



# VOICE OF EXPERIENCE

PUBLISHED BY  
ROCKY MOUNTAIN DEVELOPMENT COUNCIL



## The Long Montana Winter Is Upon Us By Renee Boundy

The cold and frosty temperatures seem like a shock after our long, beautiful fall. It's harder to get out and do things and I find myself wondering how I will fill my time. I try and look at this as an opportunity to try some new things. This is exactly what you can do at the Senior Center. You can choose from several options to fill the long, dark, cold hours of winter. In addition, if you live in the city limits and don't want to drive you can call for a ride from the senior bus (447-1680). It's best to call the day before you need a ride. So glance through your newsletter and pick out something that looks interesting. Or...if you love to knit and you don't know of a group in town that does it, let Renee know. There might be some others who want to knit and Renee can help get everyone connected. We've passed the solstice. Put on your winter clothes, watch your footing and come try an activity at the senior center.



### HELENA SENIOR CENTER

Volume 12, Number 1

January 2012

Dinner Menu.....pg. 2

Activities Schedule.....pg. 3

First Trip for 2012.....pg. 6

Director's Column.....pg. 12

Voice of Experience

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### Wii Bowling

The bowlers always have fun and are always looking for new folks. We compete with Eagles and Hunters Pointe on a regular basis and on the non-competing days we practice. This is lots of fun if you have been bowling forever or even if you have never bowled. It's also great if you used to bowl but can't anymore for whatever reason. This group meets on Thursdays at 12:45 pm in the Card Room or in the Dining Room. Come join us.

### Games and Cards

Most afternoons there is a group here playing something. We have Hand and Foot, Whist, Dominoes, and Pinochle. Check out the calendar and spend an afternoon visiting and having fun over a game of cards or Dominoes. Do you have a game you would like to play? Chess, Cribbage, or something else? Call Renee. She can help you make connections with someone else that wants to play.

### Finally Friday Movies

What better afternoon activity on a cold and frosty day than watching a good movie and eating some popcorn. Watch the newsletter for the movie selections. Also if you have a movie you would like to see, let Renee know and she will try to get it on the list.

### Get Moving

Did you get outside more and move around when the weather was warmer? With winter here to stay, and stay, and stay, there are a variety of exercise classes on Monday, Wednesday and Friday mornings in the Card Room that will have you stretching out your limbs and moving around on carpet rather than on icy sidewalks. In addition, there is a line dancing class on Tuesday and Thursday mornings in the dining room.

### Learn Something New

Look in the newsletter for interesting classes and activities. This month we are taking a trip to Farm in the Dell to see how they operate and we have the Goldiggers in the Treasure State, a documentary about prosecuting fraud in Montana. In addition, we are doing the Hospice 101 class for folks so that they can learn about the Medicare Hospice benefit.

### Take a Trip

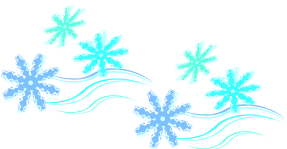
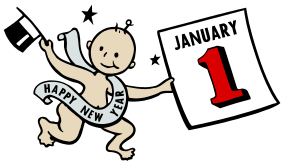
Look at the Yellowstone trip. What a bargain! Someone else does the driving and handles the luggage. You get to sit back and enjoy the scenery in this beautiful location.

### Socialize and See Friends

Thursday mornings at 9:00 am there are cinnamon rolls and coffee in the Dining Room. For a nominal fee, you can have a fabulous cinnamon roll and a cup of coffee and the good company of others. You can also come for lunch. Let someone else do the cooking and the dishes. You can sit down and enjoy a meal with others.

### What do you want to do?

Maybe nothing on this list appeals to you. Perhaps you have another activity that you would like to see happen at the Senior Center. Do you want to find some folks to play cribbage or chess with? Are you interested in a stimulating book discussion group? Do you want to know what Facebook is all about? **Let Renee know.** Chances are if you want to do know about it, someone else does, too.



