

At The Center of It All

Central Wyoming
Senior Services, Inc.



"The Heart of Natrona County"

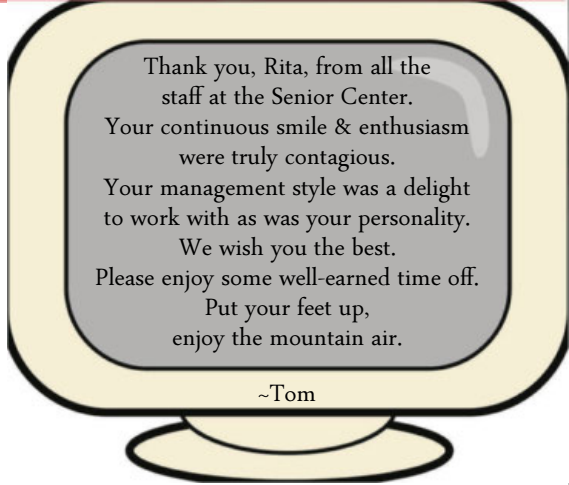
AUGUST 2022

1831 4th Street
Casper, Wyoming 82601
307-265-4678

QUESTIONS OR SUGGESTIONS?
CONTACT RAE
raea@casperseniorcenter.com

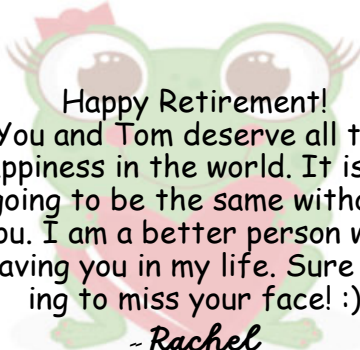


Rita Wagner joined the Senior Center staff on June 1, 2018. During her time here, she repaired relationships and made connections in the community, worked to improve the reputation of this organization, and tirelessly raised funds and lobbied for our programs.



Thank you, Rita, from all the staff at the Senior Center. Your continuous smile & enthusiasm were truly contagious. Your management style was a delight to work with as was your personality. We wish you the best. Please enjoy some well-earned time off. Put your feet up, enjoy the mountain air.

~Tom

 Happy Retirement!
You and Tom deserve all the happiness in the world. It is not going to be the same without you. I am a better person with having you in my life. Sure going to miss your face! :)
~Rachel

Rita,
I will miss you more than you know! Thank you for everything you have done for us employees and the seniors we serve.
We appreciate you!
~Lacey

"It ain't my fault, so don't blame me"... if I make us cry! Rita, you are the best boss I could have ever asked for. You have shown me the goal for who I want to be when I grow up. I will miss your smile and your fierceness and all those late afternoon pow-wows when it was just us in the office... I hope your retirement is all the best you never even knew to hope for! Know we'll never forget you!
XOXO ~Rae

Thank You Rita for everything you did for the Center!! and Thank You for all you did for me!
You are a real inspiration to me and were a great leader of this team!!
I will really miss you!!!
~Kim

Try to Find This!

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

Hidden 2x 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.

Center Information.....	2
From the President.....	3
Misc. Info.....	4
Happenings.....	5
Spotlight.....	6
Gifts.....	8
Kitchen Notes.....	9
Meal Calendar.....	10
Primary Election.....	12,13
Activity Calendar.....	14
Display Case.....	15

WHO'S WHO AROUND THE CENTER

Board of Directors

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Justine Fourman *Bob Carpenter*

