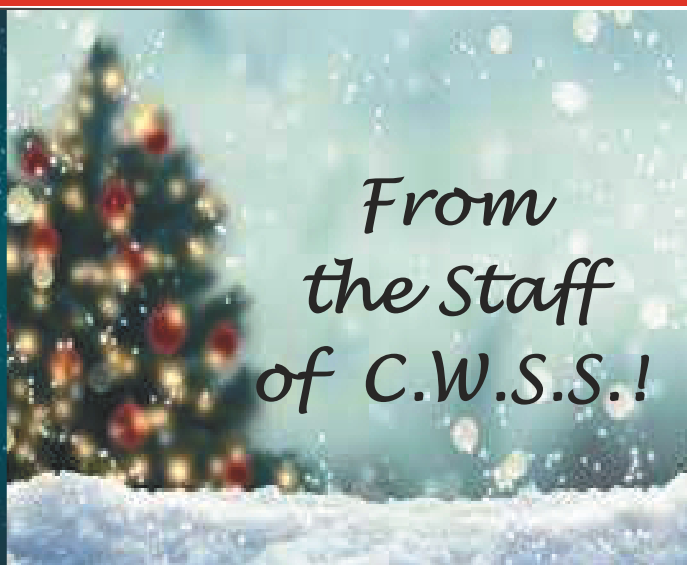


# WHAT'S MY NAME?

DECEMBER 2020

CENTRAL WYOMING SENIOR SERVICES INC

1831 EAST 4<sup>th</sup> STREET • CASPER, WYOMING 82601 • 307-265-4678 • [raea@casperseniorcenter.com](mailto:raea@casperseniorcenter.com)



**Thank YOU!**  
*Your continuing support is so valued and makes the biggest difference by allowing us to serve our community!*



**Try to Find This!**

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

2 Chances in 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.

Center Information.....	2
Happenings.....	3
Misc. Info.....	4
Recipe.....	5
Spotlight.....	6
Safety Tips.....	7
Gifts/Memorials.....	8,13
Kitchen Notes.....	9
Meal Calendar.....	10
Thank Yous.....	11
Sky Watch.....	15

**INSIDE THIS ISSUE**

# WHO'S WHO AROUND THE CENTER

## Board of Directors

*Errol Miller*..... President  
*Barbara Flinn*..... Vice President  
*Kim Latka*..... Treasurer  
*Linda Blackstone* ..... Secretary

## Members

*Gloria Fuhrer*            *Jennifer Rohrer*  
*Miles Hartung*        *Clyde Cain*  
*Crystal Morse*        *Linda Loranger*  
One Position pending appointment

## City Council Liaison

*Ray Pacheco*

## Executive Director

*Rita Wagner*

## Assistant Director

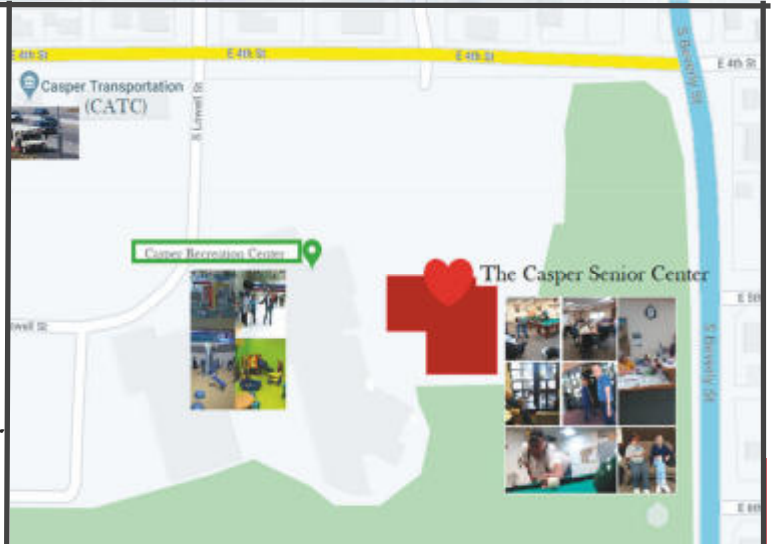
*Rachel Brown*

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



[Facebook.com/pages/Casper-Senior-Center](https://www.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 50,000 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.



# Happenings Around The Center

**Closed for Christmas:  
Friday December 25th  
& Sunday December 27th**

# HOLIDAY Schedule

Joyce's Easy Clogging by Joyce Sisk  
Call (307) 237-4908 for more information.

