

# AT THE CENTER OF IT ALL

@ CASPER SENIOR CENTER

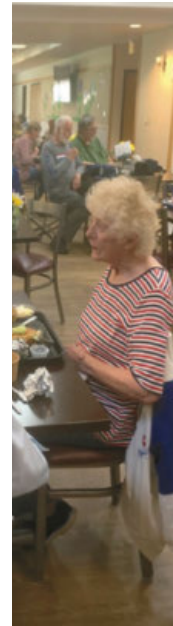
## July 2025



*"The Heart of Natrona County"*

Central Wyoming  
Senior Services, Inc.  
1831 East 4<sup>th</sup> Street  
Casper, WY 82601

**Good  
Great  
Food!  
Fun  
for  
ALL  
(60+)**



# Find all this

# & MORE at the Senior Center



Central Wyoming  
Senior Services, Inc.  
*"The Heart of Natrona County"*

### Programs:

Title III-C (Congregate Meals)  
Title III-B (Activities)  
Title III-E (Family Caregiver)  
WyHS (Wyoming Home Services)

### Vision:

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

### Mission:

To 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.

# 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*

## **In-Home**

**Community Programs Director**—*Lacey Kidman*

**Access Care Coordinator**—*Christine Coffey*

## **Housekeepers:**

*Sarah George, Jazzmin Kidman, Jessica Massey*

*Shauna Dellinger, Blaize Favre*

**CNA**—*Caitlan Knotts*

## **Administration**

**Human Resources/Bookkeeper**—*Rae Appel*

**Volunteer/Activities Coordinator**—*Kim Perez*

**Receptionist/Data Entry**—*Virlie Heyer*

**Front Reception/Loan Closet**—*Kati Swanson*

## **Nutrition**

**Dietary Director**—*Kimberly Cooper*

**Head Cook**—*Johnna Moore*

## **Kitchen Staff:**

*Keela Cooper, Makayla Archambault, Quinton Easley, Craig Kwedor,*

*Dusty Plummer, Azarian Tanksley, Zach Focht, CJ Oryall, Angel DeLoria*

## **Locations**

### **CASPER (MAIN)**

1831 East 4th St (307) 265-4678

### **MILLS**

401 Wasatch (307) 237-1317

### **EVANSVILLE**

71 Curtis St (307) 315-6719

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## **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. All members are encouraged to attend!**



## From the Desk of the Director:

July is Bursting with Fun!

Summer is in full swing, and so are we—well, almost! Please note that Central Wyoming Senior Services will be CLOSED on Thursday, July 4th for the celebration of Independence Day.

We hope your day is filled with sunshine, fireworks, and maybe a slice (or two) of watermelon!

We'll also be CLOSED on Tuesday, July 8th for Parade Day, and we're hitting the streets in style!

This year, our float theme is "Cowboys at the Beach"—because who says you can't wear boots in the sand? If you've ever wanted to see a cowboy build a sandcastle, now's your chance. We're still looking for volunteers (please see Kim P. in the office), so if you'd like to be part of the fun, saddle up and join us!

Our Father's Day event was a big success, with 95 in attendance and plenty of smiles to go around. A huge thank you to everyone who comes to the Center—we truly wouldn't be the place we are without you.

And don't forget: Jackpot Bingo is the place to be every Wednesday from 1:30–4:30 PM. It's been a hit, and we'd love for you to join in. Who knows? You might just shout BINGO and walk away a winner!

Wishing you a July full of joy, laughter, and a little Parade Day mischief.

Warm Regards,

Rachel Brown

rachelh@casperseniorcenter.com or 307-265-4678

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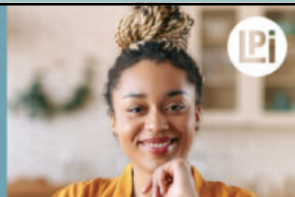


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Central Wyoming Senior Services, Casper, WY

A 4C 05-0641

**Central Wyoming Senior Services**

# HELPING HANDS

**ADDITIONAL SERVICES PROVIDED BY CENTRAL WYOMING SENIOR SERVICES AKA OUR SENIOR CENTER WYOMING HOME SERVICES & 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**

