



ADULT RESOURCE

Alliance
of Yellowstone County

SENIOR NEWS

OCTOBER/NOVEMBER 2020



We are grateful to the Planters NutMobile for helping deliver meals on wheels. It was such a fun day!

As the Adult Resource Alliance locations are currently closed, please remember to get your free Medicare **flu shots** at your local pharmacy or the RiverStone Clinic.

Closed **OCT. 12th** FOR COLUMBUS DAY & **NOV. 26th & 27th** FOR THANKSGIVING HOLIDAY

CALL 259-9666 FOR OUR DAYS AND HOURS OF OPERATION



Judy Hughes
Development Director

Changing the Future of our Community

I love it when I get the opportunity to talk about why creating an endowment is so important.

What is an endowment?

An endowment is a permanent fund within an organization that anyone can donate to. “Permanent” means your donation will never be spent, but will be pooled and invested with other gifts to the same endowment for the purpose of generating earnings. Those earnings will be used this year and every year forward. That is the power of giving to an endowment!

Why would I be interested in giving to the endowment at the Adult Resource Alliance?

For so many reasons!

- I love what the Alliance does and how many people are helped every day.
- I want to ensure the future of this organization.
- Endowment funds provide a secure, solid stream of income that can be counted on year after year.
- I like the idea that my gift is helping not only today, but forever.
- I like seeing my charitable dollar stretch further and making a bigger impact.
- I love the improved/increased tax benefits I get for giving to the endowment (see “The Montana Endowment Tax Credit” below.)
- I like the opportunity an endowment offers to establish a legacy in my loved one’s name or memory.

May I tell you more?

Let’s build a strong foundation for the future of our community.

Please call me at (406) 259-9666, or send me an email at Judyh@allianceyc.org

Give a gift this year to build our Community’s Future through a planned gift AND RECEIVE A 40% Montana Tax Credit.



Make your planned gift to benefit the Adult Resource Alliance. In return, you may receive excellent tax benefits including federal tax deductions for your charitable gift and the Montana Endowment Tax Credit—an amazing 40% tax credit applied toward your Montana income tax!

We will make everything simple for you and your tax preparer.

Call or email me today for more information.
Judy Hughes, Development Director
259-9666 • Judyh@allianceyc.org

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BOARD OF DIRECTORS

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1505 Avenue D, PO Box 20895, Billings, MT 59104
Phone: 259-9666, Fax: 259-2849, AllianceYC.org

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Please direct comments and requests to:
Adult Resource Alliance, PO Box 20895, Billings, MT 59104

The Yellowstone County Council on Aging / Adult Resource Alliance was organized in October 1975 and has a Board of Directors appointed by the County Commissioners. This Board assumes the responsibility for organizing, coordinating, and administering services for citizens 60 years and above.



TECH TIPS: Creating Safe Passwords

By Miranda Gilbert
Owner, Girl Geek Communications

Hackers, scammers, and identity theft are an everyday occurrence in our modern world. One of the best defenses is using strong passwords.

HERE ARE A FEW OF MY FAVORITE TIPS:

- 1. Your password should be long.** At least 8 or more characters. Use upper case, lower case, numbers, and punctuation.
- 2. Avoid common passwords at all costs.** According to CNN, the most common passwords in 2020 are 123456, password, and abc123. See a pattern here? Take your time and think of a good password, not just something quick.
- 3. You could take a common phrase and use the beginning letter of each word for a seemingly random password.**
- 4. If you write your passwords down, keep them in a secure location.**
- 5. Do not give your password out over the phone. Change your passwords frequently for your safety and security.**



COVER PHOTOGRAPHY PROVIDED BY VANDE' STUDIOS



Kim Bailey, RN

Thankful for safe, effective flu vaccine

Influenza (sometimes called “the flu”) is an upper respiratory illness that causes fever, chills, body aches, headache, fatigue, cough, sore throat, and runny nose. Influenza season in the U.S. is usually from late fall through early to mid-spring.

Most people who get the flu will recover without serious complications. However, influenza can cause serious illness, hospitalization, and even death in some individuals.

We can all be thankful that influenza vaccines are available as they are the best protection against influenza that we have.

Annual influenza immunization is recommended for nearly everyone older than six months of age. Influenza vaccine will protect most people from getting the flu. Those who have been vaccinated and contract the flu are likely to have a milder case than if they had not been vaccinated.

For the upcoming influenza season, influenza vaccination will be of paramount importance. This year with COVID-19 circulating at the same time as influenza, it may be difficult to tell the difference between the two. Some symptoms of influenza and COVID-19 are similar and, though information is limited, it is possible to be infected with both at the same time.

Testing can determine if a person has COVID-19 or influenza. It is important to take every precaution and prevention method available this season to prevent respiratory illnesses. There is currently no vaccine available to prevent COVID-19.

Influenza vaccine formulated for the 2020-2021 season is currently being distributed. Manufacturers supplying flu vaccine

in the United States project they will have more than 194 million doses available, according to the CDC. That’s 20 million doses more than the 175-million-dose record set last flu season.

There will be ample supply of vaccine and it’s not too early to get immunized. Immunizations are available through your primary care provider, your local health department, and other venues so don’t delay. Call the RiverStone Immune Clinic at 247-3382 to make an appointment for a free Medicare flu shot.

This year prevention is key. To prevent respiratory illnesses: Cover your cough, stay home if you’re sick, wash your hands, wear a mask, maintain a distance of 6 feet from others and get immunized for influenza.

Kim Bailey, BSN, RN, is a public health nurse and the communicable disease program manager at RiverStone Health. She can be reached at 406.651.6435.



This is LIFE at The Springs Living

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Assisted Living | Memory Care

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Email has become a very efficient and effective method of communicating and we need your help to expand our ability to use it. **Please take a minute to send your email address to judyh@allianceyc.org.** We will only use it for Adult Resource Alliance-related business purposes in accordance with our Privacy Policy. Our Privacy Policy is on our website at <https://www.allianceyc.org>.

SENIOR LUNCH PROGRAM

Adult Resource Alliance Nutrition Programs

Question: *Has the Meals on Wheels Program continued through the pandemic?*

Answer: Yes, we continue to deliver meals to homebound seniors Monday through Friday. Many new volunteer drivers have stepped up to meet the increasing need for Meals on Wheels.

We are so grateful to all volunteers as well as staff who help us provide nutritious meals to homebound seniors.

