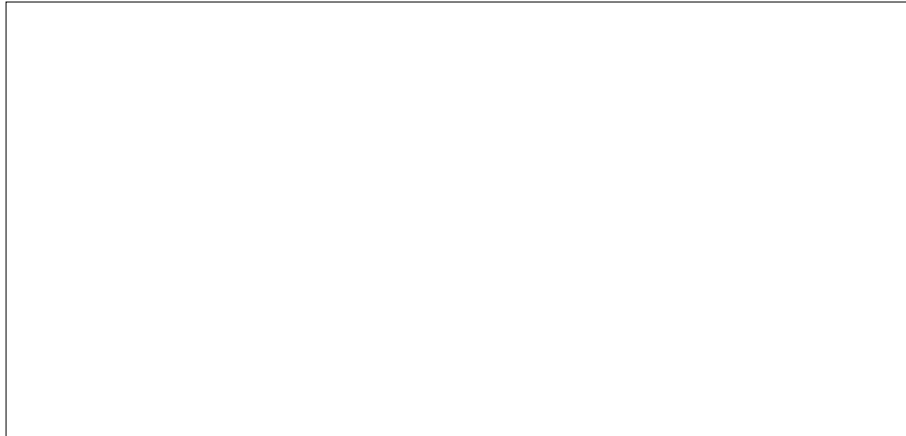




1547 N. Hunters Way
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Stamp



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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

June 2023 Newsletter



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Alzheimer's & Dementia Awareness & Updates

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

Summer solstice on June 21 is a notable date this Alzheimer's & Brain Awareness Month. The Alzheimer's Association observes it as the day with the most light, and the day we fight, encouraging fundraising toward an end to Alzheimer's. Our community hopes to bring awareness not only to this year's Longest Day, but also to this important month with facts and updates.

Facts About Alzheimer's

- More than 6 million Americans are living with Alzheimer's.
- 1 in 3 seniors pass with Alzheimer's or dementia.
- Alzheimer's and dementias cost the U.S. \$321 billion in 2022.
- The difference between Alzheimer's and dementia is dementia is an overall term for a particular group of symptoms (difficulties with memory, language, problem-solving, and other thinking skills) while Alzheimer's disease is one cause of dementia.

Updates and Research Studies

- Few Americans know about mild cognitive impairment, which can be an early stage of Alzheimer's. MCI causes cognitive changes that the affected person and those in their life can notice, but doesn't affect the ability to carry out everyday activities. Learn more at alz.org in a Special Report.
- Various studies indicate that keeping strong social connections and staying mentally active may lower the risk of cognitive decline and Alzheimer's.
- There seems to be a strong link between head trauma and future risk of cognitive



The Longest Day: Consider taking part in a fund-raising activity to support an end to Alzheimer's. The options for activities are great: from board games, gardening, and bowling to Yoga or having a cookout, and beyond! You can register for a creative fundraising activity at act.alz.org.

- decline. Help fall-proof your living space by reducing poor light, loose rugs, and clutter.
- Some conditions known to increase the risk of cardiovascular disease like high blood pressure, diabetes, and high cholesterol increase the risk of developing Alzheimer's.
- Regular physical exercise and heart-healthy eating may help to protect the brain. Two recommended diets include The Dash Diet and Mediterranean Diet.
- A current clinical trial by DIAN is testing if antibodies to beta-amyloid can reduce beta-amyloid plaque in the brains of people with certain genetic mutations and reduce, delay or prevent Alzheimer's symptoms. Another trial, A4 by the Alzheimer's Disease Cooperative Study, is testing if antibodies to beta-amyloid can lower Alzheimer's disease risk in people 65-85 at high risk for the disease.

We hope all of this information has been helpful toward broadening awareness of Alzheimer's during this important month.

Special Moments



Happy Birthday!

