

# Rocky Mountain Development Council, Inc.

# VOICE OF EXPERIENCE



VOLUME 46 | NOVEMBER - DECEMBER 2018

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

## Helena Senior Center Annual Membership Drive

Rocky has seen record numbers of seniors at Rocky's Helena Senior Center in 2018. You created new friendships, met with old friends, played games, did a little exercise, attended health-related sessions, went on day trips, participated in activities, and gathered around the dining room tables to enjoy wonderful meals and conversations. All of these are hallmarks of what happens here on a daily basis. Thank you for bringing life to Rocky and helping the number of seniors to grow.

Our early membership dues drive will run from November 1 through December 31. We will enter those who sign up in November and December of 2018, for the calendar year 2019, into a special drawing for a prize. Registration will continue through February, 2019. The annual registration dues will again be \$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. However, active paid membership does offer some additional benefits to you -- a free birthday lunch, in-town bus service, and the arrival of the Voice of Experience newspaper to your home.

Thank you for your continued support that allows the Rocky's Senior Center to provide activities and services for our primary focus - YOU!



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

## HELENA/EAST HELENA DDC MENU

NOVEMBER 2018-MEALS SERVED FROM 11:00 – 12:30

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Low fat milk served every day at congregate sites, and delivered 3 times a week to Home Delivered Meals (HDM) 	Congregate meals in Helena have a full salad bar unless otherwise stated.	1 SLOPPY JOES ON A BUN POTATO WEDGES BAKED BEANS SWEET PEACHES COLESLAW (HDM)	2 FISH PATTY W/TARTAR SCALLOPED POTATOES PEAS & CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES
5 HUNGARIAN GOULASH GREEN PEAS PICKLED BEETS APRICOTS	6 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRESH FRUIT (HDM)	7 CHICKEN NOODLE CASSEROLE MIXED VEGETABLES BROCCOLI SPEARS FRUIT CRISP	8 SWEDISH MEATBALLS BROWN RICE WINTER SQUASH BLUSHING PEARS TOSSED GREEN SALAD W/GARBANZOS (HDM)	9 <u>THANKSGIVING/BIRTHDAY DINNER</u> ROAST TURKEY BREAD STUFFING POTATOES & GRAVY BRUSSELS SPROUTS CRANBERRIES CAKE & ICE CREAM (NO SALAD BAR)
12 <u>VETERAN'S DAY</u> CLOSED 	13 PEPPER STEAK OVER SPIRAL NOODLES CAULIFLOWER MANDARIN ORANGES FRESH FRUIT (HDM)	14 CHICKEN A LA KING BUTTERMILK BISCUITS COUNTRY BLEND VEGGIES FOUR BEAN SALAD APRICOT HALVES	15 JODY'S MEATLOAF MASHED POTATOES W/GRAVY WHOLE GRAIN ROLL MIXED FRUIT CUP CARROT RAISIN SALAD (HDM)	16 CHILI DOG ON A BUN SWEET CORN CARROT COINS GOLDEN PEARS
19 BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES PICKLED BEETS PINEAPPLE	20 HAMBURGER ON A BUN GOLDEN CORN BAKED BEANS FRESH FRUIT (HDM)	21 PORK CHOPS-N-GRAVY MASHED POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL BAKED APPLES	22 <u>CLOSED THANKSGIVING</u> 	23 <u>CLOSED</u> 
26 BAKED COD W/TARTAR RICE PILAF STEAMED BROCCOLI ZUCCHINI SQUASH SWEET PEACHES	27 HAM & LENTIL SOUP WHOLE GRAIN ROLL CAULIFLOWER PICKLED BEETS FRESH FRUIT (HDM)	28 TATER TOT CASSEROLE CARROT COINS BEAN MEDLEY FRUIT CUP	29 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES JUICY PEARS COLESLAW (HDM)	30 CHICKEN ENCHILADAS MEXICAN RICE BLACK BEANS MIXED VEGGIES CINNAMON CHERRY APPLES

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. A VARIED SALAD BAR IS AVAILABLE DAILY AT THE DINNER CLUB UNLESS STATED OTHERWISE.

