



Fall Foliage Tour

We're headed to Great Falls for a little bit of history, a little bit of modern marvels and great food. The real highlight of the day, however, will be the unbelievable beauty of the fall colors along the Missouri River.

HELENA SENIOR CENTER

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October 2011

Dinner Menu.....pg. 2
 Activities Schedule.....pg. 3
 RSVP News.....pg. 4
 Director's Column.....pg. 12

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On Wednesday, October 19 we will leave Helena at 9:30 am, head to Wolf Creek and then on to the scenic Missouri River Recreation Road. This will take us right along the Missouri River so that we can see the fall colors along the river at eye level. There is a hint that we might have a geologist on the trip as well to answer questions. In this area there is always the chance of some stellar wildlife viewing as well.



The next stop will be in Ulm where we will experience a little Montana history at the First People's Buffalo Jump. This state park is one of the largest prehistoric bison kill sites in the United States. For over six hundred years, Indians stampeded buffalo over the mile-long cliff. Now, the top of the jump provides expansive panoramic views of the Rocky Mountain Front, the Missouri River valley, and the buttes and grasslands that characterize this High Plains setting. There is a visitor center and interpretive trails which we will be able to explore. Here we will eat a fabulous packed lunch before we move on to Great Falls.

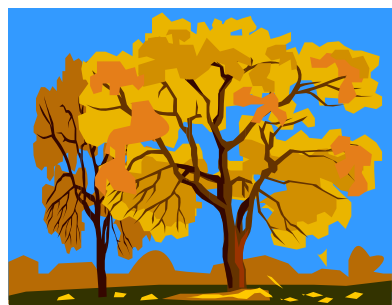
In Great Falls we will tour the Coca Cola plant and see the machinations behind that can or bottle of coke that you drink. This will be followed with a fabulous family style dinner at Borries consisting of chicken, spaghetti and Ravioli. Then we will head home, arriving at 7:30 pm.

What: Fall Foliage Tour to Great Falls

When: Wednesday, October 19 from 9:30 am to 7:30 pm

Where: Great Falls. Transportation, two excellent meals, two interesting tours and good company provided.

Details: Cost is \$70.00 by October 14. Please make your reservation with the RMDC Receptionist. Please make your check payable to the Helena Senior Center Advisory Council.



HELENA/EAST HELENA DDC MENU

OCTOBER 2011-MEALS SERVED AT 12:00

For Additional Information Call 447-1680 Helena



HAPPY HALLOWEEN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>-3- SWEET & SOUR TURKEY (Peppers & Pineapple) STEAMED RICE SNAP PEAS BLUEBERRY CRISP</p>	<p>-4- BAKED CHICKEN BREAD STUFFING/GRAVY GARDEN PEAS MANDARIN ORANGES VEGETABLE- BEAN SOUP (HDM)</p>	<p>-5- MEAT LOAF BAKED POTATOES GARDEN VEGETABLES WHOLE GRAIN ROLL/BREAD FRESH FRUIT (HDM)</p>	<p>-6- HOMEMADE HAM & BEAN SOUP PARSLEY CARROTS BUTTERMILK BISCUIT TOSSED SALAD (HDM)</p>	<p>-7- SLICED PORK W/GRAVY MASHED POTATOES BROCCOLI, CRANBERRIES WHOLE WHEAT ROLL CAKE & ICE CREAM <u>NO SALAD BAR</u></p>
<p>-10- CLOSED-COLUMBUS DAY </p>	<p>-11- POLISH SAUSAGE WITH SAUERKRAUT BABY RED POTATOES GERMAN VEGETABLES WHOLE GRAIN BREAD/ ROLL HOMEMADE SOUP (HDM)</p>	<p>-12- CHILI WITH BEANS ONIONS, GRATED CHEESE PARSLEY CARROTS CORN BREAD FRESH FRUIT (HDM)</p>	<p>-13- PASTIES WITH GRAVY GREEN BEANS SPICED WHOLE APPLES GREEN SALAD WITH KIDNEY BEANS (HDM)</p>	<p>-14- <u>BIRTHDAY DINNER</u> BBQ CHICKEN WHIPPED POTATOES CAPRI VEGETABLES PEACHES AND PEARS WHOLE GRAIN ROLL</p>
<p>-17- SALISBURY STEAK LYONNAISE POTATOES CORN & ZUCCHINI MIXED FRUIT CUP</p>	<p>-18- GLAZED HAM BAKED POTATOES BROCCOLI SPEARS PINEAPPLE/ WHEAT ROLL BEAN SOUP (HDM)</p>	<p>-19- CHICKEN ALA ORANGE RICE PILAF ITALIAN VEGETABLES HARVARD BEETS FRESH FRUIT (HDM)</p>	<p>-20- <u>60s SINGLES</u> SWEDISH MEATBALLS PARSLEY NOODLES WINTER SQUASH MANDARIN ORANGES 4 BEAN & GREEN SALAD (HDM)</p>	<p>-21- <u>AARP</u> PORK CHOPS AU GRATIN POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL FRUIT CUP</p>
<p>-24- SPAGHETTI with MEAT SAUCE (tomatoes & mushrooms) BROCCOLI SPEARS GOLDEN CORN GARLIC BREAD</p>	<p>-25- HOT SLICED TURKEYSANDWICH MASHED POTATOES & GRAVY MIXED VEGETABLES CRANBERRY GARNISH PEA SOUP (HDM)</p>	<p>-26- TACO CASSEROLE REFRIED BEANS & CHIPS MILD SALSA MEXI CORN FRESH FRUIT (HDM)</p>	<p>-27- <u>MONTANA POWER</u> OVEN BAKED CHICKEN SCALLOPED POTATOES STEAMED SPINACH WHOLE GRAIN ROLL GREEN SALAD (HDM)</p>	<p>-28- BEEF STEW (potatoes, carrots, beans and more) BUTTER MILK BISCUITS PINEAPPLE COLESLAW</p>
<p>-31- CHICKEN & NOODLES CALIFORNIA VEGETABLES PICKLED BEETS CINNAMON APPLESAUCE</p>	<p>Low fat milk is served every day at congregate sites, and delivered every Monday, Wednesday & Friday to Home Delivered Meal customers</p>	<p>Congregate meal in Helena has a full salad bar & whole grain rolls/bread, except as noted (HDM) means Home Delivered Meal only</p>		

