

# At The Center of It All

Central Wyoming  
Senior Services, Inc.



## JANUARY 2022

"The Heart of Natrona County"

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

QUESTIONS OR SUGGESTIONS?  
CONTACT RAE  
raea@casperseniorcenter.com

May the  
New Year  
bring you  
blessings  
and  
good  
fortune!  
We  
need  
this year to  
be much nicer  
to us all!



### 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!

### 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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## INSIDE THIS ISSUE

# WHO'S WHO AROUND THE CENTER

## Board of Directors

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

## Members

*Gloria Fuhrer*            *Jennifer Rohrer*  
*Miles Hartung*        *Crystal Morse*  
*Justine Fourman*    *L. Chuck Davis*

## City Council Liaison

*Lisa Engebretsen*

## Executive Director

*Rita Wagner*

## Assistant Director

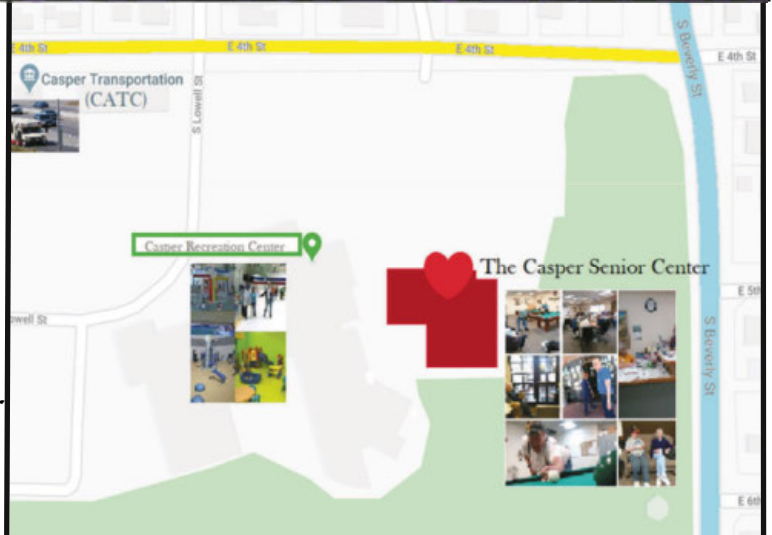
*Rachel Brown*

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



[Facebook.com/pages/Casper-Senior-Center](https://www.facebook.com/pages/Casper-Senior-Center)

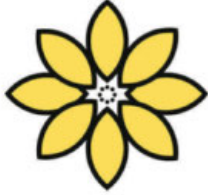
## ALL ABOUT US

Central Wyoming Senior Center was established in 1975 to provide nutritious meals, companionship, program support, and activities for the senior citizens of Natrona County. We began serving meals in a church basement and eventually moved into our current

facility, where we provided more than 50,000 meals last year. All of our programs are designed to enhance the ability of the over-60 population of Natrona County to stay active, healthy and independent by offering activities and nutritional support & services

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

## 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*

# Around the Center

## Sudoku 39

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

### 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."*

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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

I'm not clothes  
but I cover your body;  
the more I'm used  
the thinner I grow.

**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!



Thank you for your donation of  
*more than \$6,000.00*  
 for purchases in the Senior Center kitchen!  
 We appreciate you!

Blue Envelope Health Fund

**More Ways to 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!

Thank you to our Craft Class volunteers:

- Dianne Luck
- Margaret Tageant
- Judy Griffin

who donated their time every day in December to  
 operate the Little Table Store in the Dining Room  
 and raised *almost \$800.00* for the Center!

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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.

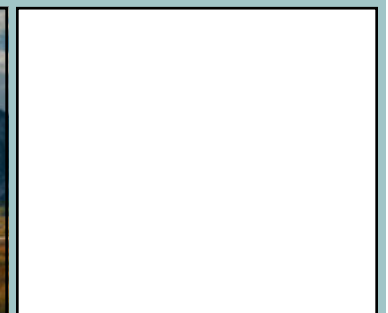
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## How Russia's own Bloody Sunday turned Nicholas II into a public enemy

July 15 2019 | Oleg Yegorov  
<https://www.rbth.com/history/330664-russia-bloody-sunday-nicholas-ii-tsar>



By 1905, hundreds of thousands of workers in St. Petersburg, like elsewhere in the country, lived in tough conditions: 11-hour work days, no vacations and no labor unions. Factory owners had the right to fire anyone who participated in strikes.

