

## Helena Senior Center Advisory Council's

### Summer Picnic Extravaganza

Take advantage of Montana's sweet summer weather and plan to attend the Senior Center Advisory Council's Summer Picnic Extravaganza. This is now the Council's "second annual" such event.

Carpool or drive your way to Spring Meadow Lake's group picnic shelter on Thursday afternoon, August 25 for wonderful fellowship, great food and lovely entertainment. It's the Council's summer "gift" to all our Helena Senior Center advocates and supporters.

Note that we've made some changes from last year: entertainment will come first, followed by our luscious picnic supper. Then you can linger or leave, as you choose.

**What:** Catered Summer Picnic at Spring Meadow Lake

**When:** Thursday evening, August 25 – 3:30 pm to 6:00 pm. (Dinner served at 5:00 pm)

**Where:** Spring Meadow Lake Group Picnic Area/Shelter

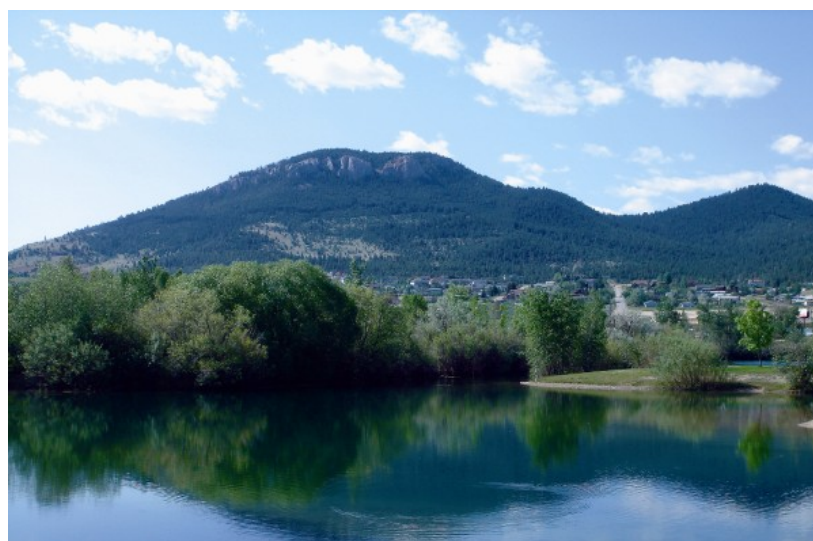
**Cost:** \$15 per person.

**Reservations:** You can reserve your spot with payment to the RMDC Receptionist. All reservations due August 18.

**Details:** Chili O'Briens will again cater a lovely picnic dinner for us. (They provided our great February Hearts and Flowers Dinner.)

Whet your appetite for fried chicken and all the trimmings including baked beans, potato salad, green salad, strawberry shortcake, and ice tea or lemonade.

**You may want to bring your lawn chair so that you can kick back and enjoy some pre-dinner afternoon entertainment.**



**Directions:** Spring Meadow Lake access is off Joslyn Street. Turn in at the main Spring Meadow State Park Entrance. Watch for signs and streamers or balloons for the Group Picnic Shelter. There are a few steps to reach the shelter and our primary seating is picnic tables with benches. There's a handicapped accessible unisex outhouse close by. There's parking for this area, but it will make sense to carpool with friends as much as you can.

HELENA SENIOR CENTER

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# HELENA/EAST HELENA DDC MENU JULY 2011

