



## Join Us on the Stairway to the Stars

### A Prom for Seniors



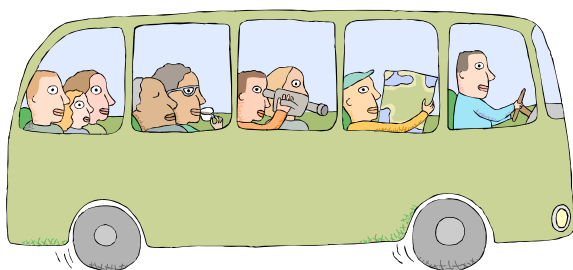
**What: Stairway to the Stars – A Prom for Seniors.**

Hunters' Pointe and the Helena Senior Center are teaming up to sponsor a prom for Helena Senior Center members, Hunters' Pointe residents and other Helena area seniors.

**When:** Saturday, June 11; 12:30 pm – 4:00 pm (11:00 am if you are coming for some make-up touch-ups.)

**Where:** All events at Hunters' Pointe.

**Cost:** \$10 for all folks who don't live at Hunters' Pointe.



**Transportation:** Helena Senior Center will provide its members with RMDC bus transportation to and from their homes that day, with prior requests.

**To register:** Hunters' Pointe residents sign up there. Helena Senior Center members sign up with RMDC Receptionist with payment.

**Additional Activities:** Hunters' Pointe residents and Center members will gather at **Hunters' Pointe on Wednesday, June 8, at 11:00 am to create corsages from silk flowers.** If you have old bouquets to donate to the cause, bring them to Marcella's office and if you'd like to help in that corsage making project, call or stop by Marcella's office to let her know. What fun!



**You've told us you wanted a dance!  
Don't miss this great opportunity.**

HELENA SENIOR CENTER

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www.rmhc.net

**HAPPY FATHER'S  
DAY!**



# HELENA/EAST HELENA DDC MENU JUNE 2011

FOR ADDITIONAL INFORMATION CALL 447-1680

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		-1- BARBECUE CHICKEN POTATO ROUNDS MIXED VEGGIES FRUIT & CABBAGE SALAD CORN BREAD	-2- PORK BITS & SAUERKRAUT BABY RED POTATOES PEACHES COOKIE  GREEN SALAD (HDM)	-3- SLOPPY JOE ON A BUN POTATO WEDGES BOSTON BAKED BEANS CARROT/RAISIN SALAD
-6- SWEET & SOUR PORK (Pineapple and Peppers) BROWN RICE JAPANESE VEGGIES SNAP PEAS	-7- SWISS STEAK (CARROTS, CELERY, ONIONS, TOMATOES) EGG NOODLES BRUSSELS SPROUTS WHOLE GRAIN ROLLS FRESH FRUIT(HDM)	-8- LEMON GARLIC CHICKEN BABY RED POTATOES LIMA BEANS APRICOT HALVES WHOLE GRAIN ROLL/BREAD	-9- MEAT LOAF MASHED POTATOES & GRAVY GREEN BEANS PINEAPPLE  GREEN SALAD/ GARBANZOES (HDM)	-10- <u>BIRTHDAY DINNER</u> ROAST PORK W/ GRAVY WILD RICE DICED BEETS PARSLEY CARROTS CINNAMON APPLESAUCE WHOLE GRAIN ROLL CAKE & ICE CREAM <u>NO SOUP OR SALAD</u> <u>BAR</u>
-13- CHICKEN ALA KING (CARROTS, PEAS) BUTTERMILK BISCUIT MIXED VEGGIES PICKLED BEETS MANADARIN ORANGES	-14- <u>FLAG DAY</u> PULLED PORK ON A BUN POTATO WEDGES 4- BEAN SALAD  FRESH FRUIT (HDM)	-15- BAKED HAM (Pineapple Sauce) COMPANY POTATOES BROCCOLI SPEARS STEAMED CARROTS WHOLE GRAIN ROLL/BREAD	-16- <u>KITCHEN STAFF</u> <u>TRAINING</u> <u>DDC IS CLOSED</u>  <u>HDM ONLY MENU</u> MONTANA PASTY APRICOTS CINNAMON APPLESAUCE TOSSED SALAD	-17- <u>FATHERS DAY</u> <u>BARBEQUE</u> AARP BRAT OR HOT DOG BAKED BEANS CORN WITH RED PEPPERS FRUIT IN SEASON BROWNIES NO SALAD BAR
-20- BBQ BITS SCALLOPED POTATOES STEAMED CABBAGE CAPRI VEGGIES WHOLE GRAIN ROLL/BREAD	-21- SPAGHETTI WITH TOMATO AND MEAT SAUCE ITALIAN VEGETABLES GARLIC BREAD FRESH FRUIT (HDM)	-22- CHICKEN ALA ORANGE ROTINI NOODLES ZUCCHINI MIXED FRUIT 4- BEAN SALAD	-23- <u>MONTANA POWER</u> ROAST TURKEY BREAD STUFFING & GRAVY GREEN & WAX BEANS PEACH CRISP GREEN SALAD & KIDNEY BEANS ( HDM)	-24- BAKED FISH RICE PILAF GARDEN PEAS KEY LARGO VEGETABLES CRANBERRIES <u>NO SOUP OR SALAD</u> <u>BAR</u>
-27- HAMBURGER STEAK W/ MUSHROOM GRAVY PARSLEY POTATOES STEAMED SPINACH WHOLE GRAN ROLLS/BREAD PLUMS	-28- CHICKEN TETRAZZINI BROCCOLI SPEARS PEAS & CARROTS WHOLE GRAIN ROLL/BREAD  FRESH FRUIT (HDM)	-29- SWEDISH MEATBALLS MASHED POTATOES GREEN BEANS BRAN MUFFIN FRUITED JELL-O	-30- HAM, CHEESE, RICE CASSEROLE BRUSSELS SPROUTS MIXED VEGETABLES WHOLE GRAIN ROLL/BREAD GARDEN SALAD W/ BLACK BEANS (HDM)	- Low fat milk served every day at congregate sites, and delivered every Monday to Meals on Wheels customers