Amid these conditions, the workers' movement for broader labor rights indeed existed—however, it had to be loyal to the government, and was rather docile. The Assembly of Russian Factory and Mill Workers of St. Petersburg was founded in 1903, and included around 10,000 workers. Its leader, popular priest Georgy Gapon, championed workers' rights, but wasn't a revolutionary—on the contrary, he cooperated closely with the authorities, trying to act within the legal framework. The Assembly worked to raise workers' cultural awareness, as well as helping the needy and other related activities.

The situation was changing in 1904, as Russia was losing the Russo-Japanese War. Slowly but surely, the idea of the Tsar's government being ineffective had taken root among the public. Different local councils, known as *zemstva*, were signing petitions asking for a more democratic form of governance—with elected legislature and broader civil rights.

Gapon also started popularizing the notion of necessary reforms among his people. It was a risky business—most workers remained loyal to the Tsar but, day by day, their resentment was growing.

The march of thousands of workers from their factories started on January 9, and Nicholas II wasn't in the capital—he had left for his Tsarskoye Selo residence 2 days prior, as there were rumors about revolutionaries (not Gapon-related) plotting an attempt on his life. Workers' leaders knew this, but they weren't planning on meeting the Tsar in person.

But, "It was decided not to allow workers near the Winter Palace, and use force in case they didn't obey," recalled Alexander Spiridovich, a police general who was aware of the meeting in the office of the Interior Minister. The officials were too scared of provocations to let the crowd anywhere near the palace.

As it turned out, tragedy was almost inevitable: around 30,000 soldiers had arrived to prevent the workers from reaching the Winter Palace. Despite that, tens of thousands marched holding Nicholas II's portraits and icons, singing patriotic songs, eager to make their case to the Tsar. They wholeheartedly believed that the army wouldn't fire on their compatriots. They were wrong: as demonstrations carried on, soldiers opened fire on unarmed crowds all over the city.

What was crucial about the Bloody Sunday of January 9 was that it shocked the public and changed its attitude towards Nicholas II and his regime. "So it happened. The Tsar is well alive, but may he rest in peace," wrote Nikolai Varnashov after the Bloody Sunday. "Today, he shot himself." And though it was 13 years before Nicholas actually was shot, the Bloody Sunday was one of the major tipping points—a beginning of a very inglorious end for the Russian monarchy.

# SPOTLIGHT

## Year in Review

### What happened in 1905?

# 1905

#### Major News:

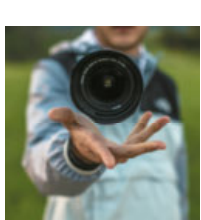
- ✦ January 26—World's largest diamond, the 3,106-carat Cullinan, is found in South Africa
- ✦ February 23—First Rotary Club formed by 4 men in the Unity Building, Chicago
- ✦ March 13—German Spy Mata Hari first performs her dance act at the Guimet Museum in Paris, France
- ✦ April 1—"SOS" first adopted as a Morse Code distress signal by German government ( · · · — — — · · · )
- ✦ May 15—Las Vegas founded in Nevada
- ✦ June 11—Penns Railroad debuts fastest train in the world (New York to Chicago in 18 hours)
- ✦ July 1—Albert Einstein introduces his theory of special relativity
- ✦ August 9—Ty Cobb's mother, Amanda, kills her husband after mistaking him for a burglar
- ✦ September 5—The Treaty of Portsmouth is signed, concluding the Russo-Japanese War; US President Theodore Roosevelt will later receive the Nobel Peace Prize for his role as mediator
- ✦ October 9—First league-sanctioned Baseball World Series begins; New York Giants beat Philadelphia A's 3-0 in Game 1 at Columbia Park
- ✦ November 25—Telimco makes the 1st ever advertisement for a radio set, advertising a \$7.50 set in the "Scientific American" which claimed to receive signals for up to one mile
- ✦ December 15—The Pushkin House is established in St. Petersburg to preserve the cultural heritage of

## What did it cost?

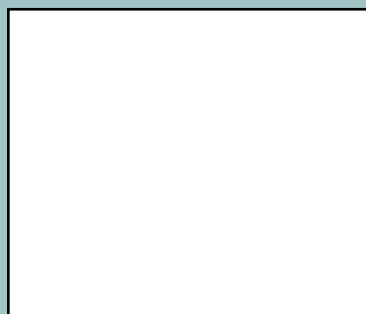
New House:	\$1500.00-	Postage Stamp:	\$0.02
	\$4000.00	Gasoline, gal:	\$0.15
Min. wage:	\$ 0.22	Bread, loaf:	\$0.05
New Car:	\$ 590.00		



Thank you, Nathan Trujillo, for your generous donation of time and skill, to provide our members and staff with truly wonderful (and appreciated) photos!



