

VOICE OF EXPERIENCE



VOLUME 56 | JULY - AUGUST 2020

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

WE MISS YOU!

Kathy Marks
Operations Director

Senior Centers have felt pretty lonely during the last few months – we are missing the groups coming in for lunch, to play cards, bingo, or to just visit. While you have been gone, Rocky employees have been hard at work. The kitchen employees are still working hard getting meals out through the Meals on Wheels Program. If you need a meal, please contact us at 406-447-1680.

WHEN YOU RETURN

Some of us have been working in other ways. The flooring in the Helena Senior Center has been replaced with a lovely gray vinyl to match the new tables and chairs. This long over-due project was made a bit simpler because we didn't have to close the dining room while it was being laid.

An exciting change is coming to the Helena Senior Center. As soon as we can open again, Rocky is launching a new automated check-in system that all visitors and volunteers will use upon entering the building. Called “My Senior Center”, this advanced functionality will improve the Senior Center’s performance in three key areas: registration, scheduling, and reporting. Everyone will receive a small key tag (the card contains no personal information, but it will allow the new system to recognize you). Instead of signing into our book, you will swipe your tag at the scanner, or you can enter your name on the touchscreen (see sample below). Each senior will use the touchscreen to select the programs for the day and be on their way.



Table of Contents

Daily Dinner Club Menus
Page 2-3

Senior Activities Schedule
Page 4

Health Services
Page 7

Commodities Schedule
Page 9

Letter from Lori Ladas
Page 10

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HELENA MENU JULY 2020				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>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)</p>		<p>1 PORK CHOPS-N-GRAVY MASHED POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL BAKED APPLES</p>	<p>2 TURKEY HASH OVER POTATOES SWEET PEAS WHOLE GRAIN BREAD BLUSHING PEARS</p> <p>TOSSSED GREENS w/BEANS</p>	<p>3 <u>CLOSED</u></p> 
<p>6 MOCK CHOP SUEY BROWN RICE CAULIFLOWER PICKLED BEETS SWEET PEACHES</p>	<p>7 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES JUICY PEARS</p> <p>FRESH FRUIT (HDM)</p>	<p>8 TATER TOT CASSEROLE CARROT COINS BEAN MEDLEY FRUIT CUP</p>	<p>9 BAKED COD w/TARTAR RICE PILAF ZUCCHINI SQUASH APRICOTS</p> <p>COLESLAW (HDM)</p>	<p>10 <u>BIRTHDAY DINNER</u> ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSELS SPROUTS CRANBERRIES CAKE & ICE CREAM *NO SALAD BAR*</p>
<p>13 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS</p>	<p>14 CHICKEN NOODLE CASSEROLE VEGETABLE BLEND LIMA BEANS</p> <p>FRESH FRUIT (HDM)</p>	<p>15 BISCUITS & SAUSAGE GRAVY POTATO WEDGES MIXED VEGGIES CINNAMON CHERRY APPLES</p>	<p>16 SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES PLUMP PEACHES</p> <p>GREEN SALAD w/GARBANZOS (HDM)</p>	<p>17 POLISH SAUSAGE ON A BUN SAUERKRAUT BABY RED POTATOES GREEN BEANS MIXED FRUIT</p>
<p>20 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES</p>	<p>21 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL</p> <p>FRESH FRUIT (HDM)</p>	<p>22 CHILI CON CARNE CORN BREAD MIXED VEGETABLES PARSLEY CARROTS BLUSHING PEARS</p>	<p>23 FISH PATTY w/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER</p> <p>CARROT RAISIN SALAD (HDM)</p>	<p>24 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE PINEAPPLE</p>
<p>27 BEEF TACO CASSEROLE REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN MIXED FRUIT</p>	<p>28 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT SAUTÉED GREENS CARROT COINS</p> <p>FRESH FRUIT (HDM)</p>	<p>29 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES</p>	<p>30 VEAL PARMESAN OVER ROTINI NOODLES YELLOW & GREEN ZUCCHINI PLUMP PLUMS</p> <p>4-BEANS & GREENS (HDM)</p>	<p>31 CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS PEACHES & PEARS</p>

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.

