

VOICE OF EXPERIENCE



SEPTEMBER - OCTOBER 2023

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH

National Senior Center Month is a wonderful opportunity to showcase Rocky's Senior Center. It helps bring to focus all of the valuable programs, activities, and services Rocky offers to older adults. We also find this to be a good time to promote a positive image of aging while highlighting how Rocky's Senior Centers improve the lives of our local seniors. Rocky's Helena Senior Center is proud to celebrate that we are an important part of not only our Helena community, but also Senior Centers in the neighboring communities of Augusta, Boulder, Lincoln, Townsend, and Whitehall.

This year's theme for National Senior Center Month is Discover Yours. Senior Centers have

continued to evolve since their inception in the 1940s. Getting recognized in the Older Americans Act in 1973 was a major step forward and is one of the reasons why Senior Centers are still going strong today. Currently, Rocky works with community partners to provide access to programs promoting health, economic security, social engagement, purpose, creativity, mobility, and nutrition. This is all accomplished in a safe environment that promotes socialization and fun for older adults.

Research shows older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, emotional, mental, and economic well-being.

With this in mind, Rocky's Senior Program are building for a better future. All of these efforts are to make sure that

"National Senior Center Month" continued on page 2

Table of Contents

Daily Dinner Club Menus
Page 2-3

Senior Activities Schedule
Page 4

Employee Spotlight
Wanda Levensgood
Page 4

Health Services
Page 9

Commodities Schedule
Page 9

Letter from Lori Ladas
Page 10

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200 South Cruse Avenue
Helena, MT 59601

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Helena, MT 59624-1717

Phone: 406-447-1680

HELENA SENIOR NUTRITION MENU - SEPTEMBER 2023



LUNCH SERVED AT 11:30 AM to 12:30 PM

*This menu is subject to change due to product availability

For More Information Call (406) 447-1680

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| | Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club SALAD BAR INCLUDED IN CONGREGATE MEALS | | | 1 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES CAPRI VEGETABLES BAKED APPLES |
| 4 CLOSED | 5 PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN BREAD PURPLE PLUMS | 6 PARMESAN CHICKEN BREAST BUTTERED ROTINI COUNTRY BLEND VEGGIES FOUR BEAN SALAD FRESH FRUIT | 7 HEARTY MEATLOAF MASHED POTATOES w/GRAVY WHOLE GRAIN ROLL CARROT RAISIN SALAD FRUIT COCKTAIL | 8 BIRTHDAY DINNER ITALIAN SAUSAGE & POTATO SWEET CORN CARROT COINS GOLDEN PEARS BIRTHDAY CAKE |
| 11 LEMON PEPPER CHICKEN WILD RICE GREEN BEANS GARDEN MIX VEGETABLES CRANBERRIES | 12 HAMBURGER ON A BUN CARROT COINS BAKED BEANS SPICED APPLES | 13 PORK CHOPS-N-GRAVY MASHED POTATOES CABBAGE & CARROTS WHOLE WHEAT ROLL FRESH FRUIT | 14 ASPARAGUS & TURKEY STIR FRY ROASTED RED POTATOES SWEET PEAS WHOLE GRAIN BREAD TOSSED SALAD w/BEANS BLUSHING PEARS | 15 BEEF STROGANOFF EGG NOODLES GARDEN VEGETABLES PICKLED BEETS PINEAPPLE |
| 18 TAMALE PIE CAULIFLOWER PEAS & PEARL ONIONS WHOLE GRAIN ROLL SWEET PEACHES | 19 APRICOT DIJON CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES BEAN MEDLEY FRUIT COCKTAIL | 20 TATER TOT CASSEROLE CARROT COINS GREEN PEAS FRESH FRUIT | 21 BISCUITS & SAUSAGE GRAVY POTATO WEDGES BAHAMA VEGGIES CINNAMON CHERRY APPLES | 22 BAKED GOD w/TARTAR RICE PILAF ZUCCHINI SQUASH COLESLAW APRICOTS |
| 25 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS | 26 CHICKEN NOODLE CASSEROLE SAN FRANCISCO VEGGIES LIMA BEANS CRANBERRIES | 27 SOUTHWEST TURKEY BULGUR BABY CARROTS BRUSSELS SPROUTS WHOLE GRAIN ROLL FRESH FRUIT | 28 SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES GREEN SALAD w/GARBANZOS PLUMP PEACHES | 29 BBQ SAUSAGE BABY RED POTATOES GREEN BEANS WHOLE GRAIN ROLL MANDARIN ORANGES |

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION

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.

