

Central Wyoming Senior Services

FRONT *and* CENTER

Apr 18/May 18

1831 EAST 4th STREET • CASPER, WYOMING 82601 • 307-265-4678 • hayleed@casperseniorcenter.com

**Just can't clean
like you used to?**

**Call us at 265-
4678 for more in-
formation!**

(Sliding Fee Scale Applies)

***Note to Our Registered**

Seniors:

When it's time to fill out pa-
perwork, please do **NOT**
throw away your scanner card.

We can reactivate it once we
receive your paperwork.

We have to charge **\$5** for each
additional scanner card that
we give you.



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CENTER INFORMATION

Board of Directors

Jennifer Rohrer..... President
 Dr. Shawn Powell..... Vice President
 Richard Shamley..... Treasurer
 Crystal Morse Secretary

Members

Karen Kwedor, Linda Loranger,
 Frances Lujan, Clyde Cain, Miles
 Hartung, Matthew Guerttman, Elane
 Burkhalter, Errol Miller

Casper Representative

Kenyne Humphrey

Interim Executive Director

Rachel Brown

Locations

CASPER

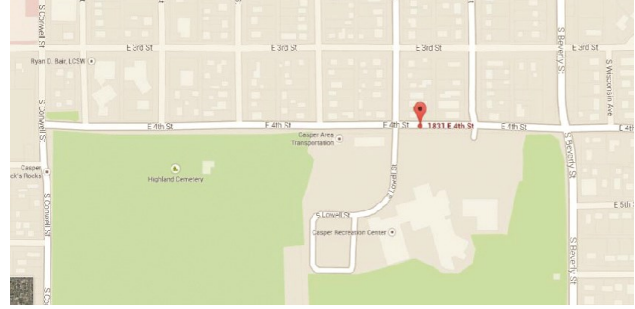
1831 East 4th Street 265-4678

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

MILLS SENIOR CENTER

Address401 Wasatch • Mills, WY

Phone..... 307-237-1317

EVANSVILLE SENIOR CENTER

Address71 Curtis Street Evansville, WY

Phone..... 307-315-6719

Connect with Us

www.casperseniorcenter.com



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

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

Rita Livingston
Dolores Chandler
Yvonne Hills
John & Janet Hilde
Frank Stofflet
Kathy Pagel
John Savage

Memorials

Betty Jones
Wayne Laird

Bill Cowan
Poker Players
Mary Moler
Pinochle
Elane Burkhalter

Kay Mullin

Paul & Geraldine Wolz
Lucy Schoenewald
Michelle Chavez
Gary Hawkinson
Doris Krucke
Penny O'Brien
Christine Summerford

Dave DuMont

Marianne & Bob Gettys
Mary Lenhart
Calvin & Norma Fletcher
Shirley Costopoulos
Sally Lindahl
Elane Burkhalter
Mary Moler
Georgia Kuhn
Robert & Gloria Gus-

tafson

Donna Kennedy
Mason & Associates

Jean Swirczynski

Lois Boyd
Janice Kalasinsky
Georgia Kuhn

*Note: This list is for
Gifts or Memorials given
between January 1,
2018 and February 28,
2018. If you made a
donation between those
dates and you are not
recognized, please see
Rachel*



Garden Square Assisted Living

Thank you to our advertisers
for making this newsletter
possible!



MANAGEMENT INFORMATION

The Board of Directors of Central Wyoming Senior Services are undertaking efforts to find new leadership to guide the Senior Center in a new direction. The board and excellent staff will work to make this transition as seamless as possible for you.

Rachel Brown is serving as the Interim Executive Director until the search is complete. We hope to have a new Executive Director in place by July 1st.

