



Aging in Place, A Benefit to Our Community

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way.

“Aging in Place” is defined as *the ability to live in one’s own home and community safely, independently and comfortably, regardless of age,*

income or ability. This concept has proven beneficial to not only the aging person and their family, but also to their communities.

Allowing our aging population to age their way and safely in their homes is at the heart of the mission of The Hub on Smith: **To celebrate, embrace and serve older adults for the betterment of our community.**

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CARMEN RIDEOUT,
Executive Director

A note from the Executive Director

Organizational values serve as guiding principles that offer purpose and direction. While they should be lived out daily, sometimes it's good to be reminded of what they are and why they are important. With that in mind, The Hub is placing special focus on its values this season:

Service Excellence

Professionalism

Collaboration

Optimism

Respect

As you walk through The Hub, you might notice new visual reminders of these values. But, more importantly, we hope they shine through in the day-to-day interactions between our staff, patrons, and the community.

As always, our mission **to celebrate, embrace and serve older adults for the betterment of the Sheridan Community** is in the forefront of our minds. I invite you to read more about how we're living our values and achieving our mission.

Thank you for your support!

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

This institution is an equal-opportunity provider, and employer.

Announcement

The rising costs of fuel, food, and other necessities has impacted all of us. The Hub on Smith is cognizant of how difficult it can be to stretch a dollar and has tried to keep costs down for its patrons. However, to continue providing the best care and service to our patrons and the community, we will be increasing prices for services across the organization, **effective July 1**. This is a necessary step to ensure we can perform our mission. Thank you for understanding.

Aging in Place CONTINUED FROM COVER

Every day, the staff and volunteers at The Hub work tirelessly to support our patrons, their families and community. Whether it is taking part in one of our many Fun & Wellness activities, volunteering or working at Urban Thrift, delivering or receiving a home delivered meal, enjoying a congregate meal or utilizing services provided by our Support Center and Help at Home programs, we are here to support our community in aging their way.

Enabling people to stay safely in their homes for as long as possible provides not only financial benefits but also opportunities for a more fulfilling and enriching life. Our aging population is a treasure to our community and we will continue the work of taking care and supporting this population.

Goose Creek Transit CONVENIENCE & SERVICE EXCELLENCE

People from all walks of life use Goose Creek Transit to get around Sheridan County seven days a week. This friendly service provides door-to-destination public transportation service. We have fixed routes within Sheridan city limits and offer individual options for your convenience. **There are a lot of great reasons to give us a try. Here's just a few:**

1. While you are riding our bus, you can use that time to check your phone or read the paper or just catch a few more minutes of shut eye.
2. And when you get to your destination, you won't have to worry about finding a parking spot and then walking from the parking lot in the cold weather. Our door-to-door buses will drop you off at the front door in most cases.



3. If you happen to be close to one of our Sheridan Shuttle fixed route bus stops, you can get all of the advantages of our door-to-door service listed above and the ride will cost you nothing. Donations are greatly appreciated.

Scheduling a ride on Goose Creek Transit is easy. Simply give us a call at 675-RIDE (7433) and talk to one of our reservationists. If you have never ridden with us before, we will need to get a little information over the phone that will only take a few minutes. We do require that you call to reserve your ride before 3:00 PM the day before so that we can fit you into our schedule. Ask about a ride subscription if you want to become a regular rider. Then you won't need to call in advance. **We have hundreds of people in Sheridan that use our service. Why not become one of them?**



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 **(307) 672-2240** for information:

Support Center to connect to all services

Day Break, adult day care services onsite

Dementia Friendly Wyoming — Sheridan
contact Heather at (307) 461-5955

Family Caregiver Support and Loan Closet*

*assistive devices for all ages
(wheelchairs, crutches, walkers, and more)

Goose Creek Transit Public Bus Service, handicap-accessible transport available

Help at Home, personal care; light housekeeping

Home-Delivered Meals

Volunteer Opportunities

Outreach Support, Housing Assistance, LIEAP

Opportunities and possibilities, classes; fitness; trips;
fun things to do



the loan closet

Hours of Operation

Monday — Friday

Noon — 4:00 pm

Drop-off times 1:00 - 4:00 pm

Volunteer Spotlight

SPRING SELECTIONS

Margaret Newberry, APR

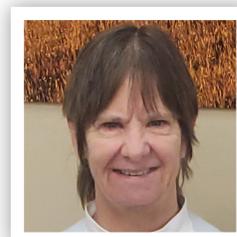
Margaret has been a volunteer since 2018. She has worked in many capacities starting in Home Delivered Meals. Now, she spends 3 days a week volunteering at Heritage Towers in the dining room. She has family in Sheridan and Colorado. In her free time she enjoys spending time with her rescue pup, Chico. Margaret says she volunteers because



she gets to know people, socialize, and it gives her purpose. She thanks God for allowing her to live a beautiful and happy life.

Laurie Kilpatrick, MAY

Laurie has been volunteering in the café for over 2 years. She dedicates 3 days a week to helping others with their lunch plates, cleaning the lunch room and restocking for the next meal. Laurie says she became a volunteer at The Hub because she wanted to expand her circle of friends and help her community. She is a caretaker to her elderly parents. We enjoy having Laurie's energy and smile among us.



Spring at The Hub

DEMONSTRATING OUR VALUES

Last season was a busy one at The Hub! As the COVID-19 numbers decreased, we saw more smiling faces and were able to offer more in-person activities. We enlisted the help of various community members and organizations to offer fun and educational opportunities.

COLLABORATION & OPTIMISM



April 8 Coffee with a Cop event

One example of this was our Coffee with a Cop event. Corporal Curtis Jorgensen and Officer Jack Stanley from our local PD stopped by The Hub to converse with community members and answer questions. They even had a surprise visitor, Daxton King, who gifted them with King's Rope stickers (pictured above). This event is merely one example of how The Hub demonstrates its values of **Collaboration** and **Optimism**. We appreciate our community partners for joining us in our efforts!

PROFESSIONALISM

The Hub added several new team members in the Spring, including two Access Care Coordinators.

Emily Keith has 25+ years of experience working with families in social services. She has joined Denise Hawley to work with the National Family Caregiver Grant. Emily was a caregiver to her mother, so she understands the ins and outs of our Caregiver community.

Local Sheridanite, **Dayna Gates**, has been working with our Help at Home clients as a homemaker and CNA for the past five years. Dayna transitioned to Care Coordinator for the Wyoming Home Services Grant.

