

## MARCH, 2019 NEWS

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### ANNOUNCEMENTS

**Note: The board meeting will be held  
Monday, March 18, 2019  
at 1:00 pm.**

#### Mission Statement:

To promote friendship and serve individuals aged 50 and older living in the Greater Gallatin county area with nutritional, recreational, social, wellness, fitness, and educational services.

#### Director's Corner by Lisa Beedy

*"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light and winter in the shade".*

Charles Dickens

March sometimes feels like a wrestling match. Winter holds on with cold, icy fingertips as Spring struggles to release itself from Winter's frosty grip. Sometimes it appears that Spring is getting the upper hand only to be whipped around and tossed back down to the mat! Time and time again, Spring is relentless in its attempt to win during the month of March. Sometimes, Spring lays down in defeat as the winds howl and the clouds squeeze out a few more snow squalls. Will this be a year of victory for Spring or will it have to wait for a new wrestling match in April? No matter the outcome, we will all have a front row seat so let the games begin!

Speaking of games... we have all kinds of games going on here! Pinochle, Canasta, Bingo and there has been talk of playing Bridge. One Saturday each month, there is a potluck and an afternoon of friendly competition with numerous games going on.

But let's not stop at games! We also have fitness classes, cooking classes, special events, educational workshops, social outings, a sewing group and we need to start planning for our gardens!

If you find yourself lonely and bored with life, please come on over. If you don't see anything you would enjoy, come chat with me and we will see what we can do to get something started!



**MARCH 12<sup>th</sup> at 11:00 AM: A SPECIAL SURPRISE!** If you turn on your TV to KBZK before 7:00 AM you are welcomed by the Montana This Morning Team – Chet Layman, Missy O'Malley and Matt Elwell. On March 12<sup>th</sup>, you don't have to turn on your TV to see them – you can come to the Center! Chet, Missy and Matt will be here to share stories, answer questions and eat lunch with us! If you would like to stay for lunch, **please sign up by March 11<sup>th</sup>.**

**March 13<sup>th</sup>: Cooking Class:** Our Favorite nutritionist from Three Rivers Nutrition and Dietetics, Dana will be here to help us celebrate National Registered Dietitian Nutritionist Day! Her session will be *All About Herbs!*

**March 15<sup>th</sup> after lunch: Let's go fly a kite!** Do you have a kite that has been collecting dust? If March lives up to its windy reputation let's get them out and see if we can make them soar! (Wind permitting of course.)

**March 18<sup>th</sup>: "Brown Bag Review"** at Belgrade Senior Center! The Brown Bag Review of medicine is a common practice that involves encouraging patients to bring all their medicines and supplements to their visit and reviewing them. The goal is to determine what medicines patients are taking and how they are taking them. The process can identify medicine errors and misunderstandings that would otherwise be overlooked. Although many practices conduct medicine reconciliation using information in the medical record or as reported by the patient, a Brown Bag Medicine Review is more thorough.

**We will have Pharmacists at the Center who are knowledgeable and excited to help you out in this area. Call 388-4711 for more information and to set up an appointment.**

**March 20<sup>th</sup> 12:30-2:00: Dementia Education and Support Class** – Join us to learn to decode behavioral messages, identify common behavior triggers and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

**March 21<sup>st</sup> 7:00-8:30 AM: Belgrade Breakfast Club:** Stop in between 7:00 - 8:30, place your order and enjoy a fresh hot breakfast fresh off the grill! Bring your friends and family and tell everyone you know!

### March 22<sup>nd</sup>: Around the World Lunch

#### Special Committees:

**Garden Club:** We need people to help care for our gardens this summer. We need help watering and weeding. Please let Lisa know if you would be interested in sharing this responsibility with other members.

**Activity Committee:** Volunteer Bernadette LaLonde has put together a comprehensive list of area activities and outings. If you are interested in serving on a committee to put together a spring, summer and fall trip calendar, please contact Lisa. We will set up an afternoon meeting to go over the list and plan exciting, affordable adventures!

