

LETTER OF INTENT TO APPLY FOR CONTRACT

Under Title III of the Older Americans Act
Fiscal Year July 1, 2025 through June 30, 2026

Summary Sheet

Applicant Agency: Rocky Tri-County Nutrition Project Director: Mindy Diehl
Mailing Address: P.O. Box 1717 Street Address: 200 South Cruse Avenue
City, State, Zip: Helena, MT 59624 City, State, Zip: Helena, MT 59601
E-Mail: mdiehl@rmdc.net E-Mail: lladas@rmdc.net

Type of Organization:

☐ City ☐ County ☒ Private Non-Profit ☐ Other (specify): _____

Geographic area to be served: Tri-County Area of Lewis & Clark, Broadwater & Jefferson Counties

List services to be provided:

Congregate Meals

Home Delivered Meals

Estimated # of unduplicated *persons*
to be served during project period for
each service type:
1,200

800

Estimated # of unduplicated *units* of
service during project period for each
listed service type:
24,000

87,000

Applicant agrees that the project described in this Letter of Intent will be operational July 1, 2025 through June 30, 2026 and certifies that to the best of my knowledge and belief, the information in this application is true and correct and the attached conditions will be complied with if the contract is awarded.

Lori Ladas

Type or print person authorized to sign

Executive Director

Title

Mindy Diehl

Type or print person authorized to sign

Senior Nutrition & Transportation Program Director

Title

Lori Ladas

Signature

3/25/25

Date

Mindy Diehl

Signature

3/25/25

Date

LETTER OF INTENT TO APPLY FOR CONTRACT

Under Title III of the Older Americans Act
Fiscal Year July 1, 2025 through June 30, 2026

Project Description Sheet

(Please fill out a ***Project Description Sheet*** for each service provided.
Attach additional pages if necessary to complete the following questions.)

1. Service or Project name: **Tri-County Nutrition - Congregate Meal Program**

2. Provide a description of how your program will spend the Title III funding.

Title III funding will be used to support key operational expenses necessary for running our congregate meal programs in Lewis and Clark, Broadwater, and Jefferson counties efficiently.

By strategically utilizing these funds, Rocky aims to sustain and enhance our congregate meal programs, ensuring continued support for older adults who rely on this program. In fiscal year 2024, we provided 20,101 meals to 1,094 older adults. See Attachment A.

3. Statement of how your project will coordinate services with other community programs. (Include a description of referral systems.)

Rocky actively collaborates with various community organizations to enhance the effectiveness and reach of our congregate meal programs. Through strategic partnerships, we ensure that Title III funding is maximized to provide comprehensive support for our clients. See Attachment B.

4. Statement of how your project will fulfill the mission of the Older Americans Act. (Include a description of criteria for selection of clients, outreach and targeting activities and how the project fulfills the objectives of the Older Americans Act.)

Rocky's congregate meal programs are committed to upholding the mission of the Older Americans Act (OAA) by providing essential services that promote independence, well-being, and dignity for older adults. Through programs such as congregate dining, Rocky helps prevent unnecessary institutionalization and supports older adults in maintaining active, healthy lives within the Tri-Counties. By fostering strong partnerships with local organizations, healthcare providers, and community resources, Rocky ensures older adults receive the assistance they need to safely age in place with dignity.

No eligible participant is denied service based on their ability or decision not to contribute financially to the program.

Fulfilling the Objectives of the Older Americans Act

Rocky's congregate meal program aligns with the key objectives of the Older Americans Act by:

- Providing Nutritional Support: Offering congregate meals that meet USDA dietary guidelines to support older adult health and wellness.
- Promoting Social Engagement: Encouraging participation in senior center activities and boost socialization during meal time at our congregate meal sites.
- Ensuring Access to Services: Collaborating with Rocky's Agency on Aging, healthcare providers, and local organizations to connect older adults with essential resources such as transportation, healthcare, and financial assistance.

