

At The Center of It All

Central Wyoming
Senior Services, Inc.



"The Heart of Natrona County"

1831 4th Street
Casper, Wyoming 82601
307-265-4678

JUNE 2024

QUESTIONS OR SUGGESTIONS?
CONTACT RAE
raea@casperseniorcenter.com

What a Night at the Races!

Thanks to our many sponsors and donors, the Fourth Annual "Night at the Races" fundraiser saw increased net proceeds for the 3rd year!

Net proceeds in 2022: > \$8,000.00
Net proceeds in 2023: > \$11,000.00
Net proceeds in 2024: > \$16,000.00



See page 5 for Sponsor Thank Yous and page 15 for donor Thank yous!



Try to Find Both These!

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

Each Hidden Once,
Find Both for Both 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

Board of Directors

Linda BlackstonePresident
Bob Carpenter..... Vice President
Kim LatkaTreasurer
Kate Maxwell.....Secretary

Members

Gloria Fuhrer *Errol Miller*
Ray Bila *Debera Siems*
Susan Burk *Grace Becker*
Lori Spearman

City Council Liaison

Michael Bond

Executive Director

Aimee Fleming

Director of Operations

Tom Lebahn

Assistant Director

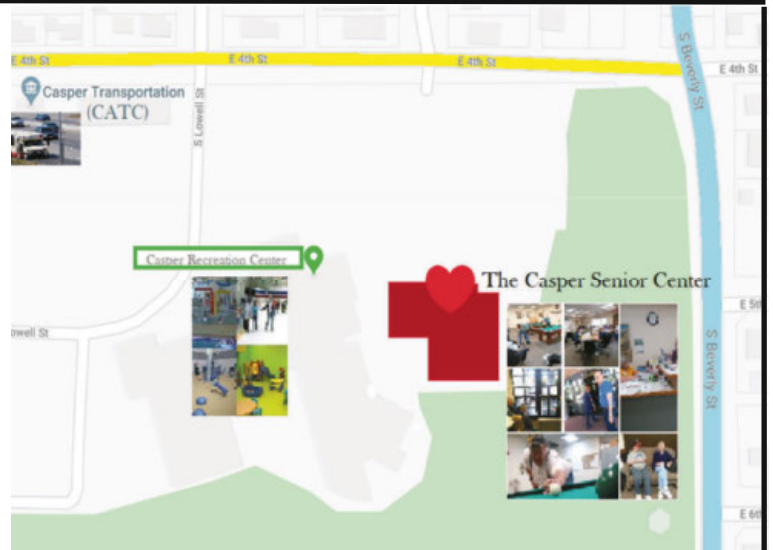
Rachel Brown

Community Programs Director

Lacey Kidman

Dietary Director

Kimberly Cooper



Locations

CASPER (MAIN)

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

MILLS

401 Wasatch (307) 237-1317

EVANSVILLE

71 Curtis St (307) 315-6719

Connect with us:



www.casperseniorcenter.com



[Facebook.com/pages/Casper-Senior-Center](https://www.facebook.com/pages/Casper-Senior-Center)

ALL ABOUT US

Central Wyoming Senior Center was established in 1975 to provide nutritious meals, companionship, program support, and activities for the senior citizens of Natrona County. We began serving meals in a church basement and eventually moved into our current facility,

where we provided more than 29,000 meals last year. All of our programs are designed to enhance the ability of the over-60 population of Natrona County to stay active, healthy and independent by offering activities and nutritional support & services to meet their changing

needs. We were established as a 501(c)3 in 1976 to provide low cost, nutritious meals to the over-60 population of Natrona County. Many of our programs are administered by the Wyoming Department of Health Office of Healthcare Financing.

A Letter from the Desk of the President:

The June Board meeting will be held at the Mills location, 401 Wasatch, on June 24, 2024 at 12:30pm. Lunch will be at 12:00pm. Please join us by making a reservation with the office at 307-265-4678. It is a great opportunity to see the Board in action and provide input/suggestions.

The County Commissioners have agreed to a ballot proposition at their April 16, 2024 meeting to create the Natrona County Senior Citizens Service District. Thank you to those individuals who spoke in favor of the proposition at the County Commissioners' meeting. The public will have the opportunity to vote yes or no on the Special District in the Primary Election on August 20, 2024. If the proposition passes, five Trustees will be voted upon in the November 5, 2024 General Election. The Center, along with Natrona County Meals on Wheels and Wyoming Senior Citizens Inc., will have the opportunity to apply for funds through a grant process.

