

Rocky Mountain Development Council, Inc.

VOICE OF EXPERIENCE



VOLUME 54 | MARCH - APRIL 2020

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

MARCH FOR MEALS

Rod Applegate
Senior Nutrition and Transportation Program Director

Through the heat, rain, mud, snow and ice, Rocky's Meals on Wheels (MOW) program is on the move to make sure our clients are well taken care of. If you happen to see one of our vehicles with "Meals on Wheels" painted on the side running around your community and think to yourself, "what is that all about?," let me share with you a little bit about the program.

The Meals on Wheels program originated in Great Britain as a way to feed injured service men who could not feed themselves or leave their homes. This model expanded into the United States and the first program originated in Philadelphia in 1954; designed to target home-bound seniors who needed meal assistance.

Since 1954, the National Meals on Wheels program has grown to have operations in virtually every community in American with over 5000 independently run local programs. Rocky is proud to be one of the programs. In the United States over 40 million people, or 12.5% of our population, struggle with food insecurity. This means that within our own neighborhoods, we likely have neighbors and friends who are struggling or lack food.

Currently, Rocky's MOW program operates out of six locations (Augusta, Boulder, Lincoln, Townsend, Whitehall and Helena) and delivers meals five days per week to qualifying seniors. (Boulder delivers three days per week). With a dedicated group of kitchen staff, drivers and volunteers, over 230 meals are prepared and delivered daily. This means annually, Rocky delivers over 60,000 meals.

However, it is not just those 60,000 healthy nutrition meals that makes a difference. It is much more. It is the daily smile, friendly conversation and invaluable safety check, which our drivers and volunteers provide to clients. This ultimately helps eliminate social isolation and allows our clients to remain independent in their homes for as long as possible.

If you know friends and neighbors who are 60 years or older and may be in needs of these services, please contact Rocky MOW at (406) 447-1680.



If you are looking for a different kind of New Year's Resolution and are interested in sharing your time and energy to volunteer for this program, please contact Maria Murphy at 457-7376, Shawna Donaldson at 457-7361 or visit our Rocky volunteer page at www.rmhc.net.

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PO Box 1717
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Phone: 406-447-1680
1-800-356-6544

HELENA/EAST HELENA DDC MENU

MARCH 2020-MEALS SERVED FROM 11:00 – 12:30
For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT CUP	3 CALICO BEANS CARROT COINS PICKLED BEETS WHOLE GRAIN ROLL FRESH FRUIT (HDM)	4 OPEN FACE PORK SANDWICH W/GRAVY MASHED POTATOES GREEN PEAS BAKED APPLES	5 ZITI NOODLES W/MEATBALLS GARLIC BREAD GOLDEN CORN JUICY PEACHES CARROT RAISIN SALAD (HDM)	6 <u>BIRTHDAY DINNER</u> BREADED VEAL MASHED POTATOES W/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL CRANBERRIES CAKE & ICE CREAM *NO SALAD BAR*
9 MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES	10 PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE FRESH FRUIT (HDM)	11 CAPRESE CHICKEN BREAST BUTTERED ROTINI CREAMED SPINACH CARROT COINS PINEAPPLE	12 POTATO, VEGGIE & CHEESE EGG BAKE VEGETABLE MIX WHOLE GRAIN ROLL SWEET PEACHES TOSSED GREEN SALAD W/BEANS (HDM)	13 <u>ST PATRICK'S DAY</u> CORNED BEEF & CABBAGE POTATOES & CARROTS BLARNEY STONE ROLL GOLDEN PEARS GREEN DREAM JELLO SALAD
16 OVEN BAKED CHICKEN WILD RICE PILAF SWEET YAMS GREEN BEANS MANDARIN ORANGES	17 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER FRESH FRUIT (HDM)	18 BAKED HAM MACARONI & CHEESE MIXED VEGGIES GARDEN PEAS CINNAMON APPLESAUCE	19 SLOPPY JOES ON A BUN POTATO WEDGES BAKED BEANS SWEET PEACHES COLESLAW (HDM)	20 CLOSED ALL STAFF MEETING 
23 HUNGARIAN GOULASH GREEN PEAS PICKLED BEETS APRICOTS	24 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRESH FRUIT (HDM)	25 TURKEY NOODLE CASSEROLE MIXED VEGETABLES BRUSSELS SPROUTS FRUIT CRISP	26 SWEDISH MEATBALLS BROWN RICE WINTER SQUASH BLUSHING PEARS TOSSED GREEN SALAD W/GARBANZOS (HDM)	27 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES VEGGIE BLEND 4 BEAN SALAD
30 SALMON LOIN W/ CREAMY DILL MUSTARD SAUCE WILD RICE MIXED VEGETABLES GREEN BEANS SWEET PEACHES	31 PEPPER STEAK ROASTED POTATOES CAULIFLOWER MANDARIN ORANGES FRESH FRUIT (HDM)	<i>Low fat milk is served daily in the Daily Dinner Club and delivered on Monday, Wednesday and Friday to Home Delivered Meals (HDM).</i>	Congregate meals in Helena have a full salad bar unless otherwise stated. 	

