

VOICE OF EXPERIENCE



VOLUME 45 | SEPTEMBER - OCTOBER 2018

RMDC Neighborhood Center | 200 S. Cruse Avenue | Helena, MT

Ph: 406.447.1680 | HELENA SENIOR CENTER

Iraqi High School Students Visit Helena Senior Center

On Friday, July 20 the Helena Senior Center was visited by a wonderful, young group of high school students from Iraq. They were part of the Iraqi Young Leader's Exchange Program (IYLEP) in coordination with World Montana.

In Montana for two weeks, they visited organizations, nonprofits, and met with local leaders to learn the ins and outs of life in our small Montana towns. It wasn't all work though, they also enjoyed experiencing the natural beauty Montana has to offer like the mountains and green forests.

Sasha Fendrick, Executive Director of World Montana, arranged for the students to visit the Senior Center for a tour and to speak with several employees who work with the programs here at Rocky. The students were able to mingle with our Senior Center's Crafty Quilters group and several other seniors milling around that day. World Montana is known as the Center for Diplomacy and

Leadership and is based in Helena at Carroll College. The program is unique because they arrange for various international groups to come to Montana exclusively.

It was a joy having the students visit the Helena Senior Center.



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HELENA/EAST HELENA DDC MENU

SEPTEMBER 2018--MEALS SERVED FROM 11:00 – 12:30

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 3 CLOSED  10 MONTANA PASTY w/GRAVY PACIFIC VEGGIES LIMA BEANS SWEET PEARS	LOW FAT MILK IS SERVED EVERY DAY IN THE DAILY DINNER CLUB (DDC) AND DELIVERED EVERY MONDAY, WEDNESDAY AND FRIDAY TO HOME DELIVERED MEALS (HDM) 4 BAKED COD w/TARTAR RICE PILAF STEAMED BROCCOLI CARROT COINS FRESH FRUIT (HDM)	 5 TATER TOT CASSEROLE GARDEN PEAS BEAN MEDLEY WHOLE GRAIN ROLL FRUIT CUP	 6 RASPBERRY CHICKEN BREAST BUTTERED NOODLES GREEN & YELLOW ZUCCHINI JUICY PEARS COLESLAW (HDM)	7 EGG & SAUSAGE STRATA FRENCH TOAST STICKS POTATO WEDGES MIXED VEGGIES CINNAMON CHERRY APPLES
17 SPAGHETTI w/MEAT SAUCE (tomatoes & mushrooms) GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN PINEAPPLE	11 CHICKEN NOODLE CASSEROLE GREEN PEAS APRICOT HALVES FRESH FRUIT (HDM)	12 ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSEL SPROUTS CRANBERRIES	13 SWEET & SOUR MEATBALLS (PINEAPPLE, PEPPERS) BROWN RICE ORIENTAL VEGETABLES PLUMP PEACHES GREEN SALAD w/GARBANZOS (HDM)	14 BIRTHDAY DINNER TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES STEAMED CABBAGE MANDARIN ORANGES CAKE & ICECREAM (NO SALAD BAR)
24 BEEF TACO CASSEROLE REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN MANDARIN ORANGES	18 BBQ PORK RIBS SWEET YAMS MIXED VEGETABLES w/BEANS WHOLE GRAIN ROLL APPLESAUCE FRESH FRUIT (HDM)	19 CHILI WITH BEANS (ONIONS, GRATED CHEESE) CORN BREAD PARSLEY CARROTS DICED BEETS BLUSHING PEARS	20 BREADED FISH w/TARTAR RICE PILAF GARDEN PEAS CAULIFLOWER CARROT RAISIN SALAD (HDM)	21 POLISH SAUSAGE ON A BUN SAUERKRAUT BABY RED POTATOES GREEN BEANS SWEET PEACHES
25 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT PARSLEY CARROTS PINEAPPLE FRESH FRUIT (HDM)	26 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI WHOLE GRAIN ROLL CRANBERRIES	27 VEAL PARMESAN OVER ROTINI NOODLES YELLOW & GREEN ZUCCHINI PLUMP PLUMS 4-BEANS & GREENS (HDM)	28 CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS PEACHES & PEARS	

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, Cassandra Drynan, RDN, Cassandra Drynan, RDN.

Suggested donation for 60 years old and over \$4.00 and under 60 years \$7.00.

A VARIED SALAD BAR IS AVAILABLE DAILY AT THE DAILY DINNER CLUB UNLESS STATED OTHERWISE.

