



# THE LODGE

Managed by  
SIDNEY HEALTH CENTER



The Lodge Newsletter

April 2026

## Health Benefits of Physical Activity

FOR ADULTS 65 AND OLDER

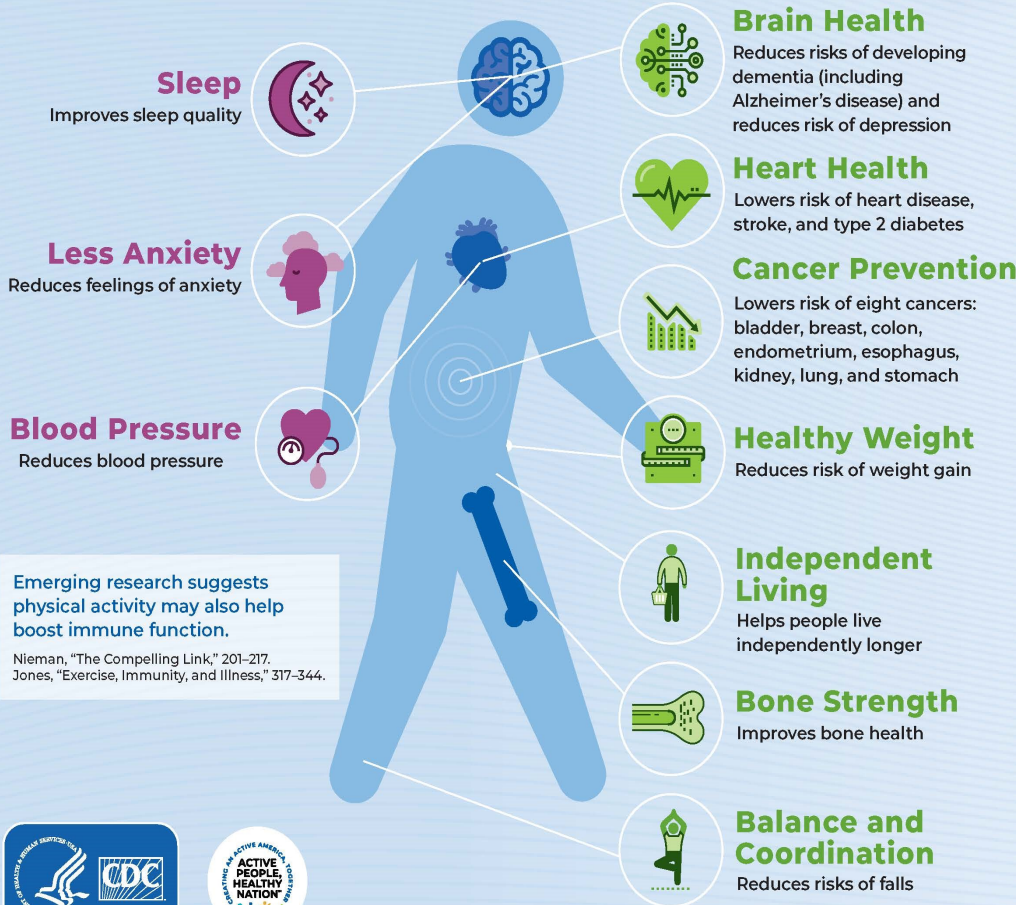


### IMMEDIATE

A single bout of moderate-to vigorous physical activity provides immediate benefits for your health.

### LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.



Emerging research suggests physical activity may also help boost immune function.

Nieman, "The Compelling Link," 201-217.  
Jones, "Exercise, Immunity, and Illness," 317-344.



Source: *Physical Activity Guidelines for Americans*, 2nd edition

To learn more, visit: [https://www.cdc.gov/physical-activity-basics/media/Health\\_Benefits\\_PA\\_Adults\\_65\\_Over\\_June2023\\_H.pdf](https://www.cdc.gov/physical-activity-basics/media/Health_Benefits_PA_Adults_65_Over_June2023_H.pdf)

June 2023

## LODGE EVENTS

April 14 – Dietary (10am)

April 12—Fingernails (2PM)

April 14 – Catholic Mass (9AM)

April 17—Rags to Riches (10AM)

## COMMUNITY EVENTS

April 6 – City Council (6PM)

April 13 – Republican Mtg (730PM)

April 20 – SHS Spring Concert (7PM)

## REMINDERS

\*No Lodge Van transport on Fridays, Saturdays or Sundays.

\*No Lodge Van transport after 4 on weekdays.

# APRIL DINING UPDATE:

## LET'S WORK TOGETHER!



### Our Goal

We want to better understand your preferences and create meals that are enjoyable for everyone.



### Working Together

- Assisted Living does **not** provide special diets or dietitian oversight
- You are the final decision-maker for your diet



### Helpful Reminders for Meal Requests

- **3~4 Hours Notice** For Changes & Guests
- **5 Days Notice** for Holidays!



