

Rocky Mountain Development Council, Inc.

VOICE OF EXPERIENCE



JULY - AUGUST 2025

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

Meals on Wheels America Issues Statement on the Updated Administration FY2026 Budget Proposals

On June 3, 2025, Meals on Wheels America President and CEO Ellie Hollander responded to the FY2026 Budget in a Brief released by the U.S. Department of Health and Human Services (HHS). She expressed appreciation that the Older Americans Act (OAA) Nutrition Program funding remains steady at \$1.059 billion but emphasized that this is insufficient. The organization is advocating for an increase to at least \$1.6046 billion to address growing waitlists—currently affecting 1 in 3 providers, with wait times as long as two years.

Hollander highlighted the proven benefits of OAA nutrition programs, including improved health, increased

independence, and cost savings compared to long-term or hospital care. She also welcomed HHS's decision to keep OAA programs under a unified agency structure, recognizing their importance to older adults' well-being.

However, she raised concerns about proposed eliminations of other key funding sources, such as Community Services and Community Development Block Grants. As the OAA's 60th anniversary approaches, Meals on Wheels America urges lawmakers to recognize the value of these programs and invest in expanding their reach to ensure no senior goes hungry or feels isolated. (Source: <https://www.mealsonwheelsamerica.org/news/statement-on-updated-administration-budget-proposals/>)

In Fiscal Year 2024, Rocky's nutrition programs made a significant impact across the tri-county area:

(continued page 2)

Table of Contents

Daily Dinner Club Menus
Page 2-3

Senior Activities Schedule
Page 4

Changes Proposed to Medicaid & Snap
Page 4

Garage Sale
Page 5





Commodities Schedule
Page 9

Letter from Lori Ladas
Page 10

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is published by
Rocky Mountain Development
Council, Inc.

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Helena, MT 59601

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<div>  HELENA SENIOR NUTRITION MENU - JULY 2025 </div>				
LUNCH SERVED FROM 11:30-12:30 For Additional Information Call: (406) 447-1680 *This menu is subject to change due to product availability				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CHICKEN NOODLE CASSEROLE SAN FRANCISCO VEGGIES GREEN SALAD w/GARBANZOS MANDARIN ORANGES	2 SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES LIMA BEANS PLUMP PEACHES	3 POLISH SAUSAGE SAUERKRAUT BABY RED POTATOES GREEN BEANS SWEET PEARS	4 CLOSED 
7 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN FRESH FRUIT	8 PARMESAN CRUSTED TILAPIA RICE PILAF CAULIFLOWER CARROT RAISIN SALAD APRICOTS	9 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL PINEAPPLE	10 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE SWEET PEACHES	11 BIRTHDAY DINNER HERB ROASTED PORK TENDERLOIN w/SWEET ROSEMARY HONEY DIJON SAUCE ROASTED BABY BAKE POTATOES ROASTED GREEN BEANS WHOLE GRAIN ROLL WATERMELON FETA SALAD BIRTHDAY CAKE
14 BBQ PORK SANDWICH SWEET CORN PARSLEY CARROTS FRESH FRUIT	15 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI COLESLAW CRANBERRIES	16 BEEF TACO CASSEROLE w/REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN PINEAPPLE	17 CHICKEN FRIED STEAK MASHED POTATOES SAUTÉED GREENS WHOLE GRAIN ROLL MANDARIN ORANGES	18 SALMON PATTY ON A BUN KEY LARGO VEGGIES SWEET POTATOES PEACHES & PEARS
21 HAM & SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS FRESH FRUIT	22 SALISBURY STEAK SEASONED BROWN RICE SCANDINAVIAN VEGETABLES 4-BEAN SALAD MANDARIN ORANGES	23 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL FRUIT COCKTAIL	24 BEEF BROCCOLI OVER STEAMED RICE GOLDEN CORN CARROT COINS APRICOT HALVES	25 CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS JUICY PEACHES
28 KFC BOWL POPCORN CHICKEN, CORN, CHEEDAR CHEESE & BROWN GRAVY OVER MASHED POTATOES GREEN BEANS DICED BEETS FRESH FRUIT	29 CHEESEBURGER BOWL JOJO POTATOES PACIFIC VEGGIES LIMA BEANS FRUITED JELLO	30 CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES GARDEN PEAS CARROT COINS CRANBERRIES	31 KOREAN BEEF OVER BROWN RICE CORN & BEAN MEDLEY CAULIFLOWER MANDARIN ORANGES	 SALAD BAR INCLUDED IN CONGREGATE MEALS <i>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</i>
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, <u>Cassandra Drynan, RDN</u> . Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$10.00.				

