



The Link



Connecting You to Richland County

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:

- Schedule change at Sidney Senior Center
- Harvest For Seniors offers a way to share your bounty with residents
- Win prizes while helping Richland County Transportation celebrate 10 years of service

INSIDE THIS ISSUE:

3rd Annual Color Race	2
Harvest for Seniors	2
Crestwood Fundraiser	3
Technology for Tremor Sufferers	3
48th Annual Governor's Conference on Aging	4
RCTS Celebrating 10 Years!	5
Rice with RCTS to the Fort Peck Theater	5
Protecting Yourself in the Heat	6
Keeping Active in Richland County	7

SIDNEY CENTER: NEW LOOK, NEW COOK, NEW DAY

Same major changes are happening at the Peterson Memorial Senior Center in Sidney. Beginning July 1st, you'll be seeing a new face in the kitchen. Teresa Larson will be the new head cook for the centers in both Fairview & Sidney.

Teresa brings a wealth of experience to the position. She has been the cook at the Fairview Center for the past 3 years and her patrons continually rave about her meals.

A new cook isn't the only change in Sidney. Soon, Teresa will be cooking in a completely revamped and



updated kitchen. The remodel will feature a buffet style island, extra storage, new triple bowl sink and much more. Besides the kitchen, the Center is also getting a new high efficiency furnace, water heater and water softener. Renovations on the center are slated to begin this summer. During that time, meals may be moved to another location depending

on the amount of time contractors need to be in the kitchen. Details of any schedule changes will be posted on our website at seniors.richland.org.

Finally, because Teresa will be working at both centers, its necessary to change one of Sidney's regular congregate meal days to accommodate schedule conflicts. Please note the new congregate schedule beginning July 1st:

Fairview Congregate Meals

- Monday & Wednesday
- Tuesday & Friday

Sidney Congregate Meals

NEW STYLE FOR FAIRVIEW "MEALS ON WHEELS"

In keeping with the numerous changes the Commission on Aging is implementing on July 1st, the Fairview home delivered meal program is also getting an overhaul. In the past, meals were prepared and delivered daily to Fairview

meal program recipients. Due to cost cutting measures and the limited number of people using the program, the COA will begin using Homestyle Direct (HD) in the Fairview area. With HD,



recipients can place their order from a large and frequently updated menu. Meals are then fresh cooked to order and delivered frozen a week at a time. Recipients simply need to warm up the meals when they are needed.

3RD ANNUAL SENIOR COALITION COLOR RACE

You may have seen some clouds of color hovering in the air on June 25th. Not to worry, it wasn't a strange weather phenomenon, it was scores of people raising money for the Richland County Senior Coalition through the group's annual Color Race.

Nearly 200 runners and walkers turned out for the 3rd Annual event and helped raise over \$3,000. The money will assist the Senior Coalition in fulfilling their mission of creating an environment for healthy aging by providing funds for needed services for eligible Richland County seniors.

Some of the services the Coalition has been able to pro-

vide through donations, grants and fundraising are:

- In-home medication set-ups
- Personal assistance services
- Lifeline fall monitoring
- The purchase of durable medical equipment
- Individual needed services as required

The services provided by the Senior Coalition play a critical role in helping seniors remain living independently. All of the members of the Senior Coalition would like to say THANK YOU to everyone who supported the Color Race which helps make the Coalition a possibility.



HARVEST FOR SENIORS



Another program spearheaded by the Richland County Senior Coalition is "Harvest for Seniors". Through this program, gardeners are invited to share their harvest with those who are either unable to garden or who no longer live where it's a possibility.

Getting involved in this important program is easy! Simply bring your extra fruits and vegeta-

bles to the Community Services Building (1201 W Holly St) and place them on the table inside the door. Coalition members will collect and distribute the items to area seniors who have requested them.

If you have any questions about the program or would like to be included on our distribution list, call the Commission on Aging at 433-3701. The only distribution requirement is that recipients must be 60 years or older.

CRESTWOOD: TAKE A SEAT

The Crestwood Inn (a HUD subsidized housing complex) is more than an apartment building, it's a home and many of the residents are like family. Although each live individually, most come together to socialize and share a homecooked meal in the facility's large dining room.

Unfortunately, that dining room isn't as comfortable as it once was. Heavy use of

the chairs over the years has finally taken its toll. Many are not just shabby but also saggy and uncomfortable for the residents. Sadly, finding the need for new chairs is much easier than finding the funding.

Many of us know people who have lived or currently reside at Crestwood; what better way to honor them than by donating a chair in their memory or honor? If you

would like to help simply call Kelly Wilkinson at 433-4681.



