

# Rocky Mountain Development Council, Inc.

# VOICE OF EXPERIENCE



JANUARY - FEBRUARY 2026

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

## RESOLUTIONS, PERSPECTIVE, AND AGING

*By Donna Randolph, Senior Center Member*

Soon, our best intentions will be called resolutions. We resolve to make ourselves better humans. To create positive changes, both physical and mental. And sometimes we do.

There's an old saying, "getting old ain't for the faint of heart." But what does that mean? Perhaps it has something to do with change.

I'm 78 now; usually, that's considered old. From the age of fifteen until the present, I've witnessed Elvis Presley; the Beatles, (in all their phases); the assassinations of the Kennedys; computers the size of freezers and their evolution continuing into the present; the Vietnam War; the Women's Movement; cell phones

and their continuing evolution; all kinds of communication growth and change; an artificial heart and other continuing medical advances; the Civil Rights Movement continuing until the present; travels through space, landing on the moon on Jul 20, 1969; and music, art, and culture echoing changes every year.

Now I see people playing games on their cell phones. There seems to be no interest in newspapers or magazines. Cell phones are compelling, as they offer games, movies, news, texting, emails, and a means of interface with others. This can feel a bit hollow, tough; interface on phones often occurs one-way. Faces touch screens through reflection.

What does it mean to make a New Year's Resolution? It may be as simple as "I'll do better next time." Or, "I'm sorry that came out wrong, I'd like to change the way I said it.

We've lived through decades of momentous changes. We bring wisdom, kindness, and creativity.

*Resolutions Continued on P. 7*

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

200 South Cruse Avenue  
Helena, MT 59601

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Helena, MT 59624-1717

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## HELENA SENIOR NUTRITION MENU - JANUARY 2026

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
<i>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</i>	SALAD BAR INCLUDED IN CONGREGATE MEALS 	<u>CLOSED</u> 	<sup>1</sup> <b>HAPPY NEW YEAR</b>	<sup>2</sup> CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS PEACHES & PEARS
<b>5</b> HAM & SCALLOPED POTATOES GARDEN PEAS 4-BEANS & GREENS BAKED APPLES	<b>6</b> SALISBURY STEAK SEASONED BROWN RICE SCANDINAVIAN VEGETABLES PICKLED BEETS JUICY PEARLS	<b>7</b> BEEF BROCCOLI OVER STEAMED RICE GOLDEN CORN CARROT COINS APRICOT HALVES	<b>8</b> BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL FRUIT COCKTAIL	<b>9</b> BIRTHDAY DINNER PINEAPPLE PORK TENDERLOIN KEY LARGO VEGGIES ROASTED BABY BAKERS WHOLE GRAIN ROLL JUICY PEACHES BIRTHDAY CAKE
<b>12</b> HOT TURKEY SANDWICH MASHED POTATOES & GRAVY GREEN BEANS DICED BEETS FRUITED JELLO	<b>13</b> CHEESEBURGER ON A BUN BAKED BEANS PACIFIC VEGGIES APRICOTS	<b>14</b> CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES GARDEN PEAS CARROT COINS CRANBERRIES	<b>15</b> SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES SPRING VEGETABLE MIX PINEAPPLE	<b>16</b> CHEESY BEEF ENCHILADA TORTELLINI CORN & BEAN MEDLEY CAULIFLOWER SWEET PEARS
<b>19</b> <u>CLOSED</u> HONORING THE DREAM 	<b>20</b> ORANGE CHICKEN WHITE RICE BROCCOLI & CAULIFLOWER GREEN BEANS APRICOT HALVES	<b>21</b> ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN CARROT RAISIN SALAD JUICY PEACHES	<b>22</b> OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN PEAS BAKED CRAN APPLES	<b>23</b> LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT COCKTAIL
<b>26</b> MONTANA PASTY w/GRAVY WINTER VEGETABLES GREEN SALAD w/BEANS WHOLE GRAIN ROLL APRICOT HALVES	<b>27</b> POTATO, VEGGIE & CHEESE EGG BAKE PACIFIC VEGETABLES GARDEN PEAS WHOLE GRAIN ROLL SWEET PEACHES	<b>28</b> PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE PINEAPPLE	<b>29</b> CHICKEN A LA KING BUTTERMILK BISCUITS CREAMED SPINACH CARROT COINS FRUIT COCKTAIL	<b>30</b> CHICKEN FRIED STEAK MASHED POTATOES w/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL CRANBERRIES

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 \$10.00.

