

WHAT'S MY NAME?

APRIL 2021

CENTRAL WYOMING SENIOR SERVICES INC

1831 EAST 4th STREET • CASPER, WYOMING 82601 • 307-265-4678 • raea@casperseniorcenter.com

Casper Senior Center to open on Monday, April 12th

We are pleased to be able to announce that the Casper Senior Center will be opening for dining room service only at this time. The Evansville and Mills sites will be opening in the near future. We will continue to offer curbside meals for those who are not comfortable eating meals on-site. Please remember to call in by 10:00 am to reserve your meal on the day you are planning to pick-up.

Our initial opening will take place within the Casper Senior Center location only and will be solely for service of the meal program for a period of two weeks. Closer to that time we will announce additional services or activities.

- Congregate meals will be served from 11:00 am to 1:00 pm.
- The Center will not open prior to 11:00 am. The Senior Center building is closed for all other activities and we will not be allowing access to other parts of the building at this time.
- Temperatures will be taken at the door. Please stay home if you are not feeling well.
- Everyone will be required to wear masks unless seated at their table engaged in eating their meal. If you do not have a mask, a mask will be provided to you.
- We are only allowed 50% of normal occupancy in dining room. Seating will be restricted to 2 (two) people per table unless you are a family unit and/or have all been vaccinated.
- A staff member or volunteer will serve beverages, meals, and condiments. All requested items will be provided by a server.
- Seniors may return their trays to the dish station, but should limit this activity to only participants in their households.
- All will be required to keep their masks on while in the Center and maintain a 6-foot distance.
- No guests (children or visitors) will be allowed during this two-week trial time.
- Curbside meals will continue to be offered to accommodate those who wish to stay home.
- The Center is open for lunch service only at this time. No other activities will be offered during the first two weeks.

Please be patient with us as we begin to awaken this sleeping giant!

Try to Find This!

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

2 locations 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.

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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 *Crystal Morse*
Justine Fourman *Linda Loranger*
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Rita Wagner

Assistant Director

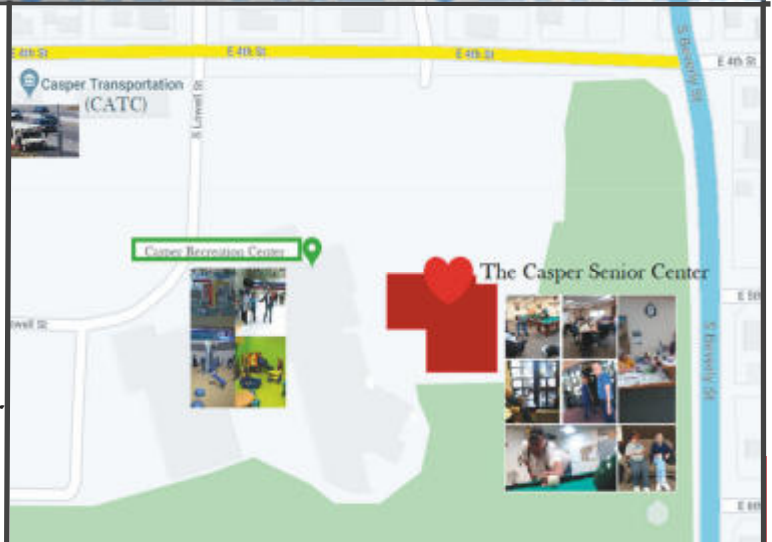
Rachel Brown

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



[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.

Benefits of Gardening



Stress relief:
Gardening lowers one's cortisol levels, which is the "stress hormone"



Immunity booster:
Spending time around plants and dirt is known to boost one's immune levels.



Physical activity:
Gardening provides the opportunity for physical exercise.



Exposure to Vitamin D:
Gardening and spending time outside provides exposure to the sun, which means receiving vitamin D.



A sharpened mind:
A study found that regular gardening could reduce the chance of dementia by up to 36 percent.