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, Lin Pasch, RD *Lin Pasch, R.D.*. Suggested donation for 60 years old and over \$3.50. Under 60 years \$6.50.

Regularly Scheduled Activities For OCTOBER 2011

Mondays

- 9:00—Arthritis Foundation Exercise
- 10:00—Exercise
- 1:00—Whist
- 1:00—Senior Bowling Sleeping Giant Lanes

Tuesdays

- 9:00— Crafty Quilters
- 9:45 — Line Dancing
- 1:00—Pinochle

Wednesdays

- 10:00—Exercise
- 10:45— Tai Chi
- 1:00—Bingo



Thursdays

- 9:00—11:00—Senior Medicare Patrol Table
- 9:00—10:30—Coffee & Rolls
- 9:30—11:30 Hearing Aid Assistance (3rd Thursday)
- 9:45— Line Dancing
- 9:30—11:30 Blood Pressure
- 12:45—Nintendo Wii Game Hour
- 1:00—Hand & Foot

Fridays

- 9:45—Arthritis Foundation Exercise
- 10:45—Tai Chi
- 12:30—Dominoes
- 1:00—Senior Bowling Sleeping Giant Lanes

Sundays

- 1:00—Pinochle



Senior Center Event Roundup OCTOBER 2011

In addition to regularly scheduled activities, games and exercises, please mark your October calendar for these events:

October 1, Saturday, 10:00 am to 2:00 pm. LIEAP 101. Card Room.

October 5, Wednesday, 1:00 pm to 3:00 pm, Medicare 101, Library.

October 6, Thursday, 10:00 am to 1:00 pm, Blood Draw, Card Room.

October 10, Monday, Senior Center closed for Columbus Day

October 11, Tuesday, 4:00 pm to 7:00 pm, LIEAP 101. Card Room.

October 14, Friday, 12:45 pm, *Finally Friday Movie: Fiddler on the Roof*. Card Room.

October 17, Monday, 9:00 am to 10:30 am. Flu Clinic, Room 13.

October 17, Monday, 10:30 am. **Wise Words** on avoiding identity theft and fraud by the State Auditor's office. Parlor.

October 19, Wednesday. 9:30 am departure. Senior Advisory Council Fall Foliage Trip.

October 27, Thursday, 9:30 am to 10:30 am. Senior Center Advisory Council. Room 15.

October 28, Friday, 12:45 pm. *Finally Friday Movie: Blind Sight*. Card Room.

October 30, Sunday through November 10, Thursday. Collection for the Holiday Bazaar

October 25, Tuesday, Roundabout to the Big Dipper, 12:45 pm.

Coming up in November: Watercolor classes with Carol Montgomery

AARP Driver Safety Program

Saturday October 15, 2011.

St. Peter's Hospital

8:00 am –12:30 pm

Reservations: Voice Message Box @ 457-4712
or email: cspeil@msn.com.

