



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

Upcoming!

DECEMBER 7

Holiday Card Making Workshop

DECEMBER 13

Birthday Lunch

DECEMBER 19

Holiday Dinner

DECEMBER 21

Caroling

DECEMBER 24-25

Closed for the Holiday

DECEMBER 31

New Year's Eve Lunch

Our Mission

Enhancing and supporting the lives of Seniors.

Caroling and Cocoa

Spread Christmas Cheer!

Join us on December 21st at 1:30 pm for our festive tradition of caroling our favorite Christmas songs up and down the halls of Pioneer Homestead followed by cookies and Hot Cocoa at the Senior Center.

We hope you will come and help us spread holiday cheer!



Special Meals

Our annual Holiday Dinner is **December 19th** at 6 pm. Seniors are compliments of First Interstate Bank and Non-Seniors will be \$12.00. We will be serving Ham with all the trimming and Gingerbread Cake for dessert. Please RSVP in the dining room.



December 31st we will be ringing in the New Year at Lunch. The festivities will start at noon. Please join us for this fun celebration. Lunch will be open face Turkey sandwiches followed by a sparkling cider toast. Lunch is \$4 for Seniors and \$8 for Non-Seniors. Please RSVP in the dining room.

From the Desk of Executive Director

NEW FLOORING IS COMING!!

Thank you to everyone who helped us raise the funds for the new Activities Room flooring. We did it! A special thanks to the Community Foundation of Jackson Hole who jumpstarted our fundraising campaign with a grant award and Rocky Mountain Bank who matched donations to help get us across the finish line.

We expect the installation to take place mid-December and it will mean moving all classes and activities from the south end of the building for a week. It will be disruptive....but well worth it!

Besides the cushioned flooring, we will be installing a carpeted area by the south entry door for wiping feet, changing shoes and removing boots & cleats. It will be very important to protect the new surface & prevent accidents by not walking across it with sharp heels, cleats or wet boots.

We would like to express our gratitude once again to everyone who donated for this much needed upgrade to our exercise areas!

Executive Director
Becky Zaist

Giving Back

MONETARY DONATIONS

Pauline & Bert Polkinghorne
First Interstate Bank Foundation
Linda & Keith Soper
Carmen Martin & Kevin Schultze
Celeste Myers
TR & Emily Shelby
Becky Hawkins/East Meets West Health
Odd Fellows Lodge #8
Georgene Tozzi
Wells Fargo Foundation
Smith's Food & Drug
Claudia Gillette
Suzanne Young

MISCELLANEOUS DONATION

Helmut Thalhammer
Sarah Kerr
Sandra Goodson
Carol Black
David DeWald

Gail Wells
Zia Yasrobi
David DeWald

MEMORIAL DONATIONS

Barbara Shervin
Senator Grant & Maralyn Larson Fund of the CFJH
Maggie & Dick Scarlett

Loal Jacobson
Jenie & Fred Staehr
Tracy & Tim Jacobson
Laurie Boss

Lindi Houk
Margaret & Joseph Lozar
Caroline Hough
Nancy Elkins & Dave Katsuki
Walter Saunders
Laurie & Rick Russell
Ed Houk

Gene Sinn
Sheila Weitz

Blendine Walters
Sheila Weitz

Archie Jurich
Jenie & Fred Staehr

Linda Pulliam
Doris Budge

Carolyn Huff
Steikunas
Doris Budge

Dr. Emily Jean Knobloch
Doris Budge

Allison Woodall
Eden
Doris Budge

MEMORY WALL

Barbara Shervin
Canasta Ladies

Ben R. Ruehr
Ann, Sally & David

LEND A HAND

Dave Roters

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, Cindy Hardin,
MaryLynn Hewitt,
Judy Johnson,
Lynn Karl, Janette Miller,
Mary Obringer, Reyna Perez,
Gail Perrone, Sharon Stearns,
Jo Warden, Becca Jewison,
Laurie Watsabaugh

KITCHEN

Amando Perfecto
Head Chef
Alejandra Padilla
Assistant Cook
Miguel Velazco
Dishwasher

BOARD OF DIRECTORS

Dave Auge
Chair
Jean Day
Vice Chair
Sheila Sandubrae Davis
Secretary
Rick Stuck
Treasurer
Bob Shervin
John A Turner,
Lou Hochheiser,
Sara Van Genderen,
Bruce Hawtin

Happy Birthday December!

