



What Do Bridges Made from Tree Roots and The Hub on Smith Have in Common?

They each provide a way for humans to stay connected.

In the Indian state of Meghalaya, living bridges made from tree roots connect remote villages separated by deep valleys and fast-moving rivers. Villagers plant rubber fig trees on either side of a river valley. When the trees are old enough, the roots are pulled and woven from each side of the valley to form a bridge. Building the bridges takes patience. There is more maintenance when the bridges are first being woven,

but, over time, the web of roots and connections becomes stronger.

Like the web of tree roots linking remote villages in India, The Hub on Smith helps us create a web of interconnectedness in our community. It provided a place to gather and activities to share, but the

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CARMEN RIDEOUT,
Executive Director

A note from the Executive Director

Hello everyone,

I am writing this letter to you on a snowy cold morning in February, daydreaming about opening up The Hub in the coming months. Although our building has been closed, we have been incredibly busy bringing the services out to you and into the community in many ways. We have utilized this time of social distancing and restrictions in public gatherings to dramatically improve the health and safety of The Hub by upgrading our heating and air conditioning (HVAC) system and installing fire sprinklers throughout the building.

We would not have been able to complete this project without the approval and hard work of the City of Sheridan. They helped us apply for and manage the CARES Community Relief Grant from the Wyoming State Land and Investment Board. Community partners including Sheridan County, Sheridan Memorial Hospital, and local legislators provided help along the way to accomplish this huge project in record time.

The local contractors including AXE Build, Powder River Heating and Air Conditioning, Modern Electric, and Life Safety Solutions came together quickly to fast track this work. We are grateful beyond words! With this project coming to a close, we are planning to open some services at The Hub this spring. Our doors will be open to a few scheduled and by-appointment services. We do not expect activity to be what it was before the pandemic, quite yet. In March, April and May we will be opening up the Grab n Go, an information desk, and a few scheduled activities. This summer we hope to open up more depending on the number of people vaccinated and how Sheridan is doing as far as community spread.

In May, we will be recognizing Older Americans Month. The theme this year makes it wonderful and so timely, "Communities of Strength." We know this is important in good times and bad. During the pandemic we have witnessed the significance of maintaining social contact with others and the need to lean on each other for support. This sense of community is vital to our existence and "fun and activity," whether it is planned or spontaneous is a human need that cannot be dismissed. We are excited and hopeful to be doing more of this in the coming months, highlighting the power of connection, engagement, and community.

Thank you for your support and words of encouragement during the past year. We are so grateful to live and work in this generous and supportive community.

I hope to see you soon,
Carmen

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

Bridges Made from Tree Roots CONTINUED FROM COVER

COVID-19 virus changed that landscape. How then do we build and maintain our bridges with one another while staying physically distant?

Like the tree-root bridges, growing and nurturing our human connection requires patience and regular maintenance. For many in our community, maintaining connections is possible through phone calls and weekly video chats. Admittedly, a video discussion is not the same as a face-to-face meeting. However, one participant of these video chats told me, “Staying connected is an important part. Living with dementia is hard enough – it helps to know there are people out there, and they are my friends.” I have also heard neighbors speak of how meaningful it was when friends phoned to check on them or how uplifting it was to receive a thoughtful note at the beginning of the new year. And this feeling of connection is important. On-going pandemic research suggests intentionally and authentically connecting with others makes us healthier and more resilient.

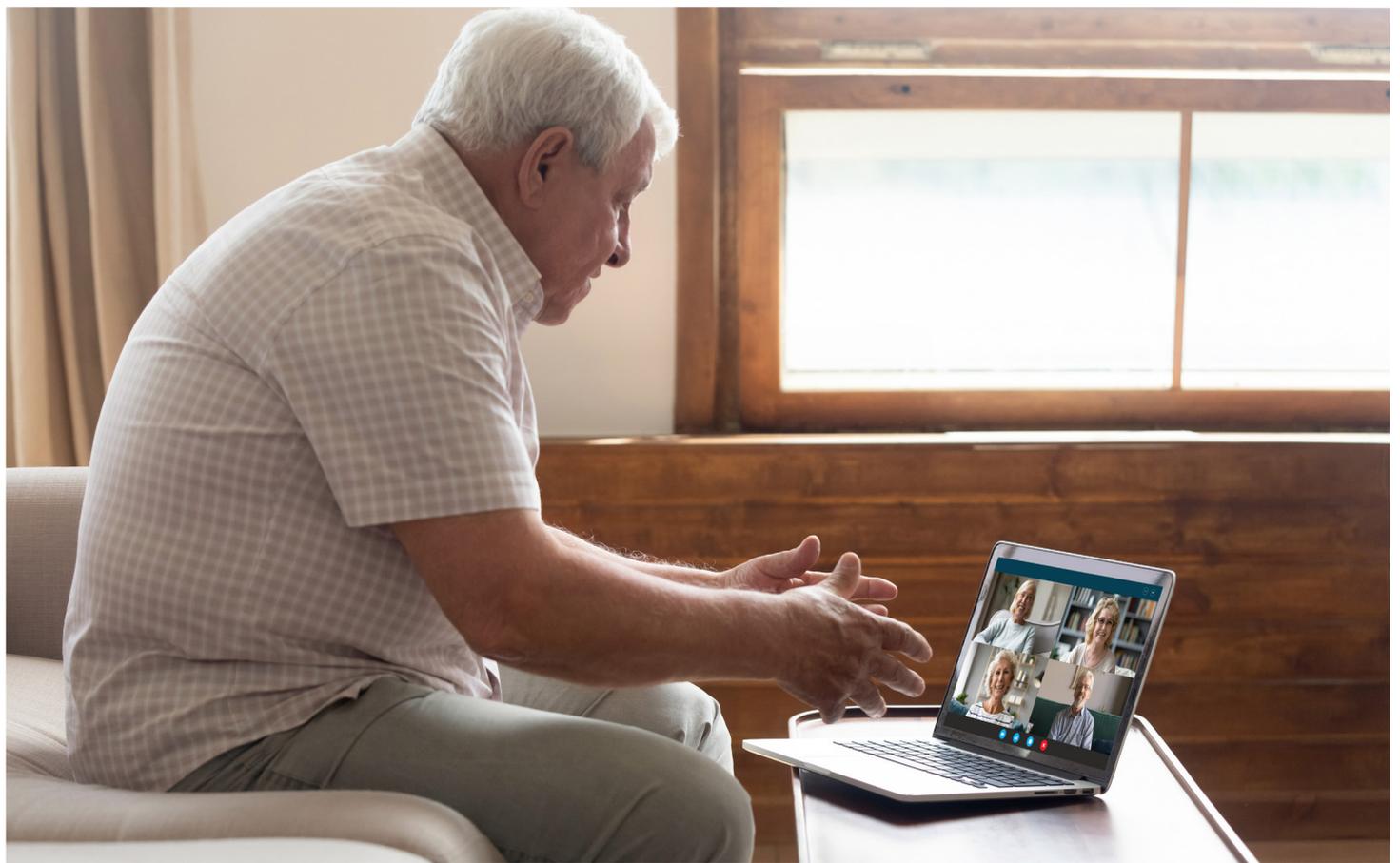
I keep a reminder of the importance of connection on my kitchen windowsill – a red domino. On one side, it reads, “I Count.” On the other side are the words “Community is the Cure.” These messages