“National Senior Center Month” continued from page 1

Rocky’s Senior Programs continue to thrive and be a local place that connects older adults to programs, services, and opportunities. We encourage each of you to visit one of our vibrant Senior Centers, join in an activity, or stay for a delicious and nutritious meal!



Rocky Neighborhood Center on a summer day

INFLATION REDUCTION ACT

By Justin Belgarde Rocky’s Agency on Aging Resource Specialist

The Inflation Reduction Act is a law that makes changes to Medicare to lower prescription drug costs and improve coverage for beneficiaries. It allows Medicare to negotiate the price of certain drugs and limits the annual out-of-pocket spending for Medicare Part D to \$2,000 starting in 2025. It also caps the cost of insulin to \$35 per month for Medicare recipients starting in



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For More Information Call: (406) 447-1680

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| 2 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES | 3 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL PINEAPPLE | 4 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE FRESH FRUIT | 5 FISH PATTY w/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER CARROT RAISIN SALAD | 6 CHILI CON CARNE CORN BREAD MEDITERRANEAN VEGGIES PARSLEY CARROTS BLUSHING PEARS |
| 9 CLOSED  | 10 BEEF TACO CASSEROLE w/REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN MANDARIN ORANGES | 11 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI FRESH FRUIT | 12 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT YELLOW & GREEN ZUCCHINI COLESLAW PLUMP PLUMS | 13 BIRTHDAY DINNER REUBEN CASSEROLE POTATO WEDGE GREEN BEANS PEACHES & PEARS BIRTHDAY CAKE |
| 16 SALMON PATTY ON A BUN KEY LARGO VEGGIES SWEET POTATOES JUICY PEACHES | 17 CHILI HASH GOLDEN CORN CARROT COINS WHOLE GRAIN ROLL APRICOT HALVES | 18 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL FRESH FRUIT | 19 SALISBURY STEAK SEASONED BROWN RICE SCANDINAVIAN VEGETABLES 4-BEANS & GREENS MANDARIN ORANGES | 20 SAUSAGE WITH PEPPERS & ONIONS OVER YELLOW RICE GARDEN PEAS PICKLED BEETS FRUIT COCKTAIL |
| 23 TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS CRANBERRIES | 24 CHEESEBURGER ON A BUN BAKED BEANS PACIFIC VEGGIES MANDARIN ORANGES | 25 CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES GARDEN PEAS CARROT COINS FRESH FRUIT | 26 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES SPRING VEGETABLE MIX APRICOTS | 27 MEXI-MAC CORN & BEAN MEDLEY CAULIFLOWER WHOLE GRAIN ROLL FRUITED JELLO |
| 30 LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT COCKTAIL | 31 BATTY BEEF & BEANS CREEPY CARROTS VAMPIRE BEETS WHOLE GRAIN ROLL CHILLING CRAN-APPLES |  |  | Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club SALAD BAR INCLUDED IN CONGREGATE MEALS |

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2023. Additionally, it covers vaccines and vaccine administration for all Medicaid eligible adults with no cost sharing.

The Inflation Reduction Act provides meaningful financial relief for millions of people with Medicare by improving access to affordable treatments and strengthening the Medicare Program both now and in the long run. The new drug law makes improvements to Medicare that will expand benefits, lower drug costs, keep prescription drug premiums stable, and improve the strength of the Medicare program.

