

## Seated Row

This exercise targets the muscles of the upper back. Strengthening muscles in this region results in the ability to complete pulling motions with greater ease.



1. You will need a resistance band for this exercise.
2. Sit on a mat (or the floor) with knees slightly bent, and evenly wrap the resistance band around the insteps of the feet.
3. Hold the handles of the resistance band (or wrap each end of the band around the hands to allow for a secure grip). Begin with the arms straight out in front of you, palms facing each other.
4. For a count of four, slowly pull the handles toward the chest or upper abdomen. Keep the back straight with the knees in the same slightly bent position.
5. Touch the hands to the side of the torso.
6. Allow the elbows to slowly extend back to the starting position to a count of four.
7. Repeat 10 times for one set. Rest for one minute. Then complete a second set.

Things to remember:

- Keep your back straight.
- The torso should remain fixed — do not flex it forward as you return to the starting position.

*NOTE: As these exercises become easier, consider increasing the weight you are lifting or increasing the number of sets and repetitions in order to progress and increase your strength.*



Top: Begin with the arms straight out in front of you, palms facing each other. Bottom: Slowly pull the handles toward the chest or upper abdomen. Keep the back straight with the knees in the same slightly bent position.

## Fresh food, fresh ideas, more choices

• Menu at Senior Center will reflect changes implemented by new community nutrition director, Carolyn Benepe

By Pat Blair

Special contributor to The Press

Sheridan's senior citizens can expect changes in the meals they get from the Sheridan Senior Citizens Center.

There will be more fresh fruits and vegetables.

More whole-grain foods.  
More choices.

And that's just the beginning, according to Senior Center Executive Director Carmen Rideout and Registered Dietitian Carolyn Benepe, who joined the center March 1 as the new community nutrition director.

The new byword, said Benepe, is "choices."

That includes the ability of senior citizens to choose when they will come to lunch at the Senior Center.

In the past, meals were served from 11:30 a.m.-noon, but now they're 11:30 a.m.-12:15 p.m. Mondays through Saturdays and noon until 12:45 p.m. Sundays.

Meals also are served at Heritage Towers from noon until 12:45 p.m. Mondays, Tuesdays, Thursdays and Fridays and at 5:30 p.m. Wednesdays.

The Senior Center also provides home-delivered meals in Sheridan and Dayton and sit-down meals for seniors in Rancheater on weekdays, Big Horn on Thursdays, and Story on Tuesdays.

It's Benepe's goal to ensure that every meal that comes out of the kitchen on Smith Street tastes good, is visually appealing and provides "quality fuel" that gives Sheridan County's senior residents the healthiest choices available.

"I'm here to take food service to a new level," she added.

Rideout said the Senior Center could hire Benepe because it received a \$97,000 donation from "a local benefactor who cares about elders and believes nutrition is critical to their health and well-being."

She added the individual wishes to remain anonymous.

Benepe's already made changes to the Senior Center menu — although, she added, she's working in the new foods around traditional favorites such as roast beef, roast turkey, mashed potatoes and dessert favorites such as brownies.

"We have to be sensitive to the people we serve," she said. "We want to continue



The Sheridan Press/Ryan Brennecke

Registered Dietitian Carolyn Benepe joined the Sheridan Senior Center in March as the new community nutrition director. Benepe's ultimate goal is to provide healthy meals that make the Senior Center a nutritional role model not only for the Sheridan community, but also for the state.

...serving the food that's comforting and familiar."

But, she added, the Senior Center has to start making food that appeals to the "new" senior citizens — the baby boomers whose food choices tend toward soup accompanied by a turkey sandwich or a salad.

This summer, she said, she plans to add a soup/sandwich/salad bar alongside the hot food line.

And the menus in recent lunches have included new fare such as "Normandy blend" vegetables, garlic mashed potatoes instead of plain smashed spuds, tarragon carrots and "Mediterranean salad," which features couscous.

Whole wheat is replacing white bread on the menu, and there are more vegetables.

Desserts too have changed. The menu still includes temptations such as strawber-



**Carmen Rideout**  
Senior Center Executive Director

ry shortcake and bread pudding, but there are more fruits these days, such as peaches in orange sauce, fresh grapes, bananas and, as they come into season, melons.

"I'd like every lunch here to be delicious, nutritious food that is just what a senior needs for optimal health," she said.

And that's only the beginning, said Benepe, whose ultimate goal is to make the Senior Center a nutritional role model not only for the Sheridan community, but also for the state.

"I believe the Senior Center can be a place that encourages a healthy lifestyle" for all ages, she said. "We can be a community education center."

She's planning outreach programs that will provide nutrition education for everyone from senior citizens to children. She'd like to partner children and senior-

citizen mentors, she said, so children will learn how to prepare food that looks and tastes good and is good for them.

And part of that will be one-on-one education and advice on nutrition.

For example, she said, she visited with one individual recovering from quadruple-bypass surgery, helping him develop "smart food choices" to aid his recovery and maintain his health in the future.

Another senior called her, Benepe said, for advice on "healthy snacks."

The Senior Center has a garden, and Benepe's goal is to develop it into a source for fresh vegetables and herbs so that the center can prepare meals with its own homegrown produce. She's looking for volunteers to help make it a reality.

"This year we plant the idea," she said. "Next year, we plant the seeds."

She's also excited that this year's farmer's market will be at the edge of the Senior Center parking lot. She sees all kinds of opportunities with that, from helping suggest uses for the fresh produce people buy at the market to providing Senior Center tours.

"We're talking about doing intergenerational meals," Benepe continued. One idea, for example, is an after-school snack program for youth. Another is an "ethnic nights" that would introduce people to foods from other cultures.

She has the background, she believes, to make a difference. She operated her own restaurant in Sheridan for a while, then spent six years with the University of Wyoming Cooperative Extension Service in Sheridan County, teaching the "Cents"-ible Nutrition Program for five years before becoming the CES nutrition and food safety educator here.

She's also taught a class on "Cooking for You or Two" at the Senior Center as well as a "Kids Can Cook" program through the YMCA for ages 8 to 15.

But her first commitment will be to the customers of the Senior Citizens Center.

Robin Wacker remains the Senior Center's food service manager, and the kitchen staff remains the same. "I'm not here to replace anyone," Benepe said. "I'm here to work with everyone."

Like our children, she added, our senior citizens "deserve food that's golden."

Her job is to see that they get it.