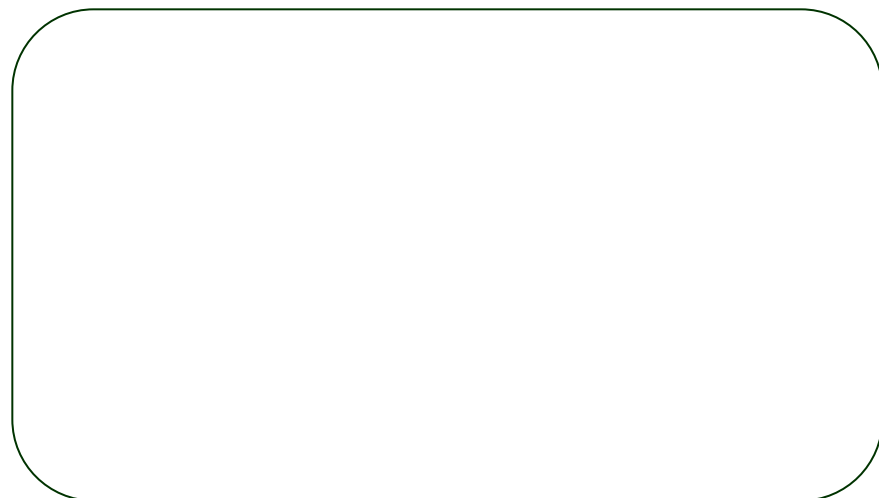




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Bozeman, MT 59718

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Administrative Staff:

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Executive Director
Elicia Ruiz
Community Relations Director
Maryssa Scheetz
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Business Office Manager
Sauna Herbal
Registered Nurse
Lou Ruiz
Dietary Director
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Maintenance Director
Leah Weaver
Activities Director
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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



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March 2018 Edition

Benefits of Artistic Expression & Art Therapy for Seniors

The majority of seniors can benefit greatly from engaging in different art forms, and some may improve their quality of life through doing art therapy. Taking part in artistic activities and engaging in therapeutic processes with art are both valuable, but in different ways.



experience within a psychotherapeutic relationship.” (AATA)

In Memory Care, art therapy can have transformative effects. Art therapists aim to improve life for memory care individuals by presenting creative opportunities for them to express feelings and experiences, and strengthen

connections to others *in the moment*. A senior who can no longer write or use language cohesively may be able to paint in many colors or reveal a part of their past in an image. Due to such expressions, family and friends often feel strengthened connections.

Art therapy isn't about being the best artist in the room. It's about the connections between creative choices made and one's inner life (*Psychology Today*).

For more on this topic, head to the Radiant Senior Living blog!

Positive Effects of Art on Seniors

from Barbara Bagan, PhD, ATR-BC, in Geriatric Monthly's "Aging: What's Art Got to Do With It."

- Aids in relaxation, anxiety, and depression
- Gives feelings of control
- Improves communication and socialization
- Encourages humor and playfulness
- Improves cognition
- Offers sensory stimulation
- Fosters a strong sense of identity
- Bolsters self-esteem
- Nurtures faith
- Reduces boredom

According to Gene Cohen, MD, PhD, as we age, participation in the arts positively affects our health. Cohen concluded this from his own 2006 study in which he found seniors active in arts had better physical health, fewer visits to the doctor, required less medication, and fell less frequently than those in the study not involved in arts (*Today's Geriatric Medicine*).

Such findings shed light upon the value that painting, dancing, drawing, knitting, sculpting, drama, photography, poetry, creative writing, and playing or moving to music can bring in senior living communities.

In art therapy, seniors may take part in the arts, but as initiated by professional art therapists with treatment goals, like building emotional resilience or reducing conflicts (American Art Therapy Association).

"Art Therapy is an integrative mental health and human services profession that enriches the lives of individuals, families, and communities through active art-making, creative process, applied psychological theory, and human



Love is in the Air!



March Highlights



3/2 Feathered Friends Presentation by MT Raptor Conservation Center
3/2 Resident Council Meeting
3/5 Museum of the Rockies, Julius Caesar: Military Genius and Military Machines
3/6 Sidesaddle & Geysers Yellowstone National Park Presentation
3/12 Brunch at Salted Caramel Café
3/12 Live Bluegrass Music
3/15 Men's Pizza Party
3/19 Dinner at Olive Garden
3/20 Drumming Circle with Trina
3/20 Health Talk: The Importance of Mental Health
3/21 Spring Picnic
3/22 Book Club Meeting
3/23 Art Gallery Tour at the Emerson Cultural Center
3/26 Lunch at The Roost
3/26 Live Bluegrass Music

St. Patrick's Day Celebration
Friday, March 16th
Dinner-4:30pm - 7pm

Live Accordion Music 5pm-6pm
Guest Cost \$10.00



Valentine's Day Fun!



