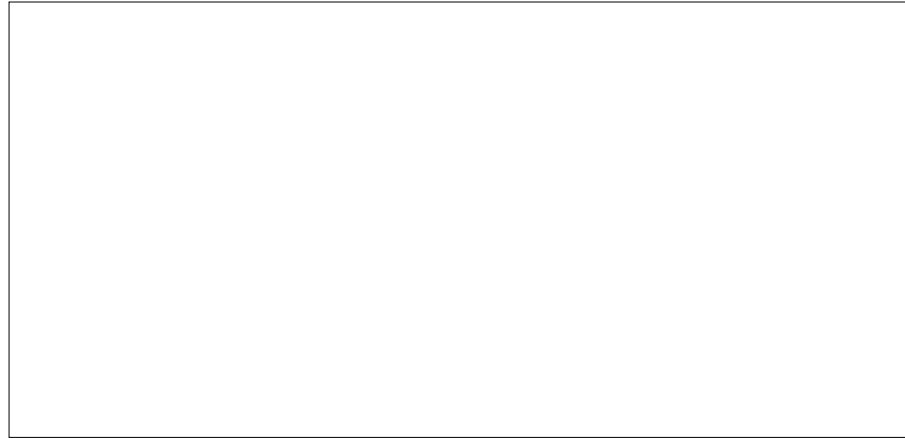




1547 N. Hunters Way
Bozeman, MT 59718

Stamp



Leadership Team
Phone: 406.522.5452
Email: info@bozeman-lodge.com
Website: bozeman-lodge.com
Facebook: BozemanLodge
Executive Director:
Sabrina Colton, RN
General Manager:
Andrew Steighner
Community Relations Director:
Andrew Steighner
Wellness Nurse:
Janisse Ruis, RN
Wellness Director:
Rowdy Lynn & Michele Harvey
Business Office Director:
Susan Lang
Life Enrichment Director:
Tina Thompson
Dining Services Director:
Mike Welch
Maintenance Director:
Johnny King



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

Bozeman Lodge News

October 2023 Newsletter



2 Hearing Health Tips & Tech
3 Team Spotlight
4 - 5 Activities Calendar

6 Highlights
7 Special Moments & Birthdays
8 Mission & Team

Hearing Health Tips & New Technologies

If you're struggling to hear certain sounds or voices that you've always been able to hear just fine, you may be facing a common issue: age-related hearing loss (known as presbycusis). It affects one in three adults over 65, and fortunately, there are various ways to treat it.

The causes of presbycusis include changes in the inner ear, middle ear, or in nerve paths to the brain. Other contributors may include prolonged exposure to loud noises, loss of hair cells, genetic factors, health conditions like heart disease or diabetes, and some medications, per John Hopkins Medicine. It is not a reversible condition so prevention (by avoiding loud noise exposure or wearing ear plugs) is wise.

If you're wondering if you're experiencing hearing loss, but are not sure, there are symptoms to look out for. Presbycusis often occurs gradually and subtly over time. You may find it harder than usual to hear soft voices, children's voices, and speech during background noise, and you may miss words in conversation, according to the American Academy of Audiology. You may also experience ear ringing or hear mumbled or slurred speech. To find out if you are in fact experiencing hearing loss, you'll want to seek a diagnosis from your health provider. You may be referred to a hearing specialist who can test if there are tones you're unable to hear.

When it comes to treatment options for hearing loss, the options are plentiful.

- Hearing Aids are widely used and just recently became available over the counter. Their technology moves forward with recent improvements such as directional



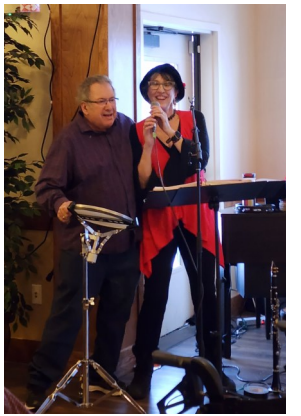
Did you know? Hearing loss affects 30-35% of adults between 65 and 75, and 40-50% of those 75 and older. (American Academy of Audiology)

- microphones that can help speech be understood over background noise.
- Cochlear implants can help by creating signals the brain interprets as sound.
- Telecoils can enhance hearing aids and cochlear implants.
- Assistive listening devices (a hearing loop system, FM system, or infrared system) help amplify sounds and can be used with or without hearing aids.
- Augmentative and alternative communication devices can help people express themselves via a picture board or text display.
- Alerting devices use sound, light, and vibrations to alert users of events. (National Institute on Deafness and Other Communication Disorders)

Let us know if this article has been helpful to you on our Facebook post for this month's newsletter.



