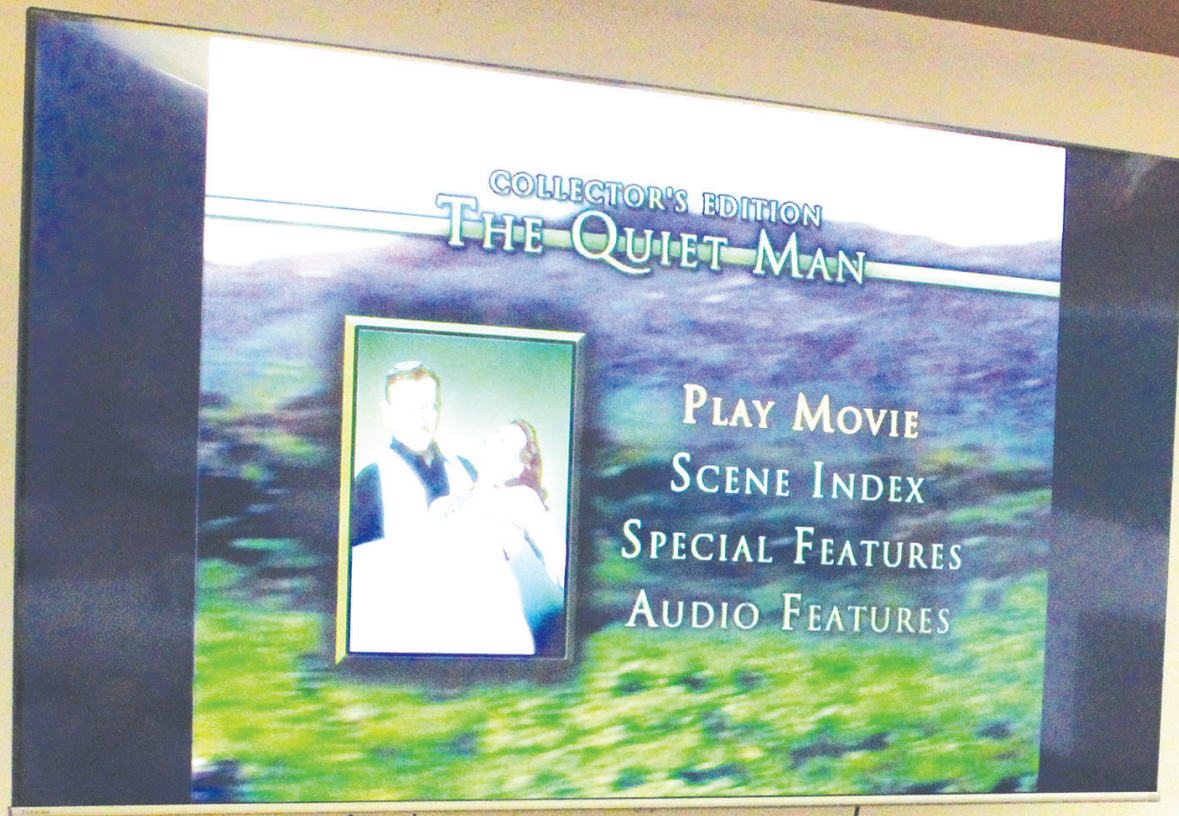


Smelter City Seniors

VOLUME XIII, NUMBER 1

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JANUARY 2023



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The Anaconda
Leader

Seniors' volunteer spirit shines on the 'Chain Gang'

PATRICK WILLIAMS
REPORTER

On any given autumn Friday evening at Mitchell Stadium, one is bound to hear Copperhead cheerleaders repetitively urge the football team to "move those chains." The orders seem rather uncomplicated, however, many fans and spectators alike are quick to overlook the men who are ultimately tasked with doing so.

In what has become a fall tradition for brothers Jim and Jerry Moses, the two along with Jim Schimming along with Jerry's son Matt have become a familiar sight on the Copperhead football chain gang, and can be found moving up and down the sidelines to track the football's location.

Some might be quick to dismiss the role as a mindless task, but for Jim and Jerry, their efforts often get taken for granted. "Doing the chains



Jim Moses, left, Jim Schimming, Jerry Moses and Matt Moses are the "Copperhead Football Chain Gang," where they mark the down and distance during football games. Leader photo: Patrick Williams

See CHAIN on page 4

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Movies at the Metcalf: Senior center is back, and it's bringing classic film favorites with it

JAMES S. ROSIEN
EDITOR

If there's one population that covid hit the hardest, it's senior citizens, and not merely in terms of the virus itself and the loss of life but the loss of social interaction as well, and nowhere in Anaconda has that been witnessed more than the Metcalf Memorial Senior Citizens Center at 115 E. Pennsylvania Ave.

Yet now, three years after the pandemic started, there's a need for things to get back to normal – and to that end, the Metcalf Center has partnered with Hearst Free Library and Dunne Communication on bringing back many of the classic movies so that seniors may enjoy them, and in doing so enjoy each other's company as well.

"I want the seniors to get out of their house and be more active," said Kate Coward, Metcalf Center director, and pointing to the movies and the TV itself – a 72-inch flatscreen donated by Dunne – as one of the

means to do so.