FREE, Every Monday at the Senior Center (when open)  
10:50 am–11:10 am Learn Steps  
11:10 am–12:10 pm Dance Routines

*"We DO NOT Jump, Stand on One Foot, or  
Go Around in Circles. I Keep it Balanced."*

If you do not want to or are unable to stand, join us to sit and tap to  
Western, Rock & Roll, Christmas music, and more!

**Closed for New Year's:  
Friday  
1/1/2021  
Sunday  
1/3/2021**

2021  
START  
FINISH  
2020

HAPPY HOLIDAYS



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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 provided 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 Alicia!*

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

We're looking for interested parties for new activities.

If you would like to try:

**Mah-Jongg**

**Bunco**

**Crocheting**

**Knitting**

**Zentangle**

**Cribbage**

or have a suggestion for another activity, please come to the office to discuss with staff!

Board Meeting Schedule:  
(All meetings are public)

Fourth Monday of each month at 2:00 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 \$5.00. We do offer 10 and 20 count punch tickets. As an incentive, we will offer one free 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 \$8.00. (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**

**Mills: Noon to 1:00pm**

**Evansville: Noon to 1:00 PM**

**Reservations Required at the Mills and Evansville Sites**

**MENU IS SUBJECT TO CHANGE**

## RIDDLE

I am ruler of shovels,  
I have a double.  
I am thin as a knife,  
I have a wife.  
Who am I?

Let the front office know the correct answer for your chance to win a free week of lunches!!



Copies of The Casper Senior Cookbook Are Still Available!  
\$10.00 each

*Buy yours while supplies last!*





# GRANDMA'S CHRISTMAS COOKIES



Author: Big Flavors from a Tiny Kitchen - Ashley Covelli  
(adapted from Helen Henderson)  
<https://bigflavorstinykitchen.com/grandmas-christmas-cookies/>

## Cookies

### Ingredients:

- ♥ 1 cup unsalted butter, softened
- ♥ 1 1/2 cups granulated sugar
- ♥ 1 1/2 tsp. vanilla extract
- ♥ 3 large eggs
- ♥ 3 1/2 cups all purpose flour
- ♥ 1/2 tsp. salt
- ♥ 1 tsp. baking soda
- ♥ 2 tsp. cream of tartar

### Instructions:

1. In a large bowl, cream butter, sugar, and vanilla. Scrape down edges, add eggs, and beat until light and fluffy.

2. Add dry ingredients and beat until combined. Divide dough in half, wrap in plastic wrap, and chill at least 1 hour.
3. Preheat oven to 375° F.
4. Take 1 portion of dough out of refrigerator. On a well-floured surface, roll out to about 1/8" thick. Cut into shapes with cookie cutters and place on ungreased cookie sheets, leaving a few inches between cookies.
5. Bake in preheated oven for 8 minutes. Transfer to wire rack to fully cool before icing.

## Cookies

### Ingredients:

- ♥ 1/3 cup unsalted butter, softened
- ♥ 3 cups powdered sugar
- ♥ 1 1/2 tsp. vanilla extract
- ♥ 2 TBSP milk
- ♥ (For Decorating) Food coloring
- ♥ (For Decorating) Sprinkles

### Instructions:

In a large bowl, stir together softened butter, powdered sugar, and milk until smooth. Divide into bowls and tint with food coloring, if desired.

Decorate cooled cookies with icing, adding sprinkles while the icing is still wet, if desired.

Let dry completely before storing in an airtight container.

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In this unprecedented time, many people who have never had to ask for help may need to turn to others. Whether you are an older adult, a caregiver, or an adult with disabilities, we want to make it easy for you to ask for the things you need to keep yourself and your family safe at home.

Visit [www.wyoming211.org](http://www.wyoming211.org) or dial 2-1-1 to get connected.

# SPOTLIGHT

## The Origins of 5 Christmas Traditions

by: Megan Grant  
December 23, 2016  
[https://  
www.bustle.com/  
articles/199482-the-  
origins-of-5-christmas-  
traditions](https://www.bustle.com/articles/199482-the-origins-of-5-christmas-traditions)

Christmas morning, we jump out of bed, run downstairs, and welcome what is one of the most exciting days of the entire year; and it's second nature to us. But I'd bet most of us aren't familiar with the origins of Christmas traditions, and why we do what we do on the 25th of December. Every country has its own traditions; and in some ways, we're all vastly different. In Finland, it's popular to go to saunas on Christmas eve. In France, some people burn a log at home from Christmas Eve to New Year's Day. In the United States, we have a number of traditions of our own. And as they do in Finland, France, and everywhere else, our traditions all have a story and a reason that they came to be.

