



VOICE OF EXPERIENCE

PUBLISHED BY
ROCKY MOUNTAIN DEVELOPMENT COUNCIL



*“He who obtains has little. He who scatters has much.”
Lao-Tzu*



HELENA SENIOR CENTER
Volume 11, Number 9
December 2011

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I have been with the Senior Center for a few short months, and already I find myself astounded by the generosity of people’s time, energy and resources. It would be extremely difficult for me to list the gifts the Senior Center has received during my short tenure. It would be impossible to list the gifts over the last year. At the risk of missing and offending someone, I’m going to try.

RESOURCES: A faithful lunch and activity attendee, Doris Kamerad, remembered us generously in her will. We are very thankful for this gift, and it is the gift that keeps on giving. The Helena Senior Center Advisory Council agreed to match the funds when they are received. Another generous gift. Finally, another couple made a memorial donation to the Senior Center in memory of Doris. Half of this money will go to the Senior Center and half will go to the Dinner Club. These gifts will allow the Senior Center to offer some programs that were funded by grants last year. People’s generosity continually amazes me.
All I can say is thank-you.

TIME AND ENERGY (This is where I might miss a few understanding people): I work 20 hours a week and without the generous donations of time and energy from so many people, the Senior Center would not be able to offer nearly as many diverse activities. So here goes....

- Organize whist (that’s Bob)
- Set up and organize and track scores for pinochle
- Lead exercise, including Sharon, Cyndi, and now Susie as well as people who pop the DVDs in when there’s no instructor
- Those who teach line dance, Mona and Marlene especially
- Call bingo or manage bingo boards and money —Jack, Gerri, Carol and Purple especially
- Quietly set up, fetch coffee, and put away cards and dominoes on many days of the week
- Our Dinner Club greeters who make people feel welcome and help them understand how the center works
- Our Dinner Club receptionists, especially Pamela, Kim, Leona, Pauline, and Lee
- Run the Finally Friday movies — three cheers for Celinda
- The Advisory Council crew who oversee trips, the birthday cake, craft sales and the decorations in the Dinner Club

Renee Boundy








HELENA/EAST HELENA DDC MENU

DECEMBER 2011-MEALS SERVED AT 12:00

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Low fat milk is served every day at congregate sites, and delivered 3 times a week to Home Delivered Meal customers	-1- CHICKEN BREAST W/GRAVY WILD RICE LIMA BEANS GLAZED CARROTS GREEN SALAD (HDM)	-2- MEAT LOAF WHIPPED POTATOES/ GRAVY BRUSSEL SPROUTS CINNAMON APPLES WHOLE GRAIN BREAD/ROLL
-5- PORK CHOP SAUERKRAUT BABY RED POTATOES BUTTER BEETS WHOLE GRAIN ROLL	-6- CHICKEN ALFREDO SPIRAL NOODLES WINTER BLEND CRANBERRIES BEAN SOUP (HDM)	-7- CHEESEBURGER ON A BUN BAKED FRIES WINTER SQUASH PURPLE PLUMS FRESH FRUIT (HDM)	-8- BAKED HAM HOMEMADE MAC & CHEESE DICED TOMATOES GARDEN PEAS GREEN SALAD (HDM)	-9- <u>BIRTHDAY DINNER</u> SWEET & SOUR MEATBALLS BROWN RICE BROCCOLI SPEARS GINGER CARROTS MANDARIN ORANGES (NO SOUP or SALAD BAR)
-12- SPAGHETTI WITH TOMATO MEAT SAUCE ITALIAN VEGGIES 4 – BEAN SALAD GARLIC BREAD	-13- ROAST PORK MASHED POTATOES /GRAVY CALIFORNIA BLEND VEGGIES CINNAMON APPLESAUCE PEA SOUP (HDM)	-14- BAKED CHICKEN AU GRATIN POTATOES STEAMED SPINACH WHOLE GRAIN ROLL FRESH CUTIES (HDM)	-15- <u>60'S SINGLES and HEARING AID CLINIC</u> VEAL CUTLET RED POTATOES/ GRAVY WINTER SQUASH CHILLED CRANBERRY TOSSED GREEN SALAD (HDM)	-16- <u>AARP</u> ITALIAN LASAGNA GREEN BEANS CAPRI VEGETABLES MIXED FRUIT CUP
-19- CREAMED CHICKEN OVER NOODLES GARDEN VEGETABLES PETITE PEAS RED HOT APPLESAUCE	-20- PEPPERSTEAK (RED AND GREEN PEPPERS) MASHED POTATOES GOLDEN CORN MANDARIN ORANGES BEAN SOUP (HDM)	-21- <u>CHRISTMAS DINNER</u> PASTIES PARSELY CARROTS GREEN BEANS FRESH CUTIES PEPPERMINT ICE CREAM (DDC only) BROWNIES (NO SOUP OR SALAD BAR)	-22- <u>MONTANA POWER</u> HAM, BROCCOLI and RICE CASSEROLE, CAPRI VEGGIES PINEAPPLE TIDBITS TOSSED GREEN SALAD W/ GARBANZOES (HDM)	-23- CLOSED 
-26- CLOSED 	-27- POLISH SAUSAGE SAUERKRAUT BABY RED POTATOES BUTTER BEETS HOMEMADE SOUP (HDM)	-28- BREADED CHICKEN PATTY YUMMY YAMS CAULIFLOWER & PEAS FRESH FRUIT (HDM)	-29- CHILI DOG WITH BEANS (cheese and onions) CORN BREAD CARROT COINS CINNAMON APPLES TOSSED SALAD (HDM)	-30- CLOSED NEW YEAR'S EVE 