remind me of the positive effect our individual actions can have and the power of all of us, together, supporting each other.

We don't know how long social distancing will be necessary. Until The Hub on Smith can once again be our gathering place, let us do what we can, the best we can, to build and maintain our bridges to each other. Write that letter. Make that phone call. Set up that video chat.

As individual members of this community, we really do count, and by reaching out to one another, we can be the human equivalent of those bridges made of tree roots – strong, resilient, and supportive.

ARTICLE CO-AUTHORED BY HEATHER COMSTOCK, DEMENTIA EDUCATOR, AND LESLIE HORSCH, WRITER-EDITOR



Volunteer Opportunity

Battle Buddy Program Builds Connection for Veterans

BY: CHERISH THOMSON & TERRY PARSLEY

Do you have time to “reach out and touch someone,” to help a Veteran in your community? The Sheridan VA Battle Buddy Caller Program may be perfect for you. The new program pairs volunteers with homebound veterans of similar interests through simple, ongoing phone or video contact. Veterans, as well as caregivers, can benefit from the power of connection and friendship that come through a veteran being paired with a battle buddy.

What is a “battle buddy”?

The term “battle buddy” comes from a practice of the U.S. Army, in which two soldiers were assigned to assist one another—be a “buddy”— both in and out of combat. Right now, the Sheridan VA is seeking volunteers to offer this buddy system to assist with social connections for veterans receiving VA care at home. Veterans who are part of this program have chosen to sign up—they want to hear from you. Connecting is important for overall health at any time, but during this time of increased social isolation a program like this one can make that possible.

“The Battle Buddy Program allows our isolated Veterans the precious chance to positively interact with someone, escaping from an inward focus on one’s own disability and limitation,” says Curt Merriam, a social worker with the VA’s Caregiver Support Program. “This regular interaction also provides stimulation for the Veteran and can ease strain on the caregiver.”

As a Battle Buddy volunteer, you will play an important role as part of a network of family, friends, social service/health professionals, and other individuals who provide comfort and assistance to homebound veterans. The Battle Buddy Program offers the veteran an opportunity to engage safely with someone via phone, computer or tablet for a much needed and meaningful social interaction.

Various limitations can make it difficult for some veterans to easily venture out of the home into social settings, which historically made it possible to interact with others. For homebound veterans, especially those with limited social contact from a caregiver, the veteran’s opportunity to chat with their battle buddy, whether for 15 minutes or two hours, can provide a brief respite for them and the caregiver as well.



How do you start? Training is the first step.

All volunteers receive training to learn how to start the conversation and develop the connection with the veteran. The process takes about two weeks, which allows volunteers to establish what will work best for them and the veteran, regarding frequency and time of day they prefer a call.

Are you interested in getting more information or volunteering for our Battle Buddy Program? Please contact Volunteer Program Specialist Brad Fauber at (307) 675-3225, or Volunteer Services Program Manager Terry Parsley at (307) 675-3226. They can answer your questions or provide you with a volunteer application packet.

Healing Powers of The Kitchen Table

WRITTEN BY GEORGIA BOLEY, MS, RD, LD

All this isolation helps us reflect and respect the need for REAL human interaction. It is hard to think of a better place to commune for healing human interaction than the kitchen table. Meals shared with loved ones create a place to nourish our bodies as well as our souls. Everyone has a voice and should be heard at the kitchen table. It is a communion for your tribe, whoever that may be. Having those ritualistic tribal connections you can rely on daily roots our souls, bringing us support, safety, and an anchor. Many of us do not take the time, or do not have the opportunity, to eat with others. We eat alone, on the run, or within our homes while doing other tasks. Creating a social network that supports healthy eating habits, connection, and true nourishment is

what 'blue zones' have, in which populations live longer, healthier lives.

Food that is shared can be a powerful nourishing and healing experience, separate from the actual nutrition qualities of the food. Of course it is always best to try to choose food that loves your body back in a healthy manner, but just as important is taking time to share meals with those you love.

If you know someone who is not able to share meals with loved ones or a 'tribe,' such as someone in a nursing home or someone isolated at home, try to safely share a meal with them if you can in this pandemic. If you cannot, perhaps you can make their favorite dish or meal and deliver it to them.

COVID-19 vaccine now available

BY: SHEREE CHILDERS-COSSEL

HUMAN RESOURCES MANAGER, THE HUB ON SMITH

December of 2020 offered a gleam of hope to Americans, when the FDA gave emergency use authorization for two COVID-19 vaccines. Moderna and Pfizer-BioNTech are currently available in the United States. Both vaccines offer similar protection for the person vaccinated and are funded with taxpayer dollars. That means that when you are eligible for a vaccine there will be no payment necessary. Both the Pfizer-BioNTech and Moderna vaccine boast an effectiveness of 95%. Neither of these vaccines prevents Coronavirus infection but both give the body instructions to create immunity. Clinical trials have shown that both the Pfizer-BioNTech and Moderna vaccine do a good job of preventing symptomatic COVID-19 disease.

