

# Rocky Mountain Development Council, Inc.

# VOICE OF EXPERIENCE



MAY - JUNE 2023

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

## AN EAGLE MANOR SPOTLIGHT: JANECE HONKA IS HOME AT LAST

There are certain people who carry a positivity that grips you and remains with you afterward. Janece Honka, who prefers Jani, is one of those people. The reason for her newfound optimism is one which many of us take for granted. Jani has found a home. Her one-bedroom apartment at Rocky's affordable housing in Eagle Manor II is a clean, safe, and spacious place to live. It has become a place where she feels connected to a community of friends. "It was finding a home at last," said Jani.

The road to finding her current home was not an easy one. Jani, a Helena native, spent two decades on the move with her family. There were many stops in several different states along the way. Jani returned to Helena in 2000 and began renting an apartment in the historic west side. The apartment would be her



*Janece Honka pictured above  
in her living room apartment*

living space for the next 22 years. Most of the two decades that Jani rented the apartment were okay. However, the situation began to deteriorate. According to Jani, "The apartment was falling apart." She made numerous calls for repairs, but they continually went unanswered. Jani's sight impairment added to the strain of an already challenging situation. Soon her living situation was untenable. Jani began searching for a new apartment in 2020, but with a skyrocketing rental market, Jani was stuck, so much so that the thought of homelessness became a concern. Her options appeared bleak, but she remained hopeful. Jani had friends at the time who were familiar with affordable housing units and encour-

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PO Box 1717

# HELENA SENIOR NUTRITION MENU - MAY 2023



LUNCH SERVED FROM 11:30-12:30

For more information call: (406) 447-1680

\*This menu is subject to change due to product availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SALMON PATTY ON A BUN MIXED VEGGIES SWEET POTATOES JUICY PEACHES	2 BEEF-N-CABBAGE GOLDEN CORN CARROT COINS WHOLE GRAIN ROLL APRICOT HALVES	3 CRANBERRY BBQ CHICKEN POTATO SALAD GARDEN VEGETABLES WHOLE GRAIN ROLL FRESH FRUIT	4 SALISBURY STEAK SEASONED BROWN RICE VEGETABLE MEDLEY 4-BEANS & GREENS MANDARIN ORANGES	5 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES SWEET CORN APRICOTS
8 TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS CRANBERRIES	9 CHEESEBURGER ON A BUN BAKED BEANS PACIFIC VEGGIES MANDARIN ORANGES	10 CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES CAULIFLOWER CARROT COINS FRESH FRUIT	11 HAWAIIAN STYLE SAUSAGE AND RICE CORN & BEAN MEDLEY DINNER SALAD FRUITED JELLO	12 BIRTHDAY/MOTHER'S DAY DINNER BAKED HAM WITH PINEAPPLE RAISIN SAUCE CANDIED SWEET POTATOES ROASTED CAULIFLOWER FRENCH CUT GREEN BEANS MIXED FRUIT CAKE
15 COD FILET WITH LEMON BASIL SAUCE ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS MIXED FRUIT	16 TUSCAN CHICKEN WITH CANNELLINI BEANS CARROT COINS PICKLED BEETS WHOLE GRAIN ROLL BAKED CRAN-APPLES	17 OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN PEAS FRESH FRUIT	18 ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN CARROT RAISIN SALAD JUICY PEACHES	19 ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD PINEAPPLE
22 MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES	23 PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE PINEAPPLE	24 CHICKEN A LA KING BUTTERMILK BISCUITS CREAMED SPINACH CARROT COINS FRESH FRUIT	25 BREAKFAST BOWL WITH SAUSAGE, PEPPERS, ONIONS & CHEESE DRIZZLED WITH COUNTRY GRAVY VEGETABLE MIX GREEN SALAD w/BEANS WHOLE GRAIN ROLL SWEET PEACHES	26 CHICKEN FRIED CHICKEN MASHED POTATOES w/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL CRANBERRIES
29 CLOSED  MEMORIAL DAY	30 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER CINNAMON APPLESAUCE	31 FISH PATTY w/TARTAR SCALLOPED POTATOES HERBED CARROTS WHOLE GRAIN ROLL FRESH FRUIT		Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club  SALAD BAR INCLUDED IN CONGREGATE MEALS

WE DEPEND ON YOUR MEAL PAYMENT 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.

