



FEBRUARY 2024

NEWSLETTER



Heart Health Over Breakfast

WITH CARDIOLOGIST
ANNA CATINO, MD

WEDNESDAY, FEB. 28TH AT 9 AM

February is American Heart Month! Join St. John's Health Cardiologist Dr. Anna Catino for breakfast as she shares key insights on maintaining a healthy heart, with a focus on cardiovascular disease and prevention. Breakfast is compliments of St. John's Health. RSVP to the Senior Center by Tues. 2/27.



Our mission: Enhance & support the lives of seniors.

WEBSITE

www.seniorcenterjh.org



ADDRESS

830 E Hansen Ave,
Jackson, WY

EMAIL

info@seniorcenterjh.org

PHONE

307-733-7300

HOURS

Mon-Thu: 8 am - 4 pm

Fri: 8 am - 3 pm

Birthday Lunch & Leap Year Party

THURSDAY, FEB. 29TH
12PM

Happy Birthday February! If your birthday is in Feb., your lunch is compliments of First Interstate Bank! If your birthday is on February 29th, your meal and your guest will be complimentary! Prime Rib, baked potato & birthday cakes!



Wild Mushroom Talk

THURSDAY, FEB. 8TH
5:30PM

Benji Sinclair will be presenting on a variety of subjects including how to identify local and poisonous mushrooms, what to look for when out foraging in the Spring, and the basics of fungi life history.



More Events

Flu Shot Clinic

FRIDAY, FEBRUARY 2ND
11AM-2PM

The Teton County Health Department will be here to offer high-dose flu vaccines to individuals over 65. Bring your Health Insurance/Medicare card with you. If you haven't yet received your COVID vaccine this year, this may be available; supply dependent. No appointment needed.

Toenail Clipping

MONDAY, FEBRUARY 5TH
1PM-4PM
\$5 SUGGESTED
CONTRIBUTION

Our Registered Nurse will be on site to perform toenail clippings. This will not be replacing the quarterly podiatry visits. Nail care only- the nurse will not address any foot issues. Reservations are not required.

Blood Pressure Checks

EVERY MONDAY
11:30AM - 12:30PM

Our Registered Nurse from the Home Care team will be here every Monday. Reservations are not required.

Ask a Lawyer

TUESDAY, FEBRUARY 6TH
1PM



This month Nancy will be discussing the Importance of Long-term Care Planning. She will guide an open conversation of

what long term care planning is, Long Term Care Insurance, and Medicaid benefits and eligibility. We hope you can join us for this very important discussion!

Caregiver Support Group

THURSDAY, FEBRUARY 15
10:30AM

Carol Taylor will lead the discussion on how to identify and prevent caregiver related stress and how to prevent psychological, physical, and social problems among caregivers and care receivers.

Piano Lessons: Beginner & Intermediate

EACH FRIDAY IN FEBRUARY
BEGINNERS 10AM
INTERMEDIATE 11AM

2024 is the year to learn something new! Claire will be teaching piano lessons every Friday during February. \$20 suggested contribution for the 4 week series. If you do not have a keyboard, we can help with that. Reservations are required.

Medicare Assistance

TUESDAY, FEBRUARY 20TH
11 AM

A Medicare professional from the Wyoming State Health Insurance Information Program (SHIP) and the Senior Medicare Patrol (SMP) on site to answer all your Medicare questions. SMP's and SHIP's are federally funded programs found in every state. Reservations are not required.

Movie Night

WEDNESDAY, FEBRUARY 21ST
5 PM

Join us for a viewing of "Indiana Jones and the Dial of Destiny". In 1944, Nazis capture Indiana Jones and Oxford archeologist Basil Shaw as they attempt to retrieve the Lance of Longinus from a castle in the French Alps. Follow in the adventure as interest arises in the Dial of Destiny 25 years later. Bring snacks to share!

Student & Seniors Book Club

THURSDAY, FEBRUARY 22ND
5PM

This month the Book Club will be discussing "Orphan Train Girl" by Christina Baker Kline. Between 1854 and 1929, orphan trains ran regularly from the cities of the East Coast to farmlands of the Midwest. Orphan Train is a powerful tale of upheaval and resilience, second chances, and unexpected friendship. One large font and one CD book are available in addition to standard print copies.

