



406-234-0505 • Fax: 406-234-0554 • E-mail: info@rsvpmilescity.org • Website: www.rsvpmilescity.org

The City of Miles City Retired and Senior Volunteer Program Newsletter

NOVEMBER /DECEMBER 2012

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**Holiday Open House**

RSVP's Annual Holiday Open House will be held on Wednesday, December 19, 2012 in the VA Auditorium from 11:00 a.m. to 1:30 p.m. Soup, bread, and dessert will be served.

**Fall Fundraiser Drawing**

RSVP's Annual Fall Fundraiser is currently being held. If you would like to enter to win the **Grand Prize of a \$50 Gift Certificate to Reynolds Market** contact an Advisory Council member, or stop by the RSVP Office. Drawing will be held at the Holiday Open House December 19, 2012 at 1:30 p.m.

**Volunteer Appreciation**

We have combined the Annual Fall Volunteer Recognition Brunch and the Spring Volunteer Appreciation Tea into one event. Watch for more details about the Volunteer Appreciation/Recognition Event and mark your calendars so you can be sure to attend the celebration which will be held on May 1, 2013.

RSVP ADVISORY COUNCIL  
Loretta Rebsom, Chair  
Mike Bissell, Vice-Chair  
Gail Price, Secretary  
Members  
Linda Albert, Carla Bichler, Kim Blunt,  
Pauline Bougton, Pat Conley,  
Al Olson, Mary Partridge,  
Bill Raschkow, and Becky Stanton  
RSVP STAFF  
Betty Vail, Director



RSVP KNITTING/CROCHETING GROUP  
MEETS TUESDAY'S  
9 A.M. to 11 A.M.  
VA—2nd Floor Conference Room



# Happy Birthday

The aging process has you firmly in its grasp if you never get the urge to throw a snowball.

...Doug Larson

## NOVEMBER

- 1 Esther Hemila
- 2 Ilene Hough  
& Norma Gange
- 4 Delores Lathrop
- 8 Hazel Walter
- 9 Mary Altermatt
- 10 Fran O'Shea
- 17 Pauline Haggerty
- 19 Frances Frey, Fred Thoeny, Linda Wolff
- 22 Jeanne Spannagel
- 25 Betty Hunt, Janis Meidinger
- 27 Margaret DeMontigny, Helen Martin-Lockie,  
James Minette, Bill Parker
- ? Ron Malloy



## DECEMBER

- 1 Joan Groh, Louis Miller
- 2 Ellen Hart
- 4 Lynne Weischedel
- 5 Judith Taylor
- 7 Hazel Stabler, Verna Viall
- 10 Ruth Bohlman
- 14 Donna Faber
- 15 Winnie Augustyn, Antonia Klein
- 18 Maxine Guidice, Bernice Matthews
- 20 Rose Dorothy
- 21 Ardie Smith
- 22 David McNay, Bonnie Viall
- 23 Alice Janssen
- 25 Darlene Clark
- 26 MaryIsabelle Devlin
- 27 Peg Metzenberg
- 31 Mike O'Shea

## SOUP SUPPER RECIPES

If you have donated soup, bread, or cookies to RSVP's Soup Supper in the past 3 years we would love to have your recipe. Or, if you just have a recipe for soup you would like to share please send it to us at:

*RSVP*

*210 S. Winchester Ave. #225*

*Miles City, MT 59301*

*or e-mail to*

[rsvp05@midrivers.com](mailto:rsvp05@midrivers.com)

Each year we have requests for soup, bread, or cookie recipes at the Soup Supper. We will be putting the recipes together to use as an additional fundraiser at the Soup Supper which will be held March 14, 2013 at the VFW Hall.





# Centra Athletic Center

## Hours

Sunday	Monday-Thursday	Friday	Saturday
9 am—9 pm	5 am—10 pm	5 am—9 pm	8 am—10 pm

- Memberships Available
- Monthly/3-Month/6-Month/Annual
- Individual/Couple/Family
- Insurance sponsored programs
- Silver Sneakers™
- Silver and Fit™
- Chair Lift to get upstairs if necessary
- Climate controlled facility
- Classes available

- Cardio Equipment
- Treadmills
- Elliptical
- Recumbent Bikes
- Weights Available
- Machine Weights
- Individual Orientation on equipment
- Specific Programs to meet your needs
- Golf Simulators are available at additional costs

*For more information, call the Centra at 406/874-6184*

*For more information on the insurance sponsored programs, contact Ted Stein at 406/874-6286*

*To schedule an appointment for an orientation, contact Dan Davis at 406/874-6264*



**MILES CITY**

620 S. Haynes Ave.

Miles City, MT 59301

(406) 233-7000 or 1-800-332-7156

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Email: [wattsins@midrivers.com](mailto:wattsins@midrivers.com)

Office (406) 874-1804

Cell (406) 951-2008

Toll Free (800) 344-8254

Fax (406) 234-3320



**Reynolds**

MARKET

**Jim Bastian**

Manager

Box 776

2106 Valley Drive East

Miles City, Montana 59301

Bus: (406) 234-5385

FAX: (406) 234-0320

## 2012 One Warm Coat Drive

Oct. 15-26, 2012

First Interstate Bank, in keeping with its community service values, will partner with One Warm Coat in promoting a national coat drive campaign October 15-26, 2012. First Interstate Bank is a drop off location of new or gently used coats. These coats will be donated to agencies and available to those in need.