# HELENA/EAST HELENA DDC MENU

JANUARY 2012-MEALS SERVED AT 12:00

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>-2- <u>CLOSED</u></p>	<p>-3- PORK CHOPS W/ MUSHROOM GRAVY BROWN RICE PILAF BROCCOLI SPEARS PEACHES</p> <p>VEGETABLE SOUP (HDM)</p>	<p>-4- HAM AND BEANS CARROT COINS CORN BREAD MIXED UP FRUIT</p> <p>FRESH FRUIT (HDM) (CUTIE CLEMENTINES)</p>	<p>-5- SPAGHETTI WITH MEAT BALLS GREEN BEANS GARLIC BREAD PINEAPPLE</p> <p>GARDEN SALAD (HDM)</p>	<p>-6- ROAST TURKEY/ GRAVY MASHED POTATOES PEAS 'N CARROTS SPICED APPLESAUCE WHOLE GRAIN ROLL</p>
<p>-9- VEGETABLE BEEF STEW (potatoes, carrots &amp; more) BUTTERMILK BISCUITS PICKLED BEETS GOLDEN PEARS</p>	<p>-10- PORK BITS STEAMED CABBAGE BABY RED POTATOES CINNAMON APPLES</p> <p>VEGETABLE BEAN SOUP (HDM)</p>	<p>-11- CHICKEN ALA KING OVER RICE WINTER BLEND VEGGIES CAULIFLOWER</p> <p>FRESH FRUIT (HDM)</p>	<p>-12- PEPPER STEAK SPIRAL NOODLES GARDEN VEGETABLES APRICOTS</p> <p>TOSSED SALAD WITH GARBANZO BEANS (HDM)</p>	<p>-13- <u>BIRTHDAY DINNER</u> LEMON CHICKEN WILD RICE PILAF STEAMED SPINACH, WINTER SQUASH, CRANBERRIES CAKE &amp; ICE CREAM <u>NO SALAD BAR</u></p>
<p>-16- <u>MARTIN LUTHER KING, JR</u> <u>CLOSED</u></p>	<p>-17- POLISH SAUSAGE O'BRIEN POTATOES BROCCOLI SPEARS CINNAMON APPLES WHOLE GRAIN BREAD</p> <p>PEA SOUP (HDM)</p>	<p>-18- CREAMED CHICKEN MASHED POTATOES MIXED VEGETABLES BUTTER BEETS</p> <p>FRESH FRUIT (HDM)</p>	<p>-19- <u>60 SINGLES</u> ITALIAN LASAGNA GREEN BEANS, APRICOTS GARLIC BREAD</p> <p>TOSSED GREEN SALAD (HDM)</p>	<p>-20- <u>AARP</u> MEAT LOAF/ GRAVY MASHED POTATOES GLAZED CARROTS LIMA BEANS WHOLE GRAIN ROLL</p>
<p>-23- TATER TOT CASSEROLE MIXED VEGETABLES CAULIFLOWER &amp; PEAS APRICOTS WHOLE GRAIN ROLL</p>	<p>-24- BAKED HAM MACARONI &amp; CHEESE DICED TOMATOES CAPRI VEGETABLES</p> <p>BEAN SOUP (HDM)</p>	<p>-25- TACO CASSEROLE WITH REFRIED BEANS VEGETABLE BLEND MEXI-CORN</p> <p>FRESH FRUIT (HDM)</p>	<p>-26- <u>MONTANA POWER MTG</u> BEEF STROGANOFF WITH NOODLES GINGER CARROTS BROCCOLI SPEARS TOSSED SALAD (HDM)</p>	<p>-27- SWEET &amp; SOUR CHICKEN (PEPPERS &amp; PINEAPPLE) BROWN RICE SNOW PEAS MANDARIN ORANGES</p>
<p>-30- BARBEQUE CHICKEN AU GRATIN POTATOES PARSLEY CARROTS 4 BEAN SALAD</p>	<p>-31- HEARTY CHILI with BEANS (onions, cheese) CORN BREAD PEACHES COLE SLAW (HDM)</p>			<p><u>BLOOD PRESSURE CHECKS EACH THURSDAY 11:30</u></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. Under 60 years \$6.50. CONGREGATE – MILK AND SALAD BAR AVAILABLE DAILY EXCEPT WHEN INDICATED.

