



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

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Vacant
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Becca Jewison
Judy Johnson
Mary Obringer
Dimmie Zeigler
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KITCHEN

Amando Perfecto
Head Cook

David Basye
Assistant Cook

Yakelyn Salazar
Dishwasher & Prep Cook

Our Mission

*Enhancing and supporting
the lives of seniors.*

Mother's Day Brunch

MOTHER'S DAY BRUNCH

SUNDAY, MAY 8TH
11:00 AM TO 1:00 PM

The B.P.O.E. Lodge 1713 is excited to host another Mother's Day Brunch. This Brunch will be **dine in only**. Reservations are required by 3 pm Friday, May 6th.

The Elks Lodge will be serving up a delicious meal of grilled breakfast steak, scrambled

eggs and hashbrowns. The Elks will also have a short program honoring mothers at 11 am.

Seniors are compliments of the Elks Lodge and non-seniors are \$15 if space allows.

Please call the Senior Center at 733-7300 to make reservations.



Senior Health and Fitness Day

WEDNESDAY, MAY 25TH

8:00 AM TO 4:00 PM

We are so excited to bring back Senior Health and Fitness Day! We have partnered up with United Healthcare and Teton County Parks and Rec to have an awesome event!

The day will kick-off at 8 am at the Rec Center pool with a water aerobics class for seniors. Senior Center member Susan Dong will be teaching this class and showing you what fun this type of exercise can be!

We will then move over to May Park from 9 am to 12 pm. Around the park we will have

Try-It stations set up with chair massage, Fitness classes, e-bikes, juice bar, hiking club, Dancer's Workshop, private instruction and more.

At 10:30 am join our Tai Chi class in the Park.

At 12 pm a Turkey Club and salads lunch will be served To-Go or in the dining room.

We will end the day at Astoria Hot Spring. Please meet us at 2:30 pm at the Springs. We will enjoy a 1.5 hour soak in the 4 hot pools they feature. Space is limited for Astoria, **RSVP** at the Senior Center. Transportation may be available if needed.



Happy Birthday May

2	Shirley Bradley Virginia Gifford Richard Jaquith Panda Johnson	10	Robert Adams Heather Rogers Patrick Chilen Noe Olvera	19	Lou Hochheiser David Svendsen Yvonne Dorsey Jim Sarapata	28	Emil Prodanovic Peter Coxhead David Thomas Kim Morris
3	Lynne Myers Nancy Jarrell Cindy Brown	11	Barbara Steingaszner Rodney Lewis		Barbara Simms Daniel Butcher Peter Regan	29	Fernando Escobedo Stephen
4	Donald Ester Bonny Gray Elizabeth Deaton	12	Shirley Timmerman Jo Gathercole Kevin Barker	20	Michael Halloran Carmina Oaks Leon Faso Patricia Kidder	30	James Shivler Sharon Benson Diane Oglietti
5	Leron Allred	14	Victoria Atwater	21	David Wendt	31	Sharon Wick
6	Mary Schwendeman Robert Ablondi Amanda Soliday Sue Hogan Carol Chappelle		Elizabeth Hoke Robert McLaurin Rod Newcomb Mary Ann Bielby Rose Hochheiser William Dionne	22	Kathryn Oberly LouAnne Shepherd Louise Burch Robert Lerch Renee Mackay Kathleen Warner		Judy Legg Susan Moore Terri Schupman
7	Orville Quasdorf Elizabeth Speaks Robyn Grohne Julie Huot	16	Calvin Anderson James Wilson Laura McKee Julie Lodge	23	Deanna Luton Bill Barmore, Jr. Amelia Watson Rose Jeske		
8	Rebecca Kimmel	17	Norman Sanford Nancy Collins Vicki Garnick	24	Tom Montgomery		
9	Martha Feagin	18	Marvin Thurber	25	Jim Hesser		



Birthday Lunch: Thursday, May 26th

May birthdays will enjoy lunch compliments of First Interstate Bank.