Regular Art Classes Return To the Helena Senior Center

These classes were so popular last year that we are going to try them again. Artist Carol Montgomery has agreed to teach three month- long classes focusing on different media. We will start in November with Watercolor. We will do acrylic paint in January and then mixed media in March. There will be four sessions for each type of class.

First, let me reintroduce you to Carol. She's an exuberant artist herself in many different mediums including painting and print making. She has degrees (bachelors and masters) from the University of Montana, the San Francisco Art Institute, and San Francisco State University. Carol is a licensed Montana educator, and she's currently teaching classes at the Holter Museum and the UM Helena College of Technology. And best of all, she loves to help people of all ages to discover their own talent for artistry.

Here's how this November's watercolor art classes will work:

1. Classes will be held Mondays in November from 1:00 pm to 3:00 pm in the Dinner Club.
2. The first block of classes will be on watercolor. They will cover everything from mixing colors to painting still life's of fruit to painting landscapes with other areas covered as well.
3. **Tuition:** We do not have a grant to subsidize the art classes this year. Tuition will be collected to buy supplies and to support the instructor. For the classes in November, the tuition will be \$25.00. Please make checks out to the Senior Advisory Council. All supplies are included in this fee.
5. **You can reserve your spot in this series of classes with a \$25.00 payment to the RMDC Receptionist. Please make checks out to the Senior Advisory Council. There are 15 spots in these classes, filled on a first-come, first-served basis. We will need a minimum of 10 participants.**
6. Carol reminds us that art is always messy (which is part of what makes it fun) so you'll want to arrive for class with a big apron or a big shirt to put over your street clothes.

Questions? Please check this incredible opportunity out with Renee, 457-7354.

RSVP VOLUNTEER OPPORTUNITIES

OCTOBER 2011

Intermountain Children's Home is looking for one or two people to work in their "treasure room." This is the room where all their donations are sorted, organized and stored for use. This job would be one day a week for a few hours. It would involve sorting and organizing donations. If you are interested, please give us a call.

Help out the **Senior Center**. The Senior Center is looking for someone to help with **room set-up** each week for the many folks that use the center for activities. Also, fall will be here in no time and we need a few people to man the **Reception desk** in the center when the fall activities start up again.

Habitat for Humanity is in need of administrative assistance in their Helena office. Come be part of a great organization!!!

If you are interested in any of these volunteer opportunities, please call Micky Brown or Renee Boundy at the RSVP office:

447-1680

RSVP is Proud to be a United Way Agency!



RSVP
Lead With Experience

2012 Helena Senior Center Membership Drive

Believe it or not, you can already sign up to be a 2012 Helena Senior Center member. It's that time of year!

Starting on October 1, the Receptionist office staff will be ready to take your 2012 Helena Senior Center membership payments for \$15 per person. This is the same member price that we've enjoyed now for TWO years. Our Center's budget remains fairly fixed also.

Dues contribute to (they do not fully support) the Center's operation. Out of a \$60,000 budget that includes rent, 20 hours of Renee's time, bus transportation to Center activities, supplies, coffee, and the Voice of Experience, dues provide about \$7,000 or 12 percent of the total budget. So, given how many other ways Rocky Mountain Development Council and other organizations underwrite the Center budget, dues need to contribute their fair share.

Here are the basics: \$15 per person, for 2012 membership for the year that runs January through December.

All membership will be handled in the same way and at the same prices, regardless of whether you also participate in senior centers in other communities. For example, if you live close to another center in Townsend, Boulder, East Helena, etc., you may want to belong to those centers. BUT those memberships will not automatically enroll you as a member in the Helena Senior Center. That will be a second decision for you.

Membership will continue to bring you the Voice of Experience every month, a coupon for your dinner during your "birthday" month, special rates or coupons to Partnering Up partners, such as the Myrna Loy, and always a special welcome to Center events and activities.

Since the dues remain the same from 2009 to 2012, we aren't running an early-bird price. BUT, if you sign up before December 31, you'll be entered into a drawing to win the following prizes: two \$25 Safeway cards or two packs of 10 first-class stamps. The drawing will occur at the January birthday dinner. You won't need to be present to win.

Questions? Please feel free to call Renee at 457-7354.

Wise Words on Identity Theft and Fraud by the State Auditor's Office

Come to this **Wise Words** program and learn how to prevent identity theft and fraud. A presenter from the State Auditor's office will present a brand new documentary.

What: **Wise Words** on Identity Theft and Fraud

When: Monday, October 17 at 10:30 am.

Where: Parlor

Details: The State Auditor's office wants you to know how to protect yourself against identity theft and fraud. It's a great way to spend the time between your flu shot and lunch. See you then.

