

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

DECEMBER 2023

QUESTIONS OR SUGGESTIONS?
CONTACT RAE
raea@casperseniorcenter.com



*Management and Staff
look forward to serving members in 2024
by fulfilling our mission!*

*The Senior Center wishes one and all
a bright and blessed holiday season
as 2023 comes to an end!*



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
From the President.....	3
Misc. Info.....	4
Around the Center.....	5
Donations.....	6
Kitchen Notes.....	8
Meal Calendar.....	9
Display Case.....	10
Spotlight.....	12
Thank You.....	13
Activities.....	14
Finance.....	15

WHO'S WHO AROUND THE CENTER

Board of Directors

Linda BlackstonePresident
Justine Murphey Vice President
Kim LatkaTreasurer
Kate Maxwell.....Secretary

Members

Gloria Fuhrer *Errol Miller*
Miles Hartung *Ray Bila*
Debera Siems *Bob Carpenter*
Susan Burk

City Council Liaison

Michael Bond

Executive Director

Aimee Ottley-Fleming

Director of Operations

Tom Lebahn

Assistant Director

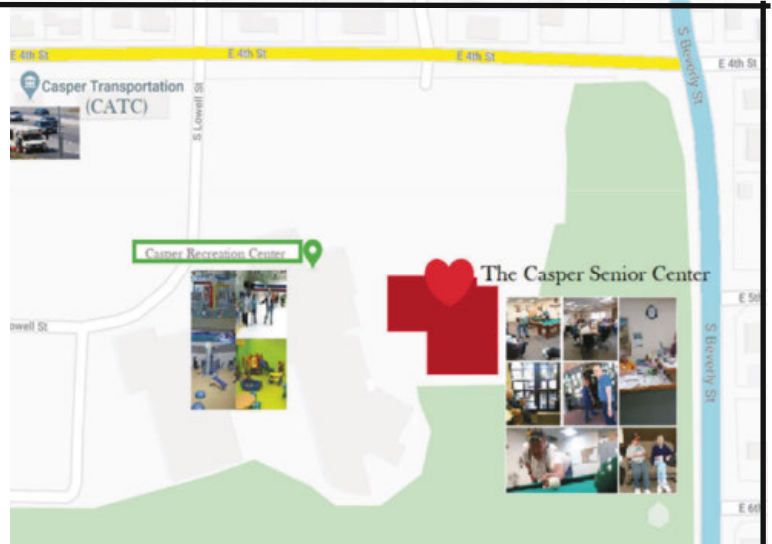
Rachel Brown

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.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.

A Letter from the Desk of the President:

Thank you goes to the six candidates who campaigned for the Board of Director positions. It was great to see such support for all of the candidates and for the Center. Grace Becker and Lori Spearman were elected for a three-year term starting January 1, 2024. We look forward to working with them.

- * Grace retired from Wyoming Machinery as Payroll/Benefits Administrator after 38 years.
- * Lori has worked for the City of Casper for 40 years and is currently the Recreation Coordinator at the Casper Recreation Center.

December will be a busy month at the Center. Summit Elementary will sing on December 14, 2023 at 11:30. Please join us December 22, 2023 for the Christmas Lunch. Cow-Belles are planning a roast beef lunch on December 29, 2023.

As always, if you have any suggestions for classes, speakers or improvements at the Center, please let me or a staff member know.

Best wishes,

Linda Blackstone

Lblackstone7@gmail.com or 307-262-1028

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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.

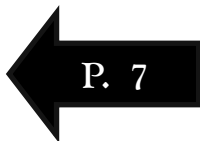
National Family Caregiver Program provides assistance to caregivers who are taking care of a loved one.

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

Any questions? *Come see Lacey or Christine!*

Or give us a call at (307) 265-4678.

Last Edition Answers:



Answer to the November Riddle:
A Snowflake!



Board Meeting Schedule:
(All meetings are public)

Fourth Monday of each month at 3:00 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

Sweet as candy,
loved by St. Nick,
A treat for everyone,
and a fairy's pick.

Visions of me dance in the heads
of children asleep in their beds.

What am I?

Let the front office know the correct answer for your chance to win a 5-punch lunch ticket!!

Meal Prices:

Suggested donation for a senior meal is \$6.00. We do offer 10 and 20 count punch tickets. As an incentive, we will offer one bonus 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 \$9.00. (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

Evansville: Noon to 1:00 PM

Mills: Noon to 1:00pm

Reservations Required at the Mills and Evansville Sites

MENU IS SUBJECT TO CHANGE



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.

