

ACTION FOR EASTERN MONTANA

# Action 17

**Our Mission**

*Action for Eastern Montana is committed to strengthening and enhancing the quality of life within the communities we serve by promoting education, advocacy and dignity for achieving self reliance.*



## **Action for Eastern Montana invites you to join us as we celebrate 50 years of service in Eastern Montana.**

We will take the celebrations to a town near you, please see the dates, times and locations below and plan to join us.

We will supply the burgers, hot dogs, chips, beans, dessert and beverages.

The times of the celebrations are from 11 a.m. to 1 p.m.

<b>Date</b>	<b>Town</b>	<b>Location</b>
September 9	Malta	Head Start
September 16	Glendive	Lloyd Square Park
September 23	Miles City	Head Start
September 28	Glasgow	Senior Center

A NOTE FROM CLINT WYNNE, CEO

Hello All,

I would like to update you about our latest Monitoring. We had DPHHS Monitors here May 23-27 they covered CSBG, Weatherization, LIEAP, Fiscal, and Housing’s ESG Program. Overall everything went really well, they did however find a few things they didn’t like because that’s their job but in my estimation it was a total success and that is directly related to the quality of ALL our Action Employees. Here are a few quotes from their report. “You and Your staff’s openness and willingness to aid reviewers during the visit is a great testament to your organization’s dedication to making positive impacts in the lives of the people we serve”, “Also, I would like to use this opportunity to express sincere gratitude to you and your staff for your service ethic and hard work making the programs we administer work for Montanans”. So I would like to have every Action employee give themselves a pat on the back (a small one, (ok a medium one) we don’t want to get big heads (ok never mind make it a big one)) it’s

because of you that we have this type of work atmosphere and culture here at Action, kudos.

*Sincerely,  
Clint*



**2015 Annual Audit**

Our annual audit is now available on our website or by contacting Lea Ringen in our Fiscal department.

And, as a reminder financial information is always available to you just for the asking.

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**COMMUNITY ACTION CODE OF ETHICS**

We, as Community Action professionals, dedicate ourselves to eliminating poverty in the midst of plenty in this nation by opening to everyone the opportunity for education and training; the opportunity for work; and the opportunity to live in decency and dignity; and with respect for cultural diversity, commit ourselves to:

- \* **Serve in such a way that we do not realize undue personal gain from the performance of our professional duties.**
- \* **Avoid any interest or activity that is in conflict with the conduct of official duties.**

(This is #9 & #10 of the Code of Ethics. Look for the last 2 in the future newsletter.)

## MEET YOUR GOVERNING BOARD MEMBER

Our newest Board Member is Charity McClarty. She is an attorney in private practice here in Glendive. She has filled our former Board Member Cody Lensing's spot as our Board Attorney. Cody was kind enough to find a replacement for himself which we greatly appreciate because of the difficulty in replacing Board Members.

She joined us for her first Board Meeting on May 20th and we hope to have her on the Board for years to come. If you see her in the halls on a Friday Board Meeting day be sure to introduce yourself and welcome her to our Agency.

## MEET YOUR AEMT STAFF

Person Interviewed: Donna Leigh Baker  
Years at Action? Seven Years



What do you like best about working with AEMT?

**My co-workers**

What drives you to achieve great results in your position at work and how did you get it right?

**I'm self-disciplined; I'm goal oriented, it's also a downside because I take on more than I should.**

What TV show you never miss? **Masterpiece Mystery and overall, I like almost everything on PBS.**

Your best beauty secret? **Drinking lots of water.**

What makes you angry? **Ignorant people.**

Do you have any hidden talents? **Yes, but I'm not willing to reveal what they are.**

Best advice anyone has given you? **Be nice to everyone.**

What can you simply not resist? **The elderly and chocolate.**

Your life would be meaningless without... **Friends.**

Who would you most like to have dinner with? **Virginia Egli (a friend)**

How long have you been married? **32 years.**

What is the first thing you do when you wake up/start your day? **I say, "Thank You."**

Describe yourself in three words. **Positive thinker, caring and loyal to friends.**

## AAA News By Lori Brengle, Director

August is the month for AAA staff recertification training in Billings. Ombudsmen attend training on Aug 23, SHIP volunteers (State Health Insurance Program) on Aug 24 and I&As on Aug 25.

