



Kay Wallick talks with a friend in the park

## Getting by with a little help from our friends - **Friendly** visitor program

The Hub on Smith's Dementia Friendly Wyoming program spent the last three and one-half years identifying and supporting persons living with dementia and their care partners. Dementia is an umbrella term for many causes of "brain change," with Alzheimer's being the primary one. Although age is the strongest known risk factor, it is not a normal part of aging. "Brain change" may also occur with brain injuries and medications, such as chemotherapy.

Nearly seventy percent of persons living with dementia are living in our community and not in an institution. Some live alone, and others live

with families and care partners. Social isolation is a growing epidemic having dire physical, mental and emotional consequences. Loneliness can also accelerate cognitive decline, and a lonely person is 50% more likely to die prematurely than those with good social relationships. Researchers have shown that loneliness is just as lethal as smoking 15 cigarettes per day. A 2018 AARP study found that one in three older adults are profoundly lonely. One blessing with COVID-19 is that it made this challenge even more visible. We now have the opportunity to create a real sense of community.

See full article on **PG 3**

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**CARMEN RIDEOUT,**  
Executive Director

## A note from the Executive Director

**“We get by with a little help from our friends”**

is a meaningful and timely theme for our newsletter and we want people to know that we feel it every day. We also want you to know that we believe in it!

In the world we are currently living in, our connections with our friends, coworkers, neighbors, and family have never been more important. Even the connections with

acquaintances and the strangers we cross paths with in public, can make or break our day. I'm thinking of one of my favorite quotes from Maya Angelou, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." I believe this is more important than ever right now.

On behalf of our Board of Directors and our dedicated employees, I want to let you all know we are grateful for everyone who is reaching out to us, helping us serve the people of Sheridan. The pandemic has certainly challenged us to adapt to new circumstances. Our primary concern is to help people stay healthy and well and living at home, and to do this as safely as possible.

We also want to thank those of you who are allowing us to serve you. You are giving us an opportunity to connect too. You are helping us feel good by providing us purpose and feeling valued. You are providing us the work and sense of community that we all need.

I would like to take this opportunity to thank two people who will be retiring from our Board of Directors in October - Vickie Mader who has served six years and Dr. John Ritterbusch who has served 3 years. Both have had important roles, bringing their experiences and expertise to the table every time they were called upon. Their presence will be missed greatly, and we are a better organization for their contribution & community service.

We will continue to communicate with you during this unusual and challenging time we are all living through. It will be an eventful fall. Please keep tuned in to our local media outlets, visit our website at [www.thehubsheridan.org](http://www.thehubsheridan.org) or like us on Facebook or Instagram. You may also call us between 8am-4pm Monday through Friday. My extension is 123.

With gratitude,

Carmen

A handwritten signature in blue ink, appearing to read 'Carmen'.

## the hub on smith: dynamic center of activity for Sheridan's growing senior community

This institution is an equal opportunity provider, and employer.

# Getting by with a little help from our friends CONTINUED FROM COVER

Kay Wallick and the team from Dementia Friendly Wyoming (DFW) began the volunteer Friendly Visitor Program to provide one to one friendship, engagement, and socialization for persons with cognitive issues. Friendly Visitors are volunteers that are trained by the Hub on Smith and carefully matched with a “friend.” Volunteers reduce isolation and loneliness and connect their “friend” with the community, engaging in meaningful activities. The pair may meet up once or twice a week to go to lunch, go to a show or take a walk in the park or any activity that they choose. These visits help make outings more comfortable for the friends who may otherwise not get out all.

**There are many reasons why a person might benefit from a friendly visitor.** The person may not have family close by; they may have recently moved to the community and are unsure about how to get around.

Often, friendly visitors give full-time caregivers a break or time to run errands. We can always use another friend or a pleasant visit in our lives!

As the grant for Dementia Friendly Wyoming closes and the programs that were spawned by that initiative take on new lives within the Hub, the Friendly Visitor program continues to provide valuable services to our seniors. The Hub is always looking for people who would be willing to volunteer their time to the Friendly Visitor program. Training, coaching, and regular meetings with other volunteers to share successes and challenges is an integral part of the program. The time commitment is at least 1-2 hours per week.

**If you or a loved one is interested in learning more about the Friendly Visitor Program, please call The Hub Support Center at 307-461-7134.**

## FAQ and Common Misconceptions about Support Groups

### **Support Groups – Important now more than ever.**

Anxiety and uncertainty are starting to weigh on people’s minds due to extended restrictions of the Covid-19 pandemic. Now more than ever, people are feeling the need to connect with others and know that they are not alone in their situations. Caregivers are particularly prone to feelings of isolation and being overwhelmed. Participating in a group provides an opportunity to be with people with common situations and who are likely to understand just what you may be experiencing. Benefits of participating in a support group may include: Feeling less lonely, isolated, or judged and reducing distress, depression, anxiety, or fatigue. Support Groups at the Hub are focused primarily on providing support for those who are caring for an aging family member or seniors who are raising younger children.

While support groups have been meeting at the Hub for years, many people have misconceptions about what a support group is and the benefits of participation. The following information may help you understand why support groups are vital part of the Hub on Smith.

### **What do the groups talk about?**

The discussions that take place in the group are not limited to a particular topic. While most people share stories about their experiences or ask for advice from the group members, it is also ok to just share about life in general. What is most important is that you begin to feel comfortable with the group so that when the time comes, you can share your feeling and even ask for help.

### **How do you protect the privacy of the group?**

At the Hub, we take confidentiality very seriously. Prior to joining a support group, members are advised of the confidentiality requirements and their obligation of what information can and cannot be shared with those outside of the group.

### **How often does group meet?**

Most of the groups meet once a week for 60 minutes however not everyone can make it to every meeting. Most members look forward to the break they get from being a caregiver during this time.

### **How long can I stay in group?**

You can stay in group as long as you feel it is beneficial for you.

## Support Groups CONTINUED FROM PAGE 3

### **What if I am uncomfortable sharing with a group?**

Most people are initially anxious about talking in group. Almost without exception, within a few sessions, new members find that the group process draws them in and they begin to share with the group in ways they never anticipated. There is also opportunity to have one-on-one conversations with members of your group and begin to get to know others so that when it comes time to share you feel more comfortable. While there are many benefits to sharing with peers, it isn't a requirement of participation. If you are not yet comfortable contributing to the group, it's acceptable to merely listen to the other members and reflect silently on their stories. It is very important that group members feel safe. Group leaders are there to create a safe environment for all involved.

### **Does the Support Group do anything else besides share their stories?**

Sharing your experiences is a big part of the Support Group but it that is not all that is done during the meeting. The leaders bring in guests to provide education on relevant topics, mental health tricks and other activities or things to make you smile.

Just attending the group for an hour a week gives you a break from your daily caregiver duties. The Hub has resources to provide respite care for your loved one to give you the opportunity to attend group sessions. Many find that they look forward to this time to focus on themselves.

### **What if my group is not the right fit?**

The Hub has a few different groups and we suggest



you try a support group for a few weeks. If it does not feel like a good fit for you, consider a different support group or a different support group format.

### **I tried a support group before, and it didn't really help.**

There are a lot of reasons that a support group can miss its mark for an individual. But do not let past experiences deter you from participating in support groups again. Every group is different and dynamic. Maybe you find you connect better with this leader than the last one, or maybe you find you have more in common with the members of this group. Almost everyone can value in helping and supporting each other.

**If you or someone you know would be interested in joining a support group please contact Denise Hawley, Family Care Coordinator at 307-762-2240 ext 115, or by email at [dhawley@thehubsheridan.org](mailto:dhawley@thehubsheridan.org).**

## Housing Assistance – Building a Bridge of Trust

### **A home provides security, control, identity, and privacy. Most of all, it's a place that provides a sense of belonging.**

Can you imagine being stuck in a home that is dirty or unsafe? How about self-quarantining or social distancing in a place where you don't feel like you belong? People with low income, seniors, veterans, and people with disabilities face the challenge of finding a safe home every day. That's where Kevin Coleman, Housing Care Coordinator and Outreach Case Manager at the Hub, comes in.

