



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

Upcoming!

OCTOBER 5
Flu Shot Clinic

OCTOBER 16
OktoberFest Party

OCTOBER 19
Concussion
Awareness
Presentation

OCTOBER 23
AARP Driving Course

OCTOBER 26
Senior of the Year
Dinner

OCTOBER 31
Halloween Lunch



Our Mission

*Enhancing and supporting
the lives of seniors.*

Annual OktoberFest

Dinner and Concert TUESDAY, OCT 16 @ 6 PM

Celebrate the season with the Senior OktoberFest including German inspired menu, strudel auction, dancing and live music from the Jackson Hole Community Band. ***New this year – Beer Tasting for \$10! Suggested Contribution for dinner \$6 for Seniors, \$12 for non-senior guests.*** Please sign up in advance by calling the Senior Center.



Senior of the Year Dinner

FRIDAY, OCT 26 @ 6PM

Join us for a special dinner honoring seniors that make a difference in our community.

Prime Rib
Baked Potato
Caesar Salad

Dinner compliments of Wells Fargo for Seniors
\$12 for non senior guests.
Please RSVP by calling the Senior Center.



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Giving Back

MONETARY DONATIONS

Dee Bupp
Teton Orthopedics
Berniece & Harold
Turner
Claud E Easterly
Foundation
Mary & Lee Cutler
Joyce & Bert Steece
Joel Goldberg
Carolyn & Michael Vale
Vicki & Dennis Johnson
Bernie & Doug Kennedy
Nancy & Tom
Richardson
Ann G Trammel Fund
at the Greater Houston
Community Foundation
Victoria Hess
Smith's Food & Drug
Gwen & Don Wadsworth
Kay & Gary Mattheis
Louise Martens
Odd Fellows Lodge #8

MISCELLANEOUS DONATION

Sally Rains
Dinnis & Vicki Johnson
Ed Schmidt
Jim Nowlin
Mary Waid
Carolyn Hawtin

MEMORIAL DONATIONS

**In Memory of Richard
H Koeln & Bonnie
Brown Koeln**
Bonnie Koeln

Gene Sinn

Patsy & David Raaum

Meta Sternberg

Patsy & David Raaum

Blendine Walters

Patsy & David Raaum

Loretta Scott

Patsy & David Raaum

Emmy Knobloch

Patsy & David Raaum
Senator Grant &
Maralyn Larson

Don Huhn

Patsy & David Raaum

Connie VonGontard

Patsy & David Raaum
Senator Grant &
Maralyn Larson

Bill Ashley

Patsy & David Raaum
Senator Grant &
Maralyn Larson

Archie Jurich

Senator Grant &
Maralyn Larson

Don Moore

Senator Grant &
Maralyn Larson

Mary Jane Hansen

Senator Grant &
Maralyn Larson

Marge Ryan

Senator Grant &
Maralyn Larson

Reid Jackson

Senator Grant &
Maralyn Larson
Barb and Bob Shervin
Maggie & Dick Scarlett

Lindi Houk

Steve & Charlyn Fisher
Allison & Ross Harper
Beth & Jeff Wilson
Pat Fisher
Suzann Mohr & Jim
Reeves
Anonymous

Ron Stevens

Barb & Bob Shervin
Doris Budge

Jarrel Tharp

Mary Ann & Jerry
Tapp

MEMORY WALL

Helen Halpin
Carol Harris

Ronald W Stevens

Senior Center Board of
Directors
Stevens Family

Dorothy May

Bonnie Budge

Lindi Houk

Anonymous

LEND A HAND

TR Shelby - Thanks
for helping with the 4H
Meat Delivery

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

Erin Crow
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,
Jennifer Woodie

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,
John A Turner,
Lou Hochheiser,
Sara Van Genderen

Old Bills Donation

Thank you to all who donated to the Senior Center through Old Bills Fun Run. A complete list will be published in the November Newsletter.

Happy Birthday October!

