



1547 N. Hunters Way  
Bozeman, MT 59718

Stamp



**Leadership Team**  
Phone: 406.522.5452  
Email: [info@bozeman-lodge.com](mailto:info@bozeman-lodge.com)  
Website: [bozeman-lodge.com](http://bozeman-lodge.com)  
Facebook: BozemanLodge  
**Executive Director:**  
Sabrina Colton, RN  
**General Manager:**  
Andrew Steighner  
**Community Relations:**  
Andrew Steighner  
**Wellness Nurse:**  
Kimberly Noble, RN  
**Wellness Director:**  
Rowdy Lynn  
**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

September 2023 Newsletter



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# Ways to Support an End to Alzheimer's Disease

This month, our community is looking forward to the Alzheimer’s Association’s Walk to End Alzheimer's. The walk takes place in more than 600 communities across the United States each year, fundraising toward Alzheimer's care, support, and research. For those looking to take action toward an end to Alzheimer's, here are some ways you can support the cause, from the walk and beyond.

- Walk in the Walk to End Alzheimer’s! Register for your local walk as part of a team or independently. Set up a Tribute or Memorial Page with fundraising support options at [act.alz.org](http://act.alz.org)

**Our local walk will be taking place:**  
Sunday, September 10  
at Bozeman Pond Park (700 S. Fowler  
Bozeman, Montana 59718)  
Festivities begin at noon  
Opening Ceremony starts at 1 p.m.  
  
(Subject to change. Please check [alz.org](http://alz.org))

- Participate in the Ride to End Alzheimer’s. You can bike ride anywhere for this Summer Challenge and raise funds toward research.
- Help with Research. TrialMatch is a free service that pairs potential participants with clinical studies. See: [trialmatch.alz.org](http://trialmatch.alz.org)
- Advocate. Urge congress to support the Alzheimer's and dementia community. There are online fillable forms for contacting congress about vital issues at [alz.org/get-involved-now/advocate](http://alz.org/get-involved-now/advocate)
- Donate vehicles, boats, and RVs with the Donate-A-Car Program. Proceeds support the Alzheimer's Association and may provide tax benefits. Call 855.277.6227.



**Alzheimer’s Fast Facts:** Americans who have Alzheimer's is growing. More than 6.7 million Americans have Alzheimer's and 1 in 3 seniors pass with Alzheimer's or Dementia. Early diagnosis can provide medical, emotional, and social benefits; aid with clinical trial participation; enable people to be in control of their legal and financial wishes; and create cost savings in medical and long-term care.

- Be a Volunteer Support Group Facilitator, creating safe environments for sharing feelings or experiences of Alzheimer’s or dementia.
- Be a Volunteer Faith Outreach Representative, sharing information and free resources through the Alzheimer’s Association.
- Be a Volunteer Community Educator, providing education and expanding program reach. Vist: [volunteer.alz.org/Volunteeropportunities/becoming](http://volunteer.alz.org/Volunteeropportunities/becoming)
- Share on social media: The more accurate information about Alzheimer's that is shared, the more people will support the fight against Alzheimer's. Don’t forget to hashtag your efforts with #endalz.

Let us know on the first of the month on our facebook what efforts you’re excited about taking part in toward an end to Alzheimer’s!

# Special Moments



## Happy Birthday!

- Carol A.: Sept. 7
- Margaret B. Sept. 10
- Nick N. Sept. 13
- Marty G.: Sept. 13
- Lynn H.: Sept. 15
- Tom P.: Sept. 20



# September 2023 Highlights

**Observes:** World Alzheimer's Awareness, Healthy Aging, Intergenerational Ties, Pain Awareness, Prostate Health, and Self-Care

**Celebrates:** Americana, Chicken, Classical Music, Honey, Little League, Mushrooms, Piano, Potatoes, Rice, Sewing, and Square Dancing

