

# Rocky Mountain Development Council, Inc.

# VOICE OF EXPERIENCE



MARCH - APRIL 2023

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

Ph: 406.447.1680 | HELENA SENIOR CENTER | [www.rmdc.net](http://www.rmdc.net)

## NEW HOME MODIFICATION PROGRAM FROM ROCKY'S AGENCY ON AGING

*Story by Jim Marks, Rocky Aging  
Director*

Finding and keeping affordable housing sure is tough these days. For older adults on fixed and relatively low incomes, keeping a roof over one's head presents gut-wrenching challenges. The difference between housed and unhoused is a terribly thin line for far too many older adults. When one visits homeless shelters, most feel astonished by the number of unhoused older adults living in the shelters. There are so many older adults in homeless shelters, the shelters struggle with how to accommodate residents with age-related characteristics. No single solution will improve the situation, but many modest solutions might grant relief.

Rocky Aging delivers its services

guided and informed by values. Perhaps our greatest value of all is to assist older adults to age in place in their own homes and communities. It's no joke when older adults face potential homelessness due to low vacancy rates, long wait lists, rising property taxes, and high prices. The emerging housing crisis for older adults is why Rocky Aging is about to launch a new program. As part of our strategic plan, Rocky Aging offers a very modest benefit to be used to modify or repair homes. The Older Americans Act allows Area Agencies on Aging to provide up to \$750 per project for things like improving accessibility with grab bars and ramps, standard home maintenance, and critical services such as cleaning chimneys and furnaces. The law limits the benefit to no more than \$1,500 in a lifetime. It isn't much, but every little bit helps. Moreover, Rocky Aging partners with others to leverage more benefits for individuals. In other words, we combine our direct benefits with benefits from other human service providers. Partnerships secure the greatest positive outcomes, and such collective efforts are the bread and butter of Older Americans Act services.

*(Modification Program Cont'd on P.3)*

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200 South Cruse Avenue  
Helena, MT 59601

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Helena, MT 59624-1717




Phone: 406-447-1680

## HELENA SENIOR NUTRITION MENU - MARCH 2023

For Additional Information Call: (406) 447-1680

Lunch served FROM 11:30-12:30

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</i></p> <p><b>SALAD BAR INCLUDED IN CONGREGATE MEALS</b></p> 		<p>1 CHICKEN A LA KING BUTTERMILK BISCUITS CREAMED SPINACH CARROT COINS FRESH FRUIT</p>	<p>2 POTATO, VEGGIE &amp; CHEESE SAUSAGE EGG BAKE VEGETABLE MIX GREEN SALAD w/BEANS WHOLE GRAIN ROLL SWEET PEACHES</p>	<p>3 CHICKEN FRIED STEAK MASHED POTATOES w/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL SPICED APPLES</p>
<p>6 OVEN BAKED CHICKEN WITH HERB SAUCE WILD RICE PILAF SWEET YAMS GREEN BEANS JUICY PEARS</p>	<p>7 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER CINNAMON APPLESAUCE</p>	<p>8 BAKED HAM LOADED MASHED POTATOES MIXED VEGGIES GARDEN PEAS FRESH FRUIT</p>	<p>9 SLOPPY JOES ON A BUN BAKED BEANS COLESLAW SWEET PEACHES</p>	<p>10 <u>BIRTHDAY DINNER</u> CHICKEN BREAST FILLET OVER FETTUCCINE TOSSED IN CREAMY RED PEPPER SAUCE HERBED CARROTS CREAMED SPINACH MANDARIN ORANGES BIRTHDAY CAKE</p>
<p>13 MEATBALL SUB ITALIAN MIX VEGGIES PICKLED BEETS APRICOTS</p>	<p>14 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRUIT CRISP</p>	<p>15 TURKEY NOODLE CASSEROLE MIXED VEGETABLES BRUSSELS SPROUTS FRESH FRUIT</p>	<p>16 SWEDISH MEATBALLS BROWN RICE WINTER SQUASH TOSSED GREEN SALAD w/GARBANZOS BLUSHING PEARS</p>	<p>17 <u>HAPPY ST. PATRICK'S DAY</u> CORNED BEEF &amp; CABBAGE POTATOES &amp; CARROTS BLARNEY STONE ROLL GOLDEN PEARS GREEN DREAM JELLO SALAD</p> 
<p>20 SALMON PATTY WITH HONEY MUSTARD SAUCE WILD RICE MIXED VEGETABLES GREEN BEANS SWEET PEACHES</p>	<p>21 PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN BREAD APRICOT HALVES</p>	<p>22 PARMESAN CHICKEN BREAST BUTTERED ROTINI COUNTRY BLEND VEGGIES FOUR BEAN SALAD FRESH FRUIT</p>	<p>23 HEARTY MEATLOAF MASHED POTATOES w/GRAVY WHOLE GRAIN ROLL CARROT RAISIN SALAD MIXED FRUIT</p>	<p>24 CHILI DOG ON A BUN SWEET CORN CARROT COINS GOLDEN PEARS</p>
<p>27 LEMON PEPPER CHICKEN WITH CREAMY LEMON SAUCE WILD RICE GREEN BEANS GARDEN MIX VEGETABLES CRANBERRIES</p>	<p>28 HAMBURGER ON A BUN CARROT COINS BAKED BEANS BAKED APPLES</p>	<p>29 PORK CHOPS-N-GRAVY MASHED POTATOES CABBAGE &amp; CARROTS WHOLE WHEAT ROLL FRESH FRUIT</p>	<p>30 TURKEY MEATLOAF MASHED RED POTATOES SWEET PEAS WHOLE GRAIN BREAD TOSSED SALAD w/BEANS BLUSHING PEARS</p>	<p>31 BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES PICKLED BEETS PINEAPPLE</p>

