



HELENA SENIOR CENTER

November, 2011

Volume 11, Number 11

Dinner Menu.....pg. 2
 Activities Schedule.....pg. 3
 RSVP News.....pg. 4
 Director's Column.....pg. 12

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

PO Box 1717
 Helena, MT 59624
 1-406-447-1680, 1-800-356-6544
 www.rmdc.net



**The Bazaar Month Has Arrived!!
 Helena Senior Center Advisory
 Council's Fall Bazaar
 Friday, November 11**



It's Bazaar time. Here are the details:

- When to donate items:** Monday, October 31 through Thursday, November 10, 2011
- What to donate:** Appliances, decorative items, jewelry, puzzles, games, kitchen items, housewares, that are clean and that work. Crafts. Baked goods.
- What not to bring:** Clothing, shoes, anything that is dirty, musty, broken, not working.
If you wouldn't buy it, do not bring it in!
- Where to drop items:** Renee or Shawna's office. Please call in advance if you are donating a large item.
- Questions?** Call our Bazaar and Craft Case Committee leader: Carol (442-5369)
- When to shop:** Actual Bazaar: Friday, November 11th, 2011, 9:00 am until 1:00 pm
- Where to shop:** Rooms 13 and 15, Neighborhood Center (Craft Case will be open upstairs as usual to sell jewelry.) Baked goods (if they are donated).
 Unsold items will be given to a local thrift store.







HELENA/EAST HELENA DDC MENU

NOVEMBER 2011-MEALS SERVED AT 12:00

For Additional Information Call 447-1680 Helena

Thanksgiving

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHANGE CLOCKS BACK ONE HOUR SUNDAY NOV. 6 TH (DAY LIGHT SAVING TIME WILL END)	Low fat milk served everyday at congregate sites, and delivered 3 times a week to Meals on Wheels customers			
	-1- SWEET N' SOUR MEATBALLS STEAMED BROWN RICE PARSLEY CARROTS CINNAMON PEARS HOMEMADE SOUP (HDM)	-2- TURKEY A LA KING OVER BISCUITS CAPRI VEGGIES LIMA BEANS FRESH FRUIT (HDM)	-3- OVEN BAKED CHICKEN PARSLEY BUTTERED NOODLES WINTER SQUASH GREEN BEANS CRANBERRIES GREEN SALAD W/ GARBANZO BEANS (HDM)	-4- MEAT LOAF MASHED POTATOES/GRAVY GOLDEN CORN MIXED FRUIT CUP WHOLE GRAIN ROLL
-7- PULLED PORK ON WHOLE GRAIN BUN AU GRATIN POTATOES BAKED BEANS APRICOTS	-8- SAUSAGE & EGG BAKE STEAMED SPINACH HASH BROWNS FRUIT & BRAN MUFFIN TOMATO SOUP (HDM)	-9- CHILI WITH BEANS (cheese, onions) STEAMED CARROTS CORN BREAD FRESH FRUIT (HDM)	-10- PASTY WITH GRAVY CABBAGE GARDEN VEGGIES MANDARIN ORANGES TOSSED SALAD w/ KIDNEY BEANS (HDM)	11- <u>VETERAN'S AND BIRTHDAY DINNER</u> BBQ CHICKEN BAKED POTATOES GREEN PEAS BLUEBERRY AND CHERRY CRISP ICE CREAM <u>NO SOUP, NO SALAD BAR</u>
-14- PORK BITS OVER SAUERKRAUT PARSLEY RED POTATOES MEXICAN-CORN WHOLE GRAIN ROLL/BREAD	-15- CHICKEN BREAST WITH MUSHROOM GRAVY MASHED POTATOES CAPRI VEGGIES PEARS W/ DRIED CHERRIES PEA SOUP (HDM)	-16- BEEF, TOMATO AND MACARONI CASSEROLE CAULIFLOWER GARDEN PEAS FRESH FRUIT (HDM)	-17- <u>60'S SINGLE & HEARING AID CLINIC</u> HAM AND NAVY BEANS STEAMED CARROTS BISCUIT WITH HONEY MIXED GREEN SALAD (HDM)	-18- <u>AARP</u> CHICKEN ALA MANDARIN ORANGE RICE PILAF SNOW PEAS PINEAPPLE
-21- SLICED HAM SCALLOPED POTATOES BRUSSEL SPROUTS SPICED PEACHES	-22- SALISBURY STEAK (onions, peppers) PARSLEY NOODLES BROCCOLI SPEARS WHOLE GRAIN ROLL BEAN SOUP (HDM)	-23- <u>THANKSGIVING DINNER</u> TURKEY AND GRAVY BREAD STUFFING BAKED YAMS GREEN BEANS CRANBERRY SAUCE PUMPKIN PIE W/ TOPPING <u>NO SOUP, NO SALAD BAR</u>	-24- <u>CLOSED THANKSGIVING</u>  HAPPY THANKSGIVING	-25- <u>CLOSED</u>
-28- TURKEY AND GRAVY MASHED POTATOES MIXED VEGGIES APPLES & CRANBERRIES	-29- HOME MADE LASAGNA ITALIAN VEGETABLES GARLIC BREAD PURPLE PLUMS VEGETABLE BEAN SOUP (HDM)	-30- BEEF STEW (potatoes, carrots, & more) PICKLED BEETS BISCUIT FRESH FRUIT (HDM)		

