

# VOICE OF EXPERIENCE



MAY - JUNE 2024

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

## HAPPY RETIREMENT BILL!

Bill Péna has been the Senior Center Program Coordinator at Rocky since 2016. This June, Bill will be retiring from the position he has held for the last seven years—a role that brought him great joy. Bill’s tenure included two small breaks, one brought on by the COVID pandemic. Bill became familiar with Rocky through his daughter Ashley Péna-Larson, the current director of Rocky Head Start, who was working in the program at the time.

The work as a program coordinator was a natural fit for Bill, who had plenty of experience working with people in his roles as a youth minister, coach, and substitute teacher, along with his work as a camp counselor and director at Legendary Lodge on Salmon Lake. “In my work



*Bill Péna pictured above celebrating his birthday at the Senior Center*

at Legendary Lodge, I was working with grade school, high school, and college-aged kids, and because of the things I did at the camp, there was a connection with what I did here at Rocky. In a lot of ways, Rocky became the senior version of my camping experience at Legendary Lodge. You have to provide a safe, fun environment. You try and take care of the members and tend to the needs of the people who walk in the door.”

The rest of the training is earned on the job. “The Seniors train you very well around here

*(Bill Pena continued page 2)*

Table of Contents

Daily Dinner Club Menus  
Page 2-3

Senior Activities Schedule  
Page 4

Senior Spotlight:  
Joel Franjevic  
Page 4

Health Services  
Page 7

Commodities Schedule  
Page 9

Letter from Lori Ladas  
Page 10

Siblings and Aging  
Page 11

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PO Box 1717  
Helena, MT 59624-1717

HELENA SENIOR NUTRITION MENU - MAY 2024



LUNCH SERVED FROM 11:30-12:30

For more information call: (406) 447-1680

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</p> <p>SALAD BAR INCLUDED IN CONGREGATE MEALS</p>		<p>1 TATER TOT CASSEROLE CARROT COINS GREEN PEAS FRESH FRUIT</p>	<p>2 BAKED COD w/GARLIC TOMATOES &amp; POTATOES ZUCCHINI SQUASH COLESLAW WHOLE GRAIN ROLL APRICOTS</p>	<p>3 CREAMY SMOKED SAUSAGE OVER PASTA GREEN BEANS DICED BEETS CINNAMON CHERRY APPLES</p>
<p>6 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS</p>	<p>7 CHICKEN &amp; CORN PASTA w/BACON SAN FRANCISCO VEGGIES LIMA BEANS CRANBERRIES</p>	<p>8 SWEET &amp; SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES BABY CORN FRESH FRUIT</p>	<p>9 TURKEY &amp; CHEESE MARINARA OVER PENNE PASTA BRUSSELS SPROUTS GREEN SALAD w/GARBANZOS PLUMP PEACHES</p>	<p>10 MOTHER'S DAY/BIRTHDAY DINNER HAM &amp; SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS WATERMELON FETA SALAD BIRTHDAY CAKE</p>
<p>13 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES</p>	<p>14 BBQ PORK BONELESS RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL PINEAPPLE</p>	<p>15 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE FRESH FRUIT</p>	<p>16 FISH PATTY w/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER CARROT RAISIN SALAD</p>	<p>17 HAMBURGER GRAVY OVER MASHED POTATOES VEGETABLE MEDLEY PARSLEY CARROTS WHOLE GRAIN ROLL BLUSHING PEARS</p>
<p>20 BEEF TACO CASSEROLE w/REFRIED PINTO BEANS TORTILLA CHIPS &amp; SALSA MEXICAN CORN MANDARIN ORANGES</p>	<p>21 CREAMY COCONUT LIME CHICKEN OVER ROTINI NOODLES MEDITERRANEAN VEGETABLES CARROT COINS TROPICAL FRUIT</p>	<p>22 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES</p>	<p>23 HOMEMADE KIELBASA SOUP WHOLE WHEAT ROLL YELLOW &amp; GREEN ZUCCHINI COLESLAW FRESH FRUIT</p>	<p>24 CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS PEACHES &amp; PEARS</p>
<p>27 CLOSED</p>	<p>28 SALMON PATTY ON A BUN KEY LARGO VEGGIES SWEET POTATOES JUICY PEACHES</p>	<p>29 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL FRESH FRUIT</p>	<p>30 BISCUITS &amp; SAUSAGE GRAVY POTATO WEDGES 4-BEANS &amp; GREENS APPLESAUCE</p>	<p>31 SALISBURY STEAK SEASONED BROWN RICE SCANDINAVIAN VEGETABLES MANDARIN ORANGES</p>

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.

