
Rocky Mountain Development Council, Inc.

VOICE OF EXPERIENCE



VOLUME 68 | JULY - AUGUST 2022

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

BENEFITS OF VOLUNTEERING FOR SENIORS

People look forward to their retirement years for many reasons. Some choose to travel, spend more time with family and friends, and others engage in new hobbies. Another popular option for seniors is volunteering, which not only benefits the organizations assisted by volunteer hours, but also benefits the seniors themselves. According to a study done by the Corporation for National and Community Service, Americans over the age of 60 who volunteered reported lower disability and higher levels of well-being compared to those who did not volunteer (from www.seniorcommunity.org). Other reported benefits of volunteering for seniors include improved physical and mental health, prevention of senior isolation and depression, bridging the generation gap by interacting

with younger generations, and increased feelings of confidence, usefulness, and accomplishment.

Rocky provides a number of volunteer opportunities for the senior population. The AmeriCorps Seniors programs include Senior Companion, Foster Grandparent, and Retired and Senior Volunteer Programs. Senior Companions assist other adults who need assistance with day-to-day tasks, helping them maintain their independence and continue living in their own homes. Foster Grandparents work in schools and child care facilities, assisting children with various tasks during the day. Both of these programs have an income requirement for volunteers, and both offer a small stipend for hours served. The Retired and Senior Volunteer Program matches individuals with volunteer opportunities in the community based on personal preferences and talents. Information about any of these programs can be found on the Rocky website (www.rmhc.net) or by calling (406) 457-1680.

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<div>  <h2>HELENA SENIOR NUTRITION MENU - JULY 2022</h2> <p>LUNCH SERVED AT 11:30 am beginning 7/5/22</p> <p>FOR MORE INFORMATION CALL: (406) 447-1680</p> </div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</p>		<p>SALAD BAR INCLUDED IN CONGREGATE MEALS</p>		<p>1 CHILI DOG ON A BUN SWEET CORN CARROT COINS GOLDEN PEARS MANDARIN ORANGES</p>
<p>4 CLOSED – 4TH of July</p> 	<p>5 TURKEY NOODLE CASSEROLE MIXED VEGETABLES BRUSSELS SPROUTS FRESH FRUIT</p>	<p>6 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRUIT CRISP</p>	<p>7 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES VEGGIE BLEND TOSSED GREEN SALAD w/KIDNEY BEANS BAKED APPLES</p>	<p>8 BIRTHDAY DINNER HEARTY MEATLOAF MASHED POTATOES w/GRAVY WHOLE GRAIN ROLL CARROT RAISIN SALAD MIXED FRUIT CUP BIRTHDAY CAKE</p>
<p>11 SALMON PATTY w/CREAMY REMOULADE SAUCE WILD RICE MIXED VEGETABLES GREEN BEANS SWEET PEACHES</p>	<p>12 PARMESAN CHICKEN BREAST BUTTERED ROTINI COUNTRY BLEND VEGGIES FOUR BEAN SALAD FRESH FRUIT</p>	<p>13 PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN BREAD APRICOT HALVES</p>	<p>14 CREAMY CRANBERRY MEATBALLS BROWN RICE WINTER SQUASH CARROT RAISIN SALAD BLUSHING PEARS</p>	<p>15 BAKED GARLIC BUTTER POLLOCK FILET RICE PILAF LEMON PARMESAN BROCCOLI WHOLE GRAIN ROLL MANDARIN ORANGES</p>
<p>18 CHICKEN HUNTER WILD RICE GREEN BEANS GARDEN MIX VEGETABLES SWEET PEARS</p>	<p>19 HAMBURGER ON A BUN CARROT COINS BAKED BEANS FRESH FRUIT</p>	<p>20 PORK CHOPS-N-GRAVY MASHED POTATOES CABBAGE & CARROTS WHOLE WHEAT ROLL BAKED APPLES</p>	<p>21 HOT BROWN TURKEY CASSEROLE OVER TOASTED WHOLE GRAIN BREAD SWEET PEAS TOSSED SALAD w/BEANS BLUSHING PEARS</p>	<p>22 BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES PICKLED BEETS PINEAPPLE</p>
<p>25 TACO SOUP w/CORN CHIPS MIXED VEGETABLES PICKLED BEETS WHOLE GRAIN ROLL SWEET PEACHES</p>	<p>26 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES BEAN MEDLEY FRESH FRUIT</p>	<p>27 TATER TOT CASSEROLE CARROT COINS GREEN PEAS FRUIT CUP</p>	<p>28 TOMATO, LEMON & THYME BAKED COD RICE PILAF ZUCCHINI SQUASH COLESLAW APRICOTS</p>	<p>29 BISCUITS & SAUSAGE GRAVY CASSEROLE BREAKFAST POTATOES w/FRIED ONION PEPPER & ONION SWEET CORN CINNAMON CHERRY APPLES</p>

