

Rocky Mountain Development Council, Inc.

VOICE OF EXPERIENCE



VOLUME 42 | MARCH - APRIL 2018

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

St. Patrick's Day Celebration

Mark your calendars for Friday, March 16, 2018 at 11:30am for our Helena Senior Center St. Patrick's Day Celebration Meal! The hard-working kitchen team, along with the staff from the Helena Senior Center, will be preparing and serving a delicious Corned Beef & Cabbage meal. The Brennen family, once again, will be entertaining everyone with fun music to celebrate the day.

This is a great opportunity to meet your friends to share a traditional Irish meal. Wear your green and come ready to have a fun time at the Helena Senior Center! Top of the Day to everyone!



Senior Corps Program

Are you 55+ with spare time on your hands? Does meeting someone you wouldn't meet otherwise sound intriguing to you? Consider becoming a Senior Companion! Volunteers in the Senior Companion Program assist their adult clients in basic but essential ways. You get to choose how to spend your time. You can volunteer as little as 15 hours a week, all the way up to 40 hours a week. Best yet, you receive a tax free stipend, mileage reimbursement, and annual physical, annual/holiday

leave, and more! Call Mindy at 406-457-7325 for more information about how you can become a Senior Companion.

Would you rather work with kids than older adults? Consider becoming a Foster Grandparent! With the same benefits as becoming a Senior Companion, you get the opportunity to work with kids in a variety of settings, like schools and childcare facilities. If you think this would be a better fit for you, call Danielle at 406-457-7324 to learn about how you can become a Foster Grandparent!

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

HELENA/EAST HELENA DDC MENU

MARCH 2018-MEALS SERVED FROM 11:00 – 12:30

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Low fat milk is served daily in the Daily Dinner Club and delivered on Monday, Wednesday and Friday to Home Delivered Meals (HDM).</i></p>	<p>Congregate meals in Helena have a full salad bar unless otherwise stated.</p>		<p>1 SWEDISH MEATBALLS BROWN RICE WINTER SQUASH BLUSHING PEARS</p> <p>TOSSED GREEN SALAD W/GARBANZOS (HDM)</p>	<p>2 SALMON PATTY ROASTED POTATOES MIXED VEGETABLES 4 BEAN SALAD PURPLE PLUMS</p>
<p>5 CHILI DOG ON A BUN SWEET CORN GREEN BEANS SWEET PEACHES</p>	<p>6 PEPPER STEAK OVER SPIRAL NOODLES CAULIFLOWER MANDARIN ORANGES</p> <p>FRESH FRUIT (HDM)</p>	<p>7 CHICKEN A LA KING BUTTERMILK BISCUITS COUNTRY BLEND VEGGIES PICKLED BEETS BAKED APPLES</p>	<p>8 DEB'S MEAT LOAF MASHED POTATOES w/GRAVY WHOLE GRAIN ROLL MIXED FRUIT CUP</p> <p>CARROT RAISIN SALAD (HDM)</p>	<p>9 BIRTHDAY DINNER RASPBERRY CHICKEN BREAST BUTTERED NOODLES ZUCCHINI SQUASH CARROT COINS GOLDEN PEARS CAKE & ICE CREAM</p> <p>-NO SALAD BAR-</p>
<p>12 BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES CAULIFLOWER PINEAPPLE</p>	<p>13 PORK CHOPS-N-GRAVY STEAMED POTATOES BRAISED CABBAGE w/CRANBERRIES WHOLE WHEAT ROLL</p> <p>FRESH FRUIT (HDM)</p>	<p>14 HAMBURGER ON A BUN GOLDEN CORN BAKED BEANS APRICOT HALVES</p>	<p>15 TURKEY HASH w/GRAVY SWEET PEAS WHOLE GRAIN ROLL BLUSHING PEARS</p> <p>TOSSED GREENS W/BEANS (HDM)</p>	<p>16 <u>HAPPY ST. PATRICK'S DAY</u> CORNED BEEF & CABBAGE POTATOES & CARROTS WHOLE GRAIN ROLL BEAN SALAD GREEN-FRUITED JELLO</p> <p>-NO SALAD BAR-</p>
<p>19 MOCK CHOP SUEY BROWN RICE PACIFIC VEGGIES FOUR BEAN SALAD SWEET PEACHES</p>	<p>20 BAKED COD W/TARTAR RICE PILAF STEAMED BROCCOLI CARROT COINS</p> <p>FRESH FRUIT (HDM)</p>	<p>21 TATER TOT CASSEROLE GREEN & YELLOW ZUCCHINI WHOLE GRAIN ROLL FRUIT CUP</p>	<p>22 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES GARDEN PEAS JUICY PEARS</p> <p>COLESLAW (HDM)</p>	<p>23 EGG & SAUSAGE BAKE FRENCH TOAST STICKS POTATO WEDGES MIXED VEGGIES CINNAMON CHERRY APPLES</p>
<p>26 PASTY WITH GRAVY PICKLED BEETS LIMA BEANS SWEET PEARS</p>	<p>27 CHICKEN NOODLE CASSEROLE GREEN PEAS APRICOTS</p> <p>FRESH FRUIT (HDM)</p>	<p>28 ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSEL SPROUTS CRANBERRIES</p>	<p>29 SWEET & SOUR MEATBALLS (PINEAPPLE & PEPPERS) BROWN RICE MIXED VEGETABLES PURPLE PLUMS</p> <p>GREEN SALAD W/GARBANZOS (HDM)</p>	<p>30 <u>EASTER DINNER</u> BAKED HAM CHEESY POTATOES GREEN BEANS WHOLE GRAIN ROLL PINEAPPLE</p>

