



307-733-7300 // 830 E. Hansen // www.SeniorCenterJH.org // info@SeniorCenterJH.org

Upcoming!

JUNE 12TH

Hot Dog Cookout

JUNE 18TH

Lunch in Honor
of Fathers

JUNE 21ST

Summer Solstice
Ice Cream Party!

JUNE 22ND

Volunteer
Appreciation Dinner
by invitation

JUNE 26TH

Painting Class at
NMWA begins

Our Mission

The mission of the Senior Center of Jackson Hole is to provide a range of services to support and enhance the lives of senior citizens and assist them to remain independent as long as possible.

Lunch in Honor of Fathers

Celebrate Dad on 6/18

Join us for lunch on Monday, June 18th to celebrate the men in your life! Enjoy a Roast Beef Lunch and take a chance on our Dad raffle! Please RSVP to the Senior Center. Lunch for seniors will be compliments of Bank of Jackson Hole, \$10 for non-seniors.



Painting Class at the Museum

In partnership with the National Museum of Wildlife Art, Senior Center members are invited to participate in a 6-class series at the Museum. Students will explore the collection and spend time in the classroom studio learning acrylic painting skills with, master wildlife painter, Andrew Kneeland. Students will explore artistic style and historical context while building artistic skills. No previous experience is necessary. Space is limited so each participant may receive personal attention. Please sign up at the Senior

Center. Each student will take their piece home at the end of the session.

Tuesdays, June 26 - July 31

10 am - 12 pm

**Cost: \$50 per person
(includes instruction &
supplies. Scholarships may
be available: call the Sr. Ctr.)**

**Admission to the galleries will be waived on days that classes are held.*



NATIONAL MUSEUM
of WILDLIFE ART

Welcome Letter

Welcome back Snow Birds! One of the great things about the beginning of the summer season is once again seeing all of the familiar faces of those who spend the winters elsewhere. We are seeing lots of people returning to our lunches, exercising with Leslie and volunteering. If you've been away for awhile, be sure to have a close look

at our activities calendar. Hannah has been busy over the winter finding new instructors for classes and adding some of the activities that people have been asking for – like art classes! We also have a lot of special events planned – be sure to put the Ice Cream Social on your calendar!
Becky Zaist, Executive Director

Giving Back

MONETARY DONATIONS

Odd Fellows
Lodge #8
Jack Ruud
Dankert Estate
Elaine Luton
Jackson Hole
Cow Belles
Yong Ayling
Trilipid Research
Institute
Smith's

MISCELLANEOUS DONATIONS

Laura & John
Turner
Nance Parriot
Lorado Reetz

MEMORIAL DONATIONS

Donald Graham Moore
Doris Budge
David Nicholas Clover
Doris Budge

HAPPY BIRTHDAY BECKY KIMMEL!

From Irene Lund

WISHLIST

Tablet for activity registration

LEND A HAND

Yong Ayling
TR Shelby
Jennifer & Wes
Flannagan

Create a Living Legacy

Consider leaving a give to the Senior Center in your will. Your good deed will survive you and provide a memorial for your family and for generations to come

New Volunteer Opportunities

Are you looking for a way to give back to the Senior Center? Hannah Sell, Activities & Volunteer Coordinator has some new volunteer opportunities available! We are searching

for volunteers to help open and close the building during Saturday open exercise hours (10:30 - 11:30) You can workout while you volunteer! We are also looking for volunteers that are

interested in helping to keep the food table tidy and pick up the food delivery from the Hole Food Rescue Hub: approx. 1.5 hour commitment, 1 time per week. Please talk to Hannah if you are interested in either.

STAFF

Becky Zaist
Executive Director
Rebecca Erskine
Assistant Director
Hannah Sell
Activities/Volunteers
Jenny Ryan
Bookkeeper
Kathy Harvey
Bus Driver
Liz Jacobson
Data Manager

HOME CARE

Perri Stern
Home Care Manager
Carina Barker,
Judy Bayse RN,
Dori Cote, Kristine Dyke, Chris Encinas, Margaret Harris, Jack Herman, MaryLynn Hewitt, Judy Johnson, Lynn Karl, Janette Miller, Mary Obringer, Reyna Perez, Gail Perrone, Sharon Stearns, Jo Warden, Laurie Watsabaugh

KITCHEN

Amando Perfecto
Head Chef
Alejandra Padilla
Assistant Cook
Miguel Velazco
Dishwasher

BOARD OF DIRECTORS

Bob Shervin
President
Dave Auge
Vice President
Sheila Sandubrae Davis
Secretary
Rick Stuck
Treasurer
Jean Day
Becky Kimmel
John A Turner
Lou Hochheiser
Ron Stevens

Happy Birthday June!

