

# Rocky Mountain Development Council, Inc.

# VOICE OF EXPERIENCE



VOLUME 61 | MAY-JUNE 2021

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

## WELCOME BACK TO ROCKY!

After a year of being without all of you, our Rocky Family, we are finally glad to be able to welcome you back to the Neighborhood and Jackson Street Centers. It's so wonderful to hear the hum of the Crafty Quilters' sewing machines, the lively beat of the Line Dancers music and the laughter of friends back together. We definitely have missed you as much as you missed being here.

It is spring, but more importantly, a time for renewal. Rocky began a gradual reopening of our locations starting on March 22, 2021. Rocky's services at our Jackson Street Center – LIEAP, Area IV Agency on Aging, and AmeriCorps Seniors – are now open for business. On March 29, 2021, the Senior Center at the Neighborhood Center in Helena reopened with small group activities including Jennie's Arthritis Exercise Class, Line Dancing, Crafty Quilters, and Woodcarving.

On April 26, 2021, we reopened our congregate dining in Helena, Augusta, and Lincoln, and we expect to open our Boulder, Townsend and Whitehall locations on May 3, 2021. We also resumed shuttle service to and from the Neighborhood Center.

The pandemic has been hard on everyone, but older people carried the very worst of it, both in catching the virus and in the shelter-in-place mandates that created unprecedented

social isolation. Our primary goal has always been to bring our seniors back safely to our centers. Rocky has worked closely with the Lewis and Clark, Broadwater and Jefferson County Health Departments to allow reopening of our centers. Safety of our clients and staff is of utmost importance, so we will continue to follow Covid-19 guidelines set forth by local, state, and Federal agencies.

In order to comply with necessary capacity and social distancing requirements, our Rocky activities, dining, and shuttle service may have limited capacity, so advanced reservations for all of these events is required. Additional dining room seating may be added to accommodate additional needs.

We are so grateful to have each and every one of you back with us.



For reservations, please contact 447-1680.

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200 South Cruse Avenue  
Helena, MT 59601

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Helena, MT 59624-1717

Phone: 406-447-1680

<b>HELENA SENIOR NUTRITION MENU - MAY 2021</b> 				
MEALS SERVED FROM 11:00 – 11:45		RESERVATIONS REQUIRED - Call 447-1680 Helena		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES	<b>4</b> PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE FRESH FRUIT	<b>5</b> PARMESAN CHICKEN BREAST BUTTERED ROTINI CREAMED SPINACH CARROT COINS PINEAPPLE	<b>6</b> POTATO, VEGGIE & CHEESE EGG BAKE WHOLE GRAIN ROLL TOSSED GREEN SALAD w/BEANS SWEET PEACHES	<b>7</b> <u>MOTHER'S DAY DINNER</u> TUSCAN CHICKEN FETTUCCHINI PASTA BROCCOLI SPEARS PICKLED BEETS, SPICED APPLES BUTTERMILK STRAWBERRY SHORTCAKE
<b>10</b> OVEN BAKED CHICKEN WILD RICE PILAF SWEET YAMS GREEN BEANS JUICY PEARS	<b>11</b> CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER FRESH FRUIT	<b>12</b> BAKED HAM MACARONI & CHEESE MIXED VEGGIES GARDEN PEAS CINNAMON APPLESAUCE	<b>13</b> SLOPPY JOES ON A BUN BAKED BEANS COLESLAW SWEET PEACHES	<b>14</b> <u>BIRTHDAY DINNER</u> FISH PATTY w/TARTAR SCALLOPED POTATOES HERBED CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES BIRTHDAY CAKE
<b>17</b> HUNGARIAN GOULASH GREEN PEAS PICKLED BEETS APRICOTS	<b>18</b> SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRESH FRUIT	<b>19</b> TURKEY NOODLE CASSEROLE MIXED VEGETABLES BRUSSELS SPROUTS FRUIT CRISP	<b>20</b> SWEDISH MEATBALLS BROWN RICE WINTER SQUASH TOSSED GREEN SALAD w/GARBANZOS BLUSHING PEARS	<b>21</b> CHICKEN PATTY ON A BUN BAKED POTATO WEDGES VEGGIE BLEND BAKED APPLES
<b>24</b> SALMON PATTY WILD RICE MIXED VEGETABLES GREEN BEANS SWEET PEACHES	<b>25</b> PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN BREAD MANDARIN ORANGES FRESH FRUIT	<b>26</b> CHICKEN ENCHILADA CASSEROLE SPANISH RICE COUNTRY BLEND VEGGIES FOUR BEAN SALAD APRICOT HALVES	<b>27</b> HEARTY MEATLOAF MASHED POTATOES w/GRAVY WHOLE GRAIN ROLL CARROT RAISIN SALAD MIXED FRUIT CUP	<b>28</b> CHILI DOG ON A BUN SWEET CORN CARROT COINS GOLDEN PEARS
<b>31</b> CLOSED 				Low-fat milk is served daily





