

May 10, 2009

HELENA SENIOR CENTER
Volume 9, Number 2
May 2009
Dinner Menu.....pg 2
Activities Schedule.....pg 3
Senior Spotlight.....pg. 6
RSVP News.....pg. 8
Director's Column.....pg 12



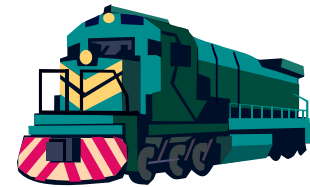
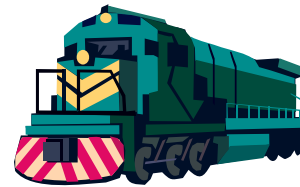
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Memorial Day - May 25,
2009

VOICE OF EXPERIENCE

PUBLISHED BY
ROCKY MOUNTAIN DEVELOPMENT COUNCIL



On the Road Again: This Time - The Railroad Helena Senior Center Advisory Council's Trip to Butte & Anaconda

- What:** Blast From the Past Trip to Butte and Anaconda. This is the Helena Senior Center Advisory Council's second trip of the 2009 Travel Season. We'll take our upscale bus to uptown Butte and climb on board the **Copper King Express Train** and ride the historic Butte, Anaconda, and Pacific Rail Line to Anaconda. And in Anaconda, at your own pace, you'll be able to enjoy historic speakers, a living history "Daly vs. Clark" debate, music, food, drinks, booths, and a day full of fun.
- When:** Saturday, May 30, 2009. 8:30 am until 6:00 pm.
- Where:** Bus will leave from the Helena Senior Center promptly at 8:30 am.
- How to book:** Reservations and payment due May 21 with the RMDC Receptionist. Checks payable to **Helena Senior Center Advisory Council**.
- Cost:** \$50, includes train and bus costs, gratuities, snacks. **LUNCH will be on your own.**
- Details:** Plan to walk around the festival in Anaconda. Plan to purchase your own lunch.
- Questions:** Contact President, Rosemary Sanborn, 457-1446.

Special Recognition

Many RMDC employees often put extra effort in to their jobs and as a result make a real difference in our community. Recently, several employees stepped forward to provide the leadership and work effort to put together the 2009 Montana Gerontology Conference held April 15 and April 16 in Helena. Karen Cater and Cindy Baril took on the task of Co-Chairing the MGS Conference at a late date when the conference could not be held in Butte as planned because the Copper King closed. Karen and Cindy jumped into action, created a working committee, searched for funding partners and rounded up a great cast of presenters, both locally and from around the country and put this conference together on an extremely short timeframe.

The Montana Gerontology Society provides educational opportunities for Montanans who work in the field of gerontology or who are caregivers or care receivers. A first class conference is vital to the field of aging. Karen, Cindy and other staff of RMDC successfully pulled this together for the people of Montana. Additional valuable help came from Rocky employees Abby Zent, Elaine Bruce, Karen George, and Jeannie Downs. Thank you all.

