

# VOICE OF EXPERIENCE



JANUARY - FEBRUARY 2023

Rocky Neighborhood Center | 200 S. Cruse Avenue | Helena, MT

Ph: 406.447.1680 | HELENA SENIOR CENTER

## LIFEPOINT CHURCH SENIOR GIFT DRIVE

The holidays are a time of celebration with our loved ones. It is also a time when we get to practice the act of giving. In the busyness of our day-to-day routine, it is easy to overlook the importance of giving.

At Rocky, we are fortunate to be able to assist organizations that give back to our community. This giving comes in many different forms from a wide variety of organizations. The Senior Gift Drive organized by LifePoint Church is one of the more valuable events we facilitate, as it focuses on teaching children the importance of giving.

Every Christmas since 2017, LifePoint Church in East Helena has been organizing its Senior Gift Drive, putting 200 gift bags together for Rocky Seniors. LifePoint relies upon donations from its congregation to fund the drive. After the items are purchased, the gift bags get assembled by children in child focused classes at Lifepoint.



### *(Lifepoint Church Administration)*

Former Children's Program Coordinator Christine Gardner was part of the team that started the gift drive. According to Christine, "One of the biggest challenges was figuring out how to find seniors who may need a gift bag." Christine learned of Rocky through a friend who volunteered in the Meals on Wheels program. The partnership formed, and LifePoint got a list of seniors to distribute their gift bags. "Forming the partnership with Rocky was crucial to getting the Senior Gift Drive started," Christine said.

This year was the first time current LifePoint Children's Program Coordinator Amanie Edwards was in charge of the gift drive. She has enjoyed the process. For Amanie, it's about teaching the importance of giving to young children. Amanie

*(Lifepoint Cont'd on P.7)*

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1-800-356-6544

## HELENA SENIOR NUTRITION MENU

## JANUARY 2023



Lunch served from 11:30–12:30

For Additional Information Call (406) 447-1680

\*This menu is subject to change due to product availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 <u>CLOSED</u></p>	<p>3 HAMBURGER ON A BUN CARROT COINS BAKED BEANS BAKED APPLES</p>	<p>4 PORK CHOPS-N-GRAVY MASHED POTATOES CABBAGE &amp; CARROTS WHOLE WHEAT ROLL FRESH FRUIT</p>	<p>5 TURKEY BISCUIT BAKE GREEN BEANS TOSSED SALAD w/BEANS BLUSHING PEARS</p>	<p>6 BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES PICKLED BEETS PINEAPPLE</p>
<p>9 SOUTHWEST GOULASH CAULIFLOWER PICKLED BEETS SWEET PEACHES</p>	<p>10 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES BEAN MEDLEY MIXED FRUIT</p>	<p>11 TATER TOT CASSEROLE CARROT COINS GREEN PEAS FRESH FRUIT</p>	<p>12 HONEY ORANGE BAKED COD RICE PILAF ZUCCHINI SQUASH COLESLAW APRICOTS</p>	<p>13 <u>BIRTHDAY DINNER</u> ROASTED PORK LOIN WITH HONEY GARLIC ROSEMARY SAUCE CHEF'S CHOICE POTATOES MIXED VEGGIES WHOLE GRAIN ROLL CINNAMON CHERRY APPLES BIRTHDAY CAKE</p>
<p>16 <u>CLOSED</u></p>	<p>17 CHICKEN NOODLE CASSEROLE VEGETABLE BLEND LIMA BEANS CRANBERRIES</p>	<p>18 ROAST TURKEY SHEPHERD PIE WHOLE GRAIN ROLL BRUSSELS SPROUTS FRESH FRUIT</p>	<p>19 SWEET &amp; SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES GREEN SALAD w/GARBANZOS PLUMP PEACHES</p>	<p>20 POLISH SAUSAGE SAUERKRAUT BABY RED POTATOES GREEN BEANS WHOLE GRAIN ROLL MANDARIN ORANGES</p>
<p>23 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES</p>	<p>24 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL PINEAPPLE</p>	<p>25 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE FRESH FRUIT</p>	<p>26 FISH PATTY w/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER CARROT RAISIN SALAD</p>	<p>27 CHILI CON CARNE CORN BREAD MIXED VEGETABLES PARSLEY CARROTS BLUSHING PEARS</p>
<p>30 BEEF TACO CASSEROLE w/REFRIED PINTO BEANS TORTILLA CHIPS &amp; SALSA MEXICAN CORN MANDARIN ORANGES</p>	<p>31 PORT FRITTER PARMESAN OVER ROTINI NOODLES SAUTÉED GREENS CARROT COINS CRANBERRIES</p>		<p>SALAD BAR INCLUDED IN CONGREGATE MEALS</p> <p>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</p>	

