

Support for older adults to live at home

BY LOIS BELL
SHERIDAN SENIOR CENTER

SHERIDAN — It's most often a family member who reaches out. When a loved one needs support to live independently in his or her home, there are resources in Sheridan to do so.

For older adults, the Sheridan Senior Center offers community-based supports for independent living. But not all older adults reach out.

"It's most often the parent doesn't want to acknowledge they need some help," said Janet Korpela.

Korpela is the director of the Help At Home program at the Sheridan Senior Center. The program provides services such as housekeeping, shopping, light meal preparation and personal care such as shampooing and bathing. Each individual served has their own personalized care plan.

Korpela acknowledged that many older adults view needing help with reluctance. But many buy in once services are started. It is much like asking for professional service such as provided by electrician or plumber when needed.

"We don't provide anything the individual doesn't want to do," Korpela said. "If they say they are not feeling well that day for

their bath, we don't make them do it. They are in charge."

The Center's Help at Home program can provide information and direction for other support services the Senior Center offers such as transportation, home-delivered meals, an onsite adult daytime care facility and caregiver support for family members.

Where and when needed, Korpela also directs families to the center's program that provides assistive equipment such as walkers, toilet risers, crutches, hospital beds and bed rails for a nominal fee. Equipment is donated by the community once the equipment is no longer needed by individuals. Hospice care, therapists and the Senior Center staff utilizes the assistive equipment program for the people they serve. The community can utilize assistive equipment through the Senior Center even if they do not receive any other Senior Center services.

Korpela recognized the power in collaborating with other organizations to support independent living at home. She is a member of two organizations that provide services to the community. As a member of Agency Networking — a collaboration of organizations that focus on services for



COURTESY PHOTO

Senior Center Help at Home aide Stephanie Mills, left, shops for greeting cards with Esther Boyko. The program services support independent living at home for older adults such as Boyko.

elders — Korpela can direct individuals to supportive resources not offered by the Senior Center. One such resource is Life Link, an individual medical alert program for those who cannot reach a telephone in a

medical emergency. Korpela also is an active member of the Council of Social Agencies, a networking of agencies who offer support services to all ages, not just elders. Both agencies have been crucial in expanding

the circle of support to older residents.

Community based services for elders help with extending living at home should extra help be needed. Adult children living out of the area or who struggle in

their schedules to integrate care for an older parent benefit from services such as the Senior Center offers.

There is a fee for the services but it varies based on the income level of the individual being served. Korpela can discuss options such as private pay, long-term care insurance coverage and coverage under the Medicare Waiver. The objective is to provide services that the individual needs whether short-term or longer-term.

Individual needs and care plans vary. A Help at Home aide, such as Stephanie Mills, can accompany an individual to the store if that is what is included in their plan. Other Help at Home team members can shop when an individual cannot do so for themselves.

"For some, getting out to shop is like a kid going to Disneyland," Korpela said. "It's a big deal for them."

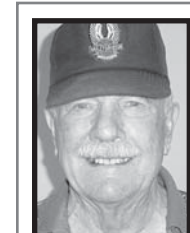
Korpela said she feels that the team of homemakers and certified nursing assistants under the center's Help at Home program is an extension of the family.

"We're just a part of what the family (and the individual) wants," Korpela said. Often, their want is to stay at home and support is available to do so. For information on the Help at Home services the Senior Center offers, call 675-1978.

CENTER STAGE

School yard games of the past — marbles

Our school yard was the scene of many different marble games as soon as the snow retreated in the spring. It was the same scene when school started in the fall until the weather drove us inside.



BOB HUFF

We played several different games of marbles. When starting, we would always lag to determine who was going to be the first shooter and so on. The player to lag closest to

the lag line would be the first player.

One of the games was called ante. In ante every player had to ante a marble into the circle drawn in the dirt. The first players, determined by the lag, tried to get his shooter marble as close to the circle of the anted marble as possible. If you misjudged and your shooter got in the circle, you had to ante another marble. After all the players had done that, the first player tried with his shooter to knock the anted marbles out of the circle. As long as the shooter would knock an anted marble out of the circle, he could continue his play.