Throughout all departments at The Hub, we strive for the utmost **Professionalism**, care and compassion.

Job Opportunities

We currently have several positions open.

Check them out by visiting:

thehubsheridan.org/human-resources-employment/potentialemployees

To apply: 1. Download and fill out the Hub Application

2. Mail your application, resume, cover letter and three professional references to
211 Smith Street
Sheridan, WY 82801
or email them to Director of Human Resources
Sheree Childers-Cossel at scossel@thehubsheridan.org

RESPECT



Each year, The Hub celebrates and honors individuals who have dedicated their lives to the community. Unfortunately, due to COVID, the Keystone Awards were put on hold in 2020 and 2021. On May 12, we were finally able to host the celebration for honorees. It was a privilege to show **Respect** to those who have dedicated their lives in service of others!

Keystone Awards 2022

2022 KEYSTONE HONOREES



Edre Maier



Everett McGlothlin



**Casey & Sue
Osborn**



Parris Goins
John C. Schiffer
School



Ruben Serna
Sheridan College



Brock Mann
Sheridan High School



**Katelyn
Kalasinsky**
Tongue River High
School

2022 KEYS TO THE STONE



Sam Hoffmann entertaining the reception attendees



Edre Maier enjoying the performance of Sheridan Alhorns



Casey & Sue Osborn smiling for the camera



Everett McGlothlin posing for a photo with his family



June 2022

SUN

MON

TUE

WED

THU

FRI

SAT

SUBJECT TO CHANGE

**Indicates Item Contains Nuts*

1
SAUSAGE PIZZA
CAESAR SALAD
ROASTED ZUCCHINI
MANDARIN ORANGES

2
ROAST TURKEY &
GRAVY
MASHED POTATOES
VEG MEDLEY
CHOCOLATE CAKE

3
BEEF & BROCCOLI
STEAMED RICE
ASIAN BLEND VEG
MINI EGG ROLL
ALMOND COOKIE

4
BAKED CHICKEN
ROASTED POTATOES
GREEN BEANS
ROLL
FRUIT

5
CREAMY TUSCAN
PORK PASTA
FRENCH BREAD
VEG MEDLEY
GARDEN SALAD
M&M COOKIE

6
TUNA SALAD
SANDWICH
POTATO CHIPS
MARINATED
VEGETABLE SALAD
PUDDING

7
POT ROAST
POTATOES &
VEGETABLES
ROLL
KRISPIE BARS

8
PAELLA
GARDEN SALAD
FRENCH BREAD
VEGETABLE MEDLEY
FRUIT

9
BBQ PORK RIBS
COLESLAW
POTATO WEDGES
VEG MEDLEY
BLONDIE

10
TURKEY NOODLE
BAKE
ROLL
GREEN BEANS
YELLOW CAKE W/
FROSTING

11
PHILLY CHEESE
STEAK
SWEET POTATO
WEDGES
CAULIFLOWER
FRUIT

12
SWEET & SOUR
CHICKEN
RICE PILAF
VEGETABLE MEDLEY
MINI EGG ROLL
RANGER COOKIE

13
ROAST PORK LOINS
BAKED SWEET
POTATOES
BROCCOLI
ROLL
FRUIT

14
SHRIMP SALAD
CROISSANT
PICKLED BEETS
POTATO SALAD
PEANUT BUTTER
COOKIE



15
BEEF STROGANOFF
EGG NOODLES
GREEN BEANS
ROLL
FRUIT

16
OVEN BAKED CHICKEN
MASHED POTS &
GRAVY
PEAS & CARROTS
LEMON SNOWBALLS

17
BAKED HAM
CHEESY BROCCOLI
RICE
VEGETABLE MEDLEY
FRUIT CRISP

18
CHICKEN FAJITAS
REFRIED BEANS
ROASTED
CAULIFLOWER
ROLL
ANGEL FOOD CAKE &
BERRIES

19
SLOPPY JOES
POTATO WEDGES
CARROTS
GARDEN SALAD
BROWNIES



20
BRATWURST W/
GRILLED ONIONS
CHIPS
PEA SALAD
MELON

21
PORK ROAST
MASHED POTATOES
& GRAVY
GREEN BEANS
CHOCOLATE CHIP
COOKIES

22
PAPRIKA BAKED COD
RICE PILAF
VEGETABLE MEDLEY
FROSTED WHITE CAKE

23
MEATLOAF
STEWED TOMATOES
BAKED POTATO
PEAS
FRUIT

24
CHICKEN TARRAGON
SANDWICH
POTATO CHIPS
PEAS & CHEESE
SALAD
SUGAR COOKIE

25
SAUSAGE GRAVY &
BISCUITS
SCRAMBLED EGGS
ROASTED ZUCCHINI
BLUEBERRY MUFFINS

26
TURKEY CLUB
SANDWICH
MACARONI SALAD
PICKLED BEETS
BANANA SNACK
CAKE

27
SHREDDED BBQ
BEEF
BAKED BEANS
CORN BREAD
BROCCOLI
FRUIT

28
CHICKEN LO MEIN
ASIAN BLEND
VEGETABLES
MINI EGG ROLLS
ALMOND COOKIES

29
BREADED PORK
CHOPS
ROASTED SWEET
POTATOES
VEG MEDLEY
FRUIT

30
DILL SALMON
CREAMY RISOTTO
ASPARAGUS
ROLL
CARROT CAKE

July 2022

SUN

MON

TUE

WED

THU

FRI

SAT

SUBJECT TO CHANGE
*Indicates Item Contains Nuts

1

BBQ PORK RIBS
COLESLAW
ROASTED SWEET
POTATOES
VEG MEDLEY
MAGIC COOKIE

2

CHICKEN MARSALA
SPAGHETTI
FRENCH BREAD
VEG MEDLEY
PEANUT BUTTER
KRISPIE BAR

3

KIELBASA
CHEESY POTATOES
BROCCOLI
BLONDIE

4

CHEESEBURGER
POTATO WEDGES
VEG MEDLEY
RED & BLUE
JELLO



**Independence
Day**

5

FISH 'N CHIPS W/
TATER SAUCE
GREEN BEANS
YELLOW CAKE

6

POT ROAST
POTATOES, &
VEGETABLES
ROLL
GARDEN SALAD
FRUIT

7

MACARONI & HAM
BAKE
PEAS & CARROTS
SOUR CREAM
CUCUMBERS
ZUCCHINI CAKE

8

BEEF TACOS
REFRIED BEANS
