

WHAT'S MY NAME?

MARCH 2021

CENTRAL WYOMING SENIOR SERVICES INC

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

What are these “EMOM” things?

The “EMOM” or “Every Minute on the Minute” is an exercise concept brought to Casper Senior Center by Dr. Kathy Blair of Wind City Physical Therapy. These exercises were developed just for you and have been delivered in your bags with your meals and delivered to your email (for those who provided email) for the purpose of keeping us all active during this COVID-19 closure.

Dr. Kathy Blair and her staff developed the program to keep us mobile and our muscles active. Why is this important? If we don't use our muscles they atrophy or become weak and can impact our balance.

Dr. Blair states: “the unfortunate result of lacking exercise is the negative impact it can have on your immune system. When you engage in physical activity, you are decreasing your risk of contracting illness.”

These EMOM cards provide you with samples of strength-producing, immune-producing exercises that can be done anywhere. They are done in short “minute” intervals. They can be as simple as walking around your home while carrying something light for one minute, which can be followed up

with 15 chair squats (standing up out of your chair and then sitting down again). The example of the squat exercise can be done by holding onto a chair or arm of the chair, to achieve the squat. Another example is a hip height march. This can be done by holding yourself steady with your hand on the back of the chair and marching in place. Or if you are up for it, marching around your room lifting your knees up as high as your hip height. Any of these exercises can be modified based upon your level of comfort.

We wish to thank Dr. Blair and her staff for developing the EMOMs for us and we hope you are making an effort to stay healthy by taking advantage of the program. Let us know what you think and we will share your comments with Wind City Physical Therapy.

These are small steps and incremental exercises that will build your strength and immunity in only 15-30 minutes a day. Be active. Stay healthy.



Try to Find This!

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

Hidden Twice 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.

- Center Information.....2
- Happenings.....3
- Misc. Info.....4
- Recipe.....5
- Spotlight.....6
- Gifts.....8
- Kitchen Notes.....9
- Meal Calendar.....10
- Winter Tips.....11
- Thank Yous.....13
- Activity Calendar.....14

WHO'S WHO AROUND THE CENTER

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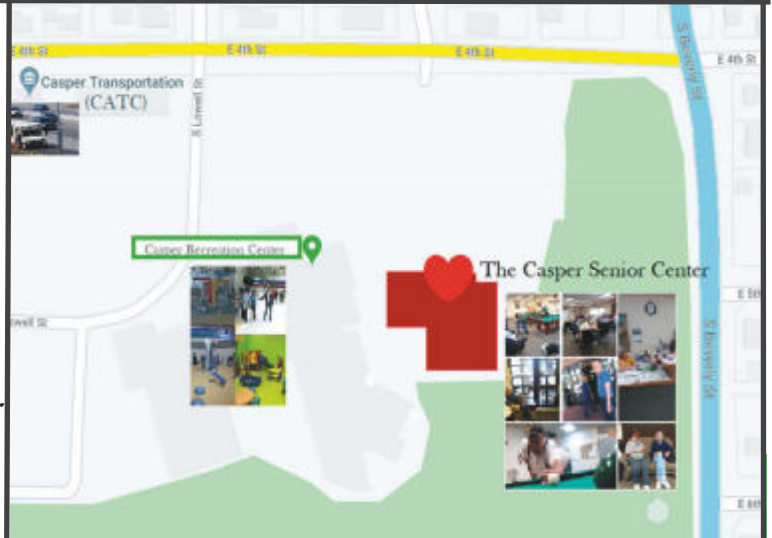
Rachel Brown

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 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.

Happening Around the Center

Sudoku 31

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

The Natrona County Cow-Belles are visiting once again!

Lunch on Tuesday, March 23rd, 2021
featuring meat provided courtesy of the Cow-Belles!

Join us for a delicious Roast Beef Lunch!!

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

FREE, Every Monday at the Senior Center (when open)
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!



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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

I love to dance
and twist & prance,
I shake my tail
as away I sail,
wingless I fly into the sky.
What am I?

