

center stage

Fall 2023

SEP • OCT • NOV



50 for 50!

The celebration commemorates the 50th anniversary of Sheridan's Senior Center, The Hub on Smith....

The Hub on Smith is celebrating 50 years with an exciting initiative called 50 for 50!

The celebration commemorates the 50th anniversary of Sheridan's Senior Center, the Hub on Smith, and will highlight the organization's history, milestones, successes, and people who have contributed to its growth since it was founded in 1973.

Over the next six months, The Hub will present content and experiences that explore the value

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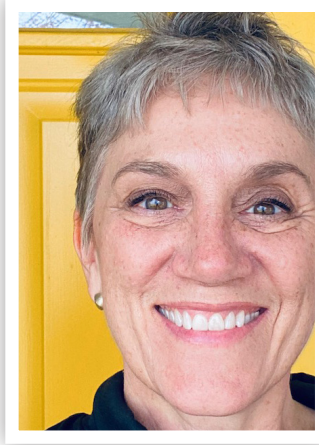
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CARMEN RIDEOUT,
Executive Director

A note from the Executive Director

Dear Friends,

I hope you're all doing well. As I write this, I find it hard to believe that summer is already behind us.

Our fiscal year is October 1st through September 30th, so it is a good time to let you know how our year went.

Financially, this year has presented us with its set of challenges.

Increased costs of doing business and increasing demand. Despite operating on very narrow margins, we've managed to hold our ground, thanks in no small part to several new grants, funding opportunities, and the remarkable annual contributions from local foundations and donors. I am pleased to announce two gifts of \$100,000 each from Rae Ann (Trink) Morss and Riki Davidson earlier this year as a contribution to the Tongue River Valley Senior Services Endowment Fund.

The City of Sheridan, Towns of Ranchester and Dayton, and Sheridan County have been partnering with our Senior Center for 50 years and they continued to do so this year with allocations of GPET, One Cent Sales tax funds, and additional support for Goose Creek Transit's Public Transportation Service. In return we provide public services and support focusing on seniors but ultimately serving people of all ages.

Our volunteers and staff members have been nothing short of outstanding, helping us foster an environment where everyone feels a part of a larger, united team. This cohesive spirit is crucial, especially as we navigate increasing demands and limited resources.

On the topic of our team, I want to spotlight the dedication and expertise of our staff. It's a matter of immense pride that three of our team members recently showcased their insights and the work they do serving Sheridan's older adults at the State Aging Conference in Laramie.

Our Board of Directors continues to impress with its foresight and commitment. Their recent endeavors led to the completion of our three-year strategic plan and a renewed commitment to our overarching Master Facilities Plan.

Today, there are 11,000 senior centers operating throughout the country.

50 for 50! CONTINUED FROM COVER

...of a strong and vibrant senior center and, most importantly, the value older people contribute to the health and well-being of a community.

50 for 50 highlights will include descriptions of programs and services, testimonials and stories, and everyday celebrations and events to mark the 50th anniversary.

The Hub on Smith is a dynamic center of activity for Sheridan, WY's growing senior population. The 50 for 50 celebration is an excellent opportunity to learn more about the organization's history and contributions to the community.

Keep on the lookout for a schedule of events in the coming weeks!



The first Senior Center, the William Hodson Senior Center, was founded in Bronx, New York in 1943. It is still in operation today.

Strategic Initiatives (July 2023 - June 2026)

- I. Upholding strong financial stewardship for the sustained viability of our programs.
- II. Cultivating an environment that attracts and retains exceptional individuals aligned with our mission.
- III. Addressing the growing needs of our community through further integrated services and staff to serve our customers.
- IV. Relentlessly articulating the value and impact we bring to our community and its members.

This is a snapshot of this past year, and we look forward to an exciting 2023-2024. We are here because of you, and for you. Please reach out and let us know how we can serve you better.

Warm regards,

Get Involved at The Hub

Volunteer Opportunities

- **Urban Thrift**
- **Home Delivered Meals**
- **Grab 'n Go**

If you are interested in volunteering, please contact:

Marcie Morrow, Volunteer Coordinator
(307) 672-2240
mmorrow@thehubsheridan.org

More information and an online application can be found by visiting thehubsheridan.org/volunteer.

Job Opportunities

We currently have several positions open. Check them out by visiting:

thehubsheridan.org/human-resources-employment/potentialemployees

To apply:

- Download and fill out the Hub Application
- Mail your application, resume, cover letter and three professional references to:

211 Smith Street
Sheridan, WY 82801
attn: Sheree Childers-Cossel, Director of HR

or email to:

scossel@thehubsheridan.org

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



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](tel:3076722240) 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
12 pm – 4:00 pm

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

Moving is Never Easy

-written by Valeri Hovland

Moving is never easy. Moving to a new state where you will be starting over is hard at any age. That is why we are so grateful we found Day Break at The Hub. Barb and her staff made my Aunt Sheri's move to Sheridan easy.

I work every day and the rest of the family is at school, appointments, or otherwise not able to stay home with Sheri full time, so we needed a place for her to go with people that could help her if she needed it.

