

Rocky Mountain Development Council, Inc.

VOICE OF EXPERIENCE



MARCH - APRIL 2025

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

Ph: 406.447.1680 | HELENA SENIOR CENTER | www.rmhc.net

ROCKY PRESENTS CHOPPED: A NIGHT OF CULINARY FUN AND COMMUNITY SUPPORT!



2024 Champion Emma Ramirez opening her basket of mystery ingredients

Mark your calendars for an evening of food, fun, and fundraising at the *fourth annual Rocky Presents Chopped Fundraiser* on April 5, 2025, at the Neighborhood Center. This year's event promises to be one of our best yet, with three talented local chefs ready to dazzle and delight!

Chefs Shea Conley of *Dear Potato*, John Wolf of *Eat Greekish*, and Andrew Maynard of *On Broadway* will face off in a friendly, high-stakes competition. Each chef will cook an appetizer, entrée, and

dessert in three 30-minute rounds using a mystery basket of unusual ingredients—plus pantry staples. No one knows what the baskets hold, but one thing's for sure: these chefs will have to think on their feet!

Our judging panel includes familiar faces: last year's champion Emma Ramirez returns, along with celebrity guest judge Mayor Wilmot Collins and longtime judge Margaret Corcoran, who has been part of every Rocky Chopped event. Their keen taste buds and culinary wisdom will

(Chopped continued on P.2)

Table of Contents

Daily Dinner Club Menus
Page 2-3

Senior Activities Schedule
Page 4

Spring Fling
Page 8

Commodities Schedule
Page 9

Letter from Lori Ladas
Page 12

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Helena, MT 59601

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HELENA SENIOR NUTRITION MENU - MARCH 2025 For Additional Information Call: (406) 447-1680
 Lunch served from 11:30–12:30 *This menu is subject to change due to product availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 OVEN BAKED CHICKEN w/VOLUTE SAUCE WILD RICE PILAF SWEET YAMS GREEN BEANS FRESH FRUIT	4 SLOPPY JOES ON A BUN BAKED BEANS COLESLAW MANDARIN ORANGES	5 BAKED HAM MACARONI & CHEESE COUNTRY VEGETABLES GARDEN PEAS CINNAMON APPLESAUCE	6 CHILI OVER TORTILLA CHIPS WITH CHEESE MEXICAN CORN CAULIFLOWER JUICY PEARS	7 BAKED COD WITH LEMON DIJON SAUCE OVER WILD RICE GARDEN VEGETABLES PICKLED BEETS SWEET PEACHES
10 BBQ BEEF BOWL Beef, Baby Red Potatoes, Corn, Peppers & Onions in a Tangy BBQ Sauce GREEN PEAS PICKLED BEETS WHOLE GRAIN ROLL FRESH FRUIT	11 SWEET-N-SOUR PORK WILD RICE CARROT COINS TOSSED GREEN SALAD w/GARBANZOS FRUIT CRISP	12 TURKEY NOODLE CASSEROLE ITALIAN VEGETABLES BRUSSELS SPROUTS APRICOTS	13 SWEDISH MEATBALLS EGG NOODLES WINTER SQUASH GREEN BEANS BLUSHING PEARS	14 ST PATRICK'S DAY/BIRTHDAY DINNER CORNED BEEF & CABBAGE POTATOES & CARROTS BLARNEY STONE ROLL LUCKY PEARS GREEN VELVET CAKE
17 CHICKEN PATTY ON A BUN BAKED POTATO WEDGES CAPRI VEGETABLES APPLESAUCE 	18 HEARTY MEATLOAF MASHED POTATOES w/GRAVY WHOLE GRAIN ROLL CARROT RAISIN SALAD CRANBERRIES	19 PARMESAN CHICKEN BREAST BUTTERED ROTINI COUNTRY BLEND VEGGIES FOUR BEAN SALAD GOLDEN PEARS	20 PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN BREAD FRUIT COCKTAIL	21 SALMON PATTY BROWN RICE CALIFORNIA VEGETABLES GREEN BEANS SWEET PEACHES
24 PORK CHOPS-N-GRAVY MASHED POTATOES CABBAGE & CARROTS WHOLE WHEAT ROLL FRESH FRUIT	25 GARLIC PARMESAN CHICKEN TORTELLINI & BROCCOLI SWEET PEAS TOSSED SALAD w/BEANS BLUSHING PEARS	26 HAMBURGER ON A BUN CARROT COINS BAKED BEANS MANDARIN ORANGES	27 LEMON BASIL CHICKEN WILD RICE GREEN BEANS GARDEN MIX VEGETABLES SPICED APPLES	28 FISH PATTY w/TARTAR SCALLOPED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL PINEAPPLE
31 MOCK CHOP SUEY BROWN RICE CAULIFLOWER PICKLED BEETS 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 \$10.00.

