

**June - July
2007**

Center Stage

Putting a spotlight on news you can use...



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

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Phone Numbers

- Main: 672-2240
- Mini Bus: 674-9272

Creating Choices, the Time is Now! by: Carmen Rideout



In May a number of us from the Senior Center attended the Governor's Conference on Aging in Casper. The theme this year was **Wyoming's Choices for Independence**. The session topics included, *Creating Livable Communities, Choices in Aging Services, Caregiving in America, America's Work Force is Coming of Age, Finding Gold in the Graying of America* and more.

Consistently, we heard messages about the changing demographics and how people are living longer and healthier lives. A "Boomer" focus group was asked about what they dreamed of doing when they reached "retirement" age. No two were alike.

Speakers talked about the need for flexible and individualized services to support older people and their families. It's clear that one size will not fit all! There was hope that nursing homes will adopt the philosophy and make changes resembling models like **THE GREEN HOUSE®** - smaller, more personal homelike environments.

There will need to be more choices and flexibility in providing supports and services. There will not be enough paid workers to care for those that need help, so family, friends and volunteers will be depended upon for caregiving. Most importantly, older adults need to be seen as valuable resources. They will play a critical role in our work force and as engaged citizens in our communities. While many may look negatively on the demographic shift we are just beginning to experience, there are many positive aspects if we allow ourselves to think about it. We all have a choice in how things turn out! By being proactive, the next decades could be historic in the way our society responds to these challenges. The work needs to start now!

Meet Dr. Niethammer by: Shelly Araas, Administrative Assistant

Born and raised in Casper, Dr. Tom Niethammer has lived in Wyoming all of his life, except while attaining his medical degree. He and his wife, Elizabeth, moved to Sheridan in 2000 after spending twenty years in Riverton. Dr. Niethammer recalls his grandmother being a "major league user" of the senior services offered in Casper, specifically the transportation system. "It was a wonderful thing for her to get out and do things well into her eighties," he recalls.

Dr. Niethammer has served on the Senior Center Board of Directors since 2003 and knows that the Center is important to the seniors of Sheridan County. "A lot of seniors live in Sheridan.

There will be a lot more as time goes on, the population is aging." In his practice, Dr. Niethammer has noticed a common way of thinking amongst the baby boomer generation.

They believe that they are going to stay healthy and not get old. The reality is everyone gets older and there are natural physiological changes to aging. The center is here to assist people with their quality of life as they age. Dr. Niethammer's role on the Center's Board is important due to his medical perspective and his extensive work with elders in our community.



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Day Break Promoting Active Lifestyles by: Barbara Gibbons – Day Break Director

Day Break Elder Care is a high-energy place that respects and serves elders who need help and supervision during the day or those who wish to get out of the house. Regular physical and mental activity can substantially delay the onset of functional limitations and loss of independence. We are devoted to ensuring everyone strives for their full potential and has a fulfilling day. Day Break, located in the midst of the Senior Center, is a safe place that adults can gather for: small group and individual activities, friends, music, cards, reminiscing and exercise. Day Break is known as a cheerful place with a friendly staff. Laughter is still the best medicine and at Day Break it is dispensed generously and freely.

All activities, such as horseshoes, golf, broomball and volleyball are played in the comfort of an easy chair. Exercise class is offered through Wyoming Rehab for those participants wanting a more vigorous workout. Participation in these types of activities can help with performing day-to-day tasks. For example, being more



Laughter is still the best medicine and at Day Break it is dispensed generously and freely.

flexible will make reaching in the cupboard and tying shoes less difficult. Being stronger and having more balance will help with lifting and carrying items like sacks of groceries and will make it easier to get in and out of chairs and the bathtub. Clients are involved in their “plan of care” and have a voice in choosing activities that they wish to participate in.

Another part of promoting a healthy lifestyle is keeping the brain active. We challenge ourselves everyday with crossword puzzles and trivia. With summer, comes picnics in the park, riding the trolley car, walking in Whitney Commons Park and visits to the library and various museums and restaurants to enjoy what our community has to offer. Most recently, we spent the afternoon at the Antique Rose Tea house. The party was in full swing and the mood was set with feather scarves and large brimmed hats. We had a wonderful time and are anxious to go back again.