Question: *Are you still selling frozen meals at three locations in Yellowstone County?*

Answer: Yes, we are still selling frozen meals at three locations: 1505 Ave D, 935 Lake Elmo Drive, and the Laurel Senior Center. The meals are available from 11:00am-1:00pm Monday and Fridays.

Question: *When will the meal sites re-open?*

Answer: As soon as it is safe to do so, and following state guidelines, we will begin a staggered re-opening of the meal sites. Please check our website or Facebook page for updates.

Question: *Why is there a menu published in the Senior News if the meal sites are not open yet?*

Answer: Meals on Wheels and the Senior Lunch Program have the same menu.

Question: *Why are there two menus in the Senior News?*

Answer: The Senior News is now being sent out every two months instead of monthly.

☛ **NEW:** Starting in October, reserved Hot Meals To Go will be available for pick up at our 1505 Ave D location only on Mondays and Fridays from 11am-1pm. Reservation is required. **Please see the full ad below for more details.*

... RESERVED ... HOT MEALS TO GO

Beginning October 2, a reserved hot meal will be available to pick up at Adult Resource Alliance at 1505 Avenue D on Mondays and Fridays only. We have been successfully selling frozen meals on these days since the shutdown. Starting Oct 2, you can also get a reserved HOT MEAL TO GO on Mondays and Fridays from 11-1. There will be three different times allotted to allow for social distancing and sanitizing during these hours. Meals must be ordered the day before. Entrées will be the same as the menu published in the Senior News for our Meals on Wheels clients. Please call 259-9666 by NOON on Thursday or Friday to order a hot meal to go. You will be instructed on pick up details when you place your order. As usual, frozen meals will also be available. We will have meal tickets available for purchase and encourage the use of them to keep everyone as safe as possible.

THERE WILL BE A
**Coming Back From Covid
TRAINING**

Wed., October 7 • 1pm at 1505 Ave D

Required training for meal site volunteers who did NOT participate in the June session. Please contact Tammi at (406)259-9666 to get registered.

Seniors!

Would a big bag of grocery goodies
(at no cost to you) really help each month?

FOR MORE INFORMATION SIGN UP AT:

Family Service, 3927 1st Ave N, Billings, MT 59101

OR USE OUR ONLINE FORM AT:

www.billingsfamilyservice.org/find-help/senior-commodity-food



DUE TO COVID-19, ONLY DRIVE UP SERVICE IS AVAILABLE NOW.

OCTOBER MENU

Nutrition Program Director: Lorri • Cooks: Jami, Kathy, Mary & Winter

BILLINGS & LAUREL
MEAL SITES

BILLINGS & LAUREL
MEALS ON WHEELS

We are NOT currently open for lunch at our Meal Sites, but when it is safe to do so, we are ready and looking forward to seeing everyone back. Information about opening will be posted on Facebook, our Website, or you can also call 259-9666.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 POLISH W/ KRAUT MASHED POTATOES BUTTERED CORN COOKIE	29 BEEF ENCHILADA SALSA & SOUR CREAM REFRIED BEANS APRICOTS MARGARITA CAKE	30 CHICKEN CARBONARA NOODLES GARLIC BREAD BUTTERED PEAS SPINACH SALAD FRUIT	1 BLACK BEAN CHILI W/ CHEESE, ONIONS, & SOUR CREAM FRITO'S FRUIT CARMEL ROLL	2 ROASTED PORK W/ GRAVY HERB STUFFING COUNTRY TRIO VEG. BROCCOLI SALAD CREAMY CRUNCHY
5 COUNTRY FRIED STEAK W/ GRAVY MASHED POTATOES BUTTERED PEAS BUTTERSCOTCH PUDDING	6 SWEET & SOUR PORK WHITE RICE EGG ROLL CHINESE CASHEW -SALAD FRUIT	7 	8 CORN CHOWDER SOUP TUNA SALAD SUB BANANA RICE KRISPY TREAT	9 CABBAGE ROLL AU GRATIN POTATOES GREEN BEANS PISTACHIO SALAD GERMAN CHOCOLATE BROWNIE
12  <i>Sorry we're</i> CLOSED <i>for Columbus Day</i>	13 BBQ PORK SAND. JO JO'S COLESLAW FRUIT	14 CHICKEN ALA KING BISCUIT HARVARD BEETS FRUIT MAGIC BAR	15 TURKEY SUPREME STEAMED BROCCOLI CRANBERRIES CARROT RAISIN SALAD COOKIE	16 SWISS STEAK WILD RICE VEGETABLE AMBROSIA SALAD APPLE CRISP
19 TACO SALAD W/ CHEESE, TOMATO, ONIONS, SALSA & SOUR CREAM DORITO'S MAN/PINEAPPLE CUP COOKIE	20 CHEESEBURGER DELUXE BAKED BEANS BACON PASTA SALAD PEACHES	21 HAM & CHEESE QUICHE HASH BROWN PATTY CINNAMON APPLES GRANOLA BAR	22 BEEF CHOW MEIN OVER RICE ASIAN BLEND VEG. ORIENTAL COLESLAW TAPIOCA PUDDING	23 BBQ RIB CHEESY SCALLOP POTATOES VEGETABLE WALDORF SALAD CHOCOLATE CAKE W/ P.B. FROSTING
26 SPAGHETTI W/ MEAT SAUCE GREEN BEANS BREADSTICK APRICOTS ICE CREAM	27 FISH & CHIPS BUTTERED PEAS COLESLAW W/ PINEAPPLE PEANUT BUTTER BAR	28 SHREDDED PORK OVER WHITE RICE CARROT COINS APPLE SAUCE MONSTER COOKIE	29 BEEF STEW W/ BISCUIT PICKLED BEETS GARDEN SALAD FRUIT	30 CHICKEN STUFFED PEPPER LOADED MASHED POTATOES BUTTERED CORN JELL-O CAKE

WHEN RESERVATIONS ARE AVAILABLE CALL...

