



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

**STAFF**

Becky Zaist  
*Executive Director*

Rebecca Erskine  
*Assistant Director*

Jenny Ryan  
*Bookkeeper*

Bill McPeak  
*Transportation*

Grace Turner  
*Activities/Volunteer Coordinator*

Frances Wachs, UWyo Intern

Chris Glasgow & Monica Harden  
*Office Assistants*

**HOME CARE**

Melissa Rochlitz  
*Home Care Manager*

Vacant  
*Home Care Assitant*

Mark Henderson, RN  
Reyna Perez, Janette Miller  
Kristine Dyke, Dori Cote  
Becca Jewison, Judy Johnson  
Mary Obringer  
Dimmie Zeigler  
Jerrill McGehee

**KITCHEN**

Amando Perfecto  
*Head Cook*

David Basye  
*Assistant Cook*

Leonarda Garcia Romano  
*Dishwasher & Prep Cook*

***Our Mission***

*Enhancing and supporting the lives of seniors.*

*Astoria Hot Springs*

**TUESDAY, MARCH 1ST**  
**12:30 PM TO 2:30 PM**

Join us for a fun afternoon of soaking in the four hot spring pools at Astoria.

The bus will leave the Senior Center at 12:15 pm and return around 3 pm.

Bring a towel and bathing suit.

The walking paths are half paved and half dirt/gravel. You'll be more comfortable if you bring some kind of shoe for walking between pools.

Suggested contribution for seniors is \$15.

Space is limited so call and reserve your space!

*How to workshops*

**WEDNESDAY AND FRIDAYS**  
**NORTH END DINING ROOM**  
**1:00 PM**

The Senior Center has been gifted a beautiful handmade Shuffle Board, and we want people to use it. On Wednesday, March 9th & 16th our Activities Coordinator, Grace Turner, will teach folks how to play.

Then on Fridays in March, Sherry Kinsella will teach folks how to play Mahjong. She will be teaching Chinese rules during these sessions. American Mahjong will then be taught in April/May.

If you are looking for something to do, come on in and join the games!

*Binge Watch*

**THURSDAYS IN MARCH**  
**4:00 TO 6:00 PM**

Join us each Thursday afternoon to watch Season 1 episodes of Yellowstone.

Yellowstone follows the Dutton family who controls the largest contiguous ranch in the United States, under constant attack by those it borders - land developers, an Indian reservation, and America's

first National Park.

It is an intense study of a violent world far from media scrutiny - where land grabs make developers billions, and politicians are bought and sold by the world's largest oil and lumber corporations.

Suggested contribution is \$2. Snacks and beverages will be available.

# Happy Birthday March

1	Ernie Wampler		Debra McSwain	19	Sherry Smith	28	Anne Dick
	Nanci Newcomb	11	Pauline Polkinghorne		Robin Kennedy		Judy Weikle
	Mary Kathryn Clark			20	Pat Hardeman	29	Sandra Piatak
2	Leslie Schilling		Rilla Varley		Dale Balogh		Mary Obringer
3	Ralph Haberfeld		Sue Roters		Jim Clouse		William Collins
	Patty Strasheim		Jan Bauer	21	Nancy Cummins		Maureen Feuz
	David Lorenzo	12	Caryn Haman		Pam Douglas		Vivian Hunt
	Kristine Lee		Scott Schmillen		William Rode	30	Janice Harris
	Ralph Boyack		Karen Jerger		Alan Wilner		Elizabeth Ridgway
4	Helen Szekeresh	13	Clara Bush		Lorie Cahn		Julie Giacobassi
	Cora Irwin		Jim Wolf	22	Jennifer Flanagan		Jacquelyn Seguin
	Mark Zwerin		Rob Post		Elizabeth Isbell	31	Dotty Hodges
5	Mary Gridley		John Ryan		David Brackett		Stephanie Brown
	Robert Wikoff	14	Patti Hendricks		Cecilia Herbert		Armando Menocal
6	Carol Kessler		Sharon Gusa		Colleen Thompson		Gwen Burns
	Connie Hansen	15	Fred Ryan		Mary Kamstra		Erich Jost
7	Pedro Schwed		Jeri Scott	23	Mary Robertson		Robbin Oberheu
	Litt Clark		Marjie Shivler		Raz Reinecke		Jody McGill
8	Jacquelynn Goldstein	16	Lee Ann Walters	24	Rick Peacock		
	Georgi Douglas		Bob Laganza	25	Sandra Brewer		
9	Joella Deon Robinson		Thomas Anderson		Kathy Buchner		
	Judy Johnson		Allen Dorsett		Sarah Sullivan		
10	Barbara Rieb	17	Brigitte Dighello		Janet O'Neil		
	Donna Jaeger		Robyn Reedy	26	Charles Edwards		
			Judy Pilgrim		Beverly Jackson		
			Patsy Raalum	27	Barbara Conitz		



