

A QUARTERLY PUBLICATION OF MISSOULA AGING SERVICES

2019 CONNECTIONS

SUMMER

A Summer to Celebrate



At Missoula Aging Services, we are entering summer with so much to celebrate. I want to highlight a handful of the wonderful reasons why we're celebrating.

Most notably, the Montana Legislative Session was a big success for older adults! The 66th Montana Legislative Session officially adjourned on May 1st and I'd like to share what was accomplished.

House Bill (HB) 2 – General Appropriations Act passed! 100 Home & Community-Based Services (HCBS) waiver slots were funded. Waivers allow for Medicaid beneficiaries to receive services in their own home or community. This program serves people with intellectual or developmental disabilities, physical disabilities, and/or mental illnesses.

HB 658 – Medicaid Expansion passed! HB 658 will provide insurance to thousands of qualified low-income families and individuals.

At home in Missoula County, your community had another huge success. The 2019 March for Meals raised nearly \$100,000 for Meals on Wheels! We are so grateful for our volunteers, donors, sponsors and local leaders. Thank you for prioritizing the wellbeing of your older neighbors.

All of this positive news is excellent motivation as we continue our mission to promote the independence, dignity and health of older adults and those who care for them. With all of us working together, I know we'll have more reasons to celebrate in the future.

Susan Kohler
Chief Executive Officer

WE'RE PROUD of OUR YEARS



Our Programs

Community Services

- Options for Better Aging
- Referrals, Assistance & Onsite Library
- Transportation Options
- Educational Opportunities & Classes
- Elder Justice Program
- Long-term Care Ombudsman Program
- Medicare & Medicaid Counseling
- Montana Senior Medicare Patrol (SMP)
- Volunteer Programs

In-Home Services

- Care Transitions Program
- Family Caregiver Support
- Respite & Homemaking Services
(Missoula and Seeley Lake Areas)
- Veteran Directed Care
- Farmers' Market Coupon Program
- Liquid Nutritional Supplements
- Meals on Wheels
- Rural Nutrition Sites: Condon, Seeley Lake, Lolo & Bonner
- Community Lunches

WEAR IT AGAIN
Jewelry Sale

SAT., JUNE 1 • 8 AM - 3:30 PM

Governing Board

LARRY WHITE

Chair

LARRY RILEY

Vice Chair

KRISTIN PAGE-NEI

Secretary

KEITH ANDERSON

Treasurer

ROBERTA SMITH

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AMANDA CAHILL

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GEOFF GILBERT

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JOLYNN MCDERMOTT

JAMES MCKAY

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Missoula County

Board of Commissioners

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Connections is published quarterly by Missoula Aging Services (MAS).

337 Stephens Ave., Missoula, MT 59801-3816.

T (406) 728-7682 F (406) 728-7687

To submit information, please contact MAS Communications Coordinator at: info@missoulaagingservices.org

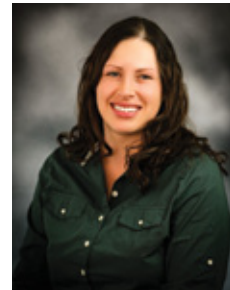
Missoula Aging Services does not sell or release the names on our mailing list.

Programs of Missoula Aging Services are funded in part through the Montana Dept. of Public Health and Human Services, Corp. for National and Community Service, Administration on Community Living, City of Missoula and Missoula County.

Connect with us on:



In Perspective



May is Older Americans Month, during which we celebrate older adults and their vital contributions to our communities. This year's theme is "Connect, Create, Contribute," a powerful reminder of the importance for staying socially connected, especially for caregivers.

Social isolation has been regarded as one of the most dangerous side effects of caregiving. It leads to higher levels of caregiver stress and depression, and can be detrimental to brain and heart health. Due to the unpredictable nature of caregiving, maintaining a social life is an added challenge.

At times, caregivers may isolate themselves because venturing out in public creates more anxiety than pleasure. This is especially common when caring for a person with dementia.

The good news is that there are opportunities for socialization intended for people with dementia and their caregivers to participate in. Programs like Memory Café and Art in the Moment are part of Dementia Friendly initiatives across the country working to make communities more knowledgeable and accommodating.

Studies have shown that the benefits from socializing are numerous and worth the effort. Emotional support by way of a call, text or visit has been found to have significant impacts on caregiver health.

Caregivers are recommended to continue to do the things they've always loved, connect with friends and family, and if possible, attend a support group. If you know someone who is a caregiver, please reach out to them regularly; it will help them to not feel forgotten by their support network.

Lauren Crabtree,
Respite/Homemaker Program Coordinator

MISSION: MISSOULA aging SERVICES
promotes the independence, dignity and health of older adults and those who care for them.