Sept 10 will be the 2nd Day of Service in Glasgow. Planning is underway. Time is 10:00-2:00 and will be held at the senior center. The county health department will be giving flu shots, Hi-Line homes is looking at providing an activity, the CCOA will show a hands only CPR video with handouts. Lunch will be served inside from 10:30- to 12:00- hamburgers, hot dogs, water, ice tea and fudge sickles. May have some entertainment. See you there.

I am looking for SHIP volunteers in Scobey and Plentywood. They help people on Medicare do a Part D prescription drug plan comparison to see the best deal they can get for the next year. If you'd like more info, contact me at [l.brengle@aemt.org](mailto:l.brengle@aemt.org).

Heading out for a hike, camping, or just to the neighborhood pool? There are so many ways to enjoy the great outdoors and warm weather. Use these easy tips to avoid bug bites, sunburn, and other pesky problems. And get out there!



### **Make Yourself Unattractive**

To insects, that is. Scented soaps, perfumes, and hair sprays can attract mosquitoes and other biting bugs. Also, avoid areas where insects nest or gather, such as pools of still water, uncovered foods, and gardens where flowers are in bloom

Use bug spray with DEET. The chemical wards off ticks (which can carry Lyme disease) and mosquitoes (which can spread West Nile virus). Pediatricians recommend 10% to 30% DEET for children older than 2 months, but don't use it on infants.

### **Use the 20-Minute Rule**

Drink water at least every 20 minutes. To prevent heat stress and heat stroke, adults and children should stay hydrated when outside on hot and humid days. During activities less than one hour, water alone is fine, but if you're going to be outside for more than an hour, you should add a sports drink to replenish electrolytes

### **Scan for Bad Plants**

Learn to recognize poison ivy and poison oak, and steer clear. When hiking, carry a book with photos of these plants to refer to in cases of doubt. Yes, you could look them up on your phone. But if you're out of range, you'll want a paper copy to be sure.

### **Big Adventure? Brag About It**

Tell someone where you're going and when you expect to be back. Someone needs to know where you plan to be, just in case. If you're going hiking or camping, take a first aid kit with you. It should have antibiotic ointment, adhesive bandages, anti-itch gels, an Ace bandage, and emergency hydration and electrolyte replacement drinks or packs.

### **Go Broad**

Use a "broad-spectrum" sunscreen. That means it will screen out both UVB and UVA rays. You need it even if it's not a blazing hot sunny day. You should also layer in other protection. Wear a hat with at least a 3-inch brim all around, and limit your sun exposure between 10 a.m. and 4 p.m. when UV rays are the strongest.





2016

CHRISTMAS



Dear Action for Eastern Montana Family,

To support local Veterans and their families Action for Eastern Montana is helping with the Veteran Christmas Stocking Project to support and honor our Heroes this Christmas. We will be sponsoring this project in Sheridan County and we will be partnering with the Sheridan County Committee to collect items and donations for Christmas stockings for Veterans. A group of ladies from Billings has generously donated beautiful and unique handmade stockings to support this project. We are going to starting collect supplies at the annual meeting to fill the stockings which will be distributed to local Veterans in Sheridan County during this year's Christmas season.

