

# SENIOR MOMENTS

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Chugwater Center 422-3430

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Guernsey Center 836-2777

Wheatland Center 322-3424

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Services for Seniors Inc.  
**SfS**  
Platte County's  
Senior Centers

LISTEN TO US ON  
KYCN RADIO EVERY  
WEDNESDAY AT  
7:45 a.m.

NOVEMBER 2021





## ***Caring for Wyoming's Seniors***

*By  
John Barrasso, M.D.*

### **ATRIAL FIBRILLATION**

Atrial fibrillation is an irregular heartbeat. People call it AFib for short. It can lead to various heart-related complications, such as blood clots, stroke and heart failure.

The normal contraction of the upper chambers of the heart typically allows for coordinated and complete emptying of blood. Blood that is not completely pumped out can remain and may pool there, causing the blood to clot.

To maximize the efficiency of the heart and to avoid various diseases, all the chambers of the heart need to work as a team. That does not happen with atrial fibrillation.

It is estimated that close to five million people in the United States have atrial fibrillation. Almost one in every 11 people over the age of 65 has AFib.

The symptoms of AFib aren't always felt. Some common symptoms include heart palpitations and shortness of breath. Other symptoms are irregular heartbeat, lightheadedness or dizziness, faintness or confusion, extreme fatigue or chest discomfort and pain.

Doctors are becoming increasingly aware that atrial fibrillation is frequently

unrecognized even though it is a serious condition.

Whether you have symptoms or not, atrial fibrillation puts you at a greater risk of stroke. According to the American Heart Association, if you have AFib, you are five times more likely to have a stroke than someone without a normal heartbeat.

With AFib, blood pools in the heart, which can cause a blood clot. The clot can then travel in the blood stream. That can cause a blockage of a blood vessel, especially one leading to the brain. A blocked blood vessel in the brain is the major cause of stroke.

The statistics show that women with AFib are at a greater risk of having a stroke and of dying than men with AFib.

The risk of AFib increases with age. People with high blood pressure are at a higher risk. Risk factors include obesity, diabetes, heart failure, hyperthyroidism, chronic kidney disease and heavy alcohol use.

Treatment for AFib can include medications to control your heart rhythm and rate, blood thinning medicine to help prevent blood clots from forming and reduce your risk of stroke and, in some cases, surgery.



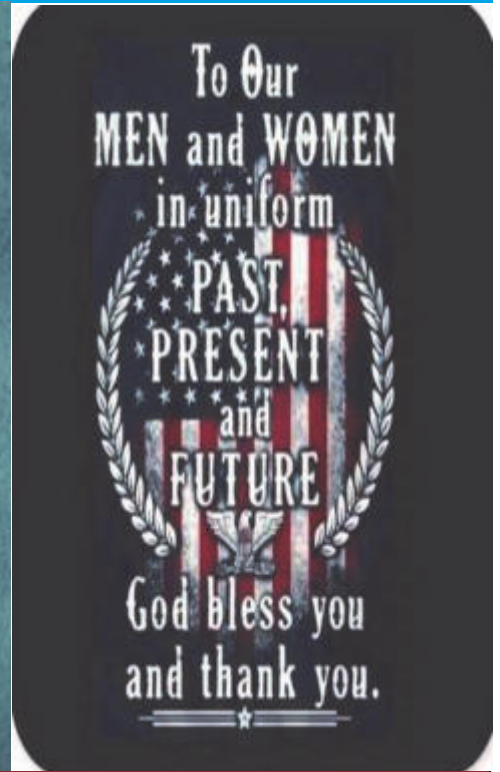
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THANK YOU, J.G. ELLIOTT!



Wheatland was the recipient of four charitable donations from J.G. Elliott as a way of celebrating their 100 years in business.

Services for Seniors, Inc. received \$2000 in funding, along with Project SAFE, Inc., Marge Cares Foundation, and the Wheatland Food Pantry.

