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Coordinator

HOME CARE

Erin Crow

Home Care Manager

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Chris Encinas, Margaret Harris,

Deb Wuersch, Becca Jewison

Judy Johnson, Janette Miller,

Mary Obringer, Reyna Perez,

Laurie Watsabaugh,

Stacy Grohne,

Dimmie Zeigler, Carina Barker

KITCHEN

Amando Perfecto

Head Cook

David Basye & Yocelin

Colchado

Assistant Cooks

Marcos Medina

Dishwasher/Prep Cook

Our Mission

*Enhancing and supporting
the lives of seniors.*

Social Security Benefits Presentation

THURSDAY, JANUARY 21ST
2:00 PM

Josh Weller, Public Affairs Specialist for the Social Security Administration, will provide a general overview of all programs and services Social Security administers.

The presentation will cover:

- Eligibility requirements to receive benefits.
- How your benefits are calculated.
- The application process.
- Medicare enrollment and online services available at SocialSecurity.gov.

There will also be time for

question and answers at the end of the presentation.

You can find the link to join this presentation online by going to www.seniorcenterjh.org/events Or you can join on your phone by calling 346-248-7799. Press 889 8023 4369 (the meeting id) when prompted. Then press # for the participant ID.

Please let MacKenzie, Activity and Volunteer Coordinator know if you need printed copies of the materials.



Leslie's Fitness Classes Resume

MONDAYS THROUGH JANUARY
10:00 AM

Leslie's Fitness Class is back! As some of you may know, Leslie is a busy woman who works at the hospital. During the pandemic, her work has really ramped up and they have needed her to work much more than she was before.

Leslie has asked Lucretia Finlay, one of her trained and trusted substitutes to jump in and start

teaching her beloved fitness classes!

Make a smoothie or put the tea kettle on before class then stick around after class for Coffee Hour catch-up with your classmates.



Giving Back

MONETARY DONATIONS

Sherry & Dennis Gralund
Vonona Scott
Faye Harder
Barbie Denny – in gratitude
to Bruce Hawtin
Amazon Smile
Benjamin Sinclair
Mary Ann & Harry Lawroski
Anne & Rod Newcomb
Lisa & Scott Pierson
Susan Critzer
Claudia & Michael Schrotz
Odd Fellow's Lodge #8
JH Duplicate Bridge
Pree Mildner
Paula & Larry Jorgenson
Larrie & Rocky Rockwell
Wyoming Title and Escrow

MISCELLANEOUS DONATION

First Republic Bank
Luis Garcia

MEMORIAL DONATIONS

CINDY LEINONEN

Cecilia & Frank Bellinghiere

FIELDS MARS FAMILY

Lori Fields

ONEY MASON

Old West Press (Dawn)

BARBARA VAN GENDEREN

Jan & Bob Benz
Sherry & Dennis Gralund
Susanne Young

CARL JANNEY

Gratia Reynolds

BILL RINKER

Melanie & Frank Hess

SENATOR GRANT LARSON

Sherry & Dennis Gralund

WARNER HOUFEK

Sherry & Dennis Gralund

JANICE HERBST

Sherry & Dennis Gralund

JACK WEBER

Sherry & Dennis Gralund

DENNIS LANCE

Sherry & Dennis Gralund

RAY FLOREANI

Sherry & Dennis Gralund

MAX KUDAR

Sherry & Dennis Gralund

CAROLYNN HAWTIN

Sherry & Dennis Gralund

RAY KOMINSKY

Sherry & Dennis Gralund

MARION BUCHENROTH

Sherry & Dennis Gralund

GEORGE THOMPSON

Thelma & Orville Quasdorf

BOB GRAHAM

Susanne Young

BETTY LALONDE

Marsha & Mark Holden

GEORGE LARSON

Marsha & Mark Holden

MRS. REISBECK

Marsha & Mark Holden

EMILY SHELBY

Melanie & Ben Overall

THANK YOU FOR MAKING THE HOLIDAY SEASON BRIGHT!

First Interstate Bank for
sponsored client contribution
of Thanksgiving & Christmas
lunches

HUB International for
the extra meal for Meals
on Wheels clients at
Thanksgiving & Christmas

BPOE #1713 (Elks Club) for
Thanksgiving food purchase

Gus & Owen Ankeny for the
Christmas Ornaments

Julie Birrer & Kraig Kolbert
for Santa's Sleigh from
Sorooptimist Tree Festival

Mike's Body Shop for the
Holiday Cheer Wreath from
Sorooptimist Tree Festival

Cathedral Voices for caroling
during lunch pick-up

Jackson Cupboard for the
food bags for the holidays

Cecilia & Frank Bellinghiere
for the Poinsettia

Cecilia & Jim Herbert for the
link to San Francisco Ballet's
Nutcracker

The Jackson Cupboard is now located at 245 N Glenwood.

