

# Rocky Mountain Development Council, Inc.

# VOICE OF EXPERIENCE



VOLUME 49 | MAY - JUNE 2019

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

## GOLD AND SILVER FORK AWARDS

For the second year in a row, the Helena Senior Center kitchen has been awarded the Gold Fork Award for food safety by Lewis and Clark Public Health. The Rocky kitchen in Lincoln was presented the Silver Fork Award.

These Rocky kitchens were among the 59 eating establishments recognized in Lewis & Clark County for their efforts in food service safety. Gold Fork award winners must have a documented food safety system in place, which includes the following: on-site managers who demonstrate knowledge of food safety and take corrective action when necessary; food safety training for all

staff; procedures to maintain safe food temperatures; and employee health policies. To win a Silver Fork Award, at least three of these four criteria must be demonstrated by the establishment. The awards were based on results of unannounced mandatory health inspections held in the previous year.

Shawna Donaldson, Rocky Senior Nutrition Program Manager, reflected on the award. "Our nutrition staff, from cooks to delivery drivers, strive to serve safe, nutritious food. These awards recognize our staff's dedication and commitment. It is an honor to be recognized in the Lewis and Clark County Community."

The Gold and Silver Fork Awards were first introduced in 2011. To be considered for the award, food establishments must have been open for at least one year and must offer sit-down dining.



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## HELENA/EAST HELENA DDC MENU

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

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Congregate meals in Helena have a full salad bar unless otherwise stated.	Low fat milk is served every day at congregate sites and delivered every Monday, Wednesday and Friday to Home Delivered Meals (HDM)	1 CHICKEN A LA KING BUTTERMILK BISCUITS COUNTRY BLEND VEGGIES FOUR BEAN SALAD APRICOT HALVES	2 MEATLOAF MASHED POTATOES W/GRAVY WHOLE GRAIN ROLL MIXED FRUIT CUP  CARROT RAISIN SALAD (HDM)	3 CHILI DOG ON A BUN SWEET CORN CARROT COINS GOLDEN PEARS
6 BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES PICKLED BEETS PINEAPPLE	7 HAMBURGER ON A BUN CARROT COINS BAKED BEANS  FRESH FRUIT (HDM)	8 PORK CHOPS-N-GRAVY MASHED POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL BAKED APPLES	9 TURKEY HASH OVER POTATOES SWEET PEAS WHOLE GRAIN BREAD BLUSHING PEARS  TOSSED GREENS W/BEANS (HDM)	10 <u>BIRTHDAY/MOTHER'S DAY DINNER</u> LEMON PEPPER CHICKEN WILD RICE GREEN BEANS GARDEN MIX VEGETABLES CRANBERRIES
13 MOCK CHOP SUEY BROWN RICE CAULIFLOWER PICKLED BEETS SWEET PEACHES	14 BAKED COD W/TARTAR RICE PILAF STEAMED BROCCOLI ZUCCHINI SQUASH  FRESH FRUIT (HDM)	15 TATER TOT CASSEROLE CARROT COINS BEAN MEDLEY FRUIT CUP	16 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES JUICY PEARS  COLESLAW (HDM)	17 BISCUITS & SAUSAGE GRAVY POTATO WEDGES MIXED VEGGIES CINNAMON CHERRY APPLES
20 MONTANA PASTY W/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS	21 CHICKEN NOODLE CASSEROLE VEGETABLE BLEND LIMA BEANS  FRESH FRUIT (HDM)	22 ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSELS SPROUTS CRANBERRIES	23 SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES PLUMP PEACHES  GREEN SALAD W/GARBANZOS (HDM)	24 POLISH SAUSAGE ON A BUN SAUERKRAUT BABY RED POTATOES GREEN BEANS MANDARIN ORANGES
27 <u>CLOSED</u> 	28 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL  FRESH FRUIT (HDM)	29 CHILI CON CARNE (ONIONS & GRATED CHEESE) CORN BREAD MIXED VEGETABLES PARSLEY CARROTS BLUSHING PEARS	30 FISH PATTY W/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER  CARROT RAISIN SALAD (HDM)	31 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE PINEAPPLE

WE DEPEND ON YOUR MEAL PAYMENT FOR HALF OUR 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 \$4.00 and under 60 years \$7.00.

