

Rocky Mountain Development Council, Inc.

VOICE OF EXPERIENCE



VOLUME 57 | SEPTEMBER - OCTOBER 2020

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

MORNING CHATS

Maria Murphy
Volunteer Coordinator
Area IV Agency on Aging

Are you missing your Coffee and Rolls on Thursday morning? Who wouldn't miss a roll with a touch of cinnamon and covered in sticky, sweet, buttery, delicious caramel? At the same time though, it's also almost impossible not to miss the discussion that paired so well with that coffee and roll. While virtual caramel rolls don't taste good, virtual chats can be a lot of fun (and you can bring your own coffee). Join us each Tuesday and Thursday morning from 9:00-10:00 a.m. on Zoom.



Morning Chats are (very) loosely organized to allow for conversations to shift with the current moods and interests. Often the Morning Chat starts with some good-morning chatter, moves to an interesting article, video, or question and shifts back to further conversation. Contribute to the conversation by viewing Rocky's Event Calendar at www.rmdc.net and clicking on the time and day you want to participate. Detailed instructions for joining the chat on Zoom are included in the Morning Chat description and questions can be directed to Maria Murphy (406) 459-3471. No Zoom account is necessary.

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VOICE OF EXPERIENCE

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PO Box 1717
Helena, MT 59624-1717





Phone: 406-447-1680

HELENA SENIOR CENTER MENU

SEPTEMBER 2020

For Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER FRESH FRUIT	2 BAKED HAM MACARONI & CHEESE MIXED VEGGIES GARDEN PEAS CINNAMON APPLESAUCE	3 SLOPPY JOES ON A BUN POTATO WEDGES BAKED BEANS COLESLAW SWEET PEACHES	4 FISH PATTY w/TARTAR SCALLOPED POTATOES HERBED CARROTS WHOLE GRAIN ROLL FRUIT CRISP
7 CLOSED 	8 SEASONED ROAST PORK WITH SOUTHWEST SAUCE OVER SPANISH RICE GREEN BEANS ROASTED CORN FRESH FRUIT	9 TURKEY NOODLE CASSEROLE MIXED VEGETABLES BRUSSELS SPROUTS PLUMP PEACHES	10 SWEDISH MEATBALLS EGG NOODLES WINTER SQUASH TOSSED GREEN SALAD w/GARBANZOS BLUSHING PEARS	11 BIRTHDAY DINNER SALMON LOIN WITH GARLIC PARMESAN CREAM SAUCE ROASTED POTATOES VEGGIE BLEND BAKED APPLES CAKE & ICE CREAM
14 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES MIXED VEGETABLES GREEN BEANS SWEET PEACHES	15 PEPPER STEAK ROASTED POTATOES CAULIFLOWER GREEN PEAS FRESH FRUIT	16 CHICKEN A LA KING BUTTERMILK BISCUITS COUNTRY BLEND VEGGIES FOUR BEAN SALAD APRICOT HALVES	17 MEATLOAF MASHED POTATOES w/GRAVY WHOLE GRAIN ROLL CARROT RAISIN SALAD MIXED FRUIT CUP	18 CHILI DOG ON A BUN SWEET CORN CARROT COINS GOLDEN PEARS
21 HONEY ALMOND CHICKEN WILD RICE GREEN BEANS GARDEN MIX VEGETABLES CRANBERRIES	22 HAMBURGER ON A BUN CARROT COINS BAKED BEANS FRESH FRUIT	23 PORK CHOPS-N-GRAVY MASHED POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL BAKED APPLES	24 TURKEY TETRAZZINI GREEN PEAS TOSSED GREENS w/BEANS WHOLE GRAIN BREAD BLUSHING PEARS	25 BEEF STROGANOFF BROWN RICE MIXED VEGETABLES PICKLED BEETS PINEAPPLE
28 LASAGNA CASSEROLE GARLIC BREAD CAULIFLOWER PICKLED BEETS SWEET PEACHES	29 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES JUICY PEARS FRESH FRUIT	30 TATER TOT CASSEROLE CARROT COINS BEAN MEDLEY FRUIT CUP		

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.