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.

AREA IV CLASSES

Late-winter is a busy time for the outreach wing of Area IV Agency on Aging. In the coming months, we will be offering multiple Welcome to Medicare sessions, as well as a series of Stepping On courses.

Welcome to Medicare

People who are preparing to enroll into or are new to Medicare are invited to attend a “Welcome to Medicare” session on February 26 from 1:00-2:00 pm in the large meeting room at St. Peter’s Health. This “Welcome to Medicare” session is intended for individuals who have recently, or will soon turn 65. This presentation may also be of interest to others navigating Medicare such as caregivers or family.

Dates: March 7 and April 25

Stepping On

In seven weekly, 2-hour sessions, Stepping On gives participants strategies for avoiding falls including balance and strength exercises, home safety check suggestions, medication review, and more. Guest experts including a physical therapist, pharmacist, and others visit over the course of the seven sessions, providing fall prevention information and strategies for avoiding a fall. The first class is on March 9 at the Helena Senior Center from 2:00-4:00 pm.



If you would like to register for Stepping On or have questions about the Welcome to Medicare sessions, please contact Michele Mathot at 406-441-3985 or mmathot@rmdc.net

HELENA/EAST HELENA DDC MENU

APRIL 2020-MEALS SERVED FROM 11:00 – 12:30

For Additional Information Call 447-1680 Helena

April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CHICKEN A LA KING BUTTERMILK BISCUITS COUNTRY BLEND VEGGIES FOUR BEAN SALAD APRICOT HALVES	2 MEATLOAF MASHED POTATOES w/GRAVY WHOLE GRAIN ROLL MIXED FRUIT CUP CARROT RAISIN SALAD (HDM)	3 CHILI DOG ON A BUN SWEET CORN CARROT COINS GOLDEN PEARS
6 BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES PICKLED BEETS PINEAPPLE	7 HAMBURGER ON A BUN CARROT COINS BAKED BEANS FRESH FRUIT (HDM)	8 ROASTED PORK IN GRAVY MASHED POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL BAKED APPLES	9 TURKEY HASH OVER POTATOES SWEET PEAS WHOLE GRAIN BREAD BLUSHING PEARS TOSSED GREENS w/BEANS (HDM)	10 <u>EASTER DINNER</u> BAKED HAM SCALLOPED POTATOES GLAZED CARROTS WG ROLL PEACH CRISP *NO SALAD BAR*
13 MOCK CHOP SUEY BROWN RICE CAULIFLOWER PICKLED BEETS SWEET PEACHES	14 BISCUITS & SAUSAGE GRAVY POTATO WEDGES MIXED VEGGIES FRESH FRUIT (HDM)	15 TATER TOT CASSEROLE CARROT COINS BEAN MEDLEY FRUIT CUP	16 BAKED COD w/TARTAR RICE PILAF ZUCCHINI SQUASH APRICOTS COLESLAW (HDM)	17 <u>BIRTHDAY DINNER</u> CORDON BLEU WILD RICE GREEN BEANS GARDEN MIX VEGETABLES CRANBERRIES CAKE & ICE CREAM *NO SALAD BAR*
20 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS	21 CHICKEN NOODLE CASSEROLE VEGETABLE BLEND LIMA BEANS FRESH FRUIT (HDM)	22 ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSELS SPROUTS CRANBERRIES	23 SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES PLUMP PEACHES GREEN SALAD w/GARBANZOS (HDM)	24 POLISH SAUSAGE ON A BUN SAUERKRAUT BABY RED POTATOES GREEN BEANS MANDARIN ORANGES
27 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES	28 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL FRESH FRUIT (HDM)	29 CHILI CON CARNE CORN BREAD MIXED VEGETABLES PARSLEY CARROTS BLUSHING PEARS	30 FISH PATTY w/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER CARROT RAISIN SALAD (HDM)	Congregate meals in Helena have a full salad bar unless otherwise stated. Low fat milk is served every day at congregated sites and delivered every Monday, Wednesday and Friday to home delivered meals (HDM).