(Pictured above: Brooke Brockman, Carolyn A. Teter, Stacey Reichardt, and Justin Murphy.)

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Services for Seniors - Platte County, Wheatland, WY

B 4C 05-1072

# November 2021

# GUERNSEY EVENTS

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
| <p>1</p> <p>Exercise 10:15</p> <p>Line Dancing</p> <p>6:00 pm</p>    | <p>2</p> <p>Bridge 1:00</p>     | <p>3</p> <p>Exercise 10:15</p> <p>Bingo 12:30</p> <p>Silver Haired Saints 1:30<br/>(Bible Study w/ Pastor Tim)</p> <p><b>EVENING MEAL 5:00 pm</b></p> <p><b>Karaoke 6:30 pm</b></p>  | <p>4</p> <p>253 TOPS 9:00</p> <p>Crafts 1:00</p> <p><b>Texas Hold 'Em</b></p> <p>6:00 pm</p>  | <p>5</p> <p>303 TOPS 8:00</p> <p>Exercise 10:15</p> <p>Cinnamon Rolls &amp; Coffee 9:00</p> <p>Pinochle 1:00</p>  |
| <p>8</p> <p>Exercise 10:15</p> <p>Line Dancing</p> <p>6:00 pm</p>    | <p>9</p> <p>Bridge 1:00</p>     | <p>10</p> <p>Exercise 10:15</p> <p>Bingo 12:30</p> <p>Silver Haired Saints 1:30<br/>(Bible Study w/ Pastor Tim)</p> <p><b>Karaoke 6:30 pm</b></p>                                    | <p>11</p> <p>253 TOPS 9:00</p> <p>Crafts 1:00</p> <p><b>Pinochle 7:00 pm</b></p>              | <p>12</p> <p>303 TOPS 8:00</p> <p>Exercise 10:15</p> <p>Cribbage 1:00</p>   |
| <p>15</p> <p>Exercise 10:15</p> <p>Line Dancing</p> <p>6:00 pm</p>   | <p>16</p> <p>Bridge 1:00</p>  | <p>17</p> <p>Exercise 10:15</p> <p>Bingo 12:30</p> <p>Silver Haired Saints 1:30<br/>(Bible Study w/ Pastor Tim)</p> <p><b>Karaoke 6:30 pm</b></p>                                  | <p>18</p> <p>253 TOPS 9:00</p> <p>Crafts 1:00</p> <p>Bunco Night</p> <p>6:00 pm</p>         | <p>19</p> <p>303 TOPS 8:00</p> <p><b>BREAKFAST 8:00</b></p> <p>Exercise 10:15</p> <p>Hand &amp; Foot 1:00</p>   |
| <p>22</p> <p>Exercise 10:15</p> <p>Line Dancing</p> <p>6:00 pm</p> <p><b>Cheyenne Bus Trip 8-4 (MASKS!)</b></p>  | <p>23</p> <p>Bridge 1:00</p>  | <p>24</p> <p>Exercise 10:15</p> <p>Bingo 12:30</p> <p>Silver Haired Saints 1:30<br/>(Bible Study w/ Pastor Tim)</p> <p><b>Karaoke 6:30 pm</b></p>                                  | <p>25 <b>CLOSED</b> 26 <b>CLOSED</b></p>   |  |
| <p>29</p> <p>Exercise 10:15</p> <p>Line Dancing</p> <p>6:00 pm</p>   | <p>30</p> <p>Bridge 1:00</p>  | <p><b>KEEP AN EYE OUT FOR POP-UP ACTIVITIES!!!</b></p>   |  | <p><b>COME HAVE BREAKFAST WITH US!</b></p> <p><b>FRIDAY, NOVEMBER 19th AT 9:00 am</b></p>                       |



