

VOICE OF EXPERIENCE



SEPTEMBER - OCTOBER 2024

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

Ph: 406.447.1680 | HELENA SENIOR CENTER

CELEBRATE NATIONAL SENIOR CENTER MONTH!

*By Steven Ferriter Rocky's
Community Outreach
Coordinator*

September is National Senior Center Month! Over the past couple of years, I have had the privilege of visiting nearly all of Rocky's Senior Centers. I thought it would be a great time to share some of what I've learned from our amazing members and staff about the crucial role these centers play in their lives.

From my conversations and interviews, three key benefits of regular attendance at Rocky's Senior Centers consistently stood out: increased socialization, nutritious food, and mental and physical stimulation.



*Helena Senior Center Members
Enjoying A Puzzle*

Incorporating these elements into daily life is vital, as their absence can be detrimental to the aging process.

Increased Socialization

One of the most significant benefits is the social interaction seniors experience at our centers. For many, especially in rural areas, senior centers provide the only public venue for socializing. They offer a space for seniors to share lunch

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Helena, MT 59601

PO Box 1717
Helena, MT 59624-1717

Phone: 406-447-1680

HELENA SENIOR NUTRITION MENU - SEPTEMBER 2024



LUNCH SERVED AT 11:30 AM to 12:30 PM

*This menu is subject to change due to product availability

For More Information Call (406) 447-1680

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 CLOSED</p>	<p>3 MONGOLIAN GROUND BEEF OVER LINGUINE PASTA CARROT COINS PICKLED BEETS BAKED CRAN-APPLES</p>	<p>4 OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN PEAS FRESH FRUIT</p>	<p>5 ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN CARROT RAISIN SALAD JUICY PEACHES</p>	<p>6 ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD PINEAPPLE</p>
<p>9 MONTANA PASTY w/GRAVY WINTER VEGETABLES GARDEN PEAS APRICOT HALVES</p>	<p>10 PORK & VEGGIE STIR FRY BROWN RICE STEAMED CABBAGE PINEAPPLE</p>	<p>11 CHICKEN A LA KING BUTTERMILK BISCUITS CREAMED SPINACH CARROT COINS FRESH FRUIT</p>	<p>12 BREAKFAST BOWL SAUSAGE, EGG, PEPPERS, ONIONS & CHEDDAR CHEESE DRIZZLED WITH PEPPER CREAM GRAVY PACIFIC VEGETABLES GREEN SALAD w/BEANS WHOLE GRAIN BISCUIT SWEET PEACHES</p>	<p>13 <u>BIRTHDAY DINNER</u> CHICKEN FRIED STEAK MASHED POTATOES w/GRAVY BROCCOLI SPEARS WHOLE GRAIN ROLL WATERMELON DELIGHT BIRTHDAY CAKE</p>
<p>16 HERB BAKED CHICKEN WITH A VOLUTE SAUCE WILD RICE PILAF SWEET YAMS GREEN BEANS JUICY PEARS</p>	<p>17 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER CINNAMON APPLESAUCE</p>	<p>18 BAKED HAM MACARONI & CHEESE COUNTRY VEGETABLES GARDEN PEAS FRESH FRUIT</p>	<p>19 SLOPPY JOES ON A BUN BAKED BEANS COLESLAW SWEET PEACHES</p>	<p>20 FISH PATTY w/LEMON CAPER CREAM SCALLOPED POTATOES HERBED CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES</p>
<p>23 BEEF AND NOODLES GREEN PEAS PICKLED BEETS APRICOTS</p>	<p>24 SWEET-N-SOUR PORK WILD RICE GREEN BEANS CARROT COINS FRUIT CRISP</p>	<p>25 TURKEY NOODLE CASSEROLE ITALIAN VEGETABLES BRUSSELS SPROUTS FRESH FRUIT</p>	<p>26 SWEDISH MEATBALLS OVER EGG NOODLES WINTER SQUASH TOSSED GREEN SALAD w/GARBANZOS BLUSHING PEARS</p>	<p>27 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES CAPRI VEGETABLES BAKED APPLES</p>
<p>30 SALMON PATTY w/LEMON SAUCE WILD RICE CALIFORNIA VEGETABLES GREEN BEANS SWEET PEACHES</p>		<p><i>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</i></p> <p>SALAD BAR INCLUDED IN CONGREGATE MEALS</p>		

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION

This menu has been reviewed and approved by a Registered Dietitian, Cassandra Drynan, RDN

USDA prohibits discrimination in the administration of this program. To file a complaint, write to Secretary of Agriculture, Washington D.C. 20250.

Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$7.00.

(National Senior Center Month continued from p. 1)

and activities with friends, essential for staying socially active. According to a study from the National Academy of Sciences, seniors who participate in regular social activities are less likely to suffer from hypertension, coronary disease, depression, and anxiety. The benefits of being with friends regularly are truly amazing.

Nutritious Food

As with socialization, the ability to reliably obtain nutritious food can be a struggle for seniors. Common barriers include transportation, cost, and the ability or desire to cook. Healthy meals

require more preparation and planning than microwavable or instant foods, which often lack nutritional value. Our congregate dining centers provide affordable, nourishing meals that help alleviate this burden. Additionally, Rocky’s Meals on Wheels delivers to-go meals to homebound seniors, serving as a lifeline for those unable to obtain their food.

Physical & Mental Stimulation

A fear that many seniors face is the ability to maintain their independence. Two major reasons that can cause this loss of independence are

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HELENA SENIOR NUTRITION MENU - OCTOBER 2024

LUNCH SERVED FROM 11:30-12:30

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</i></p> <p>SALAD BAR INCLUDED IN CONGREGATE MEALS</p>	<p>1 PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN BREAD FRUIT COCKTAIL</p>	<p>2 PARMESAN CHICKEN BREAST BUTTERED ROTINI COUNTRY BLEND VEGGIES FOUR BEAN SALAD FRESH FRUIT</p>	<p>3 BEEF STROGANOFF EGG NOODLES PICKLED BEETS CARROT RAISIN SALAD PINEAPPLE</p>	<p>4 CHILI DOG ON A BUN SWEET CORN CARROT COINS GOLDEN PEARS</p>
<p>7 CLOSED</p>	<p>8 HAMBURGER ON A BUN CARROT COINS BAKED BEANS SPICED APPLES</p>	<p>9 PORK CHOPS-N-GRAVY MASHED POTATOES CABBAGE & CARROTS WHOLE WHEAT ROLL FRESH FRUIT</p>	<p>10 TUSCAN CHICKEN OVER YELLOW RICE SWEET PEAS TOSSED SALAD w/BEANS BLUSHING PEARS</p>	<p>11 BIRTHDAY DINNER HEARTY MEATLOAF MASHED POTATOES w/GRAVY WHOLE GRAIN ROLL GARDEN VEGETABLES FRUIT COCKTAIL BIRTHDAY CAKE</p>
<p>14 BEEF PHILLY CHEESE TORTELLINI CAULIFLOWER PICKLED BEETS SWEET PEACHES</p>	<p>15 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES BEAN MEDLEY FRUIT COCKTAIL</p>	<p>16 TATER TOT CASSEROLE CARROT COINS GREEN PEAS FRESH FRUIT</p>	<p>17 BAKED COD w/TARTAR RICE PILAF ZUCCHINI SQUASH COLESLAW APRICOTS</p>	<p>18 BISCUITS & SAUSAGE GRAVY BREAKFAST POTATOES BAHAMA VEGGIES CINNAMON CHERRY APPLES</p>
<p>21 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS</p>	<p>22 CHICKEN NOODLE CASSEROLE SAN FRANCISCO VEGGIES LIMA BEANS CRANBERRIES</p>	<p>23 HERB ROASTED PORKLOIN OVER WILD RICE w/PAN SAUCE SWEET CORN BRUSSELS SPROUTS FRESH FRUIT</p>	<p>24 SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES GREEN SALAD w/GARBANZOS PLUMP PEACHES</p>	<p>25 POLISH SAUSAGE ON A BUN SAUERKRAUT BABY RED POTATOES GREEN BEANS MANDARIN ORANGES</p>
<p>28 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES</p>	<p>29 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL PINEAPPLE</p>	<p>30 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE FRESH FRUIT</p>	<p>31 HAPPY HALLOWEEN FREAKY FISH SANDWICH PETRIFYING PEAS CREEPY CAULIFLOWER CACKLING CARROT SALAD</p>	

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(National Senior Center Month continued from page 2)

mental and physical decline. Our centers offer a variety of classes, games, and activities that help seniors stay sharp and maintain mental and physical acuity. Research supports the positive impact of these activities. A study in the Journal of Gerontology found that seniors who regularly engage in exercise and activities are far less likely to experience cognitive and physical decline.

