

# Rocky Mountain Development Council, Inc.

# VOICE OF EXPERIENCE



VOLUME 58 | NOVEMBER - DECEMBER 2020

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

## SENIOR MEMBERSHIP DRIVE

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 2020, for the calendar year of 2021, into a special drawing for a prize. The annual registration will continue through February, 2021. The annual registration dues will again be \$15.00 regardless of when you renew in the calendar year.

Your yearly dues are used to cover the cost of printing and sending out the Voice of Experience (VOE). During this time of COVID-19, it is extremely important for Rocky to continue communicating with you. The VOE is one way we are able to keep in touch with you. Thank you for your continued support of Rocky during these trying times. We look forward to the day we can all be back together to provide in-house activities and services to YOU – our primary focus!

While we have been waiting for all of you to come back to the Helena Senior Center, we've been updating and making our surroundings safer and more efficient.

When you walk in the door by the Senior Center, the first thing you will notice is the new reception area. We're waiting on a window similar to those a doctor's office has, but reception will be right in front – easy to find!

We hope you will like the new Rocky!



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

200 South Cruse Avenue  
Helena, MT 59601

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

## HELENA SENIOR NUTRITION MENU

## NOVEMBER 2020

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS MANDARIN ORANGES	<b>3</b> <u>ELECTION DAY</u> CHEESEBURGER ON A BUN BAKED BEANS PACIFIC VEGGIES FRESH FRUIT	<b>4</b> TUSCAN CHICKEN BUTTERED NOODLES GARDEN PEAS CARROT COINS CRANBERRIES	<b>5</b> HAMBURGER & SPANISH RICE JUMBLE CORN & BEAN MEDLEY CAULIFLOWER FRUITED JELLO	<b>6</b> SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES MIXED VEGETABLES APRICOTS
<b>9</b> LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT CUP	<b>10</b> CALICO BEANS CARROT COINS PICKLED BEETS WHOLE GRAIN ROLL FRESH FRUIT	<b>11</b> <u>CLOSED - VETERAN'S DAY</u> 	<b>12</b> ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN CARROT RAISIN SALAD JUICY PEACHES	<b>13</b> <u>BIRTHDAY DINNER</u> ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD PINEAPPLE BIRTHDAY CAKE
<b>16</b> MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES	<b>17</b> PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE FRESH FRUIT	<b>18</b> PARMESAN CHICKEN BREAST BUTTERED ROTINI CREAMED SPINACH CARROT COINS PINEAPPLE	<b>19</b> POTATO, VEGGIE & CHEESE EGG BAKE TOSSED GREEN SALAD w/BEANS WHOLE GRAIN ROLL SWEET PEACHES	<b>20</b> BREADED VEAL MASHED POTATOES w/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL CRANBERRIES
<b>23</b> OVEN BAKED CHICKEN WILD RICE PILAF SWEET YAMS GREEN BEANS JUICY PEARS	<b>24</b> CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER FRESH FRUIT	<b>25</b> ROAST TURKEY & DRESSING MASHED POTATOES w/GRAVY MIXED VEGGIES CRANBERRY SAUCE PUMPKIN COBBLER	<b>26</b> <u>CLOSED</u> 	<b>27</b> <u>CLOSED</u> 
<b>30</b> HUNGARIAN GOULASH GREEN PEAS PICKLED BEETS APRICOTS			Low fat milk is delivered daily with Home Delivered Meals	

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS  
 USDA prohibits discrimination in the administration of this program. To file a complaint, write to Secretary of Agriculture, Washington D.C. 20250.  
 This menu has been reviewed and approved by a Registered Dietitian, Cassandra Drynan, RDN Cassandra Drynan, RDN.  
 Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$7.00.

