

# At The Center of It All

Central Wyoming  
Senior Services, Inc.



"The Heart of Natrona County"

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

# SEPTEMBER 2024

QUESTIONS OR SUGGESTIONS?  
CONTACT RAE  
raea@casperseniorcenter.com

**Natrona County  
4H & FFA  
2024 Junior  
Livestock Sale  
July 13, 2024**



**FROM OUR GENEROUS DONORS,  
CWSS RECEIVED:**



**PLUS \$\$ TOWARD PROCESSING**

- Fremont Motors Casper
- JoAnn True
- Joe Scott Enterprises
- MCM Companies
- McMurry Foundation
- TW Foundation
- Wyoming First Foundation
- Wyoming Insulation, LLC
- Yip Yaw Enterprises
- Keyhole Technologies

## 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 Blackstone* .....President  
*Bob Carpenter*..... Vice President  
*Kim Latka* .....Treasurer  
*Kate Maxwell*.....Secretary

## Members

*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*

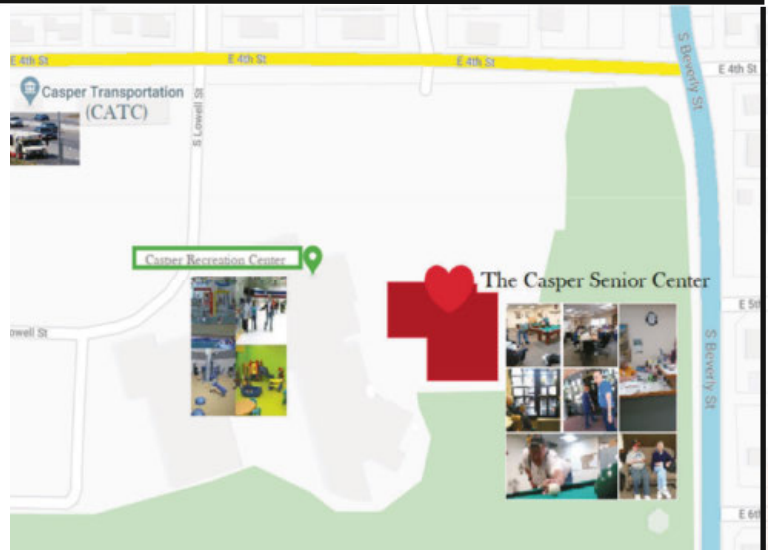
## Dietary Director

*Kimberly Cooper*

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.



## 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](http://www.casperseniorcenter.com)



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

## ALL ABOUT US

# A Letter from the Desk of the President:

A big "Thank You!" goes to the City of Casper Mayor who proclaimed August 21, 2024 Casper Senior Citizens Day. This was done in accordance with World Senior Citizens Day. The day emphasizes the importance of addressing issues related to the elderly, such as healthcare access, economic security, and social isolation.

As you know by now, the Natrona County Senior Services District was approved in the Primary Election. This was a major accomplishment and will greatly benefit the seniors of Natrona County. Many of us worked very hard to make this happen. It was a collaborative effort of the Center, Meals on Wheels, and Wyoming Senior Citizens, Inc. The Senior Center will have the opportunity to apply for a grant from the Senior District which, if approved, will help to bridge the gap that currently exists between income and expenses. We will still aggressively apply for grants, seek donations, and do fundraising. Despite all that, income has not kept up with expenses for several years and our cash reserves are near depletion. Thank you to all of you who supported our effort, came to our Town Halls, helped us to educate the voters, and voted to approve the District. We could not have done it without you. Thank you.

Best Wishes,

*Linda Blackstone*

Lblackstone7@gmail.com or 307-262-1028

<p><b>SUPPORT OUR ADVERTISERS!</b></p>			<p><b>FREE AD DESIGN</b> with purchase of this space</p> <p><b>CALL 800-950-9952</b></p>
<p><b>NEVER MISS OUR NEWSLETTER!</b></p> <p><b>SUBSCRIBE</b></p> <p>Have our newsletter emailed to you.</p> <p>Visit <a href="http://www.mycommunityonline.com">www.mycommunityonline.com</a></p>	<p>CENTRAL WYOMING <b>HOSPICE &amp; TRANSITIONS</b></p> <p><i>With you</i></p> <p>CALL FOR PROGRAM INFORMATION 307-577-4832 <a href="http://CentralWyomingHospice.org">CentralWyomingHospice.org</a></p>		
<p><b>WE'RE HIRING!</b> AD SALES EXECUTIVES</p> <p>BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.</p> <ul style="list-style-type: none"><li>• Paid training • Some travel</li><li>• Work-life balance</li><li>• Full-Time with benefits</li><li>• Serve your community</li></ul>	 <p><b>LPi</b></p> <p>Contact us at <a href="mailto:careers@4lpi.com">careers@4lpi.com</a> or <a href="http://www.4lpi.com/careers">www.4lpi.com/careers</a></p>		<p><i>St. Anthony Manor</i></p> <p>NOW TAKING APPLICATIONS</p> <p>HOUSING SENIORS 62 &amp; OVER &amp; DISABLED REQUIRING FEATURES OF ADA UNIT</p> <p>RENT IS 30% OF INCOME</p> <p><b>307-237-0843</b></p> <p>211 East 6th St. • Casper WY 82601</p>