FOR ADDITIONAL INFORMATION CALL 447-1680

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>Low fat milk served every day at congregate sites, and delivered every Monday to Meals on Wheels customers</p>	<p>(HDM) Means Home Delivered Meals only +++ Congregate Meal in Helena</p> <hr/> <p>Has a full scale salad bar Except as noted</p>	<p>-1 BRATS ON A BUN BAKED BEANS CABBAGE SLAW FRESH FRUIT CHERRY TORT BAR</p>
<p>-4- <b><u>FOURTH OF JULY</u></b>  <u>CLOSED</u></p>	<p>-5- PASTIES WITH GRAVY CAPRI VEGETABLES CRANBERRY SAUCE  FRESH FRUIT (HDM)</p>	<p>-6- CHICKEN A LA KING OVER RICE KEY LARGO VEGETABLES LIMA BEANS PEACHES</p>	<p>-7- STUFFED GREEN PEPPERS RED POTATOES GOLDEN CORN WHOLE GRAIN ROLL/BREAD  MIXED GREEN SALAD (HDM)</p>	<p>-8- <u>BIRTHDAY DINNER</u> BAKED HAM SCALLOPED POTATOES PEAS &amp; CARROTS SPICED APPLE CAKE/ICE CREAM <u>(NO SALAD BAR)</u></p>
<p>-11- OVEN BAKED CHICKEN GARLIC MASHED POTATO GARDEN VEGETABLES ORANGE CRANBERRY SAUCE</p>	<p>-12- SPAGHETTI W/MEAT SAUCE BROCCOLI SPEARS FAVORITE CORN GARLIC BREAD  FRESH FRUIT (HDM)</p>	<p>-13- BREADED VEAL W/ GRAVY STEAMED POTATOES YELLOW &amp; GREEN ZUCCHINI BAKED APPLES WHOLE GRAIN ROLL/BREAD</p>	<p>-14- <u>60'S SINGLES GROUP</u> PULLED PORK SANDWICH POTATO ROUNDS BAKED BEANS APRICOTS  COLESLAW (HDM)</p>	<p>-15- <u>AAPR</u> CHICKEN ROTINI BAKE GARDEN PEAS GLAZED CARROTS 4-BEAN SALAD FRUIT CUPS</p>
<p>-18- BBQ PORK BITS BAKED POTATOES BRUSSELS SPROUTS SPICED APPLE RINGS</p>	<p>-19- ROASTED CHICKEN BREAD STUFFING W/GRAVY GREEN PEAS CAULIFLOWER  FRESH FRUIT (HDM)</p>	<p>-20- BEEF TACO CASSEROLE W/ PINTO BEANS &amp; CORN CHIPS MEXICAN CORN MANDARIN ORANGES</p>	<p>-21- <u>MONTANA POWER</u> POLISH SAUSAGE &amp; SAUERKRAUT STEAMED BABY REDS CARROT COINS CHERRY TORT BAR WHOLE GRAIN ROLLS/BREAD TOSSED GREEN SALAD (HDM)</p>	<p>-22- CHICKEN PARMESAN W/NOODLES ITALIAN VEGETABLES GARLIC BREAD CABBAGE SLAW PEACHES</p>
<p>-25- HOT TURKEY SANDWICH MASHED POTATOES W/ GRAVY CAPRI VEGGIES PURPLE PLUMS</p>	<p>-26- SWEET &amp; SOUR MEATBALLS BROWN RICE PEA PODS KEY LARGO VEGETABLES  FRESH FRUIT (HDM)</p>	<p>-27- PORK ROAST / GRAVY MASHED POTATOES STEAMED SPINACH 4 BEAN SALAD WHOLE GRAN ROLL/BREAD</p>	<p>-28- ITALIAN LASAGNA BROCCOLI SPEARS PEARS GARLIC BREAD  TOSSED GREEN SALAD W/GARBANZO BEANS (HDM)</p>	<p>-29- LEMON GARLIC CHICKEN WILD RICE GARDEN MIX VEGETABLES MIXED BERRY CRISP</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 there is a \$6.50 charge. A VARIED SALAD BAR WITH BREAD OR ROLL IS AVAILABLE DAILY AT THE CONGREGATE SITES.

