



## The Hub on Smith, Keeping Community Connected

So much has changed in our lives since our spring newsletter. Many of the activities scheduled for March, April, and May were canceled and plans put on hold.

We were focusing then on the value we place on our independence and how this sometimes gets in the way of asking for help or reaching out when you need something, or someone. Although being able to take care of one's self is a milestone we seek and hope to maintain, no one can thrive or survive without others. This is especially true now.

The COVID-19 pandemic provides us a unique opportunity to understand the social isolation and loneliness many older people feel every day. The social opportunities that the Hub on Smith and

other senior centers across the country provide, are not offered merely to create a new hobby or pass one's time. The critical role social connection plays in maintaining our emotional, psychological, and physical health is well researched and documented. Having a purpose, a social network, and place to gather are critical to our human existence.

How do we connect socially and social distance at the same time? Our wonderful employees, volunteers, and the community at large are coming up with unique adaptations to do just this! We are talking with people on the phone, meeting on Zoom, and even going on virtual field trips. This newsletter is full of ways you can connect.

See full article on **PG 3**

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Executive Director

## A note from the Executive Director

**Hello to everyone...we miss you very much!**

Leadership expert and author, Brene' Brown, talks about the importance of being clear in our communication. She states being clear is kind, being unclear is unkind. In these uncertain times, I am going to do my best to be clear.

Our team is working diligently to meet the increased needs of our seniors and their caregivers during this trying time for our community. The COVID-19 crisis poses significant health risk for seniors because of their advanced age and also targets those with chronic medical conditions, as well as people with compromised immune systems. The very risk factors that are known to exacerbate the Coronavirus are the primary characteristics of the people we serve. With this in mind, our meals and activities that involve the gathering of people in one place will continue to be suspended until we are more confident that we can do so safely.

There is no specific date set at this time to open up the Hub or to begin serving meals at our outlying sites. We will notify you and the public at large when these services will resume. We will do so through a variety of channels including radio, newspaper, Constant Contact e-mails, the website and social media. Services will be opened gradually and cautiously and in accordance with guidance from the Centers for Disease Control, Wyoming Department of Health, the Sheridan County Incident Management Team, and our staff and Board of Directors.

I predict that our congregate meal service and social and wellness activities will open later than the rest of the community gathering places, because we are serving a group of people at higher health risk from COVID-19. It is likely that Goose Creek Transit will be able to begin limited operations with screening and protective gear. It may feel like we are being overly cautious, however your welfare is our primary concern.

We will continue to provide home delivered meals to people 60 and over and continue to connect with people individually via phone, video, and scheduled home visits. A complete list of the services we are providing and how to make contact with each area is found on page 17 of this newsletter.

Our purpose as an organization is to help people stay healthy and well in the community throughout their lifetimes. In my mind, this purpose has never been more important.

In times of crisis, our values and our hearts come to the surface and I am proud to work with the wonderful staff employed by the Hub and our Board of Directors— our team is stronger than ever. Thank you also to our wonderful home delivered meals volunteers and our amazing community partners who have donated time and money to help during this pandemic.

We are grateful for your patience and help in keeping people healthy and safe. We are stronger together! Until we meet again...

# Keeping Community Connected CONTINUED FROM COVER

Our services are also focused right now on making sure people have food to eat and the needed supplies. Older people and people with chronic health challenges are at higher risk of serious illness and mortality if they are infected with the Coronavirus. It is recommended that people who fall into this category stay home as much as possible.

As soon as it is safe to begin gathering again, we will do so. We can't wait until that day arrives. In the meantime, we have been coming up with many creative and ingenious ways to connect. This unfortunate COVID-19 experience is creating new opportunities to accomplish our mission and our purpose that we hope to continue beyond COVID -19. We have been seeing so much good coming from people throughout Sheridan County. People of

all ages and from all walks of life reaching out to help and connect with people who are unable to leave their homes and who are in need. Charitable Foundations, service organizations, churches, and businesses have been generous in asking how they can help and what is needed. The City of Sheridan has been a true partner in providing additional financial support and encouragement during this time.

**We are in this together.** If you have a need or know of someone that may need a little extra help right now, call 307-672-2240, ext. 0.

**The Hub on Smith is an example of how the social infrastructure in a community connects community... it is community!**

## Covid-19 How the Hub Adapted Services



**Lacey VanHorn from Day Break and Hannah Gibbons from Grab 'n Go stand next to the Home Delivered Meals Route Map. Since closing the dining room, 8 routes have been added to the HDM program and Lacey and Hannah have stepped in to coordinate the drivers and meals for these routes.**

**“Try not to resist the changes that come your way. Instead let life live through you. And do not worry that your life is turning upside down. How do you know that the side you are used to is better than one to come?”**

**- RUMI**

In early March, the Directors at the Hub assembled to put together an action plan to respond to the impending impact of the COVID-19 virus. The team came up with a phased approach based on the number of infections and where they were located. Not knowing what to expect, the team drafted a plan that seemed reasonable and actionable. Within 48 hours, the Hub went from Phase 1 (prevention and surveillance) to Phase 3 (COVID-19 in Sheridan County) in the response plan, closed down the Hub on Smith facility, and contacted all the patrons who count on the Hub for meals, Day Break, Help at Home, activities, transportation, and so many other programs. The Hub on Smith was one of the first facilities to close its doors to the public and soon, orders from the Governor and the Wyoming Department of Health closed almost all public buildings, including schools, the YMCA, and restaurants.

The population we serve is among the most vulnerable in the community, and now the COVID-19 pandemic was threatening them. Our number one quandary: how can we protect the people we serve and their loved ones, along with our own staff and volunteers? The staff immediately started making calls to those they knew would be the most impacted by facility closures. Here is a little information about some of the departments and how they continued to serve our patrons over the past several weeks.

# How the Hub Adapted Services CONTINUED FROM PAGE 3



## Help at Home:

Help at Home provides services to people who are primarily home bound and need assistance with daily tasks. Every client we served was contacted to evaluate how they were doing, what their current needs were, and how the Help at Home team would be able to help. Some clients were equipped to shelter in place, and we continued to check-in with them periodically to see if they needed anything. Some people needed supplies or meds, so we determined the best way to get them those items. Some people still wanted and needed caregivers to come into their home, which we did following precautions from State Health Officials. Personal Protective Equipment has always been part of our normal procedures and we added screenings for every person in the homes we visited. We are lucky to report that as of writing this update, all our clients and staff are COVID-19 free.

## Goose Creek Transit (GCT):

Goose Creek Transit operates a door-to-door transportation service as well as a Fixed Route bus service. Both services are heavily used and relied upon by many in our community. When the Hub facility closed, GCT also discontinued both services to reduce exposure to riders and the drivers. The GCT Director reached out to the Hospital and

Welch Cancer Center to establish procedures for transporting clients to medically necessary appointments like chemotherapy or dialysis. The drivers also worked with some local grocery stores to pick up and deliver groceries. The Hub became a place for people to donate supplies for those in need and the drivers were able to assist with getting those supplies to homes that needed them. GCT employees were able to use the downtime to clean the bus barn, the buses, and perform maintenance. Drivers also assisted the Home Delivered Meals team.

