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PLACE STAMP
HERE



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



Bozeman Lodge

Bozeman Lodge Independent & Assisted Living Newsletter — June 2017



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Major Healthcare Needs for Men Over 50

Consider checking in with your doctor this month about these five areas of concern.

Throughout our lives, our healthcare needs fluctuate. June is National Men's Health Month, highlighting male-specific health needs. For men over 50, health areas that take the spotlight include focus on the health of the heart, prostate, skin, mind and bones.

Attention toward **heart health** tops the list of health needs for senior men. Heart disease is the leading cause of death for men in the U.S., according to the CDC. Conditions and lifestyle choices that raise the risk include diabetes, obesity, overweightness, poor diet, physical inactivity and excessive alcohol use. Prevention is aided by not smoking, maintaining a healthy weight, healthy eating, exercising regularly and preventing or treating high blood pressure, high cholesterol and diabetes.

Because prostate cancer risk increases with age, **prostate health** is another key area. Symptoms of prostate cancer may vary and some men have none. Symptoms may include difficulty starting urination; weak or interrupted urination; frequent urination; difficulty emptying the bladder fully; pain or burning with urination; and continuous pain in the back, hips or pelvis. For men with no prostate cancer symptoms, it is smart to understand the nature and risk of it, and the risks, benefits and alternatives to getting screened for it.

Skin protection is another focal point. Men are more likely than women to experience serious effects of Melanoma, a form of skin cancer. However, lowering the risk can be as easy as wearing long sleeves and pants, wide-brim hats, sunglasses and sunscreen while outside. Frequent mole checks and regular

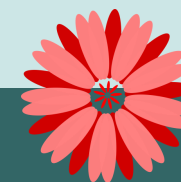


visits to a dermatologist are recommended ways of monitoring for skin cancers.

Keeping the mind sharp is also an area in which to be proactive. Activities to help include puzzles, crosswords, word games, card games, math games and regular reading and writing. Helpguide.org recommends trying out new activities regularly, such as following a new recipe and cooking, taking a walk on a new route or improving computer, musical instrument or foreign language skills.

Men ought to strive toward having good **bone health**, too, to help avoid Osteoporosis, fractures and falls. The American Bone Health organization suggests men eat foods that are rich in calcium, and that they take a Vitamin D supplement. At least 30 minutes of physical activity, like Tai Chi, walking or weight training can also be beneficial, as can practicing proper posture and staying aware of movement.

Scheduling **regular doctor visits** should be at the top of any man's healthcare list. Routine check-ups are vital for screening for medical issues, assessing future medical problems and learning how to be in the healthiest state possible.



Resident Highlight

This month I am highlighting three Bozeman Lodge residents: Peggy Maichel, Patty Johnston, and Renee Sikkenga. Why three residents this month you ask, because these three residents are sisters! (Picture to the left)

Peggy, Patty and Renee grew up with only a father after their mother divorced their dad and moved away when they were very little. Their father worked as a telegrapher for Northern Pacific Railroad and so they moved around a lot until the girls were of school age. When they started school at Harrison, MT their father had them live with a local farm family. Later on he bought a house in Harrison and had a nanny take care of the girls until Patty and Peggy were old enough to take care of themselves and Renee. They didn't know anything about keeping house or cooking for themselves but they soon learned.

All three girls married local guys from either Harrison or Pony and started their own lives. Peggy's husband, Melvin, joined the Navy and served in WWII. They spent much of their lives in the Twin Bridges area. Patty married Robert aka Bob and stayed in Pony while he went to college in Dillon, MT. They eventually moved to Deer Lodge where Bob taught 6th grade and Patty worked in the hospital office for 19 years. Renee married Richard who was also from Harrison.

After their husbands passed away each sister moved into Bozeman Lodge. Peggy and her husband lived in a cottage at first and then after his death she moved into the lodge, then along came Patty who missed her husband and Deer Lodge so much she cried for the first two weeks she was here. Most recently Renee moved in. They now all three agree that this is the best place to live and they are all three happy to be together again.



June Highlights — You're Invited!