“Jani” continued from page 1







aged Jani to reach out to Rocky for help. Jani’s mother worked for Rocky Mountain Development Council in the 1980s, giving her a comfort level with the organization, that made it easier to reach out.

Jani took the first step in June of 2022, by filling out a rental application to Eagle Manor. After three months of waiting and paperwork, Jani secured her apartment on August 2. Eagle Manor Assistant Manager Colleen Phillips said the timing for her application worked out great.

The housing situation for seniors and individuals with disabilities is nothing short of a crisis, and waiting lists are the norm when applying for housing. Despite waiting lists, Phillips mentioned the importance of ap-

plying regardless. “There is no way of knowing when an apartment may become available, and you want to be ready.”

Jani finished our time together by allowing me to take her picture inside her apartment. The living room and kitchen are well-decorated. Photos of family members and loved ones are out for display. Her 17-year-old cat Bailey was sleeping in her bedroom behind a closed door. Jani maintains a house rule that a cat of that age can sleep in whatever bed they choose. It was a humbling experience being in the apartment and sensing that this was not just a living space; this was the center of Jani’s life, her home. When I asked Jani how long she planned on staying, she replied with a smile, “At least until I am 100.”

 <b>HELENA SENIOR NUTRITION MENU - JUNE 2023</b> 				
LUNCH SERVED FROM 11:30-12:30 <b>For Additional Information Call: (406) 447-1680</b> *This menu is subject to change due to product availability				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club  SALAD BAR INCLUDED IN CONGREGATE MEALS		<b>1</b> SLOPPY JOES ON A BUN BAKED BEANS COLESLAW SWEET PEACHES	<b>2</b> <u>BIRTHDAY DINNER</u> ROASTED PORK TENDERLOIN WITH BROWN SUGAR MUSTARD GLAZE HERB SEASONED ROASTED POTATO MEDLEY CABBAGE CARROT BLEND WHOLE WHEAT ROLL BAKED APPLES BIRTHDAY CAKE
<b>5</b> CREAMY BEEF & BOWTIE PASTA GREEN PEAS PICKLED BEETS APRICOTS	<b>6</b> SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRUIT CRISP	<b>7</b> CHICKEN NOODLE CASSEROLE MIXED VEGETABLES BRUSSELS SPROUTS FRESH FRUIT	<b>8</b> SWEDISH MEATBALLS BROWN RICE WINTER SQUASH TOSSED GREEN SALAD w/GARBANZOS BLUSHING PEARS	<b>9</b>  <u>CLOSED</u> <u>STAFF TRAINING</u>
<b>12</b> SALMON PATTY WITH FRUIT SALSA WILD RICE MIXED VEGETABLES GREEN BEANS SWEET PEACHES	<b>13</b> PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN BREAD PURPLE PLUMS	<b>14</b> CHICKEN MILANO OVER PASTA CAVATAPPI COUNTRY BLEND VEGGIES FOUR BEAN SALAD FRESH FRUIT	<b>15</b> CHILI DOG ON A BUN POTATO SALAD CARROT RAISIN SALAD MIXED FRUIT	<b>16</b> <u>FATHER'S DAY DINNER</u> HEARTY MEATLOAF MASHED POTATOES w/BROWN SAUCE SWEET CORN GOLDEN PEARS WHOLE GRAIN ROLL TRIPLE CHOCOLATE FUDGE BROWNIE À LA MODE
<b>19</b> CLOSED 	<b>20</b> CHICKEN FLORENTINE OVER SEASONED BROWN RICE VEGGIE BLEND PURPLE BEETS BAKED APPLES	<b>21</b> HAMBURGER ON A BUN CARROT COINS BAKED BEANS FRESH FRUIT	<b>22</b> TURKEY SLOPPY JOE JOJO POTATOES SWEET PEAS TOSSED SALAD w/BEANS BLUSHING PEARS	<b>23</b> BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES PICKLED BEETS PINEAPPLE
<b>26</b> MOCK CHOP SUEY BROWN RICE CAULIFLOWER PICKLED BEETS SWEET PEACHES	<b>27</b> RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES BEAN MEDLEY MIXED FRUIT	<b>28</b> TATER TOT CASSEROLE CARROT COINS GREEN PEAS FRESH FRUIT	<b>29</b> BAKED COD w/TARTAR RICE PILAF ZUCCHINI SQUASH COLESLAW APRICOTS	<b>30</b> BISCUITS & SAUSAGE GRAVY POTATO WEDGES MIXED VEGGIES CINNAMON CHERRY APPLES

