

# Blazing Trails

MARCH 2021

Vol 53 • Issue 3

A monthly publication of the

## Missoula Senior Center

Center hours and operations  
will return ASAP.

Underground Thrift Store  
NOW OPEN!

10 am- 2 pm

Monday- Saturday

705 S Higgins Ave  
Missoula, MT 59801

406-543-7154

[www.themissoulaseniorcenter.org](http://www.themissoulaseniorcenter.org)



## GIGGLE LIKE A KID AGAIN

I recently visited the Giggle Box, Montana's first experiential art museum. We are lucky to have it right here in Missoula at the Southgate Mall. The museum spans the entirety of the space once inhabited by Herberger's department store.

Twenty-five different themed rooms and installations span 18,000 square feet. One installation caught my eye. It is Missoula-based artist's Claire Wagstaff's first public showing,

an incredible display of books and beautiful creations made from parts of old books. Claire drove to and from our very own MSC Thrift Store, collecting books from members of our community. She built this art installation knowing others have loved these books as much as her.

The space is vast and well managed with effective COVID precautions and I highly recommend visiting-- with a friend, grandchildren or as a solo adventure. There is something for everyone to enjoy! ..... Kelly



Missoula based artist, Claire Wagstaff's art installation #17 VOLUME 1 as part of Giggle Box in the Southgate Mall.

**IF YOU HAVE NOT RENEWED YOUR MSC MEMBERSHIP, THIS WILL BE THE FINAL EDITION OF BLAZING TRAILS SENT TO YOU IN THE MAIL. PLEASE RENEW YOUR MEMBERSHIP TODAY!**

## LETTER FROM THE MSC PRESIDENT

### BOARD OF DIRECTORS

**President:**

John Nugent

**Vice President:**

Stevan R. DeSoer

**Past President:**

Kathi Campbell

**Treasurer:**

Elizabeth Johnson

**Board Members:**

Shirley Howell

Pat Janes

Julie Robitaille

Lou Ann Sharkey

***Under normal operations Board meetings are the 3rd Wednesday of the month at 1:30***

### MSC STAFF

**Kitchen:**

Jackie Ybarra, Gene Fraser\*, Ted Hunter\*

**Housekeeping**

Pedro Garza\*

**Maintenance Engineer:**

John Walker (Volunteer)

**Membership:**

Marge Nordin (Volunteer)

**Bookkeeper:** Jane Goffe

**Editor of *Blazing Trails*:** Kelly Bouma

**Trips Coordinator:** Janice Jacobson

\*Staff person is supported by Easterseals-Goodwill Senior Community Service Employment Program

*Blazing Trails* is published by the Missoula Senior Center. To submit content or for general inquiries about this publication, email:

NEWSLETTER@missoulaseniorcenter.org

Dear Members,

*Thank you, in response to my request for volunteers to serve on the Missoula Senior Center Board of Directors we have received several very qualified nominations. The MSC Board will be working over the next few weeks to fill vacant positions. I greatly appreciate those who are stepping up to continue the Centers' journey into the next half-century. A sincere thank you to Mike East, long time MSC Board member who has stepped down.*

*As a first step, the Missoula Senior Center Board of Directors recently elected Stevan (Steve) R. De Soer and Julie Robitaille to the Board of Directors at a special meeting of the Board of Directors. The Board subsequently elected Stevan (Steve) R. De Soer to the position of Vice President.*

*Steve is a Missoula Senior Center Life Member and was active in many of the MSC activities including the Friday night pinochle games prior to the MSC closing due to the COVID 19 pandemic. Steve served on some MSC committees and was instrumental in removing the stage as the interior of the MSC received a touch-up. Steve moved to Missoula to live with his daughter, son-in-law, and two granddaughters in a multi-generational household from Bellingham, Washington after a career in Human Resources, organization operations, and administration. While living in Bellingham he was involved in the local senior center including their noon nutrition program, playing bocce ball and cards.*

*The role of a Vice President is outlined in the MSC Bylaws as: " Vice President: The Vice President will discharge the duties of the President in the event of the absence or disability of the President, and perform such other duties as the Board or the President may from time to time request." Steve has now assumed the duties of the President as I have been absent in order to quarantine, prepare for and attend some appointments at the Fred Hutchinson/Seattle Cancer Care Alliance*