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

Copies of
The Casper
Senior
Cookbook
Are Still
Available!
\$10.00 each
*Buy yours for
some great
recipes to try!*



Grandma's Irish Soda Bread

Posted March 11, 2019 | by Sally, Sally's Baking Addiction
<https://sallysbakingaddiction.com/grandmas-irish-soda-bread/>



Ingredients:

- 1 3/4 c. buttermilk
- 1 large egg (optional)
- 4 1/4 c. all-purpose flour, plus extra for hands and counter
- 3 TBSP granulated sugar
- 1 tsp baking soda
- 1 tsp salt
- 5 TBSP unsalted butter, cold and cubed
- *optional: 1 c. raisins

Instructions:

- 1) Preheat oven to 400°F. There are options for the baking pan: line a baking sheet with parchment paper or a silicone baking mat, use a seasoned 10"-12" cast iron skillet, or grease a 9"-10" cake pan or pie dish. Set aside.
- 2) Whisk the buttermilk and egg together. Whisk the flour, granulated sugar, baking soda, and salt together in a large bowl. Cut in the butter with a pastry cutter/knife/or your fingers. Work the dough into coarse crumbs, then stir in the raisins (if desired). Pour in the buttermilk/egg mixture. Gently fold the dough together until dough is too stiff to stir. Pour crumbly dough onto a lightly floured work surface. With floured hands, work the dough into a ball as best you can, then knead for about 30 seconds or until all the flour is moistened. If the dough is too sticky, add a little more flour.
- 3) Transfer the dough to the prepared skillet/pan. Using a very sharp knife, score an 'X' into the top. Bake until the bread is golden brown and center appears cooked through, about 45 min. (*Loosely cover the bread with foil if you notice heavy browning on top. Sally usually places foil halfway through bake time.*)
- 4) Remove from oven and allow bread to cool for 10 min. then transfer to a wire rack. Serve warm, or at room temperature, or toasted with desired toppings/spreads.
- 5) Cover and store leftover bread at room temp. for up to 2 days or in the fridge for up to 1 week.

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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.

Wyoming 2-1-1 Wyoming Department of Health

SPOTLIGHT

1927

Year in Review

What happened in 1927? Major News:

- ✦ January 7—Harlem Globetrotters play 1st game in Hinkley, IL
- ✦ January 24—Alfred Hitchcock releases directorial debut film in England, "The Pleasure Garden"
- ✦ February 23—US President Calvin Coolidge creates Federal Radio Commission
- ✦ March 4—Babe Ruth becomes the highest-paid player in MLB history when he signs 3-year, \$70,000 per season contract (with New York Yankees)
- ✦ March 10—Bavaria lifts ban on Adolf Hitler's speeches
- ✦ March 28—Majestic Theater opens at 245 W. 44th St in NYC
- ✦ April 14—First Volvo car premier in Gothenburg, Sweden
- ✦ April 19—Actress Mae West found guilty of "obscenity and corrupting the morals of youth" in a New York stage play titled "Sex." (She is sentenced to 10 days in prison and fined \$500, but the resulting publicity launches her Hollywood career)
- ✦ May 9—Canberra replaces Melbourne as the capital of Australia, and the Australian Parliament convenes there for the 1st time
- ✦ May 20—At 7:40 AM, Charles Lindbergh takes off from New York aboard Spirit of St. Louis, bound for Paris, France. (This is the first non-stop trans-Atlantic flight) He lands in Paris May 21
- ✦ May 25—Henry Ford announces he is ending production of Model T Fords
- ✦ June 26—The *Cyclone* roller coaster opens at Coney Island
- ✦ July 18—Ty Cobb earns his 4000th MLB career hit
- ✦ July 29—1st Iron Lung installed (Bellevue hospital, NY)
- ✦ August 27—Parks College, America's oldest aviation school, opens
- ✦ September 7—Philo Farnsworth demonstrates the first use of his electronic television in San Francisco
- ✦ September 30—Babe Ruth smacks his MLB record **60th Home Run** off Tom Zachary of Washington Senators
- ✦ October 4—Gutzon Borglum begins sculpting Mt. Rushmore (and continues working on until 1941)
- ✦ November 13—New York-New Jersey Holland Tunnel, 1st twin-tube underwater auto tunnel, opens
- ✦ Nov 22—1st snowmobile patent granted to Carl Eliason of Sayner, WI
- ✦ December 14—Iraq gains independence from Britain, but British troops remain


What did it cost?



New House:	\$ 5,000.00	Postage Stamp:	\$0.02
Median Income:	\$ 5,497.00	Gasoline:	\$0.21/gal
New Model T:	\$ 360.00	Milk:	\$0.57/gal



When we breathe, tiny respiratory droplets come out. Respiratory droplets are the main way SARS-CoV-2 spreads. A lot of infection control actions, such as wearing masks, are targeted at stopping people from breathing in each other's respiratory droplets. When you know how a virus spreads, you can take action to stop it!