- Patti H.: June 3**
- Billie L.: June 3**
- Gerene S.: June 6**
- Sue C.: June 14**
- Sheryl S.: June 25**
- Mary Ann N.: June 26**
- John A.: June 27**
- Jean L.: June 30**

June 2023 Highlights

Observes: Men's Health, Headaches & Migraines, PTSD, Safety
Celebrates: Zoos & Aquariums, Fruit & Veggies, Camping, Dairy, Great Outdoors, Iced Tea, Roses, Papaya, Turkey, African American Music, LGBTQIA Pride

- | | |
|--|---|
| 01 Blood Pressure & Weight Clinic with Enhabit | 16 Peach Wine Slushies on the Patio |
| 01 Newcomers Social | 17 Men's Pizza Party* |
| 02 Shopping at Smith's* | 18 Father's Day Lunch |
| 02 Resident Council Meeting | 19 Shopping at Walmart* |
| 03 June Trivia & Italian Sodas | 20 Afternoon Treats: Strawberry Shortcakes |
| 04 Children's Flute & Piano Recital | 21 Visit from Bookmobile |
| 05 Lunch at Old Chicago* | 21 Happy Hour Celebrating June Birthdays |
| 06 Optometry Health Talk w/ Dr. Hugh Wright | 22 Town Hall Meeting with Andrew |
| 07 Happy Hour with Piano Tunes with Joe | 23 Day Trip to Tizer Gardens & Picnic Sack Lunch |
| 08 Ladies Tea Party* | 24 Make a Solar Lantern |
| 09 Shopping at Home Depot for Patio Flowers* | 26 Visit Montana Grizzly Encounter* |
| 09 Pina Coladas on the Patio | 28 Backpacking Foods Tasting & Shed Hunting Presentation by Rowdy |
| 10 Gardening Club: Plant Flowers on the Patio | 29 Western Party on the Patio w/ Alice & Ray |
| 12 Shopping at Winco* | 30 Hot Dog Bar |
| 13 Activity Forum | 30 Happy Hour with Candy the Comedian |
| 14 Happy Hour with Music by Alice & Ray | |
| 15 Health Talk & Treats: Staying Hydrated | |

June is National Camping Month.

Join us for a variety of activities during Camping Week!

Mon., June 26:

- Trip to Montana Grizzly Encounter* • Make Western Silhouette Art

Tues., June 27:

- Campfire Mochas • Pan for Gold
- "Dirt Cup" Treats & Camping Trivia

Wed., June 28:

- Make a Solar Oven & Cook S'mores • Backpacking Foods Taste Test & Shed Hunting Presentation by Rowdy

Thurs., June 29:

- Guess the Animal Prints • Western Party with Alice & Ray

Fri., June 30:

- Huckleberry Coffee • Make Your Own Trail Mix
- Hot Dog Bar



Summertime A poem by Gib L.

Summertime is a special time, for people of every age.
 It officially starts in the month of June, shortly after we turn the page.
 In May we saw the snow melt, and that was some relief.
 In May we saw the trees begin to dress up with new leaves.
 Now this is June, the grass is green the flowers are in full bloom.
 This is what old people love, flowers brighten up the room.
 The sun is bright and warmer now, we are able to be outside.
 It is also the time of year that many granddaughters become a bride.
 June is known for weddings, Father's Day is also in June.
 Birthdays fit in nicely, too,
 While fishing you can whistle a tune.
 Summertime is a wonderful time, for almost everything outdoors.
 When we were kids, we couldn't go, 'til we had finished chores.
 Softball was fun for all of us, sometimes we played Annie-I-Over,
 Sometimes pom-pom-pull away, then look for a four leaf clover.
 That was back when we were kids, a peddle bike was our pride and joy,
 Summertime is still so special, just that kids have different toys.
 For residents in assisted living, this poem will bring back memories,
 Of summertime when we were young, playing hopscotch in the breeze.
 Summer is a special time, for us folks of similar age.
 Let's reminisce outdoors some day, we could fill another page!

