

Live Your Best Life OCTOBER 2023 **NEWSLETTER**

3077337300 | 830 E. Hansen | www.SeniorCenter|H.org | info@SeniorCenter|H.org

OUR MISSION

Enhancing and supporting the lives of seniors.

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KITCHEN STAFF **Head Cook** Karen Smith **Assistant Cook** Glen Gonzalez Dishwasher

Ping Haas

Halle Lasson

Nadiia Vasko

Alzheimer's Training

Wednesday and Thursday October 11th & 12th

The Wyoming Chapter of the Alzheimer's Association will be at the Senior Center for two informational sessions on Wednesday and Thursday October 11th & 12th.

The first session is a Community Forum on Wednesday, Oct 11th from your experiences and discuss how the Association can best community members. serve our community.

The second session is on Thursday, Oct 12th from 10 - 11 **am** and they will present on "Ten Warning Signs & Effective Communication Strategies." Learn how to identify normal aging, common warning signs, early detection and more.

This two day program is a wonderful opportunity to learn and find out about the resources 9:30 - 11:30 am. Come share of the Alzheimer's Association for yourself, your loved one's and our

Medicare Part D Presentation

Friday, October 6th 12 pm - 4 pm

Wyoming Senior Medicare Patrol, Sandy Goodman, will be presenting on Medicare fraud prevention during lunch. She (and the WSHIIP Program Manager, Tisha) will also be around for questions and discussion during the Part D Presentation.

After lunch, Molly Brown and June McCollister, volunteers with the Wyoming State Health Insurance Information Program (WSHIIP) will be explaining the Medicare Part D program,

insurance coverage of prescription drugs. They will show attendees:

*How to navigate the Medicare.gov website so a person can input and edit their prescriptions.

*Shop for a prescription drug plan that is going to fit their needs during Open Enrollment.

Open Enrollment is October 15 through December 7 every year where you may change existing Part D plans or enroll into a Part D plan. Please join us to learn about this program early.



October birthdays will enjoy lunch on Tuesday Oct 21 compliments of



Lunch will be Meat and Veggie Pizza with Pineapple Upside Down Cake

SENIOR CENTER EVENTS SENIOR CENTER OF JACKSON HOLE

Flu Clinic Friday, October 6th 9 am - 1 pm

Teton County Health Department will be onsite administering flu shots. Make sure to bring your insurance cards. Reservations are not required.

Learn to Speak Italian **Every Monday in October** 10 am \$30 suggested donation for the

Benji will be teaching an introductory to Italian class starting Monday, October 2nd. No prerequisites required.

Ask a Lawyer Series Tuesday, October 10th 1 pm

Starting in October we will begin our Ask a Lawyer Series. Each month Nancy Tuesday, October 17th Norton of Norton Law Offices, will

present on different legal topics ranging from how to manage your medical bills, Power of Attorney, Medicaid rights, planning your Will, and more. Nancy has been practicing law for over 25 years and specializes in Estate Planning, Medicaid Crisis Planning, and Proactive Long-Term Care Planning. The topic in October is "How do I manage my medical bill and understanding my medical rights."

Fall Happy Hour Wednesday, October 11th 4 - 5:30 pm

Celebrate the fall with seasonal cocktails and snacks at the Senior Center. Keith Sell will be playing classic country with his favorites to take us back to the good 'ol days.

Oktoberfest 6 pm

\$15 suggested donation

Our annual Oktoberfest is back with Jackson Hole Community Band! Join us for Wiener Schnitzel, German sides, dessert, polka music and dancing. Tickets will be limited so reserve yours now!

Sublette Center - Retirement Community Presentation Thursday, October 19th 11 am

Lara Hayward of the Sublette Center will be here to help explore what they offer and options to help plan for your future. The Sublette Center offers longterm care and independent living in Pinedale, Wyoming. They have three living facilities including a Skilled Nursing Wing. Join us in the North End for this informational meeting.







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SENIOR CENTER EVENTS CONT.