She said she didn't want to go where they sat all day and did nothing but watch TV. We wanted her to be someplace that didn't feel like "Day Care". Most importantly, we wanted her to feel wanted, appreciated, and safe.

Before Day Break, Sheri's days were exactly alike, very quiet and she wasn't engaged or talked much. Since starting Day Break, her days are full of visiting with people, outings, trying new things, lunch with friends, activities, exercise, and more smiles than I'd seen in a long time from her.

Barb is exactly the person you want running a program like Day Break. She knows every participant by name, knows their personalities, and greets everyone with a warm smile. She keeps us up to date on changes she notices with Sheri, so we never have to worry. If there is a problem, Barb lets us know right away.

The staff of Day Break are wonderful with the participants. They assist them with their needs during their time there with grace and humility. (And they make custom cappuccinos!) They are willing to try new things right along with the participants. That has made the biggest difference in my aunt. Sheri is now willing to try more new things than she has in a long time. You should ask her about her recent family camping trip.

At Day Break, Sheri found a built-in friend group and caring staff that help her with her special needs throughout the day. It has allowed me to continue working without worrying if Sheri is in good hands. When I think about how much Sheri has blossomed since attending Day Break, it makes me so proud of her. She was worried that moving her would be too hard for her. She is proof that you can teach "new tricks" to anyone.

-Valeri Hovland





From the Support Center

The Vital Role of The Support Center in Sheridan County

Nestled within Sheridan County lies a beacon of hope and support for its residents: The Support Center at the Hub. In many ways, the Support Center is the hub of the Hub. It helps people access and connect to a variety of programs and services that the Hub provides, & resources that other organizations in the community offer.

The center's team—comprised of reception staff, Information specialists, intake specialists, registrars, and care coordinators—work tirelessly to serve those in need. Whether it was someone looking to get connected to a specific service or someone in the throes of a personal crisis, the Support Center can be their lifeline.

A notable component of the Support Center is the Family Caregiver Program. Recognizing families as an integral element in the continuum of care for older adults, this program emphasizes connecting caregivers with essential information, resources, and support.

To illustrate the influence and reach of the Support Center, consider the experiences of Linda Vallejo and the Linds:

Linda Vallejo: A Lifetime of Caregiving

Linda Vallejo's journey as a caregiver began early. At just 12, following her mother's passing, Linda took on the mantle of caring for her younger sister. Her life's trajectory led her through various caregiving roles, from working at Sheridan Memorial Hospital to joining the Hub's Help at Home program and Green House Living. But it wasn't just her professional life that was steeped in caregiving; her personal life was equally involved. From adopting her granddaughter to providing care to prevent her other grandchildren from entering foster care, Linda's life has been a testament to selfless devotion.

When asked about her experiences, Linda's advice is simple yet profound: "Be there for them, give them love and listen." For Linda, the caregiver program at the Hub on Smith isn't just a service; it's a community. A place where she can share, listen, and find solace with others walking the same path. Linda's dedication to caregiving earned her the Jefferson Public Service Award in April 2020, a fitting tribute to a life lived in service to others.

David and Jan Lind: Navigating Illness Together

When Jan Lind was diagnosed with a chronic illness, her and her husband Dave's life was irrevocably changed. But in this challenging period, the Hub's caregiver support program emerged as a guiding light. Introduced to Heather Comstock of Dementia Friendly Wyoming, the couple became pioneers, being the first in Sheridan to join the SHARE for Dementia program, a platform that aims to guide those with early-stage dementia and their care partners, helping them navigate the future.

For Dave and Jan, the caregiver support program at the Hub on Smith wasn't just about resources; it was about community, education, and mutual support.

Caregiving, whether for an older adult, a person with an illness, or a child, can be an arduous experience. But in Sheridan County, thanks to the Support Center at the Hub, caregivers aren't walking this path alone. They are bolstered by professional assistance, education, and most importantly, a community that understands and supports them throughout their journey.

Become a Trailblazer: Paving the Way for Older Adults

Help Us Bridge the Gap for Our Community's Most Vulnerable Members.

The journey into elderhood often brings with it a host of challenges, especially for our vulnerable older adults. While the spirit may be willing, there may be physical, cognitive, and emotional barriers which can sometimes make accessing community-based services a daunting task. It's a journey that many wish not to embark on alone.

**Introducing the Trailblazers Project—
an exciting new volunteer program that
aims to bridge these gaps and ensure that
our older adults access essential services
with confidence and friendly support.**

What is the Trailblazers Project?

Trailblazers are compassionate volunteers trained to provide one-on-one support, assisting our older community members in connecting to vital community-based services. Their role goes beyond mere guidance - they stand as steadfast companions, physically accompanying people, helping them navigate unfamiliar landscapes, and ensuring their transition to these services is smooth and anxiety-free.

Why Should You Volunteer?

1. Personal Growth: Enhance your skills and gain meaningful experiences.
2. Community Engagement: Play an active role in strengthening our community.
3. Build Relationships: Create genuine connections with older adults and other volunteers.
4. Make a Difference: Your support can significantly transform someone's quality of life, offering them better health, independence, and happiness.

Who are the Trailblazers Assisting?