(Chopped continued from P.1)

decide which chef takes home this year’s title.

Tickets are \$75 and include a delicious dinner from *The Hopper Kitchen & Market*. A no-host bar featuring wine, beer, and spirits will be available, courtesy of *Silver Star Steak Company*. Tickets sold out last year, so don’t wait—head to www.rmhc.net to reserve your spot today!

Every dollar raised from this event supports Rocky’s mission to improve lives and strengthen communities. Proceeds help fund programs that provide affordable housing, senior services, childcare, energy assistance, and more.

Want to lend a hand? We’re looking for auction

items, including gift baskets and experience-based donations. If you enjoy putting together thoughtful gifts or have something special to offer, please reach out to Steven Ferriter at sferriter@rmhc.net or 406-457-7377.

Whether you’re a fan of fine food, friendly competition, or community causes, this is an event you won’t want to miss. Join us on April 5 for a night of entertainment and impact—we can’t wait to see you there!

HELENA SENIOR NUTRITION MENU - APRIL 2025

LUNCH SERVED AT 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 RASPBERRY CHICKEN BUTTERED NOODLES CAPRI VEGETABLES COLESLAW FRUIT COCKTAIL	2 TATER TOT CASSEROLE CARROT COINS GREEN PEAS SWEET PEACHES	3 BISCUITS & SAUSAGE GRAVY POTATO WEDGES BAHAMA VEGGIES APPLESAUCE	4 BAKED COD w/TARTAR RICE PILAF ZUCCHINI SQUASH BEAN MEDLEY APRICOTS
7 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS FRESH FRUIT	8 CHICKEN NOODLE CASSEROLE SAN FRANCISCO VEGGIES GREEN SALAD w/GARBANZOS MANDARIN ORANGES	9 PORK FRITTER MASHED POTATOES & COUNTRY GRAVY BRUSSELS SPROUTS WHOLE GRAIN ROLL CINNAMON APPLES	10 SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES LIMA BEANS PLUMP PEACHES	11 BIRTHDAY DINNER CREAMY CHICKEN CORDON BLEU OVER PENNE PASTA GREEN BEANS HERBED CARROTS SWEET PEARS BIRTHDAY CAKE
14 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN FRESH FRUIT	15 CHILI CON CARNE CORN BREAD MEDITERRANEAN VEGGIES CARROT RAISIN SALAD BLUSHING PEARS	16 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE SWEET PEACHES	17 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL PINEAPPLE	18 Closed - All Staff Day
21 BEEF TACO CASSEROLE w/REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN FRESH FRUIT	22 HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT YELLOW & GREEN ZUCCHINI COLESLAW PINEAPPLE	23 HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES	24 CHICKEN FRIED STEAK OVER ROTINI NOODLES SAUTÉED GREENS CARROT COINS MANDARIN ORANGES	25 CHICKEN PATTY ON A BUN POTATO TRIANGLES GREEN BEANS PEACHES & PEARS
28 HAM & SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS FRESH FRUIT	29 SALISBURY STEAK SEASONED BROWN RICE SCANDINAVIAN VEGETABLES 4-BEANS & GREENS MANDARIN ORANGES	30 BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL FRUIT COCKTAIL	<p><i>Low fat milk is delivered daily to Home Delivered Meal customers And served daily in the dinner club</i></p> <p><i>SALAD BAR INCLUDED IN CONGREGATE MEALS</i></p>	

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR CONTRIBUTION
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 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 \$10.00.

