

# Rocky Mountain Development Council, Inc.

# VOICE OF EXPERIENCE



VOLUME 53 | JANUARY - FEBRUARY 2020

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

## HEARTS & FLOWERS DINNER

Join us at the Helena Senior Center on Sunday, February 2, 2020 at 2:00 pm for a special dinner by Chili O'Brien's Catering along with entertainment by Joe Thompson & Bill Davis. This year there will be two meal options. Please look them over carefully when deciding because once you have chosen what you would like to have, you will not be able to change it. They are both delicious!

**OPTION 1 - Grilled Beef Ribeye Tips with Bacon Mushroom Cognac Sauce:** beef tenderloin is seasoned with a savory garlic rosemary rub, then grilled over hot apple wood chips. It's then carved into thick beefy tips and blended with a creamy Bacon Mushroom Cognac Sauce, and served over a mound of mashed potatoes and brown gravy.

**OPTION 2 - Mission Mountain Chicken:** tender boneless chicken stuffed with smoked Gouda cheese, roasted Fuji apples and Prosciutto ham, then topped with more Gouda cheese and diced apples. This delicious blend of flavors is baked together and served with creamy Sage Butter Sauce over the top. This dish will also include a

mound of mashed potatoes and chicken gravy.

Both meals will be accompanied by cauliflower au gratin, shrimp cocktail, fresh green salad, dinner roll, and the dessert will be tiramisu. The cost for this wonderful meal and entertainment is \$25 per person. Payment is due at registration. Please reserve your spot with Faith Franklin, Senior Center Coordinator, or with Taylor Nickovich, Rocky Receptionist, by January 17. This event is sponsored by the Helena Senior Advisory Council.



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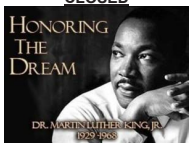
Phone: 406-447-1680  
1-800-356-6544

## HELENA/EAST HELENA DDC MENU

JANUARY 2020-MEALS SERVED FROM 11:00 – 12:30

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Congregate meals in Helena have a full salad bar unless otherwise stated.</p>	<p><i>Low fat milk is served every day at congregate sites, and delivered every Monday, Wednesday &amp; Friday to Home Delivered Meal (HDM) customers</i></p>	<p>1 <u>CLOSED</u></p> <p><b>Happy New Year!</b></p>	<p>2</p> <p>SWEDISH MEATBALLS BROWN RICE WINTER SQUASH BLUSHING PEARS</p> <p>TOSSED GREEN SALAD W/GARBANZOS (HDM)</p>	<p>3</p> <p>POLISH SAUSAGE ON A BUN SAUERKRAUT BABY RED POTATOES MIXED VEGETABLES MANDARIN ORANGES</p>
<p>6</p> <p>SALMON PATTY WILD RICE MIXED VEGETABLES GREEN BEANS SWEET PEACHES</p>	<p>7</p> <p>PEPPER STEAK ROASTED POTATOES CAULIFLOWER MANDARIN ORANGES FRESH FRUIT (HDM)</p>	<p>8</p> <p>CHICKEN A LA KING BUTTERMILK BISCUITS COUNTRY BLEND VEGGIES FOUR BEAN SALAD APRICOT HALVES</p>	<p>9</p> <p>MEATLOAF MASHED POTATOES W/GRAVY WHOLE GRAIN ROLL MIXED FRUIT CUP CARROT RAISIN SALAD (HDM)</p>	<p>10</p> <p>BIRTHDAY DINNER HONEY ALMOND CHICKEN SWEET CORN CARROT COINS GOLDEN PEARS CAKE &amp; ICE CREAM *NO SALAD BAR*</p>
<p>13</p> <p>BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES PICKLED BEETS PINEAPPLE</p>	<p>14</p> <p>HAMBURGER ON A BUN CARROT COINS BAKED BEANS FRESH FRUIT (HDM)</p>	<p>15</p> <p>ROASTED PORK LOIN W/BLEUBERRY SAUCE MASHED POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL BAKED APPLES</p>	<p>16</p> <p>TURKEY HASH OVER POTATOES SWEET PEAS WHOLE GRAIN BREAD BLUSHING PEARS TOSSED GREENS W/BEANS (HDM)</p>	<p>17</p> <p>LEMON BASIL CHICKEN WILD RICE GREEN BEANS GARDEN MIX VEGETABLES CRANBERRIES</p>
<p>20 <u>CLOSED</u></p> 	<p>21</p> <p>RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES JUICY PEARS FRESH FRUIT (HDM)</p>	<p>22</p> <p>TATER TOT CASSEROLE CARROT COINS BEAN MEDLEY FRUIT CUP</p>	<p>23</p> <p>BAKED COD W/TARTAR RICE PILAF ZUCCHINI SQUASH APRICOTS COLESLAW (HDM)</p>	<p>24</p> <p>BISCUITS &amp; SAUSAGE GRAVY POTATO WEDGES MIXED VEGGIES CINNAMON CHERRY APPLES</p>
<p>27</p> <p>MONTANA PASTY W/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS</p>	<p>28</p> <p>CHICKEN NOODLE CASSEROLE VEGETABLE BLEND LIMA BEANS FRESH FRUIT (HDM)</p>	<p>29</p> <p>ROAST TURKEY BREAD STUFFING MASHED POTATOES &amp; GRAVY BRUSSELS SPROUTS CRANBERRIES</p>	<p>30</p> <p>SWEET &amp; SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES PLUMP PEACHES GREEN SALAD W/GARBANZOS (HDM)</p>	<p>31</p> <p>CHICKEN PATTY ON A BUN BAKED POTATO WEDGES MIXED VEGGIES 4 BEAN SALAD</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.