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

Regularly Scheduled Activities For DECEMBER 2011

Mondays

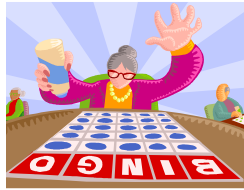
- 9:00—Arthritis Foundation Exercise
- 10:00—Exercise
- 1:00—Whist
- 1:00—Senior Bowling Sleeping Giant Lanes

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 DECEMBER 2011

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

December 1, Thursday, 11:00 am to 12:30 pm
Pictures with Santa—Dance Floor

December 2, Friday 12:45 pm, Finally Friday Movie “Elf” in the Card Room
Big Boulder Open House 2:00 pm (510 E 4th, Boulder, MT)

December 6, Tuesday, 6:00 pm to 8:00 pm, Weatherization Workshop
East Helena Fire Hall

December 8, Thursday, 12:45 pm, Golden Nuggets

December 9, Friday, 11:00 am to 12:30 pm—Birthday Dinner and Craft Sale

December 13, Tuesday, 6:00 pm to 8:00 pm, Weatherization Workshop—
Lewis and Clark Library

December 15, Thursday, 9:30 am Senior Advisory Council in CR 13

December 16, Friday, Last day to donate to the Headstart Holiday Family
12:45 pm—AARP Water Dowsing Program—Card Room
2:45 pm —Finally Friday Movie—Hope for the Holidays

December 19, Monday, 11:00 am, Wrapping Party in the Parlor

December 20, Tuesday, 4:30 pm, Christmas light roundabout

December 23, Friday, 6:00 pm Salvation Army Holiday Party

December 23rd—Senior Center Closed

December 26th—Senior Center Closed

December 30th—Senior Center Closed



December Helena Roundabout – Twinkling Lights and Hot Cocoa

In December, on our Roundabout, we'll literally drive around, looking for Christmas lights and enjoying everyone's holiday season preparations. After we're done, we'll stop for hot cocoa. So, in December, please join us for a look-and-see-ride and some great tastes!

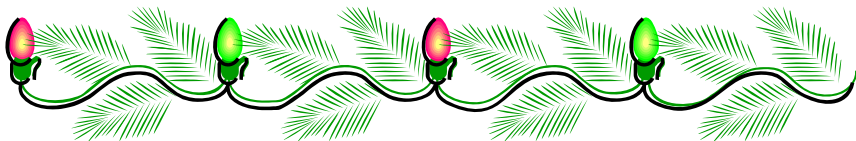
What: December Helena Roundabout

When: Tuesday, December 20
4:30-pm to 6:00 pm

Where: Leaving from the Helena Senior Center.

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

Details: A great holiday drive and a tasty treat.



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!!!



Finally Friday Movies:

Finally Friday Movies: "Elf" and "Bob Hope-Hope for the Holidays"

Elf

When young Buddy falls into Santa's gift sack on Christmas Eve, he's transported back to the North Pole and raised as a toy-making elf by Santa's helpers. But as he grows into adulthood, he can't shake the nagging feeling that he doesn't belong. Will Ferrell stars as the towering Buddy, who vows to visit Manhattan and find his real dad, a workaholic publisher

(James Caan). Ed Asner, Bob Newhart, Zooey Deschanel and Mary Steenburgen co-star.