1	Jim Crabbe Nancy Feldman Kent Fiske Diane Guslander Jim Hawley Doc Houfek Katy Klotz Lucinda McCray Louisa Sandvig		Dee Mahoney Martha McCravey Dick Muzzy Susan Ordway Leslie Petersen Ruth Andersen Linda Delgado Dennis Fretag Gary Leaman Helen Shelton		Bob Fulton Zita Izzo Frank Londy Jack Ruud Nancy Brumsted Debbie Frizzell Sue Heberger Leone Kennedy Martha VanGenderen Linda Williams Jeannie Yurgalewicz Lori Clark-Erickson Linda Hayes Margaret Mathieu Jeanine Mayer Josephine Baldwin Hazel Halling Chuck Dahl Mary Dahlager Carol Jansen Mary Talisman Joe Wenck Joyce Wilson Sheila Davis Debbie Jefcoate Ruth Trout Galloway Clover Kathleen Daulton Candi Howington Mary Cutler Larrie Rockwell Janice Skinner Craig Carpenter Joe Izzo Pete Karns Larry Kummer		Janie Mickelson Harold Richardson Mare Smart Cindy Taylor Marie Trautman Randy Balloun Jean DeMarsh Sally Maher Ronald Matous Leslie Jones Leona May Patricia McCoy Jeremy Schmidt Jane Curtis Charles Epstein Donald Siegel Nancy Turley Bernie Kennedy Mike Kinley Jenny McElroy Doug Niemi Debby Rhea Kim Springer Betty Benson Mori Bergmeyer Willmar Boeder Carol Roberts Judy Easterly David Johnson Mary McKinney Rick Olson Marisa Santacruz June Sweede David Chavez William Reinecke Moosie Woodling
		9		16		25	
2	Lee Fitzpatrick Elaine Jackson Jane Kochman Marilyn McCarrel Sally Rains	10	Grace Anderson Shirley Burzynski Jill Callaway Nancy Carey John Fox Harry Lawroski John Oaks Alice Swank Les Davidson Wes Flanagan Deb Hill Kathy Kjellgren	17		26	
3	Ellae Elinwood Judy Miller- Johnson Mary Krater Marnie Paulus Rozan Welch	11	Creed Law Georgia Ligori Joyce May Biba Parker Dianne Fleming George Harris Jan Herbst Jane Kranenberg Stephen Lottridge Becky Poindexter- Smith Donnie Rodgers Nina Smith Douglas Carrington Rita Denton Myra Crerar	18 19		27 28	
4	Dan Shervin John Sidle						
5	Kay Benson Mary Bittenbender John Buhler Greg Gerhard June Heinbuch Red Rote	12		20		29	
6	Jackie Benson Paula Leisinger Kathryn Singer Sheila Weitz Cindy Witkowski James Wray	13		22		30	
7	Richard Ray			23		31	
8	Lynne Becker Bill Happersett Jr. Elisa Hubbs	14 15		24			

Birthday Lunch: October 30th

October 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.

