



1547 N. Hunters Way
Bozeman, MT 59718

Stamp



Bozeman Lodge News

September 2022 Newsletter



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

Leadership Team
Phone: 406.522.5452
Email: info@bozeman-lodge.com
Website: bozeman-lodge.com
Facebook: BozemanLodge
Executive Director:
Tina Espeland
General Manager:
Andrew Steighner
Community Relations Director:
Caitlyn Stolz
Wellness Nurse:
Sabrina Colton
Business Office Director:
Susan Lang
Life Enrichment Director:
Tina Thompson
Dining Services Director:
Tim Green
Maintenance Director:
Garret Hofmaster

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Pain Points: Tips for Managing Chronic Pain

Note: This article is for informational purposes and should not be mistaken for medical advice. Please consult a physician or other medical professional or specialist for all health matters.

While pain is a fact of life, for some it is more than an occasional occurrence. One in five adults in America experiences chronic pain. It is one of the most common reasons adults seek medical care and it can last for months, years, and possibly for life.

There are many reasons a person may experience pain, including injury, illness, birth defect, and bodily wear and tear over time. Pain is personal, and everyone experiences it differently, making diagnosis and treatment difficult. However, there are several ways to combat pain, and find relief.

Ways to Manage Pain (without or in conjunction with the use of pharmaceuticals):

- Regular exercise, particularly activities that are designed to improve flexibility and muscle tone (think yoga, Pilates, swimming) can be therapeutic and help you manage and even prevent pain. We suggest working with your medical provider to outline an appropriate exercise plan that meets your needs.
- In the same spirit as exercise, physical therapy is an excellent way to manage pain by treating it at its source. Maintaining your physical therapy exercises, even after your visits are over, can also help prevent future injury and pain to compromised joints and ligaments.
- Cognitive Behavioral Therapy is a form of psychotherapy that has been shown to be an effective way to manage pain and associated emotions through exercising mindfulness, ultimately improving quality of life. When pain is constant, it wears down more than just your body. Instances of depression and anxiety are higher in those who experience chronic pain.



There are various paths to relief. Strength and resistance training—like using elastic bands shown above—can improve muscle strength, decrease stiffness, and lead to some relief from pain. Aerobic exercise like walking and swimming are linked to weight loss and can reduce joint pressure, improving pain symptoms. Explore what may work for you.

Pain Management for Seniors

As we age, our bodies become more susceptible to experiencing pain and injury. Additionally, those who experience cognitive impairment in the form of Alzheimer’s and other related dementia may find that pain management is complicated due to the difficulty they might experience in verbalizing the location and severity of pain.

It’s important to know that you and your loved ones don’t have to handle this alone. At our community, our care approach focuses on the individual needs of each resident, meeting them where they are. We incorporate the latest advances in building design and care philosophies to minimize the impact of our residents’ symptoms, enabling them to live comfortably and securely.

As with any medical topic, we suggest that your journey begins with an open conversation with your medical provider. Don’t be discouraged if it takes a while to find the answers you’re looking for – health is a journey after all.

Special Moments



In Our Words...

September 23rd marks the start of Autumn! These are our Fall Favorites:

“Fresh pressed apple cider” -Tina T.

“The fall colors” -Blake

“Cooler weather and crunchy leaves” -Alexis

“Fuzzy blankets” -Ella

“Pumpkin spice lattes” -Mallory



September 2022 Highlights

September Observes: World Alzheimer's Awareness, Healthy Aging, Intergenerational Ties, Pain Awareness, Prostate Health, and Self-Care.

September Celebrates: Americana, Chicken, Classical Music, Honey, Little League, Mushrooms, Piano, Potatoes, Rice, Sewing, and Square Dancing.

