

## Nurturing relationships through group travel

BY LOIS BELL  
SHERIDAN SENIOR CENTER

SHERIDAN —“We have never traveled together before. We experienced things that we’ve never done: new sights, new people,” said Deb Clemens.

Clemens spoke about a group trip she recently experienced that was organized by the Sheridan Senior Center. She was excited about the itinerary and invited her cousin to join her.

Her cousin, who lives in Montana and joined the Sheridan group for the trip, said she was glad she went.

Travel to new locales brings new sights and experiences, an introduction to the world outside of one’s own community and connections to places of cultural, natural or historic importance. But there is another dimension to group travel one may not realize: an opportunity to nurture cherished relationships while traveling.

Traveler Nancy Talbott had not seen relatives for more than four decades until this trip. The itinerary took her close to where a cousin lives.

“She was the one cousin I knew since childhood,” Talbott said. “We had camped together when we were young and then I saw her once after that. That was about 40 years ago.”

Talbott emailed her cousin that the itinerary would bring her in proximity of her relative and

would her cousin be interested in getting together if possible. Talbott checked with the group leader about her meeting with her cousin and discovered that they could. The cousins visited over a dinner on the schedule.

“We talked and talked and talked,” Talbott said. “We shut down the restaurant.”

Mothers and daughters, husbands and wives, sons-in-law and mothers-in-law, single adults, sisters-in-law and friends were part of this group of travelers on a trip organized by the Senior Center.

Group travel is a way to experience travel under the guidance of a group organizer. Travelers can experience excursions, meals and lodging that are made more affordable through discounts offered to groups. With a pre-planned and organized schedule, with a group leader in charge, travelers can focus on each other without having to navigate unknown roads or find hotels, restaurants or sites in unfamiliar towns.

“...and how to see it once you get there,” said Karen Case, one of the travelers. Case spoke to the benefit of a group leader who provides tips on places to see or where to dine while traveling.

Case traveled for the first time with her sister-in-law, Alice. It was their first experience with group travel and provided time for them to re-bond their close relationship from earlier years.

“It was fun to get reacquainted.

We had a good time,” Case said.

“It was great to share experiences with my son-in-law that would otherwise never have,” said Nancy Wagner. Wagner lives in Virginia and joined the Senior Center group when her family from Sheridan invited her to join.

“You have more time to relax and visit with people that you wouldn’t have otherwise if not in a group travel,” Wagner said. “When you organize a trip yourself, you have limited opportunity to visit with others. On this trip, I got to meet people from other parts of the country.”

“I went for the sights and the rest was incidental,” said traveler Tom Wollenzien. “You make new friends. For example, I would go to the hotel lobby for breakfast and could always find someone (from the group) to eat with if I chose.”

Wollenzien has traveled on five trips organized by the Senior Center since 2013.

“If you’re independent, you can still be so,” said Wollenzien, who points out that one can branch out and explore points of interest on the itinerary on their own if they wish.

There was an additional benefit: a community of travelers with similar interests and backgrounds from one’s own community.

“These are moments we’ll treasure forever,” Clemens said.

Nurturing cherished relationships can be an unexpected benefit to group travel.



COURTESY PHOTO

Group travel allows travelers to focus on relationships and new friendships while enjoying new experiences. Tom Wollenzien, left, greets fellow travelers Jo Lynn Andrews and Sue Dixon through the window of a VIA Canada train while on a recent group trip organized through the Senior Center. Twenty-five travelers enjoyed their relationships with one another while visiting New England, Montreal and Quebec.

### CENTER STAGE

## Untapped resources for seniors

Water. A necessary nutrient for life and all functions of it. But how can an individual meet his/her daily water intake needs when certain medical conditions and/or medications complicate fluid requirements?



ERIN NITSCHKE

An example discussed at the recent Eat Your Water community lecture was

incontinence. Taking in large amounts of fluid is an issue for someone afflicted

with that condition; however, it is not recommended to severely restrict intake as a limited consumption can result in dehydration, digestive concerns and kidney stones. So, what to do? Continue to allow thirst to be your guide — if you are thirsty, drink some water or other healthy beverage alternative. If nighttime incontinence is a concern, consume fewer liquids in the evening. Other guidelines/considerations for remaining hydrated while managing incontinence include:

- Avoid alcohol, which is a natural diuretic. Alcohol forces the body to produce more urine and, thus, can contribute to urge incontinence.
- The same rule applies

to caffeine. Restricting the amount of caffeine consumed will help with reduced urine production. Caffeine can also be an irritant to the bladder for those who have certain conditions. This includes caffeine found in chocolate.