Birthday Meal Celebrations

Everyone at the Helena Senior Center enjoys celebrating birthdays!

Each month we celebrate everyone's birthday for the month with a served meal. As a member of the Senior Center, you will receive a free meal on your birthday. It is our way of saying thank you for being

a member and a part of our community.

Our birthday meals are normally on the second Friday of each month unless otherwise noted. September 14 and October 12 will be the dates to mark on your calendars. We look forward to celebrating with everyone!

Bingo!

Each Wednesday from 1:00 PM to 3:00 PM the dining room at the Helena Senior Center is filled with eager and fun-loving bingo players. For just \$2 you can buy three cards to play 11 games, including the blackout round. More importantly, it is a great time for people to gather with friends and socialize in a welcoming

atmosphere. Try your luck at being a winner by coming to the Helena Senior Center and join in on the fun! Everyone is invited to play!



HELENA/EAST HELENA DDC MENU

OCTOBER 2018-MEALS SERVED FROM 11:00-12:30

For Additional Information Call 447-1680 Helena



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SALMON PATTY ON A BUN MIXED VEGGIES SWEET POTATOES JUICY PEACHES	2 LAZY DAISY CABBAGE CASSEROLE GOLDEN CORN PINEAPPLE FRESH FRUIT (HDM)	3 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL APRICOT HALVES	4 SALISBURY STEAK STEAMED BROWN RICE VEGETABLE MEDLEY MIXED FRUIT CUP COLESLAW (HDM)	5 HAM & SCALLOPED POTATOES GARDEN PEAS PURPLE BEETS MANDARIN ORANGES
8 COLUMBUS DAY CHEESEBURGER ON A BUN JO JO POTATOES BAKED BEANS PACIFIC VEGGIES APPLESAUCE	9 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES MIXED VEGETABLES FRESH FRUIT (HDM)	10 TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS MANDARIN ORANGES	11 HAMBURGER & SPANISH RICE JUMBLE CORN & BEAN MEDLEY CAULIFLOWER FRUITED JELLO (HDM)	12 BIRTHDAY DINNER CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES PEAS & CARROTS WILTED GREENS CRANBERRIES
15 LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSEL SPROUTS FRUIT CUP	16 CALICO BEANS CARROT COINS PICKLED BEETS WHOLE GRAIN ROLL FRESH FRUIT (HDM)	17 ZITI NOODLES W/MEATBALLS GARLIC BREAD MIXED VEGETABLES GOLDEN CORN JUICY PEACHES	18 BBQ PULLED PORK SANDWICH GREEN PEAS PINEAPPLE CARROT RAISIN SALAD (HDM)	19 ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD BAKED APPLES
22 MONTANA PASTY W/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES	23 PARMESAN CHICKEN BREAST BUTTERED ROTINI CREAMED SPINACH CARROT COINS FRESH FRUIT (HDM)	24 PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE PINEAPPLE	25 POTATO, VEGGIE & CHEESE EGG BAKE VEGETABLE MIX WHOLE GRAIN BREAD SWEET PEACHES TOSSED GREEN SALAD W/BEANS (HDM)	26 BREADED VEAL MASHED POTATOES W/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL CRANBERRIES
29 OVEN BAKED CHICKEN WILD RICE PILAF SWEET YAMS GREEN BEANS JUICY PEARS	30 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER FRESH FRUIT (HDM)	31 HAPPY HALLOWEEN GOBLIN MEAT STEAKS ZOMBIE BRAIN NOODLES GHASTLY GARLIC VEGGIES GREEN BAT EYEBALLS SPICED APPLE GUTS	BAKED HAM MAC-N-CHEESE MIXED VEGGIES GARDEN PEAS CINNAMON APPLESAUCE	LOW FAT MILK IS SERVED EVERY DAY IN THE DAILY DINNER CLUB (DDC) AND DELIVERED EVERY MONDAY, WEDNESDAY AND FRIDAY TO HOME DELIVERED MEALS (HDM)

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Craft Case

We hope everyone had a wonderful summer and is ready to welcome a change in the seasons. In September, we will have a Craft Case organizational meeting. We invite anyone who might be interested in becoming a part of the Craft Case Team to attend this meeting. We will be talking about organization, dates, routines and responsibilities. The date

is set for Thursday, September 6th at 9:00 AM in the Card Room.

