Welcome to 2017! The time is here to renew your 2017 RMDC Senior Center Membership Dues! Although we have been registering people for 2017 since last November of 2016, we encourage everyone to again sign up. The final numbers for 2016 are not in yet, the RMDC Helena Senior Center has already broken attendance records since 2007, which is as far back as we could find. With the exception of one month we also broke attendance records for each month.

Many of the hallmarks that happen daily here at the center include fostering new friendships, old friends gathering, playing games, exercise sessions, engaging and listening to people gathering in the dining room and parlor arboring friendly conversation. Seeing people gather to celebrate birthdays, special holidays, and at the same time express a care and concern for other life’s events is both touching and heartwarming.

The annual registration fee is again $15.00 regardless of when you renew your fee during the calendar year. We like to have all renewing members registered by the end of February. New members are always welcome anytime. When you renew, your monies are used to cover the cost of the Voice of Experience (VOE) along with the many other programs and services offered. This is the largest funding source RMDC has for the Senior Center. Please know, we understand that many seniors may not be able to afford the fee and for that fact, membership is not required for participation. However, membership does offer some additional benefits to you, including a free birthday meal, in town bus service and the arrival of the VOE to your home.

We thank you for your tremendous and enthusiastic support that allows the RMDC Senior Center to provide the many activities and services offered. Our main focus is serving you, our senior citizens of Helena and surrounding communities. Thank you as we continue to grow and serve!

Reminder!
RMDC Neighborhood Center will be closed:
January 2
January 16
February 20

WANT TO MAKE A DIFFERENCE IN YOUR COMMUNITY??
BECOME A SENIOR COMPANION!

The Senior Companion Program is designed to provide an opportunity for qualified, able-bodied seniors to make a meaningful contribution to their communities by helping to enable people who need support to maintain their greatest level of independence. Volunteers receive a federal, tax free stipend and mileage reimbursement along with paid sick leave and vacations. If you or someone you know would like to make a difference in your community, please call Tammy Scoggin at 406-447-7325 or toll free at 800-356-6544 for more information.
# HELENA/EAST HELENA DDC MENU

## JANUARY 2017 - MEALS SERVED FROM 11:00 – 12:30

For Additional Information Call 447-1680 Helena

### VOICE OF EXPERIENCE
**ROCKY MOUNTAIN DEVELOPMENT COUNCIL, INC.**

---

### HELENA/EAST HELENA DDC MENU

### JANUARY 2017 - MEALS SERVED FROM 11:00 – 12:30

**For Additional Information Call 447-1680 Helena**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>CLOSED</td>
<td>CHEESE BURGER ON A BUN (onions &amp; pickles)</td>
<td>BBQ PORK BITS</td>
<td>PEPPER STEAK</td>
<td>CHICKEN &amp; NOODLES MIXED VEGETABLES CAULIFLOWER MANDARIN ORANGES</td>
</tr>
<tr>
<td>CABBAGE</td>
<td>BABY RED POTATOES</td>
<td>STEAMED CABBAGE</td>
<td>SPIRAL NOODLES</td>
<td>CAULIFLOWER</td>
</tr>
<tr>
<td>TATER TRIANGLES</td>
<td>WHOLE GRAIN ROLL</td>
<td>BABY RED POTATOES</td>
<td>GARDEN VEGETABLES</td>
<td>MANDARIN ORANGES</td>
</tr>
<tr>
<td>GOLDEN PEARs</td>
<td>CINNAMON APPLES</td>
<td>FRESH PLUMS</td>
<td>FRESH PLUMS</td>
<td>CAULIFLOWER</td>
</tr>
<tr>
<td>HOMEMADE SOUP (HMD)</td>
<td>FRESH FRUIT (HMD)</td>
<td>TOSSED SALAD WITH GARBANZO BEANS (HMD)</td>
<td>HOMEMADE SOUP (HMD)</td>
<td>HOMEMADE SOUP (HMD)</td>
</tr>
</tbody>
</table>