The Crestwood dining room is used for meals and a number of social activities

“A peer-reviewed and published clinical study shows Liftware reduces the utensil’s shaking by 70%”

EAT WITH CONFIDENCE AGAIN

For people who suffer with tremors, eating in a public environment is something they sometimes shy away from. But new technology is giving many the ability to eat with confidence again.

Liftware is a type of silverware comprised of a stabilizing handle and a selection of attachments that include a soup spoon, everyday spoon, and fork. According to the



Liftware handle w/attached spoon

products website (www.liftware.com) the Liftware handle adapts to its users hand tremor and automatically stabilizes so the attached utensil shakes 70% less than

the users hand.

The stabilizing handle contains sensors that detect hand motion and a small onboard computer that distinguishes unwanted tremor from the intended movement of the hand. To stabilize the utensil, the computer directs two motors in the handle to move the utensil attachment in the opposite direction of any detected tremor.

GOVERNOR'S CONFERENCE ON AGING

Montana's population is aging and the need for services to help the elderly live a fulfilling life is greater than ever. Montana's 2010 census showed that we had 175 residents over 100 years old; it is estimated that by 2025 we will have over 3,000.



To focus on this growing need, this year's Governor's Conference on Aging is partnering with the Home and community Based Services Conference.

The partnership will provide a greater opportunity for people to receive important information and education on issues impacting our seniors, adults with disabilities, families and caregivers. This year's theme is "Navigating Choices: Blazing a Trail" and the agenda is packed with items to help us do just that.

This year's conference will have over 20 breakout sessions to ensure there is something for everyone. Senior citizens, fami-

lies and caregivers are all encouraged to attend and learn more about healthy aging, case management, and advocacy. In addition to the breakout sessions, there will also be four outstanding keynote speakers:

- Elaine Ryan, AARP

Supporting Family Caregivers: America's Hidden Heroes

- Michael Smull, The Learning Community for Person Centered Practices

Having Positive Control Over Your Life

- Robert Sweetgall, Creative Walking, Inc.

Navigating on the Highway to Health...Choices, Crossroads & Consequences

- Julie Beckett, Advocate

One Family's Amazing Journey: You Don't Do It Alone

The Search for Centenarian's

During the conference, the Governor's Advisory Council would like to honor those special residents who will be 100 years of age or older by December 31st, 2016. There will be a special luncheon held in their honor on the 2nd day of the conference. If you know of any Centenari-

ans, please submit their information. Even if they are unable to attend the luncheon, they will receive a Certificate

"It is estimated that by the year 2025 Montana will have over 3,000 residents over the age of 100."

of Recognition from the Governor for reaching this monumental milestone. To submit your Centenarian's name you may visit:

dphhs.mt.gov/sltc/aging/centenarians or call the Richland County Commission on Aging and we can submit the information for you.

The 48th Annual Gov. Conference on Aging will take place at the Billings Hotel and Convention Center on September 13—15th. On-line registration is open now at <https://app.mt.gov>

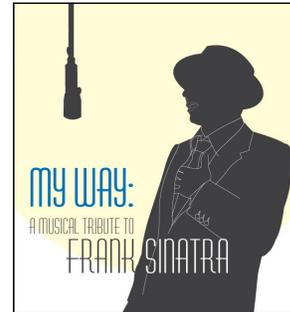
Mail in registration forms are available at the Richland County Commission on Aging, in Sidney. If you need financial assistance to attend the conference you may contact the RCCOA at 433-3701 to see if there is funding available for you.

FORT PECK THEATER

Hop on Richland County Transportation (RCTS) Service to take in the legendary shows at Fort Peck Theater this summer! The bus will go to Fort Peck Theater for matinee showings at 4pm on Sunday, July 17th to see “My Way: A Tribute to Frank Sinatra” and Sunday, August 14th to see “Mary Poppins”. All trips have a \$25.00 charge for transportation and pas-

sengers 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!



Richland County Fair & Rodeo
 August 3rd - 7th 2016
 Call RCTS at 433-RIDE (7433) for your ride

CELEBRATE 10 YEARS WITH RCTS

Richland County Transportation Service will soon be celebrating the end of their first decade providing public bus service to the residents of Richland County. In honor of that landmark event, RCTS is running a contest to give each bus its own nickname.

The contest rules are simple; first, think of a name that highlights the best of what RCTS or Richland County has to offer, call 433-7433 or email jberry@richland.org to submit your name suggestion by July

15th. RCTS staff will choose their 10 favorite names and post them to their website at www.myrcts.com. The public can vote for their favorite name once per day from July 16-July 24.

All ten of the names will be lettered onto RCTS vehicles but the person who submits the name that receives the most votes will also receive two Richland County Fair & Rodeo packages. Each package includes admission button, rodeo tickets for both nights, and a concert

ticket to Chris Young. The people who submitted 2nd-5th place names will also receive two fair buttons.

Winners will be announced on July 25th. Submit your entries today!!