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)

Kay Mullin

Mary Ann & John Moler

Mary Moler

William & Carolyn Locke

CT & Toni Mullen

Connie & Dan Hemminger

Lena & Eugene Walz

Georgia Kuhn

Barb Huffman

Marjorie Love

Karen & Chick Kwedor

Maurine Hoffman

Karen Brannon

Mary Moler

Lila Gardner

Georgia Kuhn

Lucy Schoenewald

Charlotte Kolb

Joyce Waddell

Betty Hazen

Janice Kalasinsky

Anonymous

Ann Roberts

Kathy Pagel

Roger & Kay Bramson

Lois Boyd

Gary & Bonnie Trapkus

Janet Christensen

Frances Dech

John & Linda Schroer

Mary Hales

Elane Burkhalter

Doris Krucke

Tom Crawford

Charlotte Kolb

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.

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

What's Goin' On

Wyoming Council of the Blind 2018 Convention
Friday, June 22 4-8pm
Saturday, June 23 8:30am-5:30pm
Fellowship Hall of Bethel Baptist Church
3030 S. Poplar, Casper

This event is open to the public.

On Friday evening at the Vender Expo, you will have a chance to participate in hands-on trials of some of the most current low vision devices, such as cctvs (magnification devices), audio bible, ScripTalk—which audibly reads prescription labels, and other aids. It's also a chance to learn tips on using SmartPhones with little or no vision.

Saturday will provide various speakers addressing topics pertinent to those with blindness or low vision and also their family members, caregivers, and

support team. Our keynote speaker, Vince Ulstad, will be presenting at 2:15 Saturday afternoon. Vince was in a head-on collision which resulted in life-threatening injuries and, subsequently, total blindness. He is eager to share his story and life lessons. Whether talking about encountering and overcoming adversity in life, the dangers of impaired driver, the value of friendship and encouragement, or the ultimate value of a person, he draws out specific lessons for each unique audience. He may make you laugh and cry in the same sitting.

Registration information can be found at wycb.info or by contacting Ilene Whitely at 307-265-2338
Jacquie Flatley 307-359-8045
Linda Johnson 307-754-2421
Sherry Leinen 307-746-6166

GIFTS & MEMORIALS CONTINUED

Marjorie Schrantz

Janice Stoorza
Charlene & Don Coffman
Elane Burkhalter
Howard & Elaine Dewald
Mary Moler

Bobbi Metcalf
Maurine Hoffman

Faye Box
Elane Burkhalter
Mary Moler

Judy Hildebrand
Mary Moler

Margaret Romanek
Jack Romanek

We want to say thank you to all of our donors, including our memorial donors. Unfortunately, this means that many have moved on. We would like to take a moment to acknowledge those that have passed. We send our deepest condolences to their friends and families.

INFORMATION & NEWS

Senior Chat Schedule

Meets at 9:15 every Wednesday in the Conference Room

April

- 4 Audrey Cotherman
- 11 Central Wyoming Hospice—Rachel
- 18 Interim
- 25 Library

May

- 2 Stacy Murphy—Shepherd
- 9 Jennifer—Walmart Pharmacy
- 16 Interim
- 23 Library
- 30 Kim Cooper—Kitchen

Suggestions for programs? See Haylee in the Front Office.

COLLECTORS?

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



The Red Dogs are at it again with an old-fashioned Wild West melodrama. On May 18 and 19, you can boo and hiss the sneaky villain - Sly Scavenger, cheer for the courageous heroine - Sweet Flower, and clap for the handsome hero - Stout Heart. It's all set in the 1880s West, when the villain learns of a secret gold mine on property owned by Sweet Flower, and schemes to steal it at any cost (including dynamite).

Doors open at 5:30 PM on Friday, May 18, with a delicious dinner. 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. The dinner theater tickets are \$12 for Seniors, and \$15 for those Under 60.

Doors open on Saturday, May 19, at 12:30 PM, with sweets and beverages. Tickets are \$5 for Seniors, and \$8 for those Under 60.

All tickets go on sale Thursday, March 15.