Intro to Mindfulness

TUESDAY, FEBRUARY 27TH
10:30 - 11:30 AM

Have you been hearing about mindfulness? Wondering what it's all about and what the benefits are? Becoming Jackson Hole will be at the Senior Center discussing the basics of mindfulness practices and how they can help benefit your mental, social, and emotional health. If you are not able to make it, there are ongoing mindfulness programs at the Teton County Library on the second Tuesday of each month. Visit becomingjacksonhole.org for more information.



BECOMING
JACKSON WHOLE

Chapter22 Book Club

THURSDAY, FEBRUARY 29TH
6 PM ZOOM

The February book is "North Woods" by Daniel Mason. A sweeping novel about a single house in the woods of New England, told through the lives of those who inhabit it across the centuries.

Cabin Fever Story Time

THURSDAY, FEBRUARY 22ND
3 PM

Robin Smith will share stories from her recent travels to Fiji and the service work she performed.

Be Kind to Your Mind:

THURSDAY, FEBRUARY 29TH
9:30 AM- 10:30 AM

Relationships are an essential part of living a happy life. Studies have proven the importance of Interpersonal connections in living a healthier and longer life. Introducing the new monthly series "Be Kind To Your Mind". The Teton County Health Department will be sharing resources from their new behavioral health website, CredibleMind. This program will focus on recognizing patterns, resources, and self-treatment to help individuals build coping skills prior to a crisis. This program is not group therapy but an opportunity for learning, resource sharing, and connection.



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Senior Center of Jackson Hole, Jackson Hole, WY

A 4C 05-1306



Happy February from your Home Care team!



Back Row: Janette, CNA, Judy, Home Care Manager Judy, CNA

Talia, Care Companion

Rolf, RN

Front Row: Olga, CNA Bethany, RN, Becca, CNA

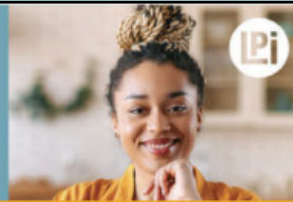
We know you've heard of us, but have you seen us? Our home care team is here to support your desire to stay in your home as long as you wish. We provide in-home care and support for you or a loved one. Call Judy Woodard, Home Care Manager, at 307-733-7300 to discuss how we can help.

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Murder Mystery Dinner

WEDNESDAY, FEBRUARY 14TH
6 PM



Don't miss the COOLEST Valentine's Day dinner and "fun"raiser in Jackson! The Senior Center will host the Denver based Murder Mystery Company for a fun-filled, interactive, gangster-themed Murder Mystery Dinner on February 14th! And, YES costumes are encouraged! Family style Italian Dinner is included. So tell

your friends, get your group together and don't miss out! Tickets are on sale now and tables are available!

Generously Sponsored by:



Get a Lunch, Gift a Lunch

EVERY TUESDAY IN FEBRUARY

February is the month of love! Help us spread love this month by coming for lunch on Tuesdays. How is this spreading love you ask? In return for purchasing your lunch you will

get to give a friend, loved one or even the person behind you in line a lunch! Do this for your Breakfast too!

Pizza for a Purpose

TUESDAY, FEBRUARY 13TH

MARK YOUR CALENDARS! The Senior Center of Jackson Hole will be the featured non-profit at Hand Fire Pizza on Tue, February 13th. A portion of every pizza sold (in-house or take-out) will go directly to the Senior Center of Jackson Hole! Come fill your belly and feel good doing it!



Jackson Hole, Wyoming

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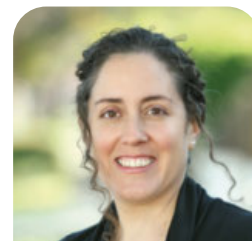
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Senior Center of Jackson Hole, Jackson Hole, WY

