

Rocky Mountain Development Council, Inc.

VOICE OF EXPERIENCE



JULY - AUGUST 2023

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

MEDICARE BENEFICIARIES BEWARE: COVID-19 TEST KIT SCAM

*By Dana Reavis, Rocky's
Agency on Aging Program
Coordinator*

Senior Medicare Patrol (SMP) is a national program that engages agencies and volunteers in educating Medicare beneficiaries about how to prevent, detect, and report Medicare fraud, errors, and abuse. Rocky's Agency on Aging serves SMP in Lewis & Clark, Jefferson, and Broadwater counties. Medicare fraud, errors, and abuse cost an estimated 70 billion dollars a year in taxpayer money.

Recently, Montanans have reported that scammers billed Medicare for COVID-19 Tests Kits, at the cost of \$95 per kit.

Medicare no longer covers home COVID-19 Test Kits and will not call you to provide them. This scam will likely end soon. However, if the scammers have your Medicare number, they can use it in any fraudulent scheme.

How do you know if you've been a victim of fraud? If you have an Original Medicare plan, you should receive a Monthly Summary Notice (MSN) in the mail every month. If you have a Medicare Advantage plan, you should receive an Explanation of Benefits (EOB). If you see providers you did not go to or supplies you did not order (like the Test Kits) in your monthly statements, please call 1-800-551-3191 to report it. Also, if you have questions about mail, emails, or phone calls that you suspect might not be from Medicare, please contact us.

Rocky Aging is seeking volunteers in Broadwater, Jefferson, and Lewis & Clark counties to help spread the

Covid Scam continued on p. 2

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

200 South Cruse Avenue
Helena, MT 59601

| <div>  HELENA SENIOR NUTRITION MENU - JULY 2023 </div> | | | | |
|---|---|--|---|---|
| LUNCH SERVED FROM 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 |
| 3 FRIED CHICKEN LEG POTATO SALAD PEA & CARROT BLEND DINNER ROLL SWEET PEARS APPLE PIE | CLOSED – 4 TH of July  | 5 TRUZZOLINO MONTANA MADE PASTY w/BROWN GRAVY PACIFIC MIX VEGGIES PEAS w/PEARL ONIONS WHOLE GRAIN ROLL FRESH FRUIT | 6 SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES GREEN SALAD w/GARBANZOS PLUMP PEACHES | 7 POLISH SAUSAGE ON A BUN SAUERKRAUT BABY RED POTATOES GREEN BEANS MANDARIN ORANGES |
| 10 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS BEAN MEDLEY SWEET PEACHES | 11 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL PINEAPPLE | 12 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE FRESH FRUIT | 13 FISH & CHIP SALAD w/POTATO CROUTONS GREEN BEANS CAULIFLOWER WHOLE GRAIN ROLL CARROT RAISIN SALAD | 14 <u>BIRTHDAY DINNER</u> BALSAMIC GLAZED BEEF TIPS & MUSHROOMS OVER SEASONED WHITE RICE MIXED VEGETABLES PARSLEY CARROTS FRESH MELON MIX BIRTHDAY CAKE |
| 17 SALMON PATTY w/LEMON AIOLI DINNER ROLL BALSAMIC ROASTED BRUSSELS SPROUTS SWEET POTATOES WATERMELON FETA SALAD | 18 PORK RAGOUT OVER PENNE PASTA CABBAGE CARROT BLEND STEAMED BROCCOLI APPLESAUCE | 19 HOT TURKEY SANDWICH MASHED POTATOES VEGETABLE MEDLEY FRESH FRUIT | 20 PORK CHOP SANDWICH GREEN ZUCCHINI COLESLAW PLUMP PLUMS | 21 CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS PEACHES & PEARS |
| 24 BEEF TACO CASSEROLE w/REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN PINEAPPLE | 25 HOT HAMBURGER SANDWICH MASHED POTATOES CARROT COINS APRICOT HALVES | 26 BBQ CHICKEN LEGS BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL FRESH FRUIT | 27 SALISBURY STEAK SEASONED BROWN RICE VEGETABLE MEDLEY 4-BEANS & GREENS MANDARIN ORANGES | 28 HAM & SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS FRUIT COCKTAIL |
| 31 TURKEY POT PIE GREEN BEANS DICED BEETS DINNER ROLL CRANBERRIES |  | SALAD BAR INCLUDED IN CONGREGATE MEALS |  | Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club |

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.