CORN & PEPPERS
LETTUCE & TOMATO
TRES LECHES CAKE

9

BEEF TACOS
REFRIED BEANS
CORN & PEPPERS
LETTUCE & TOMATO
TRES LECHES CAKE

10

CHICKEN SWISS
SANDWICH
POTATO WEDGES
VEGETABLE MEDLEY
PUDDING

11

PORK ROAST
MASHED POTATOES
& GRAVY
BROCCOLI
FRUIT

12

BEEF GYROS W/
TZATZIKI SAUCE
WAFFLE FRIES
ROASTED ZUCCHINI
BAKLAVA

13

SLOPPY JOES
ROASTED RED
POTATOES
PEAS
YELLOW CAKE W/
FROSTING

14

ROTISSERIE CHICKEN
BAKED SWEET
POTATOES
VEG MEDLEY
FRUIT

15

¼ POUND BEEF HOT
DOG
BEANS
COLESLAW
CHOCOLATE CHIP
COOKIE

16

TUNA SALAD
SANDWICH
POTATO CHIPS
CARROT RAISIN SALAD
FRUIT CRISP

17

MEATLOAF
STEWED TOMATOES
BAKED POTATOES
VEG MEDLEY
PEANUT BUTTER
COOKIE

18

CHICKEN LO MEIN
ASIAN BLEND
VEGETABLES
MINI EGG ROLLS
FRUIT

19

HUNGARIAN GULASH
GREEN BEANS
FRENCH BREAD
STRAWBERRIES AND
CREAM

20

TURKEY CLUB
SANDWICH
BROCCOLI SALAD
POTATO CHIPS
FRUIT

21

CHICKEN FRIED STEAK
MASHED POTATOES &
GRAVY
VEG MEDLEY
MELON

22

HAM AND MACARONI
BAKE
BRUSSELS SPROUTS
FRUIT COCKTAIL

23

PORK LOINS
BAKED SWEET
POTATOES
PEAS & CARROTS
ROLL
WHITE CAKE

24 TERIYAKI SALMON

RICE PILAF
VEG MEDLEY
MINI EGG ROLL
ALMOND COOKIE

25

BEEF STROGANOFF
EGG NOODLES
VEG MEDLEY
ROLL
FRUIT

26

CHICKEN FAJITAS
SPANISH RICE
MEXICORN
BANANA NUT MUFFIN

27

BBQ PORK ON A BUN
COLESLAW
RED POTATOES
ROASTED ZUCCHINI
ANGEL FOOD CAKE W/
BERRIES

28

TURKEY ROAST
MASHED POTATOES &
GRAVY
VEG MEDLEY
ROLL
FRUIT

29

FISH 'N CHIPS
COLESLAW
CAULIFLOWER
MAGIC COOKIE

30

CHICKEN TARRAGON
SANDWICH
PEA & CHEESE SALAD
PICKLED BEETS
CHOCOLATE CAKE

31 BAKED HAM
CHEESY POTATOES
VEG MEDLEY
FRENCH BREAD
FRUIT

August 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	1 ITALIAN HERB FISH PESTO QUINOA GREEN BEANS GARDEN SALAD PUDDING	2 CHEESE STEAKS POTATO WEDGES VEG MEDLEY CREAM CHEESE BROWNIES	3 OVEN BAKED CHICKEN MACARONI SALAD BROCCOLI FRUIT	4 PORK ROAST MASHED POTATOES & GRAVY PEAS & CARROTS CHOCOLATE CHIP COOKIE	5 LEMON HERB CHICKEN BREAST CREAMY RISOTTO ROASTED CAULIFLOWER RANGER COOKIE	6 SPAGHETTI & MEAT SAUCE GARLIC BREAD CAESAR SALAD VEG MEDLEY BERRY CRISP
7 CHICKEN TERIYAKI STEAMED RICE MINI EGG ROLL ASIAN BLEND VEG MANDARIN ORANGES	8 SAUSAGE GRAVY AND BISCUITS SCRAMBLED EGGS ROASTED ZUCCHINI BLUEBERRY MUFFINS	9 DILL SALMON RICE PILAF VEG MEDLEY FOCACCIA BREAD KRISPIE BARS	10 POT ROAST POTATOES & VEGETABLES GARDEN SALAD ROLL FRUIT	11 CHICKEN BACON SWISS SANDWICH POTATO WEDGES ASPARAGUS FUNFETTI COOKIE	12 ¼ POUND CHICAGO DOG CHIPS COLESLAW FRUIT COCKTAIL	13 TURKEY TETRAZZINI ROLL VEG MEDLEY CHOCOLATE ZUCCHINI CAKE
14 MEATLOAF STEWED TOMATOES ROASTED RED POTATOES GREEN BEANS FRUIT	15 CHICKEN ALFREDO ROLL BROCCOLI GARDEN SALAD PUDDING	16 SHRIMP AND SAUSAGE JAMBALAYA VEG MEDLEY BANANA BARS	17 ROAST TURKEY MASHED POTATOES & GRAVY CARROTS ROLL FRUIT	18 CHEESEBURGER POTATO WEDGES CUCUMBER SALAD VEG MEDLEY LEMON BARS	19 COUNTRY STYLE BBQ RIBS BAKED BEANS CORN ON THE COB FRUIT COCKTAIL	20 GLAZED HAM BAKED SWEET POTATOES GREEN BEANS GARDEN SALAD YELLOW CAKE
21 SHRIMP SALAD CROISSANT PEA & CHEESE SALAD POTATO CHIPS TOFFEE BLONDIE	22 BEEF TACOS SALSA & SOUR CREAM REFRIED BEANS CORN & PEPPERS AMBROSIA	23 CHICKEN LO MEIN MINI EGG ROLL ASIAN BLEND VEG BROWNIES	24 BBQ PORK ON A BUN BAKED BEANS CARROTS BRUSSEL SPROUTS SUGAR COOKIE	25 TURKEY POT PIE BISCUIT BROCCOLI GARDEN SALAD BERRIES & CREAM	26 LASAGNA CEASAR SALAD GREEN BEANS FRENCH BREAD FRUIT	27 CHICKEN TARRAGON SANDWICH POTATO CHIPS MARINATED VEGETABLE SALAD PEANUT BUTTER BAR
28 PORK LOINS RICE PILAF VEGETABLE MEDLEY ROLL CHOCOLATE CHIP COOKIE	29 FISH & CHIPS COLESLAW PEAS & CARROTS FRUIT	30 SLOPPY JOES ROASTED POTATO WEDGES GREEN BEANS FRUIT CRISP	31 ROTISSERIE CHICKEN BAKED POTATO VEG MEDLEY CHOCOLATE CAKE	SUBJECT TO CHANGE *Indicates Item Contains Nuts		

Aging Well Academy FORMERLY ACTIVITIES

TO SIGN UP for current Aging Well Academy Opportunities:

- Go to www.thehubsheridan.org
- Click on **CALENDAR** button at top of homepage
- Click on activity name
- Scroll down to **RSVP** here and click on **Going** button
- Fill in your name, email, and phone number
- Click on **Finish** button and a confirmation email will be sent to you!

