

Read all about it!!!

Casper Senior Center WINS !!!!

Grand Champion prize for the 2025 Central Wyo.
Fair and Rodeo Parade!
August 2025



*Central Wyoming
Senior Services, Inc.*
"The Heart of Natrona County"

Programs:

Title III-C (Congregate Meals)
Title III-B (Activities)
Title III-E (Family Caregiver)
WyHS (Wyoming Home Services)

Vision:

To enrich the lives of individuals aged 60 and older by providing community services and resources to maintain their dignity and independence.

Mission:

To assist individuals aged 60 and older in Natrona County by providing or accessing community services and resources to maintain their dignity and independence using qualified and trained staff to help them meet their nutritional, educational, social, emotional, financial, and recreational needs.

WHO'S WHO AROUND THE CENTER

Executive Director—*Rachel Brown*

Board of Directors

Bob Carpenter President

Gracie Becker Vice President

Kim Latka Treasurer

Kate Maxwell Secretary

Members

Gloria Fuhrer

Debera Siems,

Susan Burk

Lori Spearman

Bob Lemmon

Ron Strang,

Zulima Lopez

City Council Liaison

Michael Bond

In-Home

Community Programs Director—*Lacey Kidman*

Access Care Coordinator—*Christine Coffey*

Housekeepers:

Sarah George, Jazzmin Kidman, Jessica Massey

Shauna Dellinger, Blaize Favre

CNA—*Caitlan Knotts*

Administration

Human Resources/Bookkeeper—*Rae Appel*

Volunteer/Activities Coordinator—*Kim Perez*

Receptionist/Data Entry—*Virlie Heyer*

Front Reception/Loan Closet—*Kati Swanson*

Nutrition

Dietary Director—*Kimberly Cooper*

Head Cook—*Johnna Moore*

Kitchen Staff:

Keela Cooper, Makayla Archambault, Quinton Easley, Craig Kwedor,

Dusty Plummer, Azarian Tanksley, Zach Focht, CJ Oryall, Andrew Coffey

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 Page:

<https://www.facebook.com/casperseniorcenter>

Déjà Brew Barista Volunteers:

Monday—*Nancy*

Tuesday—*Maddy*

Wednesday—*Ruthy*

Thursday—*Kathy*

Friday—*Ruthy*

Dining Room Volunteers:

Jimmy Ernie

Michelle Jim

Jancy Masayo

Luba Deb

Puzzles:

Ruth

Crafts:

Peggy

Deals on Wheels:

Peggy and Buck

Board of Director meeting Schedule: Fourth Monday of each month at 3:00pm

From the Desk of the Director

What a July! Now Let's Roll into August!

We had an amazing July here at the Casper Senior Center! We were thrilled to take home the Grand Prize for our float in the 2025 Fair and Rodeo Parade—what an exciting honor! We also proudly showed up at the 4-H Livestock Sale, where the Center received some generous animal donations. A huge thank you to everyone who donated and to our incredible volunteers who made it all happen. Your support keeps us strong and active in our community.

I would like to thank **Wyoming Community Foundation** for their continued support.

Looking ahead to August, we've got some exciting events on the calendar!

World Senior Citizen's Day – August 21st

Come help us celebrate with a day full of great vendors, helpful resources, and community connections. You'll have two delicious lunch options to choose from and a build-your-own sundae bar—what more could you ask for?

Labor Day Luau – August 29th

Break out your favorite luau attire and get ready for a tropical celebration! We've got fun activities planned and a festive atmosphere you won't want to miss.

We hope to see you around the Center this August. Let's keep the good times rolling!

Warm Regards,

Rachel Brown rachelh@casperseniorcenter.com or 307-265-4678



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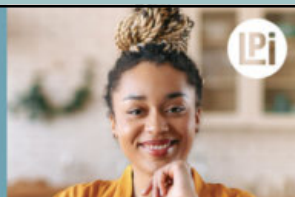
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Central Wyoming Senior Services, Casper, WY

A 4C 05-0641

Central Wyoming Senior Services

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**ADDITIONAL SERVICES PROVIDED BY CENTRAL
WYOMING SENIOR SERVICES AKA OUR SENIOR CENTER
WYOMING HOME SERVICES & NATIONAL FAMILY CAREGIVER PROGRAM**
are programs that provide assistance to individuals in their home.