The Inflation Reduction Act makes Medicare stronger for current and future enrollees. It makes health care more accessible, equitable, and affordable by lowering what Medicare spends for prescription drugs and limiting increases in prices. Through the Inflation Reduction Act, President Biden is delivering on his promise to lower prescription drug costs, make health insurance more affordable, and make the economy work for working families. This law means millions of Americans across all 50 states, the United States territories, and the District of Columbia will save money from meaningful benefits like: lower prescription drug prices in Medicare through price negotiation with

(Inflation Reduciton Act continued on P. 11)

SENIOR CENTER ACTIVITIES

MONDAYS

10:30 am - Jennie's Arthritis Exercise Class - Card Room
1:00 pm - Bridge - Dance Floor

TUESDAYS

9:00 am - Crafty Quilters - Card Room
9:15 am - Line Dancing - Dance Floor
1:00 pm - Pinochle - Card Room (Every other month
Pinochle has a tournament that is on Monday & Tuesday)
*No tournament in September *Tournament Dates:
November 6 & 7
1:00 pm - Bridge - Dance Floor

WEDNESDAYS

9:00 am Walkie Talkies - Meet at Spring Meadow Lake
9:30 am - 10:30 am - Senior Advisory Council Meeting
(first Wednesday of each month)
10:30 am - 11:00 am - Chi Gong - Card Room (Except the
second Wednesday of the month will be at Pioneer Park,
weather permitting)
11:00 am - 12:00 pm - Tech Time with Mary - Parlor
12:30 pm - Hand & Foot card game - Parlor
1:00 pm - Bingo - Dining Room

THURSDAYS

8:30 am - Caramel Rolls & Coffee - Dining Room
9:00 am - 10:30 am - Be Well Clinic - Dining Room
9:15 am - Line Dancing - Dance Floor
1:00 pm - Wood Carving - Dance Floor

FRIDAYS

10:30 am - Jennie's Arthritis Exercise Class - Card Room

SUNDAYS

1:00 pm - Pinochle - Card Room

The parlor is open every day starting at 8 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 the wonderful donations and sharing spirit!

ROCKY SPOTLIGHT: WANDA LEVENGOOD

*By Barbara Beeby
Senior Nutrition Coordinator*

Wanda Levengood was born in Ennis, Montana, to Eldon and Ashton Fell of Harrison, Montana, on September 24, 1958. She was a middle child with an older sister who now lives in Drummond and a much younger brother who lives in Butte.



(Wanda and Bill Levengood on horseback)

Wanda was born into the family business of raising Boston Terriers, horses, and cattle, and she continues that business to this day. She attended grade school in Harrison and transferred to Cardwell when her folks sold their ranch. She finished her high school education in Whitehall. She was born with a passion for horses. Had she known you could take a course in horsemanship, she would have gone to school in Powell.

Wanda married her high school sweetheart, William "Bill" Levengood, right after graduation, and they started building their life together. They had a son named John who is 45 years old, and a daughter named Laura, who is 43. Bill worked for the railroad as a laborer, then as a foreman, and finally as Roadmaster in Livingston. Through his work, he was moved all over Wyoming. Unfortunately, after many years of rough work, he blew a disc in his neck and was forced to retire. They decided to come home to work 50 acres left of the Levengood Homestead.

Their daughter Laura went to school at Colorado State University and became a veterinarian, now practicing in Sunnyville, Utah. Her clinic is called "Best Friends

Spay and Neuter Clinic.” John joined the Army and studied satellite communications. He followed that line of work for a while after his discharge before opting for a career in truck driving.

Wanda has two step-grandsons named Jacob and Toby. Her daughter has four children: Rishy, Rose, Cole, and Devon. She gets to see all of them a couple of times a year.

Today Wanda and Bill run Wilbur’s Wood Works creating blue-stain pine and log furniture. They make living room and bedroom furniture. This year, her youngest grandson, Devon, is staying with them and learning the tricks of the trade. He is getting lots of riding in this summer, working seven area ranches, and moving cattle. This is a major riding task and requires them to use their Quarter horses, which they have raised and broken.