MEAL CALENDAR

April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 EASTER CLOSED	2Pepper Steak Mashed Potatoes Italian Vegetables Cole Slaw Fruit Cup	3Ham & Beans Braised Cabbage Cornbread Tossed Salad Apple Crisp	4Turkey Tetrazzini California Vegetables Cool Bean Salad Cherry Pudding Parfait	5Hamburger Green Bean Casserole Glazed Carrots Cottage Cheese & Chives Fruit Cup	6Breaded Fish Macaroni & Cheese Spinach Chocolate Pudding Fresh Fruit SALAD BAR	7 MONDAY NIGHT 2 BBQ Pork Ribs 9 Taco & Potato Bar 16Lasgana 23Chicken Fried Steak 30 Hot Sliders and Soup
8Chicken & Dumplings Green Beans Almandine Tossed Salad Gingered Pears	9Roast Pork Roasted Potatoes Peas and Carrots Beet and Onion Salad Applesauce Chocolate Chip Cookie	10Porcupine Meatballs Rice Pilaf Broccoli Pear Crisp Wheat Roll	11Ham & Scalloped Potato Casserole Glazed Carrots Garden Salad Fruit Cup	12Chicken Cacciatore Pasta Wax Beans Black Cherries Jello Salad	13Salmon Patty Rice Pilaf Glazed Carrots Tossed Salad Lemon Pudding SALAD BAR	14
15Meatloaf Scalloped Potatoes Green Beans Tossed Salad Peach Pie	16Liver and Onions Potato Wedges Stewed Tomatoes Chopped Lettuce Russian Dressing Apricot Halves	17Hard Shell Tacos Beans & Rice Salsa Churro Vanilla Ice Cream	18Beef Pot Pie Sweet Potatoes Tossed Salad Fluffy Fruit Cup	19Pancakes Sausage Eggs Potatoes Fresh Fruit OJ	20Turkey & Noodles Winter Mix Veggies Cranberry Fluff Sweet Potato Bar SALAD BAR	21 MEALS COME WITH MILK AND BREAD
22Beef Wellington Carrots Cauliflower and Broccoli Salad Fresh Fruit	23Teriyaki Chicken Breast Garden Rice Carrots Watermelon	24Reuben Sandwich Potato Salad Relishes Tossed Salad Tropical Fruit	25Turkey Roast Sweet Potatoes Mixed Vegetables Citrus Fruit Pumpkin Crunch	26Pasta Pizza Dish Italian Vegetables Tossed Salad Apple Crisp Vanilla Ice Cream	27Tuna Stuffed Tomato Deviled Eggs Cole Slaw Blueberry, Pineapple & Grape Mix Tapioca SALAD BAR	28
29Baked Ham Sweet Potatoes Wax Beans Tossed Salad Coconut Cream Pie	30Sirloin Tips Mashed Potatoes Italian Vegetables Cole Slaw Fruit Cup					MENU SUBJECT TO CHANGE

