

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

SEPTEMBER 2023

QUESTIONS OR SUGGESTIONS?
CONTACT RAE
raea@casperseniorcenter.com

*Central Wyoming Senior Services would like to thank the following
businesses & individuals for their purchase and donation of*

4-H/FFA livestock

in support of our senior meals program:

*We commend you for supporting our seniors
and the youth involved in **4-H** and **FFA** programs!*

Central Truck & Diesel/Bobcat
Dr. Gail Mahnke
Fremont Motors of Casper
JoAnn True
Granite Peak Group
Joe Scott Enterprises
Frenchman Valley Co-op
Johnson Restaurant Group

Knife River Materials
MCM Companies
McMurry Foundation
Rooster Ranch
OXY
Ziehl Farms
Wyoming First Foundation
Wyoming Insulation, LLC

Thank You

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 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

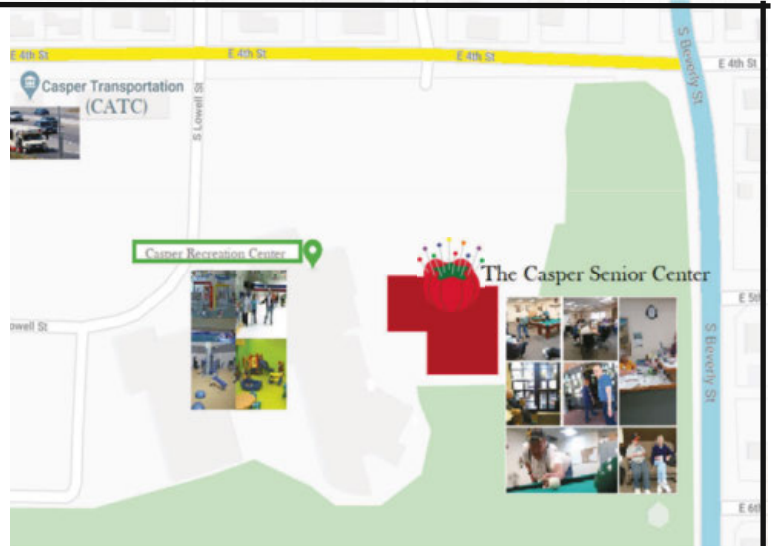
Rachel Brown

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:

Central Wyoming Senior Services will be the featured organization at Beacon Club's Thankful Thursday on September 21, 2023 at 5:00pm. Aimee, the Future Planning Committee, the Board, and Staff are preparing nice packages for the auction. All proceeds will go to the Center. This will be another nice fundraiser for us.

Kim and the kitchen staff are planning a nice Labor Day Barbecue Lunch on September 1, 2023. Please come and join us.

Mark your calendars for 11:00am on September 15 for a presentation by Elkhorn Valley Rehabilitation Center on preventing falls. More than one-third of people 65 and older fall each year. In addition, 20% of falls cause serious injury, and 95% of hip fractures are caused by falls. Learn how to lower your risk for a fall on September 15, 2023, immediately after chair exercise class.

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 or 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:



Mystery Art:

P. 4



Do I look more familiar like this?

P. 13



Answer to the August Riddle:
A Bowling Ball!



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

Always a part,
never a whole,
watch me shrink
as half of me grows.

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

LABOR DAY BBQ
FRIDAY, SEPT. 1ST

SATURDAY DANCE
(ALL AGES WELCOME!)
\$6 COVER CHARGE
SEPTEMBER 9TH
5PM-9PM
POTLUCK DINNER SERVED AT 6PM

**The Senior Center
will be closed**
**Sunday, September 3rd
&
Monday, September 4th**
**in observation of
Labor Day 2023**



**The
Compassionate
Friends**
Supporting Family After a Child Dies

Quarterly Meeting
Wednesday, September 6th
7PM in Conference Room
Meets 1st Wednesday
March/September/December
& Summer BBQ in June

New Member Coffee
**2nd Tuesday
of Every Month**
10AM in Déjà Brew
NEXT DATE:
September 12th

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.*

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Need help looking for information?
Wyoming 211 can help!

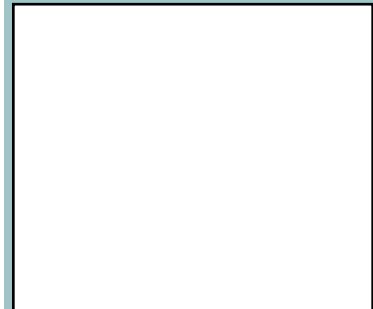
- Food Pantries
- Mental Health Services
- In Home Assistance
- Prescription Expense Help
- And much more!