By implementing these strategies, Rocky's congregate meal program upholds the mission of the Older Americans Act, ensuring older adults in the Tri-Counties receive the support and services needed to lead healthy, independent lives. +

5. If extra funding was available, what would you do to increase services and how would you plan to spend the money?

The increased request for funding will help in defraying the continually increasing cost and delivery of food products for the program.

Extra funding will also be needed to support the program as other community funding sources decline (County Mill, CSBG, etc.).

The Older Americans Act requirements state that aging providers are supposed to “target resources from all appropriate sources to meet the needs of older persons with the greatest economic or social need, with particular attention to low income, low income minority, those residing in rural areas, and elders who are disabled and frail. Providers are also required to ensure access to service based on certain economic, demographic and geographic factors.”

6. Please provide letters of support from other local community-based and/or institutional programs, agencies or organizations involved with older adults.
7. List wage range of all employees funded in full or in part by this contract: \$ 13.43 to \$ 37.33.
8. Is this project covered by liability insurance? Yes How much? See attached
8. How many years has this project received Title III funds: 55 years
10. Please provide a **detailed** estimated budget for this Title III service for the fiscal year 2025-2026 as follows (list appropriate estimated resources):

PLEASE FILL IN THE FORM BELOW, YOU MAY SUBMIT ADDITIONAL SUPPORTING DOCUMENTATION IF NECESSARY.
(Your expenses should equal your resources)

Expenses:

Personnel and fringe:	<u>\$360,742.02</u>
Supplies:	<u>\$8,865</u>
Raw food/meals:	<u>\$94,553.53</u>
Commodities:	<u>\$2,000</u>
Communications:	<u>\$14,769.32</u>
Utilities:	<u>\$4,018.33</u>
Repairs/maintenance:	<u>\$1,834</u>
Travel/training:	<u>\$13,080</u>
Building space:	<u>\$11,763.68</u>
Insurance:	<u>\$12,375.08</u>
Equipment:	<u>\$0</u>
Contracted services:	<u>\$1,100</u>
Audit:	<u>\$1,500</u>
Other:	<u>\$76,150.58</u>
TOTAL:	<u>\$ \$602,751.54</u>

Resources:

Area IV Funds:	<u>\$300,000</u>
Project income:	<u>\$124,505</u>
Other Resources:	<u>\$1,850</u>
Cash in Lieu:	<u>\$4,528</u>
Commodities:	<u>\$2,000</u>
Match:	<u>\$155,218.54</u>
Other:	<u>\$14,650</u>
Other:	<u></u>
TOTAL:	<u>\$ \$602,751.54</u>

Application deadline - The electronic application and 2 copies must be received by Rocky before 4 p.m. Friday, March 28, 2025. Applications received after this deadline date will not be considered for funding.

The contractor presentations will be on Zoom again this year.

The date of the Area IV Board Meeting is May 15, 2025 at 9:00am.

FY26 Budget Narrative for Area IV Grant Request (Attachment A)

Tri-County Nutrition Program

Congregate Meals

Expenditures – Please note all expenditures are projected based upon actual expenditures in prior years and the estimated expenses for FY26.

Personnel and fringe benefits for employees working at six different locations include:

- 1) Wages based on projected FY26 include 14 employees working full and part-time for a total of 12,237 hours or an equivalent of 5.88 FTEs. Many of the employees work intermittently as substitutes when regular full or part-time employees are absent.
- 2) Fringe benefits: FICA at 7.65%; workers' compensation of 1.53% for kitchen and delivery personnel; and unemployment insurance at 1.60%;
- 3) Health and life insurance benefits equal to \$1075.00 per month for a full-time employee;
- 4) Employee Assistance Program at \$45.84 for all employees; and,
- 5) A pension plan contribution of 3% calculated on gross wages paid.

Supplies include projected expenses for minor equipment, office, meal service supplies and other supplies.

Raw food and meals include the projected expenses for groceries and Rocky Mountain Development Council, Inc. (Rocky) Consolidated Kitchen charges.

Commodities include expenses for groceries received through the Commodities Program.