- 6/4 Bus Transportation to Church
- 6/5 Lunch at Coffee Pot
- 6/6 Clay Sculpting Class
- 6/12 Greenhouse Trip
- 6/13 Health Talk with Melissa on Posture
- 6/14 Dr. Clark Foot Clinic
- 6/15 Glenn Miller Orchestra at the Ellen
- 6/18 Card Making with Rebecca
- 6/19 Picnic at Headwaters State Park
- 6/20 Health Talk on Men's Health
- 6/23 Cold Smoke Coffee and Bakery
- 6/26 Bus Transportation to Church
- 6/26 Dinner at Outback Steakhouse
- 6/28 Dining Services Meeting

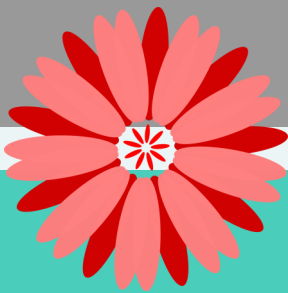


Father's Day BBQ & Live Music with Frankie V and the Smooth Tones
Saturday, June 17th
Dinner is 4:30pm to 7pm
Live Music is from 5pm to 7pm
Guest Cost \$10.00

Bozeman Lodge Fun!!



Father's Day Poem



Dad

He never looks for praises
He's never one to boast
He just goes on quietly working
For those he loves the most
His dreams are seldom spoken
His wants are very few
And most of the time his worries
Will go unspoken too
He's there.... A firm foundation
Through all our storms of life
A sturdy hand to hold to
In times of stress and strife
A true friend we can turn to
When times are good or bad
One of our greatest blessings,
The man that we call Dad