Call 211
Visit www.wyoming211.org
Text your ZIP code to 898211

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CONTACT ME
Bill Clough

wclough@lpicommunities.com
(800) 950-9952 x2635

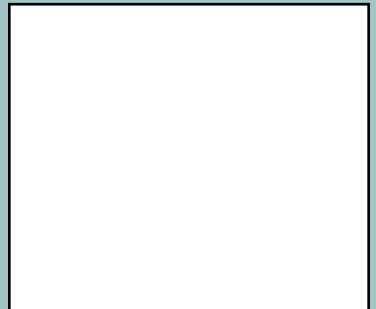


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emailed to you.

Visit www.mycommunityonline.com



SPOTLIGHT

What happened in 1908? Year in Review

Major News:

- ✦ January 13—Henri Farman becomes the first person to fly an observed circuit of more than 1KM, winning the Grand Prix d'Aviation
- ✦ Star #46 is added to the US flag honoring the admission of Oklahoma to the Union on November 16, 1907
- ✦ March 5—First documented ascent of Mt. Erebus, Antarctica by mountaineers from Shackleton's Nimrod Expedition
- ✦ April 5—American actress Bette Davis (*Jezebel*; *All About Eve*) born in Lowell, Massachusetts
- ✦ May 23—Dirigible explodes over San Francisco Bay: 16 passengers fall, none are killed
- ✦ June 12—Lusitania crosses Atlantic in record 4 days, 15 hours (Liverpool, England—NYC)
- ✦ June 30—A giant fireball, most likely caused by the air burst of a large meteoroid or comet, flattens 80 million trees near Stony Tunguska River in Yeniseysk Governorate, Russia, in the largest impact event in recorded history
- ✦ July 1—"SOS" (. . . - - - . . .) distress signal becomes the worldwide standard for help
- ✦ August 12—Henry Ford's company builds the first Model T car
- ✦ August 17—Bank of Italy (*now Bank of America*) opens new HQ in the Bank of Italy building at Clay & Montgomery in San Francisco
- ✦ September 9—Orville Wright makes 1st 1-hour airplane flight at Fort Myer, VA
- ✦ September 16—Carriage-maker William C. Durant founds General Motors (Flint, MI)
- ✦ September 27—First Ford Model T automobile leaves the Piquette Plant, Detroit, MI
- ✦ October 14—Chicago Cubs beat Detroit Tigers to clinch World Series title 4-1
- ✦ November 3—William Howard Taft is elected the 27th United States President
- ✦ December 2—Child Emperor Pu Yi ascends the Chinese throne at age 2

Anne of Green Gables

by Lucy Maud Montgomery

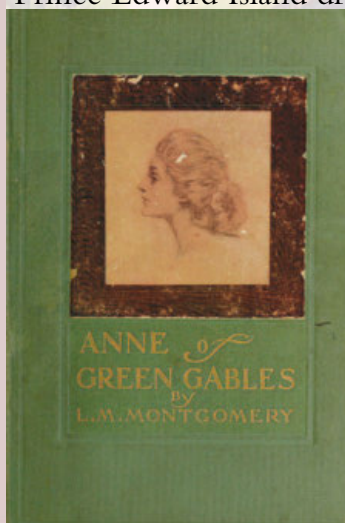
<https://www.biblio.com/anne-of-green-gables-by-montgomery-l-m/work/6786>

Anne of Green Gables is the first novel by Canadian author Lucy Maud Montgomery. The story tells of the adventures of Anne Shirley, an 11-year-old orphan girl who is mistakenly sent to Matthew and Marilla Cuthbert, a middle-aged brother and sister who had intended to adopt a boy to help them on their farm in Prince Edward Island.

Like many of her contemporaries, Montgomery did not consider submitting her first novel to a Canadian publisher, convinced that a more lucrative deal could be made with an American firm. The novel was completed in 1905, but was rejected by four major American publishing houses, and it was not until 1907 that Montgomery found a publisher.

Anne of Green Gables was first published by L.C. Page & Co. in Boston in 1908. Bound in green cloth, true first editions state "First Impression, April 1908" on the copyright page and contain 8 illustrations by M.A. and W.A.J. Claus. In 2009, a first edition of *Anne of Green Gables* sold for \$37,500 at a New York auction.

Anne of Green Gables has sold more than 50 million copies and has been translated into more than 30 languages. Following the success of her first novel, Montgomery went on to write seven more books about Anne, following the beloved protagonist through adulthood and motherhood. Several novels in the series have been adapted and made into a successful television miniseries. Montgomery museums, plays, and houses on Prince Edward Island draw international visitors.