2	Melanie Hess		Linda Soper		Jane Matthews	27	Dixie Sanders
	Bill Johnson	11	Mary Martin		Myles Still	28	Jack Bellorado
	Pree Mildner		Chris Willemain	19	Cherie Hawley		Kevin Cochary
	Louis Wang	12	Joyce Dijarnette		Carl Janney		Chris Englund
	Gail Wells		Rocky Rockwell		Julie Kummer		John Heberger
	Loring Woodman	13	John Davis		Bob Werner		Joseph Henrie
3	Susan Erickson		Judy Gordon	20	Yong Ayling		Bill Holmes
	Margot Von		Barb Loder		Linda Judge		Ed Minczeski
	Gontard		Julie Obering		Sue Morris		Dave Muecke
	Gwenn		Bob Wales		Sharon Sanford		Adele Thompson
	Wadsworth		Rich Whalen		Ed Smith	29	Sue Hall
4	Lenora Burnside		Lucy Wong	21	Rosemary Benson		Cindy Knight
	Nancy Norton	14	Linda Criswell		Bill Briggs		Dorothy Neckels
	John Shipman		Carol Goe		Bob Everett		Tony Paulus
5	Phyllis Osborne		Debbie Hassler		Carol Kelleghan		Harold Turner
	Daniel Sommers		Kathy Johnson		Sharon Parrott		Denise Viands
	Loris Wilson		Earle Layser		Jim Wong	30	Vern Harkins
6	Charles Craighead		Connie Leavell	22	Noel Dykes		Evie Lewis
	Deborah Garner		Harriet Minczeski		Norman Mellor III	31	Carol Maloney
	Mo Londy		Nancy Ninnemann		Pat Parker		Susan McCracken
7	Mary Brown		Richard Staiger	23	Martha Birkett		Becky Murphy
	Dori Cote	15	Libbe Burchfield		Silvia Davila Tellez		Bill Rinker
	Reade Dornan		Daniel Fulton		Yvonne Henze		
	Rod Everett		Rick Jansen		Barb Huhn		
	Doris Massaglia		Carol Poole		Karen Merrell		
	Bev Nelson		Jonathan		Bev Vik		
	Carolyn Svendsen		Schechter		Jim Wallace		
8	Ingrid Dingfelder	16	Carol Hagle	24	Lucy Bayles		
	Bruce Hauptman		Christine Langdon		Vance Carruth		
	Cynthia Millard		Claire		Ann Fennern		
	Sue Salzmann		McConaughy		Robyn Jones		
	Willard Woolwine		David Rieke		Morris Mellion		
9	Gator Rawley	17	Susan Baratti		Carol Schneebeck		
10	Gayle Bartlett		Bob Benz	25	Nick Boyer		
	Kell Benson		Susan Perkins		John Brodell		
	Bob Caesar		Perrin Rutter		Edna Good		
	Bruce Campbell		Donna Soest	26	Barbara Daily		
	Linda Eggers	18	Kip MacMillan		Tony Ligor		

Birthday Lunch: December 13

December 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.

December 2018

		December 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
						1		
2	3 Tortilla Soup Hard Shell Tacos Salsa & Chopped Onions Black Beans Spiced Carrot Cake Fruit Cup	4 Soup & Salad Option Pork Chop Supreme Scalloped Potatoes German Blend Vegetables Ambrosia Fruit Cup Oatmeal Spice Cake	5 Soup & Salad Option Spinach Salad Roast Beef & Gravy Mashed Potatoes Roasted Asparagus Angel Food Cake w/ Berries	6 Soup & Salad Option Spring Salad Almond Crusted Fish Baked Sweet Potatoes Seasoned Zucchini Corn Bread Fast Fruit Salad	7 Friday Feast Carrot, Apple & Celery Italian Baked Chicken Basil & Garlic Pasta Italian Vegetables Whole Wheat Roll Chilled Oranges	8		
9	10 Tossed Salad Beef Stew Whole Wheat Bread Pickled Beets & Onions Peanut Butter Cookie Citrus Fruit Salad	11 Soup & Salad Option Lettuce & Tomato Salad Baked Chicken AuGratin Potatoes Green Beans Roll Ice Cream & Strawberries	12 Soup & Salad Option Cole Slaw Cheeseburger Lettuce & Tomatoes Baked Potato Fries Peaches Chocolate Chip Cookie Root Beer Float	13 Birthday Lunch Carrot & Celery Tray Roast Pork Whipped Potatoes Steamed Cabbage Roll Yellow Cake with Cherry Topping	14 Tomato Soup Grilled Cheese on WW Bread Deli Salad Banana Ice Cream Sundae Bar	15		
16	17 Tossed Green Salad Chicken Enchiladas Peas & Onions Fruit Salad Baker's Source Brownie	18 Soup & Salad Option Baked Breaded Fish Baked Squash Spring Blend Vegetables Spinach Bread Fruit Parfait	19 No Lunch (MOW Only) Christmas Dinner at 6:00pm Caesar Salad Baked Ham Sweet Potatoes Sugar Snap Peas Rye Roll Gingerbread Cake	20 Soup & Salad Option Garden Vegetable Salad Spaghetti & Meat Sauce California Blend Vegetables Garlic Bread Pear Crisp	21 Friday Feast Marinated Carrots Roast Beef , Gravy Seasoned Oven Browned Potatoes Green Beans Chocolate Chip Cookie Fruit Cup	22		
23	24 Closed for Christmas	25 Closed for Christmas	26 Soup & Salad Option Tossed Salad w/ Beans Pizza w/ Meat & Veggies Mixed Fruit Cup Creamy Rice Pudding	27 Soup & Salad Option Baked Fish Macaroni & Cheese Spinach Stewed Tomatoes Whole Wheat Bread	28 V-8 Juice Breakfast Burrito Cottage Potatoes Oranges Yogurt w/ Strawberries	29		
30	31 New Years at Noon Caesar Salad Open Faced Hot Turkey Sandwich Blend Vegetables Cran-Apple Compote Oatmeal Raisin Cookie							