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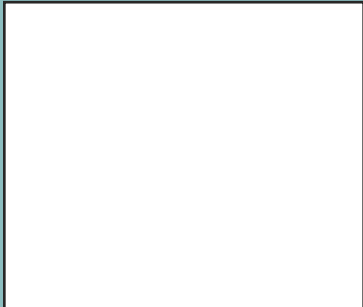
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MISCELLANEOUS INFORMATION

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 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

Weight in my belly,
trees on my back,
nails in my ribs,
feet do I lack.
What 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!



Around the Center

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!

Sudoku 32

		1	2			8		7
	5							
9					3	5		1
					6			
	2	4	7					
			3		1	2	6	
			1	5		6		
		2	9					3
8	4					7		

2021 EASTER CLOSURES:



FRIDAY, APRIL 2ND
 AND
 SUNDAY, APRIL 4TH

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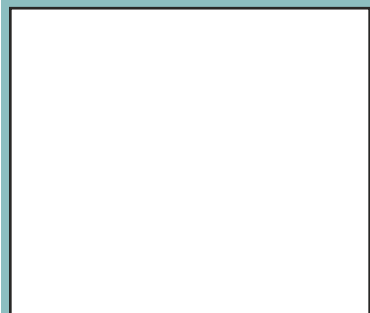
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Get Connected Get Help

Wyoming COVID-19 Aging Network (CAN)

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 or dial 2-1-1 to get connected.



Few things generate more anxiety than filing taxes. And with good reason: In 1913, the federal income tax form was four pages and included one page of instructions. Today's federal tax code spans thousands of pages, and the Internal Revenue Service (IRS) website lists more than 2,000 forms and publications.

With tax season upon us, now's the time to reflect on federal income taxes—how they originated and what purpose they serve.

Origins of the Income Tax: The Civil War

The United States' first federal income tax was levied during the Civil War. It became clear to Congress that this would not be a quick war, and the government needed to generate more revenue. It was also during this period, in 1862, that a Commissioner of Internal Revenue was established.

Here's a rundown of some key dates in income tax history:

1862: The U.S. government initiates a progressive federal income tax to offset Civil War expenses. It levies a 3% tax on incomes between \$600 and \$10,000 and 5% on incomes over \$10,000.

1872: The tax is repealed.

1894: Federal income tax makes a short-lived comeback, but is ruled unconstitutional the very next year.

1913: The federal income tax resurfaces with the 16th Amendment to the Constitution, giving Congress legal authority to tax income.

1943: The Current Tax Payment Act is signed into law. It is designed to make income tax collection easier. The act requires employers to withhold federal income tax from an employee's paycheck each pay period and send the payment directly to the IRS on behalf of the employee—a practice that remains today.

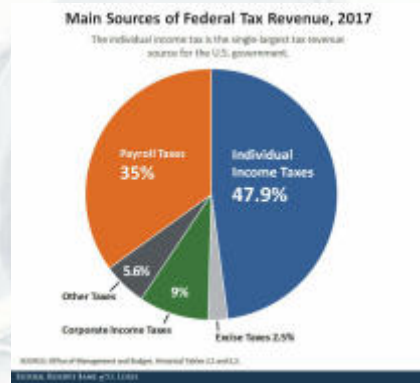
1953: The former federal Bureau of Internal Revenue is renamed the Internal Revenue Service we still know today.

1975: The Tax Reduction Act of 1975 creates the earned income tax credit. It reduces the tax burden on low-to-moderate-income workers, particularly those with children.

How Much Tax Is Collected?

After an up-and-down history, the income tax now makes up a large chunk of federal tax revenue. In fact, according to the federal Office of Management and

Budget, individual income taxes represented more than \$1.58 trillion of the \$3.3 trillion in total federal tax revenue for fiscal year 2017. That's slightly less than half of all other sources combined, as shown in the figure below.



Definitions key:

Payroll taxes—The Federal Insurance Contributions Act (FICA) requires withholding Social Security and Medicare from an employee's wages. Employers must also pay a matching amount of the amount withheld.

Corporate income taxes—Taxes owed by businesses and firms based on their profits.

Excise taxes—Taxes paid when purchases are made on a specific good, such as gasoline; excise taxes are often included in the price of the product. There are also excise taxes on activities.

How Are Tax Dollars Spent?

