

VOICE OF EXPERIENCE



VOLUME 52 | NOVEMBER - DECEMBER 2019

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

ROCKY BREAKS GROUND FOR RED ALDER

On Friday, September 20, Rocky held a groundbreaking ceremony for the Red Alder Residences project. Community leaders and Helena citizens gathered to celebrate the beginning of construction for the housing project that began back in 2017. With affordable housing being identified as one of the greatest needs in the Tri-County area by Rocky's 2018 Comprehensive Community Needs Assessment, this project is one of the encouraging signs of Rocky tackling the issue along with the communities we serve. "Today, I see a little light at the end of the tunnel. This is an example of what community groups can accomplish when working for a common goal," said Helena Mayor Wilmot Collins.



Red Alder Residences will eventually add 85 units at the construction site, located on the corner of Henderson Street and Brady Street. There will be a mix of one-bedroom, two-bedroom, and three-bedroom apartments, and the cost of rent will be determined by household income. "Red Alder is going to help a number of people in our community at a variety of income levels. We are going to accept all kinds of subsidies for housing here," said Liz Mogstad, Rocky's Housing Program Director.



Upon the completion of construction in fall 2020, Red Alder will be added to the list of housing properties managed by Rocky that feature homes which are affordable to residents. If you are interested in the housing opportunities presented by Rocky, please feel encouraged to visit: www.rmhc.net/housing.html or call 406-447-1680 for more information.

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HELENA DDC MENU NOVEMBER 2019				
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 BISCUITS & SAUSAGE GRAVY POTATO WEDGES MIXED VEGGIES CINNAMON CHERRY APPLES
4 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES	5 CHICKEN NOODLE CASSEROLE VEGETABLE BLEND LIMA BEANS FRESH FRUIT (HDM)	6 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS	7 POLISH SAUSAGE ON A BUN SAUERKRAUT BABY RED POTATOES GREEN BEANS MANDARIN ORANGES GREEN SALAD w/GARBANZOS (HDM)	8 BIRTHDAY DINNER SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES PICKLED BEETS PLUMP PEACHES CAKE & ICE CREAM (NO SALAD BAR)
11 VETERAN'S DAY CLOSED 	12 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL FRESH FRUIT (HDM)	13 CHILI CON CARNE CORN BREAD MIXED VEGETABLES PARSLEY CARROTS BLUSHING PEARS	14 FISH PATTY ON A BUN GARDEN PEAS CAULIFLOWER CARROT RAISIN SALAD (HDM)	15 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE PINEAPPLE
18 BEEF TACO CASSEROLE REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN MANDARIN ORANGES	19 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT SAUTÉED GREENS CARROT COINS FRESH FRUIT (HDM)	20 THANKSGIVING DINNER ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSELS SPROUTS CRANBERRIES PUMPKIN PIE	21 VEAL PARMESAN OVER ROTINI NOODLES YELLOW & GREEN ZUCCHINI PLUMP PLUMS 4-BEANS & GREENS (HDM)	22 CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS PEACHES & PEARS
25 SALMON PATTY ON A BUN MIXED VEGGIES SWEET POTATOES JUICY PEACHES	26 LAZY DAISY CABBAGE CASSEROLE GOLDEN CORN PINEAPPLE FRESH FRUIT (HDM)	27 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL APRICOT HALVES	28 CLOSED 	29 CLOSED 

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.

