



VOICE OF EXPERIENCE

PUBLISHED BY
ROCKY MOUNTAIN DEVELOPMENT COUNCIL



Book Yourself for the

Hearts & Flowers Cabin Fever Dinner

Now is the time to register for the Helena Senior Center Advisory Council's 2012 Hearts & Flowers Cabin Fever Dinner. You have until Friday, February 17 to sign up for the elegant catered dinner—designed to put some color, fun, and fantastic tastes into these dark mid-winter days. Here are the particulars.

HELENA SENIOR CENTER
Volume 12, Number 2
February 2012

Dinner Menu.....pg. 2

Activities Schedule.....pg. 3

Giving Back >>>.....pg. 7

Director's Column.....pg. 8

What: Hearts & Flowers Cabin Fever Dinner Sponsored by the Helena Senior Center Advisory Council

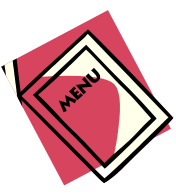
When: Sunday afternoon, February 26 at 2:30 pm (meal served at 3:00 pm)

Cost: \$20 per person (same cost as last year).

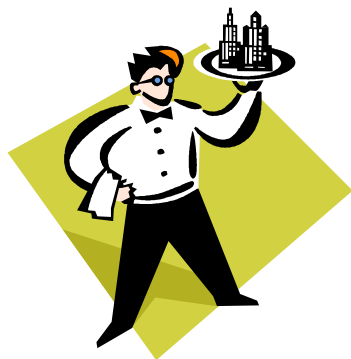
Reservations are required with payment made to the Receptionist at the Neighborhood Center.

Voice of Experience
is published by
Rocky Mountain Development
Council, Inc.
200 South Cruse Avenue
Helena, MT 59601

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Helena, MT 59624
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www.rmhc.net



Shrimp cocktail, grilled pork tenderloin with apple sauce, mashed potatoes and gravy, green salad, maple glazed carrots, rolls and butter, and cherry pie ala mode.



Remember too that Chili O' Briens will be catering and serving the dinner and you'll be dining on linen. In other words, the Dinner Club will be transformed and will include top-notch entertainment!

See you at the Dinner!