- | | |
|---|---|
| 01 Learn American Sign Language | 18 Walk to End Alzheimer's Outing* |
| 02 Shopping at Walmart* | 19 Picnic at Story Mill Park* |
| 02 Resident Council Meeting | 20 Autumn Scavenger Hunt |
| 03 Try some Granny's Donuts | 21 Baking Club: Apple Turnovers |
| 05 Labor Day Lunch | 22 Poetry Reading w/ Mallory: Bring Your Favorite Poems |
| 05 Labor Day Trivia & Root Beer Floats | 23 Shopping at Target* |
| 06 Blood Pressure & Weight Clinic w/ Enhabit Health | 23 Fall Festival Carnival |
| 07 Sweet Treats in the Bistro | 25 Dining Staff Day, Daughters' Day, Quesadilla Day |
| 07 Museum of the Rockies Outing & History Lecture:
"The Women Who Shaped Montana"* | 26 Lunch at Olive Garden* |
| 08 Bird Talk with Angela | 28 Get to Know Your Neighbors Chat |
| 09 Shopping at Albertsons* | 30 Shopping at Dollar Tree/Hobby Lobby* |
| 10 IndepenDANCE Community Dance Show* | |
| 10 Little Debbie Treats in the Bistro | |
| 12 Last Chance Tour Train & Lunch in Helena* | |
| 14 Music with Edis & Cliff | |
| 14 British Road Trip Presentation with Malcom | |
| 15 Autumn Happy Hour | |
| 16 Shopping at Winco* | |
| 16 Fireside Chat on the Patio | |
| 17 Make Miniature Scarecrow Planters* | |

"By all these lovely tokens, September days are here. With summer's best of weather and autumn's best of cheer." – Helen Hunt Jackson



Those born in September are either Virgo (Aug. 23-Sept. 22) or Libra (Sept. 23-Oct. 22). The birthstone for September is sapphire. The birth flowers are asters and morning glory. Virgos are best known for being practical, loyal, and organized. Libras are balanced, social, and fair-minded. September has 11 of the top birthdates in the nation with more babies born on Sept. 9 than any other day of the year!

Carol A.: Sept. 7
Edie M.: Sept. 12
Nick N.: Sept. 13
Lynn H.: Sept. 14
Tom P.: Sept. 20



Staff Spotlight: Shelli

Shelli, a caregiver, celebrated her four year anniversary at Bozeman Lodge in August. A true blue Montanan, Shelli was born and raised in Glendive, MT. She has two cats, Susie and Camilla. In her free time she enjoys watching football, shopping, and making jewelry. Her favorite color is "definitely pink!" and her favorite food is shrimp. Shelli likes to travel and has been to several different countries including Mexico and Honduras. She said her favorite country to visit so far has been Belize. Her dream vacation is a trip to Africa.

Shelli shares her heart and compassion for our residents everyday.

Thank you for all you do, Shelli!



Meet Susan Lang Business Office Director

Susan started as our Business Office Director in August. She grew up in the Midwest, but has lived in Bozeman for 40+ years. She has three children, two grandchildren, and one more on the way. She also has a newly-adopted yellow lab named Woody. Susan has more than 10 years of administrative and health care experience, including her work at Drug and Alcohol Services of Gallatin County, and most recently, Providence Mental Health. She grew up near water in Minnesota and enjoys spending time at rivers and lakes. She said her favorite vacation spot is Florida because she loves the ocean. Susan's favorite food is Chinese food, and her favorite color is yellow. Outside of work, Susan enjoys flower arranging and is learning to do watercolors. She is also an avid Minnesota Vikings football fan! Welcome to the team, Susan!

