

FEBRUARY

2010

NEWSLETTER



**BEWARE OF
CUPID'S ARROWS,
THEY CAN STRIKE
UNEXPECTEDLY!**

HELPING SENIORS LIVE INDEPENDENTLY.



DEPRESSION



Depression is a widespread problem among the elderly with approximately 18% of older people affected. Unlike normal emotional experiences of sadness, loss, or passing moods, major depression is persistent and can significantly interfere with an individual's thoughts, behaviors, mood, activity and physical health. Depression is the second leading cause of disability in the U.S. and can cause great suffering for the individual and the family.

Depression in older people is often characterized by memory problems, confusion, social withdrawal, loss of appetite, inability to sleep, irritability and in extreme cases delusions and hallucinations. Older depressed people often have severe feelings of sadness, but these feelings frequently are not acknowledged or openly shown.

Some general clues that an older person may be suffering from depression are persistent and vague complaints, help seeking, frequent calling or demanding behavior. Older adults may have more medical conditions such as heart disease, stroke or cancer that may cause depressive symptoms. Medications may have side effects that contribute to depression.

Depression is a disease of the brain and treatment changes the brain when it is effective. Unfortunately, many people have the mistaken idea that depression is a normal part of aging. Many seniors and their families don't recognize the symptoms of depression. Others may mistake the symptoms of depression as signs of dementia.

Treatment

Unfortunately, less than one-third of people with clinical depression actually seek treatment for their illness. The good news, however, is that treatments for depression work. As with many illnesses, the earlier that treatment can begin, the more effective it is. The first step to getting treatment is to visit a doctor. Certain medications, and some medical conditions such as viruses or a thyroid disorder, can cause the same symptoms as depression. A doctor can rule out these possibilities using tests. The doctor may refer the patient to a mental health professional.

Who is Affected?

While older women are at a greater risk, depression can develop in anyone at any age. More than half of those who experience a single episode of depression will continue to have episodes that occur as frequently as once or even twice a year. Without treatment, the frequency of depressive illness as well as the severity of symptoms tends to increase over time.

Symptoms

Most of us think of the primary symptom of depression as a feeling of sadness or hopelessness. But other symptoms can be anxious or irritable mood, changes in sleep, changes in appetite, lack of energy, and lack of interest or pleasure in activities that were once enjoyed.

Depression symptoms in older people may differ somewhat from symptoms in younger people.

The majority of older adults with depression improve when they receive treatment with an antidepressant, psychotherapy or a combination of both. Psychosocial treatment plays an essential role in the care of older adults who have significant life crises, lack social support or lack coping skills to deal with their life situations.

Like diabetes or arthritis, depression is a chronic disease. Getting well is only the beginning of the challenge; staying well is the real goal.





FEBRUARY BIRTHDAYS



- | | | | |
|--|--|---|---|
| 01 Barbara Finkelson
Joe Kudar
Arlene Sibley
Sue Hoffman
Dennis Triano | 08 Ruth Dyess | 17 Lee Cutler
Boyd Wilde
Anne Wray
Marcella Yocum
Barbara Fitzgerald | 25 Margie Melton |
| 02 Peggy Prugh
Georgia Inglis
Dorothy Schyultz | 09 Dorothy Remington | 18 Emily Potzernitz
Rhea Lewis | 26 Lois Boggs
Roy Chambers
Jack Stone
Pat Snyder
Joan Goldfarb
Sharon Wiley
John Robishaw |
| 03 Jo Brunk
Doris Wilson
Valeria Hinton
Heinz Walter | 10 Rae Doty
Alice Llewelyn
Ann Bates
Bill Ward
Tom Jones | 19 Elizabeth Scott
Irene Harger | 27 Carolyn Daily
Dennis McCracken |
| 04 Ralph Sternberg
Frank Kenyon | 11 Barbara Zacharias
Barry Alexander | 20 Carolyn Fisk
Anita Nilsson | 28 Ann Ruehr
Martha Baxter
Gail Stephens |
| 05 Herb Hazen
Carol Schwender
John Treitler | 12 Peggy Heberger
Jean Hahn | 21 Edith Grinnell
Betty Needham | 29 Martha Poole |
| 06 Fred Ziegler
Connie Woolwine | 13 Ernest Labelle | 22 Whit Clayton
Clyde Knighton
Don Ryan
Judy Dennis
Susan Gardner | |
| 07 Bernice Turner
Chuck Tice
Suzanne
Batenhorst | 14 Dolores Tomusk
Carol Harris | 24 Marion Buchenroth
Barbara Bryan
Joann Parsons
Marilyn Zumberge
Grover Ratliff
Mary Ann McLeod | Did we miss your birthday? Please call the Senior Center (733-7300) and let Mary Ann know. Thanks! |
| | 15 Deane Henderson
Nancy Duke
Grace Reuter
Pat Murphy | | |
| | 16 Allen Raver
Diane Hazen | | |

