

Rocky Mountain Development Council, Inc.

VOICE OF EXPERIENCE



VOLUME 52 | NOVEMBER - DECEMBER 2021

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

ROCKY WELCOMES MONTHLY MEMORY CAFÈ

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 a 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 at the Helena Senior Center on September 15 was a lovely success. Many thanks to all who attended. We enjoyed the socialization and connection, not only with one another, but with area resources to support caregivers and those living with memory loss. A special thanks to Kim Schleicher for her soothing and gentle chair yoga flow. It felt great to slow down and nurture mind and body.

Then, in October, we welcomed Ellen
(*Memory Cafe continued p. 2*)



Memory Café participants, staff, and volunteers enjoying yoga with instructor Kim Schleicher in September



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Phone: 406-447-1680
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HELENA SENIOR NUTRITION MENU -- NOVEMBER 2021

LUNCH SERVED AT 11:00

For Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SHEPHERD'S PIE GOLDEN CORN PICKLED BEETS APRICOTS	2 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRESH FRUIT	3 TURKEY NOODLE CASSEROLE MIXED VEGETABLES BRUSSELS SPROUTS FRUIT CRISP	4 SWEDISH MEATBALLS BROWN RICE WINTER SQUASH TOSSED GREEN SALAD w/GARBANZOS BLUSHING PEARS	5 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES VEGGIE BLEND BAKED APPLES
8 SALMON PATTY w/DILL SAUCE WILD RICE MIXED VEGETABLES GREEN BEANS SWEET PEACHES	9 CHILI DOG ON A BUN SWEET CORN CARROT COINS FRESH FRUIT	10 PARMESAN CHICKEN BREAST BUTTERED ROTINI COUNTRY BLEND VEGGIES FOUR BEAN SALAD APRICOT HALVES	11 CLOSED-VETERANS DAY 	12 BIRTHDAY DINNER HEARTY MEATLOAF MASHED POTATOES w/GRAVY GREEN BEANS WHOLE GRAIN BREAD GOLDEN PEARS BIRTHDAY CAKE
15 TUSCAN CHICKEN WILD RICE GREEN BEANS GARDEN MIX VEGETABLES CRANBERRIES	16 HAMBURGER ON A BUN CARROT COINS BAKED BEANS FRESH FRUIT	17 PORK CHOPS-N-GRAVY MASHED POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL BAKED APPLES	18 CHICKEN BACON RANCH PASTA SWEET PEAS CARROT RAISIN SALAD BLUSHING PEARS	19 BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES PICKLED BEETS PINEAPPLE
22 MOCK CHOP SUEY BROWN RICE CAULIFLOWER PICKLED BEETS SWEET PEACHES	23 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES BEAN MEDLEY FRESH FRUIT	24 THANKSGIVING DINNER ROAST TURKEY AND DRESSING MASHED POTATOES w/GRAVY CARROTS & PEAS CRANBERRIES PUMPKIN PIE w/WHIPPED CREAM	25 CLOSED 	26 CLOSED 
29 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS	30 CHICKEN CHEESE & STUFFING CASSEROLE VEGETABLE BLEND LIMA BEANS FRESH FRUIT		Low fat milk is delivered daily with Home Delivered Meals and available daily in the Dinner Club	 SALAD OPTIONS ARE 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 Drynan, RDN Cassandra Drynan, RDN
 Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$7.00.

(Memory Café continued from p. 1)

Baumler who gave a presentation on Haunted Helena. We learned about some of Helena's secret places and hidden history and how sometimes unexplained events can be linked to the past. A radio playing in the night, a haunted elevator, and the songs of ghostly canaries are all intertwined with Helena's haunted history. Thanks, Ellen!

In November, we will welcome the Holter Museum of Art to provide us with a meaningful art class. Our next Memory Café will be held on November 17 from 9:15 am -11:00 am in the Senior Center. Registration begins at 9:15 am, if you have not registered at any past Memory Café events.

