

# VOICE OF EXPERIENCE



JULY - AUGUST 2024

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

## THE STRUGGLE OF SURRENDER: NAVIGATING THE DECISION TO STOP DRIVING

*By Jim Marks  
Program Director of Rocky's  
Agency on Aging*

As the years accumulate like mileage on a well-worn road, the act of relinquishing the car keys becomes an emotional crossroads for many. Driving, once a symbol of freedom and independence, transforms into a complex dilemma as we age. It's hard, really hard, to choose between the desire to hold onto the wheel and the practical necessity of letting go.

It's a damned if you do and damned if you don't choice. When we give up driving, our spontaneity shrinks. At the same time, deciding to drive when one is a direct threat to oneself and others

is simply selfish, dangerous, and wrong.

Vision loss causes many older adults to give up driving. Statistics show that 1 of every 5 people 65 and older will experience visual impairments severe enough to stop driving. However, there are many other age-related cognitive and physical limitations that also force the choice. Among these are slower reflexes, diminished ability to focus, loss of gross and fine motor skills, etc. As they say, aging isn't for the faint of heart.

The transition requires recalibrating our emotional GPS. We seek alternate routes: ride-sharing apps, public transportation, or the kindness of friends and family. We learn about other options such as those offered by the Rocky Mountain Development Council, Inc. (Rocky). Rocky buses provide rides to and from Rocky programs in Helena. Another Helena option is the Go Getters, a transportation service of Rocky's Retired & Senior Volunteer Program. Yet another is Rocky's Senior Companions.

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PO Box 1717  
Helena, MT 59624-1717

				
LUNCH SERVED FROM 11:30-12:30 For Additional Information Call: (406) 447-1680 *This menu is subject to change due to product availability				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SWEDISH MEATBALLS OVER PASTA WINTER SQUASH HARVARD BEETS APRICOTS	2 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRUIT CRISP	3 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES CAPRI VEGETABLES FRESH FRUIT	4 CLOSED 	5 CLOSED 
8 SALMON PATTY WILD RICE & CREAMY DIJON GARLIC SAUCE CALIFORNIA VEGETABLES GREEN BEANS SWEET PEACHES	9 TATER TOT CASSEROLE CARROT COINS GREEN PEAS FRUIT COCKTAIL	10 PARMESAN CHICKEN BREAST BUTTERED ROTINI COUNTRY BLEND VEGGIES FOUR BEAN SALAD FRESH FRUIT	11 PUB BATTERED COD w/LEMON CAPER CREAM ZUCCHINI SQUASH CARROT RAISIN SALAD DINNER ROLL CRANBERRIES	12 BIRTHDAY DINNER MONTANA HASH HERB SEASONED BEEF, RED POTATOES GRILLED PEPPERS & ONIONS SWEET CORN WHOLE GRAIN ROLL GOLDEN PEARS BIRTHDAY CAKE
15 LEMON CREAM CHICKEN ROASTED REDS GREEN BEANS GARDEN MIX VEGETABLES MANDARIN ORANGES	16 HAMBURGER ON A BUN CARROT COINS BAKED BEANS SPICED APPLES	17 PORK CHOPS-N-GRAVY MASHED POTATOES CABBAGE & CARROTS WHOLE WHEAT ROLL FRESH FRUIT	18 CHILI DOG ON A BUN CARROT COINS TOSSED SALAD w/BEANS BLUSHING PEARS	19 BEEF STROGANOFF EGG NOODLES GARDEN VEGETABLES PICKLED BEETS PINEAPPLE
22 KOREAN BEEF STEAMED WHITE RICE ASIAN BLEND VEGETABLES PICKLED BEETS SWEET PEACHES	23 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES BEAN MEDLEY FRUIT COCKTAIL	24 PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN ROLL FRESH FRUIT	25 BISCUITS & SAUSAGE GRAVY POTATO WEDGES BAHAMA VEGGIES COLESLAW APRICOTS	26 HEARTY MEATLOAF MASHED POTATOES w/GRAVY GREEN BEANS WHOLE GRAIN ROLL CINNAMON CHERRY APPLES
29 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS	30 CHICKEN-n-NOODLES SAN FRANCISCO VEGGIES LIMA BEANS CRANBERRIES	31 HOT HAMBURGER SANDWICH MASHED POTATOES & GRAVY BRUSSELS SPROUTS FRESH FRUIT		SALAD BAR INCLUDED IN CONGREGATE MEALS  Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION  
 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 \$5.00. Required charge for under 60 years \$7.00.