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 NOVEMBER 2011

Mondays

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

Tuesdays

- 9:00— Crafty Quilters
- 9:45 — Line Dancing
- 1:00—Pinochle
- 2:00— Afternoon Line Dancing

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
- 2:00 — Afternoon Line Dancing

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 NOVEMBER 2011

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

- October 27**, Thursday, 12:30 pm. Wii bowling (Eagles come here). Card Room.
- October 31**, Monday, Begin bringing in donations for the Bazaar to either Shawna or Renee's Office
- November 1**, Tuesday, 6:00 pm. St. Peter's Wellness Class: Don't Fall For It (at hospital).
- November 3**, Thursday, 12:45 pm, Wii Bowling. (Hunter's Point comes here). Card Room.
- November 8**, Tuesday, 6:00 pm. St. Peter's Wellness Class: Diabetes Dialogue (at hospital)
- November 9**, Wednesday, 10:30 am. Pick up lost items outside Renee's office
- November 10**, Thursday, 12:15 pm. Wise Words on Medicare's hospice benefit. Dining Room.
- November 11**, Friday, 9:00 am-1:00 pm. Senior Center Bazaar. Rooms 13 and 15.
- November 11**, Friday, 12:45 pm. *Finally Friday Movie: The World's Fastest Indian*. Card Room.
- November 13 and 15**, Sunday and Tuesday, 1:00 pm. Pinochle tournament in the afternoons. Card Room.
- November 15**, Tuesday, 6:00 pm. St Peter's Wellness Class: Gluten Free (at hospital).
- November 17**, Thursday, 10:00 am. Senior Advisory Council Meeting, Room 15.
- November 18**, Friday, 12:30 pm. AARP meeting, Dining Room (following lunch).
- November 18**, Friday, 12:30 pm. Hospice 101, Room 15.
- November 24 and 25**—Senior Center Closed.

AARP Driver Safety Program

To recognize and thank Veterans for their dedication and commitment to service, the AARP Driver Safety Program (DSP) is proud to offer a **FREE** classroom course to ALL Veterans, regardless of age, from November 1 through November 30. You can register for the course by visiting www.aarp.org/findacourse. Feel free to call the AARP office with any questions. 441-2277

RSVP VOLUNTEER OPPORTUNITIES

NOVEMBER 2011

CR Anderson and Helena Middle School are in need of volunteers to welcome students to class each morning. This wonderful program helps students feel wanted and included in the school community. If you have an extra hour to donate to the school each week please give us a call!

The **Whitehall Senior Center** is looking for volunteers to help deliver meals to homebound clients. Please contact Bonnie at the Senior Center.

Montana Fish, Wildlife and Parks is looking for someone who has handy-man skills to help with upkeep on animal enclosures, tools and other chores. This is a great place to volunteer if you are into the great outdoors and its inhabitants!

RSVP will be participating in a Veteran's Outreach Project in the near future. We will be looking for veterans who are interested in working with other veterans to complete a survey which will identify needed services in our communities. If you are a veteran, please consider helping with this worthwhile project.

Florence Crittenton's Center for Pregnant & Parenting Teens is a therapeutic residential program for young women and their children where lives are transformed. They are currently in need of folks who would like to babysit for a couple of different programs. This is a great time to get a child fix if your grandchildren are far away. They do require an extensive background check and up-to-date immunizations.

