

# 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

## APRIL 2022

QUESTIONS OR SUGGESTIONS?  
CONTACT RAE  
raea@casperseniorcenter.com

# SAVE THE DATE!



## Post Time:

Saturday, May 14, 2022 at 5:00PM

Tickets cost \$35.00 which includes dinner.

Betting Bucks cost \$1 each and are required to place wagers on races.

**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!



### INSIDE THIS ISSUE

#### Central Wyoming Senior Services Mission Statement

Our mission is to enrich the lives of individuals aged 60 and older by providing Community services and resources to maintain their dignity and independence.

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# WHO'S WHO AROUND THE CENTER

## Board of Directors

*Linda Blackstone* ..... President  
*Barbara Flinn*.....Vice President  
*Kim Latka*..... Treasurer  
*Kate Maxwell* ..... Secretary

## Members

*Gloria Fuhrer*      *Errol Miller*  
*Miles Hartung*    *Ray Bila*  
*Justine Fourman* *L. Chuck Davis*  
*Tom Lebahn*

## City Council Liaison

*Lisa Engebretsen*

## Executive Director

*Rita Wagner*

## Assistant Director

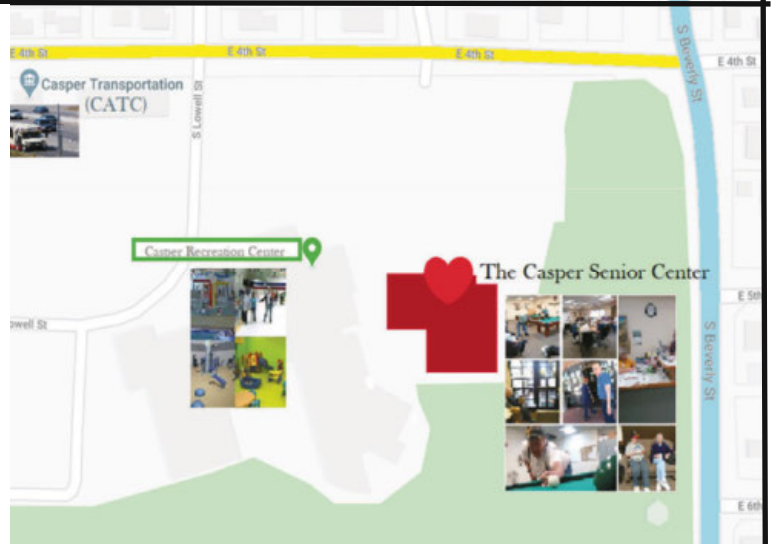
*Rachel Brown*

## Community Programs Director

*Lacey Kidman*

## Dietary Director

*Kimberly Cooper*



## Locations & Office Hours

**CASPER (MAIN)..... 8AM—4PM**

1831 East 4th St ..... (307) 265-4678

**MILLS..... 12PM—1PM (LUNCH)**

401 Wasatch ..... (307) 237-1317

**EVANSVILLE ..... 12PM—1PM (LUNCH)**

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 29,000 meals last year. All of our programs are designed to enhance the ability of the over-60 population of Natrona County to stay active, healthy and independent by offering activities and nutritional support & services

to meet their changing needs. We were established as a 501(c)3 in 1976 to provide low cost, nutritious meals to the over-60 population of Natrona County. Many of our programs are administered by the Wyoming Department of Health Office of Healthcare Financing.

## *A Letter from the Desk of the President:*

It is Springtime in the Rockies! You just can't beat that. OK -- I know there will be a few more snowstorms, but we are on the downhill slide. The blossoms will be poking thru soon--hopefully not too soon to be compromised.

Things are happening at the Center. We plan to continue to make improvements to the Center. The City has been installing new heating/air conditioning equipment thanks to the efforts of Director Rita Wagner and City Liaison on the Board, Lisa Engebretsen. The City has also agreed to make repairs to drainage and complete a much needed paving project in the May to July timeframe. A new range and garbage disposal for the kitchen are on order thanks to a grant from Blue Envelope. And Jennifer Rohrer's Future Planning Committee is planning the Second Annual "A Night at the Races" fundraiser to be held May 14, 2022.

We hope that you are enjoying the Center, the meals, the activities, and the social interaction. We always welcome volunteers, new members, and your comments regarding the Center.

Best wishes,

*Linda Blackstone*

Lblackstone7@gmail.com or 307-262-1028



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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

When metal or wood,  
I can bring you home.  
When flesh & blood,  
in darkness I roam.

**What am I?**

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!



