

PIONEER NEWS

September 2024



P.O. Box 33
429 E First ST
Big Piney, WY 83113
(307) 276-3249
Fax (307) 276-3044

Hours:

8:00am -4:00pm
Monday -Friday

Meals Served:

Tuesday, Wednesday
and Thursday doors
open at 8:00 am
Lunch served at
11:30 am

Curbside drive
through from 11:15-
11:30 call to reserve
meal by 9 am

\$6.00 Seniors
\$9.00 Senior Guest
\$13.00 Community

Board Members

Bill Lehr

Janet Beiermann
Dianne Davison
Jean Golden
Ann Barney
Betty Simpson
Karen Taylor

Hello Friends,

Dueling Pianos September 6th—COME ENJOY the music, the food and much more! Call 307-276-3249 for more info and tickets! Bring a friend!

Jonah Energy sponsored Senior Lunch— September 12! Come join us!

Rock & Quilt show is coming October 3-5. We welcome all quilts, quilters and you can even bring a quilt for display that was given to you! Vendors, food truck, and beautiful rocks and quilts will be on display!

Race to Rai\$e and foundation23 will be held on the 21st! Matching funds! Thank you in advance for your contribution to the Center!

Bring your school photo day is going to be FUN!! September 12! We are scheduled September 17 to visit Sanctuary Horses!

Medicare questions and concerns, call Sandy with Wy Senior Medicare Patrol. She is here to help us! 307-856-6880

It is such a pleasure to see you all, serve you all, and provide a safe place for you all to congregate. We have a staff that is second to none!!! BIG Hearts and dedicated!

Come Share Your Smile— Carie

9/4 Board Meeting 12:45 p.m.
9/9 Rock Springs Shopping
9/26 Movie @ Flicks & Pins after lunch

ONGOING

MONDAY Morning Social 8 a.m.—Coffee & Pastry \$3.00

TUESDAY— 9am-4pm Public Health Nurse

FRIDAY— Continental Breakfast 8-9 am



Sandy Goodman, SMP Program Manager

[Wyoming Senior Citizens, Inc.](#)

[Wyoming Senior Medicare Patrol \(SMP\)](#)

[Facebook, Twitter](#)

106 West Adams PO Box BD
Riverton WY 82501
(307) 856-6880

WSIL

Call Jessica for an appointment

307)-362-4159 ext. 4

If you are not receiving the newsletter or if your address has changed; please let Heather know.

If you are a snowbird please let her know when you leave & when you come back so she can send the newsletter accordingly.

**Coffee &
Pastry
Mondays @
8:00 AM**

**Veteran's Service
At 307-367-4877
For assistance**

**Blood Pressures
Second Tuesday of
every month**

**National Do Not Call
Registry**

1-888-382-1222

If you are getting unwanted calls from solicitors this is the phone number to call to add your phone number to the do not call list. It is fast

Special help & donations

THANK YOU!

Bank of Jackson Hole-Thanks for Lunch!

Sommers Ranch Grass Fed Beef

Jonah Energy -Thank you for Lunch!

Connie Grenier

Rachel Staley Family

Staff

Carie James / Director

Heather Griffin/Bookkeeper

Darcy Simpson/ Social

Director & Driver

Ellen Mullikin/ Dishwasher

Chiaretta Johnson/Lead Cook

Nancy Hooten/ Asst. Cook

Brenda Hatcher /Volunteer

Ray & Gloria Willoughby/

Volunteers

Ron & Dianne Davison /

Volunteers

Kay Robertson /Volunteer

Debbie Despain /Volunteer

Allison Thrash/Volunteer

Sandy Johnson/Volunteer

Sherry Redden /Volunteer

*Friday

Breakfast Buffet available from 8-9 a.m. or until the food is gone!

Memory of Z (Zoe Kalber)

Written By: TEE K (Tammy Kalber)

Here it September of golden delight

Leaves of brown, orange, red and gold.

