

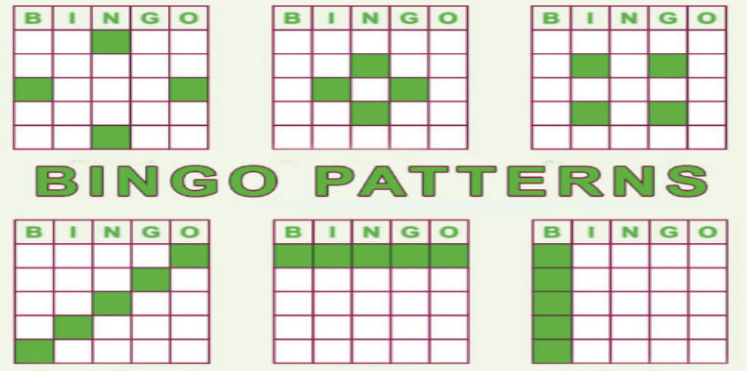
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# At the Center of it All

CASPER SENIOR CENTER 1831 East 4th St. Casper WY

# JUNE

2025



## Jackpot Bingo!!!!

The center will begin having weekly Jackpot Bingo Games Wednesdays 1:30 to 4:00pm!!

## OPEN TO THE PUBLIC

What is Jackpot Bingo you say... Well, here's how it works: Cards re .25 cents each. You will pay every game. Play one card or as many as you choose to. Stay for one game or for all 30. Come when you want to, leave when you have to. Every game must be able to be won in 5 numbers or less. ( we will continue past the 5 numbers until we have a winner). If the player wins in 5 numbers or less they will receive the game payout as well as the growing JACKPOT! Every game payout will depend on the number of players as well as the number of cards played each game.

For example: \$10.00 is collected for the game. The player will receive \$6.50 \$1.00 to the growing jackpot and \$2.50 to the Senior center general expense fund.

We will play 15 games, take a break and then play another 15 games or until there aren't enough players to continue playing.

Our first session will be June 11th, 2025.

If you have any questions, please call 307-265-4678

# WHO'S WHO AROUND THE CENTER

**Executive Director-***Rachel Brown*

**Board of Directors**

*Bob Carpenter* ..... President

*Gracie Becker* ..... Vice President

*Kim Latka* ..... Treasurer

*Kate Maxwell* ..... Secretary

**Members**

*Gloria Fuhrer, Debera Siems,*

*Susan Burk, Lori Spearman*

*Bob Lemmon, Ron Strang,*

*Zulima Lopez*

**City Council Liaison**

*Michael Bond*

**Community Programs Director-**

*Lacey Kidman*

**Access Care Coordinator** *Christine Coffey*

**Housekeepers-** *Shauna Dellinger, Blaize*

*Favre, Sarah George, Jazzmin Kidman,*

*Jessica Massey*

**CNA—** *Caitlan Knotts*

**Human Resources/Bookkeeper-***Rae Appel*

**Volunteer Coordinator/Event Coordinator-**

*Kim Perez*

**Data Entry—**

**Dietary Director** *Kimberly Cooper*

**Kitchen Staff:**

*Johnna Moore, Makayla Archambault*

*Quinton Easley, Craig Kwedor*

*Angel DeLoria, Keela Cooper*

*Azarian Tanksley, Zach Focht*

*CJ Oryall, Dusty Plummer*

**Front Reception/Loan closet-**

*Kati Swanson*

**Locations**

**CASPER (MAIN)**

1831 East 4th St (307) 265-4678

**MILLS**

401 Wasatch (307) 237-1317

**EVANSVILLE**

71 Curtis St (307) 315-6719

**Connect with us:**

[www.casperseniorcenter.com](http://www.casperseniorcenter.com)

Facebook. Page:

Casper-Senior-Center

***Déjà Brew Barista Volunteers:***

*Monday- Nancy*

*Tuesday- Maddy*

*Wednesday- Ruthy*

*Thursday- Kathy*

*Friday— Ruthy*

***Dining Room Volunteers:***

*Jimmy, Ernie*

*Michelle, Jim*

*Jancy, Masayo*

*Luba, Deb*

***Puzzles:***

*Ruth*

***Crafts:***

*Peggy*

***Deals on Wheels:***

*Peggy and Buck*

**Board of Director meeting Schedule: Fourth Monday of each month at 3:00pm**  
Meetings are open to the public. Our members are encouraged to attend

## From the Desk of the Director:

Where Did June Come From.....