The District is crucial to the programs and services at the Center. Costs are rising dramatically and funding opportunities are decreasing, which puts the programs and services of the Center at risk over time. Opportunities for funding from grants for seniors are diminishing. Fundraising continues, but cannot meet all of our needs. Join our Executive Director, Aimee Fleming, along with Jamie Loveall, Executive Director, Meals on Wheels, for a Town Hall on June 20, 2024 at 5:30 pm to learn more about the Special District. Board Member Susan Burk will facilitate the Town Hall.

Best wishes,

Linda Blackstone

Lblackstone7@gmail.com or 307-262-1028

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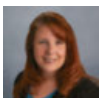


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Central Wyoming Senior Services, Casper, WY

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.

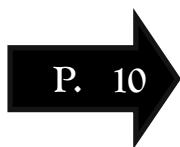
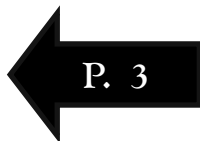
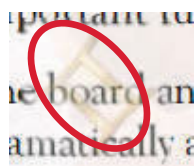
National Family Caregiver Program provides assistance to caregivers who are taking care of a loved one.

Services include homemaking, personal care, respite, and care coordination.

Any questions? *Come see Lacey or Christine!*

Or give us a call at (307) 265-4678.

Last Edition Answers!



Answer to the
May Riddle:
An Icicle



Photo by Emanuel Haas on Unsplash

June Board Meeting:

(All meetings are public)

Monday, June 24th
12:30PM following Lunch

Mills Location:
401 Wasatch Ave

Please reserve meals at
Main Center: 307-265-4678!

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 \$6.00. We do offer 10 and 20 count punch tickets. As an incentive, we will offer one bonus 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 \$9.00. (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

Evansville: Noon to 1:00 PM

Mills: Noon to 1:00pm

Reservations Required at the Mills and Evansville Sites

MENU IS SUBJECT TO CHANGE

RIDDLE

I wave all day
but never tire,
at the end of the day,
without light I retire.

What am I?

Let the front office know the correct answer for your chance to win a 5-punch lunch ticket!!



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Visit www.wyoming211.org
Text your ZIP code to 898211



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Bill Clough

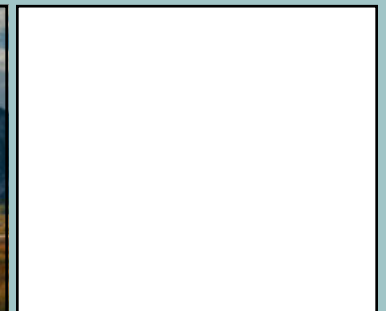
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Senior Vice President/Investments Branch Manager
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Gifts & Memorials

Note: This is a list for Gifts or Memorials given between April 20th, 2024—May 20th, 2024.

If donations were made between those dates and not recognized, please see the office.

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

Frank C Stofflet
Dory Graff
John Savage
Daryl Manley
Janet Hilde
Casper Fine Arts Club
Dave Gossin

Memorials

None
during this
time period.



The Two Kinds of People

Ella Wheeler Wilcox

<https://www.familyfriendpoems.com/poem/the-two-kinds-of-people-by-ella-wheeler-wilcox>

There are two kinds of people on earth to-day;
Just 2 kinds of people, no more, I say.

Not the sinner and saint, for it's well understood,
The good are half bad and the bad half good.

Not the rich and the poor, for to rate a man's wealth,
You must first know the state of his conscience and health.

Not the humble and proud, for in life's little span,
Who puts on vain airs is not counted a man.

Photo by Nick Fewings on Unsplash

Not the happy and sad, for the swift flying years
Bring each man his laughter and each man his tears.

No; the two kinds of people on earth I mean,
Are the people who lift and the people who lean.

Wherever you go, you will find the earth's masses
Are always divided in just these two classes.

And, oddly enough, you will find, too, I ween,
There's only one lifter to twenty who lean.

In which class are you? Are you easing the load
Of overtaxed lifters, who toil down the road?

Or are you a leaner, who lets others share
Your portion of labor, and worry and care?

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

Name: _____

Birthdate: _____

Courtesy of C.W.S.S.

