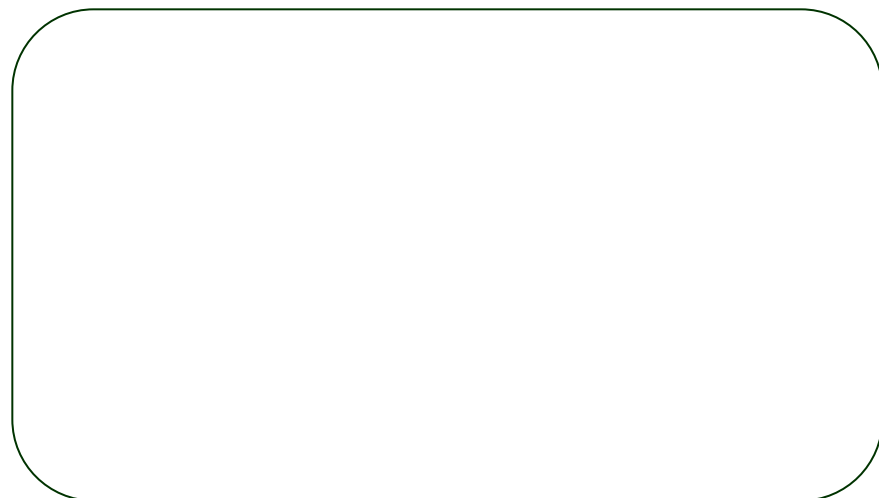




1547 N. Hunters Way
Bozeman, MT 59718

PLACE STAMP
HERE



Administrative Staff:

Executive Director
Penelope Watkins
Assistant Executive Director
Elicia Ruiz
Resident Care Coordinator
Cyndy Gilbertson
Business Office Manager
Rebecca Bega
Registered Nurse
Shauna Herbel
Dietary Director
Lou Ruiz
Maintenance Director
Danny Hagfeldt
Activities Director
Leah Weaver

Contact Us At:
406-522-5452



Bozeman Lodge

Bozeman Lodge Independent & Assisted Living Newsletter — April 2017



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A Look Into Parkinson's Disease

April is Parkinson's Awareness Month.

What is Parkinson's? According to the National Parkinson Foundation (NPF), Parkinson's Disease is a neurodegenerative brain disorder which progresses slowly in most cases. Most people with Parkinson's live for years with the disease and symptoms may take years to develop.

What is occurring in a person with Parkinson's? The brain is slowly stopping production of dopamine, and with decreased dopamine a person has less ability to control their movements, body and emotions (NPF).

How common is the disease? Nearly one million people in the United States live with Parkinson's, and more than 10 million people worldwide have it, according to the Parkinson's Disease Foundation (PDF).

What are signs and symptoms of the disease? According to the Mayo Clinic, the disease starts gradually. Early signs can be mild and go unnoticed. They often begin on one side and remain worse on that side, even when symptoms start to affect both sides. Symptoms can include, but are not limited to: a hand tremor, stiffness or slowing of movement, little or no facial expression, rigid muscles, arms that do not sway when one walks, soft or slurred speech, and writing changes. Symptoms worsen as the condition progresses over time.

What are the risk factors for Parkinson's? According to the Mayo Clinic, there are several. Parkinson's normally begins in early or late life. People usually develop the disease around age 60 or older. Having close relatives with the disease can increase the chances of a person having it, but risks are still small unless many in the family have it. Men are more likely to have the disease than women. Ongoing exposure to herbicides and pesticides may put people at a



slightly increased risk for the disease.

Is it fatal? Parkinson's disease is not fatal, but complications from it are serious.

Is there a cure? There is not currently a cure for Parkinson's Disease. That said, there are ways to treat symptoms to improve quality of life, according to the NPF. In certain cases, doctors may suggest surgery to regulate regions of the brain and help with symptoms, according to the Mayo Clinic. Other treatments may include ongoing aerobic exercises, physical therapy to help with balance, and help from a speech pathologist to improve speech problems.

How is Parkinson's diagnosed? Parkinson's can be diagnosed by a skilled practitioner's review of a patient's symptoms and, likely, a series of diagnostic testing.

