



307-733-7300 // 830 E. Hansen // [www.SeniorCenterJH.org](http://www.SeniorCenterJH.org) // [info@SeniorCenterJH.org](mailto:info@SeniorCenterJH.org)

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**Rebecca Erskine**

*Assistant Director*

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*Home Care Manager*

**Chayla Saxton Ashe**

*Home Care Assitant*

**Mark Henderson, RN**

**Corinne Ahlum, RN**

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**Chris Encinas, Margaret Harris,**

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**Amando Perfecto**

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**David Basye & Yocelin**

**Colchado**

*Assistant Cooks*

**Mariano Arzate Alcantara**

*Dishwasher*

***Our Mission***

*Enhancing and supporting  
the lives of seniors.*

***Volunteer Spotlight***

Meet Sydney a wonderful MOW volunteer.

I started delivering Meals on Wheels with my mom in the spring of 2020 when the pandemic hit. We have friends who had to stop doing their route because they were over 60 years old - so my mom and I started helping and continued to do so through the summer. Most recently, I have been volunteering with my 15 year old brother and we have been delivering to the Pioneer Homestead. Although we haven't been doing Meals on Wheels for very long, it has been extremely rewarding and fun!

What I find most challenging is not getting to visit with the clients. I think the most rewarding thing is helping folks get a hot meal and maybe even help them with an errand.

I will take my experience with such kind and gracious clients and apply their kindness to my own life. My goal is to reach out to new students or new teachers and make an effort to get to know them and be kind.



***Home Care Corner***

We are delighted to introduce you to Chayla Saxton Ashe who has joined our home care team as Home Care Assistant. She will be helping us with scheduling client/home care staff visits, direct care of clients, and overall support for our home care programs. Chayla is a Certified Nursing Assistant (CNA). She has worked in group homes, skilled nursing and hospital facilities. She is a Wyoming girl, raised in Pinedale. She loves hiking, camping with her Silver Lab "Luna" and playing piano. And

she's a newlywed!

Chayla is passionate about helping people and improving their quality of life. If you have home care needs or questions you can reach her at 733-7300, the home care phone 699-5807, or email [csaxton@seniorcenterjh.org](mailto:csaxton@seniorcenterjh.org).



# Happy Birthday September!

1	Peter Pilafian John Lorimer Rhonda Grasseler Cheri Witz	8	Norman Evarts David I Basye Elizabeth Caesar	17	Terry Nuttle Nancy Callaghan Vincent Pacent	24	Janice O'Kelley Ann Lowery Elizabeth Auge
2	Lorraine Neal Kenneth Thomasma Sally Johnson Mary Beth Riemony Ann Wenger	9	Wilbur Oelschlager Ralph Bird Bert Steece Afton Jones Peter Thilmany	18	Michael Brightwell Anne Newcomb Heather Hamilton Orvin Pierson Rita Rucks	25	Rena Guest Susan Betz Patricia Berlin Kat McVey Jan Momchilovich
3	Patty Ewing Barbra Weston Robert Halper Louise DeLand	10	Donald Wadsworth Elizabeth Walton Cathy Nutter (Culver) Joni Upsher Paul Provence	19	Joyce Roche Carol Francis Deborah Cotton John Hanlon Craig Smith Larry VanGenderen	26	Margaret Land Joy Watson Lynn Finkel David Dewald Gerald Schultz Robert Nelson Frank Hess
4	Bonnie Voorhees Paula Jorgenson Laury Lacy Julia Scarborough Elizabeth Bolling Margaret Sanford Julie Alexander Kathy Sanford	11	Alix Doherty John Doyle Doris Smith Douglas Kennedy Jay Pieper Thomas Grisell	20	Olivia Meigs Douglas Hagen Deborah Somers Marie Gowen Theodore Schull Penny Dykes David Auge Shirley Brightwell	27	Barbara Sedlin Greg Brazelton Barbara Gentry
5	Margaret Ordway F. Zscheile Sandra Brown Lynne Hollvacher Robert Culver Donna Highstreet Mary Burris Colleen Dubbe	12	Carl Shuptrine John Oglietti Gale Woodworth Yvonne Wood Earleen Horn Wendy Baylor Carol Cunningham Rebecca Prestrud	21	Jean Ferguson John Hoover, Jr. Regina Schultz Jay Buchner Jeffrey McDonald Patrick Dominick Gail Peterson Robin Smith Lin Sanford Lokey Lytjen Shawn Benson Claudia Mauro Lea Hardee Stephen Pecha	28	
6	James Fabi Lynn McDowell Elizabeth Devine	13	Susanne Cochary Venti Joosten Shelley Rubrecht Kristina Giger Genelle Robishaw Marce Bullock Hal Harper Catherine Boda	22			
7	Carol Connors Irene Mellion	14		23			



## Birthday Lunch: Tuesday, September 28th

September 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 give us a call to renew.

