

WHAT'S MY NAME?

APRIL 2020

CENTRAL WYOMING SENIORS SERVICES INC

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

Thank You, Volunteers! By Rita Wagner

April is National Volunteer Recognition Month. This is the time of year dedicated to honoring those individuals and groups that support our organization. We want to begin by thanking a very important group that does not get recognition for the many hours that they provide in service to our Center, the **Board of Directors**.

We would also like to take the opportunity to thank those who serve as our welcoming committee as everyone passes through our doors and assists in directing them forward to begin their day at the Center: **Kathy Pagel, Lila Gardner, Diane Way, Janet Jensen, and Bev Farrow**.

A special thanks to the group from **Hilltop Bank** who come in each Monday to man the desk in the cafeteria. Thanks also to the dedicated individuals who are at the desk during the other days we are open: **Emma Crawford, Gloria Martin, Linda Cantrell, Jim Salazar, Dick Shamley, and Donna Sechrist**. We appreciate your time and smiling faces.

Thanks to those individuals who assist in carrying trays, clearing tables and rolling silverware: **Clint Hopkins, Chuck Davis, Harry Morrow, Jim Salazar, Michael Johnson, Rylie Weidner, Jim Kirchen, Masayo Uresk, and Wayne Clements**.

We also want to thank those who lead our chair exercise programs and improve the flexibility of everyone who takes part in the classes: **Betty Cresswell, Sue Tupper, and Keiffer from North Platte Physical Therapy**.

A big thank you to **Harry and Cindy Groves** and **Cheryl Davis** for providing instruction in Tai Chi. What a difference you make in helping our people with balance and core strength.

Mark Hopkins assists us with calling Bingo, thanks Mark! Thanks to **Phyllis Shin** and **Jim Salazar** for coordinating this activity for us.

We wish to thank **Mike and Mary Price** for coordinating the Meadow Larks events and of course thanks to all who participate in singing! What a commitment you have made to our community.

Sally Lindahl and Lucille Mascarenas take hours each month and/or holiday to brighten our space with holiday décor. We thank you for sharing your talents.

We also want to take the opportunity to thank our dance instructors: **Machelle Holloway, Lori Spearman, and Joyce Sisk** for providing line dancing and clogging.

Marge and Jerry Thorvaldson keep our library well organized. We appreciate the hours this takes!

Special thanks to **Karen Kwedor** for her willingness to do anything we ask.

Thanks also to the many who provide leadership to our various groups, events and activities. We apologize to anyone we may have missed but who quietly go about their jobs in an effort to make this Center the best it can be. We are a warm and welcoming, viable entity providing a vital service to our community all because we work together to achieve this common goal.

Try to Find This!

Let the front office know the answer for entry into the drawing for a free week of lunches!!

2 Chances in this issue!



You have probably noticed the changes, both around the center and in the Newsletter. We are in the homestretch of this remodel and hope we are still adequately meeting all of our clients' needs.

We have several suggestions for the new name of the newsletter under consideration and are offering more diverse content with more helpful information.

Thanks for the support!!

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INSIDE THIS ISSUE

WHO'S WHO AROUND THE CENTER

Board of Directors

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Barbara Flinn.... Vice President

Kim Latka Treasurer

Linda Blackstone Secretary

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Clyde Cain

Frances Lujan

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Miles Hartung

Crystal Morse

Jennifer Rohrer

Linda Loranger

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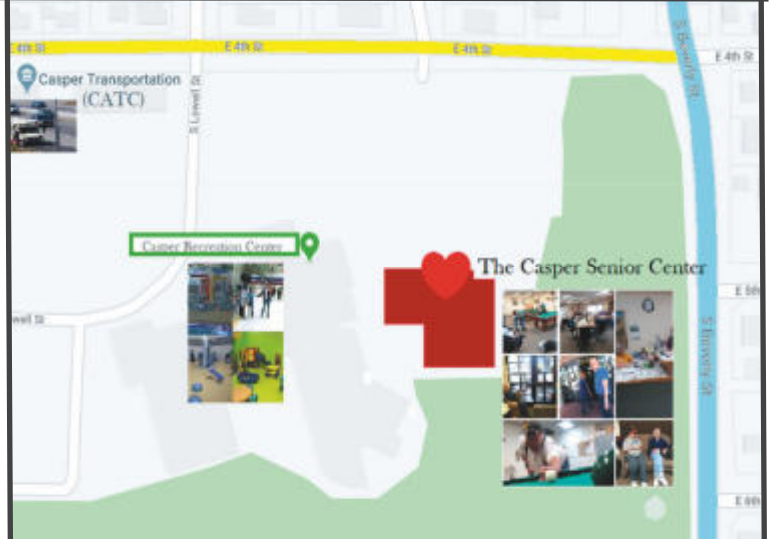
Rachel Brown

