

A QUARTERLY PUBLICATION OF MISSOULA AGING SERVICES

2020 CONNECTIONS

WINTER

Finding Moments of Inspiration



As we enter winter and thus the final months of 2020, I find myself reflecting on this past year. It's hard not to feel overwhelmed at times, but then I think of what else this year has shown me: the power of innovation, the resilience of our communities and the strength of human kindness.

Here are a few of the moments that stand out to me:

- Meals on Wheels drivers have ramped up deliveries as COVID-19 has increased the number of homebound older adults.
- Educational opportunities and support groups moved online instead of being postponed indefinitely. We were so pleased to hear that this actually allowed some caregivers to attend group meetings that they hadn't been able to prior to the pandemic.
- MAS began piloting a project to provide tablets to older adults in Missoula. For many older adults, this has provided a means of connecting with others during such an isolating time.

Every day Missoula Aging Services clients, volunteers, donors and community partners inspire me. I know your generosity will continue to support older adults as they face growing challenges during the colder months of this pandemic.

Thank you for sharing the love this holiday season,

Susan Kohler

Chief Executive Officer

WE'RE PROUD *of* OUR YEARS



Our Programs

Community Services

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

In-Home Services

- Care Management
- Family Caregiver Support
- In-Home Support Services
Respite, Homemaking & Personal Care
- Veteran Directed Care
- Farmers' Market Coupon Program
- Liquid Nutrition (Ensure®)
- Meals on Wheels
- Community Lunch Program: Missoula,
Seeley Lake, Bonner, Lolo, Condon



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

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Missoula Aging Services does not sell or
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Programs of Missoula Aging Services
are funded in part through the Montana
Department of Public Health and Human
Services, Corporation for National and
Community Service, Administration for
Community Living, the City of Missoula
and Missoula County.

Connect with us on:



In Perspective



I noticed the beautiful fall colors along my tree-lined street this week and realized how this one little act of nature, an act which comes with every passing year, brought me so much more joy this year than most. Then, recently, I asked a neighbor how his ill wife was doing and he mentioned that he wished there was some program/training in our

community that would help caregivers like him cope with the everyday stresses when a loved one is constantly in need of care. I again found joy in letting him know there was – Missoula Aging Services!

At all times, our older adults benefit in knowing MAS is here for them. There are many programs and services offered to help our older adults in many different ways. And how does that happen, even during a time like now when the demand is so high? It's because of the generosity and giving of our community! How joyful is that!

So along with the fall colors and telling folks about MAS, I also will find joy during this “season of thanks” to say “Thank You” to everyone who has found it in their hearts to contribute, whenever and however possible, so MAS can continue to assist those in need.

May you all find your own joy during this coming season!

Roberta Smith

Roberta Smith,

MAS Governing Board Acting Chair

–Thank You–

to the DENNIS and PHYLLIS WASHINGTON
FOUNDATION and MONTANA RAIL LINK GRANT

... for providing \$10,000 for Meals on Wheels!

Giving Back to Those Who Give So Much

Foster Grandparent Lynn* spent 40 hours a week helping students at a local Missoula school before the pandemic. Since then, she has suffered from anxiety and depression. She had no internet connection and a phone that barely worked.

Senior Corps Volunteer Coordinator Adrienne Hopkins called her every week following the start of the pandemic. "I could get about 20 seconds into the conversation before her phone died," Adrienne said.

The teachers and the principal from the school Lynn volunteered with wanted to have a connection between her and this year's students. She had to turn down service opportunities because she had no way to connect.

Then, things started to look up. Missoula Aging Services recently began piloting a project to provide tablets with cellular data plans to older adults in Missoula.

When Lynn received her tablet, she was asked what she hoped to use it for. "The most important thing is to hopefully be able to Zoom into a classroom to read and connect to the teachers I do reading groups with. Then I can see and hear the kids and they can see me," she said.

