

A QUARTERLY PUBLICATION OF MISSOULA AGING SERVICES

2020 CONNECTIONS

SUMMER

What Does A Strong Community Look Like?



I once heard that if you truly want to see the character of a person, don't look at how they act when things are easy, but instead look at how they act when things are hard. If that sentiment extends to communities, then I think we have a pretty clear picture of Missoula.

In a time of crisis, your actions have been filled with generosity and empathy. It's not that we ever doubted the kindness of our donors, volunteers, sponsors and partners - rather that your outpouring of support has gone above and beyond anything we could imagine.

- When homebound clients worried that they wouldn't be able to receive meals anymore, drivers ramped up their efforts - safely delivering more than 3,000 meals each week since the end of March.
- Despite economic uncertainty many donors, businesses and foundations continue to step up to donate anyway to help their older neighbors.
- As events have needed to be postponed, sponsors have elected to continue their support, often redirecting funds where they're needed most.
- When the pandemic first started, we received so many volunteer applications that staff had to create a new system to manage the overflow.

So what does a strong community look like? It looks like all of you - standing together, doing what you do best.

These may be unprecedented times, but we are figuring this out together, one day at a time.

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

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

***Thank You for
Your Support!***

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Corp. for National and Community Service,
Administration for Community Living, City of
Missoula and Missoula County.

Connect with us on:



In Perspective



Now, perhaps more than ever, it feels important to stay in contact with one another. While we continue to physically distance, those points of interaction - phone calls, emails, Zoom meetings - have taken on a greater purpose.

There's a quote by American psychologist Rollo May that I'd like to share.

"Communication leads to community, that is, to understanding, intimacy and mutual valuing."

Multiple psychologists state how important a sense of community is for the mental and physical health of individuals. It makes sense that many of us may be needing more connection, or even feeling a bit of loss. Right now, how we're all able to interact with our communities has shifted. It's ok if you're struggling with these changes. Please know, though, that the community you've helped to create at MAS remains strong.

While we're not taking in-person appointments or walk-ins, MAS remains steadfast in our commitment to serve. The Call Center is ready to answer your questions Monday - Friday from 8 - 5 pm. Our emails, phone lines and social media inboxes remain open. Meals are continuing to go out to homebound older adults (three times the amount since the stay-at-home order!) and check-ins are occurring with increased frequency.

We cannot wait to talk face-to-face again, but know that regardless of the circumstances, we're here for you.

Sherrie Sorenson,
Human Resource Director

MISSION: MISSOULA *aging* SERVICES

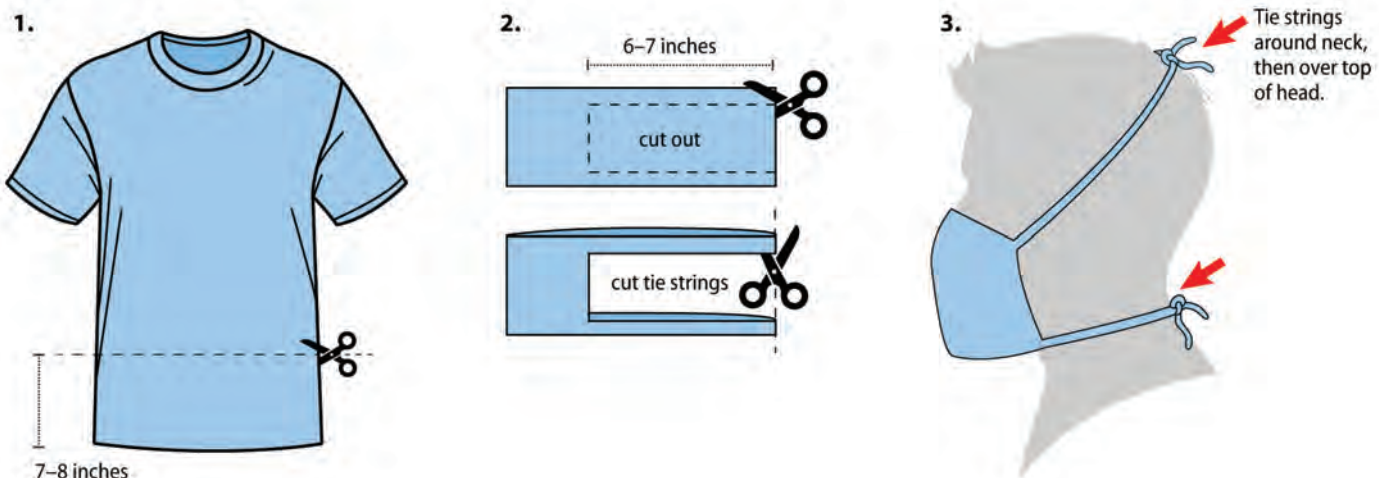
promotes the independence, dignity and health of older adults and those who care for them.

