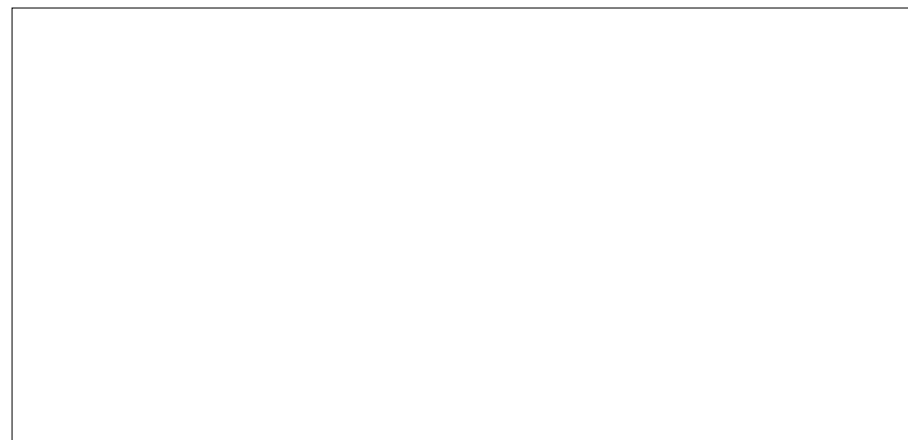




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Stamp



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Tina Thompson
Dining Services Director:
Tim Green
Maintenance Director:
Garret Hofmaster

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



Bozeman Lodge News

August 2022 Newsletter



2 A Look Into Eye Wellness
3 Team Spotlight & Fire Drill Info
4 - 5 Activities Calendar

6 Highlights & Birthdays
7 Special Moments & Luau Block Party
8 Mission & Team

Looking Forward Toward Improved Eye Wellness

Follow your medical professional's advice and speak with them before changing diet, exercise, or supplements.

Do either of these scenarios sound familiar? You're excitedly diving into a new book and you need to squint to see the words more clearly—or you're taking a walk and you look to the street signs, but they're not as clear as you expect them to be. Both frustrating instances example changes having occurred in the eyes. Fortunately, this Eye Exam Month, we've gathered insight that may be helpful toward improving eye wellness.

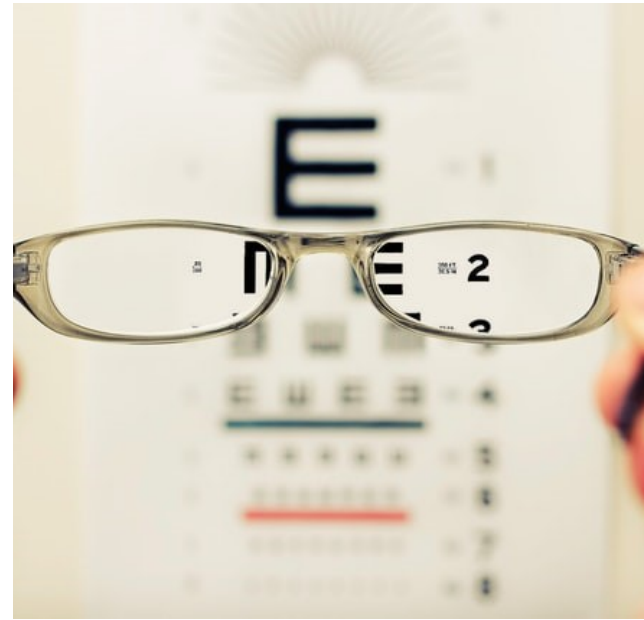
One of the best ways to stay on top of eye health is to have annual eye exams. That is at the top of all eye wellness insights we have to share.

Proactive measures through lifestyle are also important. Some recommendations from the National Eye Institute include having a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields as appropriate; avoiding smoking; reducing screen eyestrain by looking 20 feet before you for 20 seconds every 20 minutes; and cleaning hands often to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms is also helpful toward eye wellness. People with diabetes, high blood pressure, or medications that affect eyes have increased risk for vision problems.

When it comes to older adults, there are specific eye issues to watch for. A few include:

- Dry eye, in which not enough tears or quality tears are made, leading to poor vision
- Age-related macular degeneration, an issue that causes central (not side) vision loss. The



macula of the eye allows for fine detail and color, so when affected, reading, watching tv, and recognizing faces could be challenging.

