



# VOICE OF EXPERIENCE

PUBLISHED BY  
ROCKY MOUNTAIN DEVELOPMENT COUNCIL



## Walk for the National Alliance on Mental Illness for Montana (NAMI Montana)

NAMI is a grassroots organization that supports, educates and advocates for Montanans suffering from serious mental illness and their families. The walk held on September 25th, is to raise money for NAMI Montana.

The funds help to fight the stigma against serious mental illness. Dedicated volunteers, walkers, donors, and sponsors have grown Montana's NAMI Walk into a major event. This year's walk is poised to be our most successful ever with goals of hosting 2,500 walkers and raising over \$125,000. The funds raised at the walk allow NAMI to further education efforts and develop a powerful voice for Montanans suffering from serious mental illness and their families on a local, state and national level.

Support varies from personally helping families navigate through the mental illness treatment system to taking a national leadership role in caring for returning heroes with post-traumatic stress injuries.

NAMI Montana depends on these generous donations and volunteers to raise money and awareness through the NAMI Walk. There are several different ways you can get involved:

- Become an event sponsor to show your strong support of NAMI.
- Become a team captain for a walk team.
- Walk in the event, either with a team or as an individual.
- Donate to an individual walker or directly to the walk.

Online registration at the NAMI Montana website, [www.namimt.org](http://www.namimt.org), provides the easiest way to sponsor, donate or join the walk.

**Who Walks:** Church groups, students of all ages, service clubs, non-profit organizations, businesses, book clubs, state employees, legislators, neighbors, friends, and seniors like you!

**When:** Sunday, September 25, 2011. Registration opens at 11:00 am Program begins at 2:30 pm. Snacks and lunch will be available through food vendors.

**Where:** Helena's Memorial Park

**Why:** To support NAMI Montana

If you have any questions in regard to Montana's NAMI Walk or what resources NAMI Montana can provide for someone with mental illness, please contact us at NAMI Montana, PO Box 1021, Helena, MT, 59624 Phone: (406) 443-7871 or email [info@namimt.org](mailto:info@namimt.org)

HELENA SENIOR CENTER  
Volume 11, Number 9  
September 2011

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](http://www.rmdc.net)