Devon has also been helping his Grandpa in the shop. Wanda isn’t riding much at present because she just had a hip replaced, but she is working on getting her flexibility and strength back. You can bet she will be back up on horseback in no time.

Wanda still maintains the program of breeding Boston Terriers started by her parents 65 years ago. She has six dogs – five Boston Terriers and one Border Collie, Raz, who is seven and helps tremendously with the cattle. Toto, the male Boston Terrier, came from Kansas, and Duchess, the breeding female, has had two litters. Boston Terriers are known for their loveable personality and can go as much as you want, but enjoy lap time.

PAGE 2 WHITEHALL LEDGER September 23, 2015



Wanda Levengood displays the cake she made for the birthday celebration at the Whitehall Senior Center. Ledger photo by Melissa Jenkins

(Newspaper article featuring Wanda and a birthday cake she made for the Whitehall senior Center)

Wanda started working for Rocky Mountain Development Council in January 2011. She has been on the morning shift, where she enjoys the necessary quiet time helping to get her day organized. She cooks Meals on Wheels for up to 20 people in the Whitehall area and has up to 12 in the congregate dining lobby. She has given the idea of retirement considerable thought. The fact she has had a run-in with a deer on more than one occasion on her commute to work lately only

(Wanda Levengood continued on P 11)

ROCKY SENIOR ADVISORY COUNCIL 2023

The Senior Advisory Council meets every month (except July) to plan, discuss, and look at how the Rocky Helena Senior Center can continue to be one of the best Senior Centers in the state. The Council welcomes ideas, suggestions, and concerns. Everyone is welcome to come to the meeting. The council meets in the Card Room on the first Wednesday of the month. The current Council members are:

Walt O’Hara- President

Fran O’Hara- Vice President & Treasurer

Kathy Schmit

Carol Cook

Shirley Bennett

Rita Newman

Francys Bryant

Marilyn Roehl

Pat Jupka

Shana Frankenfield

Mary Ann & Franz McLaren

PS - Thanks from Walt and Fran:

The garage sale for the Senior Advisory Council was a great success. We raised \$631 to support activities. Walt and I could not have done it without all the volunteers and family who helped!

TROUBLES HEARING OVER THE TELEPHONE? HERE IS A SOLUTION.

by *Jim Marks*

Program Director, Rocky's Agency on Aging

Did you know that the percentage of adults age 60 and older in Montana who are hard of hearing ranked fifth in the nation? About one-third of older Montanans have hearing loss, and the chance of developing hearing loss increases with age.

People with hearing loss may find it hard to have telephone conversations with friends and family. Fortunately, Montana offers a service that makes it possible for the hard of hearing to use the telephone.

The Montana Telecommunications Access Program (MTAP) is a service of the Montana Department of Public Health and Human Services that provides equal access to the phone system for all Montanans. If you or someone you love has difficulty using a standard telephone, MTAP can help make communicating by telephone simple, dependable, and convenient for you and your family.

MTAP offers a wide variety of calling options through Montana Relay that make it easy for you to place and receive calls 24/7. These options include Traditional Relay Service, Captioned Telephone Service, Speech-to-Speech Service, Spanish Relay, Remote Conference Captioning, and more. Best of all—it's FREE to use.

You could also qualify to receive assistive telecommunications equipment—such as amplified phones, hands-free phones, captioning phones, and more—on loan through MTAP's equipment program. MTAP equipment specialists can help you find the right equipment for you and show you how to use it—all at no cost to you if you qualify.

In addition to these services, MTAP and Montana

Relay work to educate communities statewide about Relay calling solutions and assistive equipment through presentations, events, business partnerships, and more.

For more information, check out this link:

<https://dphhs.mt.gov/detd/mtap/#main>

YOUR STORY: MEMORIES OF ONE HEART'S JOURNEY With Franz McLaren:

The Senior Advisory Council is excited to announce that another 6-week class will be offered at the Helena Senior Center. There is no cost, and the class will be an adventure, experience, and journey that brings joy to you, your family, and your friends. The class will provide guidance and instruction in sharing events, insights, and lessons you've learned in life. The course will help you recall, develop, structure, and record those defining moments that formed your perspective of the world and your place in it, leaving a wonderful legacy for your family and friends.

