

Rocky Mountain Development Council, Inc.

VOICE OF EXPERIENCE



VOLUME 70 | NOVEMBER - DECEMBER 2022

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

ROCKY PARTICIPATES IN WALK TO END ALZHEIMERS

Rocky had a good showing this year at the Walk to End Alzheimer's. We were represented by a six person team led by captain Samara Lynde.

The Walk to End Alzheimer's is the world's largest fundraiser in the fight against Alzheimer's. All of the funds raised go directly to research, support, and care systems.

The event takes place in over 600 communities nationwide! Here in Montana, the walk takes place in six different communities. Helena had 114 total participants featuring 20 different teams. Altogether, Helena raised over \$27,000. The walk took place at Memorial Park where participants received a flower with four different colored petals. The colors were blue, purple, yellow, and orange. Each color was a representation of the many problems



Walk to End Alzheimer participants (from left) Amy Anderson, Samara Lynde, and Mindy Diehl

Table of Contents

Daily Dinner Club Menus
Page 2-3

Senior Activities Schedule
Page 4

Featured Article: Ann Mihalovich
Page 5

Commodities Schedule
Page 9

Letter from Lori Ladas
Page 10

Rocky Membership Drive
Page 11

VOICE OF EXPERIENCE
is published by
Rocky Mountain Development
Council, Inc.

200 South Cruse Avenue
Helena, MT 59601

PO Box 1717
Helena, MT 59624-1717

Phone: 406-447-1680
1-800-356-6544






(Walk to End Alzheimer's Continued P2)

HELENA SENIOR NUTRITION MENU - NOVEMBER 2022

LUNCH SERVED FROM 11:30-12:30

For Information Call (406) 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL PINEAPPLE	2 CHICKEN BOWL CORN, CHEDDAR CHEESE & BROWN GRAVY OVER MASHED POTATOES CHEF CUT MIXED VEGETABLES WHOLE GRAIN ROLL FRESH FRUIT	3 FISH PATTY w/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER CARROT RAISIN SALAD	4 SPAGHETTI RED OVER PASTA MIXED VEGETABLES PARSLEY CARROTS BLUSHING PEARS
7 BEEF TACO BAKE w/REFRIED PINTO BEANS MEXICAN CORN MANDARIN ORANGES	8 <u>CLOSED – ELECTION DAY</u> 	9 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES	10 ITALIAN SAUSAGE SOUP GARLIC BREAD YELLOW & GREEN ZUCCHINI COLESLAW PLUMP PLUMS	11 <u>CLOSED-VETERANS DAY</u> 
14 SALMON FILLET OVER WILD RICE MIXED VEGGIES BRUSSELS SPROUTS JUICY PEACHES	15 LAZY DAISY CABBAGE CASSEROLE GOLDEN CORN CARROT COINS APRICOT HALVES	16 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL FRESH FRUIT	17 SALISBURY STEAK SEASONED BROWN RICE VEGETABLE MEDLEY 4-BEANS & GREENS MANDARIN ORANGES	18 <u>BIRTHDAY DINNER</u> CHICKEN FRIED CHICKEN MASHED POTATOES & PEPPER GRAVY GARDEN PEAS PICKLED BEETS MIXED FRUIT BIRTHDAY CAKE
21 SLOW ROASTED PORK TENDERLOIN OVER BROWN RICE w/MUSHROOM SAGE SAUCE GREEN BEANS DICED BEETS MANDARIN ORANGES	22 CHEESEBURGER ON A BUN BAKED BEANS PACIFIC VEGGIES FRESH FRUIT	23 <u>THANKSGIVING DINNER</u> ROASTED TURKEY WITH MASHED POTATOES DRESSING, TURKEY SAUCE CANDIED YAMS, GREEN BEANS CRANBERRY SAUCE AND A DINNER ROLL PUMPKIN PIE	24 <u>CLOSED</u> 	25 <u>CLOSED</u> 
28 LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT CUP	29 CALICO BEANS CARROT COINS PICKLED BEETS WHOLE GRAIN ROLL BAKED CRAN-APPLES	30 OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN PEAS FRESH FRUIT	Low fat milk is delivered daily with Home Delivered Meals and available daily in the Dinner Club	SALAD BAR INCLUDED IN CONGREGATE MEALS

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.