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.
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Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$7.00.

CRAFT CASE

Thank you to everyone who helped make our January and February Craft Case sales very successful. We had many wonderful donations. The Craft Case sales raised \$2,233.29 in 2019.

The next craft case sales will be March 13, 2020 and April 10, 2020 during the birthday meals. You can bring in your donations any time and leave them in the Parlor.

Please remember we do not accept large items like furniture and appliances, and we cannot accept clothing or bedding. We are always very grateful for donations. All money raised by the Craft Case sales go directly into the Senior Center, which is managed by the Senior Advisory Council. If you have any questions please contact Faith Franklin, Senior Center Program Coordinator.

ROCKY CLOSURES

Rocky will be closed on **March 20** for All Staff Day, so there will be no Meals on Wheels, Transportation, or access to the Daily Dinner Club or Senior Center on these days.

If you receive Meals on Wheels or need a meal from the Daily Dinner Club, please don't forget to call ahead and reserve an extra or frozen meal, if needed. You can contact Senior Nutrition at 406-447-1680.

SENIOR CENTER ACTIVITIES

March - April

MONDAYS

9:30 am – Jennie’s Arthritis 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

12:30 pm - Hand & Foot - Parlor

1:00 pm – Pinochle – Card Room

*Pinochle Tournament Dates: March 2 & 3

1:00 pm - Cribbage - Parlor

1:00 pm – Bridge – Dance Floor

WEDNESDAYS

9:00 am - Senior Advisory Council Meeting

(fourth Wednesday of each month)

10:45 am – Tai Chi Exercise Class

12:30 pm - Hand & Foot - Parlor

1:00 - 3:00 pm – Bingo – Dining Room

THURSDAYS

9:00 – 10:30 am – Coffee & Rolls – Dining Room

9:00 am - 12:00 pm - AARP Tax Aid - Card Room,
Parlor, and Foyer

9:45 am – Line Dancing – Dance Floor

12:30 pm - Hand & Foot - Parlor

1:00 pm - Wood Carving – Dance Floor

FRIDAYS

9:30 am – Jennie’s Arthritis Exercise Class

10:45 am – Tai Chi Exercise Class - Card Room

12:30 pm - Create-A-Craft - Card Room

SATURDAYS

9:00 am - 12:00 pm - AARP Tax Aid - Cardroom,
Parlor, and Foyer

SUNDAYS

1:00 pm – Pinochle – Card Room

HAVE AN IDEA FOR AN ACTIVITY?

If you have an idea for an activity that isn’t currently offered, such as a dance class, card game, art class, etc., please contact Faith at 406-457-7318 or ffranklin@rmdc.net.