Scam continued from p. 1

word about SMP by providing presentations or working with beneficiaries individually to address their questions about SMP. Rocky Aging will train volunteers and support them in doing this important work. If you are interested in helping us out, please contact Dana at Rocky Aging at (406) 603-4157 or dreavis@rmdc.net.

CHEKING IN FOR LUNCH WITH WALT AND FRAN O'HARA

If you asked someone what makes Rocky great,

you would likely get different answers. From its employees, to volunteers, to those the organization serves, Rocky affects people in different ways. The the answer would be dependent upon whom you asked.

For Walt and Fran O'Hara, the answer is clear. Rocky is all about connecting with people and forming friendships. They have done just that in the 30 years they have been involved with the organization. For most, three decades sounds like a lifetime. For this couple of 55 years, it is just a drop in the bucket.

Walt and Fran met in 1967 in Helena, Montana,

Walt and Fran continued on p. 3



HELENA SENIOR NUTRITION MENU – AUGUST 2023



LUNCH SERVED FROM 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 CHEESEBURGER ON A BUN BAKED BEANS PACIFIC VEGGIES MANDARIN ORANGES | 2 TURKEY SAUSAGE & BROCCOLI OVER BUTTERED GEMELLI GARDEN PEAS CARROT COINS FRESH FRUIT | 3 SHEPHERD'S PIE BEAN MEDLEY VEGETABLE BLEND DINNER ROLL FRUITED JELLO | 4 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES MIXED VEGETABLES APRICOTS |
| 7 LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT COCKTAIL | 8 CALICO BEANS CARROT COINS PICKLED BEETS WHOLE GRAIN ROLL BAKED CRAN-APPLES | 9 OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN PEAS FRESH FRUIT | 10 ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN CARROT RAISIN SALAD JUICY PEACHES | 11 BIRTHDAY DINNER ROAST BEEF DINNER w/MASHED POTATOES & PAN GRAVY BABY BLEND GREEN BEANS BABY CARROTS SWEET PEARS BIRTHDAY CAKE |
| 14 MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS DINNER ROLL APRICOT HALVES | 15 PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE PINEAPPLE | 16 CREAMY CHICKEN BACON RANCH OVER WAGON WHEEL PASTA GREEN PEAS CARROT COINS FRESH FRUIT | 17 BREAKFAST BOWL SAUSAGE, EGG, PEPPERS, ONIONS & CHEESE DRIZZLED w/COUNTRY GRAVY VEGETABLE MELODY GREEN SALAD w/BEANS FRESH BAKED BISCUIT SWEET PEACHES | 18 CHICKEN FRIED STEAK MASHED POTATOES w/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL CRANBERRIES |
| 21 OVEN BAKED CHICKEN WILD RICE PILAF SWEET YAMS GREEN BEANS JUICY PEARS | 22 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER CINNAMON APPLESAUCE | 23 BAKED HAM MACARONI & CHEESE MIXED VEGGIES GARDEN PEAS FRESH FRUIT | 24 ITALIAN GARLIC BREAD SLOPPY JOES FRENCH CUT GREEN BEANS COLESLAW SWEET PEACHES | 25 ORANGE CHICKEN OVER WILD RICE BLEND HERBED CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES |
| 28 BACON CHEESEBURGER PIE GREEN PEAS PICKLED BEETS WHOLE GRAIN ROLL APRICOTS | 29 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRUIT CRISP | 30 TURKEY NOODLE CASSEROLE MIXED VEGETABLES BRUSSELS SPROUTS FRESH FRUIT | 31 SWEDISH MEATBALLS BROWN RICE WINTER SQUASH TOSSED GREEN SALAD w/GARBANZOS BLUSHING PEARS | 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

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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.

