

Rocky Mountain Development Council, Inc.

VOICE OF EXPERIENCE



MARCH - APRIL 2024

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

Ph: 406.447.1680 | HELENA SENIOR CENTER | www.rmhc.net

KIERAN, MY GUIDE DOG

By Jim Marks

Rocky's Agency on Aging Program
Director

Kieran, my Golden Retriever guide dog, and I first met in March 2016. Had Kieran lived until that anniversary, we would have been a guide dog team for seven years. Sadly, and suddenly, Kieran passed away from abdominal cancer on February 8, 2024. He was eight years old.

Service animals are different from pets in many ways. Dogs, especially, work their way into our hearts, becoming valued members of our families. Among those differences is that service animals go anywhere their handlers go, and this means hundreds, perhaps thousands, of people come to know service animals. Another difference is that service animals, especially guide dogs, are extremely well-trained and well-behaved. Of course, dogs will be dogs, so one should expect dog mischief occasionally. I've



(Jim & Kieran on vacation in Oregon)

often told others that Kieran and I argued a lot when we worked together. The thing is, Kieran was right most of the time. Kieran's lessons made me a better human being, and I always tried to return the favor. It was an amazing relationship.

Most guide dogs come from one of the twelve guide dog schools in the US. However, some blind handlers train their dogs to act as guides. Kieran came from Guide Dogs for the Blind, a school head-

(Kieran continued on P.2)

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Helena, MT 59601

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

HELENA SENIOR NUTRITION MENU - MARCH 2024

For Additional Information Call: (406) 447-1680

Lunch served from 11:30–12:30

*This menu is subject to change due to product availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club		SALAD BAR INCLUDED IN CONGREGATE MEALS		1 BEEF STROGANOFF EGG NOODLES GARDEN VEGETABLES PICKLED BEETS PINEAPPLE
4 SWISS STEAK BROWN RICE CAULIFLOWER PICKLED BEETS SWEET PEACHES	5 BISCUITS & SAUSAGE GRAVY BREAKFAST POTATOES BAHAMA VEGGIES APRICOTS	6 BATTERED BAKED COD WILD RICE ZUCCHINI SQUASH CARROT COINS FRESH FRUIT	7 TATER TOT CASSEROLE GREEN PEAS COLESLAW CINNAMON CHERRY APPLES	8 BIRTHDAY DINNER BROWN SUGAR ITALIAN CHICKEN ROASTED RED POTATOES CAPRI VEGETABLES BEAN MEDLEY FRUIT COCKTAIL BIRTHDAY CAKE
11 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS	12 CHICKEN NOODLE CASSEROLE SAN FRANCISCO VEGGIES LIMA BEANS CRANBERRIES	13 ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSELS SPROUTS FRESH FRUIT	14 SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES GREEN SALAD w/GARBANZOS PLUMP PEACHES	15 CORNED BEEF & CABBAGE POTATOES & CARROTS BLARNEY STONE ROLL LUCKY PEARS GREEN VELVET CAKE 
18 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES	19 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL PINEAPPLE	20 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE FRESH FRUIT	21 CHILI CON CARNE CORN BREAD MEDITERRANEAN VEGGIES CARROT RAISIN SALAD BLUSHING PEARS	22 POLISH SAUSAGE ON A BUN SAUERKRAUT BABY RED POTATOES GREEN BEANS PURPLE PLUMS
25 BAKED HULI HULI CHICKEN OVER JASMINE RICE WINTER VEGETABLES GARDEN PEAS APRICOT HALVES	26 PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE PINEAPPLE	27 CHICKEN A LA KING BUTTERMILK BISCUITS CREAMED SPINACH CARROT COINS FRESH FRUIT	28 BREAKFAST BOWL SAUSAGE, PEPPER & ONION, CHEDDAR CHEESE, EGG AND COUNTRY GRAVY PACIFIC VEGETABLES GREEN SALAD w/BEANS WHOLE GRAIN ROLL SWEET PEACHES	29 CHICKEN FRIED STEAK MASHED POTATOES w/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL CRANBERRIES

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.