## HELENA SENIOR NUTRITION MENU - FEBRUARY 2026

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
2 HERB BAKED CHICKEN WITH VELOUTE SAUCE RICE PILAF GREEN BEANS COLESLAW CRANBERRIES	3 SLOPPY JOES ON A BUN CAPRI VEGETABLES POTATO WEDGES PINEAPPLE	4 PARMESAN CRUSTED TILAPIA SCALLOPED POTATOES HERBED CARROTS WHOLE GRAIN ROLL SWEET PEACHES	5 CAJUN CHICKEN & SAUSAGE OVER PASTA COUNTRY VEGETABLES GARDEN PEAS CINNAMON APPLESAUCE	6 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER JUICY PEARS
9 GOULASH PICKLED BEETS TOSSSED SALAD w/RED BEANS FRUIT COCKTAIL	10 TURKEY NOODLE CASSEROLE ITALIAN VEGETABLES BRUSSELS SPROUTS APRICOTS	11 SWEET-N-SOUR PORK BROWN RICE GREEN PEAS CARROT COINS PINEAPPLE	12 SWEDISH MEATBALLS EGG NOODLES WINTER SQUASH GREEN BEANS BLUSHING PEARS	13 BIRTHDAY DINNER CHICKEN CORDON BLEU w/MORNAY SAUCE WILD RICE ROASTED BABY CARROTS BROCCOLI SPEARS BAKED APPLES BIRTHDAY CAKE
16 CLOSED 	17 HEARTY MEATLOAF MASHED POTATOES w/GRAVY ROASTED BROCCOLI WHOLE GRAIN ROLL GOLDEN PEARS	18 PARMESAN CHICKEN BREAST BUTTERED ROTINI COUNTRY BLEND VEGGIES THREE BEAN SALAD CRANBERRIES	19 PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN BREAD FRUIT COCKTAIL	20 SALMON PATTY w/LEMON SAUCE WILD RICE CALIFORNIA VEGETABLES GREEN BEANS SWEET PEACHES
23 LEMON BASIL CHICKEN WILD RICE GREEN BEANS TOSSSED SALAD w/BEANS APRICOTS	24 BEEF STROGANOFF EGG NOODLES CABBAGE & CARROTS PICKLED BEETS BLUSHING PEARS	25 PORK FRITTER w/DIJON GRAVY MASHED POTATOES GARDEN MIX VEGETABLES WHOLE WHEAT ROLL APPLESAUCE	26 HAMBURGER ON A BUN w/JOJOS CARROT COINS FRUIT COCKTAIL	27 KFC BOWL POPCORN CHICKEN CORN, CHEDDAR CHEESE & GRAVY OVER MASHED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PINEAPPLE

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 \$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: January 5 & 6  
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)  
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

## FRIDAYS

8:30 am - 11:00 am - Cribbage - Dance Floor  
10:30 am - 11:15 am - Jennie's Arthritis Exercise Class - Card Room

## SUNDAYS

1:00 pm - Pinochle - 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:** January 5 & 6

## 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 at the Helena Senior Center for Bingo every Wednesday at 1:00 pm in the dining room.



## **SPECIAL EVENTS & NEW ACTIVITY OFFERINGS**

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### **Chinese New Year Dinner**

Come celebrate and enjoy a Chinese inspired menu by Event Thyme Catering!

Sponsored by the Rocky Senior Advisory Council

Saturday January 31 - Doors open at 11 - food served at noon

Where- Neighborhood Center Dining Hall - 200

South Cruse Avenue

Menu - Sweet and Sour Chicken, Vegetable Chow Mein (with a rice or noodle option), Spring Rolls, Potstickers, Wonton Soup, and Fortune Cookies.

Cost - \$25/Person - RSVP and payment due by

Wednesday January 21st

Call Mary at 406-457-7372 or email at [mmckitrick@rmdc.net](mailto:mmckitrick@rmdc.net) for more information

### **Paper Box Making with Marie**

Learn to create Origami gift boxes just in time for Valentines Day!

January 14 - 9am to 10am

Neighborhood Center Card Room

Free! All materials provided!

### **Montana Generational Justice – Estate Planning**

If you need a Power of Attorney or a will, come talk to Ann for a 1 on 1 conversation about your needs and helpful resources.