## 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 every time they come through our doors.



**New Member Coffee**  
**2nd Tuesday each Month**  
**10AM in Déjà Brew**  
**NEXT DATE:**  
**July 15th**

#### Meal Prices:

The suggested donation for a single senior (60+) meal is \$6.00. We offer 10 and 20 count punch tickets including 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—1:00PM

Reservations Required at the Mills and Evansville Sites

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 July birthday to receive a lunch ticket.*

Name \_\_\_\_\_

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

June Hidden images

**Last Edition Answers:**



## Answer to June Trivia—

What flower is commonly associated with June? The Rose  
 What is a famous landmark or place associated with June? **Stonehenge**. This ancient stone circle in England is particularly significant during the Summer Solstice

## July Trivia Questions:

What date did Wyoming become the 44th State?

What is harvested in Wyoming in the first part of July?

Try to find this image Twice



Don't Forget to look for Kim's famous typo(s)

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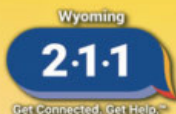
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# Gifts & Memorials

*Note: This is a list for Gifts or Memorials given between*

*May 20th—June 20th, 2025*

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



## Gifts

Bev Farrow, John Savage,  
Joe & Betty Moss,  
Wayne Clements, TOPS,  
Jane Ifland, Beta Sigma Phi,  
Frank Stofflet, Perez Family,  
Dorothy Bourbon,  
Michelle & Les Holladay,  
Anonymous Donor(s)

## Memorials

In memory of :  
Sue Tupper  
Ruth Anne Atnip

### *What Your Memorial Does*

*The Board of Directors has directed Memorial Gifts 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 county money.*

*Just note on your check that the gift is a memorial and the name of the person you wish to be remembered.*

## *A Special Thanks to Dedicated Volunteers*

*Michelle Hancock, what an amazing lady! I am always happy to see how she always has a smile and kind word for the diners. Michelle is a very dedicated volunteer who is always willing to lend a hand where needed. She recently heard my cry for help and stepped right in to volunteer for the Jackpot Bingo games. Michelle has kept very busy since retiring as an educator. Not only does she spend several days of the week at our Senior Center, she also is a major contributor to the Community Theater here in Casper! She was the director of the production Wally's Café. Give Michelle a special thanks and let her know how happy we are she chose our Center to volunteer at!*

*Our 2nd Volunteer in the spotlight is Kathy Pagel, who has been a valuable member of our volunteer team for over 12 years. You will see Kathy every Monday greeting people in the lobby, lovingly watering the plants in the lobby, library, and anywhere else she may find them. Let Kathy know just how much we all appreciate seeing her smile as we come through the front door.*

## **4-H Jr Livestock Sale—July 12th**

We need volunteers to help with the sale. Much of the meat served in our dining room is donated from this yearly event. If you are able and willing to donate an hour or 2, please let Kim Perez know or sign up in the main office.

### **Volunteer Meeting**

July 10 at 1pm  
in the  
Conference Room

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!**

### *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



# Did you know:

*There has been much cussin' and discussin' about the coffee and tea in the dining room. Well, here's the truth, the whole truth, and nothing but...*

*The Central Wyoming Senior Services receives state, federal, local, and private grant. The grants that are solely for the food in the dining room only provides for the 4 food groups. Here's the "Did you know" part...Coffee and tea are not in a food group. As hard as that is to believe to most of us, it's true. Chef Kim can technically only buy milk and sometimes juice. That's why we have that "coffee and tea donation" box next to the beverage station. Many times, the coffee or tea runs out before the meal runs out...unfortunately Chef Kim only has money from donations to buy coffee and tea. When donations are down, unfortunately so are the number of pots of coffee and tea she can provide on a daily basis. She has to use her best math skills to figure out how much of each on what days. Now keep in mind, she also has to figure in the variables like weather, time of year, what she is serving for lunch, and so on and so forth. It's not easy to be Chef Kim. Next time you are tired of carrying all that change or extra bucks in your pocket, throw it in the donation jar.*



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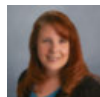
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Central Wyoming Senior Services, Casper, WY

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**Central Wyoming Senior Services**