MEDICARE ENROLLMENT REMINDER

Saundra Lowry
 SHIP Counselor and Resource Specialist
 Area IV Agency on Aging

Summer is moving quickly and Fall will be here before we know it. We at the Area IV Agency on Aging would like to remind you about open enrollment for Medicare Part D and Advantage plans. Beginning October 15 through December 7, you will have the opportunity to compare your current plan to other plans for the new year. This is the time to make a change, discover if your existing plan will be fine to keep, and explore any price or formulary changes. Because we will not be open to the public, we will be doing all of our work by phone. We encourage you to call and make a phone appointment with us. You may call 406-447-1680 and asked to be transferred to one of the SHIP counselors. We will be glad to talk with you and arrange a meeting by phone.

HELENA SENIOR CENTER MENU

OCTOBER 2020

For Information Call 447-1680 Helena

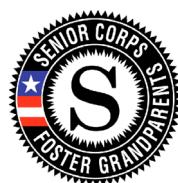


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 BAKED COD w/LEMON AIOLI AND WALNUT CRUNCH RICE PILAF ROASTED ZUCCHINI SQUASH COLESLAW APRICOTS	2 BISCUITS & SAUSAGE GRAVY POTATO WEDGES MIXED VEGGIES CINNAMON CRANBERRY APPLES
5 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS	6 CHICKEN POT PIE VEGETABLE BLEND LIMA BEANS FRESH FRUIT	7 ROAST TURKEY OVER SWEET MASHED POTATO w/ROSEMARY AND SAUTÉED RED ONIONS BUTTERED CARROTS CRANBERRY SAUCE WHOLE GRAIN ROLL	8 SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES GREEN SALAD w/GARBANZOS PLUMP PEACHES	9 BIRTHDAY DINNER CHICKEN FRIED STEAK w/MASHED POTATOES AND GRAVY GREEN BEANS WHOLE GRAIN ROLL PINEAPPLE CAKE & ICE CREAM
12 HAMBURGER STEW FRESH BISCUIT BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES	13 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL FRESH FRUIT	14 TACO SOUP TORTILLA CHIPS MIXED VEGETABLES PARSLEY CARROTS BLUSHING PEARS	15 FISH PATTY w/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER CARROT RAISIN SALAD	16 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE APRICOTS
19 BEEF TACO CASSEROLE REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN PINEAPPLE	20 HOMEMADE BEAN & BACON SOUP BUTTERMILK BISCUIT SAUTÉED GREENS CARROT COINS FRESH FRUIT	21 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES	22 VEAL PARMESAN OVER ROTINI NOODLES YELLOW & GREEN ZUCCHINI 4-BEANS & GREENS PLUMP PLUMS	23 CHICKEN w/HUNTER SAUCE WILD RICE GREEN BEANS PURPLE BEETS PEACHES & PEARS
26 SALMON PATTY ON A BUN MIXED VEGGIES SWEET POTATOES JUICY PEACHES	27 LAZY DAISY CABBAGE CASSEROLE GOLDEN CORN PINEAPPLE FRESH FRUIT	28 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL APRICOT HALVES	29 SALISBURY STEAK STEAMED BROWN RICE VEGETABLE MEDLEY COLESLAW MIXED FRUIT CUP	30 HAM & SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS BAKED APPLES

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 Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$7.00.

AN OPPORTUNITY TO VOLUNTEER

The greatest gift you can give a child is your time. Elementary schools and preschool centers welcome volunteers with open arms! Are you 55 years of age or older? Do you enjoy assisting children to succeed academically? If you answered yes to both of the above, then Rocky's Foster Grandparent Volunteer Program is right for you! Please contact 447-1680 or visit us online at www.rmhc.net to find out how to apply.



RSVP WELCOMES SAMARA LYNDE AS PROGRAM DIRECTOR

Diane Edgar
Executive Assistant

The Rocky Retired and Senior Volunteer Program (RSVP) welcomed Samara Lynde as Program Director this summer. She replaced former Director Melony Bruhn, who retired on June 30.

