

# Rocky Mountain Development Council, Inc.

# VOICE OF EXPERIENCE



VOLUME 63 | SEPTEMBER - OCTOBER 2021

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

## BE WELL CLINIC IS BACK AT THE SENIOR CENTER

Join the RSVP Be Well Clinic volunteers at the Senior Center every Thursday beginning in September to monitor your health. Our volunteers can check your blood pressure and oxygenation, as well as other health monitoring.

According to an article from the Mayo Clinic, "monitoring your blood pressure at home can:

### **Help with early diagnosis.**

Self-monitoring can help your doctor diagnose high blood pressure earlier than if you have only occasional blood pressure readings in a medical office. Home monitoring is especially important if you have elevated blood pressure or another condition that could contribute to high blood pressure, such as diabetes or kidney problems.

**Help track your treatment.** The only way to know whether your lifestyle changes or medications are working is to check your blood pressure regularly. Monitoring blood pressure changes at home can help you and your doctor make decisions

about your treatment, such as adjusting dosages or changing medications.

### **Encourage better control.**

Self-monitoring can give you a stronger sense of responsibility for your health. You may feel even more motivated to control your blood pressure with an improved diet, physical activity and proper medication use.

### **Cut your health care costs.**

Self-monitoring might decrease your number of visits to your doctor or clinic.

### **Check if your blood pressure differs outside the doctor's office.**

Some people experience spikes in blood pressure due to anxiety associated with seeing a doctor (white coat hypertension). Other people have normal blood pressure at a clinic but elevated pressure elsewhere (masked hypertension).

Monitoring blood pressure at home can help determine if you have true high blood pressure." <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20047889>

*Be Well Clinic - continued p. 2*



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200 South Cruse Avenue  
Helena, MT 59601

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

# HELENA SENIOR NUTRITION MENU - SEPTEMBER 2021

LUNCH SERVED AT 11:00 UNTIL 12:30

For Information Call 447-1680



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Low fat milk is served daily 	1 TATER TOT CASSEROLE CARROT COINS BEAN MEDLEY FRUIT CUP	2 BAKED COD w/TARTAR RICE PILAF ZUCCHINI SQUASH COLESLAW APRICOTS	3 BISCUITS & SAUSAGE GRAVY SEASONED POTATO w/ONION MIXED VEGGIES CINNAMON CHERRY APPLES
6 CLOSED 	7 CHICKEN NOODLE CASSEROLE VEGETABLE BLEND LIMA BEANS FRESH FRUIT	8 SLICED POLISH SAUSAGE IN SAUERKRAUT BABY RED POTATOES GREEN BEANS DINNER ROLL MANDARIN ORANGES	9 SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES GREEN SALAD w/GARBANZOS PLUMP PEACHES	10 BIRTHDAY DINNER ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSELS SPROUTS CRANBERRIES BIRTHDAY CAKE & ICE CREAM
13 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES	14 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL FRESH FRUIT	15 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE PINEAPPLE	16 FISH PATTY w/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER CARROT RAISIN SALAD	17 CHILI CON CARNE CORN BREAD MIXED VEGETABLES PARSLEY CARROTS BLUSHING PEARS
20 BEEF TACO CASSEROLE w/REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN MANDARIN ORANGES	21 PORK FRITTER PARMESAN OVER ROTINI NOODLES SAUTÉED GREENS CARROT COINS FRESH FRUIT	22 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES	23 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT YELLOW & GREEN ZUCCHINI COLESLAW PLUMP PLUMS	24 CHICKEN PATTY ON A BUN POTATO WEDGES GREEN BEANS PEACHES & PEARS
27 SALMON PATTY ON A BUN MIXED VEGGIES SWEET POTATOES JUICY PEACHES	28 MEAT LASAGNA GARLIC TOAST MEDALLIONS GOLDEN CORN CARROT COINS FRESH FRUIT	29 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL APRICOT HALVES	30 SALISBURY STEAK STEAMED BROWN RICE VEGETABLE MEDLEY 4-BEANS & GREENS MIXED FRUIT CUP	SALAD OPTIONS AVAILABLE FOR CONGREGATE DINING 

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

(Be Well Clinic continued from page 1)

We can help you with this monitoring and provide you with:

- Blood Pressure Diary Forms – Wallet Size
- Medication Chart Forms – Wallet Size or Full Page
- A Quick Guide to Local Resources – Provided by United Way
- “What Is High Blood Pressure Flyer” – Download from the American Heart Association
- What Can I Do To Improve My Blood Pressure – Downloaded from the American Heart Association

The Be Well Clinic is located in the Card Room (right off the dining room) in the Helena Senior Center.