Cinco De Mayo Margaritas

1 cup lime juice from 10-12 medium limes
1/8 teaspoon salt
2/3 cup granulated sugar
1/2 cup Cointreau (orange liqueur or orange juice (for non-alcoholic margs)
Zest from half a lime

Juice the limes through a mesh strainer into a small saucepan. Add sugar & salt. Bring to a gentle simmer, whisk occasionally to dissolve all the sugar, about 3-5 minutes.

Remove from heat once sugar is dissolved

and let cool to room temperature.

Once cooled, stir in the Cointreau or orange juice for the non-alcoholic version and the lime zest. You can store this mixture in the fridge for a week. When you are ready to mix the drinks, add ice to a glass, add 2 ounces of tequila and 2 ounces of margarita mix. Stir well. Don't like on the rocks? Add ice, tequila and margarita mix to a blender and ice crush to your liking.



Thank you Medicare Assistance Volunteers

We missed thanking Martha Birkett, June McCollister and Molly Brown in April's Newsletter. These three volunteers help sign-up seniors for Medicare and answer all questions that folks have once on Medicare. We truly appreciate their service!

Movie Night

**TUESDAY, MAY 3RD
5:30 PM**

Join us for an evening of laughter and mystery as we watch *Knives Out*. This movie stars Daniel Craig, Chris Evans, and Jamie Lee Curtis.

When renowned crime novelist Harlan Thrombey (Christopher Plummer) is found dead at his estate just after his 85th birthday, the inquisitive and debonair Detective Benoit Blanc (Daniel Craig) is mysteriously enlisted to investigate. From Harlan's dysfunctional family to his devoted staff, Blanc

sifts through a web of red herrings and self-serving lies to uncover the truth behind Harlan's untimely death.

Popcorn and soda will be provided. Seating will be spaced appropriately and masks must be worn when not eating or drinking. The suggested contribution for seniors is \$2.



Home Care Corner

Every year people over 65 experience:
36 million falls
8 million seniors sustain injuries.
3 million seniors go to the ER due to the fall.
Out of that 3 million, 950,000 seniors are hospitalized (that is almost 32%!!) and out of those who are hospitalized, 32,000 die.

Fall deaths have increased about 30% in the last decade!

So how can you prevent falls?

- Stay physically active.
- Have your hearing and eyesight tested annually.
- Find out about side effects of your medication (ask our pharmacist at the Brown Bag Pharmacy each month!)

- Stand up slowly and use an assistive device to help keep your balance.
- Get enough sleep.
- Wear safe footwear.

And if you have had a fall TELL YOUR DOCTOR OR CARGEGIVER even if you did not go to the hospital. It is important for them to know!!

If you are concerned about falls talk to the Home Care team about home modifications you can make to be proactive.

