

**February
March
2009**

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



Board of Directors

Rosemary Brouwer
Bill DeLapp
Denise Holtz
Sasha Johnston
Gary Miller
Renetta Mischke
Doris Moeller-Edwards
Dr. Tom Niethammer
Susie Ponce

Directors Emeritus

Darlene Elliott
Roman Skatula
Dr. Seymour Thickman

Phone Numbers

Main: 672-2240

Mini Bus: 674-9272

Center Stage

Putting a Spotlight on news you can use...

Don't Scrimp, Save on the Basics by **Carmen Rideout - Executive Director**

As we experience these challenging economic times it is important to remind people that although the Center provides services to people of all incomes levels, we want to make sure that those on a tight budget know that our services can be utilized despite a person's ability to pay. We receive grants and donations so everyone that can benefit from our services are able to access them.



When you dine with us, you will find people of all ages and from all walks of life. Our goal is to provide an opportunity for people 60 and over to have a good nutritious meal every day of the year. The suggested donation is \$4.00. This means that if you are stretching your dollars in these difficult economic times, or just living day to day on a modest income, **you pay what you can afford**; Whatever that may be... \$1.00, \$2.50 or \$4.00 is fine. Maybe you cannot pay anything right now or maybe you can manage \$50.00 at the end of the month. This is what a suggested donation means. In other words, everyone can afford to eat at the Sheridan Senior Center!

Fees for most of our other programs are based on income. People that attend our Day Break Program pay a rate that ranges from \$9.00 - \$1.00 per hour. Cost should not be a factor in choosing whether you attend this program. Coming to Day Break helps people stay well and living at home and this is much less expensive than assisted living or nursing home care.

Senior Centers and the wide array of programs and services they provide are supported at the Federal, State and Local levels because they deliver cost effective ways to maintain one's health, vitality, and ability to live at home. Good nutrition, visiting with friends and family, moving about the community to do your business, laughing, singing, dancing and getting a helping hand when you need it, all help people stay healthy. Don't cut back on the basics - the Senior Center is here for you!

Board of Director News by **Carmen Rideout - Executive Director**

In December Don Steadman, Ranchester resident and retired Bank President, completed two three year terms on the Center's Board of Directors. While serving, Don was involved in various committees and provided leadership as Board President for two years. He continues his association with the Senior Center as a Mini bus driver. Denise Holt, also a Ranchester resident, was elected to fill this Board vacancy in January.

Gary Miller, CEO of Frontier Asset Management completed his two year term as President of the Senior Center Board in December. Renetta Mischke assumed this responsibility in January. Other Officers include, Susie Ponce, Vice President, Sasha Johnston, Treasurer and Rosemary Brouwer, Secretary.

These volunteers contribute greatly to the health and success of the organization! Their time and leadership are greatly appreciated.

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Volunteer Spotlight by Nancy McKenzie - Volunteer Director

Helen Jordan is one of those volunteers who is always smiling and energetically offering to help in any way she can at the Senior Center. She consistently goes well above expectations, volunteering seven days a week taking care of the dining room beverage bar and preparing beverage carts for the card, ping pong, and pool players. Clients and staff appreciate the extra effort she takes to make sure they are taken care of. Helen stays late and asks what else she can help with from washing the dining room tables to helping set up for the newsletter and tables for special events. She walked and entertained with the Relay for Life team, Alzheimer's Walk and singing with the staff during performances in the dining room.

Helen brightens up the Senior Center by dressing up for all holidays and enthusiastically participates in the planned activities in the dining room. When asked her thoughts on volunteering, Helen says "I love volunteering. It makes me feel good and happy inside knowing I'm making other people feel good". As far as her thoughts on the Senior Center, she says it's her "home away from home".



As a Sheridan native, Helen retired from the VA Hospital after 26 years working in the kitchen. She then volunteered for a year escorting wheelchair patients to their scheduled appointments within the V.A. Helen has two children, four grandchildren and one great-grandchild who presently live in Missouri.

