

At The Center of It All

Central Wyoming
Senior Services, Inc.



"The Heart of Natrona County"

NOVEMBER 2024

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

QUESTIONS OR SUGGESTIONS?
CONTACT RAE
raea@casperseniorcenter.com

History of Veterans Day

The holiday honors all veterans of United States armed forces. A traditional observation is a moment of silence at 11 am remembering those who fought for peace. (Commemorates the cease-fire in the 1918 armistice which was scheduled for "the eleventh hour of the eleventh day of the eleventh month.")

The day of recognition for Veterans of the Great War (World War I) on this date was first proclaimed by US President Woodrow Wilson on November 11, 1919. In May 1938, the 11th of November in each year was declared a legal holiday and was known as 'Armistice Day'.

In 1953, a shoe store owner named Al King started a campaign that the day should celebrate all veterans, not just those who served in World War I, suggesting it should be renamed 'All' Veterans Day. Al's idea was taken up by his local Chamber of Commerce, then by a local congressman who helped push a bill for the holiday through Congress. US President Dwight D. Eisenhower signed it into law and in May 1954, Congress amended the law and officially replaced 'Armistice' with 'Veterans'.



Did you know?

The last soldier killed in action in World War I is generally acknowledged to be an American called Henry Gunther from Baltimore. He was killed 60 seconds before the armistice came into force while charging German troops who knew that the Armistice was imminent. It was said that Gunther had been despondent over a recent reduction in rank and was trying to redeem his reputation.

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 into Drawing!

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

Linda BlackstonePresident
Bob Carpenter..... Vice President
Kim LatkaTreasurer
Kate Maxwell.....Secretary

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Gloria Fuhrer *Errol Miller*
Ray Bila *Debera Siems*
Susan Burk *Grace Becker*
Lori Spearman

City Council Liaison

Michael Bond

Executive Director

Aimee Fleming

Director of Operations

Tom Lebahn

Assistant Director

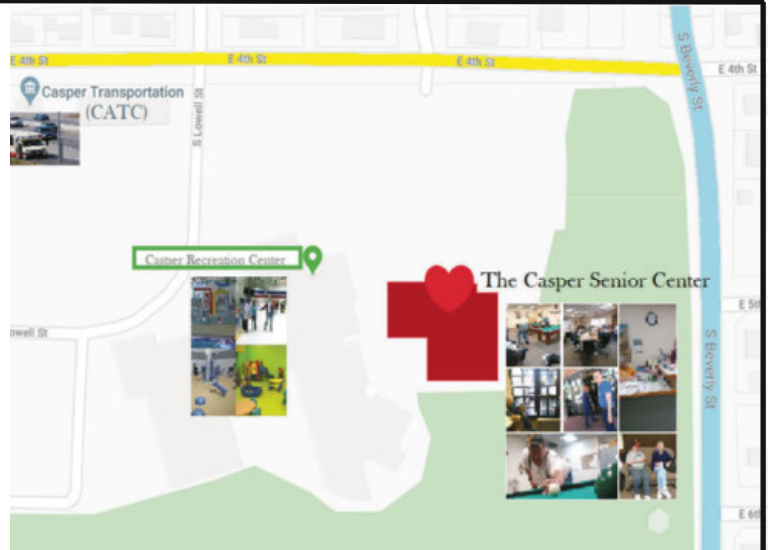
Rachel Brown

Community Programs Director

Lacey Kidman

Dietary Director

Kimberly Cooper



Locations

CASPER (MAIN)

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

MILLS

401 Wasatch (307) 237-1317

EVANSVILLE

71 Curtis St (307) 315-6719

Connect with us:



www.casperseniorcenter.com



Facebook.com/pages/Casper-Senior-Center

ALL ABOUT US

Central Wyoming Senior Center was established in 1975 to provide nutritious meals, companionship, program support, and activities for the senior citizens of Natrona County. We began serving meals in a church basement and eventually moved into our current facility,

where we provided more than 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.

A Letter from the Desk of the President:

Please join us on November 27th for the biggest event of the year—the Thanksgiving Lunch. The kitchen staff, under the direction of Kim Cooper and Johnna, her right-hand-man, is planning a wonderful Thanksgiving feast. Kim has worked at the Center for 29 years. She learned the trade from her mother, the previous Kitchen Director who served the first meal in 1975 then retired from the Center after 38 years. Both individuals have done an outstanding job for the Center.