RMDC TO HAVE EXTRA FOOD FOR SENIORS

The Commodity Supplemental Food Program (CSFP) is a program for seniors to 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 receive some food then it will free up some of your money for those much needed prescriptions or other needed items. Plus, this program also helps the farmers because the government is purchasing their crops for this program. The program works to improve the health of seniors by supplementing their diets with nutrients typically lacking in their diets. Participants also receive nutrition education and 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. The food consists of canned fruit, vegetables, meats, juice, cereals, dry milk, evaporated milk, cheese, pasta, beans, and peanut butter.

Rocky Mountain Development Council will have supplemental foods available to Helena area senior citizens at the Helena Food Share, located at 1616 Lewis St., 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.

If your last name begins with A–L, pick up food Wednesday, September 28, 2011 from 9:00 am-11:00 am.

If your last name begins with M–Z, pick up food Thursday, September 29, 2011 from 9:00 am-11:00 am.

If you live in East Helena, you can pick up food Monday, September 26, 2011, at the United Methodist Church, 50 Prickly Pear, East Helena, MT, from 2:00 pm - 4:00 pm.

PLEASE PICK UP ON ONLY YOUR ASSIGNED DAY

Persons 60 years and older will be certified to receive the food by categorical, income, and residency eligibility. For more information or questions call RMDC at **447-1680**.

Myrna Loy Theater Helena Senior Center OCTOBER 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.



Finally Friday Movies: "Blindsight" and "Fiddler on the Roof"

- Norman Jewison's adaptation of the long-running Broadway musical is set in the Ukrainian ghetto village of Anatevka (the film was actually filmed in Yugoslavia). Israeli actor Topol repeats his London stage role as Tevye the milkman, whose equilibrium is constantly being challenged by his poverty, the prejudicial attitudes of non-Jews, and the romantic entanglements of his five daughters.

Whenever the weight of the world becomes too much for him, Tevye carries on lengthy conversations with God, who does not answer but is at least more willing to listen than the milkman's remonstrative wife Golde. After arranging a marriage between his oldest daughter Tzeitel and wealthy butcher Lazar Wolf, Tevye is forced to do some quick re-arranging when the girl falls in love with poor tailor Motel Kamzoil. Fancying himself more broad-minded than his gentile oppressors, Tevye cannot accept the notion that his other daughter Chava would want to marry Fyedka, a non-Jew. And after shouting the praises of "tradition," Tevye must change his tune-and his entire life-when he and his neighbors are forced out of Anatevka by the Czar's minions. Topol's co-stars include Norma Crane as Golde, Yiddish theater legend Molly Picon as Yente the matchmaker, and Leonard Frey as Motel. ~ Hal Erickson, Rovi

What: Finally Friday Movie: *Fiddler on the Roof*

When: Friday, October 14, 12:45 pm

Where: Card Room or Dance Floor

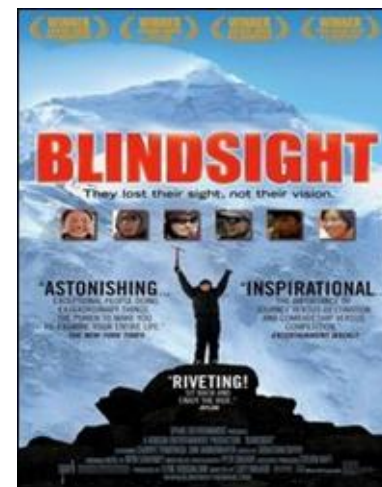
- A documentary about six blind Tibetan teenagers who set off on a gripping adventure as they attempt to climb the 23,000-foot Lhakpa Ri on the north side of Mount Everest. Considered cursed in Tibetan culture, blind children are often hidden away to live as pariahs. Determined to challenge that perception, the kids gear up for a demanding expedition led by climber Erik Weihenmayer -- the first blind man to scale Everest -- and learn some lessons about life along the way.

What: Finally Friday Movie: *Blindsight*

When: Friday, October 28, 12:45 pm

Where: Card Room or Dance Floor

Details: Love movies. Love popcorn.
Come to our October Friday at the Movies series.



October Helena Roundabout : The Big Dipper

No, we are not taking the afternoon to visit the Big Dipper in the stars. That trip is just a little too risky. We are going to go find out why everyone is raving about gourmet ice cream. We will be touring the ice cream store on the walking mall, The Big Dipper. They make all of their ice cream on-site and have the standard chocolate and vanilla flavors as well as some odd ones like Green Tea Ice Cream or, sometimes, Guinness (yes, the beer) flavored ice cream. We will get to see their ice cream making equipment and try some of their ice cream. You can decide how adventurous you want to be. Black Licorice or Chocolate? Come join us for a tasty treat.

What: October Helena Roundabout - The Big Dipper

When: Tuesday, October 25, 12:45 pm to 2:45 pm

Where: Leaving from the Helena Senior Center.

