

# VOICE OF EXPERIENCE



VOLUME 65 | JANUARY - FEBRUARY 2022

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

## MEET THE NEW FACES OF ROCKY'S SENIOR NUTRITION PROGRAM

Hello and Happy New Year! My name is Mindy Diehl and I am humbly honored to be the newest Senior Nutrition and Transportation Program Director. Many of you have seen me in the hallways at Rocky, serving meals at the Senior Center, or just peeking in to say 'hello'. I have been a Rocky employee for 12 years, starting with Head Start as a Family Advocate in 2010. In 2018 I moved over to Rocky's AmeriCorps Seniors programs and eventually became the Foster Grandparent Program Director.

As many of you have noticed, there are new faces at the Senior Center. Rod Applegate, the former fearless Senior Nutrition and Transportation Program Director, went back to his roots and is serving in our fiscal department. Thankfully, you will still see him around! Shawna Donaldson, our longtime Senior Nutrition Program Manager, will be missed by many. Laura Bruggeman is the new Senior Nutrition Program Manager, and boy, is she ever a gem! Barbara Beeby, also known (*"New Faces" continued p. 2*)



*New and familiar faces are here for you at the Helena Senior Center!*

*(from left) Bill Peña, Senior Center Coordinator; Mindy Diehl, Senior Nutrition and Transportation Program Director; Barbara "Beebs" Beeby, Senior Nutrition Program Assistant, and Laura Bruggeman, Senior Nutrition Program Manager*

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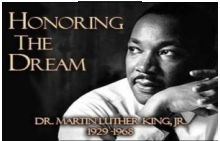



## HELENA SENIOR NUTRITION MENU

## JANUARY 2022

For Additional Information Call 447-1680 Helena

Lunch served at 11:00



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT CUP	<b>4</b> CHILI MAC CARROT COINS PICKLED BEETS WHOLE GRAIN ROLL FRESH FRUIT	<b>5</b> OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN PEAS BAKED APPLES	<b>6</b> ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN CARROT RAISIN SALAD JUICY PEACHES	<b>7</b> ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD PINEAPPLE
<b>10</b> MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES	<b>11</b> PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE FRESH FRUIT	<b>12</b> CHICKEN A LA KING BUTTERMILK BISCUITS CREAMED SPINACH CARROT COINS PINEAPPLE	<b>13</b> POTATO, VEGGIE & CHEESE EGG BAKE TOSSED GREEN SALAD w/BEANS WHOLE GRAIN ROLL SWEET PEACHES	<b>14</b> <u>BIRTHDAY DINNER</u> CHICKEN FRIED STEAK MASHED POTATOES w/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL CRANBERRIES BIRTHDAY CAKE
<b>17</b> CLOSED 	<b>18</b> GRANDMA'S AMERICAN GOULASH GREEN PEAS PICKLED BEETS FRESH FRUIT	<b>19</b> SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRUIT CRISP	<b>20</b> TURKEY NOODLE CASSEROLE MIXED VEGETABLES TOSSED GREEN SALAD w/GARBANZOS BLUSHING PEARS	<b>21</b> SWEDISH MEATBALLS BROWN RICE WINTER SQUASH BRUSSELS SPROUTS BAKED APPLES
<b>24</b> SALMON PATTY w/CREAMY MUSTARD SAUCE WILD RICE MIXED VEGETABLES GREEN BEANS SWEET PEACHES	<b>25</b> PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN BREAD FRESH FRUIT	<b>26</b> PARMESAN CHICKEN BREAST BUTTERED ROTINI COUNTRY BLEND VEGGIES FOUR BEAN SALAD APRICOT HALVES	<b>27</b> HEARTY MEATLOAF MASHED POTATOES w/GRAVY WHOLE GRAIN ROLL CARROT RAISIN SALAD MIXED FRUIT CUP	<b>28</b> CHILI DOG ON A BUN SWEET CORN CARROT COINS GOLDEN PEARS
<b>31</b> LEMON PEPPER CHICKEN w/CREAMY GARLIC LEMON SAUCE WILD RICE GREEN BEANS GARDEN MIX VEGETABLES CRANBERRIES		Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club	Salad options are available for congregate dining 	

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.

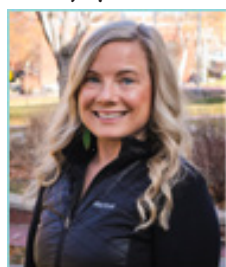
("New Faces" continued from p. 1)

as 'Beebs', is our new Senior Nutrition Program Assistant; she is a spitfire!

