

Rocky Mountain Manor

140 North Cheyenne Street
Powell, WY 82435

www.rockymtnmanor.com

(307) 754-4535 Cindy Ibarra, Manager

(307) 754-3875 Kolete Abraham, Service Coordinator

(307) 754-7040 Fax

November 15, 2023



Cost-of-Living Adjustment (COLA)

Social Security and Supplemental Security Income (SSI) benefits will increase 3.2% percent in 2024. The 3.2% percent cost-of-living adjustment (COLA) will begin with benefits payable to Social Security beneficiaries in January 2024. Increased payments to SSI beneficiaries will begin on December 31, 2023. (Note: some people receive both Social Security and SSI benefits.)

Holiday Closures

The **Manor Office** will be closed as follows:

Thursday, November 23, 2023~ Thanksgiving Day

Monday, December 25, 2023 ~ Christmas

Monday, January 1, 2023 ~ New Year's

The **Senior Center** will be closed as follows:

Thursday and Friday, November 23 and 24, 2023 ~ Thanksgiving

Monday and Tuesday, December 25 and 26, 2023 ~ Christmas

Monday, January 1, 2023~ New Year's

Resident / Management Meetings

Thank you for attending the resident/management meeting on October 20, 2023. We covered a lot of important information and your participation was greatly appreciated.

Please remember that the resident council meetings on the first Tuesday of each month, are different from the resident/management meetings we do

quarterly. Management will only participate in the resident council meetings when invited to do so.

Upcoming Birthday's

Sharon Davies ~ November 19

Donna Holder ~ December 04

Jerry Linsdau ~ December 12

Rebecca Stevens ~ December 13



Community Thanksgiving Dinner

The community Thanksgiving Day meal will be on **Thursday, November 23, 2023, from 11:00 a.m. to 1:00 p.m. at the Park County Fairgrounds in Heart Mountain Hall.** Transportation is available if needed. There is no cost to participate but donations are welcomed. **For more information call 307-254-0389.** This dinner is made possible by the cooperation of local churches, individuals, and businesses serving our community.

For residents who are not able to participate in the community dinner and would like to have lunch in the Manor dining room, Cindy will be coordinating a box lunch for Thanksgiving Day. A sign-up sheet is located at the front desk. Please clearly mark the sign-up sheet indicating your Thanksgiving Day plans.

Friday, November 24, 2023 ~ Day after Thanksgiving

November 24, the Powell Senior Center will be closed. We will be ordering Subway sandwiches for residents who would like to participate. The cost

will be \$6.50 per meal, for a 6" turkey & ham sandwich, chips & cookie. A sign-up sheet will be at the front desk.

FILE OF LIFE

Happy November! Please take a minute to look at the information in your "File of Life" magnetic file **that should be found on your refrigerator**. What is in your file? Is your medication list current? Do you have a form titled "My Medical Info" inside your magnetic file? That form is very helpful if the EMTs are called to your apartment. It contains important information that can be valuable to medical personnel. The form lists emergency contacts, medical conditions, allergies, and other information that can assist them with your care. So, take time today to look at the following:

- **Do you have the magnetic file on your refrigerator?**
- **Is your "My Medical Info" form in the file?**
- **Do you have a list of your CURRENT medications inside the file?**
- **Have you marked a "yes" or a "no" for a no CPR directive (DNR-Do not resuscitate)? This is found on the back of the "My Medical Info" form.**
- **Do you have any other information that you want the medical personnel caring for you to know?**

If you do not have a magnetic file on your refrigerator and/or if you do not have the "My Medical Info" form inside your file, please call me or stop by my office **today**. I can answer questions and help you get the items that you need. Be proactive and update your magnetic file today!

Service Coordinator
Kolete Abraham
307-754-3875

HOLIDAY PARTY

Rocky Mountain Manor Christmas Party

SAVE THE DATE

December 20, 2023, at
6:00 pm

Vial of LIFE

EMERGENCY Medical Information

Name _____

In an EMERGENCY DIAL 911

1. Name and Phone Number
2. Address of the Emergency
3. Describe the type of Emergency
4. Stay on the phone until dispatcher hangs up
5. Have someone wait outside to direct help

© StoreSMART.com/Life

Magnetic Back

My Medical Info

Why do it?

Medical personnel can make the best decisions regarding emergency treatment when they know a person's medical conditions, medications, or medical allergies. This can mean the difference between life and death in the "Golden Hour" immediately following a medical emergency.

1. Photograph

Place a clear, recent photo of just the participant into the pocket so emergency personnel can instantly identify the individual.

2. Medical Form

Fill out this medical form. Keep all your information up to date.

3. Place on Refrigerator

Place the completed form in the pocket. Place the pocket on your refrigerator or at work.

To download this form, or for more information about Vial of Life and Yellow Dot supplies, contact StoreSMART.
Web: StoreSMART.com/Life or 585-424-5300

Store SMART

My Medical Info

is on: _____

© 2013 StoreSMART.com/LLC

Community

Christmas Events Calendar

Christmas Fest – Powell Chamber of Commerce 2023

Sample the Season – Thursday, Nov. 16 ~5-8 pm

Eggnog Crawl - Thursday, Nov. 16 ~5-8 pm

Cocoa & Caroling Enchanted Forest– Friday, Dec. 1 ~5:30 pm

Christmas Fest - Saturday, Dec. 2 ~10 am

Santas Workshop – Saturday, Dec. 2 ~11 am -2 pm

Lighted Parade – Saturday, Dec. 2 ~5:30 pm



Foot Clinic

November 20, between 10:00 am -4:00 pm ~ Beauty Room
Please call or stop by the office to reserve your time for the foot clinic.

Cent\$isible Nutrition

November 20, 2:00 pm ~ Dining Room



In
Loving

Memory of

Ruby Pancoast

*September 05, 1932 ~
October 20, 2023*