(Bill Péna continued from page 1)

by the way!”

While the members helped make sure Bill was trained on some of the details of being the program coordinator when he started, they also gave him a warm welcome. “Everyone was very welcoming to me when I started—all the different groups—whether it was the quilters, pinochle players, bingo players, they were great in that way.”

Bill also credits the ease of starting the job with the commonalities he shared with the members. “You know, I am close in age to a lot of the members here. It’s one of those things where I can empathize with what they are talking about—whether it is aches and pains or grandkids—there are just a lot of parallels we connect on.”

Bill will reminisce about the holiday parties, the monthly birthday lunches, and especially working with the Senior Advisory Council (SAC) to plan events, including the popular day trips the SAC plans for the senior members. “Working with the Senior Advisory Council has been a blessing. They always come up with fun ideas for day trips, and I tell them that I am here to help in any way possible to make the trips a reality. I always tried my best to include them in the process of planning the trips, as I took care of the small details. There are two trips that stand out to me. One is when we went to Have to see the underground city. The other that stands out to me is when we took a trip to see the church of Laurin, which is located between Sheridan and Alder. At that time my daughter and her husband ran a nursery there called High Country Nursery.

(Bill Péna continued on page 3)








# HELENA SENIOR NUTRITION MENU - JUNE 2024

LUNCH SERVED FROM 11:30-12:30

For Additional Information Call: (406) 447-1680

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</p> <p>SALAD BAR INCLUDED IN CONGREGATE MEALS</p>			
<p>3 BREAKFAST BOWL w/EGGS, ITALIAN SAUSAGE PEPPERS, ONIONS &amp; CHEDDAR CHEESE WITH A SPLASH OF COUNTRY GRAVY VEGETABLE MIX WHOLE GRAIN ROLL APRICOTS</p>	<p>4 CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES GARDEN PEAS CARROT COINS MANDARIN ORANGES</p>	<p>5 CHEESEBURGER ON A BUN BAKED BEANS PACIFIC VEGGIES FRESH FRUIT</p>	<p>6 SHEPHERD'S PIE CORN &amp; BEAN MEDLEY CAULIFLOWER WHOLE GRAIN ROLL FRUITED JELLO</p>	<p>7 TURKEY SALISBURY w/CRANBERRY ORANGE SAUCE OVER BROWN RICE GREEN BEANS DICED BEETS SWEET PEARS</p>
<p>10 LEMON PEPPER COD w/LEMON SAUCE ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT COCKTAIL</p>	<p>11 COWBOY BURGER STEAK CARROT COINS BAKED BEANS WHOLE GRAIN ROLL BAKED CRAN-APPLES</p>	<p>12 OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN PEAS FRESH FRUIT</p>	<p>13 CHICKEN A LA KING BUTTERMILK BISCUITS CREAMED SPINACH TOSSED SALAD SWEET PEACHES</p>	<p>14 <u>FATHER'S DAY/BIRTHDAY DINNER</u> CHICKEN FRIED STEAK MASHED POTATOES w/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL MANDARIN ORANGES BIRTHDAY CAKE</p>
<p>17 MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS CRANBERRIES</p>	<p>18 PORK &amp; VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE PINEAPPLE</p>	<p>19 CLOSED</p> 	<p>20 ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN CARROT RAISIN SALAD JUICY PEACHES</p>	<p>21 ORANGE CHICKEN WILD RICE BROCCOLI &amp; CAULIFLOWER THREE BEAN SALAD APRICOT HALVES</p>
<p>24 CREAMY HERB BAKED CHICKEN WILD RICE PILAF SWEET YAMS GREEN BEANS JUICY PEARS</p>	<p>25 FISH PATTY w/TARTAR SCALLOPED POTATOES HERBED CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES</p>	<p>26 BAKED HAM MACARONI &amp; CHEESE COUNTRY VEGETABLES GARDEN PEAS FRESH FRUIT</p>	<p>27 SLOPPY JOES ON A BUN BAKED BEANS COLESLAW SWEET PEACHES</p>	<p>28 WHITE CHICKEN CHILI WITH CHEESE MEXICAN CORN CAULIFLOWER CINNAMON APPLESAUCE</p>

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 This menu has been reviewed and approved by a Registered Dietitian, Cassandra Drynan, RDN Cassandra Drynan, RDN  
 Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$7.00.