*Struggle of Surrender continued from p. 1*

For more information about Rocky’s transportation options, contact Mindy Diehl, Samara Lynde, or Kelley Moody.

Rural transportation is a tougher nut to crack than problems in urban settings. To help crack the nut, Rocky’s Agency on Aging is about to launch a brand-new ride service for rural residents.

GoGo Grandparents allows Uber and LYFT riders to access rides with a traditional telephone rather than a smart phone. One calls a telephone number to arrange rides, no smart phone app required. GoGo Grandparents already serves Helena, but thanks to an initiative

launched by the Aging Services Bureau of Montana DPHHS, GoGo Grandparents is headed to the country so rural residents can get rides as well as grocery and pharmacy deliveries. The Bureau is using its remaining American Rescue Act Program funding to build a GoGo Grandparents network in Montana’s rural communities. While the money lasts, the rides will be free to riders and consumers of the delivery services. It’s going to be a few weeks before the new program starts. For more information, consult with Resource Specialists Anita Linden or Jamie Schmidt in Rocky Aging.

Finally, allow me to share a not-so-secret secret. Surrendering the keys is not defeat but wisdom. We adapt, finding joy in being passengers rather than drivers. We

*Struggle of Surrender continued on p. 3*



# HELENA SENIOR NUTRITION MENU – AUGUST 2024



LUNCH SERVED FROM 11:30-12:30 For Additional Information Call: (406) 447-1680 \*This menu is subject to change due to product availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club	SALAD BAR INCLUDED IN CONGREGATE MEALS	1 FISH PATTY w/TARTAR ON A BUN PEAS & CARROTS GREEN SALAD w/GARBANZOS PLUMP PEACHES	2 PEPPER STEAK BABY RED POTATOES GREEN BEANS WHOLE GRAIN ROLL MANDARIN ORANGES
			5 TERIYAKI CHICKEN BREAST FRIED BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE PINEAPPLE	6 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES
12 BEEF TACO CASSEROLE w/REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN MANDARIN ORANGES	13 COD FETTUCCINI ALFREDO SAUTÉED GREENS CARROT COINS CRANBERRIES	14 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI FRESH FRUIT	15 BBQ SMOKIES ROASTED REDS VEGETABLE BLEND COLESLAW PINEAPPLE	16 CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS PEACHES & PEARS
19 SALMON PATTY ON A BUN KEY LARGO VEGGIES SWEET POTATOES JUICY PEACHES	20 BEEF BROCCOLI OVER STEAMED RICE CARROT COINS APRICOT HALVES	21 CHICKEN BALI (COCONUT LIME CHICKEN) OVER FRESH PASTA LINGUINE BROCCOLI & CAULIFLOWER ROASTED SQUASH FRESH FRUIT	22 SALISBURY STEAK SEASONED BROWN RICE SCANDINAVIAN VEGETABLES 4-BEANS & GREENS MANDARIN ORANGES	23 HERB ROASTED PORK TENDERLOIN MASHED POTATOES & GRAVY GARDEN PEAS PICKLED BEETS FRUIT COCKTAIL
26 TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS CRANBERRIES	27 CHEESEBURGER ON A BUN BAKED BEANS PACIFIC VEGGIES MANDARIN ORANGES	28 CHICKEN BACON RANCH BUTTERED NOODLES GARDEN PEAS CARROT COINS FRESH FRUIT	29 SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES MIXED VEGETABLES FRUITED JELLO	30 SOUTHWESTERN BEEF-N-RICE ROASTED ZUCCHINI SPRING VEGETABLE MIX PINEAPPLE

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION  
 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.  
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## Struggle of Surrender continued from p. 2

become navigators of a different kind. We also become personally aware about how important transportation services are. Societies that over rely on personal vehicles and not enough on public options are dysfunctional. It's not OK that Montana's public transportation system in the 1880s offered more options than we enjoy currently. It's important for older adults who have stopped driving to assert their first-class citizenship by insisting on transportation improvements. We need to think and act big and progressively. The road may end, but the journey continues. Surrender need not be synonymous with loss. It can be a bridge to new connections, a testament to resilience, and a reminder that life's most profound journeys are not always measured by a personal vehicle's odometer.

