

Rocky Mountain Development Council, Inc.

VOICE OF EXPERIENCE



VOLUME 59 | JANUARY-FEBRUARY 2021

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

YOU CAN DO IT!

Samara Lynde
Retired & Senior Volunteer Program
Program Director

It's never too late! With most events this year going virtual, it has been difficult for those of us who are "technologically-challenged". One of my RSVP volunteers has shown me that with a little hope and willingness to try new things, you can do it! Shirley is 88 years old and has never owned a computer or smartphone. She really wanted to attend the AARP Andrus Awards to see one of her friends that was being honored as a nominee. Shirley, herself, has been volunteering with us and AARP for over 20 years.

I knew that our Area IV Agency on Aging had iPad tablets with internet connection available to lend out to seniors. I checked one out, brought it over to Shirley and gave her a quick tutorial. Through my rudimentary instructions and a little assistance from her daughter, she was able to join the virtual meeting and see her friends. Shirley called me right after the awards celebration and told me how much she enjoyed it.

Being a senior citizen right now is tough. The closures of our centers and social events has had a negative impact on mental health. While technology is not the same as in person, it is still better than no human contact at all! I am looking forward to the day (and I truly believe it will come) when we can hug each other and sit at the table together again. In the meantime, check out some virtual on-line meetings. Michele Mathot at Area IV, along with Mindy Diehl and Kelley Moody at the AmeriCorps Seniors office, are all willing to help you connect.



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1-800-356-6544

HELENA SENIOR CENTER MENU JANUARY 2021

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Low fat milk is delivered daily to Home Delivered Meal customers			1 CLOSED 
4 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES	5 CHILI CON CARNE CORN BREAD MIXED VEGETABLES PARSLEY CARROTS BLUSHING PEARS	6 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE PINEAPPLE	7 FISH PATTY w/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER CARROT RAISIN SALAD	8 BIRTHDAY DINNER BBQ COUNTRY STYLE RIBS ROASTED CORN BAKED BEAN POTATO SALAD WHOLE GRAIN ROLL BIRTHDAY CAKE
11 BEEF TACO CASSEROLE REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN MANDARIN ORANGES	12 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT SAUTÉED GREENS CARROT COINS FRESH FRUIT	13 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES	14 VEAL PARMESAN OVER ROTINI NOODLES YELLOW & GREEN ZUCCHINI 4-BEANS & GREENS PLUMP PLUMS	15 CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS PEACHES & PEARS
18 CLOSED 	19 CHEESEBURGER MACARONI GOLDEN CORN SPICED APPLES FRESH FRUIT	20 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL APRICOT HALVES	21 SALISBURY STEAK STEAMED BROWN RICE VEGETABLE MEDLEY COLESLAW MIXED FRUIT CUP	22 HAM & SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS MANDARIN ORANGES
25 TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS MANDARIN ORANGES	26 CHEESEBURGER ON A BUN BAKED BEANS PACIFIC VEGGIES FRESH FRUIT	27 CHICKEN ALFREDO w/ROASTED PEPPERS & ONION BUTTERED NOODLES GARDEN PEAS CARROT COINS CRANBERRIES	28 HAMBURGER & SPANISH RICE JUMBLE CORN & BEAN MEDLEY CAULIFLOWER FRUITED JELLO	29 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES MIXED VEGETABLES APRICOTS

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.

SENIOR MEMBERSHIP UPDATE

By Faith Franklin
Senior Center Coordinator

This year our early membership drive started up November 1, 2020. Our focus on membership registration will continue through February, 2021. The annual registration fee is \$15.00 regardless of when you renew within the calendar year. Your yearly dues are used to cover the cost of printing and sending out the Voice of Experience (VOE).

Please remember that we are still currently closed to the public and we ask you to not come to Rocky, but

instead send in your payment for dues, along with your current address, phone number, and date of birth by mail to:

Rocky Mountain Development Council, Inc.
PO Box 1717
Helena, MT 59624

If you would like a receipt we are happy to mail you a copy along with your letter and membership card.

Thank you for your continued support of Rocky during these trying times. We look forward to the day we can all be back together to provide in house activities and services to YOU – our primary focus!