## Birthday Meal Celebrations

Everyone at the Helena Senior Center enjoys celebrating birthdays!

Each month we celebrate everyone's birthday for the month with a served meal. As a member of the Senior Center, you will receive a free meal on your birthday. It is our way of saying thank you for being

a member and a part of our community.

Our birthday meals are normally on the second Friday of each month unless otherwise noted. November 9 and December 14 will be the dates to mark on your calendars. We look forward to celebrating with everyone!

## Bingo!

Each Wednesday from 1:00 PM to 3:00 PM the dining room at the Helena Senior Center is filled with eager and fun-loving bingo players. For just \$2 you can buy three cards to play 11 games, including the blackout round. More importantly, it is a great time for people to gather with friends and socialize in a welcoming

atmosphere. Try your luck at being a winner by coming to the Helena Senior Center and join in on the fun! Everyone is invited to play!




# HELENA/EAST HELENA DDC MENU

DECEMBER 2018-MEALS SERVED FROM 11:00 – 12:30

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> MONTANA PASTY W/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS	<b>4</b> CHICKEN ALFREDO NOODLE CASSEROLE VEGETABLE BLEND LIMA BEANS  FRESH FRUIT (HDM)	<b>5</b> TURKEY HASH w/DICED POTATOES CARROT COINS FOUR BEAN SALAD PURPLE PLUMS	<b>6</b> SWEET & SOUR MEATBALLS (PINEAPPLE, PEPPERS) BROWN RICE ORIENTAL VEGETABLES PLUMP PEACHES  GREEN SALAD W/GARBANZOS (HDM)	<b>7</b> POLISH SAUSAGE ON A BUN SAUERKRAUT BABY RED POTATOES GREEN BEANS MANDARIN ORANGES
<b>10</b> SPAGHETTI w/MEAT SAUCE (tomatoes & mushrooms) GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN PINEAPPLE	<b>11</b> BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL  FRESH FRUIT (HDM)	<b>12</b> CHILI MAC-N-CHEESE PARSLEY CARROTS MIXED VEGETABLES BLUSHING PEARS	<b>13</b> FISH PATTY W/TARTAR ON A BUN CAULIFLOWER MIXED FRUIT  CARROT RAISIN SALAD (HDM)	<b>14</b> <u>CHRISTMAS/BIRTHDAY</u> DINNER HAM & SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS BAKED APPLES CAKE & ICE CREAM (NO SALAD BAR)
<b>17</b> BEEF & BEAN TACO CASSEROLE TORTILLA CHIPS MEXICAN CORN MANDARIN ORANGES	<b>18</b> HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT SAUTÉED GREENS CARROT COINS  FRESH FRUIT (HDM)	<b>19</b> HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES	<b>20</b> VEAL PARMESAN OVER ROTINI NOODLES YELLOW & GREEN ZUCCHINI PLUMP PLUMS  4-BEANS & GREENS (HDM)	<b>21</b> TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE SWEET PEACHES
<b>24</b> CLOSED 	<b>25</b> CLOSED 	<b>26</b> CLOSED 	<b>27</b> SALISBURY STEAK STEAMED BROWN RICE VEGETABLE MEDLEY MIXED FRUIT CUP  COLESLAW (HDM)	<b>28</b> CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS PEACHES & PEARS
<b>31</b> CLOSED 		Congregate meals in Helena have a full salad bar unless otherwise stated.		Low fat milk is served every day in the Daily Dinner Club (DDC) and delivered every Monday, Wednesday, and Friday to Home Delivered Meals (HDM)

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.

A VARIED SALAD BAR IS AVAILABLE DAILY AT THE DINNER CLUB UNLESS STATED OTHERWISE.

## Craft Case

Thank you to everyone who helped make our September Craft Case sale a success. We had many wonderful donations. A special thank you to Kris, Christy, Fran and Marilyn for sitting at the tables selling the various items and visiting with everyone. Recognition also goes to Kathy for organizing and helping to get things ready for the sale days before.