## SUMMERTIME WATERMELON SALAD RECIPE

By Steven Ferriter  
 Rocky's Community Outreach Coordinator

Summertime is here, and in Montana, that means it's time to be outside as much as possible before the cold once again works its way into the winds of fall, and we go back into a halfway state of hibernation. Forget I mentioned the inevitable return of cold air - in fact, I apologize for bringing it up.

*Watermelon Salad continued on p.4*

# SENIOR CENTER ACTIVITIES

## MONDAYS

10:30 am - 11:15 am – Jennie’s Arthritis Exercise Class - Card Room

1:00 pm - 4:00 pm - Bridge - Dance Floor

## TUESDAYS

9:00 am – Crafty Quilters – Card Room

9:15 am – Line Dancing – Dance Floor

1:00 pm – Pinochle – Card Room (Every other month Pinochle has a tournament on Monday and Tuesday)

Pinochle Tournament Dates: July 1 & July 2

1:00 pm – Bridge – Dance Floor

## WEDNESDAYS

9:00 am - 10:00 am - Rocky Walkie Talkies - Spring Meadow Park

9:30 am - 10:30 am Senior Advisory Council Meeting - Card Room (first Wednesday of each month) \*no meeting in July

10:30 am - 11:00 am - Chi Gong - Card Room or outside weather permitting

11:00 am - 12:00 pm - Tech Time with Mary - Parlor

12:30 pm - Hand & Foot card game - Parlor

1:00 - 3:00 pm – Bingo – Dining Room

## THURSDAYS

8:30 am – Coffee & Rolls – Dining Room

9:15 am – Line Dancing – Dance Floor

1:00 pm - Wood Carving – Dance Floor

## FRIDAYS

10:00 am - 11:30 am - Cribbage - Dance Floor

10:30 am – 11:15 am - Jennie’s Arthritis Exercise Class - Card Room

## SUNDAYS

1:00 pm – Pinochle – Card Room

The Helena Senior Center is open Monday - Friday, 8:30 am - 4:00 pm. The Parlor is open every day at 9 am. You are welcome to relax, read magazines, play cards, work on puzzles, and enjoy visiting! We are taking donations of approved books, magazines, puzzles and small knick-knacks. Please no clothing, food, vitamins, appliances or anything that can't fit on the free table. Thank you!

## *Watermelon Salad from p. 3*

Instead, let’s focus on what’s more immediately before us: eating outside on weekends with friends in our backyards and cookouts on the Fourth of July and Labor Day weekends!

As someone who worked in kitchens around Montana for seven years, I developed an affinity for lots of summer dishes that I enjoy cooking for friends. There are two major things I look for when cooking for groups in the summer. One is ease of preparation, and the other is the inclusion of classic summer ingredients. The recipe I am sharing with you for a summer Watermelon Salad does have roughly an hour or so of preparation but is high in the “summer ingredient factor” and always seems to be a hit.

**Watermelon Salad with Basil and Mint Vinaigrette**  
***First up is the thing that will take maybe the most amount of time - the vinaigrette.***

### Vinaigrette Ingredients:

- 1/4 cup Vegetable oil
- 1/4 cup Olive oil
- 1 1/2 cups Champagne Vinegar
- 1/4 cup Fresh mint
- 1/4 cup Fresh Basil
- 1 Tablespoon Dijon Mustard
- 1 Tablespoon Honey



Combine all ingredients except the oils in a blender. Turn the blender on medium-low and drizzle in the oils! Taste the vinaigrette adding the amount of salt and pepper you would like.

