

# Central Wyoming Senior Services

# FRONT *and* CENTER

Feb 18/Mar18

1831 EAST 4<sup>th</sup> STREET • CASPER, WYOMING 82601 • 307-265-4678 • [hayleed@casperseniorcenter.com](mailto:hayleed@casperseniorcenter.com)

Unable to clean  
like you used to?  
Unable to vacuum  
because of health  
or physical  
limitations?

Call 265-4678  
to get more  
information  
(sliding fee scale applies)



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# CENTER INFORMATION

## Board of Directors

Jennifer Rohrer..... President  
 Elane Burkhalter..... Vice President  
 Richard Shamley..... Treasurer  
 Errol Miller ..... Secretary

## Members

Karen Kwedor, Crystal Morse,  
 Dr. Shawn Powell, Linda Loranger,  
 Frances Lujan, Clyde Cain, Miles  
 Hartung, Matthew Guerttman

## Casper Representative

Kenyne Humphrey

## Executive Director

Caysie LaRue

## Locations

### CASPER

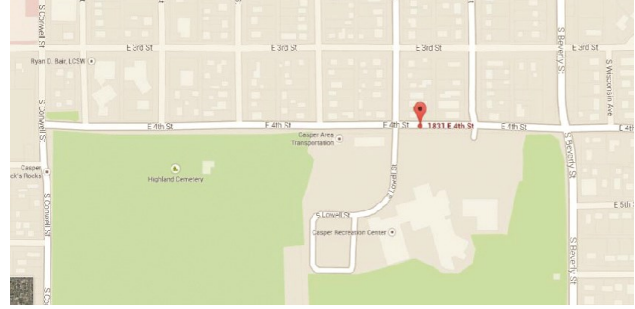
1831 East 4th Street 265-4678

### MILLS

401 Wasatch 237-1317

### EVANSVILLE

71 Curtis Street 315-6719



## Contact Us

### CASPER SENIOR CENTER

Address ..... 1831 East 4th Street • Casper, WY 82601

Phone.....307-265-4678

Email..... [caysiel@casperseniorcenter.com](mailto:caysiel@casperseniorcenter.com)

### MILLS SENIOR CENTER

Address .....401 Wasatch • Mills, WY

Phone..... 307-237-1317

### EVANSVILLE SENIOR CENTER

Address .....71 Curtis Street Evansville, WY

Phone..... 307-315-6719

## Connect with Us

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



[Facebook.com/pages/Casper-Senior-Center](https://www.facebook.com/pages/Casper-Senior-Center)



[Twitter.com/CasperWYSrCtr](https://twitter.com/CasperWYSrCtr)

## ALL ABOUT US

Central Wyoming Senior Services was established in 1975 to provide nutritious meals, companionship, program support, and activities for the senior citizens of Natrona County. We began serving meals in a church basement and eventually we moved into our current facility, where we

provided more than 50,000 meals last year. All of our programs are designed to enhance the ability of the over-60 population of Natrona County to stay active, healthy and independent by offering activities, nutritional support and services to meet their changing needs.

We were established as a 501(c)3 in 1976 to provide low cost, nutritious meals to the over 60 population of Natrona County. Many of our programs are administered by the Wyoming Department of Health Office of Healthcare Financing.

# GIFTS & MEMORIALS

## Gifts

Frank Stofflet  
MW & DT Christensen (honor of Jan Christensen)  
John Savage  
Dolores Chandler  
Kelly Wilson  
Richard Borino Estate  
Yvonne Hills  
Virginia Bila  
Independent Opportunities  
D.A. Klinker  
Janice Kalasinsky  
Nettie Ruth Jenkins  
Marjorie Love

Sally Lindahl  
Ken & Norma Patton  
Betty Krause  
Mark Hopkins  
Peter Wold  
Joyce Waddell  
Casper Rental Central  
Marie Bartenhagen  
Maurine Hoffman  
Dycke Sevcik  
Karl and Joan Fredericksen  
Roger & Kay Bramson  
Dean & Lois Brennan  
Pyrotechs  
Errol Miller  
John & Peggy Booker

Wayne Clements  
Crystal Morse  
Gay or Sandra Nations  
Gerry Mass  
Laurie Fletcher  
Mr & Mrs. N.P.  
VanMaren

*Note: This list is for Gifts or Memorials given between November 1, 2017 and December 31, 2017. If you made a donation between those dates and you are not recognized, please see Caysie.*



## Caring Transitions

Thank you to our advertisers for making this newsletter possible!