SENIOR CENTER OF JACKSON HOLE



Astoria Hot Springs Soak Wednesday, October 18th 8 am departure from the Senior Center

\$10 suggested donation

Enjoy the healing waters of Astoria
Hot Springs with the Senior
Center. There is no better way to
start your fall day!

1:30 pm
We are look help us on the start your fall day!

Hallowee

Piano Lessons Friday, October 20th 10 am \$90 suggested donation for the series

Reservations Required

Piano lessons are back! Clair will be back to teach beginner and intermediate piano lessons. Beginner classes will be offered at 10 am and intermediate lessons at 11 am. Rental keyboards are available. The class will last four weeks.

Halloween Cookie Decorating Monday, October 30th 1:30 pm

We are looking for volunteers to help us decorate cookies for Halloween trick or treaters. Please RSVP for this event.

Dress Up for Halloween! Tuesday, October 31st 12 pm Wear your Halloween costume to lunch and receive a complementary meal! Who will be the scariest of all!?

Important Updates!

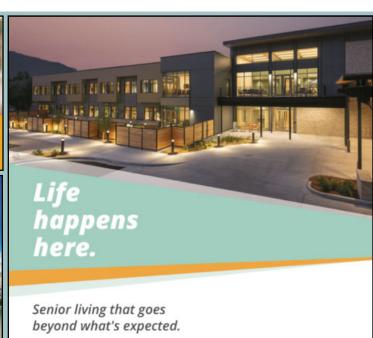
Starting October first, dine-in lunch will now be a \$7 suggested donation.

The Senior Center will be close from 1 pm on Thursday, October 26th and re-opening on Monday, October 30th at 8 am. There will not be any classes or meals available during the closure.









The inspiration of the Tetons. The peace of home. Life's journey continues here, inspired by the natural beauty of our mountain surroundings and supported by the compassion of the Sage Living family.

Learn more about Sage Living and join our waiting list at: www.sageliving.health



SENIOR CENTER OF JACKSON HOLE

Diabetes and Healthy Habits During the Candy Season

Halloween comes with many festive traditions: spooky decorations, pumpkin carving, costumes and trick-or-treating. But for people with diabetes, Halloween can feel like more of a trick than a treat. Candy abounds, but is it safe to indulge your sweet tooth if you are diabetic?

If you are diabetic, tracking your carbohydrate intake is often a key tool in managing your blood sugar levels. Controlling your blood sugar levels lowers your risk of the serious conditions associated with diabetes and it will also keep you feeling better in the short term. Too many carbohydrates, especially simple carbs like the sugar found in Halloween candy, can cause a spike in your blood sugar levels following a meal. However, that doesn't mean that all candy is off limits this candy season! Approaching Halloween with some common sense will allow you to enjoy the holiday without worrying. Here are a few things to keep in mind when partaking:

- Enjoy candy in small quantities and pair it with a larger, well-balanced meal that includes protein and plenty of vegetables to avoid a post-meal blood sugar spike.
- Avoid eating other carbohydrate-heavy foods at the same time.
- Know how many carbs are in the candy you consume. Don't forget to adjust your insulin needs before eating the candy. Make a plan for treating a blood sugar spike in advance and consider testing extra times if necessary.

While navigating the Halloween candy aisle can seem scary for those with diabetes, the fact is that Halloween is a wonderful time to "treat" yourself. Consider shopping for sugar-free or artificially sweetened candy (although it's still a good idea to check the label...like a haunted house, no one wants to be caught off guard and spooked from a surprise). Remember, your tolerance for candy depends on many factors: your body's insulin response, gender, activity level, age and current blood sugar levels. So, enjoy the Halloween holiday, but do so within a reasonable limit for yourself.



