

Rocky Mountain Development Council, Inc.

VOICE OF EXPERIENCE



VOLUME 66 | MARCH - APRIL 2022

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

50 YEARS OF THE OLDER AMERICANS ACT NUTRITION PROGRAM

“The Older Americans Act Nutrition Program is the only federally supported program designed to be an antidote for both senior hunger and isolation,” said Ellie Hollander, President and CEO of Meals on Wheels America. “Despite decades of proven success and bipartisan support, funding for this program has failed to keep pace with the rapidly growing need for its services. With the nation’s senior population increasing dramatically, now is the time to support local Meals on Wheels programs – through volunteering, donating and speaking out – to ensure we are able to deliver for another 50 years.” You can donate by going to www.rmhc.net or dropping a check off at the Neighborhood Center, at 200 South Cruse Avenue.

Through the Older Americans Act, the National Meals on Wheels program has grown to have operations in virtually every

community in America with over 5,000 independently run local programs. Rocky is proud to be one of those programs.

In the United States, one in five Americans is 60 or older with 12,000 more turning 60 each day. Nearly 7.4 million seniors have incomes below the poverty line. In Montana, nearly 13% of the senior population is threatened by hunger. This means that within our own neighborhoods, we likely have neighbors and friends who are struggling or lack food.

Currently, Rocky’s MOW program operates out of six locations (Augusta, Boulder, Lincoln, Townsend, Whitehall and Helena) and delivers meals five days per week to qualifying seniors. (Boulder delivers three days per week). With a dedicated group of kitchen staff, drivers and volunteers, over 320 meals are prepared and delivered daily.

However, it is not only turning out 320 nutritious meals per day that makes a difference; it is much more. It is the daily smile, friendly conversation and invaluable safety check, which our drivers and volunteers provide to clients. This ultimately *(Meals on Wheels cont. page 2)*

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HELENA SENIOR NUTRITION MENU

-MARCH 2022-

MARCH



For Additional Information Call 447-1680

Lunch served at 11:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</i></p> <p>Salad options are available for congregate dining </p>	<p>1 PORK FRITTER PARMESAN OVER ROTINI NOODLES SAUTÉED GREENS CARROT COINS FRESH FRUIT</p>	<p>2 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES</p>	<p>3 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT YELLOW & GREEN ZUCCHINI COLESLAW PLUMP PLUMS</p>	<p>4 CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS PEACHES & PEARS</p>
<p>7 SALMON PATTY ON A BUN MIXED VEGGIES SWEET POTATOES JUICY PEACHES</p>	<p>8 LAZY DAISY CABBAGE CASSEROLE GOLDEN CORN CARROT COINS FRESH FRUIT</p>	<p>9 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL APRICOT HALVES</p>	<p>10 SALISBURY STEAK STEAMED BROWN RICE VEGETABLE MEDLEY 4-BEANS & GREENS MANDARIN ORANGES</p>	<p>11 <u>BIRTHDAY DINNER</u> HAM & SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS MIXED FRUIT CUP BIRTHDAY CAKE</p>
<p>14 TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS MANDARIN ORANGES</p>	<p>15 CHEESEBURGER ON A BUN POTATO WEDGES PACIFIC VEGGIES FRESH FRUIT</p>	<p>16 CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES GARDEN PEAS CARROT COINS CRANBERRIES</p>	<p>17 <u>HAPPY ST. PATRICK'S DAY</u> CORNED BEEF & CABBAGE LUCKY POTATOES CARROT COINS BLARNEY STONE ROLL GOLDEN PEARS GREEN DREAM JELLO SALAD</p>	<p>18 POTATO, VEGGIE & CHEESE EGG BAKE WHOLE GRAIN ROLL MIXED VEGETABLES APRICOTS</p>
<p>21 LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT CUP</p>	<p>22 CALICO BEANS CARROT COINS PICKLED BEETS WHOLE GRAIN ROLL FRESH FRUIT</p>	<p>23 OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN PEAS BAKED APPLES</p>	<p>24 ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN CARROT RAISIN SALAD JUICY PEACHES</p>	<p>25 ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD PINEAPPLE</p>
<p>28 MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES</p>	<p>29 PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE FRESH FRUIT</p>	<p>30 CHICKEN A LA KING BUTTERMILK BISCUITS CREAMED SPINACH CARROT COINS PINEAPPLE</p>	<p>31 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES TOSSED GREEN SALAD w/BEANS SWEET PEACHES</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.

