

NEWSLETTER

Enhancing & Supporting the Lives of Seniors



SNOWY BISON

IN THIS ISSUE

JAM 55 BAND

PG 1

GIFTS FOR YOURSELF

PG 2

MEDICARE CORNER

PG 3

HEALTHY HOLIDAY BITES

PG 5

Holiday Cookie Bake-A-Thon



WEDNESDAY, DECEMBER 10TH

5 PM - 8 PM, \$10 SUGGESTED CONTRIBUTION

We will be mixing up cookies and baking them here at SCJH. We will be making up some holiday favorites. While the cookies are baking, there will be cookies to be frosted & decorated. You will get to take some home too. Space is limited, so reserve a spot today! Please pay at time of reservation.

Christmas Lunch & Gift Exchange

MONDAY, DECEMBER 22ND
12-1 PM



Join us for a festive Christmas lunch. During this meal with friends we will also have a white elephant gift exchange. Bring a gently used gift you think someone else will enjoy. The gift exchange will begin at 12:45 pm. Reservations are necessary, call 733-7300 for a spot. Please plan to bring your own containers for to-go.

Chapter 22 Book Club

THURSDAY, DEC 4TH
6:30 PM ON ZOOM

We will be discussing the Angel of Repose. If you are interesting in joining the book club let us know!

Jam55 Band

FRIDAY, DEC 5TH
DURING LUNCH

The Jam55 Band will be playing for us during lunch. Come and enjoy lunch with friends and hear some great holiday tunes too! If you are interested in joining Jam55 sessions, they meet Fridays at 10 am.

Podiatrist Visit

MONDAY, DEC 8TH
1:00-4:00 PM

Dr. Stanton Smith will be in Jackson to do toenail clippings by appointment. Make sure bring your insurance cards. Call 733-7300 for available time slots.

Surviving Cancer Support Group

TUESDAY, DEC 9TH
10:00 AM

This meeting will be held on Zoom throughout the winter. Please see the website for the Zoom link.

Alzheimer's Education

WEDNESDAY, DEC 10TH
10:30 - 11:30 AM

Join Alizee from the Wyoming Chapter Alzheimer's Association, for the Empowered Caregiver Education. In this class she will be discussing how to respond to dementia related behaviors. This class is open to everyone.

Medicare Assistance

THURSDAY, DEC 11TH
11:30 AM

A Medicare professional from the Wyoming State Health Insurance Information Program (SHIP) and the Senior Medicare Patrol (SMP) will be on site to answer all your Medicare questions.

Students & Seniors Book Club

TUESDAY, DEC 16TH
4:30 PM

Join high school students from Jackson Hole High School for this special book club! This month they will be discussing The Giver of Stars, by Jojo Moyes. Come in to pick up a book and join the discussion.



Caregiver Support Group

THURSDAY, DEC 18TH
10:30 AM

Join our Caregiver Support Group, led by Carol Taylor, LCSW. It is an inviting space for caregivers to connect, gain guidance, and navigate their unique journeys together. We hope you can join us for this community-building, educational experience. Newcomers welcome.

Men's Shed

THURSDAY, DEC 18TH
8:30 AM

The men's shed is a new group based on a successful international movement. We encourage you to come and join us to establish what Jackson's shed will focus on to make a difference. All are welcome.

Coffee with the Mayor

RETURNS IN JANUARY

Join us at the Senior Center for Coffee with the Mayor! This every-other-month gathering is a chance to enjoy coffee, ask questions, and share what matters most to you. Come connect with Mayor Arne Jorgensen and your fellow community members in a friendly, relaxed setting.

Survive the Holidays with Gifts for Yourself



The holiday season can disrupt people's normal routines, leading to unhealthy choices. Seasonal foods high in sugar and fat can make healthy eating harder, and schedule changes may cause people to cancel exercise routines. Busier social calendars can create undue stress, while for some, the holidays may feel lonely, leading to depressed mood, decreased activity, and overeating. Combat all that by giving yourself some gifts this holiday season!

Give Yourself the Gift of Nourishing Foods

- Plan ahead. Eat low-calorie meals earlier in the day if indulging in treats later
- You can enjoy higher-calorie foods and drinks, just consume smaller portions
- Volunteer to prepare a healthy recipe for holiday gatherings
- Suggest a menu theme with healthier options
- Include vegetables by preparing a new veggie dish no one has tried before
- Incorporate fresh fruits in or as desserts

Give Yourself the Gift of Activity

- Schedule and commit to workouts or walks
- Being active expends and replaces calories, and gives you something to do besides snacking
- Socialize with other people in the exercise community! This could be at places like the gym or the Senior Center

Give Yourself the Gift of Connecting with People

- Being independent does not mean you have to be lonely
- Positive Relationships contribute to your health
- Spend time cooking and sharing meals together
- Plan outings with other people to increase activity
- Find support from other people who are encouraging

Medicare Corner



Received a Test Kit?

