



If there's one thing Family Caregiver Coordinator Emily Gorham - Keith has learned in her years as both a professional and personal caregiver, it's this: the only constant is change.

Accepting Change

Emily's caregiving journey spans multiple relationships over many years—caring for her mother, a live-in caregiver for a community member, and now for her husband, who is living with dementia. “Each of those is a different walk,” she says. “And my walk with my husband is going to be different than anyone else's, because everybody's walk is constantly changing.”

The Cost of Denial

Many families, Emily says, don't seek help until they're in crisis. Sadly, she finds people come to The Hub much later than they should. It's human nature—people want things to stay the same. Accepting the reality of change can feel like giving something up, grieving the life you used to have, and that's hard. Emily knows that reluctance firsthand. She recalls a moment early in her husband's illness when she found herself finally admitting to others where her and her husband

were at. “We went into the living room, and I turned to [a friend] and said, ‘Well, now you know, Ron has dementia,’ which was humiliating. I was embarrassed that I hadn't fully come to accept that this was the walk we were doing, and I didn't want to do it.” But once she acknowledged it, she could start addressing it.

Finding Strength in Awareness, Education, and Support

For Emily, acceptance is just the first step. Education comes next—learning about the illness, its progression, and what her loved one is experiencing. This helps her interpret behaviors differently and respond with patience. “The ‘stink face’ my husband gives me isn't really about me — it's him trying to process what I've said...That gives me patience.” She also stresses the power of support groups, shared experiences, and shared language. “You can't do this alone.”

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Change at The Hub

This has been a year of change for The Hub. For 25 years there was an executive director that was a steady presence in leading the vision and direction of senior services in Sheridan and in May we lost that constant that us as staff and the community were used to. And in a very short time, the newly hired executive director stepped down—two large changes in a short time.

In the midst of the leadership change has been unrest in the world of non-profit funding from a national and state level that has all of us keeping a close eye on funding and legislation changes.

All of this is unknown, and we would be lying if we said we weren't experiencing some of the anxiety that comes from so much unknown. While we cannot predict the future, there are many things that *are* known and those are the things that help us navigate the every day. Here are a few things we know:

- The direct funding to The Hub from the Federal Government did not get cut for the next fiscal year - this is great news!
- Our incredible staff continue to serve over 3,400 older adults in the community through our diverse programming.
- Your community support is as strong as ever. We are so grateful for those who believe in our mission and volunteer, donate, and advocate for senior services in Sheridan County.

We know there is still some unknown, and we are all anxiously awaiting our next executive director, but in the meantime, we feel confident in the future of The Hub. Lots of change and an equal amount of hope for what's to come!

With gratitude,

CAREGIVER SUPPORT

For information about Family Caregiver Services or to sign up, contact a Family Caregiver Coordinator:

Emily Keith 307-672-2240 x122
egorham-keith@thehubsheridan.org

SUPPORT GROUPS

Caregiver Support Group Meetings

Mondays, 9:30-11:00 am, Hub 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

CONTINUED FROM PG 1

You need people who've walked the same road, who understand the craziness and heartbreak of this world you're in. That shared meaning is powerful—it helps you make tough decisions and eases the grief and guilt later, because you know you did the best you could."

Emily describes Family Caregiver Support Group at The Hub as "sophisticated, not because of what they wear and the language they use, but sophisticated in their awareness of where they are and what they're doing...and being a caregiver and receiving education in that process and is an opportunity to get a window into that world that [your care receiver] is living in. And so with the support group, you learn compassion and some wisdom."

Why Acceptance Matters for Everyone

In her role at The Hub, Emily encourages caregivers to reach out early, before burnout sets in. Whether through one-on-one conversations, resources, or support groups, her goal is to give caregivers both a safe place to talk and practical tools to cope. "Caregiving isn't easy, but it is a gift," she reflects, believing that the more quickly we can accept the changes—invited or not—the sooner we can respond in ways that help both the caregiver and the care receiver.

