

**August
September
2007**



Sheridan Senior Center
"Quality of Life...Later in Life"

Board of Directors

Rosemary Brouwer
Bill DeLapp
Gary Miller
Renetta Mischke
Dr. Tom Niethammer
Susie Ponce
Don Steadman
Hank Songer

Directors Emeritus

Darlene Elliott
Dr. Seymour Thickman

Phone Numbers

Main: 672-2240
Mini Bus: 674-9272

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Center Stage

Putting a spotlight on news you can use...

An Important List of Names by: Carmen Rideout



Many times in the newsletter or in programs we have at the Senior Center, we list the names of people – volunteers, donors, Board of Directors, Committee Members. We do this to recognize and thank people for the contributions they make on behalf of the organization and the many people we serve.

We have over 80 full and part-time employees ranging in ages from 16 to 83. Although we like other employers in town struggle with workforce issues and are challenged when recruiting cooks, home health aides, drivers and administrative positions, we have been very fortunate that many of our employees stay. It's not because we pay big bucks or give big raises, it's because they find satisfaction in the work they do and love the people they work for – the older people of Sheridan County. While working at the Senior Center can be fun, it's not always easy. The work we do (e.g. make food, drive, clean houses, write newsletters, coordinate activities) is right out there - ripe for comment and critical analysis. This is good because it reinforces us when we get praise and alerts us to things we need to do better. Mediocrity does not work - quality matters! Senior Center employees work everyday of the year, they work hard (some of the work is quite physical), they care about doing a good job, they are flexible, they work in all kinds of weather and they each make a difference in many lives. With appreciation and respect please recognize the people listed on the insert page as...

"The Sheridan Senior Center's Honor Roll!"

Meet Renetta Mischke by: Shelly Araas, Administrative Assistant

Renetta Mischke has been a Senior Center Board of Director since January 2005. Currently, she serves as the Board's Vice President and is also a member of the Endowment Committee. Renetta grew up in Omaha, Nebraska and moved to Sheridan when her husband, Ron, took a job with the bank. Renetta and Ron have been married for thirty-two years and have three daughters and one son-in-law, no grandchildren yet. Some of her interests include, yard work, golf, many sports and most recently ballroom dancing.

Renetta brings to the Board extensive knowledge in the field of education and has been a vital member of the team providing invaluable advice and insight to difficult decision-making. Her service to the Board of Directors is very personal

as well. She recalls watching her parents struggle with difficulties as they aged; "I wish my parents could have had a Senior Center like ours with all of its services available to them." She stated, "We want to have them available for years and years to come. I think the Endowment Fund will be a great benefit to help make this possible."

"I'm enjoying my time serving, and at the same time learning a great deal. The Center has awesome staff and the Board members are great people to be associated with. I'm very happy to be on the Board."



There's No Place Like Home by: **Shantel Moore – Services Director**

Do you wish to remain at home and be as independent as possible? Even folks who need a bit of assistance with things like bathing or housekeeping can remain independent, vital parts of the community with the help of the In-Home Services Program.

In-Home Services are comprehensive yet customized to target the needs of each individual in the program. Individuals qualify for services by being age 18 or older and having an actual physical or cognitive need for the service they are requesting.

Services include **Care Coordination**, provided by a Professional Geriatric Care Manager, **Homemaking** (housekeeping, laundry, shopping and meal preparation), **Personal Care** (bathing, dressing, medication assistance), **Respite Care** (provide a break to a caregiver on a scheduled basis) and **Chore Services** (assistance with lawn care and snow removal). Personal Care services are provided by Certified Nursing Assistants and overseen by a Registered Nurse. The In-Home Services program is a licensed Home Health Care agency and is funded through a number of sources including Grants, the Veteran's Administration, Medicaid and Long-Term Care Insurance. Individuals who do not qualify for an alternate pay source are required to share the service costs based on a sliding fee scale. If you are in need of assistance or know of someone who is, please call **Shantel Moore, Services Director** at **672-2240**.



