

# 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

# JUNE 2023

QUESTIONS OR SUGGESTIONS?  
CONTACT RAE  
raea@casperseniorcenter.com



## DANIELS FUND

Learn more about the Daniels Fund on their website—[www.danielsfund.org](http://www.danielsfund.org)

# SWEET SUPPORT!

Bill Daniels was a visionary business leader who grew up during the Great Depression, served his nation as a decorated fighter pilot, and built one of the nation's earliest cable TV systems in Casper, then established the Daniels Fund to make life better for the people of Colorado, New Mexico, Utah, and Wyoming through grants, scholarships, and more. The Daniels Fund focuses on supporting highly effective and ethical nonprofit organizations that achieve significant results in the community.



Through helping fulfill his mother's wish to remain in her own home independently as she aged and additional insight from his own experiences in his later years, Bill became motivated to help older adults achieve maximum independence and quality of life through in-home services, community engagement, and end-of-life/palliative care.

Linda Blackstone, Board President, discovered our eligibility through research into increasing financial support for the Senior Center. Aimee was familiar with this grant program through her work at Uinta Senior Citizens Center and promptly helped us apply. We were approved by the Daniels Fund grant committee and awarded \$50,000 to be used for supplementing our in-home services programs.

# MANY THANKS!

Board of Directors, L to R: Debera Siems, Linda Blackstone, Justine Murphey, Kim Latka, Errol Miller, Susan Burk, Aimee Ottley-Fleming (ED), Gloria Fuhrer, Bob Carpenter, Ray Bila

## 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.

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# WHO'S WHO AROUND THE CENTER

## Board of Directors

*Linda Blackstone* ..... President  
*Justine Murphey* ..... Vice President  
*Kim Latka*..... Treasurer  
*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](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:

Thank you to everyone who supported our third annual fundraiser, "A Night at the Races". The event was very successful and enjoyed by participants of all ages. Check out the pictures in this newsletter. A special thank you goes to our sponsors, McMurry Foundation, Frontier Eye Care, Hilltop Bank, Meals on Wheels, Black Hills Energy, Banner Health, and 307 Horse Racing. We truly appreciate the work of the Planning Committee Chair Jennifer Rohrer, Executive Director Aimee Ottley-Fleming, the Planning Committee, staff, board members, and volunteers. Thank you goes to the jockeys and everyone who sponsored a horse. There were also many individuals and businesses who contributed to the 23 prize packages and other awards.



The speaker for this month is Briana Hedland, Nutritional Health Coach at Natural Grocers. She will conduct a free class on heart health, "Young at Heart," on June 21, 2023, at 12:00 pm in the activity room.

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

Best wishes,

*Linda Blackstone*

Lblackstone7@gmail.com | 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.

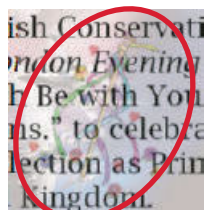
National Family Caregiver Program provides assistance to caregivers who are taking care of a loved one.

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. 12



Answer to the May Riddle:  
A Dictionary!

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.

## 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

Mills: Noon to 1:00pm

Evansville: Noon to 1:00 PM

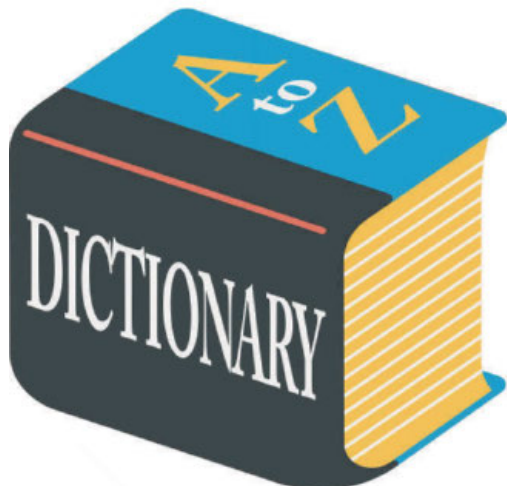
Reservations Required at the Mills and Evansville Sites

MENU IS SUBJECT TO CHANGE

## RIDDLE

I am weightless;  
but put me in a bucket  
and I will make it lighter.  
What am I?