## ATTENTION!

Due to rising costs, Rocky has deemed it necessary to increase the suggested donation for meals. Starting July 1, 2019, the suggested donation for seniors is \$5.00. The cost for Rocky staff members is \$6.00. For anyone under sixty years of age, the cost is \$7.00 and is not a suggested donation.

We are sorry for the need to increase, please contact Faith Franklin or Senior Nutrition staff with any concerns or questions.

Thank you.

## SENIOR BAZAAR

Are you looking for a great place to donate a few items that you don't use anymore? Or maybe you're searching for some great new treasures to add to your household. Either way, the Senior Advisory Council can help!

The annual Summer Solstice Sale (Senior Bazaar) will be held on Friday, June





21, in the basement of the Neighborhood Center. The sale will be open from 9:00 a.m. to 1:00 p.m. Donations will be accepted for two weeks prior to the sale, and can be delivered to Senior Center Coordinator Faith Franklin or to the Rocky Reception desk. No clothes, large appliances, or furniture can be accepted. All sales from the Bazaar benefit the work of the Senior Advisory Council at Rocky.

## HELENA/EAST HELENA DDC MENU



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

For Additional information Call 447-1680 Helena

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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)		Congregate meals in Helena have a full salad bar unless otherwise stated	
3 BEEF TACO CASSEROLE REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN MANDARIN ORANGES	4 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT SAUTÉED GREENS CARROT COINS  FRESH FRUIT (HDM)	5 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES	6 VEAL PARMESAN OVER ROTINI NOODLES YELLOW & GREEN ZUCCHINI PLUMP PLUMS  4-BEANS & GREENS (HDM)	7 <u>BIRTHDAY DINNER</u> HAM & SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS PEACHES & PEARS
10 SALMON PATTY ON A BUN MIXED VEGGIES SWEET POTATOES JUICY PEACHES	11 LAZY DAISY CABBAGE CASSEROLE GOLDEN CORN PINEAPPLE  FRESH FRUIT (HDM)	12 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL APRICOT HALVES	13 <u>FATHER'S DAY DINNER</u> SALISBURY STEAK STEAMED BROWN RICE VEGETABLE MEDLEY MIXED FRUIT CUP  COLESLAW (HDM)	14 <u>CLOSED</u>  <b>COOKS' TRAINING</b>  A TEA SPOON OF LOVE
17 CHEESEBURGER ON A BUN POTATO TRIANGLES BAKED BEANS PACIFIC VEGGIES APPLESAUCE	18 CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES PEAS & CARROTS WHOLE GRAIN ROLL CRANBERRIES  FRESH FRUIT (HDM)	19 TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS MANDARIN ORANGES	20 HAMBURGER & SPANISH RICE JUMBLE CORN & BEAN MEDLEY CAULIFLOWER  FRUITED JELLO (HDM)	21 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES MIXED VEGETABLES APRICOTS
24 LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT CUP	25 CALICO BEANS CARROT COINS PICKLED BEETS WHOLE GRAIN ROLL  FRESH FRUIT (HDM)	26 OPEN FACE PORK SANDWICH W/GRAVY MASHED POTATOES GREEN PEAS BAKED APPLES	27 ZITI NOODLES W/MEATBALLS GARLIC BREAD GOLDEN CORN JUICY PEACHES  CARROT RAISIN SALAD (HDM)	28 ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD PINEAPPLE

WE DEPEND ON YOUR MEAL PAYMENT FOR HALF OUR 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 \$4.00 and under 60 years \$7.00.