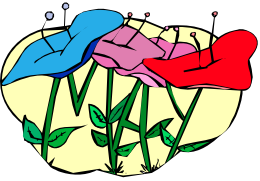



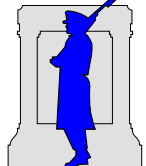
Charles Aagenes

HELENA/EAST HELENA DDC MENU

MAY 2009-MEALS SERVED AT 12:00

For Additional Information Call 447-1680



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>Low fat milk served every day at congregate sites, and delivered 3 times a week to Meals on Wheels customers</p>		<p>-1- SPAGHETTI W/MEAT SAUCE GOLDEN CORN GREEN BEANS GARLIC BREAD</p>
<p>-4- BACON STRATA O'BRIEN POTATOES MIXED VEGETABLES APRICOTS</p>	<p>-5- BEEF STEW (carrots, potatoes, and more) CORN BREAD CINNAMON BAKED APPLES FRESH FRUIT (HDM)</p>	<p>-6- HAM, BROCCOLI, CHEESE & RICE CASSEROLE GARDEN PEAS 4-BEAN SALAD WHOLE GRAIN ROLL</p>	<p>-7- TACO CASSEROLE WITH REFRIED BEANS MEXI-CORN PEACHES FRESH GREEN SALAD (HDM)</p>	<p>-8- <u>MOTHER'S DAY & BIRTHDAY DINNER</u> LEMON PEPPER CHICKEN PARSLEY BUTTERED NOODLES CALIFORNIA MIX SPICED APPLES- FRUIT SALAD DINNER ROLL CAKE AND ICE CREAM No salad bar</p>
<p>-11- OPEN FACED TURKEY SANDWICH W/GRAVY MASHED POTATOES CRANBERRIES GREEN PEAS</p>	<p>-12- CHEESEBURGER ON A BUN BAKED FRENCH FRIES 4-BEAN SALAD FRESH FRUIT (HDM)</p>	<p>-13- ROAST PORK AU GRATIN POTATOES GREEN BEANS GLAZED CARROTS WHOLE GRAIN ROLL/BREAD</p>	<p>-14- PEPPER STEAK OVER RICE ORIENTAL VEGETABLES SNAP PEAS FRESH GREEN SALAD WITH GARBANZOS (HDM)</p>	<p>-15- <u>CLOSED</u> <u>ALL STAFF</u> <u>TRAINING</u></p> 
<p>-18- POLISH SAUSAGE SAUERKRAUT RED POTATOES GREEN BEANS WHOLE GRAIN ROLL</p>	<p>-19- CHICKEN BREASTS WITH GRAVY WILD RICE BUTTER BEANS W/PEPPERS GLAZED CARROTS FRESH FRUIT (HDM)</p>	<p>-20- BEEF STROGANOFF OVER NOODLES CAULIFLOWER GARDEN PEAS SLICED PEACHES</p>	<p>-21- <u>MONTANA POWER</u> <u>MEETING</u> MONTANA PASTIES WITH GRAVY MIXED VEGETABLES RED BEETS TOSSED SALAD WITH KIDNEY BEANS (HDM)</p>	<p>-22- ITALIAN LASAGNA MIXED VEGETABLES FAVORITE CORN GARLIC BREAD FRUIT CUP</p>
<p>-25- <u>CLOSED</u> <u>MEMORIAL DAY</u></p> 	<p>-26- CHICKEN & NOODLES STEAMED BROCCOLI MIXED BEAN SALAD CRANBERRIES FRESH FRUIT (HDM)</p>	<p>-27- CALICO BEANS PARSLEY CARROTS CORN BREAD COLE SLAW</p>	<p>-28- DEB'S MEAT LOAF BABY RED POTATOES STEAMED CABBAGE WHEAT ROLL TOSSED SALAD WITH BLACK BEANS (HDM)</p>	<p>-29- BAKED HAM SCALLOPED POTATOES CALIFORNIA MIX VEGGIES CINNAMON APPLESAUCE WHOLE GRAIN ROLL/BREAD</p>

USDA prohibits discrimination in the administration of this program. To file a complaint, write to Secretary of Agriculture, Washington D.C. 20250. This menu has been reviewed and approved by a Registered Dietitian, Lin Pasch, R.D. Lin Pasch R.D. Suggested donation for 60 years old and over \$3.50. Under 60 years \$6.50. Congregate Milk, bread and salad bar available daily.

**Regularly Scheduled
Activities For May 2009**

Mondays

- 9:00—Arthritis Foundation Exercise
- 10:00—Exercise
- 11:00—Tai Chi
- 1:00—Whist
- 1:00—Senior Bowling Sleeping Giant Lanes

Tuesdays

- 9:00—Crafty Quilters
- 9:45—Line Dancing
- 1:00—Pinochle
- 2:00—Line Dancing for Beginners (See Story)

Wednesdays

- 10:00—Exercise
- 11:00—Tai Chi
- 1:00—Bingo
- 1:00—Bridge

Thursdays

- 9:00—10:30—Coffee & Rolls
- 9:30—11:30—Blood Pressure, Card Room
- 9:45—Line Dancing
- 1:00—Hand & Foot
- 1:00—Board Game Afternoons

Fridays

- 10:00—Arthritis Foundation Exercise
- 11:00—Tai Chi
- 12:30—Dominoes
- 1:00—Senior Bowling Sleeping Giant Lanes

Sundays

- 1:00—Pinochle

**Senior Center Event Roundup
May 2009**

In addition to regularly schedule activities, games, and exercises, please mark your May calendar for these events:

- April 30, Thursday, 10:00 am—1:00 pm, American Red Cross Blood Draw. Card Room.
- May 1, Friday, 12:45 pm. Finally Friday Movie. *Charlie & Me*. Card Room.
- May 3, 4, 5, Sunday, Monday, Tuesday, 1:00 pm. Pinochle Tournament. Card Room.
- May 7, Thursday, 12:15 pm. **Wise Words** on Natural Medicine (Part 2). Dr. Joanna Dove.
- May 7, Thursday, 7:00 pm—8:30 pm. *Email 101*. Lewis & Clark Library. 447-1690 ext. 5 to register.
- May 8, Friday, Noon. Vigilante Day Parade. (Just an FYI).
- May 8, Friday, 12:45 pm. Finally Friday Movie: *Driving Miss Daisy*. Card Room.
- May 11, Monday. Foot Clinic. Call Receptionist to schedule. No second clinic.
- May 12, Tuesday, 12:45 pm. Helena Roundabout to Lewis & Clark Fairgrounds. \$5 to reserve your bus space with RMDC Receptionist. Leaves from Senior Center.
- MAY 15—RMDC CLOSED FOR ALL STAFF DAY UNTIL 1:30**
- May 16, Saturday, 9:45 am. Race for the Cure, option to walk together.
- May 16, Saturday, 1:00 pm—3:00 pm. Silk Scarf Magic with Caroleen Vaughn. \$30 to reserve your space with RMDC Receptionist. Dinner Club.
- May 19, Tuesday, 1:00 pm—3:00 pm. *Dazzling Databases*. Lewis & Clark Library. 447-1690 ext 5 to register.
- May 28, Thursday, 9:30 am. Helena Senior Center Advisory Council Meeting. Room 13.
- May 30, Saturday, 8:30 am – 6 pm. Helena Senior Center Advisory Council Blast From the Past Railroad Trip, Butte-Anaconda. \$50 to reserve your space with RMDC Receptionist.
- June 6, Friday, 11:15 am. Caring Stroll for Seniors and Families, Part of the Governor's Cup. Meet at Women's Park, come to Pioneer Park. No cost.
- June 9, 10, 11, Tuesday, Wednesday, Thursday, 1:00 pm—3:00 pm. *Seniors Only! Beginning Computer Class*. Lewis & Clark Library. 447-1690 ext. 5 to register.

