



HIGHGATE

SENIOR LIVING

2219 Oak Street • Bozeman, MT 59718 • (406) 587-5100

February 2010

Highgate Staff

Community Manager

Michelle Baker

Administrative Assistant

Crystal Dorsey

Director of Resident Care

Glenna Dowd, RN

Resident Care

Kiesha Holland, LPN

Assistant DRC

Katy Killian

Community Relations

Coordinators

Cindy Morris & Nicole Berg

Cottage Supervisor

Kathy Lundberg

Chalet Supervisors

Ashley Grosserode & Kale Knudson

Resident Care Supervisor

Rochelle Celander

Restorative Specialist

Donna Scharen

Life Enhancement Specialist

Stephen Beaudoin & Jill Brodin

Maintenance Supervisor

Bill Louis

Housekeeping Supervisor

Diane Floyd

Food Service Supervisor

Rick Zajdel

Vintage Valentines Offer Retro Romance to Lovers

The refrains of vintage Valentine's Day cards can still make hearts flutter. Consider this 1934 greeting: "Here is a kiss for you, sweet miss, that is, if you'll be mine! So let me hear these words so dear—I'll be your Valentine." Whether you were the recipient of such a greeting or you simply admire the sentiments of an earlier age, you can find vintage valentines for sale. Values range from \$1 to \$150. Collectors recommend checking closely to ensure a purchase is not a reproduction. If a dealer claims a valentine is from 1740 to 1840, assume it is a fake. Most of these treasures are in museums.

Cut 100 Calories

Add 100 percent fruit juice instead of sugar to iced tea for a hint of sweetness.

“Why, what's the matter, that you have such a February face, so full of FROST, of STORM and CLOUDINESS?”
— William Shakespeare

Pleased to Announce!!

Dr. Kathryn Borgenicht MD, Geriatric Medicine Physician, will be visiting Highgate residents, once a month. She will begin seeing patients in February in our Cottage and Chalet. Appointments can be made through the Highgate nursing department.

Tummy Control

Antacids—like Tums or Mylanta—may delay or reduce some drugs' absorption. Check with your doctor about medicines you take.

What Does February Stand for?

F is for Feelings
E is for Endearment
B is for Beauty
R is for Romance
U is for Unforgettable
A is for Attraction
R is for Relationships
Y is for Young, and old, love



Visit Our Blog at highgatebz.blogspot.com



BIRTHDAYS!!!



Resident Birthdays!!

- Jean S.~1st
- Dorothy B.~3rd
- June R.~4th
- Laurence B.~8th
- Joseph K.~15th
- Mary H.~15th
- Lynn M.~21st
- Alvin L.~23rd
- Dorothy C.~25th
- Mildred B.~26th
- Lucille W.~28th



- Feb. 1~National Freedom Day
- Feb. 2~Groundhog Day
- Feb. 8~Boy Scouts Day
- Feb. 10~Chinese New Year
- Feb. 14~Valentine's Day
- Feb. 15~Presidents' Day
- Feb. 16~Fat Tuesday/Mardi Gras

Proudly Presenting ... the Chalet Grand Opening!!!

The Chalet Grand Opening will be hosted during the Chamber of Commerce Business After Hours on Feb. 25, 2010, from 5 to 7 p.m. at Highgate Senior Living. We will be hosting a ribbon-cutting in front of the Chalet at 5 p.m. All are welcome. Enjoy entertainment, exceptional food and great friends.

UPCOMING EVENTS!!

Mark your calendar for **Feb. 11** at 5:30 p.m. for our next wellness clinic. Love Yourself, Love Your Heart-Heart Health is the subject and right in time for Valentine's Day!! It is free and open to the community.

Ni hao (Hello) in Chinese. Join Steve in the Bistro on the **10th** for Chinese cuisine. Maybe your fortune cookie will bring you many good fortunes.

Grab your sweetheart or favorite friend for a Valentine's Party in the Bistro on the **13th**. More to come on

the time.

