

# WHAT'S MY NAME?

## JUNE 2020

# CENTRAL WYOMING SENIORS SERVICES INC

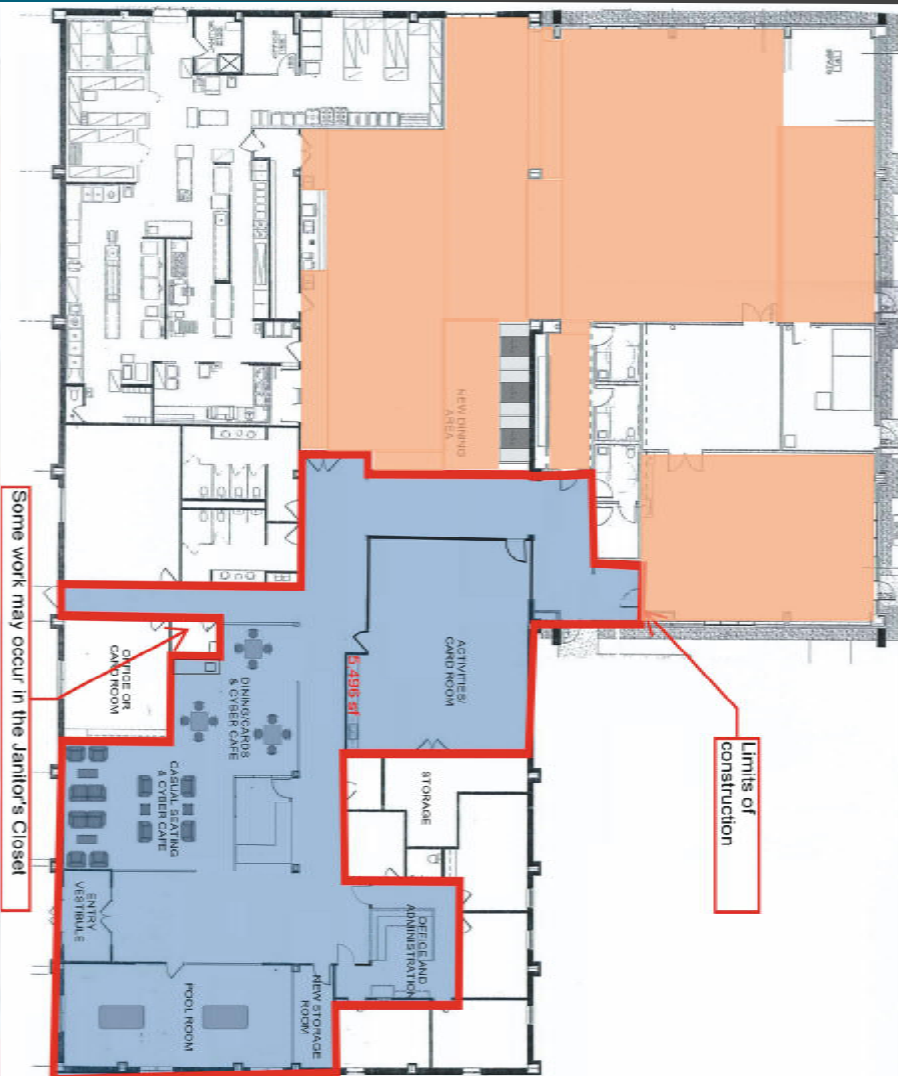
1831 EAST 4<sup>th</sup> STREET • CASPER, WYOMING 82601 • 307-265-4678 • [raea@casperseniorcenter.com](mailto:raea@casperseniorcenter.com)

### Remodel Completed by Errol Miller

The remodeling work that started during the middle of November 2019 is completed, with the exception of the newly added conference room flooring which will be completed in early June.

Please note the construction changes allowed the cafeteria and dance floor surfaces and the conference room carpeting to be updated. The construction was completed within the original 1¢ Funds contract budget. (However, there was not adequate funding to replace tables and chairs. We will be seeking funding for this purpose.)

Access and use of the building will be in accordance with COVID-19 allowances and dates established by the State of Wyoming, the Casper-Natrona County Health Department, and the Governing Board.



