



MARCH 2024 NEWSLETTER


SENIOR CENTER
OF JACKSON HOLE
Enhancing & supporting the lives of seniors.



Paint & Sip

WEDNESDAY, MARCH 25TH
1 - 4 PM
\$40

We had so much fun with our oil painting class in January we will be holding a watercolor painting class with Teri McLaren, owner of The Local Galleria in Driggs, Idaho. This month we will be painting the a wolf with a Teton sky scene, see attached photo. Supplies are included! ** We must have at least 20 people in order to hold the class, so bring a friend and sign up early!**



Be Kind to your Mind: Featuring Depression, Sadness, & Grief

THURSDAY, MARCH 14TH
9:30 - 10:30 AM

Topic: Depression, Sadness and Grief

Are you feeling down more than usual or getting angry about little things? Have you lost interest in things you used to enjoy? These can be symptoms of depression. Everyone experiences depression in their own way. For some, depression doesn't even feel like sadness—it might just feel like boredom or lack of energy. Fortunately, depression can be treatable and there are steps you can take that may prevent it. The Teton County Health Department will be sharing resources from their new behavioral health website, Credible Mind. Credible Mind is a free wellbeing website for Teton County residents, which provides access to a library of mental health support resources.



Fall Prevention

MONDAY, MARCH 27TH
10:30 - 11:30 AM

This workshop is for adults of all ages who have sustained a fall in the past, who have a concern of falling, and adults who want to prevent falls in the future.

Falls are the leading cause of injury for people over age 65. This FREE program, hosted by Jeff Grant with Wyoming Department of Health, is designed to help individuals recognize their concerns about falling and the hazards in their home and community that contribute to falls.

The program will discuss fall prevention topics such as home safety, safety in the community, talking with your physician, nutrition, the significance of exercise, vision and medications.

RSVP to the Senior Center.

More Events

Toenail Maintenance

MONDAY, MARCH 4TH
1 PM - 4 PM

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
11:30 AM TO 12:30 PM

Stop in for your weekly blood pressure check with our Registered Nurse. Reservations are not required.



Extra Help

WEDNESDAY, MARCH 6TH
11 AM

Learn about Extra Help with your local health insurance broker Heather Huhn and see if you can cut your prescription drug costs.

Thanks to the new prescription drug law, the Inflation Reduction Act, in 2024 people with Medicare may qualify for even more savings through the Extra Help program. This program helps some people pay their Medicare drug coverage (Part D) costs, like premiums,

deductibles, coinsurance, and other costs. Starting January 2024, the program expanded and you may qualify. Drop by and talk to Heather to hear about Extra Help.

Ask a Lawyer

TUESDAY, MARCH 12TH
1 PM

This month, lawyer Nancy Norton will be discussing Five Things to Know When a Loved One Passes Away. This discussion will outline wills and the probate process that you may have to deal with after the death of a family member or loved one. We hope you can join us! Please let Reanna or Melissa know if there is a topic you would like discussed.

Movie Night

TUESDAY, MARCH 19TH
5 PM

Join us for a screening of the movie, "Old Dads". Three best friends become fathers later in life and find themselves battling preschool principals, millennial CEOs, and anything created after 1987. Bring a snack to share.

Chapter 22 Book Club

FRIDAY, MARCH 22ND
6 PM

This evening we will be discussing "North Woods" by Daniel Mason. Next month we will be reading "The Country of the Blind: A Memoir at the End of Sight" by Andrew Leland. We meet Andrew Leland as he's suspended in the liminal state of the soon-to-be blind. He grew up with full vision, but starting in his teenage years, his sight

began to degrade from the outside in, such that he now sees the world as if through a narrow tube. Soon—but without knowing exactly when—he will likely have no vision left. Full of apprehension and curiosity, follow as Leland explores life as he will now know it.

Podiatrist

MONDAY, MARCH 25TH
BY APPOINTMENT

Dr. Stanton Smith will be back to provide 15 minute podiatry appointments. Focusing on nails and calluses. Be sure to bring your insurance card. Appointments are required.