You can bet we've got lots planned for our December Memory Café. With crafting, cookie decorating, and caroling, our holiday Memory Café will be a cozy and cheerful addition to your holiday season. December's Memory Café will be held on December 15. Keep an eye on our events calendar for more information! For questions, or to sign-up, call or email Claire Marshall at 457-7376 or cmarshall@rmdc.net. We can't wait to see you!

- Claire Marshall: Program Coordinator







HELENA SENIOR NUTRITION MENU - DECEMBER 2021

LUNCH SERVED AT 11:00

For Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>SALAD OPTIONS ARE AVAILABLE FOR CONGREGATE DINING</p>	<p><i>Low fat milk is delivered daily with Home Delivered Meals and available daily in the Dinner Club</i></p>	<p>1 WHITE CHICKEN CHILI w/CORN BREAD CHEF CUT VEGETABLE MELODY FRUIT COCKTAIL</p>	<p>2 SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES GREEN SALAD w/GARBANZOS PLUMP PEACHES</p>	<p>3 HAM & SCALLOPED POTATOES GREEN BEANS WHOLE GRAIN ROLL MANDARIN ORANGES</p>
<p>6 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES</p>	<p>7 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL FRESH FRUIT</p>	<p>8 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE PINEAPPLE</p>	<p>9 FISH PATTY w/TARTAR ON A BUN GARDEN PEAS CARROT RAISIN SALAD MANDARIN ORANGES</p>	<p>10 BIRTHDAY DINNER CHICKEN FETTUCINE ALFREDO MIXED VEGETABLES PARSLEY CARROTS BLUSHING PEARS BIRTHDAY CAKE</p>
<p>13 BEEF TACO CASSEROLE w/REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN MANDARIN ORANGES</p>	<p>14 CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS FRESH FRUIT</p>	<p>15 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES</p>	<p>16 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT YELLOW & GREEN ZUCCHINI COLESLAW PLUMP PLUMS</p>	<p>17 SALISBURY STEAK STEAMED BROWN RICE SAUTÉED GREENS CARROT COINS PEACHES & PEARS</p>
<p>20 SALMON PATTY ON A BUN MIXED VEGGIES SWEET POTATOES JUICY PEACHES</p>	<p>21 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL FRESH FRUIT</p>	<p>22 <u>CHRISTMAS DINNER</u> HONEY SMOKED PIT HAM w/APPLE CRANBERRY CHUTNEY SWEET POTATOES ROASTED BABY CARROTS CINNAMON BREAD PUDDING w/CARAMEL DRIZZLE</p>	<p>23 <u>CLOSED</u></p> 	<p>24 <u>CLOSED</u></p> 
<p>27 TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS MANDARIN ORANGES</p>	<p>28 CHEESEBURGER ON A BUN BAKED BEANS PACIFIC VEGGIES FRESH FRUIT</p>	<p>29 CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES GARDEN PEAS CARROT COINS CRANBERRIES</p>	<p>30 HAMBURGER & SPANISH RICE JUMBLE CORN & BEAN MEDLEY CAULIFLOWER FRUITED JELLO</p>	<p>31 <u>CLOSED</u></p> 

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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.

NOVEMBER AND DECEMBER ROCKY CLOSURES

Rocky's Senior programs (Senior Center, Meals on Wheels, Congregate Dining, and Transportation) will be closed on the following days in November and December:

- Thursday, November 11 – Veteran's Day
- Thursday and Friday, November 25-26 – Observance of Thanksgiving Holiday
- Thursday and Friday, December 23 -24 – Observance of Christmas Holiday
- Friday, December 31 – Observance of New Year's Holiday

To arrange for an extra meal during any of these closures, please call 406-457-7378 and we will be happy to assist you!



SENIOR CENTER ACTIVITIES

November - December

MONDAYS

10:00 am – Jennie's Arthritis Exercise Class - 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

1:00 - 3:00 pm – Bingo – Dining Room (*weekly*)
10:00 am - 11:00 am - Senior Advisory Council Meeting (*First Wednesday of each month*)
9:15 am - 11:00 am - Memory Café - Card Room (*Third Wednesday of each month*)

THURSDAYS

8:30 am – Coffee & Rolls – Dining Room
9:30 – 11:00 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

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 bpna@rmmdc.net.