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS
 USDA prohibits discrimination in the administration of this program. To file a complaint, write to Secretary of Agriculture, Washington D.C. 20250.
 This menu has been reviewed and approved by a Registered Dietitian, Cassandra Drynan, RDN Cassandra Drynan, RDN
 Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$7.00.

Volunteering continued from p. 1

Rocky also has other volunteer positions available! Currently, a visit to the Volunteer page on the Rocky website includes postings for Rocky's Agency on Aging Resources Guide Assistant, requiring only five to ten hours per month, and a Senior Medicare Patrol CareShare Presenter, providing flexible hours over a minimum six-month timeframe.

An application for volunteers can be found on the Rocky website (www.rmhc.net), or interested individuals can contact Rocky at 406-447-1680.

Volunteers are essential to Rocky programs. Please consider using your own unique skills and interests to benefit others, as well as yourself!

SPRING FLING 2022

Thank you very much to Rick Wine for sharing his wonderful music and stories at the Helena Senior Center at Rocky's May 13 birthday lunch, and at the Spring Fling on May 21. Thanks also to all the members of the Senior Advisory Council for such a fun event, and

for the wonderful food provided by Event Thyme Catering!





HELENA SENIOR NUTRITION MENU – AUGUST 2022



LUNCH SERVED AT 11:30 am

FOR MORE INFORMATION CALL: (406) 447-1680

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS	2 CHICKEN NOODLE CASSEROLE VEGETABLE BLEND LIMA BEANS FRESH FRUIT	3 ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSELS SPROUTS CRANBERRIES	4 SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES GREEN SALAD w/GARBANZOS PLUMP PEACHES	5 POLISH SAUSAGE SAUERKRAUT BABY RED POTATOES GREEN BEANS WHOLE GRAIN ROLL MANDARIN ORANGES
8 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES	9 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE FRESH FRUIT	10 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL PINEAPPLE	11 FISH PATTY w/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER CARROT RAISIN SALAD	12 <u>BIRTHDAY DINNER</u> SHEPHERD'S PIE GOLDEN CORN CARROT COINS BLUSHING PEARS BIRTHDAY CAKE
15 BEEF TACO CASSEROLE w/REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN MANDARIN ORANGES	16 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI FRESH FRUIT	17 BEEF FRITTER PARMESAN OVER ANGEL HAIR PASTA SAUTÉED GREENS CARROT COINS CRANBERRIES	18 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT YELLOW & GREEN ZUCCHINI COLESLAW PLUMP PLUMS	19 CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS PEACHES & PEARS
22 SALMON PATTY ON A BUN MIXED VEGGIES SWEET POTATOES JUICY PEACHES	23 CHILI CON CARNE CORN BREAD CHEF'S CHOICE VEGETABLES PARSLEY CARROTS FRESH FRUIT	24 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL APRICOT HALVES	25 SALISBURY STEAK SEASONED BROWN RICE VEGETABLE MEDLEY 4-BEANS & GREENS MANDARIN ORANGES	26 HAM, ASPARAGUS & PENNE PASTA TOSSED IN A PARMESAN CREAM SAUCE GARDEN PEAS PICKLED BEETS MIXED FRUIT CUP
29 LASAGNA SOUP w/SPIRAL PASTA & FRESH GARLIC BREAD GREEN BEANS DICED BEETS MANDARIN ORANGES	30 CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES GARDEN PEAS CARROT COINS FRESH FRUIT	31 CHEESEBURGER ON A BUN BAKED BEANS PACIFIC VEGGIES SPICED APPLES	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 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.

MARK YOUR CALENDARS!

Rocky will be the featured non-profit at the July 27 Alive @ 5 event! Mark your calendars and join us on Wednesday, July 27 from 5pm-9pm. Located at beautiful Pioneer Park with live music from John Roberts y Pan Blanco, there will be food, refreshments and fun! Google "Downtown Helena Alive at 5" for information on the entire concert season of Alive @ 5 performances!