In the 2008 Senior Olympics, Helen showed her athletic side by winning a Gold Medal in Swimming and Silver in Track and Field. In the 2007 Senior Olympics, she won a Bronze Medal in Track and Field and had the honor of carrying the Sheridan sign during the Parade of Athletes at the opening ceremonies. Besides volunteering, Helen enjoys keeping fit by exercising on a weekly basis at the Senior Center and the YMCA.

Helen offers a great service to the Senior Center and is a delight to have as a volunteer with her colorful personality.

Branches are Beautiful by Carolyn Benepe - Community Nutrition Director

Just like the branches of an older tree lend function and beauty to the continued life of the tree, the many branches of the Sheridan Senior Center Nutrition Program strengthen and broaden our reach throughout Sheridan County.

Besides our daily meal at the Senior Center and the Home Delivered Meals Program that also runs every day of the year, the Nutrition Program supports other meal sites in the area. Here's a quick snapshot of our "branches."

- **Heritage Towers: Monday through Friday** there's good cooking and friendly mealtimes at Heritage Towers located at **428 N. Jefferson**, just across from the YMCA. Monday, Tuesday, Thursday and Friday a noon meal is served in the Heritage Towers dining room – look for the entrance is on the south side of the building. Heritage Towers' residents are encouraged to come down for a nutritious and delicious meal and the public is welcome as well. Wednesdays a special evening meal is offered beginning at 5:30 p.m. Besides the good food and service provided by Jean, Sun and Dorothy, there is also bingo on Monday, Wednesday, and Fridays and the occasional entertainment too. Maybe the Heritage Towers site is just right for you.
- Every **Tuesday** is **Story Meal** time. Thanks to a good crew of volunteers and some friendly Story folks, Tuesdays are the chance to enjoy a noon meal at the **Story Women's Club**.
- **Thursday's** are time for a noon meal in **Big Horn**. Thanks again to generous volunteers and a core group of Big Horn folks; you'll find the **Big Horn Women's Club** warm and welcoming for those who want to join the table.
- **Monday through Friday** you'll find a friendly bunch of folks at the **Dayton Community Church Hall**. Not only are noon meals served at this site but as our Senior Center driver passes through Ranchester, stops are made for Home Delivered Meals. According to one of the program employees the atmosphere in Dayton is, "just like family." Please call Jean Harm at 672-3735 to make arrangements for a meal in Story, Big Horn or Dayton.

We welcome you to take part in the Senior Center Nutrition Program. As always, your participation and support strengthens our program.

Starting the New Year, Organized by: **Stella Montano - Director of Family Caregiver Services**

Everyone seems to have some resolutions when the New Year starts. Caregivers seem to not only have their own but some for their loved ones as well! We know the common one of “take care of yourself, first” and this can mean eating healthier, exercising more, maybe even trying to find extra time for yourself in the midst of everything we are already doing for someone else. Since we already know what we should be doing, I thought instead of giving you a list of “do this and don't do that”, I'd share the top ten things that, “Today's Caregiver Magazine” suggests for caregivers to start doing in the New Year. Family Caregiver Support Group is each Monday at 10:00 a.m. and 5:50 p.m. Please contact Stella Montano, for more information.

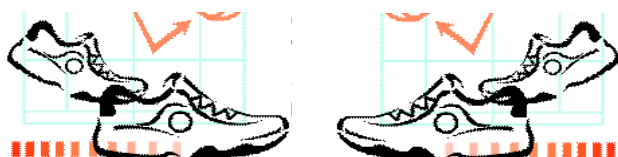
1. **Keep records of all medications and reactions: what works, what doesn't and when you informed the physician of any problems.**
2. **Keep records of all doctor appointments: reason for the visit, the doctor's responses and any procedures performed.**
3. **Maintain copies of medical records for your loved one, and for yourself, as well. These will be beneficial if there are questions about medical histories.**
4. **Plan for the unexpected: discuss plans and wishes of everyone involved. Talk about final resting places and what arrangements your family will want.**
5. **Have an Advance Directive filled out and given to the primary physician and all relatives who may need the form.**
6. **Have a Last Will and Testament completed or updated: without a signed Will, the courts will decide how to distribute the possessions of your loved one.**
7. **Keep a record of where all important documents are kept. When an emergency or tragedy occurs, locating information should not be where we spend our thoughts and energies.**
8. **Record all monetary involvements: i.e.; investments, resources, business transactions, etc.**
9. **Have an insurance analysis done: is your home, life and health insurance still appropriate for your family's needs? Do you have provisions for Long Term Care? For respite care?**
10. **Clean out the medicine chest. Look for expiration dates on all medicine, and check with your doctor about previous medications which will either be harmful with current prescriptions or which are no longer effective for your loved one. Not only will you save space, you might also save a life.**