Intermountain Children's Home is looking for one or two people to work in their "treasure room." This is the room where all their donations are sorted, organized and stored for use. This job would be one day a week for a few hours. It would involve sorting and organizing donations. If you are interested, please give us a call.

RSVP has a great opportunity for you. We need a couple of people to help us update our volunteer list over the next month. This would involve talking on the phone with the great and interesting people that offer so much to the community of Helena. We could provide you with a phone and desk space or you could call from home.

Please let Renee or Micky (447-1680) know if you are interested in any of these opportunities.

RSVP is Proud to be a United Way Agency!



RSVP
Lead With Experience

Flu Season Reminders

It's flu season time of year. And all of us can do a lot to help prevent the spread of flu—or for that matter, regular, old annoying colds.

1. Get a flu shot. The contents are updated every year. This year the vaccine will prevent both seasonal flu and swine flu (H1N1-2009). You can always go to the Lewis & Clark Health Department on Monday, Wednesday, and Friday from 11:00 am until 4:00 pm. Medicare covers the cost. Take your Medicare or Medicaid card with you.
2. Wash your hands often and thoroughly with hot water and soap. (Remember, you need to stand and scrub your hands awhile—not just run them through water.)
3. Open bathroom doors with a paper towel, and then throw the towel away.
4. Cover your mouth and nose when you sneeze and/or cough. Use a tissue or your sleeve—not into your hands or the air.
5. Stay home when you're sick. Stay home for awhile. Really! If you need a meal, call for a home-delivered meal, 447-1680.

Helena Senior Center Membership Reminder

Just a note to remind you the RMDC Receptionist is taking 2012 Helena Senior Center membership dues. \$15 per person! People who sign on or renew their membership before the end of December are entered in a drawing that will be held during January Birthday Dinner. Being an early bird still has its (possible) rewards!

Wise Words on the Medicare Hospice Benefit

Come to this **Wise Words** program and learn just a little bit about the Medicare Hospice benefit and what it entails.

- What:** Wise Words on Medicare Hospice Benefit
When: November 10, Thursday, 12:15 pm.
Where: Dining Room
Details: Rocky Mountain Hospice will offer a little information on how the Medicare Hospice Benefit works.

AND In case you are interested and would like more information there will be a more detailed

Hospice 101 Class

- When:** November 18, Friday, 12:30 pm.
Where: Room 15 at the Neighborhood Center
Details: Rocky Mountain Hospice will provide more detailed information on the Medicare Hospice Benefit and how to access it.

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 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 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, November 16, 2011 from 9:00 am - 11:00 am.

A-L Thursday, November 17, 2011 from 9:00 am - 11:00 am.

East Helena Monday, November 14 - United Methodist Church, 50 Prickly Pear, 2 pm to 4 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 eligible. For further information or questions call RMDC at 447-1680.

Myrna Loy Theater Helena Senior Center NOVEMBER COUPON

Good for

\$1 off any movie or \$2 off any live performance

Sponsored by the Myrna Loy Center

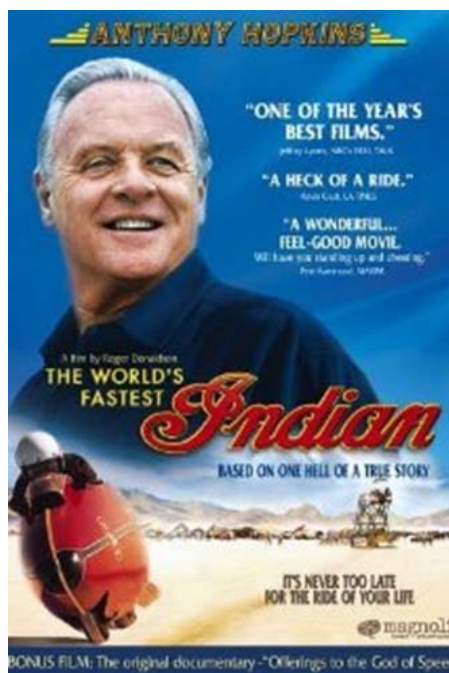
Present in person at the Myrna Loy Box Office

*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.



Finally Friday Movie: The World's Fastest Indian

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.