# WHEATLAND EVENTS

# November 2021

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
| <p>1<br/>Cardio Workout 9:00<br/>Strong Bones 10:00<br/><b>CRAFTS W/ KERI!<br/>1:30</b></p>     | <p>2<br/>Cinnamon Rolls 8:30<br/>Bible Study 8:30<br/>Cardio Workout 9:30<br/>Chair Yoga 1:00</p>                                      | <p>3<br/>Cardio Workout 9:00<br/>Strong Bones 10:00<br/><b>SENIOR PRIZE BINGO<br/>1:15</b></p>   | <p>4 <b>WELLNESS<br/>BREAKFAST<br/>8:00-9:00</b><br/>(Guest Speaker: <b>Katie<br/>Nemitz, Infection<br/>Prevention Nurse</b>)<br/>Cardio Workout 9:00<br/>Chair Yoga 11:00</p>  | <p>5<br/>Line Dancing 8:30<br/>Cardio Workout 9:45<br/>Strong Bones 10:30</p>                                       |
| <p>8<br/>Cardio Workout 9:00<br/>Strong Bones 10:00<br/><b>CRAFTS W/ KERI!<br/>1:30</b></p>     | <p>9<br/>Cinnamon Rolls 8:30<br/>Bible Study 8:30<br/>Cardio Workout 9:30<br/>Chair Yoga 1:00<br/><b>CRAFTS W/ KATHY! 1:00</b></p>     | <p>10<br/>Cardio Workout 9:00<br/>Strong Bones 10:00<br/><b>SENIOR PRIZE BINGO<br/>1:15</b></p>    | <p>11<br/>Cardio Workout 9:00<br/>Chair Yoga 11:00</p> <br>                                   | <p>12<br/>Line Dancing 8:30<br/>Cardio Workout 9:45<br/>Strong Bones 10:30<br/><b>CRAFTS W/ KERI!<br/>1:30</b></p>  |
| <p>15<br/>Cardio Workout 9:00<br/>Strong Bones 10:00</p>                                      | <p>16<br/>Cinnamon Rolls 8:30<br/>Bible Study 8:30<br/>Cardio Workout 9:30<br/>Chair Yoga 1:00</p>                                   | <p>17<br/>Cardio Workout 9:00<br/>Strong Bones 10:00<br/><b>SENIOR PRIZE BINGO<br/>1:15</b></p>    | <p>18<br/>Cardio Workout 9:00<br/>Chair Yoga 11:00<br/><b>BELTONE HEARING<br/>10:00-12:00</b><br/><b>FREE MOVIE @<br/>ACTIVITY CENTER<br/>1:00</b><br/>"THE FAR COUNTRY"</p>   | <p>19<br/>Line Dancing 8:30<br/>Cardio Workout 9:45<br/>Strong Bones 10:30<br/><b>SDB MEETING<br/>11:00</b></p>   |
| <p>22<br/>Cardio Workout 9:00<br/>Strong Bones 10:00</p>                                      | <p>23<br/>Cinnamon Rolls 8:30<br/>Bible Study 8:30<br/>Cardio Workout 9:30<br/>Chair Yoga 1:00<br/><b>CRAFTS W/ KATHY! 1:00</b></p>  | <p>24<br/>Cardio Workout 9:00<br/>Strong Bones 10:00<br/><b>SENIOR PRIZE BINGO<br/>1:15</b></p>    | <p>25 <b>CLOSED</b></p>    | <p>26 <b>CLOSED</b></p>  |
| <p>29<br/>Cardio Workout 9:00<br/>Strong Bones 10:00<br/><b>CRAFTS W/ KERI!<br/>1:30</b></p>  | <p>30<br/>Cinnamon Rolls 8:30<br/>Bible Study 8:30<br/>Cardio Workout 9:30<br/>Chair Yoga 1:00</p>                                   | <p>TOPS: Mondays<br/>@ 11:00 <br/>Cribbage: Tuesdays<br/>@ 1:00 <br/>Pinochle: Thursdays<br/>@ 1:00 </p> | <p><b>FREE SENIOR<br/>MOVIE AT THE<br/>ACTIVITY<br/>CENTER!<br/>'THE FAR<br/>COUNTRY'</b></p>    |   |

