

Hub hikes continue toward Rock Creek trek

This summer continues year two of senior hikes led by The Hub on Smith's fun assistant (yup, that's her title), Jean Harm, myself and Wyoming Wilderness Association's Heidi Davidson. Hosting six hikes each summer, we especially look forward to outings in August to escape the town's hot concrete and breathe in fresh mountain air. Mark your calendars for Aug. 11-12 for the Rock Creek

be a true reward for all participants. Register early as space is limited. Rock Creek is northwest of Buffalo, adjacent to and west of the Bud Love Big Game Winter Range and HF Bar Ranch. It's 34,000 acres, contiguous with Cloud Peak Wilderness to the west, comprised of forested timberlands, mountain parks, rugged canyons and stunning geologic outcrops. As the area was part of the original proposed 1984 Wyoming Wilderness Act, WWA continues to advocate for its wilderness designation and encourages everyone to experience the wild terrain.

This Rock Creek hike will follow North Sayles Creek on TR 051. Co-led by Khale Century Reno, WWA's executive director, I will offer up as much geology of the area as you would care to consume. Retired Wyoming Game and Fish Department fisheries biologist Bill Bradshaw will share his expertise on the ongoing efforts

to maintain the trout-fishing resource in the forest. As this hike offers an overnight option, attend the organizational meeting at the Hub Aug. 6 at 1 p.m. if you would like to make it a weekend.

The hike up Medicine Wheel will be an educational endeavor for all who can attend. Dave McKee from the Bighorn National Forest will narrate along the way and provide extensive history to the spiritual area. If you can adventure above 10,000 feet in elevation, don't miss out on what is sure to be an amazing day.

As all hosted hikes range from easy to difficult, some are local jaunts on Sheridan's pathway system after a filling lunch at the Hub. Yum! Additionally, while intended for the senior crowd, we have encouraged all ages to participate, having hikers range in age from 7 to 91. We always cater to folks who may have physical limitations and unable to reach the

destination. A valiant effort by all makes for an enjoyable experience. While participants have expressed a desire to learn more details, we are currently working on ways to post information that will help with better preparedness, as well as archiving past hikes with narratives and pictures. The Hub's website (thehubsheridan.org) will have all information on our upcoming and past hikes. We thank the Hub's staff for helping. Stop by the website in the future to see what we have posted and check out the Hub's fall newsletter for four upcoming hikes in September and October.

For more information or to register, call the Hub or WWA. We look forward to joining you on the trail, eating GORP, scaling to vistas and maybe even fishing for epic Bighorn trout in alpine streams.

STEVE STRESKY is a volunteer at the Hub on Smith and a geoscientist.

VA hospital in West Virginia plans mental health summit

BECKLEY, W.Va. (AP) — A Veterans Affairs hospital in West Virginia says it is planning a mental health summit to highlight advances in improving veterans' care. The Beckley VA Medical Center says the summit is set for Aug. 9. The event will take place at the National Mine Health & Safety Academy from 8 a.m. to 4:30 p.m.

VA officials say the goal is to enhance the mental health and well-being of veterans and their families.

SENIOR HAPPENINGS

- The Underground Coal Miners Picnic for all descendants of the local mining communities will take place Sunday. Groups will depart The Hub on Smith at 9:30 a.m., Heritage Towers at 9:40 a.m. and Tongue River Valley Community Center at 10 a.m. The Monarch/Underground Miner's Picnic in the Bighorn Mountains will be held at Pine Island Campground. Those planning to attend are asked to bring a dish to pass; meat and soft drinks will be provided. Music will be provided but bring your instrument if you would like to take part in a jam session. Handicapped parking will be available. If it is too difficult for bus riders to bring a dish to pass, that is OK. Organizers said they would rather have you attend then focus on the hardship of bringing something to eat. There is a suggested contribution of \$15 for registered seniors and a fee of \$20 for unregistered individuals. Contact Jean Harm at (307) 672-2240, ext. 108, or Nancy Herdt at (307) 737-2388 with questions.

- Christmas in July will take place Wednesday at 2 p.m. at The Hub on Smith. When it's 100 degrees in the shade, you long for "The most wonderful time of the year." Get in the spirit and sign up at the front desk, drop ins are welcome too. Contact The Hub on Smith at (307) 672-2240 with questions.