## 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 Mel Bruhn, RSVP Program Director at **406-457-7319** or **mbruhn@rmdc.net**.

# HELENA/EAST HELENA DDC MENU

FEBRUARY 2020-MEALS SERVED FROM 11:00 – 12:30

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>3 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES</p>	 <p>4 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL  FRESH FRUIT (HDM)</p>	<p>LOW FAT MILK IS SERVED EVERY DAY AT CONGREGATE SITES, AND DELIVERED EVERY MONDAY, WEDNESDAY AND FRIDAY TO HOME DELIVERED MEAL (HDM) CUSTOMERS</p> <p>5 CHILI CON CARNE CORN BREAD MIXED VEGETABLES PARSLEY CARROTS BLUSHING PEARS</p>	 <p>CONGREGATE MEALS IN HELENA HAVE A FULL SALAD BAR UNLESS OTHERWISE STATED.</p> <p>6 FISH PATTY w/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER  CARROT RAISIN SALAD (HDM)</p>	 <p>7 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE PINEAPPLE</p>
<p>10 BEEF TACO CASSEROLE REFRIED PINTO BEANS TORTILLA CHIPS &amp; SALSA MEXICAN CORN MANDARIN ORANGES</p>	<p>11 HOMEMADE HAM &amp; BEAN SOUP BUTTERMILK BISCUIT SAUTÉED GREENS CARROT COINS  FRESH FRUIT (HDM)</p>	<p>12 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES</p>	<p>13 VEAL PARMESAN OVER ROTINI NOODLES YELLOW &amp; GREEN ZUCCHINI PLUMP PLUMS  4-BEANS &amp; GREENS (HDM)</p>	<p>14 BIRTHDAY DINNER ROASTED PORK LOIN w/APPLE CRANBERRY CHUTNEY ROASTED POTATO WEDGES GREEN BEANS WHOLE GRAIN ROLL PEACHES &amp; PEARS CAKE &amp; ICE CREAM  *NO SALAD BAR*</p>
 <p>17 CLOSED</p>	<p>18 LAZY DAISY CABBAGE CASSEROLE GOLDEN CORN PINEAPPLE  FRESH FRUIT (HDM)</p>	<p>19 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL APRICOT HALVES</p>	<p>20 SALISBURY STEAK STEAMED BROWN RICE VEGETABLE MEDLEY MIXED FRUIT CUP  COLESLAW (HDM)</p>	<p>21 HAM &amp; SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS MANDARIN ORANGES</p>
<p>24 TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS MANDARIN ORANGES</p>	<p>25 CHEESEBURGER ON A BUN POTATO TRIANGLES BAKED BEANS PACIFIC VEGGIES APPLESAUCE  FRESH FRUIT (HDM)</p>	<p>26 CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES PEAS &amp; CARROTS WHOLE GRAIN ROLL CRANBERRIES</p>	<p>27 HAMBURGER &amp; SPANISH RICE JUMBLE CORN &amp; BEAN MEDLEY CAULIFLOWER  FRUITED JELLO (HDM)</p>	<p>28 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES MIXED VEGETABLES APRICOTS</p>

