



## Family Caregiver Resources at the Hub on Smith Support Center

Sarah and her husband are empty nesters. She has begun helping her mother-in-law, Mary, with daily tasks and doctor's appointments. She visits each morning to ensure that Mary showered, had a good breakfast, and took her morning medications. Since Mary's recent diagnosis with beginning stages of dementia, Sarah has noticed that her mother-in-law is requiring more care every day. This is causing Sarah to experience feelings of anger, sadness, and stress as she and her husband take on the caregiving role that has traditionally been held by Mary.

A growing number of adults are struggling in an unfamiliar role as they become caregivers to family

members or close friends. Determining how to accept and settle into these new and dynamic roles can be challenging. While this story of Sarah and Mary is just an illustration, they are like millions of Americans who are in this same situation. According to AARP's 2020 Report, Caregiving in the U.S., 53 million people provided unpaid care for an adult or child the last 12 months. About 32 percent of those caring for someone 65 years or older report their recipient has Alzheimer's or dementia. The value of services provided by informal caregivers has steadily

See full article on PG 3

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**CARMEN RIDEOUT,**  
Executive Director

## A note from the Executive Director

**I anticipated it being a big, memorable year and looked forward to it in many ways.** A long-awaited trip to Italy, turning 60 years old, enjoying and being excited about my work at the Hub on Smith, and spending time with my friends and family. Things unfolded a bit differently however, with the pandemic. The trip to Italy didn't happen, but my big birthday did!

When I started this job 20 years ago, some wondered about my ability to understand and relate to "seniors." Now

that I am one myself, I understand that thinking a little better. My conviction that one's age does not dictate health, wellness, point of view, activities, choices, preferences, etc., is still strong... and our need to spend time with other humans, no matter how old you are, is crucial to our health and well-being. This is one of the greatest challenges of the pandemic for all of us.

We truly miss connecting with so many of you during this tough time. Our concerns for everyone's health is our priority right now and that includes our concern about opening our doors to the public and congregating. As soon as we are confident that we can manage this safely, we will let you know. We continue to adapt and persevere, providing essential services in new and different ways. A list of what is available and how you can connect is on page 17 of this newsletter.

We are using this time to replace our heating ventilation and air conditioning (HVAC) system. The presence of the Coronavirus brought to light the need for us to greatly improve the air circulation in our building. This work will dramatically enhance the quality of the air flow and help to prevent the unnecessary spread of illness upon completion. We believe this will allow us to open our doors sooner in 2021. We have also completed a majority of the work on a new parking lot and entrance for the Hub and Whitney Commons on Brooks Street. This should be available for use in the coming months and we will keep you updated on our progress through local media, emails, newsletters, social media, and our website.

**In the meantime, I wish you a healthy and safe holiday season. I know many will be without friends and family this year. Hang in there... please reach out and let us know how we can help. Hoping to see you soon!**

# Family Caregiver Resources CONTINUED FROM COVER

increased over the last decade, with an estimated economic value of \$470 billion (reported in 2015). The “costs” of these services are often felt by the caregiver. Family and friends value the time that they get to spend with loved ones, but it can come at the expense of their own health, time, and relationships. Here are a few steps that you can take if you find yourself in the role of a caregiver.

## 1 – Know where and when to get help.

Caregivers often feel isolated and try to take on all the responsibilities themselves. It is not uncommon to hear a caregiver say, “I don’t want to trouble anyone” or “It’s alright, I can take care of things.” Tasks that start out easy or small can become more involved and burdensome. They take more time, energy, and emotion until you get to a point where you think, “How did I get here?”

There comes a point where caregivers need to get support of some kind. That looks different for every situation. The Support Center at the Hub on Smith can educate you and your family on the many programs and services available. For most people, the role of caregiver is new and uncertain. Reaching out to the Support Center can help provide the assistance you need and educate your family on what to expect.

## 2 – Take care of your own health and wellness

It is very hard and stressful to care for another when you are in poor health. An overload of stress can quickly lead to medical conditions such as high blood pressure and depression, as well as overall feelings of anxiousness and fear. Stay up to date on your own doctor’s visits and medications. Take time for stress relief or attend a support group. The Support Center at the Hub on Smith can assist you with coping strategies and even assist with respite care so you can attend to your own personal health.

## 3 – Attend a support group

One of the main benefits of caregiver support groups is that they provide much needed social support. This can be especially important if family friends are not supportive. Support group members validate each other’s experiences. It’s a relief to know that what you may be going through is normal and that you are not the only one with these feelings. Support groups are also a great place to ask for advice, find out about useful resources, or vent frustrations. You don’t have to worry about judgement or confusion from non-caregivers since everyone is going through similar struggles. The Support Center can assist you with finding a support group that meets your needs.

## 4- Educate yourself

This is a new role for you and your care partner. The health condition that precipitated the need for you to be a caregiver is most likely new as well. The Support Center at the Hub provides workshops and lectures to help educate on the you best strategies for providing care for a person with certain conditions such as brain change, diabetes, or cancer.

The more you know, the more prepared you will be and the better you may be at handling situations as they come up.

## 5 – Plan Ahead

Sometimes circumstances happen suddenly, but often the need for a caregiver progresses over time. In many cases, those responsible for caregiving wait too long to ask for help and find themselves trapped or overwhelmed by the situation. It’s ok if you are not ready to ask for help, but knowing when and how to ask for help can make a big difference in the experience for you and your care partner.

The SHARE program – an evidence-based program developed through funding from the National Institute on Aging - provides families a straightforward and viable way to plan for future needs. SHARE empowers you as “care partners” to make thoughtful future care decisions and live more fully with loved ones. The SHARE Program helps partners better communicate with each other around values and preferences for care, make more-informed decisions about the type of care desired, expand a support network of family, friends, and community services, and set goals for participating in activities that enhance physical and emotional well-being. SHARE honors each person’s care values and preferences to build a strong network of support they can rely on now, and in the future. This program is series of 5 sessions (with an optional Family Session) that focus on different topic areas to help build your future care plan.

Whether you are caring for a family member or anticipate being a caregiver in the future, there are many resources to assist your family in providing the best care for your loved ones. **To learn more about any of the resources at the Hub on Smith, or if you have questions about your own care plan, please call the Support Center at 307-461-7134.**



**Denise Hawley**

# Fall No More

**BY: KRISTOPHER SCHAMBER, MD FACP**

*Sheridan Memorial Hospital*  
Chair of the Medicine Department

*University of Washington School of Medicine*  
Clinical Instructor

**Why are falls important?** Each year, millions of older people - those 65 and older - fall. More than one out of four older people fall each year, but less than half tell their doctor. And falling once doubles your chances of falling again. One out of five falls causes a serious injury such as broken bones or a head injury. Each year, 3 million older people are treated in emergency departments for fall injuries. Over 800,000 patients a year are hospitalized because of a fall injury, most often because of a head injury or hip fracture. Of these, at least 300,000 are hip fractures. A hip fracture increases the risk of death within the following 3-6 months, even if the break is surgically repaired. So, a simple fall is not simple at all, and may have dire consequences.