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 \$4.00 and under 60 years \$7.00.

Birthday Meal Celebrations

All of us at the RMDC Senior Center enjoy celebrating birthdays! Each month we celebrate everyone's birthday for the month with a served meal. As a member of the Senior Center, you will receive a free meal on your birthday. It is our way of saying thank you for being

a member and a part of our community. Our birthday meals are normally on the second Friday of each month unless otherwise noted. March 9 & April 13 will be the dates to mark on your calendars. Also on March 9, Rick Wine will be joining everyone, sharing his gift of music as part of our celebration. We look forward to celebrating with everyone!

Crafty Quilters

Our Crafty Quilters are an amazing, talented, and caring group of ladies. Each week, they come together to create the most amazing quilts which are then given to many organizations in the community. This past holiday season, they donated over 10 quilts to

the Head Start Program at RMDC to be given to families. They are such a loving and fun group that brings a real sense of joy and laughter to the Helena Senior Center. They meet every Tuesday in the Card Room of the Senior Center from 9:00 – 11:00 am. Everyone is welcome to join them for friendly conversation and fun times. Their spirit of care and giving has touched the lives of many.

HELENA/EAST HELENA DDC MENU**APRIL 2018-MEALS SERVED FROM 11:00 – 12:30****For Additional Information Call 447-1680 Helena****April**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SPAGHETTI w/MEAT SAUCE (tomatoes & mushrooms) GARLIC BREAD BROCCOLI SPEARS DICED BEETS MANDARIN ORANGES	3 BBQ PORK RIBS SWEET YAMS MIXED VEGETABLES w/BEANS WHOLE GRAIN ROLL APPLESAUCE FRESH FRUIT (HDM)	4 CHILI WITH BEANS ONIONS & GRATED CHEESE CORN BREAD PARSLEY CARROTS GOLDEN CORN BLUSHING PEARS	5 BREADED FISH w/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER CARROT RAISIN SALAD (HDM)	6 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES STEAMED CABBAGE SWEET PEACHES
9 CHEESEBURGER ON A BUN POTATO TRIANGLES BAKED BEANS PACIFIC VEGGIES APPLESAUCE	10 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT PARSLEY CARROTS PINEAPPLE FRESH FRUIT (HDM)	11 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI WHOLE GRAIN ROLL CRANBERRIES	12 VEAL PARMESAN OVER ROTINI NOODLES YELLOW & GREEN ZUCCHINI PLUMP PLUMS 4-BEANS & GREENS (HDM)	13 BIRTHDAY DINNER MEDITERRANEAN CHICKEN w/TOMATOES, ZUCCHINI & OLIVES RICE PILAF GREEN BEANS SWEET PEACHES CAKE & ICE CREAM -NO SALAD BAR-
16 SALMON PATTY ON A BUN MIXED VEGGIES SWEET POTATOES SWEET PEACHES	17 LAZY DAISY CABBAGE CASSEROLE GOLDEN CORN PINEAPPLE FRESH FRUIT (HDM)	18 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL APRICOT HALVES	19 HAM & SCALLOPED POTATOES GARDEN PEAS WHOLE GRAIN BREAD/ROLL MANDARIN ORANGES COLESLAW (HDM)	20 SALISBURY STEAK STEAMED BROWN RICE MIXED VEGETABLES PICKLED BEETS MIXED FRUIT CUP
