

A QUARTERLY PUBLICATION OF MISSOULA AGING SERVICES

2026 CONNECTIONS

Beyond Missoula: The Rural Issue

SUMMER

Seeley Lake: The Strength of Small Places

In This Mountain Town, Neighbors and Partners Make Sure No One Has To Go It Alone

By lunchtime at Sela Senci, the iced tea is poured, friends are catching up across the tables, and someone is making plans to pick up a neighbor who can't drive.

In Seeley Lake, you'll find neighbors who don't hesitate to lend a hand.

Through a partnership between Seeley Lake Senior Center (Sela Senci) and Missoula Aging Services (MAS), older residents can gather for lunch or receive Meals on Wheels from dedicated volunteers who aren't afraid of

icy backroads. What makes the partnership work isn't simply the programs—it's a community where people know one another well enough to notice when someone could use a little extra support.

Volunteer Barbara Knopp is one of those people. Whether she's encouraging someone to apply for Medicaid or introducing a neighbor to Meals on Wheels, she says, "If there's any way that I can connect someone that needs expertise in this field or that field with that person who's going to help them, I try to help as much as I can. Sometimes it happens, sometimes it doesn't. But if there's a need out there, I'm going to try . . . if I can get those people help, I will."

That connection keeps people involved in each other's lives. As she prepares both the community lunch and Meals on Wheels, Samantha Bristle sees neighbors quietly looking out for each other every day. "I see a lot of the compassion people have. We have one guy that doesn't get to come in as often as he wants to, so now we have people offering to go get him and bring him so that he can. He doesn't see anybody other than his daughter and his son-in-law if he doesn't come in here. So, this is

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Barb Knopp and Sam Bristle are center (L and R) surrounded by Sela Senci patrons who come together for meals, conversation, games, and more.

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337 Stephens Ave., Missoula, MT 59801-3816

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

To submit information, please contact awilson@missoulaagingservices.org

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Neighbors, Partners, and the Power of Place



Where we grow older shapes how we grow older.

For most of us, home is the people who know us, the daily routines, and the places where our lives have unfolded. These connections ground us and give us a sense of belonging.

In rural Montana, remaining at home later in life can come with challenges. A doctor’s appointment may be an hour away. Whether it’s a snowy morning or a muddy back road, neighbors deliver a hot meal, provide a ride to town, or lend a hand with errands. Rural life calls for ingenuity—and neighbors who never hesitate to help.

Partnerships matter wherever we live and work—and allow us to serve older neighbors across rural Montana in ways no one organization can accomplish alone. The stories in this issue show partnerships in action.

You’ll meet older neighbors, volunteers, caregivers, and community partners making it possible for people to remain at home. Together, they remind us that the power of place has always been the people at its heart.

Supporting older neighbors in rural communities isn’t about delivering identical services from one place to the next. It’s about listening, building on strengths, and working together to ensure people can continue living in the homes they love, where their roots run deep.

Thank you for making a difference for older Montanans.

Lisa Sheppard

Lisa Sheppard
Chief Executive Officer

(Continued from cover)

a really good place for him to come socialize with people he knows.”

For Knopp, that’s exactly why personal relationships matter. “If you’re one of many, it just doesn’t get through. But when you’re one-on-one, different story.”

Almost next door, in her office in the Community Foundation Building, MAS’s Rural Resource Specialist Melani Best offers one-on-one appointments to help residents navigate Medicare and guides them to other services close to home. Local realtor Scott Kennedy says, “Her service, friendliness, and care in explaining the options was extremely helpful. . . . and resolved a lot of questions and misconceptions you hear on the street.”

MAS’s outreach in Seeley Lake works because locals already come together to strengthen the community. Jon Kimble is one of those people. His volunteer work spans from the Lions Club and the board of Sela Senci to the fire district and Veterans & Families. He laughs that volunteering has a way of snowballing: “There’s always something to do, you know, especially once people see someone’s a good helper.” Speaking about the relationship between Sela Senci and Missoula Aging Services, Kimble says, “Really, really helpful. It’s really fortunate to have the working relationship.”

Sela Senci’s only paid employee, Sam Bristle sees the impact of the nutrition partnership directly. One woman made a special trip to thank her because, as Bristle recalls, “she hadn’t had a home cooked meal in a year and a half. So that’s a big deal. I’m grateful to be able to help out and do that for them. They get hot food. It’s not prepackaged and it’s fresh.”