(MOW America continued from page 1)

Meals on Wheels delivered 87,255 meals to 835 older adults, ensuring they received nutritious food and regular wellness check-ins in the comfort of their own homes.

Congregate Dining served 20,101 meals to 1,094 older adults, fostering both nutrition and vital social connections in a community setting. These services continue to support the health, independence, and well-being of older adults throughout the tri-counties.

Caramel Rolls

Thursdays are Caramel Roll Day! The yummy caramel rolls are prepared fresh every Thursday morning from 8:00 am to 10:30 am or until they are gone. There is a small charge of \$3.00/roll. Coffee is free. Come on in and enjoy wonderful company and share a delicious roll!



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HELENA SENIOR NUTRITION MENU – AUGUST 2025



LUNCH SERVED FROM 11:30-12:30

For Additional Information Call: (406) 447-1680

*This menu is subject to change due to product availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club	SALAD BAR INCLUDED IN CONGREGATE MEALS		1 BAKED HAM MACARONI & CHEESE COUNTRY VEGETABLES SWEET YAMS CINNAMON APPLESAUCE
4 ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD FRESH FRUIT	5 ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN CARROT RAISIN SALAD JUICY PEACHES	6 OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN PEAS BAKED CRAN-APPLES	7 CREAMY BEEF & MUSHROOM OVER BISCUITS CARROT COINS PICKLED BEETS PINEAPPLE	8 <u>BIRTHDAY DINNER</u> CHICKEN BALI OVER FRESH PASTA ROASTED BRUSSEL SPROUTS CARROT COINS BLUEBERRY WATERMELON SALAD BIRTHDAY CAKE
11 MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS WHOLE GRAIN ROLL FRESH FRUIT	12 POTATO, SAUSAGE, VEGGIE & CHEESE EGG BAKE WITH PEPPER CREAM GRAVY PACIFIC VEGETABLES GREEN SALAD w/BEANS WHOLE GRAIN ROLL SWEET PEACHES	13 CHICKEN A LA KING BUTTERMILK BISCUITS CREAMED SPINACH CARROT COINS APRICOT HALVES	14 PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE PINEAPPLE	15 CHICKEN FRIED STEAK MASHED POTATOES w/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL CRANBERRIES
18 OVEN BAKED CHICKEN WILD RICE PILAF SWEET YAMS GREEN BEANS FRESH FRUIT	19 SLOPPY JOES ON A BUN BAKED BEANS COLESLAW MANDARIN ORANGES	20 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES SPRING VEGETABLE MIX FRUIT COCKTAIL	21 BREADED COD SCALLOPED POTATOES HERBED CARROTS WHOLE GRAIN ROLL SWEET PEACHES	22 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER JUICY PEARS
25 GOULASH GREEN PEAS PICKLED BEETS FRESH FRUIT	26 SWEET-N-SOUR PORK WILD RICE CARROT COINS TOSSED GREEN SALAD w/GARBANZOS FRUIT CRISP	27 TURKEY NOODLE CASSEROLE ITALIAN VEGETABLES BRUSSELS SPROUTS APRICOTS	28 SWEDISH MEATBALLS BROWN RICE WINTER SQUASH GREEN BEANS BLUSHING PEARS	29 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES CAPRI VEGETABLES BAKED APPLES

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.

We want to share some important news about a change in our Senior Nutrition Program

Due to funding limitations and the need to align our operations with current financial realities, we've had to make the very difficult decision to reduce the size of our Senior Nutrition team. As a result, three of our valued colleagues—Duzzie Stolp (Prep Cook, Helena), Barbara Beeby (Beebs) (Program Assistant, Helena), and Beady Hacker (Meal Assistant, Whitehall) will be departing Rocky the beginning of the fiscal year.

This decision was not made lightly. Duzzie, Beebs, and Beady have each made meaningful contributions to our work, and we are deeply grateful for their dedication, compassion, and the positive impact they've had on the seniors we serve.