ROCKY CLOSURES

Rocky will be closed on **Monday, July 4** in observance of Independence Day, so 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.

SENIOR CENTER ACTIVITIES July - August

MONDAYS

10:00 am – Jennie’s Arthritis Exercise Class - Card Room
1:00 - 4:00 pm - Mahjongg - 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: July 11 & 12, 2022
1:00 pm – Bridge – Dance Floor

WEDNESDAYS

9:00 - 10:00 am - Memory Cafe - Card Room (third Wednesday of each month)
9:30 am - Senior Advisory Council Meeting (first Wednesday of each month)
11:30 am - 12:30 pm - Tech Time with Mary - Parlor
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 –Back of the Dining Room
9:45 am – Line Dancing – Dance Floor
1:00 pm - Wood Carving – Dance Floor
12:30 pm - Stepping On Class - Card Room (seasonal)

FRIDAYS

9:30 am – Jennie’s Arthritis Exercise Class - Card Room
9:45 am - Line Dancing - Dance Floor

SUNDAYS

1:00 pm – Pinochle – Card Room

The Helena Senior Center is open Monday - Friday, 8:30 am - 3:30 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! Thank you for making the Helena Senior Center a welcoming place for all.

Special Note:

The Bingo club is looking for a “backup” caller. If interested, please contact Bill Peña, at (406) 447-7372.

SENIOR CENTER SPOTLIGHT: HARRY ARVIDSON OF LINCOLN, MT

By Barbara Beeby, Senior Nutrition Program Assistant

Harry Arvidson was born in March of 1925 in the small town of Miltna, Minnesota. He shared his home with four other siblings: three sisters and a half- sister. He attended grade school in a 2-room country school and graduated with a few others. Ironically, he met the love of his life, Lola, in the 8th grade there.

His family moved to Alexander, Minnesota, and he attended high school there, but because of the war, left during his sophomore year and joined the Navy in 1942 at age 17. When asked why the Navy, he said he didn’t want to lay on the ground in the dirt. Because the war was going on and so many were enlisted, he only had five weeks of boot camp. He was sent to Jacksonville, Florida, for four months of training as a cook. He was given the choice of what he wanted to do for the Navy, and opted to serve out his term in a submarine. He said the only men on those subs were those who volunteered – no man was drafted onto a sub. The training was rigorous. Three months of training and an example of what they had to endure, was getting into a double-bellied tank and

withstand the pressure of 50 psi. Realize that your car tires only take maybe 35 pounds of pressure! If the guy couldn’t handle the 50 pounds of pressure, the Navy moved him to the second tank and signed him out and sent him home. This was all to simulate an escape from a submarine. He spent 44 months as a cook on his assigned submarine. Between 17 and 21 guys were assigned on a boat and they were called the “kiddy car crew”.

He was shipped to Treasure Island, California, for three weeks and then to Pearl Harbor. The Pollack submarine was just back from patrol, which went from Pearl Harbor to Japan. He switched out crews and because he developed some stomach problems en route to Japan, they dropped him off on Midway Island (about half-way to Japan) where he stayed for six months. His stomach problems turned out to be a bad appendix, which was removed in an underground hospital on the island. While on Midway, he cooked in the commissary.

When he got back to Pearl Harbor, he was on an I400,
Harry Arvidson continued p. 5

Harry Arvidson continued from p. 4

which is a huge aircraft carrier. The Russians were trying to acquire one of these ships and in order to prevent the Russians from ever securing one, the Navy took an I400 and an I401 out to a remote area and sunk them.

In 1945, Harry retired from the Navy and tried to find a job, which at the time were rare as hen's teeth. On September 14, 1946, he married his high school sweetheart Lola, and got a job cooking for 200 construction workers in Greenland.

He and Lola and their son and daughter moved to Conrad, Montana, in 1955, and he cooked for a couple of years there for a local restaurant. He decided to go out on his own and bought an ice cream shop, which he remodeled into a little restaurant. He thought perhaps if he had it open 24 hours a day, they could get it on the map. Did they! They owned and operated the "Home Café" for 16 years and it is still open for business today and a great place to eat. I have been there many times. In 1982, his son came to work at Home Café and Harry hung up his "toque blanche". He and Lola bought an Airstream and hit the highway. They traveled all over the US and in about 2000, they purchased a home in Lincoln, Montana.