(Kieran continued from P.1)

quartered in San Rafael, California, with a second training campus in Portland, Oregon. Guide Dogs for the Blind is the second oldest US guide dog school, and it provides the largest number of dogs in the country. The school operates its breeding program in which it strives to build strong guide dog characteristics such as being confident while not aggressive. The school relies on volunteer puppy raisers. Kieran's puppy raisers live on Vashon Island in Puget Sound. Currently, Char and Nelson Phillips—Kieran's puppy raisers—are on their 28th guide dog puppy. At approximately 18 months, the puppies go back to one of the campuses for about 10 weeks of intense training by professional guide dog trainers. Many dogs can't meet the expectations and are then career-changed to serve as pets, therapy animals, or service animals for services other than guide dog

service. Lastly, the blind handler teams with a guide dog for two weeks of training. This training teaches humans more than the dog. Handling a guide dog comes with substantial responsibilities. Even when the team leaves school, the team continues to hone their skills.

The superpower of guide dogs is intelligent disobedience. Guide dogs are trained to decide when to disobey their handlers for safety's sake. For example, crossing streets is initiated by the handler, not the guide dog. If the guide dog decides it's not safe to cross the street, the dog will refuse to follow the handler's commands. Kieran showed me this skill on multiple occasions. I trusted Kieran with my life.

Kieran was wicked smart. He learned many things on
 (Kieran continued on P.3)

HELENA SENIOR NUTRITION MENU - APRIL 2024

LUNCH SERVED AT 11:30-12:30

For Additional Information Call: (406) 447-1680

*This menu is subject to change due to product availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 OVEN BAKED CHICKEN WITH VELOUTÉ SAUCE WILD RICE PILAF SWEET YAMS GREEN BEANS JUICY PEARS	2 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER CINNAMON APPLESAUCE	3 PORK FRITTER MASHED POTATO AND A CREAMY PARMESAN SAUCE COUNTRY VEGETABLES GARDEN PEAS FRESH FRUIT	4 SLOPPY JOES ON A BUN BAKED BEANS COLESLAW SWEET PEACHES	5 PUB BATTERED COD SCALLOPED POTATOES HERBED CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES
8 BEEF GOULASH GREEN PEAS PICKLED BEETS APRICOTS	9 ITALIAN SAUSAGE WITH A CREAMY MUSTARD BASIL SAUCE OVER WILD RICE GREEN BEANS CARROT COINS FRUIT CRISP	10 TURKEY NOODLE CASSEROLE ITALIAN VEGETABLES BRUSSELS SPROUTS FRESH FRUIT	11 SWEDISH MEATBALLS BROWN RICE WINTER SQUASH TOSSED GREEN SALAD w/GARBANZOS BLUSHING PEARS	12 <u>BIRTHDAY DINNER</u> CAROLINA MUSTARD BBQ RIBS BABY BAKED POTATOES CAPRI VEGETABLES BAKED APPLES BIRTHDAY CAKE
15 SALMON OVER WILD RICE WITH A TASTY LEMON SAUCE CALIFORNIA VEGETABLES GREEN BEANS SWEET PEACHES	16 PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN BREAD FRUIT COCKTAIL	17 PARMESAN CHICKEN BREAST BUTTERED ROTINI COUNTRY BLEND VEGGIES FOUR BEAN SALAD FRESH FRUIT	18 HEARTY MEATLOAF MASHED POTATOES w/GRAVY WHOLE GRAIN ROLL CARROT RAISIN SALAD PURPLE PLUMS	19 CHILI DOG ON A BUN SWEET CORN CARROT COINS GOLDEN PEARS
22 LEMON BASIL CHICKEN RICE PILAF GREEN BEANS GARDEN MIX VEGETABLES CRANBERRIES	23 HAMBURGER ON A BUN CARROT COINS BAKED BEANS SPICED APPLES	24 PORK CHOPS-N-GRAVY MASHED POTATOES CABBAGE & CARROTS WHOLE WHEAT ROLL FRESH FRUIT	25 SWEET GARLIC CHICKEN OVER BROWN RICE SWEET PEAS WHOLE GRAIN BREAD TOSSED SALAD w/BEANS BLUSHING PEARS	26 BEEF STROGANOFF EGG NOODLES GARDEN VEGETABLES PICKLED BEETS PINEAPPLE
29 KOREAN BEEF OVER STEAMED WHITE RICE BABY CORN CAULIFLOWER SWEET PEACHES	30 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES BEAN MEDLEY FRUIT COCKTAIL	Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club SALAD BAR INCLUDED IN CONGREGATE MEALS		

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.