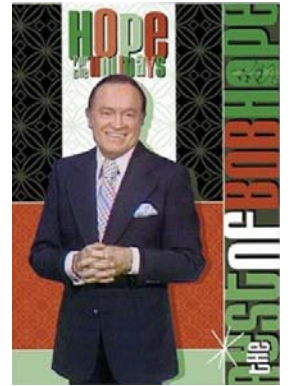
What: Finally Friday Movie, *Elf*

When: Friday, December 2, 12:45 pm - PG

Where: Card Room

Bob Hope - Hope for the Holidays (1993)

Join us and experience some nostalgia with this great "remember when" DVD. We will have special treats and a chance to reminisce after the movie.



Originally broadcast on NBC from the 1950s through the 1990s, Hope's Christmas special was an annual tradition for families across America for over 40 years. This landmark collection contains classic musical duets and comedy sketches Hope performed with special celebrity guests including Lucille Ball, Bing Crosby, Red Skelton, Joey Lawrence, The Judds, Jack Benny, Dolly Parton, John Wayne and many others. Additionally, the DVD features rare holiday bloopers from Hope's personal collection as well as a bonus "Silver Bells" collection, featuring full performance duets with Gale Storm, the beautiful Shirley Jones, a young Marie Osmond, Olivia Newton-John in the 70's and country superstar, Reba McEntire.

What: Finally Friday Movie, *Hope for the Holidays*

When: Friday, December 16, 12:45 pm

Where: Dance Floor



**2011 Helena Senior Center Advisory Council
Bazaar**

A Smashing Success

Thanks to all of your participation, the 2011 Helena Senior Center Advisory Council Bazaar was definitely a success—measured in many different ways. First, you all contributed fine items—treasures from the back of your closets, ordinary items that needed new homes, artwork, your wonderfully crafted stitchery, and much more. Second, you shopped! And you had fun shopping. We heard a lot of giggles throughout the morning. A whole fleet of Advisory Council members and additional RSVP volunteers contributed a whole lot of labor: pricing, arranging, rearranging, carrying, calculating, setting up and taking down. There were a lot of tired folks by 1:00 pm on Friday. Finally, we are grateful to the folks from the Helena Industry Thrift Store who picked up the items that didn't sell (which turned out to be not too many). The Bazaar netted approximately \$410 and the Advisory Council directs those proceeds to the needs of both the Center and the Dinner Club. Thanks for a great experience and a great outcome.

**AFTERNOON LINE DANCING
with MARLENE**



The afternoon line dancing class is cancelled at least until January. If you would like to be notified when Marlene is again able to teach leave your name with Renee or the receptionist at the Parlor desk.

Thank-you to Staci Litschauer and the rest of the staff at the Public Service Commission oOffice. They helped us with the giving back project to Family Promise. Because of the generous addition of their donations to ours we were able to roughly double the quantity of toiletry items we were able to contribute. Thank-you.



The power to make it better.

AARP Meeting

December 16, 2011

**Senior Center Card Room,
immediately after lunch.**

Water Douwing Program

by Gary Watt



Open enrollment for **Medicare Part D** (prescription drug) coverage ends December 7, 2011. Remember that our Area IV Agency on Aging staff can help you if you have questions or trouble. Call 447-1680 to be connected with an

Information and Assistance/State Health Insurance counselor for an appointment.



Area IV Agency on Aging

**Myrna Loy Theater Helena Senior Center
DECEMBER 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 Clinic

**Call Edith at 431-0006
to schedule your
FOOT CLINIC
appointment. Foot**



Senior Center Yellowstone National Park Trip



Day one: Leave Helena, travel to West Yellowstone via Three Forks. Everyone will have the chance to explore the area on your own. There are some nice shops and the Grizzly Discovery Museum. Lunch and Dinner on your own.

Day Two: Breakfast at the hotel and then Group departure by snocoach for the Canyon Explorer Tour...

Travel to Yellowstone's breathtaking "Grand Canyon" and behold the Lower Falls' icy plunge of 308 feet. Experience the Park's most dynamic thermal area, Norris Geyser Basin, and the world's largest active geyser. Have your camera ready for majestic Gibbon Falls, Beryl Springs and wildlife around every bend.