- | | | | |
|--|---|--|--|
| 1 Bernadette Jehl
Elizabeth Kingwill
Arnold Kotow
Richard Laumeyer
June Nystrom
Karen Priebe
Val Schlesinger | BJ Kinley
Benji Sinclair | Thelma Quasdorf
Bob Shervin
Walter Swank | 24 Jane Farrer
Juan Herrera
Glenn McElroy
Bobbi Moses
Carol Owens |
| 2 Dolores Albers
Jeannine Brown
Grant Larson
Sue Prater | 8 Gerry Amadon
Maggie Bauer
Rosemarie Crouzillat
Tom Hensel
Linda Motivala
Cindy Nicholson
Frances Pollak
Peggy Puche
Dave Raam
James Rice | 16 Diane Brown
Jeanine Karns
Gayle Roosevelt
Sallie Smith
Trish Truitt
Butch Williams
Annie Wright | 25 Mary Bergeron
Robert Haynam
Holly Hunter
Spark Schramm
Noel Wray |
| 3 Frank Basye
Leo Benson
Abi Garaman
William Linklater
Peta McAuley
Sylvia Raumaker
Lorado Reetz
Barb Shervin
John Whitehead | 9 Jane Giovanini
Betsy Hall
Bob McIntosh | 17 Jane Davis-Kusek
Wendy Farnsworth | 26 Josie Bond
Katherine Coelho
Lorelie Miller
Rick Thompson
Inger Trudelle |
| 4 Dick Klene
Judy Nelson
Tom Pickett
Judy Schmitt
T.R. Shelby | 10 Lacey Biles
Cathy Centrella
Marguerite Davenport
Anita Isom
John Johnston
Doug Pace | 18 Linda Sternberg | 27 Steve Birt
Darlene Blazek
Kim Codman
John Daily
Carol Fidroeff
Jan Finch
Jackie Gilmore
Jon Nelson
Gary Nield |
| 5 John Eastman
Greta Gretzinger
Bob Hall
T Horn
David Ottley
Kathy Roby
Anna Wallace | 11 Linda Benson
Bob Graham
Molly Johnston
Dean Laverentz
Mary Kay Turner | 19 Janet Cole
Robert Diehl
Wade Grisamer
Sherri McFarland
Bonnie Pockat
Linore Wallace | 28 Joe Infanger
Doug Keefe Jr.
David Wion |
| 6 Richard Galiher Jr.
Terry Miller | 12 Walter Brandt
Jeff Crabtree
Kent Grohne | 20 Michael Burke
Lin MacMillan
June McCollister | 29 Shirley Thomas |
| 7 Rich Bloom
Julia Goldensohn | 13 Dail Barbour
Mike Scher
Norman Scott | 21 Jill Aanonsen
Kevin Johnson
Ann Keller
Dail Knori | 30 Buck Beckett
Joel Berman
Cathie Evans
Lynn Garrison
Karen Stewart |
| | 14 Clyde Cazier
Carolyn Warziniack | 22 Judy Cox
Pete Jorgensen
Boots Nelson
Tovi Santiago | |
| | 15 Donna Glenn | 23 Tilly Bardella
Nita Garaman
Richard Haderlie
Ann O'Leary | |

Birthday Lunch: June 25

June birthdays will enjoy lunch compliments of First Interstate Bank.



DID WE MISS YOUR BIRTHDAY?

If your annual Senior Center membership has expired, you will not see your birthday listed. Please stop by the front desk.