Flood Detection

Fire Safety • Carbon Monoxide

SafeStreets

833-287-3502

Burglary

Dine - In
Seniors \$7
Non Seniors \$14
Suggested Donation

The Senior Center Lunch Counter Prepared by Chef Karen & Asst Chef Glen

Lunch 12 - 1 pm



(2) MEATBALL SUB

WITH FRENCH FRIES AND PEACH CRISP

(3) SWEET AND SOUR CHICKEN

WITH BROWN RICE, SESAME GREEN BEANS, SPRING ROLL AND FRUIT

(4) ITALIAN SAUSAGE WITH PEPPERS & ONIONS

WITH GARDEN SALAD, FRENCH FRIES, AND APPLE BROWN BETTY

(5) BEEF QUESADILLA

WITH MEXICAN CORN, SALAD, FRUIT AND BLOND BROWNIE

(6) FRIDAY FEAST BEEF STROGANOFF

WITH SALAD COTTAGE CHEESE, BROCCOLI, ROLL AND FRUIT

Oct 9 - 13

(9) BEEF BURRITO

WITH FRUIT CUP AND CHOCOLATE CAKE

(10) CAPRESE CHICKEN ITALIAN PASTA

WITH MIXED VEGETABLES, SALAD AND PEACHES

(11) CHEESEBURGER WITH BACON

WITH COLESLAW, BAKED BEANS, CHIPS AND COOKIE

(12) MEDITERRANEAN PASTA

WITH SPINACH SALAD, ROLL, STRAWBERRIES AND BANANAS

(15) SWISS & MUSHROOM CHICKEN SANDWICH

WITH BROCCOLI, BAKED POTATO AND FRUIT PIZZA

Oct 16 - 20

(16) ROPA VIEJA (CUBAN BRAISED BEEF DISH)

WITH POTATO SALAD AND FRUIT LEMON BAR

(17) EGG SALAD, TUNA SALAD & CHICKEN SALAD

WITH WHOLEWHEAT BREAD AND DESSERT BAR

(18) SALSBURY STEAK

WITH TATERTOTS, MIXED VEGETABLES AND SALAD

(19) CHILE VERDE

WITH RELISH TRAY, BREAD AND APPLE DESSERT

(20) FRIDAY FEAST BRAISED LAMB

WITH SAFFRON RICE, MIXED VEGETABLES AND WALDORF SALAD



Oct 23 - 26

(23) RED BEANS AND RICE

WITH SPINACH SALAD, ROLL AND FRUIT SALAD

(24) BIRTHDAY LUNCH MEAT AND VEGGIE PIZZA

WITH TOSSED SALAD WITH BEANS, FRUIT AND PINEAPPLE UPSIDE DOWN CAKE

(25) TOMATO SOUP AND GRILLED CHEESE

WITH DELI SALAD AND CHOCOLATE CHIP COOKIE

(26) GRILLED STEAK CAESAR SALAD

WITH HARVARD BEETS, BREADSTICK, FRUIT AND SPICE CAKE

(27) CLOSED



Oct 30 - 31

(30) BEEF STEW

WITH SALAD, BREAD AND COOKIE

(31) SHEPARD'S INNARDS PIE

MITH MUSHROOM BLOOD GRAVY, BABY'S FINGER CARROTS, EYEBALL ROLLS AND POISON APPLECAKE



Breakfast and lunch are served in the dining room and to Meals on Wheels clients.
Breakfast is served 8:30 - 10 am. Lunch is served 12 - 1 pm. Menus are subject to change