While new to RSVP, Samara has been part of the Rocky family for several years, as a Senior Center Leader in Townsend, the Rocky Receptionist at the Neighborhood Center, and most recently as the Senior Corps Program Coordinator. She said the commitment of the RSVP volunteers was part of what interested her in the position. "Their enthusiasm and my love for our community made me want to be a part of the program. I enjoy helping others and it is doubly fun when you have others around you that do, too!" she explained.

RSVP is a national network for people 55 and over to serve in a variety of volunteer activities in their community. Volunteers may choose where and how often they serve, though the program requests volunteers be willing to serve about 100 hours per year, which averages around 8 hours per month. Rocky's volunteers provide a wide range of services in the community, including assisting at the food bank, helping with blood pressure and health screenings, driving for Meals on Wheels, greeting at senior centers and hospitals, making phone calls to isolated seniors, helping at the Montana Talking Book Library, quilting, and assisting at special events. The various options are offered to potential volunteers and they can choose what fits their interests and schedule.

Samara hopes to see RSVP become a well-recognized service in the community. "I want to improve lives in our community as well as the lives of our volunteers," she said. She commented that the RSVP volunteers immediately impressed her: "Our volunteers are the greatest! Each group I have met with so far has an infectious joy in what they do. I was especially touched by the care the Meals on Wheels volunteers had for their clients." Samara notes that there is a huge need for Meals on Wheels drivers as requests for home delivered meals continue to increase in the community.

A fifth-generation Montanan and Great Falls native, Samara grew up loving travel and adventure but says there's no place she would rather be than Montana. In her time away from the office, Samara enjoys reading and is always ready to recommend a good book....as a former children's librarian, she may have some junior fiction titles to suggest.

Samara adds, "I am so happy to be here at Rocky in the RSVP program! It is a great place to work and serve!" She invites anyone interested in joining RSVP to contact her at slynde@rmdc.net or 406-457-7319. A volunteer application is also available on the Rocky website, www.rmdc.net.

TWO QUESTIONS

Jim Marks
Program Director
Area IV Agency on Aging

Seems like the things happening today are beyond the experiences of even the oldest among us. It isn't just the pandemic. It's also a perfect storm of social justice turmoil, hard economic times, and politics. There's a lot going on.

When I thought about what to write for the Voice of Experience, I felt our current world calls for more than just the run of the mill newsletter topics for senior citizens. For the sake of a deeper dive into what's going on, I have a couple of questions, the kind that have as many answers as there are stars in the sky.

1. When we put all the chaos behind us, how would we want others to judge how we behaved during these trying times?
2. Are we willing to try new things?

Here are my answers:

Safety is essential, but it is not just COVID-19 that threatens us. Social isolation for older persons sheltering in place is a very real and present danger. Somehow, we have to reach out to families and friends without breaching social distancing practices. Our attitudes shape what we do. If we can stay positive, the choices before us grow in number and in quality. After all, one person's threat is another's opportunity. These are the times for the better angels of our nature and our strength of character to emerge and fly.

Our ability to congregate in groups appears to be months away. In addition, medical experts suggest the worst of the pandemic may be yet to come. Of late, it feels like the drama is mostly behind us, but a numbness and melancholy seems to be creeping into our lives. Do not let the negativity win. We have to realize we should not waste time wishing for the good old days to return. In short, we must live the lives we want now by adapting to changing circumstances.

So how about learning how to use technology? Communicating with grandchildren over a smart phone, tablet, or computer will never be as good as getting hugs, but video conferencing brings us closer than life without the technology can. We also have to find interesting ways to spend our time. Try writing letters to the editor, calling an old friend, or reading that book or watching a movie you've been putting off. By making new choices in our thoughts and actions, our emotional and physical health improves. The small stuff matters, and one can find great joy and satisfaction in slight variations. Change is good, especially when we put our minds and bodies towards making change happen. Doing something new, anything new, can make all the difference.

