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Phone Numbers

Main: 672-2240

Mini Bus: 674-9272

Inside This Issue

Wyoming Girls School Volunteers Addressing Fear of Falling	2
Dental Hygiene Move Well 2011 Alzheimer's Walk	3
The Day Break "Club"	4
Should I Be Driving?	5
Activities	6
Aug/Sept Menus	7
Operation Independence 2011 Donor Spotlight	8
Operation Independence, General Donations Memorials	11
	11
	12

Center Stage

Putting a Spotlight on news you can use...

Looking to New Year and Beyond...

August and September are the last two months of our fiscal year at the Senior Center. We are busy making sure we end the year in good shape and at the same time looking ahead to October when our new year begins.

The completion of a needs assessment, sponsored by the City of Sheridan and funded through the Wyoming Business Council and the Wyoming Department of Transportation, has provided us with a lot to consider as we look not only to next year but beyond.

Joe Coyne and Bobbe Fitzhugh, owners of Community Builder's Inc. completed the assessment in May. They studied the Senior Center from many perspectives. Looking internally they reviewed our history, each of the program areas, the ad-



Carmen Rideout, Executive Director

ministration and they surveyed people who use the services. They also looked externally and studied local demographics, identified and spoke with representatives from other organizations and researched Senior Centers across the country looking at "best practices".

The study confirmed what is happening across the country. The Baby Boom generation's coming "of age" is going to impact Sheridan County *big time* over the next 30 years.

The final report is comprehensive with recommendations that the Board of Directors and staff will be considering in the days, months and years to come.

This next year we will be positioning ourselves to serve more people as efficiently and effectively as possible. It will take all of us working together to assure that older people are fully engaged and integral members of our communities. There will be many opportunities and challenges. If we come together on this, Sheridan will be "elderich" and people of all ages will reap the rewards!

"Sheridan is a community that improves the quality of life for people of all ages by strengthening and supporting its elders and where elders contribute to the well-being and foresight of the community"
 ~Vision,
 Sheridan Senior Center

Refer to page 15 of this issue of Center Stage for projected population elder trends for Sheridan County.

Giggling Together: Teens and Treasures



Nancy McKenzie,
Volunteer Coordinator

Teens staying at the Wyoming Girls School, and ranging in age from 13 to 18, have volunteered at the Heritage Towers Senior Center meals program once a week for the past eight years. An average of seven girls and two staff members assist with tasks including decorating the dining room, baking and deco-

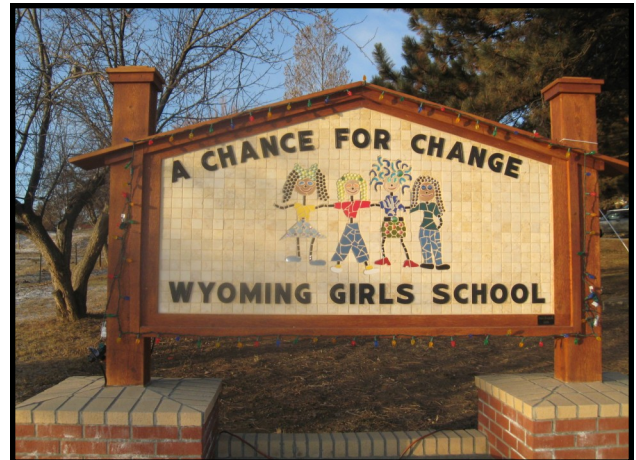
rating birthday cakes, greeting and serving as hostesses, unloading food carriers, setting up the serving line, carrying trays, serving beverages and eating lunch with residents. A crew from the Girls School also helped by serving during the evening meal for the Spring Follies.

The girls share that they look forward to their visit to Heritage Towers all week as they enjoy talking and getting close to everyone there. Heritage Towers Site Manager, Jean Harm, says of the volunteers, "They are life savers and it is a joy to see how much the girls, the Girl's School staff and the seniors enjoy each other." Jean also appreciates the time spent visiting as they all work together.