(Walk to End Alzheimer's Continued from P1)

created by the disease. Blue represented someone living with Alzheimer's. Purple was for the living who have lost a family member or friend to the disease. Yellow stood for someone currently living with Alzheimer's, and orange is for those who help support and participate in the fight against the disease. The walk is planned to take place again next year here in Helena. With one in three seniors expected to face Alzheimer's at some point in their lives, events like the Walk to End Alzheimer's are crucial to progress in ending the disease. To stay up-to-date on the next walk, check out The Walk to End Alzheimer's website at www.act.alz.com.







HELENA SENIOR NUTRITION MENU - DECEMBER 2022

LUNCH SERVED FROM 11:30-12:30

For More Information Call (406) 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>SALAD BAR INCLUDED IN CONGREGATE MEALS</p>	<p><i>Low fat milk is delivered daily with Home Delivered Meals and available daily in the Dinner Club</i></p>		<p>1 ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN CARROT RAISIN SALAD JUICY PEACHES</p>	<p>2 ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD PINEAPPLE</p>
<p>5 MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES</p>	<p>6 PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE PINEAPPLE</p>	<p>7 CHICKEN A LA KING BUTTERMILK BISCUITS CREAMED SPINACH CARROT COINS FRESH FRUIT</p>	<p>8 POTATO, VEGGIE & CHEESE EGG BAKE VEGETABLE MIX GREEN SALAD w/BEANS WHOLE GRAIN ROLL SWEET PEACHES</p>	<p>9 BIRTHDAY DINNER HEARTY MEATLOAF MASHED POTATOES w/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL CRANBERRIES BIRTHDAY CAKE</p>
<p>12 OVEN BAKED CHICKEN WILD RICE PILAF SWEET YAMS GREEN BEANS JUICY PEARS</p>	<p>13 CHILI OVER TORTILLA CHIPS w/CHEESE MEXICAN CORN CAULIFLOWER CINNAMON APPLESauce</p>	<p>14 BAKED HAM MACARONI & CHEESE MIXED VEGGIES GARDEN PEAS FRESH FRUIT</p>	<p>15 SLOPPY JOES ON A BUN BAKED BEANS COLESLAW SWEET PEACHES</p>	<p>16 FISH PATTY w/TARTAR SCALLOPED POTATOES HERBED CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES</p>
<p>19 CHEESY POTATO BEEF BAKE GREEN PEAS PICKLED BEETS APRICOTS</p>	<p>20 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRUIT CRISP</p>	<p>21 TURKEY NOODLE CASSEROLE MIXED VEGETABLES BRUSSELS SPROUTS FRESH FRUIT</p>	<p>22 CHRISTMAS DINNER BAKED HAM WITH PINEAPPLE SAUCE ROSEMARY ROASTED BABY RED POTATOES FRESH CARROT CASSEROLE w/CHEDDAR CHEESE SAUCE CREAMED SPINACH SWEET ROLL APPLE PIE À LA MODE</p>	<p>23 CLOSED</p> 
<p>26 CLOSED</p> 	<p>27 PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN BREAD APRICOT HALVES</p>	<p>28 PARMESAN CHICKEN BREAST BUTTERED ROTINI COUNTRY BLEND VEGGIES FOUR BEAN SALAD FRESH FRUIT</p>	<p>29 SWEDISH MEATBALLS BROWN RICE WINTER SQUASH CARROT RAISIN SALAD MIXED FRUIT CUP</p>	<p>30 CHILI DOG ON A BUN SWEET CORN CARROT COINS GOLDEN PEARS</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.