## GET YOUR FLU SHOT

Influenza vaccines are a safe and effective way to help people stay healthy, prevent illness and even save lives. As people age, they may be at higher risk of complications from influenza. For this reason, seniors age 65 and older are advised to get an inactivated influenza vaccine or flu shot each year. (www.cdc.gov)

As the flu season approaches in the United States, health experts are warning that the addition of another respiratory illness on top of the ongoing COVID-19 pandemic could overburden the health care system, strain testing capacity, and increase the risk of catching both diseases at once. (www.ucsf.edu)

# HELENA SENIOR NUTRITION MENU - DECEMBER 2020

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRESH FRUIT	2 TURKEY NOODLE CASSEROLE MIXED VEGETABLES BRUSSELS SPROUTS FRUIT CRISP	3 SWEDISH MEATBALLS BROWN RICE WINTER SQUASH TOSSED GREEN SALAD w/GARBANZOS BLUSHING PEARS	4 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES VEGGIE BLEND BAKED APPLES
7 SALMON PATTY WILD RICE MIXED VEGETABLES GREEN BEANS SWEET PEACHES	8 PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN ROLL FRESH FRUIT	9 CHICKEN A LA KING BUTTERMILK BISCUITS COUNTRY BLEND VEGGIES FOUR BEAN SALAD APRICOT HALVES	10 MEATLOAF MASHED POTATOES w/GRAVY WHOLE GRAIN ROLL CARROT RAISIN SALAD MIXED FRUIT CUP	11 <u>BIRTHDAY DINNER</u> ROASTED PORK w/ONION GRAVY SWEET CORN CARROT COINS GOLDEN PEARS BIRTHDAY CAKE
14 LEMON PEPPER CHICKEN WILD RICE GREEN BEANS GARDEN MIX VEGETABLES CRANBERRIES	15 HAMBURGER ON A BUN CARROT COINS BAKED BEANS FRESH FRUIT	16 PORK CHOPS-N-GRAVY MASHED POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL BAKED APPLES	17 TURKEY HASH OVER POTATOES SWEET PEAS TOSSED GREENS w/BEANS WHOLE GRAIN BREAD BLUSHING PEARS	18 BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES PICKLED BEETS PINEAPPLE
21 MOCK CHOP SUEY BROWN RICE CAULIFLOWER PICKLED BEETS SWEET PEACHES	22 RASPBERRY CHICKEN BUTTERED NOODLES CAPRI VEGETABLES SWEET YAMS FRESH FRUIT	23 BAKED HAM w/APPLE CRANBERRY CHUTNEY CARROT COINS BEAN MEDLEY DINNER ROLL HOT CARAMEL APPLE PIE	24 <u>CLOSED</u> 	25 <u>CLOSED</u> 
28 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS	29 CHICKEN NOODLE CASSEROLE VEGETABLE BLEND LIMA BEANS FRESH FRUIT	30 ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSELS SPROUTS CRANBERRIES	31 SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES GREEN SALAD PLUMP PEACHES	Low fat milk is delivered daily with Home Delivered Meals

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS  
 USDA prohibits discrimination in the administration of this program. To file a complaint, write to Secretary of Agriculture, Washington D.C. 20250.  
 This menu has been reviewed and approved by a Registered Dietitian, Cassandra Drynan, RDN Cassandra Drynan, RDN  
 Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$7.00.

## SENIOR CORPS HAS REBRANDED

For 50+ years, Senior Corps volunteers have brought out the best of America. Although we have a new name, our legacy will continue. Earlier this fall, the federal agency responsible for AmeriCorps and Senior Corps programs, the Corporation for National and Community Service, officially became ‘AmeriCorps’ in the first major update to the agency’s identity in a quarter century. As part of this rebranding initiative, all national service programs are united under a unified AmeriCorps identity and promoted under the AmeriCorps or AmeriCorps Seniors banner. This effort streamlines opportunities to serve for all Americans, at a time when their help is needed most.



## A TRIP DOWN MEMORY LANE

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Rod Applegate  
Program Director  
Senior Nutrition & Transportation

It seems like just yesterday that I was standing in line at Helena's Marlow Theatre with my family, waiting to buy our tickets to see the movie "Jungle Book".

It was back in the late 1960s and I was around seven years of age. Honestly, I do not remember the exact year, because at that time, that was not what was important. I was focused on walking through those velvet curtains, so I could find that perfect seat. I remember hardly being able to contain my excitement, and if you were to ask my mother, I probably did not contain it very well.

There was energy and excitement in the air. This was back when a day at the movies was a family adventure, one that you look forward to for weeks. The warm smell of popcorn, the uniformed ushers and usherettes, the feel of the soft lobby carpet under your feet, and the soaring magnificent ceiling, with its high arches and gargoyles. I remember just staring upward in awe, holding on to my seat as to not lose my balance.