If you are interested in serving on the Belgrade Senior Center Board, please stop by and talk with Lisa. We will have a couple of spots opening soon!

Tuesday Front Desk Volunteer opening! Call Lisa if you are interested in more information.

We are starting two Task Force Committees: **Building Projects and Fundraising**. Our Board works hard to keep things moving forward but we would like to ask our members to be involved in the planning and executing of these two areas. If you are interested in serving on one of these committees, please contact Lisa for more information.

Mark your calendar for our **CAMPING TRIP to Hylite Canyon July 18-20**. Let Lisa know if you are interested in joining in the fun! More details to come as we get an idea of the number of folks attending.

### RED ROCKERS



Red Rockers meet the second Tuesday of each month at 11:30. This month it will be on March 12, 2019 @

Fiesta Mexicana

### SOCIAL/GAMES:

Hand & Foot – Monday, at 12:45 pm

Bingo: Thursday @ 12:45 pm. Play “Big Bucks Bingo,” Win money! The cards are \$1 each plus \$1 per card for blackout.

Pinochle/Games – Thursdays @ 8:30 am and Friday at 12:30 pm.

### Volunteer



The Center has many ways you can volunteer. Stop by and talk with Lisa about how you can get involved.

### EXERCISE/WELLNESS/SUPPORT SERVICES

Exercise classes are \$1.00 each or \$10.00 a month with unlimited classes. You may also pay \$100.00 for an entire year and save \$20.00.

To participate in these classes, you need to be a member and sign a release form (available at the front desk)



#### Body Trim & Tone with Melanie:

Tuesdays @ 10:00 am This is a full body work-out that includes a cardio warm up comprised of a simple and fun dance routine. Cool down at the end of class will include fluid stretches designed to increase muscle flexibility and joint mobility.



Movement in Motion with Carmen/Debi. Monday, Wednesday & Friday 9:00 am. The class will

encompass aerobic chair exercise, strength training using weights and Thera bands,

breathing techniques, abdominal exercises, stretching and cool down.



Yoga with Sheri– Tuesdays @ 9:00 am & Fridays @ 8:00 am – Balance & Beyond Yoga is a low-key class designed to improve balance & flexibility.

### COMMUNITY SUPPORTS:



Blood Pressure Check – March - Thursday, 7<sup>th</sup> at noon. Much appreciation to Mary Hoffman from the Bozeman Deaconess Hospital for providing this FREE service.

AARP Tax Service every Tuesday afternoon until April 9<sup>th</sup>. Call the Center for an appointment.

Andi Salsbury with HRDC's Senior Programs joins us twice per month during lunch to be available for questions about area resources. Around HRDC, Andi is considered a “Professional Problem Solver” (Senior Service Navigator). Andi provides one-on-one support to connect seniors with community resources/applications, nutrition, food security, affordable housing, energy assistance, financial counseling, short term mental health counseling, companionship and/or meal preparation. If you have a question, please ask! Andi may not have the answer but will do her best to see if she can find one for you. Andi and her amazing Professional Problem Solver colleague in Bozeman, Dana Mitchell, can be reached at 587-5444 and in Livingston, Mary Beebe, 333-2883.

### Game Day and Potluck

March 9, we will be having a Potluck at 12, noon, followed by an afternoon of games – pinochle, dominoes, cribbage – name your poison. This will be a monthly event on the second Saturday of each month.

Bring a dish and join the fun!

### Needleairs

CALLING ALL CRAFTERS! The Needleairs will be meeting Wednesday at 9:00 am.



