

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

NOVEMBER 2021

QUESTIONS OR SUGGESTIONS?
CONTACT RAE
raea@casperseniorcenter.com

**COVID-19 & Flu
Vaccination Clinic by:
Casper-Natrona County
Health Department**

**Wednesday, November 10th
at the Senior Center
11 am - 1 pm
(Please stop at the Office
to sign-up in advance)**

**CENTRAL WYOMING
SENIOR SERVICES, INC.
HONORS OUR VETERANS**

**THURSDAY,
NOVEMBER 11th
10:00 AM**

**JOIN US FOR OUR
TRIBUTE PROGRAM**

Photo courtesy of F. Miles Hartung

Try to Find This!

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



Hidden Twice,
Find Both for
Two Entries!

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.

Center Information.....	2
Happenings.....	3
Misc. Info.....	4
From a partner.....	5
Spotlight.....	6
Donations.....	8
Kitchen Notes.....	9
Meal Calendar.....	10
Veterans Tribute.....	11, 12
Thank Yous.....	13
Activity Calendar.....	14

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 *L. Chuck Davis*
Mark Kwedor

City Council Liaison

Lisa Engebretsen

Executive Director

Rita Wagner

Assistant Director

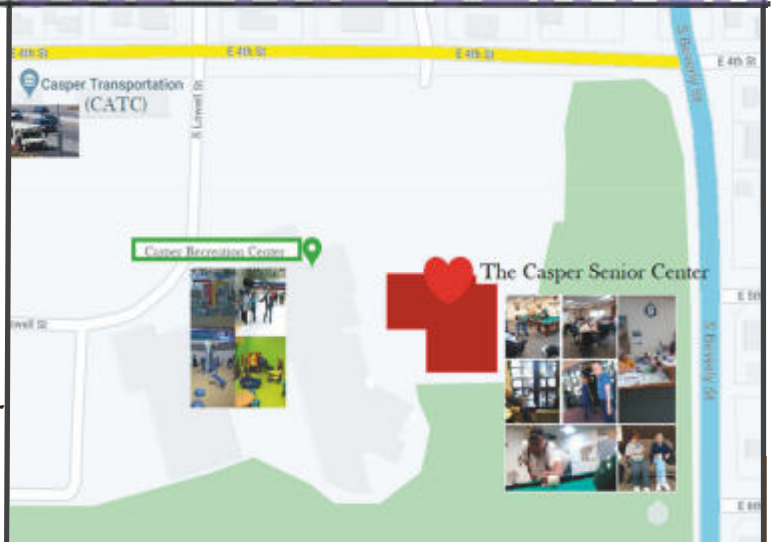
Rachel Brown

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



[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.

Around the Center

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. I Keep it Balanced."



The Senior Center will be CLOSED
to observe the Holiday:

Thursday, November 25th
Friday, November 26th
Sunday, November 28th

We will re-open
at normal time on
Monday, November 29th.



Meet The Members



We would love to get to know you all. Meet The Members is a new section that will be added to our monthly newsletter. It will allow us to get to know each other. If you're interested in sharing please stop by the office for a questionnaire.

Thank you

IT'S THAT TIME AGAIN!

The Senior Center is selling
HOLIDAY GIFT SETS.

Get an order form
at the Office & return by
Dec. 10th no later than 2 PM

Pickup will be
December 15th–17th!

**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

Contact **Bill Clough**
to place an ad today!

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

 **Casper Mountain**
REHABILITATION & CARE CENTER



Serving to provide holistic care
to our community.

4305 S. Poplar St., Casper, WY 82601
307-237-2561
<https://caspermountainhc.com>

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel



Contact us at: careers@4lpi.com | www.4lpi.com/careers

*St. Anthony
Manor*

NOW TAKING APPLICATIONS
HOUSING SENIORS 62 & OVER
& DISABLED REQUIRING
FEATURES OF ADA UNIT

RENT IS 30% OF INCOME

 **307-237-0843** 

211 East 6th St. • Casper WY 82601



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Central Wyoming Senior Services, Casper, WY

A 4C 05-0641

MISCELLANEOUS INFORMATION

WAYS TO



GET HELP:

Wyoming Home Services is a program that provides assistance to an individual in their home.