**EVENING TAI CHI CLASS  
STARTING SOON!  
PLEASE CONTACT  
RITA OR FRANKEE  
IN THE OFFICE FOR  
MORE INFORMATION.**



Ruth Doyle, President of the Casper Antiques & Collectors Club would like to announce the Super Flea for May, on the 7th & 8th from 9AM–4PM at the Fairgrounds Industrial Building. CACC sponsors a nonprofit at each Super Flea to work ticket sales and receive 25% of admission. This show's nonprofit will be **Central Wyoming Senior Center!**



The Senior Center will be closed the following days to celebrate Easter:



Friday, April 15  
&  
Sunday, April 17

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

We will re-open at normal time on Monday, April 18

FREE, Every Monday at the Senior Center  
10:30 am–10:45 am Learn Steps  
10:45 am–11:45 am Dance Routines

*Thank you!*

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

Wyoming 2-1-1 Get Connected. Get Help.™

Wyoming Department of Health

**GROW YOUR BUSINESS BY PLACING AN AD HERE!**

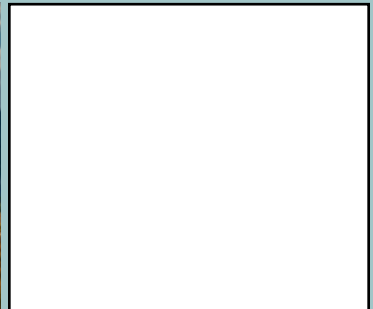
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# TITANIC SINKS

History.com Editors | <https://www.history.com/this-day-in-history/titanic-sinks>

At 2:20 a.m. on April 15, 1912, the British ocean liner Titanic sinks into the North Atlantic Ocean about 400 miles south of Newfoundland, Canada. The massive ship, which carried 2,200 passengers and crew, had struck an iceberg two and half hours before.

On April 10, the RMS Titanic, one of the largest and most luxurious ocean liners ever built, departed Southampton, England, on its maiden voyage across the Atlantic Ocean. The Titanic was designed by the Irish shipbuilder William Pirrie and built in Belfast, and was thought to be the world's fastest ship. It spanned 883 feet from stern to bow, and its hull was divided into 16 compartments that were presumed to be watertight. Because four of these compartments could be flooded without causing a critical loss of buoyancy, the Titanic was considered unsinkable. While leaving port, the ship came within a couple of feet of the steamer New York but passed safely by, causing a general sigh of relief from the passengers massed on the Titanic's decks. On its first journey across the highly competitive Atlantic ferry route, the ship carried some 2,200 passengers and crew.

After stopping at Cherbourg, France, and Queenstown, Ireland, to pick up some final passengers, the massive vessel set out at full speed for New York City. However, just before midnight on April 14, the RMS Titanic failed to divert its course from an iceberg and ruptured at least five of its hull compartments. These compartments filled with water and pulled down the bow of the ship. Because the Titanic's compartments were not capped at the top, water from the ruptured compartments filled each succeeding compartment, causing the bow to sink and the stern to be raised up to an almost vertical position above the water. Then the Titanic broke in half, and, at about 2:20 a.m. on

April 15, stern and bow sank to the ocean floor.

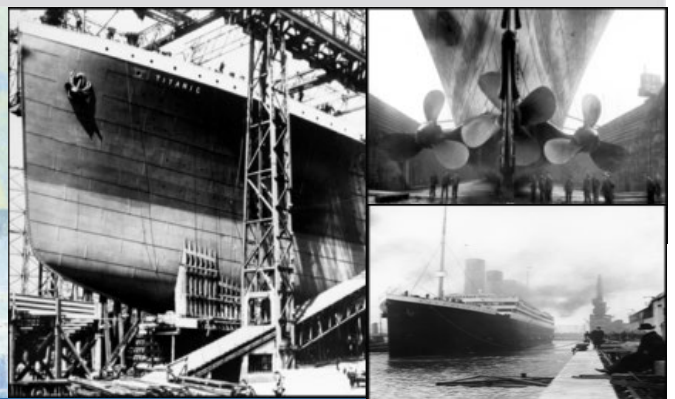
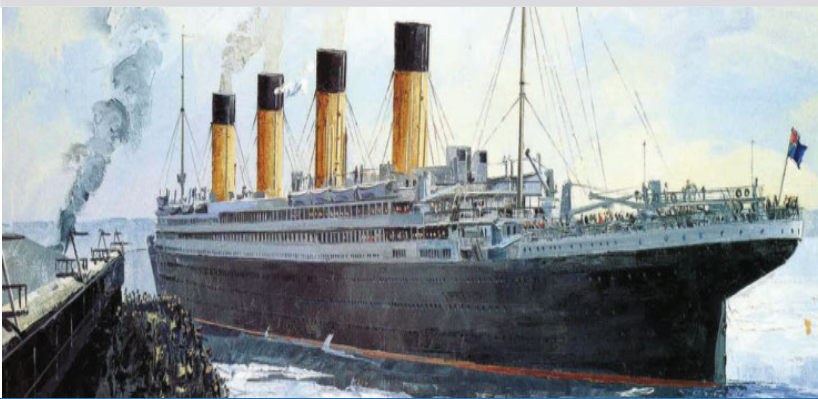
## Titanic: Before and After