For those who suspect they or someone they know may have symptoms of Parkinson's Disease, the foundation suggests making an appointment with a movement disorder specialist. To find a specialist by location, the foundation has a help line available Mondays through Fridays from 9am to 5 pm at 800-457-6676.



EMPLOYEE OF THE MONTH
CALEB SCHADE, DISHWASHER



April Highlights — You're Invited!

- 3, Road Trip from London to Whales Slideshow
- 3, Fingernail Painting
- 3, Lunch at The Roost
- 7, Price Rite Equipment Repair Clinic (scooters, walkers & wheelchairs)
- 7, Clay Sculpting Class
- 7, Resident Council
- 12, Foot Clinic with Dr. Clark
- 14, Dye Easter Eggs
- 15, Live Music with Misty
- 18, Health Talk: Parkinson's Awareness
- 21, Earth Day Walk
- 21, Book Club Meeting
- 24, Dinner at Applebee's
- 27, Bring Your Kids to Work Party
- 28, Fingernail Painting



Easter Sunday Buffet
Sunday, April 16th
Two Seating Times Available
11:30am—12:45pm
1:00am—2:15am
Sign Up at the Front Desk
***Guest Cost \$10.00**

St. Patrick's Day Fun



RESIDENT HIGHLIGHT: BETTY ANDERSON

Betty Anderson was born in Anoka, Minnesota in 1926 at home on her families landlord's birthday. The landlord was so excited he brought over a gold ring for Betty's mom to give her when she was older. Betty still has this gold ring today. Betty fondly referred to the landlord as Grandma and Grandpa Groat. Grandpa Groat was killed in a tornado but his wife survived and Betty's family kept in touch with her until her death. Betty has one brother, Richard, who is just one year older and two younger sisters, Dot and Karen. Richard has written a 650 page memoir! Betty's dad worked in construction building roads, bridges, and dams. During this time he would build "shacks" on the job sites and that is where they family would live. One project he worked for was the Fort Peck Dam and his picture appeared on the first cover of LIFE magazine! When Betty was in the 5th grade her great grandma died and her mom and dad bought her farm in Zimmerman, Minnesota. They moved to the farm over Christmas vacation. Richard put Betty on his shoulders to try and turn on the light that was hanging from the ceiling and he tripped and dropped her and she fell against the floor sweeper and got a black eye. When she started school after vacation with her black eye a classmate, Robert, decided then and there that she was one he was going to marry. When they were 15, Robert drove a horse team for a sleigh ride for Betty and her Girl Scout troop. When the ride was over, Robert dropped off all the other girls and then tied up the team and walked Betty home. This was when they had their first kiss! Before graduation Robert enlisted in the Marines and was stationed in the Pacific for 4 years. Betty wrote letters to all the guys that enlisted, sometimes up to 4 or 5 letters every night. When Robert returned from the Pacific they rode the bus to Minneapolis to go shopping, he kept elbowing her into the jewelry store, finally she gave in and they bought a ring. He proposed and they were engaged on February 4, 1946 and were married on June 11, 1947. Robert worked for the county and in construction. He also

dictated to Betty his experiences during his enlistment up until a certain battle and then he spoke no more about it. Betty used the letters he wrote to her and completed his story and has a copy of it in her possession. Betty worked for The Elk River Clinic until they were married and had children. They had two boys and one girl, David, Chris, and Susan. Betty stayed home and cared for the children until Susan was in 6th grade. Then she worked as a school secretary for a total of 23 years in 3 different schools, in 3 different states at 3 different levels. After Minnesota Betty and Robert moved to Grand Junction, CO where Robert built modular houses. After Susie graduated from Mesa College and moved to Denver, Betty and Robert sold everything and moved to Bozeman, MT. She applied and got a job as school secretary for Wilson Middle School and Robert went to work for Wiseman and then Kenyon Noble Lumber Co. They started out their time in Bozeman out on Baseline Road and moved to town upon their retirement in 1990. After only two years of retirement Robert died of prostate cancer that had metastasized to his bone before it was ever diagnosed. Betty took care of Robert at home by herself up until the last week when Hospice came in to help. She then lived alone for 20 years and then moved in with her grandkids for 2 years before moving to Bozeman Lodge on August 8, 2016. Betty really enjoys the residents and the help! You might run into her at current events, lattes, playing BINGO, or selling greeting cards in the lobby. Be sure to stop and say "Hello" if you do, she has lots more stories to tell. Welcome to the Lodge Betty Anderson.