# November 2021

# SERVICES FOR SENIORS MENU

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
| 1<br>Chicken & Rice Casserole<br>California Blend Veggies<br>Whole Wheat Breadstick<br>Three Bean Salad<br>Pineapple & Cottage Cheese<br> | 2<br>Brats on a Bun<br>Chili & Sauerkraut<br>Potato Salad<br>Veggie Slaw<br>Applesauce<br>             | 3<br>Meatloaf<br>Mashed Potatoes<br>Stewed Tomatoes<br>Whole Wheat Roll<br>Garden Salad<br>Peaches<br>                   | 4<br>Chicken Mac & Cheese<br>Soup<br>Grilled Cheese Sandwich<br>Fresh Sliced Tomato<br>Spinach Salad<br>Fresh Fruit<br> | 5<br>Lemon Pepper Pollock<br>Long Grain & Wild Rice<br>Roasted Asparagus<br>Hush Puppies<br>Fluffy Fruit Salad<br> |
| 8<br>Spinach Chicken Parmesan<br>Zucchini & Yellow Squash<br>Cheese Breadstick<br>Mushroom Salad<br>Pears<br>                           | 9<br>Beef Stew<br>Winter Blend Veggies<br>Split Roll<br>Cucumber & Onion Salad<br>Fruit Cocktail<br> | 10 *PLATTE COUNTY<br>DAY*<br>Baked Ham<br>Sweet Potato<br>Brussels Sprouts Gratin<br>Garden Salad<br>Waldorf Salad<br> | 11<br>BBQ Chicken Thighs<br>Baked Beans<br>Scalloped Corn<br>Biscuits & Honey<br>Fresh Fruit<br>                       | 12<br>Reuben Sandwich<br>Roasted Red Potatoes<br>Carrot & Raisin salad<br>Beets<br>Watergate Salad<br>          |
| 15<br>Cabbage Roll Casserole<br>Steamed Broccoli<br>Sourdough Bread<br>Macaroni Salad<br>Mandarin Oranges  | 16<br>Oven Fried Drumsticks<br>Potato Wedges<br>Tomato & Zucchini Bake<br>Whole Wheat Breadstick<br>Pineapple Rings   | 17<br>Pot Roast<br>Baked Potato<br>Creamed Spinach<br>Whole Wheat Roll<br>Garden Salad<br>Peaches  | 18<br>Baked Denver Omelet<br>Hashed Brown Patty<br>Wheatberry Toast<br>Honey Granola Yogurt<br>Fresh Fruit   | 19<br>Baked Dijon Salmon<br>Sugar Snap Peas<br>Potato Soup & Flatbread<br>Mixed Green Salad<br>Fluffy Fruit Salad  |





22

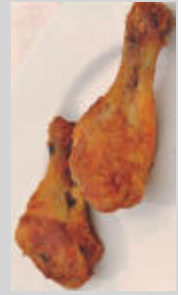
Bison Patty Melt

Onion Rings

Baked Zucchini Chips

Broccoli Salad

Pears & Cottage Cheese



23

Beef Fajitas

Black Beans

Mexican Corn

Chips & Guacamole

Tropical Fruit



24 **THANKSGIVING MEAL/BANK DAY**

Roast Turkey & Stuffing

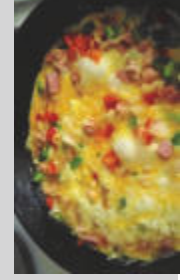
Mashed Potatoes & Gravy

Green Bean Casserole

Whole Wheat Roll

Garden Salad

Cranberry Salad



25 **CLOSED**

26

**CLOSED**



29

Chicken Enchiladas

Spanish Rice

Seasoned Pinto Beans

Cucumber, Tomato, &

Avocado Salad

Mandarin Oranges



30

Swedish Meatballs

Over Egg Noodles

Baby Carrots

Whole Wheat Roll

Beet Salad

Fruit Cocktail



All menus are

subject to change

at any time without

notice. We

apologize for any

inconvenience.