June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*Indicates a fee for fitness classes: • Suggested Contribution for seniors: \$4 • Price for non-seniors: \$7</p> <p>Punch Cards available for seniors: \$35 for 10 classes.</p>	<p>4 <i>Chair Massage: AM</i> 9:00/10:30 *Leslie's 10:00 Coffee Hour 12:45 Bible Study 4:00 **Dupl. Bridge</p>	<p>5 9:00 *Pilates 9:00 *Zumba 10:00 2nd Act play Readings 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 6:30 Quilt Guild Meeting</p>	<p>6 9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:30 BP Check 1:00 **Contract Bridge 1:00 Bingo</p>	<p>7 9:00 *Funct. Mvmt. Fit. 10:30 *Tai Chi 12:30 **Dupl. Bridge 1:00 Mahjong</p>	<p>1 Friday Feast 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness</p>	<p>2 10:30-11:30 Exercise Equipment Open</p>
<p>3</p>	<p>4 <i>Chair Massage: AM</i> 9:00/10:30 *Leslie's 10:00 Coffee Hour 12:45 Bible Study 4:00 **Dupl. Bridge</p>	<p>5 9:00 *Pilates 9:00 *Zumba 10:00 2nd Act play Readings 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 6:30 Quilt Guild Meeting</p>	<p>6 9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:30 BP Check 1:00 **Contract Bridge 1:00 Bingo</p>	<p>7 9:00 *Funct. Mvmt. Fit. 10:30 *Tai Chi 12:30 **Dupl. Bridge 1:00 Mahjong</p>	<p>8 50 min. <i>massage by appt.</i> 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Meet and Make: Weaving project</p>	<p>9 10:30-11:30 Exercise Equipment Open</p>
<p>10 <i>Visit us at the People's Market this Wednesday, June 13th! The Senior Center will be selling homemade pies from 4 pm - 7 pm.</i></p>	<p>11 <i>Chair Massage: AM</i> 9:00/10:30 *Leslie's 10:00 Coffee Hour 12:45 Bible Study 4:00 **Dupl. Bridge</p>	<p>12 9:00 *Pilates 9:00 *Zumba 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 5:00 Hot Dog Cookout</p>	<p>13 9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:30 BP Check 12:45 Board Meeting 1:00 **Contract Bridge 1:00 Bingo 4:00 Age Friendly JH</p>	<p>14 9:00 *Funct. Mvmt. Fit. 10:30 *Tai Chi 12:30 **Dupl. Bridge 1:00 Mahjong</p>	<p>15 Friday Feast 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness</p>	<p>16 10:30-11:30 Exercise Equipment Open</p>
<p>17 Father's Day</p>	<p>18 <i>Chair Massage: AM</i> 9:00/10:30 *Leslie's 10:00 Coffee Hour 12:00 Lunch in honor of Fathers 12:45 Bible Study 4:00 **Dupl. Bridge</p>	<p>19 9:00 *Pilates 9:00 *Zumba 10:00 2nd Act play Readings 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle</p>	<p>20 9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:30 BP Check 12:00 Geology Club 1:00 **Contract Bridge 1:00 Bingo</p>	<p>21 9:00 *Funct. Mvmt. Fit. 10:30 *Tai Chi 12:30 **Dupl. Bridge 1:00 Mahjong 3:00 Summer Solstice Ice Cream Sundae Social</p>	<p>22 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 6:00 Volunteer Appreciation Dinner by Invitation</p>	<p>23 10:30-11:30 Exercise Equipment Open</p>
<p>24</p>	<p>25 <i>Chair Massage: AM</i> 9:00/10:30 *Leslie's 10:00 Coffee Hour 12:45 Bible Study 4:00 **Dupl. Bridge</p>	<p>26 9:00 *Pilates 9:00 *Zumba 10:00 Painting Class begins at NMWA 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle</p>	<p>27 9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:30 BP Check 1:00 **Contract Bridge 1:00 Bingo</p>	<p>28 9:00 *Funct. Mvmt. Fit. 10:30 *Tai Chi 12:30 **Dupl. Bridge 1:00 Mahjong</p>	<p>29 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness</p>	<p>30 10:30-11:30 Exercise Equipment Open</p>

