



ADULT RESOURCE

Alliance SENIOR NEWS

FEBRUARY / MARCH 2021



AARP Foundation Tax-Aide
hosted by Adult Resource Alliance

February 18 – April 9, 2021

Appointments are required and can be
scheduled Mon-Thurs from 9:00am-2:00pm

Call AARP at (406) 794-0083
after February 15th

4 BUILDING UP
AGE-FRIENDLY HEALTHCARE

8 CONNECTIONS
IN OUR MIDST

20 LIFE'S
OBSERVATIONS

WE WILL BE
CLOSED

February 15th
FOR PRESIDENTS' DAY

EXECUTIVE UPDATE

*“Little darling, it’s been a long cold lonely winter
“Little darling, it feels like years since it’s been here
“Here comes the sun, doo da doo doo
“Here comes the sun, and I say “it’s all right”.*

— BEATLES “HERE COMES THE SUN”



Mike Larson
Executive Director

I, for one, truly enjoyed saying goodbye to 2020. It was a “long cold lonely winter” for many of us. It was a year ago this month when COVID 19 started to dominate and disrupt our lives. It is difficult to identify any aspect of our lives that has not been turned upside down. I recently went back to read some minutes

from the ARAYC Board meetings from 2019 and early 2020. It was like reading about another world. As the lyrics say “It feels like years since we were there”.

So now it is 2021, and I am feeling a surge of optimism. We now have, not one, but several vaccines in the pipeline. I have a number of acquaintances who have already received their first shot. Estimates are that by early summer enough people will be vaccinated that we

can begin to put COVID behind us. Even before that however, the last few weeks have seen improvements in the daily reports for Montana and Yellowstone County. And, while there is no guarantee that they will stay that way, I feel like singing “doo da doo doo”.

Over the next few months, the ARAYC staff and Board will be working to get some of our programs that were on hold due to COVID back up and running. That process will need to follow new guidelines. To ensure the safety of staff, volunteers, and participants, it will be a small price to pay to begin getting back to “normal”. You can follow updates on these programs and services via our website, Facebook, and by calling ARAYC at 259-9666. Over the next few months, I am looking forward to all of us being able to say....it’s all right!

HERE COMES THE
Sun

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FEB / MARCH 2021



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CALL **259-9666** FOR OUR DAYS AND HOURS OF OPERATION

Building Up AGE-FRIENDLY HEALTHCARE



By Linda Roers
MBA
RiverStone Health Clinic

What really matters to you? Staying independent at home? Maintaining balance to walk safely? Being able to attend your grandkid's graduation?

Those are the types of questions integral to the Age-Friendly Health System that RiverStone Health Clinics are working toward.

RiverStone Health Clinics in Billings, Bridger, Joliet and Worden are well on their way to building the framework of an Age-Friendly Health System. These RiverStone Health Clinics were recently recognized as the first Level 1 Age-Friendly Health System in Montana by the Institute for Healthcare Improvement.

The institute, along with the John A. Hartford Foundation, the American Hospital Association and the Catholic Health Association of the United States, started collaborating on this initiative in 2017. RiverStone Health Clinics are among several hundred U.S. hospitals, medical practices and long-term care communities working to reliably deliver this evidenced-based care for older adults.

Age-friendly care causes no harm and aligns with what matters to the patient and family. This system is based on the 4 Ms:

- 1. What Matters: The patient's goals and care preferences at all stages of life and in all settings.**
- 2. Medication: Used only as necessary and so**

that it does not interfere with what matters to the patient.

- 3. Mentation: Attention to mental health to prevent, identify, treat and manage depression and dementia.**
- 4. Mobility: Ensuring that patients move safely every day to maintain health and do what matters to them.**

RiverStone Health's primary care clinics already incorporate much of the 4 Ms guidance. In 2021 and beyond, our patients age 65 and older may notice their physicians asking more questions during office or telehealth visits.

To address mobility concerns of older adults, RiverStone Health will focus on an evidence-based fall risk assessment program designed by the Centers for Disease Control and Prevention. That will include provider and patient education designed by the CDC.

Every second of every day an older American suffers a fall. In 2015 alone, more than one in four adults over age 64 reported falling and more than 28,000 died as a result of falls, according to the CDC.

Fortunately, there are simple steps people can take to reduce their risk of falling. RiverStone Health will be using the CDC initiative STEADI (Stopping Elderly Accidents, Deaths & Injuries) to help patients identify fall risks and act to prevent falls. That includes making sure medication side effects don't increase fall risk. Having your eyes and feet checked regularly can prevent falls due to poor vision or problems with feet or unsuitable footwear. Exercise can maintain and improve balance. Home safety can be improved to reduce fall risk.

SENIOR LUNCH PROGRAM

**NEW
DAYS &
TIMES!**

... RESERVED ... HOT MEALS TO GO

**On Mondays, Wednesdays
& Fridays, a hot meal is now
available for pick up at the
Adult Resource Alliance at
1505 Avenue D.**

We have been successfully selling frozen meals on these days since the shutdown. You can now also get a reserved HOT MEAL TO GO on Mondays, Wednesdays and Fridays from 11:30-12:30. There will be two 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 the day before 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.

The Age-Friendly Health System will be incorporated into the primary care provided by all the RiverStone Health Clinics. The aim is to organize care so that the 4 Ms are part of every contact our physicians and staff have with all older patients, their family members and other caregivers.

The Age-Friendly Health System is organized to support patient wellness and strengths. We know the core issues of what matters to patients, their mobility, mental health and medications are all relevant to all their healthcare.

Age-friendly principles will guide your RiverStone Health care team in delivering the best care every time we see or hear from our older patients. Our care is centered upon what matters most to our patients 65-plus.

Linda Roers, MBA, is the Geriatric Education Program manager for the Montana Family Medicine Residency based at RiverStone Health. She can be reached at 406.651.6484.



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 me at 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 www.allianceyc.org.