Haven't you ever wondered why we kiss under the mistletoe?

Even while much of Christmas may have turned into what many people refer to as a "commercial" holiday (with such a heavy emphasis on buying material items), parts of the holiday remain unchanged, with the historical origins of Christmas alive and kicking. From eggnog to finding coal in your stocking, here are the explanations behind some of the popular Christmas traditions we've come to know.

### Kissing Under the Mistletoe

The tradition of kissing under the mistletoe goes back thousands of years, and there is more than one explanation of why we do it. Just one of these origins reflects on how many cultures looked to this herb for its healing properties; but it took a turn for the romantic around the first century A.D. Mistletoe can blossom even in the coldest of winters, and the Celtic Druids began to look at it as a symbol of vivacity. They started giving it to humans and even animals to promote fertility. The association between mistletoe and fertility/vitality strengthened through the Middle Ages; and by the 18th century, it had become a part of Christmas.

The kissing part of the tradition likely started in England, where men could sneak a kiss from any woman standing under the mistletoe. Any refusal was considered bad luck. Another part of this tradition that seems to have been forgotten is that the kissers were supposed to take a berry from the mistletoe each time they kissed. Once the berries were gone, they had to stop.

### The Nativity Scene

It's a given that the nativity scene is supposed to tell the story of baby Jesus, since it's widely believed that he was born on Dec. 25. But did you know that it was St. Francis of Assisi that created original living nativity around 1224? He did so to help his followers better understand the birth of Jesus. Supposedly, St. Francis requested permission from Pope Honorius III to have a manger with hay and two real animals — an ox and a donkey.

came to see what he was doing, while St. Francis preached about Jesus of Bethlehem.

The exact details surrounding St. Francis and his actions can't really be confirmed; but it goes without saying his living nativity scene had enormous appeal. At the time, plays were a common form of both entertainment and education; and they were often used in church to help people learn scriptures, since everything was in Latin and no one could understand. St. Francis's nativity scene became one more play that helped people connect with Christianity — and a powerful play at that.

### Drinking Eggnog

Whether you love it or hate it, eggnog is a popular Christmas tradition with a history all of its own. The common holiday beverage — traditionally made with raw eggs, milk, cream, sugar, and some kind of alcohol — first began as a wintertime drink for the British aristocracy. The wealthy in particular drank it, since they could afford the ingredients and were able to add expensive liquors to it to keep the eggnog from spoiling. In the 18th century, eggnog became a drink everyone could enjoy, as U.S. colonists started making it with cheaper rum instead of brandy or wine.

The name itself even has its own history: Rum was called grog and was often served in wooden mugs called noggins. At first, people called the drink egg-n-grog, and then changed it to eggnog.

### Leaving Santa Milk and Cookies

This tradition has a couple explanations. The oldest story goes back to ancient Norse mythology. The god Odin had an eight-legged horse named *Sleipner*. During the holiday season, kids would leave food out for Sleipner, hoping Odin would stop by their homes and leave gifts. To this day, this tradition exists in places like Denmark and the Netherlands, where the story goes that it's horses that pull the sleigh, not reindeer. They leave carrots for the horses, who are undoubtedly exhausted.

The tradition carried on through the years, with yet another theory saying that families would actually put the tasty snacks in stockings and hang them by the chimney, as a welcoming gift for jolly old St. Nick. But as we know them today, stockings are for gifts for the kiddies. The tradition of leaving milk and cookies for Santa (and carrots for his reindeer) really skyrocketed as an American tradition in the 1930s, amidst the Great Depression. Parents wanted to teach their children — even during such trying times — the importance of giving back and being thankful; so they set out milk and cookies to show their gratitude.

### Leaving Naughty Kids Coal

Hopefully, this doesn't actually happen to children — even the naughty ones. But Santa leaving bad kids lumps of coal is an old tradition — older than Santa Claus himself. The exact origins aren't well known, but the general story seems to be that Santa would come into people's homes and leave presents either in stockings or in shoes left by the fireplace. If Santa happened to run into a kid who didn't deserve a present, he likely reached into the fireplace and grabbed a lump of coal, which was the common method of burning in the 19th and 20th centuries. It wasn't just coal, either. He would also leave twigs, bags of salt, garlic, and onions. (Personally, I think onions would upset me the most. I mean, ew.)



