

WHAT'S MY NAME?

AUGUST 2021

CENTRAL WYOMING SENIOR SERVICES INC

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

We Did It!

Our first annual fundraiser, "A Night at the Races," is on the books!



"NO ONE HAS EVER BECOME POOR BY GIVING."

-Anne Frank

We had a successful evening of great food, lots of fun, and of course, money raised to support the Senior Center!

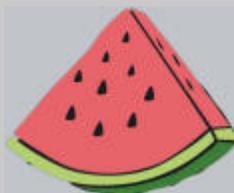
Please check out photos of the event on Page 12!



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

Central Wyoming Senior Services Mission Statement

Our mission is to enrich the lives of individuals aged 60 and older by providing Community services and resources to maintain their dignity and independence.

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WHO'S WHO AROUND THE CENTER

Board of Directors

Errol Miller..... President
Barbara Flinn..... Vice President
Kim Latka..... Treasurer
Linda Blackstone Secretary

Members

Gloria Fuhrer *Jennifer Rohrer*
Miles Hartung *Crystal Morse*
Justine Fourman *Linda Loranger*
L. Chuck Davis

City Council Liaison

Lisa Engebretsen

Executive Director

Rita Wagner

Assistant Director

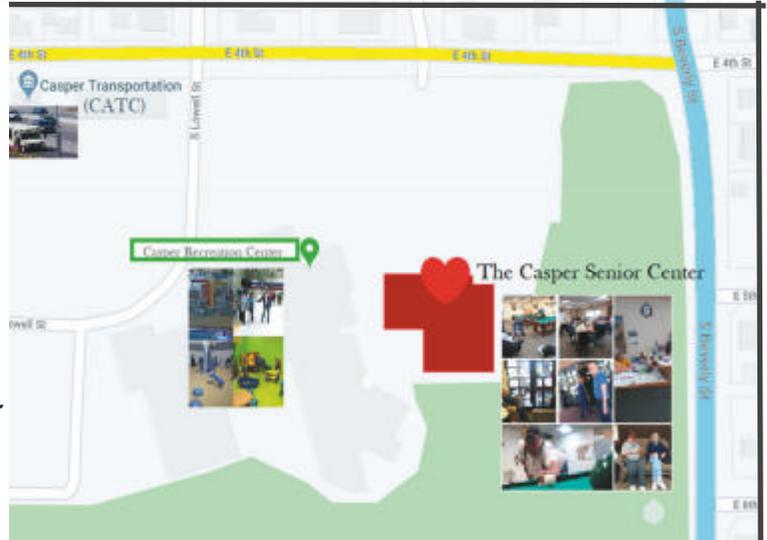
Rachel Brown

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



[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 29,000 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.



House Calls: Bringing Infection Prevention, Source Control and COVID-19 Vaccine Education to the Comfort of Your Home

If you need help navigating a post-pandemic world, you are not alone. Join fellow caregivers for a complimentary workshop on **Friday, August 13**, and learn about cleaning and disinfecting to prevent the spread of COVID-19 and other infections.

This workshop is part of a webinar series that offers the latest news about the COVID-19 vaccination and how to keep yourself and your loved ones safe and protected.

Join leading health experts from AARP and Mountain-Pacific Quality Health for this 30-minute workshop at 9:00 AM HST, 11:00 AM AKDT, 12:00 PM PDT and 1:00 PM MDT. Register here: <https://aarp.cvent.com/c/calendar/958ee93d-668f-4e2b-b2a0-2542664b2eb3>.



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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

Halo of water,
tongue of wood,
walls of stone,
long have I stood.
What am I?

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

Copies of the Senior Center Cookbook still available! Marked down by **40%**, NOW \$6.00 each! Get yours today! Let's make way for another edition!



Around the Center



Have YOU checked out the Display Case?

Sudoku 36

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



Easy Clogging by Joyce Sisk
Call (307) 237-4908 for more information.

FREE, Every Monday at the Senior Center
10:50 am—11:10 am Learn Steps
11:10 am—12:10 pm Dance Routines

"We DO NOT Jump, Stand on One Foot, or Go Around in Circles. I Keep it Balanced."