Well, we made it through May with all limbs intact and only a mild salsa-induced injury or two (note to self: next year, label the "extra hot" guacamole more clearly). The month kicked off with our Cinco de Mayo celebration, where the enchiladas were plentiful and the music was lively. Let's just say we now know who in our group could moonlight as a mariachi dancer! Then came Mother's Day, a time to honor all the moms, grandmas, and honorary aunties who keep our world spinning (and our cookie jars full). The brunch was beautiful; the flowers were fragrant. Finally, we wrapped the month with our Memorial Day BBQ, complete with burgers, patriotic tunes, and just enough wind to keep our napkins airborne. We gathered to remember and honor those who served. We are in the works of planning for Father's Day event on June 15<sup>th</sup>. Please watch out for more information. As we watch our government make changes to how money is spent, some of our senior center programs are in real jeopardy. What is being proposed, that will impact our wonderful facility, is a 68% cut to our activity's program/grant and 12-15% cut to our food program/grant. As we all know, the importance of offering these 2 programs is to our seniors and our community, our US Senators and Representatives need to be educated. Information about these proposed cuts is in this newsletter and can be picked up at the front office. Please let your voice be heard.

As always, thank you for being the heart of our center. Your laughter, your kindness, and your ability to out-dance the staff (yes, we noticed) make this place special. Here's to a sunny and eventful June!

Warm Regards,

Rachel Brown [rachelh@casperseniorcenter.com](mailto:rachelh@casperseniorcenter.com) or 307-265-4678

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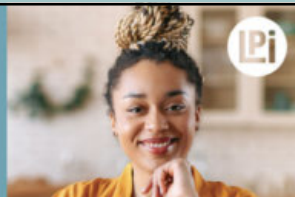


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# HELPING HANDS

OTHER SERVICES PROVIDED BY CENTRAL  
WYOMING SENIOR SERVICES AKA OUR SENIOR CENTER

WYOMING HOME SERVICES and NATIONAL FAMILY CAREGIVER  
PROGRAM are programs that provide assistance to individuals in their home.

Services include :

- 👤 Housekeeping
- 👤 Personal care
- 👤 Respite and care coordination

Any questions? *Come see Lacey or Christine!*

Or give us a call at (307) 265-4678

## FRIDAY MOVIE MATINEE

2:00pm in the library

### Featured Movies

**June 6th—*Thelma***- *Thelma Post is a 93-year-old grandmother who loses \$10,000 to a con artist on the phone. With help from a friend and his motorized scooter, she soon embarks on a treacherous journey across Los Angeles to reclaim what was taken from her.*

**June 13th- *The Peanut Butter Falcon***-*After running away from a residential nursing home to pursue his dream of becoming a pro wrestler, a man who has Down syndrome befriends an outlaw who becomes his coach and ally.*

**June 20th— *Mr. Church*** When a young girl and her dying mother are joined by a black male cook who comes to live with them, little do they know that their lives are about to change forever.

**June 27th— *The Other Sister***- Carla an Autistic girl and her new boyfriend set out to experience all of life's great adventures and also prove that Carla has earned her independence.

**Movies are subject to availability**



## New Member Coffee

2nd Tuesday each Month  
10AM in Déjà Brew

NEXT DATE:  
June 10th

### Meal Prices:

Suggested donation for a senior meal is \$6.00. We do offer 10 and 20 count punch tickets. As an incentive, we will offer one bonus meal with every 20 punch ticket donation. Remember that our guests under the age of 60 need to purchase a single meal ticket at the reception desk for \$9.00. (When you invite a non-senior guest, please stop by the front desk to purchase their meal ticket )Thank you for your support of our meal program!