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS  
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, Cassandra Drynan, RDN *Cassandra Drynan, RDN*  
Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$7.00.

## TAX TIME

AARP volunteers will once again prepare taxes for seniors in the Neighborhood Center. Volunteers will do Same-Day-Drop-Off like last year, and will be working Thursdays and Saturdays from 9:00 a.m. until about 2:00 p.m.

What: AARP volunteer tax aid program for seniors  
When: Begins February 4 with the phone lines opening January 19 - call 406-437-4095 for an appointment – Walk-ins cannot be accommodated  
Where: Neighborhood Center, 200 South Cruse Avenue, Helena, MT 59601

Why: Because tax time comes about every year!

## ROCKY CLOSURES

Mark Your Calendar!

**Rocky will be CLOSED for the following holidays:**

Monday, January 2, 2023 - New Year's Day observed  
Monday, January 16, 2023 - Martin Luther King Day  
Monday, February 20, 2023 - President's Day

If you receive Meals on Wheels or need a meal from the Daily Dinner Club, please don't forget to call ahead and reserve an extra or frozen meal, if needed.  
You can contact Barb in Senior Nutrition at 406-457-7378.

# HELENA SENIOR NUTRITION MENU

FEBRUARY 2023



Lunch served FROM 11:30–12:30

For Additional Information Call (406) 447-1680 Helena

\*This menu is subject to change due to product availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI FRESH FRUIT	<b>2</b> HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT YELLOW & GREEN ZUCCHINI COLESLAW PLUMP PLUMS	<b>3</b> CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS PEACHES & PEARS
<b>6</b> BREADED POLLOCK SCALLOP POTATO HERB SEASONED ROASTED BROCCOLI WHOLE WHEAT ROLL JUICY PEACHES	<b>7</b> TEX-MEX BEEF N CABBAGE CASSEROLE GOLDEN CORN CARROT COINS APRICOT HALVES	<b>8</b> BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL FRESH FRUIT	<b>9</b> SALISBURY STEAK SEASONED BROWN RICE VEGETABLE MEDLEY 4-BEANS & GREENS MANDARIN ORANGES	<b>10</b> <u>BIRTHDAY DINNER</u> APRICOT CRANBERRY CHICKEN OVER WILD RICE GREEN BEANS GARDEN MIX VEGETABLE MANDARIN ORANGES BIRTHDAY CAKE
<b>13</b> TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS CRANBERRIES	<b>14</b> <u>VALENTINE'S DAY</u> PORK PASTA CARBONARA HERB ROASTED CAULIFLOWER PACIFIC VEGGIES SWEETHEART PEARS	<b>15</b> CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES GARDEN PEAS CARROT COINS FRESH FRUIT	<b>16</b> CREAMY BEEF MUSHROOM OVER GARLIC REDSKIN MASHED TOPPED w/FRENCH FRIED ONIONS CORN & BEAN MEDLEY CAULIFLOWER FRUITED JELLO	<b>17</b> SAUSAGE EGG BREAKFAST PIZZA POTATOES O'BRIEN MIXED VEGETABLES APRICOTS
<b>20</b> <u>CLOSED</u> 	<b>21</b> BEEF SHEPHERD PIE YELLOW CORN PICKLED BEETS WHOLE GRAIN ROLL BAKED CRAN-APPLES	<b>22</b> OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN PEAS FRESH FRUIT	<b>23</b> ZITI NOODLES w/MEATBALLS GARLIC BREAD GREEN BEANS CARROT RAISIN SALAD JUICY PEACHES	<b>24</b> ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD PINEAPPLE
<b>27</b> MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES	<b>28</b> PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE PINEAPPLE	SALAD BAR INCLUDED IN CONGREGATE MEALS  <i>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</i>		

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS  
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 This menu has been reviewed and approved by a Registered Dietitian, Cassandra Drynan, RDN Cassandra Drynan, RDN  
 Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$7.00.

