

# WHAT'S MY NAME?

SEPTEMBER 2020

CENTRAL WYOMING SENIOR SERVICES INC

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

*Central Wyoming Senior Services, Inc. thanks the following businesses and individuals for the purchases of 4-H/FFA livestock in support of the senior meals program:*

4-W, Jared Williams  
Donna Kennedy  
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Hilltop Bank

Joe Scott Enterprises  
McMurray Foundation  
McMurray Ready Mix  
Noland Feed

*We commend you for our support of our Seniors and the youth in 4-H and FFA programs*



**Try to Find This!**

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

Chance in this issue!



Social distancing remains so difficult, for all of us and surely for you as well. While we are in the process and excited to be working on a re-opening, we are doing our best to adequately meeting all of our clients' needs.

We have several names for the newsletter under consideration and are continuing to offer more helpful and diverse content.

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# WHO'S WHO AROUND THE CENTER

## Board of Directors

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<i>Barbara Flinn</i>	Vice President
<i>Kim Latka</i>	Treasurer
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## City Council Liaison

*Ray Pacheco*

## Executive Director

*Rita Wagner*

## Assistant Director

*Rachel Brown*

## Community Programs Director

*Lacey Kidman*

## Dietary Director

*Kimberly Cooper*

## LOCATION:

### CASPER (MAIN)

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

### MILLS

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### EVANSVILLE

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

## Connect with us:



[www.casperseniorcenter](http://www.casperseniorcenter)



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

## Our 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.

## 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 40,000 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.



# The History of Constitution Day

<https://www.constitutionfacts.com/us-constitution-day/history-of-constitution-day/>

Also known as Citizenship Day, Constitution Day is an American Holiday honoring the day 39 delegates to the Constitutional Convention signed the U.S. Constitution. This historic date was September 17, 1787.

**"I Am an American Day"** In 1939, the New York City news tycoon William Randolph Hearst suggested the creation of a holiday to celebrate American citizenship. Not only did Hearst have a wide readership of his daily newspapers, but he had significant political connections, and in 1940, Congress designated the third Sunday in May as "I am an American Day." President Harry Truman approved the resolution, setting aside this date in honor of the American people, especially those who had recently become citizens of the United States.

One of the most significant individuals in the evolution of the holiday was a Louisville, OH resident named Olga T. Weber. In 1952, she petitioned the leaders of the municipality to change the date of the holiday to correspond with the anniversary of the signing of the United States Constitution. Once they agreed to it, she didn't stop there, and took her requests to the State, who also approved. In 1953, Olga went to United States Congress, and both the Senate and the House of Representatives approved her requests. The original resolution was overturned and a new law took its place. After Dwight D. Eisenhower signed it, the "I am an American Day" observation became "Citizenship Day" and moved to September 17. Louisville became the first city in the United States to celebrate Citizenship Day on September 17, 1952.

Another important figure in the creation of Constitution Day is Louise Leigh. After taking a course with the National Center for Constitutional Studies, she was inspired to spread her love of the Constitution throughout the country. In 1997, she founded a nonprofit organization called Constitution Day, Inc. to help encourage recognition of the importance of this national holiday. Through her efforts, Constitution Day became an official holiday alongside Citizenship Day in 2004 when, with support from Senator Robert Byrd, the "Constitution Day" amendment to the Omnibus Spending Bill passed.

In May 2005, the US Department of Education backed the law when it announced that it would apply to any school receiving federal funds of any kind. The two allowances of the law were that the head of every federal agency provide each employee with educational materials concerning the Constitution on 17th of September and that each educational institution which receives Federal funds should hold a program for students every Constitution Day.

Constitution Day, along with Independence Day and Presidents' Day, is an important part of the cultural heritage of the United States of America, because it recognizes the value of the American experiment, and the success of a nation of free people whose rights and liberties are protected by a written Constitution.

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# MISCELLANEOUS INFORMATION

WAYS TO



GET HELP:

Wyoming Home Services is a program that provides assistance to an individual in their home.

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

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

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

*Any questions? Come see Lacey or Alicia!*

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

We're looking for interested parties for new activities.