PRESIDENTS DAY




RMDC will be closed
on February 20, 2012

HELENA/EAST HELENA DDC MENU

FEBRUARY 2012-MEALS SERVED AT 12:00

For Additional Information Call 447-1680 Helena

Be My Valentine

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>-1- TURKEY AND NOODLES GREEN BEANS WINTER BLEND VEGGIES CRANBERRIES</p> <p>FRESH FRUIT (HDM)</p>	<p>-2- PORK CHOP SUEY BROWN RICE PEA PODS MANDARIN ORANGES</p> <p>GREEN SALAD with GARBANZO BEANS (HDM)</p>	<p>-3- MEAT LOAF WHIPPED POTATOES GARDEN MIX VEGETABLES APRICOTS WHOLE WHEAT ROLL</p>
<p>-6- PASTIES WITH GRAVY CAPRI VEGETABLES PICKLED BEETS PEACHES</p> 	<p>-7- HAMBURGER SPANISH RICE (peppers and tomatoes) GOLDEN CORN PLUMP PLUMS WHOLE GRAIN ROLL/ BREAD</p> <p>COOK'S CHOICE SOUP (HDM)</p>	<p>-8- HOMEMADE HAM AND FIVE BEAN SOUP STEAMED CARROTS APPLESAUCE CORN BREAD</p> <p>FRESH FRUIT (HDM)</p>	<p>-9- PULLED PORK SANDWICH ON A BUN BAKED BEANS SLICED PEACHES</p>  <p>COLESLAW (HDM)</p>	<p>-10- <u>BIRTHDAY DINNER</u> LEMON GARLIC CHICKEN PARSLEY RED POTATOES GARDEN PEAS APPLES W/CRANBERRIES WHOLE GRAIN ROLL/BREAD STRAWBERRY ICE CREAM BIRTHDAY CAKE <u>NO SOUP - NO SALAD BAR</u></p>
<p>-13- SPAGHETTI WITH MEAT BALLS AND TOMATO SAUCE GREEN BEANS GARLIC BREAD PINEAPPLE</p> 	<p>-14- <u>VALENTINE DINNER</u> PORK CHOPS MUSHROOM GRAVY MASHED RED POTATOES BROCCOLI SPEARS RED HOT APPLE SAUCE</p> <p>VEGETABLE BEAN SOUP (HDM)</p>	<p>-15- TATER TOT CASSEROLE MIXED VEGETABLES STEAMED CABBAGE WHOLE GRAIN ROLL/BREAD</p> <p>FRESH FRUIT (HDM)</p>	<p>-16- <u>60 SINGLES</u> CHICKEN ALA ORANGE WILD RICE GLAZED CARROTS PEARS</p> <p>TOSSED GREEN SALAD with BLACK BEANS (HDM)</p>	<p>-17- <u>AARP</u> BAKED HAM COMPANY POTATOES BRUSSEL SPROUTS APRICOT HALVES ROLL/BREAD</p> 
<p>-20- <u>CLOSED</u> <u>PRESIDENT'S DAY</u></p> 	<p>-21- HAMBURGER PEPPER STEAK PARSLEY NOODLES STEAMED SPINACH CAULIFLOWER</p> <p>MIXED VEGETABLE SOUP (HDM)</p>	<p>-22- BBQ PORK BITS CREAMED RED POTATOES STEAMED CABBAGE CARROT COINS WHOLE GRAIN ROLL</p> <p>FRESH FRUIT (HDM)</p>	<p>-23- BAKED ITALIAN CHICKEN RICE PILAAF BROCCOLI SPEARS MIXED FRUIT</p> <p>TOSSED SALAD WITH BEANS (HDM)</p>	<p>-24- VEAL CUTLETS WITH GRAVY STEAMED POTATOES WINTER SQUASH APPLE SLAW WHOLE GRAIN ROLL/BREAD</p>
<p>-27- CHILI CON CARNE SPAGHETTI NOODLES GOLDEN CORN APRICOTS</p>	<p>-28- BAKED TURKEY YUMMY YAMS GARDEN PEAS CRANBERRY SAUCE WHOLE GRAIN ROLL/BREAD</p>	<p>-29- SLOPPY JOES ON A BUN POTATO WEDGES 4-BEAN SALAD VEGETABLE SOUP (HDM)</p>	<p>Low fat milk is served every day at congregate sites, and delivered every Monday, Wednesday and Friday to Meals on Wheels customers.</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, R.D. Lin Pasch, R.D.. Suggested donation for 60 years old and over \$3.50 and under 60 years \$6.50. **Congregate bread or rolls and salad bar available daily.**

Regularly Scheduled Activities For FEBRUARY 2012

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
- 9:00— 2:00 —AARP Tax Assistance
- 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 FEBRUARY 2012

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

February 2, Thursday 9:00 am--2:00 pm — First AARP Tax Clinic of the Tax Season Card Room

February 2, Thursday Wii Bowling @ Hunters Pointe

February 3, Friday 12:45 pm — Finally Friday Movie—The Carol Burnett Show

February 6 thru 9, 1:30 pm-3:30 pm—Absolute Beginning Computer Class Lewis and Clark Library

February 7, Tuesday 6:00 pm—On the Move; St. Peters Education Center

February 8, Wednesday 12:00 pm -4:30 pm—Driver Safety Course Pheasant Glen

February 9, Thursday 12:10 pm—Wise Words on AARP Tax Aide Program Dining Room

February 9, Thursday 10 am – 12:00 pm Giving Back Project: Making Paper Flowers in the Lobby/Parlor

February 10, Friday Birthday Dinner and Craft Case Sale

February 14, Tuesday 6:00 pm — What is a Medical Home and How Will That Help Me with Diabetes? St. Peters Education Center