Senior Paint Party!

Instruction by:



September 20th
1:30PM

\$5 Suggested Donation

RESTRICTED TO
25

PARTICIPANTS!



"It's to help you stop the late-night snacking."

AARP
Driver Safety

Limited Availability,
Registration Required (\$20/AARP member)
Thursday, September 14th
9am—1:30pm (off ½ hour for lunch)

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Central Wyoming Senior Services, Casper, WY

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Do Memory Problems Always Mean Alzheimer's Disease?

<https://www.nia.nih.gov/health/do-memory-problems-always-mean-alzheimers-disease>

Many people worry about becoming forgetful. They think forgetfulness is the first sign of Alzheimer's disease. But not all people with memory problems have Alzheimer's.

Other causes for memory problems can include aging, medical conditions, emotional problems, mild cognitive impairment, or another type of dementia.

Age-related memory changes

Forgetfulness can be a normal part of aging. As people get older, changes occur in all parts of the body, including the brain. As a result, some people may notice that it takes longer to learn new things, they don't remember information as well as they did, or they lose things like their glasses. These usually are signs of mild forgetfulness, not serious memory problems, like Alzheimer's disease.

FORGETFULNESS

Normal or Not?

Many people can become more forgetful as they age.

How can you tell the difference between

mild
forgetfulness



serious
memory problems

↓
like Alzheimer's disease?

Memory loss related to medical conditions

Certain medical conditions can cause serious memory problems. These problems should go away once a person gets treatment. Medical conditions that may cause memory problems include:

- ↳ Tumors, blood clots, or infections in the brain
- ↳ Some thyroid, kidney, or liver disorders
- ↳ Drinking too much alcohol
- ↳ Head injury, such as a concussion from a fall or accident
- ↳ Medication side effects
- ↳ Not eating enough healthy foods, or too few vitamins and minerals in a person's body (like vitamin B12)

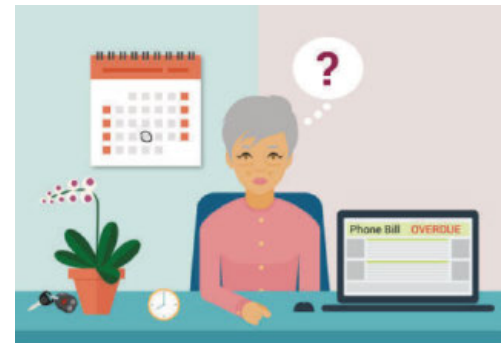
See what's typical and what's not:

NORMAL AGING

- Making a bad decision once in a while
- Missing a monthly payment
- Forgetting which day it is and remembering later
- Sometimes forgetting which word to use
- Losing things from time to time

ALZHEIMER'S DISEASE

- Making poor judgments and decisions a lot of the time
- Problems taking care of monthly bills
- Losing track of the date or time of year
- Trouble having a conversation
- Misplacing things often and being unable to find them



Although some forgetfulness comes with age, don't ignore changes in memory or thinking that concern you.

Visit www.nia.nih.gov/understanding-memory-loss for more information about forgetfulness and memory loss.





Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

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

MEAL CALENDAR

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED in observance of LABOR DAY	CLOSED HAPPY LABOR DAY	5 Roast Beef Mashed Potatoes Roasted Cauliflower Dill Cucumbers Wheat Roll Fresh Peaches	6 Turkey Pot Pie Bean Medley Tomato Basil Salad Brown Bread Red Grapes	7 Deli Wrap Pasta Salad Fresh Vegetables Spiced Peach Parfait Summer Squash Salad	1 LABOR DAY BBQ BBQ Ribs Potato Salad Baked Beans Corn On The Cob Root Beer Float	2
3 CLOSED	4 CLOSED	5 Roast Beef Mashed Potatoes Roasted Cauliflower Dill Cucumbers Wheat Roll Fresh Peaches	6 Turkey Pot Pie Bean Medley Tomato Basil Salad Brown Bread Red Grapes	7 Deli Wrap Pasta Salad Fresh Vegetables Spiced Peach Parfait Summer Squash Salad	8 Baked Tilapia Sweet Potatoes Herb Roasted Tomatoes Mandarin Spinach Salad Honey Wheat Biscuit Pistachio Cake	9
10 Roast Turkey Mashed Potatoes Sliced Carrots Cranberry Apple Sauce Tossed Salad Wheat Roll Pumpkin Pie	11 Spanish Steak Garlic Fettuccine Spinach Sunflower Bread Apricots Lemon Pudding	12 Chef's Salad Sliced Cucumbers Tomatoes Hard Boiled Egg Berry Muffin Gingered Pears OJ	13 Chicken & Dumplings Roasted Cauliflower Green Salad Strawberries/Bananas Raisin Bread	14 Lasagna Green Beans & Onions Caesar Salad Garlic Bread Stick Fruit Whip	15 Vegetable Soup Tuna Salad Cold Plate Whole Wheat Crackers Fresh Pineapple Oatmeal Raisin Cookie	16 MEALS INCLUDE MILK & BREAD
17 Pork Roast Oven Brown Potatoes Peas & Carrots Tossed Salad Apple Pie	18 Chicken Chow Mein Fried Rice Sesame Green Beans Asian Cucumbers Almond Cookie	19 Baked Ham Scalloped Potatoes Corn Whole Wheat Roll Carrot Cake	20 Pepper Cheese Soup Chicken Salad Sandwich On Wheat Bread Orange Wedge Apple Crisp	21 Lamb Tips Mashed Potatoes Asparagus Lettuce Wedge Wheat Bread Chocolate Pudding	22 Salmon Fillet Macaroni & Cheese Roasted Broccoli Cole Slaw Corn Bread Orange Sherbet	23
24 Beef Pepper Steak Brown Rice Zucchini Bake Coleslaw Wheat Roll Blueberry Crisp	25 Pork & Noodles Buttered Beets Pea Salad Cheddar Biscuit Baked Apples	26 Soft Shell Tacos Black Beans Spanish Rice Feta Corn Salad Brownie	27 Chicken Parmesan Garlic Pasta Braised Cabbage Creamy Cucumbers Garlic Toast Orange Jell-O Whip	28 Pork Chop Oven Brown Potatoes Corn O'Brien 3 Bean Salad Rosy Applesauce	29 Happy Birthday Meal! Oven Fried Chicken Mashed Potatoes Stewed Tomatoes Diced Pears Strawberry Shortcake 	30 MENU SUBJECT TO CHANGE

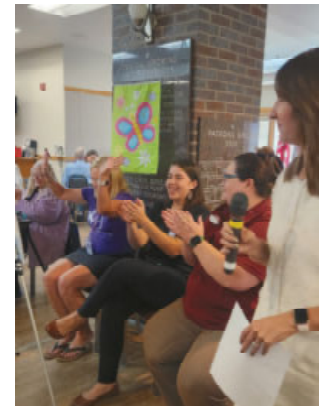
World Senior Citizens Day Information Fair 2023

Please join us in thanking the Vendors who joined us in making the 3rd Annual World Senior Citizens Day Information Fair such a success!

Antelope Health Center
Aspire Home Health
Banner Health—WMC & Volunteers
Banner Health Volunteers
The Bullock Agency
Casper Home Health
Casper Mountain Rehab & Care Center
Central Wyo. Hospice & Transitions
Community Action Partnership
Dr. Dodds
Elkhorn Valley Rehab

First Interstate Bank
Four Corners Health Care
Helping Hands
Hilltop Bank
Intermountain Home Companions
Life Care Center of Casper
Meadow Wind Assisted Living
Meals on Wheels
Mountain-Pacific Quality Health
Natrona County Library
OLLI at Casper College

Primrose Retirement Community
Pronghorn 307 Insurance
Serve Wyoming
UW Family Practice
Wind City Physical Therapy
Wyoming Center for Sight
Wyoming Dementia Care
Wyoming Relay
Wyoming Senior Citizens Inc
Foster Grandparents
Senior Companions



FALSE CLAIMS

MAY BE HIDING ON YOUR MSN

The grey bar indicates date of service and provider information.

Below that is the service or item provided.

Make sure these are correct!



SMP Senior Medicare Patrol
Preventing Medicare Fraud
SUPPORTED BY OIG & FINANCED FROM AG



It is so important to review your Medicare Summary Notices (MSNs) for false claims or potential scams. Sometimes you might get a pkg. like COVID-19 tests or a knee brace that makes you aware something isn't right. However, sometimes it is not sent and is just billed to Medicare, making it less obvious. The only way to know about these is to check your MSN.

To learn more about reading your MSN and how to report something that seems odd, call the Wyoming Senior Medicare Patrol (SMP) at 1-800-856-4398, or visit:

<https://smpresource.org/you-can-help/read-your-medicare-statements/>



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

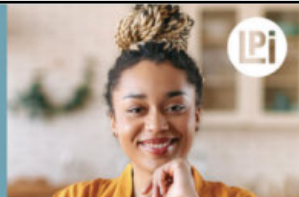


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Central Wyoming Senior Services, Casper, WY

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Gifts & Memorials

Note: This is a list for Gifts or Memorials given between July 22nd—August 23rd, 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.