"No act of kindness, no matter how small, is ever wasted."
~AESOP

Help Make a Positive Difference in Your Community!

**Volunteer weekend Home Delivered
Meals Drivers are needed!**

Call Nancy McKenzie, Volunteer Director, at 672-2240

*This is a great opportunity to give of yourself
and make a difference in someone's life!*

Tax Refund Program by: **Mary Anderson – Program Coordinator**

The Tax Refund Program for the Elderly and Disabled has been funded for 2007. Applications will be available beginning **June 1st, 2007** at the Sheridan Senior Center. The Senior Center is located at **211 Smith Street**. You can get an application Mondays through Fridays from 1:00 to 4:00 p.m. Please call **672-2240** between the hours of 8:30 a.m. and 5:00 p.m., Monday through Friday to schedule an appointment with **Mary Anderson**. Applicants who are unable to get to the Senior Center may call for special assistance. Please bring information that verifies the following:

Income: A single applicant must have a total gross yearly income for the year 2006 under \$13,500.00. A married applicant must have a total gross yearly joint income for the year 2006 under 22,000.00.

Age: An applicant must be 65 years old or older.

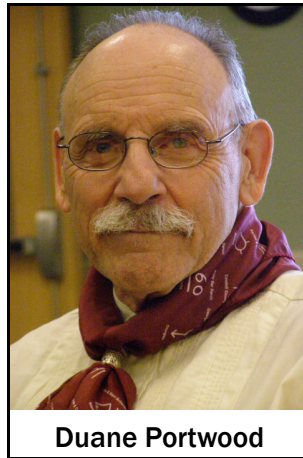
Disability: An individual must be totally disabled for at least one full year prior to submitting an application and must be at least 18 years old.

Residency: Applicants must have been Wyoming residents for the full year prior to submitting the application.

Deadline: August 31st 2007

Volunteer Spotlight by: Nancy McKenzie – Volunteer Director

Duane Portwood has been volunteering for the Senior Center since May of last year writing Silver Threads articles for the Sheridan Press, sharing poems for the Volunteer Newsletter and has been invaluablely assisting the Volunteer Director editing her writing. Duane has recently accepted the position of Monday Dining Room Desk Volunteer. He helped us celebrate Older Americans Month by sharing his cowboy poetry demonstrating his writing and acting skills during 'Western Week'.



Duane Portwood

President and Corporate Controller for Home Depot. Brent lives in West Jordan, Utah, is in the National Guard and has developed and is administering a recruit retention program for the state of Utah.

Duane's work history includes 8 years as an Instructor of Agriculture, Math and Statistics at Eastern Wyoming College in Torrington, 4 years as a self-employed public accountant, and 22 years as manager of Rural Electric Cooperatives. For 10 years he owned and operated DuCon Cattle Enterprises, a registered Polled Hereford operation (fulfillment of a dream). He has been employed as a tax preparer with H& R Block for the past 3 years. His interests include bookkeeping, tax return preparation, musical keyboard, writing short stories and poems, cowboy poetry, Senior Center, Spanish and Indian cultures.

When asked his thoughts on volunteering he says, "Highly enjoyable – Very satisfying when there is positive feedback – Never know who may be touched by the things done or said."

Duane was born at Four Corners, Weston County, Wyoming on a ranch and attended a two-room country school and high school in Newcastle. He graduated with a Masters in Agricultural Economics from the University of Wyoming. He is married to Connie (*la bella señora*) and has two sons, and six grandchildren. His son, Duane Jr. lives in Atlanta, Georgia and is Vice

We want to take this opportunity to thank Duane for volunteering at the Senior Center and sharing his writing expertise with us! You can catch Duane's Silver Threads articles the first weekend of each month in the Saturday edition of the Sheridan Press.