FEBRUARY MENU

Lobby is open from 11:30am -12:30pm
Mondays, Wednesdays & Fridays
for PICK UP ONLY of a reserved
hot meal & frozen meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef and Mushrooms over Mashed Potatoes Steamed Broccoli Applesauce Cookie	2 Baked Chicken Wild Rice Whole Kernel Corn Chocolate Ice Cream	3 Fish Sandwich w/ Cheese Tartar Sauce Buttered Peas Pears Lemon Bar	4 Turkey Primavera Biscuit Diced Beets Spinach Salad Fruit	5 Apple Pork Chop w/ Stuffing Sunshine Carrots Water Gate Salad Cinnamon Streusel Coffee Cake
8 Beefy Cowboy Casserole Peas Cranberry Pecan -Coleslaw Fruit	9 Pulled Pork & Sauerkraut over White Rice Whole Kernel Corn Sugar Cookie	10 Chicken Broccoli Alfredo w/Noodles Garlic Bread Carrots Coins Cinn. Applesauce Chocolate Pudding	11 	12 Roast Beef Mashed Potatoes w/ Gravy Brussels Sprouts Mandarin Spinach Salad/ Cherry Cheese Cake
15  <i>Sorry we're</i> CLOSED <i>for Presidents' Day</i>	16 Ginger Soy -Chicken over Jasmine Rice Asian Blend Veg. Oriental Coleslaw Fruit	17 Beef Stroganoff w/ Noodles Carrot Coins Tossed Salad w/ Red Beans Cookie	18 Cheesy Ham & Hash Brown Casserole Cascade Blend - Veg. Tropical Fruit Chocolate Chip Muffin	19 Porcupine Meatballs Au Gratin Potatoes Vegetable Ambrosia Salad Applesauce Cake w/ Cinnamon Frosting
22 Country Fried Steak w/ Gravy Mashed Potatoes Cascade Blend Veg. Vanilla Fruit -Salad	23 Crispy Chicken Sandwich w/ Lettuce & Tomato Sweet Potato Fries Fruit Raspberry Bar	24 Polish Sausage w/ Cabbage & Potatoes Vegetable Banana Peanut Butter Bar	25 Beef Enchilada Salsa & Sour Cream Mexi- Corn Fruit Mexican wedding Cookies	26 BBQ Pork Mac & Cheese Green Beans Bacon Cauliflower Salad Chocolate Mousse Brownie
1 Hot Hamburger Sandwich w/ Gravy Mashed Potatoes Peas & Carrots Fruit	2 Fish & Chips w/ Tatar Sauce Vegetable Coleslaw Cookie	3 Ham & Scallop Potatoes Broccoli Florets Carrot Raisin Salad Banana Bar w/ Cream Cheese Frosting	4 Black Bean Chili w/ Cheese, Sour Cream, Onions Frito's Pink Lady Apple Cinnamon Roll	5 Creamy Parmesan Chicken Breast Almond & Mushroom Rice Italian Blend Veg. Spinach Salad Pineapple Upside Down Cake

Alliance, BCC, & Meals On Wheels.....259-9666
Billings Heights Meal Site..... 606-1170

South Side Senior Center256-6413
Laurel Senior Center628-7571

Nutrition Program
Director: Lorri

Cooks: Jami, Kathy,
Mary, Winter & Jake

MARCH MENU

Lobby is open from 11:30am -12:30pm
Mondays, Wednesdays & Fridays
for PICK UP ONLY of a reserved
hot meal & frozen meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hot Hamburger Sandwich w/ Gravy Mashed Potatoes Peas & Carrots Fruit	2 Fish & Chips w/ Tartar Sauce Vegetable Coleslaw Cookie	3 Ham & Scallop Potatoes Broccoli Florets Peaches Banana Bar w/ Cream Cheese Frosting	4 Black Bean Chili w/ Cheese, Onions, & Sour Cream Frito's Pink Lady Apple Cinnamon Roll	5 Creamy Parmesan Chicken Breast Almond & Mushroom Rice Italian Blend Veg. Spinach Salad Pineapple Upside Down cake
8 Cheeseburger w/ Tomato, Onion, & Pickle Pork & Beans Coleslaw w/ Raisins Rainbow Sherbet	9 Chicken Enchilada Salsa & Sour Cream Spanish Rice Fruit Cocktail Mexican Wedding Cookies	10 BBQ Pulled Pork Sandwich Buttered Corn Fruit Ice Cream Bar	11 Spaghetti w/ Meat Sauce Green Beans Garlic Bread Tossed Salad w/ Red Beans Fruit	12 Pork Roast & Sauerkraut Rosemary Potatoes Squash Confetti Salad Jell-O w/ Fruit
15 Chicken Stir Fry Over Rice Egg Roll Oriental Coleslaw Pudding w/ Topping	16 Mac & Cheese w/ Ham Buttered Peas Pears Turtle Bar	17 Corn Beef & Cabbage Baby Potatoes Carrot Coins Pistachio Salad Chocolate Brownie w/ Mint Frosting	18 	19 Swiss Steak in Gravy Wild Rice Pacific Blend Veg. Peaches Italian Crème Cake
22 Tatar Tot Casserole Broc. Normandy Garden Salad Peaches	23 Pork Chow Mein White Rice Asian Blend Veg. Mandarin Oranges & Pineapple Cookie	24 Turkey Divan Sweet Potatoes Vegetable Cranberries Chocolate Cake w/ P.B. Frosting	25 Beef Stroganoff Noodles Vegetable Mixed Fruit Vanilla Pudding	26 Chicken Fried Chicken w/ Gravy Mashed Potatoes Sunshine Carrots Pineapple Jell-O -Salad Creamy Crunchy
29 Turkey Ala King Biscuit Diced Beets Fruit Cookie	30 Taco Salad w/ Lettuce, Tomato, Cheese, Salsa, & Sour Cream Dorito's Apricots Carmelita Bar	31 Chicken Cordon Bleu w/ Hollandaise Garlic Parmesan Potatoes Sunshine Carrots Ambrosia Salad Straw. Short Cake	1 BBQ Rib Au Gratin Potatoes Brussels Sprouts Mixed Fruit	2 Lemon Dill Cod w/ Tartar Sauce & Lemon Wedge Wild Rice Stewed Tomatoes Caesar Salad Cherry Crisp

MEAL SITE RESERVATIONS must be made by Noon, 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

Connections IN OUR MIDST

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

Written by Robbie Carpenter

It has been a difficult year for a lot of us. Connection to others is what makes us tick and yet this year we were denied this life affirming, breathing part of us when we had to distance, wear masks, see people through windows or very briefly.

