

# Central Wyoming Senior Services

# FRONT *and* CENTER

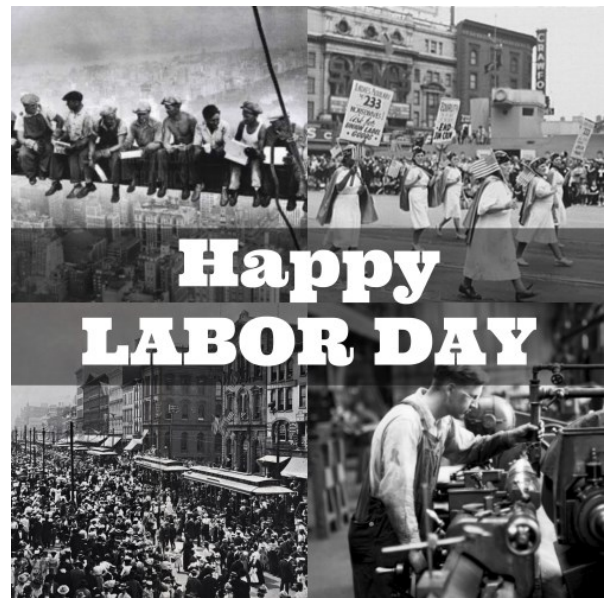
Aug 18/Sep 18

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

## Why do we celebrate Labor Day?

Labor Day, the first Monday is September, celebrates the labor movement and is dedicated to the social and economic achievements of American workers. It's a tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

The Senior Center will be closed Sunday and Monday, September 1st & 2nd.



Find the hidden oil rig for a free meal ticket!

Show Haylee in the front office where it is!

Here's what it looks like:



\*Note that it could be different colors and that finding the one in this box doesn't count.\*



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# CENTER INFORMATION

## Board of Directors

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

## Members

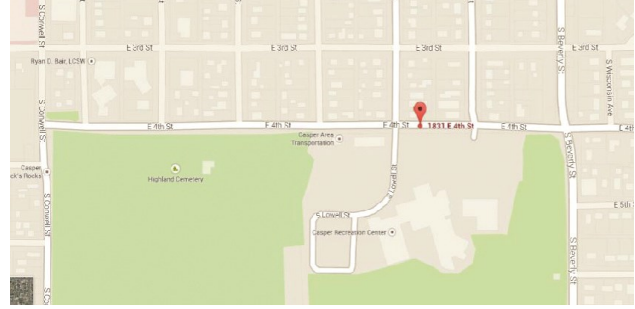
Elane Burkhalter  
 Clyde Cain  
 Miles Hartung  
 Karen Kwedor  
 Linda Loranger  
 Frances Lujan  
 Errol Miller

## Casper Representative

Kenyne Humphrey

## Executive Director

Rita Wagner



## Contact Us

### CASPER SENIOR CENTER

Address ..... 1831 East 4th Street • Casper, WY 82601  
 Phone.....307-265-4678  
 Email.....*hayleed@casperseniorcenter.com*

### MEAL SITES (RESERVATIONS REQUIRED):

#### 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)

## 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

Pinochle Club  
Anonymous  
Dolores Chandler  
Barbara Derby  
Yvonne Hills  
Betty Krause  
Kathy Pagel  
Revielle Rotary  
John Savage  
Frank Stofflet  
Town of Evansville

## Memorials.

Kay Mullin  
Bob & Mariann Gettys

Gail Davison  
Pinochle

Eddie Roy  
Mary Moler

George Keralis  
Marjorie Love  
Loyd Tanner  
Dennis & Mary Yuhas  
Charis Financial Services  
A.G. & Shirla Loutas  
Larry & Linda Kloster  
Georgia Kuhn  
Mary Lou Lenhart  
Mary Moler

Nancy Beegles  
Lucy Schoenewald  
Marie Maher  
Annabelle Wilson  
Barbara Derby

*Note: This list is for Gifts or Memorials given between May 1, 2018 and June 30, 2018. If you made a donation between those dates and you are not recognized, please see Rachel*



## Epsilon Health Solutions

Thank you to our advertisers for making this newsletter possible!



# MANAGEMENT INFORMATION

Healthy U is a health promotion program designed to help anyone over the age of 18 play an active and productive role in their **own health management**. Anyone is welcome to participate; those who suffer from one or more chronic health conditions will find Healthy U particularly useful. Caregivers and friends of those who would benefit from health self-management also make great participants.