Congratulations
To Bozeman Lodge for being
voted Gallatin's Greatest
Retirement Community 2023!



Happy Birthday!

Hermine L.: Oct. 4
Vonnie C.: Oct. 18
Bonnie S.: Oct. 19
Bert K.: Oct. 20
Gary C.: Oct. 20
Justine B.: Oct. 21

October 2023 Highlights

Observes: Breast Cancer Awareness, Chiropractors, Dental Hygiene, Emotional Well-ness, Financial Planning, Long-Term Care Planning, Organizing Medical Info, Physical Therapy, Protecting Hearing, and Talking About Prescriptions

Celebrates: Apples, Baking, Books, Caramel, Chili, Cookies, Pasta, Pizza, Sausage, Sea-
food, Stamp Collecting, Pears, Pineapples, and Spinach

- | | |
|---|---|
| 03: Grief Support Group with Stillwater Hospice | 19: Health Talk from EmpowerMe Wellness |
| 04: Visit from the Bookmobile | 20: Shopping at Target* |
| 04: Live Music with Alice & Ray | 20: "Are You Covered?" Insurance Presentation |
| 05: Video Call with Tina from her vacation | 21: Men's Pizza Party* |
| 06: Shopping at Town & Country* | 23: Presentation by Montana Raptor Center |
| 06: Resident Council Meeting | 24: 4th Annual Lodge Pumpkin Patch |
| 07: Decorate a Fall Door Sign* | 25: Food Forum |
| 09: Paint By Number Art | 25: Live Music with Alice & Joanna |
| 10: Montana History Presentation by Tina | 26: Halloween Walker/Wheelchair Decorating |
| 11: It Happened in September Trivia | 26: Town Hall Meeting |
| 12: Cottage Happy Hour | 26: Halloween Happy Hour |
| 13: Shopping at Winco* | 27: Shopping at Smith's* |
| 13: Halloween Mini Golf Game | 28: Tailgate Treats & Live Steam MSU Game |
| 14: Hay Ride with Sunrise Pack Station* | 30: Book Club Meeting |
| 17: Share Your Stories: Halloween Memories | 31: Halloween Lunch Costume Party |
| 18: Happy Hour Celebrating October Birthdays | 31: Trick or Treating |
| 19: Visit from the Bookmobile | |

**Do you knit, paint, write books, make jewelry, bake, or have other
homemade items to sell? You're encouraged to sign up for the**

Bozeman Lodge Holiday Bazaar

Saturday, November 18th from 10:00-2:00

**Tables are free for residents. Registration required by October 20th
This event will be open to the public and we're inviting guests in to sell
goods and shop our market.**

This is a great way to jump start your holiday shopping!

For more information, please talk to Tina in activities.

Staff Spotlight: Meet Our Receptionists!

Blake



Blake is back at our front desk after taking a few months off over the summer. She's worked at the Lodge for nearly 2 years and sometimes you'll also find her helping in our dining room. She's getting ready to attend the Farrier program at MSU in February. Outside of work, she likes spending time with her dog Rooster. Blake's favorite thing about working at the Lodge is hearing residents' stories, and building connections.

Zandra

Zandra has worked at Bozeman Lodge for 9 months. She started as a caregiver before stepping into the receptionist roll. Zandra has a son that's 11 months old, and enjoys fishing, hunting, and taking her son on hikes. She says her favorite thing about working at the Lodge is getting to spend time with the residents and getting to know them.



Madison

Madison has been at the Lodge for 6 months. She's currently a full time student at MSU studying business marketing and agriculture. In her free time, she likes to play intramural volleyball at MSU, spend time with her friends, and do various outdoor recreation. Madison says her favorite thing about working at the Lodge is talking with the residents.




Thank you Blake, Zandra, and Madison for helping make every day a radiant day!