## March Membership Renewals:

Vaughn Bockness  
Darcy Halpin  
Warren Halpin  
William Lockhart  
Mary Lockhart  
Roy Roushe



## March Birthdays

Harriet Tjornham  
Marilyn King  
Melanie Simmerman  
Wayne Blake  
Beth Schrader  
Denise Green  
Carole Haughwout  
Jeane Matter  
George Stanislaio  
Sherie McClelland  
Linda Hanshaw  
Jim Heiskell  
Bruce Taylor  
Bobby Crowe

## Past Due Membership Renewals:

|                    |                   |
|--------------------|-------------------|
| Arley Adams        | Marion Hedglin    |
| Betty Adams        | Dave Hofer        |
| Marcella Babineaux | Mary Hoffman      |
| George Birtic      | Shirley Honkanen  |
| Amalie Border      | Donna Houghton    |
| Tom Border         | Anne Koentopp     |
| Karen Brown        | Keith Koentopp    |
| Marvin Brown       | Sherry Lingerfelt |
| Dennis Concannon   | James Litle       |
| Marvin Craver      | MaryEllen Litle   |
| Douglas Crumpler   | Fran Maulding     |
| Penny Delay        | Marilyn Megaard   |
| Jane Delay         | Guy Miller        |
| Susan Duncan       | Lois Miller       |
| Lola Dunmire       | Barbara Parsons   |
| Cheryl Ehert       | Audrey Perreault  |
| Paul Flanagan      | Chris Peters      |
| Teresa Flanagan    | Carole Radice     |
| Jim Fulmis         | Frank Radice      |
| Linda Hanshaw      | Phil Schneider    |
| Roger Hanshaw      | Kath Simonson     |
| Aeryn Hanson       | Wade Simonson     |
| Carmin Stanislaio  |                   |
| George Stanislaio  |                   |
| Berneice Stulk     |                   |
| Robert Stulk       |                   |
| Harriet Tjornham   |                   |
| Carl Trihub        |                   |
| Karen Tucker       |                   |
| Ally Van Gorden    |                   |
| Phil Van Gorden    |                   |
| Mary Van Slyke     |                   |
| Jerry Van Slyke    |                   |
| Randy Wilson       |                   |
| Annika Wilson      |                   |
| Phil Young         |                   |
| Dolores Young      |                   |
| Connie Zarr        |                   |
| Don Zar            |                   |



## Getting Acquainted

It would take a book to record all the experiences and accomplishments that this fascinating lady, Debi Kemp, has experienced. Here's a stab at some of them. Debi grew up in Livingston, MT, graduated from Park High School, earned an Associate Degree in Accounting from Utah, and a B.A. in Business from Washington State University. She worked as a Public Affairs Specialist for Army Recruiting for 18 years. While in that position she was the editor of two newsletters, wrote articles for the Recruiter Journal, was the Personnel Security Officer in charge of 300 computer users spread over an area of 440,000 sq. miles and interesting enough caught some users breaking security. She worked 31 years for the Department of Defense, retiring in 2014. Some of Debi's most unusual and interesting experiences have been interviewing a Russian MiG pilot the first time they flew legally in the U.S., flew with the Army Golden Knights parachute team, flew in a helicopter with Special Forces doing HALO (high altitude, low opening) and static line jumps, toured the Demilitarized Zone and Joint Security Area at Truce Village of Panmunjom, North Korea prior to one of several SALT talks as a NATO dignitary, toured the USS Enterprise which was the first nuclear powered carrier and longest carrier in the U.S. navy. Debi became a certified scuba diver at the age of 50, dove with the sharks in the Bahamas while they were feeding, swam and played with dolphins in Mexico, dove and swam with Manatees and tarpon in Florida, was stalked/chased by barracuda while diving off Costa Maya, Mexico and snorkeled Humana Bay, Hawaii, and Tumon Bay, Guam. She has visited all the major cities of the world and toured/visited at least 33 countries, territories, kissed the Blarney Stone in Ireland, visited Hitler's Eagle's Nest, visited the home where Ann Frank hid during WWII, visited Robert Louis Stevenson's home in Samoa, and toured Alcatraz Island and prison, and on and on. Debi is a mainstay at the Belgrade Senior Center, working at the front desk, secretary of the board, instructor for an exercise class, calls bingo, helps



## Senior Moments

I soaked my hearing aid and set my dentures by the sink. I hope this is not a sign of what's to come.