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS  
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 This menu has been reviewed and approved by a Registered Dietitian, Cassandra Drynan, RDN Cassandra Drynan, RDN

# HELENA LAST CHANCE SQUARES



COME WATCH AND JOIN IN ON HELENA'S LAST CHANCE SQUARE DANCER  
 MAINSTREAM SQUARE DANCE DEMONSTRATION AT 2 P.M. ON FRIDAY, MAY 5, AT THE  
 SENIOR CENTER! BUTCH SUTTEY FROM BUTTE, MT WILL BE THE CALLER. BUTCH  
 STARTED DANCING IN 1983 IN LOLO, MT, AND STARTED CALLING SQUARE DANCES  
 SHORTLY AFTER THAT. BUTCH WILL ALSO ADD AN OPPORTUNITY FOR THE AUDIENCE  
 TO TRY A FEW DO-SI-DOS! THERE WILL BE AN OPPORTUNITY TO WIN FREE  
 MAINSTREAM SQUARE DANCE LESSONS THAT WILL BEGIN IN THE FALL OF 2023!



## SENIOR CENTER ACTIVITIES

### MONDAYS

10:30 am - Jennie's Arthritis Exercise Class - Card Room

1:00 pm - 4:00 pm - Bridge - Dance Floor

### TUESDAYS

9:00 am - Crafty Quilters - Card Room

9:45 am - Line Dancing - Dance Floor

1:00 pm - Pinochle - Card Room

\*Pinochle Tournament every other month on Monday and Tuesday

1:00 pm - 3:00 pm - Bridge - Dance Floor

### WEDNESDAYS

9:00 am- Walkie Talkies - Meet at Centennial Park across from the YMCA

9:30 am - 10:30 am - Senior Advisory Council Meeting - Card Room (first Wednesday of each month)

10:30 - 11:00 am - Chi Gong - Card Room (Except the second Wednesday of the month will be at Pioneer Park weather permitting)

11:00 am - 12:00 pm - Tech Time with Mary - Parlor

1:00 - 3:00 pm - Bingo - Dining Room

2:30 - 5:00 pm - Stepping On Class - Card Room (Seasonal) \*call 406-457-7368 with dates - registration is required in advance

### THURSDAYS

8:30 am - Caramel Rolls - Dining Room

9:00 am - 10:30 am - Be Well Clinic - Dining Room

9:45 am - Line Dancing - Dance Floor

1:00 pm - Wood Carving - Dance Floor

### FRIDAYS

10:30 am - Jennie's Arthritis Exercise Class - Card Room

11:30 am - Your Story - Franz McLaren - Card Room (ends May 12)

The parlor is open every day starting at 9 am.

You are welcome to come in to relax, read magazines, play cards, work on puzzles, and enjoy time visiting! We are taking donations of approved books, magazines, and puzzles. A special thanks to everyone for the wonderful donations and sharing spirit! Thank you for making the Helena Senior Center a wonderful, safe, and healthy place for all!

## MEMBER SPOTLIGHT: VICTOR SAMPLE

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Victor Sample was born to Victor and Beverly Sample on March 21, 1952, in Butte, Montana. Not long after, he was graced with three sisters and a couple of brothers, none of whom currently live in Montana.