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 SITE S.

## Regularly Scheduled Activities For JUNE 2011



### Mondays

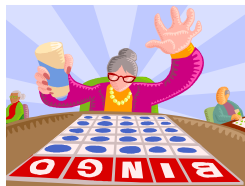
- 9:00—Arthritis Foundation Exercise
- 10:00—Exercise
- 1:00—Whist
- 1:00—Senior Bowling Sleeping Giant Lanes

### Tuesdays

- 9:45—Line Dancing
- 1:00—Pinochle

### Wednesdays

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

### Sundays

- 1:00—Pinochle



## Senior Center Event Roundup June 2011

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

June 8, Wednesday, 11:00 am. Prom Corsage Making at Hunters Pointe.

June 9, Thursday, 12:15 pm. **Wise Words** video on How to Get Up from a Fall.

June 10, Friday, 12:45 pm. *Finally Friday Movie: Calendar Girls.* Card Room.

June 11, Saturday, 12:30 pm. Prom at Hunters Pointe. \$10 payment to the RMDC Receptionist reserves your place and gives you the opportunity to request transportation.

June 20, Monday, 12:00 pm. Area IV Agency on Aging Annual Staff Orientation to Services. Daily Dinner Club.

June 20, Monday, 1:00 pm. Medicare 101 by Area IV Agency on Aging staff. Card Room (Whist in Parlor).

June 21, Tuesday, 12:45 pm. Helena Roundabout to the FWP Wildlife Center at the historic Steadman Foundry. \$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.

June 23, Thursday, 9:30 am. Helena Senior Center Advisory Council Meeting. Conference Room 13.

June 24, Friday, 12:45 pm. *Finally Friday Movie: The Man From Snowy River.* Card Room.

June 25, Saturday, 8:00 am. Helena Senior Center Advisory Council Trip to the Sentimental Journey Quilt Show, Hamilton, MT. \$60 payment to the RMDC Receptionist reserves your spot.

## Medicare 101: Learn the A, B, C & D's of Medicare

Staff from Area IV Agency on Aging will offer free and objective information about traditional Medicare, Prescription Drug Plans, Medicare Advantage, and Medicare supplemental insurance. The public is invited to a seminar on Medicare that will be held on Monday, June 20, 2011 at 1:00 pm in the Card Room at the Neighborhood Center, 200 South Cruse Ave., Helena.

This is an opportunity for those nearing Medicare eligibility to ask and learn about the many choices they must make when signing up for Medicare. It's also a great refresher course for current Medicare recipients. It will start with a Medicare overview and details about each of the sections of Medicare. A Q&A session where we can learn by hearing answers to our own questions and also from others attending will follow.

- What:** Medicare 101 Seminar offered by the Area IV Agency on Aging Staff
- When:** Monday, June 20 at 1:00 pm
- Where:** Neighborhood Center/Senior Center Card Room
- Reminder:** Medicare is confusing for EVERYONE. Don't miss this opportunity to get the basics straight and your questions answered.

For questions or more information call Karen at 457-7352, Sandra at 457-7358 or Heather at 457-7357.

