

Rocky Mountain Development Council, Inc.

VOICE OF EXPERIENCE



VOLUME 51 | SEPTEMBER - OCTOBER 2019

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

NATIONAL SENIOR CENTER MONTH

September is National Senior Citizen Center month. The 2019 theme is Senior Centers: The Key to Aging Well! According to the National Council on Aging, almost 10,000 senior centers in America serve more than 1 million older adults every day. The council also reports that compared to their peers, senior center participants have higher levels of health, social interaction, and life satisfaction.

The national celebration of senior centers began in 1979, with Senior Center Week celebrated in May. The concept gained support of other aging organizations, as well as the full Senate and the House Select Committee on Aging. In 2007, the National Institute of Senior Centers (NISC) designated the entire month of September as Senior Center Month to give centers greater flexibility in recognizing and celebrating the importance of our senior centers.

The Rocky Helena Senior Center, along with our other tri-county senior centers located in Boulder,

Whitehall, Lincoln, Townsend, and Augusta, plays a very important role not only for those who come to the centers but to our communities as a whole. At Rocky's Helena Senior Center, many creative, innovative programs are offered in addition to a nutritious daily meal. In 2018, 34,318 meals were served to seniors in the tri-county area at Rocky's Senior Centers. As a new generation of older adults looks to redefine retirement, there is a growing focus on areas such as wellness and volunteerism. The Helena Senior Center offers numerous ways to remain active, including Arthritis Exercise Class, Line Dancing, and Tai Chi. Weekly card games help seniors keep their minds active, while activities like wood carving or quilting encourage creative pursuits. A list of the weekly activities at the Helena Senior Center is included on page 4 of this newsletter. If there's an activity you'd like to see offered at Rocky, mention it to Faith Franklin - 406-457-7318, Senior Center Coordinator, for consideration.

Stop by the Rocky Senior Center during the month of September and celebrate the "key to aging well" in our own community.

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HELENA DDC MENU

SEPTEMBER 2019--MEALS SERVED FROM 11:00 – 12:30

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 CLOSED</p>	<p>3 LAZY DAISY CABBAGE CASSEROLE GOLDEN CORN PINEAPPLE FRESH FRUIT (HDM)</p>	<p>4 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL APRICOT HALVES</p>	<p>5 SALISBURY STEAK STEAMED BROWN RICE VEGETABLE MEDLEY MIXED FRUIT CUP COLESLAW (HDM)</p>	<p>6 HAM & SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS MANDARIN ORANGES</p>
<p>9 CHEESEBURGER ON A BUN POTATO TRIANGLES BAKED BEANS PACIFIC VEGGIES APPLESAUCE</p>	<p>10 CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES PEAS & CARROTS WHOLE GRAIN ROLL CRANBERRIES FRESH FRUIT (HDM)</p>	<p>11 TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS MANDARIN ORANGES</p>	<p>12 HAMBURGER & SPANISH RICE JUMBLE CORN & BEAN MEDLEY CAULIFLOWER FRUITED JELLO (HDM)</p>	<p>13 BIRTHDAY DINNER LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS APRICOTS CAKE & ICE CREAM <u>NO SALAD BAR</u></p>
<p>16 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES MIXED VEGETABLES FRUIT CUP</p>	<p>17 CALICO BEANS CARROT COINS PICKLED BEETS WHOLE GRAIN ROLL FRESH FRUIT (HDM)</p>	<p>18 OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN PEAS BAKED APPLES</p>	<p>19 ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN JUICY PEACHES CARROT RAISIN SALAD (HDM)</p>	<p>20 ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD PINEAPPLE</p>
<p>23 MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES</p>	<p>24 PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE FRESH FRUIT (HDM)</p>	<p>25 PARMESAN CHICKEN BREAST BUTTERED ROTINI CREAMED SPINACH CARROT COINS PINEAPPLE</p>	<p>26 POTATO, VEGGIE & CHEESE EGG BAKE VEGETABLE MIX WHOLE GRAIN ROLL SWEET PEACHES TOSSED GREEN SALAD w/BEANS (HDM)</p>	<p>27 BREADED VEAL MASHED POTATOES w/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL CRANBERRIES</p>
<p>30 OVEN BAKED CHICKEN WILD RICE PILAF SWEET YAMS GREEN BEANS JUICY PEARS</p>	<p>LOW FAT MILK IS SERVED EVERY DAY IN THE DAILY DINNER CLUB (DDC) AND DELIVERED EVERY MONDAY, WEDNESDAY AND FRIDAY TO HOME DELIVERED MEALS (HDM)</p>			<p>A VARIED SALAD BAR IS AVAILABLE DAILY AT THE DAILY DINNER CLUB UNLESS STATED OTHERWISE.</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.

