JULY 2019 NEWSLETTER

Douglas 307-358-4348 & Glenrock 307-436-9442

Douglas Senior Center
PO Box 192 - 82633
340 1st Street West

Glenrock Senior Center
PO Box 783 - 82637
615 West Deer

WHAT’S INSIDE:
◆ A Letter from Nancie
◆ Things to Remember in July
◆ Senior Birthdays
◆ July Menu
◆ Daily Activities
◆ Dollar of the Month
◆ This Day in History
◆ Health Facts
◆ Word Search Puzzle

REGULAR HOURS
Monday thru Friday
8:00 am to 3:00 pm

PUBLIC TRANSPORTATION
Monday thru Friday
8:00 am to 3:00 pm

PLEASE CALL IN ADVANCE
Douglas 358-3112
Glenrock 554-0955

WEBSITE:
www.conversecountyingaginginc.com

Administrator........Nancie Fink

CCAS—Management Board
Casper Smith—Chairman
—Vice Chairman
—Treasurer
Russ Broderdorp—Secretary
Brian Shepherd—Member
Peggy Wasson—Member

CCAS—District Board
Billy Canady
Joann Desmarias
Kathy Pateg
Tim Ricker
Ron Yates
Hello all, & HAPPY SUMMER…Finally!!
Here is a little something I found laminated and yellow, in my grandmother’s things. Enjoy!

Senior Citizens
Senior citizens are constantly being criticized for every conceivable deficiency of the modern world, real or imaginary. We take responsibility for for all we have done and do not blame others. However, upon reflection, we would like to point out it was NOT the senior citizens who took:

The melody out of music,
The pride out of appearance,
The courtesy out of driving,
The romance out of love
The commitment out of marriage,
The responsibility out of parenthood,
The togetherness out of family,
The learning out of education,
The service out of patriotism,
The Golden Rule from the rulers,
The Nativity scene out of cities,
The civility out of behavior,
The refinement out of language,
The dedication out of employment,
The prudence out of spending,
The ambition out of achievement or God out of government and school.

And we certainly are NOT the ones who eliminated the patience and tolerance from personal relationships and interactions with others! And, we DO understand the meaning of patriotism, and remember those who fought and died for our country. Just look at the seniors with tears in their eyes and pride in their hearts as they stand at attention with their hand over hearts!YES! I am a senior citizen! I’m the life of the party even if it lasts until 8pm. I am very good at opening child proof caps…with a hammer. I’m awake many hours before my body allows me to get up. I’m smiling because I can’t hear a thing you are saying. I’m sure everything I can’t find is in a safe and secure place, somewhere. I’m wrinkled, saggy, lumpy, and that’s just my left leg. I’m beginning to realize aging is not for wimps! YES, I am a senior citizen and I think I am having the time of my life! Spread the laughter, share the cheer, let’s be happy while we’re here!!

My grandmother cutout this out at least 25 years ago…and all these things still apply!!

Until next time!! Nancie~
THINGS TO REMEMBER

BOARD MEETING
July 18th @ 1:00 PM
Glenrock
SPECIAL DIST. BOARD MEETING
Converse County Court House
July 8th @ 10:00 AM
Douglas

DOUGLAS SENIOR CENTER

HAS A DINING ROOM AND MEETING ROOMS FOR RENT FOR YOUR PARTIES AND MEETINGS.
PLEASE CALL 358-4348 OR STOP BY BETWEEN 8 A.M.—3 P.M.

FYI Glenrock
Diabetic Support
Every 2nd Thursday of the month @ 10 AM

Douglas Senior Center
WEALTH Program
(Long-Term Health Solutions)
July 17th 10:45 AM in Dining Room

Jeremy Littleton
Community EMS Coordinator

FYI Douglas Senior Center

Diabetic support the 3rd Monday of the month 10AM
Blood Pressure clinic every day 11AM to 12PM
Foot care by appointment on Monday and Wednesday
Call the center 358-4348
For an Appointment.

Another Look Into time
Spot the Eyeglasses ⏰
Somewhere in the newsletter
Eyeglasses are hidden find them and put your name in the drawing for a meal ticket.
Drawing will be weekly.