Healthy U is an empowerment program that teaches people how to self-manage their daily lives in order to be happy, healthy, and active. Those who have participated in this program demonstrate a significant improvement in exercise, cognitive symptom management, communication with physicians, self-reported general health, health distress, fatigue, disability, and social/role activities limitations. They also spend fewer days in the hospital and tend toward fewer outpatient visits and hospitalizations. Subjects covered include: (1) techniques to deal with problems like frustration, fatigue, pain, and isolation; (2) appropriate exercise for maintaining and improving strength, flexibility, and endurance; (3) appropriate use of medications; (4) communicating effectively with family, friends, and health professionals; (5) nutrition; (6) decision-making, and (7) how to evaluate new treatments.

In Healthy U, a participant is never told what to do but instead given strategies that help them self-manage their own care and lifestyle.

For details or to register, contact Linda Loranger at 307-232-6038 or email, [llorange@uwyo.edu](mailto:llorange@uwyo.edu).

## 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.

**Newsletter Riddle:**

What can go up a chimney down, but can't go down a chimney up?

Let Haylee in the front office know the answer for a free meal ticket!

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

**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:**

**Main:**

**11:00 am to 1:00 pm**

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

**Reservations Required**

**MENU IS SUBJECT TO CHANGE**

# GIFTS & MEMORIALS

Gifts & Memorials (Continued)

## Memorials

### For Seniors That Have Passed

Joyce Laird

Jim Kelly

Mary Moler

Jean Sqirczynski

Mary Moler

Liz Steinle

Marie Bartenhagen

Lyle Porter

Charlotte Kolb

Pat Law

Ken & Norma Patton

Georgia Kuhn

Rod Stalkup

Dick Shamley

### **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
- Caps for Kids:  
4th Wednesday each month  
12:30 PM

\*Note: The Edgewood Facilities, Park Place and Meadow Wind 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.

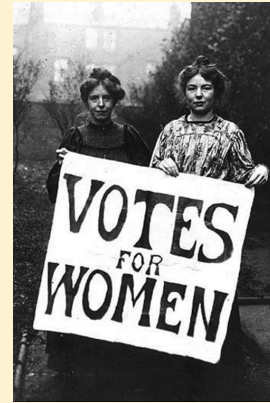
*Private events are not listed. If we have missed something please let the front desk know so that we can publicize your activity.*

## 1919: Year in Review

- The “Black Sox Scandal” - eight members of the Chicago White Sox were accused of intentionally losing the 1919 World Series against the Cincinnati Reds for money.
- “The Great Molasses Flood” in Boston—over 2,300,000 gallons of molasses burst out of a storage tank and created a 35 mph flood, which killed 21 people and injured 150.
- The American Legion was formed on March 15th



- The US Congress approved the 19th Amendment to the United States Constitution—Women’s Right to Vote. It was then sent to each state for ratification.



It was then sent to each state for ratification.

- Oregon became the first state to tax gasoline—1 cent per gallon.
- Woodrow Wilson received the Nobel Peace Prize.



If you are 60 or older and your birthday is in August or September, bring this coupon to any of our meal sites for a free meal!

Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_



Courtesy of the Casper Senior Center

# **VOLUNTEERS NEEDED!**

We would appreciate if we could get some volunteers to fill in for carrying trays and punching cards over the lunch hour.

We'll also need some volunteers to help out with whatever new activities we end up starting!

(See page 12 for more on that!)

Coverage when someone is gone can become a big problem for us.

Please talk to Haylee in the front office if you're interested!



# INFORMATION & NEWS

## Senior Chat Schedule

Meets at 9:15 every Wednesday in the Conference Room

### August

- 1 Wind City Physical Therapy
- 8 Jennifer—Walmart Pharmacy
- 15 Garden Square Assisted Living
- 22 Library
- 29 Kim Cooper—Kitchen

### September

- 5 Wind City Physical Therapy
- 12 Carrie—Historic Trails Center
- 18 Interim
- 25 Library

Suggestions for programs? See Haylee in the Front Office.

Remember the directories we took pictures for in June?

Well, they will be here soon!

Our estimated ship date is August 9th!

Everyone that got their photo taken will receive a FREE directory!

If you would like to purchase a directory, we will be selling them in the front office for \$10 each.

Haylee will announce at lunch when they have come in!

## COLLECTORS?

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



## **NEW FOR WYOMING SENIORS FREE MONTHLY FOOD BOX Commodity Supplemental Food Program - CSFP**

The Department of Family Services is excited to announce a great monthly food supplement for any person age 60-plus who meets the income guidelines for SNAP. Eligible recipients do not have to be receiving SNAP, but CSFP provides a nice incentive for senior citizens.

