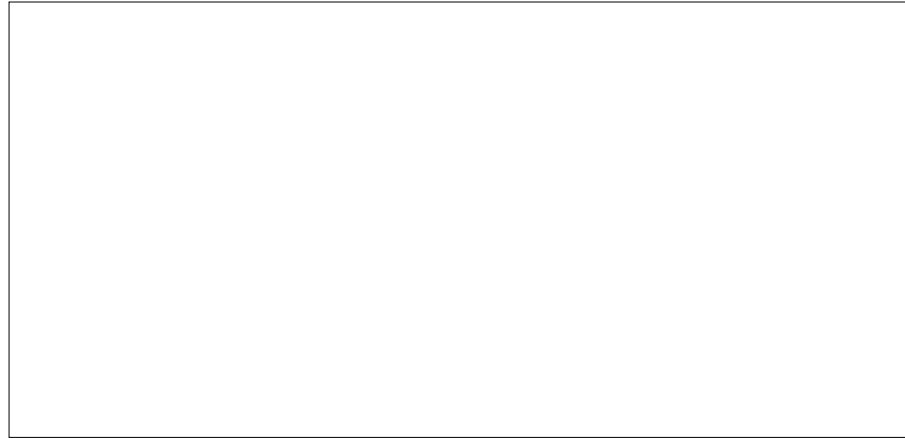




1547 N. Hunters Way
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Stamp



Leadership Team

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Tina Thompson

Dining Services Director:
Tim Green

Maintenance Director:
Garret Hoffmaster

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



Bozeman Lodge News

March 2022 Newsletter



2 Caffeine: Friend or Foe?
3 What's New & Team Spotlight
4 - 5 Activities Calendar

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8 Mission & Team

Spilling the Beans on Caffeine: Is Your Cup of Joe a Friend ...or a Foe?

Most of us have a relationship with caffeine - whether we love it to love it, or wish we didn't want it. It's in coffee, soda, and tea that we drink (unless we opt for decaf, though even *that* has a little), and we turn to it in times of tiredness for a quick energy boost.

This National Caffeine Awareness Month, we've set out to unearth facts about caffeine that are worth poring over.

First off, if you're wondering what exactly caffeine is, ponder no further. Caffeine is a bitter stimulant substance whose chemical name is trimethylxanthine. It occurs naturally in the fruit, leaves, and beans of coffee, cacao, and guarana plants. Human-made caffeine also exists and is added to some medicines, foods, and drinks.

When consumed, caffeine is typically absorbed by the human body within 45 minutes. An average 8-ounce cup of coffee has 95 milligrams of caffeine, but can vary. According to the Mayo Clinic, up to 400 milligrams of caffeine per day is safe for most healthy adults. Though, there are different recommendations for pregnant and breastfeeding women, and the American Academy of Pediatrics discourages caffeine for children.

There are both pros and cons to caffeine intake for adults. On the upside, it can increase energy, speed up reaction times,



Did you know? Caffeine can be found in chocolate. It can also be hidden in some yogurt, ice cream, and protein bars! If seeking a non-caffeinated energy boost, consider having some blueberries!

and aid in concentration. Coffee, specifically, is said to have some health benefits, from slowing cognitive decline in older adults to protecting against certain cancers and Type Two Diabetes. As for drawbacks, it may bring on stomach acid release (heartburn), increase blood pressure, and act as a diuretic. It can also interact poorly with some medications. For some with caffeine sensitivity, even small amounts can cause restlessness, sleep issues, and anxiety.

An area where opinions vary is its level of addictiveness. The facts are: it does raise dopamine a little, and can bring withdrawal symptoms if one stops intake.

So...Stick with or skip? For those who enjoy caffeinated beverages or foods, as with anything, it's best to enjoy in moderation. Let us know your thoughts about caffeine in our newsletter post on our facebook.

Special Moments



Happy Birthday!

Kay M.: March 11	Bill M.: March 20
Nancy W.: March 19	David F.: March 21
Bob R.: March 20	

Those born in March are Pisces (Feb. 19 - March 20) and Aries (March 21 - April 19). The birthstones for March are aquamarine and bloodstone (which is dark green). The birth flowers for March are the daffodil and jonquil. March babies are said to have a sunny disposition!



March 2022 Highlights

March observes Women's History Month, Nutrition Month, and National Red Cross Month. It celebrates crafting, aviation, and cleaning!