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

COVID-19 RELIEF FUND

In reaction to the spread of the novel Coronavirus, many members of our community came forward with support to provide emergency items for our clients. Rocky was able to provide more Meals on Wheels lunches to clients, provided grocery cards for those laid-off from work or just needing some extra help, and updated a few areas of our facility to provide for safe social distancing. For instance, our reception area was very small and nearly impossible for the receptionist to be six feet away from other employees or visitors – or for the employees and visitors to be six feet apart from each other. And, the reception area at the Neighborhood Center was not in a location that was visible to guests or convenient to find. We have moved the reception area to the north-end of the building and have added a window

with sliding glass to address those issues.

Rocky is so grateful for the support we have received during this time. In particular, Northrop Grumman, a Rocky partner, provided substantial support for Rocky's COVID-19 activities. Thank you!



 **HELENA MENU – AUGUST 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>SALMON PATTY ON A BUN MIXED VEGGIES SWEET POTATOES JUICY PEACHES</p>	<p>4</p> <p>LAZY DAISY CABBAGE CASSEROLE GOLDEN CORN PINEAPPLE</p> <p>FRESH FRUIT (HDM)</p>	<p>5</p> <p>BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL APRICOT HALVES</p>	<p>6</p> <p>SALISBURY STEAK STEAMED BROWN RICE VEGETABLE MEDLEY MIXED FRUIT CUP</p> <p>COLESLAW (HDM)</p>	<p>7</p> <p>HAM & SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS MIXED FRUIT</p>
<p>10</p> <p>TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS MIXED FRUIT</p>	<p>11</p> <p>CHEESEBURGER ON A BUN POTATO TRIANGLES BAKED BEANS PACIFIC VEGGIES APPLESAUCE</p> <p>FRESH FRUIT (HDM)</p>	<p>12</p> <p>CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES GARDEN PEAS CARROT COINS CRANBERRIES</p>	<p>13</p> <p>HAMBURGER & SPANISH RICE JUMBLE CORN & BEAN MEDLEY CAULIFLOWER</p> <p>FRUITED JELLO (HDM)</p>	<p>14</p> <p><u>BIRTHDAY DINNER</u> PARMESAN CHICKEN BREAST BUTTERED ROTINI CREAMED SPINACH CARROT COINS PINEAPPLE CAKE & ICE CREAM *NO SALAD BAR*</p>
<p>17</p> <p>LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT CUP</p>	<p>18</p> <p>CALICO BEANS CARROT COINS PICKLED BEETS WHOLE GRAIN ROLL</p> <p>FRESH FRUIT (HDM)</p>	<p>19</p> <p>OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN PEAS BAKED APPLES</p>	<p>20</p> <p>ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN JUICY PEACHES</p> <p>CARROT RAISIN SALAD (HDM)</p>	<p>21</p> <p>ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD PINEAPPLE</p>
<p>24</p> <p>MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES</p>	<p>25</p> <p>PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE</p> <p>FRESH FRUIT (HDM)</p>	<p>26</p> <p>SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES MIXED VEGETABLES APRICOTS</p>	<p>27</p> <p>POTATO & CHEESE EGG BAKE VEGETABLE MIX WHOLE GRAIN ROLL SWEET PEACHES</p> <p>TOSSED GREEN SALAD w/BEANS (HDM)</p>	<p>28</p> <p>BREADED VEAL MASHED POTATOES w/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL CRANBERRIES</p>
<p>31</p> <p>OVEN BAKED CHICKEN WILD RICE PILAF SWEET YAMS GREEN BEANS JUICY PEARS</p>			<p>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)</p>	

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REOPENING THE BIG SKY

“Phase 2” of Governor Steve Bullock’s plan to Reopen The Big Sky has restored a lot of the sense of community that was diminished during the order to shelter-in-place. As Montanans grow more comfortable with spending time in public spaces, Rocky is configuring plans as to what re-opening will look like at our facilities. Many of you are yearning to return to senior centers for meals, socializing, exercise, and games. To be clear, Rocky senior centers will not re-open until “Phase 3” of Governor Bullock’s plan.

