

Lady warrior with a gentle strength

BY LOIS BELL
SHERIDAN SENIOR CENTER

SHERIDAN — One can almost hear the soft summer nights and country roads of a small Texas girl when Sue Moomey speaks. Moomey speaks with a soft elegance that is a light veil over an attitude of exuberance. One soon realizes he is speaking with a Southern lady, but may not readily discern that they are also talking with a warrior. Moomey has her battle scars, not from military incursion, but from battle with a tumor.

Moomey battled uterine cancer 20 years ago and most recently a fight with a meningioma tumor in her brain lining.

"I thought it might have been Alzheimer's as I couldn't remember where I put things down or remember names," Moomey said. "My mother had Alzheimer's. I heard a swish in my ear, like a washing machine." Moomey became increasingly dizzy.

A hearing test revealed nothing. Moomey worked with her doctor, Hannah Hall, and scheduled an X-ray. After her X-ray appointment, Moomey had a seizure at home.

"It was a pretty big one," said Moomey.

Moomey knew the signs of a seizure. Her son has epilepsy.

Moomey was taken to the emergency room. She had another seizure while there. The next day she went in for an MRI she had scheduled previously. A tumor near the size of a golf ball was discovered in the right front

lobe of Moomey's brain. Hall referred Moomey to neurosurgeon Dr. Mark Piedra at the Billings Clinic.

"He told me it (the tumor) was in a tricky place in my brain, close to the main vein and my eye. I was 70 at the time," Moomey said.

But Moomey said she doesn't scare easily.

"I had a lot of people praying for me so I went into the surgery unafraid," Moomey said. "I figured if I didn't make it, I was OK because of my faith and if I did make it, it was OK. Whatever happened, it was God's will."

Moomey's son, Jim, and daughter-in-law, Kristina, sat with her husband, Doug, during the four-hour surgery.

Moomey returned to Sheridan to greetings of flowers and cards.

"The first week I was confined to chairs and bed," Moomey said. "I was on medication to keep my swelling down. I slept a lot that first week home. My surgeon advised me that I wouldn't sleep well so it was as expected. But it didn't affect my appetite!"

Church friends brought home cooked meals, which relieved her husband of some of his caregiver duties.

The second week, Moomey started walking 10 minutes a day. She continued seizure medication that she had begun prior to her surgery and tolerated the side effects she was all too familiar with through her son.

"It did take four months before I could say, 'I'm going to make it,'" Moomey said.

Moomey's surgery was April 7, 2015. Today, she sports a scar from the top left side of her head to her right ear.

"It's behind the hairline so you can't see it," Moomey said.

When the ladies from Moomey's singing group, Just Harmony, came to her home to sing with her, it presented a breath-holding moment for Moomey.

"The front right lobe of your brain is where your higher thinking is, and maybe your harmony," Moomey said. She didn't know what would happen. The result was a gift.

"The first time I sang a praise song, I could hear it," Moomey said. "I just sat down and cried. Then I stood up and sang the second song. My friend Ileen (Stroup) was singing in front of me. When she heard me, she turned around and beamed.

"God has taken me on an amazing journey. You appreciate things in life but when you might lose them, they become more precious," Moomey said. "I thank God every day for my good health. It's a miracle to me how God brought me through it with a gentle strength."

In January 2015, Sue Moomey's feet were set on a path that led to a diagnosis of a brain tumor, surgery and recuperation that spanned almost six months. One year later, Moomey attributes her recovery to her faith and looks forward to celebrating her 44th wedding anniversary on Feb. 14.

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CENTER STAGE |

Bacteria — your 100 trillion tiny friends

It is an exciting time to be bacteria. Once seen as a villain, many strains are now recognized as heroes!! Indeed, the 100 trillion bacteria on and in your body for the most part make great neighbors to your human cells- as long as there is a good fence between the neighbors (such as your skin, or gut lining).

The bacteria that have a definite health benefit are labeled as "probiotics." Probiotic means "promote life" and of the 400-plus different types of bacteria in your gastrointestinal tract, more than 100 of these types are considered probiotics, providing a specific, often unique, health benefit to you. Some probiotics help your immune system fully develop and respond optimally. Some help support the gut to maintain normal balance. Many strains aide digestion by helping break food substances, including lactose, down properly. Other health benefits certain probiotics have include helping with symptoms and treatment of irritable bowel syndrome and potentially irritable bowel disease (especially ulcerative colitis), reducing gastrointestinal exposure to potential carcinogens (cancer causing substances), improving mood, helping with weight maintenance and competitively inhibiting the ability of bad bacteria taking up too much real estate in your gut, including clostridium difficile.

Just like our uniqueness on the outside, we are as unique on the inside and that includes the bacteria in and on our bodies. No two humans have the exact same make up of bacteria. In fact, you can get a "map" of your

unique bacteria if you would like! As we learn more about bacteria, this map can then help us determine what strains of probiotics might be most helpful in supporting our individual health plan and goals.

Even without knowing your exact bacteria makeup, probiotics can still provide a definite health benefit. Here are some tips on using probiotics in your health plan:

1. Know your goal: What is the reason you think you want to try probiotics? Is it to be more regular? Is it to support your immune system?

2. Find the right strain: Find the strain that scientific evidence shows supports your health goal. Sources on the Web that can lead you in the right direction include www.probioticadvisor.com, and www.USProbiotics.org. Once you have identified the strain you are looking for, find a quality supplement or food product with that strain. Personally, I prefer to see probiotics provided through food as part of a lifetime change.