BIRTHDAY MEAL CELEBRATION

We love to celebrate Birthday’s at the Helena Senior Center! Each month we celebrate birthday’s for senior members that fall in that given month. As a member you are welcome to have a free meal when it is your birthday month - yes that includes birthday cake and ice cream!

Please note that the March Birthday Meal Celebration will also be our annual St.Patrick’s Day celebration. Come wearing emerald green and be prepared to celebrate!

Birthday Meal Celebration Dates:

Friday, March 14, 2025 & Friday, April 11, 2025



SENIOR CENTER ACTIVITIES

March - April

MONDAYS

10:30 am - 11:15 am - Jennie's 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 & Tuesday.) March 3 & 4

1:00 pm - Bridge - Dance Floor

WEDNESDAYS

9:30 am - 10:30 am - Senior Advisory Council Meeting (first Wednesday of each month)

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

11:00 am to 12:00 pm *Second and Fourth Wednesday of the Month* - Tech Time with Mary - Parlor

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

1:00 - 3:00 pm - Bingo - Dining Room

THURSDAYS

8:00 am - Coffee & Caramel Rolls - 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

9:00 am - 11:00 am - Cribbage - Dance Floor

10:30 am - 11:15 am - Jennie's Exercise Class - Card Room

SUNDAYS

1:00 pm - Pinochle - Card Room

HAVE AN IDEA FOR AN ACTIVITY?

If you have an idea for an activity that isn't currently offered, such as a dance class, card game, art class, etc., please contact Bill Peña at 406-457-7372 or bpena@rmdc.net



BACK ROADS OF MONTANA: YOUR MEMORIES AND STORIES

March 24, 2025, Monday

April 28, 2025, Monday

Time: 12:30 - 1:30 pm

Location: Card Room, Rocky Senior Center

No Cost!



Rocky's *Back Roads of Montana: Your Memories and Stories* has been a wonderful gathering since it began. The shared stories and friendly conversations have been amazing. This free gathering will take place on Mondays at 12:30 pm, and everyone is invited! Light refreshments will be provided as we relax and enjoy an episode of *PBS Back Roads of Montana*, followed by visiting and conversation. Mark your calendars and come join us!

CARD MAKING
FRIDAY, APRIL 11
12:45 PM - 2:30 PM
NEIGHBORHOOD CENTER
CARD ROOM

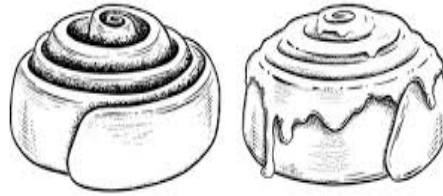
JOIN US FOR SOME CARD MAKING FUN!
 FREE! ALL MATERIALS PROVIDED.
 PLEASE RSVP AT FRONT DESK.

AmeriCorps Seniors
 ROCKY MOUNTAIN SENIORS DEVELOPMENT COUNCIL, INC.

COFFEE & CARAMEL ROLLS

Thursday's are Caramel Roll Day!

The caramel rolls are prepared fresh every Thursday morning from 8:00 am to 10:30 am or **until they are gone**. There is a small charge of \$3.00 per roll. Coffee is free! Come on in and enjoy wonderful company and share a delicious roll.



PROTECT YOURSELF FROM SPAM CALLS

The next time your phone rings, there's a good chance it will be a spam call—but there are ways to protect yourself.

The Problem

The average person receives about nine spam calls a month. In the past 12 months alone, Americans wasted an estimated 272 million hours (that's 11 million days, or 373,000 months) answering spam calls. With the average spam call lasting around 4 minutes, spammers and scammers have plenty of time to trap unsuspecting victims.

So, Who's Calling?