Name: ____________________________
If you are 60 or older and have a birthday in
Month: __________________

BRING THIS COUPON TO:
Converse County Aging Services, Inc.
615 W Deer Glenrock Senior Center
340 1st St W Douglas Senior Center

For a free meal, Mon.—Fri. Courtesy of:
NEWCOMER FUNERAL HOME
A Tradition of Caring® Since 1893

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**July Birthdays Douglas**

Bob Britton 7/28  
Bill Bruner 7/9  
Linda M. Bruner 7/14  
James Chapin 7/19  
Carol Chizek 7/5  
Larry Crummer 7/6  
James Curley 7/28  
Leo Curry 7/21  
Harv Domsalla 7/26  
Emma Erickson 7/11  
Linda Fritz 7/30  
Jonell Gorell 7/7  
Ron Grohs 7/20  
Kathy Gullidge 7/21  
Ron Halstead 7/8

**July Birthdays Glenrock**

Beverly Wollen 7/1  
Janet Maines 7/5  
Richard Blakely 7/6  
Melvin Miller 7/6  
Barbara Scott 7/10  
Errol Goins 7/11  
Shirley Phipps 7/14  
Vickie DeSanti 7/16  
John Boam 7/17  
Sandy DeBlaker 7/18  
Ramona Kuhn 7/19  
Jimmie Johnson 7/20  
Charlie Tichy 7/24  
Margaret Jackson 7/26  
Jean Hewett 7/27  
Mary Young 7/27  
Linda Olson 7/28

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Check out our Web Site  
www.conversecountyaginginc.com
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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>1 Creamy Baked Spaghetti</td>
<td>2 Ham Scalloped Potatoes</td>
<td>3 Grilled BBQ Chicken</td>
<td>4 Baked Fish Rice Pilaf</td>
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<tr>
<td>Green Beans</td>
<td>Vegetables</td>
<td>Corn on Cobb Potatoes</td>
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<td>8 Chili Dogs</td>
<td>9 Hot Beef Sandwich</td>
<td>10 Egg Salad Sandwich</td>
<td>11 Sweet &amp; Sour Chicken</td>
<td>12 Sub Sandwich</td>
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<td>French Fries</td>
<td>Mashed Potatoes</td>
<td>Salad Sandwich</td>
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<td>Potato Salad</td>
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<td>15 Roast Turkey</td>
<td>16 Baked Chicken</td>
<td>17 Pork Roast</td>
<td>18 Sloppy Joe/Bun</td>
<td>19 Beef &amp; Tomato—</td>
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<td>Stuffing</td>
<td>Tacos</td>
<td>Mashed Potatoes</td>
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<td>22 Ribs &amp; Kraut</td>
<td>23 Grilled Cheese</td>
<td>24 Beef Stir-fry</td>
<td>25 Tator Tot</td>
<td>26 Grilled Hots Dogs</td>
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<td>Potatoes</td>
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<td>29 Patty Melt Sandwich</td>
<td>30 Honey Mustard-chicken</td>
<td>31 Fajitas</td>
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<td>Waffle Fries</td>
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Meal Menu Subject to Change Due to Availability

Congregate Meals Suggested Donation: 60+ $5.00 Charge for Guests Under 60-$10.00
Meals Served at 11:00 a.m. to 12:30 p.m. Monday thru Friday
Home Delivered Meal Suggested Donation-$4.50 Frozen Dinner Suggested Donation-$1.50
To Order or Cancel Home Delivered Meals Please Call Glenrock 436-9442 Douglas 358-4348
# Converse County Aging Services Activities

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<tr>
<td>Diabetic Support 10 AM</td>
<td>Bible Study 9:30 AM</td>
<td>Strong Bones</td>
<td>Tai Chi 10:00 AM</td>
<td>Yoga 10 AM</td>
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<td><strong>Third Monday of the month.</strong></td>
<td>Blood Pressure 11 AM</td>
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<td>Pinochle 12:30 PM</td>
<td>Pinochle 12:30 PM</td>
<td>Strong Bones</td>
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<td>Exercise 11 AM</td>
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<td>Fun Singers 11:30 AM</td>
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<td>Bridge 1 PM</td>
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<td>Canasta 1 PM</td>
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<td>Exercise 8 AM</td>
<td>Tai Chi 10:30 AM</td>
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<td>Cards 1 PM</td>
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<td>Blood Pressure Clinic 11 AM to 12:30 PM</td>
<td>Diabetic Support 10 AM</td>
<td>Tai Chi 10:30 AM</td>
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<td>Bible Study 1 PM</td>
<td>Blood Pressure Clinic 11 AM to 12:30 PM</td>
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<td>Douglas 11:30-3</td>
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**Douglas Senior Center**

Looking for Volunteers for our Thrift Store

Hours are 11:30 till 3:00 PM

(Can work all or part of these hours) Lunch is included

Go to office for more info.

