



South Big Horn Senior Citizens Center

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

South Big Horn Senior Citizens Monthly Newsletter

September 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:

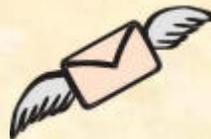
September 2nd– Board Member Election Day!

September 3rd– Center Closes Early @ 1:30pm

September 6th– Center Closed for Labor Day Observance

September 9th– Cody Trip @ 9:00 am

September 19th– Shrimp Boil Dinner in the Park 4:30-6pm



Message from the Director...

Hi All,

Happy Fall! I am so very ready for the cool weather that fall brings. It has been a hot summer! The September 19th Sunday dinner this month is our annual Shrimp Boil! Come and join us from 4:30-6:00 pm.

Elections for board members will be on September 2nd. You can come to vote anytime between 9:00 am and 1:00 pm. This election is for two openings on the board.

The center will be closed on Monday, September 6th for Labor Day.

Please come in and enjoy lunch with us. The dining room is now fully open and we have scaled back the curbside service. The mission of the senior center is to provide you with a nutritious meal, and also a visit with friends. We serve lunch from 11:00 am to 12:30 pm. If you live within our delivery area, do not have a way to the center or you are feeling a little under the weather, you can call by 10:30 am and we will bring you 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

John Fuller

Lee Snyder



Alzheimer's Disease: What You Need to Know as You Age

Reviewed By: Constantine George Lyketsos, M.D.

An estimated 5.2 million Americans are living with Alzheimer's disease (AD), the most common form of dementia in the world and the sixth leading cause of death in the United States. Today's statistics are just the tip of the iceberg, however. By 2025, the number of people afflicted will top 7 million—a 40 percent jump—as baby boomers continue to age and people live longer overall.

Although the risk of AD increases with age, it is not a usual part of aging or something that should be expected in older people, says Constantine Lyketsos, M.D., director of the Memory and Alzheimer's Treatment Center at Johns Hopkins. In fact, early onset Alzheimer's can occur in people younger than 65, although it accounts for a small number of all cases. The rest are classified as late onset.

Alzheimer's and many other dementias occur as a result of damage to neurons in the brain that affects their ability to communicate with each other. Over time, those neurons' death and malfunction affects memory, learning, mood, behavior, and eventually physical functions, such as walking, and swallowing.

Prevention

While healthy living can help prevent risk factor conditions associated with Alzheimer's disease, certain aspects on their own can also reduce the risk of AD itself. Here are some powerful places to start:

Keep moving. Numerous studies suggest that staying active may reduce the risk of AD, likely by increasing blood flow to the brain and improving the brain's use of oxygen and glucose, as well as building denser blood vessels in the brain.

Follow a Mediterranean diet. That means lean protein with little, if any, red meat, lots of fruits and vegetables, whole grains, olive oil as the primary fat and a little wine (with your doctor's OK). Studies have found this type of diet might reduce the risk of AD regardless of how physically active you are or if you have any cardiovascular problems.

Challenge your brain. Studies have found that people who remain intellectually active are less likely to develop dementia, as are those who remain socially engaged. Activities to consider include taking classes just for the stimulation, learning a new language, reading challenging books and learning to play a musical instrument.

Protect your head. Another risk factor for AD is traumatic brain injury (TBI), especially repeated concussions. You can reduce your risk of TBI by wearing a seat belt when you drive or are in any motor vehicle and wearing a helmet when you engage in several activities: riding a bike, a horse or any motorized device (such as a motorcycle or snowmobile); using in-line skates or a skateboard; playing contact sports, like football or ice hockey (including when batting or running the bases in baseball or softball); and skiing or snowboarding.

Diagnosis

Alzheimer's disease has traditionally been diagnosed by excluding any other reason for these symptoms:

Memory loss that disrupts daily life , such as forgetting important dates or events and not remembering them later, asking for the same information again and again, and relying on notes and other clues to remember things. Ironically, earlier life memories are often unaffected until later in the disease.

Challenges planning or solving problems , such as following recipes, paying bills and concentrating.

Problems completing everyday tasks , such as driving to a familiar location, managing a budget and remembering the rules of a game.

Confusing time or place , such as forgetting where you are or how you got there.

Trouble understanding visual images and spatial relationships , such as problems reading or judging distance.