If you do not want to or are unable to stand, join us to sit and tap to Western, Rock & Roll, Christmas music, and more!

14th Annual Information Fair in honor of World Senior Citizens Day

August 20th from 10AM—2PM

- ⇒ Special Menu
- ⇒ Vendor Booths
- ⇒ Guest Speakers
- ⇒ More Information To Come...

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Get Connected Get Help



Wyoming COVID-19 Aging Network (CAN)

In this unprecedented time, many people who have never had to ask for help may need to turn to others. Whether you are an older adult, a caregiver, or an adult with disabilities, we want to make it easy for you to ask for the things you need to keep yourself and your family safe at home.



Visit www.wyoming211.org
or dial 2-1-1 to get connected.



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Central Wyoming Senior Services, Casper, WY

B 4C 05-0641

I Have A Dream | Martin Luther King Jr. | August 28, 1963

Five score years ago, a great American, in whose symbolic shadow we stand today, signed the Emancipation Proclamation. This momentous decree came as a great beacon light of hope to millions of Negro slaves who had been seared in the flames of withering injustice. It came as a joyous daybreak to end the long night of their captivity....

I say to you today, my friends, so even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream.

I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident, that all men are created equal."

I have a dream that one day on the red hills of Georgia, the sons of former slaves and the sons of former slave owners will be able to sit down together at the table of brotherhood.

I have a dream that one day even the state of Mississippi, a state sweltering with the heat of injustice, sweltering with the heat of oppression, will be transformed into an oasis of freedom and justice.

I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character. I have a dream today.

I have a dream that one day down in Alabama, with its vicious racists,....one day right there in Alabama little black boys and black girls will be able to join hands with little white boys and white girls as sisters and brothers. I have a dream today.

I have a dream that one day every valley shall be exalted, every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight, and the glory of the Lord shall be revealed, and all flesh shall see it together.

This is our hope.... With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. With this faith we will be able to work together, to pray together, to struggle together, to go to jail together, to stand up for freedom together, knowing that we will be free one day....

And when this happens, and when we allow freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual:

"Free at last! Free at last! Thank God Almighty, we are free at last!"

On August 28, 1963, Martin Luther King, Jr., took the podium at the March on Washington and addressed the gathered crowd, which numbered 200,000 people or more. His speech became famous for its recurring phrase, "I have a dream." He imagined a future in which "the sons of former slaves and the sons of former slave owners" could "sit down together at the table of brotherhood," a future in which his four children are judged not "by the color of their skin but by the content of their character." King's moving speech became a central part of his legacy.

King was born in Atlanta, GA in 1929. Like his father and grandfather, King studied theology and became a Baptist pastor. In 1957, he was elected president of the Southern Christian Leadership Conference (SCLC), which became a leading civil rights organization. Under King's leadership, the SCLC promoted nonviolent resistance to segregation, often in the form of marches and boycotts. In his campaign for racial equality, King gave hundreds of speeches, and was arrested more than 20 times.

He won the Nobel Peace Prize in 1964 for his "nonviolent struggle for civil rights."

Dog Days of Summer Trivia

1. When will the next Chinese year of the dog be?
2. What does an upright and still tail signify?
3. How many times does the bible mention dogs?
4. At what age do puppies reach 50% of their eventual body weight?
5. How many hours a day do puppies sleep?
6. Who was the first dog superstar?
7. How fast can a greyhound run?
8. What breed of dogs don't bark?
9. What breed has webbed feet?
10. How big is the average dog litter?



1. 2030 2. dog is focused and excited 3. 41 times 4. 4-5 months 5. 18-20 hours
6. Rin Tin Tin 7. 44 mph 8. Basenjis 9. Newfoundlands 10. 4-6

Ways to Show Support:

Do you shop at Smith's?
Sign up for Kroger Community Rewards and select CWSS!
Org.#WT634



Do you shop Amazon Prime?

Use smile.amazon.com and select us, Central Wyoming Senior Services as your charity.



You can also donate on our website via PayPal or mail/drop off your chosen donation!

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Central Wyoming Senior Services, Casper, WY

C 4C 05-0641

Gifts & Memorials

Note: This is a list for Gifts & Memorials given between June 23rd—July 20th, 2021
If donations were made between those dates and you were not recognized, please see Rita.