- Cataracts, cloudy areas in the eye lens (usually in both eyes, to different degrees) can cause blurry vision, poor contrast awareness, dulled colors, and glare sensitivity.

- Glaucoma, a group of issues which damage the optic nerve, can in time take away side vision. While glaucoma is often painless with no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. There are also many prescription devices, like spectacle-mounted magnifiers for close tasks; hand-held or spectacle-mounted telescopes for near and far vision; handheld and stand magnifiers to assist with short-term reading; and video magnification that enlarges items on video.

Let us know if this information has been helpful for you in the comments section of our newsletter Facebook post on the first.

Special Moments



Summer Block Party

Join us on
Friday, August 12th
from 4:00-7:30pm
for our Summer Block Party!

Hosted out on the patio and lawn, this luau-themed event is one you won't want to miss! There will be a roasted pig and other tropical inspired food and drinks to enjoy. Families are invited to attend!

Please have guests RSVP by Monday, August 8th.

Leading into our luau, the week of August 8th-12th will have some fun tropical & beach inspired activities.



August 2022 Highlights

Observes: Eye Exams, Medic Alert Awareness, Immunizations, Water Quality, and Wellness

Celebrates: Black Businesses, Catfish, Crayons, Dogs, Family Fun, Goat Cheese, Golf, Happiness, Peace, and Sandwiches

- | | |
|---|---|
| 01 Crazy Mountain Museum & Lunch Outing* | 17 Annual Full Evacuation Fire Drill |
| 02 "Who Am I?" Celebrity August Birthday Trivia | 17 Music by Edis & Cliff |
| 03 Homemade Strawberry Watermelon Popsicles | 18 Cottage Happy Hour |
| 04 Finish the Song Line Trivia & Italian Sodas | 19 Let's Go Fishing Club* |
| 05 Shopping at Albertsons* | 20 Flav'r Ice Cream & Smoothie Shop* |
| 05 Resident Council Meeting | 21 "The Sound of Music" at the Ellen Theater* |
| 06 Sweet Pea Parade* | 22 Book Club Meeting |
| 08 Picnic at Headwaters State Park* | 23 Morning Meditation with Gina |
| 08 Paint Light Up Lighthouses Paintings | 24 Visit from Bozeman Library Bookmobile |
| 09 Harvest Your Own Pearl | 24 Frozen S'mores on the Patio |
| 10 Sweet Treat Cooking: Hawaiian Haupia | 25 Pick Up Dinner at Mark's In & Out in Livingston and Eat in Sacagawea Park* |
| 11 Bozeman Stampede Rodeo* | 26 Shopping at Target* |
| 12 Shopping at Town & Country* | 27 Music & Movement Drumming Exercise |
| 12 Luau Block Party | 30 Share a Story Club |
| 13 Gallatin Valley Farmer's Market | 30 Roast S'mores Around the Firepit |
| 15 Gates of the Mountains Boat Tour & Picnic* | 31 New Comers Social |
| 16 August in History Presentation | |

Happy Birthday!

Wybe D.: Aug. 1

Bob P.: Aug. 4

Lance B.: Aug. 14

Karen P.: Aug. 15

Maury K.: Aug. 22

Martha W.: Aug. 24

George E.: Aug 31

Those born in August are either Leo (Aug. 1-22) or Virgo (August 23-31). The birthstone for August is peridot. The birth flower for August is the gladiola. August babies are said to be natural leaders and teachers who thrive in the spotlight. They can often be described as charismatic.



Need to Know: August Fire Drill

On Wednesday, August 17th at 1:00 pm, we will be performing our annual Full Evacuation Fire Drill inside the main Lodge building. This is a safety procedure that will help our staff and residents be more educated and prepared in the event of an emergency. During the drill, you will hear the fire alarm go off for a short period of time.

Following the alarm, all residents will need to be accounted for in the lobby. Residents that are able should come to the lobby and check in with Garret. Once you check in, you'll be free to return to your apartment. Staff members will be on hand to help residents that may need some assistance getting to the lobby. Both elevators will be in service during this fire drill.

More information about the drill and procedures will be provided before the day of the drill.

To allow for staff participation and training, there will be no transportation services available August 17th after 12:00pm.



Staff Spotlight: Amanda U.

Amanda, a med tech, recently had her six year anniversary here at the Lodge! Originally from Ekalaka, MT, she moved to Bozeman to help take care of her mother. Amanda's been married for 14 years and has three children: two daughters and a son. She also has two dogs and a bearded dragon. Outside of work, Amanda loves to camp, hike, and ride ATVs. Her favorite color is green, and Mexican food is her favorite cuisine. Amanda says her favorite part of working at the Lodge is getting to know our residents and helping care for them so they can continue to be active and thrive. Her compassion truly shows, and she has a positive impact on everyone around her.