October 2018

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Garden Salad Shepherd's Pie Mushroom Gravy Tangy Carrots Whole Wheat Roll Applesauce Cake	2 Soup & Salad Option Asian Salad Roast Beef Mashed Potatoes Gravy Pacific Blend Vegetables Baked Apple Slices Ginger Snap Cookie	3 Soup & Salad Option Tossed Green Salad BBQ Pork Boston Baked Beans & Bacon Peas & Carrots Roll Applesauce	4 Soup & Salad Option Meatloaf & Gravy Cauliflower Mac'n Cheese Bahamas Blend Veggies Apricots Pineapple Upside Down Cake	5 Friday Feast Lettuce & Tomato Salad Chicken Fajitas Seasoned Black Beans Peachy Pudding Oatmeal Raisin Cookie	6
7	8 Tossed Salad Baked Italian Pasta Roasted Asparagus Focaccia Grapes Tapioca Pudding	9 Soup & Salad Option Spring Salad Almond Crusted Fish Tartar Sauce Baked Sweet Potato Seasoned Zucchini Corn Bread Fresh Fruit	10 Soup & Salad Option Garden Vegetable Salad Spaghetti Meat Sauce Angel Hair Noodles CA Blend Vegetables Garlic Bread Pear Crisp	11 Soup & Salad Option Mandarin Oranges Oven Fried Chicken Mashed Potatoes, Gravy Pacific Blend Vegetables Gingerbread Cake	12 Tomato & Cuke Salad Beef Pepper Steak Mashed Potatoes Peas & Carrots Roll Apple Pie	13	
14	15 Lettuce & Tomato Salad Chicken Enchilada Peas & Onions Fruit Salad Baker's Source Brownie	16 No Lunch Octoberfest @ 6:00 Apple Slaw w// carrots Roast Pork Spaetzle German Red Cabbage Apple Cider Black Forest Cake	17 Soup & Salad Option Tossed Salad Baked Liver & Onions Whipped Potatoes Mixed Vegetables Homemade Roll Pear Betty a la Mode	18 Soup & Salad Option Spinach Strawberry Salad Lemon Parmesan Fish Roasted Root Veggies Whole Wheat Bread Banana Chocolate Surprise Cake	19 Friday Feast Mixed Green Salad Lasagna Italian Blend Vegetables Garlic Roll Strawberry Rhubarb Crisp	20	
21	22 Creamy Cole Slaw Beef Stroganoff Egg Noodles Broccoli WW Roll Fruity Cherry Gelatin	23 Soup & Salad Option Garden Bounty Salad Cheeseburger w// Lettuce & Tomato Sweet Potato Wedge Peaches Chocolate Chip Cookie	24 Soup & Salad Option Hawaiian Chicken Baked Sweet Potato Key Largo Vegetables Corn Meal Roll Baked Apple Coconut Macaroon	25 Soup & Salad Option Cobb Salad Baked Fish Lemon Pepper Spinach Whole Wheat Bread Citrus Fruit Salad	26 Broccoli & Cheese Soup Egg Salad Sandwich Pearl Onions, Peas & Carrots Strawberries & Bananas Senior of the Year @ 6 pm		
28	29 Mandarin Orange Spinach Salad Salisbury Steak, Mushroom Gravy Mashed Potatoes Country Blend Vegetables Blueberry Buckle	30 Birthday Lunch Broccoli Craisin Salad Roast Beef, Gravy Garden Blend Vegetables Baked Potato Cherry Crisp	31 Soup & Salad Option Halloween Lunch KFC Style Cole Slaw BBQ Spareribs Sweet Potato Fries Herbed Broccoli French Bread Purple Plums	Lunch is served 12-1 pm Monday through Friday. Suggested contribution for Seniors is \$4. Price for Non-Seniors is \$8. Menu subject to			