The risk factors for falls are many, and often an individual who falls will have multiple contributing factors. Vision and hearing impairment play a role. Neurologic problems such as stroke or various type of nerve damage, and orthopedic problems including arthritis, muscle strains, and foot pain can affect one's physical ability to walk. Being on multiple medications, particularly those that affect the heart and vascular systems or brain function, increase the risk of falling. In addition, simply being on more than five medications increases the risk of falling. Various problems in the home environment contribute to falls as well. Rugs, especially those that are loose or thick, loose carpet, elevated entryways and doorways, poor lighting, and lack of railings, grab bars, and bath chairs are common contributors.

Prevention of falls in older patients involves a dedicated team approach. This begins with your doctor or other healthcare provider. Ask your primary provider to evaluate your risk for falling, including thorough review of medications and examination. Based on that information, your doctor can recommend a number of different options. Physical and occupational therapy are the main focus of fall prevention efforts. These therapies can help with strength and coordination, and also help identify



SHERIDAN  
MEMORIAL  
HOSPITAL



**Dr. Kris Schamber**

and correct or adapt to any underlying orthopedic or neurologic problems.

Occupation therapy can also perform home safety evaluations to identify any hazards, and provide guidance on adaptive equipment including canes, walkers, bath chairs, and handrails in the hallways, bathrooms, and stairs. Glasses, other eye care, and hearing aides are important pieces of equipment to help correct any deficits that might lead to falls. Wearing well-fitting shoes is a simple and effective intervention to prevent tripping. Finally, strength and balance training can reduce your risk of falls and improve your health in other ways. Talk to your doctor or therapist before beginning an exercise program and seek help from a qualified trainer.

## REFERENCES

<https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>

<https://www.ncoa.org/healthy-aging/falls-prevention/>

**The article by Dr. Schamber** was contributed as part of the Hub on Smith's **Fall Prevention Fridays** campaign that took place in October and November via Facebook & YouTube Channel video posts. **These videos are still available to view.** Thank you to all our knowledgeable presenters for sharing valuable information with our community to prevent falls and help seniors remain independent!

**OCT 2 Nutrition & Hydration For Fall Prevention** with Georgia Boley, MS, RD, LD, CFSP, Registered Dietician at the Hub on Smith, and Owner of Tailored Nutrition, LLC.

**OCT 9 Be Sure Not to Fall this Fall** with Brian Allred, PT, DPT, CMTPT, & Co Owner of Teton Therapy.

**OCT 16 Help At Home for Fall Prevention** with Lois Bell, Director, Director Help At Home, the Hub on Smith.

**OCT 23 Fall No More** with Dr. Kris Schamber, MD FACP, Chief of Medicine, Sheridan Memorial Hospital.

**OCT 30 Fun with Fall Prevention** with Lisa Wells, Certified Fitness Instructor, Registered Yoga Teacher, and Sr Fun & Wellness Coordinator at the Hub on Smith.

**NOV 6 Space, Steps, & Safety** with Heather Comstock, Dementia Care Educator & Family Caregivers Support at the Hub on Smith, and Teepa Snow Physical Approach to Brain Change Coach & Trainer.

**NOV 13 Loan Closet Equipment for Fall Prevention** with Jamie Hoeft, Hub Support Center Coordinator.

**NOV 20 Falls: Are You At Risk?** with Rita Cherni-Smith, MD and Registered Yoga Teacher.

**NOV 27 Sheridan Fire-Rescue Fall Proof Tips** with Fire Chief Harnish.

## “Sleigh” your holiday shopping

Is it beginning to \*cost\* a lot like Christmas? Consider shopping secondhand for your holiday gifts this year! Thrift stores are an excellent place to go for last minute or unique gifts because of the one-of-a-kind deals they offer. Urban Thrift, our thrift store on Main Street, has excellent items that are just waiting for your discovery.

We know that exchanging presents is on your mind, so check out our list of thrift store holiday gift ideas:

### Décor

Get your home all spruced up! From ornaments and wreaths to framed artwork, a thrift store find could be just what your space needs for Christmas.

### Dishes

Holiday season often means more food, and more food needs more storage! Check out our housewares section for containers, party plates, glasses, and more.

### Clothes

We know what you're thinking...ugly Christmas sweaters!! This is the time of the year to get one for your company Christmas party, and we have quite the selection. However, you can also find some quality looks for your fancy New Year's Eve parties, including but not limited to cocktail dresses, suits, shoes, and accessories. After all, 'tis the season to sparkle!

### Gifts

Make it a December to remember with special interest gifts. From vinyl records to cookbooks, thrift stores are the perfect place to find a unique gift for a loved one. Also, we know those white elephant

parties are coming up (especially the cost-controlled ones...) so check out our funky collection of knick-knacks to gift to your coworkers.

### DIY projects

Did you find some awesome denim jeans that you want to acid wash for your daughter? Or some cozy flannel pajama pants that are a little too long and need a new hem? We get it, sometimes the DIY bug bites hard. Adding a personal touch to gifts is always a good idea, so start looking for your project pieces at Urban Thrift.

If searching for the perfect gift from this list has got you famished, we're also selling Grab 'n Go items, including soups, wraps, salads, and sweet treats. Finally, if none of these ideas are clicking, no worries—we have gift cards available!

You never know what incredible things you'll find at Urban Thrift, and you can't find out if you never stop in to browse.

**All of our proceeds go directly to support the fabulous programs at the Hub on Smith.**

If you're interested in volunteering with us, **please stop by the store or give us a call at 675-1974. Our regular and holiday store hours are Tuesday through Saturday 10:00 – 5:30 pm. We look forward to seeing you!**



# Fixed Route 2<sup>nd</sup> Bus

BY: STEVE AINSLIE

The “**Sheridan Shuttle**” fixed route was designed specifically to meet the needs of lower income residents of the community while also providing a **FREE**, user-friendly transportation option to others in the community—including people with limited mobility, students, and tourists who regularly visit our community. In order to meet the “low income” threshold for CSBG qualification, twelve high-density, income qualified housing developments were included in the initial bus route. The Sheridan Shuttle is considered a “community initiative” for the purposes of CSBG administration, so we will measure success of the program through an increase in overall ridership and customer surveys rather than from tracking the income of individual riders. A generous gift of \$25,000 from the Homer A. and Mildred S. Scott Foundation also ensured the viability of the program and successful launch as a new entity in the Sheridan community.