## Regularly Scheduled Activities For JULY 2011



### Mondays

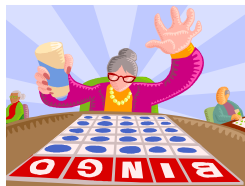
- 9:00—Arthritis Foundation Exercise
- 10:00—Exercise
- 1:00—Whist
- 1:00—Senior Bowling Sleeping Giant Lanes

### Tuesdays

- 9:45—Line Dancing
- 1:00—Pinochle

### Wednesdays

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



### Thursdays

- 9:00—10:30—Coffee & Rolls
- 9:30—11:30—Hearing Aid Assistance (3rd Thursday)
- 9:30—11:30—Blood Pressure
- 9:45—Line Dancing
- 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 July 2011

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

### July 4, Monday. RMDC Closed for the Holiday.

July 7, Thursday, 12:15 pm. **Wise Words** on the August AAA CarFit Program for seniors.

July 8, Friday, 12:45 pm. *Finally Friday Movie: Coal Miner's Daughter.* Card Room or Dinner Club Dance floor.

July 11, Monday, 1:00 pm. Pinochle Tournament. Card Room, Whist in the Parlor.

July 12, Tuesday, 10:00 am to 7:00 pm. Helena Senior Center Advisory Council trip to the Gallatin Valley for Bears and Willow Creek. \$65 payment to the RMDC Receptionist reserves your spot.

July 19, Tuesday, 12:45 pm. Helena Roundabout to the Montana State Fund building. \$5 payment to the RMDC Receptionist reserves your spot on the bus. You can drive yourself at no cost, but please reserve your space with the RMDC Receptionist also. **THIS TRIP WAS RE-SCHEDULED FROM MAY.**

July 22, Friday, 12:45 pm. *Finally Friday Movie: Field of Dreams.* Card Room or Dinner Club Dance floor.

July 28, Thursday, 9:30 am. Helena Senior Center Advisory Council meeting. Conference Room 13.



### Foot Clinic

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

### AARP Driver Safety Program

Wednesday, July 13, 2011, from 12:00 pm to 4:30 pm at the Waterford, 915 Saddle Drive.

Reservations: Voice Message Box @ 457-4712  
or email: [cspeil@msn.com](mailto:cspeil@msn.com).

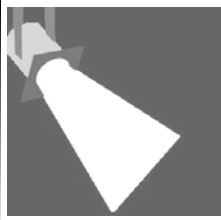


## Stairway to the Stars Prom Much Enjoyed by Those Who Attended

The Helena Senior Center sent a pretty small contingent to the Stairway to the Stars Senior Prom, jointly sponsored by Hunters' Pointe and the Helena Senior Center. But the folks who attended danced the afternoon away. Hunters' Pointe provided great decorations and good food. We supplied the DJ. Nancy, Rose, Mona, and Arlene (who is also a Hunters' Pointe resident) supplied the good spirits.



## RSVP NEWS AND VOLUNTEER OPPORTUNITIES July 2011



### SITE SPOTLIGHT

Take a look at the bulletin board outside the Senior Center. We have been doing site spotlights for our volunteer sites. Currently we are focusing on Food Share. If you are proud of the volunteer site where you work, please let us know and we will spotlight that site. This is your chance to show off what you do!

### SOMETHING FUN TO DO THIS SUMMER!

**You don't have to quit volunteering just because it is summer. We have lots of fun opportunities. Take a look.**

St. Peter's Hospital has volunteer openings. They are in search of Receptionists and Gift Shop Attendants. Volunteering as a **Receptionist** is a great way to get in some exercise as you take people around the hospital. By volunteering in the **Gift Shop**, you can help people find the perfect gift to show a loved one in need that someone cares.

The Chamber of Commerce has started up the Visitor's Center again. They have filled most of their shifts, but they are looking for volunteer **greeter substitutes**. These folks will stand in for a regular who cannot make it and will greet people that are visiting the Helena area and help them find out information about our city. I hear that greeters have a chance to chat with people from all over the world.

The **Gallatin County Dog Show** is headed for Helena again. The dates are September 22-23. I know that lots of people really enjoyed helping with this event. If you are one of those folks, let us know.

Finally, the **Senior Center** needs someone to help with Senior Center set up 1-3 days a week at about 30 minutes each time.

For more information please call RSVP at 447-1680.



RSVP is Proud to be a  
United Way Agency!