MEALS ON WHEELS SEEKS VOLUNTEERS

The Meals on Wheels program is recruiting volunteers to assist with delivering meals in Helena and East Helena. Meals on Wheels delivers hot and nutritious meals, Monday through Friday, to seniors 60 and over who are home

bound or having trouble preparing their own meals due to a disabling physical, emotional, or environmental condition. Volunteers are expected to help out at least one day per week for two-three hours.

For more information, please contact Melony Bruhn at 406-457-7319, or Maria Murphy at 406-457-7376.

RICK WINE CONCERT

First, we want to say thank you to Rick Wine for sharing his wonderful music and stories at the Helena Senior Center on August 7.

Rick will be back to the Senior Center on September 13 to help

celebrate the Birthday Meal. Music will start around 11:00 am. Rick's music always provides a fun time in the Daily Dinner Club.



HELENA DDC MENU

OCTOBER 2019-MEALS SERVED FROM 11:00-12:30

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>7 HUNGARIAN GOULASH GREEN PEAS PICKLED BEETS APRICOT HALVES</p>	<p>1 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER FRESH FRUIT (HDM)</p>	<p>2 BAKED HAM MACARONI & CHEESE MIXED VEGGIES GARDEN PEAS CINNAMON APPLESAUCE</p>	<p>3 SLOPPY JOES ON A BUN POTATO WEDGES BAKED BEANS SWEET PEACHES COLESLAW (HDM)</p>	<p>4 FISH PATTY W/TARTAR SCALLOPED POTATOES PEAS & CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES</p>
<p>14 COLUMBUS DAY SALMON PATTY WILD RICE MIXED VEGETABLES GREEN BEANS SWEET PEACHES</p>	<p>8 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRESH FRUIT (HDM)</p>	<p>9 TURKEY NOODLE CASSEROLE MIXED VEGETABLES BRUSSELS SPROUTS FRUIT CRISP</p>	<p>10 SWEDISH MEATBALLS BROWN RICE WINTER SQUASH BLUSHING PEARS TOSSED GREEN SALAD W/GARBANZOS (HDM)</p>	<p>11 BIRTHDAY DINNER CHICKEN A LA KING BUTTERMILK BISCUITS COUNTRY BLEND VEGGIES FOUR BEAN SALAD BAKED APPLES CAKE & ICE CREAM NO SALAD BAR</p>
<p>21 BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES PICKLED BEETS PINEAPPLE</p>	<p>15 PEPPER STEAK ROASTED POTATOES CAULIFLOWER MANDARIN ORANGES FRESH FRUIT (HDM)</p>	<p>16 CHICKEN PATTY BAKED POTATO WEDGES VEGGIE BLEND 4 BEAN SALAD WHOLE GRAIN ROLL APRICOT HALVES</p>	<p>17 MEATLOAF MASHED POTATOES W/GRAVY WHOLE GRAIN ROLL MIXED FRUIT CUP CARROT RAISIN SALAD (HDM)</p>	<p>18 CHILI DOG ON A BUN SWEET CORN CARROT COINS GOLDEN PEARS</p>
<p>28 MOCK CHOP SUEY BROWN RICE CAULIFLOWER PICKLED BEETS SWEET PEACHES</p>	<p>22 HAMBURGER ON A BUN CARROT COINS BAKED BEANS FRESH FRUIT (HDM)</p>	<p>23 PORK CHOPS-N-GRAVY MASHED POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL BAKED APPLES</p>	<p>24 TURKEY HASH OVER POTATOES SWEET PEAS WHOLE GRAIN BREAD CRANBERRIES TOSSED GREENS W/BEANS (HDM)</p>	<p>25 LEMON PEPPER CHICKEN WILD RICE GREEN BEANS GARDEN MIX VEGETABLES BLUSHING PEARS</p>
<p>31 HALLOWEEN SCARY BIRDS (RASPBERRY CHICKEN BREAST) NAUGHTY NOODLES VANISHING VEGETABLES GHOSTLY PEARS CREEPY COLESLAW (HDM)</p>	<p>29 BAKED COD W/TARTAR RICE PILAF STEAMED BROCCOLI ZUCCHINI SQUASH FRESH FRUIT (HDM)</p>	<p>30 TATER TOT CASSEROLE CARROT COINS BEAN MEDLEY FRUIT CUP</p>	<p>31 HALLOWEEN SCARY BIRDS (RASPBERRY CHICKEN BREAST) NAUGHTY NOODLES VANISHING VEGETABLES GHOSTLY PEARS CREEPY COLESLAW (HDM)</p>	<p>LOW FAT MILK IS SERVED EVERY DAY IN THE DAILY DINNER CLUB (DDC) AND DELIVERED EVERY MONDAY, WEDNESDAY AND FRIDAY TO HOME DELIVERED MEALS (HDM)</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.

