



Mental Health Matters

Finding Happiness

Mike Guldán has been a concrete worker, a rancher, and a firefighter. He knows how to handle physically tough demands and is used to intense situations, but recently, Mike found himself in a place where his physical abilities couldn't get him out.

Retired from firefighting at 60, Mike was ready for a life of ease but life threw a few curveballs his way, and it became anything but easy. Seven years ago, Mike and his wife suddenly found themselves taking on guardianship for their great-granddaughter and went from enjoying retirement to becoming full-time caregivers for an infant.

Mike recalls the feelings of becoming a caregiver at

his age and understanding how different it is to be a caregiver versus a grandparent. "Sometimes you feel like you're not enough all the way around - not enough for your marriage, not enough for your child, not enough for yourself. When you're our age, when your great-granddaughter comes over, you should be spoiling them - just enjoying their company." Instead of just being able to spoil his great-granddaughter and enjoy his retirement, he describes what he has gone through as a "huge stressor."

While Mike is familiar with life not going as planned, his new role as caretaker was different. His retirement from firefighting came about after injuries caused by

See full article on PG 3

inside

- 3 Mental Health Finding Happiness

- 4 When It's More Than Just "The Blues"

- 5 Protect Your Mental Health

- 6 Dementia Friendly Workshops

- 7-9 Menus

- 10-13 Aging Well Opportunities

- 14 Volunteer Opportunities, Day Break, Hubcaps Choir

- 15 Donors, Memorial & Tribute Gifts

- 16 Hub 50 Years Celebration!

Senior Citizens Council BOARD OF DIRECTORS

PRESIDENT

Rob Miller

VICE PRESIDENT

Lori McMullen

TREASURER

Bryn Stewart

SECRETARY

Kati Sherwood

BOARD MEMBERS

Mike McCafferty

Melissa Butcher

Marcy Schmaus

Anthony Spiegelberg

Jeannie Julian



CARMEN RIDEOUT
Executive Director

A note from the Executive Director

Mental Health Matters: Prioritizing Well-Being at The Hub on Smith

Dear Friends,

I'm so happy to connect with you again! As the Executive Director for the past 24 years I have always loved to hear what's going on in your lives. Many of you have shared how grateful you are for our senior center and the difference it makes. It feels good to belong somewhere, to have a place where people know you and are happy to see you.

Feeling good is about more than just physical health. It includes our emotional, psychological, and social well-being. It influences how we think, feel, and act, affecting our ability to handle stress, relate to others, and make choices. Good mental health is just as vital as physical health, especially as we age.

While depression, loneliness, and anxiety aren't a normal part of aging, they can still affect us as we get older. Retirement, losing loved ones, health issues, and changes in living situations can all contribute to feelings of loneliness, anxiety, and depression. These emotional strains can significantly impact our overall health and quality of life.

At The Hub on Smith, we're dedicated to creating a supportive environment for everyone's mental well-being. Here's how we're doing it:

- 1. Social Connections:** Staying connected with others is crucial. Our Fun & Wellness activities and events provide great opportunities to make new friends and strengthen existing bonds.
- 2. Physical Activities:** Regular exercise can improve mood and reduce anxiety. We offer a range of fitness classes, from gentle yoga to more moderate workouts, for all fitness levels.
- 3. Mental Stimulation:** Keeping our minds active is vital. Our educational workshops, book clubs, hobby groups, and performing arts groups keep our brains engaged and provide a sense of accomplishment.
- 4. Support Services:** We offer services to help you live at home safely for as long as possible and support family caregivers so they can take care of themselves too. Our staff is always here to listen and offer guidance.
- 5. Find Purpose:** Consider joining our team by exploring the many volunteer opportunities we have that can utilize your talents and experience.

Recognizing the importance of mental health is the first step toward improvement. If you or someone you know is struggling, please reach out. We're here to support you in any way we can.

A handwritten signature in blue ink, appearing to read 'Carmen Rideout', written in a cursive style.

a ceiling falling on him—a far cry from the way he had envisioned ending his career. The abrupt end was disappointing to say the least and led to depression that lasted for several months. At that time, Mike was able to pull himself out of it. He always thought if there was a problem, you could just “get yourself out of it.” Now he’s learned that you can’t always do it by yourself. Just a few months ago, he was in a mental state that he could not get himself out of.

The stress of raising a young child led to marital stress, financial stress, high blood pressure, weight gain, and stress on his mental and emotional state. “There is a mental aspect, wondering if you are doing right by this child. It wears on you.”

So just a few months ago, Mike reached out to the Family Care Coordinators at The Hub on Smith for some help. When he initially sought help, it was primarily for financial assistance. However, with the help of The Hub’s Family Care Coordinators, Emily and Tarah, they quickly recognized that what Mike needed was not just financial assistance, but that his mental health was suffering as well.

Tarah Vershum, one of the Family Care Coordinators at The Hub on Smith, has been a huge support to Mike. When asked how he felt about her getting him help, he says he “was relieved. You don’t want to admit there is something wrong, so you mask it and carry on the game.” Finding the support of The Hub’s Family Caregiver Coordinators has helped Mike to open up and identify what he is experiencing. They have also helped him get the support he needs. Mike says that Tarah “swooped in and said, ‘We’re getting you some help.’”

In only a few months, Mike says his life has been turned around by the support he has received. From the Family Care staff and the Older Relative Caregiver group he attends at The Hub, to his church and close circle of friends, he is happy again.

