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Stamp

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

Bozeman Lodge News

January 2023 Newsletter



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Stress Free in 2023

Follow your doctor's instructions and consult with them before changing your diet, exercise routine, or supplements.

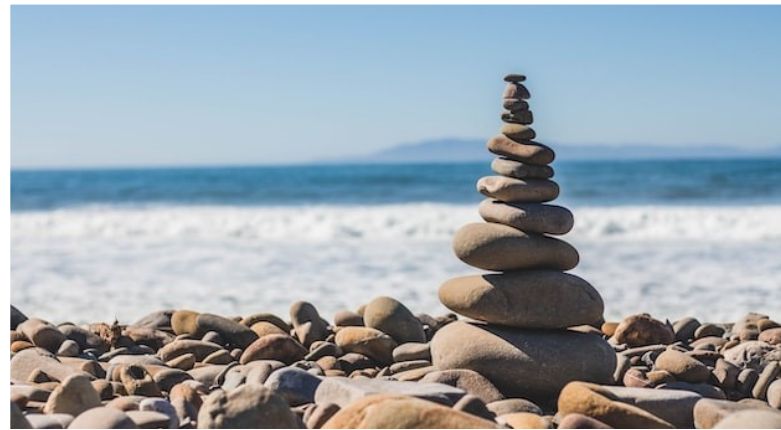
Stress affects us all. The human body uses stress responses to confront or avoid dangerous situations, but when stress occurs often enough, it can compromise one's immune system and affect overall health. While eliminating stressors may be difficult to do, changing how we respond to stressors is an achievable goal we'd love to help you with for 2023. Here are some techniques to try out.

Get Physically Active

A top recommendation when looking into stress relievers is physical activity. According to the Mayo Clinic, any aerobic activity can increase endorphins, the brain's "happy" neurotransmitters. It also can help you focus on the task at hand, resulting in calmness and positivity. If done on a regular basis, exercise can positively affect sleep, self-confidence, and mood. As for how much exercise to get, most healthy adults should aim for 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity weekly.

Practice Deep Breathing Daily

Taking time out of each day to habitually sit in a quiet space and do deep breathing for 10-20 minutes can bring great results. Harvard Health shared just how to do it: Head to a quiet spot and sit down. Breath slowly in through the nose, letting your chest and lower stomach rise as your lungs fully fill with air. Then exhale very slowly through your mouth. Doing this with eyes closed, and while imagining different images can increase your



relaxed state. Apps like Calm and Headspace can assist with deep breathing sessions.

Try Aromatherapy

Aromatherapy involves the use of essential oils inhaled through the nose or absorbed by the skin in massage. The scents from the oil act upon the hypothalamus, and in turn affect the hormonal system, according to Cleveland Clinic. The results are fast, with different scents bringing different effects. Lavender is a perfect one for stress - touted for its ability to calm, soothe, and relax people. As a Radiant Senior Living community, we use lavender oils from Red Chair Lavender in Eagle, Idaho.

Do's for Your Diet

Cortisol is a main hormone responsible for stress. Magnesium-high foods like bananas, broccoli, pumpkin seeds, and spinach help lower inflammation and metabolize cortisol. Foods high in Vitamin B, like beef, chicken, and eggs, can help the body metabolize cortisol. Those high in omega-3 fatty acid such as avocados, chia seeds, olive oil, salmon, tuna, and walnuts help lower inflammation. Good overall rules of thumb are to eat fewer processed foods and more whole foods, and to not skip meals. (Cleveland Clinic).

Let us know if these ideas have inspired you or if you have others on our Facebook on the 1st.

Special Moments



Happy Birthday to our Residents:

Rich H.: Jan. 1
Becky K.: Jan. 6
Norma H.: Jan. 13
Janice C.: Jan. 15
Ann W.: Jan. 16
Jim J.: Jan. 28

January 2023 Highlights

Observes: Bath Safety, Blood Donors, Braille Literacy, Glaucoma Awareness, Cervical Health, Thyroid Awareness

Celebrates: Hobbies, Hot Tea, Menudo, Oatmeal, Slow Cooking, Soup, Brainteasers, Getting Organized, Creativity, Mentoring

01 New Year's Day	17 Play Rummikub
03 Blackberry Hot Cocoa	18 Music with Edis & Cliff
03 Play Dominoes	18 Banana Splits
04 Snowy Day Poetry	19 Osteoporosis Health Talk by Anna
05 Birthday Committee Info Meeting	20 Shopping at Town & Country*
06 Resident Council Meeting	23 Men's Pizza Party
07 Fruit Smoothies	23 Book Club Meeting
09 Lunch at The Bay*	24 Earl Grey Hot Cocoa
10 Honey Cinnamon Lattes	24 Make Faux Snow & Build a Snowman
10 Play Bananagrams	25 Newcomers Social
11 Happy Hour with Alice & Ray	26 Town Hall Meeting
12 Gone With The Wind Trivia & Treats	27 Shopping at Target*
13 Shopping at Safeway*	27 Resident Art Walk
13 Share Your Stories Life History Project	29 Children's Piano Recital
14 Donuts in the Bistro	30 January Birthdays Lunch
16 Martin Luther King Day Trivia	31 Hot Buttered Cinnamon Tea
17 Coconut Chai Tea	31 Make Gnome Flowerpot Planters*

January Updates

Cable Boxes:

Spectrum anticipates the upgrades to the cable boxes will happen between January 23rd-27th.

