



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

Upcoming!

MARCH 4

Mixed Media Art Class
Begins
9:30 AM

MARCH 5

Healthy U series
begins
1:00 pm

MARCH 20

Geologists of Jackson
Hole Lunch Lecture
12:00 PM

MARCH 27

Birthday Lunch
12:00-1:00 PM

Elk Refuge Sleigh Ride
1:00 PM

MARCH 29

Pain Care Workshop
1:00 PM

MARCH 30

Saturday Lunch
12:00 - 1:00 PM

Our Mission

*Enhancing and supporting
the lives of seniors.*

Pain Care Education Workshop

**Presented by
Rebecca Matthews
Friday, March 29, 1 PM**

Got Pain? This workshop will help you understand pain, provide education about pain science and offer take-home techniques for management.

Knowledge of pain science is an evidence-based intervention for people and can produce powerful changes in your nervous system. Understanding neurophysiology has been linked with less pain,

improved movement and decreased perception of disability. The purpose of this education is to provide information about how the pain system works with the hope that it will help you on your journey of recovery, well-being and living a life with more ease.

Please RSVP at the Senior Center or by calling (307) 733-7300.

Healthy U Workshop Series

**TUESDAYS, 1:00 - 3:30 PM
MARCH 5 - APRIL 9**

The Senior Center of Jackson Hole is now offering Healthy U, a six-week workshop for adults with chronic health conditions and their friends, family, and caregivers.

You'll learn powerful strategies to help you take control of your health and get relief from symptoms like

pain, fatigue, anxiety, and depression. Subjects include weekly action planning, communicating with health professionals, evaluating new treatments, healthy eating, decision making, and appropriate exercise.

The workshop is offered at no charge and will take place at The Senior Center of Jackson Hole.

Sign up at the Senior Center of Jackson Hole.

From the Desk of...

This winter has been a real Wyoming winter, very cold and very snowy.

As a result of the cold and snow the number of meals that we have served in the dining room have suffered. Under our grants, if we don't serve the number of meals we have been approved for, we lose funding. The number of meals served also affects how much funding we are eligible for other programs. **We need your help!**

We love having people come for special events – Friday Feast meals, birthday lunches, etc. But what really helps us is when you also come for meals at other times throughout the month. So I ask you to consider coming more often for a

meal – and help us make up for January and February. Could you come once a week, or maybe more? Could you invite some friends? I know that with your help we can make up for the last couple of months.

Did you know that on Tuesdays, Wednesdays and Thursdays there is a Soup & Salad bar option or you can choose to have the main meal? We also serve smaller portions upon request.

Our kitchen staff is working hard to serve the food you want. Be sure to leave a suggestion in our suggestion box. We are here for you!

Becky Zaist
Executive Director

Giving Back

MONETARY DONATIONS

Odd Fellows Lodge #8
Smith's Food & Drug

NON-EVENT DONATIONS

Laurel Wicks
Jerry DeFrance
Sandra & Derek Goodson
Jennifer & Sam Clark
Carol Black
Virginia Halloran
Thursday Roundtable
Fund of the Community
Foundation of Jackson Hole
Irene & Alan Lund

MISCELLANEOUS DONATION

Judy Legg
Helmut Thalhammer
Lisa Craighead
Carol Black
Brenda & Victor Matz

MEMORIAL DONATIONS

CAROLYNN HAWTIN
St. John's Medical Center
Mary Ann & Jerry Tapp
Nancy & Bob Jaycox
JB Mechanical
Wanda & Kurt Divan
Berniece & Harold Turner
Sally & Frank Johnson
Barbara & Michael Morey

BEVERLY JONES

Mary Obringer
Sylvia Pack
Bob Shervin

PHYLLIS CLARK

Doris Budge

GERALDINE HESS BESSLER

Doris Budge

LEND A HAND

Many thanks to the JH Ski Club for shoveling out cars at Pioneer Homestead after the recent snow storms! It's youth like them that make Jackson a great place to live.