Test kits for DNA, genetic, or neurological testing are being sent to beneficiaries who did not request them.

REPORT IT TO THE SMP!

SMP SMPRESOURCE.ORG
877.808.2468

Supported by a \$1,300,000 grant with 50% funding from ACP/HHS. Contents do not necessarily represent the official status of the U.S. Government.

Be on the lookout for FAKE test kits! DNA, genetic, neurological, and even cancer test kits are being sent to Medicare beneficiaries who have not asked for them. If you get a test kit delivered to you, report it to the SMP at 1-800 856-4398. This could be scam.

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

SUPPORT OUR ADVERTISERS!

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.

Visit www.mycommunityonline.com



Handling ALL your insurance and medicare supplement needs!
A local team that provides guidance you can TRUST!

Katie Murphy, Agent CLU
307-203-2233

610 W Broadway Ave, Ste 107 • Jackson, WY 83001

www.katiemurphyinsurance.com

 **State Farm™**



The History of Candy Canes



Candy canes have a surprisingly winding history for such a simple treat. Early versions appeared in 17th-century Europe as plain white sugar sticks handed out to children during long holiday church services. The famous hook shape was added later, partly because it made the candy easier to hang on Christmas trees and partly because it looked charming. The red stripes and peppermint flavor we know today did not appear until the 1800s, when candy makers began experimenting with colors and oils to make their sweets stand out. What started as a quiet church candy is now one of the most recognizable holiday treats in the world, with more than a billion produced each year.

Silhouettes by Joy Anne

774-330-0682

All Ages | Capturing Life's Special Moments
Over 50 years experience!

Call Joy Anne MacConnell for More Info!



**Huhn Insurance
Agency**

Serving local Medicare clients in selecting the best option for your health insurance needs from a variety of different insurance companies and products.

(307) 284-3060

172 Center St. Suite 201
Jackson WY 83001

www.huhninsurance.com



Heather Huhn
Your Local Health
Insurance Broker



Sage Living

*Senior living that celebrates
humanity at every age and stage*

At Sage Living, we know that people need more than just medicine to thrive—they need music, laughter, meaningful enrichment, and most importantly, connection. Which is why we make sure that new experiences are always a part of life here, offering a mix of creative planned programs and spontaneous activities for residents to keep curious, keep active, and keep learning.

*Let us help with planning
your next stage of life.*

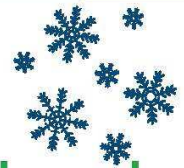
Call us today at 307.739.7243
www.sageliving.health

St John's HEALTH
SAGE LIVING





Healthy Holiday Bites



Apple Cinnamon Christmas Trees

Make mini holiday trees by stacking three thin apple slices with a swipe of almond or peanut butter between each.

Sprinkle cinnamon on top, dot with raisins or cranberries as ornaments, and add a tiny apple "trunk" for extra cheer. Serve right away for a crisp, festive snack everyone will love.

Spiced Roasted Almonds

Toss raw almonds with a little olive oil, cinnamon, salt, and a touch of maple syrup or honey. Roast at 300 degrees for about twelve minutes, stirring once, until golden and fragrant. Let cool before serving for a crunchy, cozy holiday snack.

THE HANLONS

SERVING TETON COUNTY AND THE SURROUNDING VALLEYS



John Hanlon
Associate Broker
john.hanlon@jhsir.com
307.413.1874

Linda Hanlon
Sales Associate
linda.hanlon@jhsir.com
307.413.1872

TRUSTED REAL ESTATE ADVISORS SINCE 1992



Jackson
Hole

Sotheby's
INTERNATIONAL REALTY

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Bill Clough

wclough@lpicommunities.com

(800) 950-9952 x2635

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502

BREAKFAST IS SERVED FROM 8:30-10 AM

LUNCH IS SERVED 12-1:00 PM



DINE-IN LUNCH \$7 SUGGESTED

CONTRIBUTION FOR SENIORS

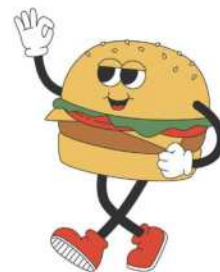
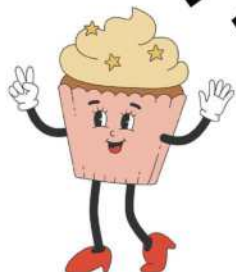
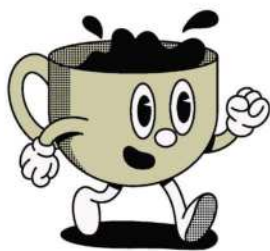
\$15 FOR NON-SENIORS

DINE-IN BREAKFAST \$5

SUGGESTED CONTRIBUTION

Menus are subject to change.
Check the website for a full list
of sides.