COVID-19 vaccines are available in limited quantities. State health officials have created a schedule that allows essential workers and people in the most vulnerable groups to be vaccinated first. As I am writing this, if you are 65 or older or work in health care, public transportation, senior care, law enforcement, education, or if you are a first responder, you are eligible to be vaccinated. **For a complete list of eligible persons visit www.sheridancounty.com/covid-19/covid-19-vaccines/.**

Sheridan County Public Health and Sheridan Memorial Hospital are offering vaccines to eligible persons by appointment. **To be added to the waiting list at SMH call 307.675.4471 or to schedule an appointment at Sheridan County Public Health, call 307.672.5169.** Please remember that vaccines are available in limited quantities and health care professionals are doing their best to get as many people vaccinated as possible. You may be asked to leave a message and receive a return call. Be prepared to receive two vaccinations, one month apart. Your second shot will be scheduled after the first injection.

Unfortunately, being vaccinated does not mean that it is back to life as it was before. The Center for Disease Control continues to recommend social distancing, mask wearing, good hand washing practices, and avoiding large gatherings. It might be some time before we see a reduction in recommended COVID-19 guidelines. About 8.5% of Wyoming residents have received their first shot according to the Wyoming Department of Health and only 1.5% of Wyoming residents have received both the first shot and the booster.

If you have concerns about receiving the COVID-19 vaccine, please call your health care provider to receive information regarding your health and how the vaccine might impact you.

Spring Cleaning: Stress less, clean up the mess

For many of us, our closet holds a world of feelings. Clothes that used to fit, clothes that hopefully will fit one day, clothes that make us feel comfortable or powerful, clothes worn for special events, clothes given to us by someone, the list goes on. Looking into your closet and deciding what to wear can feel stressful, especially if it's cluttered, unorganized, or full of things you don't wear. Cleaning out and organizing your closet has many benefits, including but not limited to:

- **Saving time.** The mornings can be rushed and hectic. Having an organized closet means less time to find an outfit and more time to sit down and enjoy breakfast.
- **Keeping everything visible.** If you know where every item is located in your closet, you can cut down on time wasted searching for what to wear.
- **Simplifying decision making.** Having limited options helps you make an outfit decision and move on.
- **Making maintenance easier.** Everything has a place so it's easier to keep in order for the future.
- **Saving money.** If you have an accurate picture of what you own, you won't buy repeat items by mistake.
- **Reducing stress.** Clutter prevents us from relaxing, which leads to stress, which leads to more clutter. Eliminating excess clothes is a good way to reduce tension in your everyday routine.

Not sure how to begin the decluttering process?

Start in one area, like the sock drawer or your closet, and take everything out. Proceed by making piles: "Donate," "Throw Out," "Needs Alterations," and "Keep." Once you have the piles, decide how you like things organized—by color, length, occasion, etc.—and then put things away according to your new system and enjoy the new tidy results of your hard work.

Retail Therapy: When the going gets tough, the tough go shopping

Now that you've cleaned out your closet, it's time to go shopping! Believe it or not, shopping has benefits as well. As people shop, they're naturally visualizing

how they'll use the products they're considering and visualization is a technique that acts as a performance booster and anxiety reducer. Here are some reasons to refresh your wardrobe:

- **Switch up your style.** This is a good time to find pieces you're missing or have always wanted to add to your closet.
- **Dress for success.** The clothes you wear have an effect on your mood and attitude, so make sure you look and feel confident.
- **Creative expression.** In these unprecedented times, one thing you can control is what you wear. Take advantage of the creative outlet clothes provide and play around with your outfits.
- **Prepare for times of transition.** Starting a new job? Sending your kids away to college? Shopping helps you anticipate and imagine what the next steps of your life are going to look like.
- **Entertainment without straining your wallet.** Shopping secondhand is a great way to get the excitement of finding "new" clothes without creating an expensive habit you can't afford.

Strategically planning a purchase can help uplift your mood and add value to your life, and choosing to shop at Urban Thrift will also add value to the community. All of the proceeds from Urban Thrift are used to directly support the programs at The Hub on Smith. This means for every item purchased, money is available to use for Home-Delivered meals, home health services, educational workshops, activities, public transportation, tech devices for seniors, and more. So, whether you're bringing us the "Donate" pile or shopping to refresh your wardrobe, remember to add **Urban Thrift** as part of your spring-cleaning routine this year. **We're open Tuesday-Saturday 10:00 am - 5:30 pm at 226 N. Main St.**



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. It offers real help in dealing with the challenges, losses, and rewards of being a family caregiver of someone who is becoming psychologically absent.

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

Offered as part of Family Caregiver Support Programming with The Hub on Smith Street

DATE:	Tuesdays, April 6–June 8, 2021
TIME:	10 AM – 12:00 PM (Noon)
LOCATION:	Virtual session using Zoom
COST:	Your time and attention (no fee for attendance)
REGISTER:	Go to www.dfwsheridan.org and click the tab Attend Zoom Workshops to sign up. A separate Zoom link will be sent to your email to complete your registration.
FOR MORE INFO:	Please call Heather Comstock at (307) 461-5955 or email hcomstock@thehubsheridan.org





Wyoming
Department
of Health

March, April, and May 2021 Care Partner Skills Workshops

Offered as Part of the Family Caregiver Support Programming

Questions? Please call Heather Comstock 307-672-2240

or email hcomstock@thehubsheridan.org

TO REGISTER: Go to www.dfwsheridan.org and click on the tab **Attend Zoom Workshops**