Heritage Towers resident and volunteer, Hazel Black, says of the girls, "They are sweet and friendly and enjoy us 'old ladies'." Hazel has established friendships with some of the girls and continues to write to three girls who are no longer staying at the Girl's School.

Dorcas Ward, a resident of Heritage Towers and a former employee of the Girls School, really enjoys the girls and is proud of their determination and eagerness to get more education and a new start.

Heritage Towers Service Coordinator, Nancy Drummond, says, "We love having the girls here visiting and helping the residents. It's a lot of fun to watch the interaction between grandmas and teens especially when they get to laughing and giggling together."



The Senior Center and Heritage Towers thank the Wyoming Girl's School for their volunteerism and for enriching the lives of residents and staff. It seems to be therapeutic for all involved and some even refer to it as 'magic' moments that happen and lots of fun to watch!

**Home Delivered Meals
Volunteer Drivers needed for summer weekend routes
and substitute drivers for weekends and weekdays.**

**Dining Room Assistance
volunteers needed for the Senior Center and
Heritage Towers.**

For detailed information on these or other volunteer opportunities at the Senior Center, contact Nancy McKenzie at 672-2240

Due to Federal Budget Cuts, the Retired and Senior Volunteer Program (RSVP) is no longer reimbursing mileage for eligible Home Delivered Meal drivers and Senior Companion volunteers in Sheridan County. Many of these generous volunteers endorsed the mileage checks back to the Senior Center. Since October 1, 2010, the total in endorsed RSVP check donations to Senior Center programs totaled \$845.

Addressing The Fear of Falling

The fear of falling for so many people is a real concern. Falls are a leading cause of injuries, including fatal ones, for people over the age of 65. Because mobility and independence are intertwined, a fall can mean the beginning of a downward slide.

When a person is paralyzed by fear of falls, the burden on the caregiver becomes much greater. Are you taking care of someone whose fear of falling is restricting his or her activities? You must first address the fear. Many at risk people will not admit to being worried about falling and sometimes not even admit to having had a fall; this then becomes the caregiver's responsibility to sensitively initiate the discussion.

The Senior Center recently hosted a 2nd annual Resource Fair here at the Center. There were many resource organizations represented of which several offered safety devices and screenings available to any of us.

As one example, LifeLink's "emergency response system" is a wonderful, affordable way to assure 24 hour access to help in a situation where a person may not be able to get to a phone.

As another example, Westview Health Care Center has a new balance machine called "Bio Dex Machine". Using various tests to assess a person in determining their fall risk, the machine performs a balance assessment

A third example: the Senior Center loan closet has a variety of items to assist people who may need assistance with getting around while recuperating from surgery or for a longer period of time.

A safety screening at your doctors office can also check a person's balance, gait, and muscle strength as part of a fall-risk assess-

ment. Performing tasks like reaching, getting out of a chair or walking up or down a few steps can be scary if someone has a fear of falling.

As a caregiver, you can do a simple home safety check. Look for obvious hazards like clutter and throw rugs; even toys and pets can be a hazard. Use night lights and consider if there is a need for grab bars in the bathroom or other areas of the home.

Wyoming Independent Living Rehabilitation was also at the Resource Fair with great information. This organization has been very helpful to my family in keeping my dad independent in his home.

Caregivers should encourage activity for their loved ones. Balance exercises don't have to be complex and can be incorporated into daily activities. The Senior Center offers several areas of exercise classes on Monday, Wednesday and Friday mornings and on Monday and Wednesday evenings. Once a week, Tai Chi and "creaky" YOGA classes are available.

Tai Chi? YOGA? No way!! But wait a minute: Tai Chi and YOGA are widely used to improve balance and coordination.

The message I want to leave with you is there are many effective interventions that can help reduce the fear and odds of falling. No one—neither the caregiver or the person afraid of falling—has to manage this alone! Stop by my office for a brochure on "preventing falls" and "exercise tips to get you started".