NOVEMBER AND DECEMBER ROCKY CLOSURES

Rocky's Senior programs (Senior Center, Meals on Wheels, Congregate Dining, and Transportation) will be closed on the following days in November and December:

- Tuesday, November 8 - Election Day
- Friday, November 11 - Veteran's Day
- Thursday and Friday, November 24-25 – Observance of Thanksgiving Holiday
- Friday and Monday, December 23 & 26 - Merry Christmas!

To arrange for an extra meal during any of these closures, please call 406-457-7378 and we will be happy to assist you!



SENIOR CENTER

ACTIVITIES

November - December

MONDAYS

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

TUESDAYS

9:00 am – Crafty Quilters – Card Room
9:00 am - Morning Chat - Zoom
9:30 am – Line Dancing – Dance Floor
10:00 am - Powerful Tools for Caregivers- Card Room
12:30 pm - Hand & Foot - Card Room
1:00 pm – Pinochle – Card Room
1:00 pm – Bridge – Dance Floor

WEDNESDAYS

10:00 am - 11:00 am - Senior Advisory Council Meeting (*First Wednesday of each month*)
11:30 am - 12:30 pm - Tech Time with Mary- Dining Room
1:00 pm - 3:00 pm - Dining Room

THURSDAYS

8:30 am – Coffee & Rolls – Dining Room
9:00 – 10:30 am – Be Well Clinic - Card Room
9:00 am - Morning Chat - Zoom
9:30 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



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.

ROCKY PINOCHLE CLUB DATES



If you know how to play pinochle and are looking for a fun and friendly group of people, come on down! New members are always welcome. Pinochle players meet every Tuesday at 1:00 pm and on Sundays at 1:00 pm.

NOVEMBER 2022 PINOCHLE TOURNAMENT DATES:

Monday & Tuesday, November 7 & 8, 2022

Location: Card Room



Folks are welcome to come after lunch and enjoy playing a variety of card games in the parlor. These are informal gatherings and all are welcome.

ROCKY BRIDGE



Come Join Us!

Every Tuesday is Bridge Day at the Helena Senior Center.

Time: 1:00 - 3:00 pm

Dance Floor

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

WE WELCOME NEW MEMBERS!

Any questions? Please give me a call. Bill Peña, Program Coordinator for the Helena Senior Center, (406)-457-7372

MEMBER SPOTLIGHT: ANN MIHALOVICH

*By Barbara Beeby
Senior Nutrition Coordinator*

Joan “Ann” Mihalovich was born in Roundup, Montana on January 21, 1933. Her mother’s name was Hazel Berger-Steen and her father was Tom Steen. As was common in rural communities of the past, the town doctor made a house call to help deliver Ann in the family house. Ann’s family has deep roots in Montana. Her paternal grandparents came north from the “Blue-Grass” state of Kentucky. They arrived in Musselshell County in 1894, where they homesteaded. Her maternal grandparents came from Missouri and homesteaded in Toole County sometime in the late nineteenth to early twentieth century. Ann’s parents took ownership of the homestead in Musselshell County and ended up owning most of the land in that area at one time. Helping to keep the family connection was important to Ann. She would often write letters for her grandmother (who couldn’t read or write) back to her family in Kentucky.

Ann attended school in Roundup, where she met her husband, Paul. Living in a small

town came in handy for Ann, as she lived only two blocks from Paul. The two fell in love quickly. Ann recalls one of her teachers sending her to the local store, she would bring notes along with her to give to the owner of the store who was Paul’s father. It turn out these notes were love notes! Her notes must have worked as the couple eventually got married right after graduating from high school. Paul initially began working in some of the nearby coal mines. The work proved unreliable, so he decided to make a change. Paul decided to become a game warden. Once he was certified, he had a choice of two areas to work in Montana. He chose Augusta, so they packed up their belongings and headed west. Paul got a job with the Fish and Game Department. He had to provide his own vehicle for work. He covered a good deal of his district by vehicle, and the rest by horseback. Ann stayed at home and raised their three daughters: Cynthia, Becky and Tammy. Unlike Ann, they were all born in the hospital in Chouteau.