Until further notice, the Craft Case sale dates will be on the Fridays we host a birthday meal in the Senior

Center, which are November 9 and December 14. Please know that you can bring in your donations anytime and leave them in the Senior Center Parlor, although we ask please no large items like furniture and appliances. We also cannot accept clothing or bedding.

We are always so grateful for all donations! All money raised by the Craft Case sales go directly back to the Rocky Senior Center managed by the Senior Advisory Council. If you have any questions please contact Bill Pena, Senior Center Coordinator at 406-457-7318.

## Happy Thanksgiving from Rocky!

Rocky wishes everyone a very Happy Thanksgiving. Please know that the Senior Center will be closed for all services on November 22 and 23, 2018, Thanksgiving Day and the Friday following. We will be open again Monday, November 26, for all activities and meals.



# SENIOR CENTER ACTIVITIES November - December

## MONDAYS

- 9:00 am – Jennie’s Arthritis Exercise Class – Card Room
- 10:00 am – Self Directed Exercise Class – Card Room
- 12:30 pm – Whist – 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
- 1:00 pm - Wood Carving – Dance Floor
- 1:00 pm - Helena Sketchers - Dance Floor

## FRIDAYS

- 9:45 am – Jennie’s Arthritis Exercise Class
- 10:45 am – Tai Chi Exercise Class
- 12:30 pm - Fidget Quilt Class -
- \*Sew & Tell is now part of this class.

## SUNDAYS

- 1:00 pm – Pinochle – Card Room

Please check bulletin boards or check with Bill Pena for any possible changes of location, cancellations or additions of activities.

## Where Did the Buttons Go?

At the beginning of World War II, many items were needed for the War effort. Rubber was one very important item needed among many other things. Because of the great need for rubber, underpants for boys and girls could no longer have elastic at the waistbands or legs. The girls had a placket with one button on the left side of the waist, boys had 3 buttons on the front of the placket. Other than that they both looked alike.

My mother never threw anything away. At the time, I was a senior in high school and still had those awful so called “undies.” It was now three weeks before graduation when I was in the lunch room, in line for some dessert and milk. During these times girls could only wear dresses or skirts, no slacks! Suddenly while I was in line, the button on my underpants popped off and the underpants dropped to the floor! Now, if I was smart,

I would have stepped out of them discreetly and quietly kicked them under the counter. But “OH NO” .... I turned around, put my tray on top of the boys’ tray, who was standing behind me. (Incidentally the boy behind me was the Captain of the football team.) Then I bent over, pulled them up and ran out of the room which was full of seniors! Wrong! All the students were there and the teacher in front (trying not to laugh) eventually put on my desk the largest safety pin I had ever seen.

Later, at graduation, the football team gave me a nice wrapped gift before we went out to our seats. They gave me 7 pair of nice new undies embroidered Sunday, Monday, Tuesday, etc!! I never did tell my parents about this incident, but years later I found out my parents actually had been told. I should have known, some of those boys played baseball on the team my dad coached when they were young men and they, of course, had fun telling him.

- Written by Pat Allen

RSVP Volunteer, Don Cullen, retired after 28 years of volunteer service. Friends gathered at the Silver Star Restaurant to honor him (left to right: Melony Bruhn, Burton Federman, Carol Bridge and Don



## Mark Your Calendars

### ROCKY CLOSED DATES

The Helena Senior Center will be closed and will not be serving meals or providing bus services on the following dates:

November 12 (Veteran's Day)

November 22 & 23 (Thanksgiving)

December 24 & 25 (Christmas Eve & Christmas)

December 26

December 31 (New Year's Eve)

January 1 (New Year's Day)

### DAYLIGHT SAVINGS

Remember to reset your clocks back on Sunday, November 4, 2018.

### HEARTS & FLOWERS DINNER

The date for the annual Hearts & Flowers Dinner hosted at the Helena Senior Center has been set for February 10, 2019. More information to come.