Memorials

Mildred Knittle

Diane Keiser

Thomas “Tom” Hool, Sr

Mary C Moler

James Colva

Anonymous

Karen Kwedor

Ann Roberts

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

Frank C Stofflet

Kathi Boatright

Brandon McNamara

Violet Turner-Neal



Famous AUGUST Birthdates

- 1, 1933—Dom DeLuise, actor/comedian
- 3, 1926—Tony Bennett, singer
- 5, 1930—Neil Armstrong, NASA astronaut/moon walker
- 7, 1960—David Duchovny, actor “X-Files”
- 10, 1874—Herbert Hoover, 31st US President
- 16, 1888—T.E. Lawrence (Lawrence of Arabia)
- 17, 1958—Belinda Carlisle, singer
- 18, 1934—Roberto Clemente, MLB player
- 19, 1921—Gene Roddenberry, creator of “Star Trek”
- 21, 1938—Kenny Rogers, country singer/actor
- 25, 1930—Sean Connery, actor “James Bond”
- 26, 1980—Macaulay Culkin, actor “Home Alone”
- 30, 1930—Warren Buffet, American business magnate

Fun AUGUST Facts!

- ☀ The “dog days of summer” in August are named not for pet pooches, but for the star Sirius, AKA the dog star, which rose at sunrise during August in ancient Roman times.
- ☀ August’s birth flower, the gladiolus, was first discovered in Africa.
- ☀ Elvis Presley is mourned each August 16th, the day he died in 1977.
- ☀ Mount Vesuvius erupted on August 24th in the year 79 A.D., destroying the city of Pompeii.
- ☀ August 1st is traditionally known as “Lammas Day,” a festival to mark the annual wheat and corn harvests. Lammas also marks the mid-point between the summer solstice and autumn equinox.
- ☀ The Anglo-Saxons called the month of August *Weod Monath*, which means weed month, because it is the month when weeds and other plants grow most rapidly.

MORE REASONS TO CELEBRATE AUGUST!

*(National Catfish Month)
(Admit You’re Happy Month)
(Water Quality Month)*

- 3rd—National Watermelon Day
- 7th—Campfire Day
- 15th—Relaxation Day
- 21st—National Senior Citizens Day
- 25th—Kiss and Make Up Day

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

Name _____

Birthdate _____

Courtesy of C.W.S.S.



Notes from the Kitchen

COOKING FOR ONE



Are you cooking for just one, or maybe two people? Use some of these ideas to prepare healthy and quick meals with limited waste.



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

Sudoku 36 Solution

Plan Ahead

- Before grocery shopping, list what food items are available in the freezer, refrigerator and pantry that could be used in your menu.
- Create a meal plan for the week to include food items available.
- Create a grocery list to supplement foods you already have.
- Buy large portions of meat products if you have the space to store in the freezer. Divide them into individual portions to freeze for later use.



Fill it up

To easily create meals, consider filling up your freezer and pantry with staple food items to use in your favorite dishes.

Freezer

- Leftovers
- Individual chopped ingredients
- Meat products - in individual servings

Pantry

- Canned vegetables
- Rice, pasta
- Canned meat and beans

Reinvent Leftovers

Add variety and interest to your menu. Start with a simple ingredient such as cooked chicken breasts. Cook more than needed for one meal. Later in the week, create different meals using chicken breasts such as:



- chicken salad
- burrito bowl
- chicken fried rice
- quesadilla
- toasted sandwich
- soup



Reduce Recipes

If the freezer is full of leftovers, try reducing your favorite recipe by half.