Services include housekeeping, personal care, respite, and care coordination.

National Family Caregiver Program provides assistance to caregivers who are taking care of a loved one.

Services include homemaking, personal care, respite, and care coordination.

Any questions? Come see Lacey or 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

What is the key to a great dinner?

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

Copies of the Senior Center Cookbook still available! Marked down by **40%**, NOW \$6.00 each! Get yours today! Let's make way for another edition!





House Calls: In time for the holidays, food safety

With the holidays just around the corner, AARP, Mountain Pacific Quality Health, and the Wyoming Department of Health want to help you keep your guests happy and safe from foodborne illness.

On November 12 at 1 p.m. Mountain Time (9 a.m. Hawaii Time), Matthew Peterson of the Wyoming Department of Health will offer a free Zoom presentation on the basics of proper food preparation, cooking and food storage.

Peterson is an epidemiologist in the Infectious Disease Unit of the Wyoming Department of Health where his work focus is foodborne and enteric illness. He monitors foodborne illness in Wyoming and coordinates outbreak responses with federal, state, and local partners to intervene and prevent their spread. He began work with Wyoming Department of Health in 2018, honing his skills as an epidemiologist while specializing in communicable disease, then moved to his current position in January of 2021.



“Optimizing food preparation, cooking, and storage practices can prevent your kitchen from being the source of an outbreak and save yourself and guests from a potentially serious illness,” says Peterson.

How to Take Part in the Webinar

To take part in this free webinar, simply dial 253-215-8782 and use the code: 857 7781 2450. The webinar is also available during and after the start of the presentation, on-demand at AARP Wyoming’s Facebook page at: facebook.com/aarpwy.

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider | SafeStreets | 1-855-225-4251

MODERN Electric CO. Family Owned Since 1949

- Service Work
- Remodels & Upgrades
- Retrofitting
- New Construction
- Safety Inspections
- Commercial Kitchen Repair
- Network & Fiber Optic Cabling
- Specialty Lighting

24 HR EMERGENCY SERVICE RESIDENTIAL • COMMERCIAL
Drug Free/Licensed Electricians

24/7 AVAILABILITY All Work Guaranteed

Outside Casper **266-1711**
www.modern-electric.com

246 W 1st • Casper **1-800-621-1711**

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.

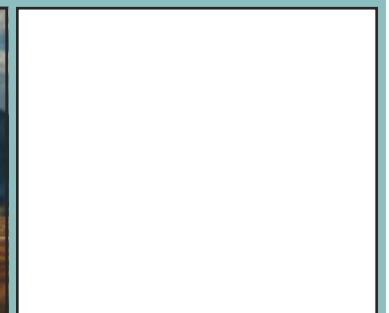
Visit www.wyoming211.org or dial 2-1-1 to get connected.

STIFEL
Murphy Henriksen Wealth Management Group

Kevin C. Murphy
Senior Vice President/Investments Branch Manager

(307) 232-9450
123 West First Street, Suite 500
Casper, Wyoming 82601

Stifel, Nicolaus & Company, Incorporated | Member SIPC & NYSE | www.stifel.com



The Incredible Story of Jack Lucas:

The Youngest Medal of Honor Recipient in World War II

By Tyler Bamford | February 17, 2020

<https://www.nationalww2museum.org/war/articles/incredible-story-jack-lucas-youngest-medal-honor-recipient-world-war-ii>

Jacklyn “Jack” Lucas was born on February 14, 1928, in Plymouth, NC. Lucas was always big for his age, and after the Japanese bombed Pearl Harbor, he was desperate to serve his country. While most 14-year-old boys contributed to the war effort through scrap drives and air raid drills, the audacious Lucas forged his mother’s signature so he could join the Marines. When the Marine Corps realized its mistake a year later, Lucas was relegated to driving a truck in Hawaii. Although Lucas was lucky not to have been immediately discharged, he was not willing to sit out the war in safety. Instead, he stowed away aboard the USS Deuel, a transport ship bound for Iwo Jima. Officers of the 26th Marines, unaware of the young Marine’s age, allowed Lucas to join their unit when they discovered him aboard the ship. Jack celebrated his 17th birthday at sea on February 14, 1945.

