

WHAT'S MY NAME?

MAY 2021

CENTRAL WYOMING SENIOR SERVICES INC

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

History of Memorial Day

<https://www.usmemorialday.org/history-of-memorial-day>

Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in service of the United States of America. It's difficult to prove the origins of this day as over two dozen towns and cities lay claim to be the birthplace. In May 1966, President Lyndon Johnson stepped in and officially declared Waterloo N.Y. the birthplace of Memorial Day.

Regardless of the location of origins or the exact date, one thing is crystal clear – Memorial Day was borne out of the Civil War (which ended in 1865) and a desire to honor our dead. On the 5th of May in 1868, General John Logan who was the national commander of the Grand Army of the Republic, officially proclaimed it in his General Order No. 11.

Part of the history of Memorial Day will show that in the Order, the General proclaimed, "The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land." Because the day wasn't the anniversary of any particular battle, the General called it, The date of Decoration Day.

On the first Decoration Day, 5,000 participants decorated the graves of 20,000 Union and Confederate soldiers buried at Arlington Cemetery while General

James Garfield made a historic speech.

New York was the first state to officially recognize the holiday in 1873. It was recognized by all northern states by 1890. Differently, the South refused to acknowledge the day and honored their dead on separate days. This went on until after World War I when the holiday changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war.

With the Congressional passage of the National Holiday Act of 1971 (P.L. 90 – 363), it is now observed on the last Monday in May by almost every state.

This helped ensure a three day weekend (Memorial Day Weekend) for Federal holidays. In addition, several southern states have an additional separate day for honoring the Confederate war dead: January 19th in Texas; April 26th in Alabama, Florida, Georgia, and Mississippi; May 10th in South Carolina; and June 3rd (Jefferson Davis' birthday) in Louisiana and Tennessee.

National Moment of Remembrance

Memorial day history couldn't be complete without the birth of the the "National Moment of Remembrance", which was a resolution passed on Dec 2000 which asks that at 3 p.m. local time, for all Americans "To voluntarily and informally observe in their own way a Moment of remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to 'Taps.'" ———

Try to Find This!

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

Hidden Twice,
Find Both for
Two Entries!



INSIDE THIS ISSUE

Central Wyoming Senior Services Mission Statement

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

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WHO'S WHO AROUND THE CENTER

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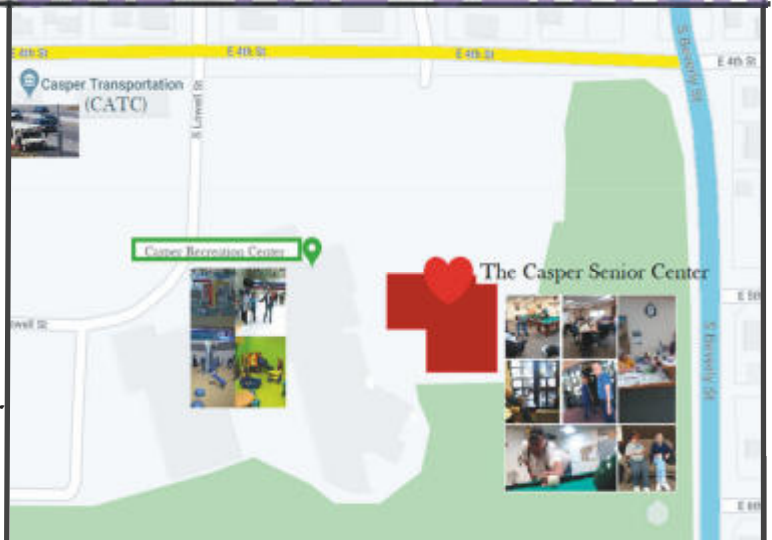
Rachel Brown

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

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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.

Around the Center

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."