We welcome and are always very grateful for your donations. Your donations enable the Helena Senior Center to purchase items needed and offer services. Please do not donate any clothing, furniture, bedding, or any large items. If you have any questions please contact, Bill Pena, Senior Center Coordinator.

All RMDC Offices Closed for Labor Day

The Helena Senior Center will be closed for Labor Day on Monday, September 3. For us to celebrate the

social and economic achievements of American workers, there will be no classes, activities, meal or bus service on this day. The Neighborhood Center and all other Rocky offices and sites will be closed as well on this day. We will be open again on Tuesday, September 4.

SENIOR CENTER ACTIVITIES September - October

MONDAYS

- 9:00 am – Jennie’s Arthritis Exercise Class – Card Room
- 10:00 am – Self Directed Exercise Class – Card Room
- 12:30 pm – Whist – Card Room

TUESDAYS

- 9:00 am – Crafty Quilters – Card Room
- 9:45 am – Line Dancing – Dance Floor
- 1:00 pm – Pinochle – Card Room
- 1:00 pm - Cribbage - Parlor
- 1:00 pm – Bridge – Dance Floor

WEDNESDAYS

- 9:00 am - Senior Advisory Council Meeting (Fourth Wednesday of each month)
- 10:00 am – Self Directed Exercise Class – Card Room
- 10:45 am – Tai Chi Exercise Class
- 12:30 pm - Wii Bowling - Card Room
- 1:00 - 3:00 pm – Bingo – Dining Room

THURSDAYS

- 9:00 – 10:30 am – Coffee & Rolls – Dining Room
- 9:30 – 11:00 am – Blood Pressure –Back of the Dining Room
- 9:45 am – Line Dancing – Dance Floor
- 1:00 pm - Wood Carving – Dance Floor

FRIDAYS

- 9:45 am – Jennie’s Arthritis Exercise Class
- 10:45 am – Tai Chi Exercise Class
- 12:30 pm - Fidget Quilt Class (NEW!) - *Sew & Tell are now part of this class.

SUNDAYS

- 1:00 pm – Pinochle – Card Room

Please check bulletin boards or check with Bill Pena for any possible changes of location, cancellations or additions of activities.

My Grandson and His Special Little Guitar

WRITTEN BY PAT ALLEN

When my grandson, Joseph, was two or three years old I gave him a small guitar to play with when he listened to music on the radio or TV.

He enjoyed hearing Country Western songs and his most favorite singer was Brad Paisley. Since he showed so much interest in Paisley, when his mother and father (Patricia & Dennis) realized that Brad Paisley would be coming to Bozeman, MT to perform, they purchased tickets for the three of them to go. By this time Joseph was four years old and enjoyed picking and singing as well.

On the day they were to leave for Bozeman, Joseph insisted on wearing his cowboy clothes, hat and bringing his guitar. When they arrived at the theater and found their seats, a very

nice gentleman walked up to them and asked them to follow him. The gentleman took them down closer to the stage and had them sit near the front with one of the seats being an aisle seat! Later they found out, to their surprise, that the gentleman who redirected their seat was Brad Paisley’s father! He even asked his son, Brad, to sign Joseph’s guitar. Joseph was a very happy little boy when he saw that his guitar was signed by Brad Paisley himself.

Soon the show began and Joseph remained standing and singing in the aisle. When Brad would come closer to Joseph on stage, he noticed that Joseph would be picking and singing along with him. People all around them were taking pictures of Joseph and Brad “playing” together.

To this day, Joseph has never forgotten the special time he had at Brad Paisley’s concert and he still has that little guitar in perfect shape.



Exercise? I Thought You Said Extra Fries...

WRITTEN BY JENNIE EKWORTZEL

My name is Jennie Ekwortzel and I am the instructor for the Helena Senior Center Arthritis Exercise group. This class meets on Monday at 9:00 AM and Friday at 9:45 AM in the Senior Center Card Room. Classes last about 45 minutes and welcome all ages, including men and women of all capability levels. This class offers muscle conditioning, balance exercises and joint lubrication exercises. Everyone who attends the class works at different ability levels. It is understood that some of the exercises are difficult or even impossible due to previous injuries, long-term arthritis damage, and inexperience with the exercises. My philosophy is that we do what we are able and have a motto, "If it hurts, don't do it." People have found that once you make the commitment to attend this class, it really improves your well-being and mobility.

Let me now give you a little background and history of my story and my mentor.