Community Programs Director

Lacey Kidman

Kitchen Manager

Kimberly Cooper



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



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

ALL ABOUT US

Central Wyoming Senior Center 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 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 and nutritional support & 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.

Happenings Around The Center

April S.A.I.L. Schedule:

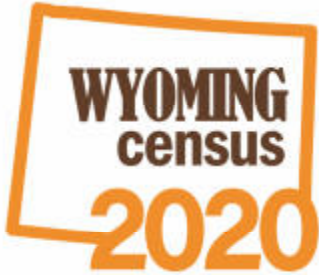
(Subject to change...)

- April 1st—No S.A.I.L., Center Closed
- April 8th—T.B.A.
- April 15th—Cyndi Brainerd (Epsilon)
- April 22nd—Darcie Gudger (Science Zone)
- April 29th—Frontier Home Health & Hospice

Senior Center
will be closed
for meals on
Friday, April 10
&
Sunday, April 12
to celebrate
Easter!



April 12, 2020



Timeline:

April 2020

If you haven't responded yet, you will receive a reminder letter and a paper questionnaire. 2020 Census Day is observed nationwide on April 1.

Please call if you have any questions about activities during the current concerns about social distance. Thank you!

NOTICE: The weekly puzzles are intended for individual use and to be turned in by clients coming into the center for activity sign in purposes. Please help us continue to keep such activities free by taking only one or making a donation for additional copies. *Thank you!*

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MISCELLANEOUS INFORMATION

CRAFT CLASSES

Craft classes are Tuesdays at 10AM. They usually last an hour, but if more time is required, we will accommodate. Classes are free as long as we have the supplies needed. If not, there may be a small fee that will be announced prior to class. If you have an idea for a project you would like to do, please let us know; we are open to try anything.

We look forward to sharing this time with these fun folks each week!



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 (307) 265-4678.

Board Meeting Schedule:
(All meetings are public)

Fourth Monday of each month at 2:00 pm in the Conference Room.

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

Meal Prices:

Suggested donation for a senior meal is \$5.00. We do offer 10 and 20 count punch tickets. As an incentive, we will offer one free 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 \$8.00. (See the notices posted.) 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

Mills: Noon to 1:00pm

Evansville: Noon to 1:00 PM

Reservations Required at the Mills and Evansville Sites

MENU IS SUBJECT TO CHANGE

We're looking for interested parties for new activities.

If you would like to try:

Mah-Jongg
Bunco
Crochet
Knitting
Zentangle
Cribbage

or have a suggestion for another activity, please come to the office to discuss with staff!

RIDDLE

What is it that
given one,
you'll either have
two or none?

Let the front office know the correct answer for your chance to win a free week of lunches!!

Copies of The Casper Senior Cookbook Are Still Available! \$10.00 each Buy yours while supplies last!



Tuscan Butter Shrimp

by Lena Abraham
May 3, 2019



Instructions:

- 1) Heat oil in a large skillet over medium-high heat. Season shrimp all over with salt and pepper. When oil is shimmering but not smoking, add shrimp and sear until underside is golden (about 2 minutes), then flip and cook until opaque. Remove from skillet and set aside.
- 2) Reduce heat to medium and add butter. When butter has melted, stir in garlic and cook until fragrant (about 1 minute). Add cherry tomatoes and season with salt and pepper. Cook until tomatoes are beginning to burst then add spinach and cook until it is beginning to wilt.
- 3) Stir in heavy cream, Parmesan, and basil and bring mixture to a simmer. Reduce heat to low and simmer until sauce is slightly reduced (about 3 minutes).
- 4) Return shrimp to skillet and stir to combine. Cook until shrimp is heated through. Garnish with more basil and squeeze lemon on top (if desired) before serving.
- 5) Enjoy!