<p><u>Guest Speaker Martha Cover-Killian, Physical Therapist</u> <u>Fall Prevention: Assessing for Home Safety</u></p> <p>March 5th • Friday 9:00 AM-10:30 AM</p>	<ul style="list-style-type: none"> • Discuss how to improve balance • Learn about options when falls continue to occur, including community resources and navigating the various medical settings • You will be given an opportunity to submit questions beforehand or bring your questions to ask in person
<p><u>Why Aren't We Sleeping? Explore Causes and Steps to Address Sleep Problems</u></p> <p>March 12nd • Friday 9:00 AM-10:30 AM</p>	<ul style="list-style-type: none"> • Discuss the scope and various causes of troubled sleep for persons living with dementia • Identify critical factors that may be causing sleep challenges • Identify strategies to tailor sleep environments to optimize sleep opportunities
<p><u>Alzheimer's Dementia: Is it Alzheimer's or Something Else?</u></p> <p>April 16th • Friday 9:00 AM-10:30 AM</p>	<ul style="list-style-type: none"> • Dispel the myths • Learn the facts • Discuss coping strategies
<p><u>Guest Speaker Dr. Schamber Paying Attention to the Three Ds: Delirium, Dehydration, and Depression</u></p> <p>April 23rd • Friday 9:00 AM-10:30 AM</p>	<ul style="list-style-type: none"> • Review what the symptoms of each of these might look like • Learn how to respond and react if you are observing these symptoms • Discuss ways to shift life habits and routines toward future prevention
<p><u>Frontotemporal Dementia: What to Expect</u></p> <p>May 7th • Friday 9:00 AM-10:30 AM</p>	<ul style="list-style-type: none"> • Discuss the wide range of signs and symptoms • Discuss why communication can be so challenging • Explore strategies to tailor care considerations
<p><u>Lewy Body Dementia: It's More Than Memory Loss</u></p> <p>May 14th • Friday 9:00 AM-10:30 AM</p>	<ul style="list-style-type: none"> • Discuss the range of fluctuations of sleep, mood, and cognition • Identify strategies to handle a fluctuating day • Discuss the importance of early future care planning

March 2021

SUN	MON	TUE	WED	THU	FRI	SAT	
	1 PORK ROAST & GRAVY MASHED SWEET POTATOES BROCCOLI FRUIT	2 TURKEY NOODLE BAKE VEGETABLE MEDLEY ROLL PEANUT BUTTER COOKIE	3 PHILLY CHEESE STEAK POTATO WEDGES CARROTS BERRIES & CREAM	4 TERIYAKI CHICKEN RICE PILAF ASIAN BLEND VEGETABLES SPICE CAKE	5 SHRIMP SALAD SANDWICH POTATO CHIPS CUCUMBER SALAD SUGAR COOKIE	6 CRANBERRY GLAZED HAM GARLIC MASHED POTATOES PEAS & CARROTS RUIT	
7 ROAST BEEF MASHED POTS & GRAVY VEGETABLE MEDLEY FRUIT	8 OVEN FRIED CHICKEN BAKED SWEET POTATOES CAULIFLOWER BROWNIES	9 BBQ PORK COLESLAW BAKED BEANS VEGETABLE MEDLEY FRUIT	10 TURKEY & WILD RICE SOUP BROCCOLI FRENCH BREAD RED VELVET CAKE	11 SLOPPY JOE ROASTED RED POTATOES VEGETABLE MEDLEY RANGER COOKIE	12 PAPRIKA BAKED COD PESTO QUINOA VEGETABLE MEDLEY AMBROSIA	13 CHICKEN PRIMAVERA SPAGHETTI NOODLES GREEN BEANS CAESAR SALAD LEMON BARS	
14 BREADED PORK CHOPS BAKED POTATO VEGETABLE MEDLEY FRUIT  Daylight Saving Time	15 BEEF STROGANOFF EGG NOODLES STEAMED BEETS CHOCOLATE CHIP COOKIES	16 CHICKEN POT PIE BISCUIT VEGETABLE MEDLEY WHITE CAKE W/ FROSTING	17 BANGERS & MASH SAUTEED CABBAGE ROLL GRASSHOPPER BROWNIES  St. Patrick's Day	18 ROAST TURKEY CREAMY RISOTTO GREEN BEANS FRUIT	19 POACHED SALMON RICE PILAF BRUSSEL SPROUTS LEMON CORNMEAL	20 CHICKEN PATTY W/ SWISS POTATO WEDGES VEGETABLE MEDLEY ROCKY ROAD PUDDING	
21 MACARONI & CHEESE W/ HAM VEGETABLE MEDLEY CUCUMBER VINEGAR SALAD FRUIT	22 MEATLOAF STEWED TOMATOES ROASTED POTATO PEAS SUGAR COOKIE	23 WESTERN BEAN BAKE CORNBREAD BROCCOLI GARDEN SALAD FRUIT	24 BAKED CHICKEN THIGHS ROASTED POTS VEGETABLE MEDLEY CHOCOLATE CAKE	25 PORK GUMBO STEAMED RICE ROASTED CAULIFLOWER FRENCH BREAD MIXED BERRIES	26 FISH & CHIPS COLESLAW VEGETABLE MEDLEY BANANA BARS	27 CHEESEBURGER FRENCH FRIES VEGETABLE MEDLEY FRUIT  Palm Sunday	
28 CHICKEN MARSALA ANGEL HAIR PASTA CARROTS FRENCH BREAD PUDDING  Passover	29 PORK LOINS BROCCOLI CHEESE RICE CORN CREAM CHEESE BROWNIES	30 TURKEY CLUB SANDWICH POTATO CHIPS PEA & CHEESE SALAD FRUIT	31 LASAGNA GARLIC BREAD GREEN BEANS APPLE PIE BARS	SUBJECT TO CHANGE <i>*Indicates Item Contains Nuts</i>			