HELENA DDC MENU - DECEMBER 2019				
MEALS SERVED FROM 11:00 – 12:30				
For Additional Information Call 447-1680 Helena				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CHEESEBURGER ON A BUN POTATO TRIANGLES BAKED BEANS PACIFIC VEGGIES APPLESAUCE	3 CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES PEAS & CARROTS WHOLE GRAIN ROLL CRANBERRIES FRESH FRUIT (HDM)	4 TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS MANDARIN ORANGES	5 HAMBURGER & SPANISH RICE JUMBLE CORN & BEAN MEDLEY CAULIFLOWER FRUITED JELLO (HDM)	6 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES MIXED VEGETABLES APRICOTS
9 LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT CUP	10 CALICO BEANS CARROT COINS PICKLED BEETS WHOLE GRAIN ROLL FRESH FRUIT (HDM)	11 OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN PEAS BAKED APPLES	12 ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN JUICY PEACHES CARROT RAISIN SALAD (HDM)	13 BIRTHDAY DINNER ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD PINEAPPLE CAKE & ICE CREAM (NO SALAD BAR)
16 MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES	17 PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE FRESH FRUIT (HDM)	18 PARMESAN CHICKEN BREAST BUTTERED ROTINI CREAMED SPINACH CARROT COINS PINEAPPLE	19 POTATO, VEGGIE & CHEESE EGG BAKE VEGETABLE MIX WHOLE GRAIN ROLL SWEET PEACHES TOSSED GREEN SALAD w/BEANS (HDM)	20 CHRISTMAS DINNER CHEF'S CHOICE – TO BE ANNOUNCED
23 OVEN BAKED CHICKEN WILD RICE PILAF SWEET YAMS GREEN BEANS JUICY PEARS	24 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER FRESH FRUIT (HDM)	25 CLOSED 	26 SLOPPY JOES ON A BUN POTATO WEDGES BAKED BEANS SWEET PEACHES COLESLAW (HDM)	27 FISH PATTY w/TARTAR SCALLOPED POTATOES PEAS & CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES
30 HUNGARIAN GOULASH GREEN PEAS PICKLED BEETS APRICOTS	31 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRESH FRUIT (HDM)	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)

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

MEDICARE PRESCRIPTION DRUG COVERAGE

Open enrollment for drug plan comparison and changes started on October 15 and continues through December 7. Any changes made during this time become effective January 1, 2020.

Please call 1-800-551-3191 to make an appointment with our SHIP counselors to review your options. We ask that when you come to an appointment, you have a list of your medications and dosage information as well as your Medicare card. A review of your plan is helpful, as you may be able to change to a better plan for the new year regarding both coverage and cost. We look forward to meeting with you!

THANK YOU RICK WINE & DR. GARY BLOM

We have been lucky enough over the years to have Rick and Gary come to the Rocky Senior Center to share their music and stories with everyone.



We look forward to the next time they can make it back to the Senior Center, and provide us with their excellent entertainment!

HOLIDAY CRAFT CASE SALE

Thanks to all who helped make our September and October Craft Case sales successful.

From October 28 to November 7, we will accept donations for the Holiday Craft Case Sale. We ask that you do not donate clothes, large appliances, or furniture. The Holiday Craft

Case Sale will take place on Friday, November 8, from 9:30 am - 1:30 pm on the Dance Floor and in the Foyer.

All money raised by the Craft Case sales go directly to the Helena Senior Center, which is managed by the Senior Advisory Council. If you have any questions, please contact Faith Franklin at 406-457-7318.

ROCKY CLOSURES

Rocky will be closed on **November 11, 28, 29, and December 25** in observance of the Veteran's Day, Thanksgiving and Christmas holidays, so there will be no Meals on Wheels, Transportation, or access to the Daily Dinner Club or Senior Center on these days.

If you receive Meals on Wheels or need a meal from the Daily Dinner Club, please don't forget to call ahead and reserve an extra or frozen meal, if needed. You can contact Marcy in Senior Nutrition at 406-457-7378.

SENIOR CENTER ACTIVITIES

November - December

MONDAYS

9:30 am – Jennie’s Arthritis 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)
10:45 am – Tai Chi Exercise Class
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
10:00 am - Hearing Aid Clinic - Room 15 (December 5)
1:00 pm - Wood Carving – Dance Floor
1:00 pm - Helena Sketchers - Dining Room
1:00 pm - Hand & Foot - Parlor

FRIDAYS

9:30 am – Jennie’s Arthritis Exercise Class
10:45 am – Tai Chi Exercise Class - Card Room
12:30 pm - Create-A-Craft - 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 Faith Franklin at 406-457-7318 or ffranklin@rmdc.net.