Change is a Challenge by: Carolyn Benepe – Community Nutrition Director

It's been a fast five months since I began as Community Nutrition Director at the Sheridan Senior Center. I've been in the throws of change since taking this position and so for me everything is different, yet exciting. Nevertheless, for our home-delivered and dining room patrons I understand that change is a challenge, especially when it has to do with what a person is eating.

Menus, meals, and recipes have been evolving for quite some time at the Senior Center but the pace has certainly stepped up in the past few months. For many years the push has been to create meals that incorporate more vegetables, fruits, whole grains, lean meats and low-fat dairy products while de-emphasizing added fats, salt and sugar. These changes are all based on sound nutritional science and are spelled out in the 2005 Dietary Guidelines for Americans.

Here at the Sheridan Senior Center we participate in the Elderly Nutrition Program, part of the Older Americans Act. The OAA requires the Elderly Nutrition Program to provide meals that: 1) comply with the *Dietary Guidelines for Americans*; and 2) provide a minimum of 33 1/3 % of the daily recommended dietary allowances per meal. Our challenge then is to create meals that will be both healthful and appealing.

In a recent document from the Department of Health and Human Services – Administration on Aging it stated that, "Older adults need nutritious, tasty, culturally appropriate, and safe meals for successful aging...local nutrition service providers are uniquely positioned to impact the health and functional independence of older adults by providing nutrient dense meals." And so, the process of creating the best food for optimal fitness is underway in our kitchens. I know for some people it means more salads than they are accustomed to and for others there is a distinct longing for more bread and sweet items. I believe that we can make meals that incorporate many favorite foods along with a variety of choices that will offer good nutrition with every bite. Our hope is to create a nutritious and delicious meal that will offer all our diners a plateful of goodness. We know that change can be a challenge and we appreciate your patience and support as we work towards making the Senior Center meal program the best it can be.

August Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9 & 10 Wyo. Rehab Fitness Class 12:00 Relay for Life Arts 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 7:00 AL-ANON	2 1:00 Line Dancing 7:00 Democrats	3 8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 12:15 Bingo 12:30 Bridge 12:30 Dominoes 1:00 Ping Pong	4 8:00 Ping Pong 9:00 Woodcarvers 9:30 AL-ANON 10:00 Families of Mentally Ill 12:30 Pinochle 12:45 AL-ANON
5 12:30 Pinochle	6 9 & 10 Wyo. Rehab Fitness Class 10:00 Caregivers Support 11:00 Blood Pressure — Wyo. Rehab 12:30 Pinochle 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support 6:30 Spanish	7 8:30 Tai Chi 8:30 Massage 9:00 Crafts 10:00 Dominoes 12:15 Bingo 12:30 Craig Johnson 5:30 AL-ANON 6:00 Line Dancing	8 9 & 10 Wyo. Rehab Fitness Class 12:00 Campbells 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 6:30 Spanish 7:00 AL-ANON	9 10:00 Jelly Contest 12:30 Pinochle 12:45 A Taste of Spain 1:00 Line Dancing	10 8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 12:15 Bingo 12:30 Bridge 12:30 Dominoes 1:00 Ping Pong	11 8:00 Ping Pong 9:30 AL-ANON 12:30 Pinochle 12:45 AL-ANON
12 12:30 Pinochle	13 9 & 10 Wyo. Rehab Fitness Class 10:00 Caregivers Support 12:30 Pinochle 1:00 Ping Pong 5:30 Caregivers Support 5:45 Parkinson Support 6:30 Spanish	14 8:30 Tai Chi 8:30 Massage 9:00 Crafts 10:00 Dominoes 12:15 Bingo 5:30 AL-ANON 6:00 Line Dancing 6:00 Wood Carving 6:30 55 Alive	15 9 & 10 Wyo. Rehab Fitness Class 12:15 Diane Feather 12:30 Reading Group 12:30 Bridge 1:00 Ping Pong 6:30 Spanish 6:30 55 Alive 6:30 Late Night 7:00 AL-ANON	16 1:00 Line Dancing 2:00 Writer's Group 6:30 55 Alive	17 8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 12:15 Bingo 12:30 Bridge 12:30 Dominoes 1:00 Ping Pong	18 8:00 Ping Pong 9:00 Woodcarvers 9:30 AL-ANON 10:00 Families of Mentally Ill 12:30 Pinochle 12:45 AL-ANON
19 12:15 Bingo 12:30 Pinochle	20 9 & 10 Wyo. Rehab Fitness Class 10:00 Caregivers Support 11:00 Blood Pressure — Sheridan Manor 12:30 Pinochle 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support 6:30 Spanish	21 8:30 Tai Chi 8:30 Massage 9:00 Crafts 10:00 Dominoes 12:15 Bingo 12:30 Visually Impaired 5:30 AL-ANON 6:00 Line Dancing	22 9 & 10 Wyo. Rehab Fitness Class 11:30 Hearing Aid Checks 11:30 Oxygen Saturation 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 6:30 Spanish 7:00 AL-ANON	23 12:30 Pinochle 1:00 Line Dancing	24 8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 12:15 Bingo 12:30 Bridge 12:30 Dominoes 1:00 Ping Pong 6:30 Jammers	25 8:00 Ping Pong 9:30 AL-ANON 12:30 Pinochle 12:45 AL-ANON
26 12:30 Pinochle	27 9 & 10 Wyo. Rehab Fitness Class 10:00 Caregivers Support 12:30 Pinochle 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support 6:30 Spanish	28 8:30 Tai Chi 8:30 Massage 9:00 Crafts 10:00 Dominoes 12:15 Bingo 12:00 Board of Directors 5:30 AL-ANON 6:00 Line Dancing 6:00 Wood Carving	29 9 & 10 Wyo. Rehab Fitness Class 11:00 Library 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 6:00 MS Support 6:30 Spanish 7:00 AL-ANON	30 1:00 Line Dancing	31 8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 12:15 Bingo 12:30 Bridge 12:30 Dominoes 1:00 Ping Pong	

August Senior Center Activities

<p>AUGUST 1 THROUGH SEPT. 11</p>	<p>Anyone can be a part of the SUMMER PHOTO CONTEST 2007! There are four categories to enter by and prizes to win. Entries will be accepted between August 1st and September 11th. Photos will be on display the month of October to be voted on. Pick up a copy of the guidelines at the front desk. There have been a few changes.</p>
<p>WEDNESDAY AUGUST 1</p>	<p>Musical acts from Relay for Life worked so hard on their songs, they want to share them with us. Music begins at noon.</p>
<p>TUESDAY AUGUST 7</p>	<p>National renowned author CRAIG JOHNSON comes to us with a reading that was featured in Cowboys and Indians magazine and won the Tony Hillerman Award. Maybe he'll bring some of his books to sign. Reading at 12:30 p.m.</p>
<p>WEDNESDAY AUGUST 8</p>	<p>Please welcome musical duo BARBARA AND MO CAMPBELL. Barbara is an accomplished pianist. Mo not only plays the trombone, he sings too! Music begins at noon.</p>
<p>THURSDAY AUGUST 9</p>	<p>In the spirit of the Sheridan County Fair, we are looking for "THE BEST HOME-MADE JELLY OR JAM". Bring in your entries with your name by 10:00 a.m. Please no jars with paraffin. Freezer jams accepted.</p>
<p>THURSDAY AUGUST 9</p>	<p>Former exchange student LOLA GUINDAL shares with us, "A Taste of Spain". Her presentation includes slides, music, art and food from her native country, Spain. Join her at 12:45 p.m. \$20.00 donation, FREE for seniors.</p>
<p>MONDAY AUGUST 6</p>	<p>SPANISH LESSONS with LOLA GUINDAL Lola was an exchange student in Sheridan in 2001. She is now living in Madrid where she is reaching her degree in translation. Her goal is to be an official linguist for the United Nations. She currently speaks seven languages. Beginning August 6th, Lola will be teaching an 8-week course on 'TRAVEL SPANISH', every Monday and Wednesday at 6:30 p.m. there is a nominal cost of \$20.00 for Seniors. Please sign up by calling 672-2240.</p>
<p>WEDNESDAY AUGUST 15</p>	<p>DIANE FEATHER will give a brief informational presentation on "FALL PREVENTION" from WYOMING INDEPENDENT LIVING in the dining room at 12:15 p.m.</p>
<p>WEDNESDAY AUGUST 15</p>	<p>'Late Night Show' with your hostess Jane Perkins continues!! Special guests include Pianist EDDIE QUINN, Vocalist, MARY JO JOHNSON, musical duo, MO AND BARBARA CAMPBELL, student musician PAUL FRENCH. Show begins at 6:30 p.m. Refreshments following.</p>
<p>FRIDAY AUGUST 24</p>	<p>JAMMERS DANCE 6:30-9:30 P.M. If you're a musician come play, if you are a dancer come dance.</p>