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C 4C 05-0641

# Gifts & Memorials

Note: This is a list for Gifts or Memorials given between November 20th—December 27th. If donations were made between those dates and you were not recognized, please see Rita.

## Memorials

### **Dennis Pollat**

Mary C Moler  
Helen Hoff

### **Russel K Farrow**

Beverly Farrow

### **Nancy Woitaszewski**

Mary C Moler

### **Richard Innes**

Mary C Moler  
Kimberly Cooper  
Helen Hoff

### **Jack Romanek**

Kimberly Cooper

### **Rex Hoff**

Kimberly Cooper

### 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

Kelly Wilson

Dorothy Kvenild

Kim Youmans

Karon Windle

Marjorie Love

D.A. Klinker

Virginia Fuerstenberger

Big Bridge Club

Casper Antiques & Collectors

Casper Needle Guild

First Interstate Bank

Goodstein Foundation

Anonymous Donor(s)

## Winter Time

by Robert Louis Stevenson

Late lies the wintry sun a-bed,  
A frosty, fiery sleepy-head;  
Blinks but an hour or two; and then,  
A blood-red orange, sets again.

Before the stars have left the skies,  
At morning in the dark I rise;  
And shivering in my nakedness,  
By the cold candle, bathe and dress.

Close by the jolly fire I sit  
To warm my frozen bones a bit;  
Or with a reindeer-sled, explore  
The colder countries round the door.

When to go out, my nurse doth wrap  
Me in my comforter and cap;  
The cold wind burns my face, and blows  
It's frosty pepper up my nose.

Black are my steps on silver sod;  
Thick blows my frosty breath abroad;  
And tree and house, and hill and lake,  
Are frosted like a wedding-cake.

## *Famous JANUARY Birthdates*

- 1, 1895—J. Edgar Hoover, FBI Director
- 3, 1892—J.R.R. Tolkien, Author "Lord of the Rings"
- 8, 1942—Stephen Hawking, physicist and author
- 10, 1945—Rod Stewart, rock singer
- 13, 1961—Julia Louis-Dreyfus, actress ("Elaine" from *Seinfeld*)
- 15, 1979—Drew Brees, NFL quarterback, New Orleans
- 21, 1924—Telly Savalas, TV's "Kojak"
- 22, 1949—John Belushi, comedian/actor, SNL & Blues Brothers
- 27, 1756—Wolfgang Amadeus Mozart
- 31, 1919—Jackie Robinson, 1st African-American MLB player

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

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

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

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



# What are the symptoms of vitamin D deficiency?

<https://www.medicalnewstoday.com/articles/vitamin-d-deficiency-symptoms>

## About vitamin D

Vitamin D is important for health. Some of its roles in the body include

- ⚙ helping with the absorption of calcium
- ⚙ maintaining healthy bones
- ⚙ regulating genes and cell growth
- ⚙ preventing rickets and osteoporosis
- ⚙ modulating the immune system

Vitamin D is naturally present in very few foods, and often in amounts too low to help a person meet their daily recommended intake. In response, manufacturers fortify several foods with the vitamin. According to a 2020 review, 50% of the worldwide population has insufficient levels of vitamin D. In the United States, 35% of adults have the deficiency. The prevalence of vitamin D deficiency is highest among older adults, people with obesity, and people in hospitals and other care facilities.

## Signs and symptoms of deficiency

Many people with vitamin D deficiency have no symptoms. However, the deficiency can cause the following issues.

### Frequent infections or illnesses

Vitamin D helps support the immune system—it plays a role in regulating immune function and inhibiting inflammatory reactions. It can also help prevent infections in the upper respiratory tract.

### Fatigue and muscle weakness

Because vitamin D is key to bone health, an insufficient amount can cause bone and muscle weakness, which can lead to fatigue. Researchers behind a 2014 study that included 174 participants with fatigue found that taking supplementary vitamin D for 5 weeks significantly improved fatigue symptoms.