2 TBSP extra-virgin olive oil
1 LB shrimp, peeled,
deveined, & tails removed
Kosher salt
Freshly ground black pepper
3 TBSP butter
3 cloves garlic, minced
1 1/2 c. halved cherry toma-
toes
3 c. baby spinach
1/2 c. heavy cream
1/4 c. freshly grated Parme-
san
1/4 c. basil, thinly sliced
Lemon wedges
(optional, for serving)

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Central Wyoming Senior Services, Casper, WY

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Earth Day History

Earth Day was founded in 1970 as a day of education about environmental issues, and Earth Day 2020 is the holiday's 50th Anniversary. The holiday is now a global celebration that's sometimes extended into Earth Week, a full seven days of events focused on green living. The brainchild of Senator Gaylord Nelson, inspired by the protests of the 1960s, Earth Day began as a "national teach-in on the environment" and was held on April 22 to maximize the number of students that could be reached on university campuses.

The first Earth Day was effective at raising awareness about environmental issues and transforming public attitudes. According to the Environmental Protection Agency, "Public opinion polls indicate that a permanent change in national priorities followed Earth Day 1970. When polled in May 1971, 25% of the U.S. public declared protecting the environment to be an important goal, a 2,500% increase over 1969." Earth Day kicked off the "Environmental decade with a bang," as Senator Nelson later put it. During the 1970s, a number of important pieces of environmental legislation were passed, among them the Clean Air Act, the Water Quality Improvement Act, the Endangered Species Act, the Toxic Substances Control Act, and the Surface Mining Control and Reclamation Act. Another key development was the establishment in December 1970 of the Environmental Protection Agency, which was tasked with protecting human health and safeguarding the natural environment—air, water, and land.

By History.com Editors, March 18, 2020
<https://www.history.com/topics/holidays/earth-day>

SPOTLIGHT

Year in Review



What happened in 1970? Major News:

- ∴ January 22—1st commercial Boeing 747 flight, Pan American World Airways flies from New York City to London in 6 1/2 hours
- ∴ February 13—Man-eating tiger is reported to have killed 48 people within 80KM of New Delhi
- ∴ February 26—Beatles release "Beatles Again" aka "Hey Jude" album
- ∴ March 12—US lowers voting age from 21 to 18
- ∴ April 10—Paul McCartney officially announces the split of The Beatles
- ∴ April 13—Apollo 13 announces "Okay, Houston, we've had a problem here," as Beech-built oxygen tank explodes en route to the Moon
- ∴ May 17—Hank Aaron becomes 9th player to get 3,000 hits
- ∴ June 17—Edwin Land patents the Polaroid camera
- ∴ July 4—Casey Kasem's "American Top 40" debuts on LA radio
- ∴ July 21—Aswan High Dam opens in Egypt, enables human control of the flooding of the Nile
- ∴ August 7—1st all-computer chess championship is conducted in New York and won by CHESS 3.0 (CDC 6400), a program written by Slate, Atkin, & Gorlen at Northwestern University
- ∴ August 25—Elton John makes 1st US appearance in Los Angeles
- ∴ September 11—The Ford Pinto is introduced
- ∴ September 19—The "Mary Tyler Moore Show" premieres on CBS
- ∴ October 14—4th Country Music Association Award: Merle Haggard wins
- ∴ November 3—US President Richard Nixon promises gradual troop removal of Vietnam
- ∴ November 17—Douglas Engelbart receives patent for 1st computer mouse
- ∴ December 4—Unemployment rate in US increases to 5.8%
- ∴ December 21—Elvis Presley meets US President Richard Nixon in the White House (the image of this meeting is the most requested photo from the entire National Archives)



What did it cost?