Walt and Fran continued from p. 2

on a blind date at their friend's birthday party. With Fran, the connection was instant. "I knew as soon as I saw Walt that he was the man I wanted to marry." Walt too, felt a strong connection. The couple followed their intuition and were married the following year.

With Walt enlisted in the Air Force and stationed in Great Falls, the couple had no say in where they wanted to live. Soon into his tenure, Walt got transferred to Grand Forks, North Dakota. After just over 10 years there, and with Walt's time in the Air Force fulfilled, the couple returned to Helena. This move would be their last. Helena would be

home for the next 45 years. During this time, Walt worked for the Post Office in the distribution office, while Fran did clerical work for the State and several other organizations in town. They had two daughters named Becky and Cathy. Becky has two daughters, and Cathy has a son. Becky's daughters each have children of their own, making Walt and Fran great-grandparents. This is a point of pride for the couple. "Being able to see our family span four generations has been incredible. We feel lucky to be able to experience it," Walt noted.

The couple first got involved with Rocky in 1993 when Fran took a position with the Weatherization

Walt and Fran continued on p. 10

SENIOR CENTER ACTIVITIES July - August

MONDAYS

10:30 am – Jennie’s Arthritis Exercise Class - Card Room
1:00pm - 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 on Monday and Tuesday)
Pinochle Tournament Dates: August 28 & 29
1:00 pm – Bridge – Dance Floor

WEDNESDAYS

9:00 am - Rocky Walkie Talkies - Centennial Park across
from the YMCA
9:30 am - 10:30 am Senior Advisory Council Meeting -
Card Room (first Wednesday of each month)
10:30 am - 11:00 am - Chi Gong - Card Room (Except
the second Wednesday of the month will be at Pioneer
Park weather permitting)
11:00 am - 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 –Back of the Din-
ing Room
9:15 am – Line Dancing – Dance Floor
1:00 pm - Wood Carving – Dance Floor

FRIDAYS

10:30 am – Jennie’s Arthritis Exercise Class - Card Room

SUNDAYS

1:00 pm – Pinochle – Card Room

The Helena Senior Center is open Monday - Friday,
8:30 am - 4:00 pm. ***The Parlor*** is open every day at
9 am. You are welcome to relax, read magazines,
play cards, work on puzzles, and enjoy visiting! We
are taking donations of approved books, magazines,
puzzles and small knick-knacks. Please no clothing,
food, vitamins, appliances or anything that can’t fit
on the free table. Thank you!

SENIOR CENTER SPOTLIGHT: DAVE GIBSON

By Barbara Beeby, Senior Nutrition Program Assistant

Dave Gibson is one of our newest volunteers and runs
several routes for Meals on Wheels. In the six or so
months he has been volunteering, he has formed numer-
ous friendships on his routes and shared many of his life
stories with the staff. He had a rather unusual childhood
and an extensive military background. After all his years
serving, he has a special place in his heart for veterans.

Dave was born to a young mother, Willa, who was work-
ing her way through nursing school when she had him.
As a result, Dave and his younger brother, James, who
were only three and two years of age respectively, were
sent to her folks who were ranchers in the wilderness
area of Idaho right across the border from Montana. His
grandparents, Lena, and Walter homesteaded 360 acres
in that area around 1907. Willa continued her education,
and upon graduating as a Registered Nurse (RN), took a
job in a hospital in Idaho about 60 miles from the ranch.
Willa’s car was not up to the 60 mile drive every day, so
she only came home a couple of times a month.