**RSVP**  
Lead With Experience

Myrna Loy Theater Helena Senior Center  
JULY 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.

## July Roundabout – A Re-Scheduled Trip

### Go for the Green – Building That Is A Trip through the Marvels of the New Montana State Fund Building

There are always amazing treasures in Helena that we need to discover.

This Roundabout was originally scheduled for May – but was cancelled when our host organization had a conflict. So we've rescheduled for July. Several individuals already signed up for the trip in May. We'll give them the first opportunity to sign on for July, but have a few spots left. Also, individuals can drive over and meet the tour.

The plan is to go to the brand new **Montana State Fund Building** located at the corner of Front and 14<sup>th</sup> Streets (not far from the Great Northern Town Center). Once there, Communications Specialist Carl Kochman will provide a guided tour of this amazing sustainable, green, low-energy building. We'll learn about the roof planted in sedum grasses; cisterns that capture rainwater; deliberate use of natural light; how heat from computer banks help de-ice sidewalks—and much more. The building was also constructed with as many local products as possible, so we'll also see slate floors quarried in Lewistown and furniture made of Montana wood.

The Montana State Fund employs 270 people. It provides workers' compensation coverage to over 28,000 employers around Montana.

**What:** July Roundabout - Montana State Fund Green Building

**When:** Tuesday, July 19, 12:45 pm to 2:30 pm

**Where:** Leaving from the Helena Senior Center.

**To register:** First \$5 payment to the RMDC Receptionist. Individuals who paid for this trip in May will have the first opportunity to sign up, but there are some slots still available. Others can drive over—but need to register so we can plan treats.

**Details:** This Roundabout involves walking throughout a large office building—so judge your capabilities accordingly. We're fortunate to have an enthusiastic guide. And we'll enjoy treats in one of the building's conference rooms.



### Finally Friday MovieS: “Coal Miner’s Daughter” and “Field of Dreams”

July is a “not to be missed” movie month.



For those of you, planning to see Loretta Lynn in concert in August (one of the Helena Senior Center Advisory Council's special summer trips), this movie will provide valuable background. For those of you unable to go on the Loretta Lynn concert trip, this movie will give you a taste of that experience. In this 1980 film, Sissy Spacek stars as Loretta and Tommy Lee Jones stars as her husband, Doolittle. Here's a short film summary: “Loretta was married at 13. She had four kids by the time she was 20. She's been hungry and poor. She's been loved and cheated on. She became a singer because it was the only thing she could do. She became a star because it was the only way she could do it.”

Also in July, how could we not have a movie about baseball. Starring Kevin Costner and James Earl Jones, *Field of Dreams* is now a classic. Here's a description: Iowa farmer Ray Kinsella hears a voice in his corn field telling him, "If you build it, they will come." He interprets this message as an instruction to build a baseball field on his farm, upon which appear the ghosts of Shoeless Joe Jackson and the other seven Chicago White Sox players banned from the game for throwing the 1919 World Series. When the voices continue, Ray seeks out a reclusive author to help him understand the meaning of the messages and the purpose for his field.”

**What:** *Finally Friday Movie: Coal Miner's Daughter*

**When:** Friday, July 8, 12:45 pm (125 minutes, PG)

**Where:** Card Room or Dance Floor

**What:** *Finally Friday Movie: Field of Dreams*

**When:** Friday, July 22, 12:45 pm (107 minutes, PG)

**Where:** Card Room or Dance Floor

**Details:** We'll provide the popcorn and the enthusiasm



**DON'T FORGET  
RMDC IS CLOSED  
MONDAY, JULY 4  
FOR  
INDEPENDENCE  
DAY!**



Helping Mature Drivers Find Their Safest Fit



To promote safe senior driving, the Rocky Mountain Development Council Senior Center will host a CarFit event in conjunction with AAA. The CarFit event will be conducted in the parking lot of the Rocky Mountain Development Council Neighborhood Center/Senior Center on Saturday, August 6, from 9:00 am to 1:00 pm

CarFit is a national educational program created by the American Society on Aging and developed in collaboration with AAA, AARP and the American Occupational Therapy Association. The CarFit program is designed to improve the "fit" between mature drivers and their vehicles followed by actions they can take to enhance comfort and safety behind the wheel. Education will be provided about adjustments such as the position of the driver's seat, mirrors and steering wheel that can help drivers better view the road and maintain control of their vehicle.