Adrienne asked if making that connection would improve her life. "Oh!" Lynn said, "Don't make me cry. Yes, very much so. Sometimes I see the kids in town and it is exciting for me and exciting for them. And the parents of the kids stop me in stores and tell me how much they miss it and the kids miss it. This tablet, for me, is to connect with the kids. And the teachers of course. That makes it perfect for me."

Thank you for supporting someone who has given so much back to the community. Your generosity is life changing.

**Name and photo have been changed to protect this volunteer's privacy*



You can help older adults this holiday season!
Please donate at MissoulaAgingServices.org by clicking the "Donate Now" button, calling us or using the enclosed envelope.

GIFTS IN MEMORY OF INDIVIDUALS

August - October 2020

Peggy Amy
Christine La Guardia

Robert Earl Aplin
Thomas & Kathryn Hungerford

Phil Bakke
Dorleen Bakke

Floyd Barrett
Brenda & Paul Richter

Patricia Blank
Richard Blank

Evie & Herb Bruins
Denalie Bruins

Donna Mae Byler
Ken & Eilene Willett

Warren B. Carlson
Michael Carlson

Guy Clin
Darrell & Marlene Messmer

Bob & Karma Cook
Candy Cook-Drader

Ethelyn Ferguson
Les & Carol Hedges

Kay Fitzgerald
First Interstate Bank Missoula

Jim Flanders
Janet Flanders

MaryAnn Font
Mitchell & Barbara Royce

Ruth Bader Ginsberg
Gladys Hardin

Joe Hammond
Karen Hammond

Elmer Hoch
Bob & Kimberly Murray

Elizabeth Johnson
Adam Johnson &
Mirtha Beccerra

Chris Kearney
Patty & Paul Kelley

Audrey Kiserow
David & Gerrie Diettrich

Paul Kiserow
David & Gerrie Diettrich

Roger Kiserow
David & Gerrie Diettrich

Anna Jeanette Kupper
Patricia Holkup

Todd Lester
Anonymous
Ann Andre
Colleen Baldwin
James & Carol Baldwin
Douglas & Jean Bardwell
Robert & Vicky Bostick
Jim & Loretta Cyr
John & Winifred Erickson
Kim & Dax Fraser
Billie Jean Goforth
Ginny Holland
Thomas & Kathryn Hungerford
Linda Jensen
Chip & Sharon Jones
Gregory & Carrol Karlsgodt
Susan Kohler
Tom & Bonnie Lee
Christine & Tom McCall
Roger & Jan Seewald
Rose Sorensen
Nancy Thompson & Dale
Woolhiser

James Harry Lodge
K Jane Duncan

Butch Loftsgaarden
Marlene Sundt

Carol Meisinger
Richard Meisinger

David Moomey
Robert Waugh

Woodrow Needles
Shirley George

Bernie O'Connor
Linda Jensen

Gene Peterson
Larry & Bobbi Kuchenreuther

Lavinia Pisano
Christine Jorgensen

Faye Rasley
Catherine Guastella
Carol Isaacs

Freida Reddig
Bob & Kimberly Murray

Irene Reese
Carolyn Jackson

Margaret Rice
Margie Jacobs

Judy Sather
Jim & Donna Koch

William L Schwaderer
Marilyn Schwaderer

Sharon Sendon
George Sendon

James Weber
Richard & Mary Denise Giuliani

Gloria Wildner
Patricia Barry

Gifts in Honor of Individuals

(August - October 2020)

Frankie Feinstein
Marla McCombie
Kathryn Hungerford
Shirley McLaughlin

Iva Rose Mackenzie
Linda Jensen

Gladys Miller
Bev Lenz

Ted Nyquest
Tom & Sue Blunn

Dave Paul
Bob & Kimberly Murray

Sue Talbot
Peggy Kuhr & Tom Floor



Visit the Virtual Giving Tree and Share the Love!