Communications include projected expense for phone service (lines, long distance phone calls = \$1,523.64), postage (\$150), and internet and computer network fees (\$13,095.68).

Repairs and maintenance expenses consist of maintenance to equipment and tools.

Travel and trainings costs include senior bus transportation to the Daily Dinner Club in Helena which is the majority of the expense, mileage for staff when using personal vehicles, and some travel related to training.

Building Space: costs consist of rent and/or utility charges for the programs residing in Helena and the leases in Augusta, Townsend, Lincoln, and Whitehall.

Insurance costs are related to general commercial liability, automobile liability, and excess umbrella liability policies.

Audit fees are prorated among all Rocky programs based upon program expenses and the auditor's time allotted to the programs. Rocky is subject to an annual audit because many of the programs, including the Tri-County Nutrition Program, receive federal and state funding.

Other costs include such items as indirect costs, advertising and photo copies.

It is significant to note that Rocky has a provisional indirect cost rate of 13.9% that is negotiated with our cognizant agency, the Department of Public Health and Human Services, which we currently charge. The rate is applicable to all Rocky programs and is calculated based upon total program expenses (less any exclusions). Indirect cost allocations pay for the program support provided by the administrative, human resources, and fiscal departments.

Resources

Area IV Funds include all federal and state funds requested to support the congregate meals program in the Counties of Lewis & Clark, Jefferson, and Broadwater.

Project Income includes revenues from the suggested meal contributions.

Other funding resources include a minor amount from fundraising from private sources and in-kind revenue.

Cash in Lieu and Commodities represent federal funding received from the Department of Public Health and Human Services in groceries and in cash.

Match County Mill funding for congregate meals from Lewis and Clark, Broadwater and Jefferson Counties.

FY26 Narrative for Area IV Grant Request (Attachment B)

Tri-County Nutrition Program

Congregate Meals

Statement of how your project will coordinate services with other community programs. (Include a description of referral systems)

Rocky's congregate meal program aims to provide older adults in the Tri-County area with access to hot, nutritious weekday meals while promoting overall health. These meals meet one-third of daily dietary requirements, as outlined by the U.S. Department of Agriculture. Older adults who are able are encouraged to participate at any of Rocky's seven congregate meal sites, located in Augusta, Boulder, Helena, Lincoln, Townsend, Whitehall, and Helena Indian Alliance (H.I.A).

Rocky's congregate site staff ensures that no individual aged 60 or older is denied a meal due to an inability or decision not to contribute toward the cost. The program is available to those 60 and older, with a suggested contribution of \$5.00 per meal.

The program's focus on nutrition and social engagement aligns with the mission of the Older Americans Act, which seeks to promote independence among older adults and prevent unnecessary and costly institutionalization.

To maximize participation, congregate meal sites collaborate with various community providers and other Rocky services. We work closely with organizations serving older adults, such as clinics, hospitals, Adult Protective Services, the VA, and affordable older adult housing. Outreach efforts also extend to local food pantries and human service offices within the Tri-County area. Rocky both receives referrals from these agencies and connects potential clients with appropriate services. Additionally, we partner with Rocky's Senior Programs, including Rocky's Agency on Aging, Senior Companion Program, Retired and Senior Volunteer Program, and Foster Grandparent Program.

Rocky staff continues to explore various strategies to promote congregate meal sites, including keeping local newspapers and reporters informed, inviting Commodity Supplemental Food Program recipients to visit their local congregate meal site during distribution, emailing the V.O.E. to agencies serving older adults, visiting senior living communities, and encouraging current participants to spread the word about the program.

Building and maintaining positive relationships with every older adult who participates in our congregate meal sites has proven essential. A positive experience not only encourages return visits but also inspires participants to invite others who might not have otherwise joined.

By cultivating strong partnerships and maintaining an efficient referral system, we enhance the support and services available to our older adult participants.