HELENA SENIOR NUTRITION MENU -- FEBRUARY 2021

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 TOMATO BRAISED COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT CUP	2 CALICO BEANS CARROT COINS PICKLED BEETS WHOLE GRAIN ROLL FRESH FRUIT	3 OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN PEAS BAKED APPLES	4 ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN CARROT RAISIN SALAD JUICY PEACHES	5 ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD PINEAPPLE
8 MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES	9 PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE FRESH FRUIT	10 PARMESAN CHICKEN BREAST BUTTERED ROTINI CREAMED SPINACH CARROT COINS PINEAPPLE	11 POTATO, VEGGIE & CHEESE EGG BAKE VEGETABLE MIX TOSSED SALAD w/BEANS WHOLE GRAIN ROLL SWEET PEACHES	12 <u>BIRTHDAY DINNER</u> BREADED VEAL MASHED POTATOES w/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL CRANBERRIES BIRTHDAY CAKE
15 CLOSED 	16 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER FRESH FRUIT	17 BAKED HAM MACARONI & CHEESE MIXED VEGGIES GARDEN PEAS CINNAMON APPLESAUCE	18 SLOPPY JOES ON A BUN BAKED BEANS COLESLAW SWEET PEACHES	19 FISH PATTY w/TARTAR SCALLOPED POTATOES HERBED CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES
22 HUNGARIAN GOULASH GREEN PEAS PICKLED BEETS APRICOTS	23 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRESH FRUIT	24 TURKEY NOODLE CASSEROLE MIXED VEGETABLES BRUSSELS SPROUTS FRUIT CRISP	25 SWEDISH MEATBALLS BROWN RICE WINTER SQUASH TOSSED GREEN SALAD w/GARBANZOS BLUSHING PEARS	26 PORK FRITTER ON A BUN BAKED POTATO WEDGES VEGGIE BLEND BAKED APPLES
		LOW FAT MILK IS SERVED EVERY DAY TO HOME DELIVERED MEAL CUSTOMERS		

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.

JOIN US FOR VIRTUAL EVENTS

The virtual events offered by Rocky's Area IV continue to gain momentum. You can find the full schedule of events on our website at www.rmdc.net/events/. Please don't forget we have iPads with built-in internet connectivity available to borrow; you can contact Michele Mathot at 406-441-3985 to get set up.

Morning Chat Tuesdays and Thursdays at 9:00 AM

This is a chance to grab your coffee, your tea, your pop, your ice water, etc.,

and get together for an informal chat about life, your cats, your new fence, your dog, your favorite playground equipment, your grandkids, your '57 Chevy, your garden, your favorite piece of folk-art... You get the idea; whatever comes up in conversation!

Gentle Yoga Tuesdays at 11:00 am

Stay in your chair and move! This yoga class will be gentle. We will move through a series of 'poses' to open our joints, align our bodies and allow for better breathing. With the chair for support, we will move mindfully and carefully. Please have a sturdy chair and a belt or towel available.

PopKnowledge! Wednesdays at 1:00 PM

Brought to you by Montana locals on a wide variety of topics. With the variety we are planning, some of the topics are bound to pique your interest! Also, if you know someone who is willing to present on a topic you think would interest others, please have them give Maria a call at 406 457-7368. Upcoming topics include:

- January 6, 2021 - Backyard Birding with Montana FWP
- January 20, 2021 - Growing Up on the Crow Reservation with Lorretta Lynde
- February 3, 2021 - Montana Livestock Brands and Stories with Zoe Anne Stoltz of Montana Historical Society

STRIKES AND SPARES!

By Rod Applegate
Senior Nutrition and Transportation
Program Director

How many remember the good old days when bowling was not just a sport, but instead an outing for the entire family? Many Saturday nights I remember loading into the car with my sister and parents, and heading off to Imperial Lanes. Once there, I remember walking through the front doors, hearing the clatter of automatic pinsetters, bowling balls, laughter, conversation and that unmistakable smell of French Fries from the snack bar.

The first thing to do was to put your names on a reservation list, find a seat, and eagerly wait your turn to bowl. Of course, open bowling was after the evening leagues finished. The long wait gave us plenty of time to hunt through the many bowling ball racks for that ball that fit our fingers “just right”! For me, it was a special one with speckles on it, and for my younger sister, one with a yellow star. I always “hoped” I could find the same one I had used last time.