(Meals on Wheels cont. page 1)

helps eliminate social isolation and allows our clients to remain independent in their homes for as long as possible. If you know friends and neighbors who are 60 years or older and may be in need of these services, please contact Rocky MOW at (406) 447-1680.

If you are interested in sharing your time and energy to volunteer for this program, please contact Amy Anderson at (406) 457-7311 or visit our Rocky volunteer page at www.rmhc.net.



HELENA SENIOR NUTRITION MENU - APRIL 2022**April**

For Additional Information Call 447-1680

Lunch served at 11:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<i>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</i> Salad options are available for congregate dining		1 BREADED VEAL MASHED POTATOES w/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL CRANBERRIES
4 OVEN BAKED CHICKEN WILD RICE PILAF SWEET YAMS GREEN BEANS JUICY PEARS	5 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER FRESH FRUIT	6 BAKED HAM MACARONI & CHEESE MIXED VEGGIES GARDEN PEAS CINNAMON APPLESAUCE	7 SLOPPY JOES ON A BUN BAKED BEANS COLESLAW SWEET PEACHES	8 BIRTHDAY DINNER FISH PATTY w/TARTAR SCALLOPED POTATOES HERBED CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES BIRTHDAY CAKE
11 HUNGARIAN GOULASH GREEN PEAS PICKLED BEETS APRICOTS	12 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRESH FRUIT	13 TURKEY NOODLE CASSEROLE MIXED VEGETABLES BRUSSELS SPROUTS FRUIT CRISP	14 SWEDISH MEATBALLS BROWN RICE WINTER SQUASH TOSSED GREEN SALAD w/GARBANZOS BLUSHING PEARS	15 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES VEGGIE BLEND BAKED APPLES
18 SALMON PATTY WILD RICE MIXED VEGETABLES GREEN BEANS SWEET PEACHES	19 PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN BREAD FRESH FRUIT	20 PARMESAN CHICKEN BREAST BUTTERED ROTINI COUNTRY BLEND VEGGIES FOUR BEAN SALAD APRICOT HALVES	21 HEARTY MEATLOAF MASHED POTATOES w/GRAVY WHOLE GRAIN ROLL CARROT RAISIN SALAD MIXED FRUIT CUP	22 CHILI DOG ON A BUN SWEET CORN CARROT COINS GOLDEN PEARS
25 LEMON PEPPER CHICKEN WILD RICE GREEN BEANS GARDEN MIX VEGETABLES CRANBERRIES	26 HAMBURGER ON A BUN CARROT COINS BAKED BEANS FRESH FRUIT	27 PORK CHOPS-N-GRAVY MASHED POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL BAKED APPLES	28 TURKEY HASH OVER POTATOES SWEET PEAS WHOLE GRAIN BREAD TOSSED GREENS w/BEANS BLUSHING PEARS	29 BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES PICKLED BEETS PINEAPPLE

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.

SPRING FLING MEAL & MUSIC

Saturday, May 21, 2022

3 PM

Senior Center Dining Room

Cost: \$30

Maximum Capacity for dinner: 48 people

The Senior Advisory Council is excited to offer this event! This will be their first event as we slowly bring events back following the pandemic. The dinner will also feature the

wonderful talents of Helena musician Rick Wine.

Bob Dannic has offered to drive the Rocky Bus for folks who may need a ride. He can take 12 people at a time, but we encourage folks to carpool and drive.

There are two dinner choices. Please look them over carefully when deciding as once you have chosen what you would like, you will not be able to change it. To reserve your place at the Spring Fling, please call Bill Peña at 406-457-7372.