**FY26 Area IV Grant Request
Tri-County Nutrition Program Statistics
Congregate Meals & Home Delivered Meals**

Location: Augusta

Days of Operation: Monday-Friday

Programs: Congregate and Home Delivered Meals

Total # of Congregate Meals in FY24: 1,243

Total # of Home Delivered Meals in FY24: 5,163

Location: Boulder

Days of Operation: Tuesday-Thursday

Programs: Congregate and Home Delivered Meals

Total # of Congregate Meals in FY24: 654

Total # of Home Delivered Meals in FY24: 1,450

Location: Helena

Days of Operation: Monday-Friday

Programs: Congregate, Home Delivered Meals, and Head Start

Total # of Congregate Meals in FY24: 9,646

Total # of Home Delivered Meals in FY24: 66,757

Location: Helena Indian Alliance

Days of Operation: Monday-Friday

Programs: Congregate

Total # of Congregate Meals in FY24: 1,401

Location: Lincoln

Days of Operation: Monday-Friday

Programs: Congregate and Home Delivered Meals

Total # of Congregate Meals in FY24: 2,179

Total # of Home Delivered Meals in FY24: 1,394

Location: Townsend

Days of Operation: Monday-Friday

Programs: Congregate, Home Delivered Meals, and Head Start

Total # of Congregate Meals in FY24: 3,222

Total # of Home Delivered Meals in FY24: 7,935

Location: Whitehall

Days of Operation: Monday-Friday

Programs: Congregate, Home Delivered Meals, and Head Start

Total # of Congregate Meals in FY24: 1,756

Total # of Home Delivered Meals in FY24: 4,556



ROCKMOU102

SOLIVER

CERTIFICATE OF LIABILITY INSURANCE

DATE (MM/DD/YYYY)

11/20/2024

THIS CERTIFICATE IS ISSUED AS A MATTER OF INFORMATION ONLY AND CONFERS NO RIGHTS UPON THE CERTIFICATE HOLDER. THIS CERTIFICATE DOES NOT AFFIRMATIVELY OR NEGATIVELY AMEND, EXTEND OR ALTER THE COVERAGE AFFORDED BY THE POLICIES BELOW. THIS CERTIFICATE OF INSURANCE DOES NOT CONSTITUTE A CONTRACT BETWEEN THE ISSUING INSURER(S), AUTHORIZED REPRESENTATIVE OR PRODUCER, AND THE CERTIFICATE HOLDER.

IMPORTANT: If the certificate holder is an ADDITIONAL INSURED, the policy(ies) must have ADDITIONAL INSURED provisions or be endorsed. If SUBROGATION IS WAIVED, subject to the terms and conditions of the policy, certain policies may require an endorsement. A statement on this certificate does not confer rights to the certificate holder in lieu of such endorsement(s).

PRODUCER Helena Office Marsh McLennan Agency LLC P.O. Box 6127 Helena, MT 59604	CONTACT NAME: Kathy Burt	
	PHONE (A/C, No, Ext): (406) 457-2103 FAX (A/C, No):	
	E-MAIL ADDRESS: Kathy.Burt@MarshMMA.com	
	INSURER(S) AFFORDING COVERAGE	NAIC #
	INSURER A : Cincinnati Insurance Company	10677
	INSURER B : Montana State Fund	15819
	INSURER C :	
	INSURER D :	
	INSURER E :	
	INSURER F :	

INSURED

Rocky Mountain Development Council, Inc
P.O. Box 1717
Helena, MT 59624

COVERAGES

CERTIFICATE NUMBER:

REVISION NUMBER:

THIS IS TO CERTIFY THAT THE POLICIES OF INSURANCE LISTED BELOW HAVE BEEN ISSUED TO THE INSURED NAMED ABOVE FOR THE POLICY PERIOD INDICATED. NOTWITHSTANDING ANY REQUIREMENT, TERM OR CONDITION OF ANY CONTRACT OR OTHER DOCUMENT WITH RESPECT TO WHICH THIS CERTIFICATE MAY BE ISSUED OR MAY PERTAIN, THE INSURANCE AFFORDED BY THE POLICIES DESCRIBED HEREIN IS SUBJECT TO ALL THE TERMS, EXCLUSIONS AND CONDITIONS OF SUCH POLICIES. LIMITS SHOWN MAY HAVE BEEN REDUCED BY PAID CLAIMS.

