

# VOICE OF EXPERIENCE



VOLUME 67 | MAY - JUNE 2022

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

## MAY IS COMMUNITY ACTION MONTH

Community Action marks 58 years this month. The Community Action Network was established to help American families and communities overcome obstacles to poverty. Over 1,000 agencies across the country are working every day to create opportunities and transform the lives of their neighbors, making communities stronger and helping families across the US thrive. This year, Rocky Mountain Development Council, Inc. (Rocky), a proud member of the Community Action Network, will commemorate 57 years in service helping families throughout Lewis & Clark, Broadwater, and Jefferson Counties.



Across the county, Community Action Agencies address homelessness, hunger, home repair and heating, Head Start, and affordable housing. Rocky has the following programs:

- Meals on Wheels hand-delivers home made meals to seniors in the Tri-County area so they can remain independent and in their home.
- Head Start is a comprehensive, early-childhood program that serves low-income children and their families in the Tri-County area.
- Rocky owns and operates safe and affordable rental homes throughout the Tri-County area. Red Alder Residences, our latest housing development, completed 85 additional rental homes in 2020.
- Rocky offers a monthly Homebuyer Education and Counseling class for individuals and families

*"Community Action" continued p. 2*

### Table of Contents

Daily Dinner Club Menus  
Page 2-3

Senior Activities Schedule  
Page 4

Senior Spotlight  
Vicki Wolf  
Page 4

Health Services  
Page 7

Commodities Schedule  
Page 9




Letter from Lori Ladas  
Page 10

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

200 South Cruse Avenue  
Helena, MT 59601

PO Box 1717  
Helena, MT 59624-1717

Phone: 406-447-1680

<div> <div>HELENA SENIOR NUTRITION MENU - MAY 2022</div> <div>LUNCH SERVED AT 11:00</div> <div>For more information call: (406) 447-1680</div> </div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>BEEF w/PEAS &amp; CARROTS IN A SAVORY BROWN SAUCE OVER GEMELLI PASTA CAULIFLOWER PICKLED BEETS SWEET PEACHES</div>	<div>3</div> <div>RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES BEAN MEDLEY FRESH FRUIT</div>	<div>4</div> <div>TATER TOT CASSEROLE CARROT COINS GREEN PEAS FRUIT CUP</div>	<div>5</div> <div>CITRUS BAKED COD w/FRESH LEMON RICE PILAF ZUCCHINI SQUASH COLESLAW APRICOTS</div>	<div>6</div> <div>MOTHER'S DAY DINNER BAKED ORANGE GLAZED HAM TWICE BAKED MASHED POTATOES HONEY GLAZED CARROTS DINNER ROLL FRESH FRUIT SALAD TRIPLE CHOCOLATE DRIZZLE BROWNIE ALA MODE</div>
<div>9</div> <div>MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS</div>	<div>10</div> <div>CHICKEN NOODLE CASSEROLE VEGETABLE BLEND LIMA BEANS FRESH FRUIT</div>	<div>11</div> <div>ROAST TURKEY BREAD STUFFING MASHED POTATOES &amp; GRAVY BRUSSELS SPROUTS CRANBERRIES</div>	<div>12</div> <div>SWEET &amp; SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES GREEN SALAD w/GARBANZOS PLUMP PEACHES</div>	<div>13</div> <div>BIRTHDAY DINNER ITALIAN SAUSAGE IN CREAMY BASIL MUSTARD SAUCE OVER CAVATAPPI PASTA CAULIFLOWER GREEN BEANS MANDARIN ORANGES BIRTHDAY CAKE</div>
<div>16</div> <div>SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES</div>	<div>17</div> <div>BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL FRESH FRUIT</div>	<div>18</div> <div>TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE PINEAPPLE</div>	<div>19</div> <div>FISH PATTY w/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER CARROT RAISIN SALAD</div>	<div>20</div> <div>CHILI CON CARNE CORN BREAD MIXED VEGETABLES PARSLEY CARROTS BLUSHING PEARS</div>
<div>23</div> <div>BEEF TACO SALAD w/REFRIED PINTO BEANS SERVED OVER TORTILLA CHIPS w/LETTUCE &amp; CHEESE MEXICAN CORN MANDARIN ORANGES</div>	<div>24</div> <div>PORK FRITTER PARMESAN OVER ROTINI NOODLES SAUTÉED GREENS CARROT COINS FRESH FRUIT</div>	<div>25</div> <div>HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES</div>	<div>26</div> <div>HOMEMADE HAM &amp; BEAN SOUP BUTTERMILK BISCUIT YELLOW &amp; GREEN ZUCCHINI COLESLAW PLUMP PLUMS</div>	<div>27</div> <div>CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS PEACHES &amp; PEARS</div>
<div>30</div> <div>CLOSED</div> <div></div>	<div>31</div> <div>LAZY DAISY CABBAGE CASSEROLE GOLDEN CORN CARROT COINS FRESH FRUIT</div>	<div></div>	<div></div>	<div>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</div> <div>Salad options are available for congregate dining</div>