SENIOR ADVISORY COUNCIL UPDATE

We would like to introduce you to the 2020 Senior Advisory Council. They are an important part of the Rocky Mountain Development Council family and are responsible for the many activities and experiences provided at the Senior Center. The Senior Advisory Council oversees and plans the day trips and is actively involved in helping to raise money through various activities: the Craft Case, the Summer Bazaar and other events that happen throughout the year. The Senior Advisory Council is also committed to raising awareness and concerns directly related to the Senior Center.

This year our officers are Walt O’Hara, President and Fran O’Hara, Vice President and Treasurer. The Senior Advisory Council meets most months throughout the year on the fourth Wednesday of the month from 9:00 – 10:00 am. During meetings there is a lot of discussion, planning and addressing the things important to the Senior Center. Other regular members on the Council include Ann McKenzie, Francys Bryant,

Bill Mattfeldt, Jeannette Mattfeldt, Elaine White, Rick White, Rita Newman, Christine Pena, Shirley Bennett, Kay Larson, Carol Cook, Kathy Schmit, Kris Bowles, Marilyn Roehl, and Charlotte Carman. Guests are always welcome.

Thank you to our council members. We are looking forward to another year filled with fun day trips, center activities, and other special events that unfold throughout the year. The next Council Meetings are March 25 and April 22.

NEW BEAUTY SERVICES TO BE OFFERED

If you would like to have a relaxing experience getting your nails done at the Helena Senior Center, local business owner and manicurist Bettina McAllister will now be offering this service. The service will be offered in the basement of the Rocky Neighborhood Center from 1:00-4:00 pm on the following dates:
March 23 & 30
April 20

For more information, contact Faith at (406)- 457-7318 or ffranklin@rmdc.net.

HELENA COMMUNITY CONNECTIONS

Helena Community Connections (HCC) is a 501(c)3 non-profit that's been active in the Helena area for about three years. HCC provides life enrichment for folks over fifty. Programs include Bridges Buffet, a monthly education series, and a catered buffet lunch. Bridges Buffet is offered in March, April and May in 2020. A five dollar program donation and non-perishables for Helena Food Share are suggested contributions for program participation. Bridges Buffet happens on the first Wednesday of the month. Topics vary.

Cranium Café (CC) is another HCC program that's offered in the same months as Bridges Buffet. CC is education and fun brain health workshops. Quizzes, puzzles and enrichment are provided along with refreshments. Please bring your own brown bag lunch. CC occurs on the third Wednesday of the months shown above. A continuing video series on brain health is shown. Nanette Whitman-Holmes, Life Enrichment Director at Touchmark, facilitates each event. There is no cost for Cranium Café participation. Non-perishables for Helena Food Share are always suggested donations.

Gentle Ways, a gentle yoga program for older people, happens each Tuesday and Thursday mornings from 9:30 am to 10:30 am. Please dress appropriately for Gentle Ways and bring your own yoga mat. Non-perishables for Helena Food Share, in lieu of a program fee, is all that you need to participate. Gentle Ways is offered year round and is taught by retired yoga instructors.

My Destiny is the final HCC program offered once once in the spring of 2020. My Destiny is taught by Dr. Marsha Goetting from MSU Extension, Bozeman. My Destiny programs are all about planning for your legacy, in a legal way. The workshops are both free. Refreshments will be provided.

All HCC programs happen at Covenant United Methodist Church's social hall at 2330 East Broadway, Helena (across from St. Peter's Health emergency entrance).

All events are handicapped accessible. Please check out www.bridgeshcc.org to find more information, online registration information and phone registration (1-877-926-8300).

SPIRIT OF SERVICE 2020

Spirit of Service (SOS) is an annual "Spring Cleaning" event promoted by local businesses and organizations. This year on June 4, 2020 (rain backup day is June 10, 2020) program volunteers will invest up to an entire day helping homeowners by performing yard work or minor maintenance on their homes. The home must be owner-occupied and the homeowner must be unable to do the work due to age or other limitations. While there are no income guidelines for this program, we do require completion of a demographic/income form for statistical purposes. Homes must be located in Helena, East Helena, or the Helena Valley. Priority will be given to homeowners who have not been helped within the last three years.