We will make a series of public announcements leading up to re-opening, and look forward to celebrating your return. Please be assured we will be carefully following guidelines to create safe and responsible social environments.

For the rest of the “Phase 2”, we will continue to promote the services we have adapted and created during the Covid-19 pandemic. If you are struggling with social isolation, could benefit from grocery delivery, or would like a daily meal delivered to your home, please contact us at 406-447-1680.

You can find more information regarding the plan to Reopen The Big Sky at the following url:

www.covid19.mt.gov



MONTANA

REOPENING THE BIG SKY
PHASED APPROACH

SENIOR CENTER ACTIVITIES

July - August

***Due to Covid-19, these activities have been postponed until further notice.**

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

12:30 pm - Hand & Foot - Parlor

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

12:30 pm - Hand & Foot - Parlor

1:00 - 3:00 pm – Bingo – Dining Room

THURSDAYS

9:00 – 10:30 am – Coffee & Rolls – Dining Room

9:45 am – Line Dancing – Dance Floor

12:30 pm - Hand & Foot - Parlor

1:00 pm - Wood Carving – Dance Floor

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 at 406-457-7318 or ffranklin@rmdc.net.

WOOD WORKING: A HEALTHY HOBBY

www.living.medicareful.com

The art of woodworking is a popular one for many seniors around the country. Taking a shapeless block of wood and turning it into something beautiful or practical is a reward on its own. When you use your craft, you’re getting more than a carving of your dog or a new homemade chair. No, the benefits of carving and crafting wood are much more than that.

Exercise - The first benefit for your health is the exercise that you get while carving. If you’ve ever spent time woodworking, you’ll know exactly what we’re talking about. That satisfied ache in your muscles after a successful woodworking session is emblematic of a healthy workout. Unlike other modes of exercise, like running or lifting, carpentry is fairly low-impact. There’s also no time limit for carving or carpentry. If you start to get a little tired or achy, take a break. Unlike a morning jog or a swim, a purpose is inherent in the hobby: turn this block of wood into something artful or useful. This goal provides an incentive and accountability that can make you more likely to complete and return to the exercise. So, with woodworking, you have an effective workout that won’t leave you hurting and one that you’ll want to return to.

Relaxing - It’s so difficult to just disconnect and have some quiet and contemplative time to yourself these days. This is exactly what woodworking does for you. In fact, one study of woodworking’s therapeutic effects revealed that the hobby

can act as a form of meditation. Woodworking has been so effective at de-stressing that it’s been suggested for veterans and soldiers. The controlled, calming atmosphere is helpful for people who suffer with post-traumatic stress disorder. Woodworking is also effective for sufferers of depression since it’s a form of art therapy.

Creative Output - The creative aspect of carpentry is another benefit of the pastime. Chief among these is the mood boost that creative hobbies give you, especially the pride and positivity you get from creating something. This improved mental health can lead to a reduced stress level, improved immune system, and a brighter general disposition. Furthermore, creativity promotes brain health, improving connectivity between the two hemispheres of the brain. Creative outlets may also be critical in healthy aging in the brain. Keeping mentally active, something creativity helps you do, can combat or prevent mental decline. One study found that seniors who crafted, like woodworking, were 45 percent less likely to develop mental impairment later in life. Specifically, some have even labeled woodworking a “whole-brain activity,” due to its mix of problem-solving and creativity. As with any hobby, the most difficult step is getting started. Luckily, the internet is filled with simple woodworking projects and ideas for beginners. You can even find an instructional YouTube channel to give you inspiration and guidance while you’re still learning. There are a lot of DIY woodworking channels out there to choose from. With this many options, a world of creative possibilities is in front of you. All you have to do is get started!