*Welcome Steve, thank you for stepping up at this crucial time for the Missoula Senior Center.*

*During my time as President, I have been very grateful for the support of the MSC membership and the numerous volunteers who serve in the various capacities in order for the MSC to remain functional, especially the volunteers serving the front office, the noon nutrition program, and the wonderful underground thrift store. I am especially grateful for the confidence and support of the other MSC Board Members, especially Treasurer Elizabeth Johnson and Past President Kathi Campbell. Thank You.*

*It has been my honor and privilege to serve as MSC President. I am extremely grateful for the opportunity to serve you and can only hope that the MSC is better prepared for the future due to my efforts.*

John

John W. Nugent

President, Missoula Senior Center Board of Directors  
(406) 543-7154, Administrator@missoulaseniorcenter.org

The Missoula Senior Citizens Center Association is a 501(c)(3) nonprofit membership organization established in 1970.

# THE MSC THRIFT STORE IS OPEN!!!

**Monday-  
Saturday**

**10am-2pm**

**\*NOW ACCEPTING  
DONATIONS**

## KITCHEN VOLUNTEERS NEEDED

MSC is looking for volunteers to assist with our "grab and go" lunch program. We need help with set up, meal prep, food service, and general clean up.

Time commitment: 3.5 hours for 1 or more days a week.

Please contact Kathi  
Campbell Volunteer

Coordinator 406-543-7154.

Thank You!

# MSC NEWS

**O**ur Mission is to develop and implement programs and services that support the physical, intellectual, and emotional health and well-being of elders and to serve as a focal point for community projects that enhance health, education, recreation and socialization for elders and their families in the Missoula area.

*RENEW YOUR MEMBERSHIP TODAY!*

*Continue to join MSC T'ai Chi instructor Lynne Roberts for an online T'ai Chi class.*

T'ai Chi Chih w/Lynne

<https://youtu.be/XGwmtmUmtwQ>



## Missoula City-County COVID-19 Information

At the date of publication, we are in vaccine distribution Phase 1B Tier 1. That means vaccine appointments through the Missoula City-County Health Department are available to county residents ages 70 and older and county residents who are Native American and other persons of color ages 16 and older.

Due to the national COVID-19 vaccine shortage, appointments are incredibly limited at this time. Residents can sign up through [covid19.missoula.co](https://covid19.missoula.co) when appointments are available. Those who have difficulties using computers are encouraged to call (406) 258-INFO (4636) for vaccine information.

**Jean Croxton is now teaching an online Yoga class.  
Open to all at no cost.**

**Two classes!**

**Sundays at 12pm  
Tuesdays at 10am**

**To join the class on Zoom, use the following link:**

**<https://us02web.zoom.us/j/86887339869?pwd=WUExaUhDNzdwUzZiUVFmOHpld3R5UT09>**

**Meeting ID: 868 8733 9869  
Passcode: namaste**

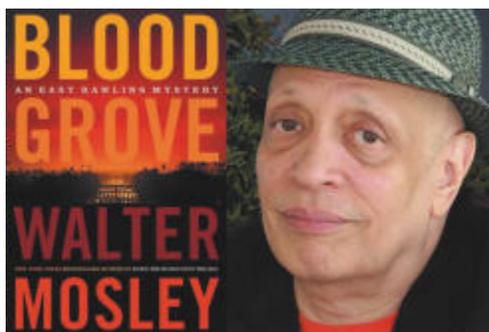
# BOOK CORNER

By John Nugent

*What are you reading? Please tell us about what you are reading or your favorite books. Send to newsletter@missoulaseniorcenter.org*

Walter Mosley, who rates as one of my most favorite authors, released a new book, *Blood Grove*, as part of his Easy Rawlins historical mysteries series. Easy Rawlins is a black private investigator living in the Watts neighborhood of Los Angeles in the early 1950s. The time period is captured well in the historical mysteries and the plots are believable, which is not always the case in some modern mysteries and so-called spy thrillers. Mosley also penned the Leonid McGill mysteries, the Fearless Jones series, and the Socrates Fortlow books, among many others. There is a great video interview with Walter Mosely via The Poisoned PenBookstore at: [//www.facebook.com/238297496213972/videos/2911211525823707](https://www.facebook.com/238297496213972/videos/2911211525823707)