## Birthday Lunch: Thursday, March 24th

March birthdays will enjoy lunch compliments of First Interstate Bank.



## March Volunteering Fun

### Facts

Did you know...

Volunteering started in the 12th century Great Britain where more than 500 hospitals were volunteer operated.

Did you know...

Meals On Wheels is the oldest and largest organization in the US representing those who provide meal services to people in need.

Did you know...

The first major volunteer recruitment occurred during the Revolutionary War.

Did you know...

In 1736, Benjamin Franklin established the first volunteer firehouse in Philadelphia, PA

Did you know...

That the Senior Center needs volunteers daily to do what we do. If you have an interest, we have jobs. Please call us to learn how you can help!

## Spring Art Bazaar

**SPRING BAZAAR**  
**SATURDAY, APRIL 23RD**  
**10:00 AM TO 3:00 PM**

In April we will be holding our 1st Annual Spring Bazaar.

We are looking for Artists age 60+ who would like to have a booth and sell their creations.

Do you make jams or watercolor paintings, knit washclothes or make jewelery, wood working or leather working, photographer or a pie maker? We want it all!

The spaces will be \$25. Please call the Senior Center to reserve your spot.

Not an artist? Come and shop. We will be having a soup and salad lunch available for purchase.



## St. Patrick's Day Lunch

**THURSDAY, MARCH 17TH**  
**12:00 PM TO 1:00 PM**

Join us for a festive St. Patrick's Day lunch. Amando will be making a Senior Center favorite featuring:  
Corned Beef & Cabbage  
Parsley Potatoes  
Yellow Cake with Green Icing

We will be serving in the dining room, To-Go and Meals on Wheels. Senior meals are compliments of the Bank of Jackson Hole. Non-seniors are \$15. Reservations must be made by 3 pm the day before.



## Home Care Corner

Do you have a "File of Life" in your house?  
Do you even know what it is?

Most people don't! The "File of Life" was developed in collaboration with the Teton County Health Department, Teton County Emergency Services and Age Friendly Jackson Hole. It is a magnetic packet of critical information that can be accessed in an emergency by your family, a caregiver or emergency personnel and is kept

right on your refrigerator. It includes information on emergency contacts, medications and even what your wishes are if you are unconscious. We are happy to provide one for you! Just ask for one next time you are here or call Melissa from the Home Care Team.

Melissa Rochlitz  
Home Care Manager  
mrochlitz@seniorcenterjh.org

## Home Modifications 101

**WEDNESDAY, MARCH 23**  
**1:00 PM TO 2:00 PM**

Home modifications are adaptations to your living space that make it easier to perform daily tasks, reduce the risk of falling, and support independent living. From small adaptations, to larger projects; the goal of home modification is to remove hazards in and around the home and enable you to stay in your home for longer and 'Age In Place'.

Join the Wyoming Home Modifications Action Coalition, WyHMAC, at our virtual webinar hosted by the Senior Center of Jackson Hole, as we discuss the importance of home modifications and how we're working to deliver them to older adults across the state.

This workshop will be in the North End of the dining room. You can also join by Zoom or telephone.

