



South Big Horn Senior Citizens Center

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

South Big Horn Senior Citizens Monthly Newsletter

May 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.

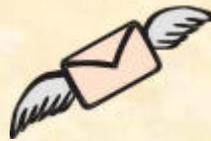
Important Dates:

May 9th– Spring Brunch 10am-12:30pm

May 11th– Birthday Lunch 11am-12:30pm

May 28th– Center Closes @ 1:30pm

May 31st– Center Closed for Memorial Day



Message from the Director...

Hi All,

Is it spring? I am not sure that Mother Nature wants to let go of winter just yet. It needs to warm up because I am ready to go camping! Don't forget the Spring Brunch on May 9th from 10:00-12:30 pm. Victoria and the girls in the kitchen are cooking up something exciting for your dining pleasure! Janell has scheduled a casino trip to Riverton on May 25th. Call the center to make a reservation for the bus.

We are so happy to see your smiling faces back in the dining room again. The numbers are picking up and we want to encourage you to come and join your friends in the center for lunch. You are still 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.



-Cynthia

South Big Horn Senior Center Board Members...

Roy Edwards– Secretary

Karen Hertzog-Chairman

Shirley Williams– Vice-Chairman

Dorothy Miller

Carol Zierlein

Lee Snyder

John Fuller



Senior Arthritis

Most people commonly think of arthritis as the condition of having painful, stiff joints. In fact, there are many kinds of arthritis, each with different symptoms and treatments. Most types of arthritis are chronic with symptoms lasting years.

Arthritis can attack joints in almost any part of the body. Some forms of arthritis cause changes you can see and feel such as pain, swelling, warmth and redness in your joints. Other types cause less troublesome symptoms, but slowly damage your joints.

Arthritis is one of the most common diseases in this country. Millions of adults and half of all people age 65 and older are troubled by this disease. Older people most often have osteoarthritis, rheumatoid arthritis, or gout.

OSTEOARTHRITIS

Osteoarthritis (OA) is the most common type of arthritis in older people. OA starts when cartilage begins to become ragged and wears away. Cartilage is the tissue that pads bones in a joint. At OA's worst, all of the cartilage in a joint wears away, leaving bones that rub against each other. You are most likely to have OA in your hands, neck, lower back, or the large weight-bearing joints of your body, such as knees and hips.

OA symptoms can range from stiffness and mild pain that comes and goes with activities like walking, bending, or stooping to severe joint pain that keeps on even when you rest or try to sleep. Sometimes OA causes your joints to feel stiff when you haven't moved them in a while, like after riding in the car. But the stiffness goes away when you move the joint. In time OA can also cause problems moving joints and sometimes disability if your back, knees, or hips are affected.

What causes OA? Growing older is what most often puts you at risk for OA. Other than that, scientists think the cause depends on which part of the body is involved. For example, OA in the hands or hips may run in families. OA in the knees can be linked with being overweight. Injuries or overuse may cause OA in joints such as knees, hips, or hands.

RHEUMATOID ARTHRITIS

Rheumatoid Arthritis (RA) is an autoimmune disease. In RA, that means your body attacks the lining of a joint just as it would if it were trying to protect you from injury or disease. For example, if you had a splinter in your finger, the finger would become inflamed-painful, red, and swollen. RA leads to inflammation your joints. This inflammation causes pain, swelling, and stiffness that lasts for hours. This can often happen in many different joints at the same time. You might not even be able to move the joint. People with RA often don't feel well. They may be tired or run a fever. People of any age can develop RA, and it is more common in women.

RA can attack almost any joint in the body, including the joints in the fingers, wrists, shoulders, elbows, hips, knees, ankles, feet, and neck. If you have RA in a joint on one side of the body, the same joint on the other side of your body will probably have RA also. RA not only destroys joints it can also attack organs such as the heart, muscles, blood vessels, nervous system, and eyes.

GOUT

Gout is one of the most painful forms of arthritis. An attack can begin when crystals of uric acid form in the connective tissue and/or joint spaces. These deposits lead to swelling, redness, heat, pain, and stiffness in the joint. Gout attacks often follow eating foods like shellfish, liver, dried beans, peas, anchovies, or gravy. Using alcohol, being overweight, and certain medications may also make gout worse. In older people, some blood pressure medicines can also increase your chance of a gout attack. Gout is most often a problem in the big toe, but it can affect other joints, including your ankle, elbow, knee, wrist, hand, or other toes. Swelling may cause the skin to pull tightly around the joint and make the area red or purple and very tender. Your doctor might suggest blood tests and x-rays. He or she might also take a sample of fluid from your joint while you are having an attack.