April 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
RESIDENT BIRTHDAYS Anna Shannon, 1st Jack Staples, 2nd Lorraine McJunkin, 3rd Marilyn Kathrein, 4th Arlene Fencl, 5th	Ellen Moe, 11th Dorothy Syverson, 11th Betty Webb, 18th Syd Dykstra, 20th Bill Wiley, 23rd	Evelyn Hart, 27th Yvonne Durst, 28th Nancy Lapeyre, 29th Dan Abrams, 29th Esther Griffith, 30th				1 9:30 Coffee & Donuts 10:30 Morning Walk 1:30 Bingo Game 3:00 Afternoon Movie 7:00 Evening Movie
2 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 Card Games 3:00 Afternoon Movie 7:00 Evening Movie	3 9:30 Coffee Talk with Bo 9:30 Chairobics, Cheryl 10:30 Visit with Arthur Dog 10:45 Fingernail Painting *11:30 Lunch at The ROOST 1:30 Bingo Game 3:00 England Slideshow 4:30 L. McJunkin B. Day Party	4 9:30 Current Events 11:00 Yoga Class, Kris 10:30 Greeting Card Sale 1:00 Bean Bag Toss 2:00 Chair Exercise, Barb 3:00 Orange Creamsicle Float 3:00 Cribbage Game 6:30 Poker Game 7:00 Evening Movie	5 9:30 Balance & Beyond 10:30 Singing w/ Trina *10:45 Shopping at Target 1:00 Bridge Game 1:00 Catholic Communion 1:30 Walking Club 2:30 Cooking Club 4:00 Happy Hr. Live Music	6 10:00 Circuit Exercise 11:00 Yoga Class, Kris 1:30 Bingo Game, AR 2:45 Chair Exercise, Barb 3:30 Penny's Post Its 4:30 Lutheran Worship 7:00 Evening Movie	7 9:30 Men's Coffee Club 9:30 Tai Chi Exercise, Val 9:30 Price Rite Clinic 1:00 Bridge Game 1:00 Bible Study *1:30 Clay Sculpting Class 1:30 Knit and Crochet Group 3:30 Resident Council	8 9:30 Coffee & Donuts 10:30 Morning Walk 1:30 Bingo Game 3:00 Afternoon Movie 7:00 Evening Movie
9 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 Card Games 3:00 Afternoon Movie 7:00 Evening Movie	10 9:30 Coffee Talk with Bo 9:30 Chairobics, Cheryl 10:30 Art Class w/ Loretta 1:30 Bingo Game 3:00 Live Music w/ Edis *4:00 Spring Scenic Drive 7:00 Live Bluegrass Jam	11 9:30 Current Events 11:00 Yoga Class, Kris 1:00 Bean Bag Toss 2:00 Chair Exercise, Barb 3:00 Easter Craft Project 3:00 Cribbage Game 6:30 Poker Game 7:00 Evening Movie	12 9:00 Dr. Clark Foot Clinic 9:30 Balance & Beyond 10:30 Bistro Banking *10:45 Shopping at Smiths 1:00 Bridge Game 1:00 Catholic Communion 1:30 Walking Club 2:30 Cooking Club 4:00 Happy Hr. Trivia	13 10:00 Circuit Exercise 11:00 Yoga Class, Kris *12:00 Newcomers Lunch 1:30 Bingo Game, AR 2:45 Chair Exercise, Barb 3:30 Penny's Post Its 4:30 Lutheran Worship 7:00 Evening Movie	14 9:30 Men's Coffee Club 9:30 Tai Chi Exercise, Val 10:30 Dye Easter Eggs 1:00 Bridge Game 1:00 Bible Study 1:30 Knit and Crochet Group 2:30 Bobs Piano Tunes 3:30 Visit with Arthur Dog	15 9:30 Coffee & Donuts 10:30 Morning Walk 1:30 Bingo Game 3:00 Live Music w/ Misty 3:00 Afternoon Movie 7:00 Evening Movie