# ***JULY ACTIVITIES***

**Come into the climate controlled Senior Center  
to enjoy some of the fun events**

**July 1st—Wellness Clinic— 10:00am Dining Room**

**Natrona County Library at Mills Center 3:45–4:15pm**

**July 2nd– Jackpot Bingo—Dining Room 1:30–4:00 pm**

**Natrona County Library at Evansville Center 3:45–4:15pm**

**July 4th—Independence Day, Center is closed**

**July 7th—Parade Float decorating—all afternoon**

**July 8th—Parade Day, Center is closed**

**July 9th—Jackpot Bingo 1:30–4:00pm Dining Room**

**July 10th—Volunteer meeting 1:00pm Conference Room**

**July 11th—Friday Feature: “Major Payne” 1:30pm**

**July 12th—Saturday Dance 5:00pm Dining Room**

**July 15th– Wellness Clinic 10:00am Dining Room**

**Natrona County Library at Mills Center 3:45–4:15pm**

**July 16th– Jackpot Bingo 1:30 pm Dining Room**

**Natrona County Library at Evansville Center 3:45–4:15pm**

**July 18th—Friday Feature: “The Intern” 1:30pm**

**July 22nd—Wellness Clinic– 10:00am Dining Room**

**Natrona County Library 10:15am Casper Center**

**July 23rd—Jackpot Bingo 1:30pm Dining Room**

**July 25th—Friday Feature: “Champions” 1:30 pm**

**July 26th—Saturday Night Dance 5:00pm Dining Room**

**July 29th—Wellness Clinic– 10:00am Dining Room**

**Natrona County Library at Mills Center 3:45–4:15pm**

**July 31st—Senior Pool Tournament– 9:00am Casper Center**

**All activities are subject to change**

## **SAVE THE DATE!**


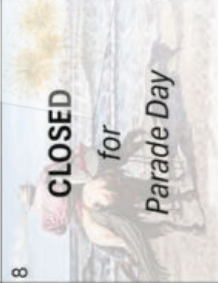



**5th Annual World Senior Citizens Day**

**Information Fair**

**Thursday, August 21<sup>st</sup>**



# JULY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6</b>  <b>CLOSED</b> <i>in observance of July 4th holiday</i>	<b>7</b> Baked Chicken Oven Brown Potatoes Tossed Spring Salad Wheat Roll Apricot Halves	<b>1</b> Pork Stroganoff Creamed Cabbage Vegetable Salad Wheat Roll Black Cherries  <b>8</b>  <b>CLOSED</b> <i>for Parade Day</i>	<b>2</b> Beef Pot Pie Roasted Broccoli Russian Salad Black Bread Sliced Peaches  <b>9</b> Tater Tot Casserole Broccoli Blueberries Wheat Roll Sugar Cookie	<b>3</b> BQ Pork Sandwich Potato Salad Roasted Corn Baked Beans Red White & Blue Cake	<b>4</b>  <b>CLOSED</b> <i>Happy Independence Day!</i>	<b>5</b> <b>MENU SUBJECT TO CHANGE</b>
<b>13</b> Roast Beef Mashed Potatoes Sweet Corn WW Roll Creamy Veg Salad Cherry Pie	<b>14</b> Pork Chop Oven Brown Potatoes Roasted Broccoli Garden Salad Wheat Roll Coconut Pudding	<b>15</b> Taco Salad Lettuce, Tomatoes, Cheese, & Onions Rice   Black Beans Confetti Slaw Baked Apples	<b>16</b> Hearty Veg Soup w/ Turkey Salad Sandwich On Wheat Fresh Veggies Citrus Fruit Pumpkin Bar	<b>17</b> Lamb Shepherd's Pie Baby Carrots Tossed Green Salad Wheat Roll Sliced Peaches	<b>18</b> World Listening Day Fish Florentine Continental Rice Roasted Asparagus Tomato Basil Salad Whole Wheat Roll Berry Blend	<b>19</b> <b>MEALS COME WITH MILK &amp; BREAD</b>
<b>20</b> <i>Moon Day</i> Glazed Ham Scalloped Potatoes Cauliflower with Peas Cottage Cheese Salad Apple Pie	<b>21</b> Ch'kn & Dumplings Mixed Vegetables Tossed Salad Corn Muffin Deluxe Fruit Mix	<b>22</b> Porcupine Meatballs Rice Pilaf Mixed Vegetables Honey Wheat Biscuit Diced Pears	<b>23</b> Diced Chicken Salad Fresh Fruit & Veggies Raisin Bread Peach Fluff	<b>24</b> Pork Medallions Garlic Pasta California Vegetables Chunky Vegetable Salad Apple Cake	<b>25</b> <i>July Birthday Lunch</i> Salisbury Steak Mashed Potatoes Roasted Squash Potato Roll Carrot Cake  	<b>26</b> 
<b>27</b> Roast Turkey Mashed Potatoes Country Blend Tossed Salad WW Roll Pumpkin Pie	<b>28</b> Spaghetti Sweet Corn Mixed Green Salad Garlic Breadstick Peach Parfait	<b>29</b> <i>International Tiger Day</i> Creamy Tomato Soup w/ Grilled Cheese Sand Fresh Vegetables Cole Slaw Cherry Crisp	<b>30</b> Ham & Scalloped Potato Casserole Catalina Mix Tomato Basil Rosy Applesauce Wheat Biscuit	<b>31</b> Beef Broccoli Stir-Fry Brown Rice Asian Sesame Coleslaw Sunflower Bread Butterscotch Pudding		