Feb. 16 is Mardi Gras, also known as Fat Tuesday (Mardi Gras is French for "Fat Tuesday.") or Shrove Tuesday, is the last day of feasting before Lent begins on Ash Wednesday.

Catholic Mass will be held in the Theater Room, here at Highgate, every third Tuesday at 10:30 a.m.



14 Things That Took Me 50 Years to Learn!!

1. Never, under any circumstances, take a sleeping pill and a laxative on the same night.
2. There is a very fine line between "hobby" and "mental illness."
3. People who want to share their religious views with you almost never want you to share yours with them.
4. You should not confuse your career with your life.
5. No matter what happens, somebody will find a way to take it too seriously.
6. Nobody cares if you can't dance well. Just get up and dance.
7. Never lick a steak knife.
8. Take out the fortune before you eat the cookie.
9. The most powerful force in the

universe is gossip.

10. You should never say anything to a woman that even remotely suggests that you think she's pregnant unless you can see an actual baby emerging from her at that moment.

11. There comes a time when you should stop expecting other people to make a big deal about your birthday. That time is age 11.

12. The one thing that unites all human beings, regardless of age, gender, religion, economic status or ethnic background, is that deep down inside, we ALL believe that we are above-average drivers.

13. The main accomplishment of almost all organized protests is to annoy people who are not in them.

14. Your friends love you anyway.



Adult Day Care Services

In December, Highgate Senior Living established an Adult Day Care Program. The Adult Day Care, managed by Highgate Senior Living, nurtures the spiritual, cognitive, emotional and physical well-being of seniors who benefit from these programs. We are able to extend our values and mission, for the benefit of, and into the surrounding community. These Day Care programs also provide family caregiver(s) with time for respite and an opportunity to tend to personal needs and interests. For more information, please contact Cindy or Nicole at (406) 587-5100



Bingo is always a huge hit with our friendly staff to play along.



Highgate residents trying their hand at Blackjack.
Rule of Thumb: the House usually wins.



Health Tip: Renew Your Skin For Spring

February is here, and with it comes the need for dry skin repair. Months of cold air have depleted the natural moisture from your skin. Use these tips to get revitalized for spring:

Take shorter showers. Not only will this save money on your water bill, it will save the natural oils in your skin, especially if you turn your water heater temperature down a few degrees.

Moisturize and apply sunscreen. These tactics aren't just for summer. The sun's rays still reach your skin, even through clouds, fog and snow. Both lotion and sunscreen trap moisture, leaving you feeling soft and smooth.

Use a humidifier. When the air at home is dry, you're likely to feel the effects, like chapped lips and a dry nose. Add moisture to the air with a humidifier, and keep lip balm in your pocket or purse on especially cold, dry days.



Wit & Wisdom

"Jewelry takes people's minds off your wrinkles."
— *Sonja Henie*

"I never worry about diets. The only carrots that interest me are the number of carats in a diamond."
— *Mae West*

"I had very good dentures once. Some magnificent gold work. It's the only form of jewelry a man can wear that women fully appreciate."
— *Graham Greene*

"Let us not be too particular. It is better to have old second-hand diamonds than none at all."
— *Mark Twain*

"Will the people in the cheaper seats clap your hands? And the rest of you, if you'll just rattle your jewelry."
— *John Lennon*

“The Cottage” and “The Chalet” at Highgate

Specialized Memory Care

A Home Like No Other

The Cottage is a secure setting for those needing a smaller, less overwhelming environment. It is family-style living with the comfort of predictability:

- Private or shared suites with large walk-in showers.
- Room for personal treasures.
- Interiors stimulate wayfinding: hallways filled with artworks and memorabilia, things to touch and feel.
- Comfortable, cozy fireplace-living room.
- Family kitchen and dining area.
- Enclosed garden courtyard.
- Daily activities, including music therapy, afternoon socials, exercise and aromatherapy.
- **Adult Day Care Now Available.**



Call Cindy or Nicole at Highgate Senior Living to discuss Specialized Memory Care at (406) 587-5100.

Highgate Senior Living
2219 West Oak Street
Bozeman, MT 59718