WE DEPEND ON YOUR MEAL PAYMENT 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.





“Community Action” continued from page 2

- who are interested in the process of buying a home.
- Utility Services includes the Low Income Home Energy Assistance Program (LIHEAP), and Energy Share. Weatherization is a separate energy conservation program designed to reduce the home heating costs for families on limited incomes. For qualified households, these services help lessen the financial burden of heating costs, improve home-heating safety and efficiency, and help with one-time heating emergencies.
- Rocky’s Agency on Aging is an all-in-one

service to connect seniors and people with disabilities to community resources. This includes Medicare information and assistance, ombudsman advocacy, options counseling, and referrals. In addition to the Tri-County area, Rocky’s Agency on Aging serves Meagher, Gallatin, and Park counties.

- AmeriCorps Seniors offers various volunteer opportunities for people age 55 and older. The Foster Grandparent Program provides mentorship and academic assistance to children in the community. Senior Companions help adults who struggle with the tasks of day-to-

“Community Action” continued on page 3

HELENA SENIOR NUTRITION MENU - JUNE 2022				
For Additional Information Call: (406) 447-1680		Lunch served at 11:00		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 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		1 BBQ CHICKEN BAKED BEANS GOLDEN CORN WHOLE GRAIN ROLL APRICOT HALVES	2 SALISBURY STEAK SEASONED BROWN RICE VEGETABLE MEDLEY 4-BEANS & GREENS MANDARIN ORANGES	3 CHEESY WHITE HAM & BEAN BAKE GARDEN PEAS PICKLED BEETS MIXED FRUIT CUP
6 KOREAN GROUND BEEF OVER BROWN RICE CORN & BEAN MEDLEY CAULIFLOWER MANDARIN ORANGES	7 CHEESEBURGER ON A BUN BAKED BEANS PACIFIC VEGGIES FRESH FRUIT	8 SANTA FE CHICKEN BREAST OVER SPANISH RICE GARDEN PEAS CARROT COINS CRANBERRIES	9 TURKEY IN A CREAMY ROASTED RED PEPPER SAUCE OVER WAGON WHEEL PASTA GREEN BEANS DICED BEETS FRUITED JELLO	10 BIRTHDAY DINNER HONEY ALMOND CHICKEN OVER WILD RICE MIXED VEGETABLES DINNER ROLL APRICOTS BIRTHDAY CAKE
13 TOMATO BRAISED PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT CUP	14 SOUTH WESTERN CASSEROLE CARROT COINS PICKLED BEETS FRESH FRUIT	15 OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN PEAS BAKED CRAN-APPLES	16 ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN CARROT RAISIN SALAD JUICY PEACHES	17 FATHER'S DAY DINNER BACON WRAPPED PORK LOIN w/DRIED CRANBERRY SAUCE WILD RICE PEAS & PEARL ONIONS ROASTED CAULIFLOWER FRESH FRUIT SALAD APPLE CINNAMON CAKE w/FRESH CREAM
20 CLOSED 	21 ROASTED ITALIAN PORK BROWN RICE STEAMED CABBAGE ROASTED BROCCOLI w/SHAVED PARMESAN FRESH FRUIT	22 CHICKEN A LA KING BUTTERMILK BISCUITS CREAMED SPINACH CARROT COINS PINEAPPLE	23 POTATO, VEGGIE & CHEESE ITALIAN SAUSAGE EGG BAKE WHOLE GRAIN ROLL TOSSED GREEN SALAD w/BEANS SWEET PEACHES	24 CHICKEN FRIED STEAK MASHED POTATOES w/GRAVY GREEN BEANS WHOLE GRAIN ROLL CRANBERRIES
27 RED PEPPER PASTA CHICKEN SWEET YAMS GREEN BEANS JUICY PEARS	28 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER FRESH FRUIT	29 BAKED HAM MACARONI & CHEESE MIXED VEGGIES GARDEN PEAS CINNAMON APPLESAUCE	30 SLOPPY JOES ON A BUN BAKED BEANS COLESLAW SWEET PEACHES	