If you are part of the Tuesday AFTERNOON Line Dancing Group: Listen UP

May 13 marks the final spring class of Line Dancing for Beginners—the Tuesday afternoon group here at the Helena Senior Center. Marlene's classes will resume in the fall on October 13 – and become two-a-week classes—Tuesdays and Thursdays between 2:00 pm and 3:00 pm.

Tuesday and Thursday morning line dancing at 9:45 with Mona Branning continues right on through the summer. So, there's a way to dance through until fall even if you've been part of our beginning group!



Finally Friday MovieS:

Another double feature *Finally Friday* Movie month. And both of our May selections illustrate great ways to grow older—which mainly means keeping our eyes and our hearts open and using the knowledge of our death to change lives.

Start the month with us with *Charlie & Me*, a 2008 Hallmark movie. Here's one synopsis from the Internet: "Charlie Baker's (Tom Bosley) failing heart and ailing health would send many people into despair with the knowledge that their days are numbered. But not Charlie, who wastes no time with self-pity. There are still many things he wants to accomplish to help Casey (Jordy Benattar) his feisty 12-year-old granddaughter, and Jeffrey (James Gallanders), Casey's workaholic widowed father. It won't be easy, but Charlie's warmth, wit and wisdom might just rub off in this touching tale of death and life, grief and joy."

Then on May 8, we'll watch the 1989 Academy Award winning Best Picture, *Driving Miss Daisy*. Jessica Tandy starred as Miss Daisy at the age of 80. The story of Miss Daisy and her chauffeur, Hoke, (Morgan Freeman) remains a classic, giving us a full complement of issues to consider: aging, kindness, our relationships with our children, race, changing our minds.

- What:** Finally Friday Movie: *Charlie & Me*
- When:** Friday, May 1, 12:45 pm, Card Room
- What:** Finally Friday Movie: *Driving Miss Daisy*
- When:** Friday, May 8, 12:45 pm, Card Room
- Details:** We'll provide the popcorn right along with the heart-touching, thoughtful dramas.

Again this month, RSVP volunteer Celinda Hicks will serve as your movie host. Thanks, Celinda!



Wise Words on Natural Medicine (2nd installment)

Since Dr. Nancy Aagenes' Natural Medicine presentation in April was such a hit, we have requested Dr. Joanna Dove of Heart & Soul Naturopathic, Inc., to come speak to us in May. Dr. Dove's adage is "compassionate and comprehensive prevention and treatment for the whole family" and she, as a naturopathic doctor, emphasizes prevention of diseases, maintenance of optimal health and promotion of the individual's inherent self-healing process. In addition, Dr. Dove has a Master's Degree in Traditional Chinese Medicine. She combines both disciplines to diagnose and treat the underlying cause of imbalances within the body.

- What:** **Wise Words** on Natural Medicine (2nd Installment)
- When:** Thursday, May 7, 12:15 pm, Dr. Joanna Dove
- Where:** Daily Dinner Club
- Details:** Back by popular demand! We enjoyed seeing people come in JUST to hear Dr. Aagenes

"Just the Music – AND the Dance"

On Saturday, April 4, Helena Senior Center line dancers joined the Acappella Jubilee Xpress Chorus (Helena's Sweet Adelines group) in a spring concert. Although the program was labeled, "Just the Music," our combined beginning and intermediate line dancing dancers, under the direction of Mona Branning and Marlene Rutherford, added two great dance numbers. In fact, "our" folks may have attracted the largest number of audience admirers. Sporting western attire and kerchiefs, our Learn the Lines Dancers made us proud with their willingness to perform in public, their skill and their heart. Here's a photo!



Silk Scarf Magic

Ready to create art and magic – and then wear it or give it away? May offers just that opportunity. On Saturday, May 16 we'll host a two-hour silk scarf painting class.

Caroleen Vaughan, a silk artist from Boulder, will help class attendees create their own wear-able art. Caroleen provides the "blank" scarves, paint, brushes, old shirts to wear over your clothes, and inspiration. She'll set everything up for us in the dining room, work with you individually, take your creations home to "set" the colors, and then return them to the Senior Center for you.