Employee of the Month!!!
Thomas Villarreal



June 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
RESIDENT BIRTHDAYS Elaine Williamson 2 nd Lynn Murray 3 rd Anne Heymann 6 th Gerene Safranski 6 th	Irene Booth 7 th Charlotte Frantz 9 th Brigitte Yearman 11 th Vivian Stiff 14 th June Schrupp 19 th	Jackie Moen 19 th Vivian Duffy 21 st Bob Soper 22 nd Sid Turnquist 25 th Gay Fischer 30 th		1 10:00 Circuit Exercise 10:45 IN2L Games 11:30-2:00 Summer BBQ 1:30 Bingo Game, AR 2:45 Chair Exercise, Barb 3:30 Penny's Post Its 7:00 Evening Movie	2 9:30 Men's Coffee Club 9:30 Tai Chi Exercise, Val 9:30 Price Rite Clinic 10:30 Finger Nail Painting 1:00 Bridge Game 1:00 Bible Study 1:30 Knit and Crochet Group 3:30 Resident Council 7:00 Evening Movie	3 10:30 Morning Walk 1:30 Bingo Game 3:00 INZL Games 3:00 Afternoon Movie 7:00 Evening Movie
4 *9:00-12:00 Bus To Church 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games 3:00 Afternoon Movie 7:00 Evening Movie	5 9:30 Coffee Talk with Bo 9:30 Chairobics, Cheryl 10:30 Art Class w/ Loretta *11:00 Lunch Coffee Pot 1:30 Bingo Game 3:00 Live Music w/ Edis 5:00 Piano Music with Vivian S. 7:00 Live Bluegrass Music 7:00 Evening Movie	6 10:00 Circuit Exercise 1:00 Bean Bag Toss 2:00 Chair Exercise, Leah *2:30 Clay Sculpting Class 3:00 Snow Cones 3:00 Cribbage Game 6:30 Poker Game 7:00 Evening Movie	7 *9:30 Pole Walking 10:30 Bistro Banking *10:30 Shopping at Target 1:00 Bridge Game 1:00 Catholic Communion 1:30 Visit w/ Arthur Dog 4:00 Happy Hr. Janice & Amanda	8 10:00 Circuit Exercise 10:45 IN2L Games 11:30-2:00 Summer BBQ 1:30 Bingo Game, AR 2:45 Chair Exercise, Barb 3:30 Penny's Post Its 7:00 Evening Movie	9 9:30 Men's Coffee Club 9:30 Tai Chi Exercise, Val 12:00 New Comers Lunch 1:00 Bridge Game 1:00 Bible Study 1:30 Knit and Crochet Group 7:00 Evening Movie	10 *10:00 Shopping at Safeway 10:30 Morning Walk 1:30 Bingo Game *3:00 Scenic Drive 3:00 Afternoon Movie 7:00 Evening Movie
11 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games 3:00 Afternoon Movie 7:00 Evening Movie	12 9:30 Coffee Talk with Bo 9:30 Chairobics, Cheryl *10:00 Greenhouse Trip 10:30 Art Class w/ Loretta 1:00 Flower Planting 1:30 Bingo Game 5:00 Piano Music with Vivian S.	13 10:00 Circuit Exercise 10:30 Greeting Card Sales 1:00 Putting Around 2:00 Chair Exercise, Barb 2:45 Health Talk by Melissa on Posture 3:00 Cribbage Game 6:30 Poker Game 7:00 Evening Movie	14 *9:00-12:00 Dr. Clark Foot Clinic *9:30 Pole Walking *10:30Shopping at Dollar Tree 1:00 Bridge Game 1:00 Catholic Communion 1:30 Walking Club 2:30 Cooking Club 4:00 Happy Hr. Presentation	15 10:00 Circuit Exercise 10:30 Visit w/ Arthur Dog 10:45 IN2L Games 11:30-2:00 Summer BBQ 1:30 Bingo Game, AR 2:45 Chair Exercise, Barb 3:30 Penny's Post Its *6:15 Glenn Miller Orchestra 7:00 Evening Movie	16 9:30 Men's Coffee Club 9:30 Tai Chi Exercise, Val *12:00 Birthday Lunch 1:00 Bridge Game 1:00 Bible Study 1:30 Knit and Crochet Group 2:30 Bob's Piano Tunes 7:00 Evening Movie	17 *10:00 Shopping at Albertsons 10:30 Morning Walk 1:30 Bingo Game 3:00 Afternoon Movie *5:00-7:00 Fathers Day Dinner & Live Music by Frankie V 7:00 Evening Movie
18 9:30 Cinnamon Rolls 10:00 Ecumenical Service 1:30 Card Making with Rebecca 2:00 IN2L Games 3:00 Afternoon Movie 7:00 Evening Movie	19 9:30 Coffee Talk with Bo 9:30 Chairobics, Cheryl *11:00 Picnic at Headwaters 1:30 Bingo Game 3:00 Afternoon Movie 5:00 Piano Music with Vivian S. 7:00 Live Bluegrass Music 7:00 Evening Movie	20 10:00 Circuit Exercise 10:45 Craft Project 1:00 Bean Bag Toss 2:00 Chair Exercise, Barb 2:30 Health Talk: Men's Health 3:00 Cribbage Game 6:30 Poker Game 7:00 Evening Movie	21 *9:30 Pole Walking 10:30 Bistro Banking *10:30Shopping at Rosauers 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	22 10:00 Circuit Exercise 10:45 IN2L Games 11:30-2:00 Summer BBQ 1:30 Bingo Game, AR 2:45 Chair Exercise, Barb 3:30 Penny's Post Its 7:00 Evening Movie	23 *8:00 Men's Breakfast *10:00 Cold Smoke Coffee & Bakery 9:30 Tai Chi Exercise, Val 1:00 Bridge Game 1:00 Bible Study 1:30 Knit and Crochet Group 2:30 Ice Cream Floats on Patio 7:00 Evening Movie	24 *10:00 Shopping at Town N Country 10:30 Morning Walk 1:30 Bingo Game *3:00 Scenic Drive 3:00 Afternoon Movie 7:00 Evening Movie
25 *9:00-12:00 Bus to Church 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games 3:00 Afternoon Movie 7:00 Evening Movie	26 9:30 Coffee Talk with Bo 9:30 Chairobics, Cheryl 10:30 Fingernail Painting 1:30 Bingo Game 3:00 Live Music w/ Edis *4:45 Dinner at Outback Steak-house 5:00 Piano Music with Vivian S. 7:00 Evening Movie	27 10:00 Circuit Exercise 10:30 Greeting Card Sales 1:00 Horse Shoes 2:00 Chair Exercise, Barb 3:00 Frozen Treats 3:00 Cribbage Game 6:30 Poker Game 7:00 Evening Movie	28 *9:30 Pole Walking *10:30 Shopping at GV Mall 1:00 Bridge Game 1:30 Walking Club 2:00 Dining Services Meeting 2:30 Cooking Club 2:30 Catholic Mass 4:00 Happy Hr. Live Music 7:00 Evening Movie	29 10:00 Circuit Exercise 10:45 IN2L Games 11:30-2:00 Summer BBQ 1:30 Bingo Game, AR 2:45 Chair Exercise, Barb 3:30 Penny's Post Its 7:00 Evening Movie	30 9:30 Men's Coffee Club 9:30 Tai Chi Exercise, Val 10:00 4th of July Craft Project 1:00 Bridge Game 1:00 Bible Study 1:30 Knit and Crochet Group 2:30 Bob's Piano Tunes and Birth-day Party 3:45 Book Club 7:00 Evening Movie	