Unwanted calls—from legitimate sales calls and robocalls to online surveys, political

requests, donation pleas, and outright scams—make up a significant portion of everyday communication. Common scam types include credit card fraud, identity theft, Medicare/insurance scams, Social Security impersonation, car warranty schemes, and debt collection scams.

What You Can Do

The Federal Communications Commission (FCC) suggests these tips to stay safe:

Be aware: Caller ID showing a "local" number doesn't necessarily mean it's local.

Don't respond to questions, especially those that can be answered with "Yes."

Never share personal information like account numbers, Social Security numbers, passwords, or other identifying details in response to unexpected calls.

(Spam continued on P.6)

SENIOR ADVISORY COUNCIL 2025

By Bill Peña

*Senior Center Coordinator
Rocky's Senior Nutrition & Transportation Program*

The Senior Advisory Council meets on the first Wednesday of each month to discuss various topics, ideas, and issues related to the senior center. These meetings are filled with open and friendly conversations, and guests are occasionally invited to share insights or highlight topics of interest. Over the years, many new ideas and activities have originated from the Council's discussions. I feel incredibly lucky and honored to listen, learn, and participate alongside this wonderful group.

Walt and Fran O'Hara were re-elected to serve as President, Vice President, and Treasurer for 2025. Congratulations and a very warm thank you to both for continuing their service in these roles. We also welcomed Dave Baldwin as a new member of the Council this year.

As we come together in 2025, know that each Council member is always happy to welcome new faces and listen to ideas and suggestions from everyone. The Council also provides the seasonal decorations you see in

(Council continued on P.9)

THE CARING CALL

During the February Senior Advisory Council meeting, members emphasized the importance of a call from a friend or family member to simply say hello and “check in.”



There was a meaningful discussion about how reaching out can make a significant difference for older adults who may be experiencing isolation or loneliness. A random phone call can not only lift someone’s spirit, but studies have also shown that it provides social connection, a sense of security, and assurance that they are safe and well.

These calls can also serve as a form of support, offering a listening ear or even gentle reminders for medical tasks. However, in a time when phone scams are prevalent, it’s important to ensure that the person calling—or being called—is on a list of “safe and trusted” contacts.

The Council also stressed the importance of making an effort to reach out to those who may not be able to get out often or who don’t have family nearby. Developing a calling network or “calling tree” can be a rewarding experience for everyone involved.

Winter can be particularly challenging for older adults who may be unable to venture out. The Council encourages everyone to “make the call” and stay connected with those on their trusted contact list. Sometimes, a random act of kindness—like a simple phone call—can brighten someone’s day in ways we may never fully realize.

(Spam continued from P.5)

If someone claims to represent a company or government agency, hang up and call the official number on your account statement or the company’s/government agency’s website to verify the request.

Helpful Tools

An article from EXTRA50Plus magazine, “America’s Spam Scorecard,” suggests using a spam-identifying app like Truecaller. Other popular apps include Hiya, Robokiller, and CallControl, which can help block and identify potential spam callers.

By staying alert and using helpful tools, you can better protect yourself from the risks of spam calls.

WHAT IS MEDICARE FRAUD OR ABUSE?

*By Joel Peden
Program Coordinator
Rocky’s Agency on Aging*

Medicare or Medicaid fraud is considered a criminal act. Fraud is when someone knowingly deceives, conceals, or misrepresents to obtain money or property from any health care benefit program.

Abuse is when health care providers or suppliers perform actions that directly or indirectly result in unnecessary costs to any health care benefit program. Abuse includes any practice that doesn’t provide patients with medically necessary services.

Examples of fraud or abuse are:

- billing for services that aren’t medically necessary or never received,
- overcharging for services or supplies, and
- misusing billing codes to increase reimbursement

What are some strategies for preventing or detecting possible fraud and abuse:

(Medicare continued on P.7)

(Medicare continued from P.6)

Be aware of the potential for fraud and abuse.

Realize that anyone can commit fraud.

Stay alert.

Know what to look for. Fraud schemes can change quickly.