New House:	\$23,450	Postage Stamp:	\$0.06
Average Income:	\$ 9,400	Gasoline:	\$0.36/gallon
New Car:	\$ 3,450	Milk:	\$0.62/gallon

Strawberry Rhubarb Crumb Cake

by Diana Rattray
Updated 4/30/2019



Ingredients. Instructions

Cake:
1.5 c. (7 oz.) all-purpose flour
1/4 tsp baking soda
1/4 tsp salt
1 tsp baking powder
1 stick (4 oz) softened butter
3/4 c. granulated sugar
2 large eggs
1/2 c. sour cream
1.5 tsp vanilla extract

Filling:
2 c. thinly sliced rhubarb (about 1/2 inch)
1 pint strawberries (cleaned, hulled, sliced, & lightly mashed)
1 TBSP lemon juice
2/3 c. granulated sugar
3 TBSP cornstarch

Topping:
3/4 c. all-purpose flour
1/2 c. granulated sugar
1/2 tsp. ground cinnamon
1/8 tsp. ground nutmeg
5 TBSP melted butter
Optional:
1/2 c. chopped pecans

- 01 Grease & flour a 9" spring form pan.
- 02 Combine rhubarb, strawberries, & lemon juice in medium saucepan.
- 03 Combine 2/3 c. sugar & cornstarch and add to fruit mixture. Bring to a simmer, stirring.
- 04 Reduce heat to low and simmer, stirring, until thickened. Remove from heat and let cool.
- 05 Pre-heat oven to 350°. In a bowl, combine the 1.5 c. flour, baking powder, salt, & soda.
- 06 In a separate bowl, beat stick of butter with 3/4 c. sugar until light & fluffy. Add eggs & sour cream and combine, then beat in vanilla.
- 07 Slowly beat in the flour mixture until smooth & blended. Spread in the prepared pan then spoon cooled filling mixture over cake batter.
- 08 Combine the 3/4 c. flour, 1/2 c. sugar, nutmeg, cinnamon, 5 TBSP butter, and pecans (if using) and mix well. Sprinkle evenly over the filling layer.
- 09 Bake about 45 min. or until cake is firm and topping is lightly browned.

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Gifts & Memorials

Note: This is a list for Gifts or Memorials, given between February 26th—March 22nd. If donations were made between those dates and you were not recognized, please see Rita.

Memorials

Darlene Eddy
David Bentzin

John Moler
Lucy Schoenewald

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.

Gifts

Frank C Stofflet
John & Janet Hilde
Jack Romanek
Barbara Yonts
Natrona County Cow-Belles
John Savage

Famous April Birthdates

- 1, 1932—Debbie Reynolds
- 5, 1908—Bette Davis
- 6, 1937—Merle Haggard
- 7, 1939—Francis Ford Coppola
- 9, 1926—Hugh Hefner
- 10, 1936—John Madden
- 12, 1916—Beverly Cleary
- 13, 1743—Thomas Jefferson
- 15, 1452—Leonardo da Vinci
- 21, 1926—Queen Elizabeth II of England
- 23, 1564—William Shakespeare
- 23, 1928—Shirley Temple Black
- 26, 1933—Carol Burnett
- 27, 1822—Ulysses S. Grant
- 29, 1951—Dale Earnhardt
- 30, 1933—Willie Nelson

MORE REASONS TO CELEBRATE

April!

(National Humor Month)

(Keep America Beautiful Month)

- 7th—National Beer Day
- 10th—National Sibling Day
- 14th—International Moment of Laughter Day
- 23rd—Take Your Child to Work Day
- 24th—Arbor Day
- 27th—Babe Ruth Day

Fun APRIL Facts!

- * The name "April" is the 423rd most common name in the United States
- * The April birthstone is the diamond
- * The April birth flower is the Sweet Pea
- * April is the traditional opening month for the professional baseball season
- * Easter is most commonly celebrated in the month of April (though hiding Easter Eggs is a ritual with pagan origins as eggs are a symbol of fertility and new life)
- * April 1st is always the same day of the week as July 1st
- * April's name is thought to be derived from *aperit*, the Latin word meaning "to open"
- * The mutiny of the Royal Navy vessel HMS *Bounty* occurred April 28, 1789
- * April 1st was used to celebrate the birth of Christ until about 350 A.D. when the Pope Julius I declared the celebration be held on December 25th

If you are 60 or older with a birthday in March, bring this coupon to the front office for your free meal ticket.

Name: _____

Birthdate: _____

Courtesy of C.W.S.S.

From “Why Seniors Have Different Nutritional Needs”

by Dana Larson,
December 17, 2019
([https://
www.aplaceformom.com/
blog/seniors-nutritional-
needs/](https://www.aplaceformom.com/blog/seniors-nutritional-needs/))



Perceptual changes later in life can influence nutrition, such as changes in hearing, smell, and taste:

Hearing: Diminished or loss of hearing affects our ability to maintain good nutrition. The difficulty and frustration from the inability to hold a conversation with our eating partner out at a restaurant or at a social function can limit one’s food experience.