The lanes were always full, and the wait seemed like eternity. It was usually after 9:00 p.m. (or even later) until we heard over the loud speaker, “Applegate, your lane is ready”. The excitement built as we gathered our multi-color rented bowling shoes from the front desk and hurried down to our lane. By that time, Mom and Dad had already put on their bowling shoes (they had their own bowling ball and shoes) and my Dad had spent several quarters shining up his ball in the “Lustre King” ball polisher. He was convinced this would help bring all the strikes he needed.

We agonized over who got to bowl first, and who was in charge of writing the names on the plastic overhead bowling sheets with those yellow-waxed pencils. We enjoyed keeping score, and took great pride in making sure we did not make any mistakes. For many of us, I am convinced this helped enhance our grade school math skills. It was sad to see the overhead projectors and plastic sheets leave as automatic scorers were introduced.

After two or three games, and what seemed way too fast, the night was over. Sometimes it would end with bragging rights on a particular high score or about a special shot, but always there was a sense of sadness that the night was finished. I moved a little slower as I returned my shoes to the front counter and returned my special ball back to the rack. Thankfully, Mom and Dad always did the paying, as I am sure my sister and I had likely spent all our money on a special treat from the snack bar or candy machine.

Throughout our years, we would wait for the weekends, when we hoped we could talk our parents into making that same drive into town. As we grew older, the typical Santa or birthday gift request was for our own bowling ball and bag. I will never forget my first bowling ball, with my name engraved on it! I remember carrying it like a prized possession, every time I walked into the bowling center. Throughout my bowling years, it was the first of many bowling balls that I would own.

In our family, the fun of bowling continued to pass down through the generations. My sister and I have hung up our competitive bowling shoes and we have allowed my nieces and nephews to take on the charge for our family. While the Lustre King and wax pencils are long gone, the thrill of throwing that strike and knocking down all the pins, or picking up that annoying 7 or 10 pin for a spare remains in our memories.

Throughout the years, bowling has taught me patience, determination and sportsmanship. Our family was blessed with many individual bowling accomplishments and awards, but none compare to the pinnacle of when our family was honored and inducted into the Montana Bowling Hall of Fame as the bowling family of the year, several years ago.

I know that many of you, like myself, have wonderful memories of bowling at one of the historic Helena bowling centers. Whether it was in the early days of Central Lanes, Capital Lanes, Imperial Lanes, Capital City Bowl, Crossfire Lanes or the current Sleeping Giant Lanes, the memories for us remain vivid, as if it were just yesterday.

Rocky would love to have you share YOUR bowling stories with us, to include in future editions of the Voice of Experience (VOE).

CAPITAL LANES - 1949 to 1957 **2311 N. Montana Avenue**

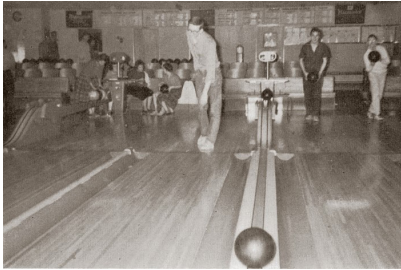
Capital Lanes opened in 1949 at the corner of Montana Avenue and North Last Chance Gulch. (Across the street from the current Godfather's Pizza). The new 12-lane alley featured state-of-the art equipment including Tel-E-Score systems to project scores overhead, electronic foul lights, horseshoe seating for bowlers, theatre -type spectator seating and a lunch counter. In the early morning hours of March 20, 1957, a fire of unknown origin destroyed Capital Lanes.



IMPERIAL LANES - 1957 to 1984
607 Roberts
(Site of prior J.C. Penney's store)

Imperial Lanes opened in August of 1957 at 607 Roberts, between 11th Avenue and Prospect Avenue. The 16-lane alley was the third one of this type in Western Montana, to be built that same year. Imperial Lanes featured a modern Tel-E-Score system and automatic pinsetters. Imperial Lanes also featured a snack bar and parking space to accommodate 300 cars

Imperial Lanes was demolished in 1984 to make way for the construction of a new J.C. Penney Co. store at the west end of Capital Hill Mall.