I hope reading this article has provided an opportunity to reflect on what you enjoy about attending your local senior center. I encourage you to try something new! There are many great people to meet and benefits to gain.

There is no better time than National Senior Center Month to introduce a friend to one of Rocky’s Senior Centers in Helena, Whitehall, Townsend, Lincoln, Augusta, or Boulder. For any questions regarding enrollment, contact Senior Nutrition and Transportation Program Director, Mindy Diehl, at Mdiehl@rmdc.net or by phone at 406-457-7361.



Helena Senior Center on a fall day

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 that is on Monday & Tues-
day) *Tournament Dates: September 9 & 10*

1:00 pm - Bridge - Dance Floor

WEDNESDAYS

9:30 am - 10:30 am - Senior Advisory Council Meet-
ing - Card Room (first Wednesday of each month)

10:30 am - 11:00 am - Chi Gong - Card Room

10:30 am - 12:00 pm - Tech Time with Mary - Parlor

12:00 pm - Hand & Foot Card Game - Parlor

1:00 pm - Bingo - Dining Room

THURSDAYS

8:30 am - Caramel Rolls & Coffee - Dining Room

9:00 am - 10:30 am - Be Well Clinic - Dining Room

9:15 am - Line Dancing - Dance Floor

1:00 pm - Wood Carving - Dance Floor

FRIDAYS

10:00 am - 11:00 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 parlor is open every day starting at 8:00 am. You are welcome to come in to relax, read magazines, play cards, work on puzzles, and enjoy time visiting! We are taking donations of books, magazines, and puzzles. A special thanks to everyone for the wonderful donations and sharing spirit!

GET UP, STAND UP FOR YOUR RIGHTS

By Jim Marks

*Program Director, Rocky's
Agency on Aging*

Treating aging as an individual struggle rather than as a societal responsibility hurts everyone. Unfortunately, this misunderstanding, this dysfunction, happens all the time. That's why we older adults must frame aging as a civil rights movement.

Aging should and can be a wonderful part of life. The key is to recognize and embrace identity and connectivity as older adults.

It's not only OK to identify as an older adult, but that identity is the secret sauce. We want to avoid shame, denial, and anger and replace those negative choices with positive understandings of what it means to be an older adult.

Connecting with other older adults and allies of civil rights for older adults is essential. Collective action matters. As they say, united we stand, divided we fall.

Here are a few suggestions on how to engage civil rights for older adults:

- Join organizations that advocate for older adults. Among these are Montana's Big Sky 55+, the League of Women Voters, and AARP

- Join Boards and Councils advising and governing aging services. Examples include senior center boards, the Area IV Advisory Council, and the Governor's Council on Aging.

- Learn and influence how public policy makers think about aging. Do they support Social Security, health care access, accessible and affordable housing, public transportation, and other issues important to older adults?

- Speak out for elder justice, including confronting abuse, fraud, and waste.

It's about civil rights. It's about enjoying robust identities and connections as older adults, strong enough to overcome the systemic barriers to living the lives we want as older adults.

Ageism, discrimination, and inadequate access to healthcare and social services are prevalent problems. By advocating

(Get Up Stand Up continued on p. 5)

(Get Up Stand Up continued from page 4)

for the rights of older adults, society can work towards eliminating these barriers and ensuring that aging individuals are treated with the same respect and consideration as any other demographic group. This perspective shifts the focus from viewing aging as a personal challenge to recognizing it as a societal issue that requires collective action.

Older adults, get up, stand up for your rights. Our future and the future of those who follow us turns on our engagement.

WELCOME OUR NEW SENIOR NUTRITION VOLUNTEER COORDINATOR: TAMMY HUTCHINSON!

We are thrilled to introduce Tammy Hutchinson as our new Senior Nutrition Volunteer Coordinator at Rocky. Tammy comes to us with a wealth of experience from her background in nonprofits and her previous role as a Life Enrichment Specialist at Touchmark. Her passion for working with seniors

and her dedication to making a difference in the community make her a fantastic addition to our team.

Tammy is eager to bring her skills to Rocky and is already enjoying her interactions with both the seniors and volunteers. "I am already really enjoying working with the seniors. They are refreshingly honest to be around. Knowing I will be making new relationships within our community is something I am also really excited about," Tammy shares.

