

SENIOR HAPPENINGS

- Wacky BINGO Night — June 21 at Heritage Towers, 428 N. Jefferson St. Call 672-2240 to let us know you are coming. Doors open at 5 p.m. Pancake and egg bake dinner served from 5:30-6 p.m. BINGO at 6:15 p.m. There is a \$5 suggested contribution for dinner if you are registered with the Senior Center; \$8 for dinner if you are not registered. Pay at the door.
- If you would like to make a difference in someone's life, you can do so as a Senior Companion. Senior Companions receive a tax-free stipend of \$2.65 per hour, meal and mileage reimbursement, an annual physical exam, educational training, supplemental auto and personal liability insurance as well as formal recognition activities for their volunteer service. The Senior Companion Program is part of Senior Corps administered by the Corporation for National and Community Service. For information, call Terri Hayden, director of volunteer services at the Sheridan Senior Center, 672-2240, ext. 131.
- Hike to the Dry Creek petrified Forest June 30 — Transportation is available. The suggested contribution for individuals registered with the Senior Center is \$20; the cost is \$25 for unregistered individuals. The bus leaves the Senior Center at 8:45 a.m. Advance sign-up for this hike is required by June 26 as space is limited. Led by volunteer Steve Stresky.
- The Senior Center's number for home-delivered meals is 672-6079.
- Many Senior Center activities and classes have moved to temporary locations for the summer during the center's remodel. Call 672-2240, Monday through Friday, 9 a.m. to 4 p.m. for information on class meeting places.

Volunteer handyman program launched



Pete Hager has joined a new team of volunteer handymen for small home repair jobs for older residents in the Tongue River Valley. The program is being offered at no charge through the Sheridan Senior Center.

FROM THE SHERIDAN SENIOR CENTER

DAYTON — He's a world-traveled civil engineer who has been sharing his skills to help his neighbors in his retirement. Pete Hager is recognized in his neighborhoods for his work with the Rancho-Dayton Rotarians, his volunteerism at the Tongue River Valley Community Center, and his help with maintenance at the Dayton Community Hall.

Hager has also been known to lend a helping hand to neighbors. Now, Hager has thrown his hat in with a newly formed group of Senior Center handyman volunteers designed for older TRV residents at no charge.

"I volunteered because I enjoy doing it and seeing happy faces," Hager said.

"I think there's enough work to be there, (now) it's just making people aware of it," Robin Ruff said.

A certified nursing assistant, Ruff is the Tongue River Valley program coordinator for the Sheridan Senior Center assuming the position from her predecessor, Michelle Keller. Ruff's mission is to connect TRV older residents with the center's services that support independent living at home. Ruff previously worked in the TRV for the Senior Center's Help at Home program that provides in-home support services such as light housekeeping, bathing, light meal preparation and laundry.

"When I was with the HAH program, I could see there is a need from banging a nail to hanging screens," Ruff said as she provided Help at Home services to clients.

The idea of a handyman service emerged. The goal is to help not only individuals but also their families. Residents who may not have family nearby to help, or feel they may intrude on friends or neighbors, now have a resource for small jobs around the house. The Senior Center's TRV handyman program could be viewed as an extended pair of hands for families.

Now the challenge is to get the word out. Hager, with volunteers Roger Ruff and Jim Navarro, are

ready for calls to work. But the phone is far from ringing for the service.

"This is in part that they (the community) don't know we have this service," Ruff said. "Another is that they (residents) are so independent. They don't want to say they need help hanging a screen."

Hager did recently help a neighbor by repairing a screen door and putting up three window screens. The handymen can provide light maintenance such as changing lightbulbs, batteries in smoke detectors or hammering a loose nail in a porch, jobs that are too small for a contractor to do.

Ruff has started getting the word out by visiting with folks who enjoy the Senior Center lunch at the TRV Community Center.

"I hope they will get comfortable with saying to me, hey, I need help or my friend needs help or my neighbor needs help," Ruff said.

But Ruff and the handymen will look for whatever way they can to let people know they are available.

Hager mirrors Ruff's observation about waiting for the phone to ring.

"I think a lot of them don't know yet we're here to help," Hager said. "I have a friend down the road I think could use the help but they haven't heard about us yet."

For larger projects, the Senior Center's handyman program will partner with the Rancho-Dayton Rotarians. An example could be installing a wheelchair ramp, according to Ruff.

Senior Center services have expanded in the TRV the past two years with the help of a local donor who is sponsoring the program coordinator position. With the donation, new services in the TRV include a growing companion program and now, the TRV volunteer handyman service. The Senior Center has provided Senior lunches and home-delivered meals in the TRV for years.

For information or with questions, contact Ruff at the TRVCC at 655-9419.

"As people think of little jobs that could be done, they can call," Ruff said.