As part of the Hub's Support Center, Kevin's assistance and outreach duties include homeless veterans housing, Low Income Energy Assistance

Program (LIEAP) support, property tax refunds, and Medicare Part D/Supplemental Insurance help. Kevin also works as the Sheridan County Intake Agent for the Cheyenne Housing Authority, an organization that distributes federal housing funding throughout Wyoming. Low income housing is determined from the median household income for the area. Currently, individuals making less than \$2400 per month qualify as low income.

Kevin assists over 300 clients in Sheridan with the Low Income Section 8 Housing Application process. This includes gathering documents, finding housing locations and available units, and gathering realtor contact information for clients. As we all know,

navigating massive amounts of paperwork can be difficult and overwhelming; so, Kevin acts as a liaison between clients and organizations like the Cheyenne Housing Authority to keep the application process moving for both parties. He also acts as an advocate for the client and can explain their circumstances to authorities if they need to apply for application extensions.

Not only does Kevin help with documents and phone calls, he also performs site inspections to determine building compliance and safety. After a client is settled in, Kevin stays in touch and may perform other individual assessments—taking note of if they need to be referred to other Hub resources, like Loan Closet assistance, Home Delivered Meals, or someone to talk to through the Daily Call program.

Kevin's passion is housing homeless veterans. "Every vet that I house is a win," he said. Kevin works with the VA and Volunteers of America (VOA) to help veterans find homes through the VA Supportive Housing program. After moving a veteran into their new home, Kevin and the VOA work together as a team to ensure the veteran is set up to live independently. Kevin says, "It's supportive, we'll help you through this process. We don't just get you set up and leave you to figure the rest out on your own."

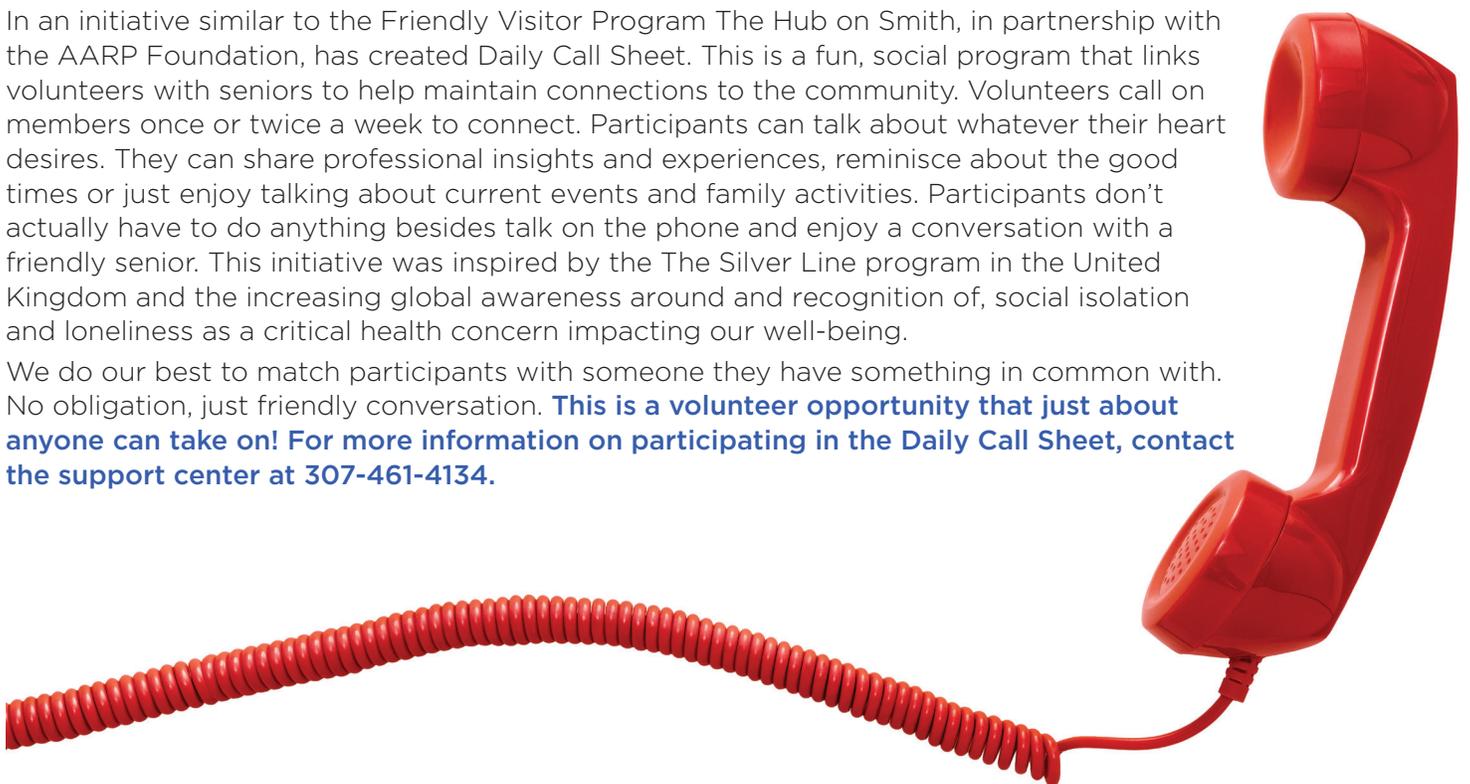
No doubt about it, the Support Center's Housing Assistance service and Kevin make a difference in client's lives. Recently, a client with congenital ailments affecting her quality of life and preventing her from frequently going outside expressed dissatisfaction with her housing environment. She reached out to her caregiver, who is active at the Hub, and the caregiver contacted Kevin. Kevin gained the client's trust and assisted her with the Housing Assistance application process, removing her from the previous toxic environment into a cleaner and safer place. Kevin remarked, "She was having a tough time finding a reason to get out of bed in the morning. As I worked with her, I reassured her that we [the Hub] are looking out for her. This is a step in making life better. We want to do what we can to help her enjoy looking outside again."

**Anybody over the age of 18 who qualifies as low income can apply to the Housing Assistance program. If you or someone you know could benefit from receiving Housing Assistance from the Hub, please reach out to Kevin at 672-2240 ext 111, [kcoleman@thehubsheridan.org](mailto:kcoleman@thehubsheridan.org).** He will help you overcome the paperwork hurdles and help you find a home where you can safely belong.

# Daily Call Sheet

In an initiative similar to the Friendly Visitor Program The Hub on Smith, in partnership with the AARP Foundation, has created Daily Call Sheet. This is a fun, social program that links volunteers with seniors to help maintain connections to the community. Volunteers call on members once or twice a week to connect. Participants can talk about whatever their heart desires. They can share professional insights and experiences, reminisce about the good times or just enjoy talking about current events and family activities. Participants don't actually have to do anything besides talk on the phone and enjoy a conversation with a friendly senior. This initiative was inspired by the The Silver Line program in the United Kingdom and the increasing global awareness around and recognition of, social isolation and loneliness as a critical health concern impacting our well-being.

We do our best to match participants with someone they have something in common with. No obligation, just friendly conversation. **This is a volunteer opportunity that just about anyone can take on! For more information on participating in the Daily Call Sheet, contact the support center at 307-461-4134.**



# Providing service in uncertain times

BY: SHEREE CHILDERS-COSSEL, Human Resource Manager at The Hub on Smith

Providing service to elders during a global pandemic can be challenging to say the least. We learned early on that age can be a contributing risk factor when it comes to COVID-19. So, the question that was on my mind from the beginning was how do we keep our patrons and staff as safe and healthy as possible in these times? Well, the answer became clear as we developed a COOP (continuity of operations plan) for our organization; to keep providing services to the patrons we care so much about, we had to be flexible. We had to be willing to think outside of the box and in some cases completely restructure how we provide service, and we had to do it fast.

Since the beginning of March our staff has shown great versatility. All our programs are based around face to face contact with the people we serve. To reduce the risk to our patrons and our staff we turned to technology and personal protective equipment. All our program areas have had to make changes to continue to provide services.