Menu Options:

1. Stuffed Chicken Breast with roasted vegetables and ricotta with white crème.
 2. French Cut Pork Chop with an apple glaze.
- Each meal will be served with sides of fingerling potatoes with fresh herbs, honey glazed carrots with crystalized ginger, and a salad of baby spinach, fresh sliced strawberries, crumbled Irish farmer's cheese, and red onions with sweet onion dressing. Dessert will also be provided.



SENIOR CENTER ACTIVITIES

March - April

MONDAYS

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

11:00 am - Tech-Time with Mary

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

*Pinochle Tournament Dates: March 7 & 8

1:00 pm – Bridge – Dance Floor

WEDNESDAYS

10:00 am - Senior Advisory Council Meeting
(first Wednesday of each month)

9:15 - 11 am - Memory Café - Card Room
(third Wednesday of each month)

1:00 - 3:00 pm – Bingo – Dining Room

THURSDAYS

8:30 am – Coffee & Rolls – Dining Room

9:00 am - Be Well Clinic - Card Room

9:45 am – Line Dancing – Dance Floor

1:00 pm - Wood Carving – Dance Floor

FRIDAYS

10:00 am – Jennie’s Arthritis Exercise Class

12:30 pm - Create-A-Craft - Card Room and/or Parlor

SATURDAYS

8:45 am - 2:30 pm - AARP Tax Aid - Cardroom,
Parlor, and Dining Room (by appointment only)

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

FEATURED DINING ROOM PATRON: CHUCK MICKELWRIGHT

By Barbara “Beebs” Beeby,
Senior Nutrition Program
Assistant

Chuck Mickelwright is one of our frequent dining room patrons. He always has a smile and a friendly bit of shop talk about the good old days to share.

Chuck was born in St. Clair Shores, Michigan. He went to South Lake High school in Michigan and was a halfback on the football team at Taylor University. “The halfback (HB) or tailback (TB) position is responsible for carrying the ball on the majority of running plays, and may frequently be used as a receiver on short (or sometimes long, depending on the system) passing plays”. In looking through his college newspaper, they remarked that “one of the highlights of the season was the bruising tackling of Chuck Mickelwright”. He was also Senior Class President and, when asked about the year he graduated high school, Chuck thought pensively and said “a long time ago”. He attended a Christian college in Indiana, Taylor University where he was Class President once again. Chuck studied physical education and science. He went on to get his Mas-

ters in Physical Education and Science and then teach physical education at Taylor. He also coached basketball, track, and football there as well.

While attending college, Chuck helped out in the kitchen as a cook, and that is where he met the love of his life, Marilyn Lynn Copley. She was a waitress in the same college kitchen. They married in 1950 and had two sons, Craig and Chuck, and two daughters Sandy and Diane. In September of 1981 they moved to Helena and bought a home on Beaverhead Road.

Chuck was an active cyclist for over fifty years. He rode his bike from Seattle to Atlanta for the American Lung Association at the age of 59, and he usually was the first to the goal of the day throughout that challenge. He even made a trek to Alaska. He ran the Governor’s Cup 5K here in Helena for many years and won more than once for his age group. He has amassed numerous medals throughout his career as an athlete. He gleaned many other accolades during his cycling career and said there are so many he can’t remember them all. “The good old days” he mused. Way to go Chuck!

Chuck was Executive Director of the YMCA. After
(Mickelwright cont. p. 5)

(Mickelwright cont. p. 4)
he retired from the YMCA, he drove school busses into his eighties. He lost his beloved Marilyn in 2001 to a lengthy battle with ovarian cancer. He said he misses her terribly and that she was one of the good ones taken too soon. Chuck has a dog Brownie who is his loyal companion these days. He said his favorite dog was one he called Hawkeye Stormy Webster. He was a German Short-hair Pointer who loved to hunt with Chuck. Chuck said he loved hunting birds and the occasional big game.

Author's Note:

Ironically, the home Chuck, Marilyn and their family lived in for many years was recently put on the market, and my grandson, wife and family were lucky enough to purchase it. Small world, huh? I also got to meet Chuck's lovely daughter Diane Fetzner (below left, with family), who provided the photo for this article and a little more history about Chuck.