Alliance, BCC, & Meals On Wheels • 259-9666
Billings Heights Meal Site • 606-1170
South Side Senior Center • 256-6413
Laurel Senior Center • 628-7571

MEAL SITE RESERVATIONS

- must be made by 12pm, at least 1 business day in advance.
- A requested donation of \$4.00 per meal for adults 60 and above.
- Under 60 charge is \$6.00.
- Menu is subject to change
- GF = GLUTEN FREE

NOVEMBER MENU

Nutrition Program Director: Lorri • Cooks: Jami, Kathy, Mary & Winter

BILLINGS & LAUREL
MEAL SITES

BILLINGS & LAUREL
MEALS ON WHEELS

We are NOT currently open for lunch at our Meal Sites, but when it is safe to do so, we are ready and looking forward to seeing everyone back. Information about opening will be posted on Facebook, our Web Site, or you can also call 259-9666.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 HAM & SCALLOP POTATOES VEGETABLE ORANGE CHOCOLATE P.B. COOKIE	3 SWEET & SOUR CHICKEN OVER RICE EGG ROLL ORIENTAL COLESLAW FRUIT	4 SLOPPY JOE BAKED BEANS PICKLED BEET SALAD TAPIOCA PUDDING	5 BEEF TIPS OVER NOODLES CAPRI VEGETABLE PEACHES S'MORE BAR	6 PORK CHOP W/ APPLES & SWEET POTATOES BUTTERED PEAS SPINACH SALAD CAKE
9 CHEESEBURGER W/ ONION & PICKLES CHIPS PASTA SALAD ROSY PEARS	10 TURKEY TETRAZZINI HARVARD BEETS TOMATO SPOON -SALAD PEANUT BUTTER BLONDIE	11 COUNTRY FRIED STEAK W/ GRAVY MASHED POTATOES VEGETABLE MOLASSE COOKIE	12 CHICKEN STRIPS W/ RANCH JO JO'S FRUIT CHOCOLATE BROWNIE	13 LASAGNA GARLIC BREAD GREEN BEANS GARDEN SALAD BANANA PEACH COBBLER
16 TENNESSEE PRIDE CASSEROLE TOMATO WEDGES PEACHES YOGURT W/ GRANOLA	17 BEEF & BROCCOLI OVER RICE ASIAN BLEND VEG. CHINESE CASHEW SALAD RICE KRISPY TREAT	18 	19 HAM & CHEESE TORTELLINI VEGETABLE APPLE PECAN SALAD COOKIE	20 ROASTED TURKEY W/ GRAVY MASHED POTATOES GREEN BEANS CRANBERRIES PUMPKIN BAR W/ CREAM CHEESE FROSTING
23 SOFT SHELL BEEF TACO W/ LETTUCE CHEESE, TOMATO, SALSA & SC MEXI – CORN FRUIT SALAD/PUDDING	24 HAM & CHEESE QUICHE O'BRIEN POTATOES FRUIT CINNAMON ROLL	25 CHICKEN MARSALA WILD RICE VEGETABLE PEARS COOKIE	26  Sorry we're CLOSED for Thanksgiving	27  Sorry we're CLOSED for Thanksgiving
30 WHITE CHICKEN CHILI W/ CHEESE & SOUR CREAM TORTILLA STRIPS BUTTERED CORN FRUIT APPLE CINNAMON SCONE	1 PORK ENCHILADA W/ SOUR CREAM CHEESE SAUCE REFRIED BEANS SALSA & SC TOSSED SALAD MEXICAN WEDDING CAKE	2 HAMBURGER GOULASH BREADSTICK VEGETABLE FRUIT COCKTAIL BUTTERSCOTCH PUDDING	3 CHICKEN POT PIE STEAMED BROCCOLI CINNAMON APPLE – COLESLAW GRAPES	4 LEMON CRUSTED COD WILD RICE STEWED TOMATOES AMBROSIA SALAD CHERRY CHA CHA

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Connections IN OUR MIDST

A SERIES OF ARTICLES ON PEOPLE, PLACES AND
PERSEVERANCE IN YELLOWSTONE COUNTY

Written by Robbie Carpenter

PHOTOGRAPHY PROVIDED BY VANDE' STUDIOS

Carolyn Thayer



Carolyn Thayer is a Montana born free-lance artist and teacher, however, she is of Swedish and Norwegian descent. Most of her relatives settled around Anaconda in the early days of the smelter. Today, Carolyn lives with her husband of 50 years who is a genealogist. Richard has traced both lines of the family back to the likes of Macbeth. In fact, the Thayers have traveled extensively to locate burial sites of many family ancestors. Trips to England, Scotland, and Ireland yielded many discoveries. Carolyn graduated from MSU Bozeman with an art degree and a teaching certificate.

Adult Resource Alliance: Tell us about your journey with art and how it has shaped your life.

Carolyn: As a child, art was my refuge. It was an escape from family tensions. It transported me to another world where time did not matter, and worries were no more. In school, I was the one who could draw so it lent me a small amount of popularity. I was not a cheerleader or majorette, but I could put images on paper. Because I showed talent, my parents sent me off for private lessons in 7th grade.

In college, I developed my drawing and painting skills and gained more knowledge of art history. My dad had encouraged me to get a teaching certificate which did not excite me much at the time. Options for women were secretary, nursing and teaching. I thought, why not teaching?

Adult Resource Alliance: Did you like teaching?

Carolyn: I found I enjoyed teaching. I taught for 28 plus years. I liked showing students the way to their creative selves. At some point I read the book "Drawing on The Right Side of the Brain" by Betty Edwards. She pointed to the fact that our brains have two hemispheres the Left and the Right. She cited the studies in the

50s of stroke victims who had suffered strokes in one hemisphere of the brain, but it affected the opposite side of the body. Eureka! Each hemisphere had different functions.....and lo and behold the Right Brain is the center specializing in spaces and puzzles- the stuff of art. There is also no sense of time in the Right Brain and most importantly no judgements lurked there. That was the function of the Verbal Left Brain. In order to do art, the Left Brain cannot process those functions, so it goes to the Right Brain for that.

Adult Resource Alliance: What did you do with this information?

Carolyn: Armed with this knowledge, I set about to show students that they could leave their Left Brain judgments behind and access their Right Brain in order to create. They had the choice to not listen to their Left Brain about their "lack" of art ability. This is the reason why doodlers doodle. It's the function of two different halves of the brain. Its calming (Right Brain) its spatial (Right Brain) and it passes the time, especially if you are bored. But one may still listen and doodle at the same time. It's the Left Brain that's listening.

Adult Resource Alliance: What is something that people probably don't know about you?

Carolyn: I am a Montana girl who has always longed for the British Isles. Beatrix Potter, the British author of Peter Rabbit, was a great influence on my early work. I was thrilled to be able to stand in Beatrix Potter's garden on one of the trips to the Lake Country of England. When my two children came along, I became interested in whimsical, humorous works that delighted my children. Several greeting card companies bought my pen and ink drawings which



FAVORITE QUOTE:

"I've been terrified every moment of my life, but I never let it stop me from doing what I wanted to do!"