**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**

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

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

*Thanks for the support!!*

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# WHO'S WHO AROUND THE CENTER

## Board of Directors

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*Miles Hartung*

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## Executive Director

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## Assistant Director

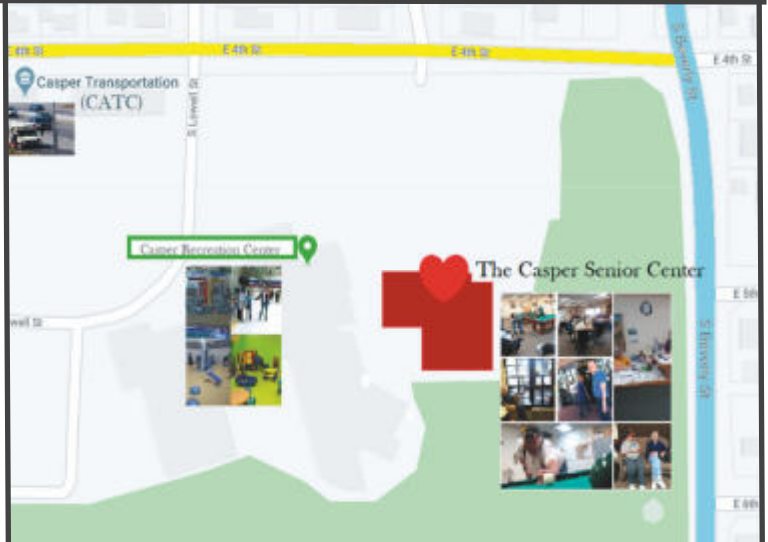
*Rachel Brown*

## Community Programs Director

*Lacey Kidman*

## Kitchen Manager

*Kimberly Cooper*



## Locations

### CASPER (MAIN)

1831 East 4th St ..... (307) 265-4678

### MILLS

401 Wasatch ..... (307) 237-1317

### EVANSVILLE

71 Curtis St..... (307) 315-6719

## Connect with us:



[www.casperseniorcenter](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.



# Happenings Around The Center



## UNIVERSAL Sudoku Puzzle

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

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

412

© 2015 Universal Jctk

DIFFICULTY RATING: ★★★★★☆



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

*Thank you!*

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

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<https://caspermountainhc.com>

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[wclough@lpiseniors.com](mailto:wclough@lpiseniors.com) or (800) 950-9952 x2635

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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 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.

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

What starts with a T,  
ends with a T, and  
has T in it?

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!*



## Tips for Seniors on Home Safety

Only use ladders on dry, hard, flat surfaces, and keep your body weight centred.

Consider installing grip bars in the shower or bath.

Keep high traffic areas free of obstacles.

Secure scatter rugs in place or remove them.

Ensure rooms, halls and doorways are well lit.

Keep the path from the bed to the bathroom clear.

Do not store things on the stairs, even temporarily.

Avoid rushing!

Store heavy items in lower cupboards and lighter ones above.

**CLUB 55 FIFTY FIVE TUESDAYS**

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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.

# Only a Dad

BY EDGAR ALBERT GUEST

Only a dad, with a tired face,  
Coming home from the daily  
race,  
Bringing little of gold or fame,  
To show how well he has played  
the game,  
But glad in his heart that his  
own rejoice  
To see him come, and to hear  
his voice.

Only a dad, with a brood of  
four,  
One of ten million men or more.  
Plodding along in the daily  
strife,  
Bearing the whips and the  
scorns of life,  
With never a whimper of pain  
or hate,  
For the sake of those who at  
home await.

Only a dad, neither rich nor  
proud,  
Merely one of the surging crowd  
Toiling, striving from day to  
day,  
Facing whatever may come his  
way,  
Silent, whenever the harsh  
condemn,  
And bearing it all for the love of  
them.

Only a dad, but he gives his all  
To smooth the way for his  
children small,  
Doing, with courage stern and  
grim,  
The deeds that his father did for  
him.  
This is the line that for him I  
pen,  
Only a dad, but the best of men.

# SPOTLIGHT

## Father's Day

## The Man Who Inspired Father's Day Was a Single Dad and a Civil War Vet

William Jackson Smart was a twice-married, twice-widowed Civil War veteran and father of 14 children, one of whom dedicated her life to the creation of Father's Day in honor of her devoted and selfless dad.

The story goes that William's daughter, Sonora Smart Dodd, was attending one of the first official Mother's Day services in 1909 at her church in Spokane, Washington, when she had an epiphany—if mothers deserved a day in honor of their loving service, why not fathers?