Wyoming Food Bank of the Rockies will host a kick-off celebration for Natrona County residents the latter half of September. Watch for more details coming soon.



# MEAL CALENDAR

## August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 Hot Pork Sandwich Mashed Potatoes California Vegetables Creamy Cole Slaw Applesauce Spice Cake	6 Salisbury Steak Garlic Roasted Potatoes Scalloped Corn Tossed Veggie Salad Watermelon Wedge	7 Pork & Broccoli Stir Fry Fried Rice Asian Slaw Mandarin Cake	1 Honey Roasted Ham Sweet Potatoes Wax Beans Garden Salad Spiced Baked Apples	2 Roast Beef Mashed Potatoes Steamed Green Beans Summer Squash Salad Luscious Lemon Bar	3 Lemon Pepper Fish Seasoned Fettuccine Herb Stewed Tomatoes Cheddar Pea Salad Frosted Yellow Cake SALAD BAR	MONDAY NIGHT  6 Roast Turkey 13 Pork Kabobs 20 Oven Fried Chicken 27 Salisbury Steak
5 Hot Pork Sandwich Mashed Potatoes California Vegetables Creamy Cole Slaw Applesauce Spice Cake	6 Salisbury Steak Garlic Roasted Potatoes Scalloped Corn Tossed Veggie Salad Watermelon Wedge	7 Pork & Broccoli Stir Fry Fried Rice Asian Slaw Mandarin Cake	8 Reuben Sandwich Potato Salad Relishes Peaches Chocolate Chip Cookie	9 Chicken Sandwich Pasta Broccoli Salad Relishes Orange Spinach Salad Pear Crisp	10 Grilled Salmon Fillet Rice Pilaf Butter roasted Carrots Cottage Cheese topped with Chives Seasonal Fruit SALAD BAR	11
12 Savory Meatloaf Roasted Potatoes Baked Fresh Zucchini Marinated Vegetable Salad Blueberry Crisp	13 Roasted Chicken Herb Roasted Potatoes & Carrots Cucumber Onion Salad Strawberry Jello Parfait	14 Chicken Noodle Soup Grilled Cheese Sandwich Relishes Spring Salad Mandarin Oranges	15 Sloppy Joe Steak Fries Cole Slaw Relishes Fresh Fruit	16 Roasted Pork Sauerkraut Garlic Mashed Potatoes Pickled Beets Bread Pudding	17 Swedish Meatballs Rice Pilaf, Cauliflower Cole Slaw Pasta Salad Fresh Fruit SALAD BAR	18  <b>MEALS COME WITH MILK &amp; BREAD</b>
19 Roasted Chicken Steamed Broccoli Carrot Raisin Salad Black Forest Cake	20 Pork Tenderloin Mashed Potatoes Parmesan Zucchini Applesauce Brownies	21 Beef & Sausage Pizza Oregon Bean Medley Seasonal Fruit Creamy Rice Pudding	22 Teriyaki Chicken Breast Garden vegetable Rice Steamed Carrots Pineapple Tidbits Vanilla Ice Cream	23 Shepherd's Pie Braised Cabbage Three Bean Salad Black Cherries	24 Breaded Battered Cod Macaroni & Cheese Herb Roasted Tomatoes Chocolate Mousse Melon Salad SALAD BAR	25
26 Citrus Glazed Chicken Rice Pilaf Broccoli Creamy Cucumbers Country Apple Pie	27 Beef Stuffed Pepper Sweet Potatoes Green Beans Tossed Salad Strawberry Jell-O Parfait	28 Turkey Tetrazzini Broccoli Almandine Garden Salad Carrot Cake	29 Ham & Macaroni Bake Seared Asparagus Citrus Salad Chewy Chocolate Cookie	30 Roasted Pork Patty Tomato Pasta Herbed Carrots Mixed Fruit Applesauce Cake	31 LABOR DAY BBQ Grilled Burgers Hot Dogs Pork Riblets Sandwich Root Beer Float SALAD BAR	<b>MENU SUBJECT TO CHANGE</b>

