

At The Center of It All

Central Wyoming
Senior Services, Inc.



"The Heart of Natrona County"

DECEMBER 2024

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

QUESTIONS OR SUGGESTIONS?
CONTACT RAE
raea@casperseniorcenter.com

Aimee Fleming joined our team on Oct. 1, 2022. Throughout her time here, she worked tirelessly to enhance services and the facility for Natrona County seniors and improve workplace culture for staff. Her efforts to educate voters regarding the Senior District helped with the proposal passing, and she sought to open new doors in the community for grant opportunities and collaborations with other agencies.



Aimee, thank you for your never-ending support and all your faith in my abilities. It was a real privilege to work for you! Thank you for all you did for the Center, too, you accomplished a LOT in your time here! I wish you all the best going forward.
Enjoy your travels! ~Kim (Coop)

Aimee, you will be missed dearly. Wishing you the very best on your new adventure. I hope you know how grateful I am for all you did for the Senior Center and all of us employees. We were so fortunate to have you for the time we did.
THANK YOU!
~Lacey

Aimee, there aren't enough words to say what working with you has meant. I have learned so much, which I believe has prepared me for the Executive Director position. What you have done for the Center and the Senior District has been pivotal for our senior community. I hope you rock going back to school and I know that you will be a fabulous nurse.
~Rachel

Aimee, you are the definition of dedication and determination. Thank you for the tremendous example of director and friend you have set for the staff and members of the Center. You will be un-"bear"-ably missed!
~Rae

Try to Find This!



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

Hidden Twice,
Find Both
for Two Entries!



INSIDE THIS ISSUE

Central Wyoming Senior Services Mission Statement

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

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WHO'S WHO AROUND THE CENTER

Board of Directors

Vacant.....President
Bob Carpenter..... Vice President
Kim LatkaTreasurer
Kate Maxwell.....Secretary

Members

<i>Gloria Fuhrer</i>	<i>Errol Miller</i>
<i>Ray Bila</i>	<i>Debera Siems</i>
<i>Susan Burk</i>	<i>Grace Becker</i>
<i>Lori Spearman</i>	

City Council Liaison

Michael Bond

Executive Director

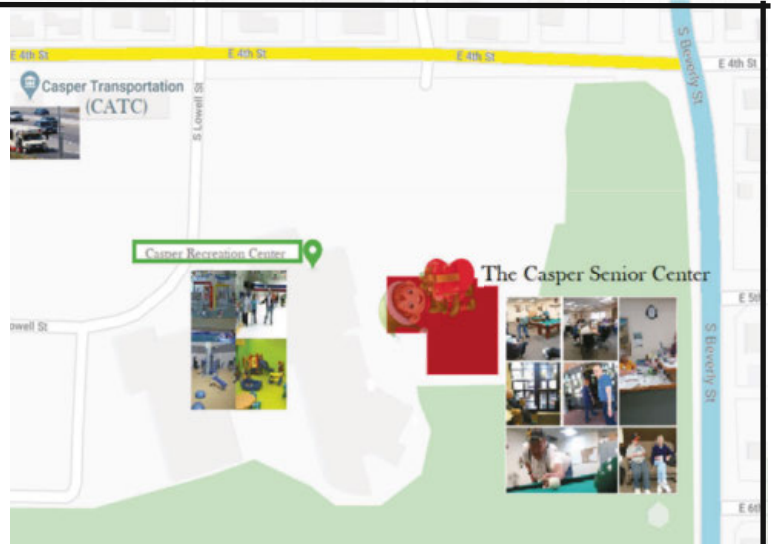
Rachel Brown

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

ALL ABOUT US

Central Wyoming Senior Services 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.

Farewell from the Desk of Linda Blackstone:

It has been an honor and a privilege to have been a Board Member and to have served as President of the Board of Directors of the Senior Center. This will be my last communication as I have resigned my position on November 5, 2024, to become a Trustee for the newly formed Natrona County Senior Citizens Service District. Robert Carpenter, Vice President, will take over the President duties. New board members assume office in January, and an election of officers will take place in January.

The Senior District was created in the Primary Election in August 2024 by a "yes" vote of the voters of Natrona County. Trustees for the new District were elected in the General Election. The purpose of the Senior District will be to assist with funding for programs and services for Seniors in Natrona County. Agencies must qualify for funding per State Statute WS 18-15-111. Revenue generated from one mill levy will be utilized by the Senior District to support programs and services for Seniors in Natrona County. The goal is to assist agencies in providing for the nutritional, social, mental, and physical needs of the Seniors of Natrona County.