When Sonora was 16, her mother Ellen died, leaving William as a single father to Sonora and her five younger brothers. And by Sonora's account, he performed brilliantly. "I remember everything about him," Sonora said many years later to the Spokane Daily Chronicle. "He was both father and mother to me and my brothers and sisters."

In 1910, Sonora brought a petition before the Spokane Ministerial Alliance to recognize the courage and devotion of all fathers like William on June 5, her dad's birthday. The local clergy liked the idea of a special Father's Day service, but couldn't pull something together so quickly, so they settled for June 19, the third Sunday in June.

On that first Father's Day in 1910, church sermons across Spokane were dedicated to dear old dad, red and white roses were passed out in honor of living and deceased fathers, the mayor of Spokane and governor of Washington issued proclamations, and Sonora found her calling. She would spend much of the next 60 years pushing for the official recognition of Father's Day as a national holiday.

That first Father's Day celebration in Spokane might have remained a local tradition if not for the perseverance of Sonora Smart Dodd. Following the 1910 Father's Day observance, William Jennings Bryan, one of the most famous politicians of the time, sent Sonora a congratulatory letter, which sparked a rush of national media attention on Sonora and Spokane.

Sonora won the support of her congressmen, who began to lobby for the creation of a national holiday. In 1916, President Woodrow Wilson celebrated Father's Day in Spokane during a visit to Washington. We don't know if William Jackson Smart was there to shake the president's hand, but it would have been one of his last Father's Days. William died in 1919.

Much more than a Father's Day booster, Sonora Smart Dodd was an accomplished artist, poet, children's book author, funeral home director, and founding member of just about every civic organization in Spokane. But she never let go of her determination to give fathers like hers the recognition they deserved.

It wasn't until 1972, six years before Sonora's death at the age of 96, that President Richard Nixon finally signed a Congressional resolution declaring the third Sunday in June to be Father's Day. Her dad, no doubt, would have been proud.

by Dave Roos, June 14, 2018, updated Aug 31, 2018

<https://www.history.com/news/man-who-inspired-fathers-day-civil-war-vet-single-dad>



# S'mores Candies

[https://www.kelloggfamilyrewards.com/en\\_US/recipes/s-mores-candies-recipe.html](https://www.kelloggfamilyrewards.com/en_US/recipes/s-mores-candies-recipe.html)

## Ingredients

- 1 package (12 oz./2 c.) semi-sweet chocolate morsels
- 1/2 c. whipping cream
- 1 c. marshmallow crème
- 1 c. Keebler® Graham Cracker crumbs (divided)
- 36 mini marshmallows (about 1/2 c.)



## Instructions:

1. In medium microwave-safe bowl, combine chocolate morsels and whipping cream. Microwave, uncovered, at medium (50% power) for 2 to 3 minutes\* or until smooth, stirring every 30 seconds.
2. Stir marshmallow crème into chocolate mixture. Fold in 1/2 c. of the graham cracker crumbs. Cover and refrigerate for 1-1/2 to 2-1/2 hours or until mixture holds shape when scooped, stirring every 30 minutes.
3. Place the remaining 1/2 c. cracker crumbs in small bowl. For each candy, scoop out about 1-1/2 TBSP chocolate mixture. Using your hands, shape chocolate mixture around one mini marshmallow. Roll in graham crumbs. Place in shallow pan. Repeat with remaining chocolate mixture, marshmallows, and graham crumbs.
4. Store candies, covered, in the refrigerator. Enjoy!

\*Microwave cooking times may vary.\*

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# Gifts & Memorials

Note: This is a list for Gifts or Memorials given between April 22nd—May 20th  
If donations were made between those dates and you were not recognized, please see Rita.