April 2021

SUN

MON

TUE

WED

THU

FRI

SAT

SUBJECT TO CHANGE

**Indicates Item Contains Nuts*

1

HONEY MUSTARD
PORK CHOPS
ROASTED POTATOES
VEGETABLE MEDLEY
FRUIT

2

BLACKENED COD
BROWN RICE W/
ONIONS & PEPPERS
CORN
MOLASSES COOKIE

3

SWEET & SOUR
CHICKEN
STEAMED RICE
ASIAN BLEND
VEGETABLES
ALMOND COOKIES*

Good
Friday



4

GLAZED HAM
SCALLOPED
POTATOES
GREEN BEANS
FRENCH BREAD
AMBROSIA

5

POT ROAST
POTATOES &
VEGETABLES
GARDEN SALAD
ROLLS
FRUIT

6

OVEN FRIED
CHICKEN
MACARONI SALAD
VEG MEDLEY
KEY LIME BARS

7

ROAST TURKEY &
GRAVY
MASHED SWEET
POTATOES
PEAS & CARROTS
ANGEL FOOD CAKE

8

SWEDISH MEATBALLS
EGG NOODLES
STEAMED BEETS
ROLL
ROCKY ROAD
PUDDING

9

TARRAGON CHICKEN
SALAD SANDWICH
POTATO CHIPS
BROCCOLI SALAD
FRUIT

10

SAUSAGE & CHEESE
PIZZA
CAESAR SALAD
VEG MEDLEY
CHOCOLATE CHIP
COOKIES



11

TURKEY TETRAZZINI
FRENCH BREAD
VEGETABLE MEDLEY
FRUIT

12

BBQ BEEF
SANDWICH
POTATO WEDGES
PEAS & CARROTS
PEANUT BUTTER
COOKIES

13

CHICKEN
ENCHILADAS
REFRIED BEANS
CORN & PEPPERS
TRES LECHES CAKE

14

PORK ROAST & GRAVY
MASHED POTATOES
BROCCOLI
FRUIT

15

TERIYAKI SALMON
RICE PILAF
ASIAN BLEND VEG
FROSTED YELLOW
CAKE

16

BEEF & BARLEY SOUP
ROLL
GARDEN SALAD
MANDARIN ORANGES

17

BAKED CHICKEN
THIGHS
ROASTED POTATOES
GREEN BEANS
MINT BROWNIES

18

PULLED PORK
SWEET POTATO
WEDGES
SAUTEED CABBAGE
FRUIT

19

OPEN FACED
TURKEY SANDWICH
MASHED POTS
PEAS
BANANA BARS

20

BEEF & BROCCOLI
LO MEIN
ASIAN BLEND
VEGETABLES
SNICKERDOODLE

21

CHICKEN CORDON
BLEU
ROASTED POTATOES
GREEN BEANS
FRUIT

22

PORK JAMBALAYA
VEGETABLE MEDLEY
FRENCH BREAD
PEANUT BUTTER
KRISPY BARS

23

GARLIC BUTTER
SHRIMP
ANGEL HAIR PASTA
CAULIFLOWER
CHOCOLATE
SURPRISE CAKE

24

CHEESEBURGER
POTATO WEDGES
VEGETABLE MEDLEY
FRUIT



Earth Day

25

CHICKEN POT PIE
BISCUIT
VEGETABLE MEDLEY
PUDDING

26

PORK STEW
FRENCH BREAD
PEAS CARROT
RAISIN SALAD FRUIT
CRISP

27

FISH TACOS
SALSA & CHIPOTLE
SOUR CREAM
LIME CILANTRO RICE
CORN W/ PEPPERS
CINNAMON SUGAR
CAKE

28

CHILI
CINNAMON ROLLS
BROCCOLI
MIXED BERRIES &
CREAM

29

CHICKEN ALFREDO
FETTUCCHINI
GREEN BEANS
GARLIC BREAD
GARDEN SALAD
CHOCOLATE CHIP
COOKIE

30

BISCUITS & SAUSAGE
GRAVY
SCRAMBLED EGGS
ROASTED ZUCCHINI
LEMON BARS

May 2021

SUN	MON	TUE	WED	THU	FRI	SAT
						1 HERB ROAST TURKEY & GRAVY CHEESY BROCCOLI RICE VEG MEDLEY MELON
2 BBQ MEATBALLS BAKED BEANS PEAS & CARROTS GARDEN SALAD PUDDING	3 BAKED CHICKEN THIGHS ROASTED POTATOES BRUSSEL SPROUT FUNFETTI COOKIE	4 STUFFED PORK LOIN PESTO QUINOA VEG MEDLEY FRENCH BREAD FRUIT	5 COD WITH LEEKS & CARROTS ASPARAGUS RICE PILAF YELLOW CAKE W/ FROSTING  Cinco de Mayo	6 BEEF STROGANOFF EGG NOODLES BEETS GARDEN SALAD BERRIES	7 CHICKEN & WILD RICE SOUP ROLL VEG MEDLEY CHOCOLATE CAKE	
9 TURKEY NOODLE CASSEROLE VEG MEDLEY FRENCH BREAD PUDDING  Mother's DAY	10 SLOPPY JOES ROAST POTATO WEDGES ROASTED CAULIFLOWER BROWNIES	11 CHICKEN CORDON BLEU CREAMY RISOTTO GREEN BEANS FRUIT	12 PORK GUMBO BISCUIT VEG MEDLEY TOFFEE BLONDIES	13 TUNA SALAD SANDWICH POTATO SALAD PICKLED BEETS LEMON SNOWBALLS	14 LASAGNA CAESAR SALAD FRENCH BREAD VEG MEDLEY APPLE PIE BARS	15 LEMON GARLIC CHICKEN MASHED POTATO & GRAVY BROCCOLI FRUIT
16 MACARONI & CHEESE W/ HAM ASPARAGUS BERRIES & CREAM	17 TURKEY NOODLE SOUP BISCUIT VEG MEDLEY MOLASSES COOKIE	18 MEATLOAF STEWED TOMATOES BAKED POTATO BROCCOLI STRAWBERRY CAKE	19 CHICKEN PRIMAVERA ANGEL HAIR PEAS & CARROTS GARLIC FOCACCIA MELON	20 SAUSAGE GRAVY & BISCUITS SCRAMBLED EGGS ROAST ZUCCHINI SUGAR COOKIE	21 FISH & CHIPS COLESLAW CARROTS TARTAR SAUCE LEMON BARS	22 POT ROAST, POTATOES & VEG GARDEN SALAD ROLL CHOCOLATE SURPRISE CAKE
23 CHICKEN POT PIE BISCUIT VEG MEDLEY FRUIT	24 PORK ROAST BAKED SWEET POTATO GREEN BEANS CHOCOLATE CHIP COOKIE	25 HOT TURKEY SANDWICH MASHED POTS & GRAVY CARROTS FRUIT CRISP	26 CHILI CORN BREAD MUFFIN BRUSSEL SPROUTS CARROT CAKE	27 OVEN FRIED CHICKEN BAKED POTATO VEG MEDLEY RANGER COOKIE	28 GLAZED HAM CHEESY POTATOES ASPARAGUS PINEAPPLE UPSIDE DOWN CAKE	29 TERIYAKI SALMON STEAMED RICE ASIAN BLEND VEG ROCKY ROAD PUDDING
30 CHEESEBURGER POTATO WEDGES PEAS & CARROTS FRUIT	31 CHICKEN TARRAGON SANDWICH POTATO CHIPS PEA & CHEESE SALAD PEANUT BUTTER COOKIE 					