Quick, No-Sew Cloth Face Mask

The Centers for Disease Control (CDC) recommends wearing cloth face masks in public, especially where other social distancing measures are difficult to maintain (such as at grocery stores and pharmacies). According to the CDC, the use of a simple cloth face covering may slow the spread of the virus and prevent people who are unaware that they have the virus from transmitting it to others.

Information and pictures courtesy of the CDC

Tutorial



Countdown to Our Website's New Look!

We are counting down the days until the new Missoula Aging Service website goes live on June 1st! MAS put a great deal of care and thought into the redesign. We prioritized ease of use, accessibility and content for visitors.

We believe folks will find it helpful in more ways than one. **With just a couple clicks, you will be able to connect with services or find ways to help.** It's easier than ever to become a part of the Missoula Aging Services community!

During this time of increased social distancing, having a more helpful website makes it easier to connect with each other. We'd like to welcome people to visit the website, where you'll find a new section featuring upcoming classes, and a



blog where MAS will share short stories and informational articles of a timely nature.

We hope you'll enjoy our new look beginning June 1st at MissoulaAgingServices.org.

GIFTS IN MEMORY OF INDIVIDUALS

February - April 2020

John William Appelt
Susan Appelt

Donna Bartelt
Leon & Sharon Scott

Patricia Blank
Richard Blank

Gary G Brown
Claudia S Brown

Erwin Byrnes
Mary Jo Noser

Warren B Carlson
Michael Carlson

Edward M Churchwell
Cady Sowre

Shirley Colyer
Paul & Kathy Polzin

Sheila Combo
Dan Combo

Bob & Karma Cook
Candy Cook-Drader

Lenore Davis
Charlotte Kasl

Georgette Dosch
Lee Dosch

Jon Driessen
Karen Driessen

Mark Dutton
Devin Egan

Vernon Erickson
John & Sharon Reiter

Kathryn Felstet
Nureta Goodman

MaryAnn Font
Mitchell & Barbara Royce

Joe Hammond
Karen Hammond

Helen Hansen
Margaret McNamara

T Ray Jacobs
Margie Jacobs

Gladys Jennings
Emma Lee & Homer Bowles

Tim Johnson
Linda Jensen

Elizabeth Johnson
Adam Johnson

Erik Jorgensen
Christine Jorgensen

Janel Kasl
Charlotte Kasl

Daphne & Hal Kohler
Elizabeth Kohler

Marsha Lake
Cynthia & Richard Hess

Robert Lindsay
Joyce Lindsay

Sally Lovell
Sarah Lovell

Ora Mackie
Marilyn Olivarez

Agatha Madison
Pam & Greg Superneau
Ethel Byrnes

Teddy Maloof
Margaret Voermans

Bill & Pat McAllister
Mary Jane McAllister

Gay Marie McKean
Kathy & Dwight Adam

Conan McKee
Gerta Koford

Carol Meisinger
Richard Meisinger

Milton Mendelsohn
Beth Mendelsohn

Don & Sandy Miller
David & Gerrie Diettrich

Bernice Morin
Caroline Pickolick

Fred Nelson
Betty & Carl Smart

Tom Ray
Dave Thomas

Carl Rebich
Margaret Bossard

Anne Reinsel
Susan Baker
Earl Reinsel

Margaret Rice
Margie Jacobs

Dean Robertson
Glenn & Noreen Kozeluh

Isabell Scharfe
Ron Scharfe

William L Schwaderer
Laura Schwaderer

Richard & Ora Shrader
Teresa Beed

Don Steel
William George

Fay Sweeney
Anonymous

George Tabish
Wilma Konkell

Helen Tietz
Terry & Joann Best

Lorraine Walden
Patty & Paul Kelley

Edith Wessel
Kim Koppen

Patty Zapp
John & Sharon Reiter
Gloria & Charles Horejsi

Thank You for Your Support During March for Meals!