To register: First 11 registrants with your \$5 payment to the RMDC Receptionist.

Details: Learn about making gourmet ice cream and enjoy a tasty treat. This tour will involve some walking including walking the two blocks down the walking mall and some stairs. Please judge your abilities accordingly.



Seasonal Flu Shots Here at the Center

Again, this year you can get your seasonal flu shot right here at the Senior Center/Neighborhood Center. Mark your calendar for Monday, October 17th anytime between 9:00 am and 10:30 am, you'll be able to get that important vaccine right here in this building. Join us for lunch while you're in the building.

What: Flu Shot Clinic in the Senior Center

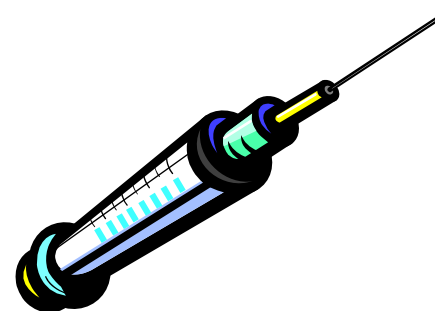
When: Monday, October 17, 2011, 9:00 am to 10:30 am

Where: Room 13 in the basement

Details: Medicare Part B (and some Medicare Supplement or Advantage Plans) cover flu vaccine costs. If you do NOT have Medicare Part B, cost will be based on a sliding scale.

Renee will be getting handouts from the Lewis & Clark County Health folks about the vaccine.

Shots will be given on a first-come, first-serve basis. The clinic is open to RMDC staff and the public.



AARP Driver Safety Program

To recognize and thank Veterans for their dedication and commitment to service, the AARP Driver Safety Program (DSP) is proud to offer a **FREE** classroom course to ALL Veterans, regardless of age, from November 1 through November 30. You can register for the course by visiting www.aarp.org/findacourse. Feel free to call the AARP office with any questions. 441-2277

Free Birthday Lunch Coupon

Present this coupon at the Helena Daily Dinner Club on Birthday Dinner Day to get your free lunch. Just tell the Receptionist your name and they will check the list to redeem the coupon.

Happy Birthday!!!



SMP (SENIOR MEDICARE PATROL) HERE TO HELP

SMP (Senior Medicare Patrol) is a statewide program charged with educating consumers, investigating and reporting on healthcare waste fraud and abuse. Volunteers are available to help you understand and resolve issues concerning your hospital statements, Medicare Summary Notices and other medical billing issues. RSVP volunteers will be available at the RMDC Senior Center each Thursday, from 9:00 am until 11:00 am. Come learn how you can prevent Medicare waste, fraud and abuse. SMP Volunteers are available to teach you how to read your Medicare Summary Notices and aid you in understanding and resolving billing conflicts with medical providers.

Brought to you by:

Retired and Senior Volunteer Program

“Responding to Community Needs with Volunteer Skills”

For more information call: Micky Brown or Renee Boundy

447-1680 or 1-800-356-6544



MEDICARE 101

This seminar covers the A, B, C, D's of Medicare

Do you have questions about eligibility and enrollment, premiums and copays, the Advantage Plan, and Supplemental Insurance?

This seminar can answer them.

Wednesday, October 5
1:00 pm-3:00 pm

Lewis and Clark Library, Large Meeting Room
Experts will be on hand to answer your questions.

See you there!

For more information
call (406) 457-7352

Our September/October Community Project: Making A Difference for Families in Transition

We will be “collecting” for families who are currently homeless but are being helped back into housing through the new Family Promise Program. We will be collecting from September 12 through the end of October.

Far more than we realize, whole families with children are homeless in Helena. It doesn't take much like loss of employment or a medical emergency to make it possible for a family to lose secure housing. Family Promise is a nationwide program in which churches offer sleeping space, food and support to families working to get back on their feet. Helena's Family Promise Program went “live” in May and a number of our congregations are participating.

We can do our share by collecting the kind of toiletries that families living temporarily in church spaces might be able to use. Here are examples:

Toothbrushes

Toothpaste

Shampoo

Conditioner

Lotion

Deodorant

Soap or body wash

You might think about getting smaller sizes and think about a range of products that would be good for dads, moms and children.

Thank you!

And here's another way you can help out Family Promise. The **Family Promise Program** needs weekend volunteers to assist families working to regain their stability. The program provides shelter, food and support to homeless families in the greater Helena area. Families are housed at local churches for up to 90 days. During that time, Family Promise staff members help families find permanent employment and housing. Volunteers are needed at the Day Center to assist families during the weekends. Training is provided, shifts are flexible and your help is desperately needed.