## CRAFT CASE

Thanks to all who helped make our March and April Craft Case sales very successful. A special thanks to Kris, Christy, Fran, and Marilyn for sitting at the table.

Until further notice, the Craft Case sales dates will be on the Birthday Meal Fridays - **May 10 & June 7.**

You can bring in your donations and leave them in the Parlor by the Program Coordinator's desk. Do not bring any large items

like furniture and appliances; we also cannot accept clothing or bedding. We are grateful for all donations.

All money raised by the Craft Sales goes back to the Senior Center, and is managed by the Senior Advisory Council. If you have any questions, please contact Faith Franklin at 406-457-7318.

## DAILY DINNER CLUB CLOSURES

The Daily Dinner Club will be closed on **Monday, May 27** in observance of Memorial Day, and **Friday, June 14** for a kitchen staff training.

If you receive Meals on Wheels, please don't forget to call ahead and reserve an extra meal, if needed. You can call Marcy in Senior Nutrition at the front office at 406-447-1680.



# SENIOR CENTER ACTIVITIES May - June

## MONDAYS

9:30 am – Jennie’s Arthritis Exercise Class-Card Room  
10:00 am – Self Directed Exercise Class – (Broom Sticks) Card Room  
12:30 pm – Whist – Card Room  
12:30 pm – Mahjong – Card Room  
2:00 pm – American Sign Language Classes – 210A

## 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)  
10:00 am – Self Directed Exercise Class–Card Room  
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  
(May 2, May 16, June 6, June 20)  
1:00 pm – Wood Carving – Dance Floor  
1:00 pm – Helena Sketchers-Dance Floor/Dining Room  
(first and third Thursdays)  
1:00 pm – Hand & Foot-Parlor

## FRIDAYS

9:45 am – Jennie’s Arthritis Exercise Class  
10:45 am – Tai Chi Exercise Class – Card Room  
12:30 pm – Sew & Tell and Crafting – Card Room

## SUNDAYS

1:00 pm – Pinochle – Card Room

# SENIOR CENTER GETS NEW BINGO EQUIPMENT

Every Wednesday, the Rocky Daily Dinner Club is the place to be for bingo players in the area. Thanks to some generous donations, new equipment will make the games even more enjoyable.

A new bingo board has been purchased and it will include some great improvements, such as the ability to have numbers flash until the next is called and indications on the board itself of what game is currently being played. The system should be much quieter as well, which those in attendance will appreciate.

The bingo program is grateful to those who assisted with this purchase, and accepts donations to continue to improve the games. Donations can be brought to the weekly games, given to Senior Center Coordinator Faith Franklin, or brought to the Rocky main office.

Come join the Rocky bingo players each Wednesday afternoon in the Daily Dinner Club from 1:00 p.m. to 3:00 p.m.!



## MARK YOUR CALENDARS!

### **BREW A BETTER COMMUNITY NIGHT AT TEN MILE CREEK BREWERY**

May 26, 2019 @ 5pm-8pm  
\$1.00 of every pint sold goes to Rocky and our programs.

### **LOCAL WEDNESDAY WITH ROCKY AT SNOW HOP BREWERY**

May 29, 2019 @ 2pm-8pm  
\$0.75 from every 12oz beer sold and \$0.75 from every Dos Hermanos Tacos order placed at the brewery goes to Rocky and our programs.

### **COMMUNITY COCKTAILS AT GULCH DISTILLERS**

June 12, 2019 @ 4pm-8pm  
\$1.00 of every full-priced cocktail or bottle sold goes to Rocky and our programs.



## MEET FAITH FRANKLIN!

We would like to introduce one of the new members of the Rocky team! Meet Faith Franklin, the new Senior Center Coordinator.

Originally from Anaconda, Faith has been a Helena resident for about five years. Before joining the staff at Rocky, she worked for the Montana Historical Society.