*(Bill Péna continued from page 2)*

I arranged lunch with them so that all the seniors could have lunch at the nursery. On the way home, we stopped in Nevada City and Virginia City where we walked around at our leisure. The trip was a lot of fun.”

While the special occasions and trips are memorable, perhaps what Bill will miss most are the small things—the day-to-day interactions he enjoyed with members and co-workers. “Sometimes just the little things, like members welcoming new people to the center and overhearing new seniors talk about how welcoming of an environment we have - that is very special to me. The people I got to work with are the best! Mindy is an outstanding boss - we are always communicating and working together.”

What does Bill plan to do in retirement? “I feel like it’s time for me to be a full-time grandpa. I just want

to invest my energy into my grandkids and family. I don’t have quite the same endurance I used to, so that is what is pushing me to retire.”

What advice might Bill have for the future program coordinator? “I think you have to be very flexible, tolerant, and patient with people. Make the folks here your priority, and be a good listener while keeping a positive attitude!”

While we will all miss seeing Bill at his desk every morning, he plans to continue his work playing music for the Head Start children and other special occasions.

Thank you for such great work, Bill. We know you will do just as well in your next role as a full-time grandpa!



# SENIOR CENTER ACTIVITIES

## MONDAYS

10:30 am - 11:15 am - Jennie's Arthritis Exercise Class - Card Room

1:00 pm - 4:00 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

\*Pinochle Tournament every other month on Monday and Tuesday - May 6 & 7

1:00 pm - 3:00 pm - Bridge - Dance Floor

## WEDNESDAYS

9:00 am - Rocky Walkie Talkies - Meet at Spring Meadow Park \*Weather Permitting

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

10:30 - 11:00 am - Chi Gong - Card Room

11:00 am - 12:00 pm - Tech Time with Mary - Parlor

12:00 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

10:00 am - 11:00 am - Cribbage - Dance Floor

10:30 am - 11:15 am - Jennie's Arthritis Exercise Class - Card Room

## SUNDAYS

1:00 pm - Pinochle - Card Room

The parlor is open every weekday starting at 9 am. You are welcome to come in to relax, read magazines, play cards, work on puzzles, and enjoy time visiting! We are taking donations of books, magazines, and puzzles. A special thanks to everyone for the wonderful donations and sharing spirit! Thank you for making the Helena Senior Center a wonderful, safe, and healthy place for all!

# EMPLOYEE SPOTLIGHT: JOEL FRANJEVIC

*By Barbara Beeby  
Senior Nutrition  
Coordinator*



*Joel packing Senior Commodities*

Joel Franjevic is a native-born Montanan who was delivered on June 22, 1956, in Great Falls to his Yugoslavian and German parents, Jack and Polly. Joel had four siblings, two who were older, Pam and Jeff, and two who were younger, Jerry and Justin. Regrettably, three of his siblings have passed away within the past three years.

As a youngster, Joel attended Holy Family Catholic School for his elementary and middle school education and then went to Great Falls Central High. He attended MSU Bozeman where he earned a degree in business management. As a youth, he rode his bike everywhere with his friends, and he got hooked on fishing at a young age. Joel's father was a Professor of Art at the College of Great Falls, so they had free access to the gym. He and his siblings and friends lived in the gym, playing basketball.

Joel met his wife Sharon at a health club in Great Falls. Joel was working out on the stair climber when the most beautiful woman got on the one next to him, and they began talking. Ironically, they had a mutual acquaintance, so it gave them another motive to keep the conversation going. They married about a year later in 1998 and have a beautiful daughter they named Nicole Angela. She recently graduated from college at MSU Bozeman with a degree in Nutrition and works at the hospital there.

