

NEWSLETTER

Enhancing & Supporting the Lives of Seniors

JACKSON LAKE



IN THIS ISSUE

SHRED N' SHOT

PG 1

TRIP TO SOUTH DAKOTA

PG 2

MESSAGE FROM THE DIRECTOR

PG 7

VOLUNTEERING IN THE COMMUNITY

PG 8

Breakfast with Dr. Martha Stearn

WEDNESDAY, SEPTEMBER 18TH

9 - 10 AM

Join us for a complimentary breakfast with Martha Stearn, MD, as she discusses how to recognize signs of cognitive change and ways that lifestyle modifications can prevent and slow down cognitive decline. Enjoy a free breakfast and learn about your brain! To RSVP, please call the Senior Center at (307) 733-7300.

Oktoberfest Social Hour

TUESDAY, SEPTEMBER 24TH

3:30 PM

Oktoberfest is a world-renowned annual celebration of Bavarian culture held in Munich, Germany, featuring traditional food, lively music, and rivers of beer. Join the Senior Center for a taste of this iconic festival, where you'll enjoy authentic German snacks, refreshing libations, toe-tapping folk music, and warm camaraderie with friends old and new. Don't miss this chance to experience the spirit of Munich right here in our community – lederhosen optional, but good cheer required!

Quilters Guild

TUESDAY, SEPTEMBER 3RD
6PM

Don't miss the last Quilters Guild meeting of the summer! Bring a project and make some connections in the quilting community. This is not a class, but a chance to work on projects together and get guidance or help from peers.

Local Film Premiere

THURSDAY, SEPTEMBER 5TH
NATIONAL MUSEUM OF
WILDLIFE ART
DOORS AT 5, FILM AT 5:30

Enjoy the local premiere of "Something Changed in the Room". A short film about how music is transforming the lives of residents at Sage Living in Jackson Hole. This film has won an award the Toronto Short Documentary Film Festival. Don't miss this special local film screening at the Museum!

Old Bill's Fun Run

SATURDAY, SEPTEMBER 7TH
9 AM

Join us to walk at our Communities most important Fundraiser. Come and find our booth and join us for the 5K walk. Donations we receive from you through Old Bill's are essential! Please support us in our 45th year of Service to Seniors! We hope to see you there!

Musical Performance

TUESDAY, SEPTEMBER 10TH
10:30-11:30 AM

Join us for a very special performance by the band Side Tracked. This group of nine will perform hits from the 50's, 60's and 70's. Come and enjoy some of the best music of the past. The bigger the audience, the better the show!



Afternoon Movie

TUESDAY, SEPTEMBER 10TH
3PM

Join us for our movie this month: "All the President's Men." Two young reporters chase a lead that spirals into the political scandal of the century. As they dig deeper, they realize the corruption goes deep. Bring a snack or drink to share.

Alcoholism & Addiction: Characteristics & Indications

WEDNESDAY, SEPTEMBER 11TH
10 AM

Join us for an informative presentation and discussion on alcoholism and addiction led by Ed Wigg, LAT (retired). Addiction affects all of us whether it is a family member, friend or neighbor. Learn how you can help your loved ones and our community.

Ask a Lawyer

TUESDAY, SEPTEMBER 17TH
1 PM

This month, lawyer Nancy Norton will be here to discuss "Financial Exploitation and Family Dynamics." It can be difficult to navigate talking about finances with family, but it can also be essential. Come ask questions and learn about this important topic.

Medicare Assistance

WEDNESDAY, SEPTEMBER 18TH
11:30 AM

A Medicare professional from the Wyoming State Health Insurance Information Program (SHIP) and the Senior Medicare Program (SMP) will be on-site to answer all your Medicare questions. SMPs and SHIPs are federally funded programs found in every state. Reservations are not required.