If you have ideas on how Rocky's Area IV Agency on Aging can support you, please let us know. Professionals face the same challenges and choices mentioned above, and we need to hear from you in order to stay fresh and substantial. Please contact us at www.rmhc.net/areaiv.html or 800-551-3191. Be well, and do whatever you can to make your life and the lives of others better.

NATIONAL COLORING DAY

September 14 is National Coloring Day. Please enjoy this fall-themed design. If you haven't colored a drawing since you were a kid, you might be surprised by how relaxing and enjoyable it is!

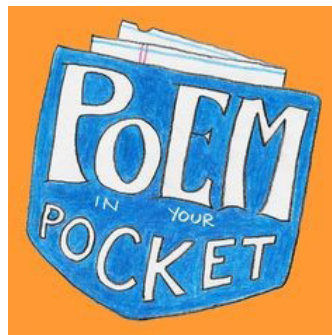


SEND US YOUR POEMS & STORIES

Please send us your poem, limerick, or story of what you have been doing during the COVID pandemic! For the next VOE, we will choose a couple to publish. I found this one on the internet:

Some people did their gardens up
While others just watched telly.
My COVID project was the best,
I grew a massive belly!

We can't wait to see what you send! You can email to kmarks@rmdc.net or mail to PO Box 1717, Helena, MT 59624.



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. Contact Kelley Moody at 406-457-7325.

Thoughtfully designed, affordable, and safe senior and disabled housing in Lewis & Clark, Jefferson and Broadwater counties.
*All phone numbers utilize TTY 711
Learn more at www.rmdc.net

<p>Affordable Rentals</p>	<p>EAGLE MANOR RESIDENCES 1-406-442-0610 Helena, Montana</p>
<p>PTARMIGAN RESIDENCES 1-406-461-9849 Helena, Montana</p>	<p>PHEASANT GLEN RESIDENCES 1-406-461-9849 Helena, Montana</p>
<p>RIVER ROCK RESIDENCES 1-406-461-9849 Helena, Montana</p>	<p>ROCKY MOUNTAIN FRONT PROPERTIES 1-406-438-7125 Augusta, Montana</p>
<p>BIG BOULDER RESIDENCES 1-406-438-5611 Boulder, Montana</p>	<p>TOWNSEND HOUSING 1-406-437-4411 Townsend, Montana</p>

WAYS TO COMBAT SOCIAL ISOLATION

Faith Franklin
Program Assistant
Senior Nutrition & Transportation

People generally are social by nature, and high-quality social relationships can help them live longer, healthier lives. Our connection to others enables us to survive and thrive. Yet, as we age, many of us are alone more often than when we were younger, leaving us vulnerable to social isolation and loneliness and related health problems such as cognitive decline, depression, and heart disease.

A new report from the National Academies of Sciences, Engineering, and Medicine (NASEM) points out that more than one-third of adults aged 45 and older feel lonely, and nearly one-fourth of adults aged 65 and older are considered to be socially isolated. Older adults are at increased risk for loneliness and social isolation because they are more likely to face factors such as living alone, the loss of family or friends, chronic illness, and hearing loss.

There are several ways to combat loneliness and social isolation:

1. Reach out to family and friends, even if it's just with a phone call or a video call. Even a quick text or seeing someone's face on a screen can improve your well-being and remind you that you're not alone. Make contact with someone a regular part of your day, like taking medicine or exercising.

2. Volunteering decreases loneliness. Volunteering gives seniors a sense of purpose, and it allows them to engage in personal interests. Volunteering can be an ideal opportunity for us to break out of isolation and restore

meaning in our lives. Simple activities like phone calls or delivering meals are enough to jump start the process and help people become connected again.

3. Exercise decreases stress, boosts your mood and increases your energy. If it is safe and permitted for you to walk outside, do so, just remember to maintain social distancing. Working on – or even starting – a garden or a landscaping project is also exercise and has many positive features, too. And if being outside is not feasible, find ways to exercise at home, even from the seat of your chair.

