

Rocky Mountain Development Council, Inc.

VOICE OF EXPERIENCE



VOLUME 43 | MAY - JUNE 2018

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

RMDC Senior Centers Earn Awards from Lewis & Clark Public Health

The Helena Senior Center/Dinner Club was awarded the “Gold Fork Award” and the Augusta Senior Center/Dinner Club was awarded the “Silver Fork Award”, presented by Lewis and Clark Public Health in recognition of effective food safety practices.

Gold Fork awards were established in 2011 to recognize establishments that have effective food safety that reduces or eliminates the risk of food borne illnesses. To win a Gold Fork, the establishment must have a documented food safety system including food safety management training for all staff, procedures to maintain safe food temperatures and have employee health policies set in place. The Helena Senior Center and the Augusta Senior Center were two out of the total 55 local food establishments recognized for their exceptional efforts this year.

RMDC Senior Services Program Director, Rod Applegate, explains why this award means so much to the Senior Nutrition staff, past and present, and the clients who eat there. “RMDC is proud to have received the 2017 Gold Fork Award in our Helena Daily Dinner Club and the 2017 Silver Fork Award in our Augusta Daily Dinner Club. These achievements are the pinnacle of countless hours of hard work and dedication by our RMDC kitchen staff in order to maintain the highest quality of food and food safety for our senior clients. Special congratulations go out to Walt Hanley, Beth Lindsay, Deb Hoyrup, Kathy Rhoades, Mary Murray, Nancy Fisher, Liz Smock, and Shawna Donaldson for these outstanding achievements,” Applegate says.

The Senior Centers across the Tri-County area serve a little over 35,000 meals each year through our noon-time congregate lunches, and a little over 67,000 annually through Meals on Wheels.



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HELENA/EAST HELENA DDC MENU

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

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Congregate meals in Helena have a full salad bar unless otherwise stated.</i></p>	<p>1 CALICO BEANS CARROT COINS PICKLED BEETS WHOLE GRAIN ROLL FRESH FRUIT (HDM)</p>	<p>2 ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD BAKED APPLES</p>	<p>3 OPEN FACE PORK SANDWICH W/GRAVY MASHED POTATOES GREEN PEAS PINEAPPLE CARROT RAISIN SALAD (HDM)</p>	<p>4 ZITI NOODLES W/MEAT SAUCE GARLIC BREAD PEPPERS & ONIONS GOLDEN CORN JUICY PEACHES</p>
<p>7 MONTANA PASTIES PACIFIC VEGETABLES GARDEN PEAS APRICOT HALVES</p>	<p>8 PARMESAN CHICKEN BREAST BUTTERED ROTINI GREEN BEANS CARROT COINS FRESH FRUIT (HDM)</p>	<p>9 PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE PINEAPPLE</p>	<p>10 POTATO, VEGGIE & CHEESE EGG BAKE VEGETABLE MIX WHOLE GRAIN BREAD SWEET PEACHES TOSSED GREEN SALAD W/BEANS (HDM)</p>	<p>11 <u>BIRTHDAY/MOTHER'S DAY DINNER</u> BAKED HAM MACARONI & CHEESE BROCCOLI SPEARS GOLDEN CORN CINNAMON APPLESAUCE CAKE & ICE CREAM <u>NO SALAD BAR</u></p>
<p>14 OVEN BAKED CHICKEN WILD RICE PILAF BROCCOLI & CAULIFLOWER GREEN BEANS SWEET PEACHES</p>	<p>15 CHILI OVER TORTILLA CHIPS WITH CHEESE DICED BEETS MIXED FRUIT FRESH FRUIT (HDM)</p>	<p>16 BREADED VEAL W/GRAVY SWEET YAMS MIXED VEGGIES WHOLE GRAIN ROLL CRANBERRIES</p>	<p>17 SLOPPY JOES ON A BUN POTATO WEDGES BAKED BEANS COLESLAW (HDM)</p>	<p>18 BREADED FISH W/TARTAR SCALLOPED POTATOES PEAS & CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES</p>
<p>21 HUNGARIAN GOULASH MIXED VEGETABLES GREEN PEAS APRICOTS</p>	<p>22 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRESH FRUIT (HDM)</p>	<p>23 BEEF & BLACK BEAN ENCHILADA CASSEROLE MEXI-CORN ZUCCHINI SQUASH PURPLE PLUMS</p>	<p>24 SWEDISH MEATBALLS BROWN RICE WINTER SQUASH BLUSHING PEARS TOSSED GREEN SALAD W/GARBANZOS (HDM)</p>	<p>25 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES 4 BEAN SALAD FRUIT CRISP</p>
<p>28 <u>CLOSED</u> </p>	<p>29 PEPPER STEAK OVER SPIRAL NOODLES CAULIFLOWER MANDARIN ORANGES FRESH FRUIT (HDM)</p>	<p>30 CHICKEN A LA KING BUTTERMILK BISCUITS COUNTRY BLEND VEGGIES PICKLED BEETS BAKED APPLES</p>	<p>31 MEATLOAF MASHED POTATOES W/GRAVY WHOLE GRAIN ROLL MIXED FRUIT CUP CARROT RAISIN SALAD (HDM)</p>	<p><i>Low fat milk is served every day at congregare sites and delivered every Monday, Wednesday and Friday to Home Delivered Meals (HDM)</i></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