Bible Study

THURSDAYS, 1-2 PM
IN THE BOARD ROOM

Call or email Deb Hill for more information or to join the group.
757-619-4608 hilld48@yahoo.com

Caregiver Support Group

THURSDAY, SEPTEMBER, 19TH
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 group. All caregivers are welcome.

Podiatrist Visit

MONDAY, SEPTEMBER 23RD
1-4 PM

Dr. Smith is back to assist with basic podiatry issues and questions. Please call the Senior Center to schedule an appointment.

Chapter22 Book Club

THURSDAY, SEPTEMBER 26TH
6 PM ON ZOOM

This month we will discuss "Crossing to Safety." Our next book will be "Not Your China Doll." From laundry shop to Hollywood stardom, Anna May Wong defied expectations and shattered stereotypes in an era of blatant discrimination. This riveting biography unveils the untold story of America's first Chinese American film star, chronicling her fierce battle against racial barriers and her triumphant rise as an international icon. Discover the woman behind the silver screen legend - a trailblazer whose legacy continues to inspire generations. Contact Susan Imhoff to join the club.

Shred N' Shot

FRIDAY, SEPTEMBER 27TH
9 AM-1 PM FLU/COVID SHOTS
8 AM-12 PM PAPER SHREDDING

This year, get your shredding done and shots updated at the same time! WY AARP will be bringing a document shredding truck and Teton Co. Health Department will be offering the updated 2024-2025 COVID-19 vaccines and Flu Vaccines. High dose Flu vaccines will be available to those 65 and older. Your Medicare cards are required! There is a two box maximum per person shred at this event.

Trip to Mount Rushmore and Black Hills, South Dakota



Unfortunately, we had to cancel the trip to New Mexico that we had planned for this October. However, we will offer a trip to Mount Rushmore, the Black Hills, Deadwood, and Devil's Tower. This seven-day, six-night trip will depart from the Senior Center of Jackson Hole on Sunday, May 18th, and return on May 24th. Transportation will be provided in a fully equipped motorcoach, including individual video stations, reclining seats, and restrooms. The trip includes ten meals: six breakfasts and four dinners.


Entrance into all exhibits and gratuity for the bus driver and trip leader are also included in the tour price. The cost for a double occupancy room at each location is \$999 per person. Single and triple occupancy is also available. So grab a friend or partner today and call Reanna to sign up!



Dementia On The Road

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SAVE THE DATE

- No charge to attend. RSVP requested!
- Resource Networking. Lunch provided!
- Regional expert and panel presentations on dementia.
- Share and connect! ALL are welcome.

Vendor opportunities available to showcase your resources!



RSVP at this [link](#) or scan the QR Code!



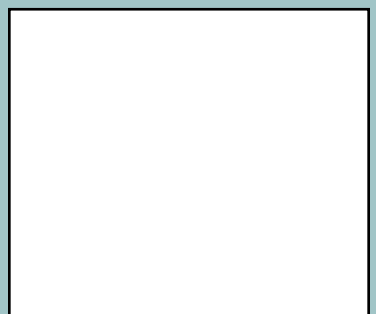
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Home Care Corner

We have hired new staff and are all set to take on new clients! We offer various home making services, such as: meal prep, grocery shopping, vacuuming, helping with errands, sweeping, laundry, making beds/changing linens, washing dishes, and emptying or taking out the trash. We also have availability for personal services as well. These services include: bathing assistance, dressing assistance, transferring, feeding assistance, and medication cuing.

Allowing us to help you can keep you independent in your home longer.

Please call Kali Dean, Home Care Manager, for more information at 733-7300 or email at kdean@seniorcenterjh.org.

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Age-Friendly Jackson Hole



WATCH THIS SPACE! We at AFJH will discuss housing options for Seniors, giving brief descriptions of the choices and highlighting their distinctions.