Best wishes,

Linda Blackstone

lblackstone7@gmail.com or 307-262-1028

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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:



Nov. hidden image:



P. 9

P. 15



Answer to the November Trivia Question:
The Suez Canal



“Christmas is the day that holds all time together.”

-Alexander Smith

Photo by Merve Schirli Nasir on Unsplash

Board Meeting Schedule:
(All meetings are public)

Fourth Monday of each month at 3:00 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.

TRIVIA:

If you add up all of the gifts “my true love gave to me” in the song, *The 12 Days of Christmas*, how many gifts were received?

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

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



Joyce's Easy Clogging
by Joyce Sisk
Call (307) 237-4908 for more information.
FREE, Every Monday at the Senior Center
10:30 am—10:45 am
Learn Steps
10:45 am—11:45 am
Dance Routines
We DO NOT Jump, Stand on One Foot,
or Go Around in Circles.

New Member Coffee
2nd Tuesday
of Every Month
10AM in Déjà Brew
NEXT DATE:
December 10th



Returning for the 3rd Year:
Elementary School Students
will serenade us with
Christmas Carols
Thursday, December 19th
11:45AM
in the Dining Room



Licensed Agent
Sandra Skinner
will present
Medicare 101
Tuesday, Dec. 3rd
1PM—2PM
Activity Room

**Natrona County
Cow-Belles will be
funding and serving
a Roast Beef Lunch
on
Monday,
December 30th**

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CONTACT ME Bill Clough

wclough@picommunities.com • (800) 950-9952 x2635

Gifts & Memorials

Note: This is a list for Gifts or Memorials given between
October 19th—November 20, 2024

If donations were made between those dates and you were 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

Dave Gossin
Frank C Stofflet
John Savage
Ila Johnstone
Jaqueline Graveman
Machelle Holloway
Toni Hutchison
Anonymous Donor(s)

Memorials

Jan Christensen
The Family of
Jan Christensen
Bob Tanner
Helen Hoff
Norma Patton
Mary C Moler

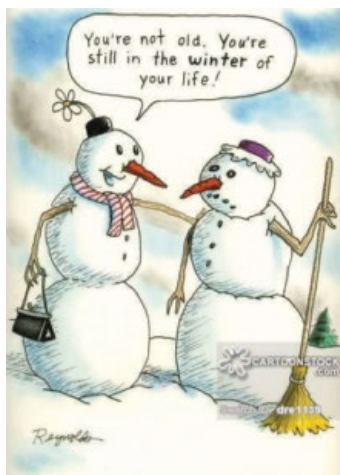
Winter

by Robert Southey

A wrinkled crabbed man they picture thee,
Old Winter, with a rugged beard as grey
As the long moss upon the apple tree;
Blue-lipt, an icedrop at thy sharp blue nose,
Close muffled up, and on thy dreary way
Plodding alone through sleet and drifting
snows.

They should have drawn thee by the
high-heapt hearth,
Old Winter! seated in thy great armed chair,
Watching the children at their
Christmas mirth;
Or circled by them as thy lips declare
Some merry jest, or tale of murder dire,
Or troubled spirit that disturbs the night,
Pausing at times to rouse
the mouldering fire,
Or taste the old October brown and bright.

<https://www.thereader.org.uk/featured-poem-winter-by-robert-southey/>



If you are 60 or older with a birthday
in December, use this coupon as your meal ticket!

Name: _____

Birthdate: _____

Courtesy of C.W.S.S.

Photo by Myriam Zilles on Unsplash



Oh no,
I gave out my
Medicare number.
What do I do now?



- 1 Know that it's not your fault. Scammers are tricky! They put on pressure, lie, and earn your trust. Don't feel guilty.
- 2 Call your local Senior Medicare Patrol (SMP) and tell them what happened. They will help you with the steps to take to report your Medicare number stolen.

Call: 877.808.2468



If you have been one of the millions of people to experience Medicare fraud, know that it isn't your fault. Scammers are professionals at what they do.

If you did give out your Medicare number, do not be embarrassed or ashamed and don't hide it. If you think a wrongdoer may have your number, please report it.

The Senior Medicare Patrol (SMP) is here to help. Contact the Wyoming SMP by calling 307-856-6880 or 800-856-4398.



Open Enrollment for Part D (Prescription Drug) Plans ends December 7th. If you still need to get your plan reviewed, call the Medicare Hotline (available 24/7): 800-633-4227



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Comparing Medicare options?
I can help.



Sandra Skinner
Licensed Sales Agent
307-262-1498, TTY 711



The Medicare Annual Enrollment Period is October 15 - December 7, so this is the perfect time to explore your plan options. Call me to learn what's new and get clear answers to your questions. 307-262-1498, TTY 711

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Central Wyoming Senior Services, Casper, WY

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Tips for a Healthy Holiday Season!

