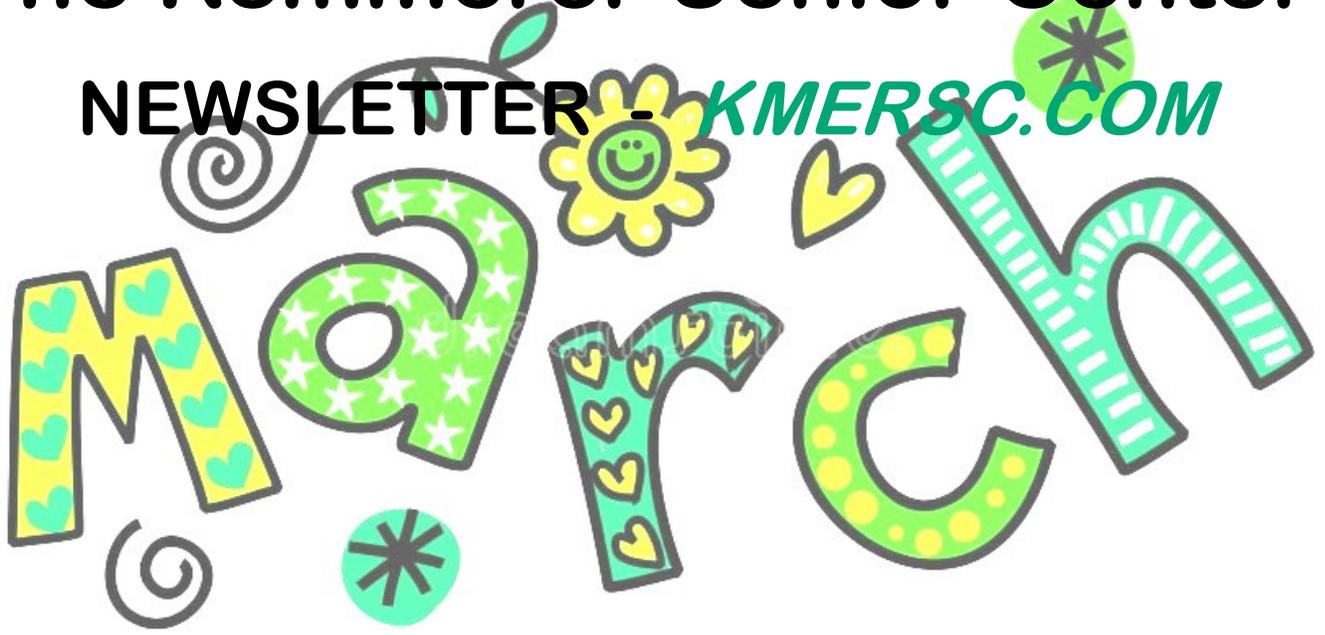


# The Kemmerer Senior Center

NEWSLETTER - [KMERSC.COM](http://KMERSC.COM)



The Kemmerer Senior Center  
105 JC Penney Dr  
Kemmerer, WY 83101  
Phone 307-877-3806

# LUNCH BREAK

## LUNCH

307-877-3806

Monday—Friday

**Noon to 12:15 p.m.**

**60+ Suggested Donation \$5**

**Under 60 \$9**

**Pickup for Carryout @ 11:30**

**Home Delivery for Qualifying**

**Individuals starts at 10:30**

**60 and over**

**call between 8:00 & 9:30**

**for Pickup or Carryout orders**

**or to make changes to your**

**delivery schedule.**

**Under 60**

**call between 9:30 & 10:00**

**for carryout.**

***\*If you miss the 9:30/10:00 deadline you are welcome to stop by the center @ 12:15 following the daily in-house serving.***

# Welcome

**The Kemmerer Senior Center**

**Welcomes the Community**

**Monday—Friday**

**9:00 a.m.—3:00 p.m.**

## **BOARD OF DIRECTORS**

Michelle Muir, President

Irva Johnson, Vice President

Celeste Mori, Secretary

Greg Gray, Member

Dorothy Murdock, Member

Christy Killian, Director

**The next board meeting**

**will be on Monday,**

**March 17, at 3:00**

## **Thank You**

The Kemmerer Senior Center would like to thank you for your generosity. Thank you for thinking of us!