## Memorials

### **Don Voyles**

Mary C. Moler  
Karen & Chick Kwedor

### **Mary Ann Moler**

Tony Vrba  
Jack Kelly  
Dale & Edna Bond  
Barbara Leininger  
Dycke Sevcik  
Doug & Terry Richardson

### **John Moler**

Mr. & Mrs. Jerry Radden

### 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.

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

Ron & Rachel Brown

### **Margie "Bobbie" Dennis**

Ron & Rachel Brown  
Rita Wagner

## Gifts

### **John Savage**

**Michael & Cheryl Pesicka**

**Frank C Stofflet**

**Barbara Yonts**

**Jack Kelly**

## *Famous June Birthdates*

- 1, 1926—Marilyn Monroe, American actress
- 6, 1935—The Dalai Lama, Tibetan spiritual leader
- 10, 1922—Judy Garland, American singer & actress
- 11, 1913—Vince Lombardi, NFL coach
- 14, 1946—Donald Trump, 45th US President
- 19, 1903—Lou Gehrig, baseball player
- 20, 1924—Audie Murphy, actor, WWII hero
- 22, 1949—Meryl Streep, American actress
- 23, 1948—Supreme Court Justice Clarence Thomas
- 25, 1930—Clint Eastwood, actor & director
- 27, 1880—Helen Keller, blind author & lecturer
- 28, 1960—John Elway, NFL Quarterback
- 30, 1985—Michael Phelps, American Olympian

## **Fun JUNE Facts!**

- \* The name of this month is derived from *Juno*, wife of Jupiter, king of the gods in Roman mythology. Juno was known as the patron goddess of marriage and was responsible for the wellbeing of women
- \* Birthstones are Alexandrite (Health and Longevity), Moonstone (help to achieve new beginnings), and Pearl (purity and faith)
- \* Birth flowers are Honeysuckle and Rose
- \* In the Northern Hemisphere, the days have the longest daylight hours of the year
- \* June had 29 days until about 46 BC when Julius Caesar modified the Roman calendar and added 2 months which moved June from the 4th month to the 6th month

## **MORE REASONS TO CELEBRATE**

### ***JUNE!***

*(National Adopt a Cat Month)*

*(Turkey Lovers Month)*

*(Candy Month)*

- 5th—National Doughnut Day
- 6th—D-Day, WWII
- 14th—Monkey Around Day
- 17th—Eat Your Vegetables Day
- 19th—Juneteenth Day
- 25th—National Catfish Day

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

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

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

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





## Excerpt from: **Why do Seniors Develop a Sweet Tooth in Later Years?**

By Marius Butas, January 14, 2019

<https://www.homecareassistancemesa.com/sugar-cravings-in-aging-adults/>

Many seniors have a sweet tooth. Even those who never craved sweets before often find themselves snacking on candy as they age. There are several reasons for this phenomenon, and there are also several healthy alternatives that may prove effective.

### **Changing Taste Buds**

Alterations in food preference are often caused by physiological changes. As the body changes, so does the average senior's ability to perceive and appreciate varied flavors. Young adults usually have between 10,000 and 15,000 taste buds, which allow them to detect different types of tastes, such as salty, sour, bitter, and sweet. By the time seniors reach age 70, the number of taste buds can decrease by more than 60 percent, which impacts the ability to detect flavors, and food may start to taste bland or boring.

### **The Appeal Of Sweets**

There are several possible reasons seniors crave sweets. For many seniors with a diminished flavor palate, sweets are simply easier to taste than blander foods. These seniors naturally gravitate toward the sugar-heavy foods their taste buds still recognize. In other cases, sugar cravings are the side effect of an inadequate diet. Without enough carbohydrates, which provide essential energy, the body starts to crave sweet foods. The sweet foods (such as chocolate) the body craves don't provide as much energy as healthier carbohydrates, such as whole-grain cereals and bread.

### **How To Manage Cravings**

There are several things seniors and their caregivers can do to address sweet cravings. One of the easiest ways is to sate sugar cravings with healthy foods rather than candy. Opt for fruit salads, sweetened rice cakes, granola and yogurt, or applesauce. Seniors can also try to redirect their cravings via habit substitution. For example, if they go for a walk every time they want to eat a piece of chocolate, it reroutes the circuits in the brain, and eventually, sugar cravings become more associated with the healthier activity. For seniors with Alzheimer's, it's important to strengthen the part of the brain associated with dietary restraint, which can be accomplished via regular sleep and physical and mental exercise. At mealtimes, seniors with Alzheimer's are more likely to eat healthy foods if the environment is quiet and free of distractions.