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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!*

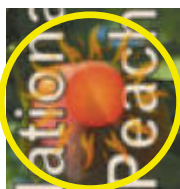
Or give us a call at (307) 265-4678.

## Last Edition Answers:



P. 6

P. 9



### 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.

### 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

### TRIVIA TIME

Which popular science fiction TV show, known for its mission "to boldly go where no man has gone before," first aired in September 1966?

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

### Answer to the August Trivia: *the Perseids Meteor Shower*



(Image by David Kingham via Flickr) from Cowboy State Daily

# Saturday Senior Dances

September  
14th & 28th

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:  
September 10th

### 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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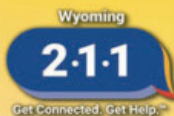
CONTACT ME  
Bill Clough

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!



Call 211

Visit [www.wyoming211.org](http://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 July 22nd—August 22nd, 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

None during this time period.



## Gifts

- Frank C Stofflet
- Elizabeth Hobbs
- Dave Gossin
- Beverly Farrow
- Janet Hilde
- Barbara Poelma
- Reveille Rotary
- Bonnie Jolovich
- Rustic Pines HOA
- Grace Chewakin
- Mary Ellen Schneider
- John Savage
- Harold & Debera Siems



## Autumn Fires

by Robert Louis Stevenson

In the other gardens  
And all up in the vale,  
From the autumn bonfires  
See the smoke trail!

Pleasant summer over,  
And all the summer flowers,  
The red fire blazes,  
The grey smoke towers.

Sing a song of seasons!  
Something bright in all!  
Flowers in the summer,  
Fires in the fall!

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

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

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

Courtesy of C.W.S.S.

Photo by Loren King on Unsplash

SEPTEMBER IS  
HEALTHY AGING® MONTH

LET  
THE NEXT  
ADVENTURE  
BEGIN!



Tips for maintaining or improving your  
health and well-being as you age:



Exercise regularly



Eat well-balanced  
meals



Get enough  
sleep



Get regular check-ups and  
yearly physicals



Stay socially engaged with  
family, friends, & your  
community!

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youth but a new  
stage of opportunity  
and strength.

Betty Friedan

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Central Wyoming Senior Services, Casper, WY

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September is **Whole Grains Month**

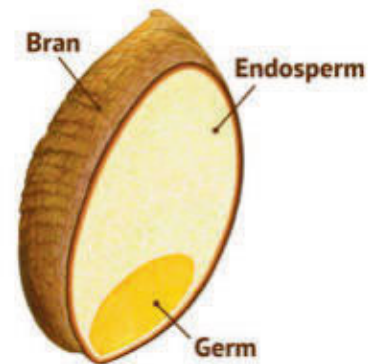


**WHOLE GRAIN TIPS FOR SENIORS**

Good nutrition is important at every age, and seniors who eat a wide variety of nutritious foods, including whole grains, are setting themselves up for better health.

**What is a Whole Grain?**

All grains start out as whole grains, but some grains are refined during processing so that parts of their original kernel are removed, stripping away much of the grain's nutrients and flavor. A grain ingredient counts as whole grain if it contains all three parts of the original kernel—the starchy endosperm, the fiber-rich bran, and the germ—in their original proportions.



**How Many Servings of Grain Do Seniors Need Each Day?**

**Make Half—or More—of Your Grains Whole**

The 2015-2020 Dietary Guidelines recommend that all Americans, including seniors, “make at least half their grains whole.”

This means most people should consume three or more servings of whole grains each day. However, four, five, even six servings of whole grains daily are not unreasonable.

