



Community Resources

Dementia Friendly Wyoming: What is it? Why is it important?

By Heather Comstock, Dementia Care Educator

Dementia Friendly Wyoming (DFW) is a department of the Hub on Smith. DFW serves as a support and educational resource for persons living with dementia and their family and friends. When we use the word “dementia” it could mean a person

who may be experiencing progressive memory or navigation challenges. Or you may notice changes in a person’s ability to function independently as they once used to. There is a high level of stigma attached to the word dementia so many prefer words such as “memory challenges” or “living with change”.

Sometimes people are aware of the progressing ‘changes’ in themselves and may even seek more clarity on their situation through a professional medical diagnosis. However, in many situations,

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CARMEN RIDEOUT,
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A note from the Executive Director

In our summer newsletter edition, we identified cultural values that we embrace as an organization serving our community. In this edition, we are excited to explore more in depth, the importance of one of those values, **collaboration**. The work we do is not an “individual sport.” It demands team work to deliver the services and supports that help people live at home when physical or cognitive challenges begin to impact our everyday lives.

Knowing what supports and services are available is a key factor in staying healthy and well and living at home near family and friends. Here at the Hub, we deliver services in eight major program areas; fun and wellness, on-site and home delivered meals, care coordination, public transportation, help at home, adult day care, family caregiver services and dementia coaching and consultation. We also work very closely with other local organizations, service providers and businesses that compliments what we do. Every day we connect people to resources and collaborate to provide excellent service.

As I work with others in Wyoming, they often comment on how well Sheridan comes together to meet the needs of its residents and it is true. We are stronger and have greater capacity when we share our strengths, expertise, and experiences, and when our resources can be focused on what each of us does best.

Look to see if you have a good understanding of what Sheridan has to offer for people getting older and adjusting to this new chapter in life. You may not need these resources now but keep them in mind as the need arises.

If you would like to learn more, please visit us at 211 Smith Street between 8 am – 4 pm Monday through Friday, or better yet, attend a “Hub 101” session at noon the first Tuesday of the month. We would love to talk with you!

A handwritten signature in blue ink, appearing to read 'C. Rideout', written over a horizontal line.

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

Community Resources CONTINUED FROM COVER

persons who are living with symptoms of dementia may not be aware of the changes they are exhibiting. This unawareness can and often does present additional layer of complexity to an already unclear situation. A person's unawareness can be misunderstood or perceived by friends or family as a form of 'manipulation' or even a refusal to admit that challenges and changes are occurring.

Seeking additional information and education is an excellent first step, whether you are noticing changes in yourself or if you, as a family member or friend, are observing changes in another. In fact, the importance of seeking support as soon as possible cannot be overstressed! Why? Often, unclear situations such as early signs of dementia begin to create many challenges in everyday communications. This causes stress and can lead to fractured relationships that often increases social isolation for the person experiencing changes at the exact time they need increased amounts of understanding and support.

Once in a while, I'll hear someone say something like, "But we can't cure this, so there is nothing that can be done." While it is true that there is currently no known cure for dementia, a lot that can be done to support a person living with the symptoms and progression of dementia! How is that? As conversations about what is being observed unfold, a pattern often emerges and, together, a plan can be developed to alleviate the stress and enhance the quality of life for both the persons living with dementia and their care partners. For example, talking to a professional to gather additional information will increase understanding and gain clarity on your situation and will open the door to new strategies for communication and living well.

Contact us at the DFW department for a private conversation, to gain help in developing a plan, and to learn more about current workshops being offered at The Hub on Smith.

The information you'll gain in contacting the DFW is so important because, with additional awareness of your circumstance, you also gain more choices about how to approach your situation.

Fall 2022 Care Partner Skills Workshops

Offered as part of the Family Caregiver Support Program

When possible, workshops will be offered as **hybrid events** - you may choose to attend in-person at The Hub's Community Room or join via Zoom (a link will be provided as you register).

