



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*

Trina Ditomasso  
*Transportation*

Vacant  
*Activities/Volunteer Coordinator*

Monica Harden & Marissa Corbet  
*Office Assistants*

**HOME CARE**

Melissa Rochlitz  
*Home Care Manager*

Sandra Dodson  
*Home Care Assistant*

Mark Henderson, RN  
Janette Miller, Kristine Dyke,  
Becca Jewison  
Judy Johnson  
Mary Obringer  
Dimmie Zeigler

**KITCHEN**

Amando Perfecto  
*Head Cook*

David Basye  
*Assistant Cook*

Yakelyn Salazar & Jocelyn Colchado  
*Dishwasher & Prep Cook*

***Our Mission***

*Enhancing and supporting the lives of seniors.*

***Tour the New Fire Station***

**60 EAST PEARL  
WEDNESDAY, AUG 3RD  
1:00 PM**

Join us for a trip to see Fire Station 1. Captain Sessions and his crew will be giving us a tour of the new station.

This is a great chance to also see the trucks and ask questions.

Space is limited so join the tour

by calling the Senior Center. The SCJH bus is available for roundtrip rides for \$1.



***Movie Night***

**NIGHT AT THE MUSEUM  
TUESDAY, AUGUST 2ND  
6:00 PM**

*Following a painful divorce, financially unstable father-of-one Larry Daley takes a job as a night watchman at the New York Museum of Natural History. However, as Larry meets his cryptic three predecessors, he is in for a big surprise as strange things start to*

*happen from day one.*

Popcorn and soda will be provided. The suggested contribution for seniors is \$2.



***Kiwanis Steak Fry***

**THURSDAY, AUGUST 25TH  
6:00 PM**

This popular evening is back in the Dining Room! To enhance the festive atmosphere we will have the Littlest Big Band playing & entertaining.

Please RSVP for this event by Wednesday, August 24th at 3 pm.

Suggested contribution for seniors is \$10 and non-seniors are \$20. This evening is dine in only, no To-Go will be served.



## Happy Birthday August

1	Robert Stevenson Kathy Olson Greg Zeigler Stan Zillion Bob Skaggs Dawn Kent	13	Joan Shipman Jack Somerville Jeanne Kirkpatrick Mary Goodfellow Joan Pea Penny Breiman Gigi Halloran Mark Kelleher Sammy Samuels	24	Mary Ann Clark Ed Taylor Pam Bode David Windsor
2	Barbara Colonel Craig Schultz Kristine Dyke Jackie Skaggs	14	Joan Goldfarb Linda Rode Jean Day Jim Ridge Cristina Campos Carrillo	25	Lowell Martindale Jane Stewart Cynthia Bloom Joy Steiner Liz Hirschland
3	Richard Werner George Fransson Craig Harmening Doug Pitman Heather Peacock	16	Butch Johnson David Peterson	26	Sarah Oelschlager Darrell Kruljac Ray Wallace Thomas Klotz Michael Schrotz Denise Fransson
4	Venna Sparks Linda Cruce Robbi Farrow	17	Claudia Gillette Margot Walk Warren Carlson David Dunlap	27	Father Phil Vanderlin Karen Swaim Stephen Weichman
5	John Hammer Dan Matzke Sharene Garaman	18	Beverly Pieper Edward Houk Steve Cook	28	Larry Jorgenson Gwendolyn Johnson Carol Chesney Anne Mostkoff
6	Connie Owen Jerry Garcilaso Jeff Huot Cindy Nigro	19	Rick Liu Rhonda Robles Roger Seherr-Thoss	29	Joel Goldberg Denise Binderup Theresa Desmarais
7	Bob Howe	20	Bob Weber Philip Rogers Bill Highleyman Joyce Batson Randy Reedy	30	Sharon Self Charles Koob Jay Varley Jennifer Stauth Mary Kay Werner Cindy King Scott Patterson
8	Bobbie Werner Karen Haynam Jennifer Fay Auge	21	John Wilbrecht Louise Galiher Mary Ellen Pimental Gretchen Randolph	31	
9	Gretchen Duniphan Jean Mcbean	22	Agnes Bourne Gary Duniphan Lisa Larson-Hoyt Deb VanDerVelde		
10	Peter Ward Tim Sandlin Nancy Frost Frank Ewing Mary Lohuis Susan Divjak Diana Joy Ginny Anderson Penny Maldonado Wendy Carlson-Koll	23	Karen Terra Billy Waldron Monte Humann Jenny Mawyer		
11	Esther Berthinier Carol Wood				



***Birthday Lunch: Wednesday, August 31st***  
August birthdays will enjoy lunch compliments of First Interstate Bank.



## Annual Survey Time!

Each August we do the Annual Survey. This is your chance to give us feedback on our meal programs and let the State know how much these meals mean to you.