### Meal Times:

Casper: 11:00 AM to 1:00 PM  
Evansville & Mills Noon to 1:00

If you would like to have your birthday or anniversary published in the newsletter for the month of either , Sign up with Kati

*Please turn this into the front office  
If you are 60 or older with a birthday in June to receive a complimentary lunch ticket.*

Name \_\_\_\_\_

Birthday: \_\_\_\_\_

May Hidden images

## Last Edition Answers:



Answer to the May Trivia Question:  
What is May's full moon called? Flower Moon  
What is the Flower and birth stone for May  
Is the Emerald

### June Trivia—

What is a common flower associated with June?

What is a famous landmark or place associated with June?

Try To Find this Image twice in this issue.



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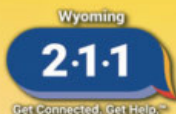
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# Gifts & Memorials

*Note: This is a list for Gifts or Memorials given between March 22—April 21, 2025.*

*If donations were made between those dates and you were not recognized, please see the office.*



## Gifts

Janet Hilde, Casper Fine Arts Club, Grace Chewkin, Anne Rochelle, Gloria Fuhrer, Frank Stofflet, Perez Family, Rotary club of Casper, and Ruby Ziehl  
Anonymous Donor(s)  
*Thrivent Donor*

## Memorials

In memory of :  
Sue Tupper  
Mary Moler  
Margaret Tageant  
In memory of :  
Shirley McPherson—  
Margaret Tageant

### *What Your Memorial Does*

*The board of directors has directed Memorial gifts are to be spent only on items of a lasting value, not general operations. When we last expanded the Center, we used memorial gifts to match One Cent and other county money. Just note on your check that the gift is a memorial and the person's name you wish to be remembered.*

## *A Special Thanks to Dedicated Volunteers*

*We would like to celebrate 2 member volunteers. Jimmy Salazar and Ernie Trujillo, the dining Room attendants that have made such a difference to our Center! They don't mind doing the "dirty work" and do it with a smile!. I truly appreciate visiting with them and enjoy watching how they just seem to know who needs what when they need it. Between the two they have given more than 20 years of dedicated service. When you see Ernie or Jimmy give them a big pat on the back and tell them just how appreciated they are.*

## *Volunteer opportunities*

*We currently have several volunteer opportunities available. Barista, front desk reception, library, dining room, BINGO money collectors, set up and take down every Wednesday afternoon.*

*Please see Kim Perez in the office or call 307-265-4678*

### *Volunteer Meeting*

*June 4th at 1pm  
in the conference room.  
We need Jackpot Bingo  
volunteers*

*We cannot stress enough how much we depend on our volunteers. **YOU** keep the Senior Center running and allow us to continue providing vital services to members and our community!*

## **Thank You Always!**



## SMP SCAM WATCH:

### DOCTOR IMPERSONATION



Scammers are using technology to copy doctors' office phone numbers to call Medicare beneficiaries pretending to be from the office to ask for Medicare numbers.

Don't ever give out your Medicare number over the phone. If you have, report it to the SMP!



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Be on the lookout for a call spoofing scam from your "doctor!" Scammers are using technology to copy doctors' office phone numbers to call Medicare beneficiaries to ask for Medicare numbers.

Don't ever give out your Medicare number over the phone. If you have, report it to your local SMP at (800) 856-4398.



# SMP

Senior Medicare Patrol

Preventing Medicare Fraud



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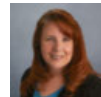
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# ***JUNE ACTIVITIES***

June 2, - Deadline for Property tax rebate

June 4, — Volunteer meeting 1 pm in Conference room

June 5, - Shepard of the Valley representative will be in the Dining room for a question and answer session about Medicare, UHC and care facilities

—Wyoming Dementia Support group 10 am Conference room

June 6, Natrona County Book mobile to help with library access, possible book club and more! Library and coffee area 10:45

- Movie matinee- 2pm in Library

June 9, - Low vision Support Group 10 am Activities room  
Dance club 6pm

June 10—Wellness clinic—Dining room 10am,  
new member coffee 10 am de ja brew coffee area