Because of a shortage of lifeboats and the lack of satisfactory emergency procedures, more than 1,500 people went down in the sinking ship or froze to death in the icy North Atlantic waters. Most of the 700 or so survivors were women and children. A number of notable American and British citizens died in the tragedy, including the noted British journalist William Thomas Stead and heirs to the Straus, Astor, and Guggenheim fortunes.

One hour and 20 minutes after Titanic went down, the Cunard liner Carpathia arrived. The survivors in the lifeboats were brought aboard, and a handful of others were pulled out of the water. It was later discovered that the Leyland liner Californian had been less than 20 miles away at the time of the accident but had failed to hear the Titanic's distress signals because its radio operator was off duty.

Announcement of details of the tragedy led to outrage on both sides of the Atlantic. In the disaster's aftermath, the first International Convention for Safety of Life at Sea was held in 1913. Rules were adopted requiring that every ship have lifeboat space for each person on board, and that lifeboat drills be held. An International Ice Patrol was established to monitor icebergs in the North Atlantic shipping lanes. It was also required that ships maintain a 24-hour radio watch.

*On September 1, 1985, a joint U.S.-French expedition located the wreck of the Titanic lying on the ocean floor at a depth of about 13,000 feet. The ship was explored by manned and unmanned submersibles, which shed new light on the details of its sinking.*



# Sudoku 41

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

## Ways to Show Support:

**Do you shop at Smith's?**

Sign up for Kroger Community Rewards and select CWSS!  
Org.#WT634



**Do you shop Amazon Prime?**

Use [smile.amazon.com](https://smile.amazon.com) and select us, Central Wyoming Senior Services as your charity.



You can also donate on our website via PayPal or mail/drop off your chosen donation!

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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 21st—March 20th.  
If donations were made between those dates and you were not recognized, please see Rita.

## Memorials

**Joe Joslyn**  
Marjorie Love

**Winnie Brummel**  
Loyd Tanner

**Thomas “Kelly” Pickett**  
Mason Lenhart & Associates LLC

**Jan Kalasinsky**  
Kimberly Cooper  
Maurine Hoffman  
Lucy Schoenewald

## Gifts

**John Savage**  
**Frank C Stofflet**  
**Virginia Fuerstenberger**  
**Reveille Rotary Club**  
**Dan & Jane Jones**  
**Daniel Grace**  
**Ila Johnstone**  
**Cynthia McCall**  
**Thrivent**  
**Anonymous Donor(s)**

## 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.

# AN APRIL NIGHT

BY LUCY MAUD MONTGOMERY

The moon comes up o’er the deeps of the woods,  
And the long, low dingles that hide in the hills,  
Where the ancient beeches are moist with buds  
Over the pools and the whimpering rills;

And with her the mists, like dryads that creep  
From their oaks, or the spirits of pine-hid springs,  
Who hold, while the eyes of the world are asleep,  
With the wind on the hills their gay revellings.

Down on the marshlands with flicker and glow  
Wanders Will-o’-the-Wisp through the night,  
Seeing for witch-gold lost long ago  
By the glimmer of goblin lantern-light.

The night is a sorceress, dusk-eyed and dear,  
Akin to all eerie and elfin things,  
Who weaves about us in meadow and mere  
The spell of a hundred vanished Springs.