Problems speaking or writing , such as not being able to participate in a conversation and calling things by the wrong name.

Misplacing items and not being able to retrace your steps.

Changes in judgment , such as giving away money to unknown people or organizations.

Withdrawing from work or social activities , often because of embarrassment or shame about changes in memory and other areas.

Changes in mood and personality , including becoming depressed, anxious, fearful and suspicious.

Health care teams are acquiring more diagnostic tools as researchers identify new biomarkers in the brain, cerebrospinal fluid and blood that can help diagnose the disease earlier.

Alzheimer's disease has traditionally been diagnosed as mild, moderate, or severe. However, with new imaging approaches and biomarkers, three new stages have been proposed:

1. Preclinical Alzheimer's

This stage is marked by subtle changes in the brain, biomarkers in the cerebrospinal fluid, or blood. At this stage, the individual has not yet developed any memory problems or other symptoms.

2. Mild cognitive impairment (MCI) or Mild behavioral impairment (MBI)

At this stage, there are some changes in memory and other cognitive functions or in mood, behavior and personality, but not enough to affect independent functioning in daily life. Screening for MCI and MBI is increasingly used to diagnose people who might be at risk of developing Alzheimer's or other dementias, with studies finding that about half of those diagnosed with MCI or MBI eventually develop dementia (although not necessarily Alzheimer's).

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3. Dementia

At this stage, people with AD exhibit severe memory loss and other cognitive and physical impairment.

Treatment

There is no cure for AD, but there is a lot that can be done to improve symptoms and quality of life for both patients and caregivers. The goal of care is to maintain a good quality of life, says Lyketsos. That involves a “package” of memory care activities using available FDA approved medications, coordinating care between clinicians, and participating in social activities; and for caregivers, joining a support group.

Drugs are approved for treating the cognitive symptoms of Alzheimer’s disease but not the underlying causes. The benefits are relatively slight, slowing the progression of AD by six to 12 months.

Cholinesterase inhibitors prevent the breakdown of acetylcholine, an important chemical for learning and memory.

The drug memantine is typically used in the later stages of Alzheimer’s and may be combined with a cholinesterase inhibitor. It works by regulating glutamate, another chemical involved in learning and memory.

Research into new treatments for Alzheimer’s disease—specifically drugs that target the disease and not just its symptoms—is very active, both at Johns Hopkins and elsewhere. The best hope lies in attacking abnormalities commonly seen in Alzheimer’s: amyloid beta-plaques, tau protein tangles and inflammation.

People with Alzheimer’s disease may also be prescribed other medications to manage symptoms, including antidepressants or antipsychotics to reduce depression, agitation, anxiety, or to improve sleep. Antipsychotics when indicated might be used to manage severe symptoms such as aggression or delusions but should be used under the guidance of a specialist.

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 <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@lpicommunities.com or (800) 950-9952 x2677</p>
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Living With AD

Living with AD means living as healthy a life as possible and maintaining regular activities for as long as possible. In addition, create support systems and take these proactive measures:

Pull together a care team. It's best to have a team of clinicians—including physicians; mental health professionals; occupational, speech and physical therapists; nutritionists and others—to help manage the disease. Also connect with nonmedical professionals, such as a financial adviser and attorney, to prepare various legal and medical documents, as well as to plan to manage the cost of care and your family's future.

Treat neuropsychiatric symptoms such as depression or agitation. Talk to your health care providers about ways to manage these symptoms—with or without medication.

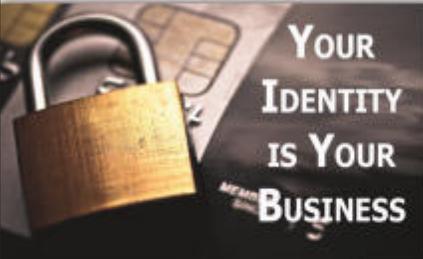
Put exercise on your schedule. Numerous studies have found that regular physical activity not only protects against AD but slows its progression—possibly by producing a stress hormone that protects the brain from memory changes.

Get a good night's sleep. Poor sleep may speed the progression of Alzheimer's disease. Thus, Lyketsos says, it is important to practice good sleep hygiene. That means using the bedroom only for sleep, making the room as dark and quiet as possible, having a presleep routine you practice every evening to prepare you for sleep, and going to bed and getting up at the same time every day.

