



COURTESY PHOTO

The 2017 Resource Expo was held Sept. 21 during the Third Thursday street festival. The expo's mission is to bring a variety of community resources to public awareness.

Help at Home: Service with heart

Last Thursday marked a one-month anniversary for me. On Aug. 21, I stepped into the position of the director of the Help at Home program through The Hub...on Smith (previously doing business as the Sheridan Senior Center). The Help at Home program manages community-based programs that help individuals with personal care and housekeeping in their homes. It's a model that's been proven effective and cost-efficient not only for individuals and their families but also for state-supervised programs.

resources.

Who do we work with? We work with the Department of Veterans Affairs to provide services to our veterans, with the community-based services program, long-term care insurance policies and others. We serve hundreds of people in Sheridan County through other coordinated partnerships such as home-delivered meals, access to assistive equipment through a community loan closet, on-site adult day care, Goose Creek Transit and other resources.

What do we do? The Help at Home program is designed to help individuals foster their self-sufficiency at home. Our mission is to



LOIS BELL

help individuals maintain this in the least restrictive environment. We serve individuals who may need assistance with meal preparation, shopping, light housekeeping and laundry. We provide personal care that can include showers, dressing and physical therapy exercises.

Our goal? To keep individuals in their homes when doing so is a viable option. We like to say that we are the first line of support for older adults, individuals living with disabilities and their families.

Who do we serve? Our typical client is age 60 or older, but not always. Some of the people we serve have been discharged from the hospital and need assistance for short or longer periods of time. Others call us directly without the experience of hospital admittance.

So, who are we? Our team provides care coordination and dynamic person-centered care plans. Two registered nurses oversee a team of certified nursing assistants and homemakers who provide services to more than 200 individuals throughout Sheridan County. Access care coordinators are certified by the Wyoming Department of Health's Aging Division. These coordinators determine eligibility, develop care plans and refer community

program is a licensed and bonded home health agency.

Now that I've shared who we are and what we offer, let me talk about the heart of this team.

It took no time at all for me to realize that the Help at Home team — which was already in place before I was on the scene — has the care of each individual at the very core of each in-home visit. That's the right word for this group — they do what they do because they have heart. They sincerely care and want only the very best service for each and every individual. This is so evident that I was only on the scene for a few hours my first day.

I can hear the cheerful and pleasant voices of our nurses, care coordinators, business manager and scheduler on the telephone as the people we serve call in. I can see the spring in the steps of our CNAs and homemakers as they head out the door to meet with people as we serve them in their homes. It's infectious. I love this new direction for me personally in my professional life. I look forward to Mondays through Fridays to be with this team as the welfare of each person we serve is their objective. I am honored to be counted among them.

Please feel free to call if you have questions about what the Help at Home has to offer. You may visit with any of our access care coordinators — Dave, Liz or Kathy — or with me. Our phone number is 675-1978.

GUEST COLUMNIST LOIS BELL is the new director of Help at Home, a program offered to the community through The Hub...on Smith (formerly the Sheridan Senior Center.) Center Stage is written by friends of the Hub on Smith for the Sheridan Community. It is a collection of insights and stories related to living well at every age.

Michelle Keller, sales and marketing manager for Brookdale Sugarland, participated in the expo to reach out to the community about services.

"For us, we love doing these community events that gives us an opportunity to have face-to-face time with people coming by and supporting what's going on in the community," Keller said. "I think it's a great opportunity for people to know what is out there for them in Sheridan County. Sheridan is a great place to live. Many people don't even know what's out there until they need it."

Throughout the year, Keller invites the community to events and meetings at the Brookdale Sugarland building on Sugarland Drive.

The facility works with doctors' offices, the senior center and skilled nursing facilities to let people know about what they have to offer.

One popular event is Brookdale's quarterly Friends for Life dinner with families and community partners.

"This summer we held a barbecue and had Trippin' 4 Biscuits provide music," Keller said.

Brookdale Sugarland has participated in the Resource Expo at the Downtown Sheridan Association's Third Thursday festival for the past five years.

This is the second year that the Northern Wyoming Mental Health Center has participated.

"We have some new grant funding for new programs and we want to get that

information out," said Jennifer White, clinical director for NWMHC.

One new team member, Jayme Ackerman, help represent the organization at the expo. Ackerman is a case manager for NWMHC's new opioid addiction treatment program.

"Should someone come in with an opioids addiction, Jayme can help connect them to medication, housing, employment and overall coordination of care," White said. "In general, we connect with other community partners such as the Council of Social Agencies, the Chamber of Commerce, the Suicide Prevention Coalition and the Substance Abuse Prevention Coalition."