As life goes sometimes, Lola passed away at age 92, after 72 years of marriage and adventures with Harry. He still lives in the same house and he says he is doing ok. His daughter lives in Idaho, and

his son is in Conrad. Harry has been coming to the Lincoln Senior Center for about 26 years. He plays pinochle nowadays, although he used to snowmobile. At 97, he takes life a little easier. He has been invited to Washington DC a few times as he is one of the oldest living survivors of the submarine crews of WWII.

He hangs out with his good friend Fred Rowley and they are among the first served at lunch with Diane at the Lincoln Senior Center.

Author's Note: Harry is a delightful man with a fantastic memory and great personality. I could only catch my breath when he was telling his story of Midway Island. I actually went to kindergarten on Midway Island (many years ago) and my teacher tattled on me for sneaking into the galley to have a Coke with the sailors! Perhaps Harry was there!



*Pictured Above:
Harry Arvidson, left, and Fred Rowley, right, taking one of their many sight-seeing drives together in Fred's side-by-side.*

SENIOR CENTER SPOTLIGHT: FRED ROWLEY OF LINCOLN, MT

By Barbara Beeby, Senior Nutrition Program Assistant

Fred Rowley was born in 1936 in Mountain Home, Utah, on the UTE Indian Reservation. His grandparents homesteaded there in the 1930's and it was about 160 miles east of Salt Lake City, Utah.

He remembers when he was about eight years old, there was a county bounty on magpies and he made some good money eliminating them. You could get ten cents for an adult magpie, five cents for pin feathers and two cents for eggs. He attended a two -room school with three other kids and it went through grade 6. They had a hot lunch program and Fred earned his lunch by carrying water for the cook. Lunch was 50 cents per week and that included milk. As he got a little older, he went to Altamont, Utah, and graduated high school with 515 other students in 1955. He compared that to graduating with three other students from elementary.

He moved to Bynum, Montana, and met his wife, Patricia Tribby, in Fairfield Montana. It was love at first sight, and they headed to Salt Lake and were married on November 27, 1956. They came back to Montana, where Fred was employed as a meat cutter for Buttrey's Foods in Great Falls. After a few years there, he moved out to Power, Montana, and drove school bus for about 22 years.

Fred Rowley, continued p. 6

He also opened a meat processing plant and handled about 350 head a year, butchering and cutting, and drove school bus as well. He actually earned a nice retirement from the State for driving bus.

Fred has two sons, Steve and Rick, and one daughter. He really wanted a little girl and before his daughter was born he made a promise to God, that if he could have his little girl, he would quit smoking (he smoked several packs a day). Well, prayers do get answered. On November 9, 1962, he got his little girl, Patty, and the day she was born he threw away his cigarettes forever! The family moved to Lincoln, Montana, in 1992 and after a series of bad winters Patricia decided Lincoln was not for her so she moved to Helena – still way too cold. She made her way to Sedona, Arizona, and at that time she and Fred ended their marriage. After 52 years of a good marriage, you have a pretty good friend and he says that they remain so today. His son Rick is quite the artist and has sculptures all over the country, with a few sculptures in Lincoln. Fred and his son built the Bushwhacker and revamped the Rainbow Café in Lincoln. Steve is a talented body man and he revamped a car for Fred, scaling from a 4-door into badass 2-door vehicle. On one of his trips, Fred brought home a couple horses and put them in his front yard... they don't require much, just being put in the garage in the winter. Fred's passion is old cars and he has a shop full of them. His most recent prize is a cream-colored 1965 Cadillac convertible, which he plans to show off in the Lincoln Parade on the 4th of July. Fred keeps an eye on his friend Harry Arvidson and they are often sitting around one of the tables in the Lincoln Senior Center, talking cool old cars.

SAVE THE DATE FOR MEMORY CAFÉ

June's Memory Café was hosted by DPHHS, Blind and Low Vision Services. They presented information about services and devices available to individuals over 55 with visual impairments. If you missed the presentation and would like to know more about the program, feel free to contact Blind and Low Vision Services directly by calling 406-444-2590.

Join us on Wednesday, July 13 at 9:00 am for a gardening-themed Memory Café! A graduate student from the 6th Ward Garden will present and provide details about seniors enjoying the beautiful garden and sharing the care of it. The August Memory Café will tentatively include a free tour of the Montana Historical society museum as a group, so mark your calendars for August 10, and watch our website and social media pages for more information as the date draws near!