Operation Independence Campaign supports vital senior services in county

As the development director for the Sheridan Senior Center, I get excited when the time rolls around for our annual Operation Independence Campaign.

We are so thankful that your contributions and support help those who utilize the center's services to find comfort, strength



RINDY WEST

and camaraderie. There are many, many great stories that we hear and see take place every day!

As our Executive Director Carmen Rideout states, "Literally 365 days a year our services to older adults, elders, families and the Sheridan area community as a whole, are just too vital to take for granted." Today we hope to share some history and some philosophy with you, some perspective on our annual Operation Independence Campaign.

Operation Independence originated in 1975 (or there about) with a large group of people who saw the need for a fundraising effort that would support immediate programming and service needs for older adults in Sheridan County. The Senior Citizens Coordinating Council (the precursor to the Sheridan Senior Center) built services for older adults that would help them live as independently as possible, hence the name Operation Independence. It was a mindset, and still is that no matter what a person's income level is, he or she will feel like they can use the services of the center because they also support them.

Many community members throughout Sheridan County have seen what having services for older adults, can do for families and have supported the need

in advance. We are humbled by, and so grateful for, the many contributions that have been put forth over the past four decades. Here is to a campaign that means something to everyone.

We want to make sure that we help keep services for older adults for many years to come. We appreciate all donations and simply couldn't run our meals, transportation, Day Break, in-home, activities, volunteer, family caregiver support or outreach programs without them. Thank you for your time and thank you to that group who in 1975 created and organized such a successful effort!

This year's letter is heartwarming. It outlines the feelings and emotion that longtime Sheridan resident Judy Knode had while caregiving for her late husband, Ralph. When Ralph's health was in decline, she was his sole caregiver. She recalls this time saying, "When I was caregiving on my own I realized not only is it very lonely, but you don't know where to turn." It was at this time that one of her friends recommended Stella Montano's Family Caregiver Support Group. "I had no clue which direction to go in and Stella pointed the way."

The family caregiver support program helps people remain independent, and in their homes.

As you can see Judy has appreciated the services of

the Sheridan Senior Center and the family caregiver support program helps people remain independent, and in their own homes. Our goal is to make sure that we keep services that are valuable and needed for our communities in Sheridan County for many years to come. We could sure use your support for Operation Independence...our goal is \$20,000. We appreciate all donations and simply couldn't run our meals, Day Break, transportation, Help at Home, activities, volunteer, family caregiver support or outreach programs without them.

We want to give everyone the opportunity to support the programs and services that celebrate, embrace and serve older adults for the betterment of our community.

You can also check us out online at www.sheridanse-niorcenter.org. We would love to have you join us for some fun this summer. We are on the final phases of construction of the dining room and kitchen and we can't wait for our grand opening this fall. We are proud of Sheridan County seniors!

GUEST COLUMNIST RINDY WEST is the development director 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.

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- Baked Steak Teriyaki		Salad Bar Available
Wed- BBQ Chicken Breast		While Lunch is At Junior High Mon - Fri
Thu- ½ Ham Salad Sandwich		
Fri- Beef Pot Roast Dinner		No Salad Bar Available on Saturday or Sunday
Sat- Parmesan Chicken		
Sun- Pork Roast w/Gravy		
Mon - Spaghetti w/ Meat Sauce		

*entrée only offered for Home Delivered Meals

WACKY BINGO NIGHT! WED JUNE 21. CALL 672-2240 TO SIGN UP

Tue - Tai Chi	8:00 a.m.	St Peter's Church
Wed - Wacky BINGO Night	5:00 p.m.	Heritage Towers
Thu - Inspired Walkers	9:00 a.m.	Meet in Lobby Senior Center
Fri - B.A.M.	9:30 a.m.	Jr High Early Building
Mon- Happy Feet/Cardio Dance	8:00 a.m.	Lobby Senior Center
Sat and Sun - Join us for lunch at the Junior High on Lewis Street		

Lunch Service Hours: 11:30 a.m. to 12:45 p.m., 365 days a year
Join us for lunch in our temporary lunchroom at Sheridan Junior High, 500 Lewis Street
Home Delivered Meals (307) 672-6079

Loan Closet, Outreach, and Administration Services, 672-2240. 211 Smith Street:
9:00 a.m. to 4:00 p.m. Mondays - Fridays. Closed weekends and holidays during the 2017 summer.
Help at Home Services, 675-1978. 232 North Brooks. Mondays - Fridays.
Day Break Adult Care Services, 674-4968. 241 Smith Street. Mondays - Fridays.

EVERYONE
LOVES WACKY
BINGO NIGHT!

Grow Younger

Skilled Nursing
Short-Term Therapy

Westview Health Care Center

307-672-9789
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