

# 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

# NOVEMBER 2023

QUESTIONS OR SUGGESTIONS?  
CONTACT RAE  
raea@casperseniorcenter.com

Central Wyoming Senior Services  
recognizes and honors Veterans  
on Friday, November 10th  
(Federal observance of Veterans Day)  
from 11am—1pm

**SPECIAL MENU**  
**MISSING MAN TABLE**  
**PRESENTATION**

# AARP®

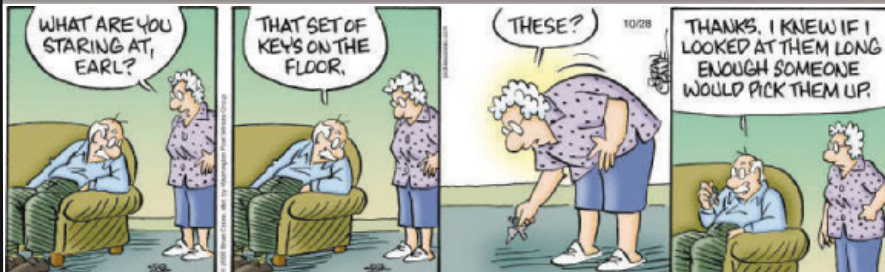
## Driver Safety



Wednesday, November 15th  
10:00AM—2:30PM  
CWSS Conference Room

\$25/Non-Members  
\$20/Members

Space is LIMITED,  
Reserve Your Spot NOW!



## 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.

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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

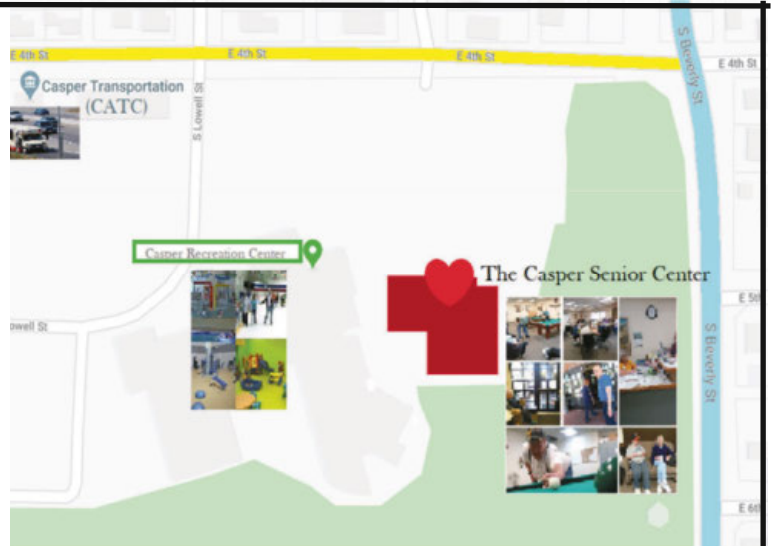
*Rachel Brown*

## 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.

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

Please join us on November 23, 2023. Kim Cooper and the Kitchen Staff are planning a Thanksgiving Feast. Our fantastic Kitchen Staff, under Kim's direction, always does a great job.

Several members have inquired about a driver's training course. Many insurance companies will provide a discount for seniors who complete a driver's training course. AARP Driver Safety Course will be taught November 15, 2023, 10:00am - 2:30pm, in the Center conference room. Learn valuable defensive driving skills, proven safety strategies, how to stay current with the latest driving technologies, current rules of the road and how to manage and accommodate common age-related changes in vision, hearing and reaction time. The course now includes new videos and updated course content. Join the 20 million people who have taken the AARP Smart Driver course since 1979. Cost is \$20 for AARP members and \$25 for non-members. Space is limited. So sign up soon in the office at the Center at 1831 E. 4th Street.

As always, if you have any other 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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<https://caspermountainhc.com>

**Local help with your Medicare questions.**



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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.