In October of 2019, Goose Creek Transit launched the Sheridan Shuttle. Despite having to suspend service from mid-March to May due to the COVID-19 pandemic, we still managed to provide 11,376 rides for the year. And as I write this, ridership on the Sheridan Shuttle is approaching pre-shutdown levels, which is remarkable considering that we are limiting the number of riders on the bus to no more than four at a time due to social distancing guidelines.

**On October 1, 2020, we added a second bus to the route**, so now we have a bus that comes by each of the stops every 30 minutes instead of every 60. Over the past twelve months, we kept track of where our riders preferred to get on and off the bus. The result of that study encouraged us to add nine more stops to the twenty-three original stops we started with. We added a stop near the new Riverwalk apartment complex on Avoca, three stops on North Main (Buggy Bath, Food Bank and the Body Shop), a couple of additional stops on Val Vista, and a stop across 5th Street from the Sheridan Memorial Hospital bus stop. We also added another stop near the Sinclair Station on 5th Street. We determined that The Country Club Estates apartments is one of our high traffic stops for ridership, so adding the Sinclair Station stop across the street created a good location for dropping off those Country Club Estates riders.

Generally, when designing a bus route, it is best to have the bus follow the same street in both directions with bus stops on both sides of the street. It is not always possible to do that, and our route does a loop on the south end of town. But I believe we have designed a really good route for Sheridan, and we look forward to watching it grow in popularity in the months and years ahead.

There's snow place to  
shop like Urban Thrift!

Urban Thrift has fun, one-of-a-kind items that are perfect for the people on your holiday list. Visit us today at 226 N. Main St.

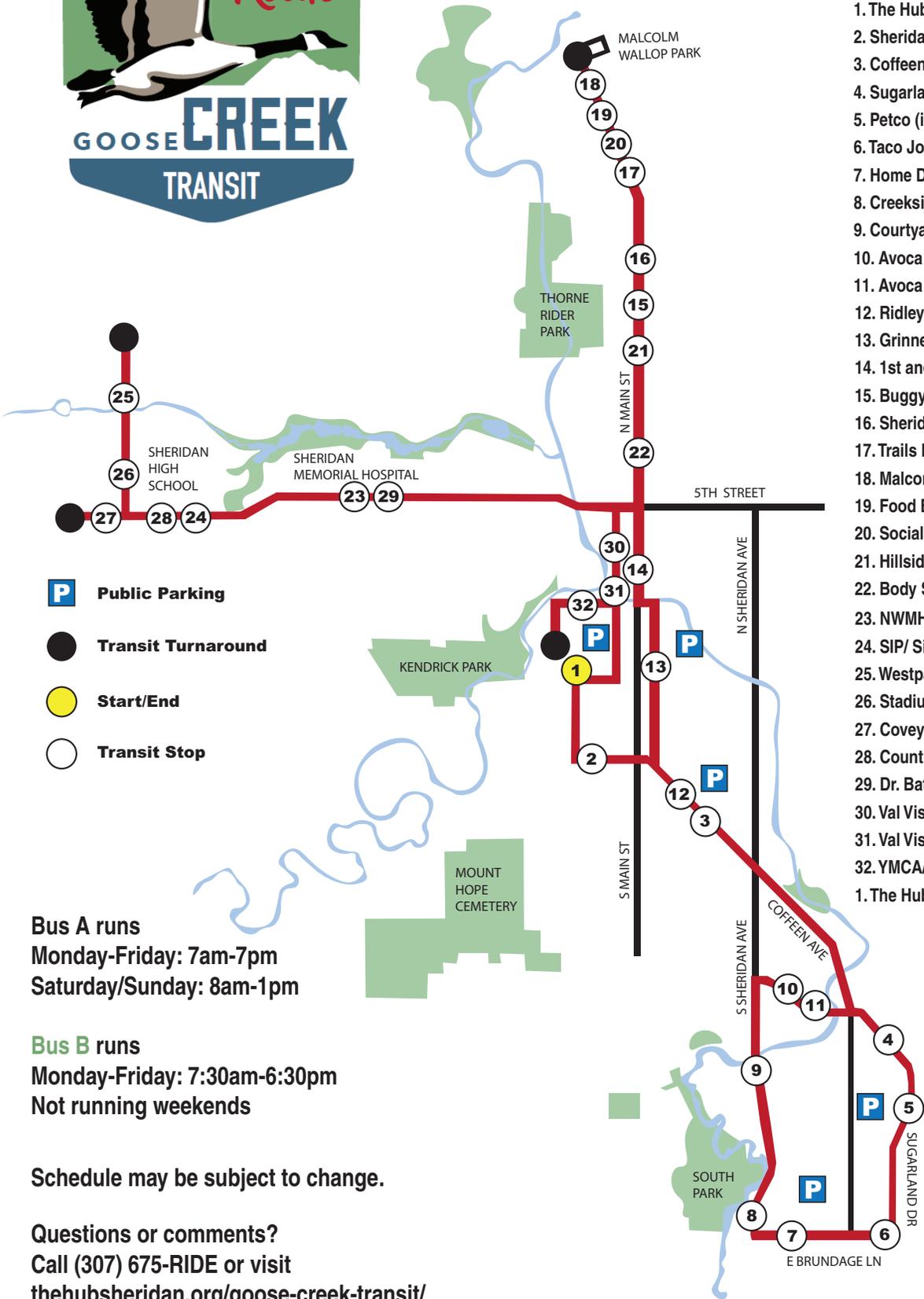




# Fixed Route Stops

(Arrival times after the hour. Bus A / Bus B)

\* Bus begins and ends transit cycle at The Hub on Smith/ Sheridan Square



1. The Hub on Smith/ Sheridan Square\* (:00/:30)
2. Sheridan County Courthouse (:02/:32)
3. Coffeen / Sumner (:03/:33)
4. Sugarland Ridge (:07/:37)
5. Petco (in back) (:08/:38)
6. Taco John's/ Good Times (:09/:39)
7. Home Depot (:11/:41)
8. Creekside Apartments (:12/:42)
9. Courtyard Apartments (:13/:43)
10. Avoca Apartments (:15/:45)
11. Avoca Trailer Park (:16/:46)
12. Ridley's (:19/:49)
13. Grinnell Plaza/ City Hall (:21/:51)
14. 1st and Main St. (:22/:52)
15. Buggy Bath (:25/:55)
16. Sheridan Apartments (:26/:56)
17. Trails End (:27/:57)
18. Malcom Wallop Park (:29/:59)
19. Food Bank (:30/:00)
20. Social Security Office (:31/:01)
21. Hillside Manor (:33/:03)
22. Body Shop (:34/:04)
23. NWMH/ Sheridan Memorial Hospital (:37/:07)
24. SIP/ Sinclair (:38/:08)
25. Westpark (:40/:10)
26. Stadium Place (:41/:11)
27. Covey Run Apartments (:43/:13)
28. Country Club Estates (:45/:15)
29. Dr. Batty Drive (:46/:16)
30. Val Vista & 4th (:48/:18)
31. Val Vista & 1st (:49/:19)
32. YMCA/ Heritage Tower (:52/:22)
1. The Hub on Smith/ Sheridan Square\* (:55/:25)

**Bus A runs**  
 Monday-Friday: 7am-7pm  
 Saturday/Sunday: 8am-1pm

**Bus B runs**  
 Monday-Friday: 7:30am-6:30pm  
 Not running weekends

Schedule may be subject to change.