### Salad Ingredients:

- 1/2 cup Almonds (toasted)
- 1/2 cup Feta Cheese (crumbled)
- 1 medium-sized watermelon (cubed, approximately 4 cups)

### Instructions:

- Toast the almonds in your oven at 350 degrees until golden brown.
- Cut the watermelon into square cubes and remove the seeds. You should have around 4 cups worth of cubed watermelon.
- Spread the watermelon onto a plate, drizzle your vinaigrette over the top, and then finish by topping with feta cheese and toasted almonds.
- Enjoy your summer gatherings with this refreshing Watermelon Salad, perfect for sharing with friends and family.

# GET TO KNOW SENIOR CENTER COORDINATOR SHANNON DINSDALE

*By Steven Ferriter  
Rocky's Community Outreach Coordinator*

After just about a month on the job, Shannon Dinsdale is energized and motivated by her early work at Rocky and the connections she has made with the Seniors.

This isn't Shannon's first experience with Rocky. She was first introduced to Rocky when her son Tanner enrolled in Rocky's Head Start program. For her, the program was much more than just childcare.

"Rocky was not just childcare - his teacher, Ms. Jackson, was the first to realize that Tanner was academically advanced compared to other children his age but was a bit lacking socially. We were able to get him a proper diagnosis and an Individualized Education Plan (IEP) established for kindergarten that was invaluable for his education going forward," Shannon explained.

As a young mother, this experience with Rocky significantly influenced Shannon's educational direction. She earned an associate degree in Social Sciences from Helena College and a Bachelor's in Public Health Science from Carroll College.

Combining her education with extensive experience in healthcare, Shannon has become well-versed in ways for Seniors to maintain their health. The opportunity to use her knowledge to bring new opportunities and activities to the Senior Center excites her.

"I want to individualize the experience Seniors have here. I want them to feel they have a say in the activities and events. To an extent, I want them to participate in the decision-making process," she said.

Shannon also has specific areas she wants to focus on to help Seniors maintain their overall health and well-being.

"I would like to gear some activities to address issues like seasonal depression, which especially affects Seniors in Montana. The Holidays can be particularly tough on Seniors who may not have family nearby to celebrate with, so I want to develop ideas for them to celebrate with the community we are building here."



*Shannon Dinsdale pictured at her desk*

Outside of work, Shannon enjoys the incredible outdoor opportunities Montana has to offer.

"I'm a Montana girl who loves being outside—especially backpacking in the mountains. I also have a passion for environmental science and environmental health, specifically the quality of our air, water, and food."

If you haven't had the chance to meet Shannon yet,

*Shannon continued on p. 6*

# Foot Care Done Right 2024

Mark Your Calendar!

- Thursday, July 18
- Thursday, August 15

Edith RN, BSN & CFCN (406-431-0006) looks forward to the care of your feet. She is willing to answer questions about the care and health of your feet. The clinic will be meeting upstairs in the Card Room until further notice. Please call to make an appointment.

*Shannon continued from p. 5*

she encourages you to come and say hello!

“Stop by my desk and say hello. It would be great to put a name to all of your faces. I am honored to be here and excited about getting to know everyone and getting into a routine.”

Welcome to Rocky, Shannon! We are excited to have you on board,



*MARK YOUR CALENDAR!*

*MARK YOUR CALENDAR!*

The Helena Senior Center Senior Advisory Council is hosting their 2nd fundraiser garage sale! All proceeds will be used directly for Senior Advisory Council sponsored events. All donations not sold will be given to Big Sky Thrift

**Date:** Saturday, August 3 & Sunday, August 4

**Time:** 10 am – 2 pm

**Location:** O'Hara' s Residence:

26 Lone Mountain Rd, Clancy (Directions on Back)



*Donations, Donations, Donations*



**We will be accepting donations starting Monday, July 29 to Friday, August 2 between the hours of 9 am & 2 pm.**

***No large appliances & furniture PLEASE***

*Thank You!*

*Please bring donated items to the Program Coordinator at the Helena Senior Center*



# ROCKY CLOSURES!

Rocky will be closed on Thursday, July 4, and Friday, July 5, in observance of Independence Day. There will be no Meals on Wheels, transportation, or access to the Daily Dinner Club or Senior Center.