INSR LTR	TYPE OF INSURANCE	ADDL INSD	SUBR WVD	POLICY NUMBER	POLICY EFF (MM/DD/YYYY)	POLICY EXP (MM/DD/YYYY)	LIMITS
A	<input checked="" type="checkbox"/> COMMERCIAL GENERAL LIABILITY <input type="checkbox"/> CLAIMS-MADE <input checked="" type="checkbox"/> OCCUR GEN'L AGGREGATE LIMIT APPLIES PER: <input type="checkbox"/> POLICY <input type="checkbox"/> PRO-JECT <input type="checkbox"/> LOC <input type="checkbox"/> OTHER:			ETD 0589078	9/6/2024	9/6/2025	EACH OCCURRENCE \$ 1,000,000 DAMAGE TO RENTED PREMISES (Ea occurrence) \$ 1,000,000 MED EXP (Any one person) \$ 5,000 PERSONAL & ADV INJURY \$ 1,000,000 GENERAL AGGREGATE \$ 3,000,000 PRODUCTS - COMP/OP AGG \$ 3,000,000
A	<input checked="" type="checkbox"/> AUTOMOBILE LIABILITY <input checked="" type="checkbox"/> ANY AUTO OWNED AUTOS ONLY <input type="checkbox"/> SCHEDULED AUTOS <input type="checkbox"/> HIRED AUTOS ONLY <input type="checkbox"/> NON-OWNED AUTOS ONLY			ETD 0589078	9/6/2024	9/6/2025	COMBINED SINGLE LIMIT (Ea accident) \$ 1,000,000 BODILY INJURY (Per person) \$ BODILY INJURY (Per accident) \$ PROPERTY DAMAGE (Per accident) \$
A	<input checked="" type="checkbox"/> UMBRELLA LIAB <input checked="" type="checkbox"/> OCCUR <input type="checkbox"/> EXCESS LIAB <input type="checkbox"/> CLAIMS-MADE <input type="checkbox"/> DED <input type="checkbox"/> RETENTION \$			ETD 0589078	9/6/2024	9/6/2025	EACH OCCURRENCE \$ 3,000,000 AGGREGATE \$ 3,000,000
B	WORKERS COMPENSATION AND EMPLOYERS' LIABILITY ANY PROPRIETOR/PARTNER/EXECUTIVE OFFICER/MEMBER EXCLUDED? (Mandatory in NH) <input type="checkbox"/> Y/N If yes, describe under DESCRIPTION OF OPERATIONS below		N/A	033995291	10/1/2024	10/1/2025	<input checked="" type="checkbox"/> PER STATUTE <input type="checkbox"/> OTH-ER E.L. EACH ACCIDENT \$ 500,000 E.L. DISEASE - EA EMPLOYEE \$ 500,000 E.L. DISEASE - POLICY LIMIT \$ 500,000
A	Professional			ETD 0589078	9/6/2024	9/6/2025	Each Claim 1,000,000
A	Liability			ETD 0589078	9/6/2024	9/6/2025	Aggregate 3,000,000

DESCRIPTION OF OPERATIONS / LOCATIONS / VEHICLES (ACORD 101, Additional Remarks Schedule, may be attached if more space is required)

CERTIFICATE HOLDER

CANCELLATION

Rocky Mountain Development Council, Inc
P.O. Box 1717
Helena, MT 59624

SHOULD ANY OF THE ABOVE DESCRIBED POLICIES BE CANCELLED BEFORE THE EXPIRATION DATE THEREOF, NOTICE WILL BE DELIVERED IN ACCORDANCE WITH THE POLICY PROVISIONS.

AUTHORIZED REPRESENTATIVE

Michelle M. Oliver

Rocky Mountain Development Council, Inc. (Rocky)

Board of Directors

Public Sector Representatives

These terms expire at the discretion of the organization appointing them.