September Senior Center Activities

WATERCOLORS W/ EVE SAWYER: Eve will resume watercolor painting instructions September 10th. The class will meet each **MONDAY** and **THURSDAY** at 10:00 a.m. for a 6-week period. All levels of painters are invited to come. Some supplies are provided for beginners. Cost: **\$50.00**.

**TUESDAY
SEPT. 4**

DANCE & EXERCISE with **MS. SANDY COUTURE** resumes her class beginning September 4th. The class meets every **TUESDAYS AT 1:30 P.M.** and is free of charge.

**SUNDAY
SEPT. 16**

Experience lovely rustic dining at the **PASSAGE RESORT** at Burgess Jct. Leaving at **3:00 p.m.** we'll travel by bus for Sunday Brunch and return around **6:30 p.m.** Cost for transportation **\$3.00**. Cost for brunch **\$10.00** paid separate. Sign up by calling **672-2240**.

**THURSDAY
SEPT. 20**

How about a '**Back To School Picnic**', at **POULSON YOUTH CAMP?** You can drive out or meet at the Senior Center. We'll eat at **6:00 p.m.**, play a few games, roast a few marshmallows & sing around the campfire. If you can help us out with a **\$3.00** donation that would be great. Sign up by calling **672-2240**.

**WEDNES-
DAY SEPT.
26**

Pianist **SAM HOFFMAN** plays at noon.

**FRIDAY
SEPT. 28**

JAMMERS DANCE 6:30-9:30 P.M. We hope to make this a monthly event, but it depends on your enthusiasm! Come play, dance, enjoy!

WOODBURNING W/ LES JAYNE: Sign up for a 10-week beginners course with Les. The class will meet one evening a week with a **\$10.00** charge for each class time. Classes tentatively set for **MONDAY EVENINGS**, in early October. All supplies are included.

Look Ahead!!

Sunday
October
14

POWDER RIVER COLLECTORS SHOW at the **CAMPLEX** in **Gillette**.

Friday
October
19

HARVEST MOON BALL at the **DAYTON COMMUNITY HALL**. More details to follow in the October-November 2007 edition of the Center Stage.

September Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 8:00 Ping Pong 9:00 Woodcarvers 9:30 AL-ANON 10:00 Families of Mentally Ill 12:30 Pinochle 12:45 AL-ANON
2 12:30 Pinochle	3 12:30 Pinochle Center Open 8:00 a.m. to 1:00 p.m. Labor Day	4 8:30 Tai Chi 8:30 Massage 9:00 Crafts 10:00 Dominoes 12:15 Bingo 1:30 Dance & Exercise 5:30 AL-ANON 6:00 Line Dancing	5 9 & 10 Wyo. Rehab Fitness Class 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 6:30 Spanish 7:00 AL-ANON	6 1:00 Line Dancing 7:00 Democrats	7 8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 12:15 Bingo 12:30 Bridge 12:30 Dominoes 1:00 Ping Pong	8 8:00 Ping Pong 9:30 AL-ANON 12:30 Pinochle 12:45 AL-ANON
9 12:30 Pinochle Grandparents Day	10 9 & 10 Wyo. Rehab Fitness Class 10:00 Caregivers Support 10:00 Watercolors 12:30 Pinochle 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support 6:30 Spanish	11 8:30 Massage 8:30 Tai Chi 9:00 Crafts 10:00 Dominoes 12:15 Bingo 1:00 55 Alive 1:30 Dance & Exercise 5:30 AL-ANON 6:00 Line Dancing 6:00 Wood Carving Patriot Day	12 9 & 10 Wyo. Rehab Fitness Class 11:30 Hearing Aid Checks 11:30 Oxygen Saturation 12:30 Bridge 12:30 Reading Group 1:00 55 Alive 1:00 Ping Pong 6:30 Spanish 7:00 AL-ANON	13 10:00 Watercolors 12:30 Pinochle 1:00 Line Dancing	14 8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 12:15 Bingo 12:30 Bridge 12:30 Dominoes 1:00 Ping Pong	15 8:00 Ping Pong 9:00 Woodcarvers 9:30 AL-ANON 10:00 Families of Mentally Ill 12:30 Pinochle 12:45 AL-ANON
16 12:15 Bingo 12:30 Pinochle	17 9 & 10 Wyo. Rehab Fitness Class 10:00 Caregivers Support 10:00 Watercolors 11:00 Blood Pressures — Sheridan Manor 12:30 Pinochle 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support 6:30 Spanish	18 8:30 Tai Chi 8:30 Massage 9:00 Crafts 10:00 Dominoes 12:00 Board of Directors 12:15 Bingo 12:30 NARFE 12:30 Visually Impaired 1:30 Dance & Exercise 5:30 AL-ANON 6:00 Line Dancing 6:00 Wood Carving	19 9 & 10 Wyo. Rehab Fitness Class 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 6:30 Spanish 7:00 AL-ANON	20 10:00 Watercolors 1:00 Line Dancing 2:00 Writer's Group 6:30 Picnic	21 8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 12:15 Bingo 12:30 Bridge 12:30 Dominoes 1:00 Ping Pong 5:30 AARP	22 8:00 Ping Pong 9:30 AL-ANON 12:30 Pinochle 12:45 AL-ANON
23 12:30 Pinochle	24 9 & 10 Wyo. Rehab Fitness Class 10:00 Caregivers Support 10:00 Watercolors 12:30 Pinochle 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support 6:30 Spanish	25 8:30 Massage 8:30 Tai Chi 9:00 Crafts 10:00 Dominoes 12:15 Bingo 1:30 Dance & Exercise 5:30 AL-ANON 6:00 Line Dancing 6:00 Wood Carving	26 9 & 10 Wyo. Rehab Fitness Class 11:00 Library 12:00 Sam Hoffman 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 6:00 MS Support 6:30 Spanish 7:00 AL-ANON	27 10:00 Watercolors 12:30 Pinochle 1:00 Line Dancing	28 8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 12:15 Bingo 12:30 Bridge 12:30 Dominoes 1:00 Ping Pong 6:30 Jammers	29 8:00 Ping Pong 9:30 AL-ANON 12:30 Pinochle 12:45 AL-ANON
30 12:30 Pinochle						

MEMORIALS**Gerald 'Jerry' Townsend**

Marie Kobielus
 Mary Hamilton
 Myrtle Mullock
 Harold & Marjorie Mullock
 Robert & Peggy Mullock
 John Jr. & Nina Mae Legerski
 Gerald & Barbara Lilley
 Donald & Barbara Townsend
 Sheila & Jack Donahue
 Joe & Carol Jo Jones
 Paul & Janet Lepcho
 Tom & Ky Dixon
 Ellen Kawulok

