

Converse County Aging Services

Glenrock Senior Center



615 WEST DEER STREET
P.O. BOX 783
GLENROCK, WY 82637
PHONE (307) 436-9442
FAX (307) 436-2417

Our mission:
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.

Converse County Aging Services

BOARD OF DIRECTORS

- Sam Evans—chairman
- Casper Smith-Vice Chair
- Peg Wasson-Treasurer
- Brian Sheperd -Secretary
- Russ Broderdorp—Member

STAFF

- Nancie Fink—Director
- Debbie Cathcart—Assistant Admin
- Pat Reiter—RN/ACC
- Angela Evans—ACC/CNAII
- Kelseigh Eason-CAN
- Cierra Dawson-Homemaker
- Molly Day- Homemaker
- Kacie Faunce-Homemaker
- Leslee Elliott—Bookkeeper
- Doris Ottersbach—Office
- Wendy Prather—Office
- Dayna Lythgoe-Kitchen Manager/Cook
- Cyndi -Asst. Cook
- Travis Bowdish—Dietary Aid

SERVING THE GLENROCK COMMUNITY
Monday - Friday 8am-3pm
8:00 A.M.— 3:00 P.M.

HISTORY

Converse County Aging Services, INC Serving in two locations. The Glenrock Senior Center in Glenrock and The Douglas Senior Center in Douglas. It is a private, non-profit organization which was formed in the early 1970's. At the time, it was brought to the attention of community leaders by families, friends, and senior citizens themselves. The older population of this community could benefit from services available through the Older Americans Act. A citizens' task force was formed which began an exploration of local resources and the federal funding application process. This process proved successful and the Board of Directors have managed federal and state funded Title III Programs since September 1, 1974. Following is the programs we currently administer:

- Title III B (Supportive Services),
- C1 (Congregate Meals),
- C2 (Home Delivered Meals),
- WyHS (Wyoming Home Services)

The agency is also a recipient of Wyoming Department of Transportation funding, the center serves as the public transportation facilitator for Glenrock Area.

The philosophy of our agency is to continue to be beneficial and economical to older adults so they can remain in their own homes, thus fostering independence and a greater sense of dignity. Under the Older Americans Act, services are provided for all

VOLUNTEERS

persons 60+ and their spouse; regardless of spouse's age. The programs and services provided through the Glenrock Senior Center would not be possible without our dedicated volunteers. On an annual basis, young and young at heart individuals collectively give over 7000 hours of love and care to the seniors and the less fortunate in our community. If you are ever looking for an opportunity to give of yourself – the Glenrock Senior Center is where you want to be! Read books, socialize with seniors, teach a craft class, or give an entertaining/educational presentation. You can even lend a hand in the Thrift Store. No matter what the talent God has given you; it can be of use!



GLENROCK 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.

HEALTH PROMOTION & EDUCATION

Exercise Group Mon/Wed/Fri 8am

Tai Chi Tues/Thurs 10:30am

Diabetic Support Group 2nd Wednesday of each month 10:00am

Toe Nail Care by appointment

Flu Shot Clinics

Blood Pressure & Weight Checks

Home Visits

Loan Closet wheelchairs, walkers/stool risers/shower seats, etc. are available on a loan basis to the general public at no charge.



PUBLIC TRANSPORTATION

Handicapped Accessible vans

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 -

Seasonal Field Trips including but not limited to Llama Ranch, Alcova, Esterbrook, Taxidermists, and Natural Bridge, or a ride to look at Fall colors, lunch at other senior centers, and museums.

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

Wyoming Senior Health Insurance Information

Program (WSHIIP)

Notary Services

Many other services

Local resource list

SOCIALIZATION

Grocery bingo each Wednesday at 1 pm
Large Print Library, Fun Movies, Free WiFi
Special Holiday Events &
Building rental available

Wyoming Home Services

Life Lines, Light Housekeeping, Respite and Personal Care for seniors and disabled persons 18 years and older.

Respite Care for seniors allow their Care Giver to get a break from their care giving duties. This program also provides education and support for care givers. Companionship, Client Advocacy, Nutritional Support, Shopping & Errand Services.

THRIFT STORE

Our prices can not be beat! Where else can you get a bag of clothing for \$1. Yes, that is right. Clothing is \$1 per bag! All other items from household to yard supplies and everywhere in between are also priced to sell. We offer a consignment area featuring craft items created by local crafters. The profits from the thrift store assist the center with our local match for federal and state funding.

Store hours are Monday through Friday 8:30 – Noon & 1:00 – 3:30 Items sold in the store

are donated from the community. Think of our Thrift Store while doing your Fall or Spring cleaning.

The senior center's facility offers 15,000 square feet on two levels **FACILITY RENTAL** and is available for private use and/or organizational meetings for a small fee. When looking for that perfect location for a meeting, wedding reception, birthday party, graduation party or memorial service; remember the Glenrock Senior Center.

FUNDING

The funding to maintain programs and services are partially provided through Federal & State grants, County of Converse, Towns of Glenrock, & Douglas and numerous private contributions, donations, and memorials to honor that special someone. are welcomed.