DO YOU HAVE  
AN  
EXTRA COAT  
IN YOUR  
CLOSET?



## Volunteer

## Opportunities

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**URGENTLY NEEDED** VA – DAV Drivers:  
Drivers needed to make trips to Billings with veterans for medical appointments

**URGENTLY NEEDED** Gift Store at Holy  
Rosary Healthcare on Thursday's

**Miles City Soup Kitchen** needs volunteers for receptionist, servers, and cooks assistant. Shifts are never more than 3 hours. Can you give 1 day a month? **The Soup Kitchen has been short of volunteers.**

**RELIEF DRIVERS at ROCKS** Must have CDL. Normal hours would be after school (3PM) picking students up to take to the building by the baseball field and possibly a few special field trips.

**Clerical** MT Dept. of Military Affairs 2-3 hrs/wk

**Volunteer to take minutes** at Custer County Commissioner meetings....call RSVP office for times and dates. Up to 3 volunteers needed.

**Receptionist:** Custer County Art & Heritage Center (several shifts/days open)

**Traffic/safety control** for the Spirit Riders.

**Volunteers are also needed at  
VA Community Living Center  
CNADA**

**Holy Rosary Healthcare  
Custer County Food Bank**

*If you are interested in these or other  
volunteer opportunities please contact*

Betty Vail, RSVP Director;  
210 Winchester Ave. #225

Miles City, MT 59301

Telephone: (406) 234-0505;

Email: [rsvp05@midrivers.com](mailto:rsvp05@midrivers.com)

## Mid-Rivers

W I R E L E S S

**Cellular Simplicity & Reliability  
from a LOCAL Company you Trust.**

- ✓ **BEST** Eastern Montana coverage  
**PLUS** Nationwide Roaming
- ✓ **SIMPLE & AFFORDABLE** Plan Options
- ✓ Phones to meet **YOUR** needs
- ✓ Residential Packages - **5, 10, 15%** discounts  
on Cellular, Local Phone, Internet & Cable TV
- ✓ **LOCAL** One-on-One Customer Service



**Simple.  
Reliable.  
Local.**

## Mid-Rivers

W I R E L E S S

Fall is here and we all know what that means....the annual RSVP Fall Fundraiser!

For every dollar donated to RSVP your name will go into a drawing for some fabulous prizes.

**GRAND PRIZE IS A \$50 Gift Certificate to Reynolds Market.**

The drawing will be held on Wednesday, December 19, 2012 at the annual Holiday Open House. Tickets may be purchased at the RSVP Office, from any Advisory Council member and will also be sold at the Holiday Open House.

**WHY DO WE RAISE MONEY?**

We often get asked why we have to raise money. The reason is we have to show community support for our RSVP program and match with local donations the grant funds we receive from the Corporation for National and Community Service.

So we need EVERYONE to help.

Thank you for your support of RSVP!




**Mama Stella's**  
607 Main 234-2922  
located in the Trails Inn Bar

- BEST Pizza Downtown!
- Homemade Deli Grinders with Bread Baked FRESH Daily.
- We Slice our own Meat Fresh Everyday!
- BIG Juicy Burgers made with 100% Montana Quality Beef.



<b>Hours</b> Sun-Thur 10am-10pm Fri-Sat 10am-Midnight	Dine-In, Delivery or Take Out! 234-2922
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**Badlands Taxi**  
Cab Stand located 607 Main

- Senior Citizen Discounts
- Time Call Pick-up available
- Delivery Service

**234-1414**

<b>Sunday-Wednesday</b> 7am-9pm	Please enjoy responsibly. Dont Drink & Drive!
<b>Thursday-Saturday</b> 7am-3am	



**Mama Stella's**  
**\$2.00 OFF**  
any order over \$15.00  
Dine In, Take Out or Delivery  
Non-Negotiable  
607 Main Street Miles City, MT 234-2922



**Badlands Taxi**  
One FREE Senior Ride  
**234-1414**

customer signature  
Limit One (1) coupon per customer  
607 Main Miles City, MT Non-Negotiable

## OPEN ENROLLMENT DATE CHANGE MEDICARE D & MEDICARE ADVANTAGE

Each year Medicare D and Medicare Advantage plans can restructure their benefits. They are allowed to change their premium cost, deductibles, copayments and what drugs they will cover.

The annual open enrollment period for Medicare D and Medicare Advantage plans changed this year. Open enrollment is from October 15, 2012 through December 7, 2012. Changes made in your plan will become effective on January 1, 2013.

The plan you are currently enrolled in should send you a packet of information in October 2012 regarding the plan's benefit for 2013. If you are happy with the plan you have, just follow the instructions in the packet you receive to keep the plan—you may have to do nothing.