Her advice is simple, but not easy: Accept where you are. Learn what you can. Share the load. Each of these things will help you keep going strong through a hard season of life.



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Now taking 24 hour reservations on our door-to-door service. The furthest out we can accommodate your trip request is 2 weeks. Please call us when your appointment is within 2 weeks and we'll take care of you.

TIPS FOR NAVIGATING CHANGE AS YOU AGE



OPEN COMMUNICATION

Keep an open dialogue with family and caregivers



SEEK SUPPORT

Reach out to healthcare professionals and support networks



EDUCATE YOURSELF

Stay informed about your health and available resources



FOCUS ON CONTROL

Concentrate on what you can control



ACCEPTANCE

Acknowledge and adapt to changes

CALL FOR SUPPORT AND RESOURCES
672-2240

GOLDEN YEARS SPONSOR

TRACEY HEWITT
Admissions & Marketing Director
(307) 673-3734
CELL (307) 752-9790
FAX (855) 896-7642
tracey_hewittadams@LCCA.com

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Health Care Center

Saddle Ridge
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1990 West Loucks Street
Sheridan, Wyoming 82801

LCCA.com

STEVE SCHMIDT
Social Service Director

(307) 673-3746
FAX (855) 896-7642
steven_schmidt@LCCA.com



HOW CAN THE SUPPORT CENTER HELP YOU?

The Support Center at The Hub serves as the central point of connection to services for our patrons. Here's how the team can get you what you need...

Front Desk Team welcomes both new and returning patrons, providing a warm, helpful introduction to The Hub's offerings.

Intake Specialists register and guide you through the services offered at The Hub, ensuring you have the information and resources you need.

Care Coordinators assist you in accessing services through programs like the Wyoming Home Services Program, the Community Choices Medicaid Waiver Program, and the National Family Caregiver Support Program.

The Loan Closet offers a variety of assistive devices—such as walkers, canes, and wheelchairs—that can be checked out for a suggested donation, helping you maintain your independence and mobility.

Volunteer Openings

Looking for a way to make a difference this fall? The Hub on Smith has a variety of volunteer opportunities where your time and talents can



brighten someone's day!

*We ♥ our
Volunteers*

Café Dining Room

Help create a warm, welcoming dining experience for our guests! From setting up and serving meals to cleaning up afterward, your support keeps things running smoothly.

- **Breakfast Service:**

7:00 – 9:00 AM

- **Lunch Service:**

11:30 AM – 1:00 PM

Home Delivered Meals

Deliver more than just a hot meal—you'll also bring a friendly face and a moment of connection. Routes take about an hour and can fit your schedule: once a week, once a month, or as you're able.

- **Open Route: Fridays**
- **Substitute Drivers**
- **Bag Preparation: Mornings**

Fun & Wellness

Love games, crafts, fitness, music, or social activities? Share your energy and enthusiasm with seniors at The Hub! Whether it's leading a simple stretch class, hosting bingo, helping with arts and crafts, or just being a friendly face during group activities, your time and energy can make a big difference in someone's day.

- **Fitness Instructor**
- **Yoga Instructor**

Trailblazers

Join our Trailblazer team to help seniors stay connected and engaged by offering companionship and encouragement during meals and activities at The Hub.

Snow Patrol

We're looking for volunteers to join our Snow Patrol team and help clear snow for community members who are physically unable to do it themselves. Last winter, over 60 Sheridan residents needed assistance—and this year, we're expecting even more. Your help could make sidewalks safer, prevent falls, and provide peace of mind for seniors and those with limited mobility.

Parking Lot Clean-Up

Before or after Lunch service - pick up trash, sweep debris out of corners, general clean-up. Not a huge undertaking but some help would be greatly appreciated!

Special Talent/Skill

Do you have a unique gift to share? Music, art, storytelling, crafts, dance, gardening, tech tips—anything that could brighten a senior's day—we'd love to have you join us!