Fun and Wellness staff developed a program, Tech Connect, that connects seniors with the technology they need to stay in contact with friends and family. Lisa Wells and Amanda Munford, Fun and Wellness Coordinators, partnered with local technology professionals and Hub Educator, Heather Comstock to solve the issue of getting technology into the homes of our patrons that need it. It starts with the donation of unused smart phones and tablets. Lisa and Amanda set the devices up with Zoom and teach

participants how to use the device. Because of the development of this program patrons can continue to enjoy good company while participating in a variety of activities, and health and wellness classes through Zoom. Program participants also use the technology to talk with family and friends or to have conversations with a healthcare professional. The Tech Connect program is a success thanks to the technology donations from community members. Thank you for making this program possible.

The Hub's Home Delivered Meals Program took on an additional 240 clients daily to fill the need left by the closing of congregate meals in our building. Before COVID-19 our HDM program was a crew of two staff members, backed-up by kitchen staff and HDM volunteer drivers, and now it is a team of six staff members, backed up by kitchen staff and approximately 150 volunteer drivers. Staff members from Day Break, Help at Home, Grab 'n Go, and the Café took on the additional duties in HDM to ensure that patrons continued to have access to meals. We continue to have staff members volunteer to take meal routes on a regular basis. This program continues to expand, and we are excited to implement new HDM software to allow for more growth.

We are so proud of all our staff and their ability to be flexible, and extremely resilient in a time of uncertainty.

## Names with faces! Meet some of our newer Support Center members



**Kevin Coleman**  
Outreach Coordinator



**Amanda Lawson**  
Care Coordinator



**Taiishia Burt**  
Care Coordinator



**Denise Hawley**  
Family Caregiver  
Care Coordinators



**Beth Leahy**  
Information Specialist



## Accomplishments and Lessons Learned

Over the last 3 1/2 years the Hub on Smith increased dementia capability in Sheridan County, Wyoming by:

- improving awareness and decreasing the stigma about dementia;
- educating the health care system about the importance of early diagnosis and collaborating to ensure quality care; and
- creating services and support for persons living with dementia and their care partners.

Over 1,500 individuals received various levels of dementia education. One hundred sixty-one persons living with dementia received service and supports from the social service and health care sectors to help them stay in their community as long as possible. One hundred sixty-nine care partners received the skills and support to help them care for their loved ones. The dedicated Dementia Friendly Wyoming team included Kay Wallick, Program Director, Heather Comstock, Dementia Care Educator, Jamie Hoeft, Support Center Coordinator, Amanda Lawson, Care Coordinator, and Sheree Childers-Cossel, Management Assistant.

Education for 852 individuals in the business, civic, legal, financial, first responders, and faith communities created the foundation for building a dementia capable community. Everyone felt they had a better understanding of dementia, the ability to recognize the signs, and gained empathy for the families. The Hub will continue to facilitate education with the materials developed through the grant for each sector.

The Support Center, directed by Jamie Hoeft, successfully transitioned to the Hub and is significantly impacting Sheridan, creating a community of support for those living with dementia and their care partners utilizing best practices. Amanda Lawson, Care Coordinator, provided coordination of services for 43 persons living alone with dementia.

Heather Comstock, Dementia Care Educator, received certifications in Virtual Dementia Tour, Opening Minds Through Art, Validation, and Positive Approach to



Care training, coaching, consulting, and engagement. She connected with 327 family, community, and professional care partners. Training provided multiple layers of skills and built empathy into their roles as care partners. Dementia Friendly Wyoming will continue as a part of The Hub Support Center and will provide education to communities throughout Wyoming.

352 health care providers, nurses, social workers, therapists and students received training on the importance of early detection and continuum of care. Sheridan Memorial Hospital Internal Medicine incorporated cognitive screening into the annual Medicare wellness exam. Training on the use of a screening tool specifically for persons with Intellectual Developmental Disabilities was provided to 61 providers.

The team learned that emerging work requires a group of creative and critical thinkers with curiosity in place of judgment to evaluate and adjust programs to meet changing community needs. The development of the Sheridan Community Care Team, with representatives from multiple disciplines, provides guidance and stability for the dementia team, especially during critical transitions. During the COVID-19 outbreak, the need for services increased while creating an opportunity for staff to “lean in” to provide additional support and creating unique opportunities for socialization. The main lesson learned is that it takes time to build community partnerships to change the culture of care for persons living with dementia and their care partners.

## Welcome to the Family Caregiver/Care Partner Skills Workshop Fall Series

Life transitions may mean that you, as a family member, friend or even neighbor are increasingly supporting someone living with noticeable memory changes or a form of dementia. Sometimes these transitions can feel uncertain because of communication challenges or misunderstandings that naturally arise in everyday situations. These workshops are designed to offer education and situational skills that have been reported by previous workshop attendees to improve communication and daily interactions with those living with memory challenges and/or dementia. While we regret that during the next few months, we are unable to offer in-person educational sessions, we are pleased to open these workshops on a virtual platform to all those that are interested and able to attend.

# September Care Partner Skills Workshops!

**WORKSHOP 1: September 11th • Friday Morning • 9:00 AM – 10:30 AM**

**Typical Aging versus Dementia Signs and Symptoms**

**Objectives:**

- Recognize the difference between typical aging and dementia-specific symptoms
- Discuss situations in which communication challenges are becoming more apparent
- Recognize that often challenging communications may be expressing an emotional or physical need

**WORKSHOP 2: September 18th • Friday Morning • 9:00 AM – 10:30 AM**

**Understanding How 'The Five Senses' Shift for Persons Living with Dementia**

**Objectives:**

- Identify ways to shift communication challenges into opportunities for connection
- Discuss the impact of changes in sensory awareness as dementia progresses
- Identify more positive and proactive communication strategies within sensory distortions

**WORKSHOP 3: September 25th • Friday Morning • 9:00 AM – 10:30 AM**

**A Deeper Look at Dementia: Fluctuating Abilities and Awareness**

**Objectives:**

- Discuss the impact of fluctuating abilities and awareness
- Identify strategies to support fluctuating abilities
- Identify ways to work with persons experiencing delayed cognitive processing as dementia progresses

# September and October Care Partner Skills Workshops!

## Offered as Part of the Family Caregiver Support Programming

For questions please call Heather Comstock 307-672-2240 ext. 112  
or email [hcomstock@thehubsheridan.org](mailto:hcomstock@thehubsheridan.org)

**TO REGISTER:** Go to [www.dfwsheridan.org](http://www.dfwsheridan.org) and click on the tab  
Attend Zoom Workshops

**These workshops will be held through Zoom.**

After you register, you will receive an email with a link to  
Zoom to attend the workshop.

# October Care Partner Skills Workshops!

**WORKSHOP 1: October 2nd • Friday Morning • 9:00 AM – 10:30 AM**

**Opening Minds Through the Arts (OMA)**

**Objectives:**

- Discuss the philosophy and artistic programming of Opening Minds through the Arts (OMA)
- Identify strategies to create a 'fail-free' artistic environment with persons living with dementia
- Discuss how OMA opportunities provide opportunities for choice, autonomy, and decision making

**WORKSHOP 2: October 9th • Friday Morning • 9:00 AM – 10:30 AM**

**Validation Method: Positive Strategies to Communicate with Someone Experiencing Memory Challenges**

**Objectives:**

- Discuss how the design of the Validation Method with open-ended questions combined with reflective listening supports communication with persons living with memory challenges
- Identify ways to shift communication challenges into opportunities for connection
- Identify how the Validation Method has communication strategies that can be tailored to your caregiving situation

# New Virtual Series for Family Caregivers



## Finding Meaning and Hope – A Video Discussion Series for Family Members Caring for Someone with Dementia

Join a group of fellow family caregivers to discuss how to regain hope and build resilience when dealing with the complexities of ongoing loss associated with caring for someone with dementia. In Duet's *Finding Meaning and Hope* series, you will learn skills to help you stay strong, healthy, resilient, and positive as you navigate your caregiving journey with healing and hope. This 10-week discussion series features videos based on the groundbreaking book, *Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress and Grief* by Pauline Boss, Ph.D, a leading expert on caregiver grief. It is built on solid research and years of practical experience, and it offers real help in dealing with the challenges, losses, and rewards of being a family caregiver of someone who is, or is becoming, psychologically absent.