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Lisa Engebretsen

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pending

Director of Operations

Tom Lebahn

Interim Executive Director

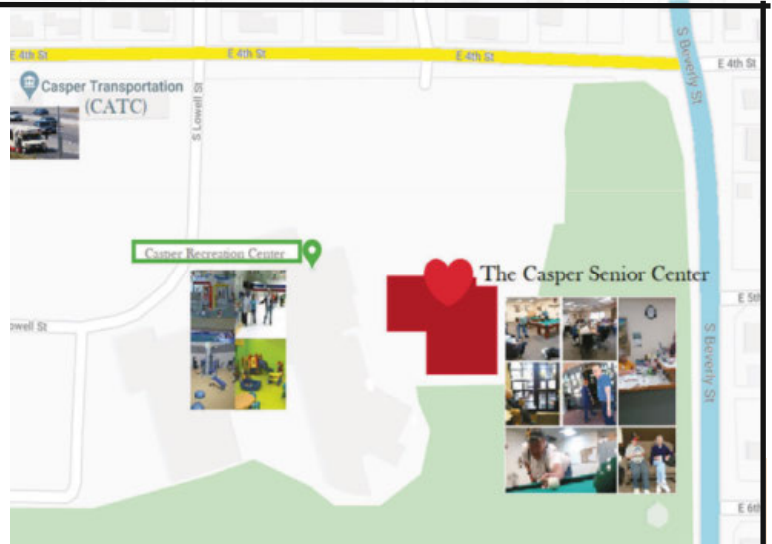
Rachel Brown

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.com)



[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.

From the Desk of the President:

We wish Rita Wagner the best as she has retired effective July 27, 2022 and is returning to South Dakota. We are immensely grateful for the contributions that Rita has made during her time here. She has worked tirelessly to make our Center a huge success. She has been an integral part of our community and has built partnerships with City and State organizations and agencies. We will miss her professionalism, enthusiasm and compassion.

Our monthly event for August is the Information Fair on August 19, 2022. We are also implementing a monthly speaker program. August's speaker will be Dr. Ashley Alden, Optometrist. Frontier Eye Care, who will speak on a variety of topics relating to eye health on August 25, 2022 at 12:30pm.

The Board will meet at the Evansville Site on August 22, 2022. Area seniors please join us for lunch at 12:00pm. Call 265-4678 for a lunch reservation. The board meeting will be at 12:30pm for those who would like to attend.

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.

Last Edition Answers:



P. 4

P. 9



Answer to the July Riddle:

Bananas!



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!

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.

RIDDLE

I am always on the table, but you don't ever eat me.
What am I?

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

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

World Senior Citizens Day
Info Fair

Friday, Aug. 19th
10AM–2PM

including:
Build-your-own Sundae Bar!
Special Menu!
Tons of local vendors!

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

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

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

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
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!

**New Member
Welcome!
in Déjà Brew**

Second Tuesday of
every month, 10AM–11AM

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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.



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Central Wyoming Senior Services, Casper, WY

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SPOTLIGHT



ANNE FRANK MADE HER LAST DIARY ENTRY ON AUGUST 1ST, 1944. THIS IS WHAT IT SAID...

The final entry in Anne Frank's diary is dated August 1, 1944 – the same year she decided to rewrite her diary in the form of a novel, which she intended to publish after the war. Three days later, she was taken by the Gestapo, imprisoned, and later sent to Auschwitz. She and her sister Margot were transferred to Bergen-Belsen, which was plagued by a typhus epidemic that killed 17,000 people. While the true cause of Anne's death is unknown, it was likely due to one of the many diseases that were rampant about the camp. The date of her death was unrecorded, but she succumbed a few days after Margot. The camp was liberated less than two months after their deaths.

Just six months prior, Anne was still a precocious, optimistic young woman of 15, who wrote down her deepest secrets and inner-most thoughts in her diary.

This was her final entry:

<https://didiyouknowfacts.com/hot-aug-1st-anne-franks-last-diary-entry-august-1st-1944-said/>



Tuesday, 1 August, 1944

Dearest Kitty,

"A bundle of contradictions" was the end of my previous letter and is the beginning of this one. Can you please tell me exactly what "a bundle of contradictions" is? What does "contradiction" mean? Like so many words, it can be interpreted in two ways: a contradiction imposed from without and one imposed from within.