# Be Ready! Winter Weather

**Weatherproof your home to protect against the cold.**

- Install a smoke detector and carbon monoxide detector in your home.
- Have your chimney or flue inspected every year.
- Make sure the batteries are working!
- Insulate walls and attic.
- Caulk and weather-strip doors and windows.

**Check out more tips on winter weather indoor safety.**

**Prepare yourself for exposure to winter weather.**

- Never leave lit candles or other flames unattended.
- Bring your pets indoors as temperatures drop!
- Dress warmly and limit exposure to the cold to prevent frostbite.
- Avoid getting wet to prevent hypothermia.

**Make sure your car is ready for winter travel.**

- Check antifreeze level and have radiator system serviced.
- Replace worn tires and check tire air pressure.
- Keep gas tank full to avoid ice in tank and fuel lines.
- Make a winter emergency kit to keep in your car.

**If power lines are down, call your local utility and emergency services.**

**If power lines fall on your car, warn people not to touch the car or power lines.**

[www.cdc.gov/phpr/infographics.htm](http://www.cdc.gov/phpr/infographics.htm)

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Central Wyoming Senior Services, Casper, WY

C 4C 05-0641

# Memorials

Note: This is a list for Memorials given between October 21—November 23  
If donations were made between those dates and you were not recognized, please see Rita.

## Richard "Dick" Shamley

Jack Kelly  
Mary C. Moler  
Judy Shamley  
Joyce Edwards  
James Traylor  
Elizabeth Becher  
Bill Schaub  
Linda Loranger

## Barbara Oxner

Joe Luck  
Joyce Waddell

## Mary & John Moler

Maurine Hoffman

## Robert "Bob" Bressler

Ronald & Tamela Keeran

## Bruce Smith

Casper Antiques & Collectors

### 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.

## Lee Dunston

Mary C. Moler

## Pat Freiberg

Karen & Chick Kwedor

## Phyllis Rush

Mary Lynn Corbett

## Ruby Mead

Mary C. Moler

## Rich Childers

Ron & Rachel Brown

## All Recently Passed Friends

Elane Burkhalter

## Famous December Birthdates

- 2, 1863—Charles Ringling (formed Ringling Bros. circus)
- 4, 1973—Tyra Banks, model/actress
- 7, 1956—Larry Bird, NBA player for Boston Celtics
- 11, 1944—Brenda Lee, singer
- 14, 1946—Patty Duke, actress
- 18, 1947—Steven Spielberg, director/producer
- 19, 1961—Reggie White, NFL player
- 21, 1935—Phil Donahue, TV talk show host
- 23, 1926—Robert Bly, author
- 25, 1899—Humphrey Bogart, actor
- 28, 1856—Woodrow Wilson, 28th US President
- 30, 1914—Bert Parks, 25-year host "Miss America" pageant
- 31, 1943—John Denver, singer/songwriter

## Fun December Facts!

- \* The name of this month is derived from *decem*, meaning "ten" in Latin, because December was the 10th month and had 30 days in the Roman calendar, gave up a day when January and February were added to the calendar before ending up with 31 days in the Julian calendar
- \* The Old English name was *Geol-monap* (meaning month before yule)
- \* December is the seasonal equivalent of June in the opposite hemisphere
- \* Every year, December starts on the same day of the week as September and ends on the same day of the week as April
- \* There are 3 official birthstones: Turquoise, Tanzanite, and Blue Zircon
- \* Birth flowers are Narcissus and Poinsettia

## MORE REASONS TO CELEBRATE DECEMBER!

(Operation Santa Paws [1st–24th])  
(Spiritual Literacy Month)  
(National Pear Month)

- 6th—St. Nicholas Day
- 10th—Nobel Prize Day
- 15th—Bill of Rights Day
- 21st—Forefather's Day
- 24th—National Egg Nog Day
- 29th—Pepper Pot Day

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

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

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

Courtesy of C.W.S.S.





# Notes from the Kitchen

## Part 3: 7 Key Nutrients for Senior Nutrition

By Katie Dodd | February 14, 2020

<https://www.thegeriatricdietitian.com/7-key-nutrients-for-senior-nutrition/>

### Vitamin B-6 and Seniors

Vitamin B-6 is a water-soluble vitamin that plays a role in metabolism, immunity, and is involved in over 100 different enzyme reactions in the body. Vitamin B-6 is very important for seniors. Vitamin B-6 deficiency is rare. But 24-31% of people are at risk for a vitamin B-6 deficiency.

The good news is that vitamin B-6 is found in a wide variety of different foods. Eating a balanced diet with a wide variety of foods can help seniors meet their vitamin B-6 needs.