If you would like to try:

**Mah-Jongg**

**Bunco**

**Crocheting**

**Knitting**

**Zentangle**

**Cribbage**

or have a suggestion for another activity, please come to the office to discuss with staff!

Board Meeting Schedule:

(All meetings are public)

Fourth Monday of each month at 2:00 pm in the Conference Room.

This is the perfect time for the public to attend and find out about what is happening within the Agency.

**Meal Prices:**

**Suggested donation for a senior meal is \$5.00. We do offer 10 and 20 count punch tickets. As an incentive, we will offer one free meal with every 20 punch ticket donation.**

**Remember that our guests under the age of 60 need to purchase a single meal ticket at the reception desk for \$8.00. (See the notices posted.) When you invite a non-senior guest, please stop by the front desk to purchase their meal ticket**

**Thank you for your support of our meal program!.**

**Meal Times:**

**Casper: 11:00 AM to 1:00 PM**

**Mills: Noon to 1:00pm**

**Evansville: Noon to 1:00 PM**

**Reservations Required at the Mills and Evansville Sites**

**MENU IS SUBJECT TO CHANGE**

## RIDDLE

What goes up but never comes down?  
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 while supplies last!*





## The Importance of Staying Hydrated

Being dehydrated can cause confusion, headaches, elevated heart rate, muscle weakness and fatigue. Because the effects of dehydration are so great, seniors need to be especially vigilant about getting enough water throughout the day.

Seniors that think they may be dehydrated should discuss their symptoms with their doctor before making any changes to their fluid intake.

1. Create a schedule – it can be difficult to drink a lot of water in one sitting. However, creating a schedule that accounts for daily activity, physician-recommended intake levels and the preferences of the senior can help keep hydration on track.
2. Eat water-rich foods – Eating cucumbers, watermelon, apples and other water-rich produce can help seniors get more fluids at mealtimes. Broth is also a good option.
3. Make water more interesting – For those that don't enjoy drinking water, adding small amounts of juice or flavoring to water can make it less boring. Popsicles are also a great option...especially on warm days!
4. Reduce water loss – excessive sweating can contribute to dehydration – keeping inside temperatures at a reasonable level, and being mindful of fluid loss during outside activities, can help seniors stay hydrated.
5. Don't wait for thirst-often, by the time seniors feel thirsty, they may already be dehydrated.

References:  
Centers for Disease, Family Doctor,  
Mayo Clinic, and WebMD

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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](http://www.wyoming211.org) or dial 2-1-1 to get connected.



