

Rocky Mountain Development Council, Inc.

VOICE OF EXPERIENCE



VOLUME 48 | MARCH - APRIL 2019

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

ST. PATRICK'S DAY CELEBRATION

Join us Friday, March 15,
2019 for this year's St.
Patrick's Day Meal!

The hard-working kitchen
team, along with the staff
from Rocky, will be serving
a delicious corned beef and
cabbage meal.

We will welcome the
Brennan family, who will
share their lively music
and add to the fun. The
Brennan's have been
sharing their music and
stories (and sometimes
dancing) with the Senior
Center for many years.

Wear your green and come
prepared to have a fun
time with friends! Top of
the Day to everyone!

Irish Toast

*There are good ships,
and there are wood
ships,
the ships that sail
the sea.*

*But the best ships
are friendships and
may they always be.*



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Helena, MT 59601

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VOICE OF EXPERIENCE

HELENA/EAST HELENA DDC MENU

MARCH 2019-MEALS SERVED FROM 11:00 – 12:30

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Low fat milk is served daily in the Daily Dinner Club and delivered on Monday, Wednesday and Friday to Home Delivered Meals (HDM).</i></p>	<p>Congregate meals in Helena have a full salad bar unless otherwise stated.</p>	<p>MARCH</p>		<p>1 POLISH SAUSAGE ON A BUN SAUERKRAUT BABY RED POTATOES GREEN BEANS MANDARIN ORANGES</p>
<p>4 SPAGHETTI w/MEAT SAUCE (tomatoes & mushrooms) GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES</p>	<p>5 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL FRESH FRUIT (HDM)</p>	<p>6 CHILI CON CARNE (ONIONS, GRATED CHEESE) CORN BREAD MIXED VEGETABLES PARSLEY CARROTS BLUSHING PEARS</p>	<p>7 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES MIXED VEGETABLES CARROT RAISIN SALAD (HDM)</p>	<p>8 <u>BIRTHDAY DINNER</u> TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE PINEAPPLE CAKE & ICE CREAM *NO SALAD BAR*</p>
<p>11 BEEF TACO CASSEROLE REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN MANDARIN ORANGES</p>	<p>12 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT SAUTÉED GREENS CARROT COINS FRESH FRUIT (HDM)</p>	<p>13 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES</p>	<p>14 SALISBURY STEAK STEAMED BROWN RICE VEGETABLE MEDLEY PLUMP PLUMS 4-BEANS & GREENS (HDM)</p>	<p>15 <u>ST. PATRICK'S DAY DINNER</u> CORNEBEEF & CABBAGE POTATOES & CARROTS WHOLE GRAIN ROLL PEACHES & PEARS</p>
<p>18 SALMON PATTY ON A BUN MIXED VEGGIES SWEET POTATOES JUICY PEACHES</p>	<p>19 LAZY DAISY CABBAGE CASSEROLE GOLDEN CORN PINEAPPLE FRESH FRUIT (HDM)</p>	<p>20 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL APRICOT HALVES</p>	<p>21 VEAL PARMESAN OVER ROTINI NOODLES YELLOW & GREEN ZUCCHINI MIXED FRUIT CUP COLESLAW (HDM)</p>	<p>22 HAM & SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS MANDARIN ORANGES</p>
<p>25 CHEESEBURGER ON A BUN POTATO TRIANGLES BAKED BEANS PACIFIC VEGGIES APPLESAUCE</p>	<p>26 CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES PEAS & CARROTS WHOLE GRAIN ROLL CRANBERRIES FRESH FRUIT (HDM)</p>	<p>27 TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS MANDARIN ORANGES</p>	<p>28 HAMBURGER & SPANISH RICE JUMBLE CORN & BEAN MEDLEY CAULIFLOWER FRUITED JELLO (HDM)</p>	<p>29 FISH PATTY W/TARTAR ROASTED POTATOES GARDEN PEAS CAULIFLOWER APRICOTS</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, Cassandra Drynan, RDN Cassandra Drynan, RDN.