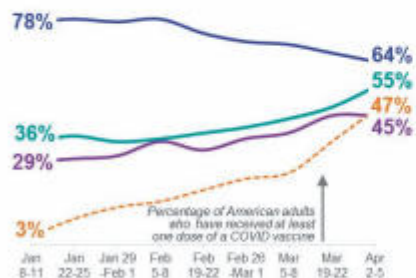


Americans getting back to their lives, not quite back to normal

As the vaccination rate rises, more Americans are going out in public, and the perceived risk of "regular" activities is declining

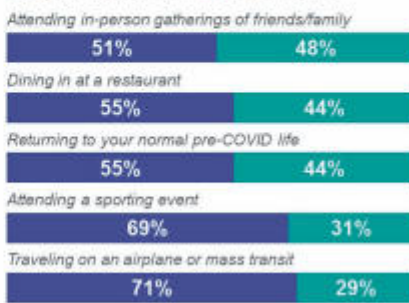
Percentage of Americans who have _____ in the last week

- Social distanced
- Visited friends or relatives
- Gone out to eat



How much of a risk to your health and well-being do you think the following activities are right now?

- Large or moderate risk
- Small or no risk



The Senior Center will be CLOSED

Sunday, May 9th
for Mother's Day

&

Sunday, May 30th &
Monday May 31st
for Memorial Day

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Central Wyoming Senior Services, Casper, WY

A 4C 05-0641

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 have keys but no locks,
A space but no room,
You can enter, but
you can't go outside.
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!



Did you know?

If germs make their way onto our hands, they can get all over the place – this is one of the reasons why cleaning and disinfection should be done often on high-touch surfaces, and other surfaces that often get dirty.

High-touch surfaces are things we touch a lot. Some examples are:

- door handles
- elevator buttons
- shared keyboards
- light switches

The more germs we can remove and kill on high-touch surfaces, the safer we keep ourselves, our friends, and our family.

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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.

1972 Billboard Year-End Hot 100 Chart (1-30)

1. The First Time Ever I Saw Your Face – Roberta Flack
2. Alone Again (Naturally) – Gilbert O’Sullivan
3. American Pie – Don McLean
4. Without You – Nilsson
5. The Candy Man – Sammy Davis Jr.
6. I Gotcha – Joe Tex
7. Lean On Me – Bill Withers
8. Baby Don’t Get Hooked on Me – Mac Davis
9. Brand New Key – Melanie
10. Daddy Don’t You Walk So Fast – Wayne Newton
11. Let’s Stay Together – Al Green
12. Brandy (You’re a Fine Girl) – Looking Glass
13. Oh Girl – The Chi-Lites
14. Nice to Be With You – Gallery
15. My Ding-A-Ling – Chuck Berry
16. (If Loving You is Wrong) I Don’t Want to be Right – Luther Ingram
17. Heart of Gold – Neil Young
18. Betcha By Golly, Wow – The Stylistics
19. I’ll Take You There – The Staple Singers
20. Ben – Michael Jackson
21. The Lion Sleeps Tonight – Robert John
22. Outa-Space – Billy Preston
23. Slippin’ Into Darkness – War
24. Long Cool Woman (In a Black Dress) – The Hollies
25. How Do You Do – Mouth and MacNeal
26. Song Sung Blue – Neil Diamond
27. A Horse With No Name – America
28. Popcorn – Hot Butter
29. Everybody Plays the Fool – The Main Ingredient
30. Precious and Few – Climax

SPOTLIGHT

Year in Review

1972

What happened in 1972? Major News:

- ✦ January 4—Rose Heilbron becomes the first female judge to sit at the Old Bailey in London
- ✦ January 19—Sandy Koufax, Yogi Berry, & Early Wynn are all elected to Baseball Hall of Fame
- ✦ February 5—US airlines begin mandatory inspection of passengers and baggage
- ✦ February 21—Richard Nixon becomes the first US President to visit China, meeting with Chinese leader Mao Zedong in Beijing
- ✦ March 8—1st flight of the Goodyear blimp
- ✦ March 27—Wyoming official names “Curt Gowdy State Park” in honor of the nationally recognized broadcaster
- ✦ April 16—Two giant pandas arrive in the US from China
- ✦ May 15—Bus plunges in the Nile River killing 50 pilgrims in Minia, Egypt
- ✦ May 28—White House “plumbers” first break in at the Democratic National Headquarters at Watergate Complex in Washington, D.C.
- ✦ June 9—14” of rain in 6 hours bursts Rapid City, SD dam and drowns 237
- ✦ June 27—Legendary video game and home computer company Atari, Inc. founded by Nolan Bushnell and Ted Dabney in Sunnyvale, CA
- ✦ July 7—1st women FBI members sworn in (Susan Lynn Roley & Joanne E Pierce)
- ✦ July 18—The 100th British soldier to die in the Northern Ireland “troubles” is shot by a sniper in Belfast
- ✦ August 6—Hank Aaron hits his 660th&661st home runs for the Atlanta Braves, breaking Babe Ruth’s MLB record of homes for one team
- ✦ August 12—Last American combat ground troops leave Vietnam
- ✦ September 4—”The Price is Right” debuts on CBS—US’s longest running game show
- ✦ September 20—Police find cannabis growing on farm belonging to Paul & Linda McCartney
- ✦ October 12—46 sailors injured in race riot on American aircraft carrier USS Kitty Hawk
- ✦ October 26—Edwin Land introduces the first truly instant camera, the Polaroid SX-70, at an event in Miami, FL
- ✦ November 7—Incumbent President Richard Nixon is re-elected, defeating Democrat candidate George McGovern in a landslide by winning 49 states
- ✦ November 22—US ends 22-year travel ban to China
- ✦ December 7—Apollo 17 launched, the final manned lunar landing mission, where the crew takes the famous “blue marble” photo of Earth
- ✦ December 16—Miami Dolphins become 1st undefeated NFL team (14-0)
- ✦ December 29—Life magazine ceases publication

What did it cost?

New House:	\$ 30,500.00	Postage Stamp:	\$0.08
Median Income:	\$ 9,697.00	Gasoline:	\$0.36/gal
New Car:	\$ 3,879.00	Milk:	\$1.20/gal

One-Pot Fennel and Sausage Pasta

Ingredients (for 8 servings):

- ◆ 1 lb hot Italian sausage
- ◆ 1 large onion, sliced thin
- ◆ 5 cloves garlic, sliced
- ◆ 1 fennel bulb, sliced thin
- ◆ 1 TBSP dried oregano
- ◆ Salt and pepper to taste
- ◆ 6 oz tomato paste
- ◆ 14.5 oz canned chopped tomatoes
- ◆ 1 lb orecchiette pasta, cooked according to package
- ◆ 1/2 c shaved parmesan cheese
- ◆ 1 c mozzarella pearls

Preparation:

1. Add sausage to a large pot on medium high heat. Cook until browned. Remove from pot.
2. Add sliced fennel, onion, garlic, oregano, salt and pepper. Cook until the onions and fennel are golden and caramelized.
3. Add the tomato paste, chopped tomatoes, and meat. Stir and cook until the tomato paste has darkened and is aromatic.
4. Bring to a boil, reduce to a simmer, and cook until the sauce thickens slightly.
5. Add the cooked pasta, grated parmesan, and mozzarella pearls. Stir until well combined and heated through.
6. Garnish with fennel fronds (the green leaves of the fennel bulb).

7. Enjoy! by Mathew Johnson, Tasty Team
<https://tasty.co/recipe/one-pot-fennel-and-sausage-pasta>

Sudoku 33

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

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Gifts & Memorials

Note: This is a list for Gifts or Memorials given between March 24th—April 20th. If donations were made between those dates and you were not recognized, please see Rita.

Memorials

Winnie Brummel

Loyd Tanner

John “Jack” Shinn

Charlotte Kolb

Mary C. Moler

Karen Kwedor

Charlotte Kolb

Jim & Kay Hutchinson

Mary C. Moler

Frances Hanson-Sevon

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.