As a part of our grant requirements for Federal and State funding we are required to do a survey once a year. They tell us what questions to ask and it helps if we have a large number of people

return the completed surveys. Please help us meet this requirement by filling out a survey and getting it back to us.

We will have the surveys available at the Senior Center throughout the month of August. We will also include surveys with picked up meals. People who receive Meals on Wheels will get a survey with their meal – which can

be returned to the delivery volunteer. Completed surveys can also be mailed, brought into the Senior Center or deposited in the drop box on the post next to the front door. Thank you in advance for helping us with this!

Please contact the Senior Center with any questions.

## Home Care Corner

### Urinary Tract Infections in Seniors

As we age, we have weaker muscles in the bladder which can cause urinary retention or incontinence. This may create the perfect breeding ground for bacteria.

The typical symptoms are:

- Urine that appears cloudy or dark
- Bloody urine
- Strong or foul smelling urine
- Frequent or urgent need to urinate
- Pain or burning during urination
- Feelings of pressure in the lower abdomen
- Low-grade fever
- Night sweats, shaking or chills

However in seniors there are also atypical symptoms to be aware of:

- Increased and rapid onset confusion (often mistaken as dementia)

- Dizziness
- Agitation
- Hallucinations
- Other unusual behavioral changes
- Poor motor skills or loss of coordination
- Fatigue
- Decreased appetite

An untreated UTI can lead to kidney infections or failure, sepsis or multi-organ failure. If you think you or a loved one may have a UTI, talk to your doctor. A simple urine sample can diagnose a UTI and antibiotics can clear it up in as little as 7 days.

Melissa Rochlitz  
Home Care Manager  
[mrochlitz@seniorcenterjh.org](mailto:mrochlitz@seniorcenterjh.org)

### Meals on Wheels Update

Starting August 1st the suggested contribution for Meals on Wheels will increase to \$7.50 per meal. This is due to the increased costs of packaging and

staffing time required for the meals. As always, the Senior Center accepts what you can afford to pay for meals.

Please contact Becky Zaist with any questions or concerns.