OR

Call (307) 672-2240 and ask for a Program Coordinator. We're here to help!

Amanda Munford, Fun & Wellness Coordinator

amunford@thehubsheridan.org

Lisa Wells, Sr. Fun & Wellness Coordinator

lwells@thehubsheridan.org

STAY CONNECTED

For the most up to date info...

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

FITNESS

Happy Feet Cardio Dance

Dance your way to fitness with the fun, talented Sherry Mercer! Max 16 dancers.

Monday • Wednesday • 8:00-8:55 am • \$2 suggested contribution • Fitness Room

BOOM! Circuit Training

Classes include low impact, challenging movements to improve cognitive abilities and increase overall strength, cardio conditioning, flexibility, and balance. Meeting in person & on Zoom.

Max 16 exercisers in person.

**Monday • Wednesday • Friday • 9:00-9:55 am
\$2 suggested contribution • Fitness Room**

BAMM! Chair Exercise

Moves focus on improving cardio, strength, balance, and flexibility, helping participants maintain independence for ADLs (activities of daily living). Meeting in person & on Zoom. Max 16 exercisers in person.

**Monday • Wednesday • Friday • 10:00-10:55 am
\$2 suggested contribution • Fitness Room**

Parkinson Exercise Group

Sheridan Physical Therapy is offering LSVT BIG for LIFE group exercise classes for those who have graduated from a LSVT BIG program. Classes are a fun, engaging way for people with Parkinson's and other movement disorders to continue working out in a group setting, maintain therapeutic gains, promote physical activity, and of course socialize. Contact Cheston Feaster at **(307) 672-2092 ext. 1** or email at chet@sheridanpt.com to sign up today!

Meets the 1st & 3rd Thursdays Monthly

**11:00 am -Noon • \$10 fee payable at class time
Fitness Room**

Tai Chi

Long time student and practitioner Dan Aldrich instructs participants in this gentle, yet effective, form of fitness that can help maintain strength and flexibility as well as increase balance. *No class on June 21st.*

Tuesdays • 8:30-9:30 am • \$2 suggested contribution • Fitness Room

Walking Club

Enjoy some friendly conversation and the beautiful scenery Sheridan Pathways, parks, and community have to offer this spring and summer!

**Tuesdays • 8:00-9:00 am • Donations welcome
Meet in Whitney Park by the fountains**

Virtual Gentle-Stretching Yoga

Donna Stubbs, 20 years experienced Yoga practitioner, leads 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) 763-1974**.

Thursdays 5:30 pm & Sundays 5:00 pm • Donations welcome • Zoom

Senior Bowling

Do you love to bowl? Interested in picking the game back up? Senior Bowling is now taking place on Wednesdays at Cloud Peak Lanes. \$9 includes 3 games. Shoe Rental available for an extra cost. No registration needed, just show up at 12:30 pm to be ready to play at 1:00 pm.

Wednesdays • 1:00-3:00 pm • \$9 fee includes 3 games • Cloud Peak Lanes

Borrow A Bike

The Hub has two and three wheeled bikes to checkout. Because of the cost of repairs and replacement equipment, there is a suggested contribution of \$5 for each bike. Helmets & locks

Aging Well Academy FORMERLY ACTIVITIES

are automatically included with each rental. Make an appointment to check out and return items during regular business hours by contacting a Fun & Wellness Coordinator at (307) 672-2240.

Mon thru Fri • 9:00 am-2:00 pm • \$5 suggested contribution • Fun & Wellness Department

Treadmill & Stationary Bikes

Stop by and get fit on a recumbent-stationary bike or treadmill. These pieces of exercise equipment are available for use when the Fitness Room is open.

Mon thru Fri • No sign up required • \$2 suggested contribution • Fitness Room

SUMMER OUTINGS



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 and summer 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. Meet in the Hub Lobby at 9:00 am and we will be back by 4:00 pm Bring a lunch and water. No charge to attend. Donations welcome.

June 9-Penrose Trail

This hike starts at the Penrose trailhead in Story, and winds about 2.5 miles up through sparse forest with a couple of views out into the basin, to a broad meadow beneath dolomite outcrops known for moose and mountain lion habitat. Some wildflowers should be popping, and a rare orchid may be in the area. Grouse and the Mountain Tanager have been spotted here also. Elevation changes 1,000 feet, moderately steep, moderately strenuous.

June 23-Clear Creek

The Clear Creek Trail, also known as the William Mentock Trail, is an easy grade along Clear Creek

between Turkey Lane and Mosier Gulch west of Buffalo. We'll carpool to Mosier Gulch and hike one-way back to the parking lot at Turkey Lane, resulting in a hike that's all down-hill. The path is mostly forested, and has a few rocks, but is generally easy hiking. We'll pass an historic hydro plant along the way, and after the hike return to Buffalo to dine at the historic Occidental Saloon. Elevation changes 580 feet, easy, no steep sections.

July 7-Paradise Falls

Hike off the beaten track in the Big Horn Mountains! Paradise Falls parking area is just ½mile off US Hwy 14A on FR#121. The hike is approximately 1 mile to the falls. The scenery is fascinating, and the falls create a natural water slide, providing the water level is adequate. Lots of great geology for Steve to expound upon. We can eat lunch at the falls. The difficulty rating is moderate due to steep & narrow sections.