The boys began working on the ranch with their grand-
parents when they were about five years old. They attend-
ed school in a Grange Hall (two-room school), which
was 12 miles away for the first eight years, during which
they rode their horses to school. Later in high school,
they were bussed to school. They learned all the aspects of
ranching and a good work ethic – they worked hard. At
about age 11, Dave signed up to lead a pack train to earn
some money, and later at about age 12, did a lot of fur
trapping to get money for college. He also gathered Morel
mushrooms, nuts, and berries and sold the excess to make
money. He wanted to go into the medical field and be a
doctor.

His grandfather was a Methodist preacher, so they all
went to church on Sunday, which was a big part of their
social life until about age 14. There were many picnics
and social gatherings after church. His fondest memory is

Dave Gibson continued on p.5

Dave Gibson continued from p. 4

his grandmother baking bread every Friday. They had a huge garden, cattle, horses, mules, and a flock of about 20 chickens. At age six, Dave was charged with gathering eggs daily, and once a week selecting a chicken for the Sunday dinner.

When Dave was almost 15, his mother met a fellow, John, and they got married. John's dream was to be a farmer, so he packed them all up and moved everyone to Illinois where he was from. Dave didn't really get along with his stepfather and felt that John just wanted some farm hands rather than a family. When John got a job as a government hunter in Minnesota and took the family with him, Dave went to school with some of the Cree Creek Indian children; he also ran trap lines and harvested wild rice by canoe.

Dave graduated from high school at age 15 and went to college for pre-med, but after two years of struggling on his own, he joined the army with hopes of finishing his education. After basic training, he volunteered for jump school, and earned his wings. He did this knowing you got paid an extra \$55 a month, which was a lot considering their regular pay was \$98/month, which was all before taxes. You had to buy all your own personal supplies, so the \$55 didn't go that far. After jump school, he was sent for advanced training to Fort Sam Houston, TX where he was sent to "medic" school which is not quite the same as medical school. After basic training, jump school, and advanced medical training, he was shipped off to Vietnam without an assignment. When he arrived, he was told to simply sit down in one area, and whoever needed him would grab him. The Rangers grabbed him since he already had his wings. He was "ranger tabbed" and then sent to commando school located in Vietnam. He fought in Vietnam for 13 months as his first tour of combat. In his assignment as a medic, which was short, Dave was traded and shipped to many different teams wherever he was needed.

After his first tour in Vietnam, he was sent to Fort Lewis where he was trained for combat; however, this was after he'd already been in combat in Vietnam. Training after the fact was frustrating to him so in a fit of pique he asked to go back to Vietnam. This ended up being a good example of being careful of what you ask for. Unfortunately, they said okay, and he went back for another 14-month tour.

After his second tour, he joined the Special Forces and went to special forces school at Camp McCall, which was way out in the boonies. After more medical training at Walter Reed for advanced surgery, the CDC in Atlanta, GA for communicable diseases, and Illinois for orthopedic training, he went back to Vietnam for a third tour where he was assigned to an "A" team detachment, which were similar to the ground forces. He stayed with the Special Forces for about 17 years during which time he was deployed to various locations wherever they needed him. He was sent multiple times to South America for up to 18 months at a time.

One of his assignments was on a MAAG (Military Area Assistance Group) team that was deployed to various locations and he was often the only doctor or medical person for miles. It took three hours for a chopper to get medical supplies to him. As the only medical person, he was charged with taking care of all medical needs, including dentistry, eye care, and nutritional needs. The one job he wasn't fond of was dentistry. He said the locals needed little help because their diet was so good. It consisted mostly of fruit, meat, and nuts; however, they did have serious problems with parasites and needed treatment for them often. While on MAAG assignment he delivered nine babies, as well as performed an appendectomy, for which he received instructions during the operation via the radio.

