

WHAT'S MY NAME?

NOVEMBER 2020

CENTRAL WYOMING SENIORS SERVICES INC

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

Flu Season and the Coronavirus: How to Prepare By: Lisa Lockerd Maragakis, M.D., M.P.H. | Updated: September 14, 2020
<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/flu-season-and-the-coronavirus-how-to-prepare>

Flu season starts in the fall, and this year, the continuing coronavirus pandemic will complicate the picture. COVID-19 and the flu are both contagious respiratory illnesses. You may be wondering:

- If you get sick, what should you do?
- How important is it to get your flu shot this year? (Spoiler alert: very.)
- Will the flu season be bad this year?

Infectious disease expert Lisa Maragakis offers insights on what to keep in mind as you prepare for the fall and winter flu season.

Flu and Coronavirus Symptoms: How do I tell them apart?

Unfortunately, the short answer is, you can't. If you come down with any kind of illness, the best thing to do is call your doctor, explain your symptoms, and self-quarantine until you know what's going on.

SARS-CoV-2, the coronavirus that causes COVID-19, is a new germ we haven't encountered before, and symptoms can vary from one person to the next.

Because some coronavirus symptoms are similar to those of bronchitis, the common cold, the flu, and respiratory syncytial virus (RSV), this year it is likely a test will be necessary to tell the difference.

If You Have Symptoms: What to Do

Call your doctor. If you or your child has a fever, cough, congestion, sneezing, sore throat, runny nose, nausea, vomiting, diarrhea, or any other symptoms of infectious illness, stay home, call your doctor, and follow his or her recommendation. It is likely that he or she will recommend that you are tested for the flu and COVID-19.

Seasonal Flu 2020: Will this year's flu season be severe?

It is hard to predict how bad the seasonal flu will be. Each year there are several different flu viruses around, and the viruses mutate (change) from year to year. The flu shot is updated each year to protect you against three or four of the worst strains that are expected to show up during that season.

Human behavior is also a factor. This fall and winter, it may be that our behavior changes—such as wearing a mask and practicing physical distancing, and closures or cancellations affecting school, work, travel, and public events—help contain the spread of the flu and other respiratory viruses, in addition to COVID-19.

But there is another factor to think about: Doctors are noting that fewer patients are getting recommended vaccines. Many people get their flu shots through their employer, school, or local health department. Because of the pandemic, some of these large-scale vaccination events might not take place this year.

Avoid the Flu and Other Illnesses During the Coronavirus Pandemic

Both the flu and COVID-19 are spread through infected droplets and particles in the air, and can cause severe illness—even death.

As cases of COVID-19 continue to appear, other respiratory illnesses, including the flu, haven't gone away. A flu outbreak in a location that's also experiencing a lot of COVID-19 cases could overwhelm hospitals and make it hard for doctors and hospitals to care for a sudden surge of sick patients.

Continued, page 5

Try to Find This!

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

2 Chances in this issue!



INSIDE THIS ISSUE

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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Kim Latka..... Treasurer
Linda Blackstone Secretary

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Crystal Morse *Linda Loranger*
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Executive Director

Rita Wagner

Assistant Director

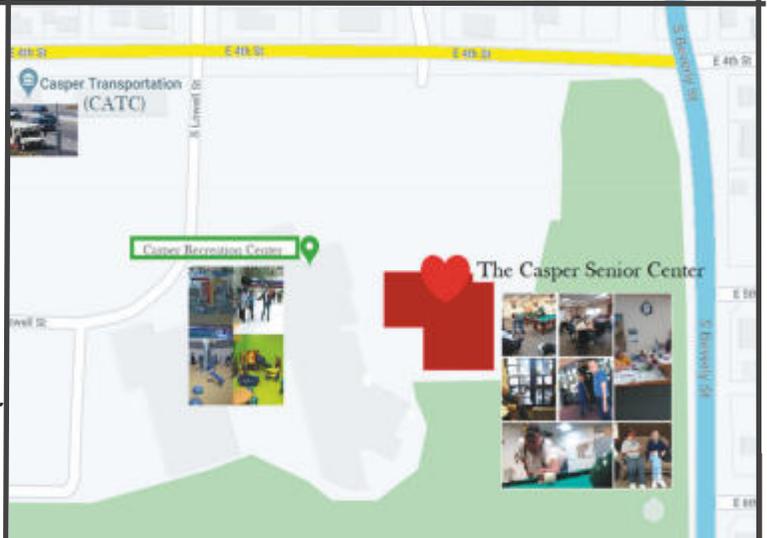
Rachel Brown

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



[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

First Friday
after the
Center re-opens!
Date TBD
Ask Rae for more
details.