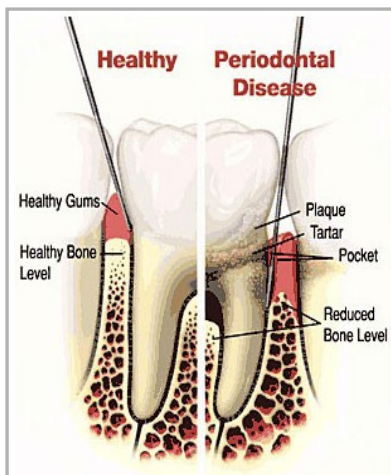
Author Stella Montano is the Director of Family Caregiver Services at the Sheridan Senior Center

How Are Teeth Connected To The Heart And The Brain?

By Sheila Flynn, RDH

The human body is a marvel in its defenses, complexity and in its vulnerability. When you contract a cold or flu your whole body may ache, not just your upper respiratory system. That is because when one area is being attacked, by virus or bacteria, our circulatory systems, blood and lymphatic fluid, work to fight the infection in every cell of the body. One source of bacteria is the mouth, which contains many hiding places for bacteria, such as the tongue, cheeks, tonsils and the teeth. The teeth and gums have a direct blood supply. The lymph nodes that are associated with the mouth are under the chin, around the ears and down the neck. There is a reason for the concentration of lymph nodes and blood vessel: our mouth is a big portal to our body.

Periodontal disease is defined as an inflammatory disease involving a variety of pathogenic bacterial species resulting in destruction of the supporting tissues of the teeth, gums and bone. Inflammation is one of the responses triggered by the body to fight infection¹. Inflammation is good initially but it is detrimental to tissues if it becomes chronic (see illustration). This is what happens in gum disease, or periodontal disease. The bacterial toxins and inflammatory components can destroy small capillaries creating an opening for bacteria to enter the blood stream. When bacteria enter the blood stream they target any vulnerable areas such as plaque in the arteries or a compromised heart valve. The initial researcher in this area was a cardiologist; he found oral bacteria in arterial



plaque.

Our brain can be affected by the bacterial plaque in our mouths by a stroke. When these bacteria enter the blood stream through the damaged capillaries of inflamed gums they can adhere to vessel walls and plaque. These accumulations of the bacteria create an uneven surface triggering the platelets to clot. These clots can travel to the brain resulting in a stroke.

This is a summary of many very complex diseases that have a common risk factor, periodontal disease. The good news is prevention of periodontal disease is cheap, effective and takes less than ten minutes a day.

- BRUSH after breakfast and before you go to bed for 2 to 3 minutes.
- FLOSS before you go to bed; it will take but a minute.
- Run your tongue over your clean teeth and SMILE.

Please see your dental hygienist and dentist regularly. If you cannot afford a dental cleaning, please call **Lois Bell** at **672-2240**, to see if you qualify for a special program currently offered through the Sheridan Senior Center.

¹Cobb, C.M. 2008. Microbes, Inflammation, Scaling and Root Plaing, and the Periodontal Condition. Journal of Dental Hygiene 83(6): p 4-9.

The state of Wyoming offers a **Senior Dental Program** for those individuals who are 65 years of age and older. The maximum benefit is \$800 for a single individual and \$2,150 for a couple. This is a co-payment program; the state will pay 85% for any dental procedure and the patient pays 15%.

For an application or more information on this program, contact Mary Anderson at the Senior Center: 672-2240.

Running In Circles?

By Janet Korpela,
Director of
In-Home Services



Is life getting so hectic you feel as if you're just going in circles and not making any progress? Why not just go with the flow and get some fresh air and exercise by walking in circles at the labyrinth in Whitney Commons? The labyrinth is located in a quiet corner behind the Reflection Garden and is conveniently located just out the back door of the Senior Center.

A labyrinth is a maze-like structure that takes you on a symbolic journey, creating space to unwind and think. A well defined path leads to the center and back out again, you only have to enter and follow the path. In many cultures the labyrinth is a metaphor for life's journey, which can be traveled at your own pace—either slow and meandering or fast and with purpose.