Kennedy served as a volunteer firefighter for decades and is on the board of the Seeley Lake Community Foundation. He also gives back through Clearwater Montana Properties’ charitable giving program; a portion of every real estate transaction supports local nonprofits. He believes that’s simply how healthy communities are built. “Everyone can give back at some level, it does not have to be monetary.”

In Seeley Lake, that’s more than an idea. It’s the reason partnerships succeed. Missoula Aging Services and Sela Senci bring resources and expertise, while volunteers, businesses, and local organizations make sure the resources reach the neighbors who need them. Together, these partners create something that’s hard to build any other way: a place where neighbors look out for each other and can stay connected to the community they call home.



Jon Kimble (above) and Scott Kennedy (below) are among the many Seeley Lake residents who strengthen their community through service, volunteerism, and local partnerships.

Meals on Wheels Across the Miles

Volunteers Help Older Neighbors Stay Independent in Rural Communities with Meals and Friendly Check-Ins

When foot surgery left Jeannie Pittman temporarily unable to climb the steep stairs leading to her home in Alberton, friends from her church stepped in, opening their homes while she recovered. But another neighbor suggested something she hadn't considered: Meals on Wheels.

Missoula Aging Services delivers Meals on Wheels (MOW) far beyond Missoula's city limits, across Missoula County, including Frenchtown, Nine Mile, Butler Creek, Rock Creek, and Lolo. For Jeannie Pittman, this reach made all the difference.

"I wouldn't have thought of it," Jeannie says. "I thought, well, I'm not destitute . . . I just can't get up and fix my meals."

The meals made recovery easier in unexpected ways. Rather than relying on the families hosting her to prepare every meal, she could eat when she needed to. **"I don't have to depend on others to feed me,"** Jeannie says. **"I have a nutritious meal that I can eat when I need to eat it."**

Longtime volunteer driver Greg Superneau sees this kind of independence every week as he delivers along the Frenchtown and Nine Mile routes. **Many of the neighbors he serves have lived in the same homes for decades and hope to remain there.** Even when family members live next door, MOW allows them to maintain their routines without depending on loved ones for every meal. As Greg puts it, "Nobody wants to have to rely on others for everything."

Greg knows he's not simply delivering nutrition. **Every stop is a brief welfare check too.** Over the years, he's seen just how important those moments at the door can be. He recalls just one of numerous 911 calls, after finding a client who had fallen and been on the floor for two days. "That's probably 50 percent of it—the contact," he says. While volunteers can provide a lifeline in an emergency, day to day, these interactions are a chance to see a familiar face and exchange a few friendly words.

Jeannie appreciates the personal connection and is especially fond of Greg, who brought her



Jeannie Pittman and Greg Superneau.

(Continued on next page)

At Home in Bonner

Barbara "Bobbi" Halle and her daughter, April suddenly faced an uncertain future when a transient ischemic attack affected Bobbi's memory. April lives with chronic health challenges herself and worried her mother might need memory care.



April and Bobbi Halle at home.

Instead, Missoula Aging Services helped them find a path forward. MAS's Rural Resource Specialist connected the family with resources, and a Care Navigator coordinated support, including home safety improvements and help accessing benefits. Their Client Support Specialist became a familiar face, driving Bobbi to medical appointments, the grocery store, the library, and weekly activities at the Missoula Senior Center.

"It really enriched our lives when we needed it," Bobbi says. "Whatever your needs are, you're going to find it—or they'll try to help you as much as they can."

Today, Bobbi and April continue living together in their Bonner home, where practical support—and caring relationships—helped them remain independent through a difficult season.

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first delivery. "He's a darling," she says. "Always a smile, always friendly." **The visits have been a bright spot, offering reassurance during a challenging ordeal.**

Whether someone needs support for a few weeks after a health crisis or ongoing assistance, **Meals on Wheels volunteers go the extra mile to help older Montanans live independently in the places they call home.**

Read the cover story to learn about the partnership with the Seeley Lake Senior Center that brings MOW (and community lunch) to older residents there. As the Area Agency on Aging for Missoula and Ravalli counties, Missoula Aging Services also contracts with the Ravalli County Council on Aging to provide Meals on Wheel throughout the Bitterroot Valley.