June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Lunch is served 12:00-1:00 Suggested Contribution for seniors: \$4 Price for non-seniors: \$8 <i>Menu subject to change</i></p>	<p>4 Tossed Green Salad Hot Beef Sandwich Winter Blend Vegetables California Fruit</p>	<p>5 Soup & Salad Option Spinach Salad Lemon Parmesan Fish Roasted Vegetables Whole Wheat Roll Banana Chocolate Cake</p>	<p>6 Soup & Salad Option KFC Style Coleslaw Baked Pork Chop Steamed Rice & Gravy Seasoned Green Beans Whole Wheat Bread Ice Cream & Strawberries</p>	<p>7 Soup & Salad Option Garden Salad Stuffed Green Pepper Tomato Gravy Baked Potato Fruit Crisp</p>	<p>1 Friday Feast Garden Salad Spaghetti with Meat Sauce Green Beans Focaccia Bread Peachy Pudding</p>	<p>2</p>
<p>3</p>	<p>11 Garden Bounty Salad Cheeseburger Sweet Potato Wedge Peaches Chocolate Chip Cookie</p>	<p>12 Soup & Salad Option Spinach Salad Monterey Chicken Brown Rice Grilled Broccoli Whole Wheat Roll Chilled Apricots 5:00 Hot Dog Cookout</p>	<p>13 Soup & Salad Option German Cole Slaw Beef Pot Roast & Gravy Potatoes, Carrots, Onions & Gravy Potato Roll Winter Berry Crisp</p>	<p>14 Soup & Salad Option Tossed Salad Baked Liver & Onions Whipped Potatoes Italian Vegetables Roll, Fruit Spread Pear Betty</p>	<p>15 Friday Feast Fanny's Coleslaw BBQ Pork Sandwich Whole Wheat Bun Potato Salad Mandarin, Pineapple Grape Cup Lemon Bar</p>	<p>16</p>
<p>10 <i>Visit us at the People's Market this Wednesday, June 13th! The Senior Center will be selling homemade pies from 4 pm - 7 pm.</i></p>	<p>18 Father's Day Lunch Asian Salad Roast Beef Mashed Potatoes, Gravy Pacific Blend Vegetables Baked Apple Slices Ginger Snap Cookie</p>	<p>19 Soup & Salad Option Tortilla Soup Hard Shell Tacos Salsa & Chopped Onions Black Beans Spiced Carrot Cake Fruit Cup</p>	<p>20 Soup & Salad Option Hawaiian Chicken Baked Sweet Potato Key Largo Vegetables Banana Muffin Seasonal Fruit Coconut Macaroon</p>	<p>21 Soup & Salad Option Honey Mustard Slaw Fish Florentine Wild Rice Pilaf Glazed Carrots Strawberry Shortcake 3:00 Ice Cream Sundae Social</p>	<p>22 Chicken Caesar Salad WW Bread Stick Harvard Beets Creamy Fruit Bowl Carrot Cake 6:00 Volunteer Appreciation Dinner (by Invitation)</p>	<p>23</p>
<p>17</p>	<p>25 Birthday Lunch Pork Chop Supreme Scalloped Potatoes German Blend Vegetables Ambrosia Fruit Cup Oatmeal Spice Cake & Ice Cream</p>	<p>26 Soup & Salad Option Creamy Coleslaw Fish & Chips Balsamic Green Beans Pineapple Chunks Tapioca Pudding</p>	<p>27 Soup & Salad Option Tossed Green Salad Swiss Steak & Tomato Sauce Baked Potato Broccoli Wheat Roll Banana Split Dessert</p>	<p>28 Soup & Salad Option Tossed Salad w/ Beans Pizza with Meats & Vegetables Mixed Fruit Cup Strawberry Ice Cream</p>	<p>29 Relish Tray Roast Turkey, Gravy Mashed Potatoes Green Beans Almondine Cranberry Sauce Stuffing Pumpkin Pie</p>	<p>30</p>
<p>24</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>

June Home Care

Our dedicated and professional Home Care team is here to help you stay safe, healthy and happy in your home. Every so often, I offer the following reminders that “Help Us Help You”

- Please set up voice mail on your telephone and please remember to check voicemail messages. Although I do my best to keep schedules as consistent as possible and notify clients of scheduling changes in advance, sometimes unexpected absences or schedule changes come up. We can help you set up voicemail on your telephone or show you how to retrieve messages if you have any difficulty with this.
- Please have essential cleaning supplies and a lightweight vacuum on hand. Home Care

Staff are here to assist with essential light housekeeping tasks that are difficult for you to do.

- Our Home Care Staff are dedicated to your health and well-being. Along with helping you with various tasks, taking time to talk with you about “how you’re doing” is very important. We want to be alert to any changes in your health and well-being from visit to visit.
- Please remember to call me at 307-733-7300 or email pstern@seniorcenterjrh.org if you are going to be away, if you have a situation that causes you to miss a scheduled appointment, or if you need to reschedule,

Thank you all very much!
Perri Stern, Home Care Manager

2econd Act Play Readings

Have you heard that the 2econd Act group has reconvened? All are welcome to join this light- hearted group! Try your hand at reading some lines! No memorization required.

