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Stamp



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**Wellness Nurse:** Sabrina Colton  
**Wellness Director:** Genesis Saulsman  
**Business Office Director:** Susan Lang  
**Life Enrichment Director:** Tina Thompson  
**Maintenance Director:** Garret Hofmaster

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

# Bozeman Lodge News

October 2022 Newsletter



**2 It's Breast Cancer Awareness Month**  
**3 Team Spotlight**  
**4 - 5 Activities Calendar**

**6 Highlights & Updates**  
**7 Special Moments & Birthdays**  
**8 Mission & Team**



# Breast Cancer Awareness Month is Here!

*Note: This 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.*

October observes Breast Cancer Awareness! It's a month for wearing pink, promoting knowledge, raising research funds, supporting those in and through the cancer fight, and taking steps to help detect the disease in early stages.

This October, increase your awareness with some breast cancer facts and early detection information. Your knowledge could help a loved one, friend, or yourself.

### What is Breast Cancer?

Cells are tissue building blocks and are where cancer starts. During cell growth, sometimes new cells that are not needed form and mutate, and old or damaged cells do not die as they ought to. In the breast, when these cells spread to surrounding tissues, breast cancer occurs. This process is often slow. If a lump can be felt, it may have been growing for years. Finding a lump in the breast does not necessarily mean one has cancer, though if one is found, seeing a physician for a clinical breast exam is recommended.

Breast cancer may occur in men or women, but affects women more often than men. According to the National Breast Cancer Foundation, Inc., (NCBFI) in 2022, 287,500 estimated new cases of breast cancer will have been diagnosed in women in the U.S., as well as 51,400 new cases of non-invasive breast cancer. For men in the U.S. in 2022, 2,710 men will have been diagnosed with breast cancer.

### Early Detection is Key

There are ways to detect breast cancer early, such as regular self-examinations and clinical



**Did you know?** 1 in 8 women in the U.S. will be diagnosed with breast cancer in their lifetime. There is hope though: There are more than 3.8 million U.S. breast cancer survivors. (NBCFI)

screenings. Clinical screenings include mammograms (breast x-rays); clinical breast exams (where a trained provider feels for abnormalities); and in certain cases, breast MRIs (usually in addition to a screening mammogram). Learn more on screening options at [cancer.org](https://cancer.org).

Men at high risk for breast cancer should discuss managing their risk with their doctor. Women should be familiar with how their breasts normally look and report changes to a medical provider. Women at average risk for breast cancer between 40-44 have the option to start annual mammograms. The American Cancer Society recommends average-risk women ages 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health. Learn more about risk level at [cancer.org](https://cancer.org).

### Some Positive News

Death rates from breast cancer have been on the decline since 1990 due to better screening, early detection, increased awareness, and improved treatments. In addition, for women over 50 and older, in recent years breast cancer incidence rates have decreased. (NCBFI)

This month and in those to follow, we hope to encourage breast cancer awareness and continued learning. We welcome your feedback on this article on our Facebook page on the 1st.

# Special Moments



# Happy Birthday!

Those born in October are Libras (Sept. 23-Oct. 22) or Scorpios (Oct. 23-Nov. 21). Their birthstones are opals & tourmaline. Their birth flower is the Calendula. More American presidents have October birthdays than any other month!

- Patricia S. Oct. 1
- Myrtle: Oct. 11
- Debbie G.: Oct. 18
- Bert K.: Oct. 20
- Justine B.: Oct. 21





# October 2022 Highlights

October observes Breast Cancer Awareness, Dental Hygiene, Emotional Wellness, Financial Planning, Physical Therapy, and Protecting Hearing. It Celebrates: Apples, Arts, Humanities, Baking, Books, Caramel, Chili, Cookies, Pasta, Pizza, Sausage, Seafood, Stamp Collecting, Pears, Pineapples, Spinach, and Vegetarianism.