JUNE 2023

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

SUN	MON	TUE	WED	THU	FRI	SAT
<div>All activities subject to change per mandated health guidelines.</div>	<div>A * denotes signing up is required for that activity</div>			<div>1 9:30 Current Events & Coffee 10:00 Chair Yoga with Our Therapy Team 10:30 Blood Pressure & Weights Clinic w/ Enhabit 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:30 Newcomers Social 7:00 Evening Movie</div>	<div>2 9:30 Feel Good Friday 10:00 Shopping at Smiths* 11:00 Patio Chat 1:00 IN2L: Bible Study 2:30 Resident Council Meeting 3:00 Afternoon Movie 4:00 Coloring for Relaxation 7:00 Evening Movie</div>	<div>3 9:15 Donuts in the Bistro 10:00 Gardening Club: Cleaning Out Patio Beds 11:00 IN2L: Wordle Game 1:00 IN2L: Salt Box TV 2:00 Bingo 3:00 Afternoon Movie 3:30 IN2L: June Trivia & Italian Sodas 7:00 Evening Movie</div>
<div>4 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Service 1:00 Walking Club 2:30 Ecumenical Service via Video 3:00 Afternoon Movie 3:00 Children’s Flute Recital 4:00 IN2L: Bob Ross Art 7:00 Evening Movie</div>	<div>5 9:30 IN2L: Mindful Movement Exercise 10:15 June Highlights 11:30 Lunch at Old Chicago* 1:30 Men’s Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 7:00 Evening Movie</div>	<div>6 9:30 Chocolate Caramel Iced Coffee 10:00 IN2L: D-Day Historical Trivia 10:45 Zumba Chair Dancing Exercise 1:00 Grief Support Group 2:00 Play Sequence 3:00 Optometry Health Talk w/ Dr. Hugh Wright 7:00 Evening Movie</div>	<div>7 9:30 Exercise with Cheryl 10:15 Sweet Treats 10:30 Greeting Card Sales 11:00 IN2L: Crosswords 1:00 Catholic Communion 2:00 Cooking Club 3:00 Afternoon Movie 3:30 Happy Hour with Piano Tunes by Joe 7:00 Evening Movie</div>	<div>8 9:00 Resident Store Open 9:30 Current Events & Coffee 10:00 Chair Yoga with Our Therapy Team 11:00 IN2L: Brain Games 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:30 Ladies Tea Party* 7:00 Evening Movie</div>	<div>9 9:30 Feel Good Friday 10:00 Shopping at Home Depot for Patio Flowers* 11:00 Patio Chat 1:00 IN2L: Bible Study 2:00 Board Games 3:00 Sing Along with Grace 4:00 Pina Coladas on the Patio 7:00 Evening Movie</div>	<div>10 9:15 Fruit Smoothies 10:00 Gardening Club: Plant Flowers for the Patio 11:00 IN2L: Wordle Game 1:00 IN2L: Rick Steve’s Travel 2:00 Bingo 3:00 Afternoon Movie 3:30 Baking Club: Fruity Flower Tarts 7:00 Evening Movie</div>
<div>11 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Service 1:00 Walking Club 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie</div>	<div>12 9:30 IN2L: Mindful Movement Exercise 10:00 Shopping at Winco* 1:30 Men’s Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 7:00 Evening Movie</div>	<div>13 9:30 London Fog Frappuccino 10:00 IN2L: Trivia 10:45 Zumba Chair Dancing Exercise 1:00 IN2L: Meditations 2:00 Activity Forum 3:00 Afternoon Movie 3:30 IN2L: It Happened in June Trivia & Treats 7:00 Evening Movie</div>	<div>14 Flag Day 9:30 Exercise with Cheryl 10:15 Sweet Treats 11:00 IN2L: Flag Day Trivia 1:00 Catholic Communion 2:00 Cooking Club 3:00 Afternoon Movie 3:30 Happy Hour with Alice & Ray 7:00 Evening Movie</div>	<div>15 9:30 Current Events & Coffee 10:00 Chair Yoga with Our Therapy Team 11:00 IN2L: Brain Games 