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 Advisory Council Special Events

### Mark your calendars and plan to come!

**May 20, 2023- Spring Fling** – This will be a served meal with a choice of 2 menu options.

**July 22, 2023 – Ice Cream Social** - A fun gathering to enjoy making your own sundae creation on a hot summer day.

**September 16, 2023 – Rocky Big Sky Country Buffet** – A gathering of friends enjoying some delicious food and music.





Details for these special events will be forthcoming. Each of these events is planned and sponsored by the Senior Advisory Council. They work hard at making sure the events are affordable to as many people as possible. Transportation may be available upon request. Everyone is welcome and it is first come first served once registration opens. We look forward to seeing you at these events.

**HELENA SENIOR NUTRITION MENU - APRIL 2023**

LUNCH SERVED AT 11:30-12:30

For Additional Information Call: (406) 447-1680

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<i>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</i>  SALAD BAR INCLUDED IN CONGREGATE MEALS		
3 BEEF BROCCOLI STIR FRY BROWN RICE PICKLED BEETS SWEET PEACHES	4 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES BEAN MEDLEY MIXED FRUIT	5 TATER TOT CASSEROLE CARROT COINS GREEN PEAS FRESH FRUIT	6 LEMON BAKED COD RICE PILAF ZUCCHINI SQUASH COLESLAW APRICOTS	7 BISCUITS & SAUSAGE GRAVY POTATO WEDGES MIXED VEGGIES CINNAMON CHERRY APPLES
10 POLISH SAUSAGE ON A BUN SAUERKRAUT BABY RED POTATOES GREEN BEANS MANDARIN ORANGES	11 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS	12 CHICKEN NOODLE CASSEROLE VEGETABLE BLEND LIMA BEANS FRESH FRUIT	13 ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSELS SPROUTS CRANBERRIES	14 BIRTHDAY DINNER SAGE RUBBED PORK LOIN OVER WARM APPLE SLAW ROASTED CAULIFLOWER WHOLE GRAIN ROLL PLUMP PEACHES BIRTHDAY CAKE
17 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES	18 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL PINEAPPLE	19 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE FRESH FRUIT	20 FISH PATTY w/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER CARROT RAISIN SALAD	21 CHILI CON CARNE CORN BREAD MIXED VEGETABLES PARSLEY CARROTS BLUSHING PEARS
24 BEEF TACO CASSEROLE w/REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN MANDARIN ORANGES	25 VEAL PARMESAN OVER ROTINI NOODLES SAUTÉED GREENS CARROT COINS CRANBERRIES	26 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI FRESH FRUIT	27 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT YELLOW & GREEN ZUCCHINI COLESLAW PLUMP PLUMS	28 CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS PEACHES & PEARS

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.

**(Modification Program Cont'd from P.1)**

To access the home modification services, please schedule a meeting with one of the Rocky Aging Resource Specialists. Call Rocky Aging at (406) 447-1680. Resource Specialists Justin Belgarde and Anita Linden will meet with you to provide the home modification and other services.