REMINDER:



Closed Thursday & Friday
HAPPY THANKSGIVING
Have a wonderful holiday!

DATES:

November 26th & 27th

Also closed
for
Sunday Lunch
on
November 29th



Thanksgiving Turkey Dinner
Wednesday, November 25th
11:00 AM–1:00 PM
Bring your appetite!!

Let Us Serve You!

Sudoku 28

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

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

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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.

RIDDLE

A box without hinges, key, or lid,
Yet golden treasure inside is hid.
What am I?

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

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:

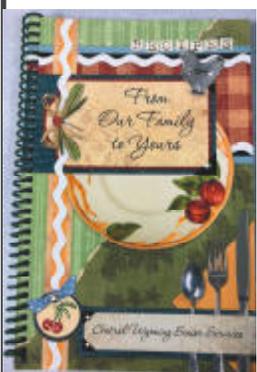
Casper: 11:00 AM to 1:00 PM

Mills: Noon to 1:00pm

Evansville: Noon to 1:00 PM

Reservations Required at the Mills and Evansville Sites

MENU IS SUBJECT TO CHANGE



Copies of The Casper Senior Cookbook Are Still Available!
\$10.00 each

Buy yours for some great recipes to try!

Cover Story, cont.

Can you have the coronavirus and the flu at the same time?

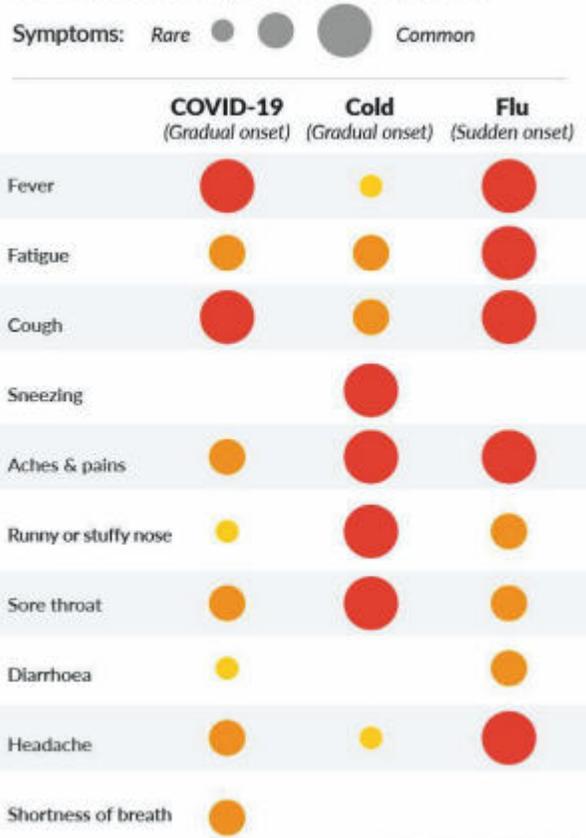
Unfortunately, yes—and if you have the coronavirus and the flu at the same time, the resulting impact could be even more severe than having either infection alone. By this fall, some areas may have a test available that can look for both the coronavirus and flu viruses so you only need one test.

Cold and Flu Season Precautions: What to do

1. Get a flu shot. Even if you usually skip a flu shot, this is the year to make sure you get one. It is safe for you to go to the doctor for a flu shot. For the 2020-2021 flu season, the US Centers for Disease Control and Prevention, or CDC, recommends that you get your flu shot in September or October. Ask your doctor if you should get a pneumonia shot too.
2. Don't forget the kids. It's important to ensure your children (over 6 months old) get flu shots—and any other vaccines they need.
3. Care for yourself and your family with good nutrition, plenty of rest, proper hydration, regular exercise, and stress management. And always stay home if you don't feel well.
4. Continue protecting yourself from the coronavirus. Even if you are tired of following coronavirus precautions such as washing your hands frequently, cleaning and sanitizing, wearing a face mask, and physically distancing, it's especially important now to keep up the good work—and encourage your family to do the same.