All Recently Departed Friends

Elane Burkhalter

Gifts

Frank C Stofflet

Bob & Barbara Yonts

Dale & Bonnie Hill



Famous MAY Birthdates

- 1, 1925—Scott Carpenter, astronaut
- 4, 1929—Audrey Hepburn, actress
- 5, 1942—Tammy Wynette, country singer
- 7, 1933—Johnny Unitas, NFL quarterback
- 11, 1946—Robert Jarvik, physician/inventor of artificial heart
- 13, 1961—Dennis Rodman, NBA player
- 16, 1905—Henry Fonda, actor
- 19, 1945—Andre the Giant
- 21, 1917—Raymond Burr, actor
- 22, 1959—Sir Arthur Conan Doyle, author “Sherlock Holmes”
- 25, 1803—Ralph Waldo Emerson, poet
- 28, 1944—Rudolph “Rudy” Giuliani, NYC mayor
- 31, 1943—Joe Namath, NFL quarterback

Fun MAY Facts!

- * The Anglo-Saxon word for May was *Tri-Milchi* meaning 3 milks because the grass was so lush and green that cows could be milked three times a day!
- * The Indianapolis 500 is always held in May during Memorial Day weekend
- * The Empire State Building opened for all on May 1, 1931. It was the tallest building in the US until the World Trade Center was completed in 1973. After 9/11/2001, it was temporarily the tallest again, but in 2014, One World Trade Center opened at a symbolic 1,776 feet tall
- * In 1644, England banned Maypoles, which people put up to celebrate their May festivals. Despite this restriction, a 123-foot pole was erected to observe Charles II's return to England and was later used to support his telescope by Sir Isaac Newton

MORE REASONS TO CELEBRATE

MAY!

(Gifts from the Garden Month)

(National Barbeque Month)

(National Blood Pressure Month)

- 3rd—World Press Freedom Day
- 11th—Eat What You Want Day
- 21st—National Endangered Species Day
- 23rd—Lucky Penny Day
- 28th—Amnesty International Day
- 31st—World No Tobacco 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.

Senior health: How to prevent and detect malnutrition

By Mayo Clinic Staff

<https://www.mayoclinic.org/healthy-lifestyle/caregivers/in-depth/senior-health/art-20044699>



Good nutrition is critical to overall health and well-being, yet many older adults are at risk of inadequate nutrition. You can learn the signs and risks of malnutrition and how to promote a nutrient-rich diet.

Problems caused by malnutrition

Malnutrition in older adults can lead to various health concerns, including:

- A weak immune system, which increases the risk of infections
- Poor wound healing
- Muscle weakness and decreased bone mass, which can lead to falls and fractures
- A higher risk of hospitalization
- An increased risk of death

Factors contributing to malnutrition

The causes of malnutrition might seem straight-forward—too little food or a diet lacking in nutrients. In reality, malnutrition is often caused by a combination of physical, social, & psychological issues. For example:

- ⊖ **Normal age-related changes.** Changes in taste, smell, and appetite generally decline with age, making it more difficult to enjoy eating and keep regular eating habits.
- ⊖ **Illness.** Disease-related inflammation and illnesses can contribute to declines in appetite and changes in how the body processes nutrients.
- ⊖ **Impairment in ability to eat.** Difficulty chewing or swallowing, poor dental health, or limited ability in handling tableware can contribute to malnutrition.
- ⊖ **Dementia.** Behavioral or memory problems from Alzheimer's disease or a related dementia can result in forgetting to eat, not buying groceries or other irregular food habits.
- ⊖ **Medications.** Some medications can affect appetite or the ability to absorb nutrients.
- ⊖ **Restricted diets.** Dietary restrictions for managing medical conditions—such as limits on salt, fat, or sugar—might also contribute to inadequate eating.
- ⊖ **Limited income.** Older adults may have trouble affording groceries, especially if they're taking expensive medications.
- ⊖ **Reduced social contact.** Adults who eat alone might not enjoy meals as before and lose interest in cooking and eating.
- ⊖ **Limited access to food.** Adults with limited mobility may not have access to food or the right types of food.
- ⊖ **Depression.** Grief, loneliness, failing health, lack of mobility, and other factors might contribute to depression—causing lack of appetite.
- ⊖ **Alcoholism.** Too much alcohol can interfere with the digestion and absorption of nutrients. Misuse of alcohol may result in poor eating habits and poor decision about nutrition.