Caregiver Support Group

THURSDAY, MARCH 21ST
10:30 AM

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.

Medicare Assistance

TUESDAY, MARCH 26TH
11:30 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.



HELLO MARCH FROM YOUR HOME CARE TEAM!

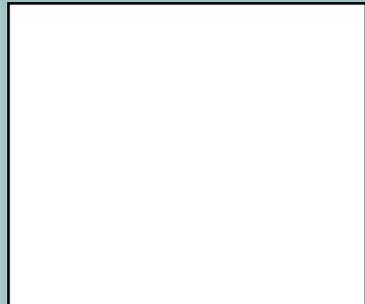


This month, our **leprechauns** (aka our CNAs and care companions) want to help you understand the concept of ‘respite’ for the caregivers. Respite means a short period of rest. Caregivers give selfless care 24/7 and provide all-important, irreplaceable care for their loved ones. Respite offers the opportunity to take a breather and the chance to re-energize. Though some caregivers consider respite a luxury, it strengthens family relationships, prevents burn-out, and allows loved ones to stay at home up to three times longer!

Respite is one of the most frequently requested care services we offer. If you think respite would help you or someone you know, contact Judy Woodward, Home Care Manager, at 307-733-7300.

FINANCIAL PLANNING IS ABOUT MORE THAN JUST GOOD ADVICE OR INVESTMENT RETURNS. IT'S ABOUT PROVIDING GUIDANCE THAT YOU CAN TRUST.

SUPPORT OUR ADVERTISERS!



RAYMOND JAMES®

ADVERTISE HERE
to reach your community



Call 800-477-4574

(307) 732-6652 • singletonpeeryfinancial.com
170 East Broadway, Suite 100D • PO Box 508 • Jackson, WY 83001

Securities offered through Raymond James Financial Services, Inc., member FINRA/ SIPC.
Investment advisory services offered through Raymond James Financial Services Advisors, Inc.
Singleton Peery Financial is not a registered broker/ dealer and is independent of Raymond James Financial Services.

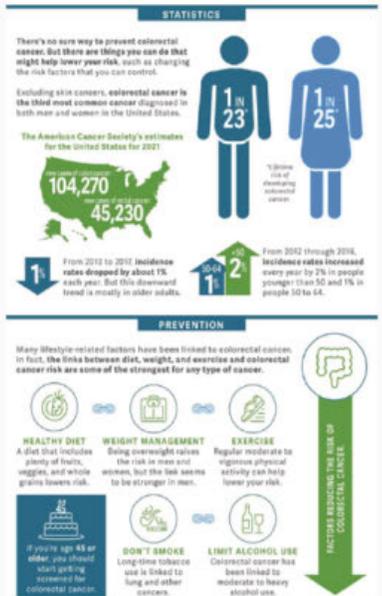


MARCH IS COLON CANCER AWARENESS MONTH!

During this important month of awareness for this disease, discussing how we can prevent colon cancer is essential. Did you know that your likelihood of getting colon cancer goes up? Rather than 3 in 100 people under 65, 10 in 100 people over 65 are diagnosed with colon cancer a year. The most important and effective way to prevent colon cancer is by getting regular checks for polyps so they can be removed as early as possible. Talk to your doctor about colon screening to lower your risk. Besides that, there are plenty of other ways to reduce your risk of colon cancer, such as eating meat, getting regular exercise (at least three times a week), and getting more calcium, magnesium, and vitamin D (or adding supplements to your diet). Unfortunately, research also suggests that smoking can significantly increase your likelihood of colon cancer or colon polyps that can develop into cancer, so if you were already thinking about quitting, March is the month! For more information, see the March blog post on the website for a few articles explaining colon cancer and prevention tactics.