Caroleen has hosted dozens of classes for folks of all ages and all artistic "abilities"—including Boulder Senior Center members. She invites you to bring a friend or son or daughter along to help you and she encourages you to wear older slacks or jeans. If you've priced a scarf at Dillards recently, you'll know too that the \$30 class cost is a bargain! Here are the particulars:

- What:** Silk Scarf Magic Class
- When:** Saturday, May 16, 1:00 pm—3:00 pm. **NOTE THAT THIS IS A SATURDAY, WHICH ALLOWS RMDC STAFF TO JOIN US!**
- Where:** Dining Room
- Cost:** \$30 (includes all materials) – checks made out to Caroleen Vaughan
- Register:** To reserve your space, give the RMDC Receptionist your name and your check for Caroleen Vaughan. Register by May 8.
- Class size:** Minimum of five people; maximum of 15.
- Further details:** We tried this class a year ago and several people were interested, but not five. So, consider this again. Because we've also invited RMDC staff, we should have enough members. The RMDC bus will not, however, be able to run that day.



Free Birthday Lunch Coupon

Present this coupon at the Helena Daily Dinner Club on Birthday Dinner Day to get your free lunch. Just tell the receptionist your name and they will check the list to redeem the coupon.

Happy Birthday!!!



And the Winner (of the 2009 Crafty Quilter Quilt Raffle) Is . . .

Jack Gentry! Jack joins us in the Dinner Club frequently but wasn't in attendance at the drawing at our Easter/Birthday Dinner on Friday, April 10th. When I called and told him that he'd won the quilt, Jack giggled and said "Really?" and laughed and said "Really!" again. Here's a photo of Jack collecting his quilt the following Monday—with the other corner held by our new RSVP Senior Center greeter Margie Stam. Jack spoke of a granddaughter being ESPECIALLY interested in his winnings! Congratulations, Jack.

And hearty thanks to all of you hopeful folks who purchased raffle tickets. The raffle netted over \$1,200 and more than 200 of you purchased six tickets for \$5. What great appreciation for the Crafty Quilters' skill and heart. What good support for the Center and our efforts to spruce it up and make it more functional.

Thank you!

IMPORTANT NOTICE!!!

RMDC IS CLOSED FRIDAY, MAY 15, FOR ALL STAFF DAY BUT WILL OPEN THAT AFTERNOON AROUND 1:30 PM

Myrna Loy Theater Helena Senior Center

May COUPON

Good for

\$1 off any movie or \$2 off any live performance—

Sponsored by the Myrna Loy Center

Present in person at the Myrna Loy Box Office

*Not redeemable for cash *One coupon per customer per month
*Cannot be used during rentals, performances sponsored by other organizations or in conjunction with any special offers other than senior rate. *Can be used in addition to senior discount



May Senior Spotlight— Travels with Rosemary Sanborn

It's my privilege to introduce you to Rosemary Sanborn, our new Helena Senior Center Advisory Council President. The Council holds monthly meetings to advise Rocky Mountain Development Council staff on a host of topics. And Council members help out with many different Dinner Club and Senior Center projects. They pick up Birthday Dinner gift cards and cakes; decorate the Dinner Club; raise funds for improvements with the Craft Case and Bazaar sales; orchestrate Dinner Club music; and plan out-of-town trips. They are one more set of unsung heroes in our community's life.

Enter Rosemary Sanborn. After attending Council meetings faithfully for a couple of years, Rosemary finally admitted to having owned and managed her own group travel business—and allowed as how she'd be glad to help out with the Council's travel plans. Wow! We knew we were in special luck. This year, Rosemary's not only heading up the Travel Committee, she agreed to take over the reins as Council President. We are so fortunate. But, in some ways, I'm getting ahead of my story.

Rosemary was born in Detroit, Michigan, and her family lived in the suburb of Allen Park. Until his death at a young age—the consequences of rheumatic fever—Rosemary's father worked as a tool and die maker for Ford. After losing her husband, Rosemary's mom then faced the very challenging job of raising her three daughters. She went to work for a bomber plant, busy with World War II contracts.

Rosemary's mom met and married another bomber plant worker and that became the start of what Rosemary calls the family's gypsy life. Rosemary attended 13 different schools in Michigan, Tennessee and Ohio before she graduated from high school. She acquired a half brother along the way and was often responsible for caring for her siblings.

After graduating from high school in Defiance, Ohio, Rosemary attended business college in Toledo, Ohio. Shortly before receiving her business certificate, she was offered a position at Wright-Patterson Air Base in Dayton. "I didn't even know where Dayton and the base were," Rosemary said, "but I was so happy to have the opportunity to work that I said yes right away."

33 years later, Rosemary retired from Wright-Patterson, after holding many different positions within the organization. "There were 35,000 workers," Rosemary noted, "so when I got restless, I could look for vacant jobs in another department and meet new colleagues and learn a new set of skills."