January 7 - 11am to 12:30pm

Neighborhood Center Dining Room

Free!

### **Backroads of Montana**

Join us for a viewing of the popular PBS show all about our great state! Conversation to follow.

February 23 (Monday) 12:30 pm -1:15 pm

Neighborhood Center Card Room

Free!

### **Art Class with Rachel and Danica**

Join Rachel & Danica from Angel Care and learn a new craft or art project each month!

Every 4<sup>th</sup> Wednesday of the month - 9:30 am -11am

Neighborhood Center Dance Floor

January 28 - Create a Whimsical Sock Snowman or Gnome!

February 25 - Create a masterpiece with Step by Step Acrylic Painting!

Free! All materials provided!

## **BIRTHDAY MEAL CELEBRATION**

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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, January 9, and Friday, February 13 and come join us.

A special “thank you” to Town & Country Foods for generously donating the birthday cake.

## **CARAMEL ROLL THURSDAYS**

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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.

## **JANUARY AND FEBRUARY SENIOR PROGRAM CLOSURES**

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

Thursday, January 1 - New Year's Day

Monday, January 19 - Martin Luther King, Jr. Day

Monday, February 16 - President's Day

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

## Horoscopes – The Stars Speak

### *Mildly Inaccurate Astrology*

By Mary McKittrick, Senior Center Coordinator

#### Aries

January hits and you're already zooming around like the Senior Center is a roller rink. By February, you may be leading half the activities. Take a break at lunch before you start volunteering to arrange a lively game of musical chairs on the Walking Mall.

#### Taurus

January is your cozy season. Crafty Quilting? Reading in the parlor? Basically, naps with props. By February you might attempt Scrapbooking. You radiate comfort like a human throw blanket with better jokes.

#### Gemini

January turns you into the social cruise director. Bridge, Pinochle, Cribbage, you're everywhere! Telling stories and somehow starting three different conversations at once. February may inspire you to do Chi Gong. Which is funny because you're not exactly known for "quiet energy work."

#### Cancer

January brings out your nurturing side. You might coax two strangers into eating lunch together like a heartwarming Hallmark movie. February gives you Puzzles and Art Class, where you soothe yourself with color.

#### Leo

January hands you a spotlight. It's all about you. February puts you center stage at line dancing. You're basically starring in your own Juliet Prowse Vegas special.

#### Virgo

January has you alphabetizing the Bingo cards. You complete everything with the focus of someone diffusing a bomb. February gently suggests Exercise class so you can unclench your shoulders from

all that fun.

#### Libra

January's social vibe fits you perfectly! You're flitting between tables like a charming butterfly. February gives you Bridge, Wood Carving, and Puzzles, the holy trinity of balance.

#### Scorpio

January turns you into a competitive Cribbage player. You stare at the cards like they owe you money. February may add Scrapbooking, which you somehow make intense.

#### Sagittarius

January fills your adventurous spirit. If you could, you'd lead a field trip to Miller's Crossing. You hop between Hand and Foot, Bridge, and Art Class like you're on a world tour. February offers Backroads of Montana to slow you down.

#### Capricorn

January makes you the responsible adult of the center. Congratulations, you showed up early again. Exercise class loves you. Crafty Quilters admire you. Puzzles fear you. February encourages you to enjoy Birthday Dinner and maybe relax for five minutes.

#### Aquarius

January turns you into the quirky social mayor of Bingo. By February, you're enjoying Caramel Rolls while pondering why chili dogs can't be health food. You may start a petition.

#### Pisces

January invites you into dreamy Paper Box Making. February adds Chi Gong and Scrapbooking. Soothing, peaceful, and very Pisces. Start the month with cake at the Birthday Dinner. You know you want to.

***Resolutions Continued from P. 1***

It seems that society, in general, treats us as slow or irrelevant, or irritating. We deserve respect, not a type of emotion that can be insulting and rude. People our age, no matter how we may look, made this country what it is.

But, on our own behalf, what do we do to counter this? One of my friends has frequently said (about the elderly), "We need to hear their stories, we need to learn about their lives."

We don't seem to believe in ourselves, as we are now, and who we used to be. We need to resolve that we can still make a difference.

So, I propose we sit around tables in the dining room and ask each other questions. What's the most important thing you've done in your life? If you had something you'd like to do over, what would it be, and how would you do it?

What would you resolve to do next time?