Thank you, Amanda, for six years of dedication and care!

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	1 9:30 This Week in History 9:30 Crazy Mountain Museum & Lunch* 10:30 Get to Know Your Neighbors Chat 1:30 Men’s Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 7:00 Evening Movie	2 9:30 Blackberry Iced Tea 10:15 Chair Exercise 11:00 IN2L: Brain Games 1:30 Bridge Club 2:30 Writing Club with Mallory 3:00 Afternoon Movie 3:30 “Who Am I?” August Birthday Trivia 7:00 Evening Movie	3 9:30 Exercise with Cheryl 10:30 Greeting Card Sales 11:00 IN2L: Building Icons 1:00 Catholic Communion 2:00 Homemade Strawberry Watermelon Popsicles 3:00 Afternoon Movie 3:30 Woodworking Club 7:00 Evening Movie	4 9:30 Current Events 10:00 Resistance Bands Exercise with Anna 11:00 IN2L: Crosswords 1:00 Knit/Crochet/Needlework Club 2:00 Bingo 3:00 Afternoon Movie 3:30 Finish The Song Line Trivia & Italian Sodas 7:00 Evening Movie	5 10:00 Shopping at Albertsons* 10:15 IN2L Exercise 11:00 IN2L: For A Good Cause Trivia 1:30 Bible Study w/ Bill Bell 2:30 Resident Council Meeting 3:00 Afternoon Movie 4:00 Water Balloon Games 7:00 Evening Movie	6 9:00 Sweet Pea Parade* 10:00 Gardening Club 11:00 IN2L:Family Feud 1:00 Theater: Our Great National Parks Documentary 2:00 Bingo 3:00 Afternoon Movie 3:30 Learn to Play Bananagrams Game 7:00 Evening Movie
7 9:30 Coffee Klatch & Cinnamon Rolls 10:00 Calvary Baptist Church Service 11:00 IN2L: Wordle Game 1:00 Walk with Your Neighbors 2:30 Ecumenical Service via Video 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie	8 Tropical Week 9:30 This Week in History 10:00 IN2L: This or That Chat 10:45 Picnic at Headwaters State Park* 1:30 Men’s Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club: Light Up Lighthouse Paintings 7:00 Evening Movie	9 9:30 Pina Colada Smoothies 10:15 Circuit Exercise 11:00 IN2L: Tropical Trivia 1:30 Bridge Club 2:30 Writing Club with Mallory 3:00 Afternoon Movie 3:30 Harvest Your Own Pearl 7:00 Evening Movie	10 9:30 Exercise with Cheryl 10:30 Sweet Treat Cooking: Hawaiian Haupia 12:45 Visit from Bookmobile 1:00 Catholic Communion 2:00 Play Scrabble 3:00 Afternoon Movie 3:45 Make Beach Inspired Jewelry or Trinkets 7:00 Evening Movie	11 9:30 Current Events 10:00 Chair Yoga with Anna 11:00 IN2L: Crosswords 1:00 Knit/Crochet/Needlework Club 2:00 Bingo 3:30 Hawaiian Delight Milkshakes on the Patio 5:30 Bozeman Stampede Rodeo* 7:00 Evening Movie	12 10:00 Shopping at Town & Country* 10:15 IN2L Exercise 11:00 IN2L: Hawaiian Poetry 1:30 Bible Study w/ Bill Bell 2:00 Play Gin Rummy 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Luau Block Party 7:00 Evening Movie	13 9:00 Gallatin Valley Farmer’s Market* 10:00 Gardening Club 11:00 Beach Ball Volleyball 1:00 Theater: Wild Babies 2:00 Bingo 3:00 Afternoon Movie 3:30 Music & Movement Drumming Exercise 7:00 Evening Movie