— Georgia O'Keefe

were popular at the time. Now days I am more interested in telling stories through the paintings of houses. I work primarily in acrylic eager to render a home touched by light or buried in shrubbery lined by brick gardens. The viewer can imagine their own scenarios when viewing the paintings.

Adult Resource Alliance: What have you been focusing on since you have retired?

Carolyn: I enjoy fostering the creative flame with adult students. I teach in my home studio and at Crooked Line Studio owned and operated by Julie Durrett. Here, everyone can find a creative outlet in the many classes offered at the studio. Students are helped to discern their judgments, let them go and enjoy the creative process.

My children are grown and I have adorable twin grandsons who are igniting the spark for whimsy...maybe a children's book? Who knows? It's all fun! And as long as it continues to be fun, I will keep going.

Adult Resource Alliance: What is your mission with art and what advice would you give to the creative spirit in all of us?

Carolyn: My mission is to help people get into the non-judgmental part of the brain. The trick is to give your Left Brain something too hard for it to do. It doesn't want to do art, so it tries to get out of it. I give the brain things to do that require Right Brain to take over. There is no judgment or sense of time there. It does not matter if your art is beautiful or not, it is the process! I discovered the Right Brain as a child, and it has served me well throughout life. I love the process. It is a joy to help everyone discover that they too can enjoy the process and find the peace that comes while creating art.

Awards and achievements: 1999 YWCA Salute to Women, 1999 Golden Apple, 1985 Grumbacher Gold Award, co-wrote and illustrated "Historic Homes of Billings with Kathryn Wright of the Gazette staff

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HEALTHY IS WELLNESS

Healthy is Wellness Health Coach: Becky Ketterling, Certified Personal Trainer

Have a Grateful Day!

We've all heard the expressions, "Look on the bright side!" or "Stop and smell the roses!" Studies now link this type of positive thinking to increased happiness and better health.

A simple way to put positivity into action is through a quick and easy 'gratefulness' exercise. Each day, grab a pen and jot down 3 things you are grateful for. There's no need for a journal - you can use a napkin, scrap of paper, or anything within reach!

The challenge is to practice this simple act of gratefulness for 30 days. This process actually rewires our brains to think more

positively, leading to great results such as lower blood pressure, a stronger immune system, and decreased pain. So get started today and harness your body's amazing power to feel better and live happier!



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Amy Hurless

406-696-8925 (TTY: 711)

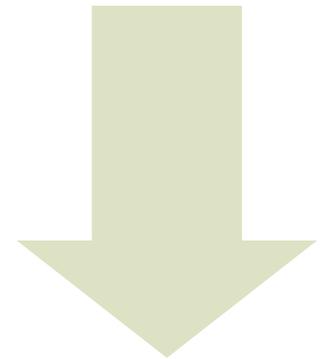
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**UPDATES
& NEWS**

 /AdultResourceAlliance

I'm grateful for...



"I'm grateful for the Caregivers I've gotten to know through CareTime.

They're really good people who teach me a lot about compassion."

— EMILY JARVIS, CARE GIVER SUPPORT COORDINATOR

I'm grateful for...



"I am grateful for my family, especially my husband and kids for loving

me unconditionally and bringing me joy, and an occasional gray hair!"

— STACY SEWARD, MEALS ON WHEELS/KITCHEN ASSISTANT

Your safety is our priority.




Billings Clinic

We care where you are.

With the recent rise in COVID-19, we want to reassure you that our campuses are safe for you to receive the health care you need.

- You will be screened for fever and respiratory symptoms at the entrances. Our employees are also screened when they come to work.
- You will be required to wear a mask during your time on campus. We have masks available at all entrances for your convenience.
- Patients are allowed one healthy adult visitor, 18 or older, per patient per day. Pediatric patients are allowed two healthy adult visitors.
- You will need to wait to come to your appointment right when it starts.
- Hand sanitizer is available in many locations to allow you to practice good hand hygiene.
- Please maintain 6 feet of distance from others when in waiting and common areas.
- Surfaces in common areas and clinic rooms are disinfected regularly.
- You may be asked to undergo COVID -19 testing prior to elective procedures.

With these added safety measures, our team members continue to provide friendly, compassionate and expert clinical care for you and your family.

Virtual Care is also available for many appointments from the comfort and safety of your home.

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406-238-2500 or 1-800-332-7156

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SIT AND GET FIT

Sit and Get Fit uses different seated fitness programming which focuses on low impact exercises done from a chair. Instruction is focused on empowering all ages and stages to participate in safe and effective exercise.

No Class: Tuesday, November 3

Instructor: Jennifer Brown

Activity #	6547-A
Start Date	October 1, 2020
Time	Tuesday and Thursday; 2:30-3:00pm
# Sessions-14	10/1/20 – 11/24/20
Fee	\$16 Resident/ \$26 for Non-Resident
Location	Billings Community and Senior Center
Call to Register	406-657-3050

CHAIR YOGA

Achieve harmony as you relax and gain confidence from a seated position. Develop strength and balance as you slowly stretch muscles, improve circulation and reduce stress.

Instructor: Bess Lovec

Activity #	6512-A
Start Date	October 5, 2020
Time	Monday; 1:30-2:00pm
# Sessions-8	10/5/20-11/23/20
Fee	\$25 Resident/ \$35 for Non-Resident
Location	Billings Community and Senior Center
Call to Register	406-657-3050

→ *Pandemic protocol includes temperature screening, face coverings (upon entry only for fitness and wellness classes), physical-distancing and sanitizing precautions.*

GENTLE YOGA

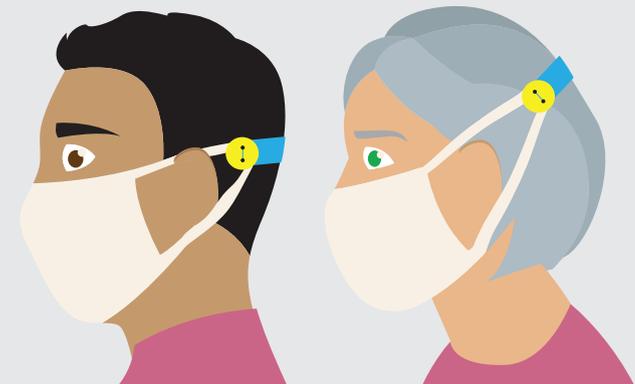
Slow paced, relaxing practice that includes moving the limbs and torso in a comfortable way. Great for those new to yoga.