CORONACOASTER

Jim Marks
Area IV Agency on Aging Program Director

“Coronacoaster” is a new buzz word used today to describe the ups and downs, the raucous ride of the pandemic. Who would have predicted that senior citizens would shelter in place and stop gathering and meeting with others? Who expected technology to become so vital so quickly? It’s been a Coronavirus rollercoaster indeed!

Delivering high quality services is a driving value of Rocky’s Area IV Agency on Aging. When society learned that those we serve must quarantine to stay safe, we knew technology would be more important than ever in sustaining our commitment to service.

We rapidly adopted services based on technologies like video conferencing, smart phone applications, web site changes, and the reliable standards of telephone calls and e-mails. We are far from completing our transition to using technology in our services. The more we use technology, the better we get with it. The better we get with it, the more we want state-of-the-art technology. Even those who approach technology reluctantly understand the conveniences of communication via technology. While nearly all of us prefer in-person interaction, we now anticipate that technology will persist as a substantial part of how we communicate from now through forever.

Thanks to a donation from Blue Cross-Blue Shield, Area IV plans to purchase tablet devices with built-in Internet connectivity. We will loan the devices to our clients so that they can take our classes and engage in peer support groups and discussions. These devices will permit senior citizens who do not have computers and Internet in their homes to access services. The technology assures the person-to-person connectivity we all crave.

Another example is our telephone check-ins and re-assurance calls. With a new software and smart phone app, Area IV connects volunteers from the community to call senior citizens sheltering their homes. The calls serve many purposes such as finding out about

any missing supports and to provide guidance on how to shelter in place well. Perhaps the most important point of the calls is simply to talk. Human beings need human beings, and the quarantine makes it hard to satisfy those connections.

If you or someone you know needs these kinds of services supported by technology, please contact Area IV at (800) 551-3191.

WELL CONNECTED

Hello to all Senior Center members,

The Area IV Agency on Aging would like to extend an invitation to any one of you who might have a computer, iPad, or smartphone to participate in a wonderful program called Well Connected. It is available online or by phone and it offers classes that range from 30 minutes to one hour and focus on subjects such as travel, poetry, bird watching, music, etc. There are also discussions on the topics of aging, wellness and loss, as well as writing workshops, and language learning. The choices are wide and wonderful.

The classes are free of cost and may include up to 12 people. During this time of isolation, we encourage any of you who would like to participate to do so. Even after life returns to normalcy, you may want to continue the fun and learning.

At present time we are trying to generate interest, so please feel free to contact us at the numbers below. We will start a list of interested people to get the ball rolling.

Thank you!

Saundra Lowry - 406-457-7358

Barb Gilskey - 406-457-7349

MEDICARE COVERS COVID-19 TESTING

Seema Verma
Administrator
U.S. Centers for Medicare & Medicaid Services

If you have Medicare and want to be tested for coronavirus disease 2019 (Covid-19), the federal government has good news.

Medicare covers tests with no out-of-pocket costs. You can get tested in your home, doctor's office, a local pharmacy or hospital, a nursing home, or a drive-through site. Medicare does not require a doctor's order for you to get tested.

Testing is particularly important for older people and nursing home residents, who are often among the most vulnerable to Covid-19. Widespread access to testing is a critical precursor to a safe, gradual reopening of America.

For Medicare beneficiaries who are homebound and can't travel, Medicare will pay for a trained laboratory technician to come to your home or residential nursing home to collect a test sample. (This doesn't apply to people in a skilled nursing facility on a short-term stay under Medicare Part A, as the costs for this test, including sample collection, are already covered as part of the stay.)

If you receive Medicare home health services, your home health nurse can collect a sample during a visit. Nurses working for rural health clinics and federally qualified health clinics also can collect samples in beneficiaries' homes under certain conditions.

Or you can go to a "parking lot" test site set up by a pharmacy, hospital, or other entity in your community. We're doing similar things in the Medicaid program, giving states flexibility to cover parking lot tests as well as tests in beneficiaries' homes and other community settings.