- 01 Poker Game with Mallory

02 Short Play by Elementary Students

03 Blood Pressure & Weight Clinic with Enhabit

04 It Happened in October Presentation

05 Oktoberfest Trivia with Beer & Treats

07 Shopping at Safeway\*

07 Men’s Pizza Party\*

07 Resident Council Meeting

08 Granny’s Donuts in the Bistro

08 MSU Bobcat Game Live Stream

10 Tour MSU’s New American Indian Hall\*

11 Make a Western Silhouette

12 Visit From Bookmobile

12 Baking Club: Cowboy Cookies

14 Classic Cowboy Chili Lunch

14 Hay Ride with Sunrise Pack Station\*

15 Montana Farming Presentation

17 Shopping at Gallatin Valley Mall\*

18 Lucille Ball Fun Facts & View Collectables

18 Halloween Cookie Decorating
- 19 Ghost Towns of Montana Fun Facts

19 Music with Edis & Cliff

21 Shopping at Walmart\*

21 Ladies Harvest Tea Party\*

22 Fall Flower Arranging

22 Baking Club: Pumpkin Spice Donuts

24 5th Annual Winter Clothing Drive

24 Lunch at Wheat Montana Deli\*

25 The Life of Picasso Presentation & Treats

26 3rd Annual Lodge Pumpkin Patch

27 Spooky Tunes Drumming Class

28 Shopping at Target\*

28 “Glow in the Dark” Halloween Happy Hour

29 Walk Thru Our “Spooky Room”

29 Halloween Fun Facts Trivia & Caramel Apple Sundaes

30 Bozeman Symphony Presents: Tchaikovsky's Fifth Symphony\*

31 Festive Wheelchair/Walker Decorating

31 Halloween Party & Trick or Treating w/ Kids

## A Few Notes:

We are excited to announce that we are receiving a building-wide upgrade to our cable television service. The installation of new cable boxes will mean more reliable cable service with fewer outages. Some time within the next 60 days, Spectrum will be sending technicians to replace the cable boxes in every apartment. We will inform you of a more specific timeframe when it is provided to us.

5th Annual Winter Clothing Drive for the Warming Center is scheduled for Monday, October 24th from 9:00 am-2:30 pm. The Warming Center is in need of: new or used hats, gloves, coats, scarves, sweatshirts/pants, socks, etc. There is a specific request for bedsheets and blankets this year. If you need bags for your donations, they are available in the Life Enrichment office.



Meet Our Nurse  
Sabrina Colton, RN

Sabrina started her medical career eight years ago as a C.N.A. and has been a nurse for five years. Originally from Idaho, she lived in Wyoming before moving to Montana two years ago when she became the director of nursing for Stillwater Hospice. Sabrina has two kids, two dogs, and two box turtles. Her favorite hobbies include anything outdoors like hiking, fishing, travelling, and going to the Hot Springs. Her favorite colors are pink and turquoise, and she’s s a big fan of sandwiches and sushi. Sabrina is a very open person and loves to laugh. She especially loves working in senior living because of all the different people she gets to meet and their stories.



Meet Our General Manager  
Andrew Steighner

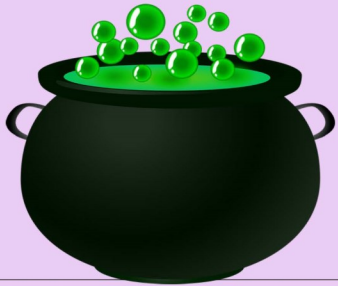
Andrew is originally from Butler, Pennsylvania. Previous to living in Bozeman, he lived in Coeur d’Alene, ID for several years. He’s married with two children, a son and daughter. Andrew’s favorite food is pizza and his favorite color is green. Outside of work, he enjoys outdoor hobbies such as hiking and swimming. He has always enjoyed working with people and empowering them to do their best. Andrew has worked in senior living for several years, including being an Executive Director at a sister Radiant community. As the General Manager of the Lodge, he will help oversee everything as well as assist with sales and marketing. Andrew enjoys working in senior living because of the relationships he gets to build with the residents and their families.

Welcome to the Bozeman Lodge Team!