MAS Volunteers Recognized with Awards

Throughout Missoula County, hundreds of Missoula Aging Services (MAS) volunteers donate their time and talents to improve the community. MAS is pleased to announce that three dedicated volunteers have been recognized for their tremendous work.

Longtime Foster Grandparent and RSVP Volunteer Neil Weare traveled to Helena this spring where he was honored with the ServeMontana Award from Governor Bullock. Neil won this award because of his 8.5 years - that's 11,001 hours of service! - through MAS' Senior Corps program with Pre-school Head Start, Flagship and MCAT.

"We wouldn't trade him for anything," Neil's supervising teacher at Head Start said. "His enthusiasm for working with the children is wonderful and he is very well loved."

RSVP Volunteer Julie Devlin won the Montana Food Bank Network's Treasure State Award for the Most Treasured Volunteer. The Missoula Food Bank and Community Center nominated Julie for her 7 years of service in their food pantry and Kid's Table program. Incredibly, the day after Julie traveled to Helena to receive this award from First Lady Lisa Bullock, she won the Lyle Heath Award from the Sentinel Kiwanis Club of Missoula as well.

Julie was honored for her time at the Food Bank and for helping with nonprofit fundraisers, low-income housing, veterans, older adults, young mothers, at risk youth, and people with disabilities. Missoula is fortunate to have such a shining star of a volunteer!

Due to her incredible work with Dementia Friendly Missoula (DFM), another great RSVP volunteer was recognized. Patricia Holkup won the Hospice Care Foundation's Honoring Our



Neil has dedicated nearly a decade to Missoula students as a Foster Grandparent through Senior Corps.



Julie accepted the Most Treasured Volunteer award from First Lady Lisa Bullock this spring.

Heroes Award. She's the Chair of DFM, which provides education and support to adults with Alzheimer's and related dementias and their caregivers.

MAS is proud to highlight these hardworking and compassionate volunteers. Their commitment to the Missoula County community is inspiring.

GIFTS IN MEMORY OF INDIVIDUALS

February - April 2019

- Eunice Amaya
K Jane Duncan
Thomas & Judith Hagan
Glenn & Noreen Kozeluh
Richard Meisinger
Western Montana Returned
Peace Corps Volunteers
- Karen Armstrong
Nona Babcock
- William Babcock
Richard & Mary Denise Giuliani
- Ernie Bargmeyer
Dorothy Ramberg
- Rev. Bob Barnes
Don & Klairaine Nichwander
- Ruthie Beaver
Richard Beaver
- Patricia Blank
Richard Blank
- Jake Block
Mary & Mark Thane
- Vi Bowman
Robert Waugh
- Arlene Braun
Carolyn Abbott
- Greg Burham
Bob & LaWana Whaley
- Donna Wittlake & Bob Brown
Linda Jensen
- Erwin Byrnes
Ethel Byrnes
Mary Jo Noser
- LaRaine Claar
James Claar
- Lowell 'Ron' Cloninger
Margaret Bossard
Thomas & Arlene Breum
Dan Combo
Bob & LaWana Whaley
- Bob & Karma Cook
Candy Cook-Drader
- Julie M Daer
Thomas & Sally Daer
- Steve Dailey
Bob & LaWana Whaley
- Ernest Dewey
Bob & LaWana Whaley
- Georgette Dosch
Lee Dosch
- Lois Dunlap
William Dunlap
- Darlene Earl
Amanda Tish
- Kathryn Felstet
Nureta Goodman
- Bernadine Figg
Barbara France
- Richard Gajdosik
Bruce Giller
- Billie Gardner
Pete & Edla Christianson
Pete Gardner
- Dorothy Harsch
Bob & Kimberly Murray
- Sonia Jarrett
Bob & LaWana Whaley
- Mae Jensen
Judith Kelley
- Wilburn Knutsen
Pam & Greg Superneau
- Jim Kostecki
Glenn & Noreen Kozeluh
- Ben Lorango
Claude Huguet
John & Adelia Zotnick
- Bill & Pat McAllister
Mary Jane McAllister
- Carol Meisinger
Richard Meisinger
Bob & LaWana Whaley
- Martin Mikelsons
K Jane Duncan
- Sandy Miller
David & Gerrie Diettrich

- Don Miller
David & Gerrie Diettrich
- Ray Murray
Richard & Pauline Franck
- Bernie O'Connor
Bill & Judy Brodsky
Deborah & Christopher Frandsen
Tom & Kathryn Hungerford
Jackie Johnson
Iva Rose Mackenzie
- Joe Pepe
Bob & LaWana Whaley
- Wayne Pritchett
Rosemary Lynch
- Anne Reinsel
Susan Baker
- Bob Schumaker
Bob & LaWana Whaley
- William L Schwaderer
Laura Schwaderer
- Marie Shipley
Anonymous
- Bob Small
Thomas & Arlene Breum
Lino & Sherry Marsillo
Bob & LaWana Whaley
- Mary Starks
Daniel & Faye Warren
- Gary Tavenner
Joan Gillespie
- Betty Trickle
Dale & Irene Hendricksen
- Butch Waddill
Bob & LaWana Whaley
- Zachariah Walker
John & Annette Walker
- Karen Ward
Wayne & Susan Gravatt
- Jack Wathen
Clifford & Lynette Lepiane



Community Champions gathered to help deliver meals.