July 21-Medicine Cabin Park via Soldier Park Overnight Backpacking Trip

This hike will start at Soldier Park with an option to start farther up the valley depending on access and will cover 3 days (two over-nights). The hike to Medicine Park follows North Clear Creek up a meadowed glacial valley for 7 miles, gaining about 1,100 feet in elevation. We'll have several options for a day hike from Medicine Park: an off-trail attempt to Powell Lakes or take the trail up another 900 feet to Florence Pass at nearly 11,000 feet. Another option will be to break camp and hike either to the Seven Brothers trail junction or up to Seven Brothers, then attempt an off-trail hike to Frozen Lakes. We'll decide how much to take on depending on the ability and mood of the group. Expect a couple of knee-deep fords and challenging route finding for the off-trail hikes. The hike in general is considered strenuous and is at relatively high elevation. Hikers should have good fitness and be experienced with backcountry methods and equipment. We can help outfit those who are wanting to try this type of outing for the first time.

August 11-Tie Flume

Take a stroll back into the late 19th and early 20th centuries along the South fork of Tongue River in the Bighorn Mountains. As the railroads progressed across the United States, the need for railroad ties was great. The tie business flourished in the Bighorn Mountains. Following a trail alongside Tongue River we will find remnants of a sawmill and the tie flume.

Aging Well Academy FORMERLY ACTIVITIES

Also, along the trail we will see some fascinating rock formations for geologist, Steve Stresky, to explain to the hikers. Rated moderate due to mileage & some off trail exploration.

August 25-Rock Chuck Pass from Stull Lakes Trailhead

We will consider an alternate access to Rock Chuck Pass from what we hiked last year (from Sawmill Divide). The hike will start at the Coney Lake trail head and gain about 800 feet in elevation over 2.5 miles through forest and open meadows. We will start from Sawmill Divide if a scouting trip finds the eastern approach too challenging. The pass reveals sweeping views of the high country, including unique views of Blacktooth, Woolsey and The Innominate. The hike is moderate in difficulty, and at relatively high elevation (about 9,750 feet).

August 27-South Rock & Balm of Gilead Creek | Rock Creek Recommended Wilderness

In partnership with the Wyoming Wilderness Association, this hike will depart from the historic HF Bar Ranch into Rock Creek's geologically rich backcountry with unique spires, canyons, peaks while following the Wild and Scenic Eligible South Rock Creek. We will spend the day exploring the heart of Rock Creek Recommended Wilderness, overlooking the Balm of Gilead creek, and completing the loop around Stone Mountain. Rated difficult with steep climb/decent & several creek fordings. Space is limited. Sign up required by August 23rd. Contact Sr Fun & Wellness Coordinator Lisa Wells, lwells@thehubsheridan.org or (307) 675-4953.

Carpooling from the Hub Front Door 9:00 am
Donations welcome

CREATIVE CORNER

Crocheting and Knitting

Bring your latest project and work on it with friends. The multi-talented Donna Stubbs will be available to assist you if needed. Beginners are welcome!

Thursdays 1:00-3:00 pm • \$5 suggested contribution • Art Studio

Woodcarvers Group

Carve together. All levels welcome! Members of the group share how-to's and tools.

1st, 3rd & 5th Saturdays each month • 9:00 am-Noon
Donations welcome • Art Studio

Sunday Jammers

Come one, come all! Pickers and singers of all

abilities are welcome! To sign up or for more info, please call Bill Bradshaw (307) 751-1852.

Sundays 2:00-5:00 pm • Donations welcome
Fitness Room

Music Makers Piano Lessons

Have you always wanted to play the piano? Beginners and returning players welcome. Open to all who have a curiosity to play. Join Janet Ruleaux for an exciting interactive way to learn piano. Six-week sessions. Handicap accessible. Contact Janet at (307) 752-5312 with questions or to sign up!

Mondays starting Mar 7 • 9:00-9:30 am • \$5 fee per class paid to instructor • Methodist Church

3rd Thursday Poetry Group

Join Abbie Taylor and this longstanding gathering of writers! New members are welcome.

3rd Thursdays • 2:00-4:30 pm • Donations welcome
Community Room

Culinary Arts Club

Create delicious, healthy meals and learn new techniques with Amanda Munford and guests. Sign up by the Thursday before class. Max 10 participants.

3rd Tuesdays • 2:00-3:00 pm • \$5 suggested contribution • Art Studio

Watercolor with Gail Sidletsky

Beginners and beyond welcome! List of supplies provided at time of sign up. Six-week sessions. Join our waitlist for possible openings.

Thursdays • 10:00-12:00 pm • \$25 fee per session payable to instructor at first class at first class
Session 1: Jun 2 - Jul 7
Session 2: Jul 21 - Aug 25

Watercolor Art Show

Enjoy lovely, locally created art on display and for sale. Contact Gail Sidletsky at (307) 752-7304 for additional information or to participate. Reception with light refreshments, Monday, August 15th from 10:00 am to noon in the Hub Lobby.

Monday - Friday • Aug 15 - 25 • 9:00 am-3:00 pm
Hub Lobby

Summer Bazaar

Hub crafters have been busy! Come and find quality, handmade items for yourself or to give as a nice gift.

Tuesday, Jun 21 • 10:00 am-2:00 pm • Hub Lobby

Victory Garden Planning and Learning Sessions

Do you enjoy gardening but don't have space? Do you want to provide fresh produce for people that aren't able to garden anymore? Maybe you don't have the time to maintain a garden plot on your own.

Aging Well Academy FORMERLY ACTIVITIES

Join Fun & Wellness Coordinator Amanda Munford and Hub gardening enthusiasts as we maintain a garden plot at Sagebrush Community Garden and our Rooted at the Hub raised beds. Last year we donated 628lbs of produce!

Meeting at various times in the gardens • Contact Amanda Munford for details

Finger Knitting Plus Amish Rug Braiding Refresher

Lana will show us how to finger braid recycled cotton t-shirts into pretty & functional rugs. Refresher class for braiding as well. Sign up recommended but not required.

Tuesday, Aug 2 • 1:00-3:00 pm • \$2 suggested contribution • Art Studio

GAMES

Table Tennis-Monday, Wednesday, Friday • 1:00-2:00 pm • \$2 suggested contribution • Fitness Room

Billiards-Monday through Friday • 8:00 am-3:30 pm \$2 suggested contribution • Billiards Room

Cribbage-Tuesdays 9:30 am-12:00 pm • Donations welcome • Café

Double Pinochle-Mondays • 12:30-3:30 pm Donations welcome • Community Room

Dominoes-Fridays • 9:30-12:00 pm • Donations welcome • Café

LEARNING OPPORTUNITIES

Sheridan Community Land Trust (SCLT) Explore History Series

This Explore History program offers open conversation for community members to share their memories or historical information about these sites. The Explore History program is generously funded by the Next50 Initiative.