- Carbonated beverages (including those without caffeine) can also be problematic for those who suffer from incontinence.
- Citrus fruits as well as spicy and/or sugary foods can also be irritating substances that will trigger incontinence symptoms.
- Medications, such as blood pressure medicines, sedatives/muscle relaxants and diuretics, can worsen incontinence symptoms.

Regardless of the cause of incontinence and how prevalent the symptoms may be for each individual, the most important points are to 1) know your personal triggers, 2) continue to stay hydrated, 3) continue to

take medications as directed and 4) speak to a primary care provider about your concerns.

Finding answers to these and other similar questions can be a frustrating and costly endeavor. Fortunately, our community

offers a resource to help individuals obtain the information they need and guidance they are seeking for a very fair price — FREE! For anyone who is 60 years or better can register with the Sheridan Senior Center and capitalize on the services of a contracted registered dietitian. Appointments are available by contacting the Sheridan Senior Center at 307-672-2240.

DR. ERIN NITSCHKE is a health and human performance educator, NSCA Certified Personal Trainer, and ACE Health Coach & Fitness Nutrition Specialist. To contact Nitschke, email erinmd03@gmail.com. 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

• Grandparents Raising Grandchildren support group, Wednesday, Oct. 19, 5:30-7 p.m., Dining Room, Sheridan Senior Center. No need to call ahead: please just come! A chili dog and caramel apple dinner is planned with activities for grandchildren while grandparents meet. For details, call Stella Montano at 672-2240.

• Join us for a state candidate forum at the Sheridan Senior Center on Oct. 27, 5:30-7 p.m. Refreshments hosted by Sheridan Chapter 676 of AARP. The Senior Center is located at 211 Smith St.

• Are you getting the maximum benefits from your Medicare Part D prescription coverage? Don’t throw your money out the window or get caught in changes in 2017 that could cost you more. A review of your Medicare prescription coverage could help you stretch your dollars. Free review of your Medicare Part D prescription coverage will be available at the Senior Center. Appointments are required by calling 672-2240.

Don’t wait and be locked out of this valuable and free service.

• Veterans, please allow us to put your military profile on the Sheridan Senior Center’s Wall of Honor. We are conducting interviews with veterans Sept. 26 through Oct. 21. Please plan to make an appointment by calling 672-2240 to share your story and be photographed to be placed on our Wall of Honor during Veterans Day week. If you have wonderful photos of you in uniform, we will scan your photo and return it to you.

• Construction at the Senior Center is scheduled to begin on Monday, Oct. 24. Entrance to the Senior Center will be through the north doors facing Whitney Commons and through temporary doors on the south side of the building from the lobby. Please look for signage. Services at the Senior Center will continue and meals will be served seven days a week, 11:30 a.m. to 12:45 p.m. Questions? Please call the center’s receptionist at 672-2240.



“As the Basic AM Moves instructor, I love being around the people and hearing their stories.” — Eric Frey



Sheridan Senior Center  
“Celebrating 40 Years of Service”

www.sheridanseniocenter.org

Fun and Food

BUILD YOUR OWN SALAD MON-FRI

Entrees and kiosk include sides, dessert and drink.

Entrée Choice\*

or

Soup Kiosk

Sun - Country Ribs

Mon - Chicken A la King

Tue - Italian Pasta Bake

Wed - Chicken Fried Steak

Thu - Meat Lasagna

Fri - BBQ Pork Wing

Sat - Sloppy Joe/ Legereski’s Beef

\*entrée only offered for Home Delivered Meals

Tue - Tai Chi 8:30 a.m. Community Room

Wed - Open Mic 11:00 a.m. Dining Room

Ladies Only Pool 2:00 p.m. Rec Room

Thu - YAH! Players 9:30 a.m. Community Room

Fri - Bridge 12:30 p.m. Community Room

Sat - Senior Center prepares for construction. Meals will be served during its usual time, 11:30 a.m. to 12:45 p.m.

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

211 Smith Street Sheridan, WY 82801 (307) 672-6079  
Senior Center Main Phone: (307) 672-2240

## GROW YOUNGER

PERSONALIZED  
SHORT-TERM THERAPY



Westview  
Health Care Center

307.672.9789

1990 W. Loucks St.

WestviewHealthCareCenterWY.com

Joint Commission accredited