Osteoarthritis medicines can help you control OA pain. Rest and exercise will make it easier for you to move your joints. Keeping your weight down is a good idea. If pain from OA in your knee is very bad, your doctor might give you shots in the joint. This can help you to move your knee and get about without pain. Some people have surgery to repair or replace damaged joints.

Rheumatoid Arthritis with treatment, the pain and swelling from RA will get better, and joint damage might slow down or stop. You may find it easier to move around, and you will just feel better. In addition to pain and anti-inflammatory medicines, your doctor might suggest anti-rheumatic drugs, called DMARDs (disease-modifying anti-rheumatic drugs). These can slow damage from the disease. Medicines like prednisone, known as corticosteroids, can ease swelling while you wait for DMARDs to take effect. Another type of drug, biologic response modifiers, blocks the damage done by the immune system. They sometimes help people with mild-to-moderate RA when other treatments have not worked.

<p>BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.</p> <p>LPI is Hiring Ad Sales Executives</p> <p>Full-Time with Benefits Paid Training Expense Reimbursement Travel Required</p> <p>Contact us at: careers@4lpi.com www.4lpi.com/careers</p>	<p>support our ADVERTISERS</p>	
<p>FREE AD DESIGN</p> <p>WITH PURCHASE OF THIS SPACE</p> <p>CALL 800.950.9952</p>	<p>AVAILABLE FOR A LIMITED TIME!</p> <p>ADVERTISE HERE NOW!</p> <p>Contact Anita Aguilar to place an ad today! aaguilar@4LPi.com or (800) 950-9952 x2677</p>	



Great Information!!!

Gout If you have had an attack of gout, talk to your doctor to learn why you had the attack and how to prevent future attacks. The most common treatment for an acute attack of gout uses NSAIDs or corticosteroids like prednisone. This reduces swelling, so you may start to feel better within a few hours after treatment. The attack usually goes away fully within a few days. If you have had several attacks, your doctor can prescribe medicines to prevent future ones.

EXERCISE CAN HELP

Along with taking the right medicine and properly resting your joints, exercise is a good way to stay fit, keep muscles strong, and control arthritis symptoms. Daily exercise, such as walking or swimming, helps keep joints moving, decreases pain, and makes muscles around the joints stronger.

Range-of-motion Exercises: Dancing and yoga both relieve stiffness, keep you flexible, and help you keep moving your joints.

Strengthening Exercises: Weight training will keep or build muscle strength. Strong muscles support and protect your joints.

Aerobic and Endurance Exercises: Bicycle riding and running make your heart and arteries healthier, help prevent weight gain, and improve the overall working of your body. Aerobic exercise also may decrease swelling in some joints.

4 | South Big Horn Monthly Newsletter

 <p>Critical Access Hospital (307) 568-1500 24-Hour/7 Days a week</p> <ul style="list-style-type: none">• Emergency Department• Swing Bed• Inpatient Services <p>Dial 911 for immediate medical emergency</p> <p>Bonnie Blue Jacket Memorial Nursing Home (307) 568-1461</p> <ul style="list-style-type: none">• Long Term Care• Rehabilitation• Restorative• Respite <p>Midway Clinic Laboratory - Radiology (307) 568-3311</p> <p>Hours: Mon-Fri 7am-5pm</p> <ul style="list-style-type: none">• Primary care & preventative medicine• Routine pediatric & adolescent care• Minor surgical procedures• Complete physicals• Well Child Exams <i>(includes sports physical requirements)</i>• Walk-in clinic	 <p>THE ANDERSON HEATING AND AC, LLC</p> <p>Tom Anderson, Owner BRINGING COMFORT TO YOUR HOME</p> <ul style="list-style-type: none">• Service All Makes• Selling Quality York Heating, Cooling & Air Filtrations Systems <p>307-568-2082 BASIN, WY</p>
<p>AVAILABLE FOR A LIMITED TIME!</p> <p>ADVERTISE HERE NOW!</p> <p>Contact Anita Aguilar to place an ad today! aaguilar@4LPi.com or (800) 950-9952 x2677</p>	



More Great Information!!!

Let's Taco bout Cinco de Mayo!

To help us celebrate Cinco de Mayo, we will be having a taco bar!

On Wednesday May 5th, we will be serving tacos, with a self serve taco bar.

This option is available **In-House Only**,

So be sure to come dine in with us to take advantage of the many different toppings that are going to be offered!



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.