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**BINGO BYTES: SIGNING OFF**

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*By Senior Center Member, Kathy Schmit*

How did I get started as a Volunteer Coordinator for Bingo? Well, here is the story!

Two ladies before me had been acting as the Bingo Coordinators before I started. They are responsible for getting our electric letter board and our electric ball mixer. I am still thankful to them for thinking so forwardly. These two items have made it much easier for people to see what number has been called without repeating it numerous times. They can also double-check their own cards! The addition of a microphone also helps. We have been able to purchase new cards, large print cards, and braille cards. The addition has been appreciated by those who use them, and it has made Bingo more inclusive. We also started putting one card in the box for one of the elderly ladies who uses the same card all the time. I think she was mesmerized.

Well, I got off track a bit as to how all this started

for me. A friend and I walked into the Senior Center to be informed that the two ladies running Bingo had quit and would no longer coordinate Bingo. That meant Bingo was in danger of being cancelled. Well...we certainly weren't going to let that happen! People were coming in to enjoy an afternoon of fun, and not wanting to turn people away, a friend and I decided to take the reins, and so our tenure as volunteer coordinators began! The friend who originally started with me decided to leave due to a work schedule conflict, leaving me as the lone Bingo coordinator.

As the Bingo coordinator, one of my goals was to build up our Rocky Bingo account in case the machines needed service. Bingo is responsible for any repairs, not Rocky! There is now enough in the account to purchase new cards, new Bingo balls, and to repair the machines. The machines are purchased via Amazon and sent to the buyer's address. The purchaser can then bring the items to the Senior Center, along with the receipts, so they can be reimbursed. My next goal was to have a variety of special game patterns; this, too, has been accomplished. There are now 102 different patterns! I have accomplished the two goals I set for the Bingo program; now it is time to pass the torch.

With that being said, December 17 was my last day as Bingo Coordinator. I have become tired, and the fun of it has gone away. I saw this coming and began training others in different parts of the job. It is my hope that those I have trained will carry on the torch. I will be around for a bit to fill in, but only if there isn't anyone else.

I am excited for my new adventures, and thank you all for the great times at Bingo over the last few years!

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**COMBAT WINTER BLUES  
WITH ROOT VEGETABLES!**

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With another winter approaching, it is essential to consider ways to stay healthy. With the lack of

*Root Veg Continued on P. 11*

## THE VOICES: SENIOR CENTER MEMBER ELAINE WHITE

*By Steven Ferriter, Community Outreach Coordinator*

Elaine White is not exactly certain when she first got involved with Rocky, but estimates it was around 20 years ago. As an outgoing “Jersey girl,” Elaine was looking to make connections, and her friends recommended she try coming to the Helena Senior Center.

“Right away, I got the feeling that it was a good place to be. Everyone here was very friendly and welcoming. Early on, I was asked to be on the Senior Advisory Council. I enjoyed that while it lasted, and it helped me learn about all the things Rocky had to offer.”

Elaine’s time on the Senior Advisory Council was cut short when she lost the ability to drive after she suffered a back injury. While it prevented her from attending Senior Advisory Council Meetings as consistently as she would have liked, she was able to continue using Rocky’s transportation to get to the center.

The injury made figuring out transportation to things like nail and hair appointments, or essential trips to the grocery store, more difficult.

Through her time at Rocky, Elaine was made familiar with Rocky’s Senior Companion Program, which pairs volunteers with older adults who have difficulty with transportation and other day-to-day tasks. She decided to sign up for the program and has been thankful for the positive impact it has had on her life. The nerve-racking experience of trying to find transportation has turned into a positive one, with Elaine



*Elaine pictured above at the Helena Senior Center*

getting excited for the days when her Senior Companion, Doris, comes to pick her up.

“I look forward to the days when I know Doris is coming to help me. Not just for rides, though, we have become good friends and enjoy each other’s company.”

On top of that, the activities offered at Rocky have helped in Elaine’s healing process. She participates in exercise classes that have kept her moving and has recently started playing cribbage, a new challenge that she is still trying to figure out.

“Rocky has changed my life! I wasn’t totally sure what aging was going to look like. Rocky has made the journey so much easier. Everyone here has gone the extra mile to make me feel welcome and meet the needs that have come up in my life!”

## SCAM CHAT - GIFT CARD SCAMS

*By Mary McKittrick, Senior Center Coordinator*

Gift cards are a convenient method to pay for goods or as a gift for someone else. Unfortunately, scammers rely on you giving *them* the gift of letting your guard down. We are here to arm you with the information you need so you don’t become a victim. If an unsolicited caller asks for payment via gift card, it’s ALWAYS a scam.