**2ECOND ACT MEETS
ON THE 1ST AND 3RD
TUESDAY OF EACH
MONTH AT 10:00 AM IN
THE NORTH END OF THE
DINING ROOM.**

Volunteer Spotlight

This month, I'd like to take a moment to recognize everyone that volunteers at the Senior Center! Thank you for everything you do for the Senior Center and for the people we serve. We couldn't do it without you! Our annual Volunteer Appreciation Dinner will be happening this month and I hope to see all the volunteers there! This is a fun event where Senior Center staff get to express gratitude to all who take time out of their busy lives

to help us. I truly enjoy working with each of you - you make my job so fun!

Many, many thanks,
Hannah



Summer Solstice Ice Cream Sundae Social

**THURSDAY, JUNE 21,
3:00 PM
NO CHARGE**

Celebrate the season with an ice cream sundae and good company! Sundaes will be served outside (weather permitting) the North End of the Dining Room.

Stay Safe from the Sun this Summer

Most older Americans grew up with the idea that a little bit of sun was good for you. And this is true to some extent however, as we age we are more at risk of skin cancer and sunburns. Getting out in the sun a few times a week for a few minutes a day without your sunscreen can boost your body's production of Vitamin D. Vitamin D can reduce your risk of bone fractures, high blood pressure and stroke or heart attack. But too much sun without sunscreen is a problem. Most folks do not take care of their skin because of the idea that skin cancer develops over long periods of time. Many seniors go to sunny states for the winter and spend more time outdoors increasing their risk.

As we age our skin thins and it allows the UV rays to penetrate more deeply. This thinner skin also weakens our immune defense & our ability to fight off skin disease.

Many medications that we take, even over the counter pain relievers, can increase our risk for a painful sunburn. Make sure you read the risks of your medications before heading outdoors without sun protection.

The great news is that sun exposure is completely preventable. You can wear a hat, loose fitting clothes or carry an umbrella.

Sunscreen is another effective way to block out the sun's harmful rays. But there are probably 8 mistakes you are making, according to Dr. David J Leffell, Yale School of Medicine and Dermatologist Dr. Lisa Garner.

- You have been using the same bottle for 3 summers now. Expiration dates do matter in sunscreen! The active ingredients deteriorate over time causing the sunscreen to not work at all. **GET A NEW BOTTLE THIS SPRING!**
- You rely on your sunscreen in your make-up to do the trick. You do not add enough foundation to face and neck for the sun protection factor (SPF) to be useful. You must liberally apply sunscreen & reapply every 2 hours, not something most women do with foundation.
- You only use a dab of sunscreen. Use enough to fully cover the skin and massage it in.
- You are not reapplying. You must reapply sunscreen every two hours for maximum benefits, more often if you are in water or sweating.
- Waterproof sunscreen is not really waterproof. Waterproof sunscreen is water resistant for 40-80 minutes. So make sure to reapply more often!

- You only apply sunscreen on sunny days. UV rays can still penetrate clouds and give you a sunburn. So put on sunscreen anytime you go outside.
- Higher SPF means protection for longer time. Not true. An SPF 30, when applied liberally and every 2 hours, can block out 96% of the harmful UV rays. An SPF 50, when applied the same way can block out about 2% more but not if you don't reapply at the same 2 hours as the SPF 30.
- You can count on sunscreen for total protection. Hats, sunglasses and protective clothes are a must with your sunscreen for total protection!

Now get out there and enjoy this summer sunburn free!



The health articles in this newsletter are intended for information only. They should not be considered as medical advice about your personal health. This should be obtained from your doctor.

Don't Miss:

Meet & Make: Weaving

FRIDAY, JUNE 8, 1:00 PM, \$5

Join Hannah for an afternoon of crafting a traditional Native American Style Basket project. Price includes one

craft kit per person. Activity will happen in the North End of the Dining Room. Please sign up in advance.

Hot Dog Cookout

TUESDAY, JUNE 12, 5:00 PM, SUGGESTED CONTRIBUTION \$3

Is there anything better than a summer cookout? Serving hot dogs with chili, relish

tray, grapes, and ice cream sandwiches! Please sign up in advance at the Senior Center.

Services

DINING PROGRAMS

at the Senior Center
and Meals on Wheels

FITNESS & WELLNESS

ACTIVITIES

HOME CARE

TRANSPORTATION

Hours

MONDAY – THURSDAY

8:00 AM – 4:30 PM

FRIDAY

8:00 AM – 3:00 PM

SAT. EXERCISE HOURS:

10:30 AM – 11:30 AM



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www.seniorcenterjh.org

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Live Your Best Life

June Newsletter 2018