I became a member of Cindy (Forbes) group in 2012. I had just

endured shots in both knee joints and knew there had to be something better. Cindy's class fit the bill.

Once I heard and tried out the class, I decided to make the commitment to join. I began to understand how important exercise was to the health of my joints and body. As an added benefit, I also lost a few pounds. It was a win, win situation!

I had been in the class for some time, when Cindy told us she had been diagnosed with cancer. She asked me if I would be interested in becoming her successor. She told me there was a certification class at St. Peter's within the month. She knew how important the class was to me and everyone who attended with me. I made the commitment with the understanding to Cindy, "Arthritis Exercise" can be two scary words. We never wanted to experience the many facets of the disease. We also try to avoid exercise as adults. A very popular T-shirt reads: "Exercise! Thought you said, extra fries."

Cindy Forbes moved to Helena from Wisconsin. She had been involved with the National Arthritis Foundation in her home state. She continued this involvement for the rest of her life and shared it with people in Helena.

Cindy became a certified arthritis exercise instructor. She formed classes at Rocky Mountain Development

Council, Hunters Point, and Rosetta House. There were probably other arthritis exercise classes around town during her time with us, but she always brought a smile, humor and an impressive knowledge of how to work through the effects of arthritis with exercise to each class. Her former profession, as a professional clown, came in handy.

I (Jennie) was certified as an Arthritis Instructor in April of 2013. Cindy was always there for me. She was always willing to offer helpful directions about working with the class. She offered me encouragement and always included humor. She honored her commitment to me until she was no longer able to due to her cancer. I miss her greatly.

Over the years, the classes have continued with few changes. We are still focused on arthritis exercises. We are no longer with the National Arthritis Foundation, but we still use their exercises with a few more muscle-building routines added.

I have been blessed with a great mentor and the women and men who have attended this class. I have enjoyed knowing that they are a group dedicated to fighting arthritis and committed to exercising. We are making a difference!



Senior Center Art & Crafts Classes

As of this Voice of Experience issue, Big Sky and Rocky Mountain Healthcare communities are still in the planning stages of setting their schedule for starting up the Art & Craft classes for the new season. Before the summer break, Lane and TJ hosted fun and creative classes once a month here at the Senior Center. It was fun to see more people than ever stay and participate in the classes. The fun and creativity was endless! Once they set their schedule for this Fall, Bill Pena will post it around the Senior Center

and announce it during meal times. The classes are free and everyone is welcome to sign up. This past year there were a few other spontaneous Art & Craft Classes scheduled and led by Christy Pena (President of the Senior Advisory Council). She teamed up with a few other folks to organize the classes. Hopefully, we will see some of these classes scheduled this fall as well.



50th Annual Governor's Conference on Aging

Sept 25-27, 2018

Delta Colonial Hotel Helena, 2301 Colonial, Helena

Keynote Speakers

Lance Robertson, Assistant Secretary for Aging, Administration for Community Living

Elaine Ryan, VP, State Advocacy, AARP

Lynn Mallowney Cabrera, Executive Director, Alzheimer's Assn.- Montana Chapter

Nanette Whitman-Holmes, Life Enrichment Director, Touchmark

William Marcus, Host John Twigg, Ray Ekness and Gus Chambers; Producers Backroads of Montana

Conference Themes

Healthy Lifestyles Rock
Enhancing Moments: Living with Dementia
It Takes a Village
Rock into the Future



Governor's Centenarian Banquet

Celebrating Montanans 100 Years and Older - Tuesday, Sept 25

Performances by the Drum Brothers and Geriactors

Registration \$75

Conference Information and online registration:
<http://dphhs.mt.gov/sltc/aging/GovernorsConferenceonAging>

Conference Lodging Available:

Delta Colonial Hotel-Helena
406-443-2100 or register online through conference website
Conference rate code: 50th Annual Governor's Conference on Aging

NEED HELP REGISTERING? contact Jackie at 1-800-332-2272 or jstoeckel@mt.gov
Brought to you by Governor's Advisory Council on Aging and MT DPHHS

Blood Drive At Rocky

Rocky is hosting a blood drive on Thursday, September 28 from 10:00 AM to 2:25 PM in Conference Room 13 downstairs in the Neighborhood Center. To make an appointment, visit www.redcrossblood.org and enter the sponsor code: RMDC. You can also call Red Cross at 406-495-1293 or 1-800-733-2767 to make an appointment.