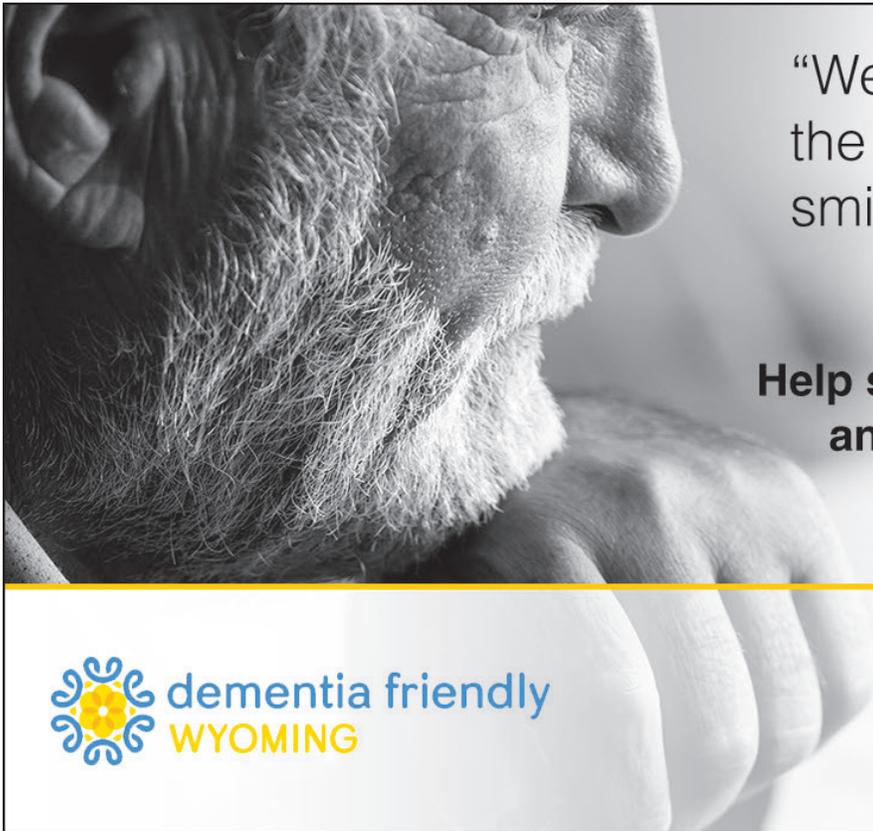
These sessions will be offered virtually using Zoom. To participate, you will need a computer, tablet, or smart phone with a camera and sound capabilities. We are available to assist you with setup prior to the meeting. Please contact the number below for assistance.

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### Offered as part of Family Caregiver Support Programming

- DATE:** Fridays, October 16 – December 18, 2020 (No session November 27)
- TIME:** 9 - 10:30 a.m.
- LOCATION:** Virtual Session using Zoom
- COST:** Free-of-charge
- REGISTER:** Go to [www.dfwsheridan.org](http://www.dfwsheridan.org) and click the tab "Attend Zoom Workshops." A Zoom link will be sent to your email within 24 hours of your completed registration.
- FOR MORE INFO:** Please call Heather Comstock at (307) 672-2240 ext.112 or email [hcomstock@thehubsheridan.org](mailto:hcomstock@thehubsheridan.org)





“We will never know all the good that a simple smile can do.”

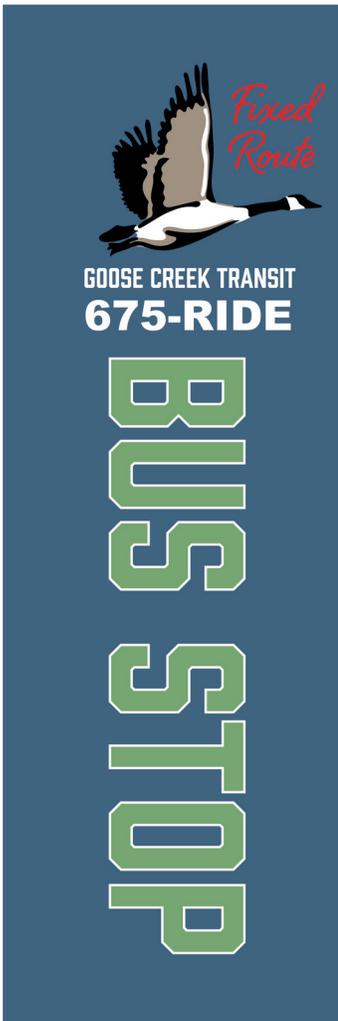
- *Mother Teresa*

**Help someone stay connected and continue to enjoy a meaningful life.**



**BECOME A FRIENDLY VISITOR**

Call Dementia Friendly Wyoming  
307.461.7134



# Update to GCT Fixed Route

Goose Creek Transit has plans to add a second bus to the Fixed Route beginning in October. Stay tuned for news about the updated route and bus stop times.



# SHARE

SUPPORT • HEALTH • ACTIVITIES • RESOURCES • EDUCATION

**“The SHARE program helped my family substantially. Going through the process helped my mom understand that measures like fall prevention (which she avoided because she felt her mobility was good), would ultimately help maintain her goal of staying independent. In addition, SHARE helped my family members get on the same page and verbalize how we valued my parents. Finally, the program gave us a platform to talk about how each family member can be supportive in a loving way, instead of making them feel embarrassed or like they were a burden.”**

### **The Hub on Smith now offers family care planning through SHARE.**

SHARE is an evidence-based care-planning program that provides help to families in creating a plan for future care.

#### **The benefits of participating in SHARE are:**

- Improved communication
- Increased use of services
- Development of a care plan for the future

The Hub on Smith has trained SHARE Counselors to guide participants through five sessions, (plus an optional family session) to outline a care plan for their family. SHARE engages clients visually as well as verbally, enabling them to participate in making decisions about how to best handle their daily activities should the time come that they need assistance with things such as managing finances, shopping, food preparation, personal hygiene or other tasks.

During these SHARE sessions very powerful conversations take place where each person has the ability to communicate their preferences and express

what they value. Values such as: not being a burden to friends and family, participating in activities with family and friends, feeling safe, having a say in who helps out, and maintaining independence.

This plan assists care partners and family members to cope with the life changes that accompany requiring more support and assistance. It also allows them an outlet to express concerns, and connect them to resources that provides assistance, education, and hope.

#### **The goals of SHARE are to:**

- Support care partners and help them communicate effectively and plan for the future
- Promote Health and well-being, and decrease stress
- Encourage participation in fulfilling Activities
- Learn about available Resources that reflect care partners' values and preferences
- Provide Education about dementia and how to manage changes that lie ahead

**If you are interested in participating in SHARE please contact The Hub Support Center at 307.461.7134**

# Moab 240

## Run for the Hub



### **Christi Burgess Haswell has organized this fundraiser on behalf of The Hub on Smith.**

Back in January, pre-COVID-19 and the crazy world we live in now, I signed up for the Moab 240. It's a 240 mile solo foot race that starts and ends in Moab. On October 9th, I'll be toeing the starting line. My perspective on the world is much different now that it was 7 months ago and I want to do more to support our amazing community. I've decided to use this opportunity to support a local non-profit that is so invaluable, The Hub on Smith Street.

I am running for the Hub because they are a

critical component of serving the significant senior population in Sheridan County. Our Seniors are increasingly facing social isolation, food insecurity, and great mental and physical health challenges and are one of the most at-risk groups of people who could be adversely affected by the COVID-19 pandemic. The Hub provides daily meals, activities, social and supportive services both in the facility and in people's homes. And the need to support our senior population will only continue to grow. According to the US Census Bureau, between 2018 and 2019 Wyoming's population aged the fastest in the U.S. with Sheridan County seeing a 43% percent median age increase. And Sheridan County's median age is now 4 years higher than Wyoming's median age.