Services include :



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Personal care



Respite and care coordination

Any questions? Come see Lacey or Christine!
Or give us a call at (307) 265-4678

Central Wyoming Senior Services

Mission Statement

Our mission is assist individuals aged 60 and older in Natrona County by providing or accessing community services and resources to maintain their dignity and independence using qualified and trained staff to help them meet their nutritional, educational, social, emotional, financial, and recreational needs.

Our Vision

To enrich the lives of individuals age 60 and older by providing community services and resources to maintain their

**DIGNITY and
INDEPENDENCE.**

The personal mission of our Center's Director and Staff is to make every member feel welcome, wanted, included, and loved every time they come through our doors.

New Member Coffee

2nd Tuesday each Month

10AM in Déjà Brew

NEXT DATE:

August 12th | 10am

Meal Prices:

The suggested donation for a single senior (60+) meal is \$6.00. We offer 10 and 20 count punch tickets including 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. (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 & Mills Noon—1:00PM

Reservations Required at the Mills and Evansville Sites

If you would like to have your birthday or anniversary published in the newsletter for the month of either, Sign up with Kati

Please turn this into the front office if you are 60 or older with a birthday in August to receive a lunch ticket.

Name _____

Birthday: _____

July Hidden images

Last Edition Answers:



Answer to July Trivia— Answers

July Trivia Questions:

What date did Wyoming become the 44th State?

July 10, 1890

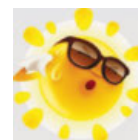
What is harvested in

Wyoming in the first part of July? Hay, wheat and barley

August trivia question:

What Calendar changes has the month of August seen?

Try to find this image Twice



July Memory Game winner-
Debbie Sullivan

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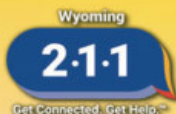
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- Mental Health Services
- In Home Assistance
- Prescription Expense Help
- And much more!



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Gifts & Memorials

Note: This is a list for Gifts or Memorials given between
June 20th, - July 15th 2025

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



Gifts

Frank & Judy Cross,
Karon Windell,
Frank Stofflet,
Les and Michelle Holloway
Henry & Ruth Baures,
Beverly Loftin, Dave Gossin,
Casper Active Service
Michelle & Les Holladay,
Anonymous Donor(s)

Memorials

In memory of :
Jerry D'Adamo
Harold & Debbie Seims
MaryEllen Schneider
Helen Hoff
Mary C. Moler
Connie Coronado
Linda Cantrell

What Your Memorial Does

The Board of Directors has directed
Memorial Gifts 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 county money.
Just note on your check that the gift is
a memorial and the name of the person
you wish to be remembered.

A Special Thanks to Dedicated Volunteers

Jackie House is a relative new face to our Center. She moved here from Illinois about 5 yrs ago and has decided to make Casper her permanent home due to the new family she has found here with our members of the Senior Center Jackie hit the ground running! She started out volunteering 5 days per week up front at the reception area. She then started volunteering in June with our new Jackpot Bingo on Wednesdays. We have all come to know and love Jackie! She always has a smile, a helping hand and makes everyone feel welcome and wanted at our Center.

Our next celebrated volunteer is a face most know well. Bev Farrow has been a dedicated volunteer for about . . . A bunch of years. She can't remember exactly when she decided to start helping us out with her areas of expertise. Bev is such a little worker and is always willing to lend a hand from saying the Pledge of Allegiance to mopping up a spill in the hall way. No job is too big or too small for Bev. She leaves us in the winter to volunteer in Arizona, and we always look forward to her coming back to Casper and helping us out here! Bev has a very distinct giggle and those of us who know her, also know that little ornery giggle she gets! Bev says she has been very blessed and volunteers as a way to give back. I think we are truly blessed to have Bev with us! Give Bev and Jackie a BIG THANK YOU when you see them.

Déjà Brew will be open all day once we have found enough committed volunteers to fill both shifts daily. The shifts will be 8am till 1pm and 1pm till 4pm. We are going to start marketing to the public that we have the best coffee, lattes, frappes, and Italian sodas at the best prices. Please let Kim P know if you are able to

Volunteer Meeting

September 15 at 1pm
in the
Conference Room

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!

Volunteer opportunities

We currently have several volunteer opportunities available. Barista, front desk reception, library, dining room, BINGO money collectors, set up and take down every Wednesday afternoon. Please see Kim Perez in the office or call 307-265-4678

New & Fun Upcoming Events:

1. Beginning in August our satellite senior centers in Mills and Evansville will have craft class, exercise class, and the bookmobile one day per week. Kim P will be in Evansville on Thursdays from 9am til 4pm. And in Mills on Tuesdays from 8 am til 4 pm. Look forward to having more activities and fun if you live in those areas. Remember to call in to make a reservation for lunch. We hope to have a TV for us to enjoy sports or movies as well.