I truly look forward to getting to know you, as each of you hold much wisdom. I am ever so thankful to be a part of Rocky and its Senior Center. Hearing the hustle and bustle of activities in the Senior Center brings me much joy!

Many blessings to you,







Mindy Diehl



## ROCKY CLOSURES

Rocky will be closed on December 31, January 17, and February 21 in observance of the New Year's, Martin Luther King Jr., and President's Day 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 Barb in Senior Nutrition at 406-457-7378.

HELENA SENIOR NUTRITION MENU FEBRUARY 2022				
For Additional Information Call 447-1680 Helena			Lunch served at 11:00	
				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 HAMBURGER ON A BUN CARROT COINS BAKED BEANS FRESH FRUIT	2 PORK CHOPS-N-GRAVY MASHED POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL BAKED APPLES	3 TURKEY POT PIE SWEET PEAS TOSSED GREENS w/BEANS BLUSHING PEARS	4 BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES PICKLED BEETS PINEAPPLE
7 MOCK CHOP SUEY BROWN RICE CAULIFLOWER PICKLED BEETS SWEET PEACHES	8 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES BEAN MEDLEY FRESH FRUIT	9 TATER TOT CASSEROLE CARROT COINS GREEN PEAS FRUIT CUP	10 BAKED COD w/TARTAR RICE PILAF ZUCCHINI SQUASH COLESLAW APRICOTS	11 BIRTHDAY DINNER CREAMY MUSTARD BASIL SAUSAGE PASTA MIXED VEGGIES CINNAMON CHERRY APPLES BIRTHDAY CAKE
14 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS	15 CHICKEN NOODLE CASSEROLE VEGETABLE BLEND LIMA BEANS FRESH FRUIT	16 ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSELS SPROUTS CRANBERRIES	17 SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES GREEN SALAD w/GARBANZOS PLUMP PEACHES	18 POLISH SAUSAGE OVER SAUERKRAUT BABY RED POTATOES GREEN BEANS WHOLE GRAIN ROLL MANDARIN ORANGES
21 CLOSED 	22 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN FRESH FRUIT	23 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL SWEET PEACHES	24 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES CARROT RAISIN SALAD PINEAPPLE	25 FISH PATTY w/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER JUICY PEARS
28 BEEF TACO CASSEROLE w/REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN MANDARIN ORANGES	Salad options are available for congregate dining 	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 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.

## VOLUNTEER FOR MEALS ON WHEELS

On the surface, the Meals on Wheels program of Rocky Mountain Development Council, Inc. provides daily meals to homebound seniors. However, the service inevitably extends far beyond addressing basic nutritional needs. Many people served by Meals on Wheels face disabling physical, emotional, or environmental conditions that jeopardize their

overall self-sufficiency. The daily visit effectively combats isolation while addressing safety hazards and providing holistic care.

Meals on Wheels volunteers consistently describe the experience of delivering meals as personally rewarding and eye-opening. This opportunity could provide you with new friendships, a greater connection to your community, and an overall feeling of gratitude.

As you ponder all the possibilities for improving your life by committing

to a New Year's resolution, please consider volunteering for Meals on Wheels.

If interested in volunteering, please contact Amy Anderson, Senior Nutrition Volunteer Coordinator, at 406 -457-7311 or [aanderson@rmdc.net](mailto:aanderson@rmdc.net).

**VOLUNTEER**



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## VOICE OF EXPERIENCE

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### SENIOR CENTER ACTIVITIES

January - February

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#### MONDAYS

10:00 am – Jennie’s Arthritis Exercise Class - Card Room  
11:00 am - Tech Time with Mary - Dance Floor

#### TUESDAYS

9:00 am – Crafty Quilters – Card Room  
9:45 am – Line Dancing – Dance Floor  
1:00 pm – Pinochle – Card Room

#### WEDNESDAYS

9:00 am - Senior Advisory Council Meeting  
(fourth Wednesday of each month)  
9:15 - 11 am - Memory Café - Card Room  
(third Wednesday of each month)  
1:00 - 3:00 pm – Bingo – Dining Room

#### THURSDAYS

8:30 – 10:30 am – Coffee & Rolls – Dining Room  
9:30 – 11:00 am – Be Well Clinic–  
Card Room  
9:45 am – Line Dancing – Dance Floor  
1:00 pm - Wood Carving – Dance Floor