Questions or comments?  
 Call (307) 675-RIDE or visit  
[thehubsheridan.org/goose-creek-transit/](http://thehubsheridan.org/goose-creek-transit/)

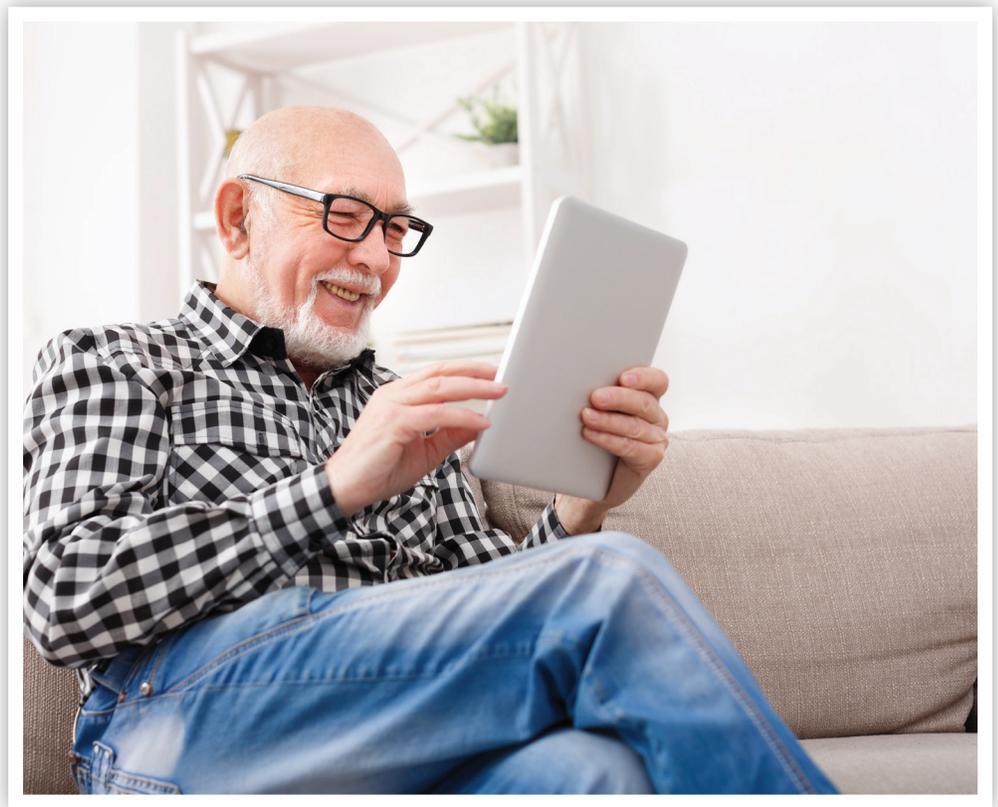
# TECH CONNECT



## The Hub on Smith Receives Grant from Wyoming Center on Aging



Wyoming Center  
on Aging



The Hub on Smith has received a Tech2Connect Grant from the University of Wyoming, Wyoming Center on Aging (WyCOA). The funds have been used to purchase tech devices, cases, and chargers for loan to continue connecting older adults and adults with disabilities in Wyoming with remote social services, healthcare, and to combat social isolation caused by COVID-19, specifically, in Sheridan and the surrounding counties.

WyCOA has also partnered with the Wyoming Assistive Technology Program to provide training videos to assist older adults in learning about the technology that can ensure they have access to social services, healthcare and keep them engaged with family and friends. **For more information on these educational videos, visit their website at [www.uwyo.edu/wycoa](http://www.uwyo.edu/wycoa).**

We are thankful to be awarded these funds to continue to provide services for our community. Please contact Lisa Wells, Sr Fun & Wellness Coordinator at the Hub on Smith, [lwells@thehubsheridan.org](mailto:lwells@thehubsheridan.org) or (307) 672-2240 x. 108, with questions or to borrow a tech device today.



Wyoming  
Department  
of Health

## January and February Care Partner Skills Workshops Offered as Part of the Family Caregiver Support Programming

For questions please call Heather Comstock 307-672-2240  
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**

# January

## WORKSHOP 1: Creative Approaches to Cure Cabin Fever

**January 12th, 2021 • Tuesday • 3:00 PM - 4:30 PM**

**January 15th • Friday • 9:00 AM - 10:30 AM**

- Transform everyday activities to create more enjoyable moments for both of you
- Create meaning and purpose by identifying old and new activities or interests that can be adapted to current abilities
- Implement successful components for everyday activities

## WORKSHOP 2: Are You Struggling to Connect with Someone Experiencing Memory Challenges? Unleash Your Power of Listening!

**January 19th, 2021 • Tuesday • 3:00 PM - 4:30 PM**

**January 22nd • Friday • 9:00 AM - 10:30 AM**

- Create connections with open-ended questions and reflective listening
- Identify ways to shift communication challenges to opportunities for connection
- Tailor communication strategies to positively impact your relationship

# February

## WORKSHOP 1: The Balancing Act: Juggling Daily Schedules and Routines

**February 2nd, 2021 • Tuesday • 3:00 PM - 4:30 PM**

**February 5th • Friday • 9:00 AM - 10:30 AM**

- Discover the comfort of healthy daily schedules
- Build your team to support your routines
- Discuss ways to shift routines as changes in your lives occur