Let's start with Independent Living. Independent Living means you live in your own place or space (not a in facility or institution), such as an apartment or single family home by yourself, with a partner, housemate, or family. You are self-sufficient, taking care of yourself, able to do what needs to be done with no or minimal outside help. You can do most/all of the Activities of Daily Living (described next month!), personal care and home care. Perhaps you receive meals-on-wheels to get a good and nutritious meal regularly or some in-home services like shower assistance or light housekeeping (thank you, Senior Center!). Essentially, you are taking care of yourself and your stuff. It is how most people want to "age in place." To be continued next month....

We would enjoy hearing from you. We can be reached at agefriendlyjh@gmail.com. Or see our website at seniorcenterjh.org/at-the-center/age-friendly-jackson-hole/

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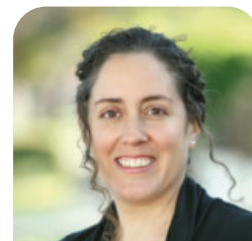
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Heather Huhn
Broker & Agent

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Dine In Lunch
Seniors \$3 through September
Non Seniors \$14
Suggested Contribution

Lunch Counter



September Menu

Dine In Breakfast
Seniors \$5
Non Seniors \$5
Suggested Contribution



Monday, 9/2
CLOSED FOR LABOR DAY

Tuesday, 9/3
 Cheeseburger
 Baked Beans
 Oatmeal Raisin Cookie

Wednesday, 9/4
 Grilled Cheese
 Chef's Salad
 Chocolate Cake

Thursday, 9/5
 Chicken Pot Pie
 Garden Salad
 Fruit Pizza

Friday Feast, 9/6
 Seafood or Chicken
 Enchiladas
 Refried Beans
 Churro

Breakfast Entrees:
 Mon- Closed
 Tue- Build-Your-Omelet
 Wed-French Toast & Bacon
 Thu- Eggs Benedict
 Fri- Blueberry Pancakes

Monday, 9/9
 Soup and Potato Bar
 Cherry Pie

Tuesday, 9/10
 Rainbow Trout
 Lemon Risotto
 Orange Sherbert

Wednesday, 9/11
 Grilled Turkey, Havariti
 Cheese & Cranberry Sandwich
 Pumpkin Mousse

Thursday, 9/12
 Chicken Caprese over Pasta
 Baked Apples

Friday, 9/13
 Spaghetti Bake
 Mixed Veggies
 Lemon Icebox Cake

Breakfast Entrees:
 Mon- Egg Bake
 Tue- Build-Your-Omelet
 Wed- Veggie Quiche
 Thu- Eggs Benedict
 Fri- Breakfast Burritos

Monday, 9/16
 Soup and Salad Bar
 Seven Layer Bars

Tuesday, 9/17
Birthday Lunch
 Grilled Steak
 Baked Potatoes
 German Chocolate Cake

Wednesday, 9/18
 Beef Taco Salad
 Chicken Tortilla Soup
 Flan

Thursday, 9/19
 Parmesan Chicken Sandwich
 Spinach Salad with Mandarin Oranges
 Peach Cobbler

Friday, 9/20
Friday Feast
 Open-Faced Roast Beef Sandwich
 Mashed Potatoes & Gravy
 Chocolate Peanut Butter Cookie

Breakfast Entrees:
 Mon- Egg Bake
 Tue- Build-Your-Omelet
 Wed- Ham Scramble
 Thu- Eggs Benedict
 Fri- French Toast & Bacon

Monday, 9/23
 Salad Bar & Sandwich
 Fruity Jell-O

Tuesday, 9/24
 Lamb Gyros
 Greek Salad
 with Lemon Vinaigrette
 Frosted Ginger Cookie

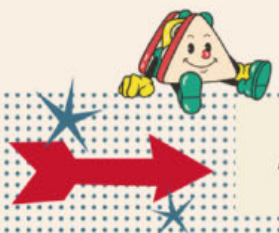
Wednesday, 9/25
 Shrimp or Chicken Veggie Pasta
 Spinach Salad
 Mini Banana Split