EVERY BREATH SENDS OUT A CLOUD OF RESPIRATORY DROPLETS



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Central Wyoming Senior Services, Casper, WY

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Gifts & Memorials

Note: This is a list for Gifts or Memorials given between January 21st—February 22nd.
If donations were made between those dates and you were not recognized, please see Rita.

Memorials

Darlene Eddy
Herbert Eddy

Rosemary Jenkins
Karen & Chick Kwedor

Della Reidt
Maurine Hoffman

Karen Kwedor
Kimberly Cooper
Rita Wagner
Ron & Rachel Brown

Winnie Clark
Mary C. Moler

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
Barbara Yonts
John & Janet Hilde
George & Rhonda Stewart

Famous MARCH Birthdates

- 1, 1954—Ron Howard, actor/director (“Opie”)
- 3, 1962—Jackie Joiner-Kersey, Olympic gold medalist
- 6, 1906—Lou Costello, comedian of Abbott & Costello
- 10, 1940—Chuck Norris, martial artist and actor
- 14, 1920—Hank Ketchum, creator, “Dennis the Menace”
- 15, 1961—Fabio, actor/model
- 19, 1848—Wyatt Earp, Wild West lawman
- 22, 1931—William Shatner, actor/TV host
- 24, 1976—Peyton Manning, NFL quarterback (retired)
- 26, 1930—Sandra Day O’Connor, Supreme Court justice
- 27, 1940—Cale Yarborough, auto racer
- 30, 1945—Eric Clapton, singer/songwriter/musician
- 31, 1948—Rhea Perlman, actress

Fun MARCH Facts!

- * The word “March” comes from the Roman *Martius* and this month was originally the first month of the calendar
- * **Superstition:** If Easter should happen to fall on Lady Day (March 25th), disaster will shortly follow
- * Aquamarine, March birthstone, is said to give bearers the ability to overcome phobias and grief and cure insomnia. It is also used for gifts for 19th Wedding Anniversaries
- * Beware bringing a single daffodil, March’s birth flower, into the home as it can bring bad luck
- * The American Gaming Association estimates NBA fans will wager \$8.5 billion on March Madness games, taking place through April
- * President John F. Kennedy founded the Peace Corps on March 1, 1961. This successful volunteer organization has since sent more than 235,000 Americans abroad to developing countries

MORE REASONS TO CELEBRATE MARCH!

(National Celery Month)
(National Nutrition Month)
(National Women’s History Month)

- 1st—Compliment Day
- 8th—International Women’s Day
- 13th—Smart & Sexy Day
- 18th—Awkward Moments Day
- 26th—Live Long and Prosper Day
- 31st—National Crayon Day

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

Name: _____

Birthdate: _____

Courtesy of C.W.S.S.

Part 6: 7 Key Nutrients for Senior Nutrition

By Katie Dodd | February 14, 2020

<https://www.thegeriatricdietitian.com/7-key-nutrients-for-senior-nutrition/>



Protein and Seniors

Protein is a macro-nutrient found in every single cell in the body. It is essential for life. Protein also aids in immunity, maintaining muscle, and maintaining physical function in seniors.

Protein in seniors can be an entire blog post topic in itself. Here's the bottom line, the RDA for older adults is the same as younger adults. However, emerging research suggests seniors may indeed require more protein. Endurance and resistance training exercises are also advised to promote muscle health.

We [really] want to protect the muscles of aging adults! Muscle mass decreases with age (this is known as "sarcopenia"). This can lead to frailty, disability, loss of independence, and death. Protein and calories (we'll discuss calories next!) are so important for protecting muscle in older adults.

Protein Needs

Too little protein can cause malnutrition and/or muscle loss. However, too much can cause dehydration and in those with kidney disease, can further kidney damage. The RDA for all adults is 0.8 grams of protein per kilogram body weight.

Researchers recommend that older adults consume 1-1.2 grams of protein per kilogram body weight. There are 2.2 kilograms per pound. Using a 150 lb person, 1-1.2 grams per kilogram body weight would be 68-82 grams of protein per day.

Now please remember that [the above mentioned] endurance and resistance training exercises are also advised to promote muscle health along with increased protein intake. The two go hand in hand for protecting the muscles.

