

Life changes can be scary – and positive

Change can be scary...and overwhelming! In a six-month period, my husband and I decided we needed to move from the community we had lived in for 30 some years. So, in that time, we bought a lot in Dayton, ordered a module, sold a house, moved in with my mother, quit a job, set up a new house and moved in a blizzard.



ROBIN RUFF

We added two new grandchildren to our other three and were lucky enough to adopt our grandson. So, we started over with all that "school stuff" as well. We also earned the official title of "senior citizen." It was a lot of changes at

once and it was overwhelming.

So here I was. New community, church, hairdresser, doctors, prescription, grocery shops... You get the idea. It was not easy leaving my old life behind where I had grown up. I knew everyone by name and history and now I was the new person.

I realized I had several options to survive. I could hole up in my little world and feel sorry for myself or I could do something about it. Thankfully, I discovered I could change. I found a church, the grocery stores and the Dayton community center. Through the center, I found friends that advised me on doctors, dentists and the day that garbage was picked up. They put me in touch with book clubs, the Dayton Benefit Club, exercise classes, painting classes and the Senior Center in Sheridan.

Through the Senior Center, I found a

job, new friends, new activities, Help at Home, the Dementia Friends group and the Family Caregiver Support Group. Grandparents Raising Grandchildren has been a real blessing as has Carla at the Foster Exchange program. I even volunteer at the elementary school. I changed my world and I love it.

What changes are you facing? Do you need a little more help doing those everyday things in your life such as cleaning the house and laundry? Do you need a meal prepared for you? Would you like it delivered to you? Do you need help with a bath? Maybe your health is changing and it's hard to get around and you need some specialized equipment. Do you need to move to a new location? Would you like someone to come and visit or read the paper? Are you family or a friend or a neighbor to someone

who needs some assistance? Do you simply need a friend? All those are changes that certainly can be met.

What I really want you to come away with is that change is not all bad. They can be planned changes. They can be changes that just stop you in your tracks. They can be sad, scary, difficult to face and unwanted. They can be positive. It's how you face them that will count in the end.

Don't be afraid of changing. Accept the new changed you, ask for help and step into a new world. Know that you are not alone in life's journey. It's your life...change it for the best!

GUEST COLUMNIST ROBIN RUFF is the program coordinator for Senior Center Services in the Tongue River Valley communities. 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.

Ready for the move

Senior Center employees Jean Harm and Jane Perkins stand among boxes in the Senior Center's dining room at 211 Smith St. Harm, Perkins and Senior Center staff have been readying for the move of the lunch program from the Senior Center to the Sheridan Junior High School for the summer while the center's kitchen undergoes expansion and renovation.

COURTESY PHOTO



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Sat - Sloppy Joe		No Kiosk on Saturdays
Sun - Herbed Baked Chicken		No Kiosk on Sundays
Mon - Swiss Steak		Italian Bean Soup

*entrée only offered for Home Delivered Meals

Moving Lunch Service for the Summer to Sheridan Junior High on June 7!

Tue - BINGO and Lunch in Dining Room	211 Smith Street
Wed - First day of Senior Center Lunch Service at Junior High, 500 Lewis Street	
Thu - Pinochle single deck 12:30 p.m.	Heritage Towers Dining Room
Fri - BINGO 12:00 p.m.	Sheridan Jr High Dining Room
Sat and Sun - Join us for lunch at the Junior High on Lewis Street	
Mon - B.A.M.I. Class 9:30 a.m.	Sheridan Junior High - Early Bldg

Lunch Service Hours: 11:30 a.m. to 12:45 p.m., 365 days a year
June 5 and 6: Join us for lunch at 211 Smith Street
June 7 through August: Join us for lunch in our temporary lunchroom at Sheridan Junior High, 500 Lewis St
Home Delivered Meals (307) 672-6079

Loan Closet, Outreach, and Administration Services, 672-2240, 211 Smith Street:
9:00 a.m. to 4:00 p.m. Mondays - Fridays. Closed weekends and holidays during the 2017 summer.
Help at Home Services, 675-1978, 232 North Brooks: Mondays - Fridays.
Day Break Adult Care Services, 674-4968, 241 Smith Street: Mondays - Fridays.