The last session of classes was a great success and Franz is looking forward to again helping people remember and record those memorable stories and events of their life.

Franz is also a member of the Rocky Senior Advisory Council. Franz is a Certified Professional Logistician who has traveled extensively, living and teaching, and consulting in 48 of the 50 United States, plus England,

(Memories Continued On P.8)

Rocky Mountain Development Council, Inc.
SENIOR COMMODITIES

Rocky has supplemental foods available to area older adults.



Foods are shelf stable and consist of canned fruit, vegetables, rice, beans, meats, juice, cereals, milk, cheese, and peanut butter. Persons 60 years and older qualify by meeting income requirements and by being a state of Montana resident.

Income Guidelines:

Household of 1: \$18,954.00 / year

Household of 2: \$25,636.00 / year

FOR MORE INFORMATION
 CALL 406-447-1680



JOIN ROCKY WALKIE TALKIES FOR WALK IN THE PARK!

The Rocky Walkie-Talkies is an inclusive walking group that meets Wednesdays at 9:00 am. For the months of September and October, we will meet and walk at Spring Meadow Lake (2715 Country Club Ave). Hippocrates said, "If you are in a bad mood, go for a walk. If you are still in a bad mood, go for another walk." Come join us for some exercise and good conversation! All abilities are welcome! Call Samara for more information @ 406-457-7319.



Backroads of Montana: Memories and Stories

Monday, September 18

Monday, October 23



Time: 12:45 pm - 1:45 pm

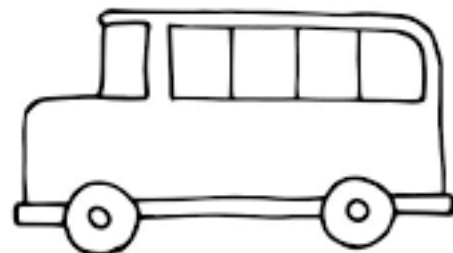
Location: Card Room, Rocky Senior Center

No Cost!

Backroads of Montana: Memories and Stories has been a wonderful gathering. We will start Backroads up again starting in September. The stories shared and friendly conversation have been amazing. This is a free gathering that will take place on Mondays starting at 12:45 pm. Everyone is invited and there is no cost. There will be light 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!

ROCKY SHUTTLE

Did you know that Rocky provides free transportation to and from the Senior Center for Helena older adults within the city limits? The shuttle is equipped with a wheelchair lift and operates Monday – Friday from 8:00 a.m. to 3:00 p.m. To schedule a ride please call Rocky at 406-447-1680 at least 24 hours in advance.



(Memories Continued from P.6)

France, Germany, Japan South Africa, Spain, Sweden, Switzerland, and Zimbabwe. After living five years in South Africa, Franz returned to the United States in 1998 and settled down to write two (unpublished) horror novels and 11 fantasy novels (one unpublished). Although he has retired from the structured professional world, he finds no good reason to give up writing and is currently working on a new novel.

Time: 12:00 pm– 1:00 pm

Location: Card Room at the Helena Senior Center

Dates: Fridays-September 29

October 6

October 13

October 20

October 27

November 3

Registration: Please register with Bill Pena, Helena Senior Center Coordinator starting September 1, 2023. The class will be limited to 12.

If you have questions, please call Bill Pena at: 406-457-7372



Rocky Pinochle Club Dates

If you know how to play pinochle and are looking for a fun and friendly group of people, come play with us! New members are always welcome. Pinochle players meet every Sunday and Tuesday at 1:00 pm in the Card Room.

Pinochle Tournament Dates: *Special Note*

There has been a change in schedule! Tournament dates were on Monday & Tuesday of August 28 & 29. Looking ahead, the next Pinochle tournament dates will be November 6 & 7.

Hand and Foot Card Game – Wednesdays at 12:30 pm in the parlor. All are welcome!

Bridge

Come Join Us!

Every Monday & Tuesday folks are welcome to play Bridge at the Helena Senior Center!