## Home Delivered Meals:

The Hub feed hundreds of people every day in its dining room. For so many of these people, it is not just a fun place to go and eat - it is often the only



## Home Delivered Meals staff Lacey give dog treats to one of the drivers to give to dogs that are on her route

“meal” they eat that day. The Hub was concerned that many of our seniors would be without the means to eat at least one nutritious meal per day. The Kitchen staff, along with the Home Delivered Meals team, quickly devised a plan to provide all seniors who wanted a meal with one delivered to their door. The volume of Home Delivered Meals went from 80 - 100 per day to as high as 400+ meals delivered in one day! Staff from other areas of the Hub jumped in to help in the kitchen. Staff from Grab ‘n Go and Day Break took on the task of adding new routes and coordinating drivers for these routes.

## Day Break:

The Day Break facility closed at the same time as the main facilities and GCT. Normally, Day Break

serves 12-15 clients daily. The staff contacted each client to determine how they were doing and if they needed anything. The staff also stayed in contact with the caregivers for the Day Break clients through phone calls, emails, and even Zoom! Staff from Day Break has been busy helping with Help at Home and sanitizing the bags used in meal delivery, in addition to assisting with the Loan Closet. To help stay connected with patrons and to spread a little cheer, Barb Blue, the director of Day Break, devised a remote bingo game with the Home Delivered Meals patrons. Bingo cards were sent out with meals to anyone that wanted them. Every day, bingo numbers are pulled and communicated with the meal delivery. The games may have a much slower pace, but the joy of getting a BINGO remains!

#### **Support Groups and Dementia Friendly Wyoming and other departments:**

Support groups and trainings for caregivers have shifted to Zoom conference calls. The staff was figuring out how to stay connected with people and how to continue interacting with our patrons within hours of the facility being closed. Staff and volunteers who needed to isolate in their homes were able to meet with co-workers and clients via various online communication apps like Zoom and Facetime.

New volunteers were recruited, paperwork filled out, and screening procedures put into place. Now that so many people have become familiar with this new technology, there is a good chance the Hub will continue to utilize it for services going forward.

#### **Green Boomerang:**

The Green Boomerang is a thrift store on Main Street that is run by the Hub on Smith. All the profits from this store are used to support the Hub on Smith's services and programs. The store closed to protect everyone from the threat of exposure to COVID-19. The staff has taken this opportunity to refresh the store and update some of the fixtures. The store looks forward to opening soon with a new look and feel - Stay Tuned!

The Hub on Smith is not the same organization that it was in March 2020. There are too many details, changes, and inspiring stories of overcoming challenges to fit into this newsletter. However, the COVID-19 crisis has prompted a metamorphosis in the Hub that highlights the strength, resiliency, and most importantly, the indispensable services we provide to our community. Thanks to all our staff, volunteers, donors, and especially our patrons for sticking together through this challenging time.



**Thank You**

**thank you to the  
community for  
helping us to  
serve Seniors  
during this  
challenging time**

# Our Master Plan

“Though many partners in the community are challenged and working hard to deliver essential services, the Hub certainly has risen to the occasion efficiently and effectively. We view the Hub as an essential organization. Their work continues and, in some ways, has just begun as they proactively connect elders in our community with vital needs and services.”

— JENNY CRAFT, SCOTT FOUNDATION.

In the last 47 years, we have worked to remain responsive to those we serve, adapting to changes in culture and expanding our services and facilities to meet the needs of our growing senior community. Now, more than ever, the Hub is looking towards the future and how we can best serve our patrons.

In March 2020, we began sharing our Master Plan with you - Upward! It is a plan the Board and staff have been working on to determine how we grow and organize our services and facilities for the future. We were originally planning to build additional space for our Help at Home program (the last phase of renovations that started in 2014) when the Hub was gifted nearly ½ acre in additional land immediately adjacent to the existing Hub facility. This gift presented a significant opportunity to reconsider the planned relocation of the Help at Home Program in light of what would best serve our Hub users in the future.

While we are grateful for our current facility, the needs of our senior population continue to evolve, as do the programs the Hub provides. For instance, did you know that our Help at Home program (home-care service to keep individuals living in their own homes for as long as possible) is not currently housed in the Hub's building on 211 Smith Street? This program—with twelve Home Health Aides, two RNs, and three office staff—provides vital services to an average of 55 people each day, all from an offsite location. Having this program located in the same building with the rest of the Hub's services and staff would greatly improve synergies, communication,



# Upward!



and access to other services (such as the Loan Closet and support groups), thereby increasing the value of this program to its clients.

The first phase of the master planning process revealed the need for a more effective way to connect to our friends and neighbors to the range of services offered by the Hub, and gave rise to a new initiative - the Hub on Smith Support Center. Here a team of compassionate staff welcome people to the Hub, meet with them one-on-one to learn about their needs, and then connect them to the many programs and resources the Hub has to offer. The new method of connecting with individuals and families has already had a powerful impact on the people we serve and will allow for greater connectivity with other care providers and resources in the community.

Another growing program is Home Delivered Meals. This service has been tested in the last few months and found to be invaluable to our community. The way the Home Delivered Meals team adapted to make sure no senior went without meals during the COVID-19 shutdown is impressive to say the least! We are sure this program will continue to grow,

ensuring seniors are receiving nutritious meals and staying connected to the Hub. Many of our volunteer delivery drivers would love to have a covered area where they can pick up meals for delivery and not be exposed to weather or icy conditions.

It is important that the Hub's facilities foster a sense of community and convenience for patrons and potential clients to participate in all our programs and services. We want seniors and their families to be able to meet staff in person and get the information they need, and then stick around for an activity class or lunch with friends. We want our volunteers and staff to be able to meet the needs of the community in a safe and effective environment.

The Coronavirus Pandemic put an end to our public meetings scheduled throughout March. Instead we sought input through our website and a recent mailing. We will take the input we are receiving and consider all points of view. Our next steps will be to get to work on the design and engineering to meet our needs and to get it done right.



## DEMENTIA FRIENDLY WYOMING RAPIDLY ADAPTS ALL PROGRAMMING DURING COVID-19

### Harvest Group Conversations Continue Through Zoom

As the COVID-19 protective measures began in mid-March, a group of individuals living with various forms of dementia were determined to continue their weekly conversations face-to-face through the virtual platform, Zoom. The meetings offer weekly opportunities to tell stories, share jokes, and check-in with each other. These meetings will continue in this virtual forum until they can meet again in person.

### Friendly Visitors Continue to Visit Isolated Individual

Friendly Visitor volunteers are committed to making connections with their "friend" living with dementia through phone calls, text, and video, depending on technology availability. Heather Comstock, Dementia Care Educator, facilitates Zoom support sessions for volunteers to discuss their successes and challenges. Each person and each relationship are unique. Together they are creating new ways of connecting to reduce the isolation that has challenged many persons with dementia who are living alone.