Many individuals have (or know someone who has) received a phone call and been asked to pay for something by way of gift card. They may be asked to pay with a gift card to claim a prize, pay a bill, or settle some type of debt. Roughly 1 in 4 adults contacted by these scammers reported that they bought the cards and lost money to the scammers.

A gift card purchase request will often come from an unexpected source. It could be a lottery com-  
*Scam Chat Continued on P. 9*

***Scam Chat Continued from P. 8***

pany, a utility company, a debt collector, the IRS, Social Security, or from a grandchild needing bail or money to pay for medical care. This list is not extensive. The scammers will often create a sense of urgency and make you feel as though something bad will happen or that the “amazing opportunity” will no longer be available to you if you don’t act quickly.

Here’s how the scam works. Often referred to as “electronic vouchers”, The scammers will direct you to purchase one or more gift cards to pay them quickly. You are then directed to read the numbers from the gift card off to them or take a photo of the card and send it to the scammer. After that, you’re out the full amount you spent to purchase the cards, and the scammers have an untraceable form of currency you will never see again or benefit from in any way.

Legitimate businesses will NEVER ask you to pay a fee, debt, or service by purchasing a gift card. If you do purchase gift cards before realizing it’s a scam, hang up and immediately call the phone number on the back of the credit card you used to purchase them. Tell your credit card company or bank that it was a scam and ask them to cancel that purchase and refund your money right away.

Gift cards can be a convenient tool in our lives. Give yourself the gift of pausing to reflect on what you are being asked and protecting yourself by hanging up and reporting the interaction. You can report suspected financial scams to the FBI at IC3.gov.

## **COMMODITIES SCHEDULE**

**Townsend, MT**

Monday, January 26  
11:00 am - 11:30 am

**White Sulphur Springs, MT**

Monday, January 26  
1:00 pm - 2:00 pm

**East Helena, MT**

Monday, January 26  
2:00 pm - 3:00 pm

**Wolf Creek, MT**

Tuesday, January 27  
10:30 am - 11:00 am

**Augusta, MT**

Tuesday, January 27  
12:30 pm - 1:00 pm

**Elliston, MT**

Wednesday, January 28  
10:00 am - 10:30 am

**Avon, MT**

Wednesday, January 28  
10:45 am - 11:00 am

**Lincoln, MT**

Wednesday, January 28  
12:30 pm - 1:00 pm

**Whitehall, MT**

Thursday, January 29  
11:00 am - 12:00 pm

**Boulder, MT**

Thursday, January 29  
1:00 pm - 1:30 pm

**Helena, MT @ Food Share**

Monday, January 26  
12:30 pm - 6:30 pm  
Tuesday, January 27  
12:30 pm - 3:30 pm  
Wednesday, January 28  
12:30 pm - 3:30 pm  
Thursday, January 29  
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

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*Lori Ladas  
Executive Director*

Welcome, 2026! Let me begin by wishing you a new year full of good health and happy moments. We feel honored that you choose to join us for food and fellowship throughout the year, and we're excited to begin the journey of a new year together with you. We also appreciate all the ways your own time and gifts extend our reach. Whether you contributed by volunteering through one of our senior programs, financially with a donation or membership payment, or by going out of your way to welcome new visitors to the senior center, you live the spirit and purpose of Rocky.

Consider encouraging your friends and neighbors to join us in 2026! There are people in our community who don't know what Rocky's senior center offers, and we'd love if you'd help us spread the word. The new year is great time to extend an invitation, as our daily activities align with many of the most common New Year's Resolutions, such as learning a new skill, volunteering, and deepening social connections. Visiting our senior center can provide all three! As you know, Rocky also offers a wide range of other services for older adults: assistance with LIHEAP (Low Income Home Energy Assistance), affordable senior housing, assistance with Medicare supplement and Part D choices, and access to volunteer work tailored to your needs and interests. Our lunch options are delicious too! All are welcome, so bring a friend and stop by.

Cheers to all the adventures ahead in the new year! Thanks for being part of the Rocky family!