### Bone and joint pain

Vitamin D can increase bone mass and prevent bone loss. If someone has bone and joint pain, it may indicate a deficiency. Joint pain could also result from issues such as rheumatoid arthritis. A 2012 study linked vitamin D deficiency with an increased risk of developing the condition.

### Fractures

Adequate vitamin D in the body helps maintain bone strength by supporting the absorption of calcium. According to the National Osteoporosis Foundation, this is particularly important for females after menopause, which can cause bone density to decrease and the risk of osteoporosis to increase. If someone has a fracture, the doctor might test their vitamin D level, depending on the person's age and health history.

### Depression

The authors of a 2019 review have found that lower levels of vitamin D may increase the risk of depression. There are receptors in the brain, and research indicates that the vitamin has a protective anti-inflammatory effect. As a result, scientists conclude, a person with very low vitamin D levels and depression may benefit from taking a supplement of the vitamin.

### Slow wound healing

If wounds take longer than usual to heal, it might be a sign of low levels. Results of an in vitro study suggest that vitamin D plays an

important role in wound healing because it regulates growth factors and other compounds that form new tissue.

Another study has found that people with leg ulcers were more likely to have vitamin D deficiencies. Those who took 50,000 international units (IU) of vitamin D every week for 2 months experienced better wound healing, the researchers observed.

## Complications

A vitamin D deficiency can lead to further health issues.

### Rickets

Although rare in the U.S., this condition tends to occur most often in babies and preschool-age children. It affects the development of the bones, wrists, knees, and joints in the ribs and can cause bowing of the legs.

### Cardiovascular disease

According to 2013 research, there is a connection between vitamin D levels and the risk of cardiovascular disease. This may be because vitamin D protects the heart and combats inflammation. An older review found that low vitamin D levels are linked to other conditions that increase the risk of developing cardiovascular disease—conditions such as hypertension and metabolic syndrome.

### Autoimmune disease

Vitamin D is a natural immune modulator, and research suggests that low levels of the vitamin may be connected to autoimmune diseases, including:

- type 1 diabetes
- multiple sclerosis
- rheumatoid arthritis
- Crohn's disease

## Treatment

The National Institute for Health and Care Management have the following guidelines for doctors about managing vitamin D deficiencies:

Recommend treatment if a person's vitamin D level is under 25 nanomoles per liter (nmol/l) or if the level is 25–50 nmol/l, and there are other indications of the deficiency.

Adults with vitamin D deficiency require 6,000 IU of vitamin D-3 every day for 8 weeks or 50,000 IU weekly for 8 weeks. When a blood test shows that the person's level of vitamin D has adequately increased, the doctor may recommend a 2,000 IU daily maintenance dosage. They may also suggest a calcium supplement and give other dietary and lifestyle advice.

## Supplements

Supplements and fortified foods contain vitamins D-2 or D-3. Manufacturers use fungi and yeasts to manufacture D-2, and this form is suitable for people on a vegan diet. They use lanolin from sheep wool to produce D-3.

## When to see a doctor

Anyone experiencing symptoms of vitamin D deficiency should speak to a doctor. Many people have no symptoms but can find out if they have adequate levels with a simple blood test.

## Summary

Vitamin D deficiency is common, and people may not realize that they have it. Anyone with symptoms of the deficiency should see a doctor. Also, it is important to consult a healthcare provider before taking supplements that would exceed the recommended daily intake.



Central Wyoming  
Senior Services Inc.

"The Heart of Natrona County"