---

### FEbruary 2017 - MEALS SERVED FROM 11:00 – 12:30

**For Additional Information Call 447-1680 Helena**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>CLOSED</td>
<td>SPAGHETTI WI MEAT SAUCE</td>
<td>HOMEMADE HAM &amp; FIVE BEAN SOUP</td>
<td>HOMEMADE HAM &amp; FIVE BEAN SOUP</td>
<td>QUEEN ALICE &amp; ROAST BEEF</td>
</tr>
<tr>
<td>GARLIC BREAD</td>
<td>STEAMED CARROTS</td>
<td>STEAMED CARROTS</td>
<td>STEAMED CARROTS</td>
<td>WILD RICE</td>
</tr>
<tr>
<td>GREEN BEANS</td>
<td>APPLESAUCE</td>
<td>APPLESAUCE</td>
<td>APPLESAUCE</td>
<td>GARDEN VEGETABLES</td>
</tr>
<tr>
<td>SWEET CORN</td>
<td>FRESH FRUIT (HMD)</td>
<td>FRESH FRUIT (HMD)</td>
<td>FRESH FRUIT (HMD)</td>
<td>CRANBERRIES</td>
</tr>
<tr>
<td>PINEAPPLE</td>
<td>CALICO BEANS</td>
<td>CALICO BEANS</td>
<td>CALICO BEANS</td>
<td>GREEN BEANS</td>
</tr>
<tr>
<td>HOMEMADE SOUP (HMD)</td>
<td>CORN BREAD</td>
<td>CORN BREAD</td>
<td>CORN BREAD</td>
<td>SWEET CORN</td>
</tr>
<tr>
<td>MIXED FRUIT</td>
<td>DINED BEETS PEACHES</td>
<td>DINED BEETS PEACHES</td>
<td>DINED BEETS PEACHES</td>
<td>SWEET CORN</td>
</tr>
</tbody>
</table>

---

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 Dryman, RDN, *Cassandra.Dryman@dfh*

Suggested donation for 60 years old and over is $4.00 and under 60 years old is $7.00.

---

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 Dryman, RDN, *Cassandra.Dryman@dfh*

Suggested donation for 60 years old and over is $4.00 and under 60 years old is $7.00.
Activities
January & February 2017

Mondays
9:00 am - Arthritis Foundation Exercise - Card Rm.
10:00 am - Exercise Class - Card Rm.
12:30 pm - Whist - Card Room.

Tuesdays
9:00 am - Crafty Quilters - Card Rm.
9:45 am - Line Dancing - Dance Floor
1:00 pm - Pinochle - Card Rm.
1:00 pm - Bridge - Dance Floor

Wednesdays
10:00 am - Exercise Class - Card Rm.
10:45 am - Tai Chi - Dance Floor
12:30 pm - Wii Bowling - Card Rm.
1:00 pm - Bingo - Dining Room

Thursdays
9:00 am to 10:30 am - Coffee & Rolls
9:30 am to 11:00 am - Blood Pressures - Rm. 210
9:45 am - Line Dancing - Dance Floor
1:00 pm - Wood Carving Class - Dance Floor

Fridays
9:45 am - Arthritis Foundation Exercise
10:45 am - Tai Chi - Card Rm.
12:30 pm - Sew & Tell - Parlor

Sundays
1:00 pm - Pinochle

Please check bulletin board for possible changes in location or cancellation of activities. Thank you for your participation, cooperation and making the RMDC Senior Center a fun place to be!

VOLENTERING!
Are you 55+ with spare time on your hands? Consider volunteering with one of these worth programs!

- SENIOR COMPANION
FOSTER GRANDPARENT/CLASSROOM MENTOR
-RSVP
Call (406) 447-1680 for more information!

AARP Driver Safety Classes
Listed below are the “Smart Driver” classes we have scheduled for January and February:

- January 12 (Th) at First Interstate Bank; 2021 North Montana Avenue; Noon to 4:30 PM
- January 25 (W) at Touchmark on Saddle Dr.; 915 Saddle Drive; Noon to 4:30 PM
- February 10 (F) at First Interstate Bank; 2021 North Montana Ave.; Noon to 4:30 PM
- February 22 (W) at First Interstate Bank East; 2728 Colonial Drive.; Noon to 4:30 PM

To Register: Call 457-4712 or e-mail cspeil@msn.com

The Pinochle players here at RMDC have a wonderful fun tradition of gathering several times during each month to match their skills, hoping for a bit of luck and just having a great time. This wonderful group meets on Tuesday of each week at 1:00 pm and for a couple of days early in the month they have Pinochle tournaments. The dates for the tournaments are in the Voice of Experience.