Thursday, 9/26
 Beef & Broccoli
 Spring Roll
 Fortune Cookie

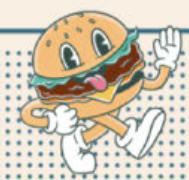
Friday, 9/27
 Lemon Chicken
 Sautéed Spinach
 Citrus Trifle

Breakfast Entrees:
 Mon- Egg Bake
 Tue- Build-Your-Omelette
 Wed- Pancakes
 Thu- Eggs Benedict
 Fri- Breakfast Burritos
 **Mon- Egg Bake

Monday, 9/30
 Soup & Salad Bar
 Apple Crisp a la Mode



BREAKFAST IS SERVED FROM 8:30-10 AM AND LUNCH IS SERVED 12-1:00 PM IN THE DINING ROOM. MENUS ARE SUBJECT TO CHANGE.



MON	TUE	WED	THU	FRI
2 CLOSED FOR LABOR DAY	3 9:00 Pilates 10:00 Pinochle 11:45 Senior Step 1:00 Reiki 1:00 Beginner Canasta 1:30 Strength with Jo 6:00 Quilter's Guild	4 9:00 Yoga for Strength 10:00 Tech Tutor 10:30 Tai Chi 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Fun Bridge 1:00 Swissball Yoga 2:00 On the Move	5 9:00 Functional Fitness 10:30 Yoga Basics 10:45 Chair Yoga 11:00 Beginner Bootcamp with Alice (Wilson) 11:30 Hole Food Rescue 1:00 Duplicate Bridge 1:00 Bible Study 5:30 Film Premiere (Doors at 5)	6 10:00 Classic Fitness with Alice 11:30 Hole Food Rescue 1:00 American Mahjong Beginners Welcome! 2:00 Strength & Conditioning Saturday, Sept 7th Starting at 9 am Old Bill's Fun Run
9 9:00 Line Dancing 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	10 9:00 Pilates 10:00 Pinochle 10:30 Musical Performance 10:30 Yoga 11:45 Senior Step 1:00 Beginner Canasta 1:00 Reiki 1:00 Beginner Canasta 1:30 Strength with Jo 3:00 Afternoon Movie	11 9:00 Yoga for Strength 10:00 Tech Tutor 10:00 Alcohol & Addiction Presentation 10:30 Tai Chi 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Fun Bridge 1:00 Swissball Yoga 2:00 On the Move	12 9:00 Functional Fitness 10:30 Yoga Basics 10:45 Chair Yoga 11:00 Beginner Bootcamp with Alice (Wilson) 11:30 Hole Food Rescue 1:00 Duplicate Bridge 1:00 Bible Study	13 10:00 Classic Fitness with Alice 11:30 Hole Food Rescue 1:00 American Mahjong Beginners Welcome! 2:00 Strength & Conditioning
16 9:00 Line Dancing 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	17 9:00 Pilates 10:00 Pinochle 10:30 Yoga 11:45 Senior Step 1:00 Reiki 1:00 Beginner Canasta 1:00 Ask A Lawyer 1:30 Strength with Jo 2:30 Bingo	18 9:00 Breakfast with a Doc 9:00 Yoga for Strength 10:00 Tech Tutor 10:30 Tai Chi 11:30 Medicare Assistance 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Fun Bridge 1:00 Swissball Yoga 2:00 On the Move	19 9:00 Functional Fitness 10:30 Caregiver Support 10:30 Yoga Basics 10:45 Chair Yoga 11:00 Beginner Bootcamp with Alice (Wilson) 11:30 Hole Food Rescue 11:30 Medicare Assistance 1:00 Duplicate Bridge 1:00 Bible Study	20 10:00 Classic Fitness with Alice 11:30 Hole Food Rescue 1:00 American Mahjong Beginners Welcome! 200 Strength & Conditioning
23 9:00 Line Dancing 11:00 Fitness with Alice (Wilson) 11:00 Movement & Strength 11:30 Blood Pressure Checks 1:00 Podiatrist Visit 1:00 Duplicate Bridge 1:00 On the Move 2:00 Circuit Training 3:00 CORE Yoga	24 9:00 Pilates 10:00 Pinochle 10:30 Yoga 11:45 Senior Step 1:00 Beginner Canasta 1:00 Reiki 1:30 Strength with Jo 3:30 Oktoberfest Social Hour	25 9:00 Yoga for Strength 10:00 Tech Tutor 10:30 Tai Chi 11:45 Classic Fitness with Alice 12:00 Canasta 1:00 Fun Bridge 1:00 Swissball Yoga 2:00 On the Move	26 9:00 Functional Fitness 10:30 Yoga Basics 10:45 Chair Yoga 11:00 Beginner Bootcamp with Alice (Wilson) 11:30 Hole Food Rescue 1:00 Duplicate Bridge 1:00 Bible Study 6:00 Chapter22 Book Club	27 9:00 Shred N' Shot 10:00 Classic Fitness with Alice 11:30 Hole Food Rescue 1:00 American Mahjong Beginners Welcome! 2:00 Strength & Conditioning
30 9:00 Line Dancing 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				