All funds raised will go to the Hub for programs such as the vastly expanded Home Delivered Meals (Meals on Wheels is at 400 meals, up from 150!), Help At Home which provides connections for people in their homes, and the community Loan Closet which provides critical durable medical equipment and is available to anyone in the community. I know my husband greatly appreciated the shower chair after his knee surgery!

You can read more about my race here: [www.moab200.com](http://www.moab200.com). If you get bored you can track me live between 7am, October 9th and 11pm, October 13th. If the Moab 240 race is cancelled because of the COVID-19 pandemic, I will be running a virtual race, TBD.

I am excited to take part on this journey and I hope you will come along side me! If you are interested in donating, you can do so on my Go Fund Me page, [www.gofundme.com/f/moab-240-run-for-the-hub](http://www.gofundme.com/f/moab-240-run-for-the-hub)

# September 2020

MON	TUE	WED	THU	FRI	SAT	SUN
	<b>1</b> PORK WING ASIAN CABBAGE SESAME VEGETABLES DUMPLINGS MANGO	<b>2</b> FISH TACOS W/KEY LIME COLESLAW SPANISH RICE ROASTED SQUASH TRES LECHE CAKE	<b>3</b> CHICKEN MARSALA OVER MASHED POTATOES VEGETABLE MEDLEY WHITE ROLL GARDEN SALAD	<b>4</b> POT ROAST W/VEGETABLES AND POTATOES 3 BEAN SALAD BERRY CRISP	<b>5</b> MARINATED PORK TENDERLOIN MUSHROOM RISOTTO VERY BAKED TOMATOES WHITE ROLL FRUIT	<b>6</b> BAKED STEAK TERIYAKI OVER EGG NOODLES VEGETABLE MEDLEY FRUIT OATMEAL COOKIE
<b>7</b> JAMBALAYA CHUCKWAGON VEGETABLES SOUTHERN BISCUIT GARDEN SALAD 	<b>8</b> LEMON CHICKEN W/EGG NOODLES BASIL PESTO QUINOA LEMON BRUSSEL SPROUTS CHOCOLATE CHIP COOKIE	<b>9</b> PHILLY CHEESE STEAK W/ ONIONS AND PEPPERS ROASTED CAULIFLOWER LENTIL SALAD BERRIES AND CREAM	<b>10</b> SHRIMP SCAMPI IN LEMON CREAM SAUCE FOCACCIA BREAD VEGETABLE MEDLEY CAESAR SALAD	<b>11</b> CHEESEBURGER 3 TONE POTATOES BAKED APPLE SLICES SPINACH SALAD W/BACON VINAIGRETTE	<b>12</b> BARBEQUE BEEF SANDWICH SCALLOPED POTATOES GREEN BEANS AMANDINE* FRUIT SALAD	<b>13</b> MEATLOAF STEWED TOMATOES STEAMED BROCCOLI ROASTED RED POTATOES FRUIT
<b>14</b> FRENCH DIP W/ AU JUS PEAS AND CARROTS W/ BUTTER AND THYME LEMON LENTIL SALAD PEANUT BUTTER COOKIE	<b>15</b> CHICKEN CURRY W/ WHITE RICE ROASTED SWEET POTATOES VEGETABLE MEDLEY	<b>16</b> BEEF ENCHILADA ROASTED SQUASH REFRIED BEANS TRES LECHE	<b>17</b> CHEESE TORTELLINI GARLIC BREAD VEGETABLE MEDLEY CAESAR SALAD	<b>18</b> CHILE AND CHEESE STUFFED CHICKEN BREAST CREAMY RISOTTO ROASTED SQUASH BERRY STRUDEL	<b>19</b> ROASTED TURKEY W/ GRAVY OVER MASHED POTATOES BRAISED VEGETABLES WHITE ROLL CHERRY PIE	<b>20</b> GLAZED HAM W/ MASHED SWEET POTATOES VEGETABLE MEDLEY SPINACH SALAD W/ FETA AND STRAWBERRIES CHOCOLATE CAKE
<b>21</b> BAKED COD W/ LEEKS AND CARROTS RICE PILAF CARIBBEAN VEGETABLES PEACH CRISP GARDEN SALAD	<b>22</b> STUFFED PORK TENDERLOIN CREAMY RISOTTO GLAZED CARROTS AND PEAS CHOCOLATE SURPRISE CAKE	<b>23</b> CHILI OVER BAKED POTATO POTATO SALAD CINNAMON ROLL	<b>24</b> SWEDISH MEATBALLS EGG NOODLES VEGETABLE MEDLEY ROASTED RED POTATOES BROWNIE	<b>25</b> TARRAGON CHICKEN SANDWICH LENTIL SALAD POTATO CHIPS FRUIT	<b>26</b> PULLED PORK SANDWICH MAC N CHEESE STEAMED BROCCOLI PEANUT BUTTER BAR*	<b>27</b> CHICKEN POT PIE VEGETABLE MEDLEY GARDEN SALAD FRUIT
<b>28</b> CHEESEBURGER WEDGE FRIES GREEN BEANS CHOCOLATE CAKE	<b>29</b> SHRIMP PO BOY VEGETABLE MEDLEY LENTIL SALAD CARROT CAKE	<b>30</b> MEATLOAF STEWED TOMATOES ROASTED REDS BRUSSEL SPROUTS FRUIT AMBROSIA	<b>SUBJECT TO CHANGE</b> *Indicates Item Contains Nuts			

# October 2020

MON	TUE	WED	THU	FRI	SAT	SUN
	<b>SUBJECT TO CHANGE</b> *Indicates Item Contains Nuts		<b>1</b> BEEF STROGANOFF LEMON ASPARAGUS BASIL PESTO QUINOA GARDEN SALAD	<b>2</b> CHICKEN MARSALA MASHED POTATOES BRUSSEL SPROUTS WHITE ROLL FRUIT	<b>3</b> POT ROAST W/ VEGETABLES AND POTATOES WHITE ROLL CREAMY COLESLAW	<b>4</b> CHICKEN FRIED STEAK OVER MASHED POTATOES SWEET KERNEL CORN
<b>5</b> CHICKEN PARMESAN ROASTED REDS GARLIC BREAD FRUIT	<b>6</b> PEPPERONI PIZZA VEGETABLE MEDLEY ROASTED REDS CAESAR SALAD	<b>7</b> CHICKEN ENCHILADA BLACK BEANS COUNTRY VEGETABLES CALIFORNIA FRUIT	<b>8</b> BEEF TIPS W/ PEPPERS BEEFY RICE GREEN BEANS AMANDINE* STEWED TOMATOES WHITE ROLL	<b>9</b> SHRIMP SCAMPI IN CREAM SAUCE OVER LINGUINE VEGETABLE MEDLEY FOCACCIA BREAD CHOCOLATE CAKE	<b>10</b> CHEESEBURGER WEDGE FRIES CRINKLE CUT CARROTS CAESAR SALAD	<b>11</b> OVEN ROASTED TURKEY MASHED POTATOES VEGETABLE MEDLEY GARDEN SALAD MAGIC COOKIE BAR
<b>12</b> JAMBALAYA CHUCKWAGON VEGETABLES SOUTHERN BISCUIT GARDEN SALAD	<b>13</b> CHILI OVER BAKED POTATO CREAMY COLESLAW CINNAMON ROLL	<b>14</b> LASAGNA ASPARAGUS TIPS CAESAR SALAD GARLIC BREAD	<b>15</b> GREEN CHILE AND CHEESE STUFFED CHICKEN BREAST CREAMY RISOTTO GREEN BEANS AMANDINE* PEANUT BUTTER COOKIE	<b>16</b> BEEF ENCHILADAS REFRIED BEANS SPANISH RICE GARDEN SALAD ROCKY ROAD PUDDING	<b>17</b> DILL SALMON ROASTED REDS STEAMED BROCCOLI CUCUMBER SALAD LEMON BAR	<b>18</b> GLAZED HAM ROASTED SWEET POTATOES ROASTED CAULIFLOWER SPINACH SALAD W/ FETA AND STRAWBERRIES
<b>19</b> PHILLY CHEESESTEAK LENTIL SALAD VEGETABLE MEDLEY RANGER COOKIE	<b>20</b> SPAGHETTI W/ MEATBALLS FOCACCIA BREAD BRUSSEL SPROUTS CAESAR SALAD	<b>21</b> CHICKEN ALFREDO BROCCOLI AU GRATIN GARLIC BREAD FRUIT	<b>22</b> COD W/ CARROTS AND LEEKs WILD RICE PILAF W/ ALMONDS AND CRANBERRIES* VEGETABLE MEDLEY BERRIES AND CREAM	<b>23</b> CHEESEBURGER WEDGE FRIES VEGETABLE MEDLEY CHOCOLATE CAKE	<b>24</b> MEATLOAF STEWED TOMATOES ROASTED RED POTATOES SWEET KERNEL CORN MAGIC COOKIE BAR	<b>25</b> BAKED STEAK TERIYAKI W/ EGG NOODLES ASIAN VEGETABLES FRUIT OATMEAL COOKIE
<b>26</b> PORK GUMBO VEGETABLE MEDLEY CHEESE AND ONION ROLL GARDEN SALAD	<b>27</b> SAUSAGE ZITI ROASTED SQUASH WHITE ROLL STRAWBERRY SHORTCAKE	<b>28</b> HONEY DIJON PORK CHOP ROASTED CAULIFLOWER MAC N CHEESE GARDEN SALAD BROWNIE	<b>29</b> SWEDISH MEATBALLS EGG NOODLES VERY BAKED TOMATOES ROASTED REDS BLUEBERRY CRISP	<b>30</b> CHICKEN NOODLE SOUP CHEESE AND ONION ROLL VEGETABLE MEDLEY CHOCOLATE CHIP COOKIE	<b>31</b> CHICKEN FRIED STEAK MASHED POTATOES GREEN BEANS PEAR APPLE CRISP GARDEN SALAD	

