

## On the road volunteer changing communities

BY LOIS BELL  
SHERIDAN SENIOR CENTER



COURTESY PHOTO

**Volunteer David Hough, right, presents on April 14 about AARP's Livable Communities and Age Friendly Communities initiative at the invitation of the local AARP chapter. Sheridan is the first community in Wyoming to invite Hough to speak about the possible partnership for communities in the state.**

SHERIDAN — David Hough loves to change communities. This retired community development director wants to share his passion and his skills for community improvement with local leadership in communities throughout Wyoming. And he is doing so as a volunteer.

“(I like) the opportunity to make a difference and make things better,” said Hough, pronounced “huff.”

Wayne Schatz, a member of the Northeast Wyoming AARP Chapter in Sheridan, invited Hough to present on April 14 about his work with the AARP Livable Communities and Age Friendly Communities initiative. Members, guests and the community were invited. The meeting was held in the dining room at Heritage Towers.

Hough held a lifelong career in community planning for communities throughout North Dakota, Nebraska, South Dakota and Wyoming. He retired six months ago from the city of Casper.

While in Casper, Hough oversaw the development of a new bike route system, a fixed bus route, the development of five recreation parks, improvements for pedestrian walkways and new benches along walkways.

Hough points to the development of a new pathway between Casper's Conwell Park and the Wyoming Medical Center hospital. The project included new exterior lighting along the path and a new gazebo. Hough points to another project that developed a walking path and benches between Casper's Park Place assisted living facility and the Casper Senior Center in Casper's Highland Park. The benches are set on oversized concrete pads with room for wheelchairs for all ages to use.

Hough oversaw the installation of what he calls an “exceptional” intergenerational playground in Casper's Wells Park.

“I've seen grandparents there with their grandchildren,” Hough said. “There's even a swing where you can put a wheelchair on the swing. You're actually in there playing with the kids instead of off to the side sitting on a bench.” Either children or adults in wheelchairs can use the swing.

As a volunteer, Hough wants to share his skills and passion with communities. He is

serving on the Wyoming AARP Executive Council with an interest in the organization's Livable Communities initiative.

Hough was introduced to AARP's community initiative when he called their state office in Cheyenne for help with an assessment project. When funds were not available for paid positions to take rider surveys on the Casper bus system, Hough was directed to contact the AARP state office in Cheyenne for help. He spoke with state staff member, Renee Gamino, who connected

Hough to volunteers who filled the need. It was then that Gamino shared with Hough about AARP's community initiative. Hough saw a fit for his passion.

Hough is interested in visiting with communities who invite him.

“Sheridan is the first community I've visited to discuss Livable Communities,” Hough said.

Hough took time to visit some of the green areas in Sheridan.

“I love to see the benches that are in Whitney Commons,” Hough said. “People don't realize how critically important benches are. It's important to get out for a little bit. For those who can't walk very far, benches give them a change to get out, listen to the birds, and feel the breeze.”

The initiative can provide either a supporting or lead role for communities for communities with current plans or beginning the planning process. Volunteers can be an active component of the project.

“I see AARP's role is to provide information on what has been done in other communities and making connections,” Hough said. “The other thing I see AARP doing so well is to provide training and information.”

Hough offers an additional advantage with his connections to professional organizations he has developed through his career.

Livable and Age Friendly communities are closely complementary to the Dementia Friendly Initiative in Sheridan that seeks to transform communities.

“Seemingly small, insignificant things may not seem big, but they are,” Hough said.

Hough looks forward to visiting Sheridan again to speak with stakeholders and community leaders about the possibilities for Sheridan communities.

### CENTER STAGE

## How you, or a family member, might benefit from the Loan Closet

The Sheridan Senior Center Family Caregiver Services Loan Closet is open Monday through Friday between 10 a.m. and 2 p.m. Did you ever wonder what's available in the Loan Closet? Do you know someone who can benefit from the Loan Closet? Well, the Loan Closet is available to anyone including your husband or wife, father or mother, uncle or aunt, son or daughter, and oh, yes, even yourself.

Here is a list of the some of the items that are available in the Loan Closet:

Canes, crutches, walker, wheelchair, bed side commode, toilet riser, bathtub stool, sliding shower bench, hospital bed, plus supplies including incontinence supplies.

The Loan Closet asks for a suggested \$10 donation for each item we loan. There is no time limit on how long you can keep the items. But we do ask you return them when you are no longer in need of the loaned items. There are always others who may be on a waiting list for high-demand items. If you need a hospital bed or lift chairs then the suggested donation is \$25. Sometimes one-of-kind items can be purchased at a reduced donation price. All the monies received go to support the Senior Center's Family Caregiver Services.

As most visitors who frequent the Senior Center know, there's been a lot of construction happening with detours throughout the building. This means that the Loan Closet has to store some items off site in different storage areas. We strive to keep the most requested items in the Loan Closet but sometimes we need time go pick items up from our storage sites. Whenever it is possible, the needed item can be available by the next day.