# MEAL CALENDAR

## June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Beef Stroganoff With Fettuccine Mixed Veggies Pea Salad Orange Fruit Jell-O	<b>2</b> Smothered Chicken Rice Pilaf Roasted Broccoli Summer Salad Sliced Peaches	<b>3</b> Western Egg Bake Sausage Patties Hash Browns Brown Bread Citrus Fruit	<b>4</b> BBQ Pork Sandwich Cauliflower Salad Celery & Carrot Sticks Fresh Strawberries Sugar Cookie	<b>5</b> Breaded Fish Macaroni & Cheese Creamed Corn Tossed Vegetable Salad Apricot Crisp	<b>6</b>
<b>7</b> Sliced Ham Sweet Potatoes Bean Medley Wedge Salad Apple Pie	<b>8</b> Chicken Fried Steak Mashed Potatoes Country Gravy Buttered Beets Mandarin Oranges	<b>9</b> Tomato Florentine Soup Deli Hoagie Potato Chips Lettuce & Tomato Creamy Rice Pudding	<b>10</b> Pork Wellington Roasted Cauliflower Dill Cucumbers Black Cherries	<b>11</b> Sweet & Sour Chicken Brown Rice Oriental Vegetables Gingered Pears Almond Cookie	<b>12</b> Seafood Alfredo Chopped Broccoli Bread Stick Tossed Salad Blueberry Crumb Bars	<b>13</b>
<b>14</b> Roast Turkey Mashed Potatoes Sliced Carrots Cottage Cheese With Tomatoes Pumpkin Pie	<b>15</b> Ham & Beans Braised Cabbage Tomato Cucumber Salad Fresh Apple	<b>16</b> Porcupine Meatballs Oven Brown Potatoes Country Mix Mandarin Oranges Mixed Berries	<b>17</b> French Dip Baked Potato Peas Creamy Cauliflower & Broccoli Salad Fresh Peaches	<b>18</b> Turkey & Noodles California Vegetables Diced Pineapple Spice Cake	<b>19</b> Clam Chowder Egg Salad Sandwich Potato Salad Carrots & Celery Pickles Chocolate Cream Squares	<b>20</b> <b>MEALS COME                      WITH MILK                      AND BREAD</b>
<b>21 FATHER'S DAY</b> BBQ RIBS Potato Salad Baked Beans Corn on the Cob Melon Mix	<b>22</b> Chicken Cacciatore Fettuccine Italian Blend Vegetables Lettuce Salad Cherry Crisp	<b>23</b> Beef Pot Pie Broccoli Almondine Chopped Lettuce and Tomatoes Baked Apples	<b>24</b> Swiss Steak Oven Brown Potatoes Green Beans/Onion Apricot Halves	<b>25</b> Split Pea Soup Turkey Salad Plate Fresh Fruit & Vegetables Cottage Cheese	<b>26</b> Grilled Salmon Patty Ranch Potatoes Spinach Tomato Basil Salad Orange Wedge	<b>27</b>
<b>28</b> Roast Beef Mashed Potatoes Summer Mix Veggies Diced Pears Coconut Cream Pie	<b>29</b> Oven Fried Chicken Oven Brown Potatoes Green Beans Pickled Beets Peach Pudding	<b>30</b> Ham & Scalloped Potato Casserole Sliced Carrots Cole Slaw Tropical Fruit				<b>MENU SUBJECT                      TO CHANGE</b>





"Lately all my friends are worried that they are turning into their fathers. I'm worried I'm not."

—DAN ZEVIN

RS



United Way of Natrona County



CASPER AREA CHAMBER OF COMMERCE



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

Rotary District 5440



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

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Sherry  
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# BBQ Turkey with Mustard Sauce

By Elise Bauer  
[https://www.simplyrecipes.com/recipes/bbq\\_turkey\\_with\\_mustard\\_sauce/](https://www.simplyrecipes.com/recipes/bbq_turkey_with_mustard_sauce/)

## DIRECTIONS:

1  
2  
3  
4  
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6  
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11  
12

4 to 6 Turkey legs &/or thighs, trimmed of excess fat  
Salt  
Extra virgin olive oil

### South Carolina Mustard BBQ Sauce:

4 TBSP butter  
1/2 onion, grated (with box or cheese grater)  
1/2 c. cider vinegar  
1/2 c. brown sugar  
1/2 c. yellow mustard  
1 TBSP dry mustard  
1 tsp cayenne  
1 bay leaf  
Salt to taste