***RCTS reserves the right to reject any name suggestion that could be considered offensive or in poor taste.**



Winning names will be lettered in the space above the windshield

HOW TO PROTECT YOURSELF FROM THE HEAT

Living in Montana, everyone knows what you need to do to protect yourself in the winter. Unfortunately not everyone applies the equivalent precautions to the heat in the summer which can be just as dangerous. Here are some guidelines for keeping safe in hot weather:

1. **Drink Plenty of Liquids**-Dehydration is the root of many heat related health problems. Drink plenty of water or juice, even if you're not thirsty. But remember to avoid alcoholic or caffeinated drinks, as they can actually contribute to dehydration.
2. **Wear Appropriate Clothes**-An old Swedish saying says, "There's no such thing as bad weather, only bad clothes." When it's hot out, wear light-colored, lightweight, loose-fitting clothes and a wide-brimmed hat.
3. **Stay Indoors During Mid-day Hours**-During periods of extreme heat, the best time to run errands or be outdoors is before 10am or after 6pm, when the temperature tends to be cooler.
4. **Take it Easy**-Avoid exercise and strenuous activity, particularly outdoors, when it's very hot out.
5. **Watch the Heat Index**-When there's a lot of moisture in their air (high humidity), the body's

ability to cool itself through sweating is impaired. The heat index factors humidity and temperature to approximate how the how the weather really feels. The current heat index can be found on all popular weather websites, and is also usually announced on local TV and radio weather reports during periods of warm weather.

6. Seek Air-conditioned Environments-Seniors whose houses aren't air-conditioned should consider finding an air-conditioned place to spend time during extreme heat. The mall, library or movie theater are all popular options. During heat waves, many cities also set up "cooling centers," air-conditioned public places, for seniors and other vulnerable populations. Seniors without convenient access to any air-conditioned place might consider a cool bath or shower.

7. Know the Warning Signs of Heat-related Illness-Dizziness, nausea, headache, rapid heartbeat, chest pain, fainting and breathing problems are all warning signs that help should be sought immediately.



MARK YOUR CALENDARS!

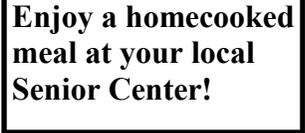
Once the heat of summer passes, there are a few other things you need to remember. Whether you're already on Medicare or you're just getting ready to start, you'll want to mark your calendars for the following:

- October 13th: Medicare 101—The COA will be hosting a class that will help those new to Medicare understand the basics. It will also give an opportunity to ask questions and find out what they should be doing now to avoid penalties and confusion in the future.
- October 15-December 7: Part D Open Enrollment—Its time to check and make sure your prescription drug plan will still work the way you want it to next year. If you need help, contact your certified SHIP Counselors, Jodi and Felicia at 433-3701.

KEEPING ACTIVE IN RICHLAND COUNTY

Keeping active and socializing is vital to staying happy and healthy as you grow older. In Richland County there are plenty of activities for you to take part in. Studies show that whether you and a friend meet up for a walk or just a relaxing visit there is nearly always a positive impact on your health. If you crave even more socialization, consider taking staying busy during the week with some of—or all!—the Senior Activities that take place around Richland County.

Senior Activities

Mon	Tue	Wed	Thu	Fri
Fairview Congregate Meals at 11:30am	Lambert Congregate Meals at 12pm	Fairview Congregate Meals at 11:30am	Savage Congregate Meals at 12pm	Sidney Congregate Meals at 11:30am
Men's Cards @ Fairview Center at 7am & 2pm	Sidney Congregate Meals (beginning July 1) at 11:30am	Women's Cards @ Fairview Center at 1pm	Cards @ Savage Center beginning at 9am	Men's Cards @ Fairview Center at 7am & 2pm
Cards @ Savage Center at 12:30pm	Men's Cards @ Fairview Center at 7am & 2pm	Men's Cards @ Fairview Center at 7am & 2pm	Men's Cards @ Fairview Center at 2pm	
Bingo @ Fairview Center (3rd Monday of Month)			Cards @ Sidney Center at 1pm	

WE'RE ON THE WEB!
WWW.RICHLAND.ORG



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**RICHLAND COUNTY
COMMISSION ON
AGING**

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Fax: 406-433-5800
E-mail: jberry@richland.org

Bringing Seniors and Services Together

**THANK YOU TO OUR MEALS ON
WHEELS VOLUNTEERS!!!**

APRIL

**SHEPHERD OF THE
VALLEY**

LONSDALE

MAY

LONSDALE

**PELLA LUTHERAN
CHURCH**

JUNE

**PELLA LUTHEREN
CHURCH**

**CHURCH OF THE
LATTER DAY
SAINTS**



YOUR VOLUNTEER SERVICE IS GREATLY APPRECIATED!!