Ann and her family were very self-sufficient. They kept cows, sheep, and a horse in the back yard while the girls lived at home. Paul hunted and they processed their own meat, mainly elk and deer. To earn some extra money, the family raised and sold rabbit. Their

main clientele were Canadians who would come down from the border. The family had a huge garden that provided large amounts of produce. Ann canned just about everything. She was particularly pleased when the season was long enough for the corn to mature. The garden also included flowers that Ann loved greatly. Ann baked all her own bread for the family. She was very involved in the community as she baked cookies for the ball teams, sold Avon products in and around Augusta and helped conduct the census.

In time, the girls left home on their own adventures. Cynthia became a CPA. Becky worked for an insurance company and was the School Clerk in Lincoln. Tammy went to Beauty School and was a hairdresser. Tammy was diagnosed with cancer in but was able to make a full recovery.

Inspired by her daughters, Ann decided to go to school in Great Falls to become a practical nurse. After obtaining her degree, she came back to Augusta and did home care for six or seven clients.

Paul retired from the State after serving for 40 years as a highly respected Game Warden. Ann used to be the head of the Senior Companion Program in Augusta, and was a school nurse for several years. She used to decorate the senior center for
(Ann Mihalovich Continued on P6)

VOICE OF EXPERIENCE

(Ann Mihalovich from P5)

the holidays and was first place winner for Christmas decorations many times. All of her children live in Montana, so she gets to see her family from time to time. Ann has five grandchildren and 10 great-grandchildren. Sadly, a pair of twin great-grandchildren died shortly after birth.

Ann has been a widow for 27 years. She has created a beautiful yard with dozens of flowers over the years. She finally gave in this year and asked for help with mowing her big yard. She used to attend Augusta Community Church, but with the onset of Covid, she switched to watching it on her Ipad. She keeps tabs on her family through Facebook as well. She is a member

of the Landfill Board in Augusta and is a member of the Augusta Seniors. She is very active in the Historical Society of Augusta, and has created an enormous volume of obituaries of people who have passed from the area in the last 13 years. With this in mind, she keeps a life alert for emergencies.

Looking back over the notes I took on this amazing woman, it is incredible to see how much she has and continues to accomplish. Much like the Energizer bunny, she has not slowed down for a minute. She has a beautiful smile and her big green eyes sparkled as she told me of her lifelong adventures.



BINGO IS BACK!

If there is a game/event that can bring folks together to laugh, dream of winning, actually win, and just have a great time, it is Bingo. Bingo has been a fun and well attended activity at the Rocky 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. Come on down and enjoy the company, have fun and maybe you'll have a winning card.

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.

Crafty Quilter's Quilt Raffle.

*Drawing will be Friday,
Nov. 18, 2022 during
the Birthday Meal
celebration.*

**Tickets are a \$1 per
ticket or 6 tickets for
\$5.**

**Thank you very much
for your support and
good luck!**



The monies raised go for
materials needed for the many
quilts that are donated to various
organizations in the Helena
community.

DURABLE MEDICAL EQUIPMENT LOAN CLOSET

Did you know that Rocky's Agency on Aging loans durable medical equipment to individuals living in the Helena area? The equipment includes walkers, shower chairs, hospital beds, wheelchairs, and more.

In addition, Rocky Aging accepts donations of durable medical equipment. If you or someone you know has gear they would like to pass on to others, please reach out to Rocky Aging, and we will do our best to connect the donations to people who

can use it.

A few years ago, Rocky staff members realized how hard and expensive it is to find durable medical equipment that permits older adults and people with disabilities to live independently in their homes. We knew many communities solved this problem with loan closets, and we decided to do the same in Helena. Rocky Aging rented a storage unit and filled it with donated items. Our inventory of loan items is extensive. We may not have everything, but we often have what folks need.

Michele Mathot coordinates our durable medical equipment loan closet. She can be reached at 406-441-3985 or mmathot@rmdc.net.