1. Pat the turkey pieces dry with paper towels. Salt them well all over. Let sit at room temperature 20-30 minutes.
2. Make the sauce: Sauté the onions in butter until soft but not browned, about 3-4 minutes on medium heat. Add the other sauce ingredients and simmer slowly, stirring occasionally, for at least 30 minutes.
3. Prepare your grill for high direct heat on one side and quite low indirect heat on the other side. To do this using a gas grill, turn on only half of the burners and preheat, covered, for at least 15 minutes. If using a charcoal grill, leave one side of your grill free of coals. When hot, clean grates with a grill scraper and wipe them with a paper towel soaked in oil.
4. Rub oil all over the turkey pieces. Lay them on the hot grill, skin side down, to get an initial sear on the turkey. Sear the turkey on the skin side for 3-4 minutes.  
\*Pay attention because the fat in the turkey may cause flare ups. If this happens, be prepared to move the piece to the cooler side of the grill or have a spray bottle on hand to douse the flames.\*
5. Once the skin of a piece starts to get browned, move the piece to the cool side of the grill so that the skin side is now up. (This way, the fat under the skin will melt into the meat, basting it, during the next slow-cooking phase)
6. Once you've moved all the turkey to the cool side of the grill, cover and let the turkey slow-cook for 20 minutes without looking. After, check every 15–20 minutes because of the differences between grills. The turkey should cook at least 1 1/2 hours after the initial sear, but probably longer.
7. After about an hour, start to paint the turkey with the barbecue sauce. Paint only the top part (skin side) to start. Cover and wait another 20 minutes or so, then flip over the turkey and paint the undersides. Cover and wait another 15–20 minutes.  
\*Why wait? You want the sauce to sink in, adhere to the turkey, and solidify a little; this way it won't drip into the grill as much.\*
8. The time it takes your turkey pieces to be done will vary. To test for doneness, insert a meat thermometer into the thickest part of the thigh, not touching the bone. Take it off the grill at 170o-175o for thighs and legs or 165o for breasts or when the juices run clear.
9. When the meat is just about ready to take off the grill, do a final sear on the skin side. Just place the pieces skin side down on the hot part of the grill. Watch it so that it just browns, not burns, about 1-2 minutes.
10. Serve with extra sauce and plenty of napkins!



# COMMUNITY EVENTS



## Fairy Garden Workshop

Saturday, June 13 from 2PM—3PM  
\$40.00 per person, includes materials  
Call to reserve spot.



1745 CY Ave  
Casper, WY 82604  
(307) 237-2577

### PLEASE NOTE

Events are subject to change due to COVID-19. Please call to check on all events prior to attending. Thank You!

## Casper Speedway 2020 SCHEDULE

MAY  
2 CAR SHOW - RAMADA PLAZA  
9 TEST n TUNE 1:00 PM UNTIL ???  
15 ALL CLASSES  
22 MINI STOCK SPECIAL- THE ASH TROPHY DASH  
29



JUNE  
5 WISSOTA MOD 4 SPECIAL - THE ASH TROPHY DASH  
12 DWARF CAR SPECIAL - THE ASH TROPHY DASH  
19 NO RACES  
26 ALL CLASSES

JULY  
3 O'REILLY A-MOD SPECIAL / WISSOTA RACE OF CHAMPIONS B-MOD & MOD 4  
4 A-MOD SPECIAL (IF RAINED OUT JULY 3) THE ASH TROPHY DASH  
10 NO RACES  
17 CHRISTMAS IN JULY  
24 HOBBY STOCK SPECIAL - THE ASH TROPHY DASH  
31 ALL CLASSES

Races Start at 7pm  
Gates open at 5:30pm  
\*\*Unless Otherwise Posted

**Ticket Prices:**  
• Adults - \$12  
• Seniors/Students - \$7  
• Children 12 and Under - Free  
\*\*Ticket prices are subject to change.