1 THINK OUTSIDE THE BOX

Don't be afraid to go outside of your comfort zone and try something new! There are many options for classic holiday recipes that are lower in fat, sugar, and sodium, and provide more nutrients. Give some of your family favorites a recipe makeover! In baked goods, try cutting the sugar by a third or in half, use skim milk instead of whole milk, and substitute applesauce for half the oil called for in a recipe..



2 DON'T FAST BEFORE THE FEAST

Often times people skip meals before a big feast. Heading to the buffet table on an empty stomach can lead to overeating! Try to have a healthy breakfast, like eggs and toast or oatmeal and fruit. Eat a small, healthy snack before the big event like half a turkey sandwich and fresh fruit.

3 BRING CONTAINERS FOR LEFTOVERS

Whether you are dining in your own home or with others, remember that leftovers are an option! It can be exciting to try new dishes, and it can be tough to stop ourselves from over indulging in one sitting, Try and spread the joy throughout the rest of the week by saving some food for another day!



4 TAKE YOUR TIME

It is easy to get caught up in the excitement of holiday dining. Take time to slow down your eating so you are less likely to overdo it. It actually takes 18-20 minutes for your brain to signal your stomach that it is full. While you're eating, be sure to take time to chat with others, drink water in between bites, and put your fork down to pause and take a breath.



5 TAKE A POST-MEAL STROLL

Grab a pair of gloves and a hat and go for a walk once your stomach has settled. This can be a great time for bonding with family and friends, or de-stressing after working hard in the kitchen. It does not need to be a major hike, but just long enough to get yourself up and moving, and to promote healthy digestion.



Use your phone to take a picture of this QR code! Then click the link for more tips from MyPlate!



December 2024 Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED IN OBSERVANCE OF THANKSGIVING HOLIDAY	2 Salisbury Steak Garlic Fettuccine Spinach Apricots Wheat Roll Lemon Pudding	3 Broccoli Cheese Soup BBQ Beef Sandwich Creamy Slaw Apple Crisp	4 National Cookie Day Pork Chow Mein Fried Rice Sesame Green Beans Asian Cucumbers WW Roll Diced Pears Almond Cookie <small>Photo by Clem Onyiah on Unsplash</small>	5 Beef Stew Steamed Cabbage Cornbread Mandarin Oranges Peanut Butter Cookie	6 Salmon Fillet Macaroni & Cheese Roasted Broccoli Cole Slaw Honey Wheat Biscuit Orange Fluff	7
8 Chicken & Dumplings Roasted Cauliflower Green Salad Raisin Bread Cream Pie <small>Photo by Chris on Unsplash</small>	9 National Llama Day Biscuits & Gravy Egg & Potatoes Tomato Cucumber Salad Tropical Fruit	10 Chicken Enchiladas Lettuce & Tomatoes Beans Rice Pepper Slaw Baked Apples	11 Spaghetti & Meatballs Italian Vegetables Caesar Salad Garlic Bread Strawberry Jello	12 Deli Hoagie Pasta Salad Fresh Vegetables Carrot Raisin Salad Spiced Peach Parfait	13 National Cocoa Day Baked Tilapia Sweet Potatoes Herb Roasted Tomatoes Diced Pears Spinach Bread Mandarin Cake <small>Photo by Ksenia Yakovleva on Unsplash</small>	14 MEALS INCLUDE MILK & BREAD
15 CHRISTMAS BRUNCH <small>Photo by Libby Penner on Unsplash</small>	16 Turkey Pot Pie Roasted Broccoli Tomato Basil Salad Brown Bread Red Grapes	17 Beef Stroganoff Golden Corn Russian Garden Salad Whole Wheat Roll Orange Jello	18 Ham Loaf Creamed Peas & Potatoes Garlic Green Beans Lettuce Wedge WW Roll Blueberries	19 Swedish Meatballs Brown Rice Harvard Beets Diced Pears Chocolate Pudding	20 Fish Florentine Garlic Noodles Roasted Asparagus with Bacon Cottage Cheese with Fruit Sugar Cookie	21 Winter Solstice Shortest day of the Year <small>Photo by Nathan Anderson on Unsplash</small>
22 Pork Roast Oven Brown Potatoes Peas & Carrots Tossed Salad Honey Wheat Biscuit Apple Pie	23 Mushroom Burger Lettuce & Tomatoes Steak Fries Berry Blend	24 Christmas Dinner Glazed Ham Or Roast Lamb Cheesy Potato Bake Green Bean Casserole Tossed Vegetable Salad Christmas Cake	25 CLOSED MERRY CHRISTMAS	26 Ham & Scalloped Potato Casserole Green Bean Medley Dill Cucumbers Citrus Fruit	27 Happy Birthday Lunch! Oven Fried Chicken Mashed Potatoes Parmesan Zucchini Wheat Biscuit Chocolate Cherry Cake <small>Photo by Brooke Lark on Unsplash</small>	28 
29 Hot Turkey Sandwich Mashed Potatoes Sliced Carrots Cranberry Apple Sauce Pumpkin Crunch	30 Roast Beef Mashed Potatoes Roasted Cauliflower Cottage Cheese Salad Wheat Roll Cherry Crisp Thank you, Natrona County Cow-Belles!	31 Happy New Year's Eve! Chicken Kiev Mushroom Risotto Dill Green Beans Tossed Vegetable Salad Cheddar Onion Biscuit Toffee Cake 				MENU SUBJECT TO CHANGE



