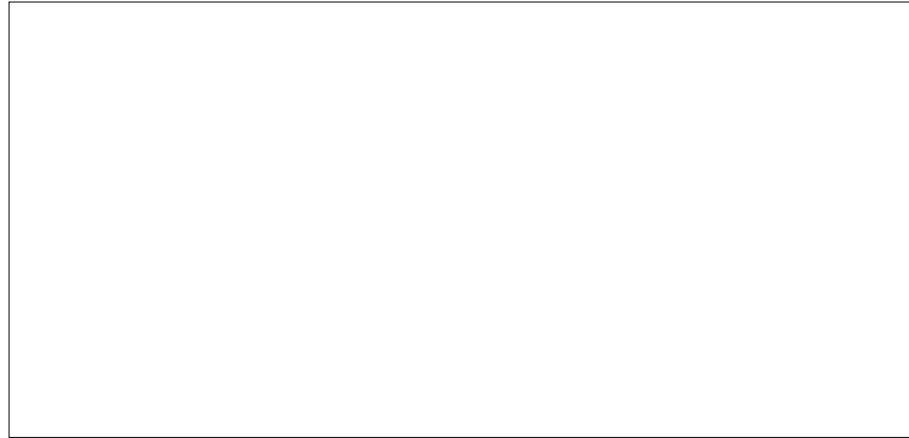


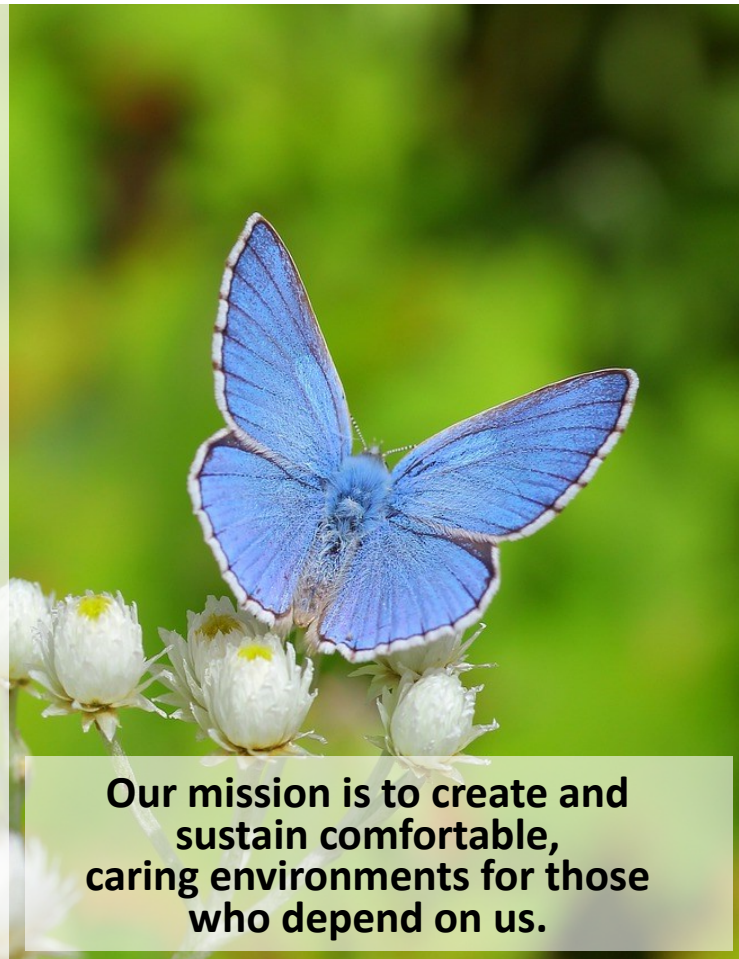


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Stamp



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Wellness Directors:
Rowdy Lynn & Renee Kight
Business Office Director:
Susan Lang
Life Enrichment Director:
Tina Thompson
Dining Services Director:
Mike Welch
Maintenance Director:
Garret Hofmaster



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

Bozeman Lodge News

May 2023 Newsletter



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4 - 5 Activities Calendar

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Staying on Top of Dental Care

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

It's May and that means it's Dental Care Month, a time for all of us to focus on taking good care of our teeth. In observance, we're sharing best practices and information to help adults and older adults improve dental habits.

First comes the advice you've likely heard: make sure to brush your teeth twice a day, in the morning and at night. However, we'll expand on that. After breakfast and before bedtime are best times to do it, and at least two minutes of brushing is recommended. It's wise to use a toothpaste with the American Dental Association (ADA) Seal on it signifying the paste has fluoride for fighting plaque and decay, per Harvard Health. As for what type of toothbrush to use, the ADA suggests one with soft bristles—manual or powered as both work effectively.