Thank you to the KJSHS NHS student's as well as 4-H for joining the Seniors for game days. It is a lot of fun for the seniors to have young people around.

Thank you to the Food Bank and Karen Walentine for their generosity.

Thank you to Westmoreland for thinking of us.

A BIG thank you to those community members who participate in United Way. We appreciate it!



# OF THE MONTH CLUB \$\$

## ***DOLLAR OF THE MONTH CLUB***

Donations acquired ***annually*** help with providing activities, special events, & postage.

If we have forgotten to acknowledge your generosity please reach out.

If your name was on the list and no longer appears your annual donation has expired. Please reach out if you would like to continue to participate in the Dollar of the Month club.

Leo & Tina Alarcon  
Jerome & Thorma Barette  
Marlin & Stacy Batista  
Nancy Black  
Rose Capellen  
Alec & Barbara Carlisle  
Brian & Patti Challinor  
Robert & Nancy Combs  
Mary Lynn Corbet  
Judy Crank  
May Dover  
Don & Kathy Failoni  
Larry & Connie Gunter  
Roger Gunter  
Tonya & Greg Harwood  
Duane Hawes  
Gary & DeeDee Hunzie  
Mary Frances Hunzie  
Ira Johnson  
Marie Julian  
Lillian Juvan  
Joe & Lori Kalan  
Terri Lorenzi

June Morris  
Mike & Vickie Nelson  
Yetive Perry  
Majil Peart  
Lori & Murph Roberts  
Barbara Ropelato  
Wade & Roxanne Rudy  
Larry & Vernona Shoemaker  
Renae Snell  
Deb Stefonick  
MaryAnn Stoddard  
Dean & Fran Symons  
Tom & Cheryl Tennyson  
George & Linda Williamson  
Bob & Dorothy Wright  
Gerry Wright

## **Important Reminder**

Although we appreciate you thinking of us if the senior center is unable to utilize items that you drop off it becomes an expense to the center to dispose of. Please keep this in mind and ***please ask before leaving items at our doors.*** Thank you for your consideration.



## Easter Craft



Join us for the Easter Craft on March 24th @ 1:00. Remember to sign up at the center on March 1st. There are only 10 slots available and they will be given on a first come first serve basis. If you cannot attend for the entire hour please consider allowing someone else to enjoy the craft.

# SHUFFLEBOARD

## A Big Thank You to the Eagles & Louise & Tom Woolsey

Although it is sad to see the Eagles end it's time in our community we appreciate recently donated items. We are excited about giving the shuffleboard a new home and sincerely thank Louise and Tom for helping to facilitate it's delivery.

 **Medicare Summary Notice**  
for Part B (Medical Insurance) Page 1 of 5

The Official Summary of Your Medicare Claims from the Centers for Medicare & Medicaid Services

JENNIFER WASHINGTON  
TEMPORARY ADDRESS NAME  
STREET ADDRESS  
CITY, ST 12345-6789

 **SMP**  
Senior Medicare Patrol  
Preventing Medicare Fraud

### What is an MSN?

Medicare Summary Notices, or MSNs, are notices you receive every four months if you have claims for products or services.

They explain what you were billed for, the Medicare-approved amount, and the amount you may owe.

Contact the SMP to learn how to read your MSN.  
[SMPRESOURCE.ORG](http://SMPRESOURCE.ORG)

Revised by the SMP in 2018. For more information, visit [www.smp.org](http://www.smp.org). Content developed by the SMP is the official view of the U.S. Department of Health and Human Services.