### Vitamin B-6 Needs in Older Adults

If an older adult doesn't get enough vitamin B-6 it can cause anemia, cracks in the corners of their mouth, depression, or poor immunity. Getting too much is pretty rare. This typically occurs from over supplementation.

The RDA for adults ages 51-70 years old is 1.3 mg daily. Men >70 years old need 1.7 mg daily. Women >70 years old need 1.5 mg daily. Vitamin B-6 needs increase with age.

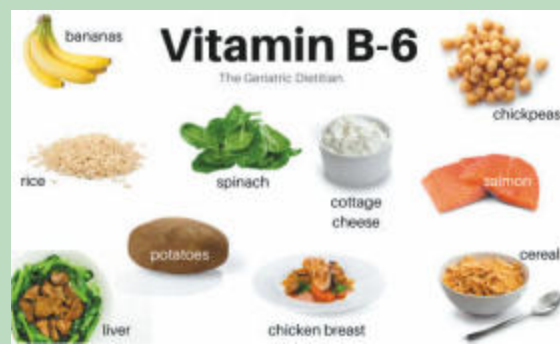
### Food Sources of Vitamin B-6

Vitamin B-6 is found in a wide variety of foods, from grains to veggies!

Here are some food sources of vitamin B-6:

Chickpeas	Bananas
Beef Liver	Cottage Cheese
Salmon	Rice
Chicken Breast	Spinach
Potatoes	Watermelon

See next issue for Part 4!





Central Wyoming  
Senior Services Inc.

"The Heart of Nations County"

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

# MEAL CALENDAR

## December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Deli Dog with Kraut Fresh Vegetables Waldorf Salad Chocolate Cake Strawberries	2 Oven Fried Chicken Mashed Potatoes Poultry Gravy Pacific Blend Vegetables Mandarin Oranges Gingerbread Cake	3 Ham & Macaroni Bake Brussels Sprouts Tossed Green Salad Pumpnickel Roll Peach Crisp	4 Fish Florentine Brown Rice Glazed Carrots Ambrosia Fruit Cup Choc Chip Cookie Orange Juice	5
6 Beef Roast Potatoes & Carrots Tomato Cucumber Salad Blueberry Crisp	7 Pork Tenderloin In Mushroom Gravy Mashed Potatoes Green Beans Tossed Salad Apple Cake Cranberry Juice	8 Turkey Vegetable Soup BLT on Wheat Fresh Vegetables Pear Halves Banana Cream Pudding	9 Lasagna Italian Blend Mixed Green Salad Strawberry Rhubarb Crisp Garlic Roll	10 Hawaiian Chicken Baked Sweet Potato Key Largo Vegetables Cornmeal Roll Baked Pineapple Coconut Macaroon	11 Baked Breaded Fish Roasted Squash Spring Blend Vegetables Spinach Bread Fruit Parfait	12
13 Hot Turkey Sandwich Mashed Potatoes / Gravy Mixed vegetables Cranberry Apple Salad Pumpkin Pie	14 Swiss Steak Oven Brown Potatoes Braised Green Beans Apricot Halves	15 Turkey Tetrazzini California Vegetables Hearty Tossed Salad Cherry Cobbler	16 Minestrone Soup Ham Salad Sandwich Olive Stuffed Celery Cucumber Tomato Salad Fresh Peaches	17 Sweet & Sour Pork Brown Rice Pilaf Sesame Green Beans Asian Salad, Berry Blend Angel Food Cake	18 Baked Salmon Creamy Risotto Roasted Asparagus Carrot Raisin Salad Pear Apple Crisp OJ	19 <b>MEALS COME WITH MILK AND BREAD</b>
20 Roast Lamb Mashed Potatoes Braised Cabbage Tossed Salad Cherry Pie	21 Smothered Chicken Rice Pilaf Carrots Creamy Cole Slaw Fruit Cup	22 Beef Fajitas Seasoned Black Beans Lettuce & Tomato Salad Peach Pudding Oatmeal Raisin Cookie	23 Ham & Beans Sliced Carrots Cole Slaw Fluffy Fruit Cup	24 <b>CHRISTMAS EVE</b> Glazed Ham Sweet Potatoes/Apples Perfection Salad Magic Cookie Bar	25 <b>CLOSED</b>	26
27 <b>CLOSED</b>	28 BBQ Ribette Oven Brown Potatoes Bakes Beans Creamy Cucumbers Baked Apples	29 Chicken Wrap Fresh Vegetables Potato Salad Apricots Oatmeal Cake	30 Cabbage Roll Casserole Baked Potato Pacific Blend Veggies Chunky Applesauce Choc Surprise Cupcake	31 Chicken Fried Steak Mashed Potatoes Garden Blend Veggies Tossed Green Salad Cherries, Apple Juice		<b>MENU SUBJECT TO CHANGE</b>





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“

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magic wand over the  
world, and behold,  
everything is softer and  
more beautiful.