A special thank you to Rick Wine and Steve Strock  
 for coming to the Helena Senior Center to share  
 their wonderful gift of music. We look forward to  
 having them back in the New Year!

“Music makes pictures and often tells stories  
 All of it magic and all of it true  
 And all of the pictures and all of the stories  
 All of the magic, the music is you!” John Denver





### SENIOR CENTER ACTIVITIES

January - February

#### MONDAYS

10:15 am – Jennie’s Arthritis Exercise Class - Card Room

#### TUESDAYS

9:00 am – Crafty Quilters – Card Room

9:45 am – Line Dancing – Dance Floor

1:00 pm – Pinochle – Card Room (Every other month

Pinochle has a tournament on Monday & Tuesday)

1:00 pm - Bridge - Dance Floor

#### WEDNESDAYS

9:30 am - 10:30 am - Senior Advisory Council Meeting  
(first Wednesday of each month) - Card Room

10:30 am - 11:30 am Chi Gong - (Except the second  
Wednesday of each month) - Card Room

11:30 am to 12:30 pm - Tech Time with Mary - Parlor

1:00 - 3:00 pm – Bingo – Dining Room

#### THURSDAYS

8:30 – 10:30 am – Coffee & Rolls – Dining Room

9:30 – 11:00 am – Be Well Clinic– Dining Room

9:45 am – Line Dancing – Dance Floor

1:00 pm - Wood Carving – Dance Floor

#### FRIDAYS

10:15 am – Jennie’s Arthritis Exercise Class- Card Room

#### SUNDAYS

1:00 pm – Pinochle – Card Room

#### HAVE AN IDEA FOR AN ACTIVITY?

If you have an idea for an activity that isn’t currently offered, such as a dance class, card game, art class, etc., please contact Bill Peña at 406-457-7372 or [bpena@rmdc.net](mailto:bpena@rmdc.net).

*The Parlor is open every day at 9 am. You are welcome to come in to relax, read magazines, play cards, work on puzzles, and enjoy time visiting. We are taking donations of books, magazines, and puzzles, A special thanks to everyone for their wonderful and generous donations.*

*Thank you for making the Helena Senior Center a wonderful, safe, and healthy place for everyone!*

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## THURSDAY COFFEE & ROLLS

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Join us every Thursday morning for coffee and rolls at the Senior Center! The caramel rolls are prepared fresh every Thursday morning and the cost is \$2.50. Join us from 8:30 am to 10:30 am or until they are gone. Come in to enjoy wonderful company and share a delicious roll!

Coffee &  
Rolls ! ☕



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## BIRTHDAY MEAL CELEBRATIONS

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We love to celebrate birthdays at the Helena Senior Center! Each month we celebrate everyone’s birthday for the month. As a member, you are welcome to have a free meal when it is your birthday month. Yes, we will have cake and ice cream, too! Mark your calendars!

Friday, January 13, 2023 & Friday, February 10, 2023 will be our monthly birthday celebration meals.



## MEMBER SPOTLIGHT: PAUL GROSFIELD

By Barbara Beeby  
Senior Nutiriton Coordinator

Paul Grosfield came into the world on May 16, 1941. His parents lived in Columbus and made the 40-mile trip to Billings for his birth. Paul had three sisters, Sylvia, Andrea, and Mary, and two brothers Abe and Norman. Norman and Mary are the only remaining family members. Paul's father was a banker at the Stillwater Bank in Rapelje. They moved to Columbus during the depression, and his father brought the bank with him. Their transportation was a 1939 green Studebaker truck and a grey Studebaker car. "I remember those old cars... they looked like a bullet."

Paul's father purchased a ranch in 1948. Approximately 20 horses came with the deal. They broke a few green ones over the years and used the horses to move the cows around the ranch. Initially, they mainly raised Herefords, but later added some Angus. Paul Roos or "Roos" came to the ranch when he was about 11 years old. Roos and Paul became lifelong friends.