Flossing is another smart part of the daily dental health process. The National Institute on Aging recommends using small circular motions and short back and forth strokes to do so, and making sure to rinse after. It's best to floss after meals, and more than once daily.

When it comes to diet, some foods are better than others for our teeth. Acidic foods can erode enamel and crunchy foods like chips can lead to build up between teeth. For dental health, try low-sugar dairy, lean proteins, less acidic fruits and vegetables, nuts, and high-fiber foods.

Certain conditions can affect dental health in



Did you know? The ADA recommends replacing your toothbrush every three to four months to prevent bacteria build up on the brush.

older adults, and one of them is dry mouth, when a person doesn't make enough saliva to keep their mouth wet. If you think you have dry mouth, be sure to let your dental professional know. It can increase the risk for cavities, tooth decay, and fungal infections. Dry mouth is a side effect of some medications and can be due to some conditions, like diabetes. Fortunately, according to the NIA, sipping water or sugarless drinks, or having hard candy, or tart gum, can help. Avoiding smoking, alcohol, acidic juices, and spicy or salty foods can also be beneficial.

Another area that older adults may need to pay attention to is denture care. For those with dentures, make sure to brush them every day with a denture-care product and soak them in water or a denture-cleaner at night. To help gums, avoid small crunchy foods that can get stuck under dentures, and leave dentures out of your mouth when you sleep.

We hope this information has been helpful to you this Dental Care Month. Let us know on our Facebook newsletter post on the 1st.

Special Moments



Happy Birthday:

Fred H.: May 5

Jim H.: May 11

Craig R.: May 19

Frank S.: May 22

May 2023 Highlights

Observes: ALS, Improving Posture, Dental Care, Stroke Awareness, Mental Health Awareness, Blood Pressure Awareness, Brain Cancer, Skin Cancer

Celebrates: Older Americans, American Cheese, Drums, Asparagus, Our Military, Barbecues, Bicycles, Photography, Salad, Salsa, Strawberries, Eggs

01 Blood Pressure & Weight Clinic with Enhabit	16 IN2L: It Happened In May Trivia & Treats
02 Fun Facts Trivia & Italian Sodas	17 Happy Hour with Music Alice & Ray
03 Visit from the Bookmobile	18 Stroke Awareness Presentation by Dr. Chaudhary
03 Place Your Bets: Horse Race Style Game	19 Lunch at Sidewinders*
04 Explore Great Britain Presentation with Malcom	20 Craft Club: Decorate a Flower Pot*
05 Resident Council Meeting	22 Shopping at Dollar Tree/Hobby Lobby*
05 Spring Picnic in the Bistro*	22 Book Club Meeting
05 Margaritas & Music by Alice & Ray	23 Make a Patriotic Door Wreath/Wall Hanging
06 Kentucky Derby Trivia & Cocktails	24 Pub Trivia: Happy Hour & Prize Trivia Game
08 Shopping at Safeway*	25 Town Hall Meeting with Andrew
09 “These Hands” Mother’s Day Photo Project	25 Flags & Faith Care Package Assembly Party
10 Music with Edis & Cliff	26 Shopping at Target*
10 Make an Edible Fruit Bouquet*	27 Make a Marbled Clay Trinket Dish
11 Positive Thinking Health Talk with Anna	29 Memorial Day BBQ
12 Scenic Drive*	30 Afternoon Cocktail: Mint Juleps
13 Apple Pie Sundaes	31 Happy Hour with Music by Alice & Joanne
14 Mother’s Day Buffet*	
14 Monforton Students Perform Songs & Skits	
15 Shopping at Town & Country Foods*	

*A * denotes signing up is required for that activity*

May is National Mystery Month and we invite you to join us in a fun game of “who-dunnit?”

Put on your detective hats—something special has “gone missing” from Bozeman Lodge and we need your help to figure out who, what, and how.

Throughout the month of May, there will be clues hidden around the building to help you solve the case. You can pick up your official game sheet anytime at the front desk or the activities office. Be sure to hold on to it so you can keep track of the clues you find! If you miss a clue, stop by the activities office to solve a riddle or ask a fellow resident if they’ll share their clues with you.



Once all of the clues have been discovered, the hunt for the missing item continues as we try to find where it’s been hidden. Find the missing item and a reward will be yours! Good Luck!



Renee Kight Wellness Director

Renee recently joined our Wellness Team as a Wellness Director. Originally from northern California, she moved to Bozeman to be near her son.