I remember when I was small raking the

leaves with my mom into a big pile and

jumping into them and watching them fly

high into the sky and shouting, "do it

again Mommy". But as Linus from

Charlie Brown said, "never jump into a

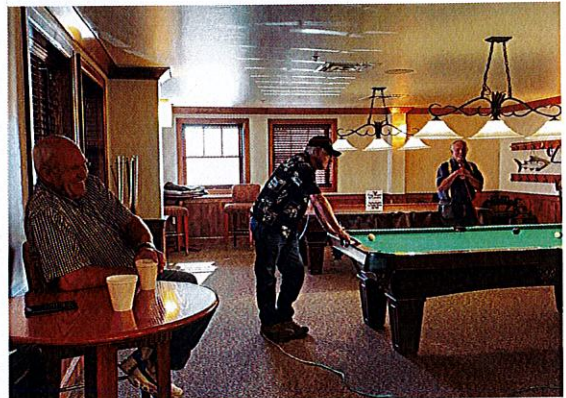
pile of leaves holding a sucker.

"Life does not have to be perfect to be

wonderful."

Joke: What did the blind man say to the deaf boy?

Answer next month



Gift Meal Tickets Available Anytime

We accept Credit/Debit Cards at the Front desk!

www.pioneerseniorcenter.com

**COMPLIMENTS OF
SWSC PIONEERS**

If your Birthday Falls in the current month

Fill in your name and use this coupon like cash in the money can.

Name: _____

SEPTEMBER BIRTHDAYS

- 01 Suzanne Kinikin, Bill Lehr
- 02 Lora Grinestaff, Karen Wenz
- 03 Doug Nesson
- 05 Ralph Anderson
- 06 Maxine Goddard, Dianna McMannis
Donny Wilson
- 10 Jane Wardell
- 11 Helena Linn, Cleone Dixon, Janet
Beiermann
- 12 Barbara Hartwick
- 14 Robert Harper, Kay Robertson,
Nancy Hooten
- 15 Richard Wenz, Wilma Kothe
- 17 Bob Hanson, Larry Hust
- 18 Victor Gillaim
- 21 James Arnold
- 22 Frank Morrison
- 23 Linda Leonrd
- 24 Gwynn Kaiser
- 26 James Ferrell
- 27 Catherine Arnold
- 28 Toni Hale



Librarians will be dining with us!

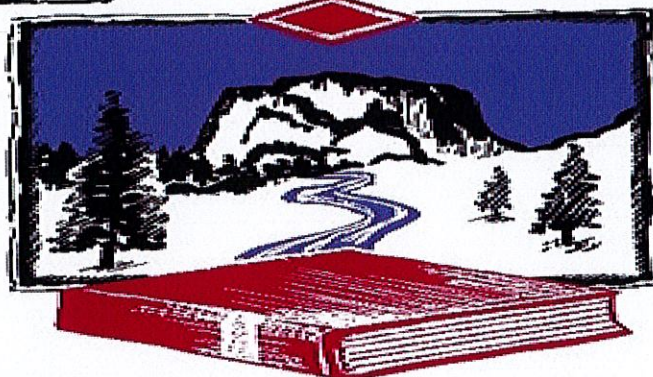
*Get help with electronic devices

*Check out and return items

11 & 25

11 a.m.

Sublette County
Libraries



Big Piney

EVERYONE WELCOME
Food Bank Distribution

LAST Wednesday of
EVERY month
111 Rakestraw
Marbleton WY

September 4th

Roundtable discussion with Rauli Perry, NP
12:30

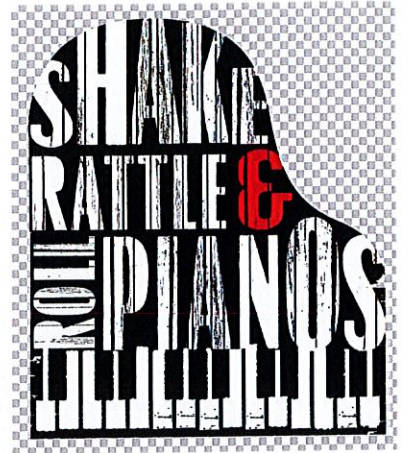
SAVE THE DATE

September 6th

Colorado Dueling Piano Bar

Celebrating Grandparents Day!