Time: 1:00 - 3:00 pm

No money is Involved. We do keep score and have a lot of fun!

WE WELCOME NEW MEMBERS!

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

Bingo is a great time for folks to come together. Did you know that there are benefits for older adults who play Bingo? At Rocky, Bingo is a type of competition structured for older adults to interact with other people. It is a great weekly routine that allows for reflection and memory recall. It can even decrease the risk of mental illness. Bingo also improves cognitive function and memory. Throw in the improvement of hand-eye coordination and it is beneficial in practical ways. Invite friends and enjoy the time playing and maybe be lucky enough to win!

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 in the dining room. **Mark your calendar for Wednesday, October 25. This will be the Halloween party. Always a great time!**

Foot Care Done Right 2023

Mark Your Calendar!

Thursday, September 21

Thursday, October 19

Edith RN, BSN & CFCN (406-431-0006) looks forward to the care of your feet. She is always willing to answer questions about the care and health of your feet. **The clinic will now be meeting in the Card Room** at the Neighborhood Center (200 South Cruse Avenue). Please *call* to make an appointment.

Blood Pressure

All Seniors are invited to have their blood pressure taken each Thursday at the Senior Center in the Dining Room from 9:00 – 10:30 am.



SAFER DRIVING MAY SAVE YOU MONEY

- Take the AARP Smart Driver™ classroom course and you could save on your car insurance*
 - » Refresh your driving skills and knowledge of the rules of the road.
 - » Learn techniques for handling left turns, right-of-way and roundabouts.
 - » Discover proven driving methods to help keep you and your loved ones safe on the road.

THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

Date & Time:

October 19, 2023
Beginning at 11:00 AM & ending about 3:30 PM

Location:

First Interstate Bank
2728 Colonial Drive
Helena

Register:

(406) 457-4712

| | |
|---|---|
| CLASSROOM COURSE | TO FIND ADDITIONAL COURSES |
| \$20 for AARP members \$25 for non-members | Visit: www.aarp.org/driving36 Call: 1-888-773-7160 |

* Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details. D17174 (7/2021)

COMMODITIES SCHEDULE

| | |
|--|--|
| <p>Townsend, MT Monday, September 25 2:00 pm - 3:00 pm</p> <p>East Helena, MT Monday, September 25 2:00 pm - 3:00 pm</p> <p>Wolf Creek, MT Tuesday, September 26 10:00 am - 11:00 am</p> <p>Augusta, MT Tuesday, September 26 12:30 pm - 1:30 pm</p> <p>Elliston, MT Wednesday, September 27 10:00 am - 10:30 am</p> | <p>Lincoln, MT Wednesday, September 27 12:30 pm - 1:00 pm</p> <p>Whitehall, MT Thursday, September 28 11:00 am - 12:00 pm</p> <p>Boulder, MT Thursday, September 28 1:30 pm - 2:30 pm</p> <p>White Sulphur Springs, MT Monday, October 2 11:00 am - 12:00 pm</p> <p>Helena, MT @ Food Share Wednesday, September 27 8:00 am - 11:00 am</p> |
|--|--|

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



Lori Ladas
Executive Director

During September, we shine the spotlight on our senior centers, as this is National Senior Center Month. Rocky's senior centers are more than just a lunch spot....they provide the opportunity for connection, community, and access to information and resources. Here in Helena, our senior center is buzzing with activities as well, everything from bingo and line dancing to card games and wood carving. If you haven't been by the senior center lately, I'd encourage you to stop by for lunch and see what else is happening. We'd love to see you!

After a somewhat quiet summer in the building, we're welcoming back our Head Start staff and students for a new school year. Please use caution in the parking lot as the start of school means increased traffic and lots of excited kids entering and exiting the building. Both Head Start and Rocky Mountain Preschool definitely bring some fun energy to the Neighborhood Center!

I want to congratulate the Senior Advisory Council on their very successful fundraising garage sale this summer! That group works hard to provide fun opportunities, and this fall, they are hosting the Rocky Big Sky Country Buffet on September 16. Plan to join them for a great meal and time to socialize with your friends and neighbors. Contact Bill Peña to reserve your spot!