The Board of Directors has an open position for the 2025 year for a three-year term. The election will be held Monday, November 4, 2024. Please be sure to vote. If needed, an absentee ballot may be obtained. This is an important position as the Board's goal is to assist individuals 60 years of age and older in meeting the nutritional, physical, and social needs of our members at the Center.

Aimee Fleming, Executive Director of the Casper Senior Center, will be leaving the Center to continue pursuing her nursing degree. Her last day will be on November 22, 2024. She has made significant improvements at the Center during her tenure. She has improved the annual fundraiser and has obtained new grants for the Center. She was instrumental in obtaining the “yes” vote in the Primary Election to create the Natrona County Senior Citizens Special District. We will miss her greatly.

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:



P. 6

P. 10



**Answer to the
October Trivia:
*the Statue
of Liberty!***

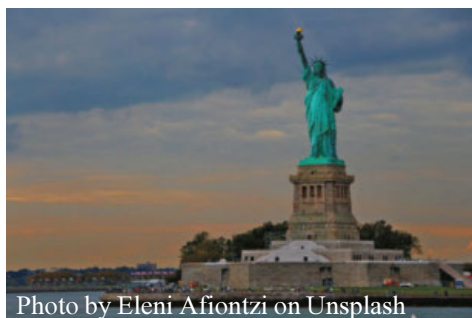


Photo by Eleni Afiontzi on Unsplash

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 TIME

What artificial waterway that divides Africa from Asia and serves as a key trade route between Europe & Asia, officially opened on November 17, 1869?

Let the front office know the correct answer for one 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

Saturday Dances

November

9th & 23rd

Starting at 6PM

Potluck Dinner

\$6.00 Cover

Happening Around the Center

New Member Coffee

2nd Tuesday
of Every Month
10AM in Déjà Brew

NEXT DATE:
November 12th

All New Senior Center Jam Sessions

If you play the guitar, banjo, violin,
mandolin, or other acoustic instrument:

Join us Fridays at 7PM

Chords and lyrics will be provided

Joyce's Easy Clogging

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.

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Bill Clough

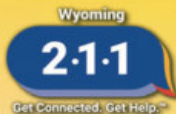
wclough@lpicommunities.com

(800) 950-9952 x2635

Need help looking for information?

Wyoming 211 can help!

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



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Visit www.wyoming211.org

Text your ZIP code to 898211

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Gifts & Memorials

Note: This is a list for Gifts or Memorials given between September 24th—October 18th, 2024. If donations were made between those dates and 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.

Memorials

Jan Christensen
Lucy Schoenewald
Joseph & Deann Rochelle

Doris Gish
Lucy Schoenewald

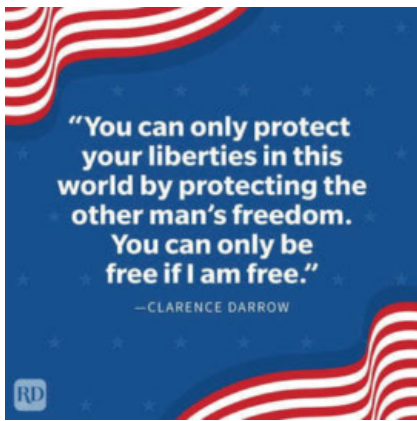
Robert 'Bob' Gustafson
Mary C Moler

**Gone...
but not forgotten**
Photo by Jakob Owens on Unsplash

Gifts

Helen Hoff
Frank C Stofflet
Janet Hilde
Les & Michelle Holladay

Correction: Gifts & Memorials in October issue were donations made between the dates of August 23rd & September 23rd, not June 21—July 21. If you donated between those dates and were not recognized, please notify Rae!



Or your clocks back 1 hour on November 3rd!

The Call to Duty

By Kelly Roper

A call to duty is sent out
And the strong and the brave reply.
They do it for love of country,
So there's never a need to ask why.

They leave behind all that they love,
Their families, their homes, and their lives,
Because to preserve these precious things
Is the goal for which each soldier strives.

So God bless our troops,
The courageous women and men,
Who fight to make sure
The bells of freedom peal again.