# HELENA/EAST HELENA DDC MENU

SEPTEMBER 2011--MEALS SERVED AT 12:00

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Low fat milk served every day at congregate sites, and delivered every Monday, Wednesday, and Friday to Meals on Wheels customers.</p>			<p>-1- OVEN FRIED CHICKEN MASHED POTATOES CREAM GRAVY PEAS &amp; CARROTS CRANBERRIES TOSSED GREEN SALAD w/KIDNEY BEANS(HDM)</p>	<p>-2- BBQ PORK BITS BAKED POTATO BROCCOLI SPEARS CINNAMON APPLESAUCE WHOLE GRAIN ROLL</p>
<p>-5- <b>CLOSED</b> <b>LABOR</b> <b>DAY</b></p>	<p>-6- BEEF/ BLACK BEAN/ TOMATO/ MACARONI CASSEROLE GREEN BEANS GOLDEN CORN FRESH FRUIT</p>	<p>-7- CREAMED CHICKEN OVER BISCUITS GARDEN PEAS CAULIFLOWER PEACHES  FRESH FRUIT (HDM)</p>	<p>-8- SWISS STEAK EGG NOODLES MIXED VEGETABLES ZUCCHINI  TOSSED GREENS/W GARBANZOES (HDM)</p>	<p>-9- <u>BIRTHDAY DINNER</u> ROAST PORK /GRAVY MASHED POTATOES GLAZED CARROTS CRANBERRIES WHOLE GRAIN ROLL CAKE/ICE CREAM <u>NO SALAD BAR</u></p>
<p>-12- SLOPPY JOES POTATO WEDGES 4-BEAN SALAD MIXED FRUIT</p>	<p>-13- BAKED CHICKEN WITH GRAVY BREAD DRESSING GARDEN PEAS CAULIFLOWER FRESH FRUIT (HDM)</p>	<p>-14- BAKED HAM MACARONI AND CHEESE GERMAN VEGETABLES GOLDEN CORN SPICED APPLE RING</p>	<p>-15- <u>60'S SINGLES</u> DEB'S MEAT LOAF/GRAVY STEAMED POTATOES GINGER CARROTS MIXED FRUIT CUP TOSSED GREEN SALAD (HDM)</p>	<p>-16- <u>AARP</u> PASTIES WITH GRAVY GARDEN VEGETABLES 4-BEAN SALAD APPLES &amp; CRANBERRIES</p>
<p>-19- EGG &amp; SAUSAGE STRATA BREAKFAST POTATOES CAPRI VEGETABLES MANDARIN ORANGES</p>	<p>-20- CHILI WITH BEANS CHEESE &amp; ONIONS PARSLEY CARROTS CORN BREAD  FRESH FRUIT (HDM)</p>	<p>-21- PORK &amp; VEGGIE STIR FRY OVER RICE SNAP PEAS PLUMS FORTUNE COOKIES</p>	<p>-22- <u>MONTANA POWER</u> SWEDISH MEAT BALLS NOODLES MIXED VEGETABLES CHERRY CRISP TOSSED GREEN &amp; BEAN SALAD</p>	<p>-23- ROAST TURKEY WITH GRAVY MASHED POTATOES STEAMED SPINACH BAKED APPLES WHOLE GRAIN ROLL</p>
<p>-26- POLISH SAUSAGE BABY RED POTATOES STEAMED CABBAGE PARSLEY CARROTS</p>	<p>-27- BEEF &amp; VEGETABLE STEW (potatoes, carrots, peas, kidney beans) BUTTERMILK BISCUIT PEARS FRESH FRUIT (HDM)</p>	<p>-28- LEMON GARLIC CHICKEN WILD RICE PILAF GARDEN VEGETABLES PICKLED BEETS APRICOTS</p>	<p>-29- PORK CHOPS AU GRATIN POTATOES 4 -BEAN SALAD WHOLE GRAIN ROLL TOSSED GREEN SALAD (HDM)</p>	<p>-30- SPAGHETTI WITH TOMATO &amp; MEAT SAUCE CALIFORNIA VEGETABLES GARLIC BREAD MIXED FRUIT</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.* \*Congregate meals include milk, salad bar and whole grain bread daily.

Suggested donation for 60 years old and over \$3.50. Under 60 years \$6.50.

## Regularly Scheduled Activities For SEPTEMBER 2011

### Mondays

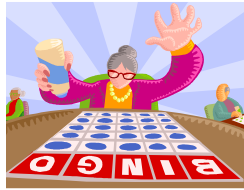
- 9:00—Arthritis Foundation Exercise
- 10:00—Exercise
- 1:00—Whist
- 1:00—Senior Bowling Sleeping Giant Lanes

### Tuesdays

- 9:00— Crafty Quilters
- 9:45 — Line Dancing (starting the 13th)
- 1:00—Pinochle

### Wednesdays

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



### Thursdays

- 9:00—11:00—Senior Medicare Patrol Table
- 9:00—10:30—Coffee & Rolls
- 9:30—11:30 Hearing Aid Assistance (3rd Thursday)
- 9:45— Line Dancing
- 9:30—11:30 Blood Pressure
- 12:45—Nintendo Wii Game Hour
- 1:00—Hand & Foot

### Fridays

- 9:45—Arthritis Foundation Exercise
- 10:45—Tai Chi
- 12:30—Dominoes
- 1:00—Senior Bowling Sleeping Giant Lanes

### Sundays

- 1:00—Pinochle



## Senior Center Event Roundup SEPTEMBER 2011

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

### September 5, Monday, CLOSED for Labor Day

**September 6**, Tuesday, 9:30 am to 7:30 pm. Senior Advisory Council Trip to Phillipsburg.

**September 8**, Thursday, 12:15 pm. **Wise Words**, Marcie Duffie from the American Red Cross Blood Services.

**September 8**, Thursday, 12:30 pm. Make a card or write a note to a soldier after lunch. Card Room.

**September 9**, Friday, 12:45 pm. *Finally Friday Movie: The Endurance: Shackleton's Legendary Antarctic Expedition (2000)*. Card Room or Dance Floor.