**Men, Ages 50+**

**Women, Ages 50+**

8 total servings

6 total servings



at least 4 whole grain servings

at least 3 whole grain servings

**Easy Ways to Eat More Whole Grains**

**Make oatmeal** for breakfast

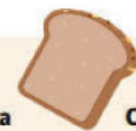
**Try whole grain pasta** in place of white pasta

**Choose whole grain bread** instead of white bread

**Use brown rice** instead of white rice in stir-fries or casseroles

**Add whole grains** like barley or bulgur to soups and stews

**Eat whole grain snacks** like whole grain crackers topped with hummus





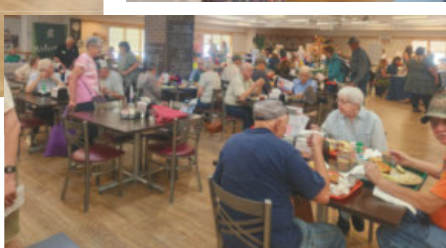
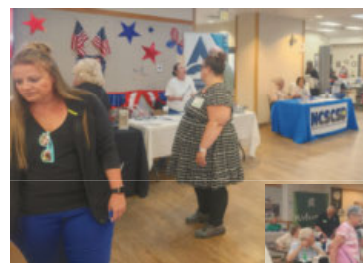




*4th Annual*

**WORLD  
SENIOR CITIZEN DAY  
INFORMATION FAIR**

**A Roaring Success on August 13th!**



*Many Thanks to the great vendors  
in attendance:*

- The Bullock Agency**
- 307 Cornerstone Case Management**
- 307 Physical Therapy**
- Align Services**
- Antelope Health Center**
- Banner Health Wyoming Medical Center**
- Blue Cross/Blue Shield—Daniel Morgareidge**
- Casper Home Health**
- Casper Mountain Rehab and Care Center**
- Central Wyoming Hospice & Transitions**
- Community Action Partnership**
- Cornerstone Caregiver**
- Edgewood Meadow Wind**
- Edgewood Park Place**
- Elkhorn Valley Rehabilitation Hospital**
- First Interstate Bank**
- Wyoming Senior Citizens Inc**
- Helping Hands**
- Hilltop Bank**
- Life Care Center of Casper**
- Mountain-Pacific Quality Health**
- Natrona County Library**
- Meals on Wheels of Natrona County**
- Natrona County Senior Citizens Service District**
- Newcomer Funeral Home**
- OLLI at Casper College**
- Primrose Retirement Community**
- Pronghorn 307 Insurance, LLC/Sandra Skinner**
- Wyoming Council of the Blind**
- Wyoming Independent Living**
- Wyoming Relay**

# HELP SPOT THE NEXT FRAUD TREND!

Let the SMP know if you see anything on your Medicare statements you don't recognize.

It could be the next fraud trend we need to warn folks about!



Did you know that the genetic testing scam was first reported by a Medicare beneficiary to the SMP? The SMP then turned this information in to the @OIGHHS to start building cases to help take down bad actors in this scheme! You could help find the next scam by simply reading your Medicare statements and reporting suspicious activity!  
In Wyoming, call SMP at 1-800-856-4398




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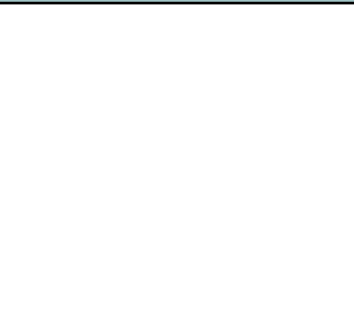
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# SPOTLIGHT

What happened in 1978?

Year in Review

Major News:

- ✦ January 19—The last Volkswagen Beetle made in Germany leaves the plant in Emden.
- ✦ February 1st—Harriet Tubman honored on US postage stamp, 1st African American woman
- ✦ March 12th—American speed skater Eric Heiden sets world record in 1000m (1:14.99)
- ✦ April 7th—Gutenberg bible sells for \$2 million in New York City
- ✦ May 3rd—First unsolicited bulk commercial e-mail (“spam”) is sent by a Digital Equipment Corporation marketing executive to every ARPANET address on the US west coast
- ✦ June 16—Film *Grease* based on 1971 musical, starring John Travolta & Olivia Newton-John, opens
- ✦ July 28—Price of gold surpasses \$200.00/troy ounce for first time
- ✦ August 25—Major League Baseball umpires stage a strike that lasts 1 game
- ✦ September 11—Janet Parker, medical photographer at England’s Birmingham University Medical School, dies of smallpox. (*Last known death from smallpox*)
- ✦ September 17—Anwar Sadat (*President of Egypt*), Menachem Begin (*Israeli Prime Minister*), and US President Jimmy Carter sign *Camp David Accords*, frameworks for peace in the Middle East
- ✦ October 25—*Halloween*, directed by John Carpenter and starring Jamie Lee Curtis in her film debut, is released in US
- ✦ November 5—Oakland Raider’s coach John Madden wins 100th game, 13th in NFL history
- ✦ December 21—Police executing a search warrant find the first set of victim remains in a crawl space under accused (and later convicted) serial killer John Wayne Gacy’s ranch-style house.