# December 2020

MON	TUE	WED	THU	FRI	SAT	SUN	
	<b>1</b> SPAGHETTI & MEATBALLS VEGETABLE MEDLEY GARLIC BREAD CAESAR SALAD FRUIT	<b>2</b> BAKED CHICKEN MASHED POTATOES & GRAVY ROASTED BRUSSEL SPROUTS BROWNIE	<b>3</b> PORK STEW BROCCOLI BISCUIT FRUIT	<b>4</b> TURKEY CLUB SANDWICH PEA & CHEESE SALAD POTATO CHIPS CHOCOLATE CHIP COOKIE	<b>5</b> BEEF PEPPER STEAK STEAMED RICE ASIAN BLEND VEG FRUIT	<b>6</b> LEMON GARLIC CHICKEN ROASTED REDS VEGETABLE MEDLEY SUGAR COOKIE	
<b>7</b> ROASTED PORK LOINS QUINOA PILAF CORN APPLESAUCE CAKE	<b>8</b> FISH AND CHIPS PEAS & CARROTS COLESLAW TARTAR SAUCE FRUIT	<b>9</b> POT ROAST W/ VEGETABLES AND POTATOES ROLL GARDEN SALAD PEANUT BUTTER COOKIE	<b>10</b> OVEN FRIED CHICKEN CHEESY BROCCOLI RICE GREEN BEANS FOCACCIA BREAD FRUIT	<b>11</b> PORK CHOPS MAC AND CHEESE CUCUMBER SALAD BANANA SNACK CAKE  <b>Hanukkah</b>	<b>12</b> TURKEY POT PIE VEGETABLE MEDLEY BERRIES AND CREAM	<b>13</b> MEATLOAF GARLIC MASHED POTATOES CARROTS CHOCOLATE PUDDING	
<b>14</b> CHICKEN ALFREDO FETTUCCINI NOODLES ASPARAGUS GARLIC BREAD FRUIT	<b>15</b> BBQ PORK SANDWICH POTATO WEDGES VEGETABLE MEDLEY FRUIT CRISP	<b>16</b> DILL SALMON WILD RICE PILAF ROASTED CAULIFLOWER FROSTED WHITE CAKE	<b>17</b> CHILI OVER BAKED POTATOES GARDEN SALAD CINNAMON ROLL	<b>18</b> CHICKEN CORDON BLEU GARLIC BUTTER EGG NOODLES VEGETABLE MEDLEY FRUIT	<b>19</b> PINEAPPLE GLAZED HAM MASHED SWEET POTATOES BROCCOLI FRUIT PUMPKIN PIE BARS	<b>20</b> ROAST TURKEY & GRAVY ROASTED POTATOES BRUSSEL SPROUTS DOUBLE CHOCOLATE COOKIE	
<b>21</b> BEEF STROGANOFF OVER EGG NOODLES GREEN BEANS STEWED TOMATOES FRUIT	<b>22</b> CHICKEN ENCHILADAS REFRIED BEANS CHUCKWAGON CORN TRES LECHES CAKE	<b>23</b> PORK WINGS STEAMED RICE ASIAN BLEND VEGETABLES SUGAR COOKIE	<b>24</b> SHRIMP SCAMPI SPAGHETTI NOODLES BROCCOLI ROLL FRUIT 	<b>25</b> ROAST BEEF MASHED POTATOES AND GRAVY CARROTS ROLL CHOCOLATE PEPPERMINT CAKE <b>Christmas Eve</b>	<b>26</b> CHICKEN PATTY SANDWICH POTATO WEDGES VEGETABLE MEDLEY FRUIT <b>Christmas Day</b>	<b>27</b> PORK ROAST & GRAVY RISOTTO GREEN BEANS LEMON PUDDING	
<b>28</b> TURKEY TETRAZZINI SPAGHETTI NOODLES PEAS & CARROTS RANGER COOKIE	<b>29</b> CHICKEN FRIED STEAK MASHED POTATOES & COUNTRY GRAVY VEGETABLE MEDLEY FRUIT	<b>30</b> CHICKEN ALA KING BISCUIT BROCCOLI APPLE PIE BARS	<b>31</b> PORK GUMBO STEAMED RICE VEGETABLE MEDLEY BROWNIES 	<b>SUBJECT TO CHANGE</b> *Indicates Item Contains Nuts			

# January 2021

MON	TUE	WED	THU	FRI	SAT	SUN
<b>SUBJECT TO CHANGE</b> *Indicates Item Contains Nuts				<b>1</b> POACHED COD W/ HOLLANDAISE ROASTED RED POTATOES ASPARAGUS CHOCOLATE CHIP COOKIE	<b>2</b> LASAGNA VEGETABLE MEDLEY FRENCH BREAD FRUIT	<b>3</b> ROAST CHICKEN THIGHS ROASTED SWEET POTATOES GREEN BEANS ROCKY ROAD PUDDING
<b>4</b> PORK STEW ROLL ROASTED BROCCOLI FRUIT	<b>5</b> TURKEY & STUFFING CASSEROLE TURKEY GRAVY VEGETABLE MEDLEY CHOCOLATE SURPRISE CAKE	<b>6</b> CHEESEBURGER LTOP POTATO WEDGES CARROTS FRUIT	<b>7</b> CHICKEN POT PIE VEGETABLE MEDLEY GARDEN SALAD SNICKERDOODLE	<b>8</b> BAKED SAUSAGE ZITI ASPARA CAESAR SALAD BERRIES AND CREAM ROLL	<b>9</b> TERIYAKI SALMON STEAMED RICE ASIAN BLEND VEGETABLE PUMPKIN BAR	<b>10</b> PHILLY CHEESESTEAKS ROASTED POTATOES BUTTERED CORN FRUIT
<b>11</b> OVEN FRIED CHICKEN POTATO WEDGES PEAS & CARROTS PEANUT BUTTER COOKIE	<b>12</b> PORK AND MASHED POTATO PIE GREEN BEANS ROLL FRUIT	<b>13</b> HERBAL ROAST TURKEY BREAST ROASTED SWEET POTATOES CAULIFLOWER BANANA BREAD	<b>14</b> SWEDISH MEATBALLS EGG NOODLES STEAMED BEETS GARDEN SALAD FROSTED VANILLA CAKE	<b>15</b> CHICKEN BACON SWISS SANDWICH MACARRONI SALAD VEGETABLE MEDLEY FRUIT	<b>16</b> PORK LOINS GARLIC MASHED POTATOES BRUSSELS SPROUTS FRUIT CRISP	<b>17</b> FISH AND CHIPS COLESLAW VEGETABLE MEDLEY BERRIES AND CREAM
<b>18</b> POT ROAST W/ VEGETABLES AND POTATOES BROCCOLI GARDEN SALAD LEMON PUDDING	<b>19</b> CHICKEN ENCHILADAS REFRIED BEANS CHUCKWAGON CORN FRUIT	<b>20</b> PEPPERONI CHEESE PIZZA VEGETABLE MEDLEY GARDEN SALAD FRUIT CRISP	<b>21</b> OPEN FACED TURKEY SANDWICH MASHED POTATOES & GRAVY BRUSSEL SPROUTS BROWNIES	<b>22</b> MEATLOAF STEWED TOMATOES CAULIFLOWER BAKED POTATOES BANANA SNACK CAKE	<b>23</b> CHICKEN PARMESAN SPAGHETTI NOODLES GREEN BEANS GARLIC BREAD FRUIT	<b>24</b> PULLED PORK SANDWICHES POTATO WEDGES COLESLAW SUGAR COOKIE
<b>Martin Luther            King, Jr. Day</b>	<b>25</b> SAUTEED GARLIC SHRIMP PASTA SALAD BROCCOLI FRUIT	<b>26</b> TACO SALADS SPANISH RICE CORN TRES LECHES CAKE	<b>27</b> GREEN CHILI STUFFED CHICKEN ROASTED POTATOES VEGETABLE MEDLEY FRUIT	<b>28</b> SAUSAGE GRAVY & BISCUITS SCRAMBLED EGGS ROASTED ZUCCHINI BLUEBERRY MUFFIN	<b>29</b> TURKEY CLUB SANDWICH POTATO CHIPS VEGETABLE MEDLEY FRUIT	<b>30</b> SHEPHERD'S PIE CHEESE & ONION ROLL BROCCOLI OATMEAL RAISIN COOKIE
<b>31</b> LEMON GARLIC CHICKEN ROASTED RED POTATOES VEGETABLE MEDLEY FRUIT						