Trailblazers will be aiding a diverse group, including those with low income, those living in rural areas, individuals with physical disabilities, and people living with dementia. By becoming a Trailblazer, you ensure

that every older adult, regardless of their background or challenges, feels seen, heard, and supported.

Joining the initiative is easy:

1. Express your interest to our senior center staff.
2. Undergo a comprehensive training program to equip you with the necessary skills.
3. Embark on a rewarding journey of making a difference!
4. An application, interview, and background check are part of the process.

Many services that the Trailblazers connect our community members to are supported by the Older Americans Act, ensuring that people maintain their health, well-being, and independence.

In a world where community support can be the difference between isolation and thriving, let's come together to ensure no one feels left behind. Become a Trailblazer and light the way for our community's most vulnerable.

**Applications are being
accepted now! Please pick
up an application at the
front desk or contact:**

**Marcie Morrow,
Volunteer Coordinator,
at 307-672-2240 x134
for more information.**



September 2023

SUN

MON

TUE

WED

THU

FRI

SAT

SUBJECT TO CHANGE

*Indicates Item Contains Nuts

SUN	MON	TUE	WED	THU	FRI	SAT
					1 SPAGHETTI AND MEAT SAUCE GARLIC BREAD VEG MEDLEY APPLE DUMP CAKE	2
3	4 HOT HAMBURGER SANDWICH MASHED POTATOES AND GRAVY CORN RICE KRISPIE BAR 	5 CHILI CORNBREAD VEG MEDLEY GARDEN SALAD FRUIT	6 BBQ CHICKEN SANDWICH CHIPS GREEN BEANS COOKIE	7 ROAST TURKEY MASHED POTATOES AND GRAVY BROCCOLI FROSTED YELLOW CAKE	8 SWEDISH MEATBALLS VEG MEDLEY ROLL FRUIT	9
10	11 BEEFY MAC & CHEESE CASCADE VEG WHEAT ROLL FRUIT	12 CHICKEN ALFREDO GARLIC BREAD GREEN BEANS TOFFEE BROWNIES	13 OPEN FACED TURKEY SANDWICH MASHED POTATOES W/ GRAVY VEG MEDLEY TAPIOCA PUDDING	14 BEEF BARLEY SOUP VEG MEDLEY FRENCH BREAD FRUIT	15 GLAZED HAM BAKED POTATO NORMANDY VEG ROLL CHOCOLATE CHIP COOKIE	16
17	18 SALISBURY STEAK SAVORY RICE CARROTS FRUIT	19 COUNTRY CHICKEN FRITTER MASHED POTATOES AND GRAVY GREEN BEANS AMBROSIA	20 SLOPPY JOE FRENCH FRIES VEG MEDLEY ROCKY ROAD PUDDING	21 HAM & MACARONI BAKE GREEN BEANS OATMEAL RAISIN COOKIE	22 DILL SALMON WILD RICE PILAF VEG MEDLEY CARROT CAKE	23
24	25 CHEESEBURGER POTATO WEDGES CARROTS CHOCOLATE PUDDING	26 SPAGHETTI AND MEATBALLS GARLIC BREAD VEG MEDLEY RASPBERRY BAR	27 SAUSAGE GRAVY AND BISCUIT SCRAMBLED EGGS ROASTED ZUCCHINI TROPICAL FRUIT	28 GREEN CHILI CHICKEN BAKE MEXICAN RICE CORN COOKIE	29 LASAGNA CAESAR SALAD VEG MEDLEY GARLIC BREAD FRUIT	30

October 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 CHILI CINNAMON ROLL VEG MEDLEY FRUIT	3 POT ROAST POTATO & VEGETABLES ROLL LEMON CAKE	4 CHICKEN & RICE CASSEROLE ROLL BROCCOLI OATMEAL COOKIE	5 BAKED ZITI W/ ITALIAN SAUSAGE ROASTED ZUCCHINI FRUIT	6 CHICKEN FRIED STEAK MASHED POTATOES AND GRAVY GREEN BEANS PUMPKIN BAR	7
8	9 BEEF STEW WHEAT ROLL VEG MEDLEY FRUIT  Columbus Day	10 OPEN-FACED TURKEY SANDWICH MASHED POTS AND GRAVY PEAS SPICE CAKE	11 BEEF ENCHILADA BAKE MEXICAN BLACK BEANS CORN AND PEPPERS MANGO	12 SHRIMP STIR-FRY BROWN RICE ASIAN BLEND VEGETABLES SPRING ROLL PUDDING	13 SPAGHETTI AND MEAT SAUCE VEGETABLE MEDLEY GARLIC BREAD FRUIT	14
15	16 BAKED CHICKEN THIGHS CHEESY BROCCOLI RICE CARROTS PUDDING	17 GLAZED HAM MASHED SWEET POTATOES CASCADE VEG ROLL WHITE CAKE	18 ROAST TURKEY MASHED POTATOES AND GRAVY CORN FRUIT	19 MEATLOAF STEWED TOMATOES BAKED POTATOES GREEN BEANS COOKIE	20 CHICKEN ALFREDO GARLIC BREAD GREEN BEANS TOFFEE BROWNIE	21
22	23 CHILI AND CINNAMON ROLL VEGETABLE MEDLEY TROPICAL FRUIT	24 BEEF STROGANOFF EGG NOODLES PEAS & CARROTS GARDEN SALAD OATMEAL RAISIN COOKIE	25 PORK ROAST MASHED POTATOES AND GRAVY VEG MEDLEY VANILLA PUDDING	26 TURKEY NOODLE CASSEROLE PEAS & CARROTS GARDEN SALAD RICK KRISPIE BAR	27 SALISBURY STEAK SCALLOPED POTATOES GREEN BEANS CHOCOLATE CHIP COOKIE	28
29	30 CREAMY POTATO SOUP W/ ITALIAN SAUSAGE VEG MEDLEY ROLL FRUIT	31 GHOULISH GOULASH GREEN BEANS ANTI-VAMPIRE GARLIC BREAD SPOOKY SNICKERDOODLE  Halloween	SUBJECT TO CHANGE *Indicates Item Contains Nuts			