Smell: The loss of smell can have a huge impact on the types of meals one chooses to eat as there is less satisfaction. This can lead to poor food choices.

Taste: One of the most common complaints is in regards to the diminished taste in food. As taste buds decrease, so does our taste for salty and sweet — often times making food taste more bitter or sour. This may cause people to eat fewer fruits and vegetables.

One reason nutritional needs change is due to physiological changes that occur later in life:

Energy: Expenditure generally decreases with advancing age because of a decrease in basal metabolic rate and physical activity, thus decreasing the needs of calories.

Function: Our bodies also begin to experience a decrease in kidney function, redistribution of body composition and changes in the nervous system.

Other changes in body function may impact nutritional intake, such as:

Dentition: The makeup of a set of teeth (including how many, their arrangement and their condition) can change. The loss of teeth and/or ill-fitting dentures can lead to the avoidance of hard and sticky foods. Older people with dental problems may avoid some fruits and vegetables, such as apples or uncooked carrots, because of this.

Gastrointestinal Changes: Chronic gastritis, constipation, delayed stomach emptying, and gas may also lead to avoiding fruits and vegetables, as well as other healthy foods. Thus, the food categories that should be emphasized may get eliminated instead.

These factors alone may contribute to why 3.7 million seniors are malnourished. They may also shed light on the importance of educating caregivers and aging seniors on specific dietary need options, as well as catered senior diets and nutritional needs.

Malnutrition is seen in varying degrees in the elderly, along with varying vitamin and calcium deficiencies. Malnutrition is due to undernutrition, nutrient deficiencies or imbalances. Most physicians do not see frank malnutrition anymore, such as scurvy. Instead, they encounter milder malnutrition symptoms, such as loss of appetite, general malaise, or lack of overall interest and wellness. Common deficiencies of nutrients of dietary origin include inadequate intake of vitamins A, B, C, D, and E, folic acid, calcium, and niacin. Malnutrition may also be the result of some socioeconomic risk factors, such as the following:

Fear of personal safety (which affects the ability to go grocery shopping)
Lack of health insurance (which may cause malnutrition to go undetected)
Financial concerns

Institutionalization or hospitalizations (that do not ensure adequate nutrition)
Lack of interest in cooking or eating alone
Loss of a spouse or family member

MEAL CALENDAR

April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 Chicken & Dumplings Green Beans Almandine Tossed Salad Coconut Cream Pie	6 Porcupine Meatballs Rice Pilaf Broccoli Calico Slaw Pear Crisp	7 Baked Chicken Garlic Fettuccine Carrots Tomato Basil Salad Watermelon	1 Turkey Tetrazzini California Vegetables Cool Bean Salad Peach Cobbler	2 Spanish Steak Brown Rice Key West Vegetables Fresh Carrot Sticks Strawberries & Peaches	3 Breaded Fish Sandwich Oven Brown Potatoes Pea Salad Fruit Cup Frosted White Cake	4
12 HAPPY EASTER! CLOSED	13 Roast Pork Roasted Potatoes Peas and Carrots Beet Salad Apple Pie Cake	14 Chili Cheese Dogs Sweet Potato Tots Sliced Tomatoes Cantaloupe Chunks Tapioca	8 Reuben Sandwich Potato Salad Relishes Cool Corn Salad Tropical Fruit	9 Baked Ham Or Roast Lamb Twice Baked Potato California Vegetables Hearty Salad Mandarin Orange Cake	10 GOOD FRIDAY CLOSED	11
19 Beef Wellington Carrots Cauliflower and Broccoli Salad Peach Pie	20 Roast Turkey Mashed Potatoes California Vegetables Cottage Cheese Pumpkin Crunch	21 Biscuits with Sausage Gravy Scrambled Eggs Hash browns Sliced Tomatoes Fresh Peaches	15 Pork and Noodles Parsleyed Carrots Citrus Fruit Cherry Cookie	16 Chicken Enchiladas Refried Beans Spanish Rice Fresh Fruit Lettuce, Tomatoes Cheese, Onions	17 Lemon Baked Fish Macaroni & Cheese Stewed Tomatoes Plums Chocolate Pudding	18 MEALS COME WITH MILK AND BREAD
26 Baked Ham Sweet Potatoes Wax Beans Tossed Salad Apple Pie	27 Stuffed Peppers Sweet Potatoes Tossed Salad Banana Bar	28 Ham & Scalloped Potato Casserole Glazed Carrots Carrot Beans Salad Fruit Cup	22 Oven Fried Chicken Mashed Potatoes Classic Vegetable Mix Creamy Cole Slaw Fruit Jello Whip	23 BBQ Ribette Potato Salad Broccoli Bacon Salad Creamy Dill Cucumbers Baked Apples	24 Tuna Noodle Bake Fresh Peas Carrot Raisin Salad Black Cherries	25
			29 Chicken Fried Steak Mashed Potatoes Summer Squash Caesar Salad Pineapple Cake	30 Creamy Tomato Soup Deli Hoagie Sandwich Pasta Salad Jell-O Salad Mandarin Oranges		MENU SUBJECT TO CHANGE