Renee has 16+ years of extensive medical experience, including phlebotomy, CMA, LVN, hospice care, and caregiving.

Outside of work, Renee has two cats, Marco and Polo. She is an avid reader, enjoys photography, and going on road trips. She also has traveled to half of the US, as well as to countries like Egypt, Switzerland, Dubai, and Italy.

Welcome to the Lodge, Renee!



2nd Annual Flags & Faith

Supplies Drive for Local Veterans

In honor of Memorial Day, we’re once again collecting supplies to create care packages for local veterans, especially those currently living in hotels or facing homelessness.

Between May 1-May 24th, we’ll be collecting supplies and donations. On May 25th at 3:30, we’re hosting a Care Package Assembly Party in the Activity Room.

If you’d like to donate, these are a few items that are most useful:

- Socks
- Warm Hats & Gloves
- Hand Warmers
- Wash Cloths/Towels
- Tarps
- Non-Perishable, Easy to Carry Food Items (granola/protein bars, trail mix, jerky, etc.)
- Toiletries (toothpaste, shampoo, deodorant, bar soap, lip balm, etc.)

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	1 <u>May Day</u> 9:30 IN2L: Mindful Movement Exercise 10:30 <u>Blood Pressure & Weight Clinic with Enhabit</u> 1:30 Men's Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Make a May Day Door Hanger 7:00 Evening Movie	2 9:30 Mexican Coffees 10:00 5 Minute Mysteries 10:45 Zumba Chair Dancing Exercise 1:00 Afternoon Meditation 2:00 Play Rumikub 3:00 Afternoon Movie 3:30 Fun Facts Trivia & Italian Sodas 7:00 Evening Movie	3 9:30 Exercise with Cheryl 10:15 Sweet Treats 11:00 IN2L: Crosswords 11:30 Visit from Bookmobile 1:00 Catholic Communion 2:00 Assistance Filling Out Activity Forms 3:00 Afternoon Movie 3:30 Place Your Bets: Horse Race Style Game 7:00 Evening Movie	4 9:30 Current Events & Coffee 10:00 Chair Yoga with Our Therapy Team 11:00 IN2L: Play Family Feud 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:30 Explore Great Britain with Malcolm 7:00 Evening Movie	5 <u>Cinco de Mayo</u> 9:30 Chicken Soup for the Soul Stories 10:00 Noodle Hockey 11:00 IN2L: Cinco de Mayo Trivia 12:00 Spring Picnic in the Bistro* 2:00 <u>Resident Council Meeting</u> 3:00 Afternoon Movie 3:30 Margaritas & Music by Alice & Ray 7:00 Evening Movie	6 <u>Kentucky Derby Day</u> 9:15 Donuts in the Bistro 10:00 Exercise with Tiffany 11:00 IN2L: Play Family Feud 1:00 IN2L: Rick Steve's Travel 2:00 Bingo 3:00 Afternoon Movie 3:45 Derby Trivia & Kentucky Lemonade Cocktails 4:15 Watch the Kentucky Derby Race 7:00 Evening Movie
	7 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Church Service 1:00 Walking Club 2:30 Ecumenical Service via Video 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie	8 9:30 IN2L: Mindful Movement Exercise 9:45 Shopping at Safeway* 11:00 Table Topics 1:30 Men's Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 7:00 Evening Movie	9 9:30 Peanut Butter Lattes 10:00 Mad Libs Stories 10:45 Zumba Chair Dancing Exercise 1:00 "These Hands" Mother's Day Photo Project 2:00 Play Scrabble 3:00 Afternoon Movie 3:30 Share Your Stories Life History Project 7:00 Evening Movie	10 9:30 Exercise with Cheryl 10:15 Sweet Treats 10:30 Greeting Card Sales 11:00 IN2L: Crosswords 1:00 Catholic Communion 2:00 <u>Music with Edis & Cliff</u> 3:00 Afternoon Movie 3:30 Make a Fruit Bouquet* 7:00 Evening Movie	11 9:30 Current Events & Coffee 10:00 Chair Yoga with Our Therapy Team 11:00 "These Hands" Mother's Day Photo Project 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:30 Positive Thinking Health Talk with Anna 7:00 Evening Movie	12 9:30 You Be The Judge Stories & Discussion 10:00 Balloon Volleyball 11:00 Activity Forum 1:00 Scenic Drive* 2:00 "Name 5" Game 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Coloring for Relaxation 7:00 Evening Movie