Suggested donation for 60 years old and over \$4.00 and under 60 years \$7.00.

BIRTHDAY MEAL CELEBRATIONS

We love celebrating birthdays at Rocky! Upcoming birthday meals will take place on March 8 and April 12. AND - If you are a dues-paying member of the Rocky Senior Center, we want to honor your birthday with a free lunch.

We look forward to celebrating with everyone and wishing a Happy Birthday to those with March and April birthdays.



BINGO

Join us every Wednesday at 1:00 p.m. for Bingo!

Wednesday Bingo at the Senior Center is a wonderful time for folks to gather and have fun with friends. There are even occasional bingo parties. You can win money, a free lunch, free bingo play, gift certificates, and other prizes. You may even be

selected to be king or queen for the day!


The new bingo machine is a hit, and we are currently raising money for a new flash board and control pad. Please contribute if you are able! Thank you to everyone who has been working hard to reach the goal for raising money to purchase new Bingo equipment. Hope to see you on Wednesdays.

HELENA/EAST HELENA DDC MENU

APRIL 2019-MEALS SERVED FROM 11:00 – 12:30

For Additional Information Call 447-1680 Helena

April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD PINEAPPLE	2 CALICO BEANS CARROT COINS PICKLED BEETS WHOLE GRAIN ROLL FRESH FRUIT (HDM)	3 ZITI NOODLES W/MEATBALLS GARLIC BREAD MIXED VEGETABLES GOLDEN CORN JUICY PEACHES	4 OPEN FACE PORK SANDWICH W/GRAVY MASHED POTATOES GREEN PEAS BAKED APPLES CARROT RAISIN SALAD (HDM)	5 LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT CUP
8 MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES	9 POTATO, VEGGIE & CHEESE EGG BAKE VEGETABLE MIX WHOLE GRAIN ROLL FRESH FRUIT (HDM)	10 PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE MANDARIN ORANGES	11 BREADED VEAL MASHED POTATOES W/GRAVY BROCCOLI SPEARS CRANBERRIES TOSSED GREEN SALAD W/BEANS (HDM)	12 <u>BIRTHDAY DINNER</u> PARMESAN CHICKEN BREAST BUTTERED ROTINI HERBED ZUCCHINI CARROT COINS PINEAPPLE CAKE & ICE CREAM *NO SALAD BAR*
15 OVEN BAKED CHICKEN WILD RICE PILAF SWEET YAMS GREEN BEANS JUICY PEARS	16 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER FRESH FRUIT (HDM)	17 FISH PATTY W/TARTAR MACARONI & CHEESE MIXED VEGGIES GARDEN PEAS CINNAMON APPLESauce	18 SLOPPY JOES ON A BUN POTATO WEDGES BAKED BEANS SWEET PEACHES COLESLAW (HDM)	19 <u>EASTER DINNER</u> BAKED HAM SCALLOPED POTATOES PEAS & CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES
22 HUNGARIAN GOULASH GREEN PEAS PICKLED BEETS APRICOTS	23 SWEET-N-SOUR PORK BROWN RICE GREEN BEANS CARROT COINS FRESH FRUIT (HDM)	24 CHICKEN CORDON BLEU WILD RICE MIXED VEGETABLES BRUSSELS SPROUTS FRUIT CRISP	25 SWEDISH MEATBALLS MASHED POTATOES WINTER SQUASH BLUSHING PEARS TOSSED GREEN SALAD W/GARBANZOS (HDM)	26 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES VEGGIE BLEND 4 BEAN SALAD
29 SALMON PATTY WILD RICE MIXED VEGETABLES GREEN BEANS SWEET PEACHES	30 PEPPER STEAK ROASTED POTATOES CAULIFLOWER MANDARIN ORANGES FRESH FRUIT (HDM)	<p><i>Congregate meals in Helena have a full salad bar unless otherwise stated.</i></p> <p>Low fat milk is served every day at congregare sites and delivered every Monday, Wednesday and Friday to home delivered meals (HDM).</p>		
				

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CRAFT CASE

Thanks to all who helped make our January and February Craft Case sales very successful. A special thanks to Kris, Christy, Fran, and Marilyn for sitting at the table.

