

# WHAT'S MY NAME?

## AUGUST 2020

### CENTRAL WYOMING SENIOR SERVICES INC

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

## FROM THE BOARD:

Plans are underway to host an Open House to show off the building renovations.

Our remodel project is finally complete and we are hosting an Open House on Friday, September 4th from 11:00 am – 1:00 pm. We will have our regularly scheduled Labor Day BBQ, but this year there will be two ways to enjoy it. We will still be providing our curbside take-out meals or you can come to the Center on Friday to enjoy eating *at the Center*, picnic style. We will have tables set up outside for our guests who would like to join us in person and enjoy some fellowship. We will also provide tours of the facility for small groups at a time.

We ask anyone who isn't feeling well to please stay home. The Center will open at a later date and you can come then. We will be following strict social distancing rules. All who join us will be required to wear masks, except when actually eating. Temperatures will be taken at the door for all who tour the building and hand sanitizer stations will be provided in the building and throughout the picnic area.

Please call the center at 307-265-4678 with questions and to reserve your spot at the picnic. (Plans are always subject to change depending on any guidelines we receive from the state. If this happens, those who have reserved a spot will be notified.)

**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!



**INSIDE THIS ISSUE**

Social distancing remains so difficult, for us and surely for you as well. While we are in the process of and excited to be working on reopening, we hope we are still adequately meeting all of our clients' needs.

We have several names for the newsletter under consideration and are continuing to offer more diverse content with more helpful information.

*Thanks for the support!!*

Center Information.....	2
Happenings.....	3, 13
Misc. Info.....	4
Heat Safety.....	5
Spotlight.....	6
Gifts.....	8
Kitchen Notes.....	9
Meal Calendar.....	10
Thank Yous.....	11
Recipes.....	12
Activity Calendar.....	14

# WHO'S WHO AROUND THE CENTER

## Board of Directors

*Errol Miller* ..... President

*Barbara Flinn*....Vice President

*Kim Latka* ..... Treasurer

*Linda Blackstone* ..... Secretary

## Members

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*Frances Lujan*

*Gloria Fuhrer*

*Miles Hartung*

*Crystal Morse*

*Jennifer Rohrer*

*Linda Loranger*

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*Ray Pacheco*

## Executive Director

*Rita Wagner*

## Assistant Director

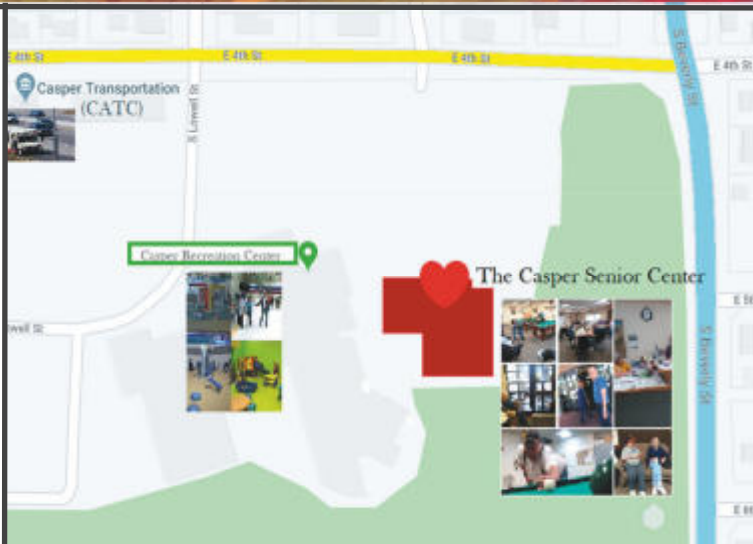
*Rachel Brown*

## Community Programs Director

*Lacey Kidman*

## Dietary Director

*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](http://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.



# Fun Holiday—Left-Handers Day

August 13 is Left-Handers Day. Created in 1992 by the Left-Handers Club as a way to celebrate left-handers, the unofficial holiday aims to 'raise awareness of the advantages and disadvantages left-handers face.'