Full recipe

Half recipe

1 cup	1/2 cup
3/4 cup	6 Tablespoons
2/3 cup	1/3 cup
1/2 cup	1/4 cup
1/3 cup	2 Tablespoons & 2 teaspoons
1/4 cup	2 Tablespoons
1 Tablespoon	1 1/2 teaspoons
1 teaspoon	1/2 teaspoon
1/2 teaspoon	1/4 teaspoon



Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

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

MEAL CALENDAR

August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Roast Beef Potatoes & Carrots Spring Salad Chocolate Cream Pie	2 Pork Medallions Brown Rice California Vegetables Tossed Green Salad Applesauce Jell-O	3 Spaghetti & Meat Sauce Italian Vegetables Summer Squash Salad Apricots	4 Hearty Vegetable Soup Ham Salad Sandwich Lettuce, Tomato, Pickles Berry Blend Chocolate Cake	5 Chicken Fajitas Lettuce, Tomato, Cheese Rice and Beans Pears	6 Honey Glazed Salmon Creamy Risotto Corn Cobbette Carrot Raisin Salad Tropical Fruit	7
8 Pork Tenderloin Roasted Potatoes Peas and Carrots Beet Salad Apple Pie Cake	9 Chef Salad Ham/Turkey Tomato Soup Crackers Watermelon	10 Ham & Scalloped Potato Casserole Glazed Carrots Carrot Beans Salad Fruit Cup	11 Beef Stroganoff Sliced Carrots Asparagus Tomato Salad Fresh Strawberries	12 Chicken Wrap Potato Salad Fresh Vegetables Chopped Green Slaw Orange Wedge	13 Seafood Alfredo Roasted Zucchini Cherries Fruit Jell-O	14
15 Hot Turkey Sandwich Mashed Potatoes Sweet Corn Tomato Basil Salad Pumpkin Pie	16 Swedish Meatballs Brown Rice Braised Cabbage Cucumber & Onions Melon Cup	17 Baked Chicken Garlic Fettuccine Catalina Blend Caesar Salad Citrus Fruit	18 Clam Chowder Egg Salad Sandwich Celery & Carrot Sticks Cottage Cheese with Pineapple Blueberry Buckle	19 BBQ Ribette Potato Salad Broccoli Bacon Salad Creamy Dill Cucumbers Baked Apples	20 World Seniors Day Deli Dog Or Hamburger Deluxe Pasta Salad Mixed Fruit	21 MEALS COME WITH MILK & BREAD
22 Lamb Tips Mashed Potatoes Brussels Sprouts Pineapple	23 Split Pea Soup Turkey Salad Sandwich Lettuce & Tomatoes Potato Chips Cranberry Juice Pear Jell-O	24 Taco Salad Lettuce, Tomatoes, Onions Refried Beans Spanish Rice Pepper Slaw	25 California Chicken Breast Oven Brown Potatoes Country Mix Zucchini Tomato Salad Black Cherries	26 Porcupine Meatballs Rice Pilaf Broccoli Calico Slaw Pear Crisp	27 Tomato w/ Tuna Salad Cold Plate Fresh Vegetables Fresh Pineapple	28
29 Chicken Fried Steak Mashed Potatoes Peas Plums	30 Chili Cheese Dogs Sweet Potato Tots Sliced Tomatoes Cantaloupe Chunks Tapioca Pudding	31 Pork Chow Mein Fried Rice Oriental Vegetables Bananas & Oranges Almond Cookie				MENU SUBJECT TO CHANGE



United Way
of Natrona County



Reville Rotary
meets on
Wednesday mornings
at 7 A.M.



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**CASPER SENIOR CENTER PRESENTS:
A NIGHT AT THE RACES**

Saturday, June 26, 2021 at 5:00p.m.



Fleet our jockeys!



Bettors, Place Your Bets!



And they're off!



Hey, Macarena!



If you have ticket number...

Our Emcee,
Reverend Dr.
Jim "Show Me
the Good News"
Shumard



*First Place, First Race!
Thank you, Louis Rhotter!*



Now to the eye expert for verification...

Thank you, Dr. Ashley Alden!