In 1968, Rosemary met Don Sanborn through a mutual friend. He had just returned from Vietnam. "We dated a couple years before we got married," Rosemary told me, "but I knew right away that he was the right guy." The couple lived in Fairborn, Ohio, and raised, Mary Beth and Donny.

In 1990, when Wright-Patterson made a retirement offer that was too good to refuse, Rosemary, with Don's encouragement, acted on a long-held dream: to start and run her own travel business. Despite the well-meaning fears of her friends, Rosemary Sanborn's Travel Service took off and did well. Rosemary not only booked arrangements and sold space for group tours, but served as the guide and host as well.

Travel with Wright-Patterson first brought Rosemary to Montana, and a love of our history and scenery brought her back. In fact, in 1995, Don and Rosemary took the plunge and decided that they'd retire here. They considered Missoula, but fell in love with the hills south of Helena, found a house, bought it, and started renting it in anticipation of Don's full retirement.

"When we officially moved here, we knew one couple—our property managers," Rosemary said. "So we were starting from scratch. The Helena Senior Center is one of the places that helped me learn to know people and more about Helena." And the Sanborns remain in love with Montana. "We have such an appreciation for the peacefulness, for the beauty of the mountains, for this slower life style, for wonderful people, and for comparatively little traffic."

May Senior Spotlight—Continued

Rosemary knits, crochets, works counted cross stitch, and participates in water aerobics at Broadwater three mornings a week. Son Donny works for GE Engines, but gets to Montana often. Daughter Mary Beth works right here in Helena. Her college-age son, Joey, visits when he can. Don and Rosemary get to spend wonderful time with 13 year-old granddaughter Christine.

Taking full advantage of Rosemary's travel skills, Don and Rosemary plan at least one trip across the globe each year and head to United States destinations as well. In the last decade, they've gone to New Zealand, Australia, Paris, Brussels, Rome, Ireland, Mexico, and Canada. They also love cruises. This coming fall, Rosemary and Don will be heading out on a Rhine River trip through the Netherlands, Switzerland, Germany, and Belgium. "I know how to find good deals," Rosemary confessed with a smile.

So the Helena Senior Center is doubly fortunate to enjoy Rosemary's training and skill in travel planning. And we're fortunate for her cheerful, can-do presence. "I like to keep life light," Rosemary told me. What a gift that "lightness" is for our Helena Senior Center Advisory Council! If you don't know Rosemary, look her up during Thursday morning cinnamon roll hour and say an enthusiastic hello!



Marcella Walter

RMDC TO HAVE EXTRA FOOD FOR SENIORS

The Commodity Supplemental Food Program (CSFP) is a program where seniors can receive a monthly allotment of food. This is not a welfare program. We can't give you money or medications, so if we help you with some food, then you can buy those much needed prescriptions or other needed items. Plus, this program helps the farmers because the government is purchasing their crops. The program works to improve the health of seniors by supplementing their diets with nutrients typically lacking in their diets. Participants also receive nutrition education information.

The program guidelines are that the person receiving the food must be over 60 years of age, a resident of Montana and meet an income requirement. Food consists of canned fruit, vegetables, meats, juice, cereals, dry milk, evaporated milk, cheese, pasta, beans, and peanut butter.

Rocky Mountain Development Council will have supplemental foods available to Helena area senior citizens at the Helena Food Share, 1616 Lewis, Helena, MT. RMDC is happy to work with Food Share to make the program more accessible to those individuals picking up the food. There is no charge for the products.

If your last name begins with the following initial, you may pick up the food on the date after your initial:

A—L Wednesday, May 20, 2009, from 9:00 am—11:00 am

M—Z Thursday, May 21, 2009, from 9:00 am—11:00 am.

Friday, May 22, 2009, from 9:00 am—11:00 am.

(Friday distribution is for all individuals who did not receive commodities.)

PLEASE PICK UP ON ONLY YOUR ASSIGNED DAY

Persons 60 years and older will be certified to receive the food by categorical, income and residency eligibility. For further information or questions, call RMDC at 447-1680.

RSVP Partner—United Way

This month meet one of RSVP's special partners: United Way of Lewis & Clark County. In fact, consider United Way one of our "super partners." Most of us know the United Way from the fundraising "thermometers" around Helena. We know that "those folks" raise money for good causes. We remember that as businesses and employees we have the opportunity, through the United Way, to help nonprofits throughout our community.

And all of that is true. The United Way's mission "is to increase the organized capacity of people to care for one another in our community." And United Way meets that mission by "(a) serving as a funding agency for our partner agencies who provide direct services to people in need; (b) coordinating services so they are provided in an effective, unduplicated manner; and (c) working with other groups to bring about positive changes that benefit our entire community."

RSVP's volunteer work is woven throughout that of the United Way. First, our RSVP volunteers help the United Way by assisting with mailings and office work. In other words, United Way is one of our volunteer "stations."