The service is free of charge to the homeowners. The organizations involved provide the tools, labor and materials required to do the work. The work the volunteers perform is limited to typical spring cleaning chores such as grass cutting, hedge trimming, raking, trash removal, window washing, cleaning of rain gutters, and some painting. Interior work is not a part of the program and volunteers are restricted from entering the homes. The volunteers come from various businesses and organizations in the Helena area, and are not trained construction, painting, and/or landscaping professionals. If you feel that you or someone you know would be eligible for this service, please call Tommy Driscoll at Rocky Mountain Development Council, Inc. at 406-457-7377. You can also mail or bring the application materials to the following address:

Rocky Mountain Development Council, Inc.
SOS Program
200 South Cruse Avenue
PO Box 1717
Helena, MT 59624

ALZHEIMER'S ASSOCIATION EDUCATION

By Keri Yoder
Alzheimer's Association
Community Outreach Coordinator

The Alzheimer's Association Montana chapter will be presenting a series of education programs in April and May in Helena. The programs are free and open to the public. The programs will be held at Touchmark on Saddle Drive, 915 Saddle Drive. The presentations will begin at 2:00 pm. They usually last one hour but may last longer if there is active dialogue between audience and educator during the presentation. Refreshments will be provided. You may RSVP for one or all of the presentations by calling 800-272-3900 or alz.org/CRF.

- April 23, 2020 Understanding Alzheimer's & Dementia
- April 30, 2020 Effective Communication Strategies
- May 7, 2020 Understanding and Dementia-Related Behavior
- May 14, 2020 Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

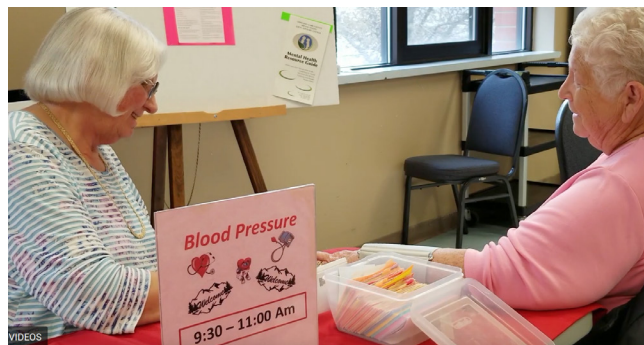
The Alzheimer's Association wants you to know that no one is alone in the Alzheimer's journey. More than five million Americans are living with Alzheimer's disease. Over 21,000 in Montana are living with the disease. Another 50,000 family members and friends are providing their care-many unpaid and while managing work and families. There are people who understand what you're going through, and there is help available for support and planning ahead for what's to come. Visit the Alzheimer's Association Website at alz.org or call the 24/7 Helpline at 800.272.3900. There are care consultants available to talk any time of day or night, seven days a week-365 days a year. There is never a cost and every call is entirely confidential.

alzheimer's  association®

800.272.3900 | alz.org®

BE WELL CLINIC

The Be Well Clinic is up and rolling at the Helena Senior Center. Every Thursday, from 9:30 to 11:00, in the basement of the Neighborhood Center (Room 13), you will find the helpful and smiling Be Well Clinic Volunteers. They can assist you in developing or maintaining your good health! Services available are: height and weight measuring; acuity vision tests, and blood pressure monitoring. They also have a lot of good information about all aspects of senior medical and wellness concerns. No appointment needed.



BINGO

Join us every Wednesday at 1:00 p.m. for Bingo! Wednesday Bingo at the Helena Senior Center is a wonderful time for folks to gather and have fun with friends. You can win money, a free lunch, free bingo play, gift certificates, and other prizes.

Hope to see you on Wednesdays!



HEALTH SERVICES AT THE HELENA SENIOR CENTER

BE WELL CLINIC

The new Be Well Clinic will include blood pressure, weight, and vision checks, as well as a review of medications. There is no charge for this service. This clinic is offered from 9:30-11:00 am on the following days:

Room 13 - March 12 and 19,

April 2, 9, 16, 23, and 30

Room 15 - March 5 and 26

HEARING AID CLINIC

The clinic is conducted by Pat Fournier, Hearing Instruments Specialist. The next clinics are scheduled for **March 6 & 19, and April 2 & 16.** from 10:00 am to 2:00 pm in Room 15 in the basement of the Neighborhood Center. There is no charge for this service; however, there could be a cost to replace or improve hearing aid components.