Photo by Jason Mitrione on Unsplash

For assistance in reporting Medicare fraud, abuse, or error, call Wyoming SMP at (800) 856-4398

www.smpresource.org
Supported by grant # MPRC0001 from ACL

SMP
Senior Medicare Patrol
Preventing Medicare Fraud

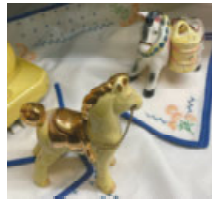
WARNING
GENETIC TESTING SCAM
Medicare beneficiaries are being targeted at senior centers, housing complexes, and other community locations by companies claiming Medicare fully covers a cheek swab that tests for any or all cancers, how your body processes prescriptions, and/or a variety of other genetic or hereditary diseases.

REPORT IT
If you are contacted by anyone who offers these tests, don't do it!



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4th Annual Night
at the Races fundraiser!



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Central Wyoming Senior Services, Casper, WY

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Don't call me "old": Avoiding ageism when writing about aging

December 27, 2023 | Stephanie Morrison, OCPL



Notes from the Kitchen

Ageist messages are everywhere—you need only to browse a greeting card aisle to see countless quips about being a “geezer” or “over the hill.” Ageist content is so prevalent in our society that too many people may not recognize it as problematic.

The World Health Organization (WHO) defines ageism as a combination of stereotypes (how we think), prejudice (how we feel), and discrimination (how we act) directed toward people on the basis of their age. Research has shown that ageism has serious implications for the health of older people, associating it with poorer physical and mental health, reduced quality of life, and even earlier death.

Because ageism is so pervasive, it's easy for well-intentioned writers to inadvertently reinforce harmful stereotypes about older adults. Whether you're writing a blog post, grant application, or journal article, making a few but intentional word choice changes can help people of all ages think more positively about aging.

Language to use

Help increase awareness of ageism and its impact by choosing terminology that promotes a respectful, positive attitude toward older people and aging while still being descriptive and accurate. For example:

- ☑ Choose neutral terms such as “older adults,” “older populations,” and “people over age X” to describe groups of people.
- ☑ When possible, describe the population or age group more specifically, such as: “This study focused on disease risk in Black women between the ages of 65 and 75.”
- ☑ Use “we” and “us” instead of “they” and “them” when appropriate. We are all aging, and many issues that affect older adults also affect younger populations.

Language to avoid

It's also important to recognize terminology that reflects damaging stereotypes about older adults and aging. Certain words and phrases, although intended as benign or even positive, may inadvertently perpetuate negative attitudes. For example:

- ⊗ Don't use words that may have negative connotations, such as “the aged,” “elderly,” and “boomer.”
- ⊗ Avoid the term “elders” except when referencing American Indian/Alaska Native, for whom this term may be preferred and culturally appropriate.
- ⊗ The term “geriatrics” refers to the branch of medicine that deals with the medical care and treatment of older people. Avoid using “geriatric” to describe individuals or groups of people.
- ⊗ Consider that terms including “aging well” and “successful aging” imply there's a right way and a wrong way to age, placing the responsibility for healthy aging on the individual.
- ⊗ Euphemisms like “of a certain age” might suggest there's something shameful about aging.

The bottom line

While ageism is deeply ingrained in our society, there are opportunities to counter common but misguided assumptions about the later part of life. Using respectful and inclusive language, and avoiding words that reflect implicit biases, can help change the narrative.

<https://www.nia.nih.gov/research/blog/2023/12/dont-call-me-old-avoiding-ageism-when-writing-about-aging>

https://www.who.int/health-topics/ageism#tab=tab_1

https://www.who.int/health-topics/ageism#tab=tab_2

Age is one of the first things we notice about other people. However, age is often used to categorize and divide people in ways that lead to harm, disadvantage and injustice and erode solidarity across generations.

Ageism is pervasive, affects people of all ages from childhood onwards, and has serious and far-reaching consequences for people's health, well-being, and human rights. Ageism can be found within institutions, in interactions between people, and within ourselves. Globally, one in 2 people are ageist against older people.

Ageism remains largely invisible despite its wide reach and negative impact on individuals and society. However, it can be combated: policies and laws, educational activities, and intergenerational interventions have all been proven to work to reduce ageism. To create a world for all ages, stakeholders must invest in these strategies, support further research and data collection in this area, and join the global movement to change negative narratives around age and ageing.