Monitoring nutrition and preventing malnutrition

There are steps to take to monitor nutritional health, watch for weight loss, and address risk factors of malnutrition. Consider the following:

- ⊖ **Monitor weight.** Check weight at home. Keep a weekly record. Changes in how clothes fit can also indicate weight loss.
- ⊖ **Keep track of medications.** Keep a record of all medications, the reason for each, dosages, treatment schedules, and possible side effects.
- ⊖ **Meal plans.** Plan healthy meals or prepare meals ahead of time. Prepare a shopping list or shop with a family member. Make money-saving shopping choices.
- ⊖ **Use local services.** Contact local service agencies that provide at-home meal deliveries, in-home visits from nurses or dietitians, access to a food pantry, or other nutrition services. The local Area Agency on Aging or a county social worker can provide information about services.
- ⊖ **Make meals social events.** Spend mealtimes with family members or caregivers. Go out to eat at a restaurant with senior discounts. Participate in social programs where members of the community can eat together.
- ⊖ **Regular physical activity.** Daily exercise—even if it's light—can stimulate appetite and strengthen bones and muscles.

Improving nutrition

Mealtime strategies to help an older adult maintain a healthy diet and good eating habits include the following:

- **Nutrient-rich foods.** Plan meals with nutrient-rich foods that include a variety of fresh fruits and vegetables, whole grains, fish, and lean meats.
- **Herbs and spices.** Use herbs and spices to add flavor to meals and improve interest in eating. Experiment to find favorites.
- **Healthy snacks.** Plan nutrient-rich snacks between meals with fruits, vegetables, or low-fat dairy products.
- **Nutritional supplements.** Use supplemental nutrition drinks to help with calorie intake. Add egg whites or whey powder to meals to increase proteins without adding saturated fats.

Talking to your doctor

Talk to your family doctor about any concerns regarding weight, changes in appetite, or other concerns about health and nutrition.

The doctor's role may include:

- ◆ Regularly monitoring weight and screening for malnutrition
- ◆ Assessing for medical conditions that may be affecting weight loss or nutritional health
- ◆ Treating underlying conditions causing malnutrition
- ◆ Changing a restricted diet for diabetes or other medical conditions
- ◆ Recommending an appropriate daily calorie intake
- ◆ Recommending vitamin and mineral supplements
- ◆ Changing prescription medications



Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

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

MEAL CALENDAR

May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Chicken & Noodles Braised Green Beans Tomato Cucumber Salad Fresh Peaches	3 Pork Medallions Brown Rice California Vegetables Tossed Green Salad Applesauce Jell-O	4 Spaghetti & Meat Sauce Italian Vegetables Summer Squash Salad Apricots	5 Hearty Vegetable Soup Ham Salad Sandwich Lettuce, Tomato, Pickles Berry Blend Chocolate Cake	6 Chicken Enchiladas Lettuce, Onions Diced Tomatoes Peas & Onions Churro Bar Diced Peas	7 Honey Glazed Salmon Creamy Risotto Corn Cobbette Carrot Raisin Salad Tropical Fruit	1 / 8
9 CLOSED MOTHER'S DAY	10 Chicken Pot Pie Bean Medley Tossed Green Salad Orange Cream Whip	11 Sliced Ham Sweet Potatoes Winter Mix Vegetables Dill Cucumbers Chunky Applesauce	12 Beef Stroganoff Sliced Carrots Asparagus Tomato Salad Fresh Strawberries	13 Chicken Wrap Potato Salad Fresh Vegetables Chopped Green Slaw Orange Wedge Brownie	14 Seafood Alfredo Roasted Zucchini Cherries Fruit Jell-O	15
16 Hot Turkey Sandwich Mashed Potatoes Sweet Corn Tomato Basil Salad Pumpkin Pie	17 Swedish Meatballs Brown Rice Braised Cabbage Cucumber & Onions Melon Cup	18 Baked Chicken Garlic Fettuccine Catalina Blend Caesar Salad Citrus Fruit	19 Pork Shepherd's Pie Peas & Onions Tossed Salad Apple Crisp	20 Chicken Fried Steak Mashed Potatoes Poultry Gravy Spinach Creamy Bean Salad Peach Fluff	21 Clam Chowder Egg Salad Sandwich Celery & Carrot Sticks Cottage Cheese with Pineapple Blueberry Buckle	22 MEALS COME WITH MILK & BREAD
23 Roast Beef Potatoes & Carrots Spring Salad Chocolate Cream Pie	24 Split Pea Soup Turkey Salad Lettuce & Tomatoes Potato Chips Cranberry Juice Pear Jell-O	25 Taco Salad Refried Beans Spanish Rice Pepper Slaw Lettuce, Tomatoes, Onions Spiced Apples	26 California Chicken Breast Oven Brown Potatoes Country Mix Zucchini Tomato Salad Black Cherries	27 Pork Chow Mein Fried Rice Oriental Vegetables Bananas & Oranges Almond Cookie	28 MEMORIAL DAY BBQ HAMBURGER OR HOT DOG	29
30 CLOSED	31 CLOSED MEMORIAL DAY					MENU SUBJECT TO CHANGE

NEWS RELEASE

Tickets for "A Night at the Races" are on sale beginning May 1! Please join us for a wonderful evening!

Reserve your tickets by contacting Rita Wagner at 307-265-4678 or by visiting the Center to pay in person or with a credit card.



Central Wyoming Senior Services
Presents



Saturday, June 26, 2021 at 5:00 PM
Casper Senior Center - 1821 E. 4th Street

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Central Wyoming Senior Services, Casper, WY

D 4C 05-0641

The Eruption of Mount St. Helens in 1980

ALAN TAYLOR | MAY 18, 2015 | <https://www.theatlantic.com/photo/2015/05/the-eruption-of-mount-st-helens-in-1980/393557/>

On May 18, 1980, an earthquake struck below the north face of Mount St. Helens in Washington state, triggering the largest landslide in recorded history and a major volcanic eruption that scattered ash across a dozen states. The sudden lateral blast—heard hundreds of miles away—removed 1,300 feet off the top of the volcano, sending shock waves and pyroclastic flows across the surrounding landscape,

flattening forests, melting snow and ice, and generating massive mudflows. A total of 57 people lost their lives in the disaster.

This anniversary always hits home for me, as I was a 12-year-old living in Spokane at the time. I have such vivid memories of the approaching ash cloud, the bizarre dark skies at daytime, the uncertain fears of inhaling the ash, deserted streets, and closed schools.



An ash plume billows from the crater atop Mount St. Helens hours after its eruption began on May 18th, 1980, in Washington State. The column of ash and gas reached 10 miles into the atmosphere, depositing ash across a dozen states.

© 2015 The Atlantic



Steam rises from hot water in a river following the aftermath of the eruption of Mount St. Helens, on May 18, 1980.



An aerial view of the distribution of logging operations after the eruption of Mount St. Helens, on May 18, 1980.