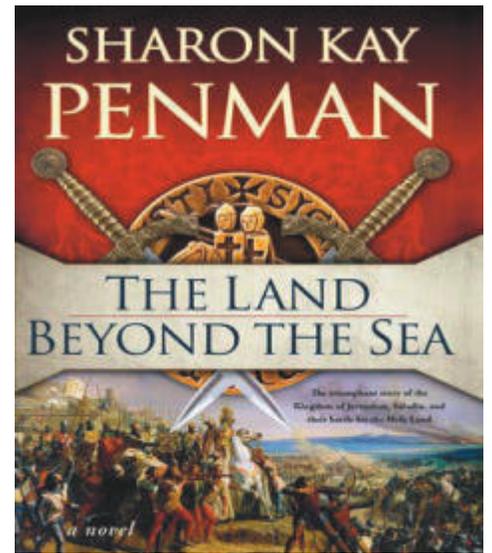
Great news for Maisie Dobbs fans. The next installment in the series, number 16, titled *The Consequences of Fear* will be released on March 23rd. Jacqueline Winspear provides a summary of the book: "October 1941. While on a delivery, young Freddie Hackett, a message runner for a government office, witnesses an argument that ends in murder. Crouching in the doorway of a bombed-out house, Freddie waits until the coast is clear. But when he arrives at the delivery address, he's shocked to come face to face with the killer. Dismissed by the police



when he attempts to report the crime, Freddie goes in search of a woman he once met while delivering a message to her office: Maisie Dobbs." Some MSC members have taken me to task for referring to Maise Dobb mysteries as "cozy mysteries", how would you classify them? Cozy mysteries, also referred to as "cozies", are a subgenre of crime fiction in which sex and violence occur off stage with the crime and detection taking place in a small, socially intimate community. Cozies thus stand in contrast to hardboiled fiction, which features violence and sexuality more explicitly and centrally to the plot. I still think Maise Dobbs fits in the Cozy mysteries category, what do you think?

There are not many movies or TV mini-series based on a book that I find to be as good as the book. I guess this is the case because I love creating the scenes described in a book in my head. So, I had been reluctant to watch the Netflix miniseries *The Queens Gambit* based on the 1983 novel by Walter Tevis. Yet, when the miniseries received two Golden Globe nominations I stubbornly thought I should watch it, and found the mini-series to be quite well done. It is a coming-of-age period story beginning in the mid-1950s and proceeding into the 1960s, the story follows the life of Beth Harmon, an orphaned chess prodigy on her rise to the top of the chess world while struggling with drug and alcohol dependency.

I was sorry to learn that Sharon Kay Penman, the historical fiction author best known for her Plantagenet Series, died in January at age 75. She wrote the Welsh trilogy (*Here Be Dragons*; *Falls the Shadow*; *The Reckoning*), about Llewelyn ap Gruffydd, grandson of Llewelyn the Great, and then the Plantagenet Series, about King Henry II and Eleanor of Aquitaine. That series began with *When Christ and His Saints Sleep*, and the second book in the series, *Time and Chance*, became her first New York Times bestselling novel. Penman also wrote a series of



historical mysteries featuring Justin de Quincy, a fictional character who works for Eleanor of Aquitaine. The first of these books, *The Queens Man*, was a finalist for the Edgar Award for Best First Mystery. Her last novel was *The Land Beyond the Sea*, published in 2020 by Putnam. I often read a book, and find a new author, because I am intrigued by the title of a book. This is the case with Sharon Kay Penman. I was struck by the title *When Christ and His Saints Sleep* and purchased the book because of the title and found a great writer.

The book from my "stack of books" that I read this month was *Being Mortal: Medicine and What Matters in the End* by Atul Gawande, MD. In the 2014 New York Times bestseller *Gawande*, a practicing surgeon, addresses his profession's ultimate limitation, when to stop active treatment, arguing that quality of life is the desired goal for most patients and families. My main takeaway from the book is how often caregivers, as I was for my late wife, are not truly prepared for a home crisis of sudden change in the patient's condition and often call 911 rather than following the wishes of the patient.