His parents were both teachers and taught in the same two-room school in Radersburg, and later taught in Toston, in a three-room school. Victor graduated from high school in Townsend and went on to the University of Washington in Seattle. He graduated in 1975 with a bachelor's degree in Mathematics. About six months before graduating, he discovered the field of computer programming. Not surprisingly, he soaked up a plethora of knowledge before moving on to Montana Power, where he was a computer programmer for their gas and electrical engineers.

After a stint there, he accepted a job in Dallas, Texas, where a good friend resided.

In 1983, Vic accepted a job with TSI International (one of the oldest software companies in the US) and worked for 10 years as a programmer/manager for them.

He moved back to Helena and worked remotely for some time. He was likely one of the first to work remotely. He was a software developer and director of product development.

One of Victor's sisters married a fellow who had a sister named Pam. One summer evening, Pam came to the Mint Bar in Townsend and asked if Vic Sample was there. He responded, "Depends - who's asking?" And so it

goes, they seemed to hit it off. In 1992, they got married. Pam became not only Victor's wife but his sister's sister-in-law (for the second time) and his brother-in-law's sister-in-law.

My grandma and grandpa and their sisters and brothers played that same matching game back in their day.

Pam worked for the telephone company then known as Mountain Bell, then later as US West, and most recently Century Link for around 15 years. She also worked as an administrative assistant for several companies in Michigan and Florida.

Victor and Pam moved to Detroit, where he worked for a large computer company, and designed software for products used by other computer professionals. The company also owned two professional hockey teams: one was a small local team, and the other was the NHL Hartford Whalers/Carolina Hurricanes. The company was locally known primarily for the hockey teams, even though they were a highly regarded computer software company in the United States and abroad.

Victor accepted a job back with TSI in Boca Raton, Florida (home of the original IBM PC). In the eight years they were there Victor worked for three different companies – managing the same development group working on the same software products. TSI (which changed its corporate name to Mercator) was acquired by a Boston-based software company named Ascential Software, which was then acquired by IBM.

After retiring, they moved to the northwest mountains of North Carolina and stayed for six years. Their home bordered the state of Tennessee.

When giving directions to their house, they used to say, "When you see the Welcome to Tennessee sign, turn!"

After six years there, they moved back to Townsend. Several members of Victor's family were experiencing health problems and they wanted to be closer to Victor and Pam's families. Ironically, many members of their families subsequently moved to Iowa and Texas. They have a son living in Texas who has been a freelance Chef for 20 years. He has blessed Victor and Pam with a granddaughter and grandson.

Pam is an artist and owns an art gallery in Townsend. She has hosted several "sip and paint" events where attendees enjoy a social outing and create a painting from her illustrations. Victor enjoys woodworking and has a full range of tools, from saws to planners, sanders, and routers. His creations range from picture frames for Pam's artwork to cabinets, drafting tables, and other furniture. They are all housed in their big workshop. He also has dabbled in some stained-glass projects. Pam obtained antique windows from a historic house in Townsend when it was renovated, and from a historic barn in Clyde Park. She has created artwork for local businesses and art lovers using antique windows.

A few of the activities Victor and Pam are involved in include the Townsend Fall Fest and numerous local and regional boards.

A small group, including Victor, created a local community called MT43 News, covering local events and issues. Victor acts as the managing editor.

Victor is the President of the Broadwater County Hospital District. He's also Secretary of Southwest Montana, a 9-county regional tourism organization that receives bed-tax money to promote tourism in southwest Montana. He is on numerous boards and committees ranging from the Senior Advisory Council to the County Museum Board. He also assists with a county-wide yard sale in the summer, for which he provides printed and digital maps. He writes a column in MT43 News called "Tech Talk"

*"Victor Sample" continued on page 6*

*"Victor Sample" continued from page 5*

designed to help people with tech issues. He has written the back-office business software for MT43 News. The array of hats Vic has worn over the years would easily fill a large walk-in closet.

In their spare time, he and Pam load up into their side-by-side and go up into the mountains with some of their lifelong acquaintances to just get away. They don't venture too far though, because they have a beloved cat that is not the least bit interested in traveling, and thus keeps them close to home.