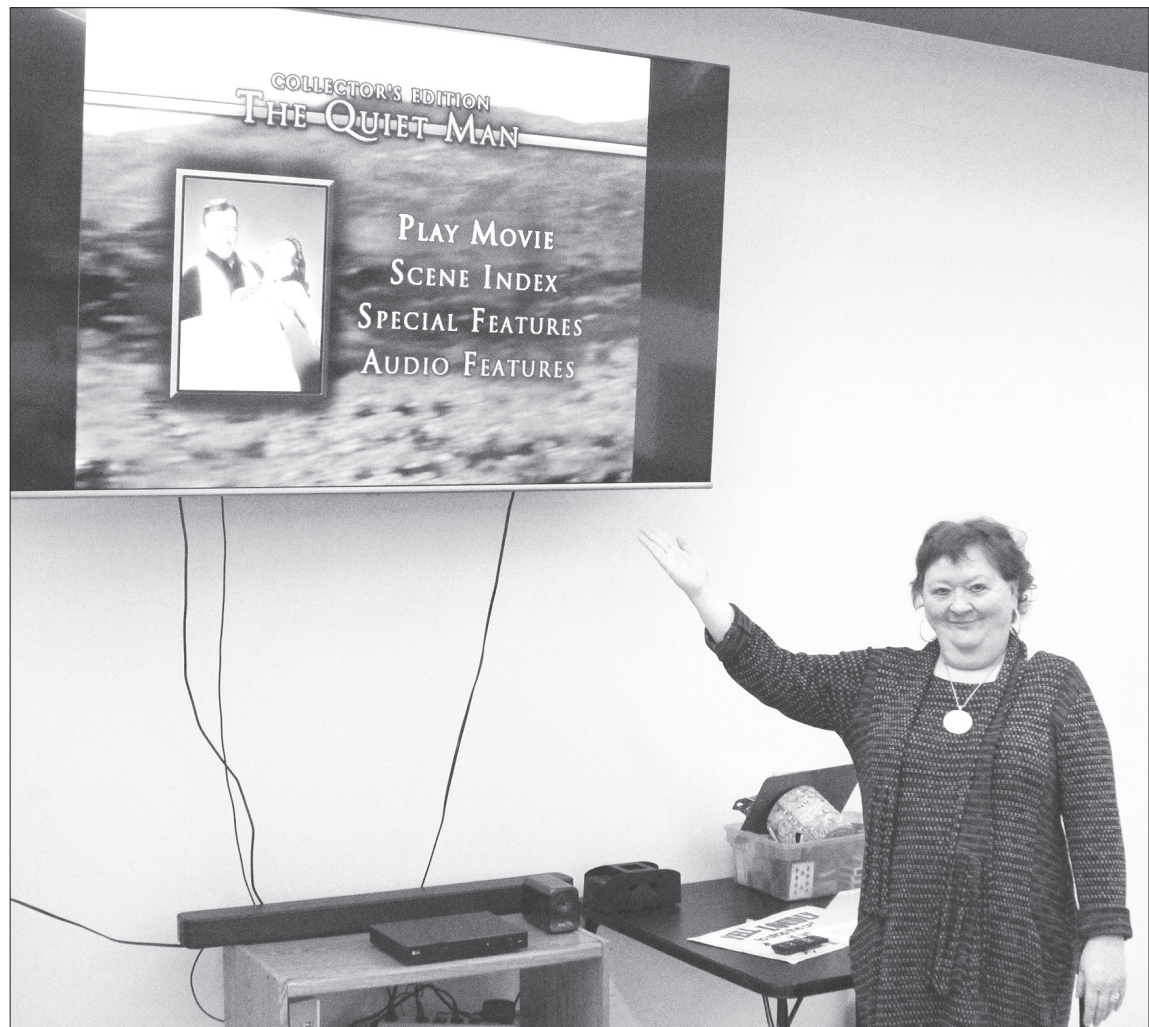
So far it's working: the center started showing movies in November – all under license from the Hearst Free Library – and little by little it's been growing, Coward said.

And for seniors who are already going to the center for lunch, the timing couldn't be better as the movies are shown right after lunch on the third Monday of each month. So far the center has shown "The Quiet Man," "White Christmas" and on Monday, Jan. 23 at 1 p.m. the movie will be "G.I. Blues" starring Elvis Presley.

The movies are free to the public – seniors are welcome to bring their families – and free popcorn is offered as well, prepared in an old-fashioned popcorn maker.

"Everyone seems to enjoy it," Coward said. "It gets them out of the house. That's the goal."

It's a perfect arrangement for the library as well, as it's meant the library's movie license is getting put to use again. Sam Walters, Hearst Free Library



Kate Coward presents "The Quiet Man," one of the classic movies the Metcalf Memorial Senior Citizens Center is showing under license from the Hearst Free Library on its new 72-inch flatscreen TV courtesy of Dunne Communication. The next film, "G.I. Blues," will be shown Monday, Jan. 23 at 1 p.m. at the Metcalf Center. Leader photo: James S. Rosien

director, explained that the library had been looking for another venue for showing movies due to poor attendance when the library

had been hosting them in the evenings.

"We used to show ours at 7 p.m. They [the Metcalf Center] do theirs right after

their lunch. A lot of people can stay after and have some free popcorn," Walters said.

See MOVIES on page 7

Not into movies? That's okay, there's plenty to do at the Metcalf Center

Veterans' services: Veteran's Service Officer is at the center the first Wednesday of every month from 9 a.m. to noon.

Nail clippings: Monthly – call Kate at the Metcalf Senior Center at 563-3504 for more information.

Senior shopping: Every Thursday afternoon. You must call the Metcalf Senior Center at 563-3504 by noon to be picked up.

Free counseling on Medicare health plans: Call 563-3504 to make an appointment.

Pinochle (Racehorse): Every Tuesday and Wednesday at 1 p.m. at the Metcalf Center.

Bingo: The first and third Thursday of each month at 1 p.m. at the Metcalf Center.

Billiards, puzzles, etc: 8 a.m. to 3 p.m.

Lunch is served Monday through Friday at noon at the Metcalf Center. Menus are available monthly from the center; menus are subject to change. For more information, call 563-3504.

