



South Big Horn Senior Citizens Center

417 S 2nd St • Greybull, WY 82426-2235 • (307) 765-4488

South Big Horn Senior Citizens Monthly Newsletter

February 2021

Mission Statement

The mission of South Big Horn Senior Citizens, Inc. is to enable Senior Citizens in southern Big Horn County to maintain their independence and to continue to live, as long as possible, in their own homes as valued, contributing members of the community.

Important Dates:

February 9th– Birthday Lunch 11am-12:30pm

February 12th– Center Closes at 1:30pm

February 15th– Center Closed for President's Day

February 21st– Sunday Dinner 4:30pm (pending Governor's Restrictions)



Message from the Director...

Hi All,

Happy Valentine's Day! We are waiting patiently (not really) to hear from the governor if we can open up the dining room for you to come back in to have lunch. We really miss seeing you every day in the center and would really like to start up social activities again. It seems like it has been forever since we have had any sense of normalcy around here. If everything goes as planned and the governor does not keep us closed down, we have rescheduled the prime rib Sunday dinner to February 21st from 4:30-6:00 pm. Victoria is planning a belated Valentine's Day dinner for you. We encourage you to call 765-4488 and make a reservation to come in and eat February Sunday dinner. If you do not have a reservation, you may have to wait until there is space for you to dine. Remember, that the dining room will be open but there will still be restrictions on the number of people allowed in. Victoria is planning a belated Valentine's Day dinner for you.

We will keep you posted with any new info and changes going on at the center. Thank you for hanging in there. You are more than welcome to drive up to the back of the center from 11:00 am to 12:30 pm, and we will bring you out a hot meal or call by 10:30 am and we will deliver a hot meal.

Here's hoping that February will bring good news for everyone!

The center will be closed on Monday, February 15th for President's Day.

-Cynthia

South Big Horn Senior Center Board Members...

Roy Edwards– Secretary

Karen Hertzog– Chairman

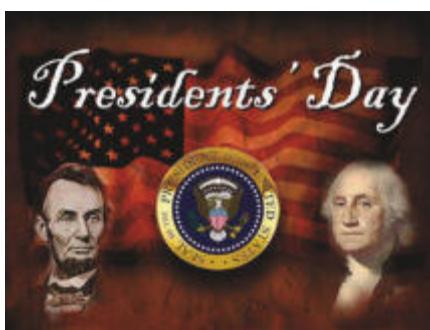
Shirley Williams– Vice-Chairman

Lee Snyder

John Fuller

Dorothy Miller

Carol Zierlein



Heart Healthy Shopping Tips for Seniors

Eating better is one of the Heart Association's "Simple 7" factors for improved heart health. When you maintain a healthy diet along with regular physical exercise and other good habits, you'll not only feel better, but you'll live longer — and of course we want our senior loved ones to stay healthy and vital for as long as possible, too. Here are some tips on what to eat, what not to eat, and how to succeed when the going gets tough.



1. Buy colorful fruits and vegetables.

Low in calories, high in vitamins, minerals and fiber — adults should get at least five servings per day of these nutrition powerhouses.

A Place for Mom senior nutrition expert Heather Schwartz recommends, "When getting ready to head to the check-out line, check the basket to make sure you have a variety of colored fruits and vegetables to ensure you get the rainbow of benefits each color has to offer. Colors indicate a concentration of a specific nutrient; for example, tomatoes are dense in lutein, which is great for your heart and eyes."

2. Avoid buying high fat dairy or meat.

Look for skinless cuts of lean meat with the least amount of visible fat. Cuts that say "loin" after them, like sirloin and tenderloin, are often leaner cuts. Ground meats should have less than 20% fat, whether it's chicken, turkey, pork or beef. Yogurt, milk, cheese and other dairy products should also be low in fat — 2% "reduced fat" or less. The one kind of fat you do want your loved ones to get plenty of is fatty fish: two servings a week of salmon, trout, or other oily fish can help lower the risk of heart disease and increase the body's level of healthy omega-3s.

