

Rocky Mountain Development Council, Inc.

VOICE OF EXPERIENCE



NOVEMBER - DECEMBER 2025

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

REGISTER FOR THE NOVEMBER RESPITE RETREAT!

*By Ryan Culshaw, Rocky's Agency
on Aging Resource Specialist*

Caregivers, you have a unique and sometimes challenging task caring for your loved ones. According to the most current research by MSU, there are over 160,000 caregivers providing support for family members with activities of daily living due to age, disability, or family dislocation. In recognition of all that caregivers do for our society, November has been established as National Caregiver Appreciation Month.

On November 20, 2025, Rocky's Area Agency on Aging, in coordination with the Tri-County Dementia Resource Alliance, is hosting a Respite Retreat at the Helena Senior Center.

The event is free to attend and open to all caregivers and their care recipients. Respite care will be provided on-site by nursing students under the supervision of trained dementia nurses. Participants will enjoy a Qigong session, a music therapy session, and a catered lunch. At the end of the retreat, caregivers will receive goodie bags and a folder with information on local resources for caregivers.

To register or for more information, please contact Ryan Culshaw at 406-457-7376 or rculshaw@rmdc.net. Spots are limited, so early registration is encouraged.

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VOICE OF EXPERIENCE
is published by
Rocky Mountain Development
Council, Inc.

200 South Cruse Avenue
Helena, MT 59601

PO Box 1717
Helena, MT 59624-1717







Phone: 406-447-1680
1-800-356-6544

HELENA SENIOR NUTRITION MENU - NOVEMBER 2025

LUNCH SERVED FROM 11:30-12:30 For Information Call (406) 447-1680 Helena

*This menu is subject to change due to product availability



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 3 MONTANA PASTY w/GRVY WINTER VEGETABLES GARDEN PEAS WHOLE GRAIN ROLL MANDARIN ORANGES	Low fat milk is delivered daily with Home Delivered Meals and available daily in the Dinner Club 4 POTATO, VEGGIE & CHEESE EGG BAKE PACIFIC VEGETABLES GREEN SALAD w/BEANS WHOLE GRAIN ROLL SWEET PEACHES	 5 PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE PINEAPPLE	SALAD BAR INCLUDED IN CONGREGATE MEALS 6 CHICKEN A LA KING BUTTERMILK BISCUITS CREAMED SPINACH CARROT COINS JUICY PEARS	 7 TILAPIA SCALLOPED POTATOES PURPLE BEETS WHOLE GRAIN ROLL APRICOT HALVES
10 OVEN BAKED CHICKEN WILD RICE PILAF SWEET YAMS GREEN BEANS JUICY PEARS	11 CLOSED - VETERANS DAY 	12 SLOPPY JOES ON A BUN BAKED BEANS CAPRI VEGETABLES MANDARIN ORANGES	13 BAKED HAM MACARONI & CHEESE COUNTRY VEGETABLES GARDEN PEAS CINNAMON APPLESAUCE	14 BIRTHDAY DINNER HEARTY MEATLOAF MASHED POTATOES w/GRVY HERBED CARROTS WHOLE GRAIN ROLL SWEET PEACHES BIRTHDAY CAKE
17 BEEF GOULASH GREEN PEAS PICKLED BEETS PINEAPPLE	18 SWEET-N-SOUR PORK WILD RICE CARROT COINS TOSSED GREEN SALAD w/GARBANZOS FRUIT CRISP	19 TURKEY NOODLE CASSEROLE ITALIAN VEGETABLES BRUSSELS SPROUTS APRICOTS	20 CHICKEN FRIED STEAK MASHED POTATOES w/GRVY BROCCOLI SPEARS WHOLE GRAIN ROLL BLUSHING PEARS	21 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES CAPRI VEGETABLES BAKED APPLES
24 SWEDISH MEATBALLS BROWN RICE WINTER SQUASH GREEN BEANS FRUIT COCKTAIL	25 PARMESAN CHICKEN BREAST BUTTERED ROTINI COUNTRY BLEND VEGGIES FOUR BEAN SALAD GOLDEN PEARS	26 THANKSGIVING DINNER ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSELS SPROUTS CRANBERRIES PUMPKIN PIE	 27 CLOSED	 28 CLOSED

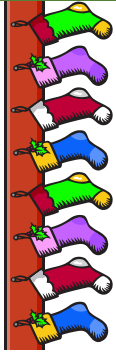
WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION



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 \$10.00.