WE DEPEND ON YOUR MEAL PAYMENT FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS  
 USDA prohibits discrimination in the administration of this program. To file a complaint, write to Secretary of Agriculture, Washington D.C. 20250.  
 This menu has been reviewed and approved by a Registered Dietitian, Cassandra Drynan, RDN Cassandra Drynan, RDN.  
 Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$7.00.

## DO YOU RECOGNIZE THIS FACE?



What a pleasure and honor to be able to be a part of helping reopen the Rocky Senior Center! For more than a year, our world has been altered. For the safety and health of everyone, we had to adjust and refocus, but now there is light at the end of this challenge. Lessons are being learned and a new beginning and normalcy will spring forth. The Senior Center is slowly, gradually, carefully moving to open our doors and welcome people back. Given the precautions and considerations that must be followed, especially for folks like ourselves, it is very important that we continue to be patient and diligent as we open our doors to each of you.

(Continued on page 3)

<div>  <b>HELENA SENIOR NUTRITION MENU - JUNE 2021</b>  </div>				
MEALS SERVED FROM 11:00 – 11:45		RESERVATIONS REQUIRED - Call 447-1680 Helena		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Low-fat milk is served daily</i>	<b>1</b> HAMBURGER ON A BUN CARROT COINS BAKED BEANS FRESH FRUIT	<b>2</b> PORK CHOPS-N-GRAVY MASHED POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL BAKED APPLES	<b>3</b> TURKEY HASH OVER POTATOES SWEET PEAS WHOLE GRAIN BREAD TOSSED GREENS w/BEANS BLUSHING PEARS	<b>4</b> BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES PICKLED BEETS PINEAPPLE
	<b>7</b> MOCK CHOP SUEY BROWN RICE CAULIFLOWER BEAN MEDLEY SWEET PEACHES	<b>8</b> RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES JUICY PEARS FRESH FRUIT	<b>9</b> BISCUITS & SAUSAGE GRAVY SEASONED POTATO w/ONIONS MIXED VEGGIES CINNAMON CHERRY APPLES	<b>10</b> BAKED COD w/TARTAR RICE PILAF ZUCCHINI SQUASH COLESLAW APRICOTS
	<b>11</b> BIRTHDAY DINNER MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS FRUIT CUP BIRTHDAY CAKE	<b>14</b> TATER TOT CASSEROLE CARROT COINS PICKLED BEETS SWEET PEARS	<b>15</b> CHICKEN NOODLE CASSEROLE VEGETABLE BLEND LIMA BEANS FRESH FRUIT	<b>16</b> ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSELS SPROUTS CRANBERRIES
	<b>17</b> SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES GREEN SALAD w/GARBANZOS PLUMP PEACHES	<b>18</b> FATHER'S DAY DINNER CHICKEN FRIED PORK MASHED POTATOES & GRAVY GREEN BEANS WHOLE GRAIN ROLL MANDARIN ORANGES CHERRY TURNOVER	<b>21</b> SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES	<b>22</b> BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL FRESH FRUIT
	<b>23</b> TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE PINEAPPLE	<b>24</b> FISH PATTY w/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER CARROT RAISIN SALAD	<b>25</b> CHILI CON CARNE CORN BREAD MIXED VEGETABLES PARSLEY CARROTS BLUSHING PEARS	<b>28</b> BEEF & TACO CASSEROLE w/REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN MANDARIN ORANGES
	<b>29</b> HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT SAUTÉED GREENS CARROT COINS FRESH FRUIT	<b>30</b> HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES		