Questions? Please call Heather Comstock at (307) 461-5955

or email hcomstock@thehubsheridan.org

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

- **Dementia Awareness & Education**
- **Best Practices to Simplify & Optimize Dementia Care**



Annual Estate Planning Seminar

Free and Open to the Public

Saturday, October 22nd

9 am – 3:30 pm

The Hub on Smith Café

Call 307-672-8905 to RSVP

Transitioning Home FROM TRANSITIONAL CARE

By **Tiffany Sutton, PT, DPT, TCU Rehabilitation Coordinator at Sheridan Memorial Hospital**

From changes to one's daily schedule to the adjustments necessary to return home – Sheridan Memorial Hospital's transitional care team of nurses, doctors, and therapists manage transitions and help you or your family member regain a level of independence for a safe return home following an injury, surgery, or serious illness. From daily rehabilitation to 24/7 nursing care, our multi-disciplinary team will work to keep you close to your community, friends, family, and the one place we plan to transition back to – home. After varying lengths of stay, patients are headed home, but how do we prepare them? Two invaluable tools our Transitional Care Team takes advantage of are our newly improved ADL Suite and Home Evaluations.

Activities for Daily Living Suite

Sheridan Memorial Hospital's ADL (Activities for Daily Living) Suite is set up to emulate a home environment with a kitchen and bathroom where patients can practice skills before returning home. Simple tasks such as reaching for clothes in their closet, preparing a meal using various appliances, and taking a shower are practiced in our home-like suite with our care team's guidance.

Completing sessions within the ADL Suite under the team's guidance allows for "failure" in a safe environment. By putting our patients in real-life scenarios in a safe, controlled setting, we can motivate them toward their goals while quickly making modifications. Being in a hospital for an

extended period can create a new set of habits because patients become used to delivered meals, showers without tubs, and a schedule made for them. The time with our therapy team in the suite allows one to better prepare for the transition back into their daily life and decision-making.

Tasks within ADL sessions allow for a collaborative and efficient approach among therapists. Cooking a patient's favorite dish is one of the most common activities between therapist and patient, as it allows for observation of occupational, physical, and speech therapy progress. For example, physical therapists review one's ability to stand at the stove and their overall balance and stability, occupational therapists watch for their ability to reach and turn things on/off, and speech therapists observe the ability to follow a recipe and swallow the food one makes.

Home Evaluations

The home evaluation is an invaluable tool for our team to ensure a safe and triumphant return to their living situation. The key to a successful transition is the personalization our team focuses on for each patient, their diagnosis, rehabilitation, and home environment. A vital part of patient care is meeting them where they're at and keeping them safe. Sheridan Memorial Hospital prioritizes the home evaluation and is one of the few transitional care facilities in the area that takes the time to travel to the home with our patients to ensure it is in the best shape to transition back into the space.

A home evaluation isn't a judgment of cleanliness or décor choices. This time is for a rehab therapist to evaluate the setup, the patient performing tasks, and their mobility throughout the home. This exercise helps to dispel the misconception that "when I go home, I will be able to do _____." It presents a realistic picture of current levels of functioning and goal setting. A home evaluation is also a time for family members to learn about the adjustments needing to be made in the home, based on what is most important to our patients or additional services that might be required to provide proper care moving forward.

Transitioning Home from Transitional Care



Tiffany Sutton | PT, DPT
Transitional Care Rehab Coordinator





SHERIDAN
MEMORIAL HOSPITAL

Transitional Care

From simple adjustments like moving a rug and furniture which allows space for a walker to navigating life with a beloved pet that can be a tripping hazard, evaluations provide insight to the care team on how to serve our patients best. Home evaluations also decrease quick returns to TCU by eliminating dangers and determining issues a person might have when returning home.

Along with the visit within the home, there are discussions about daily living and the patient's need for additional support. For patients who are alone in the home or only have a support system from afar, our team will familiarize them with community resources that specialize in providing these services. **Home Care, Grocery Delivery, Goose Creek Transportation, and Home Delivered Meals through The Hub** are just a few of the services our team familiarizes patients with, ensuring they're able to return to a safe and fulfilling home life.