  
Area IV Agency on Aging

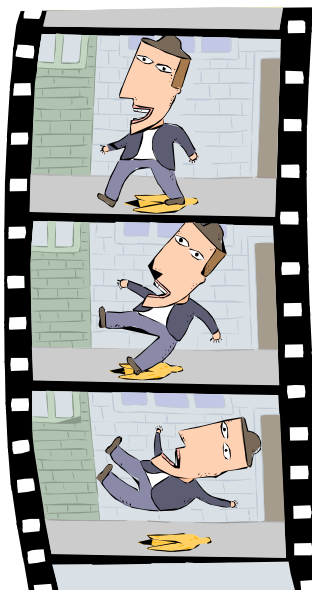
### Free Birthday Lunch Coupon

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.



## Wise Words Video – on How to Get Up From a Fall



Falls happen—more than we wish. But learning how to get up when we've fallen, how best to make that move, can make a real difference in how or whether we recover. Being on the ground for any length of time can trigger a variety of changes in our bodies that add to the trauma of a fall. So it's worth learning how to get back on our feet as quickly and safely as we can.

Lee Guay, our speaker on the St. Peter's Lifeline program gave me a great four-minute video that illustrates HOW to get to our feet safely after we've fallen. This will be a special kind of **Wise Words** program. I'll have the TV on the Dance Floor and run this little DVD several times as folks finish lunch and are ready to head out of the Dinner Club.

- What:** **Wise Words Video on How to Get Up From a Fall**
- When:** Thursday, June 9, 12:15 pm
- Where:** Daily Dinner Club
- Details:** A very short and informational video for you to review.

## AARP Driver Safety Program



Thursday, June 9, 2011, from

12:00 pm to 4:30 pm at Mountain West Bank, 2021 North Montana Avenue. Enter lower level at Poplar Street

Thursday, June 23, 2011 from 12:00 pm to 4:30 pm at Mountain West Bank—East, 2728 Colonial Drive, Entrance at rear of building—lower level.

Reservations: Voice Message Box @ 457-4712

or email: [cspeil@msn.com](mailto:cspeil@msn.com).

## And the Crafty Quilters Quilt Raffle Winners ARE:

**Jerome Loendorf** won the twin-size tied flannel quilt made by Lucy Dutton and **Shirley Bennett's** name was drawn for the "Snail's Trail" hand stitched heirloom quilt that the Quilters have worked on throughout the year. Congratulations!



Eight of the Crafty Quilters joined us for lunch on Friday, May 6. That gave us an opportunity to thank them for their gifts of warmth, skill and caring for so many in the community, including all of us at the Helena Senior Center.

Thanks to every single one of you who purchased raffle tickets. We appear to be right on track to realize about \$1,200 for the Center. Many of you were still purchasing tickets moments before the Quilters drew the winning tickets! Proceeds enable us to purchase supplies for the Quilters and to continue to improve the Center's function and appearance.



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## Making a Little Christmas— for Someone Else



In June, we'll get ready to help some very deserving folks celebrate a little Christmas-in-July. We've asked our Home-Delivered Meal clients for little items that they might enjoy. Many of those clients cannot get out shopping on their own and may not have family close by.

I'll put their wishes (anonymously) on a little specially decorated Christmas tree in the lobby. You can choose a slip or two, purchase the requested items and return them to me for July delivery to the people who requested the items.

Why not bring the holidays into the summer – and know again the joy of giving without any expectation of recognition!!



## Summer Schedule Changes

As we start the turn in seasons toward summer (that **very brief** phenomenon in Montana), we experience a few changes in the Helena Senior Center schedule.

**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 will continue into the summer and welcomes dancers from the afternoon class. Mona will take vacation time in August.

**Writing Your Life Class** has ended for this season. Thanks to all the writers who contributed samples of their work to several issues of the *Voice of Experience*. Don't miss Anna Jones' article in this issue! We hope to be able to re-start a similar class next fall.

**Crafty Quilters** are again taking a break for the summer.

**Art Class with Carol** has ended for this school season. We hope to re-start this class in the fall.

**Tai Chi with Suzy** is taking a June vacation, but Suzy has provided us with a video that the group can use during June. Watch for details in July *Voice of Experience*, but we hope to restart Suzy's live class in July.

During the summer, if **family members or friends visit you**, we hope that you'll bring them into the Helena Senior Center for a meal or to join you in an activity. Everyone's welcome!

## Save the Date! Helena Senior Center Advisory Council Spring Meadow Lake Picnic



Your Helena Senior Center Advisory Council will again sponsor a traditional summer picnic, complete with fried chicken, on **Thursday afternoon and early evening, August 25**. We liked Spring Meadow so much we're returning to that lovely picnic shelter on the lake. Details will follow in the July *Voice of Experience*, but mark your calendar now!

