

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

AUGUST 2024

QUESTIONS OR SUGGESTIONS?
CONTACT RAE
raea@casperseniorcenter.com

**Primary
Election
Day is
August
20th!**

Please come get questions answered regarding the proposed Senior Citizens Service District in Natrona County!

Find your polling place using tools on page 7.

Town Hall III

YOU'RE INVITED

to a third & final informal, educational Town Hall to answer questions and concerns regarding the

**Proposed Natrona County
Senior Citizen Service District
before the Primary Ballot on August 20th**



Aimee Fleming
Executive Director
Central Wyoming
Senior Services, Inc.



Jamie Loveall
Executive Director
Natrona County
Meals On Wheels

will be hosting the Town Hall on
Thursday, August 8th | 6:00 to 7:30 p.m.

Casper Senior Center

1831 East 4th Street in Casper

Moderated by Susan Burk, Casper Senior Center Board of Directors

Paid for by the Natrona County Senior Citizens Service District PAC

Try to Find This!



*Hidden Twice, Find Both
for Two Entries!*

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

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

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

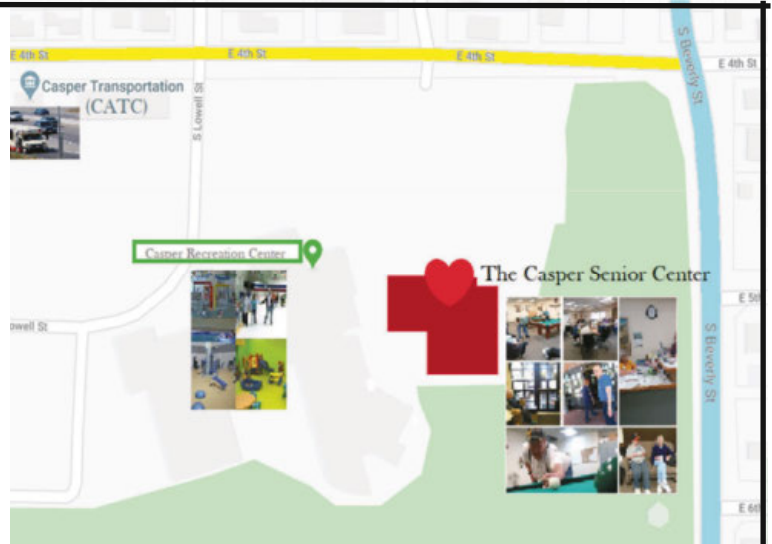
Rachel Brown

Community Programs Director

Lacey Kidman

Dietary Director

Kimberly Cooper



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](https://www.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.

A Letter from the Desk of the President:

The Senior Center Information Fair will be held on August 13, 2024 at the Center. There will be several organizations participating in the fair which provide services for Seniors. This is an excellent opportunity to learn about Senior services available in the Community.

The Board of Directors has been working to obtain passage of the ballot proposition to create the Natrona County Senior Citizens Service District. The public will have the opportunity to vote yes or no on the Special District in the Primary Election on August 20th. If the proposition passes, five Trustees will be voted upon in the November 5th General Election. The Center along with Natrona County Meals on Wheels and Wyoming Senior Citizens will have the opportunity to apply to the District for funds through a grant process. See the website at www.natronaseniordistrict.com or Facebook page at facebook.com/natronaseniordistrict.

Costs are rising dramatically and funding opportunities are decreasing, which puts the programs and services of the Center at risk over time. A reliable source of funding is truly needed. Opportunities for funding from grants for seniors are diminishing. Fundraising does not meet all of our needs. Join our Executive Director, Aimee Fleming, along with Jamie Loveall, Executive Director, Meals on Wheels, for an informational Town Hall on August 8th at 6:00pm in the Senior Center Dining Room to learn more about the Special District. Board Member Susan Burk will moderate the Town Hall.

Best wishes,

Linda Blackstone

Lblackstone7@gmail.com or 307-262-1028



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REHABILITATION & CARE CENTER

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<https://caspermountainhc.com>



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HOUSING SENIORS 62 & OVER
& DISABLED REQUIRING
FEATURES OF ADA UNIT

RENT IS 30% OF INCOME
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211 East 6th St. • Casper WY 82601

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:



July hidden image:



P. 7

P. 13



Answer to the July Trivia Question:



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:

Running from July through September, this prolific astronomical event tends to peak in August; Giovanni Schiaparelli associated comet 109P/Swift-Tuttle as the source.