• TrailEnd State Historic Site Garden & Kendrick Arboretum Walking Tour

Visit the first professionally landscaped private home in Wyoming. The TrailEnd State Historic Site early landscaping, garden and arboretum of the Kendrick mansion's grounds will be guided by Sharie Shada, TrailEnd Site Superintendent. The tour will also feature the Kendrick Arboretum that was established in 2013 to build upon Mr. Kendrick's 1908 vision along with the Bighorn Mountain vista views.

Tuesday, Jun 14 • 10:30 am • Donations welcome Meet at the TrailEnd 10:30 am or Hub Lobby 10:00

am to walk as a group approximately ¾ mile through Whitney & Kendrick Parks & up the hill to the TrailEnd.

• Sheridan WYO Rodeo and All-American Indian Days

Celebrate Sheridan WYO Rodeo history during rodeo week! Join Sheridan Community Land Trust Historical Program Manager, Carrie Edinger who will present WYO Rodeo history from 1931 start-up of an independent first-class rodeo through the challenges of WWII. Local Historian, Judy Slack will present a brief history of All American Indian Days that was held in Sheridan from 1953-1984 and a special showing of Gregory Nickerson documentary No Indians or Dogs Allowed? Sheridan, Wyoming and the Miss Indian America Pageant. Live Stream available at Sheridan Community Land Trust YouTube Channel.

Tuesday, Jul 12 • 10:30 am • Donations welcome WYO Theater

• Big Goose Creek Walking Tour

Join Sheridan Community Land Trust Historical Program Manager, Carrie Edinger for the Big Goose Creek walking tour. These walking tour sites are in the Historic Downtown Sheridan area and Whitney Commons with a focus on how Big Goose Creek was an essential natural resource for the valley's early inhabitants, into the settlement era and right up to today. Participants learn about the Big Goose Creek Buffalo Jump, Sheridan Brewery, Sheridan Manufacturing Company Flour Mill, the Mandel Cabin and Sheridan's first cabin, along with the historic rerouting of Big Goose Creek. The walking tour is about three quarters of a mile stopping at ten sites. *Please note there is hardly any shade on this tour and the following items are possibly needed on the tour depending on weather conditions: hat, water bottle, sunscreen or shade umbrella.*

Tuesday, Aug 9* • 10:30 am • Donations welcome Meet in Hub Lobby

**Alternate weather date will be Tuesday, Aug 23*

Single Estate Premium Tea Class

Join Judith Leavitt, President of TalkingTea LLC, for a four-week Single Estate Teas class. Participants will hear about the history and management of four extraordinary tea estates and will enjoy tasting yellow, green, oolong and black teas from these unique "terriors". Available in person. Maximum 10 participants.

Thursdays • Jun 2-23 • 1:00-2:00 pm • \$20

Aging Well Academy FORMERLY ACTIVITIES

**suggested contribution payable at first class
Community Room**

Improving Gut Health - Feeding Your Microbiome

Join Registered Dietician, Georgia Boley for this informative cooking demo and nutrition education presentation on how to add probiotics to your diet.

Tuesday, Jun 7 • 11:45 am • Donations welcome • Café

Wars' Voices – Are you listening?

Oral historian Val Burgess will present a program on World War II Prisoners of War. Burgess has spent 28 years recording and researching these former internees. This program will use several stories to illustrate how the men experienced extreme situations and yet overcame their fears enabling them to survive. Their experience taught them resiliency and courage. After surviving the war and interment, they embraced the next chapters of their life. All are welcome.

Monday, Jun 27 • 1:00-2:00 pm • Donations welcome • Café

The Brinton Museum's Historic Ranch House & Grounds Guided Tour Trip

View a large part of The Brinton Collection on display in its original setting, including artwork by Charles M. Russell, Frederic Remington, Edward Borein, Frank Tenney Johnson, Hans Kleiber, Bill Gollings and many others. Following the house tour, we will load onto extended golf carts and tour around the ranch land to view the historic outbuildings including Little Goose Creek Lodge and the Brinton Horse Barn. Following the tours, we have a lunch reservation at The Brinton Bistro, including delicious food & incredible, panoramic views of the majestic Big Horn Mountains. Space limited to 8 participants. Please contact a Fun & Wellness Coordinator at (307) 672-2240 to sign up. Fun Bus & Carpooling transportation options will be available.

Thursday, Jun 30 • 9:30 am-2:00 pm • \$5 Museum Entrance Fee & Lunch Cost Paid by Participant • Café

Jim Gatchell Memorial Museum Guided Tour in Buffalo, WY

"When Jim Gatchell opened The Buffalo Pharmacy in 1900, the drugstore had an immediate impact on the Johnson County community. Bringing in people from far and wide, Jim enjoyed getting to know his customers and befriended many. Famous Army scouts, cowboys, settlers, cattle barons, and lawmen would all frequent the pharmacy sharing with Jim their stories of life, work, and war." Jim grew up on

a Lakota reservation before this and had collected many artifacts. After he passed away, his family donated his vast collection so a museum could be formed. Come learn more and enjoy his wonderful legacy! We'll have lunch in Buffalo afterwards. Maximum 7 participants. Must register with a Fun & Wellness Coordinator at **(307) 672-2240**.

Tuesday, Jul 26 • 9:30 am to 2:00 pm • Museum No Charge • \$5 Suggested Contribution for Fun Bus Lunch Cost Paid by Participant

"To Will, Not To Will, Or To Trust – I Heard I Don't Need Any Of That If I Just Add My Beneficiaries To My Home And To My Bank Accounts" – Presentation and discussion with Christopher Sherwood, Attorney, Yonkee & Toner, LLP

Interested in learning more about adding your children or other beneficiaries to the deed to your home and to your bank accounts? What happens if you die without having signed a Will? Or, what if you die with a Will? Or, how about avoiding Probate with a Revocable Living Trust? Local estate planning attorney, Christopher Sherwood, of Yonkee & Toner, LLP, will share with attendees his knowledge and experience working with clients on these matters. We will discuss and answer your questions about what you have in place and what you can do to easily and simply appoint the right person to manage your finances and transfer your assets to your beneficiaries. We will discuss and answer your questions and more. Please join us.