His friends, especially, have given him the support he needs to get through this stressful time. “If it wasn’t for them, I don’t know where I’d be right now.” Mike affirms that you have to have a tight circle of friends that really care. He knows that sometimes men don’t feel comfortable sharing about the mental and emotional issues they are having. He grew up with a man’s world mentality where “you didn’t discuss problems with another man. There was a code that said you didn’t do it.” That’s not how he feels now and he is confident that a close group of friends won’t run away from those problems but will jump in to give you the support you need.



In the midst of a divorce, many unknowns, and a retirement that doesn’t look like he thought, Mike’s situation hasn’t changed, but the support he has received and coping mechanisms he has learned to walk through this journey have changed. Mike is realistic about some of life’s unfortunate happenings, and he knows that life isn’t fair. But on the positive side, he now knows that there is help, and lots of it. He has met so many people that are just genuinely kind, “and it is amazing how many lives they touch through their kindness.” Now, he is inspired to do the same. As a fireman, he loved being able to help people, and now he wants to continue to help people in this new season of his life.

As a member of the Older Relative Caregivers group (one of the programs offered by The Hub on Smith), he now feels a strong desire to give back. Having received so much support himself, he is passionate about offering support to others who are struggling mentally and emotionally. He understands the value of talking with someone who has navigated their own challenges.

When asked what Mike would recommend to someone who is struggling with mental health, he says, “Don’t be afraid to go ask for help. Don’t let your ego get in the way.” If you need someone to talk to, Mike would be more than happy to sit down and listen. It’s because people were willing to sit down and listen to him that he is better now.

Mike is still walking through a stressful journey, but his hopes for the future are simple: he just wants to be happy. “I haven’t been happy for years. Now I’m happy. When you’re struggling with mental health, you can put on a façade, but you’re not happy.” Now, he simply wants to find happiness, share laughter, and to savor the remaining years of his life and now feels like he has the support he needs to do just that.

When It's More Than Just "The Blues"

Victor Ashear, Ph.D.

Everyone gets down in the dumps sometimes. But what if that mood lasts more than a week or two? What if you or someone you know feels so bad that they don't feel like doing anything, even the most enjoyable things? What if you or they don't feel like getting out of bed? Or have trouble falling or staying asleep? Or feel tired all the time? What if you or they lose appetite? Or gain weight, eating more than usual but not feeling satisfied? What if you or they are crying a lot, or maybe feeling constantly sad, or really empty? What if you or they feel so bad that they don't want to go anywhere or be with anyone? What if you or they neglect grooming and appearance and don't bathe or change clothes? What if you or they are preoccupied with feeling guilty, or sinful, or unworthy? Perhaps feeling helpless and hopeless, and wish to be dead?

If problems like this continue for more than a week or two they may be symptoms of "clinical depression." This means that help from qualified professionals is needed. Depression is an illness just like diabetes. And just like there are medications that can help with diabetes and things a person who has diabetes can do for themselves to manage the condition, the same is true for depression. Most people who experience depression will get better with a combination of medication, professional help, things they can do themselves to care for their condition, and support from family and friends.

Some people believe that depression is something to be ashamed of, maybe a sign of personal weakness, or somehow your fault. Nothing could be further from the truth! So, if you or someone you know is experiencing the challenges I described above, you need to seek out a health care provider. This person will probably write you a prescription for medication and refer you to a counselor or therapist. The research shows that for most people with depression the combination of medication and "talk therapy" work the best to restore a person to health.

If you or someone you know has been thinking about harming themselves or wanting to die, call or text the Suicide & Crisis hotline at 988.

How common is depression in the senior population? Some estimates run as high as one person in three! Why is depression so common among seniors?

Experts tell us the reasons include loneliness, "immobility" or difficulty getting around, loss of independence, loss of purpose, or problems with using alcohol or addictive drugs.

Loneliness becomes more common as we get older. The reasons for this include the passing of friends and relatives that we used to spend time with, greater difficulty getting around, feeling that we have less to offer, and difficulty hearing. As we spend less time socializing the feelings of isolation and loneliness can increase.

As we age, it becomes more likely that physical limitations make it more difficult to leave our homes. We may no longer be able to drive. Thus, it becomes harder to reach out to others and we grow more isolated. As we grow more dependent on others for physical help we may feel ashamed or less worthy.

Unfortunately, many people begin to feel less and less worthy with aging and find less reason to be alive. We no longer have a job or a family to care for, our activities decrease, and we may feel there is little to look forward to. We may come to feel that our life no longer has a purpose. Instead, we may fear that things will only get worse.

These changes that aging brings can contribute to overusing alcohol or other mind-altering drugs that can make depression worse!

Fortunately, there is help for depression and for managing the problems of aging well. We just need to reach out to the help that is there. The combination of professional help, support from family and friends, and positive coping skills can bring the depression under control.

Bio: Victor Ashear is a retired psychologist who now volunteers with NAMI Sheridan, part of the National Alliance on Mental Illness.

SILVER FOX SPONSOR

KENNON

**Stronger Minds
a Stronger Sheridan**

Kennon prioritizes mental health and overall well-being. Together, we can make a difference in Sheridan!

Protect Your Mental Health



Social outings, like coming to The Hub to play cards and eat together regularly, is an important way to protect your mental health.

There are specific steps people can take to protect their mental health as they age. Certain protective factors help fend off depression in older adults. Here's a few ways you can protect your mental health:

1. Stay (or become) socially active

It's really important that you stay connected or get reconnected. That may mean joining a new club or group, reconciling with siblings you haven't seen in years or calling up old friends to renew past relationships.