*Want a chance to be walking
despite the winter weather?*

*Join the Senior Center Bunch at the
YMCA - Tuesday & Thursdays*

9:00am - 10:00am

*Whether you walk fast or slow,
one lap or one mile,
Everyone is Welcome!*



LIEAP by **Mary Anderson - Program Coordinator**



Low Income Energy Assistance Program (LIEAP) assists low-income families with their main heat source: Natural Gas, Electricity, Wood, Propane, Coal or Diesel.

Applications will be accepted from October 1, 2008 through February 28, 2009. The application must be signed by everyone in the home that is over the age of 18, provide ID's on everyone in the household, proof of income on everyone in the household (wages, child support, social security income, etc) and provide a fuel bill.

The LIEAP program works on income eligibility. This is determined by the household size of the family. Gross Income maximums per month are \$1,863 for a single person; \$2,508 for a couple.

If you would like an application or further information, you may call **Mary Anderson**, Program Coordinator, at the Sheridan Senior Center **672-2240**.

Why Not Consider Day Break? by Barbara Gibbons – Day Break Director

Day Break Adult Day Services is a one-of-a-kind service. No one else in Sheridan provides this kind of service for the elders of our community. We provide a place for elders to relax and enjoy the company of others. The staff is friendly and energetic, making Day Break an active and lively place to be. We customize activities to the interests of those attending.

Day Break is for people of all abilities. We assist in needed areas providing dignified personal care. Day Break has a handicap shower facility and a hydrotherapy bathtub. A nurse's aide is on staff to assist with bathing and personal care. Staff will assist

with lunch time needs. Day Break promotes quality of life with fun added in on the side.

Our staff to client ratio is 1:3. This enables folks of all abilities to be cared for in a home-like environment. People are treated with respect at all times and given the personal attention required for their well-being and comfort. Our facility has buzzers on the doors to alert staff of anyone entering or exiting, offering safety for those who have experienced memory loss or dementia.

Day Break also benefits the family caregiver by providing assistance with care, relief from care and reassurance, services at affordable prices and transportation to and from the Senior Center. It also gives caregivers the opportunity to work, volunteer, run errands or just take a break.

Day Break provides a home away during the day. We are open from 7:30 a.m. to 5:00 p.m., Monday through Friday. Please call with questions or tour the facility at your convenience.

We look forward to meeting you.

UPCOMING DAY BREAK EVENTS TO CONSIDER ATTENDING:

Wednesdays – Reading Group with Don Knievel at 12:30 p.m.

Feb 4th – National Popcorn Day

Feb. 13th – Valentine's Day party – wear red and plan on eating chocolate

Feb. 17th – French Fry Day – Come hungry for a good old hamburger and fries

Feb. 24th – Mardi Gras Festivities – celebrate New Orleans style

For more information on activities call and talk to a Day Break Staff member.

Scheduling Your Customized Ride by Barbara Daugherty – Mini Bus Director

We are excited about the new dispatch/scheduling software that we are using but it has certainly been a challenge and a change for our customers as well as for the staff. We are slowly working out the “kinks” in the system as well as the “kinks” in our brain as we learn new techniques. Thanks to all of you for bearing with us as we move through this transition. We encourage our customers who have weekly appointments to call so they can get put on a regular schedule. Also, when you schedule an appointment call us as soon as possible to book your ride, this will help increase the likelihood of getting it on the busy schedule.