If you receive Meals on Wheels or need a meal from the Daily Dinner Club, please don't forget to call ahead and reserve an extra or frozen meal. You can contact Barb in Senior Nutrition at 406-447-1680.

# TECH TIME WITH MARY

Mary offers this wonderful service helping seniors with questions, issues, and problems dealing with the many tech devices we use these days. Mary will be at the Senior Center in the Parlor from 11:00 am to 12:00 pm every Wednesday.



## Senior Advisory Council Summer of 2024 Day Trip The Highwayman Show

This summer the Senior Advisory Council will be going to the Music Ranch located south of Livingston, MT. Over the years the Council has sponsored several trips to the Music Ranch, enjoying wonderful concerts in a beautiful setting. The team at the Music Ranch always welcomes and takes great care of us.

They provide us with a wonderful meal and will even assist us to our seats. Bathroom facilities are easily accessible, and we are protected from the weather if necessary. The setting is in the beautiful Paradise Valley south of Livingston.

This year we will be going to see The Highwayman Show. This will be a tribute to Johnny Cash, Willie Nelson, Waylon Jennings & Kris Kristofferson.

Event: The Highwayman Show  
Location: Music Ranch, seating will be in section A  
Date: Friday, August 23, 2024  
Cost: \$85/ person (Includes meal, snacks, gratuity, tickets)  
Transportation Provided by: Tucker Transportation (air-conditioned, with bathroom facility and comfortable seating)  
Register with Shnnon Dinsdale and/or Mindy Diehl.  
The bus will leave the Rocky parking lot at 3:30 pm on that Friday.

Plan to return to the Rocky parking lot around midnight.  
Please arrange for a ride home afterward.



Thoughtfully designed, affordable, and safe senior and disabled housing in Lewis & Clark, Jefferson and Broadwater counties.  
\*All phone numbers utilize TTY 711  
Learn more at [www.rmhc.net](http://www.rmhc.net)

<p><b>RED ALDER RESIDENCES</b> 1-406-447-1680 Helena, Montana</p>	<p><b>EAGLE MANOR RESIDENCES</b> 1-406-442-0610 Helena, Montana</p>
<p><b>PTARMIGAN RESIDENCES</b> 1-406-461-9849 Helena, Montana</p>	<p><b>PHEASANT GLEN RESIDENCES</b> 1-406-461-9849 Helena, Montana</p>
<p><b>RIVER ROCK RESIDENCES</b> 1-406-461-9849 Helena, Montana</p>	<p><b>ROCKY MOUNTAIN FRONT PROPERTIES</b> 1-406-437-4411 Augusta, Montana</p>
<p><b>BIG BOULDER RESIDENCES</b> 1-406-438-5611 Boulder, Montana</p>	<p><b>TOWNSEND HOUSING</b> 1-406-437-4411 Townsend, Montana</p>

## ROCKY CARD GAMES & CLUBS

### PINOCHLE CLUB

The Pinochle Club players meet on Tuesdays and Sundays at 1:00 pm. Please check with Shannon Dinsdale, Senior Center Coordinator, for the dates of the next Pinochle tournament. Pinochle is a great way to have fun with friends at the Helena Senior Center, and new members are always welcome.

### BRIDGE CLUB

Join Bridge Club members every Monday and 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.

### CRIBBAGE

Come be a part of our new Cribbage Club, Fridays at 10 am on the Dance Floor!

### OTHER CARD GAMES

There are other groups that meet to play card games at the Helena Senior Center including Hand and Foot (every Wednesday at 12:30 in the parlor). If you have any ideas for new card games, feel free to bring them to Senior Center Coordinator Shannon Dinsdale! Her office number is 406-457-7372. Her email is [sdinsdale@rmdc.net](mailto:sdinsdale@rmdc.net).

## CARAMEL ROLLS

Thursdays are Caramel Roll Day! Yummy! The caramel rolls are prepared fresh every Thursday morning from 8:30 am to 10:30 am or until they are gone. There is a small charge of \$3.00/roll. Coffee is free. Come on in and enjoy the wonderful company.



The Be Well Clinic is taking a break for July and August. It will start up again in September on Thursdays from 9:00-10:30 am.

This is a wonderful volunteer opportunity—please contact Samara at RSVP (406-457-7319) for more information. We will train you!