You can check out all the Fun and Wellness activities offered by The Hub on Smith as well. An art or music class or playing a game of ping pong or pool with new friends may be exactly what you need.

2. Engage with your spirituality

Whether you're devoutly religious or just love spending time in the great outdoors, feeling connected to a sense of something bigger than you can go a long way to support your mental health as you age.

Active engagement is key, whether it means being involved with your church, like-minded friends or getting outside to regularly marvel at the wonders of nature, make it a consistent part of your life.

3. Find physical activities you enjoy

Loss of physical function and functional ability — like being unsteady on your feet or having joint issues — your ability to participate in life as you know it. It's important to try to find adaptive strategies to keep moving and to sustain the social interactions that come with physical activity.

Your local gym like the Sheridan County YMCA,

the Tongue River Valley Community Center, or The Hub on Smith offer classes specifically geared toward seniors, which is a great way to get moving and make new friends. Just find a way to do something!

4. Get medical support sooner than later

Depression can be situational and helped by the choices we make, but it can also be something that needs to be addressed by a medical professional. Sometimes clinical depression can only be remedied by medical support. Don't wait for it to remedy itself. Your doctor will provide you with options so you can get back to enjoying your quality of life.

FAMILY CAREGIVER SERVICES

Family Caregiver Contacts

For information about Family Caregiver Services or to sign up, Contact a Family Caregiver Coordinator:
Tarah Vershum 307-672-2240 x121

tvershum@thehubsheridan.org

Emily Keith 307-672-2240 x122

egorham-keith@thehubsheridan.org

SUPPORT GROUPS

Caregiver Support Group Meetings:

Mondays, 9:30-11:00 am, Community Room,
Community Members Welcome

Older Relative Caregivers:

3rd Tuesday Monthly, 6-7:30pm, Family Style
Dinner and Complimentary Child Watch, KidsLife
426 W. Alger



Over 50 local caregivers and their loved ones joined us for this year's Caregiver's Picnic. It was truly heartwarming to see so many dedicated individuals who selflessly provide love and care for their families.

DEMENTIA FRIENDLY WORKSHOPS



Dementia Friendly Wyoming, led by Heather Comstock, MSc in Dementia Studies, hosts interactive workshops on select Wednesdays in the Community Room. Open to all, these sessions provide valuable insights for those impacted by dementia, care partners, and professionals.

To learn more, call 307-461-5955 or email hcomstock@thehubsheridan.org.

Anxiety Allies: Supporting Yourself and Your Community

Wednesday, September 4th, 2024

10:00 am-11:30 am • Community Room

Join us for a practical workshop dedicated to managing General Anxiety. This session will equip you with effective coping skills for anxiety and depression and guide you in building trust in yourself and others. We'll explore strategies to support both you and your community during challenging times. Additionally, we will address the impact of social media on mental health and provide tips for navigating it constructively.

Get Answers: Open Enrollment, Medicare, and Medicaid Explained

Wednesday, October 2nd, 2024

10:00 am-11:30 am • Community Room

Nancy Drummond offers no-nonsense tips on health insurance for all community members. Learn about Open Enrollment, Medicare, and Medicaid in plain terms. Get guidance on eligibility and applications. Whether you're retiring, planning ahead, or facing unexpected changes, receive

practical advice for making informed healthcare decisions.

Mapping Your Support Team: Navigating Your Caregiving Journey

Wednesday, November 6th, 2024

10:00 am-12:00 pm • Community Room

In this practical workshop, learn how to map out your caregiving setup. We will help you identify your team members, clarify roles and responsibilities, and spot gaps in your support system to strengthen your caregiving strategy.

This session is designed to make the unseen work of family care more visible and manageable. Whether you're new to caregiving or experienced, you'll gain useful tools to better handle your situation.

PLEASE NOTE: Community Dementia Strategy Sessions

Wednesday, September 11th, 2024

10:00 am-11:30 am • Community Room

Wednesday, October 9th, 2024

10:00 am-11:30 am • Community Room

Join our dementia strategy sessions, where those living with dementia, care partners, and professionals share valuable insights and real-world experiences. These meetings foster open discussions about our community's needs to provide exceptional support for individuals impacted by dementia. Through guided discussions, we'll capture and explore your thoughts and recommendations. Your participation helps improve dementia support in our community.

GOLDEN YEARS SPONSOR



Ebia
Hearing & Sound

- Hearing Aids/Repairs
- Hearing Aid Programming
- Battery/Accessory Sales
- Hearing Protection
- Sound Services
- Family Business. Locally Owned

FREE HEARING AID CLEANING

Thursday, September 12:15-2pm in The Hub Conference Room; Bring in any brand of hearing aids and we will check your ears and clean your device.

Free of Charge!