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

Around the Center

Photo by Uday Mittal on Unsplash

"We should never take the privilege of our citizenship for granted."
~ 20th AZ Governor Jane Dee Hull

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:

August 13th

FOURTH
LUNZA



WORLD SENIOR CITIZEN DAY INFORMATION FAIR

Tuesday
AUGUST 13TH
10:00AM – 2:00PM

Tons of Local Vendors!
Tasty Menu*
BUILD YOUR OWN SUNDAE BAR!

**Bacon Cheeseburger or Chicken Salad Cold Plate*

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



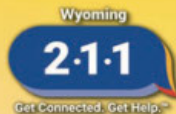
SafeStreets

833-287-3502

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

Text your ZIP code to 898211

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and Support Our Parish!

CONTACT ME
Bill Clough

wclough@lpicommunities.com
(800) 950-9952 x2635

**NEVER MISS
OUR NEWSLETTER!**

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Have our newsletter
emailed to you.

Visit www.mycommunityonline.com



Gifts & Memorials

Note: This is a list for Gifts or Memorials given between
June 21st, 2024—July 21st, 2024.

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

Gifts

Dave Gossin
Les & Michelle Holladay
Kirk & Kay Talbot
Frank C Stofflet
Lynn Lockhart
Karen Brannon
John Savage

Memorials

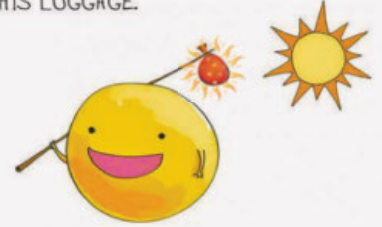
Thecla Trujillo
Thomas & Barbara Rodgers
Ann Bacus
Mary C Moler
Charles Mason, Jr.
The Mason & Wilcox Family



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.

A PHOTON CHECKS INTO A HOTEL AND IS ASKED IF HE NEEDS ANY HELP WITH HIS LUGGAGE.



"NO, I'M TRAVELLING LIGHT."

From: "A Light in the Attic"
by Shel Silverstein

IT'S HOT!

It's hot!
I can't get cool,
I've drunk a quart of lemonade.
I think I'll take my shoes off
And sit around in the shade.

It's hot!
My back is sticky,
The sweat rolls down my chin.
I think I'll take my clothes off
And sit around in my skin.

It's hot!
I've tried with 'lectric fans,
And pools and ice cream cones.
I think I'll take my skin off
And sit around in my bones.

It's still hot!



August is a month when if it is
hot weather it is really very hot.

Gertrude Stein



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

Name: _____

Birthdate: _____

Courtesy of C.W.S.S.

Photo by Dakota Roos on Unsplash



Preventive Health Services for Older Adults by Leslie Kernisan, MD MPH
 Summary of services recommended by the US Preventive Services Task Force or otherwise covered by Medicare's Annual Wellness Visit.

Screening	Who?	How Often?
Depression	All adults, no upper age limit	Yearly screenings covered by Medicare.
Tobacco Use	All Adults	Unspecified by USPSTF
Alcohol Misuse	All Adults	Yearly screenings covered by Medicare.
Falls	Adults over age 65	Yearly screenings covered by Medicare.
High Blood Pressure	All older adults	Yearly screenings covered by Medicare.
High Cholesterol	Adults aged 40—75	Every 5 years covered by Medicare; adjusted for test results.
Obesity	All Adults	Yearly screenings covered by Medicare.
Blood Glucose/ Type II Diabetes	Adults aged 35—70 who are overweight or obese.	Every 3 years covered by Medicare or yearly for those with risk factors.
Abdominal Aortic Aneurysm	Former male smokers aged 65—75	Covered once per lifetime by Medicare.
Osteoporosis	Women aged 65+	Covered once every 2 years by Medicare.
Hepatitis C	All Adults aged 18—79	Covered once by Medicare if born between 1945 & 1965; may be covered more often for those with risk factors.
HIV (Human immunodeficiency virus)	People aged 15—65 AND older adults at increased risk of infection	Yearly screenings covered by Medicare.
Other STIs (Sexually Transmitted Infections) <i>Including: chlamydia, gonorrhea, & syphilis</i>	All adults, no upper age limit	Assessment of STI risk factors is covered yearly by Medicare as is testing if a patient has risk factors.
Colorectal cancer	Routine for adults aged 50—75; upon individual decision for adults 76—85; not recommended for adults aged 86+	Annually if screening by stool testing; every 10 years with screening colonoscopy.
Breast cancer	Routine for women aged 50—74	Yearly screenings covered by Medicare.
Lung cancer	Adults aged 50—80 who have a 20 pack/year history of smoking and smoke or have quit in the last 15 years.	Yearly screenings covered by Medicare for people aged 55– 77 who otherwise meet USPSTF criteria.



Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

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

MEAL CALENDAR

August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 Meatloaf & Gravy Oven Brown Potatoes Roasted Asparagus Marinated Tomatoes Black Bread Peach Pie	5 Roasted Chicken Potatoes & Carrots Caesar Salad WW Roll Blueberry Jello	6 Cream Of Celery Soup Ham Salad Sandwich Fresh Veggies Baked Apples Sugar Cookie	7 Ham & Scalloped Potatoes Dill Green Beans Carrot Raisin Salad Wheat Roll Frosted White Cake	8 Beef Fajitas Onions & Peppers Lettuce Tomatoes Rice Beans Orange Wedge Churro	9 SeaFood Alfredo Broccoli & Cauliflower Tomato Basil Salad Tropical Fruit French Bread Chocolate Pudding	10 National S'Mores Day 
11 Turkey & Noodles Roasted Asparagus Cranberry Sauce Green Salad WW Roll Pumpkin Pie	12 Beef Wellington Country Mix Summer Squash Salad Corn Muffin Diced Pears	13 Information Fair Day Bacon Cheeseburger Or Chicken Salad Cold Plate Chopped Melon Sundae Bar	14 Spanish Steak Garlic Pasta Sweet Corn Spinach Mandarin Salad WW Roll Peach Crisp	15 Chicken Chop Suey Fried Rice Sesame Green Beans Asian Slaw Honey Wheat Bread Cherries	16 Lemon Butter Tilapia Macaroni & Cheese Harvard Beets Cottage Cheese/Pineapple WW Roll Peanut Butter Brownie	17 MEALS COME WITH MILK & BREAD
18 Pork Tenderloin Mashed Potatoes Catalina Vegetables Tossed Salad WW Roll Apple Pie	19 Chicken Sandwich Lettuce & Sliced Tomato Sweet Potato Tots Creamy Cole Slaw Coconut Pudding	20 World Senior Citizens Day Primary Election Day BBQ Pork Meatballs Rice Pilaf Roasted Squash Dill Cucumbers Wheat Biscuit Grapes	21 Wild Rice Soup Deli Wrap Stuffed Celery Stix Apricots Gingerbread Cake	22 Lasagna Italian Vegetables Leafy Green Salad Garlic Onion Roll Fresh Peaches	23 Happy Birthday Lunch! Chicken Fried Steak Oven Brown Potatoes Pea Cauliflower Mix Chocolate Cherry Cake	24
25 French Dip With Swiss & Onions Baked Potato Braised Cabbage Hearty Tossed Salad Blueberry Crisp	26 Pork Medallions Brown Rice California Vegetables Garden Veggie Salad Apple Spice Cake Honey Wheat Roll	27 Pepper Cheese Soup Egg Salad On Croissant w/ Pickles Celery & Carrot Sticks Raisin Cole Slaw Peach Parfait	28 Cabbage Roll Sweet Potatoes Pacific Blend Pea Cheese Salad Watermelon	29 Turkey Pot Pie Asparagus Tossed Salad Raisin Bread Pumpkin Bar	30 Labor Day BBQ Hamburgers Or Bratwurst Potato Cauliflower Salad Corn Cobbette Beans Fruit Pie Square	31 MENU SUBJECT TO CHANGE

Works in Progress

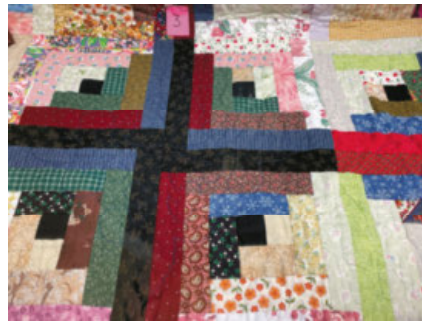
Quilting and Fancy Work

by Brenda Evans



Pink #3:
"Log Cabin—Sunshine & Shadow"
(Square-in-a-square,
snail's trail, bowtie)

but not all examples pictured...