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS  
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(Continued from page 2)

Yes, things will be different to some degree, but with patience, trust, and cooperation the goal of reopening will be realized. I look forward to welcoming everyone back and hearing the sounds of people laughing, visiting, playing and enjoying the presence of you relaxing with the company of each other in a welcoming, safe, and healthy environment. I have been asked to be a part of this caring, committed, and very hard working team for a short time and I am very grateful. Further details regarding the reopening will be made available soon.

Some wonderful upgrades have already been made and we're excited to share them with you. We look forward to welcoming you back and opening our

doors. If you have any questions, please call me (Bill Peña) at 457-7372. Have a wonderful spring and please stay safe and healthy!





## WHAT'S NEW AT ROCKY

---

While many of the faces here at Rocky are still the same, there have been some other changes at Rocky!

When you walk in the front door at the Neighborhood Center, the first thing you will notice is our new reception area. This certainly brightens up the front lobby!



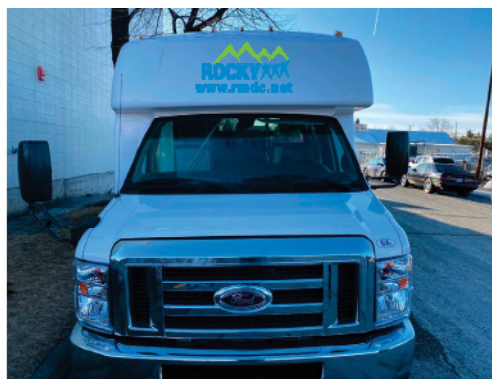
New dining room flooring: we have given our dining room a little facelift with new flooring.



It's as simple as a swipe of a card! MySeniorCenter is our new client registration/check-in system that helps us electronically capture all your activities at the center, from exercise class to dining. You will receive your very own sign-in card to register daily.



Are you tired of driving to the center? Use our NEW Rocky shuttle to come enjoy the activities and lunch!



We hope you will like the new changes at Rocky!

# HAVING OUR CAKE AND EATING IT, TOO

By Jim Marks  
Area IV Agency on Aging  
Program Director

After my mom died from a multi-decade struggle with cancer, my father decided to stay alone on his ranch. At first, all was good. As Dad's health declined --- his lungs were giving out due to a condition called COPD --- the choice to remain on the ranch became one of life and death.

Our family divided into two camps, one advocating for Dad moving into town, and the other for staying on his ranch. The debate centered on Dad's control over his own life. Some days, Dad thought moving to town would be best. On other days, he fiercely asserted his independence. My siblings and I experienced many of the same shifts as we moved from one camp to another. Ultimately, Dad chose to move to town. A scare helped Dad make up his mind.

Dad tried walking the short distance to the mailbox one day. His breath gave out, and he found himself in a very bad situation. Due to his respiratory disease, he was unable to move forward or to move back, and he was stuck outdoors with no rescue in sight. Fortunately, a neighbor driving by noticed and assisted him. Except for hunting and lake boating seasons, the county road outside the ranch house was hardly used. Our father was lucky, very lucky. Dad decided to move into town because he realized he needed to be closer to medical and other supports. It was far from a pleasant choice, and it was one that felt forced. Giving up ranch life is no easy thing.

Rocky staff members and those we serve know that choice and connections matter. Everyone values self-determination and relationships. Thanks to the pandemic, we must balance all of this with safety as well.

Senior centers and their programs are all about socialization. Even senior nutrition programs go beyond the food and bring people together. The food serves as a catalyst for socialization. Unfortunately, Covid-19 compels limited socialization. Moving from pre-pandemic times to post-pandemic times wears us down with twists and turns as well as steps forward and backward. We want to drive for socialization, but the damned virus keeps pushing back.