Thursday, Jul 28 • 11:00-Noon • Donations welcome Community Room

Doc Talk

Developed by Kris Chamber, MD, with Sheridan Memorial Hospital-Internal Medicine, this special series offers time with knowledgeable community providers who speak about various health topics in an informal setting. This session, we want to highlight What's New at Sheridan Memorial Hospital. Please join Cecile Patterson, SMH Community Educator, to hear the great news!

Wednesday, Aug 10 • Noon • Donations welcome Café

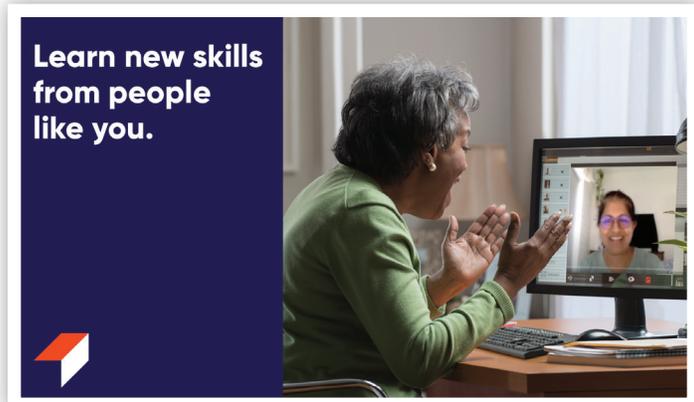
GetSetUp

The Wyoming Department of Health and Aging Division has teamed up with GetSetUp to provide hundreds of live online classes to keep you mentally, physically, and socially active. Classes are interactive, easy to join, offered day and night and free for our community. Areas of interest include art, Yoga,

Aging Well Academy FORMERLY ACTIVITIES

cooking, travel, history, and more! Check out and register for GetSetUp at www.getsetup.com using the code "Wyoming" to access free membership. Not sure about on-line learning? Please contact a Fun & Wellness Coordinator **(307) 672-2240** with questions.

Ongoing virtual opportunity



TechConnect Loan Program

We have Android Tablets for loan plus the tech support to help you get started. Call a Fun & Wellness Coordinator today at **(307) 672-2240** to check tech out! This empowering service is made possible by a community partnership with Design Your Tech and a Tech2Connect grant through the Wyoming Center on Aging.

Ongoing program • Donations welcome

Tech Practice

Sessions are available by appointment. Borrow tech or bring your own. We'll help answer questions, practice searching the internet, check out YouTube, GetSetUp, play a game, order groceries, have fun with photos, and more! Contact a Fun & Wellness Coordinator **(307) 672-2240** to schedule.

Donations welcome • Locations within The Hub

CELEBRATIONS

The Hubcaps Senior Singers Performance

Come enjoy these talented group members entertaining us with Oldies Rock, Blues and Country. Directed by Evelyn Gernaat, Steve Baskin & Ginger Morris.

NOTE: The incorrect date was printed for this event. We apologize for the inconvenience!

Rodeo Week

• Tough Enough to Wear Pink

Support cancer awareness by wearing pink. All registered patrons that wear pink will be entered

into a drawing for a Grab & Go Gift Card.

Monday, Jul 11 • 11:30-12:30 pm • Donations welcome • Café

• Sheridan WYO Rodeo and All-American Indian Days Presentation

Historical Program Manager Carrie Edinger will present WYO Rodeo history from 1931 start-up of an independent first-class rodeo through the challenges of WWII.

Tuesday, Jul 12 • 10:30-12:00 pm • Donations welcome • WYO Theater

• Singer of stories-Teller of Songs, Dave Munsick live at the Hub

Kick back and listen as Dave shares some of his favorites at high noon in the Hub Café.

Wednesday, Jul 13 • Noon • Donations welcome Café

• Movie and Popcorn

Join us for a viewing of Calamity Jane starring Doris Day. This movie tells the story of Calamity Jane, her saloon, and her romance with Wild Bill Hickok.

Thursday, Jul 14 • 1:00 pm • Donations welcome Café

• WYO Rodeo Main Street Parade

Our grand Sheridan WYO Rodeo Parade is the most marvelous "hometown parade" ever! Streamed live in the Hub Café thanks to Sheridan Media. *No lunchtime Bingo this week*

Friday, Jul 15 • 10:00 am • Donations welcome Café

End of Summer Party at Sibley Lake

We are collaborating with Tongue River Valley Community Center for this fun mountain lake outing! Pack a lunch & beverage and join us. TRVCC will have the kayaks there. Bring fishing gear & license. Take a hike, read a book, or just relax and take in the beautiful scenery. We'll carpool from the Hub to TRVCC & load up on their bus to head up the mtn. Space on the bus is limited so sign up by August 12.

Thursday, Aug 18 • 10:00 am-4:00 pm • \$10 suggested contribution • Hub Lobby

SUPPORT GROUPS

Family Caregiver Services

Often caregivers experience physical demands, emotional stress, and conflicts with work, family, or other responsibilities when providing care for others. Family Caregiver Meetings are held to aid, help ease

Aging Well Academy FORMERLY ACTIVITIES

stress, problem solve, connect people to appropriate resources, and enjoy fellowship with other caregivers. Meetings also include topical presentations with time for Q&A. You're invited! Contact a Family Caregiver Coordinator at **(307) 672-2240** for information or to sign up.

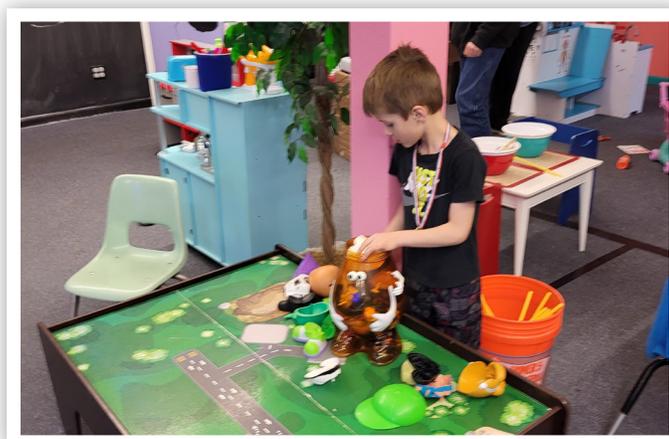
Caregivers Support Group Meetings

Mondays • 10:00-11:00 am • Art Studio

Thursdays • 5:30-6:30 pm • Conference Room

Older Relative Caregiver (ORC) Meetings*

3rd Tuesdays Monthly • 6:00-7:30 pm • Kid's Life



March 2022 ORC meeting at 307 Discovery center

Annual Family Caregiver Picnic

Save the date for our annual Caregiver Picnic. Call **(307) 672-2240** for more information or to RSVP.