A VARIED SALAD BAR IS AVAILABLE DAILY AT THE DINNER CLUB UNLESS STATED OTHERWISE.

CRAFT CASE

Thanks to all who helped make our August Craft Case sales successful.

The next craft case sales will be on the Birthday Meal Fridays, September 13 and October 11. Donations can be dropped off in the Parlor by Faith Franklin's desk at any time; however, donations of large items like furniture or appliances are not allowed. We are always grateful

for the donations we receive.

All monies raised by the Craft Case sales go directly to the Helena Senior Center, which is managed by the Senior Advisory Council. If you have any questions, please contact Faith Franklin at 406-457-7318.

ROCKY CLOSURES

Rocky will be closed on **September 2** in observance of Labor Day, so there will be no Meals on Wheels, Transportation, or access to the Daily Dinner Club or Senior Center on this day.

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 Marcy in Senior Nutrition at 406-457-7378.

SENIOR CENTER ACTIVITIES

September - October

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

1:00 pm – Pinochle – Card Room

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

1:00 - 3:00 pm – Bingo – Dining Room

THURSDAYS

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

9:30 – 11:00 am – Blood Pressure –

Back of the Dining Room

9:45 am – Line Dancing – Dance Floor

10:00 am - Hearing Aid Clinic - Room 15

(September 5, September 19, October 3, October 17)

1:00 pm - Wood Carving – Dance Floor

1:00 pm - Hand & Foot - Parlor

FRIDAYS

9:30 am – Jennie’s Arthritis Exercise Class

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

12:30 pm - Create-A-Craft (NEW)

- Card Room

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 Franklin at 406-457-7318 or ffranklin@rmdc.net.

MEET JIM MARKS!

The mission of Rocky’s Area IV Agency on Aging is helping seniors, persons with disabilities and their families make choices to preserve their independence and dignity. Newly hired Program Director Jim Marks says the values of the program mesh nicely with his own personal views.

Marks joined Rocky earlier this summer and brings with him great experience, especially in the area of disability rights. “My work life has been shaped by blindness,” Jim noted. “Not being able to see turned me into a disability rights advocate throughout my professional life.” While living in Missoula, Jim worked as Outreach Manager for Summit Independent Living Center and Director of Disability Services for Students at the University of Montana. After moving to Helena in 2010, he became the Administrator of the Disability Employment and Transitions Division of the Montana Department of Public Health and Human Services.

Marks said that his goal as Program Director is to support Rocky’s team in reaching the program’s mission to guide older Americans and those with disabilities as they decide how to live with dignity and self-determination. “Becoming a senior citizen or a person with a disability is natural, yet there exist many barriers that can rob one of choice.