February 17, Friday 12:45 pm—Finally Friday Movie—The Carol Burnett Show Dining Room

February 17, Friday after lunch—Card Room—AARP Meeting: Ellen Baumler presents on the history of blacks in Montana

February 20, Monday **President's Day (RMDC is closed)**

February 21, Tuesday 1:15 pm-2:45 pm—Leaving from lobby Helena Roundabout: Tour of Lewis and Clark Brewery

February 21, Tuesday 6:00 pm—Demystifying Food Labels St Peters Hospital Education Center

February 22—24—Senior Center Trip to West Yellowstone

February 23, Thursday 6:30-pm 8:30 pm—Intro to the Internet Lewis and Clark Library

February 23, Thursday Eagles at the Senior Center

February 26, Sunday 2:30 pm (Meal served at 3:00) **Hearts and Flowers Dinner**



RSVP VOLUNTEER OPPORTUNITIES February 2012

The **White Hall Library** needs someone to read to young children at the library. It's an opportunity to spend some quality time helping young children fall in love with books.

The **Helena School District** is looking for people who would like to volunteer in the schools. There are a variety of opportunities at a variety of age levels.

The **Habitat for Humanity Reuse It Store** is looking for a couple of people. They need someone who is handy with tools and repairs to help process donations and would also love to have some clerical help.

Rocky Mountain Hospice is looking for volunteers who can help take down oral histories, play piano, read to people, etc. They provide the initial training and training/networking opportunities one time per month after that.

The **Broadwater Health Center** is looking for people to read and interact with residents.

The **Senior Center** has an opening on the Parlor reception desk. It's a great chance to meet new people and support the RMDC Senior Center.

Bingo Callers are always in demand. The Senior Center has a great team that organizes bingo, but it would be really handy to have one more back-up bingo caller. If you are up for a more regular gig, there are always places looking for Bingo callers. Give us a call.

RSVP volunteers to participate in a **Veteran's Outreach Program**. The project will require excellent phone skills. Volunteers will be conducting a survey of local veterans over the phone. Computer knowledge helpful. If interested please contact Wendy Plymale (RSVP) at 406-457-7336.



**For more information please call RSVP
at 447-1680. Ask for Micky or Renee**



AARP Driver Safety Courses

The AARP Driver Safety Program is the nation's first and largest course for drivers age 50 and older. The program has helped millions of drivers protect their safety on today's roads. AARP has offered its classroom course since 1979.

- Tune up your driving skills and update your knowledge of the rules of the road
- Learn defensive driving techniques
- Discover ways to handle left turns, right-of-way, highway traffic and blind spots
- Classes cost \$14.00 with a \$2.00 discount if you have an AARP card

UPCOMING CLASSES

**February 8—12:00 pm—4:30 pm—Pheasant Glenn
3440 Ptarmigan Lane)**
**February 24—12:00 pm—4:30 pm—Mountain West Bank East
(2728 Colonial Dr)**
March 8—12:00 pm—4:30 pm—Mountain West Bank

For information call Carl at (406) 439-7675. To reserve a spot in the class call 457-4712 and follow the instructions.



Thank you! Thank you! Thank you!!

A huge thank you goes to Ray at the General Mercantile. He generously donated all of the hot chocolate for our Twinkling Lights Roundabout in December. If you stop in, be sure to say thanks.



AND

Another big Thank You goes out to everyone who helped make our Head Start Family's Christmas brighter. With purchased items and donations we were able to purchase the makings of a turkey dinner and everything on the family's very modest list along with a few extra items to brighten their holiday season. Thank you to everyone who donated and helped wrap.





Helena Roundabout—February 2012 The Lewis and Clark Brewing Company

Come with us to explore one of Helena's two microbreweries. The master brewer will take us around the facility and show us the many different steps in the process of turning barley, yeast and hops into beer. We'll also get to see their newly renovated facility on Montana Avenue along with the equipment they use to can and bottle beer. Following our tour we will have the opportunity to try a beer or have a soda with our snacks. Take a tour of a local Modern Marvel.

