

At The Center of It All

Central Wyoming
Senior Services, Inc.



OCTOBER 2023

"The Heart of Natrona County"

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

QUESTIONS OR SUGGESTIONS?
CONTACT RAE
raea@casperseniorcenter.com



Over \$5000
was raised
for the
Senior Center
at the 2023
Thankful
Thursday
event.
We would like
to thank all of
our generous
donors!

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- 307 Healing Waters
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- Lime Leaf Asian Bistro
- Los Amigos Mexican Food
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- Nails by Meg
- Oil City Axe Company
- Olive Garden
- Outback Steak House
- Pam McCoy—Hair Stylist
- Paradise Liquors & Lounge
- Pretty Please Aesthetics/Amanda Parks
- Racca's Pizzeria Napoletana
- Red Lobster
- Rib & Chop House
- Ridley's Outfitter Liquor
- Riverbend Hunting & Shooting
- Ron & Alicia Loveland
- Taylor's Sports Bar & Spirits (Evansville)
- Ugly Bug Fly Shop/Crazy Rainbow Fly Fishing
- University of Wyoming
- Wagner's Outdoor Outfitters
- Wyoming Gun Company
- Wyo Shirt & Gift
- WyoMovies

We also greatly
appreciate
Townsquare
Media for all
their hard work
and The Beacon
Club for
hosting us and
our supporters!



Try to Find This!

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

Hidden twice
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
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Kate Maxwell..... Secretary

Members

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

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Michael Bond

Executive Director

Aimee Ottley-Fleming

Director of Operations

Tom Lebahn

Assistant Director

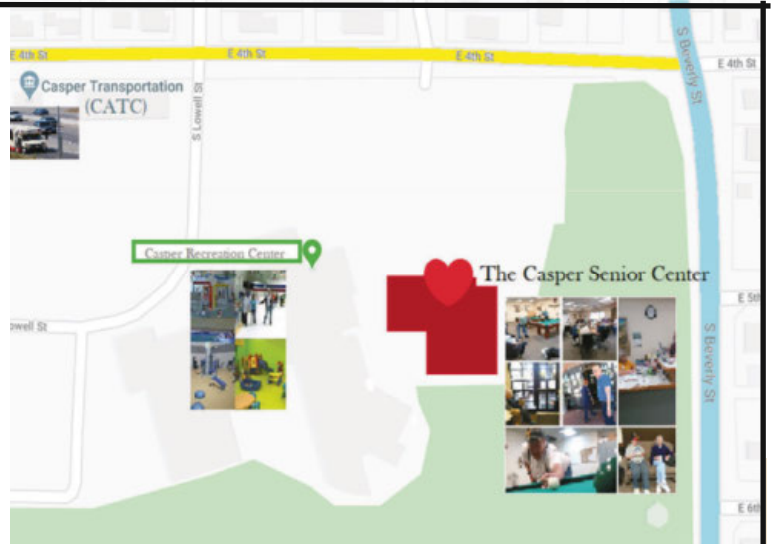
Rachel Brown

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.

From the Desk of the President:

Kim Cooper and the kitchen staff are planning Oktoberfest on October 2, 2023.

Did you know that Oktoberfest was first celebrated in Munich in 1810 in honor of Prince Ludwig's marriage to Princess Therese von Sachsen-Hildburghausen? The festivities began October 12, 1810, and lasted nearly a week until October 17, ending with an exciting horse race.

Please join us on October 17, 2023 when the staff will host a panel from the Senior Network who will provide information on Open Enrollment which begins November 1, 2023. This is a great opportunity to have your questions answered.

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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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:



P. 2



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

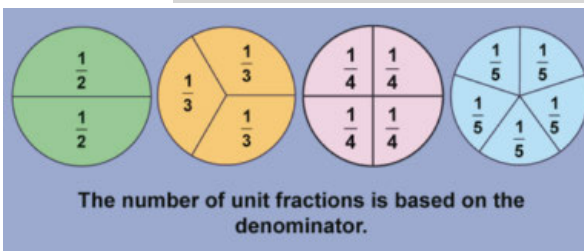
Mills: Noon to 1:00pm

Evansville: Noon to 1:00 PM

Reservations Required at the Mills and Evansville Sites

MENU IS SUBJECT TO CHANGE

Answer to the September Riddle:
A Fraction!



RIDDLE

Darkness, dust, cobwebs, creaking floors;
Secrets, spirits, strange noises like slamming doors;
What am I?