Everyone 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. May 11 and June 8 will be the dates to mark on your calendars. We look forward to celebrating with everyone!



Bingo!

Each Wednesday from 1:00 PM to 3:00 PM the dining room at the Helena Senior Center is filled with eager and fun loving bingo players. For just \$2 you can buy three cards to play eleven games, including the blackout round. More important, it is a great time for people to gather with friends and socialize in a welcoming atmosphere.

Try your luck at being a winner by coming down to the Helena Senior Center and join in on the fun! Everyone is invited to play!



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<i>Low fat milk is served every day in the Daily Dinner Club (DDC) and delivered every Monday, Wednesday, and Friday to Home Delivered Meals (HDM)</i>		<i>Congregate meals in Helena have a full salad bar unless otherwise stated</i>	1 CHILI DOG ON A BUN SWEET CORN ZUCCHINI SQUASH GOLDEN PEARS
4 BEEF STROGANOFF EGG NOODLES VEGETABLE MEDLEY STEAMED CAULIFLOWER PINEAPPLE	5 LEMON PEPPER CHICKEN WILD RICE GREEN BEANS GARDEN MIX VEGETABLES FRESH FRUIT (HDM)	6 HAMBURGER ON A BUN GOLDEN CORN BAKED BEANS APRICOT HALVES	7 CORNED BEEF HASH OVER POTATOES SWEET PEAS WHOLE GRAIN BREAD BLUSHING PEARS TOSSED GREENS W/BEANS (HDM)	8 <u>BIRTHDAY DINNER</u> PORK WITH GRAVY MASHED POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL BAKED APPLES CAKE & ICE CREAM <u>NO SALAD BAR</u>
11 MOCK CHOP SUEY BROWN RICE PICKLED BEETS FOUR BEAN SALAD SWEET PEACHES	12 BAKED COD W/TARTAR RICE PILAF STEAMED BROCCOLI CARROT COINS FRESH FRUIT (HDM)	13 TATER TOT CASSEROLE GREEN & YELLOW ZUCCHINI WHOLE GRAIN ROLL FRUIT CUP	14 RASPBERRY CHICKEN BREAST BUTTERED NOODLES GARDEN PEAS JUICY PEARS COLESLAW (HDM)	15 FATHER'S DAY DINNER HAMBURGERS & POLISH SAUSAGE ON A BUN SWEET POTATO FRIES BAKED BEANS WATERMELON
18 JUNE'S PASTY w/GRAVY PACIFIC VEGGIES LIMA BEANS SWEET PEARS	19 CHICKEN NOODLE CASSEROLE GREEN PEAS APRICOT HALVES FRESH FRUIT (HDM)	20 ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSEL SPROUTS CRANBERRIES	21 EGG & SAUSAGE STRATA FRENCH TOAST STICKS POTATO WEDGES CINNAMON CHERRY APPLES GREEN SALAD W/GARBANZOS (HDM)	22 SWEET & SOUR MEATBALLS (PINEAPPLE, PEPPERS) BROWN RICE ORIENTAL VEGETABLES BROCCOLI SPEARS PURPLE PLUMS
25 SPAGHETTI w/MEAT SAUCE (tomatoes & mushrooms) GARLIC BREAD BROCCOLI SPEARS DICED BEETS PINEAPPLE	26 BBQ SHREDDED PORK SWEET YAMS MIXED VEGETABLES W/BEANS WHOLE GRAIN ROLL APPLESAUCE FRESH FRUIT (HDM)	27 CHILI WITH BEANS (ONIONS, GRATED CHEESE) CORN BREAD PARSLEY CARROTS GOLDEN CORN BLUSHING PEARS	28 BREADED FISH W/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER CARROT RAISIN SALAD (HDM)	29 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES STEAMED CABBAGE SWEET PEACHES

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 which is used at the Senior Center as directed by the Senior Advisory Council.