We also implemented the Families First Medicaid eligibility option, which allows states to cover uninsured citizens' testing costs with no cost-sharing. Individuals should contact their state Medicaid agency to apply for this coverage.

Both Medicare and Medicaid cover serology or antibody tests for Covid-19. These tests can help identify who has been exposed to the virus.

Medicare generally covers the entire cost of Covid-19 testing for beneficiaries with Original Medicare. If you're enrolled in a Medicare Advantage health plan, your plan generally can't charge you cost-sharing (including deductibles, copayments, and coinsurance) for Covid-19 tests and the administration of such tests.

In addition, Medicare Advantage plans may not impose prior authorization or other utilization management requirements on the Covid-19 test or specified Covid-19 testing-related services for the duration of the Covid-19 public health emergency.

We have also required that private health issuers and employer group health plans cover Covid-19 testing, and certain related items and services, with no cost-sharing during the pandemic. This includes items and services that result in an order for, or administration of, a Covid-19 diagnostic test in a variety of medical settings, including urgent care visits, emergency room visits, and in-person or telehealth visits to the doctor's office.

The federal government has worked to ensure that cost is no barrier to being tested for Covid-19, and to make testing as widely and easily available as possible. As a result of these actions, we've seen a surge in testing among Medicare beneficiaries. Robust and widespread testing is of paramount importance as we begin easing back into normal life.

HEALTH SERVICES AT THE HELENA SENIOR CENTER

*Due to Covid-19, these services have been postponed until further notice.

BE WELL CLINIC

The Be Well Clinic includes blood pressure, weight, and vision checks, as well as a review of medications. There is no charge for this service.

HEARING AID CLINIC

The clinic is conducted by Pat Fournier, Hearing Instruments Specialist. There is no charge for this service; however, there could be a cost to replace or improve hearing aid components.

FOOT CARE DONE RIGHT

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. Please call 406-431-0006 to make an appointment. There is a charge for this service.



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.

HOPS THAT HELPS ROCKY

On Tuesday, August 11, we hope you'll stop by Copper Furrow Brewing and drink a few beers with us! Located at 2801 North Roberts Avenue, Copper Furrow will donate \$1 to Rocky from every pint sold between 12:00-8:00 pm.



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

MEMORY TRICKS

Kristen Stewart
www.everydayhealth.com

It's natural to worry about memory loss and cognitive decline as you age. But getting older isn't all doom and gloom. While many of us worry that our minds will not be as sharp or that we will develop a serious memory disorder as we grow older, in fact the science shows that there are steps we can take to keep our minds vital and to reduce our risk for dementia.

- **Repeat New Names** - As is the case with many other scenarios that evoke fears of memory loss, drawing a blank on a new acquaintance's name is often due to being distracted by the many other things you learn about a person when you first meet. Try repeating the name several times, connecting the name to something or someone you already know, or creating a very short story in your head to give the name special meaning.
- **Keep Your Keys in the Same Spot** - Almost everyone forgets where they put their keys once in a while, but older people may worry that this is a sign of cognitive decline or another senior health issue. In reality, it's more commonly an issue of not paying attention. One memory-boosting tip is to be consistent. "Put your keys in the same location each time so you are practicing this memory," suggests Jeffrey Cummings, MD, director of the Lou Ruvo Center for Brain Health at the Cleveland Clinic in Las Vegas.
- **Use Visualization to Locate Your Parking Spot** - Forgetting where you parked the car can also make you think you're experiencing the first signs of dementia. But just as with keys, it's more often a symptom of not noting the exact location in the first place. Try this the next time you park: "Create an association or a silly visual image that can help jog your memory," says Jena Kravitz, PsyD, a clinical neuropsychologist at Cedars-Sinai Medical Center in Los Angeles. "For example, if you parked on level 2C, you might create an image of two gigantic cows sitting on top of your car." Writing down the location or sending yourself a text message are two other ways to help you remember and find where you left your vehicle.
- **Set Alerts for Your Anniversary** - Forgetting birthdays and other special occasions can be a huge source of worry for seniors. Often this may be the result of simply having too many things to remember or being bombarded by too many messages. Highlighting important dates in red on a calendar or in a datebook can help. Another option is using the calendar feature on your computer or cell phone to alert you to these special events.