# August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <b>Ham 'n Pasta Salad</b> on Leaf Lettuce Blend Vegetables Ambrosia Fruit Cup Lemon Cornmeal Cookie *Egg & Sausage Bake	<b>2</b> Lettuce & Tomato Salad <b>Chicken Fajita</b> Flour Tortillas Ranch Style Beans Peaches in Orange Sauce Oatmeal Raisin Cookie *Breakfast Sandwich	<b>3</b> Hawaiian Tossed Salad Crackers <b>Fish Cakes</b> Zucchini Roasted Red Potatoes Whole Wheat Bread Cantaloupe Salad *Breakfast Burrito	<b>4</b> Garden Salad <b>Beef Stroganoff</b> Over Rice Herbed Broccoli Whole Wheat Roll Fruit Cup *Spinach & Ham Quiche	<b>5</b> <b>Friday Feast</b> Crunchy Calico Salad <b>Meatball Sub Sandwich</b> Green Beans Fresh Peach *Hard Boiled Egg	<b>6</b>
<b>7</b>	<b>8</b> <b>Chicken Caesar Salad</b> Whole Wheat Bread Stick Harvard Beets Creamy Fruit Bowl Carrot Cake *Spinach & Ham Quiche	<b>9</b> Asian Style Slaw <b>Mongolian Beef</b> Lo Mein Noodles Apricots Fortune Cookie *Egg & Sausage Bake	<b>10</b> Tossed Salad <b>Calzone Pizza</b> Cream Puffs Raspberries *Cereal	<b>11</b> Honey Mustard Coleslaw <b>Almond Crusted Fish</b> Mashed Sweet Potatoes Seasoned Zucchini Corn Bread Fruit Salad *Breakfast Burrito	<b>12</b> Mixed Relish Tray <b>Pork Carnitas Tacos</b> Salsa Refried Beans Fruit Cup *Breakfast Sandwich	<b>13</b>
<b>14</b>	<b>15</b> <b>Baked Crispy Cod Fillet</b> Seasoned Green Beans Sweet Potato Fries Whole Wheat Roll Strawberry Rhubarb Crisp *Breakfast Burrito	<b>16</b> Tomato Soup <b>Grilled Cheese</b> on Whole Wheat Bread Deli Salad Melon Cup Ice Cream Sundae *Breakfast Sandwich	<b>17</b> German Cole Slaw <b>Hamburger Steak</b> , Mushroom Gravy Boston Baked Beans & Bacon Celery & Carrots Almondine Roll Chilled Pears with Cottage Cheese *Egg & Sausage Bake	<b>18</b> <b>Turkey Pasta Salad</b> on Leaf Lettuce Pickled Beets Oatmeal Muffin Mixed Fruit Cup Ranger Cookie *Hard Boiled Egg	<b>19</b> <b>Friday Feast</b> Veggie Salad <b>Vegetarian Lasagna</b> Garlic Bread Banana *Spinach & Ham Quiche	<b>20</b>
<b>21</b>	<b>22</b> Gazpacho Soup Carrot Sticks <b>Soft Shell Tacos</b> Onion, Salsa Mexican Corn Blonde Butterscotch Brownie Fresh Fruit *Cereal	<b>23</b> Tossed Salad <b>Baked Fish Fillet</b> Mango Salsa Rice Medley Whole Wheat Roll Broccoli Carrot Cake *Spinach & Ham Quiche	<b>24</b> Spring Salad with Garbanzos <b>Baked Italian Pasta</b> Roasted Asparagus Focaccia Bread Grapes Tapioca Pudding *Breakfast Sandwich	<b>25</b> Tossed Salad Egg Salad Sandwich Carrot & Raisin Salad Apple Pie *Breakfast Burrito <b>Kiwanis Steak Fry 6PM Tonight</b> See menu below	<b>26</b> <b>Bob's Friday</b> Garden Salad <b>Chicken Caprese</b> Angel Hair Pasta Italian Vegetables Oranges Chocolate Chip Cookie *Egg & Sausage Bake	<b>27</b> On Bob's Friday, 8/26, dine in meals and Meals on Wheels are compliments of Bob Shervini!
<b>28</b>	<b>29</b> Veggie Salad <b>Tamale Pie</b> Peas & Carrots Whole Wheat Bread Peaches *Breakfast Sandwich	<b>30</b> Mixed Relish Tray <b>BBQ Chicken</b> Potato Chips Crunchy Calico Salad Roll Watermelon Oatmeal Raisin Cookie *Egg & Sausage Bake	<b>31</b> <b>Birthdays Lunch</b> Coleslaw <b>Baked Pork Chop</b> , Rice Herbed Vegetables Whole Wheat Bread Angle Food Cake with Ice Cream & Strawberries *Spinach & Ham Quiche	<b>THURSDAY'S Menu for the Steak Fry:</b> Cole Slaw <b>Grilled Steak</b> Boston Baked Beans Celery & Carrots Roll Banana Split Sundae	Lunch is served in the dining room, To-Go and home delivered. Suggested contribution for seniors dining in is \$5. home delivered and To-Go is \$7.50 lunch and \$2.50 breakfast. Non-seniors are \$10 for lunch. Reservations are required for breakfast and Wilson To-Go by 3 pm the day before. Menus are subject to change.	