**A BRIEF HISTORY OF SAINT PATRICK'S DAY**

St. Patrick's Day is a cherished American Holiday albeit a unique one. It is a chance for Americans of all ethnicities to celebrate the country of Ireland and all things Irish. It is a day of revel-like

celebration, green clothing, and getting a painful pinch in the arm if you choose not to dress in the emerald green.. How did this day of lighthearted fun, come about? Look no further than Saint Patrick himself.

St. Patrick is the patron saint of Ireland. He has a fascinating background that helped him to achieve mythical status in Ireland. He was born on a Roman Occupied British Island in the 4th Century. At 16 years old, he lost his freedom when he was captured by Irish rebels and held in Ireland as a slave for six years. Eventually, he escaped back to his home Isle and reunited with his family. After experiencing dreams bringing him back to Ireland, Saint Patrick returned to spread his faith far and wide across Ireland. By the seventh century, his name became attached to many legends.

(St. Patrick Cont'd on P.6)

## SENIOR CENTER ACTIVITIES

March - April

### 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

(Every other month Pinochle has a tournament that is on Monday & Tuesday.)

1:00 pm - Bridge - Dance Floor

### WEDNESDAYS

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

10:30 am - 11:00 am - Chi Gong (Except the second  
Wednesday of the month)

11:00 am to 12:00 pm - Tech Time with Mary - Parlor  
(second Wednesday of each month)

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

### THURSDAYS

8:30 am - Coffee & Rolls - Dining Room

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

9:45 am - Line Dancing - Dance Floor

1:00 pm - Wood Carving - Dance Floor

### FRIDAYS

10:30 am - Jennie's Arthritis Exercise Class

### SUNDAYS

1:00 pm - Pinochle - Card Room

### HAVE AN IDEA FOR AN ACTIVITY?

If you have an idea for an activity that isn't currently offered, such as a dance class, card game, art class, etc., please contact Bill Peña at 406-457-7372 or [bpena@rmdc.net](mailto:bpena@rmdc.net)



**The Parlor-** 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 just enjoy time visiting. We are taking book, magazine, and puzzle donations. A special thank you to everyone for the wonderful donations and sharing spirit.

*Thank you for making Rocky's  
Helena Senior Center a  
wonderful, safe, and healthy  
place for everyone.*

## Rocky's Homebuyer Education Class



Virtual Class Sessions

March 21 - March 23

April 25 - April 27

5:30 to 8:30 pm

\$50 per household

Register at  
[www.rmdc.net](http://www.rmdc.net)





## MEMBER SPOTLIGHT: LOWELL WASCHER

LOWELL WASCHER was born in West Point, Nebraska, on April 22, 1941. West Point is on a bend along a river that they then called New Philadelphia. It was founded in the spring of 1857 when Omaha Businessmen formed the Nebraska Settlement Association to find suitable townsites in the Elkhorn Valley. The town underwent a name change to West Point because it was the westernmost outpost along the valley.

Lowell had three sisters: an older sister named Lois, and two younger sisters named LeAnn and Lanna. Lowell's mother and father farmed about 160 acres of row corn, soybeans, and raised cattle, and hogs. Lowell started his education in a one-room schoolhouse in Wisner, Nebraska, and tried hard to develop a love for learning. He said he was not the best student. They stayed there for nine years and then moved to Minnesota to pick up farming. Lowell attended school just down the road in Odin and studied agriculture. He graduated from St. James in 1958, just a short way from Odin. He said his higher education was in the School of Hard Knocks.

In 1959, he joined the National Guard and chose the artillery section to learn to shoot. When he finished in 1963, he returned to

Odin to help his folks work their farm. He was married later and had two boys, Lance, and Justin, along with a stepson, Troy. In 1985, he married his second wife, Lois. She was from Iowa, and it was a side joke that she would need a green card to get into Minnesota. Lois was a teacher and worked with children with disabilities. Lowell bought and farmed 180 acres of his own and raised a few feeder cattle and hogs until 1993.