Our commitment to the seniors we serve remains strong. We are working carefully to ensure a smooth transition and continued delivery of high-quality services to those who depend on us.

As always, thank you for being part of the Rocky community. Your support means so much—especially during times of transition. If you have any questions about this change or want to learn more about how to support our programs, please don't hesitate to reach out.

Mindy Diehl, Senior Nutrition & Transportation Program Director

Goodbye!
& THANK YOU

SENIOR CENTER ACTIVITIES

MONDAYS

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

1:00 pm - 4:00 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 and Tuesday - July 7 & 8

1:00 pm - Bridge – Dance Floor

WEDNESDAYS

9:30 am - 10:30 am - Senior Advisory Council Meeting - Card Room (first Wednesday of each month)

No meeting in July

10:30 am - 11:00 am - Chi Gong - Card Room

11:00 am - 12:00 pm - Tech Time with Mary (second and fourth Wednesday of each month) - 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

FRIDAYS

9:00 am - 11:00 am - Cribbage - Dance Floor

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

SUNDAYS

1:00 pm – Pinochle – Card Room

If you have an idea for an activity that isn't currently scheduled please contact Bill Peña at 406-457-7372!

ROCKY PINOCHLE CLUB DATES

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



Pinochle Tournament Dates:

Monday & Tuesday, July 7-8

Cribbage Club - Come be a part of our Cribbage Club, Fridays at 9 am on the Dance Floor!

Big Changes Proposed for Medicaid and SNAP: What You Need to Know

By Jim Marks, Rocky Aging Program Director

Some big changes are being talked about in Washington, D.C., and they could affect millions of older Americans across the country. These changes are about two important programs: Medicaid and SNAP. Medicaid assures people get health care when they don't have a lot of money, and SNAP (also called food stamps) assists low-income individuals to buy groceries.

Recently, some leaders in the government suggested cutting funding for these programs. If these cuts happen, people who benefit from these programs will encounter hardships that

(Changes continued on page 5)

BACKROADS OF MONTANA, YOUR MEMORIES AND STORIES

There will be no Backroads for July or August. We will resume in September. See you then!

Rocky's Backroads of Montana: Your Memories and Stories has become a treasured gathering, filled with wonderful storytelling and friendly conversation. followed by time to visit, reflect, and share memories.



The Helena Senior Center Senior Advisory Council is hosting its second fundraiser garage sale! All proceeds will be used directly for Senior Advisory Council-Sponsored Events. All donations not sold will be given to Big Sky Thrift Store.

Date: Saturday, July 12 & Sunday, July 13

Time: 10 am – 2 pm

**Location: O'Hara's Residence:
26 Lone Mountain Rd, Clancy, MT**



Donations, Donations, Donations



We will be accepting donations from

**Monday, July 7 through Friday, July 11,
between the hours of 10 am & 2 pm.**

No large appliances & furniture PLEASE

Thank You!

Please bring donated items to the Program Coordinator at the Helena Senior Center.

(Changes continued from page 4)



their eligibility every six months. These changes are supposed to make sure only people who “really need it” get support, but critics say many will face denials or delays. It is deliberately cruel national policy designed to exclude people.

Many are speaking out against these proposed changes. We worry that more rules and less money could cause older adults and others to go hungry or sick people to go without health care. Some already struggle to make ends meet, and these changes could make things even harder. Supporters of the programs say access to health care and food security is what keeps our communities strong.

block access to healthcare and food security. For example, someone might not be able to go to the doctor as often or get enough food for their family each month.

It's not just budget cuts. Some national leaders want to make it harder to use these programs. For SNAP, that could mean adults aged 64 and younger must work a certain number of hours to keep getting food benefits. For Medicaid, people might need to fill out more paperwork or prove

(Changes continued on page 6)

(Changes continued from page 5)

On the other hand, some government officials say these changes are needed to offset tax breaks. To justify tax breaks, they create issues that do not stand up to scrutiny. For example, they believe the government should focus on reducing waste even though waste is managed currently with less harsh methods. They scapegoat the people who get the benefits. They also say the programs have grown too large and cost too much money as if this legitimizes denying access to health care and food security.

No decisions have been made yet, and the final outcome will depend on votes in Congress and input from the public. If you use Medicaid or SNAP, or if you care about these programs, now is a good time to pay attention to the news and get engaged in how these changes could affect you and your community.