## Last Edition Answers:



P. 12

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.

P. 15



Answer to the October Riddle:  
A Haunted House!



## RIDDLE

I fly when I am born,  
lie when I'm alive,  
and run when I am dead.

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

# Around the Center

The Senior Center  
will be **closed**  
Thursday—Sunday,  
**November 23rd**  
through  
**November 26th**  
in observance of the  
**Thanksgiving holiday!**

## Assistive Tech

Casper College's  
Occupational Therapy  
Program is once again  
returning to  
the Center  
to provide help with  
handheld devices.

Join them in  
**Déjà Brew**  
on  
**Thursday**  
**November 30th**  
from  
**1PM—3PM**

## New Member Coffee

2nd Tuesday  
of Every Month  
**10AM in Déjà Brew**

**NEXT DATE:**  
**November 14th**

### 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.

### ADT-Monitored Home Security

Get 24-Hour Protection  
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- Flood Detection
- Fire Safety
- Carbon Monoxide



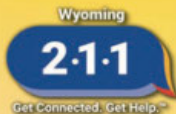
SafeStreets

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](http://www.wyoming211.org)

Text your ZIP code to 898211

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Central Wyoming Senior Services, Casper, WY

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# SPOTLIGHT

*What happened in 1945?*

**Year in Review**

Major News:

- ✦ January 20—Franklin D. Roosevelt sworn-in for an unprecedented (and never to be repeated) 4th term as US President
- ✦ February 23—US Marines raise the US Flag at the top of Mount Suribachi during the Battle of Iwo Jima
- ✦ March 6—George Nissen of Cedar Rapids, IA receives a patent for the 1st modern trampoline
- ✦ April 12—US President Franklin D Roosevelt dies in office and Vice President Harry Truman is sworn in as 33rd US President
- ✦ May 7—Branch Rickey announces formation of the US Negro Baseball League
- ✦ June 26—United Nations Charter signed by 50 nations in San Francisco, CA
- ✦ July 16—1st test detonation of an atomic bomb, Trinity Site, Alamogordo, NM as part of the US Manhattan Project
- ✦ August 8—US, USSR, Britain, and France sign the Treaty of London, which sets down procedures for the Nuremberg war trials of Nazi leaders
- ✦ September 9—1st ‘bug’ in a computer program discovered by Grace Hopper: a moth was removed with tweezers from a relay & taped into the log
- ✦ October 29—1st ballpoint pen goes on sale, manufactured by Reynolds in the US
- ✦ 2 new elements discovered by Glenn Seaborg, James, Morgan, and Albert Ghiorso are announced: americium (atomic # 95) and curium (atomic # 96)
- ✦ November 20—The Nuremberg War Crime Trials begin; 24 former leaders of Nazi Germany were charged with conspiracy to wage wars of aggression, crimes against peace, war crimes, and crimes against humanity and put on trial before judges representing the victorious Allied powers
- ✦ December 28—Congress officially recognizes ‘Pledge of Allegiance’

# 1945

## When is Veterans Day 2023?

### Here’s why we honor veterans in November

by Joyce Orlando | Published October 17, 2023

The November holiday isn’t as played up as the Fourth of July, but it is a time to honor the men and women who served in the US military branches and their service to the country. Communities across the nation host events to celebrate veterans.

Veterans Day [2023] is Saturday, November 11, the date in 1918 that Germany and the Allies signed an agreement to end hostilities in World War I. Since the holiday is on Saturday, Veterans Day will be observed on Friday, Nov. 10, according to the Department of Veterans Affairs.

### Is Veterans Day a federal holiday?

Yes, Veterans Day is a federal holiday, meaning that many local and federal government offices will be closed and so will many banks. Other businesses may be closed as well, so be sure to check hours before heading out. *[Psst—the Senior Center will be OPEN!]*

### When was Veterans Day recognized as a holiday?

An Act from May 13, 1938 made the 11th of November in each year a legal holiday. But it wasn’t known as Veterans Day originally. It was first known as Armistice Day—a day dedicated to the cause of world peace after World War I.