HELENA SENIOR NUTRITION MENU - DECEMBER 2025

LUNCH SERVED FROM 11:30-12:30 For More Information Call (406) 447-1680 Helena

*This menu is subject to change due to product availability



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 LEMON PEPPER CHICKEN WILD RICE GREEN BEANS GARDEN MIX VEGETABLES SWEET PEACHES	2 KFC BOWLS SWEET PEAS WHOLE GRAIN BREAD TOSSED SALAD w/BEANS BLUSHING PEARS	3 HAMBURGER ON A BUN CARROT COINS BAKED BEANS MANDARIN ORANGES	4 PORK CHOPS-N-GRAVY MASHED POTATOES CABBAGE & CARROTS WHOLE WHEAT ROLL APPLESAUCE	5 BEEF STROGANOFF EGG NOODLES GARDEN VEGETABLES PICKLED BEETS PINEAPPLE
8 BISCUITS & SAUSAGE GRAVY POTATO WEDGES BAHAMA VEGGIES MANDARIN ORANGES	9 MOCK CHOP SUEY BROWN RICE CAULIFLOWER & PEAS COLESLAW FRUIT COCKTAIL	10 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES PICKLED BEETS CINNAMON CHERRY APPLES	11 BAKED COD w/TARTAR RICE PILAF ZUCCHINI SQUASH BEAN MEDLEY APRICOTS	12 BIRTHDAY DINNER CHICKEN FRIED STEAK MASHED POTATOES SAUTÉED GREENS WHOLE GRAIN ROLL SWEET PEACHES BIRTHDAY CAKE
15 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEAS	16 CHICKEN NOODLE CASSEROLE SAN FRANCISCO VEGGIES GREEN SALAD w/GARBANZOS MANDARIN ORANGES	17 ROAST PORK MASHED POTATOES & GRAVY BRUSSELS SPROUTS DINNER ROLL CINNAMON APPLESAUCE	18 SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES LIMA BEANS PLUMP PEACHES	19 HOLIDAY DINNER BAKED HAM w/APPLE CRANBERRY CHUTNEY MAC & CHEESE ROASTED BROCCOLI HERBED CARROTS APPLE CRISP w/HOUSE MADE CARMEL SAUCE
22 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN MANDARIN ORANGES	23 TILAPIA WILD RICE CAULIFLOWER CARROT RAISIN SALAD APRICOTS	24 CLOSED 	25 CLOSED 	26 CLOSED
29 TATER TOT CASSEROLE CARROT COINS PURPLE BEETS FRUIT COCKTAIL	30 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT YELLOW & GREEN ZUCCHINI COLESLAW PINEAPPLE	31 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES	SALAD BAR INCLUDED IN CONGREGATE MEALS Low fat milk is delivered daily with Home Delivered Meals and available daily in the Dinner Club	

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION

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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 \$10.00.

SENIOR CENTER ACTIVITIES

MONDAYS

10:30 am - 11:15 am - Jennie's Arthritis Exercise Class
- Card Room

1:00 pm - Bridge - Dance Floor

TUESDAYS

9:00 am - Crafty Quilters - Card Room

9:15 am - Line Dancing - Dance Floor

1:00 pm - Pinochle - Card Room (Pinochle Tournament Every Other Month on Monday & Tuesday)

*Tournament Dates: November 3 & 4

1:00 pm - Bridge - Dance Floor

WEDNESDAYS

9:30 am - 10:30 am - Senior Advisory Council Meeting (First Wednesday of Each Month) - Card Room

10:30 am - 11:00 am - Chi Gong - Card Room or Outside, by the Playground, Weather Permitting

10:30 am - 12:00 pm - Tech Time with Mary (The Second and Fourth Wednesday of the Month) *no Tech Time 11/12 - Parlor

12:00 pm - Hand & Foot Card Game - Parlor

1:00 pm - Bingo - Dining Room

THURSDAYS

8:00 am - Caramel Rolls & Coffee - Dining Room

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

9:15 am - Line Dancing - Dance Floor

1:00 pm - Wood Carving - Dance Floor

1:00 pm - Scrap Booking - Dining Room (Second Thursday of every month)

FRIDAYS

8:30 am - 11:00 am - Cribbage - Dance Floor

10:30 am - 11:15 am - Jennie's Arthritis Exercise Class - Card Room

The parlor is open every day starting at 8:00 am. You are welcome to come in to relax, read magazines, play cards, work on puzzles, and enjoy time visiting! We are taking donations of books, magazines, and puzzles. A special thanks to everyone for the wonderful donations and sharing spirit!