BE A FLU FIGHTER

As human immune defenses become weaker with age, older adults begin facing a greater risk of serious health complications from the flu. While flu seasons can vary in severity, during most seasons, people 65 years and older bear the greatest burden of severe flu disease.

We want to encourage you to be aware of the risk, and to take preventive action. Your health is important!

Following these key steps will greatly improve your chances of avoiding the risk of suffering from the flu:

- 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 high risk for complications from flu. Every season the vaccine is updated from the previous vaccine to better match circulating viruses.
- 2. Practice good habits.**
Covering coughs, washing your hands often, and avoiding people who are sick 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 everyone at the Rocky Senior Center. However, if you are not feeling well, especially if you might be showing flu-like symptoms, please call your doctor and stay home until you feel better. This will help prevent the flu from being transmitted to others.

Please remember, if you need to have meals delivered, you can contact Marcy in Senior Nutrition at 406-457-7378. Have a safe and healthy winter!

DAUGHTERS OF THE NILE

The Daughters of the Nile will be at the Senior Center selling nuts on November 19 and December 11, from 11:00 am - 1:00 pm. A portion of the proceeds helps support Shriner’s Hospitals. Plan on bringing some money if you would like to purchase some tasty nuts for a good cause.

CHRISTMAS PARTY

Join us on December 20 to celebrate the holidays. We will raffle a quilt and have live music by Rick Wine!

You can purchase raffle tickets from Faith Franklin, Senior Center Coordinator, and Taylor, Rocky Receptionist. The raffle tickets will cost \$1 per ticket, or you can purchase six tickets for \$5. The drawing will take place on Friday, December 20th during our Christmas Party.

Throughout the year, the Crafty Quilters make many quilts and donate them to various organizations throughout the Helena community. If you love quilting or have a desire to learn, you are always welcome to join them on Tuesdays from 9:00 to 11:00 am.



SENIOR ADVISORY COUNCIL UPDATE

The next Rocky Senior Advisory Council meeting will take place on Wednesday, November 27, at 9:00 am in the Card Room. There will be no December meeting due to the holidays. Everyone is welcome to attend and contribute ideas. If you wish to add a topic to the meeting agenda, please contact Faith Franklin, Senior Center Coordinator, at 406-457-7318 or ffranklin@rmdc.net.

The council would like to thank all the members for their participation. The meetings are crucial to planning events and activities, and gathering perspectives on how to continue making the Rocky Senior Center such an excellent place to visit. Have a wonderful Thanksgiving and Christmas holiday.

SENIOR MEMBERSHIP DRIVE

This year our early membership drive is starting up November 1. If you sign up for a 2020 Senior Center Membership this November or December, you will be entered into a special drawing for a prize. Registration will continue through February, 2020. The annual registration fee 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, so 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 to the Neighborhood Center, and delivery of the VOE to your home.

Your continued support allows the Rocky Senior Center to provide the many activities and services offered. Our primary focus is serving you as the senior citizens of Helena, and the surrounding communities. Everyone is welcome, and we are so thankful for each of you!

BIRTHDAY MEALS

This is a reminder that the Rocky Senior Center loves to celebrate your birthday! As a member of the Senior Center, you are eligible for a free meal on the day of the birthday meal during the month of your birthday. The birthday meal is on the second Friday of each month unless specified otherwise. If you have a birthday in November, please join us on November 8; if you have a December birthday, be sure to join us on December 13. We are happy you are part of our community and look forward to celebrating your birthday with everyone!

PARTICIPATE IN THE 2020 CENSUS

It's your chance to be counted! The 2020 Census will take place next year, and the simple act of participating in this count can have far-reaching impacts.