(Kieran continued from P.2)

his own, and one could feel his dignity and pride as we worked together. Kieran surprised me often. For instance, when we visited a men's room, Kieran learned to lead me to an empty urinal. No one trained him to do this. He figured it out on his own. Little things like this made all the difference. Most of all, however, working with Kieran was full of joy. I'm sure Kieran and I were grinning most of the time we worked together. We couldn't help it.

Super dog Kieran sure had his kryptonite, though. The dog couldn't resist balls. He was obsessed with round things. Kieran also went after anything and everything he thought he could eat. Once, I allowed Kieran to be free in the forest surrounding my brothers' cabin. He brought an elk leg back from the woods into the cabin.

Apparently, the elk leg gave Kieran giardia. The three months it took Kieran to recover from his gastrointestinal difficulties are three months I will never get back. I did my best thereafter to avoid elk legs.

I have many Kieran stories to tell, far too many for this newsletter article. I'll, therefore, end by answering the question I'm often asked: Will you get another guide dog? My two-word answer is quick to my lips. "Hell, yes," is my Montana answer. I plan to build a whole new relationship with my next guide. It's going to be different from what I had with Kieran. He was my first guide dog, and even though he's gone, he will never be forgotten, not merely by me, but also by the many, many others who came to know Kieran. Rest in peace, Buddy!

SENIOR CENTER ACTIVITIES

March - April

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

(Every other month Pinochle has a tournament that is on Monday & Tuesday.) March 4 & 5

1:00 pm - Bridge - Dance Floor

WEDNESDAYS

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

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

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

12:30 pm - Hand & Foot Card Game - Parlor

1:00 - 3:00 pm - Bingo - Dining Room

THURSDAYS

8:30 am - Coffee & Rolls - 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 am - Cribbage - Dance Floor

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

SUNDAYS

1:00 pm - Pinochle - Card Room

HAVE AN IDEA FOR AN ACTIVITY?

If you have an idea for an activity that isn't currently offered, such as a dance class, card game, art class, etc., please contact Bill Peña at 406-457-7372 or bpena@rmdc.net



RAINY DAY FUND!

Wouldn't it be terrific if Rocky had a rainy-day fund? Money that would be available if we see a need in our community that is not being addressed, or perhaps a great opportunity has come up, or even if the Neighborhood Center boiler quits working? Such funds would be a tremendous asset for Rocky.

Rocky is funded almost entirely by program grants that specifically allow the program to operate; there is not much left for anything else.

A year ago, Rocky needed a new Meals on Wheels vehicle. At nearly the same time, Rocky received a bequest from a former employee who designated his estate to Meals on Wheels. While all of us mourn the death of Dave, we appreciate his foresight to think of Rocky when writing his will. Without this assistance, Rocky would still be using an old van to deliver meals in Montana's sometimes harsh winters.

Bequests are special gifts made as part of a will or trust. This is a simple way to make a lasting tribute and would allow Rocky to have funds with flexibility for emerging opportunities or emergencies. You simply need to name Rocky Mountain Development Council, Inc. as a beneficiary in your will, trust, insurance policy, or numerous other giving instruments.

Think about how you can help Rocky create a rainy-day fund.



JOIN US FOR OUR ST. PATRICK'S DAY CELEBRATION MEAL!



Mark your calendars for Friday, March 15, 2024, as we kick off the festivities at 11:30 am. Our dedicated kitchen team, along with the staff from Rocky, will be serving up a delicious corned beef and cabbage meal that you won't want to miss!

