



Caring 4 U



December, 2017

**National Family Caregiver Support Program
Senior Center of Jackson Hole**

This holiday season, our thoughts always turn to our loved ones, Caregivers and Care-receivers alike. Here at the Senior Center of Jackson Hole, our Home Care Office is staffed with the most dedicated, professional, big-hearted group of individuals you will ever be happy to see at your door. Here they share some Holiday Greetings:

“My name is Kristine Dyke, I live in Kelly with my amazing husband Steve of 9 years! We actually met on E-harmony, which was really quite fun, and a great way to meet someone. I have a son who is 45 and two lovely grandchildren; my granddaughter will be graduating from high school this spring, hard to believe. My husband and I are very active in the outdoors, which was one of the main attractions for us both. We love to travel and have spent many months in the Virgin Islands, our favorite spot is St. John it is where we got engaged and where we were married. We were heartbroken to see the devastation from the hurricane, we hope to return soon and lend support to the people of St. John. This spring however we are off to do another long distance hike on the Appalachian Trail. Here’s hoping my body will hold up! My holiday thought comes from my Spiritual Teacher Thich Nhat Hahn ‘If we want to be more connected to others, we don’t need to text them more; we need to listen to them more! Blessing for a wonderful and joy full holiday season.

Dori Cote: I have lived in Jackson for 39 years. I have been a CNA for 20 years, working for the Senior Center for 3 years. I strive to make a difference in the lives of our clients. My holiday thought is “Grateful & Thankful” we can all find things to be grateful and thankful for, not matter what obstacles life brings our way! Happy Holidays to All! OPA!

Carina Barker: Born and raised in Jackson Hole, just completed CNA training and love working in home care. I am committed to keeping people as independent as possible in their own homes. Holidays should bring friends & family together, with smiles, warmth, generosity and FOOD! I love to cook and decorate!

Holly Danner O'Brien: I've been in Jackson for 37 years, Wyoming for 40. I have worked at all sorts of jobs at the Senior Center for the past 3 years. I'm excited to celebrate Chanukah and Christmas each year...my holiday thought is "Attitude of Gratitude" we have so much to be Thankful for! Cheers!

Janette Miller: I have been in Star Valley for the last 10 years, I grew up in the Pocatello, Idaho area and 20 years in Utah, have done home health most of my working career. I enjoy helping others and visiting with people. My husband and I have a daughter and a grandson.

Margret Harris: When I was 11 years old I came to Half Moon Ranch and knew that first morning that this is where I wanted to be for the rest of my life...It took me 47 years to be here and I couldn't be more grateful. Now that my grandchildren (local!) are both in school, I'm working at the Senior Center, creating my next wonderful adventure.

Judy Johnson: I've lived in Jackson for 38 years, 20 of which as owner/operator of Huckleberry Mountain, a chocolate candy company. Upon sale of the business, I became increasingly involved with local seniors, many of whom were pioneers of the area. Falling in love with these remarkable natives, I went on to get my CNA certification 14 years ago and have worked for the Senior Center ever since. My Holiday Sentiment: having been taught by my clients the art of slowing down and enjoying the moment, I encourage us all to chill out and take time to savor all that this beautiful season has to offer!

The Holidays can be a very stressful time for caregivers and receivers alike, if we can offer you and help, please don't hesitate to call the Home Care Office here at the Senior Center. We are always here to listen. HAPPY HOLIDAYS!

For Family Caregiver Service

Contact: Perri Stern Home Care Manager @307-733-7300 or
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Contributions Welcomed towards NFCSP Services

If you are interested in having an additional meeting time please contact us

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