Melissa Rochlitz
Home Care Manager
mrochlitz@seniorcenterjh.org

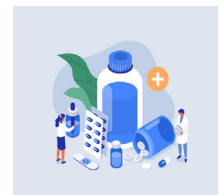
Brown Bag Pharmacy

**FRIDAY, MAY 20TH
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.



May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Cole Slaw BBQ Pork Baked Beans & Bacon Carrot & Celery Tray Roll Applesauce Oatmeal Cookie *Spinach & Ham Quiche	3 Spinach Strawberry Salad with Croutons Parmesan Coated Fish Roasted Vegetables Whole Wheat Roll Chocolate Cake *Cereal	4 Spring Salad Cheesy Beef-Stuffed Shells Herbed Green Beans Whole Wheat Bread Fruit Cup *Breakfast Sandwich	5 Cinco De Mayo Lettuce & Tomato Salad Chicken Enchiladas Ranch Style Beans Tropical Fruit Cup Date Bar *Egg & Sausage Bake	6 Friday Feast Vegetable Salad Swedish Meatballs Angel Hair Pasta Carrot Coins Whole Wheat Roll Cherry Pineapple Whip *Breakfast Burrito	7
8 Mother's Day Brunch Dine In Only 11am -1 pm Orange Juice Breakfast Steak Scrambled Eggs Hash Browns & Onions Wheat Biscuit Asparagus Fruit Cobbler a la Mode	9 Tomato Soup Deli Salad Grilled Cheese on Whole Wheat Bread Melon Cup Ice Cream Sundae *Hard Boiled Egg	10 Tortilla Soup Hard Shell Tacos Salsa & Chopped Onions Black Beans Spiced Carrot Cake *Breakfast Burrito	11 Spinach Mushroom Salad Mediterranean Fish Brown Rice Grilled Zucchini Whole Wheat Roll Fresh Fruit *Egg & Sausage Bake	12 BBQ Beef on a Whole Wheat Bun Whipped Potatoes Succotash Vegetables Fruit Compote *Breakfast Sandwich	13 Mixed Green Salad Chicken Cacciatore Creamy Potenta Broccoli Cherry Cobbler *Spinach & Ham Quiche	14
15	16 Spinach & Mandarin Orange Salad Clam Chowder Soup Whole Wheat Crackers Broccoli Whole Wheat Roll Apricot Crisp *Egg & Sausage Bake	17 Cucumber & Tomato Salad Chicken Fajitas Pinto Beans Bread Pudding *Spinach & Ham Quiche	18 Spring Salad Baked Pork Chop, Gravy Mashed Sweet Potatoes Lemony Cauliflower Whole Wheat Bread Apple Crisp *Breakfast Burrito	19 Zesty Vegetable Salad Baked Salmon Creamy Parmesan Risoto Spinach Pumpkin Bran Muffin Banana Split Dessert *Cereal	20 Friday Feast Green Salad Beef Pot Pie Asparagus with Parsley Whole Wheat Bread Grapes *Breakfast Sandwich	21
22	23 Asian Salad Pork Stir Fry & Veggies over Sesame Noodles Ginger Pears Oatmeal Raisin Cookie *Breakfast Sandwich	24 Spring Salad & Croutons Roast Beef, Gravy Baked Potato Sour Cream Peas & Carrots Whole Wheat Bread Pineapple Cream Whip *Cereal	25 Senior Health & Fitness Day Mixed Green Salad Turkey Club Sandwich Garden Pasta Salad Fresh Fruit Salad Brownie *Spinach & Ham Quiche	26 Birth Day Lunch Sunshine Salad Oven Fried Chicken Mashed Potatoes,Gravy Blend Vegetables Whole Wheat Roll Gingerbread Cake *Breakfast Burrito	27 Garden Salad Fish Nuggets & Lemon Parmesan Potatoes Italian Vegetables Homemade Bread Cherry Betty & Ice Cream *Egg & Sausage Bake	28
29	30 Closed for Memorial Day	31 Vegetable Salad Beef Stroganoff Steamed Rice Roasted Broccoli Roll Apple Brown Betty *Breakfast Sandwich	<p>Lunch is served in the dining room, To-Go and home delivered.</p> <p>Suggested contribution for seniors is \$5 for lunch and \$2.50 for breakfast.</p> <p>Non-seniors are \$10 for lunch.</p> <p>Reservations for breakfast must be made by 3 pm the day before.</p> <p>Menus are subject to change.</p>			