There are currently 613 individuals registered for our dial-a-ride service. We have added 97 individuals since the end of October. The number of individuals registered for our service is exciting but it also has drawbacks if you need a ride at a particular time and we can't accommodate you. The heaviest booking for us is between 7:45 a.m. and 10:30 a.m. Monday through Friday; therefore it is extremely important for you to call as soon as you get an appointment. We will be more likely to find you a ride on one of the eight buses running daily within Sheridan.

Scheduling your return trip will help in avoiding lengthy waits going home. If you don't have a return trip

time booked, then we have to fit your pickup in between scheduled appointments. On some days we may have 150 appointments and 50-60 of them may have unscheduled returns. We try the best we can to accommodate you when you call for a pickup.

Once again, thank you for your patronage. Please let us know how we may better serve you.



Sheridan Mini-Bus

Public Transportation

674-9272

Mini Bus Transportation Fares

60 Years of Age & Older

\$2.50 per ride or \$23.00 per book of 10 tickets

Under 60 Years of Age

\$4.00 per ride for or \$38.00 per book of 10 tickets

Out of Town Medical Trips

\$35.00 per trip

February Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 12:30 Pinochle	2 9 & 10 Wyoming Rehab Fitness Class 10:00 Caregiver Support 11:00 Blood Pressure – Sheridan Manor 12:30 Pinochle 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support	3 8:30 Tai Chi 8:30 Massage 9:00 Crafts 10:00 Dominoes 10:30 Watercolors 12:15 Bingo 1:30 Dancercise 5:30 AL-ANON 6:00 Democrats	4 9 & 10 Wyo. Rehab Fitness Class 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 7:00 AL-ANON	5 9:30 Drama 10:30 Watercolors 12:30 Movie 1:30 Line Dancing	6 8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 10:00 Dominoes 11:00 Sr. Stretch Yoga 12:15 Bingo 12:30 Bridge 1:00 Ping Pong	7 9:00 Woodcarvers 9:30 AL-ANON 12:30 Pinochle
8 12:30 Pinochle	9 9 & 10 Wyoming Rehab Fitness Class 10:00 Caregiver Support 12:30 Pinochle 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support	10 8:30 Tai Chi 8:30 Massage 9:00 Crafts 10:00 Dominoes 10:30 Watercolors 12:15 Bingo 1:00 Drivers' Safety 1:30 Dancercise 5:30 AL-ANON 6:00 Woodcarvers	11 9 & 10 Wyo. Rehab Fitness Class 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 1:00 Drivers' Safety 7:00 AL-ANON	12 9:30 Drama 10:30 Watercolors 12:30 Pinochle 12:30 Movie 1:30 Line Dancing	13 8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 10:00 Dominoes 11:00 Sr. Stretch Yoga 12:15 Bingo 12:30 Bridge 1:00 Ping Pong	14 9:00 Pool Tournament 9:30 AL-ANON 12:30 Pinochle VALENTINE'S DAY
15 12:30 Pinochle	16 9 & 10 Wyoming Rehab Fitness Class 10:00 Caregiver Support 11:00 Blood Pressure – Sheridan Manor 12:30 Pinochle 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support PRESIDENT'S DAY	17 8:30 Tai Chi 8:30 Massage 9:00 Crafts 10:00 Dominoes 10:30 Watercolors 12:00 NARFE 12:15 Bingo 12:30 Visually Impaired 1:30 Dancercise 5:30 AL-ANON 7:00 Late Night	18 9 & 10 Wyo. Rehab Fitness Class 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 7:00 AL-ANON	19 9:30 Drama 10:30 Watercolors 12:30 Movie 1:30 Line Dancing 1:30 Writers	20 8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 10:00 Dominoes 11:00 Sr. Stretch Yoga 12:15 Bingo 12:30 Bridge 1:00 Ping Pong 5:30 AARP	21 9:00 Woodcarvers 9:30 AL-ANON 12:30 Pinochle
22 12:15 Bingo 12:30 Pinochle	23 9 & 10 Wyo. Rehab Fitness Class 10:00 Caregiver Support 12:30 Pinochle 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support	24 8:30 Tai Chi 8:30 Massage 9:00 Crafts 10:00 Dominoes 12:00 Board of Directors 12:15 Bingo 1:30 Dancercise 5:30 AL-ANON 6:00 Woodcarvers	25 9 & 10 Wyo. Rehab Fitness Class 11:00 Library 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 7:00 AL-ANON	26 9:30 Drama 10:30 Watercolors 12:30 Pinochle 12:30 Movie 1:30 Line Dancing	27 8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 10:00 Dominoes 11:00 Sr. Stretch Yoga 12:15 Bingo 12:30 Bridge 1:00 Ping Pong 5:00 Singles-Friendship Grp. 6:30 Jam & Dance	28 9:30 AL-ANON 10:00 MS Support 12:30 Pinochle 6:00 Sing-Spiration
				Display Case: Woodburning and Beginning and Intermediate Students' work	Woodburning with Les Jayne will resume in the fall.	Page 5