# March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1 Mardi Gras Celebration</b> Everything Salad <b>Shrimp Jambalaya</b> Rice & Shrimp Back Eyed Peas Spinach Whole Wheat Roll Oranges * <b>Breakfast Sandwich</b>	<b>2</b> Tossed Salad <b>Beef Stew</b> Bread Pickled Beets & Onions Peanut Butter Cookie Citrus Fruit Salad * <b>Egg &amp; Sausage Bake</b>	<b>3</b> Spinach & Mushroom Salad <b>Mediterranean Fish</b> Brown Rice Grilled Zucchini Whole Wheat Roll Fresh Fruit * <b>Breakfast Burrito</b>	<b>4 Friday Feast</b> Garden Salad <b>Spaghetti Meat Sauce</b> Angel Hair Pasta Blend Vegetables Garlic Bread Pear Crisp * <b>Cereal</b>	<b>5</b>
<b>6</b> *Breakfast entrees are listed at the bottom of each day	<b>7</b> Tortilla Soup <b>Soft Shell Chicken</b> <b>Tacos</b> Onion, Salsa Mexicali Corn Fudge Brownie Fresh Fruit * <b>Egg &amp; Sausage Bake</b>	<b>8</b> Lettuce & Tomato Salad <b>Braised Pork Chop</b> Mashed Potatoes & Gravy German Sauerkraut Pumpkin Bread Fruit Cocktail * <b>Spinach &amp; Ham Quiche</b>	<b>9</b> Coleslaw Crackers <b>Lemon Baked Fish</b> Garden Rice Seasoned Carrots Chocolate Chip Cupcake Banana * <b>Breakfast Burrito</b>	<b>10</b> <b>Meatloaf</b> , Gravy Cauliflower Mac 'n Cheese Blend Veggies Whole Wheat Bread Apricots * <b>Hard Boiled Egg</b>	<b>11</b> Broccoli Craisin Salad <b>Roast Beef French Dip Sandwich with Au Jus</b> Pears Ranger Cookie * <b>Breakfast Sandwich</b>	<b>12</b>
<b>13</b>	<b>14</b> Garden Salad <b>Tamale Pie</b> Peas & Carrots Whole Wheat Bread Peaches * <b>Cereal</b>	<b>15</b> <b>Hawaiian Chicken</b> Rice Pilaf Broccoli Corn Meal Roll Fresh Fruit Coconut Macaroon * <b>Egg &amp; Sausage Bake</b>	<b>16</b> Broccoli Cheese Soup <b>Egg Salad Sandwich</b> Green Beans with Red Pepper Strips Strawberries & Bananas * <b>Spinach &amp; Ham Quiche</b>	<b>17 St. Patrick's Day</b> Rye Bread <b>Corned Beef &amp; Cabbage</b> with Carrots Parsley Potatoes Yellow Cake with Green Icing * <b>Breakfast Sandwich</b>	<b>18 Friday Feast</b> Spinach & Strawberry Salad <b>Parmesan Fish</b> , Lemon Roasted Vegetables Spinach Cheese & Onion Roll Chocolate Surprise Cake * <b>Breakfast Burrito</b>	<b>19</b>
<b>20</b>	<b>21</b> Potato Leek Soup <b>BBQ Pork Sandwich</b> Blend Vegetables Apricots Molasses Cookie * <b>Breakfast Sandwich</b>	<b>22</b> Coleslaw <b>Tuna Noodle Bake</b> Zucchini Whole Wheat Bread Peach Cobbler * <b>Breakfast Burrito</b>	<b>23</b> Veggie Salad <b>Chili Con Carne</b> Corn Bread Apple Crisp * <b>Instant Oatmeal</b>	<b>24 Birthday Lunch</b> Mandarin Orange Spinach Salad <b>Roast Beef</b> , Gravy Rosemary Red Potatoes Mixed Vegetables Garlic Roll Black Forest Cake * <b>Egg &amp; Sausage Bake</b>	<b>25</b> Lettuce & Tomato Salad <b>Baked Chicken</b> Potatoes Au Gratin Green Beans Roll Very Berry Tart * <b>Spinach &amp; Ham Quiche</b>	<b>26</b>
<b>27</b>	<b>28</b> Honey Mustard Slaw <b>Fish Florentine</b> Wild Rice Pilaf Glazed Carrots Whole Wheat Bread Strawberry Shortcake * <b>Breakfast Burrito</b>	<b>29</b> Greek Salad <b>Eggplant Moussaka</b> Roasted Potatoes Spinach Psomi Bread Apricots * <b>Breakfast Sandwich</b>	<b>30</b> Waldorf Fruit Salad Whole Wheat Crackers <b>Swiss Steak</b> , Tomato Sauce Baked Potato Brussels Sprouts Blueberry Plum Crisp * <b>Egg &amp; Sausage Bake</b>	<b>31</b> Lettuce & Tomato Salad <b>Chicken Enchiladas</b> Ranch Style Beans Tropical Fruit Cup Date Bar * <b>Spinach &amp; Ham Quiche</b>	Lunch is served in the Dining Room, To-Go and home delivered. Reservations for any dining option must be made by 3 pm the day before. Suggested contribution for seniors is \$5 for lunch and \$2.50 for breakfast. Non-seniors are \$10 for lunch. Menus are subject to change.	