As the Area IV Director, I hope to lead our team of dedicated professionals in removing those barriers,” Marks commented.

Marks emphasized that he wants others to be comfortable with his blindness, and that he welcomes questions from anyone. “While I do things differently from most, such as using a guide dog, reading Braille, and operating computers with assistive technologies, I do the same stuff others do,” Marks said.

A sixth-generation Montanan, Marks loves the Montana outdoors and hunting big game has been an important part of his life. He served for 15 years as a Montana Hunter Education Instructor as a way to share those traditions with others. He is also currently writing a historical fiction novel based on his family’s experience in the Helena area in the 19th century.

Please join us in welcoming Jim to the Rocky team!



TAI CHI GROWING IN POPULARITY

Volunteer instructor Carrie Jones leads a Tai Chi class every Wednesday and Friday at 10:45 am in the Neighborhood Center Card Room. Classes last 45 minutes and the major focus is balance and arthritis prevention.

Tai Chi is an ancient movement art that originated in China. Each class begins with a short mindfulness moment, followed by a non-rigorous set of exercises and a walking practice that translates to walking safely on ice. The class is tailored to the individuals in attendance, meaning a beginner can attend a class with those more experienced. Jones also emphasized that work on techniques outside of class time is needed to see best results.

The best way to learn about Tai Chi is to attend a class! Please contact Faith Franklin at 457-7318 if you have any additional questions.

ALZHEIMER'S ASSOCIATION EDUCATION SERIES

In partnership with the Helena Senior Center, the Alzheimer's Association® is offering a series of free educational programs for people concerned about memory loss as well as those who wish to be informed.

The programs are offered at the Helena Senior Center at 200 South Cruse Avenue in Conference Room 15 in the lower level. RSVPs are requested to the Alzheimer's Association 24/7 Helpline at 800.272.3900.

**Wednesday, September 18
12:30 pm – 2 pm**

**Dementia Conversations: Driving,
Doctor Visits, Legal & Financial
Planning**

Conversations with family members who are showing signs of dementia can be challenging and uncomfortable. The fear or lack of awareness that may accompany these conversations can result in delays that have serious consequences for the entire family.

About the Alzheimer's Association

The Alzheimer's Association Montana Chapter, based in Billings, is the leading source of information and support for the 21,000 Montanans living with Alzheimer's dementia and all those living with related dementias, as well as their 50,000 family caregivers. For information call the Alzheimer's Association 24/7 Helpline at 800-272-3900 or visit www.alz.org.

RSVP SEEKS VOLUNTEERS

RSVP is recruiting volunteers to help out with the staffing of the upcoming Be Well Program, assisting with blood pressure monitoring, height/weight measuring, and visual acuity tests.

Volunteers do not need to have a medical background, and training will be offered. If interested in volunteering for the Be Well Program, please contact Melony Bruhn at 406-457-7319.



SENIOR ADVISORY COUNCIL UPDATE

We hope everyone had a wonderful summer. The summers in Montana can be special times with family and friends after our long winters. As we welcome a new season, the Helena Senior Center and the Senior Advisory Council will meet every month as scheduled. Our next scheduled meeting will be held Wednesday, September 25 in the card room at 9:00 am. Our October meeting will be Wednesday, October 23 in the Card Room at 9:00 am. Please know that folks are welcome to join in and listen. If you have something that you would like to have discussed, please speak with Faith Franklin to have the topic put on the agenda.

Thank you to all of the Council members for your dedication and time. It is a good time for Senior Center members to gather and discuss matters concerning the Center, be creative in planning events and activities, and to offer guidance that makes the Helena Senior Center such an excellent place for people to visit and join.

Help the Helena Senior Center...



CHAIRish the Seniors

We need to raise
\$10,000
to meet the
Treacy Foundation's
matching grant of
\$20,000
for new chairs, tables
and an oven.

Join our "Buy a Chair" campaign by pledging \$150 today!
To thank you for your gift, we will proudly display your
name on a plaque in the Senior Center.