The newly improved ADL Suite, along with the many other amenities of the Transitional Care Expansion, will allow for enhanced care and even stronger transitions home for our patients. Our care team is looking forward to transitioning into the newly renovated space on the hospital's 2nd and 3rd floors in the coming months, providing the opportunity to better serve our growing community with excellent patient-centered care.

Learn more about Transitional Care by visiting sheridanhospital.org/medical-services/transitional-care.



the loan closet

Hours of Operation

Monday – Friday

Noon – 4:00 pm

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

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

September 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1 SPAGHETTI AND MEATBALLS GARLIC BREAD VEG MEDLEY FRUIT	2 POT ROAST POTATOES & VEGETABLES ROLL APPLE PIE BAR	3
		SUBJECT TO CHANGE *Indicates Item Contains Nuts				
4	5 HOT HAM & SWISS SANDWICH POTATO SALAD CORN FRUIT 	6 CHILI CINNAMON ROLL VEG MEDLEY GARDEN SALAD BERRIES & CREAM	7 OLD BAY COD RICE PILAF GREEN BEANS PEANUT BUTTER COOKIE	8 ROAST TURKEY MASHED POTATOES W/ GRAVY CORN LEMON BARS	9 MEATLOAF STEWED TOMATOES ROASTED REDS VEG MEDLEY CHOCOLATE CAKE	10
11	12 PORK ROAST W/ GRAVY BAKED SWEET POTATOES VEG MEDLEY SUGAR COOKIE	13 CHICKEN ALFREDO GARLIC BREAD GREEN BEANS TOFFEE BLONDIES	14 OPEN FACED TURKEY SANDWICH MASHED POTATOES W/ GRAVY VEG MEDLEY FRUIT	15 LASAGNA CAESAR SALAD VEG MEDLEY GARLIC BREAD FRUIT	16 GLAZED HAM BAKED POTATO BROCCOLI ROLL CHOCOLATE CHIP COOKIE	17
18	19 KIELBASA & SAUTEED CABBAGE MASHED POTATOES CARROTS FRUIT	20 BAKED CHICKEN THIGHS CHEESY BROCCOLI RICE CARROTS AMBROSIA	21 SLOPPY JOE WAFFLE FRIES VEG MEDLEY ROCKY ROAD PUDDING	22 HAM & MACARONI BAKE GARDEN SALAD GREEN BEANS SNICKERDOODLE COOKIE	23 FISH & CHIPS COLESLAW VEG MEDLEY CARROT CAKE	24
25	26 CHEESEBURGER POTATO WEDGES ASPARAGUS APPLESAUCE CAKE	27 SPAGHETTI AND MEATBALLS GARLIC BREAD VEG MEDLEY FRUIT	28 SAUSAGE GRAVY & BISCUIT SCRAMBLED EGGS ROASTED ZUCCHINI MELON	29 GREEN CHILI CHICKEN BAKE ROASTED POTATOES CORN RANGER COOKIES	30 LASAGNA CAESAR SALAD VEG MEDLEY GARLIC BREAD FRUIT	