No Class: Tuesday, November 3.

Instructor: Tania Stevens-Klein

Activity #	6517-C
Start Date	October 6, 2020
Time	Tuesday; 1:00-1:45pm
# Sessions-7	10/6/20-11/24/20
Fee	\$20 Resident/ \$30 for Non-Resident
Location	Billings Community and Senior Center
Call to Register	406-657-3050

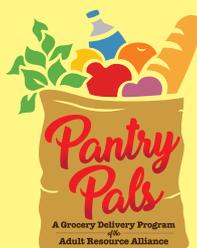
KUWY Activities continue to be postponed until further notice.



MASK EXTENDER

You can wear the extender down low (on the neck) or higher up on the head. The mask loops hook around the buttons (rather than around the ears).

Available in the AVP office. Call 245-6177 and we will drop one in the mail.



If health-related complications are making grocery shopping an impossible task consider Pantry Pals, a grocery shopping service developed by the Alliance.

Pantry Pals supports a senior citizen in their wish to live and prosper independently.

CALL 294-1580.

AVP VOLUNTEER PROGRAM

Program Director: Pam • Volunteer Coordinator: Vicki • 245-6177

GRATEFUL FOR GENERATIONS OF *Generosity*

The majority of Meals on Wheels volunteers are over 60 years old and bring a lifetime of giving and varied experience to their volunteer work. The pandemic has inspired a new generation of younger people who, like the generation before them, are stepping up to begin their journey to make a difference and improve lives.



Soon after the Coronavirus shelter in place was announced, Sarah, a young mother of four, called the Alliance to offer her help with the delivery of Meals on Wheels. Engaging initially as a temporary Covid-19 Response delivery volunteer, she found purpose and enjoyment in the role, and chose to become a permanent Meals on Wheels volunteer.

The volunteer role is meaningful for Sarah and she looks forward to seeing, "People I care about. I feel like I've made a difference. Everyone who receives a meal is so kind and I enjoy spending a little time with each of them. I love knowing that I can brighten someone's day, even just a little bit."

In addition to being a busy mom, Sarah is a martial arts instructor and she recently earned a Black Belt. While her life includes a number of commitments, she shares this advice. "I encourage people of my generation to think of becoming a Meals on Wheels volunteer. Delivering for Meals on Wheels only takes a couple of hours out of your week. You get to spend those hours mostly driving around and listening to music with short little breaks between songs where you are welcomed by the smiling face of a person who is genuinely happy to see you."



Lavonne has a heart for helping people and with her warm and enthusiastic personality she is a welcome fit as a new Meals on

Wheels delivery driver. Following her first day of delivery she said, "This morning just made my day! The folks that answered their doors were so grateful. I lost my husband three years ago and I am thankful for the opportunity to get into the community and help so many seniors."

Her favorite part of the delivery was when one MOW recipient oohed and aaahed when she looked through her lunch. Lavonne said, "This morning just made my day; it really made me smile!"

• RECRUITING MEALS ON WHEELS DELIVERY DRIVERS •

A CURRENT NEED:

Meals on Wheels delivery drivers.

A POWERFUL MISSION:

Delivering a hot meal to a homebound senior citizen.

A MODEST COMMITMENT:

TWO hours ONE weekday morning each week.

PLEASE RESPOND NOW:

Call 245-6177 or email avp@allianceyc.org for details.



THE RESOURCE CENTER

Program Manager: Sue • Caregiver Support Coordinator: Emily • Specialists: Joyce & Marla • Intake Specialist: Nancy

Annual Enrollment Period is October 15th to December 7th for both Medicare D and Medicare Advantages.

During this enrollment period you can join a Drug plan or Medicare Advantage for the 1st time or change the plan you are currently in.

The Resource Center Staff will begin to evaluate Medicare D plans for 2021 in early October. To get help reviewing your options:

- Call the Resource Center at 259-5212 and request a Medicare D Worksheet.
- Fill out the worksheet completely and return by mail, fax or email to the Resource Center. The worksheet will include more detailed information on how to return it to the Resource Center. We will not be able to accept any forms delivered in person as the Resource Center is not open to the public. If there is missing information or an unsigned release, we won't be able to complete the evaluation.
- Once we receive your completed worksheet, we will use this information to assess if your current plan is a good choice for 2021, or if you should change to another plan. We will begin reviewing plan options after October 1st.
- If a new plan is a better choice, we can make an appointment to assist you with enrollment if you like. As all appointments are expected to be by phone, we will have fewer appointments available. Get started in the process today.

Remember each year the plans can change dramatically so it is important to check your plan each year.

Don't be cold this winter....

Beginning Sept. 1, the LIEAP program will help low-income individuals and families with:

- Assistance with main heat source costs (Oct 1-Apr 30)
- 10-20% discount on Northwest Energy & MDU year round
- Weatherization services
- Helps home-owner repair or replace faulty furnace

2019-2020 Limits	Gross Monthly Income	Assets – excluding home & car
Single	\$2218	\$11,610
Couple	\$2900	\$17,422
+ family members	\$682 each + member	\$1162 each + member

Applications available beginning September 1st.
For information call Resource Center

Voting is one of the basic American rights and critical to managing the nation's direction.

The pandemic has create new challenges for the citizens of Montana during this election. Here are the options on how to be sure your vote is counted this fall.

- Be registered to vote in your residence county. You can register to vote until Monday October 26th. After you register, you can request a ballot be mailed to you. If your registration arrives close to the election, you can request a ballot be mailed to you, but it may be advisable to pick up a ballot in the election office to be sure you can get your vote back in time. Late registration begins Tuesday, October 27th. Due to the pandemic, Yellowstone County election officials have decided to send out general election ballots to all active and provisional voters whether they have requested absentee ballot on not. They will be mailed out on Friday, October 9th.
- Montana has early in-person absentee voting that allows voters, as soon as absentee ballots are available, to receive, mark and submit an absentee ballot in person at the election office or by mail to the election office. However, ballots are not counted until election day. Early in person absentee voting will be available starting Friday, October 2nd.
- You can check your voter status by going to My Voter Page at <https://app.mt.gov/voterinfo/> or call Yellowstone County Election Office at 256-2740.

Montanans have been voting by mail for decades. In the 2016 general election 65% of all voters voted absentee. In the 2018 general election it had increased to 73%. Be sure to exercise your American right to help guide our nation's future – VOTE.