Safety must come first. The mask wearing, hand washing, and social distancing are absolutely necessary to keep Covid-19 at bay. Even though most older adults are fully vaccinated, we must think of others and not only ourselves. Compliance with the new normal is a powerful gesture of caring.

Finding the balance between individual freedom and responsibilities is what it's all about these days. Take heart that Rocky and all its programs will promote choice and honor the voice of older adults in our operations. Please take our safety efforts seriously. Should you find any safety protocol intolerable, please talk with Rocky leaders.

We are celebrating the beginning of the end of the pandemic. With plenty of communication and understanding, we will pull through these difficult times with dignity and respect as well as with joy. Happy reopening, folks!



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

<b>RED ALDER RESIDENCES</b> <b>1-406-447-1680</b> <small>Helena, Montana</small>	<b>EAGLE MANOR RESIDENCES</b> <b>1-406-442-0610</b> <small>Helena, Montana</small>
<b>PTARMIGAN RESIDENCES</b> <b>1-406-461-9849</b> <small>Helena, Montana</small>	<b>PHEASANT GLEN RESIDENCES</b> <b>1-406-461-9849</b> <small>Helena, Montana</small>
<b>RIVER ROCK RESIDENCES</b> <b>1-406-461-9849</b> <small>Helena, Montana</small>	<b>ROCKY MOUNTAIN FRONT PROPERTIES</b> <b>1-406-438-7125</b> <small>Augusta, Montana</small>
<b>BIG BOULDER RESIDENCES</b> <b>1-406-438-5611</b> <small>Boulder, Montana</small>	<b>TOWNSEND HOUSING</b> <b>1-406-437-4411</b> <small>Townsend, Montana</small>



# A BETTER MEMORY

By Samara Lynde  
Retired Senior Volunteer Program  
Program Director

As I age, I am finding that I am beginning to have trouble remembering things and focusing on tasks. I have always been the person who gets up to retrieve something, walks to another room, and then looks around wondering what I came in there for. Another one that gets me is searching for my keys or glasses only to find them in my hand or on my head. I have been trying to change my brain to focus on the task at hand and not “squirrel” off in my thoughts. So, of course, I went to Google to enlighten me and here are some tips I found...

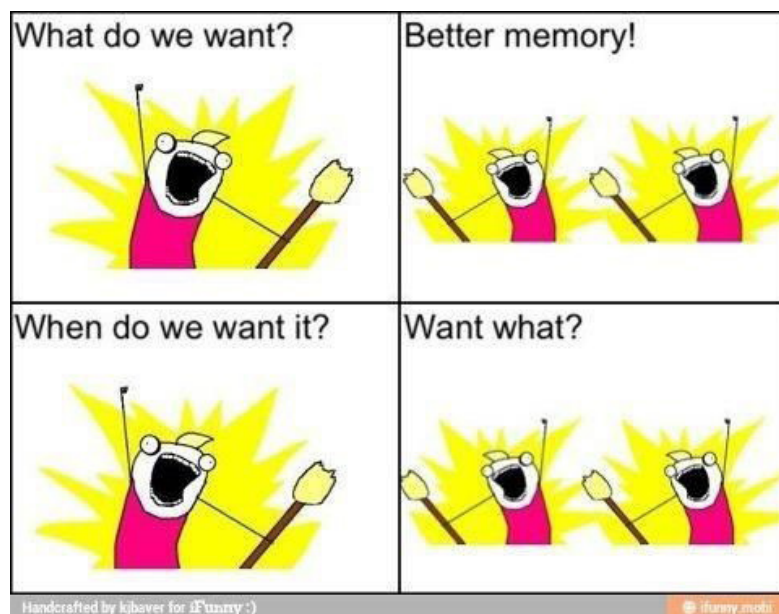
The first thing almost every article on memory boosting recommended was a healthy diet and exercise. Dang it! Why is that so hard to do? I have begun walking more and cutting out sugar. I do feel better and honestly, I do think that sugar was clouding my mind. I investigated some supplements that boast brain power properties and decided that I would budget my spending on nutritious whole foods rather than pills. I do take a multi-vitamin and a collagen supplement.