Pets bridged that gap and became even more important than ever before. For many people they turned into a lifeline to the best part of us while the world battled COVID-19, political upheaval and loss of family and friends. Ever by our side they were the one continuum we could rely on.

Following are a few stories of people who cherish their pets.



RICK & CHARLI

Rick McIntyre, an Alliance Meals on Wheels and Rides volunteer, had retired from teaching, and he and his wife, Sherina, knew they wanted to get a dog. They had dogs before, ones that found them rather than vice versa and the top requirement this time around was to find one that didn't shed. Sherina saw a picture of a dog in the paper at Rez Dog Rescue and Rick explains, "We were going to go just 'look'. And of course, we got her, and she sheds like no other dog we've had before."

"Charli fit right in and became a great affectionate pal." Rick said, "Because I need a hip replacement I can't walk far, but I can bike, so we go out early in the morning and I bike, and Charli runs beside me. We usually go out about 7:45 am and from 6:30 am until it is time to go, she is right by my side waiting. Then as soon as we get back, she drags out her big, long rope to play some more. She's a good dog and loves everyone."



BEN & OSCAR

Ben McKee, a board member of the Alliance and a law student at the University of Montana, has a Quaker Parrot named Oscar which was a gift to his wife, Celina when she was 12. He has attended Zoom meetings with her on his shoulder. But don't be fooled by her calm manner. Quaker Parrots are native to South America and they are very territorial and Oscar is "stubborn, strong willed and has a mind of her own," according to Ben. "She also alternates on who she likes from one week to another. If you're not in her good graces, she will only tolerate you. She is very vocal, but does not talk, and likes to be in the midst of things. If my wife has Oscar on the couch with her and Celina leaves, Oscar will fly to where Celina is because she doesn't want to be alone." Oscar is about 17 and this type of bird can live up to 30 years!

And why is a she bird named Oscar? Because as Ben explains, "When they bought Oscar they thought they were purchasing a male. When she laid an egg..."

LONDA LOUMA, OAKLEY & ST. JOHN'S

Oakley was rescued two years ago and has become a permanent fixture on the Dementia Unit at St. John's since that time. Her caretaker Londa Luoma, a nurse manager in the Dementia Unit takes her home at night and on the weekends. But when she is at "work" she brings smiles and hugs to all the residents on the floor.

Londa says that just the other day, "A new gentleman came in. He was scared as his family had to leave him but when he saw Oakley, his eyes lit up and Oakley was there to offer comfort." Many of the dementia residents are nonverbal but Londa says they enjoy petting him and hugging him. "He has big eyes and big smiles, and he can calm down someone who is stressed out." Oakley is also known for greeting people at the elevator and remembers the family members of the residents. "The residents just love her," says Londa. "But she is ready to go home at night and on weekends with me. She too needs downtime as she works hard every day."





LOUISE & OJ

Cat OJ found and adopted Louise Olson a few years ago. Her neighbor had a cat rescue operation, and someone threw OJ over her fence. OJ didn't like it there and she spent the winter looking for a human to adopt." Louise explains, "In the spring I was working in my yard and she would come sit by me and then she wanted to come in with me. She spent a night in my tool shed. Then I started feeding her and that was that."

Louise has had a challenging year as she sold her house and downsized, and says, "We were both stressed and when we finally landed at our new home he calmed down and he calmed me down."

Her previous home had an acre of land, lots of trees and a huge house. Her new house has only rocks and no grass or trees. OJ was confused at first but has settled in nicely. Louise fondly remarks, "When I sit down, she comes to sit in my lap and keeps me company."

Louise is the right arm of the Volunteer office at the Alliance offering her talents for more than 15 years!

NANCY, ZEUS & DIGGER

Nancy Kratz, a pantry pal for the Alliance for the last six months says, "All my life from when I was little, I have been drawn to reptiles. I've had snakes for pets, chameleons, tarantulas. Had a boa constrictor who was seven feet. Pythons, the list goes on and on."

At one time Nancy told us she had 21 pets, ten were fish but the others were reptiles or dogs.

At this writing Nancy has two dogs, one exceptionally large, bearded dragon named Zeus and an African Grey Parrot called Digger. Digger and Zeus can't be out together because, Nancy explains, "Digger would kill Zeus. He is a naughty, sassy bird. He likes to chew and destroy carpet and anything made of wood. He doesn't like me to wear my reading glasses and he will throw them across the room." "Yes" she adds, "He's a one-person bird that has a lot of personality."

He likes to watch Gordon Ramsey on TV, AND, he talks a lot. Sometimes when he is being particularly naughty, Digger will say to himself, "Digger you're sassy." When he gets flustered or scared, he'll say to himself, "You're all right."





Spring... **TIME FOR HOME REPAIRS & HOME REPAIR *Scams***

• 10 TIPS TO PROTECT YOURSELF •

1. Do not pay a large advance payment in cash.
2. Do not use a contractor who drives a vehicle with little or no identification or has business cards without a street address.
3. Be cautious when someone arrives at your door uninvited with a special repair deal or has materials left over from "another job".
4. Be careful if the business does not list a number in the local telephone directory.
5. Beware of contractors that ask you to get building permits.
6. Only use contractors licensed and registered with the state.
7. Your contractor should have personal liability, worker compensation and property damage coverage. Ask to see copies of all licenses and proof of insurance.
8. Ask for a list of references and then check them out. Visit the references' home to see work done. Ask them if the work was done on time, on budget, and did the contractor clean up after construction.
9. Call the Office of Consumer Protection at 1-800-481-6896 if you have questions or want more information on current home repair scams.
10. If it sounds too good to be true, it probably is!