# OCTOBER 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.						<b>1</b> 9:15 Crème Brulee Lattes 10:00 IN2L: Ludicrous Laws Trivia 11:00 Coffee Filter Crafts: Candy Corn 1:00 Theater: History 101 Documentary 2:00 Bingo 3:00 Afternoon Movie 3:30 Play Poker with Mallory 7:00 Evening Movie
<b>2</b> 9:30 Coffee Klatch & Cinnamon Rolls 10:00 Calvary Baptist Church Service 11:00 IN2L: Wordle 2:00 Short Skits by Elementary Students 2:30 Ecumenical Service via Video 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie	<b>3</b> 9:00 Blood Pressure & Weight Clinic with Enhabit Health 9:30 This Week in History 10:30 IN2L: October Trivia 1:30 Men’s Strength Training 2:00 Bingo 2:30 Scenic Fall Drive* 3:00 Afternoon Movie 3:30 Painting Club 7:00 Evening Movie	<b>4</b> 9:30 Maple Lattes 10:15 IN2L: “Have You Ever?” Discussion 10:45 Zumba Gold Chair Dancing Exercise w/ Brittainey 1:30 Bridge Club 2:15 IN2L: Crossword Puzzles 3:00 Afternoon Movie 3:30 It Happened in October Presentation 7:00 Evening Movies	<b>5</b> 9:30 Exercise with Cheryl 10:15 Sweet Treats in the Bistro 11:00 IN2L: Family Feud Game 1:00 Catholic Communion 2:15 IN2L: Solve the Riddles 3:00 Afternoon Movies 3:30 Oktoberfest Trivia with Beer & Treats 7:00 Evening Movies	<b>6</b> 9:00 Resident Store Open 9:30 Table Topics Coffee Chat 10:00 Exercise w/ Our Therapy Team 11:00 IN2L: October Trivia 1:00 Knit/Crochet/Needlework Club 2:00 Bingo 3:00 Afternoon Movie 3:30 Learn American Sign Language 7:00 Evening Movie	<b>7</b> 9:45 IN2L: Tai Chi Exercise 10:00 Shopping at Safeway* 11:00 IN2L: Funny Babies 12:00 Men’s Pizza Party* 1:30 Bible Study w/ Bill Bell 2:30 Resident Council Meeting 3:00 Afternoon Movie 3:30 Coloring for Relaxation 7:00 Evening Movie	<b>8</b> 9:15 Granny’s Donuts 10:00 IN2L: Jeopardy 11:00 Some Good News 1:30 Tailgate Inspired Snack in the Bistro 2:00 Bingo 2:00 MSU Bobcat Football Game Live Stream 3:30 Kings in the Corner Card Game 7:00 Evening Movie
<b>9</b> <b>Western Week</b> 9:30 Coffee Klatch & Cinnamon Rolls 10:00 Calvary Baptist Church Service 11:00 IN2L: Piggy Bankers Game 1:00 IN2L: Guided Meditation 2:30 Ecumenical Church Service 3:00 Afternoon Movie 4:00 IN2L: Classic Westerns 7:00 Evening Movie	<b>10</b> <b>National Indigenous People Day</b> 9:30 This Week in History 10:30 IN2L: Native American Heritage Trivia 1:30 Men’s Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:00 Tour MSU’s American Indian Hall* 7:00 Evening Movie	<b>11</b> 9:30 Chai White Hot Chocolate 10:15 IN2L: “This or That?” Discussion 10:45 Zumba Gold Chair Dancing Exercise w/ Brittainey 1:30 Bridge Club 2:15 Learn to Play Bananagrams 3:00 Afternoon Movie 3:00 Walker Repair Clinic 3:30 Make A Western Silhouette 7:00 Evening Movie	<b>12</b> 9:30 Exercise With Cheryl 10:15 Sweet Treats in the Bistro 11:00 IN2L: Jeopardy 11:30 Visit from the Bookmobile 1:00 Catholic Communion 2:15 Baking Club: Cowboy Cookies 3:00 Afternoon Movie 3:30 Axe Throwing Game 7:00 Evening Movie	<b>13</b> 9:30 Table Topics Coffee Chat 10:00 Exercise w/ Our Therapy Team 11:00 IN2L: 1:00 Knit/Crochet/ Needlework Club 2:00 Bingo 3:00 Afternoon Movie 3:30 Cowboy Movie Trivia & Treats 7:00 Evening Movie	<b>14</b> 9:45 IN2L: Sit & Be Fit Exercise 11:30 Classic Cowboy Chili Lunch 1:30 Bible Study with Bill Bell 2:00 Writing Club with Mallory 3:00 Sing Along with Grace 3:00 Fall Hay Ride at Sunrise Pack Station* 3:30 Coloring for Relaxation 7:00 Evening Movie	<b>15</b> 9:15 Saturday Smoothies 10:15 Montana Farming Presentation by Mallory 1:00 Tailgate Inspired Snack in the Bistro 1:00 MSU Bobcat Football Game Live Stream 2:00 Bingo 3:00 Afternoon Movie 3:30 Play Scrabble 7:00 Evening Movie