Cory Kirsch
Jefferson County Commission
PO Box H
Boulder, MT 59632
406-225-4028
ckirsch@jeffersoncounty-mt.gov

Jesse Swenson
Broadwater County Commission
515 Broadway St.
Townsend, MT 59644
406-980-1213
jswenson@broadwatercountymt.gov

Dannai Clayborn
City of Helena
316 N. Park Avenue Room 322
Helena, MT 59623
406-447-8409
dmclayborn@helenamt.gov

Andy Hunthausen
Vice President, Rocky, Inc.
Lewis & Clark County Commission
City County Building
316 N. Park Ave, Rm 345
Helena, MT 59623
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ahunthausen@lccountymt.gov

Dan Rispens
East Helena Public Schools
11 Cloverview Drive
Helena, MT 59601
406-439-0630
drispens@ehps.k12.mt.us

Low-Income Sector Representatives

Kate Anderson*
Prickly Pear Cooperative
3960A St. Mary's Road
East Helena, MT 59635
406-417-1042
kathrineannanderson@gmail.com
Term expires: 2027

Susan Geise
Secretary/Treasurer, Rocky, Inc.
Habitat for Humanity
PO Box 12; 209 Fleming
Augusta, MT 59410
406-396-4645
msusangood@montana.com
Term expires: 2025

Teri Lilletvedt
Pureview Health Center
1930 9th Ave.
Helena, MT 59601
406-500-2043 (work)
406-459-3946 (cell)
Teri.lilletvedt@pureviewhealthcenter.org
Term expires: 2026

Erin Lyndes**
Jackson, Murdo & Grant, P.C.
1033 Butte Avenue
Helena, MT 59601
406-461-4903
elyndes@jmgattorneys.com
Term expires: 2026

Lana Larson
Head Start Policy Council
2970 Spokane Creek Rd
East Helena, MT 59635
708-305-1650
lanabjornson@gmail.com
Term expires annually

Private Sector Representatives

Trever Kirkland
President, Rocky, Inc.
First Interstate Bank
P.O. Box 6013
Helena, MT 59604-6013
406-422-1633 - Work
406-439-3769 - Cell
trever.kirkland@fib.com
Term expires: 2026

Debbie Havens
1325 Clover Rd
Helena, MT 59601
406-431-4016
debdhavens@yahoo.com
Term expires: 2027

Paula Jacques+
PO Box 141
Clancy, MT 59634
406-431-7485
pjpcmm@gmail.com
Term expires: 2027

Bruce Day
1747 Karmen Road
Helena, MT 59602
406-439-7850
day406@gmail.com
Term expires: 2026

Charlie Lane
522 Tamarack St.
Helena, MT 59601
406-431-1241
charleslanemt@gmail.com
Term expires: 2027

Revised February 2025

*Member who has a background and expertise in early childhood education and development.

** Member who is a licensed attorney familiar with issues that come before the governing body.

+ Member who has a background and expertise in fiscal management or accounting.



PUREVIEW | Health Center

1930 9th Ave, Helena, MT 59601 | 406.457.0000 | PureViewHealthCenter.org

Mindy Diehl
Senior Nutrition & Transportation Program Director
200 South Cruse Ave.
Helena, MT 59601

To Whom It May Concern:

As a case manager for PureView Health Center, I have the privilege of working with patients in the Helena community, and I deeply appreciate the programs offered by the Rocky Mountain Development Council for our senior population.

The value of a hot meal delivered to homebound patients due to illness or disability is truly immeasurable. One patient in particular stands out, a woman with little family or social support who received a terminal diagnosis. As her health declined rapidly, she was no longer able to cook, prepare food, or even leave her home to buy groceries. I referred her to the Meals on Wheels program, and I was incredibly grateful to learn that she would receive a hot meal the very next day and every day thereafter. I will never forget the relief in her voice when I called to tell her help was on the way.

In addition to the Meals on Wheels Program, the Senior Center Congregate Dining Program has a tremendous impact on the lives of older adults in our community. This program goes far beyond providing nutritious meals—it fosters vital social connections and offers meaningful educational opportunities that enrich the lives of those it serves.