1273 COFFEEN AVE. • SHERIDAN, WY 82801
307-674-8920

September 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1 Labor Day: Dining Room Closed. Home Delivered Meals Only	2 HOT HAMBURGER SANDWICH MASHED POTATOES AND GRAVY CORN RICE KRISPIE BAR 	3 SPAGHETTI AND MEAT SAUCE NORMANDY VEG GARLIC BREAD APPLE CAKE	4 BBQ CHICKEN SANDWICH CHIPS GREEN BEANS COOKIE	5 CHEF SALAD PICKLED BEETS WHEAT ROLL BERRIES AND CREAM	6 SWEDISH MEATBALLS EGG NOODLES CASCADE VEG ROLL VANILLA PUDDING	7
8	9 BEEFY MAC & CHEESE CASCADE VEG WHEAT ROLL APPLE SLICES	10 CHICKEN ALFREDO GARLIC BREAD GREEN BEANS TOFFEE BROWNIES	11 OPEN FACED TURKEY SANDWICH MASHED POTATOES TURKEY GRAVY VEG MEDLEY TAPIOCA PUDDING	12 BEEF BARLEY SOUP VEG MEDLEY FRENCH BREAD FRUIT PUFF PASTRY	13 GLAZED HAM BAKED POTATO NORMANDY VEG ROLL CHOCOLATE CHIP COOKIE	14
15	16 SALISBURY STEAK MUSHROOM GRAVY SAVORY RICE CARROTS CHOCOLATE PUDDING	17 COUNTRY CHICKEN FRITTER MASHED POTATOES COUNTRY GRAVY GREEN BEANS AMBROSIA	18 SLOPPY JOE TATER COINS VEG MEDLEY ROCKY ROAD PUDDING*	19 HAM & MACARONI BAKE GREEN BEANS OATMEAL RAISIN COOKIE	20 DILL SALMON WILD RICE PILAF CASCADE VEG CARROT CAKE	21
22	23 CHEESEBURGER POTATO WEDGES CARROTS BUTTERSCOTCH PUDDING	24 SPAGHETTI AND MEATBALLS GARLIC BREAD CALIFORNIA VEG RASPBERRY BAR	25 SAUSAGE GRAVY & BISCUIT SCRAMBLED EGGS ROASTED ZUCCHINI TROPICAL FRUIT	26 GREEN CHILI CHICKEN BAKE MEXICAN RICE CORN CARMEL PECAN COOKIE*	27 LASAGNA CAESAR SALAD VEG MEDLEY GARLIC BREAD TAPIOCA PUDDING	28
29	30 CHICKEN STIR FRY BROWN RICE SESAME-GINGER ZUCCHINI ALMOND COOKIE*	SUBJECT TO CHANGE *Indicates Item Contains Nuts				

October 2024

SUN	MON	TUE	WED	THU	FRI	SAT
SUBJECT TO CHANGE *Indicates Item Contains Nuts		1 POT ROAST POTATO & VEGETABLES ROLL LEMON CAKE	2 BAKED POTATO W/ CHILI BROCCOLI AND CHEESE SAUCE GARDEN SALAD OATMEAL RAISIN COOKIE	3 BAKED ZITI W/ ITALIAN SAUSAGE ROASTED ZUCCHINI TROPICAL FRUIT COCKTAIL	4 CHICKEN FRIED STEAK MASHED POTATOES COUNTRY GRAVY GREEN BEANS PUMPKIN BAR	5
6	7 BEEF STEW WHEAT ROLL SCANDINAVIAN VEG PEACHES AND CREAM	8 OPEN-FACED TURKEY SANDWICH MASHED POTATOES TURKEY GRAVY SEASONED PEAS SPICE CAKE	9 BEEF ENCHILADA BAKE CILANTRO-LIME RICE SOUTHWEST CORN AND BLACK BEANS BUTTERSCOTCH PUDDING	10 SHRIMP STIR FRY BROWN RICE SUNSHINE CARROTS SPRING ROLL MANDARIN ORANGES	11 SPAGHETTI AND MEAT SAUCE NORMANDY VEG GARLIC BREAD CHOCOLATE CAKE	12
13	14 BAKED CHICKEN THIGHS CHEESY BROCCOLI RICE CARROTS TAPIOCA PUDDING	15 GLAZED HAM MASHED SWEET POTATOES CASCADE VEG WHEAT ROLL WHITE CAKE	16 ROAST TURKEY MASHED POTATOES TURKEY GRAVY CORN BAKED APPLES	17 MEATLOAF STEWED TOMATOES BAKED POTATO GREEN BEANS PEANUT BUTTER COOKIE*	18 CHICKEN FETTUCCINI ALFREDO GARLIC BREAD GREEN BEANS TOFFEE BROWNIE	19
20	21 CHILI AND CINNAMON ROLL CASCADE VEG TROPICAL FRUIT	22 BEEF STROGANOFF EGG NOODLES PEAS & CARROTS GARDEN SALAD OATMEAL RAISIN COOKIE	23 PORK ROAST MASHED POTATOES PORK GRAVY BROCCOLI VANILLA PUDDING	24 TURKEY NOODLE CASSEROLE CAULIFLOWER GARDEN SALAD FRUIT PUFF PASTRY	25 SALISBURY STEAK MASHED POTATOES BEEF GRAVY GREEN BEANS CHOCOLATE BROWNIE	26
27	28 CHICKEN CORDON BLEU BAKE BRUSSELS SPROUTS WHEAT ROLL SLICED PEARS	29 CHEESEBURGER POTATO WEDGES GARDEN SALAD ROCKY ROAD PUDDING*	30 CHICKEN MARSALA OVER PASTA ROASTED ZUCCHINI GARLIC BREAD WHITE CAKE	31 MACARONI, CHEESE, AND HAM BAKE GREEN BEANS CARMEL PECAN COOKIE		