Upon return to West Yellowstone we will have a group dinner at the hotel. Meals included for day 2 — Breakfast, Box Lunch and Dinner

Day three: Up and at 'em, we will leave the hotel after breakfast and travel home through Ennis. We will stop in Ennis for lunch (on your own) and some shopping and home by 3:30 or 4:00 pm. Breakfast is the only meal paid for day 3.

NOTE: This trip will include a lot of walking and perhaps negotiating some icy walkways. Please take stock of your abilities before signing up for this trip. Please see the fitness rating scale on the next page.

Save the Date
 February 22–24
 Save Your Pennies



Tour cost of \$415.00 includes round-trip Motor coach from Helena, 2 nights lodging, 4 meals (2 breakfasts, 1 lunch and 1 dinner) guided tour through Yellowstone in a comfortable Snocoach, and luggage handling.

Reservations: You can make your reservation by placing a deposit of \$215.00 with the Rocky Mountain Development Council reception desk. The balance of \$200 will be due by February 8th. Refunds are only available for medical emergencies.

Questions?

Contact Renee Boundy (Senior Center Coordinator) or Shawna Donaldson (Nutrition Program Coordinator) at 447-1680

Fitness Rating Scale:

Four Walking Sticks



One Walking Stick: Can board motor coach. A moderate amount of easy walking on developed surfaces.

Two Walking Sticks: Able to board all types of transportation easily. Must be a steady walker and able to negotiate developed and uneven terrain ranging from pavement, dirt trails and sandy beaches.

→ **Three Walking Sticks: REQUIRED FOR THIS TRIP** Longer, more difficult walking and/or hiking required. Must be sure footed and have a good sense of balance to participate in these activities. More stamina required.

Four Walking Sticks: Must be in relatively good physical condition. Lots of walking required. Balance necessary.

THE CHRISTMAS SPIRIT

Eight-year old Virginia O'Hanlon wrote a letter to the editor of the New York's *Sun*, and the quick response was printed as an unsigned editorial September 21, 1897. The work of veteran newsman Francis Pharcellus Church has since become history's most reprinted newspaper editorial, appearing in part or whole in dozens of languages in books, movies, and other editorials, and on posters and stamps.

"DEAR EDITOR: I am 8 years old. Some of my little friends say there is no Santa Claus. Papa says, 'If you see it in THE SUN it's so.' Please tell me the truth; is there a Santa Claus?"

VIRGINIA O'HANLON.

115 WEST NINETY-FIFTH STREET."



VIRGINIA, your little friends are wrong. They have been affected by the skepticism of a skeptical age. They do not believe except (what) they see. They think that nothing can be which is not comprehensible by their little minds. All minds, Virginia, whether they be men's or children's, are little. In this great universe of ours man is a mere insect, an ant, in his intellect, as compared with the boundless world about him, as measured by the intelligence capable of grasping the whole of truth and knowledge.

Yes, VIRGINIA, there is a Santa Claus. He exists as certainly as love and generosity and devotion exist, and you know that they abound and give to your life its highest beauty and joy. Alas! How dreary would be the world if there were no Santa Claus. It would be as dreary as if there were no VIRGINIAS. There would be no childlike faith then, no poetry, no romance to make tolerable this existence. We should have no enjoyment, except in sense and sight. The eternal light with which childhood fills the world would be extinguished.

Not believe in Santa Claus! You might as well not believe in fairies! You might get your papa to hire men to watch in all the chimneys on Christmas Eve to catch Santa Claus, but even if they did not see Santa Claus coming down, what would that prove? Nobody sees Santa Claus, but that is no sign that there is no Santa Claus.

The most real things in the world are those that neither children nor men can see. Did you ever see fairies dancing on the lawn? Of course not, but that's no proof that they are not there. Nobody can conceive or imagine all the wonders there are unseen and unseeable in the world.

You may tear apart the baby's rattle to see what makes the noise inside, but there is a veil covering the unseen world which not the strongest man, nor even the united strength of all the strongest men that ever lived, could tear apart. Only faith, fancy, poetry, love, romance, can push aside that curtain and view and picture the supernatural beauty and glory beyond. Is it all real? Ah, VIRGINIA, in all this world there is nothing else real and abiding.

No Santa Claus! Thank God! He lives, and he lives forever. A thousand years from now, Virginia, nay, ten times ten thousand years from now, he will continue to make glad the heart of childhood.