Dinner Bell Day Trip

The Senior Advisory Council has scheduled another wonderful trip to the Dinner Bell located in Gold Creek, MT. The Dinner Bell is a Mennonite family-run operation that has been dishing up sumptuous old-style dinners for many years in a spacious hall with long tables. A delicious fried chicken meal is served weekly, except on the first Thursday of each month when meatloaf is the main entrée. Sides of mashed potatoes and gravy, vegetables and salad, homemade bread and pie and ice cream help round out a wonderful meal. The dismissal hymn the family sings at the end of the evening, usually a different

one each week, gives a very special closing to this traditional meal. The Thursday dinners are all you can eat and typically draw 120-125 patrons from Missoula, Butte, Helena and Deer Lodge, and smaller towns in half a dozen surrounding counties. The meal is served family-style dinner at 6:00 PM.

Adjoining the dining hall is a quaint deli/store with bulk food items, quilts, crafts, and Amish or Mennonite products.

If you are interested in joining friends from the Helena Senior Center for a fried chicken meal, you can sign up with Bill, Senior Center Coordinator. The cost is \$49 per person which includes transportation, the meal and all gratuities. Most of all it is a wonderful time to get out with friends and enjoy a wonderful meal.

Zuppa Toscana Soup

It's not quite fall, but you can have a good soup any time of the year!

INGREDIENTS

- 1 lb. Italian Sausage
- 4-6 Russet Potatoes, chopped
- 1 Onion, chopped
- 1/4 C. Raw Bacon, chopped
- 2 Tbsp. Minced Garlic
- 32 oz. Chicken Broth
- 1 C. Kale or Swiss Chard, chopped
- 1 C. Heavy Whipping Cream
- 2 Tbsp. Flour

DIRECTIONS

1. Brown sausage and bacon in a saute pan.
2. Place cooked sausage, bacon, chicken broth, garlic, potatoes, and onion in slow cooker. Add just enough water to cover the vegetables and meat.
3. Cook on HIGH for 3-4 hours (low 5-6 hours) until potatoes are soft.

30 MINUTES BEFORE SERVING

4. Mix flour into cream removing lumps.
5. Add cream and kale to the crock pot, stir.
6. Cook on HIGH for 30 minutes or until broth thickens slightly.
7. Add salt, pepper, and cayenne pepper to taste.
8. Serve.

Senior Services Spotlight: Shawna Donaldson

Meet Shawna Donaldson, Rocky's Senior Nutrition Program Manager. She has worked at Rocky for over 16 years and was recently promoted. She is responsible for the daily operations of the Senior Nutrition Program in the Tri-County area. Her duties include planning and directing operations of the kitchen, Meals on Wheels and Senior Centers in these areas, as well as developing and coordinating program activities, assisting with developing and monitoring of budgets and coordinating work of co-workers. She also assists with the transportation operations, as well as Rocky's Senior Commodity Program.



Question: What part of this job have you enjoyed most? Answer: "The great people I get to work with each day, both clients and coworkers!"

Question: What are your favorite travel spots and why? Answer: "I love to travel anywhere, especially when family and friends are with me. My bucket list place to visit is Panama, as that is where I was born. I look forward to taking a cruise (my first one) to somewhere warm and tropical!"

Question: What do you like to do in your free time? Answer: "I enjoy spending time with friends and family, playing with my two Boston Terrier's (Molly and Bella), reading and camping in the mountains."

Question: What's your favorite flower? Answer: "Pink roses."

Health Services Offered at the Helena Senior Center

FOOT CARE DONE RIGHT

September 4, 10, 11, 12, 13, 19, 20

October 1, 2, 8, 9

Please call Edith or Glorian at 406-431-0006 who are willing and able to answer questions about the care and health of your feet. Please call them to make an appointment.

BLOOD PRESSURE CHECK

Seniors are invited to have their blood pressure taken each Thursday (except Thursdays when the Center is closed) at the Senior Center in the back of the Daily Dinner Club from 9:30 to 11:00 am. Everyone is welcome!



RMDC Card Games & Clubs

PINOCHLE CLUB

The tournament dates for 2018 have been posted for the Pinochle Club. New members are always welcome. Come down to the Helena Senior Center for a fun time with friends. The players meet on Tuesdays and Sundays at 1:00 pm.