3. Buy plenty of nuts and high fiber foods.

Fiber can help lower blood cholesterol, and it keeps you full, which helps you maintain a healthy weight. You can find fiber in fruits, veggies, beans and whole-grain breads and cereals, as well as in nuts. Almonds and walnuts also have plenty of other valuable nutrients and have been shown in recent studies to have a significant impact on heart health.

A study at the Loma Linda University School of Medicine found that Seventh Day Adventist patients who ate nuts at least five times per week cut their risk of heart disease in half.

4. Avoid buying butter.

We all know these are the culprits of poor dietary health, but this is particularly important advice for seniors. Avoiding these three can help lower cholesterol. A few easy tips to remember: try to eat less than 300 milligrams of cholesterol per day, avoid foods containing partially hydrogenated vegetable oils and follow the tips above for consuming lean protein and dairy.

Also, Heather Schwartz says, "Consider replacing butter with a more healthful spread like Smart Balance, Brummel and Brown, Benechol or Promise. Unlike butter, they have healthy fats in them and contain plant sterols which may help lower bad cholesterol."

5. Read nutrition labels.

Replacing sugary drinks like soda or fruit juice with herbal teas is a great way to eliminate some sugar from your diet, but what about sodium? It's easy for salt to sneak in, especially with prepared foods, so be sure to read the nutrition label.

"Most seniors need around 500 mg of sodium per meal, or 1500 mg per day," says Heather Schwartz. "A general rule of thumb is that if one serving of any particular item has more than 250 mg of sodium, you may want to search for a product that has less." Research published in "Agricultural Economics" suggests that people who read nutrition labels tend to be slimmer than those who don't.

6. Consider frozen or canned fruits and veggies.

Making sure the kitchen is well-stocked with healthy items — and low on tempting junk food — will help your loved ones get the right nutrition.

"Remember that frozen fruits and vegetables have the same vitamins and minerals in them, though their prices may be radically different," suggests Heather. "This knowledge makes keeping the kitchen stocked with cholesterol and blood pressure lowering foods a little easier. Canned fruits and veggies offer similar benefits, though choose unsalted or unsweetened varieties when possible."

7. Avoid rushing into major changes.

Eating for heart health can seem overwhelming, but don't get discouraged. Start with small steps, and soon the whole family will be eating better — these dietary guidelines are great for everyone, not just seniors.

*Information provided by A place for Mom

South Big Horn Monthly Newsletter | 3

WE'RE HIRING AD SALES EXECUTIVES

Join our team

- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT
careers@4LPi.com • www.4LPi.com/careers

ADVERTISE YOUR BUSINESS HERE
Your Community is Looking!

Call LPi today for advertising info (800) 950-9952



SPREAD THE WORD
A Thriving, Vibrant Community Matters



SUPPORT OUR ADVERTISERS

Reach the Senior Market
ADVERTISE HERE

CONTACT

Anita Aguilar to place an ad today!
aaguilar@lpiseniors.com or (800) 950-9952 x2677



For ad info. call 1-800-950-9952 • www.lpiseniors.com

South Big Horn Senior Citizens, Greybull, WY A 4C 05-1089

Great Information!!!

Ad sponsor of the month...



Save your pennies because hopefully we will be back to making trips to the casino!

We'd like to thank Wind River for sponsoring our senior newsletter!

Need help with Medicare???

Call anytime between 8:00am-3:00pm

Monday-Friday

765-4488

We will make you an appointment to meet with Fawn. Even if you are having trouble getting your medical bills paid through Medicare, she can hunt down answers for you!

An appointment ensures that she will have ample time to dedicate to you & your questions. Thank you!