US President Woodrow Wilson proclaimed Nov. 11, 1919 to be Armistice Day to honor members of the armed forces who were killed during World War I. The date commemorates the armistice signed between the Allies of World War I and Germany at Compiègne, France. In 1954, after World War II and after the Korean Conflict, Congress amended the Act of 1938 by striking out the word “Armistice” and inserting in its place the word “Veterans.” On June 1, 1954, November 11th became a day to honor American veterans of all wars. On October 8, 1954, the first Veterans Day Proclamation was issued by President Dwight D. Eisenhower, according to the Department of Veterans Affairs.

Both Veterans Day and Memorial Day honor and celebrate the men and women who have served in the US military. But they are different. Memorial Day is a day to remember and honor the men and women who have been killed in US wars throughout history, while Veterans Day commemorates and celebrates all of those who have served in the US Armed Forces.

<https://www.tennessean.com/story/news/2023/10/17/when-is-veterans-day-2023-why-holiday-we-honor-military/71203999007/>

# Handicap Parking at the Center



The Americans with Disabilities Act (ADA) requires a measly 9 compliant parking spaces for lots up to 1000 total parking spots.

There are some features that must be met in order to comply, like:

- ↳ Access aisles
- ↳ A less than 2.08% slope in all directions
- ↳ A firm, stable, slip-resistant surface

The Senior Center, which shares the parking lot with the Rec Center next door, has plenty of compliant spaces. These include the 12 spaces between the cement island with the light post and the spaces just past the middle light post that were marked with blue paint on the

surface during the parking lot improvement project in 2022. And due to what we all know about winter in Wyoming (snow, blowing snow, and ice from melted snow!), the marking of our accessible spaces right out in front of the building with paint allows City snow removal equipment better access to keep our parking lot safely maintained.

Please make sure these spaces are saved for use by individuals with handicap placards or license plates!

<p><b>SUPPORT OUR ADVERTISERS!</b></p>		<p><b>FREE AD DESIGN</b> with purchase of this space</p> <p><b>CALL 800-950-9952</b></p>
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## THANKSGIVING INGREDIENT SWAPS



### 4,500 CALORIES

According to the Calorie Council, the average American eats 4,500 calories and 229 grams of fat during Thanksgiving dinner.

**ONE WHOLE EGG**  
2 egg whites – saves you 36 calories

**SOUR CREAM**  
Greek yogurt – saves 55 calories per ¼ cup.

**MILK**  
Skim or 1% milk – saves up to 36 calories in 8 fl. Oz.

**SALT TO TASTE**  
Squeeze a little bit of lemon or lime – brings out the flavor without adding the sodium.

**BUTTERMILK**  
A 1:1 swap of buttermilk for lowfat plain yogurt minimizes the fat and sodium.

**CHOCOLATE CHIPS**  
Cacao Nibs – Your cookies will now have an abundance of anti-oxidants or try dark chocolate chips (70% cacao) these can be found in the baking aisle at the grocery store.

**HEAVY CREAM**  
Use coconut milk as a substitute for heavy cream in soups and stews. Same texture and taste ½ the calories.

**PASTA** Whole wheat pasta – higher fiber and as many as 50 fewer calories per serving. Studies show that reheated pasta is better for you. Cooled pasta has just as many calories as freshly cooked pasta. Starches become more resistant, which means lower levels of glucose, which keeps blood sugar in check.

**OIL IN CAKES**  
Unsweetened applesauce 1:1 ratio – if your recipe calls for 1 cup of vegetable oil substitute it with 1 cup of applesauce. Vegetable oil contains 480 calories and 56 grams of fat in ¼ cup. The same amount of applesauce contains 25 calories and 0 grams of fat.