Ready to Volunteer?

Contact: Callie Trampe
ctrampe@thehubsheridan.org
(307) 675-4953

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 Labor Day Hot Hamburger Sandwich Mashed Potatoes Beef Gravy Corn Rice Krispie Bar	2 Spaghetti with Meat Sauce Normandy Veg Garlic Bread Chocolate Cake	3 BBQ Chicken Sandwich Chips Green Beans Sugar Cookie	4 Chef Salad Pickled Beets Wheat Roll Tropical Fruit	5 Swedish Meatballs Egg Noodles Cascade Veg Roll Vanilla Pudding
8 Beefy Mac & Cheese Cascade Veg Wheat Roll Apple Slices	9 Chicken Alfredo Garlic Bread Green Beans Chocolate Brownie	10 Open Faced Turkey Sandwich Mashed Potatoes Turkey Gravy Veg Medley Tapioca Pudding	11 Beef Barley Soup Veg Medley French Bread Peaches and Cream	12 Baked Ham Baked Potato Normandy Veg Roll Chocolate Chip Cookie
15 Salisbury Steak Mushroom Gravy Savory Rice Carrots Chocolate Pudding	16 Country Chicken Fritter Mashed Potatoes Country Gravy Green Beans Ambrosia	17 Sloppy Joe Tater Coins Veg Medley Rocky Road Pudding*	18 Ham & Macaroni Bake Green Beans Oatmeal Raisin Cookie	19 Dill Salmon Wild Rice Pilaf Cascade Veg Spice Cake
22 Cheeseburger Potato Wedges Carrots Butterscotch Pudding	23 Spaghetti and Meatballs Garlic Bread California Veg White Cake	24 Sausage Gravy & Biscuit Scrambled Eggs Roasted Zucchini Tropical Fruit	25 Green Chili Chicken Enchilada Bake Mexican Rice Corn Peanut Butter Cookie*	26 Lasagna Caesar Salad Veg Medley Garlic Bread Tapioca Pudding
29 Chicken Stir Fry Brown Rice Sesame-Ginger Zucchini Almond Cookie*	30 Meatloaf Stewed Tomatoes Baked Potato Veg Medley Chocolate Pudding			

*Item contains nuts



October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Baked Potatowith Chili Broccoli andCheese Sauce GardenSalad Oatmeal Raisin Cookie	2 Baked Ziti with Italian Sausage Roasted Zucchini Tropical Fruit Cocktail	3 Chicken Fried Steak Mashed Potatoes Country Gravy Green Beans Chocolate Chip Cookie
6 Beef Stew Wheat Roll Scandinavian Veg Peaches and Cream	7 Open-Faced Turkey Sandwich Mashed Potatoes Turkey Gravy Seasoned Peas Spice Cake	8 Beef Enchilada Bake Cilantro-Lime Rice Southwest Corn and Black Beans Butterscotch Pudding	9 Shrimp Stir Fry Brown Rice Sunshine Carrots Spring Roll Mandarin Oranges	10 Spaghetti and Meat Sauce Normandy Veg Garlic Bread Chocolate Cake
13 Baked Chicken Thighs Cheesy Broccoli Rice Carrots Tapioca Pudding	14 Glazed Ham Mashed Sweet Potatoes Cascade Veg Wheat Roll White Cake	15 ChickenTenders MashedPotatoes CountryGravy Corn CinnamonPears	16 Meatloaf StewedTomatoes BakedPotato GreenBeans Peanut ButterCookie*	17 Chicken Fettuccini Alfredo Garlic Bread Broccoli Pudding
20 Chili and Cinnamon Roll Cascade Veg Tropical Fruit	21 Beef Stroganoff Egg Noodles Peas & Carrots Garden Salad Oatmeal Raisin Cookie	22 TacoSalad Mexican Green Beans ButterscotchPudding	23 Turkey NoodleCasserole Cauliflower GardenSalad Fruit PuffPastry	24 SalisburySteak MashedPotatoes BeefGravy ScandinavianVegetables YellowCake
27 Chicken Cordon Bleu Bake Brussels Sprouts Wheat Roll Sliced Pears	28 Cheeseburger Potato Wedges Garden Salad Rocky Road Pudding*	29 Chicken Marsala over Pasta Roasted Zucchini Garlic Bread White Cake	30 Maccaroni,Cheese, and HamBake GreenBeans Carmel Pecan Cookie	31 Halloween Steak Fingers Mashed Potatoes Beef Gravy Corn Cinnamon Pears