# SAVE THE DATE!

FREE MEAL TICKET—  
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The Senior Centers will be closed  
the following dates through  
2021...

Thanksgiving Day: Thursday,

Nov. 26th

Day After Thanksgiving: Friday,

Nov. 27th

Christmas Holiday: Thursday,

Dec. 23rd

Christmas Eve: Friday, Dec. 24th

New Year's Eve: Friday, Dec. 31st

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or older  
with a completed AGNES.

**HAPPY  
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**Beltone** will be at  
the  
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November 18th  
10:00-12:00**  
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307-634-7550

**Pedicures**

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**Wheatland @ 322-3424**

**Guernsey @ 836-2777**

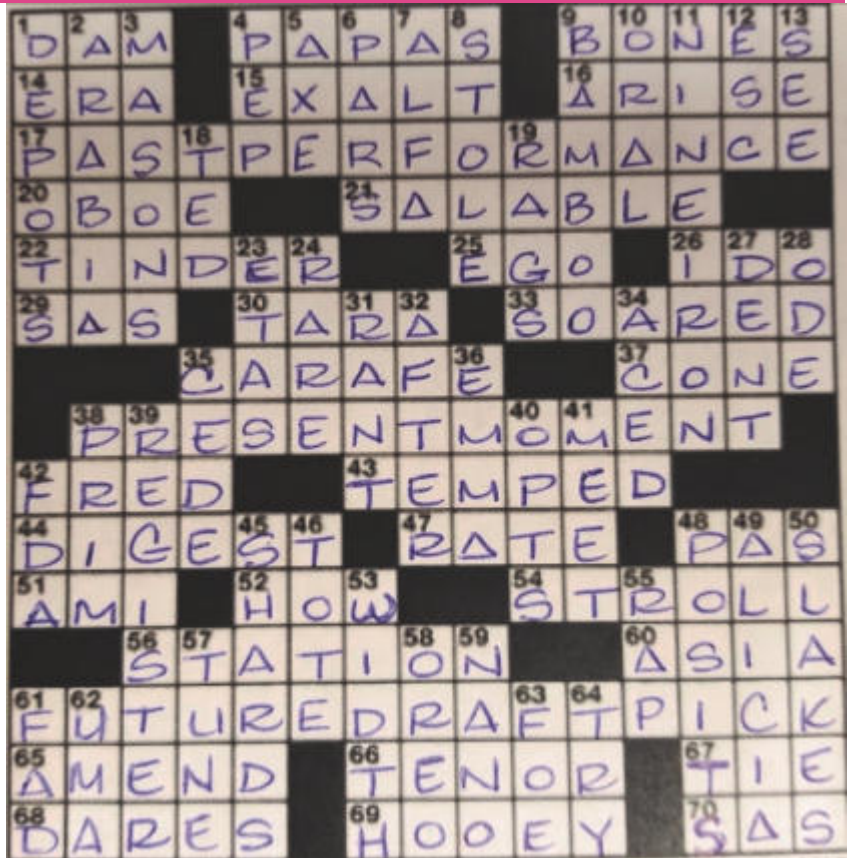
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STARRING JAMES STEWART  
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1:00 P.M.



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Services for Seniors - Platte County, Wheatland, WY

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## CARING FOR A PERSON WITH LATE-STAGE ALZHEIMER'S DISEASE

When a person moves to the later stages of Alzheimer's Disease, caregiving may become more difficult. Communicating with a person can take effort and patience. Though that person's ability to respond may be limited, it is important to continue to interact.

- \*Continue to visit with the person even if responses are limited.
- \*Try to speak calmly and slowly; be aware of the tone and volume of your voice.
- \*Consider sharing familiar stories with the person.
- \*Make eye contact, say the person's name and smile.
- \*Use other methods of communication besides speaking, such as gentle touching or massage.
- \*Have the person listen to music or calming nature sounds.