COLORECTAL CANCER AWARENESS MONTH

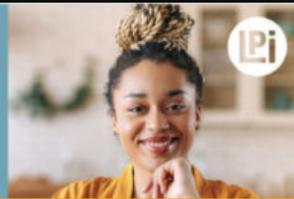


WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4ipi.com or
www.4ipi.com/careers



Sage Living

Senior living that celebrates humanity at every age and stage

At Sage Living, we know that people need more than just medicine to thrive—they need music, laughter, meaningful enrichment, and most importantly, connection. Which is why we make sure that new experiences are always a part of life here, offering a mix of creative planned programs and spontaneous activities for residents to keep curious, keep active, and keep learning.

Let us help with planning your next stage of life.

Call us today at 307.739.7243
www.sageliving.health



LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Bill Clough

wclough@lpicommunities.com

(800) 950-9952 x2635



MEDICARE MINUTES

Not sure what you are looking for when reviewing your Medicare statements? That's okay! When you get your statements in the mail or through Medicare.gov, go to the claims area and just look for these few key words. If you find anything referencing diabetic supplies, hospice, glucose monitors, urinary catheters, genetic tests, or even COVID-19 tests, these are often the most common scams and could be red flags. Call the Wyoming Senior Medicare Patrol at 800 856-4398 or fill out a Report Suspected Fraud form to report these concerns.

<https://smpresource.news/report-fraud>



MEDICARE STATEMENT RED FLAGS

Look through claims and watch for words like:

- ✗ Diabetic supplies
- ✗ Hospice
- ✗ Glucose monitors
- ✗ Urinary catheters
- ✗ Genetic tests

Report suspicious claims to the SMP.







THE HANLONS

SERVING TETON COUNTY AND THE SURROUNDING VALLEYS



John Hanlon
Associate Broker
john.hanlon@jhsir.com
307.413.1874

Linda Hanlon
Sales Associate
linda.hanlon@jhsir.com
307.413.1874

TRUSTED REAL ESTATE ADVISORS SINCE 1992



HUHN INSURANCE

heather@huhninsurance.com

huhninsurance.com

PO Box 13908

Jackson, WY 83002

307-284-3060



Heather Huhn
Broker & Agent

"I have been in the insurance industry for over 10 years and am currently providing clients the clarity they seek when choosing group employee benefits, health insurance, life insurance, Medicare and ancillary products. As a Broker Agency, we can provide education and source the proper health insurance products to meet your specific needs. If you need Group Employee Benefits, Medicare, Prescription, Dental, Vision, Life, Health, Long Term Care, Accident, Critical Illness, Disability or Fixed Annuities, have questions or know someone that needs assistance feel free to reach out."

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized Provider

SafeStreets

833-287-3502



**Dine In
Lunch
Seniors \$7
Non Seniors \$14
Suggested
Contribution**

Lunch Counter March Menu

**Dine In
Breakfast
Seniors \$5
Non Seniors \$5
Suggested
Contribution**



Friday, March 1
Friday Feast
Cheeseburger
Oatmeal Raisin Cookie for
Dessert

Monday, March 4
Soup and Salad Bar
Brownies for Dessert

Tuesday, March 5
Baked Chicken Alfredo
Fresh Berries for Dessert

Wednesday, March 6
Roast Beef & Gravy
Black Forest Cake for
Dessert

Thursday, March 7
Tomato Soup & Grilled
Cheese
Ice Cream for Dessert

Friday, March 8
Beer Brats
Apple Pie for Dessert

**Breakfast Entrees
this week:**
Fri - Sausage Biscuits
& eggs
Mon - Avocado Tomato
Scramble
Tue - Berry French Toast
Wed - Sausage Bake
Thu - Breakfast Burrito
Fri - Waffle

Monday, March 11
Salad & Baked Potato Bar
Jello Salad for Dessert

Tuesday, March 12
Brunswick Stew
Fruit Pizza for Dessert

Wednesday, March 13
Beef Pasta Bake
Rhubarb Crisp for Dessert

Thursday, March 14
Chicken Caesar Salad
Lemon Pie for Dessert

Friday, March 15
Friday Feast
Corned Beef with Cabbage
Ice Cream for Dessert

**Breakfast Entrees
this week:**
Mon- Veggie Quiche
Tue- Burrito
Wed- Bacon Breakfast
Sandwich
Thu- Eggs Benedict
Fri- Blueberry Pancakes