Trained CarFit volunteers will review a 12-point checklist with the older driver and their vehicle, provide education on vehicle adjustments that could improve their comfort and safety behind the wheel. CarFit offers specific, practical community resources to help older drivers maintain and strengthen their wellness to extend their safe driving years. An occupational therapist also will be on hand to provide information to older drivers on how to maintain and strengthen driving health. CarFit is a free, community event and a CarFit appointment takes approximately 20 minutes to conduct. Please contact Tara Hanley at 406-447-8145 or [thanley@mtw.aaa.com](mailto:thanley@mtw.aaa.com) to register for this event or for more information.

**What:** CarFit Event – Just for You!  
**When:** Saturday, August 6, 9:00 am—1:00 pm.  
**Where:** Neighborhood Center Parking Lot

**Critical Details: Free – BUT – MUST BOOK an Appointment. Call Tara at 447-8145**

**Can handle only 20 cars/drivers during this event. Call today to make an appointment.**

Come to this **July Wise Words** to get ready for a great August event!

### Wise Words on our August CarFit Event

On the first Saturday in August, the Neighborhood Center parking lot will be transformed into an unique and free safety event for senior drivers—CarFit. CarFit is a national educational program created by the American Society on Aging and developed in collaboration with AAA, AARP and the American Occupational Therapy Association. The Helena Senior Center is collaborating in sponsoring it. The event gives us all information on how to be better drivers and to make our cars the safest they can be.

For this **Wise Words** program, Tara Hanley, Assistant Manager, Public Affairs, AAA MountainWest will come in person to introduce us to this special event. While the event is free, you do have to book an appointment, and while Tara is here, you can do so.

**What:** **Wise Words** on our August CarFit Event  
**When:** Thursday, July 7, 12:15 pm  
**Where:** Daily Dinner Club

**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!!!

### Summer Schedule Changes

Here are the ongoing variations in our usual winter scheduling.

**Exercise Class with Sharon.** Sharon's grabbing a breather, but the group continues to exercise to DVD's on Monday and Wednesday morning.

**Learn the Lines Dancing,** held on Tuesday and Thursday afternoons during the winter, is now on vacation. First class of next fall will be October 18.

**Morning Line Dancing.** The Tuesday and Thursday morning line dancing class that Mona Branning teaches continues through July, but takes a break in August.

**Crafty Quilters** return in September.

**Tai Chi with Suzy** resumes on Wednesday and Friday mornings at 10:45 am in July.

## RMDC TO HAVE EXTRA FOOD FOR SENIORS

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

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

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

If your last name begins with the following initial, you may pick up the food on the date after your initial.

M-Z Wednesday, July 27, 2011 from 9:00 am—11:00 am

A-L Thursday, July 28, 2011 from 9:00:00 am—11:00 am

East Helena Monday, July 25—United Methodist Church,  
50 Prickly Pear 2:00 pm to 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 further information or questions call RMDC at 447-1680.

## REMEMBER

**Tai Chi with Suzy begins again on Friday, July 1.**

**Thanks to the Helena Senior Center Advisory Council for their support.**



## Helena Senior Center Advisory Council Trips OPEN FOR SIGN-UP Right NOW

**Still Time (and so far space) For These Great Helena Senior Center Advisory Council Trips**

### SIGN UP TODAY

#### July: Willow Creek and Bears

**When:** Tuesday, July 12, 10:00 am to 7:00 pm

**What's Involved:** We'll begin our day with lunch at the Belgrade Senior Center, a hub of vibrant activity in the Gallatin Valley. Then we'll head east beyond Bozeman to the Montana Grizzly Encounter—a wildlife refuge for bears that cannot be returned to the wild. Encounter bears have been featured in National Geographic specials and other national media. They are housed so that we can be up close and personal—safely. In the late afternoon, we'll enjoy ribs or chicken at the Willow Creek Inn, a lovely small town historic setting made famous by Stanley Gordon West's book *Blind Your Ponies* about Class C basketball and our first loves. We'll wander home on back roads—full and happy and better educated.