I have a love of great architecture, much of my awe and admiration being for the construction and beauty of Great Churches and Cathedrals. The Great Courses, a series of college-level audio and video courses produced and distributed by The Teaching Company offers a course titled "The Cathedral" and

another titled "The World's Greatest Churches". I have taken both and was only disappointed that our two local churches weren't included. I felt that St Ignatius Mission in St Ignatius and sister church St Francis Xavier in Missoula should have been included. The St Ignatius mission church is a simplified, vernacular example of Gothic revival architecture constructed of bricks made from native clay while St Francis is a cruciform church in the Romanesque Revival style. The most exceptional features, in both churches, are of the fabulous interior murals painted by Brother Joseph Carignano, an untrained artist who worked as a cook in the mission.

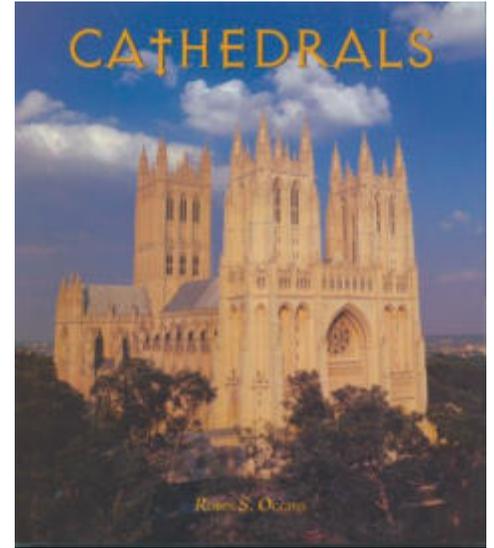
Consequently, I was excited to purchase the new book Cathedral by Ben Hopkins. This is not the first novel telling a great story and using the construction of a cathedral as a central point. Ken Follett in his book, The Pillars of the Earth brought his readers into England of

the 12th century with that novel centered on the construction of a mighty Gothic cathedral as did the Cathedral of the Sea by Ildefonso Falcones whose story is set in Barcelona, dominated by the construction of the city's great pride - the cathedral of Santa Maria del Mar. In the new book Cathedral, Ben Hopkins ably turns his readers onto the German states of the middle 12th and early 13th centuries. It centers on the town of Hagenburg in the Rhineland located in the Germanic states of that time. I also recently purchased the audiobook Notre-Dame, The Soul of France by Agnès Poirier.

My great find in the Missoula Senior Center thrift store book section this month is the book Cathedrals by Robin S. Oggins. It is full of stunning photographs and engaging commentary as it provides a tour through the history of the cathedral touring some of the most spectacular and

historically important cathedrals ever built.

*Please check out our book selection in the Senior Center Thrift Store, I have found many treasures there and you may too.*



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to all of our incredible volunteers, donors & partners!



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# SENIOR health

## Coronavirus disease 2019 (COVID-19) vaccine

Medicare Part B (Medical Insurance) covers FDA-approved COVID-19 vaccines.

### Your costs in Original Medicare

You pay nothing for this vaccine.

### What it is

A COVID-19 vaccine helps reduce the risk of illness from COVID-19 by working with the body's natural defenses to safely develop protection (immunity) to the virus.

### Things to know

Medicare also covers COVID-19 tests, COVID-19 antibody tests, and COVID-19 monoclonal antibody treatments.

**Be alert for scammers.** Medicare covers the vaccine at no cost to you, so if anyone asks you to share your Medicare Number or pay for access to the vaccine, you can bet it's a scam.

Here's what to know:

- ◆ You can't pay to put your name on a list to get the vaccine.
- ◆ You can't pay to get early access to a vaccine.
- ◆ Don't share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for a fee.