THANK YOU ALL



Orange Creamsicle Mousse

Prep Time 10 minutes
Chill Time 1 hour

Servings 4
Calories 660 kcal
Author Amanda Rettke

<https://iambaker.net/orange-creamsicle-mousse/>

Ingredients

- 12 ounces (340g) cream cheese, softened to room temperature
- 1 cup (225 g) powdered sugar
- Juice of 1 orange, about 1/4 cup
- 1 teaspoon orange extract
- pinch kosher salt
- 1 cup (238g) whipped topping, plus more for garnish

Instructions

1. In a large bowl, beat cream cheese until it is light and fluffy.
2. Add in the powdered sugar, orange juice, orange extract, and salt and beat until everything is combined.
3. Gently fold in the whipped topping.
4. Equally divide orange mousse into cups and refrigerate uncovered until thickened, (about 1 hour up 24 hours).
5. When ready to serve, top with remaining whipped topping

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Central Wyoming Senior Services, Casper, WY

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ACTIVITIES CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11AM—1PM (DR) Sunday Lunch 1PM—?? (DR) Mexican Train Dominoes 4PM—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 1:15PM—2:15PM (DF) Poker 2:30PM—3:30PM (DF) Tai Chi for Arthritis 3:30PM—4:30PM (CNF) Bible Study 6PM—9PM (CNF) 7PM—8PM (AR) Native American Flute Circle	9:15AM—9:45AM (AR) Chair Yoga 10AM—11AM (DF) Line Dancing 10AM—12PM (AR) Craft Class 10AM—2PM (DR) Wellness Clinic 7PM—10PM (DR) Casper Chess Club	7AM—8AM (CNF) Reveille Rotary 10AM—11AM (DF) Chair Exercise 1PM—4PM (CNF) Quilts of Valor 1PM—4PM (DR) Poker	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) Pinochle 1PM—4PM (DR) Poker 2:30PM—3:30PM (DF) Tai Chi Tai Chi for Arthritis	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	[TBA] Weight Watchers
<p>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.</p>	10AM—11AM (CNF) DAR Supplement Application Group [4th] 2PM—3PM (CNF) CWSS Board Meeting [2nd/4th] 5PM—7PM (AR) Grief Support Group	[Alt 3rd] 9 AM—10 AM (CNF) Adult Protection [2nd] 11AM—12PM (CNF) VA Caregiver [1st/3rd] 11:30AM—4PM (DR) Bridge w/Margi [3rd] 11:30AM—4PM (DR) Bridge w/ Linda [2nd/4th] 6PM—10PM (CNF) Casper Cut Ups [1st] 7PM—9PM (AR) Doll Club [3rd] 7:15PM—9:15PM (CNF) Casper Needle Guild	[2nd/4th] 9:15AM—10:15AM (CNF) Seniors Active in Learning [1st/3rd] 10 AM—11:30 AM (CNF) Wyo. Dementia Together Network [2nd/4th] 11:30AM—4PM (DR) Bridge (w/ Margi) [2nd/4th] 12PM—4PM (DR) Bridge (w/ Ronnie & Donna) [3rd] 12 PM—1 PM (CNF) Casper Care Coalition [1st/3rd] 12:30P—3:30P (DR) Bridge (w/ Betty) [4th] 12:30PM—4PM (CNF) Caps for Kids	[1st 3rd] 10AM—11AM (CNF) WY Dementia Care Support [2nd] 10:30 AM—12 PM (DR) Foster Grandparents [1st] 1:30PM—3:30PM (DR) Golden Girls	[Alt 2nd] 9AM—4PM (CNF) AARP 55-Alive Driving Course (Resuming Oct 2022?)	[2nd] 9AM—2PM (CNF) Casper Cut Ups



Prizes Provided by:

- Maynha Aiello, GLO Advanced Skincare
- Amundsen Associates
- Billary Harrison, Beauty Graphics
- Trisha, Spruce Nails
- Central Wyoming Therapy
- Computer Professionals Unlimited, Inc. (CPU IIT)
- Ultra Beauty
- Wyoming Symphony
- Ramkota Hotel
- Studio City Cinema
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- Paradise Valley Country Club
- Three Crowns Golf Club
- Casper Country Club
- Casper Municipal Golf Course
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- Menards
- Walmart
- Target
- Wurdach's Ranch & Supply
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"The Heart of Natrona County"

LAST WORDS

"Summer has filled her veins with light and her heart is washed with noon."

~ Irish Poet Laureate C. Day-Lewis ~

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!

THANK YOU for the
continuing support!

We are so excited to welcome
you all back for activities and meals,
at all the sites,
Mills, Evansville, and Casper!

Help Wanted!

We are so thankful to
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.