Employee of the Year!

Thanks to everyone who cast a vote for Employee of the Year for 2017. It was a very close race, the top vote getters were separated by only a couple votes. And the winner is...Gwen Morris, Housekeeper! Gwen was born in Amarillo, Texas. She has been with her boyfriend, Gary Williams, for sixteen years. She has eight grandchildren! Gwen is a Desert Storm Veteran where she served as a medic from 1986-1992. She moved to Bozeman in 2007 and has worked at Bozeman Lodge for one year. Congratulations, Gwen.

Daylight Saving Time

Don't forget to set your clocks ahead (spring forward) on Sunday, March 11th



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March 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Resident Birthdays Patricia Zitzer 7th Kay Moore 11th Faye Frome 15th Don Hargrove 16th	Ruby Cull 18th Mona King 19th Ray Babcock 20th David Frantz 21st Irene Border 22nd Paul Milam 23rd		1 10:00 Tai Chi Exercise, Val 10:30 Visit with Arthur Dog 10:45 IN2L Brain Games 1:30 Bingo Game, AR 2:00 Chair Exercise, Leah 2:45 Chair Exercise, Leah 3:00 Afternoon Movie 3:30 Baking Bunch– Lucky Charms Rice Crispy Treats 5:30 Piano Tunes by Maddi 7:00 Evening Movie	2 9:30 Men's Coffee Club 10:00 Circuit Exercise 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study 1:00 Feathered Friends Presentation 1:30 Rummikub Game 3:30 Resident Council Meeting 7:00 Evening Movie	3 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Shopping at Walmart 1:30 Bingo Game 3:00 Saturday Ice Cream Social *4:00 Saturday Scenic Drive 3:00 Afternoon Movie 7:00 Evening Movie
4 *8:30-Noon Bus to Church 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games *2:30 Bozeman Symphony *3:00 Parkinson's Support Group 3:00 Afternoon Movie 7:00 Evening Movie	5 9:30 Coffee Talk with Bo *9:30 Balance & Beyond 10:30 Art Class with Loretta 1:30 Bingo Game *2:45 Museum of the Rockies: Julius Caesar Exhibit 3:00 Afternoon Movie 5:00 Piano Music with Vivian 7:00 Evening Movie	6 9:30 Current Events & Lattes 10:00 Chair Exercise 11:00 Fingernail Painting 1:00 Sing A Long with Trina 2:00 Stretch & Tone, Myriah 3:00 Sidesaddle & Geysers History Presentation 3:00 Afternoon Movie 6:30 Poker Game 7:00 Evening Movie	7 9:30 Heart & Sole Exercise *1:00 Bridge Game 1:00 Catholic Communion 1:30 Sequence Game 2:30 Cooking Club 3:00 Afternoon Movie 4:00 Happy Hr. Live Music 7:00 Evening Movie	8 10:00 Tai Chi Exercise, Val 10:45 IN2L Brain Games *12:00 Birthday Lunch 1:30 Bingo Game, AR 2:00 Chair Exercise, Leah 2:45 Chair Exercise, Leah 3:30 Penny's Post Its 7:00 Evening Movie	9 9:30 Men's Coffee Club 10:00 Circuit Exercise *10:45 Shopping Rethink Thrift Store 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study 1:30 Rummikub game 7:00 Evening Movie	10 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Shopping at Safeway 1:30 Bingo Game 3:00 Afternoon Movie 3:00 Saturday Ice Cream Social *4:00 Saturday Scenic Drive 7:00 Evening Movie
11 Daylight Savings Begins *9:00-Noon Bus to Church 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games *3:00 Parkinson's Support Group 3:00 Afternoon Movie 7:00 Evening Movie	12 9:30 Coffee Talk with Bo *9:30 Balance & Beyond *10:00 Salted Caramel Café 1:30 Bingo Game 3:00 Live Music with Edis 3:00 Afternoon Movie 5:00 Piano Music with Vivian 7:00 Live Bluegrass Music 7:00 Evening Movie	13 9:30 Current Events & Lattes 10:00 Chair Exercise, Leah 10:30 Bookmobile 10:45 Greeting Card Sale 2:00 Stretch & Tone, Myriah 3:00 IN2L Brain Games & Treats 6:30 Poker Game 7:00 Evening Movie	14 9:30 Heart & Sole Exercise 10:30 Bistro Banking *1:00 Bridge Game 1:00 Catholic Communion 1:30 