2. We had a TV donated by Barb Porter and have set up the wii that was also donated by a kind individual, in the hallway by the conference room & bathrooms. Play wii in the "wee wee" hall. If you have games you would like to play, bring them in and have a great time! I will look for bowling and golf games for all of us to enjoy!

We are having a Labor Day Luau! August 29th 11am to 1pm. We will have fun games and ways to earn prizes! Wear your best Hawaiian outfit for the costume contest! Get limbered up for the limbo pole! How low can you go???



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Central Wyoming Senior Services, Casper, WY

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Central Wyoming Senior Services

AUGUST ACTIVITIES

Come into the climate controlled Center to enjoy some of the fun events

Aug 1st—Friday feature: “Pretty Woman” 1:30 pm Library

Aug 5th —Wellness Clinic– 10:00am Dining Room

Aug 5th- Natrona County Library at Casper Center 10:15—4:15pm

Aug 6th – Jackpot Bingo—Dining Room 1:30-4:00 pm

Aug 7th- Natrona County Library at Evansville Center 9:30 AM TO 10:00AM

Aug 8th—Friday feature– “The Straight Story”

Aug 11th —Dance 6:00pm Dining Room

Aug 12th Natrona County Library 3:45-4:15pm Mills Center

Aug 12th– Wellness Clinic 10:00am Dining Room

Aug 13th—Jackpot Bingo 1:30-4:00pm Dining Room

August 13th— BUNCO 9AM Déjà Brew coffee area

Aug 14th —Saturday Dance 6:00pm Dining Room

Aug 14th- Pool tournament– See Ron Strang for information

Aug 15th –Friday Feature: “Still Mine” 1:30pm

Aug 19th- Natrona County Library at Casper 10:15—10:45am

Aug 19th—Wellness Clinic– 10:00am Dining Room

Aug 20th– Jackpot Bingo 1:30-4:00pm Dining Room

Aug 21st—Natrona County Library at Evansville Center 9:30am-10:00am

Aug 21st- 5th Annual World Senior Citizens Day

Aug 22nd — Friday Feature “I’ll See You in My Dreams” 1:30 pm Library

Aug 23rd—Saturday Dance 6:00pm Dining Room

Aug 26th—Wellness Clinic– 10:00am Dining Room

Aug 26th Natrona County Library Mills Center 3:45pm 4:15pm

Aug 27th– Jackpot Bingo 1:30 pm Dining Room

Aug 29th- Friday feature: “ Fried Green Tomatoes” 1:30pm Library

Aug 29th– LABOR DAY LUAU !!! Wear your brightest Hawaiian

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Beef Wellington Country Mix Summer Squash Salad Corn Muffin Peach Pie	4 Roasted Chicken Potatoes & Carrots Caesar Salad WW Roll Strawberry Jello	5 Biscuits & Sausage Gravy Scrambled Eggs Oven Browned Potatoes Chopped Melons	6 Goulash Italian Vegetables Leafy Green Salad Garlic Onion Roll Fresh Peaches	7 Nat'l Purple Heart Day Ranch Chicken Pasta Dill Green Beans Carrot Raisin Salad Wheat Roll Frosted White Cake	1 Tuna & Noodles Broccoli & Cauliflower Tropical Fruit French Bread Chocolate Pudding	2 Happy National Clown Day!
10 Chicken & Noodles Roasted Asparagus Green Salad WW Roll Apple Pie	11 Meatballs in Mushroom Gravy Rice Pilaf Roasted Asparagus Marinated Tomatoes Black Bread Peach Pie	12 World Elephant Day Cream Of Celery Soup Ham Salad Sandwich Fresh Veggies Baked Apples Sugar Cookie	13 Spanish Steak Garlic Pasta Sweet Corn Spinach Mandarin Salad WW Roll Peach Crisp	14 Chicken Chow Mein Fried Rice Sesame Green Beans Asian Cucumbers Honey Wheat Bread Cherries	15 Lemon Pepper Tilapia Macaroni & Cheese Harvard Beets Cottage Cheese w/ Pineapple WW Roll Peanut Butter Brownie	16 MEALS COME WITH MILK & BREAD
17 Hot Pork Sandwich Mashed Potatoes Catalina Vegetables Tossed Salad WW Roll Apple Pie	18 Chicken Sandwich Lettuce/Sliced Tomato Potato Salad Creamy Cole Slaw Lemon Pudding Parfait	19 BBQ Pork Meatballs Rice Pilaf Roasted Squash Dill Cucumbers Wheat Biscuit Grapes	20 Beef Tacos Cheese & Onions Lettuce & Tomatoes Rice & Beans Orange Wedge Churro	21 World Senior Day INFO FAIR Philly Cheese Sandwich Or Chicken Salad Cold Plate Chopped Melon Sundae Bar	22 August Birthday Lunch Deluxe Cheeseburger Lettuce & Tomato Potato Salad Chocolate Cherry Cake	23 Birthday Lunch
24 Oven Fried Chicken Baked Potato Braised Cabbage Hearty Tossed Salad Blueberry Crisp	25 Chicken Cacciatore Fettuccine California Vegetables Garden Veggie Salad Honey Wheat Roll Apple Crisp	26 Nat'l Toilet Paper Day Pepper Cheese Soup Egg Salad On Croissant Celery, Carrot, Pickles Raisin Cole Slaw Peach Parfait	27 Cabbage Roll Sweet Potatoes Pacific Blend Pea Cheese Salad Watermelon	28 Turkey Pot Pie Asparagus Tossed Salad Raisin Bread Pumpkin Crunch	29 Labor Day Luau Chicken Kabobs Glorified Rice Hawaiian Mac Salad Coconut Tart	30 MENU SUBJECT TO CHANGE
31 CLOSED FOR LABOR DAY WEEKEND	September 1 CLOSED Happy Labor Day					