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please visit: seniorcenterjh.org for descriptions and updates.</p>	<p>1 Chair Massage: AM 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 10:00 Coffee Hour 10:30 **Clay Class 11:00 **Art Class @ Sr. Ctr 12:45 Bible Study 1:00 *Power Up 4:00 **Dupl. Bridge</p>	<p>2 9:00 *Pilates 9:00 *Zumba 10:00 2nd Act 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle</p>	<p>3 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>4 9:00 *Funct. Mvmt. Fit. 10:30 *Tai Chi 10:30 *Restorative Yoga 11:30 Medicare Asst. 12:30 **Dupl. Bridge 1:00 Mahjong</p>	<p>5 Friday Feast 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 10:00 Flu Clinic 12:00 Historical Society Photo ID 1:00 Bithday Club 1:00 Pet Partners Visit</p>	<p>6 10:30-12:30 Exercise Equipment Open</p>
7	<p>8 Chair Massage: AM 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 10:00 Coffee Hour 10:30 **Clay Class 12:45 Bible Study 1:00 *Power Up 4:00 **Dupl. Bridge</p>	<p>9 9:00 *Pilates 9:00 *Zumba 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle</p>	<p>10 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>11 9:00 *Funct. Mvmt. Fit. 10:30 *Tai Chi 10:30 *Restorative Yoga 12:30 **Dupl. Bridge 1:00 Mahjong</p>	<p>12 8:30 Hike with Parks & Rec 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Pet Partners Visit</p>	<p>13 10:30-12:30 Exercise Equipment Open</p>
14	<p>15 Chair Massage: AM 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 10:00 Coffee Hour 10:30 **Clay Class 12:45 Bible Study 1:00 *Power Up 4:00 **Dupl. Bridge</p>	<p>16 9:00 *Pilates 9:00 *Zumba 10:00 2nd Act 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 6:00 Oktoberfest</p>	<p>17 9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:30 BP Check 12:00 Geologists of JH 1:00 **Contract Bridge 1:00 Bingo</p>	<p>18 9:00 *Funct. Mvmt. Fit. 10:30 *Tai Chi 10:30 *Restorative Yoga 12:30 **Dupl. Bridge 1:00 Mahjong</p>	<p>19 Friday Feast 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Concussions: Awareness & Prevention 1:00 Birthday Club 1:00 Pet Partners Visit</p>	<p>20 10:30-12:30 Exercise Equipment Open</p>
21	<p>22 Chair Massage: AM 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 1:00 *Power Up 4:00 **Dupl. Bridge</p>	<p>23 8:00 - 4:00 AARP Safe Drivers Course 9:00 *Pilates 9:00 *Zumba 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle</p>	<p>24 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>25 9:00 *Funct. Mvmt. Fit. 9:00 Stability Yoga Workshop 10:30 *Tai Chi 10:30 *Restorative Yoga 11:30 Medicare Asst. 12:30 **Dupl. Bridge 1:00 Mahjong</p>	<p>26 Full Body Massage by appt. 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Pet Partners Visit 6:00 Senior of Year Dinner</p>	<p>27 10:30-12:30 Exercise Equipment Open</p>
28	<p>29 Chair Massage: AM 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 1:00 *Power Up 4:00 **Dupl. Bridge</p>	<p>30 9:00 *Pilates 9:00 *Zumba 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle</p>	<p>31 9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:30 BP Check 1:00 **Contract Bridge 12:00 Halloween Lunch 1:00 Bingo</p>	<p>**Arrangments should be made beforehand</p> <ul style="list-style-type: none"> • Contract Bridge call Irene @ 734-9733 • Duplicate Bridge: call Senior Center 	<p>*Indicates suggested contribution for activity:</p> <ul style="list-style-type: none"> • Fitness Classes: \$4 for seniors • Price for non-seniors is \$7 	

Home Care Corner

As the weather begins to change I thought it would be a good time to share some tips I found for winterizing your home.

- Change or clean your furnace filters once a month to increase airflow and keep energy demand down
- Run ceiling fans in reverse by switching the direction of the blades in order to push down the heat that rises but don't get onto a ladder to do this alone!
- Turn down your water heater; most water heaters are set at 140 ° F but by lowering it to 120 ° F can reduce your heating costs by 6-10%.
- Supposedly drafts can waste 5-30% of your

energy use. Try rolling up a bath towel and placing it under a drafty door.

On a different note, for anyone who is receiving Senior Center Home Care Services, we want to share with you that our staff recently switched to a cell phone system time sheet. This will help us keep more accurate records and will be more efficient for the office staff. So if you have noticed staff using their cell phones more frequently now you know why versus thinking they are being "cold" to you. Stay Warm,
Erin Crow
Home Care Manager
ecrow@seniorcenterjrh.org
307-733-7300

Volunteer Spotlight

Marlene Lang

Marelene and her husband Peter have lived in Jackson for over 24 years, Marlene is a full time volunteer around Jackson Hole. Here at the Senior Center she single handedly takes care of all the plants inside and all the flowering plants outside for us. She helps with our recycling, free food table and places all the names on the memory bricks in the North End of the dining room.

We owe her a huge THANK YOU for all her hard work! Marlene and Peter have decided to leave Jackson and will be moving to North Caroline before the snow flies. **We will miss you both!**



Concussion Awareness Presentation

Concussion in people age 75 or older is on the rise. Older adults with falls and "minor" head trauma are twice as likely to return to the Emergency Department within 90 days.