During the later stages of Alzheimer's, a person may lose the ability to move and spend much of their time in a bed or chair. This lack of movement can cause problems such as pressure sores or bedsores, and stiffness of the arms, hands, and legs.

If the person with Alzheimer's cannot move around on their own, contact a home health aide, physical therapist, or nurse to help. These professionals can help show you how to move the person safely, such as changing positions in bed or in a chair.

A physical therapist can also show you how to move the person's body joints using range-of-motion exercises. During these exercises, you hold the person's arms or legs, one at a time, and move and bend it several times a day. Movement prevents stiffness of the arms, hands, and legs. It also prevents pressure sores and bedsores. To make the person more comfortable:

- \*Buy special mattresses and wedge-shaped seat cushions that reduce pressure sores. You can purchase these at a medical supply store, drugstore, or online. Ask the home health aide, nurse, or physical therapist how to use the equipment.
- \*Move the person at least every 2 hours if they are sitting up.
- \*Move the person at least every hour if they are lying down.
- \*Use a lap board to rest the person's arms and support the upper body when they are sitting up in bed or in a chair.
- \*Use a chair with arm rests to reduce the chances of the person falling. The arms of a chair may also help with standing.
- \*Give the person something to hold, such as a washcloth, while being moved. The person will be less likely to grab onto you or the furniture. If they are weak on one side, stand on the weak side to support the stronger side and help the person change positions.

To keep from hurting yourself when moving someone with Alzheimer's:

- \*Know your strength when lifting or moving the person and don't try to do too much.
- \*Try to explain to the person what you plan to do before you begin to move them.
- \*Bend at the knees and then straighten up by using your thigh muscles instead of your back.
- \*Keep your back straight and don't bend at the waist.
- \*Hold the person as close as possible to avoid reaching away from your body.
- \*Place one foot in front of the other, or space your feet comfortably apart for a wide base of support.
- \*Take small steps to move the person from one seat to another. Don't twist your body.
- \*Consider using a transfer belt to help move the person. You may find transfer belts at a medical supply store, drugstore, or online.



In the later stages of Alzheimer's, many people lose interest in food. Here are some suggestions to help:

- \*Serve bigger portions at breakfast.
- \*Offer several smaller meals throughout the day.
- \*Serve meals at the same time each day.
- \*Make the eating area quiet. Turn off the radio/TV.
- \*Control between-meal snacks. Lock the refrigerator door and cabinets if necessary.
- \*If the person has dentures, make sure they fit. Let the doctor know if the person loses a lot of weight in a short time.

Different ways of preparing the person's plate:

- \*Put food on the plate before placing it in front of the person.
- \*Offer just one food at a time instead of filling the plate or table with too many things.
- \*Use colorful plates that contrast with the color of the food to help the person see what is on the plate.
- \*If additional utensils cause confusion, try giving just a spoon to the person.
- \*Use a plate guard, (sometimes called a "spill guard") if the person has trouble getting food onto the utensil.
- \*Move the plate around if they seem to only eat from one side of the plate.

If the person needs help eating, you might try to:

- \*Give the person small amounts of food.
- \*Describe the food they are eating.
- \*Sit to the side of the person while helping. Sitting right in front of them can be intimidating.
- \*Encourage eating by bites from savory to sweet.
- \*Make sure the person has swallowed before feeding more. Sometimes, food can be pocketed in the cheeks.

# TIPS TO MAKE MEALTIMES EASIER for People with Alzheimer's

Meals can be a **challenging time** for people with Alzheimer's and their caregivers.

Maintaining **familiar routines** and serving **favorite foods** can help the person know what to expect and feel more relaxed.



## HERE ARE SOME TIPS TO HELP MEALTIME GO SMOOTHLY:

Make the eating area quiet. Turn off the TV and radio.



Offer just one food at a time instead of filling the plate or table with too many options.