Bingo is a great opportunity for folks to come together. Did you know that there are benefits for older adults who play Bingo? Besides being able to get together with friends to laugh, have fun, and play, it increases social engagement. Older adults often struggle with isolation. At Rocky, Bingo is a type of competition structured for older adults to interact with other people. It is a great weekly routine that allows for reflection and memory recall. It can also decrease the risk of mental illness. Bingo improves cognitive function and memory. Additionally, it enhances hand-eye coordination and can be beneficial in many practical ways. Invite friends, enjoy the time playing, and maybe be lucky enough to win!

As a reminder, buy in is \$1 per card.

Regular Payout: \$6

Special Payout: \$8

Blackout Payout: \$12

We look forward to seeing you at the Helena Senior Center for Bingo every Wednesday at 1:00 pm in the dining room.



## BIRTHDAY MEAL CELEBRATION

We love to celebrate birthdays at the Senior Center! Each month we celebrate everyone's birthday for the month. As a member, you are welcome to have a free meal when it is your birthday month. Yes, we will have cake and ice cream, too! Mark your calendars!

Friday, July 12 & Friday, August 9



## RETIRED FOR HIRE JOB FAIR

Have you thought about finding some part-time work to stay active or to earn a little extra spending cash? Job Service Helena will be hosting a "Retired for Hire" Job Fair in the Neighborhood Center Card Room on Wednesday, August 28, from 10:30 a.m. until 1:00 p.m. This is a great opportunity for seniors looking for part-time, flexible work opportunities to meet with several potential employers at once. Mark your calendar and stop by to see if the right opportunity is waiting for you!

## COMMODITY FOOD FOR QUALIFYING SENIORS

### COMMODITIES SCHEDULE

	Lincoln, MT Wednesday, July 24 12:30 pm - 1:00 pm
Townsend, MT Monday, July 22 10:30 am - 11:30 am	Whitehall, MT Thursday, July 25 11:00 am - 12:00 pm
East Helena, MT Monday, July 22 2:00 pm - 3:30 pm	Boulder, MT Thursday, July 25 1:00 pm - 2:00 pm
Wolf Creek, MT Tuesday, July 23 10:00 am - 11:00 am	White Sulphur Springs, MT Monday, July 29 11:00 am - 12:00 pm
Augusta, MT Tuesday, July 23 12:30 pm - 1:30 pm	Helena, MT @ Food Share Wednesday, July 24 8:00 am - 11:00 am
Elliston, MT Wednesday, July 24 10:00 am - 10:30 am	

The Commodity Supplemental Food Program (CSFP) is a program where seniors can receive regular allocations of free food every other month. 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 or beans, and peanut butter.

Rocky will have supplemental food available for Helena-area senior citizens at the Helena Food Share, 1616 Lewis Street, 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+ will be certified to receive the food based on income and residency eligibility. For further information or questions, call Rocky at 406-447-1680.

# ROCKY VOLUNTEER OPPORTUNITIES!

## Are you a Green Thumb?

We have the PERFECT volunteer opportunity for you. We are looking for a few people to help water and maintain our Community Garden located on the Walking Mall at the rear entrance of the Neighborhood Center! Contact Mindy at [Mdiehl@rmdc.net](mailto:Mdiehl@rmdc.net), or by phone at 406-457-7361 to get started!



**VOLUNTEERS**

**NEEDED**

Help take over our *Community Garden!*

We are looking for a group of green thumbs to help maintain our Community Garden!

- Tools Included!

Contact Mindy 406-457-7361



## Foster Grandparent Program

The Foster Grandparent program is looking for volunteers aged 55 and over to help assist and mentor young children by sharing expertise, knowledge, and care on a volunteer basis.

### Benefits:

- Nontaxable Stipend
- Mileage Reimbursement
- Sick Leave
- Training
- Paid Holiday's
- Accident/Liability Insurance

Contact Angela at [Anemark@rmdc.net](mailto:Anemark@rmdc.net) or by phone at 406-457-7362 for more information.

## Senior Companion Program

Rocky's Senior Companion Program is looking for volunteers aged 55 and over to assist adults in our communities with the simple tasks of day-to-day living.