23 BEEF TACO CASSEROLE REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN PINEAPPLE	24 CHICKEN PATTY ON A BUN POTATO TRIANGLES PEAS & CARROTS PLUMP PEACHES FRESH FRUIT (HDM)	25 TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS MANDARIN ORANGES	26 HAMBURGER & SPANISH RICE JUMBLE w/TOMATO & PEPPERS CORN & BEAN MEDLEY GOLDEN PEARS FRUITED JELLO (HDM)	27 <u>CLOSED</u> ALL STAFF TRAINING
30 LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSEL SPROUTS FRUIT CUP	Low fat milk is served every day at congregate sites and delivered every Monday, Wednesday and Friday to home delivered meals (HDM).	Congregate meals in Helena have a full salad bar unless otherwise stated. 		

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 \$4.00 and under 60 years \$7.00.

Craft Case

Many thanks to the volunteers, the people who have given donations to the craft case, and those of you who may have stopped by and found that special something to buy and take home.

The money raised by the Craft Case sales go directly into the Senior Advisory Council account that is then used here at the Senior Center as directed by the Senior Advisory Council.

We welcome and are always very

grateful for your donations. Please no clothing, furniture, bedding, or any large items. If you have any questions please contact, Bill Pena (Senior Center Coordinator).

The dates for March and April are:

Friday, March 9 (Birthday Meal)

Wednesday, March 21 - This will be our Cook Book Sale. Information about donations will be posted around the Center.)

Friday, April 13 - Birthday Meal

Wednesday, April 18

The Craft Case will be open from 9:30 am to 1:30 pm in the foyer of

the Senior Center. No sales before we open up please.

Craft Case organizers are always happy to accept your generous donations. Your donations enable the Senior Center to purchase items needed and offer many services. A special thank you to all the volunteers that give of their time to work the craft case and help organizing. We invite everyone to drop on by as we open up for the first time this year. See you there!

SENIOR CENTER ACTIVITIES March - April

MONDAYS

- 9:00 am – Jennie's Arthritis Exercise Class – Card Room
- 10:00 am – Self Directed 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
- 1:00 pm – Pinochle – Card Room
- 1:00 pm – Bridge – Dance Floor

WEDNESDAYS

- 10:00 am – Self Directed Exercise Class – Card Room
- 10:45 am – Tai Chi Exercise Class
- 12:30 pm – Wii Bowling – Card Room
- 1:00 pm – Bingo – Dining Room

THURSDAYS

- 9:00 – 10:30 am – Coffee & Rolls – Dining Room
- 9:00 am – 2 pm – AARP 2017 Income Tax Preparation (Feb. 1 through Apr. 12, 2018)
- 9:30 – 11:00 am – Blood Pressure – Back of the Dining Room
- 9:45 am – Line Dancing – Dance Floor
- 1:00 pm – Wood Carving – Dance Floor

FRIDAYS

- 9:45 am – Jennie's Arthritis Exercise Class
- 10:45 am – Tai Chi Exercise Class – Card Room
- 12:30 pm – Sew & Tell – Parlor

SUNDAYS

- 1:00 pm – Pinochle – Card Room

Please check bulletin boards or check with Bill Pena for any possible changes of location, cancellations or additions of activities. Thank you for your participation, cooperation and making the Senior Center a welcoming, fun and safe place to be.