Monday, March 18
Soup & Salad Bar
Pudding for Dessert

Tuesday, March 19
Birthday Lunch
Chicken Pot Pie
Strawberry Cake for
Dessert

Wednesday, March 20
Beef Enchiladas
Cantaloupe & Grapes for
Dessert

Thursday, March 21
Caprese Chicken over
Pasta
Fruit for Dessert

Friday, March 22
Roast Port
Pumpkin Spice Cake
for Dessert

**Breakfast Entrees
this week:**
Mon- Bacon Tomato
Scramble
Tue- Waffle
Wed- Sausage
Biscuits
Thu- Ham Bake
Fri- Veggie Quiche

Monday, March 25
Soup & Salad Bar
Frosted Vanilla Cupcake

Tuesday, March 26
Sweet & Sour Shrimp or
Chicken
Fortune Cookies for Dessert

Wednesday, March 27
Mediterranean Pasta
Strawberry Fluff for Dessert

Thursday, March 28
Baked Fish
Banana Bread for Dessert

Friday, March 29
Reuben Sandwich
Cookie for Dessert

**Breakfast Entrees
this week:**
Mon- French Toast
Tue- Sausage Bake
Wed- Breakfast Burrito
Thu- Breakfast Sandwich
Fri- Ham & Veggie Egg
Scramble



**BREAKFAST IS SERVED FROM 8:30-10:30 AM AND
LUNCH IS SERVED 12-1:00 PM IN THE DINING ROOM.
MENUS ARE SUBJECT TO CHANGE.**



MARCH ACTIVITIES

MON	TUE	WED	THU	FRI
				10:00 Classic Fitness with Alice 11:30 Hole Food Rescue 1:00 Mahjong 1:30 Bingo 1:30 Tech Tutor 2:00 Strength & Conditioning
4 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 Maintenance 2:00 Circuit Training 3:00 Active Yoga	5 9:00 Pilates 10:30 Yoga 1:00 Pinochle 1:30 Bingo 1:30 Strength with Jo	6 9:00 Yoga for Strength 10:00 Tech Tutor 10:00 Learn to Play Bridge 11:00 Extra Help 10:30 Tai Chi 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Contract Bridge 1:00 Swissball Yoga	7 9:00 Functional Fitness 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Duplicate Bridge 1:00 Bible Study	8 10:00 Classic Fitness with Alice 11:30 Hole Food Rescue 1:00 Mahjong 1:30 Bingo 1:30 Tech Tutor 2:00 Strength & Conditioning
11 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	12 9:00 Pilates 10:30 Yoga 1:00 Pinochle 1:00 Ask a Lawyer 1:30 Bingo 1:30 Strength with Jo	13 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	14 9:00 Functional Fitness 9:30 Be Kind to Your Mind 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Duplicate Bridge 1:00 Bible Study	15 10:00 Classic Fitness with Alice 11:30 Hole Food Rescue 1:00 Mahjong 1:30 Bingo 1:30 Tech Tutor 2:00 Strength & Conditioning
18 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	19 9:00 Pilates 10:30 Yoga 12:00 Birthday Lunch 1:00 Mahjong 1:00 Pinochle 1:30 Bingo 1:30 Strength with Jo 5:00 Movie Night	20 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	21 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	22 10:00 Classic Fitness with Alice 11:30 Hole Food Rescue 1:00 Mahjong 1:30 Bingo 1:30 Tech Tutor 2:00 Strength & Conditioning 6:00 Chapter 22 Book Club
25 8:00 Podiatrist 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 1:00 Paint and Sip	26 9:00 Pilates on the TV (no Zoom) 10:30 Yoga 11:30 Medicare Assistance 1:00 Mahjong 1:00 Pinochle 1:30 Bingo 1:30 Strength with Jo	27 9:00 Yoga for Strength 9:30 Fall Prevention 10:00 Tech Tutor 10:00 Learn to Play Bridge 10:30 Tai Chi 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Contract Bridge 1:00 Swissball Yoga	28 9:00 Functional Fitness 10:30 Yoga Basics 11:30 Hole Food Rescue 1:00 Duplicate Bridge 1:00 Bible Study	29 10:00 Classic Fitness with Alice 11:30 Hole Food Rescue 1:00 Mahjong 1:30 Bingo 1:30 Tech Tutor 2:00 Strength & Conditioning

