

## Putting your best gluten-free fork forward

LOIS BELL  
THE SHERIDAN SENIOR CENTER

disease — manifests in approximately 300 symptoms that differ from person to person. Those who have a close relative with gluten sensitivity have a one in 100 chance of also having the same sensitivity, according to the Celiac Disease Foundation. And it can affect people of all age, gender and race.

This was Holstedt's experience. His daughter discovered her gluten sensitivity prior to Holstedt discovering the condition in himself. Did anyone else in the family have this sensitivity?

"My mother was seeing the same symptoms in me

that she saw in my paternal grandmother. We think Grandmother Holstedt was a celiac. She had chronic pain the last 30 years of her life," said Holstedt.

Holstedt has a cousin who is so sensitive to gluten that he has to carry an epi-pen in the event he should accidentally ingest food with gluten. Two of Holstedt's grandsons also are gluten intolerant.

Gluten sensitivity and celiac disease are hereditary autoimmune diseases that run in families. When people with celiac disease eat foods that contain gluten — proteins found in rye, wheat and barley — their body attacks the small intestine leading to damage to the villi, small fingerlike projections that line the small intestine that are crucial to nutrient absorption. This can lead to malnutrition and other serious autoimmune diseases, osteoporosis, thyroid conditions, and some cancers.

Identifying gluten sensitivity and celiac disease is not simple. It is estimated that 83 percent of people with celiac disease are left undiagnosed or misdiagnosed according to the BeyondCeliac organization. Both the Celiac Foundation and BeyondCeliac organizations recommend seeing a physician for testing.

The only way it can be confirmed is if a person tests negative for all celiac markers (including an endoscope) as well as all wheat allergy markers, but has symptoms that significantly improve on a low gluten diet.

"According to the National Foundation of Celiac Awareness (NFCA), the most common symptoms of gluten sensitivity are foggy brain and unexplained headaches, tingling or numbness, gut issues such as gastroesophageal reflux disease ('heartburn'), gastroparesis, bloating,



COURTESY PHOTO

Brooke Holstedt was surprised to discover that a gluten free diet alleviated extreme pain he was feeling in his neck and arms. Holstedt discovered that putting his best gluten-free fork forward has resulted in feeling better.

constipation or diarrhea, and autoimmune disorders such as fibromyalgia or Hashimoto's thyroiditis. Like celiac, it is not uncommon to present in a way that has no gut symptoms," said Georgia Boley, registered dietitian who reviews the nutritional content of the Senior Center's lunches before the menus are published and meals prepared.

March is National Nutrition Month. The 2017 theme is "Putting Your Best Fork Forward." But how can you do this when living with gluten sensitivity or

celiac disease?

For those with gluten sensitivity, a reduction in consuming foods with gluten is advised. The only treatment currently for celiac disease is a strict, gluten-free diet.

After his diagnosis, Holstedt bought a two-volume book about eating gluten-free.

"The second book came with recipes," said Holstedt, who substituted wheat flour with almond and rice flours. "I look at food labels. I don't buy anything with wheat, barley, or rye in it. I was surprised to find that

soy sauce has wheat in it. I love Japanese and Chinese foods," said Holstedt.

Holstedt now buys soy sauce without the wheat extenders.

"To reduce the risk of gluten sensitivity, eat lots of various plants, keep your sugar to less than 10 percent of your calories, and reduce stress," said Boley.

"I was glad when my doctor discovered what it was (that was making him ill)," said Holstedt. "It gave me a new lease on life. At least I knew what I could eat safely."

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~ Bob Geurjevich

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

Entrée Choice*	or	Soup Kiosk
Sun - Rosemary Pork w/gravy		
Mon - Beef Stroganoff		Creamy Turkey Soup
Tue - Chicken Ranch Pizza		Pork Gumbo
Wed - Meatloaf		Country Mushroom Soup
Thu - Baked Ham		Roasted Cauliflower & Red Pepper Soup
Fri - Oven Fried Chicken		Ham & Rice Soup
Sat - Beef Fajita/Flour Tortilla		