They have an open invitation to anyone wanting to come in and play no matter your skill level or if you are just wanting to learn I am sure they have people willing to help you learn this exciting, challenging game. It is always fun to see the people gather, listen to the friendly conversations, enjoy the “snacks” provided by everyone and just see people enjoying this fun card game.

This is just one of several card groups who come together each month at the RMDC Senior Center. If you are a Whist, Cribbage, Bridge player we also have groups gather to play and have a wonderful time. Check the VOE for times and days and/or contact Bill (Senior Center Coordinator) if you have any questions. Come on down and join on in for some relaxing fun. All are welcome!

2017 Pinochle Tournaments Dates
January 9 & 10, 2017
March 6 & 7, 2017
May 8 & 9, 2017
July 10 & 11, 2017
September 11 & 12, 2017
November 6 & 7, 2017

Happy Birthday
A reminder to everyone that here at the RMDC Senior Center we love to celebrate birthdays. Each month we celebrate everyone’s birthday for the month with a served meal. By being a member of the Senior Center, it is your birthday for the month, you also receive a free meal as a way of saying thank you and how happy we are to have you be a part of our community. Our birthday meals are on the second Friday of each month unless otherwise noted. January 13 and February 10 will be the dates to specially mark on your calendars. We look forward to seeing everyone!

January Birthday Dinner - Jan.13, 2017
February Birthday Dinner - Feb. 10, 2017
Need transportation to RMDC's Daily Dinner Club or to your volunteer station?
We’ve got you covered!
Our Senior Transportation service will pick you up & drop you off if you’re participating in an activity related to RMDC!

Call 447-1680 to schedule a ride, or stop in to the reception area for info.

---

**SOLVE THAT RIDDLE!**

1. You will always find me in the past. I can be created in the present, but the future can never taint me. What am I?
2. What belongs to you the most but others use it more than you do?
3. What flies without wings?
4. What body part is pronounced as one letter but written with three, only two different letters are used?
5. What begins with T, ends with T and has T in it?
6. On my way to St. Ives I saw a man with 7 wives. Each wife had 7 sacks. Each sack had 7 cats. Each cat had 7 kittens. Kitten, cats, sacks, wives. How many were going to St. Ives?


---

The Crafty Quilters are at it again! During the December Birthday Celebration Meal in December these 3 beautiful quilts were raffled off. The lucky winners were, Dave Hartnett, Lois Simpson and Jane Wood. A special thank you to everyone who bought tickets and to the winners of these wonderful quilts. Our Quilters make, throughout the year, many, many quilts, which they donate to various organizations in our Helena Community. Please come and join them every Tuesday morning at 9am in the Card Room.

---

**RMDC Bridge Club**

Every Tuesday is Bridge Day at RMDC Senior Center

**Time:** 1:00 - 3:00 pm

Come and have Fun!

No Money Involved. We do keep Score, but don’t add it.

WE WELCOME NEW MEMBERS!

Any questions? Please give us a call.

Billie Stanley, Coordinator: 475-3051
Connie Waterman, Co Coordinator: 475-3764
Thoughts from the Parlor
By Bill Peña, RMDC Senior Center Coordinator

The year of 2016 has come to a close, but the memories created here at the RMDC Senior Center will forever be a part of my heart. I have learned so much, become more aware of many things that really do matter, and of course met and made friends with people that have enriched my life and blest me with their stories of life. Several times I have been overwhelmed by the deep care and concern that everyone has shown for everyone. People who are ill, or who have had to recover from an operation, or who have lost someone are embraced gently with a kind of care, concern and wishes of the best. Equally, I have found everyone just as excited about the successes, joys, and adventures that also define our everyday lives.