Meals on Wheels services also are available, as is the van transportation service. Call 563-3504 if you're interested in receiving Meals on Wheels or to arrange transportation to and from the center for lunch.

The Metcalf Memorial Senior Citizens Center is located at 115 E. Pennsylvania Ave.

is a part of sports that people don't realize that you have to put up with a lot," said Jerry, though he added that their efforts do not go unrecognized. "Two of the guys (officials) came over and said, 'Of all the years we have been doing this, you guys are the best chain gang that we have ever had and we like seeing you out there.'"

Jim's story on the chain gang began when he assisted the team in 1986 as a fill-in for members who were not available. Then in 1990, he would become a regular member of the crew and he would soon become a staple for the men in orange. Jim referenced his love for people and the Friday night football atmosphere as a reason for his continuous service to the team. "I enjoy people. I got to meet a lot of people from opposing teams when they stood on our side. I always enjoyed visiting with those people. We used to be able walk back and forth around the back, and then they closed that off. I never liked sitting and watching the game. So



The "Copperhead Chain Gang" of Matt Moses, Jim Schimming, Jim Moses and Jerry Moses are pictured with the down and distance markers at Mitchell Stadium. Leader photo: Paul Johns

when the chance came, I would be right there on the front line for all of the games." Having never said "no" to lending a helping hand, Jim has volunteer coached many youth league sports ranging from baseball

to basketball and football, and cites his volunteering spirit as the reason for his desire to help with the chain crew.

Jerry is a sideline veteran in his own right with 19-plus years to his

name. Jerry began when his son Matt played for the Copperheads, and has become a permanent fixture on the sidelines. Despite no longer having family on playing on the playing

See CHAIN on page 5

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CHAIN from Page 4

field, the opportunity to gather with family on the sidelines is what keeps him volunteering. "I enjoy going up there and watching the games. Matt enjoys it, too," said Jerry. "It's been a pretty good family thing and it's the best seat in the house. That's what it is. I have gotten to meet some neat people."

Amongst the years of roaming the sidelines, fond memories were created and the stories behind them are sure to bring you to laughter.

Being on the field, and in the middle of football game can lead to many unintended consequences for the men who run the chains. Unfortunately for Jim, one of those consequences led to a collision with a player, but the tackle stands as a fond memory for him. "Luckily, I was only tackled one time," said Jim. "I've been brushed against a couple times, but I was literally tackled one time. One of the Messer kids was on the team, and he tackled me. He helped me up and he was sorry, he was apologetic. At halftime, he came running over to make sure I was still okay, and at the end of the game before I left, he came over to see if I was okay. Later on that evening, I got a telephone call from him asking if I was okay and they told me they had the video and that I was on TV." Jim learned very quickly as he put it, "you better get out of the way because they will come at you very fast."

It doesn't end there. Those who have had the pleasure of conversing with the Moses brothers know that

the two can crack jokes with the best of them. However, a certain opponent would take them just a little bit too seriously, and the story is one of the more laughable instances of a joke gone wrong. "One of the greatest moments in my opinion happened when we were playing either Lewistown or Livingston, I was visiting with somebody from that town, and I had met him before," Jim said. "But I said, 'Here in Anaconda, when the opposing team has the ball we stretch the chains all the way to 10 yards. But when we have it, it is only 9-and-a-half yards.'"

While most people would see this as clean, old-fashioned humor, the opposing coaches thought the two were up to something mischievous. "One of the assistant coaches on that team runs out on the field yelling 'timeout, timeout!' He goes out there to talk to the referees and the coach comes out to find out what happened. He said what I had said, and the coach (from the opposing team) said 'turn around' and he literally kicked him in the butt and then asked him how he thought it was possible to stretch and shrink the chain," Jim said.

Despite the comical stories and endless jokes, Jerry referenced his family as being the source of his fondest memories from his time on the chain crew. "Derek (Jerry's grandson) got up and caught the ball in bounds and then went out of bounds. It was a heck of a catch and a fantastic move. Of course, I

was cheering for my grandson. I looked at one of the other coaches and I said, 'Sorry about that, that is my grandson,' and the Helena coach looked back and said 'You have a right to' and there were no bad feelings about it," Jerry said.

Never wavering in his support for his family, Jerry – a veteran of the Marines – cites his favorite memory coming from his son's Senior Night, where his son honored America by singing the National Anthem. "My son Matt sang the National Anthem to start the game on his Senior Night. He did a beautiful job," said Jerry, but the reaction afterward was moving in of itself. "He grabbed his helmet to run down with the team to get on the field. He got down on the field and he was the first one to run out, and the roar from the people was just outstanding."

With the abundance of years in experience, the Moses brothers have seen Anaconda football reach success in years past, but struggle in the present. Jim believes that the community is missing a vital puzzle piece that could help jump-start

the Smelter City football back to consistency. "It starts down at the grade school," said Jim, citing the lack of youth tackle football for kids in Anaconda. "They play flag football, and they can't tackle and touch, it is not until they become freshmen that they can even begin to learn the fundamentals of football."

It's safe to say that the Copperhead Football Chain Gang has earned their stripes. While Jerry hopes to continue his role on the crew, this coming season might be the end of a long era for Jim.

"I'm hoping to get this year in," said Jim, who has amassed 33 years of experience of the chain crew. "This year I'm feeling better than I have felt in years. I'm hoping to get through the year, and then turn it over to whoever wants it."

Seniors like Jim and Jerry Moses personify what it means to find joy through volunteerism. While coaches and players are sure to change in the following years, just as they always do, their legacy on the Chain Gang will live on as a sign of what it truly means to be from the Smelter City.