New Member Coffee

2nd Tuesday
of Every Month

10AM in Déjà Brew

NEXT DATE:

December 12th

*The Senior Center
will be closed:*

*Sunday, Dec. 24
&
Monday, Dec. 25th*

*in observance of the
Christmas Holiday*

**Friday
December 29th**

**Natrona County
Cow-Belles
Ride Again!**

Roast Beef for dinner
provided courtesy of
these wonderful ladies!

Photo by John Holden on Unsplash

**The Senior Center
will be closed:**

**Sunday, Dec. 31
&
Monday, Jan. 1st**

**in observance
of the
New Year Holiday**

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Get 24-Hour Protection
From a Name You Can Trust

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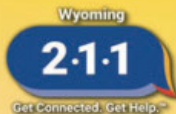
SafeStreets

833-287-3502

Need help looking for information?

Wyoming 211 can help!

- Food Pantries
- Mental Health Services
- In Home Assistance
- Prescription Expense Help
- And much more!



Call 211

Visit www.wyoming211.org

Text your ZIP code to 898211

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Bill Clough**

wclough@lpicommunities.com

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Central Wyoming Senior Services, Casper, WY

B 4C 05-0641

Gifts & Memorials

*Note: This is a list for Gifts or Memorials given between
October 21st—November 17th, 2023.*

*If donations were made between those dates and you were not recognized,
please see the office.*

What Your Memorial Does

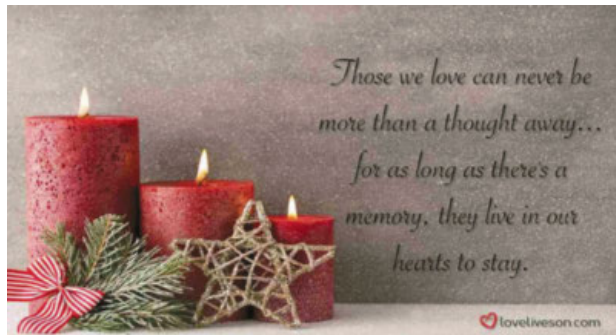
The Board of Directors has directed that memorial gifts are to be spent only on items of lasting value, not general operations. When we last expanded the Center, we used memorial gifts to match One Cent and other money. Just note on your check that the gift is a memorial and the person you wish to be remembered.

Gifts

Frank C Stofflet
Dave C Gossin
Janet Hilde
Doris Graf
Toni Hutchison
Aimee Ottley-Fleming

Memorials

*None during this
time period.*



Winter-Time

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.

Robert Louis Stevenson
<https://poets.org/poem/winter-time>

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
Its 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.

Photo by Ezra Jeffrey-Comeau on Unsplash

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

Name: _____

Birthdate: _____

Courtesy of C.W.S.S.



“The earth has grown old with its burden of care, but at Christmas it always is young, the heart of the jewel burns lustrous and fair, and its soul full of music breaks the air, when the song of angels is sung.”
~ Phillips Brooks

3 REASONS TO CREATE AN ACCOUNT AT MEDICARE.GOV



- ✓ Print your Medicare card.
- ✓ View claims as soon as they are available.
- ✓ Check your enrollment status to be sure you are in the correct plan and not incorrectly enrolled in hospice.



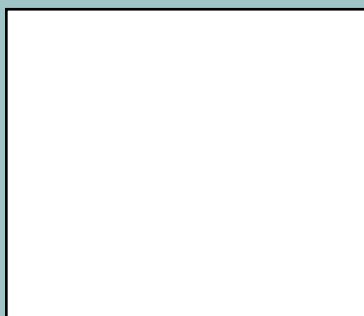
Did you know you can create a free account at Medicare.gov to get access to your Medicare coverage and claims? You can check your claims as soon as they are available to catch any errors. Questions? Call the WY SMP at 1 (800) 856-4398.



The Trinity Lutheran Church would like to thank the Senior Center for donating material for their quilting group. These ladies create quilts from donated items. These quilts are then given to the Wyoming Rescue Mission, Seton House, The Self-Help Center, Unaccompanied Student Initiative (homeless shelter for students), and other non-profit organizations that have a need. Thank you for your support in our community.



