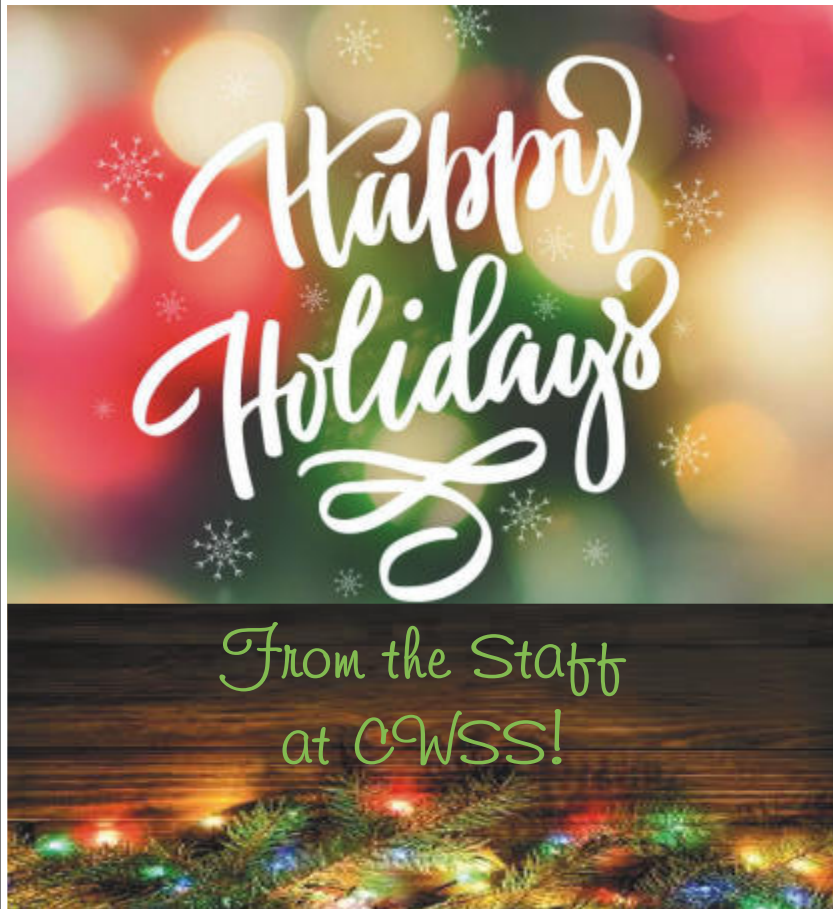


# WHAT'S MY NAME?

DECEMBER/JANUARY

## CENTRAL WYOMING SENIORS SERVICES INC

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



**Buzz says**  
"Make sure and  
bee counted!!"

Census begins April 1st, 2020!  
Surveys can be completed *online* beginning  
**March 12, 2020.**  
Or surveys can be completed by email, phone, or in  
person  
**April 1, 2020.**  
\*\*You don't have to answer any questions you're  
not comfortable with!  
**Counting all people is the goal!\*\***

**Try to Find This!**

Let the front office know your answer for an entry into the drawing for a \$50 Meal ticket!

### INSIDE THIS ISSUE

### Changes are happening!

You will be seeing some changes, both around the center and in the Newsletter. We are in the middle of the remodel but hope we are still adequately meeting our clients' needs.

We are changing the name of the Newsletter and offering more diverse content and more helpful information.

Thanks for your continuing support!!

Who's Who.....	2
Donations.....	3
Center Information.....	4
Year in Spotlight.....	6
13 Holiday Traditions.....	7
Notes from the Kitchen.....	8
Meal Calendar.....	9&10
Thanks.....	11
Happenings.....	12
Reasons to Celebrate.....	13
Activities.....	14
Community Happenings..	15

# WHO'S WHO AROUND THE CENTER

## Board of Directors

*Errol Miller*.....President  
*Jennifer Rohrer*..... Vice President  
*Richard Shamley*..... Treasurer  
*Linda Loranger*..... Secretary

## Members

*Clyde Cain* *Frances Lujan*  
*Gloria Fuhrer* *Miles Hartung*  
*Crystal Morse* *Barbara Flinn*  
*Linda Blackstone*

## Casper Representative

*Ray Pacheco*

## Executive Director

*Rita Wagner*

## Assistant Director

*Rachel Brown*

## Data Entry

*Rae Appel*

## Administrative Assistant

*Frankee Foley*

## In-Home Services

*Lacey Kidman*

*Alicia Roldan*

*Kristi Arellano*

*Kim Evans* *Trudi Renner*

*Karen Bays* *Sarah George*

*Diane Miller* *JaVonna Nye*

*Melissa Shoemaker*

## Kitchen Manager

*Kimberly Cooper*

## Kitchen Staff

*Johnna Moore*

*Terri Gibson*

*Marrissa Casias*

*Alex Cooper*

*Hope Gallagher*

*Audrianna Fernandez*

*Tess Robinson*

*(Mills)*

*Pam Gallagher*

*(Evansville)*

*Marcie Alcalá*



## LOCATIONS

### CASPER

1831 EAST 4TH ST (307) 265-4678

### MILLS

401 WASATCH (307) 237-1317

### EVANSVILLE

71 CURTIS ST (307) 315-6719



FACEBOOK.COM/PAGES/CASPER-SENIOR-CENTER

WWW.CASPERSENIORCENTER.COM

## 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.

# GIFTS & MEMORIALS

## Gifts

Anonymous Donor(s)  
 John & Janet Hilde  
 Frank Stofflet  
 Lorraine Sevcik  
 Janice Kalasinsky  
 St. Mark's Episcopal Church  
 John Savage  
 Barbara Yonts  
 Lester G. Peterson  
 Delores Trestik  
 Mike & Dorothy Bullard  
 Amazon Smile Program