Information provided by Medicare.gov  
The official U.S. Government site for  
Medicare



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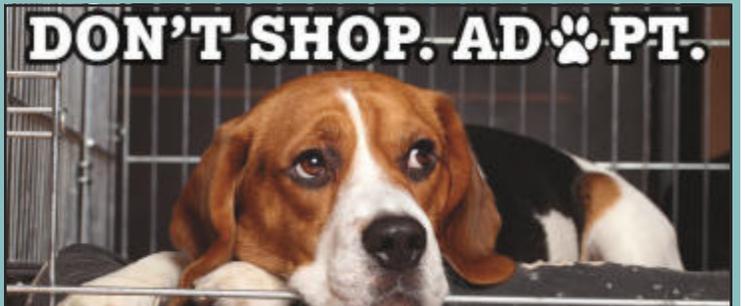
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Free tax assistance for those who need it most

**AARP Foundation Tax-Aide** is the largest free, volunteer-run tax assistance and preparation program in the United States. In Montana, we offer in-person tax preparation help to anyone for both federal and Montana state taxes. Our services are free of charge, focusing on taxpayers who are 50 or older and are low to middle income or to those who cannot afford paid tax preparation. There is no sales pitch and AARP membership is not required.

We try to help as many people as we can. Some of the main reasons we cannot help you are if you have any of the

following:

- Rental income, or
- A business with depreciable property, or
- A business showing a loss for the year, or
- A business with employees.
- K-1's with anything other than dividends, interest, capital gains (losses), or royalty income.

This year is going to be challenging for us because of the pandemic. If you would like to schedule an appointment, call 406-531-2701 between 9 am and noon on Mar 8, 10, 22 or 24. Appointments will be made available in 2-week blocks and the slots quickly fill up. Unfortunately, the phone will not be answered at any other times and we cannot accept walk-in clients.

If you cannot get an

appointment or you are not comfortable with coming to the site, we may still be able to help you. You will need to use a computer, email, video calls, a scanner and a printer. Contact us via email at [mt1d04@aarpfoundation.org](mailto:mt1d04@aarpfoundation.org) to let us know you are interested in this option.

For more information, visit our website at [mttaxaide.org](http://mttaxaide.org).

## Missoula/Bitterroot Location:

AARP Foundation Tax-Aide will be preparing taxes at the Southgate Mall in the former location of Lane Bryant, between Hoagieville and Champs in the Dillard's wing.



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<p style="font-size: 1.5em; font-weight: bold; background-color: #2E7D32; color: white; padding: 5px;">NEVER MISS A NEWSLETTER !</p> <p style="color: #2E7D32; font-weight: bold;">Sign up to have our newsletter emailed to you at <a href="http://www.ourseniorcenter.com" style="color: #2E7D32;">www.ourseniorcenter.com</a></p> 	 <p style="font-size: 0.8em;">Member FDIC. Equal Housing Lender.</p> <p>101 E. Front St. 406-523-4200              2500 N. Reserve St. 406-523-4418              3502 Brooks 406-523-4417</p>	 <div style="text-align: center; border-top: 1px solid black; padding-top: 5px;"> <p style="margin: 0;">RIVERSIDE</p> <p style="margin: 0; font-size: 0.8em;">Health &amp; Rehabilitation</p> <p style="margin: 0; font-size: 1.2em; font-weight: bold; color: #0070C0;">(406) 721-0680</p> </div>
	<p style="font-weight: bold; font-size: 1.1em;">Affordable Cremation Burial Package</p> <p style="font-size: 0.9em;">\$1,000 one person;              \$1,500 for two people</p> <p style="font-weight: bold; font-size: 0.8em;">ALL FAITHS WELCOMED</p> <div style="display: flex; align-items: center; margin-top: 10px;"> <span style="font-size: 2em; margin-right: 5px;">+</span> <p style="margin: 0;">St. Mary Cemetery              (406) 543-7951 </p> </div>	

# PUZZLE OF THE MONTH

## ST. PATRICK'S DAY

1	2	3		4	5	6	7	8		9	10	11	12	13
14				15						16				
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67			68			69				70		71		
72						73						74		
75						76						77		

By Evelyn Johnson - [www.qets.com](http://www.qets.com)

## ST. PATRICK'S DAY



### ACROSS

- 1 Zilch  
4 Defense  
9 Italian herb  
14 Single  
15 Italian "dollars"  
16 Negative battery terminal  
17 Genius  
18 Electronic mail  
19 Man-made fiber  
20 Triangular musical instruments with 46 strings  
22 Goes in a door  
24 Stale  
25 Serving of corn  
27 Doctoral degree  
29 Honest  
32 Come out  
35 Make a mistake  
36 Abundance  
38 Merits  
40 Gawk  
42 Makes a sweater  
44 Second letter of the greek alphabet  
45 Melts together  
47 Crawl