Maintaining these habits through the cold and flu season will help prevent COVID-19 and other fall and winter illnesses as well.

Is it Coronavirus, or something else?



IRISH TIMES GRAPHICS

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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.

What happened in 1960? Major News:

- * January 1st—Johnny Cash plays the first of many free concerts behind bars
- * January 26—Oakland Raiders enter the American Football League
- * February 18—VIII Winter Olympic Games open in Squaw Valley, California
- * February 29—1st *Playboy Club*, featuring bunnies, opens in Chicago
- * March 5—Elvis Presley ends 2-year hitch in US Army
- * March 15—Key Largo Coral Reef Preserve (first underwater park) established
- * April 1—Census determines the resident population of the US to be 179,245,000
- * April 27—First South Korean President Syngman Rhee resigns after 12 years in power
- * May 6—US President Dwight D. Eisenhower signs Civil Rights Act of 1960
- * May 15—Taxes took 25% of earnings in US
- * June 16—Alfred Hitchcock psychological horror film “Psycho” opens in New York City
- * June 23—1st contraceptive pill made available for purchase in US
- * July 4—America’s new 50-star flag honoring Hawaiian statehood unfurled
- * July 13—US Democratic convention nominates JFK as presidential candidate
- * August 6—Chubby Checker performs “The Twist” on “The Dick Clark Show” and starts a worldwide dance craze
- * August 18—The Beatles give 1st public performance (at Indra Club in Hamburg)
- * September 10—NY Yankee Mickey Mantle hits 643’ home run over right field roof in Detroit
- * October 19—Martin Luther King Jr. arrested in Atlanta
- * November 8—John F. Kennedy elected President of the United States
- * November 14—Riot due to school integration in New Orleans
- * November 27—Gordie Howe becomes 1st NHLer to score 1,000 points
- * December 2—Paleoanthropologist Louis Leakey discovers 1.4 million year old *Homo erectus* (Olduvai Hominid 9) in Olduvai Gorge, Tanzania

What It Cost

New House:	\$ 12,700.00
Median Income:	\$ 5,315.00
New Car:	\$ 2,600.00
Postage Stamp:	\$ 0.04
Gasoline:	\$ 0.25/gal
Eggs:	\$ 0.49/doz

The Story Behind No-Shave November

BY DU BEAT | NOVEMBER 12, 2017

No-Shave November has become increasingly popular in the last couple of years. However, many are still unaware of the reason that led to the creation of this campaign. Here’s the story behind this unique concept.

No-Shave November appears to be a trend to grow a beard and compete with friends to see who has a larger beard. Naturally, the ones who aren’t able to grow one suffer a lot of insults and become the subject of jokes among friends.

It is an awareness campaign for different types of cancers, including prostate cancer. The basic idea behind the campaign is that men who support the cause won’t shave or clip their hair or beard for the entire month. The money they save from not using it up in shaving their hair should be donated to cancer patients instead. Call it bizarre or call it unique, it is definitely a creative idea to support a noble cause.

No-Shave November started in 2009 after a father in Chicago passed away due to colon cancer. He had eight sons and daughters in total who started this campaign. Over the past eight years, the campaign has gained a lot of popularity, but the real significance is lost somewhere. This campaign has a couple of unique health benefits as well. As per various reports, a beard is a natural toxin filter which keeps dust from getting into our lungs. Beards can also help in preventing blemishes.

Many people confuse this campaign with another similar campaign called “Movember”. Movember is another awareness campaign which started in Australia in 2003. However, this campaign deals with not clipping off the moustache only. It has nothing to do with the sideburns.

It is a pity that such a great cause has lost its meaning and has ended up becoming a trend of hashtags and memes. People don’t even know why they do it. The apparently “trendy” population over the internet just sees this campaign as an opportunity to look cool and stay updated with the latest style. This highlights the dumbing down of people that the internet has caused. It is important that the internet users understand what they see so that great campaigns like No-Shave November don’t fall prey to the “cooler” side of the internet.