Lowell spent three years in Gillette, Wyoming, as a job shop machinist, and at the same time, he worked part-time in a machine job shop learning the ins and outs of being a machinist. They built and repaired coal industry equipment. The job forced Lowell into learning some of the finer art of mathematics. He turned a shaft on a lathe that was 26,000 pounds and used to power a 30-foot coal-crushing wheel. They moved to Lakeville, Minnesota, doing the same work for another nine years. All the while, they longed to be in Montana and kept looking for work there. Lois was already retired when Summit Aerospace moved them to Helena, Montana, in 2004. Lowell worked for the Midwest Coaches of Bismarck, North Dakota, and drove as a carrier, hauling everything from nuclear medicine to sample drugs for pharmaceutical salesmen. Lois struggled with dementia for several years and passed away in 2021.

Lowell has four grandchildren and six great-grandchildren, all of whom live out of state. He only

sees them a couple of times a year. He has made a couple of tours, one to Kentucky through horse country and one up the Snake River on a jet boat.

Lowell started driving the bus for Rocky Mountain Development Council Inc. in 2011. Lowell drove the bus until 2016 before retiring. Lowell says he is not much for hunting or fishing but loves to put puzzles together. He has been whittling, and wood carving for over 10 years. Lowell spends some of his free time carving creations out of all types of wood. He comes to the Senior Center every Thursday afternoon and joins the members of the Wood Carving Club. They create some amazing figures and artwork. The club has a sale every year of some of its finest creations.



*(Pictured above, Lowell with one of his creations!)*

# YOUR STORY: MEMORIES OF ONE HEART'S JOURNEY

The Senior Advisory Council is excited to announce that a 6-week class will be added to the schedule at the Helena Senior Center. There is no cost, and the class will be an adventure, experience, and journey that brings joy to you, your family, and your friends. The class will provide guidance and instruction in sharing events, insights, and lessons you've learned in life. The course will help you recall, develop, structure, and record those defining moments that formed your perspective of the world and your place in it, leaving a wonderful legacy for your family and friends. The instructor will be one of our newest members of the Senior Advisory Council, Franz McLaren. Franz is a Certified Professional Logistician who has traveled extensively, living and teaching or consulting in 48 of the 50 United States, plus England, France, Germany, Japan South Africa, Spain, Sweden, Switzerland, and

Zimbabwe. After living five years in South Africa, Franz returned to the United States in 1998 and settled down to write two (unpublished) horror novels and eleven fantasy novels (one unpublished). Although he has retired from the structured professional world, he finds no good reason to give up writing and is currently working on a new horror novel. Rocky welcomes Franz and encourages folks to take advantage of this opportunity.

**Time:** 11:30 am – 1:00pm

**Location:** Card Room at the Helena Senior Center

**Dates:** Friday's-  
April 7  
April 14  
April 21  
April 28  
May 5  
May 12

**Registration:** Please register with Bill Pena, Helena Senior Center Coordinator starting March 1, 2023. The class will be limited to 12. If you have questions, please call Bill Pena at 406-457-7372



## 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:**

**March 10, 2023, and  
April 13, 2023**

**Time:** Beginning at 12:30 PM & ending at about 5:00 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.

## (St. Patrick from P. 3)

Perhaps the most well-known was that St. Patrick used the now legendary shamrock to explain some of his religious teachings.

Irish immigrants to America helped transform the holiday into the more secular tradition known today. The first Saint Patrick's Day parade held in 1737 took place in the Irish stronghold of Boston. Which city has the biggest St. Patrick's celebration in America? That answer remains disputed between New York City and Chicago, which draw around two million spectators for their parades.



Montana is not short on Saint Patrick's Day celebrations. The city of Butte claims to be the most "Irish town in America!" Here in Helena, there are plenty of ways to celebrate, including a parade, bar crawls, and sponsored running events. We will hold our annual celebration at the Rocky Neighborhood Center on Friday, March 17. The party is one of our more popular and will include a corned beef and cabbage lunch. We hope you decide to put on the green this Saint Patrick's Day and join us in the fun!

# HEALTH CARE SERVICES: MARCH AND APRIL 2022

**Foot Care Done Right 2023**

**Mark Your Calendar!**

**Thursday, March 16, 2023**

**Thursday, April 20, 2023**



Edith RN, BSN & CFCN (406-431-0006) and her team look forward to the care of your feet. They are always willing to answer questions about the care and health of your feet. They meet 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 9:30 – 11 am.

## MARCH FOR MEALS CELEBRATION

The annual March for Meals celebration commemorates the historic day in March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older.