Rocky Pinochle Club Dates

If you know how to play pinochle and are looking for a fun and friendly group of people, come play with us! New members are always welcome. Pinochle players meet every Sunday and Tuesday at 1:00 pm in the Card Room.

Pinochle Tournament Dates: November 3 & 4

Bridge

Come Join Us!

Every Monday & Tuesday folks are welcome to play Bridge at the Helena Senior Center!

Time: 1:00 pm - 4:00 pm



No money is involved. We do keep score and have a lot of fun!

WE WELCOME NEW MEMBERS!

Any questions? Please call Helena Senior Center Coordinator Mary McKittrick at 406-457-7372.

Bingo

Bingo is a great time for folks to come together. Did you know that there are benefits for older adults who play Bingo? At Rocky, Bingo is a type of competition structured for older adults to interact with other people. It is a great weekly routine that allows for reflection and memory recall. It can even decrease the risk of mental illness. Bingo also improves cognitive function and memory. Invite friends and enjoy the time playing and maybe be lucky enough to win!

As a reminder, all cards are \$1 per card.

Regular Payout-\$10

Special Payout-\$12

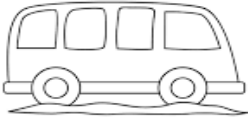
Blackout Payout-\$20

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



ROCKY SHUTTLE

Did you know that Rocky provides



free transportation to and from the Senior Center for Helena older adults within the immediate city limits? The shuttle is equipped with a wheelchair lift and operates Monday – Friday from 8:00 a.m. to 1:00 p.m. To schedule a ride, please call Rocky at 406-447-1680 at least 24 hours in advance.

CARAMEL ROLL THURSDAYS

Thursday is Caramel Roll Day! Yummy!



Caramel rolls are available every Thursday morning starting at 8:00 am, and served until they are gone. There is a small charge of \$3.00/roll. Coffee and wonderful friends are free. Come on in and enjoy the wonderful company and share a delicious roll!

JOIN US FOR OUR ANNUAL CHRISTMAS DINNER!



The Helena Senior Center is spreading holiday cheer with our annual Christmas Dinner on Friday, December 19! Enjoy a festive meal featuring baked ham with apple cranberry chutney and all your favorite seasonal sides. Gather your friends, share some laughs, and celebrate the season together—dinner is served at 11:30 a.m.!

BIRTHDAY MEAL CELEBRATION

As a member of the Senior Center, you are welcome to have a free meal when it is your birthday month, complete with cake and ice cream! Lunch is served at 11:30 am. Mark your calendars for Friday, November 14, and Friday, December 12, and come join us!

NOVEMBER & DECEMBER SENIOR PROGRAM CLOSURES

Rocky's Senior Programs (Senior Center, Meals on Wheels, Congregate Dining and Transportation) will be closed on:

Tuesday, November 11: Veteran's Day

Thursday, November 27: Thanksgiving

Friday, November 28: Day after Thanksgiving

Wednesday, December 24: Christmas Eve

Thursday, December 25: Christmas Day

Friday, December 26: Day after Christmas

To arrange for a meal, please call 406-457-7324 and we will be happy to assist you!

THAKSGIVING FEAST

The Helena Senior Center will be hosting their annual Thanksgiving meal on Wednesday, November 26. We will be serving roasted turkey and all the fixings, including pumpkin pie! We hope to see you there! The meal will be served at 11:30 am.

Horoscopes – The Stars Speak

By Mary McKittrick, Senior Center Coordinator

Aries (March 21 - April 19)

Nov – Feeling spicy! Channel that energy into Tuesday's Line Dancing before challenging strangers to arm wrestling. Bingo blackout may be in your future! Just don't throw your card in triumph.

Dec – Mars in Leo fires you up. Stretch before any dance-off's. Impulsive card-playing could lead to Pinochle glory. Patience is a virtue.

Taurus (April 20 - May 20)

Nov – Venus tempts indulgence, yes, birthday cake counts! Enjoy JoJo's Scrapbooking and a nap afterward.