Age Friendly Jackson Hole



What is an Age Friendly Business?

An age friendly business is one that considers the needs of older adults and creates a barrier-free environment so that people of all ages and abilities can visit, shop, and participate fully.

Below are just some of the features and services that help make a business age-friendly.

- The entry doors are easy to open.
- There's enough space for people to comfortably navigate and move within the shop, eatery or office.
- The bathrooms are accessible for people with mobility issues.
- Glass doors are clearly marked (so people don't walk into them by mistake).
- Signage and symbols (arrows, rest rooms signs, etc.) are understandable, visible and legible.
- The noise level is suitable for hearing and speaking.
- The lighting is neither too dim nor too bright.

- There are places where a customer can sit while waiting for service or for a brief rest.
- The staff is respectful, helpful, and patient

As you go to different places around town, think about what makes that business age friendly and let us know who is doing a good job. You can contact us at agefriendlyjh@gmail.com or through the Senior Center.

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!



FACEBOOK



INSTAGRAM

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.

Learn to Play Bridge

This month we will have two beginner bridge classes. Ralph Haberkfeld will be teaching on March 6th and 27th at 10 am. If you are interested in attending, please contact Reanna to get some helpful YouTube videos for additional guidance.



THANK YOU TO OUR GENEROUS DONORS

MONETARY DONATIONS

Warren Anderson
 Donor Anonymous
 Claud E Easterly Foundation
 Sherrie A. Eplion
 Sandra & Derek Goodson
 Robert Hagedorn
 Gwen & Bill Hansen
 Carol & John Harkness
 Carolyn Kohn
 Jim Little Sr.
 Bonnie & Earl Lutz
 Thelma & Orville Quasdorf
 Linda Mars
 Monday Breakfast Group
 Nancy & Robert Norton
 ONE22

Beverly J. Pratt
 Elizabeth W Ridgway
 Smith's Food & Drug (Kroger)
 Venna Sparks
 Linore & Jim Wallace
 Rozan Welch

MURDER MYSTERY SPONSORS & DONORS

Austin O'Bryhim, State Farm Insurance
 FC Excavation LLC
 Two Grey Hills
 Berkshire Hathaway Home Services, Jennifer Reichert & Rachael Galbraith
 Four Pines Physical Therapy, PC
 Spirits & Spice
 Pershephone Bakery
 Miazga's
 Moo's Gourmet Ice Cream

MEMORIAL DONATIONS

CAROL MILLER
 Bonnie Gehring
 KEN THOMASMA
 Thelma & Orville Quasdorf

SHARON WILEY
 Thelma & Orville Quasdorf

BOB SHERVIN
 Margie & Bubba Shivler

HAZEL HALLING
 Margie & Bubba Shivler

MISCELLANEOUS DONATIONS

Diane Hazen

35 Years in Real Estate.
Experience Pays, Let Us Prove It.



Budge Kelley
 REALTY GROUP JACKSON HOLE



KW JACKSON HOLE
 KELLERWILLIAMS.



307.413.5294
 team@budgekelly.com
 www.budgerealtygroup.com

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide




ADT Authorized Provider | SafeStreets | **833-287-3502**

ADVERTISE HERE
 to reach your community



Call 800-477-4574

SUPPORT OUR ADVERTISERS!