Nearly \$100,000 Raised for Meals on Wheels

Missoula Aging Services would like to sincerely thank all who took part in March for Meals 2019: donors, volunteers, fundraisers, community-minded sponsors, and local leaders. Together we exceeded our goal and raised nearly \$100,000 for Meals on Wheels!

In addition, we are thankful for the support of Governor Bullock, Senators Daines and Tester, Congressman Gianforte, Mayor Engen, Missoula County Commissioners and City Council Members who joined together on Community Champions Day to affirm the importance of Meals on Wheels.

Because of your strong support, homebound older adults in Missoula County will receive regular nutritious meals and will be empowered to continue living in their homes, knowing that they have a community around them that cares. As the need increases, we are encouraged that our community is joining in to meet the challenge.



MAJOR DONORS

February - April 2019

Individuals and Businesses who made gifts of \$200 or more:

- Allegiance Benefit Plan Management
- Anonymous
- Bruce & Mary Anderson
- Susan Baker
- Phil & Dorleen Bakke
- Richard Blank
- Diane & Fred Bodholt
- Nancy Braun
- Bill & Judy Brodsky
- Joe & Kate Caciari
- Rose Carey
- Janet Chilcote
- Milt & Rosalyn Clark
- Dan Combo
- Michael Cooper
- Thomas & Sally Daer
- Drum Coffee
- Earl & Bertha Pruyn Foundation
- Fraternal Order of Eagles Foundation
- Pam Gardiner & Lyle Geurts
- Bruce Giller
- Garth & Mildred Good
- Boyd & Helen Gossard
- Lyle & Gail Grimes
- Diane Hellman
- Horizon Credit Union
- Hospice Care Foundation
- Ann Houston
- Paulette Jones & Andrij Holian
- Jeremy Kinross-Wright
- Susan Kohler
- Tim Lien & Katharine Jones
- Lucky's Market
- Virginia Lund
- Pat Malloy
- Tony & Kathy Mangan
- Christine & Tom McCall
- Jolynn McDermott

Major Donors continued on Page 6

Major Donors (continued)

Robert McKelvey
Shirley McLaughlin
Meals On Wheels America
Missoula Federal Credit Union
Missoula Moose Lodge 556
Scott & Barbara Morgan
Bob & Kimberly Murray
Rick & Sue Neff
Estate of William Paul
Alana Perkins
Richard & Beverly Perry
Fred & Susan Reed
Barbara Reeder
Rejuvenate LLC
James & Barbara Robbins
Rita & Ray Salmela
Seeley Lake Community
Foundation
St. Anthony Parish
Larry & Kristin Stayner
Stockman Bank
Loren & Joni Stormo
James & Dee Strauss
John & Sue Talbot
The Loose Caboose LLC
Marilyn Trusty
Sandy & Pam Volkmann
Klaus Von Stutterheim
Dick & Meredith Webster
Western Montana Clinic
Bob and LaWana Whaley
Tim & Ann Wiersum
Alice & Clem Williams

Gifts in Honor of Individuals

(February - April 2019)

Scott Bair
Alan & Yvonne Rentmeister
Joe Blackman
Anonymous
Johnnie Bryant
Kim Best
Fred Ehardt
Butch & Colleen Baldwin



2019 Jewelry Sale Expands with Silent Auction!

The 2019 Wear It Again Jewelry Sale is just around the corner. Thanks to the generosity of the volunteers and donors who put so much care into this event, this year is shaping up to be our biggest sale yet!

Whether you're a Jewelry Sale regular or are looking for something new to do around Missoula, join us at **St. Anthony Church between 8 am to 3:30 pm on Saturday, June 1st**. All proceeds from the sale support older adults and their caregivers right here in Missoula County.