## Senior Spotlight: June

Anna Jones was another participant in Marilyn Grant's "Writing Your Life" class. Marilyn offered class participants a variety of formats that might best capture the memories that they wanted to preserve. Anna Jones chose to write a series of letters to her grandchildren, using the structure of a letter to tell different episodes from her remarkable life. Anna willingly shared this amazing story and photo. As you finish reading this story, I think you'll wish that Anna would just keep writing.

Excerpts from  
**OCHO, OCHO**

Letters to My Grandchildren  
Anna Jones

I remember Mattea requesting, when she was about five, "tell me a story about when you were little." I've always regretted that I really didn't know where to begin, so I didn't. Now I would like to begin. And I will write the story as letters to each of my eight remarkable grandchildren. I will be putting memories down as I recall them, at least after I begin having memories. My versions will be mine and may not jibe with others who went through most of the same events. Though they maybe accurate, inaccurate or twisted, they will be recorded the way I remember them occurring at that time of my life.

I was born at the mission hospital in Hoihow (now Haikow) if you want to locate it), the northern port city of Hainan Island, on November 8, 1934. Hainan is a large, lush, tropical island off the farthest southern tip of China. My parents were fraternal workers with the Church of Christ in China. Or some would say they were Presbyterian missionaries. Both of them believed completely in working together with their Chinese colleagues, not over them.

I hear we lived first in Kingchow, the ancient provincial capital, then about three miles south of Hoihow (Haikow currently). Now it is completely swallowed up by the city of Haikow. Within three years, two siblings, Henry and Priscilla, became part of my life. While I was three years old we moved to the mission station at Nodoa, in the island's interior, to escape what I have been told was constant bombing of the coastal

cities by the Japanese Air Force.

Our home was sturdy, simple and small, but seemed big to me. Made of local stone or brick and concrete to resist typhoons, it had a long living/dining room down the middle. On both sides of that were two identical smaller rooms, on one side the study and busy guest room, and on the other the family's two bedrooms. In Chinese fashion, the kitchen was semi-attached to the house, several steps down, and connected by a covered walkway to various utility rooms and housing for some of the servants. It made a sort of courtyard of the back yard. There were verandas on much of three sides of the house; the larger one was screened from the swarms of mosquitoes. It was a playroom for Henry and me and a bedroom in the very hottest weather. We were surrounded by all sorts of lush tropical foliage. Orchids hung from the branches of a large tree in the front of the house.

Our house was the smallest in a mission compound or enclosure. The church was just behind us in a smaller compound of its own. I recall very little about the adjoining enclosure housing the hospital and school, but am sure it must have been larger. A gate in the wall for the church opened onto a town lane with a long narrow corridor leading up the incline beside the church. A large wrought metal double gate on one side of our compound accessed the main road beside the graveyards. In those days graveyards were endless, it seemed to me, acres of small mounds, some marked and many very ancient. Because the land was considered haunted by evil spirits, several mission stations in Hainan were able to purchase land on or beside them cheaply.

Nodoa was an interior station. It made little difference that it had no running water, electricity, phones or other modern amenities. Neither did other stations back then. I remember a long dusty, tiresome trip over very basic dirt roads to the other stations. I would invariably get sick to my stomach. Nodoa was close to the mountain homes of the Loi tribesmen. They were one of China's many ethnic groups regarded by the Han Chinese in the condescending way most first peoples have been looked on by most nations. Daddy had joined the hardy group of men, American and Chinese, who had been evangelizing the Loi, for many years. This meant long, sometimes dangerous walking over mountain trails for days at a time. Daddy was gone a lot. At times he was unable to avoid trying to mediate feuds between Christian and animistic clans. Conditions in the mountains were primitive and isolated. I heard my folks and their coworkers snickering over the journalist from *National Geographic* who came to Nodao to be guided into the Loi area and returned to write of his perilous journey into country where "no white man had ever been."

## Senior Spotlight Continued

I recall the time a small group of Loi men came down to Nodoo. Perhaps they were needing Daddy's help in mediating another dispute. As he prepared to return with them, they stood around the grounds, probably marveling at the wonders of civilization. Meanwhile, I was marveling at men clad in public only in G-strings. My curiosity impelled me to crawl between the legs of one of them for a better look at how the contraptions worked. He complained to my mother and I learned that I was engaged in impolite behavior.