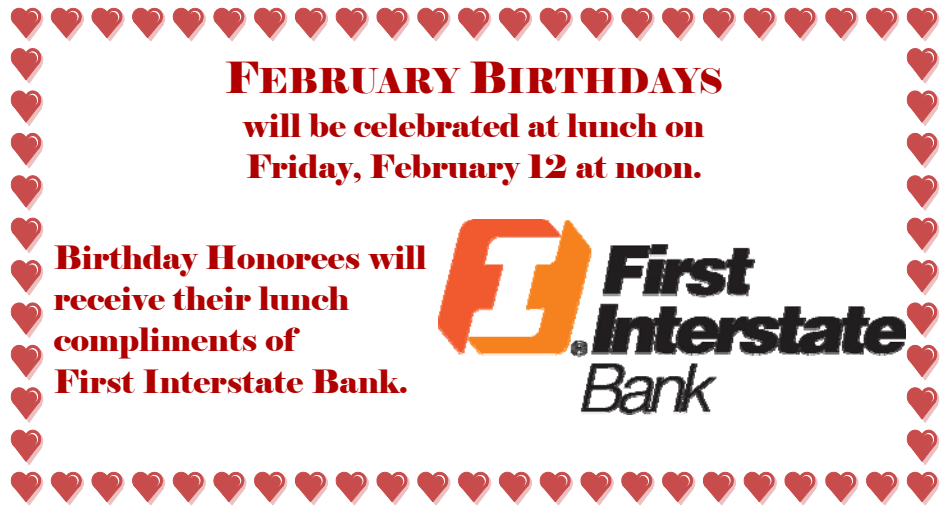
Board of Directors

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 Jean Day
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 Judy Swann

FEBRUARY BIRTHDAYS

will be celebrated at lunch on
 Friday, February 12 at noon.

Birthday Honorees will
 receive their lunch
 compliments of
 First Interstate Bank.



VITA (VOLUNTEER INCOME TAX ASSISTANCE)

At Teton County Library
Wednesdays at 5:30 PM
Running February 3—April 7

Family Income Limits:
Individual—\$30,000
Family of 2—\$45,000

Volunteers for Tax Assistance will be at the Senior Center Saturday, March 6, beginning at 12:00 noon.

Reservations are required. Please call the Senior Center at 733-7300 to make your reservation and learn what you need to bring.

RIVER ROCK EVENTS

RIVER ROCK DINNER

Thursday, February 18th, at 5:00 PM,
River Rock invites the Senior Center to the facility for dinner. Transportation will be provided. Please sign by Tuesday, February 16.

COFFEE & TREATS

Friday, February 26th, at 10:30 AM, River Rock will provide Coffee and Treats after exercise class at the Senior Center. Join us to refuel after exercising or to start your day.

THANK YOU RIVER ROCK!

H1N1 VACCINATION

Thursday, February 4
Time: 9:00 am—12:00 pm

Senior Center of Jackson Hole.
Free of Charge.

Vaccination is free to the public.
Non-seniors welcome.

TETON COUNTY HEALTH FAIR BLOOD DRAWS

Beginning February 1
By Appointment Only
Call 739-7531

PRICES:

Basic Chemistry Profile—\$35.00
Hemogram—\$10.00
PSA—\$20.00
HgbA1c—\$10.00

NUTRITION PRESENTATION

Monday, February 22 at 12:15,
Doreen Ward, R.D., will give a presentation on Carbohydrates and Diabetes at the Senior Center. Join us for lunch and stay for an informative presentation.

BOOK DISCUSSION GROUP

Tuesday, February 2—The Book Thief by Marcus Zusak.

Tuesday, March 2—Plainsong by Kent Haruk.

Tuesday, April 6—The Thirteenth Tale by Diane Setterfield.

VALENTINE'S DAY BASKET RAFFLE

Do you have someone you want to pamper this Valentine's Day? Do you want to pamper yourself?