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.

*“Community Action” continued from page 2*

day living maintain their independence. The Retired & Senior Volunteer Program matches volunteers to their preferences and skills.

- Senior Nutrition and the Senior Centers provide social hubs where seniors can eat a nutritious meal. Senior centers offer a variety of activities including games, dancing, fitness activities, and more. The Commodity Supplemental Food Program provides monthly distributions of extra groceries to eligible seniors to supplement their own food purchases.
- Rocky Mountain Preschool Center serves children from birth to age five in three

age-appropriate classrooms emphasizing kindergarten readiness skills in the final years.

- Emergency Solutions Grant focuses on assisting people to quickly regain stability in permanent housing after experiencing a housing crisis and/or homelessness.

Community Action Agencies – like Rocky – connect individuals and families to approaches that help them succeed – including high quality education programs for children, senior information and advocacy, stable and affordable housing for families, utility assistance, and so much more.



## SENIOR CENTER ACTIVITIES

### May and June

10:00 am – Jennie’s Arthritis Exercise Class - Card Room

11:00 am - Tech-Time with Mary - Parlor

### TUESDAYS

9:00 am – Crafty Quilters – Card Room

9:45 am – Line Dancing – Dance Floor

1:00 pm – Pinochle – Card Room

\*Pinochle Tournament Dates: May 2 & 3

1:00 pm – Bridge – Dance Floor

### WEDNESDAYS

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

1:00 - 3:00 pm – Bingo – Dining Room

### THURSDAYS

8:30 am – Coffee & Rolls – Dining Room

9:00 am - Be Well Clinic - Card Room

9:45 am – Line Dancing – Dance Floor

1:00 pm - Wood Carving – Dance Floor

### FRIDAYS

10:00 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 starting 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 the wonderful donations and sharing spirit!

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

## SENIOR SPOTLIGHT: VICKI WOLF

---

By Barbara Beeby, Senior Nutrition Assistant

Victoria Ann Wolfe was born in Great Falls, Montana to Joe and Lillian (Skinny) Wolfe. She is the eldest of three children.

Vicki was born into a strong Polish network and geographically was surrounded by her myriad of aunts, uncles and cousins and the family homes were even built in a sort of circle. Vicki said that she would often go to Aunt Fran’s to see what she had for supper because she didn’t like what her mom cooked. Growing up in a village of close relatives she always had family to go to, especially at a time of crisis. When her father Joe had his heart attack, her aunts comforted her and her siblings. Summers in the “Balkoski Village” had the entire family involved with cooking, eating, cleaning and water fights.

While in grade school, she learned to play the clarinet and continued all through high school participating in parades,

football games and the orchestra. Vicki graduated from Great Falls High and then went to Montana State University where she earned a nursing degree. Following graduation, she and her roommate headed for the Palo Alto California VA hospital where she worked until her retirement in 2009.



*Pictured Above: Vicki Wolf*

As a teaching hospital associated with Stanford Medical School, she earned her leadership skills in the surgical ICU. As a fresh graduate thrown into the ICU, the first months of caring for patients near death, with lines and wires entering and exiting their bodies, was pretty scary. However, over time, it became a challenge she welcomed and thereafter made that idea her mantra... “I can do anything”. After 7 years of surgical intensive care, she transferred to spinal cord injury where she became

involved in six research projects. As a urological nurse she maintained a lab, conducting studies of patients that led into further, specific research involving bladder health and function with female veterans.