<https://www.lovetoknow.com/quotes-quip/poems/poems-honoring-our-soldiers>

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

Name: _____

Birthdate: _____

Courtesy of C.W.S.S.

Photo by lonela Mat on Unsplash

MEDICARE OPEN ENROLLMENT HAS BEGUN

Now through December 7, beneficiaries decide which of dozens of private plans offer the best coverage.

Even if you are happy with your current coverage, plans are modified each year so it is a good idea to review the plans for the upcoming year.

Be on the lookout for unsolicited calls that try to switch you to plans that may not be the best for your needs.

877.808.2468



SMPRESOURCE.ORG

It's Medicare Open Enrollment time!

If you would like assistance with reviewing different Medicare plans, you can use Medicare's Plan Finder at Medicare.gov or find your local SHIP at

www.shiphelp.org

If you want to report marketing fraud or suspicious activity, call the Wyoming SMP at 1-800-856-4398.



Medicare Open Enrollment is October 15th through December 7th annually for coverage beginning January 1st of the next year.

The four main parts of Medicare are:

- ◆ **Part A—Hospital Coverage**
- ◆ **Part B—Medical Coverage**
- ◆ **Part C—Medicare Advantage**
- ◆ **Part D—Prescription Coverage**

Rachel is still taking appointments for enrollment assistance with Part D—Prescription Drugs Plans on Wednesdays, please call 307-265-4678 to make an appointment.

For assistance with Advantage Plans or other Medicare questions, please contact SMP/WSHIP Coordinator Peggy Darling at Wyoming Senior Citizens Inc in Casper: 951 Werner Court, Suite 295 (307) 235-5959



Kimberly Weikum
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307-433-7854

Local help with your Medicare questions.



Sandra Skinner
Licensed Sales Agent
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Central Wyoming Senior Services, Casper, WY

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5 Exciting Health Benefits of Turkey

<https://hillsideturkey.com/5-exciting-health-benefits-of-turkey/#:~:text=Rich%20in%20Vitamins%20and%20Minerals&text=It%20contains%20B12%2C%20which,that%20help%20protect%20against%20disease.>

Turkey is often considered a special occasion food, but incorporating it into your regular diet can offer a wide variety of health benefits. Not only is turkey delicious, lean, and easy to prepare, but it's also an excellent source of protein and other essential vitamins and minerals.

Take a look at these five amazing health benefits you can get from turkey:

1) High Protein Content

Turkey is an excellent source of lean protein, which helps keep you full for longer periods and provides energy throughout the day. It's also low in fat and calories, which makes it a great option if you're watching your weight or trying to maintain a healthy lifestyle.

2) Rich in Vitamins and Minerals

Turkey is also packed with essential vitamins & minerals important for your overall health. It contains vitamin B12, which helps support red blood cell formation, as well as zinc and iron, which help boost immunity. Turkey also provides a good dose of selenium, which has powerful antioxidant properties that help protect against disease.

3) Improves Heart Health

Research suggests that regularly eating turkey can help to reduce cholesterol levels and improve heart health by helping to regulate blood pressure levels in the body. This can lead to lower heart disease or stroke risk over time. Additionally, the lean protein content of turkey helps to promote muscle growth and repair, which can further improve heart health by improving circulation throughout the body.

4) Promotes Joint Health

Turkey is rich in amino acids such as tryptophan and glutamine, both of which are important for joint health and mobility. Regularly eating turkey can help support joint flexibility while reducing aches & pains associated with arthritis or other joint conditions over time.

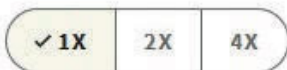
5) Boosts Mental Health and Well-Being

Eating turkey regularly has been linked with improved mental well-being due to its high content of tryptophan—an amino acid that helps increase serotonin levels in the brain—leading to better sleep quality, improved focus, and concentration levels throughout the day, as well as reduced stress levels overall!

Thanksgiving turkey that is easy to make, easy to clean, AND delicious?

YES PLEASE!

Ingredients



Original recipe (1X) yields 12 servings

- 1 (6 pound) bone-in turkey breast
- 1 (1 ounce) envelope dry onion soup mix



Slow Cooker Turkey Breast

This slow cooker turkey breast always comes out moist and tender, and this easy recipe uses just two ingredients — the only hard part is waiting!