### Famous Birthdays in APRIL

- 3, 1924—Marlon Brando, actor
- 8, 1940—John Havlicek, basketball player
- 17, 1972—Jennifer Garner, actress
- 18, 1953—Rick Moranis, actor
- 25, 1917—Ella Fitzgerald, jazz singer
- 27, 1927—Coretta Scott King, civil rights leader
- 28, 1950—Jay Leno, TV comedian
- 30, 1945—Michael J. Smith, astronaut, died in Challenger explosion

## Fun APRIL Facts!

- 🌍 Earth Day is on April 22nd.
- 🌍 America’s first astronauts were announced by NASA on April 9, 1959
- 🌍 The first Webster Dictionary was copyrighted by Noah Webster on April 14, 1828.
- 🌍 The United States Library of Congress was established on April 24, 1800.
- 🌍 Internal Revenue Code of 1954 established April 15 as the tax day we all know and loathe...
- 🌍 The Japanese fiscal year for most businesses starts April 1st

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



Name \_\_\_\_\_

Birthdate \_\_\_\_\_

*Courtesy of C.W.S.S.*





# How to Freeze Bread

By Lori Rice October 1, 2021  
<https://www.simplyrecipes.com/how-to-freeze-bread-5204273>

*Don't let that artisan bread loaf get stale! Freeze it properly and you'll have tasty bread whenever you want.*

Homemade bread and artisan loaves from the local bakery are delicious to keep around, but they don't stay fresh for long. If you find that you don't finish a full loaf or you have a few extra on hand, the best way to keep it fresh so you can enjoy it longer is to freeze the bread.

Freezing bread is so easy! Do it and you'll be rewarded with a slice that tastes very close to the way it did the same day you pulled it out of the oven.

## How Long Will Bread Last in the Freezer?

When the bread is wrapped well, it will last in the freezer for up to 6 months. If you plan to use it more quickly, maybe within a few weeks, you can sometimes get away with storing the loaf in a freezer-safe bag.

I think it's better to preserve the quality in case your plans to eat it change so I go ahead and wrap it well for long term storage even if I might be eating it soon.

## Should I Slice Bread Before I Freeze It?

If you don't plan to serve the entire loaf at one time, go ahead and slice the bread before you freeze it. This way you can grab a slice or two and thaw only those for a quick breakfast of avocado toast, and it will keep you from having to use up a whole thawed loaf at once.

If you plan to serve a full loaf with dinner, it's fine to leave the bread whole before wrapping to freeze it.

## How Do I Thaw Frozen Bread?

Thaw a whole loaf of bread by placing in the refrigerator the day before you will be ready to eat it, then warm the loaf in the oven, slice, and serve.

If you plan to eat the loaf slice by slice, put it directly into the toaster from the freezer. Otherwise, thaw it in the same way you would a full loaf.

## How to Freeze Bread

- Slice the bread.**  
If you plan to eat it a piece at a time, cut the bread into thick slices.
- Wrap the bread.**  
Wrap the whole loaf tightly in plastic wrap.
- Cover the loaf.**  
Once the loaf is wrapped in the plastic wrap, wrap it again with a sheet of aluminum foil. You can also use freezer paper for this step, but I find the foil will fit more snugly around the bread protecting the loaf while it freezes.
- Freeze the loaf.**  
Place the bread in the freezer and enjoy it within 6 months. You can remove a slice at time and rewrap the loaf or thaw it all out at once.

— — \*\*\* — —

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

Sudoku 41 Solution





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

**Rotary**  
District 5440



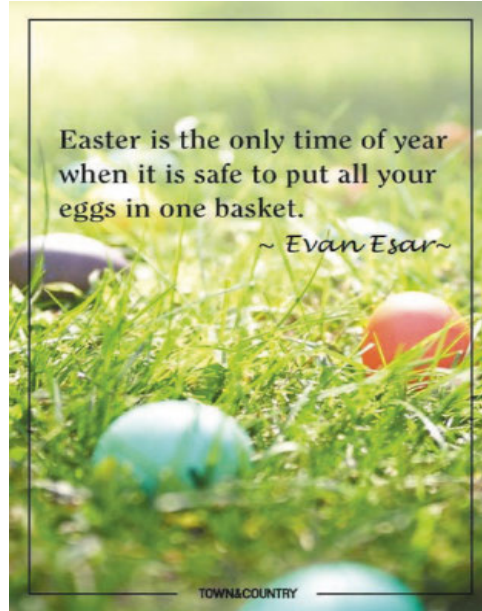
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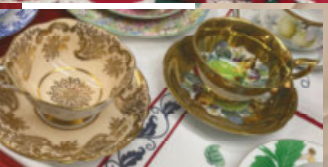
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Thank you



Ruth Doyle,  
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Casper Antiques  
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## These Simple Steps Can Help Seniors Manage Their Health Care | <https://utah.privatehealthnews.com/news/topic/830/article/24826?cid=>

SATURDAY, Feb. 19, 2022 -- Navigating the health care system can be challenging, but an expert urges older people not to try to go it alone.