**September 20**, Tuesday 12:45 pm. Helena Roundabout to the Montana Military Museum.

**September 22**, Thursday 9:30 am. Senior Center Advisory Council Meeting, Room 13.

**September 22**, Thursday 12:15 pm. **Wise Words**, Jane McFarlane from the Low Income Energy Assistance Program (LIEAP). Dining Room.

**September 23**, Friday. 12:45 pm. *Finally Friday Movie: Millions (2004)*. Card Room or Dinner Club Dance Floor.

**September 25**, Sunday. NAMI Walk at Memorial Park. Registration starts at 11:00 am. Program begins at 12:30 pm.

**September 29**, Thursday, 10:00 am to 1:00 pm. American Red Cross Blood Drive. Card Room.

### AARP Driver Safety Program

Saturday October 15, 2011.  
St. Peter's Hospital  
8:00 am –12:30 pm  
Reservations: Voice Message Box @ 457-4712  
or email: cspeil@msn.com.

## RSVP VOLUNTEER OPPORTUNITIES

SEPTEMBER 2011

- **The Way Home Stand Down and Access Fair** will be held on September 23 at Sheridan Hall on Euclid Avenue. This wonderful event brings public awareness to an ever growing homeless problem in our community. In addition, it provides individuals, families and veterans access to much needed services. Volunteers are needed to serve as registrars, guides, meal servers, and goods distributors. If you are interested in making a difference in your community, please call today.
- Volunteers are needed for the **Gallatin Dog Show** which will be held at the Lewis & Clark Fairgrounds September 22 and 23 from 8:00 am until 4:00 pm. This is a great event that brings over 1,000 of the best purebred dogs in the country to Helena along with their owners and handlers. Volunteers are needed to serve as Conformation, Obedience and Agility Ring Stewards assisting judges in the rings; greeting guests, selling raffle tickets for drawings, and moving light props. This is a great opportunity to try something new! If you love dogs give us a call to help out with this wonderful event.
- Did you know that 1 in 5 people will be affected by a severe mental illness in their lifetime? **Compeer Helena** is a program that matches adult volunteers with individuals who are recovering from a severe mental illness. Commitment is four hours a month for one year. Compeer-matches engage in activities such as having coffee or lunch together, going to a movie or just taking a walk. Training is provided by the Compeer Helena staff. Find out what a difference you can make to someone who just needs your friendship!
- **Habitat for Humanity** is in need of administrative assistance in their Helena office. Come be part of a great organization!!!
- Summer is nearly over and the **School Districts** will be opening their doors to our children once again! Volunteers are needed as tutors, mentors, chaperones, and special project assistants in all school districts. Hours are flexible and training is provided. Call today!
- STAMP OUT Medicare waste, fraud and abuse! **SMP** volunteers provide education and advocacy to individuals, their families and the general public in regard to potential waste, fraud and abuse within the Medicare and Medicaid programs. SMP volunteers also work one-on-one with seniors struggling with billing errors to help them through the complex issues that arise and offer guidance on reporting consumer frauds and scam. Training and support is provided by the SMP program. Hours are very flexible and can be tailored to your needs. Please call today!
- Help out the **Senior Center**. The Senior Center is looking for someone to help with **room set-up** each week for the many folks that use the center for activities. Also, fall will be here in no time and we need a few people to man the **reception desk** in the center when the fall activities start up again.
- The **NAMI Walk** is looking for a few cheerleaders to cheer on the walkers. It involves bringing a chair, stationing yourself on the route and cheering on people who are walking for a good cause. Give us a call.