November 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	SUBJECT TO CHANGE *Indicates Item Contains Nuts		1 CHICKEN MARSALA OVER PASTA VEG MEDLEY GARLIC BREAD WHITE CAKE	2 MACARONI & CHEESE & HAM BAKE GREEN BEANS GARDEN SALAD BROWNIES	3 OPEN FACED TURKEY SANDWICH MASHED POTS W/ GRAVY GREEN BEANS PEANUT BUTTER COOKIE	4
5  Change your clocks! Daylight Savings	6 CHEESY HAM AND POTATO CHOWDER CASCADE VEG ROLL FRUIT	7 CHICKEN ENCHILADA CASSEROLE REFRIED BEANS CORN BUTTERSCOTCH PUDDING Election Day	8 ROAST BEEF MASHED POTATOES AND GRAVY GREEN BEANS FUNFETTI COOKIE	9 CHICKEN ALFREDO GARLIC BREAD VEGETABLE MEDLEY CAESAR SALAD APPLESAUCE	10 FISH & CHIPS COLESLAW CARROTS TROPICAL FRUIT Veterans Day (observed)	11  Veterans Day
12	13 BAKED CHICKEN THIGHS ROASTED RED POTATOES VEG MEDLEY CHOCOLATE CHIP COOKIE	14 PORK ROAST W/ GRAVY ROASTED SWEET POTATOES CAULIFLOWER LEMON CAKE	15 BEEF STROGANOFF EGG NOODLES BROCCOLI ROLL FRUIT	16 CHICKEN FRIED STEAK W/ GRAVY MASHED POTS CARROTS ROCKY ROAD PUDDING	17 CHICKEN NOODLE SOUP BISCUIT NORMANDY VEG OATMEAL RAISIN COOKIES	18
19	20 BEEF STROGANOFF EGG NOODLES STEAMED BEETS TAPIOCA PUDDING	21 TERIYAKI CHICKEN FRIED RICE STIR FRY BLEND VEGETABLES ALMOND COOKIE	22 CHEESY BEEF AND NOODLE CASSEROLE NORMANDY VEG GARDEN SALAD FRUIT	23 ROAST TURKEY MASHED POTATOES AND GRAVY STUFFING GREEN BEAN CASSEROLE PUMPKIN BARS  Thanksgiving!	24 BEEF & BARLEY SOUP FRENCH BREAD GARDEN SALAD FRUIT COCKTAIL	25
26	27 SHRIMP SCAMPI WILD RICE PILAF VEG MEDLEY GARLIC BREAD LEMON PUDDING	28 MEATLOAF W/ STEWED TOMATOES ROASTED RED POTATOES PEAS OATMEAL RAISIN COOKIE	29 CHICKEN CORDON BLEU BAKE WILD RICE PILAF BROCCOLI STRAWBERRY SHORTCAKE	30 HOT HAMBURGER SANDWICH MASHED POTATOES AND GRAVY CARROTS RICE KRISPIE BAR		

Aging Well Opportunities

Discover the Hidden Gem: **The Hub's Fun & Wellness Programming for a Healthier You!**

Did you know that The Hub's dynamic Fun and Wellness programming offers more than just enjoyable activities? It's a powerful antidote for maintaining your mental well-being while staying active, socializing, and having a blast! As studies illuminate the vulnerability of the aging population to isolation, depression, and other mental health challenges, there's uplifting news – engaging in activities like those thoughtfully curated by the Fun & Wellness department at The Hub can reduce these risks by an impressive 30%!

Each exercise class, artistic endeavor, volunteering opportunity, and social interaction is a piece of the puzzle to cultivate a radiant mental state. This is why NAMI Sheridan Wyoming, a newly established chapter of the esteemed National Alliance on Mental Health, is thrilled to announce its partnership with The Hub. Brace yourselves for a wave of support, as NAMI Sheridan Wyoming joins hands to enhance the existing fun & wellness programs and introduce fresh collaborative initiatives. In the pipeline NAMI Providers will be participating in enlightening Doc Talks designed to expand your horizons, and the heartwarming prospect of launching a peer support group at The Hub.