Faith said that the first thing she noticed about Rocky is that the senior center is a small community and like a family. "I noticed that people are amazing and always willing to help each other...and me, of course!" Faith remarked. "Everyone is always willing to be there for each other."

When asked what she is most excited about in her new position, Faith mentioned that she is looking forward to getting to know each and every senior who comes in and finding out what they enjoy at the Senior Center. "I am excited about my new adventure at Rocky

and I'm excited to make the center a place for seniors to have fun and meet new people," Faith said.

Like many of us, Faith is looking forward to the summer months, when she and her husband will go camping and hiking, bringing their dogs along for the adventure. Faith also likes to travel and visit museums and historical sites, and tries to find a new museum to explore during each of her trips.

Faith's regular hours at Rocky are Monday through Friday, 8:30 a.m. to 1:30 p.m. Her desk is located in the parlor, just off the Daily Dinner Club. She encourages the seniors to stop by and say hello; she's happy to be here with you!



## AMERICAN SIGN LANGUAGE CLASSES

The popularity of the American Sign Language classes offered at the Neighborhood Center has led us to schedule more! These classes are for beginners who would like to learn sign language. These classes include learning ASL finger spelling and how to introduce yourself to someone who is deaf. Attendees learn the most common signs used in every day language and practice together in a group.

Classes are on Mondays from 2:00-3:00pm in Room 210A. If you have any questions, please contact Faith Franklin at 406-457-7318.

\*These classes are free. The instructor is fluent in ASL, but not federally certified.

## LEGAL TELECLINIC

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The Montana Aging Services Bureau is offering a new option for seniors looking for free assistance with creating estate planning documents such as Wills, Power of Attorney, and Beneficiary Deeds.

On the second Tuesday of each month, from 9:00 a.m. until 12:00 noon, a TeleClinic for legal services will be provided at the Rocky Jackson Street Center, 648 North Jackson Street. Appointments must be made in advance by calling the Legal Service Developer at 406-444-7787. No walk-in appointments will be accepted. Participants must be 60 years of age or older, or an enrolled Montana Tribal member.

Typically, the Bureau has offered legal clinics in person; however, the financial requirements for these clinics limit the number of locations that can be visited each year. The TeleClinic System is an effort to reach more seniors

while continuing to provide these services. It consists of a computer, a printer/scanner, and a webcam. Participants will schedule a time in advance and then be able to speak with a legal professional via a live webcam. This will give them an opportunity ask legal questions, draft estate documents, and seek help with issues such as neglect and abuse. Documents can be shared by both the participant and the legal professional. Rocky staff will be available to assist participants as they begin their session, but will not be present during the appointment for confidentiality reasons.

The ultimate goal of these TeleClinics is to reduce financial exploitation of seniors in Montana. When seniors have important documents such as their wills prepared and filed, it helps them plan for the future and protects them from risks in the years ahead.

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## THANK YOU BRENNAN FAMILY

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Thank you very much to the Brennan family for stopping in for the Helena Senior Center's annual St. Patrick's Day celebration. The wonderful music was enjoyed by all in attendance!



## POEM SUBMITTED BY YOU

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### FLYING SOLO

I'm no longer working,  
yet I still have my skills.  
  
I don't read work documents,  
  
yet do read a favorite book in a favorite  
chair.  
  
I don't send electronic emails  
throughout an office, yet send plenty to  
my grandchildren.  
  
I no longer hire babysitters, instead I do  
the babysitting.  
  
Now, I awaken and rise at my time and  
not by an alarm clock.  
  
Now my skills are used, just in a  
different manner.  
  
Now, I have leisure that I never  
imagined.  
  
Now, my days offer joy and a peace not  
defined in earlier years.  
  
Now, I polish up my memories, but most  
importantly I look at today.  
  
Let us all live in a world that is defined  
by ourselves.  
  
Let us all join together in charting our  
own boat using our internal sunshine.