One of the main reasons Tammy was drawn to Rocky is the organization's mission and values. "Rocky offers me the work-life balance I have been looking for,



Tammy pictured above getting ready for meal deliveries

but most of all, I am passionate about the organization's mission," she says. Her commitment to our mission and her enthusiasm for building community relationships

(Welcome Tammy continued on p. 6)

ROCKY SENIOR ADVISORY COUNCIL 2024

Do you want to be part of a team that has the opportunity to plan exciting events? Helena's Senior Center has a wonderful group of dedicated members that meet on the first Wednesday of every month (no meeting in July) from 9:30 am to 10:30 am in the Card Room at the Senior Center. The Senior Advisory Council welcomes guests and new members and is always willing to listen to new ideas. Rocky is very fortunate to have such caring and dedicated members serving on the Senior Advisory Council. Our current members are:

- Walt O'Hara - President
- Fran O'Hara - Vice President & Treasurer
- Kathy Schmit
- Ruth Hoffman
- Shirley Bennett
- Rita Newman
- Marilyn Roehl
- Pat Jupka
- Shana Frankenfield
- Mary Ann & Franz McLaren
- Jill Canfield
- Marilyn Abbott

PS - Thanks from Walt and Fran:

The garage sale for the Senior Advisory Council was a great success. We raised \$640 to support activities. Walt and I could not have done it without all the volunteers and family who helped!

(Welcome Tammy continued from p. 5)

will make her a great fit at Rocky!

When Tammy isn't busy coordinating our senior nutrition volunteers, she enjoys a variety of hobbies. She is an avid book enthusiast, loves scrapbooking, and enjoys spending time outdoors hiking and exploring nature.

Please join us in welcoming Tammy Hutchinson to the Rocky family. We are excited to see the positive impact she will make in our community!

CELEBRATE AND SUPPORT ROCKY'S HEAD START PROGRAM AT THE FRIENDS OF HEAD START (FOHS) EXTRAVAGANZA



FOHS invites the community to celebrate and support their vital work at the upcoming FOHS Extravaganza fundraiser. This event features live music, hors d'oeuvres, a no-host bar, and both live and silent auctions, with all proceeds benefiting Rocky's Head Start Program.

Event Details:

Date: October 3, 2024

Time: 5:30 PM

Location: Delta Hotels Helena Colonial 2301 Colonial Dr. Helena, MT

Tickets: \$30 available at www.rmdc.net

About Head Start: Rocky's Head Start Program provides high-quality, comprehensive early childhood development to low-income families across Lewis & Clark, Broadwater, and Jefferson Counties. The program aims to ensure that all children, regardless of their family's income, have access to the resources and support they need for positive early childhood development.

Impact of Past FOHS Extravaganza Fundraisers: The generosity of the community through past FOHS Extravaganza events has enabled significant achievements, including:

Valley Head Start Building: The purchase of this building in 2017 fulfilled a long-term goal of the program, ensuring a permanent home for the children and families served.

School to Home Projects: These monthly initiatives provide each Head Start child with a brand-new book, fostering a love of reading and learning at home.

Bookshelf Build: An annual event where children build bookshelves to house their growing collection of books from School to Home projects.

Parent Hardship Fund: This fund assists with essential expenses such as birth certificates, driver's license fees, medication, and even funeral expenses, ensuring families can overcome unexpected financial challenges.

Classroom and Program Supplies: Continuous funding for necessary materials and supplies for classrooms, parents, and program activities.

Dick Morgan Trike-Way: The recent addition of a trike-way at the Valley Head Start site, named in honor of a dedicated supporter, provides a safe and fun space for children to play and develop motor skills.

(Extravaganza continued on p. 11)

Fall Closures!



SEPTEMBER & OCTOBER SENIOR PROGRAM CLOSURES

Rocky's Senior Programs (Senior Center, Meals on Wheels, Congregate Dining, and Transportation) will be closed on the following days in September and October:

- Monday, September 2 – Labor Day
- Monday, October 7 – Columbus Day / Indigenous Peoples' Day

To arrange for a meal during any of these closures, please call 406-457-7378 and we will be happy to assist you!

BACKROADS OF MONTANA: MEMORIES AND STORIES

- Monday, September 16
- Monday, October 21

Time: 12:45 pm – 1:45 pm
 Location: Card Room, Rocky Senior Center
 No Cost!



Backroads of Montana: Memories and Stories has been a wonderful gathering. The stories shared and friendly conversations have been amazing. This free gathering will take place on Mondays starting at 12:45 pm. Everyone is invited, and there is no cost. There will be light refreshments as we relax and enjoy an episode of PBS Backroads of Montana, followed by visiting and conversation. Mark your calendars and come join us!