Congress and the president determine how tax revenue is spent, and spending priorities vary based on who is in power. For a detailed accounting of federal outlays by agency (such as the departments of Agriculture, Transportation or State) or by function (such as international affairs or veterans benefits), the Office of Management and Budget provides downloadable spreadsheets going back decades.

Broadly, though, today's tax revenue allows the government to operate and provide goods and services for citizens. These goods and services include roads, bridges, national parks, education, research and national defense.

In economic terms, a government service such as national security is considered a "public good."

Public goods are those that are:

Nonexcludable—The supplier of the good or service (in this case, the government) cannot keep people who don't pay for it (in this case, those who are exempt from taxes) from consuming/using it.

Nonrival—A good or service is nonrival if a person's consumption does not hinder anyone else's consumption of it. In the national security example, even if the U.S. population grows, the level of protection for those already benefitting from it remains the same.

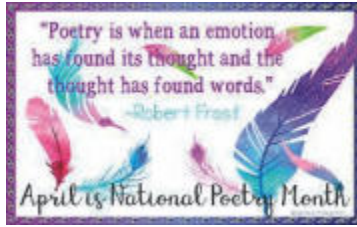
Song of A Second April

by Edna St. Vincent Millay

April this year, not otherwise
Than April of a year ago,
Is full of whispers, full of sighs,
Of dazzling mud and dingy snow;
Hepaticas that pleased you so
Are here again, and butterflies.

There rings a hammering all day,
And shingles lie about the doors;
In orchards near and far away
The grey wood-pecker taps and bores;
The men are merry at their chores,
And children earnest at their play.

The larger streams run still and deep,
Noisy and swift the small brooks run
Among the mullein stalks the sheep
Go up the hillside in the sun,
Pensively, —only you are gone,
You that alone I cared to keep.



An April Day by Joseph Seamon Cotter

On such a day as this I think,
On such a day as this,
When earth and sky and nature's whole
Are clad in April's bliss;
And balmy zephyrs gently waft
Upon your cheek a kiss;
Sufficient is it just to live
On such a day as this.

April's Charms by William Henry Davies

When April scatters charms of primrose gold
Among the copper leaves in thickets old,
And singing skylarks from the meadows rise,
To twinkle like black stars in sunny skies;

When I can hear the small woodpecker ring
Time on a tree for all the birds that sing;
And hear the pleasant cuckoo, loud and long—
The simple bird that thinks two notes a song;

When I can hear the woodland brook, that could
Not drown a babe, with all his threatening mood;
Upon these banks the violets make their home,
And let a few small strawberry blossoms come:

When I go forth on such a pleasant day,
One breath outdoors takes all my cares away;
It goes like heavy smoke, when flames take hold
Of wood that's green and fill a grate with gold.

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Central Wyoming Senior Services, Casper, WY

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Gifts & Memorials

Note: This is a list for Gifts & Memorials given between February 23rd—March 23rd.

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

Memorials

Karen Kwedor

Mary C. Moler
 Bea Lattea
 Lois Leggett
 Janice Kalasinsky
 Wayne Clements
 Maurine Hoffman
 Jennifer Rohrer
 Rex & Helen Hoff
 Marjorie Love
 Miles Hartung/Ruth Doyle
 Errol Miller
 Kim Cooper & Family
 Elane Burkhalter
 Floyd & Janet Field
 Doris Kruckeck
 Lucy Schoenewald
 Carl & Emma Lou Closs
 Sandy Koenig
 Mary Lynn Corbett
 L. Charles Davis
 Gail Lawson

Rob Ewers
 Wayne Clements
Richard Shamley
 Jennifer Rohrer

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.

Gifts

John Savage
Frank C Stofflet
Robert & Barbara Yonts
Daniel Grace
Natrona County Cow-Belles

MORE REASONS TO CELEBRATE APRIL!