Beginning Monday, February 1, the Senior Center will be having a raffle for a luxurious Valentine's Day Basket, including lotion, bath salts, body wash, chocolate, and other pampering essentials.

Tickets will be on sale starting Monday, February 1. 1 ticket for \$1.00 and 6 tickets for \$5.00.

If you wish to continue receiving our newsletter, and haven't sent in your renewal yet, please fill out your name, addresses and birthday and return to the Senior Center.

Name: _____

Winter Address: _____

Town, State, Zip: _____

Summer Address: _____

Town, State, Zip: _____

RETURN TO:
Senior Center of Jackson Hole
PO Box 4677
Jackson, WY 83001

Newsletter Donations Are Appreciated

Donation Enclosed: _____

Birthday: _____

THANK YOU FOR YOUR GENEROSITY!!

SATURDAY BRUNCH
SATURDAY, FEBRUARY 20
11:00 AM
MAKE RESERVATIONS BY 5:00 PM
FRIDAY, FEBRUARY 19.

DECEMBER DR. QUIZ ANSWERS:

Keep your powder—dry	The Atlantic flyer—
California here I—come	Charles Lindbergh
Cast your bread—upon	Justice Oliver—Holmes
the water(s)	No—(Any answer)
Stop, look and—listen	Buenas—Noches
Between the devil and—	Get me to the church—
the deep blue sea	on time

FOR SALE:
 LL Bean Wintersport
 Nordic Skis—Poles included
 180 cm—3-pin Bindings
 Call for more information.



WISH LIST

- **ERGONOMIC OFFICE CHAIRS (2)**
- **PORTABLE PROJECTION SCREEN**
- **PROJECTOR**
- **TALL BOOKSHELF**
- **LOCKING 2 DRAWER FILE CABINET**



!DR. QUIZ!
 December Winner: Paula Holeman
 January Winner: Sue Hall

How to Win
 Complete the 10 starters below with a word or a phrase that fits. Please return your answers to Brianna by March 12th.

Bon Chance! **DR. Q.**

In 1492, Columbus _____

I now pronounce _____

Give me liberty or _____

Garbage in _____

Hell hath no _____

Brother, can you _____

A penny for _____

G.W.T.W. plantation _____

Gilbert and _____

John Wayne nee _____

Name: _____

Phone Number: _____

DONATIONS

THANK YOU FOR YOUR GENEROSITY!!