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"This document was developed under Grant(s) from the U.S. Department of Health and Human Services, Administration on Aging, and the State of Wyoming, Department of Health, Aging Division, Senior Services. However, these contents do not necessarily represent the policy of the U.S. Department of Health and Human Services, Administration on Aging, and the State of Wyoming, Department of Health, Aging Division, Senior Services, and you should not assume endorsement by the Federal or State government."
DOLLAR OF THE MONTH CLUB

Yes, I would like to support Converse County Aging Services, Inc (Douglas & Glenrock Senior Centers) programs by joining the Dollar of the Month Club.

$12.00 per year per member. ($24.00 per couple)

Name:_______________________________________________________________________________________

Address:_____________________________________________________________________________________

Amount paid:__________________________

I give my permission for the Glenrock Senior Center to publish my name in Golden Whispers for as long as I continue my donation.

CONVERSE COUNTY AGING SERVICES, INC DOLLAR OF THE MONTH CLUB

Our thanks to all the Dollar of the Month contributors. The money you give is used for services at the center. If your name is not listed and you have contributed, please sign the permission slip found in this newsletter. Thank you for your continued contributions. The date following the name is when your contribution expires.

DOUGLAS

Beckman, Elizabeth 11/19
Beiber, Edna 6/19
Bingemer, Barbara 2/20
Bingemer, Fred 2/20
Blair, Jean 6/19
Boespflug, Ron 9/20
Boyer, Gwen 3/20
Boysen, Doris 1/20
Britton, Bob & Bonnie 9/19
Bruner, Charles 3/20
Butler, Dorothy 4/20
Burgener, Kay 2/20
Carolus, Pat 2/0
Davidson, Clarence 7/20
Dickau, Marilyn 9/19
Downes, Mr & Mrs Edward 12/20
Eden, Charlotte 1/20
Fawcett, Miriam 3/20
Gilbreath, Don 12/19
Gladson, Bob 3/20
Hageman, Bob/Judy 4/23
Hale, Mr & Mrs Ed 3/20
Haugen, Allegra 10/19
Hollon, Marjorie 2/20
Hoopman, Mr & Mrs Ray 2/20
Kirkland, Gail 3/20
Kreycik, Hale 3/21
Kravance, Betty 2/20
LeBar, Kathie 3/20
Lengel, David & Lorie 7/20
Mahnke, Ruth 4/20
McKee, Sue 2/20
Middleton, Richard 3/20
Mitts, Bonnie 2/20
Oliver, Mary 9/19
Park, Val Jean 2/20
Perry, Faye 2/28
Porter, Mr & Mrs Wayne 2/20

GLENROCK

Allen, Linda 4/19
Ambrose, Gloria 6/19
Aust, Palmer & Sharon 6/19
Bartels, Lyle & Bonnie 1/20
Bingemer, Fred 4/19
Blakeley, Glen & Freda 10/19
Cannady, Richard & Mary 5/20
Care, Linda 12/24
Chojnacky, Ron & Andrea 4/20
Deer Creek Drug 4/24
Engstrom, Arlan & Gina 6/19
Evans, Sam & Lynda 5/20

FAUNCE, Bob & Boots 9/19
FAUNCE, Trudy 2/20
Fink, Bob & Nancie 5/22
Freeman, RuthAnn 8/20
Gallinger, Jackie 1/21
Glenrock Church of Christ 8/20
Glenrock Hardware Hank 7/19
Glenrock Masonic Lodge 11/20
Goff, Don 8/19
Grant, Lester & Norma Jean 8/19
Gray, Margie 2/20
Hammer, Cliff 9/20
Hammersmark, Harold & Louise 11/19
Hunt, Cliff & Bonita 1/20
Jacobs, Mike & Maggie 8/19
Johnson, Clifford 12/25
Johnson, Jimmie Joe & Carolyn 1/21
Johnson, Kenneth 6/19
Johnson, Kay 1/21
Kennaugh, Don 1/20
Kenny, Sandra 1/20
Lantis, Ruby 5/19
Lawton, Cal 8/19
Lewis, Ed & Debra 8/19
Lythgoe, June 12/20
MacAskill, Peggy 2/20
Magee, James 5/21
Matson, Gerald & Linda 3/19
McCormick, Bob & Sandy 6/19
McCoy, Steve & Debbie 10/20
McDonald, Marie 11/19
McKillop, Dottie 6/20
Miller, Elois 6/19
Mooney, Bill & Jean 5/20
Ogden, George & Juanita 4/21
Oldham, Cheryl 12/20
Oregon Trail Rural Health Clinic 4/34

DOLLAR OF THE MONTH CLUB

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Name:_______________________________________________________________________________________

Address:_____________________________________________________________________________________