JOIN US FOR WORLD SENIOR CITIZEN DAY



August 21st is
**Senior
Citizens
Day**

**Casper Senior Center is
hosting the 5th annual
Senior Info Fair.**

1831 E. 4th St Casper Wy.

10:00am- 2:00pm

There will be Senior Services Vendors from many areas to provide information on their services they provide. Lunch will be available: \$6.00 suggested donation for seniors \$9.00 for those under 60 years of age. Vendor Spaces are still available. Call for information Casper Senior Center- 307-265-4678

BUY

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Senior Classifieds

FREE

FOR SALE

GIVE AWAY

LOOKING FOR

Beginning in September, if you have something you would like to advertise in this area please write the information down on a note card. 2 line limit, must include your name and email or phone number. *Do not include an address or any other personal information that may put you in harms way.*

Please meet in a public area, **don't go alone**. You can advertise something you may like to buy, or sell. If you are looking for someone to do repairs or just need a little extra help with a Project.

Remember, our newsletter is out in the public, therefore you may receive replies from people in the community. Be cautious and if you have any questions—err on the side of safety or ask the office staff.

 <p>Stay curious in the new year.</p> <p>The love of learning doesn't end at 50.</p> <p>OLLI at Casper College is the place where you can Stay Curious.</p> <p>Casper College  Join today! 307-268-3401</p>		
	<p>WE'RE HIRING!</p> <p>AD SALES EXECUTIVES</p> <p>BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.</p> <ul style="list-style-type: none"> • Paid training • Some travel • Work-life balance • Full-Time with benefits • Serve your community  <p>4lp</p> <p>Contact us at careers@4lpi.com or www.4lpi.com/careers</p>	<p>SUPPORT OUR ADVERTISERS!</p>

FRIDAY FEATURE MOVIES WILL NOW BEGIN AT 1:30PM

Aug 1— “*Pretty Woman*”—A lady of the evening and a wealthy businessman fall for one another, forming an unlikely pair; while on a business trip in Los Angeles, Edward, who makes a living buying and breaking up companies, picks up a prostitute, Vivian, on a lark; after Edward hires Vivian to stay with him for the weekend, the two get closer, only to discover there are significant hurdles to overcome as they try to bridge the gap between their very different worlds.

Aug 8th—“*The Straight Story*” A retired farmer and widower in his 70s, Alvin Straight learns one day that his distant brother Lyle has suffered a stroke and may not recover. Alvin is determined to make things right with Lyle while he still can, but his brother lives in Wisconsin, while Alvin is stuck in Iowa with no car and no driver's license. Then he hits on the idea of making the trip on his old lawnmower, thus beginning a picturesque and at times deeply spiritual journey.