October 2022

SUN	MON	TUE	WED	THU	FRI	SAT
						1 SUBJECT TO CHANGE *Indicates Item Contains Nuts
2	3 TURKEY NOODLE SOUP BISCUIT GREEN BEANS CHOCOLATE CHIP COOKIE	4 POT ROAST POTATO & VEGETABLES ROLL GARDEN SALAD LEMON CAKE	5 CHICKEN & RICE CASSEROLE ROLL BROCCOLI OATMEAL COOKIE	6 BAKED ZITI W/ ITALIAN SAUSAGE ROASTED ZUCCHINI GARDEN SALAD FRUIT	7 PORK TENDERLOINS BAKED SWEET POTATOES VEG MEDLEY PUMPKIN BARS	8
9	10 BEEF & BARLEY SOUP ROLL VEG MEDLEY FRUIT CRISP	11 OPEN-FACED TURKEY SANDWICH MASHED POTS W/ GRAVY PEAS SPICE CAKE	12 HONEY DIJON PORK CHOP RICE PILAF ROASTED BRUSSELS SPROUTS APPLE CRISP	13 SHRIMP STIR-FRY BROWN RICE ASIAN BLEND VEGETABLES SPRING ROLL 5-SPICE COOKIE	14 SPAGHETTI & MEAT SAUCE VEGETABLE MEDLEY GARLIC BREAD FRUIT	15
16	17 BAKED CHICKEN THIGHS CHEESY BROCCOLI RICE CARROTS PUDDING	18 GLAZED HAM CHEESY POTATOES BROCCOLI ROLL ZUCCHINI CAKE	19 ROAST TURKEY MASHED POTATOES W/ GRAVY CORN FRUIT	20 MEATLOAF STEWED TOMATOES BAKED POTATOES GREEN BEANS SNICKERDOODLE	21 CHICKEN ALFREDO GARLIC BREAD GREEN BEANS TOFFEE BLONDIE	22
23	24 CHILI & CINNAMON ROLL VEGETABLE MEDLEY AMBROSIA	25 BEEF STROGANOFF EGG NOODLES PEAS & CARROTS GARDEN SALAD FRUIT	26 PORK ROAST MASHED POTATOES W/ GRAVY VEG MEDLEY FRUIT	27 TURKEY NOODLE CASSEROLE PEAS & CARROTS GARDEN SALAD BROWNIES	28 SALISBURY STEAK MASHED POTATOES W/ GRAVY GREEN BEANS CHOCOLATE CHIP COOKIE	29
30	31 Halloween SWEET & SOUR CHICKEN FRIED RICE ASIAN BLEND VEGETABLES FORTUNE COOKIE					

November 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1 BEEF STEW BISCUIT GARDEN SALAD CHOCOLATE CHIP COOKIE	2 MEDITERRANEAN CHICKEN W/ ROASTED RED PEPPER SAUCE RISOTTO ROASTED ROOT VEG FRUIT	3 MACARONI & CHEESE & HAM BAKE GREEN BEANS CUCUMBER SALAD BROWNIES	4 OPEN FACED TURKEY SANDWICH MASHED POTATOES W/ GRAVY GREEN BEANS MOLASSES COOKIE	5
6	7 PORK CHOPS CHEESY BROCCOLI RICE CAULIFLOWER BANANA CAKE	8 CHICKEN ENCHILADA CASSEROLE REFRIED BEANS CORN FRUIT  Election Day	9 ROAST BEEF MASHED POTATOES W/ GRAVY GREEN BEANS FUNFETTI COOKIE	10 CHICKEN ALFREDO GARLIC BREAD VEGETABLE MEDLEY CAESAR SALAD FRUIT	11 FISH & CHIPS COLESLAW CARROTS FRUIT  VETERANS DAY	12
13	14 BAKED CHICKEN THIGHS ROASTED RED POTATOES VEG MEDLEY TOFFEE	15 PORK ROAST W/ GRAVY BAKED SWEET POTATOES CAULIFLOWER LEMON BARS	16 BEEF STROGANOFF EGG NOODLES BROCCOLI ROLL FRUIT	17 CHICKEN FRIED STEAK W/ GRAVY MASHED POTS CARROTS FRUIT CRISP	18 CHICKEN NOODLE SOUP BISCUIT GARDEN SALAD OATMEAL RAISIN COOKIES	19
20	21 BEEF STROGANOFF EGG NOODLES STEAMED BEETS RANGER COOKIE	22 TERIYAKI CHICKEN STEAMED RICE STIR FRY BLEND VEGETABLES ALMOND COOKIES	23 PORK TENDERLOINS BAKED POTATO BROCCOLI BROWNIES	24 ROAST TURKEY MASHED POTATOES W/ GRAVY STUFFING GREEN BEAN CASSEROLE PUMPKIN BARS  HAPPY THANKSGIVING	25 BEEF & BARLEY SOUP FRENCH BREAD GARDEN SALAD AMBROSIA	26
27	28 SHRIMP SCAMPI SPAGHETTI VEG MEDLEY GARLIC BREAD CHOCOLATE ZUCCHINI CAKE	29 MEATLOAF STEWED TOMATOES ROASTED RED POTATOES PEAS BERRIES & CREAM	30 CHICKEN CORDON BLEU BAKE WILD RICE PILAF BROCCOLI STRAWBERRY SHORTCAKE	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 Please know that the Hub's aim is to keep as many activities in-person as safety permits and will offer Zoom and livestream opportunities when available.