BIRTHDAY MEAL CELEBRATION

We love to celebrate birthdays at the Rocky Senior Center! Each month we celebrate birthdays 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: November's birthday meal is on November 18, due to Veteran's Day occurring on Friday November 11. December 9 will be the last birthday meal for the 2022 year.

Senior Advisory Afghan (Twin size) Raffle

***Drawing will be Friday,
December 9, 2022 during the
Birthday Meal celebration.***

**Tickets are a \$1 per ticket or 6
tickets for \$5.**

**Thank you very much for
your support and good luck!**

The Senior Advisory Council is hosting a raffle to help raise money for events, activities, and other special projects for the Helena Senior Center. **Thank you** for your support and for being a part of the Rocky family.

**A VERY MERRY
CHRISTMAS
and Happy New Year!**

We wish everyone a wonderful Christmas & New Year. Thank you for your support and participation at the Helena Senior Center. The team at Rocky values and appreciates the many volunteers, activity and class leaders. You have made Rocky one of the best senior centers in the state. Please note the dates the Helena Senior Center will be closed during the month of December.

Friday, December 23, 2022

Monday, December 26, 2022

ROCKY HEALTH CARE SERVICES

FOOT CARE DONE RIGHT 2022

Mark Your Calendar!

November 17, 2022 - Thursday

December 15, 2022 - Thursday

Edith RN, BSN & CFCN (406-431-0006) always look forward to the care of your feet. She is always willing to answer questions about the care and health of your feet. They meet downstairs in the Senior Center. 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 Card Room from 9:00 – 10:30 am.

ROCKY SHUTTLE

Did you know that Rocky provides free transportation to and from the Senior Center for Helena area senior citizens that are 55 years of age or older within the Helena 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.



Rocky Wood Carvers Christmas Holiday Ornament Sale



Thursday, Dec. 1 from 10:00 AM-2:00 PM

There will be a showing and sale of the **Wood Carving Projects** created by our Rocky Senior Center Woodcarvers. They meet every Thursday from 1:00 to 3:00 pm working on any number of projects. Over the years the carvers have generously donated many of their works and money to the Rocky Senior Center. Drop by to see the wonderful work they do. Additional carvings will also be on display. All money raised is given as a donation to Rocky.



WOODCARVERS GATHER THURSDAYS AT ROCKY

The Helena Woodcarvers meet every Thursday from 1:00 pm to 3:00 pm on the dance floor at the Helena Senior Center. All are welcome to join – bring your projects and carve with others.

Take a look at the beginnings of this moose being worked on in October!



ROCKY CARAMEL ROLL THURSDAYS

Thursdays are Caramel Roll Day! Yummy! The caramel rolls are prepared fresh every Thursday morning from about 8:30 to 10:30 am or until they are gone. There is a small charge of \$2.50/roll. Coffee is free. Come on in and enjoy wonderful company and a delicious roll!

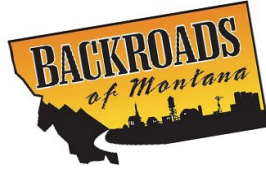


BACK ROADS OF MONTANA MEMORIES AND STORIES

November 21, 2022, Monday

Time: 12:30 – 1:30 pm

Location: Card Room, Rocky Senior Center



The event called Rocky Backroads of Montana, Memories and Stories is coming back! The first two gatherings earlier this year were fun. The folks had a good time watching an episode of Backroads of Montana and then sharing their stories and memories of their Montana roots. This is a free gathering that will take place on Mondays starting at 12:30, after lunch. There will be some refreshments as we relax and enjoy. Mark your calendars and come join us!

TECH TIME WITH MARY

Keeping up with technology can be a difficult task. Don't go at it alone! Join us Wednesdays in the parlor from 11:30 am - 12:00 pm to learn how to navigate technology and make your life a bit easier.