Rocky's Operations Director, Kathy Marks, has her blood pressure checked at the August Be Well Clinic at the Neighborhood Center.

# HELENA SENIOR NUTRITION MENU - OCTOBER 2021

LUNCH SERVED AT 11:00 UNTIL 12:30

For Information Call 447-1680



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Low fat milk is served daily SALAD OPTIONS AVAILABLE FOR CONGREGATE DINING	1 HAM & SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS MANDARIN ORANGES
4 TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS MANDARIN ORANGES	5 CHEESEBURGER ON A BUN BAKED BEANS PACIFIC VEGGIES FRESH FRUIT	6 CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES GARDEN PEAS CARROT COINS CRANBERRIES	7 HAMBURGER & SPANISH RICE JUMBLE CORN & BEAN MEDLEY CAULIFLOWER FRUITED JELLO	8 <u>BIRTHDAY DINNER</u> SEASONED ROASTED PORK WITH PAN SAUCE ROASTED BABY POTATOES WINTER BLEND VEGGIES PARSLEY CARROTS APRICOTS BIRTHDAY CAKE & ICE CREAM
11 LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT CUP	12 POTATO, VEGGIE & CHEESE EGG BAKE TOSSED GREEN SALAD w/BEANS WHOLE GRAIN ROLL FRESH FRUIT	13 OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN PEAS BAKED APPLES	14 ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN CARROT RAISIN SALAD JUICY PEACHES	15 ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD PINEAPPLE
18 MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES	19 PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE FRESH FRUIT	20 CHICKEN A LA KING BUTTERMILK BISCUITS CREAMED SPINACH CARROT COINS PINEAPPLE	21 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES MIXED VEGETABLES SWEET PEACHES	22 CHICKEN FRIED STEAK MASHED POTATOES w/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL CRANBERRIES
25 OVEN BAKED CHICKEN WILD RICE PILAF SWEET YAMS GREEN BEANS JUICY PEARS	26 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER FRESH FRUIT	27 BAKED HAM MACARONI & CHEESE MIXED VEGGIES GARDEN PEAS CINNAMON APPLESAUCE	28 SLOPPY JOES ON A BUN BAKED BEANS COLESLAW SWEET PEACHES	29 FISH PATTY w/TARTAR SCALLOPED POTATOES HERBED CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES

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 Dryman, RDN Cassandra Dryman, RDN  
 Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$7.00.



## AREA IV VOLUNTEERS NEEDED

Area IV Agency on Aging is looking for volunteers to provide **Tech Help** to their fellow seniors. If you're tech savvy and have an itch to help others, let us know! This position would provide scheduled technology assistance to seniors at the Senior Center, scheduling can be flexible. If technology isn't your thing but you're looking to help others, we can find something for you! To apply for the Tech Help position, or any other volunteer opportunities with Area IV, give **Claire a call at 406-457-7376!**

## ROCKY CLOSURE



Rocky will be closed on Monday, September 6 in observance of Labor Day, so there will be no Meals on Wheels, Transportation, or access to the Daily Dinner Club or Senior Center on this day.

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 Faith in Senior Nutrition at **406-457-7378**.

## SENIOR CENTER ACTIVITIES

September - October

### MONDAYS

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

### TUESDAYS

9:00 am – Crafty Quilters – Card Room

9:30 am – Line Dancing – Dance Floor

12:30 - Hand and Foot - Parlor

1:00 pm – Pinochle – Card Room

### WEDNESDAYS

12:30 - Hand and Foot - Parlor

1:00 - 3:00 pm – Bingo – Dining Room

### THURSDAYS

8:30 – 9:30 am – Coffee & Rolls – Dining Room

9:30 – 11:00 am – Be Well Clinic–  
Card Room

9:30 am – Line Dancing – Dance Floor

12:30 - Hand and Foot - Parlor

1:00 pm - Wood Carving – Dance Floor

### FRIDAYS

10:00 am – Jennie’s Arthritis Exercise Class

12:30 pm - Create-A-Craft (returning)  
- 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 **Bill Peña at 406-457-7372** or [bpena@rmdc.net](mailto:bpena@rmdc.net).