**Cost: \$65**—which includes transportation, snacks, lunch, dinner, admission to the Montana Grizzly Encounter, and all gratuities.

**Register:** You are registered when you have paid the RMDC Receptionist. Need 30 participants to go.

#### August: Loretta Lynn and Some Fine Italian Dining

**When:** Tuesday, August 16, 3:00 pm to Midnight

**What's Involved:** Enjoy an evening with the real coal miner's daughter, Loretta Lynn, as she performs live in concert at the Mansfield Theater in Great Falls. Before we take our main floor seats at the Mansfield, we'll eat at Borries Family Restaurant in Black Eagle, treated to a combo of broasted chicken and Italian pasta and all the trimmings.

**Cost: \$120** – which includes transportation, bus snacks, dinner at Borries, tickets to Loretta Lynn for main floor seating, and all gratuities.

**Register:** You are registered when you have paid the RMDC Receptionist.

45 seats available only. After July 1, no refunds except for medical emergencies. (Tickets had to be purchased early for this event.)



# Director's Column

By Gene Leuwer, Executive Director

I hope that when you read this you are enjoying a beautiful Montana summer. It's sure been hard to get past the rain and cool temperatures.

Speaking of weather and how we cope with it, I wanted to share some statistics from our Energy Assistance program. The numbers remind us that many people in our community could use a hand with heating bills and in making their homes a little more efficient. During this past winter, RMDC processed 2,357 LIEAP applications. In the past year, Energy Share helped 158 homes—an increase of almost 40 homes. Since September 2009, RMDC's crews have weatherized 305 homes. Stimulus funds contributed significantly to the increased number of homes we could serve.

This summer, watch for news about Energy Saver Classes—a new Energy Assistance program that our staff will oversee. It's funded with a special grant that we received last fall designed to help homeowners reduce the energy that they use.

RMDC was excited to learn that Helena Housing Authority (HHA) received a \$500,000 grant from the Department of Housing and Urban Development. The grant gives HHA the ability to construct an early childhood education and job training facility close to concentrations of public housing. RMDC staff helped to write the grant and will be involved in several ways in helping to plan the new facility. RMDC and HHA are also partnering with the Helena School District, The University of Montana-Helena, Florence Crittenton and other organizations in that Mid-Towne/Sixth Ward neighborhood to make that entire area more functional and sustainable. Helena Housing residents have been clear in telling us that easy access to good child care and job training helps them significantly. The new facility will replace the 1970s-constructed Early Learning Center, full-day Head Start classroom. Our Head Start folks are looking forward to a space really designed with today's children and families in mind. Helena was one of only ten communities in the nation to get funding for this innovative program.

Please continue to tell your friends and family about the availability of subsidized housing in the beautiful new Big Boulder complex. The buildings are well-designed and the views of the Elkhorns and the Boulder Valley are pretty striking. Call RMDC's property manager, Jeff, at 461-3676, to talk about how you or those you know might qualify.

Kudos to our Nutrition staff in Helena and in Augusta for both receiving the Lewis & Clark County Silver Fork Award. The Award recognizes our kitchen's success in meeting food safety standards as they serve home-delivered and Dinner Club meals. Congratulations also to Charles Aagenes, RMDC's Program Manager for Area IV Agency on Aging, who received the Interagency Committee for Change by Women's Public Sector Excellence in Leadership Award.

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

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## Thank You for Your Generosity

Thank you very much for your creativity and generosity in creating "Christmas in July" for Home Delivered Meal Clients. Your gifts

will be delivered early in July. I am so thankful for the caring and sense of community that you share with all the clients that Rocky serves.