PINOCHLE CLUB HOSTS TOURNAMENT



The tournament dates for 2021 have been posted for the Pinochle club. As in the past, there are no Tournament dates for the month of December. **New members are always welcome.** Come on down to the center for a fun time with friends. The players meet on Tuesdays at 1:00 pm and on Sundays at 1:00 pm. The Pinochle Club tournament will be held Monday and Tuesday, November 1 and 2, from 1:00 pm to 3:00 pm.



COME JOIN US AT THE ROCKY BRIDGE CLUB!

We play bridge at the Senior Center from 1:00 pm – 3:00 pm on Tuesdays. There is no money involved, but we do keep score and have lots of fun! We'd love to have new members join. If you have any questions, please call Bill Peña, Senior Center Coordinator at 406-457-7372.

As always, a reminder that there are also groups that meet to play a variety of card games in the Parlor throughout the week.

THANK YOU FAITH!

Faith Franklin, who has served as the Senior Center Coordinator and then became the Senior Nutrition Program Assistant, is off to take on new adventures and pursue work in her field. Her last day was Friday, October 8. We all wish her the best and hope we will see her visit us from time to time. Thank you, Faith,

for all you did during these past few years. You served Rocky with a smile and a giving heart and embraced the challenges of the last few years with grace!



MEALS ON WHEELS VOLUNTEER SPOTLIGHT

The Senior Nutrition Program would like to introduce Hazel Noonan, one of our AMAZING Meals on Wheels volunteers.

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

I used to deliver Meals on Wheels back in the late 70's in Omaha and I really enjoyed it! I was looking for a way to give back to the community that would fit in with my work schedule. I am employed by Encompass Home Health and Hospice (formerly Frontier) as the Hospice Area Manager. Encompass is very community oriented and they are very supportive of programs like MOW and have allowed me to volunteer during my work day.

How long have you volunteered for Meals on Wheels?

I started this past July.

What do you like best about volunteering for Meals on Wheels?

The best part hands down are the people I see on my route! They have become friends. I enjoy being the smiling face that comes to their door. I also enjoy having my granddaughters, Tatum and Kinleigh, help me with

my MOW delivery route when they're not in school. They were a big help!

Have you volunteered for other organizations?

Yes! I have served on the Jefferson Elementary School Parent Council, coached YMCA and girls soccer league teams, coached YMCA basketball and was a parent manager for Helena High School soccer, basketball and football teams.

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

That MOW is such a necessary service!! It really is more than a meal. The connection with a friendly face is so important, especially during the pandemic!

Who inspires you?

My mother. She raised nine children and she was a daily example of how to live a life of faith.

What is something about you that not many people know?

I walked across England along Hadrian's Wall in 2019, walking a total of 113 miles in 7 days.

What is your favorite meal?

Probably Thanksgiving dinner! Turkey, mashed potatoes & gravy, cheesy veggies, sweet potatoes, homemade rolls and pumpkin pie. MMMMMM!

A favorite vacation?

The Caribbean cruise I took in

2015 with 16 classmates/friends. It was a BLAST!

Griz or Bobcats?

NEITHER! I was born and raised in Omaha, Nebraska, (one of 9 children), and I am a die-hard Nebraska Cornhusker fan! **GO BIG RED!!!**

When did you move to Helena?

I had a sister and 2 brothers that attended Carroll College and came to Helena for their graduations. I fell in love with Helena and moved here in 1980. I have three children, Jen, Sara and Mike and six beautiful granddaughters: Kinleigh, Tatum, Gracelyn, Kasey, Everly and Jessie.

Favorite hobbies/pastimes?

I love to make salsa and walk. I've participated in 6 marathons and 13 half marathons.