**HAVE YOU TALKED
WITH YOUR
LOVED ONES
ABOUT
PRE-PLANNING?**



WE CAN HELP WITH:

- **Personalized Planning**
- **Peace of Mind**
- **Medicaid Exemption**

**For a personal pre-planning appointment,
call Dave Riley at 406-598-7788**

Dahl Funeral Chapel • 10 Yellowstone Ave • Billings, MT • 248-8807

"I feel safer here than living at my home. We don't have to go out and shop or replace things around the house. We have a social life, too. They take our temperatures and check on us all the time. They take care of us on many levels."
Resident at The Springs Living



The Springs
at Grand Park

Assisted Living
Memory Care
1221 28th Street W
Billings
406-652-6989
TheSpringsLiving.com



"KEEPING UP WITH YOU" ACTIVITIES

For More Info Call 406-294-1588

Ages 60 and Better!



ZUMBA GOLD

Dance to the beat of Latin-inspired tunes. Low and high intensity periods of movement will strengthen and tone your legs and glutes, and improve your heart health. Class is suited for active adults including beginners.

Instructor: Jennifer Brown

Activity #	7526-B
Start Date	February 11, 2021
Time	Tuesday and Thursday; 5:30-6:30pm
# Sessions-16	02/11/21 – 4/6/21
Fee	\$45 Resident \$55 for Non-Resident
Location	Billings Community and Senior Center
Call to Register	406-657-3050

GENTLE YOGA

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

Instructor: Tania Stevens-Klein

Activity #	7517-F
Start Date	February 23, 2021
Time	Tuesdays; 1:00-1:45pm
# Sessions-9	2/23/21-4/20/21
Fee	\$20 Resident \$30 for Non-Resident
Location	Billings Community and Senior Center
Call to Register	406-657-3050

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.

Instructor: Jennifer Brown

Activity #	7547-B
Start Date	February 11, 2021
Time	Tuesday and Thursday; 2:30-3:00pm
# Sessions-16	2/11/21 – 4/6/21
Fee	\$10 Resident \$20 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 #	7512-B
Start Date	February 22, 2021
Time	Mondays; 1:00-2:00pm
# Sessions-8	2/22/21-4/12/21
Fee	\$25 Resident \$35 for Non-Resident
Location	Billings Community and Senior Center
Call to Register	406-657-3050

Note: Class is also offered for 45 minutes on Tuesdays. For schedule and cost call 657-3050.

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

Other KUWY Activities are postponed until further notice.

AVP VOLUNTEER PROGRAM

Program Director: Pam • Volunteer Coordinator: Vicki • 406-245-6177



Will and Janie



Kurt and Mary



Daniel and Penny



Andy and Mary Ann



Clark



Diana

NATURE'S SUNSHINE

Rich in Vitamin V, AVP staff has introduced 50 cheery new volunteers to delivering Meals on Wheels in the Billings area since mid-March. The boost in volunteer support means that a greater number of seniors have been able to receive a home delivered meal since the pandemic was identified.

A perfect combination, experienced and new volunteers have squeezed in additional deliveries for volunteer drivers who have been away for a variety of reasons.

Joining the delivery team includes enrollment, orientation, including COVID-19 practices, and mentor support so that meals are delivered safely and according to individual diet plans.



Wade

A SUNSET FULL OF Warm Memories

Over the years, AVP volunteers have taken the lead on preparing the Alliance SeniorNews for mailing to thousands of addresses in Yellowstone County. Due to COVID-19, safely gathering to assemble the newspaper is no longer possible therefore, the printing and processing has been permanently moved to a small Montana business.

Like much of what we have experienced in 2020, this change is rough. Staff delighted in the SeniorNews volunteers and appreciated their good work and lofty spirit. When our services have safely re-opened, we hope our News volunteers will drop by to say hi, have lunch in the meal site or join us for an activity. Please keep in touch!

HAVING GROCERIES IN YOUR CUPBOARD AND FRIDGE IS A MUST!

As an essential service, the Pantry Pals program continues to operate and recruit new shoppers.

Since the stay-in-place was issued in Mid-March, thirty-two Pal volunteers entered local grocery stores 320 times. Pals walked the aisles, scanning grocery lists, filling carts and making home deliveries...all to protect seniors who are most vulnerable to COVID-19 from undue exposure. Their concern, kindness and actions are the reason their clients refer to them with fondness and heart-filled gratitude.



AS OF JANUARY 1, 2021
THE FEDERAL MILEAGE REIMBURSEMENT
RATE IS \$.56/MILE.



WELCOME EVERYONE!

Plan On Joining Us As We Safely Begin Our Fantastic 2021 TOURS!

MAY 29

Join us on this terrific combo day 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) Two Meals Included.

☛ \$198/pp. \$100 Deposit to reserve seat; Balance due: May 5, 2021

JUNE 19

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

Two Meals Included.

☛ \$165/pp. \$100 Deposit; Balance May 25, 2021

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 sgle suppl. Includes RT air from Billings.

JULY 23

2-Day Encounter the Bighorn Canyon Boat Tour!

Looking for a nearby adventure on water? Look no further, this trip is for you!

Enjoy the panoramic view of the canyon from Devil Canyon Overlook; enjoy the narrated scenic boat tour of the majestic Bighorn Canyon. Overnight in Greybull, WY ... it's much more than the 'Crazy Woman Trading Post'

AUGUST 27

11-Day Motor Coach 'The Ark Encounter in Williamstown, Kentucky & Creation Museum.'

This incredible life-sized Noah's Ark built to dimensions given in the Bible can be mind-blowing and a fascinating experience of modern engineering. Visit the Ark Encounter's sister attraction, The Creation Museum. Don't miss the famous Newport Aquarium with exhibits, galleries and of-course watch penguins, gators, sharks, followed by a relaxing BB Riverboat Sightseeing Cruise on the Ohio River. Incredibly priced at ...

☛ \$1,175/ppd; add \$404 for single. \$75 Due Upon Signing. Reasonable travel protection available! Trip is filling up fast.

SEPTEMBER 19

6-Day Sedona's Red Rocks and The Grand Canyon, featuring Two Historic Rail Journeys...

Ride the Grand Canyon Railway to the edge of the awesome Grand Canyon and journey through Verde Canyon in first class comfort aboard the Verde Canyon Railroad; narrated trolley tour of Sedona, and much more.

☛ \$2699/ppd; add \$829 for sngl. Includes RT air from Billings.