“We all do better when we all do better.”

Paul Wellstone

Celebrating Independence Day: A Tribute to Freedom

Every year on July 4, Americans come together to celebrate Independence Day—a time-honored tradition marking the birth of the United States as an independent nation. On this day in 1776, the Continental Congress adopted the Declaration of Independence, a powerful document proclaiming the colonies’ freedom from British rule.

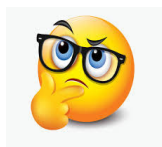
Independence Day is more than just a summer holiday filled with fireworks, parades, and barbecues. It’s a day to reflect on the courage, unity, and vision of the founding fathers who laid the groundwork for a nation built on the principles of liberty, democracy, and justice.

Across the country, communities celebrate with patriotic displays, family gatherings, concerts, and ceremonies that honor the values that define America. It’s also a time to express gratitude to those who have fought to defend those freedoms throughout history.

As we enjoy the festivities, let us remember that Independence Day is not just a celebration of the past, but a reminder of our shared responsibility to uphold the freedoms and ideals that continue to shape our nation’s future.



DID YOU KNOW?



Did you know that you do not have to be a member of the Helena Senior Center to enjoy our wonderful and nutritious lunches? Did you also know that you can participate in any of our activities, too? We'd love to see you at the senior center! **If you can afford the annual dues, we encourage you to join.**

BIRTHDAY MEAL CELEBRATION



On the second Friday of every month, we celebrate that month's birthdays with a delicious meal followed by cake and ice cream. Lunch is served starting at 11:30 am.

A special thank-you to Town & Country Foods for generously donating the birthday cake!

Friday, July 11 & August 8, 2025.

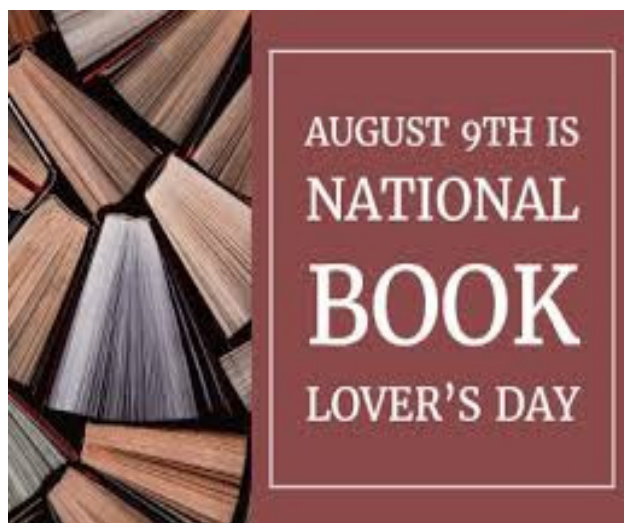
JULY SENIOR PROGRAM CLOSURES

Rocky's Senior Programs (Senior Center, Meals on Wheels, Congregate Dining and Transportation) will be closed on Friday July 4 - Independence Day. Enjoy time with family and friends.

To arrange for a meal during any of these closures, please call 406-457-7378 and we will be happy to assist you!



"Your insurance provides coverage for catastrophic events — but a bad haircut doesn't qualify."



Rocky Senior Advisory Council 2025

The Senior Advisory Council comes together on the first Wednesday of each month (except July) to share ideas, discuss issues, and work together to make sure the Senior Center is a welcoming, fun, and active place. They come up with ideas, activities, and plan events that help make our Helena Senior Center among the best.

Our last meeting was filled with many ideas shared for upcoming activities. Besides the Garage Sale and Music Ranch Day Trip in July, they were looking ahead to a fall event already. The Council also welcomed a couple of new members. Listed below are the current members of the Council. Please feel free to talk with them. They are a committed, wonderful, caring group of volunteers who serve as a kind of ambassador welcoming, helping, and assisting new members to the Center. Their next meeting is scheduled for Wednesday, August 6 at 9:30 am in the Card Room. They would like to wish everyone a wonderful and safe summer.