June 11 BUNCO—9am de ja brew area

*first session of Jackpot Bingo!!! 1:30 pm Dining room*

June 12—Square Dancing 7 pm Dining Room

June 14 Senior Dance in Dining room 5 pm

June 15- Fathers day Brunch

June 16—Dance Club 6pm

*June 18 Jackpot Bingo—1:30 dining room*

June 19 Wyoming Dementia support group 10 am  
Square dancing 7 pm

June 23 Dance Club 6pm


June 24 Wellness clinic 10 am

*June 25 Jackpot Bingo 1:30 pm*

June 26 Square Dancing 7pm

Have a safe and fun June

# June 2025 Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Honey Glazed Ham Baked Potato Dill Green Beans Carrot Raisin Slaw WW Roll Apple Pie	<b>2</b> Chicken Pot Pie Roasted Broccoli Caesar Salad Brown Bread Red Grapes	<b>3</b> Swedish Meatballs Garlic Pasta Steamed Cabbage Tomato Basil Salad WW Roll Mandarin Oranges	<b>4</b> Sweet & Sour Pork Fried Rice Oriental Vegetables Asian Slaw Sunflower Bread Almond Cookie	<b>5</b> <i>World Environment Day</i> Pepper Cheese Soup Egg Salad Sandwich Fresh Vegetables Apricots Chocolate Lava Cake	<b>6</b> Salmon Loaf Creamy Risotto Winter Mix Garden Bounty Salad Corn Muffin Peach Jello	<b>MEALS INCLUDE BREAD &amp; MILK</b>
<b>8</b> Beef Pepper Steak Rice Pilaf Roasted Cauliflower Tossed Cranberry Salad Wheat Roll Peach Pie	<b>9</b> <i>It's Donald Duck Day!</i> Hot Pork Sandwich Mashed Potatoes Green Beans Coleslaw with Pineapple Apple Crisp	<b>10</b> Turkey Tetrazzini Roasted Asparagus Tossed Vegetable Salad Garlic Onion Roll Diced Peaches	<b>11</b> Vegetable Soup Chicken Salad Sandwich On Wheat Bread Spring Salad Blueberry Buckle	<b>12</b> Stuffed Pepper Roasted Zucchini Cucumbers & Onions Honey Wheat Biscuit Coconut Pudding	<b>Friday the 13<sup>th</sup></b> Seafood Alfredo Peas with Pearl Onions Creamy Slaw French Bread Black Cherries	<b>Happy Flag Day</b>
<b>15</b> <i>Happy Father's Day!</i> BBQ Ribs Potato Salad Roasted Corn Cobbette Fresh Fruit Whole Wheat Roll Strawberry Shortcake	<b>16</b> Smothered Chicken Rice Pilaf Braised Cabbage Dill Cucumbers WW Roll Orange Jello Whip	<b>17</b> Chef's Salad Meats & Cheese Hard Boiled Egg Gingered Pears OJ Blueberry Muffin	<b>18</b> Lasagna Italian Vegetables Caesar Salad Garlic Bread Peach Cake	<b>19</b> Beef Fajitas Lettuce   Tomatoes Beans   Rice Baked Apples Cinnamon Ice Cream	<b>20</b> Breaded Tilapia Mac & Cheese Herb Roasted Tomatoes Mandarin Spinach Salad Cheddar Onion Biscuit Diced Pears	<b>MENU SUBJECT TO CHANGE!</b>
<b>22</b> Beef & Noodles California Vegetables Mixed Green Salad Honey Wheat Roll Fruit Cocktail Cake	<b>23</b> Ham Loaf Rice Pilaf Country Mix Tossed Green Salad Wheat Roll Jello Whip	<b>24</b> Chicken Strips Sweet Potato Tots Sliced Tomatoes Russian Salad Baked Apples	<b>25</b> <i>Global Beatles Day</i> Lamb Tips Mashed Potatoes Roasted Asparagus Dill Cucumbers Wheat Roll Coconut Pudding	<b>26</b> BLT Wrap Pasta Slaw Fresh Vegetables Broccoli Craisin Salad Lemon Parfait	<b>27</b> <i>June Birthday Lunch!</i> Chicken Fried Steak Mashed Potatoes Stewed Tomatoes Whole Wheat Roll Pistachio Cake	
<b>29</b> <i>Hug Holiday</i> Roast Turkey Mashed Potatoes Peas & Carrots Tossed Vegetable Salad Wheat Roll Pumpkin Pie	<b>30</b> Philly Cheese Sandwich Chips Stuffed Celery Coleslaw Fresh Peaches					



