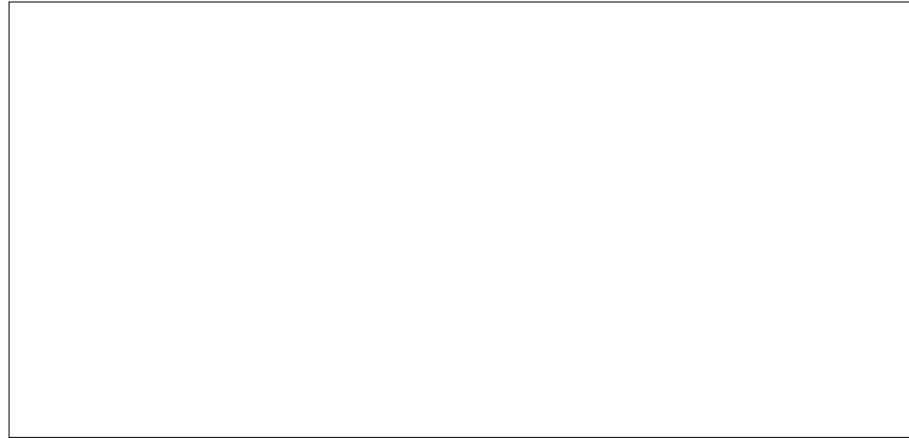




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Tim Green
Maintenance Director:
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Our mission is to create and sustain comfortable, caring environments for those who depend on us.

Bozeman Lodge News

July 2022 Newsletter



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3 Team Spotlights
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6 Highlights
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Social Wellness Efforts Impact Overall Health

July, with its warm weather and ample gathering opportunities, is the perfect occasion for **Social Wellness Month**. It's a time for celebrating connections and relationships with others, as well as support systems we have in place.

The counseling group Words of Wellness so-named the monthlong observance, but social wellness has long been valued. In July of 1905, Dr. Joseph Hersey Pratt pioneered group therapy among tuberculosis patients in Boston, making its mark for decades to follow. Then in 1948, the World Health Organization identified how social wellness positively impacts overall health.

According to the Mayo Clinic, research shows strong social nets positively impact our ability to handle stress, cardiovascular functions, and self-esteem. Harvard Medical School shared that studies indicate people with satisfying relationships have fewer health problems and live longer, while those lacking social ties may suffer from depression and cognitive decline in later life.

At our community, we encourage social wellness through group activities and events. Live music is an interactive opportunity we love opening our doors for. We welcome visitors and volunteers of all walks of life who share their time and talents with us. We also welcome the greater community to our events in the hope that connections will be made, and great times will be had.

Steps Toward a More Social You

To increase your social wellness, consider actions you can work into your daily life.

- Know you can start small. Wave, smile, and say, "Hi, How are you?" That can open doors for great conversation.



The more, the merrier! Taking part in a holiday event can be a fun, easy way to naturally engage with others.

- Take part in art, fitness, music, cooking gardening, spiritual, or game groups.
- Volunteer to share your experience with others or teach a skill to others.
- Be there for people by being present with them and being a good listener.
- Be an active conversationalist. Ask others questions in conversation, and let people know when you relate with them.
- Express gratitude and compliments toward others in a genuine manner.
- Enjoy others' successes with them.
- Schedule things on your calendar. It may encourage or remind you to engage more.

While social wellness is an area that takes time to grow, it's certainly one whose benefits can be felt after socializing. We hope that you find some of the suggestions here helpful if you're looking to grow in relationships with others. Let us know how these ideas work for you on our Facebook on the 1st!



Special Moments



Happy Birthday!

Grace P.: July 3	Harry S.: July 10
Gay H.: July 3	Mary Lou A.: July 17
Sally D.: July 4	Tommy T.: July 21
Joan S.: July 6	Priscilla W.: July 24
Nanette M.: July 7	Judy W.: July 26

Those born in July are either Cancer (June 21-July 22) or Leo (July 23-August 22). The birthstone for July is ruby. The birth flowers for July are larkspurs (delphinium) and water lilies. July babies are said to have a sunny disposition and great self control.



July 2022 Highlights

July observes Eye Injury Prevention, Minority Mental Health, Social Wellness, and UV Safety. It celebrates: Blueberries, Baked Beans, Culinary Arts, Grilling, Horseradish, Hot Dogs, Ice Cream, Independent Retailers, Peaches, Picnics, and Watercolors!