Tournament Dates:

- September 10 & 11
- November 5 & 6

BRIDGE CLUB

Join Bridge Club members every Tuesday at the Helena Senior Center from 1:00 to 3:00 pm. There is no money involved, but we do keep score. New members are always welcome. If you have any questions, please call Billie Stanley at 406-442-0668, or Connie Waterman at 406-475-3764.

OTHER CARD GAMES

There are other groups that meet to play card games at the Helena Senior Center including Whist (Mondays @ 12:30 pm) and Cribbage (usually in the Parlor anytime you can find a partner).

Area IV Agency on Aging Updates

DRUG DIVERSION FRAUD/ PHARMACY FRAUD

Prescription drug abuse causes many more problems and is much more common than the common "street" drugs such as heroin and cocaine. Prescription drug abuse causes many deaths every day through mixing various medications or using the drugs for recreation when they were not medically prescribed for the individual. Because of the high desire of illegal prescription drugs, this makes medications very attractive for criminals. Drug diversion is where a prescription drug is taken out of the normal chain of commerce and diverted for sale or use in some illegal activity. Often these diverted drugs are billed to Medicaid before they are stolen.

HOW THE SCAM WORKS

- One area of concern is prescription shorting. This is where a fraudulent pharmacy routinely dispenses prescriptions a few pills short. In a large prescription the pharmacist hopes the beneficiary will not notice. If the pharmacist does this repeatedly, the pharmacy can steal a lot of money from Medicaid because Medicaid is billed for the full amount.
- In a similar scheme, a fraudulent pharmacy may fill a partial month's drug supply and ask the beneficiary to come back for the rest. The pharmacist then bills Medicaid twice in one month for the full amount.

A new prescription drug diversion tactic is to talk a beneficiary into getting a prescription from his physician for a narcotic. It is then filled and billed to Medicaid. The beneficiary is then paid cash for the script and the drugs are cycled back through the pharmacy or sold on the street.

How to Fight Back

- Although time-consuming, consider counting your pills when you first get the prescription filled to make sure you were not shorted on the amount.
- Do not participate in prescription drug diversion fraud. It is highly illegal and criminal behavior and can get the participating beneficiary into severe legal trouble as well.
- When getting prescriptions filled, watch out for pharmacies that fill prescriptions for less than the number of days or the number of pills than is listed on the doctor's prescription. For example, the prescription is for a 30-day supply, but the pharmacist only fills for 10 days and tells you that you must come back for the rest. Absent rare exceptions, you should always receive the number of pills your doctor prescribes for you.
- In nursing homes, make sure that you receive your medication, especially pain medication, in the amount and strength you believe is proper.

REPORT SUSPECTED FRAUD

If you suspect Medicare fraud, errors, or abuse, address it immediately by visiting www.smpresource.org.



Good for \$1 off any movie or \$2 off any LIVE performance.

Myrna Loy Theater Helena Senior Center SEPTEMBER - OCTOBER COUPON

Sponsored by the Myrna Loy Center | Present in person at box office

- * Not redeemable for cash.
- * One coupon per customer
- * Cannot be used during rentals, performances sponsored by other organizations or in conjunction with any special offers other than the senior rate.
- * Can be used in addition to the senior discount.

RMDC Senior Advisory Council Meeting

We hope everyone had a wonderful summer. Summer allows Montanans to gather with their families and friends to create special memories outdoors. The Helena Senior Center Advisory Council will pick back up meeting every month as scheduled. Our next scheduled meeting will be held Wednesday, September 26 in the Card Room at 9:00 AM. This will be the first meeting since the summer break. Our October meeting will be

Wednesday, October 24 also in the Card Room at 9:00 AM. Please know that you are welcome to join in and listen. If you have something that you would like to have discussed, please talk with one of the Council members to have it put on an agenda.

Our Council members currently are: Christine Pena (President), Fran O'Hara (Vice President), Pat Rademacher, Shirley Bennett, Carol Kimble, Elaine White, Carol Cook, Bill & Jeannette Mattfeldt, Rita Newman, Nell Mannin, Marilyn Roehl, Rick White, Kay Larson, Ann McKenzie, Francys Bryant, Marc Cramer, Martha McGee, Bob Hanson and Kathy Schult.

A very special thank you to all

of the Council members for their dedication and time. It is a great time for them to gather and discuss matters concerning the Center, be creative in planning events and activities, and of course, to offer their guidance that makes the Helena Senior Center such an excellent place for people to visit and be a member.