"A single act of kindness throws out roots in all directions, and the roots spring up and make new trees."
—Amelia Earhart



For all the information and updates during this period of health concerns.

CASPER-NATRONA COUNTY HEALTH DEPARTMENT

Our elected officials for their swift response to the call to action facing this current health situation!



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Sherry SURVIVOR

SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT
1

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT
2

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT
3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.



CS 31546-A 08/16/2020

FACT
4

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT
5

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

[cdc.gov/COVID-19](https://www.cdc.gov/COVID-19)

COMMUNITY

Our Community Responds:

In our commitment to you, our members, staff and volunteers are pairing with Reveille Rotary to make phone calls to you. Either a staff person or a volunteer will be contacting you on a regular basis to make you aware of services that are still being performed at the Center, our curbside pickup menu and/or reservation, or just to check in.

Please be aware that these calls are in an effort to assist and just to “check in” to see if you are okay. Social distancing sounds much easier than it truly is. We still need that contact or connection and we are hoping these phone calls will help.

You can still call the Center any time and we will do our best to connect you with services or references for assistance. Stay home, be safe. We will see you soon.

Although you might not recognize the Center when you return...



SOCIAL DISTANCING
DURING THE CORONAVIRUS (COVID-19) OUTBREAK

PLEASE NOTE: Events are subject to change due to evolving information regarding COVID-19. Please call to check on all events prior to attending.
Thank you!