### Opening Minds Through Arts (OAM)

Looking for a fun conversation over famous art? Interested in an art project you can do from the comfort of your home?

Register and receive step-by-step directions and an all-inclusive art packet with the items you'll need to complete each fun filled project. For a full schedule of OMA art project opportunities and registration links, please visit the Dementia Friendly Wyoming website [dfwsheridan.org](http://dfwsheridan.org), click on the tab, "Attend Zoom Workshops."

### Educational Workshops Continue Through Online Registrations and Zoom

June, July and August will offer multiple education opportunities through workshops hosted on Zoom for family, professional and community care partners. For a full schedule of workshop titles, times offered and registration links, please visit the Dementia Friendly Wyoming website, [dfwsheridan.org](http://dfwsheridan.org), and click on the tab, "Attend Zoom Workshops."

**If you are living with dementia or if you are a partner in care to someone living with dementia,** local resources, skill building opportunities and support are available to you. Dementia Friendly Wyoming's effort continues as an integral part of the Hub on Smith Street. For dementia-specific questions or education options, contact Heather Comstock, Dementia Care Educator, through **phone:** 307-672-2240 ext., 112 or **email** [hcomstock@thehubsheridan.org](mailto:hcomstock@thehubsheridan.org)

# Support Groups Help Those Caring for Others

Our hats are off you to those of you who selflessly care for their loved ones! Whether you are caring for an ailing parent or spouse or younger grandchildren, the added demands can begin to affect your health and wellbeing. That is why the Hub on Smith hosts Caregiving Support groups.

We welcome anyone who is caring for a loved one. The Hub support groups offer a place to support one another and learn new skills. Your experience as a caregiver may be similar to someone else's. It can be immensely helpful and comforting to talk with other caregivers who truly understand the situation because they are also living it.

The support groups are full of sharing – everything from grandkids to pets, weekend plans to recipe ideas. The Hub support group facilitators also occasionally bring in guests to present about topics such as dealing with PTSD, activities you can do at home with loved ones, how to ask for help (and how to accept help when it is offered), dealing with

addictions or abuse, and many others.

Our Older Relative Caregiving Program (ORC) is designed for older relatives caring for children. Several seniors in our community are full time caregivers for their grandchildren or grand nieces and nephews. Raising children in this time is much different than it was 20 years ago, and this group helps support these individuals.

The support groups meet weekly and people are encouraged to attend as often as they are able. Many participants call this time a "small break from reality." Lately the Caregiving Support groups have switched to meeting online through Zoom. Several people have had to adjust to new technology and routines due to social distancing, but they continue to meet and support one another.

**If you or someone you know wants to learn more about the support groups offered at the Hub on Smith, please email Denise Hawley at [dhawley@thehubsheridan.org](mailto:dhawley@thehubsheridan.org) or call 307-672-2240 ext 115.**

# TECH CONNECT



**The Hub on Smith is excited to announce the launch of a new program called Tech Connect. This was inspired by several groups of seniors, one group living with dementia and another group of exercisers, who each met weekly at the Hub and were determined to not let COVID-19 interrupt their sessions.**

Tech Connect is a program that provides seniors with devices so they can stay connected to their friends, family, and even health care providers. This new program is a partnership between the Hub on Smith and Design Your Tech, a local technology company owned by Tyler Wells.

## **Why is the program needed?**

The COVID-19 outbreak has led to an unprecedented social distancing situation. Many seniors are cut off from their friends, family and other people they normally interact with. People who did not need to connect virtually before are seeking ways to learn and use new technology such as Zoom, Facetime, Facebook, etc., however they don't currently have devices that allow them to do this.

By matching seniors with appropriate devices, Tech Connect gives users the opportunity to participate in supportive conversations, exercise or other mindful gatherings, creative activities, telemedicine, and community updates. All these benefits are imperative for older adults to maintain their mental and physical health. Seniors are at great risk of suffering from social isolation, and technology can help overcome these challenges.

## **How does it work?**

Tech Connect takes donated devices from community members and businesses. The devices

are evaluated by a technician and repaired or updated. We wipe these devices clean and then preconfigure, install, and test ZOOM conferencing solutions on them. Finally, devices are logged as part of the Hub's Tech Connect Program and are matched to interested Seniors.

## **How can I sign up for a device through Tech Connect?**

Interested seniors should email Lisa Wells in the Hub's Fun Department at [lwells@thehubsheridan.org](mailto:lwells@thehubsheridan.org) to enroll in the Senior Tech Connect program. Based on the senior's needs, the Hub will identify the best tech device to use and will deliver it to the senior's doorstep. The Hub will then train the senior in how to use the device and troubleshoot as needed. Design Your Tech will also offer tech support if needed.

## **Who is eligible to participate in Tech Connect?**

Currently we are enrolling participants age 60 and older who are either registered at the Hub on Smith or who we register over the phone.

## **Is there a cost to participate in Tech Connect?**

No, there is no fee for the senior to participate in the Tech Connect Program.

## **How can I donate to this program?**

If you have a device that you would like to donate you can:

**1 -** Drop it off at the Hub on Smith, 211 Smith Street. Please use the plastic bin by the north door facing Whitney Commons. Drop off hours are between 9 am - 1pm, Monday - Friday.

**2 -** In certain cases, Design Your Tech will pick up your donated device. To discuss this or if you have questions about whether your device qualifies as a donation, please [email Tyler at wells@designyourtech.com](mailto:tyler@wells@designyourtech.com) or visit [www.designyourtech.com/donate-your-tech-covid19-support](http://www.designyourtech.com/donate-your-tech-covid19-support)

If you would like to make a financial contribution to the Tech Connect program or to the Hub on Smith, you can visit our website at [www.thehubsheridan.org/give-now/](http://www.thehubsheridan.org/give-now/) or you can mail donations to The Hub on Smith, 211 Smith Street, Sheridan, WY 82801.