Joel's first real job was at Buttrey Foods. He worked in various positions at Buttrey Foods for 20 years, and when he moved to Helena, he worked as a grocery manager

*(Joel Franjevic continued on page 5)*

*(Joel Franjevic continued from page 4)*

at Vann's Thriftway in Helena for 19 years. Joel loves to travel with his wife Sharon through Montana, Idaho, and the southwest – Utah, Arizona, and Canada. He usually carries his fly rod with him – just in case.

Joel and his family made a trip to Maui one year, and as they were enjoying the beach and a dip in the ocean, several 20-dollar bills came floating to the shore. After they solved the mystery of the “pennies from heaven,” they realized that Joel had forgotten to take his wallet out of his pocket before taking his morning swim.

Joel has been volunteering and working at Rocky for the past seven years. He came in and applied for a part-time job with Meals on Wheels, but it was in Boulder, so Walt (who was the Manager at the time) talked Joel into applying for other jobs in Helena. Some of the many things Joel helps with at Rocky include packing commodities, delivering Meals on Wheels, helping in the kitchen, sealing meals, or assisting the cooks. He is always there when help is needed. Incidentally, Sharon also is a Rocky employee in the fiscal department.

Joel's favorite season of the year is fall, especially September and October. He feels that is the best time to be on the river. The weather is usually nice, and there are not as many people out there. He has developed his skills in fly fishing and has done some ice fishing from time to time on Holter Lake. He mostly does catch and release, but he did catch a beautiful Silver Salmon that weighed in at 10 pounds when he was in Alaska one year.

He always looks forward to floating the Smith River, and he has done at least 20 floats there over the years. A few years ago, his best friend called him and said he received a permit and invited Joel along. Oddly enough, the guys in his group weren't there, and the attendant told Joel that they left earlier, so he should just go catch up with them. So off Joel went. At the next camp, he

was told the guys were just ahead of him. So, he kept going and fishing in spots he might not get to with others in the group since he was the only one making decisions about where to stop. This trip was long, and he needed a place to sleep, but ironically there was nothing reserved anywhere along the way for his float team. He came upon a woman and her son who were from Missoula, and the young man was having a tough time catching any fish. Joel gave this young man a few pointers on fly fishing as the young man was casting his fly way out in the middle of the river. Joel gave him a couple of his flies, and he continued down the river. The Missoulians also moved down the river and made camp. The next day they saw Joel floating along and flagged him down. The young man was hoping to get a couple more of the flies as he had caught a couple of big fish but, in the process, he lost the flies Joel had given him. Joel gave him a few more flies, and the Missoulians offered Joel a place in their camp. They said he had a place to camp every night in return for all his help. When Joel got to the end of the float, he was looking for his ride back, and the camp manager told Joel that his ride was scheduled for the next day, not today. With that, Joel figured that the friend had given him the wrong date for the float. The next day Joel's friend and a few others started their float. Bummed that Joel wasn't with them – they created a big cardboard cutout of Joel with a nice fishing hat and perched it in the boat and proceeded on down the river. Joel said on his trip he was able to fish some great spots and catch some beautiful fish.

When not fishing, Joel likes all kinds of movies including good mysteries and documentaries. Also, he loves historic movies like Dr. Zhivago, Erin Brockovich, and It's a Wonderful Life. Joel and Sharon want to do some snow birding when they retire in a few years and live in a warmer climate for part of the winter. They love hiking in southern Utah and Arizona.

## MUSIC WITH BILL

Starring Head Start Children

Monday, May 6 & Monday, May 20, starting around 10:45 am on the Dance Floor.

All are invited to join or listen and sing with the children as Bill, Senior Center Coordinator, leads the children in fun songs. Come early for lunch and join the fun and energy of our Head Start children.



## RSVP EVENTS

Free Pressed Flower Workshop

Friday, May 24

12:30 pm - 2:30 pm

Neighborhood Center Card Room,  
200 S Cruse, Helena MT

Discover the art of pressing flowers  
and create a beautiful bookmark

All materials provided. Sign up at  
the front desk in the dining room,  
or call Samara at 406-457-7319.

Rocky Walkie Talkies walking  
group meets at Spring Meadow  
State Park on Wednesdays at 9:00  
am.