Submitted by *ms_sally*

✓ Tested by Allrecipes Test Kitchen

Prep Time: 10 mins

Cook Time: 8 hrs

Total Time: 8 hrs 10 mins

Servings: 12

Directions

Step 1

Rinse turkey breast and pat dry. Cut off any excess skin, but leave the skin covering the breast.

Step 2

Rub onion soup mix all over outside of the turkey and under the skin.

Step 3

Place in a slow cooker. Cover, and cook on High for 1 hour, then set to Low, and cook for 7 hours. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).

Step 4

Serve with gravy.





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

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

MEAL CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Beef Pot Roast Potatoes & Carrots Tomato Basil Salad Honey Wheat Roll Peach Pie	4 Ranch Chicken Bake Braised Cabbage Cucumbers & Tomatoes Wheat Roll Mixed Berries	5 General Election Day Potato Leek Soup BBQ Pork Sandwich Fresh Vegetables Apricots White Cake	6 Chicken Fajitas Lettuce & Tomatoes Black Beans Spanish Rice Diced Peaches	7 Ham & Beans Sliced Carrots Creamy Vegetable slaw Cornbread Cherry Jello Whip	1 Breaded Cod Garlic Pasta Corn Cobbette Carrot Raisin Salad Honey Wheat Biscuit Sliced Peaches	2  Happy National Deviled Eggs Day! <small>Photo by Arven Niblove on Unplash</small>
10 California Ch'kn Breast Roasted Yams Asparagus Tossed Vegetable Salad Wheat Roll Bread Pudding	11 Veterans Day Glazed Ham Scalloped Potatoes Fresh Beets WW Roll Diced Pears Chocolate Cake	12 Roast Lamb Mashed Potatoes Brussels Sprouts Carrot Raisin Salad Wheat Biscuit Berry Blend	13 Pork Medallions Brown Rice California Vegetables Garden Veggie Salad Black Bread Baked Apples	14 National Pickle Day Deli Dog Kraut & Peppers Potato Salad Blueberry Jello Sugar Cookie <small>Photo by Townsend Wehm on Unplash</small>	15 Clam Chowder Egg Salad On Croissant Stuffed Celery Sliced Peaches Chocolate Cookie	16 MEALS COME WITH MILK & BREAD
17 World Peace Day Pork Wellington Catalina Vegetables Pea Salad Raisin Bread Apple Pie	18 Spanish Meatballs Garlic Pasta Roasted Asparagus Cucumbers and Onions Melon Cup	19 Play Monopoly Day Chicken Veggie Stir Fry Sesame Green Beans Asian Slaw Wheat Bread Ginger Cookie <small>Photo by Adriane Salazar on Unplash</small>	20 Taco Bake Spanish Rice Cool Corn Salad Lettuce & Tomatoes Churro	21 Minestrone Soup Ham Salad Sandwich Carrot and Celery Stix Strawberries & Bananas	22 Chicken Fried Steak Mashed Potatoes Peas & Carrots Summer Squash Salad Whole Wheat Roll Peanut Butter Cake	23
24 Meatloaf Baked Potato Roasted Zucchini Carrot Slaw Wheat Biscuit Cherry Pie	25 Lasagna Italian Vegetables Caesar Salad Garlic Onion Stick Peach Cobbler	26 Pork & Noodles Sweet Corn Spinach Mandarin Salad Wheat Bread Sugar Cookie	27  THANKSGIVING DINNER WITH ALL THE TRIMMINGS <small>Photo by Jessica Cardenas on Unplash</small>	28  CLOSED Happy Thanksgiving!	29  CLOSED Happy Black Friday!	30 MENU SUBJECT TO CHANGE

Financial 411

3 Ways to Stop Scammers in Their Tracks

<https://www.ncoa.org/article/3-ways-to-stop-scammers-in-their-tracks/>



Older adults and scams

Scams of all kinds are increasing, and older adults are a frequent target for scheming crooks. In 2023, 101,068 people over the age of 60 reported losses totaling \$3.4 billion to the FBI Internet Crime Complaint Center (IC3), an 11% spike in losses compared to 2022.