To learn more about this exciting program, including current enrollment, technology device donations, providing or receiving tech support, and/or current and future networking opportunities, contact Lisa at [lwells@thehubsheridan.org](mailto:lwells@thehubsheridan.org)

# June 2020

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> LEMON CHICKEN WILD RICE PILAF W/ CRANBERRIES AND ALMONDS* ROASTED CAULIFLOWER WHITE ROLL FRUIT PIZZA	<b>2</b> MEATLOAF STEWED TOMATOES STEAMED BROCCOLI ROASTED RED POTATOES RASPBERRY BAR	<b>3</b> POT ROAST W/ VEGGIES AND POTATOES CREAMY COLESLAW BAKED APPLES	<b>4</b> DILL SALMON ROASTED RED POTATOES STEAMED BROCCOLI CUCUMBER SALAD LEMON BAR	<b>5</b> FISH AND CHIPS CREAMY COLESLAW FRUIT PEANUT BUTTER COOKIE	<b>6</b> CHICKEN ALFREDO BROCCOLI AU GRATIN GARLIC BREAD FRUIT
<b>7</b> PORK TENDERLOIN WILD RICE PILAF BRUSSELS SPROUTS CHEESE AND ONION ROLL APPLESAUCE	<b>8</b> CHICKEN PARMESAN ROASTED REDS GARLIC BREAD FRUIT	<b>9</b> SHRIMP SCAMPI IN CREAM SAUCE OVER LINGUINE VEGETABLE MEDLEY FOCACCIA BREAD GARDEN SALAD	<b>10</b> CHEESEBURGER WEDGE FRIES VEGETABLE MEDLEY CHOCOLATE CAKE	<b>11</b> LASAGNA ROASTED SUMMER SQUASH CAESAR SALAD GARLIC BREAD	<b>12</b> MARINATED PORK TENDERLOIN MASHED POTATOES GREEN BEANS FRUIT BROWNIE BITES	<b>13</b> DILL SALMON RICE PILAF LEMON BROCCOLI WHITE ROLL VANILLA PUDDING
<b>14</b> GLAZED HAM MASHED SWEET POTATO W/ MARSHMALLOWS VEGETABLE MEDLEY MOLASSES COOKIE 	<b>15</b> CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS GARDEN SALAD CHOCOLATE CHIP COOKIE	<b>16</b> CHICKEN ENCHILADA BLACK BEANS COUNTRY VEGETABLES CALIFORNIA FRUIT	<b>17</b> SWEDISH MEATBALLS EGG NOODLES PEAS & CARROTS CARROT RAISIN SALAD CINNAMON PEARS	<b>18</b> GREEN CHILI AND CHEESE STUFFED CHICKEN BREAST CREAMY RISOTTO BRUSSEL SPROUTS SNICKERDOODLE	<b>19</b> OVEN ROASTED TURKEY STUFFING MASHED SWEET POTATOES CARROT APPLE CELERY SALAD BROWNIE	<b>20</b> PORK WING ASIAN SALAD RICE PILAF ASIAN VEGETABLES FRUIT
<b>21</b> CHICKEN POT PIE STEAMED BROCCOLI BREAD AND BUTTER FRUIT AMBROSIA 	<b>22</b> JAMBALAYA VEGETABLE MEDLEY FRUIT RANGER COOKIE	<b>23</b> CHICKEN MARSALA MASHED POTATOES BRUSSEL SPROUTS WHITE ROLL FRUIT	<b>24</b> HONEY DIJON PORK CHOP CAULIFLOWER MAC N CHEESE GARDEN SALAD BROWNIE	<b>25</b> TARRAGON CHICKEN SALAD SANDWICH POTATO CHIPS FRUIT BERRY CRISP	<b>26</b> POT ROAST VEGETABLES & POTATOES CHEESE & ONION ROLL APPLE CRISP	<b>27</b> SPAGHETTI W/ MEATBALLS ROASTED ASPARAGUS CESAR SALAD FRENCH BREAD FRESH FRUIT
<b>28</b> PULLED PORK SANDWICH ROASTED RED POTATOES VEGETABLE MEDLEY CHOCOLATE ZUCCHINI CAKE	<b>29</b> PHILLY CHEESE STEAK ROASTED POTATOES VEGETABLE MEDLEY PINEAPPLE	<b>30</b> CHICKEN ALFREDO GARLIC BREAD GREEN BEANS CAESAR SALAD	<b>SUBJECT TO CHANGE</b> *Indicates Item Contains Nuts			

# July 2020

SUN

MON

TUE

WED

THU

FRI

SAT

**SUBJECT TO CHANGE**

\*Indicates Item Contains Nuts



SUN	MON	TUE	WED	THU	FRI	SAT
			<p><b>1</b></p> <p>LASAGNA VEGETABLE MEDLEY GARDEN SALAD FRENCH BREAD</p>	<p><b>2</b></p> <p>CHEESEBURGER WEDGE FRIES VEGETABLE MEDLEY CHOCOLATE CAKE</p>	<p><b>3</b></p> <p>GREEN CHILE AND CHEESE STUFFED CHICKEN BREAST CREAMY RISOTTO GREEN BEANS AMANDINE* FRUIT</p>	<p><b>4</b></p> <p>MEATLOAF STEWED TOMATOES ROASTED RED POTATOES WHOLE KERNEL CORN MAGIC COOKIE BAR <b>Independence Day</b></p>
<p><b>5</b></p> <p>BISCUITS AND GRAVY SCRAMBLED EGGS STEAMED BROCCOLI FRUIT</p>	<p><b>6</b></p> <p>ROASTED TURKEY W/ GRAVY MASHED POTATOES GREEN BEANS WHITE ROLL PUMPKIN BAR</p>	<p><b>7</b></p> <p>SHRIMP SCAMPI IN CREAM SAUCE OVER LINGUINE VEGETABLE MEDLEY FOCACCIA BREAD GARDEN SALAD</p>	<p><b>8</b></p> <p>BEEF TIPS W/ SWEET PEPPERS OVER MASHED POTATOES VEGETABLE MEDLEY WHITE ROLL FRUIT</p>	<p><b>9</b></p> <p>CHEESEBURGER WEDGE FRIES VEGETABLE MEDLEY CHOCOLATE CAKE</p>	<p><b>10</b></p> <p>BEEF STROGANOFF EGG NOODLES VEGETABLE MEDLEY FRENCH BREAD GARDEN SALAD</p>	<p><b>11</b></p> <p>DILL SALMON RICE PILAF LEMON BROCCOLI WHITE ROLL VANILLA PUDDING</p>
<p><b>12</b></p> <p>TURKEY TETRAZZINI BRUSSELS SPROUTS WHITE ROLL FRUIT</p>	<p><b>13</b></p> <p>JAMBALAYA VEGETABLE MEDLEY FRUIT RANGER COOKIE</p>	<p><b>14</b></p> <p>BEEF TACOS MEXICAN RICE SOUTHWESTERN CORN AMBROSIA FRUIT CUP</p>	<p><b>15</b></p> <p>SPAGHETTI W/ MEATBALLS ROASTED ASPARAGUS CESAR SALAD FRENCH BREAD FRESH FRUIT</p>	<p><b>16</b></p> <p>CHICKEN MARSALA MASHED POTATOES BRUSSEL SPROUTS WHITE ROLL FRUIT</p>	<p><b>17</b></p> <p>BAKED COD W/ CARROTS AND LEEKS WILD RICE PILAF W/ CRANBERRIES AND ALMONDS* VEGETABLE MEDLEY BERRIES AND CREAM</p>	<p><b>18</b></p> <p>BAKED STEAK TERIYAKI W/ EGG NOODLES VEGETABLE MEDLEY FRUIT OATMEAL COOKIE</p>
<p><b>19</b></p> <p>CHICKEN PARMESAN ROASTED REDS GARLIC BREAD FRUIT</p>	<p><b>20</b></p> <p>FISH AND CHIPS CREAMY COLESLAW FRUIT PEANUT BUTTER COOKIE</p>	<p><b>21</b></p> <p>PHILLY CHEESESTEAK VEGETABLE MEDLEY FRUIT PEANUT BUTTER COOKIE</p>	<p><b>22</b></p> <p>CHILI OVER BAKED POTATO FRUIT CINNAMON ROLL</p>	<p><b>23</b></p> <p>PEPPERONI PIZZA VEGETABLE MEDLEY ROASTED RED POTATOES FRUIT</p>	<p><b>24</b></p> <p>CHICKEN CORDON BLEU ROASTED REDS GREEN BEANS AMANDINE* ZUCCHINI BREAD FRUIT</p>	<p><b>25</b></p> <p>CHICKEN POT PIE STEAMED BROCCOLI BREAD AND BUTTER FRUIT AMBROSIA</p>
<p><b>26</b></p> <p>CHEESEBURGER W/ LETTUCE AND TOMATO POTATO WEDGES STEAMED BROCCOLI RASPBERRY BAR</p>	<p><b>27</b></p> <p>SHRIMP SCAMPI IN CREAM SAUCE OVER LINGUINE VEGETABLE MEDLEY FRENCH BREAD GARDEN SALAD</p>	<p><b>28</b></p> <p>LEMON CHICKEN CREAMY RISOTTO ROASTED CAULIFLOWER WHITE ROLL FRUIT PIZZA</p>	<p><b>29</b></p> <p>HERB STUFFED PORK LOIN RICE PILAF W/ ALMONDS AND CRANBERRIES* ROASTED CAULIFLOWER CHOCOLATE CAKE</p>	<p><b>30</b></p> <p>POT ROAST W/ VEGETABLES AND POTATOES MACARONI SALAD CHOCOLATE CHIP COOKIE</p>	<p><b>31</b></p> <p>HAM AND MACARONI BAKE ROASTED RED POTATOES BRUSSEL SPROUTS GARDEN SALAD</p>	