Left-Handers Day is also sometimes known as International Left-Handers Day.

The day also encourages businesses and governments to be more left-handed friendly and adapt everyday objects for left-handed people.

## 10% are Left-Handed

Left-handed people use their left hands to carry out tasks that require the use of hands. About 10% of the world's population is left-handed. Despite this, most equipment and day-to-day articles are designed and manufactured for the use of right-handed people—those who use their right hands to perform tasks.

The purpose of Left-Handers Day is to make the majority right-handers aware of the frustrations that left-handed people face while using devices designed for right-handed people. The day also encourages designers to think about the convenience of those whose left hand is their dominant hand.

## Did You know...

...that people who are ambidextrous can easily perform tasks and use devices with both their hands.

Ambidexterity is rare and only occurs in about 1% of the population.

## Left Handed Facts and Trivia:

- ★ Sinistrophobia is the fear of left-handedness or things on the left side.
- ★ While many people are left-handed, very few are 100% left handed. For example, many lefties golf or bat right-handed. On the other hand (pun intended), there is a high percentage of righties who are 100% right-handed.
- ★ During the 1600s, left-handers were thought to be witches and warlocks.



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[www.4LPi.com/careers](http://www.4LPi.com/careers)



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# MISCELLANEOUS INFORMATION

## WAYS TO



## GET HELP:

**Wyoming Home Services** is a program that provides assistance to an individual in their home.

Services 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.

We're looking for interested parties for new activities.

If you would like to try:

**Mah-Jongg**

**Bunco**

**Crocheting**

**Knitting**

**Zentangle**

**Cribbage**

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

**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**

## RIDDLE

No matter how little  
or how much you  
use me, you change  
me every month.

What am I?

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!*



## HEAT EXHAUSTION

## HEAT STROKE

DIZZINESS & FAINTING  
EXCESSIVE SWEATING  
RAPID, WEAK PULSE  
NAUSEA OR VOMITING  
COOL, PALE CLAMMY SKIN  
MUSCLE CRAMPS



THROBBING HEADACHE  
NO SWEATING  
RAPID, STRONG PULSE  
NAUSEA OR VOMITING  
RED, HOT DRY SKIN  
MAY LOSE CONSCIOUSNESS

- \* Get to a cooler, air conditioned place
- \* Drink water if fully conscious
- \* Take a cool shower or use cold compresses

- \* CALL 9-1-1
- \* Take immediate action to cool the person until help arrives!

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**55**  
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Wyoming  
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**Wyoming 2-1-1**

2-1-1 is an easy number to remember that connects people to a full range of non-emergency community, social, health, disaster and government services in their community! Call between 8 am to 6:00 pm, Monday through Friday by dialing 211 or 888-425-7138.

# SPOTLIGHT

## The 19th Amendment

### Celebrating 100 Years of Women's Suffrage

by Rae Appel

What many Americans considered a “radical change of the Constitution” was the result of many years of effort by proponents of women’s suffrage. On August 18, 1920, Tennessee became the 36th state to vote in favor of the 19th Amendment to the Constitution, joining (the first states) Michigan, Wisconsin, and Illinois in ratifying the amendment and granting that

“The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex.

“Congress shall have power to enforce this article by appropriate legislation.”

Beginning in 1848 with the first women’s rights convention in Seneca Falls, NY and the resulting Declaration of Sentiments, voting rights for women became a major consideration in the United States. Many early advocates of women’s suffrage were abolitionists supporting universal suffrage, and made progress toward that goal by granting black men the right to vote with the 15th Amendment to the Constitution in 1870 .

A few years later, in 1878, an amendment was introduced to Congress about granting voting rights to women. The federal voting petition came after attempts to pass suffrage acts in each state, which resulted in nine western states adopting women’s suffrage legislation by 1912 (with Wyoming being the first in 1869).