- |  |  |
|--|--|
| 01: College Colors Day: Wear Your Favorite Colors! | 16: Live Stream MSU Bobcat's Football Game   |
| 01: Resident Council Meeting                       | 18: Shopping at Target*                      |
| 02: Paint By Number Art                            | 19: Oregon Vacation Slide Show by Susan*     |
| 04: Labor Day                                      | 19: Cottage Chat with Sabrina                |
| 05: Grief Support Group with Stillwater Hospice    | 20: Happy Hour with Music by Alice & Ray*    |
| 06: Decorate T-Shirts for the Alzheimer's Walk     | 21: Autumn Happy Hour                        |
| 07: Cottage Happy Hour                             | 22: Trip to Yellowstone Park: Old Faithful*  |
| 08: Picnic at Bozeman Pond*                        | 24: Bozeman Symphony*                        |
| 08: Afternoon Cocktails with Sabrina               | 25: Shopping at Smith's*                     |
| 09: IndepenDance Live Performance*                 | 25: Book Club Meeting                        |
| 10: Walk to End Alzheimer's*                       | 26: It Happened In September Trivia & Treats |
| 11: Shopping at Winco*                             | 27: Food Forum: All Residents Welcome        |
| 12: Play Dart Poker                                | 28: Town Hall Meeting with Andrew            |
| 13: Music with Edis & Cliff                        | 29: Trending Treats: Try a New Snack!        |
| 15: Friday Afternoon Movie Matinee                 | 30: Caramel Apple Sodas                      |

A \* denotes signing up is required for that activity

Here are a few fun trips in September that require advanced sign ups:

## IndepenDance Community Dance Project Live Performance

Saturday, September 9th @ the Wilson Auditorium. Bus Leaves at 1:15pm

Come see over 20 pieces in a variety of styles, performed by local dancers.

Tickets cost \$25.30 Sign up & pay cash by Monday, September 4th

## Annual Walk to End Alzheimer's

Sunday, September 10th. Bus leaves at 12:30 Sign up required by Friday, September 8th

## Ride to the monthly Parkinson's Support Group

Wednesday, September 20th at 12:30pm Sign up required by Monday, September 18

## Bozeman Symphony Presents: Dvorak's New World Symphony

Sunday, September 24th @ the Wilson Auditorium. Bus leaves at 1:45pm

Tickets are front row and cost \$32. Sign up & pay cash by Wednesday, September 6th

Please note: Tickets for this show are selling quickly! In the event that they sell out, we will give you the option to upgrade to the next price level, which is \$42



**Staff Spotlight:**  
**Catie S.**

This month we're highlighting caregiver Catie.

Catie has worked at Bozeman Lodge for 4 years. She's married and has two dogs: a standard poodle and a labradoodle. Catie was born in Butte, MT and adopted when she was 13 days old by a family in Bozeman, where she grew up. In her free time, she loves being outdoors, especially kayaking. She also enjoys painting and spending time with her family. Catie's favorite place to visit is Hawaii, and her favorite animal is a turtle.

Catie says her favorite thing about working at the Lodge is helping care for the residents and seeing them smile!

**Thank you for your dedication!**



**Resident Spotlight:**  
**Marilyn C.**

Originally from Los Angeles, California, Marilyn has lived at Bozeman Lodge for 6 years. She moved here to be closer to her son and family. Marilyn was the youngest of 11 children and grew up working in motion pictures. As an adult, Marilyn was a professional buyer for department stores. She has two sons and three grandchildren, including a set of twins. Her favorite vacation was a trip to Rome because there was so much to see. Her hobbies include flower gardening and reading mystery books. Her favorite color is green, her favorite food is salad. Marilyn has previously lead a life stories writing class for residents. Currently, she is one of our welcoming committee members, and also helps us organize our annual clothing drive for the local warming center! Marilyn enjoys getting to know others, so be sure to say "hello" when you see her!