Organizations at the 2017 Resource Expo spanned a variety of resources for all ages and needs. Other participants included LifeLink of Sheridan County, Dementia Friendly Wyoming, Balanced Living Health and Well Being Consultants, Sheridan AARP Chapter 676, and The Hub...on Smith's Family Caregiver Support Program.

Years ago, Montano saw the potential of the connection between the Resource Expo and the DSA event.

"The DSA Third Thursday street fair can bring around 3,000 people to a participant's table," Montano said. "Imagine the impact that can have on program awareness."

"It's a benefit that everyone in Sheridan works well together and we come together to help people get what they need," Keller said.

SENIOR HAPPENINGS

• Shopping Sheridan days for Tongue River Valley residents are available every first and third Thursday of each month. Trips will go 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, Mondays through Fridays, 9 a.m. to 4 p.m. The shopping bus will leave Dayton at 12:30 p.m., pick up riders in Ranchester at 12:45 p.m. and return to Ranchester at 3:45 p.m., and to Dayton at 4 p.m. The cost is \$8 for a round-trip ride.

• The week of Sept. 25 there will be smoothie demonstrations at the new Grab-n-Go throughout the week.

• It's pumpkin picking time at the Koltiska Pumpkin Patch. Come pick your own pumpkin for pie or Jack-O-Lantern or just to get out to the country. The trip will take place Sept. 27 and will depart Heritage Towers at 1:15 p.m. and 211 Smith St. at 1:30 p.m. The cost for registered seniors is a suggested contribution of \$5 or \$7 for unregistered seniors for the bus ride. The cost of your pumpkin (\$7) is not included in the trip. Refreshments will be available at the barn. Pre-pay

and sign-up by Sept. 22.

• The Sheridan Community Land Trust will lead a Red Grade Trail hike on Thursday. The hike will be easy to moderately easy. The cost to participate is a \$5 suggested contribution for individuals registered with the Senior Center, \$8.50 for all others. Sign up by Sept. 18 at the front desk.

• 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 have been provided by area merchants. The pie social is from 6:30-7:30 p.m. with Wacky Bingo starting at 7 p.m. Pre-sign up 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 non-registered individuals and \$2 per child age 10 and younger.

Resource Expo brings a variety of resources to the community

FROM THE HUB...ON SMITH

SHERIDAN — Fourteen representatives representing eight agencies participated in the 2017 Resource Expo held at last week's Third Thursday street festival. The event marked the seventh year that the expo has brought community resource agencies to the Downtown Sheridan Association's monthly summer event.

"We want it to be a one-stop shop for the community," said Stella Montano, coordinator of the annual event. Montano is the director of family caregiver support services at The Hub on Smith, the new brand for the Sheridan Senior Center. Prior to linking the annual Resource Expo to the downtown street festival, the expo had been hosted onsite for years at the senior center.

Benjamin Abrams represented

Volunteers of America Northern Rockies and supportive services for veteran families.

"We help veterans who are homeless get into housing and help veterans who are already housed but at risk of losing their home," Abrams said. "We help them remain in their homes."

Abrams and co-worker, Kim Price, reach out into the community not only through the Resource Expo but throughout the year trying to reach veterans through the police department, the library, the courthouse and through fliers at truck stops.

"We also work through churches, the Department of Family Services, Wyoming Workforce Services, the housing authority, and the (Department of Veterans Affairs)," Price said.

"Whenever we can get a veteran stably housed, it's a success story," he added.



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

Salad Bar Available
Mondays - Fridays

No Salad Bar on
Saturday or Sunday

*entree only offered for Home Delivered Meals

ENTRÉE CHOICE* or SOUP/SALAD

Tue- Roast Turkey/gravy
Wed- Lasagna
Thu- Chicken Pot Pie
Fri- Taco Salad; Beef, Cheese, Chips, Salsa
Sat- Turkey Tetrazzini
Sun- Hot Beef Sandwich
Mon- Pork Chop Supreme

UPCOMING SPECIAL EVENTS

Smoothie Demonstrations - Grab-n-Go (Lobby)

Wed - Koltiska Pumpkin Patch	Leave HT 1:15 p.m.	The Hub 1:30 p.m.
Thu - Paradise Guest Ranch	Leave HT 10 a.m.	The Hub 10:15 a.m.
Fri - AutumnFest/Wacky Bingo	Starts 6:30 p.m.	Dayton Community Hall
Sat - Woodcarvers	9a.m. to Noon	Art Studio
Mon - Breakfast Starts	7 a.m. to 10 a.m.	Mon thru Fri Cafe

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.

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