# November 2020

MON

TUE

WED

THU

FRI

SAT

SUN

**SUBJECT TO CHANGE**

\*Indicates Item Contains Nuts

**1**  
 BARBECUE BEEF SANDWICH  
 ROASTED SWEET POTATOES  
 STEAMED BROCCOLI FRUIT



**2**  
 JAMBALAYA  
 CHUCKWAGON VEGETABLES  
 SOUTHERN BISCUIT  
 GARDEN SALAD

**3**  
 CHICKEN ALFREDO  
 GREEN BEANS AMANDINE\*  
 ROASTED REDS  
  
**Election Day**

**4**  
 PEPPERONI PIZZA  
 BRUSSEL SPROUTS  
 BASIL PESTO QUINOA  
 FRUIT PIZZA

**5**  
 JAMBALAYA VEGETABLE MEDLEY  
 FRUIT  
 RANGER COOKIE

**6**  
 GREEN CHILE AND CHEESE STUFFED CHICKEN  
 CREAMY RISOTTO  
 RATATOUILLE  
 CARROT CAKE

**7**  
 PORK TENDERLOIN  
 WILD RICE PILAF  
 BRUSSEL SPROUTS  
 CHEESE AND ONION ROLL  
 APPLESAUCE

**8**  
 GLAZED HAM  
 MASHED SWEET POTATOES  
 VEGETABLE MEDLEY  
 MOLASSES COOKIE

**9**  
 BAKED COD W/ CARROTS AND LEEKS  
 BASIL PESTO QUINOA  
 VEGETABLE MEDLEY  
 WHITE ROLL  
 GARDEN SALAD

**10**  
 POT ROAST W/ VEGETABLES AND POTATOES  
 WHITE ROLL  
 CREAMY COLESLAW

**11**  
 FISH AND CHIPS  
 VEGETABLE MEDLEY  
 FRUIT  
 GARDEN SALAD



**12**  
 BEEF TACOS  
 SPANISH RICE  
 SOUTHWESTERN CORN  
 FRUIT AMBROSIA

**13**  
 CHICKEN MARSALA OVER MASHED POTATOES  
 GREEN BEANS AMANDINE\*  
 LENTIL SALAD  
 ZUCCHINI BREAD

**14**  
 TURKEY TETRAZZINI  
 BRUSSEL SPROUTS  
 SHITE ROLL  
 FRUIT

**15**  
 BISCUITS AND GRAVY  
 SCRAMBLED EGGS  
 STEAMED BROCCOLI FRUIT

**16**  
 LEMON CHICKEN  
 CREAMY RISOTTO  
 ROASTED CAULIFLOWER  
 CHEESE AND ONION ROLL  
 FRUIT

**17**  
 SHRIMP SCAMPI IN CREAM SAUCE OVER LINGUINE  
 FOCACCIA BREAD  
 GREEN BEANS AMANDINE\*  
 FRUIT

**18**  
 CHEESEBURGER  
 WEDGE FRIES  
 VEGETABLE MEDLEY  
 GARDEN SALAD  
 CHOCOLATE CHIP COOKIE

**19**  
 DILL SALMON  
 ROASTED REDS  
 STEAMED BROCCOLI  
 CUCUMBER SALAD  
 LEMON BAR

**20**  
 LASAGNA  
 VEGETABLE MEDLEY  
 GARDEN SALAD  
 FRENCH BREAD

**21**  
 CHICKEN POT PIE  
 STEAMED BROCCOLI  
 CHEESE AND ONION ROLL  
 BERRIES AND CREAM

**22**  
 CHICKEN PARMESAN  
 ROASTED REDS  
 GARLIC BREAD  
 FRUIT

**23**  
 TACO SALAD  
 SPANISH RICE  
 VEGETABLE MEDLEY  
 BLACK FORREST CAKE W/CHERRIES

**24**  
 PULLED PORK SANDWICH  
 ROASTED REDS  
 VEGETABLE MEDLEY  
 ROCKY ROAD PUDDING

**25**  
 CHEESEBURGER  
 WEDGE FRIES  
 VEGETABLE MEDLEY  
 GARDEN SALAD

**26**  
 ROASTED TURKEY W/ GRAVY  
 STUFFING  
 GREEN BEAN CASSEROLE  
 MASHED POTATOES  
 WHITE ROLL  
 PUMKIN PIE

**27**  
 CHICKEN ENCHILADAS  
 ROASTED SQUASH  
 SPANISH RICE  
 BANANA BREAD

**28**  
 MEATLOAF  
 STEWED TOMATOES  
 STEAMED BROCCOLI  
 ROASTED REDS  
 FRUIT

**29**  
 DILL SALMON  
 RICE PILAF  
 WHITE ROLL  
 VEGETABLE MEDLEY  
 FRUIT

**30**  
 CHICKEN CURRY  
 ROASTED SWEET POTATOES  
 VEGETABLE MEDLEY  
 BANANA BREAD



# Activities

## FUN AND WELLNESS DEPARTMENT

Due to these unprecedented times, Fun & Wellness activities have been meeting on ZOOM, outside, and most recently, with limited access, on site at the Hub. The exciting news now is that due to COVID-19 relief funding, we have an opportunity to perform an update to unite and improve our HVAC system. Unfortunately, this renovation comes at the cost of closing our facility, except for the kitchen, until the new year. We apologize for any inconvenience this will cause and appreciate your continued support. In the interim, Fun & Wellness has approached several community partners for meeting space and we are thankful for their generous responses. Check out the following opportunities and reach out to the contact listed for additional information. Please know now, more than ever, it is important for live video access and informational updates to **visit us at [www.thehubsheridan.org](http://www.thehubsheridan.org), [www.facebook.com/TheHubOnSmith](https://www.facebook.com/TheHubOnSmith), [The Hub on Smith on Instagram](https://www.instagram.com/TheHubOnSmith) or search our new YouTube channel, “The Hub on Smith” at [www.youtube.com](https://www.youtube.com)**

Thank you again! Continued well wishes and much fun!!

