



COURTESY PHOTO |

Checking out construction progress

Marion Reed, construction owner agent, and Carmen Rideout, Sheridan Senior Center executive director, view the progress of construction in the new café space at the center.

Help support senior services with thrift store donations

Sheridan is a community filled with people with giving hearts. Green Boomerang sees this first hand. This summer we have seen so many generous donations that we have had to limit donations at times so that we have a safe working environment for our multi-talented volunteers. Your donations make a huge impact in our community by providing funding to the services and programs at the Sheridan Senior Center. While donations have been plentiful we are also seeing a large number of items that we are not able to sell.



AMANDA MUNFORD

We are taking this opportunity to share information on what we look for here at Green Boomerang. We accept items Wednesday through Saturday from 9 am to 3:30 p.m. To donate, we ask that you see a volunteer to assist you with your donation. Please refrain from dumping items at the door.

We accept clean, gently used items that are free from stains, tears or defect. Our volunteers take the time to inspect all of these items so that hopefully by the time they reach the floor we have weeded out damaged items or in special cases identified the damage prior to purchase. When inspecting items, we check to make sure that all the buttons are present, that zippers work and that pockets are empty. We pay special attention to collars, armpits and seams to make sure they are free from defect.

When donating plates and glasses, we ask that they are not chipped and are in sets. If you have individual or defective glass items please recycle those items. We only accept children's or local history books that are in good condition. While we love donations of DVDs, CDs and records, we are not able to accept home-recorded VHS tapes, cassette tapes, CDs or DVDs. When donating items please make sure that all the pieces are with the item. When items

are not complete we are not able to sell them. Please make sure that all electronic items are in working order and that their cords are not damaged or frayed. We do accept televisions if they are flat screen.

For health and safety reasons we are not able to accept mattresses, box springs, pillows, food items and items that are water soaked, moldy or smelly. We also do not accept car seats and helmets because we have no way to know if they have been involved in an accident. Drop-side cribs are not accepted because of the safety risks in using these items. Please refrain from bringing paint, chemicals, cleaning supplies, toxic materials, hazardous chemicals or materials, explosives, poisons, motor oil, firearms and weapons. Safety is always our priority for not only our volunteers, but also our much-valued customers.

It is recommended that you give us a call before bringing items to the store. We are limited on space and would hate to inconvenience someone by not having room to accept your donation, especially for furniture or large amounts of items. We do try our best to get things sorted and out quickly. You are more than welcome to enter the store through the back doors, but please refrain from asking our volunteers to price items and place them out for sale immediately. We have many volunteers that specialize in certain areas and items will be out as soon as possible. We pride ourselves in presenting your "gently used" items in an attractive display, cleaning and steaming along the way.

If you ever have questions on whether or not we accept a certain item or if you need help finding the appropriate place to donate something, please feel free to contact Green Boomerang at 675-1974.

If you are interested in volunteering please contact our volunteer director Terri Hayden at 672-2240, ext. 131.

GUEST COLUMNIST AMANDA MUNFORD is the manager of the Senior Center's Green Boomerang Thrift Shop. 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.

End-of-life advice: More than 500,000 chat on Medicare's dime

BY JONEL ALECCIA
KAISER HEALTH NEWS

EDITOR'S NOTE: This article was provided by The Associated Press.

The 90-year-old woman in the San Diego-area nursing home was quite clear, said Dr. Karl Steinberg. She didn't want aggressive measures to prolong her life. If her heart stopped, she didn't want CPR.

But when Steinberg, a palliative care physician, relayed those wishes to the woman's daughter, the younger woman would have none of it.

"She said, 'I don't agree with that. My mom is confused,'" Steinberg recalled. "I said, 'Let's talk about it.'"

Instead of arguing, Steinberg used an increasingly popular tool to resolve the impasse last month. He brought mother and daughter together for an advance-care planning session, an end-of-life consultation that's now being paid for by Medicare.

In 2016, the first year health care providers were allowed to bill for the service, nearly 575,000 Medicare beneficiaries took

part in the conversations, new federal data obtained by Kaiser Health News show.

Nearly 23,000 providers submitted about \$93 million in charges, including more than \$43 million covered by the federal program for seniors and the disabled.

Use was much higher than expected, nearly double the 300,000 people the American Medical Association projected would receive the service in the first year.

That's good news to proponents of the sessions, which focus on understanding and documenting treatment preferences for people nearing the end of their lives. Patients and, often, their families discuss with a doctor or other provider what kind of care they want if they're unable to make decisions themselves.

"I think it's great that half a million people talked with their doctors last year. That's a good thing," said Paul Malley, president of Aging with Dignity, a Florida nonprofit that promotes end-of-life discussions. "Physician practices are learning. My guess is that it will increase each year."

Still, only a fraction of

eligible Medicare providers — and patients — have used the benefit, which pays about \$86 for the first 30-minute office visit and about \$75 for additional sessions.