## Regularly Scheduled Activities For JANUARY 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
- 9:30—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 JANUARY 2012

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

**January 3,** Tuesday, 6:00 pm — St Pete's Hospital and probably HCTV— Listen Up About Hearing Loss

**January 6,** Friday, 12:45 pm — Finally Friday Movie—Gold Diggers in the Treasure State; Card Room (Free Lunch for all Attendees)

**January 9,** Monday, 1:00 pm to 3:00 pm — Acrylics with Carol Montgomery; Dining Room

**January 10,** Tuesday, 6:00 pm—St Pete's Hospital and probably HCTV— Get Moving for the New Year with Zumba

**January 13,** Friday, 12:45 pm—Wise Words on Hospice 101; Card Room

**January 16 Rocky Mountain Development Council Closed for MLK Day**

**January 17,** Tuesday, 6:00 pm—St Pete's Hospital and probably HCTV— Are You Beverage Smart?

**January 20,** Friday, 12:45 pm—Finally Friday Movie, The World's Fastest Indian

**January 23,** Monday, 1:00 pm to 3:00 pm — Acrylics with Carol Montgomery; Dining Room

**January 23, Start making calls for appointments for Tax Assistance**

**January 24,** Tuesday, 12:45 pm—Helena Roundabout to Farm in the Dell

**January 26 and 27 — Drop off used clothes at Renee's Office**

**January 30,** Monday, 1:00 pm to 3:00 pm, Acrylics with Carol Montgomery Dining Room

January



## New Year's Resolution



Often the new year is a time to look around, take stock and clean up a little. This year, my resolution involves cleaning up the **Voice of Experience mailing list**. That means a couple of things. (1) We will be looking at the mailing lists of RSVP, Foster Grandparents and Senior Companions and comparing them to the Voice of Experience mailing list. In addition, we are trying to figure out who might be getting two newsletters for whatever reason. Finally, we are looking for people who feel like they should be getting the newsletter, but they aren't. If any of these things apply to you, please call the reception desk at 447-1680 and let them know so we can get it straightened out. (2) Do you have e-mail? Are you tired of all the paper in the mail? We will be starting a Voice of Experience e-mail delivery system for anyone who is interested. If you are interested call Renee (447-1680) and she can help you get an e-mailed copy of the Voice of Experience.

## Early Bird Membership Prize Drawing

If you signed on to be a Helena Senior Center 2012 member BEFORE the end of 2011, you were automatically entered into a drawing for two Safeway gift cards and 2 packs of stamps (two of each prize).

We'll draw winners during our January Birthday Dinner on Friday, January 13. You don't need to be present to win, although it's always fun to win in person.

Thanks to everyone who signed on as an "early bird." And if you didn't sign on early, you can still re-up your membership or become a member anytime in the first part of this new year. We will do gentle reminder letters to folks we have not heard from in January. We stretch your \$15 per person per year membership dues in a lot of different ways and believe that you get your money's worth and then some!!



## Mark Your Calendar for Tax Assistance

Beginning in February and ending in April, every Thursday from 9:00 am to 2:00 pm, AARP Tax-Aides and RSVP volunteers will again be offering free tax assistance in the Card Room, at the Helena Senior Center. This assistance with tax preparation is available to those with low and middle incomes. You do not need to be a member of AARP to use this service. Prior to mid March, preference will be given to those 60 and older. AARP Tax-Aide volunteers, trained in cooperation with the Internal Revenue Service, will offer help with personal income tax returns in Helena.