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Central Wyoming Senior Services, Casper, WY

C 4C 05-0641



'TIS THE SEASON FOR EATING



1.76 BILLION
candy canes are made each year

22 MILLION
turkeys are consumed nationwide



AVERAGE CALORIES CONSUMED ON CHRISTMAS

7,000



38%
of people give away their fruitcakes




112 LBS of eggnog are slurped annually

7.3 BILLION shrimp are munched on at holiday parties




400,000 Americans get **SICK** from leftovers



AVERAGE COST OF HOLIDAY FOOD

\$104.74

1 in 10 women mess up the gravy



SOURCES: Delish.com, money.usanews.com, investopedia.com, Forbes.com, slate.com, foodworldnews.com



Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

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

MEAL CALENDAR

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Chicken & Dumplings Roasted Cauliflower Green Salad Raisin Bread Cream Pie	4 Swiss Steak Garlic Fettuccine Spinach Apricots Sunflower Bread Lemon Pudding	5 Chicken Enchiladas Lettuce Tomatoes Beans Rice Pepper Slaw Baked Apples	6 Pork Chow Mein Fried Rice Sesame Green Beans Asian Cucumbers Almond Cookie	7 BLT Wrap Pasta Salad Fresh Vegetables Carrot Raisin Salad Spiced Peach Parfait	1 Salmon Fillet Macaroni & Cheese Roasted Broccoli Cole Slaw Corn Bread Orange Sherbet	2
10 CHRISTMAS BRUNCH	11 Beef Stroganoff Golden Corn Russian Garden Salad Whole Wheat Roll Orange Jello	12 Ham Loaf Creamed Peas & Potatoes Garlic Green Beans Lettuce Wedge w/ Tomatoes & Bacon Roll Fresh Blueberries	13 Turkey Pot Pie Roasted Broccoli Tomato Basil Salad Red Grapes Brown Bread	14 Goulash Catalina Mix Caesar Salad Garlic Bread Stick Fruit Whip	15 BIRTHDAY LUNCH! Chicken Fried Steak Mashed Potatoes Parmesan Zucchini Wheat Biscuit Chocolate Cherry Cake <i>Includes Salad Bar!</i>	16
17 Pork Roast Oven Brown Potatoes Peas & Carrots Tossed Salad Apple Pie	18 Beef Stew Steamed Cabbage Cornbread Mandarin Oranges Peanut Butter Cookie	19 Oven Fried Chicken Mashed Potatoes Stewed Tomatoes Diced Peas Whole Wheat Roll Strawberry Shortcake	20 Broccoli Cheese Soup Chicken Salad Sandwich On Croissant Spring Salad Apple Crisp	21 Hot Turkey Sandwich Mashed Potatoes Sliced Carrots Cranberry Apple Sauce Pumpkin Crunch	22 MERRY CHRISTMAS! Glazed Ham Or Roast Lamb Potato Bake Green Bean Casserole Hearty Tossed Salad Christmas Poke Cake	23
24 CLOSED MERRY CHRISTMAS and HAPPY NEW YEAR CLOSED	25 We wish you a MERRY Christmas CLOSED	26 Soft Shell Tacos Lettuce & Tomatoes Black Beans Spanish Rice Feta Corn Salad Brownie	27 Chicken Parmesan Garlic Pasta Braised Cabbage Dill Cucumbers French Bread Orange Jello Whip	28 Pork Meatloaf Oven Brown Potatoes Asparagus 3-Bean Salad Corn Muffin Rosy Applesauce	29	30 MENU SUBJECT TO CHANGE Roast Beef Mashed Potatoes Roasted Cauliflower Cottage Cheese Salad Wheat Roll Cherry Crisp

Thank you!

Born in Michigan, Jim Curkendall says, "I've been an artist my entire life. I began with crayon drawing when I was a little kid." When not playing sports in high school, he was drawing.

He majored in art education at Adams State College in Alamosa, CO. It was there he first began to paint. He later transferred to the Colorado Springs Fine Arts Center at Colorado College. After college, he served as a Marine and worked several other jobs, although none in the arts.

In 1965, he was lured to Wyoming for work. Moving was very important to Jim's evolution as an artist. "The beauty and complexity of this state are a constant source of inspiration to me, especially the landscapes and vistas," he says.

Jim's paintings are in private collections in WY, MT, CO, and MI, and many have won awards at the Central Wyoming Fairs. In 2019, he even had a solo exhibit at Fort Caspar Museum.

If interested in purchasing one of Jim's works, please email him: jeurk@aol.com



CONGRATULATIONS!

The results are in! Please meet our new Board members resulting from the 2023 participant election!



Grace Becker

These lovely ladies begin their terms January 1, 2024 and serve for three years. We are so fortunate to have had so many wonderful candidates! Welcome to the CWSS Board of Directors!