# MEAL CALENDAR

## September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 <b>CLOSED</b>	3 <b>CLOSED</b> <b>LABOR DAY</b>	4Oven Fried Chicken Herb Roasted Potatoes Glazed Carrots Olive Stuffed Celery Black Cherries	5Spanish Steak Linguini Winter Mix Vegetables Vegetable Salad Citrus Fruit Dessert	6Smothered Pork Chop Potato Wedges Spinach Seasonal Fruit Snickerdoodle	7Salmon Patty Rice Pilaf Corn Cobbett Hearty Garden Salad Creamy Grape Dessert SALAD BAR	Monday Night 10Italian Buffet 17Chicken Fried Steak 24Glazed Chicken Breast
9Baked Ham Potatoes Au Gratin Herb Carrots Corn Salad Cherry Pie	10Cabbage Roll Casserole Baked Potato Mixed Vegetables Chunky Applesauce Mandarin Cake	11BLT Wrap Potato Salad Relishes Cottage Cheese Baked Apples	12 Meatballs in Mushroom Gravy Parmesan Potatoes Braised Cabbage Tropical Fruit Brownie Delight	13Chicken Enchiladas Refried Beans Spanish Rice Lettuce Tomatoes Cheese Onions Cinnamon Ice Cream Diced Peaches	14Roast Lamb in Gravy Oven Roasted Potato Creamed Corn Garden Salad Watermelon Pumpkin Bar SALAD BAR	15
16Slow Roasted Beef Mashed Potatoes Buttered Beets Cottage Cheese Pineapple Upside Down Cake	17Pork Tips over Rice Peas & Carrots Tomato Juice Berry Glazed Bananas	18Chicken Lo Mein Brussels Sprouts Gingered Pears Spiced Cake	19BBQ Pork Sandwich Tator Tots Lettuce, Tomatoes, Onions, and Pickles Lime Jello Salad Citrus Fruit	20Beef Ravioli Bake Mixed Veggies Cottage Cheese Topped with Pineapple Cinnamon Frosted Blondie	21Baked Tilapia Herbed Fettuccine Catalina Vegetables Chopped Greek Salad Fresh Fruit SALAD BAR	22 <b>MEALS COME WITH MILK &amp; BREAD</b>
23Roast Turkey Mashed Potatoes Normandy Vegetables Fruit salad Pumpkin Pie	24Deli Dog German Sauerkraut Roasted Potatoes Country Mix Vegetables Tropical Fruit Oatmeal Raisin Cookie	25 Ham & Beans Sliced Tomatoes Cole slaw Fresh Fruit Cornbread	26Creamy Tomato Soup Hoagie Sandwich Macaroni Salad Jello Salad Mandarin Oranges	27Chicken Stroganoff Mixed Vegetables Pears on Lettuce Leaf Vanilla Pudding	28Beef & Noodles Glazed Carrots Tossed Salad Fluffy Fruit Cup SALAD BAR	29
30Pepper Steak Baked Potato Sour Cream Zucchini Carrot Raisin Salad Apple Pie						<b>MENU SUBJECT TO CHANGE</b>



### Free Lunch & Learn: WHAT IS NON-MEDICAL, IN-HOME CARE?

- Have you ever considered serving as a non-medical Caregiver but weren't exactly sure where to start?
- Are you interested in making a positive impact in the lives of others?
- Do you or someone you know need in-home care services to help remain safe at home?

Please join us for a *free* lunch & learn to answer your questions regarding non-medical, in-home care.

**Tuesday, September 11, 2018 at The Casper Senior Center**

Please R.S.V.P if attending by Friday, September 7th at 307-778-6644 or [elise.abbott@homeinstead.com](mailto:elise.abbott@homeinstead.com)



# ***FROM THE DIRECTOR***

*Thanks for your patience!*

I can't believe that it has already been 2 months since I joined you here in Casper. Time has flown by so quickly. I want to thank **every one** of you for your patience as I made my way through activities and events. You have all been so welcoming and I do appreciate your kindnesses. Also, we appreciate your understanding of the situation with the air conditioning and delays in getting the units repaired.

*Check the Menu, then Call*

Our meals are always exceptional and I enjoy dining with you and getting to know you. Just a reminder, if you check the menu and make the decision not to come to the Center for lunch, give us a call first, most days there is a second choice that may prove to be more to your liking.

*Changes are Coming!*

You will be seeing some changes in our Newsletter. Some of the content will change and other features will be added. We will be shining a spotlight on some of our members and volunteers, as well as providing information about potential new activities and exciting upcoming events.