The second thing I learned is that most experts recommend trying new things. Break up your routine. I went out and bought a Sudoku puzzle book. Man, I just do not get it. My friend can whip out those puzzles in no time, but I struggled with the ones labeled “super easy”. I am not going to spend time on things that are just not fun to me. I do love to read, so I will go out of my normal genres and try some new non-fiction books. An article published by the Harvard Medical School suggested trying to learn a new language or add some volunteering to your day.

Aha! Volunteering has been proven to improve overall health and memory. Rocky has many different ways one can volunteer: Foster Grandparent Program, Senior Companion Program, Retired & Senior Volunteer Program, Meals on Wheels, greeting folks at the Senior Center... and much more!

You do not need to be a volunteer to enjoy the activities at the Senior Center. Try a new class and come get a nutritious meal.

I would love to chat with you about how you can get involved. Call me anytime to find out more or to see if I went for a walk today!



# FLAG DAY HISTORY

By Shawna Donaldson  
Senior Nutrition  
Program Manager

Flag Day is celebrated on June 14, every year, commemorating the day in 1777 when the design of the first national flag, made by Betsy Ross, was approved. There have been 27 official versions of the flag so far; stars have been added to it as states have entered the Union. The current version dates to July 4, 1960, when Hawaii became the 50th state.

In 1885, on the 108th anniversary of the official adoption of the first national flag, Bernard J. Cigrand, and a group of schoolchildren celebrated the first Flag Day. Cigrand, a small town schoolteacher from Waubeka, Wisconsin, wanted his students to reflect on the real meaning and majesty of the flag. He placed a 10" 38 star flag in his inkwell and asked the students to write an essay on what the flag meant to them, referring to June 14 as the flag's birthday. From that day on, he dedicated himself to inspiring not only his students but also all Americans to reflect on the grand significance of "Old Glory". Today, Cigrand is known as the "Father of Flag Day".



A little over three decades later in 1916, President Woodrow Wilson declared June 14 as National Flag Day. President Wilson proclaimed, "The Flag has vindicated its right to be honored by all nations of the world and feared by none who do righteousness." On August 3, 1949, President Truman signed an Act of Congress recognizing the holiday of Flag Day and encouraging Americans to celebrate it.

On June 14, 2004, 108th U.S. Congress unanimously voted on H.R. 662 declaring Flag Day originated in Waubeka, Ozaukee County, Wisconsin.

Today, Flag Day is celebrated with parades, essay contests, ceremonies, and picnics sponsored by veterans' groups, schools, and groups like the National Flag Day foundation whose goal is to preserve the traditions, history, pride, and respect that are due the nation's symbol, Old Glory.

Please join me and others on June 14, to recognize and fly "Old Glory" as a symbol of our country's democracy and independence.

Sources:

<https://www.military.com/flag-day>

[http://www.americaslibrary.gov/jb/modern/jb\\_modern\\_birth\\_1.html](http://www.americaslibrary.gov/jb/modern/jb_modern_birth_1.html)

<https://www.nationalflagday.com/history>, <https://www.military.com/flag-day>

## FOOT CARE DONE RIGHT

Foot care clinics will return to the Rocky Neighborhood Center on May 21! 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. Please call 406-431-0006 to make an appointment.



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

## Myrna Loy Theater Helena Senior Center MAY-JUNE COUPON

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

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



## 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, May 17  
2:00 pm - 3:00 pm

East Helena, MT  
Monday, May 17  
2:00 pm - 3:30 pm

Wolf Creek, MT  
Tuesday, May 18  
9:30 am - 10:30 am

Augusta, MT  
Tuesday, May 18  
12:30 pm - 1:30 pm

Elliston, MT  
Wednesday, May 19  
9:30 am - 10:00 am

Avon, MT  
Wednesday, May 19  
10:30 am - 11:00 am

Lincoln, MT  
Wednesday, May 19  
12:30 pm - 1:00 pm

Whitehall, MT  
Thursday, May 20  
11:00 am - 12:00 pm

Boulder, MT  
Friday, May 21  
9:30 am - 10:30 am

White Sulphur Springs, MT  
Monday, May 24  
11:00 am - 12:00 pm

Helena, MT @ Food Share  
Wednesday, May 19  
8:00 am - 10:30 am

Thursday, May 20  
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 am so excited that it is officially spring! At least according to the calendar. The last couple of weeks have brought some nice weather too. I hope you all have been able to get outside and enjoy it!

