

Caregiver Update The Hub on Smith



September

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, September 3rd and 17th

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, Sept.29



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

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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, Sept. 15

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

September 22

10 AM - 11 AM

**Ranchester Community Center
124 Dayton Street, Ranchester**

Dayton, WY

September 22

11:30 AM - 12:30 PM

**Dayton Community Center
1100 US-14, Dayton WY**

DEMENTIA FRIENDLY WORKSHOPS

Facilitated by Heather Comstock, MSc in Dementia Studies



dementia friendly
WYOMING

EARLY SUPPORT MAKES ALL THE DIFFERENCE

Heather Comstock, MSc in Dementia Studies, facilitates Dementia Friendly Workshops and grounds them in current research and community perspectives. Anyone whose life is touched by dementia is welcome. Each session helps people understand what is happening, find practical ways forward, and connect with others navigating similar experiences. Between sessions, Heather also offers conversational coaching and answers questions as they come up. **To learn more, call (307) 461-5955 or email hcomstock@thehubsheridan.org**

Our End of Life Deserves as Much Beauty, Care and Grace as the Beginning

Wednesday, October 14th, 2026 | 10:00 am - 11:30 am | Community Room

Talking about future healthcare decisions isn't always easy, but it can be one of the greatest gifts to your loved ones. Join Hub Board Member and seasoned RN, Jeannie Julian for an informative workshop on Advance Care Planning and End-of-Life Care in a friendly and supportive atmosphere. Together, we'll talk about how to start these important conversations with family & friends, choose a healthcare proxy you trust, and find grace in some tough questions. Whether you're ready to complete your advance care plan now or you're just starting to think about it, you're welcome here. Jeannie will be available beyond the workshop for one-on-one guidance and support, so you can move forward at your own pace.

Spaced Retrieval: A Memory Tool You Can Practice at Home

Wednesday, November 11th, 2026 | 10:00 am - 11:30 am | Community Room

Are you noticing memory loss in yourself or someone you love? Spaced Retrieval is a research-backed method that targets information recall that is easy to practice at home with the people close to you. Spaced Retrieval can help you hold on to specific details, like names, routines, and the steps that keep someone safe. This month we are excited to welcome co-collaborator Libby Heimbaugh, MS, CCC-SLP, of Connect Speech Therapy, who brings the clinical training behind this method. Join us for an introduction to Spaced Retrieval and to see if the method will work for you.

Dementia Friendly Wyoming workshops are supported in part by the Wyoming Community Foundation Sheridan-Johnson Local Board and the Sheridan Area Opportunities Fund.



Contact Information

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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