**Save some calories with these healthy recipe swaps!**










Central Wyoming  
Senior Services Inc.

"The Heart of Natrona County"

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

# MEAL CALENDAR

## November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5</b> Beef Pot Roast Potatoes & Carrots Tomato Basil Salad Honey Wheat Roll Blueberry Pie	<b>6</b> Philly Cheese Pasta Country Mix Zucchini Salad Corn Muffin Diced Pears	<b>7</b> Potato Soup Grilled Ham and Cheese Celery, Carrot, Pickles Raisin Cole Slaw Pineapple Upside Down Cake	<b>8</b> Taco Salad Lettuce   Tomatoes Cheese   Onions Rice   Black Beans Pepper Slaw Red Grapes	<b>9</b> Ranch Chicken Bake Braised Cabbage Cucumber & Tomatoes Wheat Roll Mixed Berries	<b>10</b> Seafood Alfredo Roasted Zucchini Mixed Green Salad Tropical Fruit French Bread Coconut Cream Pie	<b>11</b> <b>VETERANS DAY</b> observed November 10th
<b>12</b> California Chicken Butternut Squash Green Beans Wheat Roll Peach Waldorf Salad	<b>13</b> Cabbage Roll Country Mix Tossed Vegetable Salad Wheat Roll Jell-O Whip	<b>14</b> Glazed Ham Sweet Potatoes Fresh Beets Black Cherries Chocolate Cake	<b>15</b> Potato Leek Soup BBQ Pork Sandwich Harvest Blend Veggies Apricots Ginger Cookie	<b>16</b> Calzone Italian Pasta Salad Tossed Salad Fresh Strawberries	<b>17</b> Salisbury Steak Mashed Potatoes Peas & Carrots Summer Squash Salad Whole Wheat Roll Peanut Butter Cake	<b>18</b> ← Happy Birthday Meal! 
<b>19</b> Pork Wellington Catalina Vegetables Pea Salad Raisin Bread Ginger Pears	<b>20</b> Chicken Lo Mein Asian Green Beans Sunflower Bread Pineapple Tidbits	<b>21</b> Spanish Meatballs Brown Rice Steamed Cabbage Cucumbers and Onions Melon Cup	<b>22</b> THANKSGIVING DINNER WITH ALL THE TRIMMINGS 	<b>23</b> CLOSED HAPPY THANKSGIVING! 	<b>24</b> HAPPY BLACK FRIDAY! CLOSED 	<b>25</b> <b>MEALS COME WITH MILK &amp; BREAD</b>
<b>26</b> CLOSED Sending you and your family the warmest Thanksgiving wishes this year. 	<b>27</b> Lasagna Italian Vegetables Bean Salad Garlic Onion Roll Apricots	<b>28</b> Hearty Vegetable Soup Reuben Sandwich Sliced Pickles Potato Chips Fresh Veggies Blueberry Dump Cake	<b>29</b> Lamb Tips Rice Pilaf Brussels Sprouts Carrot Raisin Salad Wheat Biscuit Strawberry Jell-O	<b>30</b> Pork & Noodles Garden Blend Spinach Mandarin Salad Wheat Bread Sugar Cookie	<b>MENU SUBJECT TO CHANGE</b>	

## A Place of Refuge: What You Don't Know About Hospice Care

November is National Hospice and Palliative Care Month, making it a good time to address the many myths and misconceptions about what Hospice is and is not.

Derived from the Latin word meaning “hospitality” or “a place of refuge,” most people, upon hearing the word “hospice,” tend to cringe as if the word is itself a diagnosis of death. They often believe that “hospice” is a place, the nice Hospice Homes near the hospital where people go for the last few days of their life. The fact is that hospice is not a place, it's a philosophy of care and a specialized field of medicine.