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS  
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This menu has been reviewed and approved by a Registered Dietitian, Cassandra Drynan, RDN Cassandra Drynan, RDN.

## CRAFT CASE

Thank you to everyone who helped make our November and December Craft Case sales very successful. We had many wonderful donations. Thanks to Kris, Charlotte, Christy, Fran, Marilyn, and Carol for sitting at the tables selling and visiting with everyone. Thanks to Francys as well for helping to get things ready for the Christmas sale the day before.

The next craft case sales will be January 10, 2020 and February 14, 2020 during the birthday meals. Please know that you can bring in your donations any time and leave them in the Parlor. Please remember we do not accept large items like furniture and appliances, and we cannot accept clothing or bedding. We are always very grateful for all donations. All money raised by the Craft Case sales go directly into the Senior Center, which is managed by the Senior Advisory Council. If you have any questions please contact Faith Franklin, Senior Center Program Coordinator.

## ROCKY CLOSURES

Rocky will be closed on **January 1, January 20, and February 17** 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 Marcy in Senior Nutrition at 406-457-7378.

## SENIOR CENTER ACTIVITIES

January - February

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### MONDAYS

9:30 am – Jennie’s Arthritis Exercise Class - Card Room

12:30 pm – Whist – Card Room

### TUESDAYS

9:00 am – Crafty Quilters – Card Room

9:45 am – Line Dancing – Dance Floor

12:30 pm - Hand & Foot - Parlor

1:00 pm – Pinochle – Card Room

1:00 pm – Cribbage - Parlor

1:00 pm – Bridge – Dance Floor

### WEDNESDAYS

9:00 am - Senior Advisory Council Meeting  
(fourth Wednesday of each month)

10:45 am – Tai Chi Exercise Class

12:30 pm - Hand & Foot - Parlor

1:00 - 3:00 pm – Bingo – Dining Room

### THURSDAYS

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

9:30 – 11:00 am – Blood Pressure –  
Back of the Dining Room

9:45 am – Line Dancing – Dance Floor

12:30 pm - Hand & Foot - Parlor

1:00 pm - Wood Carving – Dance Floor

### FRIDAYS

9:30 am – Jennie’s Arthritis Exercise Class

10:45 am – Tai Chi Exercise Class - Card Room

12:30 pm - Create-A-Craft - Card Room

### SUNDAYS

1:00 pm – Pinochle – Card Room

### HAVE AN IDEA FOR AN ACTIVITY?

If you have an idea for an activity that isn’t currently offered, such as a dance class, card game, art class, etc., please contact Faith Franklin at 406-457-7318 or [ffranklin@rmdc.net](mailto:ffranklin@rmdc.net).

## 2020 SENIOR CENTER MEMBERSHIP UPDATE

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The Helena Senior Center offers new friendships, get-togethers with old friends, games, exercise, health-related education, day trips, and activities. People gather around the dining room tables to enjoy wonderful meals and conversations. These are the hallmarks of what happens at the Helena Senior Center on a daily basis.

Thanks to all of you, the Helena Senior Center is very much alive and growing in numbers. This year our early membership drive started November 1, 2019. Registration will continue through February 2020, and the annual registration fee is \$15.00 regardless of when you renew in the calendar year. The fee is used to cover the cost of the Voice of Experience (VOE) along with other programs and services offered. This is the largest funding source Rocky has for the Senior Center.

We understand that some seniors may not be able to afford the fee, therefore membership is not required for participation at the Helena Senior Center. However, active paid

membership does offer some additional benefits to you, including a free birthday lunch, and the VOE delivered to your home.

