and dedication, Rick!

FEBRUARY 2022

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

<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
All activities subject to change per mandated health guidelines.		1 9:30 Peanut Butter Hot Cocoa 10:00 Fun Facts about Chinese New Year 10:45 Zumba Gold Exercise 1:00 Indoor Walking Club 2:15 Snowman Dice Game 3:00 Afternoon Movie 3:30 Fortune Cookies in the Bistro 7:00 Evening Movie	2 9:30 Exercise with Cheryl 10:30 Snack Chat: Groundhog Day Fun Facts 12:45 Visit from Bookmobile 1:00 Theater: Planet Earth Documentary 1:00 Catholic Communion 2:00 Play Ladderball 3:00 Afternoon Movie 3:30 Home State History 7:00 Evening Movie	3 <u>Carrot Cake Day</u> 9:00 Resident Store 9:30 You Be the Judge Discussion Group 10:30 Circuit Exercise 1:00 Knit, Crochet & Needlework Club 2:00 Bingo 3:00 Afternoon Movie 3:30 Carrot Cake Treats 7:00 Evening Movie	4 <u>Wear Red Day</u> 9:30 Visit with Vets Coffee Chat 10:15 Chair Exercise 10:45 IN2L: Movie Memories Discussion 1:00 IN2L: TED Talks 1:30 Bible Study with Bill Bell 2:30 Resident Council Meeting 3:00 Afternoon Movie 4:00 Coloring for Relaxation 7:00 Evening Move	5 9:30 Saturday Sweet Treats 10:15 Reader's Digest Fun Facts 1:00 Theater: Chasing Coral Documentary 2:00 Bingo 3:30 Tissue Paper Heart Art 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie
6 9:00 Fruit Smoothies 9:30 Church Transportation* 10:00 Christ the King Lutheran Service via Video 10:00 One on One Visits 1:00 Calvary Baptist Church Service 2:00 Scenic Drive* 3:00 Afternoon Movie 4:00 Backroads of Montana 7:00 Evening Movie	7 9:00 Morning Brain Teasers 10:00 Shopping at Smith's* 11:00 IN2L: Rick Steves Travel 1:30 Men's Strength Training 1:30 Bridge Game 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 4:00 IN2L Music 7:00 Evening Movie	8 9:30 Blackberry Hot Chocolate 10:00 IN2L Trivia 10:45 Zumba Gold Exercise 1:00 Indoor Putting (Golf) 2:00 Hypnotherapy Presentation w/ Chrysalis Counseling 3:00 Afternoon Movie 3:30 Jewelry & Charm Making with Resin 7:00 Evening Movie	9 9:30 Blood Pressure Clinic w/ Encompass Health 9:30 Exercise with Cheryl 10:30 Snack Chat: It Happened in February Fun Facts 10:30 Greeting Card Sales 1:00 Theater: Planet Earth Documentary 1:00 Catholic Communion 2:00 Cooking Club 3:30 Happy Hour w/ Alice & Ray 7:00 Evening Movie	10 9:00 Resident Store 9:30 You Be the Judge Discussion Group 10:30 Circuit Exercise 11:00 IN2L:Google Arts & Culture 1:00 Knit, Crochet & Needlework Club 2:00 Bingo 3:00 Afternoon Movie 3:30 Woodworking Projects 7:00 Evening Movie	11 9:30 Visit with Vets Coffee Chat 10:15 Chair Exercise 10:45 IN2L: This or That Chat 1:15 Shopping at Gallatin Valley Mall* 1:30 Bible Study with Bill Bell 2:00 Crazy Combos Comedy Card Game 3:00 Sing Along with Grace 4:00 Coloring for Relaxation 7:00 Evening Move	12 9:30 Saturday Sweet Treats 9:30 Coffee at Coldsmove* 10:30 Table Topics 1:00 Theater: 7 Yards Documentary 2:00 Bingo 3:00 Afternoon Movie 3:30 Clay Sculpting 4:00 IN2L: Bob Ross Art 7:00 Evening Movie