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Holiday Spirit Donations through Jan.6th, 2009

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M. S. Page
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Powder River Energy Corporation
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Pradere, Mohatt & Rinaldo, LLP
Presbyterian Women

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Gregg & Korleen Putman
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Irene Reed
Rodney & Danielle Reel
Martha J. Reichardt
Paul & Jeanette Reinke
Helen M. Rentz
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Lloyd & Vernice Richmond
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Story Women's Club
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Heln A. Taylor
Maria I. Taylor
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Sy Thickman
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Earl Thrush
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Roger & Fachon Wilson
Women of St. Peter's
Dearcy G. Wyett
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James & Mary Zingg
John & Rose Zowada



March Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 12:30 Pinochle	2 9 & 10 Wyoming Rehab Fitness Class 10:00 Caregiver Support 11:00 Blood Pressure – Sheridan Manor 12:30 Pinochle 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support	3 8:30 Tai Chi 8:30 Massage 9:00 Crafts 10:00 Dominoes 10:30 Watercolors 12:15 Bingo 1:30 Dancercise 5:30 AL-ANON 6:00 Democrats	4 9 & 10 Wyo. Rehab Fitness Class 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 7:00 AL-ANON	5 9:30 Drama 10:30 Watercolors 12:30 Movie 1:30 Dance	6 8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 10:00 Dominoes 11:00 Sr. Stretch Yoga 12:15 Bingo 12:30 Bridge 1:00 Ping Pong	7 9:00 Woodcarvers 9:30 AL-ANON 12:30 Pinochle	
8 12:30 Pinochle DAY LIGHT SAVINGS TIME	9 9 & 10 Wyoming Rehab Fitness Class 10:00 Caregiver Support 12:30 Pinochle 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support	10 8:30 Tai Chi 8:30 Massage 9:00 Crafts 10:00 Dominoes 10:30 Watercolors 12:15 Bingo 1:00 Drivers' Safety 1:30 Dancercise 5:30 AL-ANON 6:00 Woodcarvers 8:00 Cowboyography	11 9 & 10 Wyo. Rehab Fitness Class 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 1:00 Drivers' Safety 7:00 AL-ANON	12 9:30 Drama 10:30 Watercolors 12:30 Choir 12:30 Pinochle 12:30 Movie 1:30 Line Dancing	13 8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 10:00 Dominoes 11:00 Sr. Stretch Yoga 12:15 Bingo 12:30 Bridge 1:00 Ping Pong	14 9:30 AL-ANON 12:30 Pinochle	
15 12:30 Pinochle	16 9 & 10 Wyoming Rehab Fitness Class 10:00 Caregiver Support 11:00 Blood Pressure – Sheridan Manor 12:30 Pinochle 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support	17 ST. PATRICK'S DAY 8:30 Massage 10:00 Dominoes 10:30 Watercolors 12:00 NARFE 12:15 Bingo 12:30 Visually Impaired 1:00 Bowling @ Cloud Peak Lanes 1:30 Dancercise 5:30 AL-ANON 7:00 Late Night Show	18 9 & 10 Wyo. Rehab Fitness Class 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 7:00 AL-ANON	19 9:30 Drama 10:30 Watercolors 12:30 Choir 12:30 Movie 1:30 Line Dancing 1:30 Writers	20 8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 10:00 Dominoes 11:00 Sr. Stretch Yoga 12:15 Bingo 12:30 Bridge 1:00 Ping Pong 5:30 AARP	21 9:00 Woodcarvers 9:30 AL-ANON 12:30 Pinochle	
22 12:15 Bingo 12:30 Pinochle	23 9 & 10 Wyo. Rehab Fitness Class 10:00 Caregiver Support 12:30 Pinochle 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support	24 8:30 Tai Chi 8:30 Massage 9:00 Crafts 10:00 Dominoes 12:00 Board of Directors 12:15 Bingo 1:30 Dancercise 5:30 AL-ANON 6:00 Woodcarvers	25 9 & 10 Wyo. Rehab Fitness Class 11:00 Library 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 7:00 AL-ANON	26 9:30 Drama 10:30 Watercolors 12:30 Pinochle 12:30 Movie 1:30 Line Dancing	27 8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 10:00 Dominoes 11:00 Sr. Stretch Yoga 12:15 Bingo 12:30 Bridge 1:00 Ping Pong 5:00 Singles-Friendship Grp. 6:30 Jam & Dance	28 9:30 AL-ANON 10:00 MS Support 12:30 Pinochle	
29 12:30 Pinochle	30 9 & 10 Wyo. Rehab Fitness Class 10:00 Caregiver Support 12:30 Pinochle 1:00 Ping Pong 5:30 Caregiver Support 5:45 Parkinson Support	31 8:30 Tai Chi 8:30 Massage 9:00 Crafts 10:00 Dominoes 10:30 Watercolors 12:15 Bingo 1:30 Dancercise 5:30 AL-ANON	Display Case Feature:			Pressed Flower Art by Connie Archer	