# August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 10:00 Classic Fitness with Lucretia 10:00 Coffee Club 1:00 Duplicate Bridge 3:00 Active Yoga 4:30 Active Yoga in Wilson	<b>2</b> 9:00 Pilates 9:30 Canasta 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:30 Bingo 6:00 Movie Night	<b>3</b> 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 11:45 Classic Fitness with Alice 1:00 Contract Bridge 1:00 Tour of the Fire Station	<b>4</b> 9:00 Functional Fitness 10:00 Coffee Club 10:30 Yoga Basics 12:00 Hole Food Rescue 1:00 Pinochle 1:00 Duplicate Bridge	<b>5</b> 10:00 Classic Fitness with Alice 10:00 Coffee Club 12:00 Hole Food Rescue 1:00 Mahjong	<b>6</b>
<b>7</b>	<b>8</b> 10:00 Classic Fitness with Lucretia 10:00 Coffee Club 11:00 Classic Fitness with Alice in Wilson 1:00 Duplicate Bridge 3:00 Active Yoga 4:30 Active Yoga in Wilson	<b>9</b> 9:00 Pilates 9:30 Canasta 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:30 Bingo	<b>10</b> 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 11:45 Classic Fitness with Alice 12:45 Board Meeting 1:00 Contract Bridge	<b>11</b> 9:00 Functional Fitness 10:00 Coffee Club 10:30 Yoga Basics 12:00 Hole Food Rescue 1:00 Pinochle 1:00 Duplicate Bridge 2:30 Tech Tutor	<b>12</b> 10:00 Classic Fitness with Alice 10:00 Coffee Club 12:00 Hole Food Rescue 1:00 Mahjong	<b>13</b>
<b>14</b>	<b>15</b> 10:00 Classic Fitness with Lucretia 10:00 Coffee Club 1:00 Duplicate Bridge 3:00 Active Yoga	<b>16</b> 9:00 Pilates 9:30 Canasta 10:00 Coffee Club 10:30 Art Workshop Day 1 1:00 Yoga 1:30 Bible Study 1:30 Bingo	<b>17</b> 9:00 Yoga for Strength 9:30 Art Workshop Day 2 10:00 Coffee Club 10:30 Tai Chi 11:45 Classic Fitness with Alice 1:00 Contract Bridge	<b>18</b> 9:00 Functional Fitness 10:00 Coffee Club 10:30 Yoga Basics 12:00 Hole Food Rescue 1:00 Pinochle 1:00 Duplicate Bridge 6:00 Book Club	<b>19</b> 10:00 Classic Fitness with Alice 10:00 Coffee Club 12:00 Hole Food Rescue 1:00 Mahjong	<b>20</b>
<b>21</b>	<b>22</b> 9:30 Active Hiking Club 10:00 Classic Fitness with Lucretia 10:00 Coffee Club 11:00 Classic Fitness with Alice in Wilson 1:00 Duplicate Bridge 3:00 Active Yoga 4:30 Active Yoga in Wilson	<b>23</b> 9:00 Pilates 9:30 Canasta 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:30 Bingo	<b>24</b> 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 11:45 Classic Fitness with Alice 1:00 Contract Bridge	<b>25</b> 9:00 Functional Fitness 10:00 Coffee Club 10:30 Yoga Basics 12:00 Hole Food Rescue 1:00 Pinochle 1:00 Duplicate Bridge 2:30 Tech Tutor 6:00 Kiwanis Steak Fry & Littlest Big Band	<b>26</b> 10:00 Classic Fitness with Alice 10:00 Coffee Club 12:00 Hole Food Rescue 1:00 Mahjong	<b>27</b>
<b>28</b>	<b>29</b> 10:00 Classic Fitness with Lucretia 10:00 Coffee Club 11:00 Classic Fitness with Alice in Wilson 1:00 Duplicate Bridge 3:00 Active Yoga 4:30 Active Yoga in Wilson	<b>30</b> 9:00 Pilates 9:30 Canasta 10:00 Coffee Club 10:30 Yoga 1:00 Bible Study 1:30 Bingo	<b>31</b> 9:00 Yoga for Strength 10:00 Coffee Club 10:30 Tai Chi 11:45 Classic Fitness with Alice 1:00 Contract Bridge	<p>Suggested contribution for senior fitness classes is \$5. Non-seniors are \$7. To join Duplicate Bridge call Ray at (208) 520-4437. To learn how to play or join Contract Bridge call Irene at (310) 993-7485</p>		

## *Giving Back*

### **MONETARY DONATIONS**

Odd Fellows Lodge #8  
Smith's Food and Drug  
JH Duplicate Bridge  
Berniece and Harold Turner  
Terry Miller  
Anonymous

### **MISCELLANEOUS DONATION**

Joseph Piccoli  
Mark Anselmi  
Carol Viau  
Jim Hunt  
Cindi Petera/Barbara Rinker  
Paul Herrick  
Annette and John Eastman

### **MEMORIAL DONATIONS**

#### **ANN BATES**

Mary and Mark Obringer

### **GIL ORDWAY**

Berniece & Harold Turner

### **MURIEL BLAHAH**

Berniece & Harold Turner

### **RAL ALLISON**

Berniece & Harold Turner

### **GRANT & MARALYN LARSON**

Joe Giovanini

### **RUTH HARTZELL TROUT**

Bob Shervin  
Mary and Mark Obringer  
Janis & Michael Allen

### **JOE SCHLOSS**

Mary and Mark Obringer  
Bob Shervin  
Frank & Cecilia Bellinghiere

### **PEGGY HEBBERGER**

Mary and Mark Obringer  
Bob Shervin

### **MEMORY WALL**

#### **VICKI JOHNSON**

JH Rec Center Aqua Nymphs  
and Neptunes

### **RUTH TROUT**

Irene Lund & Mom Bernice

### *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.

## *Medicare Assistance*

Do you have questions about Medicare?  
Are you getting ready to turn 65?  
The Medicare volunteers can assist you.  
Please call the Senior Center and we will put

you in touch with one of the Teton County  
Medicare counselors.

When you call in let us know if you prefer a  
phone call or email response.