## RSVP UPDATES FOR MAY & JUNE

### Chi Gong

The Chi Gong class will be meeting every Wednesday from 10:30-11:00 am.

The class is in the Card Room, except on the second Wednesday of the month when we will meet in Pioneer Park (behind the Library), weather permitting.

### Tech Help

Tech Time with Mary will be every Wednesday from 11:00 am to 12:00 pm in the Parlor.

### Rocky Walkie Talkies

Our walking group will start up again on Wednesday, May 3. We will meet every Wednesday at Centennial Park (across from the YMCA) at 9:00 am. All abilities are welcome!

### Be Well Clinic

Be Well Clinic is on Thursdays from 9:00 am to 10:30 am.



Bingo is a great time for folks to come together. A chance to visit with friends, celebrate special times, and maybe win a game or two. Bingo has been such a fun and very participated activity at the Senior Center for many, many years. It takes several volunteers to make this happen every week. We are so thankful for everyone who helps out.

As a reminder all cards are \$1/per card. Regular Payout-\$6

Special Payout: \$8

Blackout Payout: \$12

**The 4<sup>th</sup> of July Bingo Celebration will be on Wednesday, June 28 this year. Mark your calendars and join everyone for a fun time.**

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

## TECH TIME WITH MARY

Tech Time with Mary is now back to meeting EVERY Wednesday! If keeping up with changing technology is a challenge for you, join AmeriCorps Seniors RSVP volunteer Mary for "Tech Time with Mary".

### TECH-TIME WITH MARY



Meeting every

**Wednesdays in the Parlor from 11 am to 12 pm**







## Rocky Helena Senior Center

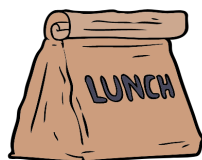


### Birthday Meal Celebration

We love to celebrate Birthdays at the Senior Center! Each month we celebrate everyone's birthday for the month. As a member you are welcome to have a free meal when it is your birthday month. Yes, we will have cake and ice cream.

Mark your calendars for **Friday, May 12** and **\*Friday, June 2** (dining room closed on Friday, June 9 for staff training).

## Attention Please!



The dining room at the Senior Center will be closed for lunch on Friday, June 9 due to training. Birthday lunch will be served on Friday, June 2.

### Backroads of Montana: Memories and Stories

**Monday, May 15, 2023**



**Time: 12:45 - 1:45 pm**

**Location: Card Room, Rocky Senior Center**

**No Cost!**

Backroads of Montana: Memories and Stories has been a wonderful gathering. The stories shared and friendly conversation have been amazing. **The May gathering will be the last one until September 2023.** This is a free gathering on Mondays starting at 12:45. Everyone is invited! There will be light refreshments as we relax and enjoy an episode of PBS Backroads of Montana followed by visiting and conversation. Mark your calendars and come join us!

## AARP

### SAFER DRIVING MAY SAVE YOU MONEY

Take the AARP Smart Driver™ classroom course and you could save on your car insurance\*

- » Refresh your driving skills and knowledge of the rules of the road.
- » Learn techniques for handling left turns, right-of-way and roundabouts.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

**Dates:**

**June 22, 2023**

**Time:** Beginning at 12:30 PM & ending about 4:45 PM

**Location:** First Interstate Bank  
2728 Colonial Drive  
Helena

**Register:** (406) 457-4712

CLASSROOM COURSE	TO FIND ADDITIONAL COURSES
\$20 for AARP members \$25 for non-members	Visit: <a href="http://www.aarp.org/driving36">www.aarp.org/driving36</a> Call: 1-888-773-7160

\* Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

### Foot Care Done Right 2023

**Mark Your Calendar!**

**Thursday, May 18**

**Thursday, June 15**



Edith RN, BSN & CFCN **(406-431-0006)** looks forward to the care of your feet. She is willing to answer questions about the care and health of your feet. She meets in the basement at the Neighborhood Center (200 South Cruse Avenue). Please **call** to make an appointment.