For many seniors, the congregate dining program is more than just a place to eat; it is a place to belong. The opportunity to share a meal with others helps combat loneliness and isolation, promoting emotional well-being alongside physical health. Additionally, the educational programs offered empower seniors with valuable knowledge, resources, and skills that enhance their quality of life.

I have seen firsthand the positive effects of this program on the seniors I work with. One patient who was previously isolated and lonely in her apartment reluctantly agreed to attend lunch at the center after much encouragement. Now, she spends every day at the center volunteering and participating in several social groups. The sense of community she has found there has been truly life changing.

Programs like Meals on Wheels and Congregate Dining make a profound difference in the lives of those who need them most, and I am truly thankful for the support they provide to our community.

Sincerely,

Teri Lilletvedt
Lead Case Manager
PureView Health Center

March 5, 2025

Mindy Diehl
Senior Nutrition & Transportation Program Director
200 So. Cruse Ave P.O. Box 1717
Helena, Montana 59601

To Whom it May Concern:

I am honored to write a letter of support for Rocky's nutrition programs and the proposal for continued and future funding of these programs.

My support and my experience comes from three different perspectives.

1. **Professional Role:** I was a program manager for nutrition programs at the Montana State Office On Aging from 2013 to 2022. I was able to visit senior centers across the state but also knew at the statewide and federal level how the nutrition programs and support services were so crucial to seniors. I also became keenly aware of the level of importance and support these programs provided to keep our seniors within their home and if not at home, within their community. I also provided oversight for the Senior Farmers Market nutrition Program (statewide) of which Helena participated. I saw firsthand the struggle that many of our seniors, who depend solely on social security. They talked about the challenge of purchasing and preparing nutritious foods or the ability to put together a nutritious or well-balanced meal independently. Rocky provides the alternative via congregate meals and home delivered meals. It also provides through the senior center, a social outlet, educational opportunities and wellness as added enticements to keep us all engaged.
2. **Watching out for our elderly:** After I retired from the state, I was involved with an elderly neighbor who lost his home due to a fire (next door to me) and suffered some physical impairment as a result. I reached out to Meals on Wheels to provide meals for him in his temporary home. The biggest benefit I saw was that not only did he get meals but there came a time when he had fallen in his house and couldn't get back up. He could not reach the phone to call the ambulance. If it had not been for the Meals On Wheels Volunteer coming to the door and hearing him call out, he could have passed away....alone. This scenario ended well for him and I am forever thankful for that volunteer. We have all heard these stories and that is one of my biggest fears for many of our seniors that live alone and may not have close family, neighbors or friends that look in on them. Prior to this mishap, I was approached by other neighbors and families about your services, especially the meals on wheels and we were able to get assistance for other elderly folks that lived in my neighborhood. It's funny how sometimes we can live in these neighborhoods and not notice the needs of others until an event happens. I am thankful that Rocky is there.
3. **Personal Recipient** Due to a recent accident limiting my mobility and the "threat" of not being able to return home due to this, I became a recipient of your meals on wheels. I am fairly independent and have a problem with asking for help but felt I needed to practice

what I had been preaching to other families and signed up. I appreciated the meals that I had delivered 3X a week but mostly appreciated the smile and the greeting at the door by the delivery person. I am one of the lucky seniors who have a great network of friends and a family member in town, but I still felt some isolation and frustration with the mobility issue. As I said, I'm stubborn, independent and have a hard time reaching out. I am sure you know quite a few seniors like this.

I have returned to the world of Aging through this intervention and visited with Mindy recently and relayed this info to her. At that time, I signed up as a member and hope to (when things calm down) be of service to the senior center and their nutrition programs. Without these services and the funding to do so, this would limit the lifeline for many of the seniors that do take full advantage of your programs within the Helena and outlying areas.

For these reasons, I hope you consider continuing the funding that these programs.

Sincerely,

Jacqueline Stoeckel
Retired and a member of the Helena Community