Join us for a fun walk—all abilities  
welcome!

Backroads of Montana: Memories and Stories



May 20, 2024

**\*This will be the last Backroad  
event until September!**



Time: 12:45 pm - 1:45 pm

Location: Card Room, Helena Senior Center

Free!

"Backroads of Montana: Memories and Stories" offers a delightful gathering. The shared stories and friendly conversations have been remarkable. Join us for this free event on Monday, May 20, starting at 12:45 pm. Everyone is welcome, and there's no charge to attend. Enjoy light refreshments as we unwind and watch an episode of PBS Backroads of Montana, followed by mingling and conversation. Save the date and join in the fun!

## Spring Fling: A Little Taste of French Cuisine



Date: Saturday, May 18, 2024

Location: Dining Room, Helena Senior Center

Time: 12:00 PM

Cost: \$25

Registration: Register with Bill Pena or Mindy Diehl. All registrations must be in no later than Friday, May 10, 2024.

Contact Bill, at [bpéna@rmdc.net](mailto:bpéna@rmdc.net), or by phone at 406-457-7372

Contact Mindy, at [mdiehl@rmdc.net](mailto:mdiehl@rmdc.net), or by phone at 406-457-7361

There will be a Silent Auction!

The event will be catered with tables preset.

Music: Provided by the wonderful and talented Rick Wine!

Menu:

Choice of Beef Bourguignon or Chicken Cordon Bleu  
Served with Gruyere Potatoes, Cubed Cucumber, and Apple, in a  
Dill Crème Fraiche Salad

Aperitif on each table: Selection of Fruits and Cheeses, and Black  
Olive Tapenade with Crusty Bread

Dessert preset on the tables: Strawberry Crepes

Beverage: Free Wine (alcohol free)



# FOOT CARE DONE RIGHT 2024

Mark Your Calendar!

Thursday, May 16 & June 20, 2024



Edith RN, BSN & CFCN (406-431-0006) looks forward to the care of your feet. She is willing to answer questions about the care and health of your feet. The clinic will be meeting upstairs in the Card Room until further notice. Please call to make an appointment.

## DID YOU KNOW?



Did you know that you do not have to be a member of the senior center to enjoy our wonderful and nutritious lunches? Did you also know that you can participate in any of our activities, too? We'd love to see you at the senior center!

## Birthday Meal Celebration



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

Friday, May 10 & June 14, 2024.

### MAY AND JUNE SENIOR PROGRAM CLOSURES

Rocky's Senior Programs (Senior Center, Meals on Wheels, Congregate Dining and Transportation) will be closed on the following days in May and June:

Monday, May 27 – Memorial Day

Wednesday, June 19 – Juneteenth

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

# BINGO

## BYTE

From Kathy Schmit

Here we are, halfway through 2024! We have had some exciting times in the last few months. When I started coming to Bingo 8 years ago, we had an average of 20 to 25 players. We are now averaging 40 to 45 players regularly. On April 10, 2024, we set a record (at least that I can remember)! We had 50 players! Yes, folks, you read that right. Speaking of players, we have a 100-year-old woman playing, whose daughter brings her regularly. Thanks to all for such great participation!

Bingo brings people together and offers benefits for older adults. It fosters social engagement and combats isolation. At Rocky, Bingo is a structured competition designed for older adults to interact and enjoy. It provides a weekly routine for reflection and memory recall while decreasing the risk of mental illness. Additionally, Bingo improves cognitive function, memory, and hand-eye coordination. Invite friends, enjoy playing, and maybe even 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.

Upcoming Special Dates:

May 8 - Wear a Kentucky Derby hat or something honoring moms.

June 12 - Wear a Father's Day tie or something honoring fathers.

July 3 - Wear red, white and blue! Be ready for a party with prizes, goodies, and punch.

*Senior Advisory Council*

*Summer of 2024*

*Day Trip*

*The Highwayman Show*



This summer the Senior Advisory Council will be going to the Music Ranch located south of Livingston, MT. Over the years the Council has sponsored several trips to the Music Ranch enjoying wonderful concerts in a beautiful setting. The team at the Music Ranch welcomes and always takes special care of us. They welcome us as we get off the bus which drives up to the entrance.