Home Is the Mission

Veteran Directed Care Reaches Rural Montana, Bringing Flexible Support to Those Who've Served

Home is where photographs line the walls. It is where grandchildren know exactly where the cookie jar is kept. It is the workshop in the garage, the garden out back, the dog curled up at their feet, and the memories built over a lifetime. For many veterans, home is where they feel safest, and the prospect of leaving is devastating.

Nearly 28 percent of America's 15.8 million veterans are age 75 or older. Many face a difficult question: *How can I stay in my own home without losing my independence?*

Veteran Directed Care (VDC) offers one answer. Missoula Aging Services has administered the program across western and central Montana since 2012, helping vets remain at home instead of entering nursing facilities. Rather than asking veterans to fit a system, VDC meets eligible individuals where they are, giving participants a flexible budget to manage their own support. VDC has operated since 2008 through a partnership between the Veterans Health Administration and the Administration for Community Living. Program leaders estimate that nearly 90 percent of veterans enrolled in VDC avoid institutional care.

A World War II veteran living with macular degeneration and vascular dementia was determined to remain at home in his small Montana town. His family was balancing work, children, and their own health. Through Veteran Directed Care, his family built a network of relatives, friends, and neighbors who made it possible for him to remain at home, surrounded by people he knew and trusted.

Today, Missoula Aging Services serves veterans in Missoula and communities across western and central Montana—from Helena and Great Falls to the Bitterroot Valley and Seeley Lake. Nearly half of current VDC participants live outside Missoula, where long distances and limited caregiving options can make aging at home especially challenging.

At its heart, VDC is built on choice and trust. Participants choose people they trust—family, friends, neighbors, or other community members—an approach that can be crucial for people who have experienced trauma and may be reluctant to invite unfamiliar caregivers into their homes. By allowing veterans to hire family members, VDC often transforms unpaid caregiving into compensated work, helping reduce financial strain and burnout.

In rural communities such as Darby, Conner, Sula, Evaro, and other small Montana towns, family, friends, and neighbors are often the only caregivers available. Professional services may

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be scarce, and long travel distances make access to support even more difficult.

Veteran Directed Care recognizes that health is about more than medical care. Connection, purpose, and deep, familiar relationships all contribute to well-being. Today, new enrollments are paused statewide due to staffing challenges at the Department of Veteran Affairs.



Veterans, families, caregivers, and the communities that support them all hope the program will remain available to those who need it. Home is not simply where we live, it is where we belong.

The VDC team includes (left, L to R) Care Navigator Chris Larson, In-Home Services Director Shelli Fortune, VDC Coordinator Team Lead Heather Bergerson, and Care Navigator Jill Zeissler.

Jewelry Sale Success Story!

YOU make the Wear-It-Again Jewelry Sale a celebration! **Thanks** to the jewelry donors, volunteers, and all of you who purchased jewelry, we raised **\$60,826.25** during May's sale, all going **directly to MAS programs!** Another record-breaker!!! Special thanks to our **sponsors:** Clearwater Credit Union, Great Harvest Bread Co., Missoula Broadcasting, MissoulaEvents.net, Montana Public Radio, and the Roxy Theater.



Judy Whiddon and Patti Thomas (pictured, L to R) are members of the volunteer group, the "Vintage Gems," who work all year long to make this fundraiser possible!

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February - April 2026

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“Caregiving Doesn’t Come with a Manual”

New Platform Increases Access to Caregiver Support



For many caregivers, the responsibilities in the role grow to become a defining part of life over time, with needs developing slowly: taking care of home upkeep, making sure bills are paid, managing medications. Sometimes, a relationship changes overnight, after a diagnosis, fall, or health crisis. Either way, caregiving can feel overwhelming, isolating, and hard to navigate.

It can be difficult to find time to seek support, so we’re excited to help launch Trualta, an online education and support platform. Through a partnership between Montana’s Area Agencies on Aging, caregivers across the state can access Trualta resources completely free of charge, from practical videos and articles to caregiver discussion forums and virtual support groups. **The goal is to help caregivers feel more informed, connected, and supported.**

For caregivers living in rural communities, resources and support can feel out of reach. Trualta makes it possible for anyone with an internet connection to **access caregiving education and encouragement from home, on your own schedule**, without needing to travel or find someone to sit in at home.