MEMORIAL DONATIONS

Clifford Hansen

Alice & Frank Werner
Janet & Jack Larimer
Maggie & Dick Scarlett
Jeanine Mayer

Dale McKinstry

Ruth, Danny & Virgil Ward

Dennis Benson

Birthday Club
Jeanine Mayer

Adele Clark

Maggie & Dick Scarlett
Jeanine Mayer

Bea Ballew

Jeanine Mayer

Lilly Belle Peters

Jeanine Mayer

Barry Robbins

Jeanine Mayer

Daisy Bush

Jeanine Mayer

Blake Vandewater

Jeanine Mayer

Les Weber

Jeanine Mayer

MONETARY DONATIONS

Odd Fellow's Lodge #8, Karl M. Johnson Foundation, Newton Foundation Donor Advised Fund of the Community Foundation of Jackson Hole, Suzanne Ferond, Bette Linderman, Ann Seibert, Conelia Seaton, Joyce Tice, Paula & Louis Leisinger, Wanona & Bob Wiley, Doris Budge, Jane & Joe Giovanini, Clara Bush, Marie McCormack, Leona May, Barbara & William Rinker, Trudi & Heinz Walter, Thomas Freek, Jaunice & Big Stephe Stephens, Helen Gordon-Vigil, Peggy Jensen, Vicki & Dennis Johnson, Mariana & Earle Auge, Betty Rogers Baker, Robert Walton, Shirley Craighead, Martha & Babe Humphrey, Bob Ranck, Barbara Clark, Alvira Sturlin, Pattie & Earle Layser, Judy & Larry Jansen, Boyd Wilde, Deanna Luton, Link Hibbard, Jean & Pete Jorgensen, Ellen Starcevic, Dorice McNeill, Suzanne Salzmman, Barbara & Harvey Finkelson, Karen & Richard Hobbins, Sherry & Joe Kinsella, Stephanie Brown, Joan & John Shipman, Dotty & Dick Sheahan, Charles Huff, Linda Soper, Betty Nelson, Nevada Robards, Ann & Dick O'Leary, Richard Pieper, Gloria & David Lorenzo, Carol Francis, Carol Jansen, Mary & Lee Cutler, Mary Jane Hanson, Nita & Abi Garaman, Georgia Mayer, Marcia Kunstel & Joseph Albright, Joy & Tom Getler, Ruth Ward, Lorraine & Cliff Lutz, Della Woodward, Barbara & Larry Van Genderen, Kathleen & Vernon Martin, Doris Stalker, Betty Benson, Juliet & Horton Spitzer, LaFon & Bill Ward, Gene Sinn, Lisa & Scott Pierson, Mary Ann & Jerry Tapp, Betty & Chuck Terrill, Susan Chambers, Eleanor Onyon, Dorothy & Jim Hester, Pat Likwartz, Dail Knori, Shirley & Maurice Zardus, Donna Kerekes, Wilma Barr, Marian & Glenn Taylor, Peggy & John Heberger, Elisabeth & Norman Evarts, George Lorenzo, Betty Legg, Bonnie Koeln, Jan Herbst, Ruth Ross, Linda & Dick Martin, John Poljanec, Shirley Snyder, Jennifer & Wesley Flanagan, Juliet & Horton Spitzer, Betty Benson, Dragon & Don Sherman, Becky Kimmel, Jenny & Glenn McElroy, Ann Dankert Estate, Gayle Downing, Carol Black, Christi Biolchini, Carolyn & Bruce Hawtin, Mr. & Mrs. David Mackenzie, Phyllis Elliott & Earle Kaufman, Ann King Carter, Elfriede Jourdan, Elaine & Dennis Lance, Bruce Stevens, Martha & John Gilmore, Anne & Noel Wray, Carole & Jack Nunn, Sheila & John Davis, H.L. Jensen, Jodi & Denny Allen, Juanita McGhee, Ramona Durand, Nance & Jim Parriott, Robert Doran, Fran Measom, Happy & Martin Weston, Dr. & Mrs. Joseph McCormack, Pat Martin, Sam Kravetsky, DFonna & Brent Gooder, Phyllis Breen, Lori Zalbowitz & Laurent Roux, Wendy Carlson-Koll, Becky & Tom Frisbie, Virginia & Calvin Blair, Marjean Brillhart, Mariana & Earle Auge, Gayle Downing, Allan & Frances Tessler Donor Advised Fund of the Community Foundation of Jackson Hole, Sue & Dennis Triano, Ann Houser, Barbara Daily, Sheila Sandubrae

GIFT SHOP

Ann Ruehr, Carol Hofley, Ellen Starcevic, Mary Ann McLeod, Justine Bruteig, Zoe Hardy, Nancy Stirn, Bette Caesar, Ralph Gill, Carol Black, Deb Rhea, Ruth Ross, Annette Tatarek, Betty Jo Heydt, Marie McCormack, Carol Harris, Rae Doty, Nancy Rigsby, Ellen Stacevik, Annette Tatarek

HOLIDAY ENTERTAINMENT

Ruth Ellefson
Cathedral Voices
Pam Phillips

St. John's Church
Anne & Pete Sibley
Teton County Rec Center

MISCELLANEOUS DONATIONS

Patsy Raaum – Bingo Donation
Redeemer Lutheran Church – Poinsettias
Lois Boggs – Fruit & Candy
Connie Eggleston – Magazines
Mary Waid – Pens
Marie McCormack – Books
Ann Ruehr – Books
Adelaide Donnan – Yarn
Jack Ruud - Cookies
Maureen Karabotsos – Meat
Quilting Club – Holiday Placemats for Homebound
Betty Cook & Ben Ferrin – Honey
Betty Jo Heydt – Toy
Annabelle & Bob Lerch – Help with sale of toy
Fran Measom – Meal Ticket
Priscilla Meldner – Meal Ticket
Rita Simons – Christmas Bouquets for Homebound
Phil Blum – Christmas Pasteries
Wendy Morgan – Crane Creek Calendars
First Interstate Bank – Holiday Dinner for Seniors
St. John's Episcopal Church – Poinsettias
Carol Roth - Poinsettias

WE NEED YOU!

DID YOU KNOW IT MAKES A DIFFERENCE WHEN YOU COME TO LUNCH? FOR SOME OF US, COMING TO THE SENIOR CENTER FOR LUNCH IS HOW WE KEEP UP WITH OLD FRIENDS, AND MAKE NEW ONES. WHEN YOU AREN'T HERE, WE MISS YOU! PLEASE COME!