## Memorials

Sonja Gossin  
 Ann Roberts  
 Maurine Hoffman

Jean Collins  
 Cheryl Horton  
 Jerome & Ronda Bolding

Hub Jasmann  
 Charlotte Kolb  
 Janice Kalasinsky

## Reuben Salazar

Mary C. Moler

## Mike Bullard

Mary C. Moler  
 Karon Windle  
 Dorothy Bullard  
 Mary Hales  
 Eva Orr  
 Janice Kalasinsky

## 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.

*Note: This is a list for  
 Gifts and Memorial Donations  
 given between*

**September 20—November 18.**

*If you have not been recognized for your donation(s) made between those dates,  
 please see Rita.*



## WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT: [careers@4LPi.com](mailto:careers@4LPi.com)  
[www.4LPi.com/careers](http://www.4LPi.com/careers)



## POPLAR LIVING CENTER

Serving to provide holistic care  
to our community.

4305 S. Poplar St., Casper, WY 82601  
 307-237-2561  
[www.savaseniorcare.com](http://www.savaseniorcare.com)

Call today to connect with a **SENIOR LIVING ADVISOR**  
 INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



A Place for Mom has helped over a million families find senior living solutions that meet their unique needs.



There's no cost to you!  
**(888) 672-0689**  
We're paid by our partner communities

## HELP PROTECT YOUR FAMILY & HOME

CALL NOW! 1-888-891-6806





## St. Anthony Manor

NOW TAKING APPLICATIONS  
 HOUSING SENIORS 62 & OVER  
 & DISABLED REQUIRING  
 FEATURES OF ADA UNIT

RENT IS 30% OF INCOME  
**307-237-0843**

211 East 6th St. • Casper WY 82601

# CENTER INFORMATION



We're looking for interested parties for new activities.

If you would like to try:

Mah-Jongg

Bunco

Zentangle

Cribbage

Or have a suggestion for additional activities, please come to the office to discuss with staff!



## 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)

December 16th and  
Fourth Monday of January 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.

*If you are 60 or older and your birthday is in Dec. or Jan., bring this coupon into the front office to receive your free meal ticket.*

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

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

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

## 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 non-seniors or clients that do not fill out our yearly paperwork and sign in are required to purchase a 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 and purchase a meal ticket for them.

## 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

## Join Us!

Birthday celebrations courtesy of Meadow Wind and Park Place will take place:

Friday, December 13th

Friday, January 1st!

## RIDDLE

I never ask questions but am always answered.  
What am I?

Let the front office know the right answer for your chance to win a \$50 Meal Ticket!

**Since the last newsletter:  
Oktoberfest Halloween  
Jack Damien's Last Day  
American Heritage Quilt Giveaway**

**Old Age And Out To Pasture**

when is it that we are put out to pasture?  
when our minds and bodies we can no longer master.

while in our teens everything is great  
at 20 - everything seems to be fate  
at 30 - we're in our prime  
at 40- we become sublime  
at 50- we go downhill

at 60- we lose our will  
at 70- they say it's time  
at 80- we've lost our mind  
at 90- It's our time to go  
at 100- your guess is as good as mine  
but we're working overtime.

*louis rams*



**CLUB  
55  
FIFTY FIVE  
TUESDAYS**

**\$5 FREE SLOT PLAY  
FREE MEAL SPECIAL**

**FREE ENTRY INTO  
\$100 WEEKLY DRAWING  
(5 WINNERS)**

Must be 55 or older. One entry/person/week.

**Wind River  
HOTEL & CASINO  
RIVERTON, WY**

**Play.Stay.Win!**

**WindRiverCasino.com • 866-657-1604**

Offering Psychiatry Services for All Ages  
Psychiatric Evaluations  
Medication Management & Therapy

**peaceful minds**  
WELLNESS CENTER

Call Today to Schedule Your Appointment  
**307.224.2484**

**Jennifer Frausto DNP, APRN, PMHNP-BC**  
Doctor of Nursing Practice

1300 East A Street - Suite 101 • Casper, Wyoming 82601

Wyoming  
**2-1-1**  
Get Connected. Get Answers.

**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.



For ad info. call 1-800-950-9952 • www.4lpi.com

Central Wyoming Senior Services, Casper, WY

B 4C 05-0641

# SPOTLIGHT



## Year in Review

What happened in 1980? Major News:

- ◆ January 1—66th Rose Bowl & 46th Sugar Bowl/Orange Bowl
- ◆ January 20—President Jimmy Carter announces US boycott of Moscow Olympics
- ◆ February 6—John Wayne Gacy goes on trial for the murder of 33 young men in Cook County, Illinois
- ◆ March 1—Snow falls in Florida
- ◆ March 21—J.R. is shot on the TV show "Dallas"
- ◆ March 24—ABC's nightly "Iran Hostage" crisis program is renamed "Nightline"
- ◆ April 6—Post-It Notes introduced
- ◆ April 30—Terrorist seize Iranian Embassy in London
- ◆ May 1—15th Academy of Country Music Awards
- ◆ May 8—World Health Organization announces smallpox has been eradicated
- ◆ May 18—Mt. St. Helens erupts in Washington state, causing the largest landslide in history (killing 57 people and costing \$1 billion in damages)
- ◆ June 1—1st Transmission of CNN (the Cable News Network)
- ◆ June 23—"David Letterman Show" debuts on NBC-TV (daytime)
- ◆ June 27—US Revives draft registration
- ◆ July 16—Ronald Reagan formally accepts Republican nomination for US president
- ◆ August 11—New York Yankee Reggie Jackson hits his 400th HR off Chicago's Britt Burns
- ◆ August 20—Reinhold Messner of Italy is 1st to solo-ascend Mt. Everest
- ◆ September 1—Jerry Lewis' 15th Muscular Dystrophy telethon raises \$31,103,787.00
- ◆ September 23—Bob Marley has his last concert at Stanley Theater, Pittsburgh
- ◆ October 14—Ronald Reagan promises to name a woman to the Supreme Court.
- ◆ November 4—Republican candidate Ronald Reagan is elected President of the US, defeating incumbent Democrat President Jimmy Carter by a landslide
- ◆ November 9—Iraqi President Saddam Hussein declares holy war against Iran
- ◆ November 21—John Lennon and Yoko Ono pose nude for photographer Allan Tannenbaum
- ◆ December 12—US copyright law amended to include computer programs & Apple makes its initial public offering on the US stock market (28 years later it will become the 1st US company valued at over \$1 trillion)
- ◆ December 18—Vietnam adopts constitution
- ◆ December 30—"Wonderful World of Disney" last performance on NBC-TV



## What Did it Cost?

New House: \$69,000  
 New Car: \$19,500  
 Gallon of gasoline: \$1.20

First Class Stamp: \$0.15  
 VHS Machine: \$699.00  
 Loaf of Bread: \$0.50

Gallon of Milk: \$1.12  
 Rubik's Cube: \$1.99  
 Barbie Dream House: \$100

Median Income:  
 \$16,354.00 Annually



### Peppermint Cheesecake Layer

1 cup powdered sugar  
 8 oz. cream cheese-softened  
 1 1/2 cup Cool Whip-thawed  
 1 teaspoon peppermint extract  
 Green food coloring

### Ingredients:

#### Shortbread Cookie Layer:

3/4 cup unsalted butter-softened  
 1/2 cup powdered sugar  
 1 1/2 cups all-purpose flour  
 1 tablespoon cocoa powder  
 1/4 teaspoon salt  
 Red food coloring

#### pudding Layer

2 x 3.9 oz. box white chocolate instant pudding  
 3 cups milk  
 1 1/2 cups Cool Whip

#### Topping:

2 Cups Mini Marshmallows  
 Red & Green Candies &/or M&Ms

- 1) Preheat the oven to 350 F . Lightly butter 9 x 13 inch baking dish & set aside.
- 2) In a small bowl stir together flour, salt, and cocoa powder .
- 3) In large bowl beat butter and sugar until smooth. Add red food coloring and mix well (1 tablespoon food coloring for intense red color)
- 4) Turn mixer on low speed and gradually add flour mixture. Mix until combined.
- 5) Press the dough into bottom of baking dish and bake for 18-20 minutes. Remove from the oven and cool completely.
- 6) To make cream cheese layer: Beat softened cream cheese and powdered sugar until smooth. Add 1 1/2 cup Cool Whip and peppermint extract and mix to combine. Spread over cooled shortbread layer . Place in the freezer to firm while preparing pudding.
- 7) To make the green pudding layer: Whisk together the 2 3.9-oz. boxes instant pudding mix with 3 cups milk. Add green food coloring (a few drops at a time until desired color) and whisk until smooth.
- 8) Spread over cream cheese layer . Set in the freezer for 5 minutes.
- 9) Spread 1 1/2 cup Cool whip over pudding layer and top with mini marshmallows and sprinkles. Place in the fridge for 3-4 hours until set.

Excerpted from “13 Unusual Holiday Traditions From Around the World,” By Jackie Middleton, readersdigest.ca

**Japan’s KFC:** While it’s true that Christmas isn’t really celebrated in Japan, a December 25th tradition centers on KFC. In fact, the Colonel’s special recipe is so popular in Japan at Christmas that KFC suggests that customers place their holiday order two months in advance. The chicken craze began back in 1974 when KFC bosses unveiled their first Christmas meal for visiting foreigners who wanted something that resembled a traditional holiday dinner. As it turns out, locals embraced the Christmas dinner, too and 40 years later, a unique tradition involving KFC continues in Japan to this day.

**Finland’s Cemetery Tradition:** In Finland it’s a tradition to visit your buried relatives at sunset on Christmas Eve. Many cemeteries and churches hold brief services complete with hymns and moments of reflection while family members lay lanterns and lit candles on the graves to remember departed loved ones. Often a special section is created for people who have relatives buried far away, so they can commemorate their family members, too. This touching custom began in the 1920s when candles were placed on the graves of World War I soldiers.