What is CBIHS? by Diane Feather – Director of In-Home Services



Diane Feather
Director of In-Home Services

What is the Community Based In-Home Services program? Can I get my house cleaned for free? Do I make too much money to qualify for In-Home Services? I can no longer do my own shopping and cooking. Do I need to go to a nursing home? My Mom is forgetful and confused, but I want her to stay home with me. Can you help?

These are the kinds of questions we receive daily about the Community Based In-Home Services (CBIHS) program. Let me try to answer some of these questions.

The CBIHS program is administered by the State of Wyoming Department of Health. The purpose of the program is to: “foster self-sufficiency, maintaining individuals in the least restrictive safe environment, and preventing inappropriate or premature institutionalization.” This is done by providing the following services to qualified individuals: Case Management (required by the program), Homemaker services (necessary cleaning to maintain a safe and healthy

environment), Personal Care services (assistance with bathing, dressing, grooming, etc.), Chore services (lawn care, snow removal), and Respite Care (giving caregivers short breaks from their caregiving duties). These services are individualized based on each person's needs and diagnosis.

In order to qualify, individuals agree to an assessment to determine the level of need and which services are necessary to keep them as safe and healthy as possible. Clients must be at least 18 years of age, at risk of premature institutionalization, and in need of one or more of the program services.

Clients are charged an hourly fee for service on a sliding fee scale based on income and assets. The CBIHS program is meant to help people maintain their level of independence with minimal assistance (usually 10 hours of service per month or less). This program cannot provide 24 hour care or serve people whose care requirements exceed the CBIHS scope of service.

So, if a little help around the house such as laundry, vacuuming or linen changes, or some assistance with shopping, cooking or bathing safely will help you to stay independent, safe and healthy, please call Buni, Tammy or Diane to discuss the program in detail!

Cent\$ible Nutrition Program

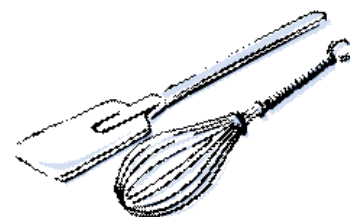
Cent\$ible Nutrition classes are starting at the Senior Citizens Center for anyone interested!! They will be held on Thursdays beginning March 5, 2009. All classes will be held at the Sheridan Senior Center, located at 211 Smith Street, Sheridan, WY. Pick from one of the following class times: 3:15 p.m. – 4:30 p.m. OR 5:30 p.m. – 7:00 p.m.