Walt & Fran O'Hara (President and Treasurer)

Shirley Bennett

Rita Newman

Ruth Hoffman

Marilyn Roehl

Kathy Schmit

Pat Jupka

Shana Frankenfield

Jill Canfield

Marilyn Abbott

Martha Nottveit

Lucille Gordon

Verna Bunger (New Member)

Branda Wine-Gar (New Member)



Creamy Cucumber Salad

- 1/2 cup sour cream
- 2 tbsp. lemon juice
- 1/2 tsp. dried dill
- 1 tsp. sugar
- 1/2 tsp salt
- 1 large cucumber
- 1/4 red onion

Combine the sour cream, lemon juice, sugar, dill, and salt in a bowl and set aside. Peel the cucumber (if desired). Slice the cucumbers and thinly slice the red onions. Combine the cucumber, red onion, and dressing in a large bowl and stir to combine. Let the salad sit for 5-10 minutes, give it another stir, and serve!

CSFP Foods for Qualifying Participants

CSFP SCHEDULE

	Lincoln, MT Wednesday, July 30 12:30 pm - 1:00 pm
Townsend, MT Monday, July 28 11:00 am - 11:30 am	Whitehall, MT Thursday, July 31 11:00 am - 12:00 pm
East Helena, MT Monday, July 28 2:00 pm - 3:00 pm	Boulder, MT Thursday, July 31 1:00 pm - 1:30 pm
Wolf Creek, MT Tuesday, July 29 10:30 am - 11:00 am	White Sulphur Springs, MT Monday, August 4 11:00 am - 12:00 pm
Augusta, MT Tuesday, July 29 12:30 pm - 1:00 pm	Helena, MT @ Food Share Monday, July 28 12:30 pm - 6:30 pm Tuesday, July 29 12:30 pm - 3:30 pm Wednesday, July 30 12:30 pm - 3:30 pm Thursday, July 31 12:30 pm - 6:30 pm
Elliston, MT Wednesday, July 30 10:00 am - 10:30 am	
Avon, MT Wednesday, July 30 10:45 am - 11:00 am	**Pickup times can vary due to weather*

The Commodity Supplemental Food Program (CSFP) is a program where participants 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 participants at the Helena Food Share, 1280 Boulder Avenue, 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.

For further information or questions, call Rocky at 406-447-1680.

LETTER FROM THE EXECUTIVE DIRECTOR



Lori Ladas
Executive Director

We hope you are enjoying the beauty of summertime in Montana! If you need a place to beat the heat this summer, stop by the Helena Senior Center...the air conditioning will keep you cool while you enjoy lunch or meet up with friends to enjoy a game of cards or bingo!

This spring, we welcomed Rocky's Energy Services team to the Neighborhood Center! Their previous office space was located on Jackson Street. If you need energy assistance when the cooler weather rolls around again, our staff will be happy to serve you at their new location.

The Neighborhood Center always feels a little quieter this time of year, with the Head Start kids out for summer break. The Senior Advisory Council, however, is as busy as ever! This summer, they are planning a two-day garage sale in Clancy to raise funds for future events. Have some things to donate? Looking for some new treasures? Check in with Bill in our Senior Center for additional details. What a fun way to support this group that works for you!

Have a safe and fun Independence Day! As a reminder, Rocky will be closed on Friday, July 4. Make sure to let us know in advance if you need an additional meal for the closure. Happy Summertime!





GET READY FOR A SUMMER ADVENTURE AT THE MUSIC RANCH!

Garth Brooks Hits Tribute band at the Music Ranch

Hosted by the Senior Advisory Council

The Senior Advisory Council is thrilled to invite you on a fun-filled summer day trip to the *Music Ranch*, nestled just south of Livingston, Montana. Get ready to experience the incredible **Elton Lammie**, back by popular demand and bringing his crowd-favorite **Garth Brooks Hits Tribute** to the stage!

Lammie's performance is so spot-on, you'll swear you're watching the real Garth himself. From "Friends in Low Places" to "The Dance," this show

is guaranteed to get your toes tapping and your heart singing.

Date: Friday, July 18

Location: Music Ranch, south of Livingston

Cost: \$90 per person

(includes show ticket, roundtrip transportation, your choice of meal, snacks, and gratuity)

Transportation provided by Tucker Transportation

Departure: Helena Senior Center at **3:30 p.m. sharp**

Return: Helena Senior Center around **12:00 a.m. (midnight)**

The deadline to register has passed, but please call to see if there is room!

Seats are limited—don't miss your chance to join this unforgettable summer getaway full of music, laughter, and great company!

**ELTON
LAMMIE
TRIBUTES**



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