November 2024

SUN

MON

TUE

WED

THU

FRI

SAT

SUBJECT TO CHANGE

**Indicates Item Contains Nuts*

1
TUSCAN CHICKEN PASTA
BROCCOLI
CAESAR SALAD
PEANUT BUTTER COOKIE*

2



4
CHEESY HAM AND POTATO CHOWDER
CASCADE VEG
ROLL
FRUIT

5
CHICKEN ENCHILADA CASSEROLE
REFRIED BEANS
CORN
BUTTERSCOTCH PUDDING



6
ROAST BEEF
MASHED POTATOES
BEEF GRAVY
GREEN BEANS
FUNFETTI COOKIE

7
CHICKEN ALFREDO
GARLIC BREAD
VEGETABLE MEDLEY
CAESAR SALAD
APPLESAUCE

8
FISH & CHIPS
COLESLAW
CARROTS
TROPICAL FRUIT

9

10

11
BAKED CHICKEN THIGHS
ROASTED RED POTATOES
VEG MEDLEY
CHOCOLATE CHIP COOKIE



12
PORK ROAST
PORK GRAVY
ROASTED SWEET POTATOES
CAULIFLOWER
LEMON CAKE

13
BEEF STROGANOFF
EGG NOODLES
BROCCOLI
WHEAT ROLL
FRUIT SALAD

14
CHICKEN NOODLE SOUP
ROLL
NORMANDY VEG
OATMEAL RAISIN COOKIE

15
CHICKEN FRIED STEAK
MASHED POTATOES
COUNTRY GRAVY
CARROTS
ROCKY ROAD PUDDING*

16

17

18
SWEDISH MEATBALLS
EGG NOODLES
STEAMED BEETS
TAPIOCA PUDDING

19
TERIYAKI CHICKEN
FRIED RICE
STIR FRY BLEND VEG
ALMOND COOKIE*

20
CHEESY BEEF AND NOODLE CASSEROLE
NORMANDY VEG
GARDEN SALAD
FRUIT PUFF PASTRY

21
HOT HAMBURGER SANDWICH
MASHED POTATOES
BEEF GRAVY
CARROTS
RICE KRISPIE BAR

22
VEGETABLE BEEF AND BARLEY SOUP
FRENCH BREAD
GARDEN SALAD
FRUIT COCKTAIL

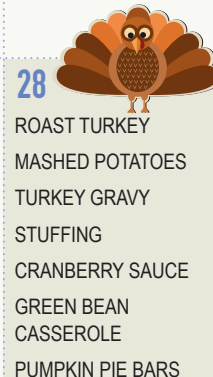
23

24

25
SHRIMP SCAMPI
WILD RICE PILAF
VEG MEDLEY
GARLIC BREAD
LEMON PUDDING

26
MEATLOAF
STEWED TOMATOES
ROASTED RED POTATOES
PEAS
OATMEAL RAISIN COOKIE

27
CHICKEN CORDON BLEU BAKE
WILD RICE PILAF
BROCCOLI
STRAWBERRY CAKE



29
CHEF SALAD
SHOESTRING BEETS
WHEAT ROLL
VANILLA PUDDING

30

Aging Well Opportunities

The Hub welcomes Callie Trampe as our new Fun & Wellness Manager. If you have not met her yet, please take a moment to introduce yourself. As we explore new programming opportunities, please feel free to make suggestions of things that interest you. We are happy to figure out if we can make that happen.

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

Callie Trampe, Fun & Wellness Manager
ctrampe@thehubsheridan.org or (307) 675-4953

Website www.thehubsheridan.org & Activities Calendar

Social Media follow 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 movements to improve cognitive abilities and increase overall strength, cardio conditioning, flexibility, and balance.

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).

Monday • Wednesday • Friday • 10:00-10:55 am
• \$5 voluntary 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 • \$5 voluntary contribution
• Fitness Room

Walk With AARP

Meet at the YMCA. No need to be a member of AARP or the Sheridan County YMCA. Walking indoors or outdoors depending on the group and weather. Call Amy with AARP at (307) 752-7538 for more information.

Tuesdays & Thursdays • 8:00-8:45 am
• YMCA Upstairs Walking Track

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
• voluntary contributions welcome • Zoom

Treadmill & Stationary Bikes

Stop by and get fit on a recumbent-stationary bike or treadmill. These pieces of exercise equipment are available when other Fitness Room activities are not in session. Please contact Fun & Wellness Coordinator at 675-4952 for further information.

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

OUTDOOR RECREATION

Come enjoy the great outdoors! Sign up required at thehubsheridan.org. Due to weather conditions (rain, snow, heat, smoke), we will choose our hikes a week before the anticipated date, then follow-up a couple of days before to verify or cancel the hike for those signed up. We will consider a range of locations this fall, including the SCLT trail system, prairie hikes east of Sheridan or up Little Goose Canyon Road, trails in the Big Horns, or maybe some trails we have not tried yet. Meet in The Hub Lobby by 9:30 am. We will be back by 4:30 pm unless otherwise communicated. Wear appropriate clothing, water, and lunch to enjoy on the trail.

Day Hikes

**September 9 and 26 • October 10 and 24 •
November 14 • 9:30-4:30 pm**

• \$5 voluntary contribution per outing • Hub Lobby

CREATIVE CORNER

Music Makers Piano Lessons

Have you always wanted to play the piano? Open to beginners and returning players who have a curiosity to play. Join Janet Ruleaux for an exciting interactive way to learn piano 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

Craft Fusion Haven

Talented, local artist Sharyn Siler will guide you in creating interesting junk journals, collage art, and

Aging Well Opportunities

more! Learn Gelli printing and other mixed media techniques. Bring your own ideas and share them with the class. There will be a charge for some kits. No sign up required.