- | | |
|--|--|
| 01 Mardi Gras Lunch Party | 16 Lucky Twister Prize Game |
| 02 Visit from the Bookmobile | 17 St. Patrick's Day Lunch Party |
| 03 Sign our Employee Appreciation Banner | 17 Irish Coffee Cocktails |
| 04 Resident Council Meeting | 18 Shopping at Gallatin Valley Mall |
| 06 Oreo Pudding Cup Treats | 21 Poetry Fun with Mallory |
| 07 Shopping at Smith's | 22 Have Fun with Art Class |
| 07 Music Therapy with Trina | 23 Happy Hour with Alice and Ray |
| 08 Bird Talk with Angela an Aka | 24 Health Talk and Treats |
| 09 Blood Pressure Clinic with Encompass | 25 Shopping at Winco* |
| 10 Help us Fill our Kindness Tree | 25 Totes of Hope Packing Party |
| 11 Lunch at Olive Garden* | 25 Walking Meditation: Indoor Labyrinth |
| 11 Make a Shamrock Door Hanger | 26 Pictogram Puzzles with Mallory |
| 12 Girl Scout Cookie Tasting | 27 Bozeman Symphony "Scheherazade" |
| 14 Shopping at Target* | 28 Book Club Meeting |
| 15 Bird Talk with Angela & Angus | 31 Independence Cinema: Virtual Dance Show |
| 16 Music with Edis & Cliff | |

Spring forward! Sunday, March 13, set your clocks forward one hour!



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: Bozeman-lodge.com.



Visit our facebook at:
[Facebook.com/BozemanLodge](https://www.facebook.com/BozemanLodge)

March 12th celebrates Plant a Flower Day!

We're sharing our favorite flowers!

"Carnations" - Tina

"Lavender" - Blake

"Hyacinth" - Angela

"Sunflowers" - Scarlett

"Orchards" - Thomas

What's New in March

Here are a few March highlights you won't want to miss!

- Tuesday, March 1st is Mardi Gras and we're celebrating with a traditional craw fish boil lunch and an indoor parade at 3:30 pm
- Encompass Health will be hosting a blood pressure clinic for all residents, free of charge, on Wednesday the 9th at 10:00 am
- Activities Assistant Angela will be holding 2 bird talks, one with her cockatoo Angus, and another with her sun conure Aka
- March is Spiritual Wellness Month, so be sure to stop by and try our indoor labyrinth the weekend of 25th-28th
- We're creating Totes of Hope in honor of March being Red Cross Month. Watch for information and updates to be posted around the Lodge.

Please Note: There are some changes to the church service times:

- Ecumenical Services will now be held at 2:30pm every Sunday
- Calvary Baptist Church service time will be changing to 10:00am starting March 20th



Meet Maizie

Maizie Poor, a Montana native, attended the Academy of Cosmetology here in Bozeman and said she knew, even before graduating, that she wanted to work in senior living! While looking for a place to open Maizie Poor Beauty, she was excited to hear that the Lodge had an opening in our newly remodeled salon space. It was a perfect fit! Maizie has a passion for getting to know people, hearing their stories, and building lasting relationships. She offers a truly one stop shop in her salon for both men and women. Beyond hair cuts, color, and styling, she also offers manicures, and recently added pedicures and nail clipping to her services. When asked what she likes to do best, she said shampoo sets and perms are her favorite. Maizie is continuing her education and will soon be certified to offer wigs and hair extensions. She has service lists and contact information available at the salon, as well as the front desk, to make scheduling appointments easy. We are so happy she's chosen the Lodge as her "home" for Maizie Poor Beauty!