<b>16</b> 9:30 Coffee Klatch & Cinnamon Rolls 10:00 Calvary Baptist Church Service 11:00 IN2L: Outspell Game 1:00 IN2L: Guided Meditation 2:30 Ecumenical Church Service 3:00 Afternoon Movie 4:00 IN2L: Early American Cooking 7:00 Evening Movie	<b>17</b> 9:30 This Week in History 10:30 IN2L: Crossword Puzzles 1:30 Men’s Strength Training 1:30 Shopping at Gallatin Valley Mall* 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 7:00 Evening Movie	<b>18</b> 9:30 Apple Cider Lattes 10:15 IN2L: “Would You Rather?” Discussion 10:45 Zumba Gold Chair Dancing Exercise w/ Brittainey 1:30 Bridge Club 2:30 Lucille Ball Fun Facts & View Some Collectables 3:00 Afternoon Movie 3:30 Decorate Halloween Cookies 7:00 Evening Movie	<b>19</b> 9:30 Exercise with Cheryl 10:15 Sweet Treats in the Bistro 10:30 Greeting Card Sales 11:00 IN2L: Family Feud Game 2:00 Music with Edis & Cliff 3:00 Afternoon Movie 3:15 Catholic Mass 3:45 Ghost Towns of Montana Fun Facts Presentation 7:00 Evening Movie	<b>20</b> 9:00 Resident Store Open 9:30 Table Topics Coffee Chat 10:00 Exercise w/ Our Therapy Team 11:00 IN2L: Autumn Trivia 1:00 Knit/Crochet/Needlework Club 2:00 Bingo 3:00 Afternoon Movie 3:30 Learn American Sign Language 7:00 Evening Movie	<b>21</b> 9:45 IN2L: Chair Dancing Exercise 10:00 Shopping at Walmart* 11:00 IN2L: Candid Camera 1:30 Bible Study with Bill Bell 2:00 Writing Club with Mallory 3:00 Sing Along with Grace 3:45 Ladies Harvest Tea Party* 7:00 Evening Movie	<b>22</b> 9:15 Mini Fruity Waffles 10:30 Fall Flower Arranging 1:00 Tailgate Inspired Snack in the Bistro 1:00 MSU Bobcat Football Game Live Stream 2:00 Bingo 3:00 Afternoon Movie 3:30 Baking Club: Pumpkin Spice Donuts 7:00 Evening Movie
<b>23</b> 9:30 Coffee Klatch & Cinnamon Rolls 10:00 Calvary Baptist Church Service 11:00 IN2L: For A Good Cause Game 1:00 IN2L: Guided Meditation 2:30 Ecumenical Church Service 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie	<b>24</b> 9:00 5 <sup>th</sup> Annual Winter Clothing Drive for the Warming Center 9:30 This Week in History 10:30 Lunch at Wheat Montana* 1:30 Men’s Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Pumpkin Painting 7:00 Evening Movie	<b>25</b> <b>Pablo Picasso’s Birthday</b> 9:30 Coconut Cinnamon Latte 10:15 Popular Candy Fun Facts 10:45 Zumba Gold Chair Dancing Exercise w/ Brittainey 1:30 Bridge Club 2:15 IN2L: Crossword Puzzles 3:00 Afternoon Movie 3:30 The Life of Pablo Picasso Presentation & Treats 7:00 Evening Movie	<b>26</b> 9:30 Exercise with Cheryl 10:15 Sweet Treats in the Bistro 11:00 IN2L: Favorite Monsters, Ghosts & Ghouls Trivia 11:30 Visit from the Bookmobile 1:00 Catholic Communion 2:15 3rd Annual Lodge Pumpkin Patch & Apple Cider 3:00 Afternoon Movie 4:00 Trick or Treat Twister Toss 7:00 Evening Movie	<b>27</b> 9:30 Table Topics Coffee Chat 10:00 Exercise w/ Our Therapy Team 11:00 IN2L: Halloween Trivia 1:00 Knit/Crochet/Needlework Club 2:00 Bingo 3:00 Afternoon Movie 3:30 Spooky Tunes Drumming Class 7:00 Evening Movie	<b>28</b> 9:45 IN2L: Tai Chi Exercise 10:00 Shopping at Target* 11:00 IN2L: Inspirational Seniors 1:30 Bible Study with Bill Bell 2:00 Writing Club with Mallory 3:00 Sing Along with Grace 3:45 “Glow In The Dark” Halloween Happy Hour 7:00 Evening Movie	<b>29</b> 9:15 Saturday Smoothies 10:00 IN2L: Jeopardy 11:00 Learn How to Use the IN2L System 1:00 “Spooky Room” Opens 2:00 Bingo 3:00 Afternoon Movie 3:30 Halloween Fun Facts Trivia & Caramel Apple Sundaes 7:00 Evening Movie
<b>30</b> 9:30 Coffee Klatch & Cinnamon Rolls 10:00 Calvary Baptist Church Service 11:00 IN2L: Wordle 1:45 Bozeman Symphony: Tchaikovsky’s Fifth Symphony* 2:30 Ecumenical Service via Video 3:00 Afternoon Movie 4:00 IN2L: Early American Cooking 7:00 Evening Movie	<b>31</b> <b>HAPPY HALLOWEEN!</b> 9:30 Candy Corn Lattes 10:00 Festive Wheelchair/Walker Decorating 11:30 Halloween Lunch 1:30 Men’s Strength Training 2:00 Book Club Meeting 3:00 Afternoon Movie 4:30 Halloween Party, Games, & Trick or Treating with Kids 7:00 Evening Movie					A * denotes signing up is required for that activity