Here are a few guidelines to observe while walking a labyrinth:

- 1) Take a few deep breaths and focus your intentions on becoming quiet and centered.
- 2) Find your own natural pace as you walk.
- 3) When you reach the center, stay there as long as needed. Leave when it seems appropriate.
- 4) Follow the path from the center out at your own pace.
- 5) Repeat often for exercise and enlightenment!

If all that fresh air and focus leaves you wanting more, you can take a stroll on the Sheridan Pathways System. Did you know that from Whitney Commons the path follows Little Goose Creek through town to East Brundage and from

there you can continue to the airport (four miles)? Or, you can follow Big Goose Creek for a while, turn west on 8th Street and stroll through Hume Draw along Mavrakis Pond (.8 miles). From there you can either take the path behind the hospital or continue to Mydland Road all the way down to the draw. Trail maps are available at the Senior Center and at the Sheridan City Hall.

The pathway system is wheelchair-accessible and provides a safe path out of the way of vehicular traffic. Pathway etiquette and safety tips include:

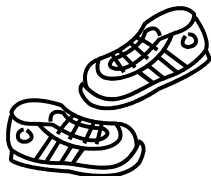
- Obey traffic laws, signs and signals.
- Keep dogs on leash and use the bags provided at pathway locations to clean up after them.
- Don't litter—trash receptacles can be found along the path.
- Be considerate of other road users: motorized vehicles are prohibited except motorized wheelchairs.
- Keep to the right and pass on the left.

Enjoy the pathways and be friendly!

If that isn't enough to get you outside enjoying a beautiful Wyoming day, then consider dropping by the Farmer's Market on Thursdays from 5 p.m.—7 p.m. in the Whitney Commons. Local growers and artisans provide fresh produce, arts, and crafts. Weekly musicians provide a festive atmosphere that is fun for all.

Keep moving and be well!

Walk to End Alzheimers 2011



This year's 3rd annual Alzheimer's Memory Walk is scheduled on Saturday August 6, 2011. The name has changed to "WALK TO END ALZHEIMER'S 2011".

Come alone, form a team, or just join us at Whitney Park by the fountains. Your support means so much!

Alzheimer's disease is the nation's sixth-leading cause of death. Our goal is to promote advocacy, awareness, education and, of course, raise money to help fight this terrible disease.

Contact Stella Montano at the Senior Center for more information on the walk: 672-2240

INVITE SOMEONE TO DAYBREAK



Barb Gibbons,
Director—Day Break Services

Day Break elder care service has been providing activities and care for elders in a comfortable setting for 19 years. It has proven to be a great escape for many, those who just need a day away from home, a meal with friends or spirited activities. **If you are a caregiver** and find it difficult to approach the subject of using Day Break services, here are

a helpful tips.

- **Tour Day Break.** See what activities might interest your family member. The Day Break staff are very effective in encouraging reluctant people to attend and participate.
- **Some people see Day Break as a “club”.** Some attend for a particular activity, such as cards or entertainment offered in the dining room. Some attend to help others, as a volunteer would. Find the right avenue in which to approach the subject of attendance that would make a fulfilling day for that person and give

them something to talk about when they get home.

- **Schedule your family member’s visit when there is an activity that they might enjoy, like music or exercise class.** During the lunch hour is always good to socialize with new and old friends over a delicious meal.
- **Take one step at a time.** Use a “try-it-and-see” approach. The object of the first visit is simply to have the person agree to return. Visit with staff in advance so that the proper activities can be planned for your family visit.
- **Get the right person to take your family member the first time.** Choose someone they are comfortable with and who can usually get the family member to do things.
- **Reinforce the positive.**
- **Be patient.** Sometimes after enrollment it takes a few visits for a newcomer to feel at ease and become comfortable in a different environment.

Our Day Break staff has an excellent track record of getting new folks involved and providing an enjoyable “Day Break experience” that most look forward to coming back. We look forward to meeting you!