SUBJECT TO CHANGE

**Indicates Item Contains Nuts*

Fun & Wellness Department

Why Fun & Wellness?

It's true at The Hub we like to have fun, but it's more meaningful than that.

According to Dr. Stuart Brown, who has studied the power of play for decades, "Play is more than just fun. Nothing lights up the brain like play." Scientific evidence shows that the human brain is made for playing and having fun. Here are some other documented benefits of play:

- Feel-good endorphins are released naturally and we can experience more relaxation, happiness, and less pain when we are having fun.
- Play prevents illness by eliminating the stress hormones that attack our immune system.
- Seniors who play can infuse a dose of happiness into their day and relieve some of the stress sometimes associated with the aging process.
- Combat the Three Plagues: loneliness, helplessness, and boredom, with play.
- Laughter is the best medicine—actually lowering our blood pressure, supporting a healthy heart. Plus, our bonds are stronger when we laugh together.

Through its Fun & Wellness programming, and valuable community partners included by activity in this newsletter, The Hub staff endeavors to offer opportunities that are fun and promote playfulness, no matter our age. Trying a new move during exercise class, delighting in the creative process through an art class, sharing ideas as part of a book club, joining in a cross-country ski outing, or enjoying a history talk, are just some of the ways that give us a boost with play every day.

Check out these and more possibilities in this edition of Center Stage and follow us on YouTube, Facebook & Instagram.



Lisa Wells, Sr Fun & Wellness Coordinator



Amanda Munford, Fun & Wellness Coordinator

TO SIGN UP for any Fun & Wellness Opportunities:

- Visit www.thehubsheridan.org and click on the Activity Sign Up tab **OR**
- Email amunford@thehubsheridan.org directly **OR**
- Call Amanda in Fun & Wellness at **(307) 672-2240 x 107** today.

STAY CONNECTED

- Call us at **(307) 672-2240**
- **Follow us** on The Hub on Smith Facebook & Instagram
- **Explore videos** on The Hub on Smith YouTube Channel
- Visit www.thehubsheridan.org and find out more about joining one of our hybrid Hub happenings meeting in person or on Zoom.

Activities at a glance

	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					
1 pm	Table Tennis		Table Tennis		Table Tennis
1 pm	Billiards		Billiards		

FITNESS & OUTINGS

Happy Feet

Meeting in person at the WYO Theater.

Sign-up required. Max 10 dancers.

Fun, upbeat, cardio dance class led by wonderful, longtime Hub Volunteer Instructor, Sherry Mercer.

Monday • Wednesday • 8:00–8:45 am • \$2 s.c.

WYO Theater Rehearsal Hall 3rd floor.

Wear a mask, enter through doors on Brundage St, and take the elevator.

BOOM

Meeting in person at the WYO Theater & on Zoom.

Sign-up required. Max 15 exercisers in person.

Functional fitness exercise class including low-impact cardio, strength training, flexibility, and balance moves. Led by Lisa Wells, Hub on Smith Fun & Wellness Coordinator, Certified Group Fitness and Registered Yoga Teacher.

Monday • Wednesday • 9:00–9:45 am • \$2 s.c.

WYO Theater Rehearsal Hall 3rd floor.

Wear a mask, enter through doors on Brundage St, and take the elevator.

BAMM (Basic AM Moves)

Meeting in person at the WYO Theater & on Zoom.

Sign-up required. Max 15 exercisers in person.

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 led by BOOM Instructor Lisa Wells.

Monday • Wednesday • Friday

10:00–10:45 am • \$2 s.c.

WYO Theater Rehearsal Hall 3rd floor.

Wear a mask, enter through doors on Brundage St, and take the elevator.

Hub Walking Club

Meeting in person at the YMCA and out of doors.

Sign-up required.

Tuesdays • 9:00–10:00 am • No Charge.

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.

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

Virtual Gentle–Stretching Yoga

Meeting on Zoom. Sign-up required with Instructor.

Join Donna Stubbs, 20 years experienced Yoga practitioner, for this whole body, mind, and spirit class. Meets on Zoom two times weekly. For information and to register contact Donna directly at donna@thefiberhouse.com or 307-673-0382.

Thursday 5:30 pm & Sunday 5:00 pm

Table Tennis

Meeting in person at the YMCA. Sign up required.

Join this fun and competitive group to sharpen your skills and have some fun.

Monday • Wednesday • Friday • 1:00–2:00 pm
YMCA Racquetball Courts.

Billiards

Meeting in person at the Hub on Smith.

Sign-up required. Max eight players.

We are back in The Hub for limited activities in April and Billiards is one of them. Improve your focus while having a good time. We have pool cues to use or bring your own.

Monday • Wednesday • 1:00–2:00 pm • \$2 s.c.
Enter through the Hub North Entrance.

Activities

Snowshoe, Cross Co Ski, & Hike with Steve Stresky **Meeting in person in the great out of doors.** **Sign-up required.**

Steve—hydro geologist, avid hiker, talented banjo & guitarist, and longtime Hub volunteer—will continue to lead us this spring on six fun outings throughout our beautiful Bighorn Mtns and surrounding area. Each trip location will be decided on a few days before, depending on weather and conditions, and be communicated with those registered.