“Let's be honest, it's hard to talk about death,” says Susan Burk, the Community Liaison at Central Wyoming Hospice and Transitions (CWHT). “When a patient and family hear ‘hospice,’ there's often already fear in their hearts. Hospice is not about death. It's about life...having the best quality of life in the time that is given to you.”

The team at CWHT walks alongside not only the patient but the entire family through the end-of-life journey, as their mission states, “with skill and compassion.” They work to make that journey what the patient wants, providing a plan and a path forward. Patient-directed hospice care prioritizes comfort, quality of life, and individual wishes, including addressing physical, emotional, spiritual, and social needs.

If you'd like more information,  
please call 307-577-4832.

### What Hospice is NOT:

\***A place.** At CWHT, most patients remain in their own homes, whether it be their residence in town, out at their ranch, or in an assisted living or nursing home facility. The Chapman and Kloefkorn Hospice Homes are available to those who need a specialized level of care.

\***A way of giving up.** Hospice care is a shift in your approach to medical care. If you or your loved one no longer wants treatment, or the treatment's not working, Hospice provides a way to live the rest of your days in comfort, peace, dignity, and improved quality of life surrounded by family, in the comfort of your home.

\***A permanent decision.** You can leave a hospice program at any time for any reason without penalty. You can also restart hospice services at any time if you are medically eligible. There's no time limit for hospice services. Although a doctor must determine that you have a six-month prognosis to receive hospice care, patients aren't discharged after that time. There's a recertification process. Many CWHT patients have been with them much longer than six months, some even years.

Hospice care does not hasten death, nor does it prolong life. In fact, some studies show that hospice patients with certain illnesses may live longer with hospice care than those who choose another path. Again, the goal is to make the quality of the patient's life the best it can be in their last months, weeks, or days.

Nor will Hospice take away all your medications. Your hospice nurse will go over medications with you and your family to decide what you need to stay comfortable. Other medicines may be added to keep you relaxed and free of pain. Our team of nurses will work with your doctor to be sure you get the best quality of care. *You don't have to give up your doctor if you choose hospice care.*

A conversation is not a commitment, and the Care Coordination Team at CWHT is happy to answer any questions you may have. “Having that conversation can be a powerful thing,” says Burk. “It's not a commitment for you, but it is a commitment for us to make sure everyone in our community has access to, and knowledge of, this unique care.”

# Making the Most of Your Medicare







Hello, Medicare beneficiary!

Annie here, and I wanted to remind you how important it is for you to review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) immediately after you receive them.

Use the tips below to help you check your notice for errors.

## How to Check Your Notice

-  Check the name of your doctors or providers?
-  Check the dates of your appointments.
-  Did you get the services listed?
-  Do the services match the ones on your bills or receipts?
-  Did you pay any bills and did you pay the right amount?
-  Check the maximum you may be billed.

For help reviewing your Medicare statements, call the **Wyoming Senior Medicare Patrol** at **1 800 856-4398**. **YOU** can stop Medicare fraud in its tracks.



Stay curious in the new year.

The love of learning doesn't end at 50.

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Casper College



Join today!  
307-268-3401

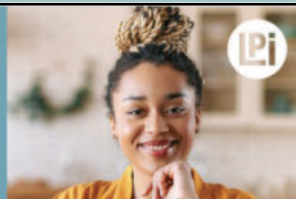


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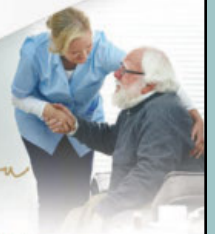
- Paid training • Some travel
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*With you*



CALL FOR PROGRAM INFORMATION  
307-577-4832 [CentralWyomingHospice.org](http://CentralWyomingHospice.org)



# Gifts & Memorials

Note: This is a list for Gifts or Memorials given between September 23rd—October 20th, 2023.

If donations were made between those dates and 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.