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





# Around the Center

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

## Coffee with the Board! Déjà Brew

Second Tuesday of every month,  
10AM—11AM



Wednesday  
June 21st  
at 12PM  
Activity Room

**Briana Hedland**  
Nutritional Health Coach, Natural Grocers

## LINE DANCE CLASS WITH MACHELLE:

Brand New Beginner Class  
Tuesdays 9AM—9:45AM

Improver Class  
Tuesdays 10AM—11AM

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Need help looking for information?  
**Wyoming 211 can help!**

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

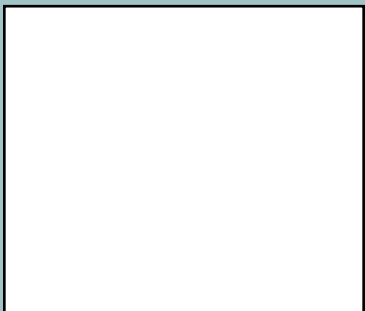
**Call 211**  
Visit [www.wyoming211.org](http://www.wyoming211.org)  
Text your ZIP code to 898211

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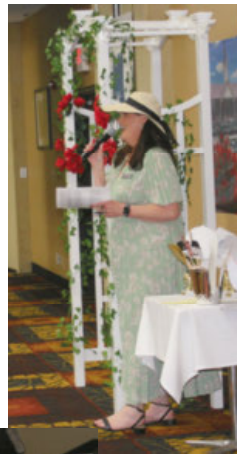
**Kevin C. Murphy**  
Senior Vice President/Investments  
Branch Manager  
**(307) 232-9450**  
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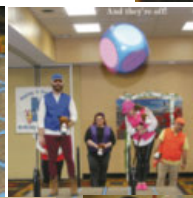


3rd Annual Fundraiser,  
 "A Night at the Races," was a  
 night to be remembered!  
 Good Food, Great Friends,  
 & Plenty of Prizes!

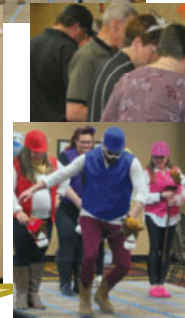
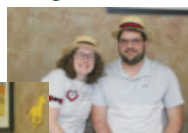


## Raffle Package Contributors

- 71 Construction
- Artisan Alley
- Branding Iron
- Brighter Horizons Solutions
- Ron & Rachel Brown
- Bush-Wells Sporting Goods
- C85
- Casper College
- Casper Country Club
- Casper Municipal Golf Course
- Chasely Galles, Flow Therapy
- City of Casper
- Cold Stone Creamery
- Dorsett Company
- David & Aimee Fleming
- Ford Wyoming Center
- Grease Monkey BBQ
- The Hangar
- Miles Hartung & Ruth Doyle
- Hat Six Travel Center
- Holly Frontier Sinclair Refinery
- Keyhole Outdoor Living
- Magic City Stoves
- Justin & Kate Maxwell
- Errol Miller & Shirley Crawford
- Mike & Dawn Miller
- Mobile Concrete
- Modern Electric
- Paradise Valley Country Club
- Steve & Diane Payne
- Pro-Kote Engineering & Supply
- Taylor K Ranker
- Regency Management
- Rocky Mountain Discount Sports
- Ken & Kathy Schulte
- Servpro of Casper
- The Shedd
- The Siems Family
- Silver Fox Lounge
- Studio City Cinemas
- SunSations Tanning Salon
- Target
- Thomas Crawford Auto
- Three Crowns Golf Club
- Wagner's Outdoor Outfitters
- Walmart
- Wells Dentistry
- Wind City Physical Therapy
- Wyoming Symphony Orchestra



Place Your Bets!