(National Poetry Month)
(National Kite Month)
(Stress Awareness Month)

3rd—Find a Rainbow Day
 10th—Golfer's/Golf Day
 15th—National High Five Day
 25th—National DNA Day
 29th—International Dance Day

We would like to extend a **GIANT THANK YOU**

to the **Natrona County Cow-Belles** for their donation to our delicious **Roast Beef Dinner** on **March 23rd** and their **volunteer time to help serve it!**

Famous APRIL Birthdates

- 2, 1939—Marvin Gaye, singer
- 14, 1866—Anne Sullivan, teacher of Helen Keller
- 16, 1889—Charlie Chaplin, comic actor/filmmaker
- 22, 1936—Jack Nicholson, Oscar winning actor, director
- 28, 1941—Ann-Margret, actress/singer
- 29, 1970—Andre Agassi, tennis champion

Fun APRIL Facts!

- † There are 4 U.S. presidents born in the month of April, and there are 4 U.S. presidents who have died in the month of April. Coincidentally, there are 3 U.K. prime ministers born in April and 3 who have passed away this month as well
- † April Fools Day seems to have originated in France where New Years Day was celebrated on April 1st in Medieval times. When it was changed to January 1st in 1582 by Gregory XIII, many in rural areas did not make the change for many years, which led "cosmopolitan" city dwellers to think them fools and take advantage of the naiveté of the provincials on this date
- † England holds cuckoo festivals to celebrate spring with the concurrent arrival of cuckoo birds

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

Name: _____

Birthdate: _____

Courtesy of C.W.S.S.

Part 7: 7 Key Nutrients for Senior Nutrition

By Katie Dodd | February 14, 2020
<https://www.thegeriatricdietitian.com/7-key-nutrients-for-senior-nutrition/>



Calories and Seniors

We want to wrap up this [series] discussing calories. Now, NOT every senior needs more calories. In fact, many seniors need fewer calories. But there are circumstances when calories become a KEY nutrient, like unintended weight loss (and in turn-malnutrition).

Calories for Stopping Unintended Weight Loss

Any time a senior starts losing weight unintentionally, they are losing muscle. When this happens providing calories is key. Calories stop unintended weight loss. And this is SO important. You can learn more about this at our article "Weight Loss in Elderly Must Be Stopped."

(<https://www.thegeriatricdietitian.com/weight-loss-in-elderly-must-be-stopped/>)

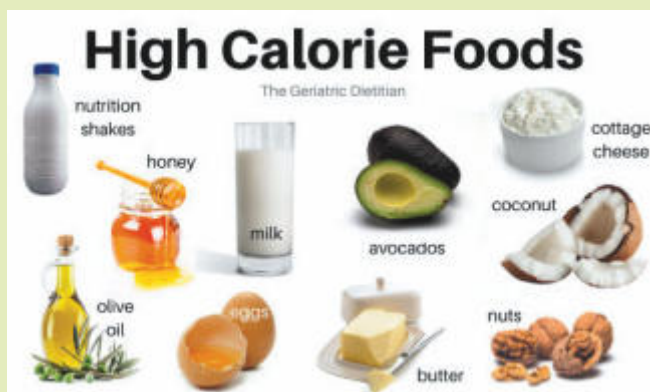
We want to stop unintended weight loss in older adults to preserve their muscle and maintain their independence. So, while not every older adult needs more calories – calories are VERY important anytime an older adult starts losing weight.

Food Sources of Calories

Foods highest in calories include those high in fat.

Here are some good high calorie food sources.

- | | |
|------------------------|------------------|
| ➤ Avocados | ➤ Eggs |
| ➤ Whole milk | ➤ Coconut |
| ➤ Olive Oil | ➤ Nuts |
| ➤ Butter/Peanut butter | ➤ Cottage Cheese |
| ➤ Honey | ➤ Ice Cream |



You can get more information on high calorie foods by reading

"High Calorie Smoothies for Weight Gain" (<https://www.thegeriatricdietitian.com/high-calorie-smoothies/>)

or

"Weight Gain Smoothies: Stopping Unintended Weight Loss in Older Adults"

(<https://www.thegeriatricdietitian.com/weight-gain-smoothies-stopping-unintended-weight-loss-in-older-adults/>).

Senior Nutrition Summary

Senior nutrition need are different. All nutrients are important. But vitamin D, calcium, vitamin B-6, vitamin B-12, fiber, protein, and calories are KEY!



Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

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

MEAL CALENDAR

April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4</p> <p>CLOSED Easter</p>	<p>5 Porcupine Meatballs Rice Pilaf Broccoli Calico Slaw Pear Crisp</p>	<p>6 Spanish Steak Brown Rice Key West Vegetables Fresh Carrot Sticks Strawberries & Peaches</p>	<p>7 Reuben Sandwich Potato Salad Relishes Cool Corn Salad Tropical Fruit</p>	<p>1 Baked Chicken Breast Garlic Fettuccine Carrots Tomato Basil Salad Watermelon</p>	<p>2</p> <p>CLOSED Good Friday</p>	<p>3</p>
<p>11 Chicken & Noodles Green Beans Almandine Tossed Salad Pear Halves Coconut Cream Pie</p>	<p>12 Pork Tenderloin Roasted Potatoes Peas and Carrots Beet Salad Apple Pie Cake</p>	<p>13 Chili Cheese Dogs Sweet Potato Tots Sliced Tomatoes Cantaloupe Chunks Tapioca</p>	<p>14 Pork and Noodles Parsleyed Carrots Citrus Fruit Cherry Cookie</p>	<p>15 Chicken Fajitas Refried Beans Spanish Rice Fresh Fruit Lettuce, Tomatoes Cheese, Onions</p>	<p>16 Lemon Pepper Fish Roasted Zucchini Beans & Tomatoes Plums Chocolate Cake</p>	<p>17</p> <p>MEALS COME WITH MILK AND BREAD</p>
<p>18 Beef Cottage Pie Carrots Cauliflower and Broccoli Salad Peach Pie</p>	<p>19 Roast Turkey Mashed Potatoes California Vegetables Cottage Cheese Pumpkin Bar</p>	<p>20 Biscuits with Sausage Gravy Scrambled Eggs Hash Browns Sliced Tomatoes Fresh Peaches</p>	<p>21 Oven Fried Chicken Mashed Potatoes Classic Vegetable Mix Creamy Cole Slaw Fruit Jell-O Whip</p>	<p>22 BBQ Ribette Potato Salad Broccoli Bacon Salad Creamy Dill Cucumbers Baked Apples</p>	<p>23 Tuna Noodle Bake Fresh Peas Carrot Raisin Salad Black Cherries</p>	<p>24</p>
<p>25 Baked Ham Sweet Potatoes Wax Beans Tossed Salad Apple Pie</p>	<p>26 Beef Pepper Steak Sweet Potatoes Tossed Salad Banana Bar</p>	<p>27 Ham & Scalloped Potato Casserole Glazed Carrots Carrot Beans Salad Fruit Cup</p>	<p>28 Salisbury Steak Mashed Potatoes Summer Squash Caesar Salad Pineapple Cake</p>	<p>29 Creamy Tomato Soup Deli Hoagie Sandwich Pasta Salad Jell-O Salad Mandarin Oranges</p>	<p>30 Salmon Loaf Rice Pilaf California Vegetables Cool Bean Salad Peach Cobbler</p>	<p>MENU SUBJECT TO CHANGE</p>



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of Natrona County



Rotary
District 5440



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Wednesday mornings
at 7 A.M.



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Central Wyoming Senior Services, Casper, WY

D 4C 05-0641

Yummy Carrot Cake

by Beth, the Butcher's Wife

<https://thebutcherswife.blog/yummy-carrot-cake/>

Makes 9"x13" pan of cake,
18–24 pieces (depending on size of pieces)

DISCLAIMER: This recipe makes a thinner cake...more like a bar!

If you want it thicker, double the cake batter or bake in an 8"x8" pan.



Ingredients:

- 1 1/2 c. all-purpose flour
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1 1/4 tsp cinnamon
- Pinch of nutmeg
(optional but Beth says it's necessary)
- 2 eggs, slightly beaten
- 2 1/2 c. shredded/grated carrots
- 3/4 c. brown sugar, packed
- 1/4 c. white sugar
- 1/2 c. canola or vegetable oil
- 1 tsp vanilla
- 2 c. Cream Cheese Frosting**

** (The Best Ever) Cream Cheese Frosting

Ingredients:

- 8 oz. cream cheese, softened
- 1/2 c. butter, softened, room temperature
- 2–3 c. powdered sugar
- 1 tsp vanilla

Instructions:

Add all of the ingredients together and mix until well combined and smooth. You can add more or less powdered sugar, depending on how stiff you want your frosting.