While working with spinal cord injury vets, she became involved with wheelchair sports. After her first VA summer games, she saw the need for leadership in this area and led volunteers for weekend meetings, workouts, training and vision. She was chosen to travel as the medical person with the international wheelchair VA team. She traveled all over the world in this capacity. She carried first aid supplies in her butt pack and applied a cold soda wrap to injured hands from wheelchair basketball. She was invited into the Hungarian Rehabilitation Association. She and Peter Arballo were invited to attend the Eastern Block Rehab meetings and were provided with their own chalet and interpreter.

After her retirement, she moved back to Montana and bought a condo in Helena where her brother and his family lives. She unfortunately lost her sister a few years ago to cancer. She saw an advertisement for RSVP with Rocky Mountain Development Council and answered the call once again. Within a week she was volunteering and had her first job with Head Start doing eye and ear exams. She has been with Rocky for 14 years and is a familiar face at the front desk in the Senior Dining Room on Wednesdays, and also helps on Thursdays with blood pressure readings for seniors at the Senior Center and at Eagles Manor.

She developed a love for baking in the fourth grade when she became involved in 4-H. She had a lot of role models as a child in the "Balkoski Village" but 4-H taught her independence. She bakes for friends and family now and sometimes gives samples! Her specialty is Irish Soda Bread which she bakes weekly during lent for Friday night soup and bread meal. Vicki provides the priest at the Catholic Church with his daily bread of Irish Soda Bread. (I must confess that she gave me half a loaf to "try and share". I just sampled the whole thing. It is

fabulous.) She also bakes for her family and friends, biscotti, scones and other delights.

Footnote: Vicki is my son's Godmother. I had not seen her for many years! When I became a member of the Rocky family, I was instructed to go "sit with Vicki and she will show you all about the desk in the dining room." Sitting next her to I could not help but notice something very familiar about her... realizing we were 65 years down the road, it struck me – I knew her! I asked, "What is your last name?" Wolfe, she replied. Of course; it was Vicki. "Do you recognize me?!" I asked rather excitedly. She turned and looked at me..."no" she replied quizzically. Rather disappointed I announced "I am Barbara ... I married your cousin Butch!" (also from the Balkoski Village). She gave me a look and replied... ah yes. We both have a few grey hairs now but we took up where we left off 65 years ago.



*Pictured Above: Vicki (second from left) with members of the international wheelchair VA team.*



## BOULDER IS BACK!

Come join us Tuesday, May 3 for the grand re-opening of the Boulder Dinner Club in Boulder, Montana!

We are so happy to welcome Josh Manning as the Boulder cook. He has many years of experience cooking and he is excited to bring his passion to the Boulder community. Along with delivering Meals on Wheels, Josh will be cooking and serving meals weekly Tuesday-Thursday from 11:30 am -12:30 pm. Stop by the grand re-opening for chicken fried steak, mashed potatoes and gravy with purple beets, golden pears, a roll, and cake!



*(Pictured at left) Chef Josh Manning brings many years of experience to his new position as the cook for the Boulder Senior Center.*

## CINNAMON ROLL THURSDAYS



Join us every Thursday morning for coffee and rolls at the Senior Center! The caramel rolls are prepared fresh every Thursday morning and the cost is \$2.50. Coffee is free. 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!

## ROCKY WALKIE TALKIE UPDATES

The Rocky Walkie Talkies meet at Centennial Park every Wednesday at 9 am for exercise and a great time. All abilities are welcome to join in a lap or two!

We are excited to announce that we will change up our scenery for the summer months! In June, we will begin meeting at Spring Meadow Lake near the restroom area and in July, we will meet at Tenmile Creek Park in the main parking area (1505 William Street). We meet at Centennial Park through the end of May. For more information, call (406) 457-7319.

## TECH TIME WITH MARY

If keeping up with changing technology is a challenge for you, join AmeriCorps Seniors RSVP volunteer Mary for "Tech Time with Mary". Mary is available to answer your technology-related questions every Monday at the Senior Center from 11 am - 12 pm in the Parlor. Bring your device and/or questions and Mary will help you feel more confident in the ways you can use technology!