**Guatemala’s La Quema del Diablo:** Around December 7, Guatemalans sweep their homes, collect trash from around their property and create a massive heap of refuse in the street. As a final touch, the pile is crowned with an effigy of the devil and set ablaze. And the Christmas celebrations can begin! No, this event isn’t the inspiration for the ‘chestnuts roasting on an open fire’ song lyric. This symbolic cleansing ritual is said to expunge evil spirits and negative energy from the upcoming festivities.

**Mexico’s Flores de Noche Buena:** You can thank Mexico for the poinsettia’s association with Christmas. According to Mexican legend, a poverty-stricken brother & sister left a bouquet of weedy branches as a gift to the Christ Child at their church. While other children laughed at their meager offering, a miracle began to unfold. A cluster of red star-shaped flowers began to bloom on each stem. The flowers became known as Flores de Noche Buena (Flowers of the Holy Night) and so began the Christmas link. The beautiful plant was re-named Poinsettia after United States’ Mexican ambassador Joel Roberts Poinsett brought cuttings to America.

**Scotland’s Hogmanay:** New Year’s – or Hogmanay – celebrations take precedence over Christmas in Scotland. While December 25 is usually a time for quiet reflection with your family, Hogmanay is a loud, joyous occasion celebrating the birth of a new year. One of the most important traditions is called First-Footing. Once midnight strikes and the calendar flips to January 1st, all eyes await the arrival of the year’s first visitor. The person who crosses the home’s threshold first is said to be a predictor of good fortune in the year ahead. Top of the lucky list: a male, dark-haired visitor. Women or blonde men are believed to be unlucky. The first-foot is also supposed to bring the household an array of gifts including coins (symbolizing fortune), bread (food) and whisky (good cheer).

**Ukraine’s Spider Web Tree:** Christmas trees in the Ukraine are often covered in spider webs. An ancient legend tells of a poor family who grew a Christmas tree from a pinecone. The children, so thrilled by the idea of their very own tree, spent months dreaming up ways to decorate it for the holiday. But the family was penniless, so the children’s tree would remain unadorned. Upon waking, the children discovered that spiders had spun webs of glistening silk around the tree’s branches. Each thread magically turned into silver and gold as the morning’s sun danced upon the tree’s bows. Today, Ukrainians dress up their trees with spider webs to welcome good luck into the coming year.

**COMPREHENSIVE HEATING & COOLING SERVICES**



- AC repair, installation, replacement and maintenance
- Furnace repair, installation, replacement and maintenance
- Heat pump repair, installation, replacement and maintenance
- Indoor air quality assessment
- Duct cleaning

**CALL US | OPEN 24/7 | EMERGENCY SERVICES AVAILABLE**  
307-315-1416 • CASPER, WY

► Reach the Senior Market

**ADVERTISE HERE**

**CONTACT**

Contact Christine Nicholls to place an ad today!  
cnicholls@lpiseniors.com or (800) 950-9952 x5841

**Make sure your plans are carried out according to your wishes.**




**Use the professionals in Hilltop’s Trust & Financial Services Department.**

Kate Maxwell, Trust Officer      Diane Bessert, Trust Officer

Trust products are:


- Not FDIC Insured
- No Bank Guarantee
- May Lose Value

**HILLTOP BANK**  
MEMBER FDIC

300 Country Club Road  
Casper, WY 82609  
(307) 577-3470

*Hoffman Monuments and Stoneworks, LLC*

*Specializing in Monument and Natural Stone Designs and Engraving*



MONUMENTS • NATURAL STONE  
VASES • VAULTS • PORCELAIN PHOTOS  
HEADSTONE CLEANING - CEMETERY LETTERING

**307.577.6314**  
1205 South Melrose | Casper  
www.hoffmanmonuments.com

# Notes from the Kitchen

## The Importance of Minerals

### Minerals and Senior Health

In considering minerals on their own, we might automatically conjure up images of rows and rows of bottles on the pharmacy shelves before remembering that this is not where they come from. Since minerals are inorganic substances, they are formed naturally in abundance in the earth. As water, either from rain or from underground springs, filters through the earth, it acquires many minerals. Plants absorb this water, accumulating the minerals and turning them into a form that our bodies can easily digest.

According to WebMD: “Getting adequate nutrition can be a challenge as you get older. With age, the number of calories you need begins to decline. Every calorie you consume must be packed with nutrition in order to hit the mark.” However, despite a nutritious diet, even like that suggested by the Hallelujah Diet, you may still fall short of your needs.”

“As we get older, the body becomes less efficient at absorbing some key nutrients,” says Katherine Tucker, RD, Ph.D., Professor, Director of the Center for Population Health at the University of UMass Lowell. Also, the ability to taste food declines, blunting appetite. Some foods become difficult to chew or digest, and this would be especially true of seniors. For seniors, several vital nutrients may be in short supply. Among these, here are the top minerals—there are only three—and how to get enough of them.

**Calcium:** While calcium plays many roles in the body, it is essential for building and maintaining strong bones. Unfortunately, surveys show that, as we age, we consume less calcium in our diets. “Calcium is so essential that if you don’t get enough, your body will leach it out of your bones,” says Kathleen Zelman, RD, director of nutrition for WebMD. Being short on plant-based foods rich in calcium, magnesium, vitamin K and trace minerals has been shown to increase the risk fractures due to brittle bones.

**Potassium:** Getting enough potassium in your diet is believed to keep bones healthy. This essential mineral is vital for cell function and has also been shown to help reduce high blood pressure and the risk of kidney stones. Unfortunately, surveys show that many older Americans are falling short of the recommended 4,700 mg of potassium a day.