SEPTEMBER 2023

Bozeman Lodge • 1547 N. Hunters Way, Bozeman, MT 59718 • (405) 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 College Colors Day</div> <div>9:30 Coffee Chat on the Patio</div> <div>10:00 Circuit Exercise</div> <div>10:30 “Help Your Neighbor” Dice &amp; Card Game</div> <div>1:00 Play Shuffleboard</div> <div>2:30 Resident Council Meeting</div> <div>3:00 Afternoon Movie</div> <div>4:00 Peanut Butter Cup Cock tails</div> <div>7:00 Evening Movie</div>                    | <div>2</div> <div>9:15 Donuts in the Bistro</div> <div>10:30 IN2L: “Have You Ever?” Discussion</div> <div>1:00 IN2L: Classic TV</div> <div>2:00 Bingo</div> <div>3:00 Afternoon Movie</div> <div>3:30 Share Your Stories</div> <div>4:00 Paint by Number Art</div> <div>7:00 Evening Movie</div>  |
| <div>3</div> <div>9:30 Cinnamon Rolls &amp; Coffee Klatch</div> <div>10:00 Calvary Baptist Service</div> <div>1:00 Walking Club</div> <div>2:30 Ecumenical Service via Video</div> <div>3:00 Sunday Matinee</div> <div>4:00 Coloring for Relaxation</div> <div>7:00 Evening Movie</div>                              | <div>4 Labor Day</div> <div>9:00 This Day in History</div> <div>11:00 IN2L: TedTalks: Short Educational Lectures</div> <div>11:30 Labor Day Lunch</div> <div>1:30 IN2L: Seated Exercise</div> <div>2:00 Bingo</div> <div>3:00 Afternoon Movie</div> <div>3:15 IN2L: Labor Day Trivia &amp; Treats</div> <div>7:00 Evening Movie</div>                             | <div>5</div> <div>9:30 Cookie Butter Iced Chai Tea Lattes</div> <div>10:45 Zumba with Brittainey</div> <div>1:00 Grief Support Group with Stillwater Hospice</div> <div>2:00 Play Scrabble</div> <div>3:00 Afternoon Movie</div> <div>3:30 MT History Presentation: Children in Mining Camps</div> <div>7:00 Evening Movie</div>  | <div>6 Coffee Ice Cream Day</div> <div>9:30 Exercise with Cheryl</div> <div>10:15 Sweet Treats</div> <div>11:00 IN2L: Crosswords</div> <div>11:30 Visit from Bookmobile</div> <div>1:00 Catholic Communion</div> <div>2:00 Coffee Ice Cream Treats</div> <div>3:00 Afternoon Movie</div> <div>3:30 Decorate T-Shirts for the Alzheimer’s Walk</div> <div>7:00 Evening Movie</div> | <div>7</div> <div>9:30 Current Event</div> <div>10:00 Chair Yoga Exercise</div> <div>11:00 IN2L: Piggy Bankers Word Game</div> <div>1:00 Knit, Crochet, &amp; Needlework</div> <div>2:00 Bingo</div> <div>3:00 Afternoon Movie</div> <div>3:30 Cottage Happy Hour</div> <div>7:00 Evening Movie</div>  | <div>8</div> <div>9:30 Coffee Chat on the Patio</div> <div>10:00 Virtual Chair Exercise</div> <div>11:00 Picnic at Bozeman Pond*</div> <div>2:30 Activity Forum</div> <div>3:00 Afternoon Movie</div> <div>3:00 Sing Along with Grace</div> <div>4:00 Cocktails with Sabrina</div> <div>7:00 Evening Movie</div>   | <div>9</div> <div>9:15 Fruit Smoothies</div> <div>10:00 Good News Stories</div> <div>11:00 IN2L: Home State Trivia</div> <div>1:15 IndepenDance Live Performance*</div> <div>2:00 Bingo</div> <div>3:00 Afternoon Movie</div> <div>5:00 Live Stream of MSU Bobcats Football Game</div> <div>7:00 Evening Movie</div>  |