SPIRIT OF SERVICE 2024

Spirit of Service (SOS) is an annual "Spring Cleaning" event promoted by local businesses and organizations. This year on May 17, 2024 (rain back up day of May 24) program volunteers will invest up to an entire day helping homeowners by performing yard work or minor maintenance on the exterior of their homes.



United Way of the
Lewis and Clark Area

The home must be owner-occupied, and the homeowner must be unable to do the work due to age or other limitations. While there are no income guidelines for this program, we do require your completion of the application form for statistical purposes. Homes must be located in Helena, East Helena, or the Helena Valley. Priority will be given to homeowners who have not been helped within the last three years.

The service is free of charge to the homeowners. The organizations involved provide the tools, labor and materials required to do the work. The work the volunteers perform is limited to typical spring cleaning chores such as grass cutting, hedge trimming, raking, trash removal, window washing, cleaning of rain gutters, and some painting. Interior work

is not part of the program and volunteers are restricted from entering the homes. The volunteers come from various businesses and organizations in the Helena area and are not trained construction, painting, or landscaping professionals.

If you feel that you or someone you know would eligible for this service, please call the United Way of the Lewis and Clark Area at 406-442-4360 for an application. Completed applications may be sent to United Way of the Lewis and Clark Area SOS Program, 75 East Lyndale, Helena, MT 59601

All applications are considered and evaluated: however, not all are accepted and scheduled because of volunteer and funding limitations. Representatives of the SOS Program visit the homes to assess applications and the request in advance of the selection process.

As we get closer to the 2024 Spirit of Service event and work on the selected property, United Way of the Lewis & Clark Area contacts newspaper and TV stations to secure media coverage of the event. We get our own cameras out to photograph our crews hard at work, too. Ordinarily, media crews make stops among SOS homes. In advance, it helps us a great deal to know whether you are comfortable with photos or interviews. Please carefully read the guidelines and answer the questions on the application form.

HELENA SENIOR ADVISORY COUNCIL

The Helena Senior Advisory Council (SAC) has been busy planning for the spring and summer months. In May, they will be hosting the Spring Fling event, and they are also considering planning a day trip for the summer. Please note that the SAC welcomes guests and is always open to new ideas. Rocky is fortunate to have such caring and dedicated people serving on the SAC. The SAC meets in the Card Room on the first Wednesday of the month at 9:30 am. The current Council members are:

Walt O'Hara - President
 Fran O'Hara - Vice President & Treasurer
 Kathy Schmit
 Carol Cook
 Shirley Bennett
 Rita Newman
 Marilyn Roehl
 Pat Jupka
 Shana Frankenfield
 Mary Ann & Franz McLaren
 Jill Canfield
 Marilyn Abbott

DEBUNKING COMMON STEREOTYPES OF OLDER ADULTS

*By Dana Reavis
Agency on Aging
Program Coordinator*

The portrayal of older adults in media often paints them as frail, out of touch, and technologically inept. These damaging stereotypes, deeply rooted in society, contribute to ageism - discrimination based on age - and hurt the lives of millions. It's time to challenge these outdated assumptions and recognize the vibrant diversity and potential of older generations.

Let's address some common myths about older adults:

- Technophobes? Not so fast. Today's older adults are embracing technology at impressive rates. From online banking to video calls, they utilize tools to connect, learn, and stay engaged.
- Stuck in the past? Hardly. Older adults bring invaluable experience and wisdom to every aspect of life. Their contributions to business, politics, and the arts continue to shape our world.
- Frail and dependent? Think again. Many older adults remain active and healthy, participating in sports, volunteering, and traveling the world.
- Out of touch with current events? Not the case. Older adults are just as interested in and informed about current affairs as any other generation.

Ageism has real-world consequences. It can lead to social isolation and loneliness, difficulty accessing employment and healthcare, and reduced self-esteem and confidence. We can rewrite the narrative by challenging our own biases and educating others. By dismantling harmful stereotypes and fostering inclusivity, we can create a society where everyone, regardless of age, can thrive and contribute their unique talents.

JOIN US FOR "MUSIC WITH BILL" FEATURING HEAD START CHILDREN ON THE DANCE FLOOR!