OCTOBER 2

2021 Mystery Tour ... unbelievably unique & amazingly beautiful!

☛ \$158/pp. \$100 Deposit; Balance June 10, 2021

NOVEMBER 4

12-Day Best of Israel and Jordan. Walk in the footsteps of prophets. Discover the scenic beauty, fascinating culture and bountiful history of Israel. It's impossible to describe the feelings you will experience when visiting the ancient biblical, historical and contemporary sites of Israel and Jordan.

☛ \$4741/ppd; add \$1279 for single. Includes RT airfare from Billings. ☛ \$250 deposit to reserve seat; add \$299/pp optional travel protection. Balance due August 3, 2021. (only 6 seats available)

Be sure to keep this page of information for future reference of GDP Tours for 2021.

FOR MORE INFORMATION CONTACT LILY MOORE AT GDP TOURS

OFFICE: 256-1492 • TALK & TEXT: 860-9085 • lily@gdptours.com • www.gdptours.com

HEALTHY IS WELLNESS

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

GOOD MORNING *Sunshine!*

Did you know that your morning routine has the power to affect how you feel throughout the day? It's amazing how much we can do in the first 30 minutes of our day to improve every aspect of our physical and mental health. Even better, it's easy, free and enJOYable!

The idea is simple: begin the first 30 minutes of your day with as little stress, and as much joy, as possible. Avoid things that make you think or feel badly. Instead, choose calm and positive options. Need some ideas?

- **Step outside! Get some fresh air and maybe even soak up a few minutes of sunshine!**
- **Pet your animal.**
- **Read something that makes you smile or laugh.**
- **Jot down a few things you are grateful for.**
- **Enjoy some movement or stretching.**
- **Breathe, think about things you love, or meditate.**
- **Listen to some happy, calm music. (Try "Here Comes The Sun" by the Beatles!)**

Why are these first 30 minutes of our day so important? Because when we wake up, our stress hormone (cortisol)

is at its highest. This hormone tells our body to get out of bed and start the day, which is a good thing! But adding more stress during this time is a bad thing, spiking our cortisol even further and causing our blood sugar to rise.

This rise in blood sugar causes all sorts of negative reactions in the body, a few of which include:

- **damage to the heart,**
- **an increased risk of diabetes,**
- **decreased energy – resulting in fatigue and headaches,**
- **a lowered immune system, and**
- **increased inflammation.**

Yikes! But have no fear, it's incredibly easy to avoid these negative outcomes and smooth out the highs and lows of your day. You guessed it: Start with calm morning routines, habits and rituals that 'set the tone' for the how the rest of your day will unfold. Simply give yourself the gift of a Great Day by starting with a Good Morning!



“
KEEP YOUR FACE TO
THE SUNSHINE AND
YOU WILL NEVER SEE
THE SHADOW.”

—HELLEN KELLER



THE RESOURCE CENTER

Program Manager: Sue • Caregiver Support Coordinator: Emily • Specialists: Joyce & Marla • Intake Specialist: Nancy
For more information, please call 259-5212

2021 MEDICARE *Costs*

When the **Medicare and You 2021** was published in October, Medicare was not able to put in the 2021 deductibles and copays as they had not been approved by Congress at the time. They now have been released and are as follows:

- **Medicare Part A Hospital Deductible \$1,484 – a \$76 increase from 2020**
- **Medicare Part A Skilled Nursing Facility Copay for Days 21-100 - \$185.50 per day - \$9.50 per day increase from 2020**
- **Medicare Part B Deductible - \$203 – a \$5 increase from 2020**

Remember, if you have a **Medicare Supplemental Plan** as well as Medicare, many, if not all, of these deductibles and copays will be paid by the Medicare Supplement plan. If you have a **Medicare Advantage Plan**, your copay and deductibles are set by your plan and may be different than those shown here.

Medicare Part B Premium – For most Medicare beneficiaries it will be \$148.50 – an increase of \$3.90 from 2020. If your annual income was greater than \$88,000 single/\$176,000 couple in 2019 you will face additional costs for Medicare Part B and Medicare Part D premiums in 2021.

TAX TIME

The following programs can help you get a refund from the State of Montana for property taxes or reduce your property taxes before they are collected.

ELDERLY HOMEOWNER/RENTER CREDIT

If you were 62 or older as of 12/31/20, resided in the state 9 months or more, owned a home or rented 6 months or more, and your total gross income was less than \$45,000 in 2020 you may be eligible for this credit. If your only income is Social Security, you may qualify for this tax credit without filing federal or state taxes.

LOW INCOME PROPERTY TAX ASSISTANCE PROGRAM

- If you own or have Contract for Deed for a home or mobile home.
- If you occupied the dwelling for at least 7 months as your primary residence.
- If your Federal Adjusted Gross income does not exceed \$23,337 (single) or \$31,116 (married) you may qualify for reduced property taxes. If you were in the program as of 12/31/14, you do not have to reapply. New applicants are required to apply the first year by April 15th.

Call 259-5212 to make an appointment to complete the Elderly Homeowner/Renter Credit and/or Low Income Property Tax Assistance Program.

FOR AARP TAX ASSISTANCE, SEE FRONT PAGE

THANK YOU RESOURCE CENTER STAFF AND VOLUNTEERS for all your hard work during the Open Enrollment Period. Even with the COVID restrictions, we helped 466 folks change their Medicare D plan and saved them over \$670,000 for 2021. Here is just one of the nice letters we received...

"This fall a Resource Center staff person assisted us in selecting the most cost-effective drug prescription program. It was done over the phone and at first, I was very hesitant about how it would work. She sent me everything I needed ahead of time via email. During our telephone conversation, she was extremely patient and knowledgeable. It went smoothly, and I am confident she helped us make good choices. Thanks to Alliance for maintaining this program during the pandemic. The way you implemented this worked very well."



Minor Home Repair **PROGRAMS**

There are several Minor Home Repair programs for low-income households. These programs have income limits, asset limits, and occasionally limits on the value of the home.

City of Billings Community Development Division Housing Rehabilitation Loan Program

Programs help with:

Replacing basic systems that may include weatherization, safety hazards and upgrading electrical or plumbing systems. On-going program as funding allows.

Rebuild Together

A community volunteer program that works with low income homeowners, especially disabled, elderly and families with children. This program provides a variety of services including weatherization, house painting and home safety modification.