FOOT CARE DONE RIGHT

March 2, 3, 9, & 10

April 6, 7, 13, & 14

Edith (RN, BSN, & CFCN) and Glorian (RN & CFCN) know the importance of proper foot care for seniors and are willing to answer questions about the care and health of your feet. They meet downstairs at the Rocky Helena Senior Center on the above dates. Please call 406-431-0006 to make an appointment. There is a charge for this service.



SENIOR COMPANION PROGRAM

Are you looking to make a difference in your community? The Senior Companion Program (SCP) is recruiting volunteers! SCP brings together people age 55+ with homebound seniors who need help with the simple tasks of day-to-day living. Senior Companions make connections with other adults and know they are making significant contributions to their lives, while building friendships. You will receive a small tax-free stipend to offset the cost of volunteering, mileage reimbursement, and more. Contact Kelley Moody at 406-457-7325.

LET'S TALK GRIEF

Frontier Home Health and Hospice and AARP Montana are sponsoring a newly designed monthly Bereavement Support Group called "Let's Talk Grief". The group is for those who have recently experienced the death of a loved one. Sessions begin every second Tuesday of the month.

- **Dates:** Tuesday, March 10 & Tuesday, April 14
- **Location:** Opportunity Bank - 1400 Prospect Avenue
- **Time:** 12:00 - 1:00 PM

*Lunch is provided by AARP Montana.

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

<p>Affordable Rentals</p>	<p>EAGLE MANOR RESIDENCES 1-406-442-0610 Helena, Montana</p>
<p>PTARMIGAN RESIDENCES 1-406-461-9849 Helena, Montana</p>	<p>PHEASANT GLEN RESIDENCES 1-406-461-9849 Helena, Montana</p>
<p>RIVER ROCK RESIDENCES 1-406-461-9849 Helena, Montana</p>	<p>ROCKY MOUNTAIN FRONT PROPERTIES 1-406-438-7125 Augusta, Montana</p>
<p>BIG BOULDER RESIDENCES 1-406-438-5611 Boulder, Montana</p>	<p>TOWNSEND HOUSING 1-406-437-4411 Townsend, Montana</p>

ROCKY CARD GAMES & CLUBS

PINOCHLE CLUB

The Pinochle Club players meet on Tuesdays and Sundays at 1:00 pm. The dates of the next Pinochle Tournament are March 2 and 3. Pinochle is a great way to have fun with friends at the Helena Senior Center, and new members are always welcome.

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 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), Cribbage (usually in the Parlor anytime you can find a partner), and Hand & Foot (Tuesdays, Wednesdays, and Thursdays @ 12:30 pm).

COMPUTER CLASSES AT THE LEWIS & CLARK PUBLIC LIBRARY

Many seniors are keeping in touch with friends and relatives via the Internet. If you are among the group of seniors interested in learning more about computers, tablets, email, social media, iPhone, and other tech topics, the Lewis & Clark Library has upcoming classes you'll want to sign up for. Complete spring 2020 computer class schedules are available at the library's information desk or online at www.lcllibrary.org. Sign-up is required for all classes, and you can register by phone (447-1690) or at the info desk. Here is a list of classes scheduled through the end of March:

iPhone/iPad Introduction

Want to know more about the new features in iOS 12? This class will help you master all of the functions you need to get started including how to set up email accounts and connect to the Internet, download apps and organize them using Home screens and folders, how to take pictures and share via social media, how to use maps, and Siri. And, of course, how to make and answer calls. This course covers new features in iOS 12 including Emergency SOS calls, the new Control Center, Do Not Disturb while Driving, apps that are connected to iMessage and more. Please bring your fully up-to-date and charged iPhone or iPad or just come to listen.