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

# MEAL CALENDAR

## January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 9 Hot Beef Sandwich Mashed Potatoes Harvard Beets Jell-O Fruit Salad Cherry Cake	3 Brd'd Chicken Breast Mashed Potatoes Scandinavian Blend Carrot Raisin Salad Peach Berry Mix	4 Stuffed Pepper Sweet Potatoes Tomato Zucchini Salad Strawberry Parfait	5 Beef & Noodles Glazed Carrots Chopped Lettuce Salad Custard Cake	6 Pork Stir Fry Fried Rice Brussels Sprouts Blueberry Melon Salad Baked Apples	7 Vegetable Beef Soup Tuna Salad Sandwich Broccoli Almond Slaw Apricot Halves	1/8 <b>MENU SUBJECT TO CHANGE</b>
9 Hot Beef Sandwich Mashed Potatoes Harvard Beets Jell-O Fruit Salad Cherry Cake	10 BBQ Pork Meatballs Rice Pilaf Classic Mix Veggies Tossed Vegetable Salad Baked Apples	11 Cream of Celery Soup Turkey Salad Sandwich Pea Salad Tropical Fruit	12 Baked Chicken Butternut Squash Broccoli Strawberries White Cake	13 Creamy Burrito Bake Lettuce & Tomatoes Spanish Rice Cool Corn Salad Oatmeal Raisin Cookie	14 Breaded Cod Sandwich Macaroni & Cheese Tomato Basil Salad Plums Chocolate Pudding	15
16 BBQ Chicken Pasta Broccoli Salad Chopped Spinach Orange Wedge Apple Pie	17 Biscuits with Sausage Gravy Scrambled Eggs Sliced Tomatoes Fresh Peaches	18 Chicken & Noodles Green Beans Almandine Dill Cucumber Salad Coconut Cream Pudding	19 Lamb Stew Fresh Beets Hearty Salad Mandarin Oranges	20 Spanish Steak Brown Rice Key West Vegetables Fresh Carrot Sticks Blueberries	21 Baked Tilapia Tomato Pasta Roasted Broccoli Cottage Cheese Diced Pears	22 <b>MEALS COME WITH MILK &amp; BREAD</b>
23 Pork Roast Mashed Potatoes Country Blend Tossed Salad Peach Pie	24 Deli Dog with Peppers & Onions Sauerkraut Sweet Potato Tots Baked Beans Oatmeal Cake	25 Beef Pot Pie Winter Mix Dill Cucumbers Sliced Peaches	26 Ham & Scalloped Potato Casserole Garden Mix Veggies Tossed Vegetable Salad Fresh Apple	27 Chicken Fried Steak Mashed Potatoes Roasted Asparagus Pepper Slaw Fluffy Fruit Cup	28 Fish Florentine Brown Rice Glazed Carrots Ambrosia Fruit Orange Juice White Chocolate Cookie	29
30 Turkey & Dressing Sweet Potatoes Citrus Fruit Pumpkin Pie	31 Chicken Tacos Lettuce & Tomatoes Refined Beans Spanish Rice Diced Peaches					

# SEASONAL AFFECTIVE DISORDER, ALSO KNOWN AS SAD

## SYMPTOMS OF SAD

Individual experiences with SAD vary, but there are a few symptoms you can look out for if you are feeling blue:



## TREATMENTS OF SAD

If you are experiencing SAD, or a case of the winter blues, consult with your doctor about the following treatments:



# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)





WYOMING BIRD HOUSES  
BY BOB WOODWARD

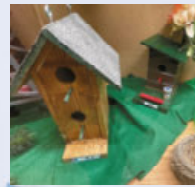
Available for purchase through a silent auction; if you would like to bid on a bird house (or houses), come to the office with the number(s) of the house(s) you would like to bid on.

Final highest bid will win the bird house.

Delivery can be taken after December 1<sup>st</sup>

Proceeds will be donated locally.

*Special thanks to Bob Woodward!*



With the sales of his birdhouses shared in the Display Case, he raised \$686.00 and donated the funds to the Senior Center!



*"Advice is like the snow. The softer it falls, the longer it dwells upon and the deeper it sinks into the mind."*

—Samuel Taylor Coleridge



United Way  
of Natrona County



*A Heartfelt Thank You*  
**TO ALL OF  
OUR AMAZING  
VOLUNTEERS!**

We couldn't do it without you!

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

Judson 39 solution

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Central Wyoming Senior Services, Casper, WY