At the same time, **we know that online resources are not useful for everyone.** You might not have reliable internet access or may simply prefer talking in-person. That’s okay. Missoula Aging Services is still here to provide local, personalized support, education, and guidance for caregivers and older adults throughout our region. Technology can be helpful, and we’re excited to offer a new tool, but please don’t hesitate to give us a call.

Whether you are caring for a spouse, parent, friend, or neighbor, you do not have to figure it out alone. **We’re here to help—online, in person, and everywhere in between.**

Warmly,

Shelli Fortune
In-Home Services Director



MAS Staff News

Missoula Aging Services is proud to celebrate the growth and the people behind our work who make our mission come alive every day.

NEW STAFF

Allison Simko joined us in March as Development Coordinator and Grant Writer, bringing a relationship-centered and dialogue-informed approach to her work. Allison earned her MS in Conflict Analysis and MA in Security Studies. Outside the office you’ll find Allison enjoying the sunshine at the river and checking out too many books from the library.

Phoenix Sands joined the Resource Specialist team in March. He earned his degree in social work from the University of Montana and brings experience in case management and direct client support.

Sumer Pellett joined us as a Resource Specialist in April with a degree in Psychology. Sumer advocates for people of all ages and believes compassion and empathy are two of the most important qualities a person can embody. A lifelong Missoulian, she recently moved to the Bitterroot, enjoying a life of connection, music, playfulness, and peace with family and friends.

Spencer Sucha joined us in April as the Nutrition Program Specialist. He brings experience supporting families impacted by homelessness and abuse through his work as a housing stabilization manager and is currently earning his Master of Social Work.

YEARS-OF-SERVICE MILESTONES

Joan Bartkowski	Money Management Team Lead/Resource Specialist	5
Sherrie Crumley	Chief Human Resources Officer/Privacy Officer	10
Kristina Degele	Nutrition Program Specialist	5
James Gleixner	Nutrition Program Specialist	5
Ria Overholt	Community Services Director	5
Lisa York	Accountant	5

PROMOTIONS

Sherrie Crumley was promoted to Chief Human Resources Officer/Privacy Officer. She brings deep expertise in healthcare compliance, privacy, insurance auditing, and clinical care to her role. As a member of the Leadership Team, she has helped guide MAS through significant growth, the challenges of COVID, and an evolving HR landscape while supporting staff with professionalism, empathy, and a commitment to making MAS an employer of choice.

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MAS Events

IN-PERSON NEW TO MEDICARE WORKSHOP

Wednesday, July 29, from 12 to 1:30 pm.
Wednesday, Sept. 30, from 12 to 1:30 pm.
Missoula Aging Services
337 Stephens Ave., Missoula, MT 59801
Register online: New2MedicareMAS.eventbrite.com

VIRTUAL NEW TO MEDICARE WORKSHOP

Wednesday, Aug. 26, from 6 to 7:30 pm.
Register online: New2MedicareMASonline.eventbrite.com

IN-PERSON MATTER OF BALANCE

Mondays, Aug. 3 to Sept. 28, from 1 to 2:30 pm.
Missoula Public Library
455 E. Main St., Missoula, MT 59802
Register online: LibraryMatterofBalance.eventbrite.com

IN-PERSON TECH CAFE

First Monday of each month from 1 to 3 pm.
Missoula Aging Services
337 Stephens Ave., Missoula, MT 59801
Check in at the front desk when you arrive. No cost.

VIRTUAL CAREGIVER SUPPORT GROUPS

Second Monday of each month from 4 to 5 pm.
Third Tuesday of each month from 1 to 2 pm.
Participate online using Zoom. No cost.
Register online: <https://bit.ly/2YkyVPU>

IN-PERSON CAREGIVER SUPPORT GROUPS

Fourth Wednesday of each month from 2 to 3 pm.
Missoula Aging Services
337 Stephens Ave., Missoula, MT 59801
Check in at the front desk when you arrive. No cost.

VIRTUAL MEMORY LOSS CONVERSATIONS

Thursdays from 10 to 11 am. New attendees welcome!
Participate online using Zoom. No cost.
Facilitated by Dementia Friendly Missoula.
Register online: <https://bit.ly/3ITnAsY>

IN-PERSON MISSOULA VILLAGES

Activities, dates, and locations vary. No cost.
Registration required.

View full calendar, including Missoula Villages
events at: MISSOULAAGINGSERVICES.ORG