Dave traveled all over the world. Guyana in South America where he helped to recover the bodies at Jonestown. He went to Washington D.C., where

Dave Gibson continued on p. 6

Dave Gibson, continued from p. 5

Air Florida 14 crashed in the bay to help recover bodies. In Granada he jumped out of a plane to liberate students, although he said he never saw any. In Panama he helped to find Noriega, although he thinks the CIA already had him before they even jumped. After a wild ride through multiple countries including Germany, England, Norway, and South America, and a myriad of other overseas assignments as a medic, he decided after retiring he didn't want to do anything medical.

He had always loved woodworking, that he learned at his grandfather's knee, so he went to work building cabins and little houses. He later hired out as an elk hunting guide for a few trips, but the last trip turned into a dangerous situation with some very green hunters. He was flushing some elk toward the city slickers, and they shot toward him even though he was dressed to light up the sky, so he quit. From there he went back to packing mules and or horse trains. Later he went to Williamsburg, VA, and learned coppering at the Colonial Village. He still makes buckets the colonial way. He also went to Roanoke, VA and rigged seventeenth-century sailing ships. After traveling around the East for a while doing different things, he returned to the West.

Home again, he had to find a place to settle. His grandfather's ranch, which was to have been his when his grandfather passed, instead went to Willa who inherited it since Walter died a widower. Her husband John

sold it shortly afterward. In 1988, he came to Helena on leave and fell in love with it. He promised himself that he would move here when the time was right. Still restless, he moved to California where he was a traveling nurse for a while and later a paramedic. Longing for Montana skies, he came back to Montana and worked a few different medical jobs before settling in at the VA. Settled now in Montana, he looked for someone to share his life. In the past, all the moving and long tours in the military ended his three marriages. He met his current wife in 2007 and they settled into a peaceful life in Montana. They took day trips around the state so he could show her all the wonders of Montana. Later, they would spend most of

Dave Gibson, continued on p. 8

Pictured below are some of Daves wood working projects that he has donated to Rocky!



MARK YOUR CALENDARS!

Rocky will be the featured non-profit at the August 9 Alive @ 5 event! Mark your calendars and join us on Wednesday, August 9 from 5pm-9pm. Located at beautiful Pioneer Park, there will live music by the Justin Case Band, food, refreshments and fun!



2023 SUMMER LINE-UP

| | | |
|---|--|---|
| JUNE 7th Joyce From the Future @Cruse Avenue | JUNE 14th Desperate Electric @Women's Park | JUNE 21st Kendrick & Mondie @Women's Park |
| JUNE 28th Big Ska Country @Women's Park | JULY 5th Off in the Woods @Women's Park | JULY 12th The Dead & Down @Women's Park |
| JULY 19th Madeline Hawthorne @Pioneer Park | JULY 26th John Roberts y Pan Blanco @Pioneer Park | AUGUST 2nd Rocket To Uranus @Pioneer Park |
| AUGUST 9th Justin Case Band @Pioneer Park | AUGUST 16th Hornbread @Pioneer Park | AUGUST 23rd Fireside Collective @Lawrence Street |
| LIVE MUSIC! | FOOD TRUCKS! | FUN & GAMES! |

ROCKY CLOSURES!

Rocky will be closed on **Tuesday, July 4** in observance of Independence Day. There will be no Meals on Wheels, transportation, or access to the Daily Dinner Club or Senior Center.

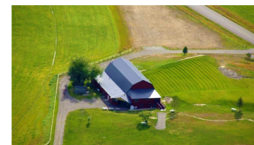
If you receive Meals on Wheels or need a meal from the Daily Dinner Club, please don't forget to call ahead and reserve an extra or frozen meal. You can contact Barb in Senior Nutrition at 406-447-1680.

TECH TIME WITH MARY

Mary offers this wonderful service helping seniors deal with questions, issues, and problems dealing with the many tech devices we use these days. Mary will be at the Senior Center in the Parlor from 11:00 am to 12:00 pm every Wednesday.



Attention Seniors!