Bowling at Imperial Lanes, Helena High School "Vigilante" yearbook, 1961



Imperial Lanes Snack Bar – Courtesy of Kennon Baird Collection



Google Map View of the Imperial Lanes Site, 2012

CAPITAL CITY BOWL - 1958 to 2008
14 W. 14th Avenue
(Current site of Montana State Fund Building)

Capital City Bowl opened its doors at 14 West 14th Avenue in August of 1958, entering into competition with the larger (16-lane) Imperial Lanes, which had opened in 1957. Capital City Bowl was a 12-lane center

with a lounge and Mezzanine Floor for spectators. Bowling was more popular in the 1950's than it is today partly because it is a TV-friendly sport and everybody was TV crazy at the time.

Capital City Bowl sold in August of 2005 and demolished in 2008.



Photo courtesy of David Burton



Photo courtesy of J. M. Cooper



Current Site of Montana State Fund

For additional information on Helena's historic bowling centers or other Helena landmarks, please visit the website: www.helenahistory.org.

NEW YEAR'S REFLECTION

By Shawna Donaldson
Senior Nutrition
Program Manager

As we close the door on 2020, many are ready to put this year behind us. It has been a year like no other. It's easy to focus on the pandemic and all the things we couldn't do. I've been taking time to reflect on what was good in 2020, as it wasn't all bad, even considering the pandemic.

This past year has forced us to slow down. Many have picked up new hobbies, or resumed old hobbies we've set aside. We've had more time to read, practice better health, and prepare more home-cooked meals and baked goods. Many have found time to get to the tasks around the home that needed to be done and we didn't want to do or couldn't get to (cleaning out closets, home repairs, etc). We've checked in with our neighbors and family members more often, and written letters to those we care about to brighten their day when they open the mailbox. We've spent more time in the great outdoors, enjoying the beauty of Montana and the sunshine on our faces. We've had socially-distanced visits over fences, through doors and windows, in the outdoors distanced in our chairs, in cars, and via computer. Facetime, Zoom, Teams, and Skype have helped us to see each other when we can't be physically together. We've celebrated birthdays, anniversaries, new babies, marriages, and other milestones and successes with drive-by celebrations and virtually. We've cared about others by wearing masks, and staying home to keep each other as safe as possible. Despite the obstacles the pandemic put in our way, we've done our best to be creative and stay in touch and healthy and connected.

As we enter the new year of 2021, I encourage you to take some time to reflect on the positive aspects of 2020 in your life. Think of the good things you have started or picked up again and what you would like to keep doing once the pandemic is over. My hope as you think of 2020 is that you will smile at the memories and remember there is always something good to be thankful for.

As we start 2021, continue masking up, social distancing, and keeping your circle small, as we look forward to the day when we can all be together again.

NEW YEAR'S POEM

At the sound of the tolling midnight bell
a brand new year will begin.
Let's raise our hopes in a confident toast,
to the promise it ushers in.

May your battles be few, your pleasures many,
your wishes and dreams fulfilled.
May your confidence stand in the face of loss
And give you the strength to rebuild.

May peace of heart fill your days
may serenity grace your soul
May tranquil moments bless your life
and keep your spirit whole.



Thoughtfully designed, affordable, and safe senior and disabled housing in Lewis & Clark, Jefferson and Broadwater counties.
*All phone numbers utilize TTY 711
Learn more at www.rmhc.net

RED ALDER RESIDENCES
1-406-447-1680
Helena, Montana

EAGLE MANOR RESIDENCES
1-406-442-0610
Helena, Montana

PTARMIGAN RESIDENCES
1-406-461-9849
Helena, Montana

PHEASANT GLEN RESIDENCES
1-406-461-9849
Helena, Montana

RIVER ROCK RESIDENCES
1-406-461-9849
Helena, Montana

ROCKY MOUNTAIN FRONT PROPERTIES
1-406-438-7125
Augusta, Montana

BIG BOULDER RESIDENCES
1-406-438-5611
Boulder, Montana

TOWNSEND HOUSING
1-406-437-4411
Townsend, Montana



AREA IV HAS FREE LIFELIKE ROBOTIC PETS AND BRAIN STIMULATION TOOLS

Through funding from the CARES act and Blue Cross Blue Shield, the Area IV Agency on Aging of Rocky Mountain Development Council, Inc. has free, lifelike robotic pets and brain stimulation tools available to relieve symptoms of loneliness and social isolation caused by the Covid-19 pandemic.