We are looking to re-start bridge. If you are interested in playing bridge, please call 457-7372 and leave your name and number. Once we have enough interested players, we will schedule a day and time to play.

## VOLUNTEER SPOTLIGHT

The Senior Nutrition Program would like to introduce Bill Roberts, one of our AMAZING Meals on Wheels volunteers!

### What motivated you to become a volunteer driver for the Meals on Wheels program?

“I felt like I needed something to do in the interest of other people.”

### How long have you been volunteering for Meals on Wheels?

“I started in February of 2021.”

### Have you volunteered for other organizations?

“Yes! I am a member of Kiwanis. I also volunteered for AARP as a member of the Capital City Task Force and was involved with the Helena Citizen’s Council for about 8 years, as well as Helena Open Lands Council.

### What do you enjoy most about volunteering with MOW?

“I enjoy the people on my route and the personal relationships with the individuals that have developed over time.”

### What do you want the Helena community to know about MOW?

I want the Helena community to know that the Meals on Wheels program provides a valuable service to the community by connecting with people who may be homebound because of age or a medical condition. The program ensures that there

is a wellness contact on day of delivery. It really is more than a meal.

### Do you have any pets?

“Yes! I have a dog named Boots and he is a black and white shelter dog (aka, a mutt). His DNA test showed at least seven breeds.

### Where were you born?

I was born in New Orleans, Louisiana.

### How long have you lived in Helena?

“I accepted a position with IBM in Helena in 1975 and moved here with my wife Carol and our children. Helena was a great place to raise a family. I have 2 children, Karin, who is an archeologist and lives in Lincoln, Nebraska and Chris, a musician who lives in Nashville, Tennessee and I have 3 beautiful granddaughters. My wife Carol passed away in 2016.

### What is something about you that not many people know?

“I am a graduate engineer and a computer/communications geek! I also have a license to drive a tank.

### What is your favorite meal?

“Definitely breakfast! My favorite breakfast would be a chili omelet.”

### What are some of your favorite pastimes/hobbies?

“I love to eat, cook, travel and work with computers.”

### Do you have a favorite board game?

*Senior Spotlight - continued p. 5*

"I learned to play a new game during the pandemic...Backgammon!"

### Who inspires you?

"My mother. She was a lifelong teacher. She continued to teach and connect with students throughout her 85 years."

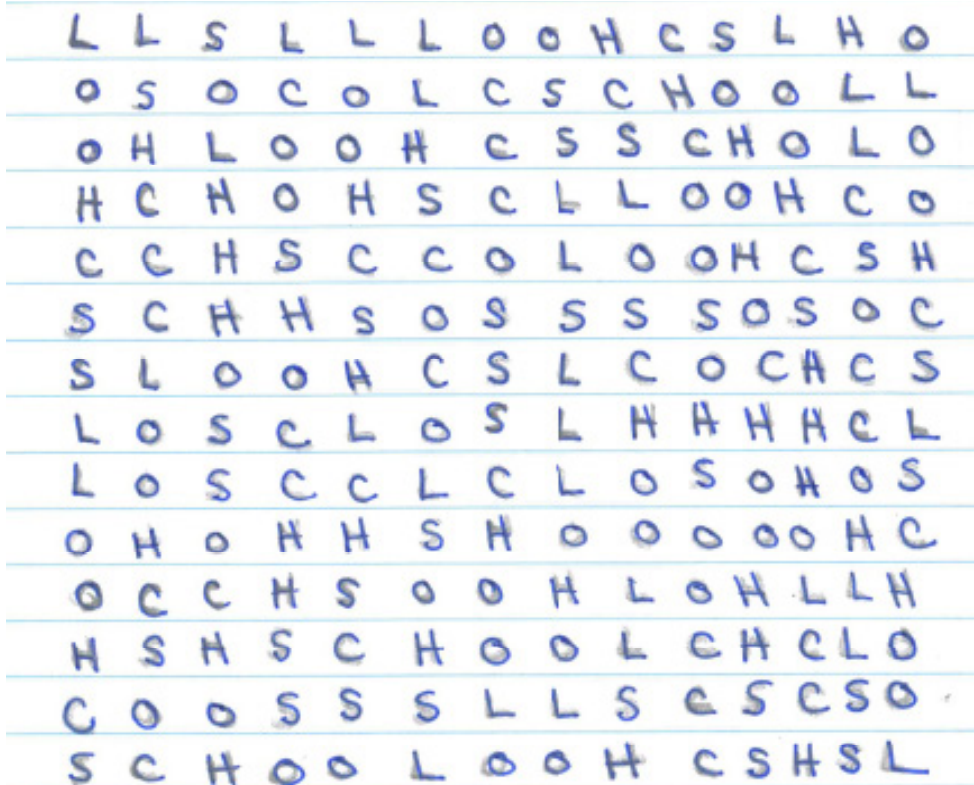
### What three things would you choose to have with you on a deserted island?