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!

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.

**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.

Monday • Wednesday • Friday • 10:00-10:55 am

SEP • OCT • NOV

\$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 Tuesdays Monthly

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

Rise & Shine Yoga

Begin your day by treating yourself well with gentle, restorative Yoga. All levels welcome

Thursdays • 8:00-9:00 am • \$2 suggested contribution • 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.

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

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 includes 3 games
Cloud Peak Lanes**

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

Aging Well Academy FORMERLY ACTIVITIES

FALL OUTINGS



Meeting in person in the great outdoors. Sign-up required.

Steve—hydro geologist, avid hiker & biker, talented banjo & guitarist, and longtime Hub volunteer—will continue to lead us this on five fun outings this fall 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 9:30 am and we will be back by 4:00 pm Bring a lunch and water. No charge to attend. Donations welcome.

September 8 - Bucking Mule Falls

This hike is toward the west side of the Big Horn Mountains ranging in elevation from about 7,900 to 8,300 feet, with an out-and-back elevation gain of about 800 feet and total distance of about 5 miles. The hike ends at an observation point to view Devil's Canyon and Bucking Mule Falls. This hike is considered moderate in difficulty due to elevation, with few rocky or steep sections.

September 22 - PK Lane

PK-Lane Hunter Management Area is located approximately ten miles west of Sheridan on Highway 331 and is comprised of private and/or leased lands of Beckton Stock Farms. The view is beautiful in all directions. We'll drive in a bit this time so we can enjoy more of the end of the road. Rated easy due to no elevation gain and somewhat moderate for the uneven surfaces of a country road.

October 13 - Tongue River Canyon w/ WWA

Join us on this annual hike up & down the beautiful canyon trail enjoying views of the river below plus fall colors displayed on surrounding trees. Rated: Moderately difficult due to elevation gain & rocky, uneven trail surface conditions.

October 27 - Red Grade Trails

Always a favorite of the group! Red Grade Trails start at approximately 7,800 feet and is 13.5 miles in length. It is of easy to moderate difficulty. As you go, you will wind through mixed conifer and aspen forest along the drainage of a year-round flowing stream, switch-back across an open bluff with exposed rock outcropping, sweep down into a prairie grass meadow, and climb up a steep gully to fantastic vistas. The trail offers stretches of shade in the warmer months, and on clear nights it allows spectacular views out along the face of the Bighorns, the valley, and the city below.

November 10 - Buffalo Run Creek

Buffalo Run Creek is about 9 miles east of Sheridan, and is an exposed, open-prairie hike at about 4,000 feet in elevation. The hike starts near a reclaimed oil-well and up over a pass toward rolling hills and a pond at the bottom. Returning to the ridge and our lunch stop gives sweeping views of the Big Horn Mountains. This is a moderate hike due to a couple of short, steep sections. Sunscreen and a hat will be useful.

November 24 - No hike today. Happy Thanksgiving!

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 •

Aging Well Academy FORMERLY ACTIVITIES

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. Classes will be offered September 12 thru December 19. You may join at any time. Handicap accessible. Contact Janet at (307) 752-5312 with questions or to sign up!

Mondays • 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

This class is currently full and not accepting new participants.

Thursdays • 10:00-12:00 pm • \$25 fee per session payable to instructor at first class

Session 1: Sep 15 - Oct 20

Session 2: Nov 3 - Dec 15 (no class on Nov 24)

Greeting Card Workshops

Create lovely, handcrafted cards utilizing special papers, die cast stamps, and additional unique techniques under the creative guidance of Instructor Heidi Roesler. Sign up required. Maximum 12 participants.