May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:00 Coffee Club 10:00 Classic Fitness with Lucretia 3:00 Active Yoga	3 9:00 Pilates 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:30 Bingo 5:30 Movie Night	4 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 1:00 Contract Bridge	5 9:00 Functional Fitness 10:00 Coffee Club 10:30 Yoga Basics 12:00 Hole Food Rescue 1:00 Pinochle	6 10:00 Classic Fitness with Alice 10:00 Coffee Club 11:00 Spanish 2 12:00 Hole Food Rescue 1:00 Mahjong	7
8	9 10:00 Classic Fitness with Lucretia 10:00 Coffee Club 3:00 Active Yoga	10 9:00 Pilates 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:30 Bingo	11 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 1:00 Contract Bridge	12 9:00 Functional Fitness 10:00 Coffee Club 10:30 Yoga Basics 12:00 Hole Food Rescue 1:00 Pinochle	13 9:00 am Town Clean-Up 10:00 Classic Fitness with Alice 10:00 Coffee Club 11:00 Spanish 2 12:00 Hole Food Rescue 1:00 Mahjong 1:00 Tech Tutor	14
15	16 10:00 Classic Fitness with Lucretia 10:00 Coffee Club 1:00 Property Tax Relief programs talk 3:00 Active Yoga	17 9:00 Pilates 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:30 Bingo	18 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 1:00 Contract Bridge	19 9:00 Functional Fitness 10:00 Coffee Club 10:30 Yoga Basics 12:00 Hole Food Rescue 1:00 Pinochle	20 10:00 Classic Fitness with Alice 10:00 Coffee Club 11:00 Spanish 2 11:00 Brown Bag Pharmacy 12:00 Hole Food Rescue 1:00 Mahjong	21
22	23 10:00 Classic Fitness with Lucretia 10:00 Coffee Club 3:00 Active Yoga	24 9:00 Pilates 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:30 Bingo	25 Senior Health & Fitness Day – see newsletter for the days activities. 1:00 Contract Bridge	26 9:00 Functional Fitness 10:00 Coffee Club 10:30 Yoga Basics 12:00 Hole Food Rescue 1:00 Pinochle	27 10:00 Classic Fitness with Alice 10:00 Coffee Club 11:00 Spanish 2 12:00 Hole Food Rescue 1:00 Mahjong 1:00 Tech Tutor	28
29	30 Closed for Memorial Day	31 9:00 Pilates 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:30 Bingo May Fitness Challenge ends – turn in your time.	Medicare Assistance 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>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. To join Contract Bridge call Irene 310-993-7485.</p>		

Giving Back

MONETARY DONATIONS

Odd Fellows Lodge #8
Barbara & Bill McPeak
Donna & Cliff Martin
Lori Cahn
Jackson Hole Duplicate Bridge
Smith's Food & Drug
Robin Smith
Gwendolyn Gilday
Cecilia & Frank
Bellinghiere in honor of Claudia and Michael Schrotz

MISCELLANEOUS DONATION

Georgia Ligori
Sidney Karin

MEMORIAL DONATIONS

VICKI JOHNSON
Cecilia & Frank Bellinghiere
Mary & Mark Obringer

DANNY MAYER
Alvira Sturlin

SALLY RAINS
Alvira Sturlin
Mary Obringer

BARBARA DAILY
Linda & Bill Rode

PHYLLIS HALLETT
Bob Shervin

CHICKIE ALLIN
Bob Shervin

DAVID DEWALD
Bob Shervin

FAYE OLIVETTI
Bob Shervin

DIXIE SANDERS
Bob Shervin

YVONNE HENZE
Bob Shervin

RICHARD O'LEARY
Bob Shervin

WILLIAM HOLMES
Bob Shervin

MEMORY WALL BILLY BUDGE
Bonnie Budge

NEWSLETTER DONATIONS

Mary Goodfellow
Paula & Larry Jorgenson
Denise & George Fransson
Venna Sparks
Barbara McMullen
Ed Wigg
Robin Kennedy
Afton Jones
Gloria Rogers
Phillis Horwitz
Nancy & Bob Norton
Beverly Vik
Connie Woolwine
Deb & Al LaPointe
Yvonne Henze

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.

Spring Baking Challenge

THURSDAY, MAY 26TH
12:00 PM

Dust off your yummy fruit recipes and enter the Spring Baking Challenge. The theme is fruit dessert.

Entries should be brought to the Senior Center by 10 am on Thursday, May 26th.

We will choose judges randomly during the Birthday lunch. Prizes will be given for 1st, 2nd & 3rd places. The recipes of the top three winners will be published in the July newsletter.

Let's get baking!



Town Clean-Up

FRIDAY, MAY 13TH
9:00 AM TO 11:00 AM

Please join us in cleaning up the neighborhood around the Senior Center.

We will meet at the Senior Center to get gloves and bags.

We will be cleaning up around the perimeter of May Park and on Broadway from Nelson Drive down to Redmond.

Please dress appropriately for weather, wear sunscreen and bring a water bottle. Sign up at

the Senior Center.