### The Winner's Circle

Far Back:  
 L—  
 Aimee Fleming,  
 Executive  
 Director  
 R—  
 Dan Odell,  
 Master of  
 Ceremonies



Left to Right: Laramie Cummings (Neveh Gunwin), Kyle Gamroth (Hugh Jarre), Cyndi Brainerd (Brittney Spurs), Crystal Bratvold (Ivanna Towin), Jamie Loveall (Foxy Trotter), and Ray Pacheco (Reyn Meeyin)



# Financial Opportunities

## Ways to Show Support:

**Do you shop at Smith's?**  
**Sign up for Kroger Community Rewards and select CWSS!**  
**Org.#WT634**



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



# 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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 find out more!**

For more information, please contact:  
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**307.840.0209**  
**dawnmarie.thacker@goodwillwy.org**

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# Gifts & Memorials

Note: This is a list for Gifts & Memorials given between April 22nd—May 19th, 2023. If donations were made between those dates and you were not recognized, please see the office.

## Gifts

John Savage  
Dave Gossin  
John & Janet Hilde  
Frank C Stofflet  
Elizabeth Hobbs  
Ila Johnstone  
Rotary Club of Casper  
Casper Antiques & Collectors  
Casper Fine Arts Club  
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.

## Memorials

**Janet Field**  
Mary C. Moler  
M/W/F Chair Exercise Class  
**Tony Vrba**  
Mary C Moler  
**Richard “Dick” Means**  
Mary C. Moler  
**Malene Wegemer**  
Mary C. Moler

## “Of History and Hope” by Miller Williams

<https://www.poetryfoundation.org/poems/47107/of-history-and-hope>

We have memorized America,  
how it was born and who we have been and where.  
In ceremonies and silence we say the words,  
telling the stories, singing the old songs.  
We like the places they take us. Mostly we do.  
The great and all the anonymous dead are there.  
We know the sound of all the sounds we brought.  
The rich taste of it on our tongues.  
But where are we going to be, and why, and who?  
The disenfranchised dead want to know.  
We mean to be the people we meant to be,  
to keep on going where we meant to go.

But how do we fashion the future? Who can say how  
except in the minds of those who will call it Now?  
The children. The children.  
And how does our garden grow?  
With waving hands—oh, rarely in a row—  
and flowering faces.  
And brambles, that we can no longer allow.

Who were many people coming together  
cannot become one people falling apart.  
Who dreamed for every child an even chance  
cannot let luck alone turn doorknobs or not.  
Whose law was never so much of the hand as the head  
cannot let chaos make its way to the heart.  
Who have seen learning struggle from teacher to child  
cannot let ignorance spread itself like rot.  
We know what we have done and what we have said,  
and how we have grown, degree by slow degree,  
believing ourselves toward all we have tried to become—  
just and compassionate, eqal, able, and free.

All this in the hands of children, eyes already set  
on a land we never can visit—  
it isn't there yet—  
but looking through their eyes, we can see  
what our long gift to them may come to be.  
If we can truly remember,  
they will not forget.

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

Name \_\_\_\_\_

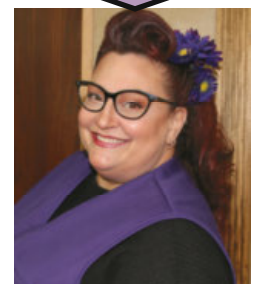
Birthdate \_\_\_\_\_

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



L—Jennifer Rohrer | R—Rae Appel

Cyndi Brainerd, aka Brittney Spurs







## How Sleep Affects Your Health

Dorothea Vafiadis | April 19, 2023 | <https://www.ncoa.org/article/how-sleep-affects-your-health>

Unhealthy sleep can interfere with daily activities and is associated with lower quality of life and risk of chronic disease, such as diabetes and obesity. There is a connection with poor sleep and unhealthy weight gain because sleep regulates hormones that tell your body when you are hungry and signals when you feel full. This may cause you to eat more, and reach for unhealthy food choices without thinking ahead about good nutrition throughout the day.

Getting enough sleep is also important for mental health, a good immune system, and controlling emotions. Sleepiness in the daytime is associated with higher falls risk, injuries, and accidents. People with sleep disturbances may have slower response times.