Daily I get to see and experience the RAOKCAB (Random Acts of Kindness, Care and Beauty) that happen quietly here at the RMDC Senior Center. These are not the headline types of news that might make big time attention and headlines, but the gentle, quiet, and thoughtful actions that bring a smile to one’s heart and make life for a brief moment easier and/or happier. The kindness shown many times will bring the quiet smile, a wink of an eye and heartfelt thank you. Even more I find it encourages people to pay it forward.

As we look forward to 2017 I look forward to embracing and working hard to see that our RMDC Senior Center will continue to be the safe, inviting, fun, welcoming Center you have helped it become. Together we can face the challenges constructively, be creative and adventurous, and continue to grow as a community.

I also need to say that I am blest to work alongside a great “team.” Many who work behind the scenes are unseen, unsung heroes who quietly and humbly make many things possible to happen around here. Who quietly go about their responsibilities making sure the facility is clean and ready, the food is healthy and delicious, that issues are addressed, and of course people are taken care of no matter their situation. Together we all make RMDC a vital, important part of the Helena community. Happy New Year everyone and I (we) look forward to seeing you at the Senior Center.

Do you have grandkids that need childcare in Helena?

ROCKY MOUNTAIN preschool CENTER

Where rainbows grow, is the place for you!

Call (406) 447-1627 for more information!


Cheers to a new year and another chance for us to get it right! - Oprah
When I saw this quote earlier this week, I knew I wanted to share it with you. I think this is exactly what RMDC employees and our friends, like you, do every day at Rocky!

Senator Jon Tester stopped by the Neighborhood Center to meet with some of our Area IV staff and other individuals representing the interests of senior citizens in the Helena area. He wanted to hear from us about how a repeal of the Affordable Care Act, or the privatization of Medicare, would affect our clients. Deby McNally, a Resource Specialist with Area IV, gave a very good presentation about what works and what doesn’t in our current system. One of her clients also spoke about how when faced with the daunting task of signing up for Medicare, he met with Debbie and his “whole life changed.” What a testimonial to the great work our Area IV staff do! If you are needing assistance with navigating the health care maze, I know they would be more than happy to help you.

I want to remind everyone to be extra careful when crossing the Neighborhood parking lot outside when it’s snowy and icy, especially when first stepping out of your vehicles. Rocky Mountain Development Council staff take every precaution possible in making our Senior Centers a safe place to be - including plowing the parking lots and sidewalks, but as you know sometimes the weather works faster than we can! Please remember the importance of slowing down when driving and use the “duck walk” as a slow, safe way to move across icy surfaces. Also, please don’t hesitate to ask for assistance if you need it!

I hope you have a great start to your new year! We have a lot of exciting plans in store for Rocky and can’t wait to get started!

Volunteers Needed For These Positions!

(All of these Voluntary Jobs are part-time, hours and days negotiable, and all in the Helena area)

If Interested, Call Melony Bruhn at RSVP at 406-447-1829

- Receptionist and Appointment Scheduler at a National Non-Profit
- File Clerk with a local Human Resource Office
- Administrative Assistant with the RSVP Program
- Inventory Stockers, Cashiers and Construction Workers at a local Housing Non-Profit

HEARING AID SERVICE CENTER

January 4, 2017
February 8, 2017

Time: 10:30am—12 (Noon)

Robin Rowe (204-4046) will be here at the center to check out your hearing aids and answer questions you might have.

Myrna Loy Theater Helena Senior Center

January/ February COUPON

Good for $1 off any movie or $2 off any live performance
Sponsored by the Myrna Loy Center • Present in person at the Myrna Loy Box Office

*Not redeemable for cash
*One coupon per customer per month
*Cannot be used during rentals, performances sponsored by other organizations or in conjunction with any special offers other than senior rate.
*Can be used in addition to senior discount.

Foot Care Done Right

Foot Clinic Appointment—$25.00
Call Edith at 406-431-0006 to schedule your appointment.