## HEALTH AND FITNESS

### BOOM 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! Meet in person at the WYO Theatre or on ZOOM. Sign up with Lisa Wells, Fun & Wellness Coordinator, at [lwells@thehubsheridan.org](mailto:lwells@thehubsheridan.org)

**Monday • Wednesday • Friday • (No Classes 09/09, 10/14/ & 11/11) 9:00-9:45 am • \$2 SC**

**Classes meeting in the WYO Theatre, Rehearsal Hall, 3rd floor. Enter through Brundage Lane doors and take elevator.**

**\*<https://zoom.us/>**

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

### BAMM Exercise Class

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! Meet in person or on ZOOM.

**Sign up** with Lisa Wells, Fun & Wellness Coordinator, at [lwells@thehubsheridan.org](mailto:lwells@thehubsheridan.org)

**Monday • Wednesday • Friday • (No Classes 09/09, 10/14/ & 11/11) 10:00-10:45 a.m. • \$2 SC**

**Classes meeting in the WYO Theatre, Rehearsal Hall, 3rd floor. Enter through Brundage Lane doors and take elevator.**

**\*<https://zoom.us/>**

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

### Free Fitness Assessment

You are invited to participate in testing to evaluate your physical fitness! Take a turn at 6 stations designed to evaluate your mobility, strength, aerobic endurance, flexibility, stepping and stretching. These simple assessments and same day score cards can be a guide in building a personal fitness plan to help you function better in performing day to day tasks and have more fun. **Contact** Lisa Wells, Fun & Wellness Coordinator at 672-2240 x.108 or [lwells@thehubsheridan.org](mailto:lwells@thehubsheridan.org) to schedule an appointment.

**November 18th • Wednesday • 9:00-11:00 a.m. by appt only.**

### Walk in the Park Club

Meet at Whitney park across from the North entrance to the Hub and enjoy walking through our beautiful parks and community. **Contact** Lisa Wells, Fun & Wellness Coordinator at 672-2240 x.108 or [lwells@thehubsheridan.org](mailto:lwells@thehubsheridan.org) for more details.

**Tuesdays, Weather Permitting • 8:00-8:50 a.m.**

### Happy Feet

Fun, Upbeat, Cardio Dance class lead by Sherry Mercer. Maximum 10 dancers. **Contact** Lisa Wells, Fun & Wellness Coordinator at 672-2240 x.108 or [lwells@thehubsheridan.org](mailto:lwells@thehubsheridan.org) for more details.

**Monday • Wednesday • 8:00-8:45 a.m. \$2 SC**  
**Classes meeting in WYO Theatre, Rehearsal Hall, 3rd floor. Enter through Brundage Lane doors and take elevator.**

# Activities

## Table Tennis

Join this fun and competitive group. **Contact** Amanda Munford, Fun & Wellness Coordinator, at 307-672-2240 x.107 or [amunford@thehubsheridan.org](mailto:amunford@thehubsheridan.org) for more info.

**Monday • Wednesday • 1:00-2:30 p.m. • \$2 SC Sheridan KidsLife Bldg (across from Sheridan Co Fulmer Library)**

## 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 on-line access to all kinds of fitness classes you can do at home!

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

## Grains- Still a Healthy Place on the Plate Article



These whole-grain stamps were developed by the Whole Grains Council™ to help consumers identify products that provide either a half serving (8g) or a whole serving (16g) of whole grain.



Courtesy oldways and the Whole Grains Council, [wholegrainscouncil.org](http://wholegrainscouncil.org)

**THE BASIC STAMP**  
Product may contain some refined grain

**THE 100% STAMP**  
All grain ingredients are whole grains

Dietician Georgia Boley and Chef Dan Cole presented a wonderful cooking tutorial at Cottonwood Kitchen on 'Great Grains'. Grain products have a foundational history in the American diet. Indeed, one of our most popular items we serve is home-made dinner rolls!

Grains provide carbohydrates, fiber, protein, Vitamin E, riboflavin, thiamin, and B6. To get the most out of your grains, choose products marked with the Whole Grain or 100% Whole Grain stamp. This ensures all three essential parts of grain – the bran, endosperm, and germ- are included in the product. Otherwise, you may only get the endosperm, which is just the refined carbohydrate part with little to none of the other nutrients, as they are in the bran and germ.

Some of their favorite grains are oats, oat flour, quinoa, brown rice, and popcorn! **For great grain recipes, feel free to e-mail Georgia at [tailorednutritionllc@gmail.com](mailto:tailorednutritionllc@gmail.com)**

## 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



**Hub Hikers enjoy this summertime view of Trigger Lake in the Cloud Peak Wilderness. Looking forward to Fall outings!**

## HIKES

We will meet, weather permitting, on the following Thursdays at 9:30 a.m. and carpool from Whitney Park Commons, near the north entrance to the Hub on Smith. Bring a mask, water, lunch, and rain gear. Locations & difficulty levels vary. To register or for more information, please **contact** Lisa Wells, Fun and Wellness Coordinator at 307-672-2240 x 108 or [lwells@thehubsheridan.org](mailto:lwells@thehubsheridan.org). Here is what we're planning for Fall!

### Paradise Falls

The amazing and outdoorsy Jean Harm is leading this hike off the beaten track in the Big Horn Mountains. Paradise Falls parking area is just 1/2 mile off US Hwy 14A on FR # 121. The hike is approximately 1 mile to the falls. The scenery is fascinating, and the falls create a natural water slide, providing the water level is adequate. Lots of

# Activities

great geology for Steve Stresky to expound upon. We can eat lunch at the falls. The difficulty rating is **moderate**. Bring water shoes and sunscreen.  
**Sept 3rd • Thursday • 9:30 a.m. to 3:30 p.m.**

## Little Horn

Join avid hiker and longtime Hub hike leader Steve Stresky on this one through historic Little Bighorn Canyon. The trail is well marked and easy to follow, and exhibits gradual grade with several areas of steep, winding switchbacks. It's a long and rugged trail that we can hike until we want to stop and turn around at our discretion. Late-season fishing is a definite potential! Bring water, lunch, and rain gear. **Moderately strenuous**, with some steep, rocky grades.

**Sept 17th • Thursday • 9:30 a.m. to 3:30 p.m.**

## Tongue River Canyon

Absolutely gorgeous views the entire time. We'll hike to Sheep Creek about 2.5 miles one way. Trail is well marked but rocky so wear proper shoes. This hike is rated **moderately strenuous to strenuous**. Bring water, lunch, and rain gear.

**Oct 1st • Thursday • 9:30 a.m. to 3:30 p.m.**

## Hidden Hoot Trail

Participants will enjoy this Sheridan Community Land Trust newly built in-and-out trail offering vista views of the Bighorns' high alpine peaks. Elevation gain is minimal so don't miss this opportunity to explore a new community trail. **Easy to Moderate** difficulty. Bring water, lunch, and rain gear.

**Oct 15th • Thursday • 9:30 a.m. to 1:00 p.m.**

## CREATIVE ARTS

### Sheridan County Rocks

Encourage and inspire others as you join Emily Gardner, painting rocks to take home or leave around town. Bring your own rock or use ours. All supplies provided. All ages welcome. **Maximum 8 participants**. Contact Amanda Munford, Fun & Wellness Coordinator, at 307-672-2240 x107 or [amunford@thehubsheridan.org](mailto:amunford@thehubsheridan.org) to sign up by Sept 11th.

**Sept 15th • Tuesday • 1:00-2:30 p.m. • \$2 SC  
SAGE Community Art Center**

### Watercolor with Gail Sidletsky

Beginners and beyond welcome! List of supplies provided at time of sign up. **Maximum 8 artists**. Four-week sessions. Contact Amanda Munford, Fun

& Wellness Coordinator, at 307-672-2240 x107 or [amunford@thehubsheridan.org](mailto:amunford@thehubsheridan.org) to register.