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Croatian roots reach back to 'Anaconda's Past'

NIKKI JOHNSON
REPORTER

The "Anaconda's Past" Historic Speaker Series kicked off the new year with cousins Stan Blaz and Sharon Jurcich Wren sharing their knowledge of the Croatian presence in Anaconda, both past and present. "Good morning, I'm really glad you're all here and it's a good crowd. I hope you have a good day

today," Blaz said in Croatian – then translated into English – to open the presentation.

"Croatia is a land of 21,829 square miles, Montana is 147,047 square miles, so Montana is seven times larger than Croatia in land miles. In population, Croatia has five million people, we just passed one million people last year," he told a packed conference room at

See PAST on page 7

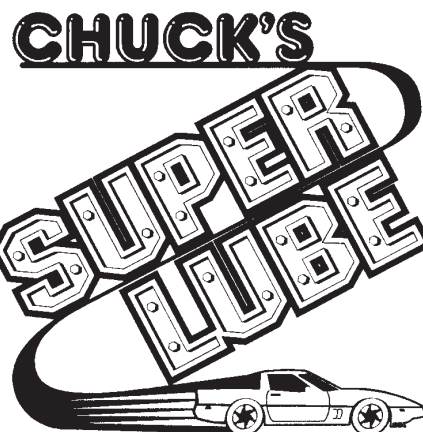
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Stan Blaz and Sharon Jurcich Wren shared stories of their family's Croatian heritage at a recent "Anaconda's Past" historic speaker series installment at The Forge. Leader photo: Nikki Johnson



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PAST from Page 6

The Forge – an estimated 84 people attended the Anaconda-Deer Lodge County Historic Resources Board-sponsored talk.

The cousins began by explaining why their Croatian family came here over 100 years ago. Times were tough in Croatia, which Blaz described in detail throughout the presentation. They and other Croatian families formed lodges to help each other get by. Initially, there were three such lodges that were established here in Anaconda.

“They formed a group called the Croatian Brotherhood, and they met every four years, all the lodges, just to keep their ethnic part of their life alive, and they did that for many, many, years,” Blaz explained.

There are three names that are involved in the pair’s family lineage: Jurich, Chor, and Blazicevich. “On ‘The Hill’ it wasn’t uncommon to have a long last name, although it was unpopular, so later the name was shortened to Blaz,” he said.

His grandma and grandpa Blaz came to America in 1921 and had two children, Mary and Stan Sr. And his grandma and grandpa Jurich



A packed house greets Stan Blaz and Sharon Jurich Wren at The Forge for their talk on their family’s Croatian heritage at a recent installment of the “Anaconda’s Past” historic speaker series, which an estimated 84 people attended. Leader photo: Nikki Johnson

and their son came to Anaconda in 1929. When his grandfather Jurich was only 10 years old his mother passed away from cancer and he finished school only four years later, at 14. He lived with his sister, then a cousin and other family. It was very hard taking care of a family in Croatia at that time, so taking on another family member wasn’t easy. He later went into the military and applied his skill of shoe repair during his time in the service.

Shortly thereafter, as luck would have it, on Valentine’s Day in 1926, his grandma and grandpa Jurich were married. Three years later they would relocate here. Shuster Shoe Repair was the family’s shop here in Anaconda started by his grandfather – Shuster means shoe maker in Croatia, and that’s where the name came from.

During the presentation, Blaz and Wren provided a handout of a drawn map of the six territories of

Yugoslavia and how they eventually broke apart. They explained the war and the turmoil, and even President Clinton’s decision to intervene, which caused some casualties yet likely prevented many more. The pair told wonderful family stories, packed with humor and nostalgia, and brought the overful audience with them – inarguably a proud display of their lineage and history that their ancestors would’ve been proud of.

MOVIES from Page 3

As for the movies themselves, the center is able to request them – and suggestions are welcome – and if the library has a copy of it the staff will send it down to the center, and if not the library will purchase a copy and, once it’s been shown at the center, it’ll go into the library’s collection for patrons to check out.

“The movies we have seen have been very good,” said Bob Branson, a regular at the center. “It’s great

with the sound bar. Everything is working out good. And I love the popcorn. It’s something for the older folks to come see.”

Coward said that if attendance continues to grow, they’ll look at offering the movies more than once a month, and added that with the TV they’ll be able to offer an exercise class on video as well.

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Meet my dad: An interview with Terry Johnson

NIKKI JOHNSON
REPORTER

Before Terry Johnson was a checker at Anaconda's Albertsons store, he was scaling the Rockies, hitchhiking across the snowy Montana wilderness, scuba diving to find lost hidden treasures at the bottom of lakes, riding motorcycles, and competing as a boxer. But possibly the most interesting part of his life was the extraordinary relationship he had with the love of his life, Kieran.

Terry was born on Sept. 15, 1952. He had a tumultuous upbringing, often feeling lonely and neglected. His father worked a lot and there was often arguing and fighting that took place behind doors, but things were about to get better as he grew into a young man. "I had a very good time in high school. I made a lot of close friends. The only hobby I had was working," he said.

At one point in high school he

delivered the Montana Standard, was a janitor at Anaconda Central High School, peeled potatoes at the bowling alley, and swamped the bar, so there wasn't much free time for hobbies other than work.

"After I graduated, I went right to work at the Smelter for college money, so I worked a few months there, then went to Carroll College. I didn't have a car so I relied on friends, and if nobody was coming home I'd hitchhike," he said.

Like many Catholic families, his parents not only encouraged, but rather insisted he become a priest. And he gave it the ol' college try.

"Since my youth I was groomed to be a priest. I never really fit in as a 'pre buck.' They had their own dorm that I refused to go to. I was kicked out more than I was let in for dating, fighting, drinking, and partying. I was pretty sheltered in high school, but I made up for it in my first year of college," he said.