Thank you for your continued membership support that allows the Helena Senior Center to provide the activities and services offered. Our primary focus is serving you and making the Helena Senior Center an enjoyable place to be. Everyone is welcome and we are so thankful for your support!

## SENIOR ADVISORY COUNCIL UPDATE

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Our next meetings are Wednesday, January 22nd, 2020 and February 26th, 2020 at 9:00 am in the Card Room.

Please know that you are welcome to join in and listen. If you would like to discuss a topic, please mention it to Faith to have it put on the agenda. Thanks to all of the Council members for their dedication and time. The meetings are a good time to discuss matters concerning the Senior Center, and to plan events and activities.

Have a wonderful new year, and see you all in 2020!



# STUDY SHOWS TAI CHI AND DANCE BENEFIT THE BRAIN

By Becky Upham  
[www.everydayhealth.com](http://www.everydayhealth.com)

When it comes to taking care of your brain and your body as you age, a new study suggests you may want to consider adding a dose of ballroom dancing to your health regimen. A new meta-analysis published in December 2018 in the *Journal of the American Geriatrics Society* found that older adults who participate in mind-body exercises can actually show improvements in several important aspects of brain function, such as memory, verbal fluency, and learning.

These findings are not surprising considering that we already know that mental activities and physical activities are good for the brain, says Neda Gould, PhD, a clinical psychologist and assistant professor of psychiatry and behavioral sciences at Johns Hopkins University School of Medicine in Baltimore, who was not involved in this research.

“It makes sense that when we combine the two, it would still be good, but it is helpful to have data that backs up this assumption,” says Dr. Gould.

In order to quantify the benefits for mind-body exercise in older adults, researchers analyzed results from 32 randomized controlled trials with a total of 3,624 participants. Subjects ranged from 50 to 85 years old. Eighteen studies looked at cognitive performance in healthy older adults, and 14 focused those with mild cognitive impairment.

The researchers pooled and grouped the results of the individual studies and evaluated the overall efficacy of the activities on the two groups, as well as the amount of time needed to promote cognitive performance.

“A novel aspect of this study is the way it combined several therapies that incorporate both the mind and the body,” says Gould. The researchers pooled tai chi, different types of dance, and Pilates as activities that engage both mind and body simultaneously.

“We found out that mind-body exercises, especially tai chi and dance, are beneficial for improving global cognition, cognitive flexibility, working memory, verbal fluency, and learning in cognitively intact or impaired older adults,” says Chunzhi Tang, a researcher at the University of Chinese Medicine in Guangzhou. “Moderate intensity is recommended as the optimal dose for older adults.” Moderate intensity was defined as 60 to 120 minutes of mind-body exercise per week.

“One thing to note is the range of activities that were pooled,” says Gould. “For example, ballroom dancing, which was looked at in one study, requires much more physical exertion than tai chi, which involves very slow movements.”

In the pooled results, the mind-body exercise group was superior to the control group in global cognition, which encompasses different aspects of brain function, such as language, comprehension, and memory.

The mind-body exercises also improved cognitive flexibility, which is one of the brain’s executive functions, and defined as the capacity to think about multiple concepts at the same time. A subcategory of cognitive flexibility is task shifting, which is when a person can unconsciously move their attention from one task to another. Researchers noted that “Good executive function can help older adults make appropriate decisions, focus on important details, store information in working memory, and shift tasks.”

“In our opinion, the moderate dose (60 to 120 minutes per week) of mind-body exercise is associated with the improvement of global cognition and could be recommended for older adults with or without cognitive impairment for better health,” says Tang.

The major finding of this analysis is that one to two hours a week of mind-body exercise could be a recommended or supplemental therapy for individuals to preserve cognitive well-being, Gould echoes.

“Any form of movement is good, and now we have more to choose from based on this evidence,” says Gould. For people who may be looking to try new forms of exercise that incorporate mind and body, tai chi and dance are good options, she adds.

# FALL PREVENTION TIPS

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[www.nia.nih.gov](http://www.nia.nih.gov)

The National Institute of Aging reports that taking steps to improve your overall health can help to lower your chance of falling.