OCTOBER 2023

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



SUN	MON	TUE	WED	THU	FRI	SAT
1 9:30 Coffee Klatch & Cinnamon Rolls 10:00 Calvary Baptist Service 11:00 Wordle Game 1:00 Sunday Ceramics 2:30 Ecumenical Service via Video 3:00 Afternoon Movie 4:00 Rick Steve's Travel 7:00 Evening Movie	2 9:00 This Day in History 10:30 Table Topics 1:30 Strength Training with Seranna 2:00 Bingo 3:00 Afternoon Movie 3:15 Coloring for Relaxation 4:00 Bob Ross Art 7:00 Evening Movie	3 9:30 Vanilla Lattes 10:45 Zumba Chair Dancing with Brittainey 1:00 Grief Support Group with Stillwater Hospice 2:00 Scrabble Game 3:00 Afternoon Movie 3:30 Share Your Stories: Favorite Fall Memories 7:00 Evening Movie	4 9:30 Exercise with Cheryl 10:15 Sweet Treats 11:30 Visit from Bookmobile 1:00 Catholic Communion 2:00 Cooking Club 3:00 Afternoon Movie 3:30 Live Music with Alice & Ray 7:00 Evening Movie	5 9:30 Coffee Chat 10:00 Chair Yoga 1:00 Knit/Crochet/Needlework Group 2:00 Get To Know Your Neighbors Game & Chat 3:00 Afternoon Movie 3:30 Video Chat with Tina 7:00 Evening Movie	6 9:30 Shopping at Town & Country 10:45 Joyous Movement Exercise Video 1:00 The Magic of Music: October Tunes Playlist 2:30 Resident Council Meeting 4:00 Friday Cocktail: Irish Cream Hot Cocoa 7:00 Evening Movie	7 9:15 Muffins in the Bistro 10:00 Current Events 11:00 Wordle Game 1:00 Classic TV 2:00 Decorate A Fall "Welcome" Door Sign* 3:00 Afternoon Movie 3:30 Italian Sodas 7:00 Evening Movie
8 9:30 Coffee Klatch & Cinnamon Rolls 10:00 Calvary Baptist Service 11:00 Wordle Game 1:00 Sunday Craft: Beading 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 Rick Steve's Travel 7:00 Evening Movie	9 9:00 This Day in History 10:30 Table Topics 1:30 Strength Training with Seranna 3:00 Afternoon Movie 2:00 Bingo 3:00 Afternoon Movie 3:15 Paint By Number Art 7:00 Evening Movie	10 9:30 Pumpkin Hot Chocolate 10:45 Zumba Chair Dancing with Brittainey 1:00 Afternoon Meditations 2:00 Bananagrams Game 3:00 Afternoon Movie 3:30 MT History Presentation: Children in Mining Camps 7:00 Evening Movie	11 9:30 Exercise with Cheryl 10:15 Sweet Treats 10:30 Greeting Card Sales 11:00 Trivia Game 1:00 Catholic Communion 3:00 Afternoon Movie 3:30 It Happened in September Trivia 7:00 Evening Movie	12 9:00 Resident Store 9:30 Coffee Chat 10:00 Chair Yoga 11:00 On The Day You Were Born Fun Facts 1:00 Knit/Crochet/Needlework Group 2:00 Bingo 3:00 Afternoon Movie 3:30 Cottage Happy Hour 7:00 Evening Movie	13 9:30 Shopping at Winco* 10:00 Joyous Movement Exercise Video 10:45 Play Jeopardy: October Themed Questions 2:00 Halloween Mini-Golf 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Friday Cocktail: Spiced Apple Champagne 7:00 Evening Movie	14 9:15 Donuts in the Bistro 10:00 Good News Stories 11:00 Wordle Game 1:00 Bob Ross Art 2:30 Hay Ride with Sunrise Pack Station* 3:00 Afternoon Movie 3:30 Orange Soda Floats 6:00 Live Stream of MSU Bobcats Football Game 7:00 Evening Movie