*Potential New Activities*

We'd like to offer more activities, but would like your input. Would you be interested in joining an Art Class or a Craft Group? Have you always wanted to play Bunco, Mexican Train Dominoes, Bridge, Pinochle, Canasta, or Mah Jongg? Let us know! We are looking for folks to teach and those who wish to learn these games or other games you may like to see offered. Growing up in the middle of nowhere, South Dakota, we learned at a young age to play pinochle and other games with parents and aunts/uncles at EVERY holiday or blizzard (which occurred regularly). Some individuals here did not have the advantage or opportunity to learn and may wish to do so now. So we are asking assistance in determining which activities to pursue and instructors as well. If you have other ideas, let us know and we will consider your requests based upon the amount of interest.

*4-H Livestock Sale*

Board members Jennifer Rohrer, Crystal Morse, Errol Miller, Clyde Cain, Frances Lujan and Linda Loranger, along with volunteer Tom Pitlick and I worked the 4-H Livestock Sale. We haven't gotten the *official* word yet, but so far we have received donations of 4 beef, 11 pigs, 7 lambs, and 1 goat for a total of 23 livestock! A HUGE thank you to everyone who planned and/or gave up their Saturday to work to make this event such a resounding success! Your contribution of time and work has had a measurable impact on our Center. Thank you for your commitment and dedication!

-Rita

# NOTES FROM THE KITCHEN

## What does “healthy eating” mean?

### A healthy diet:

- Includes veggies, fruits, whole grains, and fat-free or low-fat milk products.
- Lean meats, eggs, and nuts.
- Low in saturated fats, trans fats, cholesterol, salt, and added sugars.

### Tips to help you meet the guidelines:

- Eat fruits and veggies in different colors.
- Include foods that contain fiber
- Eat lean meats. Trim away excess fats.
- Pay attention to portion sizes, especially at restaurants.
- Season food with lemon juice, herbs, and spices instead of butter and salt.
- Avoid fried foods.
- When eating out, avoid the all-you-can-eat buffet.

# ONGOING ACTIVITIES

## ROUTINE

SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:00 AM to 1:00 PM Sunday Lunch 1:00 PM Mexican Train Dominoes	10:00 AM Chair Exercise 10:50AM Beginning Stomping 11:20 AM Intermediate Stomping 1:00 PM Poker 1:00 Mexican Train Dominoes 1:15 PM Beginning Tai Chi 2:30PM Beginning Tai Chi For Arthritis	9:15 AM Chair Yoga 10:00 AM Casper Rock Painting 10:00 AM Wellness Clinic 10:00 AM Golden K Kiwanis 10:00 AM Line Dance 1:00 PM Pan	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	9:15 AM Chair Yoga 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	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	8:00 AM Weight Watchers	
		<b>NOTE: Rock Painting will resume in September!</b>	12:30 PM Caps For Kids (Every Fourth Weds)			<b>FOR SPECIAL EVENTS SEE ELSEWHERE IN THE NEWSLETTER</b>	



# What's Happening

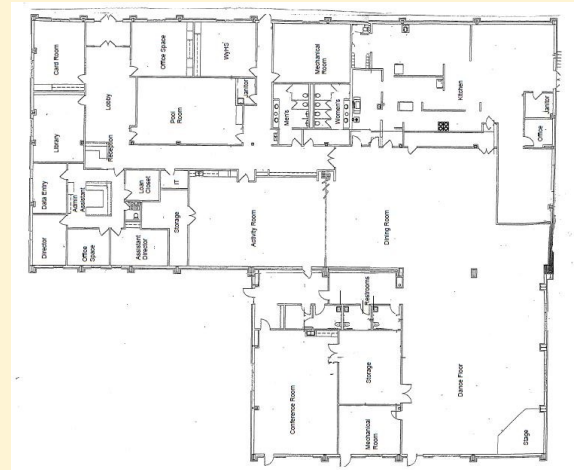
The Casper Senior Center has been chosen to be the supported organization for Thankful Thursdays at the Beacon Club on October 18th!

We will be auctioning off great items to raise funds to help us work towards accomplishing our mission; to assist individuals age 60 and older in Natrona County by providing and 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.

So, on Thursday, October 18th, let's go Sneakin' to the Beacon and raise some money!

Did you know we rent out rooms in our building for events, like birthday parties, receptions, meetings, etc.?

Talk to Haylee in the front office for more information!



**Central Wyoming**

**Senior Services**

1831 East 4th Street  
Casper, WY 82601

## **LAST WORDS**

**DISPLAY CASE**

Janet, thank you for all your work on our display case. It looks amazing and we're so glad to have you as part of our team!