MEALS ON WHEELS VOLUNTEER SPOTLIGHT

The Senior Nutrition Program would like to introduce Ron Thomas, one of our AMAZING volunteer drivers!

Introduce yourself to our readers!

I was born and raised in Southern California. My brother and sister were 10 and 8 years older. My Dad was a waist gummer on a B-17 in WWII, (I came along many years later), and my Mom worked as a grocery cashier. I was the first to graduate from college in my family. I taught in a junior high school for 9 years and worked as an instructor and then counselor in maximum security jails with the Los Angeles County Sheriff's Department for 18 years.

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

"I had more time on my hands than I wanted and I wanted to do something important. I learned of the need for drivers to deliver meals to people in need. That interested me. The people on my route have become special to me and I try to let each individual know that they are important to me."

How long have you been volunteering for MOW?

"I began driving/delivering for Rocky in October of 2019."

Have you volunteered for other organizations?

"This is my first volunteer experience. I've worked jobs that paid so low as to seem like volunteering, but this time it is official."

What do you enjoy most about volunteering with MOW?

"What I enjoy most about MOW are the people I work with, the kitchen crew, Amy and the office people, and the other drivers/volunteers."

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

"I'd like the Helena community to know that there are people at Meals on Wheels who care about them and that there are nutritious meals available for a reasonable/low cost that will be delivered to their door."

What is something about you that not many people know?

"People seem to get me mixed up with Brad Pitt or Tom Cruise!"

What is your favorite meal?

"My favorite meal is about 1300 miles away at Knott's Berry Farm in Anaheim, CA. Their fried chicken dinner is awesome which includes mashed potatoes, gravy, peas and carrots and either boysenberry or apple pie."

Favorite hobbies/pastimes?

"My hobbies include spending time with my two black labs, Sam and Ted, riding a motorcycle in the mountains in summer, exercise, and working on an HO train layout downstairs, and watching NFL football."

Who inspires you?

"Inspiration comes from: Jesus, my Dad, my brother, John Wayne, *(MOW Spotlight continued p. 6)*

(MOW Volunteer Spotlight continued from p. 5)

General Patton, Tom Brady and Aaron Rodgers, (their skill, discipline and on field confidence).”

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

“I’d like to see the castles and battlefields of Europe, the WWII museum in New Orleans, and the buildings in New York, but in reality, I have no plans for the upcoming year.”



(Above) Meals on Wheels volunteer Ron Thomas with his family.

(Below) Ron with Senior Nutrition Staff Mary Murray (center) and Tim Roll (right)



SENIOR COMPANION PROGRAM

Check out our new office location at Rocky’s Neighborhood Center (200 S. Cruse Avenue).

The Senior Companion Program’s goal is to help assist homebound seniors and adults with special needs to continue living in their own homes as independently as possible. Volunteers assist clients with grocery shopping and other errands, enjoy meals together, provide light respite care, write letters, read or assist with filling out forms, while providing friendship and support.

Senior Companions volunteer a minimum of 15 hours per week to make a difference within our community while fulfilling an interpersonal gratification. The Senior Companion Program is looking for volunteers, who are 55+ and who are income eligible, to expand our amazing team. If you are homebound senior or an adult with special needs looking for assistance, please call Kelley Moody at 406-457-7325.



Free In-Person Tax Preparation Service

AARP Foundation Tax-Aide offers free tax preparation to anyone of any age - especially if you are 50 or older or can't afford paid tax preparation.



In Your Area

Helena Tax Site

February 5 - April 9

Helena Senior Center

200 S. Cruse Avenue | Saturdays - Appointments begin at 8:30 am

Call 406-457-7301 for appointments

HEALTH CARE SERVICES: MARCH AND APRIL 2022

Mark Your Calendar for the Foot Care Clinic!

Thursday, March 24, 2022

Thursday, April 21, 2022

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

Blood Pressure

All Seniors are invited to have their blood pressure taken each Thursday at the Senior Center in the Card Room from 9:00 – 11:00 am. There are always fun giveaways to be found! We also have a gift basket that we give away at the end of every month. You are entered to win the prize every time you visit us.