Hazel with granddaughters Kinleigh and Tatum



NFB NEWSLINE

By Jim Marks, Area IV Agency on Aging Program Director

NFB Newsline, a newspaper, magazine, and other information service for people with print disabilities, has returned to Montana. If you have a visual impairment, a learning disability, or a physical disability that makes it hard to read print, NFB Newsline may be just the ticket.

NFB Newsline includes six Montana and 250 plus national newspapers, The Montana Associated Press and UPI news feeds, several magazines, a television guide, weather and emergency information, a job search tool, and many other services. Those qualified for NFB Newsline listen to its content over the telephone, on the web, on e-mail, on a smart phone app, or with a specialized reading device for people with print disabilities. It also plays over Amazon smart speakers. It's a great way to stay connected, and NFB Newsline is free to its readers.

As we age, many encounter disabling conditions that result in functional limitations. For example, age-related macular degeneration is the leading cause of blindness in the US. If you are a person who enjoys reading the Independent Record, and

ROCKY WALKIE TALKIES

Starting in November, Rocky's new walking group, the "Rocky Walkie Talkies" will meet at the Helena Senior Center (200 S Cruse, Helena, MT) on Wednesdays at 9:00 am. If the weather is good for walking, we will take-off from the

Senior Center. If not, we will do a fun exercise video inside. This is a fun way to meet people and get some exercise. All activity levels are welcome. This is a go-at-your-own-pace kind of gathering, so come join us on Wednesdays!



your eyesight isn't strong enough to read print, NFB Newsline lets you read the Independent Record with your ears instead of your eyes. Besides visual impairments, NFB Newsline serves people with other disabilities as well. Essentially, if you have a disability that keeps you from reading standard print, you will likely qualify for NFB Newsline.

For budget reasons, Montana cut its funding for NFB Newsline in 2019, but the 2021 Legislature restored the funding for the next two years. In addition to the service itself, the Legislature included money for training. NFB Newsline is sponsored by the Montana State Library and the National Federation of the Blind (NFB).

More information regarding NFB Newsline, including details on how to apply for the service, may be found at <https://nfb.org/programs-services/nfb-newsline>.

BIRTHDAY MEAL CELEBRATION

We love to celebrate birthdays at the Helena Senior Center! Once a month, we celebrate everyone's birthday for that month with a served meal, plus cake and ice cream! Our birthday meals are on the second Friday of each month unless otherwise noted. November 12 and December 10 are our upcoming celebration days. Come join us

as we recognize and celebrate birthdays! Your membership with the Helena Senior Center provides your free birthday lunch during your birthday month. We would love to have you celebrate your birthday with us as we celebrate how thankful we are to have you as a part of the Rocky Family!

Dr. Everett Lynn celebrates his 98th birthday at Rocky in the Senior Center on September 10.



HEALTH & WELLNESS

Mark Your Calendar! On Friday, November 19 and Friday, December 17, the Foot Clinic will be back at Rocky. Edith, RN, BSN & CFCN always looks forward to the care of your feet. They meet downstairs in the Helena

Senior Center. Please call **406-431-0006** to make an appointment.

Blood Pressure Checks at the “Be Well Clinic”! All seniors are invited to have your blood pressure taken each Thursday at the Senior Center in the Card Room from 9:30 – 11:00 am.

WELCOME BACK, SENIOR ADVISORY COUNCIL

The Senior Advisory Council met on Wednesday, October 6, in the Card Room. The COVID pandemic of course cancelled and closed all senior centers for well over a year. Over the past several months, the Senior Center here in Helena has slowly, safely, and cautiously taken steps to re-open. Many activities have started up again and the dining room is serving more people each week. At this meeting, we took the time to look ahead and to do some planning. The Senior Advisory Council is made of folks like yourself who would like to proactively engage in what happens here at the Senior Center. Their/your input and ideas are very important to the Senior Center. We welcome back all the Senior Advisory Council Members and thank them for their time, dedication, and commitment to making the Helena Senior Center such a welcoming place!