## 1. The More You Move, the Less You Fall

Regular exercise that focuses on flexibility, strength training and balance can help keep your muscles strong. You are more likely to have flexible joints, tendons and ligaments. When you stumble, you will be more likely to catch yourself. Exercise also keeps your bones stronger and reduces your risk of osteoporosis.

## 2. Plan For Strong Bones

You won't always be able to prevent a fall but you can decrease the effects of the fall by keeping your bones strong. You will want to make sure that your diet includes enough calcium and vitamin D. Remember that activities like smoking, alcohol use and being at an unhealthy weight can also decrease your bone mass and increase the likelihood of breaking a bone when you fall.

## 3. Monitor Your Medications

The more medications you take, the higher your risk of falling. Medications can include side effects such as dizziness, confusion, sleepiness, weakness or urgency to get to the bathroom. When you take multiple medications, it increases your chance of side effects. Talk to your doctor or pharmacist about any side effects that you notice with your medications.

## 4. Sleep

Have you ever heard the expression "falling asleep on your feet"? Not getting enough sleep means you can be more confused, move slower and less aware of your surroundings. An inadequate amount or quality of sleep can decrease your response time and reflexes. If you are feeling tired and drowsy, get more rest instead or sit down and wait for your mind to clear.

## 5. Don't Drink and Walk

Drinking alcohol can impact your vision, hearing, balance and awareness of your environment. You can misjudge your step quite easily or not be aware of objects around you. When you combine alcohol use with medications, it increases your risk of falls resulting in serious injuries.

## 6. Wear Sensible, Good Shoes

High heels, loose-fitting shoes and slip-on backless shoes are a major risk factor for falls and a quick problem to fix. High heels shorten your stride and make you more likely to trip. They might not be the most fashionable shoes to wear but the National Institute on Aging recommends to wear shoes that are non-skid, rubber-soled and with a low heel. Or lace-up shoes with non-skid soles. And don't you dare go sliding around the floors in your socks!

## 7. Get Rid of Household Hazards

Take a critical look around your house and yard. Are there any objects that you have almost tripped on? Or pieces of furniture that are unstable? Piles of clutter that block the entrance? Small rugs are also hazardous. Those all need to go! The Centers for Disease Control and Prevention states that most falls happen at home. So make home your safe zone by removing clutter and making sure you have lots of light.

## 8. Beware of the Bathroom

Bathrooms are a common place to fall. Wet, slippery surfaces and moving too quickly are a bad combination. Make sure that you have non-slip bath mats both in the shower/tub and outside. Have grab bars professionally installed next to and inside the tub as well as next to the toilet.

## 9. Use Caution on Wet and Icy Surfaces

How many people do you know who have slipped on an ice patch? Pretty much everybody has at one time. Ice is slippery! As we age, slipping on the ice becomes more than a potentially embarrassing situation. You will want to make sure that your walkways and stairs are free of ice and puddles. Take your time and wear sturdy footwear to prevent slipping. Don't carry too many things in your hands (groceries or packages) as this can upset your balance and make it difficult to see something in your path. If you can, stay home during bad weather. Services like Amazon can be an option for groceries or big items to be delivered right to your doorstep during winter days.

## 10. Go Slow and Use Help

It is common to feel lightheaded and unsteady when you first stand up. Make it a habit to stand up slowly and take a minute to get your bearings before you start to move. Using a cane or a walker will also give you something to hold onto when you are moving. This can be especially important when walking outside. Talk to a physical or occupational therapist about which device might be most helpful for you and how to use a walker or cane.

# HEALTH SERVICES AT THE HELENA SENIOR CENTER

## BE WELL CLINIC

The new Be Well Clinic will include blood pressure, weight, and vision checks, as well as a review of medications. There is no charge for this service. This clinic is offered from 9:30-11:00 am on the following days:

**Room 13 - January 2, 9, 23, 30**

**February 6, 13, 20**

**Room 15 - February 27**

## HEARING AID CLINIC

The clinic is conducted by Pat Fournier, Hearing Instruments Specialist. The next clinics are scheduled for **January 2 & 16, February 6 & 20**, from 10:00 am to 2:00 pm in Room 15 in the basement of the Neighborhood Center. There is no charge for this service; however, there could be a cost to replace or improve hearing aid components.