Rural Development Home Improvement Loan & Grants (Outside city limits)

Loans are available to improve or modernize your existing home. Grants may be available to pay cost of repairs and improvements to remove identified health and safety hazards. On-going program as funding allows.

Alliance Minor Home Repair Program

Minor safety repairs for low income seniors 60 and over. On-going program as funding allows.

**For information on any of these programs call the
Resource Center at 259.5212**

CAREGIVER SUPPORT PROGRAM

Emily, Caregiver Coordinator 259-5212

THE FOLLOWING ARTICLE WAS TAKEN FROM CAREGIVER.ORG

THE TROUBLE WITH *Hope*

By Husband Caregiver, John Ptacek

I had a strained relationship with hope before my wife was diagnosed with cancer. To me, hope was a high waiting for a low, a fix with a nasty flipside. Far from the precious entity exalted by legions of poets and philosophers, hope was just another coordinate on the pain/pleasure cycle existing in infinite balance with its opposite. In the same way that happiness alternates with sadness, or desire with loss, hope alternates with fear. One requires that the other exist. Hope was for suckers, and I was no sucker.

Or so I reasoned. The times I didn't need hope, that is. But when life would clobber me over the head with misfortune, there I was, clinging to hope like a dear, misunderstood friend.

Since my wife's diagnosis, however, my relationship with hope is no longer strained. It's been severed completely. I've abandoned hope, and in the process have met a new friend: peace.

To abandon hope is to trample the plotline of feel-good movies, to renounce the rhetoric of sweating preachers, and to earn puzzled looks from hopers everywhere. Hope soothes and inspires. It builds churches and sells books. Hope is widely thought to be the last coin in our pocket, the one thing we can never afford to lose.

But what is hope, exactly? What does it look like away from the flickering glow of votive candles?

Isn't hope just wishful thinking? Isn't it just slapping a happy ending on an unhappy beginning?

We want to be happy all the time, and why not? It beats sad, lonely, and a host of other unpleasant but inevitable human conditions. When we're not happy, we hope. We paint a bright future with our thoughts and wait for it to materialize. However rickety, this logic makes just enough sense to ease a frightened mind.

Implicit in hopeful thinking is the mistaken notion that we are separate entities existing outside the flow of an

CARETIME CAREGIVER SUPPORT GROUP

FEBRUARY 2021

Wednesday, February 10th

1:00 – 2:00pm

The Adult Resource Alliance

1505 Avenue D

Lewis & Clark Room (2nd Floor)

• TOPIC •

General Sharing Session

MARCH 2021

Wednesday, March 10th

1:00 – 2:00pm

The Adult Resource Alliance

1505 Avenue D

Lewis & Clark Room (2nd Floor)

• TOPIC •

Discovering Nutrition

with Guest Speaker

Jennifer Brown

exquisitely connected universe, that we are as in control of our destinies as we are our individual retirement accounts. Hope is our silent prayer that misfortune is meant for one of the other six and a half billion people in the world, but not us.

In small doses, hope is not toxic. It only nips or stings. When our home team loses, when no one asks us to dance, when we tear up lottery tickets, our hopes are dashed and we're left to survey the space between our expectations and reality. That space grows into an abyss for those attempting to stall reality with hopeful thoughts during times of peril. Thoughts eventually dissolve, while reality stands pat. We blink, and it's still there. Rays of hope meant to banish our darkest fears in the end only illuminate them, and we crumple into a state of surrender. Anyway, I did.

“**SURRENDER WAS WHERE I
STUMBLED INTO *Peace*.”**

Surrender was where I stumbled into peace. I didn't give up on life, I just stopped trying to outwit it. Surrender meant discarding the idea that life is always supposed to be wonderful; it's just supposed to be life.

Time spent hoping for happier days is time spent turning away from life in its infinite poses of glory: the elegant curve of my wife's newly hairless head, the game smile poking through her fatigued expression, the mountain of get well cards rising above a sea of orange pill bottles. Beauty borne from tragedy acquires a sacred dimension that can only be witnessed by a surrendered mind, a mind that isn't chasing after the next happy face moment.

To picture my wife with hair again, to imagine her digging in the garden or strutting back off to work, is to add time where none is needed, to ignore the beauty right under my nose, and to allow futile hope to intrude on an otherwise peaceful day.

LIFE'S *Observations...*



By David Mosdal
Guest Columnist

Well little darlin' so far it hasn't been a particularly long, cold or lonely winter... weather-wise. However, George Harrison couldn't have known what the year 2020 would have in store for us when he wrote that song.

The last year has forced us to evaluate and rethink pretty much everything. From the health of ourselves and those around us to the health of this planet we are renting from our great-grand children to the health of our Nation that seems so fragile today. It feels like we've spent a year running full blast pushing a grocery cart down the rumble strip on the side of the highway... barefoot... in a windstorm... Did I mention the grasshoppers?

We're numb, but we're still alive, right? So, what do we do to get to the "Here comes the sun" part, when "it'll be all right"? For me, I have to look backward before I can even imagine looking forward.

My sweet "Tiny Grandma" Gladys taught me most of what I know about diplomacy. She could have disarmed a ticking time bomb with one hand and stirred the oatmeal cooking on her wood stove with the other, while gently convincing George Armstrong

Custer that maybe it wasn't the best day to pick a fight on the Greasy Grass River. She feared nothing. All 97 pounds of her. A homesteader.

I need that kind of courage to face the awfulness of a relentless virus that will participate in the demise of more people in our nation than the last 100 years of wars combined. I need to face the facts that we, as a species, could do better on our little speck in the cosmos. I need to know that our founding fathers created their secret formula for a successful path to self-governance by recognizing that it was done with the full advice and consent of the women who supported them.