Save the Date – Sort Your Stuff - Spot Some Treasures

The Helena Senior Center Advisory Council's Fall Bazaar is Coming to Town

Cleaning house? Looking for a reason to sort stuff? Or, looking for new-to-you-treasures? Do we have a deal for you!

The Council's annual Fall Bazaar will be held Friday, November 11 in RMDC's basement meeting rooms, as well as upstairs at the Craft Case. You'll find some great silent auction items too. November 11 is Birthday Dinner day, so you have many reasons to come to the Center that day. All proceeds from this event help to support the Senior Center.

Between Monday, October 30 and Thursday, November 10, the Council will be receiving items for the Bazaar. You're welcome to bring things into Renee or Shawna's office. The best times to catch Renee are on Monday, Wednesday, and Friday from 9:00 am to 12:00 pm. For larger items, we recommend that you deliver them on Thursday, November 10. The Council also encourages donation of baked goods for an expanded bake sale component. Those items should be delivered on Thursday, November 10.

Questions? Call our Bazaar and Craft Case Committee leader: Carol (442-5369).

What to donate: Clean, working, in-good-condition appliances, decorative items, jewelry, puzzles, games, kitchen items, housewares, crafts, baked goods.

What not to bring: Clothing, shoes, anything that is dirty, musty, broken, not working.

If you wouldn't buy it, do not bring it in.

- What:** Annual Fall Helena Senior Center Advisory Council
Fund-Raising Bazaar and Bake Sale
- When:** Actual Bazaar: Friday, November 11, 2011, 9:00 am until 1:00 pm.
Receiving Bazaar Items: Tuesday, November 1 through Thursday, November 10.
- Where:** Actual Bazaar: Rooms 13 and 15, Neighborhood Center (Craft Case will be open upstairs as usual to sell jewelry.)
To donate items: Renee or Shawna's offices, Tuesday, November 1 through Thursday, November 11.
- Details:** Also welcoming baked goods on Thursday, November 10 for an expanded Bake Sale component.
No clothing. No junk. Then be ready to shop on Friday, November 12.



Foot Clinic
Don't forget to call Edith at
431-0006 to schedule your
FOOT CLINIC
appointment.

IMPORTANT DATE

2011 OPEN ENROLLMENT PERIOD

For Medicare Advantage (Part C)

And Medicare prescription drug coverage (Part D)

October 15, Saturday to December 7, Wednesday

Contact a SHIP Counselor now!

1-800-551-3191

Senior Spotlight: What the Senior Companion Program Has Meant to Me

By Joy Edgar

I will begin with some personal information about myself. I come from a family with 8 children. I am the second oldest and therefore, helped care for the younger sisters and brothers and helped with the housework, etc. My grandparents on my mother's side were very near and dear to me. I was married

and I have two daughters, one granddaughter, three grandsons, three great-granddaughters and one great-grandson with the number four great-granddaughter due October 21st. I have helped care for the two oldest great-granddaughters, who are 4 and 6 years old now. I have been a caregiver most of my life.

My life as a Senior Companion began in the middle of December 2002. I had been waiting quite a while to become a part of this program because, you see, I had to be 60 years old before I could join. Cindy Baril was the Director and Amy Lierow was the Coordinator. Nancy Schultz was the Volunteer Leader and she did my orientation and most of my training. I was required to have 20 hours of on-the-job training before I could go out on my own with a client. I also went to Three Forks with Cindy and five other new volunteers from Helena and Townsend for five days of training. We were joined by new volunteers from Livingston, Bozeman, Sheridan, Dillon, and Butte at Three Forks for this training. It was a lot of fun getting to meet all of these people from different towns. The current Coordinator is Ruthie Hill.

The Senior Companion Program is a federally funded volunteer program. As a Senior Companion, we receive a small stipend plus we get paid mileage if we are a Driver, using our own vehicle. We also get vacation, sick leave and weather days. We are required by the Federal Government to do a fundraiser once a year called 'The Rock-A-Thon.' This is to raise a certain amount of money to help pay for our mileage and some of the other costs of the program. We are required to have a limited physical once a year and to provide full coverage insurance on our vehicles. We are also required to attend a Station Meeting once a month with the agency that we are assigned to, where we give a report on each of our clients. We are required to attend an In-Service once a month for nine months out of each year where we get ongoing training and information from the leaders in the community to help us and our clients. These In-

Services have included an Ophthalmologist, a Fire Marshall, people from the Agency on Aging, people from Hospice, people from Apex on how to handle walkers, etc. and people from the Blind Division on both hearing devices and telephone equipment, as well as many more. These are extremely helpful. We are evaluated once a year and we are given a Recognition Luncheon once a year where we receive a certificate along with other amenities for our service. The Senior Companions and the Foster Grandparents were all treated to a wonderful movie at the Myrna Loy Theater along with treats. We have Christmas parties and picnics in the summer.