**Magnesium:** Magnesium has been shown to play a crucial role in some 300 different physiological processes. Getting enough can help keep our immune system in top shape, our heart healthy, and our bones strong. “Many whole foods, including vegetables, contain magnesium. However, it is often lost in processing,” says Tucker. Absorption of magnesium decreases with age. Some medications older people take, including diuretics, may also reduce magnesium absorption.

**How to hit the mark:** While some experts suggest consuming dairy products to get enough calcium, this advice is fraught with danger. Consider plant-based dietary sources of calcium that include leafy greens like kale and broccoli and nuts and seeds. Also, healthy smoothies made from non-dairy milk, kale, fruit, and even almonds or avocados could be easily incorporated into the diet of an older person who has trouble chewing.

**How to hit the mark:** By far, fruits and vegetables are the most abundant dietary sources of potassium. Bananas, prunes, plums, and potatoes in their skin are particularly rich in potassium. Consuming fruits and vegetables at every meal goes a long way toward getting enough potassium.

**How to hit the mark:** The best sources of magnesium are unprocessed plant-based foods and include fresh fruits, vegetables, nuts, whole grains, beans, and seeds.

<https://www.myhdiet.com/healthnews/rev-malkmus/senior-health-tips-the-importance-of-minerals/>

## Inside-Out Lasagna *by EatingWell Test Kitchen*

### Ingredients

- 8 ounces whole-wheat rotini or fusilli
- 1 tablespoon extra-virgin olive oil
- 1 onion, chopped
- 3 cloves garlic, sliced
- 8 ounces sliced white mushrooms (about 3½ cups)
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 14-ounce can diced tomatoes with Italian herbs
- 8 cups baby spinach
- ½ teaspoon crushed red pepper (optional)
- ¾ cup part-skim ricotta cheese

### Directions

1. Bring a large pot of water to a boil. Add pasta; cook until just tender, 8 to 10 minutes or according to package directions. Drain and transfer to a large bowl.
2. Meanwhile, heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring, until soft and beginning to brown, about 3 minutes. Add mushrooms, salt and pepper and cook, stirring, until the mushrooms release their liquid, 4 to 6 minutes.
3. Add tomatoes, spinach and crushed red pepper (if using). Increase heat to medium-high; cook, stirring once halfway through, until the spinach is wilted, about 4 minutes.
4. Toss the sauce with the pasta and divide among 4 bowls. Dollop each serving with 3 tablespoons of ricotta.

**Serve with: Steamed broccoli and whole-grain baguette.**



*“Here we take basic lasagna ingredients—ricotta cheese, pasta and tomatoes—and skip the layering and long baking time to make a super-quick and satisfying meal for the whole family. To cut down on prep time, look for pre-sliced mushrooms. For meat lovers, brown some crumbled turkey sausage along with the onions and garlic.”*



# MEAL CALENDAR

## December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>CLOSED</b>	2 Beef Pepper Steak Brown Rice Baked Squash Pear Crisp	3 Turkey Pot Pie Broccoli Almandine Chopped Romaine Dressing Spice Cake	4 Roast Pork Potatoes & Gravy Garden Vegetables Cottage Cheese Baked Pecan Apples <b>SALAD BAR</b>	5 Chicken Parmesan Sweet Potatoes Country Mix Coleslaw Lemon Pudding	6 Beer Battered Cod Macaroni & Cheese Herb Roasted Tomatoes Chocolate Mousse Melon Salad <b>SALAD BAR</b>	7 <b>MONDAY EVENING</b> 2 BBQ Chicken 19 French Dip 16 Winter BBQ 23 Roast Pork Dressing 30 Roast Turkey
8 Meatloaf with Gravy Scalloped Potatoes Baked Zucchini Pea Salad Apple Pie	9 Turkey & Noodles California Vegetables Cottage Cheese with Pineapple Pumpkin Crunch	10 Cabbage Roll Casserole Green Beans Tossed Salad Peach Cream Whip	11 Lamb Tips Mashed Potatoes Creamed Peas Hearty Salad Mixed Berries <b>SALAD BAR</b>	12 Hamburger Steak With Tomato Gravy Oven Fried Potatoes Broccoli Tossed Salad Apple Crisp	13 Tuna & Noodles Green Bean Medley Citrus Fruit Chocolate Cake <b>SALAD BAR</b>	14
15 Oven Fried Chicken Mashed Potatoes Scandinavian Vegetables Carrot Raisin Salad Fruit Pie	16 Pork Medallions Over Pasta Peas & Carrots Sliced Peaches Caramel Apple Cake	17 Beef Stew Braised Cabbage Tomato Basil Salad Strawberry Jello	18 Chicken Fajitas Spanish Rice Refried Beans Lettuce & Tomatoes Fresh Fruit <b>SALAD BAR</b>	19 <b>COWBELLES</b> Roast Beef Gravy Mashed Potatoes Green Beans Hearty Tossed Salad Butterscotch Bars	20 Lemon Baked Fish Garlic Pasta Glazed Carrots Cherry Jello <b>SALAD BAR</b>	21 <b>MEALS COME WITH MILK &amp; BREAD</b>
22 <b>Christmas Brunch</b>	23 Pork Chop Suey Rice Pilaf Oriental Vegetables Baked Apples Sugar Cookie	24 Baked Ham Or Roast Lamb Twice Baked Potato Roasted Asparagus Frosted Carrot Cake	25 <b>CLOSED CHRISTMAS</b>	26 Beef Stroganoff Peas & Carrots Hearty Romaine Salad Fruit Jello	27 Creamy Tomato Soup Grilled Cheese Sandwich Pasta Salad Fresh Fruit <b>SALAD BAR</b>	28
29 Pork Wellington Corn on the Cob Creamy Cole Slaw Pineapple Upside Down Cake	30 Chicken Fried Steak Oven Fried Potatoes Country Gravy Buttered Beets Mandarin Oranges	31 Roast Turkey Mashed Potatoes Green Beans Tossed Salad Pumpkin Bars				<b>MENU SUBJECT TO CHANGE</b>