Food Sources of Protein

Here are some food sources of protein:

- Beef
- Yogurt
- Salmon
- Chicken/Eggs
- Lentils
- Almonds
- Milk
- Quinoa
- Chickpeas
- Oatmeal
- Spinach
- Green Peas



Some of the foods highest in protein come from animal sources. Fruits, vegetables, grains, legumes, and nuts also contain protein. Older adults who consume vegetarian diets should be sure to eat a wide variety of plant-based high protein foods throughout the day.

See next issue for the finale, Part 7!



Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

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

MEAL CALENDAR

March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 Lasagna Winter Mix Tossed Salad Pear Crisp	1 French Dip Potato Medley Broccoli Raisin Salad Fresh Peaches	2 Ham & Beans Braised Cabbage Sliced Tomatoes Oatmeal Raisin Cookie	3 Chicken Pot Pie Green Bean Medley Tossed Salad Cherry Jell-O	4 Lamb Tips Mashed Potatoes Corn Dill Cucumbers Ginger Pears	5 Baked Salmon Rice Pilaf Peas & Carrots Citrus Fruit Lemon Pudding	6
8 Oven Fried Chicken Mashed Potatoes Scandinavian Blend Carrot Raisin Salad Peach Berry Mix	9 Philly Cheese Pasta Country Mix Apricot Halves Chocolate Cupcake	10 Honey BBQ Pork Meatballs Rice Pilaf Classic Mix Veggies Tossed Vegetable Salad Baked Apples	11 Chicken Enchiladas Peas & Onions Lettuce & Tomatoes Tropical Fruit Salad Cherry Bar	12 Potato Soup Tuna Salad Sandwich Vegetable Slaw Apricot Halves	13	
14 Hot Beef Sandwich Mashed Potatoes Harvard Beets Jell-O Fruit Salad Black Forest Cake	15 Sweet & Sour Pork Fried Rice Brussel Sprouts Watermelon Salad Almond Cookie	16 Pepper Cheese Soup Chicken Salad Sandwich Orange Wedge Apple Crisp	17 St Patrick's Day Corn Beef & Cabbage Potatoes Carrots Pistachio Fruit Salad Poke & Pour Cake	18 Tator Tot Pork Bake Chopped Asparagus Pineapple Carrot Salad Lemon Jell-O Parfait	19 Baked Tilapia Tomato Pasta Green Beans Almondine Cottage Cheese Diced Peaches	20 MEALS COME WITH MILK & BREAD
21 Pork Tenderloin Roasted Potatoes California Veggies Applesauce Brownie	22 Stuffed Pepper Bake Sweet Potatoes Tomato Basil Salad Strawberry Parfait	23 COWBELLES BEEF DINNER	24 Chicken Fried Steak Mashed Potatoes Roasted Zucchini Tomato & Cucumbers Fruit Cocktail Deluxe	25 Chicken & Dumplings Roasted Cauliflower Green Salad Strawberries/Bananas	26 Lemon Baked Fish Macaroni & Cheese Stewed Tomatoes Plums Chocolate Pudding	27
28 BBQ Chicken Pasta Broccoli Salad Chopped Spinach Orange Wedge Apple Pie	29 Pork Wellington Catalina Vegetables Pea Salad Diced Pears	30 Beef & Noodles Glazed Carrots Chopped Lettuce Salad Frosted Yellow Cake	31 Baked Ham Scalloped Potatoes Corn O'Brien Cottage Cheese w/ Chives Applesauce Jell-O			MENU SUBJECT TO CHANGE

A Brief History of Daylight Savings Time

by Kiona N. Smith | Oct 31, 2020

<https://www.forbes.com/sites/kionasmith/2020/10/31/a-brief-history-of-daylight-saving-time/?sh=5435e7fd1288>

Since the early 20th century, most people in the U.S. live and work by the clock, not by the rising and setting of the Sun. If everyone agrees to adjust the clock – by passing a state or national law, for instance – most people's daily schedules shift along with it. And in theory, setting the clock forward an hour during the spring and summer months would give most people an extra hour of daylight in the evenings.

After all, spring and summer days include more hours of daylight than fall and winter – but without Daylight Saving Time, most of those extra sunlit hours would happen in the extremely early morning, when most people aren't up and about. The time change moves everyone's shared schedule to overlap better with the extra daylight.