• Shelley Lines

Thank you for sharing, Shelley!



## HEALTH SERVICES AT THE HELENA SENIOR CENTER

### FOOT CARE DONE RIGHT

May 6, 7, 13, and 14  
June 3, 4, 10, 11

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 (431-0006) to make an appointment.

### BLOOD PRESSURE

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

### HEARING AID CLINIC

The clinic will be conducted by Mr. Pat Fournier, Hearing Instruments Specialist. Most, but not all, of the services offered will be free. The clinic takes place on Thursdays from 10:00 a.m. to 2:00 p.m. in Room 15 in the basement of the Neighborhood Center. Upcoming dates are **May 2, May 16, June 6 and June 20\***.

**\*The June 20 clinic will be in Room 210A.**



## DR. GARY BLOM

Dr. Gary Blom will be visiting the Helena Senior Center on June 26 to share his dynamic and toe-tapping music. Dr. Gary has been a Rocky staple over the years, bringing smiles to all who have heard him play. He will start around 11:00am, so come on down for a delicious meal and some wonderful entertainment.



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)



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RESIDENCES**  
1-406-442-0610  
Helena, Montana

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

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

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

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

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

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

## SENIOR ADVISORY COUNCIL UPDATE

The Senior Advisory Council met on March 27. The council held officer elections. Christy Peña was re-elected as President, and Fran O'Hara was elected as the new Treasurer/Vice President.

The next Senior Advisory Council meetings will take place on May 22 and June 26 at 9:00 a.m. in the Card Room at the Neighborhood Center.

## 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. Call Kelley at 406-457-7325.

## ROCKY CARD GAMES & CLUBS

### PINOCHLE CLUB

The dates for the next Pinochle tournament are May 6 & May 7. The players meet on Tuesdays and Sundays at 1:00 p.m. 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 p.m. 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 p.m.), Cribbage (usually in the Parlor anytime you can find a partner), and Hand & Foot (Thursdays @ 1:00 p.m. in the Parlor).

## MOTHER'S DAY AND FATHER'S DAY QUILT RAFFLES

Rocky's Crafty Quilters are once again planning raffles for Mother's Day and Father's Day, with a beautiful hand-crafted quilt available for each special day. The Mother's Day drawing will be held on Friday, May 10, and the Father's Day drawing will be on Thursday, June 13. Drawings will be held during the lunch meal at the Senior Center each day.



Tickets are \$1 each, or six tickets for \$5. Tickets will be available from Senior Center Coordinator Faith Franklin during her work hours, and at the Rocky reception desk at other times of day. The quilters will also have a table set up to sell tickets themselves from time to time.

The Crafty Quilters are a small group that does big things, donating quilts to various organizations throughout the Helena community during the year. If you enjoy quilting or would like to learn, new members are always welcome to join them in the Helena Senior Center Card Room on Tuesday mornings from 9:00 a.m. to 11:00 a.m.

## WII BOWLING CANCELLED

Due to lack of attendance, Wii Bowling has been removed from the Senior Center activity schedule. If you are interested in arranging a time for Wii Bowling, please contact Faith Franklin at 406-457-7318.



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.



## DETERRA MEDICATION DISPOSAL BAGS

Do you have any old prescription medication in your medicine cabinet? Would you like to dispose of it in a safe manner? The Tri County Senior Centers currently have the ability to assist through the distribution of Detera Medication Disposal Bags.

These bags provide a safe, convenient, and effective method of disposing medication. The bags are pre-filled with an activated carbon that deactivates pharmaceuticals once the medication and a small amount of warm water are added. One bag can deactivate up to 45 pills, 6 ounces of liquid, or 6 patches. Once all items are added and the bag is resealed, it can then be safely tossed in the household trash.