# MEAL CALENDAR

## January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>NEW YEARS CLOSED</b>	2 Spanish Meatballs Over Linguini Scandinavian Blend Carrot Strips Bananas & Strawberries	3 Breaded Fish Sandwich Pea Salad Lettuce Tomatoes Fruit Cup White Cake <b>SALAD BAR</b>	4 <b>MONDAY EVENING</b> 6 Pork & Dressing 13 Soup & Sandwich Bar 20 Oriental Buffet 27 Chicken Fried Steak
5 Salisbury Steak Brown Rice & Gravy Asparagus Tossed Vegetable Salad Peach Pie	6 Roasted Chicken with Potatoes & Veggies Cottage Cheese Strawberry Parfait	7 Ham & Beans Sliced Carrots Cornbread Cole Slaw Fluffy Fruit Cup	8 BBQ Burger Deluxe Pasta Salad Lettuce & Tomatoes Peach & Orange Delight Goosey Butter Cake <b>SALAD BAR</b>	9 Oven Fried Chicken Oven Brown Potatoes Cream Gravy Green Beans Creamy Slaw Peach Crisp	10 Beef Roast in Gravy Mashed Potatoes California Vegetables Whipped Fruit Jell-O Melon Cup <b>SALAD BAR</b>	11
12 Smothered Chicken Garlic Fettuccine Glazed Carrots Broccoli Salad Cherry Pie	13 Beef Pot Pie Buttered Beets Citrus Fruit Salad Chocolate Chip Cookie	14 Turkey Wrap Potato Chips Lettuce Tomato Pea Salad Grape Juice White Cake with Lemon Sauce	15 Glazed Pork Patty Tomato Pasta Parsleyed Carrots Mixed Fruit Cherry Cookie <b>SALAD BAR</b>	16 Chicken Enchilada Seasoned Beans Spanish Rice Lettuce & Tomatoes Strawberry Crumb Cake	17 Lemon Pepper Fish Rice Pilaf Sliced Carrots Cole Slaw Pear Crisp <b>SALAD BAR</b>	18 <b>MEALS COME WITH MILK &amp; BREAD</b>
19 Baked Ham Sweet Potatoes Green Beans Hearty Tossed Salad Apple Pie	20 Hot Turkey Sandwich Mashed Potatoes Golden Corn Cranberry Fluff Pumpkin Bar	21 Beef Stroganoff California Blend Veggies Tossed Salad Angel food cake with Lemon Glaze	22 Pork Tenderloin Mashed Potatoes/Gravy Parmesan Zucchini Applesauce Jello <b>SALAD BAR</b> Frosted Brownie	23 Meatloaf Rice Pilaf Peas & Carrots Tomato Cucumber Salad Tropical Fruit	24 Seafood Alfredo Winter Mix Vegetables Lime Jell-O Oatmeal Raisin Cookie <b>SALAD BAR</b>	25
26 French Dip Baked Potato California Vegetables Pea Salad Lemon Meringue	27 Pork Tips Over Pasta Asparagus Creamy Cucumbers Black Cherries	28 Deli Dog German Kraut Potato Salad Sliced Peaches Oatmeal Raisin Cookie	29 California Chic Breast Oven Brown Potatoes Country Mix Fresh Fruit Chunky Vegetable Salad <b>SALAD BAR</b>	30 Ham & Scalloped Potato Casserole Roasted Cauliflower Tomato Basil Salad Fluffy Fruit Cup	31 Hearty Veg. Soup Chicken Salad Sandwich On Wheat Bread Relishes Watermelon <b>SALAD BAR</b>	<b>MENU SUBJECT TO CHANGE</b>



# Doug Moffatt

*For sharing your  
Michael Jordan  
Memabilia Collection  
With us!  
Your passion and time  
are very evident!*



The cards displayed  
are valued at  
\$0.00 - \$100.00 EACH  
Value is determined by:  
a) Condition of the card  
b) Age of the card  
c) Scarcity of the card



*Our Volunteers!  
We couldn't do it  
without you!!\**

*\*This includes all those who go  
above and beyond  
without the benefit of recognition.*



  
**ROCKY MOUNTAIN ONCOLOGY**  
 ONE TEAM. ONE FOCUS. LIFE.

---

World-class cancer care  
close to home

Stay close to the people you **love**

[ROCKYMOUNTAINONCOLOGY.COM](http://ROCKYMOUNTAINONCOLOGY.COM)  
 307-235-5433

CASPER | LANDER | THERMOPOLIS | DOUGLAS

**Sherry**  
**SURVIVOR**

# MORE FROM AROUND THE CENTER

Another Change:  
“Senior Chat” is also being renovated.  
The name of the program will be:  
S.A.I.L.—Seniors Active in Learning