MARCH'S MEMORY CAFÉ

March's Memory Café will surely jog your noggin! We're welcoming Mark Ulett from Ways2Wellness to come and teach us how to solve Sudoku puzzles. Ways2Wellness creates puzzle books designed to stimulate your brain, keeping you sharp! Join us on March 16 from 9:30 – 11:00 in the Senior Center Card Room to put your brain to the test. These puzzles are created for seniors with several different difficulty ratings, so there's something for everyone! Are you up for the Sudoku challenge? See you then!



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

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. The dates of the next Pinochle Tournament are March 7 and 8. Pinochle is a great way to have fun with friends at the Helena Senior Center, and new members are always welcome.

BINGO

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

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

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

BACK ROADS OF MONTANA MEMORIES AND STORIES

Date: Monday, March 28, 2022

Time: 12:30 – 1:30 pm

Location: Card Room, Rocky Senior Center

No Cost!

Everyone is invited to this new event sponsored and hosted by the Senior Advisory Council.

This will be an informal showing of one or two episodes of the popular PBS Program "Backroads of Montana." Since 1991, the backroads crew has traveled across Montana, visiting its unique people and places. The Senior Advisory Council came up with the idea of planning a time to bring people together to watch an episode or two of the "Backroads of Montana" and share thoughts, memories, and maybe even a bit of history.

We will provide some refreshments and a relaxing atmosphere with wonderful people. Come join us.



LEGACY SOCIETY

Planned gifts can benefit you and your family now, and support life-changing programs for Rocky's seniors and families.

A few types of planned gifts include:

- Bequests
- Deferred gift annuities

- Life insurance
- Donation of property
- IRA Distributions

For more information, contact Kathy Marks at kmarks@rmdc.net or 406-457-7323.

"I have found that among its other benefits, giving liberates the soul of the giver."

Maya Angelou



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

Myrna Loy Theater Helena Senior Center MARCH - APRIL COUPON

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

- * Not redeemable for cash.
- * One coupon per customer
- * Cannot be used during rentals, performances sponsored by other organizations or in conjunction with any special offers other than the senior rate.
- * Can be used in addition to the senior discount.

ROCKY BRIDGE

We Need Players!

We have several people who have expressed interest in playing Bridge again at the Senior Center. To get Bridge started, we have scheduled a meeting for 1:00 pm on Tuesday, March 15 in the Senior Center Dining Room. Come join us for a planning get-together and let's get Bridge started again! Bridge is a fun time to gather with friends.

Come Join Us!

Every Tuesday is Bridge Day at the Helena Senior Center

Time: 1:00 - 3:00 pm

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

WE WELCOME NEW MEMBERS!

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



COMMODITY FOOD FOR QUALIFYING SENIORS

COMMODITIES SCHEDULE

Townsend, MT
Monday, March 21
2:00 pm - 3:00 pm

East Helena, MT
Monday, March 21
2:00 pm - 3:30 pm

Wolf Creek, MT
Tuesday, March 22
9:30 am - 10:30 am

Augusta, MT
Tuesday, March 22
12:30 pm - 1:30 pm

Elliston, MT
Wednesday, March 23
9:30 am - 10:00 am

Avon, MT
Wednesday, March 23
10:30 am - 11:00 am

Lincoln, MT
Wednesday, March 23
12:30 pm - 1:00 pm

Whitehall, MT
Thursday, March 24
11:00 am - 12:00 pm

Boulder, MT
Friday, March 25
9:30 am - 10:30 am

White Sulphur Springs, MT
Monday, March 28
11:00 am - 12:00 pm

Helena, MT @ Food Share
Wednesday, March 23
8:00 am - 10:30 am

Thursday, March 24
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



*Lori Ladas,
Executive Director*

Happy Spring! Though I'm sure winter is not completely behind us, it sure is nice to see more daylight each day and feel the temperature slowly warming. With a little "luck o' the Irish", we just may be headed to an early spring, regardless of what the groundhog tried to tell us in February!