### Blood Pressure



All seniors are invited to have your blood pressure taken each Thursday at the Senior Center in the Dining Room from 9:00 - 10:30 am.

## SENIOR ADVISORY COUNCIL EVENTS

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### Mark your Calendars

The Senior Advisory Council has been busy looking ahead and planning events for the coming months. They are looking at having a day trip and garage sale. At this time, we do not have dates set, please stay posted with details. Both events will occur late summer.

### Events:

Saturday, May 20: Spring Fling Meal, 12:00 pm - Dining Room. The Rocky shuttle may be available for in-town pick up and drop off. Reservations are required!(contact Bill Pena at 406-457-7372

Saturday, July 22: Ice Cream Social, 12:00 pm - Dining Room. The Rocky shuttle \*may be\* available for in-town pick up and drop off.

Saturday, September 16: Rocky Big Sky Country Buffet, 12:00 pm - Dining Room - \*Reservations Required\* The Rocky shuttle will be available for in-town pick up and drop off.

The Senior Advisory Council meets every month (except July) to plan, discuss, and look at how the Helena Senior Center can continue to be one of the best Senior Centers in the state. They welcome ideas, suggestions, and concerns as they meet. They are a wonderful group of people who have committed much of their time.

### Spring Fling Meal & Music



May 20, 2022

12:00 pm

Senior Center Dining  
Room

Cost: \$30

54 People Max.



The Senior Advisory Council is excited to be sponsoring the second Annual Spring Fling at the Senior Center. Event Thyme Catering will be serving a delicious meal. This year Kenzie, a Capital High student and granddaughter to one of the Council Members will be sharing and playing their violins. Please call Bill Pena if you have any questions at 406-457-7372.

Transportation will be provided for in town pick up only. Please call Bill to register for the shuttle. We encourage carpooling.

### Menu:

Salad: Spring mix with red onion, feta cheese, candied pecans and a sweet celery seed vinaigrette

### Main Meal:

Brie & Cranberry, red onion stuffed chicken breast, roasted and served under a smoky Gouda crème'

Flank steak, roasted to medium, served under a caramelized onion & mushroom red wine Bearnaise.

Sides: Caramelized & candied carrots with ginger, garlic smashed potatoes, dinner rolls & butter.

### Dessert:

Apple Crisp served with fresh whipped cream.

**PAYMENT DUE WITH REGISTRATION, THANK YOU!**





## Helena Pinochle Club Dates

If you know how to play pinochle and are looking for a fun and friendly group of people please join us! New members are always welcome, so come on down! Pinochle players meet every Tuesday and Sunday at 1:00 pm.

### March Pinochle Tournament Dates:

Monday & Tuesday, May 1 & 2

Location: Card Room



Folks are welcome to come after lunch and enjoy playing a variety of card games in the parlor. These are informal gatherings and all are welcome.

## Bridge!!



Come Join Us!

Every Monday and Tuesday are Bridge Day at the Senior Center

Time: 1:00 - 3:00 pm

Dance Floor

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

WE WELCOME NEW MEMBERS!



Any questions? Please call our Senior Center Coordinator Bill

Pena for more information

406-457-7372

## COMMODITY FOOD FOR QUALIFYING SENIORS

### COMMODITIES SCHEDULE

#### Townsend, MT

Monday, May 22  
2:00 pm - 3:00 pm

#### East Helena, MT

Monday, May 22  
2:00 pm - 3:00 pm

#### Wolf Creek, MT

Tuesday, May 23  
10:00 am - 11:00 am

#### Augusta, MT

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

#### Elliston, MT

Wednesday, May 24  
10:00 am - 10:30 am

#### Lincoln, MT

Wednesday, May 24  
12:30 pm - 1:00 pm

#### Whitehall, MT

Thursday, May 25  
11:00 am - 12:00 pm

#### Boulder, MT

Thursday, May 25  
1:30 pm - 2:30 pm

#### White Sulphur Springs, MT

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

#### Helena, MT @ Food Share

Wednesday, May 24  
8:00 am - 11:00 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

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*Lori Ladas*  
*Executive Director*

I don't want to jinx it, but it seems we're finally enjoying springtime in Montana! After a long winter, there's nothing quite like opening up the windows and enjoying those first warm afternoons of the year. Let's hope the trend continues with more sunshine in the forecast!