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



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
Beginner Intermediate

“We DO NOT Jump, Stand on One Foot,
or Go Around in Circles.”

Coffee with the Board! Déjà Brew

Second Tuesday of
every month,
10AM—11AM



CWSS will celebrate
Oktoberfest
in the Dining Room
on Monday, October 2nd.
German Menu & Music!

NEW!

Meditative Drum Circle
will meet
Mondays from 6:30-7:30PM
starting October 2nd
in the Library.

Percussion instruments
(drums, shakers, bells, etc.)
will be provided or
you may bring your own.
FREE activity open to all ages.
Contact Brenda Evans, 307-247-0485

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Improver Class
Tuesdays 10AM—11AM

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- Prescription Expense Help
- And much more!


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Text your ZIP code to 898211

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Bill Clough**

wclough@lpicommunities.com
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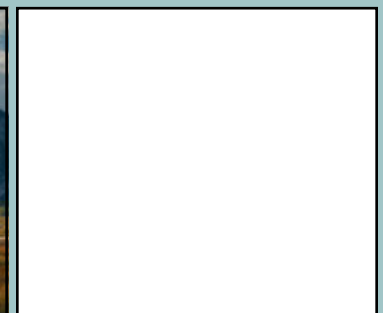
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Kevin C. Murphy
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Branch Manager

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THE SURPRISING HISTORY OF PUMPKIN SPICE

BY NINA FRIEND | PUBLISHED AUGUST 24, 2021
<https://www.foodandwine.com/lifestyle/pumpkin-spice-history>

The ubiquitous spice blend is more than 223 years old.

When we talk about pumpkin spice, it's important to distinguish between two eras: before the PSL and after the PSL. PSL, of course, stands for Pumpkin Spice Latte, the seasonal, cream-topped Starbucks beverage that returned to the company's cafes on August 24th {of 2021}—the earliest rollout of the drink since its original launch in 2003.

Before the PSL, pumpkin spice referred to a blend of spices that was used to flavor pumpkin pie, often containing cinnamon, nutmeg, ginger, allspice, and cloves. The spice blend has long been a part of the American baking tradition. In fact, there are two recipes for spice-filled "pomkin" pie in Amelia Simmons' 1798 reprint of her cookbook *American Cookery* one made with nutmeg and ginger, the other with allspice and ginger.

Centuries later, in the late 1930s, spice manufacturing companies like Thompson & Taylor Spice Co and McCormick & Company came out with a revolutionary product: Pumpkin Pie Spice, a pre-blended mix that meant bakers could buy one spice instead of several. Thompson & Taylor's version, released in 1933, included nine spice. Today, McCormick's blend, which was originally launched in 1934, includes four spices: cinnamon, ginger, nutmeg, and allspice, plus sulfiting agents.

Uses for the spice blend didn't stop at pie, though. While it's unclear who the first person was to add pumpkin spice into a latte (the idea to combine the two likely wasn't a Starbucks invention) the Starbucks employee credited with bringing the idea to the company is Peter Dukes, then the director of espresso, whose team created other seasonal drinks like the eggnog latte and peppermint mocha. (Fun fact: In the course of developing the PSL, the Starbucks research and development team poured espresso shots on top of pumpkin pies, tasting different combinations to

determine the best ratio of cinnamon and nutmeg to coffee and steamed milk. But it wasn't until 2015 that Starbucks started including real pumpkin in the drink.)

Although the PSL debuted in only 100 Starbucks stores in Vancouver, BC, and Washington, DC, it's now available as a seasonal menu item around the world, and has become Starbucks' most popular seasonal beverage of all time. Since 2003, Starbucks has sold more than 424 million PSLs in the U.S. alone.

Pumpkin spice has become a cultural icon, a representation of autumn as emblematic as changing leaves. The drink's unforeseen popularity gave rise to an entire market of pumpkin spice products, leading up to the point we're at today, with pumpkin spice-ified versions of everything from hummus to hard seltzer, marshmallows to mac and cheese.