Not only will the sale feature an extensive collection of pre-owned jewelry - cleaned, categorized, and tagged for easy browsing - but this year we're also adding a Silent Auction! Take a break from shopping and bid for a chance to win packages including a Flathead Lake Sailboat Excursion, Griz Package, or an exquisite sapphire and diamond necklace! **The auction will close at 1:30.**

Saturday, June 1 • 8 am - 3:30 pm • St. Anthony Church

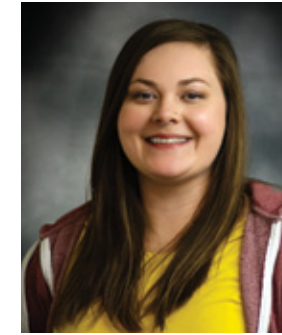
Peggy Fonner

Barbara Reeder
Kathryn Hungerford
Tom Hungerford
Susan Kohler
Loren & Joni Stormo
Mike & Elto Lemma
Dorothy Young
Marge Lubbers
Anonymous
Amy Lubbers

Marla McCombie

Frankie Feinstein
Jan McLaren
Pam Gardiner & Lyle Geurts
Gary Nash
Marilyn & George Gogas
Donna Terry
Shirley McLaughlin
Patti Thomas
Alan & Yvonne Rentmeister

Staff News at MAS



Missoula Aging Services welcomes **CARRIE BONN**, our new Personal Care Attendant (PCA), to the team!

Carrie is very experienced in helping older adults and people with disabilities with their daily tasks and personal care activities. She has worked as a CNA with several local agencies and most recently in a long-term care facility. She said her favorite part about working with older adults is getting to know them as individuals and hearing their stories.

Learn from an Expert: Social Security Demystified

Social Security is complex. You may be asking yourself questions such as:

- When should I file my application?
- Can I apply for spousal benefits?
- Can I keep working and still receive benefits?
- Am I eligible for both a survivor benefit and my own retirement benefit?
- Can I receive my own retirement benefit plus a spousal benefit?

MAS conducts two-hour Social Security Workshops every other month designed to help you learn about requirements you need to understand, such as:

- When to Start Benefits
- Retirement Benefits (requirements and options)
- Spouse's/Divorce Spouse's Benefits
- Widow's/Widower's Benefits
- Divorced Widow's/Widower's Benefits
- How Work and Earnings Affects Your Social Security Benefits

The workshop is facilitated by MAS Resource Center Volunteer, Mary Olson, who has 29 years of experience working for the Social Security Administration as a claims representative and technical expert. Class size is limited to 12 people.

The fee is \$10 (or 2 for \$15).

Register by calling MAS at 728-7682 or online at <https://socialsecurity.eventbrite.com>. No cost or reduced cost ticket options are available via phone.

In Memoriam

In honor and remembrance of these dedicated individuals whose volunteering enhanced the lives of those they served.

RSVP

Dr. Harold Braun
William Gilman
Lois Haaglund (RSVP, MOW)
George "Ben" Larango
Pat Rivera (RSVP, SCP)

Foster Grandparents

Sue Pritchard
Senior Companions
Eunice Amaya
Eva Warthen
Jack Wathen (SCP, RSVP)

EST. 1982

MISSOULA *aging* SERVICES

WE'RE PROUD *of* OUR YEARS

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MISSOULAAGINGSERVICES.ORG

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MAS Events

COMMUNITY LUNCHES

Thursday, June 13

River Ridge Apartments, 2840 Santa Fe Court

Wednesday, July 24

Garden City Harvest Youth Farm, 1657 River Road

Reserve by first of month for either date in a month.

NEW TO MEDICARE WORKSHOPS

June 29, 10 am - 3 pm

July 15 & 17, 6 - 8 pm

August 17, 10 am - 3 pm

Continuing Education Conference Center (James E. Todd Building), 32 Campus Drive

\$35, please register at <https://newtomedicare.eventbrite.com>

ALZHEIMER'S SUPPORT GROUPS

Noon Support Group

Third Wednesday each Month, 12 - 2 p.m.

Summit Independent Living, 700 SW Higgins Ave. #101

Evening Support Group

Fourth Monday each Month, 6:30 - 8:30 p.m.

Missoula Senior Center, 705 South Higgins Avenue

SOCIAL SECURITY Q&A BROWN BAG

August 8, 11:30 am - 1:30 pm

Missoula Aging Services, 337 Stephens Avenue

\$10, please register at <https://socialsecurity.eventbrite.com>

STEPPING ON: FALLS PREVENTION FOR OLDER ADULTS (7 PART CLASS)

Wednesdays from 2 - 4 pm

July 31

August 7, 14, 21, 28

September 4, 11

Our Savior's Lutheran Church, 8985 Montana 200, Bonner, MT 59823

\$25, please register at <https://steppingonmas.eventbrite.com>

WEAR IT AGAIN JEWELRY SALE

June 1, 8 am - 3:30 pm

St. Anthony Church, 217 Tremont

Huge selection of pre-owned jewelry; proceeds benefit MAS, Silent Auction 8 am - 1:30 pm

For a full event listing visit: www.missoulaagingservices.org