Foodborne illnesses tend to increase during the summer months because bacteria multiply faster when it's warm. People also cook outside, away from refrigerators, thermometers, and sinks more often. Stay healthy and safe by following these food safety guidelines:

# HAVE A FOOD SAFE SUMMER

While the warmer weather conditions may be ideal for outdoor picnics and barbecues, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips:

## 1 in 6

Approximate number of Americans stricken with food poisoning each year

## 128,000

Estimated annual hospitalizations from foodborne illnesses

## Did You Know?

U.S. beef sales are highest during the week of July 4th, when Americans are expected to buy about **\$400 MILLION WORTH OF IT—25% MORE THAN AN AVERAGE WEEK** (according to the National Cattlemen's Beef Association).

## Basic Tips

### CLEAN

**CLEAN SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER.** If you're at a picnic, bring moist towelettes to use!

Wash all produce under plain running water before eating, cutting or cooking, even if you plan to peel them!

### SEPARATE

**SEPARATE PLATES AND UTENSILS.** When grilling, use separate plates and utensils for raw and cooked meat and poultry and ready-to-eat foods (like raw vegetables).

### COOK

**USE A FOOD THERMOMETER.**

**Burgers: 160°F**

Just because a burger is brown, not pink, doesn't mean it's safe to eat!

### CHILL

Don't leave food at room temperature for longer than two hours (or 1 hour if it's above 90°F). If planning a picnic, perishable food should be kept in an insulated cooler packed with ice or ice packs.

**CHILL RAW AND PREPARED FOODS PROMPTLY** if not consuming after cooking.

## What Are You Making?

Here are some food safety tips for preparing a few signature summer dishes.

### BARBECUE

Cook all meat and poultry to recommended internal temperatures.

**Burgers: 160°F.**

**Chicken and Turkey: 165°F.**

**Sausage: 160°F.**

**Steaks: 145°F** with a 3-minute rest time.

### FRUIT SALAD

Rinse all produce before peeling or chopping.

Chop all produce with clean knives on cutting boards not used with raw meat to avoid cross-contamination.

### DEVILED EGGS

Refrigerate prepared eggs until they're ready to be served and once out, keep them nestled in ice to keep them cool.

ADDITIONAL SOURCE: CDC

USDA

Ad Council

For more summer food safety tips, go to **FoodSafety.gov**

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# Central Wyoming Senior Services

## Mission Statement

Our mission is assist individuals aged 60 and older in Natrona County by providing or accessing community services and resources to maintain their dignity and independence using qualified and trained staff to help them meet their nutritional, educational, social, emotional, financial and recreational needs.

### Our Vision

To enrich the lives of individuals age 60 and older by providing community services and resources to maintain their dignity and independence.

**The personal mission of our Center's Director and staff** is to make every member feel welcome, wanted, included and loved when they come through our doors.

 <p>Stay curious in the new year.</p> <p><b>The love of learning doesn't end at 50.</b></p> <p>OLLI at Casper College is the place where you can <b>Stay Curious.</b></p> <p><b>Casper College</b>  <b>Join today!</b> 307-268-3401</p>		
	<p><b>WE'RE HIRING!</b></p> <p><b>AD SALES EXECUTIVES</b></p> <p>BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.</p> <ul style="list-style-type: none"><li>• Paid training • Some travel</li><li>• Work-life balance</li><li>• Full-Time with benefits</li><li>• Serve your community</li></ul>  <p></p> <p>Contact us at <a href="mailto:careers@4lpi.com">careers@4lpi.com</a> or <a href="http://www.4lpi.com/careers">www.4lpi.com/careers</a></p>	<p><b>SUPPORT OUR ADVERTISERS!</b></p>

A few reminders... The senior Center is a safe place for everyone and should be free from hurtful gossip, bullying, intimidation, threats or any other type of abuse. Always be kind, we don't know what the other person may be going through.

Being a member comes with the responsibility of being respectful not only to other members and volunteers but to the staff that chooses to go above and beyond to make your center a warm, welcoming place. With activities and events for everyone.

If an event or activity is in progress, please do not interrupt or disturb the participants or the presentation already in progress.

In the Dining Room.... Food is not to be brought in from outside at any time, ever. We have grants that specifically prohibit outside food being brought in to eat in the dining room. Members that do not have their own lunch tray may not ask for or take food from other's trays.