Amount paid:__________________________

I give my permission for the Glenrock Senior Center to publish my name in Golden Whispers for as long as I continue my donation.
ICE CREAM SOCIAL
Douglas Senior Center

“JULY 19TH”
11:00 to 12:30

JULY 19th
DOUGLAS SENIOR CENTER

Come on down and
DANCE TO BUNKY
6PM-9PM
Historical events for the month of July, by day:

1 U.S. postage stamps went on sale for the first time. (1847)
2 The Lawrence Welk show premieres on television. (1955)
5 Baseball great Joe DiMaggio hits his first grand slam. (1937)
10 After an unsuccessful attempt to change its formula, Coca-Cola brings back the ever popular original formula as "Classic Coke". (1985)
11 Robert Bailey Thomas publishes the first issue of the Farmer's Almanac. It is now called the "Old Farmer's Almanac". (1792)
11 Former Vice President Aaron Burr kills Secretary of the Treasury Alexander Hamilton in a duel. (1804)
13 The radio is patented by Guglielmo Marconi. (1898)
14 Alfred Nobel demonstrates dynamite. (1867)
17 The air conditioner was invented. (1902)
19 Samuel Colt, invented the revolver (1814)
20 In "one small step for man, one giant step for mankind", Astronaut Neil Armstrong becomes the first person to walk on the moon. (1969)
21 Jesse James and his gang rob their first train (1873)
23 Air Force Colonel Eileen M. Collins becomes the first woman to command a space shuttle. (1999)
24 President Hoover announces the Kellogg-Briand Pact which renounces war. (A lot of good that did....) (1929)
25 American forces defeat the British at the Battle of Niagara Falls (Lundy's Lane) (1814)
26 Mickey Mantle hits his first "Grand Slam". (1952)
28 World War I began. (1914)
29 Walt Disney's "Steamboat Willie" premieres. (1928)
30 President Lyndon B. Johnson signs the Medicare bill. (1965)
31 Mariner 6 flies past Mars (1969)
Fall-Proofing Your Home

Six out of every 10 falls happen at home, where we spend much of our time and tend to move around without thinking about our safety. There are many changes you can make to your home that will help you avoid falls and ensure your safety.

In Stairways, Hallways, and Pathways

- Have handrails on both sides of the stairs, and make sure they are tightly fastened. Hold the handrails when you use the stairs, going up or down. If you must carry something while you’re on the stairs, hold it in one hand and use the handrail with the other. Don’t let what you’re carrying block your view of the steps.
- Make sure there is good lighting with light switches at the top and bottom of stairs and on each end of a long hall. Remember to use the lights!
- Keep areas where you walk tidy. Don’t leave books, papers, clothes, and shoes on the floor or stairs.
- Check that all carpets are fixed firmly to the floor, so they won’t slip. Put no-slip strips on tile and wooden floors. You can buy these strips at the hardware store.
- Don’t use throw rugs or small area rugs.

In Bathrooms and Powder Rooms

- Mount grab bars near toilets and on both the inside and outside of your tub and shower.
- Place non-slip mats, strips, or carpet on all surfaces that may get wet.
- Remember to turn on night lights.

In Your Bedroom

- Put night lights and light switches close to your bed.
- Keep a flashlight by your bed in case the power is out, and you need to get up.
- Keep your telephone near your bed.

In Other Living Areas

- Keep electric cords and telephone wires near walls and away from walking paths.
- Secure all carpets and large area rugs firmly to the floor.
- Arrange your furniture (especially low coffee tables) and other objects so they are not in your way when you walk.
- Make sure your sofas and chairs are the right height for you to get in and out of them easily.
- Don’t walk on newly washed floors—they are slippery.
- Keep items you use often within easy reach.
- Don’t stand on a chair or table to reach something that’s too high—use a “reach stick” instead or ask for help. Reach sticks are special grabbing tools that you can buy at many hardware or medical-supply stores. If you use a step stool, make sure it is steady and has a handrail on top. Have someone stand next to you.
- Don’t let your cat or dog trip you. Know where your pet is whenever you’re standing or walking.
- Keep emergency numbers in large print near each telephone.

If you have fallen, your doctor might suggest that an occupational therapist, physical therapist, or nurse visit your home. These healthcare providers can assess your home’s safety and advise you about making changes to prevent falls.

Your Own Medical Alarm

If you’re concerned about falling, think about getting an emergency response system. If you fall or need emergency help, you push a button on a special necklace or bracelet to alert 911. There is a fee for this service, and it is not usually covered by insurance.
If you would like to advertise here, please give us a call:

in Douglas (307) 358-4348
in Glenrock (307) 436-9442