If you have questions or comments about Memory Cafés, or if you have ideas for future events, please call 406-447-1680.



★ ★ ★ ★ SENIOR CENTER ★ ★ LUNCH HOUR CHANGE ★

Beginning Tuesday, July 5,
lunch service will begin at 11:30 am at
the Helena Senior Center.

Rocky will be closed on Monday, July 4.

HEALTH SERVICES AT THE HELENA SENIOR CENTER

FOOT CARE DONE RIGHT

Thursday, July 21, 2022

Thursday, August 18, 2022

Edith (RN, BSN, & CFCN) from "Foot Care Done Right" knows the importance of proper foot care for seniors and is willing to answer questions about the care and health of your feet. They meet downstairs at the Helena Senior Center on the above dates. Please call 406-431-0006 to make an appointment.

BE WELL CLINIC

Please take a moment to have your blood pressure taken each Thursday at the Senior Center at the back of the dining room between 9:00-11:00 am.



SUMMERTIME ENGAGEMENT THROUGH ROCKY'S AGENCY ON AGING

Rocky's Agency on Aging has many ways to help combat social isolation and keep seniors connected. Reach out to Michele at 406-441-3985 for more information on our Robotic Companion Pets, Brainpath Disks brain stimulation tools, our iPad loaner program, and Durable Medical Equipment loaner program. Applications for the Companion Pets and iPads can be found on our website (www.rmhc.net)

Rocky's Agency on Aging offers a variety of evidence-based classes. Contact Michele at 406-441-3985 for information and schedules.



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



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. Call Kelley at 406-457-7325.



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

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 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 Whist (Mondays @ 12:30 pm), Cribbage (usually in the Parlor anytime you can find a partner), and Hand & Foot (Thursdays @ 1:00 pm in the Parlor).

New this summer, we will now have Mahjongg on Mondays at 1:00 pm in the parlor! All abilities welcome!

MEALS ON WHEELS VOLUNTEER SPOTLIGHT: JOAN HIGGINS - SMITH

What motivated you to want to become a volunteer delivery driver for the Meals on Wheels program? I actually saw an ad in the paper that Meals on Wheels needed volunteer drivers. I think it was the United Way Volunteer advertisement.

How long have you been volunteering for MOW? Since October 2020

Have you volunteered for other organizations? Yes, I have volunteered for Habitat for Humanity, Family Promise, Helena Food Share and for Bryant Elementary.

What do you enjoy most about volunteering with MOW? I enjoy meeting people. I enjoy meeting the whole family: Rocky staff, volunteers and the folks we deliver meals to; all of us are family members. I am 66 now and so the folks we deliver to are my generation, my sisters and brothers. One lady I deliver to is 101 years old; she could be my mother!

What do you want the Helena community to know about MOW? Meals on Wheels can be delivered to anyone, rich or poor. The folks who can pay do so and that helps tremendously! I would guess that most of the 17 people I deliver to don't own a car; so having a hot, nutritious meal delivered is a very important service.

What is something about you that not many people know? I think many people don't know that I was in the foster care system for nine years. Maybe that is why I see the world a bit differently.

What is your favorite meal? I love to eat! My husband, David, is a fantastic grill chef. He grills salmon and I roast veggies and I make a tossed salad with fresh greens grown in our cold frames. By the end of the summer we have garden vegetables.

What are your favorite hobbies/pastimes? I love to garden the most, but I like to hike, swim, read, and I lead book studies at church. Since the pandemic I have been sewing lap blankets for hospital and nursing homes.



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

Myrna Loy Theater Helena Senior Center JULY-AUGUST COUPON

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

* Not redeemable for cash.

* One coupon per customer

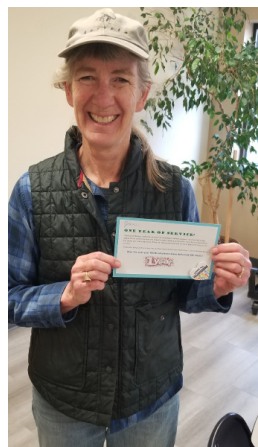
* Cannot be used during rentals, performances sponsored by other organizations or in conjunction with any special offers other than the senior rate.

* Can be used in addition to the senior discount.

Who inspires you? I am inspired by the volunteers who are involved with hospice programs and care for the sick and dying.