14 9:30 Coffee Klatch & Cinnamon Rolls 10:00 Calvary Baptist Church Service 11:00 IN2L: Wordle Game 1:00 Walk with Your Neighbors 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 IN2L: Short Stories Audio Books 7:00 Evening Movie	15 9:00 Gates of the Mountains Boat Tour & Picnic* 9:30 This Week in History 10:30 Get to Know Your Neighbors Chat 1:30 Men’s Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 7:00 Evening Movie	16 9:30 Brown Sugar Shaken Oat Milk Espresso 10:15 Chair Exercise 11:00 IN2L: Brain Games 1:30 Bridge Club 2:30 Writing Club with Mallory 3:00 Afternoon Movie 3:30 August in History: Presentation & Conversation 7:00 Evening Movie	17 9:30 Exercise with Cheryl 10:15 IN2L: Family Feud 10:30 Greeting Card Sales 1:00 Annual Full Evacuation Fire Drill 2:00 Music w/ Edis & Cliff 3:00 Afternoon Movie 3:15 Catholic Mass 3:30 Soda Floats on the Patio 7:00 Evening Movie	18 9:30 Current Events 10:00 Resistance Bands Exercise with Anna 11:00 IN2L: Crosswords 1:00 Knit/Crochet/Needlework Club 2:00 Bingo 3:00 Afternoon Movie 3:45 Cottage Happy Hour 7:00 Evening Movie	19 9:30 Let’s Go Fishing Club* 10:15 IN2L Exercise 11:00 IN2L: For A Good Cause Trivia 1:30 Bible Study w/ Bill Bell 2:00 Play Cribbage 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 IN2L: Price is Right Game 7:00 Evening Movie	20 9:30 Fruit Smoothies 10:00 Gardening Club 11:00 Poetry Reading with Amber 1:00 Theater: Our Great National Parks Documentary 2:00 Bingo 3:15 Trip to Flavr Ice Cream & Smoothie Shop* 7:00 Evening Movie
21 9:30 Coffee Klatch & Cinnamon Rolls 10:00 Calvary Baptist Church Service 11:00 IN2L: Wordle Game 2:00 “The Sound of Music” at the Ellen Theater* 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie	22 9:30 This Week in History 10:15 Born in August: Coco Chanel Presentation 11:00 IN2L: Some Good News 1:30 Men’s Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Book Club Meeting 7:00 Evening Movie	23 8:30 Meditation with Gina 9:30 Chocolate Strawberry Cold Brew 10:15 Circuit Exercise 11:00 IN2L: Trivia 1:30 Bridge Club 2:30 Writing Club with Mallory 3:00 Afternoon Movie 3:30 Word Ladders Game 7:00 Evening Movie	24 9:30 Exercise with Cheryl 10:30 IN2L: Virtual Vacation City Fly-Over 12:45 Visit from Bookmobile 1:00 Catholic Communion 2:00 Learn to Play: Left Center Right Dice Game 3:00 Afternoon Movie 3:30 Frozen S’mores on the Patio 7:00 Evening Movie	25 9:00 Resident Store 10:00 Chair Yoga with Anna 11:00 IN2L: Crosswords 1:00 Knit/Crochet/Needlework Club 2:00 Bingo 3:00 Afternoon Movie 4:00 Pick Up Dinner at Mark’s In & Out & Eat in the Park* 7:00 Evening Movie	26 10:00 Shopping at Target* 10:15 IN2L Exercise 11:00 WorLdle Geography Trivia Game 1:30 Bible Study w/ Bill Bell 2:00 Play Scrabble 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Banana Split Treats 7:00 Evening Movie	27 9:30 Fruit Smoothies 10:00 Gardening Club 11:00 Laugh Therapy with Amber 1:00 Theater: Wild Babies 2:00 Bingo 3:00 Afternoon Movie 3:30 Music & Movement Drumming Exercise 7:00 Evening Movie
28 9:30 Coffee Klatch & Cinnamon Rolls 10:00 Calvary Baptist Church Service 11:00 IN2L: Wordle Game 1:00 Walk with Your Neighbors 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 IN2L: Short Stories Audio Books 7:00 Evening Movie	29 9:30 This Week in History 10:15 IN2L: Some Good News 11:00 Google Arts & Culture 1:30 Men’s Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 7:00 Evening Movie	30 9:30 Peaches & Cream Drink 10:15 Chair Exercise 11:00 IN2L: Brain Games 1:30 Bridge Club 2:00 Share a Story Club 3:00 Afternoon Movie 4:00 Roast Marshmallows on the Patio 7:00 Evening Movie	31 9:30 Exercise with Cheryl 10:30 Greeting Card Sales 11:00 IN2L: Building Icons 1:00 Catholic Communion 2:00 Cooking Club 3:00 Afternoon Movie 3:30 New Comers Social 7:00 Evening Movie		A * denotes signing up is required for that activity	