Second, for several years, RSVP has applied successfully to United Way for funding assistance. Donated funds allocated to RSVP by United Way have helped reimburse our use of Rocky Mountain Development Council's senior bus to help volunteers reach their volunteer assignments—a critical service on snowy days or for volunteers who no longer drive.

Third, United Way assists many of the nonprofits who also put RSVP volunteers to use. To name just a few, United Way serves Montana Youth Homes, Head Start, CASA, Good Samaritan Thrift Store, Helena Food Share, Salvation Army, Lewis & Clark Literacy Council, Florence Crittenton—with grant dollars, while RSVP volunteers serve with time and talents. Without sufficient grant support, these organizations would be unable to place volunteers.

Finally, United Way of Lewis & Clark County supports a Volunteer Helena website. It's one more way that folks who want to volunteer learn about RSVP and a wide range of volunteer options. Most recently, United Way has also spearheaded a group of nonprofits to better thank volunteers during National Volunteer Week and to recruit through the year.

What a wonderful Super Partner in the volunteering business! Thanks, United Way.



RSVP is Proud to be a
United Way Agency!

RSVP VOLUNTEER

OPPORTUNITIES—May 2009



RSVP is Proud to
be a United Way
Agency!



Think summer, when you're thinking about volunteering. The work that interests YOU and the volunteer work that's available sometime reflect the season.

So, first, think about organizations which meet and greet more visitors during warm weather months. For instance, both the **Helena Chamber of Commerce and the Upper Blackfoot Historical Society** need outgoing folks to share community information in visitor center settings. Both want to cover a lot of summer hours. So if you love your community and are outgoing, this kind of volunteer work is for you.

Or, consider mentoring a young person whose life has been anything but easy. The **Montana Youth Homes**, one of the newest programs at Rocky Mountain Development Council, seeks volunteers to befriend and encourage its residents. You can help young people try out hobbies and learn life skills; you can offer the comfort and hope of your friendship. You'll be able to coordinate your volunteering with the Home's dedicated staff, including a new VISTA Volunteer Coordinator. This "befriending" becomes even more critical during summer when school's not in session.

And, if you like young people and like to be outdoors, consider helping out with **Rocky Mountain Development Council and Helena Food Share's Summer Feed 'N Fun Program**. This program offers healthy lunches to young people at Helena city park sites throughout the summer. You can help hand out sack lunches and drinks. What a great tangible way to help children at a park near you, investing just a couple hours each day!

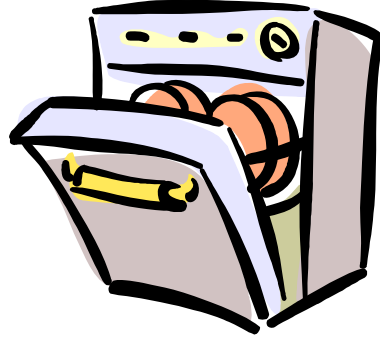
The office and building crews at **Helena Area Habitat for Humanity** work year around. But volunteering in the summer may be a little more fun. Consider helping indoors or out.

Interested in any of these options? Interested in other kinds of opportunities to volunteer? Call 447-1680 and ask for Marcella, Micky, or Jean.

Energy Savers Tips—Dishwashing

If You Use a Dishwasher

- Wash only full loads. It costs exactly the same to wash one dish as a whole load.
- Air-dry dishes. If the dishwasher has an air-dry feature, use it.
- Fill dishwasher with detergent right before running. Dry detergent may cake, while liquid detergent can leak.
- Fill the dishwasher according to manufacturer's instructions. This will allow the flow of water to properly clean the dishes.
- Use energy-saving cycles whenever possible.
- Use water-temperature boosting feature. If the dishwasher has a booster heater, then you also can lower the temperature on your water heater. It takes less energy for the booster heater to heat the water in the water heater at 140°F. Check the dishwasher's manual for the recommended minimum water temperature.



And if You Wash By Hand

- Rinse dishes in groups rather than one at a time.
- Don't leave the water running.

Helena Senior Center Advisory Council Trip Policies

The Council really encourages you to read and understand the entire Trip Policy statement as it is written. But if the Council had to summarize, here's what they would emphasize:

If you need assistance with mobility, please bring your own attendant.

We leave on time.

If illness causes you to cancel, call ahead of time. Refunds at Council discretion.

Ask Marcella for a full set of Trip Policies.

THANK YOU!

Montana Gerontology Society wishes to thank the RSVP Program for all its help during its two day conference recently held here in Helena on April 15 and April 16. MGS also sends its gratitude to Area IV Agency on Aging staff members, especially Karen Cater who helped make the conference a success. We were pleased to see older adults from Helena and Senior Center members who took advantage of learning tips on living longer and living better. A special thank you to RMDC for all the support given to planning and sponsoring this educational event. In 2010, the MGS Conference will be held in Missoula.