I recall a time when Daddy was caught in a typhoon while he and Chinese colleagues were traveling the back country in our Model A. Remember, there were no weather reports back then or other means of communication except some letters and word of mouth. After several days without word, they showed up at the gate, the canvas top of the car shredded away. Daddy was wearing a handkerchief on his head and was filthy, but looked delighted. I'm sure that hardly describes Mother's feeling of relief.

Henry was subject to the croup, and I recall eyeing him bed in the guest room, under a canopy of sheets, with mother shooting steam from a boiling kettle under them. She must have been there all night, or most of it, since the only method for heating the water would have been with charcoal in a clay hibachi and she certainly would not have left a curious little boy alone. I don't recall cutting off Henry's treasured curls, (I suspect jealousy) though there are photos of the barber having to finish the job. I do remember sitting on the concrete floor of the attached kitchen when Henry choked on a bone, and Mother rushed in, grabbed his ankles, and shook him upside down till the bone fell out on the floor. For a while before they left for "home," (The United States was always referred to as "home" by the Americans I knew then.) Yola, the doctor's daughter and I were playmates. I can visualize the time Henry dropped the heavy lid of our rabbit hutch on Yola's fingers. There was a lot of screaming and tears. Henry and I must have been really naughty the time Mother cut hibiscus twigs from the hedge behind the house, stripped off the leaves, and switched our legs with the bare branches.

I also had other playmates and pretty much had the run of the compounds where I would stop in and visit with workers in whatever local dialect they spoke. I understand I was verbally precocious and would sometimes translate for my mother, whether she needed it or not.

Our family from "home" sent a package of huge animal-head balloons. We'd never seen balloons before, not to mention these bouncing wonders. I recall standing in our cribs, remember we were four and under, bopping them back and forth with Chinese staff from all over the compound who had come to see these marvels.

When Mother had a few moments and mosquitoes weren't too bad, she might sit on the lawn shaded by our front tree, with Priscilla on the blanket beside her and crochet squares for an afghan I still have. Sometimes she would put Pris in the large baby buggy and we'd go for a walk. One day we were on our way down the narrow corridor beside the church that led out into town when there was a thunderous roar. An airplane flew very low directly over us and began strafing the lane we were about to turn onto. In what seemed like seconds our cook, Ma Tun, and Sing lap, the gardener, were there. Ma Tun took Henry under one arm and me under the other. Improbably, Sing lap turned the heavy old buggy around in midair, and we all dashed for the house.

It didn't seem very long after that I wanted to go out the front door of the house after getting up one morning and couldn't. Every inch of the verandah floor was crowded with terrified women and children squatting there so quietly I had heard nothing. The Japanese forces had arrived in Nodoo. It was 1939. War had been waged in China since 1937 but the Pearl Harbor attack was still in the future, so the mission stations were neutral territory. I have been told the refugees were there for some time, but I soon became accustomed to the crowds and don't recall how or when things calmed down. I know we took no more walks into town. One day an older Chinese playmate and I were on the swings not far from the main gate to the outside road. A Japanese soldier appeared at the gate, which was locked of course, and called to me. He and I got into quite a conversation; I don't know if he spoke English or a local dialect, interchangeable as far as I was concerned. My companion was terrified and hung far back. Though tow-headed, I may have reminded him of family in Japan with my straight Dutch-boy bobbed hair style and chunky four-and-one-half year-old.

In those days of extended liner crossings, mission furloughs came about every five years and lasted a year. It was past time for ours. Somehow arrangements were made with the Japanese command. I only know that one day we were told to prepare immediately. It was June 6, 1937, and we were celebrating Priscilla's second birthday. We stopped the party and hastily stuffed all we could into our Model A, now with a new canvas top, leaving just enough room for five bodies. I recall that for years Daddy regretted leaving behind his bedroom door all his precious slides of his earlier travels through Asia. We drove to the island's west coast where we abandoned the car on the beach and boarded a Chinese junk bound for French Indochina (now Vietnam). Accommodations on a junk are topside, hopefully with a canopy. I recall it briefly as a new adventure and expect I had many conversations with the crew. I recall the large city of Haiphong vaguely. Then we were on our way to Hong Kong, with which we were familiar. Soon we were on a ship headed "home."

## Area IV Agency on Aging Staff Dinner Presentation

Our very helpful friends from our Area IV Agency on Aging office will join us for lunch on Monday, June 20 to remind us of the services that they offer. Sandra, Heather and Karen make similar presentations in senior centers throughout Broadwater, Jefferson and Lewis & Clark counties. So it's our turn to be reminded of the many subjects and dilemmas that our Information and Assistance and State Health Insurance Counselors can tackle with us.