- **Create Mnemonic Devices for Important Numbers** - Having difficulty remembering things like your license-plate number isn't just a problem for older adults. Train your brain by learning the number in chunks or by using a mnemonic device. "If you like chunking, you can choose to remember two to three digits at a time," says Dr. Kravitz. "If you are more creative, you can create a mnemonic. For example, '4MNJ532' could be translated into '4 My Neighbor Jen who has 532 cars.'"
- **Absorb What You Read** - Even if you don't worry about memory loss and other senior health conditions, you could benefit from better recall of what you read. In her book *Total Memory Workout: 8 Easy Steps to Maximum Memory Fitness*, Green details her SING Technique: "Stop (take a pause), Identify the main point (look to the critical main point of what you just read), Never mind the details (details matter but first you have to get the heart of the story), and Get the gist (the gist of the story is the main point plus one or two critical details)."
- **Imagine Your Grocery List** - If you want to challenge your mind, try keeping a list of your desired grocery items in your head. It will strengthen your cognitive skills — and help the next time you're at the supermarket. Kravitz recommends categorizing the items into dairy, meat, fruit, and so on. This works even better if there are equal numbers of items in each category, and if there aren't too many foods on the list.
- **Retrace Your Steps** - Who hasn't gone into a room to get something and forgotten why they're there? Blame a lack of focus. "If this is a recurring problem, repeat what it is you are going there for over and over," says Charles Puchta, founder of the Aging America Resources Care Ministry. "Another thing people can do is retrace their steps either in their minds or physically. For example, what were they just doing that made them need or want something from a different room?"
- **Keep Tabs on Your To-Do List** - In this age of extreme multitasking, it can be hard even for people without memory loss or cognitive decline to remember everything they have to do, especially when they can't do it as they think of it. Here's how to stay on top if, when talking on the phone or sitting in a doctor's office, you remember that you have to accomplish something important. "The key in remembering to do this important task is to set your reminder immediately," Kravitz says. "If you wait to set a reminder at a later time, you will likely forget." Consider calling your voice mail, sending yourself a text, or simply writing yourself a reminder note as soon as you think of the to-be-completed task.



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

Myrna Loy Theater Helena Senior Center JULY - AUGUST 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.

COMMODITY FOOD FOR QUALIFYING SENIORS

COMMODITIES SCHEDULE

Townsend, MT
 Monday, July 20
 2:00 pm - 3:00 pm
 Corner of Pine & E Streets

East Helena, MT
 Monday, July 20
 2:00 pm - 3:30 pm
 50 Prickly Pear Ave.

Wolf Creek, MT
 Tuesday, July 21
 9:30 am - 10:30 am
 Main road by Wolf Creek school

Augusta, MT
 Tuesday, July 21
 12:30 pm - 1:30 pm
 134 Main St.

Elliston, MT
 Wednesday, July 22
 9:30 am - 10:00 am
 101 W. Front St.

Avon, MT
 Wednesday, July 22
 10:30 am - 11:00 am
 102 Old Avon Rd.

Lincoln, MT
 Wednesday, July 22
 12:30 pm - 1:00 pm
 801 Main St.

Whitehall, MT
 Thursday, July 23
 11:00 am - 12:00 pm
 3 N. Division St.

Boulder, MT
 Friday, July 24
 9:30 am - 10:30 am
 201 S. Main St.

White Sulphur Springs, MT
 Monday, July 27
 11:00 am - 12:00 pm
 101 1st Ave. SE

Helena, MT @ Food Share
 1616 Lewis St.
 Wednesday, July 22
 8:00 am - 10:30 am
 Thursday, July 23
 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.