4. Find an activity that you enjoy or learn something new while maintaining social distancing. Learning something new like dancing, woodcarving or even cooking can help reduce risk of depression and improve self-esteem.

5. Consider adopting or fostering a pet. If you are physically and mentally able to, adopting a pet has been shown to decrease loneliness and relieve stress and anxiety.

But remember you're not alone. Take time to connect with friends and family by phone or online. A call or video can remind you that you're not alone.

Sources:

<https://www.cdc.gov/aging/publications/features/lonely-older-adults.html>

<https://www.nia.nih.gov/health/infographics/stay-connected-combat-loneliness-and-social-isolation>

<https://www.nia.nih.gov/health/participating-activities-you-enjoy>



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

Myrna Loy Theater Helena Senior Center SEPTEMBER - OCTOBER 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.



Who remembers Rocky's Jackson Street Center when it was a Buttreys Super Market?

Source: <http://www.helenahistory.org/>

COMMODITY FOOD FOR QUALIFYING SENIORS

COMMODITIES SCHEDULE

Townsend, MT

Monday, September 21
2:00 pm - 3:00 pm
Corner of Pine & E Streets

East Helena, MT

Monday, September 21
2:00 pm - 3:30 pm
50 Prickly Pear Ave.

Wolf Creek, MT

Tuesday, September 22
9:30 am - 10:30 am
Main road by Wolf Creek
School

Augusta, MT

Tuesday, September 22
12:30 pm - 1:30 pm
134 Main St.

Elliston, MT

Wednesday, September 23
9:30 am - 10:00 am
101 W. Front St.

Avon, MT

Wednesday, September 23
10:30 am - 11:00 am
102 Old Avon Rd.

Lincoln, MT

Wednesday, September 23
12:30 pm - 1:00 pm
801 Main St.

Whitehall, MT

Thursday, September 24
11:00 am - 12:00 pm
3 N. Division St.

Boulder, MT

Friday, September 25
9:30 am - 10:30 am
201 S. Main St.