We welcome, and are always very

grateful for your donations. Your donations enable the Senior Center to purchase items needed and offer many services. Please no clothing, furniture, bedding, or any large items. If you have any questions please contact, Bill Pena (Senior Center Coordinator).

The dates for May and June are:

Friday, May 11 (Birthday Meal & Mother's Day)

Wednesday, May 16

Friday, June 8 (Birthday Meal)

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.

A special thank you to all the volunteers that give of their time to work the craft case. We invite everyone to drop on by! See you there!

SENIOR CENTER ACTIVITIES May - June

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 – Cribbage – Parlor
- 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
- 9:30 – 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.

Crafty Quilters: Mother's & Father's Day Quilt Raffle

The Helena Senior Center Crafty Quilters will be having their annual Mother's Day & Father's Day quilt raffle. You can purchase tickets from Bill Pena, Senior Center Coordinator, or at the reception office when Bill is unavailable. The Crafty Quilter ladies will also have their table set up to sell tickets from time to time at the Center. The tickets are

one dollar each or you can get six tickets for five dollars. The drawing will be Friday, May 11 during our May Birthday and Mother's day meal celebration and Friday, June 15, the Friday before Father's Day.

Throughout the year, our Crafty Quilters make many quilts and donate them to various organizations throughout the Helena community. The joy and smiles they bring to young and old can never be expressed with mere words. Thank you for your support. If you love quilting or have a desire to learn, you are always welcome to join them every Tuesday from 9:00 to 11:00 AM at the Helena Senior Center in the card room.



The Beauty of Puzzles

Throughout the year when you stop by the the Helena Senior Center, you will most likely see people working on one of the many generously donated puzzles. The themes are varied and often there are several puzzles being worked on at the same time. Watching folks sitting and patiently looking

over the pieces intently for the right one to fit just right is testimony to how one can put together a beautiful picture with a little perseverance. Solving the puzzle is just a matter of time and focus. Bill Pena, Senior Center Coordinator reflects back on his experiences, "I know I have found myself stopping by the table of puzzle builders sharing that feeling of excitement when finding just the right piece. It feels great knowing that I had a small part in bringing this

beautiful picture to a reality." The real workers are those who sit at the table and work for hours carefully piecing the puzzle into a beautiful picture for everyone to enjoy. Working together to take hundreds of scattered little pieces and carefully putting them together to create a complete picture is one of those small, simple, beautiful wonders of life to celebrate.



St. Baldrick's Shave-A-Thon and Silent Auction

St. Baldrick's Shave-A-Thon and Silent Auction was held at the Montana City School on April 7, 2018. Some of you may be unaware of this event and the activities that transpired at it. To provide some background, the St. Baldrick's Foundation is a volunteer-powered charity, committed to funding the most promising research to find cures for childhood cancers,

help medically, and give survivors long, healthy lives. Children need our help to find a cure for cancer and help with the medical expenses it generates. This event is held annually sponsored by the Montana City Volunteer Fire Department, and held in the Montana City School gym. This is the 11th year they have sponsored this event. At this event, they shave heads of volunteers who raise money and stand in solidarity with kids who often lose their hair during cancer treatments. The article on April 8, 2018 in the Independent Record stated the Benefit has raised over \$500,000 for cancer research since

the first Benefit sponsored in 2007.

On March 1, Pat Allen, with the local St. Baldrick's chapter, asked if anyone at Rocky Mountain Development Council, Inc. Helena Senior Center would be interested in donating items for the Silent Auction. Pat wants to extend her gratitude to Vi Clements, Pat Allen, Mary Sherlock, Kathy Schmit, and Kay Larson all donated items. Many of them were handmade and all were very beautiful.

RMDC Senior Advisory Council Meeting

The Senior Advisory Council meets every fourth Wednesday of the month at 9:00 AM in the Card Room of the Helena Senior Center. At this time, Council members come together to share ideas, concerns, and plan fun activities for the Center. Currently, the Council is working on planning day trips and the annual Bazaar in late June. They are always looking to support other special events and activities as well held here at the Senior Center. The Council is also responsible for managing the Craft Case. They work hard behind the scenes working with RMDC staff to assure to our members that the

RMDC Helena Senior Center is among the best. Everyone is welcome to share their ideas and input.