On the afternoon of February 19, Lucas landed on the Japanese-held island of Iwo Jima as a rifleman with the 1st Battalion, 26th Marines, 5th Marine Division. On Lucas’ second day in combat, two Japanese grenades fell into the trench he was sharing with fellow Marines. Lucas was in the process of clearing a jam in his rifle and was the only one to notice the grenades. He yelled “grenade!” and pushed a fellow Marine out of the way. Lucas threw himself on one grenade and pulled the other grenade underneath his body, pushing the small black cylinder as far into the black volcanic soil as he could. Seconds later, one grenade exploded, sending more than 250 pieces of shrapnel into Lucas, and causing grievous wounds throughout his body. Lucas was thrown into the air and landed on his back. Lucas’ comrades were sure he was dead and left the trench to continue their assault. Meanwhile, Lucas, who did not lose consciousness, could not make a sound and struggled to breathe. A Marine who happened to pass by saw Lucas and called for a Navy Corpsman. The Corpsman who came to Lucas’ aid not only treated his wounds, but also shot and killed another enemy soldier preparing to throw a grenade at the pair.

Stretcher bearers carried Lucas to the beach, where he waited until nightfall to be evacuated to a hospital ship offshore. There he underwent the first of a series of 26 operations to remove some of the shrapnel from his torso, arm, and face. Lucas made a surprising recovery but underwent prolonged physical therapy to regain the use of his arm. Nearly eight months after his heroic act, President Truman presented Lucas with the Congressional Medal of Honor on October 5, 1945. Lucas was one of 27 servicemen to eventually be awarded the nation’s highest decoration for bravery during the Battle of Iwo Jima.

Incredibly, Lucas survived several other traumatic events after the war that rivaled his exploits as a Marine. After Lucas tried his hand at business for a time, he joined the Army in 1961 and trained as a paratrooper. On a training jump, both of his parachutes malfunctioned, sending him plummeting to earth. Miraculously, he survived the fall. Lucas credited his survival to a last minute roll and his stocky build. Lucas also escaped a fire that destroyed his home and an attempt by his then-wife to have him murdered. In light of these unbelievable escapes, Lucas titled his memoir *Indestructible*. Jack Lucas, the youngest Medal of Honor recipient since the Civil War, died on June 5, 2008, in Hattiesburg, Mississippi.



SPOTLIGHT

Year in Review

What happened in 1945? Major News:

- ✦ January 5—Pepe LePew debuts in Warner Bros cartoon “Odor-able Kitty”
- ✦ January 20—Franklin D Roosevelt sworn in for an unprecedented (and never-to-be-repeated) 4th term as US President
- ✦ February 23—US Marines raise American flag on top of Mt. Suribachi, Iwo Jima. Pulitzer Prize winning photo by Joe Rosenthal inspired Marine Corps War Memorial sculpture
- ✦ March 15—Billboard publishes its 1st album chart with King Cole Trio #1
- ✦ April 12—US President FDR dies in office and Vice President Harry S Truman is sworn in as 33rd US President
- ✦ May 7—Branch Rickey announces formation of US Negro Baseball League
- ✦ June 26—United Nations Charter signed by 50 nations in San Francisco
- ✦ July 16—1st detonation of an atomic bomb at Trinity Test Site, part of White Sands Missile Range near Alamogordo, NM as part of the US Manhattan Project
- ✦ August 14/15—V-J Day: Japan surrenders unconditionally to end WWII
- ✦ August 17—Korea divides into North and South Korea along the 38th parallel
- ✦ September 18—1000 whites walk out of Gary, IN schools to protest integration
- ✦ October 3—Elvis Presley’s 1st public appearance, at age 10
- ✦ November 16—Two new elements discovered by Glenn Seaborg, James, Morgan, and Albert Ghiorso announced: americium (atomic number 95) and curium (atomic number 96)
- ✦ November 23—Most US wartime rationing of foods, including meat & butter, ends
- ✦ December 28—Congress officially recognizes “Pledge of Allegiance”

What did it cost?

New House:	\$4,600.00	Postage Stamp:	\$0.03
Avg Income:	\$2,400.00	Gasoline:	\$0.15/gal
New Car:	\$1,020.00	Bacon:	\$0.37/lb



RSVP = Retired and Senior Volunteer Program

RSVP is now a part of ServeWyoming and AmeriCorps Seniors.