*Item contains nuts



November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	31
3 CheesyHamand PotatoChowder CascadeVeg Roll Fruit	4 Green Chili Chicken Enchilada Bake Refried Beans Corn Butterscotch Pudding	5 Roast Beef Mashed Potatoes Beef Gravy Green Beans Sugar Cookie	6 Chicken Alfredo Garlic Bread Vegetable Medley Caesar Salad Applesauce	7 Fish & Chips Coleslaw Carrots Tropical Fruit
10 BakedChicken Thighs RoastedRed Potatoes VegMedley ChocolateChip Cookie	11 Veterans' Day Pork Roast Pork Gravy Roasted Sweet Potatoes Cauliflower YellowCake	12 Beef Stroganoff Egg Noodles Broccoli Wheat Roll Fruit	13 Chicken Noodle Soup Roll Normandy Veg Oatmeal Raisin Cookie	14 Chicken Fried Steak Mashed Potatoes Country Gravy Carrots Rocky Road Pudding*
17 SwedishMeatballs Egg Noodles SteamedBeets TapiocaPudding	18 TeriyakiChicken FriedRice Stir FryBlend Veg AlmondCookie*	19 Cheesy Beef and Noodle Casserole Normandy Veg Garden Salad Tropical Fruit	20 Hot Hamburger Sandwich Mashed Potatoes Beef Gravy Carrots Rice Krispie Bar	21 Vegetable Beef and Barley Soup French Bread Garden Salad Fruit Cocktail
24 Shrimp Scampi Wild Rice Pilaf Veg Medley Garlic Bread Lemon Pudding	25 Meatloaf Stewed Tomatoes Roasted Red Potatoes Peas Oatmeal Raisin Cookie	26 Chicken Cordon Bleu Bake Wild Rice Pilaf Broccoli Chocolate Cake	27 Thanksgiving Roast Turkey Mashed Potatoes Turkey Gravy Stuffing Cranberry Sauce Green Bean Casserole Pumpkin Pie Bars	28 Chef Salad Shoestring Beets Wheat Roll Vanilla Pudding

*Item contains nuts

Thanks
Giving



Aging Well Opportunities

As we shift from summer to fall, The Hub offers support and fun activities during all seasons of life.

Change and age often come together. While life changes may be hard and intimidating, a good friend or enjoyable activity can make a difference. The Fun and Wellness department is offering a variety of fitness classes, games, learning opportunities, and entertainment to fit your lifestyle. Find something familiar like Dominoes or Crocheting. Or change it up with different activities like Bingocize and Tap Dance. Change is not always bad; you might find your new passion! If you would like to share your talents with patrons at the Hub, you can volunteer to host a class. Please contact Callie, the Fun & Wellness Manager, to discuss the possibility!

CALL : Callie Trampe | (307) 675-4953
ctrampe@thehubsheridan.org

FIND OUR EVENTS ONLINE AT
www.thehubsheridan.org
and follow us on Facebook & Instagram



FITNESS

Rise and Shine Gentle Yoga

Join us for this gentle yoga class that is good for your mind, body, and soul. Everyone is welcome, as moves are modified to fit your ability!