LETTER FROM THE EXECUTIVE DIRECTOR

I don't know about you, but the brighter, warmer summer weather couldn't have come sooner this year. It feels great to get outside and enjoy some of the beautiful vistas this state has to offer after being locked up in my house the past several months.

Of course, the ongoing pandemic has created for very challenging times. At Rocky, we've been doing everything we can to stay on top of new information and guidelines, and prepare for a safe re-opening. Thinking back on last summer, we had so much to celebrate. Most notably, yet another successful Spirit of Service event had

provided yardwork, trash removal, painting, and minor repairs to over 50 Helena homeowners. It was a very sad decision to make when we had to cancel the event this year.

As we approach "Phase 3" of Governor Bullock's plan to Reopen The Big Sky, I hope you will all look forward with me to the exciting day we can welcome you all back to the senior centers in your communities. You all brighten our days and remind us why we love to do this work!



Lori Ladas, C.P.A.
Executive Director

FLOWERS & HERBS

Many of you are aware that we unfortunately had to cancel our annual spring-cleaning Spirit of Service event this year due to Covid-19 concerns. In lieu of being able to offer yard cleanup and painting to seniors, veterans and people with disabilities, several Rocky employees decided to plant flowers, tomatoes, and herbs in a raised bed on the Walking Mall outside of the Neighborhood Center. Tim, the Neighborhood Center chef, plans to use the tomatoes and fresh herbs in preparing senior meals. If you visit the Walking Mall, consider making a trip down to the south-end. We hope the flowers brighten your day!

AN OPPORTUNITY TO VOLUNTEER

The greatest gift you can give a child is your time. With increased classroom sizes, elementary schools and preschool centers welcome volunteers with open arms!

Are you 55 years of age or older? Do you enjoy assisting children to succeed academically? If you answered yes to both of those questions, then Rocky's Foster Grandparent Volunteer Program is right for you! Please contact 447-1680 or visit us online at www.rmhc.net to find out how to apply.



BENEFITS OF YOGA

Crystal Lee

www.greatseniorliving.com

Yoga cultivates a mind-body connection, combining stretching and strengthening postures with deep breathing and relaxation. Because the poses (called asanas) can easily be modified or adapted to suit an individual's needs, yoga is safe for seniors of all fitness or ability levels. In fact, it can be an excellent way to keep your body strong and healthy without the joint stress that comes from other activities like weight-lifting or jogging. And it's never too late to begin: You can start yoga at any age. (Just be sure to clear it with your doctor before you get going.)

Here are some of the benefits of yoga for seniors:

- **Better balance** - Many yoga poses for seniors focus on strengthening the abdominal muscles and improving your core stability. That can help you become steadier on your feet and reduce your risk of falls.
- **Improved flexibility** - Yoga movements can be fantastic stretching exercises for seniors. Holding a pose for several breaths encourages your muscles and connective tissues to relax and loosen, which helps to increase your range of motion. In fact, research has shown that regularly engaging in yoga can dramatically boost the overall flexibility of older adults.
- **Enhanced breathing** - The breathing control practices of yoga (known as pranayama) can expand your lung capacity and improve your pulmonary health. One study found that elderly women who practiced yoga three times a week for 12 weeks saw a significant improvement in their respiratory function.
- **Stronger bones** - If you're worried about brittle bones and osteoporosis, try yoga. For older women and men, a consistent yoga routine that includes weight-bearing postures can help bolster bone strength. Some promising research has suggested that doing yoga can actually improve bone density in postmenopausal women.
- **Reduced anxiety and stress** - Through meditation and mindful breathing, yoga encourages you to focus on the present and find a sense of peace. That can lower levels of the stress hormone cortisol and help ease symptoms of anxiety and depression.
- **Better sleep** - Yoga can help alleviate sleep disturbances, which are common complaints among seniors. In one study, adults over age 60 who struggled with insomnia participated in yoga classes twice a week and underwent daily sessions at home. After three months, the group reported significant improvements in both the duration and overall quality of their sleep.