Tuesdays • 9:30-11:30 am • \$5 suggested contribution

• Art Studio

Drum Circle

Join this dynamic group of percussionists! No experience needed. Bring your own instrument or borrow one of ours. No sign up required. Please note the Fall room change to the conference room.

Tuesdays • 10:00-11:00 am • voluntary contributions

welcome • Conference Room

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

Uke 'an Strum

All levels welcome. Music and basic instruction given. Ukuleles are 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 • Beginners 9:30 am • Jam Session 10:00-11:15 am • \$5 voluntary contribution • Café

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

Culinary Arts Club

Create delicious, healthy meals and learn new techniques with Amanda Munford and guests. Max 10 participants. Sign up required by the Thursday before each class either online at www.thehubsheridan.org or call Amanda at (307) 675-4952.

3rd Tuesdays • 2:00-3:00 pm • \$8 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

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 4 and 5 at 1:30 pm.

Tuesdays • Beginning Sept 3rd • 1:30-3:00 pm

• \$5 suggested contribution • Community Room

Auditions and Rehearsals are Scheduled for Young at Heart Players Melodrama



Are you interested in participating in our annual fun-filled, laugh-a-minute production? The Young at Heart Players will be getting ready for this year's production "The Pony Express" or "The Villain Came to a Grinding Halt" written by Rachel Davidson. Our first audition will be held Tuesday, September 3rd at 9:30 am in the Fitness Room at The Hub on Smith. There are roles for four males and seven females, and director Pat Tomsovic welcomes anyone interested in working backstage. Rehearsals will be held each Tuesday at 9:30 am, either in the Fitness Room or on stage in the Dining Room. A few additional rehearsals will be scheduled closer to the performance dates of Wednesday and Thursday, November 20th and 21st. The melodrama is sponsored by the WYO Theater through WYO Play. Any questions about the production can be referred to Pat Tomsovic at 307-752-9070.

Tuesdays • Beginning Sept 3rd • 9:30-11:00 am

• \$5 suggested contribution • Fitness Room

Aging Well Opportunities

Greeting Card Workshops Return in October

Create lovely, handcrafted cards utilizing special papers, die cast stamps, and additional unique techniques under the creative guidance of Instructor Heidi Roesler. No sign up required.

October 12th & November 9th • 12:30-3:30 pm
• \$7 suggested contribution each class • 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. Let's keep creating!

Monday-Friday • \$0.25 voluntary contribution per skein • Art Studio

GAMES

Billiards-Mondays through Fridays • 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-Fridays • 9:30am-Noon • \$5 voluntary contribution • Café

Hand & Foot-Tuesdays • 1:00-4:00 pm • \$5 voluntary contribution • Café

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

Join Sheridan Community Land Trust staff & special guest presenters for the following interesting and informative presentations. Community members are encouraged to share their personal memories or historical information about presentation topics. The Explore History program is generously funded by the *Next50 Initiative*.

Tuesday, September 10th • 10:00 am • Nancy Trabing Mickelson - "The Trabing Bros Freight Empire"
• \$5 voluntary contribution • Hub Café

Tuesday, October 8th • 10:00 am • Kim Ostermeyer - John Howard Conrad: His Legacy in Northern Wyoming and Montana • \$5 voluntary contribution • Hub Café

Tuesday, November 12th • 10:00 am • Jason Weston - "Scattered Pieces of History; Recognizing and Appreciating the Archaeology and History in Daily Life" • \$5 voluntary contribution • Hub Café

Scams 101 with the Sheridan Police Department

During each session, the Sheridan Police Department will teach you tips to recognize and protect yourself from scams. You 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.

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

Fall Prevention and Recovery Presentation

Celebrate Fall Prevention Month with this informative presentation with Ginny Rieger OTR/L, CHT, CLT, CMTPT, CPS of Advance Therapy that covers fall prevention and how to recover in the case of a fall.

Wednesday, September 18th • 10:00 am
• \$5 voluntary contribution • Fitness Room

Manchester Monday Coffee Tastings

Matt of Manchester St. Coffee is bringing us two opportunities to taste some of his wonderful, locally roasted coffee. Grab and Go at the Hub is proud to brew his delicious offerings.

Mondays, October 28th & November 11th • 10:00-11:30 am • voluntary contributions welcome • Lobby

Author Event with Aileen Gronewold

Three traumatic events jolted Aileen Gronewold from career professional to amateur caregiver. As her mother's dementia deepened, Aileen struggled to

Aging Well Opportunities

balance her marriage, sibling conflicts, and her own loss of identity. "Walking Mama Home" reveals both the joys and sacrifices of caring for a parent at the end of life."

Thursday, September 5th • 1:00-3:00pm • voluntary contributions welcomed • Community Room

CELEBRATIONS



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.

Thursday • October 31st • 5:00-7:00 pm
• Hub Parking Lot

Veterans Celebration

Come hungry and ready to be appreciated! The dedicated kitchen staff 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, and a special Military Presentation. Active and Retired Military eat for free. Registered Hub Patrons over 60 eat for a \$6 suggested contribution & \$10 fee for all others.

Monday • November 11th • 7:00-9:00 am with a special Patriotic Program at 8:30 am • Hub Café

Young at Heart Players present "The Pony Express" or "The Villain Came to a Grinding Halt"

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

Wednesday, November 20th & Thursday, November 21st
• 1:30-3:00 pm • \$5 voluntary contribution • Hub Cafe

SERVICES

It's that time again to review your Med D

Every year between Oct 15th and Dec 7th we recommend that you review your Med D prescription drug plan. It is open enrollment, so it is a great time to

see if all your drugs are covered and your pharmacy still accepts the plan you are on. If you would like to change your plan you can make an appointment at the Hub.