ROCKY MOUNTAIN DEVELOPMENT COUNCIL, INC.
Improving lives, strengthening communities.

MARK YOUR CALENDARS!

Dr. Gary Blom will be visiting the Helena Senior Center on September 25 to share his dynamic, toe-tapping music. Music will start around 11:00 am. Come on down to not only enjoy a delicious meal, but also some wonderful entertainment!



REMINDER

The front office cannot make change. If you need change for bills that are \$20 or under, please ask the attendant at the desk in the Daily Dinner Club or Faith Franklin.

Thank you!



YES! I want to CHAIRish the Seniors and "Buy a Chair" for Seniors at Helena's Neighborhood Center.

The Senior Center offers older adults the opportunity to have lunch and socialize in a friendly atmosphere. Rocky offers screenings, bingo, card games, exercise and gathering places.

Enclosed is my check for: **\$150** _____ **Other** _____

To make a contribution with a credit card, please go to www.rmhc.net and click DONATE!

Name: _____ **Address:** _____

Phone: _____ **Email:** _____

Thank you for CHAIRishing Helena's Seniors!

HEALTH SERVICES AT THE HELENA SENIOR CENTER

FOOT CARE DONE RIGHT

September 3, 9, 10, 11
October 1, 7, 8

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.

BLOOD PRESSURE

Please take a moment to have your blood pressure taken each Thursday at the Senior Center in the back of the dining room between 9:30-11:00 am

HEARING AID CLINIC

The clinic is conducted by Pat Fournier, Hearing Instruments Specialist. Most of the services offered are free. The clinic takes place on Thursdays from 10:00 am to 2:00 pm in Room 15 in the basement of the Neighborhood Center. Upcoming dates are **September 5, September 19, September 20, October 3, and October 17.**



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.



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>

HALLOWEEN COSTUME DRAWING

It's never too early to start thinking of your Halloween costume, and there's extra incentive to share your clever costume idea with the Helena Senior Center! On October 31, during lunch in the Daily Dinner Club, we will hold a prize drawing for all the those in attendance wearing a costume. Come enjoy a delicious meal with us, and take home the prize your costume deserves!

SENIOR CENTER LIBRARY DONATIONS

The Helena Senior Center is seeking donations to expand the library to include new items. If you have puzzles, DVDs, CDs and audio books you would like to donate, in addition to books, please stop by the Neighborhood Center to drop off your items. You can leave your donations in the book donation tub or on Faith Franklin's desk.

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 September 9 and September 10. 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 (Thursdays @ 1:00 pm in the Parlor).

MILP INTRODUCES ADAPTIVE ICE SKATING

Montana Independent Living Project (mILP) is proud to introduce a new all-abilities Adaptive Ice-Skating Program. This first of its kind activity in Helena creates new opportunities for people living with disabilities to explore and choose how they can increase their physical activity in an inclusive environment. Learning a new skill or activity increases a person's confidence. Increased confidence improves quality of life as they begin to explore what other new activities and ideas are available to them. They will meet new friends and maybe reunite with old ones.

mILP was awarded grants from the National Council on Independent Living, The Craig H. Neilsen Foundation and the Montana Council on Developmental Disabilities to purchase equipment and to promote this new opportunity in the Helena, MT area.

There is currently nothing like this offered in our community. Winter months in Montana can be the most difficult time of the year for people with disabilities to escape their home and find a way to be with others in the community. We have identified skating as an accessible, inclusive, affordable winter activity for people with disabilities.

Activities will include but are not limited to:

- Open skating time
- Parties and events
- Join a sled hockey team
- Join a competitive, traveling team
- Become a volunteer
- Become a coach
- Join a league
- Exercise
- HAVE FUN!

Best of all, this program IS NOT limited to only people living with a disability. EVERYONE can skate using an ice sled. mILP's goal with this program is to offer opportunity and choice for people of all-abilities to increase their physical activity in an inclusive atmosphere.