Day Break is set to provide all the comforts of home with fifteen comfortable recliners/lift chairs, big screen TV and lots of food. The Senior Center kitchen prepares delicious and nutritious meal and snacks, which we enjoy throughout the day. For those folks who think all this activity sounds tiring, we have a quiet room with an easy chair and day bed. This room is perfect for private reflection, reading or taking a needed nap.

Our client to staff ratio is 3:1. This ratio ensures that everyone’s needs are met and gives staff the freedom to involve clients in one-on-one activities. The Day Break staff is certified to assist clients with bathing, grooming, toileting and shaving. Our Elder Care Service also benefits the family caregiver by providing assistance with care and reassurance, services at affordable prices and transportation to and from the Senior Center. Day Break gives caregivers the opportunity to work, volunteer, run errands or just take a break.

If you are interested in experiencing Day Break, call or stop by the Senior Center. Come see for yourself what a great program we provide. We look forward to meeting you.

Kitchen Equipment Update by: Carmen Rideout

As many of you know the Senior Center has been raising money to purchase new kitchen equipment. We are happy to announce that \$67,099 has been raised through the teamwork of grant writer Dr. Margaret Pilch and the Senior Center’s Certified Dietary Manager Robin Wacker! Grant awards and donations for this project have been received from the Burlington Northern Santa Fe Foundation (\$4,500), the Marna M. Kuehne Foundation (\$20,000), Private Donations (\$2,786) and a Community Development Block Grant from the Wyoming Business Council (\$39,813).

The kitchen equipment will be installed over the summer and may result in some last minute changes in the daily menus. The new equipment includes two large ovens, a walk in refrigerator, a hot food buffet, a convection steamer and a milk cooler. The addition of these pieces will result in increased efficiencies for employees, better food and the ability to serve more people. We appreciate everyone’s patience as we make these positive changes in our kitchen!

Fundraising for the remaining \$33,000 will continue with hopes to replace the Walk-In Freezer (\$10,000 - \$20,000 *has already been raised*), Cold Food Counter (\$5,100) Slow Cook/Hold Oven (\$6,100), Robot Coupe Dice Food Processor (\$2,000), Utility Buffet (\$2,200) and Stainless Steel Cabinets and Tables (\$5700). Thank you to the Wyoming Business Council and the City of Sheridan, the Foundations and the individuals who made this first installment possible!

Volunteer Spotlight by: Nancy McKenzie – Volunteer Director



Don Knievel

The newest social activity offered at the Senior Center is the **Reading, Caring, Sharing, Social Group** led by Don Knievel. It is a positive social connection where ideas, experiences, and stories are shared.

You may remember Don from his 23 years working at the YMCA. When he approached us with the desire to volunteer at the Senior Center, he came with his own ambitious ideas of reaching out to individuals who are visually impaired and may feel isolated and alone.

Don presented his idea at the Visually Impaired Support Group (that meets at the Senior Center the 3rd Tuesday of each month) and developed the reading group from suggestions expressed from the group members. The Reading Group has joined forces with Barb Gibbons, the Director of Day Break, and meets Wednesday afternoons at 12:30 in the Senior Center's Day Break.

Don keeps the activities fun and entertaining for the participants. He reads short stories, riddles and jokes and challenges group members with questions like 'What have you done for someone this week?' His philosophy is no matter what stage of life or physical condition, everyone has something to give to another human being whether a kind word, a smile or a wink. Don feels volunteering is a great opportunity to serve and help those who can really use the help. It gives a sense of purpose and makes the heart feel good.

Becky Holloway has also been volunteering her time supplying reading material and preparing flyers for the group to keep people informed of the meetings and current topics of conversation. Dorcas Ward volunteers by calling group members each week to remind them of the meetings and the times. Dorcas says, "It's nice to do something useful and fun. It's interesting visiting with new people."

Thank you Don for challenging us to start a new activity that meets the needs of people in our community and to all the volunteers and participants who keep the group going!

PROPERTY TAX RELIEF!

The Wyoming Property Tax Relief Program provides property tax refunds for low-income elderly and disabled citizens. Copies of the application and income guidelines will soon be available. For an application or assistance please contact **Mary Anderson** at the Sheridan Senior Center **672-2240**. Filing deadline is the first Monday in June.