- What:** February Roundabout - Lewis and Clark Brewing Company
- When:** Tuesday, February 21, 1:15 pm to 2:45 pm
- Where:** Leaving from the Helena Senior Center
- To register:** First eleven registrants for bus transportation with your \$5 payment to the RMDC receptionist. Or, if you intend to drive to the facility, please sign up with the Receptionist so we can plan accordingly. If you are driving yourself, the cost is \$2.50.
- Details:** Learn how they make beer and try a sample if you'd like.



THE
CAROL BURNETT
SHOW



Finally Friday Movie: The Carol Burnett Show

The Carol Burnett Show is a variety / sketch comedy television show starring Carol Burnett, Harvey Korman, Vicki Lawrence, Lyle Waggoner, and Tim Conway. It originally ran on CBS from September 11, 1967, to March 29, 1978. The series won 25 prime time Emmy Awards, was ranked #16 on TV Guide's 50 Greatest TV Shows of All Time and was listed as one of *Time* magazine's "100 Best TV Shows of All Time." The popular variety show made the stars household names with such sketches as "As the Stomach Turns" and "Went with the Wind", "Carol & Sis", "Mr. Tudball and Mrs. Wiggins", "The Family" A frequent repeated segment was "Kitchen Commercials", in which cast members parodied TV commercials that drove a woman (Burnett) crazy. The show had frequent, high recognition guest stars. The long-running show was frequently nominated for Emmys, and won three times.

Let's take a nostalgic look back at comedy done well. We'll do a sampling of some of the most popular episodes from the Carol Burnett Show's 11 year run for both the Finally Friday Movies this month. Come join us for a look back and, hopefully, a few laughs.

What: Finally Friday Movies—The Carol Burnett Show

When: Fridays, February 3 and February 17 at 12:45 pm

Where: Card Room and/or Dining Room

Details: We'll provide the popcorn and the movie. In addition we'll have a selection of some of the traditional movie theatre candy selections.





Giving Back—A Flower from the Heart

In February, rather than donating something for someone in our community, we'll **make** Valentine Flowers for our home-delivered meal trays. On Thursday, February 9 from 10:00 am to 12:30 pm, Renee will have supplies ready for you to make several perky Valentine Mice and write a greeting on them for home-delivered clients in Helena or East Helena. (We'll need 160 in all!!!)

You don't need artistic talent – just the ability to have a little fun and do a little gluing.

Don't miss this simple sweet way to send good wishes to someone else.

What: A Flower from the Heart Project

When: Thursday, February 9, 2012 10 am until 12:00 pm

Early Bird Membership Winners

Thanks to the almost 300 of you who paid your 2012 Helena Senior Center membership dues before December 31, 2011. You were all enrolled in our Early Bird Membership drawing. During January's Daily Dinner Club Birthday Day, we drew the following names for prizes: Dwight Dunlap and Alice Anderson for a book of stamps, each and Steve Baril and Gerri O'Leary for \$25 Safeway gift certificates. Thank you!

Dues are still \$15.00 per year. The money from the senior dues provides a portion of the Senior Center budget and helps us to provide programming and the newsletter. When you pay your dues, you get the convenience of having the Voice of Experience (Senior Center Newsletter) mailed to your home and a free dinner at the Daily Dinner Club on Birthday Friday for the month of your birthday. Even if you missed the Early Bird Drawing there is still time to pay your membership dues for 2012 and support the Senior Center and its activities. Just check with the Rocky Mountain Development Receptionist.

Wise Words on AARP Tax Assistance Program

Why are Thursdays so crazy during tax season. In addition to cinnamon rolls, blood pressure and line dancing, the Senior Center becomes a site for the AARP tax assistance program. During this Wise Words program Concetta Eckels, the Program Coordinator will focus on exactly what services the Tax Assistance Program offers and how you can access those services.