Create a Living Legacy

Consider leaving a gift 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.

STAFF

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

HOME CARE

Erin Crow
Home Care Manager
Carina Barker,
Judy Bayse RN,
Kathy Cottam RN
Dori Cote, Kristine Dyke,
Chris Encinas,
Margaret Harris, Lynn Karl,
Becca Jewison, Jo Warden,
MaryLynn Hewitt,
Judy Johnson, Janette Miller,
Mary Obringer, Reyna Perez
Gail Perrone, Sandra Martinez,
Laurie Watsabaugh

KITCHEN

Amando Perfecto
Head Chef
Alejandra Padilla
Assistant Cook
Jose Farfan
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,
Sarah Van Genderen,
Bruce Hawtin

Happy Birthday March!

1	Max Kudad		Sue Roters		Patricia Hardeman	29	Pat Donley
	Nanci Newcomb	12	Joan Blatt	21	Lorie Cahn		Viv Hunt
	Elizabeth Stradling		Terrie Fair		Pam Douglas		Mary Obringer
	Ernie Wampler		Karen Jerger		Debbie Hechinger		Sandra Piatak
2	Lucinda Abbe		Bert Raynes		Bill Rode		Jim Roscoe
	Todd Harley		Scott Schmillen		Rick Schreiber		Rudy Sanford
	Linda Millay	13	Peter Blomberg	22	Shirley Craighead	30	Janet Moyer
	Marie Patty		Clara Bush		Jennifer Flanagan		Lisa Ridgway
	Jane Sullivan		Tony Saladino		Liz Isbell	31	Linda Aurelio
3	Joy Getler		A.J. Walter		Mary Kamstra		Stephanie Brown
	Ralph Haberfeld		Jim Wolf		Valerie Music		Dotty Hodges
	Linda Kaunitz	14	Landa Glasser		Rita Simons		Erich Jost
	Holly O'Brien		Patti Hendricks		Shirley Snyder		
	Nora Richins		Linda Kraft		Gary Sternberg		
	Patty Strasheim		Elaine Laviage		Diana Stratton		
	John F Turner		Kay Modi		Colleen Thompson		
4	Robyne Befeld		Virgil Nethercott	23	Peggy Miller		
	Minnie Irwin	15	John Good		Linda Moyer		
5	Mary Gridley		Margie Shivler		Dianne Pfabe		
	Pam Howden	16	Thomas Anderson		Tillie Robertson		
	Charlie Schwartz		Chip Carey		Jan Segerstrom		
6	Connie Hansen		Ed Liezeit	24	Jon Drummond		
	Carol Kessler		Patricia Magee		Sharon Lund		
	Pam Racow	17	Don Barney		Dennis Nethercott		
7	Jill Russell		Patty Clark	25	Sandra Brewer		
	Julie Young	17	Peggy Jensen		Sarah Sullivan		
8	Betty Cook		Anne Lippold		Chris Thulin		
	Putzi Harrington		Judy Pilgrim		Robert Wemple		
	Maralyn Larson		Patsy Raam		John Willott		
	Cathy Mayer	18	Lois Corbett	26	Bert Mount		
	Celeste Myers		Dave Mills		Kris Thompson		
	Dietrich Oberreit		Vicki Owen	27	Barbara Conitz		
	Helen O'Leary		Cheryl Schaffer		Joe Kinsella		
9	Don Cushman		Martha Stewart		Juanita McGhee		
	Judy Johnson	19	Gaylia Hudgins	28	Robbi Campbell		
	Pamela Stockton		Robin Kennedy		Anne Dick		
10	Elizabeth Hale		Greg Nelson		Jolynn Fogarty		
	Barb Rieb	20	Dale Balogh		Susan Johansson		
11	Pauline		Faye Ann Berdon		Emilie Unger		
	Polkinghorne		Jim Clouse		Judy Weikle		

St. Patty's Day Lunch

**MONDAY, MAR 18
12:00 TO 1:00 PM**

Please join us for our
Annual Corned Beef
Lunch celebrating
St. Patricks Day.
Seniors are
compliments of the



Birthday Lunch: March 27

March 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.

