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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

February 2023 Newsletter



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# February is for Heart Health

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

It's American Heart Month, a time when we can all focus on cardiovascular health. There are actions we can take to know more about heart health, and to help improve it for ourselves.

Knowing heart-health risk factors is an important part in learning about heart healthy living. Risk factors include high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol.

According to Harvard Health Publishing, preventative measures for a healthier heart include controlling high blood pressure, high cholesterol, and excess weight, not smoking and having long-term healthy habits for diet, exercise, and sleep. It is also helpful to reduce alcohol consumption.

In order to help you measure how heart healthy you are, it is important to know your cholesterol, blood pressure, and blood glucose levels. With your health provider, you can determine if there are goals you should set to help you improve your heart health.

Lifestyle recommendations that many can benefit from include getting regular physical activity and following a healthy diet.

Going for a daily walk is great for weight management and the heart. The National Heart, Lung & Blood Institute recommends 30 minutes of moderate-level physical activity on



Heart healthy diets include plenty of vegetables!

most days of the week. Aerobic activity should be done in sessions of at least 10 minutes. A creative way to increase your activity level is to add extra distance or movement when you are traveling to or from a destination.

As for eating, the American Heart Association lists a heart healthy diet as one that is rich in fruits, vegetables, whole-grains, low-fat dairy, skinless poultry and fish, nuts and legumes, and non-tropical vegetable oils. It limits saturated and trans fats, red meat, sweets, sugar-sweet beverages, and sodium. Items high in salt include tomato juice, soy sauce, and many prepared foods. The DASH Diet is a recommended one by the NHLBI.

Managing stress is also important when it comes to heart health, and can be approached with mindfulness meditation, deep breathing, and physical activity.

Let us know what heart healthy choices you make on our Facebook post for this month's newsletter.

## Special Moments



### Happy Birthday!

**Annetta V.: Feb. 6**  
**Belinda S.: Feb. 8**  
**Sandy N.: Feb. 8**  
**Mike O.: Feb. 11**  
**Shirley C.: Feb. 16**  
**Paul A.: Feb. 23**  
**Sarah C.: Feb. 25**  
**Susan K.: Feb. 25**



# February 2023 Highlights

**Observes:** Cancer Prevention, Self-Checks, American Heart Month, Black History, Heart Health

**Celebrates:** Canned Foods, American Pies, Baking, Bird Feeding, Cherries, Libraries, Hot Breakfast, Embroidery, Vegan Cuisine

- |  |   |
|--|---|
| 01 Blood Pressure & Weight Clinic with Enhabit | 18 Men's Pizza Party*                                 |
| 02 Groundhog Day Fun Facts                     | 20 President's Day Trivia & Cherry Pie Sundaes        |
| 03 Resident Council Meeting                    | 21 Walker/Wheelchair/Scooter/Cane Parade              |
| 07 Grief Support Group with Stillwater Hospice | 21 Mardi Gras Dinner                                  |
| 08 Learn About CaptionCall: Info Presentation  | 22 Italian Sodas in the Bistro                        |
| 08 Happy Hour with Alice & Ray                 | 22 Lecture at MSU: Peace Prize Winner Dmitry Muratov* |
| 09 Love Songs Drumming For Fun Class           | 23 Town Hall Meeting                                  |
| 10 Shopping at Walmart*                        | 23 Knee Pain Health Talk with Therapist Diane         |
| 11 Donuts in the Bistro                        | 24 February Birthdays Lunch*                          |
| 13 Galantine's Day Ladies Tea Party*           | 24 Shopping at Smith's*                               |
| 14 Valentine's Day Dinner & Dance              | 25 Baking Club: Strawberry Chocolate Cookies          |
| 15 Music with Edis & Cliff                     | 26 Bozeman Symphony Presents: Firebird & More*        |
| 15 Create Your Own Candy Bars                  | 27 Lunch at Wasabi*                                   |
| 16 Cupid Carnival: Games & Prizes!             | 27 Book Club Meeting                                  |
| 17 Shopping at Winco*                          |   |

*"February is the border between winter and spring."*  
— Terri Guillemets, Years

## A Note from the Executive Director

Dear Residents,

We are off to a great start for our Bozeman Lodge family. I hope this newsletter finds you well. We would like to welcome our new residents. February is the month of love, we look forward to celebrating with you and your loved ones at the Valentine's Day dinner and dance. We hope to see you there making new memories. We want to thank you all for your patience during our dining room construction. We continue to appreciate and express our gratitude that you are here with us at the Bozeman Lodge.

Warm regards,  
Tina Espeland  
Executive Director

## Snow

A Poem by Judy W.