For questions concerning the Loan Closet, please stop by the Senior Center and ask for someone from the Family Caregiver Services or call 307-672-2240.

I have been asked why I volunteer at the Senior Center, Family Caregivers' Loan Closet. Well, I began volunteering at the Senior Center's Green Boomerang Thrift Shop about

two years ago. I had never worked in retail businesses before but always loved shopping in thrift stores and going to yard and garage sales.

Each Monday, the GB volunteers would have lunch at the Senior Center. That's when I noticed that there were people coming and going out of the Senior Center with walkers, wheelchairs, toilet seats and shower benches. A thought occurred to me that maybe, I could be an asset to the center's Loan Closet. I did have experience with inventory management.

I joined the Air Force near the end of the Vietnam War becoming an inventory management specialist or supply clerk. I was responsible for managing inventories from uniforms/winter gear for the men and women, office supplies/equipment and even gravel to concrete materials for runways, sidewalks and parks. After my career in the Air Force, I returned to school and received a degree in business management/marketing. When my husband and I moved to Sheridan about 35 years ago I worked for the State of Wyoming, recently retiring as a claims analyst.

Volunteering has always been a part of who I am in life, so the short and long answer to why I volunteer is: love God, family and service to my community.

I feel privileged to be part of the Volunteer Force at the Senior Center while lending my expertise to the Loan Closet program. The Senior Center staff need to be commended for their work and dedication to the Sheridan Community.

LOIS HARTSE is a veteran and a volunteer for the at the Sheridan Senior Center. Center Stage is written by friends of the Senior Center for the Sheridan Community. It is a collection of insights and stories related to living well at every age.

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Entrée Choice*	or	Soup Kiosk
Tue - Cheeseburger Deluxe		Creamy Mushroom Soup
Wed - Parmesan Fish/Tartar Sauce		Creamy Beef Soup
Thu - BBQ Pork Wing		Shaker Chicken Noodle Soup
Fri - Swedish Meatballs		Cheesy Ham & Broccoli Soup
Sat - Chicken Enchilada		No Kiosk on Saturday
Sun - Hot Beef sandwich		No Kiosk on Sunday
Mon - Boneless Pork Chop		Cream of Asparagus

\*entrée only offered for Home Delivered Meals

**National Volunteer Appreciation Week April 23 - 29**

Tue - Dominoes	9:30 a.m.	Dining Room
Wed - Jelly Bean Day	Guess the Flavor!	Dining Room
Thu - Cribbage	12:30 p.m.	Dining Room
Fri - BAM Exercise	9:30 a.m. to 10:30 a.m.	Community Room
Sat - 100 Years of Girl Scout Cookies Tea	2:00 p.m.	Senior Center
(advance sign up encouraged by calling 672-2240 M - F, 9 a.m. - 3:45 p.m.)		
Sun - Pinochle-Double Deck	12:30 p.m.	Senior Center
Mon - Table Tennis	1:00 p.m.	Dining Room

Lunch Service Hours: 11:30 a.m. to 12:45 p.m., 365 days a year at 211 Smith Street  
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9:00 a.m. to 1:00 p.m. Weekends and Holidays  
211 Smith Street Sheridan, WY 82801  
Home Delivered Meals (307) 672-6079  
Senior Center Main Phone: (307) 672-2240 9:00 a.m. to 4:00 p.m. Mon - Fri



LOIS HARTSE

**HAVE NEWS?**  
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### SENIOR CENTER HAPPENINGS

- Thank a volunteer! April 23-29 is National Volunteer Appreciation Week.
- Want to give back to your community? Volunteering is a great way to do so! Meet new people, share skills you have, or learn new skills! If you are interested in getting more information on volunteering for the Sheridan Senior Center, contact Terry Hayden, director of volunteer services, 672-2240, ext. 131.
- The DIY Card Workshop with Heidi Roesler has been rescheduled to Saturday, May 20. Time and location

are unchanged: 12:30-3 p.m. at First Congregational Church, 100 West Works St. Make beautiful handmade cards. All supplies provided or you may bring your own project to work on. Sign up by calling 672-2240. Space is limited. There is a suggested contribution of \$5 for those registered with the Senior Center and it is a \$7 fee for those not registered. Cash and checks to the Senior Center are accepted at the workshop.

- 100 Years of Girls Scout Cookies! Celebrate this milestone by joining us on Saturday, April 29, at 2 p.m.

for a tea with Girl Scouts from Troop #1333. Call in advance at 672-2240 to sign up. Cookies will be served from the original recipe to modern day. Questions? Call Jean Harm at the Senior Center.

- New lobby doors to the Sheridan Senior Center are now open! The new doors face east and are near where the former lobby doors were located. Entrance to the Senior Center is through the new lobby doors and the north doors facing Whitney Commons. The Sheridan Senior Center is located at 211 Smith St.

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