The census is a once-per-decade population and housing count completed by the U.S. Census Bureau, the Federal government's largest statistical agency. The census is required to occur per the U.S. Constitution, all U.S. citizens are required to participate, and all responses are confidential and protected by the law. Per <https://2020census.gov>, the following information will be asked on the census form: whether your home is owned or rented, how many people live in your home, and individual demographic information about all residents. The Census Bureau will NOT ask for your social security number or any banking information; any requests for that kind of information are a scam.

Why should you be counted in the 2020 census? The information gathered is used to direct decision and policy making over the next 10 years. For instance, the distribution of more than \$675 billion in federal funds, grants, and support to states, counties and communities is based on census data. Just a few of the programs whose funding distribution relies on census data are Medicaid, SNAP, Section 8 Housing Vouchers, and Low Income Home Energy Assistance (*LIHEAP). The information is also used in planning for hospitals, nursing homes, facilities for people with

Closer to home, census data helps business owners and developers decide where to locate, which creates both new opportunities for consumers along with new employment options. Local governments use information about their population to plan for public safety and to prepare for emergencies. Census data even impacts where new homes are developed and what areas are good options for revitalization projects.

Montana's representation in the U.S. House of Representatives is also directly impacted by census data. Results of the census are used to reapportion the House of Representatives, determining how many seats each state gets. In addition, state officials redraw the boundaries of the congressional and state legislative districts in their states to account for population shifts.

You will receive an invitation to participate in the 2020 Census by April 1, 2020. For the first time this year, individuals will have the option of replying via mail, by phone, or online. As you can see, your participation in the census process can have so much impact on Montana's future! Please take part and be counted! And, encourage your friends and neighbors to do the same.

*LIHEAP is referred to as the Low Income Energy Assistance Program (LIEAP) at Rocky.

WOOD CARVERS SHOWCASE & SALE

On Thursday, December 5, from 9:30 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 go to the Rocky Senior Center. Drop by to see the wonderful work they do. Additional carvings will also be on display.

HEALTH SERVICES AT THE HELENA SENIOR CENTER

FOOT CARE DONE RIGHT
November 4, 5, 12, & 13
December 2, 3, 9, & 10

Edith (RN, BSN, & CFCN) and Glorian (RN & CFCN) know the importance of proper foot care for seniors and are willing to answer questions about the care and health of your feet. They meet downstairs at the Rocky Helena Senior Center on the above dates. Please call 406-431-0006 to make an appointment. *There is a charge for this service.

BLOOD PRESSURE

Please take a moment to have your blood pressure taken each Thursday at the Senior Center in the back of the dining room between 9:30-11:00 am. *There is no charge for this service.

HEARING AID CLINIC

The clinic is conducted by Pat Fournier, Hearing Instruments Specialist. The next clinics are scheduled for **November 7, November 21, and December 5**, from 10:00 am to 2:00 pm in Room 15 in the basement of the Neighborhood Center. *There is no charge for this service; however, there could be a cost to replace or improve hearing aid components.



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.

WINTER COAT DONATIONS

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

We would also like to remind everyone to make sure the coat that you hang up or take home is yours. Many times coats may look alike. Please make sure you take your coat. Thank you to everyone who donates coats for others to use. This kind of care and thoughtfulness is one of many reasons the Rocky Senior Center is an awesome place!

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

 Affordable Rentals	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 1-406-438-7125 Augusta, Montana
BIG BOULDER RESIDENCES 1-406-438-5611 Boulder, Montana	TOWNSEND HOUSING 1-406-437-4411 Townsend, Montana

ROCKY CARD GAMES & CLUBS

PINOCHLE CLUB

The Pinochle Club players meet on Tuesdays and Sundays at 1:00 pm. The dates of the next Pinochle Tournament are November 4 and 5. Pinochle is a great way to have fun with friends at the Helena Senior Center, and new members are always welcome.