More from Age-Friendly Jackson Hole

IMPORTANT! Have a voice and influence your community! Learn what your representatives in Town and County government are considering and doing. Get important and interesting information and give input if you choose. Attend in person or watch virtually....

Jackson Town Council meetings and workshops are regularly scheduled on the first and third Mondays of each month. There are occasional changes to that schedule, more meetings are added to address special or continued topics, etc. Routinely, meetings of the Council begin at 6 p.m. and workshops begin at 1:30 p.m. Check the Town's website for exact timing, agendas and Zoom links, and past meeting minutes. See jacksonwy.gov or call 307/733-3932.

Teton County Commissioners meetings are regularly scheduled on Mondays and Tuesdays of each month. There are frequent changes/additions to the schedule, but routinely, these meetings of the Commission begin at 9 a.m. Check the County's website for exact timing, agendas and Zoom links, and past meeting minutes. See tetoncountywy.gov or call 307/732-8200.

Provided by Age Friendly Jackson Hole, agefriendlyjh@gmail.com

Fitness Class Descriptions: Tai Chi

We will begin featuring the descriptions of some of your favorite fitness classes in the newsletter. Read on to learn more about Tai Chi with Greg.

Tai Chi class is a low impact exercise that can help seniors improve balance, posture, coordination, and stability. Slow gentle movements encourage a calm mind and relaxed body.

Keeping Healthy: Taking Advantage of the Season

This summer take the opportunity to get out and stroll through a local farmers market. Check out the locally grown fruits, vegetables, honey, and herbs. Take some time to explore and take advantage of sampling new foods. Plan on getting to know the local farmers and vendors in the area.

Plan ahead before you get to the market. Make a meal plan to use the fresh produce over several days. Make a list of the items you will need and foods you regularly eat.

Add variety to meals already in your meal plan. Try new ingredients or homemade foods by taking advantage of samples that may be offered. Gather new recipes to try at home.

Get to know the local vendors and what they have to offer. Ask questions about their products and gather tips for preparing unfamiliar foods.

Have fun creating meals. Use fresh produce to create salads with dressings or toppings from a local vendor. Put together a grain bowl with vegetables and a lean protein. Cut up some fresh fruit sweetened with local honey for dessert.



Volunteer Opportunities Around the Community

Check out the Senior Center website to see lots of volunteer opportunities around the community, from tutoring for the Teton Literacy Center to a Docent at the Wild Life Museum of Art. Don't miss this chance to get involved by using your phone's camera to scan the QR code and check out the opportunities, or visit our website, click the drop down "At the Center" and check out the page called "Volunteering Around the Community."