Tuesdays • 8:00 to 8:30 am • \$5 voluntary contribution
• Fitness Room

Bingocize®

Certified Bingocize instructor Callie Trampe will be leading this exciting class that combines functional exercise and the beloved game of bingo! If you are unsure of traditional fitness classes or want a fun way to get moving, try this new form of activity and mental exercise. This 10-week class is limited to 20 participants, and registration closes after the third session due to the program's progressive nature.

Sign up required online at www.thehubsheridan.org
or call Callie at (307) 675-4953.

Tuesdays and Fridays beginning October 7

• 11:00 – 11:45 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 to 9:30 am • \$5 voluntary contribution
• Fitness Room

Happy Feet Cardio Dance

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

Monday • Wednesday • 8:00 to 8:50 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. Chairs are available to help with stability during class. All levels are welcome to attend.

Monday • Wednesday • Friday • 9:00 to 9:50 am \$5
voluntary contribution • Fitness Room

BAMM! Chair Exercise

Moves focus on improving cardio, strength, balance, and flexibility, helping participants maintain independence in daily life. Chairs are used to help with stability during class. All levels are welcome to attend.

Monday • Wednesday • Friday • 10:00 to 10:50 am • \$5
voluntary contribution • Fitness Room

Walking Club at the Y

No need to be a member of the YMCA to participate. Mention you are a Registered Hub Patron at the YMCA's Front Desk, head to Gym 3, and get your walk in!

Tuesdays • 9:00 to 10:00 am • YMCA Gym 3

Virtual Gentle-Stretching Yoga

Donna Stubbs, a Yoga practitioner with 20 years of experience, leads this whole body, mind, and spirit class.

The class meets on Zoom two times weekly.

Thursdays 5:30 pm & Sundays 5:00 pm • voluntary contributions welcome • Zoom

For more information about virtual yoga
and to register, email Donna at
donna@thefiberhouse.com
or call (307) 763 – 1974

Aging Well Opportunities



OUTDOOR RECREATION

Join Callie Trampe and Steve Stresky for some fun fall adventures! Explore the season, connect with others, and enjoy the outdoors. Space is limited — sign up today at

www.thehubsheridan.org or email ctrampe@thehubsheridan.org.

Each trip will be confirmed a few days in advance and may be canceled, rescheduled, or relocated due to weather or road conditions. Registered participants will receive all updates directly. Please dress for the weather, and don't forget water and a packed lunch to enjoy on the trail. We'll meet at The Hub at 9:30 a.m. to organize carpooling and plan to return by 4:30 p.m.

Select Thursdays:

Sept 4 & 18 | Oct 2, 16 & 30 | Nov 13

Meet at 9:30 AM in The Hub Lobby

\$5 voluntary contribution

Join us for fall outings filled with fresh air, great company, and beautiful views!

Stitch, Please! Sewing Group

Bring your own sewing machine and join us. You are welcome to work on your own projects or share a project with the group!

Fridays • 1:00 to 4:00 pm • \$5 voluntary contribution • Art Studio



CREATIVE CORNER

IT'S BACK! Tap Dance with Jennifer Kahm

A tap dance class for all levels. Come expecting to learn basic tap steps, and simple choreography. We'll keep things simple and fun.

Tuesdays • 10:30 to 11:30 am • \$5 Voluntary Contribution • Fitness Room

Music Makers Piano Lessons

Always wanted to play piano? Beginners and returning players welcome! Join Janet Ruleaux for a fun, interactive way to learn anytime. Two sessions available. Handicap accessible. Call Janet at 307-752-5312 to sign up.

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

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 to 3:00 pm • \$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 of the month • 2:00 to 4:30 pm • \$5 voluntary contribution • Community Room

Uke n' Strum

All levels welcome! Ukuleles available to try in class. Get free digital instructions and music, or purchase printed materials for \$10. New members can start at 9:00 a.m. for beginner lessons. Contact Barb at 675-4968 to learn more or sign up.