Paul started school in Big Timber before moving to Lincoln in 1948, where he finished his elementary education. He worked on the ranch throughout that time. When he turned 15, Paul was fixing a bailer and caught his hand, causing the loss of his little finger. His hand was in bandages for a long while. He just happened to be in a mandatory typing class where he was required to type. He was unable to, however, and received a low grade. Wait – What?

Paul went to high school in Augusta and finished that with a stint at Montana State University in Bozeman where he studied agriculture. He was drafted into the Army and spent two years in special weapons training before returning to Lincoln. He helped his family manage the ranch with the cattle and hay. Over the years, Paul dabbled in logging and had a sawmill.

In 1969, Paul married his sweetheart, Lynn. Together they had two daughters. Sadly, the youngest developed a brain tumor at just 1 ½ years old. With treatment,



*(Paul Pictured above with a Rainbow Trout)*

she managed to survive for 28 years. You can see on his face that this loss is still painful. His daughter, Heidi, lives in Paradise Valley and manages an Airbnb.

With the horrible flooding that occurred there this year, business slowed down. Heidi has three daughters making Paul a proud grandfather.

In 1970, his friend Roos moved to Lincoln and he and Paul developed a guiding business, working together for nearly 35 years. They taught people from all over the United States and Japan the skills and thrills of fly fishing. Nearly all of this was catch and release, but one year a couple of fellows wanted to mount their catch. They were in Butte and staying at the Finlen Hotel. One side of the building is the hotel and the other is the bar and restaurant. The boys walked to the kitchen with their enormous fish to put it in the refrigerator. On the way, they had to walk by a window looking into the dance area near the bar.

Paul said it was comical when the men on the dance floor saw these two giant fish carried through the hall! The men left the ladies on the dance floor and followed Paul and Roos to the kitchen to admire the fish.

To show their appreciation, the fishermen took Paul and Roos to a nearby soda shop and bought each a small hamburger. They were young men at the time,

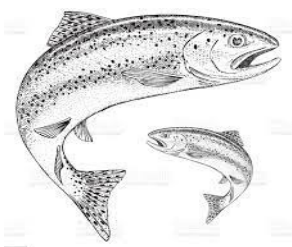
*(Paul Grosfield Cont'd on P.6)*

*(Paul Grosfield Cont'd from P.5)*

and the puny hamburgers hardly filled them up. As soon as they finished eating, Paul and Roos went to the hotel and got real hamburgers. The ones at the hotel were three times the size of the ones at the soda shop. I imagine there are hundreds of stories he can tell.

In 1972, Paul's brother-in-law needed a job, so Paul bought the Husky gas station for him. He ran that for 16 years before going to work for the government. He was later diagnosed with cancer. Sadly he was not able to defeat it. Another tough loss to Paul was his friend Roos, who was taken to his maker by cancer a few years back. Paul had his own fight with cancer and did five rounds of chemo.

He is doing well today – hunting and taking people on fishing trips simply for fun. Paul is a world-class fly fisherman, having guided people down Montana rivers including the Blackfoot, Big Hole, Clark Fork, Missouri, and Smith for many years. He does a few odd jobs around Lincoln and works in his yard. He used to play a little poker for fun – and won some too. He has been coming to the Lincoln Senior Center for a few years. He likes to watch football games on television. His teams are the Bobcats and the Buffalo Bills.



## TECH TIME WITH MARY

Every Wednesday in the parlor from 11:30 am to 12:30 pm!



## ROCKY'S AGENCY ON AGING INTRODUCES T-CARE FOR FAMILY CAREGIVERS

Caregiving for the elderly is often a responsibility of the family, and the job of caregiving can be daunting.



Caregiving can require constant day-to-day care. This care can also involve situations that may be uncomfortable for a family member to provide for their loved one. Add in the fact that many times the family members tasked with caregiving have other full or part-time jobs, and caregiving can quickly become overwhelming. This can have an impact on the health of the caregiver.

We are here to help! Rocky's Agency on Aging is now offering T-CARE. T-CARE stands for Tailored Caregiver Assessment and Referral. It is a care management system that helps to support families in caregiving roles. T-CARE only requires the completion of a free assessment to enroll.