Missoula Aging Services extends a heartfelt thank you to all of the community members and organizations who stepped forward to support the 2020 March for Meals fundraiser. Though the campaign began just as the pandemic unfolded, you came forward to help end hunger and isolation for older adults in your community!

Meals on Wheels continues to bring hot nutritious food right to local residents, along with an important daily safety check. Meals on Wheels staff and volunteers began preparing in March to serve a larger homebound population. Currently over 3,000 meals are being delivered each week, which is three times the normal amount.

Thanks to you, March for Meals raised \$64,886!

Platinum Level Sponsor:

Good Food Store

Gold Level Sponsors:

Allegiance Benefit Plan
Management
Pavlik Electric Co.

Silver Level Sponsors:

Town Pump
ALPS
Garlington, Lohn
and Robinson
Case Management
Caregiving

Bronze Level Sponsors:

Garden City Funeral
Home and Crematory
Blackfoot
Windermere Real Estate
PayneWest Insurance
First Security Bank
Clearwater Credit Union

Gifts in Honor of Individuals (February - April 2020)

Tam Armstrong

Maeta Kaplan

Betty Carey

Eli Bierwag
Stephen Bierwag
Tyson Bierwag

Curtis Hammond

Julie Gilchrist

Jan & Delbert Hiller

Crosspoint Community
Church

Sharon Hinshaw

Anonymous

Kathleen Holden

Diane Welty

Lori Holyoak

Kelly Holyoak

Sandy Hornstein

Linda Jensen

Austin Hurd

Daurine Spritzer

Carol Israel

Lisa Thoroughman

Jackie Johnson

Carolyn Abbott

Mike Lemma

Dorothy Young

Elto Lemma

Dorothy Young

Barry Reed

Richard & Mary
Denise Giuliani

Jean Smith

Dorothy Young

MAJOR DONORS

February - April 2020

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

ALPS

Anonymous

Patti Thomas & Scott Bair

Susan Baker

Dorleen Bakke

Collin Bangs

Douglas & Jean Bardwell

Dallas Bednarczyk

Teresa Beed

Bill & Rosemary Gallagher

Foundation

Richard Blank

Diane & Fred Bodholt

Boyle, Deveny & Meyer, P.C.

Bill & Judy Brodsky

Mike & Maureen Buhl

Jannette Butler

Sydney Sweitzer & Connie Campbell

Shirley & Kenneth Casper

Janet Chilcote

Milt & Rosalyn Clark

Crosspoint Community Church

Rich & Kelly Daniels

Dennis & Phyllis Washington

Foundation

Earl & Bertha Pruyn Foundation

Bill & Judy Edwards

Devin Egan

Holly Eissinger

First Interstate BancSystem

Foundation

Ron Fitzgerald

Kevin Fredenberg

Frenchtown Senior Citizens

Carla Getz

Good Food Store

Boyd & Helen Gossard

Sharon Gressle

Patricia Greytak

Lyle & Gail Grimes

Major Donors continued on Page 6

Major Donors (continued)

Dorothy Gruba
Jan Hiller
Ray & Anne Holt
Horizon Credit Union
Margie Jacobs
Benita Jacobsen
Linda Jensen
Jillian Jurica
Knights of Columbus, Father J
Fred Reidy Council
Joe & Lynne Knotek
Michael Kreisberg &
Deirdre Black
Jean Kunz
Estate of Verna Lange
Linda Lee
Janna Lundquist
Roger Maclean
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Anna Martin
May & Stanley Smith Charitable
Trust
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Shirley McLaughlin
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Chip Miller
Sandy Mills
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Opportunity Bank
Debra O'Toole
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Pavlik Electric Co
Terry & Patt Payne
PayneWest Insurance
Emily Porzia & Joseph
Fleischman
Martin & Jonell Prather
Pro Sweep Plus
Minott & Jan Pruyn
Barbara & David Pulley
Fred & Susan Reed
Earl Reinsel

New Class Series Can Help You Master Aging

Missoula Aging Services is pleased to announce that we are the first in the area to offer a new, innovative ten-class health and wellness program to people 55+. The Aging Mastery Program® (AMP) was developed by the National Council on Aging (NCOA) and has been successful at helping older adults build their own playbook for aging well.