Our Council members currently are: Christine Pena, President, Fran O'Hara, Vice President, Bob Moes, Treasurer, Pat Rademacher, Shirley Bennett, Carol Kimble, Elaine White, Carol Cook, Bill & Jeannette Mattfeldt, Rita Newman, Nell Mannin, Marilyn Roehl, Rick White, Kay Larson, Ann McKenzie, Francys Bryant, Marc Cramer, Martha McGee and Bob Hanson.

Photo Gallery



2018 Senior Center Day Trips Planned

The Senior Advisory Council is currently in the planning stages of putting together several day trips during the summer months this year. They have come up with some exciting and interesting ideas and as soon as we get dates and the itineraries confirmed, we will get the information posted around the Center, on our website (www.rmhc.net) and our Facebook page (Rocky Mountain Development Council). As older adults, we plan these trips

taking into consideration location, stops, and of course, timely meals and snacks. We are looking to go to the Dinner Bell in Gold Creek, the Music Ranch located near Livingston, and day trips to Butte and Philipsburg. These will be fun trips that allow opportunities to spend time with friends. If you have any questions once the information is advertised, please speak with Bill or Shawna. Registration is first come first served and payment must be at the time of registration. The bus company is Tucker Transportation and their buses are air conditioned with a bathroom and the drivers have been awesome in terms of safety and service. 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!



Mint Julep Fudge

In honor of the Kentucky Derby just around the corner, we want to share a fun and easy recipe to celebrate the occasion - Mint Julep Fudge!

Ingredients

10 oz package Andes Crème De Menthe baking bits
1 cup semi sweet chocolate chips
1 14 oz can sweetened condensed milk, divided
1 teaspoon vanilla extract
2 tablespoons bourbon
1 cup white chocolate chips
1 teaspoon mint extract

Instructions

Line an 8 x 8 pan with parchment paper, set aside. In heavy saucepan over low heat, combine all but 1/3 cup of the Crème De Menthe chips, 1 cup semi sweet chips, vanilla and 1 cup sweetened condensed milk. Stir until chocolate has melted. Remove from heat and stir in bourbon. Spread mixture into prepared pan. Meanwhile melt white chocolate chips with remaining sweetened condensed milk and mint extract. Dollop milk mixture over chocolate fudge and swirl together with an offset spatula. Press remaining mint chips on top. Chill until firm.

Senior Services Spotlight: Rod Applegate

We decided that Rocky should start highlighting a Senior Services staff member in appreciation for all their hard work and efforts that allow the Center to run like the well oiled engine it is. We also thought this would be a good opportunity to introduce new staff members because you may have noticed a few new faces in the kitchen and around the Center.



First up, we want to introduce Rod Applegate, your new Senior Services Program Director! What better way to really get to know someone than with a Q&A interview.

Question: What part of this job are you most looking forward to? Answer: "Making a difference for our senior clients who come to the Senior Center and use our senior services"

Question: Where are your favorite travel spots? Answer: "Santorini, Greece and Venice, Italy."

Question: What's your favorite quote? Answer: "It's not really a quote but I have always liked the serenity prayer."

Question: What is your favorite thing to cook/bake? Answer: "Probably homemade pasties - definitely a family favorite!"

Thank you AARP!

The 2018 AARP Tax season has come to an end at the Neighborhood Center. This year many volunteers from AARP came together each Thursday at the Helena Senior Center to help hundreds of people prepare their taxes. They also gathered on Saturdays at the Lewis & Clark Library. Over 300 returns were completed here

at the Center alone during the 2018 tax year. RMDC is very thankful for all the volunteers that provide this valuable service to seniors and families needing the assistance. The professional, thorough service that was provided by AARP is a great help and comfort to all who find tax time stressful and confusing. Everyone was treated with a warm welcome and given undivided attention. A special thank you to everyone from AARP who gave their time and professional talent throughout this tax season.

Health Services Offered at the Helena Senior Center

FOOT CARE DONE RIGHT

May 1, 7, 8
June 4, 5, 11, 12

Please call Edith or Gloria 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 (except Thursdays when the Center is closed) at the Senior Center in the back of the Daily Dinner Club from 9:30 to 11:00 am. Everyone is welcome!

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:

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).