Our goal: Engage Americans 55 years and older in volunteer service. We strive to meet community needs while providing a high quality experience for our RSVP volunteers.

Partner agencies: We have many in Natrona county and are certain we can help you find the right volunteer station that meets your availability and interests.

Have you volunteered with RSVP before?

Are interested in becoming a volunteer for the first time?

Contact us for more information.

Vicki Pollock

RSVP Program Coordinator

Vicki@servewyoming.org

307-234-3428

**SUPPORT OUR
ADVERTISERS!**



FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

LPi CALL 800.950.9952

Make sure your plans are carried out according to your wishes.



Kate Maxwell,
CTFA,
Trust Officer

**Use the professionals in
Hilltop's Trust & Financial
Services Department.**



Randall B. Carnahan,
JD, MPA, CTFA,
VP, Personal Trusts

Trust products are:

- Not FDIC Insured
- No Bank Guarantee
- May Lose Value



300 Country Club Road
Casper, WY 82609
(307) 577-3470

*Hoffman Monuments
and Stoneworks, LLC*

*Specializing in Monument and
Natural Stone Designs and Engraving*



MONUMENTS • NATURAL STONE
VASES • VAULTS • PORCELAIN PHOTOS
HEADSTONE CLEANING - CEMETERY LETTERING

307.577.6314

1205 South Melrose | Casper
www.hoffmanmonuments.com



Gifts & Memorials

Note: This is a list for Gifts or Memorials given between September 22nd—October 25th.
If donations were made between those dates and you were not recognized, please see Rita.

Memorials

Glenna Ernst

Marie Halvorson

Rex Hoff

Tate Museum Staff/Volunteers
Tom & Ardyth Fritts

Lucille Mascarenas

Lucy Schoenewald
Joyce Waddell

Russ Farrow

Lucy Schoenewald

Jack Romanek

Mary C Moler

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

Frank C Stofflet

John Savage

Mary Anderson

Paul St. Onge

Barbara Bentzin

Susan K. McMurry

Big Bridge Club

Anonymous Donor(s)

The Old Men Used to Sing by Alice Walker

The old men used to sing
And lifted a brother
Carefully
Out the door
I used to think they
Were born
Know how to
Gently swing
A casket

They shuffled softly
Eyes dry
More Awkward
With the flowers
Than with the widow
After they'd put the
Body in
And stood around waiting
In their
Brown suits.

Famous NOVEMBER Birthdates

- 2, 1913—Burt Lancaster, circus acrobat turned movie star
- 5, 1913—Vivien Leigh, actress "Gone With the Wind"
- 8, 1949—Bonnie Raitt, singer/musician
- 11, 1951—Fuzzy Zoeller, PGA golfer
- 15, 1929—Ed Asner, actor
- 19, 1942—Calvin Klein, fashion designer
- 23, 1887—Boris Karloff, actor/horror icon "Frankenstein"
- 26, 1939—Tina Turner, singer
- 28, 1959—Judd Nelson, actor
- 30, 1952—Mandy Patinkin, actor/singer

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

Name: _____

Birthdate: _____

Courtesy of C.W.S.S.



BOOST YOUR MOOD NATURALLY

CHOCOLATE



flavanols reduce the stress hormone cortisol

ORANGES

vitamin C reduces the stress hormone cortisol



BANANAS



B6 and tryptophan make serotonin

LEAFY GREENS



magnesium for serotonin
folate for dopamine

AVOCADO

folate turns into dopamine reducing depression



SALMON

omega-3 fatty acids reduce depression symptoms up to 50%



BLUEBERRY

anthocyanin a powerful antioxidant produces dopamine



NUTS

walnuts can boost your mood by 28%.