**What:** Area IV Agency on Aging Update over Dinner

**When:** Monday, June 20 over Dinner

**Where:** Dinner Club

**Details:** Note that this presentation precedes a "Medicare 101" session on the same afternoon.

## VOLUNTEERS NEEDED FOR VISITOR CENTER

The tourist season is right around the corner and it's time again to open the Helena Visitor Information Center located off Highway 12 East in the Wal-Mart parking lot. RSVP and the Helena Area Chamber of Commerce are looking for volunteers to help staff this center. Volunteers greet visitors, provide area tourist information and give directions to locations throughout the city and state. The Chamber's Visitor Center is open seven days a week and volunteers are needed for 3 hour shifts either morning or afternoon and a 2 hour early evening shift, (one or more days a week). Brochures and resource materials are available for reference and to distribute. This is a great way to meet people from all over the country and all over the world. In fact, last year, volunteers greeted visitors from every state and over 30 foreign countries. If you'd like to meet people from all over Montana, the nation and the world, plus share information about our community, give Micky or Renee a call at 447-1680 or Rhonda Retz (Chamber Office) at 442-4120!!

Myrna Loy Theater Helena Senior Center

JUNE 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.

## June Roundabout - Montana Wild to the The Montana Department of Fish, Wildlife, and Parks Wildlife Education Center



Remember our April baby bear shower? We were helping the little bears that the Montana Department of Fish, Wildlife and Parks (FWP) tries to raise and return to the wild. Adjacent to the space with FWP raises such animals with as little human contact as possible, they've teamed up with the Montana Wildlife Foundation, the Foundation for Animals and the Helena National Forest to create the Montana Wild, a learning center. It's situated in the historic Steadman Foundry buildings close to Spring Meadow Lake. And while the FWP crew is just getting this facility launched, they are delighted to host us in our first summer roundabout.

After we've checked out this new facility in a grand old space (we'll see features such as a living stream), we'll head over to Spring Meadow Lake for a little time to wander while we eat our snacks.

For this Roundabout, you're welcome to take the bus over. Or, you can drive—although we do need to know that you are attending.

**What:** June Roundabout - Montana Wild Education Center in the Steadman Foundry Buildings.

**When:** Tuesday, June 21, 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 on the west edge of Helena.



## Foot Clinic

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



**Helena Senior Center Advisory Council Trips  
OPEN FOR SIGN-UP Right NOW  
YOU can sign up right now for June, July AND August trips.**

**June: A Sentimental Journey Quilt Show And More, Hamilton, MT**

**When:** Saturday, June 25 from 8:00 am to about 7:30 pm.

**What's Involved:** Our primary destination is the *Sentimental Journey Quilt Show*, featuring displays of more than 300 quilts, demonstrations and food concessions. It's a flea market and a farmers' market and quilt feast for your eyes. We'll tour the Daly Mansion and stop at the Cracker Barrel in Missoula for your choice of supper on the way home.

**Cost: \$60** – which includes transportation, bus snacks, admission to the quilt show and the Daly Mansion, bus driver gratuities. Note that lunch and dinner are NOT included. Instead, you will be able to purchase your noon meal at the Quilt Show from a vendor of your choice and your evening meal at the Cracker Barrel in Missoula.

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

**July: Willow Creek and Bears**

**When:** Tuesday, July 12 from 10:00 am to about 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**

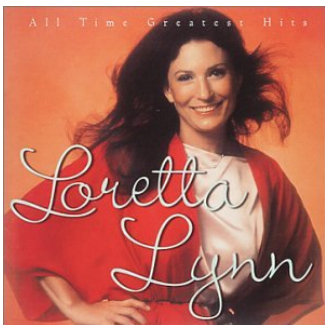
**When:** Tuesday, August 16 from 3:00 pm to about Midnight.

**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.

**Critical details: Sign up begins on May 16.** 45 seats available only. After July 1, no refunds except for medical emergencies. (Tickets had to be purchased early for this event.)





**Finally Friday  
MovieS: *Calendar  
Girls* and *The Man  
from Snowy River***

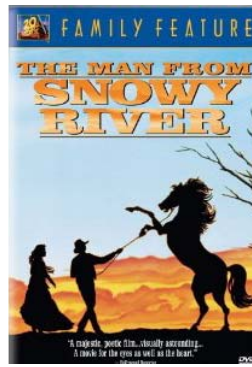
In June, join us for movies from two different ends of the British Empire—England, it-self, and Australia.

Both movies won awards and the hearts of viewers.