COMMODITY FOOD FOR QUALIFYING SENIORS

COMMODITIES SCHEDULE

Whitehall, MT

Thursday, December 1
11:00 am - 12:00 pm

Townsend, MT

Monday, November 28
2:00 pm - 3:00 pm

Boulder, MT

Thursday December 1
2:00 pm - 3:00 pm

East Helena, MT

Monday, November 28
2:00 pm - 3:00 pm

White Sulphur Springs, MT

Monday, December 5
11:00 am - 12:00 pm

Wolf Creek, MT

Tuesday, November 29
10:00 am - 11:00 am

Helena, MT @ Food Share

Wednesday, November 30
8:00 am - 11:00 am

Augusta, MT

Tuesday, November 29
12:30 pm - 1:30 pm

Elliston, MT

Wednesday, November 30
10:00 am - 10:30 am

Lincoln, MT

Wednesday, November 30
12:30 pm - 1:00 pm

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 food 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**.



*Lori Ladas,
Executive Director*



LETTER FROM THE EXECUTIVE DIRECTOR

We are entering into the most festive time of the year. From Thanksgiving feasts to holiday gatherings, it's a time when we really focus on community, fellowship, and gratitude. One thing I love about working at Rocky is the sense of community, not only between staff members, but also among you as our clients. We love to see you gather together at our locations, enjoying a meal or engaging in your favorite activities. Our staff is grateful for you and we wholeheartedly enjoy being able to be part of your days. We consider all of you part of the Rocky family!

As we enter into the holiday season, please make note of our upcoming holiday closures. Rocky's offices are closed on November 8, 11, 24, and 25, as well as December 23 and 26. If you need extra meals delivered during any of those closure times, do not hesitate to give us a call.

Also, remember that with the return of cooler weather comes the return of slippery conditions in the parking lot. We make the effort to keep the lot cleared, but winter has been known to surprise us now and then! Rocky's shuttle is available for rides to and from our sites in Helena's city limits, and we're happy to get you on the schedule if needed. Please try to call at least a day in advance.

Wishing you a holiday season full of happiness, gatherings with loved ones, and hopefully some time for relaxation as well. We have been so pleased to be able to return to a more "normal" routine in 2022, and can't wait for all the good things 2023 will bring.



ROCKY SENIOR CENTER 2023 ANNUAL MEMBERSHIP DRIVE

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 th Helena Senior Center, and beyond! Did you know your annual membership helps to defray ongoing costsof 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 the Senior Center to provide the many activities and services you enjoy every day. Our primary focus is serving you, the senior citizens of Helena and surrounding communities. Everyone is welcome and we are so thankful for each of you!

All new and renewing members are askedd to complete a simple membership form. Forms and payments can be dropped off at the Helena Senior Center or mailed to Rocky, P.O. Box 1717, Helena, MT 59624.



2023 Annual Membership Form **Date:** _____

Last Name: _____

Member 2 First & Last Name: _____

Mailing Address: _____

Telephone: _____ & _____

Membership: I am renewing my membership
 I am a new member Amount Enclosed: \$ _____

Email _____



PUMPKIN SOUP RECIPE

Fall is such a fun time for those of us who love to cook and eat! It is a time of year we get to use ingredients found in this special time as we transition from a hot summer to cooler weather. From pumpkins to squash, to late summer corn, October is packed with nostalgic fall flavors. This recipe features a four-pound pumpkin that will be good for just about 8 servings. Enjoy!

4 lb. pumpkin and seeds

1 large onion

2 cloves minced garlic

1 tsp. cinnamon

½ tsp. nutmeg



2 tbsp. olive oil

5 C vegetable stock

1 C heavy Cream

Salt and pepper to taste

Start by turning your oven on to 400 degrees. Cut up your pumpkin in quarters. Scrape out the pulp and save the seeds. Lightly rub the quarter wedges in olive oil, and roast until tender. Do this same step with the seeds for a few minutes until lightly golden brown. Next, sweat your onion and garlic in a small stock pot over medium heat until they are translucent, and some browning occurs. Next, add your spices and scrape your pumpkin into the pot. Add in your stock and cream. Season with salt and pepper and blend in a blender to get a smooth consistency. Garnish with the roasted pumpkin seeds and enjoy!