Silently, Silently, feathery light  
Snowflakes come stealing  
Down through the night.  
Nary a hint do we have until we  
Peek out and discover  
Each snow laden tree!  
Our world is transformed,  
It's magic for sure,  
How quiet, how lovely,  
How pristine and pure.  
Each tiny snowflake so perfect in form,  
Whirling and dancing as if at a prom.  
Starry and lacey, each one unique,  
'Tis found if it is God's perfection we seek!  
As each crystal lands with a tiny "kerplop",  
As children, we're told  
"God's shaking His mop!"  
And children are joyful,  
They tumble and shout,  
And mothers are glad  
Their offspring are out!  
Skiing and sliding, there's so much to do,  
Snow forts, and snow men,  
And snow angels, too!  
Then the shovels appear  
And the snow is moved back.  
The road, once snow covered,  
Is now a brown track,  
The beauty is going, 'tis fading from sight,  
The snow becomes listless  
And now sadly not white.  
But we still remember the very first scene,  
When all of the world  
Was dressed like a Queen!

## Special February Events

### Valentine's Day Dinner & Dance February 14th

Dinner service will be from 4:00pm-6:00pm, and Cliff & Kate will be providing live music from 4:00-5:30. Enjoy taking a spin on the dance floor and remember the night with a picture from the photo booth.


### Mardi Gras February 21st

We'll be hosting our 2nd Annual Mardi Grad Parade. Join us between 9:30-10:30 in the Bistro to decorate your walker, wheelchair, scooter, cane. Masks will also be available to decorate.

The parade will take place at 4:00pm in the lobby and is open to all residents that would like to participate! We'll have treats & beads to hand out to spectators.

Due to the Mardi Gras Festivities, **transportation on Tuesday, February 21st will not be available after 2:00pm.** We appreciate you scheduling your appointments accordingly. Transportation will return to normal hours on Wednesday.



