

Speak for yourself when you can't

When our son was born, my husband, Mark, and I wanted to be sure we had things set for his care should we become incapacitated and unable to care for him. We interviewed, shopped rates and selected an attorney with whom we felt we could work. He asked some direct questions about things we hadn't considered but were good things to think about, and we learned about documents such as Advanced Directives and Powers of Attorney. What are these? What do they do for one?

We learned that with advance planning, we have a say in our medical care if we are rendered unable to make our own medical decisions because of an accident (for example, brain trauma) or through illness (possibly through dementia). While we have our capabilities, we can say who and what care we want should such an unfortunate event occur. This is done through an Advanced Directives document.

There are procedures if you don't have an Advanced Directive in place depending on where you live, but you will be surprised who can step in and make those choices for you when you can't do so for yourself and do not have an Advanced Directive.

In many cases, your spouse can make these important decisions for you, but what if they aren't up to the task? Some aren't. Then you're in a pickle. So, having an Advanced Directive is smart.

Mark and I also learned about Powers of Attorney. These are documents where you designate who will handle your financial affairs should you be unable to do so. Who do you want to have access to your checking account to pay your bills? Who will handle any stocks, bonds or investment properties you may own? If you are unable to, who do you want to take care of your Medicare coverage, Medicaid coverage, social security, retirement benefits or taxes? If you need professional services, who will speak for you?

This assignment is something you make, and you can choose one or more people (depending on their skills and your confidence in them) to manage your affairs if you can't. But, like Advanced Directives, Powers of Attorney must be done in advance of you losing your ability to decide for yourself.


Advanced Directives and Powers of Attorney are in effect while you are alive. Once you die, a will comes into effect. Your designated personal representative in your will takes over. This personal representative can be one of the people you've designed in your Advanced Directive, Power of Attorney or an entirely different person. These important documents should be done by a professional attorney who knows the laws in your state.

There is a third document that directs your wishes for medical care. This is called the Wyoming Provider Orders for Life Sustaining Treatment, or the WyoPOLST. This document is accessible via the internet and The Hub on Smith, but you can also ask your primary care physician if they can give one to you.

The POLST directs first responders, emergency personnel, hospices and others of your wishes to be resuscitated or not. It is a simple double-sided form on yellow paper. It is done with your primary care provider and signed by them. You can change this as often as you wish. It is highly recommended that your WyoPOLST and Advanced Directives agree.

The community is invited to a free community presentation on these documents Tuesday night at The Hub. It is an informational presentation by family law attorney Brendon Kerns and with Dr. Sy Thickman. The presentation is offered through The Hub's "When I'm 64...or more" life planning lecture series that is offered at 5:30 p.m. on the first Tuesday of each month. You don't have to be 64 or more to attend. This is powerful information for families of all ages. Hope to see you there!

LOIS BELL is a director at The Hub and the program coordinator for the free community presentations offered through the "When I'm 64...or more" life planning lectures series.



FUN AND FOOD
BUILD YOUR OWN SALAD
Mondays - Fridays
Entrees include sides, dessert and a drink.

ENTRÉE CHOICE* or SOUP/SALAD

Tue-	Meat & Vegetable Pizza
Wed-	Apple Cider Pork Chop
Thu-	Cheeseburger Deluxe
Fri-	BBQ Pork Sandwich
Sat-	Meatloaf
Sun-	Chicken Tetrastini
Mon-	Baked Breaded Cod Filets

UPCOMING SPECIAL EVENTS

Tue- When I'm 64...or more	5:30 to 7:00 p.m.	Café
Wed- YMCA Chess Club	4:00 p.m.-8:00 p.m.	Café at the hub
Thurs - Umbrella Parade & Fun Facts	12:30 p.m.	Café
Fri - Bridge	12:30 p.m.	Community Room
Sat- Greeting Card Class	12:30 p.m. to 3:30 p.m.	Art Studio
Mon- Valentine Candy Sale	10:30 a.m. to 12:30p.m.	The Hub Tech Nook

*entrée only offered for Home Delivered Meals

Salad Bar Available
Mondays - Fridays

No Salad Bar on
Saturday or Sunday

Lunch Service Hours: 11:00 a.m. to 1:00 p.m., 365 days a year at 211 Smith Street Home Delivered Meals (307) 672-6079

Loan Closet, Outreach, and Administration Services, 672-2240. Mondays - Fridays.

Help at Home Services, 675-1978. 232 North Brooks: Mondays - Fridays.

Day Break Adult Care Services, 674-4968. 241 Smith Street: Mondays - Fridays.



Volunteer Dick Hammer carries bags of prepared meals to his car for Home-Delivered Meals program last year at the Sheridan Senior Center.

Volunteers essential to Home-Delivered Meals Program

BY TERRI HAYDEN
THE HUB...ON SMITH

SHERIDAN — Each Wednesday, employees from First Interstate Bank deliver meals to the homebound seniors of Sheridan through The Hub on Smith's Home-Delivered Meals program. First Interstate has been committed to their volunteer mission for more than 20 years. Supported by the bank, 23 employees rotate delivering the meals in teams of two.