# February 2021

MON	TUE	WED	THU	FRI	SAT	SUN
<b>1</b> PORK ROAST MASHED POTATOES & GRAVY CARROTS PEANUT BUTTER BARS	<b>2</b> COD W/ LEEKS & CARROTS CREAMY RISOTTO PEAS FRUIT CRISP  <b>Groundhog Day</b>	<b>3</b> CHEESEBURGER POTATO WEDGES VEGETABLE MEDLEY FRUIT	<b>4</b> OVEN FRIED CHICKEN MASHED POTATOES & GRAVY BROCCOLI PUMPKIN CAKE	<b>5</b> PORK CHOPS W/ APPLE GRAVY BAKED SWEET POTATOES CAULIFLOWER FRUIT	<b>6</b> TURKEY NOODLE SOUP ROLL GREEN BEANS CHOCOLATE CHIP COOKIE	<b>7</b> ROAST BEEF & GRAVY BAKED POTATOES VEGETABLE MEDLEY PUDDING
<b>8</b> CHICKEN POT PIE BISCUIT VEGETABLE MEDLEY GARDEN SALAD APPLE PIE BARS	<b>9</b> PORK GUMBO RICE BROCCOLI FRUIT	<b>10</b> SHRIMP SCAMPI SPAGHETTI NOODLES FOCACCIA BREAD GREEN BEANS BROWNIES	<b>11</b> BEEF STROGANOFF EGG NOODLES STEAMED BEETS ROLL CARROT CAKE	<b>12</b> CHICKEN TARRAGON SANDWICH POTATO CHIPS PEA & CHEESE SALAD FRUIT	<b>13</b> GLAZED HAM ROASTED SWEET POTATOES VEGETABLE MEDLEY RANGER COOKIE	<b>14</b> TURKEY ROAST MASHED POTATOES & GRAVY VEGETABLE MEDLEY ROLL FRUIT  <b>Valentine's Day</b>
<b>15</b> BEEF TACOS REFRIED BEANS CORN ROCKY ROAD PUDDING  <b>President's Day</b>	<b>16</b> CHICKEN LO MEIN ASIAN BLEND VEGETABLES FRUIT RANGER COOKIE	<b>17</b> PORK LOINS MASHED SWEET POTATOES GREEN BEANS BANANA SNACK CAKE	<b>18</b> DILL SALMON WILD RICE PILAF PEAS & CARROTS CREAM CHEESE BROWNIES	<b>19</b> MEATLOAF STEWED TOMATOES VEGETABLE MEDLEY ROLL FRUIT	<b>20</b> CHICKEN PARMESAN SPAGHETTI NOODLES BROCCOLI GARLIC BREAD CHOCOLATE MAGIC CAKE	<b>21</b> PORK WINGS STEAMED RICE VEGETABLE MEDLEY FRUIT
<b>22</b> OPEN FACED TURKEY SANDWICH MASHED POTATOES & GRAVY GREEN BEANS BANANA BREAD	<b>23</b> LASAGNA VEGETABLE MEDLEY GARLIC BREAD FRUIT	<b>24</b> BAKED CHICKEN THIGHS BAKED SWEET POTATOES BROCCOLI FROSTED VANILLA CAKE	<b>25</b> BBQ PORK SANDWICH POTATO WEDGES COLESLAW FRUIT	<b>26</b> ITALIAN HERB FISH BASIL PESTO QUINOA VEGETABLE MEDLEY CHOCOLATE CHIP COOKIE	<b>27</b> CHICKEN FRIED STEAK MASHED POTATOES & COUNTRY GRAVY CARROTS FRUIT	<b>28</b> WHITE BEAN CHICKEN CHILI CORN BREAD MUFFIN VEGETABLE MEDLEY LEMON PUDDING

## SUBJECT TO CHANGE

\*Indicates Item Contains Nuts

# Activities at a glance

## FUN & WELLNESS OPPORTUNITIES

Fun & Wellness activities have continued meeting on ZOOM, outside, and through collaborations with our generous community partners, allowing us use of their beautiful grounds and facilities. We could not have made this happen without help from our friends at the City of Sheridan, Whitney Benefits, WYO Theater, Sheridan KLife, Sheridan Co YMCA, and Sage Community Arts. **At this time, with the virus spread increasing, we will continue practicing all the protocols when meeting in person including masks, at least 6-foot distancing, health screening, and sanitizing! Please be advised, participants must be willing to follow these protocols to participate in Hub activities. Thank you in advance for your cooperation in trying to keep us all healthy!** Reach out to the contact listed below with questions or to sign up for activities. Also 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 or search our new YouTube channel, "The Hub on Smith" at [www.youtube.com](http://www.youtube.com). Thank you again! Continued well wishes and much fun!!

**Check out these regularly scheduled activities. The Hub plans to offer in-person activities as long as is prudent under the current Covid-19 health orders. In person activities may be canceled or postponed in the case of a spike in Coronavirus cases in the community. See below for class descriptions.**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 am	Happy Feet		Happy Feet	Select Winter Outings	
9 am	BOOM	Walking Club	BOOM		BOOM
10 am	BAMM		BAMM		BAMM
12 noon			Lunchtime Music		
1 pm	Table Tennis & Billiards		Table Tennis & Billiards		Bingo with Barb Livestream (Jan)

## FITNESS CLASSES

### Happy Feet

Fun, upbeat, cardio dance class lead by wonderful, longtime Hub Volunteer Instructor, Sherry Mercer. Contact Lisa Wells, Fun & Wellness Coordinator at [lwells@thehubsheridan.org](mailto:lwells@thehubsheridan.org) or 307-672-2240 x. 108 for information or to sign up.