Remember When

This 1938 art deco building at Jackson and 13th, still standing, has seen numerous tenants over the decades. In this 1949 photo, we see it as Buttrey's Super Market. The structure was built in 1938 by Ellis Blumenthal, who opened his Nuway Super Market there on November 19. Less than a year later, he sold out to the Buttrey's

chain, who held their grand opening in Helena on August 18, 1939 (see newspaper ad to the right). It was the 16th store in the Buttrey's chain. Now in 2018, Rocky's "Jackson Street Office" occupies the building for its Energy Services, Senior Corps and Area IV Agency on Aging programs.



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:

Tuesday, May 15 -
First Interstate Bank
2021 N. Montana,
Helena, MT

Wednesday, May 30 -
Touchmark (Forum)
915 Saddle Drive,
Helena, MT

Thursday, June 7 -
(12:30pm - 5:00pm)
Broadwater Health
Center - Ambulance
Building Meeting
Room - 417 Broadway,
Townsend, MT

Monday, June 18 -
First Interstate Bank
2021 N. Montana Ave
Helena, MT

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



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

Myrna Loy Theater Helena Senior Center MAY - JUNE 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.

U U V A F J Q T J E M F Z D L I Y R G X
 Y T E V M R Z S K H D X T S N I H X J C
 U U T B L O S S O M S H W W Q L R N Z N
 T X S Q E E N T U L I P S S L M O Q J X
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 W K A N K X M R R U I M B G O P T D I I
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 W T N H F C V C P S Y K I G C O K M D R
 C A I O Q S E B I P E Z N O P Y O F Q F

Spring Break Word Find

SUNSHINE
 VACATION
 RAIN BOOTS
 ROAD TRIP
 AIRPLANE
 SLEEPING IN
 FRIENDS
 SPRING
 BLOSSOMS
 GAMES
 PUDDLES
 TULIPS

Easy Care Gardening

Everyone is welcome to participate in this gardening class on May 14 at 1 PM in at the Senior Center presented by Bill Pena.. This will be an informal but very informative workshop covering a wide variety of gardening basics and tips. He will share information on preparing your garden bed &/or containers, what to plant, hot and cold weather vegetables, perennials and annuals. The session will be fun and very informative for all skill levels.

RMDC To Have Extra Food for Qualifying Seniors

Commodities Schedule

Townsend, MT

Monday, May 21
 10:00 am - 12:00 pm

Wolf Creek, MT

Tuesday, May 22
 9:30 am - 10:30 am

Augusta, MT

Tuesday, May 22
 12:30 pm - 1:30 pm

Lincoln, MT

Wednesday, May 23
 12:30 pm - 1:30 pm

Whitehall, MT

Thursday, May 24
 11:00 am - 12:00 pm

Boulder, MT

Friday, May 25
 9:30 am - 10:30 am

White Sulphur Springs, MT

Wednesday, May 30
 11:00 am - 12:00 pm

Elliston, MT

Tuesday, May 29
 9:30 am - 10:00 am

Avon, MT

Tuesday, May 29
 10:30 am - 11:00 am

Helena, MT @ Food Share

Wednesday, May 23
 8:00 am - 10:30 am

Thursday, May 24
 8:00 am - 10:30 am

The Commodity Supplemental Food Program (CSFP) is a program where seniors can receive a monthly allotment of food. 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.

Letter from the Executive Director

Just when we think it's finally Spring, it starts snowing on us again! Fingers crossed that we're on the up and up when it comes to warmer weather and sunshiney days.

National Senior Corps week is April 29 until May 5. Rocky's Senior Corps programs - Foster Grandparent Program, Senior Companion Program and Retired Senior Volunteer Program (RSVP) - offer opportunities for older adults to volunteer and engage in their community. National Senior Corps week brings awareness to these programs and showcase why Senior Corps is so vital to our communities and the seniors who serve within it. If you're interested in getting

involved in one of the Senior Corps programs listed, you can contact Mindy Diehl, Assistant Senior Corps Director, at 406-457-7325. There are many benefits for getting involved, like flexible scheduling, an annual physical, a tax-free stipend, and more! You should check it out and see what program best fits you and your lifestyle.

April 26 was the 12th Annual Friends of Head Start Extravaganza. If you haven't attended before, you should really look into it next year. It was so fun! There was LIVE music, great food, great conversation, as well as a silent and live auction. There were even potted flowers on every table. Friends of Head Start is a small committee of volunteers who deeply believe in RMDC Head Start's mission.