## Chicken Mug Pie

### INGREDIENTS

- 1 tube jumbo butter biscuits
- Sweet paprika, for sprinkling
- 1 1/2 pounds chicken breast pieces, diced
- 3 tablespoons butter
- 2 ribs celery, chopped
- 1 medium yellow onion, chopped
- 1 large carrot, diced
- Salt and pepper
- 2 teaspoons poultry seasoning
- 3 tablespoons all-purpose flour
- 1 cup shredded potatoes
- 1 pint half-and-half
- 1 quart chicken stock
- 1/4 teaspoon grated nutmeg
- 1 cup frozen green peas

### INSTRUCTIONS

1. Preheat oven according to package directions and arrange biscuits on cookie sheet. You will have 4 extra biscuits. Save them

for ham and cheese or egg and cheese breakfast sandwiches the next morning. Sprinkle biscuits with a little paprika and bake for 10 to 12 minutes.

2. In a medium pot over medium to medium high heat, cook chicken in butter 2 minutes, then add veggies and season with salt and pepper and poultry seasoning. Cook 5 minutes more, add flour, cook another minute. Add potatoes, then whisk in half-and-half or cream and chicken stock. Add nutmeg. Bring soup to a boil by raising heat, then turn heat back to simmer and cook soup another 10 minutes. Adjust seasonings. Add peas. Stir in to warm them through a minute.

3. Serve mugs of soup with biscuits on top to cap the mug: chicken mug pies!

## Photo Gallery





## Winter Coat Donations

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As the winter starts to settle in, there is always a need for warm, winter coats. Over the past years, many people have donated coats to the Center for others to have and use. The care, concern and willingness of people to share unconditionally has been a blessing for many. This year, there will be a section of the coat rack adjacent to the dance floor marked "Donated Coats." These are coats donated for anyone who may need to take one. Please do not hang your coats in this section if you are just visiting or eating.

We also remind everyone

to make sure the coat you take off the rack is yours. Many times coats may look alike so please make sure you take your own coat. A special thank you to everyone who donates coats for others to have and use. This kind of care and thoughtfulness is just one of many reasons the Helena Senior Center is an awesome place.



## Meatball & Lutefisk Dinner by the Sons of Norway

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On Sunday, November 11, the Sons of Norway/Hovedstad will be hosting their annual meatball and lutefisk dinner at 11:00 AM at the Helena Senior Center, located at 200 S. Cruse Avenue in Helena, MT. The menu includes meatballs, gravy, lutefisk, coleslaw, lefse, riskrem, and cookies. The cost to attend this

wonderful meal will be \$12.00 for adults and \$6.00 for children ten and under. Lefse and lutefisk will also be for sale at this gathering. We hope to see you there!



## Cinnamon Roll Thursdays

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Thursdays are Cinnamon Roll Day at the Helena Senior Center! The cinnamon rolls are prepared fresh by our kitchen staff every Thursday morning for \$2 and are available from about 8:00 AM to 10:30 AM (or until they are gone). Come on in and enjoy wonderful company and have a delicious roll and cup of coffee.



## Late Meals on Wheels Delivery?

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Winter weather, poor road conditions, additions of new clients, and other unforeseen factors may cause delays for our Meals on Wheels delivery drivers, so please be patient with the time that your meal may arrive. If it is more than an hour late, please call Marcy at 406-457-7378, and we will check on the status of your meal(s). If it less than an hour late this time of year, please hold off on calling. Thank you for your patience and understanding.

## Veteran's Day 2018

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The Board of Directors and employees at Rocky Mountain Development Council, Inc. extend a thank you to all our seniors who have served in our Armed Forces.

On Monday, November 12, 2018, Rocky will be closed to all services in recognition of Veteran's Day. Tuesday, November 13, we will honor and recognize our Veterans during our regular meal.

On Veteran's Day, you are also invited to join our Senior Corps Program at the East Helena Veteran's Day Parade at 11:00 AM starting at 117 West Main Street in front of the VFW. It's going to be a fun and memorable parade.