### How much sleep do I need?

Older adults need a similar amount as all adults—7 to 9 hours on average each night. Around 30-39% of older adults report having some difficulty sleeping, according to a survey by the National Sleep Foundation. As you age, it is common to take longer to fall asleep and have more awakenings in the night. Difficulty staying asleep for the entire night is ok if you can fall back to sleep, but quality and quantity is important.

### Contributors to poor sleep

There are many reasons for not getting the high-quality sleep you need. Since COVID-19 began, our normal routines have been disrupted and our patterns are more irregular with less activity, more worrying, fewer gatherings, more social distancing, and loneliness. Feeling sick or being in pain can also make it hard to sleep, while some medicines can keep you awake. The experience of losing a loved one is another factor that may contribute to sleep problems.

If you are feeling excessively sleepy in the daytime, this could be a sign of obstructive sleep apnea (OSA), cognitive impairment, or cardiovascular issues. With respect to OSA, weight on the upper chest and neck contributes to blocking the flow of air. Drowsiness and snoring are the most common complaints, but some older adults may notice gasping, wake up with a dry mouth, or morning headache. The prevalence of OSA increases with age in adults and can lead to poor quality of life, an increased risk of motor vehicle accidents, and more. It's also associated with obesity, and experts say it can be part of a vicious cycle in which the sleep deprivation it causes can lead to even more obesity, which in turn aggravates the condition.

Overeating and eating too much of certain foods can also cause sleep problems. For example, meals with low fiber and high amounts of added sugars and saturated fat, which are

found in butter, cheese, red meat and other animal-based foods, have been related to interrupted sleep.

If you think you have sleep apnea, another chronic condition or suspect that your current medication is interfering with your sleep, you should consult your healthcare provider.

### How to fall asleep

No matter the reason for poor sleep, there are foundational steps that experts recommend you can take as part of living a healthy lifestyle and improve your sleep. Here are some practices to consider:

- *Reserve your bedroom as a place for sleep.*  
Keep the temperature comfortable and keep out TVs, tablets, smart phones, and computers. The goal is to associate the bedroom and bed with sleep and intimacy. Avoid eating or working in your bedroom.
- *Don't worry if you wake up during the night.*  
If it takes more than 15 minutes to fall back to sleep, get out of bed and try reading or listening to soft music for a little while until you feel sleepy. Then try again.
- *Keep a ritual for winding down before going to bed.*  
Limit light exposure from digital technology late in the evening and refrain from social media or any type of upsetting news coverage, too. Try journaling before bed or listening to relaxing music.
- *Limit certain foods and drinks before bedtime.*  
Alcohol and sleep aids are not good ideas because they can be more likely to cause sleep disturbances. Avoid large, heavy meals before bed and stay away from caffeine in the afternoons which can stay in your system for as long as 10-12 hours and keep you awake at night.
- *Engage in daily activities that nourish you.*  
Connect and visit with family and friends. When it is not possible to have in-person visits, reach out using the telephone or through video calls, or send emails, cards, and hand-written letters.
- *Be physically active every day and get outside.*  
Exercise early in the day to bolster your mood and help you get the natural sunlight you need, signaling to your brain that it is daytime and establish a rhythm of your sleep and wake cycle.

Give these practices a try and stick with it for a while. Over time you may notice that improving sleep can positively impact your health and well-being. Lastly, if you are in the market for a new bed, you may want to consider adjustable beds, which also can help improve sleep quality.



Central Wyoming  
Senior Services Inc.

"The Heart of Natrona County"