Ray Nash: (307) 262-2565, call only  
Faye Nash (307) 258-6095

AUGUST  
7 McDonald's - WISSOTA B-MOD SPECIAL - THE ASH TROPHY DASH  
14 ALL CLASSES  
21 RMHT SPECIAL - THE ASH TROPHY DASH  
28 CHAMPIONSHIP NIGHT

(SHERIDAN ROC JUNE 27, 2020)



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# ACTIVITIES CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11AM—1PM (DR) Sunday Lunch [1st] 1PM—2PM (CNF) American Legion Women's Auxiliary 2PM—???(DR) Mexican Train Dominoes 3PM—5PM (CNF) Bible Study	10AM—11AM (DF) Chair Exercise 10:50AM—11:15AM (DF) Beginner Clogging 11:15AM—12:15PM (DF) Intermediate Clogging 1PM—???(DR) Mexican Train Dominoes 1PM—4PM (DR) 1:15PM—2:15PM (DF) Tai Chi 2:30PM—3:30PM (DF) Tai Chi for Arthritis 4PM—5:30PM (CNF) Bible Study 6PM—7PM (DF) Native American Flute Circle 6PM—9PM (CNF) Binding Friends 7PM—9PM (DF) Dance Club	9:15AM—9:45AM (AR) Chair Yoga 10AM—11AM (CNF) Golden Kiwanis 10AM—11AM (DF) Line Dancing 10AM—12PM (DR) Craft Class 10AM—2PM (DR) Wellness Clinic 7PM—10PM (DR) Casper Chess Club	7AM—8AM (CNF) Reveille Rotary 9:15AM—10:15AM (CNF) Seniors Active in Learning 10AM—11AM (DF) Chair Exercise 1PM—4PM (CNF) Quilts of Valor 1PM—4PM (DR) Poker 5PM—7PM (DF) Weight Watchers	9AM—10AM (DR) Golden K Coffee 9:15AM—9:45AM (CNF) Chair Yoga 10:30AM—11:30AM (DF) Clogging 12:30PM—2PM (CNF) BINGO! 12:30PM—4PM (DR) Pinochle 1PM—???(DR) Mexican Train Dominoes 1:15PM—2:15PM (DF) Tai Chi 2:30PM—3:30PM (DF) Tai Chi for Arthritis 7PM—10PM (DR/DF) Square Dance	10AM—11AM (DF) Chair Exercise 12PM—4PM (DR) Canasta 12:30PM—4PM (CNF) Big Bridge 12:30PM—4PM (DR/CNF) Pinochle 1PM—4PM (DR) Poker	8AM—9AM (DF) Weight Watchers
	[2nd] 10AM—12PM (CNF) Low Vision Support Group [3rd] 10AM—1PM (CNF) DAR 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) Bridge (w/ Ronnie & Donna) [1st/3rd] 12:30PM—3:30PM (DR) Bridge (w/ Betty) [4th] 12:30PM—4PM (CNF) Caps for Kids	[1st/3rd] 10AM—11AM (CNF) WY Dementia Care Support [1st] 1:30PM—3:30PM (DR) Golden Girls [2nd] 7PM—9PM (CNF) American Legion	[Alt 2nd] 9AM—4PM (CNF) AARP 55-Alive Driving Course (Next Class is scheduled for July 10, 2020)	[2nd] 9AM—2PM (CNF) Casper Cut Ups [3rd] 10AM—12PM (CNF) Garden Club

## NOTE:

*Locations subject to change.*

*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.*



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Sky Watch,  
June 2020

The June full Moon reaches peak illumination at 1:12PM on Friday, June 5th, 2020.

The Full Strawberry Moon

The June Full Moon or the last full Moon of spring is called the **Full Strawberry Moon**. This name originated with the Algonquin tribes in eastern North America who knew it as a signal to gather the ripening fruit of wild strawberries.

An old European name for this Moon is the **Honey Moon** or the **Mead Moon**. It has also been called the **Full Rose Moon** in Europe.

(Mead is a drink created by fermenting honey mixed with water, sometimes with fruits, spices, grains, or hops.)

*\*Did you know? June was traditionally the month of marriages. Following marriage came the "honeymoon," which may be tied to this full moon!\**

June Moon Folklore:

- Ⓒ A growing Moon and a flowing tide are lucky times to marry.
- Ⓒ Days following both the New and Full Moons are most likely to be rainy or stormy.
- Ⓒ Crabbing, shrimping, and clamming are best when the Moon is full.

**FULL STRAWBERRY MOON**



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## LAST WORDS

"The great thing about getting older is that you don't lose all the other ages you've been."

*~ American Writer Madeleine L'Engle ~*

### Coming Soon:

We are so thrilled to share  
the renovation completion  
with you all!

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

If you are interested,  
please see the office.