### At the April Meeting, We Will:

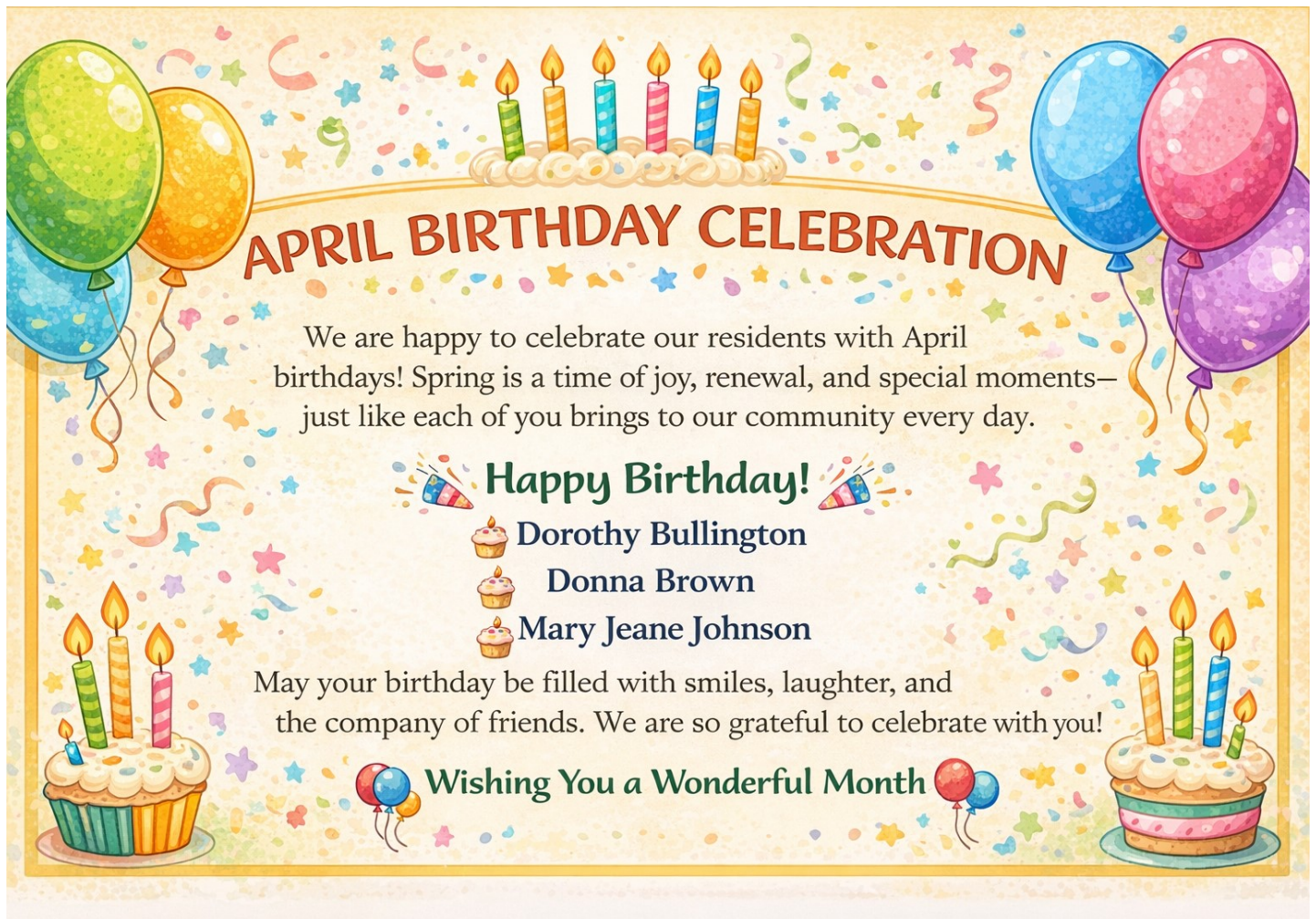
- Share ideas & feedback
- Review menu options
- Discuss fair alternatives

### Your Input Matters!

Let's create a dining experience that's great for all!

We look forward to seeing you in April!





## Montana Assisted Living Resident Rights

Three rights worth celebrating

### Residents keep these important rights:

#### Dignity & Respect

Residents have the right to be treated with dignity, have privacy, keep personal belongings, welcome visitors, and pursue their own interests.

#### Know Services & Costs

Residents have the right to know what services are available, what they cost, and to receive the details of their Resident Agreement.

#### Speak Up Safely

Residents can voice concerns and ask for help without retaliation, and they have the right to be free from abuse, neglect, exploitation, and restraints.

Source: Montana DPHHS Long Term Care Ombudsman resident rights brochure

### Rights never retire!



**Friendly reminder:** residents can ask questions, make choices, and speak up about concerns.

# April Through the Years

Fun Facts from History!