March 2019

	Mon	Tue	Wed	Thu	Fri	Sat
Sun						
		Lunch is served 12-1 pm Monday - Friday Suggested contribution for Seniors is \$4 Non-Seniors are \$8 Menus are subject to change				
3	4 Spinach Salad w/ Carrot Garnish Mediterranean Meatballs Couscous Seasoned Green Beans Whole Wheat Bread Citrus Fruit Salad	5 Mardi Gras Celebration The Everything Salad Blue Cheese Dressing Chicken Jambalaya Over Rice & Black Eyed Peas Spinach Fresh Fruit Oatmeal Raisin Cookie	6 Soup & Salad Option Lettuce & Tomato Salad Pork Medallions Mashed Potatoes, Gravy German Sauerkraut Pumpkin Bread Fruit Cocktail	7 Soup & Salad Option Creamy Coleslaw Fish & Chips (Baked) Breaded Fish with Home Fries) Carrot Coins Pineapple Chunks Tapioca Pudding	8 Tossed Salad Oven Fried Chicken Au Gratin Potatoes Zucchini, Carrots & Basil Whole Wheat Roll Grapes	9
10	11 Garden Vegetable Salad French Dip Sandwich on Whole Wheat Hoagie Bun Horseradish Sauce Seasoned Green Beans & Red Pepper Grapes	12 Soup & Salad Option Lettuce & Tomato Salad Chicken with Mole Sauce (optional) Refried Beans Rice Fruit Cup Date Bar	13 Soup & Salad Option Green Salad Roast Pork Mashed Sweet Potato Oven Roasted Zucchini Corn Bread Applesauce	14 Soup & Salad Option Tossed Salad & Beans Pizza Meat & Vegetables on Whole Wheat Crust Mixed Fruit Cup Creamy Rice Pudding	15 Friday Feast 49er Salad Stuffed Green Pepper Tomato Gravy Baked Squash Whole Wheat Bread Apricot Crisp	16
17	18 St. Patrick's Lunch Rye Bread Corned Beef & Cabbage with Carrots Parsley Buttered Potatoes Yellow Cake	19 Soup & Salad Option Tossed Salad Baked Fish Macaroni & Cheese Stewed Tomatoes Strawberry Shortcake	20 Soup & Salad Option Jean's Vegetable Salad Salisbury Steak Cream Style Gravy Mashed Potatoes Italian Vegetables Roll Mandarin Oranges	21 Soup & Salad Option Lettuce & Tomato Salad Beef Fajitas Flour Tortilla Seasoned Black Beans Peachy Pudding Oatmeal Raisin Cookie	22 Relish Tray Roast Turkey , Gravy Mashed Potatoes Roasted Brussels Sprouts Cranberry Sauce Stuffing Pumpkin Pie	23
24	25 Asian Salad Sweet & Sour Pork Brown Rice Pilaf Sesame Green Beans Angel Food Cake with Berries	26 Soup & Salad Option Tortilla Soup Shredded Chicken Tacos Salsa, Chopped Onions Black Beans Spiced Carrot Cake, Whipped Topping, Fruit Cup	27 Birthday Lunch Lettuce Salad Meat Loaf Whipped Potatoes, Gravy Lemon Cauliflower Roll Tres Leches Cake	28 Soup & Salad Option Spinach Mushroom Salad Mediterranean Fish and tomatoes Brown Rice Grilled Broccoli Whole Wheat Roll Fresh Fruit	29 Tomato Soup Grilled Cheese on Whole Wheat Bread Deli Salad Thousand Island Dressing Banana Ice Cream Sundae Bar	30 Saturday Lunch Homemade Soups Salad Bar Homemade Fruit Pies