As you have probably heard by now, we were finally able to reopen the Rocky Senior Center for activities back in March, and for congregate dining a couple weeks ago. Rod Applegate, Jim Marks, Samara Lynde, and Ashley Peña-Larsen put together a plan to submit to Lewis & Clark county so we could ensure that we could welcome you all back in a safe manner. We are absolutely thrilled to be able to take this step and enjoy your presence at the Neighborhood Center once again.

I just want to say thank you to you all for remaining patient as we navigate the Covid-19 pandemic. It has been such a challenging year, and it feels incredible to see

.....

a light at the end of the tunnel.

Thank you for making Rocky the special community that it is!



Lori Ladas, C.P.A.  
Executive Director

# JOIN THE FAMILY

---

This year's stimulus checks have been a lifeline for many in our community struggling financially during the pandemic. However, not everyone who is eligible is in dire need of the cash. I had a wonderful conversation the other day with one of Rocky's customers. She said she did not need all of the stimulus money, and that Rocky had helped her with Meals on Wheels when she was struggling. She called to ask how to donate part of her stimulus to help Rocky's Meals on Wheels program.

If you are doing okay financially, you might want to consider a donation to

Rocky where we will put it to use right away helping those in need.

Thank you.

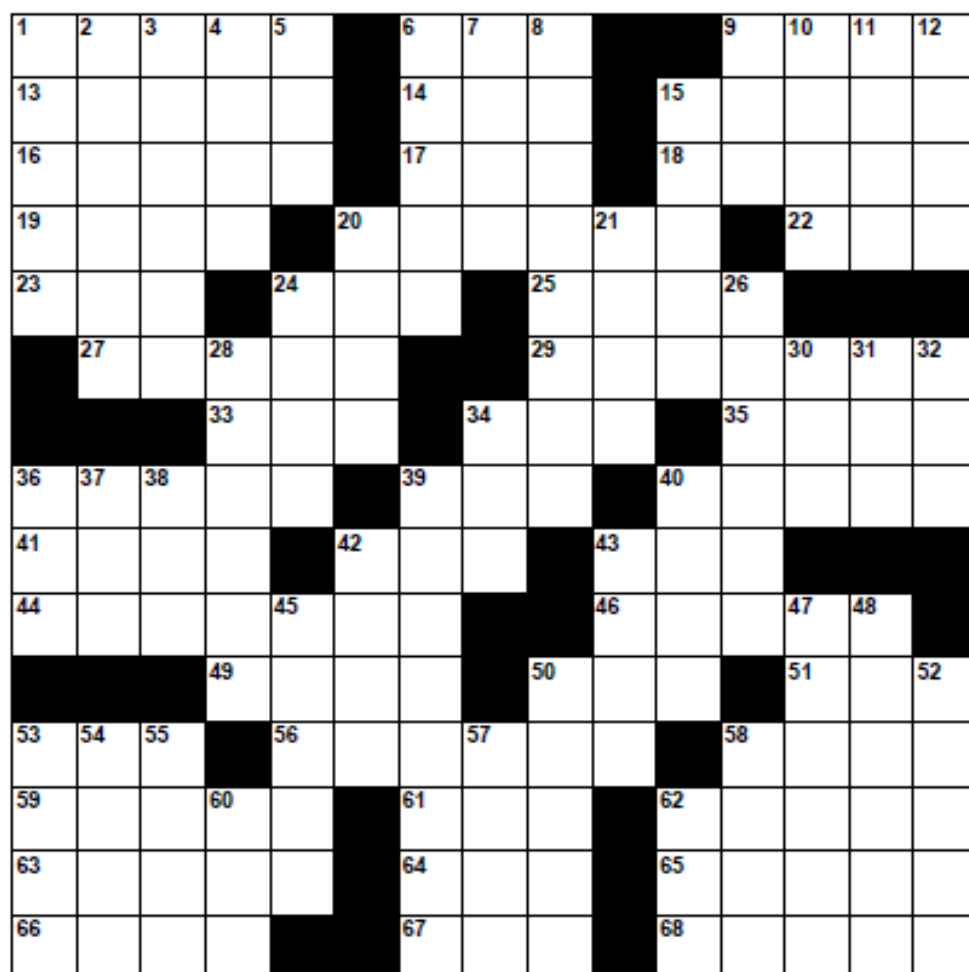


Kathy Marks  
Operations  
Director  
Room 212B  
Neighborhood Center

## ACROSS

## MOTHER'S DAY

- 1 Deer  
6 Wonder  
9 Move past  
13 Squirrel's dinner  
14 Chicken  
15 Vial  
16 Textile  
17 Government agency  
18 Confuse  
19 Hurt  
20 Irregular  
22 Stitch  
23 Tell a tall tale  
24 Pole  
25 Boast  
27 Contend  
29 Emboss  
33 High naval rank (abbr.)  
34 North northeast  
35 Pitcher  
36 Yellow pigment  
39 Children's game  
40 Poor tv reception  
41 Data transmission rate  
42 Weep  
43 Elderly



By Evelyn Johnson - www.qets.com

- 44 Inexperienced young woman  