Stay attuned for exciting developments from NAMI Sheridan Wyoming and a wealth of insights into mental health in the coming months. Together, let's embrace a future of well-being and connection that enriches every facet of our lives.

Lisa Wells, Sr. Fun & Wellness Coordinator
lwells@thehubsheridan.org or (307) 675-4953

Amanda Munford, Fun & Wellness Coordinator
amunford@thehubsheridan.org or (307) 675-4952

Visit www.thehubsheridan.org & Activities Calendar

Follow us on the Hub on Smith Facebook & Instagram

FITNESS

Happy Feet Cardio Dance

Dance your way to fitness with the fun, talented Sherry Mercer!

Monday • Wednesday • 8:00-8:55 am • \$5 voluntary 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 • \$5 voluntary 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 • \$5 voluntary contribution • Fitness Room

Tai Chi

Long time student & practitioner Dan Aldrich instructs participants in this gentle, yet effective, form of fitness that can help maintain strength & flexibility as well as increase balance. (No class 9/12 & 10/7)

Tuesdays • 8:30-9:30 am • \$5 voluntary contribution • Fitness Room

Rise and Shine Yoga

We will focus on change this session. Change is inevitable. We will practice "the tools and awareness that will support us in riding the ebbs and flows of life" with clarity and equanimity. Yoga for Times of Change, a wonderful book by Nina Zolotow, will be our guide offering us weekly practices for coping with change, stress management, adapting to physical changes, and more. Begin your day by treating yourself well with gentle, informative, restorative Yoga. All levels welcome.

Thursdays • 8:00-9:00 am • \$5 voluntary 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 • donation 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

Treadmill & Stationary Bikes

Stop by and get fit on a recumbent-stationary bike

Aging Well Opportunities

or treadmill. These pieces of exercise equipment are available when other Fitness Room activities are not in session. Please contact a Fun & Wellness Coordinator for further information.

Mon thru Fri • No sign up required • \$5 voluntary contribution • Fitness Room



FALL OUTINGS

Enjoy the great out of doors with avid outdoor enthusiasts-retired hydro geologist and Hub Hike Volunteer Leader, Steve Stresky & Sr Fun & Wellness Coordinator, Lisa Wells! Sign up required either online at www.thehubsheridan.org or lwells@thehubsheridan.org. Each trip will be confirmed a few days before, depending on weather and conditions, and will be communicated with those registered. **Meet in the Hub Lobby by 9:30 am for carpooling designation.** We will usually be back by 4:00 pm. Bring appropriate clothing, water & lunch to enjoy on the trail.

Select Thursdays • \$5 voluntary contribution • Lobby

September 28 Grouse Mountain Trail to Clear Creek

This trail starts in open meadows with sweeping views of the high country. The hike is mostly exposed, winding down a hill side to a forested area along Clear Creek, our destination. Diabase dikes are evident, where they have intruded the Big Horn

Granite. A few fishing holes are available if you would like to try some angling. 3 miles round trip rated moderate to difficult due to relatively steep sections. Please note, we have the option to approach this hike by first driving through the beautiful Crazy Woman Canyon.

October 12 Tongue River Canyon

Absolutely gorgeous views the entire time! We'll hike to Sheep Creek about 2.5 miles one way. This hike is rated moderately strenuous to strenuous due to uneven, rocky trail conditions and elevation gains & losses. This hike is exposed so bring sunscreen and a hat, and plenty of water. We'll have lunch on the trail.

November 2 Buffalo Run

This hike starts near the highway, about 9 miles east of Sheridan, and goes up a prairie gulch formerly occupied by an oil well. Over the ridge, we descend through some bushy terrain to a pond where ducks and geese have been observed. We then return up a bit of a steep stretch to a stunning overlook of the Big Horn Mountains, before intersecting the trail at the ridge top. This hike is exposed so bring sunscreen and a hat, and plenty of water. We'll have lunch at the overlook.

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 voluntary contribution
Art Studio**



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

Aging Well Opportunities

for an exciting interactive way to learn piano. You may join at any time. Two sessions now available. Handicap accessible. Contact Janet at **307-752-5312** with questions or to sign up!

Mondays • 9:00-10:00 am or 10:00-11:00 am • \$5 fee per class paid to instructor • Methodist Church

Uke 'an Strum

All levels welcome. Music and basic instruction given. Ukuleles available to try in class. New members are welcome to start at 9:30 am for beginner lessons. Contact Barb or Lacey at **675-4968** with questions or to join.

Fridays • 10:00-11:15 am • \$5 voluntary contribution • Community Room

Woodcarvers Group

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

Meets the 1st, 3rd & 5th Saturdays each month • 9:00 am-Noon • \$5 voluntary contribution • Art Studio

3rd Thursday Poetry Group

Join Abbie Taylor and this longstanding gathering of writers as they hone their craft! New members are welcome.