\*entrée only offered for Home Delivered Meals

Day	Activity	Time	Location
Mon	Pinochle	1 to 3:30 p.m.	Community Room
Tue	Crafts	1:00 p.m.	First United Methodist Church
Wed	Barbie's Birthday Bring Barbies!	10:30 a.m.	Dining Room
Thu	YAH Players Performance \$2 SC*	1:30 p.m.	Dining Room
Fri	YAH Players Performance \$2 SC*	1:30 p.m.	Dining Room
Sat	Ham & Cheddar Omelet Breakfast	7:30 to 9 a.m.	Dining Room
	YAH Players Performance \$2 SC*	1:30 p.m.	Dining Room

s.c. = suggested contribution

Lunch Service Hours: 11:30 a.m. to 12:45 p.m., 365 days a year at 211 Smith Street  
Building hours: 9:00 a.m. to 4:00 p.m. Mondays - Fridays  
9:00 a.m. to 1:00 p.m. Weekends and Holidays  
211 Smith Street Sheridan, WY 82801  
Home Delivered Meals (307) 672-6079  
Senior Center Main Phone: (307) 672-2240 9:00 a.m. to 4:00 p.m. Mon - Fri

### CENTER STAGE

## Best place to be if you're depressed? Senior center

In 2006, my mother died and then 40 days later, my wife Katie, died. We were married 54 years. Needless to say, I was depressed. Then I heard about the meals at the Senior Center from my friend Rosemary Brouwer who went to church with me. She told



LEONARD HURST

me to come on down.

My first impression when I walked through the doors was, "Wow the staff are really glad to see me!" I think

that's the first thing you need when you have no family nearby. That started things and brought me to the Senior Center almost every day.

Over time, I saw other

programs at the Senior Center. For example, there are AARP Tax Foundation volunteers who can help you with your taxes. Then there was a singing group — the SheridanAires — that attracted me. John Trohkimoinen sang with me in our church choir and invited me to join the SheridanAires. I joined the next spring and have been singing with them ever since. That was about seven years ago.

There are other programs that attract other people like the theater group and the volunteer program. I'd guess that being a volunteer has probably helped a lot of people out of depression.

Then, there's the minibus. If you can't drive, it's a great way to get around. You just can't sit around and watch television.

From many of the patrons, I have learned jokes that you can tell anywhere. I

distribute those quite freely. Laughing is good for depression.

I've taken it upon myself to sing to people who come to the Senior Center and to the staff from time to time, something I like to do. I just recently sang the song "Let Me Call You Sweetheart" to the dining room this past Valentine's Day. Singing is good for depression even for people who think they can't sing.

If you come for lunch, you are around people who are a lot like you. You can share your problems and be a listening ear for them. Being around people can be good to beat depression.

I've made new friends at the Senior Center like in the SheridanAires and during the six years when I was on the Senior Center board of directors. Friendship is good when you're depressed. As a retired fire marshal, the staff has asked

my opinion on safety issues from time to time. That makes me feel valuable; feeling valued is another way to lift you out of your depression.

I recently donated a Valentine Tribute at the Senior Center during their annual Valentine Tribute campaign. I wished the Senior Center management and staff a Happy Valentine's Day for being here for me.

The Senior Center is as good a place as anything when you're depressed. It's nice to find people here in town that care about you. My point, the Senior Center is a good place for fighting depression.

LEONARD HURST is a Sheridan resident, a former Senior Center board member, and a supporter of the 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

• "Anybody for Tea?" and "Who is Herbert?" stage performances by the Young at Heart Players under the direction of Pat Tomsovic on March 9, 10 and 11, 1:30 p.m. all three days. On the Senior Center dining room stage. A \$2 suggested contribution at the door is appreciated. Entertainment for all ages! The Senior Center is located at 211 Smith St.  
• Piano Lessons — "Yes! an old dog can be taught new tricks," says instruc-

tor LeClaire Arcadia. On Tuesdays beginning March 14, from 1-2 p.m. Sign up for half-hour lesson. A song book at \$9 is the only cost. Call 672-2240 or stop by the Senior Center, 211 Smith St., Monday through Friday from 9 a.m. to 3:45 p.m.

• Heritage Towers dinner night Wednesday, March 15, 5:30 p.m., 428 N. Jefferson St. Advance sign-up is required by calling 674-7283 before March 9. Dinner: Irish stew and fixings. Music by

folk music group, "Trip-N-4Biscuits."

• Conversations in History with local historian, Helen Laumann. Wednesday, March 8, 10:30 a.m., at the Sheridan Senior Center, 211 Smith St. No charge to attend. Just grab a cup of coffee or tea from our dining room and join in. This month's topic: "The History of the Big Horns - Part Two."

• First Day of Spring Hike, March 20. Take a

chance on a nice sunny day and explore Sheridan's South Park walking path. Advance sign-up required. Treats will be available (a contribution is appreciated). Meet at the Senior Center at 1 p.m. to carpool to the trail head.

Difficulty level is easy. Bring a hat, sunscreen and water. Binoculars and camera are optional. Wear weather appropriate clothing and good walking shoes for the hike.

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