While the numbers are startling, the personal stories are heartbreaking. Headlines are packed with tales of older adults losing their life savings, like a 75-year-old Florida retiree who fell for an online tech support scam that cost him nearly \$800,000 or a retired civil servant, age 77, who lost her entire “nest egg” to cryptocurrency scammers—a grand total of \$661,000.

How can older adults fight back? According to a financial wellness expert, the best defense against scams is simply being aware.

What are some ways scammers try to exploit seniors?

1. Targeting those who are socially isolated

Con artists often target older adults who live alone. These scammers know adults who are socially isolated are less likely to consult a family member who may suspect something is not right. Being isolated can also lead to a state of loneliness. A University of Michigan study found that feeling lonely or suffering a loss made older adults more vulnerable to financial fraud.

Stop and stay financially safe: If an encounter with a stranger via phone, email, or text is making you feel anxious or uncertain, do not take any further action. Reach out to a person you know and trust, like a family member, friend, neighbor, or someone at your local senior center. Tell them what happened and ask for advice. Talking things over can help you identify red flags—before any damage is done.

2. Posing as an authority figure

Most were taught as children to respect authority. Scammers know this and use it to their advantage. That’s why many scams targeting seniors involve posing as an authority figure to pressure the person into doing what they want. Some examples are below:

* You receive a call from someone claiming to be from the IRS or SSA. They aggressively insist you owe hefty taxes, fines, or other fees and threaten criminal charges if you do not comply.

* A text message that seems to be from your electric company states your bill is overdue. The sender warns you your service will be terminated if you do not pay up quickly.

* You get an email telling you there’s a problem with your bank account. It appears to be from your financial

institution. The email asks you to verify your account information to fix the “problem.”

Stop and stay financially safe: The first thing to do is verify whether the contact is legitimate. Phone number, email addresses, and even websites can be spoofed to mimic familiar organizations. Reach out to the organization directly using phone numbers or email addresses listed on their official organization website. Tell them about communications you received and ask them to confirm that it’s real. Keep in mind that government agencies will generally never call, email, text, or contact you on social media.

3. Creating a sense of urgency and/or scarcity

One tried-and-true trick scammers use is creating a false sense of urgency around a situation. Their goal is to get you to act on impulse, without really thinking through the details of their request. They may say things such as:

- * A price is good for a limited time only (e.g., 24 hours).
- * A product is in short supply and will soon run out.
- * An offer is open only to a limited number of people.
- * There will be a negative consequence if you don’t act, such as:
 - You could be arrested and/or jailed.
 - Your bank account will be frozen.
 - You’ll lose out on a large sum of money.

Stop and stay financially safe: If a deal seems too good to be true—for example, a product for sale at a dramatically lower price than retail value—this should instantly raise suspicions. Getting all information up front can help you avoid basing decisions on emotion (instead of common sense).

If you do decide to buy a product or service online, it’s a good idea to use a credit card because most major credit cards have built-in safeguards that can protect you against fraudulent activity. This is not the case with online payment apps (e.g. Zelle®, Cash App, Venmo) and other direct forms of payment, which are much like sending cash. That’s why it’s essential to only send money to people you know and trust when using digital payment options.

If you’ve been scammed, report it

Did you realize you’ve been scammed? The first place you call should be your financial institution. You can also report what happened to agencies like the Better Business Bureau®, IC3, and the Federal Trade Commission (FTC). These agencies are increasingly committed to holding dangerous criminals accountable. Sharing what happened to you can help prevent it from happening to another older adult.

The Center will be hosting some very special guests to share a Veterans Day meal and speak about their experience with Rocky Mountain Honor Flight.

Please join us for lunch and enjoy hearing about these Wyoming Vets' travel adventure to Washing DC.

All veterans in photos are from Wyoming and have attended Honor Flights!



For more information or assistance with completing the application, contact Jennifer Wise-Sherman at 757-305-8725.



Stay curious in the new year.

The love of learning doesn't end at 50.

OLLI at Casper College is the place where you can **Stay Curious.**



Join today!
307-268-3401

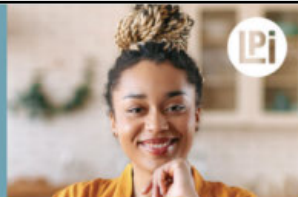
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Central Wyoming Senior Services, Casper, WY 82401-4803

SPOTLIGHT

Year in Review

What happened in 1920?