C 4C 05-1306

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

Lunch Counter

Prepared by Chef Karen & Asst Chef Glen

Lunch 12 - 1 pm



Feb 1 - 2

(1) MEAT AND VEGGIE PIZZA

WITH TOSSED SALAD AND MIXED FRUIT

(2) FRIDAY FEAST MEATLOAF

WITH MASHED POTATOES, MIXED VEGGIES, ROLL AND CAKE

Feb 19 - 23

(19) SOUP AND SALAD BAR

(20) ITALIAN SAUSAGE

WITH PEPPERS AND ONIONS, GARDEN SALAD, FRENCH FRIES AND APPLE DESSERT

(21) HAM AND SCALLOPED POTATOES

WITH SALAD, GRILLED BROCCOLI, ROLL AND FRUIT DESSERT

(22) PORK ROAST

WITH BAKED POTATO, GLAZED CARROTS, FRENCH ONION SOUP AND BLUEBERRY BOURBON CAKE

(23) MEATBALL SUB

WITH GREEN BEANS, TOSSED SALAD, TATER TOTS AND PEACH COBBLER

Made
Fresh

Feb 5 - 9

(5) SOUP AND SALAD BAR

(6) BEEF STROGANOFF

WITH GARDEN SALAD, ROLL AND FRUIT TART

(7) COWBOY SANDWICH - ROASTBEEF, CHEDDAR, BACON AND CARAMELIZED ONIONS

WITH MIXED VEGGIES, TOSSED SALAD, FRUIT AND COOKIE

(8) SHRIMP ETOUFFEE WITH RICE

WITH GLAZED CARROTS, CORNBREAD AND BANANAS FOSTER

(9) STEAK FAJITAS

WITH TORTILLA SOUP, REFRIED BEANS AND FRUIT DESSERT

Feb 26 - 29

(26) SOUP AND SALAD BAR

(27) SOFT SHELL TACOS

WITH MARINATED VEGGIE SALAD, REFRIED BEANS AND CHURROS WITH RASPBERRY SAUCE

(28) MONTE CRISTO

WITH TOMATO SOUP, GARDEN SALAD AND FRUIT DESSERT

(29) LEAP YEAR BIRTHDAY LUNCH BLOWOUT

PRIME RIB WITH HORSERADISH SAUCE

WITH BAKED POTATO, CITRUS SALAD, ROASTED BRUSSEL SPROUTS WITH BALSAMIC AND PARMESAN AND BIRTHDAY CAKES!

Feb 12 - 16

(12) SOUP AND SALAD BAR

(13) FISH TACOS

WITH COBB SALAD, SPANISH RICE AND CITRUS FRUIT SALAD

(14) BRAISED BEEF

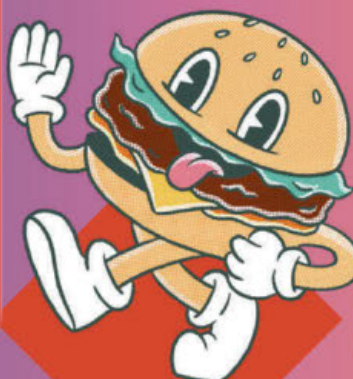
WITH MASHED POTATOES AND GRAVY, SPINACH SALAD, ROASTED ASPARAGUS AND BLACK FOREST CAKE

(15) EGGS BENEDICT (AVAILABLE WITHOUT HAM)

WITH BREAKFAST POTATOES, FRUIT AND PASTRY

(16) CHICKEN PARMESAN OVER PASTA

WITH SPINACH SALAD AND MANDARIN ORANGE TRIFLE



Breakfast and lunch are served in the dining room and to Meals on Wheels clients.

Dine in and take out breakfast is served 8:30 - 10 am. Lunch is served 12 - 1 pm. Menus are subject to change