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

When: Friday, November 11, 12:45 pm

Where: Card Room or Dance Floor

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

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



St. Peter's Wellness Classes

Did you know that St. Peter's hospital offers free lectures on health and wellness issues on Tuesdays. The classes begin at 6:00 pm at the St Peter's Hospital Education Center. You would use the main entrance.

November 1, Tuesday. Don't Fall For It: A class about moving about safely by two local physical therapists, Dale Koch and Susanne Schweizer

November 8, Tuesday. Diabetes Dialogue: A class that covers some current diabetes research by endocrinologist, Dr. Barry Cohan

November 15, Tuesday. Gluten Free : Fad or Medical Necessity? A class that covers some of the newest research on gluten and its relationship to healthy eating by registered dieti-

AARP Meeting

November 18, 2011 following lunch at the Senior Center

Program: A memorial service led by Hazel Johnson

Free Birthday Lunch Coupon

Present this coupon at the Helena Daily Dinner Club on Birthday Dinner Day to get your free lunch during your birthday month. Just tell the Receptionist your name and they will check the list to redeem the coupon.

Happy Birthday!!!



The Holiday Season of Giving Thanks and Giving Gifts Begins

I am so amazed and appreciative of all the community service everyone has done this year. I want to take this moment to say thanks for bringing in socks and mittens, donations to Food Share and Montana Wild, cards and letters to service men and women and their families, and gifts for Family Promise and for the many other services you provide and for the items you've given to those in the communities that have needs.

This month we will be collecting boxes of Jello Pudding and Gelatin desserts for Food Share's holiday baskets. They have asked that these be the products in boxes and not the already made pudding cups. We will continue collecting until just before Thanksgiving.

And what comes after Jello?

A Head Start Family

In late November and December, we'll know which Head Start family we are helping at Christmas. In November, we'll know the size of our family, the ages of family members, and their interests.

Thank you for all you do for others and for rising to additional challenges in helping!

Lost and Found Day

My lost and found box is overflowing as are some coat racks. Here's the drill.

If you even THINK we might have a lost item of yours, call Renee (457-7354) or stop by my office.

If there's any chance you have a sweater or jacket on a coat rack in the Dinner Club or the Card Room, please claim it and take it home.

On Wednesday, November 9, from 10:30 until noon, I'll be available outside my office with items still in my lost and found box.

On November 10, Jackets on racks and items not claimed from the lost and found box will go to Good Samaritan or be put in the Helena Senior Center Bazaar.

It's amazing to think of another New Year approaching, and yet it is. Let's start out the coming year without a lot of extra stuff at the senior center.

Regular Art Classes Return To the Helena Senior Center

These classes were so popular last year that we are going to try them again. Artist Carol Montgomery has agreed to teach three month-long classes focusing on different media. We will start in November with Watercolor. We will do acrylic paint in January and then mixed media in March. There will be four sessions for each type of class.

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 to discover their own talent for artistry.

Here's how this November's watercolor art classes will work:

1. Classes will be held Mondays in November from 1:00 pm to 3:00 pm in the Dinner Club.
2. The first block of classes will be on watercolor. They will cover everything from mixing colors to painting still life's of fruit to painting landscapes with other areas covered as well.
3. **Tuition:** We do not have a grant to subsidize the art classes this year. Tuition will be collected to buy supplies and to support the instructor. For the classes in November, the tuition will be \$25.00. Please make checks out to the Senior Advisory Council. All supplies are included in this fee.

5. **You can reserve your spot in this series of classes with a \$25.00 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 10 participants.**

6. Carol reminds us that art is always messy (which is part of what makes it fun) so you'll want to arrive for class with a big apron or a big shirt to put over your street clothes.

Questions? Please check this incredible opportunity out with Renee, 457-7354.



Helena Senior Center Advisory Council

Because the 4th Friday is the Thanksgiving holiday closure, the Advisory Council will be meeting on Thursday, November 17 at 10:00 am in Room 15.

Please note, we've changed everything about this meeting: the date, the time and the place.

2012 Helena Senior Center Membership Drive

Believe it or not, you can already sign up to be a 2012 Helena Senior Center member. It's that time of year!

Starting on October 1, the Receptionist office staff will be ready to take your 2012 Helena Senior Center membership payments for \$15 per person. This is the same member price that we've enjoyed now for TWO years. Our Center's budget remains fairly fixed also.