Dec – Venus in Scorpio favors comfort, sugar, and slow mornings. Let beauty, snacks, and warm sweaters guide your month.

Gemini (May 21 - June 20)

Nov – Mercury is doing cartwheels, so talk fast and meet someone new. Check out Jennie's Arthritis class to keep those cartwheel hips loose.

Dec – Mercury retrograde mid-month, ask Mary at Tech Time before "thingamajig" updates. Your dual nature may win Pinochle but forget your partner by Monday.

Cancer (June 21 - July 22)

Nov – Homebody vibes, but don't miss "Backroads of Montana" movie day. Someone may need your warm hug.

Dec – Nest in the Parlor or dominate Hand and Foot. Intuition is strong, advice may be shared!

Leo (July 23 - Aug 22)

Nov – Glow bright! Shine at Line Dancing. Wear your sparkliest sweater. The stars approve.

Dec – Spotlight is on you at Line Dancing. Jazz hands appreciated, but resist narrating every move.

Virgo (Aug 23 - Sept 22)

Nov – Practical Virgo, always finding the corner

puzzle pieces. Peace in Chi Gong you may find this month.

Dec – Jupiter favors health routines. Attend Jennie's Arthritis class and Be Well Clinic, but resist alphabetizing the Bingo cards.

Libra (Sept 23 - Oct 22)

Nov – Admirers abound! Balance is key, say yes to lunch or a dance, but bet carefully at Pinochle.

Dec – Venus says flirt, Saturn says nap. Charm at Bridge, then doze discreetly. Coffee and caramel rolls help relationships bloom.

Scorpio (Oct 23 - Nov 21)

Nov – Birthday season sizzles! Magnetism may stir harmless mischief at Cribbage or Bridge. Ponder the important questions, like pineapple on pizza!

Dec – Mars fuels feistiness. Channel energy into wood carving and remember kindness.

Sagittarius (Nov 22 - Dec 21)

Nov – Footloose! Jupiter nudges you toward new horizons. Wisdom shines, try something spontaneous.

Dec – Birthday Season! Sun highlights wanderlust. If stuck, Tech Time with Mary is your compass.

Capricorn (Dec 22 - Jan 19)

Nov – Saturn urges slow, steady steps. Especially in heated debates about who makes the best stuffing. Spread laughter freely.

Dec – Responsibility and productivity shine. Attend Be Well Clinic; a surprise may reward you.

Aquarius (Jan 20 - Feb 18)

Nov – Innovative and quirky! Suggest Karaoke or Disco Bingo. The end of the month is your moment.

Dec – Embrace your quirky side. Is it finally time to debut the clothing protector made by the Crafty Quilters that you bedazzled?

Pisces (Feb 19 - Mar 20)

Nov – Head in the clouds? Tap into your imagination in JoJo's Scrap Booking Class. Share kind words.

Dec – Neptune sends creativity waves. Quilt, daydream in Chi Gong, design Scrapbook pages. Emotions run high, share stories, not tissues.

Rocky Senior Center 2026 Annual Membership Drive!

We're thrilled to announce that our annual membership drive begins November 3, 2025! Memberships are just \$20 per individual or \$30 per couple, and they cover the entire 2026 calendar year.

Your membership makes a difference! While you don't need to be a member to enjoy Rocky's Senior Center, becoming one helps support the activities and programs you love—like bingo, pinochle, card games, and line dancing. Membership fees also help cover the printing and mailing of our bi-monthly Voice of Experience (VOE) newsletter.

We are deeply grateful for your continued support. Because of you, Rocky's Senior Center can keep offering the programs, activities, and services that make our community such a special place for older adults in Helena and the surrounding areas.

Thank you for being part of the Rocky family — we couldn't do it without you!

New and renewing members are encouraged to complete a simple membership form. Forms and payments can be dropped off at Rocky's Senior Center or mailed to:

Rocky
P.O. Box 1717
Helena, MT 59624



2026 Annual Membership Form Date: _____

Member 1 First & Last Name: _____

Member 2 First & Last Name: _____

Mailing Address: _____

Telephone: _____ & _____

Membership: ☐ I am a renewing membership

☐ I am a new member

Amount Enclosed: \$ _____

RETIRED FOR HIRE JOB FAIR

Have you thought about finding some part-time work to stay active or to earn a little extra spending cash? Job Service Helena will be hosting a "Retired for Hire" Job Fair in the Neighborhood Center Card Room on Wednesday, November 12th, from 10:30 a.m. until 1:00 p.m. This is a great opportunity for seniors looking for part-time, flexible work opportunities to meet with several potential employers at once. Mark your calendar and stop by to see if the right opportunity is waiting for you!