*Tuesday, March 10, 3-4 PM
Mezzanine Meeting Room
Seating is limited, stop by the
Information Desk or call 447-1690 to
register.*

Touch Typing

Want to learn to type without having to look at the keyboard? Or do you want to improve your typing skills to increase your speed or accuracy? In this class, we will use internet-based typing programs to learn and challenge ourselves on our keyboarding skills. Once you get started, you can continue to practice at home or at the library and track your improvement. Please bring your own internet-enabled laptop or use one of the library's provided computers for this class
*Tuesday, March 24, 3-4 PM
Mezzanine Meeting Room
Seating is limited, stop by the
Information Desk or call 447-1690 to
register*



**Visit www.lcllibrary.org to see
everything your local library has to
offer!**



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

Myrna Loy Theater Helena Senior Center MARCH - APRIL COUPON

Sponsored by the Myrna Loy Center | Present in person at box office

- * Not redeemable for cash.
- * One coupon per customer
- * Cannot be used during rentals, performances sponsored by other organizations or in conjunction with any special offers other than the senior rate.
- * Can be used in addition to the senior discount.

AARP TAX-AIDE

AARP Tax-Aide offers free tax filing to help anyone, especially those 50 and older, who can't afford a tax preparation service. AARP Tax-Aide volunteers make a difference in our communities by assisting many older, lower-income taxpayers who might otherwise miss out on the credits and deductions they've earned.

Over the years the AARP Volunteers have provided this wonderful and valuable service. To make an appointment please call 406-457-7301 and leave your name and phone number. You will be called within three days to set up an appointment. This service is provided every Thursday and Saturday, at the Rocky Helena Senior Center from 9:00 am to 12:00 pm. Preference is given to those 60+ years. AARP will be providing this service through Saturday, April 11.

*Saturday, March 7th tax-aide will be located downstairs in conference room 13 and 15.

COMMODITY FOOD FOR QUALIFYING SENIORS

COMMODITIES SCHEDULE

Townsend, MT
Monday, March 23
2:00 pm - 3:00 pm

East Helena, MT
Monday, March 23
2:00 pm - 3:30 pm

Wolf Creek, MT
Tuesday, March 24
9:30 am - 10:30 am

Augusta, MT
Tuesday, March 24
12:30 pm - 1:30 pm

Elliston, MT
Wednesday, March 25
9:30 am - 10:00 am

Avon, MT
Wednesday, March 25
10:30 am - 11:00 am

Lincoln, MT
Wednesday, March 25
12:30 pm - 1:00 pm

Whitehall, MT
Thursday, March 26
11:00 am - 12:00 pm

Boulder, MT
Friday, March 27
9:30 am - 10:30 am

White Sulphur Springs, MT
Monday, March 30
11:00 am - 12:00 pm

Helena, MT @ Food Share
Wednesday, March 25
8:00 am - 10:30 am

Thursday, March 26
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

I'm hoping that I won't jinx us all if I comment on the rather mild winter we have experienced so far. As we approach the middle of February (as I write this), I usually get a little more light-hearted just knowing that spring is right around the corner. Speaking of spring, I hope you consider applying for Spirit of Service, or helping someone you know apply to receive some help tidying up your yard or maybe even paint your house. There is more Spirit of Service information on page 5.

Rain, snow, sleet, or shine, our excellent maintenance team will stay on top of keeping the parking lot

and walkways safe. However, snow and ice can accumulate, so please continue to be careful during your visits to the Neighborhood Center and at the Jackson Street Center.

I hope you can make it to the annual St. Patrick's Day celebration in the Senior Center on March 13. The corned beef and cabbage, and live music from the Brennan family always make for a great time. Put on some green and come join us for a fun day!



Lori Ladas, C.P.A.
Executive
Director

THANK YOU TO VAN'S THRIFTWAY

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!



AARP SMART DRIVER™ COURSE

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

Phone: 406-439-7675
Email: cspeil@msn.com
Reservations: 457-4712

March 16
12:00 - 4:30 pm
First Interstate Bank
2021 N. Montana Ave.