46 Flowers with thorny stems  
49 Loch \_\_ monster  
50 Touch affectionately  
51 Frozen water  
53 Auto  
56 Cause to feel dismay  
58 Particle  
59 Aleutian  
61 Wing  
62 Sound of a sneeze  
63 American essayist \_\_\_\_\_  
Waldo Emerson  
64 \_\_ Francisco  
65 Snuck  
66 People who favor the prohibition of liquor  
67 Concord e.g.  
68 Brief

## DOWN

- 1 Elemental  
2 Gum tree  
3 Female parent  
4 Soft cheese  
5 Lodge  
6 Leading  
7 Cried  
8 Making into law  
9 Doctoral degree  
10 Helps  
11 Sold at a discount  
12 Killed  
15 Remit (2 wds.)  
15 Remit (2 wds.)  
20 Piece of writing with words that rhyme  
21 Place where a person lives  
24 Impolite  
26 What's "in"  
28 Area used for growing flowers  
30 The other half of Jima  
31 Not old  
32 Attempt  
34 Negative  
36 Kimono sash  
37 Food container  
38 Embrace affectionately  
39 Enter without permission  
40 Long narrow opening  
42 Pointed end  
43 Voiced  
45 Under, poetically  
47 This or that  
48 Ice cream spoons  
50 Put into the ground to grow  
52 Express emotions  
53 Printed document sent on a special occasion to a friend  
54 Winged  
55 Depend  
57 Alack's partner  
58 Land unit  
60 Delivery service  
62 Perform

The answers are on page 12.





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



MOTHER'S DAY

Solution:

1	B	2	A	3	M	4	B	5	I		6	A	7	W	8	E		9	P	10	A	11	S	12	S					
13	A		C		O		R		N		14	H		E		N		15	P		H		I		A		L			
16	S		A		T		I		N		17	E		P		A		18	A		D		D		L		E			
19	A		C		H		E			20	P		A		T		C	21	H		Y			22	S		E	W		
23	L		I		E			24	R		O		D					25	T		O		U		T					
	27	A			R		G		U		E							29	I		M		P		R	30	I	N	T	
								33	A		D		M			34	N		N		E			35	E		W		E	R
36	O		C		H		R		E			39	T		A		G		40	S		N		O		W		Y		
41	B		A		U		D			42	C		R		Y			43	O		L		D							
44	I		N		G		E		45	N		U		E				46	R		O		S		47	E		48	S	
								49	N		E		S		S			50	P		A		T		51	I		52	C	E
53	C		A		R			56	A		P		P		A		L	L		58	A		T		O		M			
59	A		L		E		U		T			61	A		L		A			62	A		C		H		O		O	
63	R		A		L		P		H			64	S		A		N			65	C		R		E		P		T	
66	D		R		Y		S					67	S		S		T			68	T		E		R		S		E	