Pioneers of the suffrage movement from the 19th century remained involved over 50 years later. In the early 20th century, champions of the movement began staging demonstrations, protests, and parades to draw attention to their cause. One of the most consequential was a march held in Washington, DC on March 3, 1913. More than 5,000 woman suffragists from around the country paraded down Pennsylvania Avenue from the US Capitol to the Treasury Building.

During World War I, President Woodrow Wilson was blasted with a campaign of embarrassment from suffragists trying to convince him to reverse his opposition to and support a federal women’s suffrage amendment. Propagandists from the National Woman’s Party (NWP) organized the first White House picket in 1917, standing vigil and demonstrating in silence six days a week for nearly three years. The “Silent Sentinels” held banners, some comparing the President to Kaiser Wilhelm II of Germany, and many were arrested and jailed. Their treatment during their incarceration gained sympathy for the movement, and courts later dismissed all charges against them.

After New York adopted women’s suffrage in 1917, President Wilson changed his position to support a constitutional amendment in 1918. The two events caused a shift in favor of the vote for women. After **42 years** of the measure getting introduced at every session of Congress, it was finally passed in 1919 and went to the States for ratification. Although decades of struggle to include minority women remained, the composition of the American constituency had expanded forever.



#### Sources:

“Woman Suffrage and the 19th Amendment,” <https://www.archives.gov/education/lessons/woman-suffrage>

“Women’s suffrage amendment ratified,” <https://www.history.com/this-day-in-history/woman-suffrage-amendment-ratified>

“The 19th Amendment,” <https://www.archives.gov/exhibits/featured-documents/amendment-19>

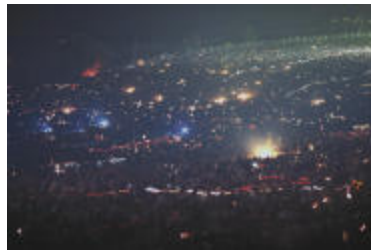
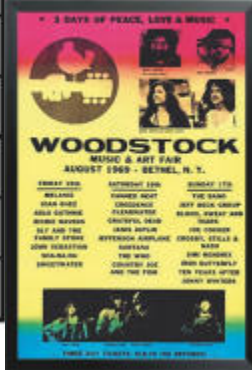


## Sudoku 26

1				2			7	9
		5						1
	9	7	6			2		
								6
5		4	1	8	6			7
	1		3	5				4
8					9			
		3				1		
					5	4	6	2

## Woodstock, August 15, 1969

Woodstock began in a field near Yasgur's Farm at Bethel, New York. The three-day concert featured 24 rock bands (including Janis Joplin, Jimi Hendrix, Credence Clearwater Revival, and The Who) and drew a crowd of more than 300,000 young people. The event came to symbolize the counter-culture movement of the 1960s.



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Central Wyoming Senior Services, Casper, WY

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# Gifts & Memorials

Note: This is a list for Gifts or Memorials given between  
June 19th—July 21st  
If donations were made between those dates and you were  
not recognized, please see Rita.

## Memorials

### **Lois Haverlock**

Mary C. Moler  
Karen & Chick Kwedor

### **Bernadine "Bea" Leafdale**

Mary C. Moler  
Lucy Schoenwald

### **Lorraine Jones**

Lucy Schoenewald  
Janice Kalasinsky

### **John & Mary Ann Moler**

Betty R Cresswell

### **Sylvia Carlson**

Karen & Chick Kwedor

### 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

### **John Savage**

John & Janet Hilde

Frank C Stofflet

St. Mark's Episcopal Church

Barbara Yonts

## *Famous August Birthdates*

- 1, 1770—William Clark of "Lewis and Clark"
- 1, 1942—Jerry Garcia, member of "Grateful Dead"
- 4, 1962—Roger Clemens, baseball pitcher
- 6, 1928—Andy Warhol, American artist
- 8, 1949—Keith Carradine, actor & singer
- 9, 1967—Deion Sanders, NFL & MLB player
- 10, 1928—Jimmy Dean, country & western singer
- 12, 1929—Buck Owens, country singer
- 14, 1945—Steve Martin, comedian, actor, writer
- 18, 1774—Meriwether Lewis of "Lewis and Clark"
- 20, 1954—Al Roker, NBC TV meteorologist
- 23, 1978—Kobe Bryant, NBA basketball player
- 28, 1828—Leo Tolstoy, author "War and Peace"