"It's common for someone who hasn't had any health problems suddenly to be faced with their own issues and the need to navigate the health care system," said Maria Radwanski, manager of care transitions and outpatient adult care management at Penn State Health Milton S. Hershey Medical Center.

"Before that happens, talk with friends who've been dealing with health concerns — especially if they've been in the hospital — to hear about their experiences so you have a better idea of what it might be like," Radwanski said in a Penn State Health news release.

Another tip: Ask a trusted friend or loved one to accompany you to medical appointments.

"It's so important for a patient to understand what the doctor says," Radwanski said. "Often, a patient won't fully digest what the doctor's saying. I advise seniors to have someone else at the appointment with a pen and paper to write everything down and make sure there's appropriate follow-up."

When they see a doctor, older patients should bring an updated list of health concerns — including any changes in their medical history or new symptoms — as well as a list of all current prescription and over-the-counter medications they take, including any supplements, along with their dosages.

Some people may find it easier to bring all their medications to their appointment, Radwanski said.








If you don't understand your health insurance coverage or medical bills, ask a trusted loved one or a professional to go over them with you. "There are groups out there and advocacy services through senior centers that are a good resource to helping understand health care financials," Radwanski said. "They offer continuing education-type programs for the public all the time to help people understand what insurance will and won't cover." Older patients and their advocates can also work with care managers or financial aid staff at a medical center to help sort through their bills.

Some seniors may be uncomfortable asking for help or may not even realize they need it. So it's important for adult children and other trusted individuals to ask, but to do so carefully. "You'll want to get permission to have these conversations with your mom or dad, aunt or uncle now, ahead of a medical crisis," Radwanski said. "Come in with love and respect, ideally in a face-to-face conversation. Let them know how much they're cared for, that you want the best for them and that you have some concerns you'd like to discuss with them. Then ask their permission to do that."

### More information

Health In Aging Foundation offers wellness and prevention resources for older adults.

SOURCE: Penn State Health, news release, Feb. 9, 2022

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# ACTIVITIES FOR EVERYONE\*

\*If you don't see your activity, please call for details!

Activity	Day(s)	Time(s)
American Heritage Quilters	2nd/4th/5th Thursday	9:00AM—12:00PM (CNF)
Bible Study	Monday	3:30PM—4:30PM (CNF)
BINGO!	Thursday	12:30PM—2:00PM (CNF)
Bridge	Tues/Wed/Fri	12:00PM&12:30PM—4:00PM (DR/AR)
Canasta	Friday	12:00PM—4:00PM (DR)
Caps for Kids	4th Wednesday	12:30PM—4:00PM (AR)
Casper Antiques & Collectors Club	3rd Thursday	5:15PM—8:30PM (CNF)
Casper Chess Club	Tuesday	7:00PM—8:00PM
Casper Cut-Ups	2nd Saturday	9:00AM—2:00PM (CNF)
Casper Needle Guild	3rd Tuesday	7:15PM—9:15PM (CNF)
Chair Exercise	Mon/Wed/Fri	10:00AM—11:00AM (DF)
Chair Yoga	Tues/Thurs	9:15AM—9:45AM (AR)
Clogging	Monday Thursday	10:30AM—11:45AM (AR) 10:30AM—11:30AM (DF)
Couples Dance	Monday	6:00PM—8:00PM (DF)
Craft Class	Tuesday (Mills) Thursday (Main)	10:30AM—12:00PM <i>Mills</i> 10:00AM—12:00PM (AR)
Doll Club	1st Saturday	2:00PM—4:00PM (CNF)
Foster Grandparents	2nd Thursday	10:30AM—12:00PM (DR)
Grief Support Group	2nd/4th Monday	5:00PM—7:00PM (AR)
Line Dancing	Tuesday	10:00AM—11:00AM (DF)
Mexican Train Dominoes	Sun/Mon/Thurs	1:00PM—?4PM? (DR)
Native American Flute Circle	Wednesday	3:00PM—4:00PM
Pinochle	Thurs/Fri	12:30PM—4:00PM (DR)
Poker	Mon/Wed/Fri	1:00PM—4:00PM (DR)
Tai Chi <i>Limited Availability, please call!</i>	Tues/Thurs	1:30PM—2:30PM (AR)
VA Caregiver <i>(Please call)</i>	2nd Tuesday	11:00AM—12:00PM (CNF)
Weight Watchers	Saturday	8:30AM—10:00AM (DR)
Wellness Clinic	Tues (Main)/Thurs (Sites)	10:00AM—2:00PM(DR)/12P—1P (Sites)
WY Dementia Care Support Group	1st/3rd Thursday	10:00AM—11:00AM (CNF)