The former means not accepting other people's opinions, always knowing best, having the last word; in short, all those unpleasant traits for which I'm known. The latter, for which I'm not known, is my own secret. As I've told you many times, I'm split in two. One side contains my exuberant cheerfulness, my flippancy, my joy in life and, above all, my ability to appreciate the lighter side of things. By that I mean not finding anything wrong with flirtations, a kiss, an embrace, an off-colour joke. This side of me is usually lying in wait to ambush the other one, which is much purer, deeper and finer. No one knows Anne's better side, and that's why most people can't stand me...

Oh, I can be an amusing clown for an afternoon, but after that everyone's had enough of me to last a month. Actually, I'm what a romantic movie is to a profound thinker – a mere diversion, a comic interlude, something that is soon forgotten: not bad, but not particularly good either.

I hate having to tell you this, but why shouldn't I admit it when I know it's true? My lighter, more superficial side will always steal a march on the deeper side and therefore always win. You can't imagine how often I've tried to push away this Anne, which is only half of what is known as Anne-to beat her down, hide her. But it doesn't work, and I know why.

I'm afraid that people who know me as I usually am will discover I have another side, a better and finer side. I'm afraid they'll mock me, think I'm ridiculous and sentimental and not take me seriously. I'm used to not being taken seriously, but only the "light-hearted" Anne is used to it and can put up with it; the "deeper" Anne is too weak. If I force the good Anne into the spotlight for even fifteen minutes, she shuts up like a clam the

moment she's called upon to speak, and lets Anne number one do the talking. Before I realize it, she's disappeared.

So the nice Anne is never seen in company. She's never made a single appearance, though she almost always takes the stage when I'm alone. I know exactly how I'd like to be, how I am... on the inside. But unfortunately I'm only like that with myself. And perhaps that's why—no, I'm sure that's the reason why I think of myself as happy on the inside and other people think I'm happy on the outside. I'm guided by the pure Anne within, but on the outside I'm nothing but a frolicsome little goat tugging at its tether.

As I've told you, what I say is not what I feel, which is why I have a reputation for being boy-crazy as well as a flirt, a smart aleck and a reader of romances. The happy-go-lucky Anne laughs, gives a flippant reply, shrugs her shoulders and pretends she doesn't give a darn. The quiet Anne reacts in just the opposite way. If I'm being completely honest, I'll have to admit that it does matter to me, that I'm trying very hard to change myself, but that "I" I'm always up against a more powerful enemy.

A voice within me is sobbing, "You see, that's what's become of you. You're surrounded by negative opinions, dismayed looks and mocking faces, people, who dislike you, and all because you don't listen to the advice of your own better half."

Believe me, I'd like to listen, but it doesn't work, because if I'm quiet and serious, everyone thinks I'm putting on a new act and I have to save myself with a joke, and then I'm not even talking about my own family, who assume I must be sick, stuff me with aspirins and sedatives, feel my neck and forehead to see if I have a temperature, ask about my bowel movements and berate me for being in a bad mood, until I just can't keep it up anymore, because when everybody starts hovering over me, I get cross, then sad, and finally end up turning my heart inside out, the bad part on the outside and the good part on the inside, and keep trying to find a way to become what I'd like to be and what I could be if... if only there were no other people in the world.

Yours, Anne M. Frank

AUGUST IS NATIONAL EYE EXAM MONTH



Dr. Ashley Alden to speak
August 25, 2022, 12:30PM
on a variety of eye health topics

Dr. Alden graduated from Southern California College of Optometry with honors and is certified by the National Board of Examiners in Optometry. She is a self-described “optometry nerd” and consistently furthers her optometric knowledge with optometry journals, seminars, and online classes (in addition to meeting the stringent Wyoming state requirements for continuing optometric education). She is currently an optometrist at Frontier Eye Care.

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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 June 21st—July 25th, 2022.
If donations were made between those dates and you were not recognized, please see the office.

Gifts

John Savage
Frank C Stofflet
Paula Knight
Amanda Long
Casper Cut Up's
Ila Johnstone
Goodstein Foundation
Eddy Herbert
Peggy Clyde

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.