Anyone who is not at least 60 years old may eat at the suggested \$6.00 donation. Anyone dining with members that are under 60 years of age MUST pay \$9.00. We encourage family and friends to come dine with us, however the cost of food has increased significantly forcing the Center to enforce rules.

Utilizing the facility for activities: please remember that it may be necessary to make adjustments to the area used for certain activities. We will try to accommodate everyone, however as we all know...you can't please everyone when changes are made.

Activities.... Activities paid by "B" funds are for senior members only.

Certain activities may be enjoyed by all. However it is best to check with the office first. Our Center is for SENIORS to enjoy, be included Remember, this is the SENIOR Center, it's a place for the seniors to gather and enjoy time with old and new friends that remember the "Good 'ol Days"

Use of the facility: If we have rented out one of our meeting spaces, during regular business hours, we will do all possible to accommodate our member functions . However, we would rather increase our cash flow by renting out the rooms than to start charging for activities. Please be patient and understanding while we make the changes necessary to continue serving our members .





A Special Thank you to  
Breann with Shepherd of the  
Valley for helping make the  
Easter event such a  
great success



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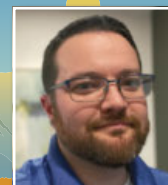
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Central Wyoming Senior Services, Casper, WY

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# ACTIVITIES FOR SENIORS 60 AND OLDER\*

Key: AR=Activity Room | CNF=Conference Room | DR=Dining Room | DF=Dance Floor

Activity	Day(s)	Time(s)
Afternoon Tai Chi	Tuesday/Thursday	3:00PM—4:00PM (AR)
Beginner Line Dancing	Tuesday	10:00AM—11:00AM (DF)
Bible Study	Monday	1PM—3PM (AR) 3:30PM—4:30PM (AR)
BINGO– Jackpot open to public	Wednesday	1:30 pm till 4:30 pm (DR)
BINGO! (\$0.50/card)	Thursday	12:30PM—2:00PM (CNF)
Bridge	Wednesday/Friday	12:00PM&12:30PM—4PM (DR/CNF)
Canasta	Friday	12:00PM—4:00PM (DR)
Caps for Kids	2nd/4th Wednesday	12:30PM—4:00PM (AR)
Chair Exercise	Mon/Wed/Fri	9:45AM—11:00AM (DF)
Chair Yoga	Tues/Thurs	9:15AM—9:45AM (AR)
Clogging	Monday (Joyce) Thursday (Lori)	10:30AM—11:45AM (AR) 10:30AM—11:30AM (DF)
Craft Class	Thursday	10:00AM—12:00PM (AR)
Cribbage	Tuesday	10:00AM—11:30AM (AR)
Doll Club	2nd Saturday	2:00-4:00pm (CNF)
Line Dancing	Tuesday	10:00AM—11:00AM (DF)
Mexican Train Dominoes	Sun/Mon/Thurs	1:00PM—?4PM? (DR)
Pinochle	Thurs/Fri	12:30PM—4:00PM (DR)
Poker	Mon/Wed/Fri	1:00PM—4:00PM (DR)
Sew Crazy Sewing Club	3rd Tuesday	1:00PM—2:30PM (AR)
VA Caregiver ( <i>Please call</i> )	2nd Tuesday	11:00AM—12:00PM (CNF)
Wellness Clinic	Tues (Main) Thurs (Sites)	10:00AM—2:00PM(DR) 12P—1P (Sites)
WY Dementia Care Support Group	1st/3rd Thursday	10:00AM—11:00AM (CNF)

# Casper Senior Center Wish list

We would like to enhance our current programs and have more events... However we need a little help to make that happen. If you have any of the items on our wish list please let Kim P or Rachel know. Thank you for your help!