Out on the Town

With summer here there are so many places to go and people to meet. The Day Break “Club” will be going out on the town to enjoy local restaurants and parks.

In the past, we have dined at The Wagon Box in Story, Oliver’s, The Palace, Oliva’s Mexican Restaurant, and—our favorite—the Wyarno Bar and Grill. All outings are free of charge due to generous funds available through the Rauzi Endowment Fund.

Join the best club in town:
Day Break!



Marion Harshman and Joel Deeble
on a Day Break outing

“I consider Day Break my very own ‘home away from home!’”

*Bonnie Ockinga,
Day Break “Clubber”*



Consider the Alternative



Rita Gorzalka,
Transportation Director

Should I be driving? Does this question ever cross your mind? Can you **safely** operate your vehicle?

There are many factors that need to be considered when thinking about whether or not you should be behind the steering wheel of your car. Will the medications you are taking affect your driving? Do you suffer from an illness or disease that will put yourself and others at risk? Maybe your eyesight isn't what it used to be: those road signs are more difficult to read or objects along the side of the road are harder to see and identify what they are. If any of these come to mind for you, maybe you should consider giving up your car before you are involved in an accident.

Yes, we do have to get an eye examine before we can renew our driver's license and some of us have to pass a written test as part of the process. One goal of the Driver Examiner's test is to keep as many unsafe drivers off the road as possible. We shouldn't put the entire responsibility on their shoulders, though. As adults, we need to

be responsible for ourselves and realistically examine our driving habits. When we get behind the steering wheel of our car, we need to pay attention to our surroundings. While driving down the street, ask yourself these questions: are things blurry? am I coming to a complete stop at the stop sign? am I going the speed limit? it is just as unsafe to be traveling too slow as it is to be traveling too fast? can I still see over the steering wheel? am I too tired? do I need a nap? Think about these questions.

Now, think about what the Sheridan Mini Bus can offer you. We are a door to door service, picking you up at your door and transporting you to the door of your destination. Our drivers will assist you if needed. We have buses that are equipped with lifts if you can no longer climb the steps into the bus. You can ride the lift into the bus. If you are in a wheelchair, the lifts will accommodate you also.

Our prices are very reasonable. If you are 60 years or older the price is \$2.50 per trip: if you are under 60, the price is \$4.00 per trip. The price per ride is discounted if you purchase mini-bus tickets in booklets of 10.

Give us a call at 674-9272 to reserve your seat on the bus.

"TRANSPORTATION: The means of travel from one place to another."

Look for this bus symbol in this issue of *Center Stage* next to certain Senior Center activities in August and September.



This symbol indicates that mini-bus services are available on "the LOOP" route for special evening events. "The Loop" transports commuters from Creekside Apartments, Heritage Towers, and Sheridan Square.

The Sheridan Mini Bus has a deal for you!

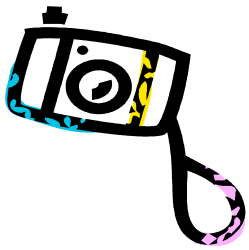
Let us take you to the Senior Center for lunch. The charge for a bus ride is \$2.50 if you are over 60 years of age, and \$4.00 if you under 60 years of age.

If you over 60 or older—and registered with the Senior Center— a **suggested donation of \$4.00** is asked for lunch. The charge for lunch is \$5.50 if you are under 60 years of age.

You will receive a complimentary ride home on the mini bus if you return home by 1 pm.

So, how about reserving a seat on the Mini Bus to the Senior Center for lunch today?

Special Events in August and September



SUMMER PHOTO CONTEST 2011

Submit your three favorite summer photos by picking up an entry form and guidelines at the Senior Center's front desk at 211 Smith Street.

Photo entry deadline: AUGUST 30th

You may vote for your favorite photos on display during September

Sheridan College Generals and Lady Generals



Senior Booster Club game passes will be available September 1st along with game schedules.