JOIN ROCKY WALKIE TALKIES FOR WALK IN THE PARK!

The Rocky Walkie Talkies is a fun walking group that meets every Wednesday morning at 9:00 am for a walk around Spring Meadow Lake. All abilities are welcome. September 25 will be our last official walk of 2024. Don't miss out on the fun—come join us! Call Samara at 406-457-7319 for more information.

COME CELEBRATE OKTOBERFEST!



Come celebrate Oktoberfest at the Helena Senior Center! Enjoy a German-themed menu with food from our friends at Event Thyme Catering. Live music will be included! All are welcome to attend, and an RSVP is required by Friday, October 4. We hope to see you here and look forward to celebrating!

Menu

- Appetizer:** Pretzel bites with beer cheese dip
- Entree:** Jaeger Shnitzel: Pork and Chicken Options with light brown gravy
- Dessert:** German Chocolate Cake
- Drinks:** Water, Coffee, Apple Cider

Details

- When:** Saturday October 19, 2024
- Time:** 12:00 pm
- Cost:** \$25 per person
- Where:** Helena Senior Center in the Dining Hall
- Contact Senior Center Coordinator Shannon Dinsdale at sdinsdale@rmdc.net or by phone at 406-457-7372 to RSVP.

Rocky Pinochle Club Dates

If you know how to play pinochle and are looking for a fun and friendly group of people, come play with us! New members are always welcome. Pinochle players meet every Sunday and Tuesday at 1:00 pm in the Card Room.

Pinochle Tournament Dates: September 9 & 10



Hand and Foot Card Game – Wednesdays at 12:30 pm in the parlor. All are welcome!

Bridge



Come Join Us!

Every Monday & Tuesday folks are welcome to play Bridge at the Helena Senior Center!

Time: 1:00 pm - 4:00 pm

No money is Involved. We do keep score and have a lot of fun!

WE WELCOME NEW MEMBERS!

Any questions? Please call Helena Senior Center Coordinator Shannon Dinsdale at 406-457-7372.

Bingo

Bingo is a great time for folks to come together. Did you know that there are benefits for older adults who play Bingo? 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 even decrease the risk of mental illness. Bingo also improves cognitive function and memory. Invite friends and enjoy the time playing and maybe be lucky enough to win!

As a reminder, all cards are \$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.

CARD MAKING
FRIDAY,
OCTOBER 11
12:30p.m. - 2:30p.m.
Helena Senior Center
(on dance floor)
Join us for some creative, card making fun! Free!
All materials provided.
SIGN UP AT FRONT DESK
OR CALL 406-447-1680

ROCKY
AMERICAN SENIORS CENTER, INC.
Empowering Seniors. Enriching Communities.

AmeriCorps SeniorsRSVP

FOOT CARE DONE RIGHT 2024

Mark Your Calendar!

Thursday, September 19
Thursday, October 17

Rae Lynn, RN, (406-431-0006), looks forward to taking 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.



“Step Back in Time” HELENA LIVING HISTORY DAY

SATURDAY, SEPTEMBER 14TH

9:00 AM to 4:00 PM

at The Bear Dance Ranch

Parking at 6900 Montana Avenue
Helena, Montana



Olde-Time Fun and Learning for the Whole Family

Live Demonstrations of Historic Skills; Blacksmithing, Gold Panning, Leather Working, Mining and Assay, Flintknapping, Spinning, Weaving, Quilting
Displays of Native American Culture, Frontier Firearms, Food Cultivation/Preservation and a 1860's Military Camp

Re-Enactments, Live Music, Food & More

FREE ADMISSION

SPONSORED BY

THE MONTANA LIVING HISTORY PROGRAM



COMMODITIES SCHEDULE

Townsend, MT
Monday, September 23
10:30 am - 11:30 am

East Helena, MT
Monday, September 23
2:00 pm - 3:00 pm

Wolf Creek, MT
Tuesday, September 24
10:00 am - 10:30 am

Augusta, MT
Tuesday, September 24
12:30 pm - 1:30 pm

Elliston, MT
Wednesday, September 25
10:00 am - 10:30 am

Lincoln, MT
Wednesday, September 25
12:30 pm - 1:00 pm

Whitehall, MT
Thursday, September 26
11:00 am - 12:00 pm

Boulder, MT
Thursday, September 26
1:30 pm - 2:00 pm

White Sulphur Springs, MT
Monday, September 30
11:00 am - 12:00 pm

Helena, MT @ Food Share
Wednesday, September 25
8:00 am - 11:00 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 foods 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.