**Dates: Monday, March 4 & 18, and
April 8 & 29, starting at 10:45 am**

All are welcome to join, listen, sing along, and enjoy the fun songs led by Bill, Senior Center Coordinator. Come early for lunch and experience the energy of our Head Start children.



THE CRUCIAL ROLE OF SENIOR MEDICARE PATROLS: VOLUNTEERS NEEDED

Millions of Americans rely on Medicare for their healthcare needs, especially seniors. Unfortunately, these individuals can be vulnerable to fraud, errors, and abuse within the system. This is where Senior Medicare Patrols (SMPs) step in, serving as guardians against these threats and empowering beneficiaries to protect themselves.

SMPs raise awareness about healthcare fraud, waste, and abuse through outreach programs, workshops, and individual consultations. They equip seniors and their caregivers with the knowledge to identify suspicious activity and protect themselves.

Rocky's Agency on Aging is looking for Senior Medicare Patrol volunteers! To volunteer, you must be a regular member of a senior center in Lewis & Clark, Broadwater, or Jefferson Counties to build the necessary relationships with seniors. If you are interested, please reach out to Dana at (406) 603-4157 for more information.

HEALTH CARE SERVICES: MARCH AND APRIL 2024

Foot Care Done Right 2024

Mark Your Calendar!

Thursday, March 21, 2024

Thursday, April 18, 2024



Edith RN, BSN & CFCN (406-431-0006) and her team look forward to the care of your feet. They are always willing to answer questions about the care and health of your feet. They meet at the Neighborhood Center (200 South Cruse Avenue). Please call to make an appointment.

Blood Pressure

All Seniors are invited to have their blood pressure taken each Thursday at the Neighborhood Center in the Dining Room from 9:00 – 10:30 am.



MARCH FOR MEALS

The annual March for Meals celebration commemorates the historic day in March of 1972 when President Nixon signed into law a measure that

amended the Older Americans Act of 1965 to include a national nutrition program for seniors aged 60 and older. Last year, Rocky's Meals on Wheels program served 86,000 meals to approximately 760 seniors throughout Broadwater, Jefferson, and Lewis and Clark counties. Currently, Rocky's Meals on Wheels program operates out of six locations:

Augusta, Boulder, Lincoln, Townsend, Whitehall, and Helena, and delivers meals five days per week to qualifying seniors. (Boulder delivers three days per week). All of this is possible because of our dedicated staff and volunteers.

During the month of March, Meals on Wheels programs from across the country are joining forces to celebrate more than 50 years of success and garner the support needed to ensure these critical programs can continue to address food insecurity and malnutrition, combat social isolation, enable independence, and improve health for years to come.

If you know of someone who is 60 years or older and may be in need of these services, please contact Rocky's Meals on Wheels Program at (406) 447-1680.

If you are interested in sharing your time and energy to volunteer for Meals on Wheels, please contact Amy Anderson at (406) 457-7311 or visit our Rocky volunteer page at www.rmdc.net.



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

RED ALDER RESIDENCES

1-406-558-9342
Helena, Montana

EAGLE MANOR RESIDENCES

1-406-442-0610
Helena, Montana

PTARMIGAN RESIDENCES

1-406-461-9849
Helena, Montana

PHEASANT GLEN RESIDENCES

1-406-461-9849
Helena, Montana

RIVER ROCK RESIDENCES

1-406-461-9849
Helena, Montana

ROCKY MOUNTAIN FRONT PROPERTIES

1-406-437-4411
Augusta, Montana

BIG BOULDER RESIDENCES

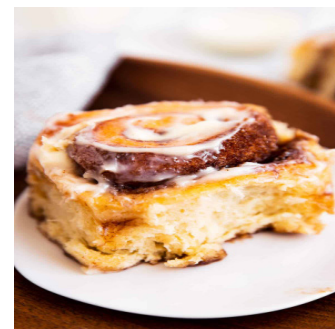
1-406-438-5611
Boulder, Montana

TOWNSEND HOUSING

1-406-437-4411
Townsend, Montana

CARAMEL ROLL THURSDAYS

Thursday is Caramel Roll Day! Yummy! Caramel rolls are prepared fresh every Thursday morning and available from 8:30 to 10:30 am or until they are gone. There is a small charge of \$3.00/roll. Coffee and wonderful friends are free. Come on in and enjoy the wonderful company and share a delicious roll!



