

Caregiver Update

The Hub on Smith



April

Spring Into Support: What's New for Caregivers



Financial Assistance Available

Our Family Caregiver and Older Relative Caregiver programs are growing, and we are now able to offer limited financial assistance this year for:

- **Respite care**
- **In-home assistance**
- **Accessibility accommodations**

If you or your loved one is facing an upcoming medical procedure or another major stressor, please contact:

Emily Gorham-Keith, Care Coordinator
(307) 672 - 2240 ext. 122

egorham-keith@thehubsheridan.org

Caregiver Lending Library & Supplies

Heather Comstock, MSc, has recommended several helpful books and comfort accessories that will be available through our Caregiver Lending Library (CLT).

We are also expanding our inventory of more user-friendly incontinence and accessibility supplies.

To request items or learn more, please contact:

Emily Gorham - Keith, Care Coordinator

307-672-2240 ext. 122

egorham-keith@thehubsheridan.org

In-Home Support Services

The Hub – Help At Home

(307) 675-1978

Provides homemaking, personal care, respite, and medication management services.

Call to determine eligibility for sliding scale, VA, Family Caregiver (FCG), or private pay options.

Hands 2 Help

(307) 401-3245

hands2help.com

Now offering in-home services in Sheridan.

Busy Bees (Jennie Miller)

(307) 675-8875

Personalized in-home services tailored to you and your loved one's needs.

Devoted To Home

307-461-9055

Provides Home Health Care, Personal Care, Hospice.



Insurance Benefits You May Already Have

If you are 65+ and have supplemental insurance, the following services are often covered:

- *Physical Therapy*
- *Occupational Therapy*
- *Speech Therapy*
- *Counseling*

Contact your healthcare provider to confirm coverage and ask whether they accept your insurance.

Some local practitioners also offer in-home consultations and visits for added convenience.



Need Someone to Talk To? Call 988

Caregiving is a big responsibility, and it's okay to need support. If you're feeling sad, uncertain, or just need a compassionate listener, help is always available.

Call 988 for free, confidential support.

Free Civil, Probate and Family Legal Advice

Sheridan County Courthouse
224 S. Main Street, Sheridan

1st & 3rd Thursdays, Monthly
2:00 PM – 4:00 PM



Thursday, April 2nd and 16th

Free attorney assistance is available on a first-come, first-served basis for help with simple forms and general legal information. Caregiving often brings unexpected legal challenges. Without long-term planning, custody, or guardianship arrangements, caregivers may face obstacles enrolling a grandchild in school, making medical decisions, managing estates, or accessing financial and health insurance support. **Understanding your legal options is essential.**

Mobile Pantry Distribution: Thursday, April 30



Please arrive before 9:00 AM
(supplies run out quickly)

For questions:

- **Judy Stallman: (307) 751-6580**
- **Help Desk: (307) 265-2172**

More information:

wyomingfoodbank.org

FOOD BANK

OF WYOMING™

Family Caregiver Support Groups

Sheridan Family Caregiver Support Group



Mondays | 9:30 AM – 11:00 AM

The Hub Community Room
211 Smith Street, Sheridan
Call: (307) 672-2240

Dayton Family Caregiver Support Group



Tuesdays | 1:00 PM – 2:30 PM

Dayton Community Center
1100 US-14, Dayton WY
Call: (307) 655 - 9419

Older Relative Caregiver Support Group Dinner and Speaker: Tuesday, April 21

3rd Tuesday of each month | 6:00 PM – 7:30 PM

Location: Phorge Makerspace 1205 Broadway St., Suite #3

Dinner + Childcare Provided

Raising a child later in life comes with unique joys and challenges—and you don't have to do it alone. This welcoming group at The Hub on Smith brings grandparents and relative caregivers together to connect, share, and find support. Gain practical resources, encouragement, and a sense of community with others who understand your journey.

Tongue River Valley

Access Care Coordinator Office Hours

(307) 672 - 2240 ext 122

4th Tuesday, Monthly

Support, Close to Home

- Local access to The Hub's trusted resources
- Personalized, one-on-one support in the valley
- Services designed to meet your needs, where you are



Ranchester, WY

April 28

10 AM - 11 AM

Ranchester Community Center
124 Dayton Street, Ranchester

Dayton, WY

April 28

11:30 AM - 12:30 PM

Dayton Community Center
1100 US-14, Dayton WY

One-on-One Dementia Coaching Conversations

If you're supporting someone living with change (dementia), you don't have to navigate this journey alone.

I would like to invite you to contact me if you have questions about symptoms you're noticing, need support understanding changes as they emerge, or simply want to talk through what you're experiencing as a care partner. Maybe you're seeing shifts in daily routines, communication patterns, or other aspects of daily life - having a conversation can help make sense of what you're observing and explore practical strategies together.

Please reach out for a confidential one-on-one conversation.

Interactive Dementia Workshops

**When Uncertainty Becomes Anxiety : Recognizing What's Building
Wednesday, April 8th, 2026 | 10:00am - 11:30am**

This workshop explores how unresolved uncertainty can develop into anxiety, for those supporting someone living with dementia and for those experiencing cognitive changes themselves. Participants will look at how anxiety shows up, why it often goes unrecognized, and how it can move between the person living with dementia and the person providing support. The session offers practical ways to notice what's building and respond before it escalates. Whether you are joining for the first time or building on the March session, this is one of the most common yet least discussed experiences in dementia support.

**When Anxiety Turns to Fear : Understanding Aggression in Dementia
Wednesday, May 13th, 2026 | 10:00am - 11:30am**

This workshop explores what can happen when anxiety goes unrecognized, for the person living with dementia and for those providing support. Participants will look at how feeling overwhelmed or fearful can drive responses that get labeled as aggression. Those responses often tell you something important, if you know how to read them. The session offers practical ways to read the situation differently and respond to fear rather than react to behavior. Whether you are joining for the first time or following the series from uncertainty through anxiety, this session offers a different way to understand what is happening when things feel most out of control.

Contact Information

Emily Gorham-Keith – Care Coordinator

Phone: 307-672-2240 ext. 122

Email: egorham-keith@thehubsheridan.org

Sandra Reed – Intake Specialist

Phone: 307-672-2240 ext. 150

The Hub on Smith

211 Smith Street
Sheridan, WY 82801

“The best and most beautiful things in the world cannot be seen or even touched, but must be felt with the heart.” – Helen Keller