## *Art Workshop with the Historical Society*

**TUESDAY, AUGUST 16TH 10:30-3:00**  
**WEDNESDAY, AUGUST 17TH 9:30-2:00**

Have a love of history and art? This two day workshop is for you. On the first day we will begin at the Senior Center at 10:30 am. Maria Rachal, Education Coordinator of the Jackson Hole Historical Society, will be giving the history of the historic buildings on Mormon Row that we will be painting. We will break for a 1/2 hour lunch then continue with our own Frances Wachs, who will teach us the basics of drawing a historic building.

On the second day we will be in field at the historic site. Here we will draw and paint the building on canvas. Bring a lunch, water bottle, hat, sunscreen and bug repellent. All painting supplies, easles and chairs are provided.

This workshop is \$85 for seniors and \$100 for non-seniors. Space is limited to 7 people so please sign up early!

**JACKSON HOLE**  
**HISTORICAL SOCIETY &**  
**MUSEUM**

## Thank You Teton County Library Foundation & Friends

The Senior Center of Jackson Hole Book Club, Chapter 22, would like to sincerely thank the Teton County Library Foundation & Friends for their generous support.

The Foundation & Friends are purchasing the next 12 book kits the Book Club selected. With this generous donation our club was able to choose any book to read and were not restricted to already prepared club kits.

Thank you again for supporting the Book Club and the Senior Center of Jackson Hole.



TETON COUNTY  
LIBRARY  
FOUNDATION & FRIENDS

## Chapter 22 Book Club

**THURSDAY, AUGUST 18TH**  
**6:00 PM BY ZOOM**

Chapter 22 will be discussing *The Soul of an Octopus* on Aug 18th.

For September, the Club will be reading *Klara and the Sun* by Kazuo Ishiguro, discussion date to be announced.

*From her place in the store, Klara, an Artificial Friend with outstanding observational qualities, watches carefully the behavior of those who come in to browse, and of those who pass on the street outside. She remains hopeful that a customer will soon choose her, but when the possibility emerges that her circumstances may*

*change forever, Klara is warned not to invest too much in the promises of humans.*

*In Klara and the Sun, Kazuo Ishiguro looks at our rapidly changing modern world through the eyes of an unforgettable narrator to explore a fundamental question: what does it mean to love?*

Please call the Senior Center for the discussion date. Books are available at the Senior Center and e-readers can be borrowed from the library at no charge. The discussion will be held on Zoom and in person this month.

*The Senior Center Book Club is made possible by support from the Teton County Library Foundation and Friends.*

## From the Desk of the Executive Director

Old Bills Fun Run. I get excited just seeing those words and thinking about the impact of the funds raised during Old Bills Fun Run giving period. With ever-rising costs of food and staffing, these funds are critical to continuing services for seniors.

The Old Bill's 2022 Giving Season begins August 12 and runs through September 16.

Please consider helping the Senior Center by making a tax-deductible contribution to the Senior Center through Old Bills Fun Run this year. The Senior Center will receive the

matching funds.

To make a donation, write "Senior Center of Jackson Hole" on the donation form and make your check payable to the Community Foundation of Jackson Hole. Or, you can give on-line at [www.oldbills.org](http://www.oldbills.org) and pay by credit/debit card.

Thank you for helping to sustain services for seniors. We remain dedicated to enhancing and supporting the lives of seniors!

Thank you!  
Becky Zaist

# More to know:

## **ACTIVE HIKING CLUB MONDAY, AUGUST 22ND 9:30 AM**

The Active Hiking Club will be meeting again to enjoy another great hike in the area. The active hiking club is led by Diane Galbraith.

Call the Senior Center with suggestions of where you would like to hike this month.

Hikers must be prepared with water, snacks, appropriate footwear, rain gear and sunscreen.

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## **BLOOD PRESSURE SELF MONITORING PROGRAM**

Invest in your health! Receive support in establishing the habit of self-monitoring your blood pressure for 4 months.

This complimentary program includes consultations with a program facilitator, weekly

check-ins and nutrition education.

Check-ins are approximately 10 minutes per month. Blood pressure cuffs are available for loan, if needed.

Contact Becky Zaist to enroll or for more information.

## **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  
Anne Schuler  
Lou Hochheiser

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## ***Hours***

### **MONDAY – THURSDAY**

8:00 AM – 4:00 PM

### **FRIDAY**

8:00 AM – 3:00 PM



P.O. Box 4677  
Jackson, WY 83001  
830 E Hansen  
(307) 733-7300  
[www.seniorcenterjh.org](http://www.seniorcenterjh.org)

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**Live Your Best Life**  
**August 2022 Newsletter**