March 21
9:00 am - 1:30 pm
St. Peter's Health
Room 2 & 3
2475 Broadway St.

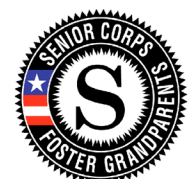
April 20
5:30 - 10:00 pm
First Interstate Bank - E
2728 Colonial Dr.

AN OPPORTUNITY TO VOLUNTEER

The greatest gift you can give a child is your time. With increased classroom sizes, elementary schools and preschool centers welcome volunteers with open arms!



Are you 55 years of age or older? Do you enjoy assisting children to succeed academically? If you answered yes to all three of the above, then Rocky's Foster Grandparent Volunteer Program is right for you! Please contact 447-1680 or visit us online at www.rmhc.net to find out how to apply.



SENIOR SPOTLIGHT: LYLE SCHWABAUER

An unexpected message was the start of a wonderful artistic journey for Lyle Schwabauer. A carpenter by profession, Lyle was feeling unfulfilled in his work and questioning if there was something else he should be doing with his artistic talents. In 1982, Lyle decided to attend a talk given at a local church. During the speaker's presentation, he stopped speaking, pointed to Lyle, asked him to stand, and told him "God wants you to use the creative ability He's put in your hands".

Lyle took that message to heart and began creating sculptures. His early work was of wildlife. He gained some recognition when the newly formed Rocky Mountain Elk Foundation promoted a piece he created. He started presenting his work at art shows and won a few awards for his pieces. He was commissioned to sculpt a life-size grizzly bear for the Grizzly Discovery Center in West Yellowstone. He continued to keep other jobs during this time to supplement his artistic venture.

Lyle worked on wildlife sculptures for several years, as he felt intimidated by sculpting the human face. His first attempt at sculpting a human form was of the biblical Hosea and Gomer, and people commented immediately on the emotion Lyle was able to capture in his work. He now sculpts people more than wildlife. Lyle was asked to sculpt during a Christian conference in Boise, and he remembers the speaker commenting on the "mountain man" form Lyle was creating, noting that the mountain man was a forerunner to the pioneer, and referring to Lyle as "a trailblazer for the arts". He was encouraged that day to continue to sculpt from the heart.

Lyle has had work displayed not only in the Montana Capitol Building, but also in the White House during the Bush Administration. Outside of the United States, his work has been featured in five countries: Germany, Japan, New Zealand, China, and Canada. Closer to home, Lyle can be found working at Mountain Sage Gallery on Last Chance Gulch, where he and other members have joined together in a joint venture gallery.

MONTANA CENSUS 2020

In 2020, the U.S. Census will define who we are as a nation. Taken every 10 years, on a form that can be filled out in 10 minutes, the Census affects political representation, and directs the allocation of billions of dollars in government funding.

Filling out the Census is quick, easy, and safe. Your answers can only be used to produce statistics – they cannot be used against you in any way. Under Title 13 of the U.S. Code, the Census Bureau cannot release any identifiable information about individuals, households, or businesses – even to law enforcement agencies.

The Neighborhood Center will be a "Be Counted" site for the 2020 census. What that means is:

- We will have a computer for your use in completing the census.
- We will have someone available to help operate the computer – if needed.

By mid-March households will receive a letter by mail or left at your door with an invitation to participate in the Census and instructions on how to fill out your form. Once you receive your form, come down to the Neighborhood Center to complete the Census.



BLOOD DRIVE

The Red Cross will be hosting a blood drive at the Rocky Neighborhood Center on Thursday, March 5, from 10:00 a.m. until 3:30 p.m. It will be held in Conference Room 13. To set up an appointment to donate, visit www.redcrossblood.org and enter the following sponsor code: RMDC. Appointments can also be made by calling 1-800-733-2767.



Rocky Mountain Development Council, Inc.
Helena Senior Center
PO BOX 1717
Helena, MT 59624-1717



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.rmdc.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