Meets the 2nd Saturday of each month • 12:30-3:30 pm • \$7 suggested contribution per class • Art Studio

The HUBCAPS Rock and Roll Choir

Join Director Evelyn Gernaat and accompanying band, the LUGNUTS. Have a blast learning to sing many favorite old rock and roll and country songs from the 60's and 70's. Open to all seniors who might like to join the choral group. The HUBCAPS

and Young at Heart Players will perform a Christmas Program the beginning of December.

Tuesdays beginning Sep 6th • 1:30-3:30 pm • \$5 suggested contribution • Community Room

Young at Heart Theater

This fall the Young at Heart Players will be rehearsing to perform an old-fashioned radio show, a segment of the beloved "Father Knows Best." This half hour Christmas show is perfect for veteran and novice people who like to act. The great aspect of radio theater is that it doesn't require memorization! Director Pat Tomsovic says there are roles for 7 actors and a couple of sound effects operators. The show will be performed in conjunction with the HUBCAPS Christmas concert.

Tuesdays beginning Sep 20th • 9:30-11:00 am • \$5 suggested contribution • Art Studio

Gelli Junk Adore

Sharon Siler will guide us in creating interesting collage art using Gelli Plates and acrylics. We'll enjoy assembling our art into unique journals during the 6-week session. Maximum 10 participants. Full session participation best.

Mondays • Oct 10 - Nov 14 • 9:30-11:30 am • \$10 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. Join Sheridan Community Land Trust Historical Program Manager, Carrie Edinger for the following tours. The Explore History program is generously funded by the Next50 Initiative.

Aging Well Academy FORMERLY ACTIVITIES

• **Big Horn City | Between Massacre Hill & the Montana Line**

Come visit the first homestead cabin site in what is now Big Horn, Wyoming. In 1878, O.P. Hanna decided to build his cabin near a clear creek, in a sheltered meadow with a magnificent view of the Big Horn Mountains. O.P. Hanna was the first permanent settler in what later became Sheridan County. He dedicated years as a founding father of business and local government. Tour will be hosted by the Big Horn City Historical Society. Included in the tour is a visit to the Bozeman Trail Museum that is housed in a building constructed in 1879 by the Rock Creek Stage Line and was the local blacksmith shop. Some items of interest in the museum are dental tools, a pump organ, portions of the 1881 post office, artwork, photograph multiplex of pioneer families, blacksmith and farm implements, Indian artifacts, and other collectibles from local families. Maximum 11 participants. Registration required. Contact Amanda Munford, Fun and Wellness Coordinator, at (307) 672-2240 or amunford@thehubsheridan.org to register.

Tuesday, Sep 13 • 10:30 am • \$2 suggested contribution for the Fun Bus • Meet in Hub lobby

• **Historic Tie Hack of Southern Wyoming (circa 1906-1912)**

In the early 1900's Carbon Timber Company established winter camps in the Sierra Madre Mountains along the Wyoming/ Colorado Border where tie hacks used their broad axes to produce hand cut railroad ties for the nations expanding railway system. Through historic photographs and evidence from archaeological investigations Dave McKee will review the life and times of the historic tie hacks in the Sierra Madre Mountains. Dave McKee is currently president of the Fort Phil Kearny/ Bozeman Trail Association. He recently completed a 34-year career with the U.S. Forest Service as an archaeologist, tribal liaison, and recreation program manager, working on the Medicine Bow, Black Hills, and Bighorn National Forests. He received a master's degree in anthropology with an emphasis in plains archaeology from the University of Wyoming. Dave and his wife Susan live in Sheridan, Wyoming.

This Explore History program offers open conversation for community members to share their memories or historical information about these sites.