## Memorials

**Bob Homer**  
Rhoda Smith

## Gifts

**Frank C Stofflet**  
**Dave C Gossin**  
**Ila Johnstone**  
**John Savage**  
**Carl Chancellor**  
First Interstate Bank



# November

by William Cullen Bryant

Yet one smile more, departing, distant sun!  
One mellow smile through the soft vapory air,  
Ere, o'er the frozen earth, the loud winds run,  
Or snows are sifted o'er the meadows bare.  
One smile on the brown hills and naked trees,  
And the dark rocks whose summer wreaths  
are cast,  
And the blue gentian flower, that, in the breeze,  
Nods lonely, of her beauteous race the last.  
Yet a few sunny days, in which the bee  
Shall murmur by the hedge that skirts the way,  
The cricket chirp upon the russet lea,  
And man delight to linger in thy ray.  
Yet one rich smile, and we will try to bear  
The piercing winter frost, and winds,  
and darkened air.

Photo by Sajad Nori on Unsplash

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

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

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

Courtesy of C.W.S.S.



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

Rotary District 5440



United Way of Natrona County



CASPER AREA CHAMBER OF COMMERCE

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Heroism is endurance for one moment more.

-George F. Kennan



Annual Enrollment Period October 15-December 7 Call for your complimentary Medicare benefits review appointment!

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• Medicare Advantage Plans
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Central Wyoming Senior Services, Casper, WY

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# ACTIVITIES FOR EVERYONE\*

If you don't see your activity, please check with the office!

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)
Binding Friends	Monday	6:00PM—8:00PM (CNF)
BINGO! (\$0.50/card)	Thursday	12:30PM—2:00PM (AR)
Bridge	Tues/Wed/Fri	12/12:30PM—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 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 (Easy) Thursday (Intermediate)	10:30AM—11:45AM (AR) 10:30AM—11:30AM (DF)
Craft Class	Thursday (Main)	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

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

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



## Déjà Brew



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

# 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

Services Provided in  
Converse, Fremont,  
Hot Springs, Natrona,  
Washakie  
Counties

Call today to  
find out more!

For more information, please contact:  
**DAWN MARIE THACKER, SCSEP Case Manager**  
307.840.0209  
dawnmarie.thacker@goodwillwy.org



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**Are you ignoring the signs?**

Can you read the signs correctly to determine if your heartburn is just that, and something more serious?

For more than 3 million people in the U.S. chronic heartburn has turned into Barrett's Esophagus, a pre-cancerous condition. Many don't even know they have it.

Take control of your health and ask your doctor about your risk for developing Barrett's Esophagus and treatment options. Gastroenterology Associates has the latest technology to diagnose and treat this condition, before it has the opportunity to progress to cancer.

**GASTROENTEROLOGY ASSOCIATES, P.C.**

To learn more call Gastroenterology Associates  
(307) 233-2700 or Toll free (800)380-1820 to speak to  
*Dr. Krmpotich, Dr. Joubran, Dr. Cooper, Dr. Fahed*  
*The doctors have treated the most Barrett's Esophagus patients in Wyoming.*  
You may also visit [www.curebarretts.com](http://www.curebarretts.com) to learn more online

1441 Wilkins Circle • Casper, Wyoming 82601



Central Wyoming  
Senior Services, Inc.  
1831 East 4th St, Casper, WY 82601  
(307) 265-4678  
"The Heart of  
Natrona County"



Photo by Mikkel Bergmann on Unsplash

## PARTING THOUGHTS

"These fallen heroes represent the character of a nation who has a long history of patriotism and honor—and a nation who has fought many battles to keep our country free from threats of terror."  
~ Former Delaware Governor & US Representative Michael N. Castle ~

**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!

### Volunteer

#### Opportunities:

If you are interested  
in giving your time,  
please see the office.

**HELP  
WANTED**

We cannot stress enough  
how much we depend on  
our volunteers.

YOU keep the Senior Center  
running and allow us to  
continue providing  
vital services  
to members and  
our community!

**Thank You Always!**