**Notice for Jennifer Washington**

Medicare Number	1E64-TE5-MK72
Date of This Notice	September 14, 20XX
Claims Processed Between	June 15 - October 15, 20XX

**Your Deductible Status**

Your deductible is what you must pay for most health services before Medicare begins to pay.

**Part B Deductible:** You have now met \$85.00 of your \$XXX.00 deductible for 20XX.

**Be Informed!**

Welcome to your new Medicare Summary Notice! It has clear language, larger print, and a personal summary of your claims and deductibles. This improved notice better explains how to get help with your questions, report fraud, or file an appeal. It also includes important information from Medicare!

Have you heard of an MSN, also known as a Medicare Summary Notice? This is an important document that is sent to Medicare beneficiaries every 4 months with claims or services your Medicare number was billed for. Make sure you review them and that you were billed for what you were supposed to be. If you see something concerning, report it to the WY SMP at 1 (800) 856-4398.





*To all our many volunteers we thank you! You are the heart of this organization. If we have missed mentioning you please let us know. The way you made us feel, on the day you did what you did, will never be forgotten but sometimes making a list of all of those who have been so generous with their time is tricky.*

***“We Can’t Help Everyone, but Everyone Can Help Someone.”  
-Ronald Reagan***

Deb	Archibald
Brittany	Backman
Bev	Black
Susan	Bright
Tracy	Carotta
Terri	Cartwright
Barb	Christensen
Ashlynn	Condos
Sharon	Connelly
April	Corwin
Anna	Chytka
Dorian	Dietrich
Connie	Dummer
Veronica	Endecott
Roger	Gunter
Deb	Harker
Barb	Harwood
Dave	Harwood
Duane	Hawes
Michelle	Hoopes

Ken	Hysell
Angie	Jackson
Eileen	Jackson
Irva	Johnson
Lori	Kalan
Rosa	Kemp
Camden	Killian
Grady	Killian
Kerry	Killian
Shirley	Kindschuh
Mike	Kohout
John	King
Tammie	King
Kathleen	LaCombe
Bob	Lake
Bob	Mathews
Connie	McMillan
Cindy	Miller
Scott	Miller
Celeste	Mori

Michelle	Muir
Dorothy	Murdock
Deb	Nash
Nancy	Orgill
Ralph	Rasmussen
Rick	Rogers
Ruben	Rosas
Roxanne	Rudy
Dee	Sargent
Denise	Sargent
Janelle	Sawaya
Darlene	Schulthess
Brock	Stanely
Penny	Stapel
Dalton	Stoddard
Jamie	Thornock
Karen	Wallentine

***Wall of Wisdom***

**“I never lose. I either win or learn. - Nelson Mandela**



# dates to Remember

- **SENIOR COMMUNITY EMPLOYMENT PROGRAM**

Through AARP Foundation SCSEP (Senior Community Service Employment Program), funded by a grant from the U.S. Department of Labor, a community service and work-based job training program for low-income adults age 55 and older, AARP Foundation equips low-income older adults with skills and resources to build economic opportunity. With AARP Foundation SCSEP, unemployed adults who are 55 and older can keep pace with the changing nature of work by sharpening their job skills through temporary community service work that leads to full-time employment. Join Helena Albers at 11:45 March 3rd at the KSC to see what the program might be able to offer you.

- **Tax Filing**



Wade Hirschi, CPA will be here on March 11th and March 23rd. He can help with tax filing by appointment ONLY. Please call the center to schedule an appointment. Slots are limited.

- **Tai Chi**

Join Barb Peavler on March 11th and March 23rd at 11:00 at the KSC for Tai Chi. It is great for both your body and mind!

- **Water Fitness at the Pool**

Water Fitness is on March 6th and 20th at 10:00. You can meet at the center at 9:40 or at the pool at 9:50.

- **LINCARE CPAP CHECK**

Nicole from Lincare will be at the center on March 30th at 11:00. Please feel free to bring your CPAP machine. They will perform checks and answer questions you may have regarding pulmonary services provided by Lincare.