- | | |
|---|--|
| 01 Shopping at Rosauers* | 16 Northern Cheyenne Singers at Headwaters Park* |
| 01 Fireworks Show on the Patio | 18 Book Club Meeting |
| 02 Patriotic Music & Movement Drumming Exercise | 19 Banana Splits & Fun Facts Trivia |
| 04 4th of July BBQ Lunch & Soda Floats on the Patio | 20 Frosted Strawberry Lemonade Treats on the Patio |
| 05 Banana Splits Pudding Cups on the Patio | 20 Classic Car Inspired Painting Club |
| 06 Pet Therapy: Mini Ponies from Eagle Mount | 21 Place Your Bets: Staff Racing Game |
| 06 Meet our New Occupation Therapist & Ice Cream | 21 Free Theater in the Park: Belgrade High Alumni |
| 07 Exercise with Anna | Players Present: Hibernator's Anonymous |
| 07 Malcom's British Road Trip Presentation & Treats | 22 Shopping at Safeway* |
| 08 Make Art in the Park & Sack Lunch* | 23 Classic Car Show & BBQ in the Parking Lot |
| 09 Gardening Club: Help Clean Up the Rose Garden | 23 Snow Cones on the Patio |
| 09 Prize Fishing Game on the Patio | 25 Picnic Lunch at Hyalite* |
| 11 Butte Historic Trolley Tour & Lunch in Butte* | 26 Safe Banking for Seniors Presentation |
| 12 Italian Sodas on the Patio | 26 Watermelon Italian Ice Treats on the Patio |
| 13 Music with Edis & Cliff | 27 Happy Hour with Alice & Ray |
| 13 Health Talk & Happy Hour with Stillwater Hospice | 28 Decorate a Flower Pot* |
| 14 Cottage Happy Hour | 28 Free Theater in the Park: Belgrade High Alumni |
| 15 Shopping at Target* | Players Present: De Pied Piper |
| 15 Bird Watching Club & Frozen Strawberry Treats | 29 Shopping at Dollar Tree/Hobby Lobby* |
| 16 Shake & Make Your Own Ice Cream | |

Coming Up in July:

Butte Historic Trolley Tour Monday, July 11th

"The trolley tour lasts about 2 hours and is lead by local experts on the area and colorful history. You'll learn about Butte's rich mining and cultural history, which dates back to the middle of the 19th century."

The bus will leave at 8:00am, with the tour beginning at 10:00am. We will have lunch in Butte after the tour. Bring money for lunch.

The tour costs \$20. Sign Up and Pay by Monday July 4th.

Other Highlights:

- Eagle Mount will be bringing mini ponies to visit. Find them on the patio!
- Enjoy an Ice Cream Social and meet Brittney, our new OT
- Malcom from Enhabit Home Health will be giving a British "Road Trip" Presentation with British Treats
- Stillwater Hospice will host a health talk and happy hour
- Our Classic Car Show is on July 23. Have a car or know someone who does? We'd love to have them come!
- First Interstate Bank will give a "Safe Banking for Seniors" Presentation



Staff Spotlight: Annette

Annette, a caregiver, is our employee of the month! A Bozeman native, she's worked at the Lodge for 3 months. Previously, she also worked as a Deputy Sheriff and supervisor at a microbiology lab. Annette has 3 children and 3 grandchildren. Outside of work, her hobbies include hiking and building things from old barn wood. She says Sourdough Trail and the M are her favorite local hikes. Her favorite type of food is Mexican food, and her favorite colors are pink and red. Annette loves working here at the Lodge and helping take care of our residents. She says it truly feels like family.

**Thank you for your dedication
Annette!**



Meet Brittney Schmit

Brittney Schmit is our new in-house Occupational Therapist. She'll be working with Anna as part of the ONR Touch team. Brittney was born and raised in Bismarck, ND and recently graduated with her Doctorate in Occupational Therapy from the University of Mary in Bismarck. She has also lived in Nebraska, Colorado, and Oregon. She enjoys spending time with friends and family, as well as hiking with her dog. Having a love for adventure and the outdoors, she's excited to be in Bozeman and working here at the Lodge.

Be sure to stop by and say "Hello"! You can find her in the ONR Touch Therapy Office, located on the 2nd floor in room #217.