I had worked in local nursing homes for about six years and this gave me the opportunity to put my knowledge and experience to good use in the two Home Health Agencies that I was first assigned to. I was volunteering approximately 40 hours a week, with two clients a day, Monday through Friday. I had a Supervisor at each Agency. There is a Care Plan that is filled out by the Supervisor for each client and it is signed by the Client, the Senior Companion, the Supervisor and the Director of the program. This gives medical, social and emergency contact information about the client to everyone involved and everyone gets a copy of it. I am currently assigned to volunteer under the Adult Protective Services with Peggy Colvin as my Supervisor.

I have done interviews with Cindy Baril, Marcella Walter and Karlee Smith for television and radio to promote the Senior Companion Program. I served on the RMDC Advisory Council for two years for the Senior Companion Program. I was the Volunteer Leader for a while after Nancy Schultz retired.

I have had over 50 clients to date and most of them have been quite interesting and a lot of different personalities. I enjoy challenges and I have had a lot of enjoyment from getting to know the clients and interacting with them. One lady, who lived at Hunter's Pointe loved to have me take her shopping at Wal-Mart. She was 95 years old and almost totally blind and so I would get a wheel chair push cart and push her around the store. She was always amazed that I could find whatever she was looking for without looking all over for it. She would tell people that I knew where everything was in the store. There were weeks when I was taking five clients to Wal-Mart every week. So, I did learn where a lot of things are.

I had a client who was only in her late 40's who was a respite client. She had Multiple Sclerosis and was confined to a wheel chair. Her husband had quit his job to stay home and take care of her. So, I would go out and sit with her while he ran some errands. He was never gone very long, so I got to visit with both of them. I had been seeing her for about three years when she passed away. She always thanked me for coming and keeping her company.

I had a client who was about 92-years-old and lived in a mobile home court by herself. I took her shopping, to medical appointments and to lunch occasionally. Sometimes I would just

go run her errands for her. She had macular degeneration, but she was still driving her car. She was just a little bit of a woman and was all bent over and she had this big station wagon and she could hardly see over the hood. One Easter Sunday, she went for a ride to go see a friend and was driving by the Easter Egg Hunt at the Capitol. She was looking at the kids on the lawn looking for eggs and she rear ended a car and her wig flew off. She had quite a sense of humor and she was just laughing as she was telling me about this. Of course the police were called and she got a ticket. Then, one day she was backing out of her driveway and backed into the neighbor's car. She told them to call the police, so they did and she got another ticket. Her car insurance sky rocketed and she cancelled her insurance. Then her doctor wrote a letter to the Department of Motor Vehicles and they revoked her Driver's License. But, since the woman was a widow, she had a housekeeper that she had for about 18 years who really looked after her, along with the housekeeper's husband. She finally had to go into an assisted living center and she fell out of bed after being there for two weeks and then she passed away two days later.

I have a client that I take to the bank, then to grocery shop and then to the Daily Dinner Club for lunch. She loves to go for lunch there, not only for the food, but also for the socialization. She has macular degeneration and lives in her own home with one of her sons. She very much appreciates what the program does and I do for her.

I have a client who lived in Leisure Village in a mobile home when I first met her. She has since moved to the Waterford where she went into an apartment on the Retirement part and from there she has moved into the Assisted Living part. She has macular degeneration and turns 92 years of age on September 23, 2011. She is one of the most delightful people I have ever met! She is and has been a real 'people person.' She has five children, numerous grandchildren and great grandchildren. One daughter and her one son live here in Helena and they do a great job of taking care of "Mom." This lady cheers everyone up. She is so appreciative of the services and friendship, as is her family.

I had clients who were a married couple. The husband had Parkinson's Disease and couldn't drive anymore and his wife never learned to drive and didn't want to learn to drive at her age. They lived in their own home when I first met them and I found them to be challenging and also enjoyable. Once again, I like challenges. I feel that I grow when I am challenged. I took them shopping and on errands. Sometimes they both came and sometimes the husband stayed home. Eventually they sold their home and moved to the Assisted Living part of the Waterford because the wife needed help caring for her husband. They very much appreciated the Senior Companion services.

The variety of personalities of the men and women who have become Senior Companions is remarkable. I am sure it must be a real challenge for the Director, the Coordinator and the Super-

visors to match some of the Senior Companions with some of the Clients. I think they do a fantastic job of this.

The Daily Dinner Club is a great asset of the Senior Center where seniors can go have lunch and socialize at a very small cost. This includes a great salad bar, main entrée, beverages and a birthday dinner once a month with cake and ice cream to recognize the people having birthdays that month. They bring in great musicians and other entertainment on Mondays, Wednesdays and Fridays during lunch for everyone's enjoyment.