Lori Spearman



Stay curious in the new year.

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SPOTLIGHT

5 Little-Known Facts About 'A Charlie Brown Christmas'

PARADE | UPDATED: NOV 6, 2023
<https://parade.com/85819/parade/charlie-brown-christmas/>

For Peanuts fans everywhere, it just wouldn't be Christmas without this classic holiday delight. *A Charlie Brown Christmas* debuted in 1965, and has been aired during the holiday season every year since. In celebration of the annual holiday special, here are five fun facts about the film.

1. ***Most of the voice actors were cast from kids in the director's neighborhood.***

Charles Schulz (known to friends and colleagues as 'Sparky') wanted to bring believable voices to the characters he created, so the producers cast real children to give life to the 'Peanuts' gang instead of adult voice-over artists. Professional child actors were cast in the roles for Charlie Brown, Linus, and Lucy since they were required to recite most of the dialogue. The rest came from children who lived in director Bill Melendez's Southern California neighborhood, most of whom had zero experience in acting or voice-over work.

2. ***Some of the child actors were so young, they couldn't read the script.***

Melendez and Schulz wanted to cast children in the special in order to preserve their innocence and voice because they believed it would not only make the cartoon more realistic, but also funnier and edgier. Their idea hit a snag when the production team realized that some of the children were so young they couldn't read the script that was sitting in front of them. Melendez said in an interview for the book *A Charlie Brown Christmas: The Making of a Tradition* that he had to recite the script line by line for the children who couldn't read, including Christopher Shea who voiced Linus.

3. ***Charles Schulz refused to let CBS executives insert a laugh track.***

Since this was the first time Schulz's 'Peanuts' would be represented in an animated cartoon to a national audience, he had a strong hand in the production process and fought hard to preserve his creation by not letting the "suits" tinker with it. Schulz insisted that the cartoon not have a laugh track, something that was a standard for TV comedies at the time. Producer Lee Mendelson recalled in Schulz's biography that he was just as adamant that the special

not have a laugh track to "help keep it moving along." Sparky said at a staff meeting during production that the network should "let the people at home enjoy the show at their own speed, in their own way" and promptly walked out of the room ending the argument. Sounds like Schulz had a little bit of Lucy in him that day.

4. ***Schulz actually hated jazz music.***

Musician and composer Vince Guaraldi's ensemble of holiday infused jazz for *A Charlie Brown Christmas* became just as famous and as much of a yuletide favorite as the cartoon that popularized it. Sparky, however, wasn't a big fan of the catchy tunes. In fact, according to his biography, Schulz told a reporter two months after the special aired that he thought jazz music was "awful." Guaraldi's involvement with 'Peanuts' dates back to before production started on the Christmas special. Mendelson had been working with Schulz on a documentary called *A Boy Named Charlie Brown* that featured a soundtrack of jazz music composed by Guaraldi. Despite his feelings about jazz, Sparky insisted that they use Guaraldi's music again for *A Charlie Brown Christmas* with a mix of traditional Christmas hymns because it created the perfect "bubbly, childlike tone" for the show.

5. ***Linus' "True Meaning of Christmas" speech was almost cut.***

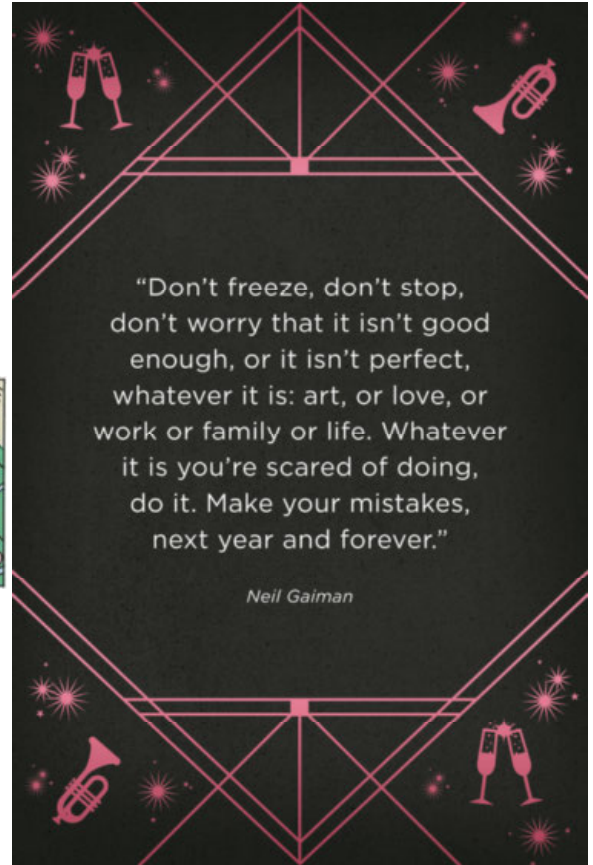
Sparky was also a religious man and, according to his biography, "the life of Jesus remained for him a consuming subject." He also insisted in the early days of production that the script feature some religious overtones, particularly a passage from the St. Luke gospel about the birth of Jesus Christ, to bring some meaning to the holiday that "had been lost in the general good time frivolity." The producers agreed to include a Nativity scene to represent Sparky's feelings, but by the time the script was finished, Mendelson realized he had included an entire minute-long speech directly from the New Testament. This led to the biggest arguments between Sparky and the producers, with Mendelson insisting that the special was an "entertainment show" and the speech would scare off advertisers by narrowing its audience. Thankfully, the now-iconic speech survived the final cut and has aired in the special every year since.