3. Take the right amount: Probiotics are measured in CFUs — colonizing forming units. Doses are at least 1 billion CFUs daily and it is not uncommon to see a 20 billion CFU daily dose.

4. Know the risks: Probiotics have very few health risks. Those that have a severely compromised immune system may need to avoid probiotics. Some probiotics may cause diarrhea.

Want to make your own probiotic? You are invited to make sauerkraut and take it home! Join us Feb. 17 at 6:30 p.m. in the Senior Center Art Studio.

GEORGIA BOLEY MS, RD, LD, CSO is the registered dietitian 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.

SENIOR CENTER HAPPENINGS |

• **Question. Persuade. Refer. How do you respond should someone tell you they are considering suicide?** What can you say to a family who has lost someone to suicide? Join Wendy Brusco with the Prevention Management Organization of Wyoming as she guides us through this tough topic. This is a free community presentation offered through the Sheridan Senior Center's "When I'm 64...or more" life planning lecture series. Join us at 211 Smith St., Tuesday, Feb. 2 from 5:30-7 p.m.

• **It's our annual Valentine Tribute at the Senior Center!** Hang a Valentine message to a special friend or family member in the dining room of the Senior Center! A donation of \$5 for a small heart or \$10 for a medium heart to the Senior Center supports Senior Center services! Hearts will be hung on Feb. 5 and Feb. 10. Diners on the side of the dining room with the most hanging hearts will have their names entered for four names to be drawn for a complimentary lunch at the center! Hearts are available at the front desk of the Senior Center.

• **Take a key role in managing your diabetes** or pre-diabetes. Diabetes Education and Empowerment Program (D.E.E.P.) begins Wednesday, Feb. 10 in the conference room of the Senior Center. This is a free six-week course offered through the Wyoming Department of Health Aging Division. Attendees must be signed up in advance

as space is limited. You may sign up by calling 672-2240 or stopping by the front desk of the Senior Center at 211 Smith St. Classes will be offered 9 to 11 a.m. on Wednesday mornings.

• **Conversations in History as Helen Laumann** shares the history of "Ranchester, Wyoming: A Town Built by the Railroad," 10 a.m., Wednesday, Feb. 10, at the Sheridan Senior Center. Check what room for this presentation at the front desk at the center. No need to call in advance. Just grab a beverage from our dining room and bring it with you to enjoy Helen's history!

• **A Valentine Tea Party** for every generation, on Saturday, Feb. 13, at the Senior Center, 1-3 p.m. Bring one Valentine to exchange. No charge. Just call 672-2240 or stop by the front desk of the center at 211 Smith St. before Feb. 9 to let us know you're coming. Attendees can dress up and/or wear a hat if they wish! We have spots for 75. Girl Scout Troop 1333 and Miss Wyoming's Outstanding Teen, Olivia Boley, will present the program.

• **International Guitar at the WYO Theater** is Feb. 16. Discount tickets for those who are 60 and older and registered with the Senior Center are available for sale at the Senior Center's front desk at 211 Smith St. The discounted price is \$18 per person. Must pick up by February 10. There are a limited number of tickets at this price.



www.sheridanseniorcenter.org

Fun and Food

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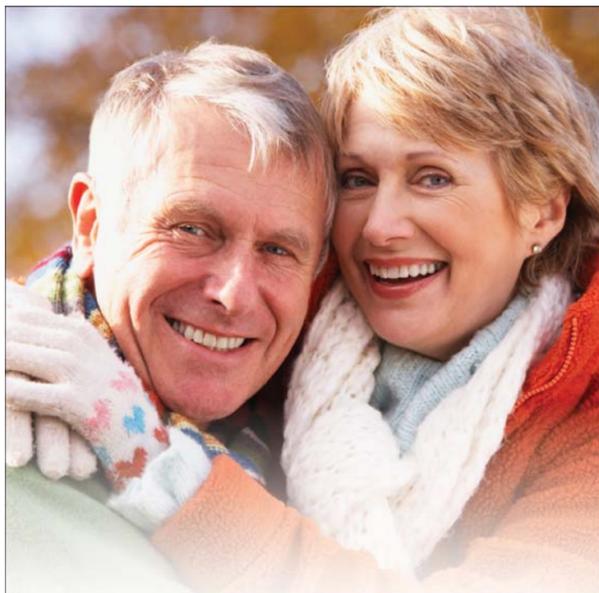
	Entrée Choice*	or	Soup Kiosk
Sun -	Western Egg Scramble		
Mon -	Chicken a La King		Corned Beef Soup
Tue -	Swiss Steak in Tomato Sauce		Pork Gumbo
Wed -	Sweet and Sour Pork		Black Bean Chili
Thu -	Beef and Cheese Enchilada		Cream of Asparagus
Fri -	Hawaiian Pizza		Fish Chowder
Sat -	Cabbage Roll Casserole		

*Home Delivered Meals

Mon-	Basic A.M. Moves exercises	9:30 a.m.	Community Room
Tue-	"When I'm 64...or more"	5:30 p.m.	Dining Room
Wed -	Bridge	12:30 p.m.	Community Room
Thu -	Crochet Class	1:00- 3:00 p.m. fee	Art Studio
Fri -	Bunko	9:30 a.m.	Dining Room

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