LETTER FROM THE EXECUTIVE DIRECTOR



Lori Ladas
Executive Director

Welcome to autumn in Montana! After that intense streak of summer heat this year, I think we're all looking forward to the crisp fall air and watching the leaves change as they show off their best colors. It's a special time of year, and I hope it's a happy time for you.

September is a very special month for Rocky, as it is National Senior Center Month! Our Senior Centers are so much more than just a place to grab a meal; they are a place for connection and community! We love to see our seniors come together for activities and informational presentations, watching friendships grow and memories as they are created. If you haven't been to our Senior Center lately, I'd encourage you to stop by and see what's happening!

This time of year also means the start of school, including Rocky Head Start! As a reminder, please use caution in the Neighborhood Center parking lot as a new school year means increased traffic and lots of excited kids entering and exiting the building. We're happy to see the Head Start kids returning; having Head Start and Rocky Mountain Preschool Center in the building brings a lot of good energy to Rocky!

Enjoy this autumn season, and thanks for being part of our Rocky family!



BIRTHDAY MEAL CELEBRATION

We love to celebrate birthdays at the Helena Senior Center! As a member of the Senior Center, you are welcome to have a free meal when it is your birthday month, complete with cake and ice cream! Mark your calendars for Friday, September 13, and October 11, and come join us!



CARAMEL ROLL THURSDAYS

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



(Extravaganza continued from page 6)

The FOHS Extravaganza fundraiser is a testament to the community’s dedication to supporting local families and ensuring every child can thrive. Attendees can look forward to a night of entertainment and philanthropy, knowing their contributions will make a lasting difference in the lives of children and families.

Contact Steven at sferriter@rmdc.net or by phone at 406-457-7377 for more information!

PRELIMINARY ARCHITECTURAL REPORT (PAR)

You may remember that in April we hosted an open house with ideas for an addition to the Neighborhood Center, a new building, or updating the current building. We really appreciated the attendance at the meeting and took notice of all the suggestions and the comments.

After several meetings with the Rocky board and the City, the option for an addition was decided upon. However, the cost for the addition will be more than \$10 million (a new building would be over \$20 million).



The city owns the Neighborhood Center and will be involved along the way, and nothing can happen quickly.

What is called a PAR – Preliminary Architectural Report - will be finalized as part of the Community Development Block Grant that paid for the study.

We will keep meeting with City folks to try to determine how to pay for the project and will let you all know as we move along.

COMMUNITY DEVELOPMENT BLOCK GRANT OPEN HOUSE!




In a partnership with the City of Helena and Rocky Mountain Development Council, Inc. (Rocky), Slate Architecture was hired to conduct a Preliminary Architectural Report (PAR) for the Neighborhood Center. The PAR was conducted to help determine whether an addition, renovation, or new construction is appropriate for the Neighborhood Center to house employees together for team cohesion, efficiently deliver programs, and allow customers access to all Rocky programs from one centralized location.

✓ **Option 1: Addition**

✓ **Option 3: Update Current Building**

✓ **Option 2: New Building**

ROCKY SHUTTLE

Did you know that Rocky provides free transportation to and from the Senior Center for Helena area older adults within the immediate Helena city limits? The shuttle is equipped with a wheelchair lift and operates Monday – Friday from 8:00 a.m. to 3:00 p.m. To schedule a ride please call Rocky at 406-447-1680 at least 24 hours in advance.



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



Autumn

WORD SEARCH

E	A	X	W	A	L	R	S	T	S	T	
T	K	W	Q	U	E	B	F	G	C	N	Y
F	B	O	O	T	S	F	A	E	I	D	L
H	A	E	A	R	C	I	L	S	K	A	I
M	F	E	O	E	A	P	L	S	C	S	E
A	W	H	H	E	P	U	M	P	K	I	N
S	I	H	K	A	R	B	E	T	P	R	D
E	A	A	N	E	Y	N	M	R	O	A	C
O	R	J	X	K	V	S	N	C	G	R	Q
H	L	E	A	F	S	C	A	R	F	I	O



SCARF	APPLE	BOOTS
TREE	FALL	RAKE
ACORN	PUMPKIN	PIE
HAY	SWEATER	LEAF



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*All phone numbers utilize TTY 711
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