If you are interested in any of these volunteer opportunities, please call Micky Brown or Renee Boundy at the RSVP office: **447-1680**

RSVP is Proud to be a United Way Agency!



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



## Upcoming Events



Mark your calendars and start saving. The Senior Advisory Council is sponsoring a Fall Foliage Trip on **October 19**. We will travel to Ulm for our guided tour of the,First People's Buffalo Jump and picnic lunch. Following our tour and lunch we will travel on to Great Falls for our guided tour of the Coca Cola factory, followed by an early dinner at Borries. Borries will offer chicken and spaghetti and Ravs, served family style. Of course the real highlight of the day will be the unbelievable beauty of the fall colors along the Missouri River. The sign up sheet will be available in mid September.

Also be on the lookout for the return of the ever popular writing and art classes. We're looking at doing a unit on water color in October/November and a unit on acrylics in November/December. More information will follow in the next newsletter.

### **Wise Words on the American Red Cross Blood Services**

- On September 29 from 10:00 am to 1:00 pm in the Card Room the Senior Center is hosting a blood drive.

Come to this **Wise Words** program and learn about the American Red Cross and how they save lives around Montana and the rest of the nation. Marcie Duffie along with a volunteer or two will be here to talk about this amazing, largely volunteer driven organization and all that they are able to do because people are willing to donate blood.

**What:** **Wise Words on the American Red Cross Blood Services**

**When:** Thursday, September 8, 12:15 pm.

**Where:** Daily Dinner Club

**Details:** The American Red Cross is the biggest blood collection agency in the US. Come hear about how they save lives every day.

### **Wise Words from the Low Income Energy Assistance Program (LIEAP)**

- Winter is just around the corner and with it comes higher heating bills.

Come to this **Wise Words** program and learn from Jane McFarlane (LIEAP) about easy, low cost ways you can winterize your house and lower heating bills.

**What:** **Wise Words from the Low Income Energy Assistance Program (LIEAP)**

**When:** Thursday, September 22, 12:15 pm.

**Where:** Daily Dinner Club

**Details:** Come learn how to lower your heating bills.

## RMDC TO HAVE EXTRA FOOD FOR SENIORS

The Commodity Supplemental Food Program (CSFP) is a program for seniors to 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 receive some food then it will free up some of your money for those much needed prescriptions or other needed items. Plus, this program also helps the farmers because the government is purchasing their crops for this program. 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 and 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. The 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, located at 1616 Lewis St., 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 A–L, pick up food Wednesday, September 28, 2011 from 9:00 am-11:00 am.

If your last name begins with M–Z, pick up food Thursday, September 29, 2011 from 9:00 am-11:00 am.

If you live in East Helena, you can pick up food Monday, September 26, 2011, at the United Methodist Church, 50 Prickly Pear, East Helena, MT, from 2:00 pm - 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 more information or questions call RMDC at **447-1680**.

#### Myrna Loy Theater Helena Senior Center SEPTEMBER COUPON

Good for

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

Sponsored by the Myrna Loy Center

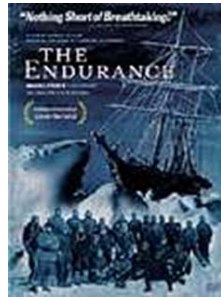
Present in person at the Myrna Loy Box Office

\*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 Movies: “The Endurance” and “Millions”

- In 1914, explorer Ernest Shackleton set out to become the first man to cross the frozen wastes of the Antarctic continent on foot; however, a combination of treacherous conditions, unexpected changes in weather and simple bad luck left Shackleton and his crew of 28 men stranded in one of the world's most unforgiving environments for nearly two years. Miraculously, Shackleton and his men not only survived, but brought back remarkable footage of their ordeal, thanks to cameraman Frank Hurley, who traveled with Shackleton to record the adventure on film. **The Endurance: Shackleton's Legendary Antarctic Expedition**, adapted from the book by Caroline Alexander, combines Hurley's material with newly shot footage tracing the path of Shackleton's journey, presenting a remarkable true-life tale of courage and human survival against grim odds. Liam Neeson narrates.