FEBRUARY ACTIVITIES

| MON | TUE | WED | THU | FRI |
|--|--|--|--|--|
|  |  |  | 1 9:00 Functional Fitness 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Duplicate Bridge 1:00 Bible Study 6:00 Chapter22 Book Club | 2 10:00 Classic Fitness with Alice 1:00 Piano Lessons 11:00 Vaccine Clinic 11:30 Hole Food Rescue 1:00 Mahjong 1:30 Bingo 1:30 Tech Tutor 2:00 Strength & Conditioning |
| 5 11:00 Fitness with Alice (Wilson) 11:00 Classic Fitness 11:30 Blood Pressure Checks 1:00 Duplicate Bridge 1:00 Pinochle 1:00 Toenail Clipping 2:00 Circuit Training 3:00 Active Yoga | 6 9:00 Pilates 10:30 Yoga 1:00 Ask a Lawyer 1:00 Pinochle 1:30 Bingo 1:30 Strength with Jo | 7 9:00 Yoga for Strength 10:00 Tech Tutor 10:30 Tai Chi 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Contract Bridge | 8 9:00 Functional Fitness 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Duplicate Bridge 1:00 Bible Study 5:30 Mushroom Talk | 9 10:00 Classic Fitness with Alice 10:00 Piano Lessons 11:30 Hole Food Rescue 1:00 Mahjong 1:30 Bingo 1:30 Tech Tutor |
| 12 11:00 Fitness with Alice (Wilson) 11:00 Classic Fitness 11:30 Blood Pressure Checks 1:00 Duplicate Bridge 1:00 Pinochle 2:00 Circuit Training 3:00 Active Yoga | 13 9:00 Pilates 10:00 Classic Games 10:30 Yoga 1:00 Pinochle 1:30 Bingo 1:30 Strength with Jo 5:00 Pizza with a Purpose | 14 9:00 Yoga for Strength 10:00 Tech Tutor 10:30 Tai Chi 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Contract Bridge 1:00 Swissball Yoga 6:00 Murder Mystery Dinner and a Show | 15 9:00 Functional Fitness 10:30 Yoga Basics 10:30 Caregiver Support Group 11:30 Hole Food Rescue 1:00 Duplicate Bridge 1:00 Bible Study | 16 10:00 Classic Fitness with Alice 10:00 Piano Lessons 11:30 Hole Food Rescue 1:00 Mahjong 1:30 Bingo 1:30 Tech Tutor 2:00 Strength & Conditioning |
| 19 11:00 Fitness with Alice (Wilson) 11:00 Classic Fitness 11:30 Blood Pressure Checks 1:00 Duplicate Bridge 1:00 Pinochle 2:00 Circuit Training 3:00 Active Yoga | 20 9:00 Pilates 10:00 Classic Games 10:30 Yoga 11:00 Medicare Assistance 1:00 Mahjong 1:00 Pinochle 1:30 Bingo 1:30 Strength with Jo | 21 9:00 Yoga for Strength 10:00 Tech Tutor 10:30 Tai Chi 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Contract Bridge 1:00 Swissball Yoga 5:00 Movie Night | 22 9:00 Functional Fitness 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Duplicate Bridge 1:00 Bible Study 3:00 Cabin Fever 5:00 Student and Senior Book Club | 23 10:00 Classic Fitness with Alice 10:00 Piano Lessons 11:30 Hole Food Rescue 1:00 Mahjong 1:30 Bingo 1:30 Tech Tutor 2:00 Strength & Conditioning |
| 26 11:00 Fitness with Alice (Wilson) 11:00 Classic Fitness 11:30 Blood Pressure Checks 1:00 Duplicate Bridge 1:00 Pinochle 2:00 Circuit Training 3:00 Active Yoga | 27 9:00 Pilates 10:00 Classic Games 10:30 Intro to Mindfulness 1:00 Yoga 1:00 Mahjong 1:00 Cookie Decorating 1:00 Pinochle 1:30 Bingo 1:30 Strength with Jo | 28 9:00 Breakfast with a Doc 9:00 Yoga for Strength 10:00 Tech Tutor 10:30 Tai Chi 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Contract Bridge | 29 9:00 Functional Fitness 9:30 Be Kind to Your Mind 10:30 Yoga Basics 11:30 Hole Food Rescue 12:00 Birthday Lunch 1:00 Duplicate Bridge 1:00 Bible Study 6:00 Chapter22 Book Club |  |

Age Friendly Jackson Hole



An age-friendly community is a livable community for people of all ages.

Jackson/Teton County is a member of the AARP/World Health Organization network of livable communities. The common thread among the enrolled communities is the belief that the places where we live are more livable and better able to support people of all ages when local leaders commit to improving the quality of life for the very young, the very old, and everyone in between.

People of all ages benefit from the adoption of policies and programs that make neighborhoods walkable, feature transportation options, enable access to key services, provide opportunities to participate in community activities, and support housing that's affordable and adaptable.

Age Friendly Jackson Hole (AFJH) operates under the Senior Center of Jackson Hole to work towards the goal of making our community more age-friendly.

If you would like to learn more, or to help in this effort, please reach out to us at agefriendlyjh@gmail.com or through the Senior Center (307) 733-7300. Together we can make a difference!

Loan Closet

MONDAY-THURSDAY
1 PM- 4 PM
FRIDAY 1 PM - 3 PM

Items are available on a first-come, first-serve basis and can not be reserved. Our supply varies but may include wheelchairs, crutches, toilet seat risers, shower chairs, and more. Suggested donation of \$20/item for non-seniors and \$10/item for seniors.

Don't miss our pop-up events!

Are you on our email list or following us on social media? If not, you may be missing out on pop-up events, important announcements, and additional information!
Email info@seniorcenterjh.org and ask to be added to our email list!

