



# THE LODGE

Managed by  
SIDNEY HEALTH CENTER



The Lodge Newsletter

June 2024

## MEN'S HEALTH MONTH



At the start of every summer, as graduates don their caps and gowns and schoolchildren anxiously await their three-month respite, we set aside one Sunday to celebrate our fathers. And while Congress designated June as Men's Health Month, the week before Father's Day is specifically singled out as Men's Health Awareness Week to target "preventable health problems and encourage early detection and treatment of disease among boys and men."

### A Family Affair

Men develop different health needs as they age, but they often forget regular checkups and ignore aches and pains. In addition, while heart disease, hypertension, and high cholesterol get a lot of attention, health concerns specific to men – like testosterone deficiency (andropause), and prostate cancer – can often be overlooked. As a result, it is crucial to develop a healthcare plan that takes into account their unique circumstances.

"Recognizing and preventing men's health problems is not just a man's issue," says Congressman Bill Richardson in regards to congressional recognition of Men's Health Awareness Week. "Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."

### Proactive Prevention

"Men put their health last," says Demetrius Porche, DNS, RN, editor-in-chief of the *American Journal of Men's Health*. "Most men's thinking is, if they can live up to their roles in society, then they're healthy."

The organizers of Men's Health Awareness Week encourage men of all ages to be proactive about their health, including the incorporation of the following preemptive strategies:

1. Get recommended screenings and preventative care.
2. Maintain moderate physical activity: at least 2 ½ hours per week.
3. Follow nutritional guidelines for your age and develop a healthy eating plan.
4. Prioritize mental health.
5. Practice healthy behaviors.

### Outreach Opportunity

Men's Health Awareness Week is a fantastic opportunity for senior living providers and caregivers to educate male residents and their families about all the ways to improve overall health and mental function. Senior living providers interested in participating in Men's Health Awareness



# June Resident Right

## The Right to Visits

- By a resident's personal physician and representatives from the state survey agency and ombudsman programs
- By relatives, friends, and others of the residents' choosing
- By organizations or individuals providing health, social, legal, or other services
- Residents have the right to refuse visitors



# Francis Joseph Hoffman

*September 14, 1926 - April 5, 2024*



Francis (Frank) Hoffman, of Medicine Lake, Montana passed away Friday April 5, 2024 at The Lodge in Sidney, Montana.

Born September 14, 1926 in Underwood, North Dakota to Annie and Reinhold Hoffman, he was raised on the Hoffman family farm north of Brockton and attended school in Poplar, Montana.

At 18, he was drafted into the army. After his honorable discharge he returned to Montana and joined his brother, Reimund, farming and ranching on the family farm. They were bachelor farmers for years but had many nieces and nephews in the area to keep them busy. The stories of Uncle Frankie are family legend. A neighbor once mentioned that he could hear them singing as they worked.

Frank met Joyce Roos, a school teacher he met at the bowling alley in Plentywood. Frank and Joyce married in August 1970 and she joined him at the family farm. They raised two children, Angela and Jeremy, between the farm and Medicine Lake.

Frank loved giving visitors the full farm experience if they were up for it. Driving a tractor, a truck, a motorcycle or a three-wheeler were all fair game. Together, Frank and Joyce hosted campfires out at the dam in the summer and sledding adventures in the winter, dragging the toboggan up the hill behind the old tractor. When they started spending winters in Medicine Lake, they became avid fans of all the high school sports and rarely missed a home game. They also

became active at St Patrick's Catholic Church in Medicine Lake.

Frank and Joyce loved to travel. Frank would drive through rain, sleet, blizzards and thunderstorms to Joyce's nieces' and nephews' performances and special events.

They also did long road trips to visit family across the country. When Angela moved away from Montana, they enjoyed exploring each place Angela and her family lived. They loved their grandchildren and were always happy to come out to babysit.

It can't be said Frank ever really retired from farming, but he slowly passed responsibility over to Jeremy. Frank was always around for advice and a helping hand. He would arrive at the farm to do odd jobs, tinker, nap, have a jelly sandwich, help move equipment or disc a field. Jeremy still runs the family farm while living in the original house, with a few additions and updates.

Frank's retirement in 2017 after Joyce's passing was spent making new friends at the Pioneer Manor in Plentywood and later The Lodge in Sidney. He was always excited to be taken out for lunch at Dairy Queen where everyone knew his regular order.

Frank is survived by his daughter Angela Vollertsen (Troy) of Plymouth, Michigan; and his son Jeremy of Brockton, Montana; his sister Rita Bosch of Castro Valley, California; three grandchildren, Nathan and Erin of Plymouth, Michigan and Finn of Brockton, Montana; and many nieces and nephews.

He is preceded in death by his parents, Reinhold and Annie Hoffman; his wife, Joyce; his son, Corey; and by siblings Cecelia, Clement, Albert, Jerome, Agnes, Secunda, Cyrilla, Reimund, and Eugenie.



# David R. McMillen

*October 17, 1934 - May 4, 2024*



David Robert McMillen was born on October 17, 1934, in Helena, MT to Lester and Olive (Menapace) McMillen. He had a big sister Joanne. They moved to Sidney in 1940, so Lester could farm with his dad, J.R. McMillen. Growing up David had livestock to feed and milked a lot of cows. He went to Midway school, which was about 3/4 mile from where they lived. They walked to school as they were close, and he remembered other kids riding horses. There were 8 grades in the one room school. His mother, Olive, was a teacher there for a couple of years. If the weather was bad, they just stayed at the school. David went to Sidney for high school, graduating in 1953.