The holiday season is one of the most festive times of the year, but imagine an older adult in need living by themselves with few friends or family nearby. This year, due to social distancing, the holidays can be an especially rough time for many of your older neighbors. Missoula Aging Services presents an opportunity each year to help an older adult in need through the Giving Trees program.

This year, in order to look out for the safety of our team and community, we're bringing the festivities online with a digital Giving Tree.

To participate and support older adults this season visit MissoulaAgingServices.org and click on the holiday banner! You'll be able to see the impact your generous financial contribution can make for an older adult in your community. Additionally, gifts can be made in memory or in honor of someone you care about!

One of our Giving Tree partners is Subaru of Missoula. They participate each year in the Subaru of America Share the Love Event. During the Share the Love event, you can purchase or lease any new Subaru between November 19 and January 4, and designate Meals on Wheels America as the recipient of \$250 from Subaru, at no cost to you.

Put a little love in your heart and visit the virtual Giving Tree at **MissoulaAgingServices.org!**



MAJOR DONORS

August - October 2020

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

AARP Montana
 Anonymous
 Dorleen Bakke
 Robert Bakke
 Lee Ballard
 Blackfoot
 Richard Blank
 Tom & Sue Blunn
 Diane & Fred Bodholt
 Nancy Braun
 Bill & Judy Brodsky
 Joe & Kate Caciari
 Harold Carter
 Janet Chilcote
 Milt & Rosalyn Clark
 Dave & Caren Clarke
 Gladys & Barney Considine
 Pamela Cutler & Robert McDevitt
 Dennis & Phyllis Washington
 Foundation
 Lee Evertz
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 First Interstate Bank, Missoula
 Branch
 Ron Fitzgerald
 Teresa Gruba
 Daniel & Jami Hawkins
 Jan Hiller
 Ray & Anne Holt
 Horizon Credit Union
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 Christine Jorgensen
 Paul & Christine Kilzer
 Jeremy Kinross-Wright
 Susan Kohler
 Nancy Kollin
 John & Gloria Langstaff
 Paul & Susan Lauren

Major Donors continued on Page 6

Major Donors (continued)

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Eleanor McDaniel
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Shirley McLaughlin
MDU Resources Foundation /
Knife River
Meng Dentistry
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Michael O'Leary
Terry & Patt Payne
John Photiades
Pierce Family Charitable Fund
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Sentinel Kiwanis Club
Summit Independent Living
Center
Nancy Thompson & Dale
Woolhiser
Juanita Vero
Ken & Eilene Willett
Betty Winchell
Bob and LaWana Whaley

In Memoriam

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

RSVP

Teresa Granier
Irene Harris-Mandelko
Larry Riley
Patty Zapp

Foster Grandparents

Ericka Trusty

Remembering Larry Riley

With a heavy heart, Missoula Aging Services acknowledges the passing of our governing board chair and friend Larry Riley.

Your guidance, empathy and humor will be missed, your generosity never forgotten.

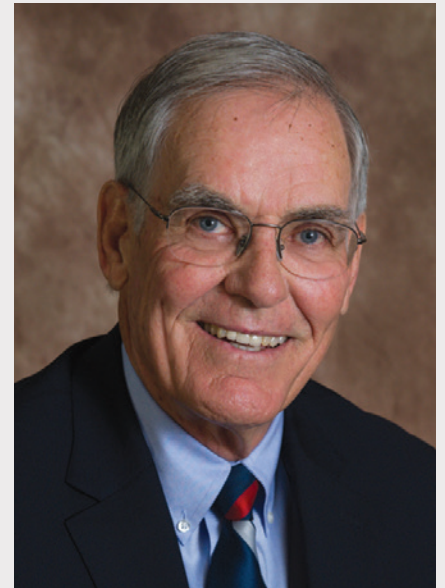
Please take a moment to read Larry's obituary:

Larry E. Riley died in Missoula on Oct. 24, 2020 at age 79. He was born in Jordan, went to school in Jordan and Roundup, attended the University of Montana and graduated from the Law School in 1966. He practiced law with the Missoula law firm of Garlington, Lohn and Robinson retiring in 2016 after 50 years of practice.

