



HIGHGATE SENIOR LIVING

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

January 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

Nicole Berg & Cindy Morris

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

Positive Thoughts

“Life isn’t a matter of milestones, but of moments.”

—Rose Kennedy

Aging Affects Medicines

As you age, body changes can affect the way medicines are absorbed and used. For example, changes in the digestive system can affect how fast medicines enter the bloodstream. Changes in body weight can influence the amount of medicine you need to take and how long it stays in your body. The circulation system may slow down, which can affect how fast drugs get to the liver and kidneys. The liver and kidneys also may work more slowly, affecting the way a drug breaks down and is removed from the body. Take time to learn as much as you can about your medicines to ensure they work the way they are intended for your specific needs.



Energy Boost

Get a jolt of energy without a run to the coffee pot. Stretch and exercise in the morning or during the lunch break—it will keep energy levels high the rest of the day. Eat a hearty breakfast with plenty of protein. Have a snack high in vitamin C—berries are an easy, portable option. Drink plenty of water throughout the day. If all else fails, take a 10-minute power nap. It will rejuvenate you for the afternoon.

Maintenance Supervisor

Bill Louis

Housekeeping Supervisor

Diane Floyd

Food Service Supervisor

Rick Zajdel



Visit Our Blog at highgatebz.blogspot.com



BIRTHDAYS!!!



Residents Celebrating Birthdays in January

Beth W~Jan. 6
Wilbur S~Jan. 6
Jackie B~Jan. 7
Elvis Presley~Jan. 8
(Gotcha! :)
Georgia W~Jan. 10
Elaine K~Jan. 12
William R~Jan. 18
Sue J~Jan. 20
Ron E~Jan. 23

BRRRR ... Bundle Up!

Whether you're walking your dog, going to the car or visiting a neighbor, don't forget to exercise caution. This winter weather is serious business! Take the time to put on a coat, gloves or whatever you need to stay warm, and remind your friends to do the same!



Walk Your Way to Better Brain Function

Boosting brainpower in later years could be a walk in the park, literally. Experts suggest that older adults who walk just three times a week can significantly improve mental function and reduce the risk of Alzheimer's disease. Recent research published in "The Journal of the American Medical Association" shows that simple exercise, such as walking, can improve cognitive function in adults with mild

cognitive impairment—the borderline between normal aging and dementia.

The study from the University of Melbourne in Australia followed 138 adults aged 50 and older with self-reported memory problems, who were not diagnosed with dementia. Researchers assigned the participants to either education and usual care or a 24-week home-based exercise program, with walking as the most frequent type of activity. The exercise group participants aimed for three 50-minute sessions of moderate-intensity activity each week.

The results? The exercise group scored higher on cognitive tests and demonstrated better delayed recall. Researchers even saw benefits six months later.

Highgate Walking Club Goes to the Mall Wednesday Mornings at 10:15 a.m.



Some of the Highgate Walking Club taking a stroll through Bozeman. Talk to Steve or Donna if you would like to join the club!



New Maintenance Supervisor

You have probably seen Bill Louis moving around at the speed of light, getting our maintenance up-to-date. If you see him standing in one spot for long, say hi and welcome him to Highgate!

“The Chalet” Highgate’s New Memory Care Cottage Now Open!

We have opened our doors and welcomed the first 14 residents to their new home and couldn't be more happy! “The Chalet” is our newest addition here at Highgate and will be home to residents with specialized memory care needs like Alzheimer's disease. The Chalet has 12 companion suites keeping it small and intimate and less overwhelming for those with dementia.



Wilbur looks dapper in his tux and top hat!

Snowflake Ball a Smashing Success!

December Family Night was indeed a night to remember as we celebrated the holidays with a Snowflake Ball. The guests all looked lovely in their winter best, and after a wonderful meal prepared by the dining staff, all in attendance were regaled with Christmas carols sung by the Chord Rustlers!



The front entry to “The Chalet” is warm and inviting. Come on in and sit a spell!



Our new Memory Care, “The Chalet,” is all decked out in the holiday spirit.

**Proper Diet, Exercise, Mental
and Social Stimulation in
Highgate’s Memory Cottage and
Chalet Can Have a Powerful
Effect in Slowing
Memory Decline.**

New Residents

New to the Highgate Family...

Chalet Residents
Maurice H. and
David L.
Cottage Resident
Robert B.
Manor Residents
Reatha P. and
Chuck M.
Villa Residents
Harold and Alice F.



Ice Alert

We all know driving can be treacherous in snow and ice, but just getting from your car to your apartment can be dangerous as well. Please be careful when walking through the community this winter and if you notice icy patches on sidewalks or stairwells, please let us know so we can dispatch maintenance to salt the areas.



"The Cottage" and "The Chalet" at Highgate



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

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.

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