Memorial Day is right around the corner! What do you plan to do over the long weekend? Rocky will be

closed so I plan to spend time with family and hopefully get outdoors. Don't forget to call ahead for your meal if you are needing one as a Meals on Wheels client. You can call Shawna in Senior Nutrition at the front office at 406-447-1680.

Lastly, Greater Helena Gives is May 4-5. This is an annual day of giving for Helena Area non-profits. Rocky is participating and we would love your support! Visit www.greaterhelenagives.org to make a donation to a Rocky program that resonates with you!



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

LIEAP End of Season Around the Corner

The end of season for Low Income Energy Assistance (LIEAP) is April 30. LIEAP is one program of Rocky Mountain Development Council, Inc's Energy Services Programs. It is a program designed to assist low income to households meet the expenses of keeping warm during the cold months. Although Spring is here, cold temperatures still approach in the early mornings and late evenings.

Turn in your completed application before April 30,

2018 to receive this heating season's LIEAP Fuel Benefit. Benefits apply to costs incurred from October 1, 2017 to April 30, 2018. If you miss the deadline of April 30, you can sign up for next heating season's incurred costs. OPA households whose list of SNAP (food stamps) recipients matches the LIEAP household may not need to supply verification of income or other resources.

To learn more about LIEAP and our Energy Services Programs, visit www.rmhc.net or call our LIEAP office at 406-457-1625.

LIEAP
LOW INCOME ENERGY
ASSISTANCE PROGRAM



Helena Senior Advisory Council

Friday, June 22

9:00 AM-1:00 PM

200 South Cruse Avenue
Rooms 13 and 15, Basement



Donations will be accepted between Monday, June 11th, and Thursday, June 21st

No Clothes, Large Appliances & Furniture PLEASE!

Please bring donated items to the receptionist desk, Bill, or Shawna.

QUESTION'S: PLEASE CALL 457-7318 (BILL'S #)



Area IV Agency on Aging Updates

YOUR NEW MEDICARE CARD

From April 2018 to April 2019, new Medicare cards will be delivered to Medicare beneficiaries by mail.

The new cards will no longer contain your social security number. Why is this important to know?

Social Security Numbers (SSN) are the Holy Grail so-to-say for identity thieves. With just so much as a SSN and a birth date, almost anything is possible for these crooks, and none

of it will be good for you. The new Medicare cards will be much safer to carry because they won't display this private information. Instead, the cards will have a new Medicare number that's unique to you, but won't compromise you if it falls into the wrong hands.

So, what do you need to do to get ready for your new Medicare card? You may be asking yourself questions regarding cost and how to ensure that you receive your new Medicare card. Don't worry. The only thing you need to do is make sure Medicare has your current mailing address. If you're already receiving regular correspondence from Medicare, such

as Medicare Summary Notices, it's a safe bet that they already have your current address. If you are not getting correspondence from them and you're concerned, call 1-800-MEDICARE to see what they have on file. If you are receiving a phone call or email from somebody claiming to be with Medicare, hang up immediately or delete the email. It's a SCAM. Medicare will only contact you through the mail. Also, be sure and shred your old card once you get your new one in the mail!



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?

MEALS ON WHEELS

What has Rocky done for me? “Rocky has done many things for me and for my mother who lived to be over 100 years old! My mother, Minnie, was a regular member of the Daily Dinner Club, was a Senior Companion for years, and then had a Senior Companion help her!”

Marlys has scoliosis and cannot stand for long periods or get out much anymore. She receives Meals on Wheels five days a week. “The meals are terrific – although there could be a little bit less bread.” The

MOW is a lifesaver for Marlys since she cannot stand at a stove for much more than a few minutes anymore.

“Rocky has many wonderful programs and is one in a million for our community.”

RMDC serves nutritious meals at Senior Centers in Helena, East Helena, Augusta, Boulder, Lincoln, Townsend, Whitehall, and Helena Indian Alliance. Homebound seniors in Lewis & Clark, Broadwater, and Jefferson counties receive daily lunches through the Meals on Wheels Program that enable them to live independently. We manage the Commodity Supplemental Food Program (CSFP) in Lewis & Clark, Broadwater, Jefferson,

and parts of Powell and Meagher counties.

Through CSFP, eligible seniors can receive regular allocations of free food to supplement their own food purchases.

RMDC’s Senior Center in Helena offers older adults the opportunity to participate and socialize in a friendly atmosphere. Transportation is available for seniors coming to the Neighborhood Center and to worksites for Foster Grandparents and RSVP volunteers.