## What You Should Know and Do this Flu Season as an Older Adult

Older people are at a greater risk of serious complications from the flu compared with young, healthy adults because the human immune defenses become weaker with age. While flu seasons can vary in severity, during most seasons, people 65 years and older bear the greatest burden of severe flu disease. Employees and your friends at Rocky want to make sure that each of you are aware of the risks, and we encourage you to take preventive action. Your health is important! This season:

1. Get your flu shot. The best way to prevent the flu is with a flu shot. Vaccination is especially important for people 65 years and older because they are at higher risk for complications from the flu. The vaccine is updated each season to better match circulating viruses.
2. Practice good health habits.

Covering coughs, washing hands often, and avoiding sick people 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.

We always welcome and enjoy seeing everyone at the Senior Center, but ask that if you are not feeling well – especially if you are showing flu-like symptoms – to call your doctor and stay home where you can take care and relax within the comfort of your home. This will help prevent the flu from being transferred. Please remember that if you need to have meals delivered you can call Rocky at 406-447-1680 to request meal delivery.

## Health Services Offered at the Helena Senior Center

### FOOT CARE DONE RIGHT

November 5, 6, 13, 14  
December 3, 4, 10, 11

Please call Edith or Glorian at 406-431-0006 who are willing and able to answer questions about the care and health of your feet. Please call them to make an appointment.

### BLOOD PRESSURE CHECK

Seniors are invited to have their blood pressure taken each Thursday (except Thursdays when the Center is closed) at the Senior Center in the back of the Daily Dinner Club from 9:30 to 11:00 am. Everyone is welcome!

## Senior Corps Programs

Are you 55+ with spare time on your hands? Does meeting someone you wouldn't meet otherwise sound intriguing to you? Consider becoming a Senior Companion! Volunteers in the Senior Companion Program assist their adult clients in basic but essential ways. You get to choose how to spend your time. You can volunteer as little as 15 hours a week, all the way up to 40 hours a week. Best yet, you receive a tax

-free stipend, mileage reimbursement, annual physical, annual/holiday leave, and more! Call Kelley at 406-447-1680 for more information about how you can become a Senior Companion.

Would you rather work with kids than older adults? Consider becoming a Foster Grandparent! With the same benefits as becoming a Senior Companion, you get the opportunity to work with kids in a variety of settings, like schools and childcare facilities. If you think this would be a better fit for you, call Mindy at 406-447-1680 to learn about how you can become a Foster Grandparent!



RSVP Volunteers who serve at the Montana Talking Book Library were recognized for their service at a volunteer recognition event October 11.

## Rocky Card Games & Clubs

### PINOCHLE CLUB

The tournament dates for 2018 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 pm.

Tournament Dates:

November 5 & 6

### BRIDGE CLUB

Join Bridge Club members every Tuesday at the Helena Senior Center from 1:00 to 3:00 pm. 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 pm) and Cribbage (usually in the Parlor anytime you can find a partner).

## Area IV Agency on Aging Updates

### NEW MEDICARE CARDS

The Centers for Medicare and Medicaid Services (CMS) started mailing new Medicare cards to people with Medicare who live in Wave 6, which includes Arizona, Colorado, Idaho, Montana, Nevada, New Mexico, Texas, Utah, Washington, and Wyoming. This will continue through mid-October.

People on Medicare can access information regarding their new Medicare card by visiting [www.medicare.gov/newcard](http://www.medicare.gov/newcard). It is important to know you do not have to do anything to receive your new Medicare card. There is no charge for new cards and

Medicare will never ask you to give out your new Medicare number and card.

Once you get your new card, destroy your old card and start using your new one right away. Though Medicare is removing your Social Security Number (SSN) from Medicare cards, people will continue to try and steal your new Medicare number as they did with your SSN. Always read your Medicare Summary Notice to make sure no one is billing for services in your name.

If you receive a suspicious call with someone asking for your personal information, like your Medicare number, hang up and call your Local Senior Medicare Patrol (SMP) at 1-800-551-3191.