If you have any question about the voting process, election office locations, and polling places, please call the Yellowstone County Elections Office at 256-2740. You can call the Resource Center at 259-5212 to request a voter registration form.

CAREGIVER SUPPORT PROGRAM

Emily, Caregiver Coordinator 259-5212

The following article was taken from soundoptions.com, originally published July 22, 2013:

The Power of Gratitude for the Caregiver

As adult children providing care to an aging parent, there are a multitude of challenges associate with the role. Caregivers face strains on their time, finances, energy, and emotions. It is common for aging parents to gradually need more and more assistance with activities of daily living. It is equally common for adult children to gradually grieve the loss of the many things their parents used to be able to do and communicate. Perhaps an accident, such as a fall, propels you suddenly into the role of caregiver. Often issues of driving, end-of-life choices, and the balance of work between siblings can create tension. Each unique situation has its own measure of stress.

One of the most effective tools for combating caregiver stress is often forgotten: gratitude. While giving thanks doesn't contain magic words, it does make us shift our perspective. In the midst of all the negative and challenging needs that demand your attention, focusing your attention on something positive has incredible power to infuse your situation with a sense of calm, presence, and patience.

TIPS FOR USING GRATITUDE AS A STRESS RELIEVER:

No. 1: *Keep a gratitude journal by your bedside. Each night write down 1-3 things that you were grateful for that day.* Nothing is too simple or small such as a good night's sleep or a great meal.

No. 2: *Create a rhythm of gratitude by stopping at the same time every day to think of one thing that you are grateful for in your life.* This could be when you first wake up, on a lunch break, or on your drive home.

No. 3: *Leave 3 x 5 cards out and invite your whole family to write down things they are grateful for and place them in a bowl or jar.* If you are having a difficult moment or can't think of something to be grateful for, draw out a card and read it.

No. 4: *Invite a friend to go on a gratitude walk.* While exercising and releasing endorphins each of you can share 5 things that you are grateful for. Bouncing ideas off of one another can help you see things you may take for granted.

No. 5: *Volunteer.* This is one of the most effective ways to foster gratitude. By getting out of your situation and helping another person or organization, it makes what you have in your life become apparent.

• CAREGIVER SUPPORT GROUP •

Did you know that November is National Family Caregivers Month? Although many of you do care for family members, there are also so many of you caring for someone who you may not be related to at all. Whatever your Caregiver "status," we recognize you and appreciate you! We will continue to meet in-person for our October CareTime meeting. Face masks, temperature checks and social distancing are still required. **To ensure we**

remain at appropriate capacity level, please call or email Emily (contact info listed below) and RSVP if you plan to attend. There will be no meeting for the month of November. If you have questions or concerns, please feel free to contact Emily at: 406-259-5212 or emilyj@allianceyc.org. We hope you can join us!

Meetings will be held: 1:00 – 2:00pm • The Adult Resource Alliance • 1505 Avenue D • Lewis & Clark Room (2nd Floor)

• OCTOBER •

Wednesday, October 14th

TOPIC: Creating A Dementia Friendly Billings

with Guest Speaker Suzanne McKiernan

• NOVEMBER •

NO MEETING

If you would like to attend our meetings by phone, contact Emily for instructions.



Travelers, we will travel again in 2021! The virus will NOT stop us from traveling but lets be safe and stay well. Pull back and enjoy the holidays with family and friends. Blessings!

DECEMBER 31, 2020
DUE DATE for FREE AIRFARE
11-Day Obermmergau Passion Play And Danube Explorer River Cruise

AUGUST 11-21, 2022
Germany, Austria Slovakia and Hungary
 This is considered a once-in-a-lifetime experience you don't want to miss.
 • Starting at \$5249/ppd; add \$3,939 for single Riviera Deck

2021 TOURS & DEPARTURE DATES

FEBRUARY 17
3-Day Annual SnowCoach In Yellowstone National Park!

MAY 29
A day on this terrific combo tour. Hear the compelling and moving story about Heart Mountain, followed by Cody Attractions: Best of the West Trolley Tour and the world-famous Buffalo Bill Center of the West (5 Museums)

JUNE 5
A day to explore the Castle Museum, White Sulphur Springs; The Bair Museum, Martinsdale and interesting areas around the Little Belt Mountains and more.

JUNE 25
8-Day America's Music Cities featuring Nashville, Memphis and New Orleans.
 From the home of Country Music in Nashville to the Birthplace of the Blues in Memphis, and the deep Jazz roots in New Orleans, you will be entertained every step of the way.
 • \$3,499/ppd. Add \$1,029 for single supplement. Includes RT air.

JUNE 26
A Day to experience the Bighorn Canyon and Boat Tour. Looking for a nearby adventure on water? Look no further, this trip is for you! Enjoy a panoramic view of the canyon from Devil Canyon Overlook before boarding the narrated scenic boat tour of the majestic Bighorn Canyon.

FOR MORE INFORMATION CONTACT LILY MOORE AT GDP TOURS
OFFICE: 256-1492 • TALK & TEXT: 860-9085 • lily@gdptours.com • www.gdptours.com



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GRIEF SUPPORT GROUP

Tuesdays 7 – 9 PM

**September 15th -
 December 1st**

Dahl Funeral Chapel
10 Yellowstone Avenue
Billings, MT 59101

**Please call 248-8807 for
 more information.**

Interview Videography

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MANAGED BY  The Goodman Group



BILLINGS MEALS ON WHEELS

MOW Coordinator: Jaime • MOW Assistant: Stacy • 1505 Avenue D • 259-9666

Adult Resource Alliance's Meals on Wheels Program (MOW) offers a hot nutritious meal, delivered Monday through Friday by volunteers. MOW qualifications include:

- Over 60 years of age
- Lives alone or with someone who is unable to cook 1 healthy meal per day
- Not driving and unable to take a cab or bus to a meal site for a healthy meal
- Having health issues or are unable to cook a healthy meal for self

Feeling gratitude and not expressing it is like wrapping a gift and not giving it!

Have you received a telephone call from one of the meal site coordinators? Because our delivery people are not able to visit as much, due to social distancing, our staff will continue to call to be sure that you are doing ok. We hope this helps with any loneliness that you might be feeling and give you a chance to express any need or concerns you might have. Then, perhaps, we can help connect you to someone who can help.

Thank you, Tina and Janlyn, for your time and listening ears!