**What:** Finally Friday Movie: *The Endurance: Shackleton's Legendary Antarctic Expedition* (2000)

**When:** Friday, September 9, 12:45 pm (97 minutes, NR)

**Where:** Card Room or Dance Floor

- Director Danny Boyle revisits a theme from his *Shallow Grave* and *Trainspotting* days - greed - but focuses on a much younger protagonist with this comedy drama. **Millions** opens with recent widower Ronnie (James Nesbitt) moving his two precocious pre-pubescent sons to the suburbs. Missing his mother and the comforts of his old neighborhood, the young Damian (Alex Etel) builds a cardboard-box fort on the outskirts of the suburb, where one day his placid introvert existence is literally crushed by a giant gym bag full of thousands of pounds worth of cash. Less concerned with the origin of the money than with how to spend it, Damian and his older brother, Anthony (Lewis McGibbon), decide to keep it a secret from their father, which becomes an increasingly tricky proposition as the days pass. His conscience getting in the way of his spending, Damian debates the ethics of his ill-gotten gains with a handful of imaginary saints, and begins to try to spend his cash a little more altruistically.



**What:** Finally Friday Movie: *Millions* (2004)

**When:** Friday, September 23, 12:45 pm (110 minutes, PG)

**Where:** Card Room or Dance Floor

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

## September Helena Roundabout – Montana Military Museum

We're headed to the Montana Military Museum out at Fort Harrison. The Montana National Guard donated the space to house the exhibits, and everything else in the museum has been funded entirely through donations. Aside from one paid builder, all of the work has been done by volunteers, many of whom are older than 55 years old. They are one step away from completion and are ready to show off this amazing accomplishment. Come take a look at what a determined group of people can accomplish.

The museum's displays, created under the direction of Helena artist Robert Morgan, follow the military in Montana from the arrival of the Lewis and Clark army expedition in 1805, through the Indian Wars, the Spanish-American War, World Wars I and II, the Korean Conflict, the Vietnam War, Desert Storm and various peacekeeping operations. The military tradition dates from 1806 when Meriwether Lewis' fatal clash with Blackfeet Indians was the US Army's first combat in the state. There is even a display on Camp Rimini where they trained sled dogs in World War II. It is a fascinating spot.

**What:** September Helena Roundabout -Montana Military Museum

**When:** Tuesday, September 20, 12:45 pm -3:00 pm.

**Where:** Leaving from the Helena Senior Center. To register: First 11 registrants who sign up with the RMDC Receptionist with a \$5 payment will have a seat on the bus to the museum. Others can drive themselves over, but need to register so we can plan for treats.

**Details:** You will need to bring a driver's license or state issued ID to get onto the military base. The bus will leave from the Senior Center at 12:45 pm. This roundabout involves a walking tour of the Montana Military Museum so judge your abilities accordingly. We will have treats in the museum's media room following the tour.

## American Red Cross Blood Draw

The American Red Cross Blood Draw team will set up in the Card Room on Thursday, September 29, from 10:00 am to 1:00 pm. **Check with Renee for information materials, for an 800 number to call if you have questions, or to book an appointment.**

**Consider this from the American Red Cross website:**

*Every minute of every day, someone needs blood. That blood can only come from a volunteer donor, a person like you who makes the choice to donate. There is no substitute for your donation.*

*When you make a blood donation, you join a very select group. Currently only 3 out of every 100 people in America donate blood.*

*From its beginning, the American Red Cross has formed a community of service, of generous, strong and decent people bound by beliefs beyond themselves. The American Red Cross blood donor embodies this principle. Please join us in our mission to maintain a safe and stable blood supply by making your appointment to donate blood today.*

### Three critical things to remember:

- Many of us will need blood in our lifetimes; how wonderful "to give some back."
- Age does not preclude you from donating.
- You aren't giving to the American Red Cross; you're giving to another person whose life is on the line.