That's right; if it seems like days are suddenly ending ridiculously early, just remember that 5:30 PM sunsets are a default setting.

During World War I, Daylight Saving Time became a very appealing idea in several countries, because it reduced public demand for fossil fuels like coal, which countries on both sides of the war needed to save for the more pressing business of fighting each other. Germany introduced its version of Daylight Savings Time first in 1916, and the U.S. followed suit in early 1918 – sort of.

After the war, the federal government ditched the idea of standard, national Daylight Saving Time, leaving it up to state and local governments to decide whether, and when, to reset their clocks. The result was as chaotic as you'd expect, but it lasted until World War II, when the federal government set a standard again for the sake of the war effort. After that, the U.S. reverted back to letting different cities set their own time, and a couple of states even decided to roll the clocks back in the spring instead of forward.

Congress passed a law standardizing Daylight Saving Time in 1966, mostly thanks to lobbying from the frustrated transportation industry, which had struggled to put together flight schedules and train timetables connecting a confusing mosaic of constantly shifting time zones.

In 1973, political tensions in the Middle East led to the Organization of Petroleum Exporting Countries declaring an oil embargo against the U.S. and several other countries. To cope with the resulting energy crisis, the U.S. government briefly experimented with making Daylight Saving Time a year-round change, which meant that winter daylight hours would also run slightly later – but that dawn would also come much later in the mornings.

Things settled back into a routine in 1975: 8 months of Daylight Saving Time and 4 months of Standard Time. In 2005, the Energy Policy Act of 2005 set the current dates for the time change: Daylight Saving Time starts on the second Sunday in March and ends on the first Sunday in November.

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Central Wyoming Senior Services, Casper, WY

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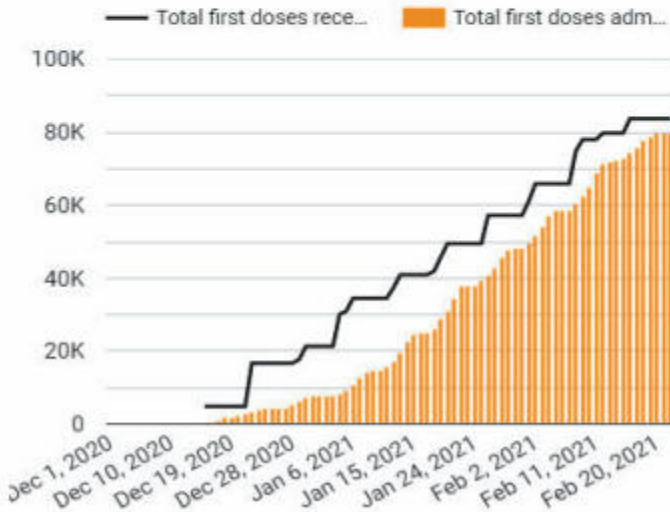