MEAL CALENDAR

May 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Creamy Tomato Soup Hoagie Sandwich Macaroni Salad Cottage Cheese Pear Halves	2 Shepherd's Pie Green Beans Cole Slaw Cherry Vanilla Ice Cream	3 INFORMATION FAIR Philly Cheese Steak Sandwich Or BLT Wrap	4 Breaded Fish Continental Rice Spinach Fruit Cocktail Butterscotch Pudding SALAD BAR	5 MONDAY NIGHT 8 Mexican Buffet 15 Glazed Chicken 22 Soup & Sandwich
7 Salisbury Steak Parsleyed Potatoes Marinated Carrots Cole Slaw Fresh Fruit	8 Hot Pork Sandwich Mashed Potatoes Scandinavian Blend Creamy Cole Slaw Applesauce	9 Turkey Salad Cold Plate Fresh Berries Sliced Tomatoes Frosted White Cake	10 Ham Loaf Creamed Peas & Potatoes Garlic Green Beans Fresh Strawberries	11 Taco Salad Refried Beans Spanish Rice Creamy Pepper slaw Mocha Ice Cream	12 Chicken Kiev Baked Potato Asparagus Chocolate Mousse SALAD BAR	13
14 CLOSED MOTHER'S DAY	15 Hamburger Steak Braised Onions Potato Wedges Chopped Spinach Tossed Salad Pineapple Tidbits	16 Calzone Tossed Vegetable Salad Carrot Sticks Mixed Fruit Chocolate Chip Cookie	17 Chicken Breast Oven Brown Potatoes Mixed Vegetables Carrot Raisin Salad Peach Dump Cake	18 Broccoli Cheese Soup Small Chefs salad Cottage Cheese Tropical Fruit Crumble	19 Baked Tilapia Butternut Squash Green Bean Almandine Celery & Carrot Sticks Fruit Jello SALAD BAR	20 MEALS COME WITH MILK AND BREAD
21 Pork Medallions Rice Pilaf Winter Mix Vegetables Cottage Cheese & Pears Pumpkin Pie	22 Oven Fried Chicken Mashed Potatoes Mixed Vegetable Creamy Cole Slaw Peaches	23 Split Pea Soup With Egg Salad Sandwich Relishes Pickled Beets Pumpkin Cookie	24 Spanish Meatballs Pasta Sliced Carrots Spring Salad Apple Crisp Vanilla Ice Cream	25 Baked Ham Rice Pilaf Mixed Vegetables Baked Apples Sugar Cookie	26 MEMORIAL WEEKEND BBQ HAMBURGERS AND DOGS SALAD BAR	27
28 CLOSED	29 CLOSED MEMORIAL DAY	30 Chicken Fried Steak Mashed Potatoes/Gravy Garden Blend Tossed Salad Dark Cherries				MENU SUBJECT TO CHANGE

YEAR IN REVIEW

1965

- President Lyndon B. Johnson sign the Voting Rights Act prohibiting voting discrimination against minorities.
 - Gas per gallon: \$0.31
 - Loaf of bread: \$0.21
 - The soap opera “Days of Our Lives” debuts
- One of the most popular films “Sound of Music” was released.
 - The Beatles released the movie and album “Help!”

AROUND THE CENTER

11th Annual Senior Information Fair

Thursday, May 3rd
10:00am-2:00pm

Over 50 vendors!

Raffles, great food, and more!

We'll be serving Philly Cheesesteak Sandwiches or
BLT Wraps!

Come on in and enjoy!

Lunch is a suggested donation of \$5 for registered seniors and \$8 for those under 60 or unregistered seniors.

NOTES FROM THE KITCHEN

Dementia and Nutrition

As dementia progresses, forgetfulness, poor appetite, problems swallowing and changes in how food tastes may limit the amount of food eaten. This can make it hard for the person with dementia to get enough nutrients to stay healthy. Here are some tips to encourage healthy eating and balanced diet:

- Gently remind the person to eat and drink. Handing the person a cup instead of placing it on the table may encourage the person to drink.
 - Eating with others may remind the person what to do and how to eat.
- Limit the number of foods offered at one time. Too many choices may feel overwhelming.
 - Offer smaller meals more often instead of three large meals each day.

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>9:15 AM Chair Yoga 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>FOR SPECIAL EVENTS SEE ELSEWHERE IN THE NEWSLETTER</p>		

More Around The Center

Senior Center Directories

We have scheduled a few dates for Senior Directories!

June 6th, 7th, and 8th!
11:00am—5:00pm each day

What is it?

It's a book full of pictures of seniors, staff, the board, and families!

It helps put a face to a name!

If you'd like to get your photo taken, please see Haylee in the front office after April 4th to get a time slot!

Central Wyoming

Senior Services

1831 East 4th Street
Casper, WY 82601

LAST WORDS

Help Wanted!

We could use volunteers to fill in for carrying trays and helping make sure people sign in over the lunch hour 11:00 AM to 1:00 PM.

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

We'll also need someone to do the sign in desk on Mondays, Wednesdays, and Fridays starting in May and someone to carry trays on Tuesdays and Thursdays.

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