Welcome Back Dr. Gary Blom

Back in November of 2017, Dr. Gary Blom came to the Senior Center to share his dynamic and exciting gift of singing and music. We are excited to welcome Dr. Gary Blom back to the center during our meal on Wednesday, March 14. Mark your calendar and

plan to come and enjoy a wonderful meal and listen to Dr. Gary Blom.



Hearts & Flowers Cabin Fever 2018

The Helena Senior Center event on Sunday, February 11, 2018 warmed the hearts and spirits of everyone who came to our annual Hearts & Flowers Cabin Fever Dinner. The dining room was filled with wonderful food, great music and a full house of folks who braved the roads and weather. It was a great time of visiting, enjoying a delicious meal catered by Chili O'Brien's and listening to music. Some even got up and danced. A very special thanks to the Queen City Swing Band for the great music that had everyone at least tapping their feet. It was a great time for all and a wonderful way to break up the long Montana winter season.



Helena Community Connections, Inc. - Bridges

RMDC continues its Outreach Partnership with Helena Community Connections, Inc. by announcing Bridges programs for March and April. Bridges programs are offered in partnership with AARP, Blue Cross Blue Shield, DPHHS, Touchmark, St. Peter's Health and Montana State University to all and especially to those retired and pre-retired who seek to chart pathways to successful and purposeful aging. Our programs include: Bridges Buffet - a catered lunch program (\$5 donation invited) that features exciting programs on a variety of topics of interest including health, money, how to use your time for enjoyment, the community and world in which we live, finding passion and excitement about life, exploring issues and problems we all face; Cranium Cafe - a free fun monthly brain health workshop that addresses the concerns we all have about memory, senior moments, forgetting names and what we can do to keep our brain healthy; careMpower - a monthly catered lunch (\$5 donation invited) workshop for volunteer caregivers that provides the opportunity to meet other volunteer caregivers, have a meal

together, and includes presentations by professionals who help us to take better care of ourselves while we are caring for our loved ones; Big Sky Caregivers Connect - a free monthly caregivers support group where caregivers can share their experiences and challenges with one another and receive ideas and inspiration for the gift of caring we offer to others; Gentle Ways - a free weekly program leading participants through gentle stretching, balancing and strengthening exercises for preventing falls, feeling better, and greater enjoyment of life; and, My Destiny - a free periodic estate and financial planning workshop that offers ideas and checklists for organizing our financial affairs and helping those we care for to organize their financial affairs and handling of their possessions. A very special careMpower caregivers event will be conducted on Wednesday, March 14, 6 - 7:30 PM at St Pete's Community Room (across from cafeteria, first floor, main entrance). All who provide care to others or who anticipate doing so are invited. Evening includes catered meal, fun musical entertainment, and a presentation on communicating with those we care for by Montana Alzheimer's Association. \$5 donations are invited to offset cost of meal otherwise funded by AARP Montana. Registration required.

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Bridges Program Calendar March - April

March 7 - 12-1:30 PM - Pathways Buffet Catered Lunch (\$5) (register AARP)* (Covenant)
Topic: "Elder abuse"

March 14 - CareMpower, 6:00 - 7:30 PM, St Pete's Community Room First Floor, Main Entrance- (\$5), Meal, (register AARP)*. (St Peter's Health) "
Topic: "Communicating with those receiving our Care"

March 21 - Cranium Café -12-1:30 PM- bring brown bag lunch - beverages provided. Free. (Covenant)
Topic: "Strategies for an Aging Memory "

March 28 -Big Sky Caregivers Connect - 12-1 PM- Bring brown bag lunch. (Free) - (Touchmark)

April 4 - Pathways Buffet - 12-1:30 PM - Catered Lunch (\$5) (Register AARP)* (Covenant) Topic: "End of Life Conversations"