• **March & April Outings**

We will probably take advantage of late-season snow, although we may hike if the winter is dry. Depending on conditions, we will choose among local cross-country ski areas in the Bighorns. These areas all have options for various lengths and terrain that we can choose from once we get to the area. Elevations range from 7,000 to 9,000 feet and have groomed trails for both skiing and snowshoeing.

Locations include: Cutler Hill, Antelope Butte, Pole Creek, and Willow Park.

• **May & Dry-Weather Outings**

These hikes will take place locally near Sheridan. Depending on conditions, we will be on trails that have options for various distances and terrain appropriate for our group. Some trails are open prairies, and others have a gentle grade along a creek. We have forested hikes, and other options for gentle, and paved trails.

Locations include: SCLT Red Grade, the Hidden Hoot trails, Buffalo Run Creek, William Mentock Trail, and Piney Canyon.

Sign up for more information. Meet at the Hub parking lot by Whitney Park at 9:30 am and we will be back by 4:30 pm Bring a lunch, water, and mask for carpooling.

Thursdays • March 11th & 25th • April 8th & 22nd
May 6th & 20th.

VIRTUAL LEARNING OPPORTUNITIES

The Hub on Smith's Victory Garden **Meeting on Zoom. Sign-up required.**

Our small-scale gardening is expanding. Although we plan to continue growing herbs around the Hub, we also now have a 675 square foot garden plot. There may be snow on the ground now, but it is time to start planning, preparing, and dreaming. If you

have a passion for gardening, come share your tips and tricks. Let's grow together and create beautiful and delicious takeaways. Led by the lovely, soon-to-be Master Gardener, and Hub Fun & Wellness Coordinator, Amanda Munford.

Thursdays • 1:00 • March 4th & 18th
April 1st, 15th, 29th • May 13th & 27th

In the Kitchen with Georgia and Dan **Livestream event on** **Cottonwood Kitchen** **Facebook Page**

Login to take part in this wonderful cooking demo with 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 • April 3rd • 11:00 am

Sheridan Community Land Trust **Virtual History Tours**

Meeting on Zoom.

Register at <https://sheridanclt.org/>

SCLT works to preserve the heritage of open spaces, healthy rivers & creeks, working ranches, wildlife habitat, and vibrant history, while expanding recreation opportunities to connect people with the places they love. Explore our community's unique history by attending one of their following tours:

- **March 11 at 5:30 pm** The Human Migration of Southeastern Sheridan County
- **April 13 at 2:30 pm** History and Heritage Hike on SCLT Soldier Ridge Trail w/ Donovin Sprague, Sheridan College History Faculty
- **May 6 at 5:30 pm** Big Goose Creek Virtual Tour



Activities

Doc Talk

Meeting on Zoom. Sign up required. Early is better to receive the Meeting ID & Password.

Developed by Kris Schamber, MD, with Sheridan Memorial Hospital – Internal Medicine, this special series offers time with knowledgeable community physicians who speak about various health topics in an informal setting.

- **March 16th • Noon** Covid-19 Updates and Vaccines with Kris Schamber, MD.
- **April 15th • 9:30 am** Experience More Joy– Mindfulness Matters with Vivianne Tran, Psy. D.
- **May 13th • Noon** Women’s Health Issues with Lindsay Capron, Ob–Gyn.

The World of Tea

Introductory Class w/ Judith Leavitt, President, TalkingTea LLC and Author of Talking Tea: Casual Tea Drinker to Connoisseur (2020)

Meeting on Zoom. Sign-up required. Early is better to receive the Meeting ID, password, and teas.

After water, tea is the most consumed beverage in the world. In the first week of this class, you will be introduced to the fascinating world of tea. You will hear the myths of the origins of tea, learn where tea is grown in the world, how tea is processed to make the six types of tea, and how to make the “perfect cup of tea.” In weeks 2–4, you’ll gain in-depth knowledge of 12 of the 48 teas listed on the Periodic Table of TalkingTea, a unique tool for learning about specialty teas from India, China, Japan, and Taiwan. A handy tea tasting chart and samples of the 12 teas will be mailed to class participants.

Fee for teas: \$10. Payment arrangements made at time of registration.

Wednesdays • March 10th, 17th, 24th, and 31st. 12:45 pm

A Book Study of–*This Chair Rocks: A Manifesto Against Ageism* by Ashton Applewhite

Meeting on Zoom. Sign up required. Early is better to receive the Meeting ID and Password.

Join Heather Comstock, Hub Family Caregiver Services & Dementia Care Educator, and Lisa Wells, Hub Sr Fun & Wellness Coordinator, in this community conversation that meets weekly as we digest “One of the 100 best books to read at every age,” per The Washington Post. Prepare to enrich the learning experience through respectful, lively discussions of thought-provoking questions. “Sometimes a writer does us all a great favor and

switches on a light. Snap. The darkness vanishes, and in its place, we find an electric vision of new ways of living...*This Chair Rocks* illuminates the path.” Dr. Bill Thomas, founder of ChangingAging.

Tuesdays • 2:00–3:00 pm

April 6th, 13th, 20th, 27th • May 4th, 11th, 18th, 25th
Cost: Purchase your own copy of the book.

Artist Talk w/ Elaine Olafson Henry

Meeting on Zoom.

Sign up required.

Early is better to receive the Meeting ID & Password.

Elaine Olafson Henry is a vibrant, internationally published, exhibited, and collected ceramics artist, curator, writer, and local volunteer.

“Not everyone is linear in their career path, and I certainly have not been. I am originally from Minnesota and have lived in nine states, and the final one is Wyoming.” Elaine’s voyage has included being a student, gift wrapper, telephone solicitor, chicken cook, trophy shop owner, potter, university

professor, international ceramics magazine editor and publisher, and more. Always a student, Elaine just finished getting a Masters’ Degree in Literature at the University of Wyoming and lightheartedly shares, “you can go to school for free when you reach age 65.” Enjoying residencies in more than 10 countries because of her beautiful ceramic art, Elaine will take us on a tour of the evolution of her work.