Stay informed about scams, scammers, and the methods they use.

Practice the 4 Rs:

1. Record appointments and services.

2. Review services provided.

CELEBRATE NATIONAL VOLUNTEER MONTH WITH ROCKY'S RETIRED & SENIOR VOLUNTEER PROGRAM

*By Samara Lynde
Program Director*

Rocky's Retired and Senior Volunteer Program

April is National Volunteer Month, and we're excited to highlight the incredible work of the Retired & Senior Volunteer Program (RSVP) in our community!

Exercise Classes: RSVP volunteers lead exercise sessions at the Neighborhood Center, helping seniors stay active and healthy.

Front Desk Support: Volunteers greet visitors at the front desk in the dining room, creating a welcoming atmosphere.

Crafty Quilters: On Tuesdays, RSVP Crafty Quilters transform the Card Room into a creative hub where they design and sew beautiful quilts. These talented volunteers donate approximately 200 quilts annually!

Health Support: Every Thursday morning, a cheerful volunteer offers blood pressure checks and free materials on healthy living.

(RSVP continued on P.8)

3. Report suspected fraud (so it can be investigated and stopped, if it's happening).

4. Remember to protect personal information, like your Medicare, Medicaid, Social Security, credit card, and bank account numbers.

Rocky's Area Agency on Aging is your trusted local source if you feel you or someone you know has been a victim of Medicare or Medicaid fraud. Please call us and ask for the SMP Coordinator at 406-447-1680.



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.rmdc.net

<p>RED ALDER RESIDENCES 1-406-558-9342 Helena, Montana</p>	<p>EAGLE MANOR RESIDENCES 1-406-442-0610 Helena, Montana</p>
<p>PTARMIGAN RESIDENCES 1-406-461-9849 Helena, Montana</p>	<p>PHEASANT GLEN RESIDENCES 1-406-461-9849 Helena, Montana</p>
<p>RIVER ROCK RESIDENCES 1-406-461-9849 Helena, Montana</p>	<p>ROCKY MOUNTAIN FRONT PROPERTIES 1-406-437-4411 Augusta, Montana</p>
<p>BIG BOULDER RESIDENCES 1-406-438-5611 Boulder, Montana</p>	<p>TOWNSEND HOUSING 1-406-437-4411 Townsend, Montana</p>

UPCOMING FALL PREVENTION CLASSES!!



Are you interested in reducing your chance of a fall?

Worried about your ability to remain in your own home?

Then Stepping On is for you!!

Stepping On is a 7-week Fall Prevention class held at the Helena Senior Center.

Class will start April 3rd so register soon!

Call Michele with Rocky's Agency on Aging at 406-441-3985 for details and registration information.

VOICE OF EXPERIENCE
ROCKY CARD
GAMES & CLUBS

PINOCHLE CLUB

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

March Pinochle Tournament Dates:
Monday & Tuesday, March 3 & 4, 2025
Location: Card Room

**Hand and Foot Card
Game**

Every Wednesday at 12:00 pm in the parlor. Come join us!

Bridge

Come Join Us!
Every Monday and Tuesday is Bridge Day at the Senior Center!

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

While no money is involved, we do keep score and have a lot of fun!

Cribbage Club

Join our Cribbage Club!
Cribbage is a classic card game that's easy to learn, offering simple strategy and math skills. Senior Center member Shana Frankenfield coordinates the club, which welcomes players of all skill levels. Whether you're a seasoned player or new to the game, come and join us for some fun!

Time: Friday at 9:00 am
Location: Dance Floor

(RSVP continued from P.7)

Meals on Wheels: Every weekday, dedicated volunteers pack and deliver nutritious meals to hundreds of residents.

Rocky Go-Getters: These volunteers provide transportation to medical appointments and offer friendly companionship visits to older adults in Helena.

Food Shares: RSVP volunteers also support the Helena and Augusta Food Shares, ensuring access to nutritious food.

New Partnership: We're working on a new collaboration with St. Peter's Hospital to place volunteers in the hospital's gift shop.