If you'd like to use a Detera Medication Disposal Bag to clean out your out of date prescriptions, please see Senior Center Coordinator Faith Franklin at the Helena Senior Center or a staff member in the outlying sites. Old medications can also be taken to drop box locations throughout the Helena community, including at CVS pharmacies, Pureview Health Center, St. Peter's Health, Big Sky Managed Care, and the Helena Police Department.

The disposal bags were a one-time purchase made possible by the Substance Abuse and Mental Health Services Administration Opioid State Targeted Response grant, which was awarded to Montana's Department of Public Health and Human Services. Proper use, storage, and disposal of prescriptions helps keep medications in the proper hands and helps prevent drug misuse and abuse.

## COMMODITY FOOD FOR QUALIFYING SENIORS

### Commodities Schedule

Townsend, MT  
Monday, May 20  
2:00 pm - 3:00 pm

East Helena, MT  
Monday, May 20  
2:00 pm - 3:30 pm

Wolf Creek, MT  
Tuesday, May 21  
9:30 am - 10:30 am

Augusta, MT  
Tuesday, May 21  
12:30 pm - 1:30 pm

Elliston, MT  
Wednesday, May 22  
9:30 am - 10:00 am

Avon, MT  
Wednesday, May 22  
10:30 am - 11:00 am

Lincoln, MT  
Wednesday, May 22  
12:30 pm - 1:30 pm

Whitehall, MT  
Thursday, May 23  
11:00 am - 12:00 pm

Boulder, MT  
Friday, May 24  
9:30 am - 10:30 am

White Sulphur Springs, MT  
Tuesday, May 28  
11:00 am - 12:00 pm

Helena, MT @ Food Share  
Wednesday, May 22  
8:00 am - 10:30 am

Thursday, May 23  
8:00 am - 10:30 am

The Commodity Supplemental Food Program (CSFP) is a program where seniors can receive a monthly allotment of food. 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

Just when we think it's finally Spring, it starts snowing on us again! Thank you to our amazing custodial crew who has continued to provide us with a clean building and safe parking lot, no matter the conditions. Fingers crossed that we're on the up and up when it comes to warmer weather and sunshiney days.

April 25 was the 13th Annual Friends of Head Start Extravaganza. If you haven't attended before, you should really look into it next year. It was so fun! There was LIVE music, great food, great conversation, as well as a silent and live auction. Friends of Head Start is a small committee of volunteers who deeply believe in Rocky Head Start's mission.

Memorial Day is right around the corner! What do you plan to do over

the long weekend? Rocky will be closed so I plan to spend time with family and hopefully get outdoors. Don't forget to call ahead for your meal if you are needing one as a Meals on Wheels client. You can call Marcy in Senior Nutrition at the front office at 406-447-1680.

Lastly, Greater Helena Gives is May 2-3. This is an annual day of giving for Helena Area non-profits. Rocky is participating and we would love your support! Visit [www.greaterhelenagives.org](http://www.greaterhelenagives.org) to make a donation to a Rocky program that resonates with you!



Lori Ladas, C.P.A.  
Executive Director

## CARAMEL ROLL THURSDAYS

Thursdays are Caramel Roll Day at the Helena Senior Center! The rolls are prepared fresh by our kitchen staff every Thursday morning and are available from about 8:00 a.m. to 10:30 a.m. (or until they are gone). For \$2.00, you can enjoy a delicious roll and cup of coffee and visit with friends.



## 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](mailto:cspeil@msn.com)  
Reservations: 457-4712

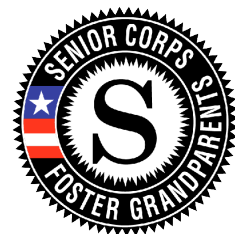
**Wednesday, May 15**  
**12:00-4:30 P.M.**  
**First Interstate Bank**  
**2021 N. Montana Ave.**

**Thursday, June 13**  
**12:00-4:30 P.M.**  
**First Interstate Bank**  
**2021 N. Montana Ave.**

## 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.



# SUMMER SAFETY TIPS FOR SENIORS

By Kristen Hicks, [senioradvisor.com](http://senioradvisor.com)

Summer tends to bring with it a sense of excitement and a desire to get outside and be active. That's great, but for seniors who have a higher sensitivity to heat, a little more caution needs to be exercised when it comes to making plans in the sun.