Santa Fred Stopping by the Senior Center

On Thursday, December 1, around lunch time, Santa Fred will be available for photographs on the senior center dance floor (or parlor, depends). Renee will be Santa's photography elf.

There's no charge for the event. RMDC's Senior Center program covers the cost of getting copies made (and one returned to you).

So, take some time to write up your Christmas wish list and be ready to whisper it to Santa on December 1, while you get your photo taken with the venerable Saint Nick! Your Santa photo might just be the best gift you can give a grandchild or great-grandchild! Thanks, Santa Fred!

What: Photo Opportunity with Santa Fred

When: Wednesday, December 1, 11:00 am until 12:30 pm.

Where: Lobby or Parlor

Details: Free. Helena Senior Center covers the cost of a print for you.



Sponsoring a Special Head Start Family for Christmas

For a FIFTH year in a row, the Helena Senior Center “family” will sponsor a Head Start family. It’s a grand way for us to live the **spirit of the season**. A little contribution from each of us adds up to a whole lot of critical assistance and joy for a small family.

As always, Head Start asks each sponsored family to identify a small list of “needs” and an even smaller list of “wants.” They recommend, as well, that sponsors provide food or funding for a holiday meal. Here’s how we’ll proceed.

- ◆ Call or stop by Renee’s office or the Senior Center Parlor desk when it is staffed by an RSVP volunteer (Tuesday and Wednesday mornings).
- ◆ Check the list of items that the family has identified as needs and wants or the list of foods that the family could use.
- ◆ Identify specifically what you will purchase yourself or an item to which you’d like to contribute. If the list is small, we can add items we think might be enjoyed



- ◆ And/or Identify a food item to contribute to the family’s holiday meal.

- ◆ All items or cash contributions will be due Friday, December 16 so that we can shop for additional items and hold our wrapping party on Monday, December 19.



- ◆ If you have an interest in being part of a shopping team, let us know that too.

- ◆ On Monday, December 19, at 11:00 am, we’ll have a “**wrapping party.**” Bring wrapping paper, gift bags, tags, ribbon, tape, and scissors and join in an hour of festive fun. We’ll have refreshments for wrappers.

What: Annual Helena Senior Center support for a Head Start Family

When: From now until December 16

Details: Stop by Renee’s office or the desk in the Parlor to sign up so that we know which family needs and wants are covered.

Also: Family Wrapping Party Monday, December 19 at 11:00 am.



2012 Helena Senior Center Membership Drive

You've got the month of December left to throw your name in the ring to be a possible winner* in the 2012 Membership prize drawing.

If you prepay your 2012 Helena Senior Center membership dues prior to January 1, 2012, you are automatically registered for a drawing for 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.**

Membership remains \$15 per person. This is the same member price that we've enjoyed now for THREE 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.



Thanks to all of you who have already signed as members for next year!

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

LAST CHANCE!!

Take Control of Your Energy Costs

Attend one of the final two Home Energy Saver Workshops.
Attendance is 100% FREE

- Learn about energy use in your home.
- Receive a **free weatherization kit** and learn how to install.
- Apply to have a **FREE ENERGY MONITOR SYSTEM** installed in your home.
- Learn where your energy dollars are going and what you can do to save money.

East Helena
Tuesday, December 6
6:00 pm to 8:00 p.m.
E. Helena Fire Hall
2 E. Pacific

Helena
Tuesday, December 13
6:00 pm to 8:00 pm
Lewis & Clark Library
20 S. Last Chance

Registration is not required for attendance, but you can preregister and learn more at: www.ncat.org/workshops or by calling NCAT at 406-723-7581.

These workshops are available through a Sustainable Energy Resource Consumers (SERC) Grant and funded by The American Recovery and Reinvestment Act (ARRA) of 2009. Sponsored by Rocky Mountain Development Council and presented by the National Center for Appropriate Technology.



Big Boulder Residences Grand Opening

December 2, 2011

2:00 pm

501 East 4th Avenue

Boulder, MT

Short ceremony, refreshments and tours of these new, well-built, subsidized family & senior apartments.

Come celebrate, come to consider renting.

For more information call 406-461-3676.

Art Classes Part II

Artist Carol Montgomery will teach a painting with acrylics for four Mondays in January

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—discover their own talent for artistry.

1. Classes will be held Mondays in January from 1:00 pm to 3:00 pm in the Daily Dinner Club
2. The classes will use acrylic paints
3. **Tuition:** Because of some generous donations we do not have to entirely support the art classes with tuition. For the classes in January, the tuition will be \$15.00. 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 \$15.00 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 7 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.