Karan Singhania | karans@dubbeat.com | <https://dubbeat.com/2017/11/the-story-behind-no-shave-november/>

Creamy Turkey & Stuffing Casserole

(leftover Turkey recipe)



Ingredients:

- ◆ 1/2 cup all-purpose flour
- ◆ 6 tablespoons butter
- ◆ 1/2 cup diced onion
- ◆ 2 garlic cloves minced
- ◆ 2/3 cup milk or cream
- ◆ 2 cups chicken broth
- ◆ 1/2 teaspoon salt
- ◆ 1/4 teaspoon black pepper
- ◆ 1/2 cup sour cream
- ◆ 3 cups diced or shredded turkey
- ◆ 1 1/2 cups frozen mixed veggies, thawed
(or other leftover veggies)
- ◆ 3-4 cups cooked stuffing
- ◆ Fresh minced parsley

Instructions:

1. Grease a 13x9-inch rectangular baking dish with nonstick cooking spray and set aside. Preheat oven to 375 degrees F.
2. In a large saucepan, melt butter over medium-low heat. Add onion and cook for 2-3 minutes or until softened. Stir in garlic for 30 seconds then whisk in flour, salt and pepper and cook, stirring frequently until golden; about 2-3 minutes. Pour in milk and broth and bring to a simmer, stirring frequently, until thickened. Remove from heat and set aside. Taste and adjust seasonings, as desired.
3. Stir in sour cream, diced turkey, and vegetables.
4. Pour mixture into the prepared baking dish and top evenly with small spoonfuls of leftover stuffing, breaking it up with your fingers if necessary.
5. Bake at 375 degrees for 30-35 minutes or until bubbly and golden. Allow several minutes to cool and set.
6. Garnish with fresh minced parsley and serve immediately.



Published on November 2, 2019, Updated September 2, 2020 by Kristin Maxwell

<https://www.yellowblissroad.com/turkey-and-stuffing-casserole/#wprm-recipe-container-25417>

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Gifts & Memorials

Note: This is a list for Gifts or Memorials given between September 26th—October 20th
If donations were made between those dates and you were not recognized, please see Rita.

Memorials

Robert Bressler

Robert & Carol Tarantola
Errol Miller
Robert & Celia Kirkwood
Joyce Waddell
Lucy Schoenewald
Maurine Hoffman
Tiffany Gamble

Barbara Oxner

Maurine Hoffman

Jean Kapp

Sundahl, Powers, Kapp,
& Martin LLC

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

Reveille Rotary
John Savage
Frank C Stofflet
Barbara Yonts
Ron & Joanne Kumor
Debra Raugutt
Mary Lynn Corbett
St. Mark's Episcopal Church

Famous November Birthdates

- 1, 1957—Lyle Lovett, country singer
- 4, 1879—Will Rogers, cowboy & actor
- 9, 1918—Spiro T. Agnew, former US Vice President
- 12, 1929—Princess Grace of Monaco (Grace Kelly)
- 16, 1977—Oksana Baiul, champion Olympic skater
- 18, 1928—Mickey Mouse's Birthday
- 20, 1889—Edwin Hubble, astronomer
- 21, 1966—Troy Aikman, NFL Dallas Cowboys QB
- 22, 1958—Jamie Lee Curtis, actress
- 25, 1981—Barbara & Jenna Bush, daughters of US President George W. Bush
- 29, 1955—Howie Mandel, actor/comedian
- 30, 1955—Billy Idol, singer

Fun NOVEMBER Facts!

- * The name of the month is derived from the Latin word "novem," meaning nine. After January and February were added to the Julian calendar, it became the 11th month
- * Anglo-Saxons called the month "Blotmonath," meaning Blood Month, referencing the blood of animals slaughtered
- * Out of 37 plays and 154 sonnets written by William Shakespeare, the writer did not once mention the month of November
- * According to statistics from social media sites, this month sees the largest amounts of memes posted and shared on the internet
- * Out of a study of 100 serial killers, 17 were born in November compared to an average of 9 in all other months
- * Birth gemstones are Topaz and Citrine
- * Birth flower is the Chrysanthemum
- * This is the last full month of the Autumn season

MORE REASONS TO CELEBRATE NOVEMBER!

(National Caregivers Awareness Month)
(Aviation History Month)
(Peanut Butter Lovers Month)

- 4th—Check Your Blood Pressure Day
- 9th—World Freedom Day
- 15th—America Recycles Day
- 20th—Universal Children's Day
- 28th—Red Planet Day

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

Name: _____

Birthdate: _____

Courtesy of C.W.S.S.