**This year, there's a new arrangement for booking your tax appointment. Here's how it works:**



**Tax assistance here at the Helena Senior Center is available by appointment only.**

**You can make begin making appointments on Monday, January 23—not before.**

**Call 457-7318. This phone takes messages. Leave your name and phone number slowly and carefully. This is the single system available for booking your appointment.**

**An AARP Tax-Aide volunteer will call you back to book your appointment and field any questions that you might have.**

## Free Lunch and Movie

The State Auditor's Office would like to buy a lunch ticket for everyone that watches the **Finally Friday Movie on January 6** at 12:45 pm to say thank you for coming. People that have seen it have raved about it. If you can make it, the movie itself is worth it. Plus, they'll buy you a lunch ticket you can use at a future date. See you then.


**A New Year's Cleaning**

Remember when we said...NO CLOTHING for the Bazaar. In January, we are taking it back! Helena Industries is developing a clothing recycling program and we are going to help them out. Periodically throughout the year we will be having clothing drives. The first one is in January. What does this mean to you? You can bring used clothing to the Senior Center on January 26 and 27 and Helena Industries will take it away and reuse it. You don't need to worry about tears, stains or stretched out elastic. Helena Industries has a way to use everything so bring in your old clothes so that they can be put to good use.



- WHAT:** Used clothing drive
- WHEN:** Bring your used clothing to Renee's office January 26 and/or 27
- DETAILS:** This activity will benefit Helena Industries  
**NO SHOES**

**AARP Program**  
**January 20, 2011**  
**12:30 pm in the Card Room**  
**Topic: Presentation from the Toastmasters**



**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!!!**



**LENDING LIBRARY AT THE SENIOR CENTER**

THE NEW YEAR IS A GREAT TIME TO BE CLEANING OUT AND SIMPLIFYING AFTER CHRISTMAS. THE LENDING LIBRARY AT THE SENIOR CENTER COULD USE SOME BOOKS, SO IF YOU LOOK THROUGH YOUR SHELVES AND YOU HAVE SOME BOOKS THAT YOU WOULDN'T MIND DONATING, BRING THEM ON DOWN. ALSO, YOU MIGHT COME ACROSS SOME BOOKS YOU HAVE FORGOTTEN TO BRING BACK. WE'D LOVE TO SEE THOSE AS WELL.



**Foot Clinic**

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




**THE MYRNA LOY CENTER**

Myrna Loy Theater Helena Senior Center  
**JANUARY 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

## Senior Center Advisory Council Yellowstone Trip

This is a 3 walking stick tour (see below)

**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

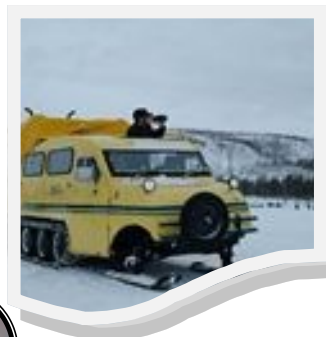
**Day three:** Up and at 'em, We will leave the hotel after breakfast and travel home through Ennis. We will stop in Ennis for lunch ( on your own) and some shopping and home by 3:30 pm or 4:00 pm. Breakfast is included in Day 3.

### Save the Date (February 22-24) and Your Pennies

The cost of the tour is \$415.00 and this includes roundtrip 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.**



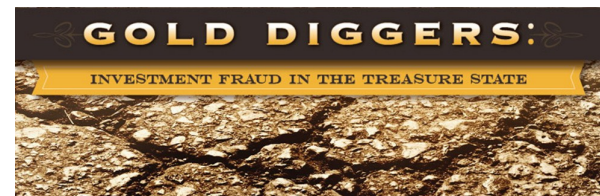
**Three Walking Sticks:** Longer, more difficult walking and/or hiking required. Must be sure footed and have a good sense of balance to participate in these activities. More stamina required.