Memorials

PJ Rose Estate
PJ Rose

John Hilde
Sally Lindahl
Doris Kruckeck
Mary C. Moler

Allan Davis
Anonymous



AUGUST SUN

*God of the idle heat, in this glaring road
you dominate all.*

*And over the green fields wilted down
under your blaze, these*

*thirsty unruly plants grow a jungle domesticity
to protect their fruit.*

*Of all hidden things, I sing, waiting
for evening's grace.*

by: Robert Duncan

AUGUST Holidays

Admit You're Happy Month
National Golf Month
International Pirate Month

- 7—Friendship Day
- 10—World Lion Day
- 18—Serendipity Day
- 23—World Daffodil Day
- 29—International Bat Night

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

Name _____

Birthdate _____

Courtesy of C.W.S.S.

Fun AUGUST Facts!

- ☀ In the original Roman calendar, August was the 6th month named *Sextilis*
- ☀ The Full Moon of is the Sturgeon Moon, named after the once abundant ancient fish that swam in North America, easily caught during the heat of August.
- ☀ August is the only month that is also in the top 1,000 names for men.
- ☀ The Purple Heart was created August 7, 1782.
- ☀ The Perseid meteor showers occur every year in August.
- ☀ More people move during August than any other month.
- ☀ The first sandwich was made on August 6, 1762, when the Earl of Sandwich asked for a dish with meat between two pieces of bread. Legend has it that he was in the middle of gambling and didn't want interrupted to eat.



15 Tips To Keep Your Bladder Healthy

<https://www.nia.nih.gov/health/15-tips-keep-your-bladder-healthy>

People rarely talk about bladder health, but everyone is affected by it. Located in the lower abdomen, the bladder is a hollow organ, much like a balloon, that stores urine. Urine contains waste and extra fluid left over after the body takes what it needs from what we eat and drink. Each day, adults pass about a quart and a half of urine through the bladder and out of the body.

As people get older, the bladder changes. The elastic bladder tissue may toughen and become less stretchy. A less flexible bladder cannot hold as much urine as before and might make you go to the bathroom more often. The bladder wall and pelvic floor muscles may weaken, making it harder to empty the bladder fully and causing urine to leak.

While you can't control everything that affects your bladder, here are 15 steps you can take to keep it as healthy as possible:

1. **Use the bathroom often and when needed.** Try to urinate at least once every 3 to 4 hours. Holding urine in your bladder for too long can weaken your bladder muscles and make a bladder infection more likely.
2. **Be in a relaxed position while urinating.** Relaxing the muscles around the bladder will make it easier to empty the bladder. For women, hovering over the toilet seat may make it hard to relax, so it is best to sit on the toilet seat.
3. **Take enough time to fully empty the bladder when urinating.** Rushing when you urinate may not allow you to fully empty the bladder. If urine stays in the bladder too long, it can make a bladder infection more likely.
4. **Wipe from front to back after using the toilet.** Women should wipe from front to back to keep gut bacteria from getting into the urethra. This step is most important after a bowel movement.
5. **Urinate after sex.** Sexual activity can move bacteria from the bowel or vaginal cavity to the urethral opening. Both women and men should urinate shortly after sex to lower the risk of infection.
6. **Do pelvic floor muscle exercises.** Pelvic floor exercises, also known as Kegel exercises, help hold urine in the bladder. Daily exercises can strengthen these muscles, which can help keep urine from leaking when you sneeze, cough, lift, laugh, or have a sudden urge to urinate. These exercises also may help avoid infections by strengthening the muscles that help empty the bladder.
7. **Wear cotton underwear and loose-fitting clothes.** Wearing loose, cotton clothing will help keep the area around the urethra dry. Tight-fitting pants and nylon underwear can trap moisture and help bacteria grow.
8. **Exercise regularly.** Physical activity can help prevent bladder problems as well as constipation. It can also help maintain a healthy weight.