The three things you would choose to have with you on a deserted island? A copy of the Psalms, sunglasses, and a huge stash of chocolate.

Do you have any fun plans for the upcoming months/year? We hope to visit our son and daughter-in-law in their new home in Santa Fe, New Mexico.



*Pictured at Left:
Joan Higgins -
Smith celebrates
her one year
anniversary with
Meals on Wheels in
October of 2021.*

..... Helena Senior Center

Birthday Meal Celebration

We love to celebrate birthdays at the Helena Senior Center! We celebrate on the second Friday of each month.

As a member of the Senior Center, you are welcome to have this meal on us during your birthday month, and yes, that includes cake and ice cream!



Friday, July 8
Friday, August 12



COMMODITY FOOD FOR QUALIFYING SENIORS

COMMODITIES SCHEDULE

Townsend, MT

Monday, July 18
2:00 pm - 3:00 pm

East Helena, MT

Monday, July 18
2:00 pm - 3:30 pm

Wolf Creek, MT

Tuesday, July 19
10:00 am - 11:00 am

Augusta, MT

Tuesday, July 19
12:30 pm - 1:30 pm

Elliston, MT

Wednesday, July 20
10:00 am - 10:30 am

Lincoln, MT

Wednesday, July 20
12:30 pm - 1:00 pm

Whitehall, MT

Thursday, July 21
11:00 am - 12:00 pm

Boulder, MT

Thursday, July 21
2:00 pm - 3:00 pm

White Sulphur Springs, MT

Monday, July 25
11:00 am - 12:00 pm

Helena, MT @ Food Share

Wednesday, July 20
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.

LETTER FROM THE EXECUTIVE DIRECTOR



*Lori Ladas,
Executive
Director*

It's summertime in Montana! During the warmer summer months, feel free to enjoy the air-conditioned comfort of the Neighborhood Center Dinner Club! Have some lunch with friends and maybe check out some of the fun activities that happen every week. If you are joining us for lunch, please note that starting on July 5, our lunch service will begin at 11:30 a.m. each weekday!

In May, our Senior Advisory Council was able to host its first in-person event in quite a while, the Spring Fling! Attendees were treated to a delicious meal and live music, and it sounds like the event will return again next spring! Have any ideas of fun activities you'd like to see at Rocky? I know

the Advisory Council is always welcoming new members and they'd love to hear your input. Talk to Bill Peña if you're interested.

If you're looking for a fun summer event, let me recommend Alive @ 5! Rocky is being hosted on July 27 for Alive @ 5, right here at Pioneer Park! For those who don't know about Alive @ 5, it's a fun evening where local food vendors, breweries and the Helena community gather at a park to relax and have a blast while listening to live music. It happens on summer Wednesday nights from 5 pm to 9 pm at various parks throughout the city. One thing that's exciting about Alive @ 5 on July 27, though, is that it's literally right out our Neighborhood Center back door! I would love for all of you to join us. Mark your calendars and invite all your friends and neighbors. It's going to be a great evening!

Rocky always feels a little quieter during the summer months with our Head Start kids off for summer break. We hope you find the opportunity this summer to take a break as well, and enjoy all the outdoor beauty our state has to offer. Have fun and stay safe!

**Rock Painting
at Rocky!**

A relaxing, fun, and
FREE class to explore
your creative side!

**Monday, July 11 and Monday, Aug. 8
9:00am-11:00am**

in the Senior Center (dance floor)

**Please rsvp to attend — sign up at the
reception office (406-447-1680)**

All supplies will be provided

Brought to you by the Retired Senior & Volunteer Program (RSVP)

ROCKY
ROCKY MOUNTAIN DEVELOPMENT COUNCIL, INC.
Improving lives, strengthening communities.

Rocky's Agency on Aging
1398 Warehouse Avenue
Helena, MT 59601
406-457-7368 | www.rmhc.net

Upcoming evidence based-classes include:

Montana Living Life Well: Mondays, June 13 - July 25

Stepping On: Mondays, August 15 - October 3

Powerful Tools for Caregivers: Mondays, October 17 - November 21

Call (406) 441-3985 or email mmathot@rmhc.net for more information.

Powerful Tools for Caregivers gives family caregivers the skills to take care of themselves while caring for someone else.

Stepping On is a falls prevention workshop that helps you build strength, balance, and confidence.