Until further notice, the Craft Case sales dates will be on the Birthday Meal Fridays - **March 8 and April 12.**

You can bring in your donations and leave them in the Parlor by the Program Coordinator's desk. Do not bring any large items like furniture and appliances; we also cannot accept clothing or bedding. We are grateful for all donations.

All money raised by the Craft Sales goes back to the Senior Center, and is managed by the Senior Advisory Council. If you have any questions, please contact the Senior Center Program Coordinator at 406-457-7318.

SENIOR ADVISORY COUNCIL UPDATE

The Senior Center Advisory Council met on January 23 for their first meeting of the new year. The meeting was a short one since the Council participated in an Area IV Public Forum at 9:30. During the meeting, the Council was updated on the Hearts and Flowers Dinner held in February. They decided to hold officer elections in February (after the deadline for this publication). We will let you know the results in the next issue of the VOE.

SENIOR CENTER ACTIVITIES March - April

MONDAYS

9:30 am – Jennie’s Arthritis Exercise Class-Card Room
10:00 am – Self Directed Exercise Class – (Broom Sticks) Card Room
12:30 pm – Whist – Card Room
12:30 pm - Mahjong (starting in April)-Card Room

TUESDAYS

9:00 am – Crafty Quilters – Card Room
9:45 am – Line Dancing – Dance Floor
1:00 pm – Pinochle – Card Room
1:00 pm - Cribbage - Parlor
1:00 pm – Bridge – Dance Floor

WEDNESDAYS

9:00 am - Senior Advisory Council Meeting
(Fourth Wednesday of each month)
10:00 am – Self Directed Exercise Class–Card Room
10:45 am – Tai Chi Exercise Class
12:30 pm - Wii Bowling - Card Room
1:00 - 3:00 pm – Bingo – Dining Room

THURSDAYS

9:00 – 10:30 am – Coffee & Rolls–Dining Room
9:30 – 11:00 am – Blood Pressure –Back of the Dining Room
9:45 am – Line Dancing – Dance Floor
10:00 am - Hearing Aid Clinic - Room 15
(March 7, April 14, April 18)
1:00 pm - Wood Carving – Dance Floor
1:00 pm - Helena Sketchers-Dance Floor/Dining Room
(first and third Thursdays)
1:00 pm - Hand & Foot-Parlor

FRIDAYS

9:45 am – Jennie’s Arthritis Exercise Class
10:45 am – Tai Chi Exercise Class - Card Room
12:30 pm - Fidget Quilt/Adult Apron Class-Sew & Tell-Card Room

SUNDAYS

1:00 pm – Pinochle – Card Room

SENIOR CENTER ANNUAL MEMBERSHIP UPDATE

Rocky’s Senior Center is a place where new friendships are created, and friends gather. Rocky offers exercise, games, health-related programs and education. There are occasional trips and other activities offered. Thanks to all of you, Rocky is very much alive and growing in numbers.

The 2019 membership drive closed in February, but, you can become a member any time during the calendar year.

The annual membership fee is \$15.00 regardless of when you renew in the calendar year. The fee is

used to cover the cost of the Voice of Experience (VOE) along with the many other programs and services offered here. This is the largest funding source Rocky has for the Senior Center.

We also understand that many seniors may not be able to afford the fee and for that fact, membership is **not required for participation** in the activities at the center. However, active paid membership does offer some additional benefits to you, including a free birthday lunch, in-town bus service, and the VOE delivered to your home.