In addition to T-CARE, Rocky's Agency on Aging offers classes and resource counseling to family caregivers aged 60 and older or for those caregivers who care for someone 60 and older. National changes addressing the needs of family caregivers will also help the clients and caregivers in our six-county service area.

According to the Administration for Community Living (ACL), 53 million Americans currently provide unpaid care to an aging loved one or a person with a disability. In response, the ACL published the 2022 National Strategy to Support Family Caregivers on September 21, 2022. This is the first attempt to bring the federal government and the private sector together to address the needs of family caregivers. Accordingly, federal agencies have begun to take action to support family caregivers. For example, the Department of Health and Human Services has changed its definition of a family caregiver. "A family caregiver is an individual who

*(Lifepoint Cont'd on P.7)*



## HEALTH CARE SERVICES - JANUARY & FEBRUARY



### Foot Care Done Right 2023

Mark Your Calendar!

Thursday, January 19, 2023

Thursday, February 16, 2023

Edith RN, BSN & CFCN (406-431-0006) always looks forward to the care of your feet. Edith and her team are always willing to answer questions about the care and health of your feet. They meet downstairs at the Neighborhood Center. Please call to make an appointment.



### Blood Pressure

You are invited to have your blood pressure taken each Thursday at the Senior Center in dining room. from 9:00 am – 10:30 am.



## HAPPY NEW YEAR!

Bingo is a great time for folks to come together. It is chance to visit with friends, celebrate special times, and maybe win a game or two. Bingo has been a fun and well participated activity at the Helena Senior Center for many years. It takes several volunteers to make this happen every week. We are so thankful for everyone who helps out.

As a reminder, all cards are \$1/per card. Regular Payout-\$6

Special Payout-\$8

Blackout Payout-\$12

We look forward to seeing you at the Helena Senior Center for Bingo every Wednesday at 1:00 pm.

## BACK ROADS OF MONTANA: MEMORIES AND STORIES



Monday, Jan.23, 2023

Monday, Feb. 27, 2023

Time: 12:45 – 1:45 pm

**Location: Card Room, Helena Senior Center**

**No Cost!**

Rocky “Backroads of Montana: Memories and Stories” has been a wonderful gathering. The stories shared and friendly conversation have been amazing. This is a free gathering that takes place on Mondays starting at 12:45. Everyone is invited! There will be some refreshments as we relax and enjoy an episode of PBS “Backroads of Montana” followed by visiting and conversation. Mark your calendars and come join us!

*(LifePoint Cont'd from P.1)*

mentioned that “hands-on learning is a great tool in showing young people the value of giving.” The bags were put together on December 11 at LifePoint Church and delivered to the Neighborhood Center the next day.

*(T-CARE Cont'd from P.6)*

provides care to someone who needs help taking care of themselves. The person who needs help may be a child, an adult, or an older adult. They may need help because of an injury or disability. They may have a chronic illness such as Alzheimer’s or cancer.”In addition, the American Heart Association (AHA) published “What Are the Caregiver’s Rights?” One such right is “I have the right to take care of myself by eating well, exercising, and getting plenty of rest. It will enable me to be healthy enough to care for my loved one.”

For help with T-CARE or other resources for family caregivers please contact Rocky’s Agency on Aging Program Coordinator Dana Reavis at (406) 603-4157 or dreavis@rmdc.net.

## ROCKY PINOCHLE CLUB DATES

The January tournament dates for 2023 have been posted for the Pinochle club. If you know how to play pinochle and are looking for a fun and friendly group of people, new members are always welcome. Come on down! Pinochle players meet every Tuesday and Sunday at 1:00 pm!

Upcoming Pinochle Tournament Dates:

- Monday & Tuesday, January 9 & 10



## ROCKY BRIDGE



We Need Players! Come Join Us!

Every Tuesday is Bridge Day at the Helena Senior Center.

Time: 1:00 - 3:00 pm

There is no money involved, but we do keep score and have a lot of fun! We welcome all new members.

Any questions? Please call Bill Peña, Program Coordinator for the Helena Senior Center, at 406-457-7372.

## HELENA INTERNATIONAL FOLK DANCERS

Please come and enjoy entertainment brought to you by local Helena dancers! Helena International Folk Dancers are coming to the Helena Senior Center on Wednesday, January 11 from 12:00PM – 12:30PM featuring Israeli, Romanian, and Serbian dances.