E 4C 05-0641

# MAIN CENTER ACTIVITIES CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11AM-1PM (DR) Sunday Lunch 1PM-???(DR) Mexican Train Dominos 4PM-5PM (AR) Bible Study	10AM-11AM (DF) Chair Exercise 10:30AM-10:45AM (DF) Beginner Jogging 10:45AM-11:45AM (DF) Intermediate Jogging 1PM-???(DR) Mexican Train Dominos 1PM-4PM (DR) 1:30PM-4:00PM (AR) Poker Tai Chi <i>Please call for details!</i> 3:30PM-4:30PM (GNF) Bible Study 6PM-8PM (AR) Couples Dance	9:15AM-9:45AM (AR) Chair Yoga 10AM-11AM (DF) Line Dancing 10AM-12PM (AR) Craft Class 10AM-2PM (DR) Wellness Clinic 7PM-10PM (DR) Casper Chess Club	7AM-8AM (GNF) Reveille Rotary 10AM-11AM (DF) 1PM-4PM (DR) 3:30PM-???(AR) Native American Flute Circle Poker	9:15AM-9:45AM (AR) Chair Yoga 10:30AM-11:30AM (AR) Jogging 12:30PM-2PM (GNF) BINGO! 12:30PM-4PM (DR) Pinochle 1PM-???(DR) Mexican Train Dominos 1:15PM-4:00PM (AR) Tai Chi <i>Please call for details!</i>	10AM-11AM (DF) Chair Exercise 12PM-4PM (DR) Canasta 12:30PM-4PM (AR) Big Bridge 12:30PM-4PM (DR) Pinochle 1PM-4PM (DR) Poker	[TBA] Weight Watchers
<b>NOTE:</b> <i>Locations subject to change due to stage of the remodel.</i> <i>Please check board for more info on days of activities!</i> <i>If we have missed any events, please let the front desk know so that we can publicize your activity. Private events are not listed.</i>	[4th] 2PM-3PM (GNF) CWSS Board Meeting [2nd/4th] 5PM-7PM (AR) Grief Support Group	[2nd] 11AM-12PM (GNF) <i>(Please call VA Caregiver)</i> [1st/3rd] 11:30AM-4PM (DR) Bridge [1st] 7PM-9PM (GNF) Doll Club [3rd] 7:15PM-9:15PM (GNF) Casper Needle Guild	[2nd/4th] 9:15AM-10:15AM (GNF) Seniors Active in Learning [1st/3rd] 10 AM-11:30 AM (GNF) Wyo. Dementia Together Network [2nd/4th] 11:30AM-4PM(DR) Bridge [1st/3rd] 12:30P-3:30P (DR) Bridge [4th] 12:30PM-4PM(GNF) Caps for Kids	[2nd/4th/5th] 9AM-12PM (GNF) American Heritage Quilters [1st/3rd] 10AM-11AM (GNF) WY Dementia Care Support [2nd] 10:30 AM-12 PM (DR) Foster Grandparents	[Alt 2nd] 9AM-4PM (GNF) AARP 55-Alive Driving Course <i>(Resuming 2022)</i>	[2nd] 9AM-2PM (GNF) Casper Cut Ups

# CHICKEN CORDON BLEU SKILLET

BY RIAN HANDLER  
MARCH 1, 2017



<https://www.delish.com/cooking/recipe-ideas/recipes/a50951/chicken-cordon-bleu-skillet-recipe/>

## NOTE:

Substitute Swiss cheese for Gruyere, if desired. Taste will be similar.

TOTAL TIME:	0 HOURS 35 MINS
PREP TIME:	0 HOURS 15 MINS
YIELDS:	4-6

## INGREDIENTS

- 1 lb. penne
- 4 tbsp. unsalted butter
- 2 cloves garlic, minced
- 3 tbsp. flour
- 4 c. chicken broth
- 1 c. heavy cream
- kosher salt
- Freshly ground black pepper
- 1 tsp. mustard powder
- 2 c. shredded rotisserie chicken
- 1 c. thick-cut ham, chopped
- 2 c. shredded Gruyere
- 1/2 c. grated Parmesan
- 1 tbsp. fresh parsley, chopped

## DIRECTIONS

- 1 | Preheat oven to 400°.
- 2 | In a large pot of salted boiling water, cook pasta according to package directions until al dente. Drain and set aside.
- 3 | In a large skillet over medium heat, melt butter. Add garlic and cook until fragrant, about 2 minutes. Sprinkle in flour and cook until slightly golden, 2 minutes more. Pour in chicken broth and heavy cream and bring to a boil. Season with salt and pepper, then add mustard powder. Reduce heat to medium-low and simmer until liquid coats the back of a spoon, 10-12 minutes.
- 4 | Remove skillet from heat and stir in cooked pasta, chicken, ham, and Gruyere. Sprinkle top with Parmesan.
- 5 | Bake until warmed through, 13-15 minutes. For a golden top, broil for an extra 2-3 minutes. Garnish with parsley.

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## PARTING THOUGHTS

"A lot of people like snow. I find it to be an unnecessary freezing of water."

~ American actor Carl Reiner ~

**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!*

We would like to extend  
a huge **THANK YOU** for the  
support *and* patience  
from our amazing members  
through the crazy of 2021!  
We are grateful for you all and look  
forward to serving you in 2022!

### 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.