Thank You



Thanks, Kathy Dilgarde, our own Senior Center "Barbie," for bringing Barbie®, Ken, and the kids to haunt the Display Case!



Barbie



Low Vision Support Group

Every Second Monday

10AM

Conference Room

Courtesy of:



The Senior Center will be closed the following in observance of the Christmas holiday:
Tuesday, December 24 at 2PM
Wednesday, December 25 ALL DAY

The Senior Center will be closed the following in observance of the New Year holiday:
2PM on December 31st
Wednesday, January 1st, 2025
ALL DAY



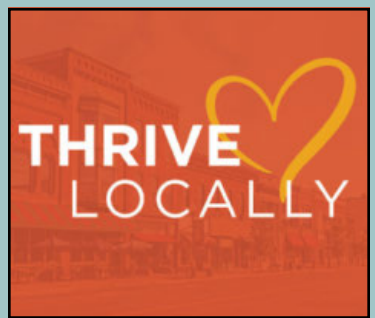
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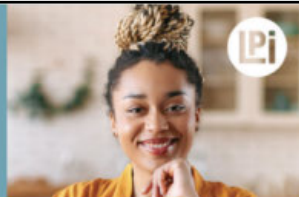


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SPOTLIGHT

The race to the South Pole: Scott and Amundsen

<https://www.rmg.co.uk/stories/topics/race-south-pole-scott-amundsen>

In the early 20th century, the race was on to reach the South Pole, with a number of explorers testing themselves in the freezing Antarctic. In 1911, British Explorer Robert Falcon Scott and Norwegian explorer Roald Amundsen both aimed to be the first to reach the South Pole. Both launched expeditions to reach the Pole in 1911. It would end in victory for Amundsen—and tragedy for Scott.

Scott's expedition to the South Pole

Robert Falcon Scott had attempted to reach the South Pole once before in 1902 but his party were forced to turn back due to ill health and sub-zero conditions. It was always Scott's intention to return, and with the support of the British Admiralty and the government, he secured a grant of £20,000.

Scott recruited men from his original Antarctic voyage and from Ernest Shackleton's ship *Nimrod*, which had recently returned from the Antarctic. His crew included naval seamen, scientists, and paying members. His ship *Terra Nova* sailed from Cardiff on 15 June 1910.

Amundsen's expedition

Roald Amundsen was a respected Norwegian explorer who was determined to beat the British expedition and be the first to reach the South Pole. He kept his plans to head south very secret—he had originally planned to head north, but upon hearing that the North Pole had been reached, changed his mission.

<https://www.rmg.co.uk/stories/topics/race-south-pole-scott-amundsen>

Amundsen's ship the *Fram* reached the Ross Ice Shelf on 14 January 1911, Amundsen having chosen to land at the Bay of Whales. This gained the Norwegians a 60-mile advantage over Scott, who chose to land at McMurdo Sound.

The race

On 18 October 1911, after the Antarctic winter, Amundsen's team set out on its drive toward the Pole. Captain Scott began his trek three weeks later. At around 3PM on 14 December 1911, Amundsen raised the flag of Norway at the South Pole. He had reached the Pole a full month before Captain Scott arrived. Amundsen and his crew returned to their base camp on 25 January 1912, 99 days and roughly 1400 nautical miles after their departure.

Scott left his base camp with his team to the Pole on 1 November 1911. He finally reached the South Pole on 18 January 1912, disappointed to learn that Amundsen had beaten him to it. The tortuous return journey was faced with stoicism and dignity. Weak from exhaustion, hunger, and extreme cold, his last diary entry is dated 29 March 1912. He died in his tent alongside two of his men.

