



The Link



R I C H L A N D C O U N T Y C O M M I S S I O N O N A G I N G

SPECIAL POINTS OF INTEREST:

- Big changes at local Senior Centers
- New nutrition program makes healthy eating easier
- Arthritis management classes have begun in Sidney
- Area attractions to take note of

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EXTRA HELP FOR VETERANS



All of us owe a huge debt of gratitude to our veterans. Without them, none of us would know the level of independence we have today. Now, a program being implemented in Eastern Montana is helping veterans keep their own independence.

Veteran Directed Home & Community Based Ser-

vices empowers qualifying veterans to hire, employ and supervise Personal Care Attendants to help them with their daily needs. Some of the services available include:

- Assistance with personal care (bathing, dressing, etc.)
- Assistance with household chores (cleaning, laundry, meal prep, etc.)
- Help with home modifications, repairs and maintenance

- nance that will allow a veteran to keep his/her mobility
- Consumable medical supplies such as nutritional supplements
- Other services based on an individual's needs

The VA Medical Center will determine a veteran's eligibility and level of need. To learn more about this important program or find out how to apply, call Angie Lohrke at 406-939-5665.

CENTENARIAN SEARCH

A hundred years is something to celebrate! Montana's Aging Services want to recognize our state's residents who have reached this important milestone. Every year at the Governor's Conference on Aging, Montana's Centenarians

are honored at a special luncheon—if we can find them! That's why we are asking for your help. If you have family, a friend or neighbor who will turn 100 years old (or older!) in 2016 we want to hear from you so they can be honored for this extraor-

dinary accomplishment. Call 433-3701 to get the form to recognize your Centenarian; they need not attend the luncheon to be recognized.

**Centenarians are honored each year even if they've already been recognized.*

SAVAGE REMODEL



The kitchen at the Savage Senior Center has gotten some much needed updates over the past few months. New countertops, dishwasher, triple sink and a separate handwashing sink have given the center a much more modern feel. While the updates were necessary for licensing requirements, they're also nice for the cook and for the seniors who patronize the center.



You're invited to check out the Savage Senior Center for yourself. Homecooked meals are served every Thursday at noon. Come early to enjoy to a cup of coffee and a game of cards with your friends!

CHANGES AT SIDNEY CENTER

The Sidney Senior Center is currently in a state of transition. The Center recently had to say goodbye to their long-time cook who retired due to health reasons.

While the Center and the Commission on Aging are searching for a new cook, dedicated Center members have been making sure that meals continue as usual. To give these members a slight break, the County Commis-

sioners also stepped up to the plate by offering catering services until a new cook can be found.

Once a new cook is brought onboard things should return to normal. That is, until some scheduled updates and construction to the Center begin.

Just like Savage, Sidney needs several updates to satisfy licensing requirements.

Work is scheduled to start in May and will include a redesign of the kitchen and prep area, a triple sink with separate handwashing sink, new hot water heater, high efficiency furnace and water softener.

While work is in progress, meals at the Center will need to be cancelled but contractors are hopeful that no more than two meals will be affected.



WEEKLY SCHEDULE OF EVENTS

This time of year is perfect to get out and enjoy yourself. Whether you're having lunch with a friend or taking in an area event, there is always plenty to do. In Richland County, there is something for seniors nearly every day of the week!

See the schedule to the right for more information or check out our web page at seniors.richland.org.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fairview Cong. Meals @ 11:30am	Lambert Cong. Meals @ 12pm	Fairview Cong. Meals @ 11:30am	Savage Cong. Meals at 12pm	Sidney Cong. Meals @ 11:30am
Sidney Cong. Meals @ 11:30am	Arthritis Exercise @ 8:30am	Women's Cards @ Fairview Center 1pm	Cards @ Savage Center 9am	Arthritis Exercise @ 8:30am
Men's Cards @ Fairview Center 7am & 2pm	Men's Cards @ Fairview Center 7am & 2pm	Men's Cards @ Fairview Center 7am & 2pm	Men's Cards @ Fairview Center 2pm	Men's Cards @ Fairview Center 7am & 2pm
Cards @ Savage Center 12:30pm	For more information on any of the Senior Center activities, please contact the individual center at: Fairview Senior Center: 406-742-5818 Sidney Senior Center: 406-433-8077 Savage Senior Center: 406-776-9980 Fox Lake Senior Center: 406-774-3439			
Bingo @ Fairview Center (3rd Monday of month)				

NUTRITION'S JUST A KNOCK AWAY



There's no better way to stay healthy than making sure you get the nutrition your body needs. Unfortunately as we age, eating healthy isn't always as easy as it seems. For some, difficulty or a lack of desire to shop and cook can lead to poor meal choices or skipping meals altogether.