SCAM CHAT

By Mary McKittrick, Senior Center Coordinator

How to protect yourself from becoming a victim:

Being a generation of trusting and caring people is a beautiful thing. Unfortunately, there are people who take advantage of that good nature. Because of this trusting quality, older adults are often targets of scams and fraud. What's worse is that scammers have become extremely

Scam Chat Continued on P. 9

THE VOICES

By Mary McKittrick, Senior Center Coordinator

What does the Senior Center mean to you?

After Verna Bunker lost her husband, she moved to Helena from Washington to be closer to her sister. “The highlight of my day was going to the post office and to the grocery store,” says Verna. She spent much of her time by herself and craved human interaction.



*Verna pictured above at the
Helena Senior Center*

In January, a friend of Verna’s sister mentioned that the Helena Senior Center offered Pinochle to the public. Verna met with Mindy Diehl the next day and got signed up for the senior center. At that moment, Verna’s whole world changed.

She came back the next day and participated in Pinochle. Then she played Bingo. After that, she learned to play cribbage with another senior at the center. Now she volunteers in the kitchen, is on the Senior Advisory Council, and comes to the Rocky almost daily to socialize, play games, and help out where she can.

Verna says she appreciates the camaraderie, companionship, and the great food that the center provides. We are so grateful to have Verna here at Rocky and we look forward to seeing her every week. Verna came to the Rocky Senior Center for the pinochle, but she stays for the people!

HONORING OUR HEROES AT ROCKY!

This Veterans Day, we tip our hats to the courageous men and women who have served our country. Your dedication and sacrifice protect the freedoms we all enjoy. We’re especially proud to celebrate the veterans who are part of our Rocky Senior Center family—you inspire us every day! Stop by the Center, say hello, and let’s show our veterans some extra Rocky appreciation!

Cozy Winter Vegetable Soup

Warm up with a bowl of hearty winter vegetable soup! Packed with carrots, potatoes, celery, and kale, this soup is nutritious, easy to make, and perfect for sharing with friends and family.

Serves 4–6

Ingredients:

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 4 cups vegetable or chicken broth
- 3 cups chopped winter vegetables (carrots, potatoes, celery, etc.)
- 1–2 cups chopped kale or spinach

Salt and pepper to taste

Instructions:

- Heat olive oil in a large pot and sauté onion and garlic until soft. Add broth and chopped vegetables, simmer 15–20 minutes until tender.
- Stir in kale or spinach and cook 5 more minutes.
- Season with salt and pepper and serve warm!

MEDICARE OPEN ENROLLMENT | OCT. 15-DEC. 7

For cost-free help selecting coverage that's right for you call Rocky's Agency on Aging at 406 457-7368

**Open Enrollment:
Get Ready.**



Call **1-800-551-3191**
to speak with a SHIP Counselor

THE OFFICIAL SOURCE FOR MEDICARE
Medicare
.gov

Scam Chat Continued from P. 7

sophisticated and convincing. That's why it's so important to be armed with facts and information that will alert you of scams and protect you from becoming a victim.

Be suspicious of anyone telling you to keep a secret. A common scam is a caller claiming to be the FBI. These scammers often target those who have previously been a victim, so it seems they have a legitimate reason to contact you. Another scam to be aware of is someone calling you claiming to be a family member in distress. A common theme is that they are in jail needing bail money or in the hospital needing money for bills or medical care.