## **MORE REASONS TO CELEBRATE AUGUST!**

*(National Picnic Month)*  
*(Romance Awareness Month)*  
*(Peach Month)*

- 1st—Mahjong Day
- 8th—Sneak Some Zucchini onto  
Your Neighbor's Porch Day
- 13th—Left Handers' Day
- 22nd—Be An Angel Day
- 29th—International Bacon Day

## **Fun AUGUST Facts!**

- \* Since 8 BC, the name of this month honors Roman Emperor Octavian Augustus, the founder and first emperor of the Roman Empire with many of his greatest triumphs occurring in this month
- \* Birthstones are Peridot (symbolizing beauty and lightness) & Sardonyx (associated with clear communication, happiness, & courage)
- \* Birth flowers are the gladiolus (representing calm, remembrance, integrity, & infatuation) and poppy (different meaning for each color: red—pleasure, white—consolation, yellow—wishing wealth & success)
- \* Octavian adjusted the number of days (perhaps to match 'July') leaving February with 28 days (except leap years) and giving a day from September and November to October and December to avoid 3 consecutive months of 31 days in the new Julian calendar

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

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

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

*Courtesy of C.W.S.S.*



# From: How Aging Affects Your Digestive Health

By Diana Rodriguez,

Last Updated: November 8, 2012

<https://www.everydayhealth.com/digestive-health/dealing-with-a-sensitive-gut.aspx>



Lifestyle changes, along with getting older, can affect your digestive tract, and increase your risk of developing a digestive disorder.

Aging puts the body at higher risk for an assortment of health ailments and conditions.

With age, many bodily functions slow down, including your digestive tract — it just might not work as efficiently or as quickly as it used to. The muscles in the digestive tract become stiffer, weaker, and less efficient. Your tissues are also more likely to become damaged because new cells aren't forming as quickly as they once did.

As a result, digestive tract problems that can occur as people age include:

- ◆ Heartburn
- ◆ Peptic ulcers
- ◆ Diarrhea
- ◆ Constipation
- ◆ Hemorrhoids
- ◆ Gas
- ◆ Stomach pain
- ◆ Irritable bowel syndrome
- ◆ Diverticulitis
- ◆ Fecal Incontinence
- ◆ Gastroesophageal reflux disease (GERD)

It's important that you to seek help for any digestive discomforts and not simply brush them off as part of aging.

Seniors may also have unusual symptoms of more serious digestive disorders that can easily be missed. Gastroesophageal reflux disease (GERD) tends to be more serious in seniors, but older adults may show less common reflux symptoms, such as coughing or wheezing, according to the University of Maryland Medical Center.

It's important that you to seek help for any digestive discomforts and not simply brush them off as part of aging.

## **Aging and Digestion: Think Protection**

Fortunately, your digestive tract doesn't have to become a victim of age. Like the rest of your body, it can often be protected with a healthy lifestyle. If you want to keep your digestive tract in good shape and keep uncomfortable symptoms at bay, try these tips that can make digestion a little easier:

- ◆ Stay hydrated by drinking a lot of water.
- ◆ Limit fats in your diet and maintain a healthy body weight.
- ◆ Load your diet with fiber.
- ◆ Stick to healthy portion sizes and avoid overeating.
- ◆ Get regular exercise.

Healthy living will not only keep your digestive tract healthy but also reduce your need for some of those side-effect-causing medications. You'll feel young, happy, and healthy — both inside and out.



Central Wyoming  
Senior Services Inc.