Mini-bus loop services \$2.50

A gratuity of \$5.00 per pass is asked. This money will be given back to the Booster club as a sponsorship to their spring golf tournament.



A Pilot Program is being implemented between the Senior Center and Joey's Fly Fishing Foundation! We need a minimum of five senior citizens that will be fishing (or just enjoying the outdoors) with youth ages 9 to 14 years old on Saturday, September 10, 9 a.m. to 1 p.m. Please call the Senior Center to sign up and/or for more information.

OUTINGS WITH Emi

at Tongue River Community Center in Dayton

Wednesday, August 17th

Medium level hike at Amsden Wildlife Management Group leaves the Tongue River Community Center in Dayton at 7:30 a.m.

Pool Tournaments:

Open to entrants who are 50 years or older.

- Coed
- Double elimination
- All skill levels are encouraged

Please sign up in advance at the front desk at the Senior Center

Thursday, August. 18th, 9:00 a.m. start
Saturday. September. 17th 9:00 a.m. start

"Cowboyography"

Music and Poetry
Deb & Bill Stustrich and Friends
Wednesday,
September 14
6:30 p.m.

Advance sign-up for a Sloppy Joe dinner
Dinner served at 6:00 p.m.
Suggested Donation for dinner: \$5.00



AUGUST JAM AND DANCE

FRIDAY, August 26
6:30 p.m.

SEPTEMBER "First Day of Fall"

JAM AND DANCE
September 23
6:30 p.m.
Featuring pumpkin pie



Activities with this picture are served by the Sheridan Mini-Bus "LOOP" service for \$1.00 round-trip unless otherwise noted.



SINGSPIRATION

With your host, **Ryan Koltiska**
A casual evening of music and your favorite old hymns

Wednesday, August 24,
6:30 p.m.

Sheridan Senior Center Dining Room
211 Smith Street



"Birding" Caravan to different area sites

Friday, September 30
Leaving the Tongue River Community Center, Dayton, at 9:00 a.m.



Sheridan Senior Center

August–September 2011 (continued on next page)

	Activity	Day	Room	Times
Activities	Bingo	Every Tuesday & Friday & the 3 rd Sunday of each month	Dining Room	12:15 p.m.
Activities	Bridge	Every Wednesday & Friday	Ray Clark Community Room	12:30 p.m.
Activities	Dominoes	Every Tuesday & Friday	Dining Room	10:00 a.m.
Activities	Jam & Dance	4 th Friday	Dining Room	6:30 p.m.
Activities	Library	Last Wednesday of each month	Lobby	11-12:30 p.m.
Activities	Pinochle—double deck	Every Monday, Saturday and Sunday	Ray Clark Community Room	1:00 p.m.
Activities	Pinochle-single deck	2 nd & 4 th Thursday of each month	Ray Clark Community Room	12:30 p.m.
Activities	Reading Group	1 st and 3 rd Friday	Daybreak	12:30 p.m.
Activities	Senior Theatre	Every Tuesday	Ray Clark Community Room	10:00 a.m.
Activities	Sheridanares - Choir	Every Thursday RESUMES THURSDAY, SEP. 15	Ray Clark Community Room	10:00 a.m. (note change in time from 9:30 a.m.)
Activities	True Colors Free Manicures	3 rd Wednesday (30 minute appointments)	Art Studio	1:00 p.m.
Community Meeting	AARP	No meetings in June, July and August	Dining Room	5:30 p.m.
Crafts and Hobbies	Crafts	Every Tuesday	Art Studio	1:00 p.m.
Crafts and Hobbies	Watercolors	RESUMES IN OCTOBER Call Gail Sidletsky at 672-8284 for more information	Art Studio	Tuesdays and Thursdays 10:00 a.m.
Crafts and Hobbies	Wood Burning	RESUMES THURSDAY, SEP. 8	Art Studio	2:00–5:00 p.m.
Crafts and Hobbies	Wood Carving	1 st & 3 rd Saturday	Art Studio	9:00 a.m.
Crafts and Hobbies	Writers	3 rd Thursday of each month	Art Studio	2:00 p.m.
Dance	Line Dancing	RESUMES THURSDAY, SEP. 8	Dining Room	1:30 p.m.