## HEALTH CARE SERVICES: MAY AND JUNE 2022

### Mark Your Calendar for the Foot Care Clinic!

Thursday, May 19, 2022

Thursday, June 23, 2022

Edith RN, BSN & CFCN (406-431-0006) always looks forward to the care of your feet. Edith and her staff are always willing to answer questions about foot care. They meet downstairs in the Rocky Neighborhood Center Center. 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 Card Room from 9:00 – 11:00 am. There are always fun giveaways to be found! We also have a gift basket that we give away at the end of every month. You are entered to win the prize every time you visit us.

## NEW LOCATION FOR ROCKY'S AGENCY ON AGING

Rocky's Agency on Aging has completed their move to their new location at 1398 Warehouse Avenue in Helena. Though the location has changed, we remain committed to providing the same services and care on which you rely! Our phone number and fax numbers remain the same as well: (406) 457-7368 (phone) and (406) 441-3991 (fax). Check our website and our social media channels for an open house invitation, coming soon!



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

## CREATE A SKILLET MEAL

Join us for a **FREE** one-time cooking class to learn how to use what you have on hand to create nutritious meals.

**LOCATION:** Neighborhood Center (Rocky)  
200 South Cruse Avenue, Helena, MT 59601

**DATE/TIME:** Wednesday, June 15th, 2022  
from 9:30- 11:00 am

**TO REGISTER:** Please contact Nutrition Educator or register online:

[www.buymealbetter.org](http://www.buymealbetter.org) -> CLASS SIGN UP ->

Lewis and Clark -> select 6/15/22 class -> Register Online

**CONTACT:** Chloé Lundquist (Nutrition Educator)

Phone: 406-447-8456

Email: [chloe.lundquist@montana.edu](mailto:chloe.lundquist@montana.edu)



Montana State University Extension encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of special accommodations or have questions about the physical access provided, please contact your local Extension office or the Nutrition Education Program at 406-994-6822 in advance of your participation or visit.

This institution is an equal opportunity provider.  
This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-800-746-1235 or [www.applyonline.mt](http://www.applyonline.mt). Montana State University Extension is an ADA/504/Veterans' Preference Employer and Provider of Educational Outreach.



## ROCKY CARD GAMES & CLUBS

### PINOCHLE CLUB

The Pinochle Club players meet on Tuesdays and Sundays at 1:00 pm. The dates of the next Pinochle Tournament are May 2 & 3. Pinochle is a great way to have fun with friends at the Helena Senior Center, and new members are always welcome.

### BINGO

If there is a game/event that can bring folks together to laugh, dream of winning, actually win and just have a great time, it is Bingo! Bingo has been a fun and very popular activity at the Rocky Helena Senior Center for many years. It takes several volunteers to make this happen every week. Thanks to everyone who helps out. Come down and enjoy the company, have fun, and maybe you'll have a winning card.

As a reminder, the cost is \$1/per card.

We look forward to seeing you at the Helena Senior Center for Bingo every Wednesday at 1:00 pm.



## Spring Fling Meal & Music



**Saturday, May 21, 2022**  
**Helena Senior Center**  
**Dining Room @ 3 PM**

**Cost: \$30/person**  
**Rocky Bus Service Available**  
**Limited to 48 People.**

**Reservation Needed**

Rick Wine will be providing and sharing his wonderful music with everyone. Over the years, Rick has been a favorite at the Senior Center. Rick is well known around the community for his singing and playing.



**Please Register with Bill Pena, Rocky Program Coordinator. Only checks & cash please. Payment must accompany registration. There will be 2 entrees available to choose from at registration. This is a catered meal by Event Thyme Catering. If you have any questions please call Bill at 406-457-7372.**



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

## Myrna Loy Theater Helena Senior Center MAY - JUNE 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.



## ROCKY BRIDGE

We Need Players!

We have several people who have expressed interest in playing Bridge again at the Senior Center. Every Tuesday, the dance floor will be ready for players! Let's get Bridge started again! Bridge is a fun time to gather with friends.

Come Join Us!