Roy Orbison Tribute Concert

WHAT:

The Helena Senior Advisory Council's annual Senior Day Trip will be to the Music Ranch. We have a fun day planned where the main event will be enjoying a tribute concert to Roy Orbison. Roy Orbison was an American singer, songwriter, and musician known for his powerful voice, wide vocal range, impassioned singing style, complex song structures, and dark, emotional ballads. Featuring Elton Lammie, one of only a few Roy Orbison tribute artists in the world who sings the hits you know and love in their original keys. We will be leaving the Senior Center at 3:00 PM to travel to the Music Ranch where we will enjoy a delicious meal before the concert. The concert begins at 7:30 PM. This year there will be 4 choices to choose from.

WHEN:

Saturday, August 19, 2023 / Concert begins at 7:30 PM

LEAVE:

3:00 PM from the Helena Senior Center

RETURN:

Approximately 12:00 AM

COST:

\$85.00, includes transportation, admission, dinner, snacks, and all gratuities. **Please note that all payments will be deposited immediately and are non-refundable. Maximum: 50 People.**

RESERVE:

Reservations and payment due by Monday, August 11. Register with Bill in the mornings or the Rocky receptionist in the afternoons. Checks payable to Helena Senior Center Advisory Council. Questions? Call Bill Pena at 406-457-7372.



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

Foot Care Done Right 2023

Mark Your Calendar!

Thursday, July 20

Thursday, August 17



Edith RN, BSN & CFCN (406-431-0006) looks forward to the care of your feet. She is always willing to answer questions about the care and health of your feet. She meets in the basement 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 Senior Center in the Dining Room from 9:00 – 10:30 am.

ROCKY CARD GAMES & CLUBS

PINOCHLE CLUB

The Pinochle Club players meet on Tuesdays and Sundays at 1:00 pm. Please check with Bill Peña, Senior Center Coordinator, for the dates of the next Pinochle tournament. 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 Monday and 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.

OTHER CARD GAMES

There are other groups that meet to play card games at the Helena Senior Center including Hand and Foot (every Wednesday at 12:30 in the parlor). If you have any ideas for new card games, feel free to bring them to Senior Center Coordinator Bill Peña! His office number is 406-457-7372. Email is bpena@rmhc.net.

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**. Coffee and wonderful friends are free. Come on in and enjoy the wonderful company and share a delicious roll!

Effective July 1, 2023, caramel rolls will increase to \$3.00.



Rocky Big Sky Country Buffet

Senior Advisory Council Sponsored Event

Date: Saturday, September 16, 2023

Location: Helena Senior Center, Dining Room

Time: 12:00 pm-1:30 pm

Cost: \$30

Event Thyme Catering will be providing the food!

Reservations Required.

Reservations open August 1, 2023



Bingo is a great time for folks to come together and is a chance to visit with friends, celebrate special times, and maybe win a game or two. Bingo has been a fun and well-participated activity at the Senior Center for many years. It takes several volunteers to make this happen every week. We are thankful for everyone who helps out.

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 Senior Center for Bingo every Wednesday at 1:00 pm.

Dave Gibson, continued from p. 6

the summer camping in different locations enjoying the wonders even more.

When Covid hit the world, he contracted it and was sick for over 60 days. After he recovered, he was left with some side effects that hampered his health,

so he retired from his job at the VA. Unhappy doing nothing, he went to work for First Student as a bus driver for Helena Schools; however, when weather and the side effects conspired against him, he finally retired for good. Still bored with retirement, he decided to volunteer at Rocky Mountain

Development Council Inc. He has been here a while and loves it. He is a people person and has some interesting adventure stories to share. He loves history and drinking coffee around a campfire.



Helena Senior Center



Birthday Meal Celebration

We love to celebrate birthdays at the Senior Center! Each month we celebrate everyone's birthday for the month. You are welcome to have a free meal when it is your birthday month! We will have cake and ice cream too! Mark your calendars! **Friday, July 14 and Friday, August 11.**



The Helena Senior Center Senior Advisory Council is hosting our first fundraiser garage sale! All proceeds will be used directly for Senior Advisory Council sponsored events. All donations not sold will be given to Big Sky Thrift Store.