		SEINIOR CEINTER OF JACKSOIN HOLE								
1	TY	ОСТО	BER ACTIV	ITIES						
1	Mon	Tue	Wed	Thu	Fri					
	10:00 Classic Fitness with Lucretia 10:00 Italian Class 11:00 Fitness with Alice (Wilson) 1:00 Duplicate Bridge 1:00 Pinochle 2:00 Boxing & Strength 2:30 Tech Tutor 3:00 Active Yoga	9:00 Pilates 10:00 Mahjong 10:30 Yoga 1:30 Bingo 1:30 Strength with Jo 5:30 Quilting Guild	9:00 Yoga for Strength 10:30 Tai Chi 11:45 Classic Fitness with Alice 1:00 Canasta 1:00 Contract Bridge 1:00 Swissball Yoga	9:00 Functional Fitness 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Duplicate Bridge	9:00 Flu Clinic 10:00 Classic Fitness with Alice 11:30 Hole Food Rescue 1:00 Medicare Presentation 2:00 Strength & Conditioning					
	10:00 Classic Fitness with Lucretia 10:00 Italian Class II:00 Fitness with Alice (Wilson) I:00 Duplicate Bridge I:00 Pinochle 2:00 Boxing & Strength 2:30 Tech Tutor 3:00 Active Yoga	9:00 Pilates 10:00 Mahjong 10:30 Yoga 1:00 Ask a Lawyer 1:30 Bingo 1:30 Strength with Jo	9:00 Yoga for Strength]] 9:00 Alzheimer's Community Forum 10:00 Tech Tutor 10:30 Tai Chi 11:45 Classic Fitness with Alice 1:00 Canasta 1:00 Contract Bridge 1:00 Swissball Yoga 4:00 Fall Happy Hour	9:00 Functional Fitness 10:00 Alzheimer's Training 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Duplicate Bridge	10:00 Classic Fitness with Alice II:30 Hole Food Rescue 2:00 Strength & Conditioning					
	10:00 Classic Fitness with Lucretia 10:00 Italian Class 11:00 Fitness with Alice (Wilson) 1:00 Duplicate Bridge 1:00 Pinochle 2:00 Boxing & Strength 2:30 Tech Tutor 3:00 Active Yoga	9:00 Pilates 10:00 Mahjong 10:30 Yoga 1:30 Bingo 1:30 Strength with Jo 6:00 Oktober Fest	8:00 Astoria Hot Springs 9:00 Yoga for Strength 10:00 Tech Tutor 10:30 Tai Chi 11:45 Classic Fitness with Alice 1:00 Canasta 1:00 Contract Bridge 1:00 Swissball Yoga	9:00 Functional Fitness 10:30 Yoga Basics 11:00 Sublette Center Talk 11:30 Hole Food Rescue 1:00 Duplicate Bridge	10:00 Piano Lessons 10:00 Classic Fitness with Alice II:30 Hole Food Rescue 2:00 Strength & Conditioning					
	10:00 Classic Fitness with Lucretia 10:00 Italian Class 11:00 Fitness with Alice (Wilson) 1:00 Duplicate Bridge 1:00 Pinochle 2:00 Boxing & Strength 2:30 Tech Tutor 3:00 Active Yoga	9:00 Pilates 10:00 Mahjong 10:30 Yoga 1:30 Bingo 1:30 Strength with Jo	9:00 Yoga for Strength 10:00 Tech Tutor 10:30 Tai Chi 11:45 Classic Fitness with Alice 1:00 Canasta 1:00 Contract Bridge 1:00 Swissball Yoga	9:00 Functional Fitness 10:30 Yoga Basics II:30 Hole Food Rescue	CLOSED FOR LIGHTING UPGRADE II:30 Hole Food Rescue outside					
	10:00 Classic Fitness with Lucretia 10:00 Italian Class II:00 Fitness with Alice (Wilson) I:00 Duplicate Bridge I:00 Pinochle I:30 Cookie Decorating 2:00 Boxing & Strength 2:30 Tech Tutor 3:00 Active Yoga	9:00 Pilates 10:00 Mahjong 10:30 Yoga 12:00 Costume Lunch Party 1:30 Bingo 1:30 Strength with Jo								

Five Things to Know About the New COVID-19 Vaccine Source AARP

Health officials have approved a new batch of COVID-19 vaccines that are making their way into pharmacies and health clinics throughout the U.S. Here's what you need to know about the new shots, from Moderna and Pfizer-BioNTech, including who can get them and what to expect when you roll up your sleeve.