Lunch is served 12-1 pm Monday through Friday.

Suggested Contribution for Seniors is \$4.

Price for non-Seniors is \$8.

Menus are subject to change without notice.

December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please visit seniorcenterjh.org for descriptions and updates to activities .	<p>Don't miss this month! 12/5 Timeless Tappers 12/7 Card Making Workshop 12/17 National Theatre Screening 12/21 Christmas Caroling</p>					1 10:30-12:30 Exercise Equipment Open
2	<p>3 Chair Massage: AM 9:00 *Leslie's Fitness 9:30 **Art Class 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 4:00 **Dupl. Bridge</p>	<p>4 9:00 *Pilates 10:00 2nd Act 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle</p>	<p>5 9:00 *Yoga for Strength 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 11:30 BP Check 12:30 Timeless Tappers 1:00 **Contract Bridge 1:00 Bingo</p>	<p>6 9:00 *Funct. Mvmt. Fit. 10:30 *Tai Chi 10:30 *Restorative Yoga 11:30 Medicare Assist. 12:30 **Dupl. Bridge 1:00 Mahjong</p>	<p>7 Friday Feast 9:00 *Leslie's Fitness 10:00 **Holiday Card Making Workshop 10:30 *Leslie's Fitness 1:00 Birthday Club</p>	8 10:30-12:30 Exercise Equipment Open
9	<p>10 Chair Massage: AM 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 4:00 **Dupl. Bridge</p>	<p>11 9:00 *Pilates 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle</p>	<p>12 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>13 9:00 *Funct. Mvmt. Fit. 10:30 *Tai Chi 10:30 *Restorative Yoga 12:30 **Dupl. Bridge 1:00 Mahjong</p>	<p>14 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness</p>	15 10:30-12:30 Exercise Equipment Open
16	<p>17 Chair Massage: AM 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 4:00 **Dupl. Bridge 7:00 **Nat. Theatre Screening @ The Center</p>	<p>18 9:00 *Pilates 10:00 2nd Act 10:30 *Yoga 10:30 Wii Bowling 11:30 Medicare Assist. 12:45 Pinochle</p>	<p>19 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 6:00 Holiday Dinner</p>	<p>20 9:00 *Funct. Mvmt. Fit. 10:30 *Restorative Yoga 12:30 **Dupl. Bridge 1:00 Mahjong</p>	<p>21 Friday Feast 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Birthday Club 1:30 Christmas Caroling at Pioneer Homestead</p>	22 10:30-12:30 Exercise Equipment Open
23	<p>24 Closed for Christmas</p>	<p>25 Closed for Christmas</p>	<p>26 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>27 9:00 *Funct. Mvmt. Fit. 10:30 *Restorative Yoga 12:30 **Dupl. Bridge 1:00 Mahjong</p>	<p>28 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness</p>	29 10:30-12:30 Exercise Equipment Open
30	<p>31 Chair Massage: AM 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:00 **New Year's @ Noon Party! 12:45 Bible Study 4:00 **Dupl. Bridge</p>					
<p>**Arrangements should be made beforehand</p> <ul style="list-style-type: none"> • Contract Bridge: call Irene @ 734-9733 • Duplicate Bridge: call the Senior Center • Other Activities, please contact the Sr. Ctr ro sign up. <p style="text-align: right;">*Indicates suggested contribution for activity</p> <ul style="list-style-type: none"> • Fitness Classes: \$4 for seniors • Price for non-seniors is \$7 						

Happy Holidays from Home Care!

The holiday time can be full of joy for all ages, however for some people it is a difficult time of year. I encourage all of you to reach out to neighbors that may not have many family or friends in the area. Whether you stop in for a visit, bring them a gift, or offer them to join you & your family for the holidays; by simply reaching out, you will truly be spreading Christmas cheer.

For those of you that find yourself lonely and sad around the holidays my challenge to you is to find warmth in the memories of the past and to make an effort to reach out to friends & family that may not be nearby. So take out your address book and pick a few



names of people to phone before Christmas arrives. Then pull out a photo album to relish in the images from the past. Human connection is vital and reconnecting. I bet you will fill your heart with joy.