3rd Thursdays • 2:00-4:30 pm • \$5 voluntary contribution • Community Room

Culinary Arts Club

Create delicious, healthy meals and learn new techniques with Amanda Munford and guests. Max 10 participants. Sign up required either online at **thehubsheridan.org** or call Amanda at **675-4952**.
3rd Tuesdays (No class in November) • 2:00-3:00 pm • \$8 voluntary contribution • Art Studio

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. No signup required.
Meets the 2nd Saturday of each month • 12:30-3:30 pm • \$7 suggested contribution each class • Art Studio

Gelli Junk Journals

Local artist Sharon Siler will guide us in creating interesting collage art using Gelli Plates and acrylics. We'll enjoy assembling our art into unique keepsake journals during the 8-week session. Full session participation is best. No signup required.
Tuesdays • September 12—October 31 • 9:30-11:30 am • \$10 suggested contribution • Art Studio

Hubcaps Choir

Do you like to sing? We are looking for senior singers 60+! Join seasoned Choir Director Suzie Hills and

accompanying band, the Lugnuts. Enjoy singing a wide variety of festive Christmas music for all ages. Contact Suzie Hills at **suzie.schatz@gmail.com** for more information. Please note the Christmas Performances are December 6 at 1:30 pm & 6:30 pm as well as December 7 at 1:30 pm.

Tuesdays • September 12 • 1:30-3:00 pm • \$5 suggested contribution • Community Room

Watercolor with Gail Sidletsky

This class is currently full and not accepting new participants.

Thursdays • 10:00-12:00 pm • per session fees payable to instructor at first class

**Session 1—September 14 to October 19 • \$25 fee
Session 2—November 2 to December 14 • \$25 fee
(No class 11/23)**

Pasta for One!

Join Chef Terri at Verdello for a fun & delicious culinary experience. Come learn how simple it is to make homemade pasta in this class where attendees will make a few Italian favorites that are easy to recreate at home, and you will get to enjoy the fruits of your labor with a yummy meal! Maximum 10 participants. Register on-line at **thehubsheridan.org** or call Lisa Wells at **675-4953**.
Tuesday • October 3 • 11:00 am-1:00 pm • \$50 voluntary contribution • Verdello

Block Printed Tea Towels

Local artist Rachel Ruleaux will teach us how to make a beautiful set of hand printed tea towels! In this class we will create our own printing blocks using a variety of materials. By creating unique patterns from our blocks and found objects we will each craft a unique set of tea towels to take home or to gift. Max 10 participants. Sign up on-line at **thehubsheridan.org** or by calling Amanda Munford at **675-4952**.
Wednesday • October 11 • 1:00-3:00 pm • \$15 voluntary contribution • Art Studio

Sardine Tin Dioramas with Jean Harm

Join the original lady of Fun to create mini dioramas in sardine tins. All supplies provided. Max 10 participants. Sign up on-line at **thehubsheridan.org** or by calling Amanda Munford at **675-4952**.
Tuesday • November 7 • 1:00-3:00 pm • \$5 suggested contribution • Art Studio

The Yarn Shop

This is an awesome give and get opportunity for crocheters and knitters alike. A nice variety of yarn is available in cubies located in the Art Studio. Donate extra skeins or help yourself to what you need.

Aging Well Opportunities

Let's keep creating!

Monday-Friday • \$.25 voluntary contribution per skein • Art Studio

GAMES

Billiards—Monday thru Friday • 8:00 am-3:30 pm • \$5 voluntary contribution • Billiards Room

Cribbage—Tuesdays • 9:30 am-12:00 pm • \$5 voluntary contribution • Café

Double Deck Pinochle—Mondays 12:30-3:30 pm • \$5 voluntary contribution • Community Room

Dominoes—Friday • 9:30am-Noon • \$5 voluntary contribution • Café

Mahjong—Wednesdays • 1:00pm-3:00pm • \$5 voluntary contribution • Lobby

Poker—Thursdays • 1:00pm-3:00pm • \$5 voluntary contribution • Café

Table Tennis—Monday & Wednesday & Friday • 1:00-2:00 pm • \$5 voluntary contribution • Fitness Room

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 & Hub Fun & Wellness Staff for the following programs. The Explore History program is generously funded by the Next50 Initiative.

• Eatons' Ranch

Tour the oldest dude ranch in the United States! Maximum 30 participants. Sign up by contacting Lisa Wells at [675-4953](tel:675-4953) today.

Tuesday, September 12 • 10:00 am • \$5 voluntary contribution • Hub Lobby to organize carpools

• Acme Power Plant

A presentation from the conservation district on the history, and future, of the Acme power plant. No sign up required.

Tuesday, October 10 • 10:00 am • \$5 voluntary contribution • Hub Café

• Battle of the Rosebud

An exploration of the local battle via an excellent diorama. No sign up required.

Tuesday, November 14 • 10:00 am • \$5 voluntary contribution • Hub Cafe

Scams 101 with the Sheridan Police Department

In this day of modern technology, scammers are figuring out more and more ways to trick you out of your money! During this brief session, the Sheridan Police Department will teach you several clues to look out for to recognize and protect yourself from scams. We will also learn what to do in case you think you are being scammed and what sort of information you will need to report the scam to authorities. Additional topics to follow!