JULY 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 9:45 Shopping at Rosauers* 10:00 IN2L: Chair Dancing Exercise 11:00 IN2L: Wordle Brain Game 12:00 Mini Cognition Screen Clinic 1:30 Bible Study with Bill Bell 2:30 Resident Council Meeting 3:00 Afternoon Movie 4:00 Anyone Can Craft: Patriotic Fabric Plates with Amber 5:30 Firework Show on the Patio 7:00 Evening Movie	2 9:30 Fruit Smoothies 10:15 Gardening Club 11:00 IN2L: Good Cause Trivia 1:00 Theater: The Short Game 2:00 Bingo 3:00 Afternoon Movie 3:30 Music & Movement Drumming Exercise 4:00 IN2L: Bob Ross Art 7:00 Evening Movie
3 9:30 Coffee Klatch & Cinnamon Rolls 10:00 Calvary Baptist Service 11:00 IN2L: Wordle Brain Game 1:00 Walk with Your Neighbors 2:30 Ecumenical Service via Video 3:00 Afternoon Movie 4:00 Backroads of Montana 7:00 Evening Movie	4 Independence Day! 9:30 This Week in History 10:00 Coffee Chat 11:30 4th of July BBQ Lunch 1:00 IN2L: Patriotic Music 2:00 Bingo 3:00 Afternoon Movie 3:30 Soda Floats Social on the Patio 4:00 IN2L: National Independence Day Parade in Washington DC 7:00 Evening Movie	5 9:30 Sparkling Iced Coffee 10:15 Circuit Exercise 11:00 IN2L: Brain Games 1:30 Bridge Club 2:30 Writing Club with Mallory 3:00 Afternoon Movie 3:30 Banana Split Pudding Cups on the Patio 4:00 Ladderball League 7:00 Evening Movie	6 9:30 Exercise with Cheryl 10:15 IN2L: Trivia 10:30 Greeting Card Sales 11:00 Photography Club 1:00 Catholic Communion 2:00 Pet Therapy: Mini Ponies from Eagle Mount 3:00 Afternoon Movie 3:30 Ice Cream Social & Meet Our New Occupational Therapist 7:00 Evening Movie	7 9:00 Resident Store 9:30 Current Events 10:00 Exercise with Anna 11:00 Great Courses: Lifelong Learning Lectures 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 4:00 Malcom’s British Road Trip Presentation & Treats 7:00 Evening Movie	8 10:00 IN2L Exercise: Chair Yoga 10:30 Make Art in the Park & Sack Lunch* 11:00 IN2L: Wordle Brain Game 1:30 Bible Study with Bill Bell 2:00 Play Scrabble 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 IN2L: Guided Meditation 7:00 Evening Movie	9 9:30 Gardening Club: Help Clean Up the Rose Garden 11:00 Balloon Volleyball 1:00 Theater: Won’t You Be My Neighbor? Documentary 2:00 Bingo 3:00 Afternoon Movie 3:30 Prize “Fishing” Game 4:00 IN2L: Bob Ross Art 7:00 Evening Movie
10 9:30 Coffee Klatch & Cinnamon Rolls 10:00 Calvary Baptist Service 11:00 IN2L: Wordle Brain Game 1:00 Walk with Your Neighbors 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 PBS: Nova 7:00 Evening Movie	11 8:00 Butte Historic Trolley Tour & Lunch* 9:30 This Week in History 10:00 Coffee Chat 1:30 Men’s Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 7:00 Evening Movie	12 9:30 Coconut Milk Matcha Tea 10:15 Chair Exercise 11:00 IN2L: Google Arts & Culture 1:30 Bridge Club 2:30 Writing Club with Mallory 3:00 Afternoon Movie 3:30 Italian Sodas on the Patio 4:00 Play Cornhole 7:00 Evening Movie	13 9:30 Exercise with Cheryl 10:15 IN2L: Word Games 11:00 Poetry Reading w/ Amber 12:45 Visit from Bookmobile 1:00 Catholic Communion 2:00 Music with Edis & Cliff 3:00 Afternoon Movie 4:00 Health Talk & Happy Hour with Stillwater Hospice 7:00 Evening Movie	14 9:30 Current Events 10:00 Exercise with Anna 11:00 Great Courses: Lifelong Learning Lectures 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:45 Cottage Happy Hour 7:00 Evening Movie	15 9:45 Shopping at Target* 10:00 IN2L: Chair Dancing Exercise 11:00 IN2L: Wordle Brain Game 1:30 Bible Study with Bill Bell 2:00 Bird Watching Club w/ Frozen Strawberry Whip Treat 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 IN2L: Guided Meditation 7:00 Evening Movie	16 9:30 Fruit Smoothies 10:15 Gardening Club 11:00 IN2L:Good Cause Trivia 1:00 Theater: Expedition Happiness Documentary 2:00 Bingo 3:00 Afternoon Movie 3:30 Shake & Make Ice Cream 5:45 Northern Cheyenne Singers at Headwaters State Park* 7:00 Evening Movie