**Music, Dancing, Song Requests, Food,
Fun & Friends!**



September 10th — CY Soaps salve making class! 12:45

Jonah Energy
Sponsored
Lunch



JONAH
ENERGY LLC

September 12th

Come join us! THANK YOU JONAH!



Sanctuary Horses

September 17

2:00 p.m.

The Rim Station

NOTICE

We need one week prior notice for out-of-town trips.

307-276-3249

Emergencies call

307-260-5441

WYSIL (Wyoming Senior Independent Living)

Jessica House

Transportation Specialist

(307)-362-4159 ext. 4

—LOAN CLOSET—We have a free loan closet here at the senior center for those of you who need crutches, walkers, bath chairs, wheel chairs, etc. for a period of time. Please check it out if you are in the need of any of this equipment; you can borrow it and then return it when you no longer need it.

Senior Center Board Meetings

First Wednesday of each month at
12:45pm

Senior Center

Senior Housing Board Meetings

Second Wednesday of each month
6:00 pm

307-260-3134 LeAnne

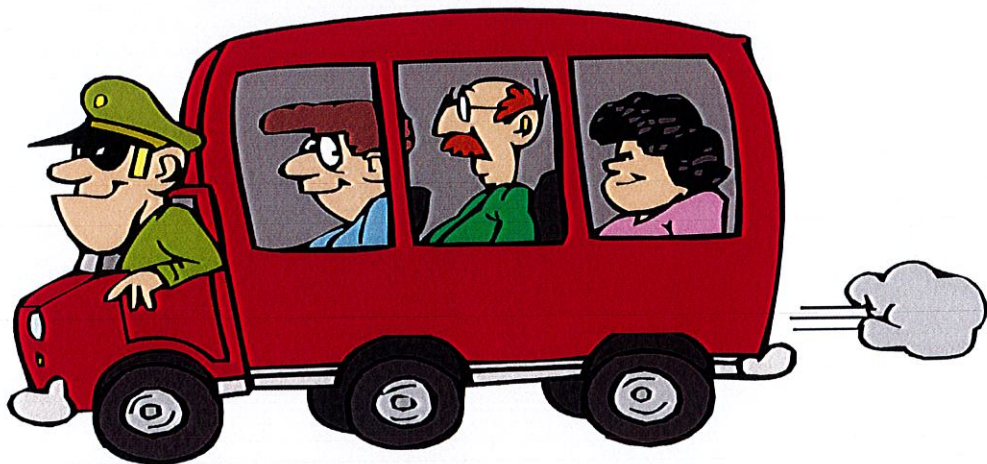
Senior Center



WYDOT News Releases

We are a WYDOT
Seniors/Public
Demand Response
transportation
service.

Need a ride?



PLEASE call in for ride/bus fares and for more information.

48 hour notice is appreciated



Thank you to the Bank of Jackson Hole for buying everyone's lunch on the last Wednesday of each month!!



Invite all your friends to like and share our facebook page!





September 2024



Sign up please

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Closed	3 Alcohol Ink Painting 12:30	4 Round Table W/ Rauli Perry 12:30 Topic is Women's Health	5	6 No Breakfast Dueling Pianos 6 P.M	7
8	9 Coffee & Pastry 8 A.M Rockspings 8:30	10 Exercise 10 A.M Cribbage 10:30 Salve Class W/CY Soaps 12:45	11 Yoga 10:00 Welcome fall bingo 12:30 Mobil Library 11:30	12 Exercise 10 A.M Jonah complimentary lunch Bring your School photo day	13 Senior Breakfast 8-9	14
15	16 Coffee & Pastry 8 A.M	17 Exercise 10 A.M Cribbage 10:30 Sanctuary Horses Tour 2:00	18 Rendevous Pointe Title Bee RP 1:00	19 Exercise 10 A.M Barn Quilts Signs 5:30	20 Senior Breakfast 8-9	21 Race to Raise Foundation 23
22	23 Coffee & Pastry 8 A.M	24 Exercise 10 A.M Cribbage 10:30	25 Yoga 10:00 Mobile Library 11:30 Painting W/ Debbie 12:30 BOJH FREE LUNCH	26 Exercise 10 A.M Pool Tournament 9 A.M Movie 12:30 Fall Craft Night 5:30	27 Senior Breakfast 8-9	28
29	30 Coffee & Pastry 8 A.M					

