

SUBLETTE CENTER NEWSLETTER

What's happening at The Center



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Residents gather to reminisce about springtime in Wyoming.

Spring Has Sprung *In The Center*

By Lillian Palmer

Whether it's *Snow* or shine, we're having a good time, at the Sublette Center. We make flowers until we can plant them. We gather in the Sunroom until we can soak up the sun, in the Secret Garden. Springtime in Wyoming is a difficult season to plan ahead for, especially in Pinedale's neck of the woods. When it comes to scheduling spring outdoor activities at The Center, Activities Director April Rose said it is the most challenging.

"May is when you're really wanting to get them (the residents) outside, but you never know what the weather is going to be like," she said. "You just have to get them out when its nice, it's hard to plan ahead for it."

On those sunny days in May, Rose takes residents for "Walk and Roll" strolls outside, in between indoor activities.

"I am looking forward to getting them out to play in the flower beds at the end of the month, hopefully its nice," Rose said.

Residents and staff alike are excited for warm days ahead.



Charlie made a "Broncos" flower.

Letter From The Administrator

Dawn Walker, RN, BSN, Sublette Center Administrator

Dear residents, families, and staff,



After having been on hold since the pandemic, Medicaid renewal applications will start being required again in 2023. If you, or your loved one, uses Medicaid as an insurance source, their application for coverage will need to be renewed this year.

A certain percentage of currently enrolled Medicaid members will be chosen each month for renewal. There is not a waiting list, nor can you renew prior to receiving a renewal application.

This process does not apply to Medicare, just Medicaid. If you've recently moved or changed your contact information, you will need to update your contact information with Wyoming Medicaid. This can be done online at: www.wesystem.wyo.gov or by calling 1-855-294-2127.

Please remember to be mindful of scams. Wyoming Medicaid does not charge an application fee for renewal, so if someone asks for your credit card information or for payment of any kind, discontinue speaking with them and let us know.

Sublette Center is here to help. If you've received an application and need assistance or want help updating your contact information with Wyoming Medicaid, please let the front office know.

Best, Dawn Walker

Thoughts of Summer

BY RICH BOETTCHER - ASPEN GROVE RESIDENT

A fresh dollar bill, all crispy and new
Just washed the car, it looks very good, too

Spring has now sprung, warmer weather's begun
The grass is now growing, with dandelions showing

With summer so near, it feels good to be here
'Cause if Pinedale's your home, there's not much need to roam

STAFF & RESIDENT

May Birthdays

May 1 - Dee B
May 1 - Edwin W
May 1 - Stacey Blaha
May 3 - Mariah Craig
May 4 - Meghan Doyle
May 11 - Carrie Totten
May 13 - Ashlee Merriam
May 13 - Elaine M (101)!
May 17 - Cheyenne Oleson
May 24 - Charlotte B
May 25 - Derrick O
May 26 - Lexy Hoffman



COMING UP::

Cinco De Mayo Breaking Bread

in the Grand Dining Room,
Friday, May 5 @ 11 am

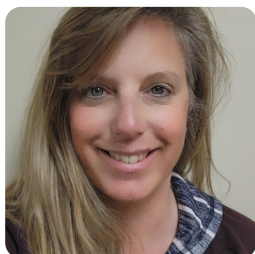
Saturday Night Music
in the Grand Dining Room,
Saturday, May 6 & 20 @ 7 pm

Banana Split Social
in the Grand Dining Room,
Friday, May 23 @ 2 pm

Cocktail Party
in the Heritage Room,
Thursday, May 25 @ 5 pm

Word in the Center; National Nurses Day

What inspired you to become a nurse and how has nursing impacted your life?



"I wanted to become a nurse because there are endless possibilities of what I could do. I liked the fact that I could keep challenging myself. Nursing has impacted my life by seeing people in vulnerable situations. I still think of this one patient that was in a wheelchair with no legs, just as happy as can be...what do I have to complain about. The way some patients deal with their situations is awe-inspiring," - April

"Growing up, I never thought about being a nurse, it never crossed my mind! My mom (who was also a nurse) convinced me to take the CNA class when I couldn't decide what I wanted to do with my life. I realized that I enjoyed taking care of people, went to school, and here I am! Being a nurse has impacted my life in so many ways! One of the biggest things is that I've realized what an effect you can have on your residents/patients, without even knowing it. We come in contact with so many people that it's sometimes hard to remember them all, but out of nowhere, someone will come up to you somewhere and tell you how much they appreciated everything you did for them or their family member. It's a humbling experience," - Amber



"I became a nurse because we were living here in Pinedale and I had been working as a CNA for 3 years. Due to having a young family I was not able to go to traditional schooling. Western Wyoming College in Rock springs offered the 2-yr RN program and since I had already worked as a CNA, I felt I could do more as a nurse here. It has been a rewarding career by helping take care of and learning many things from my residents. It also helped financially during tough times raising 4 children," - Janet

"I became a nurse because I knew I was called to help people and was inspired to be a nurse like both of my Grandma's. Nursing has impacted my life in every way. From the knowledge of being a nurse which led me to be able to care for my daughter in our own home to all of the people I've met along the way! I get to meet a bunch of people who I get to help or learn from. Nursing has helped me to be the person I am today. Nursing makes you give every piece of yourself away to others and pray you have given them enough to have a better day. Nursing is heart, soul, and life. Forever," - Julie



"I was inspired to become a nurse by a desire to help others, make a positive impact on people's lives, and be part of a caring and supportive community. Nursing can be a highly rewarding profession and makes a real difference in the lives of patients and their families. Nursing has had such a profound impact on my life. It requires compassion, empathy, and a deep commitment to helping others, which brings me a great sense of fulfillment and purpose. While it can be physically and emotionally demanding, I find it to be the best decision I've made. Despite these challenges, I find that my job is deeply meaningful and fulfilling, and I'm proud to be part of a profession that is so critical to the well-being of individuals and communities," - Megan

SUBLETTE CENTER

RETIREMENT COMMUNITY



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