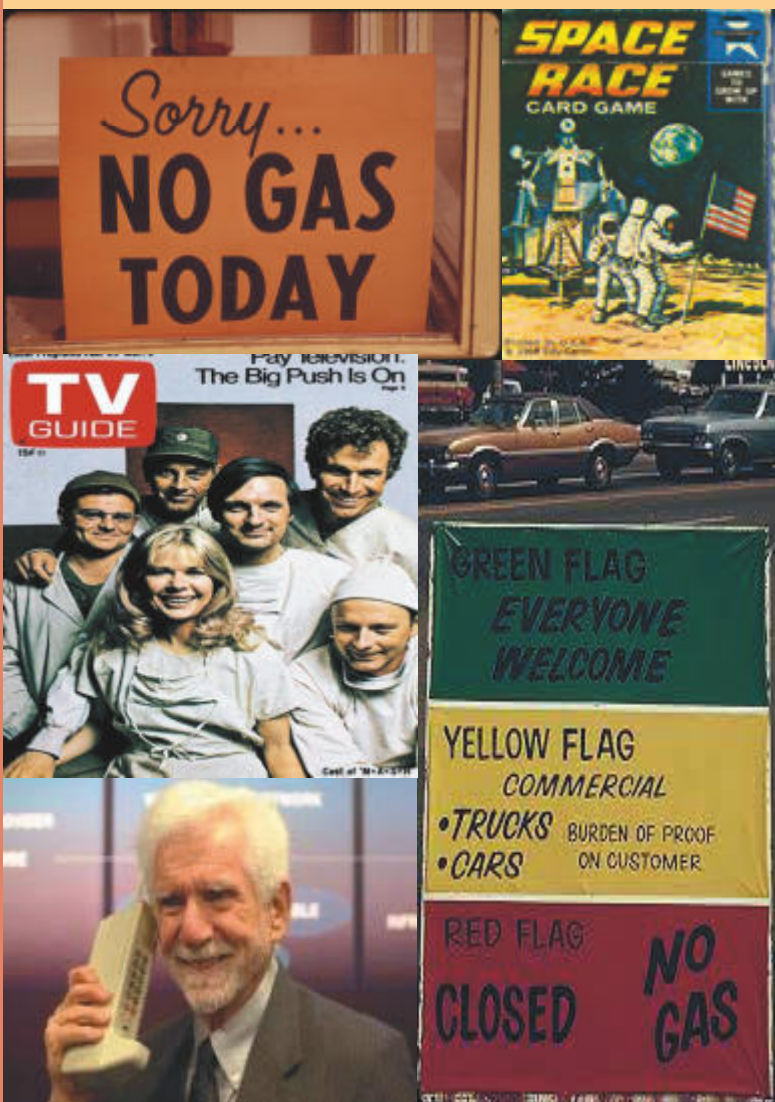
# What Happened in 1973

## News:

- After 12 years, the U.S. ends all military operations in Vietnam.
- The 1973 oil crisis begins. Oil-producing Arab nations cease exports, causing oil prices to soar, setting off a worldwide energy and economic crisis.
- Construction is completed on the world's tallest building: the World Trade Center.
- The Watergate scandal.
- *Skylab*, the first American space station, is launched.
- The American Psychiatric Association officially declares that homosexuality is not a "mental disorder."
- The first handheld mobile phone call is made by Motorola engineer Martin Cooper on April 3.

The Oldsmobile Toronado becomes the first car offered to the public with airbags.

# 1973



## AVERAGE COST OF A...

- New home: \$32,500
- New car: \$3,200
- Gallon of milk: \$1.31
- Gallon of (reg.) gas: \$0.40
- First-class stamp: \$0.08

## Top Hits

- Crocodile Rock
- Midnight Train to Georgia
- Bad, Bad Leroy Brown
- Goodbye Yellow Brick Road
- Ramblin Man
- Don't Be Cruel





# Make it a September to Remember

goodbye  
AUGUST

hello  
SEPTEMBER

clarahbet

By all these lovely **TOKENS**  
**SEPTEMBER**  
DAYS ARE HERE,  
with summer's best of  
weather  
AND  
**AUTUMN'S**  
best of  
cheer.  
-HELEN HUNT JACKSON



**DON'T SHOP. AD. PAW. PT.**



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# Gifts & Memorials

Note: This is a list for Gifts or Memorials given between July 22, 2020 thru August 25, 2020

## Memorials

**Mike Bullard**  
Juanita Cayard

**Sylvia Carlson**  
Lorraine Sevcik

## Gifts

Frank Stofflet  
John Savage  
Tom Pitlick  
Barbara Yonts  
Joseph & Carol Vlastos  
Marjorie Love  
Golden K of Casper  
Janice Kalasinsky

## 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.

## *Famous September Birthdates*

7, 1533: QUEEN ELIZABETH I  
9, 1890: COLONEL SANDERS  
13, 1916: ROALD DAHL  
15, 1890: AGATHA CHRISTIE  
16, 1924: LAUREN BACALL  
18, 1905: GRETA GARBO  
22, 1791: MICHAEL FARADAY  
23, 1838: VICTORIA WOODHULL  
24, 1936: JIM HENSON  
25, 1930: SHEL SILVERSTEIN

## **Fun September Facts!**

- \* On an average September day more babies are born in the US than on a day in any other month.
- \* "My favourite poem is the one that starts 'Thirty days hath September' because it actually tells you something." (Groucho Marx)
- \* Until Julius Caesar's calendar reform of 45BC, September had only 29 days.
- \* September is the only month with the same number of letters in its name as the number of the month: it is the ninth month and has nine letters.
- \* The Anglo-Saxons called September *Gerst Monath* (Barley Month) or *Haefest Monath* (Harvest Month) celebrating the barley harvest.
- \* Until Julius Caesar's calendar reform of 45BC, September had only 29 days.
- \* In 1752, September had only 19 days in the UK. The 3rd-13th were omitted in the change from Julian to Gregorian calendar.
- \* In the UK, September 26 is the most common birthday for people born in the last 20 years.