National studies have shown the companionship of robotic pets can provide comfort, especially to individuals affected by dementia, Alzheimer's, and other cognitive disorders. Robotic pets and brain stimulation tools are available for free to qualified recipients age 60 and over in Broadwater, Jefferson, Gallatin, Lewis & Clark, Meagher, and Park counties upon completion of a simple application.

Please contact the Area IV Agency on Aging at 1-800-551-3191 for more information.



Area IV has **DURABLE MEDICAL EQUIPMENT**

The Area IV Agency on Aging of Rocky Mountain Development Council has durable medical equipment (DME) to loan for anyone in need. Additionally, Area IV will accept donations of DME.

If you would like to borrow equipment or arrange a donation drop-off, please contact Michele Mathot at mmathot@rmdc.net or 406-441-3985.



LEARN WITH INTENT EVENTS

LEARNING with INTENT! is a FREE educational series open to all LOUD Crowd® members, their loved ones and anyone in the Montana community interested in educating themselves with anything and everything related to Parkinson's disease. Sessions are led by one of Speech Therapy Solutions Montana licensed speech-language pathologists and select LOUD Crowd® members. Format will include, but is not limited to, shared viewing of educational topics or videos and open discussion. Guest speakers are featured every month. Learning with intent is scheduled on the last Thursday of every month from 10:30 to 11:30 AM. Please contact Daylinda Radley (dradley@speechtherapymontana.com) or Julia Read (jread@speechtherapymontana.com) at (406) 422-4213, should you wish to register. Events are all held virtually as of this time.

**January focus: Let's talk about MEDICARE
January 28, 2021, Thursday, 10:30 to 11:30 AM**

Guest speakers: Saundra Lowry and Barb Gilskey
Ms. Lowry and Ms. Gilskey are both MEDICARE specialists and advisors from the Area IV Agency on Aging. The Rocky Mountain Development Council offers many free and invaluable senior-focused services including counseling and education services to help navigate the complicated world of Medicare.

**February focus: "Speak as Though You Are Singing"
February 28, 2021, Thursday, 10:30 to 11:30 AM**

Guest speaker: Dan Comstock

Dan received his Doctor of Musical Arts degree in conducting from the Claremont Graduate University in Southern California and his Master and Bachelor of Arts degrees in music from California State University, Los Angeles. In addition to being a conductor and vocalist, he

has taught music from the elementary through university levels. Dan has been providing workshops to Parkinson's groups since 2015 and virtually since 2019. Before coming to Montana, Dan served as Assistant Professor of Music at Western New Mexico University.

For more information contact:

Julia Read
LOUD Crowd® Lead Clinician
jread@speechtherapymontana.com
(406) 422-4213

Daylinda Radley
Administrator
dradley@speechtherapymontana.com
(406) 422-4213

WHAT IS LOUD Crowd®?

LOUD Crowd® is a weekly group-focused therapy for individuals with Parkinson's who have completed the SPEAK OUT! ® program. It is designed to be a maintenance program that promotes accountability and camaraderie and offers support and education. Speech Therapy Solutions Montana is the only clinic in Montana offering this program in partnership with Parkinson Voice Project. Speech Therapy Solutions Montana is located at 2615 Colonial Drive, Ste A, Helena, MT 59601. Find us on Facebook or visit us at <http://www.speechtherapymontana.com/>.



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

Myrna Loy Theater Helena Senior Center JANUARY-FEBRUARY 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.

IPADS FOR LOAN

Have you always wanted to take a look at our online classes for things like yoga, but didn't have the technology to make it happen?



Rocky's Area IV Agency on Aging has iPads with built-in Internet connectivity for you to borrow!
Call Michele at 406-441-3985 to check one out!