Please support this great cause and our local veterans this year - now and through the holiday season. The *travel size* items we are hoping to include in the Christmas Stockings are the following:

- |                  |                                   |
|------------------|-----------------------------------|
| ◆ Toothpaste     | ◆ Soap                            |
| ◆ Deodorant      | ◆ after Shave Lotion              |
| ◆ Dental Floss   | ◆ Hand Lotion                     |
| ◆ Chap Stick     | ◆ Postage Stamps                  |
| ◆ Hand Sanitizer | ◆ Stationery                      |
| ◆ Hand Wipes     | ◆ Writing Paper                   |
| ◆ Foot Powder    | ◆ Non-perishable Snacks           |
| ◆ Socks          | ◆ Hard Candy                      |
| ◆ Booties        | ◆ Nuts                            |
| ◆ Shampoo        | ◆ Puzzles (Large Print)           |
| ◆ Hair Brushes   | ◆ Word Search Books (Large Print) |

Please bring donated items to the annual meeting. Monetary donations can be mailed to: **Action for Eastern Montana – P O Box 1309 - Glendive, MT 59330**. We are a 501(c) (3) non-profit organization, so please include your name and address in order for us to mail you a tax receipt for your donation. Thank you in advance for your support.





**FACTUAL INFO**

**Helping People in a Fix since 1966!**

**ACTION FOR  
EASTERN MONTANA**

**Headquarters**  
2030 North Merrill Avenue  
P.O. Box 1309  
Glendive, MT 59330  
800.227.0703 or 406.377.3564

Aging I&A Services in Miles City	234-8028
Aging Fax in Miles City	234-0448
Aging Ombudsman in Miles City	234-3935
Aging Services in Glasgow	228-9751
Weatherization in Miles City	234-8027
Senior Companion in Sidney	433-4967
Head Start in Miles City	234-5223
Head Start in Glendive	377-3009
Head Start in Glasgow	228-2404
Head Start in Malta	654-2005

**Yellowstone Commons  
Apartments  
has openings for 2 or 3  
Bedroom.  
Please contact  
Amber or Connie  
for an application.  
Income restrictions do  
apply.**

**Montana Delegates Info**

Sen. Steve Daines  
320 Hart Senate  
Office Building  
Washington, D.C., 20510  
[www.daines.senate.gov](http://www.daines.senate.gov)  
Phone: 202-224-2651

Sen. Jon Tester  
311 Hart Senate  
Office Building  
Washington, D.C., 20510  
[www.testersenate.gov](http://www.testersenate.gov)  
Phone: 202-224-2644

Rep. Ryan Zinke  
113 Cannon House  
Office Building  
Washington, D.C., 20515  
[www.zinke.house.gov](http://www.zinke.house.gov)  
Phone: 202-225-3211

**Here are a few tidbits from Action's Timeline. Make sure to check out the full timeline on our website under History & Programs.**

1965 - First recorded minutes of Southeastern Montana Opportunity Center serving six (6) counties  
 1971 - Treasure County joins AEM making 17 counties in service area  
 1975 - Winterization contract from Denver for emergency home repairs  
 1980 - Agency newsletter developed  
 1985 - AEM funds Glendive Lawn Care Service to help provide lawn care to needy households  
 1990 - the millionth meal in Montana is served by congregate meal program on May 17th  
 1995 - AEM takes over Miles City Head Start  
 2000 - AEM started a Senior Companion program

**THINGS TO KNOW - THINGS TO SHARE**

**July-August-September**  
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- JULY**  
4—4th of July (AEMT closed)
- AUGUST**  
19—Annual Meeting Moose Lodge 11am-3pm
- SEPTEMBER**  
5—Labor Day (AEMT closed)  
9—50th Anniversary celebration, Malta  
16—50th Anniversary celebration, Glendive  
23—50th Anniversary celebration, Miles City  
28—50th Anniversary celebration, Glasgow

- Possible Outreach Events for 2016**
- Watch out for these and let Lori B. know if you can help out and/or have others ideas:
- Days of Service:** Glasgow, Glendive, Circle, Baker, Miles City, Sidney  
**Veterans Stand-down:** September 10th or 17th in Miles City  
**Veterans Stockings:** Sheridan County