## *Giving Back*

### **MONETARY DONATIONS**

McKenzie Hamond  
BPOE #1713 – Elks Club  
Odd Fellows Lodge #8  
Jackson Hole Duplicate Bridge  
Smith's Food and Drug  
Jeanie & Fred Staehr in honor  
of Sam Clark  
Andrew Scott  
John & Sue Hoover

### **4H LIVESTOCK AUCTION DONORS**

Bob Shervin  
Jackson Lumber  
Nora's Fish Creek Inn  
John A Turner  
Jack Nunn  
Rocky Mountain Bank  
Serenity Ranch  
Sam & Jennifer Clark  
Ed & Carol Owens  
Dick Scarlett  
Y2 Consultants  
Intermountain Roofing

### **MISCELLANEOUS DONATION**

Loyola Kiefling

### **MEMORIAL DONATIONS TOMMY BENSON**

Julie & Larry Kummer

### **BETH OVERCAST MATNEY**

Betty & Chuck Terrill

### **NICK BOCHICCHIO**

Cecilia & Frank Bellinghiere

### **COURTNEY JAY SKINNER**

Cecilia & Frank Bellinghiere

### **BOOTS NELSON**

Betty & Chuck Terrill

### **LEONA ROBERTSON MAY**

Bob Shervin  
Bonnie Budge

### **BETTY BENSON**

Betty & Chuck Terrill  
Julie & Larry Kummer  
Maggie & Dick Scarlett  
Beverly Pratt

### **HOWDY HARDEMAN**

Berniece & Harold Turner  
Bob Shervin

### **JEAN FULTON**

Bob Shervin  
Mary & Mark Obringer

### **ROGER GUEST**

Bob Shervin

### **GALLOWAY CLOVER**

Bob Shervin  
Mary & Mark Obringer

### **MEMORY WALL**

### **ALBERT L (BOOTS) NELSON**

The Family

### **THOMAS V RICHARDSON**

### **LEND A HAND**

Al Imhoff  
Chris Glasgow  
Deb Hill  
Bobbie Taylor

## *From the Desk of the Executive Director*

Donations raised through Old Bills Fun Run provide the backbone of funding needed to make our operating budget and help sustain Senior Center programs throughout the year. Although the Fun Run has been changed to a virtual event this year, it doesn't change the importance of funding for senior services.

We are so grateful to our generous community and the Community Foundation for creating this important giving event for our non-profit community. I ask you to please consider helping the Senior Center by making a tax-deductible contribution to the Senior Center through Old Bill's Fun Run this year. The Senior Center will receive the full amount that you give as well as some matching funds. To make a donation, make your check payable

to the Community Foundation of Jackson Hole and write "Senior Center of Jackson Hole" on the donation form. We have donation forms at the Senior Center and would be happy to help you fill one out. You can also donate through the secure web site at [www.oldbills.org](http://www.oldbills.org) and pay by credit/debit card.

Old Bill's Fun Run giving period is August 13 through September 17.

Thank you all for your support. We couldn't do it without you!

