

Caregivers – the silent warriors

July is a wonderful time of year. There is a gentle simplicity in the air, the smell of hot dogs on the grill, our American flag flying strong and proud, fireworks and mom's apple pie — this warmth and hospitality especially ring true in our caring community. In fact, one of the things I love about Sheridan is it is filled with people who give their time for others, and the best examples of that from my perspective are caregivers — men and women who provide for the needs of someone in their life who can't do so on his or her own.

I've come to appreciate these individuals because of my role in the Caregiver Support Program with the Sheridan Veterans Affairs Health Care System — I have been serving veterans here as a registered nurse for more than 14 years, and for the last five years I have been serving those who I call the "silent warriors" too. These silent warriors are the spouses, parents, sons, daughters, partners or friends that unselfishly provide nurturing care to our men and women who have come home with injuries (whether wounds are visible or not) acquired during their service to our nation.

Caregivers I interact with support our veterans, but there are many caregivers in the community who also deserve recognition. These silent warriors are men and women who have similarly found themselves in a role they may not have felt ready for but stepped up anyway to provide much-needed support.

Caregivers for both veterans and non-veterans come from places of love. In the VA, I've seen a daughter of a Pearl Harbor survivor who first tended to her father's needs remotely then supported him in-person in the latter part of his life; a mother of an OEF/OIF veteran who ensures her son is taking medication to head off suicidal thoughts; and a spouse who cares for someone changed by three deployments, returning home dependent on the caregiver because of short-term memory loss and confusion. Caregivers in our community may not care for someone who faced the same situations as our veterans, but they do an immense job supporting men and women with similar physical or mental health issues. I salute those individuals for an equally difficult role and am proud to know there are resources in our community to support them.

If you are a caregiver, please check into what our community has to offer for resources. The National Family Caregiver Support Program is active in our area at The Hub on Smith and a great option to utilize. I've witnessed firsthand how much difference it can make for a caregiver to have a network of support — it helps you and the person for whom you're caring.

If you know someone who is a caregiver, please help him or her find those resources or (if possible) offer your support — their health and wellbeing are at stake.

MICHELE R. POURIER, RN, is the caregiver support coordinator for the Sheridan Veterans Affairs Health Care System.

SENIOR HAPPENINGS

• Sheridan WYO Rodeo week has a theme of "Hats off to Sheridan's first responders." The Hub is encouraging individuals to wear their finest cowboy attire and hats, all week. The Hub will take a group photo and send them off to Sheridan's first responders as an acknowledgement of their service.

• Dave Munsick will play at The Hub on Smith Wednesday at noon.

• The Hub will host a baked beans or best biscuit contest Thursday at 10 a.m. If you're up for the challenge, sign up early and The Hub on Smith will provide you with the details.

• The Hub will broadcast the Sheridan WYO Rodeo parade Friday at 9 a.m. Enjoy the parade in the comfort of The Hub café, complete with party favors.



**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

*entrée only offered for Home Delivered Meals

ENTRÉE CHOICE* or SOUP/SALAD

Tue - Herb Pork Roast
Wed - Salmon/Chimichurri Sauce
Thurs - Chicken Caesar Salad
Fri - Beef Brisket
Sat - Meat & Veggie Pizza
Sun - Ham Loaf w/ Pineapple Sauce
Mon - Cod Baked w/ Carrots & Leeks

RODEO WEEK THEME HATS OFF TO OUR FIRST RESPONDERS

Wed - Dave Munsick	High Noon	Café
Thurs - Trivia Thursday	12:00 p.m.	Café
Fri - Rodeo Parade Broadcast	9 a.m. (Party Favors)	Café
Sat - Texas Hold'em	12:30 p.m.	Café
Mon. - Table Tennis	1:00 p.m. to 3:30 p.m.	Fitness Room

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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Al Stohlman Award

Jim Jackson points out a photo of his father in his workshop at The Brinton Museum Tuesday, July 3, 2018. Jackson received the 2018 Al Stohlman Award for achievement in leathercraft.

TEMPS RISE, RECORDS FALL

Things to know about the heat wave

NEW YORK (AP) — If you've been hot lately, you're not alone. Record high temperatures have been logged over the past week in the U.S. and around the world.

Here's a quick look at the heat.

WHAT'S GOING ON?

For the week through Tuesday, 227 U.S. records were broken for highest temperature for particular days, and another 157 were tied, federal statistics show.

There was also a lack of cooling overnight, with 451 records broken for warmest minimum temperatures for particular days, and another 421 tied. In Burlington, Vermont, for example, the temperature got down only to 80 degrees (27 degrees

Celsius) on July 2, its highest low temperature ever.

Some other countries have seen all-time highs, such as 105 degrees (41 C) in Tbilisi, the capital of the nation of Georgia, on Wednesday, and 109 degrees (43 C) in Baku, the capital of Azerbaijan, on Sunday. On Monday, Iran experienced its hottest July temperature ever, 127 degrees (53 C).

IS THIS DUE TO CLIMATE CHANGE?

Heat waves are a part of every summer, and scientists hesitate to link any single weather event to the warming climate that researchers have measured over long periods of time. Still, Matthew Rosencrans of the National Weather

service says that because of global warming, "heat waves like this are likely to be more frequent going forward than they have been in the past."

Jeff Masters, director of meteorology for the private forecasting service Weather Underground, said the past week's heat wave "is the kind of thing you expect to see on a warming planet ... it's easier to set a heat record." He notes that 2016 was the warmest year on record globally, and that year saw the most all-time heat records broken around the world.

IS ANY RELIEF IN SIGHT?

In the U.S., Masters said, a cold front should bring

relief from the heat and humidity in the Midwest and Northeast on Friday through Sunday. Southern California will get severe heat during that time, he said, with a high of 102 degrees (39 C) forecast for Friday in Los Angeles. That city has experienced only five July days in recorded history that were warmer, he said.

The coming week will be pretty hot over most of the U.S., especially in the West, forecasters say.

For the last two weeks of July, temperatures over the eastern half of the country are likely to be closer to average than they were this past week, while probably remaining above average in the western part of the country and the southern Plains.

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