- **Coffee & Computers**

Join us at 9:00 on March 13th and/or March 27th. Bring in your laptop, cell phone, or tablet and we will help answer questions that you may have.

- **AUCTION**

**Lee Challinor kindly donated several decorative items to the KSC. It was his hope that we could auction them off to benefit the Kemmerer Senior Center. We are excited to announce that the auction will be held on March 18th following lunch. We will do our best to get slides ready so that patrons are able to preview items in the dining room in the weeks leading up to the auction. We would like to say THANK YOU to Lee Challinor.**



For events that have limited slots available such as Nails with Angie, Crafts, and Foot Zoning please remember that you will need to sign up in advance of the scheduled date while you are visiting the center. If you don't often get the chance to join us at the center you might make a special trip at the beginning of the month to sign up for the events that you are interested in. Sign up sheets are posted on the bulletin board near the conference room on the first business day of each month. Our sincere hope is that everyone gets an opportunity to experience and participate in the events that our wonderful volunteers are offering.

# KEMMERER SENIOR CENTER Event Calendar

March 2026						
◀ February						April ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:30 Movement 1:00 Shopping	3 10:00 Walking Club- Rec 11:00 Healthy Heart w Anna 11:45 Senior Community Employment Program	4 11:00 Cornhole 10:45 Line Dancing New Frontier	5 10:00 Sit-Stretch 1:00 Sewing Block 3	6 10:00 Water Fitness 1:00 Shopping 1:00 Linger Longer - Games	7
8	9 10:30 Movement 1:00 Shopping	10 10:00 Walking Club- Rec 12:30 Nails w/Angie 1:00 Food Bank	11 BIRTHDAY DINNER 9-4:30 TAX Filing 11:00 Blood Pressure 11:00 Tai Chi 1:00 Shopping	12 10:00 Sit-Stretch 1:00 Sewing Block 3	13 9:00 Coffee & Computers 1:00 Linger Longer - Games	14
15	16 10:30 Movement 1:00 Shopping 3:00 Board Meeting	17 <b>St. Patrick's Day</b> 10:00 Walking Club- Rec 1:00 OATS Lecture – Genealogy	18 11:00 Cornhole New Frontier 10:45 Line Dancing 1:00 Auction	19 Tri-City in Mountain View 10:00 Sit-Stretch 1:00 Diabetic Toes 1:00 Sewing Block 3	20 10:00 Water Fitness 1:00 Shopping 1:00 Linger Longer - Games	21
22	23 10:30 Movement 9-4:30 TAX Filing 1:00 Shopping	24 10:00 Walking Club- Rec 12:00 Healthy Heart w Anna 1:00 Food Bank 1:00 Easter Craft	25 11:00 Cornhole New Frontier 11:00 Tai Chi 12:45 Foot Zoning w/Jamie 1:00 Shopping	26 10:00 Sit-Stretch 1:00 Sewing Block 3	27 9:00 Coffee & Computers 1:00 Linger Longer - Games	28
29	30 <b>NO MOVEMENT</b> 11:00 CPAP Check-Lincare 1:00 Shopping	31 10:00 Walking Club- Rec 11:30 Book Club- <i>The Guernsey Literary &amp; Potato Peel Pie Society</i>				

**If you have a skill that you would like to share with others or something that you are interested in learning, please reach out to us. Reminder – If you host a craft we can order supplies for it in advance.**