Tolbert 'Tuck' Schrater

Don & Joyce Thompson
 Betty Moffat
 Ellen Kawulok
 Herman Sanders
 Mary Paul

John Kobielus

Donald & Barbara Townsend
 Ellen Kawulok

Elsie Mae Hammett

Gene Routh

Reverend Raymond H. Clark

Susan Scott Heyneman

Maurice Harbel

Lee & Diane Feather
 Colorado Colony Ditch Co.
 Gregg & Molly Jones
 Mini Bus Transportation Staff
 Senior Center Social Committee
 Jane Perkins
 William & Shirley Harper
 Lillian Pysker
 Esther McKenzie
 Jackie Spainhower
 Mary Harbel Kraft
 Helen Harbel
 John & Roberta Davis
 Donald & Joyce Thompson

Dale & Kathleen Gibson

Tom & Ky Dixon

Darrel & Kathy Leno

Billy Watson

Robert Dale 'Bob' Brewer Sr.

Charles Custis
 Darlene Waddell
 Jackie Spainhower
 Jock & Judith Hutton
 Steven & Shelly Stasiewicz
 Gerald & Delores Pelesky

Martha Bagnell

Sydney & Marilyn Webb

Walter William 'Dude' Zowada

Ellen Kawulok

Loretta Payette

Edward & Rebecca Bell
 Genella Haugen
 Julie & Arlis Hust
 Tom & Pat Sather
 Beverly & Gerhard Reichenback
 Richard Shannon
 La Vonne & Kermit Ulrich
 Mildred Holder
 Community Health Staff

Nova 'Laveta' Dinnebeck

Joan Jensen
 Rod & Judy Davis
 Frank Rauzi
 John & Jin Patton
 Everett & Marla Mohatt
 Elizabeth Sanders
 Keith & Patti Denzler
 Mark & Tempe Murphy
 Dee & Terry Kinder

Erman Ernest Hladky

Michael & Bobbi Wade
 Newton & Ann Hester

Esther Bumbaca

Chuck & Halene Graves

Orville 'Red' Warner

Zane & Elaine Hilman



Loan Closet Donations* through July 13th, 2007

Anonymous	Luella Worthington	Jim Eggenberger
Beth Ewoldsen	Paul Paustian	Chuck & Ruth Medina
Steve & Debora Knezovich	Maria Kobielus	First Christian Church
Shirley Bedner	Mary Lou Brewer	Tim Rardin
Don Griffith	Ann Gwathney	Mary Hamilton
Nancy Hess		Robert & Patricia O'Leary

* Our **"LOAN CLOSET"** consists of various aid items: crutches, walkers, canes, toilet-risers, wheelchairs, commodes, bath rails, shower chairs, and benches. These items are loaned free-of-charge to people in the community who need them.

Endowment Fund Donations through July 13th, 2007

Mr. & Mrs. Chuck Olson	Ellen Kawulok	Effie Rexroat
Erwin Kubsch in memory of Virginia Kubsch		Susan Scott Heyneman in memory of Rev. Ray Clark

Endowment Plans by: Carmen Rideout – Executive Director

The Elders of the Sheridan community may become trapped in a desperate and grim lifestyle without careful planning now to sustain services for the future. Statistics show that the population of Wyoming residents ages 55 years and older grew 27% from 1990 to 2001. Among these residents, the fastest growing age group was 75 years and older. According to Census projections, by 2020 about 40% of Wyoming residents will be over 60 years of age, making it the oldest population in the country, including Florida.

Establishing an Endowment Fund is a strategy the Sheridan Senior Center must take to become more financially independent and less reliant on uncertainties associated with federal and state funds. Endowment dollars will generate income, a portion of which is available year after year, while the principal continues to build the fund.