This is dependent on the current shipping timeline and is subject to change if shipping gets delayed. We will notify residents if this time frame changes.

Resident Art Walk:

Art wanted for our first ever Art Walk on January 27th. We're looking for resident created painting/drawings, photographs, poetry, jewelry, etc. that we can showcase in our gallery. The Art Walk will be open for all residents to enjoy and wine and light appetizers will be served.

If you'd like to have your art featured in the Art Walk, please sign up at the front desk by Friday, January 20th.



Staff Spotlight: Tina Thompson Life Enrichment Director

Tina started out at the Lodge as a receptionist and has also worked in the business office before landing in her current role with activities 3 years ago. In November, she recently celebrated her 7 year anniversary at the Lodge! Tina grew up just down the road in Belgrade. Her hobbies include working on crafts, being outside, and participating in various dance and theater projects. Tina also owns a wedding planning company! Her favorite food is french fries, and her favorite colors are pink and green. A fun fact about Tina is she has "interchangeable" glasses to match different clothes and holidays. Tina considers the Lodge to be her second home and loves developing relationships with residents and their families. She looks forward to continuing to make memories.

Git Up and Go A Poem by Gib L.

My git-up and go must have been sold,
On the estate sale
I've looked for it in this apartment,
Much to no avail.
It might have been dropped outside,
When some box was carried in.
It's been over two full years now,
Doubt I'll find it if I looked again.
My git-up and go is simply gone,
It must have got up and went.
If I continue to look for it,
The energy would be poorly spent.
There are a few residents at Bozeman Lodge,
Who have more git-up than I,
They will be seen in the exercise room,
They often invite me to try.
One is on a stationary bike,
Another the rowing machine.
One peddles a mile a minute,
While the other rows on with steam.
Both are to be commended,
Both of them older than me.
Guess I use all of my git-up,
A colorful sky to see.
It doesn't take much git-up
To take a picture, or ten,
Or write a poem on the computer,
Don't even have to lift up a pen.
If my git-up and go could be an attitude,
I never used to be lazy,
So git-up and go do something,
Before you drive everyone crazy.
Okay, I'll walk past the exercise room,
I have git-up for that.
If someone's in there working out,
I'll stop and have a chat.

