

## Find caregiving support at the 2017 Resource Expo

Today I looked up a word the old fashion way: the Merriam-Webster dictionary (1825). I didn't use Google!

The word was "resource." I know what it means, but I was curious to see what a dictionary would say. The answer: "A stock or supply of money, materials, staff and other assets that can be drawn on by a person or organization in order to function effectively."

On Sept. 21, at the last Third Thursday downtown Street Festival from 5-9 p.m., we will have our annual "Resource Expo." Come check out all the resource materials and information available.

You may have questions on care giving, keeping yourself and/or your loved ones at home safe, government programs (such as the Department of Veterans Affairs), how to get help in your home for yourself or your loved one, respite services or where to find senior housing or assisted living and many other questions. Do you know that the Senior Center offers an array of adaptive equipment in its loan closet? You may need a hospital bed, a shower bench or a pair of crutches for a short period of time or maybe long term.

There are more than 65 million people who provide care for a chronically ill, disabled or aged family member or friend during any given time. Caregivers don't always find the time to look into resources that can support them in their important roles.

Those caring for someone with Alzheimer's disease or other dementia will find support at the Dementia Friendly Wyoming table. Find out what Sheridan businesses are doing to support you and your loved one. This is a great opportunity to gather information about the many services and programs that are available within this community.

Aside from all the services provided by the Senior Center, so many other agencies are available to assist and support the caregiver in their quest to provide the best possible care for their loved one.

So, come on down to the Resource Expo, bring your questions or concerns that you may have, and let us help you sort through them.

Back to the meaning of the word "resource." What stock of information will you find to support you? Stop by and find out.

Feel free to give me a call if you have questions or can't get to the 2017 Resource Expo. You can reach me at 672-2240, ext. 112.

**GUEST COLUMNIST STELLA MONTANO** is the director of family caregiver services at the Sheridan 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.



Yvonne and Mike Buchan and sister Sam Schuma teamed up to support their parents when the couple was ill. The threesome discovered support resources through the Senior Center that help grant their parents' wishes to remain in their home.

## Family found support for parents through Senior Center

BY LOIS BELL  
SHERIDAN SENIOR CENTER

SHERIDAN — "I discovered things were worse than I realized," Mike Buchan said. "I couldn't tell over the phone."

Buchan was working out-of-state on a job. He called to check on his parents, Ken and Mabel, who everyone called Marge. Ken — known as "Buck" — was caring for Marge at home, and she had become chronically ill.

"We had a family meeting around 2006," Buchan's wife, Yvonne, said. "Marge had a medical emergency. We wanted help, but none of the in-town family knew where to go."

Yvonne and her sister-in-law eventually were led to the Senior Center.

"We found out about Day Break, respite services, the loan closet, the mini-bus, home delivered meals and the certified nursing assistants," Yvonne Buchan said.

The family immediately tapped into getting assistive equipment for Marge from the loan closet and home-delivered meals for both parents. It was important to Buck and Marge to stay at home, and the children

were going to help support their wish.

"The one thing I want to emphasize is how valuable that loan closet is," Buchan said.

For years, Buck took his wife to her hair appointments, shopping and on errands while daughter Sandi Schuma checked in on them.

In 2012, progressing dementia was making it increasingly difficult for Buck to care for his wife. A visit home prompted Buchan to move to Sheridan to help. He set up in a camper on his parents' property.

"I wanted mom and dad to still have their own space in their home," he said. "It was a big decision for me. I gave up my house, my independence and my freedom."

Buchan found work in town and set up tag-team care with Schuma for Marge and Buck.

"It was a godsend when Mike showed up," Schuma said. "At first, I was mostly taking care of mom with showers and errands. My daughter, Jess, would help with shopping."

Schuma checked in on their parents during the day

and Buchan would take on the night duty after work.

Marge passed in 2014. Yvonne Buchan moved to Sheridan the next year after her job assignment was completed. Buck's dementia was progressing, and he needed increased care. The three gathered their support around him. The Buchans began attending the evening caregiver support group at the Senior Center.