Date: Saturday, July 29 & Sunday, July 30

Time: 10 am – 2 pm

Location: O'Hara's Residence:
26 Lone Mountain Rd, Clancy (Directions on Back)



We will be accepting donations starting Monday, July 24 to Friday, July 28, between the hours of 9 am & 2 pm.

No large appliances & furniture PLEASE

Thank You!

Please bring donated items to Bill Pena at the Helena Senior Center

COMMODITY FOOD FOR QUALIFYING SENIORS

COMMODITIES SCHEDULE

Townsend, MT
Monday, July 24
2:00 pm - 3:00 pm

East Helena, MT
Monday, July 24
2:00 pm - 3:30 pm

Wolf Creek, MT
Tuesday, July 25
10:00 am - 11:00 am

Augusta, MT
Tuesday, July 25
12:30 pm - 1:30 pm

Elliston, MT
Wednesday, July 26
10:00 am - 10:30 am

Lincoln, MT
Wednesday, July 26
12:30 pm - 1:00 pm

Whitehall, MT
Thursday, July 27
11:00 am - 12:00 pm

Boulder, MT
Thursday, July 27
1:30 pm - 2:30 pm

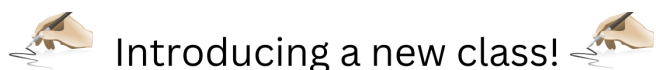
White Sulphur Springs, MT
Monday, July 31
11:00 am - 12:00 pm

Helena, MT @ Food Share
Wednesday, July 26
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 food 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.



Introducing a new class!

Your Story: Memories of One Heart's Journey

Franz is a Certified Professional Logistician who has traveled extensively, living and teaching in 48 states and many countries around the world. The classes this past spring were such a wonderful success and because of the interest for the class, Franz is looking forward to offering another 6-week session this coming fall.

These classes will provide guidance and instruction in sharing events, insights, and lessons you've learned in life. The course will help you recall, develop, structure and record those defining moments that formed your perspective of the world and your place in it, leaving a wonderful legacy for your family and friends.

This second session will be a great starting point for newcomers and Franz will also build on what was shared/taught to those returning. The class will be limited to 10 people. The class is free and will be held on Friday's from 12:00 pm - 1:00 pm. The dates have not been set yet. You can register your interest with Bill Pena, Helena Senior Center Program Coordinator, 406-457-7372.

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Program doing clerical work. From that point on, Rocky has been part of their lives. In addition to working as a paid employee, Fran began volunteering in the RSVP program. Walt started volunteering for Rocky in 2009. Today the couple volunteers together every Thursday where they help members check in for lunch.

Walt and Fran find meaning in volunteering. It has always been a focal point of their lives, even while working full-time. "I understand that at some point, I will most likely need the support I currently give," said Fran. For Walt, the importance of volunteering goes back to his childhood. As a young boy Walt took a cross-country trip with his family from his home in upstate New York destined for California, where they planned to live. Walt and four family members packed into a tiny car with a top speed of 40 mph, and no air conditioning, and headed west. However, the family would not reach their intended destination. The car broke down in

Walt and Fran continued on p.11



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Dates:

August 11, 2023

Time: Beginning at 12:30 PM & ending about 5:00 PM

Location: First Interstate Bank
2728 Colonial Drive
Helena

Register: (406) 457-4712

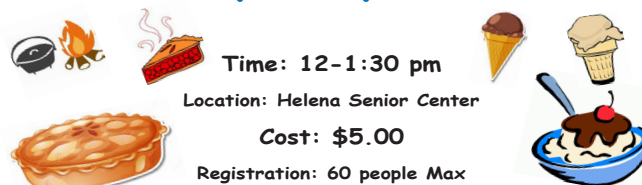
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Come build your ice cream creation while also enjoying Dave's Dutch Oven Desserts! This will be a fun, relaxing summer afternoon visiting and relishing time with friends!