## ROCKY SHUTTLE



Did you know that the Rocky shuttle goes to East Helena? The shuttle can pick you up and bring you to the Senior Center and then back home. You must call 406-447-1680 at least one day in advance to schedule a ride. If you are a current rider and need to cancel your ride, please call 406-447-1680 to make us aware.



# IF NURSING HOMES DON'T DO IT WHO WILL?

By Jim Marks  
Agency on Aging Program Director

Sometimes people say families should take care of their relatives who require personal care due to aging or disability. However, many older adults or people with disabilities do not have family members. For those who do, their family members often either cannot or will not provide the care. Family caregivers warm the heart, but it's folly to assume everyone has that option.

This myth of the availability of family support is relevant today because Montana is undergoing a radical change. Skilled nursing homes are closing because they cannot afford to stay in business. Medicaid, the health insurance that most frequently pays for nursing home services, does not cover the entire cost of care. Nursing homes used to be able to make up the difference by

charging more to non-Medicaid residents. That's no longer possible with today's changing demographic. According to industry reports, it's common for well over 90% of nursing home residents to be Medicaid users. Therefore 10 of Montana's 61 nursing homes recently shut down permanently. More closures will almost certainly follow soon. Some respond to the nursing home closures by saying that families must do what the nursing homes no longer can. The trouble is family caregiving will never be "the answer." For sure, family care works for some, but not all. Many older Montanans have no families. Those who do, often have families who are not up to the challenges of caring for loved ones at home. Nursing homes provide intensive services that no assisted living can offer. If assisted living cannot do it, it's a safe bet that many families cannot either.

*(Nursing Homes Cont'd on P. 11)*

## COMMODITY FOOD FOR QUALIFYING SENIORS

### COMMODITIES SCHEDULE

#### Townsend, MT

Monday, January 23  
2:00 pm - 3:00 pm

#### East Helena, MT

Monday, January 23  
2:00 pm - 3:30 pm

#### Wolf Creek, MT

Tuesday, January 24  
10:00 am - 11:00 am

#### Augusta, MT

Tuesday, January 24  
12:30 pm - 1:30 pm

#### Elliston, MT

Wednesday, January 25  
10:00 am - 10:30 am

#### Lincoln, MT

Wednesday, January 25  
12:30 pm - 1:00 pm

#### Whitehall, MT

Thursday, January 26  
11:00 am - 12:00 pm

#### Boulder, MT

Thursday, January 26  
2:00 pm - 3:00 pm

#### White Sulphur Springs, MT

Monday, January 30  
11:00 am - 12:00 pm

#### Helena, MT @ Food Share

Wednesday, January 25  
8:00 am - 11:00 am

**\*\*Pickup times can vary due to weather\***

The Commodity Supplemental Food Program (CSFP) is a program where seniors can receive regular allocations of free food every other month. The program guidelines mandate that the person receiving the food must be 60 years of age or older, a resident of Montana, and meet an income requirement. Food typically consists of canned fruit, vegetables, meats, juice, cereals, dry milk, shelf stable milk, cheese, pasta or beans, and peanut butter.

Rocky will have supplemental foods available for Helena-area senior citizens at the Helena Food Share, 1616 Lewis Street, Helena, MT. We are lucky to work with Helena Food Share to make the program more accessible to those individuals picking up the food. There is no charge for the food.

Persons 60+ will be certified to receive the food based on income and residency eligibility. For further information or questions, call Rocky at 406-447-1680.

## LETTER FROM THE EXECUTIVE DIRECTOR

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*Lori Ladas,  
Executive  
Director*



Can you believe we're already entering a new year? We hope you've enjoyed the holiday season and had the opportunity to celebrate with family and friends. I know our Rocky team has some fun events lined up for this year and we're so happy you'll be part of our Rocky story in 2023.

While thinking about the new year ahead, I stumbled upon two great quotes I wanted to share with you:

"What the new year brings to you will depend a great deal on what you bring to the new year." – Vern McLellan

The year ahead will undoubtedly have challenges and struggles. Every year does. The attitude we bring to the table while addressing the issues of the day can be the difference between success and failure. Bring the positivity. Bring an open mind and caring heart to each interaction of the day. Be the good in the world and watch the world bring goodness back to you.