# THANK YOU LIFEPOINT CHURCH!

The holidays are a time of celebration with our loved ones. It is also a time when we get to practice the act of giving. In the busyness of our day-to-day routine, we can overlook the importance of giving. At Rocky, we are fortunate to be able to assist organizations that give back to our community. Giving comes in many different forms from a wide variety of organizations. The Senior Gift Drive organized by Lifepoint Church is one of the more valuable as it focuses on teaching children the importance of giving.

Every Christmas since 2017, LifePoint Church in East Helena has been organizing its Senior Gift Drive, putting 220 gift bags together for Rocky's Meals on Wheels recipients. LifePoint relies upon donations from its congregation to fund the drive. After the items are purchased, the gift bags get assembled by children in child-focused classes at Lifepoint.

## ROCKY'S SENIOR ADVISORY COUNCIL WELCOMES NEW OFFICIALS

Do you want to be a part of a team of your peers that have the opportunity to plan exciting events for the Senior Center? Helena's Senior Center has a wonderful group of dedicated members that meet the first Wednesday of every month from 9:30 am to 10:30 am in the Card Room at the Senior Center.

Rocky is very fortunate to have such caring and dedicated members who serve on the Senior Advisory Council. Our recently elected officers for 2026 are Verna Bunker (President), Marilyn Abbott (Vice President), Fran O'Hara (Secretary / Treasurer). Many congratulations to our new officers!

*Root Veg Continued from P. 7*

sunlight and sometimes harsh, cold weather we feel in January and February, it can be difficult to stay active, get sunlight, and feel healthy.

One of the best ways to combat that is by paying a little extra attention to the things we eat during the winter. This, too, can be difficult, as many of the healthy fruits we love are out of season, and though they are available in most grocery stores, they may simply not taste as good as they did just a few months ago.

So, you may ask, what can I supplement or replace my beloved summer fruits with? Look no further than the incredible root vegetable! Root vegetables are very nutrient-dense and hold very well during the cold winter months that we see in Montana. There is also a wonderful variety available, some of which you likely have never tried. Things like parsnips, turnips, celeriac, rutabagas, and jicama are often overlooked but widely available in most grocery stores.

Another great thing about the root vegetables is that they are delicious and easy to prepare. Just about all of them can be peeled, chopped, covered in a bit of olive oil, your favorite fresh herbs, and baked until tender.

Follow these simple steps below and plug in your favorite root vegetables. Make it fun by trying something new and see what you think!

**Root vegetables:** Use any combination of root vegetables, such as carrots, parsnips, sweet potatoes, and beets. Peel (if desired) and cut them into rough 1-inch chunks.

**Rosemary:** Coarsely chop fresh rosemary leaves until you have 2 tablespoons.

How to Make Roasted Root Vegetables

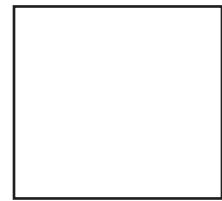
**Start roasting.** Toss the vegetables with olive oil, kosher salt and black pepper. Spread out in an even layer and roast for 30 minutes at 425°F.

**Add rosemary and finish roasting.** Toss the vegetables with chopped rosemary leaves. Continue to roast until the vegetables are tender and caramelized.

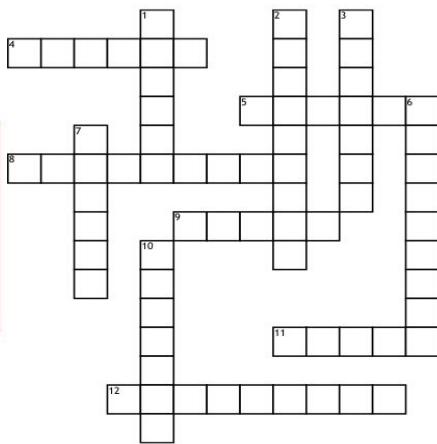


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Helena Senior Center  
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## Holiday Crossword Puzzle



### Across

4. POPULAR SONG: \_\_\_\_\_ BELLS  
5. SONGS SUNG AT CHRISTMAS  
8. WHERE SANTA LIVES  
9. PLACED UNDER THE CHRISTMAS TREE

11. THEY WORK IN SANTA'S WORKSHOP  
12. RED AND WHITE STRIPED CHRISTMAS CANDY  
**Down**  
1. REINDEER PULL SANTA'S

2. HUNG ON A CHRISTMAS TREE  
3. THE RED-NOSED REINDEER  
6. HUNG OVER THE CHIMNEY  
7. Stole Christmas  
10. FROSTY THE



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