

# Container Vegetable Gardening

You don't need a plot of land to grow fresh vegetables.

Almost any vegetable can be adapted to growing in a pot. Vegetables that take up little space, such as carrots, radishes and lettuce, or crops that bear fruits over a long period of time, such as tomatoes and peppers are perfect for container vegetable gardens. What you can grow in a container vegetable garden is limited only the size of the container and your imagination.

*How about a Summer Salad container? Plant a tomato, a cucumber and some parsley or chives all in a large ( 24–30") container. Makes a great housewarming present, too.*



Select containers that are light in color and should have holes in the bottom

to permit drainage. The size of the container is important. For larger vegetables like tomatoes and eggplants, you should use a five gallon container for each plant. You can grow these plants in two gallon containers: however, you need to give the plants considerable more water. You can use soil in your container vegetable garden, but potting mixes are much better.

Peat-based mixes, containing peat and vermiculite are excellent. They are relatively sterile and pH adjusted. They also allow the plants to get enough air and water.

Mixing in one part compost to two parts planting mix will improve fertility. Using a slow release organic fertilizer at planting will keep your vegetables fed for the whole growing season.

Lori



## Directors Corner

As the operator of BitterRoot Bus, the Council on Aging is always conscious of driving safely. As you know many intersections in the City of Hamilton and the surrounding county have limited or no traffic control signs. We have asked the City of Hamilton's police chief, Ryan Oster, for clarification of the rules when approaching these intersections and thought it would be a good idea to pass this information along to our friends.

Here is what we learned:

### UNCONTROLLED INTERSECTIONS

When two vehicles approach an intersection that doesn't have a STOP or YIELD sign, what do you do?

If the intersection is a four way intersection, the person on the left is suppose to let the person on the right go. It doesn't matter how far into the intersection you are, if the vehicle on the right is a hazard, you have to yield.

If you're on a street that dead-ends into another street (an example of this would be Parker St. and 8<sup>th</sup> St.) and there are no signs or lights, then you have to yield to the traffic on the through street.

Just remember to yield to vehicles on your right at a four way intersection and if you're on a street that ends at a "T" intersection, yield to any vehicles before you turn. Below is the law taken from the Montana code Annotated:

**61-8-339. Vehicle approaching or entering intersection.** (1) (a) Except as provided in subsection (1)(b), when two or more vehicles enter or approach an intersection from different highways, the driver of the vehicle on the left shall yield the right-of-way to all vehicles approaching from the right that are close enough to constitute an immediate hazard.

(b) The driver of a vehicle on a highway that intersects another highway without crossing it shall yield the right-of-way to all vehicles approaching from the other highway that are close enough to constitute an immediate hazard.

Paul Travitz  
Executive Director  
Ravalli County Council on Aging



Ravalli County Council on Aging provides equal opportunity and service to all persons without regard to race, religion, ancestry, national origin, sexual orientation, color, creed, sex, age\*, physical disability or any other legally protected status.

*\*Some program requirements are age specific.*

Are you in need of some light house keeping?

**CoA offers**  
**Homemaking Services!**

Homemaker services include light housekeeping such as vacuuming, cleaning the kitchen, bathrooms, and floors.

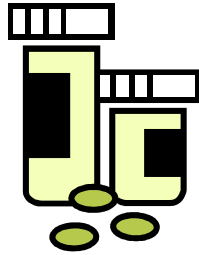
Our homemaking service does not do any heavy cleaning or furniture moving.

*Charges for homemaker services are on a sliding scale based on income.*

Please call  
Jean at **363-5690**  
for more information  
and availability of our  
Homemakers.



## OPERATION MEDICINE CABINET



Hamilton's first and only unwanted or expired medication disposal drop box.

The drop box is located in front of Hamilton City Hall at 223 South 2nd Street and accepts medications 24 hours a day, 7 days a week.

**DROP-OFFS ARE CONFIDENTIAL  
and FREE OF CHARGE.**

Ravalli Residents may bring expired or unwanted medications to be disposed of. Please remove or blackout any personal information on the containers.

The following items *CANNOT* be accepted: sharps/needles, chemo/radioactive drugs, or other, non-pharmaceutical waste.

**For further information please contact the  
Hamilton Police Department at 363-2100.**

## A CALL FOR VOLUNTEERS

**The Council on Aging is a non-profit organization and relies on local volunteers**

**\*Meals on Wheels drivers\***

We are always in need of Meals on Wheels drivers. Drivers meet at the kitchen between 10:45 and 11:00 each Monday, Tuesday, Wednesday and Friday. A delivery route takes about 30 to 45 minutes to complete, with each driver delivering 5 to 12 hot meals per route.

*Remember, besides providing a hot, well-balanced meal, you are also serving as a social outlet for these homebound individuals.*

Mileage is reimbursed (or mileage may be donated for a tax deduction!).