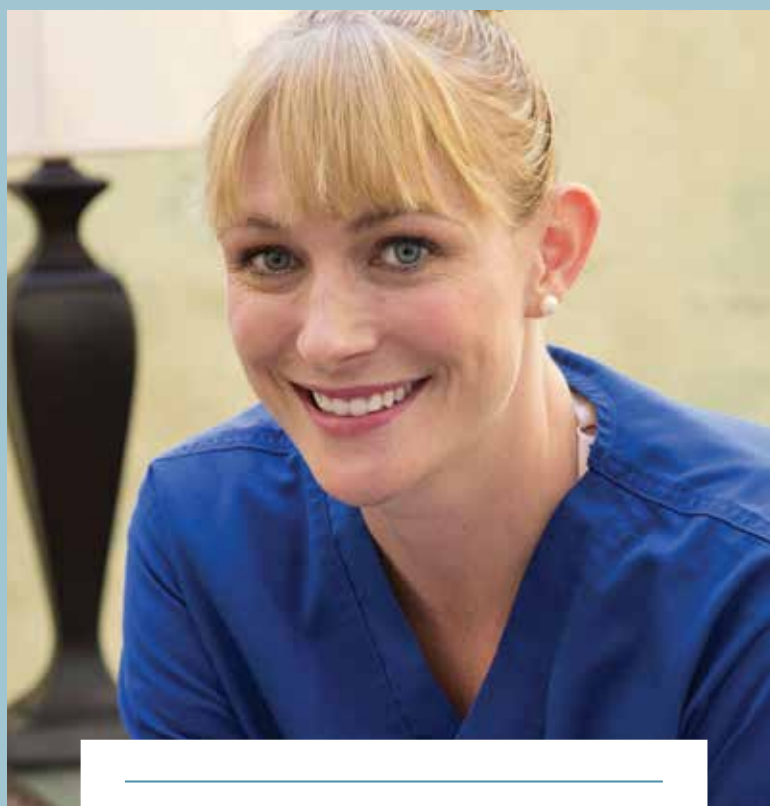
Grandma would remind us that the vast majority of the people who got sick, got well; that Mother Earth can heal herself if we'd quit standing on her throat; that our democracy is still resilient enough to weather the storms of challenge and come out more relevant and stronger still. It has before. It will again. So, when our conversations got pretty dicey Grandma would say, "I've got an idea. Let's talk about oranges".

That was our sign. And the tensions would dissipate. And the fevered discussions would break. And cooler heads would prevail. So, little darling, here comes the sun and we all can say, "It'll be all right."

SUNNYSIDE UP

A sweet donation from a sorority of sweet ladies; members of Preceptor Alpha Alpha provided 200 dazzling Christmas candygrams for our elderly participants who have been accessing nutritious meals via Grab n Go and Meals on Wheels.

Posing as Secret Santa's, generous employee elves from Advanced Care Hospital of Montana and Scheels gifted local seniors with extraordinary Christmas Love Tree gifts.



Keeping residents safe is our way of life.

Heidi is our Quality Coordinator. For over 17 years she has provided expert care and services to Westpark Village residents.



WESTPARK VILLAGE

Senior Living

2351 Solomon Avenue, Billings, MT 59102 | 406-652-4886 | westparksenior.com



MANAGED BY The Goodman Group



BILLINGS MEALS ON WHEELS

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



We hope you are healthy, happy and enjoying the new year!

Over the holiday, I traveled to California to help my daughter and her family as she recovered from surgery. The decision to go when they needed me was easy, but traveling safely during the pandemic was more difficult.

While in California, I did laundry, dishes and cleaning. Through the endless daily tasks, there was never a dull moment, thanks in big part to their four dogs!

If you have pets, you know they become part of the family! These guys were everywhere their family was, including the beds and furniture.

As with all pets, they each had their own unique personalities!

The oldest is Boden, a 12-year-old Beagle Pug mix. Boden is blind and his only pleasure besides his family... is food! (a pleasure I share) The trick was to keep him out of the pantry and the garbage. He can't see, but his nose more than makes up for his lack of sight. We became

buddies. Eventually, I found his snoring quite comforting.

Three other rescues rounded out the dog family. Rogue, a rescued 5-year-old German Shepherd, Apollo a Husky rescue, and, Ellie, a 3-year-old Yorkie dachshund mix. Did I mention that I slept on the couch with whichever dog escaped a bedroom?

With all the stress the pandemic has brought, these four dogs showed me that joy can be found in simple things, a cuddle, a walk, and in Boden's case, a bag of marshmallows. They don't look far to find their joy.

A lesson from Boden, Rogue, Apollo and Ellie...

Find what makes you happy. It's out there, I promise!

— Jaime

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



Gratitude...

Meals on Wheels was recently presented with a check from Yellowstone Rimrunners. Each year on Thanksgiving Day, this group sponsors a special event called Run Turkey Run. Their mission is to outrun hunger. Meals on Wheels is one of four recipient agencies in our community. 2020 was their 10th anniversary and first ever virtual Run Turkey Run. These special people are such a gift to us!

We are so grateful to all of our faithful drivers! We could not function and continue without your support and commitment. Big LOVE to all of you!

REMINDER

Please mark your calendars!

We will be CLOSED on Monday, February 15th for Presidents' Day

We will send a frozen holiday meal out on Thursday, February 11th to all Meals on Wheels recipients who request one. If you have questions or concerns please call Stacy or Jaime at 259-9666.

Looking for a companion to keep you young at heart?

The Yellowstone Valley Animal Shelter has a "Seniors Adopting Seniors" program!

Each year YVAS takes in many senior animals that have plenty of love left to give!

Any senior human (age 60+) will receive their age as a percentage off of the adoptions fee if they adopt a senior pet!



Yellowstone Valley
ANIMAL SHELTER

406-294-7387
www.yvas.org

1735 Monad Rd
Billings, MT 59101

Have **Real Estate** Questions?

I can help.

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Seniors Real Estate Specialist®

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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 S, Billings, MT 59101

OR USE OUR ONLINE FORM AT:

[www.billingsfamilyservice.org/find-help/
senior-commodity-food](http://www.billingsfamilyservice.org/find-help/senior-commodity-food)



**Types
of Dogs**

CHIHUAHUA CORGI
BULLDOG ROTTWEILER
TERRIER PINSCHER
COLLIE DALMATIAN
SHEPHERD SETTER
BOXER MASTIFF
HOUND DACHSHUND
BEAGLE

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

ADULT RESOURCE ALLIANCE

1505 Avenue D • Reservations: 259-9666 • Monday thru Friday



Mary Beth

The earth has orbited around the sun once since we were able to share a table together here at our meal site. Perhaps by this writing we will be open with new guidelines and procedures. Keep your fingers crossed! At this point, activities and the computer lab will need to wait. Patience and courtesy will have to be the order of the day. I know we can count on you. We will give you our best and it's up to you for the rest.