He resolved to take a new path



Terry Johnson has a surprised look on his face in this old family photo.

and walked away from the idea of being a priest to focus on his psychology and math majors instead. In the classes to become a priest they would cover a lot of teachings that he disagreed with, so he wouldn't go to the next one because it struck a nerve. That's

when he knew it wasn't a fit. Yet there were more struggles ahead.

"It was summer and they were on strike at the Smelter and there literally wasn't work anywhere, so I couldn't afford to go back to college. I worked construction as a

See DAD on page 9

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DAD from Page 8

laborer and from there I went into the Ironworkers' Apprenticeship for three-and-a-half years. It was a good time in my life. I preferred the welding part of it ... I was good at it. My dad was an ironworker and he got me into the union," he recalled.

Things were finally looking up. He had financial and emotional freedom and he did what a lot of young adults do in their early twenties: Lots and lots of dating. But little did he know that his entire life was about to change.

He went to a local hangout named Granny's where he saw a group of girls - "would you like to buy my sister for a penny" - they joked to the young men walking by. And it seems one of them found a taker.

"We were both out and I went to meet her (Kieran) and it sparked right then. We couldn't agree on black and white and gray, so I dug out my psychology books and actually took notes and everything. That was our first date.

It was wonderful. And it was then that I learned that the last name she had was her married name (Flesch), but when I found out her maiden name, I realized she was Kieran Kratz. I had a monster crush on her all through high school. And when I found that out, that was it. I'd only dated her for three weeks and I proposed," he said.

They were married three months later on Dec. 27, 1975. "Ohhh she was beautiful. Her wedding dress was quite simple but gorgeous," he said. They were married by Father Derra in the small chapel at St. Paul's School.

"Because of both our childhoods we came to an agreement early on never to fight or argue in front of our kids. There was a lot of the silent treatment but we never screamed at each other. We never really fought," he said.

Kieran had been previously married very briefly and had a 2-year-old daughter. He on



Terry and Kieran Johnson embrace in another family photo.

the other hand had never been married or truly experienced sacrifice. Honestly, his most valued possession was his black, sporty Trans Am that was so meticulous that he forbade riders to even wear jeans. Now, his 2-year-old stepdaughter was eating ice cream cones in the backseat.

"Two years later we were blessed with our son (Joe) in 1977.

After that we moved to Great Falls. I joined the Air Force National Guard, and later transferred into the Army, and in '79 our daughter Nikki (that's me) was born. Thinking back, I remember that we went through a lot of tough times, especially traveling for work, but the good times definitely

See DAD on page 12

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Seniors, speak: Anaconda Leader, MSU Extension seek input on program options for seniors in ADLC

JAMES S. ROSIEN, EDITOR,
AND KAYLEEN KIDWELL, MSU
EXTENSION AGENT FOR ADLC

Between the Metcalf Memorial Senior Citizens Center (see story on Page 3), the Montana State University Extension Agency and many other organizations, program options are abounding for senior citizens in Anaconda-Deer Lodge County.

Yet, are local programs meeting seniors' needs? Inquiring minds at the Anaconda Leader and ADLC's MSU Extension Office want to know.

In an effort to tailor programs to the needs and wants of seniors in our area, the Leader and the Extension Office are collaborating in an effort to reach out to our readers for input on how publicly-funded programs can better suit our population.

As we reach out to the Smelter City's seniors, we wish to examine some initial survey data from the city-county's elder population, highlight some of the programs that are presently – and soon will be – available in our area, and ultimately receive feedback from seniors as to what they'd like to see implemented so as to tailor future programs better to their wishes.

Survey says

In 2022, MSU Extension conducted a statewide needs assessment in which residents across Montana were asked to rate the importance of a range of issues as well as their level of satisfaction – or dissatisfaction – with how each of those needs are being met. ADLC had the third-highest rate of responses in the state with 120 people surveyed, out of



Handmade cards local 4H Club members made for senior citizens in our area, made possible by a mini-grant obtained by the Anaconda-Deer Lodge County MSU Extension Office, is just one of the new programs that are looking to benefit seniors. Photo courtesy of Kayleen Kidwell

which 33% identified themselves as Traditionalists (born as Baby Boomers (born 1946 to 1964) while another 3% identified

See SENIORS on page 11

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SENIORS from Page 10

1922 to 1945).

According to the Baby Boomers surveyed, the following were rated as either very important or extremely important:

- Services for seniors: 93.9%
- Individual well-being: 87.5%
- Caregiver resources and support: 84.8%

- Strengthening family relationships: 84.8%

- Chronic disease prevention and management: 84.8%

Likewise, according to the same population, the rates of extreme dissatisfaction were as follows:

- Services for seniors: 46.9%
- Individual well-being: 51.6%
- Caregiver resources and support: 70%

- Strengthening family relationships: 63.3%

- Chronic disease prevention and management: 53.3%

These percentages weren't all that different from the general survey population either:

- Services for seniors: 89.9% importance, 43.2% dissatisfaction;
- Individual well-being: 89.1% importance, 47.8% dissatisfaction;

- Caregiver resources and support: 93.3% importance, 54.4% dissatisfaction;

- Strengthening family relationships: 84.2% importance, 54.5% dissatisfaction;

- Chronic disease prevention and management: 82% importance, 48.7% dissatisfaction.

Also, fully 100% of those surveyed said they would attend workshops or events on chronic disease prevention as well as caregiver support – the latter

of which, as luck would have it, happened to be an area of focus for MSU Extension this past year as one of the programs offered in ADLC and the Tri-County Area was specifically geared toward caregivers. And there's more on the horizon.

Programming notes

This past fall, MSU Extension collaborated with the Montana Department of Health and Human Services, Montana Lifespan Respite and the MSU College of Education, Health and Human Development to bring its caregiver respite retreat program to ADLC and the rest of the Tri-County area.