The Benefits of Volunteering

Volunteering doesn't just benefit the community—it also enriches the lives of volunteers. It's a great way to make new friends and strengthen personal connections. Volunteering can help reduce stress, anger, and anxiety. Studies show it also improves mental and physical health, combats depression, and provides a sense of purpose. Many volunteers share that they feel happier when giving to others. As the saying goes, "Those who bring sunshine into the lives of others cannot keep it from themselves."

If you'd like to explore RSVP volunteer opportunities, please stop by or call me anytime!

Contact:
Samara Lynde
406-457-7319
slynde@rmdc.net

**SPRING FLING
2025**

Hawaiian Luau

Mark your calendars for Saturday, May 10, 2025! The Senior Advisory Council will be hosting a fun and delicious meal with a Hawaiian Luau theme.

The event begins at 12:00 pm and will be held in the dining room located in the Senior Center. The cost will be \$25 per person. Signup will begin in early April.



(Luau continued on P.9)

(Luau continued from P.8)

The delicious meal will be provided by Event Thyme Catering.

Main Meal:

- Appetizers: Pretzel with beer cheese
- Choice of Pulled Pork or Pulled Chicken
- Pineapple baked beans
- Fruit Salad
- Asparagus
- Hawaiian rolls
- Dessert: Coconut Ice Cream

If you have questions please talk to Bill, Helena Senior Center Coordinator, (406) 457-7372.

(Council continued from P.5)

the dining room, helping Pat Jupka
make the senior center a Shana Frankenfield
fun and exciting place. Jill Canfield

2025 Senior Advisory Council Members:

Walt O'Hara – President Martha Nottveit

Fran O'Hara – Vice David Baldwin

President & Treasurer Lucille Gordon

Shirley Bennett

Kathy Schmit

Rita Newman

Ruth Hoffman

Marilyn Roehl

A special thank you to all members for their commitment, care, and efforts in making the senior center one of the best!

COMMODITY FOOD FOR QUALIFYING SENIORS

COMMODITIES SCHEDULE

Lincoln, MT
Wednesday, March 26
12:30 pm - 1:00 pm

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

Boulder, MT
Thursday, March 27
1:30 pm - 2:00 pm

White Sulphur Springs, MT
Monday, March 31
11:00 am - 12:00 pm

Helena, MT @ Food Share
Monday, March 24
12:30 pm - 6:30 pm

Tuesday, March 25
12:30 pm - 3:30 pm

Wednesday, March 26
12:30 pm - 3:30 pm

Thursday, March 27
12:30 pm - 6:30 pm

Friday, March 28
12:30 pm - 3:30 pm

**Pickup times can vary due to weather*

Townsend, MT
Monday, March 24
10:30 am - 11:30 am

East Helena, MT
Monday, March 24
2:00 pm - 3:00 pm

Wolf Creek, MT
Tuesday, March 25
10:00 am - 10:30 am

Augusta, MT
Tuesday, March 25
12:30 pm - 1:30 pm

Elliston, MT
Wednesday, March 26
10:00 am - 10:30 am

Avon, MT
Wednesday, March 26
10:45 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, 1280 Boulder 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.

VOLUNTEER WITH THE FOSTER GRANDPARENT PROGRAM!

By Angela Nelmark
 Program Director
 Rocky's Foster Grandparent Program

What is the Foster Grandparent Program?

Rocky's Foster Grandparent Program offers volunteers the opportunity to mentor and assist children by sharing expertise, knowledge, and care. Volunteers work individually with children under the supervision of a teacher or childcare professional in elementary schools, preschools, Head Start classrooms, faith-based sites, and other nonprofit organizations. They may assist with academic projects, literacy skills, one-on-one mentoring, or provide companionship and support to a child during a critical time. Volunteers are assigned to children who are identified as having special or exceptional needs and require extra support that their classroom teacher can't always provide.

Flexible Scheduling

You choose how you spend your time! You can volunteer as little as 5 hours per week, all the way up to 40 hours per week. We want you to enjoy and value your time giving back to your community.