#### FRIDAYS

9:30 am – Jennie’s Arthritis Exercise Class  
12:30 pm - Create-A-Craft - Card Room and/or Parlor

#### SUNDAYS

1:00 pm – Pinochle – Card Room

#### HAVE AN IDEA FOR AN ACTIVITY?

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

*The Parlor is open every day at 9 am. You are welcome to come in to relax, read magazines, play cards, work on puzzles, and enjoy time visiting. We are taking donations of approved books, magazines, and puzzles. A special thanks to everyone for their wonderful and generous donations.*

*Thank you for making the Helena Senior Center a wonderful, safe, and healthy place for everyone!*

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## THURSDAY COFFEE & ROLLS

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Join us every Thursday morning for coffee and rolls at the Senior Center! The cinnamon and caramel rolls and scones are prepared fresh every Thursday morning and the cost is \$2.50. Join us from 8:30 am to 10:30 am or until they are gone. Come in and enjoy wonderful company and share a delicious roll!



*Delicious caramel rolls are one of several options on Thursday mornings!*

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## BIRTHDAY MEALS

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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 January, please join us on Friday, January 14. If you have a February birthday, be sure to join us on February 11. We are happy you are part of our community and look forward to celebrating your birthday with everyone!



## WINTER FUN WITH ROCKY'S AGENCY ON AGING

Mark your calendars for these great upcoming events, brought to you by Rocky's Agency on Aging!

**Tech Time** – Gifted a new device for the holidays but don't know how to use it? Have an older device that you haven't quite yet figured out? Need help sending those holiday photos to your family? Mary can help! Every Monday from 11am -12pm, Mary will be in the Senior Center Dining Room to answer any technology questions you may have. We know it's easy to get lost in the ever-changing world of technology, but it's important to feel comfortable and stay up-to-date. Mary has the tools you need to be successful in navigating the world of tech. See you there!

**Memory Café**- In November, we welcomed Sondra from the Holter Museum of Art and she led us in a watercolor class. We took time to get creative and we learned a lot about the watercolor technique! Thanks Sondra!

In December we enjoyed a special performance by the Helena Xpress Singers while decorating and enjoying cookies. Together we embraced the holiday spirit and even sang along to some of our favorite holiday classics.

Did you know that January is National Hobby Month? We

want to learn about your favorite hobby! January's Memory Café will feature YOU! Please come ready to share your favorite hobby or special skill, you can even bring examples if you would like. Hobbies play an important role in several different aspects of wellness, and January is the month to celebrate them! Join us Wednesday, January 19 at 9:15 am in the Card Room! We cannot wait to see you and learn more about the things you do best!

February will feature a Presidential Spotlight, just in time for Presidents' Day! Jeff Bartos from the Montana Historical Society will join us and present on Herbert Hoover and his life before his presidency. It's sure to be an interesting presentation! Join us February 16 at 9:15 am to learn about the 31st President of the United States!

Memory Café is a safe and welcoming community event for people living with memory loss and their caregivers. Memory Café offers a time to socialize and an opportunity to learn where to find support and services. Each Memory Café consists of a social and snack time, a presentation or class, and time to get in touch with local resources that are there to help you.

**Carroll Students** – Throughout November and December, we

had some special visitors from Carroll College. Sophomore nursing students visited the Senior Center on Tuesdays and Thursdays as part of their required clinicals! The students helped serve meals, participated in line-dancing, assisted with the Be Well Clinic, and more! There were eight different groups of students, and each group was tasked with creating a presentation on health promotion in the senior community. The students completed their presentation in person, over Morning Chat on Zoom, and some on YouTube. Presentation topics ranged from the importance of hydration, to technology tips, to different types of complementary therapy. If you would like to view the presentations that were prerecorded and put on YouTube, email Claire at cmarshall@rmdc.net!

Thank you, Carroll students for donating your time to the Senior Center, and a special thank you to Janet Johnson, nursing professor, for putting this together! We loved having you!

*(Agency on Aging continued p. 6)*

*(Below) The Helena Xpress Singers join December's Memory Café*



## WINTER SENIOR SAFETY FIRST

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Winter is here, the days are short, and the “dog days” of winter have us longing for warmth. This is a time to remind ourselves that we older adults run a higher risk of injuries related to the weather, including hypothermia, frostbite, and falls on ice and snow. Like most things in life, it is better to be cautious and safe.