The winter hours are: Monday, Tuesday, Thursday, & Friday 12-6pm, Wednesday 10-6pm & Saturday from 10-12pm. Simply stop by and grab some groceries as well as some delicious homemade soup prepared by Jeff Drew of the Snake River Grill!

Advance orders and deliveries are available on a limited basis by request, 307-201-9794.

January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Closed for New Years	2
3 *Breakfast entrée is listed at the bottom of the daily menu	4 Garden Bounty Salad Cheseburger with Lettuce & Tomato Sweet Potato Wedge Peaches Chocolate Chip Cookie *Egg & Sausage Bake	5 Creamy Coleslaw Chicken & Herbed Fettuccine Carrots Roll Berry Pie *Breakfast Sandwich	6 Tossed Salad Baked Liver & Onions Whipped Potatoes Italian Vegetables Whole Wheat Bread Pear Betty *Quiche	7 Spinach Mushroom Salad Mediterranean Fish Brown Rice Grilled Zucchini Banana Bread Fresh Fruit *Breakfast Burrito	8 Apple Slaw Roast Pork Scalloped Potatoes Mixed Vegetables Roll Pumpkin Pie *Cereal	9
10	11 Lettuce & Tomato Salad Beef Fajitas with Flour Tortillas Seasoned Black Beans Peachy Pudding Oatmeal Raisin Cookie *Breakfast Burrito	12 Spring Salad Almond Crusted Fish, Tartar Sauce Baked Sweet Potato Seasoned Zucchini Corn Bread Fruit Salad *Instant Oatmeal	13 Spinach Mushroom Salad with Mandarins Sweet & Sour Pork Steamed Rice Peas & Carrots Egg Roll Banana *Breakfast Sandwich	14 Tossed Green Salad Lasagna Italian Vegetables French Bread Grapes *Quiche	15 Friday Feast Asian Salad Chicken & Vegetable Stir Fry over Sesame Noodles Ginger Peas Almond Bark Cookie *Egg & Sausage Bake	16
17	18 Carrot & Celery Strips Scalloped Potatoes & Ham Green Beans Roll Chilled Plums *Quiche	19 Garden Vegetable Salad Cheesy Beef Stuffed Shells Zucchini Whole Wheat Bread Fresh Fruit *Breakfast Burrito	20 Birthday Lunch Oven Fried Chicken Mashed Potatoes, Gravy Pacific Blend Vegetables Mandarin Oranges Gingerbread Cake *Cereal	21 Vegetable Stew Baked Breaded Fish Rice Pilaf Carrot Coins French Bread Fruit Cup *Egg & Sausage Bake	22 Tossed Green Salad Swiss Steak with Tomato Sauce Baked Potato Broccoli Wheat Roll Banana Split Dessert *Breakfast Sandwich	23
24	25 Lettuce & Tomato Salad Chicken Enchiladas Ranch Style Beans Fruit Cup Date Bar *Instant Oatmeal	26 Spring Salad Roast Beef, Gravy Mashed Sweet Potatoes Cauliflower Whole Wheat Bread Apple Cobbler *Breakfast Sandwich	27 Honey Mustard Slaw Baked Fish Macaroni & Cheese Spinach Strawberry Shortcake *Egg & Sausage Bake	28 Tossed Green Salad Brunswick Stew (Pork & Chicken with Veggies) Whole Wheat Roll Strawberries & Bananas *Quiche	29 Friday Feast Cabbage Roll Casserole Baked Potato Blend Vegetables Applesauce Chocolate Surprise Cupcake *Breakfast Burrito	30
31	<p>Breakfast & lunch are being served curbside and home delivered.</p> <p>Suggested contribution for seniors is \$2.50 for breakfast and \$5 for lunch.</p> <p>Non-seniors are \$10 for lunch.</p> <p>Menus are subject to change.</p>					

Happy Birthday January!