Major News:

- ✦ January 17—The 18th Amendment to the Constitution comes into effect, the prohibition of alcohol in the US
- ✦ February 24—Adolf Hitler makes his first official speech as head of the National Socialist German Workers' (Nazi) Party at the Hofbräuhaus in Munich, Germany
- ✦ March 24—First US Coast Guard air station established at Morehead City, North Carolina
- ✦ April 26—Ice Hockey makes its Olympic debut at the Antwerp Games; Canada beats Sweden 12-1 in the Gold Medal match
- ✦ May 16—French heroine Joan of Arc is canonized as a saint by Pope Benedict XV
- ✦ June 13—First Assistant Postmaster General John C. Koons rejects two applications to mail children, noting that they couldn't be classified as "harmless live animals"
- ✦ July 19—Babe Ruth hits his 30th home run of the season, breaking his own single-season record (ending at 54 before breaking that record in 1921)
- ✦ August 18—State Representative Harry T. Burn of Tennessee casts the deciding vote to ratify the 19th Amendment to the US Constitution granting women the right to vote
- ✦ September 16—"Wall Street bombing" occurs at 12:01pm when a horse-drawn wagon parked in front of the US Assay Office across from the JP Morgan building in the heart of Wall street explodes, killing 30 and injuring 300 people; the death toll continued rising as injured parties succumbed
- ✦ October 12—Racehorse Man O'War, in a highly anticipated event that was the first horse race to be filmed in its entirety, has the final race and victory in his career—his time of 2:03 broke the track record by over six seconds and the purse won made Man O'War the highest-earning horse in American history
- ✦ November 2—Warren G. Harding is elected United States President, defeating Democrat candidate James M. Cox
- ✦ November 25—First Thanksgiving Day Parade in Philadelphia, sponsored by Gimbel's Department Store, marches down Market Street and ends with Santa Claus climbing a ladder truck to enter the toy department on the 8th floor
- ✦ December 20—Entertainer and TV personality Bob Hope becomes an American citizen at age 17

Bloody Sunday, 21st November 1920

<https://crokepark.ie/bloody-sunday/bloody-sunday-1920>

In 1920 the War of Independence was ongoing in Ireland.

On the morning of November 21st, an elite unit known as 'The Squad' mounted an operation planned by Michael Collins, Director of Intelligence of the Irish Republican Army (IRA). Their orders were clear—they were to take out the backbone of the British Intelligence network in Ireland, specifically a group of officers known as 'The Cairo Gang.' The shooting took place in and around Dublin's south inner city and resulted in fourteen deaths, including six intelligence agents and two members of the British Auxiliary Force.

Later that afternoon, Dublin was scheduled to play Tipperary in a one-off challenge match at Croke Park, the proceeds of which were in aid of the Republican Prisoners Dependents Fund. Tensions were high in Dublin due to fears of a reprisal by Crown forces following the assassinations. Despite this, a crowd of almost 10,000 gathered in Croke Park. Throw-in was scheduled for 2:45pm, but it did not start until 3:15pm as crowd congestion caused a delay.

Eye-witness accounts suggest that five minutes after throw-in, an aeroplane flew over Croke Park. It circled the ground twice and shot a red flare—a signal to a mixed force of Royal Irish Constabulary (RIC), Auxiliary Police and Military, who then stormed in and opened fire on the crowd.

Amongst the spectators, there was a rush to all four exits, but the army stopped people from leaving the grounds and this created a series of crushes around the stadium. Along the Cusack Stand side, hundreds of people braved the twenty-foot drop and jumped into the adjacent Belvedere Sports Grounds.

The shooting lasted for less than two minutes. That afternoon in Croke Park, 14 people, including one player, lost their lives. It is estimated that 60—100 people were injured.

The names of those who died in Croke Park on Bloody Sunday 1920 were:
James Burke; Jane Boyle; Daniel Carroll; Michael Feery; Michael Hogan (Tipperary player); Thomas 'Tom' Hogan; James Matthews; Patrick O'Dowd; Jerome O'Leary; William 'Perry' Robinson; Tom Ryan; John William 'Billy' Scott; James Teehan; and Joseph Traynor.