Fridays • Beginners 9:00am • Jam Session 9:30am to 11:00am • \$5 voluntary contribution • Community Room

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Aging Well Opportunities



CREATIVE CORNER

(continued)

Woodcarvers Group

Carve together. All levels welcome! Members of the group share how-to's and tools. Contact Callie at 675-4953 for door code to attend.

Meets on the 1st, 3rd & 5th Saturdays each month • 9:00 am to 12:00 pm • \$5 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.

Contact Callie at 307-675-4953 for door code to attend. On the 2nd Saturday, monthly • 12:30 to 3:30 pm • \$7 fee per class paid to instructor • 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 through Friday • \$1 voluntary contribution per skein • Art Studio

GAMES



Billiards: Monday - Friday

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

Cribbage: Wednesdays

• 9:30 am-11:30 am • \$5 voluntary contribution
• Dining Room

Double Deck Pinochle: Mondays

• 12:30 pm -3:30 pm • \$5 voluntary contribution
• Community Room

Dominoes: Fridays

• 9:30 am - 12:00 pm • \$5 voluntary contribution
• Dining Room

Hand & Foot: Tuesdays

• 1:00-4:00 pm • \$5 voluntary contribution
• Dining Room

Poker: Thursdays

• 1:00pm-3:00pm • \$5 voluntary contribution
• Dining Room

Table Tennis: Monday, Wednesday, Friday

• 1:00-2:00 pm • \$5 voluntary contribution
• Fitness Room

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2nd TUESDAYS, MONTHLY

December 10 | January 14 | February 11



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Aging Well Opportunities

LEARNING

NEW! Book Reading & Signing with Abbie Taylor

Sheridan resident and Hub patron, Abbie Taylor, will be presenting portions of her new book, "Living Vicariously in Wyoming: A Collection of 25 Short Stories." Her stories will leave you feeling encouraged, entertained, and joyful. Come support Abbie as she reads about her experiences in Wyoming!

Monday, September 8 • 10:30 am • \$5 voluntary contribution • Dining Room

NEW! Presentation on Pandemic, Flu & Other Vaccines

Which vaccines should you get this year? Ed Hinzman, Ph.D. is the Public Health Response Coordinator for Sheridan. He will present on necessary vaccines to keep older adults safe.

Tuesday, September 23 • 10:30 am • \$5 voluntary contribution • Dining Room

What's Up Doc?

Be sure to stop by the Hub Cafe every first Tuesday to hear a special presentation by local Sheridan physicians. Topics will cover a variety of health issues related to aging and well-being. Both a public and private Q&A session will follow the presentation.

Monthly on 1st Tuesday • 10:45am • \$5 voluntary contribution • Dining Room

Heart Health with Tanja Sloan

September 2 • 10:45 am

Rheumatoid Arthritis with Dr. Turnbough

October 7 • 10:45 am

Sheridan Hospital Wound Care Team

November 4 • 10:45 am

Advocacy and Resource Center

Presentation on Elder Abuse

Abuse can happen to anyone, even aging adults. Each year, a high percentage of elders experience physical, emotional, financial, and other types of abuse or neglect. The Advocacy and Resource Center is kindly presenting on this topic, and you will not want to miss it!

Tuesday, November 18 • 10:00am • \$5 voluntary contribution • Dining Room

Grief & Loss Support Group

Grief is a natural response to losing something or someone important, whether it's recent or from years ago. This group offers a safe, compassionate space for those grieving, whether from death, divorce, illness, or other significant losses. Grief is different for everyone, and here you'll find support as you navigate the emotional and physical challenges that come with loss. Group Facilitators: Juli Fiskus, MSW LCSW and Jack Vernon MSW retired

Call Front Desk to Register at 672-2240

Thursdays • 10:00am • \$5 voluntary contribution • Conference Room

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.