August was National Immunization Month!

You probably already know that as you get older, you can become more susceptible to illnesses, and those illnesses can become much more serious than when it is in a younger person. Since last month was national immunization month, now is a good time to make sure you are caught up on all your shots. Check your records or call your doctor and make sure you don't need an update.

Make sure to get a flu-shot this season. If you are 65 or older, it is recommended that you get a boosted flu shot. As an older adult, you should also continue to get updated COVID-19 boosters. Ask your doctor if you have had the RSV vaccine, or if they think you might need it.

Scan the QR codes with the camera on your phone to read articles about Vaccinations and Older Adults. Don't miss the Shred & Shot on Sept. 27th.

Sourced from the NIH



A Message from Rebecca, Executive Director

September is Senior Center Celebration month and we are going to celebrate our participants by rolling back our prices for lunch to \$3.00 throughout the month. Centers like ours are so important for our community! We provide a place to socialize, learn, relax, exercise, eat, get a ride, have some help around the house and enjoy being an older adult in Teton County. I encourage you to bring a friend and introduce them to all we have to offer. Be on the lookout for pop-up events we will be offering in September to celebrate the Senior Center of Jackson Hole.

Rebecca Erskine
Executive Director

**P.S. Please support us during Old Bill's Giving Season. EVERY donation of any size makes a difference and keeps our programming affordable and plentiful!

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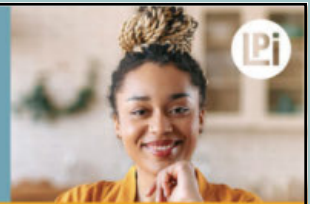


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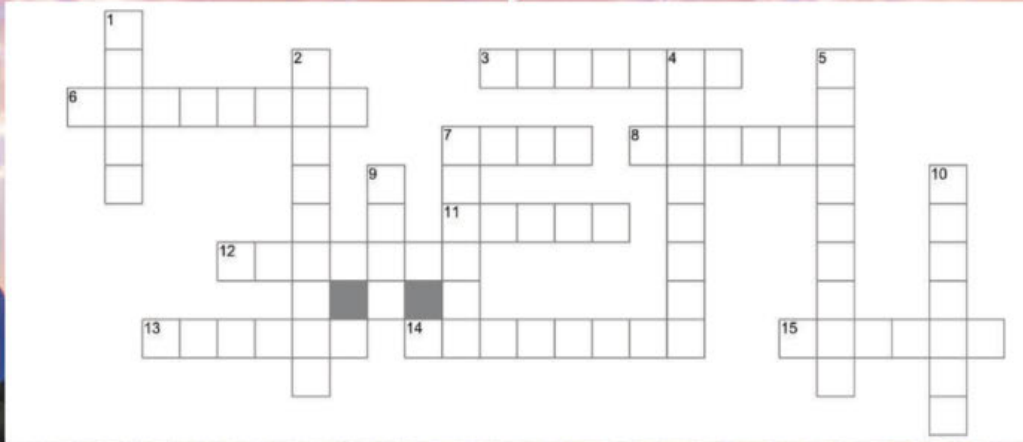


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Monthly Puzzle



ACROSS

- 3. The process or period of gathering in crops
- 6. Last month of Fall
- 7. Vegetable that grows in stalks
- 8. Another name for Fall
- 11. A variety of this fruit is marketed as "Autumn Glory"
- 12. You can use it to make a pie or for carving
- 13. What falls from a tree in Fall
- 14. An organized day or period of celebration.
- 15. Fall leaves color

DOWN

- 1. Fruit of the oak tree
- 2. First month of Fall
- 4. Likes to store and eat nuts
- 5. They fall to the ground in this season
- 7. Make or become different
- 9. You can gather fallen leaves with this
- 10. Spring, Summer, Fall, Winter are the four



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Special Thanks to everyone who supported the pie sale at the Teton County Fair!



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