White Sulphur Springs, MT

Monday, September 28
11:00 am - 12:00 pm
101 1st Ave. SE

Helena, MT @ Food Share

1616 Lewis St.
Wednesday, September 23
8:00 am - 10:30 am
Thursday, September 24
8:00 am - 10:30 am

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

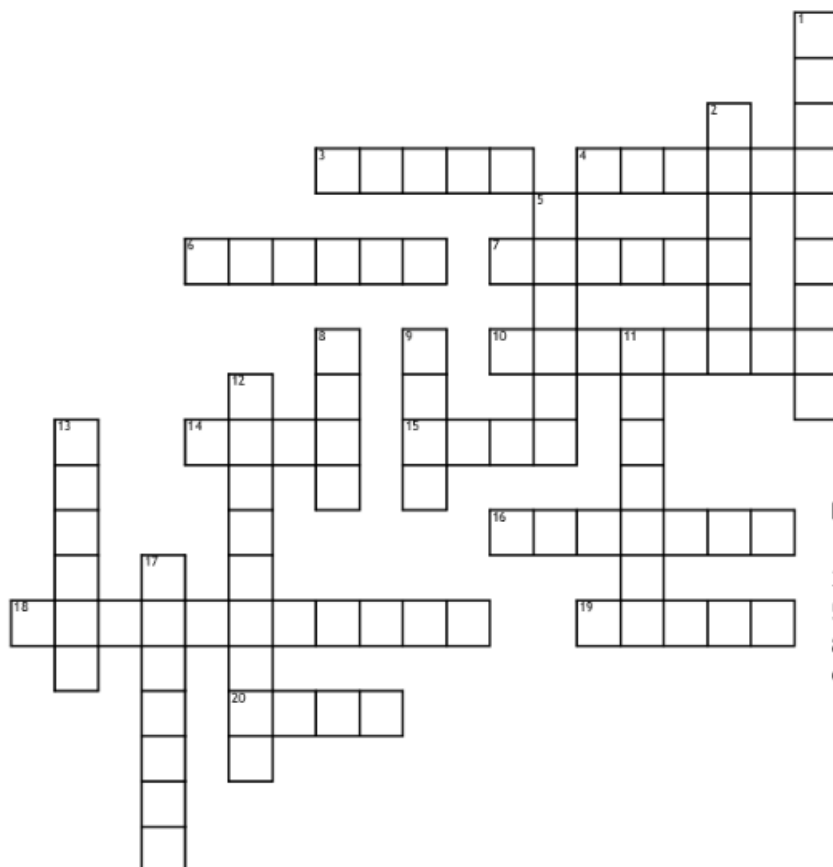
Lori Ladas, C.P.A.
Executive Director

I am a very social human. I thrive on getting together with my friends. The stay-at-home order was like a punch to the gut for someone like me. I quickly developed a routine where I enjoyed regular FaceTime dates with my friends. While I still missed the in-person contact, I found myself feeling uplifted after each of our connections. I have also reconnected with friends who live outside of Montana. I have friends who “gather” virtually to play cards. I attended a bridal shower and a wedding virtually!

I am bringing this up now because I believe that five months out from the stay-at-home order, we are all a bit weary of the pandemic and the associated isolation. I feel for all of you longing to return to being able to play card

games, line dance, quilt, and play bingo. We haven’t been able to serve lunch in the Dinner Club since March 13. If we can’t invite you back to the Neighborhood Center until Phase 3 of the Plan to Reopen The Big Sky, what else can we do stay connected? We feel spending time together and sharing experiences via technology is the answer in the meantime.

Over the course of the past five months, we slowly started to adapt our services to incorporate more tele-communication options. I urge you to check out our brand new Morning Chats that the Area IV Agency on Aging has recently launched. We are configuring ways to offer virtual activities like exercise classes. If you are struggling to wrap your mind around how to use any of the recommended technology, please reach out to us and we’ll see what we can do to help. We’ll get through this to gather in-person safely as soon as possible! Enjoy the transition to Fall, and stay safe!



Across

3. A small fragment of bread, cake or biscuit.
4. Volenteraly leave a job or office.
6. A bundle of fibrous tissue
7. They used mats to _____ the fall.
10. Affecting the muscles
14. Something that explodes
15. Gives directions
16. Another word for attack
18. He tendered his _____ effective immediately.
19. Opposite of credit
20. Opposite of hard

Down

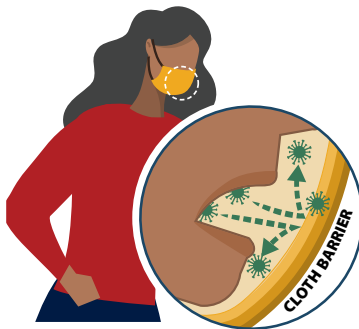
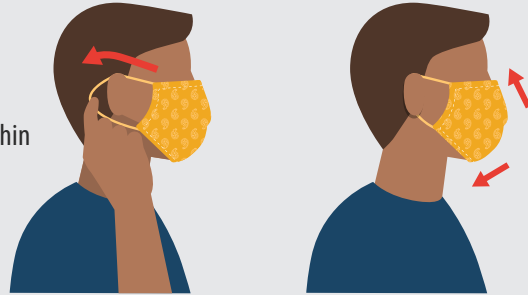
1. Authorisation mark
2. An electrical impulse or radio wave transmitted or recieved
5. An upright pillar, typically cylindrical.
8. Borrowed money
9. Opposite of slow
11. popular chocolate bar, 'Violet _____'?
12. A journalist contributing regularly to a newspaper or a magazine.
13. You must _____ your seatbelt
17. Action of writing one's signature

How to Safely Wear and Take Off a Cloth Face Covering

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

WEAR YOUR FACE COVERING CORRECTLY

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2



USE THE FACE COVERING TO HELP PROTECT OTHERS

- Wear cloth face coverings in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water



CS 316488A 07/06/2020

Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a cloth face covering, see:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



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PO BOX 1717
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