The core curriculum covers ten topics: Navigating Longer Lives, Exercise, Sleep, Healthy Eating and Hydration, Financial Fitness, Advance Planning, Healthy Relationships, Medication Management, Community Engagement and Falls Prevention.

We are currently recruiting 15 adults, ages 55+ to participate in the first educational program.



If AMP interests you, call MAS at (406) 728-7682 and request to be added to the waitlist. We will contact you when class details are available. Cost is \$65 for 1 or 2 for \$120. Reduced and no cost tickets available. AARP Montana is generously covering the registration costs for the first 15 people registered.

To learn more about the AMP visit <https://www.ncoa.org/healthy-aging/aging-mastery-program/>.

Tom Roberts & Lindsay
Richard
James & Barbara Robbins
Rita & Ray Salmela
Zetha Scheytt
Eric Strandvold
James & Dee Strauss
Sheila Sullivan
John & Sue Talbot

James & Cathryn Ullrich
United Way of Missoula
County
Cynthia Unrau
Janine Unruh
Juanita Vero
Dirk & Kim Visser
Chris Weber
Dick & Meredith Webster

Diane Welty
Christopher Werni
Bob and LaWana Whaley
Randle & Deirdre White
Ken & Eilene Willett
Dorothy Young

In Memoriam

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

RSVP

Patty Zapp
Irene Harris-Mandelko
Minnie Frances Chellico
Fraguito

Foster Grandparents

Helen Hansen (FG, RSVP)
Senior Companions
Chris Christianson

Staff News at MAS

Missoula Aging Services is pleased to welcome many new faces to our staff.

BRENDA BIGGERSTAFF joins as a Volunteer Coordinator. She completed her Masters of Social Work at Walla Walla University. Brenda has an extensive background in the medical field as well as in non-profit, working for the Girl Scout Council in Montana as the Director of Membership and Marketing.

Born and raised in Montana, **GABE GOERES** has spent the last 12 years working with at risk youth in the foster care system in Missoula. He spent the last five years in managing group homes. Gabe is excited to accept the position as Care Management Supervisor at Missoula Aging Services to continue to serve his community.

Working as a Personal Care Attendant, **AMANDA GOODWIN** is the newest addition to the care management team. Amanda has experience working with older adults in their homes, as well as in an assisted living setting. She enjoys working with people and getting to know them. Amanda describes herself as patient, kind, honest and compassionate.

JENNIFER HICKES is the new Marketing Coordinator. Her background in design, marketing, event coordination and project management makes her a great fit for the MAS team. As Marketing Coordinator, she hopes to enhance communication with clients and the community about Missoula Aging Services programs and resources in order to improve the health and overall well-being of older adults. Jen earned her B.F.A at Montana State University.

Starting in April, **SONJA SKOVLIN** joined the Call Center. As a Call Center Specialist, she works directly with older adults and caregivers to provide them with information, assistance, and referrals to services within the organization and to other community resources. Sonja previously worked at Our Savior's Lutheran Church in Bonner, and has extensive volunteer experience.

MAS looks forward to sharing the wealth of knowledge that these new employees have to offer!

Jewelry Sale Update

Missoula Aging Services appreciates the strong support of the community for the annual Wear It Again Jewelry Sale. Decisions continue to be made in the best interest of everyone's safety, and in accordance with both the Governor's directives and local health authorities during the current pandemic.

For now that does mean that the sale is canceled and MAS will continue to communicate how we are moving forward through newsletters, the media, email, social media and regular mail. **The Wear It Again Jewelry Sale is not going anywhere.** Like the rest of the world, MAS is not able to predict when the next public event will be held. We are figuring all of this out together and appreciate your continued support.

EST. 1982

MISSOULA *aging* SERVICES

WE'RE PROUD *of* OUR YEARS

337 Stephens Ave | Missoula, MT 59801

MISSOULAAGINGSERVICES.ORG

RETURN SERVICE REQUESTED

Nonprofit Org.
US Postage
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Missoula, MT
59801

Although the event was canceled,
MAS extends heartfelt appreciation
to our Volunteer Recognition Event
Sponsors:

- TempRight Comfort Systems
- JCCS

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