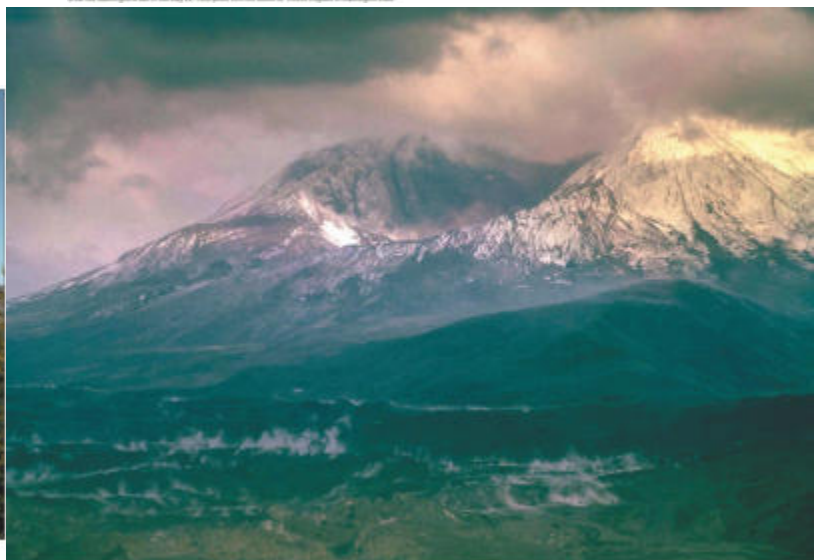
A car was completely buried on May 22, 1980, just hours after the eruption of Mount St. Helens in Washington State.

What memories do you have of this extraordinary event?



Mount St. Helens, as it looked the day before its massive eruption, on May 17, 1980.

© 2015 The Atlantic



Mount St. Helens, shortly after the eruption of May 18, 1980.



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Wednesday
mornings
at 7 A.M.



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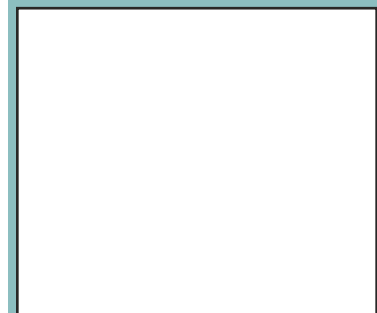
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ACTIVITIES AVAILABLE WHEN CENTER IS OPEN

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

Why OAM?

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

<https://www.aoascc.org/News-and-Events/older-americans-month/>

The theme for OAM 2021 is
"Communities of Strength."

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This OAM, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, join us in promoting the ways we are connected and strong.



COMMUNITIES OF STRENGTH: MAY 2021



May's full Moon rises on Wednesday, May 26! This full Moon will be the closest full Moon of the year, making it the second of two supermoons. Plus, it will coincide with a total lunar eclipse in some areas. (The best views will be from western North America. The eclipse should begin at 4:46 AM EDT and end at 8:53 AM EDT)

THE FLOWER MOON

May's Flower Moon name should be no surprise; flowers spring forth across North America in abundance this month!

- › “Flower Moon” has been attributed to Algonquin peoples, as confirmed by Christina Ruddy of The Algonquin Way Cultural Center in Pikwakanagan, Ontario
- › May's Moon was also referred to as the “Month of Flowers” by Jonathan Carver in his 1798 publication, “Travels Through the Interior Parts of North America: 1766, 1767, 1768” as a likely Dakota name. Carver stayed with the Naudowessie (Dakota) over a period of time; his expedition covered the Great Lakes region, including Wisconsin and Minnesota.
- › Henry David Thoreau sparked to Native American Moon names as well, referencing the Flower Moon and Carver when he wrote about Native Americans.

Alternative May Moon Names

- Ⓒ **Budding Moon and Leaf Budding Moon (Cree)** celebrate the awakening of local flora
- Ⓒ **Planting Moon (Dakota/Lakota)** marks the time when seeds should be started for the coming farming season
- Ⓒ **Moon of the Shedding Ponies (Oglala), Egg Laying Moon and Frog Moon (Cree)** indicate that warmer weather is on the way by the activities of animals

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LAST WORDS

"Mother's love is peace. It need not be acquired, it need not be deserved"

~ German social psychologist Erich Fromm ~

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
support *and* patience
as we work together to figure out
how to best fulfill the needs
of all our members!

Help Wanted!

We have big plans for utilizing
our volunteer force
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.