# MANAGEMENT INFORMATION

Hello from the Staff!!

I hope everyone enjoyed their holiday season! We were pretty slow around here! I hope that people will start getting back up and around the weather to cooperate!

We have 3 new Board Members that started January 1st. The officers won't be elected until February's meeting due to the absence of our current President.

We encourage each and everyone of you to bring someone new to eat with us! Our funding comes from how many meals we serve. Our meal count is on a slow downward trend and we need your help to get our numbers back up! Remember they get a free meal for signing up!

Lastly, please make sure you are signing in for lunch! Please fill out your paperwork when asked by a staff member. We cannot count your meals if we don't have updated paperwork and that is money out of our pocket that we can't charge the grant for. Have a beautiful next 2 months! Caysie

## WAYS TO GET HELP

**Wyoming Home Services** is a program that provides assistance to an individual in their home. Services provided include housekeeping, personal care, respite, and care coordination.

**National Family Caregiver Program** provides assistance to caregivers who are taking care of a loved one. Services include homemaking, personal care, respite, and care coordination.

Any questions come see Lacey or Alicia. Or give us a call at 265-4678.

**Board Meeting Schedule:**  
(All meetings are public)

Third Monday of each month at 12:30 PM in the Conference Room.

This is the perfect time for the public to attend and find out about the funding and what is happening within the Agency.

### **Meal Prices:**

**Suggested donation for a senior meal is \$5.00. As an incentive we will offer one free meal for every 20 punch ticket you purchase.**

**Remember that non-seniors or clients that do not sign in or fill out our yearly paperwork are charged a higher set rate which they must pay at the reception desk. See the notices posted. When you invite a non-senior guest please stop by the front desk and purchase a meal ticket for them.**

### **Times:**

**Casper: 11:00 AM to 1:00 PM**

**Sites: Noon to 1:00pm**

**Reservations suggested**

# GIFTS & MEMORIALS

## Gifts & Memorials (Continued)

Karen Brannon  
Betty Hazen  
Barbara Bentzin

### Memorials

Bob Kieffer  
Kathy Pagel

Wilma Shamley  
Richard Shamley

Joyce Myres  
Carol Gehrman

## What Your Memorial Does

The Board of Directors has directed that memorial gifts are to be spent only on items of lasting value, not general operations. When

we last expanded the Center we used Memorial Gifts to match One Cent and other money. Just note on your check that the gift is a memorial and the person you wish to be remembered.

# SPOTLIGHT

## Monthly Events

- Dementia Support Group:  
1st and 3rd Thursdays  
10:00 AM
- American Legion:  
2nd Thursday each month  
7:00 PM
- Senior Center Board:  
3rd Monday each Month
- Grief Support Groups:  
2nd & 4th Wednesdays at  
Noon
- Caps for Kids:  
4th Wednesday each month  
12:30 PM

\*Note: The Edgewood Facilities, Park Place and Meadow Winds will provide (and serve) birthday cake for our diners on the second Friday of each month. Join us and let them know that you appreciate them. Mountain Plaza provides scones on the second Thursday of each month.

*Private events are not listed. If we have missed something please let the front desk know so that we can publicize your activity.*

## Year in Review 1953

- Average cost of a new house—\$9,550.00
- Gentlemen Prefer Blondes starring Jane Russell & Marilyn Monroe came out.

- Average wages per year—\$4,000.00

- A gallon of gas costed 20 cents.

- Radial tires were first invented.



- Dean Martin's hit *That's Amore* was nominated for an Academy Award, but lost to Doris Day's *Secret Love*.



# UPCOMING EVENTS!!!

The Red Dogs Present  
Golden Fleecing  
A Melodrama

Friday, May 18th, Doors open at  
5:30pm

Saturday, May 19th, Doors open at  
12:30pm

Tickets:

Fri: \$12 for Seniors, \$15 for Under 60

Sat: \$5 for Seniors, \$8 for Under 60

A dinner will be provided for the Friday night performance. The first 50 people to buy tickets will have a choice of Prime Rib or New York Strip. Please let the office know which you'd like when your tickets are purchased.

Tickets go on sale Thursday, March 15th.

# INFORMATION & NEWS

## Senior Chat Schedule

Meets at 9:15 every Wednesday in the Conference Room

### February

- 7 Wind City Physical Therapy
- 14 Jennifer Walmart Pharmacy
- 21 Interim
- 28 Library

### March

- 7 Wind City Physical Therapy
- 14 Diana Frontier Home Health
- 21 Interim
- 28 Library

Suggestions for programs? See Haylee in the Front Office.