15 9:30 Coffee Klatch & Cinnamon Rolls 10:00 Calvary Baptist Service 11:00 Wordle Game 1:00 Sunday Ceramics 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 Rick Steve's Travel 7:00 Evening Movie	16 9:00 This Day in History 10:30 Word Games 1:30 Strength Training with Seranna 2:00 Bingo 3:00 Afternoon Movie 3:15 Painting Club 7:00 Evening Movie	17 9:30 Cookie Butter Iced Chai Tea Latte 10:45 Zumba Chair Dancing with Brittainey 1:00 Afternoon Meditations 2:00 Sequence Game 3:00 Afternoon Movie 3:30 Share Your Stories: Halloween Memories 7:00 Evening Movie	18 9:30 Exercise with Cheryl 10:15 Sweet Treats 11:00 Trivia Game 2:00 Cooking Club 3:00 Afternoon Movie 3:15 Catholic Mass 3:30 Happy Hour Celebrating October Birthdays 6:00 Anthony Ray Hinton Lecture at MSU* 7:00 Evening Movie	19 9:30 Coffee Chat 10:00 Chair Yoga 11:00 "Never Have I Ever" Game 11:30 Visit from Bookmobile 1:00 Knit/Crochet/Needlework Group 2:00 Bingo 3:00 Afternoon Movie 3:30 Health Talk with EmpowerMe Wellness 7:00 Evening Movie	20 9:30 Shopping at Target* 10:00 Joyous Movement Exercise Video 10:30 Harmonium Music Therapy with Kathleen 12:45 Toe Nail Clinic with Nurse Libby* 2:00 Craft Club: Halloween 3:30 "Are You Covered?" Insurance Presentation 7:00 Evening Movie	21 Pumpkin Cheesecake Day 9:15 Danishes in the Bistro 10:00 Current Events 12:00 Men's Pizza Party* 1:00 Classic TV 2:00 Make a Halloween Inspired Tote Bag 3:00 Afternoon Movie 3:30 Pumpkin Cheesecake Ice Cream Sundaes 7:00 Evening Movie
22 9:30 Coffee Klatch & Cinnamon Rolls 10:00 Calvary Baptist Service 11:00 Wordle Game 1:00 Sunday Craft: Beading 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 Rick Steve's Travel 7:00 Evening Movie	23 9:00 This Day in History 10:45 Word Games 1:30 Strength Training with Seranna 2:30 Montana Raptor Center Presentation 3:00 Afternoon Movie 4:00 Cookie Decorating 7:00 Evening Movie	24 9:30 Pumpkin Nog 10:45 Zumba Chair Dancing with Brittainey 1:00 Afternoon Meditations 2:00 Yahtzee Game 3:00 Afternoon Movie 3:15 4th Annual Lodge Pumpkin Patch 7:00 Evening Movie	25 9:30 Exercise with Cheryl 10:15 Sweet Treats 10:30 Greeting Card Sales 11:00 Trivia Game 1:00 Catholic Communion 2:00 Food Forum 3:00 Afternoon Movie 3:30 Music with Alice & Joanna 7:00 Evening Movie	26 9:00 Resident Store 9:30 Coffee Chat 10:00 Chair Yoga 10:45 Halloween Walker & Wheelchair Decorating 1:00 Knit/Crochet/Needlework Group 2:00 Town Hall Meeting 3:00 Afternoon Movie 4:00 Halloween Happy Hour 7:00 Evening Movie	27 9:30 Shopping at Smith's* 10:00 Joyous Movement Exercise Video 10:45 Laugh Therapy: Halloween Humor! 1:30 Hocus Pocus Movie Marathon & Snacks 3:00 Sing Along with Grace 4:00 Superstitions Fun Facts Trivia & Treats 7:00 Evening Movie	28 9:15 Pumpkin Pie Smoothies 10:00 Good News Stories 11:00 Wordle Game 1:00 Bob Ross Art 1:45 Tailgate Treats 2:00 Live Stream of MSU Bobcats Football Game 3:00 Afternoon Movie 3:30 Jewelry Making 7:00 Evening Movie
29 9:30 Coffee Klatch & Cinnamon Rolls 10:00 Calvary Baptist Service 1:00 Sunday Ceramics 2:30 Ecumenical Service via Video 3:00 Afternoon Movie 4:00 Rick Steve's Travel 7:00 Evening Movie	30 9:00 This Day in History 10:45 Behind the Music: Halloween Tunes & Trivia 1:30 Strength Training with Seranna 2:00 Bingo 3:00 Afternoon Movie 3:30 Book Club Meeting 7:00 Evening Movie	31 HAPPY HALLOWEEN! 9:30 Caramel Apple Cider Lattes 10:45 Zumba Chair Dancing with Brittainey 11:30 Halloween Lunch Costume Party 1:00 Afternoon Meditations 3:15 Halloween Trivia & Candy Corn Treats 5:00 Trick or Treating 3:00 & 7:00 Movie: Young Frankenstein	October is Spook-tacular Movie Month! Check the weekly calendar to see what we're showing each day. 			All activities subject to change per mandated health guidelines. A * denotes signing up is required for that activity