**What:** American Red Cross Blood Draw

**When:** Thursday, September 29, 10:00 am-1:00 pm

**Where:** Card Room

**What to do next:** Contact Renee to set up an appointment.

**Let me repeat: Age does not preclude you from donating.**

### 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!!!

## Montana Senior Medicare Patrol (SMP)

The US General Accounting Office estimates that nationally 11 percent of Medicare payments are lost to inaccurate billing and fraud. SMP volunteers provide education and advocacy to individuals, their families and the general public in regard to potential waste, fraud and abuse within the Medicare and Medicaid programs. SMP volunteers also work one-on-one with seniors struggling with billing errors to help them through the complex issues that arise and offer guidance on reporting consumer frauds and scams.

If you have concerns or questions about your medical bills and charges made to Medicare, please feel free to visit with SMP volunteers who will be available to help you in the Rocky Mountain Development Council Senior Center each week on Thursday mornings from 9:00 am until 11:00 pm.



### MEDICARE 101

This seminar covers the A, B, C, D's of Medicare

Do you have questions about eligibility and enrollment, premiums and copays, the Advantage Plan, and Supplemental Insurance? This seminar can answer them.

Wednesday, October 5  
1:00 pm-3:00 pm.

Lewis and Clark Library, Large Meeting Room  
Experts will be on hand to answer your questions.

See you there!  
For more information  
call (406) 457-7352

## Our September/October Community Project: Making A Difference for Families in Transition

We will be "collecting" for families who are currently homeless but are being helped back into housing through the new Family Promise Program. We will be collecting from September 12 through the end of October.

Far more than we realize, whole families with children are homeless in Helena. It doesn't take much like loss of employment or a medical emergency to make it possible for a family to lose secure housing. Family Promise is a nationwide program in which churches offer sleeping space, food and support to families working to get back on their feet. Helena's Family Promise program went "live" in May and a number of our congregations are participating.

We can do our share by collecting the kind of toiletries that families living temporarily in church spaces might be able to use. Here are examples:

**Toothbrushes**

**Toothpaste**

**Shampoo**

**Conditioner**

**Lotion**

**Deodorant**

**Soap or body wash**

You might think about getting smaller sizes and think about a range of products that would be good for dads, moms and children.

Thank you!

And here's another way you can help out Family Promise. The **Family Promise Program** needs weekend volunteers to assist families working to regain their stability. The program provides shelter, food and support to homeless families in the greater Helena area. Families are housed at local churches for up to 90 days. During that time, Family Promise staff members help families find permanent employment and housing. Volunteers are needed at the Day Center to assist families during the weekends. Training is provided, shifts are flexible and your help is desperately needed.



**A little something extra from Renee:**

**A Crabby Old Man**

What do you see? . . . . . What do you see?  
What are you thinking . . . . . When you're looking at me?  
A crabby old man . . . . . Not very wise,  
Uncertain of habit . . . . . With faraway eyes?

Who dribbles his food . . . . . And makes no reply.  
When you say in a loud voice . . . . . 'I do wish you'd try!'  
Who seems not to notice . . . . . The things that you do.  
And forever is losing . . . . . A sock or shoe?

Who, resisting or not . . . . . Lets you do as you will,  
With bathing and feeding . . . . . The long day to fill?  
Is that what you're thinking? . . . . . Is that what you see?  
Then open your eyes, nurse . . . . . You're not looking at me.

I'll tell you who I am. . . . . As I sit here so still,  
As I do at your bidding, . . . . . As I eat at your will.  
I'm a small child of Ten . . . . . With a father and mother,  
Brothers and sisters . . . . . Who love one another.

A young boy of Sixteen . . . . . With wings on his feet.  
Dreaming that soon now . . . . . A lover he'll meet.  
A groom soon at Twenty . . . . . My heart gives a leap.  
Remembering, the vows . . . . . That I promised to keep.

At Twenty-Five, now . . . . . I have young of my own.  
Who need me to guide . . . . . And a secure happy home.  
A man of Thirty . . . . . My young now grown fast,  
Bound to each other . . . . . With ties that should last.