1	Doris Budge Rosemary McIntosh Ellen Sanford Craig Schwender		Jane LaJohn George Peak Ed Wigg Rob Williams		Muggs Schultz Ricki Zabinsky Gloria Coronel Cotonieto Gary Edington
2	Helen Coderre Margie Thomas	12	John David Hardie Louise Martens		George Ford Sue Lurie Olive Macy
3	Dick Clark Karen Hobbins Carol Roth	13	Nancy Collister Tom Davis	26 27	Diane Galbraith Joyce Butcher Willo Carey Jim Radda
4	Suzanne Ferond Kim Hysell Mary Ann Lawroski	15	Chuck McLary Nancy Peak Pam Baker	28 29	Hewy Hewitt Virginia Adler Maree Webster
5	Rose Cusson Anne Dahl		Pam Flores Laurie Jurekovic Nancy Kaufman	30	Neil Ford Joanne Hennes Mary Lynn Hewitt Kristen Simpson
6	Anne Bowen Sharon Brown Susan Dong Linda Hanlon	16 18	Inger Koedt Roger Strout Peter Benoiel Lynn Hammond		Dan Zelenki Nanette Bean Donovan Erickson Robert May Chuck Terrill Adrienne Ward
7	Jo Schmillen Anne Williams		Tony Hough Margie Reimers	31	
8	Paul Cote Dave Roters Marla Hill Dick Snyder Janine Vickland	19	Janet Pusey David Elan Anne O'Fredstrom Dorothy Parker Olivia Tanner Bobbi Taylor Jan Wood		
10	Franz Carmenzind Sally Berman Scott Garland Sean Garrity-Russer Earl Lutz Cathy Mathieu Shelley Sundgren Jim Turley	20 21 22	Judy Hammerschlag Alvira Sturlin Elias Sedlin Chris Glasgow Bob Moeller III Charles Bancroft Jeanne Miller Joan Epstein Nancy Fauntleroy		
11	Sue Bybee Viki Clark Theresa Dowling Ray Hunt	23			



Birthday Lunch: January 20th

January birthdays will enjoy a to-go 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 give us a call to renew.

Monthly Community Discussion

THURSDAY, JANUARY 28TH

3:00 PM

FACILITATED BY PAUL HANSEN

If there is one thing that people in this town can agree on, its that we all care about this place dearly. Our community faces several challenges, from housing to water treatment, to tourism, animal conservation and so much more.

Join us for a monthly discussion of community issues! This healthy and respectful conversation will be facilitated by Paul Hansen, who is a columnist for the News & Guide. This month, we will discuss different options for funding

social services in our community!

Paul Hansen and his wife, Kay Stratman, moved to Jackson in 2007 to serve as Director of the Nature Conservancy's Greater Yellowstone program. Later on, he served as Executive Director of The Murie Center. Though his career was focused on conservation, Paul's passion for a wide range of issues facing our community led him to become a columnist for the News & Guide.



Volunteer Income Tax Assistance

Volunteer Income Tax Assistance (VITA) is going virtual for safe, no-contact tax preparation.

Information packets will be available at the Library entryway the last week of January. Find more information at www.tclib.org.



Home Care Moments

Dear 2021,

I have high hopes for you! This past year has been TOUGH for everyone. These are the words that come to my mind when thinking back on this year at the Senior Center of Jackson Hole: Covid-19, masks, social distancing, shut down, curbside meals, closed to the public, meals on wheels, CDC, Public Health, quarantine, isolation, Covid tests, expanded grocery shopping services, expanded mail delivery, changing protocols, hospitalizations, prayers, Zoom, symptom logs, the phone ringing (a lot!), community, big empty building, decisions, safety, face shields, frustration, fatigue, team work, and most importantly continued support.

We all are looking forward to a brighter year ahead where hopefully things will get back to

some semblance of normal. There is a light at the end of this long challenging tunnel! I can't wait for the halls & rooms of the Senior Center to once again be filled with chatter, laughter, music, stomping feet, scratches of forks on plates, and hugs...lots of hugs. This day will come but until then please remain diligent in mask wearing & social distancing and making good Covid conscious decisions. You are protecting yourself, your neighbors, your family, your community, and all the healthcare workers who have worked so hard this past year.

2021-I look forward to seeing what words will mark this year...let's start with the word "HOPE".

Erin Crow
Home Care Manager

From the Desk of the Executive Director

COVID vaccines are starting to arrive in the valley. This is good news for eventually putting this pandemic behind us and getting back to what we used to take for granted as normal life. The Wyoming Department of Health, Teton Health Department and St. John's Health have developed a plan for distribution of the vaccines. While I know that many of you are anxious to get the vaccine as soon as possible, we will need to give our health officials time to distribute the vaccines according to their tiered plan.