# March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>Medicare Assistance</b> is available via phone and email this month. Please call the Senior Center and we will get you in touch with one of the Medicare Counselors.</p>	<p><b>1</b> 9:00 Pilates 10:30 Yoga 1:30 Bingo</p>	<p><b>2</b> 9:00 Yoga for Strength 10:30 Tai Chi 12:30 Trip to Astoria Hot Springs</p>	<p><b>3</b> 9:00 Functional Fitness 10:30 Yoga Basics 10:30 Color &amp; Emotion Art series 12:00 Hole Food Rescue 4:00 Yellowstone Season 1 Episode 1</p>	<p><b>4</b> 8:00 Tech Tutoring (Appointment Only) 10:00 Classic Fitness with Alice 11:00 Spanish Class 12:00 Hole Food Rescue 1:00 Learn to play Mahjong</p>	<p><b>5</b></p>
<b>6</b>	<p><b>7</b> 10:00 Classic Fitness with Lucretia 1:30 Bible Study 2:00 St. Patty's Craft Class 3:00 Active Yoga</p>	<p><b>8</b> 9:00 Pilates 10:30 Yoga 1:30 Bingo</p>	<p><b>9</b> 9:00 Yoga for Strength 10:30 Tai Chi 1:00 Learn to Shuffleboard</p>	<p><b>10</b> 9:00 Functional Fitness 10:30 Yoga Basics 12:00 Hole Food Rescue 4:00 Yellowstone Season 1 Episode 2 &amp; 3</p>	<p><b>11</b> 8:00 Tech Tutoring (Appointment Only) 10:00 Classic Fitness with Alice 12:00 Hole Food Rescue 1:00 Learn to play Mahjong</p>	<p><b>12</b></p>
<b>13</b>	<p><b>14</b> 10:00 Classic Fitness with Lucretia 1:30 Bible Study 3:00 Active Yoga</p>	<p><b>15</b> 9:00 Pilates 10:30 Yoga 1:30 Bingo</p>	<p><b>16</b> 9:00 Yoga for Strength 10:30 Tai Chi 1:00 Learn to Shuffleboard</p>	<p><b>17</b> 9:00 Functional Fitness 10:30 Yoga Basics 12:00 Hole Food Rescue 4:00 Yellowstone Season 1 Episode 4 &amp; 5</p>	<p><b>18</b> 8:00 Tech Tutoring (Appointment Only) 10:00 Classic Fitness with Alice 11:00 Brown Bag Pharmacy 12:00 Hole Food Rescue 1:00 Learn to play Mahjong</p>	<p><b>19</b></p>
<b>20</b>	<p><b>21</b> 10:00 Classic Fitness with Lucretia 1:30 Bible Study 3:00 Active Yoga</p>	<p><b>22</b> 9:00 Pilates 10:30 Yoga 1:30 Bingo</p>	<p><b>23</b> 9:00 Yoga for Strength 10:30 Tai Chi 1:00 Home Modification workshop for Seniors</p>	<p><b>24</b> 9:00 Functional Fitness 10:30 Yoga Basics 12:00 Hole Food Rescue 4:00 Yellowstone Season 1 Episode 6 &amp; 7</p>	<p><b>25</b> 8:00 Tech Tutoring (Appointment Only) 10:00 Classic Fitness with Alice 12:00 Hole Food Rescue 1:00 Learn to play Mahjong</p>	<p><b>26</b></p>
<b>27</b>	<p><b>28</b> 10:00 Classic Fitness with Lucretia 1:30 Bible Study 3:00 Active Yoga</p>	<p><b>29</b> 9:00 Pilates 10:30 Yoga 1:30 Bingo</p>	<p><b>30</b> 9:00 Yoga for Strength 10:30 Tai Chi</p>	<p><b>31</b> 9:00 Functional Fitness 10:30 Yoga Basics 12:00 Hole Food Rescue 4:00 Yellowstone Season 1 Episode 8 &amp; 9</p>	<p>For activities reservations call 733-7300. Suggested contribution for senior fitness classes is \$5, non-seniors are \$7.00 To join Duplicate Bridge online call Ray (208) 520-4437. For Contact Bridge call Irene 734-9733.</p>	