Rocky Mountain Development Council takes every precaution possible with regards to onsite safety, including plowing the parking lot and sidewalks, snow melt and sand disbursement where needed, and a constant vigilance as changes occur. Constant cautious and vigilant awareness help prevent injuries.

Please take your time if driving and allow more time to arrive at your destination if the roads are snow covered.

We also remind you to please be careful as you park your vehicles, especially here at Rocky. Step out carefully using the “duck walk”, which is a slow, safe way to move across icy surfaces. Please ask for assistance if you need it.

Remember that Rocky offers bus service from your front door to the Senior Center if you reside within the city limits. Utilize this service. Some days it is best to just leave your car in the garage and let Rocky bring you to and from the Center. Be safe and take care!



### *(Agency on Aging, continued from p. 5)*

PopKnowledge! – PopKnowledge! is changing! Starting in January, we are adding an in-person option to PopKnowledge!, as well as changing the time of the presentations. PopKnowledge! will take place at 12:00 pm on select Wednesdays, January through May. If you are interested in joining PopKnowledge! in person, we will be streaming the presentation in the Senior Center Cardroom, if you would like to join virtually, a Zoom link can be found in the Events section of our website, [www.rmhc.net](http://www.rmhc.net). If you are interested in being a volunteer host at the Senior Center, call Claire at 457-7376 to learn more!

- January 12 – Snowshoeing, by Sara with Montana Fish, Wildlife, and Parks
- January 26 – True Montana Grit, by Andy Shirtliff
- February 9 – Recycling, by Kim with the City of Helena
- February 23 – TBD, keep an eye on our events page!

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## MOW USAGE STATEMENTS

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You may have noticed that you have not received your monthly Meals on Wheels usage statement since August; we truly apologize for this. We found that there was a glitch in our system and has since been rectified; you will begin receiving your monthly usage statement the first week of each month.

We have decided not to send you your August, September, or October usage statements and therefore you do not need to provide us with the suggested donation for those months. Any payments that you have made for August, September, or October have been accounted for and posted to your account. As you know, payments for your meals are not required, but rather a suggested donation.

If you wish to receive your August, September, or October usage statement, please contact Laura Bruggeman, Senior Nutrition Program Manager at (406) 457-7324.



# HEALTH CARE SERVICES - JANUARY & FEBRUARY

## Foot Care Done Right 2022

Mark Your Calendar!

January 20, 2022 - Thursday

February 17, 2022- Thursday

Edith RN, BSN & CFCN (406-431-0006) always looks forward to the care of your feet. Edith and her team are always willing to answer questions about the care and health of your feet. They meet downstairs at Rocky. Please call to make an appointment.

## Blood Pressure

You are invited to have your blood pressure taken each Thursday at the Senior Center in the Card Room from 9:30 – 11 am.



## 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.



Thoughtfully designed, affordable, and safe senior and disabled housing in Lewis & Clark, Jefferson and Broadwater counties.  
\*All phone numbers utilize TTY 711  
Learn more at [www.rmhc.net](http://www.rmhc.net)

### RED ALDER RESIDENCES

1-406-447-1680  
Helena, Montana

### EAGLE MANOR RESIDENCES

1-406-442-0610  
Helena, Montana

### PTARMIGAN RESIDENCES

1-406-461-9849  
Helena, Montana

### PHEASANT GLEN RESIDENCES

1-406-461-9849  
Helena, Montana

### RIVER ROCK RESIDENCES

1-406-461-9849  
Helena, Montana

### ROCKY MOUNTAIN FRONT PROPERTIES

1-406-437-4411  
Augusta, Montana

### BIG BOULDER RESIDENCES

1-406-438-5611  
Boulder, Montana

### TOWNSEND HOUSING

1-406-437-4411  
Townsend, Montana



## BINGO FUN!

Welcome the New Year! This year Bingo will welcome in the New Year with a Bingo Party on the first Wednesday of the month. Bingo has been a fun and popular activity at the Rocky Helena Senior Center for many years. It takes several volunteers to make this happen every week. A special thanks goes out Kathy, Judy, Kayla,

Linda B, and Lynda H. & Joe B. Come on down and enjoy the company, have fun and maybe have a winning card.

Beginning this New Year, the cost for the cards will change.

All cards will be \$1/per card.

Have a wonderful New Year and we look forward to seeing you at the Rocky Helena Senior Center for Bingo every Wednesday at 1:00 pm.