SEPTEMBER 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 9:30 Current Events: Live News 10:00 Resistance Bands Exercise with Anna 11:00 IN2L: Nat Geo Wild 1:00 Knit/Crochet/Needlework Club 2:00 Bingo 3:00 Afternoon Movie 3:30 Learn a Language: American Sign Language 7:00 Evening Movie	2 9:45 IN2L: Tai Chi Exercise 10:00 Shopping at Walmart* 11:00 Great Courses: Lifelong Learning Lectures 1:30 Bible Study with Bill Bell 2:30 Resident Council 3:00 Afternoon Movie 3:30 Writing Club 7:00 Evening Movie	3 9:30 Granny's Donut Day 10:15 Jeopardy! Trivia 11:00 Chair Exercise 1:00 Theater: A Life On Our Planet Documentary 2:00 Bingo 3:00 Afternoon Movie 3:30 Balloon Volleyball 7:00 Evening Movie
4 9:30 Coffee Klatch & Cinnamon Rolls 10:00 Calvary Baptist Church Service 11:00 IN2L: Wordle Game 1:30 Walk with your Neighbors 2:30 Ecumenical Service via Video 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie	5 Labor Day 9:30 This Week in History 10:15 IN2L: History of Labor Day 11:30 Labor Day Lunch 1:30 Men's Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 IN2L: Labor Day Trivia & Root Beer Floats 7:00 Evening Movie	6 8:30 Blood Pressure & Weight Clinic with Enhabit Home Health 9:30 Vanilla Sweet Cream Cold Brew 10:45 Zumba Exercise 1:30 Bridge Club 2:00 Play Name 5 Game 3:00 Afternoon Movie 3:30 Painting Club 7:00 Evening Movie	7 9:30 Exercise with Cheryl 10:15 Sweet Treats in the Bistro 11:00 IN2L: This or That Chat 1:00 Catholic Communion 2:00 Minute to Win It Games 3:00 Afternoon Movie 3:15 Museum of the Rockies Visit & Lecture: The Women Who Shaped Montana* 7:00 Evening Movie	8 9:00 Resident Store Open 9:30 Current Events 10:00 Chair Yoga with Anna 11:00 IN2L: Word Games 1:00 Knit/Crochet/Needlework Club 2:00 Bingo 3:00 Afternoon Movie 3:15 Bird Talk with Angela 7:00 Evening Movie	9 9:45 IN2L: Sit & Be Fit Exercise 10:00 Shopping at Albertsons* 11:00 Great Courses: Lifelong Learning Lectures 1:30 Bible Study with Bill Bell 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Double Trouble Dice Game 7:00 Evening Movie	10 9:30 Saturday Smoothies 10:15 IN2L: Grains of Rice: Trivia for A Good Cause 11:00 Circuit Exercise 1:00 IndependANCE Community Dance Show* 2:00 Bingo 3:00 Afternoon Movie 3:30 Little Debbie Treats in the Bistro 7:00 Evening Movie
11 National Assisted Living Week 9:30 Coffee Klatch & Cinnamon Rolls 10:00 Calvary Baptist Church Service 11:00 IN2L: Wordle Game 1:30 Walk with your Neighbors 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 IN2L: TED Talks 7:00 Evening Movie	12 9:00 Last Chance Tour Train & Lunch in Helena* 9:30 This Week in History 11:00 IN2L: Funny Babies Laugh Therapy 1:30 Men's Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Poker with Mallory 7:00 Evening Movie	13 9:30 Vietnamese Yogurt Coffee 10:15 Name Your Joys Group 10:45 Zumba Exercise 1:30 Bridge Club 2:00 Gratitude Game 3:00 Afternoon Movie 3:30 Painting Club 7:00 Evening Movie	14 9:30 Exercise with Cheryl 10:15 Sweet Treats in the Bistro 10:30 Greeting Card Sales 11:00 IN2L: Candid Camera 1:00 Catholic Communion 2:00 Music with Edis & Cliff 3:00 Afternoon Movie 3:30 British Road Trip Presentation with Malcom 7:00 Evening Movie	15 9:30 Current Events 10:00 Resistance Bands with Anna 11:00 IN2L: Word Games 1:00 Knit/Crochet/Needlework Club 2:00 Bingo 3:30 Learn a Language: American Sign