17 9:30 Coffee Klatch & Cinnamon Rolls 10:00 Calvary Baptist Service 11:00 IN2L: Wordle Brain Game 1:00 Walk with Your Neighbors 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 Backroads of Montana 7:00 Evening Movie	18 Classic Cars Week 9:30 This Week in History 10:15 “Plant, Pasta, or Fast Car?” Trivia 11:00 IN2L: Movie Memories Reminiscing Chat 1:30 Men’s Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Book Club Meeting 7:00 Evening Movie	19 9:30 Watermelon Smoothies 10:15 Circuit Exercise 11:00 IN2L: Brain Games 1:30 Bridge Club 2:30 Writing Club with Mallory 3:00 Afternoon Movie 3:45 Banana Splits & Fun Facts Trivia 7:00 Evening Movie	20 9:30 Exercise with Cheryl 10:15 IN2L: Family Feud 10:30 Greeting Card Sales 11:00 Photography Club 2:30 Frosted Strawberry Lemonade Treats on the Patio 3:00 Afternoon Movie 3:30 Catholic Mass 3:45 Classic Car Inspired Painting Club 7:00 Evening Movie	21 9:30 Current Events 10:00 Exercise with Anna 11:00 Great Courses: Lifelong Learning Lectures 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:30 Place Your Bets: Staff “Car” Racing Game 5:45 Live Theater in the Park* 7:00 Evening Movie	22 9:45 Shopping at Safeway* 10:00 IN2L: Chair Yoga 11:00 IN2L: Wordle Brain Game 1:30 Bible Study with Bill Bell 2:00 Play Gin Rummy 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 IN2L: Guided Meditation 7:00 Evening Movie	23 Classic Car Show Day! 9:15 Fruit Smoothies 9:45 Gardening Club 11:00 Classic Car Show & BBQ 1:00 Theater: Myth & Mogul: John Delorean Documentary 2:00 Bingo 3:00 Afternoon Movie 3:30 Enjoy a Snow Cone 7:00 Evening Movie
24 9:30 Coffee Klatch & Cinnamon Rolls 10:00 Calvary Baptist Service 11:00 IN2L: Wordle Brain Game 1:00 Walk with Your Neighbors 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 PBS: Nova 7:00 Evening Movie	25 9:30 This Week in History 10:00 Coffee Chat 11:15 Picnic at Hyalite* 1:30 Men’s Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 7:00 Evening Movie	26 9:30 Iced Mexican Mochas 10:30 Safe Banking Presentation by First Interstate Bank 1:30 Bridge Club 2:30 Laugh Therapy w/ Amber 3:00 Afternoon Movie 3:30 Watermelon Italian Ice Treats on the Patio 4:00 Ladderball League 7:00 Evening Movie	27 9:30 Exercise with Cheryl 10:15 IN2L: Trivia 11:00 Play “Name 5” Game 12:45 Visit from Bookmobile 1:00 Catholic Communion 2:00 Cooking Club 3:00 Afternoon Movie 3:45 Happy Hour with Alice & Ray 7:00 Evening Movie	28 9:00 Resident Store 9:30 Current Events 10:00 Exercise with Anna 11:00 Great Courses: Lifelong Learning Lectures 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:30 Decorate a Flower Pot* 5:45 Live Theater in the Park* 7:00 Evening Movie	29 9:45 Shopping at Dollar Tree/ Hobby Lobby 10:00 IN2L: Chair Dancing Exercise 11:00 IN2L: Wordle Brain Game 1:30 Bible Study with Bill Bell 2:00 Bird Watching Club w/ Jell-O Popsicles 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 IN2L: Guided Meditation 7:00 Evening Movie	30 9:30 Fruit Smoothies 10:15 Gardening Club 11:00 Balloon Volleyball 1:00 IN2L: Into the Inferno Documentary 2:00 Bingo 3:00 Afternoon Movie 3:30 Music & Movement Drumming Exercise 4:00 IN2L: Bob Ross Art 7:00 Evening Movie
31 9:30 Coffee Klatch & Cinnamon Rolls 10:00 Calvary Baptist Service 11:00 IN2L: Wordle Brain Game 1:00 Walk with Your Neighbors 2:30 Ecumenical Service via Video 3:00 Afternoon Movie 4:00 Backroads of Montana 7:00 Evening Movie	A * denotes signing up is required for that activity					