## Giving Back

### MONETARY DONATIONS

Gwen & Bill Hansen  
Ed Wigg  
Jackson Hole Duplicate  
Bridge  
Jeanette Woodling  
Marjoire Swansen  
Lynne Becker  
Smith's Food & Drug  
Amazon Smile  
Odd Fellow's Lodge #8  
Bob Shervin  
Manne McGregor  
Charitable Fund  
First Interstate Bank and  
Bruce Hawtin

### MISCELLANEOUS DONATION

Linore Wallace

### MEMORIAL DONATIONS WILLIAM WEISS

Bob Shervin  
Mary & Mark Obringer  
Berniece & Harold Turner  
Cecilia & Frank  
Bellinghiere

### GLENN TAYLOR

Bob Shervin  
George Winn  
Berniece & Harold Turner  
Steve & Susan Champa &  
Family  
Gwyn & Mark Haskins

### STU PLUMMER

Berniece & Harold Turner

### LELAND CHRISTENSEN

Bob Shervin  
Cecilia & Frank  
Bellinghiere

### FRANK LONDY

Cecilia & Frank  
Bellinghiere

### RICHARD MUZZY

Bob Shervin

### DANNY MAYER

Bob Shervin  
Bonnie Budge

### EARL LUTZ

Bob Shervin  
Bonnie Budge

### D.J. ANSELM

Kerry & Andy Welch

### MEMORY WALL GLENN & MARIAN TAYLOR

Bonnie Budge  
Anonymous

### RUTH HIRSCH

The Newcombs & Ewings

### GRANT & MARALYN LARSON

Karin, Terry & Jackie

### NON-EVENT DONATIONS

Nancy & Andy Carson  
Gwen & Bill Hansen  
Julie & Will Obering  
Janet Pusey  
Helena Harrice  
Helen Feuz  
Patricia Hardeman  
Michele Jenkinson &  
Mitchell Menaker  
Cecile Caruso  
Pamela & Jerry Rankin  
Robin & Thomas Hazard  
Doris Budge  
Nancy Guthrie  
James Lubbers  
Berte Hirschfield

### 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.

## Free Tax Preparation

### APPOINTMENTS AVAILABLE NOW

Didn't receive any stimulus checks in 2021 because you don't file taxes, VITA can help get that money.

New tax laws will make more seniors eligible for Earned Income Credit! Also, Recovery Rebate Credits not previously paid out can be recovered

in your tax return. VITA tax preparers can help you to ensure your best tax returns!