Classes are every Thursday beginning on March 5th with exception of the last class being on Wed. April 29th.: March 5-19, SKIP a week, April 2-23 and Wednesday, April 29.

The series includes 8 fun hands-on classes about food and nutrition, food safety, the new food guide pyramid, and other food topics. Participants will have the opportunity to actively share in group cooking, using recipes from the CNP cookbook, and receive handy kitchen gadgets along with take-home information. The class is free to those who qualify. For more information or to register, please call **Sandy Koltiska** at **674-2980**. Or sign up at the Sheridan Senior Center. We look forward to cooking with you!



Sandy Koltiska
Cent\$ible Nutrition Educator
UW, CES, Sheridan County
224 S.Main, Suite B10,
Sheridan, Wyoming 82801
skoltiska@sheridancounty.com
(307) 674-2980



Memorials

Mary Nelson

Vera Olson

Gwen Randall

Pat Randall

Mary "Bettie" Beach

Jason Goodman
Danny & RaDonna Fancher

Ruth Riley

Joni & Van Mankwitz

Olive Morris

Sue & Melvin Hill
Geneva L. Legg
Gary & Clarice Troxel
Diane Mitchell
Jenny Cosco Standingbear
Esther McKenzie
Leo & Sally Gonion
Esther Graves Badget

Helen Byrtus

Marvin & Florence Johnson

Charles E. Catron

Darrel & Kathy Leno

Frances Jochem

Eldon & Jean Buell

Eleanor Milliron

Tony & Joyce Pelesky
Ruth Bates

Vicki Lynne Bare

Mary T. Dowling

Charles "Chuck" Olson

Mary T. Dowling

Douglas L. Otteson

Mary T. Dowling

Lloyd Schreiber

Charles & Nora Gazdik

George Klepinger

Joyce Rodell
Mary Harbel Kraft
Sally Francis
Millie Carroll

Birdeen Legerski

Betty & C.L. Gaston
Ron & Renetta Mischke
Bernice Turley
Joyce Kukuchka
Carol & Philip White
Mary Lou & Roger Wangen
Nettie Balzhiser
Wilma Deeds
Lois & Richard Legerski

Esther West

Darryl & June Kurtz

Dustin J. Farman

Dane E. Farman

Marian F. Yingling

Debra Mortensen
Ida Adamson
Betty Gene Trebelcock

Kathryn Ann Skatula

Debra Mortensen

Dorothy E. Gibbs

Dick & Dorothy Fink

Joseph Evangeline

Bernice Turley
Doris Stiles
Effie & Richard Rexroat
Tim & Rita Geary

David D. Huff

Senior Center Social Committee
R.W. & Patricia Presfeldt

Andrew "Andy" Kukuchka

R.W. & Patricia Presfeldt

Fred Randall

R.W. & Patricia Presfeldt

Phyllis L. MacCatherine

R.W. & Patricia Presfeldt

Darlene Barbula Schunk

Roman & Marty Skatula

Philip "Jim" Kane

Jim & Judy Olson
C.O.P.E. - Judy Olson

Mansel C. Johnston

Eloise M. Edwards

Robert Siegoski

Charles & Nora Gazdik

Clark Wieland

Joan Wieland

Pieda Martinez

Charles & Nora Gazdik
Sr. Center Social Committee
Wayne & Betty Dygert
Duane & Connie Portwood
Mary Kay Love
Bernard & Barbara Sare
Lynn Mavrakis
Effie & Richard Rexroat
Rose Marie Madia
Margaret & Eddie Pilch
Sally Francis
Gayle & Johnny Johnson
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Cecile & Steve Pattison