# August 2020

SUN

MON

TUE

WED

THU

FRI

SAT

**SUBJECT TO CHANGE**

\*Indicates Item Contains Nuts

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>SUBJECT TO CHANGE</b> *Indicates Item Contains Nuts</p>						<p><b>1</b> FISH AND CHIPS GLAZED CARROTS GARDEN SALAD BROWNIE BITE</p>
<p><b>2</b> OVEN ROASTED TURKEY MASHED POTATOES VEGETABLE MEDLEY SALAD MAGIC COOKIE BAR</p>	<p><b>3</b> CHICKEN MARSALA EGG NOODLES VEGETABLE MEDLEY APPLESAUCE BARB BLUE CRISP (BLUEBERRY)</p>	<p><b>4</b> FRENCH DIP SANDWICH W/AU JUS SCALLOPED POTATOES BRUSSEL SPROUTS GARDEN SALAD</p>	<p><b>5</b> CHICKEN ENCHILADA BLACK BEANS ROASTED SUMMER SQUASH CALIFORNIA FRUIT</p>	<p><b>6</b> BAKED COD W/ CARROTS AND LEEKS WILD RICE PILAF W/ CRANBERRIES AND ALMONDS* VEGETABLE MEDLEY BERRIES AND CREAM</p>	<p><b>7</b> LASAGNA ASPARAGUS TIPS CAESAR SALAD GARLIC BREAD</p>	<p><b>8</b> CHICKEN ALFREDO BROCCOLI AU GRATIN GARLIC BREAD FRUIT</p>
<p><b>9</b> CHICKEN FRIED STEAK MAC 'N CHEESE GREEN BEANS CARROT RAISIN SALAD PEAR APPLE CRISP</p>	<p><b>10</b> JAMBALAYA VEGETABLE MEDLEY WHITE ROLL FRUIT</p>	<p><b>11</b> TURKEY CLUB SANDWICH ROASTED SWEET POTATOES ROASTED VEGETABLES MOLASSES COOKIE</p>	<p><b>12</b> BEEF TACOS MEXI-RICE ROASTED SQUASH VANILLA WAFER PUDDING</p>	<p><b>13</b> MEATLOAF STEWED TOMATOES STEAMED BROCCOLI ROASTED RED POTATOES FRUIT</p>	<p><b>14</b> GREEN CHILE AND CHEESE STUFFED CHICKEN BREAST CREAMY RISOTTO GREEN BEANS AMANDINE* FRUIT</p>	<p><b>15</b> DILL SALMON ROASTED RED POTATOES STEAMED BROCCOLI CUCUMBER SALAD LEMON BAR</p>
<p><b>16</b> BEEF STROGANOFF EGG NOODLES VEGETABLE MEDLEY FRENCH BREAD WILTED SPINACH SALAD</p>	<p><b>17</b> PHILLY CHEESESTEAK VEGETABLE MEDLEY LENTIL SALAD PEANUT BUTTER COOKIE</p>	<p><b>18</b> POT ROAST W/ VEGETABLES AND POTATOES CREAMY COLESLAW APPLE CRISP</p>	<p><b>19</b> TACO SALAD MEXICAN RICE VEGETABLE MEDLEY CHOCOLATE BLACK FOREST CAKE W/ CHERRIES</p>	<p><b>20</b> LEMON CHICKEN W/ EGG NOODLES ROASTED CAULIFLOWER GARDEN SALAD SNICKERDOODLE</p>	<p><b>21</b> CHEESEBURGER WEDGE FRIES BROCCOLI AU GRATIN FRUIT CHOCOLATE PUDDING</p>	<p><b>22</b> ROASTED TURKEY AND GRAVY OVER MASHED POTATOES VEGETABLE MEDLEY WHITE ROLL MAGIC COOKIE BAR</p>
<p><b>23</b> OVEN FRIED CHICKEN MASHED POTATOES AND GRAVY GREEN BEANS FRUIT</p>	<p><b>24</b> CHICKEN BACON AND SWISS SANDWICH WEDGE FRIES SWEET KERNEL CORN FRUIT CHOCOLATE CAKE</p>	<p><b>25</b> HERB STUFFED PORK LOIN RICE PILAF W/ ALMONDS AND CRANBERRIES* ROASTED CAULIFLOWER CHOCOLATE CAKE</p>	<p><b>26</b> SPAGHETTI W/ MEATBALLS ROASTED CAULIFLOWER CAESAR SALAD CHEESE AND ONION ROLL</p>	<p><b>27</b> BEEF ENCHILADAS REFRIED BEANS MEXICAN RICE GARDEN SALAD ROCKY ROAD PUDDING</p>	<p><b>28</b> SHRIMP SCAMPI IN CREAM SAUCE OVER LINGUINE VEGETABLE MEDLEY FOCACCIA BREAD GARDEN SALAD</p>	<p><b>29</b> TARRAGON CHICKEN SALAD SANDWICH POTATO CHIPS FRUIT BERRY CRISP</p>
<p><b>30</b> GLAZED HAM SWEET POTATO MASH W/ MARSHMALLOWS ROASTED CAULIFLOWER SPINACH SALAD W/ FETA AND STRAWBERRIES</p>						

# Activities

## FUN AND WELLNESS DEPARTMENT

This strange time has presented us with new opportunities. We are grateful to have a deeper appreciation and awareness about whole-being, wellness, and the absolute importance of staying connected in meaningful ways despite social distancing. We hope our new department name, "Fun & Wellness" captures this spirit.