Phase 1A will be to vaccinate health care workers and residents of long-term care and assisted living facilities. Phase 1B will include workers in essential and critical industries. Phase 1C includes people at high risk for severe COVID-19 illness due to underlying medical conditions and people age 65 and older. Phase 2 is a mass vaccination campaign for all adults. The Health Department has a lot more

information on their website:

<https://www.tetoncountywy.gov/2251/COVID-19-Vaccine-Information>.

Please note: The Health Department will **not** be making a wait list for the vaccine, and ask that you please do not call them to be placed on a list.

As soon as we at the Senior Center learn of the time frame for Phase 1C vaccinations (for people age 65 and older or with underlying medical conditions) we will try to get that information out to you. We will be both e-mailing and calling with a recorded message (area code 617). If you are registered with the Senior Center, we will have your contact information.

Thank you for your patience as we work together to beat this pandemic. In the meantime, wear masks, limit close contact with others and stay safe!

Cheers to a happy and healthy 2021,
Becky Zaist

Volunteer Spotlight

Elvis, Eli and Ella Olais!

Anybody recognize these friendly faces?

Meet Eli and Ella Olais! They deliver Meals on Wheels with their father, Elvis. This is one family that does a lot of good in our community – so much that Eli and Ella are in the running for a congressional award!

Elvis and his wife both work at the hospital, so you can imagine just how busy they are right now!

The three Olais said that, for them, delivering Meals on Wheels is a great way to spend quality time

together.

Thank you Elvis, Eli and Ella for all that you do!



Fitness Schedule

MON	TUE	WED	THU	FRI
<p style="text-align: center;">10:00 am Leslie's Fitness Taught by Lucretia</p> <p style="text-align: center;"><i>*Starts Jan. 11th*</i></p> <p>Plus, make a cup of tea or coffee and join us online or on the phone for Coffee Hour at 11 am!</p>	<p style="text-align: center;">9:00 am Pilates with Michaela</p> <p style="text-align: center;">Strength, flexibility, coordination and more!</p> <p style="text-align: center;">10:30 am Yoga with Trish</p> <p style="text-align: center;">A slow yet consistent yoga flow to enliven and rejuvenate your day!</p>	<p style="text-align: center;">9:00 am Yoga for Strength with Jo</p> <p style="text-align: center;">Traditional yoga poses plus strength training!</p> <p style="text-align: center;">1:15 pm Restorative Yoga with Jill</p> <p style="text-align: center;">A midweek break to recharge your mind and body</p>	<p style="text-align: center;">9:00 am Functional Fitness with Jo</p> <p style="text-align: center;">Get ready to sweat! Strength, balance and agility</p> <p style="text-align: center;">10:30 am Tai Chi with Greg</p> <p style="text-align: center;">A series of flowing movements and breathing patterns</p>	<p style="text-align: center;">10:15 am Pilates with Michaela</p> <p style="text-align: center;">Strength, flexibility, coordination and more!</p>

Check out the Fitness Calendar on our website: www.seniorcenterjh.org/events

Checking In With You

We know that this time has been hard for many people. Please take a few minutes to complete and return this quick survey. Drop in the drop box at SCJH, mail the survey to PO Box 4677 Jackson WY 83001, call us with your answers, or go to our website to fill out the survey online.

1. How are you doing?

2. What do you need?

3. What would you like from the Senior Center and how can we support you?

Don't Miss:

Safety Calls

Do you know someone that we should check in on?

Would you like to have someone check in on you?

Would you like to help us check in on our friends and neighbors?

The Senior Center of Jackson Hole is continuing and expanding our reassurance & safety calls.

Please contact the Senior Center if you or a friend would like a call or if you would like to volunteer.

2-for-1 Fitness Classes!

This month try out a new fitness class and get a second class for free!

Each person gets one 2 for 1 deal that they can use in January.

Please call or email MacKenzie for the 2 for 1 deal!

BOARD OF DIRECTORS

Lou Hochheiser

Chair

John A Turner

Vice Chair

Bruce Hawtin

Secretary

Sara Van Genderen

Treasurer

Bob Shervin

Rick Stuck

Irene Lund

Cecilia Herbert

Michael Schrotz

Hours

MONDAY – FRIDAY

8:00 AM – 3:00 PM

CLOSED JANUARY 1ST



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www.seniorcenterjh.org

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Live Your Best Life
January Newsletter 2021