The program offered up a set of simple, fun modules ranging from making glitter jars and mocktails to planting bamboo intended to offer caregivers some care of their own while also providing resources – information, gift cards and vouchers for respite care services – they could use in their own lives long after the retreat had ended. Dr. Daniel Koltz, who created the program at MSU, will be returning for another retreat this fall and will be bringing new modules as well as feedback from people who participated in the previous retreat.

Also stemming from Koltz' work with MSU students, the ADLC Extension Office will be utilizing a \$500 mini-grant from the Montana Department of Agriculture to have 4-H youth create handmade cards for seniors



Gloria O'Rourke, left, and Janet Burke put together a glitter jar, intended to help reduce stress, at a recent retreat for caregivers at The Forge, sponsored by MSU Extension as another new program aimed at helping seniors. Leader photo: Patrick Williams

in the community. In addition to cards that have already been made and distributed, the 4-Hers will be creating cards for veterans on Veterans Day.

Along those lines, in an effort to increase the amount of

intergenerational activities and thereby address the needs of both the youth and the elderly of our community, the ADLC Extension Office was awarded a \$1,000 grant

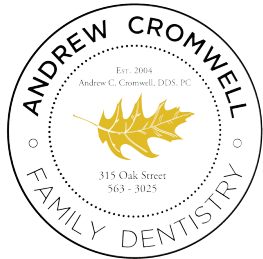
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outweighed the bad," he said. Speaking of work, after seven years the young family would move from Great Falls to Elko, Nevada where he'd gotten a great job at Jerad Canyon Mine.

"I got certified as a First Responder. I learned how to rappel, which I loved. I worked way too much. One year I had my regular hours plus 1,600 hours overtime," he said. "We spent seven years there, then we moved to Helena to be closer to family. Times were tough in Helena, monetarily, it was just a really tough time. I was working at Ashgrove Cement, then transferred to the same company in Seattle."

In September of 1993 the family relocated to the Emerald City. The streets were crowded and it was a melting pot that created a bit of culture shock for the entire family. But as everyone adjusted, their lives began to flourish, and it was starting to become apparent that they'd just made the best move of

their lives.

"Kieran never had a problem getting a job. She always moved up to the position of Director of Nursing at every place she ever worked. It was great living in Seattle in the beginning, but then traffic was so horrible. One time it took me seven hours to get home from work when Kent was only 25 miles away," he said.

And then, in 1996, tragedy struck. His wife, the love of his life, went in to have a molar removed and wasn't given antibiotics, something they do as basic procedure nowadays. She got an infection in her tooth that spread down to her heart, causing osteomyelitis. The infection left her fighting for her life and she was quickly admitted into the hospital. While there, they administered one antibiotic after another and she reacted to each one. Finally they found a medication that she wasn't allergic to. However, at this point, she was around 100 lbs., covered in blisters

– a reaction to the unsuccessful medications – and hanging on for her life. After a few weeks she was released from the hospital and Terry would administer injections four times a day for six weeks. This ended Kieran's propitious and flourishing career as a Registered Nurse and she was left permanently disabled. They both knew that their lives were about to take a drastic turn.

"She was always my priority. Giving those infusions every day really took a toll on me. But our life of going out shopping and simply driving, everything did a complete turnaround. Before she was so independent, and then she became completely dependent," he said.

Four years later they decided to move back to Anaconda. She was fighting for her health on a daily basis. In 2008, she was rushed to Butte to have her gallbladder removed and after surgery she was put on oxygen. After that, she was diagnosed with Lupus, Sjogren's disease, Fibromyalgia, and underwent numerous surgeries including shoulder and hip replacements, collapsed lungs, blood clots, and eventually a stroke.

"It was a slow decline. We both lost our independence. But getting up everyday was easy. She was the biggest priority in my life and I did whatever I had to do. One thing that bothered me the most was that I didn't want to get old, ever. I still lie about my birthdate, but it finally dawned on me that it was unavoidable. Her health kept

getting worse, but I just kept on keeping on," he said.

It was also during this time that their family was rapidly growing, and what seemed like a curse actually became a blessing. Kieran was able to stay at home and spend time with her grandchildren, a luxury that her former schedule never allowed with her own children. Terry was getting older and slowing down, too.

"When I realized I couldn't toss iron around anymore, I got a job at Albertsons for four years. My friends there were very caring and loving. I had the pleasure of working for the best manager I'd ever worked for, Bonnie. And she was also a good friend," he said.

On July 28, 2021, after 45 years of love and unmeasurable devotion, Terry woke up next to his wife and best friend to find that she had passed away in her sleep. A peaceful death after so many years of pain and anguish.

But he's looking toward the future and carrying her with him in his heart everyday. "I see a very happy future. I'm lonesome but I'm very proud of my children, they've helped me all along the way with my emotions and my tears. I'm very proud of them and I appreciate everything they do for me. The future looks happier everyday," he said.

As for his thoughts on retirement, well ...

"I'll get another job. I'm not going to retire no matter how old I get," he said. "Hopefully the next job will be as good as the last one I had working for Bonnie."



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SENIORS from Page 11

at the Governor's Conference on Aging to purchase a wide selection of board games for kids and seniors to play together – and at the same time have fun and productive interactions with each other.

This will work to increase the number of intergenerational interactions within the community, provide social support to seniors, and improve communication skills amongst youth.

To do so, the Extension Office has purchased a number of board games, card games, and puzzles - all of them classics, and accommodated to the needs of both populations. The Extension office will also create a number of questions to help both populations connect through storytelling.