1st Thursdays of the month • 11:00 am-11:30 am • voluntary contributions welcome • Hub Cafe

Antique Roadshow

Local collectors Ken Heuerman along with Sue Heuerman, Wayne Sullenger & Darla Judes combine knowledge to give their best estimate as to the value of your precious items. One item per person. 12:00 pm item drop off. 1:00 pm presentation. 3rd Wednesdays • 1:00 pm • \$5 voluntary contribution • Community Room

Doc Talk

Developed by Kris Schamber, MD, with Sheridan Memorial Hospital-Primary Care Clinic, this special series offers time with knowledgeable community providers who speak about various health topics in an informal setting allowing time for Q&A.

Wednesday, September 13 • 10:30-11:30 am • National Alliance on Mental Health affiliated Doc will be here to present mental health information related to suicide awareness and prevention, including time for Q&A. No sign up required. • \$5 voluntary contribution • Community Room

“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 what it means when you add your children or other beneficiaries to the deed to your home? What about when you do that with your financial accounts? What happens if you die without a signed Will? Or, what if you die with a properly signed Will in place? Or, how about avoiding Probate with a Revocable Living Trust or other Probate avoidance tools? 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

Aging Well Opportunities

manage your finances and transfer your assets to your beneficiaries. We will discuss and answer your questions and more. Please join us.

Thursday • September 28 • 11:00 am-12:00 pm • voluntary contributions welcome • Community Room

Mountaineer Presentation

Darren Rogers is a local Sheridan, Wyoming mountaineer who has traveled to remote parts of the world climbing mountains. He has summited five of the “Seven Summits” climbing mountains in Antarctica, Africa, Argentina, Bolivia, Ecuador, Europe, Tibet, and Nepal. Darren will present mountain tops from around the world. The mountains may include the Mount Vinson Massif in Antarctica, Cho Oyo in Tibet, Everest in Nepal, Aconcagua in Argentina, and the Matterhorn in Switzerland. See the pictures, hear the stories of training, life in Base Camp and experience climbing some of the World’s highest mountains. Coffee and donuts provided. No sign up required.

Tuesday, October 24 • 10:00 am-11:30 am • \$5 voluntary contribution • Community Room

Sexual Health as We Age

Jennifer Meineke, Public Health Staff Nurse with Testing & Counseling, will be here to provide information and answer questions about body changes, considerations when embarking on new relationships, current trends in medication and testing, and more. Anonymous questions can be submitted, prior to the meeting but no later than Friday, November 3, using the Donation Boxes in each Hub room. Coffee and donuts provided. No sign up required.

Tuesday, November 7 • 9:00 -10:00 am • \$5 voluntary contribution • Community Room

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 **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 **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.

On Going Program • \$5 voluntary contribution

Tech Practice Sessions available by appointment

Borrow tech or bring your own. We’ll help answer questions, practice searching the internet, check out YouTube, play a game, order groceries, have fun with photos, and more! Donations welcome.

Contact a Fun & Wellness Coordinator to schedule an appointment • \$5 voluntary contribution

CELEBRATIONS

Fall Equinox Tea

Let’s celebrate the beginning of Fall in style! The talented Sharyn Siler and Fun & Wellness Coordinators invite you to join us for this lovely event including getting to know each other better through tea fellowship and a fun icebreaker game. Maximum 21 participants so sign up today online at thehubsheridan.org or by contacting Lisa Wells at **675-4953**.

Menu

Tea Service

Mini Cornbread Muffins with Sage Butter

Shortbread Cookies with Homemade Apricot Jam

Granny Smith Apples & Sharp Cheddar Cheese

Fall Pumpkin Bars

Chocolate Covered Raisins

Thursday • September 21 • 1:00-3:00 pm • \$10 suggested contribution • Fitness Room

Innominate Music & Treats Plus Fall Colors Day Trip

We’ll head to Innominate Bakery to enjoy yummy treats, breakfast, or lunch items made fresh every day while listening to the talented musicians that jam on Thursdays! Afterwards, we will drive up into the Big Horn Mtns to take in the fall colors and perhaps spot some moose, elk, and deer. Bring money for your bakery items. Maximum 9 participants. Carpooling available. Sign up today at thehubsheridan.org or by calling Amanda Munford at **675-4952**.

Thursday • October 19 • 10:00 am-1:00 pm • \$5 voluntary contribution • Lobby

Trunk or Treat

Dress up in your favorite costume & come by the Hub for a family friendly & safe Trick or Treat stop with popcorn, cider, and hot chocolate.

Tuesday • October 31 • 5:00-7:00 pm • Hub Parking

Aging Well Opportunities

Veterans Celebration

Come hungry and ready to be appreciated! Executive Chef, and former Drum and Bugle Corps member, Kevin Coleman will be cooking up a wonderful breakfast buffet that no one will go away hungry from! Enjoy time together in an Opening Prayer, Pledge of Allegiance, National Anthem, special Military Presentation, and Veterans Wall digital slide show. Active and Retired Military eat for free. Registered Hub Patrons over 60 eat for a \$6 suggested contribution & \$10 fee for all others.

Thursday • November 9 • 7:00-9:00 am with a special Patriotic Program at 8:00 am • Hub Café

Young at Heart Players present The Shame of Tombstone

The fabulous, long time Director Pat Tomsovic and Young at Heart Players will entertain us with this fantastic melodrama. Come and enjoy the show!