Once we are open (1505 Avenue D) we will get things going by celebrating our "family" reunion. We have been apart from the daily chatter, trivia and contest that bind us. Thank you all for your kind words, strength, and encouragement throughout this health crisis.



HEIGHTS MEAL SITE

935 Lake Elmo Drive • Reservations: 259-9666 • Monday thru Friday

HAPPY FEBRUARY AND MARCH 2021!

We miss you all and look forward to opening our meal site in the new year. During the past year, our Heights location has made several major improvements. We installed a deluxe water softener which has greatly improved our drinking water. We resurfaced our parking lot with a wheelchair ramp for easier access into the building. We cleaned up the landscaping by removing bushes and trimmed many trees.

We are continuing to sell frozen meals on Mondays and Fridays from 11 am – 1 pm. These meals are a great price at \$2.50 per meal. For more information call us at 606-1170.

Big Hugs from us to you!



Janet, Janlyn, & Marlene

MEAL SITE UPDATES

HUNTLEY SENIOR CITIZENS

37 Minecha Avenue • 967-2671

February and March...Warm cozy days AND Valentines Day.

St. Patrick's Day is a national holiday at our house: corned beef, cabbage, Irish soda bread, and always, a green dessert. Even in these months there is a lot to celebrate.

In our "90's Club" Mary Hoehne (99), Chuck Fowler (91), and Helen Bermes (92) will be celebrating their birthdays. We wish them all "Sunny Days".

Thanks to Judy Hughes and her staff for the new designed, and very enjoyable newsletter. Great Job!

Remember...love thy neighbor and love yourself. It makes for a "sunny day". I thank everyone for all that you do!



Bob & Barbara are celebrating 61 years of marriage on the 20th. Congratulations!

LAUREL SENIOR CENTER

720 South 4th Street • Meal Site Coordinator: Mary

Reservations: 628-7571 • Monday thru Friday

Happy New Year from Amy and Mary at the Laurel Senior Center meal site. A reminder that we do have hot meals to go and frozen available Monday through Friday. Please call 406-628-7571 for more information.

We have been fortunate to have an abundance of geese at the pond across the road since November. They can be pretty noisy! As I write this, there is a majestic eagle feeding on something over there. A month or so ago, there was actually an elk playing in the water early one morning.

We look forward to welcoming everyone back. We miss you.



MEAL SITE UPDATES

SOUTH PARK

901 S 30th St • www.SouthSideSeniorCenter.org
256-6413

The stress of these strange times seems to disappear if, and when, we can get out to enjoy the fresh Montana air. No mask needed!

You don't need to snowboard to enjoy sunshine in the great outdoors. A stroll around the neighborhood, or at least walk down an ice-free driveway, can be just as invigorating!

For now, keep your sense of humor and strive for patience. Like they say on CBS "Stay positive & test negative"!



WORDEN

2445 Main St • 967-6535

The holidays have come and gone.

The new year has begun.

We've seen so many changes.

Now we're waiting for the sun.

We've missed the Friday meals,

The friendly chats, and song.

But, when we gather again,

The covid should be gone.

Happy
Valentine's
Day



CUSTER BUS TO BILLINGS

2nd and 4th Tuesday of Every Month

Call 856-4272 for Reservation



LAUREL TRANSPORTATION PROGRAM

Within Laurel: Mon-Fri • 10am-4pm

Laurel to Billings: 1st & 3rd Tues Afternoons

EVERYONE WELCOME!

Call 628-4796 for Reservation



SUPPORTERS

Thank you to each one of you who made a contribution during the month of December!

Gene & Bobi Allard
Maxine Allman
Bonnie Ambuehl
Cynthia Anderson
Jack & Vicki Auzqui
Sue & Tim Bailey
Scott & Linda Baker
Helen Bakker
Timothy & Betty Ballou
Thomas Bancroft
John & Jennifer Baretta
Uri & Liz Barnea
Stan & Annette Bayley
Ray & Jean Becker
Graham Beckett & Susan
Peacock
Lonnie Bekel
William Belinski
Carla & Randy Bell
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Marian Leligdowicz
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Artie Markegard

Bea Ann Melichar

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Betty Ann Gabel

Henry Timm

Joanne Timm

Herb Ottman

Gayle Ottman

James Steckel

Peggy Steckel

Jane Stark

Erling & Ann Barsness

Bob & Ione Bloom

Mary Beth & Ken Brotzel

Thomas Grau

Pam Makara

Roger & Sharon Schatzke

Karen Torrence

Kay Grant

Kathryn Ries

Jerome Ries

Ken & Marion Feyhl

Laura Steinmetz

Lori Belinski

William Belinski

Lori Ann Smith

Michael Smith

Lorna Casey

Greg & Sheila Szudera

Louella Linger

Veronica Marsich

Marc Priest

Arlene Priest

Martin Bustillo

Mauro Bustillo

Maxine Turley

Ginny Bennett

Merle & Jenny Simon

Mary Rose Simon

Michael Dandrea

Claudia Dandrea

Pat McCallister

Ginny Bennett

Sybil & Phil Ross

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You don't have to live with incontinence



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where
you are.**

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CARE NETWORK**



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For women living with urinary incontinence and pelvic floor disorders, every day activities can be a challenge. Our specialized team of urogynecologists offer treatments specifically for women to relieve symptoms and get you back to doing what you love. The urogynecology team at Billings Clinic is ready to care for you in a safe environment.

For an appointment with one of our urogynecologists, please call **(406) 238-2887**.



Erik Hokenstad, MD
Billings Clinic
Urogynecologist



Craig A. Mayr, MD, PhD
Billings Clinic
Urogynecologist

“WHEN YOU DO
SOMETHING
BEAUTIFUL AND
NOBODY NOTICES, DO
NOT BE SAD. FOR THE
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SPECTACLE AND
YET MOST OF THE
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