# Duchess Baked Potatoes

Ingredients **8 Servings**

BY ANN REDDING & MATT DANZER  
PHOTOGRAPHY BY BOBBI LIH  
October 18, 2016

4.7 ★ ★ ★ ★ ★ (19)  
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- |                                             |                                                     |
|---------------------------------------------|-----------------------------------------------------|
| 12 medium Yukon Gold potatoes (3½–4 pounds) | 1¼ cups heavy cream                                 |
| Kosher salt                                 | ¾ cup sour cream                                    |
| 5 large egg yolks                           | 10 tablespoons unsalted butter, melted              |
| 2 garlic cloves, finely grated              | 1 teaspoon pink or black peppercorns, finely ground |

## Preparation

### Step 1

Place potatoes in a large pot and pour in water to cover by 2"; season with salt. Bring to a boil over medium-high. Reduce heat and simmer until a paring knife very easily slides through potatoes, 25–35 minutes. Drain and let cool slightly.

### Step 2

Preheat oven to 425°. Whisk egg yolks, garlic, cream, sour cream, butter, and peppercorns in a large bowl; season generously with salt. Peel potatoes and pass flesh through a ricer or a food mill (or mash them by hand if you don't mind a few lumps) directly into bowl with egg mixture. Fold in gently (be careful not to overmix). Transfer to a 3-quart baking dish and decoratively shingle or swirl surface. Bake, rotating once, until golden brown and slightly puffed, 30–40 minutes.

### Step 3

**Do Ahead:** Dish can be assembled 1 day ahead. Cover and chill. Increase bake time by 5–10 minutes.

Nutrition Per Serving

Calories (est.) 480 Fat (g) 32 Saturated Fat (g) 21 Cholesterol (mg) 200 Carbohydrates (g) 39 Dietary Fiber (g) 4 Total Sugars (g) 2 Protein (g) 7 Sodium (mg) 90

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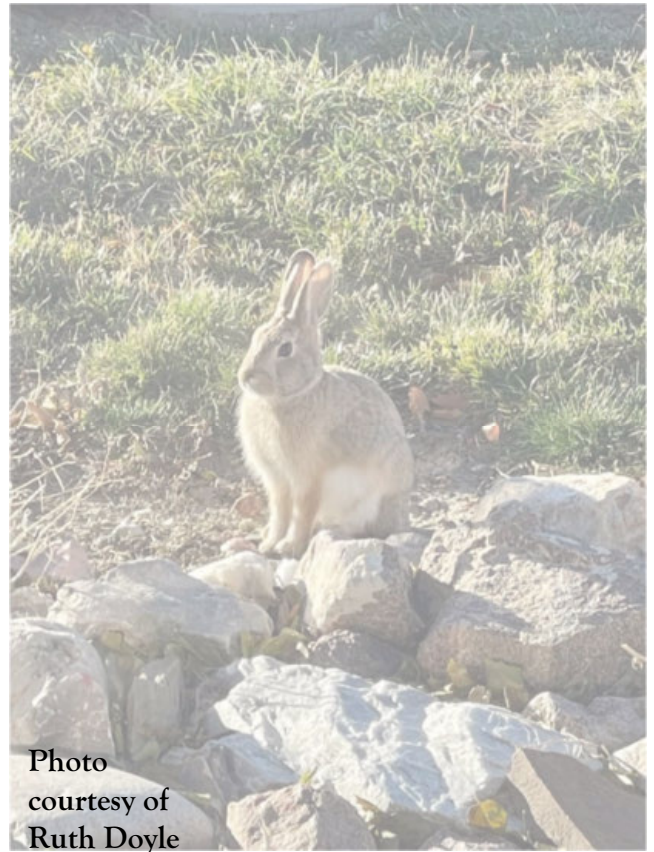


Photo  
courtesy of  
Ruth Doyle

## PARTING THOUGHTS

"A true friend is someone who thinks you're a good egg, even if you're cracked."

*~ US Radio Host Bernard C. Meltzer ~*

**THANK YOU** for the  
continuing support!  
We are so grateful to  
all our members  
who have been so patient with  
the ongoing restrictions!

**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!*

### Help Wanted!

We are so thankful to  
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11:00 AM–1:00 PM.

We are also working on adding  
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