MARCH 2022

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 Fat Tuesday/Mardi Gras 9:30 King Cake Cold Brew Coffee 10:00 IN2L:History of MardiGras 11:30 Mardi Gras Lunch Party 2:00 Walker/Wheelchair/ Scooter Decorating 3:00 Afternoon Movie 3:30 Resident and Staff Mardi Gras Parade 4:15 IN2L: Jazz Music 7:00 Evening Movie	2 Ash Wednesday 9:30 Exercise with Cheryl 10:15 Snack Chat: Did You Know? March Fun Facts 12:45 Visit from Bozeman Library Bookmobile 1:00 Catholic Communion 2:00 Ladderball in the Lobby 3:00 Afternoon Movie 4:00 Museum of the Rockies Virtual Presentation 7:00 Evening Movie	3 9:00 Resident Store 10:00 You Be the Judge: True Stories Discussion 11:00 IN2L:Trivia 1:00 IN2L: The Artist Gallery 2:00 Bingo 3:00 Afternoon Movie 3:30 Decorate/Sign an Employee Appreciation Banner 4:00 IN2L Music 7:00 Evening Movie	4 9:30 Visit with Vets Coffee Chat 10:30 Circuit Exercise 1:30 Bible Study with Bill Bell 2:30 Resident Council Meeting 3:00 Afternoon Movie 4:00 Artist Impressions: Coloring for Relaxation 7:00 Evening Movie	5 National Math Day 9:30 Saturday Sweet Treats 10:15 IN2L: Numbers Quiz 10:45 Strength & Stretch 1:00 Theater: Chasing Coral Documentary 2:00 Bingo 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie	
	6 9:00 Fruit Smoothies 10:00 One on One Visits 10:00 Christ the King Lutheran Service via Video 1:00 Calvary Baptist Church Service 2:00 Oreo Pudding Cup Treats 3:00 Afternoon Movie 4:00 IN2L: Rick Steve’s Travel 7:00 Evening Movie	7 9:00 Morning Brain Teasers 9:45 Shopping at Smith’s* 11:00 IN2L: Laughter in Paradise 1:30 Men’s Strength Training 1:30 Bridge Game 2:15 Music Therapy w/ Trina 3:00 Afternoon Movie 3:30 Painting Club 7:00 Evening Movie	8 International Women’s Day 9:30 Blueberry White Hot Chocolate 10:00 IN2L: Famous Female Inventors 10:45 Zumba Gold Exercise 1:00 IN2L: Finding America 2:00 Card Game in the Bistro 3:00 Afternoon Movie 3:30 Bird Talk with Angela & Aka the Sun Conure 7:00 Evening Movie	9 9:30 Exercise with Cheryl 10:00 Blood Pressure Clinic with Encompass Health 10:15 Snack Chat: Behind the Music Short Stories 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 Intl. Awesomeness Day 9:00 Resident Store 10:00 Fill Our Kindness Tree 11:00 IN2L: Trivia 1:00 IN2L: Home State History Learn & Share Fun Facts 3:00 Afternoon Movie 3:30 Hot Chocolate Cocktails 4:00 IN2L Music 7:00 Evening Movie	11 9:30 Visit with Vets Coffee Chat 10:45 Lunch at Olive Garden* 1:30 Bible Study with Bill Bell 2:00 Make a Shamrock Door Hanger 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Museum of the Rockies Virtual Presentation 7:00 Evening Movie	12 Girl Scouts Day 9:30 Saturday Sweet Treats 9:30 Coffee at Coldsmoke* 10:30 IN2L: Western TV 1:00 Theater: 7 Yards Documentary 2:00 Bingo 3:00 Afternoon Movie 3:30 Girl Scout Cookie Tasting 7:00 Evening Movie
	13 Daylight Savings Time 9:00 Fruit Smoothies 10:00 One on One Visits 11:00 IN2L: Wordle Brain Game 1:00 Calvary Baptist Church Service 2:00 Scenic Drive* 2:30 Ecumenical Service 4:00 IN2L: Rick Steve’s Travel 7:00 Evening Movie	14 9:00 Morning Brain Teasers 9:45 Shopping at Target* 11:00 IN2L: Laughter in Paradise 1:30 Men’s Strength Training 1:30 Bridge Game 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 7:00 Evening Movie	15 9:30 Shamrock Shakes 10:00 IN2L: Ides of March Trivia 10:45 Zumba Gold Exercise 1:00 IN2L: Finding America 2:00 Dice Game in the Bistro 3:00 Afternoon Movie 3:30 Bird Talk with Angela & Angus 7:00 