While Starbucks can be credited with jump-starting the global obsession, it's a good thing they decided against calling the PSL "Fall Harvest Latte," one of the original name contenders, because FHL just doesn't have the same ring. And fall harvest SPAM? We'd take the pumpkin spice version any day. ***



<https://stories.starbucks.com/press/2023/starbucks-pumpkin-spice-latte-returns-for-its-20th-year-on-aug-24/>

Starting Thursday, August 24, the Starbucks fall menu returned, and customers can celebrate the 20th anniversary with their first sip of PSL. The fall menu also features two new seasonal beverages, Iced Apple Crisp Oatmilk Shaken Espresso and Iced Pumpkin Cream Chai Tea Latte, as well as the new Baked Apple Croissant. Returning customer favorites include Pumpkin Cream Cold Brew, Apple Crisp Oatmilk Macchiato, Pumpkin Cream Cheese Muffin, and Owl Cake Pop. The fall food and beverages are available for a limited time, while supplies last.

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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Central Wyoming Senior Services, Casper, WY

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Notes from the Kitchen

Since 1972, the national Senior Nutrition Program has supported nutrition services for older adults across the country. Funded by the Older Americans Act (OAA), local senior nutrition programs serve as hubs for older adults to access nutritious meals and other vital services that strengthen social connections and promote health and wellbeing.

<https://acl.gov/snp50>

Senior nutrition programs reduce hunger and malnutrition



More than 10 million older Americans face hunger each year.



More than half of participants say a nutrition program meal supplies more than 50% of their daily food.

#SeniorNutritionProgram • acl.gov/senior-nutrition

- Hunger in Older Adults: Challenges and Opportunities for the Aging Services Network. Meals on Wheels America, 2017.
- National Survey of Older Americans Act Participants, 2021.



Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

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

MEAL CALENDAR

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Swiss Steak Mashed Potatoes Roasted Asparagus Pepper Slaw Corn Muffin Peach Pie	2 OKTOBERFEST Bratwurst & Kraut OR Runza German Potato Salad Apple Cake	3 Tator Tot Casserole Broccoli & Carrots Wheat Roll Fresh Grapes Sugar Cookie	4 BBQ Pork Meatballs Rice Pilaf Classic Mixed Veggies Tossed Vegetable Salad Baked Apples	5 Chicken Fajitas Lettuce & Tomatoes Black Beans Spanish Rice Diced Peaches	6 Clam Chowder Egg Salad Sandwich on Rye Bread Broccoli Almond Slaw Apricot Halves	7 MENU SUBJECT TO CHANGE
8 Chicken & Noodles Creamed Corn Vinegar Cucumbers Cheddar Biscuit Mixed Berries	9 Western Egg Bake Breakfast Sausage Potato Medley Tossed Green Salad Boston Brown Bread Tropical Fruit	10 Ham & Scalloped Potato Casserole Garden Mix Veggies Onion Roll Apple Crisp	11 Stuffed Pepper Sweet Potatoes Almond Green Beans Wheat Roll Banana Bar	12 French Dip Baked Potato Creamed Corn Hearty Tossed Salad Butterscotch Pudding	13 Fish Florentine Continental Rice Peas & Carrots Tomato Basil Salad Mandarin Oranges	14
15 Glazed Ham Oven Brown Potatoes California Veggies Applesauce French Bread Brownie	16 Swedish Meatballs Brown Rice Key West Vegetables Tossed Salad Honey Wheat Roll Blueberries	17 Red Chili Cinnamon Roll Tomatoes & Cucumbers Fresh Strawberries	18 Beef Pot Pie Braised Cabbage Dill Cucumbers Raisin Wheat Bread Sliced Peaches	19 Split Pea Soup Ham Salad on Wheat Celery & Carrots Strawberry Fruit Parfait	20 Lemon Tilapia Tomato Pasta Spinach Cottage Cheese Sunflower Bread Gingered Pears	21 MEALS COME WITH MILK & BREAD
22 Roasted Chicken & Potatoes Baby Carrots Russian Salad Mandarin Orange Cake	23 Chicken Fried Steak Mashed Potatoes Zucchini Squash Tomatoes Basil Salad Peach Jell-O	24 Deli Dog Potato Salad Celery and Carrot Stix Fruit Cocktail Frosted White Cake	25 Biscuits & Gravy Hash Browns Scrambled Eggs Sliced Tomatoes Fresh Peaches	26 Roast Lamb Baked Potato California Vegetables Hearty Tossed Salad Bread Pudding	27 Happy Birthday Meal! Pork Wings Root Vegetables Corn Radish Slaw Potato Roll Fruit Cocktail Cake 	28
29 Pork Roast Brown Rice Country Blend Tossed Salad Apple Pie	30 Spaghetti Italian Veggies Mixed Green Salad Garlic Roll Raspberry Jello	31 HAPPY HALLOWEEN! Glazed Chicken Risotto Scandinavian Blend Carrot Raisin Salad Mixed Summer Fruit				

Gifts & Memorials

Note: This is a list for Gifts & Memorials given between August 24th—September 22nd, 2023. If donations were made between those dates and you were not recognized, please see the office.