Reveille Rotary
meets
Wednesday
mornings
at 7 A.M.



Rotary
District 5440



"Don't freeze, don't stop, don't worry that it isn't good enough, or it isn't perfect, whatever it is: art, or love, or work or family or life. Whatever it is you're scared of doing, do it. Make your mistakes, next year and forever."

Neil Gaiman

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Central Wyoming Senior Services, Casper, WY

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ACTIVITIES FOR EVERYONE*

Key: AR=Activity Room | CNF=Conference Room | DR=Dining Room | DF=Dance Floor

Activity	Day(s)	Time(s)
Afternoon Tai Chi	Tuesday/Thursday	3:00PM—4:00PM (AR)
Bible Study	Monday	1PM—3PM (AR) 3:30PM—4:30PM (Déjà Brew)
Binding Friends	Monday	6:00PM—8:00PM (CNF)
BINGO! (\$0.50/card)	Thursday	12:30PM—2:00PM (CNF)
Bridge	Tues/Wed/Fri	12:00PM&12:30PM—4PM (DR/CNF)
Canasta	Friday	12:00PM—4:00PM (DR)
Caps for Kids	2nd/4th Wednesday	12:30PM—4:00PM (AR)
Casper Antiques Collectors Club	3rd Thursday	5:15PM—8:30PM (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)
Chess Club	Tuesday	7:00PM—10:00PM
Clogging	Monday (Easy) Thursday (Intermediate)	10:30AM—11:45AM (AR) 10:30AM—11:30AM (DF)
Coffee with the Board	2nd Tuesday	10AM (Déjà Brew)
Craft Class	Thursday	10:00AM—12:00PM (AR)
Dance Club	Monday	6:00PM—8:00PM (DF)
Doll Club	2nd Saturday	2:00PM—4:00PM (CNF)
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)
Pinochle	Thurs/Fri	12:30PM—4:00PM (DR)
Poker	Mon/Wed/Fri	1:00PM—4:00PM (DR)
VA Caregiver (<i>Please call</i>)	2nd Tuesday	11:00AM—12:00PM (CNF)
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)

Financial Opportunities

Welcome To:

Déjà Brew

Volunteers Baristas available:
Monday—Friday, from 9:00 AM—1:00 PM

Support the Senior Center and get the delicious drink you didn't know you could have!

5-drink punch cards cost \$15 AND save you \$1/drink!



"My idea of Christmas, whether old-fashioned or modern, is very simple: loving others."
~Bob Hope



Deals on Wheels is in need of items to sell! Bring us your gently used Jewelry | Purses | Wallets



SCSEP PROGRAM

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

The Senior Community Service Employment Program (SCSEP) is a community service and work-based job training program for older Americans. This program provides an average of **20 hours a week** of subsidized training in community service assignments, **job training** and related **educational opportunities** and **certifications**, case management **support** to identify and address personal needs and opportunities for **placement** into suitable unsubsidized jobs.

Eligibility

- At least 55 years or older
- Unemployed
- Family income of no more than 125% of the federal poverty level

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dawnmarie.thacker@goodwillwy.org

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PHOTO BY RAY HENNESSY ON UNSPLASH

PARTING THOUGHTS

"Imagination will often carry us to worlds that never were. But without it we go nowhere."

~ American Astronomer Carl Sagan ~

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!

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once again thank all of our
members and supporters!
Merry Christmas
&
Happy New Year!

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our volunteers.

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