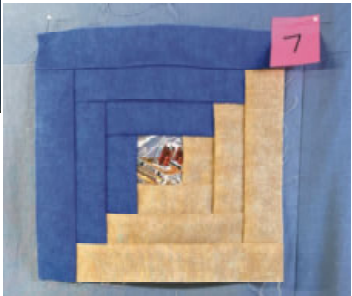


Yellow #7:
"Gold Bird"
Couched gold
beads and
gold-wrapped
threads, silk
satin-stitched
flowers & leaves



Yellow #3:
Crewel
Wool on Linen

Pink #7: Log Cabin
(The uglier the fabric, the smaller the piece)

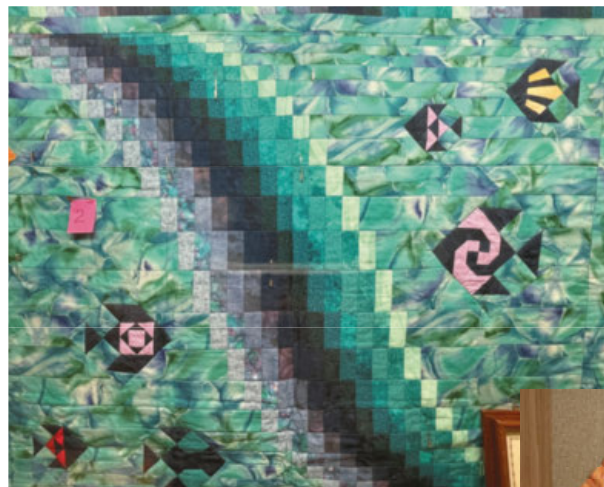


Pink #4:
"Twisted Pinwheel"

Yellow #2:
Brazilian Embroidery
Rayon thread on linen
with beads & buttons



Pink #8:
Log Cabin
From a friend's
Graduation Quilt



Pink #2:
"Bargello Ocean
with Fish"

Yellow #10:
Pink Flower
Metallic, Silk, & Cotton threads



Pink #1:
"Ohio Star" block



Yellow #11:
Mixed Technique Butterfly
Brazilian, wool, metallic, & cotton
thread with beads



Yellow #1:
Blackwork
Embroidery floss
on Linen



Low Vision Support Group

Returning to the Center
September 9th at 10AM.

Times for future meetings will be decided.

Courtesy of:



Chronic wounds are sores or ulcers that do not heal.

Wounds are common on the legs and feet, but can occur anywhere on or in the body.

Reasons for not healing can include

- Poor circulation
- Infection
- Edema
- Insufficient nutrition/lack of protein
- Continued trauma

Almost **7 million people** in the U.S. are living with a chronic wound **right now.**

Chronic wounds have a **\$50 billion impact** on the healthcare system annually.



Each year **14.5%** of Medicare beneficiaries experience a wound.

WHO COULD BE AFFECTED BY CHRONIC WOUNDS?

Diabetic Senior
Cancer Survivor Cardiac Patient Amputee Readmitted Patient Surgical Patient Veteran



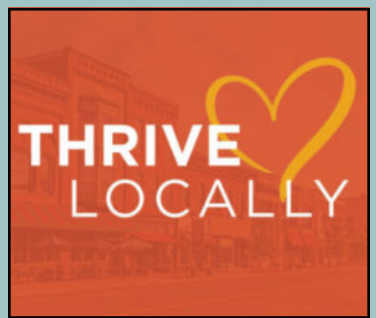
Stay curious in the new year.

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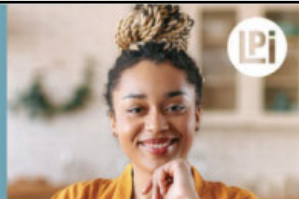


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SPOTLIGHT

The Voting Rights Act of 1965:

AN EXPLAINER

[HTTPS://WWW.ROCKTHEVOTE.ORG/EXPLAINERS/THE-VOTING-RIGHTS-ACT-OF-1965/](https://www.rockthevote.org/explainers/the-voting-rights-act-of-1965/)

The Voting Rights Act of 1965 (VRA), signed into law by President Johnson on August 6, 1965, is considered the Crown Jewel of the Civil Rights Movement and the most effective piece of civil rights legislation in US history. The VRA was renewed, expanded, and strengthened by Congress in 1970, 1975, 1982, and with a unanimous vote in the Senate in 2006 under a Republican President, George W. Bush.

Why was the Voting Rights Act of 1965 needed?

The Constitution does not explicitly grant the right to vote. Rather, it grants states the right to set voting policies. Voting-related amendments to the Constitution—the 15th, 19th, and 26th—prevent discrimination of the right to vote based on statuses such as race, ethnicity, sex, and age. The amendments basically proclaim that, if a state grants voting rights to one group of people, they can not be denied to other groups of people.

Following the Civil War, the 15th Amendment was passed in 1870, making it unconstitutional to deny the right to vote to a person based on race, color, or previous servitude. In other words, Black men were supposed to be granted the right to vote. (This was before discrimination against women was prohibited.)

Despite passage of the amendment, people of color continued to be disenfranchised for nearly 100 years through Jim Crow Segregation until the VRA. States and local governments used loopholes to prevent Black Americans from voting that were not explicitly characterized on the basis of race. Examples of these discriminatory practices included poll taxes, literacy tests, all-white primaries, grandfather clauses, intimidation, and outright violence.