Sequence Game 2:30 Cooking Club 3:00 Afternoon Movie 4:00 Happy Hr. Profound Thoughts 7:00 Evening Movie	15 10:00 Tai Chi Exercise, Val 10:45 IN2L Brain Games *12:00 Men's Pizza Party 1:30 Bingo Game, AR 2:00 Chair Exercise, Leah 2:45 Chair Exercise, Leah 3:30 St. Patrick's Day Craft 7:00 Evening Movie	16 9:30 Men's Coffee Club 10:00 Circuit Exercise 10:30 Visit with Arthur Dog *10:45 Shopping GV Mall 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study 1:30 Rummikub Game *2:30 Clay Sculpting Class 4:30-7 St. Patrick's Day Dinner 5:00-6 Live Accordion Music	17 St. Patrick's Day 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Shopping at Rosauers 1:30 Bingo Game *2:00 Live Theater Show, Big River The Adventures of Huckleberry Finn 3:00 Afternoon Movie 7:00 Evening Movie
18 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games *3:00 Parkinson's Support Group 3:00 Afternoon Movie 7:00 Evening Movie	19 9:30 Coffee Talk with Bo *9:30 Balance & Beyond 10:30 Art Class with Loretta 1:30 Bingo Game 3:00 Fruit Smoothies 3:00 Afternoon Movie *4:30 Dinner at Olive Garden 5:00 Piano Music with Vivian 7:00 Evening Movie	20 First day of Spring 9:30 Current Events & Lattes 10:00 Chair Exercise 11:00 Fingernail Painting 1:00 Drumming Circle 2:00 Stretch & Tone, Myriah 2:45 Health Talk: Mental Health 3:00 Afternoon Movie 6:30 Poker Game 7:00 Evening Movie	21 9:30 Heart & Sole Exercise 10:00 Equipment Repair Clinic *12:00 Spring Picnic Celebration *1:00 Bridge Game 1:00 Catholic Communion 1:30 Sequence Game 2:30 Cooking Club 3:00 Afternoon Movie 4:00 Happy Hr. Trivia 7:00 Evening Movie	22 10:00 Tai Chi Exercise, Val 10:45 IN2L Brain Games 11-12 Hearing Aid Clinic *12:00 New Comers Lunch 1:30 Bingo Game, AR 2:00 Chair Exercise, Leah 2:45 Chair Exercise, Leah 3:30 Penny's Post Its 4:00 Book Club Meeting 7:00 Evening Movie	23 9:30 Men's Coffee Club 10:00 Circuit Exercise *10:45 Shopping Dollar Tree 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study 1:30 Rummikub Game *1:45 Art Gallery Tour at Emerson Cultural Center 7:00 Evening Movie	24 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Shopping at Albertsons 1:30 Bingo Game 3:00 Saturday Ice Cream Social 3:00 Afternoon Movie *6:15 Chord Rustlers Live at the Emerson Cultural Center 7:00 Evening Movie
25 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games *3:00 Parkinson's Support Group 3:00 Afternoon Movie 7:00 Evening Movie	26 9:30 Coffee Talk with Bo *9:30 Balance & Beyond *11:45 Lunch at The Roost 1:30 Bingo Game 3:00 Live Music with Edis 3:00 Afternoon Movie 5:00 Piano Music with Vivian 7:00 Live Bluegrass Music 7:00 Evening Movie	27 9:30 Current Events & Lattes 10:00 Chair Exercise, Leah 10:30 Bookmobile 10:45 Greeting Card Sale 2:00 Stretch & Tone, Myriah 3:00 IN2L Brain Games & Treats 6:30 Poker Game 7:00 Evening Movie	28 9:30 Heart & Sole Exercise 10:30 Bistro Banking *1:00 Bridge Game 1:30 Sequence Game 2:00 Dining Services Meeting 2:30 Catholic Mass 2:30 Cooking Club 3:00 Afternoon Movie 4:00 Happy Hr. Live Music 7:00 Evening Movie	29 10:00 Tai Chi Exercise, Val 10:30 Visit with Arthur Dog 10:45 IN2L Brain Games 1:30 Bingo Game, AR 2:00 Chair Exercise, Leah 2:45 Chair Exercise, Leah 3:00 Afternoon Movie 3:30 Easter Craft Project 7:00 Evening Movie	30 9:30 Men's Coffee Club 10:00 Circuit Exercise *10:45 Shopping Target 11:00 Men's Strength Training *1:00 Bridge Game 1:00 Bible Study 1:30 Rummikub Game 3:00 Dye Easter Eggs 7:00 Evening Movie	31 9:30 Balloon Volleyball Exercise Class with Oakley *10:30 Shopping at Smith's 1:30 Bingo Game 3:00 Easter Flower Arranging *4:00 Saturday Scenic Drive 3:00 Afternoon Movie 7:00 Evening Movie