The Meals on Wheels program in Sidney & Fairview can help remedy that for some people five days/week. Hot meals delivered to your home makes eating healthy a lot easier at least once a day. But what if you need help with meals more often or if you

live outside the delivery service area? For some, the answer may be Homestyle Direct.

Homestyle Direct is a Montana Department of Health & Welfare licensed and Medicaid approved option for those who are looking for an easy and convenient way to have nutritious, well-balanced meals.

With the program, you order from a large menu based on your specific dietary needs. A week's worth of homecooked, frozen meals are delivered to your door which can be heated in a microwave or conventional oven. All meals are certified and approved by a licensed dietician

to ensure proper nutritional content and dietary requirements.

"Homestyle Direct can deliver great meals—and peace of mind"

There are no age restrictions to use Homestyle Direct and gift certificates are available. Menus can be viewed at www.homestyledirect.com.

Homestyle Direct meals cost \$5.95 per meal. In some qualifying cases, Richland County Commission on Aging may be able to help. Call 433-3701 for more information.

LAUGHTER IS THE BEST MEDICINE

Laughter is good for your health

- **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- **Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- **Laughter triggers the release of endorphins,** the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
- **Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.



MOVE PAST YOUR PAIN

When suffering from arthritis pain, the last thing most people want to do is move. However, moving is exactly what has been shown to improve the quality of life and relieve pain for those living with arthritis.

The Richland County Commission on Aging is working toward helping arthritis sufferers conquer their pain with a special exercise program. The Arthritis Foundation Exercise Program (AFEP) has been shown to give participants better balance, a

greater range of motion, support from other arthritis sufferers, and overall improved health.

AFEP classes offered through the Commission on Aging are led by certified instructor, Ludmila Keller. Ludmila brings patience, energy and leadership to the classes and welcomes newcomers of all fitness levels. The AFEP classes are beneficial for everyone whether they are consistently active or would rather exercise while sitting on a chair.

The six-week program began March 22, 2016 but new participants are welcome any-time throughout the course. Classes meet on Tuesdays and Fridays at 8:30am at the Community Services Building at 1201 W Holly Street in Sidney.

There is a \$10 suggested donation for the entire course to cover the cost of the supplies which will be given to you. If you are interested in learning more about the AFEP program, call 433-3701.

With over 100 forms of the disease and more than 40 million sufferers, Arthritis is the #1 cause of disability in the US.

BE AWARE AND TAKE CHARGE

May is the perfect time to take advantage of the exercise classes described above. Not only is the weather much more inviting but its also Arthritis Awareness month.

Arthritis can be a painful and depressing disease. Many people living with arthritis are angry to find how much it steals from their lives. The physical limitations, chronic pain, fatigue and stress can make it hard to live the life you used to know.

Fortunately, there are some things you can do to help you cope.

Stay Positive! Arthritis is an unpredictable disease but a positive attitude can help you manage life with chronic arthritis.

Keep Active! The benefits of exercise as part of a treatment program for arthritis are well-known and documented.

Trust your Doctor- Your doctor can be a huge ally in the your arthritis battle. Find one you can talk to.

Watch your Weight- Even a moderately overweight body will impact its joints and increase the pain. For every pound overweight, three to five pounds of pressure is added to each knee as you walk.

Get Support! No one should have to deal with arthritis alone. Talk to others who are living with arthritis and help each other find new ways to cope with the pain.