4 | South Big Horn Monthly Newsletter



Critical Access Hospital

(307) 568-1500

24-Hour/7 Days a week

- Emergency Department
- Swing Bed
- Inpatient Services
- Dial 911 for immediate medical emergency

Bonnie Blue Jacket Memorial Nursing Home

(307) 568-1461

- Long Term Care
- Rehabilitation
- Restorative
- Respite

Midway Clinic Laboratory - Radiology

(307) 568-3311

Hours: Mon-Fri 7am-5pm

- Primary care & preventative medicine
- Routine pediatric & adolescent care
- Minor surgical procedures
- Complete physicals
- Well Child Exams (includes sports physical requirements)
- Walk-in clinic

ANDERSON
HEATING AND AC, LLC

Tom Anderson, Owner
BRINGING COMFORT TO YOUR HOME

307-568-2082 BASIN, WY



- Service All Makes
- Selling Quality York Heating, Cooling & Air Filtrations Systems

Reach the Senior Market
ADVERTISE HERE

CONTACT

Anita Aguilar to place an ad today!
aaguilar@lpiseniors.com or (800) 950-9952 x2677

More Great Information!!!

We will be trying another Sunday dinner this month (pending Governor's restrictions), February 21st. The kitchen staff will be cooking up some Prime Rib and the fixings for everyone!

We will require everyone to have a reservation in order to accommodate the number of people we are able to serve in the dining room. **Please call us at 765-4488 for your reservation.** We will need an exact amount of people wanting to attend. If a reservation is not made in your name, you may be required to wait until the dining room clears up for us to be able to serve you.



Our reservation times will be

4:30pm

5:00pm

5:30pm

South Big Horn Monthly Newsletter | 5

**Worried about potential
Data Breaches?
WE have a solution.**

YOUR
IDENTITY
IS YOUR
BUSINESS

ID TheftSmart™

Protection. Detection.
Restoration.

Be proactive and protect your personal information.

Become an ID TheftSmart member BEFORE something happens.

Visit us online for more information.

SPREAD THE WORD

A Thriving, Vibrant Community Matters



SUPPORT OUR ADVERTISERS

NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at www.ourseniorcenter.com



BANK OF GREYBULL
A Branch of the Bank of Douglas, N.A.
YOUR Life • YOUR Money • YOUR Community
YOUR Bank

bankofgreybull.com

307-765-4437



**ADT-Monitored
Home Security**

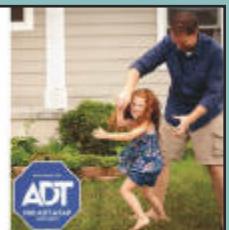
Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets



1-855-225-4251

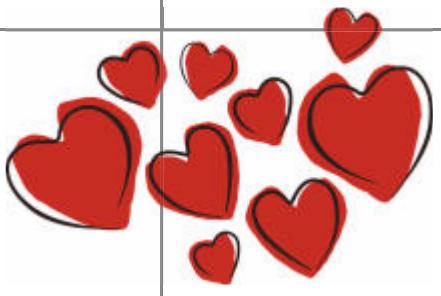


For ad info. call 1-800-950-9952 • www.lpiseniors.com

South Big Horn Senior Citizens, Greybull, WY

C 4C 05-1089

February— Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| 1 Beef Stew w/ Potatoes & Carrots Green Beans Biscuit Apple | 2 Asian Chicken Vegetable Fried Rice Buttered Carrots Hawaiian Roll Pineapple | 3 Ham Au Gratin Potatoes Peas & Carrots Cornbread Fruit Cocktail | 4 Chicken Fajita w/ Peppers & Onions Spanish Rice Chuckwagon Blend Veg Pears | 5 Cowboy Burger Sidewinders Capri Blend Veggies Banana |
| 8 Chicken Fried Steak Potatoes & Gravy Spinach Dinner Roll Grapes | 9 Turkey Potatoes & Gravy Brussel Sprouts Wheat Roll Cranberries Cake & Ice Cream | 10 Shepherd's Pie San Francisco Blend Veggies Dinner Roll Strawberry Whip | 11 Herb & Garlic Pork Tenderloin Baked Potato Country Blend Veggies Dinner Roll Applesauce | 12 Tomato Soup Ham & Cheese Slider Cucumber & Onion Salad Kiwi |
| 15 Center is Closed  | 16 Southern Style Chicken Potatoes & Gravy Succotash Wheat Roll Mandarin Orange | 17 Spaghetti w/ meat sauce Broccoli Garden Salad Garlic Toast Peaches | 18 Lemon Cod Roasted Potatoes Garden Blend Veggies Dinner Roll Apricots | 19 Polish Dog Baked Beans Sauerkraut Grapes |
| 22 Swedish Meatballs over Noodles Tomatoes & Zucchini Garden Salad Garlic Toast Banana | 23 Roast Beef Potatoes & Gravy Garlic Green Beans Wheat Roll Apple | 24 Country Battered Pollock Onion Rings Coleslaw Dinner Roll Fruit Parfait | 25 Oven Baked Chicken Squash Capri Blend Veggies Dinner Roll Fruit Cocktail | 26 Tacos Black Beans Poblano Corn Pineapple |
| * Menu Subject to Change | | Lunch is served M-F 11:30am-1pm | |  |