Aug 15th—“*Still Mine*” Based on true events and laced with wry humor, *Still Mine* tells the heartfelt tale of Craig Morrison (James Cromwell), who comes up against the system when he sets out to build a more suitable house for his ailing wife Irene (Geneviève Bujold). Although Morrison uses the same methods his father, an accomplished shipbuilder, taught him, times have changed. He quickly gets blindsided by local building codes and bureaucratic officials. As Irene becomes increasingly ill - and amidst a series of stop-work orders - Craig races to finish the house. Hauled into court and facing jail, Craig takes a final stance against all odds in a truly inspirational story

Aug 22nd “*I’ll See You in My Dreams*” A widow in her 70's is forced to confront her fears about love, family, and death. After her routine is rattled she decides to start dating again.

Aug 29th— “*Fried Green Tomatoes*” Evelyn, an ordinary housewife, visits a nursing home and befriends the old lady Ninny. Together, they bond over stories from the past about two intrepid women of Whistle Stop Cafe

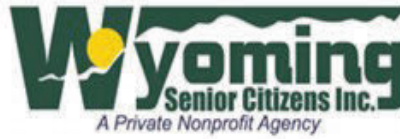
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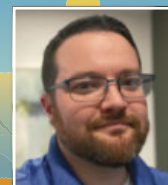
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ACTIVITIES FOR SENIORS 60 AND OLDER*

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)
Beginner Line Dancing	Tuesday	10:00AM—11:00AM (DF)
Bingo! (\$0.50/card)	Thursday	12:30PM—2:00PM (CNF)
Bridge	Wednesday/Friday	12:00PM&12:30PM—4PM (DR/CNF)
Canasta	Friday	12:00PM—4:00PM (DR)
Caps for Kids	2nd/4th Wednesday	12:30PM—4:00PM (AR)
Chair Exercise	Mon/Wed/Fri	9:45AM—11:00AM (DF)
Chair Yoga	Tues/Thurs	9:15AM—9:45AM (AR)
Clogging	Monday (Joyce) Thursday (Lori)	10:30AM—11:45AM (AR) 10:30AM—11:30AM (DF)
Craft Class	Thursday	10:00AM—12:00PM (AR)
Cribbage	Tuesday	10:00AM—11:30AM (AR)
Doll Club	2nd Saturday	2:00-4:00pm (CNF)
Featured Movie Matinee	Friday	1:30PM (Library)
Good Book Study	Monday	1PM—3PM (AR)
JACKPOT BINGO! Open to the public. \$0.25/card/game	Wednesday	1:30PM—4:30PM (DR)
Line Dancing	Tuesday	10:00AM—11:00AM (DF)
Low Vision Support Group	2nd Monday	10:00AM—12:00PM (CNF)
Mexican Train Dominoes	Sun/Mon/Thurs	1:00PM—?4PM? (DR)
Pinochle	Thurs/Fri	12:30PM—4:00PM (DR)
Poker	Mon/Wed/Fri	1:00PM—4:00PM (DR)
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	Tues (Main) Thurs (Sites)	10:00AM—2:00PM(DR) 12P—1P (Sites)
WY Dementia Care Support Group	1st/3rd Thursday	10:00AM—11:00AM (CNF)

Casper Senior Center Wish list

We would like to enhance our current programs and have more events... However we need a little help to make that happen. If you have any of the items on our wish list please let Kim P or Rachel know. Thank you for your help!

1. Luau decorations for the Labor Day luau.
 2. Adult size inflatable costumes for a future (surprise) event.
 3. Popcorn and salted butter for Friday Features
 4. \$10.00 gift cards to local businesses for prizes
 5. Poster frames or display cases for the puzzles and Puzzle Glue
 6. Netflix or other streaming service subscription or gift cards for movies
 7. Jewelry, purses, or small home décor for Deals on Wheels
- Large screen TV for games was donated by Barb Porter- The Wii players thank you ! We also received a large screen TV from our Friend Sandra Skinner of UHC to watch movies on! Thank You Sandra!