Your Current Council leadership for the 2021/2022 year are: Walt O’Hara (Current President), Fran O’Hara (Treasurer & Vice President), Bill Mattfeldt, Shirley Bennett, Rita Newman, Christy Peña, Kay Larson, Carol Cook, Francys Bryant, Marilyn Roehl, Kathy Schmidt, and Charlotte Carmen.

ROCKY’S COMPREHENSIVE COMMUNITY NEEDS ASSESSMENT

Thank you to everyone who completed a survey or participated in a Community Forum. We are in the process of writing the final document, but thought we would share some of the information we have so far.

- During COVID, 42 respondents suffered social isolation, 24 had COVID, and 14 had a lack of information or too much misinformation.
- The most needed services in our tri-county area according to respondents are housing, transportation, and mental health services.
- The most serious issues according to those who shared are homelessness, lack of affordable housing, and drug/alcohol abuse.
- Financial management resource needs reported are retirement and estate planning.
- The two highest reported transportation barriers are the cost of fuel and there is limited or no bus service.
- The Rocky programs most used by the respondents are Senior Nutrition, Head Start, and Energy Services.

If you were unable to complete the survey or attend a community forum, we still want to hear from you about our services and other services needed in our communities. Please send an email to kmarks@rmdc.net or call Kathy Marks at 406-457-7323.



YEAR-END GIVING AT ROCKY

As 2021 comes to a close, I want to thank you for all of your support, volunteer hours, and participation with Rocky and its programs that enabled us to have a successful year – despite the craziness of the pandemic.

While Rocky focuses on the year behind us, I am also focused on the great work ahead of us. We served nearly 10,000 people in the tri-county areas of Lewis & Clark, Jefferson, and Broadwater counties in 2020. These same people will be counting on Rocky and its programs again this year.

If you are so fortunate, please consider making a year-end contribution to Rocky. A gift of \$25 can provide five lunches for seniors, boots for a Head Start child, or blankets for a family with a heat emergency. No gift is too small or too big and every dollar is needed to keep our programs healthy and ready to service additional customers throughout the year.

You can bring in a check or make an online donation at <https://www.rmhc.net/how-to-help/donate.html>.

Best wishes for a healthy and happy holiday season.

-Kathy Marks, Operations Director



Rocky Wood Carvers Christmas Ornament Showing/Sale



Thursday, Dec. 2 from 10:00 AM-2:00 PM

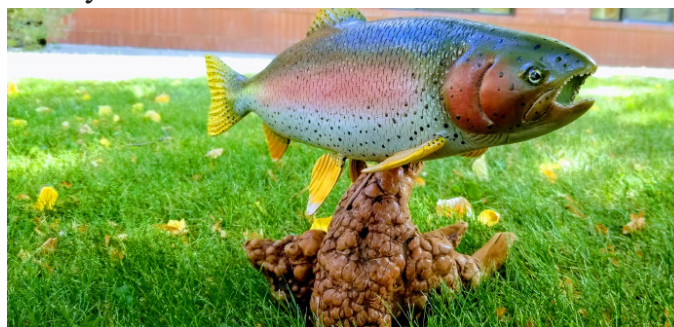
There will be a showing and sale of the Wood Carving Projects created by our Rocky Woodcarvers. They meet every Thursday from 1:00 to 3:00 pm working on any number of projects. Over the years, the Carvers have generously donated many of their works and money to the Helena Senior Center. Drop by to see the wonderful work they do. Additional carvings will also be on display. All monies raised are given as a donation to Rocky.



WOODCARVERS GATHER THURSDAYS AT ROCKY

The Helena Woodcarvers meet every Thursday from 1:00 pm to 3:00 pm on the dance floor at the Helena Senior Center. All are welcome to join – bring your projects and carve with others!

This beautiful Rainbow Trout was completed this fall by the Woodcarver's Keith Wood. The base is Manzanita Root and the body is made of basswood.



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

Myrna Loy Theater Helena Senior Center NOVEMBER - DECEMBER 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.