Thank you for your continued support that allows the Helena Senior Center to provide the activities and services offered!



MARK YOUR CALENDARS!

Dr. Gary Blom will be visiting Rocky's Helena Senior Center on the to share his dynamic, toe-tapping, and moving music. Dr. Gary has generously shared his music with us over the years, so mark your calendars for the following Wednesdays at 11:00 a.m.:

- March 27, 2019
- June 26, 2019
- September 25, 2019

Come to Helena's Senior Center to enjoy this wonderful entertainment and a delicious meal.



THE STITCHING CONTINUES

By Donna Alter

You may know about the quilts that are made by Rocky's "Crafty Quilters" which are donated to organizations in our area. Recipients have included the Friendship Center, Journey Home, CASA, Salvation Army, Shodair, God's Love, Rocky Mountain Care Center, Head Start, and St. Peter's Health Cancer Treatment Center.

But, do you know about another group that meets on Friday afternoons called Sew & Tell?

The ladies from Sew & Tell have gone from being a group who gathered in the Parlor to work on small projects - and, of course engage in fun and friendly conversation - to a group that now has taken up some wonderful projects directed towards groups of people with special needs. The first project was Fidget Quilts for people with Alzheimer's Disease or dementia. These quilts are truly works of love

that take a lot of time and creativity. They have already distributed them to various organizations around the Helena community.

The group has now taken on a new adventure making Cover-Ups (aprons) for assisted living centers. So far, the ladies have made over 30 cover-ups and have donated them to the Masonic Home of Montana and Rosetta. The residents and employees were thrilled.

The ladies who gather to share their talent and creativity are a wonderful asset - not only to Rocky - but to the greater Helena community. The joy and fun they have when they come together is reflected in the beauty expressed in their creations.

Thank you for all your wonderful efforts and care you share through your creative and amazing works of love.



FREE TAX HELP

AARP Tax-Aide offers free tax help to anyone - especially those 50 and older - who cannot afford a tax preparation service. AARP Tax-Aide volunteers make a difference in our communities by assisting many older, lower-income taxpayers who might otherwise miss out on the credits and deductons they've earned. Over the years, AARP volunteers have provided this wonderful and valuable service at Rocky's Senior Center.



To make an appointment, please call 406-457-7301 and leave your name and phone number. You will be called back within three days to set up an appointment. This service is provided every Thursday from 9:00 a.m. to noon. Preference is given to those over 60+ years of age. AARP will be providing this service through Thursday, April 11, 2019.

SPIRIT OF SERVICE 2019

Spirit of Service (SOS) is an annual "Spring Cleaning" event promoted by local businesses and organizations. This year on **June 6, 2019** (rain backup day is **June 11, 2019**) program volunteers will invest up to an entire day helping homeowners by performing yard work or minor maintenance on their homes. The home must be **owner-occupied** and the homeowner must be unable to do the work due to age or other limitations. While there are no income guidelines for this program, we do require completion of a demographic/income form for statistical purposes. Homes must be located in Helena, East Helena, or the Helena Valley. **Priority will be given to homeowners who have not been helped within the last three years.**

The service is free of charge to the homeowners. The organizations involved provide the tools, labor and materials required to do the work. **The work the volunteers perform is limited to typical spring cleaning chores such as**

grass cutting, hedge trimming, raking, trash removal, window washing, cleaning of rain gutters, and some painting. Interior work is not a part of the program and volunteers are restricted from entering the homes. The volunteers come from various businesses and organizations in the Helena area, and are not trained construction, painting, and/or landscaping professionals.

If you feel that you or someone you know would be eligible for this service, please call Kathy Marks at Rocky Mountain Development Council, Inc. at 406-457-7323. You can also mail or bring the application materials to the following address:

Rocky Mountain Development
Council, Inc.
SOS Program
200 South Cruse Avenue
PO Box 1717
Helena, MT 59624



THANK YOU - RICK WINE!