We, Natrona County Cow Belles will be serving our annual beef meal on Tuesday, March 20, 2018. We look forward to seeing you at our annual meal.

The Natrona County Cow Belles will provide the beef for the meal, the Senior Centers will cook the beef, and some of the Natrona County Cow Belles will be at the Senior Centers in Casper and Mills to help serve the beef meal. We look forward to being a part of your day. We enjoy the company of all of you.

We, Natrona County Cow Belles take pride in being a Cow Belle, and we enjoy promoting the beef industry or Natrona County. So hope to see all of you at the Senior Centers on March 20, 2018.

Happy Spring.

The Natrona County Cow Belles

## COLLECTORS?

Show off your hard work and knowledge by placing items in our display case. See Haylee in the office to arrange.





# MEAL CALENDAR

## February 2018

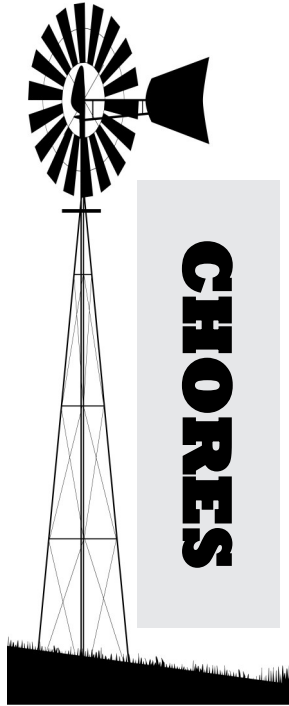
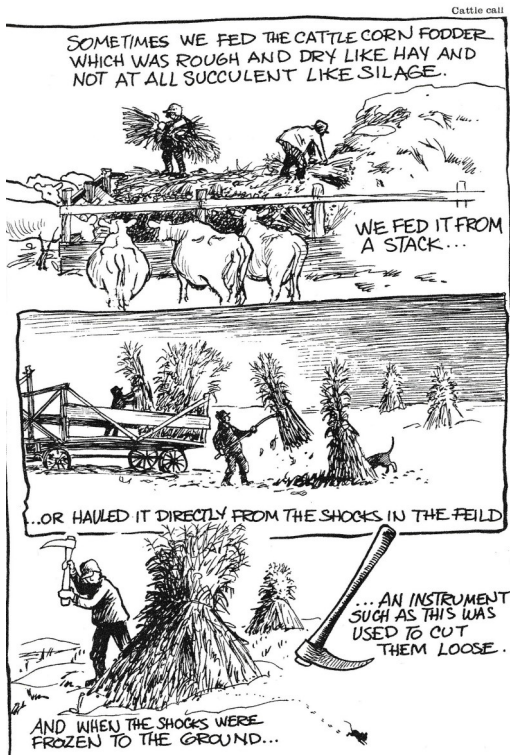
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Swedish Meatballs Fettuccine Sliced Carrots Spring Salad Fruit Cup	2 <b>SUPERBOWL PARTY!!</b> Honey BBQ Wings Or Deli Hoagie SALAD BAR	3 <b>MONDAY EVENING</b> 5 Oven Fried Chicken 12 Spaghetti 19 Mexican Buffet 26 Salisbury Steak
4 Meatloaf Scalloped Potatoes Green Beans Tomatoes & Basil Carrot Cake	5 Spicy Pork Medallions Over Linguini California Vegetables Pea Salad Applesauce	6 Hawaiian Chicken Baked Sweet Potatoes Key Largo Vegetables Corn Meal Roll Baked Pineapple Coconut Pudding	7 Beef Stew Steamed Cabbage Cornbread Honey Fresh Tomatoes Mandarin Oranges	8 Ham & Macaroni Bake Brussels Sprouts Tossed Green Salad Peaches	9 Tuna Noodle Bake Seasoned Green Beans Broccoli Salad Cherry Fruit Jell-O SALAD BAR	10
11 Glazed Pork Chop Mashed Potatoes with Garlic & Sour Cream Cream Peas & Carrots Orange Sherbet	12 Roasted Chicken Potatoes and Carrots Tossed Salad Marble Cupcakes	13 <b>FAT TUESDAY</b> Seafood Jambalaya or Beef Po Boy Dirty Rice Seasoned Greens Chocolate Fudge Cake	14 Creamed Turkey Fettuccine Mixed Vegetables Spring Salad Apple Crisp	15 Chili Cheese dog Sweet Potato Fries Sliced Tomatoes Fruit Cup Tapioca Pudding	16 Fish Florentine Brown Rice Glazed Carrots Chocolate Chip Cookie Orange Jell-O SALAD BAR	17 <b>MEALS COME WITH MILK &amp; BREAD</b>
18 Hot Turkey Sandwich Mashed Potatoes/Gravy Mixed Vegetables Tossed Salad Pumpkin Pie	19 Beef Stroganoff Green Beans with Tomatoes Carrot Raisin Salad Cherry Cobbler	20 Tator Tot Casserole Broccoli Cottage Cheese with Chives Citrus Fruit	21 Spanish Steak Linguini Brussels Sprouts Vegetable Salad Peaches	22 Grilled Ham & Cheese Sandwich Tomato Florentine Soup Apple Cake	23 Salmon Loaf Rice Pilaf Glazed Carrots Tossed Salad Lemon Pudding SALAD BAR	24
25 Lasagna Broccoli & Cauliflower Garlic Bread Stick Wedge Salad Cherry Pie	26 Marinated Beef Strip Continental Rice Brussels Sprouts Apricots Frosted White Cake	27 Western Egg Bake Sausage Links Brown Bread Tossed Salad Tropical Fruit	28 Turkey Melt Butternut Squash Soup Lettuce & Tomato Cranberry Sauce Pumpkin Bar			<b>MENU SUBJECT TO CHANGE</b>