COVID-19 Vaccine Distribution Data

Statewide snapshot

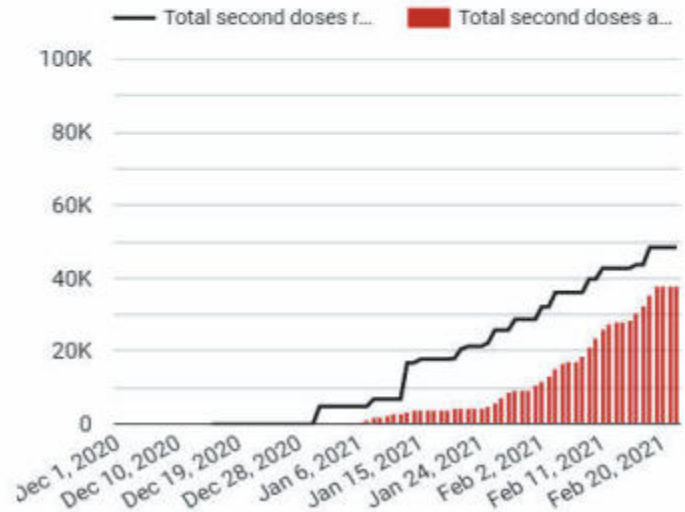
Percent of first doses administered

95%



Percent of second doses administered

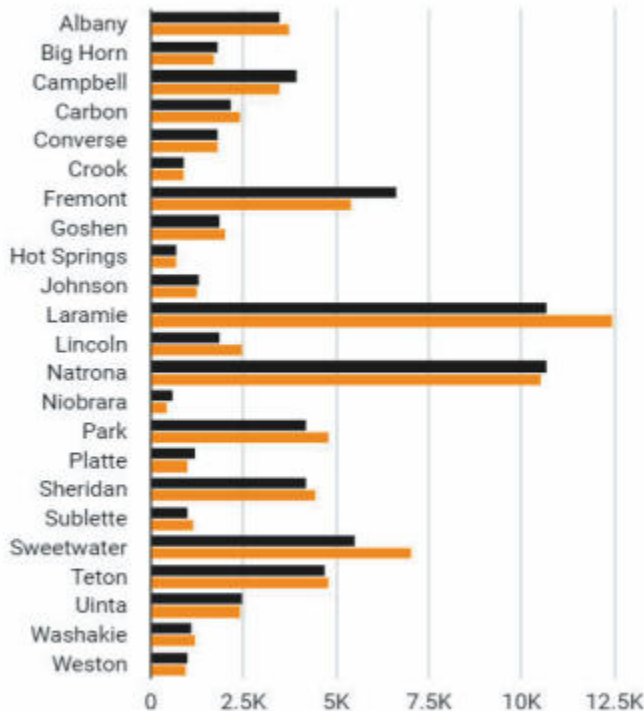
79%



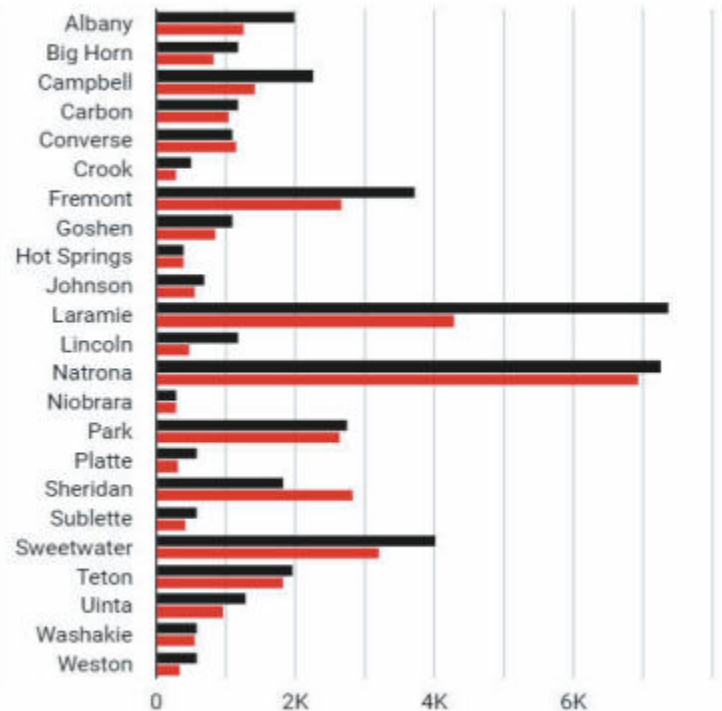
Note: Vaccine counts do not include special federal allotments provided to the VA, military installations, or the Wind River Reservation.

County snapshot, as of: Feb 22, 2021

First doses



Second doses



Note: these county graphs do not include vaccines administered by Walgreens and CVS through the Federal Pharmacy Partners for Long Term Care program, so the totals will not equal those from the top two graphs.



Don't throw away luck
on little stuff.
Save it up.

Tim O'Brien



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CHAMBER OF COMMERCE



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of Natrona County



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Wednesday
mornings
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of home made
masks for us to use!

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

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ACTIVITIES AVAILABLE WHEN CENTER IS OPEN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday Lunch American Legion Women's Auxiliary Mexican Train Dominoes Bible Study	Chair Exercise Clogging Mexican Train Dominoes Poker Tai Chi Bible Study Native American Flute Circle Binding Friends Dance Club DAR Supplement Application Group CWSS Board Meeting	Chair Yoga Golden Kiwanis Line Dancing Craft Class Wellness Clinic Casper Chess Club Bridge NARFE Casper Cut Ups Casper Needle Guild	Reveille Rotary Seniors Active in Learning Chair Exercise Quilts of Valor Poker KW Retired Ladies Book Club Bridge Caps for Kids	Golden K Coffee Chair Yoga Clogging BINGO! Pinochle Mexican Train Dominoes Tai Chi Square Dance Golden Girls	Chair Exercise Canasta Bridge Pinochle Poker AARP 55-Alive Driving Course	Casper Cut Ups Garden Club