## **Finally Friday Movie: Gold Digger: Investment Fraud in the Treasure State**

Court TV, Montana Style. This made-in-Montana film, *Gold Diggers: Investment Fraud in the Treasure State*, follows the stories of two of our state's most egregious investment fraud cases while providing tips and advice for spotting scams and avoiding fraud. With the help of award-winning actor and Montana resident Bill Pullman as narrator, the stories in this documentary are told by some of the real Montanans who together lost millions in Heffelfinger and Schlenker cases in Helena and Bozeman, respectively.

For many Montanans, falling victim to investment fraud could mean the loss of an entire life's savings. Unfortunately, too many Montanans are taken every year in schemes and scams that threaten their financial future. Adding to the frustration, few Montanans are aware of the important role played by The Commissioner of Securities and Insurance, Montana State Auditor Monica Lindeen in prosecuting cases of investment fraud and restoring order in the lives of victims.

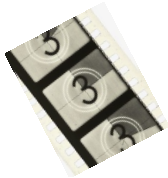
**What:** *Finally Friday Movie*  
**Gold Digger: Investment Fraud in the Treasure State**



**When:** Friday, January 6 at 12:45 pm

**Where:** Card Room

**Details:** We'll provide the popcorn and the movie. In addition, all attendees will receive a ticket for lunch at the Senior Center.



## **Finally Friday Movie The World's Fastest Indian**

We're trying this one again because it is truly worth a watch. This movie is set in 1967 and has nostalgic appeal as well as being a great movie.

The true story of a man who never gave up on his dreams of doing something big -- and doing it very, very fast -- provides the basis for this engaging comedy drama. Burt Munro (Anthony Hopkins) was born in 1899 in Invercargill, New Zealand. From childhood, Munro had a passion for machines that moved fast, and when he was 21 he bought his first motorcycle, an Indian model with a 600 cc engine. Motorcycles became an obsession that stayed with Munro for the rest of his life, as he constantly tinkered with his beloved Indian machine, modifying the engine and frame, determined to see just how fast he could make it run. In 1967, Munro decided it was high time he proved to himself and the world just what he and his machine could do, and he booked passage for the United States, with the goal of breaking the world's land speed record at Utah's Bonneville Salt Flats. As Munro made his way across America to Utah, he discovered not everyone took his dream seriously, but some did, and he made a handful of friends along the way, including Ada (Diane Ladd), a widow who fell for Munro's rough charm, and Fernando (Paul Rodriguez), a car dealer who offered to help him. However, when he finally arrived at Bonneville, Munro was told his machine was unsafe to participate in the time trials, and -- far worse -- he was too old to ride. It took some intervention from a ranking American driver, Jim Moffett (Chris Lawford), before Munro was given his chance to ride the famous Salt Flats. *The World's Fastest Indian* was written and directed by Roger Donaldson, who early in his career made a documentary about the real Burt Munro, *Offerings to the Gods of Speed*. ~ Mark Deming, Rovi

**What:** *Finally Friday Movie, The World's Fastest Indian*

**When:** Friday, January 20, 12:45 pm

**Where:** Card Room or Dance Floor

**Details:** Love movies. Love popcorn. Come to our January "Friday at the Movies" series.



## Opportunities for RSVP January, 2012

### Helena Area Habitat for Humanity Restore and Carpenter's Shop

Habitat for Humanity ReStore is looking for a Handyman or Handywoman!!



Duties are as follows: Deconstruct items where they will achieve a greater profit when sold separately.

Create products out of parts that are available.

Repair broken items for re-sale.

Assist members of the construction team in building or repairing items to be placed in Partner Families houses.

Assist in keeping the store and carpenters shop clean and orderly.

**\*Attention Carpenters! The ReStore has a complete wood working shop for your use.**

The ReStore also needs a Production Assistant



Help donors bring merchandise into the store.

Set up display of items and price for the maximum profit.

Issue receipts to donors.

Call potential customers on the needs list.

Assist in keeping the store clean and orderly.