Ageism has far-reaching impacts on our health and well-being when we are older:

- ⇒ It is associated with earlier death.
- ⇒ It is linked to poorer physical health, affecting, among others, our ability to recover from disability and our sexual and reproductive health.
- ⇒ It increases risky health behaviors (e.g., eating an unhealthy diet or smoking).
- ⇒ It is associated with poorer mental health, including the onset of depression, increases in depressive symptoms over time, and lifetime depression.
- ⇒ It is associated with lower quality of life and contributes to social isolation and loneliness.

Ageism also takes a heavy economic toll on individuals and exacerbates other forms of disadvantage. More research is required to better understand both the impact that ageism has in earlier stages of life and cumulatively over the life-course.



Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

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

MEAL CALENDAR

June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Swiss Steak Garlic Fettuccine Spinach Apricots Wheat Roll Cherry Pie	3 Smothered Chicken Rice Pilaf Braised Cabbage Dill Cucumbers French Bread Orange Jello Whip <small>World Bicycle Day</small>	4 Ham & Scalloped Potatoes Casserole Green Beans Carrot Raisin Salad Whole Wheat Roll Tropical Fruit	5 Beef & Noodles California Vegetables Mixed Green Salad Fruit Cocktail Cake Honey Wheat Roll	6 Chicken Tacos Lettuce & Tomatoes Beans Rice Pepper Slaw Baked Apples	7 Breaded Tilapia Sweet Potatoes Herb Roasted Tomatoes Mandarin Spinach Salad Cheddar Onion Biscuit Diced Pears	1/8
9 Hot Turkey Sandwich Oven Brown Potatoes Peas & Carrots Tossed Vegetable Salad Apple Crisp	10 Swedish Meatballs Brown Rice Steamed Cabbage Tossed Vegetable Salad VWV Roll Mandarin Oranges	11 Chicken Fried Steak Mashed Potatoes California Vegetables Whole Wheat Roll Chocolate Pudding	12 Chicken Pot Pie Roasted Broccoli Caesar Salad Brown Bread Red Grapes	13 Broccoli Cheese Soup Chicken Salad Sandwich On Wheat Bread Spring Salad Blueberry Buckle	14 Flag Day (US) Tuna & Noodles Peas with Pearl Onions Creamy Slaw Raisin Bread Black Cherries <small>Photo by Benjamin Thomas on Unsplash</small>	15 MEALS INCLUDE MILK & BREAD
16 Happy Father's Day! BBQ Ribs Potato Salad Roasted Corn Cobbette Fresh Fruit Strawberry Shortcake Whole Wheat Roll	17 French Dip Potato Medley Roasted Broccoli Tossed Green Salad Fresh Peaches	18 Sweet & Sour Chicken Fried Rice Oriental Vegetables Asian Slaw Sunflower Bread Almond Cookie	19 Juneteenth—Freedom Day Lamb Tips Mashed Potatoes Roasted Asparagus Dill Cucumbers Wheat Roll Berry Blend	20 BLT Wrap Pasta Salad Fresh Vegetables Broccoli Craisin Salad Lemon Parfait	21 Salmon Loaf Creamy Risotto Winter Mix Garden Bounty Salad Corn Muffin Peach Jello	22
23 Chicken & Noodles Cauliflower Cucumbers & Tomatoes Peach Pie	24 Creamy Burrito Bake Lettuce & Tomatoes Rice Beans Apple Pie Cake	25 Biscuits & Gravy Scrambled Eggs Potato Hash Browns Tomato Basil Salad Sliced Peaches	26 Chef's Salad Meats & Cheeses Hard Boiled Egg Wheat Bread Gingered Pears OJ	27 Beef Pepper Steak Rice Pilaf Roasted Cauliflower Tossed Vegetable Salad Pumpkin Bar	28 Happy June Birthdays! Oven Fried Chicken Mashed Potatoes Stewed Tomatoes Whole Wheat Roll Pistachio Cake <small>Photo by Gary Chapman on Unsplash</small>	29
30 Honey Glazed Ham Baked Potato Dill Green Beans Carrot Raisin Slaw VWV Roll Fruit Pie						MENU SUBJECT TO CHANGE

SPOTLIGHT

BATTLE OF WATERLOO 18 JUNE 1815

The Battle of Waterloo was fought on 18 June 1815 between Napoleon's French Army and a coalition led by the Duke of Wellington and Marshal Blücher. The decisive battle of its age, it concluded a war that had raged for 23 years, ended French attempts to dominate Europe, and destroyed Napoleon's imperial power forever.