Thursday • April 29th • 10:00 am

The World of Tea – Advanced Class

Meeting on Zoom. Sign-up required. Early is better to receive Meeting ID, Password, & Teas.

In the Introductory World of Tea class, tea drinkers tasted the first 12 teas on the copyrighted Periodic Table of Talking Tea, a unique tool for learning about specialty teas from India, China, Sri Lanka, Taiwan, and Japan. In this Advanced World of Tea class, Judith Leavitt and participants will continue the journey from casual tea drinkers to tea connoisseurs



Activities

while expanding their knowledge of an additional 12 teas from the Periodic Table. In Week 1, tea drinkers will sample a white tea, a yellow tea, and a special pu-erh tea. In Weeks 2-4, participants will taste three green, three oolong, and three black teas. Samples of the teas will be mailed to class participants. Fee for teas: \$10. Fee for teas and a Periodic Table of Talking Tea teacup: \$18. Payment arrangements made at time of registration.

Wednesdays • May 5th, 12th, 19th, 26th • 12:45 pm

Adventure Talk-Lines on a Map: 9,000 Miles by Human Power

Meeting on Zoom. Sign up required. Early is better to receive the Meeting ID & Password.

Steve Stresky has endured three long-distance adventures on foot and bicycle that span a total of 9,000 miles. Join him in May for stories and photographs from two cross-country bicycle trips and a through-hike of the Appalachian Trail, comparing challenges and mindsets among the trips. Steve is a retired geoscientist, and spends free time hiking, biking, running, and skiing. He participates in nearly all the local events, including running and biking events and trail runs. Steve has partnered with The Hub, the Wyoming Wilderness Association, the Sheridan Community Land Trust, and the YMCA to lead outings and advocate for uses of public lands.

Thursday • May 27th • 10:00 am

Tech Practice Sessions

Meeting in person at The Hub on Smith and on Zoom. Sign-up required. Max 10 participants.

Want to take part in Zoom events but would rather test it out first? Want to share photos or order groceries on-line? Or do you have other basic technology questions? Great! Bring them and your own device or borrow one of ours for these in-person and online tech support gatherings.

Thursday • April 15th • 1:00-2:00 pm

Hub Art Studio

Thursday • May 13th • 10:00-11:00 am

Hub Art Studio

University of Wyoming Tech 2 Connect Basic Device Use

Quality On-Line Tutorials

Is technology leaving you with questions instead of answers? University of Wyoming provides many wonderful tutorials on how to use your tech devices. Type in **Tech2Connect** in the search engine. Scroll

down and click on **Educational Videos on Basic Device Use** or even take advantage of their **Open Labs**. If viewing this newsletter electronically, click on the following link:

https://www.uwyo.edu/wycoa/tech2connect-folder/tech2connect_basicdeviceuse.html

Kanopy Streaming Videos

Quality On-Line Opportunity

Are you a member of **Sheridan Fulmer Library**?

As a member you get access to Kanopy. Kanopy showcases more than 30,000 of the world's best films, including award-winning documentaries, rare and hard-to-find titles, film festival favorites, indie and classic films, and world cinema with collections from Kino Lorber, Music Box Films, Samuel Goldwyn, The Orchard, The Great Courses, PBS, and thousands of independent filmmakers. Find more info at the **Sheridan Fulmer Library** website page. If viewing this newsletter electronically, click on the following link:

<http://www.sheridanwyoibrary.org/downloadables/streaming-video/>

Watercolor Art Class

Meeting in Person. Sign up required.

Monthly classes with the talented Gail Sidletsky are returning to The Hub this Spring. If you are interested in participating, please sign up to be put on the student list.

\$25 fee per session payable to Gail at the first class.

Coffee Klatch w/ Peggy Anderson

Meeting in Person at The Hub on Smith Café and on Zoom. Sign up required.

Friendly social time with an option of being in your own home. Talk about the news of the day...or not. How are you staying busy during the pandemic? What are you looking forward to in the future? Do you have a recipe to share? Do you have a good book or movie to recommend? Have the opportunity to chat or explore using Zoom without any pressure.

Wednesdays • 11:30 am • beginning in April at the Hub or on Zoom

HOW TO ACCESS OUR VIRTUAL PROGRAMMING

The Hub is using Zoom, a free video conferencing application, to host virtual programs. Zoom allows participants the option to see each other and take part in live conversations through your personal tech

Activities

device such as, smart phone, laptop, tablet, desktop, or regular phone (audio only).

Join by Web Browser:

Locate the program you want to join on our website or email and click the “Zoom Meeting ID” link. Click “Join from Browser” and follow the prompts.

Join by APP (Smartphone, Tablet, or Computer)

Download the free Zoom app to your device at www.zoom.us/download.com

Open the app, click “Join Meeting,” enter the Zoom meeting ID for the program, and click “Join.”

Join by Regular Phone

At the time of the program, simply call the phone number listed from the Zoom email and when

prompted, dial the Zoom meeting ID for the program you want to join. Your phone will be automatically muted once the meeting starts. When you want to speak, press *6 to unmute. No email, no problem. A Fun & Wellness Coordinator can give you this access number verbally after you register.

Tech Connect Loan Program

We have 30 Android Tablets for loan plus the tech support to help get you started. Call The Hub on Smith at **(307) 672-2240** and a friendly Fun & Wellness Coordinator will return your call as soon as possible. This service is made possible by a community partnership with Design Your Tech and a Tech2Connect grant through the Wyoming Center on Aging.



the loan closet

Hours of Operation

Monday – Friday

Noon – 4:00 pm

The printing of this newsletter is brought to you by AlphaGraphics



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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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.



The Older Americans Month theme for 2021 is

"Communities of Strength."

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This OAM, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, join us in promoting the ways we are connected and strong.



COMMUNITIES OF STRENGTH: MAY 2021

Stay tuned for OAM activities at The Hub!