Last year, Rocky's Meals on Wheels program served 75,334 meals to approximately 690 seniors throughout Broadwater, Jefferson, and Lewis and Clark counties.

During the month of March, Meals on Wheels programs from across the country are joining forces to celebrate more than 50 years of success and garner the support needed to ensure these critical programs can continue to address food insecurity and malnutrition, combat social isolation, enable independence, and improve health for years to come.



## CARAMEL ROLL THURSDAYS

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 wonderful friends are free. Come on in and enjoy the wonderful company and share a delicious roll!



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](http://www.rmhc.net)

**RED ALDER RESIDENCES**  
1-406-558-9342  
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**  
1-406-437-4411  
Augusta, Montana

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

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



## ROCKY CARD GAMES & CLUBS

### PINOCHLE CLUB

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

March Pinochle Tournament  
Dates:  
Monday & Tuesday, March 6 & 7, 2023  
Location: Card Room

### Bridge

Come Join Us!  
Every Tuesday is Bridge Day at the Senior Center!

Time: 1:00 - 3:00 pm  
Dance Floor  
While no money is involved, do keep score and have a lot of fun!

## WE WELCOME NEW MEMBERS!

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



## BACKROADS OF MONTANA MEMORIES AND STORIES

Date: Monday, March 27, 2023

Monday, April 24, 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. This is a free gathering that will take place on Mondays starting at about 12:45 pm after lunch. 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!



Bingo is a great time for folks to come together and is a chance to visit with friends, celebrate special times, and maybe win a game or two. Bingo has been such a fun and well-participated activity at the Helena Senior Center for many years. It takes several volunteers to make this happen every week, and 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

***Plan to be at the St. Patrick's Celebration Bingo event on  
March 15, 2023. Always a great time!***

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



## Saint Patrick's Day Celebration Meal



Mark your calendars for Friday, March 17, 2023!

Lunch begins at 11:30 am. The hard-working kitchen team along with the staff from Rocky Senior Center will be preparing and serving a delicious corned beef & cabbage meal.

## COMMODITY FOOD FOR QUALIFYING SENIORS

### COMMODITIES SCHEDULE

Townsend, MT  
Monday, March 27  
2:00 pm - 3:00 pm

East Helena, MT  
Monday, March 27  
2:00 pm - 3:00 pm

Wolf Creek, MT  
Tuesday, March 28  
10:00 am - 11:00 am

Augusta, MT  
Tuesday, March 28  
12:30 pm - 1:30 pm

Elliston, MT  
Wednesday, March 29  
10:00 am - 10:30 am

Lincoln, MT  
Wednesday, March 29  
12:30 pm - 1:00 pm

Whitehall, MT  
Thursday, March 30  
11:00 am - 12:00 pm

Boulder, MT  
Thursday, March 30  
1:30 pm - 2:30 pm

White Sulphur Springs, MT  
Monday, April 3  
11:00 am - 12:00 pm

Helena, MT @ Food Share  
Wednesday, March 29  
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.



**Lori Ladas,**  
**Executive**  
**Director**

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## LETTER FROM THE EXECUTIVE DIRECTOR

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I'm so happy that we're heading into spring! The days are getting longer and seeing more sunshine sure gives me an energy boost after a long Montana winter. I look forward to more signs of the seasons changing: melting snow, flowers blooming, trees covered in green leaves once again. The warmer temperatures are a great incentive for me to get outside and soak in a little Vitamin D too!

March is a time to recognize the Meals on Wheels program, as March for Meals is celebrated. Rocky is proud to operate the Meals on Wheels program and over the past few years, we've gathered an amazing group of volunteers who give their time to deliver meals to others in our community. They are such an inspiring group! If you are interested in joining the Meals on Wheels volunteer team, call the Rocky office and we can help you get started! Also, if you or someone you know would like to receive Meals on Wheels, we're happy to answer any questions!

We are preparing for one of our favorite days at the Helena Senior Center: St. Patrick's Day! The kitchen staff will be cooking their famous corned beef and cabbage meal, which is one of the most well-attended lunches of the year. It's always fun to see everyone embracing their Irish heritage, even those who aren't Irish at all! We hope you can join us and enjoy a little luck o' the Irish!

In that spirit, I'll leave you with an Irish blessing: "May your troubles be less, and your blessings be more, and nothing but happiness come through your door."

.....