They provide us with a wonderful meal, and will even assist us to our seats, asking if there is anything they can do to make our experience special. Bathroom facilities are easily accessible, and we are protected from the weather if necessary. The setting is in the beautiful Paradise Valley south of Livingston.

This year we will be going to see The Highwayman Show. This will be a tribute to Johnny Cash, Willie Nelson, Waylon Jennings & Kris Kristofferson.

Event: The Highwayman Show

Location: Music Ranch, seating will be in section A

Date: Friday, August 23, 2024

Cost: \$85 per person (Includes meal, snacks, gratuity, tickets)

Transportation Provided by: Tucker Transportation (air conditioned, bathroom facility, and comfortable seating)

Register with Bill Pena or Mindy Diehl.

Contact Bill at [Bpena@rmdc.net](mailto:Bpena@rmdc.net), or by phone at 406-457-7372.

Contact Mindy at [mdiehl@rmdc.net](mailto:mdiehl@rmdc.net), or by phone at 406-457-7361

The bus will leave the Rocky parking lot at 3:30 pm on that Friday.

Plan to return to the Rocky parking lot around midnight. Please arrange for a ride home after.

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**SENIOR FARMERS MARKET  
NUTRITION PROGRAM**

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The Senior Farmers Market Nutrition Program in Montana operated through a partnership between the Montana Department of Public Health and Human Services and the Community Food and Agriculture Coalition, aims to support low-income seniors in accessing fresh, locally grown produce. Through grants awarded by the USDA, eligible

seniors receive \$48 in coupons to spend at local farms and farmers markets from June 1 to October 31. These coupons can be used to purchase a variety of Montana-grown fruits, vegetables, and raw honey. The program is distributed through more than 13 partner agencies, nearly 200 farmers, and 30 farmer's markets and farm stands across the state.

To qualify for the program, individuals must be 60 years or older and meet the income guidelines set by the USDA. Those interested can apply for the program by visiting the Helena Food Share at

*(Senior Farmers Market continued on page 10)*



## Rocky Pinochle Club Dates

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

### *Pinochle Tournament Dates:*

*Monday & Tuesday, May 6 & 7*

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

**Cribbage Club** - Come be a part of our new Cribbage Club. Fridays at 10 am on the Dance Floor!

## Rocky 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!



## COMMODITY FOOD FOR QUALIFYING SENIORS

### COMMODITIES SCHEDULE

Townsend, MT Monday, May 20 10:30 am - 11:30 am	Lincoln, MT Wednesday, May 22 12:30 pm - 1:00 pm
East Helena, MT Monday, May 20 2:00 pm - 3:00 pm	Whitehall, MT Thursday, May 23 11:00 am - 12:00 pm
Wolf Creek, MT Tuesday, May 21 10:00 am - 11:00 am	Boulder, MT Thursday, May 23 1:00 pm - 2:00 pm
Augusta, MT Tuesday, May 21 12:30 pm - 1:30 pm	White Sulphur Springs, MT Monday, June 3 Memorial Day 11:00 am - 12:00 pm
Elliston, MT Wednesday, May 22 10:00 am - 10:30 am	Helena, MT @ Food Share Wednesday, May 22 8:00 am - 11:00 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  
Executive Director

Dare we say that spring has sprung? I’ve sure been enjoying the recent warmer temperatures and especially the sunshine! It seems like a little sunshine gives everyone an energy boost and a reason to smile. If you enjoy a little outdoor time with friends, I’d encourage you to meet up with the Rocky Walkie Talkies this spring! The group gets together on Wednesday mornings for some gentle exercise and lively conversation. What a great start to the day!

April was National Volunteer Month, and I want to give a special thank you to all our amazing senior volunteers! We certainly could not provide the same positive impact in the community without those who volunteer their time and talents for our programs. We’re so glad you chose to be part of the Rocky family!

The Neighborhood Center gets a little quieter during May and June, as the Head Start school year winds down for summer break. We miss their happy voices on the playground through the summer months! Still, we love to see the excitement as a new group of kids wrap up their Head Start experience and get ready to make the transition to kindergarten in the fall. We celebrate with them and their families!

They say that April showers bring May flowers. I hope that’s true, and I hope you take a moment to stop and enjoy the beauty of those flowers and all that springtime in Montana has to offer. Soak in that sunshine!