Also, if your spouse is eligible for Medicare but you do not qualify, you can talk with Nancy about getting insurance through the Marketplace (Affordable Healthcare Act). You may be able to get insurance with little to no premiums. Open Enrollment. Open Enrollment for the Marketplace is Nov 1st through Jan 31st. You can call the Hub on Smith at 307-672-2240 or call Nancy at 307-461-9009 for more information.

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 to schedule your appointment.

Wednesdays • 11:00 am-1:30 pm • voluntary contributions welcome • Lobby

Alterations by Marcine

Schedule your appointment today! Please call the Hub Front Desk at (307) 672-2240. Max 3 items. Sept 4, Oct 2, Nov 6 • 9:00-10:00 am • voluntary contributions welcome • Art Studio

Public Health Vaccine Clinic

Save the date! Check flyers and social media posts for details.

Wednesday, October 9 • 9:00 am to 12:00 pm
• Art Studio

Building Rental

Looking for an awesome meeting space? The Hub on Smith has rooms to rent after hours and on weekends. Room rates vary depending on the room. Please contact a Fun & Wellness Coordinator at 675-4952 for additional information or to reserve your space.

SILVER FOX SPONSOR

Wyoming 211 can connect you with:

- Medicaid, Medicare and Social Security eligibility assistance
 - In-home personal care and nursing
 - Caregiver support and respite
 - Housing options
 - And much more...

Call 211 for information, referrals & assistance

www.wyoming211.org



DAY BREAK

@ THE HUB ON SMITH

211 Smith Street, Sheridan



EXTENDED HOURS

SEPTEMBER

Saturday, Sept 7 - 9am-2pm

Thursday, Sept. 5 • 12 • 19 • 26 - 6pm-8pm

OCTOBER

Saturday, Oct 5 - 9am-2pm

Thursday, Oct 3 • 10 • 17 • 24 • 31 - 6pm-8pm

NOVEMBER

Saturday, Nov 2 - 9am-2pm

Thursday, Nov 7 • 14 • 21 • 28

At Day Break, our adult day care program at the Hub on Smith, we cherish celebrating each individual. We take pride in providing person-centered activities that nurture the spirit, encouraging individuality and independence. Available during Third Thursday street festival. To join, call to schedule for Day Break Enrollment.

Meals provided by



\$6 suggested donation

241 SMITH STREET



307 - 675 - 4968



VOLUNTEER OPPORTUNITIES

- **Café/Dining Room:** Servers, Silverware Prep, Bingo Helpers
- **Heritage Towers:** Lunch Servers/Clean-up
- **Home Delivered Meals:** Morning Bag Prep, Return Delivery, Frozen Prep
- **Trailblazers:** Activity Companions, Home Visitors
- **Fun & Wellness:** Yoga/Fitness Instructor(s)

If you are interested in becoming a volunteer, contact Marcie Morrow, Volunteer Coordinator

mmorrow@thehubsheridan.org

307-672-2240 x134

For more information, please visit:

<https://thehubsheridan.org/volunteer/>



The Hubcaps Choir won first place in the nonprofit division of the 2024 WYO Rodeo Parade. Do you want to join in on the fun?

We are looking for senior singers 60+!

Contact Suzie Hills at suzie.schatz@gmail.com for more information.

memorial & tribute gifts through July 31st, 2024

Thomas AtkinsonIn Honor Of Steve Reay
 Susan BigelowIn Honor Of John Bigelow
 Donna Bourne.....In Honor Of Marty Skatula
 Donna Bourne.....In Honor Of Bell Brackley
 Bonita CarlsonIn Honor Of Marie Semler
 Tom Dixon.....In Honor Of Ky Dixon
 Cathy FortierIn Honor Of Tom Wright
 Douglas GoodwinIn Honor Of Bell Brackley
 Lynette Frey Haggbloom.....In Honor Of Bell Brackley
 Lynette Frey Haggbloom.....In Honor Of Marty Skatula
 Larry HanftIn Honor Of Tom Wright
 Skip Israel.....In Honor Of Joe Tate
 Robert C. Johnson.....In Honor Of Patricia Mayberry
 Ryan & Ashley Koltiska.....In Honor Of Miff Koltiska

Ted LinkeIn Honor Of Bell Brackley
 Kim & Mary Kay LoveIn Honor Of Marty Skatula
 Kim & Mary Kay LoveIn Honor Of Tom Wright
 Robert Milner.....In Honor Of Miff Koltiska
 Sandy MooreIn Honor Of Marie Semler
 Virginia Nyback.....In Honor Of Marie Semler
 Pat RaderIn Honor Of Bell Brackley
 Gloria RinkerIn Honor Of Bell Brackley
 Leslie SchumanIn Honor Of Marie Semler
 Suzanne SorheimIn Honor Of Marie Semler
 Floyd Steadman.....In Honor Of Dick Green
 Gail Trask.....In Honor Of Marie Semler
 Charles WalterIn Honor Of Jack Pelissier