**Monday • Wednesday • 8:00-8:45 a.m. • \$2 s.c.**  
**Meets at the WYO Theater Rehearsal Hall 3rd floor. Signup required. Wear a mask, enter through doors on Brundage St, and take elevator.**

### BOOM

Functional fitness exercise class including low impact cardio, strength training, flexibility, and balance moves. Lead by Lisa Wells, Hub on Smith Fun & Wellness Coordinator, Certified Group Fitness, Strength & Conditioning Instructor and Registered Yoga Teacher. Contact Lisa Wells, Fun & Wellness Coordinator at [lwells@thehubsheridan.org](mailto:lwells@thehubsheridan.org) or 307-672-2240 x. 108 for information, to sign up, or to receive ZOOM Meeting ID and Passwords for classes.

**Monday • Wednesday • Friday • 9:00-9:45 a.m. \$2 s.c.**

**Meets at the WYO Theater Rehearsal Hall 3rd floor. Signup required. Wear a mask, enter through doors on Brundage St, and take elevator. Classes also held via ZOOM, the easy to use on-line meeting application.**

### BAMM (Basic AM Moves)

Same focus and moves as BOOM exercise class except cardio portion done in a chair to be no-impact vs. low impact. All abilities welcome. Also lead by Lisa Wells. Contact Lisa Wells, Fun & Wellness Coordinator at [lwells@thehubsheridan.org](mailto:lwells@thehubsheridan.org) or 307-672-2240 x. 108 for information, to sign up, or to receive ZOOM Meeting ID and Passwords for classes.

**Monday • Wednesday • Friday • 10:00-10:45 a.m. \$2 s.c.**

**Meets at the WYO Theater Rehearsal Hall 3rd floor. Signup required. Wear a mask, enter through doors on Brundage St, and take elevator. Classes also held via ZOOM, the easy to use on-line meeting application.**

# Activities

## Hub Walking Club

Walk through winter regardless of the weather! Meet at the Sheridan Co YMCA Gym 3 and we'll decide if we stay inside or go out of doors. Either way, we'll get in a good **one hour walk!** Contact Lisa Wells, Fun & Wellness Coordinator at [lwells@thehubsheridan.org](mailto:lwells@thehubsheridan.org) or 307-672-2240 x. 108 for information or to sign up.

**Tuesday • 9:00-10:00 a.m. • No Charge.**

**Meet at Sheridan County YMCA Gym #3. Signup Required. Wear a mask and enter through the specially designated "Senior Entrance" door #3 located at the back of the Y facing Alger Street.**

## Table Tennis and Billiards

Join these fun and competitive groups currently meeting at Sheridan KLife! Contact Amanda Munford, Fun & Wellness Coordinator, at 307-672-2240 x.107 or [amunford@thehubsheridan.org](mailto:amunford@thehubsheridan.org) for more info or to sign up.

**Monday • Wednesday • 1:00-2:30 p.m. • \$2 s.c.**

**Meet at Sheridan KLife Bldg (across from Sheridan Co Fulmer Library). Signup required. Wear a mask.**

## FACEBOOK LIVESTREAM EVENTS

### Lunchtime Music

Music is known to improve your mood, lessen stress and anxiety, and improve cognitive ability. While the Hub is currently closed, we still want to bring some wonderful music to you! Join us Wednesdays at noon on The Hub on Smith Facebook page for live artist's performances and inspirational videos. Also enjoy the music at The Hub on Smith YouTube channel. Thank you to our many, talented, local artists who are sharing their gifts!

**Wednesday • Noon**

### Bingo with Barb

Barb Blue, Day Break Director aka Bingo Barb, is keeping the Hub Café Bingo excitement alive in a new way Fridays in January! Barb's hosting a Facebook Livestream game and to play, please contact her at [bblue@thehubsheridan.org](mailto:bblue@thehubsheridan.org) no later than noon Thursday to receive an electronic bingo card. Anyone can play however you must be registered at the Hub to win. Good luck and have fun!

**Fridays • January • 1:00 p.m.**

### Holiday Spice and Everything Nice

Do not forget spices when you are planning holiday fare! They provide a rich, warm flavor and aroma that enhances and enriches the nutritional qualities of

your dishes. Hub Registered Dietitian Georgia Boley will review 5 spices and simple recipes to highlight their flavors. You won't to miss this Hub on Smith Facebook page Livestream Event!

**Thursday • December 3 • 11:30 a.m.**

### Healing Herbs and Spices

Join Livestream Cooking Demo on Cottonwood Kitchen's Facebook Page, hosted by Aaron Schanzenbach at Cottonwood Kitchen, Hub



Executive Chef Dan Cole, and Registered Dietitian Georgia Boley. Spices are an aromatic, delicious part of daily meals for most of us. Compared with other cultures however, North American cooks tend to use far fewer spices per dish. This deprives us of the many powerful health aspects herbs and spices bring to the table, not to mention taste! Log on and gain confidence to expand your herb and spice rack, including Oregano, Thyme, Dill, Turmeric, Garam Masala, Cinnamon, Allspice, Caraway.

**Saturday • January 30th • 11 a.m.**

### Health Highlight with Georgia

Join Georgia Boley, Hub Registered Dietician, Live on Facebook as she highlights the health benefits of the Hub meal on February 26th. The yummy, nutritious meal will consist of Italian Herb Fish, Basil Pesto Quinoa, Vegetable Medley and Chocolate Chip Cookies.

**Friday • February 26th • 11:30 a.m.**

# Activities



## WINTER OUTINGS

### Snowshoe & Cross Co Ski Outings

This winter season the Hub will offer four outings through February for skiing and snowshoeing, from the following list of locations, all of which we've successfully completed in the past. The outings are for those that have their own equipment and have at least beginner abilities. Our dates are set, but we will customize each outing depending on the weather, snow conditions and participants. Sign up at [lwells@thehubsheridan.org](mailto:lwells@thehubsheridan.org) to get outing locations as the time for each gets closer. Please know we will also offer beginner to advanced options on the same outing by limiting distance or terrain and having Hub leaders guide two groups if need be. Special thank you to Steve Stresky, hydro geologist, avid hiker, and longtime Hub Volunteer, for leading us again this year! We'll meet at the Hub back parking lot at 9:30 a.m., and will return mid-afternoon, likely by 4 p.m. Bring lunch, water and clothes for cold weather and snow. We will carpool so also bring a mask.