## FOOT CARE DONE RIGHT

**January 6, 7, 13, & 14**

**February 10, 11, 12, & 13**

Edith (RN, BSN, & CFCN) and Glorian (RN & CFCN) know the importance of proper foot care for seniors and are willing to answer questions about the care and health of your feet. They meet downstairs at the Rocky Helena Senior Center on the above dates. Please call 406-431-0006 to make an appointment. There is a charge for this service.



# SENIOR COMPANION PROGRAM

Are you looking to make a difference in your community? The Senior Companion Program (SCP) is recruiting volunteers! SCP brings together people age 55+ with homebound seniors who need help with the simple tasks of day-to-day living. Senior Companions make connections with other adults and know they are making significant contributions to their lives, while building friendships. You will receive a small tax-free stipend to offset the cost of volunteering, mileage reimbursement, and more. Contact Kelley Moody at 406-457-7325.

# CALLING ALL WHIST PLAYERS!

The Whist Club is looking for new players to join them on Mondays from 12:30-1:30 in the Card Room. Whist is a fun game that is played by four players, who play in two partnerships. The objective is to win a majority of the 13 tricks in a hand and to score points. Come join us if you would like to learn how to play Whist!

Any questions? Please give Jenny Ekwortzel a call at 406-422-7767.



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\*All phone numbers utilize TTY 711  
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<p><b>PTARMIGAN RESIDENCES</b> 1-406-461-9849 Helena, Montana</p>	<p><b>PHEASANT GLEN RESIDENCES</b> 1-406-461-9849 Helena, Montana</p>
<p><b>RIVER ROCK RESIDENCES</b> 1-406-461-9849 Helena, Montana</p>	<p><b>ROCKY MOUNTAIN FRONT PROPERTIES</b> 1-406-438-7125 Augusta, Montana</p>
<p><b>BIG BOULDER RESIDENCES</b> 1-406-438-5611 Boulder, Montana</p>	<p><b>TOWNSEND HOUSING</b> 1-406-437-4411 Townsend, Montana</p>

## 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 January 6 and 7. 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. If you have any questions, please call Connie Waterman at 406-475-3764.

### 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 (Tuesdays, Wednesdays, and Thursdays @ 12:30 pm).

## THE SURPRISING BENEFIT OF GETTING CREATIVE

By Kim Fowler  
[www.seniorplanet.org](http://www.seniorplanet.org)

According to Dr. Dean Sherzai, a behavioral neurologist and Director of Alzheimer's Prevention Program at Loma Linda University, creativity is essential, especially for the aging brain. "Nothing is as pleasurable as new emotional perspectives and thought experiences, and nothing provokes the neurons to connect more than the creative space in the brain," he says. "When people have what's called cognitive reserve, which is excess connectivity of parts of the brain to other parts of the brain, meaning the brain is well connected through these billions of axons between neurons, it can withstand even the pathology of Alzheimer's."

It's widely accepted that creativity is one of the best ways to foster neuron connectivity, which supports brain health, and subsequent research into creativity has changed how we look at aging.

The Creativity and Aging Study, which explored the impact of creativity on overall health, found that participants of community-based art programs reported better health, fewer doctor visits and used less medication. They also showed better signs of mental health, greater

involvement in overall activities, and maintained their independence. The study concluded that "community-based cultural programs for older adults appear to be reducing risk factors that drive the need for long-term care."

But what about those who don't consider themselves creatively inclined? Author and Chaplain Larry S. Glover, who has published a series of books for children, suggests keeping your doors open. "Keep exploring and stay creative," he says. "Find your passions in life, think outside of the box and take the limits off yourself."

Journalist Mike Ulmer says that too often we put limits on our creativity. He suggests giving yourself permission to explore a new creative outlet. "Anyone can be creative, and while not just anyone can be Steinbeck, he can enable you to find your way," he says. In his retirement, Ulmer has explored his creativity with an entrepreneurial lens, launching the Forever Book Company in which he works with older adults to tell their life story. "We pass money between generations, but not stories or values," Ulmer says. He's hoping to change that.

So what's your story? Whether you write, paint or build; create out of necessity, curiosity or boredom, choose a creative outlet that brings you joy. "To see a project in my mind's-eye, actually start the work, and then be able to hold a finished product in my hand —fills me with a joy that words can't even come close to describing," Glover says.