Tuesday, Oct 11 • 10:30 am • Donations welcome Café

• **Black Diamond Trail Bus Tour**

This driving tour will take you through the physical remnants of the once vibrant mining communities of Dietz, Acme, Carneyville (later called Kleenburn), Monarch and Kooi and more evidence of the past coal mining booms of Sheridan County. Tour the Black Diamond Byway and learn about Sheridan County's mining heritage. The TravelStoryGPS app audio tour tells the story of those who lived and worked in the historic coal mining towns just north of Sheridan during the early 20th century. Digital device will be supplied with headphones for the tour. At each stop we will take in the views of a few of the remnants at the coal sites. Maximum 11 participants. Registration required. Contact Amanda Munford, Fun and Wellness Coordinator, at (307) 672-2240 or amunford@thehubsheridan.org to register. *If the driving tour is canceled due to weather the Black Diamond Trail virtual tour will be shown in the The Hub on Smith Café.*

Tuesday, Nov 8 • 10:30 am • \$8 suggested contribution for Goose Creek Transportation Meet in Hub lobby

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, cooking, travel, history, and more! Check out and register for GetSetUp at www.getsetup.com using the code "Wyoming" to access free membership. 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!

Aging Well Academy FORMERLY ACTIVITIES

Donations welcome • Available by appointment

Coffee with a Cop

Come with questions and conversation to get to know your local law enforcement.

Wednesday, Sep 21 • 8:00 am • Café

Teawares with Judith Leavitt, President of Talking Tea, LLC

To elevate your enjoyment of tasting tea, you'll want to check out these teawares...some will be 'must-haves.' We're meeting in person and Zoom Judy in while also tasting two of her favorite teas. Maximum 10 participants. Reserve your spot today!

Wednesday, Sep 28 • 1:30-3:30 pm • \$10 suggested contribution • 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.

• Thursday, Sep 22 • 11:30 am • Sheridan Memorial Hospital Cardiology Services • Community Room

• Wednesday, Oct 19 • 11:30 am • Dr. Steve Rabon, Podiatric Foot & Ankle Surgeon, Sheridan Orthopaedic • Community Room

Your Life & Legacy

An empowering seminar that will equip you to communicate & secure your final wishes, and to confidently understand your legal rights with any funeral provider. Harry Bohling, Kane Funeral Home Facilitator of the Grief Support Group, will be presenting and providing time for Q&A.

Monday, Oct 5 • 11:00 am-Noon • Community Room

CELEBRATIONS

Halloween!

Wear your favorite costume to lunch in the Hub Café and receive a raffle ticket good for a chance at winning a Grab & Go Gift Card. Enter by 12:30 pm. Drawing will be held at 12:35 pm. Must be present to win.

Monday, Oct 31 • 11:30 am-12:30 pm • Café

Veterans Honor Wall

We are honored to recognize our highly valued service men & women! Please stop by the Hub and view the over 200 Veteran Service History Profiles of local heroes. Celebrate & be humbled by those who have gone above & beyond serving our country.

Nov 2-11 • 8:00 am-4:00 pm • Café

SEP • OCT • NOV

Thankful Tree

This year we will add thankfulness leaves to our 2021 Thankful Tree. Pick up your blank leaves at the Front Desk, write what you are grateful for and return to the basket on the stage.

Beginning Nov 16

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 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 Emily Keith at **(307) 672-2240** or egorham-keith@thehubsheridan.org 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



Older Relative Caregiver (ORC) gathering at The Paint Post

Aging Well Academy FORMERLY ACTIVITIES



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 • 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.

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

Annual Flu Shot Clinic

Monday, Oct 3 • 9:00 am–Noon

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Medicare D and The Marketplace Insurance Open Enrollment is coming in Oct

It is suggested that you review your Medicare Plan every year to be sure you are getting the best coverage for your prescriptions. **Open Enrollment is Oct 15 - Dec 17.**

To schedule an appointment with a WSHIP volunteer, call the Hub at **(307) 672-2240.**

We will be having a presentation for Medicare D - watch for details.

Please call Nancy Drummond a Navigator for Enrollwyo for more information **(307) 461-9099.**



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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

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