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

## Myrna Loy Theater Helena Senior Center NOVEMBER - DECEMBER 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.



## Your Giving Counts

All the wonderful and generous donations that come into the Helena Senior Center enable so many things to happen here. First, we would like to thank everyone for the donated puzzles. It is always a joy to see people come together to visit and collaborate in order to bring these puzzles to fruition. A special thanks to Kathy for organizing and helping to distribute the puzzles already finished to other places and organizations.

Second, thank you to everyone who has donated or donates their books to our library. Our library may not be large, but numerous people

come every day and look through the shelves and find a new book to take home and read without a time limit.

Third, thank you for donating magazines. They also offer our members a number of reading materials to choose from addressing many topics of interest.

Finally, thank you for the donations given to the Craft Case to help raise money, under the direction of the Senior Advisory Council, for activities around the Center. These donations enable many of the events, activities and sessions that take place at the Helena Senior Center all because of the time, energy, dedication, commitment and care given generously by you. The Helena

Senior Center would be little more than a name and building without people like you who care and give unconditionally.



## Commodity Food for Qualifying Seniors

### Commodities Schedule

Townsend, MT  
Monday, Nov. 5  
10:30 am - 12:00 pm

East Helena, MT  
Monday, Nov. 5  
2:00 pm - 3:30 pm

Wolf Creek, MT  
Tuesday, Nov. 6  
9:30 am - 10:30 am

Augusta, MT  
Tuesday, Nov. 6  
12:30 pm - 1:30 pm

Lincoln, MT  
Wednesday, Nov. 7  
12:30 pm - 1:30 pm

Whitehall, MT  
Thursday, Nov. 8  
11:00 am - 12:00 pm

Boulder, MT  
Friday, Nov. 9  
9:30 am - 10:30 am

White Sulphur Springs, MT  
Tuesday, Nov. 13  
11:00 am - 12:00 pm

Elliston, MT  
Wednesday, Nov. 14  
9:30 am - 10:00 am

Avon, MT  
Wednesday, Nov. 14  
10:30 am - 11:00 am

Helena, MT @ Food Share  
Wednesday, Nov. 7  
8:00 am - 10:30 am  
Thursday, Nov. 8  
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, beans, and peanut butter.

Rocky will have supplemental foods available for Helena-area senior citizens at the Helena Food Share, 1616 Lewis, 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 years and older 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

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Fall is here and winter is not far behind. I hope you are enjoying the changing leaves and crisp mountain air as much as I am. As we all know, what comes with winter is ice and snow. Please be careful as you maneuver the parking lot at the Neighborhood Center these coming months, both driving and walking. Often times after a snowfall, it's hard to tell where the parking lines in the parking lot are. The best rule of thumb I can think of is to park to the right of the car next to you. If you think there's too much space between the car next to you and your vehicle, odds are there probably is. I also want to remind everyone that Rocky has a free bus service to Helena Senior Center members who live within the

Helena city limits. I encourage you to use it to avoid the hassle of winter driving.

Here's my plug to get out there and vote on Tuesday, November 6! It is our fundamental right as Americans to vote and presents the opportunity to influence our government.

Our Low Income Energy Assistance program, also known as LIEAP, kicked off another season starting October 1. If you're struggling to get by in the winter months when it comes to your heating bills, give our LIEAP office a call to learn about ways you can save money each month, or to see if you're eligible for assistance through the program. The staff members over at our Jackson Street office work really hard to get families and individuals the help they need in these cold, winter months.

Also over at our Jackson Street location is our Area IV Agency on Aging program. October 15 kicked off

Medicare Open Enrollment and the staff over there are happy to provide a free one-on-one counseling service for those wishing to learn more about their Medicare coverage and plans. I really encourage you to reach out to them in the next couple of weeks so they can advise the best ways you can save money with your Medicare plans. Oh yeah, did I mention it's free?

Lastly, I wish you all a wonderful Thanksgiving and holiday season. We are so grateful for your constant support at Rocky. It's people like you that make me want to come to work everyday.