Part 2: 7 Key Nutrients for Senior Nutrition

By Katie Dodd | February 14, 2020

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



Calcium and Seniors

Calcium and vitamin D go hand-in-hand. Both are so important for bone health. Calcium is a mineral involved in bone health, muscle health, nerve transmission, and hormone secretion. It's important to note that foods high in "oxalic acid" decrease the absorption of calcium.

Foods high in oxalic acid include spinach, collard greens, sweet potatoes, and beans. These foods actually have some decent calcium, but because oxalic acid is present, the calcium isn't well absorbed. So, these are foods we wouldn't consider to be good sources of calcium.

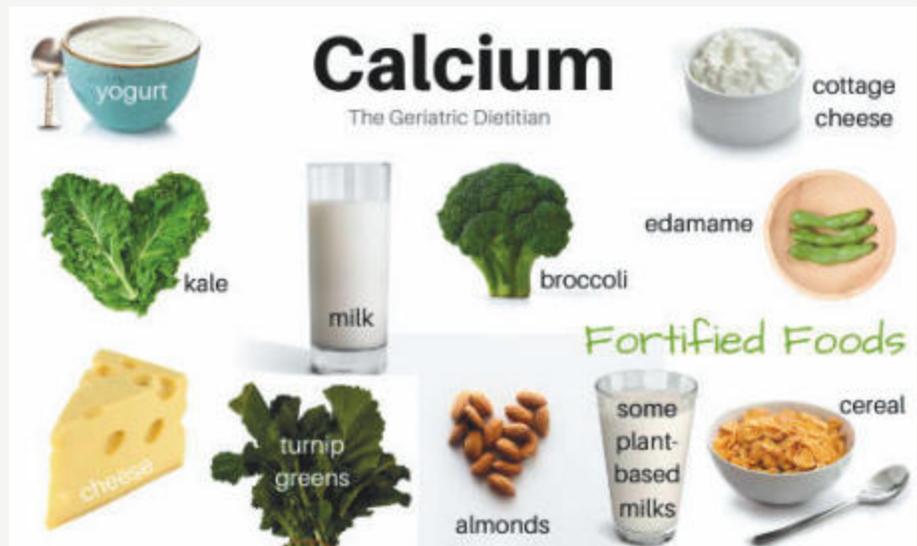
Calcium Needs

If an older adult doesn't get enough calcium it can cause weak bones and fractures. Too much calcium can cause kidney damage or kidney stones.

The RDA for calcium is 1,200 mg for men >70 years old and women 51+ years old. For younger adults of both genders the RDA is 1,000 mg (1). Older adults need more calcium, but the reality is most older adults don't get enough calcium in their diets.

Food Sources of Calcium

- Cheese
- Milk
- Fortified beverages
- Turnip greens
- Yogurt
- Almonds
- Edamame
- Kale
- Bok choi
- Broccoli



For older adults with lactose intolerance (this means they can't break down the sugar found in milk) getting enough calcium can be a challenge. They may be able to consume dairy in very small amounts at a time. They also may be able to tolerate dairy when taking a lactase enzyme supplement.

However, for those who do not consume dairy at all, they should be mindful to consume plant-based foods high in calcium and other calcium fortified food and beverages (ex. fortified cereal, milk alternatives, orange juice).

See next issue for Part 3!



Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

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

MEAL CALENDAR

November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Roast Beef Mashed Potatoes Roasted Broccoli Chunky Cheese & Vegetable Salad Cherry Pie	2 Chicken Pot Pie Green Bean Medley Cottage Cheese & Chives Mandarin Oranges	3 Italian Sloppy Joe Broccoli Pasta Salad Fresh Vegetables Zucchini/Tomato Salad French Vanilla Pudding	4 Ham Loaf Oven Fried Potatoes Harvard Beets Lettuce Wedge Fresh Strawberries	5 Taco Salad Spicy Black Beans Fiesta Rice Chopped Lettuce & Tomato Peach Pie Cake	6 Baked Tilapia Butternut Squash With Brown Sugar Green beans Almandine Dilled Cucumbers Raspberry Jell-O	7
8 Brown Sugar Pork Tenderloin Oven Brown Potatoes Peas Creamy Slaw Pumpkin Crunch	9 Beef & Noodles Brussels Sprouts Black Cherries Chocolate Pudding	10 Pork Zucchini Stir-Fry Fried Rice Oriental Vegetables Asian Slaw Citrus Fruit	11 Hearty Vegetable Soup Chicken Salad on Croissant Relishes Potato Chips Grape Salad Sugar Cookie	12 Spanish Steak Garlic Pasta Garlic Green Beans Spinach Orange Salad Apricot Halves	13 Tuna & Noodles Green Peas Marrnated Bean Salad Fresh Peaches	14
15 Baked Chicken Garlic Pasta California Vegetables Tossed Salad Peach Pie	16 Honey Barbecue Pork Meatballs Brown Rice Winter mix Baked Apples	17 Stuffed Pepper Rice Pilaf Golden Corn Chopped Veg Salad Strawberry Jell-O	18 French Dip Bake Potato Green Beans Cottage Cheese/Peaches Cherry Yum-Yum Dessert	19 Chicken Alfredo Mixed Vegetables Diced Peas Vinegar Cucumbers	20 Salmon Filet Creamy Risotto Roasted Asparagus Carrot Raisin Salad Pear Crisp OJ	21
22 Beef Wellington Roasted Cauliflower Broccoli Grape Salad Apple Spice Cake	23 Apple Cinnamon French Toast Breakfast Sausage Sliced Tomatoes Berry Blend Fruit	24 Sliced Ham Scalloped Potatoes Catalina Blend Asparagus Salad Orange Dreamsicle Fluff	25 THANKSGIVING DINNER WITH ALL THE TRIMMINGS	26 CLOSED	27 CLOSED	28
29 CLOSED	30 Chick Tortilla Bake Mexican Corn Tomato/Cucumber Salad Fruit Cocktail Cake					

Among the impacts of COVID-19 is a marked increase in cooking fires. With millions more Americans staying home, cooking at home has become more common. In a recent survey by marketing firm Hunter, 54% of adults said they've been cooking more since the coronavirus epidemic began. Not surprisingly, fire departments are now reporting a rise in cooking fires.

According to a recent National Fire Protection Association (NFPA) report, cooking is the leading cause of home fires and home fire injuries — and the second leading cause of home fire deaths. The type of cooking appliances made a difference; people using electric ranges showed a higher risk of cooking fires (and associated losses) than those using gas ranges.

THANKSGIVING SAFETY



THE GREATEST
NUMBER OF HOME-COOKING
FIRES OCCUR ON
THANKSGIVING.

TOP CAUSES OF HOME FIRES:



HEAT SOURCE TOO CLOSE
TO FLAMMABLE MATERIALS



PRODUCT MISUSE
(MOSTLY TURKEY FRYERS)

UNATTENDED
EQUIPMENT



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LEAVING COOKING
EQUIPMENT ON



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Central Wyoming Senior Services, Casper, WY

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5 Facts to Know About Veterans Day

Veterans Day is a well-known American holiday, but there are also a few misconceptions about it – like how it's spelled or whom exactly it celebrates. To clear some of that up, here are the important facts you should know.

❏ Veterans Day does NOT have an apostrophe.

A lot of people think it's "Veteran's Day" or "Veterans' Day," but they're wrong. The holiday is not a day that "belongs" to one veteran or multiple veterans, which is what an apostrophe implies. It's a day for honoring all veterans – so no apostrophe needed.

❏ Veterans Day is NOT the Same as Memorial Day.

A lot of Americans get this confused, and we'll be honest – it can be a little annoying to all of the living veterans out there.

Memorial Day is a time to remember those who gave their lives for our country, particularly in battle or from wounds they suffered in battle. Veterans Day honors all of those who have served the country in war or peace – dead or alive – although it's largely intended to thank living veterans for their sacrifices.

❏ It was originally called Armistice Day, commemorating the end of World War I.

World War I officially ended when the Treaty of Versailles was signed on June 28, 1919. However, the fighting ended about seven months before that when the Allies and Germany put into effect an armistice on the eleventh hour of the eleventh day of the eleventh month.

For that reason, Nov. 11, 1918, was largely considered the end of "the war to end all wars" and dubbed Armistice Day. In 1926, Congress officially recognized it as the end of the war, and in 1938, it became an official holiday, primarily a day set aside to honor veterans of World War I.

But then World War II and the Korean War happened, so on June 1, 1954, at the urging of veterans service organizations, Congress amended the commemoration yet again by changing the word "armistice" to "veterans" so the day would honor American veterans of all wars.