- 1. The new vaccines target the XBB.1.5 variant
- 2. Almost everyone should get the new shot especially older adults
- 3. The vaccine side effects are the same
- 4. You can get your COVID and flu shots at the same time
- 5. Vaccines are still free for most

At the time of the October Newsletter publication Teton County Health Department has not yet received the updated COVID-19 vaccine and will release and official press release when more information is available.

Click the QR code to read the full AARP article.

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Answers available at the Front Desk.

VOLUNTEER CORNER

SENIOR CENTER OF JACKSON HOLE

We have had a number of LDS Mission Elders volunteer at the Senior Center over the last year but for the last two months Elder May, Elder Archuleta, Elder Longhurst, and Elder Palmer (pictured in order) have assisted us in numerous projects from landscaping, recycling, painting the entry hallway, lunch preparation and service and organizing our spaces. We are so grateful for the time they have spent with us!

After Elder May, from Louisville, Kentucky, completes his mission he plans to attend flight school to become a commercial pilot. Elder Archuleta, from Austin, Texas likes cars but plans to follow his father's path and go into IT. Coming from North-Central Pennsylvania, Elder Longhurst loves the outdoors, which is perfect being in Jackson! He plans to have a future in graphic design, particularly 3D rendering. Elder Palmer, from Birmingham, Alabama, aspires to be a chess grandmaster but in the short term

would like to become a licensed realtor and start his own real-estate business. Please say hello next time you see the elders in the building!

If you are interested in volunteering at the Senior Center please contact Reanna, Operations Manager, at rnew@seniorcenterjh.org.







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Monetary Donations

Anonymous Donor Caress Insurance Agency, LLC First Interstate Bank Phylliss Johnson Janine & David Floyd Monday Breakfast Group Presbyterian Church of Jackson Hole **Jack Strellis Ann Trammell** Diane Brown

Memorial Donations DICK NINER

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Marsha & Mark Holden

Bonnie Budge Mary & Mark Obringer Jana Stearns Susan & Jerry Wheeler

4H Livestock Donation **Thank you so much for your** Old Bill's Donations were not generous support of all of our meals programs!

Dennis Clark & Blake Clark **lackson Lumber Bressler Insulation Iennifer & Sam Clark** Bank of lackson Hole Cathy & Dave Edmiston Tammy Henry Intermountain Roofing Ginny & Ken Mahood Bill Scarlett

Maggie & Dick Scarlett Ward & Blake Architects Westwood Curtis Construction Zia Yasrobi - Y2 Consultants ZJ Land & Livestock

available at the time of print and will be printed in the November newsletter.





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What's new with Age Friendly Jackson Hole (AFJH)?

Please come join us, on October 11, at 5:30 pm join us at the Teton County Library to learn about Age Friendly Jackson Hole, hear more about our mission and agenda. We want to insure and enhance accessibility and inclusion of older adults and people of all ages and all abilities here in our Valley.

We will be sharing our goals and projects under our 5-year action plan. The three main areas of importance and focus are: advocacy, transportation gaps/needs, and Age Friendly business certification.

We will explain all of this and present some opportunities for people to help people. Do come check us out at the Ordway Auditorium at 5:30 p.m. on October 11th.





OUR HOURS

Monday - Thursday 8:00 AM - 4:00 PM Friday 8:00 AM - 3:00 PM

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Cecilia Hebert Sara Van Genderen Bruce Hawtin Jamie Turner Naomi Floyd

Tech Tutor

Tech tutor available every Monday from 2:30 - 4 pm and Wednesdays (starting October 18th) from 10 am - 12 pm. Call the Senior Center to sign up.

Are you signed up for our email list? Make sure you are so you are not missing any last minute event information!

Need help with your heating bills? Wyoming LIEAP is here to help! Applications accepted October 1 through end of February. LIEAP's purpose is to help low and fixed-income families and individuals pay their heating bills during the winter months. For more information visit www.lieapwoy.org or 1-800-246-4221.

Pop Up Events!

We are having many pop up events so be sure to follow us on Facebook and Instagram to stay in the know!







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