14 <u>Mother's Day</u> 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Church Service 11:30 Mother's Day Buffet 2:30 Ecumenical Service 3:00 Afternoon Movie 3:00 <u>Monforton Students Perform Songs & Skits</u> 4:00 IN2L: Bob Ross Art 7:00 Evening Movie	15 9:30 IN2L: Mindful Movement Exercise 9:45 Shopping at Town & Country Foods* 11:00 Table Topics 1:30 Men's Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 7:00 Evening Movie	16 9:30 Iced Mochas 10:00 5 Minute Mysteries 10:45 Zumba Chair Dancing Exercise 1:00 Afternoon Meditation 2:00 Play Bananagrams 3:00 Afternoon Movie 3:45 IN2L: It Happened in May Trivia & Treats 7:00 Evening Movie	17 9:30 Exercise with Cheryl 10:15 Sweet Treats 11:00 IN2L: Crosswords 11:30 Visit from Bookmobile 2:00 Cooking Club 3:00 Afternoon Movie 3:30 Happy Hour with Music by Alice & Ray 7:00 Evening Movie	18 9:30 Current Events & Coffee 10:00 Chair Yoga with Our Therapy Team 11:00 IN2L: Play Piggy Bankers 1:00 <u>Stroke Awareness Presentation w/ Dr. Chaudhary</u> 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:30 Make Tie-Dye Cookies 7:00 Evening Movie	19 9:30 Chicken Soup for the Soul Stories 10:00 Noodle Hockey 11:15 Lunch at Sidewinders* 2:00 "Never Have I" Game 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Coloring For Relaxation 7:00 Evening Movie	20 9:15 Muffins in the Bistro 10:00 Exercise with Tiffany 11:00 IN2L: National Parks Trivia 1:00 IN2L: Rick Steve's Travel 2:00 Bingo 3:00 Afternoon Movie 3:30 Craft Club: Decorate a Flower Pot* 7:00 Evening Movie
21 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Church Service 1:00 Walking Club 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie	22 9:30 IN2L: Mindful Movement Exercise 9:45 Shopping at Dollar Tree/Hobby Lobby* 11:00 Table Topics 1:30 Men's Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Book Club Meeting 7:00 Evening Movie	23 9:30 Blueberry Coffee Lattes 10:00 Mad Lib Stories 10:45 Zumba Chair Dancing Exercise 1:00 Afternoon Meditation 2:00 Play Yahtzee 3:00 Afternoon Movie 3:45 Make a Patriotic Door Wreath 7:00 Evening Movie	24 9:30 Exercise with Cheryl 10:15 Sweet Treats 10:30 Greeting Card Sales 11:00 IN2L: Crosswords 1:00 Catholic Communion 2:15 Cooking Club 3:00 Afternoon Movie 3:45 Pub Trivia: Happy Hour & Prize Trivia Game 7:00 Evening Movie	25 9:30 Current Events & Coffee 10:00 IN2L: Chair Yoga 11:00 IN2L: Play Card Sharks 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:00 Town Hall Meeting with Andrew 3:30 <u>Flags & Faith Care Package Assembly Party</u> 7:00 Evening Movie	26 9:30 You Be The Judge Stories & Discussion 10:00 Balloon Volleyball 11:30 May Birthdays Lunch 1:15 Shopping at Target* 2:00 IN2L: May Poetry 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Coloring for Relaxation 7:00 Evening Movie	27 9:15 Fruit Smoothies 10:00 Exercise with Tiffany 11:00 IN2L: Home State Trivia 1:00 IN2L: Rick Steve's Travel 2:00 Bingo 3:00 Afternoon Movie 3:30 Craft Club: Marbled Clay Trinket Dish 7:00 Evening Movie
28 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Church Service 1:00 Walking Club 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie	29 <u>Memorial Day</u> 9:30 "We Are Americans" Memorial Day Tribute Video 11:30 Memorial Day BBQ 2:00 Bingo 3:00 Afternoon Movie 3:30 Memorial Day Trivia & Patriotic Sundaes 7:00 Evening Movie	30 <u>Mint Julep Day</u> 9:00 Iced Nutella Coffees 10:00 "This or That?" Chat 10:45 Zumba Chair Dancing Exercise 1:00 Afternoon Meditation 2:00 Play Rumikub 3:00 Afternoon Movie 3:45 Afternoon Cocktail: Mint Juleps 7:00 Evening Movie	31 9:30 Exercise with Cheryl 10:15 Sweet Treats 11:00 IN2L: Crosswords 11:30 Visit from Bookmobile 1:00 Catholic Communion 2:00 Cooking Club 3:00 Afternoon Movie 3:30 <u>Happy Hour with Music by Alice & Joanne</u> 7:00 Evening Movie	A * denotes signing up is required for that activity		