### Benefits:

- Income eligible Senior Companions receive a modest tax-free stipend
- Annual Physical
- Secondary accident and liability insurance
- Pre-service and monthly training sessions

Contact Kelley at [Kmoody@rmdc.net](mailto:Kmoody@rmdc.net) or by phone at 406-457-7325 for more information.

# MONTANA STATE SEEKING VOLUNTEERS FOR EXERCISE STUDY

**Who:** To participate you must be a current resident of Montana and currently over the age of 55.

**The purpose:** To understand your experiences in participation in exercise. Specifically, we are interested in understanding your confidence in participating in exercise and what factors impact your engagement in exercise. If you agree to be a participant, you will be asked to complete an online survey that will be sent to you via email, or you may scan the QR code.

**What you will do:** The survey consists of 27 questions. Some questions ask for all that apply, and some are open-ended, so we ask that you type your responses in whichever format is best for you (e.g., paragraph, bulleted sentences). We anticipate that the survey will take approximately 20 minutes to complete.

**Why:** This research is a component of my dissertation requirements for the College of Education, Health and Human Development, and the Department of Food Systems, Nutrition, and Kinesiology.

This study provides the opportunity to explore your experiences with exercise. Your participation will help the researchers work to better understand the factors that influence exercise participation. The long-term goal is to create exercise programming to encourage participation and limit challenges to exercise to increase participation in exercise.

The risk of participation in this study is minimal. It is possible that a specific question or questions could bring up a memory of a past event that could result in an emotional reaction. Please note that you can skip any questions that you are not comfortable with, and you have the right to end your participation in this study at any time for any reason. We will send two reminder emails one week and two weeks after we have sent the link to survey. It is possible that reminder emails could be an annoyance to you. We will not send out more than two (2) reminder emails.

For more information or questions email Bryant O’Leary at [bryantoleary@msu.montana.edu](mailto:bryantoleary@msu.montana.edu).  
Bryant O’Leary

**Montana State University**

## Volunteers Needed

We are looking to understand your confidence in exercise participation. Specifically, we want to understand what factors most impact your exercise engagement.

### Exercise Amongst Older Adults

**Who are we looking for?**

- Montana Residents
- Adults age 55 and older

**Why participate?**

- Opportunity to explore your experience with exercise
- Help me complete a component of my school requirements
- Help us develop long-term exercise programs

**Take the Survey at** 

**Email Bryant O’Leary for more information at**  
[bryantoleary@msu.montana.edu](mailto:bryantoleary@msu.montana.edu)



Rocky Mountain Development Council, Inc.  
Helena Senior Center  
PO BOX 1717  
Helena, MT 59624-1717



Lori Ladas,  
Executive Director

Since our last newsletter, we bid a fond farewell to former Senior Center Coordinator Bill Peña, who is enjoying his well-deserved retirement. We already miss seeing him around the Neighborhood Center, and we know you do as well! Please join us in welcoming Shannon Dinsdale into her role as Rocky's new Senior Center Coordinator! She's jumped right into the job and she's ready to meet all of you. Stop by her desk and say hello if you haven't met her yet!

We also would like to wish Amy Anderson a sweet goodbye. Amy worked as our Senior Nutrition Volunteer Coordinator for 3 years and did a wonderful job building it into the strong program it is today. We wish her well as she heads off to new adventures. We would like to welcome our new Senior Nutrition Volunteer Coordinator, Tammy Hutchinson!

We're entering the hottest time of the year in Montana, and we want to remind you that if you need to escape the heat, the Neighborhood Center Dinner Club has air conditioning! Just one more reason to come in for lunch or any of our activities. Summer is a great time to re-connect with friends; invite yours to join you for some of our great meals this summer! If you're interested in another fun event to share with your friends, the Senior Advisory Council has planned an awesome trip to the Music Ranch for August. Check for additional details in this newsletter!

Have a safe and fun Independence Day holiday! If you need extra meals for the holiday closure, we can certainly accommodate that request, just reach out to our Meals on Wheels team. Summer in Montana is beautiful, we hope you take the time to enjoy this amazing time of year.