

Douglas Senior



**340 FIRST STREET
WEST
P.O. BOX 192
DOUGLAS, WY
82633
PHONE (307) 358 -**

**SERVING THE DOUGLAS COMMUNITY
Monday through Friday
8:00 A.M.— 3:00 P.M.**

Our mission is to advocate, assist and provide services for seniors in the communities of Glenrock and Douglas. Promote well-being and quality of life with dignity, safety and integrity.



The Douglas Senior Center provides a safe, comfortable environment for our senior citizens who live and visit our wonderful community.

We are the outreach center for information and program services. We provide socialization and we encourage you to stop by and meet our terrific staff and join in on one of the great programs we offer!

HISTORY OF DOUGLAS SENIOR CENTER

The Douglas Senior Citizens Center has rich history and a promising future in Converse County, Wyoming. Initially organized by five churches in 1972, socializing consisted of a monthly bingo game or card party in one of the church basements. Before long, tables and chairs had to be hauled from place to place because no church could accommodate the growing crowd.

Once Irwin Towers—a HUD elderly and low-income apartment building was completed, the games moved to its community room. Articles of incorporation were drawn up. Meals began to be served. A permanent home was sought.

Thanks to the city of Douglas donating land and some revenue sharing money from the county, a 2400 sq. ft. building was completed in 1980. Its kitchen, bathroom, two offices and multipurpose room were soon outgrown and 5000 sq. ft. were added on in 1983.

Today the Douglas Senior Center stands as a community facility for the organization and provision of health, social and educational services to better serve the city's 1700 senior citizens.

Riverside Plaza I & II is affordable housing for seniors and disabled adults. We are connected by a hallway. call 307-358-2550 or 307-358-4926 for info

STAFF

Nancie Fink—Director

Sandy Bennett—Office

Sherri Jackson—Office

Pat Reiter-RN/ACC

Cindy Henson—CNA/ACC

Dolly Matter—CNA

Leda Price—CNA

Linda Vangeli—CNA

Megan Johnson—CNA

Rebecca Wagner—Homemaker

Melissa Wombaker-Homemaker

Gill Arellano—Driver

Bob Miller—Driver

Marilyn Hughes—Meal Delivery

Stephanie Hayes—Kitchen Manager/ Cook

Patty Lambert—Assistant Cook

Dawn Miller-Dietary Aide



DOUGLAS SENIOR CENTER'S PROGRAMS & SERVICES:

NUTRITION

Congregate Meals Lunch served Monday thru Friday open dining style from 11:00-12:30 seniors 60 years and older along with their guests.

Home Delivered Meals Monday thru Friday for qualified individuals

Nutrition Education provided by a registered Dietician, Converse County

WYOMING HOME SERVICES (WYHS)

PROGRAM—

- You must be 18 years or older to qualify. You must also meet other basic eligibility requirements.
- A fee-for-service program. Cost is based on sliding fee scale. We will work with you to decide charges for services.
- Providing care in the home environment.
- Services that may help you stay at home.
- Homemaker Care, Personal Care (bathing, showering), Lifeline, Care Coordination, Respite, Some Home Modifications and Loan Closet

Health Programs

- Blood Pressure Clinics
- Yoga
- Exercise Classes

Socialization

Card Playing Mon & Wed Fri. 1:00 PM

- Grocery Bingo—Monday 1:00 PM
- Cash Bingo—1st & 3rd Monday—5:00 PM
- Special Holiday Events
- Dinner Dances

INFORMATION & ASSISTANCE

Our friendly staff connects seniors with resources needed on an individual and group basis

Forms Assistance

Help with Medicare

Assist with Part D drug plans

Letter Reading & Writing
Tax Rebate for Elderly & Disabled
Wyoming Senior Health Insurance
Information Program (WSHIP)
Notary Services

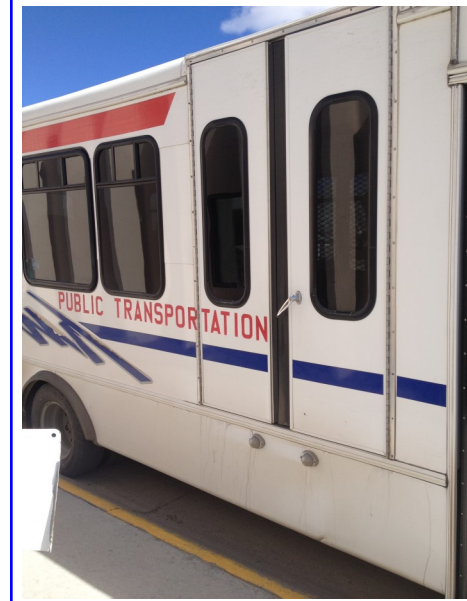
PUBLIC TRANSPORTATION

Handicapped Accessible Buses

Assisted Transportation to and from the senior center, beauty shops, physical therapy, and medical appointments, Etc.

Local Shopping Trips to and from grocery store, hardware store, post office, along with other local merchants. Daily

Casper Shopping Trips



...And We Need Your Help, Too

Our growth story cannot continue without your generous donation of money, materials and/or time.

Here's how YOU can join in: reading material, Dollar-A-Month Club, In-Home Service Volunteer, food, medical supplies, Center Volunteer, monetary donations and more.

Please call 358-4348 for more information.

Office Hours

Monday-Friday 8:00 am to 3:00 pm

Noon-Time Meals

Monday-Friday 11:00-12:30 PM

Home Delivered Meals