Sometimes a player would

shoot his shooter at another player's shooter. If he was successful in hitting the other player's marble, the other player had to ante another marble. In addition the hit player was dead and out of the game. The game would continue until all of the marbles anted in the circle had been claimed.

The other marble game we played was called Pots. In pots there were nine small holes dug in the ground, three in a row. Every player had to ante a marble in the center hole before the start of play. As in the other games the first player would be the most successful lagger. If the first shooter was successful and put his shooter in the center hole, he collected all of the other players' antes. The game was over and everyone had to ante for another game. If a player's marble would go into any of the other holes, he had to ante another marble into the center hole.

The third game was called chase. The players could avoid the other players or take a chance that the other players would not hit their shooter. It was a gamble either way. When another player would hit your shooter with his shooter, you had to give him a marble from

your stash. It was vice versa if you were successful in hitting his shooter during the game. We sometimes wandered off of the school grounds playing this game.

The shooter marbles were generally agates. I had several agates and they all had names. When younger, I had to buy several sacks of marbles at 10 marbles for a dime. When older, I won a lot of marbles, about a gallon. For some reason, I still have them. The agates were more expensive than the other marbles. There were agates, glass marbles, clay marbles and steelies. The steelies were different sizes depending on the size of the ball bearing that it came from.

You do not see youngsters playing marbles anymore. The kids today have computers, electronic games and other things for entertainment. We did not have these modern things so we had to settle for playing marbles and entertaining ourselves.

BOB HUFF grew up in Upton. He is a driver for the mini-bus managed by the Senior Center. Center Stage is written by friends of the Senior Center for the Sheridan Community. It is a collection of insights and stories related to living well at every age.

SENIOR CENTER HAPPENINGS

- Alzheimer's Memory Walk 2016 Bake Sale, May 9, 9 a.m. to noon, Senior Center Lobby. Proceeds to benefit Alzheimer's research. If you can help or bake, please contact Stella Montano, Director of Family Caregiver Support Services, at 675-1978.
- Alzheimer's Memory Walk, May 11, 5-7 p.m., Whitney Commons. For details, contact Stella Montano at 674-1978.
- No One Rides Alone. There is help if you or someone you know is considering suicide.
- National Alliance on Mental Illness recovery support group, Wednesdays, 5:30 p.m. First

- Christian Church, 102 S. Connor St., Sheridan (enter on the west side, downstairs, first door on left)
- Survivors of Suicide Loss, second and fourth Thursdays of each month, 5:30 p.m., 205 W. Loucks St., Sheridan. Contact Dawn Sopron at claypotcounseling@yahoo.com or 752-7016.
- Call the Lifeline at 1-800-273-8255
- Text "start" to the Crisis Text Line at 741 741.
- Chat online at www.crisischat.org
- National Suicide Prevention Lifeline at 1-(800)-273-8255.

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Fun and Food
BUILD YOUR OWN SALAD MON- FRI
Entrees and kiosk include sides, dessert and drink.

Entrée Choice*	or	Soup Kiosk
Sun - Herb Pork Roast		
Mon - Turkey		French Onion Soup
Tue - Sloppy Joes		Corn Chowder
Wed - Potato Leek Soup		Build Your Own Salad
Thu - Parmesan Fish		Beef Stew
Fri - Roast Turkey		Creamy Rice Soup
Sat - Goulash		

*Home Delivered Meals

Mon- Caregivers Bake Sale	9:00 a.m.	Lobby
Tue- Jammers	6:30 p.m.	Dining Room
Wed- Alterations by Marcine	8 a.m. to 11 a.m. sign up.	Art Studio
Thu - Choir	9:30 a.m.	Community Room
Sat - Foster Grandparents	9:00 a.m.	Community Room

Lunch Service Hours: 11:30 a.m. to 12:45 p.m.,
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