As long as you're careful and stick to a few main safety tips, you can enjoy most of the summer activities you can imagine. Here are 7 summer safety tips for older adults:

## 1. Stay Hydrated

The standard suggestion is to aim to drink 6-8 cups of water a day. If you intend to spend much time out in the sun, you may want to aim even higher to avoid dehydration. Invest in a water bottle or two that it's easy to take along on your jaunts outside and challenge yourself to finish it before you get home.

Don't just depend on your body to tell you when you're thirsty. One of many small frustrations of aging is that seniors become less aware of their thirst. Be proactive in staying hydrated and make sure it's water, sports drinks or juice that you're drinking - sodas, coffee, and especially alcohol won't work as good alternatives for hydration.

## 2. Don't stay out for too long.

If you live somewhere where it gets really hot, you should keep your plans for outdoor activities reasonably short. Don't plan to spend the whole day out in the sun - stick to a couple hours and then head inside for a break. You don't always feel the effect the sun is having on you in the moment, but it can build to something dangerous if you're not careful to temper the time you spend outside on hot days.

## 3. Check the forecast before you go out.

You don't want to be caught unawares on a 104° day. Make sure you know what to expect of the weather before you go out so you can dress appropriately and plan your day accordingly. Don't risk being stuck on a hike far from your car when record temperatures hit in the afternoon. When the heat starts to get extreme, make sure your plans give you an easy out from the outdoors so you can take breaks and cool off.

## 4. Keep sunscreen where it's easily accessible and you'll remember to use it.

If you carry a purse, keep your sunscreen in it at all times. If you don't, stick some in your car or anywhere else you can think of where you're likely to have it when you need it. If you think you might forget to re-apply when needed, set yourself an alarm, pretty much all phones have that option these days.

## 5. Check the side effects of your prescriptions.

Some medications make people more sensitive to the sun. Make sure you know if your prescriptions mean you need to take extra precautions. It probably won't mean you have to forego outdoor activities, just that you'll need to make extra sure to follow some of the other suggestions on this list to avoid problems.

## 6. Use your air conditioning if you have it.

I know it costs money, but summer heat waves can have serious consequences for seniors. Making sure you're reasonably comfortable and safe in your own home is worth the splurge. If you don't have an air conditioner, consider buying one.

If you don't have A/C in your home and can't find a way to afford it, take trips in the hottest part of the day to the mall, the movies, or the closest library. You can take advantage of their A/C for a little while before heading back home when the day starts to cool down.

## 7. Know the early warning signs of heat-related illnesses.

Hopefully these tips can keep you from encountering a heat related illness, but you should still be prepared for the worst just in case. Review the symptoms for dehydration, heat stroke, heat exhaustion, and heat syncope. If you're experiencing any of those symptoms, don't be shy about speaking up and insisting on water, shade, or some time inside in air conditioning. It's better than a trip to the emergency room.





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



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## ROCKY'S LEGACY SOCIETY

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“One generation plants the tree;  
another gets the shade.”  
- Chinese Proverb

Please let me know if you have included Rocky in your will - we would love to thank you! If you would like more information, please contact me at 406-457-7323. Or, drop by my office at the Neighborhood Center - I would love to meet you!

Rocky's Legacy Society honors the generosity of those who have chosen to include Rocky in their estate plans, whether through a will or a trust, life insurance policy, retirement plan, or other planned giving means. Your visionary planning will ensure that Rocky remains an agency that can serve the most vulnerable in our community. Our programs include Senior, Child & Family, Housing and Energy Services.



**Kathy Marks**  
Operations  
Director  
Room 208C  
Neighborhood  
Center