Taking sign-ups for a possible pen and ink drawing series. Call the Senior Center to speak with Jane Perkins if you are interested or want more information: **672-2240**

Conversations in History series resumes
September 15th
10:00 a.m.
Senior Center Conference Room
211 Smith Street



Bluegrass Open Mic Performance
Resumes open to the public
Beginning September 20
7:00 p.m.
Sheridan Senior Center Dining Room, 211 Smith Street

Sheridan Senior Center Events

August–September 2011 (continued from prior page)

	Activity	Day	Room	Times
Dance	Tap Dance Class	Every Tuesday	Dining Room	1:15 p.m.
Education	Defensive Driving	2nd Tuesday & Wednesday of the month (fee may apply)	Ray Clark Community Room	1:00 p.m.
Exercise	Basic A.M. Moves	Every Monday , Wednesday and Friday (suggested donation: \$1.00 daily) BEGINNING SEP. 2 the two-BAM! classes will be combined to one class at 9:30	Ray Clark Community Room	August: 9-10 a.m. 10-11 a.m. September: 9:30 a.m.
Exercise	Creaky Yoga	Every Thursday (suggested donation: \$56.00 for 8 weeks)	Ray Clark Community Room	5:30 p.m.
Exercise	Functional Fitness	Every Monday & Wednesday (suggested donation: \$2.00 daily)	Dining Room	5:30 p.m.
Exercise	Table Tennis	Monday, Wednesday, Friday	Dining Room	1:00–3:30 p.m.
Exercise	Tai Chi exercise	Every Tuesday	Ray Clark Community Room	8:30 a.m.
Exercise	Yoga	Every Thursday BEGINNING SEPTEMBER 22	Location to be announced	5:30 p.m.
Exercise	Zumba	Every Monday BEGINNING SEPTEMBER 12	Location to be announced	9:00 a.m.
Health & Wellness	Blood Pressure	1 st & 3 rd Monday	Lobby	11:30 a.m.
Health and Wellness	Westview Presentation	4 th Thursday (every other month)	Conference Room	12:30 p.m.
Support	Parkinsons Support Group	Every Monday	Day Break	5:30 p.m.
Support	Caregivers Support Group	Every Monday	Conference Room	10:00 a.m. 5:30 p.m.
Support	MS Support Group	Last Saturday of each month	Ray Clark Community Room	10:00 a.m.
Support	NARFE	3 rd Tuesday	Conference Room	11:30 a.m.
Support	Visually Impaired	No meetings in May, June, July or August	Ray Clark Community Room	12:30 p.m.

Operation Independence Campaign Goal \$20,000

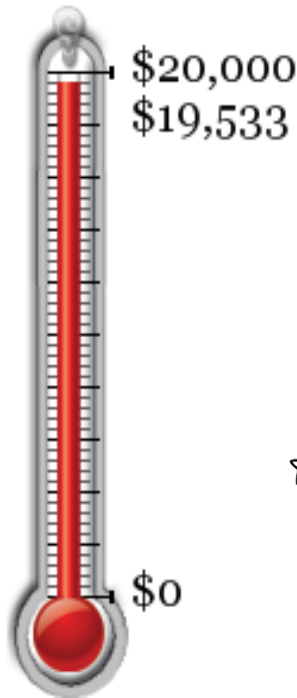
Things are sizzling hot here at the Sheridan Senior Center this summer and we appreciate how each of you continue to make things happen!

The annual Operation Independence Campaign is underway and our goal is \$20,000. Please help us make it happen! We are getting really close!

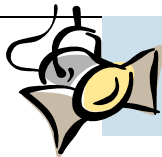
We are so thankful for all of you who have donated thus far. Check out all our gracious donors listed in this edition of Center Stage. If you somehow missed the invitation for support in the mail, give us a call at 672-2240. Let's rally toward this goal for the benefit of those we serve!