- 49 Gray sea eagle  
50 Small person  
52 Sticky  
54 No  
55 Telegraphic signal  
56 Resort hotel  
59 Lament  
63 Thick soup  
67 Stick food  
69 Month  
71 Regret  
72 Habituate  
73 Female given name  
74 Internal Revenue Service  
75 Allotted  
76 Tart  
77 Deep round container

### DOWN

- 1 Man who built the arc  
2 S.A. Indian  
3 Stare  
4 Drink made by fermenting malt  
5 humorous poem that has five lines  
6 Persia  
7 Entice  
8 Small island  
9 Female spirit in Irish folklore  
10 Some  
11 Go at it alone  
12 Movie star  
13 Allow to borrow  
21 Quill  
23 Revolutions per minute  
26 Advertisements  
28 Dreary  
29 Infant illness  
30 Got up  
31 Move the body in a rhythmic sequence  
32 Organic compound  
33 Color of emeralds

- 34 Doorway  
35 Mischievous humanlike creature  
37 Directory (abbr.)  
39 \_\_ Francisco  
41 Extremely sharp  
43 Baby plant  
46 Dabbed  
48 Pressure unit  
51 Sight organ  
53 Possessive pronoun  
56 Take off the surface  
57 Sheet of glass  
58 Adjoin  
60 Blow gently  
61 Capital of Western Samoa  
62 Cast metal  
64 Stumble  
65 European monetary unit  
66 Compass point  
68 Lode yield  
70 Repose

Solution on Page 11

# New & Renewed Members

THANK YOU FOR YOUR SUPPORT MEMBERS!!

*Welcome*

Alfred Green  
Annette Walker  
Barbara Worden  
Ben Anderson  
Betty Carey  
Bev Young  
Bud Weiser  
Charles Clarke  
Christine Cain  
Elizabeth Johnson  
Fay Wages  
George Sherry  
Harold Crawford  
Jackie McDermott  
Jean LaFriniere  
John Keintz  
John Walker  
Judy Keintz  
Kate Evans

Linnea Vasecka  
Margaret McNamara  
Maria Thomas  
Mark Spring  
Marta Olson  
Mary Ann Likvan  
Mary Randall  
Mary Roth  
Nancy McCoy  
Patty Hahn  
Robert Kovac  
Roberta Pohndorf  
Rose Tabor  
Rose-Marie Bowman  
Sandi Robinson  
Sharon A. Burgad  
Sherry Johns  
Shirley Howell  
Tom Javins  
Virginia Green  
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# MSC COMMUNITY

## SPECIAL THANK YOU

A special thank you to **Kay Thompsen and Julie Devlin** for their volunteer service helping with the shipping and distribution of the newsletter!!



- Andrea Dahl*
- Bea Paulson*
- Betty Christian*
- Bonnie Kinyon*
- Bonnie Tarses*
- Cherie Cooper*
- Colette King*
- Daniel Jones*
- Darlene Geldrich*
- Don Cook*
- Dorothy Guth*
- Dorothy McKenzie*
- Edie Denny*
- Edith Rebhahn*
- Elaine Wallace*
- Eric Rajala*

## ST. PATRICK'S DAY

Solution:

1	N	2	I	3	L	4	A	5	L	6	I	7	B	8	I	9	B	10	A	11	S	12	I	13	L
14	O	N	E			15	L	I	R	A	S			16	A	N	O	D	E						
17	A	C	E			18	E	M	A	I	L			19	N	Y	L	O	N						
20	H	A	R	21	P			22	E	N	T	E	23	R	S			24	O	L	D				
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		29	C	30	A	N	D	I	31	D			32	E	M	E	R	33	G	34	E				
35	E	R	R			36	S	C	A	37	D	S		38	E	A	R	N	39	S					
40	L	O	O	41	K			42	K	N	I	T	43	S			44	B	E	T	A				
45	F	U	S	46	E	S			47	C	R	E	E	48	P			49	E	R	N				
		50	P	E	E	51	W	E				52	R	E	S	53	I	N	Y						
					54	N	A	Y						55	D	I	T								
56	S	P	57	A		58	B	E	60	W	A	62	I	L		63	S	64	T	65	E	66	W		
67	K	A	B	68	O	B			69	A	P	R	I	L		70		71	R	U	E				
72	I	N	U	R	E				73	F	I	O	N	A			74	I	R	S					
75	M	E	T	E	D				76	T	A	N	G	Y			77	P	O	T					