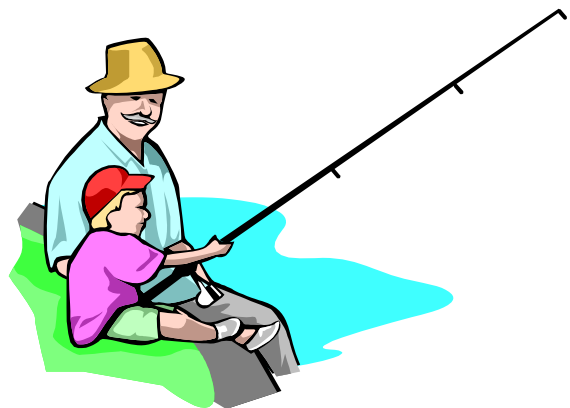
At Forty, my young sons . . . . . Have grown and are gone,  
But my woman's beside me . . . . . To see I don't mourn.  
At Fifty, once more, babies play 'round my knee,  
Again, we know children . . . . . My loved one and me.

Dark days are upon me . . . . . My wife is now dead.  
I look at the future . . . . . Shudder with dread.  
For my young are all rearing . . . . . Young of their own.  
And I think of the years . . . . . And the love that I've known.

I'm now an old man . . . . . And nature is cruel.  
Tis jest to make old age . . . . . Look like a fool.  
The body, it crumbles . . . . . Grace and vigor, depart.  
There is now a stone . . . . . Where I once had a heart.

But inside this old carcass . . . . . A young guy still dwells,  
And now and again . . . . . My battered heart swells.  
I remember the joys . . . . . I remember the pain.  
And I'm loving and living . . . . . Life over again.

I think of the years, all too few . . . . . Gone too fast.  
And accept the stark fact . . . . . That nothing can last.  
So open your eyes, people . . . . . Open and see.  
Not a crabby old man . . . . . Look closer . . . . . See ME!!



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



There's a New Face Around:

*Renee Boundy*

There's good news for Marcella Walter. Before now, Marcella spent one half of her time as the Senior Center Coordinator and one half of her time as the Communications Coordinator. She will now work part-time as the Communications Coordinator. Marcella shares an office in another part of the building and will still eat the occasional meal at the Dinner Club. She is also looking forward to attending some of the Senior Center trips as a participant. Marcella views this as a positive change and is looking forward to having more time to play and practice retirement. It's great that she will still be around to visit the Senior Center every once in awhile.

So....there is a new face around. Renee Boundy will be taking over the part-time position of Senior Center Coordinator. She will also work part-time as the Program Coordinator with RSVP. Renee has lived in Helena for 9 years and has worked at Family Outreach and RSVP during that time. She has two adult children and a husband and loves hiking and camping in all kinds of weather, gardening, reading, and knitting. Renee looks forward to meeting everyone and enjoys her time in the Senior Center office. Stop by and say hello when you are dropping off a card for someone in/or associated with the armed services, eating lunch or attending an activity.

Renee has the same office and phone number as Marcella did, so any questions can be directed to the same spot everyone is used to. Because she is working part-time in two places, she will only be at the Senior Center part-time. There is a schedule with her hours for the week posted on the Senior Center door. The Senior Center is a busy place, so these hours will vary a little from week to week, but Renee will make a valiant effort to consistently be in the Senior Center office from 9:00 am to 12:00 pm on Monday, Wednesday and Friday. Even when she is at the other building, she will be checking phone messages at the Senior Center. There are also plans to put a message box on her door for those times when she is out. If there is an emergency, you can contact the Receptionist at RMDC and she will be able to try to contact Renee more directly. There will, of course, be a few kinks in the transition to a new coordinator. Hopefully everyone can be patient while we're all figuring out how everything is going to work.

## The Walk N Rockys

We Rockys Walk N Rock to Raise Funds &  
Awareness for the Minds of America !!