Seniors, speak

Yet for all the funding and all the new and existing programs,

are they what seniors want? What are your thoughts? There are always other ideas for programs that are in the works, but please give us yours.

Send them by email to Kayleen. Kidwell@montana.edu or James. Rosien@anacondaleader.com. Your submissions will be used to create a report from ADLC's MSU Extension Office that will be distributed to senior-serving organizations in the Anaconda area and also will be posted as a poll onto the Anaconda Leader's website, anacondaleader.com, with the top three polling options to be shared with stakeholders in an effort to bring those ideas to fruition.

Also, anyone submitting responses who wishes to have them published as letters to the editor are invited to do so as well. Please see the Leader's policy on letters to the editor, printed weekly on our Commentary page on Fridays.

What's your civic club up to?

Send us information about what your club is doing, projects the club is involved with or offices your members hold. Drop the information off or send it to the Anaconda Leader at 121 Main St. in Anaconda or e-mail it to: leadernews@anacondaleader.com

Please include contact information, including a name and phone number for verification. Pictures can be picked up after publication. For more information, call 563-5283.



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Legal, financial information available for caregivers of those with memory loss

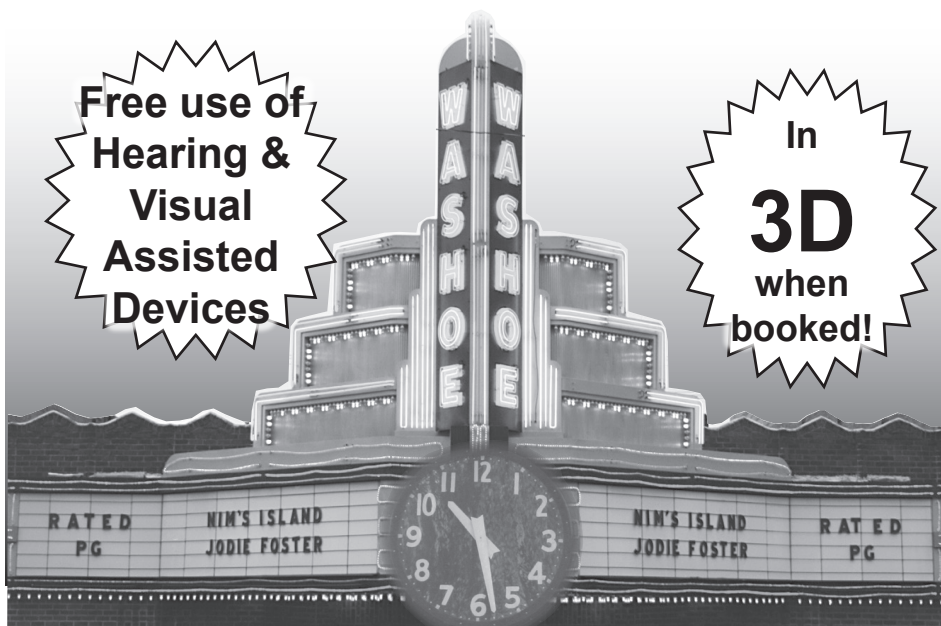
Montana State University Extension has partnered with the Montana Alzheimer's Work Group, the Department of Public Health and Human Services, Alzheimer's Association-Montana Chapter and AARP Montana to offer Montana-specific information for caregivers and others concerned about memory loss.

The Work Group has a revised website with vital information

on Alzheimer's in Montana, including resources for health care professionals and caregivers; a list of support agencies; and online education videos. Visit mtalzplan.org for more information.

"Many people don't realize we have more than 22,000 people aged 65 and older living with Alzheimer's in Montana," said Marsha

See LOSS on page 14



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Goetting, MSU Extension family economics specialist and member of the Alzheimer's Work Group. "Dementia places substantial emotional, physical and financial stress on affected individuals and their family members. This website is a great resource if you have a loved one with memory issues." Additionally, the work group is currently updating its state plan to better serve Montanans. The mission of the state plan is to improve the lives of individuals living with Alzheimer's disease or dementia in Montana and to provide better support for their

families and caregivers. The work group's four new goals are:

- Increase public awareness, prevention and early detection of dementia, and brain health strategies.
- Enhance the quality, access and coordination of dementia care.
- Enhance and expand support for family caregivers.
- Advance ADRD research, encourage evidence-based practices and enhance data capabilities related to dementia's impact and the effects of research into interventions.

"The purpose of the plan was, and still is, to address the current and future needs of individuals and families who are living with Alzheimer's disease and related dementias," said Dan Koltz, MSU assistant professor and Extension gerontology specialist and member of the work group.

Another resource for Montanans concerned about memory loss is a free packet from MSU Extension. The packet includes fact sheets, called MontGuides,

about financial and health care powers of attorney, wills, letters of last instruction, Medicaid and long-term care costs, Provider's Orders for Life Sustaining Treatment, and more. The Montana Alzheimer's Association provided three brochures and information about its 24/7 helpline. AARP Montana supplied an explanation of the Montana Caregiver Act. The Montana Department of Health and Human Services added a brochure about the Montana Lifespan Respite Voucher Program.

To order the packet or download the information, visit <https://www.montana.edu/extension/alzheimers/> packet. Readers without computer access can contact Marsha Goetting at 406-994-5695 to leave their name and mailing address.

"We want family members to be able to execute appropriate legal documents for their circumstances," said Kerrie Reidelbach from the Montana Office on Aging. "We also want to ensure they have access to Montana-specific materials about legal and financial alternatives."

Winter Walking Group

The Anaconda-Deer Lodge County MSU Extension Office's Winter Walking Group is well underway, with the hallways of Anaconda Junior/Senior High School serving as a safe venue for all walkers to exercise worry-free in these often cold and icy winter months.