Learn how to manage pain, fatigue, physical limitations, and difficult emotions related to your chronic health condition in **Montana Living Life Well.**

Stay Active & Independent for Life (SAIL) is a strength, balance, and fitness class. SAIL is a natural progression if you have already participated in Stepping On.

CREATING A LEGACY OF SERVICE & GIVING

David E. (Spike) Fuller, a native of East Helena, Montana, passed away on February 5, 2022, and left a lasting legacy for Rocky through a generous contribution of \$25,000 for Rocky's Meals on Wheels Program.

David served as a Rocky Board member, representing Lewis & Clark County as a County Commissioner from 1990 to 1992. He was hired as Director of Operations for Rocky in June 1993 and stayed through September 2006 and again from January 2007 to January 2010 with reduced hours.

David loved to connect daily with Rocky staff and clients. His relationships with staff and clients alike were sincere, earnest, and authentic. Whether in daily walks through the kitchen as staff prepared meals for the Dinner Club, or regular connection and conversation made with Rocky clients, David knew that the profound and lasting impact of Rocky's programs truly helped to improve lives and strengthen communities.

As described in his obituary, David was very proud of his work at Rocky and his resume is filled with work and activities that speak to public service. He had a supervisory quality that was unassuming but effective. As a mentor, he encouraged improvement by engaging in casual conversation and questions, never harsh criticism. These coaching conversations were gentle, but his message was delivered. He made suggestions, not demands, and gave encouragement, not criticism. He was well respected by the many Program Managers and program staff with whom he worked.

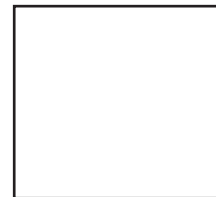
David's generous contribution to Rocky will ensure that many more lives can be touched by the positive difference his life made to so many.



(Pictured above) Former Senior Nutrition and Transportation Program Director Walter Hanley, Senior Center Coordinator Bill Peña, Senior Nutrition Program Manager Laura Bruggeman, Senior Nutrition Assistant Barbara Beeby, Former Director of Community Operations Gary Curtis, Human Resource Director Gale Anderson, Executive Director Lori Ladas, Senior Nutrition and Transportation Program Director Mindy Diehl, Former Rocky Executive Director Gene Leuwer, and Senior Nutrition Volunteer Coordinator Amy Anderson gather to celebrate the life and legacy of David Fuller on April 20, 2022.



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



HELENA SENIOR ADVISORY COUNCIL

The Helena Senior Advisory Council celebrated their first event following the pandemic. On May 21, they sponsored the “Spring Fling” event at the Senior Center. Event Thyme Catering provided everyone with a delicious meal, and Rick Wine shared his stories and music with everyone. It was fun, relaxing and a wonderful way to celebrate spring.

The Senior Advisory Council meets on the first Wednesday of each month at 9:30 am to discuss, plan and share ideas and other happenings here at the center. The Council members are a caring, committed, hardworking group of folks. We would like to thank each of them for

their service, and introduce you to the current members serving on the Council. President- Walt O’Hara, Vice President & Treasurer- Fran O’Hara, Shirley Bennett, Bill Mattfeldt, Rita Newman, Christy Peña, Kay Larson, Carol Cook, Marilyn Roehl, Elaine White, Rick White, Kathy Schmit, Francys Bryant, and Pat Jupka.

The Senior Advisory Council has upcoming events in July and September! Join us on Saturday, July 30, for an ice cream social at the Helena Senior Center from 1:00 – 4:00 pm. Build your own ice cream creation and enjoy! The cost of the social is \$5.00 per person. With ice cream flavors of vanilla, chocolate, and strawberry, and toppings of fudge, caramel, strawberry, huckleberry, and sprinkles, you will have a tasty time visiting and

enjoying friends on a summer day!

Mark your calendars for Saturday, September 17, when the Senior Advisory Council presents its “Rocky Big Sky Country Barbeque”. This event kicks off at 12:00 pm at the Helena Senior Center, and for \$20.00 per plate, you can enjoy a fine barbeque buffet meal of pulled pork in a huckleberry barbeque sauce, fried chicken, potato salad, coleslaw, fresh fruit salad, and hearth baked rolls and butter, with catering by Event Thyme. Join the Rocky line dancers for line dancing, or just dance to country music! Contact Bill Peña, Rocky Helena Senior Center Program Coordinator for reservations (406-457-7872).