April 11 - careMpower - 12-1:30 PM - free lunch (Register AARP)* (Covenant) Topic: To Be Announced)

April 12 - My Destiny - 2:30 - 4:30 PM. (Covenant). (Register AARP for refreshments)* Free. Topic: "Trusts: "Do I need one? What to consider"

April 18 - Cranium Café - 12-1:30 PM -Bring brown bag lunch, beverages provided. Free. (Covenant)
Topic: "Dementia and Alzheimer's Disease"

April 25, 12-1 PM - Big Sky Caregivers Connect, Bring brown bag lunch. Beverages provided . Free. (Touchmark)

EVERY TUESDAY - Gentle Ways, 9:30 - 10:30 AM- Free, bring mat (Covenant)

*AARP registration required to reserve your lunch for Bridges Buffet and careMpower. Call AARP 877-926-8300, request registration for event (give specific name of event), date, and city.



RMDC Senior Advisory Council Meeting

We are proud to welcome new officers to the Helena Senior Center Senior Advisory Council. Christine Pena was elected as the new President and Fran O'Hara is the Vice President. Bob Moes who has been the Treasurer for the past several years will continue his excellent work as the Treasurer. Under their direction, we are again looking forward to a very productive and exciting year. The Senior Advisory Council meets for an hour every fourth Wednesday of each month. (Exceptions are December, July and August) We gather at 9:00 am in the Card Room. Everyone is welcome to attend, and if you have things you would like us to discuss, please talk to one of the Council members, Bill, or Shawna, and we will put it on the agenda. Our current members are: Christine

Pena (President), Fran O'Hara (Vice President), Bob Moes (Treasurer) Rita Newman, Kay Larson, Pat Rademacher, Nell Mannin, Jeannette & Bill Mattfeldt, Carol Cook, Marilyn Roehl, Francys Bryant, Ann McKenzie, Shirley Bennette, Carol Kimble, Marc Cramer, Elaine White, Rick White, Bob Hanson and Martha McGee.

A special thank you to Pat Rademacher who has served as President for the RMDC Helena Senior Center Council for the past five years. Her dedication and focus have guided and led the Council. Pat not only brought focus and insight, but her ability to listen and see things in a fun and positive way, were very refreshing. Pat will continue to serve as a Council member, but in her words, she now has passed on the "gavel" and it is time for others to step up. Thank you Pat for all you have done and continue to do!

Jeannette Mattfeldt, who served as the Vice President, was one who always made sure everyone was called and reminded of our meetings.

Her kind and gentle dedication was responsible for making sure people were always included and listened to. She attended to details and was always ready to step up and help out. We also thank you, Jeannette, for your commitment and dedication. Our meeting dates will be Wednesday, March 28 and April 25 at 9 am in the Card Room.



Upcoming Day Trips Planned

At this month's Senior Advisory Council meeting, the focus will be to look ahead and start to plan for some fun and exciting day trips. We plan these trips during the months where the weather will not be a great concern. We are always looking for interesting places to visit in Montana. As seniors, we plan these trips taking into consideration location, stops, and of course, timely meals and snacks. Tucker transportation provides us with very comfortable buses and the

drivers are professional, helpful, and very friendly. Some of the trips may be longer, but all of the trips are planned for the day. In the past we have visited many places – from Havre to Livingston – and activities that range from concerts to historical places. In the next VOE we will have more information and dates for upcoming trips. Of course, having fun and the chance to get out and enjoy special time with friends is paramount. We look forward to having you join us!

Late Meals on Wheels Delivery?

Winter weather, poor road conditions, additions of new clients, and other unforeseen factors may cause delays for our Meals on Wheels delivery drivers, so please be patient with the time that your meal may arrive. If it is more than an hour late, please call, and we will check on the status of your meal(s). If it is less than an hour late this time of year, please hold off on calling. Thank you for your patience and understanding.



Thoughtfully designed, affordable, and safe senior and disabled housing in Lewis & Clark, Jefferson and Broadwater counties.