**Thursdays • January 14th & 28th  
February 11th & 25th**

**Sibley Lake:** This Nordic trail is a favorite due to well-groomed trails and a warming hut with two stoves and plenty of firewood. The trail system has about 15 miles of groomed trails between 7,700 and 8,400 in elevation with gentle grades and a couple

of hills. While we normally do an out-and-back that features Sibley Lake views followed by lunch at the hut, those who wish to return on optional loops will extend the challenge.

**Cutler Hill:** The Cutler Hill Ski Trail system has about 4 miles of packed trails that between 8,100 and 8,600 in elevation. The system was developed for people wanting to bring their dogs. Several loop options are available, including a frozen wetland loop and some more challenging hills that yield views of Black Mountain and the granite outcrops above Sibley Lake.

**Pole Creek:** The Pole Creek Nordic ski area is about 20 miles west of

Buffalo and has nearly 11 miles of groomed trails at 8,200 to 8,400 feet in elevation. Grooming consists of corduroy for skaters and snowshoers and set tracks for classic-style skiers. The trails are mostly forested, but also cross open meadows and upland areas with views of the high country of the Bighorn Divide. The grades are mostly gentle, with a few trails that have more challenging slopes, none that are very steep. Several loop options with cut-across trails are available, as is off-trail exploration in deeper snow.

**Antelope Butte:** This trail system is divided into four loops above 8,400 feet in elevation that provide a variety of skill levels, from flatish prairie loops to forested ungroomed routes through deep snow. The trails wind through lodgepole pine forests and break into large open parks offering scenic views. Depending on the status of the facilities, we'll be able to use at least the yurt to warm up, and possibly use the lodge if it's open. Otherwise we can dine in the forest!

**SCLT:** The Sheridan Community Land Trust trail system is an evolving network of trails near Sheridan that offer a variety of options for outings. The trail system typically isn't favorable for winter treks but given good snow, it can provide a variety of challenges ranging from open, hilly prairie at Hidden Hoot to steeper mountain-face trails at Red Grade. We'll consider the SCLT system if we get some big snows.

# Activities

**South Piney:** The South Piney Trail, located in the canyon of South Piney Creek in Story, is a mostly forested trail with some limited exposures. The elevation ranges from 5,500 to 5,800 feet and has a 300-foot gain in elevation to the end of the trail at Piney Creek. The trail ascends gently to the base of a canyon climb, where beautiful winter scenery appears along South Piney Creek. An icy passage beneath cliffs of the Big Horn Dolomite brings the skier to a moderately steep climb up a narrow trail, requiring skills of herringbone and side-stepping. The trail flattens at the top of the canyon, and winds through alpine forest to the creek crossing at the end of the trail, with one downhill section to navigate. Upon returning, the ski down the canyon requires caution to mitigate speed, requiring snow-plow skills (or a gonzo mentality). The final descent to the trailhead is quick and pleasant.

## CREATIVE ARTS

### Watercolor with Gail Sidletsky

Monthly classes are currently on hold but will return in the future. If you are interested in participating, please contact Amanda Munford, Fun & Wellness Coordinator, at 307-672-2240 x.107 or [amunford@thehubsheridan.org](mailto:amunford@thehubsheridan.org) to be put on the student list. **\$25 fee per session payable to Gail at the first class.**

### Card Making Class with Jean

Jean Harm, long time Fun Lady, will be returning in the New Year to guide us in making beautiful cards. Dates/Times/Location to be determined. Please contact Amanda Munford, Fun & Wellness Coordinator, at 307-672-2240 x.107 or [amunford@thehubsheridan.org](mailto:amunford@thehubsheridan.org) to register and be notified when classes are scheduled.

**\$5 s.c.**



## WIN OR LOSE. CAN WE TALK?

**WEDNESDAY, DECEMBER 2  
3:00 - 4:30 P.M.**

**SUNDAY, DECEMBER 6  
2:00 - 3:30 P.M.**

CONVERSATIONS WILL  
BE HELD VIA ZOOM

SCAN TO ACCESS  
LINK:



**THIS IS NOT A WEBINAR -  
WE LOOK FORWARD TO  
YOUR PARTICIPATION IN  
THE CONVERSATION!**



[www.sheridancvc.org](http://www.sheridancvc.org)

## REGARDLESS OF WHO YOU VOTED FOR IN THE ELECTION,

there will be some who are pleased and others who are upset. How can we talk to each other, regardless of the outcome, and move forward without blame or rancor? Join the Center for a Vital Community at Sheridan College (CVC) for a facilitated conversation on **December 2 or 6 via Zoom** to discuss this dilemma in a realistic, positive way.

Community Conversations is a way to talk about tough subjects where everyone can contribute their thoughts and experiences in a safe and constructive environment. We hope that when difficult or divisive issues come up in our community, we can discuss them using this process. This kind of conversation is not about blaming or winning. No matter who you are or what your experiences have been, this is about listening for understanding and being heard.

Past Community Conversations topics have included Public Lands, Affordable Housing, and Feeling Like an Outsider in Our Community.

Everyone is invited to join Community Conversations and this time, from the comfort of your own home!

**More information is available by calling the CVC at 675-0831 or visiting our website at [www.sheridancvc.org/cvc-events](http://www.sheridancvc.org/cvc-events).**

# Activities

## The Hub on Smith Victory Garden

Our small container garden yield was prolific! We were able to provide many herbs for our kitchen which were utilized in Hub meals. Thanks to our community partners at the City of Sheridan, Landon's Green House, and all the volunteers who made this dream a reality! We will have additional opportunities soon and would love your help! Please contact Amanda Munford, Fun & Wellness Coordinator, at (307) 672-2240 x. 107 or [amunford@thehubsheridan.org](mailto:amunford@thehubsheridan.org) for more information or to sign up.

## PARTY TIME

### New Year's Eve at Noon

Join us on the Hub on Smith YouTube Channel for a very special online, socially distanced version of New Years Eve at Noon. We may not be able to meet in



person but that will not stop us from celebrating!  
**Thursday • December 31st • Noon**



## 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

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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—  
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**Home-Delivered Meals:**  
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(307) 675-RIDE

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

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

**Urban Thrift:**  
(307) 675-1974

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

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It is with heavy hearts that we say *goodbye*  
to a *very special man*  
who meant so much to many in our community.



*Roman Skatula*

Roman had a special place in his heart for our Senior Center. He was a member of the Board of Directors for six years, serving as President for two of those years. Roman was also a Director Emeritus for numerous years and honored for his community work with a Keystone Award in 2011. We will miss his ongoing support, encouragement, and commitment to our organization.