Spring is upon us! That means sun, warmer temperatures, and light refreshing soup! We have a great roasted tomato soup recipe for you that has a balanced sweet flavor that is perfect for the springtime weather. This recipe calls for fresh tomatoes but those can be hard to find at times this time of year in Montana so feel free to use canned tomatoes instead. If so, try San Marzano tomatoes which are known for their fresh sweet flavor

### Ingredients:

- |                         |                              |
|-------------------------|------------------------------|
| 1lb of fresh tomatoes   | ½ C heavy cream              |
| ½ medium diced onion    | ½ fresh squeezed lemon juice |
| 1 red bell pepper diced | 4 C chicken broth            |
| 3 tbsp olive oil        |                              |
| ¼ C fresh chopped basil |                              |
| 3 cloves chopped garlic |                              |



### Cooking Instructions

Preheat oven to 400 degrees. On a large baking sheet roast the onion, garlic, tomatoes, and peppers. Roast vegetables for 25 minutes until vegetables are soft. Bring stock to a boil and add in the roasted vegetables. Blend the mixture with a hand blender adding in the cream, fresh basil, and lemon juice. Season with salt and pepper to taste and enjoy!

## 2023 SENIOR ADVISORY COUNCIL UPDATE

Rocky's Senior Advisory Council for the Helena Senior Center is a very dynamic, hardworking, creative, and caring group. Members meet for one hour on the first Wednesday of every month. During the meeting, members discuss senior activities, such as day trips and themed catered lunches. Walt O'Hara has been elected President and Fran O'Hara has been elected Vice President and Treasurer for 2023. This year, the Senior Advisory Council welcomed Franz and Mary Ann McLaren.

The Senior Advisory Council welcomes any ideas, suggestions, and feedback. Members will often be wearing their name tags, so please feel free to introduce yourself. The Senior Advisory Council strives to create a safe, healthy, and fun environment at the Senior Center. We are excited to introduce the 2023 Senior Advisory Council:

Walt O'Hara-President  
Fran O'Hara-Vice President/Treasurer

Shirley Bennett  
Francys Bryant  
Carol Cook  
Shana Frankenfield  
Pat Jupka  
Rita Newman  
Franz and Mary  
Ann McLaren  
Marilyn Roehl  
Kathy Schmi  
Elaine White

## EARLY SPRING SAFETY!

While the first official day of spring this year falls on March 20, that doesn't change much for us weather-wise here in Montana. The chance for a downfall of fresh snow is never out of the question. When you combine the snow with warmer spring temperatures and sunlight during the day, the potential for early morning and evening ice increases. This makes slips and falls much more likely.



For seniors 65 and over, falling becomes increasingly dangerous. In fact, falls affect one in four seniors, with a quarter of those ending in broken bones and head injuries. Stay vigilant around your homes using ice-melt salts and shoveling off fresh snow to prevent ice build-up. Shoe attachments such as Yak-Traks are a great option to help gain traction and avoid slipping.

At Rocky, we use many precautions around the Neighborhood Center to prevent slips and falls. This includes snow plowing the parking lot and sidewalks, ice melt and sand disbursement, and monitoring the ever-changing weather conditions. Even with all these precautions, the potential for falls is always there.

The Neighborhood Center gets heavy traffic changing the surface condition of our parking lots and sidewalks. We urge you to take your time and exercise caution when exiting your vehicles in the

parking lot and on the sidewalks as you enter the building.

Remember that for those within Helena city limits Rocky offers a shuttle service from your home to the Neighborhood Center. If you feel the conditions may impair driving, we encourage you to save the headache and use the shuttle service. We look forward to seeing you all this March and April. Be safe and take care!



## BIRTHDAY MEAL CELEBRATION

We love to celebrate birthdays at the Helena Senior Center! Each month we celebrate everyone's birthday that fall in that month.. As a member of the Senior Center, you are welcome to have a free meal when it is your birthday month, complete with cake and ice cream! Attendance has been great, and the mood is always festive with live music making the celebration extra special. We look forward to celebrating with you this March and April! Mark your calendars for Friday, March 10, and Friday, April 14!





Rocky Mountain Development Council, Inc.  
Helena Senior Center  
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Luck o' the  
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LEPRECHAUN  
MARCH  
PATRICK  
RAINBOW  
SAINT  
SHAMROCK

CELTIC  
GOLD  
GREEN  
IRISH  
JIG  
LEGEND