"Hmmm.... a Kindle loaded with books, a hatchet and something to make fire."

### Do you have any fun plans for the upcoming months/year?

"My 80<sup>th</sup> birthday is coming up in 2022 and I'm hoping that I can celebrate by taking a trip with my family somewhere fun, maybe Mexico!"

*Bill with his dog, Boots!*



## CROSSWORD

For many, September means it's time to back to school. The word "SCHOOL" is listed in this puzzle 30 times. To receive an "A+", find all 30!

*Thank you to Danny W. for creating this crossword puzzle!*



## COME JOIN THE SENIOR ADVISORY COUNCIL

Are you interested in joining the Senior Advisory Council? What is the Senior Advisory Council? The Senior Advisory Council is a group of volunteers who are interested in working together with Rocky staff to make your Center a better place. In the past they have sponsored different activities such as the craft sale, bazaar, trips, special meals, and generated ideas of activities, including guest speakers

and fun events that individuals might like to see and do. They've raised funds to help purchase needed items and upgrades to the Senior Center and Dinner Club, such as chairs, sound system, cabinets in the parlor and card room, the salad bar, commercial hand mixer, etc. They also advocate for our Center and are the individuals that help others feel welcome and at home when they come in.

We welcome you to join this fun group of individuals and join our meetings. Our first meeting since the COVID shut down will be held on Wednesday, October 6 at 10:00 am in the Card Room. Come see what we're all about!

## 52<sup>nd</sup> Annual Virtual Governor's Conference on Aging- September 13 and 14, 2021

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### Monday, September 13: Preconference-Aging Summit

**8:30AM-12PM** - Join us in-person for the pre-conference Aging Summit which gives older Montanans and interested adults an opportunity to hear information about and give input into the Aging State Plan.

**2PM-4PM:** -Cooking and meal planning demo by Vanessa Young of Thirsty Radishes, Inc.

### Tuesday, September 14: Virtual Conference

**8AM-5PM** This is our first Virtual Conference! We have many exciting speakers and opportunities in which to participate, whether you are viewing from a participating senior center or in the comfort of your own home. Topics include Livable Communities, Fall Prevention, Medicare, Caregiving support, Caring for Alzheimer's, Suicide Prevention, Housing, Fraud, Scams, and an AARP sponsored Virtual Trivia Game to close out our conference.

Check out our Conference and Register here: [https://whova.com/web/mgca\\_202104/](https://whova.com/web/mgca_202104/) or join us at the Helena Senior Center on these days to enjoy the conference with others!

Call Bill at (406) 457-7372 to reserve your spot if you plan to join us at the Helena Senior Center.



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## ROCKY HOSTS "ROCKY- PALOOZA"

On August 12, Rocky staff gathered in Pioneer Park to host a community outreach event we called "Rocky-Palooza". From Head Start to Senior Nutrition and everything in between, we had a great time speaking with the community about all things Rocky. Recruitment for Head Start and Americorps Seniors

is ongoing and Energy Services' new LIHWAP program (see VOE page 9) will be enrolling this fall as well! If you'd like to become more familiar with all the great things Rocky does in our community, visit [www.rmcdc.net](http://www.rmcdc.net).