LUNCH COUNTER DECEMBER MENU



Weekly Breakfast Menu: Each breakfast is served with fruit, yogurt, pastry & potatoes.

Mon - Egg Bake

Tue - Omelets

Wed - French Toast
& Bacon

Thur - Eggs
Benedict

Fri - Chef's
Choice

MON, DEC 1ST

Soup, Salad Bar &
Sandwich
Candy Cane
Brownie

TUE, DEC 2ND

Chicken Enchiladas
Churros & Fruit Dip

WED, DEC 3RD

Baked Fish
Chocolate Mousse

THUR, DEC 4TH

Hawaiian, Veggie
or Pepperoni Pizza
Frosted Molasses
Cookie

FRI, DEC 5TH

FRIDAY FEAST
Hamburger Bar -
choice of toppings
Mixed Berry
Cobbler

MON, DEC 8TH

Soup, Salad Bar &
Baked Potato
Gingerbread
Cookie

TUE, DEC 9TH

Roast Beef
Pineapple Upside
Down Cake

WED, DEC 10TH

Chicken Parmesan
Pear Crisp

THUR, DEC 11TH

Shrimp Kabobs
Chocolate Dipped
Macaroons

FRI, DEC 12TH

Cottage Pie &
Mushroom Gravy
Snickerdoodle

MON, DEC 15TH

Soup, Salad Bar &
Sandwich
Mexican Wedding
Cookies

TUE, DEC 16TH

BIRTHDAY LUNCH
Fish Cakes
Eggnog Poke Cake

WED, DEC 17TH

Shredded BBQ Beef
Cherry Cheesecake
Bar

THUR, DEC 18TH

Chicken Pot Pie
Fruit Pizza

FRI, DEC 19TH

FRIDAY FEAST
Beef Taco Soup &
Veggie Quesadilla
Fudge Brownie

MON, DEC 22ND

CHRISTMAS LUNCH
Wedge Salad
Glazed Ham
Sweet Potatoes
Caramel Apple Pie

TUE, DEC 23RD

Grilled Chicken
Caesar
Frosted Holiday
Cookies

WED, DEC 24TH

Beef Stew
Cranberry Bliss Bars

THUR, DEC 25TH

CLOSED FOR
CHRISTMAS

FRI, DEC 26TH

CLOSED FOR
CHRISTMAS

MON, DEC 29TH

Soup, Salad Bar &
Baked Potato
Frosted Cranberry
Orange Bread

TUE, DEC 30TH

Lamb Curry over
Rice
Apple Cobbler

WED, DEC 31ST

Creamy Artichoke
Chicken Bake
Lemon Ice Box Cake

THUR, JAN 1ST

CLOSED FOR New
Year's Day

FRI, JAN 2ND

FRIDAY FEAST

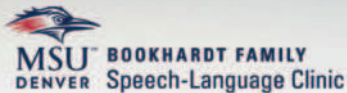
CHECK THE WEBSITE FOR UPDATES

December Activity Calendar

MON	TUE	WED	THU	FRI
1 11:00 Fitness with Alice (Wilson) 11:00 Movement & Strength 11:30 Blood Pressure Checks 1:00 Duplicate Bridge 1:00 On the Move 2:00 Circuit Training 3:00 CORE Yoga is cancelled	2 9:00 Pilates 9:00 Massage 10:00 Massage 10:30 Yoga 11:00 Chair Massage 11:45 Senior Step 1:00 Reiki/Healing Touch 1:00 Canasta 1:00 Pinochle 1:30 Strength with Jo is cancelled 6:00 Quilting Guild	3 9:00 Yoga for Strength 10:00 Blood Drive 10:00 Tech Tutor 10:30 Tai Chi with Ken 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Fun Bridge 1:00 Swissball Yoga 2:00 On the Move	4 9:00 Functional Fitness 10:00 Coffee with the Mayor 10:30 Yoga Basics 10:45 Chair Yoga 11:00 Beginner Bootcamp w/ Alice (Wilson) 11:30 Hole Food Rescue 12:00 Dancing Through the Decades 1:00 Duplicate Bridge 6:30 Chapter22 Book Club	5 8:45 Awake and Aligned 9:00 Collage on Your Own 10:00 Classic Fitness with Alice 10:15 Uke55 Jam Session 11:30 Hole Food Rescue 12:00 Jam55 Performance 1:00 Mahjong- Beginners Welcome! 1:00 Knitting Club 2:00 Strength & Conditioning
8 11:00 Fitness with Alice (Wilson) 11:00 Movement & Strength 11:30 Blood Pressure Checks 1:00 Duplicate Bridge 1:00 On the Move 1:00 Podiatrist Visit 2:00 Circuit Training 3:00 CORE Yoga	9 9:00 Pilates 9:00 Massage 10:00 Massage 10:00 Surviving Cancer Support Group 10:30 Yoga 11:00 Chair Massage 11:45 Senior Step 1:00 Reiki/Healing Touch 1:00 Canasta 1:00 Pinochle 1:30 Strength with Jo	10 9:00 Yoga for Strength 10:00 Tech Tutor 10:30 Alzheimer's Education 10:30 Tai Chi with Ken 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Fun Bridge 1:00 Swissball Yoga 2:00 On the Move 5:00 Cookie Bake-a-Thon	11 9:00 Functional Fitness 10:30 Yoga Basics 10:45 Chair Yoga 11:00 Beginner Bootcamp with Alice (Wilson) 11:30 Medicare Assistance 11:30 Hole Food Rescue 12:00 Dancing Through the Decades 1:00 Duplicate Bridge	12 8:45 Awake and Aligned 9:00 Collage on Your Own 10:00 Classic Fitness with Alice 10:15 Uke55 Jam Session 11:30 Hole Food Rescue 1:00 Mahjong- Beginners Welcome! 