"The bad news is time flies. The good news is you're the pilot." – Michael Altshuler

I don't know about you, but to me it seems each new year goes faster than the last. It's easy to get caught up in what's happening around us and forget to turn the focus inward and think about the direction we'd like to travel. After all, we're the pilot of our own life, right? The start of a new year is a great time to think about where we're heading and how we want to get there.

Wishing you a very Happy New Year! Let's make 2023 the best year yet!

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## ANNUAL MEMBERSHIP DRIVE

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This year our membership drive is starting January 1 2023. The annual membership fee is \$15.00 per individual. Memberships are for the calendar year 2023. Your annual membership has benefits both at Helena's Senior Center and beyond! Did you know your annual membership helps to defray ongoing costs of running the Senior Center, such as room usage for bingo, pinochle, card games, and line dancing? Furthermore, your annual membership fee helps to offset the cost of printing and postage of Rocky's bi-monthly "Voice of Experience" (VOE). Thank you for your continued support which allows Rocky's Senior Center to provide the many activities and services you enjoy every day. Our primary focus is serving you, our senior citizens of the Helena and surrounding communities. Everyone is welcome and we are so thankful for each of you! All new and renewing members are asked to complete a simple membership form. Forms and payments can be dropped off at Rocky's Senior Center or mailed to Rocky, P.O. Box 1717, Helena, MT 59624-1717.

*(Membership Form located on back page)*

*(Nursing Homes Cont'd from P. 9)*

According to multiple newspaper articles and first-hand reports from County Commissioners, state government leaders choose to ignore the Medicaid problem. Instead administrations claim nursing homes are only half-full. They say the nursing home closures are nothing more than a market correction within an industry with more supply than demand. They are not saying or acknowledging that they are using pre-pandemic data that is no longer relevant.

Nursing home residents, the group most in harm's way from COVID-19, used to share rooms. Hardly anyone shares a room in a nursing home today. Social distancing adds another layer of health protection. Comparing pre-pandemic numbers with today's residency makes it look like nursing homes are half empty. However, today's nursing homes are as full as they can be under the new normal created by the pandemic.

In addition, the costs of workers and supplies have increased to the point that nursing homes serve fewer residents than before the pandemic. Put another way, other resources, excluding beds, naturally limit capacity. The workforce and supply shortages also affect home and community-based professional caregivers. Conditions like these are part of the new normal.

All this begs the question. If the government won't do it, and most families cannot, what will happen to those who need care? Sadly, there is no answer to this question other than to point out that Montana lives depend on Medicaid paying its full share.



## SAFER DRIVING MAY SAVE YOU MONEY

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### THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

#### Date & Time:

**January 9, 2023 and  
February 15, 2023**

Beginning at 12:30 PM & ending about 5:00 PM

#### Location:

First Interstate Bank  
2728 Colonial Drive  
Helena

#### Register:

(406) 457-4712

#### CLASSROOM COURSE

\$20 for AARP members  
\$25 for non-members

#### TO FIND ADDITIONAL COURSES

Visit: [www.aarp.org/driving36](http://www.aarp.org/driving36)  
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\* Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details. D17174 (7/2021)



### Mark Your Calendars!



Rocky's Senior Advisory Council is hosting a **Chinese New Year Celebration Buffet**. The Chinese New Year celebration meal will be a fun time to enjoy time with friends and delicious Chinese food. Register with Bill Pena, Helena Senior Center Coordinator.

### Year of the Rabbit



**Date: Saturday, January 28, 2023**

**Location: Helena Senior Center, Dining Room**

**Time: 12:00 pm**

**Cost: \$20.00**

**Event Thyme Catering** will be catering the Buffet.

Rocky will provide transportation for those who might need rides. You must register with Bill.







Rocky Mountain Development Council, Inc.  
Helena Senior Center  
PO BOX 1717  
Helena, MT 59624-1717



**2023 Annual Membership Form**

Date: \_\_\_\_\_

Member 1 First & Last Name: \_\_\_\_\_

Member 2 First & Last Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ & \_\_\_\_\_

Membership: ☐ I am a renewing membership

☐ I am a new member

Amount Enclosed: \$ \_\_\_\_\_