Set in a very proper English village Women's Institute, *Calendar Girls* sparked calendar-making creativity around the globe. Here's a synopsis: Based on a true story, eleven middle-aged Englishwomen pose nude for their annual Women's Institute calendar as a fund-raiser for the local hospital. Chris (famed actress, Helen Mirren) gets the idea to raise money for the hospital after Annie's (Julie Walters) husband dies of leukemia. The calendar is a little different in that each woman is posing behind a different task that the Women's Institute teaches their members, such as making bread rolls, knitting, planting flowers, and playing the piano. Before they know it, the calendar is a big hit in England with tremendous sales. Eventually, they are flown to American to be interviewed by Jay Leno. The calendar has made almost a million dollars for the local hospital. (Douglas Young, the-movie-guy)

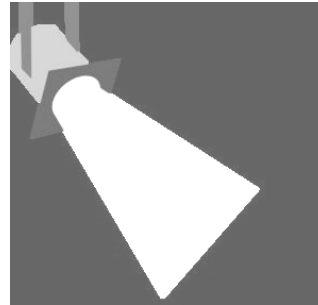
Here's one writer's terse summary of *The Man From Snowy River*: "The story of a boy suddenly alone in the world. The men who challenge him. And the girl who helps him become a man." And here's a longer version: Jim Craig has lived his first 18 years in the mountains of Australia on his father's farm. The death of his father forces him to go to the low lands to earn enough money to get the farm back on its feet. Kirk Douglas plays two roles as twin brothers who haven't spoken for years, one of whom was Jim's father's best friend and the other of whom is the father of the girl he wants to marry. A 20 year old feud re-erupts, catching Jim and Jessica in the middle of it as Jim is accused of letting a prize stallion loose. (John Vogel).

- What:** *Finally Friday Movie: Calendar Girls*, (2003)  
**When:** Friday, June 10, 12:45 pm. 108 minutes, PG-13  
**Where:** Card Room  
**What:** *Finally Friday Movie: The Man From Snowy River* (1982)  
**When:** Friday, June 24, 12:45 pm. Movie runs 102 minutes. PG  
**Where:** Card Room  
**Details:** Our June movies are classics that have inspired ordinary folks. Come enjoy the cool, dark Card Room on warm afternoons.



**RSVP VOLUNTEER  
OPPORTUNITIES—JUNE 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.**

**Fish Wildlife and Parks** needs volunteers to man the new visitor center at the Spring Meadow Complex. Volunteer opportunities also include the need for **Fishing Instructors** to work with youth and adults. They are also looking for **Docents** to lead tours and greet people at the visitor's desk.

The Chamber of Commerce is starting up their visitor's center again and they are looking for volunteer **Greeters**. These folks 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 Helena School District is looking for **Discussion Guides** and **Presenters** for their summer time community service program.

For more information please call RSVP at 447-1680.



RSVP is Proud to be a  
United Way Agency!



Editor's Note: This past winter, the Helena Senior Center Advisory Council recommended that RMDC staff adopt these Housekeeping Protocols which elaborate on our Code of Conduct. We've not had *Voice* space to run them until this issue.

## **Helena Senior Center and Daily Dinner Club Housekeeping Protocols Making the Code of Conduct More Concrete**

### **Premise: Safety and Respect for All Users**

**Personal Hygiene:** Senior Center and Helena Daily Dinner Club participants need to be sufficiently clean so that they do not subject other participants to inappropriate smells or to hygiene risks as everyone shares utensils, furniture, cards, magazines, etc. (This is a critical courtesy to other users and hygiene issue.)

**Hand Washing:** Senior Center and Daily Dinner Club users need to wash their hands with soap and hot water often throughout the day and always before meals. Supplement with hand sanitizer. This measure is the best way to reduce the spread of colds and flu. (Head Start requires parents and students to wash their hands before entering classrooms each day, for instance.)

**Removal of food from the Daily Dinner Club:** Absolutely no food can be removed from the Dining Room—either to homes or to other spaces in the Neighborhood Center. (RMDC is required to follow specific public health protocols.)

**Large satchels and other containers:** Senior Center and Helena Daily Dinner Club participants are asked to leave all satchels and other large containers home or in their vehicles. Small purses are fine. (Satchels have become tripping and hygiene hazards in the building and on our bus.)

**Utensils and dishware:** First, any utensils or dishes that you bring to your table or are placed at your table, need to be washed, whether or not you actually use them. Second, all dishes and utensils need to be returned to the window for cleaning no later than 1:00 pm. (We need to clean them before any other users handle them. The kitchen staff leaves shortly after lunch.)

**Reserving table space:** If you would like to book space for a noon meal for an organized group of 10 or more, please call the RMDC kitchen staff to make those arrangements (447-1680). Otherwise, no specific tables are reserved for specific people. We also ask all users **not to “save space”** for more than one additional companion. (“Saving spaces” often results in unused spaces. Later arriving folks unnecessarily find it difficult to find spaces.)