The French Emperor Napoleon Bonaparte had escaped from exile in March 1815 and returned to power. Two armies—the Prussians, led by Field Marshal Gebhart von Blücher, and an Anglo-Allied force, under Field Marshal the Duke of Wellington—were gathering in the Netherlands. Together, they outnumbered the French. Napoleon's best chance of success was to keep them apart and defeat each one separately.

In what is now Belgium, on 16 June, the main part of Napoleon's army defeated the Prussians at Ligny and drove them into retreat. The Prussians lost over 20,000 men; French casualties were only half that number. That same day, Wellington beat a separate French attack on the crossroads at Quatre Bras. However, the Prussian defeat at Ligny meant he also had to retreat or risk being outflanked and overwhelmed.

Pursued by Napoleon's main force, Wellington fell back towards the village of Waterloo. Unknown to the French, the defeated Prussians were still in good shape. They retreated north towards Wellington's position and were able to keep in contact with him. His General Staff managed to reorganize the army and move it to Waterloo within 48 hours of its defeat at Ligny. Emboldened by their promise of reinforcements, Wellington decided to stand and fight on 18 June until the Prussians could arrive. Wellington drew up his army along a ridge of Mount St Jean. He positioned most of his forces behind the ridge so they were out of

sight of the enemy and sheltered from artillery fire.

At 11:30am, following a huge artillery bombardment—partly negated by Wellington's position and the wet ground—Napoleon launched a diversionary attack against the Chateau of Hougoumont. Two hours later, the French attacked the Allied left center. As they crested the ridge, they were stopped by British infantry, then faced a counter-attack by heavy cavalry.

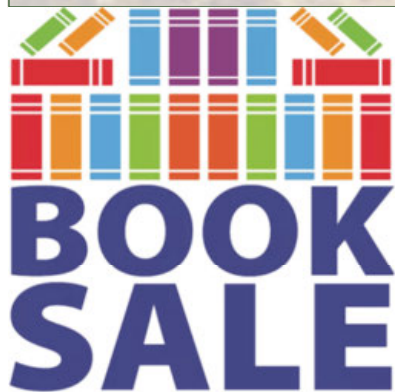
By mid-afternoon, news of the Prussians' arrival forced Napoleon to form a defensive line on his right. French cavalry charged the infantry of Wellington's right center. Meanwhile, the Prussians continued to arrive, forcing Napoleon to detach more troops to steady the situation.

At about 6:00pm, the French captured La Haye Sainte. Under withering fire, Wellington's center began to collapse. French commander Marshal Ney called for reinforcements, but Napoleon decided to send troops to recapture Pancenoit from the Prussians, which gave Wellington time to strengthen his position.

At about 7:00pm, in a last bid for victory, Napoleon released his finest troops, the Imperial Guard. They marched up the ridge, but had chosen to attack where Wellington was strongest. Under withering fire, the Imperial Guard halted, wavered, and finally broke. Their defeat sent the rest of the French into panic and, eventually, retreat. Napoleon lost nearly 40,000 men killed, wounded, or captured; the Allies suffered 22,000 casualties.

Napoleon was defeated. He spoke of fighting on, but was forced to abdicate (again) when the Allies entered Paris on 7 July. He spent the rest of his life in exile on the island of St Helena in the South Atlantic.

<https://www.nam.ac.uk/explore/battle-waterloo>



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Thursday, June 20th
Early Bird Sale—\$20

Friday, June 21st
Second Chance Sale—\$10

Saturday, June 22nd
No Admission Charge!

You're Invited

to an informal, educational
Town-Hall

to answer your questions and concerns regarding the

Proposed Natrona County Senior Citizen Service District On the Primary Ballot



Aimee Fleming
Executive Director
Central Wyoming
Senior Services, Inc.



Jamie Loveall
Executive Director
Natrona County
Meals On Wheels

will be hosting the Town Hall on
Thursday, June 20th | 6:00 to 7:30 p.m.