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

# MEAL CALENDAR

## June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Turkey Pot Pie Bean Medley Tomato Basil Salad Red Grapes	2 Breaded Cod Mac & Cheese Green Peas Cottage Cheese Cherries	3
4 Hot Pork Sandwich Oven Brown Potatoes Peas & Carrots Tossed Salad Apple Pie	5 Chicken Parmesan Fettuccine Pasta Braised Cabbage Creamy Cucumbers Orange Jell-O Whip	6 Smothered Burrito Black Beans Spanish Rice Southwest Corn Salad Brownie	7 BLT Wrap Pasta Slaw Fresh Vegetables Diced Peaches Summer Squash Salad	8 Chicken & Dumplings Roasted Cauliflower Green Salad Strawberries/Bananas	9 Cabbage Roll Pacific Blend Pea Salad Watermelon	10
11 Roast Turkey Mashed Potatoes Sliced Carrots Fresh Peaches Pumpkin Pie	12 Spanish Steak Garlic Fettuccine Spinach Apricots Lemon Pudding	13 Chef's Salad Sliced Cucumbers & Tomatoes Hard Boiled Egg Gingered Pears Orange Juice	14 Swedish Meatballs Brown Rice Country Mix Berry Blend	15 Baked Ham Scalloped Potato Corn Carrot Cake	16 Vegetable Soup Tuna Salad Sandwich Vegetable Slaw Fresh Pineapple Oatmeal Raisin Cookie	17 <b>MEALS INCLUDE MILK &amp; BREAD</b>
18 <b>FATHER'S DAY BBQ</b> BBQ Ribs Potato Salad Fresh Vegetables Strawberry Shortcake	19 Chicken Chow Mein Fried Rice Oriental Vegetables Asian Cucumbers Almond Cookie	20 Roast Beef Mashed Potatoes Bean Medley Dill Cucumbers Fresh Peaches	21 Pepper Cheese Soup Chicken Salad Sandwich Orange Wedge Apple Crisp	22 Lasagna Green Beans & Onions Caesar Salad Fruit Whip	23 Baked Fish Sweet Potatoes Herb Roasted Tomatoes Pistachio Cake Mandarin Spinach Salad	24 WHITE BREAD OR WHEAT BREAD MAY BE OFFERED
25 Beef Pepper Steak Brown Rice Summer Squash Bake German Coleslaw Blueberry Crisp	26 Pork Cottage Pie Buttered Beets Pea Salad Baked Apples	27 Oven Fried Chicken Mashed Potatoes Stewed Tomatoes Carrot Raisin Salad Apricots	28 Beef & Noodles Sliced Carrots Tossed Vegetable Salad Chopped Melon	29 Pork Chop Oven Brown Potatoes Corn O'Brien 3 Bean Salad Rosy Applesauce	30 <b>BIRTHDAY LUNCH</b> Salmon Fillet Macaroni & Cheese Roasted Broccoli Cole Slaw Orange Sherbet	<b>MENU SUBJECT TO CHANGE</b>



# A Night at the Races Sponsors!

Paying It Forward



McMurry Foundation



CASPER AREA  
CHAMBER OF COMMERCE



United Way  
of Natrona County

## And Raffle Package Contributors!



Reveille  
Rotary  
meets  
Wednesday  
mornings  
at 7 A.M.



Rotary  
District 5440



We would like to congratulate  
all of the nominees for the  
19th Annual

**Wyoming Jefferson Awards!**  
Two Senior Center volunteers  
were among those honored:

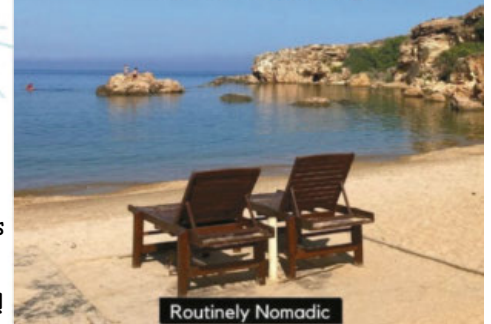
Leona Coronado, Chair Exercise  
Judy Gillum, Déjà Brew

They join illustrious past winners  
like 2018's Vickie Jasmann.

Thank you all for all you do!