Thank you



"It takes a lot of courage to have an attitude of gratitude during the dark times. But once you have it, it empowers you."

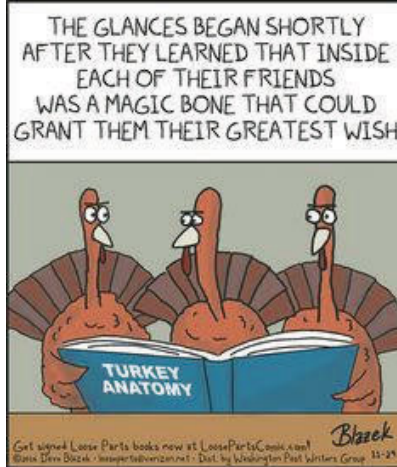
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ACTIVITIES FOR EVERYONE

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)
Bible Study	Monday	1PM—3PM (AR) 3:30 PM—4:40 PM (AR)
Binding Friends	Monday	6:00PM—8:00PM (CNF)
BINGO! (\$0.50/card)	Thursday	12:30PM—2:00PM (AR)
Bridge	Wednesday/Friday	12/12:30PM—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	Tuesday/Thursday	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)
Dance Club	Monday	6:00PM—8:00PM (DF)
Doll Club	2nd Saturday	2:00PM—4:00PM (CNF)
Grief Support Group	2nd/4th Monday	5:00PM—7:00PM (AR)
Jam Session	Friday	7:00 PM—8:00PM (CNF)
Line Dancing	Tuesday	10:00AM—11:00AM (DF)
Mexican Train Dominoes	Sun/Mon/Thurs	1:00PM—?4PM? (DR)
Pinochle	Thursday/Friday	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	Tuesday (Main) Thursday (Sites)	10:00AM—2:00PM(DR) 12P—1P (Sites)
WY Dementia Support Group	1st/3rd Thursday	10:00AM—11:00AM (CNF)

National Memory Screening Program
ALZHEIMER'S FOUNDATION OF AMERICA

FREE MEMORY SCREENING

Wyoming Dementia Care will offer free, confidential memory screenings to the public on November 18th at the Casper Senior Center from 9am-noon.

This is a part of the Alzheimer's Foundation of America's (AFA) National Memory Screening Program. The following is some background on the program:

- AFA's National Memory Screening Program in partnership with Wyoming Dementia Care provides free, confidential memory screenings administered by qualified health care professionals.
- Memory screenings consist of a series of questions and tasks designed to gauge memory, language skills and other intellectual functions. They take approximately 10 minutes, making it easy and convenient for individuals to be screened.
- A memory screening is not used to diagnose any particular illness and does not replace consultation with a physician; however, it is an important first step toward finding out if an individual may have a memory problem. Individuals who score below the normal threshold, or who still have concerns

about their memory, are advised to follow up with their physician for a thorough evaluation.

- Early diagnosis of Alzheimer's disease or other conditions which can cause memory loss enable individuals to obtain treatment and services and make legal and financial decisions that can improve quality of life. • The program is open to anyone, whether there is a memory concern, risk for dementia, or he/she just wants to see how their memory is now as a baseline for future comparisons. There are no age or insurance requirements to get screened. Together, we can raise awareness of Alzheimer's disease and related illnesses and change the face of care.

For more information about our event, please call us at (307) 232-3385. If you would like to learn more about the Alzheimer's Foundation of America's National Memory Screening Program, please visit www.alzfdn.org. Memory screenings are first come, first serve—no reservation required.