| <div>10</div> <div>9:30 Cinnamon Rolls &amp; Coffee Klatch</div> <div>10:00 Calvary Baptist Service</div> <div>12:30 Annual Walk to End Alzheimer’s *</div> <div>1:00 Walking Club</div> <div>2:30 Ecumenical Service</div> <div>3:00 Sunday Matinee</div> <div>4:00 Scratch Art</div> <div>7:00 Evening Movie</div> | <div>11 Patriot Day</div> <div>9:00 Moments of Reflection</div> <div>9:15 IN2L: 9/11 Memorial Museum Virtual Tour</div> <div>10:00 Shopping at Winco*</div> <div>11:00 IN2L: TedTalks: Short Educational Lectures</div> <div>1:30 Strength Training with Seranna</div> <div>2:00 Bingo</div> <div>3:15 Painting Club</div> <div>7:00 Evening Movie: “Worth”</div> | <div>12</div> <div>9:30 Strawberry Hot Cocoa</div> <div>10:00 IN2L: Casino Trivia</div> <div>10:45 Zumba with Brittainey</div> <div>1:00 Afternoon Meditations</div> <div>2:00 Play Bananagrams</div> <div>3:00 Afternoon Movie</div> <div>3:30 Play Dart Poker</div> <div>7:00 Evening Movie</div>   | <div>13</div> <div>9:30 Exercise with Cheryl</div> <div>10:15 Sweet Treats</div> <div>10:30 Greeting Card Sales</div> <div>11:00 IN2L: Crosswords</div> <div>1:00 Catholic Communion</div> <div>2:00 Live Music with Edis &amp; Cliff</div> <div>3:00 Afternoon Movie</div> <div>3:30 Higher or Lower Game</div> <div>7:00 Evening Movie</div>                                    | <div>14</div> <div>9:30 Current Events</div> <div>10:00 Chair Yoga Exercise</div> <div>11:00 IN2L: Trivia</div> <div>1:00 Knit, Crochet, &amp; Needlework</div> <div>2:00 Bingo</div> <div>3:00 Afternoon Movie</div> <div>3:30 Share Your Stories</div> <div>7:00 Evening Movie</div>   | <div>15</div> <div>9:30 Coffee Chat on the Patio</div> <div>10:00 Circuit Exercise</div> <div>10:45 Roll It Play It Dice Game</div> <div>1:00 Play Shuffleboard</div> <div>2:00 Trending Treats</div> <div>3:00 Friday Movie Matinee</div> <div>3:00 Sing Along with Grace</div> <div>4:00 Apple Cider Margaritas</div> <div>7:00 Evening Movie</div>                          | <div>16</div> <div>9:15 Muffins in the Bistro</div> <div>10:00 Good News Stories</div> <div>11:00 On The Day You Were Born Fun Facts</div> <div>1:00 Live Stream of MSU Bobcats Football Game</div> <div>2:00 Bingo</div> <div>3:00 Afternoon Movie</div> <div>3:45 Sunflower Craft</div> <div>7:00 Evening Movie</div>   |
| <div>17</div> <div>9:30 Cinnamon Rolls &amp; Coffee Klatch</div> <div>10:00 Calvary Baptist Service</div> <div>1:00 Walking Club</div> <div>2:30 Ecumenical Service</div> <div>3:00 Sunday Matinee</div> <div>4:00 Coloring for Relaxation</div> <div>7:00 Evening Movie</div>                                       | <div>18</div> <div>9:00 This Day in History</div> <div>10:00 Shopping at Target*</div> <div>11:00 IN2L: TedTalks: Short Educational Lectures</div> <div>1:30 Strength Training with Seranna</div> <div>2:00 Bingo</div> <div>3:15 Painting Club</div> <div>3:00 Afternoon Movie</div> <div>7:00 Evening Movie</div>   | <div>19 Talk Like A Pirate Day</div> <div>9:30 Apple Pie Lattes</div> <div>10:00 Treasure Hunt</div> <div>10:45 Zumba with Brittainey</div> <div>1:00 Afternoon Meditations</div> <div>2:00 Cottage Chat w/ Sabrina</div> <div>2:00 Play Yahtzee</div> <div>2:45 IN2L: Pirate Trivia</div> <div>3:00 Afternoon Movie</div> <div>3:30 Oregon Travel Slideshow by Susan</div> <div>7:00 Evening Movie</div> | <div>20</div> <div>9:30 Exercise with Cheryl</div> <div>10:15 Sweet Treats</div> <div>11:00 IN2L: Crosswords</div> <div>11:30 Visit from Bookmobile</div> <div>12:30 Ride to Parkinson’s Support Group*</div> <div>2:00 Cooking Club</div> <div>3:15 Catholic Mass</div> <div>3:30 Happy Hour with Music by Alice &amp; Ray</div> <div>7:00 Evening Movie</div>                   | <div>21</div> <div>9:00 Resident Store</div> <div>9:30 Current