- |                         |                             |
|-------------------------|-----------------------------|
| <i>Greg Chapman</i>     | <i>Lou Ann Sharkey</i>      |
| <i>Howard Rowley</i>    | <i>Marcia Twilde</i>        |
| <i>J. Douglas Grimm</i> | <i>Marie Foster</i>         |
| <i>Janice Brown</i>     | <i>Marilyn Bruya</i>        |
| <i>Janice Midyett</i>   | <i>Marlys Swanson</i>       |
| <i>Jeanie Riefflin</i>  | <i>Marta Olson</i>          |
| <i>Jeanne Brabeck</i>   | <i>Martha Gress</i>         |
| <i>Jim Nugent</i>       | <i>Mary Ann McClinton</i>   |
| <i>John Kawalski</i>    | <i>Nancy Smith</i>          |
| <i>John Nugent</i>      | <i>Pat Logan</i>            |
| <i>John Rettenmayer</i> | <i>Patricia Christensen</i> |
| <i>Kathy Flynn</i>      | <i>Richard Wolff</i>        |
| <i>Larry Wood</i>       | <i>Ruby Chavez</i>          |
| <i>Laurie Stone</i>     | <i>Ruth Livesey</i>         |
| <i>Laverne Miller</i>   | <i>Shirley Schroeder</i>    |
| <i>Lela Mae Collver</i> | <i>Stan Bartos</i>          |
| <i>Lois Hartse</i>      | <i>Sylva Stone</i>          |

# COMMUNITY PARTNERS

Missoula Aging Services is thrilled to offer the National Council on Aging's evidence-informed, Aging Mastery Program (AMP). The program offers a comprehensive and fun approach to mastering the aging process. AMP aims to help participants navigate longer lives and take advantage of today's longevity bonus.

Individuals age 55 or older are encouraged to create their own playbook for aging well by identifying and setting goals for positive actions in ten dimensions. Central to the AMP philosophy is the belief that modest lifestyle changes can produce big results.

"I loved, loved, loved the Aging Mastery Program," said Penny, after completing the program. "It was motivating, fun, informative and I am still working on projects brought forth. I hope to be able to continue with the people I met there. A perfect

way to spend my time during the pandemic."

AMP launched Fall 2020 with generous support from AARP Montana. Fourteen individuals graduated and are now distinguished members of the AMP Alumni group. Post-course satisfaction surveys revealed, 92-percent of respondents rated the program, "Excellent;" 8-percent rated the program, "Good;" 100-percent of respondents would recommend AMP to friends.

"The class was filled with interesting information, the participants became friends," said participant Sandy. "We looked forward to meeting each week, and the teachers were awesome! It was so nice to be involved in a positive direction! The knowledge we gained will serve us for a long time. We learned where to look for truthful information. Thank you, MAS and AARP!"

**Registration is open for the spring session, Mondays, April 5 - June 21 from 10 am - 12 pm (MST). No cost for Montana residents through generous support from the Jane E. Heman Foundation. Non-Montana residents, cost is \$60. Register online at:**

[AgingMasteryMAS.eventbrite.com](https://www.eventbrite.com/AgingMasteryMAS)

**Or call MAS at (406) 728-7682, Monday through Friday from 8 am - 5 pm. Pre-registration required to order/mail course materials to participant's home.**



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# COMMUNITY PARTNERS

## Missoula Aging Services NEW Lifelong Connections Program Connects Older Adults with Tablets and Training

Just months into the COVID-19 pandemic, Missoula Aging Services (MAS) identified the need to help older adults learn how to use technology to address many of the challenges associated with increased social isolation. Many of our older neighbors have no access to technology or wifi. Some have outdated equipment that does not have cameras or microphones, leaving them unable to take advantage of telehealth opportunities to stay connected with their physician. Many challenges exist with accessing safe online services designed to replace traditional routines like grocery shopping.