9. **Keep a healthy weight.** People who are overweight may be at higher risk for leaking urine. Making healthy food choices and being physically active can help keep a healthy weight.
10. **Watch what you eat.** Some people with bladder problems find that some foods and drinks, such as sodas, artificial sweeteners, spicy foods, citrus fruits and juices, and tomato-based foods, make bladder problems worse. Changing your diet may help you feel better.
11. **Drink enough fluids, especially water.** More than half of the human body is made up of water, so it is important that you are drinking enough. How much water you need can vary based on your size, activity level, and where you live. In general, drink enough fluids so that you need to urinate every few hours. Some people need to drink less water because of certain conditions, such as kidney failure or heart disease. Ask your health provider how much fluid is healthy for you.
12. **Limit alcohol and caffeine.** For many people, drinking alcohol can make bladder problems worse. Caffeinated drinks (like coffee, tea, and most sodas) can bother the bladder and increase symptoms such as frequent or urgent need to urinate. Cutting down may help.
13. **Avoid constipation.** Too much stool built up in the colon, called constipation, can put pressure on the bladder and keep it from expanding the way it should. Eating plenty of high-fiber foods like whole grains, vegetables, and fruits), drinking enough water, and being physically active can help prevent this from happening.
14. **Quit smoking.** Bladder problems are more common among people who smoke. Smoking can also increase the risk for bladder cancer. If you smoke, take steps to quit.
15. **Know your medications.** Some medications may make it more likely for your bladder to leak urine. Medications that calm your nerves so you can sleep or relax may dull the nerves in the bladder, and you may not feel the urge to go to the bathroom.

Common bladder problems and when to seek help

Bladder problems can disrupt day-to-day life. When people have bladder problems, they may avoid social settings and have a harder time getting tasks done at home or at work. Common bladder problems include urinary tract infections, urinary incontinence, and urinary retention.

Some signs of a bladder problem may include:

- Inability to hold urine or leaking urine
- Needing to urinate more frequently or urgently
- Cloudy urine
- Blood in the urine
- Pain or burning before, during, or after urinating
- Trouble starting or having a weak stream while urinating
- Trouble emptying the bladder

If you experience any of these symptoms, talk to your health care provider.

Treatment for bladder problems may include behavioral and lifestyle changes, exercises, medications, surgery, or a combination of these treatments and others.



Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

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

MEAL CALENDAR

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 Roast Turkey Roasted Potatoes Peas and Carrots Pickled Beets Apple Pie Cake	1 Pork Wellington Catalina Vegetables Pea Salad Ginger Pears	2 American Goulash Italian Vegetables Brown Bean Salad Apricots	3 Hearty Bean Soup Ham Salad Sandwich Pickle Spear Celery w/ Peanut Butter Berry Blend Chocolate Pudding	4 Pork Medallions Brown Rice California Vegetables Garden Veggie Salad Fresh Apple	5 Honey Glazed Salmon Creamy Risotto Corn Cobbette Carrot Raisin Salad Sliced Peaches	6
7 Roast Turkey Roasted Potatoes Peas and Carrots Pickled Beets Apple Pie Cake	8 Sweet & Sour Chicken Fried Rice Oriental Vegetables Asian Slaw Strawberry & Banana	9 Taco Salad Lettuce, Tomatoes, Cheese, Onions Rice / Black Beans Pepper Slaw Red Grapes	10 Turkey & Noodles Spinach Tomato Cucumber Salad Peach Jell-O	11 Split Pea Soup Egg Salad Sandwich Celery & Carrot Sticks Cottage Cheese Plums	12 Lemon Pepper Tilapia Garlic Pasta Peas Broccoli Slaw Fresh Orange Wedge	13
14 Cali Ch'kn Breast Butternut Squash Green Beans Peach Waldorf Salad Blueberry Pie	15 Swedish Meatballs Brown Rice Steamed Cabbage Cucumber & Onions Melon Cup	16 Baked Chicken Breast Sweet Potatoes Catalina Blend Caesar Salad Citrus Fruit	17 Salisbury Steak Mashed Potatoes Sliced Carrots Summer Squash Salad Peanut Butter Cookie	18 Pork Chop Suey Fried Rice Oriental Vegetables Thai Cucumbers Berry Blend	19 INFO FAIR Chicken Fajita Or Philly Cheese Sandwich Ice Cream Sundae	20 MEALS COME WITH MILK & BREAD
21 BQ Ribs Potato Salad Fresh Vegetables Fruit Pie	22 Cabbage Roll Casserole Catalina Blend Cucumbers & Vinegar Coconut Pudding	23 Beef Stroganoff Golden Corn Russian Garden Salad Strawberry Fruit Parfait	24 Creamy Tomato Soup Grilled Cheese Sandwich Celery, Carrot, Pickles Tossed Vegetable Salad Mandarin Oranges	25 Philly Cheese Pasta Country Mix Pineapple Raisin Slaw Diced Pears	26 Seafood Alfredo Stewed Tomatoes Cauliflower-Broccoli Salad Fresh Blueberries	27
28 Beef Pot Roast Potatoes & Carrots Tomato Basil Salad Peach Pie	29 Chicken Salad Cold Plate Pasta Slaw Fresh Vegetables Orange Wedge Oatmeal Raisin Cookie	30 Glazed Ham Sweet Potatoes Fresh Beets Black Cherries Chocolate Cake	31 Meatloaf Oven Baked Potatoes Roasted Zucchini Carrot Slaw Baked Apples			MENU SUBJECT TO CHANGE