Cindy Baril, MGS Board

L & C Library Computer Classes

The watchwords for the L & C Library's great computer classes are: plan ahead. Classes, especially those specifically for seniors, fill up FAST. So don't wait to reserve your space. And remember that, for daytime classes, the RMDC bus can pick you up and drop you off. Call for bus reservations as usual.

(Note that the May Seniors Only! Beginning Computer Class is already full.)

Email 101, Thursday, May 7, 7:00 pm—8:30 pm. Sign up for a free email account and learn the basics of accessing your messages, writing, replaying, organizing and sending attachments. Students need to know how to use the mouse and keyboard.

Dazzling Databases, Tuesday, May 19, 1:00 pm—3:00 pm. Access the information mother lode with library databases. Learn how to do everything from finding prices for Hummel figurines to drug therapies recommended for illnesses. Students need to know how to use the mouse and keyboard.

Seniors Only! Beginning Computer Class. Tuesday, Wednesday, Thursday, **June 9, 10, 11**, 1:00 pm—3:00 pm. This is the marvelous, "no embarrassment" way to get more at home with your computer. Some of our Senior Center members have taken the class more than once. .

Call the Library directly to reserve your spot (447-1690 ext. 5).

And we've not received further class information for the summer.

May Helena Roundabout—Fairground Fun

If you've not been to the Fairgrounds recently or if you're just eager for summer, join us on a trip to the Lewis & Clark County Fairgrounds. We'll tour their new exhibit hall and grand stand. Fairgrounds staff will tell us about the building and its uses and design. We can take in spectacular views of the Scratch Gravels and Belts and stop at the duck pond. Come enjoy a historic place with some new facilities. And, if we have time, we might wander up Colorado Gulch—to see a little more countryside.

- What:** Helena May Roundabout
When: Tuesday, May 12, 12:45 pm
Where: Leaving from the Helena Senior Center
To register: First eleven registrants with your \$5 payment to the RMDC Receptionist
Details: Treats as always. Plan to walk around a good-sized building during our tour

IMPORTANT NOTICE!

RMDC WILL BE CLOSED ON FRIDAY, MAY 15, 2009, FOR ALL STAFF DAY—THE OFFICES WILL RE-OPEN AT 1:30 PM



AARP Driver Safety Program

May 6 at the Waterford from
Noon to 4:30 pm

May 20 at Mountain West Bank (lower level) from
Noon to 4:30 pm

Reservations: Voice Message Box @ 457-4712
or email: cspeil@msn.com.

Walking Together

May and early June bring us two opportunities to walk—for ourselves and for others: the Susan G. Komen Race for the Cure and the Blue Cross Blue Shield of Montana Governor's Cup Caring Stroll.

Here's the skinny—so to speak.

1. Saturday, May 16: Susan G. Komen, Race for the Cure. Marcella has entry forms. You're responsible for choosing which race you'd like to enter, submitting your own entry form, paying your registration, and picking up your materials. But, Helena Senior Center members are invited to tell Marcella that they've entered; pick up a special hat to wear, gather at the "Herd Bull" statue in front of the Montana Historical Society at 9:45 am, and walk together.

- What:** Susan G. Komen Race for the Cure.
When: Saturday, May 16, 9:45 am.
Where: Corner of Sixth & Roberts, Montana Historical Society.

Details: You're responsible for your own registration, but let us know you're walking or running and we can provide you with a Senior Center hat and the opportunity to walk together.

2. Friday, June 6: Caring Stroll for Seniors, Friends and Family. This component of the Blue Cross Blue Shield of Montana Governor's Cup is just up our alley. It's a gentle stroll from Women's Park to our very own Pioneer Park. It's a way for seniors to take part in the Governor's Cup at our pace and at no cost. Marcella has copies of the small form that Blue Cross Blue Shield asks all participants to bring.

- What:** Caring Stroll for Seniors, Governor's Cup.
When: Friday, June 6 (one day ahead of the formal races), 11:15 am.
Where: Fuller Avenue, in front of KMTX Radio, at the edge of Women's Park to the Pioneer Park, back of the Neighborhood Center.
Details: No cost, but BCBS asks that you complete and turn in a small form. Marcella has copies. Again, Senior Center members can plan to walk together.

Interested in trying a regular walking group again? Talk with Marcella.

Plan Your 2009 Travel Schedule

The Helena Senior Center Advisory Council is pleased to announce not just this month's trip (to Butte and Anaconda), but our slate of trips for the season. Please mark your calendars accordingly and get your traveling duds ready!!

May 30 (Saturday) - Blast From the Past - Riding the Rails to Anaconda (See related story.)

June 25 (Thursday) - Virginia City Follies (Sign up beginning in June.)

July 16-17 (Thursday & Friday) – Coeur d'Alene Adventure at the Coeur d'Alene Casino Resort Hotel (Sign up beginning in June. This is a two-day trip, and overnight stay.)

August 20 (Thursday) – Sheep and Wind—A Trip to the Bair Mansion, Harlowton, and the Judith Gap Wind Farm. (Sign up beginning in August.)