1:00 Knitting Club 2:00 Strength & Conditioning
15 11:00 Movement & Strength 11:00 Fitness with Alice (Wilson) is cancelled 11:30 Blood Pressure Checks 1:00 Duplicate Bridge 1:00 On the Move 2:00 Circuit Training 3:00 CORE Yoga	16 9:00 Pilates on the TV 9:00 Massage 10:00 Massage 10:30 Yoga 11:00 Chair Massage 11:45 Senior Step 1:00 Reiki/Healing Touch 1:00 Canasta 1:00 Pinochle 1:30 Strength with Jo 4:30 Students & Seniors Book Club	17 9:00 Yoga for Strength 10:00 Tech Tutor 10:30 Tai Chi with Ken 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Fun Bridge 1:00 Swissball Yoga 2:00 On the Move	18 8:30 Men's Shed 9:00 Functional Fitness 10:30 Yoga Basics 10:30 Caregiver Support 10:45 Chair Yoga 11:00 Beginner Bootcamp with Alice (Wilson) 11:30 Medicare Assistance 11:30 Hole Food Rescue 12:00 Dancing Through the Decades 1:00 Duplicate Bridge	19 8:45 Awake and Aligned 9:00 Collage on Your Own 10:00 Classic Fitness with Alice 10:15 Uke55 Jam Session 11:30 Hole Food Rescue 1:00 Mahjong- Beginners Welcome! 1:00 Knitting Club 2:00 Strength & Conditioning
22 11:00 Fitness with Alice (Wilson) 11:00 Movement & Strength 11:30 Blood Pressure Checks 12:00 Christmas Lunch 1:00 Duplicate Bridge 1:00 On the Move 2:00 Circuit Training 3:00 CORE Yoga	23 9:00 Pilates on the TV 9:00 Massage 10:00 Massage 10:30 Yoga 11:00 Chair Massage 11:45 Senior Step 1:00 Reiki/Healing Touch 1:00 Canasta 1:00 Pinochle 1:30 Strength with Jo	24 9:00 Yoga For Strength 10:00 Tech Tutor 10:30 Tai Chi with Ken 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Fun Bridge 1:00 Swissball Yoga is cancelled	25 CLOSED FOR <i>Christmas</i>	26 CLOSED FOR <i>Christmas</i>
29 11:00 Fitness with Alice (Wilson) 11:00 Movement & Strength is cancelled 11:30 Blood Pressure Checks 1:00 Duplicate Bridge 1:00 On the Move is cancelled 2:00 Circuit Training 3:00 CORE Yoga	30 9:00 Pilates on the TV 9:00 Massage 10:00 Massage 10:30 Yoga 11:00 Chair Massage 11:45 Senior Step 1:00 Reiki/Healing Touch 1:00 Canasta 1:00 Pinochle 1:30 Strength with Jo	31 9:00 Yoga for Strength 10:00 Tech Tutor 10:30 Tai Chi with Ken 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Fun Bridge 1:00 Swissball Yoga is cancelled 2:00 On the Move is cancelled		

National Impaired Driving Prevention Month

The holidays bring more travel, busy schedules, and gatherings after dark, which makes December a critical time to stay alert on the road. National Impaired Driving Prevention Month encourages everyone to plan safe rides in advance, take medications exactly as directed, and avoid driving if anything in your system could affect balance, judgment, or reaction time. Checking the weather, allowing extra travel time, and keeping emergency contacts handy also help reduce risks. Make a few thoughtful choices and keep winter roads safer for everyone.