I thought it could not get any better, and when each movie was over, I looked forward to the next time I would be able to go back. For several more years, I was able to enjoy these experiences, but in early 1972, the Marlow "took its last bow" to make way for Helena's downtown expansion.

It is hard to believe that almost 50 years have passed, because it seems like just yesterday.

I know that many of you, like myself, have wonderful memories of the Marlow. Rocky would love to have you share YOUR Marlow Theatre stories with us, to include in future editions of the Voice of Experience (VOE).

**Original Marlow Theatre Lobby, December 20, 1938**



Collection of Ted Kirkmeyer, Courtesy of Tom Mulvaney. Photo by Les Jorud.



## Marlow Theatre History (1918 – 1972)

(The following excerpts and information were taken from: [www.helenahistory.org](http://www.helenahistory.org))

Following the 1914 closing of the Helena Theatre (formerly the Ming Opera House on Jackson Street), Helena was without a sizeable performance venue. A group of concerned citizens addressed this lack of a large modern theatre by organizing a fund drive, spearheaded by Thomas A. Marlow, a highly respected Helena banker during the 20th century. Seattle Architect Henderson Ryan created plans for the new theatre. Ryan also designed two other Montana theaters, the Rialto in Butte and the Liberty in Great Falls. The Marlow Theatre, completed in 1918, cost \$200,000 to build. It was cutting-edge for the time, incorporating the use of carpeted theatre ramps in place of stairs.

Located on Edward Street, the Marlow Theatre opened on April 3, 1918, playing “The Show of Wonders”. Primarily designed as a roadshow house, it was also equipped with a motion picture projector and screen. Many touring vaudeville companies played the Marlow.

Throughout the years, the Marlow hosted many stage and screen performers, including the likes of Stan Laurel, George Burns, Lucille Hutton, Will Rogers, Barbara Stanwyck, Burl Ives, and Helena’s Charlie Pride, just to name a few. In 1918 on the Marlow stage, the young Myrna Williams (later known as screen star Myrna Loy) made her theatrical debut. The Marlow was also the host to several dignitaries, including President Woodrow Wilson (September 1919) and Presidential Candidate John F. Kennedy (June 1960).



The Wes and Carol Synness Collection.



Collection of the Late Henry W. Jorgensen

During the Marlow’s lifetime, it underwent several redecorations and upgrades. This included a redecoration in 1928 and a final remodeling, completed in 1949. During the 1949 remodel, the Marlow upgrade included new projectors, a movie screen, curtains and sound system. In 1949, the vertical neon “Marlow” sign and lighted aluminum marquee were added. This 1949 remodel was celebrated in 1950 with the premiere of the Warner Bros. release “Montana”, starring Errol Flynn.

Gary Cooper’s last movie, “The Naked Edge”, premiered at the Marlow in June, 1961. Prior to the showing, the Helena native was honored, and remembered by the song “My Montana Memories”, written and performed by Helena’s Alfred (Pee Wee) Weber and the Last Chance Gulch Serenaders. Gary Cooper had passed just a month before in May, 1961. In 1972, Helena razed the Marlow Theatre to make room for expansion in the downtown Helena area.

From 1918 until 1972, the Marlow Theatre stood as a proud landmark for Helena residents. We will always remember its opulence and grandeur, and we will fondly remember and appreciate the hours of joy and entertainment it provided to each of us. For additional information on Helena’s Marlow Theatre or other Helena Landmarks, please visit the following website: [www.helenahistory.org](http://www.helenahistory.org)

# AGEISM

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Jim Marks  
Program Director  
Area IV Agency on Aging

A conference presenter said something that brought me up short. She said people go into nursing homes due to disabilities, not age. She challenged the assumption that nursing homes are for older people. When it comes to nursing homes, she said, it's always about the cognitive, physical, and sensory impairments and not age, adding that, if we think nursing homes are for the elderly, we are perpetrating ageism.

To illustrate her point, the presenter said that she has one bad knee that she used to attribute to old age. Then she realized that her other knee, which was pain free, was just as old as the one giving her trouble. Her painful knee was caused by a disabling condition, not aging.