I jumped into my car this morning and didn't realize I was still in my Pajamas until I pulled up in front of the grocery store.

with the newsletter, and anything else as needed. She enjoys biking, gardening, sewing (all kinds), wood working, photography, some of her photos were published in Oregonian Newspaper Travel Section, she can build, plumb, lay floor, electric work, paint and do all kinds of crafts. And last, but definitely not least are her three children and five grandsons. Come on in to the Belgrade Senior Center, enjoy a great meal and corner Debi Kemp for the "Rest of the Story" as Paul Harvey would say.

Roving Reporter, Bev Larson

**March 22<sup>nd</sup>: Around the World:** We will be visiting Russia. The menu will be Solyanka – thick, hardy, stew served over biscuits, Olivier Salad and Russian Cream (Russian in name only but it is delicious!!)



**Solyanka: Russian Stew**

- 2 lb beef stew meat
- 1 lb potatoes – cut into medium pieces
- 3 medium carrots – chopped
- 20 dried prunes
- ¼ cup orange marmalade
- 1 Tbsp balsamic vinegar
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1 - 1.5 cup marsala wine
- 1 - 1.5 cups orange carrot juice
- 2 medium bay leaves
- ¼ tsp ancho chili pepper
- 1 small dried red pepper
- ½ tsp onion powder w/ parsley
- 1 ½ tsp dried thyme
- Salt & pepper to taste
- Flour or cornstarch to thicken

Add all ingredients (except prunes) to your crockpot and cook for 4-6 hours. Start with 1 cup of marsala and orange carrot juice adding more if needed. Add prunes about ½ hour before ready to serve. Thicken at this time. Serve over biscuits, noodles or rice.

**Facts about Russia**

The Trans-Siberian Railway spans almost all the way across the country, making it the single longest railway in the world. The 9200-kilometer (or 5700 mile) railway departs in Moscow (located in European Russia) and crosses into Asia. It then makes its way to the Pacific Ocean port of Vladivostok where it reaches the end of its incredible journey. The entire journey non-stop will take you 152 hours and 27 minutes to complete.

If you're a fan of the famous golden arches, Russia is the place to go. The country is home to the largest McDonalds restaurant in the world. With 700 seats.

For many Russians, it is tradition to wear your wedding ring on the right hand like Ukraine, Poland, Georgia, Germany, Spain, Austria, India and Greece who have a similar tradition.

**Belgrade Breakfast Club**

**From 7:00-8:30 am**

**Coffee or Tea included!**

Third **THURSDAY** of each month. The hours will be 7:00-8:30 am.

## Belgrade Breakfast Club

|  |  |
|--|--|
| <p><b>\$5.00 Breakfasts</b></p> <ul style="list-style-type: none"> <li>2 Pancakes</li> <li>2 Sausage or Bacon</li> </ul> <p>2 French Toast</p> <p>2 Sausage or Bacon</p> |  <p><b>\$6.00 Breakfasts</b></p> <p>Ham &amp; Cheese Omelet<br/>Hash Browns, Biscuit</p> <p>Diced Ham &amp; Scrambled<br/>Hash Browns, Biscuit</p> <p>2 Eggs, Hash Browns<br/>2 Sausage or Bacon, Biscuit</p> <p>Biscuits &amp; Sausage Gravy<br/>Hash Browns</p> |
|    | <p>2 Eggs, Hash Browns<br/>2 Sausage or Bacon, Biscuit</p>   |
| <p><b>\$3.00</b></p> <p>Cinnamon Roll</p>    |   |

The Belgrade Senior Center would like to invite you to drop off any non-perishable food which will be donated to the food Pantry

**Dotty Dotage**

Surviving old age is a question of mind over matter. Your mind stops working but it really doesn't matter.

**Looking Ahead: Watch for more information**

Saturday, April 27<sup>th</sup> 9:00 am-4:00 pm: Belgrade Senior Center is hosting A Quilter's Day. Hand Sewing welcome. Space is limited for Machines. \$10.00 per person and lunch is provided. For more information, call Lisa at the Center or Carole Haugh

Tuesday, April 16<sup>th</sup>: Basic Computer Class presented by the Belgrade Community Library. More information to come.