**"I wonder what it  
would be like to live  
in a world where it  
was always June."**

— L. M. Montgomery



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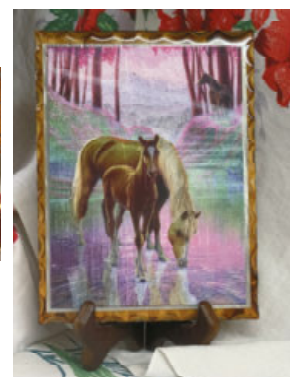
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With you

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307-577-4832 CentralWyomingHospice.org



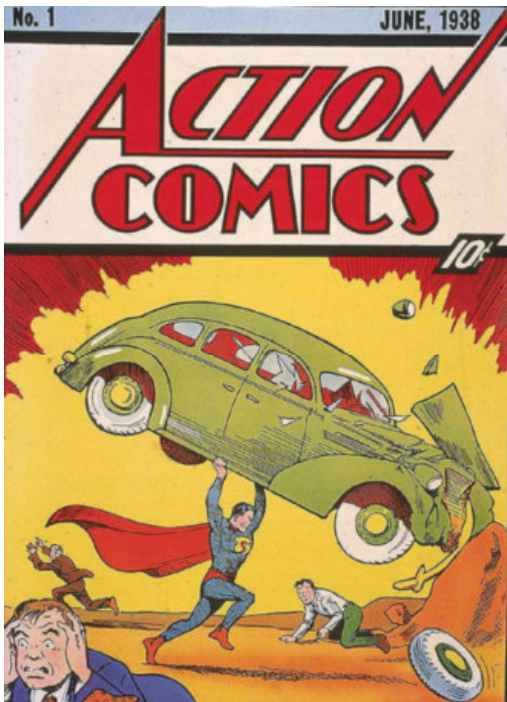
# Ruth Doyle





# THE DAY SUPERMAN FIRST APPEARED ON THE PAGES OF COMIC BOOKS

<https://www.timesnownews.com/the-buzz/article/june-301938-superman-debuted-on-the-pages-of-comic-books-on-this-day-in/777969>



Action Comics #1 sold out its 200,000 copy print run almost instantly. The next few covers had different characters and didn't sell nearly as well. Once National Publications realized this, Superman held the covers exclusively. Within a year, over 1,000,000 copies a month were selling.

<https://nerdist.com/article/history-legacy-characters-dc-comics-action-comics-first-superman-comic-introduces-zatara-national-comics/>

We know him as the red-caped crusader who can fly, bend things at will, move buildings, and is bent on saving human lives. We also know him as the last survivor from the planet Krypton, who was taken in by his parent from Earth and raised on a farm in Kansas.

*He's a bird, he's a plane,  
he's Superman!*

The superhero is a phenomenon that has extended beyond comic books for decades now. Superman has entered global culture through various incarnations and has remained one of the most popular characters in comicverse and pop culture for generations now. The Man of Steel, created by writer Jerry Siegel and artist Joe Shuster, first appeared in the comic book "Action Comics #1," with a cover

dated June 1938. The iconic artwork shows Superman lifting a car with an explosion in the background.

The issue dedicated 13 pages to the origin story of Superman. The character was actually the lead feature of the issue, even after the original comic strips were rejected. The strips were eventually pasted into comic book pages by Siegel and Shuster.

Since 1938, Superman stories have been regularly published in comic books by DC Comics. Over the years, the character has been adapted in films, TV shows, theater, radio, books, and other forms of media. According to reports, Superman has sold more comic books than any other American Superhero character.

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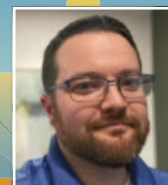
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# ACTIVITIES FOR EVERYONE\*

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

\*\* (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!	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)
Chess Club	Tuesday	7:00PM—10:00PM
Clogging	Monday Thursday	10:30AM—11:45AM (AR) 10:30AM—11:30AM (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)
Dance Club	Monday	6:00PM—8:00PM (DF)
Doll Club	1st 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)
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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Photo by Akbar Nemati on Unsplash

## **PARTING THOUGHTS**

*"The Summer night is like a perfection of thought."*

*~ 20th Century American Poet Wallace Stevens ~*

**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 ALL** for the continuing support!  
Everything we do is for the benefit of our members!  
Special THANKS go to our Event Volunteers, Donors, and Sponsors!



**Volunteer Opportunities:**  
If you are interested, please see the office.

*We cannot stress enough how much we depend on our volunteers.  
You keep the Senior Center running and allow us to continue providing the vital services to members and our community!*  
**Thank You Always!**