Becky Zaist, Executive Director



# September 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Breakfast &amp; Lunch will be served to-go and home delivered.</p> <p>Reservations must be made by 3 pm the day before.</p> <p>Suggested contribution for seniors is \$2.50 for breakfast, \$5 for lunch. Non-Seniors are \$10 for lunch</p> <p>Menus are subject to change</p>			<p><b>1</b></p> <p>Garden Salad  <b>Chicken Caprese</b>                      Angel Hair Pasta                      Italian Vegetables                      Chocolate Chip Cookie                      Oranges                      *Egg &amp; Sausage Bake</p>	<p><b>2</b></p> <p>Creamy Coleslaw  <b>Baked Fish &amp; Chips</b>                      Balsamic Glazed Green Beans                      Pineapple Chunks                      Tapioca Pudding                      *Breakfast Burrito</p>	<p><b>3</b></p> <p><b>Friday Feast</b>                      Lettuce Salad  <b>Meat Loaf</b>                      Whipped Potatoes                      Sauteed Zucchini &amp; Carrots                      Roll                      Apricot Crisp                      *Cereal</p>	<p><b>4</b></p>
<p><b>5</b></p> <p>*Breakfast entrees are listed at the bottom of the daily menu</p>	<p><b>6</b></p> <p><b>Closed in Observance of Labor Day</b></p>	<p><b>7</b></p> <p>Broccoli &amp; Craisin Salad  <b>Pork Chop</b> with Mushroom Gravy                      Mashed Potatoes                      Zucchini                      Fresh Apple Cake                      *Breakfast Burrito</p>	<p><b>8</b></p> <p>Tortilla Soup  <b>Soft Shell Tacos</b>                      Salsa                      Mexicali Corn                      Fudge Brownie                      Fresh Fruit                      *Spinach &amp; Ham Quiche</p>	<p><b>9</b></p> <p>Spinach Salad  <b>Baked Chicken</b>                      Baked Potato                      Carrot Coins                      Biscuit                      Pear Crisp                      *Breakfast Sandwich</p>	<p><b>10</b></p> <p><b>Parmesan Coated Fish</b>                      Roasted Root Vegetables                      Green Beans                      Cheese &amp; Onion Roll                      Berry Parfait                      *Egg &amp; Sausage Bake</p>	<p><b>11</b></p>
<p><b>12</b></p>	<p><b>13</b></p> <p>Garden Salad  <b>Sloppy Joe Sandwich</b> on Whole Wheat Bun                      Mixed Vegetables                      Fruit Cup                      *Spinach &amp; Ham Quiche</p>	<p><b>14</b></p> <p>Honey Mustard Slaw  <b>Fish Florentine</b>                      Wild Rice Pilaf                      Glazed Carrots                      Strawberry Shortcake                      *Cereal</p>	<p><b>15</b></p> <p>Cucumber &amp; Onion Salad  <b>Roast Turkey</b>                      AuGratin Potatoes                      Red Cabbage &amp; Apples                      Roll                      Pumpkin Pie                      *Breakfast Sandwich</p>	<p><b>16</b></p> <p>Salad  <b>Lamb &amp; Vegetable Stew</b>                      Parsley Potatoes                      Whole Wheat Bread                      Fruit Spread                      Pineapple Upside Down                      Cake                      *Egg &amp; Sausage Bake</p>	<p><b>17</b></p> <p><b>Friday Feast</b>                      Asian Salad  <b>Roast Beef</b>, Gravy                      Mashed Potatoes                      Mixed Vegetables                      Baked Apple                      Ginger Snap Cookie                      *Breakfast Burrito</p>	<p><b>18</b></p>
<p><b>19</b></p>	<p><b>20</b></p> <p>Cauliflower &amp; Broccoli Salad  <b>Hawaiian Chicken</b>                      Garden Rice                      Mixed Vegetables                      Whole Wheat Bread                      Apricot                      Sugar Wafer Cookies                      *Egg &amp; Sausage Bake</p>	<p><b>21</b></p> <p>Crunchy Vegetable Salad  <b>Oriental Beef Casserole</b>                      Vegetables                      Whole Wheat Bread                      Fruit Salad                      *Breakfast Sandwich</p>	<p><b>22</b></p> <p>Spring Salad  <b>Baked Fish</b>, Tartar Sauce                      Baked Sweet Potatoes                      Spinach                      Corn Bread                      Pear                      *Breakfast Burrito</p>	<p><b>23</b></p> <p>Tossed Salad  <b>Baked Liver &amp; Onions</b>                      Whipped Potatoes                      Italian Vegetables                      Roll                      Pear Betty                      *Cereal</p>	<p><b>24</b></p> <p>Crunchy Calico Salad  <b>Chile Verde</b>                      Beans                      Rice                      Fruit Cup                      *Spinach &amp; Ham Quiche</p>	<p><b>25</b></p>
<p><b>26</b></p>	<p><b>27</b></p> <p>Spinach Mushroom Salad  <b>Mediterranean Fish</b>                      Brown Rice                      Grilled Zucchini                      Whole Wheat Roll                      Fresh Fruit                      *Breakfast Burrito</p>	<p><b>28</b></p> <p><b>Birthdays Lunch</b>                      Carrot Salad  <b>Roast Pork</b>, Gravy                      Baked Potato                      Spinach                      Grapes                      Blueberry Cake                      *Egg &amp; Sausage Bake</p>	<p><b>29</b></p> <p>Tossed Salad  <b>Lasagna</b>                      Italian Vegetables                      French Bread                      Melon Cup                      *Oatmeal &amp; Hard Boiled Egg</p>	<p><b>30</b></p> <p>Lettuce &amp; Tomato Salad  <b>Chicken Enchiladas</b>                      Spanish Rice                      Fruit Salad                      Brownie                      *Spinach &amp; Ham Quiche</p>		