Scam Chat Continued on P. 11

COMMODITIES SCHEDULE

Townsend, MT

Monday, November 3
11:00 am - 11:30 am

East Helena, MT

Monday, November 3
2:00 pm - 3:00 pm

Wolf Creek, MT

Tuesday, November 4
10:30 am - 11:00 am

Augusta, MT

Tuesday, November 4
12:30 pm - 1:00 pm

Elliston, MT

Wednesday, November 5
10:00 am - 10:30 am

Avon, MT

Wednesday, November 5
10:45 am - 11:00 am

Lincoln, MT

Wednesday, November 5
12:30 pm - 1:00 pm

Whitehall, MT

Thursday, November 6
11:00 am - 12:00 pm

Boulder, MT

Thursday, November 6
1:00 pm - 1:30 pm

White Sulphur Springs, MT

Monday, November 10
11:00 am - 12:00 pm

Helena, MT @ Food Share

Monday, November 3
12:30 pm - 6:30 pm
Tuesday, November 4
12:30 pm - 3:30 pm
Wednesday, November 5
12:30 pm - 3:30 pm
Thursday, November 6
12:30 pm - 6:30 pm

The Commodity Supplemental Food Program (CSFP) is a program where older adults 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 older adults at the Helena Food Share, 1280 Boulder 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



Lori Ladas
Executive Director

This fall, Rocky had the honor of celebrating 60 years of serving our community. When I think about how many people have been part of Rocky's story through those years, from employees to clients to the families of those we serve.....wow, what an impact. We're so happy you are part of our present-day story, and I want to give a big thanks to those who joined us for our anniversary celebration in September. It was so great to come together and celebrate 60 years of improving lives and strengthening communities!

While we've enjoyed a fairly mild autumn season so far, we all know what comes next! Remember that with the return of cooler weather comes the return of slippery conditions in the parking lot. We make every possible effort to keep the lot cleared, but winter has been known to surprise us now and then! Rocky's shuttle is available for rides to and from our sites in Helena's city limits, and we're happy to get you on the schedule if needed. Please call 406-447-1680 at least a day in advance for a ride.

The holiday season is right around the corner! If you are able, please join us for lunch at the Helena Senior Center for our special holiday meals in November and December. We love to see our Rocky family joining together for food and fellowship! Wishing you a holiday season full of happiness, gatherings with loved ones, and hopefully some time for relaxation as well.





St. Peter's Health
HOSPICE

SENIOR CENTER EDUCATIONAL OPPORTUNITY

Please join St. Peter's Hospice

ROCKY MOUNTAIN DEVELOPMENT COUNCIL

SENIOR CENTER CARD ROOM

**Wednesday,
November 19th @
12:00 - 1:00 p.m.**

Objectives of the training include:

- Brief Dementia Discussion with Helpful Tips and Handouts
- Introduction to Hospice Care
- Understanding when hospice is appropriate for seniors
- Services provided by hospice for seniors
- Benefits of Medicare/Medicaid hospice and provisions with other insurances
- Common Myths and Understanding
- Volunteer Services for Patients and their Families
- Community support for seniors in hospice
- Q&A

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Scam Chat Continued from P. 9

Don't answer unsolicited phone calls, or those that come up on the caller ID as "suspected spam". Don't call a phone number given to you by an unsolicited number claiming to be any sort of financial institution or debt collector. Hang up and call the number listed on your bank statement or the back of your credit card instead.

Never give out your social security number or passwords or other sensitive information and don't give out any of your personal information to an unsolicited caller. Much of your information is public already, so they may already know some information about you. When you provide them further information about yourself or "confirm" facts that they already have, they are trying to gain your trust and catch you with your guard down.

Individuals who are 60+ are among the highest risk of being scammed. Scammers are often friendly and professional and appear to be 100 percent legitimate. They can appeal to your caring side and gain your trust to steal your identity, personal information, or money. So, if something seems even a little bit off, take a moment to think about your safety and what is being said and asked of you. Because your good nature deserves to be nurtured, not manipulated.

Report all scams to the Federal Trade Commission at: reportfraud.ftc.gov or call the Consumer Protection Agency at 406-444-4500.



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



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

RED ALDER RESIDENCES

1-406-447-1680
Helena, Montana

EAGLE MANOR RESIDENCES

1-406-442-0610
Helena, Montana

PTARMIGAN RESIDENCES

1-406-461-9849
Helena, Montana

PHEASANT GLEN RESIDENCES

1-406-461-9849
Helena, Montana

RIVER ROCK RESIDENCES

1-406-461-9849
Helena, Montana

ROCKY MOUNTAIN FRONT PROPERTIES

1-406-437-4411
Augusta, Montana

BIG BOULDER RESIDENCES

1-406-438-5611
Boulder, Montana

TOWNSEND HOUSING

1-406-437-4411
Townsend, Montana