Don't rush. Be patient and give the person enough time to finish the meal.



Cut food into small pieces and make it soft enough to eat, which will help with chewing and swallowing.



A meal is a good opportunity for social interaction. You can set the mood with a warm and happy tone of voice.

Visit <https://www.nia.nih.gov/health/healthy-eating-and-alzheimers-disease> for more information about healthy eating for a person with Alzheimer's disease.

 National Institute on Aging

 NIH

National Institutes of Health  
*Turning Discovery Into Health*

# PUZZLE FUN!!!

## Newsday Crossword

**PRETENSES** by Fred Piscop  
 Edited by Stanley Newman  
[www.stanxwords.com](http://www.stanxwords.com)

### ACROSS

- 1 River blocker
- 4 Dads
- 9 Common dog biscuit shapes
- 14 Memorable period
- 15 Praise highly
- 16 Get out of bed
- 17 Horse's track record
- 20 Woodwind instrument
- 21 Fit for purchase
- 22 Fire-starting twigs
- 25 Part of the psyche
- 26 Altar assent
- 29 \_\_\_ in "Stockholm"
- 30 *Gone With the Wind* home
- 33 Flew like an eagle
- 35 Wide-mouthed wine bottle
- 37 Edible ice-cream container
- 38 Right now
- 42 Mr. Flintstone
- 43 Filled in at the office
- 44 Condensed story
- 47 Assign stars to
- 48 Faux \_\_\_ (misstep)
- 51 Parisian pal
- 52 "In what way?"
- 54 Slow walk
- 56 Train stop
- 60 Shortest-named continent
- 61 Part of some pro football trades
- 65 Change formally

- 66 Barbershop quartet voice
- 67 Put a knot in
- 68 Takes a risk
- 69 Baloney
- 70 Feeling mopy

### DOWN

- 1 Train stops
- 2 Saudi \_\_\_ (Mideast land)
- 3 Bricks-and-mortar workers
- 4 Get-up-and-go
- 5 Firefighter's implement
- 6 Golf scorecard numbers
- 7 \_\_\_ Romeo (Italian auto)
- 8 Swiped
- 9 Panda's diet
- 10 Word-of-mouth

- 11 Club for approach shots
- 12 "Cancel" PC key
- 13 Comprehend
- 18 Actor Danson
- 19 Dustcloths
- 23 Flight board figs.
- 24 Very hard to find
- 27 Fender ding
- 28 Poem of tribute
- 31 Go on a tirade
- 32 Fairy tale closer
- 34 Scored 100 on
- 35 Relinquish legally
- 36 Actress Watson or Stone
- 38 Strait-laced
- 39 Enroll
- 40 Selects, with "for"
- 41 Intersect

- 42 Meds-monitoring agcy.
- 45 Pottery fragments
- 46 Lug around
- 48 Assumes to be true
- 49 Pop singer Keys
- 50 Satisfied, as thirst
- 53 Shoebox datum
- 55 Kanye West's music
- 57 Melody
- 58 Top-selling cookie
- 59 Prefix meaning "billionth"
- 61 Fidget spinners, for example
- 62 Thurman of films
- 63 Enemy
- 64 Take a crack at

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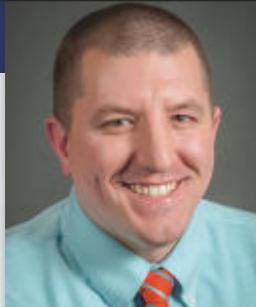


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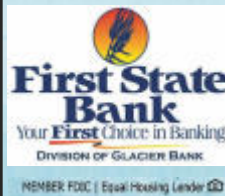
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**Services for Seniors, Inc. is a non-profit organization providing services and supports to seniors over 60 in Platte County, Wyoming. This organization seeks to maintain the highest quality of life possible for senior residents in our county by preserving their dignity, enriching their self-esteem, empowering them to be as productive as possible, and assisting each individual to remain independent in their home, and in their community.**