## Light & Lively April Moments



Can you hear me now??

**April 3, 1973:**  
First Mobile Phone Call



**April 15, 1955:**  
McDonald's

\$366.12 in sales!

**Ford Mustang Debuts**



## Meaningful April Moments

**April 6, 1917:**  
U.S. Enters World War I



**April 12, 1955:**  
Salk Polio Vaccine



Safe & Effective!

**April 15, 1941:**  
Titanic Sinks



**April 12, 1955:**  
Salk Polio Vaccine



**April 12, 1961:**  
Jackie Robinson  
Break the Color Barrier



**April 12, 1961:**  
Yuri Gagarin,  
First Human  
in Space



**April 18, 1906:**  
San Francisco  
Earthquake



**April 22, 1970:**  
First Earth Day



**April 26, 1986:**  
Chernobyl Disaster



April has a funny way of mixing the ordinary with the unforgettable.

One day gives us burgers or cell phones, another gives us breakthroughs, heartbreak, and history that still echoes today.





In the  
**Spotlight**  
**Ruth Iversen**

**Where were you born?**

On the road from Colorado to Minnesota

**What big world events do you remember most from when you were growing up?**

Sugar

**What is different about growing up today from when you were growing up?**

Respect

**What was your first job?**

Babysitter

**How did you meet your spouse?**

Attending youth convention in college in Nebraska

**If you won \$1 million dollars tomorrow what would you do with the money?**

Donate

**What's your favorite Family Tradition?**

Cooking Christmas meals

**Do you have any hobbies or special interests?**

Education, Play Piano, Sewing

**What advice did your parents/grandparents give you that you remember most?**

Take responsibility

**What's your favorite Holiday?**

Thanksgiving, because we don't have to worry about presents, just give thanks

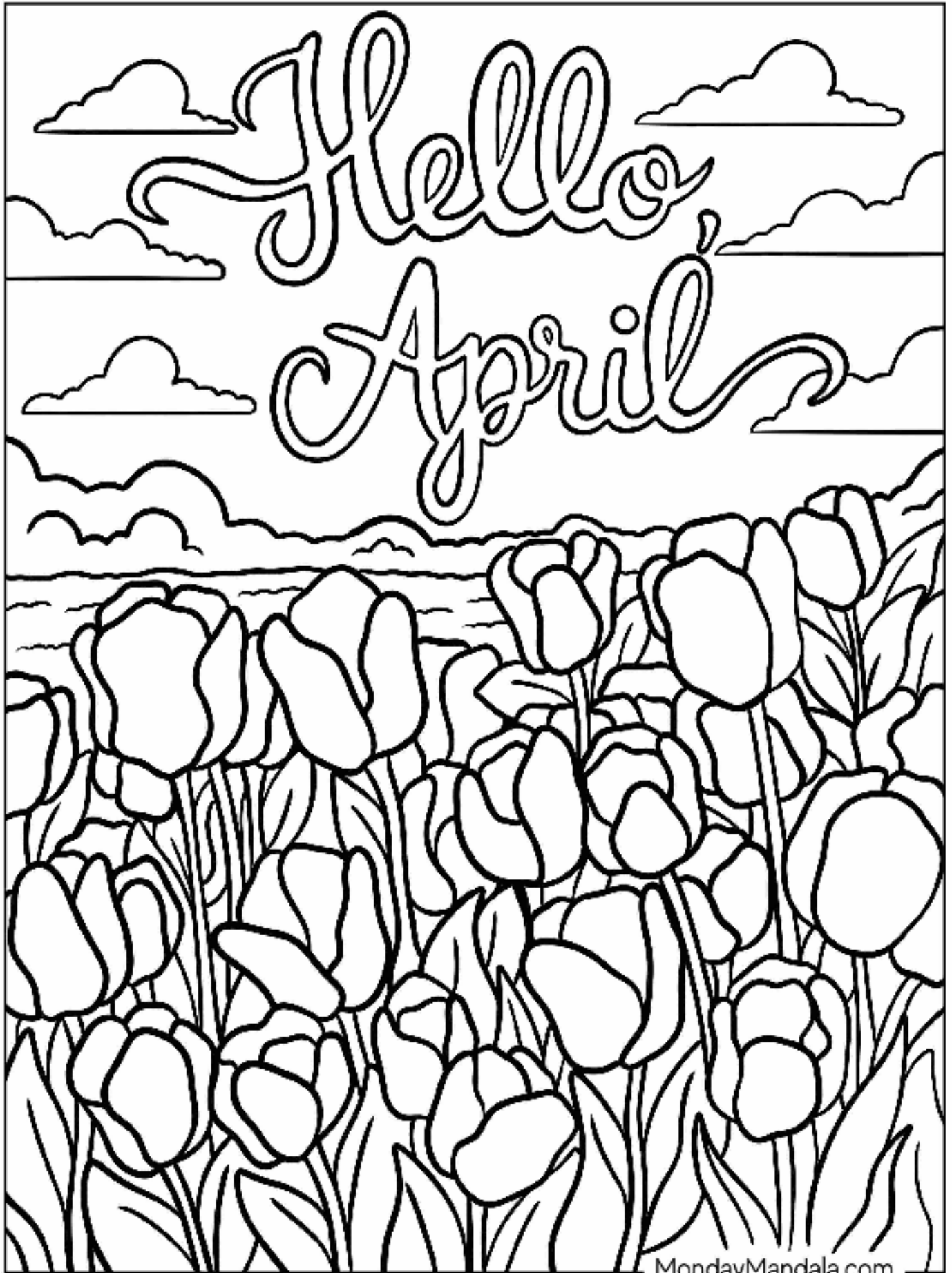
A graphic of a spotlight shining from the top left corner, with a yellow beam of light pointing towards the text.