*BABY, IT'S HOT OUT THERE!*

*TIPS AND HELPFUL HINTS BEATING THE HEAT*



## SUMMER SAFETY FOR OLDER ADULTS



Wear sunscreen and use it correctly.



Avoid direct sun, especially between 10 a.m. and 4 p.m.



Wear sunglasses any time you're outdoors.



Stay hydrated—drink fluids even if you don't feel thirsty.



Wear loose-fitting clothing. Natural fibers like cotton are best.



Cool your home with air conditioning or fans, or go to a cooler place.

### KNOW THE SIGNS OF HEATSTROKE.

- Fainting, unconsciousness
- Confusion, agitation, acting strangely
- Body temperature higher than 104°
- Dry, flushed skin, no sweating
- Very rapid or very slow pulse

Heatstroke is an emergency. Call 911 right away.

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\*\*\*\*\***NEWS FLASH**\*\*\*\*\*

**FRIDAY FEATURE MOVIES WILL NOW  
BEGIN AT 1:30PM**

**July 11th—“*Major Payne*”** When a recently discharged Marine struggles to adjust to civilian life, his commanding officer brings him back to the military to train and lead a group of misfit JROTC cadets.

**July 18th—“*The Intern*”** Starting a new job can be a challenge, especially if you're already retired. Looking to get back into the game, 70-year-old widower Ben Whittaker (Robert De Niro) seizes the opportunity to become a senior intern at an online fashion site. Ben soon becomes popular with his younger co-workers, including Jules Ostin (Anne Hathaway), the boss & founder of the company. Whittaker's charm, wisdom and sense of humor help him develop a special bond and growing friendship with Jules.

**July 25th—“*Champions*”** A former minor-league basketball coach receives a court order to manage a team of players with intellectual disabilities. Despite his doubts, he soon realizes that together they can go further than they ever imagined.

 <p>Stay curious in the new year.</p> <p>The love of learning doesn't end at 50.</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>		
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# HONORING VETERANS

Display by Bev Farrow and Ruth Doyle

Thank You, Bev Farrow and Ruth Doyle, for arranging the beautiful display of eagles, family, and veteran memorabilia and uniforms to honor veterans on this 2025 Fourth of July!! The display includes the uniform of Ernie Trujillo, the uniform of Russel Farrow, WWII medals of Bev's father, and awards from Korea and Vietnam of Russel, a Mustang who retired a Major in 1976.

The eagle collection enhances the belief in God, Freedom and the USA!

**THANK YOU VETERANS FOR YOUR SERVICE!**







**THANK YOU, DONORS & SUPPORTERS!**

**Rotary**  
District 5440



United Way  
of Natrona County



Reveille Rotary  
meets  
Wednesdays  
at 7 A.M.