Get your appointment online at [tclib.org/tax](http://tclib.org/tax). Call the Senior Center for assistance with online appointment scheduling.

Tax preparation packets are available at the Library or download at [tclib.org/tax](http://tclib.org/tax).

**ST. PATRICK'S DOOR HANGER**  
**MONDAY, MARCH 7TH**  
**2:00 PM**



Do you need a little luck at your front door? Come and make a festive St. Patty's Day

door hanger. Our own Monica Harden is helping us create this little bit of Irish charm to brighten the day.

Suggested contribution is \$10. Please up at the Senior Center.

## From the Desk of the Executive Director

The Dining Room is now open for lunch! It has been a long time since we've felt that we could safely welcome in-house dining. But the time has come. We look forward to seeing familiar faces and hearing lively conversations over lunch. We will be celebrating the re-opening with a special Mardi Gras lunch on March 1.

But, we also know that not everyone is comfortable coming in to eat, so we will be keeping lunches for pick up as an option. It will be important when leaving your lunch reservation that you specify whether you will be dining in or

picking up the meal.

Masks are still required in the building, for your protection and to protect our hard-working staff. We do not require vaccinations to enter the building, so each of you will need to make decisions that work for you.

Check out our Activities calendar too. We are adding more activities every month and most have an option of in-person or Zoom participation.

We look forward to seeing you soon!

Becky Zaist  
Executive Director

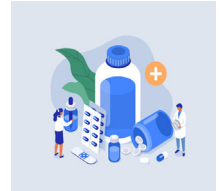
## Brown Bag Pharmacy

**FRIDAY, MARCH 18TH**  
**11:00 AM TO 12:00 PM**

Learn about medication instructions and interactions-- please bring your medications

and over the counter medications/supplements with you to the appointment.

Participants will need to sign up ahead of time at the Senior Center.



## Newsletter Subscription Renewal

**IT'S TIME AGAIN TO SUBSCRIBE TO THE SENIOR CENTER NEWSLETTER!**

If you wish to continue receiving the emailed or mailed newsletter, please complete this form and return to the Senior Center by March 31, 2022.

Donations to cover the cost of the newsletter are greatly appreciated.

NAME: \_\_\_\_\_

How do you like to receive your newsletter? Circle one:    Email            Mail

For email, please print your email address: \_\_\_\_\_

For mail: Summer mailing address: \_\_\_\_\_

Winter mailing address: \_\_\_\_\_

For newsletters donations please make checks payable to the Senior Center of Jackson Hole and mail this form to:    Senior Center of Jackson Hole  
PO Box 4677  
Jackson, WY 83001

# More information:

**SENIOR CENTER BOOK CLUB**  
**6:00 PM VIA ZOOM OR PHONE**  
**DATE TO BE DETERMINED**

The Book Club book this month is *The Island of Sea Women* by Lisa See.

Copies of the books are available at the Senior Center and Nook e-readers are available at the library.

**BRAIN HQ**

The Teton County Library has partnered with Posit Science to offer free brain exercises, Brain HQ.

These exercises are free to you

with your Library Card. You can access the brain exercises at: [www.tclib.org/brainhq](http://www.tclib.org/brainhq)

If you need a library card or need help logging in, please call the Library at 307-733-2164.

**BEGINNER SPANISH 2**

Ashley Poternitz, Teton County Parks and Recreation, will be back to teach Beginner

Spanish 2 in April.

Please talk to Grace at the Senior Center if you are interested.

**BOARD OF DIRECTORS**

Bob Shervin  
*Emeritus*

David Augé  
*Chair*

Michael Schrotz  
*Vice Chair*

Bruce Hawtin  
*Secretary*

Cecilia Herbert  
*Treasurer*

Irene Lund

Sara Van Genderen

John A Turner

Lou Hochheiser

Anne Schuler

***Hours***

**MONDAY – THURSDAY**

8:00 AM – 4:00 PM

**FRIDAY**

8:00 AM – 3:00 PM



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**Live Your Best Life**  
**March Newsletter 2022**