*We love our ROCKstars!*

*Top left: Michele M., Area IV  
Top right: Samara L., RSVP  
Bottom left: Amy A., Shawna D., Rod A., Senior Nutrition*



# FABULOUS FOSTER GRANDPARENTS

Basin, Helena, and Townsend Foster Grandparents gathered at Tizer Botanic Gardens for their annual summer recognition event on July 14! Anaconda, Butte, and Whitehall Foster Grandparents gathered at the Spirit of Columbia Gardens Carousel for their annual summer recognition event.

**Interested in giving back?** Rocky's Foster Grandparents are positive classroom mentors providing academic support to children in a variety of settings – elementary schools, Head Start classrooms, and preschools.

**Flexible Scheduling!** You choose how you spend your time! You can volunteer as little as 5 hours per week, all the way up to 40 hours per week. We want you to enjoy and value your time giving back to your community.

**Volunteer Benefits!** Eligible Foster Grandparents receive a tax-free stipend, mileage reimbursement, an annual physical, on-going training, personal and holiday leave, and annual recognition.

Please reach out if you wish to discuss what a safe return to service looks like for you in our Foster Grandparent Program! Visit our website, [www.rmdc.net](http://www.rmdc.net) for more information or call **Mindy** at **406-457-7362**.

*Our Basin, Helena, and Townsend Foster Grandparents at Tizer Gardens in July!*



# SENIOR COMPANION PROGRAM

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



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

## The Foot Clinic is back!

Don't let your feet give you a fright this fall!



Please call to schedule an appointment for foot/nail/skin care and risk assessment, diabetic education, and/or foot maintenance.

Foot nurses are licensed and insured.  
Call them today at 406-431-0006 to schedule for upcoming dates.

Thursday, September 23  
Friday, October 22

## SEPTEMBER QUILT RAFFLE

The Crafty Quilters have made another wonderful quilt to raffle off this Fall. The monies raised will go towards Rocky's Retired & Senior Volunteer Program (RSVP).

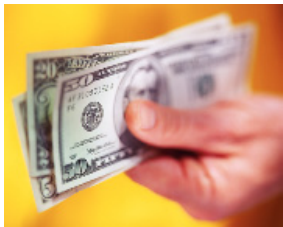
Tickets are \$1 each or six tickets for \$5. They will be available at the front desk during lunch and at the main reception office.

Thank you for supporting our volunteers and best of luck to you!



## Attention Lunch Goers:

We usually don't have too much change in our lunch money box. If possible, please try to have the correct amount for lunch. Thank you for your cooperation!



**Join us for a FREE one-time cooking class on  
Friday, October 8, 2021 @ 12:30 in the Helena Daily Dinner  
Club to learn how to use what you have on hand to create  
nutritious meals.**

Montana State University Extension's Buy Eat Live Better Program offers free CREATES classes which include:

- Hands-on food preparation using MyPlate
- Ideas for healthy eating on a budget
- Tips for increasing physical activity
- A new recipe, a food tasting, and small gift



### TO REGISTER AND FOR MORE INFORMATION CONTACT:

SNAP-Ed Instructor: Chloé Lundquist, RD, LN

Phone Number: 406-447-8456

Email Address: [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 406-994-6022 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 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



## BIRTHDAY MEALS



As a member of the Senior Center, you are eligible for a free meal on the day of the birthday meal, during the month of your birthday. The birthday meal is on the second Friday of each month unless specified otherwise. If you have a birthday in September, please join us on September 10; if you have a October birthday, be sure to join us on October 8. We are happy you are part of our community and look forward to celebrating your birthday with everyone!



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

## Myrna Loy Theater Helena Senior Center SEPTEMBER - OCTOBER 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.

# STATE DEBUTS NEW LOW INCOME HOME WATER ASSISTANCE PROGRAM (LIHWAP)

The State of Montana's new Low Income Home Water Assistance Program (LIHWAP) will roll out October 1, 2021. This program will work in concert with the long-standing Low Income Energy Assistance Program (LIEAP) and is intended to

provide cost offsets for sewer and water bills, as well as cover some past due balances and late fees on qualifying public sewer and water accounts. Although there was no permanent allocation of funding for LIHWAP, the program in its current form is set to run through September 30, 2023. The water account must be in the applicant's name and only public water systems listed on the MT DEQ Public Water Supply Bureau website are eligible for assistance. This means private wells, septic, and small private systems will generally not be eligible for assistance under LIHWAP. A single application will be submitted through Rocky's Energy Service Program in order to determine eligibility for LIHWAP, LIEAP and Weatherization assistance. The anticipated average water benefit will be \$126 – \$176 and the average

wastewater benefit will be \$41 – \$71. Coverage for arrears and late fees incurred prior to October of 2021 could be as high as \$1,200.