"The Heart of Natrona County"

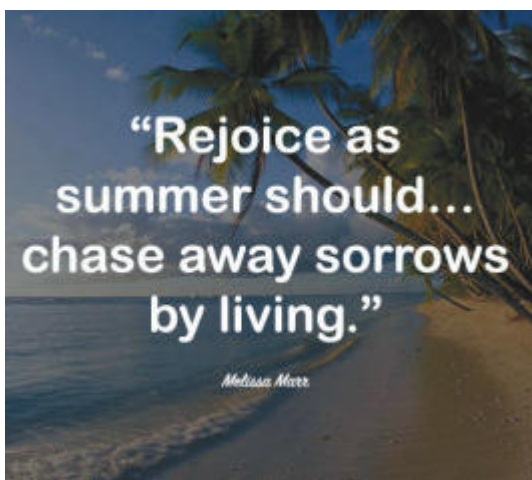
307.265.4678-1831 East 4th St, Casper, WY 82601

# MEAL CALENDAR

## August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>20</b> Oven Fried Chicken Mashed Potatoes Parsleyed Carrots Tropical Fruit Rhubarb Custard Cake	<b>3</b> Tomato Soup Deli Hoagie Potato Chips Lettuce & Tomato Fresh Melon Salad Snickerdoodle	<b>4</b> Tater Tot Casserole Broccoli Almandine Hearty Green Salad Fresh Peaches	<b>5</b> Pork Patties Oven Brown Potatoes Creamed Corn Asian Slaw Baked Apples	<b>6</b> Chunky Chicken Salad Cold Plate Potato Salad Cottage Cheese Fresh Fruit & Veggies	<b>7</b> Tuna Noodle Bake Fresh Peas Carrot Raisin Salad Black Cherries	<b>8</b>
<b>9</b> Roast Beef Baked Potato Asparagus Creamy Bean Salad Blueberry Pie	<b>10</b> Lasagna Roasted Broccoli Caesar Salad Fruit Pudding	<b>11</b> Sliced Ham Sweet Potatoes Bean Medley Wedge Salad Apricots	<b>12</b> Chicken & Noodles Braised Green Beans Vegetable Juice Pineapple Jell-O Apple Cobbler	<b>13</b> Pork Shepherd's Pie Seasoned Green Beans Creamy Cole Slaw Cherry Parfait	<b>14</b> Breaded Fish Sandwich Tater Tots Pea Salad Pear Crisp	<b>15</b>
<b>16</b> Philly Cheese Sandwich Oven Brown Potatoes Baby Carrots Cole Slaw Peach Cream Whip	<b>17</b> Breaded Chicken Breast w/ Gravy Mashed Potatoes Spinach Lemon Jell-O Pear Halves	<b>18</b> Beef Stroganoff California Vegetables Hearty Vegetable Salad Black Cherries	<b>19</b> Minestrone Soup Ham Salad Sandwich Olive Stuffed Celery Cucumber, Tomato Salad Fresh Peaches	<b>20</b> Honey BBQ Chicken Ranch Baked Beans Broccoli/Cheese Sauce Chocolate Cake With Strawberries	<b>21</b> Lemon Baked Fish Garlic Pasta Peas & Carrots Tossed Salad Orange Jell-O	<b>22</b> <b>MEALS COME WITH MILK AND BREAD</b>
<b>23</b> Pork Tenderloin With Dressing Bean Medley Mandarin Oranges Apple Pie	<b>24</b> Chicken Fried Steak Mashed Potatoes Summer Squash Caesar Salad Apricots	<b>25</b> Sweet & Sour Pork Rice Pilaf Brussels Sprouts Cottage Cheese With Peaches Oatmeal Raisin Cookie	<b>26</b> Taco Salad Rice & Beans Lettuce & Tomatoes Fresh Berries Churro Bar	<b>27</b> Western Egg Bake Sausage Patties Hash Browns Brown Bread Citrus Fruit	<b>28</b> Baked Tilapia Sweet Potatoes Corn O'Brien Cole Slaw Praline Peach Cake	<b>29</b>
<b>30</b> Roast Turkey Mashed Potatoes California Vegetables Cottage Cheese Pumpkin Pie	<b>31</b> Ham Macaroni Bake Corn O'Brien Hearty Vegetable Salad Lemon Drop Cake					<b>MENU SUBJECT TO CHANGE</b>