GREEN TEA

L-theanine promotes calm



YOGURT

live lactobacillus in yogurt reduces inflammation





Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

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

MEAL CALENDAR

November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 Pork Tenderloin Roasted Potatoes Peas and Carrots Pickled Beets Apple Pie Cake	1 Pork Medallions Brown Rice California Vegetables Garden Veggie Salad Rosy Applesauce	2 Spaghetti & Meat Sauce Italian Vegetables Marinated Green Bean Salad Apricots	3 Hearty Bean Soup Ham Salad Sandwich Pickle Spear Berry Blend Chocolate Cake	4 Chicken Fajitas Lettuce, Tomato, Cheese, Onions Santa Fe Corn Salad Pear Halves	5 Tuna & Noodles Pearl & Onions Spinach Mandarin Salad Red Grapes	6
7 Pork Tenderloin Roasted Potatoes Peas and Carrots Pickled Beets Apple Pie Cake	8 California Chicken Breast Oven Brown Potatoes Country Mix Zucchini Tomato Salad Black Cherries	9 Ham & Scalloped Potato Casserole Glazed Carrots Broccoli Slaw Fresh Apple	10 Beef Stroganoff Golden Corn Russian Garden Salad Strawberry Fruit Jell-O	11 Chicken Wrap Potato Salad Fresh Vegetables Orange Wedge Peach Crisp	12 Seafood Alfredo Roasted Zucchini Mixed Green Salad Tropical Fruit Coconut Pudding	13
14 Chicken Fried Steak Mashed Potatoes Dill Green Beans Cranberry Zucchini Slaw Cherry Pie	15 Swedish Meatballs Brown Rice Braised Cabbage Cucumber & Onions Melon Cup	16 Baked Chicken Sweet Potatoes Catalina Blend Caesar Salad Citrus Fruit	17 Potato Soup Egg Salad Sandwich Celery & Carrot Sticks Cottage Cheese with Pineapple Blueberry Buckle	18 Chicken & Noodles Braised Cabbage Tomato Basil Salad Fresh Peaches	19 Lemon Pepper Tilapia Creamy Risotto Roasted Broccoli Carrot Raisin Salad Tropical Fruit	20 MEALS COME WITH MILK & BREAD
21 Lamb Tips Rice Pilaf Brussels Sprouts Fresh Pineapple Pecan Bread Pudding	22 Split Pea Soup Reuben Sandwich Potato Chips Sliced Pickles Chocolate Cake	23 Taco Salad Lettuce, Tomatoes, Cheese, Onions Rice Black Beans Pepper Slaw Mandarin Oranges	24 THANKSGIVING DINNER WITH ALL THE TRIMMINGS	25 CLOSED	26 CLOSED	27
28 CLOSED	29 Chili Cheese Dogs Sweet Potato Tots Sliced Tomatoes Cantaloupe Chunks Tapioca	30 Oven Fried Chicken Garlic Fettucine Asparagus Almond Romaine Salad Snickerdoodle				MENU SUBJECT TO CHANGE

A HERO AMONG US



World War II US Air Force B-17 pilot Lieutenant George H. Gloudeman and navigator Joseph P. Normile were flying over Muzillac, France with the 351st Bombardment Group (Heavy), US Eighth Air Force when they were shot down on the 28th of June, 1943. GH Gloudeman jumped from the plane at 2500 feet but refrained from deploying his parachute until 300 feet due to enemy fire; none of his comrades except Normile survived. The pair escaped and evaded capture with the aid of the French Underground via the Bourgogne Escape Line; the men made their way over the Pyrenees Mountains into Spain on train

and on foot before eventually returning to England. Upon his return to the States, his daughter Ruth Doyle recounts, he was assigned to instruct new pilots, which triggered episodes of PTSD (undiagnosed) because he wanted to ensure he taught enough to these young men for them to survive. He was awarded a Bronze Oak Leaf cluster to his Air Medal for "acts of heroism or meritorious achievement while participating in aerial flight." Sadly, he died of acute liver disease at the age of 54 in Billings, Montana after many years of drinking, likely self-medicating his PTSD.



NEVER MISS A NEWSLETTER!

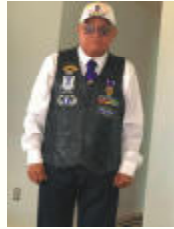
Sign up to have our newsletter emailed to you at www.mycommunityonline.com





Daniel Carmona
US Army—Airborne
1968—1969
Vietnam

*"I don't like to see
people burning our
flag!"*



Herbert Tupper, US Navy 1968—1972
USS Sacramento off Vietnam coast
"Serving made me so PROUD!"

Frank "Miles" Hartung, US Army, 1972—2006
Ft. Eustis, VA / Okinawa, Japan—Army
Wyoming National Guard

"Serving our country means A LOT to me!"