donors through July 31st, 2024

- Lenora Aksamit
- Rebecca Allen
- Teresa Araas
- Judy Artist
- Cheri Balkenbush
- Joseph Barani
- Suzanne Beaudelaire
- Carl Bender
- Judith Bobbitt
- Terry Bochmann
- Sandra Broom
- Rick Browne
- Janet Burtis
- Marion Cato
- Ronald Causer
- Rita Cherni-Smith
- Rick Clark
- Joyce Coates
- Mike Connell
- Ann Custis
- Ronald Dailey
- Marjorie Davey
- Lyle Davis
- Joyce Depue Muller
- Priscilla Dillon
- Tom Dixon
- John W Drake
- Dick & Patty Dunn
- Tom Elisius
- Robert Fall
- William Ferguson
- Barbara Fosmire
- June Fournier
- Ella Fredrickson
- Doyl & Jaci Fritz
- Miladine Giulio
- Bob Giurgevich
- Victoria Green
- Douglas Greenough
- A.D. Haeffner
- Larry & Vicki Hanft
- Larry Herman
- LuAnn Heward
- Carol Holland
- Dan Holwegner
- Elizabeth Howell
- Jeanine & Mark Jackson
- Linda Jackson
- Daryl & Judy Jennings
- Dorothy Johnson
- Mary Justice
- Donald & Louise Knievel
- Lori Kobielus
- Mark Koltiska
- Nancy Kosine
- Richard Kraft
- Daniel Kucera
- Ronald LoPorto
- George Lunbeck
- Steve Maier
- Diane Malkuch
- Dale Malstrom
- Timothy Maze
- Betty McKee
- Betty McKinley
- Patrick Meehan
- Patricia Miller
- Gary & Janine Mills
- Ron & Renetta Mischke
- Greg Morris
- Megan Neidig
- Dennis Nelson
- Julie Ann Norris
- Dan Norris
- Kitty Norris-Guile
- Kay Pearson
- Delores (Dee) Pelesky
- Dianna Perry
- Kirk Petty
- William Pfister
- Barbara Pomar
- Sharon Porter
- Terry Pruet
- Melvin Quick
- James Rapp
- William Rathburn
- Matthew Redle
- Sondra Rexroat
- Carmen Rideout
- Dan Riggs
- Barbara Sare
- Anita Schamber
- Marcyes Schmaus
- Linda Schwamb
- D Shabas
- Robert Shelley
- Marilyn Siegel
- June Simon
- Joe Skatula
- Mary Smith
- Jalene Sorenson
- Anthony Spiegelberg
- Dean States
- Floyd Steadman
- Rosemary Storey
- Timothy Tarver
- Hardy & Patsy Tate
- Connie Thill
- Kenneth Thoma
- Joyce Thompson
- Christine Valentine
- Judith Vernon
- Georgia Vos
- Bessie Warnke
- Richard Warren
- Gerard Weber
- Harry Wells
- Bertha Willey
- Evelyn Williams
- Patricia Wolfe
- Thomas Wollenzien
- Alphagraphics
- Arete Design Group
- Black Mountain Nordic
- Bob's Pest Control
- Crowley Fleck PLLP Attorneys
- Du West Construction LLC
- E. C. & Edith Gwillim Memorial Fund
- Eye Care of the Big Horns, LLC
- First Christian Church
- First Interstate BancSystem Foundation
- First Presbyterian Church
- Lee's Auto Repair
- Senator D. Bruce Burns
- Sheridan Community Federal Credit Union
- Sheridan Honda
- Sugarland Dental PC
- The Woods Interiors/Flooring America
- Trubuilt Builders, Inc.
- WS Ranch

THANK YOU FOR YOUR INCREDIBLE SUPPORT!

We are thrilled to announce that, thanks to your generosity, **we have raised over \$37,000 for our Operation Independence campaign!** Your contributions are making a significant impact, allowing seniors in our community to thrive at home.



It is an honor to receive your gift! If by chance we have unintentionally missed you on the acknowledgement list please forgive us, and always feel free to give us a call with questions or concerns at (307) 672-2240.



NON PROFIT
ORGANIZATION
US POSTAGE PAID
SHERIDAN WY 82801
PERMIT #41

211 Smith Street
Sheridan, WY 82801

Return Service Requested

Center Stage is published quarterly. A suggested contribution of \$6 renews hardcopy mailings. Center Stage can also be emailed to you or you can view it online at www.thehubsheridan.org. Contact our front desk at 672-2240 for assistance.

CONTACT US TODAY

Main Phone: (307) 672-2240

Caregiver Support:
(307) 672-2240 x121

Day Break: (307) 675-1978

Help at Home: (307) 675-1978

Home-Delivered Meals:
(307) 675-4949

Support Center: (307) 672-2240

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

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

Tongue River Valley Services:
(307) 655-9419

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.

50 YEARS CELEBRATION

Thursday, September 26th | 5-8pm

JOIN US FOR THE HUB 50 YEARS CELEBRATION!

For 50 years, The Hub on Smith has been dedicated to serving older adults in Sheridan County. From humble beginnings—meals at the Salvation Army and one senior transportation van—The Hub now serves over 100,000 meals and provides 56,000 rides annually. Our purpose is to help seniors thrive at home for as long as possible, allowing them to age in place, stay physically and emotionally healthy, and actively engage with the community.

Highlights of the Event:

- **Interactive Open House:** Explore our programs and see firsthand the impact we've made over the years.
- **Food and Drink:** We are so excited to celebrate this milestone with you!
- **Giving Opportunities** Learn how you can contribute to our mission and support our future growth.

Don't Miss This Milestone Celebration!

Date: Thursday, September 26th
Time: 5-8 PM **Location:** The Hub on Smith, 211 Smith St.