February 2023Bozeman 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 Exercise with Cheryl 10:30 Blood Pressure & Weight Clinic with Enhabit 10:30 Greeting Card Sales 1:00 Catholic Communion 2:00 Play Dominoes 3:00 Afternoon Movie 3:30 Valentine's Craft 7:00 Evening Movie	2 <b>Groundhog Day</b> 9:30 Current Events 10:00 Chair Yoga with the Therapy Team 11:00 IN2L: Trivia 1:00 Knit/Crochet/Needlework Group 2:00 Bingo 3:00 Afternoon Movie 3:30 Groundhog Day Fun Facts & Treats 7:00 Evening Movie	3 <b>Bubble Gum Day</b> 9:30 IN2L: Word Puzzles 10:30 Chair Exercise 11:00 IN2L: Bubble Gum Trivia & Fun Facts 1:30 Bubble Gum Snow Cones 2:30 Resident Council Meeting 3:00 Afternoon Movie 4:00 Coloring for Relaxation 7:00 Evening Movie	4 9:15 Fruit Smoothies 10:00 IN2L: Brain Games 11:00 Balloon Volleyball 1:00 Scavenger Hunt 2:00 Bingo 3:00 Afternoon Movie 3:30 Play Rumikub 7:00 Evening Movie
5 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Church Service 11:00 IN2L: Wordle Game 2:30 Ecumenical Service via Video 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie	6 9:30 This Week in History 10:30 IN2L: Crosswords 1:30 Men's Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 7:00 Evening Movie	7 9:30 Red Velvet Lattes 10:45 Zumba Chair Dancing Exercise 1:00 Grief Support Group 1:30 Bridge Club 2:00 Play Bananagrams 3:00 Afternoon Movie 3:30 IN2L: Radio History Trivia & Treats 7:00 Evening Movie	8 9:30 Exercise with Cheryl 10:15 Sweet Treats 10:30 Learn About Caption Call: Info Presentation 1:00 Catholic Communion 2:00 Cooking Club 3:00 Afternoon Movie 3:30 Happy Hour with Music by Alice & Ray 7:00 Evening Movie	9 9:30 Current Events 10:00 Chair Yoga with the Therapy Team 11:00 IN2L: February Trivia 1:00 Knit/Crochet/Needlework Group 2:00 Bingo 3:00 Afternoon Movie 3:30 Music & Movement: Love Song Drumming Class 7:00 Evening Movie	10 <b>Teddy Day</b> 9:30 You Be The Judge: True Stories & Discussion 10:00 Shopping at Walmart* 11:00 IN2L: Teddy Bear Trivia & Fun Facts 1:30 Circuit Exercise 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Share Your Stories Group 7:00 Evening Movie	11 9:15 Donuts in the Bistro 10:00 IN2L: Brain Games 11:00 Bean Bag Toss 1:00 IN2L: Super Bowl Trivia 2:00 Bingo 3:00 Afternoon Movie 3:30 Craft with Tiffany 7:00 Evening Movie
12 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Church Service 11:00 IN2L: Wordle Game 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie	13 9:30 This Week in History 10:30 IN2L: Crosswords 1:30 Men's Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Galantine's Day Ladies Tea Party* 7:00 Evening Movie	14 <b>Valentine's Day</b> 9:30 French Kiss Lattes 10:45 Zumba Chair Dancing Exercise 1:30 Bridge Club 2:30 Valentine's Day Trivia & Cupid Floats 3:00 Afternoon Movie 4:00 Valentine's Day Dinner & Dance 7:00 Evening Movie	15 9:30 Exercise with Cheryl 10:15 Sweet Treats 10:30 Greeting Card Sales 11:00 IN2L: "This or That?" Discussion 2:00 Music with Edis & Cliff 3:00 Afternoon Movie 3:15 Catholic Mass 3:30 Create Your Own Candy Bars 7:00 Evening Movie	16 9:30 Current Events 10:00 Chair Yoga with the Therapy Team 11:00 IN2L: Love Song Trivia 1:00 Knit/Crochet/Needlework Group 3:00 Afternoon Movie 3:15 Cupid Carnival: Games & Prizes! 7:00 Evening Movie	17 9:30 IN2L: Word Puzzles 10:30 Chair Exercise 11:00 Activity Forum 1:30 Shopping at Winco* 2:00 IN2L: Play Family Feud 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Coloring for Relaxation 7:00 Evening Movie	18 9:15 Red Velvet Mini Waffles 10:00 IN2L: Brain Games 12:00 Men's Pizza Party* 1:00 Theater: Dolly Parton Documentary 2:00 Bingo 3:00 Afternoon Movie 3:30 Play Rumikub 7:00 Evening Movie
19 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Church Service 11:00 IN2L: Wordle Game 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie	20 <b>President's Day</b> 9:30 IN2L: History of President's Day 10:30 IN2L: Crosswords 1:30 Men's Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 President's Day Trivia & Cherry Pie Sundaes 7:00 Evening Movie	21 <b>Mardi Gras</b> 9:30 King Cake Cold Brew 10:00 Mardi Gras Walker/ Wheelchair Decorating 10:45 Zumba Chair Dancing Exercise 1:30 Bridge Club 2:00 IN2L: Mardi Gras Trivia 3:30 2nd Annual Walker/ Wheelchair Parade! 4:30 Mardi Gras Dinner 7:00 Evening Movie	22 9:30 Exercise with Cheryl 10:15 Sweet Treats 11:00 IN2L: True Confessions Discussion 1:00 Catholic Communion 2:00 Play Dominoes 3:00 Afternoon Movie 3:30 Italian Sodas in the Bistro 6:45 Peace Prize Winner Dmitry Muratov Lecture at MSU * 7:00 Evening Movie	23 9:30 Table Topics Coffee Chat 10:00 IN2L: Chair Yoga 11:00 IN2L: Trivia 1:00 Knit/Crochet/Needlework Group 2:00 Bingo 3:00 Town Hall Meeting with Andrew 3:30 Knee Pain Health Talk With Therapist Diane 7:00 Evening Movie	24 9:30 You Be The Judge: True Stories & Discussion 10:30 Circuit Exercise 11:30 February Birthdays Lunch* 1:30 Shopping at Smith's* 2:00 IN2L: Play Family Feud 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Share Your Stories Group 7:00 Evening Movie	25 9:15 Donuts in the Bistro 10:00 IN2L: Brain Games 11:00 Balloon Volleyball 1:00 Roll It Play It Dice 2:00 Bingo 3:00 Afternoon Movie 3:30 Baking Club: Strawberry Chocolate Cookies 7:00 Evening Movie
26 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Church Service 11:00 IN2L: Wordle Game 1:45 Bozeman Symphony Presents: Firebird & More* 2:30 Ecumenical Service 4:00 IN2L: Bob Ross Art 7:00 Evening Movie	27 9:30 This Week in History 10:45 Lunch at Wasabi* 1:30 Men's Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Book Club Meeting 7:00 Evening Movie	28 9:30 Iced Caramel Macchiatos 10:45 Zumba Chair Dancing Exercise 1:30 Bridge Club 2:00 Play Bananagrams 3:00 Afternoon Movie 3:30 IN2L: It Happened in February Trivia & Treats 7:00 Evening Movie				A * denotes signing up is required for that activity