Learn more at www.rmhc.net

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

1-406-438-7125

Augusta, Montana

BIG BOULDER RESIDENCES

1-406-438-5611

Boulder, Montana

HOMESTEAD MANOR APARTMENTS

1-406-437-4411

Townsend, Montana

Helena Community Connections, Inc. Bridges Continued

Call (DPHHS) 1-800-224-6034 to apply for respite reimbursement if needed. See the Bridges program schedule in this newsletter for times, locations and registration instructions, and visit Facebook (bridgeshcc) and our Web Site (www.bridgeshcc.org) for more information. Use our new EZ on-

line registration for Bridges Buffet, careMpower and My Destiny on our web site. (Next My Destiny programs in April – May to be announced in next RMDC Newsletter.) Telephone registration instructions also available on web site and the Bridges program schedule in this Newsletter. Email Norma.bridges@gmail.com to be added to our weekly email list for upcoming events.

Health Services Offered at the Helena Senior Center

FOOT CARE DONE RIGHT

March 5, 6, 12, 13

April 9, 10, 16, 17

Please call Edith or Glorian at 406-431-0006 who are willing and able to answer questions about the care and health of your feet. Please call them to make an appointment.

BLOOD PRESSURE CHECK

Seniors are invited to have their blood pressure taken each Thursday at the Senior Center in the back of the Daily Dinner Club from 9:30 to 11:00 am. Everyone is welcome!

Spirit of Service 2018

The date for Spirit of Service 2018 has been set! On June 5, 2018 (with a back up rain date of June 7, 2018) volunteers will be assigned to homes of seniors in the Helena area to provide yard cleanup. To apply for your yard to be spruced up, visit www.rmhc.net/spirit-of-service, or you can grab application materials in reception.

RMDC Card Games & Clubs

PINOCHLE CLUB

The tournament dates for 2018 have been posted for the Pinochle Club. New members are always welcome. Come down to the Helena Senior Center for a fun time with friends. The players meet on Tuesdays and Sundays at 1:00 pm.

Tournament Dates:

March 5 & 6

May 7 & 8

July 9 & 10

September 10 & 11

November 5 & 6

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 Billie Stanley at 406-442-0668, or 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) and Cribbage (usually in the Parlor anytime you can find a partner).

Free Tax Filing Through AARP

AARP Tax-Aide offers free tax filing to help anyone, especially those 50 and older, who can't afford a tax preparation service. AARP Tax-Aide volunteers make a difference in

our communities by assisting many older, lower-income taxpayers who might otherwise miss out on the credits and deductions they've earned.

Over the years the AARP Volunteers have provided this wonderful and valuable service. To make an appointment please call: 406-457-7301 and leave your name and phone number. You will be

called within three days to set up an appointment. This service is provided every Thursday, at the RMDC Helena Senior Center from 9:00 AM to 12 Noon. Preference is given to those 60+ years. AARP will be providing this service through Thursday, April 13.



AARP Smart Driver Course

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

Class Dates:

March 10, Saturday

(9:00 am – 1:30 pm)

St. Peter's Hospital Rm

2&3, 2475 Broadway

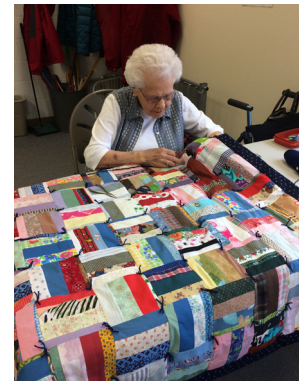
March 14, Wednesday
@ First Interstate
Bank, 2021 N.
Montana Ave.

April 9, Monday, First
Interstate Bank-E,
2728 Colonial Drive

April 25, Wednesday,
(5:30 – 10:00 pm) First
Interstate Bank-E,
2728 Colonial Drive

Please call to make
your reservation.
Phone: 406-457-4712

Notes: All classes in
Helena are from 12:00
pm to 4:30 pm unless
noted otherwise



Crafty Quilters



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.