I hope you've had a wonderful summer, and we look forward to seeing you at Rocky this fall!



BIRTHDAY MEAL CELEBRATION

We love to celebrate birthdays at the Helena Senior Center! As a member of the Senior Center, you are welcome to have a free meal when it is your birthday month, complete with cake and ice cream! Mark your calendars for Friday, September 8, and October 13, and come join us!



CARAMEL ROLL THURSDAYS

Thursday is Carmel Roll Day! Yummy! Caramel rolls are prepared fresh every Thursday morning and available from 8:30 to 10:30 am or until they are gone. There is a small charge of \$3.00/roll. Coffee and wonderful friends are free. Come on in and enjoy the wonderful company and share a delicious roll!



(Wanda Levensgood continued from P. 5)

fortifies that idea. She said she is tired of dodging those antlered buggers. She must fix her mom's old '92 Chrysler Voyager after some accidents with the many deer in the area. It is old enough that there may not be parts for it. She said the mileage is very low, and the interior is pristine, so it is worth fixing.

Wanda raises Quarter horses, and her stallion, Zip's Little Tyree, has produced about 70 offspring over the past 15 years. She has 11 currently, and two of them are foals that are for sale. Her stallion Ty won People's Choice Award and best horse in the Twin Bridges parade. She has amassed numerous accolades during her "horse" years. At age five, she received "Best Dressed" in Harrison. In 1972, her cow got reserve champion in the 4-H show. In 1998, her yearling filly placed second in the longline and halter class in Kalispell.



Zipper Sam as a weanling halter and longline futurity. She gave us 11 wonderful foals one being our Stallion, Zip's Little Tyree.



During the winter of 2021, the Levensgoods came home from town, and something seemed odd. It was minus 30 degrees, and the furnace was not working. Bill checked it out and realized the breaker was flipped, so he asked Wanda to flip it back. When she did, it shot fire into the furnace, and a big fire started. They were able to get most of the animals out, but by the time the fire department got there, it was too late to save anything else, including one of their dogs. There was no choice but to let the house burn down. Some wonderful friends, including Chance Leggett, Dave Hasty, Mark Matthews, Eli Bouse, and Cliff Shultz, offered to frame it. As of July 15, with the help of their friends and the community Wanda and Bill are back in their home. Wanda's grandson Rishy said to his Mom,

"I want to help Grandpa rebuild his house," so he rolled up his sleeves

and pitched in. They still need to finish a few cabinets and trim, but otherwise, they are in pretty good shape.

What will be Wanda's next adventure? Well, she would like to travel, perhaps see Mount Rushmore, and attend the Frontier Days in Cheyenne, Wyoming. They will have a bed there because that is where her son lives. Wagons Ho!!!

(Inflation Reduciton Act continued from page 3)

manufacturers, a yearly cap (\$2,000 in 2025) on out-of-pocket prescription drug costs in Medicare, and continued lower health insurance premiums through HealthCare.gov and the state-based Marketplaces.

In conclusion, the Inflation Reduction Act is a significant step towards making healthcare more accessible and affordable for millions of Americans. By lowering prescription drug costs and improving coverage for beneficiaries, this law will have a positive impact on the lives of many people.

Fall Closures!



Rocky will be closed on Monday, September 4, in observance of Labor Day and Monday, October 9, in observance of Columbus Day. There will be no Meals on Wheels, transportation, or access to the Daily Dinner Club or Senior Center. 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. You can contact Barb in Senior Nutrition at 406-447-1680.



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



Leave a Legacy



A contribution through your estate will allow you to make a difference and leave a legacy for seniors and families who benefit from the services at Rocky Mountain Development Council, Inc. You can provide a future gift to Rocky by including a bequest provision in your will or revocable trust. For more information, please call Kathy Marks at 406-457-7323

"I have found that among its other benefits, giving liberates the soul of the giver"

-Maya Aneglou



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