13 <u>National Radio Day</u> 9:00 Fruit Smoothies 9:30 Church Transportation* 10:00 One on One Visits 1:00 Calvary Baptist Church Service 2:00 Intermountain Opera: Montana Mikado* 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 IN2L:Classic Radio Shows 7:00 Evening Movie	14 <u>Valentine's Day</u> 9:00 Morning Brain Teasers 10:00 Valentine's Trivia 11:30 Valentine's Day Lunch 1:30 Men's Strength Training 1:30 Bridge Game 2:00 Bingo 3:30 Sparkling Strawberry Floats 4:00 IN2L Music: Love Songs 7:00 Evening Movie	15 9:30 Red Velvet Lattes 10:00 IN2L Trivia 10:45 Zumba Gold Exercise 1:00 Indoor Walking Club 2:15 Music & Movement Drumming Exercise 3:00 Afternoon Movie 3:30 Renter's Insurance Informational Presentation 7:00 Evening Movie	16 9:30 Exercise with Cheryl 10:30 Snack Chat: Behind the Music Short Stories 12:45 Visit from Bookmobile 1:00 Theater: Planet Earth Documentary 2:00 Music with Edis & Cliff 3:15 Catholic Mass 3:30 Galentine's Day Ladies Tea Party* 7:00 Evening Movie	17 9:00 Resident Store 9:30 You Be the Judge Discussion Group 10:30 Circuit Exercise 11:00 IN2L:Google Arts & Culture 1:00 Knit, Crochet & Needlework Club 2:00 Bingo 3:00 Afternoon Movie 3:30 Activity Forum 7:00 Evening Movie	18 9:30 Visit with Vets Coffee Chat 10:15 Chair Exercise 10:45 Lunch at Olive Garden* 1:00 IN2L: TED Talks 1:30 Bible Study with Bill Bell 2:00 HeadBands Game 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Coloring for Relaxation 7:00 Evening Move	19 9:30 Saturday Sweet Treats 10:15 Reader's Digest Fun Facts 1:00 Theater: Night on Earth Documentary 2:00 Bingo 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie
20 <u>Chocolate Week</u> 9:00 Fruit Smoothies 9:30 Church Transportation* 10:00 One on One Visits 1:00 Calvary Baptist Church Service 2:00 Baking Club 2:30 Ecumenical Service 3:00 Afternoon Movie 3:45 IN2L: Family Feud Game 7:00 Evening Movie	21 9:00 Morning Brain Teasers 10:00 Shopping at Target* 11:00 IN2L Short Videos: Chocolate Fun Facts 1:30 Men's Strength Training 1:30 Bridge Game 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 4:00 IN2L Music 7:00 Evening Movie	22 9:00 Walker/Wheelchair Repair Clinic 9:30 Banana Coconut Lattes 10:00 IN2L Chocolate Trivia 10:45 Zumba Gold Exercise 1:00 Indoor Putting (Golf) 2:15 Roll It Play It Dice Game 3:00 Afternoon Movie 3:30 Health Talk & Chocolate Strawberry Sundaes 7:00 Evening Movie	23 9:30 Exercise with Cheryl 10:30 Snack Chat: History of Chocolate 10:30 Greeting Card Sales 1:00 Theater: Planet Earth Documentary 1:00 Catholic Communion 2:00 Cooking Club 3:30 Happy Hour with Alice & Ray 7:00 Evening Movie	24 9:00 Resident Store 9:30 You Be the Judge Discussion Group 10:30 Circuit Exercise 11:00 IN2L:Google Arts & Culture 1:00 Knit, Crochet & Needlework Club 2:00 Bingo 3:30 Create Your Own Chocolate Candy Bar 7:00 Evening Movie	25 9:30 Visit with Vets Coffee Chat 10:15 Chair Exercise 10:45 IN2L: Would You Rather 12:00 February Birthdays Lunch* 1:30 Bible Study with Bill Bell 1:30 Shopping at 2nd Hand Rose Thrift Store* 3:00 Sing Along with Grace 4:00 Chocolate Wine Tasting 7:00 Evening Move	26 9:30 Saturday Sweet Treats 10:15 Reader's Digest Fun Facts 1:00 Theater: Audrey Hepburn Documentary 2:00 Bingo 3:30 Chocolate Dipped Treats Taste Test 4:00 IN2L: Bob Ross Art 7:00 Evening Movie
27 9:00 Fruit Smoothies 9:30 Church Transportation* 10:00 One on One Visits 1:00 Calvary Baptist Church Service 1:45 Bozeman Symphony: Mozart's Jupiter* 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 Backroads of Montana 7:00 Evening Movie	28 9:00 Morning Brain Teasers 10:00 Shopping at Winco* 11:00 IN2L: Rick Steves Travel 1:30 Men's Strength Training 1:30 Bridge Game 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 4:00 IN2L Music 7:00 Evening Movie					