Lori Ladas, C.P.A.  
Executive Director

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## AARP Smart Driver Course

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

\*\* Classes are from 12:00PM to 4:30PM unless noted otherwise.

Class Dates:

Friday, November 16  
First Interstate Bank

2021 N. Montana Ave.  
Helena, MT

Tuesday, December 11  
First Interstate Bank  
2728 Colonial Dr.  
Helena, MT

Please call 406-439-7675 or email [cspeil@msn.com](mailto:cspeil@msn.com) to reserve your spot.

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## Wood Carvers Holiday Ornament Showcase & Sale

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On Thursday, December 6, from 9:00 am-2:00 pm there will be a special showing and sale of the projects created by our Rocky Woodcarvers. The woodcarvers meet every Thursday from 1:00 to 3:00 pm working on any number of projects. Over the years, the group has generously donated many of their works. Proceeds from the

sale goes to the Rocky Senior Center. Drop by to see the wonderful work they do. Additional carvings will also be on display.



## Winter and Senior Safety

The beautiful Autumn days are a good time to prepare and remind ourselves that we older adults run a higher risk of injuries related to the weather – things like hypothermia, frostbite, and falls on ice and snow. Like most things in life, it is better to be cautious and safe. Please make time to prepare and take some proactive precautions.

Rocky Mountain Development Council, Inc. takes every precaution possible with regard to onsite safety, including plowing the parking lot and sidewalks, adding ice melt and sand where needed, and constant vigilance as weather changes occur. Please think about purchasing snow cleats and/or wearing appropriate winter footwear.

And, please be careful as you park your vehicles. Step out carefully and use the duck walk, a slow, safe way to move across icy surfaces. Please ask for assistance if you need it.

Remember that Rocky offers bus service from your front door to the Senior Center if you reside within the city limits. Utilize this service. Some days it is best to just leave your car in the garage and let the Rocky employees bring you to and from the Center. Be safe!



### WINTER LESSONS: HOW TO WALK ON ICE



Winter tip: Yaktrax, or a product similar, are wonderful strap on or slip on ice traction devices that fit over the heel of your boots or shoes. When you're walking on snow or ice, the spikes grip the ground to make you feel more confident and lessen the chances of falling.



### PASS IT ON!

#### MEDICARE OPEN ENROLLMENT October 15 - December 17, 2018

Take advantage of your chance to change your Medicare drug plans for 2018 to 2019. Drug costs and plan premiums can change without you noticing.

Contact Area IV Agency on Aging to see if less expensive options are available.

**1-800-551-3191**



## Helena Sketchers: A New Group at the Center

In October, the Helena Sketchers started getting together on the first and third Thursdays of the month sharing the Dance Floor/ Dining Room area with our

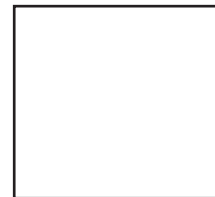
Wood Carvers.

Eve is heading up the class and is inviting anyone who would like to learn to try their skills at sketching. The class is meant to encourage enthusiasm for drawing and enjoy the time together. We welcome the "sketchers" and invite anyone interested to join the group. There is no cost.





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



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## Rocky's Legacy Society

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Did you know that, if you make a planned gift, you would have the satisfaction of giving a legacy of philanthropic support to Rocky Mountain Development Council, Inc.? A planned gift to Rocky will ensure the future health of our organization, and can provide tax savings, too, because it would allow part of your estate to avoid the probate process.

Rocky's Legacy Society honors those who have chosen to include Rocky in their estate plans. By joining the Legacy Society at Rocky, your gift

will ensure that more people do not go hungry, children and families can receive help with energy assistance, children can receive excellent preschool and childcare, and Head Start students and families develop skills.

If you would like to talk about planned giving or receive more information, please call 406-457-7323 and speak with Kathy Marks.



Kathy Marks  
Operations  
Director  
Room 208C  
Neighborhood  
Center

***“We make a living by what we get, but we make a life by what we give.”***

***- Winston Churchill***