Center Meal Information

Birthday Lunch:
February 9th 11am-12:30pm
Turkey, Potatoes & Gravy,
Brussel Sprouts, Wheat Roll,
Cranberries, Cake & Ice
Cream

Birthday Coupon

If your birthday is in February bring this coupon in for a free meal at our birthday celebration on Tuesday, February 9th, 2021 from 11am-12:30pm.

Your meal will be paid for by Big Horn Federal Savings Bank.

Name. _____



South Big Horn Monthly Newsletter | 7

PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM
\$29.95/MO
BILLED QUARTERLY

PLUS
SPECIAL
OFFER

CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

 **Heritage**
Health Center
CARING FOR PEOPLE ACROSS OUR COMMUNITIES

WHOLE PERSON
PRIMARY CARE.
Powell - 307.764.4107 • 128 N. Bent Street
Greybull - 307.765.1450 • 444 Greybull Avenue

one stop
Primary Care - Behavioral Health - Walk-in Viral Clinic
for all your needs

Providing care for the uninsured and those with Medicare, Medicaid, VA, and other insurance.

Powell
Monday- 7:30am to 5:00pm
Tuesday- 7:30am to 7:00pm
Wednesday- 7:30am to 5:00pm
Thursday- 7:30am to 7:00pm
Friday- 7:30am to 3:00pm



Greybull
Monday- 7:30am to 4:30pm
Tuesday- 7:30am to 1:30pm
Wednesday- 7:30am to 4:30pm
Thursday- 7:30am to 1:30pm

Eye Care for you



Let us help you with your eyecare needs.
Medicare Provider

307-765-2998

A & C MOTORS LLC

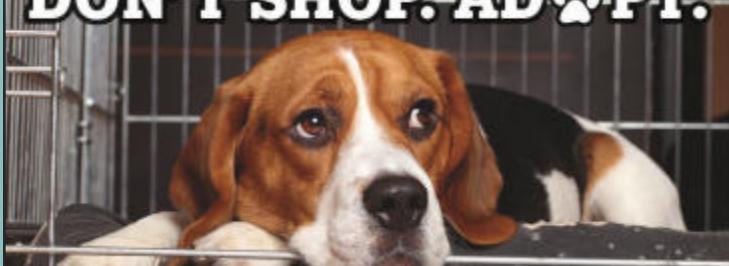


James Averett
Owner

307-765-9693

1000 N. 6TH ST

DON'T SHOP. AD^{PAW}PT.



For ad info. call 1-800-950-9952 • www.lpiseniors.com

South Big Horn Senior Citizens, Greybull, WY

D 4C 05-1089

February—Activities

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|-----------|--|------------------------------------|----------|
| | 1 | 2 | 3 | 4 Cody Trip @ 9:00am  | 5 | 6 |
| 7 | 8 | 9 Birthday Lunch 11am- 12:30pm  | 10 | 11 | 12 Center closes @ 1:30pm | 13 |
| 14 <i>Happy Valentine's Day</i> | 15 Center is Closed  | 16 | 17 | 18 Board Meeting 10:30am  | 19 | 20 |
| 21 Prime Rib Dinner 4:30pm- 6:00pm | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | |  | | Dollar of the Month What is it and why should I donate? South Big Horn Senior Citizens, Inc. is a private non-profit organization and we rely on your donations. The dollar of the month money goes into a separate fund to cover unexpected expenses that our grants do not cover. Envelopes and donation bin is located at the dining room hostess table. All donations are greatly appreciated! | | |

Trips & Special Days

Please remember that we need a **24 hour notice** for all Public Transportation.