Remember that it is a good idea to check your plan carefully each year. Contact your local SHIP Counselor if you want help in re-evaluating your plan and comparing it to other plans available. In Custer and Powder River Counties, the SHIP Counselor is Linda Wolff. (406-234-8028.) In Rosebud County, Patti Crosby is the SHIP Counselor (406-346-2878.)

Linda and Patti, SHIP Counselors, are also available to help you apply for assistance in paying for Medicare premiums providing your income and resources are within the limits for those programs.

## LOW INCOME ENERGY ASSISTANCE & WEATHERIZATION PROGRAMS

Don't forget about the Low Income Energy Assistance Program (LIEAP) and Weatherization. SHIP Counselors have the applications and are there to help you complete your application. LIEAP offers assistance with fuel oil, propane, wood or coal for heating purposes. All clients eligible for LIEAP are automatically eligible for weatherization. The clients' homes are ranked on a priority list according to income and energy usage. When your name moves to the top of the priority list, an energy auditor will schedule a time to assess your home's needs for cost-effective weatherization measures for your home. Weatherization measures may include a furnace tune-up, caulking, weather stripping, insulation, storm windows, vent dampers, window quilts, replacement of broken glass, and repair of primary doors. Weatherization may not be able to install all the materials you may need, but they will do the most important weatherization within the dollar limits allowed. Action for Eastern Montana encourages you to apply.



To everyone  
that brought  
coffee, tea, & condiments  
for Cup of Comfort

# Map Your Neighborhood

November 8, 2012

Miles Community College Room 106

7:00 P.M.

## What is Map Your Neighborhood?

"Map Your Neighborhood" (MYN) is a program designed to help neighborhoods prepare for disasters and emergencies.

## MYN will help you to:

- **Learn 9 steps** to take immediately following a disaster to secure your home and to protect your neighborhood. It is hard to think clearly following a disaster and these steps will help you to quickly and safely take actions that can minimize damage and protect lives.
- **Identify the skills** and equipment each neighbor has that would be useful in an effective disaster response. Knowing which neighbors have supplies and skills helps your disaster response be timely, and allows everyone to contribute to the response in a meaningful way.
- **Create a neighborhood map** identifying the locations of natural gas and propane tanks for quick response if needed.
- **Create a contact list** that helps identify those with specific needs such as elderly, disabled, or children who may be home alone during certain hours of the day.

**Work together as a team** to evaluate your neighborhood during the first hour following a disaster and take the necessary actions.

## Who should get involved in Map Your Neighborhood?

Citizens interested in preparing their neighborhood for any disaster that could overwhelm 9-1-1 emergency responders.



**For more information: 234-3347**

## THINK YOU KNOW WHO RECEIVES YOUR PROPERTY WHEN YOU PASS AWAY?

**Think again...**

You are retired at last, perhaps thought about estate planning and either wrote a will or trust and are confident that you now know receives your property when you pass away right? Well, says Dr. Marsha Goetting, "you may be wrong if you have used other Montana tools for avoiding probate."

Dr. Goetting, MSU Extension Family Economics Specialist, will explore the ins and outs of payable on death designations (PODs), transfer on death registrations (TODs), and other beneficiary designations. She will highlight the Beneficiary Deed law that allows a Montanan to pass real property without probate and the new Power of Attorney Law that was passed by the 2011 Legislature. She will also explain what the POLST program that is an actual medical order regarding life sustaining treatment.

Dr. Goetting emphasizes that even if you aren't retired you could achieve peace of mind by attending the session. As a matter a fact people who don't think they have any estate to plan could benefit from the session as most don't realize that state law determines where their property passes simply by the title they have on their personal and real property.

Dr. Marsha A. Goetting is a Professor and Extension Family Economics Specialist at MSU in Bozeman. During the past few years she has presented over 800 workshops reaching over 25,000 Montanans with financial and estate planning information. She has also authored over 75 MontGuides and bulletins and has received national, regional, and state awards for her financial management and estate planning programs.

**Protecting the Elderly From Financial Abuse** will be presented by Lorretta Rebsom, Customer Service Rep at First Interstate Bank.

**Tuesday, November 27, 2012**

**1:30 p.m.—4 p.m.**

**Holy Rosary Healthcare Room 3 .**

To register call the Extension Office  
874-3370.

RSVP

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MILES CITY, MT 59301

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## 10th Annual Vehicle “Winter Check”

Friday, November 16, 2012 9 a.m.—4 p.m



***Presented by: MCC Automotive Technology Students***

This 41 point inspection is FREE to all RSVP volunteers. The students will go over your vehicle, under the hood, outside the car, and under the car. They will oil hinges, do weather-stripping to prevent doors from freezing and “top off fluids.” Potential problem areas may be identified and recommendations for possible needed repairs or services.



**Hurry and call Dave at 874-6233  
to schedule a time for your appointment.**

**Friday, November 16, 2012 9:00 a.m. to 4:00 p.m.**