1. Parade float decorations
2. Popcorn and salted butter for the movie matinees
3. \$10.00 gift cards for prizes
4. Inflatable palm trees, inflatable pool accessories, parade float decor
5. Candy for parade day
6. Large screen tv- we received a Wii for golf and bowling, however we don't have a portable Big Screen tv designated for the Wii.
7. Poster frames or display cases for the puzzles—we would like to hang the frames on the walls and display the hard work put into select puzzles.
8. Netflix gift cards or a streaming channel subscription for Movie matinee



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## Assisting Casper Seniors And Their Families

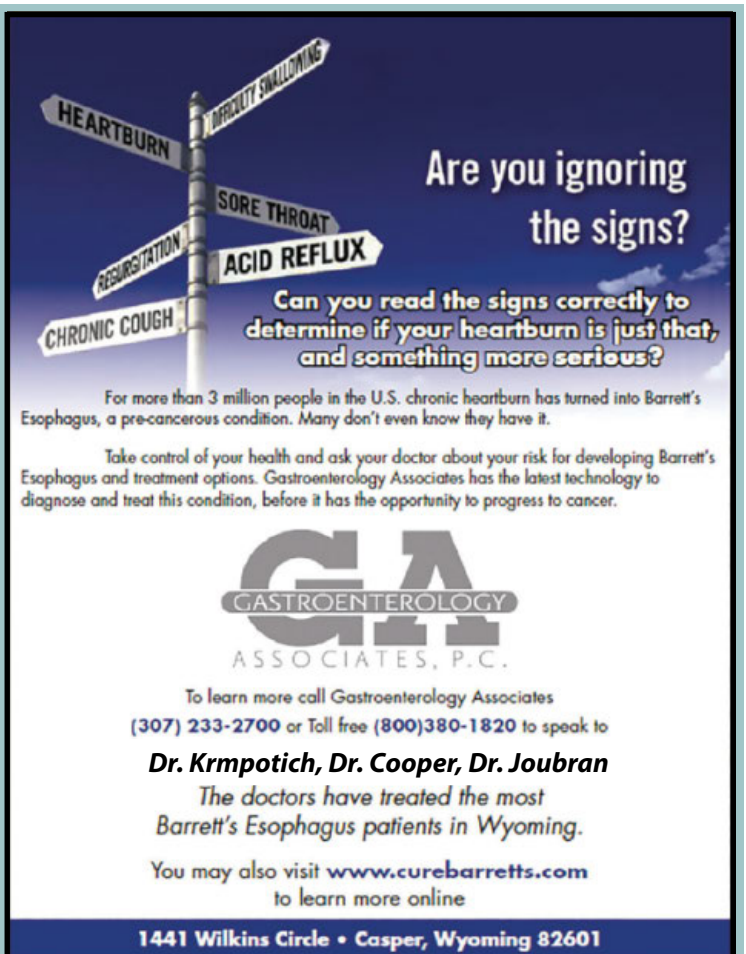
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# We need your help!!!

## It's time to stand together!

Dear Friends

The Central Wyoming Senior Services Board of Directors is very concerned about the strong possibility of funding cuts to our programs from Washington D.C. The agencies we count on for our funding and the legislation that has been in place for many years are both being dismantled or eliminated. A few of these include the Older American Act and the Administration for Community Living. Without this funding and administration, many agencies that help Seniors with health, nutrition, advocacy, protection and insurance assistance will not be available to you. At our local Senior Center, there will be large cuts to our Activities budget and substantial cuts to the funding for the meals we offer.

We need your help !!

Wyoming has a large, growing population of Seniors citizens. Seniors are the fastest growing demographic in the country and the need for Senior Centers and Senior services will continue to grow. We are urging Wyoming Seniors and the Seniors that use our Center and services to write to their Federal Senators and Representatives and ask them to do the following:

- Reauthorize the Older Americans Act
- Keep all Title III stable or offer an increase
- Reaffirm or reinstate programs that affect seniors that are in jeopardy
- Share how the services that Senior Centers provide affect you and your friends.

Legislatures need to hear these personal stories!

Thank you  
Bob Carpenter  
CWSS Board President

Here are the addresses of your representatives:

Senator John Barrasso,  
307 Dirksen Senate Office Building  
Washington D.C. 20510  
202-224-6441  
1-866-235-9553

Senator Cynthia Lummis  
127 A Russell Senate Office Bldg  
Washington D.C. 20510  
202-224-3424

Representative Harriet Hageman  
1227 Longworth House Office Building  
Washington D.C. 20510  
202-225-2311

**Your help writing and phoning your representatives is critical.**