The presenter said about 80% of older Americans experience ageism. She defined ageism as negative prejudices about aging. Aging, she said, is living, a beautiful and rewarding part of life, and the lucky get to find out what it means to grow old. Yet we often impose negative stereotypes and low expectations for senior citizens, she said. She tied together the common "isms" such as racism and sexism. Ableism, also known as disability discrimination, and ageism are particularly similar, she said. Live long enough, and one will learn what it means to acquire a disability, she said, and to learn the hard way what disability discrimination feels like. She also highlighted the fact that older persons are diverse, and all the "isms" out there also affect aging, but aging is a unique category that draws its own prejudices.

Ageism negatively affects the way we do things. For example, we know that COVID-19 puts older persons at high risk. This is a scientific fact, and it requires safety measures. However, many other groups are also vulnerable to COVID-19. Among these are people with pre-existing health conditions, people of color, care givers, and first responders. Ageism affects social policies for older individuals in harmful ways. Society requires that older individuals shelter in place, that nursing homes and other long-term care facilities stay closed to non-residents, and that senior centers suspend congregate activities. Others in the COVID vulnerable category don't face the same paternalism. In the well intentioned zeal to protect senior citizens, we eliminate choice and the dignity of risk. Others don't have to put up with this even though they are just as much at risk as older people.

No one has the perfect answer. On one hand, older people indisputably are at risk in the pandemic. The novel coronavirus will hurt those who take unnecessary and irresponsible risks. It's a matter of cause and effect, not politics. On the other hand, limiting or denying individual choice undermines bedrock values. If any of us want to take an informed risk, no one else should judge or prohibit that decision. Older people should be able to decide for themselves whether to go to a restaurant or a private or public gathering without the criticism of others. Also true is the peril of being so concerned about social isolation that we prematurely re-open senior center congregate services and people become ill. Many are thirsty, but the water is not safe to drink. COVID-19 demands respect and precautions. The centers will re-open when state and county officials say so, presumably based on data and science. There is a great deal to balance during the worst pandemic in 100 years.

Meanwhile, Area IV Agency on Aging strives to provide safe alternatives. We've talked about the options before, and they consist mostly of using technology to ease the burdens of social isolation during the pandemic. Check out our website --- <http://www.rmhc.net/areaiv.html> --- for more information on the virtual social gatherings, online classes, and iPad loans from Area IV.

# EVIDENCE OF THE EFFECTIVENESS OF MASKS

Masks are recommended as a simple barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the mask coughs, sneezes, talks, or raises their voice. This is called source control. This recommendation is based on what we know about the role respiratory droplets play in the spread of the virus that causes COVID-19, paired with emerging evidence from clinical and laboratory studies that shows masks reduce the spray of droplets when worn over the nose and mouth. COVID-19 spreads mainly among people who are in close contact with one another (within about 6 feet), so the use of masks is particularly important in settings where people are close to each other or where social distancing is difficult to maintain. CDC's recommendations for masks will be updated as new scientific evidence becomes available. A face shield is primarily used for eye protection for the person wearing it. At this time, it is not known what level of protection a face shield provides to people nearby from the spray of respiratory droplets from the wearer. There is currently not enough evidence to support the effectiveness of face shields for source control. Therefore, CDC does not currently recommend use of face shields as a substitute for masks.

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



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.rmhc.net](http://www.rmhc.net)

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

## 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.

## JOIN US FOR VIRTUAL ACTIVITIES

Maria Murphy  
Volunteer Coordinator  
Area IV Agency on Aging

Right now, waiting around for safe in-person social gatherings, big events, and mask-less wanderings through the grocery store (or Walmart) is about as fun as watching paint dry... and with Montana winter fast approaching and threatening to make safe outdoor ventures less pleasant and more difficult, something's gotta give. Try some new (virtual) opportunities while you wait. When we say virtual, please don't roll your eyes and skip to the next section. Read on (if only to tell a friend).

### Don't let technology be a barrier.

If you are a senior and don't have computer, tablet or internet, call (406) 457-7368. We have an i-pad (tablet) loner program (internet can be included) and will set up a contactless drop-off and pick-up. If you have a computer or tablet and internet, go to [rmhc.net/events/](https://www.rmhc.net/events/) where we have posted links to videos that explain how to join one of our virtual events on Zoom. We are also more than happy to talk you through the process over the phone. Give us a call with questions or for more information about these virtual opportunities.