Dues contribute to (they do not fully support) the Center's operation. Out of a \$60,000 budget that includes rent, 20 hours of Renee's time, bus transportation to Center activities, supplies, coffee, and the "Voice of Experience", dues provide about \$7,000 or 12 percent of the total budget. So, given how many other ways Rocky Mountain Development Council and other organizations underwrite the Center budget, dues need to contribute their fair share.

Here are the basics: \$15 per person, for 2012 membership for the year that runs January through December.

All membership will be handled in the same way and at the same prices, regardless of whether you also participate in senior centers in other communities. For example, if you live close to another center in Townsend, Boulder, East Helena, etc., you may want to belong to those centers. BUT those memberships will not automatically enroll you as a member in the Helena Senior Center. That will be a second decision for you.

Membership will continue to bring you the "Voice of Experience" every month, a coupon for your dinner during your "birthday" month, special rates or coupons to Partnering Up partners, such as the Myrna Loy, and always a special welcome to Center events and activities.

Since the dues remain the same from 2009 to 2012, we aren't running an early-bird price. BUT, if you sign up before December 31, you'll be entered into a drawing to win the following prizes: two \$25 Safeway cards or two packs of 10 first-class stamps. The drawing will occur at the January birthday dinner. You won't need to be present to win.

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

Montana AARP Tax-Aide Program Needs YOU!

Enjoy helping income-limited senior citizens with their taxes AND enjoy a friendly atmosphere with other volunteers in your community! Only one or two partial days a week during a ten-week tax season and one week of free tax training in January. Expand your skills and learn how to do your own taxes, too!

Montana AARP Tax-Aide, the state's largest free volunteer-run tax assistance and preparation service is seeking volunteers to (a) assist in tax assistance and preparation and (b) serve as program coordinators. Volunteers who assist with tax preparation receive specific training and work one-on-one with clients. Coordinators help with supporting tasks that include managing program technology, assisting with tax training sessions, and handling some of the needed phone and mail work. Although tax training and certification is encouraged, it is not required for many coordinator positions. Volunteers are reimbursed on a limited basis for qualified program-related expenses.

Volunteers of all ages and backgrounds are welcome; volunteers do not need to be an AARP member or a retiree to volunteer.

"Volunteering at the Montana AARP Tax-Aide site gives me a real sense of being needed while helping others. The taxpayers that I have helped tell me how grateful they are and that makes me happy. The real plus is working side-by-side with others who have similar values," says Marie Mc Alear, Helena volunteer

For more information on how you can join the AARP Tax-Aide team, contact Concetta Eckel at 406-933-8300 or concetta@bresnan.net.

AARP Tax-Aide is a program of the AARP Foundation, offered in conjunction with the IRS. The AARP Foundation is an affiliated, 501 (c) (3) nonpartisan charitable organization. The AARP Foundation administers publicly and privately funded programs, such as AARP Tax-Aide and the AARP Senior Community Service Employment Program. The Foundation also carries out national litigation through AARP Foundation Litigation. These programs also receive support from AARP.

Check Out Help with Winter Heating Costs

The Low Income Energy Assistance Program (LIEAP) is designed to help people on limited incomes meet the expense of keeping warm during the cold months. Those who qualify receive a credit to their utility account if heat costs are paid directly and a heat rebate if heating costs are included in rent. Don't assume that you don't qualify. Income levels are actually pretty high especially for seniors on fixed incomes. Call 447-1625 to get concrete information and help.

Director's Column continued from back page:

Will this be senior or family housing? The first 30-unit phase will be built for senior citizens. Given Lewis & Clark County's unusually high senior population that's our first priority. Continued homework and community conversations will inform us about the needs we should most serve in the next phases.

Malfunction Junction is a busy site. Why are we locating this project there? Open 3-acre sites in the heart of Helena are hard to find, but offer the best services for residents and the community: transportation, infrastructure, convenience. Outlying areas isolate folks from help and work. The Caird community sits within Helena's HATS transportation system—and within walking distance to groceries and pharmacies (two blocks to the Real Food Store and six blocks to Walgreens, Safeway, and CVS). Architects and engineers are great at building soundproof structures and designing layouts so that a busy corner becomes interesting not a nuisance. All housing will be set away from Montana Ave.