We have been blessed to have Kim's contagious energy helping us at the Senior Center for over a year. Kim (the Kid) began volunteering as soon as she began coming to our

activities. When she turned 60, she started playing canasta and bridge and joining us for meals. When she was here for lunch one day, she saw what most people would brush off as a busy kitchen. But to her, this was an opportunity to help. She jumped in to help any way she could, even if it left her drenched in sink water by the time she was done. She hasn't stopped helping out since. Kim began delivering Meals on Wheels. Her face lights up when she talks about the time she delivered a meal to a lady who was very excited to show her her kitten. The kitten escaped her front door, but she tracked it down and made sure Kim had the chance to see how

cute it was. Kim says she enjoys these moments of connection with people who are homebound and happy to receive a meal. "The happiness transfers to you" she said. She says she has learned history that isn't in any textbook from these moments. Kim was born in Apple Valley, CA and attended college which was paid for by the federal government. She says she has always been driven to give back. She has volunteered in countless other ways throughout her life. We are beyond grateful for her flexibility, bubbling friendliness, and generosity here at the Senior Center.



Tyson Clemons Krista Nethercott
~ Owners ~

- Full Service Funeral Home
- Prearranged Funerals • Cremations

307-733-8267

950 Alpine Lane • Jackson, WY

208-354-2394

786 Valley Center Dr • Driggs

www.grandtetonfuneralhomedriggs.com



Life at Warm Valley Lodge, where your wants and needs come comfortably together, affords a peace of mind knowing that qualified care is readily available if you ever need it. A small riverside community where residents enjoy their own personal space in private apartments surrounded by breathtaking scenery.

Interested in a "test drive" of the assisted living experience?

A short stay is a great way to try it out for yourself.

All-inclusive pricing starting at \$4,900 per month or \$185 per day for respite. We accept several sources of payment including private funds, long term care insurance and Medicaid LT-101 Waiver.

5643 U.S. Hwy. 26 • P.O. Box 1839 • Dubois, WY 82513
307-455-2645 • wvinfo@warmvalleylodgeway.com • warmvalleylodgeway.com



FREE
AD DESIGN
with purchase
of this space

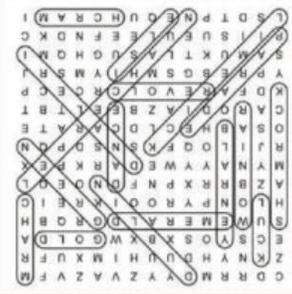
CALL 800-950-9952



Word Search



- BLARNEY
- GOLD
- LUCK
- CHARM
- GREEN
- MARCH
- CLOVER
- IRELAND
- PARADE
- DANCE
- ISLE
- RAINBOW
- DUBLIN
- LEPRECHAUN
- SHAMROCK
- EMERALD
- LIMERICK



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

Our Staff



Executive Director:

Rebecca Erskine

Operations Manager:

Reanna New

Development Manager:

Melissa Rochlitz

Bookkeeper:

Jenny Ryan

Transportation:

Trina Ditomasso

Office Manager:

Brooke Fallon

Office Assistant:

Monica Harden

Ruby Erskine

Home Care Manager:

Judy Woodard

Home Care Staff:

Rolf Belden, RN

Bethany Schindler, RN

Janette Miller

Becca Jewison

Judy Johnson

Talia DeMarko

Olga Bretado

Chef:

Karen Smith

Assistant Chef:

Glen Gonzalez

Dishwasher & Prep Cook:

Javier Sanchez

Board of Directors

Dave Auge, Chair

Michael Schrotz, Vice Chair

Irene Lund, Secretary

Anne Schuler, Treasurer

Bruce Hawtin

Sara Van Genderen

Jamie Turner

Naomi Floyd

Wyatt Ison



P.O. Box 4677
Jackson Hole, WY 83001
830 E. Hansen
(307) 733-7300
www.seniorcenterjh.org

NON-PROFIT ORG.
U.S. POSTAGE
PAID
PERMIT NO.13
JACKSON, WY

Live Your Best Life

JANUARY 2024 NEWSLETTER