Friday, Jun 24 • 11:30 am-2:30pm • Whitney Commons

Companion Pets!

The Hub is glad to offer *Joy for All Companion Pets*. A *Companion Pet* is a robotic cat or dog that has soft fur and sensors that respond to touch, motion, and sound. Benefits for the new owner include reduced feelings of isolation and loneliness, a sense of purpose, and stimulating communication for those with dementia. Please call Hub Family Caregiver Services at **(307) 672-2240** to learn more about the *Pet Companion* program today!

SERVICES

Alterations by Marcine

Schedule your appointment today! Please call the Hub Front Desk at **(307) 672-2240**. Max 3 items.

1st Wednesdays • 9:00-10:00 am • Donations welcome • Art Studio

Chair Massage

Rest your mind & body with a 15-minute chair massage by board certified massage therapist Dora Cudney. Please call the Front Desk at **(307) 672-2240**.

Wednesdays • 11:00 am-1:00 pm • Donations welcome • Hub Lobby

Hearing Loop

Our Community Room has a Hearing Loop! Hearing Loops allow people with T-coil or Telecoil wireless receivers in their hearing instruments to receive the sound from the audio system or microphone directly into their hearing devices. For questions about using the loop contact a Hub Fun & Wellness Coordinator. For questions about your hearing instruments, contact your audiologist.

June, July, and August 2022 Care Partner Skills Workshops

**Offered as part of the Family
Caregiver Support Program**

In-person workshops are back! Join us in the Community Room at **The Hub on Smith**.

Questions? Please call Heather Comstock at **(307) 461-5955** or email **hcomstock@thehubsheridan.org**

Go to **www.dfwsheridan.org** and click on the tab **Attend Zoom & In-Person Workshops**

June 2022

- Understanding Dementia
- Ways to Understand and Respond to Distressing Communication

July 2022

- The Power of Understanding Pain: Verbal and Non-Verbal Signs and Symptoms
- The Importance of Our Life Story: For Ourselves and Persons We Are Supporting

August 2022

- Communicating with Dementia: Innovative Approaches through Cognitive Ramps



Eating for Your Microbiome

GEORGIA BOLEY, OWNER OF TAILORED NUTRITION LLC

A microbe, or microscopic organism, is a living thing that is too small to be seen with the naked eye. This general term is used to describe bacteria, fungi, yeast, and viruses, to name a few. A microbiome is the collection of the microbes living in a given area, like the intestines in the human body. As humans, we begin to build our microbiome the moment we are born. How and where we're born play a big role in the types of microbes we acquire. Babies first pick up microbes through a vaginal birth, and continue to pick up microbes throughout their lives. The microbiome isn't fixed; it develops over time and changes in response to its environment.

What Does the Microbiome Do? Gut bacteria affect the entire body, including the brain. The beneficial bacteria in the gut have many functions, including the ability to synthesize some vitamins, help with digestion, balance mood, reduce anxiety, and protect against infections and some forms of cancer. Strains of good bacteria in the gut are also associated with lower rates of obesity, diabetes, and various digestive tract diseases. If there are too many bad bacteria or too few good bacteria in the microbiome, serious health problems can arise. The population of good bacteria in your body can be inhibited or killed by stress, surgery, illness, trauma, or unhealthy eating habits. Antibiotics can kill bad bacteria that cause disease, but they also kill off many of the beneficial microbes. We can keep our microbiomes healthy by eating foods that feed the good bacteria, and avoiding foods that encourage the growth of bad bacteria.

The foods we eat have a big influence on our microbiomes. Many microbes in our guts help us extract nutrients from food we wouldn't otherwise be able to digest. Different microbes thrive on different types of food. You can promote and sustain the growth of good bacteria (also known as probiotics) in your gut by eating foods the bacteria are known to thrive on. These foods are known as prebiotics, and they include a variety of fiber-rich foods. Having adequate 'prebiotics' in the diet can support the microbiome so that a 'probiotic' supplement is not necessary for health maintenance.

Here are some tips to support the microbiome:

1. Great prebiotic sources include fiber-rich plant foods such as legumes, nuts, seeds, herbs, whole grains, fruits, and especially vegetables.

2. Limit processed foods, large servings of red meat, and foods high in added sugar and artificial sweeteners helps minimize the growth of bad bacteria.
3. Drink plenty of water and other non-caffeinated, unsweetened beverages.
4. Limit or avoid any foods to which you are sensitive, intolerant, or allergic. Some common examples are corn, dairy, eggs, fish and shellfish, peanuts, soy, tree nuts, and wheat (gluten).
5. During and after completing a course of antibiotics, eat probiotic foods and take a probiotic supplement. This can help rebuild the population of healthy bacteria in your gut.
6. Here is a list of super powerhouse prebiotic foods: apples, arugula, asparagus, bananas, burdock, cabbage, chicory, cocoa, dandelion greens, eggplant, endive, flaxseed, garlic, honey, Jerusalem artichokes (sunchoke), jicama, leeks, legumes, onions, peas, radicchio, and whole grains like buckwheat.

References: Institute of Functional Medicine 'Eating for Your Microbiome' patient handout.

CALL FOR VOLUNTEERS

Our Home-Delivered Meals Program is growing exponentially and more drivers are needed.

Perks of delivering:

- Free meal
- Flexible days/schedules
- Positive impact on people's lives

Interested? Contact Jamie Brester
(307) 672-2240 ext. 126 or
jbrester@thehubsheridan.org

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www.thehubsheridan.org
Contact one of our staff at our front desk for assistance.

CONTACT US TODAY

Main Phone: (307) 672-2240

Fax: (307) 674-9866

- Caregiver Support
- Day Break
- Help at Home
- Home-Delivered Meals
- Support Center

Dementia Friendly Wyoming—
Sheridan: (307) 461-5955

Goose Creek Transit:
(307) 675-RIDE (7433)

Tongue River Valley Services:
(307) 655-9419

Urban Thrift: (307) 675-1974

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.



WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

*We can take action to protect each other
from abuse, neglect, and exploitation.*

Let's stop elder abuse together!

To learn more about elder abuse go to <https://ncea.acl.gov>, or find ways to take action at <http://eldermistreatment.usc.edu/weaad-home>.