- Join The Hub on Smith for a tour of the HF Bar Ranch and lunch Aug. 2. The group will depart Heritage Towers at 9:45 a.m. and The Hub at 10 a.m. The group will return to Sheridan at 3 p.m. Enjoy a day of the simple life at the HF Bar Ranch. Situated in a pristine valley on nearly 7,500 acres bordering the Bighorn National Forest, the group will take a tour of the ranch including a visit to the corral and cabin area. (Golf carts are available.) Participants will dine in the dining hall with ranch guests. The suggested contribution for registered seniors is \$30. The fee for unregistered individuals is \$35. Sign up and pre-pay at The Hub on Smith by Thursday.

Recommended Wilderness excursion and Aug. 23 for the Medicine Wheel exploration.

The trek into Rock Creek Recommended Wilderness, sponsored by the Wyoming Wilderness Association, will



A group of hikers enjoy a trek in the Rock Creek Recommended Wilderness at Firebox Park in 2017.

COURTESY PHOTO |

More than senior moments: better dementia detection is urged

CHICAGO (AP) — Too few people with signs of mental decline or dementia are getting checked during routine medical visits or told when a problem is found, says a panel of Alzheimer's disease experts who offered new guidance Sunday.

The idea is to get help sooner for people whose minds are slipping — even if there's no cure.

Though mental decline can be an uncomfortable topic for patients and their doctors, the panel says family physicians should do a thorough evaluation when concerning symptoms arise

and share the diagnosis candidly.

Patients and family members should push for an evaluation if they're worried that symptoms might not be normal aging — the difference between occasionally misplacing keys versus putting them in the freezer or being confused about their function.

"By the time you forget what the keys are for, you're too far gone to participate in your own care. We've lost probably a decade" that could have been spent planning, said the panel's leader, Dr. Alireza Atri, a

neurologist at Banner Sun Health Research Institute in Arizona.

It's not just memory that can suffer when mental decline starts, Atri said.

"It's actually people's judgment being off, their character and personality being off," sometimes years before dementia is diagnosed, he said.

THE NEED

About 50 million people worldwide have dementia; Alzheimer's is the most common form. In the United States, nearly 6 million have

Alzheimer's and almost 12 million have mild cognitive impairment, a frequent precursor.

In 2015, Alzheimer's Association research using Medicare records suggested that only about half of people who were being treated for Alzheimer's had been told by their health care provider that they had been diagnosed with the disease.

"All too often, physicians will hear of some symptoms or memory complaints from patients or their spouse and say, 'you know, you seem OK to me today,'" so check back in six months,

said James Hendrix, an Alzheimer's Association science specialist who worked with the panel. Meantime, the patient may end up hospitalized for problems such as forgetting to take a diabetes medicine because their mental impairment wasn't caught.

"We hear stories all the time of people taking years to get an accurate diagno-

sis," said Nina Silverberg, a psychologist who runs Alzheimer's programs at the National Institute on Aging, which had no role in the guidelines.

Medicare recently started covering mental assessments as part of the annual wellness visit, but doctors aren't required to do it and there was no guidance on how to do it, she said.

SADDLE RIDGE
THERAPY CENTER AT
WESTVIEW HEALTH CARE

- Respite Care
- Private Rooms
- Short-term Rehab
- Outpatient Therapy

www.WestviewHealthCareCenterWY.com

307.672.9789 • 1990 W. Loucks St. • Sheridan, WY

the hub...on Smith
A CENTER FOR ALL GENERATIONS

ENTRÉE CHOICE* or SOUP/SALAD

Tue- Spaghetti & Meatballs
Wed- Chicken Vesuvio Skillet
Thurs- Beef Stir Fry
Fri- Spice Rubbed Chicken
Sat- Ham & Pasta Salad
Sun- Meatloaf w/ Roasted Tomatoes Over Mashed Potatoes
Mon- BBQ Pork Wing

CHECK OUT SUMMERTIME FUN AT The Hub...on Smith

Tue- Stull Lake Hike	Departs the Hub 8:30 a.m.	Bring Lunch
Wed- Christmas in July	2:00 p.m.	Café
Thurs - Cribbage	12:30 p.m.	Fitness Room
Fri - Dog Days of Summer	1 p.m. to 3:30 p.m.	\$ 1 Lemonade Grab N Go
Sat- Quilters All Night	6:00 p.m.	Community Room
Sun.- Underground Miners' Picnic	Depart: Hub 9:30 HT 9:45 TRVCC	10:00 a.m.

FUN AND FOOD
BUILD YOUR OWN SALAD
Mondays - Fridays
Entrees and kiosks include sides,
dessert and drink.

Salad Bar Available
Mondays - Fridays

No Salad Bar on
Saturday or Sunday

*entrée only offered for Home Delivered Meals

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.