The seasons are not the only thing changing at Rocky! Last month, a few of our programs relocated to new offices. Staff for the AmeriCorps Seniors programs (Foster Grandparent, Senior Companion, and Retired & Senior Volunteer Program) joined the

CINNAMON ROLL THURSDAYS

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

staff at the Neighborhood Center. Rocky's Agency on Aging is now located at 1398 Warehouse Avenue in Helena. Energy Services remains at the Jackson Street Center, but moved to a different side of the building. We kept our facilities team very busy, and we appreciate them so much! Thanks for your patience during these office moves. Our commitment to providing the best service remains no matter where we are located!

We're happy to host AARP at the Neighborhood Center on Saturdays this spring to help with tax preparation. We know that was missed last year! If you still want to make an appointment, please call 406-457-7301 to secure a slot.

As the temperatures warm, we hope to see you at the Senior Center for lunch, bingo, or any of our upcoming activities. No matter the weather, seeing you brightens our days. So be sure to check the schedule of events and thanks for choosing to share your time with Rocky!

enjoy wonderful company and share a delicious roll!



BIRTHDAY MEAL CELEBRATION

We love to celebrate birthdays at the Helena Senior Center! As a member of the Senior Center, you are welcome to have a free meal when it is your birthday month, complete with cake and ice cream! Mark your calendars for March 11 and April 8, and then come join us!



THANK YOU TO VAN'S THRIFTWAY

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



COVID-19 CLOSURE – THANKS FOR YOUR PATIENCE!

Since the start of the pandemic, Rocky has worked hard to keep all of our customers and staff healthy. During the time the Senior Center was recently closed, the team at Rocky worked hard to make sure reopening would ensure a safe and healthy environment.

Over the last two years, COVID-19 has forced Rocky and our staff to adjust, evaluate, and do what is right to maintain a healthy environment.

We encourage each of you join with us to make sure the Senior Center can stay open and be a safe and healthy environment. If you feel “under the weather” and/or show any symptoms of illness, please stay home and take care of yourself. Choose to visit the center another time when you are feeling better. If you need a meal, we are more than happy to deliver one to you. To request a meal, please call 406-447-1680.

PROGRAMS MOVING AT ROCKY

Rocky is moving some offices due to the pending sale of our

Jackson Street Building. Energy Services will move from the east side to the west side of the Jackson Street Center since the new owners only want to occupy about half of the building. Energy Services has the most “foot traffic,” so staying in nearly the same place makes sense.

The AmeriCorps Seniors Program Directors – RSVP, Senior Companions, and Foster Grandparents - are now in the Neighborhood Center (200 South Cruse Avenue) and are happy to be closer to the action.

Rocky’s Agency on Aging is moving to the Jan Shaw building at 1398 Warehouse Avenue. This homey space – once used by Youth Homes – will provide great space for the staff and clients.



WINTER SENIOR SAFETY FIRST

Winter is still here, the days are still short, and the “dog days” of winter have us longing for warmth. Though it is good to look forward to spring as the

days lengthen we know Montana winter can be very fickle. Take your time and be careful. Continue to remind yourself that we older adults run a higher risk of injuries related to the weather, including hypothermia, frostbite, and falls on ice and snow. Like most things in life, it is better to be aware, cautious and safe.

Rocky takes every precaution possible with regards to onsite safety, including plowing the parking lot and sidewalks, snow melt and sand disbursement, and monitoring changing weather conditions. Constant cautious and vigilant awareness helps prevent injuries.

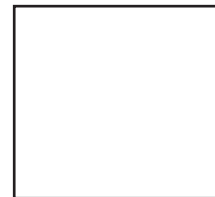
Please take your time if driving and allow more time to arrive at your destination if the roads are snow covered.

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

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



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



The Luck o'
the Irish to
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Patty's Day -
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CLOVER
FOUR
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GREEN
IRELAND
LEPRECHAUN
LUCKY
MARCH
PATRICK
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RAINBOW
SHAMROCK