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 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), Cribbage (usually in the Parlor anytime you can find a partner), and Hand & Foot (Thursdays @ 1:00 pm in the Parlor).

OMBUDSMAN IS AN ODD WORD

By Jim Marks,
Area IV Agency on Aging
Program Director

Ombudsman is an odd word. Perhaps it sounds foreign because it is. Ombudsman is a Swedish word that means “agent” or “representative.”

One of Rocky’s lesser known services is the Long Term Care Ombudsman. Rocky’s two Local Ombudsman offer assistance to elder residents in the six counties covered by the Area IV Agency on Aging. Area IV, which serves Lewis and Clark, Broadwater, Jefferson, Meagher, Gallatin, and Park counties, has a Local Ombudsman in Helena, and another in Bozeman.

So what services do Rocky’s two local Ombudsman provide? They advocate for people who live in nursing homes and assisted living centers. These institutions sometimes treat their residents unfairly, and our Ombudsman stand by individual residents to resolve disputes ranging from poor quality food services, to serious denials of choice, to violations of care. Let’s face it. Residents live in nursing homes and assisted living centers because they are unable to age in their own homes and

communities. Few want to be there. Our Ombudsman champion the rights of these individuals, some of whom cannot speak and act on their own behalf.

Nursing homes and assisted living centers are not the enemy. Most do their very best to provide quality living conditions for residents. When a resident with the assistance of an Ombudsman raises concerns, the bulk of the troubles are worked out with everyone’s involvement and for the benefit of all. Some of the conflicts are caused by systemic issues, and Ombudsman can work on the big picture. For example, Ombudsman can take problems to the Montana Legislature or Governor. They can work within the administrative and regulatory authorities for the benefit of those they serve.

Ombudsman get their marching orders from the Older Americans Act, the federal law that establishes how the United States strives to treat its elders. The Ombudsman part of the law is all about fairness. To this day, national public policy honors the voice of residents and curbs the power of the nursing home and assisted living center industry.

*Article continues on Page 11

VOLUNTEER FOR MEALS ON WHEELS

Do you want to help seniors in your community maintain their independence and avoid the threat of hunger? Do you have a couple hours during the week to drop off a hot meal?

WE NEED YOU!

Helena’s Meals on Wheels program, managed by Rocky Mountain Development Council, Inc., needs volunteers to deliver meals to Helena seniors. Please visit www.rmhc.net/volunteer.html to view the full position description, and to download an application. You are also welcome to contact Maria Murphy at 406-457-7376, or Mel Bruhn at 406-457-7319, for more information about the position.



COMMODITY FOOD FOR QUALIFYING SENIORS

COMMODITIES SCHEDULE

Avon, MT	Wednesday, November 6 10:30 am - 11:00 am
Lincoln, MT	Wednesday, November 6 12:30 pm - 1:00 pm
Whitehall, MT	Thursday, November 7 11:00 am - 12:00 pm
Boulder, MT	Friday, November 8 9:30 am - 10:30 am
White Sulphur Springs, MT	Tuesday, November 12 11:00 am - 12:00 pm
Helena, MT @ Food Share	Wednesday, November 6 8:00 am - 10:30 am
	Thursday, November 7 8:00 am - 10:30 am
Elliston, MT	Wednesday, November 6 9:30 am - 10:00 am
Augusta, MT	Tuesday, November 5 12:30 pm - 1:30 pm
East Helena, MT	Monday, November 4 2:00 pm - 3:30 pm
Townsend, MT	Monday, November 4 2:00 pm - 3:00 pm
Wolf Creek, MT	Tuesday, November 5 9:30 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.



Myrna Loy Theater Helena Senior Center NOVEMBER - DECEMBER COUPON

Sponsored by the Myrna Loy Center | Present in person at box office

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

* 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.

LETTER FROM THE EXECUTIVE DIRECTOR

Fall is here and winter is not far behind. I hope you are enjoying the fallen 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.