Join us in welcoming Amanda Munford to the Fun & Wellness team! You all know her from the Hub Front Desk and most recently, Green Boomerang. If you don't know her yet, you will get to know her soon! She has great energy and lots of experience and ideas. Amanda has jumped right in to help us to keep having fun and stay connected!

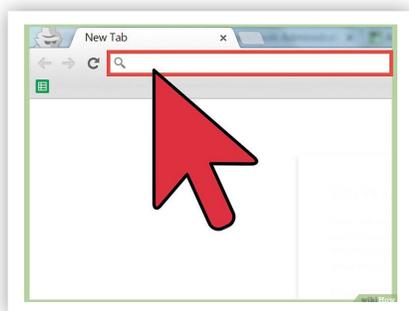
Our team members are working to expand programming to include on-line options, while at the same time, we continue to "check in" through phone calls and mail. We are also providing information and activities through the Home Delivered Meals (HDM) program. We are currently stuffing 400 Home Delivered Meal Bags to send home fun activities, like "Bingo with Barb" or important COVID-19 updates. Please keep an ear open for Public Service Announcements on the radio and follow us on Facebook and Instagram at "The Hub on Smith."

We miss being together! As soon as we can safely gather again, we will contact Instructors and Participants.

In the interim, check out the FREE virtual activities in this newsletter. We hand-picked sites that we hope provide you with Fun & Wellness until we can gather again! Check out the newsletter at [www.thehubsheridan.org](http://www.thehubsheridan.org), including hyperlinks, or type the provided links into your search engine, as pictured below, and enjoy!

### Tech Instruction

Own a technology device but have questions about how to use it? Please contact Lisa Wells, Fun & Wellness Coordinator, (307) 672-2240 x 108 to reserve some instruction time.



## HEALTH AND FITNESS

### BOOM on ZOOM!

#### Live Online Exercise Classes

Certified group fitness and Yoga instructor Lisa Wells, RYT200 leads this low impact, circuit style workout with challenging movements to improve cognitive abilities and increase overall strength, cardio conditioning, flexibility, and balance. Designed for those active adults with non-physical limitations. Come have fun and stay fit!

**Sign up by emailing Lisa Wells, Fun & Wellness Coordinator, at [lwells@thehubsheridan.org](mailto:lwells@thehubsheridan.org)  
Monday • Wednesday • Friday 9:00-9:45 am**

*\*download Zoom on your computer to attend this online class*

### BAMM on ZOOM!

#### Live Online Exercise Classes

This chair exercise class is non-impact but you will still get great benefits! Moves focus on improving cardio, strength, balance, and flexibility, helping participants maintain independence for ADLs (activities of daily living). Certified group fitness and Yoga Instructor Lisa Wells, RYT200 invites you to join in anytime!

**Sign up by emailing Lisa Wells, Fun & Wellness Coordinator, at [lwells@thehubsheridan.org](mailto:lwells@thehubsheridan.org)  
Monday • Wednesday • Friday 10:00-10:45 am**

*\*download Zoom on your computer to attend this online class*

### SilverSneakers®

#### Recorded and Live Online Exercise Classes

SilverSneakers® is a health and fitness program designed for adults 65+ that's included with many Medicare Plans. Check out this link to enroll today and get online access to all kinds of fitness classes you can do at home!

<https://www.silversneakers.com/learn/classes/>

### Simple Salads

#### Live Cooking Tutorial

Hub Executive Chef Dan Cole and Registered Dietitian Georgia Boley will prepare some classic salads, sharing tips on how to keep your produce purchase fresh, fun, tasty, and nutritious! Gain insight and a new twist on making coleslaw, potato salad, and the oldie but goody, gelatin salad.

**June 10th • Wednesday 12:30 p.m.  
The Hub Dining Room**

# Activities

## June 13th Saturday 11:30 a.m. • Cottonwood Kitchen

(location may change or be virtual depending on social distancing)

Sign-up call The Hub on Smith at 672-2240 or Cottonwood Kitchen at 674-7980

**Free to Hub Registered Participants • \*\$5 s.c. All Others, Per Session**

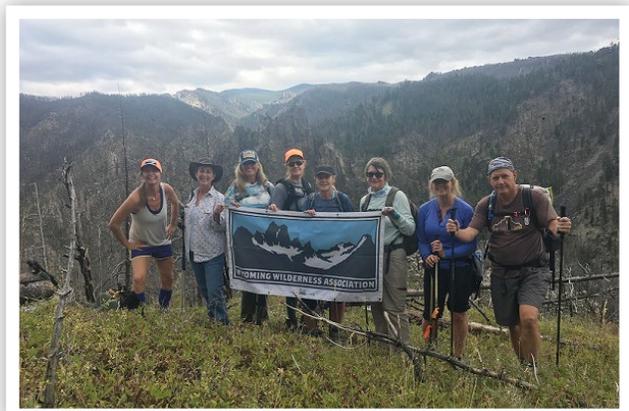
*\*Suggested Contributions (s.c.) for classes are considered donations and are therefore non-refundable unless The Hub cancels.*

## Virtual Cooking Tutorials

Interested in additional cooking tutorials? Check out Hub Registered Dietitian Georgia Boley's YouTube Channel for more healthy and delicious inspiration!

<https://www.youtube.com/user/gboleyful>

## RECREATION



## Wyoming Wilderness Association (WWA)

We may not have planned hikes with WWA during this time of social distancing, but they can still help inspire you! The mission of WWA is to protect Wyoming public wildlands. Tour their webpage for ideas of areas to discover.

<https://www.wildwyo.org/>

## BANFF

Usually an annual fundraiser for WWA, Banff Center for Arts and Creativity is bringing the epic adventure of the Banff Centre Mountain Film and Book Festival to you at home! They are providing a curated program of free Festival films that are available for you to watch online. The featured films were all finalists in the 2019 and 2018 festival in Banff, Alberta. These films are the best of the best outdoor adventure short films!

<https://www.banffcentre.ca/film-fest-at-home>

## Wyoming PBS

Do you love Baseball? Cooking and Baking? Wyoming centered programs? Check out the **FREE** online programming at <https://www.pbs.org/shows/>

## Armchair Travel

**Take a virtual vacation today!**

A Day at The Museum: Over 2,000 Museums at your fingertips. Discover art from over 80 countries!

<https://artsandculture.google.com/>

Take a peaceful paddle in "Minnesota's Boundary Waters" or "Tour of Neon Signs" through Smithsonian, the official journal published by the Smithsonian Institution in Washington, D.C.