RMDC To Have Extra Food for Seniors

The Commodity Supplemental Food Program (CSFP) is a program where seniors can receive a monthly allotment of food. We cannot give you money or medications, so if we help you with some food then you can buy those much-needed prescriptions or other items. The program works to improve the health of seniors by supplementing diets with nutrients typically lacking. Participants also receive nutrition education information. The program guidelines mandate that the person receiving the food

must be over 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, beans, and peanut butter.



RMDC will have supplemental foods available to Helena-area senior citizens at the Helena Food Share, 1616 Lewis, 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 years and older will be certified to receive the food based on income and residency eligibility. For further information or questions, call RMDC at 406-447-1680.



Commodities Schedule

Townsend, MT

Monday, March 19
10:30 am - 12:00 pm

Wolf Creek, MT

Tuesday, March 20
9:30 am - 10:30 am

Augusta, MT

Tuesday, March 20
12:30 pm - 1:30 pm

Lincoln, MT

Wednesday, March 21
12:30 pm - 1:30 pm

Whitehall, MT

Thursday, March 22
11:00 am - 12:00 pm

Boulder, MT

Friday, March 23
9:30 am - 10:30 am

White Sulphur Springs, MT

Monday, March 26
11:00 am - 12:00 pm

Elliston, MT

Tuesday, March 27
9:30 am - 10:00 am

Avon, MT

Tuesday, March 27
10:30 am - 11:00 am

Helena, MT

Wednesday, March 21
8:00 am - 10:30 am

Thursday, March 22
8:00 am - 10:30 am

Senior Center Bus Service Reminders

Our drivers strive to accommodate all our clients in a timely manner. Here are a few helpful tips to make your trip easier and allow our drivers to do the best job possible:

- 1) Please call the front desk (406-447-1680) the day before to arrange for your pick up, although we usually can accommodate the same day, if you forget.
- 2) Please make sure you allow ample time for transportation as traffic times vary throughout the day.
- 3) Please be ready on time to allow everyone to reach their destination in a timely matter.
- 4) Please be patient with our drivers. Winter weather, poor road conditions, and other unforeseen factors may cause delays.

Letter from the Executive Director

No matter what the groundhog predicts for weather, I know that March and April will be great months for Rocky Mountain Development Council, Inc. Speaking of weather, if you get the chance, please thank Jim Stack and the rest of the maintenance crew for braving the cold and putting in countless hours shoveling after each snowfall. As you know, our Neighborhood Center parking lot poses difficulty when it comes to this matter - please walk slowly and carefully when crossing. I promise we are doing our best to keep it safe for you and our employees. Also, AARP tax preparation began in February so please be prepared for tight parking on Thursdays.

As some of you may know, our dear friend, Walter Hanley, prior Senior Nutrition Program Director, retired from RMDC after 33 years! He will be greatly missed but we wish nothing but happiness for him as he pursues life as a retiree! On that note, I would like to take this opportunity to announce our new Senior Services Program Director, Rod Applegate. We believe Rod is a great fit for the job so please join us in welcoming him in his new role here at Rocky.

You might have also noticed some new faces in the kitchen at the Helena Senior Center. Kim is our new Kitchen Manager, Josh is our new Dishwasher, and Justin is our temporary help until our full-time staff returns. Be sure to introduce yourselves and help them feel welcome!

It's that time of the year again - Spirit of Service preparation is in full swing. Are you a senior, veteran or individual with a disability looking

for assistance with yard clean up this Spring? Apply for Spirit of Service! On June 5 (with a rain date of June 7) approximately 500+ volunteers provided by local businesses spread out across the Helena, East Helena and the Helena Valley to complete basic yard and outdoor cleanup for homeowners who struggle to do the work themselves. This service is free of charge and not based on income. For more information and application materials, head to the front desk at the Neighborhood Center. The deadline to apply is April 6, 2018.



Lori Ladas, C.P.A.
RMDC Executive
Director

Chronic Disease? Feel better now.



If you have a chronic health condition, the **Living Life Well Program** can help you get your energy and life back. Just 6 short classes will give you skills to reduce pain, fatigue, and frustration.

