

# Operation Independence supports care and quality at Sheridan Senior Center

Things are sizzling hot here at the Sheridan Senior Center this summer, and we appreciate how each of you continues to make things happen!

We are so thankful for all of you who have donated to our Operation Independence campaign thus far. Our goal for the campaign this year is to raise \$20,000, and we hope with your help we can make it!

Those who utilize the center's services or frequent the center itself find comfort, strength and camaraderie. There are many, many great stories that we hear and see take place every day.

Following is one of those stories that illustrate how important the donations from Operation Independence are!

Annabelle, 90 years of age, and a lifelong Sheridan resident, had an independent personality. Annabelle utilized Senior Center services for nearly 20 years, including congregate meals, home-delivered meals, the Mini Bus, and Day Break when her husband needed more care than she could provide.

Annabelle's greatest desire was to live in her own home. In her later years she became very ill and was falling a

lot. She had to call 911 several times.

It turned out that Annabelle was going blind and had developed cancer. She was in a lot of pain, but she knew what she wanted. She wanted to stay at home.

The center's In-Home Services program had been helping Annabelle complete household chores for several years, and as her health failed, Annabelle requested additional help taking care of herself. She knew that the center was there for her.

Despite her independent nature, Annabelle was very open to receiving assistance; staying in her home was very important. It turns out the center was able to make Annabelle's wishes come true as she lived at home to the end, as she had wanted.

Annabelle passed away this spring and she is greatly missed.

It is because of community individ-



**Center  
Stage**

Rindy  
West



uals like those in Sheridan County that people like Annabelle remain happy and healthy in their home. Again, thank you and we look forward to seeing you in the near future.

If you or someone you know didn't get a copy of our

**O p e r a t i o n  
Independence** letter, please let me know. We want to give everyone the opportunity to support the programs and services that celebrate, embrace and serve older adults for the betterment of our community!

You can also check us out on the web at [www.sheridanseniorcenter.org](http://www.sheridanseniorcenter.org). We are set up to take contributions online, under the contribute tab, which can make it very quick and easy to donate from the comfort of your own home.

We would also love to have you come join us for an afternoon of fun and celebration of seniors at the Sheridan Senior Center Polo Benefit

Match and Live Auction sponsored by First National Bank of Sheridan on Aug. 8 at noon at the Big Horn Equestrian Center. It will be great fun for the whole family!

Admission is free of charge (although donations are appreciated). There will be free food and transportation for registered seniors (call the center 672-2240), interactive polo play, divot stomping, hearty concessions and lots of cool shade!

The live auction will include specialty donated items by famed local and international artists — even from as far away as England — and items donated by Sheridan's best businesses and talent. All proceeds will support direct programming at the center.

Thank you for your time, and don't forget to check us out in the HUB BHJ Window Display on Main Street in August! We are proud of our Sheridan County seniors!

*Center Stage is written by friends of the Senior Center for the Sheridan community. It is a collection of insights and stories related to living well at every age.*

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