<https://www.smithsonianmag.com/travel/virtual-travel-180974440/>

## LEISURE

### Quizmasters-The Ripple Effect

Barb Blue, Day Break Director, invites you to enjoy playing this trivia game that also creates a ripple effect of exercising your brain, sharing your ideas, and maybe some smiles.

Look for future Quizmasters on Facebook at [facebook.com/TheHubOnSmith](https://facebook.com/TheHubOnSmith) and included in Home Delivered Meal Bags!

1. Whose likeness is depicted on the Purple Heart?
2. What do the opposite sides of a die always add up to?
3. Where would you be if you hiked Bright Angel Trail down to the Colorado River?
4. Who was the 1st woman to anchor a TV network evening news?
5. What was the name of Roy Rogers's dog?

### Answers

- 1) George Washington 2) 7 3) The Grand Canyon 4) Barbara Walters 5) Bullet

### HDM Bingo with Barb

Barb Blue, Day Break Director aka Bingo Barb, is keeping the Bingo excitement alive during our social distancing. Look for Bingo Cards and Numbers in your Home Delivered Meal bags until we can gather again in the Hub Café!

Winners receive a special treat bag delivered to their doorstep. Thank you Goose Creek Transit! The first winner was Mary Chevez!

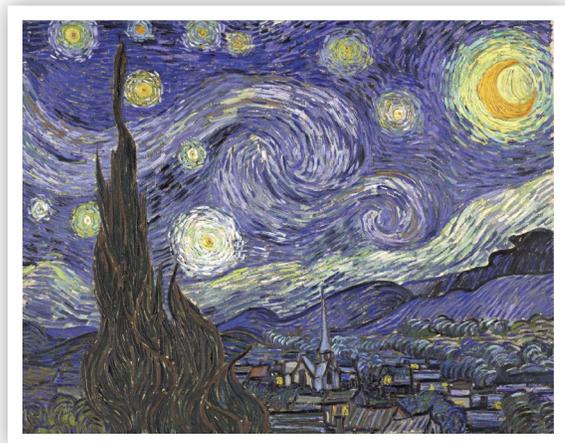
# Activities

## CREATIVE ARTS

Opening Minds Through Art (OAM) enables people with dementia to assume new roles as artists and teachers and create beautiful artwork.

### A Conversation About “Starry Night”

#### Lesson Questions



- Look: from top to bottom, left to right.
- What do you see? What objects do you recognize?
- How would you describe the colors?
- Do you see the brushstrokes? What kind of effect do they create?
- What time of day is it or what season?
- What is the mood of the work and what makes you say that?
- Vincent van Gogh painted this. Have you heard of him? What do you know about Vincent van Gogh?
- Van Gogh painted this village in France. Have you been to Europe before? Does this look like any place you have visited before? Where? What part of the painting makes you think of that town?
- If you were to enter this painting, what will you find in the village? What might the people be doing? Would you like to live there?

**For future OMA projects, visit Dementia Friendly Wyoming at <https://www.dfwsheridan.org/> and click “Attend Zoom Workshops.”**

#### Skillshare

Explore your creativity. Join Skillshare to watch, play, learn, make, and discover. Skillshare is offering several FREE courses that you can enjoy while practicing social distancing! Try something new! Courses include Art Journaling, Creative Writing, Illustration, Photography and Music.

<https://www.skillshare.com>

## PERFORMING ARTS

Thank you Erin Butler, Executive Director of the WYO Theater, for these excellent resources!

#### Ucross Spotlight

The Ucross foundation hosts a nationwide series of artist-centric events designed to highlight their esteemed alumni, their work, and their contribution to the nation’s arts and letters.

<https://www.ucrossfoundation.org/>

#### A Little Friday Night Music

Each Friday at 7:00 pm Whitney Center for the Arts will feature a performance from their archives.

[https://www.youtube.com/channel/UC4I4W\\_P2--auOPR2q8wOW7g](https://www.youtube.com/channel/UC4I4W_P2--auOPR2q8wOW7g)

#### The Shows Must Go On

Lord Andrew Lloyd Webber is calling all musical lovers! Starting this Friday, they’ll be releasing a full-length, smash-hit musical once a week for you to watch for free!

<https://www.youtube.com/channel/UCdmPjhKMaXNNeCrIFjuMvag>

#### CirqueConnect

Cirque du Soleil welcomes you into their world where awe-inspiring show footage and fan favorite videos will transport you.

<https://www.cirquedusoleil.com/cirqueconnect>

## LIFELONG LEARNING

#### Harvard University

Did you know that Harvard University offers FREE continuing education courses online? It’s never too late to learn something new!

<https://www.edx.org/school/harvardx>

#### Duolingo

Have you ever wanted to learn a new language? Duolingo offers FREE language education for the world.

<https://www.duolingo.com>

## COMMUNITY SERVICE

#### 2020 Census

Help your community thrive! Do you care about the resources that your community has to support its citizens? Great! The Hub could use your help! Remember to take the 2020 Census. Census results help determine how billions of dollars in federal

# Activities

funding flow into states and communities each year. Need help filling out your census forms? **Contact Jamie Hoeft, Support Center Coordinator, at 307-461-7134. Here is a quick video of how the Census works!**

<https://youtu.be/Syg4zqb0iCU>

## SELF-CARE

Take a break to destress in the comfort of your own home!

### Morning MeditOcean

A guided meditation with the Jellies from Monterey Bay Aquarium. This video is stunning!

<https://www.youtube.com/watch?v=5J2llsogT5Q>

### 4K Relaxation Channel

Enjoy a relaxing journey with the 4K Relaxation Channel on YouTube.

<https://www.youtube.com/channel/UCg72Hd6UZAgPBAUZplnmPMQ/videos>

## FUTURE FUN & WELLNESS!

We can't meet in person, but it hasn't stopped us from daydreaming...

### The Hub on Smith's Victory Garden

Recently there has been a national resurgence in the victory garden movement that began in the World War I era. We want to be part of the fun too! Plus, gardening is good for the body and soul. Do you enjoy gardening?

Interested volunteers should contact Amanda Munford, Fun & Wellness Coordinator, at 307-672-2240 x107 or [amunford@thehubsheridan.org](mailto:amunford@thehubsheridan.org).

Want to learn more about historic Victory Gardens of the World War I era? Check out this pamphlet put out by the National War Garden Commission in 1919!

<https://archive.org/details/victorygardensfe00pack/page/n1/mode/2up>

### Veterans Day Wall of Honor

Are you a Veteran? Thank you for serving! If you have not participated in past Walls and would like to be included in our future Wall of Honor for Veterans Day, please let us know. We would love celebrate your service.

**Contact Amanda Munford, Fun & Wellness Coordinator, at 307-672-2240 x107 or [amunford@thehubsheridan.org](mailto:amunford@thehubsheridan.org)**

### Relaxation with Rosie

Petting a dog has known health benefits! While not everyone is able to have a dog in their current living situation, Tessa Dalton has offered to bring her Therapy Dog Rosie here for your enjoyment. Look for details once the Hub on Smith opens to the public. In the interim, you might enjoy this article on 6 ways pets improve your health!