All Virtual Activities can be accessed on Rocky's Events Calendar at <https://www.rmhc.net/events/> (Click on the event)

### Morning Chat

Tuesdays and Thursdays from 9:00 am - 10:00 am

This is a chance to grab your coffee, your tea, your pop, your ice water, etc., and get together for an informal chat about life, your cats, your new fence, your dog, your

favorite playground equipment, your grandkids, your '57 Chevy, your garden, your favorite piece of folk-art... You get the idea; whatever comes up in conversation!

### Gentle Yoga

Tuesdays at 11:00 am

Stay in your chair and move! This yoga class will be gentle. We will move through a series of 'poses' to open our joints, align our bodies and allow for better breathing. With the chair for support, we will move mindfully and carefully. Please have a sturdy chair and a belt or towel available. It's Fall! Let's prepare our body, mind and most importantly, our spirit, as we head into the winter months.

### PopKnowledge!

(See Rocky Event Calendar for dates. Typically every other Wednesday at 1:00 PM, except around holidays) Kernels of knowledge (pun intended) brought to you by Montana locals on a wide variety of topics. So far we've talked about Montana Hydrology, Smoking Cessation, Dogs of Montana History and more. With the variety we are planning, some of the topics are bound to pique your interest! Also, if you know someone who is willing to present on a topic you think would interest others, please have them give us a call at Maria at 406 457-7368.

### Upcoming PopKnowledge! Sessions:

November 25, 2020 *Montana - History by the Numbers* with Kirby Lambert of the Montana Historical Society (MHS)

December 9, 2020 *Montana Holiday Tables and Tales* with Zoe Ann Stoltz of the MHS

January 6, 2021 *Backyard Birding and Intro to e-Bird* with Montana Fish, Wildlife and Parks  
(See Rocky Event Calendar for more)

We are also developing an email list for more frequent updates than the VOE allows for. If you are interested in receiving email updates from us, contact Tommy Driscoll at [tdriscoll@rmhc.net](mailto:tdriscoll@rmhc.net).



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.



## iPADS AVAILABLE

Have you always wanted to take a look at our online classes for things like yoga, but didn't have the technology to make it happen?



Rocky's Area IV Agency on Aging has iPads with built-in Internet connectivity for you to borrow!  
Call Michele at 406-441-3985 to check one out!

## COMMODITY FOOD FOR QUALIFYING SENIORS

### COMMODITIES SCHEDULE

#### Townsend, MT

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

#### East Helena, MT

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

#### Wolf Creek, MT

Tuesday, November 3  
9:30 am - 10:30 am  
Main road by Wolf Creek  
School

#### Augusta, MT

Tuesday, November 3  
12:30 pm - 1:30 pm  
134 Main St.

#### Elliston, MT

Wednesday, November 4  
9:30 am - 10:00 am  
101 W. Front St.

#### Avon, MT

Wednesday, November 4  
10:30 am - 11:00 am  
102 Old Avon Rd.

#### Lincoln, MT

Wednesday, November 4  
12:30 pm - 1:00 pm  
801 Main St.

#### Whitehall, MT

Thursday, November 5  
11:00 am - 12:00 pm  
3 N. Division St.

#### Boulder, MT

Friday, November 6  
9:30 am - 10:30 am  
201 S. Main St.

#### White Sulphur Springs, MT

Monday, November 9  
11:00 am - 12:00 pm  
101 1st Ave. SE

#### Helena, MT @ Food Share

1616 Lewis St.  
Wednesday, November 4  
8:00 am - 10:30 am  
Thursday, November 5  
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.

## FREE ONLINE COOKING CLASSES

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Lewis and Clark County and the Montana State University Extension Nutrition Education Program is offering a series of interactive classes focused on basic nutrition, food preparation, and physical activity on a budget.

Classes are part of the SNAP-Ed Program (Supplemental Nutrition Assistance Program – Education) and are designed for families and persons living on a limited income.

Participants will not only gain valuable skills in providing healthy, balanced meals to their families, they will also receive recipes, fact sheets, and a free kitchen item at each class!

Two types of classes are being offered in November. CREATES is a single, one-hour introduction to nutrition and physical activity. EATING SMART, BEING ACTIVE is a series of 9 classes over 9 weeks covering easy meal planning according to MyPlate, ideas for stretching food dollars, tips for increasing physical activity, and tasty ways to eat healthy.

