



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.

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Senior Center of Jackson Hole, Jackson Hole, WY

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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

STATISTICS

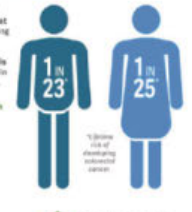
There's no sure way to prevent colorectal cancer, but there are things you can do that might help lower your risk, such as changing the risk factors that you can control.

Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States.

The American Cancer Society's estimates for the United States for 2021



From 2012 to 2019, incidence rates dropped by about 1% each year. But this downward trend is mostly in older adults.



From 2012 through 2019, incidence rates increased every year by 2% in people younger than 50 and 1% in people 50 to 64.

PREVENTION

Many lifestyle-related factors have been linked to colorectal cancer. In fact, the links between diet, weight, and exercise and colorectal cancer risk are some of the strongest for any type of cancer.

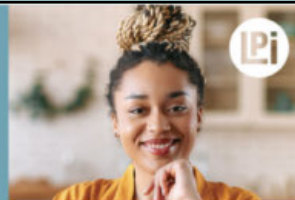


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MEDICARE MINUTES

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.



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Senior Center of Jackson Hole, Jackson Hole, WY

C 4C 05-1306

**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
				1 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!



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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 Habermeld 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.



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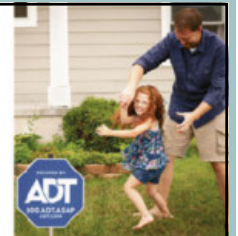


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We have been blessed to have Kim's contagious energy helping us at the Senior Center for over a year. Kim (the Kid) began volunteering as soon as she began coming to our

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.



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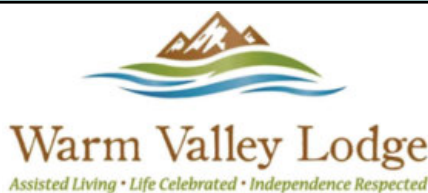
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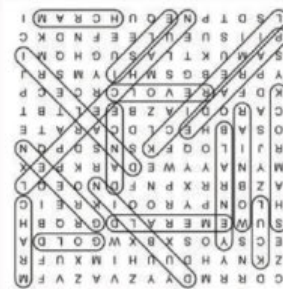
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