Help customers and donors feel appreciated.



### Montana Wilderness Association

The Montana Wilderness Association needs someone once a week to do some clerical work and to hand address some thank-you cards.



**RSVP is Proud to be a  
United Way Agency!**



**RSVP**  
**Lead With Experience**

### Grief Support

The holidays can be an especially hard time if you've lost someone. Hospice of St. Peter's will offer a seven (7) week grief support group for those who have experienced the death of a loved one. The focus of the group is to provide participants the opportunity to share their thoughts, feelings and experiences with others who have also suffered a significant loss. Topics of discussion include the grief process, the emotional, physical and spiritual aspects of grief, self care, and coping with the holidays and other significant occasions. The group is for adults, is **free of charge** and **open to the public**. Registration is required. For further information or additional grief resources, please contact Lynne Grant at 447-2464 or email [lgrant@stpetes.org](mailto:lgrant@stpetes.org)



### Wise Words on HOSPICE 101

What exactly is hospice? Do I have to use hospice care? What is the Medicare Hospice Benefit? What parts of Hospice does Medicare pay for? You will get the answers to all of these questions and many more at the Hospice 101 Wise Words on January 13 in the card room. Presented by Rocky Mountain Hospice. Refreshments will be provided.

**What:** **Wise Words** the Hospice Medicare Benefit presented by Rocky Mountain Hospice

**When:** Friday, January 13, 2012  
12:45 pm

**Where:** Neighborhood Center Card Room



### St Peter's Free Health Lectures

These free to the public lectures are on Tuesdays at 6:00 pm at the Hospital's Education Center. You can use the main entrance to get to them. If you don't want to venture out, check your TV. Helena Civic Television (Channel 11) is able to broadcast most of these lectures. Often you can learn about healthy living from your living room.

January 3, 2012, 6:00 pm: Listen Up: About Hearing Loss presented by Michael Dixon, M.D., Ear Nose and Throat Specialist

January 10, 2012, 6:00 pm: Get Moving For the New Year with Zumba presented by Mallory McDowell,  
Personal Training Manager

January 17, 2012, 6:00 pm: Are You Beverage Smart? Liquid Calories,  
Energy Drinks and More presented by Sue Larson,  
Registered Dietitian



Save the Date for our 2012



*Hearts & Flowers Cabin Fever Dinner*



As they did last year, your Helena Senior Center Advisory Council is kicking off 2012 with a special event—a dinner extravaganza. Just when winter seems as if it won't end, join us in the Senior Center Dinner Club on Sunday afternoon, February 26, for a special catered dinner.

Details will follow in the February *Voice of Experience* for exact time and cost, but the Council will again try to make this both elegant and affordable for all. For now, just set that afternoon aside!

**Helena Roundabout—January 2012**

**Farm in the Dell.....**



What do Bishkek, Kyrgyzstan, Saskatoon, Saskatchewan and Helena, Montana have in common? Believe it or not, they all have a Farm in the Dell. The Farm in the Dell International Foundation has worked for nearly four decades to bring a new way of life to the developmentally disabled of the world. The Farm in the Dells, started in Montana and now found far and wide, give back to their communities in amazing ways. Come with us on January 24 at 12:45 pm to tour the local Farm in the Dell facility. The Farm in the Dell isn't just a group home for the developmentally disabled, it's a different way of living for both the residents and the community. Their residents are given the respect they deserve, the treatment they require, the support they need and all the love and care they could want, and, in turn, they are able to help out and fulfill real needs for their communities. Following our tour we will try some of the Farm in the Dell salsa and chips and then return to the Senior Center. \$5.00 reserves your spot on the bus. You can drive yourself to this roundabout, but please let us know you are attending.