Wednesday, November 15 & Thursday, November 16 • 1:30-3:00 pm • \$5 voluntary contribution • Hub Cafe

Thanksgiving Feast

Executive Chef Kevin Coleman and the Hub's remarkable Kitchen Crew will prepare a delicious turkey dinner with all the fixings! Open to Patrons and their families and friends. \$6 suggested contribution for Registered Patrons over 60 years old. \$10 fee for all others.

Thursday • November 23 • 11:30 am-1:00 pm • Hub Cafe

50 for 50 Birthday Celebration!

Thanks to past and present contributions, including those of wonderful people like you, the Hub turns 50 years old this year!! Please help celebrate these decades of service & support from, and to our community! Beginning in October, grab a 50 for 50 Questionnaire from the Front Desk or find one in your Home Delivered Meals Bag. We want to know how you have participated and/or benefited from the Hub past or present and what you are most thankful for about The Hub on Smith. Return your completed questionnaire to the Front Desk to take part in a special drawing held monthly by Fun & Wellness Coordinators until our official 50-year birthday December 17, 2023! We are hoping for at least 50 responses to celebrate our 50 years in service. We can't do what we do without you!

Ongoing activity beginning in October with special recognition Thursday • November 23 • 11:30 am-1:00 pm • Hub Café



Thank you to local artist Carina Wenckus, for sharing her time and talents helping us bloom and gives thanks around the Fun & Wellness donation boxes.

SUPPORT GROUPS

Dementia Friendly Wyoming
Heather Comstock, MSc Dementia

Studies Dementia Care Educator is available for individualized Coaching appointments to include:

- Skills for effective communication
- Strategies to meet current situational challenges
- Proactive future planning through shared decision making

Contact Heather at **307-461-5955** or dfwsheridan.org
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! If you're interested in more information, receiving our monthly email, or to sign up please contact us! Contact a Family Caregiver Coordinator at **672-2240**.

Emily Keith at x122 / egorham-keith@thehubsheridan.org
Terah Versham at x121 / tversham@thehubsheridan.org

Caregivers Support Group Meetings

Mondays • 10:00-11:00 am • Speaker Days: Group & community members welcome. Meets 9:30-10:30 am & Speaker presents 10:30-11:30 am • Community Room • Please note respite care may be available during the adult morning group meeting times

Mondays • 6:00-7:00 pm • Conference Room • Complimentary, light dinner provided

Caregivers Support Group Meetings

Mondays • 10:00-11:00 am • Community Room
Thursdays • 3:30-4:30 pm • Conference Room

Aging Well Opportunities

Older Relative Caregiver (ORC) Meetings

3rd Tuesdays Monthly • 6:00-7:30 pm • Kid's Life • Family style dinner and complimentary Child Watch Care

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 **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 **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 **672-2240** to schedule your appointment.

Wednesdays • 11:00 am-1:30 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.

Medicare D

It's coming soon! Open Enrollment for Medicare D is October 15th through December 7th. This is a time that we recommend you review your Prescription Drug coverage for Medicare D-the prescriptions for your plan may change, the Pharmacy you use might not accept the plan you are on, and the cost can change. If you haven't updated your Medicaid information, you need to make sure you do it now as the State is reviewing everyone. If you need help with the Marketplace Insurance (Affordable Healthcare Act) open enrollment and review is November 1st through December 31st. You can call the Hub on

SEP • OCT • NOV

Smith at 307-672-2240 or call Nancy at 307-461-9009 for more information.

Building Rental

Looking for an awesome meeting space? The Hub on Smith has rooms to reserve. During regular business hours Monday through Friday from 7 am to 4 pm, there is a suggested contribution of \$20. After hours, rates vary depending on the room. Please contact a Fun & Wellness Coordinator for additional information or to reserve your space.



SCPH FLU *Clinic*

Monday, October 2, 2023

9:00 am - 12:00 pm

Art Studio

Most insurance accepted;
otherwise cost is
\$30 per vaccination.
Open to the public.

Note: the CDC is now recommending High-Dose Flu Vaccine to those 65 and up. The High-Dose Flu Vaccine will be especially helpful for the immune-compromised individual in that age group. Public Health will have both standard and high dose vaccines on hand. If available, the latest Covid booster for fall with also be on hand.



in partnership with
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national council on aging

Document was developed under a grant from the U.S. Dept. of Health and Human Services, Admin. On Aging, and the Wyo. Dept. of Health, Aging Div. However, these contents do not necessarily represent the policy of the U.S. Dept. of Health and Human Services or the Wyo. Dept. of Health, and you should not assume endorsement by the Federal or State Government



hub on smith donors **JUNE 1, 2023 – AUG 31, 2023**

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Center Stage is published quarterly. A suggested contribution renews hardcopy mailings but you can renew at another time if you missed your renewal date. Center Stage can be emailed to you or you can view it online at

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.

**The first person to live to 150
has been born—**

David Sinclair, The Paul F. Center
for Biology of Aging Research

**Today, Senior Centers like the Hub on Smith
are serving three generations:**

**Greatest Generation 1901-1924
Silent Generation 1925 – 1945
Boomers 1946-1964**