Language 5:00 Autumn Happy Hour 7:00 Evening Movie	16 9:45 IN2L: Chair Dancing Exercise 10:00 Shopping at Winco* 11:00 Great Courses: Lifelong Learning Lectures 1:30 Bible Study with Bill Bell 2:00 Writing Club 3:00 Afternoon Movie 3:00 Sing Along with Grace 5:30 Fireside Chat on the Patio 7:00 Evening Movie	17 9:30 Saturday Smoothies 10:15 Jeopardy! Trivia 11:00 Chair Exercise 1:00 Theater: 72 Cutest Animals Documentary 2:00 Bingo 3:00 Afternoon Movie 3:30 Make Miniature Scarecrow Planters* 7:00 Evening Movie
18 9:30 Coffee Klatch & Cinnamon Rolls 10:00 Calvary Baptist Church Service 11:00 IN2L: Wordle Game 1:15 Walk to End Alzheimer's* 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie	19 9:30 This Week in History 11:00 Picnic at Story Mill Park* 1:30 Men's Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:45 It Happened In September Trivia & Treats 7:00 Evening Movie	20 9:30 Glazed Donut Iced Coffee 10:15 IN2L: Short Stories Audio Books 10:45 Zumba Exercise 1:30 Bridge Club 2:00 Autumn Scavenger Hunt 3:00 Afternoon Movie 3:30 Painting Club 7:00 Evening Movie	21 9:30 Exercise with Cheryl 11:00 IN2L: Have You Ever? Discussion 10:15 Sweet Treats in the Bistro 2:00 Share a Story 3:00 Afternoon Movie 3:30 Catholic Mass 3:45 Baking Club: Apple Turnovers 7:00 Evening Movie	22 9:00 Resident Store Open 10:00 Chair Yoga with Anna 11:00 IN2L: Smarter Every Day: US Submarine Exploration 1:00 Knit/Crochet/Needlework Club 2:00 Bingo 3:00 Afternoon Movie 3:30 Poetry Reading— Bring your favorite poetry! 7:00 Evening Movie	23 9:45 IN2L: Tai Chi Exercise 10:00 Shopping at Target* 11:00 Great Courses: Lifelong Learning Lectures 1:30 Bible Study with Bill Bell 2:00 Writing Club 3:00 Afternoon Movie 3:30 Fall Festival Carnival 7:00 Evening Movie	24 9:30 Granny's Donut Day 10:15 IN2L: Family Feud 11:00 Circuit Exercise 1:00 Theater: Our Great National Parks Documentary 2:00 Bingo 3:00 Afternoon Movie 3:30 Pumpkin Spice Lattes 7:00 Evening Movie
25 9:30 Coffee Klatch & Cinnamon Rolls 10:00 Calvary Baptist Church Service 11:00 IN2L: Wordle Game 1:30 Walk with your Neighbors 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 IN2L: TED Talks 7:00 Evening Movie	26 9:30 This Week in History 10:30 IN2L: True Confessions Discussion 11:00 Lunch at Olive Garden* 1:30 Men's Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:15 IN2L: Pub Trivia 4:00 Book Club Meeting 7:00 Evening Movie	27 9:30 Cinnamon Dulce Iced Lattes 10:15 IN2L: Short Stories Audio Books 10:45 Zumba Exercise 1:30 Bridge Club 2:00 "Tell Us" Group Game 3:00 Afternoon Movie 3:30 Painting Club 7:00 Evening Movie	28 9:30 Exercise with Cheryl 10:15 Sweet Treats in the Bistro 10:30 Greeting Card Sales 11:00 IN2L: Carol Burnett Show 1:00 Catholic Communion 2:00 Get to Know Your Neighbors Chat 3:00 Afternoon Movie 3:45 Apple Trivia & Treats 7:00 Evening Movie	29 9:30 Current Events: Live News 10:00 Resistance Bands with Anna 11:00 IN2L: Smarter Every Day: Kodak Film Company 1:00 Knit/Crochet/Needlework Club 2:00 Bingo 3:30 Learn a Language: American Sign Language 7:00 Evening Movie	30 9:45 IN2L: Sit & Be Fit Exercise 10:00 Shopping at Dollar Tree/Hobby Lobby* 11:00 Great Courses: Lifelong Learning Lectures 1:30 Bible Study with Bill Bell 2:00 Scrabble Club 3:00 Afternoon Movie 3:00 Sing Along with Grace 5:30 Fireside Chat on the Patio 7:00 Evening Movie	