# MARCH 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Taco Soup Chips & Salsa Salad Bar Dessert	3 Chicken Strips Biscuit & Gravy Hashbrowns Dessert	4 Meatloaf Mashed Potato & Gravy Corn & Roll Salad Bar Dessert	5 Cheese Burger Sliders W Toppings French Fries Salad Bar Dessert	6 Clam Chowder Grilled Cheese Chips Salad Bar Dessert
9 Chicken Salad Sandwich Chips Pasta Salad Dessert	10 Big Mac Wrap French Fries Salad Bar Dessert	11 <b>HAPPY BIRTHDAY</b> Roast Beef Mashed Potato & Gravy Veggies Roll Cake  <b>NO TAKEOUTS</b>	12 BBQ Beef on a Bun Macaroni & Cheese Salad Bar Dessert	13 Shrimp Scampi Garlic Spaghetti Bread Sticks Veggie Salad Bar Dessert  <b>NO TAKEOUTS</b>
16 Chili Baked Potato Toppings Salad Bar Dessert	17 Comed Beef And Cabbage Red Potatoes-Carrots Salad Bar Dessert	18 Chicken Fried Chicken Potatoes & Gravy Veggie-Salad Bar Roll Dessert	19 French Dip Sliders French Fries Salad Bar Dessert	20 Popcorn Shrimp French Fries Corn Salad Bar Dessert
23 Tacos w Toppings Rice Salad Bar Dessert	24 Hot Dogs w Chili & Sauerkraut Chips Salad Bar Dessert	25 Pork Chop Funeral Potatoes Peas & Carrots Roll Salad Bar Dessert  <b>NO TAKEOUTS</b>	26 Ham & Turkey Sliders Chips Macaroni Salad Salad Bar Dessert	27 Crispy Fish Nuggets Tator Tots Coleslaw Dessert
30 Potato Soup Grilled Cheese Salad Bar Dessert	31 Beef-Chicken Taquitos Queso, Salsa, Sour Cream Salad Dessert			



## OATS/Senior Planet



We would like to congratulate and welcome Barb & Dave Harwood as well as Cindy Miller for completion of the OATS Train the Trainer course! Dee Sargent is extremely close to the finish line. Dave, Barb, and Cindy will be testing the skills they have recently learned in the months ahead. Dave & Barb will host their first presentation on Tuesday, March 17th at 1:00. The topic for the lecture is Genealogy. It should be a lot of fun. Please join us!

### Coffee & Computers



THE KEMMERER SENIOR CENTER STARTED **COFFEE AND COMPUTERS** LAST MONTH. THIS IS AN EXTENDED EFFORT TO HELP PEOPLE WITH TECHNOLOGY. YOU CAN JOIN US ON FRIDAY, MARCH 13TH AND/OR FRIDAY, MARCH 27 BETWEEN 9 AND 10. YOU ARE WELCOME TO REVIEW TECHNOLOGY THAT YOU HAVE PREVIOUSLY BEEN EXPOSED TO IN OATS TRAINING OR BRING NEW QUESTIONS TO US. THIS IS INTENDED TO BE A MORE PERSONAL APPROACH OFFERING ONE ON ONE TIME WITH A TRAINER. BRING YOUR QUESTIONS TO US ABOUT LAPTOPS, CELL PHONES, OR TABLETS!



We are so happy that everyone is enjoying the salad bar. We want to remind everyone that joins us in the center on salad bar days that it is a one trip through salad bar and when items are depleted they will not be replenished. Please consider the patrons who have not yet made it to the salad bar when you are filling your plate. We are excited to offer the salad bar but it is a greater expense than a green salad being served in the main line and is only possible if we manage it well.



We have increased the number of **NO TAKE OUT** days on the March menu. It has become increasingly difficult to predict the number of C1 in-house meals needed for daily serving. We have experienced several high attendance days recently which have left us with no option other than to turn patrons away. This has been bitter sweet as we are so excited to see the increased support of the community for the senior center yet it is very difficult when we have to turn patrons away. It is certainly disappointing to those who have been turned away. Limiting take out on days that we expect higher than average in house participation is one step that we can take to help with this issue. **A reminder that Hot Home Delivered Meals (C2) are not considered take out and will see no impact on those days.**



For those who have been turned away please know that we are sincerely sorry. We certainly hope to see you in the future and would like to offer you a meal at no cost. We have kept documentation of who this happened to and we have reached out to these individuals. If we have missed you please let us know.