Nationwide, slightly more than 1 percent of the more than 56 million Medicare beneficiaries enrolled at the end of 2016 received advance-care planning talks, according to calculations by health policy analysts at Duke University. But use varied widely among states, from 0.2 percent of Alaska Medicare recipients to 2.49 percent of those enrolled in the program in Hawaii.

"There's tremendous variation by state. That's the first thing that jumps out," said Donald Taylor Jr., a Duke professor of public policy.

In part, that's because many providers, especially primary care doctors, aren't aware that the Medicare reimbursement agreement, approved in 2015, has taken effect.

"Some physicians don't know that this is a service," said Barbie Hays, a Medicare coding and compliance strategist for the American Academy of Family Physicians.



www.sheridanseniorcenter.org

Fun and Food
BUILD YOUR OWN SALAD Mondays - Fridays
Entrees and kiosk include sides, dessert and drink.

Entrée Choice*

Tue - Chicken Florentine/Rice Pilaf
Wed - Chicken Caesar Salad
Thu - Baked Breaded Cod last day for lunch at Sheridan Junior High
Fri - Chicken Cordon Bleu first day in our new Café setting at 211 Smith Street
Sat - Pork Chop Supreme
Sun - Chicken Pot Pie
Mon - Baked Potato Bar

*entrée only offered for Home Delivered Meals

Soup & Salad Bar Opens at 211 Smith Street on Aug. 21!

CONSTRUCTION HOURS AT 211 SMITH STREET BEGINNING AUG. 18

9 a.m. to 1 p.m. New Lunch Hours! 11 a.m. to 1 p.m. Daily!		
Tue - Thrift Day Crawl	Start 8:45 a.m. at Jr High	Sign Up/prepay \$2 (gas)
Wed - Pool	9:00 a.m. to 4:00 p.m.	Pool Room
Thu - Pinochle	12:30 p.m.	Heritage Towers
Fri - Bridge	12:30 p.m.	First United Methodist Church
Mon - B.A.M.M.	9:30 a.m.	Fitness Room/Senior Center

NEW LUNCH SERVICE HOURS BEGINNING AUG. 18: 11 a.m. to 1 p.m. DAILY!

Home Delivered Meals (307) 672-6079

Loan Closet, Outreach, and Administration Services, 672-2240. 211 Smith Street: 9:00 a.m. to 1:00 p.m. CONSTRUCTION HOURS until further notice
Help at Home Services, 675-1978. 232 North Brooks: Mondays - Fridays.
Day Break Adult Care Services, 674-4968. 241 Smith Street: Mondays - Fridays.

SENIOR HAPPENINGS

- The last day for lunch at the Senior Center's temporary meal site at the Sheridan Junior High School is Thursday, Aug. 17.
- Meal service resumes Friday, Aug. 18 at 211 Smith St. with new lunch hours 11

- a.m. to 1 p.m.
- Due to construction, the Senior Center building at 211 Smith St. will have shortened hours beginning Friday, Aug. 18. The building hours are 9 a.m. to 1 p.m. until further notice.

- Spend an afternoon at the polo grounds Sunday, Aug. 20. Enjoy the sport against the backdrop of the beautiful Bighorn Mountains. Depart Heritage Towers at noon and the Senior Center at 12:15 p.m. A suggested contribution for transportation for those registered with the Senior Center is \$10; \$15 fee for all others.

The event is free if you carpool but you still need to sign up by Aug. 15. Call Jean Harm at 672-2240, ext. 108, with questions or call the receptionist to sign up. Participants must pay to reserve a bus stop by stopping by the receptionist station at 211 Smith St., Monday through Friday, 9 a.m. to 1 p.m.

• Join us for a Sherd Lake hike Wednesday, Aug. 30. This is an easy to moderate difficulty level for older hikers. Meet at the Senior Center at 7:45 a.m. The carpool leaves at 8 a.m. Bring your own lunch. Good fishing is available, so bring

your fishing gear and valid fishing license. This trip is limited to 12 hikers. To sign up, call 672-2240, Monday through Friday between 9 a.m. and 1 p.m.

• Have you signed up for the trip to the Thermopolis Hot Springs planned for Aug. 30-31? Highlights will include the dinosaur museum, dig site tour, swimming, touring Legend Rock petroglyphs and a tour of the Cowboy Chocolate Factory in Meeteetse. Travelers are responsible for their own lunch and dinner and entrance fees to Star Plunge or Teepee Pool. Cost includes round trip transportation, breakfast, hotel, entrance fees to museum and dig site. Payment and sign up required by Aug. 16.

The trip will be led by Senior Center staff member Jean Harm. Pay at the front desk at 211 Smith St. Monday through Friday, 9 a.m. to 1 p.m. Cash, credit cards, debit cards and checks accepted.

Grow Younger



SADDLE RIDGE
THERAPY CENTER AT
WESTVIEW HEALTH CARE

307.672.9789
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www.WestviewHealthCareCenterWY.com

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