COMMODITY FOOD FOR QUALIFYING SENIORS

COMMODITIES SCHEDULE

Townsend, MT
Monday, January 25
2:00 pm - 3:00 pm

East Helena, MT
Monday, January 25
2:00 pm - 3:30 pm

Wolf Creek, MT
Tuesday, January 26
9:30 am - 10:30 am

Augusta, MT
Tuesday, January 26
12:30 pm - 1:30 pm

Elliston, MT
Wednesday, January 27
9:30 am - 10:00 am

Avon, MT
Wednesday, January 27
10:30 am - 11:00 am

Lincoln, MT
Wednesday, January 27
12:30 pm - 1:00 pm

Whitehall, MT
Thursday, January 28
11:00 am - 12:00 pm

Boulder, MT
Friday, January 29
9:30 am - 10:30 am

White Sulphur Springs, MT
Monday, February 1
11:00 am - 12:00 pm

Helena, MT @ Food Share
Wednesday, January 27
8:00 am - 10:30 am

Thursday, January 28
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

Usually, by the time the new year is rolling around I'm feeling astounded that yet another year has passed. As this challenging year winds down, I can't help but look forward to what 2021 will have in store. However, there are highlights from 2020 of which we are very proud of at Rocky.

2020 accomplishments largely came from adapting our services to accommodate the changes COVID-19 has forced on us. Our Meals on Wheels program saw almost a 30% increase in meal deliveries compared to 2019. Area IV launched numerous virtual events so we can still be together while socially distancing. Red Alder Residences welcomed our first tenants, and is preparing to have the rest of the project completed next spring. Our LIEAP program has also tackled a large number of power bill assistance applications as many face financial hardship

caused by the pandemic. Thinking of major accomplishments like those makes me inspired to be part of an organization providing so much relief.

I would like to thank all of those who contributed to our end-of-the-year fundraising campaign. Your support goes a long way in helping us continue to provide excellent community services.

Lastly, I would like to say happy new year to all of you! We can't wait for the day we are allowed to safely welcome you all back to senior centers. We have missed you dearly.



Lori Ladas, C.P.A.
Executive Director

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JOIN THE FAMILY

It's easy to forget that fundraising is such an essential part of how Rocky is able to provide the vast community support our programs are able to offer. We never would have arrived at this point without the gracious support of donors. If you have ever given to Rocky, we would like to thank you for making our achievements a possibility.

Signing up to make a monthly gift is one of the strongest ways to sustain Rocky's impact in the community for many years to come. Becoming Part of the Rocky Family for as little as \$5 per month will go a long way in furthering our mission of

striving to improve quality of life
and promote self-sufficiency for
individuals and families.

If you are interested in becoming Part of the Rocky Family, you can visit www.rmhc.net/family.html. Or to receive more information, feel free to call 406-457-7323 to speak with Kathy Marks.