We are also looking for ways to lift the spirits of our staff and Meals on Wheels Participants! I think we did just that when the Planters NutMobile came to visit both Alliance locations recently! Staff and participants had the opportunity to have pictures taken and enjoy some fun as they helped to deliver two different Meals on Wheels Routes!



Thank you Planters for bring a few smiles to our faces!

In October, we will begin making Emergency Boxes that will go out to each participant. In the past they have been "Blizzard Boxes" but with things as they are we have changed the name to Emergency Boxes. We ask you to save these boxes to be used if you get a call from us stating that Meals on Wheels cannot deliver meals for a day or more. Examples might be a deep heavy snow that is unsafe for drivers to be out driving in or perhaps, this year, because of a COVID issue. They will contain shelf stable foods that you can easily prepare or just eat by opening a can or a box. We HOPE that you do not get that call! If that is the case, we will encourage you to open them in the spring or early summer for a "box picnic"! We are so grateful to have the help of First Interstate Bank and other sponsors who have worked with us on this safety plan for you!

Thank you to our community for your partnership in protecting

our seniors!

We are also grateful for our new team members in our kitchen.



Stacy has taken over as Meals on Wheels / Kitchen Assistant.

If you get the chance to visit with her please welcome her and allow her to help you!

Mikele is our new Kitchen Assistant Extraordinaire! She has agreed to wash our dishes and help keep our kitchen sanitized and safe. Her eyes will be watching and her hands working to be sure that all the guidelines are being followed!



Jacob is our new Assistant Cook. He is helping both cooks in managing all the cooking, baking, and packaging of meals. He brings catering experience and has shared some of his skills already.

We welcome our new coworkers and enjoy the new ideas that they bring!

AND last but not least...A few things that our MOW's Drivers are grateful for...

"That we have been able to continue providing some sort of normalcy, by delivering meals and now having some direct contact and conversations with the seniors on our route"
— Bob & Peggy

"My MOW's participants are an enormous gift in my life" — Kathy

"I get to meet some wonderful folks and I always feel that I get back more than I give. The smiles they have for me keep me going"
— Rayanne

"The contact that we have with the recipients is extra special because they are so grateful and appreciative. We seem to be the ones who are receiving the blessings"
— Tom & Molly

"We are grateful for our elderly and what they have given us, the example they lived! Their stories are priceless"
— Carol and Mike

WE ARE GRATEFUL FOR ALL OF YOU!

ADULT RESOURCE ALLIANCE

1505 Avenue D



News from Mary Beth

I'm Grateful for Humor

How many of you remember the late great Erma Bombeck? My mother in law, Bette gave me a bag full of her books including "I Lost Everything in the Post-Natal Depression" and , "If Life is a Bowl of Cherries, What Am I doing in the Pits?" What a timely gift to receive during this heavy time in history. It was just what the doctor ordered! Perhaps you will join me in checking out some of her many popular books to read this fall and begin to fill your humor tank. I decided to research Erma's life out of curiosity and these are some of the fun facts I found:

Erma wrote over 4,000 newspaper columns sharing humor of ordinary life in America from 1965 to 1996. Her "At Wit's End" column was one of her most recognized legacies.

She interviewed Shirley Temple while in junior high (1943) for her school newspaper.

In the beginning, Erma wrote from her small bedroom earning \$3.00 per column. She agreed to write two weekly columns, for Kettering-Oakwood Times in 1964 for which she received \$50.00!

In 1978, she was involved in the Presidential Advisory Committee for Women working on the finalization of the Equal Rights Amendment. In the coming months remember, **"The Grass is Always Greener Over the Septic Tank."**

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50 FAMOUS BOOKS

A MESSAGE TO GARCIA	ROGETS THESAURUS
GREAT PLANET EARTH	TO KILL A MOCKINGBIRD
THE HOBBIT	BIBLE
A TALE OF TWO CITIES	SCOUTING FOR BOYS
HARRY POTTER	VALLEY OF THE DOLLS
THE LITTLE PRINCE	BLACK BEAUTY
ADVENTURES OF PINOCCHIO	SHE
KANE AND ABEL	WAR AND PEACE
THE LITTLE RED BOOK	BOOK OF MORMON
ALCOHOLICS ANONYMOUS	STEPS TO CHRIST
KORAN	WEBSTERS DICTIONARY
THE LORD OF THE RINGS	CHAIRMAN MAOS POEMS
AND THEN THERE WERE NONE	THE ALCHEMIST
LOVE STORY	WHO MOVED MY CHEESE
THE PURPOSE DRIVEN LIFE	CHARLOTTE'S WEB
ANGELS AND DEMONS	THE CATCHER IN THE RYE
LOVE YOU FOREVER	WIND IN THE WILLOWS
THE TALE OF PETER RABBIT	DIARY OF ANNE FRANK
ANNE OF GREEN GABLES	THE CELESTINE PROPHECY
NINETEEN EIGHTY FOUR	XINHUA DICTIONARY
THE THORN BIRDS	DREAM OF THE RED CHAMBER
ARTICLES OF MAO ZEDONG	THE DA VINCI CODE
REVOLT OF MAMIE STOVER	YOU CAN HEAL YOUR LIFE
THINK AND GROW RICH	GONE WITH THE WIND
BETTY CROCKER COOKBOOK	THE GODFATHER

BILLINGS PARKS & RECREATION

BILLINGS COMMUNITY & SENIOR CENTER

406-657-3050 • 360 N. 23rd Street



News from Tina

With all of the challenges in today's world, there are days when I have to dig deep in my soul to find gratitude. But, it is there! Gratitude for volunteers who do so much for the Billings Community Center, and gratitude for all the nice people I work with every single day.

I am looking forward to the Alliance offering

hot meals to go on Mondays and Fridays, starting in October, at the 1505 Avenue D location. I hope this is the beginning of getting back to a "new" normal.

Hope to see all of you soon!

HEIGHTS MEAL SITE

Heights Adult Resource Alliance • 935 Lake Elmo Drive
Reservations: 606-1170 • Mon-Thurs 8am-4pm • Fri 8am-3pm



Janlyn, Marlene & Janet

Welcome Fall weather! In Montana, we never know what to expect. Get out and enjoy the mild temperatures before the snow sets in. We are grateful for our Heights Meals on Wheels drivers. Here's a fun picture of one of our dedicated drivers, Don with the Planter's Peanut crew. Now they are forever friends! Until we gather again, hang in there gang. We love and miss you lots.