<https://www.webmd.com/hypertension-high-blood-pressure/features/6-ways-pets-improve-your-health#1>

### Cycling Without Age (CWA)

This is a program for seniors with limited mobility. Want to feel the wind in your hair? You get to as passenger on a specialized 3 wheel bike, or trishaw, while a CWA Volunteer pilots pedal you around town. Special thanks to Jordan LeDuc, Owner of Sheridan Bicycle Company.

**Interested passengers and pilots should contact Lisa Wells, Fun & Wellness Coordinator, at 307-672-2240 x108 or [lwells@thehubsheridan.org](mailto:lwells@thehubsheridan.org)**

**Want to learn more about the program?**  
<https://cyclingwithoutage.org/>



**Unfortunately, the 10th Annual Keystone Awards have been postponed.** We are still looking forward to honoring this year's recipients — **Edre Maier, Everett McGlothlin, and Casey & Sue Osborn** — as soon as possible. We will keep you updated when we have details for the event.

# CHANGES AHEAD →

Our programs and services will reopen in different stages in the coming months. Check our website ([thehubsheridan.org](http://thehubsheridan.org)) and social media for updates.



## the loan closet

Hours of Operation!

Monday - Friday

Noon - 4:00 pm

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## In your corner

Community-based services support people living at home and connected to their communities. Utilizing these services helps to prevent premature institutionalization. If you think that your family or someone you know may benefit from any or all of our services, please call for information:

- Support Center to connect to all services** ..... 461-7134
- Day Break**, adult day care services onsite..... 675-4968
- Dementia Friendly Wyoming – Sheridan**..... 461-7134
- Family Caregiver Support and Loan Closet\*** ..... 672-2240  
\*assistive devices for all ages  
(wheelchairs, crutches, walkers and more)
- Goose Creek Transit Public Bus Service** ..... 675-7433  
Handicap accessible transport available
- Help at Home**..... 675-1978  
Personal Care, Light Housekeeping
- Home Delivered Meals**..... 672-6079
- Volunteer Opportunities**..... 672-2240
- Outreach Support, Housing Assistance, LIEAP**..... 672-2240
- Opportunities and possibilities!**..... 672-2240  
Classes, Fitness, Trips, and Fun Things to Do

# hub on smith donors FEB 1, 2020 – APR 30, 2020

- Robert and Kathleen Ahrens
- Amy Albrecht
- David Alden
- Debrah Anderson
- Melanie Araas
- Sandy Baird
- Cheryl Barker
- Theresa Batchelor
- Susan Becker and Daniel Taylor
- William Bensel and Kristina Korfanta
- Joan S. Bentzen
- Susan L. Bigelow
- Chris and Brandi Bilyeu
- Roy and Robin Bissey
- Judy Bobbitt
- Robert and Terry Bochmann
- Donna Bourne
- Stephanie Bowen
- Patricia Brackley
- Joel Bradshaw and Jean Kirschenman
- Rick and Sandra Browne
- Christi Burgess-Haswell
- Bruce Burns
- Trish Byrtus
- Gene and Diane Caiola
- Cindy Campbell
- Charles and Pamela Canny
- Gary and Barbara Chase
- Kathy Clarendon
- Belva Cicci
- City of Sheridan: Mayor Roger Miller
- John Cochran
- Gayla Collins
- Cosner Construction
- Angela Covolo
- Marilyn Crider
- D.A. Davidson & Co.
- Daniels Fund
- Marjorie Davey
- Richard and Tami Davis, Tandem Productions
- William and Judith Decker
- Nancy Deines
- Robert & Eleanor Demple Family Foundation
- Janet Dill
- Priscilla Dillon
- Molly Dow
- Mary T. Dowling
- Nancy Drummond
- Holland Duell
- Brad Duerst
- Jean Edmundson
- Jack and Nancy Elliott
- Lester Engelter
- Mark Englert and Janine Sasse-Englert
- Linda Ernst
- Norman and Susan Feck
- Dan and Darlene Felde
- William and Carmen Ferguson
- First Federal Bank & Trust - Coffeen Office
- First Interstate BancSystem Foundation (matching gift)
- Michael and Sheila Flynn
- ?? Ford
- Cathy Fortier
- JJ Fournier
- Ella Fredrickson
- Lloyd Funk
- Nadine Gale
- Joanne Garnett
- Rosie Gaviotis
- Ronald and Evelyn Gernaat
- Bob Giurgevich
- Jon Glade
- Franklin and Kristi Goldston
- Cecilia Good
- Aaron and Susan Gorius
- CJ and Margo Gorius
- Bill and Myrna Grimm
- Michael Guenther
- Mary Ella Hando
- Gary and Janet Hansen
- Steve and Marty Harker
- Jean and Brad Harm
- Joan Harrington
- Betty Harrison
- Allyson Harvey
- Catherine Healy
- Jann Heaphy
- Ruth Hein
- Larry and Marilyn Herman
- Bette Hess
- LuAnn Heward
- Doug Hockett
- Holy Trinity Church
- Judy Hubbell
- M. Jackie Hume
- Crissy Hunter
- Leonard A. Hurst
- Earl and Kathy Israel
- Cyndee Jacobson
- Linda Jeffers
- Judy Jennings
- Craig Johnson
- Norman and Rosie Justice
- Arlene Kane
- Bruce and Karon Keahey
- Elizabeth Kelsey
- Jean Kennedy
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- Ron Kensey
- Darlene Kiestler
- Dick and Cathi Kindt
- Dorothy King - King's Saddlery
- Garry and Kay King
- Mark and Tibbie Kinner
- Bruce and Karen Kjerstad
- Vernon and Florence Kluck
- William and Charlene Klutts
- Dale Koch
- Gary and Nancy Kopsa
- Robert Kosine
- Ray and Rose Kraft
- Robert and Carol Krumm
- Pearl Kukuchka
- L & S Contractors
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- Mark Law
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- Julie Matney
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- Bette McAllister
- Marcia McChesney
- David and Suzanne McClintock
- Bill and Betty McKinley
- Jacqueline McMahan
- Alison Kay McManus
- Vicky McMeans
- Roberta McPheeters
- Mary Ellen McWilliams
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- Margaret Melton
- Sherry Mercer
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- Greg Morris
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- Carl and Ruth Morton
- Michael and Sarah Morton
- Mountain View Veterinary Hospital
- Gerhard and Donna Muecke
- Tempe L. Murphy
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- T.A. Scott and Eloise Newbold
- Rose Marie Nicholson
- Penny Nielsen
- Barbara S. Niner
- James and Phyllis O'Connell
- Barbara Oedekoven
- Only Co., LLC (Josh Law)
- L. Marlene Orr
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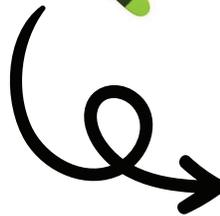
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