Thank you for everything,
Rita! Things won't be the
same without you!



United Way
of Natrona County



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



Rotary
District 5440



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Primary Contests & Candidates

Continued p. 13...

The Primary Election will be held on August 16, 2022.

Listed below are all of the offices available for election.

Candidates may file with the appropriate office May 12, 2022 To May 27, 2022.

*** The submission period has ended ***

Last Update: May 31, 2022 8:30 AM



Federal Contests

Contest	Term
United States Representative	2 years
Republican	Robyn M. Belinsky
Republican	Anthony Bouchard
Republican	Liz Cheney
Republican	Harriet Hageman
Republican	Denton Knapp
Democratic	Lynnette Greybull
Democratic	Steve Helling
Democratic	Meghan R. Jensen

State Contests

Contest	Term
Governor	4 years
Republican	Brent Bien
Republican	Mark Gordon
Republican	James Scott Quick
Republican	Rex Rammell
Democratic	Theresa A. Livingston
Democratic	Rex Wilde
Secretary of State	4 years
Republican	Mark Armstrong
Republican	Dan Dockstader
Republican	Chuck Gray
Republican	Tara Nethercott
State Auditor	4 years
Republican	Kristi Racines

Contest	Term
State Treasurer	4 years
Republican	Bill Gallop
Republican	Curt Meier
Superintendent of Public Instruction	4 years
Republican	Megan Degenfelder
Republican	Thomas Kelly
Republican	Brian Schroeder
Republican	Robert J. White III
Republican	Jennifer Zerba
Democratic	Sergio A. Maldo Nado, Sr.
Seventh Judicial District Attorney	4 years
Republican	Dan J Itzen

Senate Contests

Contest	Term
State Senator 27	4 years
Republican	Bill Landen
State Senator 29	4 years
Republican	Bob Ide
Republican	Drew Perkins

House Contests

Contest	Term
State Representative 35	2 years
Republican	Tony Locke
Republican	Joe Macguire
State Representative 36	2 years
Republican	Debra L. Cheatham
Republican	Art Washut
State Representative 37	2 years
Republican	Steve Bray
Republican	Steve Harshman
State Representative 38	2 years
Republican	Tom Walters
State Representative 56	2 years
Republican	Jerry Obermueller

Contest	Term
State Representative 57	2 years
Republican	Thomas Myler
Republican	Jeanette Ward
Democratic	Robert Johnson
State Representative 58	2 years
Republican	Bill Allemand
Republican	Patrick "Pat" Sweeney
State Representative 59	2 years
Republican	John Gudger
Republican	Kevin O'Hearn
State Representative 62	2 years
Republican	Forrest Chadwick
Republican	Stan Mitchem