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## Winter Solstice 2020: When Is It, And What Is It?

<https://www.farmersalmanac.com/winter-solstice-first-day-winter>

### When is the Winters Solstice?

The next winter solstice for the Northern Hemisphere occurs on Monday, December 21, 2020 at 5:02 a.m. EST.

### What Is the Winter Solstice?

It's the astronomical moment when the Sun reaches the Tropic of Capricorn, we have our shortest day and longest night of the year in the Northern Hemisphere in terms of daylight. Regardless of what the weather is doing outside your window, the solstice marks the official start of winter.

### What Does "Solstice" Mean?

The term "solstice" comes from the Latin words sol (sun) and sister (to stand still) because, during the solstice, the angle between the Sun's rays and the plane of the Earth's equator (called declination) appears to stand still. So what does that mean, exactly? Upon the winter solstice, the Sun appears at its lowest in the sky, and its noontime elevation seems to stay the same for several days before and after this day. The Sun's gradual decrease in the sky reverses upon the winter solstice, marking what many cultures believe to be a "rebirth" of the Sun as the hours of daylight become longer.

Essentially, our hours of daylight—the period of time each day between sunrise and sunset—have been growing slightly shorter each day since the summer solstice last June, which is the longest day of the year (at least in terms of light). After December 21, the days will begin to grow longer and will continue to do so until we reach the summer solstice again, and begin the whole cycle anew.

Early man kept track of the days by observing the Sun as it "moved" across the sky and cast shadows during the day and at different times of the year. In fact, historians believe Stonehenge in England was erected to keep track of the Sun's yearly progress.

### Winter Solstice Folklore and Celebrations

The Winter Solstice has played an important role in cultures worldwide from ancient times until today. In fact, many of the customs, lore, symbols, and rituals associated with Christmas are actually associated with Winter Solstice celebrations of ancient Pagan cultures.

\* **Alban Arthan**, Welsh for "Light of Winter," is a universal festival, which has been (and still is) celebrated by many people and is probably the oldest seasonal festival of humankind. In Druidic traditions, the Winter Solstice is thought of as a time of death and rebirth when Nature's powers and our own souls are renewed. It marks the moment in time when the Old Sun dies (at dusk on the 21st of December) and when the Sun of the New Year is born (at dawn the 22nd of December), framing the longest night of the year. The birth of the New Sun is thought to revive the Earth's aura in mystical ways, giving a new lease on life to spirits and souls of the dead. The prehistoric monument, Newgrange built in Ireland around 3200 B.C. (making it older than Stonehenge), is associated with the Alban

Arthan festival. The site consists of a large circular mound with a stone passageway and interior chambers. When the Sun rises, the chamber is flooded with sunlight on the Winter Solstice. What Stonehenge is for Alban Hefin (The Druid festival for The Summer Solstice), Newgrange is for Alban Arthan.

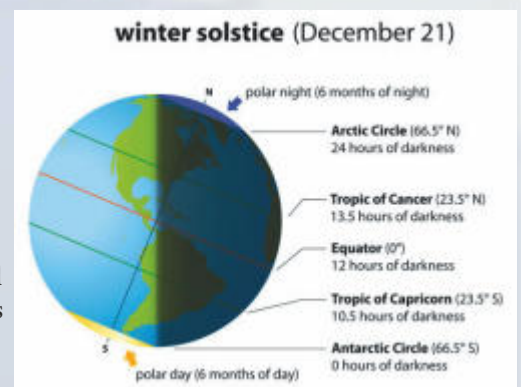
\* **The Feast of Juul** was a festival observed in Scandinavia when fires were lit to symbolize the heat, light and life-giving properties of the returning Sun. A Yule—or Juul—log was brought in and burned on the hearth in honor of the Scandinavian god, Thor. It was Thor's job to bring the Sun's warmth back to the people. The log, which was never allowed to burn entirely, was kept as both a token of good luck against misfortune and used as kindling for the following year's log. In England, Germany, France, and other European countries, the Yule log was burned until nothing but ash remained. The ashes were then collected and spread into the fields as fertilizer every night until Twelfth Night, or worn around the neck as a charm. French peasants would place the cooled ashes from the log under their beds, believing they would protect the house against thunder and lightning. The present-day custom of lighting a Yule log at Christmas is believed to have originated with these fires associated with the Feast of Juul.