Saturday, July 15, 2023



Please register with Bill Pena, Helena Senior Center Coordinator

Ice Cream Flavors: Vanilla, Chocolate, Strawberry
Toppings: Fudge, Carmel, Strawberry, and a variety of sprinkles to decorate with



LGBTQ+ OLDER ADULTS AND PEOPLE WITH DISABILITIES

by Jim Marks, Program Director of Rocky's Agency on Aging

Older adults and people with disabilities are like everyone else. A tiny minority enjoy extraordinary wealth while the bulk struggle to keep their heads above turbulent economic waters. Older adults and people with disabilities come in all shapes and colors, from diverse cultures, and with every sexual orientation under the sun.

Such observations tell us that one-size-fits-all aging service approaches are doomed to fail. If professionals deliver the best services possible, those services take into account the individual. Quality services respect and center on the person.

June is Pride Month, and Rocky's Agency on Aging celebrates the acknowledgment and inclusivity Pride represents. Welcome to our services, and please know our door is open wide – open to all.

Rocky Aging turns to the National Resource Center on LGBTQ+ Aging for guidance. The Center is our country's first and only technical assistance resource center focused on improving the quality of services and supports offered to lesbian, gay, bisexual, and/or transgender older adults, their families, and caregivers. The Center's website is: <https://www.lgbtagingcenter.org/>

Check it out, and please come to Rocky Aging for services on Medicare, Medicaid, Social Security, and other support programs for older adults and people with disabilities. We will do our best to provide quality information on housing, transportation, home health, social isolation, etc. Call (406) 457-7368 or drop by our office at 1398 Warehouse Ave, Helena, MT 59602.

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Phoenix, Arizona. Without the means to repair the vehicle and continue the journey, Walt and his family became unintended citizens of Phoenix. In a new home with no family or friends, they relied on the kindness of strangers. "We got help from people that allowed our family to get by and I never forgot that," said Walt.

While volunteering has been great for the couple, it is not what they value the most from their time at Rocky. In their older years, Rocky has helped the couple acquire one of life's greatest gifts, friends. The couple has gotten to know just about all the members. These friendships extend outside of Rocky as well. Walt and Fran spend time with several friends at one another's homes and around town. "The members are great people with amazing stories who still have lots to offer," said Walt.

During our conversation, we ended up on the topic of marriage. I asked Walt for his thoughts on what makes a marriage successful. He told me the key to their 55-year marriage was a daily lunch. "There were times in our marriage when Fran and I worked opposite schedules. We barely saw one another. We then decided to make sure to eat lunch together every day. That helped us a lot." It might not be a coincidence that all these years later, Walt and Fran find themselves as volunteers at Rocky checking others in for their daily lunch.

Pictured to the right are Fran and Walt on a Thursday morning getting ready to check members in for lunch.





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



*Lori Ladas,
Executive
Director*

We hope you are enjoying the beauty of summertime in Montana! While things have remained cool and rainy thus far, we know the hottest days are on their way. If you need a place to beat the heat, stop by the Helena Senior Center...the air conditioning will keep you cool while you enjoy lunch or meet up with friends to enjoy a game of cards or bingo!

Another great way to cool down on

a hot summer day is ice cream! Check this newsletter for more details about the ice cream social coming up in July. Come and have a tasty scoop of vanilla, chocolate, or strawberry...or a little bit of all three!

The Neighborhood Center always feels a little quieter this time of year, with the Head Start kids out for summer break. The Senior Advisory Council, however, is as busy as ever! This summer, they are planning a two-day garage sale in Clancy to raise funds for future events. Have some things to donate? Looking for some new treasures? Check in with Bill in our Senior Center for additional details. What a fun way to support this group that works for you!

Have a safe and fun Independence Day! As a reminder, Rocky will be closed on Tuesday, July 4. Make sure to let us know in advance if you need an additional meal for the closure. Happy Summertime!