For a while, Veterans Day's date was changed, too, and it confused everybody.

Congress signed the Uniform Holiday Bill in 1968 to ensure that a few federal holidays – Veterans Day included – would be celebrated on a Monday. Officials hoped it would spur travel and other family activities over a long weekend, which would stimulate the economy.

❏ For some inexplicable reason, the bill set Veterans Day commemorations for the fourth Monday of every October.

On Oct. 25, 1971, the first Veterans Day under this new bill was held. We're not sure why it took three years to implement, but not surprisingly, there was a lot of confusion about the change, and many states were unhappy, choosing to continue to recognize the day as they previously had – in November.

Within a few years, it became pretty apparent that most U.S. citizens wanted to celebrate Veterans Day on Nov. 11, since it was a matter of historic and patriotic significance. So on Sept. 20, 1975, President Gerald Ford signed another law (Public Law 94-97), which returned the annual observance to its original date starting in 1978.

❏ Other countries celebrate it, too, in their own ways.

World War I was a multinational effort, so it makes sense that our allies also wanted to celebrate their veterans on Nov. 11. The name of the day and the types of commemorations differ, however.

Canada and Australia both call Nov. 11 "Remembrance Day." Canada's observance is pretty similar to our own, except many of its citizens wear red poppy flowers to honor their war dead. In Australia, the day is more akin to our Memorial Day.

Great Britain calls it "Remembrance Day," too, but observes it on the Sunday closest to Nov. 11 with parades, services and two minutes of silence in London to honor those who lost their lives in war.

NOV. 5, 2018 | BY KATIE LANGE

<https://www.defense.gov/Explore/Features/Story/Article/1675470/5-facts-to-know-about-veterans-day/>



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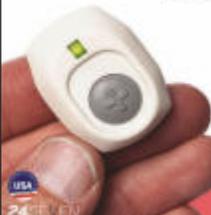


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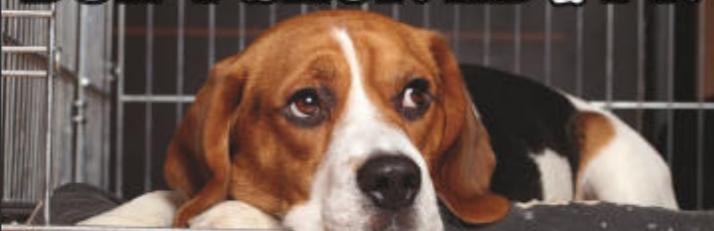
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ACTIVITIES AVAILABLE WHEN CENTER IS OPEN

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

NOTE:

*Locations subject to change.
Please check board for more info on days of activities!
If we have missed any events, please let the front desk know so that we can publicize your activity.
Private events are not listed.*

THE OLD FARMER'S ALMANAC

FOUNDED IN 1792

The Full Beaver Moon reaches peak fullness in the morning hours of Monday, November 30 at 4:30 AM EST.

WHY IS IT CALLED THE BEAVER MOON?

This is the time of year when beavers begin to take shelter in their lodges, having laid up sufficient stores of food for the long winter ahead. During the time of the fur trade, it was also the season to trap beavers for their thick, winter-ready pelts.

The November full Moon was also called the Full Frost Moon by some Native American groups. Judging by the often chilly weather that becomes more and more common at this time of year, it's not hard to understand how this name came about!

MOON FACTS:

- ☾ Did you know? The spin-time of the Moon on its own axis is identical to the time it takes to revolve around the Earth, which is why the Moon always keeps almost exactly the same face toward us.
- ☾ How much would you weigh on the Moon? Just multiply your weight (it doesn't matter if it's in pounds or kilograms) by 0.165. You'd weigh about 80 percent less!

Sky Watch, November 2020

FULL BEAVER MOON



THE OLD FARMER'S ALMANAC

MOON PHASE CALENDAR:

	Last Quarter: November 8, 8:46 A.M. EST
	New Moon: November 15, 12:07 A.M. EST
	First Quarter: November 21, 11:45 P.M. EST
	Full Moon: November 30, 4:30 A.M. EST

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LAST WORDS

"There's a lot of optimism in changing scenery, in seeing what's down the road."

~ American Singer-Songwriter Conor Oberst ~

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, 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.