\* In addition to the traditions from western cultures, the **Dongzhi Winter Solstice Festival** is celebrated as a time for the entire family to get together to celebrate the past good year. As ancient Chinese thought, the yang, or muscular, positive things will become stronger and stronger after this day, so it should be celebrated. Dumplings are usually eaten.

\* **Saturnalia** – In Ancient Rome, the Winter Solstice festival referred to as Saturnalia began on December 17 and lasted for seven days. It was held to honor Saturnus, the Roman god of agriculture and harvest, and was characterized by the suspension of discipline and reversal of the usual order. Grudges and quarrels were forgiven, wars were postponed, and people engaged in carnival-like festivities. The popularity of Saturnalia continued into the third and fourth centuries AD, and as the Roman Empire came under Christian rule, some of the festival's customs have influenced our current celebrations surrounding Christmas and the New Year.

**Did you know?** Not all seasons are the same length.

The time it takes for the Sun to "move" from the vernal equinox to the summer solstice is 92.8 days, to the autumnal equinox, 93.6 days; to the winter solstice, 89.8 days; and back to the vernal equinox 89.0 days (approximately).





# Gifts

Note: This is a list for Gifts given between  
October 21—November 23  
If donations were made between those dates and  
you were not recognized, please see Rita.

John Savage  
WY Governors Residence Fdn  
Frank Stofflet  
Jack & Donna Laird  
Dorothy Kvenild

Barbara Yonts  
Kim Youmans  
Grace Chewakin  
Henry Ort

## WHITE CHRISTMAS BING CROSBY



Album Photo: © The White Christmas • White Christmas • Did You Hear, Christmas • It's Beginning to Look Like Christmas  
Blue Ridge-Croobyella (with the Andrews Sisters) • Christmas in Harmony • Snow-Covered Ground (with the Andrews Sisters)  
Rite of the Pasture • Snowfalls (with Carol Brice) • A Holy Yuletide (White Christmas) © The Andrews Sisters

## LEARN MORE ABOUT IRVING BERLIN'S WHITE CHRISTMAS

As Berlin recalled in the Los Angeles Examiner (December 14, 1954):  
"I wrote it for a revue I intended producing, changed my mind and put it away until it was used in a Bing Crosby picture. At the time I had no idea 'White Christmas' would be a perennial hit or that Paramount would add to its popularity with a movie of the same name. When the song first became popular, I attributed it to the War and the fact that Christmas means peace. I felt that since people were singing it I ought to write another verse. But I couldn't do it. New words would not come."  
"Much as I'd like to take a bow and say I anticipated its future success, I must admit I didn't," Berlin told the Jamaica (Long Island) Press (September 24, 1954). "Maybe because it was so easy, comparatively, to write I didn't realize its potential. I wrote it in two rather brief sessions and that's fast for a song. Some take a lot more work."