Did you see Rocky in the news this spring? We hosted a fundraiser called *Rocky Presents Chopped 2* in March and it was such a fun event! Chefs from local Helena establishments including The Grateful Bread, The Uphill Grill, and The Hopper used baskets of mystery ingredients to create an appetizer, entrée and dessert with minimal time to plan. It was amazing to see their creations! Rocky also welcomed Mayor Wilmot Collins to the Neighborhood Center and had the opportunity to invite him along on a Meals on Wheels delivery.

These are months of transition for us at Rocky. The LIHEAP season draws to a close, and the Head Start classrooms finish their school year, with a new group of young learners ready for kindergarten in the fall. While these programs wind down, our senior center continues to provide daily lunches and activities, along with air conditioning when the summer heat really kicks in! Join us all summer long!

Mark your calendars for Rocky's second annual Spring Fling, which will be held on Saturday, May 20. Those who attended last year enjoyed a delicious meal to kick off the spring season, and I'm sure this year's menu will not disappoint. Contact Bill in the Senior Center if you'd like to attend. We are so grateful to the Senior Advisory Council for their work in planning events like this! Watch for information on some more fun activities coming later this summer.



## CARAMEL ROLL THURSDAYS

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Thursday is Caramel Roll Day! Yummy! Caramel rolls are prepared fresh every Thursday morning and available from 8:30 to 10:30 am, or until they are gone. There is a small charge of \$2.50/roll. Coffee and a wonderful time with friends are free. Come on in and enjoy the wonderful company and share a delicious roll!



\*Effective July 1, 2023, caramel rolls will increase to \$3.00.

## THANK YOU TO VAN'S THRIFTWAY

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



# LETTER OF NOMINATION FOR SPIRIT OF SERVICE AWARD WINNER BILL ROBERTS

It is an honor and a privilege to submit this letter in support of the nomination of Bill Roberts for the Ron Waterman Spirit of Service Award. Retirement came for Bill in 1999 and he quickly realized that he had some extra time on his hands and wanted to do something meaningful. "I needed a reason to get up in the morning." Retirement has not slowed Bill Roberts down a bit!

For over three years, Bill has delivered meals for Rocky Mountain Development Council's, (Rocky), Meals on Wheels Program. The Meals on Wheels Program delivers hot, nutritious meals to seniors 60 and over who are homebound or having trouble preparing their own meals due to a disabling physical, emotional, or environmental condition. Every Thursday Bill and his trusty sidekick, "Boots" head over to Rocky to load his truck with meals for approximately 25 people on Route #6. Since February of 2021, he has delivered close to 4,00 meals to the individuals on his route. "Getting to know the people, that is the joy for me. Everyone has a story." Bill is a great conversationalist and is a natural at making a special connection with the people that he delivers a meal to. Bill's warm smile and quick wit warm the hearts of many. "I get much more out of volunteering than I put in. The giving of food is very special and very gratifying."

The list of additional agencies that Bill has volunteered for is quite varied.

- Kiwanis: Has been an active member for over 25 years.
- Helena Citizen's Council: Served as district representative.
- AARP: Served on the Capital City Task Force.
- RSVP (Retired and Senior Volunteer Program) Meals on Wheels and special events.
- Helena Symphony: Summer Symphony volunteer.



*(Bill Roberts pictured below with Emily McVeigh (left) of United Way and Rocky MOW Volunteer Coordinator Amy Anderson)*



- Corvette Club: "Vettes for Vets". Organized parade entries honoring veterans.
- Musikanten Montana: Concert volunteer and provided housing for musicians.

As you can see, Mr. Roberts has put his many gifts to good use since he retired almost 25 years ago. He has made a difference in the lives of so many and has been a shining example of what a life of service looks like. Bill has definitely made Helena a better place for us all.