"Artifacts of the Big Goose Creek Walking Trail"

Tuesday, September 9 • 10:00 am- Come explore the artifacts that pertain to the historical sites of the Big Goose Creek walking tour. Museum at the Bighorns Museum Director, Carrie Ida Edinger will share visuals of photographs, objects and other items from the museum's collection • **\$5 voluntary contribution • Dining Room**

"Mr. Edward A Whitney and His Collection"

Tuesday, October 14 • 10:00 am- Museum at the Bighorns Museum Director, Carrie Ida Edinger will share some of the history of Mr. Edward A. Whitney during his time in Sheridan • **\$5 voluntary contribution • Dining Room**

Film Screening in Honor of Native American Heritage Month"

Tuesday, November 11 • 10:00 am- Film honoring Native American heritage is to be determined • **\$5 voluntary contribution • Dining Room**

Scams 101 with the Sheridan Police Department

The Sheridan Police Department will share tips to help you recognize and avoid scams, plus what to do if you suspect one and the information needed to report it.

1st Thursdays of the month • 11:00 to 11:30 am

• voluntary contributions welcome • Dining Room

Aging Well Opportunities

LEARNING

Nutrition Education:

“Nutrition and Vision – Beyond Carrots”

Dietician Georgia Boley will give a short presentation about what foods and nutrients help support our vision. Learn what supplements might be best, along with foods and recipes to help maintain or improve your eyesight!

Wednesday, October 22 • 11:30 am

• \$5 voluntary contribution • Dining Room

Antique Roadshow

Local collectors Ken & Sue Heuerman, Wayne Sullenger, and Darla Judes will estimate the value of your treasured item. Limited to 30 guests, one item each. Drop off at 12:00 p.m., presentation at 1:00 p.m.

3rd Wednesdays of the month • 1:00 pm

• \$5 voluntary contribution • Community Room



CELEBRATIONS

Veteran's Day Breakfast

For our veterans, The Hub is offering a special breakfast on November 11. Come and be fed, celebrated, loved, and appreciated. Thank you for your service!

Tuesday, November 11 7:00 am to 9:00 am

• \$5 voluntary contribution • Dining Room

Hubcaps Veterans Day Performance

In place of the usual Christmas sing-along, the Hubcaps are having a special Veterans Day performance in November! Come enjoy “Liberty,” a non-political musical celebration of freedom that honors our veterans.

Performances will be held at the WYO Theater in Sheridan, not at The Hub.

Tuesday, November 11 • 1:30 pm and 6:30pm

• \$5 voluntary contribution • WYO Theater

SERVICES



Fall Vaccine Clinic

Stop by the Art Studio for your fall vaccines. Most major insurance is accepted.

Wednesday, October 1 • 9:00 am - 12:00 pm

• Art Studio

SERVICES



Alterations by Marcine

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

1st Wednesdays • 9:00 to 10:00 am • voluntary contributions welcome • Art Studio

Facility Rentals at The Hub on Smith

Need a great space for your next meeting, class, or event? The Hub offers a variety of rooms for rent after hours and on weekends—including the Community Room, Art Studio, Fitness Room, and Dining Room. Rental rates vary based on room and time. For more information or to reserve a space, contact us today! **Callie Trampe | (307) 675-4953**

ctrampe@thehubsheridan.org

Special Enrollment: Medicare & Marketplace



**October 15 –
December 7, 2025**

- Appointments with Nancy, Rita, & Terry
- ⌚ 10:00 am – 3:00 pm
- ♥ Voluntary contributions welcome



Important Medicare Basics

- | | |
|---|---|
| <ul style="list-style-type: none">✓ Medicare A—Medical Care
Free if you've worked at least 10 years✓ Medicare B—Medical Care
Doctors, labs, outpatient surgery, equipment
2025 premium: \$185/month
Yearly deductible: \$257
Covers about 80% of costs (copays may apply)✓ Medicare C—Advantage Plans
Private insurance alternative to A & B○ Uses your Part B premium to cover costs | <ul style="list-style-type: none">☐ Medicare D—Prescriptions
Penalty if you delay enrollment without other coverage💡 Extra Help
= Low income? Medicaid may help with premiums and costs🎯 Extra Help
• Low income? Medicaid may help with premiums and costs
• Retired early and not eligible for Medicare? You may qualify for Marketplace insurance |
|---|---|