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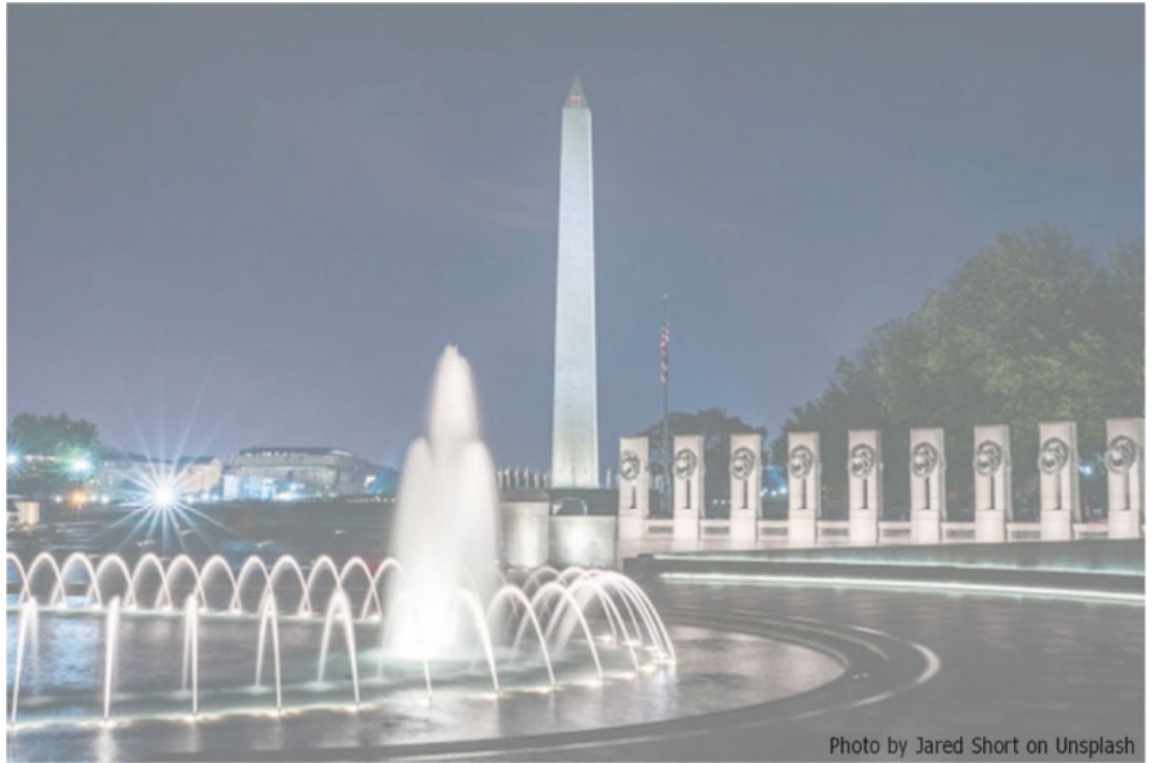
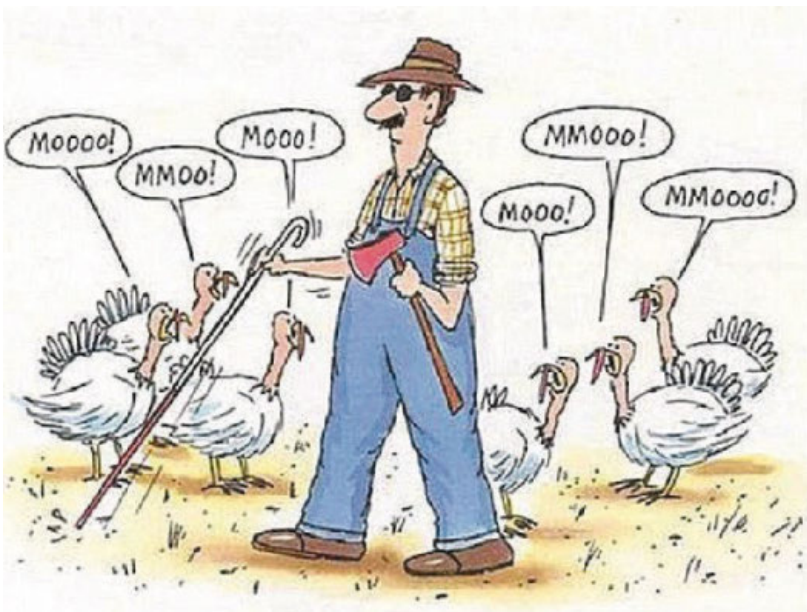


Photo by Jared Short on Unsplash

PARTING THOUGHTS

"Reflect upon your present blessings—of which every man has many—not on your past misfortunes, of which all men have some."

~ English Novelist Charles Dickens ~



Volunteer

Opportunities:

If you are interested in giving your time, please see the office.



We would like to extend a huge **THANK YOU** for the support from our amazing community and members!