United Way  
of Natrona County



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CHAMBER OF COMMERCE

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meets on  
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District 5440



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Central Wyoming Senior Services, Casper, WY

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# Zucchini Dill Pickles

Recipe by Kevin West

<https://www.bonappetit.com/recipe/zucchini-dill-pickles>

## Preparation:

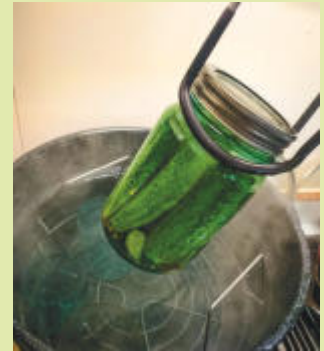
If using 4" zucchini, halve lengthwise. If using 8" zucchini, halve crosswise then quarter lengthwise. Place in a large bowl with 2 TBSP salt and 4 c. ice. Add cold water to cover. Top with a plate to keep submerged and let sit for 2 hours. Drain and rinse. Divide dill sprigs and next 6 ingredients between 2 clean, hot 1-quart jars and set aside.

Bring vinegar, sugar, remaining 2 TBSP salt, and 1 1/4 c. water to boil in a large saucepan. Working in batches, add zucchini and cook, stirring occasionally, until khaki in color and slightly pliable, about 2 minutes. Using tongs, transfer zucchini to jars.

Divide hot syrup between jars to cover zucchini, leaving 1/2" space on top. Wipe rims, seal, and process in boiling water bath for 10 minutes. Allow at least a week to pickle before eating.

## Ingredients:

2 lbs. small zucchini, trimmed (preferable about 4"-8" long)  
4 TBSP coarse sea salt or pickling salt, divided  
12 fresh dill sprigs  
2 tsp yellow or brown mustard seeds  
1 tsp coriander seeds  
1 tsp dill seeds  
1/4 tsp saffron threads  
4 garlic cloves, halved  
4 red jalapenos or Fresno chiles, split lengthwise  
2 1/2 c. white wine vinegar  
1/4 c. sugar



*Easy Summer Peach Custard Tart*



<https://www.rockrecipes.com/summer-peach-custard-tart/>

## Ingredients:

1 3/4 c. graham crumbs  
1/3 c. butter  
3 TBSP sugar  
1 c. sour cream  
1/3 c. sugar  
2 tsp. vanilla extract  
1 large egg  
4 peaches

## Instructions:

### To prepare the crust:

Mix together the graham crumbs, melted butter, and 3 TBSP sugar well and press into the bottom and sides of an 11-inch fluted tart pan with a removable bottom. Bake 7 minutes at 350°.

### To prepare the filling:

1. Whisk together the sour cream, 1/3 c. sugar, vanilla extract, and egg until the sugar is dissolved. Pour into the baked shell.
2. Thickly slice the peaches into wedges. You want to slice the peaches thick enough to stick out of the cream filling. Add only enough slices to bring the custard to the top of the pan.
3. Bake for 25–30 minutes at 325°, until the center is set and jiggly. Cool completely in the fridge before cutting and serving.

9	7	1	8	3	5	4	6	2
4	5	3	7	6	2	1	9	8
8	6	2	4	1	9	7	5	3
6	1	9	3	5	7	8	2	4
5	2	4	1	8	6	9	3	7
7	3	8	2	9	4	5	1	6
3	9	7	6	4	1	2	8	5
2	8	5	9	7	3	6	4	1
1	4	6	5	2	8	3	7	9

Sudoku 26 Solution









Fifty-seven years\* after having organized the Olympic Games, the Japanese capital will be hosting a Summer edition for the second time. The Games in 1964 radically transformed the country. According to the organizers of the event in 2021, the Games of the XXXII Olympiad of the modern era will be “the most innovative ever organized, and will rest on three fundamental principles to transform the world: striving for your personal best (achieving your personal best); accepting one another (unity in diversity); and passing on a legacy for the future (connecting to tomorrow)”.