## Presentation Schedule:

December

4th—Colleen Burrige with Science Zone

11th—Dr. Nick Loughlin, U.W. Resident

18th—Cyndi Brainard, Epsilon

25th—CLOSED

January

1st—CLOSED

8th—Sandra Martinez, Frontier Home Health

22nd—TBA

29th—TBA

## Remodel Update:

**As of November 25th (the date of writing this newsletter), work is progressing as planned and on time. Work will continue through the months of December and January into February and should be completed as scheduled by the end of March.**

*Thank you  
for your  
continued  
support!*



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

Physical rehabilitation, for people in need, is offered at many different levels in the State of Wyoming. It is important to educate yourself or your loved one on which of the following options may be most appropriate for your situation.

- ◇ Outpatient Therapy – a physician’s order is needed to be evaluated for outpatient therapy and, depending on your insurance, a pre-authorization may be needed before outpatient therapy can begin. You will need to be able to travel to/from the therapy office in order to participate in this program. If there are any insurance/Medicare co-pays, these should be identified prior to admission.
- ◇ Home Health Therapy – a physician’s order is required for this level of therapy. A person must be deemed home bound in order to be considered for home health services. Once approved, both skilled nursing services and therapy services can come to your home. If there are any insurance/Medicare co-pays, these should be identified prior to admission.
- ◇ Swing bed/TCU – if the person has Medicare, a (3) midnight hospitalization (as an inpatient status, NOT observation status) is required. If this requirement is met, and the patient is accepted to that bed, then the patient can be in the hospital receiving rehabilitation for the length of time deemed by their insurance. If the (3) midnight qualification is not met, then there may be an opportunity to private pay this service (this option is determined by the individual facility). If there are any insurance/Medicare co-pays, these should be identified prior to admission.
- ◇ Skilled Nursing Facility – if the person has Medicare, a (3) midnight hospitalization (as an inpatient status, NOT observation status) is required. If this requirement is met, and the patient is accepted by that facility, then the patient will be transferred for rehabilitation services. If the (3) midnight qualification is not met, then there may be an opportunity to private pay this service (this option is determined by the individual facility). If there are any insurance/Medicare co-pays, these should be identified prior to admission.
- ◇ Acute Care Rehabilitation Hospital – no physician order or (3) midnight stay is required by Medicare. If a person needs physical rehabilitation, either they or their loved one can call the facility and request an evaluation. Once a request has been made, a clinician will be assigned to complete the evaluation (this may be done either with a home evaluation or via phone and faxed medical records). Upon completion of the evaluation, the information is given to their Medical Director to determine if the patient will qualify under Medicare guidelines. If the patient is accepted, they will come to the facility and admit for therapy. If there are any insurance/Medicare co-pays, these should be identified prior to admission.

*To help identify the option best suited for your situation, it is recommended that you reach out to your primary physician or local senior center for more information.*

*Tera Brown, RN, Clinical Liason  
Elkhorn Valley Rehabilitation Hospital, Casper WY*

# MORE REASONS TO CELEBRATE



**December (Bingo's Birthday Month)**  
 5th—Repeal Day (of Prohibition)  
 7th—Pearl Harbor Day  
 13th—Ice Cream Day  
 21st—Look on the Bright Side Day  
 28th—Card Playing Day  
 30th—Bacon Day

**January (Blood Donor Month)**  
 3rd—Festival of Sleep Day  
 8th—National Take the Stairs Day  
 10th—Houseplant Appreciation Day  
 15th—National Hat Day  
 24th—Compliment Day  
 31st—Backwards Day

### Famous Birthdates

#### December

1, 1945—Bette Middler  
 5, 1901—Walt Disney  
 13, 1818—Mary Todd Lincoln  
 24, 1931—Mary Higgins Clark  
 30, 1975—Tiger Woods

#### January

8, 1935—Elvis Presley  
 17, 1942—Mohammad Ali  
 19, 1946—Dolly Parton  
 26, 1880—Douglas MacArthur  
 29, 1954—Oprah Winfrey



Martin Luther King, Jr. Day  
 January 15th

**winter solstice (December 21)**

polar night (6 months of night)

- Arctic Circle (66.5° N) 24 hours of darkness
- Tropic of Cancer (23.5° N) 13.5 hours of darkness
- Equator (0°) 12 hours of darkness
- Tropic of Capricorn (23.5° S) 10.5 hours of darkness
- Antarctic Circle (66.5° S) 0 hours of darkness

polar day (6 months of day)

**LIVE Vibrantly**

Personalized Short-Term Therapy Services

MIRACLE MILE Rehab Center

5-STAR RATED FACILITY

**307.266.0000**

LifeCareCenterOfCasper.com

CATC the bus

**NEED A RIDE? We Can Help**

Call **307-265-1313**

[www.catcbus.com](http://www.catcbus.com)

It's Never Too Late For Your **Happily Ever After**

Overworked from cooking, cleaning and everyday responsibilities? At Mountain Plaza Assisted Living, you won't have to anymore!

Call to Schedule a Tour Today!