- What:** Wise Words on the AARP Tax Assistance Program
- When:** Thursday, February 9th, @ 12:10 pm
- Where:** Dining Room
- Details:** Learn about the AARP Tax Assistance Programs in this snapshot of answers to frequently asked questions

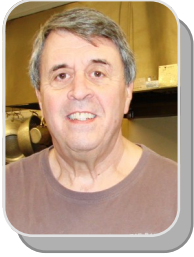
AARP MEETING

- When:** February 17, after lunch
- Where:** Card Room at the Senior Center
- Program:** History of Blacks in Montana



Don't forget to sign in when you come to the Senior Center. We count how many visitors we have and use this number for many different reports and requests for funds. Be counted, sign in.





Director's Column

By Gene Leuwer, Executive Director

I hope that the start of your new year has been promising. All things considered, we feel fortunate here at Rocky Mountain Development Council in our ability to continue or increase many services. I appreciate the range of Congressional support that agencies such as ours received—thanks in many ways to your advocacy for us. I appreciate our creative staff, as well, who often find new ways to accomplish longstanding tasks.

Watch the local news for information regarding a Grand Re-opening of Homestead Manor in Townsend. During the last year, with very little displacement of current tenants, Rocky has been able to renovate that 10-unit senior housing facility. We used some special energy grant funds to make it quite energy efficient.

Our housing crew is also preparing funding packages and starting on design work for two affordable senior housing projects on the north edge of Helena: River Rock and North Stone. Both will be located north of Custer Avenue and east of McHugh Lane. Planning for River Rock has been underway for several months. We're just getting started on North Stone. Both complexes will be similar to Ptarmigan and Pheasant Glen, with cottage-like designs that allow most tenants direct outside access. As we continue to explain to the community and as you know, the need for well-built and well designed affordable housing for seniors just increases.

This past fall, Rocky began to work with Helena Housing Authority, HHA., in a new role. We've been partners with HHA for many years. We rent Head Start's Early Learning Center from HHA and will be helping HHA to design a new such facility with grant funds that HHA received in 2011. Also, our property management staff works intensely with HHA's Section 8 staff to serve clients in our housing complexes. More recently, we developed a Service Coordinator Program for the M.E. Anderson housing facility and, under a contract, supervise a coordinator in order to improve resident dynamics there. And now, Rocky's housing staff is assisting HHA with their master plan effort for Stewart Homes. Rocky responded to an HHA Request for Proposals, so now have a formal arrangement with them to provide process and technical assistance for some of HHA's development work. You will be seeing our name in conjunction with HHA's announcement of Stewart Homes master planning public meetings.

Rocky has expended most of the "extra" funding that it received through the federal stimulus package (American Recovery and Reinvestment funds) for weatherization, Head Start, and homelessness assistance. But we recently received a small additional allocation of Homelessness Prevention and Rapid Re-Housing monies from other organizations around the nation that were unable to expend their full allocation. We have a great track record for putting federal dollars to work quickly and so we often compete well for someone else's "leftover funds."

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I'd be remiss if I didn't mention that our senior volunteer programs (Senior Companions, Foster Grandparents, and RSVP) are always looking for new volunteers. If you aren't as busy as you would like or if winter is getting you down, stop by or call Rocky's main receptionist and let them connect you to the volunteer program that interests you the most.

Spirit of Service – Do You Need Assistance With Your Spring Cleanup?

Helena's annual "Spirit of Service" is around the corner. On May 10, over two hundred volunteers will help Helena area homeowners with outdoor cleanup chores. SOS assistance is sponsored by area businesses and nonprofits. SOS recipients must own their home, reside there, and be unable to accomplish yard work or maintenance themselves. There's no income criterion and no charge. Volunteers provide tools and materials. Homes that have not received Spirit of Service help during the past three years receive priority. Although we begin the season with a list of homeowners who applied in previous years, we value knowing of your interest and can add you to our list of potential recipients. So, if you or a friend would benefit from this service, contact Mick Dennehy at (406) 461-7952.