Whether you're aiming to get stronger and more flexible or you just want to decompress and still your mind, yoga can help. But with the dozens of different styles that exist, it can be tough to figure out which type is most appropriate for you. Here are eight types of yoga that may offer what you need:

- **Hatha** - Not really a specific style, hatha is a generic term which encompasses all forms of yoga that concentrate on physical postures. But in most cases, classes advertised as hatha yoga feature a slow-paced series of sitting and

standing poses. They are typically about stretching and breathing, not boosting your heart rate or getting your leg up behind your head. That's why many people believe that hatha is the best type of yoga for beginners.

- **Iyengar** - Iyengar yoga is methodical and precise, with a strong emphasis on proper form. Practitioners are encouraged to use props like bolsters, straps, blocks, and incline boards to help them get into the correct alignment. Because the props allow for all kinds of modifications, this is a good style of yoga for seniors with arthritis or other chronic conditions.
- **Restorative** - Restorative yoga is a slow, meditative form of yoga that is designed to release tension passively, without stretching. Props are used to totally support the body, and poses are held for a long time, sometimes up to 10 minutes. Restorative is the best type of yoga for seniors who want to cultivate relaxation and contentment. It's not uncommon for people to fall asleep in class.
- **Yin** - Like restorative yoga, yin yoga is slow and focuses on holding poses for a long time. The difference between yin and restorative yoga is that restorative involves no active stretch, whereas in yin you work on stretching your deep connective tissues. Doing yin yoga regularly can help relieve stiffness and enhance flexibility.
- **Vinyasa** - This is a general term for yoga styles that involve matching breathing with a series of continuous movements that flow from one to another. Pacing can vary, but routines are often very fluid and quick. Vinyasa emphasizes the transitions between postures as much as the poses themselves. Some people liken it to dancing. Vinyasa yoga is hard in the sense that it tends to be physically vigorous, but seniors who are reasonably fit may enjoy the challenge.
- **Ashtanga** - Fast-paced and physically challenging, ashtanga comprises a predetermined set of poses that are performed the same way every time. It's an intense, acrobatic activity that boosts your heart rate and circulation, which is why some people say that ashtanga is the best type of yoga for weight loss. While it is not generally recommended for beginners, some older adults find it to be greatly beneficial.
- **Bikram** - In Bikram yoga, rooms are typically heated to more than 100 degrees and have 40-percent humidity. That guarantees you will sweat buckets as you spend 90 minutes going through the sequence of 26 poses and two breathing techniques. The idea is to strengthen muscles and flush out body toxins. However, overheating is a real risk. If you have low blood pressure symptoms, high blood pressure, or some sort of heart condition, Bikram is not for you.
- **Kundalini** - Known as the "yoga of awareness," kundalini can be appealing to seniors who are keenly interested in the spiritual as well as the physical components of yoga. It combines physical postures, breathing exercises, meditation, and chanting.
- **Chair Yoga for Seniors** - Not everyone is comfortable with the up-and-down movements of traditional yoga. In chair yoga, seniors who have mobility challenges or balance issues can enjoy the benefits of yoga without having to get down on a floor mat. A huge number of poses—from spinal twists and hip stretches to chest openers and forward bends—can be modified to be performed from



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



JOIN THE FAMILY

It's easy to forget that fundraising is such an essential part of how Rocky is able to provide the vast community support our programs are able to offer. We never would have arrived at this point without the gracious support of donors. If you have ever given to Rocky, we would like to thank you for making our achievements a possibility.

Signing up to make a monthly gift is one of the strongest ways to sustain Rocky's impact in the community for many years to come. Becoming Part of the Rocky Family for as little as \$5 per month will go a long way in furthering our mission of

striving to improve quality of life and promote self-sufficiency for individuals and families.

If you are interested in becoming Part of the Rocky Family, you can visit www.rmdc.net/family.html. Or to receive more information, feel free to call 406-457-7323 to speak with Kathy Marks.



Kathy Marks
Operations
Director
Room 212B
Neighborhood Center