David and Pat Sawyer were married in 1954. David enlisted in the U.S. Army and was sent to Germany. He served for 3 years. Donna Ree was born in 1955 in Sidney. Pat and Donna were in Germany for a while with him. Terri was born in 1957, a couple of months early, so David got an early discharge and came home. Jerry was born in 1960 and Kyle was born in 1962.

David and Pat purchased the Sawyer place and later bought the homestead that his grandfather started when he moved from Missouri in 1907.

David was active in many organizations and served on many boards. These included: being a 4-H leader, Brorson School board member, and Richland County Farm Bureau- where he received the Distinguished Service Award in 2017 by the Montana Farm Bureau Federation. He also was active with the Foundation for Community Care and was elected as a County Commissioner for Richland County. He was a proud lifetime member of the VFW. He was also a member of the Moose Lodge & Elks Lodge.

When David semi-retired, he started restoring old vehicles and spent many hours working on them. He loved to drive his old vehicles in local parades, asking his kids and grandkids to drive them with him.

David went into the Lodge in July of 2021. He loved to go for rides, always looking forward to going out to the ranch and asking, "where are we going?" whenever we stopped to see him. We moved him into extended care in February of 2024.

David peacefully passed away on Saturday May 4, 2024, at the Sidney Health Center Extended Care with family by his side.

He is survived by his son-in-law Greg Buxbaum, daughter Terri Zadow, son Jerry (Leslie) McMillen and son Kyle (Karen) McMillen; his grandchildren Laurel (Chad) Molden, BreAnne Buxbaum, Jace (Kali) Buxbaum, Katie (Josh) Herman, Kali Zadow, Sara (Brandon) Mueller, Wade (Amanda) McMillen, Nathan McMillen, Wacey (Taryn) McMillen and Beth McMillen; and eight great-grandchildren Asher, Vaughn, Letty, Trenton, Dani, Huxley, Lincoln and Lucy.

He is preceded in death by his parents, wife Pat, daughter Donna, infant son Zane, infant daughter Karen, sister Joanne, and grandson Patrick.

# SUMMER

## WORD SCRAMBLE

- imgisnm \_\_\_\_\_
- cbliyec \_\_\_\_\_
- icnpci \_\_\_\_\_
- krrpesiln \_\_\_\_\_
- ehacb \_\_\_\_\_
- rsebfei \_\_\_\_\_
- caubebre \_\_\_\_\_
- mdaeleon \_\_\_\_\_
- panmcig \_\_\_\_\_
- itke \_\_\_\_\_
- stedalnca \_\_\_\_\_
- lanrtmeweo \_\_\_\_\_
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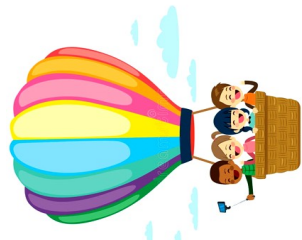


WORLD'S  
BEST  
DAD





# 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Activities</b> ♦ <u>Walking Paths</u> ♦ <u>Coloring Books</u>	<b>Self Directed</b> ♦ <u>Reading</u>					
<b>2</b> 2:00 Movie/Series time 3:00 Coffee Time	<b>3</b> 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time 6:00 Bingo	<b>4</b> 10:00 Walk W/Staff 3:00 Coffee Time	<b>5</b> 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time	<b>6</b> 9:00 Caramel Rolls 2:00 Craft W/Sam 3:00 Coffee Time	<b>7</b> 9:00 Chair Exercises 10:00 <b>Game Time</b> 3:00 Coffee Time	<b>1</b> 2:00 Bingo 3:00 Coffee Time & Speciality Drinks
<b>9</b> 2:00 Fingernails Fine-side 3:00 Coffee Time	<b>10</b> 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time	<b>11</b> 9:00 Catholic Mass 12:45 <b>Staff Meeting</b> 3:00 Coffee Time	<b>12</b> 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time	<b>13</b> 9:00 Caramel Rolls 2:00 Church Service Pastor Meehan 3:00 Coffee Time	<b>14</b> 9:00 Chair Exercises 3:00 Coffee Time	<b>8</b> 2:00 Bingo 3:00 Coffee Time & Speciality Drinks
<b>Happy Father's Day</b> <b>16</b> 2:00 Movie/Series time 3:00 Coffee Time Beer Floats	<b>17</b> 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time	<b>18</b> 2:00 Wisdom & Coffee Hour W/Sister Rita 3:00 Coffee Time	<b>19</b> 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time	<b>20 Hank St</b> 9:00 Caramel Rolls 2:00 Craft W/Sam 3:00 Coffee Time	<b>21 Ethel Brost</b> 9:00 Chair Exercises 10:00 <b>Game Time</b> 3:00 Coffee Time	<b>15</b> 2:00 Bingo 3:00 Coffee Time & Speciality Drinks
<b>23</b> 3:00 Coffee Time & Root beer Floats	<b>24</b> 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time	<b>25</b> 10:00 Walk W/Staff 3:00 Coffee Time	<b>26</b> 9:00 Chair Exercises 2:00 Bingo 3:00 Coffee Time	<b>27</b> 9:00 Caramel Rolls 2:00 Church Service Pastor Meehan 3:00 Coffee Time	<b>28</b> 9:00 Chair Exercises 3:00 Coffee Time	<b>22</b> 2:00 Bingo 3:00 Coffee Time & Speciality Drinks
<b>30</b> 3:00 Coffee Time						<b>29</b> 2:00 Bingo 3:00 Coffee Time & Speciality Drinks

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