# STAFF SPOTLIGHT

**This month we are excited to spotlight two members of our team who recently attended Prom together!**

**Jhonatan and Mariyah let the good times roll at their Vegas themed Prom!!**





# APRIL FOOL'S DAY



*Get ready to embrace the fun and unpredictability of April Fool's Day with a puzzle that's filled with laughter, surprises, and a touch of mischief.*

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ENTERTAIN  
FUN  
GAGS  
HIJINKS  
HILARIOUS  
HOAX  
HUMOR  
JEST  
JOKES  
KIDDING

LAUGHTER  
LIGHTHEARTED  
MISCHIEVOUS  
PLAYFUL  
PRANKS  
SCHEMES

SILLY  
SNEAKY  
SURPRISE  
TEASE  
TRICK  
WITTY

# April

# 2026



| Sun   | Mon  | Tue  | Wed   | Thu  | Fri  | Sat   |
|---|--|--|---|--|--|---|
| <b>5 Donna Brown</b><br>3:00 Coffee Time<br> | <b>6</b><br>9:00 Fitness Center Walk<br>2:00 Bingo w/ Volunteer                      | <b>7</b><br>12:45 Staff Meeting<br>3:00 Coffee Time                                | <b>8</b><br>9:00 Fitness Center Walk<br>2:00 Bingo<br>3:00 Coffee Time  | <b>9</b><br>2:00 Church Service<br>3:00 Coffee Time                    | <b>10</b><br>3:00 Coffee Time                                | <b>11</b><br>2:00 PM Bingo<br>3:00 PM Coffee Time/<br>Speciality Drinks |
| <b>12</b><br>2:00 Fingernails— Fireside<br>3:00 Coffee Time   | <b>13</b><br>9:00 Fitness Center Walk<br>2:00 Bingo w/ Volunteer                     | <b>14 9:00 Catholic Mass</b><br>10:00 Resident Dietary Meeting<br>3:00 Coffee Time | <b>15 Dorothy Bullington</b><br>9:00 Fitness Center Walk<br>2:00 Bingo  | <b>16 Mary Jean Johnson</b><br>2:00 Church Service<br>3:00 Coffee Time | <b>17</b><br>10:00 Rags to Riches<br>3:00 Coffee Time        | <b>18</b><br>2:00 PM Bingo<br>3:00 PM Coffee Time/<br>Speciality Drinks |
| <b>19</b><br>2:00 Movie time<br>3:00 Coffee Time  | <b>20</b><br>9:00 Fitness Center Walk<br>2:00 Bingo w/ Volunteer<br>3:00 Coffee Time | <b>21</b><br>2:00pm Wisdom & Coffee Hour w/Sister Rita<br>3:00 Coffee Time         | <b>22</b><br>9:00 Fitness Center Walk<br>2:00 Bingo<br>3:00 Coffee Time | <b>23</b><br>2:00 Church Service<br>3:00 Coffee Time                   | <b>24</b><br>10:00 Flower Planning<br>3:00 Coffee Time       | <b>25</b><br>2:00 PM Bingo<br>3:00 PM Coffee Time/<br>Speciality Drinks |
| <b>26</b><br>3:00 Coffee Time   | <b>27</b><br>9:00 Fitness Center Walk<br>2:00 Bingo w/ Volunteer<br>3:00 Coffee Time | <b>28</b><br>2:00 Methodist Church<br>3:00 Coffee Time                             | <b>29</b><br>9:00 Fitness Center Walk<br>2:00 Bingo<br>3:00 Coffee Time | <b>30</b><br>2:00 Church Service<br>3:00 Coffee Time                   | <b>Self Directed</b><br>♦Puzzle Tables<br>♦Reading<br>♦Adult | <b>Activities</b><br>♦Walking<br>♦Puzzle Books                          |



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