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 every day.



Lori Ladas, C.P.A.
Executive Director

A FRIENDLY REMINDER

The Rocky Senior Center is lucky enough to occasionally have live entertainment and informational speakers. Please remember to be courteous to those in attendance by paying attention to the speaker, or moving your conversation to the Card Room or Parlor. Loud conversations can ruin the experience, and make the guest performer or speaker feel disrespected by the audience. Thank you for your consideration.

AARP SMART DRIVER™ COURSE

Friday, November 15
12:00 - 4:30 pm
First Interstate Bank
2021 N. Montana Ave.

Thursday, December 12
12:00 - 4:30 pm
First Interstate Bank E
2728 Colonial Dr.

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

Phone: 406-439-7675
Email: cspeil@msn.com
Reservations: 457-4712

AN OPPORTUNITY TO VOLUNTEER

Are you ready to make a difference in a child's life through mentoring? If so, the Foster Grandparent Program is recruiting PAID volunteers! Head Start and the Helena School District are searching for Foster

Grandparents to volunteer in their classrooms. Foster Grandparents are positive role models that mentor children to read, provide one-on-one tutoring, and guide children at a critical time in their lives. You receive training, mileage reimbursement, and a small monthly stipend. For more information, call Mindy at (406) 447-1680.



*Article continued from Page 8

In the past, Ombudsman were state government employees. However, national policy makers realized that Ombudsman need the freedom to advocate for residents apart from the agendas of state governors and state government. Today, national public policies insist on independence for Ombudsman. Nothing should deter Ombudsman from representing residents, not the industry, nor state government.

The Older Americans Act goes so far as to protect residents from family members. It does this by establishing strict conflict of interest requirements that assure the interests of the resident are always first and foremost. Of course, Ombudsman assist families, but only within the context of representing resident concerns. Thanks to the conflict of interest practices, Ombudsman stay on point, always advocating for the resident.

Yet another oddity of the Ombudsman program is that they cannot, by law, be mandatory reporters of violations. Ombudsman can report violations, but only as a representative of the resident. The reason for this is to assure Ombudsman are rock-steady agents for residents. Others handle the legal compliance stuff.

Sadly, the Ombudsman program faces significant challenges. For example, two of Montana's 10 Area Agencies decided not to provide Ombudsman. The Senior and Long Term Care Division also sought to fill the vacancy in the State Ombudsman position twice recently, but both searches failed to yield any applicants. Now the Division is working with a consultant to find a path forward for the program. Ombudsman are heavily over worked, and the problems they deal with are complex and thorny. They travel to all the nursing homes and assisted living centers where they visit with residents and others. They must report everything they do. Perhaps strangest of all, almost all Ombudsman have two bosses, one within Area Agencies for administrative parts of the job, and another within the Ombudsman program for programmatic responsibilities. Federal confidentiality rules prevent Area Agency supervisors from knowing most details of an Ombudsman's work. It takes constant

communication and trust to function. The most difficult part of the job may be that funding for Ombudsman is far less than what the program requires. Montana, with its rapidly increasing numbers of citizens over age 60, as well as the modern expectations of aging baby boomers, especially sees an increasing demand for the Ombudsman program.

Nonetheless, Ombudsman provide a massively necessary service, and considering the evident challenges we face, everybody involved does the best we can. The work is very rewarding, and Montana enjoys healthy relationships between all the parties affected by Ombudsman. For more information on Montana's and Area IV's Ombudsman program, please visit these websites:

- Rocky's Area IV Agency on Aging: <https://www.rmhc.net/areaiv.html>
- Montana Long Term Care Ombudsman: <https://dphhs.mt.gov/sltc/aging/longtermcareombudsman>
- Federal Ombudsman Program: <https://acl.gov/programs/Protecting-Rights-and-Preventing-Abuse/Long-term-Care-Ombudsman-Program>

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