# MEAL CALENDAR

## March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4Country Roast Beef Potato wedge Carrots celery Cranberry salad Cookie bar	5Chicken Breast Garlic Pasta Broccoli & Cauliflower Cranberry Dessert Tossed Salad	6Chipped Beef Over Toast Country Vegetables Tossed Salad Strawberry Shortcake	7Hot Pork Sandwich Mashed Potatoes Mixed Vegetable Spring Salad Apple Crisp	8Broccoli Cheese Soup Turkey Salad Sandwich Relishes Cranberry Salad Citrus Fruit	9 Deli Dog with Kraut Macaroni Salad Sliced Tomatoes Fruit Cup Tapioca SALAD BAR	10 <b>3 MONDAY NIGHT</b> 5Roast Pork 12Soup & Sandwich 19Oriental Buffet 26French Dip
11Sliced Ham with Cherry Sauce Scalloped Potatoes Mixed Vegetables White Cake	12Cabbage Roll Casserole Roasted Corn on Cob Lettuce Wedge Black Cherries	13Potato Leek Soup BBQ Pork Sandwich Harvest Blend Apricots Molasses Cookie	14 Chicken Tenders Sweet Potato Fries Green Beans Tossed Vegetable Salad Marble Cupcakes	15Meatballs in Mushroom Gravy Mashed Potatoes Country Mix Mandarin Oranges Jello	16 <b>ST PATRICK'S DAY</b> CORNED BEEF AND CABBAGE SALAD BAR	17 <b>MEALS COME WITH MILK &amp; BREAD</b>
18Oven Fried Chicken Mashed Potatoes, Gravy Scandinavian Blend Carrot Raisin Salad Peaches & Berry Mix	19 Herb Roast Pork Mashed Potatoes Scandinavian Blend Creamy Cole Slaw Applesauce	20 <b>COWBELLES</b> <b>Roast Beef Dinner</b> Mashed Potatoes & Gravy Mixed Vegetables Cherry Chocolate Cake	21Hearty Vegetable Soup Chicken Salad on Wheat Bread Relishes Watermelon	22Hamburger Steak Mashed Potatoes Chopped Spinach Tossed Salad Pineapple Tidbits	23Salmon Fillets Creamed Peas & Potatoes Pineapple Upside Down Cake SALAD BAR	24
25Beef & Noodles California Blend Veggies Tossed Salad Angel food cake with Lemon Glaze	26Chicken Pot Pie Green Bean Medley Tossed Salad Cherry Jello	27Breaded Pork Fritter Mashed Potato Glazed Carrots Baked Beans Pineapple Slices Sherbet	28Cheesy Chicken & Potato Casserole Cauliflower & Peas Pears Cookie	29Roast Lamb Or Baked Ham Potatoes au gratin Spring Vegetables SALAD BAR	30 <b>CLOSED</b>	31 <b>MENU SUBJECT TO CHANGE</b>

# DO YOU REMEMBER ?



Biggest songs of 1935:

- *Cheek to Cheek* by Fred Astaire
- *Isle of Capri* by Ray Noble
- *Red Sails in the Sunset* by Guy Lombardo

# AROUND THE CENTER

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Weak in the knees...