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

~AESOP

A Little Bit of Help Can Go a Long Way! by: Shantel Moore – Services Director



I have had the privilege of being employed by the Sheridan Senior Center for almost twelve years and in that time, I have seen our services grow by leaps and bounds. It is very exciting to me that others have started recognizing the importance of assisting individuals to remain in our community in a home setting for as long as possible. This past legislative session awarded additional funding to care based In-Home Services providers! This funding will assist us in expanding our service areas under the In-Home Services program. Through the In-Home Services program, we are able to help individuals age 18 and over who have an actual physical or cognitive need for assistance with their daily activities. We can assist with personal care (bathing, toileting), homemaking (housekeeping, laundry) and provide respite for family members caring for their loved one. We are a licensed Home Health Agency and are authorized to receive payment from Long Term Care Insurance policies, the VA and the Medicaid Waiver Program. For those individuals

without an alternative pay source, we charge on a sliding fee scale based on income and assets. Our services are provided by Home Health Aides and overseen by a Registered Nurse. Please call **672-2240** and ask for **Shantel Moore**, Services Director to discuss your care needs today!

June Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 12:15 Bingo 12:30 Bridge 12:30 Dominoes 1:00 Ping Pong	2 8:00 Ping Pong 9:00 Woodcarvers 9:30 AL-ANON 10:00 Families of Mentally Ill 12:30 Pinochle 12:45 AL-ANON
3 12:30 Pinochle	4 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	5 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 9 & 10 Wyo. Rehab Fitness Class 9:00 Knitting/Crochet 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 7:00 AL-ANON	7 1:30 Follies: Jazz Etc. 7:00 Democrats	8 8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 10:00 Foster G. Parents 12:15 Bingo 12:30 Bridge 12:30 Dominoes 1:00 Ping Pong 6:00 Follies: Jazz Etc.	9 8:00 Ping Pong 9:30 AL-ANON 12:30 Pinochle 12:45 AL-ANON
10 12:30 Pinochle	11 9 & 10 Wyo. Rehab Fitness Class 10:00 Caregivers Support 12:00 Fire & Rescue 12:30 Pinochle 1:00 Ping Pong 5:30 Caregivers Support 5:45 Parkinson Support	12 8:00 Bird Watching 8:30 Tai Chi 8:30 Massage 9:00 Crafts 10:00 Dominoes 12:15 Bingo 1:00 55 Alive 5:30 AL-ANON 6:00 Line Dancing 6:00 Wood Carving	13 9 & 10 Wyo. Rehab Fitness Class 9:00 Knitting/Crochet 12:00 Benson/Engelter 12:30 Basket Arranging 12:30 Reading Group 12:30 Bridge 1:00 Ping Pong 1:00 55 Alive 7:00 AL-ANON	14 12:30 Pinochle 1:00 Line Dancing <div style="text-align: center;">Flag Day</div>	15 8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 12:15 Bingo 12:30 Bridge 12:30 Dominoes 1:00 Ping Pong	16 8:00 Ping Pong 9:00 Woodcarvers 9:30 AL-ANON 10:00 Families of Mentally Ill 12:30 Pinochle 12:45 AL-ANON
17 12:15 Bingo 12:30 Pinochle <div style="text-align: center;">Father's Day</div>	18 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	19 8:30 Tai Chi 8:30 Massage 9:00 Crafts 10:00 Dominoes 12:15 Bingo 5:30 AL-ANON 6:00 Line Dancing	20 9 & 10 Wyo. Rehab Fitness Class 9:00 Knitting/Crochet 11:30 Hearing Aid Checks 11:30 Oxygen Saturation 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 7:00 AL-ANON	21 12:30 Open Reading 1:00 Line Dancing 2:00 Writer's Mtg.	22 8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 12:15 Bingo 12:30 Bridge 12:30 Dominoes 1:00 Ping Pong	23 8:00 Ping Pong 9:30 AL-ANON 12:30 Pinochle 12:45 AL-ANON
24 12:30 Pinochle	25 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	26 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	27 9 & 10 Wyo. Rehab Fitness Class 9:00 Knitting/Crochet 11:00 Library 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 6:00 MS Support 7:00 AL-ANON	28 12:30 Pinochle 1:00 Line Dancing	29 8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 12:15 Bingo 12:30 Bridge 12:30 Dominoes 1:00 Ping Pong	30 8:00 Ping Pong 9:30 AL-ANON 12:30 Pinochle 12:45 AL-ANON

June & July Activities

The Sheridan Recreation Dept., the YMCA, Wyoming Rehab and the Senior Center bring you:
Sheridan Senior Health and Fitness Week June 5 – 9

Events are scheduled for each morning. Please pick up a schedule of times and locations at the front desk.