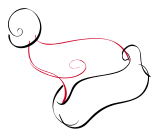
**What: January Roundabout - Farm in the Dell**

**When: Tuesday, January 24, 12:45 pm to 2:30 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. No cost to drive yourself.**

**Details: Get a preview of this developing facility.**



**Our January Giving Back Project  
The Friendship Center of Helena  
Women's and Children's Mittens/Gloves and Hats**



The Friendship Center provides a safe haven and a broad range of support services at no charge for anyone who has suffered domestic violence and sexual abuse. Often the families that are at the Friendship Center left their home with almost nothing. We all know how cold the winter months are in Helena. For January the folks at the senior center will be donating women's and children's mittens, gloves, hats, and warm socks for the families staying at the Friendship Center. You can bring your handmade or purchased items into the Senior Center during the month of January. If you don't have time to make or buy these items, cash donations are accepted. Lets help keep the feet and hands of families in crisis warm.

**When: January 1 to January 31, 2012**



**Where: Bring to the marked bin in the Helena Senior Center Lobby.**



**There's Still Time to Sign Up**

**Artist Carol will teach a painting with acrylics for four Mondays.**



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 (beginning January 9) 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. All supplies are included in this fee.
4. **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.**
5. 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.**





## Director's Column

By Gene Leuwer, Executive Director

As we start 2012, I wanted to wish you a year of good health and fine memories and interesting activities. We feel privileged that you join us in food and fellowship and that you remain interested in all that happens throughout Rocky Mountain Development Council. We appreciate, too, your gratitude for the work that we do. It helps us keep trying to do our best. I wanted to share parts of a letter that our LIEAP and Weatherization staff received. I hope that you'll read it as a reminder to apply for LIEAP if you haven't already – and as thanks for your encouragement throughout the year.

Dear RMDC,

*When you've lived in a mobile home for thirty-four years, you grow accustomed to "the way things are," and you think it's alright the way it is. So you just accept the cold of winter in the back rooms which are a long way from the stove. Sometime, I've thought that maybe I should do something to improve the situation, but have just put it off "until next year." I guess that when you become seventy years old, you just get stuck in the same old gear and life just goes on the way it always has.*

*When we were chosen for your weatherization program, we had no idea, whatsoever, what it would mean to us. Now, after all you have done for our home, we simply can't believe the difference it has made. I'm writing this letter in the room farthest from the stove. It's 34 degrees outside and the temperature here is 72. You can't imagine how wonderful that is to us! Before your work, I would have been in here wearing a sweater and my feet would have been cold, and I would have been so uncomfortable that I wouldn't stay back here. Thank you! Thank you! Thank you! What a difference you have made in the quality of our lives.*

*The men who came to work on our home . . . . were all very understanding and very skilled in the performance of their work. They were very friendly and very cordial in their dealings with us. You are fortunate to have these fine men representing you in the program you provide for the people of Montana.*

*As we cut our firewood for this winter, I often found myself dreading the cold of these next few months. . . . Now after all you have done for us, we feel that we have a new home and a new spirit to face whatever may come. You have blessed our lives so very much and we thank you from the depths of our hearts for making all this possible . . . . Your kindness and generosity will keep us warm for the rest of our lives. . . ."*

**Happy New Year!**

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The Spirit of Service is an annual "Spring Cleaning" event promoted by local businesses and organizations. This year on May 10, 2012 with the make-up day on May 21, 2012 program volunteers will spend the entire day helping homeowners by performing yard work or minor maintenance of their homes. The home must be owner-occupied and the homeowners must be unable to do the work themselves. Homes must be located in the communities of Helena or East Helena. A priority will be given to homes that have not been helped within the last three years.

The service is free of charge to the homeowners. The organizations involved provide the tools, labor and materials required to do the work. The work the volunteers perform is limited to typical spring cleaning chores such as grass cutting, hedge trimming, raking, trash removal, window washing, cleaning of rain gutters, and some painting. Interior work is not a part of the program and volunteers are restricted from entering the homes. The volunteers come from various businesses and organizations in the Helena area.

If you feel that you or someone you know would be eligible for this service, please call Rocky Mountain Development Council at 406-447-1680 to receive an application.