NOTE: Make sure your butter and cream cheese are softened, not melted but really soft. If not, your frosting will be lumpy... still good, but lumpy!

Instructions:

1. Preheat your oven to 350o F. Grease 9"x13" baking pan.
2. In a large bowl, combine your flour, baking powder, baking soda, cinnamon, and nutmeg.
3. In another bowl, combine your eggs, carrots, brown sugar, white sugar, oil, and vanilla.
4. Add your wet ingredients to your dry ingredients and mix together. Do not overmix.
5. Pour your cake batter into your greased 9"x13" baking pan and spread batter evenly in pan.
6. Place in oven and bake for 20–25 minutes. (It will be done when a toothpick poked in the center of the cake comes out clean.)
7. When cake is done, remove from the oven and let cool completely before frosting.
8. When cake is cooled, frost with Cream Cheese Frosting.
9. Enjoy!
(This cake will stay fresh up to a week if covered tightly.)

*Beth never stores this cake in the fridge, even with cream cheese frosting, and no one has ever gotten sick. But if it worries you, store it covered in the fridge!

INSIDE INFECTION CONTROL

HOW DO VIRUSES MAKE YOU SICK?

EPISODE 5

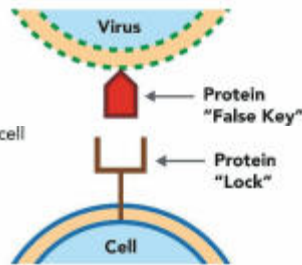


Viruses are able to use cells in living things, including people, to make copies of themselves. It's how viruses spread within a body, and from person to person. When enough viruses have been able to get into our cells and make copies of themselves, the body recognizes that there's an infection, and our immune system revs up to fight off the virus. It is the activity of our immune system fighting the virus that makes us feel sick. Sometimes we don't feel sick, but we can still spread the virus if enough of our cells get hijacked.

VIRUS LOCK AND KEY

Viruses invade cells

- Viruses have "false key"
 - Not exact match
 - Close enough to "unlock" cell
- Uses cell to make more copies of itself



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	Poker	Craft Class	Quilts of Valor	BINGO!	Bridge	
	Tai Chi	Wellness Clinic	Poker	Pinochle	Pinochle	
Mexican Train Dominoes	Bible Study	Casper Chess Club	KW Retired	Mexican Train Dominoes	Poker	
	Native American Flute Circle	Bridge	Ladies Book Club	Tai Chi	AARP 55-Alive	
Bible Study	Binding Friends	NARFE	Bridge	Square Dance	Driving Course	
	Dance Club	Casper Cut Ups	Caps for Kids	Golden Girls		
	DAR Supplement Application Group	Casper Needle Guild				
	CWSS Board Meeting					

5 spring cleaning tips for seniors

SUNRISE SENIOR LIVING | MARCH 6, 2017

<https://www.sunriseseniorliving.com/blog/march-2017/5-spring-cleaning-tips-for-seniors.aspx>

The change of seasons often motivates a fresh start, and for many, that means one thing: spring cleaning.

As temperatures begin to rise, now's the perfect time to pull back curtains, open up windows, and let fresh air in while taking care of tedious tasks that were neglected all winter. Check out these helpful tips to make the process a little easier on yourself:

1. Ask your loved ones for help.

Cleaning an entire home on your own can overwhelm. Don't tackle the chores by yourself—instead, reach out to family members for assistance. Not only will this make the cleaning day more efficient, it's also the perfect opportunity to bond with your loved ones, according to Senior Outlook Today.

You can dig up old family photo books to look through, and find toys and trinkets from your kids' childhood to pass on to your grandchildren.

An extra helping hand can also take care of the chores that are difficult for you to complete on your own, such as dusting in hard-to-reach places, or rearranging large, bulky pieces of furniture.