Foot Care Done Right @ RMDC

January: 3, 4, 9, 10
February: 6, 7, 13, 14
RMDC TO HAVE EXTRA FOOD FOR SENIORS

The Commodity Supplemental Food Program (CSFP) is a program where seniors can receive a monthly allotment of food. This is not a welfare program. We can’t give you money or medications, so if we help you with some food then you can buy those much needed prescriptions or other needed items. Plus, this program helps the farmers because the government is purchasing their crops. The program works to improve the health of seniors by supplementing their diets with nutrients typically lacking their diets. Participants also receive nutrition education information.

The program guidelines are that the person receiving the food must be over 60 years of age, a resident of Montana, and meet an income requirement. Food consist of canned fruit, vegetables, meats, juice, cereals, dry milk, evaporated milk, cheese, pasta, beans, and more!

Rocky Mountain Development Council will have supplemental foods available to Helena area senior citizens at the Helena Food Share, 1616 Lewis, Helena, Mt. RMDC is happy to work with Food Share to make the program more accessible to those individuals picking up the food. There is no charge for the products.

COMMODITIES DISTRIBUTION SCHEDULE

<table>
<thead>
<tr>
<th>Monday, January 23</th>
<th>Townsend 10:00am to 12:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, January 24</td>
<td>Wolf Creek 9:30 to 10:30</td>
</tr>
<tr>
<td></td>
<td>Augusta 12:30 to 1:30</td>
</tr>
<tr>
<td>Wednesday, January 25</td>
<td>Lincoln 12:30 to 1:30</td>
</tr>
<tr>
<td>Thursday, January 26</td>
<td>Whitehall 11:00 to 12:00</td>
</tr>
<tr>
<td>Friday, January 27</td>
<td>Boulder 9:30 to 10:30</td>
</tr>
<tr>
<td>Monday, January 30</td>
<td>White Sulphur 11:00 to 12:00</td>
</tr>
<tr>
<td>Tuesday, January 31</td>
<td>Elliston 9:30 to 10:00</td>
</tr>
<tr>
<td></td>
<td>Avon 10:30 to 11:00</td>
</tr>
<tr>
<td>Wednesday, January 25</td>
<td>from 8:00-10:30 a.m.—Helena</td>
</tr>
<tr>
<td>Thursday, January 26</td>
<td>from 8:00-10:30—Helena</td>
</tr>
</tbody>
</table>

AARP Tax Preparation for 2016

Happy New Year to everyone! Hope everyone had a safe, memorable and joy filled holiday season. Rocky Mountain Development Council will again be hosting the AARP Tax preparation here at the Senior Center on Thursdays starting February 2, 2017 ending Thursday, April 13th. Starting January 24th you can call the AARP Tax line (457-7301) to schedule an appointment for your 2016 tax preparation. We ask that you do not call the main office at RMDC to schedule your appointment.

Once you have left your message for an appointment you will be contacted with a time and date. You will be instructed to bring a Photo ID, your SS card, the previous year’s tax return and any documentation to prepare the 2016 return. This is very important that you bring this information.

An alternative to the RMDC Senior Center AARP site will be the Lewis & Clark Library. They will begin there Saturday, February 4th and run through Saturday, April 15th. The hours every Saturday will be 9am to 1pm.

BLOOD PRESSURE CHECKS

All Seniors are invited to have your blood pressure taken each Thursday (except Thursdays the center is closed) here at the Senior Center in Room 210 on the main floor from 9:30 to 11:00 am. Everyone is welcome!

Hearts & Flowers Cabin Fever Dinner

February 12, 2:00 pm Senior Center Dining Room
200 S. Cruse RMDC Neighborhood Center

Just when winter seems as if it won’t end, join us in the Senior Center Dinner Club on Sunday afternoon, February 12, for a special catered dinner by Chili O’Brien’s along with wonderful live music provided by our local talented musicians. This year there will be 2 choices. Please look them over carefully when deciding. Once you have chosen what you would like to have you will not be able to change it. They are both delicious though!

MENU

1. Flathead Cherry Grilled Flank Steak. This thinly sliced steak will melt in your mouth and explode with flavor from our delicious Flathead cherry Brandy Reduction

2. Baked Chicken Oscar. This is a tender boneless chicken stuffed with crab, asparagus, herb cream cheese and chives. This elegant chicken dish is then topped with smoked Gouda cheese and finished with a Hollandaise Sauce.