ROCKY CARD GAMES & CLUBS

PINOCHLE CLUB

If you know how to play pinochle and are looking for a fun, 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.

March Pinochle Tournament Dates:
Monday & Tuesday, March 4 & 5, 2024
Location: Card Room

Hand and Foot Card Game

Every Wednesday at 12:30 pm in the parlor. Come join us!

Bridge

Come Join Us!

Every Monday and Tuesday is Bridge Day at the Senior Center!

Time: 1:00 - 3:00 pm

Dance Floor

While no money is involved, we do keep score and have a lot of fun!

Cribbage Club

Join our new Cribbage Club! Cribbage is a classic card game that's easy to learn, offering simple strategy and math skills. Senior Center member Shana Frankenfield coordinates the club, which welcomes players of all skill levels. Whether you're a seasoned player or new to the game, come and join us for some fun!

Time: Friday at 10 am

Location: Dance Floor

BACKROADS OF MONTANA: MEMORIES AND STORIES

Monday, March 25 & Monday, April 22, 2024

Time: 12:45 pm - 1:45 pm

Location: Card Room, Rocky Senior Center
No Cost!



Backroads of Montana: Memories and Stories has been a wonderful gathering. The stories shared and friendly conversation have been amazing. This is a free gathering that will take place on Mondays starting at 12:45 pm. Everyone is invited and there is no cost. There will be light refreshments as we relax and enjoy an episode of PBS Backroads of Montana, followed by visiting and conversation. Mark your calendars and come join us!



Bingo is a great time for folks to come together. Did you know that there are benefits for older adults who play Bingo? Besides being able to get together with friends to laugh, have fun, and play, it increases social engagement. Older adults often struggle with isolation. At Rocky, Bingo is a type of competition structured for older adults to interact with other people. It is a great weekly routine that allows for reflection and memory recall. It also can decrease the risk of mental illness. Bingo also improves cognitive function and memory. Throw in the improvement of hand-eye coordination and it can be so beneficial in many practical ways. Invite friends and enjoy the time playing and maybe be lucky enough to 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.

Please note that Wednesday, March 13, will be the Bingo St. Patrick's Day Party. The theme will be green and/or Lucky charms. There will also be a guest caller. Come and have some fun!

CARD MAKING

Friday, March 15
1:00 pm - 3:00 pm
Helena Senior Center

Join us for some card making fun!
 Free! All materials provided.
 Sign up at the Dining Room Front Desk
 or call 406-457-7319



ROCKY GO-GETTERS

For some seniors in the Helena area, transportation to medical appointments can be a challenge to find. Due to this need, RSVP formed the Rocky Go-Getters. Rocky's Retired & Senior Volunteer Program (RSVP) has a small group of volunteers that will give seniors a ride to medical appointments and home again. Riders need to be able to get in and out of a vehicle by themselves or with little assistance. The Go-Getter volunteers offer their time, vehicles, and gas to help others keep their independence and receive essential services. This is a free service (but donations are always appreciated).

Call the RSVP office at 406-457-7319 for more information or to schedule a ride, or if you are 55 or over and interested in volunteering.

COMMODITY FOOD FOR QUALIFYING SENIORS

COMMODITIES SCHEDULE

Townsend, MT Monday, March 25 10:30 - 11:30 am	Lincoln, MT Wednesday, March 27 12:30 pm - 1:00 pm
East Helena, MT Monday, March 25 2:00 pm - 3:00 pm	Whitehall, MT Thursday, March 28 11:00 am - 12:00 pm
Wolf Creek, MT Tuesday, March 26 10:00 am - 11:00 am	Boulder, MT Thursday, March 28 1:00 pm - 2:00 pm
Augusta, MT Tuesday, March 26 12:30 pm - 1:30 pm	White Sulphur Springs, MT Monday, April 1 11:00 am - 12:00 pm
Elliston, MT Wednesday, March 27 10:00 am - 10:30 am	Helena, MT @ Food Share Wednesday, March 27 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.