# September 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 9:00 Yoga for Strength <b>5:30 Outdoor Painting class in May Park</b>	<b>2</b> 9:00 Functional Fitness 10:30 Tai Chi May Park <b>10:30 Yoga Basics</b> 12:00 Hole Food Rescue	<b>3</b> <b>10:00 Classic Fitness with Alice</b> Friday Feast 12:00 Hole Food Rescue 6:00 Bar J Chuckwagon	<b>4</b>
<b>5</b> <b>All classes are offered in person with a mask or on-line</b>	<b>6</b> <b>Closed in Observance of Labor Day</b>	<b>7</b> 9:00 Pilates 10:30 Yoga <b>1:00 Tech Tutoring (Appointment Only)</b> 1:30 Bingo 6:00 Quilt Guild	<b>8</b> 9:00 Yoga for Strength <b>5:30 Outdoor Painting class location to be determined</b>	<b>9</b> 9:00 Functional Fitness <b>10:30 Tai Chi May Park</b> 10:30 Yoga Basics 11:30 Medicare Assistance 12:00 Hole Food Rescue	<b>10</b> <b>10:00 Classic Fitness with Alice</b> 12:00 Hole Food Rescue	<b>11</b> <b>9:00 Hiking Club</b> Reservations required <b>Meet at the Senior Center to hike Woods Canyon.</b>
<b>12</b>	<b>13</b> <b>10:00 Classic Fitness with Lucretia</b> 1:30 Bible Study	<b>14</b> 9:00 Pilates 10:30 Yoga <b>1:30 Tech Tutoring (Appointment Only)</b> 1:30 Bingo	<b>15</b> <b>9:00 Yoga for Strength</b> 5:30 Outdoor Painting class location to be determined	<b>16</b> 9:00 Functional Fitness 10:30 Tai Chi May Park <b>10:30 Yoga Basics</b> 12:00 Hole Food Rescue	<b>17</b> <b>10:00 Classic Fitness with Alice</b> Friday Feast 12:00 Hole Food Rescue	<b>18</b>
<b>19</b>	<b>20</b> <b>10:00 Classic Fitness with Lucretia</b> 1:00 Podiatrist visit 1:30 Bible Study	<b>21</b> 9:00 Pilates 10:30 Yoga <b>1:00 Tech Tutoring (Appointment Only)</b> 1:30 Bingo	<b>22</b> 9:00 Yoga for Strength <b>5:30 Outdoor Painting class location to be determined</b>	<b>23</b> 9:00 Functional Fitness <b>10:30 Tai Chi May Park</b> 10:30 Yoga Basics 12:00 Hole Food Rescue	<b>24</b> <b>10:00 Classic Fitness with Alice</b> 12:00 Hole Food Rescue	<b>25</b> <b>9:00 Hiking Club</b> Reservations required <b>Meet at the Senior Center to carpool to Cache Creek Trailhead</b>
<b>26</b>	<b>27</b> <b>10:00 Classic Fitness with Lucretia</b> 1:30 Bible Study	<b>28</b> 9:00 Pilates 10:30 Yoga <b>1:30 Bingo</b>	<b>29</b> 9:00 Yoga for Strength <b>11:30 Medicare Assistance</b> 5:30 Outdoor Painting class location to be determined	<b>30</b> 9:00 Functional Fitness <b>10:30 Tai Chi May Park</b> 10:30 Yoga Basics 12:00 Hole Food Rescue		

# Upcoming:

## FLU SHOT CLINIC FRIDAY, OCTOBER 1

The Teton County Health Department will be holding a flu shot clinic at the Senior Center. Save the date and more information will be available mid-September.

## TETON COUNTY LIBRARY

Teton County Library is looking for input for the Wyoming Libraries' Creative Aging Project, designed to engage adults aged 55 and up in participatory, sequential, socially engaging, professionally run arts programs.

The library will offer multiple

## SPANISH CLASSES IN OCTOBER & NOVEMBER

Ashley Potzernitz from Teton County Parks and Recreation will be teaching the 8 week class. Suggested contribution is \$40 for the 8 classes. RSVP at the Senior Center.

8-week art classes this fall and winter, but in order to determine which art forms are of the most interest to the community, is first asking older adults to answer a short survey about their preferences. The survey can be accessed at [tclib.org/aging](http://tclib.org/aging).



## BOARD OF DIRECTORS

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Sara Van Genderen

*Treasurer*

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Irene Lund

Cecilia Herbert

Michael Schrotz

## *Hours*

**MONDAY – THURSDAY**

8:00 AM – 4:00 PM

**FRIDAY**

8:00 AM – 3:00 PM

**CLOSED SEPTEMBER 6TH  
FOR LABOR DAY**



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[www.seniorcenterjh.org](http://www.seniorcenterjh.org)

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**Live Your Best Life**  
**September Newsletter 2021**