County Contests

Contest	Term
(3) Three County Commissioners	4 years
Republican Paul C Bertoglio	
Republican Shianne Huston	
Republican Dallas Laird	
Republican James "Jim" Milne	
Republican Peter C Nicolaysen	
Republican Klanna Smith	
Republican Terry Wingerter	
Democratic Tom Radosevich	
County Commissioner (2 year unexpired)	2 years
Republican Steven Freel	
Republican Robert L Hendry	
Republican Curt Simpson Jr	
Natrona County Assessor	4 years
Republican Tim Haid	
Republican Matt Keating	
Republican Tammy Saulsbury	

Contest	Term
Natrona County Clerk	4 years
Republican Tracy Good	
Natrona County Clerk of the District Court	4 years
Republican Jill Klester	
Natrona County Coroner	4 years
Republican James Whipps	
Natrona County Sheriff	4 years
Republican John Harlin	
Natrona County Treasurer	4 years
Republican Tom Doyle	

Bar Nunn Contests

Contest	Term
(2) Two Bar Nunn Town Council	4 years
Steven Clark	
Bryan A Clines	
Tim Ficken	
Tyler Martin	
Kimberly S Zahara	
Bar Nunn Town Mayor	4 years
Peter Boyer	

City of Casper Contests

Contest	Term
Casper City Council Ward I	4 years
Gena Jensen	
John M Minchow	
Dennis Rollins	
Jai-Ayla Sutherland	
Travis Van Hecke	
Casper City Council Ward II	4 years
Michael Bond	
Dan Elston	
Nikki Green	
Eric D Paulson	
(2) Two Casper City Council Ward III	4 years
Ryan Amadio	
Brandy Haskins	
Trevor Mahlum	
Ray Pacheco	
Woody Warren	

Evansville Contests

Contest	Term
(2) Two Evansville Town Council	4 years
Greg Flesvig	
Joseph A Knop	
Candace Machado	
Evansville Town Council (2 year unexpired)	2 years
Walt Berens	
Dacia Edwards	
Evansville Town Mayor	4 years
Chad Edwards	
Steve Krohn	

City of Mills Contests

Contest	Term
(2) Two Mills City Council	4 years
Franklin A Bever	
Cherle Butcher	
Conner Cane	
James Hollander	
Daria R Ives	
Timothy Sutherland	
Mills City Mayor	4 years
Seth M Coleman	
Leah Juarez	
Bradley D Neumiller	



Continued from p. 12...

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ACTIVITIES FOR EVERYONE*

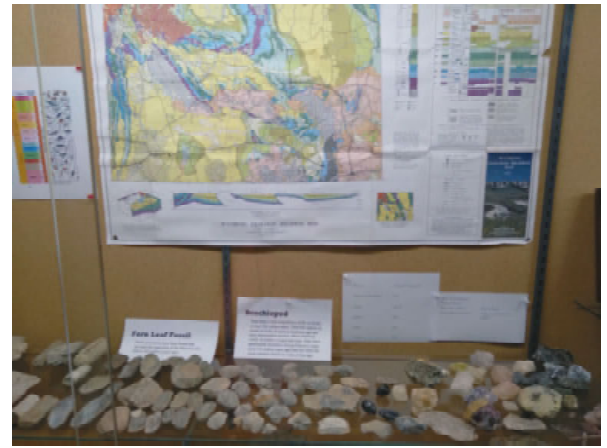
*If you don't see your activity, please call for details!

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 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)
Cribbage	Wednesday	1:00PM—3:00PM (Déjà Brew)
Doll Club	1st Saturday	2:00PM—4:00PM (CNF)
Evening Tai Chi	Tuesday/Thursday	4:30PM—5:30PM (DF)
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)

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PARTING THOUGHTS

"Challenges are gifts that force us to search for a new center of gravity. Don't fight them. Just find a new way to stand."

~ Oprah Winfrey ~

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!

THANK YOU for the continuing support!
We have appreciated your patience during the Parking Lot Improvement Project!

Help Wanted!

We are so thankful to 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.