2022 ANNUAL MEMBERSHIP DRIVE KICKS-OFF AT SENIOR CENTER

This year, our early membership drive kicks-off on November 1 and will run through December 31. We will enter all those signing up in November and December of 2021, for the calendar year 2022, into a special drawing for a prize. Registration will continue through February 2022. The annual registration fee will again be \$15.00 regardless of when you renew in the calendar year. The fee is used to cover the cost of the Voice of Experience (VOE) newsletter along with the many other programs and services offered here.

We also understand that many seniors may not be able to afford the fee and for that fact, membership

is not required for *participation*. However, active paid membership does offer some additional benefits to you, including a free birthday lunch, in town bus service to the Senior Center, and the arrival of the Voice of Experience newsletter to your home. To renew your membership, please call Bill Peña, Senior Center Coordinator at 406-457-7372.

Thank you for your continued support that allows the Rocky Senior Center to provide many activities and services. Our primary focus is serving you, our senior citizens of the Helena and surrounding communities. Everyone is welcome and we are so thankful for each of you!



COMMODITY FOOD FOR QUALIFYING SENIORS

COMMODITIES SCHEDULE

Townsend, MT
Monday, November 1
2:00 pm - 3:00 pm

East Helena, MT
Monday, November 1
2:00 pm - 3:30 pm

Wolf Creek, MT
Tuesday, November 2
9:30 am - 10:30 am

Augusta, MT
Tuesday, November 2
12:30 pm - 1:30 pm

Elliston, MT
Wednesday, November 3
9:30 am - 10:00 am

Avon, MT
Wednesday, November 3
10:30 am - 11:00 am

Lincoln, MT
Wednesday, November 3
12:30 pm - 1:00 pm

Whitehall, MT
Thursday, November 4
11:00 am - 12:00 pm

Boulder, MT
Friday, November 5
9:30 am - 10:30 am

White Sulphur Springs, MT
Monday, November 8
11:00 am - 12:00 pm

Helena, MT @ Food Share
Wednesday, November 3
8:00 am - 10:30 am

Thursday, November 4
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*

As I write this in mid-October, the early mornings are getting cooler and we're starting to see some of the leaves change color. This time of year is a favorite for many, thanks to pumpkin spice everything, hunting season, and football. Before we know it, we'll be thinking about Thanksgiving dinners and gift-giving lists. However strange this year has been, it has surely flown by.

It's been wonderful to have the Head Start children back in their classrooms again this fall...the Neighborhood Center always seems so quiet without them during the summer months! Our Energy Services staff is in full swing with the Low Income Energy Assistance Program, as well as the newly debuted Low Income Home Water Assistance Program. These programs are so valuable to Montana residents during the long, cold winter months that we know are upcoming.

Thanks to Rocky's Meals on Wheels Coordinator Amy Anderson and the staff members who represented Rocky at the annual NAMI Walk on Sunday, September 19. Thanks also to Rocky's Claire Marshall, who captained our 2021 "Walk to End Alzheimer's" team. Our two Rocky teams raised over \$3,000 for these respective events and we sincerely thank everyone who contributed and supported us.

In late-October, the Montana Non-Profit Association Annual Conference was held virtually. Virtual meetings are just one of the many adjustments to our daily lives over the past year and a half impacted by the pandemic. One interesting session I attended spoke to "compassion fatigue". Compassion fatigue

is a term that describes the physical, emotional, and psychological impact of helping others — often through experiences of stress or trauma. Does this resonate with you, as you reflect on how your life has changed since March of 2020? As our fall days grow ever-shorter and the nights longer, as we prepare for holiday meals and gatherings with loved ones and then wrestle with how to do so safely, we must also remember that it is natural to be dealing with mental and emotional exhaustion after such a trying twenty months living with the COVID-19 pandemic. Finding a balance between caring too much and caring too little is a delicate task indeed, but, especially in this season of giving, it might just be best to simply remember one thing — that we are all in this together. Look after yourself as you look after those you love. Yet, particularly as the days grow shorter and the nights ever-colder, remember that everyone is fighting a battle, though we may know nothing about it, and, with compassion and kindness, look after those less fortunate too.