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:30 Health Talk & Treats: Staying Hydrated 7:00 Evening Movie</div>	<div>16 9:30 Feel Good Friday 10:00 Walking Club 11:00 Patio Chat 1:00 IN2L: Bible Study 2:00 Share Your Stories: Life History Project 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Peach Wine Slushies 7:00 Evening Movie</div>	<div>17 9:15 Donuts in the Bistro 10:00 Gardening Club 12:00 Men’s Pizza Party* 1:00 IN2L: Salt Box TV 2:00 Bingo 3:30 Father’s Day Trivia & Root Beer Floats 7:00 Evening Movie</div>
<div>18 Father’s Day 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Service 11:30 Father’s Day Lunch 1:00 Walking Club 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie</div>	<div>19 9:30 IN2L: Mindful Movement Exercise 10:00 Shopping at Walmart* 1:30 Men’s Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:00 Book Club Meeting 7:00 Evening Movie</div>	<div>20 9:30 Blackberry Iced Tea Lattes 10:00 IN2L: Trivia 10:45 Zumba Chair Dancing Exercise 1:00 IN2L: Meditations 2:00 Play Rumikub 3:30 Afternoon Treats: Strawberry Shortcakes 7:00 Evening Movie</div>	<div>21 First Day of Summer 9:30 Exercise with Cheryl 10:15 Sweet Treats 10:30 Greeting Card Sales 11:00 IN2L: Crosswords 11:30 Visit from Bookmobile 2:00 Music with Edis & Cliff 3:00 Afternoon Movie 3:15 Catholic Mass 3:30 Happy Hour Celebrating June Birthdays</div>	<div>22 9:00 Resident Store Open 9:30 Current Events & Coffee 10:00 IN2L: Chair Yoga 11:00 IN2L: Games 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:00 Town Hall Meeting with Andrew 7:00 Evening Movie</div>	<div>23 9:00 Trip to Tizer Gardens & Picnic Sack Lunch* 10:00 Walking Club 11:00 Patio Chat 2:00 Paint a Bird House 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Coloring for Relaxation 7:00 Evening Movie</div>	<div>24 9:15 Fruit Smoothies 10:00 Gardening Club 11:00 IN2L: Wordle Game 1:00 IN2L: Rick Steve’s Travel 2:00 Bingo 3:00 Afternoon Movie 3:30 Make a Solar Lantern 7:00 Evening Movie</div>
<div>25 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Service 1:00 Walking Club 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie</div>	<div>26 Camping Week! 9:30 IN2L: Mindful Movement Exercise 9:45 Visit Montana Grizzly Encounter* 1:30 Men’s Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club: Western Silhouettes 7:00 Evening Movie</div>	<div>27 9:30 Campfire Mochas 10:00 IN2L: Trivia 10:45 Zumba Chair Dancing Exercise 1:00 IN2L: Meditations 2:15 Pan for Gold on the Patio 3:00 Afternoon Movie 3:30 “Dirt Cup” Treats & Camping Trivia 7:00 Evening Movie</div>	<div>28 9:30 Exercise with Cheryl 10:30 Make a Solar Oven 1:00 Catholic Communion 2:15 Muddled Meanderings: Cowboy Stories & Poems 3:00 Afternoon Movie 3:30 Backpacking Foods Taste Test & Shed Hunting Presentation by Rowdy 7:00 Evening Movie</div>	<div>29 9:30 Current Events & Coffee 10:00 IN2L: Chair Yoga 11:00 Guess the Animal Prints 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Western Party 3:30 Live Music with Alice & Ray on the Patio 7:00 Evening Movie</div>	<div>30 9:30 Feel Good Friday 10:00 Patio Chat & Huckleberry Coffee 11:30 Hot Dog Bar 2:30 Make Your Own Trail Mix 3:00 Afternoon Movie 3:30 Happy Hour with Candy the Comedian 7:00 Evening Movie</div>	<div></div>