The program, which is now in its fifth year in ADLC, began in December and will continue throughout the winter and spring as well, wrapping up on Thursday, May 25. The days and times are Mondays through Thursdays from 4 p.m. to 6 p.m., albeit only on days when school is in session.

When arriving at the school, be sure to sign in and sign out with our total number of minutes walked as an award will be given out at the end of the season for the most days attended and the most minutes walked.

For more information, contact Paula Arneson at (406) 563-4035 or email deerlodge@montana.edu.



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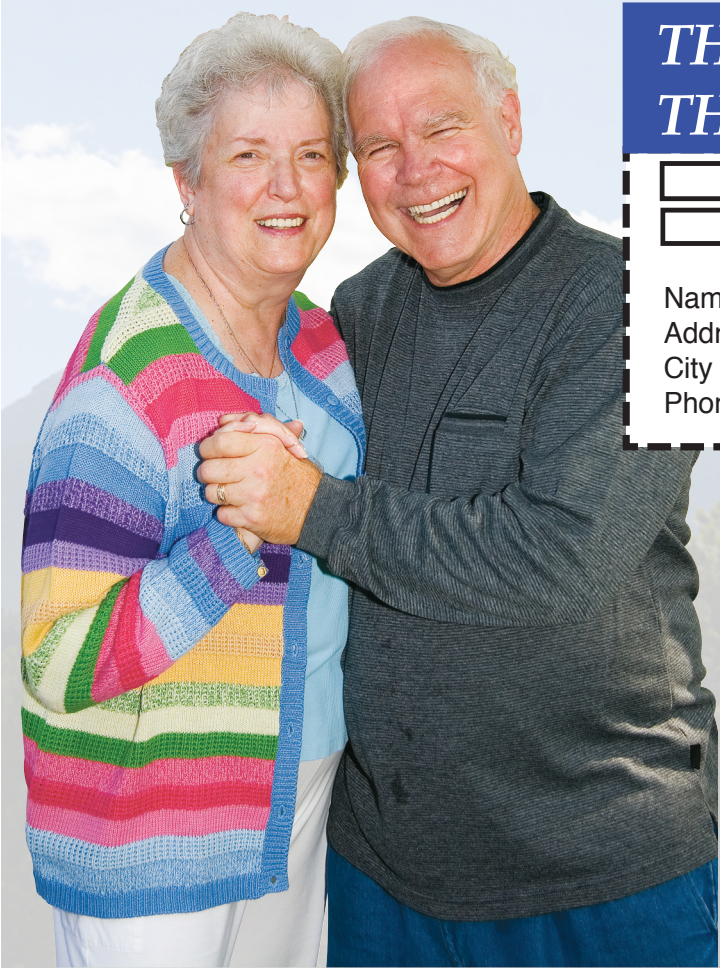
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Sharing recipes, and friendship, over the years

NIKKI JOHNSON
REPORTER

It was approximately 25 years ago when Charlene Galle cooked up a great plan for a recipe night with the ladies, but after all this time it seems the main ingredient is friendship.

Initially, the first dish on the agenda was a Mexican one and everyone brought something to share, as well as the corresponding recipe. From there, they branched out and over the years foods from just about every ethnicity have shown up.

"It was always about the recipe and now it has everything to do with friendship," said veteran member Marilou Verlanic, who has one memory that stands out: A member asked if she could make povitica, and she stayed up all night to make it.

"But it's about friendship. It's always fun to get together," Verlanic said.

The group generally meets at people's houses, but occasionally they'll venture off as they did recently



Margaret Lombardi, left, Barb Killoy, Leslie Stone, Eileen Beattie, Sarah Brown, Marilou Verlanic and Barb Scanlon share recipes – and each other's company – over lunch at The Hangout. Leader photo: Nikki Johnson

to meet at The Hangout, a new local restaurant. Billie Holmlund hosts on St. Patty's Day cooking up the traditional corned beef and cabbage. For Christmas the group meets at Claudia Johnson's, where everyone brings food, candy, or a treat. In January, they have a pajama party

and in October everyone comes early and they all make pasties. All summer long they meet at Lost Creek Falls for warm weather picnics.

In the beginning all the members were from Lost Creek except for two, but the group grew to over 20 people

and now they're still going strong at 18. They have lost people along the way and had some new additions as well. One newer member, Margaret Lombardi, moved up from South Carolina six years ago and now

See RECIPES on page 16

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attends regularly, not just for the recipes, but also for friendship. That seemed to be the staple amongst the ladies: Friendship.

For Barb Killoy, the strength of the group runs even deeper than friendship. "This is very Christian. We all pray for each other and there are other denominations, but we all love each other," she said.

The table of ladies immediately nod in agreement and Margaret added, "We listen to each other."

Eileen Beattie left Anaconda for 40 years, then came back and the recipe club offers a chance to reconnect and meet new people, so she tries to make it to every gathering.

Then there are longtime members like Leslie Stone. "We have the same interest of cooking and we discuss recipes and cooking. Everybody always leaves with a plate," said Stone, discussing the fact that the club is about friendship, recipes, and sharing

amongst the members.

As you might imagine, there are plenty of memories that have accumulated over 25 years. One Valentine's Day they had an "all chocolate" celebration and no one slept the whole night. Another year in January, the plan was to meet at Marilou's house to make breakfast for dinner, a dish they had never done before. A woman from out of town came in for a hair appointment in Marilou's shop and was so excited by the idea that she went home and started a recipe club of her own the following month.

Unfortunately, recipe clubs seem to have gone by the wayside, but the ladies agree that now is an excellent time for it due to rising food prices. But it's not about the money at the recipe club, they share things far more valuable – support, faith, and lots of friendship. Filling not just their plates, but also their hearts.

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