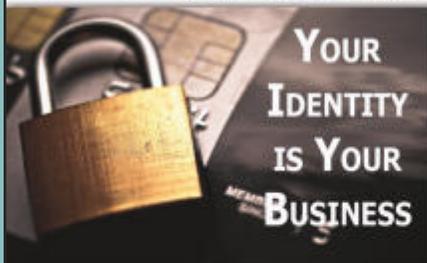
Each day takes approximately 2 hours to deliver a hot meals to our shut in seniors.

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!

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.



NEVER MISS A NEWSLETTER!

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



ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized Provider

SafeStreets

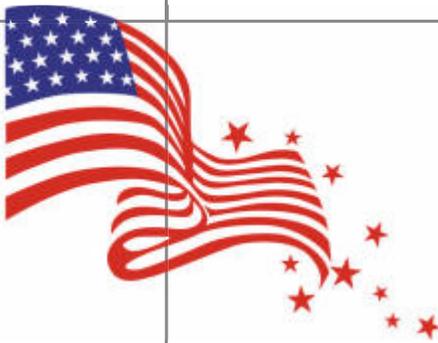
1-855-225-4251



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

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

May— Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Swedish Meatballs over Noodles</p> <p>San Francisco Blend Veggies</p> <p>Garden Salad</p> <p>Garlic Toast</p> <p>Apricot</p>	<p>4</p> <p>Hot Turkey Sandwich</p> <p>Potatoes & Gravy</p> <p>Spinach</p> <p>Cranberries</p>	<p>5</p> <p>Tacos w/ toppings</p> <p>Black Beans</p> <p>Chips & Cheese</p> <p>Pico</p> <p>Pineapple</p>	<p>6</p> <p>Dill Cod</p> <p>Baked Potato</p> <p>Chef Blend Veggies</p> <p>Dinner Roll</p> <p>Fruit Cocktail</p>	<p>7</p> <p>Chicken Strip Sliders</p> <p>Mac & Cheese</p> <p>Country Blend Veggies</p> <p>Cucumber & Onion Salad</p> <p>Banana</p>
<p>10</p> <p>Chicken, Broccoli & Rice over Hash brown</p> <p>Pacific Blend Veggies</p> <p>Dinner Roll</p> <p>Peach</p>	<p>11</p> <p>Roast Beef</p> <p>Potatoes & Gravy</p> <p>Broccoli</p> <p>Wheat Roll</p> <p>Kiwi</p> <p>Cake & Ice Cream</p>	<p>12</p> <p>Spaghetti w/ Italian Sausage Sauce</p> <p>Green Beans</p> <p>Garden Salad</p> <p>Garlic Toast</p> <p>Grapes</p>	<p>13</p> <p>Reuben Bake</p> <p>Garden Blend Veggies</p> <p>Dinner Roll</p> <p>Tropical Blend</p>	<p>14</p> <p>Mushroom Swiss Burger</p> <p>Jojo Potatoes</p> <p>Baked Beans</p> <p>Fruit Cocktail</p>
<p>17</p> <p>Ham & Turkey Wrap</p> <p>Coleslaw</p> <p>Pickled Beets</p> <p>Orange</p>	<p>18</p> <p>Beef & Noodles</p> <p>Peas</p> <p>Carrot Salad</p> <p>Biscuit</p> <p>Plum</p>	<p>19</p> <p>Potato Encrusted Cod</p> <p>Au Gratin Potatoes</p> <p>Brussel Sprouts</p> <p>Wheat Roll</p> <p>Strawberry Whip</p>	<p>20</p> <p>Garlic Butter Pork Loin</p> <p>Roasted Red Potatoes</p> <p>Broccoli</p> <p>Dinner Roll</p> <p>Applesauce</p>	<p>21</p> <p>Southern Style Chicken</p> <p>Potatoes & Gravy</p> <p>Chuckwagon Blend Veggies</p> <p>Dinner Roll</p> <p>Banana</p>
<p>24</p> <p>Pork Roast</p> <p>Potatoes & Gravy</p> <p>Sauerkraut</p> <p>Dinner Roll</p> <p>Apricots</p>	<p>25</p> <p>Onion & Bacon</p> <p>Smothered Chicken Breast</p> <p>California Blend Veggies</p> <p>Wheat Roll</p>	<p>26</p> <p>Italian Meatloaf</p> <p>Rosemary Potatoes</p> <p>Chef Blend Veggies</p> <p>Garlic Toast</p> <p>Orange</p>	<p>27</p> <p>Pepperoni & Sausage</p> <p>Pizza</p> <p>Green Beans</p> <p>Spinach Salad</p>	<p>28</p> <p>Chili Dog</p> <p>Veggie Macaroni Salad</p> <p>Onion Rings</p> <p>Peaches</p>
<p>31</p> <p>Center Is Closed</p> 			<p>Special Meal Dates:</p> <p>Spring Brunch— Sunday May 9th 10-12:30 pm</p> <p>Birthday Lunch— Tuesday May 11th 11-12:30pm</p> <p>Lunch is served M-F 11am-12:30pm</p>	<p>* Menu Subject to Change</p>

Center Meal Information

Special Meal Days...