## ROCKY PINOCHLE CLUB DATES

The January tournament dates for 2022 have been posted for the Pinochle club. New members are always welcome. Come on down to the center for a fun time with friends. The players meet every Tuesday at 1:00 pm and Sundays at 1:00 pm.

Upcoming Pinochle Tournament Dates:

- Monday & Tuesday, January 3 & 4
- Monday & Tuesday, March 7 & 8
- Monday & Tuesday, May 2 & 3
- Monday & Tuesday, July 11 & 12
- Monday & Tuesday, September 12 & 13
- Monday & Tuesday, November 7 & 8



## ROCKY BRIDGE

We Need Players! Come Join Us!

Every Tuesday is Bridge Day at the Helena Senior Center.

Time: 1:00 - 3:00 pm

There is no money involved, but we do keep score and have a lot of fun and we welcome all new members.

Any questions? Please call Bill Peña, Program Coordinator for the Helena Senior Center at 406-457-7372.



## ROCKY WOODCARVERS ORNAMENT SHOWCASE & SALE

Thanks to all who attended the Rocky Woodcarvers Ornament Showcase and Sale on Thursday, December 2. It was a pleasure to enjoy all the fine craftsmanship on display and to celebrate the holidays with our Rocky family!

*Works by Gary Stout (top) and Gene Hodge (right) on display at the 2021 Woodcarvers Ornament Showcase and Sale*



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

### Myrna Loy Theater Helena Senior Center JANUARY - FEBRUARY 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.



# HONORING THE LIFE OF DR. MARTIN LUTHER KING JR.

By Samara Lynde  
RSVP Program Director

From 1955, until his assassination in 1968, Dr. Martin Luther King, Jr was the most visible spokesperson and leader of the American civil rights movement. Dr. King devoted his life to advancing equality and social justice. His goal was to achieve basic civil rights for all citizens through nonviolence. He promoted peace and acceptance of all people, regardless of their race, color, or status.

In 1983, the MLK holiday was signed into federal law by President Ronald

Reagan, who lauded the work of Dr. King and lamented that “traces of bigotry still mar America.” It took another 17 years before all 50 states officially observed MLK Day.

Dr. King also taught us that we all have a role to play in promoting equality, social justice, and economic opportunities. This idea is at the heart of why we volunteer—to improve the lives of our neighbors. According to the latest national statistics, approximately 63 million Americans volunteer their time and talents to make a difference. I can attest to the fact that our volunteers grew in number

over the pandemic. More of you saw the needs in our community and answered the call to help. This MLK Day, let us consider how our everyday actions impact those around us.

AmeriCorps Seniors will be celebrating the work of Dr. King this month. On Thursday, January 13 from 4:00 pm - 5:30 pm, there will be a special open house at the Neighborhood Center. There will be food, a collaborative art project, and more! Keep your eye on the Rocky website ([www.rmhc.net](http://www.rmhc.net)) and our social media pages for more information.

## COMMODITY FOOD FOR QUALIFYING SENIORS

### COMMODITIES SCHEDULE

#### Townsend, MT

Monday, January 24  
2:00 pm - 3:00 pm

#### East Helena, MT

Monday, January 24  
2:00 pm - 3:30 pm

#### Wolf Creek, MT

Tuesday, January 25  
9:30 am - 10:30 am

#### Augusta, MT

Tuesday, January 25  
12:30 pm - 1:30 pm

#### Elliston, MT

Wednesday, January 26  
9:30 am - 10:00 am

#### Avon, MT

Wednesday, January 26  
10:30 am - 11:00 am

#### Lincoln, MT

Wednesday, January 26  
12:30 pm - 1:00 pm

#### Whitehall, MT

Thursday, January 27  
11:00 am - 12:00 pm

#### Boulder, MT

Friday, January 28  
9:30 am - 10:30 am

#### White Sulphur Springs, MT

Monday, January 31  
11:00 am - 12:00 pm

#### Helena, MT @ Food Share

Wednesday, January 26  
8:00 am - 10:30 am

Thursday, January 27  
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

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*Lori Ladas,  
Executive  
Director*

Did you see the beautiful rainbow that colored the Montana skies a couple weeks ago? It was an unusual sight during this time of year when we're just as likely to be up to our knees in snow drifts!

Rainbows are often acknowledged as a symbol of hope during difficult times, as they tend to appear when the sun comes out after a heavy rainfall, serving to remind us that there is always hope and light even after difficult times. It's a reminder we all need from time to time, and a fitting one as we start a new year.