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

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

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- \* 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.



## HIDDEN HISTORY OF HELENA

Local authors Ellen Baumler and Jon Axline will be speaking at the Helena Senior Center on Thursday, January 30, from 1:00-2:00 in the Card Room about their new book, Hidden History of Helena Montana.

Distinguished by statesmen and magnates, Helena's history is colored with many other compelling characters and episodes nearly lost to time. Before achieving eminence in Deadwood, Sheriff Seth Bullock oversaw Montana Territory's first two legal hangings. The Seven Mile House was an oasis of vice for the parched, weary travelers entering the valley on the Benton Road, despite a tumultuous succession of ownership. The heritage of the Sieban Ranch and the saga of "King Kong" Clayton, "the Joe Louis of the Mat," faded from public memory.

From unraveling the myths of Chinatown to detailing the lives of red-light businesswomen and the Canyon Ferry flying-saucer hoax, Baumler and Axline team up to preserve a compendium of Helena's yesteryear.

Come join us to listen and welcome Ellen & Jon to our Senior Center.

## COMMODITY FOOD FOR QUALIFYING SENIORS

### COMMODITIES SCHEDULE

Townsend, MT  
Monday, January 27  
2:00 pm - 3:00 pm

East Helena, MT  
Monday, January 27  
2:00 pm - 3:30 pm

Wolf Creek, MT  
Tuesday, January 28  
9:30 am - 10:30 am

Augusta, MT  
Tuesday, January 28  
12:30 pm - 1:30 pm

Elliston, MT  
Wednesday, January 29  
9:30 am - 10:00 am

Avon, MT  
Wednesday, January 29  
10:30 am - 11:00 am

Lincoln, MT  
Wednesday, January 29  
12:30 pm - 1:00 pm

Whitehall, MT  
Thursday, January 30  
11:00 am - 12:00 pm

Boulder, MT  
Friday, January 31  
9:30 am - 10:30 am

White Sulphur Springs, MT  
Monday, February 3  
11:00 am - 12:00 pm

Helena, MT @ Food Share  
Wednesday, January 29  
8:00 am - 10:30 am

Thursday, January 30  
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

It's definitely that time of year when I feel amazed that another year is in the books. With so many programs and activities going on at Rocky, it's easy for the year to fly by and forget what happened.

2019 highlights included the 20th year of the Spirit of Service event, raising enough money to meet the Treacy Foundation's matching grant to purchase tables, chairs, and an oven for the Senior Center, and the start of construction for the Red Alder Residences project. Thinking of major accomplishments like those makes me excited for all of the possibilities that 2020 will bring.

I would like to thank all of those who contributed to our end of the year fundraising campaign and the tables and chairs campaign. Your support goes a long way in helping us continue to provide excellent community services.

Lastly, I would like to say happy new year to all of you! We are very pleased to have all of you be a part of our community. Please continue to be careful in the parking lot as we brave what is hopefully a shorter and more mild winter than last year.



Lori Ladas, C.P.A.  
Executive  
Director

## 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 Taylor Nickovich, Rocky Receptionist, or call 447-1680. Thank you for helping us maximize the available parking spaces.

## AARP SMART DRIVER™ COURSE

Take the AARP Smart Driver™ course and you may save money on your auto insurance if you are over 54 years old! Refresh your skills and learn safe driving strategies. Sign up today!

Phone: 406-439-7675  
Email: cspeil@msn.com  
Reservations: 457-4712

January 14  
12:00 - 4:30 pm  
First Interstate Bank  
2021 N. Montana Ave.

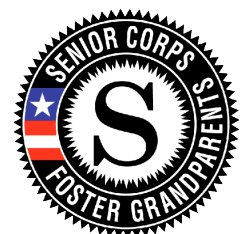
February 7  
12:00 - 4:30 pm  
First Interstate Bank E  
2728 Colonial Dr.

February 26  
12:00 - 4:30 pm  
Touchmark  
915 Saddle Dr.