Medicare does **NOT** cover dental or vision care

Memorial & Tribute Gifts

through August 15, 2025

IN MEMORY OF DIANA MCDUGAL

Peter Bartram

Douglas F. Schmidt

IN MEMORY OF RAY STROUP

Bette Hess

Janet Miller

IN MEMORY OF COLONEL JOHN FRADET

Carol Holland

IN MEMORY OF DALE RODNEY MALSTROM

Allen Nixon

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Dementia Friendly Wyoming 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. Led by Heather Comstock, MSc in Dementia Studies, and incorporating perspectives from the dementia community, the workshops offer a comprehensive learning experience focused on understanding challenges, practical care strategies, and connecting with a supportive network.

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

Beyond the Five Senses: Understanding Sensory Experiences in Dementia

Wednesday, September 10th, 2025

10:00 am - 11:30 am • Community Room

Join us for a workshop on the complex sensory world of dementia. Learn how changes in sight, sound, and touch impact perception, why some experiences may feel real to the person but not to others, and how to respond with empathy. Gain practical tools to create comfortable spaces, foster connection, and support those facing often-invisible sensory challenges.

When Social Connections Change: Understanding Social Changes in Dementia

Wednesday, October 1st, 2025

10:00 am - 11:30 am • Community Room

This workshop explores how dementia-related cognitive changes impact social understanding and emotional responses. Learn how shifts in recognizing facial expressions, tone, and social cues can affect empathy, motivation, and behavior—and discover practical strategies to adapt communication and foster supportive interactions.

Beyond Memory:

How Dementia Affects the Body

Wednesday, October 8th, 2025

10:00 am - 11:30 am • Community Room

This workshop explores how dementia affects the body, from movement and coordination to automatic functions like sleep, temperature, and blood pressure regulation. Learn how changes can impact daily tasks like dressing, eating, and toileting, and discover practical ways to adapt routines, create safer environments, and know when to seek extra support.

Knowing the Person:

Values-Based Care and Decision Making

Wednesday, November 5th, 2025

10:00 am - 11:30 am • Community Room

This workshop explores how understanding a person's values and preferences can guide care decisions, both big and small. Learn how to involve individuals in shared decision-making, even as abilities change, and gain tools for navigating tough conversations with clarity and compassion—ensuring care reflects what matters most to them.

The Only Constant is Change:

Building Your Support Plan

Wednesday, November 12th, 2025

10:00 am - 11:30 am • Community Room

This workshop focuses on preparing for the constant changes that come with dementia. Learn what transitions to expect, how to assess your current resources, and ways to build flexible support plans before a crisis hits. Gain practical tools to plan ahead, reduce overwhelm, and navigate the journey with greater confidence.



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This document was developed under a grant from the U.S. Department of Health and Human Services, Administration on Aging, and the Wyoming Department of Health, Aging Division. However, these contents do not necessarily represent the policy of the U.S. Department of Health and Human Services or the Wyoming Department of Health, and you should not assume endorsement by the Federal or State government.



For 34 years, The Hub's Day Break program has been a trusted, welcoming space for older adults who cannot spend the day alone. It's a place filled with meaningful activities, companionship, and compassionate care—giving participants purpose and caregivers peace of mind.

Who are our guests? Teachers, bankers, engineers, healthcare professionals, parents, and more. They represent every income level and have a variety of needs. Some join us after a stroke or fall, others need a little help with daily activities like bathing. Many come simply to enjoy social connection and engaging programs.

Day Break also offers caregivers the gift of time—whether to rest, work, or tend to other responsibilities—knowing their loved one is cared for by a skilled, dedicated team.

*If someone you love could benefit from connection, care, and community,
contact our Day Break Director, Barb, at 672-2240 x135.*



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