Memorials

Elane Burkhalter
Ron & Rachel Brown
Errol Miller
Janet Field
Lucy Schoenewald
Clint Hopkins
Helen Hoff
Joan Leff
Lucy Schoenewald

Gifts

Frank C Stofflet
Dave C Gossin
Janet Hilde
Doris Graf
John Savage
Brighter Horizons



“What separates us from the animals, what separates us from the chaos, is our ability to mourn people we’ve never met.”

~Author David Levithan

How do leaves get from place to place?



In their autumn-mobile!

LearnFunnngJokes.com

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

Name: _____

Birthdate: _____

Courtesy of C.W.S.S.

Photo by Anne Nygård on Unsplash

And Now It's September,

By Barbara Crooker

<https://www.poetryfoundation.org/poems/154125/and-now-its-september>

and the garden diminishes: cucumber leaves ruffled and rusty, zucchini felled by borers, tomatoes sparse on the vines. But out in the perennial beds, there's one last blast of color; ignitions of goldenrod, flamboyant asters, spiraling mums, all those flashy spikes waving in the wind, conducting summer's final notes. The ornamental grasses have gone to seed, haloed in the last light. Nights grow chilly, but the days are still warm; I wear the sun like a shawl on my neck and arms. Hundreds of blackbirds ribbon in, settle in the trees, so many black leaves, then, just as suddenly, they're gone. This is autumn's great Departure Gate, and everyone, boarding passes in hand, waits patiently in a long, long line.

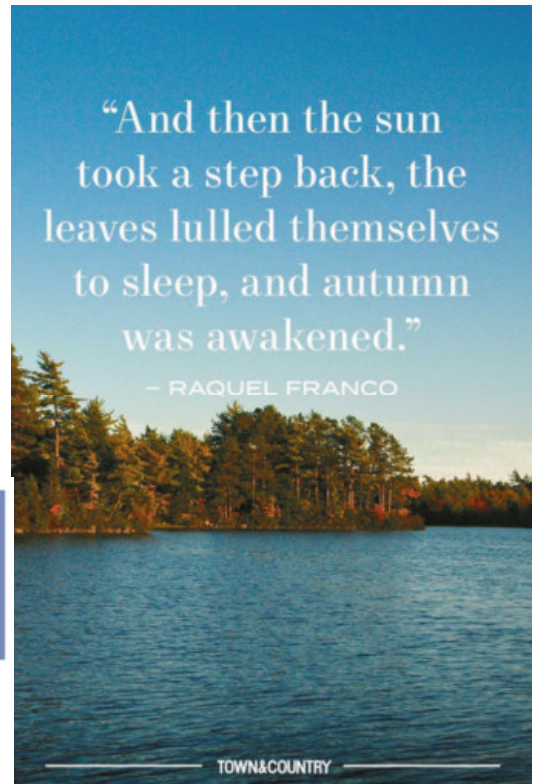


Reveille Rotary meets on Wednesday mornings at 7 A.M.

Rotary
District 5440



THANK YOU



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Central Wyoming Senior Services, Casper, WY

E 4C 05-0641

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)
Binding Friends	Monday	6:00PM—8:00PM (CNF)
BINGO!	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 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)
Coffee with the Board	2nd Tuesday	10AM (Déjà Brew)
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

Welcome To:

Déjà Brew

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

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

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

Thankful Thursday
at
THE BEACON CLUB
4100 W. YELLOWSTONE HWY | MILLS, WY 82644

Come support the Senior Center and have some fun!
Thursday, September 21st



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



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

GW MECHANICAL INC
YOUR PLUMBING & HEATING SPECIALISTS SINCE 1988

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SENIOR PATIENT ADVOCATES

Licensed Insurance Consultants
307-333-4324

Are you going to be **NEW** to Medicare, retiring, or have questions on your current Medicare coverage?
Let us be your Medicare Advocates.
We are working for YOU, not the insurance companies.

- Prescription Drug Coverage (Part D)
- Medicare Advantage Plans
- Medicare Supplement Plans

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. Krmptovich, Dr. Katz, Dr. Joubran
Dr. Parrack, Dr. Cooper, Dr. Fahed**
The doctors have treated the most Barrett's Esophagus patients in Wyoming.

You may also visit 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 sterlinglanier lanier on Unsplash

PARTING THOUGHTS

"I guess I'm just feeling September-ish... All the trees change color, the days get very clear—with a little smoke on the horizon from burning leaves. Pumpkins begin to come out."

~ American Children's Author George Selden ~

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.



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!