## **MORE REASONS TO CELEBRATE**

### ***September!***

*(Animal Pain Awareness Month)*

*(Baby Safety Month)*

5th-Cheese Pizza Day  
6th-Read a Book Day  
13th-Grandparent's Day  
18th-Hug Your Boss Day  
20th-Wife Appreciation Day

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

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

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



# From: Healthy Eating and Alzheimer's Disease

By U.S. Department of Health and Human Services  
National Institute on Aging  
<https://www.nia.nih.gov/health/healthy-eating-and-alzheimers-disease>

## Buying and Preparing Food

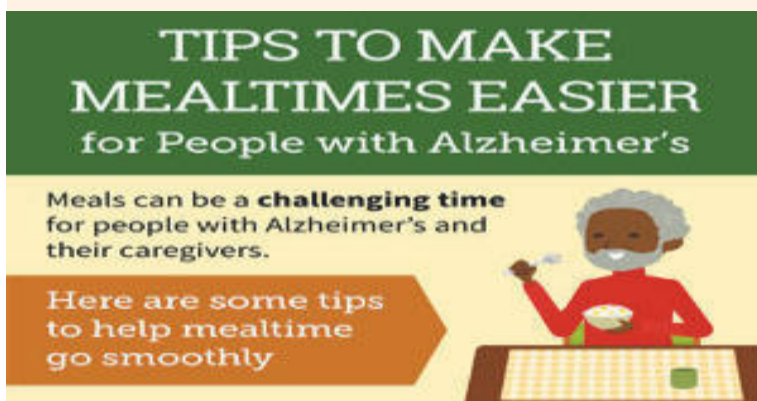


### When the person with Alzheimer's disease lives with you:

- Buy healthy foods such as vegetables, fruits, and whole grain products. Be sure to buy foods that the person likes and can eat.
- Give the person choices about what to eat.

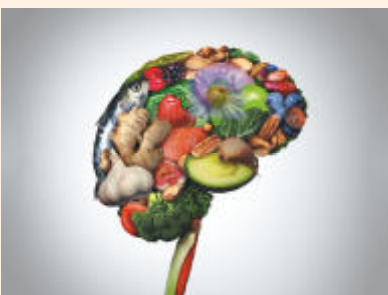
### Maintain Familiar Routines

Change can be difficult for a person with Alzheimer's disease. Maintaining familiar routines and serving favorite foods can make mealtimes easier. They can help the person know what to expect and feel more relaxed. If a home health aide or other professional provides care, family members should tell this caregiver about the person's preferences



- View mealtimes as opportunities for social interaction. A warm and happy tone of voice can set the mood.
- Be patient and give the person enough time to finish the meal.
- Respect personal, cultural, and religious food preferences, such as eating tortillas instead of bread or avoiding pork.
- If the person has always eaten meals at specific times, continue to serve meals at those times.
- Serve meals in a consistent, familiar place and way whenever possible.
- Avoid new routines, such as serving breakfast to a person who has never routinely eaten breakfast.

### Stay Safe



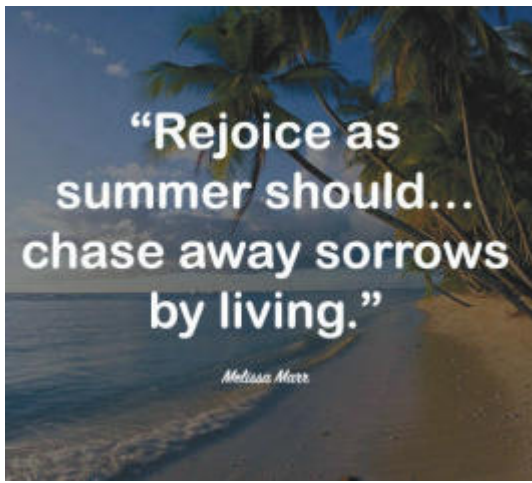
In the early stage of Alzheimer's, people's eating habits usually do not change. When changes do occur, living alone may not be safe anymore. Look for these signs to see if living alone is no longer safe for the person with Alzheimer's:

- The person forgets to eat.
- Food has burned because it was left on the stove.
- The stove is not turned off.