Rocky Mountain Development Council
9 – 11:30 AM
Tuesdays, April 3 through May 8



Call 457-8923 to learn more.

Keep Prescription Drug Costs Down

1. Use a preferred pharmacy.
2. See if you qualify for programs to reduce premiums and co-pays such as Extra Help or Big Sky Rx.
3. If you are unhappy with your drug plan or a certain prescription drug is not covered, check into switching to a 5 star plan.
4. Check with your pharmacist or SHIP Counselor to see if a pharmaceutical program is available for your prescription drug.



**St. Patrick's Day
Celebration 2017**

Area IV Agency on Aging Updates

1. Medicare Advantage plans may limit members to using specific providers. To check if your doctor and specialists are still in the plan's network, check with customer service, the online provider directory or your agent. People with Original Medicare usually only need to double check their providers are still accepting Medicare assignment.

2. The drug formulary can change

each year. Be informed and know what to expect at the pharmacy. Each plan that covers prescription drugs has its own formulary, or list of covered medications. In addition, most formularies have tiers that affect how much you pay for your drugs at the pharmacy. Check to see that your prescriptions are on the plan's formulary and the tier to know your co-pay. Also find out if the plan places any restrictions on how you can get your medication, such as quantity limits or prior authorization from your provider.

3. People with Medicare Part B receive a "Welcome to Medicare"

preventive visit within the first 12 months of having Part B and a "Yearly Wellness Visit" after 12 months at no cost. During these visits, create or update a personalized plan to help prevent disease and disability, based on current health and risk factors. For more information, visit [Medicare.gov/coverage/preventive-visit-and-yearly-wellness-exams.html](https://www.Medicare.gov/coverage/preventive-visit-and-yearly-wellness-exams.html).



RMDC's Legacy Society

The generous donors who have chosen to remember Rocky Mountain Development Council, Inc. in their estate plans are special. Giving to an organization like Rocky is far-sighted, and giving through one of the following options may enable you to make a more significant gift than you even thought possible.

- Bequest through a will
- Charitable gift annuity
- Charitable remainder trust
- Beneficiary designation in a retirement plan
- Remainder interest in a personal residence or property
- Gift of life insurance

We believe you have grown to love Rocky and its programs, and you have the power to strengthen and protect it from decreased federal and state support through a planned gift.

If you would like to talk about planned

giving or receive more information, please complete the attached form below.



Kathy Marks
Operations
Director
Room 208C
Neighborhood
Center

YES!

- ☐ I plan to leave my estate or part of my estate to Rocky Mountain Development Council Inc. and want to be a founding member of the Legacy Society.
- ☐ I would like more information about how I can support RMDC through a bequest or other planned giving tool.

Name (First, Last)

Address

City

State

Zip Code

Phone Number

Email Address

*Please return this form to RMDC by leaving at the reception desk or by mailing to RMDC,
P.O. Box 1717, Helena, MT 59624-1717. Thank you.*



What has Rocky Done for Me?

FOSTER GRANDPARENT PROGRAM

What has Rocky done for me? “After my husband died in 2016, I was having a hard time and was terribly depressed. A friend invited me to the Neighborhood Center Daily Dinner Club and I reluctantly agreed to go to lunch. While at Rocky, I saw an ad for a Foster Grandparent and followed up. The good Lord was with me that day and led me to Rocky.”

A Foster Grandparent at Four Georgians school, Grandma Angie helps children in Kindergarten and in the second grade and said that

their smiles can brighten up a gloomy day. It is particularly gratifying for Grandma Angie to be working with children who need assistance – knowing that she is helping others is a great blessing.

“Everyone should be a Foster Grandparent. It is very fun and the kids are so great. I am proud of them and love to tell them so.”

The Foster Grandparent Program offers men and women, 55 years and older, the opportunity to mentor and assist children by sharing expertise, knowledge, and care on a volunteer basis.

For more information about how you can become a Foster Grandparent, call 406-457-7324.