January 1 is traditionally the time when people declare their hopes and visions for the upcoming year, often in the form of a New Year's Resolution. Did you know that the month of January is named after the mythical Roman god Janus, who had two faces....one looking forward and one looking backward? How appropriate to start a new year with this vision, looking back on our past decisions and ahead to how we can use those lessons learned to make improvements in our lives?

So, are you making any resolutions this year? If I could express my hope for each of you in 2022, it would be that you know how much Rocky values and appreciates you, and how happy we are to see you enjoying the senior center and utilizing the services we provide. Thank you for being part of the Rocky family.

Best wishes to all for a happy and healthy 2022!



## LISTEN TO THE WISDOM

*By Jim Marks*

*Rocky's Agency on Aging Program Director*

One of the best things about growing older is that one has a treasure trove of experiences on which to rely. What is brand new to many is merely a repeat for older adults.

National Public Radio recently captured this been there, done that observation in a broadcast about the reactions of people in their 70s and 80s to today's controversy over COVID vaccinations. These folks were the first who received the Polio vaccine originally available in 1955. Back then, hardly anyone resisted the Polio vaccine. Consequently, polio almost disappeared. As one of the elders interviewed said, we did it to protect those around us.

Rocky's Agency on Aging received funding from the Center on Disease Control and US Health and Human Services to encourage older adults and people with disabilities to be vaccinated. We pooled our resources with other local organizations to produce television commercials that inspire vaccinations. You may have already viewed the commercials since they have been running for about five months now. More are coming.

Some refuse vaccinations, and the point of this article is not to confront or to judge that choice. Truth is, every family, organization, and any gathering of human beings includes those who strongly believe in the vaccinations and those who strongly do not. However, here is another important observation. From the earliest beginnings of the pandemic, experts said older adults are the most vulnerable. When vaccines became available, older adults vaccinated at astonishingly high rates. For example, when Rocky's Daily Dinner Club reopened group meals, our survey confirmed that over 80% were fully vaccinated when less than 40% of Montanans were vaccinated at the time. Why such a difference? The answer is both simple and

powerful. Older adults know that they are safer when vaccinated.

COVID vaccinations work. Additionally, the vaccinations work best when more of us are vaccinated. Each of us has heard repeatedly that vaccinated people face far less hospitalization and deaths than the unvaccinated do. The point is that while vaccinations do not always prevent COVID, they slow the virus down enough so that the virus has fewer victims on which to prey. When the virus has nowhere to go, it weakens and dies. Therefore, listen to the wisdom of our elders and please get vaccinated. It's as straight forward as that.

## NEIGHBORHOOD CENTER PARKING

This is a friendly reminder to always park in appropriate spaces at the Neighborhood Center. We understand that snow on the ground can make that challenging, but we have very limited spaces available. If you have trouble seeing the lines of a parking spot, please only park parallel to the cars already parked in the lot. If you are interested in bus transportation to the Neighborhood Center, please speak to Anika, Rocky Receptionist, or call 447-1680. Thank you for helping us maximize the available parking spaces.



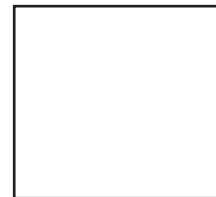
## ROCKY SHUTTLE

Did you know that the Rocky shuttle goes to East Helena? The shuttle can pick you up and bring you to the Senior Center and bring you back home. You must call 406-447-1680 at least one day in advance to schedule a ride. If you are a current rider and need to cancel your ride, please call 406-447-1680 to make us aware.





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



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## CELEBRATING SERVICE

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The Meals on Wheels program would like to recognize some of our volunteer drivers who have reached service milestones!

***TWO YEARS OF SERVICE:***

Bonnie and Ray Rutherford (along with their 3 grandchildren)

Ron Thomas Jim Taflan

***ONE YEAR OF SERVICE:***

Joan Higgins-Smith Eric Stimson

JoAnn Hanson Sophie Van Luvanne

Laurie Sponholz Annie Smith

Kris Delaney

THANK YOU for being a dedicated volunteer for the Meals on Wheels program. You have each left a huge imprint on our community and have helped to make Helena a better place. Your efforts are proof that one person can make a significant difference. You are true gifts and we are so very grateful to have you on our team.



“Those who bring sunshine to the lives of others cannot keep it from themselves.” James Matthew Barrie