Every Tuesday is Bridge Day at the Helena Senior Center

Time: 1:00 - 3:00 pm

No Money Involved. We do keep score and have a lot of fun!

WE WELCOME NEW MEMBERS!

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



## COMMODITY FOOD FOR QUALIFYING SENIORS

### COMMODITIES SCHEDULE

#### Townsend, MT

Monday, May 16  
2:00 pm - 3:00 pm

#### East Helena, MT

Monday, May 16  
2:00 pm - 3:30 pm

#### Wolf Creek, MT

Tuesday, May 17  
10:00 am - 11:00 am

#### Augusta, MT

Tuesday, May 17  
12:30 pm - 1:30 pm

#### Elliston, MT

Wednesday, May 18  
10:00 am - 10:30 am

#### Lincoln, MT

Wednesday, May 18  
12:30 pm - 1:00 pm

#### Whitehall, MT

Thursday, May 19  
11:00 am - 12:00 pm

#### Boulder, MT

Thursday, May 19  
2:00 pm - 3:00 pm

#### White Sulphur Springs, MT

Monday, May 23  
11:00 am - 12:00 pm

#### Helena, MT @ Food Share

Wednesday, May 18  
8:00 am - 11:00 am

The Commodity Supplemental Food Program (CSFP) is a program where seniors can receive regular allocations of free food every other month. The program guidelines mandate that the person receiving the food must be 60 years of age or older, a resident of Montana, and meet an income requirement. Food typically consists of canned fruit, vegetables, meats, juice, cereals, dry milk, shelf stable milk, cheese, pasta or beans, and peanut butter.

Rocky will have supplemental foods available for Helena-area senior citizens at the Helena Food Share, 1616 Lewis Street, Helena, MT. We are lucky to work with Helena Food Share to make the program more accessible to those individuals picking up the food. There is no charge for the food.

Persons 60+ will be certified to receive the food based on income and residency eligibility. For further information or questions, call Rocky at 406-447-1680.

## LETTER FROM THE EXECUTIVE DIRECTOR



*Lori Ladas*  
*Executive Director*

I don't know about you, but I'm definitely ready to see a little more spring-like weather here in Montana! Winter just doesn't want to let go this year!

Rocky is offering a great opportunity to get in a "spring" frame of mind. Join us at the first ever Spring Fling on Saturday, May 21. A delicious catered meal is planned along with musical entertainment. Come and enjoy some time with friends while also enjoying a spring feast! Contact Bill Peña at (406) 457-7372 to reserve your place at the table.

It's been wonderful to see more and more familiar faces returning to activities at the senior center, and it's great to welcome new clients as well. We all know the struggles of the past couple years, and the impacts of the social isolation experienced by so many during the COVID pandemic. Do you have a neighbor or a loved one who might enjoy the opportunity to meet some new friends or learn a new skill? Check out Rocky's schedule of activities and invite them to join you for bingo, cards, or a favorite lunch offering. All are welcome!

With the temperatures rising and (hopefully) more sunshine on the way, make sure to take some time to step outside, breathe in the fresh mountain air, and soak in a little sun. According to a study in the Journal of Aging and Health, adults over 70 who spent time outdoors experienced fewer sleep difficulties, complained less about aches and pains, and enjoyed improved mobility and ability to perform daily activities. And it just feels good too, especially after the cold of winter. If you're looking for a way to get outdoors with others, consider joining the Rocky Walkie Talkies on Wednesday mornings at Centennial Park, starting at 9:00 a.m.

Join us as we "spring" into a new season of fun and community at Rocky!

Happy Spring 

---

## BIRTHDAY MEAL CELEBRATION

---

We love to celebrate birthdays at the Helena Senior Center! As a member of the Senior Center, you are welcome to have a free meal when it is your birthday month, complete with cake and ice cream! Mark your calendars for May 13 and June 10, and then come join us!



---

## THANK YOU TO VAN'S THRIFTWAY

---

We would like to thank Van's Thriftway for the cake that is donated for the birthday meal every month. A birthday meal is never complete without a cake, and luckily Van's Thriftway is willing to donate a delicious cake every month to make our celebrations even better. Thank you, Van's!