Memorials

Virginia Bila

Robert & Linda Blackstone
Mary C Moler
Ron & Rachel Brown

Gifts

Karen Brannon
Frank C Stofflet
Chuck Mason Family
First Church of the Nazarene
Marjorie Love

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 name of the person you wish to be remembered.

OCTOBER

from 'A Calendar of Sonnets' by Helen Hunt Jackson

<https://www.gutenberg.org/files/9825/9825-h/9825-h.htm>

The month of carnival of all the year,
When Nature lets the wild earth go its way
And spend whole seasons on a single day.
The spring-time holds her white and purple dear;
October, lavish, flaunts them far and near;
The summer charily her reds doth lay
Like jewels on her costliest array;
October, scornful, burns them on a bier.

The winter hoards his pearls of frost in sign
Of kingdom: whiter pearls than winter knew,
Or Empress wore, in Egypt's ancient line,
October, feasting 'neath her dome of blue,
Drinks at a single draught, slow filtered through
Sunshiny air, as in a tingling wine!

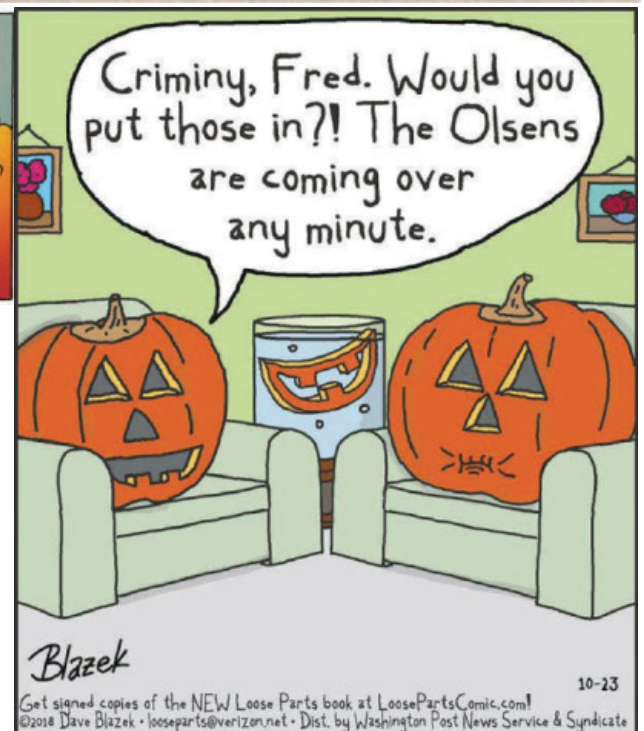


If you turn 60 or older on your birthday in October, bring this coupon to the office for your meal ticket.

Name

Birthdate

Courtesy of C.W.S.S.



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 October 19th** from **1PM—3PM**

Getting a ride to dialysis in an ambulance? Make sure it wasn't billed as an emergency trip.



Are you a Medicare beneficiary in need of dialysis? Make sure you don't get billed for emergency services when you travel to a scheduled dialysis appointment in an ambulance! Get the care you need without the worry of extra costs. For help, call the Wyoming SMP at (800) 856-4398.



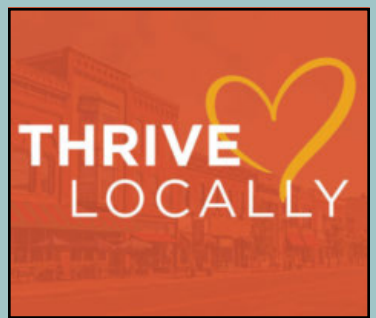
Stay curious in the new year.

The love of learning doesn't end at 50.