Rick Wine joined us on Friday, January 11, to help us celebrate the January birthdays. Rick has a long history of sharing his talent of wonderful music and stories with us. Rick has a special way of making each song personal and heartwarming. We look forward to

having Rick come back from time to time throughout the year to the center. He has an open invitation to drop in anytime. Rick is also well known throughout the Helena community for sharing his music. Again, thank you Rick for the gift of song and stories. See you soon!

POEM SUBMITTED BY YOU

AS I GROW OLDER

Perhaps I don't keep up with you
because I can't walk as fast anymore.

Perhaps I don't remember some things
we talked about because memory fades.

Perhaps I don't remember names and
faces because those things come and go.

Perhaps I'm not as lean or athletic
because my body has aged.

Perhaps my house isn't as neat as years
past because it doesn't seem important.

Perhaps I don't smile as much because
there are daily aches and pains.

But the heart that fills with love for you
is still the same.

And the dreams I dream will come true.

• Shelley Lines

Thank you for sharing, Shelley!



HEALTH SERVICES AT THE HELENA SENIOR CENTER

FOOT CARE DONE RIGHT

March 4, 5, 11, and 12

April 1, 2, 8, 9

Edith (RN, BSN, & CFCN) and Glorian (RN & CFCN) know the importance of proper foot care for seniors and are willing to answer questions about the care and health of your feet. They meet downstairs at the Rocky Helena Senior Center on the above dates. Please call (431-0006) to make an appointment.

BLOOD PRESSURE

Please take a moment to have your blood pressure taken each Thursday at the Senior Center at the back of the dining room between 9:30-11:00 a.m.

Helena College will have several CNA students visiting the Senior Center observing and assisting in taking blood pressure readings on the following dates:

Friday, March 1

Thursday and Friday

March 7-8

March 14-15

March 21-22

March 28-29

April 4-5

Rocky is pleased to be working with Helena College students.

HEARING AID CLINIC

As we mentioned in the last VOE, a Hearing Aid Clinic has been added to our list of services. The clinic will be conducted by Mr. Pat Fournier, Hearing Instruments Specialist. Most, but not all, of the services offered will be free. The clinic takes place on Thursdays from 10:00 a.m. to 2:00 p.m. in Room 15 in the basement of

the Neighborhood Center. Upcoming dates are **March 7, April 4 and April 18th.**



THANK YOU!

Thank you for the year-end donations that helped get us close to receiving the matching funds for tables, chairs, and an oven for the Senior Center.

We are thrilled to report that we have raised \$2,700 of the \$10,000 needed. Donations are still welcome - contact Kathy Marks at 406-457-7323, take a check to reception, or make a secure online gift at www.rmhc.net.

CARAMEL ROLL THURSDAYS

Thursdays are Caramel Roll Day at the Helena Senior Center! The rolls are prepared fresh by our kitchen staff every Thursday morning and are available from about 8:00 a.m. to 10:30 a.m. (or until they are gone). For \$2.00, you can enjoy a delicious roll and cup of coffee and visit with friends.

SENIOR COMPANION PROGRAM

Are you looking to make a difference in your community? The Senior Companion Program (SCP) is recruiting volunteers! SCP brings together people age 55+ with homebound seniors who need help with the simple tasks of day-to-day living. Senior Companions make connections with other adults and know they are making significant contributions to their lives, while building friendships. You will receive a small tax-free stipend to offset the cost of volunteering, mileage reimbursement, and more. Call 406-457-7325.

ROCKY CARD GAMES & CLUBS

PINOCHLE CLUB

The tournament dates for 2019 have been posted for the Pinochle Club. New members are always welcome. Come down to the Helena Senior Center for a fun time with friends. The players meet on Tuesdays and Sundays at 1:00 p.m.