Thursday June 7	The SHERIDANIARES present <i>JAZZ etc.</i> The afternoon performance begins at 1:30 p.m. Free and open to the public.
Friday June 8	The SHERIDANIARES present <i>JAZZ etc.</i> Dinner is served at 6:00 p.m. Show begins at 7:00 p.m. A suggested donation of \$3.00 is requested for dinner and a show. Dinner guests please RSVP by calling 672-2240 .
Monday June 11	SHERIDAN FIRE AND RESCUE will present at noon in our dining room a short program on <i>Injury Prevention in the Home</i> .
Tuesday June 12	Charlie Gibson and the Big Horn Audubon takes us BIRD WATCHING . Meet us at the Senior Center at 8:00 a.m. and car-pool to Mavrakis Pond or we'll meet you there. Wear good walking shoes, a hat and bring your field glasses if you have them. A field book will be provided for you. We'll return to the Center for coffee and discussion. Small groups are best so sign up today by calling 672-2240 .
Wednesday June 13	Music with pianist SUZIE SCHATZ-BENSON , and accordion player LES ENGELTER at noon.
Wednesday June 13	Make your own <i>spring basket bouquet</i> ! DEE DILLON features a work-shop in flower arranging. Choose from a basket or grapevine wreath project. All supplies are provided and free of charge. However, Sign up is requested.
Thursday June 21	OPEN READING at 12:30 p.m. This activity will feature poems and other writings by participants from the monthly workshop. Others are invited to read material and will have five minutes to do so. Refreshments will be served.
<hr/>	
Wednesday July 11	Welcome the JEANS AND QUEENS Square-Dance club. Their performance will begin at noon.
Friday July 13	PARADE DAY . We will have a few chairs available for use in front of the White Swan Barber Shop. First come, first sit! Have lunch with us afterward.
Sunday July 15	A trip to the SUMMERFAIR in Billings, Montana. The fair is outside and will have many arts and crafts booths to visit. There will be food vendors as well. We will leave the Senior Center at 8:00 a.m. and return around 5:00 p.m. We will car pool so cost for transportation will be minimal. Please sign up early and indicate if you need a ride or could give a ride. 672-2240
Wednesday July 18	Pianist MARVIN FRITZ entertains us at noon.
Thursday July 19	Enjoy a FASHION SHOW courtesy of <i>Dan's Western Wear</i> . They'll be showing the latest western wear beginning at 12:30 p.m.
Friday July 27	JAM SESSION 6:00 - 8:00 p.m. Accordion players DON CHERNI, KARL HOLUB and pianist KAY FRADET invite any and all musicians to throw around a few tunes. The more, the jazzier! After the 'brass is polished', we'll invite the neighbors into dance.....tomorrow.
Saturday July 28	DANCE to the JAMMERS from 1:00 – 3:00 p.m.

Dominoes – Currently we have a dominoes group that meets each Tuesday beginning at 10 :00 a.m. By request, we are adding an additional group that will meet every Friday at 12:30 p.m. If you don't know how we will teach you!

Be a part of the **SUMMER PHOTO CONTEST 2007**. Entries will be accepted between August 1st and September 19th. Pick up a copy of the guidelines at the front desk, there have been a few changes.

In the spirit of the Sheridan County Fair, we'll be looking for the best home-made jelly. Contest details will be explained in the next addition of the Center Stage.

July Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 12:30 Pinochle	2 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	3 8:30 Tai Chi 8:30 Massage 9:00 Crafts 10:00 Dominoes 12:15 Bingo 5:30 AL-ANON 6:00 Line Dancing	4 <p style="text-align: center;">Independence Day Center open 8:00-1:00 p.m.</p> 7:00 AL-ANON	5 1:00 Line Dancing 7:00 Democrats	6 8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 12:15 Bingo 12:30 Bridge 12:30 Dominoes 1:00 Ping Pong	7 8:00 Ping Pong 9:00 Woodcarvers 9:30 AL-ANON 10:00 Families of Mentally III 12:30 Pinochle 12:45 AL-ANON
8 12:30 Pinochle	9 9 & 10 Wyo. Rehab Fitness Class 10:00 Caregivers Support 11:00 Blood Pressures — Wyo. Rehab 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 12:15 Bingo 1:00 55 Alive 5:30 AL-ANON 6:00 Line Dancing 6:00 Wood Carving	11 9 & 10 Wyo. Rehab Fitness Class 9:00 Knitting/Crochet 12:00 Jeans & Queens 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 1:00 55 Alive 7:00 AL-ANON	12 12:30 Pinochle 1:00 Line Dancing	13 8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 10:00 Foster G. Parents 12:15 Bingo 12:30 Bridge 12:30 Dominoes 1:00 Ping Pong <p style="text-align: center;">RODEO PARADE</p>	14 8:00 Ping Pong 9:30 AL-ANON 12:30 Pinochle 12:45 AL-ANON
15 8:00 Summer Fair Trip: Billings 12:30 Pinochle	16 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	17 8:30 Massage 8:30 Tai Chi 9:00 Crafts 10:00 Dominoes 12:15 Bingo 5:30 AL-ANON 6:00 Line Dancing	18 9 & 10 Wyo. Rehab Fitness Class 9:00 Knitting/Crochet 11:30 Hearing Aid Checks 11:30 Oxygen Saturation 12:00 Marvin Fritz 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 7:00 AL-ANON	19 12:30 Fashion Show 1:00 Line Dancing 2:00 Writer's Group	20 8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 12:15 Bingo 12:30 Bridge 12:30 Dominoes 1:00 Foster G. Parents 1:00 Ping Pong 5:30 AARP	21 8:00 Ping Pong 9:00 Woodcarvers 9:30 AL-ANON 10:00 Families of Mentally III 12:30 Pinochle 12:45 AL-ANON
22 12:15 Bingo 12:30 Pinochle	23 9 & 10 Wyo. Rehab Fitness Class 10:00 Caregivers Support 11:00 Blood Pressures — Sheridan Manor 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 5:30 AL-ANON 6:00 Line Dancing 6:00 Wood Carving	25 9 & 10 Wyo. Rehab Fitness Class 9:00 Knitting/Crochet 11:00 Library 12:30 Bridge 12:30 Reading Group 1:00 Ping Pong 6:00 MS Support 7:00 AL-ANON	26 12:30 Pinochle 1:00 Line Dancing	27 8:30 Leisure Pool 9 & 10 Wyo. Rehab Fitness Class 12:15 Bingo 12:30 Bridge 12:30 Dominoes 1:00 Ping Pong 6:00 Jam Session	28 8:00 Ping Pong 9:30 AL-ANON 12:30 Pinochle 12:45 AL-ANON 1:00 Dance
29 12:30 Pinochle	30 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	31 8:30 Massage 8:30 Tai Chi 9:00 Crafts 10:00 Dominoes 12:15 Bingo 5:30 AL-ANON 6:00 Line Dancing				

MEMORIALS

Reverend Raymond H. Clark

Christine Valentine
 Patricia Wolfe
 Thomas Hurst
 Elizabeth Higgins
 Donald & Louise Griffith
 Marion Newton
 Dr. Seymour Thickman
 James & Janette Catterall
 William & Lola Hauf
 The Dorothy Gibbs Family
 John & Virginia Patton
 Sandra & Jim Kolb
 Bettye Harrison
 D. Scott & Anne Nickerson
 Blaine & Leona Janz
 Dan & Gladys Clark
 Douglas & Mary Emme
 J. Vernon States
 Helen McNeil
 William & Kathleen Eaton
 Raymond & Phyllis Love Sr.
 Charles & Elizabeth Rossa

E.L. Roy Wertman

Robert & Margueritte Way

Charlotte Ekwall

E.G. & Ruth Medina

Robert Washut

Jackie Washut
 Bob Washut
 Laurie (Washut) Edwards

Martha Bagnell

Peggy Kelsey
 Ellery McClintock

Milton Sherman

Rose Marie & Edwin Nicholson

Elsie Mae Hammett

Roger & Esther McKenzie
 Olive Loma Stout
 Joan Jensen
 Ronald & Donna Yarrington
 Beulah Graham
 David & Annetta Yarrington
 Eugene & Virginia White