OLLI at Casper College is the place where you can **Stay Curious.**



Join today!
307-268-3401

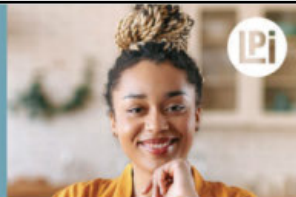


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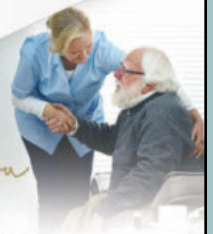
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Ruth Doyle generously shared her Native American cultural art painted by Virginia Stroud. Stroud stated, "I paint for my people. Art is a way...perhaps the only way for our culture to survive." Her art prints were supported by plates featuring native spirit riders on horses...and beautiful Rake pottery by Ernie Trujillo. Rake pottery is created by bringing the clay to a temperature of 2000° then plunging it into a barrel of paper; the paper burns, creating the colors on the piece. No two are ever the same color...and even the potter does not know what color will be produced from the firing.





CASPER AREA CHAMBER OF COMMERCE



United Way of Natrona County



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

Rotary District 5440



The Employees of:



“

Gratitude is a quality similar to electricity: It must be produced and discharged and used up in order to exist at all.

—

WILLIAM FAULKNER

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October 15-December 7**
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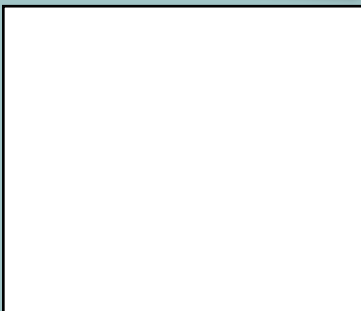
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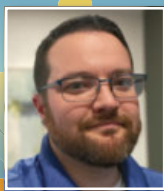
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ACTIVITIES FOR EVERYONE* *

** (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)/3PM—4PM (Déjà Brew)
Binding Friends	Monday	6:00PM—8:00PM (CNF)
BINGO! [<i>\$0.50/card</i>]	Thursday	12:30PM—2:00PM (CNF)
Bridge	Wed/Fri	12:00PM&12:30PM—4:00PM (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 (Beginner) Thursday	10:30AM—11:45AM (AR) 10:30AM—11:30AM (DF)
Coffee with the Board	2nd Tuesday	10:00AM (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 Beginner Line Dancing Improver	Tuesday	9:00AM—10:00AM (DF) 10:00aM—11:00AM (DF)
Mexican Train Dominoes	Sun/Mon/Thurs	1:00PM—4PM-ish (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)

Worland Man's Gigantic Pumpkin Over 1,700 Pounds and Still Growing

By Andrew Rossi

September 17, 2023

<https://cowboystatedaily.com/2023/09/17/worland-mans-gigantic-pumpkin-over-1-700-pounds-and-growing-fast/>



Jay Richard entered 2023 with one goal: grow a 2,000-pound pumpkin by the end of September. Within days of an important deadline, the Worland grower doesn't think he'll get there. But he's close.

This is the Worland man's first year growing pumpkins in his new greenhouse custom-built for what he calls Project P2K. Under carefully controlled conditions, he anticipates a big future growing in a rainforest rather than a high desert.

In late July, Richard's largest pumpkin, "Marion," weighed 770 pounds. On Sept. 17, it weighed more than 1,750 pounds and still

growing. While it may miss the 2,000-pound mark, Richard isn't upset in the slightest. This has been the most successful season he's ever had. Joanie, the second pumpkin growing in the greenhouse, weighed more than 1,500 pounds. Then there's Old Leather, a third pumpkin growing outside the greenhouse in his traditional pumpkin patch. Even that pumpkin without the benefit of a greenhouse is growing extraordinarily well, weighing almost 1,250 pounds.

Richards will be hauling Marion to weigh-ins like the Center Street Giant Pumpkin Festival in Logan, Utah.

While a 2,000-pound pumpkin wasn't grown in Worland this year, Richard has learned "tons" about what he'll need to get a 1-ton pumpkin. He has every confidence that he'll get there in his new greenhouse.

The real celebration of this year's pumpkins will be the annual Wyoming State Pumpkin Championship Weigh-Off in Worland. That includes the Pumpkin Drop, when one of Richard's massive gourds will be dropped from a 200-foot crane.

Richard wants Old Leather to make the ascent this year. Still gaining up to 17 pounds a day, it could be the largest pumpkin ever dropped in Worland. To make things more interesting, Young's Camper Repair in Worland has donated a motor home to be crushed.

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"The Heart of Natrona County"



Photo by Katerina Kerdi on Unsplash

PARTING THOUGHTS

*"Listen! The wind is rising, and the air is wild with leaves,
We have had our summer evening, now for October eves!"*

~ British Poet Humbert Wolfe ~

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!
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Opportunities:

If you are interested, please see the office.

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

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Thank You Always!