Skating will begin in September of 2019. Please attend an information meeting or call our Helena office at 406-442-5755 for more information and to have your name added to our contact list.

mILP will be holding information meetings at their office (825 Great Northern Blvd Suite 105 in Helena) on:

- Tuesday Aug 20, 2019
2:30 – 4:30pm
- Wednesday Aug 21, 2019
5:30 – 7:30pm
- Sunday Aug 25, 2019
2:00 – 4:00pm



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

Myrna Loy Theater Helena Senior Center SEPTEMBER - OCTOBER 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.

LIEAP SEASON BEGINS OCTOBER 1

If there's one thing we can count on, it's that Montana winters can be challenging with lots of snow and frigidly cold temperatures. Rocky's Low Income Energy Assistance Program (LIEAP) can help!

LIEAP is a program that helps low-income households meet the additional expenses often required to stay warm during the winter months. If a household is income-eligible, a credit is applied to their utility account. In the event of a heating emergency, LIEAP can also assist with heat system repairs and replacements. During the last program year, 1933 households in our area received a heating assistance benefit, and 217 no-heat emergencies resulted in heating system repair or replacement.

Applications for the LIEAP program are available at both Helena Rocky locations or on the Rocky website at www.rmhc.net. Energy Services staff are available to assist with the application process at the Rocky Jackson Street office, located at 648 North Jackson. Documentation that must be included with the application includes income verification, recent fuel bills, and bank statements; a full list of requirements is listed on the application and also on the Rocky website. Applications may be submitted beginning on October 1 and are accepted through April 30. If a household received a LIEAP benefit last season, a pre-printed application will be mailed to the household by October 1.

Qualifying as a LIEAP recipient comes with some additional benefits. Households who qualify for LIEAP will automatically receive a NorthWestern Energy discount of 25%-30% during the season, depending on the service provided. Those who qualify for LIEAP are also made eligible for the Weatherization Assistance Program, which can assist with no-heat emergencies and energy conservation improvements.

COMMODITY FOOD FOR QUALIFYING SENIORS

COMMODITIES SCHEDULE

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

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

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

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

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

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

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

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

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

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

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

Thursday, September 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

Last time I wrote to you I said, "School is out and summer is here!". Can you believe summer is almost over? This isn't necessarily bad news though because Rocky is so excited to be welcoming children back to our Head Start program! That being said, I would like to remind everyone to be extra cautious as you enter and leave our parking lot at the Neighborhood Center. We will have a slight increase in traffic once school begins as parents are dropping off and picking up their children each day.

September happens to be National Courtesy Month. It is always good to be reminded to be kind to others! All of us have our "moments" or

"off" days, but the perseverance to work things out is something that I observe going on daily. If you need even more incentive to be courteous, studies have shown that being "nice" to others is actually really good for you. In a recent article on Huffington Post, clinical psychologist Lara Honos-Webb, Ph.D. stated "When we help others and do kind acts, it causes our brain to release endorphins, the chemicals that give us feelings of fervor and high spirits—similar to a 'runner's high.'" Being kind to others is being kind to yourself.

I hope you enjoy the last of your summer before the leaves start falling!



Lori Ladas, C.P.A.
Executive Director

BIRTHDAY MEALS

This is a reminder that the Rocky Senior Center loves to celebrate your birthday! As a member of the Senior Center, you are eligible for a free meal on the day of the birthday meal, during the month of your birthday. The birthday meal is on the second Friday of each month unless specified otherwise. If you have a birthday in September, please join us on September 13; if you have a October birthday, be sure to join us on October 11. We are happy you are part of our community and look forward to celebrating your birthday with everyone!