Casper Senior Center
1831 E. 4th Street in Casper

Moderated by Susan Burk, Casper Senior Center Board of Directors

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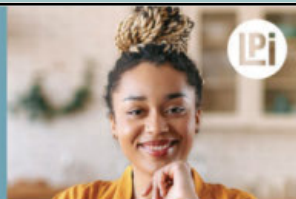
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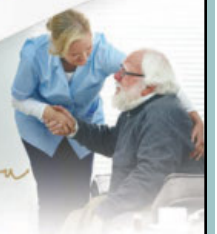


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careers@4lpi.com or
www.4lpi.com/careers

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With you

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307-577-4832 CentralWyomingHospice.org





Why Do We Need a Special District?



Natrona County Senior Citizens Service District

WHY?

Services for Natrona County Seniors are at risk.

The main goal of the Special District is to offer services to Natrona County seniors to help alleviate problems associated with isolation, depression, and related physical health and mental health challenges, as well as socialization and keeping seniors in their own homes to age in place.

WHY?

To provide Financial stability for the Casper Senior Center, Meals On Wheels, and Wyoming Senior Citizens Inc.

Federal, state, and local grants, fundraising, and donations are inconsistent, more challenging and difficult to secure, and often quite restricted in their use. They do not provide a stable and consistent form of funding and the fluctuations and diminished availability are impacting the scope of services available to seniors in Natrona County.

WHY?

To help the most vulnerable residents of Natrona County who are least able to help themselves.

Isolation: It is estimated over 5880 people 65 years and older live alone.

Low income: It is estimated 1400 persons 65 and older have an income below the federal poverty line.

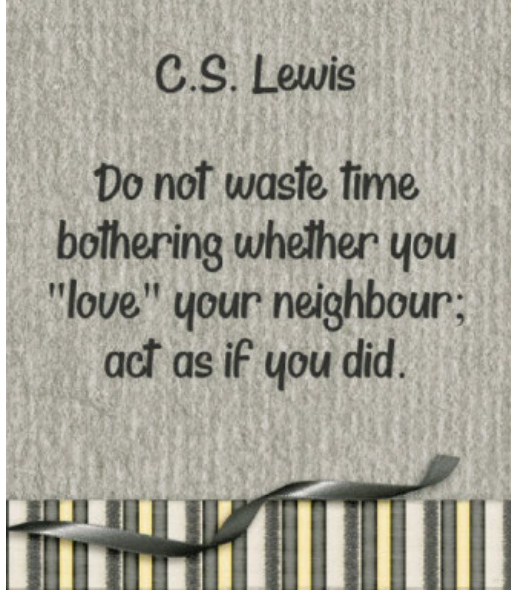
How much will it cost?

If you own a property with \$200,000 assessed value, one mill will cost \$1.58 per month.

The proposal will be voted on by the citizens of Natrona County in the Aug. 20 primary election. It will be renewable in 2 years, then all subsequent terms, 4 years.

*If this special service district does NOT pass, the number of services we already offer may be significantly reduced or worse. It also means we **will not** have the resources to increase services offered to senior citizens of Natrona County.*

natronaseniordistrict@gmail.com



United Way of Natrona County



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

The Employees of:

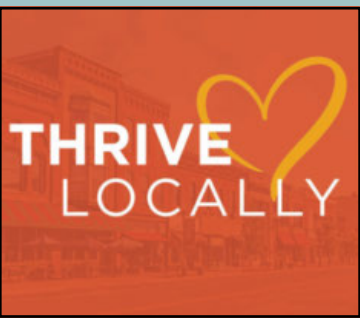


Annual Enrollment Period October 15-December 7 Call for your complimentary Medicare benefits review appointment!

Licensed Insurance Consultants 307-333-4324

Are you going to be NEW to Medicare, retiring, or have questions on your current Medicare coverage? Let us be your Medicare Advocates. We are working for YOU, not the insurance companies.