Commodity Food for Qualifying Seniors

Commodities Schedule

Townsend, MT
Monday, Sept. 24
10:00 am - 12:00 pm

Wolf Creek, MT
Tuesday, Sept. 25
9:30 am - 10:30 am

Augusta, MT
Tuesday, Sept. 25
12:30 pm - 1:30 pm

Lincoln, MT
Wednesday, Sept. 26
12:30 pm - 1:30 pm

Whitehall, MT
Thursday, Sept. 27
11:00 am - 12:00 pm

Boulder, MT
Friday, Sept. 28
9:30 am - 10:30 am

White Sulphur Springs, MT
Monday, Oct. 1
11:00 am - 12:00 pm

Elliston, MT
Tuesday, Oct. 2
9:30 am - 10:00 am

Avon, MT
Tuesday, Oct. 2
10:30 am - 11:00 am

Helena, MT @ Food Share
Wednesday, Sept. 26
8:00 am - 10:30 am

Thursday, Sept. 27
8:00 am - 10:30 am

The Commodity Supplemental Food Program (CSFP) is a program where seniors can receive a monthly allotment of food. The program guidelines mandate that the person receiving the food must be 60 years of age or older, a resident of Montana, and meet an income requirement. Food typically consists of canned fruit, vegetables, meats, juice, cereals, dry milk, shelf stable milk, cheese, pasta, beans, and peanut butter.

RMDC will have supplemental foods available to Helena-area senior citizens at the Helena Food Share, 1616 Lewis, Helena, MT. We are lucky to work with Helena Food Share to make the program more accessible to those individuals picking up the food. There is no charge for the food.

Persons 60 years and older will be certified to receive the food based on income and residency eligibility. For further information or questions, call RMDC at 406-447-1680.

Letter from the Executive Director

Last time I wrote to you I said, "School is out and summer is here!". Can you believe summer is almost over? This isn't necessarily bad news though because Rocky is so excited to be welcoming back to school 236 children in our Head Start program! That being said, I would like to remind everyone to be extra cautious as you enter and leave our parking lot at the Neighborhood Center. We will have a slight increase in traffic once school begins as parents are dropping off and picking up their children each day.

I have more exciting news to share with you! Last year, Rocky began the rigorous process of applying for Federal Tax Credits to build a new

affordable housing complex in Helena. Through community surveys and the amount of outstanding vouchers the community holds for households who can't afford to purchase a home or pay high rentals fees, it was clear to us that Rocky had to address the housing need in our community.

I'm happy to report to you that we have been invited (8 of 17 projects from across the State) to move forward and put in a full-application for credits. That application was due at the end of August. The affordable housing complex would be called Red Alder Residences. It's an 85-unit family and senior affordable housing complex expected to be built on the corner of Henderson and Brady on the west side of Helena. There will be a community room, green space, community gardens and more at this wonderful location. We have been working hard to include neighbors in this area of town, as

well as professional architects to create a neighborhood everyone will like. Although this won't address the entire need for affordable housing in our quaint town, we believe it's a step in the right direction. We expect to hear in mid November if our project will be funded.



Lori Ladas, C.P.A.
RMDC Executive
Director

AARP Smart Driver Course

Take the AARP Smart Driver™ course and you may save money on your auto insurance if over 54 years old! Refresh your skills and learn safe driving strategies. Sign up today!
** Classes are from 12:00PM to 4:30PM unless noted otherwise.

Class Dates:
Thursday, September 6
- First Interstate Bank

2021 N. Montana Avenue, Helena, MT 59601

Saturday, October 13 - 9:00 AM - 1:30 PM
St. Peter's Health 2475 Broadway, Helena, MT 59601 Room 2 & 3

Monday, October 22
First Interstate Bank 2021 N. Montana Avenue, Helena, MT 59601

Please call 406-439-7675 or email cspeil@msn.com to reserve your spot.

Our Trip To The Music Ranch

Our trip to the Music Ranch on Thursday, July 12 to see Paul Overstreet was another fun and wonderful experience. The weather was great, the folks who went along had a wonderful time, the meal was delicious and of course, Paul Overstreet and friends were amazing. Paul Overstreet had special surprise guests join him on stage including Mike Loudermilk and Rory Feek, both professional

songwriters, guitar players, and singers.

A special thanks to everyone who was able to attend this trip. The ride over and back was fun with people visiting and enjoying each other's company. Though we arrived back at the Helena Senior Center around 12:30 AM, people were tired for all the right reasons. We have already heard from several people boasting that they look forward to next summer's trip to the Music Ranch.