2016 RICHLAND COUNTY FAIR AUGUST 3RD-6TH

This year's Richland County Fair promises to live up to the excellent reputation it has become known for! While the complete schedule is available at www.richland.org, here are some of the highlights*:



Wednesday

11am Event Center & Ag Exhibits Open
1pm Flag Raising Ceremony
5pm Carnival Begins
7pm Small Animal Round Robin
7:30p Free Concert: Party Rock Project

Friday

11am Event Center & Ag Exhibits Open
2pm Carnival Begins
4pm Trophy & Awards Presentation
5pm 4-H Livestock Sale

Thursday

11am Event Center & Ag Exhibits Open
2pm Carnival Begins
7:30 PRCA Rodeo

Saturday

11am Event Center & Ag Exhibits Open
1pm Carnival Begins
7:30p Concert: Chris Young

Several items are slated for all the days with times to still be determined:

- Double Vision: Magic & Comedy Show (Free Act Stage)
- John Dunnigan Music
- Turkey Races, Petting Zoo, and Pippi The Clown

*This is a tentative schedule; events and times are subject to change.

For transportation to the fair each day, try RCTS by calling 433-RIDE (7433)!



MEDORA & FORT PECK OUTINGS

Hop on Richland County Transportation (RCTS) Service to take in the legendary shows in Medora and at Fort Peck Theater this summer! The Medora trip will be on Senior Day—Thursday, June 16th. The bus will go to Fort Peck Theater for matinee showings on Sunday, July 17th to see “My Way: A

Sunday, August 14th to see “Mary Poppins”. All trips have a \$15.00 charge for transportation and passengers are responsible for purchasing their own show tickets the day of the show or ahead of time over the phone with a credit card.

If you would like more information or to hold your

spot on the bus for these outings, please call RCTS at (406) 433-RIDE (7433). The space is limited so call soon!



3RD ANNUAL SENIOR COALITION COLOR RACE

The Senior Coalition's 3rd Annual Color Race is slated for June 25, 2016 at 10am. The race will begin at Peterson Park by the South Shopko and proceeds will promote the mission of the Senior Coalition.

involved, consider volunteering! The Coalition is currently seeking volunteers for a variety of jobs including setting up, tearing down or throwing color at the runners.

The Coalition would like to thank the generous sponsors who have signed on so far:

Elite Sponsor
Kringen Construction

Sprint Sponsors
Union Gateway Insurance
Midrivers Communication

Grand Master Sponsor
Hurley Enterprises, Inc

Walk of Fame Donors
Eagle Country Ford
Action Auto

To sign up for this year's race, visit our website at seniors.richland.org or call 433-3701 for a paper registration form.

If you're interested in helping out at this worthwhile event, call RSVP at 433-2207.



If you're not a runner or walker but want to be in-

FACE IT: SENIOR FINANCIAL FRAUD HAPPENS

Let's talk about it!

One out of every 5 adults falls victim to financial exploitation, most often perpetrated by family members. Senior financial fraud has no limits as to who it affects... it could even happen to you! Sometimes it takes only one voice to make a difference.

If you suspect this form of elder abuse, please speak up. Join other Montanans in the fight against this growing problem. Let's face it and take a stand against senior fraud!

For more information, call Area 1 Agency on Aging (406) 345-2120.

FREE FILM & PANEL DISCUSSION
JUNE 29, 2016
AT 2:30PM
CRESTWOOD INN
410 3RD AVE SW
Sidney, MT

View the film "Fleeced" and hear experts from the Police Department, Adult Protective Services and Financial services to learn how you can protect yourself and fight senior financial fraud!



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**RICHLAND COUNTY
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AGING**

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Bringing Seniors and Services Together

THANK YOU TO OUR MEALS ON WHEELS VOLUNTEERS!!!

JANUARY
THE ELKS
THE LIONS CLUB
KIWANIS

FEBRUARY
SHS BPA
RSVP
BILL FORRESTER
STAN LINDBLOOM
SIDNEY LUTHERAN
BRETHREN
CHURCH

MARCH
SIDNEY SUGARS
SIDNEY POLICE
ROI
THE ELKS
LOLA HERBERT
SHEPHERD OF THE
VALLEY CHURCH



YOUR VOLUNTEER SERVICE IS GREATLY APPRECIATED!!