### Class schedule for November:

Mondays, November 2nd through Dec 28th  
9:30am-11:00am  
Eating Smart, Being Active 9-Week Series

Thursday, Nov 5th at 10:30am  
CREATE An Omelet

Tuesday, Nov 10th at 3:00pm  
CREATE Amazing Veggies

Thursday, Nov 12th at 12:00pm  
CREATE Amazing Veggies

Wednesday, Nov 18th at 2:30pm  
CREATE A Skillet Meal

Thursday, Nov 19th at 5:00pm  
CREATE A Skillet Meal

Tuesday, Nov 24th at 11:00am  
CREATE An Omelet

If you have questions or would like sign up for a class, please contact Ginny Hurt, (406) 447-8042, virginia.hurt@montana.edu at the Lewis and Clark County Extension Office.

**Nutrition made simple, now online!**

### Buy, Eat, Live Better's free online classes will explore:

- Easy meal planning according to MyPlate
- Ideas for stretching your food dollar
- Tips for increasing physical activity
- Tasty ways to eat healthy



## MEET ALONA MONTGOMERY

Hello, my name is Alona Montgomery. I recently graduated from the University of Iowa, moved to Helena, and now am serving at Rocky as a VISTA AmeriCorps Volunteer. AmeriCorps VISTA is a national service program designed to alleviate poverty. During my service year, I am working on volunteer recruitment and management plans for Meals on Wheels and other senior programming.

During my time in Iowa, I spent a lot of time organizing volunteer opportunities. While volunteering, I started to notice all the positive aspects that come from it. Not only would I feel good, but I knew that I would be helping out people in need. Volunteering is also a good way to add new experiences into your life, and connect with people with similar interests as you. Since starting at Rocky, I have met many volunteers who have interesting stories and helpful tips for me, and I would have never met them if I didn't participate in these volunteer opportunities.

As you know, the Rocky Mountain Development Council, Inc. (Rocky) Meals on Wheels (MOW) program delivers hot, nutritious meals Monday through Friday to seniors 60 and over who are homebound or having trouble preparing their own meals due to a disabling physical, emotional, or environmental condition. These meals are delivered in Lewis & Clark, Broadwater, and Jefferson Counties. Not only do these seniors get a hot meal daily, but they get interaction with someone and sometimes it's the only interaction they get each day. MOW also helps seniors stay in their home rather than moving to an assisted care facility. If you are interested in receiving Meals on Wheels you can call (406) 447-1680 and ask for Faith Franklin, Shawna Donaldson or Rod Applegate.



## YOUR POEMS & STORIES

A haiku by Lois Phernetton

Duck's abrupt landing  
Among stream's protective  
reeds  
Send ripples ashore

Velvet red petals  
Opened in the sun's warmth  
Emitting rose perfume

The seas winter fury  
Crashed on rocky shores  
In gentle retreat



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



## YOGA FOR HEALTHY AGING

By Kim Schleicher

In general, as people grow older, the heart and blood vessels become stiffer, systems become slower to react and recover, bones weaken and muscle mass declines. But while aging is inevitable, infirmity is not. One of the best ways to maintain vitality and slow down age-related decline is to keep moving. For those in mid-life and beyond, the movement, mindfulness and breath awareness central to yoga practice are powerful tools to boost health, enhance well-being and age well.

Brain health also gets a boost from being active. A pair of thumb-sized structures deep in the center of the brain are critical for our ability to learn and remember. Due to their shape, each of them is called hippocampus - which means seahorse in Greek. These brain areas have the unique capacity to generate new neurons every day. Recent neuroscience discoveries have provided evidence on how simple lifestyle interventions can also grow the hippocampus size. Stress reduction and meditation, for example, have been shown to substantially expand the volume of hippocampus.

Yoga can reverse age-related degeneration affecting the heart, brain, and nervous system, often restoring them to “normal or near-normal levels of function.” Safely practiced, gentle, mindful yoga is ideal for physical, mental, and spiritual health benefits. The choices we make for our health today will define our ability to stay active, sharp, present, and independent tomorrow. For our Tuesday morning classes we use a chair and a belt (or short rope or towel) to gently align and nourish our bodies with safe movement, meditation and breath work.

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## LEGACY SOCIETY

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– Kathy Calvin, United Nations Foundation

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Please let me know if you have included Rocky in your will – we would love thank you! If you would like more information, please contact me at 406-457-7323.



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