LIEAP is a program that helps low-income households meet the additional expenses often required to stay warm during the winter months. If a household is income-eligible, a credit is applied to their utility account. In the event of a heating emergency, LIEAP can also assist with heat system repairs and replacements.

Applications for LIHWAP will be available beginning October 1, 2021. **To learn more, contact Rocky's Energy Services Program at 406-447-1625.**



## COMMODITY FOOD FOR QUALIFYING SENIORS

### COMMODITIES SCHEDULE

Townsend, MT  
Monday, September 20  
2:00 pm - 3:00 pm

East Helena, MT  
Monday, September 20  
2:00 pm - 3:30 pm

Wolf Creek, MT  
Tuesday, September 21  
9:30 am - 10:30 am

Augusta, MT  
Tuesday, September 21  
12:30 pm - 1:30 pm

Elliston, MT  
Wednesday, September 22  
9:30 am - 10:00 am

Avon, MT  
Wednesday, September 22  
10:30 am - 11:00 am

Lincoln, MT  
Wednesday, September 22  
12:30 pm - 1:00 pm

Whitehall, MT  
Thursday, September 23  
11:00 am - 12:00 pm

Boulder, MT  
Friday, September 24  
9:30 am - 10:30 am

White Sulphur Springs, MT  
Monday, September 27  
11:00 am - 12:00 pm

Helena, MT @ Food Share  
Wednesday, September 22  
8:00 am - 10:30 am

Thursday, September 23  
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.**

## 9/11 DAY OF SERVICE PROJECT



Wednesday, September 1, 10:00 am - 1:00 pm  
Helena Senior Center Card Room

Rocky's RSVP Special Projects volunteers are inviting you to stop by the Helena Senior Center on Wednesday, September 1, to write a note of thanks and/or encouragement to local First Responders.

Join us in the Card Room (just off the dining room) anytime between 10:00 am - 1:00 pm, where we will have cards and pens available for you to write your notes. We will also have refreshments for you while you write! The volunteers will deliver the notes with some baked goods to local fire, police, and sheriff offices around our area the following week. Please come by and show your support for the folks who work to protect us!

## RSVP SEEKS VOLUNTEERS

We are in need of volunteers to take blood pressures at our weekly Be Well Clinic at the Senior Center. It is held in the card room every Thursday, beginning in September. You can choose to come once a month or more!

We are looking for someone

to lead a Tai Chi or chair yoga class. It could even be just following a video. If you or someone you know might be interested - call me!

We are looking for DAV drivers at Fort Harrison VA Hospital.

We are looking for Meals on Wheels Delivery Drivers.

**Call Samara for more information: 406-457-7319**

## SUBSTITUTE MOW DELIVERY DRIVERS NEEDED

The Meals on Wheels Program is in need of a few special individuals who are willing to fill in when one of our regular volunteer drivers is out. Soon there will be 6 volunteer routes and there are often several open routes during the month. You can pick the days that work for you and your schedule. Knowledge of Helena streets is helpful or experience with using a Garmin or map app in your vehicle or your mobile device is a plus. Qualifications for this position include using your personal vehicle with a minimum of current liability insurance, a valid Montana driver's license with a clean driving record, clean background check, a six-month commitment and a positive attitude! To apply or learn more about this flexible volunteer opportunity contact **Amy Anderson, Senior Nutrition Volunteer Coordinator at 406-457-7311.**

## Walk to End Alzheimer's

Join Team Rocky in the Walk to End Alzheimer's! Registration is easy; visit our Walk to End Alzheimer's page to join us. Be sure to have your friends and family register, too! If you're unable to participate, please consider making a donation to our fundraising efforts. Every dollar you donate helps the Alzheimer's Association® provide care and support to all those facing Alzheimer's and all other dementia, and advance critical research. This year's walk takes place on Sunday, September 26 at Memorial Park. If you have any questions or would like a paper application or donation form, **call Claire at 457-7376.** Go Team Rocky! To join or donate go to <http://act.alz.org/goto/teamrocky>.