2. Make a spring cleaning checklist.

Once your loved ones have arrived for the day, sit down and create a checklist of all tasks you'd like to complete. Spring cleaning generally consists of sanitizing and organizing rooms, but there's a dozen other chores that are typically overlooked. Aside from mopping and vacuuming the floors, cleaning the windows, dusting and reorganizing, consider the following tips from CaregiverStress.com:

- Medicine Cabinet—Remove all expired medications and prescriptions, as well as ones you no longer use.
- Refrigerator and pantry—Eliminate expired food.
- Smoke and carbon monoxide detectors—Test for and replace dead batteries.
- Rooms and hallways—Replace broken light bulbs.

Also, eliminate area rugs that pose a tripping hazard.

-Bathroom—Consider installing grab bars in the bathtub, shower, and near the toilet.

Taking care of these additional tasks can reduce physical health threats in your living space.

3. Eliminate the clutter

It may be difficult to part with items accumulated over the years, but hoarding things you rarely use takes up space, and has the potential to negatively impact your physical and mental health. Talk to your family about helping you tackle the room with the most clutter first. Make three separate piles: yes, no and maybe. Place all of the items you use often in the yes pile, and turn items that are just taking up space in your home to the no pile. For items you're unsure of parting with, place them in the maybe pile. For all of the things that you're willing to part with, determine the condition and either throw them in the trash or donate them to charity.

4. Reorganize before you cleanse.

Once you've eliminated the clutter in your home, you'll have a fresh slate for cleansing and organizing. The Huffington Post recommends gathering all your important financial, health, and legal documents and organizing them in one space. This will save you time, money and stress in the event of an emergency. After gathering these critical documents, continue organizing. Make the items you use regularly easily accessible, and tuck items you rarely use out of your way. Once your living space is arranged, you can start taking care of the traditional spring cleaning tasks: sanitizing, mopping, vacuuming and dusting.

If you've uncovered any issues in your home that make living conditions less safe, have one of your family members take care of them immediately. If the issues seem too problematic for fixing, it may be time to consider relocating to a senior living community, which can provide a safe, well-kept environment for you. This is a perfect option for older adults who are ready to say goodbye to spring cleaning and hello to relaxed retirement living.

THE OLD
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Sky Watch,
April 2021

April's full Moon rises on the night of Monday, April 26. Traditionally called the Pink Moon, this full Moon will also be a spectacular supermoon!
(Note: Before you get your hopes up, this "Super Pink Moon" won't actually look "super pink"—or any hue of pink, really. The Moon will be its usual golden color near the horizon and fade to a bright white as it glides overhead!)

THE PINK MOON

Although we wish this name had to do with the color of the Moon, the reality is not quite as mystical or awe-inspiring. In truth, April's full Moon often corresponded with the early springtime blooms of a certain wildflower native to eastern North America: *Phlox subulata*—commonly called creeping phlox or moss phlox—which also went by the name "moss pink." Thanks to this seasonal association, this full Moon came to be called the "Pink" Moon!

ALTERNATIVE APRIL MOON NAMES:

- ☾ Moon When the Streams Are Again Navigable
- ☾ Moon When the Geese Lay Eggs (Dakota)
- ☾ Breaking Ice Moon (Algonquin)
- ☾ Budding Moon of Plants and Shrubs (Tlingit)
- ☾ Moon of the Red Grass Appearing (Oglala)
- ☾ Moon When the Ducks Come Back (Lakota)
- ☾ Frog Moon (Cree)

MOON FOLKLORE

A full Moon in April brings frost. If the full Moon rises pale, expect rain.

FULL PINK MOON



THE OLD
FARMER'S ALMANAC

I am a dreamer,
of both beautiful
and dark things.
Like the moon,
full of sun
and beloved shadows.

—Cassandra Marbin

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LAST WORDS

"In the spring, I have counted 136 different kinds of weather inside of 24 hours."

~ American author Mark Twain ~

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!

Again, we would like to extend a big **THANK YOU** for the continuing support *and* patience.

We are so excited for the opportunity to re-connect in person coming soon!

Help Wanted!

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

We are also working on adding some volunteer opportunities.

If you are interested, please see the office.