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**DISTRICT 3 (HELENA AREA)**  
**CURRENT SCHEDULE FOR 2024**

<u>DATE (DAY)</u>	<u>LOCATION</u>	<u>ADDRESS</u>
<u>MAY 16 (Th)</u>	<u>First Interstate Bank</u>	<u>2728 COLONIAL DRIVE</u>
<u>JUN 18 (Tu)</u>	<u>First Interstate Bank</u>	<u>2728 COLONIAL DRIVE</u>
<u>AUG 13 (Tu)</u>	<u>First Interstate Bank</u>	<u>2728 COLONIAL DRIVE</u>
<u>SEP 30 (M)</u>	<u>First Interstate Bank</u>	<u>2728 COLONIAL DRIVE</u>
<u>NOV 15 (F)</u>	<u>First Interstate Bank</u>	<u>2728 COLONIAL DRIVE</u>

All classes 11:00 AM to about 3:30 PM

(Senior Farmers Market continued from page 8)

1616 Lewis Ave.

For further information about the program, individuals can visit the Community Food and Agriculture Coalition’s website at <https://cfacmontana.org>.

Join us at the Senior Center on Wednesday, May 29 at 11 AM to hear more about the Senior Farmers Market Nutrition Program!



**Community Food & Agriculture Coalition**

# SIBLINGS AND AGING

*By Jim Marks  
Program Director  
Rocky's Agency on Aging*

A recent study from the University of Missouri shows that our relationships with siblings have a huge effect on aging. If we enjoy positive connections with our brothers and sisters, we are better prepared for the challenges of aging. More than that, the study says strong sibling relationships are tied to less loneliness, less depression.

We talk a lot about family dynamics and aging. Many older adults do not have family members, so it's important to put sibling relationships in context. Those of us lucky enough to have brothers and sisters should take care of those relationships. Those of us who do not have siblings ought to reach out to trusted peers. The fact is, each of us is better able to deal with what comes our way if we have a network of family and friends.

It's not merely about personal experiences with growing older. When it comes time for families to consider long-term care for aging family members, healthy sibling relationships matter. After all, care giving is a critical component of aging. Sharing responsibilities empowers success and harmony.

We don't have to be best friends with our siblings. It's also true that we can rely on one another without being close. Conflict must be addressed. It's best to get disagreements and dysfunction out in the open so we can work on resolution. The study says those who have unresolved rivalries or conflict tend to have more emotional angst. Who needs that?

I happen to be the oldest of nine. My siblings and I mostly get along even though today's divisiveness makes us work harder at it. Some of us are conservative, some liberal, and some

chase conspiracy theories of the wildest kind when others fact check to a fault. It ain't easy, but finding common ground is worth it. For example, my siblings and I collaborated on the care of our aging parents. It was incredibly effective to enjoy decision-making with others from such similar backgrounds, but also those with such diversity. I wouldn't say everything was perfect, but with so many of us pitching in, we could see "perfect" from where we stood.

Take a moment to reach out to a sibling or a peer. Work at sustaining positivity in your relationships. Truth is, we need one another. It's nice when a research study affirms such values, isn't it?

## RETIRED FOR HIRE

Have you thought about finding some part-time work to stay active or to earn a little extra spending money? Job Service Helena will be hosting a "Retired for Hire" Job Fair in the Neighborhood Center Card Room on Wednesday, June 12, from 10:30 a.m. until 1:00 p.m. This is a great opportunity for seniors looking for part-time, flexible work opportunities to meet with several potential employers at once. Mark your calendar and stop by to see if the right opportunity is waiting for you!

## THE LAST CHANCE SQUARES

The Last Chance Squares, square dancing club will be providing a demonstration at the Helena Senior Center from 1-2 pm on Friday May 10, following the Vigilante Parade. Come watch, try a few "Do Si Do's" and if you like what you see, you can sign up for square dance lessons with the club at [www.lastchancesquares.com](http://www.lastchancesquares.com)



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F	G	R	O	W	I	N	G	H
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Find these words.



## ROCKY HISTORY

May of 2004 marked the completion of the first High School House, an affordable housing project that grew from a partnership between Rocky and School District #1!