March 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Please visit seniorcenterjh.org for descriptions and updates to activities					1 Friday Feast 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Birthday Club	2 10:30-12:30 Exercise Equipment Open
3	4 Chair Massage: AM 9:00 *Leslie's Fitness 9:30 Mixed Media Art** 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 1:00 *Power Up Fitness 2:30 *Weights & More 4:00 **Dupl. Bridge	5 9:00 *Pilates 10:00 2nd Act 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 Healthy U 6:00 Quilt Guild Meeting	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	7 9:00 *Funct. Mvmt. Fit. 10:00 *Tai Chi 10:30 *Restorative Yoga 11:30 Medicare Asst 12:30 *Dupl. Bridge 1:00 Mahjong	8 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness	9 10:30-12:30 Exercise Equipment Open
10	11 Chair Massage: AM 9:00 *Leslie's Fitness 9:30 Mixed Media Art** 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 1:00 *Power Up Fitness 2:30 *Weights & More 4:00 **Dupl. Bridge	12 9:00 *Pilates 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 Healthy U	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 AFJH Meeting	14 9:00 *Funct. Mvmt. Fit. 10:00 *Tai Chi 10:30 *Restorative Yoga 12:30 *Dupl. Bridge 1:00 Mahjong	15 Friday Feast 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Birthday Club	16 10:30-12:30 Exercise Equipment Open
17	18 Chair Massage: AM 9:00 *Leslie's Fitness 9:30 Mixed Media Art** 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 1:00 *Power Up Fitness 2:30 *Weights & More 4:00 **Dupl. Bridge	19 9:00 *Pilates 10:00 2nd Act 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 Healthy U	20 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	21 9:00 *Funct. Mvmt. Fit. 10:00 *Tai Chi 10:30 *Restorative Yoga 12:30 *Dupl. Bridge 1:00 Mahjong	22 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness	23 10:30-12:30 Exercise Equipment Open
24	25 Chair Massage: AM 9:00 *Leslie's Fitness 9:30 Mixed Media Art** 10:30 *Leslie's Fitness 10:00 Coffee Hour 12:45 Bible Study 1:00 *Power Up Fitness 2:30 *Weights & More 4:00 **Dupl. Bridge	26 9:00 *Pilates 10:30 *Yoga 10:30 Wii Bowling 12:45 Pinochle 1:00 Healthy U	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 1:00 Elk Refuge Sleigh Ride	28 9:00 *Funct. Mvmt. Fit. 10:00 *Tai Chi 10:30 *Restorative Yoga 12:30 *Dupl. Bridge 1:00 Mahjong 1:30 Stability Yoga Workshop	29 9:00 *Leslie's Fitness 10:30 *Leslie's Fitness 1:00 Paincare Presentation	30 10:30-12:30 Exercise Equipment Open 12:00 Saturday Lunch
31	**Arrangements should be made beforehand <ul style="list-style-type: none"> Contract Bridge: call Irene @ 734-9733 Duplicate Bridge: call the Senior Center Other Activities, please contact the Sr. Center to sign up. 					
*Indicates suggested contribution for activity <ul style="list-style-type: none"> Fitness Classes: \$4 for seniors Price for non-seniors is \$7 						

From Home Care!

Did you know that our Home Care staff collectively drives well over a 1000 miles each month? We provide services to Hoback, Wilson, North by the airport and in Kelly. With all the severe winter weather we have had over the past few weeks, I thought it would be a good time to share some winter driving tips from the

Home Care Road Warriors:

- Keep a flashlight, sleeping bag, warm clothing, shovel, bag of sand/kitty litter, water, food, phone charger, jumper cables, & first aid kit in your car. You will be so grateful for these items if you get stuck!
- Drive slowly and accelerate

& decelerate slowly. Tire traction decreases significantly when driving on snow or ice.