Lori Ladas,
Executive
Director

So, do you think we can trust the groundhog's prediction this year? I sure hope so! There's something about the season of spring that brings a fresh sense of optimism after the winter months. Just the little bit of extra daylight we see each day is enough to boost our spirits. And while the mountains and the trees are beautiful with a fresh coat of snow, it sure can make getting around challenging!

Spring is an exciting time here at Rocky! In early March, we will host our third Rocky Presents Chopped fundraising event. It is inspired by the Food Network program Chopped and brings the community together to witness three local chefs using mystery ingredients to create delicious offerings to impress our judges and entertain the crowd. It promises to be a great evening!

We host one of our best-attended lunches of the year during March. Of course, that would be the annual St. Patrick's Day corned beef and cabbage feast. Put on your best green attire and join us at the Neighborhood Center Daily Dinner Club on Friday, March 15. I'd recommend arriving early, it's always a full house. We can't wait to see you there!

Farewell, winter; Hello, spring! Wishing you days of sunshine, flowers blooming, and the warmth and promise of the spring season.

Free In-Person Tax Preparation Service

AARP Foundation Tax-Aide offers free tax preparation to anyone of any age - especially if you are 50 or older or can't afford paid tax preparation.



In Your Area

Helena TaxAide Site

February 3 to April 13

Helena Senior Center

200 S. Cruse Avenue

Thursday & Saturday Appointments begin at 9 am

Call or text: 406-616-3080 Name(s), Mailing Address, Phone

For Appointment starting January 19, 2024

 **AARP** Foundation

SENIOR ADVISORY COUNCIL'S SPRING FLING!

We invite you to attend the Senior Advisory Council's next sponsored event, called Spring Fling. This will feature a delicious catered and served meal. Mark your calendars for Saturday, May 18, 2024, at the Helena Senior Center. More information will be released in early April.



CHINESE NEW YEAR BUFFET

A special thank you to everyone who came to the Chinese New Year Buffet and to Rick Wine for providing us with wonderful music and stories. Rick always adds a special touch to our activities. We had 40 people attend and enjoyed great company and food.

*Thank
you!*

Attn: Montana Homeowners



Do recent changes in our state have you concerned about:

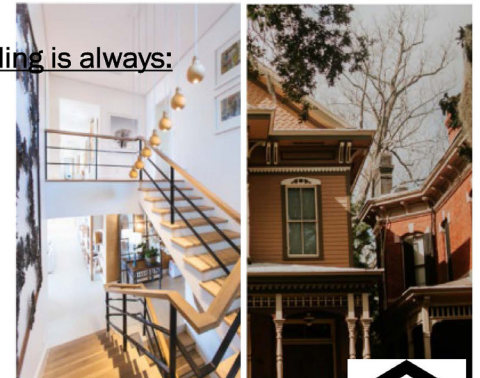
- Increase in mortgage payments?
- Increase in property taxes?
- Increase in homeowners insurance?
- Increase in HOA dues?
- Increase in utilities?

Are you behind on any of them?

Neighborworks Montana has a network of experienced local housing counselors who can help

HUD Certified Housing Counseling is always:

- ✓ Confidential
- ✓ Safe
- ✓ Free



EMAIL: BDASHNAW@RMDC.NET FOR MORE INFORMATION
406 457 7461 BEVERLY DASHNAW, HUD CERTIFIED COUNSELOR



BIRTHDAY MEAL CELEBRATION



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

Mark you calendars for Friday, March 8, and April 12, 2024!



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



Enjoy the Luck
o' the Irish to ya'
on this St. Patty's
Day - themed
word search!



Answer Key*

Irish, Charm, Luck, Gold, Rainbow, Clover,
Pot, Coin, Green, March



ST. PATRICK'S DAY WORD SCRAMBLE

Unscramble the St. Patrick's Day words

iirhs	_____
rmach	_____
kclu	_____
lodg	_____
orabwin	_____
voerlc	_____
otp	_____
cion	_____
eerng	_____
ramhc	_____