While the pandemic certainly created its own unique challenges, it's also been a time for innovation, trying new things, and making adaptations so we can continue providing the best possible service to our clients. As always, the Rocky team accepted the challenge, offering virtual services, becoming well-versed in Zoom meetings, and finding any way possible to make sure our clients were staying connected. The Rocky team truly rocks!

As schedules get busy with holiday activities, please remember to take some time for yourself and enjoy the small things and simple moments.

With 2021 drawing to a close, I am grateful for our Rocky family. In the words of Scottish poet Robert Burns — "For auld lang syne, my dear, for auld lang syne, we'll take a cup of kindness yet, for auld lang syne". A cup of kindness to you all, and happiest of holidays.



ROCKY REMEMBERS THE 20TH ANNIVERSARY OF 9/11

In September, The AmeriCorps Seniors program held two events to honor those who presently serve our community, as well as those who lost their lives in the 9/11 attacks in 2001.

The RSVP volunteers invited the community to write notes to First Responders in our community. They put those notes into goodie baskets and delivered them to local police, sheriff, and fire stations in Helena. It was appreciated by those who received them! We hope to make this a yearly event and spread the love even more!



Delivering baskets of thanks and goodies to wild-land firefighters at the DNRC Central Land Office. A special thanks to Tom and Melody Bruhn for the use of their beautifully restored 1956 International Harvester.

AmeriCorps Seniors also took part in the 9/11 Flag of Honor across America event. Helena was one of 60 communities in the nation to participate in the first year of this event, which is the largest organized 9/11 event in history. What makes this event unique is that it was conceived and organized by teens who were not even born in 2001 and did not experience the tragedy of that day. They saw the significance of that time in history and chose to honor those who died, so we may never forget those individuals and honor them. To have young adults initiate it and to have our Senior volunteers bring it to their community made this a special, intergenerational event. We were so thankful to the Magpie Singers of Helena for sharing their traditional music at the ceremony.

Assistant Fire Chief Mike Chambers was our speaker that morning and he said something in his speech that really touched my heart. He said “I don’t remember much about 9/11 because of the flurry of activity, but I remember the day after, September 12, 2001. *That* is the day I want to get back to; that is the day when all Americans united as one”.

Do you remember how united we were as a nation? We were so full of patriotism and brotherly love. I want to get back to that time of unity and national pride. I cannot control what other people do, but I can choose how I act. I am trying to choose kindness in my interactions with those I come across daily. Instead of complaining, I choose to be grateful that I live in a country that is free and full of opportunity. Even with the inconveniences and annoyances that COVID has brought, the United States is still the greatest place to live, in my opinion, and living in Montana is an equally special gift. What a beautiful state we have!

So, today I choose gratitude. Thank you to all of you who volunteer and give of yourselves every day. You put a smile on my face and in my heart!

Samara Lynde, RSVP Director



(Above) Assistant Fire Chief Mike Chambers speaks.

(Below) Honor song performed by the Magpie Singers.





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ROCKY PARTICIPATES IN 2021 NAMI WALK AND 2021 WALK TO END ALZHEIMER'S

Rocky had a team in both the NAMI Walk and the Walk to End Alzheimer's this September! Rocky raised over \$1000 for each walk. Go Team Rocky! NAMI, National Alliance on Mental Illness, is dedicated to building better lives for the millions of Americans affected by mental illness. The Alzheimer's

Association leads the way to end Alzheimer's and other dementias. Both organizations do important work that helps communities across the nation. Thank you to everyone who donated! We can't wait to do it again next year!



(Top right) Rocky's Area IV Agency on Aging's Claire Marshall, Senior Nutrition Volunteer Coordinator Amy Anderson, and Community Outreach Coordinator Kara Nelson at the 2021 NAMI Walk.

(Bottom Right) Grand Champion Rocky's Team Sign amidst the Walk To End Alzheimer's Flower Garden.

