



Sheridan Senior Center

"Quality of Life...Later in Life"



November 2011

HOLIDAY SPIRIT 2011

Dear Friend,

I like to stop and take note during the holiday season of all the gifts I am so grateful to receive, including memories with family and friends. At the Sheridan Senior Center, we experience the joy of gifts year round.



Our gifts are the positive experiences of providing meaningful services to more than 500 individuals a day. We provide support through transportation, adult day services, in-home care, activities, family caregiver support, and volunteerism. Let us share one of those positive stories.

Bonnie Ockinga was a strong ranch wife who raised three children and worked alongside husband Ken for over 50 years in a small rural farming and ranching community in Eastern Wyoming. Recently, complications from childhood rheumatic fever have left her confined to a wheelchair and unable to enjoy life as she once lived. Bonnie became isolated and lonely. Despite her family's attempts to provide supports and keep her at home, the community lacked the resources for services. Her daughter Nancy lived in Sheridan and was familiar with the Sheridan Senior Center and the services it could provide. It was decided that Bonnie would move to Sheridan on a temporary basis to build up her strength and health.

Nancy as the caregiver couldn't do it without support, so she contacted the Center and now Bonnie goes to Day Break weekdays where she is safe, receives a nutritious meal and shower, is entertained, exercises, and bonds with the staff. Bonnie also receives nutritious home delivered meals on weekends.

Nancy receives respite at times from the Center (so she can maintain her personal life) and the mother-daughter pair has also been blessed to get a fully utilizable ramp through the Family Caregiver Support program, along with several pieces of equipment borrowed from the Center's Loan Closet. Nancy has sent pictures to friends and family and Bonnie's grandson commented that this is the Grandma he remembers. Nancy's father even says "She has color back in her cheeks and laughs again!"

Thanks in great part to the generosity of donors like you; the Center is able to 'unwrap' these beautiful stories all year long. Please help us with our Holiday Spirit Campaign...your investment is one that helps the whole community. Your generosity makes lives better!

Warm Regards,



Carmen Rideout-Executive Director

Happy Holidays from the Sheridan Senior Center Board & Directors Emeritus

Susie Ponce, Sasha Johnston, Doris-Moeller Edwards, Wayne Ransbottom, Steve Harker, Leonard Hurst, Denise Holt, Dr. Victor Yapuncich,

Darlene Elliott, Dr. Sy Thickman, Roman Skatula

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