**307.232.0100**  
 4154 Talon Drive  
 Casper, WY 82604  
[www.mountainplazassistedliving.com](http://www.mountainplazassistedliving.com)

Reach the Senior Market

**ADVERTISE HERE**

CONTACT

Contact Christine Nicholls to place an ad today!  
[cnicholls@lpiseniors.com](mailto:cnicholls@lpiseniors.com) or (800) 950-9952 x5841

**FREE!** Savings Include an American Standard Right Height Toilet FREE! (\$500 Value)

American Standard Walk-In Tubs

**WALK-IN BATHTUB SALE! SAVE \$1,500**

- ✓ Backed by American Standard's 140 years of experience
- ✓ Ultra low entry for easy entering & exiting
- ✓ Patented Quick Drain® Technology
- ✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- ✓ 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!  
**844-889-2321**  
 Or visit: [www.walkintubinfo.com/safety](http://www.walkintubinfo.com/safety)

**Thrive Locally**

ASE MASTER AUTO TECHNICIAN

**Dr. Quinn's**

**CAR CLINIC**

**JASON QUINN**

**307-333-3259**

**"ALL MAKES & MODELS"**



# COMMUNITY EVENTS

*(baked goods, seasonal produce, home decor, local honey, canned goods galore, jewelry, holiday gifts, and more)*

## Winter Makers Market

SHOP FOR LOCALLY HANDMADE, HOMEMADE AND HOMEGROWN GOODS

SATURDAYS 9AM-3PM  
OCTOBER - JANUARY

THE GOOD FOOD HUB  
420 W. 1ST STREET

## STUFF THE VAN TOY DRIVE

December 9-14  
Outside Walmart East  
By Townsquare Media,  
Wyoming Food for Thought Project,  
and Greiner Ford

FREE ADMISSION & PARKING

## CASPER HOME EXPO

JANUARY 17TH - 19TH, 2020  
FRIDAY & SATURDAY: 10AM - 5PM  
SUNDAY: 11AM - 4PM  
CASPER EVENTS CENTER | CASPER, WY

Now Playing

## IMAGINE THE MOON

AT CASPER PLANETARIUM

Cost: \$3.00  
2nd, 3rd, 4th Saturday each month  
30 Minute Show  
"The Moon has inspired human creativity, learning, and exploration ever since we looked to the sky."

December 6, 7, 13, 14, 20, 21 - at 7:30 pm  
Matinee Dec. 15, 22 - at 2:00 pm 2019

## A Christmas Carol

by Charles Dickens & Terry Jones

A two-act retelling of Dickens' classic that has received wide critical acclaim for its light humor and strong emotional impact. A truly fresh adaptation of the classic, timeless story of Ebenezer Scrooge and his journey from an evil miser to a loving and forgiving man. Guaranteed to touch the hearts of all who view it, this play is a wonderful holiday crowd-pleaser that will bring audiences to tears and laughter with its gripping message and brilliant appeal.

## CASPER FAMILY AQUATIC CENTER

(307) 235-8383

### EASY DOES IT

Class Setting Designed to Manage Arthritis Pain  
Tues & Thurs 10 - 10:45 am

### WATER WALKING

Low Impact, at Your Own Pace, on Your Schedule  
Mon -Thurs 6am - 3 pm  
Sat 8 - 11:30 am

## GW MECHANICAL INC

YOUR PLUMBING & HEATING SPECIALISTS SINCE 1988

- Water Softeners Installed
- Water Heaters • Tankless Water Heaters
- Hot Water Boilers
- Shower • Toilets • Sinks • Faucets

**CALL US FOR YOUR PLUMBING NEEDS!**  
307-472-2081 • GWMechanical.com

## EPSILON HEALTH SOLUTIONS

Case Management, Private Duty, Skilled Nursing  
Your new choice for all Home-Health Services  
Midwest, Casper, Glenrock & Douglas  
Call us today 307-333-4574  
epsilonhealthsolutions.com

## Are you ignoring the signs?

Can you read the signs correctly to determine if your heartburn is just that, and something more serious?

For more than 3 million people in the U.S. chronic heartburn has turned into Barrett's Esophagus, a pre-cancerous condition. Many don't even know they have it.

Take control of your health and ask your doctor about your risk for developing Barrett's Esophagus and treatment options. Gastroenterology Associates has the latest technology to diagnose and treat this condition, before it has the opportunity to progress to cancer.

## GASTROENTEROLOGY ASSOCIATES, P.C.

To learn more call Gastroenterology Associates  
(307) 233-2700 or Toll free (800)380-1820 to speak to  
**Dr. Krmpotich, Dr. Katz, Dr. Joubran**

The doctors have treated the most Barrett's Esophagus patients in Wyoming.

You may also visit [www.curebarretts.com](http://www.curebarretts.com) to learn more online

1441 Wilkins Circle • Casper, Wyoming 82601



Central Wyoming

Senior Services, Inc.

"The Heart of Natrona County"

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

"The great secret that all old people share is that you really haven't changed in seventy or eighty years. Your body changes, but you don't change at all. And that, of course, causes great confusion."

~writer Doris Lessing

## LAST WORDS

*Coming Soon:  
Display of  
Christmas Village  
&  
Nativity Set  
By Vicki Villanova and  
friends  
& Painted Ostrich Eggs  
By Susie Studer*

### Help Wanted!

We could use help carrying trays and helping make sure people sign in over the lunch hour

11:00 AM to 1:00 PM

and any fill-in help we can get.

Coverage when someone is ill or on vacation can become a problem.

If you are interested, please see the office.