September 24 (Thursday) – Fall Color Outing to Seeley Lake. (Sign up beginning in September.)

And, yes, there will be a small Christmas outing, but it may be quite different from what the Council has done in previous years! Stay tuned.



DAILY DINNER CLUB RESERVATION AND SEATING RULES

- The Helena Daily Dinner Club will reserve tables for formal organizations of 10 or more people. You must notify the kitchen of your reservation and the number of individuals one week in advance of the reservation.
- Ordinarily we will not take reservations for organizations on any special dinner days, including Birthday Dinner.
- As an individual, you may only reserve a seat for one (1) other person besides yourself. If the person is not here by 11:40 am, and we need the spot, we will open that spot for others to sit.
- Place settings will only be set up on special dinner days, such as Birthday Dinner or holiday dinners.
- The only table reserved on an ongoing basis is the one up front by the desk for Spring Meadow Resources. If they are not here by 11:40 am, we will open that table up for others to sit at.
- No one group or person has possession of a table. You may not ask someone to move from a table because this is your table or so and so always sits here.
- We encourage everyone to be open and welcoming to new visitors, in fact we encourage you to deliberately seek out other seat mates.

PLEASE REMEMBER WHEN EATING IN THE DAILY DINNER CLUB, THAT THE ONLY FOOD YOU MAY TAKE OUT OF THE DINNER CLUB IS DESSERT (THAT IS A BAKED GOOD, I.E., COOKIE, CAKE, ETC.)



Director's Column

By Gene Lower, Executive Director

RMDC is having a busy and productive spring. Many of you heard or read about the Montana Gerontology Society Annual Conference that was recently held here in Helena. Karen Cater of Area IV Agency on Aging and Cindy Baril of the Senior Companion Program did a great job stepping in at the last minute to organize the conference. Thanks to them, as well as the efforts of several other RMDC staff, the conference was a terrific success and a real service to professionals in the community.

We've been keeping you updated on the development of the Drop-In Center, "Our Place," designed by and for consumers of mental health services. The Center, located at 631 North Last Chance Gulch, is almost ready to open the doors. Elaine Bruce and her staff have worked alongside the Our Place Board, supporting their efforts to create a welcoming, relaxing space for individuals with mental illness to come and socialize. Our Place is unusual in that it is truly consumer-run, and is not affiliated with a clinical program. The idea is to give folks impacted by mental illness an alternative to the isolation and loneliness that often goes hand in hand with mental illness. Our Place fills a real gap in the community, and we're proud to have a role in that program.

In the world of housing, we are continuing our work on Eagle Manor II. We have residents moved back into the first floor of that facility. Their apartments are literally brand new from top to bottom. In most cases, the new apartments are bigger than the original units were. This is a great change for residents, who seem to be pleased with the new living quarters. Great job to both the housing development and property management staffs working to keep residents comfortable in the midst of construction.

Head Start is back from spring break and is starting to look toward end-of-year transitions. They received notice of their federal review which will take place in May. Every three years, an outside review team comes in and fully audits the program. While this causes some work, we also look forward to an outside perspective on how we're doing. Last time the program was reviewed, Head Start received accolades from the federal office for a job well done, and we anticipate a similar result in this upcoming review.

Other than that we're busy with several springtime projects such as Spirit of Service which will provide much needed cleaning and exterior care to several homes in the Helena and East Helena areas. Another project we're hard at work on is the new Jan Shaw Youth Home on Warehouse Street just south of the underpass on Henderson. High School students are building the Youth Home, and they plan to wrap up construction around the end of May. On a fundraising note, the Rock-A-Thon Senior Companion fundraiser is kicking off soon. This is an important fundraiser for Cindy Baril and her crew, and goes a long way toward helping SCP Support and recognize their volunteers. We'll keep you informed of our progress with these projects and programs as we move forward. In the meantime, it's great to see you in the hallways; we're glad you're part of Rocky.

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Thank you to the RSVP volunteers that prepared this



Parking and Smoking and Well— Consideration

We wanted to bring couple housekeeping items to your attention:

- 1. Parking.** RMDC administrators keep working to balance the need for good client parking and some staff parking. Here's the latest innovation. On the back (east) side of the parking lot, up against the rock wall, you'll see orange/yellow arrows. The spaces between those arrows are designated staff parking. We're asking all clients (seniors, meeting attendees, Head Start families) to steer clear of that area except as a last resort when there is no other parking available.
- 2. Smoking.** The only designated smoking location outside the Neighborhood Center is down the walkway toward Anchor Park, out of view of the parking lot. The receptacle for cigarettes is on the corner of the building. That location is the only one we can offer that recognizes two conflicting Montana laws relating to schools and public buildings.
- 3. Handicapped facilities.** A word to the wise and thoughtful on behalf of those who **most** need handicapped parking or access to the handicapped bathroom stalls. If those locations are NOT essential for you, please steer clear so that individuals with the least mobility can use them.

Thanks for all you do to help us with these issues!