**Tuesdays • 10:00-11:30 a.m. • \$25 fee per session.**

**Session One - 09/15/20 to 10/20/20**

**Session Two - 10/27/20 to 11/24/20**

**SAGE Community Arts Center**

### Card Making Class with Jean

Jean Harm, long time Fun Lady, will be guiding us on how to make some beautiful cards! **Maximum 8 participants**. Contact Amanda Munford, Fun & Wellness Coordinator, at 307-672-2240 x107 or [amunford@thehubsheridan.org](mailto:amunford@thehubsheridan.org) to sign up by Oct 9th.

**Oct 13th • 1:00-2:30 p.m. • \$5 SC**

**SAGE Community Arts Center**

### Christmas Deco with Jane

Join Jane Black and create some fun Christmas Decorations! All materials provided. No experience needed. **Maximum 5 participants**.

**Contact** Amanda Munford, Fun & Wellness Coordinator, at 307-672-2240 x107 or [amunford@thehubsheridan.org](mailto:amunford@thehubsheridan.org) to sign up by October 30th.

**Nov 10 • Tuesday • 1:00-3:00 p.m. • \$5 SC**

**SAGE Community Arts Center**

### The Hub on Smith's Victory Garden!

Our small-scale gardening has proven to be quite productive! Thanks to all the volunteers. We will have future opportunities available in the future and would love your help! **Contact** Amanda Munford, Fun & Wellness Coordinator, at 307-672-2240 x107 or [amunford@thehubsheridan.org](mailto:amunford@thehubsheridan.org)

## DAY TRIP

### Ucross Gallery

*ENTWINED: Jennifer Reifsneider & Martha Tuttle*

Featuring the work of two Ucross Fellows, the exhibition showcases 24 contemporary multidisciplinary works that incorporate various elements including fabric, sculpture, paint, and fiber techniques such as weaving, spinning, crocheting, and knitting. **Maximum 10 participants**. **Contact** Lisa Wells, Fun & Wellness Coordinator at 672-2240 x108 or [lwells@thehubsheridan.org](mailto:lwells@thehubsheridan.org) to sign up.

**September 10th • Thursday • 9:00 a.m.**

**meet at the Hub North entrance and carpool to our destination. Bring a lunch to enjoy on the Ucross grounds.**

# Activities

## PERFORMING ARTS

### Lunchtime Livestream

Who doesn't miss live music? Join our very own super talented Terry Garrison and other guest musicians for live performances each Wednesday on Facebook! Like our FB Page [www.facebook.com/TheHubOnSmith](http://www.facebook.com/TheHubOnSmith)

Wednesday • 12:00-12:30 p.m.

### Social Distancing Festival

Are you a fan of performing arts? Check out the Social Distancing Festival to see Visual Arts, Dance, Music, and Theatre/Musical Theatre/Opera performances.

<https://www.socialdistancingfestival.com/>

## LIFELONG LEARNING

### Tech Connect

Tech Connect is an ongoing program that provides seniors with devices so they can stay connected to their friends, family, and even health care providers. This program is a partnership between the Hub on Smith and Design Your Tech, a local technology company owned by Tyler Wells. Do you know of someone that could benefit from this program? Would you like to donate a device? **Contact** Lisa Wells, Fun & Wellness Coordinator at 672-2240 x.108 or [lwells@thehubsheridan.org](mailto:lwells@thehubsheridan.org)

### University of Wyoming Extension

UWE offers programs in 4-H, agriculture, horticulture, nutrition, natural resources, community development education and so much more. Check out their online publications and YouTube channel for a wealth of knowledge.

<http://www.uwyo.edu/uwe/>

## COMMUNITY SERVICE

### Veterans Day Wall of Honor

Are you a Veteran? Thank you for serving! If you have not participated in the past and would like to be included this year, please let us know. We would love to celebrate your service with a picture and short bio on our virtual Veterans Wall that will be added to "The Hub on Smith" YouTube channel, November 11th. **Contact Amanda Munford, Fun & Wellness Coordinator, at 307-672-2240 x107 or [amunford@thehubsheridan.org](mailto:amunford@thehubsheridan.org) by October 30th to participate.**

### 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 funding flow into states and communities each year. Have you lost your census forms? **You can still complete the census by calling 1-844-330-2020. The new deadline is September 30th.**

## SELF-CARE

**"Self-care is a priority and necessity-not a luxury."** Anonymous

### Sea Salt Scrub

Create a fun and easy sea salt scrub with items typically found in your home! It also makes a great gift!

#### Combine

½ cup salt

½ cup olive oil

Add a couple drops of your favorite essential oil for an optional scent.

Mix items together for a refreshing scrub that exfoliates your skin and moisturizes for the cool weather that is coming. Gently massage on your skin and then bathe as usual. Not recommended for sensitive skin like your face. Store in an airtight container.



### Hub Staff Tea Party on Facebook Livestream

Take a moment and relax with us over a nice cup of tea. Log on to the Hub on Smith Facebook page

# Activities

and livestream with Hub staff members. We will be sharing our favorite teatime memories and words of encouragement with each other!

**October 29 • Thursday • 10:00-10:30 a.m.**

## Fun & Wellness Green Juice

### Apple - Kale - Mint - Ice - Water...Blend it up!

**Apple** is believed to protect your heart, boost brain health, help you lose weight, lower your risk of type 2 diabetes and fight cancer.

**Kale** contains fiber, antioxidants, calcium, vitamins C and K, iron, and a wide range of other nutrients that can help prevent various health problems. Antioxidants help the body remove unwanted toxins that result from natural processes and environmental pressures.

**Mint** is a remedy for a range of gastrointestinal conditions, including indigestion, IBS, stomach pain, and feelings of sickness after surgery. It was found that mint works against harmful microbes, regulates muscle relaxation, and helps control inflammation.

**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 ext. 0
- Outreach Support, Housing Assistance, LIEAP**..... 672-2240
- Opportunities and possibilities!** ..... 672-2240 ext. 0  
Classes, Fitness, Trips, and Fun Things to Do

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**Main Phone:** (307) 672-2240

**Fax:** (307) 674-9866

**Caregiver Support:**  
(307) 672-2240

**Day Break:** (307) 675-4YOU

**Dementia Friendly Wyoming—  
Sheridan:** (307) 461-7134

**Home-Delivered Meals:**  
(307) 672-6079

**Goose Creek Transit:**  
(307) 675-RIDE

**Help at Home:** (307) 675-1978

**Tongue River Valley Services:**  
(307) 655-9419

**Green Boomerang:**  
(307) 675-1974

**Support Center:** (307) 461-7134

This document was developed under a grant from the U.S. Department of Health and Human Services, Administration on Aging, and the Wyoming Department of Health, Aging Division. However, these contents do not necessarily represent the policy of the U.S. Department of Health and Human Services or the Wyoming Department of Health, and you should not assume endorsement by the Federal or State government.

## Value

**The Hub provides services to people of Sheridan County that help them live at home. Here is a snapshot of what we were able to accomplish last fiscal year. These services include:**

Meals, Transportation, Family Caregiver Support, In-Home Services, Adult Day Services, Activities and Volunteer Programming. In fiscal year 2019/2020, more than 3,500 individuals were served, including 105,739 meals served to the community, In-Home Services provided 17,800 hours of homemaking and personal care, 18,453 hours of care were provided through the Day Break program to families needing respite and care services, and 40,154 rides were provided to Sheridan County residents through Goose Creek Transit. Additionally, the Family Caregiver Program provided more than 3,283 hours of support to caregivers, 1,365 people took part in 35,473 hours of special activities programming and 572 people received coordinated services to connect with housing assistance, Medicare, LIEAP, elderly and disabled tax refund services. We provided a wide variety of services to over 608 veterans. Additionally, 350 volunteers provided over 24,000 hours of service in the past year.

- Board Members – 9
- Directors Emeritus - 3
- Employees - 93
- Volunteers – 350
- Annual Budget = \$3,895,000
- Open 365 days per year
- Average cost per person served annually = \$1,112
- Cost per day to operate the Hub on Smith = \$10,671
- One day count = On December 12, 2020 we served 1,375 people in all of our program areas
- Cost per person served on December 12, 2020 = \$7.60