National Senior Center Month

September is “National Senior Citizen Center” month. Our national celebration of senior centers began in 1979, with “Senior Center Week” celebrated in May. The concept gained support of other aging organizations, as well as the full Senate and the House Select Committee on Aging. Thanks to the U.S. Conference of Mayors Aging Task Force, numerous mayoral proclamations celebrate Senior Center Week. In 1985, the National Institute of Senior Centers (NISC) was instrumental in achieving the first Senior Center Week Presidential Proclamation signed by President Ronald Reagan. In 2007, NISC designated the entire month of September as Senior Center Month to give centers greater flexibility in recognizing and celebrating the importance of our senior centers.

Here at Rocky, the Helena Senior Center along with our other sister senior centers located in Boulder, Whitehall, Lincoln, Townsend, East Helena, and Augusta, plays a very

important role, not only for the many folks who come to the centers or take advantage of the programs offered, but to our communities as a whole.

The 2018 theme is “Senior Centers Building Momentum”! Senior Centers are the future of what aging can be. Here at RMDC, many creative, innovative programs are offered. What happens here not only can change the perception of aging, but it can create an important and positive image of aging. Today’s senior citizens are a far cry from the era of our great grandparents. As a new generation of older adults looks to redefine retirement, there is a growing focus on wellness, work, and volunteerism. When it comes to finding tools for staying healthy and involved, or information about benefits, senior centers are a good place to start.

We invite our communities to learn more about what is offered at RMDC Senior Centers. Stop by any of our centers and learn more about our programs and services offered. James Firman, president and CEO of the National Council on Aging shared, “Today’s senior centers are evolving to reflect a new view of aging that empower the people they serve.

Our Senior Centers are connecting older adults with meaningful career and volunteer opportunities and increasing their access to valuable benefits and resources to stay healthy and independent.”

RMDC Senior Centers
Augusta (406-562-3623) (132 Main Street, Augusta, MT 59410)

Boulder/Basin (406-225-3656) (201 South Main Street, Boulder, MT 59632)

East Helena (406-447-1680) (2 East Pacific Street, East Helena, MT 59635)

Helena (406-447-1680) (200 South Cruse, Helena, MT 59601)

Lincoln (406-362-4504) (801 Main Street, Lincoln, MT 59639)

Townsend (406-266-3995) (516 2nd Street, Townsend, MT 59644)

Whitehall (406-287-5336) (3 South Division, Whitehall, MT 59759)



PASS IT ON!



MEDICARE OPEN ENROLLMENT
October 15 - December 17, 2018

Take advantage of your chance to change your Medicare drug plans for 2017 to 2018. Drug costs and plan premiums can change without you noticing.

Contact Area IV Agency on Aging to see if less expensive options are available.

1-800-551-3191



Kathy Marks, Operations Director | Ph: 406-457-7323



What has Rocky Done for Me?

ROCKY MOUNTAIN PRESCHOOL CENTER

“Through a series of unfortunate events at our previous childcare provider, my husband and I were adamant to find new childcare in the Helena area where we would be assured our son would be well cared for.” After being referred by a coworker to try out Rocky Mountain Preschool Center (RMPC), Jori and her husband toured the center and applied immediately for admission that day. “By the grace of God” there was one spot open in the infant room for their son, who was 11 months old

at the time. It was around this time that Carter started showing signs of illness, later to be diagnosed as Celiac Disease.

Prior to his diagnosis, Jori found comfort in how closely his teachers paid attention to his eating behaviors and bowel movements. Every day when Jori picked Carter up from school, his teachers would provide a full report on what he ate and how often they needed to change his diaper. Slowly, Carter was falling off the growth curve and everyone knew something needed to be done. After months of doctor visits, Carter was finally given his diagnosis which meant he suffered from a serious autoimmune disorder that occurs in genetically predisposed people where the ingestion of gluten leads to

damage in the small intestine.

Nervous on how his inability to digest gluten could affect his childcare, Jori called Hannah, Director of RMPC, to explain their situation. Without skipping a beat, Hannah and her staff assured Jori that Carter’s diagnosis could be easily worked with.

From that day forward, Jori, Hannah, and her staff have worked together to create an environment free of gluten at RMPC. Carter still eats similar meals and snacks with his peers and his teacher continues to provide a full report of what Carter eats each day to Jori and her husband.