Lyle Cox
US Navy, 1962—1966
Submarine Service,
homeport London, CT
*"Thankful for the GI Bill to get a
college education and a great job!"*



Leonard Jones
US Air Force, 1954—1974
NJ / NY / AK / CO
Philippines
Washington D.C.
(Presidential Outfit)

*"Everyone should serve
their country
in some capacity".*

Ernie Trujillo, US Army 1960—1962
Ft. Hood, TX & Ft. Lewis, WA



Larry Thorseth
"Most honored to serve"
US Army, 1966—1970
Ft. Hood, TX / Vietnam

Greg Johnson
US Army, 1966—1969
Vietnam / Ft. Polk
Ft. Lewis / Ft. Lee
*"I helped defend
our country"*

Major Russel K Farrow
US Army Ordnance/Artillery
1956—1976
Korea, Vietnam, Germany,
Hawaii, and NM at
White Sands Missile Range
*Proud to be an American
and serve our country*



Mickey R. Mullen
1959-1967 • U.S. Navy • Age: 59
★Vietnam Service Medal
★3-Bronze Stars
★Republic of Vietnam Campaign Medal
★National Defense Service Medal
★Expeditionary Medal
★2-Good Conduct Medal
★Letter of Commendation

Aboard USS Comstock &
USS Carter Hall, Hawaii, US
*"My Service made
my mother happy."*





A Heartfelt Thank You
TO ALL OF OUR AMAZING VOLUNTEERS!
 We couldn't do it without you!



United Way
 of Natrona County



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



The highest of distinctions is service to others.
 King George VI

AVAILABLE FOR A LIMITED TIME!
ADVERTISE HERE NOW!

Contact **Bill Clough**
 to place an ad today!

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

CATC the bus

NEED A RIDE?
 We Can Help

Call **307-265-1313**
www.catcbus.com

It's Never Too Late For Your *Happily Ever After*

Overworked from cooking, cleaning and everyday responsibilities? At Mountain Plaza Assisted Living, you won't have to anymore!



Call to Schedule a Tour Today!

307.232.0100
 4154 Talon Drive
 Casper, WY 82604
www.mountainplazaassistedliving.com



SUPPORT OUR ADVERTISERS!



AVAILABLE FOR A LIMITED TIME!
ADVERTISE HERE NOW!

Contact **Bill Clough** to place an ad today!
 wclough@lpicommunities.com or (800) 950-9952 x2635



Caps for Kids group at the Senior Center distributed OVER 1500 handmade caps in Natrona County in the last YEAR!

They went to:

- * **Child Development Center**
- * **NCS D Schools**
- * **Homeless Shelter**
- * **And MANY more!**



Now THE LADIES ARE IN NEED OF YARN to continue warming the heads of local youths!



GW MECHANICAL INC
YOUR PLUMBING & HEATING SPECIALISTS SINCE 1988


- Water Softeners Installed
- Water Heaters • Tankless Water Heaters
- Hot Water Boilers
- Shower • Toilets • Sinks • Faucets

CALL US FOR YOUR PLUMBING NEEDS!
307-472-2081 • GWMechanical.com

STAND OUT
with a PREMIUM DIGITAL AD on MYCOMMUNITYONLINE.COM



CONTACT US AT 800-950-9952

Are you ignoring the signs?

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.

GIA GASTROENTEROLOGY ASSOCIATES, P.C.

To learn more call Gastroenterology Associates (307) 233-2700 or Toll free (800)380-1820 to speak to Dr. Krmpotich, Dr. Katz, Dr. Joubran, Dr. Parrack, Dr. Cooper, Dr. Fahed. The doctors have treated the most Barrett's Esophagus patients in Wyoming.

You may also visit www.curebarretts.com 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"



PARTING THOUGHTS

"This is no time for ease and comfort. It is time to dare and endure."

~ British Statesman & Prime Minister Winston Churchill ~

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
support *and* patience
from our amazing members!

We are grateful for you all!

Help NEEDED!

We love our volunteer force,
BUT we need more, *especially*
during our lunch hour:
11:00 AM–1:00 PM.

We are also working on adding
volunteer opportunities.

If you are interested,
please see the office.