Give yourself time to cope. Learning that you have a degenerative disease like AD may be difficult for you and your family. A support group can help.

Information provided by: <https://www.hopkinsmedicine.org/>

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<p>Worried about potential Data Breaches? WE have a solution.</p>  <p>YOUR IDENTITY IS YOUR BUSINESS</p> <p>ID TheftSmart Protection. Detection. Restoration.</p> <p>Be proactive and protect your personal information. Become an ID TheftSmart member BEFORE something happens. Visit us online for more information.</p>  <p>BANK OF GREYBULL A Branch of the Best of Big Horn YOUR Life - YOUR Money - YOUR Community YOUR Bank Member FDIC bankofgreybull.com 307-765-4437</p>	<p>NEVER MISS A NEWSLETTER!</p> <p>Sign up to have our newsletter emailed to you at www.mycommunityonline.com</p> 	
	<p>ADT-Monitored Home Security</p> <p>Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none">• Burglary• Flood Detection• Fire Safety• Carbon Monoxide  <p>ADT Authorized Provider SafeStreets 1-855-225-4251</p>	



September— Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Special Meal Dates:</p> <p>Shrimp Boil— September 19th, 4:30-6pm (in the park pending the pending)</p>		<p>1</p> <p>Breaded Pork Cutlet Potatoes & Gravy Capri Blend Veggies Biscuit Apricots</p>	<p>2</p> <p>Stuffed Green Peppers Pacific Blend Veggies Dinner Roll Berry Whip</p>	<p>3</p> <p>French Dip Sweet Potato Fries Broccoli Salad Watermelon</p>
<p>6</p> <p>Center is Closed</p> 	<p>7</p> <p>Dill Cod Baby Baker Potatoes Brussel Sprouts Wheat Roll Plum</p>	<p>8</p> <p>Hamburger Gravy over Mashed Potatoes Green Beans Garlic Toast Fruit Cocktail</p>	<p>9</p> <p>Creamed Turkey Peas & Carrots Biscuit Peaches</p>	<p>10</p> <p>A1 Burger Onion Rings Garden Salad Banana</p>
<p>13</p> <p>Fried Chicken Roasted Potatoes Buttered Carrots Dinner Roll Apple</p>	<p>14</p> <p>Roast Beef Potatoes & Gravy Chef Blend Veggies Wheat Roll Grapes Cake & Ice Cream</p>	<p>15</p> <p>Parmesan Chicken over Noodles Winter Blend Veggies Garlic Toast Apricot</p>	<p>16</p> <p>Beef Nachos Pico de Gallo Black Beans Spanish Rice Applesauce</p>	<p>17</p> <p>Italian Sandwich Sour Cream Jojo's Stewed Tomatoes & Zucchini Orange</p>
<p>20</p> <p>Oven Baked Chicken Rosemary Potatoes Beets Wheat Roll Apple</p>	<p>21</p> <p>Salisbury Steak Mashed Potatoes Broccoli Dinner Roll Kiwi</p>	<p>22</p> <p>Honey Garlic Pork Roasted Potatoes Peas Dinner Roll Mandarin Oranges</p>	<p>23</p> <p>Ham Cheesy Potatoes Spinach Biscuit Fruit Parfait</p>	<p>24</p> <p>Potato Encrusted Cod Au Gratin Potatoes Capri Blend Veggies Dinner Roll Banana</p>
<p>27</p> <p>Garlic Parmesan Chicken Leg Baked Potato California Blend Veggies Roll Fruit Cocktail</p>	<p>28</p> <p>Pork Roast Potatoes & Gravy Sauerkraut Wheat Roll Apricots</p>	<p>29</p> <p>Lasagna Green Beans Garden Salad Garlic Toast Pear</p>	<p>30</p> <p>Beef Stroganoff over Noodles Broccoli Garden Salad Garlic Toast Orange</p>	<p>*Menu Subject to Change</p> <p>Lunch is served M-F 11:00m-12:30pm</p>

Center Meal Information

Special Meals...

Birthday Lunch: September 14th 11am-12:30pm
 – Roast Beef, Potatoes & Gravy, Chef Blend Veggies, Wheat Roll, Grapes, Cake & Ice Cream

Shrimp Boil Dinner: Sunday, September 19th 4:30-6pm– Shrimp, Smoked Sausage, Onion, Potatoes, & Corn on the Cob, Dinner Roll, Melon Blend & Dessert



Birthday Coupon

If your birthday is in September bring this coupon in for a free meal at our birthday celebration on Tuesday, September 14th, 2021 from 11am-12:30pm.