The Teton Physical Therapy team of physical therapists and speech-cognitive therapists invite you to a knowledge-sharing session on the rapidly changing field of concussion. We will discuss the common changes after a concussion and how those changes can be treated.



Volunteers Needed

We are seeking volunteer(s) to help with indoor and outdoor plants around the Senior Center. We also need a meticulous person to help with the Memory Walls.

Please let Hannah know if you are interested!
info@seniorcenterjrh.org

October Health Focus

Dry Skin Relief in the Fall and Winter Months.

The Autumn months bring crisp air, beautiful leaves, delicious apples and dry skin! Here are a few tips to keep your skin moisturized throughout the year.

The skin is the largest organ our bodies have and needs to be taken care of. According to Dr. Angela Lamb of Westside Mount Sinai Dermatology in New York, "Skin is the barrier that keeps the water inside your body, so when it is cold and dry outside, water evaporates off the surface faster and easier." To maintain our body's moisture we should try these ideas.

1. Use a humidifier indoors. Exposure to the dry air dehydrates your skin so with the shorter days and longer hours indoors it is best to keep the air moist.
2. Use gentle cleansers instead of soap. Many different gentle cleansers are on the market but a couple of Dermatologist favorites are Cetaphil for face and Dove foaming cleanser for the body. The Mayo Clinic also recommends avoiding any products that have alcohol.
3. Avoid taking long hot baths and showers. The hot water really dehydrates the skin. If a hot bath is a must have for the winter months then apply an oil, like coconut or almond, to the

skin prior to bathing to keep the moisture locked into the skin.

4. Moisturize your whole body immediately after bathing and reapply to hands and face throughout the day. If you are really prone to dry skin try a cream moisturizer instead of a lotion. Try to avoid fragrances in the creams as that can cause drying issues as well.
5. Make sure your hands are dry before going outside. "A lot of people will run outside after they've washed their hands or finished doing a chore to take out the trash or walk the dog. If you go outside while your skin is damp it is going to chap a lot more frequently" explains Dr. Melda Isaac, founder and director of MI Skin Dermatology in Washington DC. "It is just like when your lips are dry and when you lick them you make the problem worse."
6. Wear scarves and gloves outside to protect your skin.
7. Drinking an extra glass of water or two to keep the whole body hydrated is a good idea too.

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.

Hike with Parks & Rec

**FRIDAY, OCT 12 @ 8:30 AM
\$5 FOR HIKE**

This guided hike is specifically for people age 60+.

Join Teton County/Jackson Parks and Recreation and the Senior Center of Jackson Hole on a guided hike down the History Trail on Teton Pass followed by lunch (optional) at the Senior Center of Jackson Hole for just \$4.

Experience the colorful stories of the people who traveled the Old Wagon Road beginning in the 1880s, and later, the Old Pass Road built in 1913. Total hiking distance is 3.5 miles and begins at the summit of Teton Pass.

Bring water, snacks and appropriate shoes and clothing for the weather. We will provide transportation from the Senior Center to the trail head along with a knowledgeable trail guide.

Participants are expected to remain with the group for the duration of the hike. This hike is not strenuous but people with knee or back problems may find it taxing.

**RSVP at the Rec Center
307-739-9025**

Don't Miss:

Flu Shot Clinic

FRIDAY, OCTOBER 5 FROM 10 AM TO 1 PM

Public Health will offer flu and pneumonia vaccines at the Senior Center from 10 am to 1 pm. Please bring your Medicare card with you

and any additional insurance information.

Please be aware that you may be asked to update your Senior Center paperwork.

AARP Safe Driving Course

TUESDAY, OCTOBER 23 FROM 8 AM TO 4 PM

Learn safety techniques, the effects of medication on driving, age-related physical changes and how to adjust your driving to compensate and more. \$15 for AARP

members and \$20 for non-members. Reserve a space. This class will be taught by Nathan Karns, from the Jackson Hole Police Dept.

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 - 12:30 PM



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Live Your Best Life
October Newsletter 2018