Spring Brunch– May 9th 10am-12:30pm: Ham, Sausage, home fries, scrambled eggs, cinnamon or caramel rolls, Danish, biscuits and fresh fruit.

Birthday Lunch– May 11th 11am-12:30pm: Roast Beef, Potatoes & Gravy, Broccoli, Wheat Roll, Cake & Ice Cream



Birthday Coupon

If your birthday is in May bring this coupon in for a free meal at our birthday celebration on Tuesday, May 12th, 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 PLUS SPECIAL OFFER
BILLED QUARTERLY

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

Whole Health **for the Whole Family**

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.

307-765-1450 **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

Heritage Health Center

Eye Care for you

Kandy Waddell

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

A & C MOTORS LLC

James Averett
Owner
307-765-9693
1000 N. 6TH ST

Goldi's THREE BEARS
FLORAL & GIFT SHOP
307-765-9408
10% Senior Discount with this Ad



May-Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>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. All donations are greatly appreciated!</p>						1
2	3	4	5 Happy Cinco de Mayo! 	6 Cody Trip 9:00 am 	7	8
9 Spring Brunch 10-12:30pm 	10	11 Birthday Lunch 11am-12:30pm 	12	13 Chair Yoga Every Thursday 9:30am 	14	15
16	17	18	19	20 Board Meeting @ 10:30am 	21	22
23 30	24 31 Center Is Closed	25 Casino Trip 8:00am	26	27	28 Center Closes at 1:30pm	29

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



South Big Horn Senior Center Cody Trip Day...

Thursday May 6th @ 9:00am

Cost: \$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!

765-4488



Come with us to the Casino!

Cost: \$10

We are resuming our pre-covid
casino trips.

Starting May 25th, we will be going
once a month to the big city of
Riverton!

Save your pennies and come with us for
a day of fun!

Call 765-4488 to reserve your spot!

South Big Horn Senior Center will be closed

Monday, May 31st

In observance of Memorial Day
We would like to thank and honor
those who served and those who
gave their lives for our country.



Name _____ Date _____

Memorial Day

l a z d t u o s t c y m
a r m e d f o r c e s e
s l e c r a g e t m i m
t i h o n o r m v e r o
m n d r b e a e l t v r
o g u a r s v m t e k i
n t e t x l e b i r y a
d o m e y r s e b i z l
a n z r b t t r s e n d
y j e v o f l a g s t a
v o p a t r i o t i c y
m c i v i l w a r w o k



©2013 Sallie Borrink

Arlington
Civil War
graves
Memorial Day

Armed Forces
decorate
honor
patriotic

cemeteries
flags
Last Monday
remember

The center serves portion sizes that are regulated by the federal government. If you are eating in the dining room and would like a second helping, feel free to ask the ladies in the kitchen if an additional portion is available!



Are you a Veteran and in need of help with your benefits?

Contact Brad Cline
307-250-3890



To set up an appointment. He is currently doing appointments via the phone.

Long before the pandemic, loneliness and social disconnection were acknowledged public health problems for older people, linked to measurably poorer mental and physical health. Now, their risk for serious illness from the coronavirus has denied many seniors the stimulation and comfort of personal visits, cultural events, volunteering, even grocery shopping.

Isolation particularly threatens people with dementia, who are less able to embrace online diversions and communication.

More recently, researchers have started analyzing the use of robotic pets outside institutional settings, by seniors living in their own homes.



If you are interested in receiving one of these robotic pets, please call and let us know.

Limited number are available.



Don't forget our Spring Brunch
On May 9th
Starting at 10am :)

In lieu of a family dinner this month, we are offering a Spring brunch!
The ladies in the kitchen are making the best brunch foods, be sure you
stop by!

Brunch will be buffet style, which means there will
be **no carry-outs** and **no curbside delivery**.
Spring brunch will be **IN HOUSE ONLY!**

Suggested Donation: \$5



Senior Center
& Newsletter
Menu May 2021

South Big Horn Senior Center
417 South 2nd Street
Greybull, WY 82426

Non-Profit Organization
U.S. Postage Paid
Greybull, WY 82426
Permit #34