### **Dinner Club payment:**

Some notes on that “recommended \$3.50” for Daily Dinner Club and Home Delivered meals through the Helena Senior Center:

1. We mean what we say: it is the **recommended** amount for folks over 60.
2. Any payment helps the program. We can not provide meals for free to those that need them if no one pays the recommended amount.
3. We will not turn any senior away for an absence of funds.
4. We try hard to handle payment with confidentiality.
5. If you are asked about meal price, the answer is NOT “it is free.” The answer is: For anyone over 60, it’s a recommended \$3.50; we encourage use no matter what you can pay; we encourage you to pay what you are able.”
6. For people under 60, the cost is a required \$6.50.

Sometimes volunteer stations will reimburse your meal if you have volunteered for them. Please be sure to check with your volunteer program prior to coming to lunch to see whether any volunteer related work comes with meal assistance.

### **Some Senior Bus Service Notes:** RMDC bus service information:

1. If you live within the Helena city limits, please know that we welcome your calls to use the bus to come to the Center or to reach a volunteer (RSVP, Foster Grandparents, or Senior Companion) assignment. That’s why the bus service exists.
2. The earlier you call to book the easier all around.
3. Please be ready for bus pickup 5 minutes prior to your scheduled pick up time.
4. Please be patient and don’t call if the bus is running a few minutes late; due to road conditions and traffic, we may be running a little behind.
5. The bus doesn’t function like a taxi. Your pickup and delivery will be part of a round of pickups and deliveries. The driver plans his route to make it the most efficient in gas and time. He will work hard to get you to the event you want to reach on time, but he does have many schedules to accommodate.
6. We can’t drop you off and pick you up for other errands like banking or shopping. We wish, but can’t do it.
7. We really encourage you to be thoughtful of other riders and the driver—in grooming, conversation, and behavior. It’s like any shared space - -

To schedule a ride, call 447-1680 between 8:00 am and 5:00 pm!



# Director's Column

By Gene Leuwer, Executive Director

With Montana summer here, you will be noticing our usual array of seasonal changes.

Head Start children and teachers are taking a deep breath for the summer. Our Kids' Feed N Fun program will soon be up and running in Augusta, Lincoln and Townsend. Here in Helena, the Helena School District is now managing the program. The Feed N Fun program helps children who otherwise rely on reduced lunches for much of their nutrition.

Helena and Capitol High students just completed this year's High School House Project. This is the eighth such project in which RMDC has participated with the Helena School District. Young people learn building trades literally "from the ground up." I encourage you to drive by the finished home which is located in the new housing developments north of Custer Avenue and west of the Ptarmigan and Pheasant Glen complex. You should have no trouble finding the innovatively designed house at 890 Wolf Road.

Our Low Income Energy Share Program is closed for the summer and will re-open on October 1. However, we are still processing Energy Share applications. Energy Share of Montana is a private, nonprofit organization whose primary purpose is to help Montanans faced with energy emergencies meet their needs and move toward self-reliance. RMDC partners with Energy Share and works to find the best combination of assistance for families and individuals in need. The primary way that Energy Share helps individuals and families is by paying heating bills. Families who live paycheck-to-paycheck often face some type of financial emergency when an unexpected expense occurs, such as a vehicle breaking down, loss of employment, or medical expenses. Energy Share helps people with their heating bills through a one-time bill assistance or lifetime maximum of \$700. Or, you can request an application by calling 447-1625 or 442-4900.



Even as summer changes some of our program work, much stays the same. I look forward to seeing you in the Dinner Club, for activities, as you head out on trips.

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

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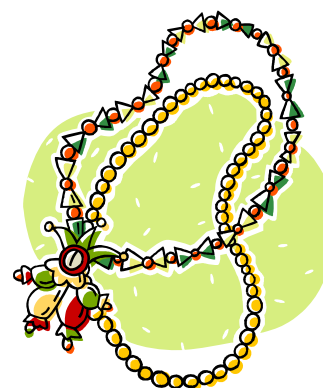
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Shown here are photos of different stages of progress on the High School House.



## URGENT CALL for CRAFT CASE Donations!!!

Carol Kelleher, who manages the Helena Senior Center Advisory Council's Craft Case, sends out an **UTTERLY URGENT** request for donations of **jewelry**, small decorative items, and handmade crafts. Carol always hears many of you say, "Why I have a drawer full of jewelry. I'll bring it in the next time I come." And then, Carol says, nothing appears. You can leave any donations for the Craft Case with Marcella or the Receptionist. Thank you!