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

Wednesday Sept. 11
12:00 - 4:30 pm
First Interstate Bank
2728 Colonial Drive

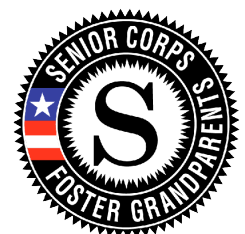
Saturday, Oct. 12
9:00 am - 1:30 pm
St. Peter's Hospital
Room 2 & 3
2475 Broadway

Tuesday, Oct. 22
12:00 - 4:30 pm
First Interstate Bank
2728 Colonial Drive

AN OPPORTUNITY TO VOLUNTEER

Are you ready to make a difference in a child's life through mentoring? If so, the Foster Grandparent Program is recruiting PAID volunteers! Head Start and the Helena School District are searching for Foster

Grandparents to volunteer in their classrooms. Foster Grandparents are positive role models that mentor children to read, provide one-on-one tutoring, and guide children at a critical time in their lives. You receive training, mileage reimbursement, and a small monthly stipend. For more information, call Mindy at (406) 447-1680.



LIVING WELL WITH VISION LOSS

By **Jim Marks, Program Director,**

Area IV Agency on Aging

Many older Montanans experience vision loss. According to the US Department of Education, Age-related Macular Degeneration is our nation's leading cause of blindness, and it affects 20% of senior citizens. While restoring vision often proves medically impossible, there are proven alternative methods people can use to manage their lives. Independence turns on learning and applying new ways to do things. Best of all, there is a Montana program that can teach older visually impaired Montanans how to stay in their own homes and communities with services that include low vision evaluations for magnification and the purchase of some low vision and blindness aids.

The Independent Living for Older Blind Program is a service provided by Blind and Low Vision Services (BLVS). BLVS is part of the Disability Employment and Transition Division of the Montana Department of Public Health and Human Services. Funding for the services, which is 90% federal and 10% state, originates from the US Rehabilitation Act and its amendments. Any visually impaired Montanan 55 years and older qualifies for the services. There is no charge to participating clients. However, the demand for its services exceeds its resources, and some equipment and more detailed instruction may have to be picked up by the program's clients, their health insurance, or other resources.

It's the little things that matter. For example, not being able to see well can make putting toothpaste on a toothbrush a messy, hit and miss chore. The simple solution is to squirt toothpaste from the tube directly into one's mouth rather than on the toothbrush. This method avoids the mess and works perfectly every time. And there are many other methods one can use. Those "tricks," otherwise known as alternative techniques, range from learning how to cook safely, how to manage personal finances, and how to read newspapers, magazines, and books. Even though vision loss can

prevent one's ability to drive, BLVS staff members routinely show their clients how to access public transportation, taxis, as well as Uber and LYFT.

There is always a non-visual path forward that does not depend on good eyesight.

Age-related vision loss affects entire families, not just the person who does not see as well as they used to be able to see. BLVS can coach family members what to expect of their elders. Prejudices about what it means to be blind run deep in our culture. Positive attitudes and believing that visually impaired people can do just fine are essential. I ought to know this because I've been blind for 40 years. Most assume that blindness is the enemy when the true culprit is low expectations. The truth is that there has never been a better time in history to be blind, and visually impaired Montanans can and do live full and rewarding lives with supports from excellent organizations such as BLVS and Rocky.

The BLVS office that serves those who live in Rocky's coverage is in Butte. Below is the contact information for that office. If you are encountering age-related vision loss or know of someone who is, check out the Older Blind Services of BLVS at <https://dphhs.mt.gov/detd/blvs/olderblindprogram>.

Butte Blind and Low Vision Services Team

700 Casey Street, Suite B

Butte, MT 59701

1 (888) 279-7531 (toll-free consumer line)

(406) 496-4925 (voice/TTY)

(406) 782-8728 (fax)



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



ROCKY'S LEGACY SOCIETY

If you are over 70 ½ years old and have a traditional IRA account, then you know you have to take what is called a Required Minimum Distribution (RMD).

But, did you know that, if it's not needed right now, you can send your RMD to Rocky? Giving your distribution to Rocky meets both the IRS requirement and your charitable giving plans. And, the distribution is not taxable to you.

You can google IRA Charitable Rollover for more information, or contact Kathy Marks at 406-457-7323 for more information.

Rocky Mountain Development Council, Inc. strives to improve quality of life and promote self-sufficiency for individuals and families. Your outright donation or IRA distribution will help Rocky to continue to serve those in our community.



Kathy Marks
Operations
Director
Room 208C
Neighborhood
Center