JANUARY 2023

Bozeman Lodge • 1547 N. Hunters Way, Bozeman, MT 59718 • (406) 522-5452



SUN	MON	TUE	WED	THU	FRI	SAT
1 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Church Service 11:00 IN2L: Brain Games 2:00 Ecumenical Service via Video 3:00 Afternoon Movie 4:00 PBS Presents: Backroads of Montana 7:00 Evening Movie	2 9:30 This Week in History 10:30 IN2L: Crosswords 1:00 IN2L: Short Stories Audio Books 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 7:00 Evening Movie	3 9:30 Blackberry Hot Cocoa 10:45 Zumba Chair Dancing Exercise 1:30 Bridge Club 2:00 Christmas Clean Up 3:00 Afternoon Movie 3:30 Play Dominoes 7:00 Evening Movie	4 9:30 Exercise with Cheryl 10:15 Sweet Treats 10:30 Greeting Card Sales 11:00 IN2L: "Would You Rather?" Discussion 11:30 Visit from the Bookmobile 1:00 Catholic Communion 2:00 Snowy Day Poetry 3:00 Afternoon Movie 3:30 Popular Proverbs & Their Origins 7:00 Evening Movie	5 9:30 Table Topics Coffee Chat 10:00 IN2L: Sit & Be Fit 11:00 IN2L: Trivia 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:30 Birthday Committee Info Meeting 7:00 Evening Movie	6 9:30 IN2L: Morning Meditations 10:30 Chair Exercise w/ Tina 11:00 Learn About Epiphany 1:00 IN2L: Bible Project Bible Study 2:00 Resident Council Meeting 3:00 Afternoon Movie 4:00 Coloring for Relaxation 7:00 Evening Movie	7 9:15 Fruit Smoothies 10:00 IN2L: Sit & Be Fit 11:00 IN2L: Brain Games 1:00 Theater: Kangaroo Valley Documentary 2:00 Bingo 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie
8 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Church Service 11:00 IN2L: Brain Games 2:00 Ecumenical Service 3:00 Afternoon Movie 4:00 IN2L: Rick Steve's Travel 7:00 Evening Movie	9 9:30 This Week in History 10:30 IN2L: Crosswords 11:15 Lunch at The Bay* 1:00 IN2L: Short Stories Audio Books 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 7:00 Evening Movie	10 9:30 Honey Cinnamon Lattes 10:45 Zumba Chair Dancing Exercise 1:30 Bridge Club 2:15 Minute to Win It 3:00 Afternoon Movie 3:30 Play Bananagrams 7:00 Evening Movie	11 9:30 Exercise with Cheryl 10:15 Sweet Treats 11:00 IN2L: True Confessions Discussion 1:00 Catholic Communion 2:00 Cooking Club 3:00 Afternoon Movie 3:30 Happy Hour with Alice & Ray 7:00 Evening Movie	12 9:00 Resident Store Open 10:00 Chair Yoga with the Therapy Team 11:00 IN2L: Trivia 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:30 Gone with the Wind Trivia & Treats 7:00 Evening Movie	13 9:30 IN2L: Morning Meditations 10:30 Circuit Exercise w/ Tina 1:00 IN2L: Bible Project Bible Study 2:00 Shopping at Safeway* 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Share Your Stories: Life History Project 7:00 Evening Movie	14 9:15 Donuts in the Bistro 10:00 IN2L: Tai Chi Exercise 11:00 IN2L: Brain Games 1:00 Theater: Our Planet 2:00 Bingo 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie
15 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Church Service 11:00 IN2L: Brain Games 2:00 Ecumenical Service 3:00 Afternoon Movie 4:00 PBS Presents: Backroads of Montana 7:00 Evening Movie	16 9:30 IN2L: Martin Luther King Day History 10:30 IN2L: MLK Day Trivia 1:00 IN2L: Short Stories Audio Books 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 7:00 Evening Movie	17 9:30 Coconut Chai Tea 10:45 Zumba Chair Dancing Exercise 1:30 Bridge Club 2:15 Baking Club 3:00 Afternoon Movie 3:30 Play Rummikub 7:00 Evening Movie	18 9:30 Exercise with Cheryl 10:15 Sweet Treats 10:30 Greeting Card Sales 11:00 IN2L: This or That? Discussion 11:30 Visit from the Bookmobile 1:15 Left Right Center Game 2:00 Music with Cliff & Edis 3:15 Catholic Mass 3:30 Banana Splits in the Bistro 7:00 Evening Movie	19 9:30 Table Topics Coffee Chat 10:00 Chair Yoga with the Therapy Team 11:00 IN2L: Trivia 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:30 Osteoporosis Health Talk with our Therapy Team 7:00 Evening Movie	20 9:30 IN2L: Morning Meditations 10:30 Chair Exercise w/ Tina 1:00 IN2L: Bible Project Bible Study 2:00 Shopping at Town & Country* 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Share Your Stories: Life History Project	21 9:15 Fruit Smoothies 10:00 IN2L: Sit & Be Fit 11:00 IN2L: Brain Games 1:00 Theater: Wild Babies Animal Documentary 2:00 Bingo 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie
22 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Church Service 11:00 IN2L: Brain Games 2:00 Ecumenical Service 3:00 Afternoon Movie 4:00 IN2L: Rick Steve's Travel 7:00 Evening Movie	23 9:30 This Week in History 10:30 IN2L: Crosswords 12:00 Men's Pizza Party* 1:00 IN2L: Short Stories Audio Books 2:00 Bingo 3:00 Afternoon Movie 3:30 Book Club Meeting 7:00 Evening Movie	24 9:30 Earl Grey Hot Cocoa 10:45 Zumba Chair Dancing Exercise 1:30 Bridge Club 2:15 Snow Science: Make Faux Snow & Build a Snowman 3:00 Afternoon Movie 3:30 IN2L: It Happened in January Trivia & Treats 7:00 Evening Movie	25 9:30 Exercise with Cheryl 10:15 Sweet Treats 11:00 IN2L: "Have You Ever?" Discussion 1:00 Catholic Communion 2:00 Cooking Club 3:00 Afternoon Movie 3:30 Newcomers Social 7:00 Evening Movie	26 9:00 Resident Store Open 10:00 Chair Yoga with the Therapy Team 11:00 IN2L: Trivia 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:00 Town Hall Meeting with Andrew 7:00 Evening Movie	27 9:30 IN2L: Morning Meditations 10:30 Circuit Exercise w/ Tina 1:00 IN2L: Bible Project Bible Study 2:00 Shopping at Target* 3:00 Afternoon Movie 3:00 Sing Along with Grace 5:30 Resident Art Walk 7:00 Evening Movie	28 9:15 Donuts in the Bistro 10:00 IN2L: Tai Chi Exercise 11:00 IN2L: Brain Games 1:00 Theater: Our Planet 2:00 Bingo 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie
29 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Church Service 11:00 IN2L: Brain Games 2:00 Ecumenical Service via Video 3:00 Afternoon Movie 5:00 Children's Piano Recital 7:00 Evening Movie	30 9:30 This Week in History 10:30 IN2L: Crosswords 12:00 January Birthdays Lunch* 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 7:00 Evening Movie	31 9:30 Hot Buttered Cinnamon Tea 10:45 Zumba Chair Dancing Exercise 1:30 Bridge Club 2:15 Gnome Flowerpot Planters* 3:00 Afternoon Movie 3:30 Play Scrabble 7:00 Evening Movie			A * denotes signing up is required for that activity	All activities subject to change per mandated health guidelines.