Aligning with the reforms advocated by Olympic Agenda 2020, the Tokyo Games will use as many existing competition venues as possible, namely those built for the Games in 1964, such as the prestigious Nippon Budokkan for judo, the Baji Koen Park for equestrian events, and the Yoyogi National Gymnasium for handball. The Tokyo National Stadium, where the Opening and Closing Ceremonies and athletics competitions will be staged, will be completely revamped and replaced by a new arena.

Japan has been an Olympic land since the Summer Games of 1964, which were the first to be staged in Asia. In 2021, the country will host its fourth Games, if we include the Winter Games of 1972 in Sapporo and of 1998 in Nagano.

\*Due to the Covid-19 outbreak, the Olympic Games Tokyo 2020 were postponed for the first time in their history. The Opening Ceremony of the Olympic Games Tokyo 2020 will now be held on 23 July 2021 and games will end 8 August 2021.

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# ACTIVITIES AVAILABLE WHEN CENTER IS OPEN

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 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) Poker Tai Chi 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
<b>NOTE:</b> <i>Locations subject to change.</i> <i>Please check board for more info on days of activities!</i> <i>If we have missed any events, please let the front desk know so that we can publicize your activity.</i> <i>Private events are not listed.</i>						
	[2nd] 10AM—12PM (CNF) Low Vision Support Group [3rd] 10AM—1PM (CNF) DAR Supplement 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) (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 (Next Class is scheduled for July 10, 2020)	[2nd] 9AM—2PM (CNF) Casper Cut Ups [3rd] 10AM—12PM (CNF) Garden Club



# THE OLD FARMER'S ALMANAC

FOUNDED IN 1792

Sky Watch,  
August 2020

August's full Moon will appear on the night of Sunday, August 2, before reaching peak illumination at 11:59 AM EDT on Monday, August 3.

## WHY IS IT CALLED THE STURGEON MOON?

August's full Moon was traditionally called the Sturgeon Moon because the giant sturgeon of the Great Lakes and Lake Champlain were most readily caught during this part of summer.

Other names for this Full Moon include "Full Green Corn Moon," signaling that the corn was nearly ready for harvest, "Wheat Cut Moon," "Moon When All Things Ripen," and "Blueberry Moon."

## What Is a Sturgeon?

These prehistoric-looking fish have been traced back to around 136 million years ago and many people call them "living fossils."

- Females require around 20 years to start reproducing, and they can only reproduce every 4 years. However, they can live up to 150 years!
- Today, there are about 29 species worldwide, including the lake sturgeon found in the Great Lakes. They have evolved in size from the size of a bass to monster sturgeon as big as a Volkswagen.
- The lake sturgeon is quite rare today, due to intense overfishing in the 19th century, pollution, and damage to their habitat.



*The word "sturgeon" means "the stirrer," which is what this giant fish does when it is looking for food; it stirs up the mud and silt on river and lake bottoms. Notice the pointed snout and whisker-like tactile organs near the mouth.*

## FULL STURGEON MOON



THE OLD  
FARMER'S ALMANAC

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*"The Heart of Natrona County"*

## LAST WORDS

"There shall be eternal summer in the grateful heart."

*~ American Writer Celia Thaxter ~*

**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!*

Again, we would like to extend  
a big **THANK YOU** for the  
continuing support *and* patience  
as we work together to negotiate the  
trials of this difficult time!

### Help Wanted!

We have big plans for utilizing  
our volunteer force, especially  
during the lunch hour:  
11:00 AM–1:00 PM.

We are also working on adding  
some volunteer opportunities.

If you are interested,  
please see the office.