<https://www.iringberlin.com/white-christmas>

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# ACTIVITIES CALENDAR WHEN CENTER IS OPEN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11AM—1PM (DR) Sunday Lunch [1st] 1PM—2PM (CNF) American Legion Women's Auxiliary 2PM—???(DR) Mexican Train Dominoes 3PM—5PM (CNF) Bible Study	10AM—11AM (DF) Chair Exercise 10:50AM—11:15AM (DF) Beginner Clogging 11:15AM—12:15PM (DF) Intermediate Clogging 1PM—???(DR) Mexican Train Dominoes 1PM—4PM (DR) 1:15PM—2:15PM (DF) Tai Chi 2:30PM—3:30PM (DF) Tai Chi for Arthritis 4PM—5:30PM (CNF) Bible Study 6PM—7PM (DF) Native American Flute Circle 6PM—9PM (CNF) Binding Friends 7PM—9PM (DF) Dance Club	9:15AM—9:45AM (AR) Chair Yoga 10AM—11AM (CNF) Golden Kiwanis 10AM—11AM (DF) Line Dancing 10AM—12PM (DR) Craft Class 10AM—2PM (DR) Wellness Clinic 7PM—10PM (DR) Casper Chess Club	7AM—8AM (CNF) Reveille Rotary 9:15AM—10:15AM (CNF) Seniors Active in Learning 10AM—11AM (DF) Chair Exercise 1PM—4PM (CNF) Quilts of Valor 1PM—4PM (DR) Poker 5PM—7PM (DF) Weight Watchers	9AM—10AM (DR) Golden K Coffee 9:15AM—9:45AM (CNF) Chair Yoga 10:30AM—11:30AM (DF) Clogging 12:30PM—2PM (CNF) BINGO! 12:30PM—4PM (DR) Pinochle 1PM—???(DR) Mexican Train Dominoes 1:15PM—2:15PM (DF) Tai Chi 2:30PM—3:30PM (DF) Tai Chi for Arthritis 7PM—10PM (DR/DF) Square Dance	10AM—11AM (DF) Chair Exercise 12PM—4PM (DR) Canasta 12:30PM—4PM (CNF) Big Bridge 12:30PM—4PM (DR/CNF) Pinochle 1PM—4PM (DR) Poker	8AM—9AM (DF) Weight Watchers
	[2nd] 10AM—12PM (CNF) Low Vision Support Group [3rd] 10AM—1PM (CNF) DAR Supplement Application Group [4th] 2PM—3PM (CNF) CWSS Board Meeting	[1st/3rd] 11:30AM-4PM (DR) Bridge w/Margi [3rd] 11:30AM—4PM (DR) Bridge w/ Linda [4th] 12PM—2PM (CNF) NARFE [2nd/4th] 6PM—10PM (CNF) Casper Cut Ups [3rd] 7:15PM—9:15PM (CNF) Casper Needle Guild	[3rd] 10:10AM—11:55AM (CNF) KW Retired Ladies Book Club [2nd/4th] 11:30AM—4PM (DR) Bridge w/ Margi [2nd/4th] 12PM—4PM (DR) Bridge (w/ Ronnie & Donna) [1st/3rd] 12:30PM—3:30PM (DR) Bridge (w/ Betty) [4th] 12:30PM—4PM (CNF) Caps for Kids	[1st/3rd] 10AM—11AM (CNF) WY Dementia Care Support [1st] 1:30PM—3:30PM (DR) Golden Girls [2nd] 7PM—9PM (CNF) American Legion	[Alt 2nd] 9AM—4PM (CNF) AARP 55-Alive Driving Course (Next Class is scheduled for July 10, 2020)	[2nd] 9AM—2PM (CNF) Casper Cut Ups [3rd] 10AM—12PM (CNF) Garden Club

## NOTE:

*Locations subject to change.  
Please check board for more info on days of activities!  
If we have missed any events, please let the front desk know so that we can publicize your activity.  
Private events are not listed.*



# THE OLD FARMER'S ALMANAC

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Sky Watch,  
December 2020

## FULL COLD MOON



THE FULL MOON IN DECEMBER 2020

Technically, the full Moon reaches peak fullness on December 29, 2020 at 10:28 PM EST. (Note: In England, the full Moon date is the 30th at 3:28 AM.)

What makes this full Moon special? It's most distinctive for its high trajectory across the sky, causing the full Moon to sit above the horizon for a longer period of time.

### DECEMBER FULL MOON NAMES

- Ⓒ December's full Moon has traditionally been known as the Full Cold Moon by some Native Americans tribes since this is the month that heralds in the cold winter season.
- Ⓒ This full Moon was also called the **Long Nights Moon** by Native American groups because it rose during the "longest" nights of the year, which are near the December 21 winter solstice. The "Long Nights Moon" name is also fitting because December's full Moon shines above the horizon for a longer period of time that most moons.
- Ⓒ Ancient European pagans called it the "**Moon Before Yule**," in honor of the Yuletide festival celebrating the return of the sun heralded by winter solstice.

MOON FOLKLORE—*If a snowstorm begins when the Moon is young, it will cease at moonrise.*

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## LAST WORDS

"Getting an inch of snow is like winning 10 cents in the lottery."

~ American Cartoonist Bill Watterson (author of Calvin & Hobbes comic strip) ~

**NOTICE:** The weekly puzzles are intended for individual use and to be turned in by clients coming into the center for activity sign-in purposes. Please help us continue to keep such activities free by taking only one or making a donation for additional copies.

*Thank you!*

### **Coming Soon:**

Again, we would like to extend a big **THANK YOU** for the continuing support *and* patience as we work together to negotiate the trials of this difficult time!



We have big plans for utilizing our volunteer force, especially during the lunch hour:  
11:00 AM to 1:00 PM

We are also working on adding some volunteer opportunities.

If you are interested, please see the office.