- Know your brakes. With Anti-lock Braking Systems you don't need to pump the brakes when driving on slippery roads.
- If your car starts to slide, take your foot off the gas and brake and "turn into the slide". This is not your natural reaction but the best way to get out of the slide.
- Most importantly, stay home if the weather is bad!

SAFE TRAVELS EVERYONE!

Erin Crow

Home Care Manager

ecrow@seniorcenterjh.org

Volunteer Spotlight

Carol Black moved here in 1970 from the Hubertus, WI. She raised her children here and has many wonderful memories of the jobs and volunteer positions she has held over the years.

She worked at the Wort Hotel as a hostess as well as Jackpine, a popular gift and card shop.

She eventually moved up to manage multiple stores and continued this work through the volunteer positions with Browse and Buy and the Hospital Gift Shop (13 years!).

She also volunteered with Soroptimists of JH, Eastern Stars, Daughters of the Nile, 1st Baptist Church & Snow Devils. Carol has always enjoyed giving back to the community

and working hard to raise money for the organizations she's been part of. Carol says the best part of volunteer work is the feeling you get when you help someone who needs it.

Here at the Senior Center, she has volunteered for 19 years! She has been a Board Member, Meals on Wheels Driver (10 years!), Dining Room Desk Volunteer, and is always willing to do anything!

Thank you Carol!!



Soup & Salad

Lunch

SATURDAY, MARCH 30

12:00 TO 1:00 PM

\$4 SENIORS & \$8 NON-SENIORS

Come and join Elaine Luton & Becky Zaist for a special Saturday lunch.

The menu is homemade soups, a salad bar and fresh baked pie for dessert.

RSVP at the lunch desk by Friday afternoon.

Full pies will be available by pre-order for \$25.00.

If you would like to have a pie to take home please order by Wednesday afternoon.



Elk Refuge Sleigh

WEDNESDAY, MARCH 27

1:00 PM

\$15 SENIORS

Join us for a sleigh ride on the Elk Refuge. Meet at the Senior Center at 12:45 pm. We will be taking the Senior Center bus at 1:00.

\$15 includes transportation and sleigh ride.

Dress in warm layers and don't forget your camera!



Newsletter Subscription Renewal

IT'S TIME AGAIN TO SUBSCRIBE TO THE SENIOR CENTER NEWSLETTER FOR 2019

**If you wish to continue receiving our newsletter via email or in print
please complete the form below by March 31, 2019.**

Name: _____

How do you like to receive your newsletter? Circle one below

Email

Mail

Email address: _____

Summer Mailing Address: _____

City _____ **State & Zip** _____

Summer address dates: _____

Winter Mailing Address: _____

City _____ **State & Zip** _____

Winter address dates: _____

**Donations for the newsletter production are
greatly appreciated!**

**Please make checks payable to Senior Center of Jackson Hole
and mail this form to:**

**Senior Center of Jackson Hole
PO Box 4677
Jackson WY 83001**

Don't Miss:

Mixed Media Art Class

**MONDAYS, BEGINNING MARCH 4, 9:30AM
NORTH DINING ROOM**

Mixed Media art class is beginning at the Senior Center with Billi Harrington. Please sign up at the Senior Center or by calling

(307) 733-7300
Suggested contribution for seniors is \$20.

Stability Yoga Therapy

THURSDAY, MARCH 28, 1:30 PM

Stability Yoga Therapy, with Rebecca Matthews, utilizes therapeutic movements, breathing techniques, visualizations, guided relaxations and meditations. This provides each client with

a well-rounded experience and understanding of their needs for wholeness and health.

The suggested contribution is \$10 for seniors. Please sign up 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 – 12:30 PM



P.O. Box 4677
Jackson, WY 83001
830 E Hansen
(307) 733-7300
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Live Your Best Life
March Newsletter 2019