What about the site's toxic soil? Lewis & Clark County's 2009 detailed environmental study explains that the toxic materials on the Caird site are close to the surface, not in the ground water, and can be removed for about \$200,000. We'll team up with the County to clean up this Brownsfield site—a health benefit to Helena.

Who will live in the Caird Residences? Our residents will include older adults living on Social Security benefits of \$500 to \$1,200 a month. Those folks include some people who taught our children, nursed us at the hospital, or served us at the grocery store.

What will the per-unit cost be? The current per unit estimate for this phase (design work is preliminary) is about \$240,000. There's a reason for that cost. Feder-

ally funding housing must meet stringent standards for accessibility, security, fire suppression. Those standards are reflected in the price, along with the costs of underground parking, open space landscaping, legal fees, and intentionally welcoming design.

Will RMDC stay involved in this project after it's built? Currently, RMDC manages properties we build and remodel. We do so in order to insure that we serve our clients thoughtfully and maintain the investment we've made to communities.

Will there be commercial development along Montana? We're leaving that option open for the Montana Avenue side. Stores and offices that benefit tenants and neighbors would fit grant guidelines well.

What will this housing community look like? We've had some preliminary artist sketches, but are still considering height and design. Anticipate clean, bright, well-built, interesting buildings—where anyone might want to live. Anticipate a "gateway" look that transforms this eyesore into a community landmark. Anticipate green space. Anticipate a complex that reflects current senior thinking to age in place, walk, and contribute to a sustainable community.

When does RMDC hope to begin work? The Caird property—once a very vital part of Helena's economy—has stood largely unused and deteriorating for a long time now. We hope to complete purchase and begin clean up within 2011—and in doing so put construction folks to work, inject cash into our economy, house seniors safely, and change the look of a gateway corner.

How can I stay involved in project planning and discussion? Email mrude@rmdc.net to tell us your thoughts and receive updates and bulletins. We welcome your ideas on design, traffic, related needs. Thanks.

Director's Column

By Gene Leuwer, Executive Director



As many of you know, Rocky continues to work on two Helena housing projects for seniors, one situated north of Custer Avenue called River Rock Residences and another project on the site of the current Caird Engineering Works. Our Caird project has been the focus of enough questions that we've developed some background material and thought you might find this useful. Wishing you a good Thanksgiving season as well.

Frequently Asked Questions about RMDC's Caird Redevelopment Project:

Who is Rocky Mountain Development Council—the project sponsor? RMDC is a nonprofit organization that exists to raise and manage funds to solve community needs and problems. We include Head Start, the Senior Center, the Low Income Energy Assistance Program, volunteer programs, mental health programs, Meals on Wheels, and much more.

Why is RMDC developing housing? We've been building affordable housing for people on limited incomes for a long time: Eagles Manor, Pheasant Glen, Ptarmigan, and currently Big Boulder in Boulder. We are able to bring grant funds for housing into the community for which private developers are not eligible. Housing is a part of our mission.

Does Helena need more housing? A host of concrete sources confirm just how desperate Helena is for rental housing that ordinary folks can afford: the 2010 Helena Area Housing Needs Assessment; waiting lists for senior housing; census statistics about our aging populations.

(Director's Column continued on Page 11 inside)

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

NON PROFIT ORG.

U.S. POSTAGE PAID

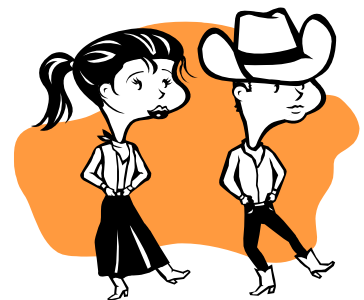
PERMIT #70

HELENA, MT



Schedule changes for NOVEMBER

LINE DANCING IS BACK. I know you've heard this before and you might be tempted to disbelieve it. But Marlene's life has cleared up and she is going to be able to lead the afternoon beginning line dancing class on Tuesdays and Thursdays. Hope you can make it, it will be a kick.



Cindi Forbes will not be teaching the Arthritis Foundation Exercise class on November 4th or November 7th, but there is a DVD the class can use and she will be back with tons of energy after her break.

Neither Wii Bowling or Helena Senior Center Advisory Meeting are scheduled for **Thanksgiving Day.**