While The Civil Rights Act passed in 1964, Black citizens still faced opposition to vote in the 1964 election. Thousands of demonstrations, including the Selma-to-Montgomery March in 1965, led by Congressman John Lewis and Martin Luther King Jr. pressured the federal government to pass the Voting Rights Act. The VRA established proactive, concrete protections for the right to vote that were supposed to be enshrined in 1870.

What were the strengths of the VRA?

The Voting Rights Act prohibited discrimination on the basis of race or color, but, perhaps more

importantly, the VRA identified the places where discrimination was most likely to occur and established a process to prevent discriminatory policies from taking effect in these places. While the VRA has many components, two key parts were critical:

- ☑ Section IV (4b) established a formula to determine which state & local governments demonstrated a history of voting rights violations.
- ☑ Section V (5) established a requirement that governments that fell under 4b must obtain “preclearance” from the federal government before making changes to their election and voting policies to ensure they would not be discriminatory.

Essentially, governments that had a history of voter suppression had to ask the federal government, specifically the Department of Justice, for permission for any changes to the way they administered elections. These governments could make changes to policies; they just needed to prove that the laws would not discriminate against people of color.

What else did the VRA do?

The VRA is a comprehensive piece of legislation that included many provisions to enforce and protect the right to vote, including:

- Requiring federal observers to monitor elections in state and local governments covered by the Act; and
- Requiring certain places to publish information in languages in addition to English and to provide assistance to non-English-speaking citizens;
- Prohibiting the use of residency requirements to prevent citizens from voting for President and Vice-President of the United States; and
- Empowering federal courts to impose the Act’s requirements in places that were not already covered by the Act.



What states and localities were required to get preclearance?

As the VRA was expanded to include other groups who faced discrimination while trying to vote, additional jurisdictions were included. Alabama, Alaska, Arizona, Georgia, Louisiana, Mississippi, South Carolina, Texas, and Virginia, and local governments in California, Florida, Michigan, North Carolina, South Dakota, and New York fell under the Act’s requirements.

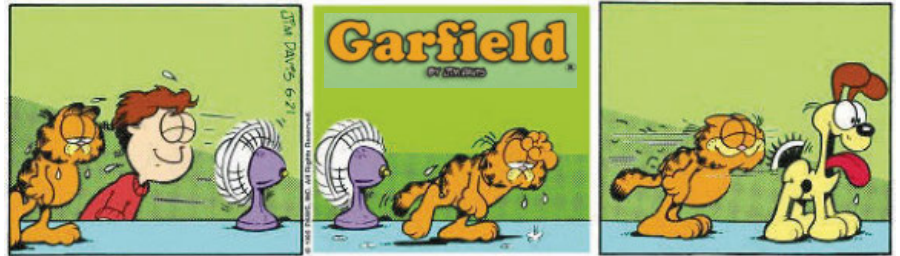


Rotary
District 5440

Reveille Rotary meets
Wednesdays
at 7 A.M.


United Way
of Natrona County



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Casey Grisham



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Central Wyoming Senior Services, Casper, WY

E 4C 05-0641

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



DO NOT TALK TO SCAMMERS

If you talk to them long enough, they could mimic your voice.

Then, they could turn it into a recording of you agreeing to products or services you don't need.



Did you know that scammers are able to steal or mimic voices? It's true! A lot of people have fallen victim to scams because they get calls that sound like loved ones. We understand this can be scary to think about. A way to protect yourself is to not answer calls you don't know. And if you do talk to someone you realize might be a scammer, hang up!

For help, call the Senior Medicare Patrol (in Riverton) - 1 800 856-4398

SMP SMPRESOURCE.ORG 877.808.2468

Wyoming
Senior Citizens Inc.
A Private Nonprofit Agency

SMP
Senior Medicare Patrol
Preventing Medicare Fraud

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Senior Patient Advocates

Licensed Insurance Consultants
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Let us be your Medicare Advocates.
We are working for YOU, not the insurance companies.

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

Are you ignoring the signs?

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

GASTROENTEROLOGY ASSOCIATES, P.C.

To learn more call Gastroenterology Associates (307) 233-2700 or Toll free (800)380-1820 to speak to
**Dr. Krmptich, 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 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 Jenny Marvin on Unsplash

PARTING THOUGHTS

"Deep summer is when laziness finds respectability."

~ American Author/Professor/Philosopher Sam Keen ~



Volunteer Opportunities:
If you are interested in giving your time,



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 from the 2024 4-H/FFA Junior Livestock Sale! (More details in the September issue...)

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