Tournament Dates:
March 4 & 5, 2019

BRIDGE CLUB

Join Bridge Club members every Tuesday at the Helena Senior Center from 1:00 to 3:00 p.m. There is no money involved, but we do keep score. New members are always welcome. If you have any questions, please call Billie Stanley at 406-442-0668, or Connie Waterman at 406-475-3764.

OTHER CARD GAMES

There are other groups that meet to play card games at the Helena Senior Center including Whist (Mondays @ 12:30 p.m.), Cribbage (usually in the Parlor anytime you can find a partner), and Hand & Foot (Thursdays @ 1:00 p.m. in the Parlor).

SENIOR CENTER POLICIES AND PROTOCOL

The following is a reminder of the rules and protocols in place in the Senior Center:

Everyone is welcome and everyone needs to feel welcomed!

1. Please sign the Senior Center Guest book located just before you enter the Dining Room. This helps provide us with the numbers of clients who visit our Center. This is important for our continued funding.

2. If you are eating for the day, please check in with the person working the Daily Dinner Club Desk. The recommended donation for people over 60 is \$4.

3. **There are no assigned places.** Everyone is welcome to sit anywhere there is an available place. You may not refuse anyone a place to sit if the seat is open. Please do not use seats to store bags, coats, or personal items. We have a coat rack to store these items, or you can store bags and personal items on the floor.

4. You can set up and save a place for **one** person only. If that person is not here, and we need the seating, Rocky staff has the right to give that seat away.

5. If you have a large group of 10 or more, please call the kitchen staff and make arrangements.

6. We ask that you serve yourself only what you can eat. We also ask that you take portions of food that are reasonable to help keep waste down. Most times, you can go back if you would like more. **If you do go back for additional food, we ask that you use a clean plate and utensils.** The kitchen works hard to make sure there is enough for everyone who is eating for the day.

7. Absolutely no food can be removed from the Dining Room. Rocky is required to follow specific public health department rules.

8. After you are done, please take your dishes, utensils, cups and garbage to the dishwashing window and place your dishes into the garbage container. Everything needs to be returned to the dishwashing window for cleaning no later than 1:00 p.m.

Thank you for your cooperation in making Rocky's Senior Center a place where everyone can enjoy a healthy, nutritious meal in a safe, clean, and welcoming atmosphere.

We expect everyone to follow and respect these policies. The rules are in place to ensure safety and respect for everyone. Thank you for paying attention to and following the Senior Center policies.



Good for \$1 off any movie or \$2 off any LIVE performance.

Myrna Loy Theater Helena Senior Center MARCH - APRIL COUPON

Sponsored by the Myrna Loy Center | Present in person at box office

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

RECOVERING FROM A SCAM CALL

Have you given your personal information out over the phone? In the future, it's best to not answer the phone unless you know who is calling. If it's important, they'll leave a message. In the meantime, follow these steps immediately.

- ✓ **Call your bank if you gave out your account information.** You may want to consider changing your accounts altogether.
- ✓ **Call your local Montana Senior Medicare Patrol (SMP) or 1-800-551-3191 to report it if the call was regarding healthcare fraud, waste or abuse.** SMP shares the scam details with seniors across the state and with SMP's in other states, to help warn people before they can become a victim.

Note: SMP can help resolve an issue if someone billed for services in your name. Always read your Medicare Summary Notices or Medicare Advantage Explanation of Benefits and if you see something suspicious, call SMP.