## Central Wyoming Senior Services

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Grilled Chicken Over Green Salad Vegetable Soup Fresh Peaches Cherry Poke Cake	2 Salisbury Steak Mushroom Gravy Rice Pilaf Spinach Apricot Halves Coconut Pudding	3 Pork Meatloaf Oven Brown Potatoes Peas & Carrots Tossed Salad Red Grapes	4 <b>LABOR DAY BBQ</b> Hamburger/Hot Dog Potato Salad Roasted Corn Cobette Baked Beans Fresh Melon Apple Slab Pie	5
6	7	8 French Dip Cauliflower Cheese Bake Green Beans Butterscotch Pudding Hearty Green Salad	9 Pork Wellington Catalina Vegetables Pea Salad Apple Pear Crisp	10 Beef and Noodles Brussels Sprouts Creamy Corn Slaw Peach Snack Cake	11 Split Pea Salad Tuna Sandwich Fresh Vegetables Cucumber Onions Salad Fresh Berries	12
<b>CLOSED</b>	<b>CLOSED</b>	14 Tomato Florentine Corned Beef Sandwich Lettuce Tomato Fresh Strawberries	16 Liver & Onions Potato Wedge Stewed Tomatoes Broccoli Cauliflower Salad Apricot Halves	17 Pork Medallions Garlic Noodles Peas & Carrots Cottage cheese/Chives Caramel Apple Cake	18 Salmon Loaf Dill Sauce Creamy Risotto Roasted Broccoli Cole Slaw Orange Sherbet	19 <b>MEALS COME WITH MILK AND BREAD</b>
20 Beef Pepper Steak Brown Rice Summer Squash Bake German Coleslaw Cherry Rhubarb Crisp	21 Chicken & Dumplings Roasted Cauliflower Green Salad Strawberries/Bananas	22 BLT Wrap Pasta Slaw Fresh Vegetables Diced Peaches Chocolate Chip Cookie	23 Lamb Tips Mashed Potatoes Corn Ginger Pears Pea Salad	24 Honey BBQ Pork Meatballs Rice Pilaf Classic Vegetables Tossed Vegetable Salad Baked Apples	25 Breaded Catfish Macaroni & Cheese Herb Roasted Tomatoes Pistachio Fluff Chunky Cantaloupe	26
27 Pork Roast Mashed Potatoes Brown Cream Gravy Country Blend Tossed Salad	28 Beef Fajitas Black Beans Spanish Rice Southwest Corn Salad Zucchini Brownie	29 Bkd Chicken Parmesan Fettuccine Pasta Braised Cabbage Creamy Cucumbers Orange Jell-O Whip	30 Sausage Egg Croissant Hashbrown Potatoes Sliced Tomatoes Diced Pears			<b>MENU SUBJECT TO CHANGE</b>





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# RHUBARB DESSERT

## Ingredients:

- ◆ 4 c. finely cut rhubarb
- ◆ 4tbsp. Melted butter
- ◆ 2/3 c. packed brown sugar
- ◆ 3 c. mini marshmallows
- ◆ 1 pkg. white or yellow cake mix
- ◆ Ingredients for cake mix

## Preparation:

Preheat oven to 350 degrees. Mix butter, brown sugar and rhubarb. Pour mixture into a greased 9x13 pan. Sprinkle marshmallows over the top. Mix the cake mix as directed on the box. Spread over the marshmallows. Bake for 1 hour. ENJOY!