## AN OPPORTUNITY TO VOLUNTEER

Are you ready to make a difference in a child's life through mentoring? If so, the Foster Grandparent Program is recruiting PAID volunteers! Head Start and the Helena School District are searching for Foster

Grandparents to volunteer in their classrooms. Foster Grandparents are positive role models that mentor children to read, provide one-on-one tutoring, and guide children at a critical time in their lives. You receive training, mileage reimbursement, and a small monthly stipend. For more information, call Mindy at (406) 447-1680.



# FOREVER YOUNG

By Jim Marks

Area IV Agency on Aging Director  
Rocky Mountain Development Council

In his song, "Forever Young," Bob Dylan said, "May you always do for others and let others do for you." Dylan wrote these lyrics for his then newborn son. Without a shred of doubt, Dylan knew life is a balance of giving and taking. He also recognized that the hard part is letting others do for you.

During a November 2019 meeting of Bozeman elder service providers, the Gallatin County Food Bank Director talked about difficulties of getting elders to accept services. Another group member affirmed the resistance when he commented that people will say that they are getting by, but the person down the road sure can use the help. It's more than a local problem. Those who qualify for assistance commonly reject supports.

Many Americans, especially older Americans experiencing poverty, do not want to be the objects of the good works of others. Some say it's a pride thing, but more likely it's a shame thing.

Shame arises because many think only about binary choice: Giving is good, receiving is bad. Put another way, the binary choice is between seeing oneself as either independent or dependent, but seldom a mixture of both. The problem with binary choices is that they are false. Life is far more complicated, and no one belongs solely to either identity. What's really going on is that each of us is sometimes self-reliant and sometimes not. Individual and community strength turns on trusting one another.

To overcome the rejection of services, everyone needs to take a step back and search for an equilibrium of competing values. The key is best articulated in Dylan's lyrics. Well balanced human beings are composites of both giving and taking.

When a person declines assistance, the hidden message may be as simple as an unspoken desire for dignity. Service providers first ought to recognize the whole of a person's life. Respect for the ability of anyone to make a

difference is paramount. Also, services must be of high quality to demonstrate the respect. Everyone wants to give, and everyone needs support. It's a serious dysfunction for providers to divide those we serve into only giving or taking camps. Those who could benefit from services ought to welcome supports with pride. In this way, we may all stay forever young.

## MONTANA CENSUS 2020

### Is it just about money?

No. The number of seats in the U.S. House of Representatives, and the electoral college votes that each state gets, are determined by census numbers. So, the political balance of power in America changes after each census.

### As boomers age, does the government expect a dramatic rise in the number of older Americans counted?

Yes. In 2010, there were more than 40 million people 65 and older in the United States — 13 percent of the population. That number is projected to grow to 55 million — 16 percent of the population — in 2020. By 2050, those 65-plus will make up 20 percent of the population, the Census Bureau projects.

### As the number of older Americans increases, how will the census improve their lives?

An AARP survey shows that most older adults want to stay in their homes and communities as they age. Filling out the census could increase the likelihood of that happening. Census data will be used over the coming decade to decide where to place parks, roads and hospitals. It will determine funding for community projects that benefit people of all ages, including mass transit, which helps many people remain in their homes longer.





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



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## FUNDRAISING IN THE NEW YEAR

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It's a new year at Rocky Mountain Development Council, Inc. (Rocky). With the new year we see opportunities and challenges. Rocky was the humble and grateful recipient of many year-end donations of support for our programs and the extra funds provide an opportunity to serve more seniors.

Thank you to all who provided support for new tables, chairs, and oven for the Senior Center. All have been ordered and we eagerly await their delivery. We also wrote a grant application for new flooring, but we'll have to see if we get funded. We realize the flooring needs to be updated, but lack the funds to get it done right now. However, we remain committed to improving the quality of life for all community members. The ongoing challenge for us is to continue to reach more seniors, but we must do so with fewer federal grant dollars.

As you make your estate plans, won't you consider leaving a bequest for the Rocky? If you would like more information or sample bequest language, please contact Kathy Marks at 406-457-7323 or at [kmarks@rmdc.net](mailto:kmarks@rmdc.net). Thank you for all you do to make Rocky a great place.



Kathy Marks  
Operations  
Director  
Room 208C  
Neighborhood Center