QUILT ROCK & CRAFT

Raffle prizes

SHOW

Door Prizes

Oct 3 - 5,

Breakfast
Fri & Sat
Indoor
Seating

2024

Food Truck
on-site

THURS QUILTS 9 - 5,

FRIDAY QUILTS, ROCKS, CRAFTS 9 - 7

SAT. QUILTS, ROCKS, CRAFTS 8 - 2

Quilting classes Friday Evening & Saturday morning

Sign up ahead with Deanne Bradley (307) 260-8291

SW Sublette Pioneers Senior Center

429 E. 1st St. in Marbleton, Wyoming

Pinedale, Wyoming



presented by: **Foundation23**



RACE TO RAISE



HALF MARATHON - 10K - 5K - 1 MILE FUN RUN

September 21st, 2024

WWW.FOUNDATION23.ORG

Register here

Sponsored by:



SUBLETTE



IN COOPERATION WITH



RAISE MONEY FOR SUBLETTE COUNTY NONPROFITS

**FREE COMMUNITY BBQ
EVENT SHIRT, FINISHER MEDAL AND DRINK
TICKET INCLUDED WITH REGISTRATION FEE**

A decorative border of watercolor-style flowers and leaves in shades of green, blue, and purple surrounds the text. The flowers are soft and painterly, with some showing delicate details like stamens and petals. The leaves are simple, elongated shapes with subtle color gradients.

YOGA

W/ Rebecca Dary

While most of us experience the process of aging differently, there are many ways we all work to maintain our quality of life. Mindfulness techniques such as yoga, breathwork, art, meditation, and journaling have scientifically been proved to benefit mental, emotional, and physical health. Through our mindfulness services, we work to teach these skills to people of all ages, to better cope with life's stressors and improve their quality of life.

Some of the many benefits include improvements in mood, short-term memory, immune system, and focus. Decrease in anxiety, blood pressure, respiratory rate, and heart rate. As well as an increase in flexibility and mobility.

The sessions for seniors are chair-based and vary from 30 minutes to an hour long depending on the interest. During the sessions, we may utilize mindfulness, yoga, breathwork, meditation, art, and journaling to impart these tools.

Time line

Four 30 min Sessions, Once every two weeks
starting in September

Week one:(Sept 11)

Week two (Sept 25)

week 3 (oct 9)

Week 4 (Oct 16)

Easy

		2	5	6		4	7	
	5	8	4		3			
		4		2				8
7	8	1					4	
4		9	1			7	2	6
		6		4	7	8		
		7			6		1	3
		5		3	4			7
	6		7		9	2		

Medium

			7			1		3
	4	2	5			8		
	9	7	3		6	5		
		4					1	2
6			2				4	
2					7		5	8
	5		9	4		2	7	
9		6	1					

Hard

2	6			1	5		7	
	8			6				
					8	5	6	
6	9				7			2
8	1							
		7		8	4			
							5	
		5			2	9		4
7								

Expert

5			9			2		
				7				
8			6				4	
	6						1	
							6	7
3		4			1			9
	9		8					
	1		7	4	5			
		3				4		

Master

8					7		9	
	2	9			4			6
3			2					
					6	5		
	1	7	4				3	
2								
	9	4	1				7	
		8						
				7				3

Sudoku.com 08/29/2024

Download the original **Sudoku.com** mobile application and play thousands of Sudoku puzzles anytime, anywhere!