It has been my privilege to get to know the people I work under and for. I have been treated with kindness, dignity, respect and friendship and that is how I treat my clients. This is a wonderful program in so many ways. It is a very valuable program for the government because it helps keep people in their own homes, who might otherwise have to go into an assisted living facility or nursing home. It also helps the families of these people who have to work and cannot afford to stay home to care of their loved ones. It helps the local businesses where these people go to shop, get their hair done, eat, etc. It helps me, too. It gets me up in the morning, gets me out into the community, and gives me companionship.

Last, but not least, I would like to thank all of the supporters on the local, state and federal level. We could not do this without them. My biggest hope is that the government can find the funds to keep this much needed program going!

Winter is Coming!

Apply for Low Income Energy Assistance **early** and get your benefit **before** the high winter heat bills arrive.

Need help getting through the process?

Reservations not required, but recommended.

Call 441-3960.

(application assistance)

Saturday, October 1, 10:00 am to 2:00 pm.

&

Tuesday, October 11, 4:00 pm to 7:00 pm.

Neighborhood Center's Card Room. 200 S. Cruse Ave.
Helena, MT

LIEAP 101

Director's Column

By Gene Leuwer, Executive Director



Like it or not, by the time you read this issue of the *Voice of Experience*, we may have had enough chilly weather that you are already thinking about your winter heating bills. That reminds us that it is Low Income Energy Assistance (LIEAP) season. You can submit an application after October 1st. Qualifying for LIEAP gives you access to heating bill reductions, assistance if you experience a heating emergency, and materials to help you weatherize your home.

This year, our LIEAP staff is offering special clinics to help you complete those applications. On Saturday, October 1, 10:00 am to 2:00 pm, or on Tuesday, October 11, 4:00 pm to 7:00 pm, you can come to the Neighborhood Center Card Room with your income and heating bill documentation and a staff person or volunteer will help you fill out the paperwork. You should be done in about 30 minutes. I recommend that you call 441-3960 to make sure you know exactly what items to bring to the clinic. The Receptionists at the Neighborhood Center and at the Jackson Street Center can arm you with applications at any time.

And speaking of clinics, our Area Agency on Aging staff is offering another Medicare 101 session on October 5, from 1:00 pm to 3:00 pm, in the Lewis & Clark Library Meeting Room. As you know, folks about to turn 65 are bombarded with literature from private companies and that makes it even harder to figure out how to make good Medicare decisions. So I encourage you to tell friends and neighbors still making those decisions about this great free opportunity. You'll be getting information and not a sales pitch. Call 457-7352 to reserve a spot or ask questions.

Although I talk about specific senior housing projects periodically in this column, I don't know that I remind readers of all the properties that RMDC now manages. We offer great housing in Augusta, Townsend, Boulder, and here in Helena at Eagle Manor Residences, Ptarmigan, and Pheasant Glen. If you call 442-0610, you can learn about all the housing we manage, how to apply, income frameworks, and services offered. In other words, RMDC doesn't just build homey and well-designed apartments for seniors; we work to manage them so that you'll have a safe and comfortable experience in your home.

During September, we celebrated National Senior Corps Week. You know our Senior Corps programs as ones many of you volunteer for: Senior Companions, Foster Grandparents, and Retired Senior and Volunteer Program (RSVP) volunteers. We appreciate all you do. And if you're not a volunteer, I'd encourage you to check in with the staff of one or all of those programs and find a volunteer niche in our community. Someone, or some organization in our community needs the very skills and caring you can offer.

HELENA SENIOR CENTER
ROCKY MOUNTAIN DEVELOPMENT
COUNCIL, INC.
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HELENA, MT 59624-1717

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October– Routine Fall Schedule

Learn the Lines Dancing Classes Resume

Marlene Rutherford returns to the dance floor on Tuesday, October 4, for the kick-off of the "Learn the Lines" Line Dancing Classes for the 2011-2012 season.

Nothing's changed in the scheduling for our second group of exuberant line dancers since last season. The "Learn the Lines" group, which welcomes line dance beginners, practices on Tuesday and Thursday afternoons, from 2 until 3 pm on the Dinner Club Dance Floor.

It's great to have both groups of dancers hoofing it to lively music again!

What: Line Dancing. Starting in October, you've got four opportunities each week.

Tuesday and Thursday mornings: 9:45 am to 11:00 am. Classes for those with some experience. Led by Mona Branning.

Tuesday and Thursday afternoons, 2:00 pm to 3:00 pm. Classes for anyone including true beginners. Led by Marlene Rutherford.

Thanks to both our great instructors for their time and skill.