16 Easter Sunday *9:00- 12:00 Bus to Church 9:30 Cinnamon Rolls 10:00 Ecumenical Service *11:30- 12:45 Or 1:00-2:15 <u>Easter Sunday Brunch</u> 3:00 Afternoon Movie 7:00 Evening Movie	17 9:30 Coffee Talk with Bo 9:30 Chairobics, Cheryl 10:30 Spring Craft Project 1:30 Bingo Game 3:00 Gospel Sing w/ Le Roy 3:00 Afternoon Movie 7:00 Evening Movie	18 9:30 Current Events 11:00 Yoga Class, Kris 10:30 Greeting Card Sale 1:00 Bean Bag Toss 2:00 Chair Exercise, Barb 2:30 Health Talk, Parkinson's 3:00 Cribbage Game 6:30 Poker Game	19 9:30 Balance & Beyond *10:45 Shopping at GV Mall 1:00 Bridge Game 1:00 Catholic Communion 1:30 Walking Club 2:30 Cooking Club 4:00 Happy Hr. Live Music 7:00 Evening Movie	20 10:00 Circuit Exercise 11:00 Yoga Class, Kris *12:00 Birthday Lunch 1:30 Bingo Game, AR 2:45 Chair Exercise, Barb 3:30 Penny's Post Its 4:30 Lutheran Worship 7:00 Evening Movie	21 9:30 Men's Coffee Club 9:30 Tai Chi Exercise, Val 10:30 Hearing Aid Clinic 11:00 Earth Day Walk 1:00 Bridge Game 1:00 Bible Study 1:30 Knit and Crochet Group 3:00 Book Club Meeting	22 EARTH DAY 9:30 This Day in History 10:30 Morning Walk *10:30 Shopping at Safeway 1:30 Bingo Game *3:00 Spring Scenic Drive 3:00 Afternoon Movie 7:00 Evening Movie
23 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 Card Games 3:00 Afternoon Movie 7:00 Evening Movie	24 9:30 Coffee Talk with Bo 9:30 Chairobics, Cheryl 10:30 Art Class w/ Loretta 1:30 Bingo Game 3:00 Live Music w/ Edis *4:45 Dinner at Applebee's 7:00 Evening Movie 7:00 Live Bluegrass Jam	25 9:30 Current Events 11:00 Yoga Class, Kris 1:00 Bean Bag Toss 2:00 Chair Exercise, Barb 3:00 Cherry Limeade Float 3:00 Cribbage Game 6:30 Poker Game 7:00 Evening Movie	26 9:30 Balance & Beyond 10:30 Bistro Banking *10:45 Shopping at Walmart 1:00 Bridge Game 1:30 Walking Club 2:30 Catholic Mass 2:30 Cooking Club 4:00 Happy Hr. Live Music	27 10:00 Circuit Exercise 11:00 Yoga Class, Kris 1:30 Bingo Game, AR 2:45 Chair Exercise, Barb 3:30 Penny's Post Its 4:00 Staff Bring Your Kids to Work Party 4:30 Lutheran Worship	28 *8:00 Men's Breakfast 9:30 Tai Chi Exercise, Val 10:30 Fingernail Painting 1:00 Bridge Game 1:00 Bible Study 1:30 Knit and Crochet Group 2:30 Bobs Piano Tunes & Birthday Party	29 9:30 This Day in History 10:30 Morning Walk *10:30 Shopping at Albertsons 1:30 Bingo Game *3:00 Spring Scenic Drive 3:00 Afternoon Movie 7:00 Evening Movie
30 *9:00-12:00 Bus to Church 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 Card Games 2:00 Short Stories with Janice 3:00 Afternoon Movie 7:00 Evening Movie			Bus Schedule Tuesday, Medical Appointments Only 8:30am to 3pm Wednesday, Shopping & Medical Appointments 8:30am to 3pm Thursday, Medical Appointments Only 8:30am to 3pm **24 hour notice at front desk			