**Memorial Park,**

**Sunday, September 25, 11am**

**Walk starts @ 12:30pm**

Sign up to walk and/or donate at  
[www.nami.org/namiwalks11/MON/RMDC](http://www.nami.org/namiwalks11/MON/RMDC)

## FEMA Disaster Assistance

Apply by phone:

1-800-621-FEMA (3362)

Or Online:

[www.disasterassistance.gov](http://www.disasterassistance.gov)

Have the following available:

Contact Information

Social Security Number

Address of property with a description of damages

Any insurance information

Government assistance covers only basic needs and comes in different forms. Some assistance does not have to be paid back and some assistance is in the form of loans .



NOW HIRING IN HELENA and Surrounding areas

# Senior Companion Program

**YOU CAN MAKE A DIFFERENCE!**

Must be 55 years or older, on a limited income  
Tax-free stipend & mileage reimbursement  
Flexible hours  
Vacation, sick and holiday pay  
Drivers preferred

*Senior Companions may: Provide companionship, transport clients to doctor appointments and shopping, have lunch together at the Senior Center, and enjoy the satisfaction of helping other adults in need.*



For more information:

Contact Ruthie Hill at 457-7461 or  
1-800-356-6544

Rocky Mountain Development Council



## Director's Column

By Gene Leuwer, Executive Director

Welcome back to our Head Start staff. It's interesting to watch eager families come into the Neighborhood Center for Head Start screenings. I appreciate the fact that RSVP volunteers are a steady and critical part of that screening process as well. We look forward to seeing more staff, teachers, aides, advocates, and drivers as the next month goes by.

As you may have read in the *Helena Independent Record* in early August, our Affordable Housing Program learned that they had been

awarded a \$2 million Neighborhood Stabilization Project grant (from the US Department of Housing and Urban Development and the Montana Department of Commerce) for the first phase of our housing project on the Caird site. The city will be considering some zoning changes for that area soon. Then, we anticipate purchasing the property, clearing the site and cleaning up toxic hazards during this calendar year. Our housing folks will be working to secure grants and tax credits for the first phase of construction— 30 units of senior housing. We've already started conversations with neighbors immediately adjacent to the site and anticipate involving the community in our planning throughout. We continue to like this opportunity to put construction folks to work, inject cash into our economy, change the look of this critical Helena corner, and provide more critically needed senior housing. For those of you who know or live in Eagles or Ptarmigan and Pheasant Glen, we anticipate some new design ideas but the same commitment to accessibility, energy efficiency, attractive and functional construction—along with good landscaping.

By the time you read this, our first Helena Sustainable Energy Workshop will have occurred, as well as one in Townsend. These workshops were funded by a special Department of Energy Grant, organized by our LIEAP/Weatherization folks, and were taught by the National Center for Appropriate Technology. The workshops involved cutting-edge information. Look for information about additional workshops in Helena in November and in some of our smaller communities before then. You can attend or encourage your children and grandchildren to as well. Homeowners who like to tinker and take control of their budgets are ideal participants.

I don't write often about our Senior Commodities Program, but it remains critical throughout our service area. Orchestrating that takes more time than we all may realize—for Walt Hanley and his Nutrition staff; Jim Stack and the crew from the Willis Cruse House; along with our outlying senior center folks. If you enjoy those commodities, you may want to say some special thank you's at the end of September—the next distribution time.

I hope that you've welcomed Renee Boundy to the position of Helena Senior Center Coordinator, as Marcella moves more to communications work for the agency. Renee also serves as the RSVP Coordinator so is splitting her time between those duties and between offices.

With the return of Head Start students during September, we'll all need to be vigilant about Neighborhood Center parking lot safety. Please make an extra effort to slow down and watch for our little ones and their families. Thank you.

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



### September – Routine Fall Schedule

**Some things are starting up again, some things are still on break.**

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

**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 start meeting again on September 13.



**Crafty Quilters** start again on September 6.

**Senior Medicare Patrol** will start manning a table on Thursday mornings to help answer your questions about medicare fraud and abuse.