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- ✓ Print your Medicare card.
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Be Aware of Scams

Remote Patient Monitoring (RPM) covers a variety of services providers may offer to help monitor/assess chronic conditions. The Senior Medicare Patrol (SMP) is hearing of RPM claims appearing on Medicare statements where the beneficiary does not believe they received or agreed to the services. If you see suspicious RPM claims on your Medicare statement, contact the WY SMP at 1 (800) 856-4398.

Scam Watch

Remote Patient Monitoring

Check your MSN or EOB for claims that reference "remote monitoring" or office visits that didn't take place.





SMP
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Did you know you can create a free account at [Medicare.gov](https://www.medicare.gov) to get access to your Medicare coverage and claims? You can check your claims as soon as they are available to catch any errors. Questions? Call the WY SMP at 1 (800) 856-4398.



Benji was raised outside of New York City, but says he was a born naturalist. According to his mother, when he was 4 years old he saw a garter snake and dove headfirst into the bushes to catch it. His love for biology was fostered by his travels and studies. He attended high school in Rome where he fell in

love with "everything Italian" and would later teach Italian language classes (most recently at the Senior Center)! After high school, Benji studied wildlife biology before joining the Peace Corps in West Africa. There, he left behind his fascination with snakes after an experience involving an escaped spitting cobra, flip flops, and a bolt of lightning (feel free to ask him to elaborate when you see him). However, he didn't leave behind his love for nature. This eventually led him to Jackson where he has lived for 34 years. He began volunteering for the Senior Center through Meals on Wheels and then started driving the bus and leading tours to locations both in and outside of the valley. Most recently, he has given

presentations on wild mushrooms at the Senior Center, sharing his knowledge of foraging, mushroom toxins and poisoning, species identification, medicinal and psychedelic properties of mushrooms, local species, and more.

Benji said he will take his love for wild places to the grave. He then clarified, not an actual grave because he plans to be naturally recomposed by fungi. He says he enjoys people and volunteering and that it is important to him living in this community. He says he feels really blessed to be living right across the street from the Senior Center. It goes without saying we are very grateful to have him!

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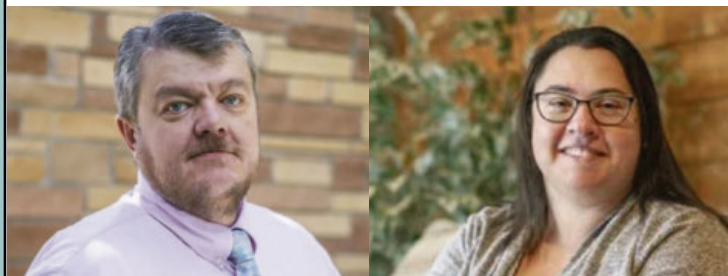
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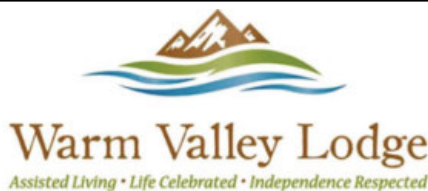
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| T | D | N | O | F | D | I | N | N | E | R | A | L | F | F | L | R | A | U | H | E | A | R | T |
| P | V | D | C | E | J | P | X | W | G | A | K | R | I | V | L | E | A | Y | L | C | V | G | N |
| K | Z | N | O | F | A | L | V | U | W | U | Y | F | A | X | B | L | L | C | O | H | W | P | W |
| O | D | I | L | A | A | G | D | D | J | B | H | A | V | Z | Z | D | M | D | S | P | K | M | V |
| H | C | K | A | M | W | X | T | S | E | X | Y | X | C | L | D | M | Q | J | N | N | D | R | P |
| C | G | W | T | I | A | K | C | C | X | V | A | L | E | N | T | I | N | E | I | A | P | J | C |
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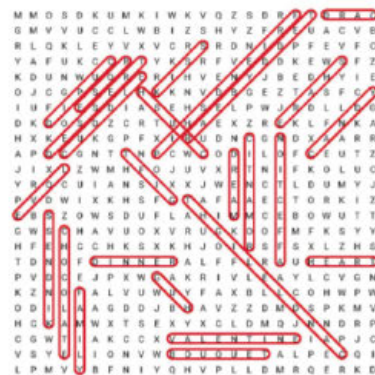
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