- ✓ **Call 1-800-MEDICARE and let them know your Medicare number has been compromised if you gave it out.** With the new cards it'll be as simple as cancelling one and getting a new one issued. If it was the old card containing a social security number, you will need to take additional steps (see page 11). You'll also need to inform your providers so they don't use the old number. (continued on page 11)

COMMODITY FOOD FOR QUALIFYING SENIORS

Commodities Schedule

Townsend, MT
Monday, March 25
2:00 pm - 3:00 pm

East Helena, MT
Monday, March 25
2:00 pm - 3:30 pm

Wolf Creek, MT
Tuesday, March 26
9:30 am - 10:30 am

Augusta, MT
Tuesday, March 26
12:30 pm - 1:30 pm

Elliston, MT
Wednesday, March 27
9:30 am - 10:00 am

Avon, MT
Wednesday, March 27
10:30 am - 11:00 am

Lincoln, MT
Wednesday, March 27
12:30 pm - 1:30 pm

Whitehall, MT
Thursday, March 28
11:00 am - 12:00 pm

Boulder, MT
Friday, March 29
9:30 am - 10:30 am

White Sulphur Springs, MT
Monday, April 1
11:00 am - 12:00 pm

Helena, MT @ Food Share
Wednesday, March. 27
8:00 am - 10:30 am

Thursday, March 28
8:00 am - 10:30 am

The Commodity Supplemental Food Program (CSFP) is a program where seniors can receive a monthly allotment of food. 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

We have had a big taste of winter since we last talked! With March just around the corner, I can only hope that it “comes in like a lion” so that it can “go out like a lamb!” As we approach the middle of February (as I write this), I usually get a little more light-hearted just knowing that spring is right around the corner.

Rain, snow, sleet, or shine, our excellent maintenance team will stay on top of keeping the parking lot and walkways safe. However, snow and ice can accumulate, so please continue to be careful during your visits to the Neighborhood Center and at the Jackson Street Center.

I hope you can make it to the annual St. Patrick's Day celebration in the Senior Center on March 15. The corned beef and cabbage and live music from the Brennan family always make for a great time.

Put on some green and come join us for a fun day.

Lori Ladas, C.P.A.
Executive Director



WELCOME TO MEDICARE

Area IV Agency on Aging is offering a “Welcome To Medicare” session intended for individuals who recently have or will soon turn 65. This presentation may also be of interest to others navigating Medicare such as caregivers or family. Please join our local SHIP* counselors as they present free, unbiased information about Medicare Part A, B, C, and D - as well as information about Medigap plans.

*State Health Insurance Assistance Program

When: March 7, 2019

Where: Lewis & Clark Public Library, 120 S. Last Chance Gulch

Time: 12:30 - 1:30 p.m.

AARP SMART DRIVER™ COURSE

Take the AARP Smart Driver™ course and you may save money on your auto insurance if you are over 54 years old! Refresh your skills and learn safe driving strategies. Sign up today!

Phone: 406-439-7675 (cell)
Email: cspeil@msn.com
Reservations: 457-4712

Monday, March 11
12:00-4:30 P.M.
First Interstate Bank
2021 N. Montana Ave.

Saturday March 23
9:30 A.M.-1:30 P.M.
St. Peter's Health Rooms
2 & 3
2475 Broadway

Friday, April 12
12:00-4:30 P.M.
First Interstate Bank
2021 N. Montana Ave

Thursday, April 25
5:30-10:00 P.M.
First Interstate Bank-E
2728 Colonial Drive

AN OPPORTUNITY TO VOLUNTEER

Are you ready to make a difference in a child's life through mentoring? If so, the Foster Grandparent Program is recruiting PAID volunteers! Head Start and the Helena School District are searching for Foster

Grandparents to volunteer in their classrooms. Foster Grandparents are positive role models that mentor children to read, provide one-on-one tutoring and guide children at a critical time in their lives. You receive training, mileage reimbursement and a small monthly stipend. For more information, call (406) 447-1680.



RECOVERING FROM A SCAM CALL

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✓ **Contact the Federal Trade Commission**

Identity Theft helpline: 1-877-ID-THEFT (1-877-438-4338); TTY: 1-866-653-4261

Email: spam@uce.gov to forward unsolicited commercial email (spam), including phishing messages. These messages will be stored in a database law enforcement agencies use in their investigations.

Note: the FTC does not resolve individual consumer complaints.