We hope to see you at one of the many events and activities taking place at the Senior Center this holiday season!

Erin Crow, Home Care Manager
ecrow@seniorcenterjh.org

Consider Carpooling

Have you considered meeting a friend and carpooling to the Senior Center?

Carpooling will really help reduce the extra cars.

Also please remember that we have access to the Cedar Creek Apartment's east row of parking spaces. The rows for Senior Center guests are well marked. Sidewalk access to the Cedar Creek lot is by the Senior Center handicap parking spaces on both sides of the lot. These will be free of snow and ice this winter.

THANK YOU FOR HELPING TO MAKE SENIOR SERVICES ACCESSIBLE FOR EVERYONE!

Volunteer Spotlight

Thanks to all who made our Veterans Dinner possible. The event is always such a special occasion and I thank each of you who helped to make it great! We couldn't have done it without our wonderful volunteers. Thank you so much to **David Dewald, Dave Roters, Sue Roters, Lynzee Martinson, Tyler Valentine, Sharon Wiley, Tom Crowell, Tawnya Denice, Vicki Johnson,**

Kevin Crow, Kathleen Mague, and Boy Scout Troop 268!!

I also want to thank **Al Wilner, Ed Leibzeit,** and **Tim Day** for taking the time to contribute to our program for the evening. I had a great evening with all of you and I'm looking forward to more events with you through the holiday season!

-Hannah Sell, Activities & Volunteer Coordinator

Assistance Available

If you or someone you know could use a little help, please let us know. We have scholarships for meals and exercise classes.

Also, visit the free food table courtesy of Hole Food Rescue.

We also partner with the Jackson Cupboard to help people with food costs. To remain healthy, eating a balanced diet is a must. Please see Becky if you or someone you know could use a little help.

All information shared is confidential.

Winter Blues

While many of us look forward to the cozy fires, cooler temperatures and natural beauty of winter, some people feel more irritable, tired and sad. If each year at the start of Fall/Winter this is how you feel and then you perk back up in the Spring/Summer you may be suffering from Seasonal Affective Disorder (SAD).

SAD is type of depression that happens usually in the winter months. While the exact causes of SAD are unknown, it is thought that the lack of sunlight exposure is disrupting

the body's production of Melatonin and Serotonin. When it is dark your body produces Melatonin to help you sleep then the sunlight triggers your brain to stop producing it so feel awake and alert. With the long nights your body may produce too much leaving you groggy and low on energy. Serotonin is also produced with the help of the sun. This neurotransmitter helps regulate mood and with not enough your sleep, appetite, memory and energy may be affected.

One popular treatment for SAD is light therapy. A light box delivers light that is more intense than home lighting.

Sitting by a light box for 15-30 minutes each morning can help. The Senior Center has two lights set up in the North end of the dining room to use.

It is important to seek medical help if you have any symptoms of the Seasonal Affective Disorder. Your physician will determine the best treatment plan best for you.

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.

From the Desk of Becky Zaist, Executive Director

I want to thank everyone who helped to make the past year successful here at the Senior Center. We served a record number of 1,910 individual seniors last year – a 22% increase over the previous year. WOW! No wonder it has felt busy around here.

About half of our operating expenses are paid through grants with the State, County and Town. A quarter comes from client contributions – for lunch, rides, card games, classes & home care services. And the final 25% comes from donations from people who believe in the importance of the services we offer. Senior Center programs are for everyone. If someone can't afford a meal, a ride, an exercise class or home care services we offer reduced fees and scholarships.

Please consider helping the Senior Center and your friends and neighbors by making an end of the year donation. All donations, big and small make a difference!

TO GIVE ONLINE GO TO: SENIORCENTERJH.ORG/GIVE-TODAY

-----cut here-----cut here-----

YES I CAN HELP!

TO: Senior Center of Jackson Hole
Post Office Box 4677
Jackson, WY 83001

Donation Amount: _____

Name: _____

Don't Miss:

Holiday Card Making Workshop

DECEMBER 7, 10:00 AM

Join Elvis Olais for a workshop in creating 3D cards. Just in time for the holidays participants will leave with at least 1 holiday

card and the skills to make more. Many designs are available. Free of charge. Sign up at the Senior Center.

Portrait Day

FRIDAY, JANUARY 11 BEGINNING AT 1 PM

Doug Ayers will be taking individual, couples or family portraits by appointment at the Senior Center. The sitting is free and you will receive

one complimentary 8X10 photograph. More prints are available for purchase. Schedule your appointment at the Front Desk today.

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

**CLOSED DECEMBER 24-25,
JANUARY 1**



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

Non-Profit Org
US Postage Paid
PERMIT #13
Jackson, WY

Live Your Best Life
December Newsletter 2018