STRENGTHEN YOUR VOICE

The **SPEAK OUT!® Therapy Program**, developed by Parkinson Voice Project, helps people with Parkinson's **REGAIN** and **RETAIN** their speech.

Improve volume, breath support, vocal quality, and speech clarity!

The Bookhardt Family Speech-Language Clinic at MSU Denver is the only **SPEAK OUT!®** Therapy and Research Center in Colorado and Wyoming!

Sessions are **FREE!** We do not bill insurance, no physician referral needed!

Call or email to schedule an intake session!

303-615-0054

slhsclinic@msudenver.edu

ADVERTISE HERE

to reach your community



Call 800-950-9952

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers



Winter Sudoku

		2		7	1		5	6
7	6		5			8	4	
		1	6					7
	2				8	5	6	
1	5			4	2			8
	8			5	6	4		
6		4			5	1		
	3	8		1		6		5
2		5		6			8	

4	8	6	7	9	3	5	1	2
8	9	1	4	6	2	8	3	6
5	7	6	5	1	9	4	7	6
3	2	1	5	6	8	7	4	9
2	4	1	6	5	7	9	8	3
8	3	7	4	2	9	6	5	1
9	6	3	8	5	1	7	2	4
7	9	2	6	8	3	4	1	5
1	4	5	2	9	8	6	3	7
6	5	3	9	7	1	4	8	2



Tyson Clemons

Krista Nethercott

~ Owners ~

- Full Service Funeral Home
- Prearranged Funerals • Cremations

307-733-8267

950 Alpine Lane • Jackson, WY

208-354-2394

786 Valley Center Dr • Driggs

www.grandtetonfuneralhomedriggs.com

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO


lpicommunities.com/adcreator


FREE
AD DESIGN

with purchase
of this space

CALL 800-950-9952



Monetary Donations

- Ed Beddow
- Susan Divjak
- Chelcie Jonke
- Douglas Brown
- Barbara & Frank Butterfield
- Lori Cahn
- Judy Legg
- Ruth Valsing
- Monday Breakfast Group
- Smith's Food and Drug

Memorials

In Memory of Paul Gilroy
Cecilia & Frank Bellinghiere

Join The Mountain Top Club!

The MTC is a group of supporters that choose to make a monthly contribution on a recurring basis. This special group of supporters creates sustainable funds that are used for grassroots programs at the Senior Center and helps to reduce the cost of fundraising. If you are interested, please stop by and see Melissa.

End of Year Giving

Your end of year gift is vital to existing and expanding programming, transportation, current and new fitness programs, retaining experienced fitness instructors and our in-house and delivery meal programs. Your generosity allows seniors to remain in their homes for as long as possible.

Questions? Let us know!



**SUPPORT THE
ADVERTISERS**
that Support our
Community!



Our Staff

EXECUTIVE DIRECTOR:

Rebecca Erskine

OPERATIONS MANAGER:

Melissa Rochlitz

BOOKKEEPER:

Katie Beech

HOME CARE &

VOLUNTEER MANAGER:

Ale Gomez

TRANSPORTATION:

Trina Ditomasso

CHEF:

Vacant

ASSISTANT CHEF:

Angela Zarate

DISHWASHER:

Dulce Pasten

FRONT DESK:

Vacant

HOME CARE STAFF:

Rolf Belden, RN

Janette Miller, CNA

Cheyenne Cowley, CNA

Sharon Brandt

Sabrina Valvassori

Bronwyn Elswick, CNA

REMOTE ASSISTANT:

Ruby Erskine

Board of Directors

Dave Augé, Chair

Michael Schrotz, Vice Chair

Open, Secretary

Anne Schuler, Treasurer

Jamie Turner

Wyatt Ison

Sarah Shervin

Susan Gervais

Andy King



P.O. BOX 4677

JACKSON HOLE, WY 83001

830 E. HANSEN

(307) 733-7300

WWW.SENIORCENTERJH.ORG

NON-PROFIT ORG.
U.S. POSTAGE PAID
PERMIT NO. 13
JACKSON, WY

December 2025 Newsletter