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ACTIVITIES CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11AM—1PM (DR) Sunday Lunch [1st] 1PM—2PM (CNF) American Legion Women's Auxiliary 2PM—???(DR) Mexican Train Dominoes 3PM—5PM (CNF) Bible Study	10AM—11AM (DF) Chair Exercise (AR) 10:50AM—11:15AM (DF) Beginner Clogging 11:15AM—12:15PM (DF) Intermediate Clogging 1PM—???(DR) Mexican Train Dominoes 1PM—4PM (DR) 1:15PM—2:15PM (DF) Tai Chi 2:30PM—3:30PM (DF) Tai Chi for Arthritis 4PM—5:30PM (CNF) Bible Study 6PM—7PM (DF) Native American Flute Circle 6PM—9PM (CNF) Binding Friends 7PM—9PM (DF) Dance Club	9:15AM—9:45AM (AR) Chair Yoga 10AM—11AM (CNF) Golden Kiwanis 10AM—11AM (DF) Line Dancing 10AM—12PM (DR) Craft Class 10AM—2PM (DR) Wellness Clinic 7PM—10PM (DR) Casper Chess Club	7AM—8AM (CNF) Reveille Rotary 9:15AM—10:15AM (CNF) Seniors Active in Learning 10AM—11AM (DF) Chair Exercise 1PM—4PM (CNF) Quilts of Valor 1PM—4PM (DR) Poker 5PM—7PM (DF) Weight Watchers	9AM—10AM (DR) Golden K Coffee 9:15AM—9:45AM (CNF) Chair Yoga 10:30AM—11:30AM (DF) Clogging 12:30PM—2PM (CNF) BINGO! 12:30PM—4PM (DR) Pinochle 1PM—???(DR) Mexican Train Dominoes 1:15PM—2:15PM (DF) Tai Chi 2:30PM—3:30PM (DF) Tai Chi for Arthritis 7PM—10PM (DR/DF) Square Dance	10AM—11AM (DF) Chair Exercise 12PM—4PM (DR) Canasta 12:30PM—4PM (CNF) Big Bridge 12:30PM—4PM (DR/CNF) Pinochle 1PM—4PM (DR) Poker	8AM—9AM (DF) Weight Watchers
	[2nd] 10AM—12PM (CNF) Low Vision Support Group [3rd] 10AM—1PM (CNF) DAR Supplemnet Application Group [4th] 2PM—3PM (CNF) CWSS Board Meeting	[1st/3rd] 11:30AM-4PM (DR) Bridge w/Margi [3rd] 11:30AM—4PM (DR) Bridge w/ Linda [4th] 12PM—2PM (CNF) NARFE [2nd/4th] 6PM—10PM (CNF) Casper Cut Ups [3rd] 7:15PM—9:15PM (CNF) Casper Needle Guild	[3rd] 10:10AM—11:55AM (CNF) KW Retired Ladies Book Club [2nd/4th] 11:30AM—4PM (DR) Bridge w/ Margi [2nd/4th] 12PM—4PM (DR) Bridge (w/ Ronnie & Donna) [1st/3rd] 12:30PM—3:30PM (DR) Bridge (w/ Betty) [4th] 12:30PM—4PM (CNF) Caps for Kids	[1st/3rd] 10AM—11AM (CNF) WY Dementia Care Support [1st] 1:30PM—3:30PM (DR) Golden Girls [2nd] 7PM—9PM (CNF) American Legion	[Alt 2nd] 9AM—4PM (CNF) AARP 55-Alive Driving Course Garden Club	[2nd] 9AM—2PM (CNF) Casper Cut Ups [3rd] 10AM—12PM (CNF) Garden Club

NOTE:

Locations subject to change due to stage of the remodel.

Please check board

for more info on

days of activities!

If we have missed

any events, please let

the front desk know

so that we can

publicize your

activity. Private

events are not listed.

THE OLD FARMER'S ALMANAC

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Sky Watch, April 2020

This year's largest supermoon will occur on April 7th, the second of 3 supermoons.

FULL PINK MOON



THE OLD FARMER'S ALMANAC

April's full Moon is the first to occur after the March equinox, which makes it the first full Moon of spring and the Paschal Full Moon. (The Paschal Full Moon is the full Moon that determines the date of Easter.)

Why is it called the Pink Moon? Although we wish this name had to do with the color of the Moon, the reality is not quite as mystical or awe-inspiring. In truth, April's full Moon often corresponded with the early springtime blooms of a certain wildflower native to eastern North America: *Phlox subulate*—commonly called creeping phlox or moss phlox—which also went by the name “moss pink.” Thanks to this seasonal association, this full Moon came to be called the Pink Moon! Other April full Moon names include the **Sprouting Grass Moon**, the **Egg Moon**, and the **Fish Moon**.

April Moon Facts and Folklore:

- Ⓒ On April 20, 1972, the lunar module of Apollo XVI landed on the moon with astronauts John Young & Charles Duke aboard. Thomas Mattingly remained in orbit around the moon aboard the command module. One day later, on April 21, Young & Duke drove an electric car on the surface of the moon. (It's still up there, along with some film and expensive tools that they forgot.)
- Ⓒ According to folklore, a full Moon in April brings frost. If the full Moon rises pale, expect rain.
- Ⓒ According to folklore, the period from the full moon through the last quarter is the best time for killing weeds, thinning, pruning, mowing, cutting timber, and planting below-ground crops.

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LAST WORDS

"Age does not make us childish, as they say. It only finds us true children still."

~ Johann Wolfgang von Goethe ~

Coming Soon:

We look forward to welcoming everybody back inside to see the finished renovations.

We also want to thank Tina Kelley for sharing her Texaco Memorabilia collection with us. We will get some photos and a proper expression of gratitude in the upcoming May issue!

Help Wanted!

We can always use help carrying trays and helping make sure people sign in during lunch hour 11:00 AM to 1:00 PM along with fill in coverage for when someone is ill or on vacation.

If you are interested, please see the office.