(FGP continued on P.11)

Join us
for
Lunch...

Rocky's Neighborhood Center offers daily lunch for our community!
 Lunch is served from 11:30 am to 12:30 pm, Monday through Friday.





Come Enjoy:
 Nutritious Meals!
 Great Variety!
 Salad Bar Included!

More than a lunch!

Save Time!
 Meet Friends!
 Save Money!

\$5 suggested donation if 60+
 \$10 if under 60



Want More Information?
 Contact us at (406) 447-1680
 Visit the Neighborhood Center!
 200 S. Cruse Helena, MT 59601



St. Patrick's Day

Word Search Puzzle

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

POT	CLOVER	CELEBRATE	HORSESHOE
PIPE	MARCH	GOOD LUCK	GOLD
LEPRECHAUN	HAT	COINS	RAINBOW
PATRICK	MAGIC	GREEN	IRELAND

↔ ↕ ↖ ↗

(FGP continued from P.10)

Volunteer Benefits

Eligible Foster Grandparents receive a tax-free stipend, mileage reimbursement, an annual physical, on-going training, vacation and sick leave, paid holidays, recognition events, the opportunity to give back, and make intergenerational connections. Volunteers report that they feel like they make a positive difference in another person’s life and that they feel mentally and physically better because they participate in the program.

Please reach out to Angela at (406) 457-7362 if you would like more information on the Foster Grandparent Program or visit our website, www.rmhc.net.



End The Wait

Right now, despite relentless efforts, Rocky is struggling to address the sheer volume of need. Federal funding has not kept pace with either the growing senior population or rising costs. Additionally, only 1% of philanthropic donations in the U.S. go toward senior causes. Local Meals on Wheels providers like Rocky exist in nearly every community across the country, and are eager to do even more, but desperately need more resources to do so.

“Across the country, local Meals on Wheels providers are working tirelessly to deliver seniors nutritious meals and moments of connection, but they could be reaching even more seniors and doing even more for them if they had additional resources,” said Ellie Hollander, President and CEO of Meals on Wheels America. “That’s why Meals on Wheels America launched a bold plan to *End the Wait* and ultimately ensure all seniors have access to the life-saving services they need to live nourished lives with independence and dignity.”

For more information on how you can volunteer, contribute or speak out for the seniors in Lewis & Clark, Jefferson, and Broadwater counties, visit www.rmhc.net. For more information about Meals on Wheels America’s campaign to End the Wait, visit <https://www.mealsonwheelsamerica.org/end-the-wait>.



Mark your Calendars for April 3! Pat Perl will be selling her artisan chocolates at the Neighborhood Center from 10 am to 1 pm. Don’t miss out on the chance to purchase a delicious gift basket full of tasty handmade chocolate treats! They make a wonderful gift for a friend – if you can stop yourself from eating the goodies first!



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Helena Senior Center
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*Lori Ladas,
Executive Director*

Winter may have arrived a little later than usual, but the calendar reminds us that warmer and brighter days are ahead! It sure is nice to see the sunshine and the longer spans of daylight as we inch toward spring.

March is a time to recognize the Meals on Wheels program, as End the Wait is celebrated. Rocky is proud to coordinate the Meals on Wheels program and over the past few years, we've gathered an amazing group of volunteers who give their time to deliver meals to others in

our community. They are such an inspiring group! If you are interested in joining the Meals on Wheels volunteer team, call the Rocky office and we can help you get started! Also, if you or someone you know would like to receive Meals on Wheels, we're happy to answer any questions!

We are preparing for one of our favorite days at the Helena Senior Center: St. Patrick's Day - celebrated on March 14! It's always fun to see everyone embracing their Irish heritage, even those who aren't Irish at all! We hope you can join us and enjoy a little luck o' the Irish. It's one of the best-attended lunches of the year, so come early to secure your spot.

We're looking forward to springtime, and happy you are part of this exciting time of year at Rocky. Thanks for being part of the Rocky family.