Following retirement, he directed the Elder Justice Program for Missoula Aging Services.

He was predeceased by his beloved wife Dianna Reber Riley on Nov. 14, 2015. For fifty-three years and two weeks Dianna was the absolute center of his life. She made joy and happiness easy and normal! He is survived by their five children and five grandchildren.

Larry was profoundly grateful for Dianna and their family and friends; for the privilege of living in Missoula; for practicing law with the Garlington Firm; and for his volunteer work with Missoula Aging Services.



Staff News at MAS

Missoula Aging Services is pleased to announce an exciting update to our team.

This fall **LOIS MANDELKO-STEINBERG** joined the Care Management team as the new Family Caregiver Support Specialist! Lois has been with MAS for six years and brings a wealth of experience to this position. As the Family Caregiver Support Specialist, Lois will plan, implement and coordinate a variety of programs in Missoula and Ravalli counties, both in the office and within clients' homes.

Previously, Lois assisted MAS clients through our Veteran Directed Care Program where she worked as a Care Coordinator. In that prior position, she helped veterans with the organization and management of in-home services and supports that allow them to remain independent in their homes.

Since 2014 Lois has filled several roles at MAS, including Senior Companion Coordinator for the In-Home Care Services Program and Service Coordinator for the Veteran Directed Home and Community-Based Services program. Prior to her work with MAS, she worked for nearly two decades providing direct service to individuals and families receiving hospice and palliative care.

We are pleased that Lois will bring her extensive experience to this position.

Senior Corps Programs Stand Out

Missoula Aging Services (MAS) Senior Corps Foster Grandparent and RSVP Tutor programs were recently highlighted in engAGED's publication "Best Practices for Helping Older Adults Stay Socially Engaged." EngAGED is a national resource center for older adults administered by the National Association of Area Agencies on Aging (n4a) and funded by the Administration on Aging. On social media, engAGED described the Foster Grandparent and RSVP Tutor programs as "an exemplary portrayal of social engagement." Additionally, RSVP was contacted by University of Maine at Orono professor Jennifer Crittenden, Ph.D. She asked the program to share materials for a manual that will describe best practices for supporting older volunteers who participate in work activities and/or caregiving outside of their volunteer work.

Congratulations Senior Corps staff and volunteers for building meaningful programs and a huge thank you to donors for supporting these efforts! Your generosity allows vital programs like this to make a tremendous impact on the community.



EST. 1982

MISSOULA *aging* SERVICES

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MAS Events

ANNUAL OPEN ENROLLMENT FOR MEDICARE

Now - December 7

To learn more, call MAS at (406) 728-7682

VIRTUAL CAREGIVER SUPPORT GROUPS

Second Monday of each month, 4 - 5 pm

Third Tuesday of each month, 1 - 2 pm

No cost, please register at

<https://missoulaagingservices.eventbrite.com>

VIRTUAL SOCIAL SECURITY WORKSHOPS

Monday, December 14

Thursday, January 21

Wednesday, February 24

11:30 am - 1:30 pm

\$10 for one person or \$15 for two people. Please

register at <https://socialsecuritymas.eventbrite.com>

VIRTUAL POWERFUL TOOLS FOR CAREGIVERS®

(6 week class)

Thursdays, January 14 - February 18

2 - 4 pm

\$30 for one person or \$50 for two. Please register

at <https://powerfultoolsmas.eventbrite.com>

VIRTUAL AGING MASTERY PROGRAM

(11 week class)

Mondays, January 4 - March 22

10 am - 12 pm

\$65 for one person or \$120 for two. Please register

at <https://agingmasterymas.eventbrite.com>

No-cost and reduced-cost tickets are available.

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