Heart all a flutter...

Could this be love?

Or have you considered that it could be your diabetes?

Join us for free diabetes classes to help you better manage your health!

In a series of sit **FREE** classes, you will:

- Better understand diabetes and how it affects your body and your health
- Learn how to manage diabetes in a way that makes sense for you
- Become a more informed member of your health care team, as you continue to work with your doctors, diabetes educator and other health care providers

Class meets Thursdays:

Feb. 22—Mar. 1, 8, 15, 22, & 29

2:00 to 4:00pm

Casper Senior Center 1831 E. 4th St.

For more information, please call Rachel Brown at 307-265-4678

**Sign up today!**

# NOTES FROM THE KITCHEN

## DIET & EXERCISE:

Eating a healthy diet and exercising often can help control or delay health issues associated with aging, like high blood pressure and diabetes.

Make these 5 tips a priority every day:

1. Eat plenty of fruits & vegetables.
2. Choose foods that are low in added sugars, saturated fats, & sodium.
3. Pick whole grains and lean sources of protein & dairy products.
4. Practice all 4 types of exercise; endurance, strength, balance, & flexibility.
5. Try to be physically active for at least 30 minutes on most or all days of the week.

# ONGOING ACTIVITIES

## ROUTINE

ROUTINE							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>11:00 AM to 1:00 PM Sunday Lunch 1:00 PM Mexican Train Dominoes</p>	<p>10:00 AM Chair Exercise 10:50AM Beginning Stomping 11:20 AM Intermediate Stomping 1:00 PM Poker 1:00 Mexican Train Dominoes 1:00 PM Senior Citizen's Bridge (4th Mon) 1:15 PM Beginning Tai Chi 2:30PM Beginning Tai Chi For Arthritis</p>	<p>9:15 AM Chair Yoga 10:00 AM Casper Rocks Club 10:00 AM Wellness Clinic 10:00 AM Golden K Kiwanis 10:00 AM Line Dance 11:30 AM Garbage (Card Game) 12:30 PM Meadowlarks Chorus (Check Calendar Posted) 1:00 PM Pan</p>	<p>7:00 AM Reveille Rotary 9:15 Senior Chat 10:00 AM Chair Exercise 12:30 PM Bridge Club 1:00 Quilts of Valor 1:00 PM Poker 6:00 PM Weight Watchers</p>	<p>10:30 AM Stomping 12:30 PM Pinochle 12:30 PM Bingo 1:00 PM Mexican Train Dominoes 1:15 PM Maintenance Tai Chi 2:30 PM Maintenance Tai Chi For Arthritis 7:00 PM Square Dance</p>	<p>8:30 AM Weight Watchers 10:00 AM Chair Exercise 12:00 Small Bridge 12:00 PM Pinochle 12:00 PM Canasta 12:30 PM Big Bridge 1:00 PM Poker</p>	<p>8:00 AM Weight Watchers</p>	
	<p>1:00 PM Stamping (every Other Monday starting October 10)</p>		<p>12:00 PM Grief Support (Every Second Weds.)  12:30 PM Caps For Kids (Every Fourth Weds)</p>		<p><b>FOR SPECIAL EVENTS SEE ELSEWHERE IN THE NEWSLETTER</b></p>		



# More Around The Center

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## Volunteer Meeting

Tuesday, February 6th at 1:30pm in the Conference Room.

If you are a volunteer or would like to be a volunteer, please come to this meeting.

We will be serving desserts.

## Senior Center Library

Did you know we have a library?

We do not make anyone check out books. Books are borrowed on an honor system, you just come take a book and bring it back whenever you're done!

We also take donations of books up to 20 years old and magazines up to 1 year old.

**Central Wyoming**

**Senior Services**

1831 East 4th Street  
Casper, WY 82601

## **LAST WORDS**

### **Help Wanted!**

We could use help carrying trays and helping make sure people sign in over the lunch hour 11:00 AM to 1:00 PM and any fill-in help we can get.

Coverage when someone is ill or on vacation can become a problem.

If you are interested please see Teana or Haylee in the office.