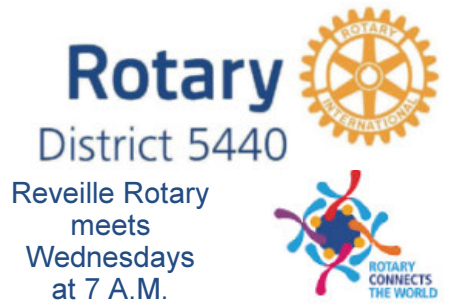
Amundsen's success was celebrated worldwide, and he received personal telegrams of congratulations from US President Theodore Roosevelt and King George V of England. Scott was also recognized for his achievements and posthumously made a Knight Commander of the Order of the Bath.



Capt. Scott in his den. Oct. 7th 1911. [Handwritten signature]



[Amundsen's expedition at the South Pole (courtesy of Wiki Commons)]

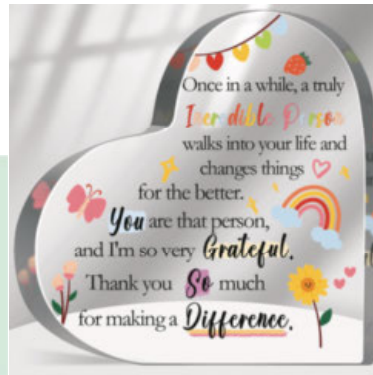


United Way of Natrona County



Many Thanks and Congratulations to Aimee Fleming & Linda Blackstone!

"A leader is one who knows the way, goes the way, and shows the way." ~John C. Maxwell



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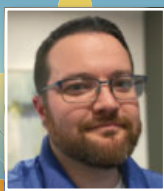
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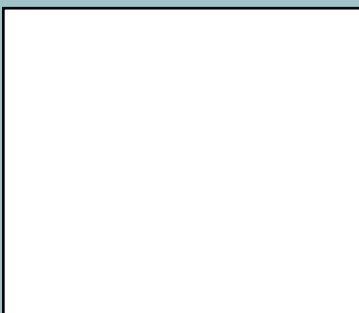
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ACTIVITIES FOR EVERYONE*

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)
Beginner Line Dancing	Tuesday	10:00AM—11:00AM (DF)
Bible Study	Monday	1PM—3PM (AR) 3:30PM—4:30PM (AR)
Binding Friends	Monday	6:00PM—8:00PM (CNF)
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)
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	Tues/Thurs	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	10:00AM—12:00PM (AR)
Cribbage	Tuesday	10:00AM—11:30AM (AR)
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)
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)

On The Money

Support the Senior Center and get the delicious drink you didn't know you could have!

5-drink punch cards cost \$15

AND save you \$1/drink!

Checking Account tips for Older Adults

- ☒ Don't limit your choices to age-targeted products
- ☒ Many financial institutions offer additional perks and rewards
- ☒ Some credit unions offer relatively high-yielding accounts
- ☒ Large banks don't always have interest-bearing checking accounts, but offer other perks

<https://www.investopedia.com/articles/personal-finance/060316/top-10-checking-accounts-seniors-jpm-wfc.asp>

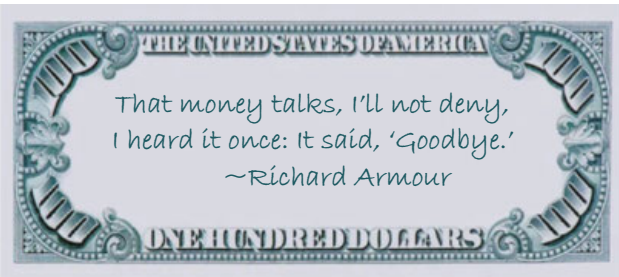


Frugal Living Tips for Seniors

Budget and Plan for Christmas Gifts

It's easy to go overboard at Christmas time with so many friends and family to buy for. Save money by making a budget and detailed gift list ahead of time. This will not only ensure you don't spend more than what's within your budget, but it will also allow you to take advantage of deals by looking for savings on your list of items!

<https://www.seniorliving.org/finance/frugal-living-tips/>



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Are you ignoring the signs?

HEARTBURN, ACID REFLUX, SORE THROAT, CHRONIC COUGH, REGURGITATION, DIFFICULTY SWALLOWING

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Dr. Parrack, 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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1831 East 4th St, Casper, WY 82601
(307) 265-4678
"The Heart of
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Photo by andreas kreitsehmer on Unsplash

PARTING THOUGHTS

"December has the clarity, the simplicity, and the silence you need for the best fresh start of your life."

~ British Writer/Director Vivian White ~



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!

We would like to
once again thank all of our
members and supporters!
We are especially grateful to our
volunteers and donors.

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