Colcannon

(Irish Potatoes & Cabbage)

by: Meghan Splawn | updated OCT 4, 2020

<https://www.thekitchn.com/how-to-make-colcannon-irish-potatoes-and-cabbage-242195>

INGREDIENTS

- ✦ 1 LB russet potatoes, peeled and cut into 1/2" chunks
- ✦ 1 LB red potatoes, cut into 1/2" chunks
- ✦ 6 TBSP unsalted butter
- ✦ 1 small head savoy cabbage (about 1 LB), cored & shredded
- ✦ 4 medium scallions, thinly sliced, divided into white & green parts
- ✦ 1/2 tsp freshly ground black pepper
- ✦ 1/2 c. whole milk
- ✦ 1/4 c. low-sodium chicken broth
- ✦ 1 tsp kosher salt, divided

INSTRUCTIONS

- 1- **Boil the potatoes.** Place the russet and red potatoes with 1/2 tsp salt in a medium pot and cover with cool water. Bring to a simmer over high heat. Reduce heat as needed to maintain a simmer and cook until the potatoes are tender, 10-12 min.
- 2- **Brown the butter.** Melt the butter in a 12" skillet (preferably something with a lightly colored interior) over medium-high heat. Bring the butter to a simmer and cook until it browns and smells nutty, about 7 min. Pour off 1/4 c. of the browned butter into a small heatproof bowl and set aside.
- 3- **Cook the Cabbage.** Return the pan with the remaining browned butter to medium heat and add the cabbage and the whites of the scallions. *The pan will be quite full, but the cabbage will wilt, making stirring easier.* Season with the remaining 1/2 tsp salt and pepper. Cook until tender and lightly browned, about 8 min.
- 4- **Mash the potatoes.** Drain the potatoes and return them to the cooking pot. Add the milk and mash with a masher. *The potatoes should retain a few small lumps for texture.*
- 5- **Deglaze the cabbage pan.** Add the chicken broth to the cabbage pan and scrape vigorously to remove any browned bits from the bottom of the pan. Cook until the broth is reduced, about 3 more minutes.
- 6- **Putting it all together.** Add the warm cabbage and greens of the scallions to the mashed potatoes and fold to combine. Transfer the colcannon to a large serving bowl and make a well in the middle of the potatoes. Pour the reserved 1/4 c. brown butter into the well and serve immediately.
- 7- **Enjoy!**



The Full Worm Moon will reach peak fullness on Sunday, March 28 at 2:50 PM EDT.

This year, because it is the first full Moon to occur after the spring or Vernal equinox (March 20), March's full Moon is the Paschal Full Moon. This means that its date determines the date of Easter, which will occur April 4th this year!

WHY IS IT CALLED THE WORM MOON?

March's full Moon goes by the name Worm Moon, which was originally thought to refer to the earthworms that appear as soil warms in spring.

An alternative explanation for this name comes from Captain Jonathan Carver, an 18th-century explorer, who wrote that this Moon name refers to a different sort of "worm"—beetle larvae—which begin to emerge from the thawing bark of trees and other winter hideouts at this time.

Alternative March Moon Names

There are quite a few names for the March Moon that speak to the transition from winter to spring. Some refer to the appearance (or reappearance) of certain animals, such as the Eagle Moon, Goose Moon (Algonquin, Cree) or Crow Comes Back Moon (Northern Ojibwe), while others refer to signs of the season:

- Ⓒ Sugar Moon (Ojibwe) marks the time of year when the sap of sugar maples starts to flow
- Ⓒ Wind Strong Moon (Pueblo) refers to the strong windy days that come at this time of year.
- Ⓒ Sore Eyes Moon (Dakota/Lakota/Assiniboine) highlights the blinding rays of sunlight that reflect off the melting snow of late winter.

In Christianity, this Moon is know as the Lenten Moon if it's the last full Moon of winter (occurring before the equinox) or as the Paschal Full Moon if it is the first full Moon of spring (occurring after the equinox).

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LAST WORDS

"Green is the prime color of the world, and that from which its loveliness arises"

~ Spanish playwright Pedro Calderón de la Barca ~

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

Thank you!

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

Help Wanted!

We have big plans for utilizing our volunteer force after re-opening, 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.