Helen Currie

Bernard & Barbara Sare
James & Ruth Townsend

Ruth Owens

Bernard & Barbara Sare
Clifford & Jean Kimble

Raymond Campbell

Belva Campbell

Leona Mielke

Millie Carroll

Richard Stevens

Gerald & Delores Pelesky



Heritage Towers Events

FEBRUARY

Once again Heritage Towers and the Senior Center will have our Pennies for President Challenge; Heritage Towers won last year – hope we can do it again! Jane and Nancy will be collecting coins and dollars to see who can raise the most money which will be donated this year to Wyoming Cares (no checks please). Wyoming Cares is an organization which was started to help people with medical issues that are not funded by any other organization. They help with medications, durable medical equipment, travel to treatment, etc. They receive requests from all over the State and have helped many of people in Sheridan. Harold Bosley, Nancy Drummond and Bev Stahl have all been instrumental in the start up of this organization. For more information about **Wyoming Cares**, call **1-866-WYO-6564** or go to www.wyomingcares.org.

Fri., Feb. 13, pianist, **Opal Olson** will entertain at noon in the dining room.

Wed. Feb. 18, **Nancy & Friends** will entertain in the dining room during dinner.

Fri., Feb. 20, pianist, **Clarice Anderson** will play in the dining room during lunch.

Fri., Feb. 27, pianist, **Opal Olson** will entertain at noon in the dining room.

MARCH

March is Learn Russian Month – We are also asking one our residents to help us learn a word a day. On **Wed., March 4**, during dinner, some exchange students from Russia will be here to discuss Russia's culture.

March is also Optimism Month. To encourage Optimism, we will be handing out pins to collect beads on. When a person hears someone making a positive statement, they will give that person a bead to put on their pin – at the end of the month the person with the most beads will be rewarded with a wonderful prize – you'll just have to be optimistic to see what the prize will be.

Fri., March 13, pianist, **Opal Olson** will entertain in the dining room during lunch time.

Tues., March 17, wear your green to Celebrate St Patty's Day – we will have entertainment in the Towers dining room during lunch.

Wed., March 18, there will be entertainment in the dining room during dinner.

Thurs., March 19, after lunch we'll be planting bulbs and flower seeds.

Fri., March 20, pianist, **Clarice Anderson** will perform in the dining room during lunch.

Fri., March 20, our very own **Richard "Vanna White" Radtke** will be here to host our version of Wheel of Fortune or as we call it, Hang Man – after lunch in the dining room.

Fri., March 27, pianist, **Opal Olson** will entertain in the dining room during lunch.

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 these services to continue. If your name was inadvertently omitted from any of our donor lists, please contact the Senior Center.

Program Donations through Jan. 6, 2009

Emergency Fund

Anonymous
Tom & Ky Dixon

Endowment Fund

Renetta & Ron Mischke

General

Wells Fargo
Beth Wilson
Lyle Knutson
African Violet Club
Nancy Mrvos
Matt Jones
Virgil & Betty Horsley

Meals Program

Bob Cole: Coffee Fund
Johnson/Sheridan County Chapter
of Thrivent Financial for Lutherans
Welda Broom
Janis Calkins
Loren Butler
Jack & Evelyn Horn
Barbara Sare
Selmer Moeller
Susan Huber
Carol Anne Conrad
Judi Nickerson
Esther McKenzie
Pat Thuesen
Sheridan Orthopaedics Employees
Wally Black

Mini Bus

Just Today AL-ANON

Senior Center Loan Closet

Anonymous
Bonnie & John West
Marcelee Nelson
Terry, Marcy & Jean Yentzer
Stephanie Beaver
Toye Calkins
Sue Dixon

In Honor of John & Rose Zowada

Carolyn Zowada Robbins

The Senior Center sent this newsletter directly to you, free of charge. It costs the Center \$.87 for each copy that is printed and mailed. If you would like to make a contribution to our newsletter please feel free to do so.



COWBOYOGRAPHY!!



Join **Deb** and **Bill Sustrich** along with many of our Cowboy friends for an evening of entertainment, laughter and food.

Tuesday, March 10th

Come eat some grub!

Chili with Cornbread to boot, served at 6:00 p.m.

Sign up by calling 672-2240

uggested donation for the entire event is \$4.00



Sheridan Senior Center

"Quality of Life...Later in Life"

211 Smith Street • Sheridan, WY 82801

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Email: sscc@fiberpipe.net

www.sheridanseniorcenter.org