*Team  
Rocky in  
2019!*



### ROCKY'S AREA IV AGENCY ON AGING EVIDENCE-BASED CLASSES



Learn how to manage pain, fatigue, physical limitations, and difficult emotions related to your chronic health condition.



Powerful Tools for Caregivers gives you the skills to take care of yourself while caring for someone else.



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



Contact: Michele Mathot, Education and Outreach Coordinator  
Rocky Mountain Development Council, Inc. Area IV Agency on Aging  
406-441-3985 or [mmathot@rmdc.net](mailto:mmathot@rmdc.net)

## LETTER FROM THE EXECUTIVE DIRECTOR



*Lori Ladas,  
Executive  
Director*

We are cruising into the end of another summer. It was too hot for my liking, and too smoky. There was too much traffic in our quaint little town. I know, I am sounding a bit negative. Time for some positive inspiration!

Last month, I got just that, when Liz Mogstad shared a link to a TED Talk that caused me to push the pause button on my negativity. The title of the TED Talk is “Celebrate What’s Right with the World” by Dewitt Jones, who is known for his work as a photographer for National Geographic. Liz told me how much this short talk reminded her of her grandmother, who recently passed away at the age of 104. If you have never heard Liz talk about her Grandma Irene, I encourage you to ask Liz about her.

The premise of this TED Talk is that our vision controls our perception, and our perception controls our reality. Mr. Jones talks about “putting on the lens of celebration”, even going so far as to say “change your lens and you change your life”.

Mr. Jones states that “no matter how devoid of possibilities a situation might seem, I was going to find the positive, the lens of celebration”. One way of doing this is by focusing on the right, not the wrong, in any situation. He also states, “celebrating what’s right is not a perspective that denies the very real pain and suffering that exists on this planet”. Rather it is a perspective that puts these problems into a larger and more balanced context, where we can see that there is far more right with the world than there is wrong.

Every day the media and the internet bombard us with what is wrong with the world. It is so easy to become caught up in this. That is why we need to put on that lens of celebration. Mr. Jones is quick to point out that he has to work at putting on the lens of celebration. After all, he is human just like we are.

There were so many good takeaways from this TED Talk. Following are some of them:

- There is more than one right answer.
- There are 1,000 ways to come at any challenge.
- You get more comfortable with framing obstacles with possibility the more you do it.
- What is here to celebrate? What is right with this situation? Celebrating what’s right gives us the energy to find that next right answer.

Last month I was leaving the office to go find some lunch. I ran into one of our amazing Meals on Wheels volunteers with his young grandson in tow. I stopped to visit with him and learned that the little boy is getting really good at helping with meal delivery. Talk about focusing on what is right with the world! That was just one amazing example on a typical day at Rocky!

Every day we get to choose what lens through which we see the world. It is our choice. The more we put on the lens of celebration, the more easily we can do it again.

I hope you enjoy the cooler temperatures and clear skies of a Montana fall. Stay well and remember to celebrate the positive!

## JOIN US FOR MEMORY CAFÉ!

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

Our first Memory Café is being held on September 15 in the Senior Center Card Room. Check in starts at 9:15, and the Café runs until 11:00. Memory Café is free of charge and open to anyone; no diagnosis required.

This month, we are welcoming Kim Schleicher who will lead the group in a gentle yoga class. Just in time for Halloween, October’s Memory Cafe will feature Helena historian Ellen Baumler, so mark your calendars for October 20th!

**Please contact Claire Marshall to sign up to attend Memory Café.**

Claire can be reached by email at [cmarshall@rmdc.net](mailto:cmarshall@rmdc.net) or by phone at **457-7376**. If you have any questions about Memory Café, she would be happy to answer them. If you are interested in participating as a volunteer, let Claire know!

Please feel free to join us for lunch in the dining room afterwards! There is a suggested donation of \$5 for those over 60, and a required charge of \$7 for those under 60.



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




## How has your life changed over the last 3 years?

A lot has happened since 2018.

Tell us **YOUR** story.


Make your voice heard. **Complete our Comprehensive Community Needs Assessment** and tell Rocky how we can best serve you and your community.



**Choose how you participate:**

 Visit [www.surveymonkey.com/r/Rocky2021CCNA](https://www.surveymonkey.com/r/Rocky2021CCNA)

 Use your smartphone to scan here:



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