Both Main dishes will include a Green Salad with your choice of Dressing, Rolls, Shrimp Cocktail, Baked Potato with your choice of toppings, a fresh Vegetable Medley with a basil garlic butter, a fresh green salad and the dessert will be cheery Cobbler with Vanilla Ice Cream.

Please reserve your spot with the RMDC Receptionist or Bill Pena, the RMDC Senior Center Coordinator by February 1st, 2017. Sponsored by the Helena Senior Center Advisory Council.
JANUARY CRAFT CLASS

The Ladies from Big Sky and Rocky Mountain Health Care Communities will be sponsoring another Craft Session Jan. 19th in the Card Room from 1:00 - 2:00 pm. For the past several months they have been gathering with many of you to create and share in a fun time as various craft projects have been made. Come join them and your friends to create and build another fun craft. The project will be forthcoming soon.

6 WINTER SAFETY TIPS
FOR YOU & YOUR LOVED ONES!

1. BUNDLE UP!
Make sure you are wearing the skid shoes/boots with the laces tied and several layers of clothing - including a hat, gloves and scarf.

2. SHARE!
Tell someone where you are when you expect to arrive and when you plan to return. Look out for one another!

3. PACK UP!
Pack water and a snack, and any medications in case there is a delay or you don't have access to your essential day-to-day living items.

4. WATCH OUT!
Dress in clear, dry side walks and use any available handrails. If this is hard to come by, walk like the penguins do... small steps and have your hands out of your pockets!

5. OPTIONS!
Don't drive unless you have to know your transportation options. Are there buses nearby that you can take?

6. CHARGE!
Make sure your cell phone is charged and keep a list of emergency contacts.

As changes occur. Usually, the first few snowfalls quickly remind everyone the importance of slowing down and being extra careful.

We remind you to please be careful as you park your vehicles and step out. Using the “duck walk” is a slow, safe way to move across icy surfaces. Please ask for assistance if you need it.

Remember that RMDC offers bus service from your front door to the Senior Center if you reside within the city limits. Utilize this service. Some days it is best to just leave your car in the garage and let RMDC bring you to and from the Center. Be safe!

CUPID’S CRUNCH MIX

INGREDIENTS
2 bags microwave popcorn or 1/2-2/3 cup popcorn kernels, popped
12 oz bag Wilton candy melts (I did the pink for this recipe)
2 cups pretzels- broken into pieces
1 - 1 1/2 cups M&Ms
Sprinkles, Nonpareils, Holiday shaped candies for decoration

INSTRUCTIONS
1. Pop popcorn, set aside. Be sure to pick any unpopped kernels out- they aren't fun to bite into when you don't expect them!
2. Melt the candy melts at 30 second intervals in the microwave if you want this done quickly. Otherwise, you can always do a double boiler method (it'll take longer), stirring frequently.
3. Toss broken pretzels and M&Ms into the bowl with popcorn. Then pour 1/2 the melted candy over the top and combine with a rubber spatula. (I actually found that using 2 rubber spatulas worked a lot better for me and I didn’t get covered in Cupid’s Crunch mess!)
4. Spread mixture out on a sheet of wax paper- drizzle remaining melted candy over the top.
5. Sprinkle the nonpareils, candy bits or sprinkles (I call them shots)
6. After the chocolate dries/firms up again, break into bits and either store in an airtight container (for about a week)

JANUARY 26, 2017
FEBRUARY 23, 2017

MARK YOUR CALENDAR!

SENIOR ADVISORY COUNCIL

A reminder that the Senior Advisory Council will be meeting on the following dates. They meet downstairs (unless there is a change in location) in room 13 from 9:30-10:30am. These are open meetings and if you would like to be on the agenda please check with any of the Council Members or Bill (Senior Center Coordinator) beforehand so we can place you on the agenda. Many thanks to all the Council members for all their time, skill and creativity!

PAGE 8 VOICE OF EXPERIENCE ROCKY MOUNTAIN DEVELOPMENT COUNCIL, INC.