Virginia Reed

Ruth Atchison

Thomas E. 'John' Shell

Nancy White

Gerald 'Jerry' Townsend

Transportation Mini Bus Staff
 John & Rose Zowada
 Robert & Frances Fall

John Kobielus

Martha & Rick Kobielus
 Anne Aksamit
 Meadowlark School Staff
 Jack & Shiela Donahue
 Mark & Tempe Murphy

Lena Maye Guster

Bell Brackley

Mary Louise Johnson

Patricia Wolfe

Alfred Yablonski

Roger & Esther McKenzie
 Eugene & Virginia White

Dorothy Enzi

Roger & Esther McKenzie
 Edward & Becky Bell

Helen Kinney

Pat Randall

C.L. Roush

Erlene Roush

Sheridan County Liquor Dealers

Charlotte Hein



Loan Closet Donations* through May 11, 2007

Anonymous	Don Townsend	Loy Wheeler
Margaret Gwathney	Elizabeth Johnson	Georgia Huckeby
Peggy Hamann	Donna Kuehne	Harold Harnish Jr.
Linny Turner	Olga Knezovich	Betty Blatter
Linda Clark	Mike Cates	Kris Holder
Marilyn Koester	Susan Kinney	Carol Channel

* 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.

Vegetable Dilemma by: Carolyn Benepe—Community Nutrition Director

One thing that has become very clear in my short two months at the Senior Center is that we have a vegetable dilemma. On one side someone will tell me that a particular vegetable is terribly overcooked and mushy and on the other side someone will tell me that the same vegetable is so undercooked they couldn't eat them. I stand in the middle wondering what a cook can do? A lifelong Sheridan resident reminded me that many older Wyoming folks are accustomed to their vegetables being home-canned and consequently very cooked due to the canning methods. Still, as a dietitian, nutrition educator and former restaurant cook, the trend is to cook most vegetables until crisp but tender to maximize both flavor and nutrients. So here at the Senior Center we are looking for creative solutions. We would like to please everyone and it appears the best way to accomplish this will be to offer choices. In the days to come we will try to move in that direction and for instance offer carrots - medium rare and carrots - well done. In the meantime we will offer a variety of vegetables served at varying degrees of

doneness and hope that we will be able to please most of the people most of the time. Here at the Senior Center we are committed to doing the best we can to serve good food to good folks.



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.

Center Stage comes to you because of articles contributed by staff and our fantastic volunteers who lovingly assemble it. If we inadvertently omitted your name from the acknowledgement page, we apologize and ask you to please call **672-2240** so we can be sure to mention you in the next edition. Your comments and suggestions are appreciated.

~Shelly Araas, Newsletter Editor

Program Donations through May 11, 2007

General

George Carlson
Gene Routh
Lyle Knutson
Lewis & Thelma Shell
John & Enid Hupp
Anonymous
Peggy Hamann
Ronald & Gwendolyn Vogt
Helen Jeffers

Meals Program

Andrew Black
Selmer Moeller
Sally Francis
Saturday Step Study
Judi Nickerson
Just Today AL-ANON
Esther McKenzie
Anne Aksamit
George Hibler
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Big Horn Mtn. Eagles #4169
Richard Hoeck
Angie Eixenberger
Jim Wilson

Newsletter

Dora Lupton
Lewis & Thelma Shell
Christine Valentine
Lydia Brug
Dorothy Harper

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Anonymous

Mini Bus: Transportation

Big Horn Mtn. Eagles #4169

Activities

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Holiday Spirit

Herbert G. & Dorothy Zullig
Foundation

Purchase of a Ping Pong Table

Dan Felde
Toney Nickel
Leonard & Mary Skretteberg

The Senior Center sends 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 **Center Stage** please feel free to do so.

The Sheridan Senior Center Sheridan Aires present...

Thurs., June 7th at 1:30 p.m.
~ ~ ~
Fri., June 8th at 7:00 p.m.
Etc. *Dinner served at 6:00 p.m.*

*RSVP to 672-2240
for the dinner
performance, donation
of \$3.00 suggested.*

*The afternoon
performance is free
and open to the public,
no RSVP is required.*



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

211 Smith Street • Sheridan, WY 82801

Address Service Requested

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Sheridan, Wyoming 82801**

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