## from What the papacy of John Paul I, ‘The September Pope,’ could have looked like

By Russell Shaw | August 16, 2023

<https://catholicreview.org/what-the-papacy-of-john-paul-i-the-september-pope-could-have-looked-like/>

When the cardinals gathered to choose a successor to Pope Paul VI, they wanted—not unreasonably—a smiling pope. In the person of Cardinal Albino Luciani, patriarch of Venice, they got one. He took the name John Paul I.

He was selected, according to church historian Eamon Duffy, in the hopeful expectation that his cheerful grin and modest manner would “lift the gloom” that had descended on St. Paul IV—a cerebral, sensitive man who’d grown old amid a swarm of problems, such as theological dissent and departures from the priesthood and religious life.

By contrast, Cardinal Luciani was viewed as a simple, good-humored bishop more nearly St. John XXIII than St. Paul VI in style. The new pontiff took the names of his two immediate predecessors as a sign of respect for both, while choosing as his papal motto the same one he’d had as a bishop—*Humilitas*.

Unfortunately, besides getting a pope with a great smile and a winning demeanor, the cardinals who elected him Aug. 26, 1978 unwittingly picked a man with health issues that only 33 days later would lead to his death, making his pontificate one of the shortest ever.



The crowd in St. Peter’s Square, estimated at 50,000 by Vatican officials, joined 95 princes of the church and dignitaries from 108 countries to pay tribute to the Pope.

1978 became “The Year of the Three Popes.” Pope John Paul I was the last Italian-born Pope, breaking a lineage that spanned 45 popes over 456 years.

<https://www.americamagazine.org/faith/2022/09/02/explainer-pope-john-paul-luciani-243680>

<https://www.thecrimson.com/article/1978/10/5/dignitaries-gather-at-funeral-service-of/>



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# Natrona County voters



Reveille Rotary meets on Wednesday mornings at 7 A.M.



“

Winter is an etching,  
spring a watercolor,  
summer an oil painting,  
and autumn a mosaic of  
them all.

— Stanley Horowitz

@therandomvibez

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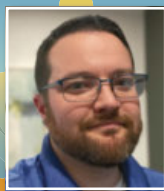
**ODDJOBSSQUAD.NET** **307-433-7854**

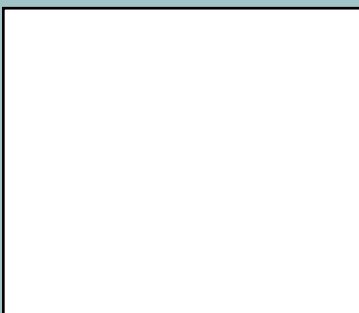
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# ACTIVITIES FOR EVERYONE

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)

# Financial 411

On August 20th, 2024, voters in the Primary Election in Natrona County approved the creation of a special tax district, the Natrona County Senior Citizen Service District by a narrow margin:

7,148 votes (50.39%) in favor  
7,038 votes (49.61%) against

The Natrona County Senior Citizen Service District will provide long-term stable funding to agencies who serve our aging population, ensuring these agencies are able to continue offering/providing the much needed services to Natrona County senior citizens.

With this approval, five trustees will be up for election in November. Interested parties submitted applications to appear on the ballot for the General Election on November 5th.

***Thank you to all the tireless volunteers and supportive voters for your efforts!***

If there are any questions or concerns about the impact of the new tax, please call or come by the office and speak with Aimee: (307) 265-4678.



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

5-drink punch cards cost \$15 AND save you \$1/drink!

Volunteer Baristas available Monday-Friday 9am-1PM



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**SENIOR PATIENT ADVOCATES**

**Annual Enrollment Period  
October 15-December 7**  
Call for your complimentary Medicare benefits review appointment!

**Licensed Insurance Consultants  
307-333-4324**

Are you going to be **NEW** to Medicare, retiring, or have questions on your current Medicare coverage?  
**Let us be your Medicare Advocates. We are working for YOU, not the insurance companies.**

- Prescription Drug Coverage (Part D)
- Medicare Advantage Plans
- Medicare Supplement Plans

Are you ignoring the signs?

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

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.

**GA 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. Katz, Dr. Joubran, 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](http://www.curebarretts.com) to learn more online

1441 Wilkins Circle • Casper, Wyoming 82601





Central Wyoming  
Senior Services, Inc.  
1831 East 4th St, Casper, WY 82601  
(307) 265-4678  
"The Heart of  
Natrona County"



Photo by Jordan Cormack on Unsplash

## PARTING THOUGHTS

"By all these lovely tokens, September days are here.  
With summer's best of weather and autumn's best of cheer."

~ American Poet & Writer Helen Hunt Jackson ~

### 2025 Opening on Senior Center Board of Directors!

**One Position up for election:  
please contact Linda Blackstone  
or the office if interested!**

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

#### 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!**