MAS dedicated a substantial amount of funds to develop a new program, Lifelong Connections, to train older adults on using technology and to purchase the technology that is ready to be used. MAS was joined by several generous donors, notably the Montana Geriatric Edu-

cation Center, State of Montana Business Innovations Grants and the May & Stanley Smith Charitable Trust.

The goal of Lifelong Connections is to train 100 older adults on how to use technology in order to access telehealth, reduce social isolation, continue to volunteer, and to be able to take advantage of the services available online.

So far, MAS has equipped 5 people to conduct training, and trained a number of volunteer Foster Grandparents and Senior Companions, providing them with Samsung tablets with unlimited data services. Lifelong Connections will recruit and train additional volunteers to help older adults who either have technology but don't know how to use it or need access to the tablets and data services but can't afford it.

If you'd like to help, consider volunteering as a trainer, or make a dona-

tion today to support Lifelong Connections by visiting the virtual giving tree at [MissoulaAgingServices.org](http://MissoulaAgingServices.org) or call (406)728-7682.



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

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Registration is now open for the following virtual programs:

**FALLS PREVENTION**

**AGING MASTERY PROGRAM**

**POWERFUL TOOLS FOR CAREGIVERS**

**SOCIAL SECURITY WORKSHOPS**

**CAREGIVER SUPPORT GROUPS**

**Missoula Aging Services offers a variety of virtual educational classes and support groups this spring! Join from the comfort of your own home using Zoom.**

**View a full list of upcoming opportunities:  
[missoulaagingservices.org](https://missoulaagingservices.org)**

**Register online:  
[missoulaagingservices.eventbrite.com](https://missoulaagingservices.eventbrite.com)**

**Missoula Aging Services  
(406) 728-7682**

# PHONE BOOK

## RESOURCES

AARP.....1-800-424-3410  
Missoula Aging Services..... 728-7682  
Homemaking Services.....728-7682  
Meals on Wheels.....728-7682  
Resource Help Line.....728-7682  
Respite Care.....728-7682  
Blue Mountain Clinic..... 721-1646  
Community Medical Center...728-4100  
Crime Prevention Desk..... 552-6000  
Elder Abuse (Hotline)..... 327-7886  
Fair Housing..... 549-4113  
Food Bank..... 549-0543  
Grizzly Peak.....203-4793  
Hospice of Missoula..... 543-4408  
Human Resource Council... 728-3710  
Imagine Missoula.....748-6752  
Montana Legal Services..... 543-8343  
Partnership Health Center..... 258-4789  
St. Patrick Hospital..... 543-7271

## PERSONAL CARE & ASSISTED LIVING

The Auberge.....542-7009  
Bee Hive Homes.....552-4879  
Flor Haven.....542-2598  
Kathy's Place.....239-1966  
Edgewood Vista.....549-9660  
Evergreen.....549-0988  
Heartland Care Givers.....542-0241  
Hillside Place.....251-5100  
The Springs at Missoula.....273-0101  
At Home Assisted Living.....549-8127  
Village Senior Residence.....549-1300  
Pleasant View Personal Care.....728-8675  
Rosetta Care & Asst Living.....728-5822  
Warm Sunsets Asst Living.....273-2200  
Heartland Caregivers Inc.....542-0241

## HOME HEALTH

Case Mngmt Caregiving.....541-6577  
Home Instead Senior Care..523-9909  
Consumer Direct Care Network MT  
.....541-1800  
Partners in Home Care.....728-8848



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**Hours:** Normal hours will return ASAP

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**MISSOULA SENIOR CENTER MEMBERSHIP APPLICATION: NEW & RENEWAL**

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**\*MSC Annual Memberships are now valid until December 31, 2021\***

Circle which applies: NEW MEMBER    or    RENEWING MEMBER

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Birth Date \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Would you like to receive *Blazing Trails* by mail?    Yes

Are you interested in volunteering?    Yes                  No

*Mail or bring this completed application with \$25 in cash or check to:*

**Missoula Senior Center** 705 S. Higgins Ave. Missoula, MT 59801

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