LAUREL SENIOR CENTER

720 South 4th Street • Meal Site Coordinator: Mary
Reservations: 628-7571 • Monday thru Friday



Mary, Amy & Dorothy

Greetings from the Laurel Senior Center Meal site. We started curbside service on August 10th and it seems to be going great. We have masked up volunteers to bring the meal to your car. It has been nice to see our participants again. Dynamic Design donated some social distance decals for

the center. We truly appreciate their generosity. We hope this finds everyone well. Hope to see you soon.

BROADVIEW

13725 5th Street
Reservations: 667-2212 • Thursdays



Take care, but go boldly forward. Stay in touch with friends and family. Make a phone call. Write a card or a letter. Look for even better times to come.

I'm grateful for...



I am grateful...for my family and friends, for my fur babies, for my health, for this job AND... to be part of ARA!

— MIKELE MILLER, DISHWASHER/KITCHEN ASSISTANT

HUNTLEY SENIOR CITIZENS

37 Minecha Avenue
967-2671 • First & Third Thursdays

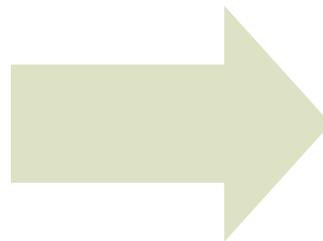


News from Phyllis

It's fall! My favorite time of the year; crisp air, leaves falling, holidays on the way! I remember getting ready for trick or treating with my kids. Heading out in the snow, packed in the car, heater on full blast. Nevertheless, the candy was great! Now my great grandkids come for candy.

Thanksgiving is great! All that comfort food! So many reasons to be thankful.

Some things to keep in mind. Remember your Medicare enrollment. Help your neighbors. Be happy it's not 100°. Have a happy fall.



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**UPDATES
& NEWS**

 /AdultResourceAlliance

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Call Rich at (406) 860-4482 • rwerbelow@yahoo.com

WORDEN

2445 Main St
967-6535 • Fridays



News from Phyllis

When the Covid pandemic struck, our mail carrier left a packet of sunflower seeds in our mailbox. She said to plant them to overcome the "gray" days ahead. Well, the sunflowers are doing great, almost 6 feet tall and numerous

blooms in several colors.

I hope the "gray" days are coming to an end, as I would like to see everyone again. Until we can meet, I'll be calling you.



For many seniors, living at Highgate is better than living at home.

Seniors may feel vulnerable leaving their home. Yet being isolated presents its own challenges like making healthy meals, taking medications, and getting medical assistance.

When living at Highgate, every resident has a dedicated team of advocates. Individuals can pursue their interests, enjoy outstanding food, make great friends, and get the best possible medical care.

Learn more! Call 406-281-7503.



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Individuals who have made a contribution for the month of July 2020.

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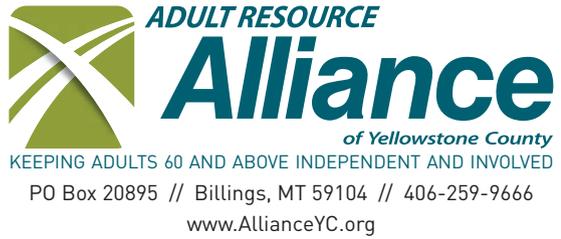
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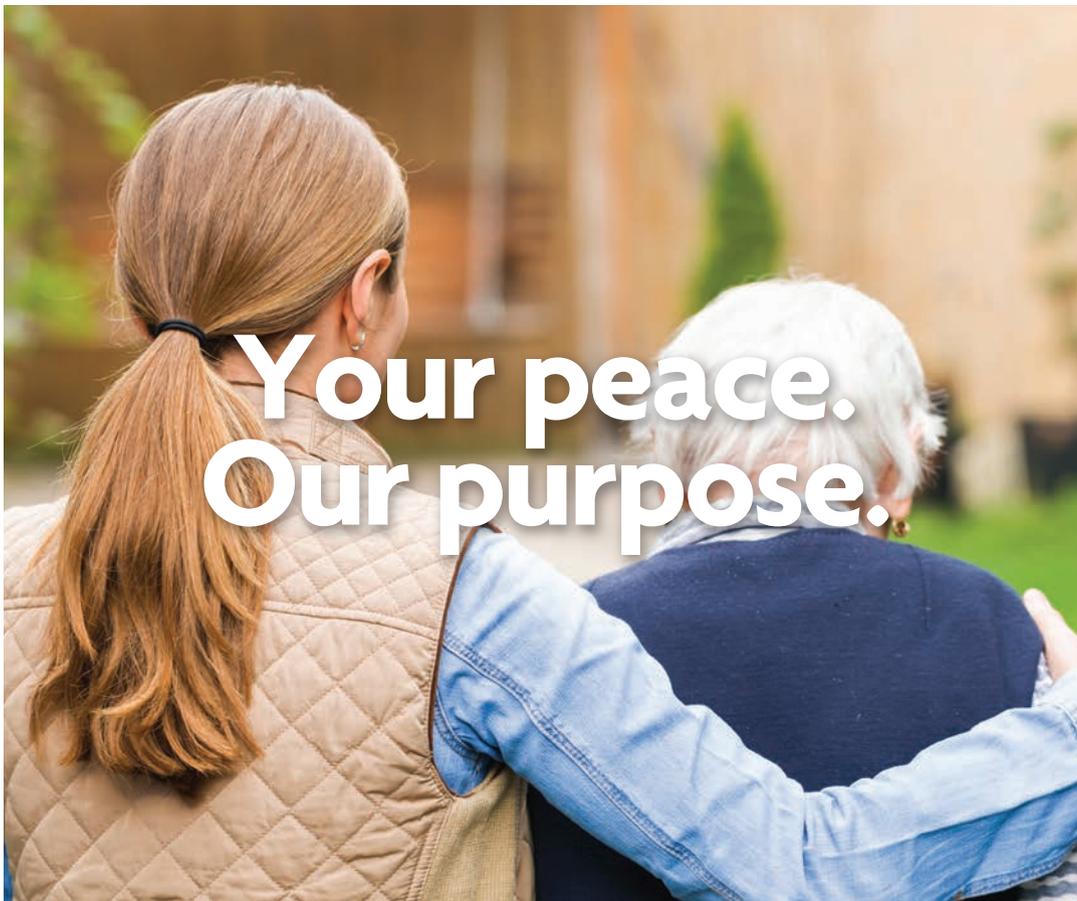
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