**DANIELS FUND**



Chef Kim was recently presented with a plaque honoring 30 years of hard work and dedication to providing nutritious (& yummy) meals to Senior Center members. Kim learned from her mother, who actually opened the kitchen in the late 70s. We truly appreciate all the love and labor put into every meal.  
**Thank you, Chef Kim!!**

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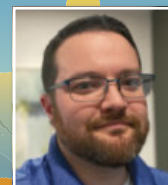
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# ACTIVITIES FOR SENIORS 60 AND OLDER\*

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)
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)
Featured Movie Matinee	Friday	1:30PM (Library)
Good Book Study	Monday	1PM—3PM (AR)
<b>JACKPOT BINGO!</b> Open to the public. \$0.25/card/game	Wednesday	1:30PM—4:30PM (DR)
Line Dancing	Tuesday	10:00AM—11:00AM (DF)
Low Vision Support Group	2nd Monday	10:00AM—12:00PM (CNF)
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 like: inflatable palm trees & pool accessories
2. Candy for parade day
3. Popcorn and salted butter for Friday Features
4. \$10.00 gift cards to local businesses for prizes
5. Large screen TV—we received a Wii to play golf and bowling, but don't have a portable Big Screen TV designated for Wii games
6. Poster frames or display cases for the puzzles—we would like to hang and display the hard work put into select puzzles
7. Puzzle Glue
8. Netflix or other streaming service subscription or gift cards for movies
9. Jewelry, purses, or small home décor for Deals on Wheels



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## Assisting Casper Seniors And Their Families

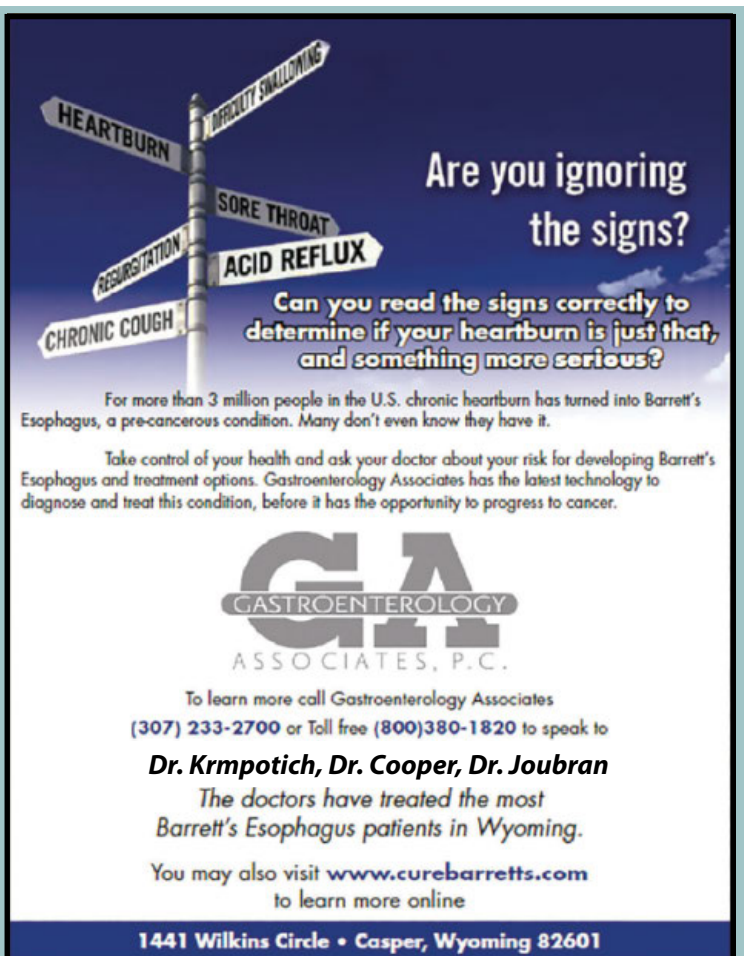
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# **We need your help!!! It's time to stand together!**

**Dear Friends:**

**The Central Wyoming Senior Services Inc. 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 (OAA) and Administration for Community Living (ACL). 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.**

**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 only 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 programs stable or offer an increase**
- Reaffirm or reinstate programs affecting seniors that are in jeopardy**
- Share how the services that Senior Centers provide affect you and your friends. Legislators 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 | 866-235-9553  
<https://www.barrasso.senate.gov/>**

**Senator Cynthia Lummis  
127 A Russell Senate Office Bldg  
Washington D.C. 20510  
202-224-3424  
<https://www.lummis.senate.gov/>**

**Representative Harriet Hageman  
1227 Longworth House Office Building  
Washington D.C. 20510  
202-225-2311  
<https://hageman.house.gov/>**

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