"Delivering meals is rewarding for the bank volunteers as well as knowing we are providing a good service in this community," said Callie Drell, loan originator and meals volunteer.

In addition to First Interstate, many other corporate and civic groups dedicate one day a week to this vital service. The Wood Group delivers on Tuesdays as part of their corporate core values. They even made Thanksgiving cards to give out to their "people." They find over time, they build a bond with the folks and will grieve as a group when they find someone has died.

Many local civic and nonprofit groups also support the meals program. The YMCA has been taking a route on Wednesdays for more than 10 years.

"The Y relies heavily on volunteers for programming, and we feel volunteering for The Hub is a way for us to give back. Plus, it just makes you feel good," Dan Alsop reflected on this service.

Sandy Sare, one of the YMCA volunteers, said the happiest people are those not getting more, but those giving more, and YMCA executive

director Elisabeth Cassiday noted that at the YMCA, they try to be engaged with the community at all ages and stages. Home-delivered meals allow the group to reach those who can't make it to the YMCA.

Adopting a route to deliver is an easy and effective way for businesses and organizations to become more involved in the local community. Seventy-six percent of adults who volunteer "feel better," and 78 percent feel volunteering lowers stress. Employee-sponsored volunteer programs seek to motivate and enable employees to volunteer under the business sponsorship.

This helps build the brand and promotes compassion, trustworthiness, loyalty and supportiveness among the volunteers.

Team volunteering is particularly attractive to the Gen Xers (born 1965-80) and millennials (born 1981-97).

"Team volunteering comes up in interview process and people react very positively to it," said Kevin Steel, president of staffing with the Winter-Wyman companies.

Many Sheridan small businesses also participate in home-delivered meals. Top Office and Stifel Investments have fewer numbers of employees but have committed to serving their routes once a week.

Easter Seals and the Wyoming Girls School use this volunteer opportunity to help with reinforcing communication, self-esteem and skill building with the volunteers. Albertson's serves The Hub as the once-a-month café service team. They bring a team of volunteers to help in the dining room and, in addition, donate products for the popular bingo game.

The Hub staff also noted that the following groups have dedicated time to the meals program: Easter Seals, Jaycees, Rotary, Volunteers of America of the Northern Rockies, First Christian Church (Jim Wilson), First Presbyterian Church, St. Peter's Church, Wyoming Girl's School, The YMCA, First Interstate Bank, The Wood Group, Stifel — Jim Inchanspe, Hammer Chevrolet, Albertson's and Top Office Products.

The requirements for participation include: completion of an application(s), background check(s), handbook sign-off, Meals 101 training and completion of a ride-along with a current volunteer. The time commitment is approximately 10:45 a.m. to 12:30 p.m., depending on the routes. Volunteers may take a meal home or eat in the dining room the day they volunteer.

For each group that volunteers, there needs to be a coordinator that makes sure the routes are filled for their organization. The volunteer director from The Hub can come to your location and provide all the paperwork and overview of the program. If your organization has a company van, a "group" trip to review the route is beneficial and fun.

As Sir Winston Churchill, British statesman and British Prime Minister, said, "We make a living by what we get, but we make a life by what we give."

If you or your organization/business is interested in becoming a home-delivered meals team, please contact Terri Hayden, director of volunteer services, at The Hub at (307) 672-2240 ext. 115 or email voldir@thehubsheridan.org.

SENIOR HAPPENINGS

- The Hub on Smith will host a presentation on advanced directives and power of attorney Tuesday with Brendon Kerns, as part of the "When I'm 64...or more" series. The presentation will take place from 5:30-7 p.m. in the café.
- A candy sale will take place at The Hub Feb. 12-14 from 10:30 a.m. to 12:30 p.m. Remember your sweetheart with sweets on Valentine's Day. Stop by the Tech Nook (near the lobby of The Hub) to shop for fine chocolates and confections from the Chocolate Tree.

- Ladies billiards? Any interested parties please call (307) 672-2240 ext. 107. Fridays at 1 p.m.; ages 50-plus, open to all abilities.

- Ukulele class with Lynn Young through March 14. Each Tuesday at 2:00 p.m. Learn basic chords, tuning and songs. No charge for classes. Limited instruments will be available for use on a temporary basis, courtesy of Q-Man Music. Instruments are also available for purchase through Q-man Music, CB Music or Morris Music in Sheridan. Sign-ups requested.

- Wally Ball by request. Through March 20th we have scheduled the racquetball courts at the YMCA to play each Tuesday at 9 a.m. and/or Thursday at 1:30 p.m. if we have interest. Please sign up at the Hub front desk for show of interest in either day. Questions? (307) 672-2240 ext. 107. \$1 suggested donation at court time.

- The Yarn Shop is now accepting good, clean donations. The shop is open to shoppers Mondays from 9 a.m. to 2 p.m., Wednesdays from 9-11 a.m. and Thursdays from 1-3 p.m.