Events</div> <div>10:00 Chair Yoga Exercise</div> <div>11:00 IN2L: Trivia</div> <div>1:00 Knit, Crochet, &amp; Needlework</div> <div>2:00 Board Games</div> <div>3:00 Afternoon Movie</div> <div>3:00 Autumn Happy Hour</div> <div>7:00 Evening Movie</div>                           | <div>22</div> <div>9:00 Day Trip to Old Faithful &amp; Brown Bag Lunch*</div> <div>9:30 Patio Chat</div> <div>10:00 Virtual Chair Exercise</div> <div>1:00 Bean Bag Toss</div> <div>2:00 Flower Arranging: Make Your Own Bouquet</div> <div>3:00 Afternoon Movie</div> <div>3:00 Sing Along with Grace</div> <div>4:00 Paint By Number Art</div> <div>7:00 Evening Movie</div> | <div>23 First Day of Autumn</div> <div>9:15 Fruit Smoothies</div> <div>10:00 Good News Stories</div> <div>11:00 National Parks Trivia</div> <div>1:00 IN2L: Classic TV</div> <div>2:00 Bingo</div> <div>3:00 Afternoon Movie</div> <div>3:30 Baking Club</div> <div>6:00 Live Stream of MSU Bobcats Football Game</div> <div>7:00 Evening Movie</div>                                       |
| <div>24</div> <div>9:30 Cinnamon Rolls &amp; Coffee Klatch</div> <div>10:00 Calvary Baptist Service</div> <div>1:00 Walking Club</div> <div>1:45 Bozeman Symphony*</div> <div>2:30 Ecumenical Service</div> <div>3:00 Sunday Matinee</div> <div>4:00 Scratch Art</div> <div>7:00 Evening Movie</div>                 | <div>25</div> <div>9:00 This Day in History</div> <div>10:00 Shopping at Smith’s*</div> <div>11:00 IN2L: TedTalks: Short Educational Lectures</div> <div>1:30 Strength Training with Seranna</div> <div>2:00 Bingo</div> <div>3:00 Afternoon Movie</div> <div>3:30 Book Club Meeting</div> <div>7:00 Evening Movie</div>  | <div>26</div> <div>9:30 Pumpkin Spice Lattes</div> <div>10:45 Zumba with Brittainey</div> <div>1:00 Afternoon Meditations</div> <div>2:00 Play Rumikub</div> <div>3:00 Afternoon Movie</div> <div>3:30 IN2L: It Happened in September Trivia &amp; Apple Treats</div> <div>7:00 Evening Movie</div>   | <div>27</div> <div>9:30 Exercise with Cheryl</div> <div>10:15 Sweet Treats</div> <div>10:30 Greeting Card Sales</div> <div>11:00 IN2L: Crosswords</div> <div>1:00 Catholic Communion</div> <div>2:30 Food Forum</div> <div>3:00 Afternoon Movie</div> <div>3:30 Happy Hour Celebrating September Birthdays</div> <div>7:00 Evening Movie</div>                                    | <div>28</div> <div>9:30 Current Events</div> <div>10:00 IN2L: Virtual Chair Yoga</div> <div>11:00 IN2L: Trivia</div> <div>1:00 Knit, Crochet, &amp; Needlework</div> <div>2:00 Bingo</div> <div>3:00 Afternoon Movie</div> <div>3:00 Town Hall Meeting</div> <div>3:45 Brain Health Talk with EmpowerMe Wellness</div> <div>7:00 Evening Movie</div> | <div>29</div> <div>9:30 Coffee Chat on the Patio</div> <div>10:00 Circuit Exercise</div> <div>10:45 IN2L: Family Feud</div> <div>1:00 Play Shuffleboard</div> <div>2:00 Trending Treats</div> <div>3:00 Friday Movie Matinee</div> <div>3:00 Sing Along with Grace</div> <div>4:00 Autumn Rum Cocktails</div> <div>7:00 Evening Movie</div>                                    | <div>30 World Maritime Day</div> <div>9:15 Donuts in the Bistro</div> <div>10:00 Fascinating Stories of the Sea</div> <div>11:00 IN2L: Maritime Trivia</div> <div>1:00 IN2L: Classic TV</div> <div>1:45 Caramel Apple Sodas</div> <div>2:00 Live Stream of MSU Bobcats Football Game</div> <div>3:00 Afternoon Movie</div> <div>3:30 Share Your Stories</div> <div>7:00 Evening Movie</div> |