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

Name: _____



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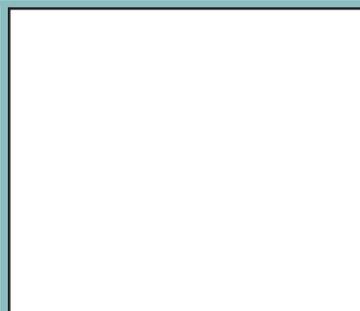
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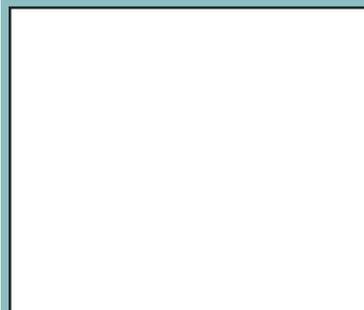
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Heritage Health Center

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



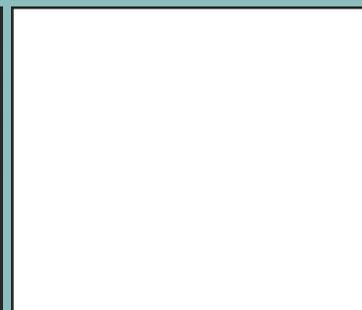
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September-Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Dollar of the Month</p> <p>What is it and why should I donate?</p> <p>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!</p>		1	2	3	4
				<p>Chair Yoga</p> <p>Every Thursday @ 9:30am</p> 	<p>Center Closes Early 1:30pm</p>	
5	6	7	8	9	10	11
	<p>Center is Closed</p> 		<p>VA Service Officer 11am-1pm</p>  <p>Stitching Group @ 1:30pm</p>	<p>Cody Trip</p> <p>\$10 per person</p> <p>Senior Shuttle </p>		
12	13	14	15	16	17	18
		<p>Birthday Lunch 11am-12:30pm</p> 		<p>Board Meeting 10:30am</p> 		
19	20	21	22	23	24	25
<p>Shrimp Boil 4:30-6pm</p> 			<p>VA Service Officer 11am-1pm</p> <p>Stitching Group @ 1:30pm</p>			
26	27	28	29	30		

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, September 9th

Please contact us at 307-765-4488 to be added to the list or if you have any questions.



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

Contact Brad Cline
307-250-3890



To set up an appointment or you can walk in on Wednesday, September 8th & 22nd 11am-1pm

Shrimp Boil Dinner!



Sunday, September 19th

4:30-6pm

Join us for a traditional shrimp boil dinner of shrimp, smoked sausage, red potatoes, corn & onions in a light old bay seasoning.

We will be having this event in the park. If the weather turns bad we will have to postpone it to a later date.

September Is Healthy Aging Month



Find the names of 20 ingredients of senior health and well-being in this puzzle!

BALANCE CLASS

CARE SUPPORT

CHECKUPS

DENTIST

EDUCATION

EYE CARE

HEALTH CARE

HOME SAFETY

HYDRATION

IMMUNIZATIONS



MEDICATIONS

MENTAL EXERCISE

NUTRITION

PHYSICAL ACTIVITY

PLANNING

POSITIVE ATTITUDE

QUIT SMOKING

SOCIALIZATION

WALKING

WEIGHTS



Need help with Medicare???

Call anytime between 8:30am-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!



Our puzzlers have been busy again this last month, completing this beautiful piece and beginning another one! They're getting them done so quickly, I don't have room to display them all!



Election Day!!

We will be electing two (2) directors to terms of three (3) years each, which begins on September 2nd, 2021.

Please feel welcome to come and vote in person between 9am and 1pm.



Shrimp Boil Dinner!

Sunday, September 19th

4:30-6pm

Join us for a traditional shrimp boil dinner of shrimp, smoked sausage, red potatoes, corn & onions in a light old bay seasoning.

We will be having this event in the park. If the weather turns bad we will have to postpone it to a later date.



Senior Center
Newsletter &
Menu September
2021
Happy Labor Day

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

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