As Mary Kraft, a longtime Sheridan resident and past employee of the Center puts it, "We helped start services that I now appreciate so much!"

Thank you for your support!



Rindy West, Development Director



Donor Spotlight

Wells Fargo Bank Sheridan, WY

In-Home Services Business Program Sponsorship

Anthony J. Spiegelberg
Community Bank President

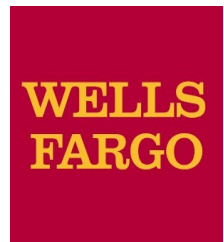


"Without In-Home Services I would not be able to stay in my own home: I would not!"

Ardis Bowman,
In-Home Services Client

Wells Fargo is proud to team up with the Sheridan Senior Center as part of our overall effort to help maintain a strong, vibrant community – an environment that makes Sheridan a great place to live and work. The Sheridan Senior Center plays an important role in our local community and we share a common commitment to those we serve.

The Center works to foster self sufficiency and independent living among local seniors by taking a personalized approach to meeting a client's needs. At Wells Fargo, we take much the same personalized approach to helping our customers succeed financially, including seniors. We hope our support of the In-Home program helps to provide a reliable service to those in need, and also causes others to consider their support to this and other Sheridan Senior Center services.

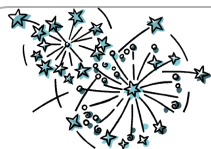


Operation Independence



Received as of June 30, 2011

AASR Alomers Fund		Tom and Ky	Dixon	Bruce and Mary	Holwell
ABC Signs & Specialties, Inc.		Mary	Dowling	Tom and Barbara	Hurst
Anne	Aksamit	Dick and Patty	Dunn	Leonard	Hurst
William and Lenora	Aksamit	Wayne and Betty	Dygart	C K	Hutchinson
Becky and Dan	Allen	Darlene	Elliott	Jock and Judi	Hutton
Thomas and Patricia	Allen	Les	Engelter	Malcolm and Mary	Hutton
Hilda	Anderson	Betty	Esquivel	Linda	Jeffers
Anonymous		Bob	Evans	Joan	Jensen
Fred	Araas	Bob and Fran	Fall	Judith	Johnson
Bernice	Barber	Joel	Farnell	Mark and Janet	Kami
Frank and Agnes	Barbula	Ben and Nancy	Favero	Arlene and Chas	Kane
Nellie	Bechtell	William and Carmen	Ferguson	Donna	Kane
Mary Jane	Bede	David	Filbert	Ellen	Kawulok
Henry	Beffert	Harvey	Finch	Lonnie	Kay
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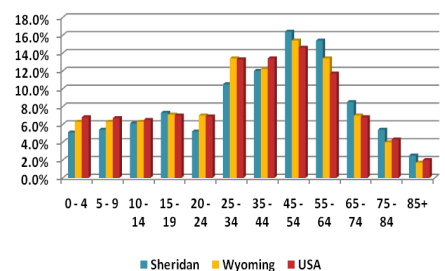
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Sheridan Area Population Demographics

Excerpt from the Sheridan Senior Center Needs Assessment and Plan (2011):

“There is a relatively high percentage of “older” residents in Sheridan County. In 2000, there were 8,936 residents (33.6%) who were age 50 or older. In 2010, there were 11,895 residents (40.5%) who were age 50 or older; and by 2015 projections are for there to be 13,256 residents (42.4%) who are age 50 or older. Consequently, the median age for Sheridan County has increased dramatically in the last ten years, as compared to the same measure for Wyoming and the United States. While all areas of the country are aging, Sheridan County seems to be aging more quickly than other areas.

Population by Age Group (2010)



The bottom line is that Sheridan County’s population of residents age 50 and older...is expected to grow to 13,256 residents by 2015...representing 21.6% growth of the population in the next 5 years!”



Sheridan Senior Center

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