"It was hard for me to get away from being upset, being mad," Mike Buchan said. "Dad would be saying the same thing over, and over, and over again."

Buchan and his wife found the support group invaluable.

"We made hard and fast friends," Yvonne Buchan said.

It was a place to vent, talk and gain some patience.

"The biggest takeaway from all this is that you go into their world," Yvonne Buchan said of their experience with Buck's dementia. "You can't bring them into yours. It's too hard on them."

"You find that you become a parent to your parent," Schuma said.

While the caregiver support group supported the threesome, Mike Buchan, his wife and Schuma supported each other. They learned where Buck's journey had taken him and found support from other caregivers. They began to enjoy small experiences with their father.

"We'd take him to the mountains where he used to hunt and camp, or to the American Legion or Elks for a beer," the three said. "It was great to see his face when he was in the now."

They also saw how Buck's 3-year-old granddaughter, Ella, could respond to Buck's needs.

"She would help him to bed or to get his glasses," Buchan said.

Yvonne Buchan participated on one of the panels for the Dementia Friendly Wyoming initiative to determine if there was a need for community education about supports for caregivers especially caring for those with dementia.

"The community needs to be educated on what resources the Senior Center has," said Yvonne. "The resources you have are amazing."

### SENIOR HAPPENINGS

• The community is invited to the grand opening of the Sheridan Senior Center on Sept. 20 at 10 a.m. Guided

tours of the new facility follow introductory speeches outside of the lobby doors on the east side of the build-

ing on 211 Smith St.

• After 43 years doing business as the Sheridan Senior Center, the center is rebranding. Join us Sept. 20 at 10 a.m. for the reveal of the center's new name.

• The annual Tongue River Valley AutumnFest is coming Sept. 29 in the Dayton Community Hall. The 2017 event takes on a new look as a Pie Fest and Wacky Bingo. Prizes provided by area merchants. The pie social is from 6:30-7:30 p.m. with Wacky Bingo starting at 7 p.m. Signup is strongly encouraged by calling 672-2240 or 655-9419. There is a suggested contribution of \$5 per person registered with the Senior Center, \$6 per person for nonregistered individuals and \$2 per child age 10 and younger.

• Shopping Sheridan Days for Tongue River Valley residents will take

place every first and third Thursday of each month beginning Sep. 7. Trips to Albertson's or to Walmart. We can shop for you, with you or leave you on your own. Take advantage of this great way to get your shopping done. Call ahead to reserve your spot, at 655-9419, Monday through Friday, 9 a.m. to 4 p.m. The shopping bus will leave Dayton at 12:30 p.m., pick up riders in Ranchoester at 12:45 p.m. and return to Ranchoester at 3:45 p.m. and to Dayton at 4 p.m. The cost is \$8 for a round-trip ride.

• If you are 60 or older, live in the Tongue River Valley and have a small handyman job or two, contact Robin Ruff, TRV Senior Center Services Program Coordinator at 655-9419 for more information about your project. These services are offered at no charge by volunteers.



Sheridan Senior Center  
"Celebrating 40 Years of Service!"

www.sheridanseniorcenter.org

### Fun and Food

BUILD YOUR OWN SALAD Mondays - Fridays

Entrees and kiosk include sides, dessert and drink.

#### Entrée Choice\*

or

#### Soup Kiosk

Tue- Meatloaf w/Gravy

Wed- Pork Chop Supreme

Thu- Beef Stroganoff

Fri- Oven Fried Chicken

Sat- Cheese Tortellini/Meat Sauce

Sun- Baked Potato Bar

Mon Chicken Ranch Pizza

\*entrée only offered for Home Delivered Meals

	Tue	Bingo	Noon	Cafe
Wed-Balance & Movement			10:30 a.m.	Community Room
Thu - Steamboat Point Hike			Meet 9:30 Sr Center	Carpool Transportation
Fri - BOOM Exercise			9:00 to 10:00 a.m.	Fitness Room
Sat - Double Pinochle			12:30 p.m.	Cafe
Mon - Blood Pressure Check			10:30 a.m.	Lobby

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.