Senior Fee (those over 60)- suggested donation \$1.00

Non-Senior Fee- \$2.00 per way



Reminder South Big Horn Senior Center will be **CLOSED**

Monday, February 15th,
2021

for President's day.



South Big Horn Senior Center Cody Trip Day...

Thursday, February 4th, 2021

Trip cost is \$10

Call today to reserve your spot, we can take you to doctor's appointments, Wal-Mart, visit family & friends, lunch trip or even just to get out of town for the day!



Remember if you live in the Greybull or Basin area and it's too cold for you to get out, but still want a hot meal call us (765-4488) before 10:30 am and we can get you on our delivery list.



Puzzle Time

Name: _____

The Healthy Heart Word Find

M P U Y B X S J Z W X T Q P P V J P R S R E L I
N W L X J W A W D L B V M D J F D G J E V L H K
P I F H J O V Y Y O C G B V E I N T Z L P E M M
H G C Y M W W P M L O S I R S B X W D F A Y T V
K X C H G D V M U D S L V B E F H N I R A T A N
S S S D Z O Q R N M Z V B X P Q D B T K Z D N J
U M G B Y K L L O J P G M I T X W B X I H T O S
J K C U E J D O D W C P U F U S E X G B I J I D
C A L Q A V N V I K D U I M M A L X R H J O T E
H O Y C C M R K J D P S R F T U T J C Z H I A M
U R H O D M A T Q S R P T R I G X E H G M M L V
P T P H W T B E F B Y A A Q J Z N X H N N C U I
U A T B X R B I R P G P C Y C H G E B X S M C A
O B E F E V R V M T U F X S T U Y A D M B N R C
X M O E N B E V M G S L L E M W E E E L C M I L
S I H U C V C S L Z V D M Q V R J G W S R Q C D
D T N C A N Z J S K L V O O T L I C Z E A V T O
P Z R F H D N R Q E H C K O N Y A I T I D K U N
C R G A I C E A L W L S W R L A A V W D H T A F
M C H E E N G F R S S T M R I B R D D L P T A T
C V W K B H Y H U T Q W B L O R G Y P U A U I Z
F T I U Y B X H G L E X R F P X O K P L S S G W
L F L O X I O A J B V R L P F U B X U I Z U S I
R H P Q L K R U F W N R Y T Z V H G F Q S X V P

| | | | |
|-------------|------------|-------------|--------|
| AORTA | ARTERY | atrium | BLOOD |
| BLOODSTREAM | CARDIOLOGY | CIRCULATION | HEART |
| HEARTBEAT | OXYGEN | PULMONARY | SEPTUM |
| VALVE | VEIN | VESSEL | |



Are you ready to get vaccinated?

Big Horn County Public Health with the help of the Incident Management Team has established Vaccination PODs that will be available to vaccinate anyone in the priority group 1a or 1b that hasn't yet received the COVID-19 vaccination. The priority group 1b includes anyone that is 70 years of age or older.

To receive the vaccine **you must call** Big Horn County Public Health to schedule an appointment.

Big Horn County Public Health

Lovell: 307-548-6591

Greybull: 307-765-2371



Type of Vaccine: Moderna (COVID-19)

POD times and locations:

Tuesdays 9 am-12 pm at the Lovell Community Center (starting January 19)

Thursdays 9 am-12 pm at Basin Fairgrounds (starting January 14)

To find your priority group go to big.ly/3niaVDW

Are you looking for a way to help your community???



**South Big Horn Senior Center is looking for people willing to donate their time one week a month to our meal delivery program.
Each day takes approximately 2 hours to deliver a hot meals to our shut in seniors.**

You don't even need to do it every month! Every other month is a great help to our other volunteers.

Please call 307-765-4488 if you need more information or to sign up.

Thank you!



**2021
Menu February**

Newsletter ♀

Senior Center