Trump budget faces Dem opposition, GOP doubts

BY ANDREW TAYLOR
THE ASSOCIATED PRESS

WASHINGTON (AP) — President Donald Trump's budget chief delivered a spirited defense of the plan's deep spending cuts, but his agriculture secretary offered only a half-hearted endorsement of proposed reductions to farm subsidies and food stamps.

A day after the budget's release, a handful of senior administration officials

fanned out on Capitol Hill on Wednesday, facing tough questions from Democrats opposed to the blueprint for the upcoming fiscal year and Republicans skeptical about the math.

Treasury Secretary Steven Mnuchin, meanwhile, gave Republicans the unwelcome news that they may have to cast a dreaded vote on increasing the government's borrowing authority before they break for the August recess.

Education Secretary Betsy DeVos faced a grilling from Democrats over funding private schools with taxpayer money.

One House Budget Committee member, Rep. Tom Cole, R-Okla., told White House Budget Director Mick Mulvaney that Trump's proposed cuts to medical research are "penny-wise and pound-foolish" — and then excused himself to preside over

DeVos' testimony. Mulvaney gave an unapologetic defense of Trump proposals to slash programs related to the environment, education, health care for the poor and foreign aid.

The former tea party congressman told the Budget Committee that he went line by line through the federal budget and asked, "Can we justify this to the folks who are actually paying for it?"

Democrats charged that Trump's cuts would rip apart the social safety net. Rep. Pramila Jayapal, D-Wash., told Mulvaney that the proposed cuts to food stamps, payments to the disabled, and other programs are "astonishing and frankly immoral."

"We are talking about half the births in the United States, 30 million children, and half of all nursing home and long-term care nationwide for senior citizens and people with disabilities,"

said Rep. Jan Schakowsky, D-Ill., citing Medicaid's extensive reach.

"When you say 'cut' are you speaking Washington or regular language?" Mulvaney shot back.

Rep. Mark Sanford, R-S.C., laced into the president's budget plan, saying it was based on fanciful economic predictions of high growth rates but low inflation and bond yields that would make managing the government's \$20 trillion debt less costly.

"This budget presumes a Goldilocks economy" that never goes into recession, Sanford said. "It assumes that the stars perfectly align."

Agriculture Secretary Sonny Perdue was lukewarm in defending Trump's budget to Democrats and some Republicans who rejected proposed cuts to farm programs and food stamps.

SENIOR HAPPENINGS

- The Sheridan Senior Center is moving its lunch service for the summer to the Sheridan Junior High School at 500 Lewis St. as of Wednesday. Lunch hours are 11:30 a.m. to 12:45 p.m., seven days a week. The move is required for a remodel of the Senior Center's kitchen facilities and dining room.
- The Senior Center's home-delivered meals phone number will remain unchanged. The number is 672-6079.
- Many Senior Center activities and classes have moved to temporary locations for the summer during the center's remodel. Call 672-2240, Monday through Friday, 9 a.m. to 4 p.m. for information on class meeting places.
- The Senior Center's summer hours at 211 Smith St. for Loan Closet, Outreach Services and Administration are Monday through Friday, 9 a.m. to 4 p.m.
- A fishing and canoeing day trip to

Sibley Lake is scheduled for June 19. Transportation and snacks provided. Bring fishing gear and a valid fishing license. Gear available by advance arrangement with Jean Harm, activity coordinator. Call 672-2240 to arrange for gear. Must sign up and pay no later than June 14. Led by volunteers Arlie Johnson and Richard Radtke.

- A hike to the Dry Creek petrified forest will take place June 30. Transportation is available. The suggested contribution for individuals registered with the Senior Center is \$20; the cost is \$25 for unregistered individuals. The bus leaves the Senior Center at 8:45 a.m. Advance sign-up for this hike is required by June 26 as space is limited. Led by volunteer Steve Stresky.
- WANTED: Line dance instructor at the Senior Center. We have everything you need. Classes were formerly on Thursdays at 1 p.m. but the times and days are negotiable. Call Jane Perkins at 672-2240.

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