Property Tax Relief Options

MONDAY, MAY 16TH

1:00 PM TO 2:00 PM

Teton County Tax Assessor Melissa Shinkle will be speaking about the options for Property Tax Relief. There are 3 programs that may be able to assist you:

1. Property Tax Deferral Program
2. Property Tax Refund Program
3. Veterans Exemption

Please join us for this informative talk and find out the programs eligibility requirements and due dates.

For information on how property taxes are assessed please go to www.tetoncountywy.gov/188/determining-property-tax



From the Desk of the Executive Director

Age Friendly Jackson Hole (AFJH) is a group under the Senior Center umbrella who work to promote accessibility and inclusivity for older adult and people of all ages and abilities in all aspects of life in Jackson Hole. The Town of Jackson and Teton County are part of the AARP and World Health Organization livable communities.

Over the past five years Age Friendly Jackson Hole has worked on a number of projects as a part of our age friendly Action Plan. In April we submitted a Progress Report to AARP. We will now begin work on developing a new Action Plan. As a part of that work, we want to hear from you. What makes our community age friendly? What could we do to make it more age friendly? Please send us your suggestions

by mailing to us or emailing at agefriendlyjh@seniorcenterjh.org.

In May, we will be completing the Community Parks Assessment for accessibility. This was a project that was started last fall. Unfortunately, most of the restrooms were locked at that time so we are looking for volunteers to complete a checklist on restroom accessibility. If you would like to help, please let me know.

Many seniors report that they feel "invisible" as they age. We want to see that seniors remain active and involved in our community. We appreciate your help.

Becky Zaist
Executive Director



May Fitness Challenge

Summer is on its way and it is time to get active. So we are going to climb the five tallest peaks in Wyoming.

The activities listed below will tell you how many steps the activities you are doing create. Track how much time you spend doing the activities. Then turn in your time on May 31st. We will have a prize for each person that reaches the tops of these WY Peaks.

Here is the goal:

Gannett Peak 48.8 miles
The Grand Teton 14 miles
Total: 62.8 Miles

60 minutes of Classic Fitness class: 8,700 steps // 4.4 mi
60 minutes of gardening: 4,380 steps // 1.9 mi
60 minutes of bowling: 5,220 steps // 2.3 mi
60 minutes fishing on a boat 3,360 steps// 1.5 mi
60 minutes of grocery shopping 4,020 steps // 1.7 mi
60 minutes of mowing 9,600 steps // 4.2 mi
60 minutes of golfing 4,680 steps // 2.1 mi
60 minutes of bicycling 6,000 steps // 2.6 mi
60 minutes canoeing 6,000 steps // 2.6 mi
60 minutes of swimming 7,980 steps // 3.5 mi
60 minutes of pilates 6,060 steps // 2.6 mi
60 minutes of vacuuming 6,060 steps // 2.6 mi
60 minutes of line dancing 8,340 steps // 3.7 mi

Give us a call at the Center to join the challenge.

More information:

Our Coffee Club is looking for pictures of our active members for a fun project in the dining room. They would like to have baby, graduation, wedding or any pictures of your younger

self. Bring your picture in and we will make a copy of it.

If you would like to grab a cup & chat, join the Coffee Club each morning around 10 am. It's a latte fun!

INTERESTED IN VOLUNTEERING OR WORKING AT THE SENIOR CENTER?

We need volunteers to help in the dining room, shelving library books, delivering Meals on Wheels and other various tasks around the Center. Call us if you are interested.

We also have several job openings to fill. If you have an interest or know someone

who would be interested in a part time or full time job, our current open positions are:

Home Care Admin Assistant
Senior Care Companions
Certified Nursing Assistants
Front Office staff
Volunteer Coordinator
Activities Coordinator

Please see Becky or Rebecca to apply.

BOARD OF DIRECTORS

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Michael Schrotz
Vice Chair

Bruce Hawtin
Secretary

Cecilia Herbert
Treasurer

Irene Lund
Sara Van Genderen

John A Turner
Anne Schuler

Lou Hochheiser

Hours

MONDAY – THURSDAY

8:00 AM – 4:00 PM

FRIDAY

8:00 AM – 3:00 PM

**WE WILL BE CLOSED
MONDAY, MAY 30TH
FOR MEMORIAL DAY**



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Live Your Best Life
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