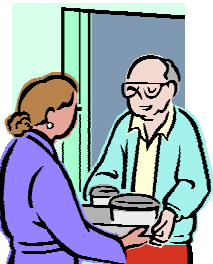
***This is an opportunity to provide one of the most critical direct services to elderly, frail, or homebound individuals in our community.***

**\*Telephone Reassurance callers\***

**\*Other opportunities\***

From helping in our office, delivering commodity food to seniors, or volunteering at one of the senior centers.

**Call 363-5690 to see what you can do to help the seniors and persons with disabilities in Ravalli County**



### **S.N.A.P.**

Supplemental Nutrition Assistance Program

You can now use your SNAP benefits to pay for:

Senior Center Meals  
Meals on Wheels  
Nutritional Supplements (**Ensure**)

The Council on Aging has partnered with the **SNAP EBT** program to begin accepting SNAP benefits for all of our nutrition programs.

You are able to purchase the Senior Diner Club coupons and punch cards to use at all the meal sites.

You are also able to make your monthly Meals on Wheels donation using your SNAP benefits.

**Purchase your Senior Diner coupons and punch cards at our office  
310 Old Corvallis Rd, Hamilton**

If you cannot get to the Council office in Hamilton, you can make an appointment with one of the Council's staff and they will bring all the appropriate paperwork to your home for Meals on Wheels or to one of the participating Meal sites for Meal tickets or lunch cards.

**\*\*Please be aware—Ensure® purchases must be made at the Council office.\*\***

## Exploring the Options of Change for Community Living



There are a variety of services available for individuals and families who have found themselves in the role of caregiver for a relative.

Some of the services that can be accessed are Meals on Wheels, BitterRoot Bus transportation, Homemaker services for home chores, and the Equipment Loan program to assist with mobility and modified living.

Two other services include Case Management and Money Management Services which are offered through the Council on Aging. These services are directly accessible and designed to assist families in receiving support and needed care for their loved ones. The goal of the programs is to guide families through the maze of services, while working within the budget needed to finance services.

The first step is meeting with family and the person identified as needing assistance. Case Management is looking at needs, assessing the services needed, and helping persons to explore options in having help in the home. This service then becomes the “hub” of the wheel of both formal and informal services. This means coordinating the direct services provided by professionals and including help and assistance from family or friends. Part of this planning and implementation process requires money management and budgeting.

Council on Aging can offer both of these comprehensive services at a nominal fee. It is sometimes very stressful to try to wade through the array of community services without support and direction.

If you are contemplating adding extra care or home-based assistance and chore assistance, and also know you must adhere to a tight budget, give the Council on Aging Case Management, and or Money Management a call at 406-363-5690, or email at [jmason@ravalliccoa.org](mailto:jmason@ravalliccoa.org). We can help you develop and explore options. Veterans are welcome to be part of all of our programs.

Jim Mason , Case Manager

### **Bitterroot Valley Alzheimer's Caregiver Support Group**

Information, education and support to  
*caregivers of persons with  
Alzheimer's and other  
progressive dementias.*



Please join us in an informal group to share you concerns and experiences with others

in a same or similar situation.

**1st and 3rd Friday each month at 1pm**

Valley View Estates Health Care Center  
225 N. 8th Street, Hamilton

**If you would like to attend, your loved one is welcome to visit with the Valley View residents with staff supervision during the meeting time.**

For more info please contact  
Kati Aiken at RCCOA 363-5690

### **BitterRoot Bus**

is a public demand response, curb to curb transportation service available to young and young at heart alike.

Do you have any spring shopping to do?  
Let us help you get all your bulbs and seedlings home to plant!!!!

Call **363-7484**  
to schedule your ride with the  
**BitterRoot Bus**

BitterRoot Bus also has a *lift equipped* vehicle for your scooter or wheelchair

The service is available  
Monday through Friday  
8 am to 4:30 pm

There is also a weekly Tuesday trip to Missoula for any needs you may have!



BitterRoot Bus requires that riders call in at least  
**24 hours in advance** to schedule your ride or rides.

Ravalli County Council on Aging  
310 Old Corvallis Road  
Hamilton, MT 59840



**The Council on Aging is an Aging and Disability Resource Center**  
**We are dedicated to assisting persons in Ravalli County**  
**60 years of age or older, and qualifying persons with a disability**  
**Office hours are Monday - Friday 8am to 5pm, Closed Noon - 1pm**

Postage



## **Ravalli County Council on Aging provides the following services:**

- Meals on Wheels
- Congregate meals @ Senior Centers and Meal Sites
- Liquid Supplements (Ensure)
- Commodity Supplemental Food Program
- Senior Diner Club
- LifeLine Medical Alert Services
- Money Management Services
- Loan Closet / Durable Medical Equipment
- Legal Assistance

- BitterRoot Bus / General Public Transportation
- Homemaker Services
- Information & Assistance
- Case Management
- State Health Insurance Program (SHIP) Counseling
- Reverse Annuity Mortgage
- Telephone Reassurance
- Application Assistance
- Long Term Care Ombudsman
- Senior Diner Club

*“Providing the Opportunity for Independence”*

310 Old Corvallis Road  
Hamilton, MT 59840 406-363-5690  
[www.ravalliscoa.org](http://www.ravalliscoa.org)