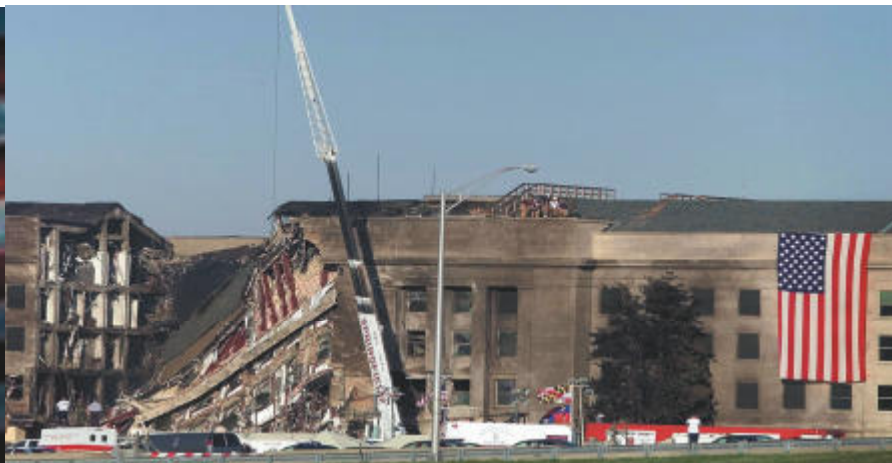
## Ingredients

- 3/4 cup brown rice
- 1/4 cup wild rice
- 1/2 t. garlic powder
- 1/2 t. onion powder
- 1/2 t. dried thyme leaves
- 3/4 t. salt
- 1/4 t. freshly ground black powder
- 2 large eggs
- 1 cup sour cream
- 2 cups grated extra-sharp cheddar cheese
- 2 cups leftover rotisserie chicken or turkey
- 10-ounce bag of frozen broccoli

## Instructions:

Preheat oven to 400 degrees and spray an 8x8 pan with cooking spray. Cook the brown and wild rice by combining with 2 cups of water in a 2-quart sauce pan. Bring to a boil, then turn on low. Cover and cook for 50 minutes until the rice is done. Remove the rice from the heat and place a clean kitchen towel over the pan. Place the lid back on the pan. In a large bowl, combine the cooked rice, garlic powder, onion powder, thyme, salt and pepper in a bowl. Stir very well. Stir in the eggs, sour cream and 1 1/2 cups of the grated cheese, and the chicken. Stir very well. Pour the mixture into a greased 8x8 casserole pan, and top with the remaining 1/2 cup of grated cheese. Bake for 18-20 minutes, until the cheese on top of the casserole is lightly golden brown. Let cool for 5 minutes.





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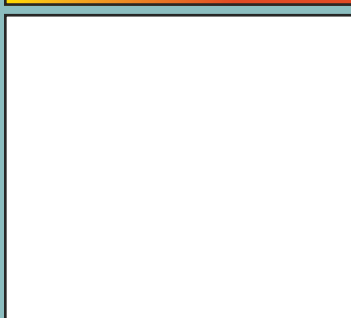
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# ACTIVITIES AVAILABLE WHEN CENTER IS OPEN

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 Dominos 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 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 Dominos 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

Sky Watch,  
September 2020

**FULL CORN MOON**



**WHEN TO SEE THE FULL MOON IN SEPTEMBER 2020**

This year, start looking for September's full **Corn Moon** just after sunset on Monday, September 1, as it rises high and reaches its peak illumination at 1:23 am EDT on Tuesday, September 2.

**NOT A HARVEST MOON THIS YEAR**

The full Moon that happens nearest to the autumnal equinox (Sept. 22 or 23) always takes on the name "Harvest Moon" instead of a traditional name—a rule that often places the Harvest Moon in the month of September. However, when September's full Moon occurs early in the month, the full Moon of early October lands nearest to the autumnal equinox and therefore takes on the Harvest Moon title instead.

That's the case in 2020, when October will experience two full Moons: one on October 1 (the **Harvest Moon**) and the other on the 31st (the **Hunter's Moon** and a **Blue Moon**, too!)

Other full Moon names for this month include:

"*Moon When the Plums are Scarlet*" by the Lakota Sioux

"*Moon When the Deer Paw the Earth*" by the Omaha

"*Moon When the Calves Grow Hair*" by the Sioux

**MOON FACTS & FOLKLORE**

- ☾ Usually, the Moon rises about 50 minutes later each day, but around the autumnal equinox, it rises only around 30 minutes later in the U.S.—even less in Canada.
- ☾ Frost occurring in the dark of the moon kills fruit buds and blossoms, but frost in the light of the moon will not.

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Sat 8 - 11:30 am



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*"The Heart of Natrona County"*

## LAST WORDS

"There shall be eternal summer in the grateful heart."

*~ American Writer Celia Thaxter ~*

**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.