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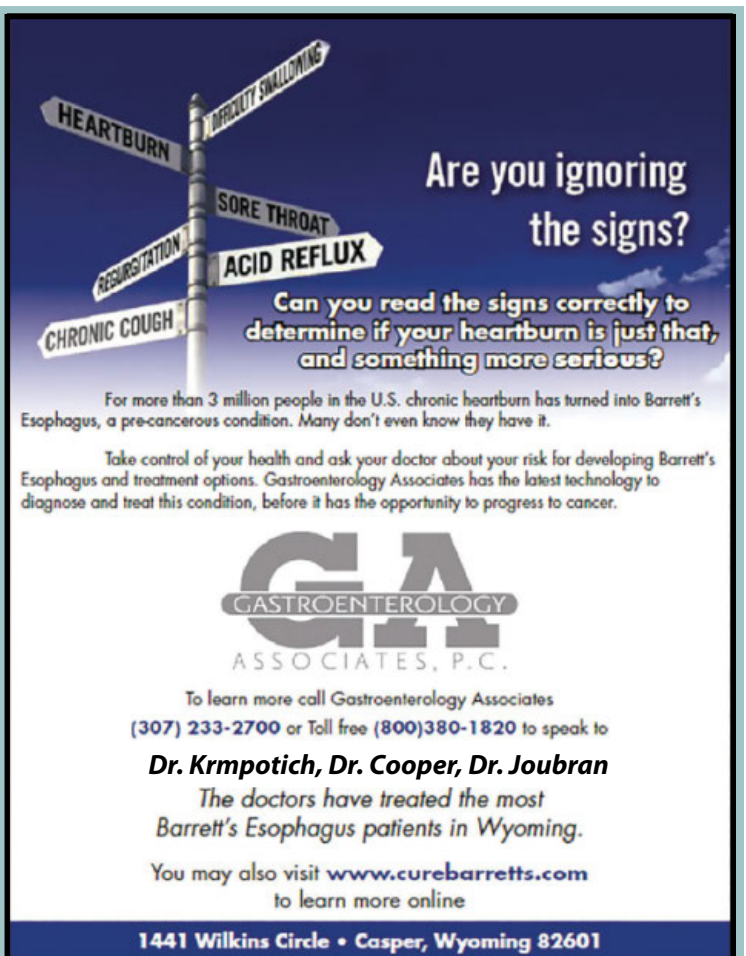
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Can you read the signs correctly to determine if your heartburn is just that, and something more serious?

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.

GASTROENTEROLOGY ASSOCIATES, P.C.

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

1441 Wilkins Circle • Casper, Wyoming 82601

The Silent Killer

High blood pressure, or hypertension, is a major health problem that is common in older adults. Your body's network of blood vessels, known as the vascular system, changes with age. Arteries get stiffer, causing blood pressure to go up. This can be true even for people who have heart-healthy habits and feel just fine. High blood pressure, sometimes called "the silent killer," often doesn't cause signs of illness that you can see or feel. Though high blood pressure affects nearly half of all adults, many may not even be aware they have it



BLOOD PRESSURE CATEGORIES AND WHAT THEY MEAN



Normal: Less than 120 over Less than 80

A healthy lifestyle—including diet, exercise, not smoking and limiting sodium—are key to keeping blood pressure in the normal range. The risk of developing high blood pressure (HBP) increases with age¹. As we get older, regular and self-monitoring become even more important.



Elevated: 120 to 129 and less than 80

Before the new guidelines, elevated blood pressure was called prehypertension. Elevated BP has the possibility of worsening into Stage 1 and can be dangerous for pregnant women and their babies^{2,3}.



HIGH BLOOD PRESSURE Hypertension Stage 1: 130 to 139 or 80 to 89

At this stage doctors may recommend lifestyle changes such as diet and exercise. Based on your risk of atherosclerotic cardiovascular diseases (ASCVDs) like heart attack or stroke, they may also prescribe medication⁴.



HIGH BLOOD PRESSURE Hypertension Stage 2: 140 or higher or 90 or higher

If lifestyle changes don't bring about a decrease in blood pressure then doctors are likely to prescribe medication⁵. Doctors are more likely to prescribe medication at Stage 2. There are 5 major types of blood pressure medication including:

- Thiazide diuretics
- Angiotensin-converting enzyme (ACE) inhibitors
- Calcium blockers
- Beta-blockers
- Angiotensin receptor blockers (ARBs) ⁶



Hypertensive crisis: over 180 and/or over 120

A hypertensive crisis happens when BP rises quickly to levels of 180 or higher systolic and 120 or higher diastolic. Symptoms don't always show up, but they might include severe headache, shortness of breath, nosebleeds and severe anxiety. There are two categories of hypertensive crisis.

Hypertensive urgency

If your blood pressure is 180/120 or higher, wait 5 minutes and take your BP again. If the second reading is just as high and you're not showing signs of target organ damage, contact your doctor right away and ask for advice.



Hypertensive emergency – call 911

If your blood pressure is 180/120 or higher and you're experiencing symptoms of target organ damage like chest pain, shortness of breath, back pain, numbness or weakness, vision changes or difficulty speaking call 911 immediately.

Source: <http://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/hypertensive-crisis-when-you-should-call-911-for-high-blood-pressure>