 Google Play

 App Store



September 2024



MON	TUE	WED	THU	FRI
2 Closed Coffee & Pastry 8 A.M.	3 Melt In Your Mouth Chicken Orzo Broccoli Roll Strawberry cake	4 BLT Tater tots Fruit Cherry No-Bake Cheesecake	5 Beefy Noodles Corn Roll Lemon Cake	6 No Breakfast
9 Monday Morning Social Coffee & Pastry 8 A.M.	10 Battered Pork Chops Mashed Potatoes Gravy Carrots Roll Cupcake	11 Bison Burgers French Fries Baked Beans Pineapple Upside down cake	12 Meat Loaf Baked Potato Mixed Veggies Roll Cookies	13 Senior Breakfast 8-9
16 Monday Morning Social Coffee & Pastry 8 A.M.	17 Chicken Alfredo Zucchini Breadsticks Carrot Cake	18 Cobb Salad Bread Stick Pretzel Cake	19 Country Fried Steak Mashed Potatoes Gravy Peas Roll Mud Pie	20 Senior Breakfast 8-9
23 Monday Morning Social Coffee & Pastry 8 A.M.	24 Steak Stew Biscuits Chefs Choice of Pie	25 Navajo Tacos Refried Beans Spanish Rice Birthday Cake	26 Battered Fish French Fries Coleslaw Sundae Bar	27 Senior Breakfast 8-9
30 Monday Morning Social Coffee & Pastry 8 A.M.				Menu is subject to change with out notice



Caring for Wyoming's Seniors

*By
John Barrasso, M.D.*

BEDSIDE MANNERS

Patients are more likely to trust doctors with good bedside manners. These days, a doctor knowing their medicine is just not enough.

Bedside manners are a physician's ability to be humane, compassionate, supportive and empathetic towards their patients. When doctors excel in the coupling of patients and professionalism, it builds a great rapport between doctors and patients.

The practice of medicine can be frightening for many patients. It's a field that is ever-changing and is packed with trial and error. It's normal for patients to be anxious and even angry with the diagnosis and their treatment. This is why it is so critical that doctors work to soothe those feelings and provide a sense of hope.

A successful health care professional understands that a good bedside manner is critical for good medical care and better medical outcomes.

Stanford University researchers created a list that outlines the five best practices for a good patient-physician relationship:

- The first factor involves the doctor becoming acquainted with their patient's medical history before meeting face-to-face.
- The second encourages doctors to practice active listening skills. This involves using their body language to show that they are

open to hear what the patient says. This includes leaning in while the patient is speaking. It also includes listening and not interrupting.

- The third focus is on inclusion. A patient makes a recommendation on what they'd like to see in their care plan. As long as it doesn't set them back, it's worth including it.
- The fourth involves having the health care provider invest in and understand their patient's daily life and personal background. This helps them better empathize with the patient and seeing what they are trying to accomplish.
- The fifth urges health care providers to be attentive to the body language of the patient. This typically relates how the patient is truly feeling about what is being said or what is being proposed to them.

Hospitals are now looking for ways to improve their patient experience as well. Hospitals do surveys to get the feedback from patients. Some of the survey questions relate to the health care they received. Others relate to the quality of the food and the cleanliness of the facility. Hospitals are working to find ways to improve the patient's experience.

Research has shown that a good doctor-patient relationship can increase confidence in the treatment being provided and can speed up recovery as well.

Southwest Sublette County Pioneers

429 East First Street

P.O. Box 33

Big Piney, WY 83113

**NON-PROFIT
U.S. POSTAGE
PAID
BIG PINEY, WY
PERMIT # 33**

OR CURRENT RESIDENT

Lunches Served:

Tuesdays, Wednesdays, & Thursdays

Salad Bar 11:30 & Lunch 12:00

Curbside at 11:15-11-45

Home Delivered Meals

Transportation

Veterans Administration Weekly

Blood Pressure Checkups Monthly

Pool Games, Free lending Library, Exercise Equipment,

Much –Much - More!

For anyone 60 years of age and older, for more information call

276-3249