EVERYONE IS INVITED

FREE Helena Community Christmas Party

Friday, December 23, 2011

6:00 pm to 9:00 pm

Salvation Army Gym

Located at 1905 Henderson



Holiday music, refreshments, hors d'oeuvres

bingo, caroling and Santa, too!



Christmas Word Search

3

S	M	Y	E	O	C	N	Q	O	Q	D	L
T	R	E	E	I	L	Z	G	F	R	N	M
A	T	V	H	P	L	O	D	U	R	N	I
R	T	I	N	R	A	P	C	A	N	D	Y
E	E	X	Y	E	B	R	E	H	S	A	D
E	M	E	E	S	N	A	M	W	O	N	S
D	O	N	N	E	R	N	Q	H	S	C	W
I	C	S	M	N	K	C	A	S	A	E	R
P	B	L	I	T	Z	E	N	S	N	R	E
U	E	E	H	F	F	R	O	S	T	Y	A
C	L	D	C	I	J	P	P	H	A	O	T
E	L	F	U	G	N	R	B	C	W	T	H



BALL	DEER	SANTA
BELL	DONNER	SLED
BLITZEN	ELF	SNOWMAN
CANDY	FROSTY	STAR
CHIMNEY	GIFT	TOY
COMET	PRANCER	TREE
CUPID	PRESENT	VIXEN
DANCER	RUDOLPH	WREATH
DASHER	SACK	



Director's Column

By Gene Leuwer, Executive Director

All our Rocky Mountain Development Council programs seem to have gone into some higher gear about the time the weather turned colder. As has been true of Rocky through the years, we also seem to be in the midst of changes and rearrangements. Here's a taste of some of those changes.

We are glad to celebrate the grand opening of the Big Boulder housing project. Please mark your calendar for Friday, December 2 at 2:00 pm. We'll be in the Community Room, at 501 E. 4th Avenue in Boulder. We'll have a great short ribbon-cutting ceremony, refreshments, and tours. I think you'll find that these interesting, functional units are nothing like what the public pictures when we say "affordable housing." We sure hope you can join us. Let our receptionist know if you'd be interested in taking a bus down for this event. As this newsletter goes to press, we're figuring out how much interest there is in this possibility.

By the first of the year, the Weatherization staff will be moving into the Jackson Street Center—consolidating space and utilizing a building we own. We'll rent the warehouse and woodpile space out off McHugh Drive at least through June 2012.

Montana Youth Homes is in the midst of big changes as the Jan Shaw facility becomes a licensed therapeutic group home. That means that the composition of residents at both facilities will be different and it means that we offer a still higher lever of service. Also, the Kids' Mental Health Advocacy Program is in the process of becoming a part of Montana Youth Home's outpatient clinical services program. Look for a coming name change to better reflect our current mix of services.

Our RSVP program has spearheaded the Honor Cards project for Montana—an initiative launched by First Lady Michelle Obama, the Governor's Office of Community Service, and the Corporation for National and Community Service. Montanans of all ages have pledged more than 200,000 hours of community service in honor of veterans and military families and written notes of support to those folks. Our understanding is that Montanan's generous donation of time put the White House goal "over the top." These cards and pledges of service will have been showcased during Veterans Day ceremonies at Montana State University (which means that Micky Brown thumb-tacked some incredible number of honor cards up to the wall in the MSU Student Union). Thank you for ALL your volunteer service.

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

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By about November 1, LIEAP staff members have received a record number of applications—close to 1,000. The staff has also done valiant work to keep current. If you have not yet applied, I sure encourage you to do so. You can always call our main phone line (447-1680) or stop by the Neighborhood Center Receptionist or the Jackson Street Receptionist to be referred to a LIEAP staff member. Or you can check our website for application information and material: www.rmdc.net.

In the news, you'll be seeing our continued work to develop affordable senior housing on the Caird Engineering site. Many of you—our readers of the newsletter—are residents in facilities that RMDC has remodeled or constructed. Thank you for your support and your understanding of how much clean, bright, well-priced apartments are for your peers in our community and throughout Lewis & Clark, Jefferson, and Broadwater counties. In fact, watch this space for more information on our progress in Townsend on Homestead Manor.

Wishing you all good fellowship, food, memories, and activities through this holiday season.