In March of 2007 we met the initial challenge established by the Homer A. and Mildred S. Scott Foundation–to begin an Endowment with matching funds totaling \$350,000. The Senior Center is taking the next step and is committed to raising the money needed to provide an income, which will financially secure the services – Home Delivered Meals, Adult Day Care, Transportation, In-Home Services, Leisure and Recreation and Family Caregiver Services. The Board of Directors set a new goal of \$2 million!

Program Donations through July 13th, 2007

General

Anonymous
Lyle Knutson
Dorothie Wenckus
Monty Webb
Paul Paustian
Ada & Edward Smith
Lydia Brug
Anne Detavernier
Karen Miller
Bank of the West
Ray & Arlene Semingsen

Meals Program

Susan Huber
Selmer Moeller
Andrew Black
Sally Francis
Esther McKenzie
Judi Nickerson
Jim Wilson
Robert & Margueritte Way
Saturday Step Study
Luree Dowdy (Tongue River Site)
First Christian Church
United Way of Yellowstone County
Just Today AL-ANON

Newsletter

Daniel & Willa Springer
Melvin Adami
Albert & Mabel England
Emil McGaa
James & Patty Bohn

Emergency Fund

Anonymous

Activities Program

Doug & Pamela Moore

Day Break

Friendship Chapter No. 51, OES
Wilma S. Browne
NARFE

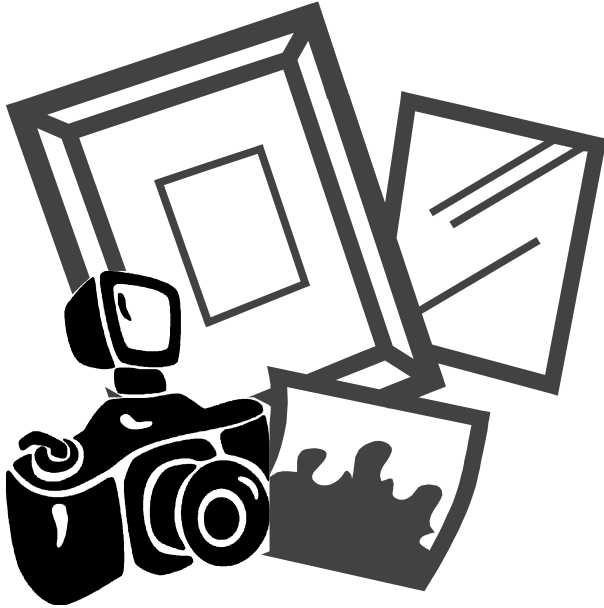
The Senior Center sent this newsletter directly to you, free of charge. It costs the Center \$.75 for each copy that is printed and mailed. If you would like to make a contribution to the **Center Stage** please feel free to.

We Sincerely Appreciate Your Contributions!

THANK YOU for your generous donations in support of the Sheridan Senior Center. Your investment in the important work we do for Seniors throughout Sheridan County, allows this caring and service to continue. It is because of wonderful people like you that our programs thrive and grow.

2007 SUMMER PHOTO CONTEST

Submit your best 2007 summer photo between August 1st and September 11th. Photos will be on display the month of October and voted on. Pick up a copy of the guidelines at the front desk. Limit one photo entry per category.



CATEGORIES:

- Animals
- Architecture
- Landscape
- People

*Photo can be matted no frames w/ glass

*No larger than 5" x 7"

*Prizes to the Winners

*Submit entries to 211 Smith Street



Sheridan Senior Center

"Quality of Life...Later in Life"

211 Smith Street • Sheridan, WY 82801

Address Service Requested

NON PROFIT ORGANIZATION
U.S. Postage Paid
Sheridan, Wyoming 82801

Permit #41

Phone: 307-672-2240
Fax: 307-674-9866
Email: sscc@fiberpipe.net
www.sheridanseniorcenter.org