Evening Movie	16 9:30 Exercise with Cheryl 10:15 Snack Chat: Have You Ever Game 12:45 Visit from Bozeman Library Bookmobile 1:00 Theater: Planet Earth Documentary 2:00 Music with Edis & Cliff 3:15 Catholic Mass 3:30 Lucky Twister Game 7:00 Evening Movie	17 St. Patrick’s Day 9:00 Resident Store 10:00 You Be the Judge: True Stories Discussion 11:30 St. Patrick’s Day Lunch 1:00 IN2L: The Artist Gallery 2:00 Bingo 3:00 Afternoon Movie 3:30 Irish Coffee Cocktails 4:00 IN2L: Irish Music 7:00 Evening Movie	18 9:30 Visit with Vets Coffee Chat 10:30 Circuit Exercise 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 Artist Impressions: Coloring for Relaxation 7:00 Evening Movie	19 Let’s Laugh Day 9:30 Saturday Sweet Treats 10:15 Laugh Therapy 10:45 Strength & Stretch 1:00 Theater: Dolly Parton Documentary 2:00 Bingo 3:00 Afternoon Movie 4:00 IN2L: Classic Comedy Marathon 7:00 Evening Movie
	20 First Day of Spring 9:00 Fruit Smoothies 10:00 Calvary Baptist Church Service 11:00 IN2L: Wordle Brain Game 1:00 IN2L: Classic TV 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 IN2L: Rick Steve’s Travel 7:00 Evening Movie	21 World Poetry Day 9:00 Morning Brain Teasers 10:00 5 Minute Mysteries 11:00 IN2L: Laughter in Paradise 1:30 Men’s Strength Training 1:30 Bridge Game 2:00 Bingo 3:00 Afternoon Movie 3:30 Poetry with Mallory 7:00 Evening Movie	22 9:00 Walker/Wheelchair Repair Clinic 9:30 Blackberry Hot Cocoa 10:45 Zumba Gold Exercise 1:00 IN2L: Finding America 2:00 Have Fun with Art Class 3:00 Afternoon Movie 4:00 Ladderball in the Lobby 7:00 Evening Movie	23 9:30 Exercise with Cheryl 10:15 Snack Chat 1:00 Theater: Planet Earth Documentary 1:00 Catholic Communion 2:00 Cooking Club 3:00 Afternoon Movie 3:30 Happy Hour with music by Alice & Ray 7:00 Evening Movie	24 9:00 Resident Store 10:00 Get to Know Your Neighbor Group Chat 11:00 IN2L: Trivia 1:00 IN2L: Home State History Learn & Share Fun Facts 2:00 Bingo 3:00 Afternoon Movie 3:30 Health Talk and Treats 7:00 Evening Movie	25 Medal of Honor Day 9:30 Visit with Vets Coffee Chat 9:45 Shopping at Winco* 1:30 Bible Study with Bill Bell 2:00 Totes of Hope Packing Party 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Walking Meditation: Indoor Labyrinth 7:00 Evening Movie	26 9:30 Saturday Sweet Treats 10:15 Pictogram Puzzles with Mallory 1:00 Theater: My Octopus Teacher Documentary 2:00 Bingo 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie
	27 9:00 Fruit Smoothies 10:00 Calvary Baptist Church Service 11:00 IN2L: Wordle Brain Game 1:45 Bozeman Symphony “Scheherazade”* 2:30 Ecumenical Service 4:00 IN2L: Rick Steve’s Travel 7:00 Evening Movie	28 9:00 Morning Brain Teasers 10:00 5 Minute Mysteries 11:00 IN2L: Laughter in Paradise 1:30 Men’s Strength Training 1:30 Bridge Game 2:00 Bingo 3:00 Afternoon Movie 3:30 Book Club Meeting 7:00 Evening Movie	29 9:30 Coffee Breakfast Smoothies 10:45 Zumba Gold Exercise 1:00 IN2L: Finding America 2:00 Board Games in the Bistro 3:00 Afternoon Movie 4:00 Indoor Putting Green 7:00 Evening Movie	30 9:30 Exercise with Cheryl 10:15 Snack Chat 12:45 Visit from Bozeman Library Bookmobile 1:00 Theater: Planet Earth Documentary 1:00 Catholic Communion 2:00 Cooking Club 3:30 Happy Hour with music by Alice & Ray 7:00 Evening Movie	31 9:00 Resident Store 10:00 You Be the Judge: True Stories Discussion 11:00 IN2L: Trivia 12:00 March Birthdays Luncheon* 2:00 Bingo 3:00 Afternoon Movie 4:00 IndepeDANCE: Cinema Virtual Dance Show 7:00 Evening Movie		