## Wyoming Welcomes the Wall That Heals

The Wall That Heals will be in Afton, Wyoming July 9 —12

They are in need of hundreds of volunteers. If you can help out please visit [www.thewallthathealsaftonwy2026.com](http://www.thewallthathealsaftonwy2026.com) and click on the volunteer link.

You can also visit [www.kmersc.com](http://www.kmersc.com) and the link will be available for you to click on.

For additional information Contact

Jay Conley 307-248-1861 or

Lisa Grimsley 307-885.9831

### SENIOR CENTER TRANSPORTATION

Please Call us at 307-877-3806

Suggested Donation Non-Senior \$2 One Way

Suggested Donation Senior \$1 One Way

We provide **curb to curb** around the town transportation daily Monday through Friday between **9:00 a.m. and 2:00 p.m.** We will do our best to accommodate transportation needs outside of the specified hours with advance notice. If you depend on the senior bus for transportation, please keep this in mind when scheduling appointments. ***We do not offer out of town transportation.***

***\*\*Kemmerer Senior Center transportation participants must be able to navigate from their wheelchair into the van with minimal assistance if they choose not to ride the wheelchair lift. Our staff is trained for public transport and the driver is unable to assist with mobility impairments during transfers. Participants are encouraged to travel with a personal assistant who is capable of assisting transfers if assistance is needed. The personal assistant will not be charged a transportation fee as per WYDOT.\*\****

## AGNES Aging Needs Evaluation Summary



In short, AGNES is the primary intake and ongoing assessment form for the Wyoming Department of Health's services for seniors, ensuring appropriate services are provided in your community. It is required by the Wyoming Department of Health that this intake form is filled out annually. Without the form the KSC is unable to report you as a participant. Not showing you as a participant lowers our reported participation number to the Department of Health and directly impacts future grant funding.

We appreciate you cooperating with the completion of the form annually. The KSC has many AGNES forms that expire in the months ahead and we will be reaching out to you. Thank you for your continued support.



**307-877-6940**

**Your First Stop**

**Thank you to our local Maverik for donating delivery sacks.**

***Help support local community businesses who support the Kemmerer Senior Center!***

**GUNTERS TIRE & LUBE SHOP**  
77 US HIGHWAY 30  
DIAMONDVILLE, WYOMING  
1-307-800-8174  
8 AM - 6 PM MONDAY-FRIDAY  
For Emergency Call 1-307-677-0027

**PERSPICACITY'S WHIM'S LLC**  
706 PINE AVE.  
KEMMERER, WY 83101  
ANTIQUE'S ~ COLLECTIBLE'S ~ GIFTS  
CARDS ~ WRAPPING PAPER

**Thank YOU Community Members!**

WE ARE EXCITED TO LET YOU KNOW THAT WHEN YOU DONATE YOUR RIDLEY'S POINTS TO THE KEMMERER SENIOR CENTER IT MATTERS. THE KSC RECEIVED THE QUARTERLY DONATION OF \$1,200 IN JANUARY AND THIS IS DUE TO YOUR GENEROSITY. THANK YOU SO MUCH!!

**HTA Request to Donate!**

Mail to: **Ridley's Family Markets**  
Att: Cherle  
621 Washington St S  
Twin Falls, ID 83301  
  
208-324-4633  
x10118

Senior Citizens Association of  
Kemmerer, WY  
105 JC Penny Drive  
Kemmerer, WY 83101

Please process a new donation as marked below:

Please donate all of the points in my acct (1 x upon receipt)       Name: \_\_\_\_\_

Please donate \_\_\_\_\_ points (1x upon receipt)       Address: \_\_\_\_\_

Please donate all of the points in my acct (now and at the end of each quarter through the end of the year )       Phone #: \_\_\_\_\_

Advantage Card #: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_