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ACTIVITIES FOR EVERYONE

Key: AR=Activity Room | CNF=Conference Room | DR=Dining Room | DF=Dance Floor

Activity	Day(s)	Time(s)
Afternoon Tai Chi	Tuesday/Thursday	3:00PM—4:00PM (AR)
Bible Study	Monday	1PM—3PM (AR)
Binding Friends	Monday	6:00PM—8:00PM (CNF)
BINGO! (\$0.50/card)	Thursday	12:30PM—2:00PM (AR)
Bridge	Wednesday/Friday	12/12:30PM—4PM (DR/CNF)
Canasta	Friday	12:00PM—4:00PM (DR)
Caps for Kids	2nd/4th Wednesday	12:30PM—4:00PM (AR)
Casper Antiques Collectors Club	3rd Thursday	5:15PM—8:30PM (CNF)
Casper Cut-Ups	2nd Saturday	9:00AM—2:00PM (CNF)
Casper Needle Guild	3rd Tuesday	7:15PM—9:15PM (CNF)
Chair Exercise	Mon/Wed/Fri	10:00AM—11:00AM (DF)
Chair Yoga	Tuesday/Thursday	9:15AM—9:45AM (AR)
Chess Club	Tuesday	7:00PM—10:00PM
Clogging	Monday (Joyce) Thursday (Lori)	10:30AM—11:45AM (AR) 10:30AM—11:30AM (DF)
Craft Class	Thursday (Main)	10:00AM—12:00PM (AR)
Cribbage	Tuesday	10:00AM—11:30AM (AR)
Dance Club	Monday	6:00PM—8:00PM (DF)
Doll Club	2nd Saturday	2:00PM—4:00PM (CNF)
Grief Support Group	2nd/4th Monday	5:00PM—7:00PM (AR)
Line Dancing	Tuesday	10:00AM—11:00AM (DF)
Meditative Drum Circle	Monday	6:30PM—8:00PM (Lib)
Mexican Train Dominoes	Sun/Mon/Thurs	1:00PM—?4PM? (DR)
Pinochle	Thursday/Friday	12:30PM—4:00PM (DR)
Poker	Mon/Wed/Fri	1:00PM—4:00PM (DR)
Qigong	Thursday	6:00PM—7:00PM (AR)
Sew Crazy Sewing Club	3rd Tuesday	1:00PM—2:30PM (AR)
VA Caregiver (<i>Please call</i>)	2nd Tuesday	11:00AM—12:00PM (CNF)
Wellness Clinic	Tuesday (Main) Thursday (Sites)	10:00AM—2:00PM(DR) 12P—1P (Sites)
WY Dementia Support Group	1st/3rd Thursday	10:00AM—11:00AM (CNF)

2nd Street Discount Liquor
 71 Construction
 Around the Edges
 Artisan Alley
 Boomtown Blast
 Bosco's Italian Restaurant
 The Bourgeois Pig
 Bush-Wells
 C85 Branding Iron
 C85 Galles Liquor
 Casper Country Club
 Casper Wellness Center/Laura Johnson
 City of Casper
 Cloud Peak Ballooning
 Coldstone Creamery
 CY Ace Hardward
 Dark Canyon Coffee Co
 First Interstate Bank (Downtown)
 David/Aimee Fleming
 Ford Wyoming Center
 Dan Grace
 Guadalajara Mexican Restaurant
 The Hanger
 Miles Hartung/Ruth Doyle
 The Historic Sheridan Inn
 JW Williams



Our 4th Annual Night at the Races would not have been the successful evening we enjoyed without the generous support of these many individuals and companies in our community!

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 Pro-Kote Engineering & Supply
 Ramkota Hotel
 Rib & Chop House (Casper)
 Rib & Chop House—Laramie
 Rocky Mountain Discount Sports
 Rocky Mountain Maid Services
 SERVPRO of Casper
 Harold/Debera Siems
 Silver Fox Steakhouse
 HF Sinclair Refinery
 Studio City East
 SunSations Tanning Salon
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 Together We Art—John/Kathy Dilgarde
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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.

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 (307) 233-2700 or Toll free (800)380-1820 to speak to
Dr. Krmpotich, Dr. Joubran, Dr. Cooper, Dr. Fahed
 The doctors have treated the most Barrett's Esophagus patients in Wyoming.
 You may also visit www.curebarretts.com to learn more online

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Senior Services, Inc.
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(307) 265-4678
"The Heart of
Natrona County"



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PARTING THOUGHTS

"All social life, stability, progress, depend upon each man's confidence in his neighbor, a reliance upon him to do his duty."

~ American Educator/Political Scientist Abbott Lawrence Lowell ~

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!

We would like to extend a huge **THANK YOU** for the support from our amazing community and members! Please see the information about the proposed Senior Citizens District inside! Aimee will be happy to answer questions, if you kindly make an appointment.

Volunteer

Opportunities:

If you are interested in giving your time, please see the office.



We cannot stress enough how much we depend on our volunteers.

YOU keep the Senior Center running and allow us to continue providing vital services to members and our community!

Thank You Always!