✓ **File a police report. The report only needs to be made if personal information, such as credit card, social security number, or routing numbers have been given out OR there has been a loss of money through the sending of a check or wiring money through Money Gram or Western Union.**

The police report contains specific details of an identity theft and is considered an Identity Theft Report under section 605B of the Fair Credit Reporting Act (FCRA). It entitles an identity theft victim to certain important protections that can help him or her recover more quickly from identity theft down the road.

✓ **Place a fraud alert or a freeze on your credit reports, and review your credit reports.**

A fraud alert or a freeze can help prevent an identity thief from opening any more accounts in your name. If you gave out your social security number, contact the toll-free fraud number or any of the three consumer reporting companies below to place a fraud alert on your credit report. The company you call is required to

contact the other two. A fraud alert will last 90 days, while a freeze will last until you lift it. Freezes cost \$3.00 for each agency in Montana, a total of \$9.00.

TransUnion: 1-800-680-7289; www.transunion.com; Fraud Victim Assistance Division, P.O. Box 6790, Fullerton, CA 92834-6790

Equifax: 1-800-525-6285; www.equifax.com; P.O. Box 740241, Atlanta, GA 30374-0241

Experian: 1-888-EXPERIAN (397-3742); www.experian.com; P.O. Box 9554, Allen, TX 75013

You are able to receive a free credit report from each of the three companies once a year. Requesting from one of the companies every four months enables you to look at your reports three times a year for free. Once you get your credit reports, look for inquiries from companies you haven't contacted, accounts you didn't open, and debits on your accounts that you can't explain. Check that information, like your Social Security number, addresses, name or initials, and employers are correct. If you find fraudulent or inaccurate information, get it removed. If you just gave out your information, likely it will not show up right away. Often times the information is kept for a year or two before using so people are likely to quit worrying about it and let their guard down. Always check your credit report.

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IT'S FLU SEASON

Last week, it was reported that Montana has 1,486 cases of flu with 488 new cases recently reported!

We want to be sure you know how to take preventative action so that you don't contact the flu! Your health is important.

1. Get your flu shot.
The best way to prevent the flu is with a flu shot. Vaccination is especially important for people 65 and older because they are at risk for complications from the flu.
2. Practice good health habits.
Covering coughs, washing hands often (with soap & water) and avoiding people who are sick are important precautions.
3. Seek medical advice quickly if you develop flu symptoms.
4. Get pneumococcal vaccines.
People 65 and older should be up-to-date with pneumococcal vaccinations. Talk to your doctor to find out which pneumococcal vaccines are recommended for you.

If you are not feeling well, especially if you might be showing flu-like symptoms, please stay home where you can take care of yourself. This will help prevent the flu from being transferred. Also, be sure to contact your doctor.

If you need to have meals delivered, you can call Rocky at (406) 447-1680. Have a safe and healthy spring!



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



IF YOU DID NOT GIVE OUT PERSONAL INFORMATION, BUT RECEIVED A SCAM CALL:

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You do not need to call your bank, etc. However, follow these steps any time you receive a robocall or other telemarketing call and have answered the phone:

- ✓ Hang up. The longer you stay on the line the more attractive you are to them to call again and to sell your number to other lists. If you can, don't pick up the phone when you don't know who is calling. By answering you are telling them you are a live line and they will keep you on rotation. By not answering the phone you will eventually drop off their call lists.
 - ✓ Block the number if you can. Most cell phones make this easy, and though telemarketers change their caller ID information often, blocking numbers will still help stop some of the calls.
 - ✓ Sign up for the Do Not Call list. Since only reputable businesses will follow the law, this will tell you that those who continue to call are out to scam you. If you get a sales call after your number has been on the list for 31 days, complain to www.donotcall.gov or call 1-888-382-1222.
 - ✓ Report your experience to the FTC online at www.ftccomplaintassistant.gov or by calling 1-888-382-1222.
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