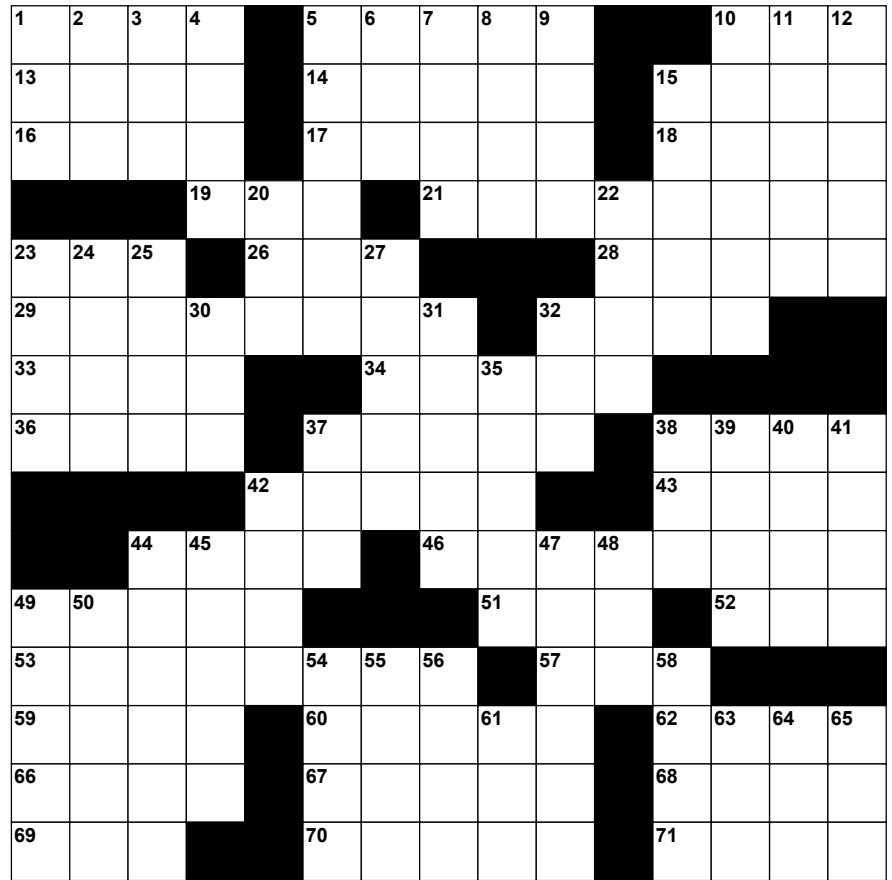


Kathy Marks
Operations
Director
Room 208C
Neighborhood Center

ACROSS

- 1 American oriole
- 5 Lotion ingredients
- 10 Resort hotel
- 13 Siamese
- 14 Shred (2 wds.)
- 15 Actor Alda
- 16 Pops
- 17 Musical production
- 18 Marketplace
- 19 Short-term memory
- 21 Small pieces of colored paper
- 23 Aged
- 26 Type of meat
- 28 Does what their told
- 29 Greek god of wine and revelry
- 32 Frost
- 33 Presentation
- 34 Word with home or in
- 36 Took to court
- 37 New Year's Day
- 38 Interbreeding population within a species
- 42 Ticket
- 43 Among
- 44 Appearance
- 46 Fatiguing
- 49 Before
- 51 Evening
- 52 Ball holder
- 53 Water rodents
- 57 Inclined
- 59 Island
- 60 Desert plants
- 62 Belief
- 66 Germ
- 67 Pathway
- 68 Thaw
- 69 Dress edge
- 70 Brass instruments
- 71 Women's magazine

HAPPY NEW YEAR!



Answers on Page 12

By Evelyn Johnson - www.qets.com

DOWN

- 1 Limited (abbr.)
- 2 Expression of surprise
- 3 Really cool
- 4 Press with lips as a sign of love
- 5 Fragrances
- 6 Mouth part
- 7 Organization of Petroleum Exporting Countries
- 8 European monetary unit
- 9 Bridge
- 10 Character on "Saved by the Bell"
- 11 Celebration
- 12 Those who are opposed
- 15 One-celled water animal
- 20 Scriptural your
- 22 What is served for meals
- 23 Chances of winning
- 24 In __ of (instead of)
- 25 Covered stadium
- 27 What an orchestra makes
- 30 Affirmative gesture
- 31 Drinking aid
- 32 Party favor
- 35 _____ Lauder makeup
- 37 Merriment
- 38 Time period
- 39 Give off
- 40 Get from the earth
- 41 Verge
- 42 Elk's cousin
- 44 Believer in Islam
- 45 Annoyed
- 47 Uses
- 48 Representative
- 49 Christian sect that separated from the Mennonites
- 50 Igniter
- 54 Hormone
- 55 Tropical edible root
- 56 Blemish
- 58 What a clock tells
- 61 Can metal
- 63 Delaware
- 64 Wing
- 65 Dined



Solution:

1	L	A	R	K		5	A	L	O	E	S		10	S	P	A
13	T	H	A	I		14	R	I	P	U	P		15	A	L	A
16	D	A	D	S		17	O	P	E	R	A		18	M	A	R
				19	S	20	T	M		21	C	O	N	22	F	E
23	O	L	D		26	H	A	M		27				28	O	B
29	D	I	O	N	30	Y	S	U	S		32	H	O	A	R	
33	D	E	M	O			34	S	T	35	E	A	D			
36	S	U	E	D		37	F	I	R	S	T		38	D	E	M
					42	D	U	C	A	T		43	A	M	I	D
			44	M	45	I	E	N		46	W	E	47	A	R	Y
49	A	F	O	R	E					51	E	V	E		52	T
53	M	U	S	K	R	54	A	T	S		57	A	P	58	T	
59	I	S	L	E		60	C	A	C	61	T	I		62	I	D
66	S	E	E	D		67	T	R	A	I	L		68	M	E	L
69	H	E	M			70	H	O	R	N	S		71	E	L	L