## CELEBRATING VOLUNTEERS THIS SPRING

April was National Volunteer Month! What a great opportunity for the Rocky Meals on Wheels program to celebrate the wonderful people that give of their time and energy week after week to ensure meals are delivered to individuals in the Helena area. Rocky's MOW program currently has 45 volunteers. These individuals are the lifeblood and the driving force of the program. Volunteers not only deliver a hot nutritious meal, but also a safety check and a social connection.

Mary Kovash	Hazel Noonan	Alisa Nelson	Jim Taflan	Wade Cureton
Dawn North	Barb Kain	Terry Myhre	Linda Michael	Marsha Merrill
Scott Frisch	Sharon Miller	Marlene Campbell	Gary Wiens	Cindy Yarberry
Janet Kirkland	Connie Dixon	Sioux Roth	Tim Roth	Laurie Sponholz
Annie Smith	Steve Velaski	Ron Thomas	Bill Roberts	JoAnn Hanson
Blake Running	Bud Criner	Eric Stimson	Karen Shevlin	Steve Larson
Rex Pfister	Linda Pfister	Ray Rutherford	Bonnie Rutherford	Rhonda Robertson
Dan Anderson	Hank Hudson	Karen Hudson	Luella Schultz	Kris Delaney
Sophie	Dave Sather	Chuck Parrett	Kathy Wahl	Joan Higgins-Smith
VanLuvanne				

*Thank you, Meals on Wheels volunteers!*

## SPRING IS IN BLOOM AT THE HELENA SENIOR CENTER

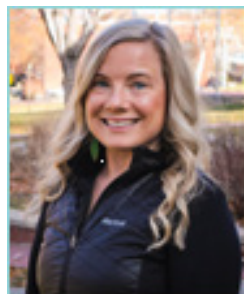
"April showers bring May flowers." I have to remind myself of this every April when I start to feel like summer will never arrive! Being married to a farmer, I learned real fast to ALWAYS appreciate moisture! With this being said, I appreciate each of you. It's our Senior Center members, daily diners, guests, Meals on Wheels recipients, volunteers, and of course, our dedicated staff that allow Rocky's Senior Center to bloom!

Since November, I've witnessed an increase in daily diners, line dancers, Meals on Wheels volunteers, smiling faces, and best of all, I am building relationships with you! Please continue to

invite your friends, neighbors, parents, or a stranger to our Senior Centers!

I am excited to have our Senior Centers go back to a modified self-serve lunch. With this new step forward, please be assured that Rocky staff takes sanitizing very seriously, as we value the health and safety of each you.

Many blessings to you,



Mindy Diehl

Senior Nutrition & Transportation Program  
Director





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



---

---

## Welcome Spring!

U	F	M	H	M	G	E	D	E	A	S	T	E	R	D
W	S	O	W	S	G	J	N	T	O	F	A	A	F	D
L	N	I	V	U	O	B	O	B	C	E	E	M	T	D
F	I	E	E	N	M	B	E	Q	H	X	R	E	S	F
G	X	D	E	Y	R	K	F	R	B	N	W	K	P	R
F	P	V	O	R	B	A	R	C	V	M	N	A	I	E
H	V	Q	P	F	G	B	I	G	R	A	S	S	H	D
E	A	D	N	P	F	I	S	N	P	S	Y	P	Q	T
U	N	B	B	L	I	A	M	H	J	O	P	R	N	L
E	E	I	F	Q	I	K	D	O	I	K	N	O	Z	D
F	S	P	H	G	N	I	R	P	S	G	I	U	A	Q
Y	W	S	I	S	D	O	G	Q	D	S	B	T	A	A
Q	J	D	M	L	N	H	S	R	E	W	O	L	F	K
K	V	U	H	P	U	F	G	U	Q	R	L	Q	M	
F	D	B	B	A	H	T	S	F	G	W	U	D	B	Q

SPRING FLOWERS EASTER BUDS RAIN GREEN BLOSSOM  
GRASS DAFFODIL SPROUT SUNSHINE THAW ROBIN TULIP



## *A Spring Song*

Frogs croak,  
Rain soak,  
Chicks peep,  
Crickets leap,  
Bees hum,  
Robins come,  
Birds sing,  
It's Spring!