

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

JANUARY 2024

QUESTIONS OR SUGGESTIONS?
CONTACT RAE
raea@casperseniorcenter.com

Wow, we really made it! Can you believe it's 2024?

After the Covid pandemic, I seriously thought we were never going to return to the way things were. Heck, sometimes I couldn't even be sure we would make it just one more day! But that's okay, normal is as normal does...

Change does not have to be a bad thing. And we have many changes we will soon be seeing, several the result of ideas and decisions from 2023.

The first new thing this year? The Senior Center will close January 14—January 15. Martin Luther King Jr Day has been added to annual paid holidays for staff. We have traded off Mother's Day, which we will observe while open moving forward.

We are super excited to welcome Grace Becker and Lori Spearman to serve on our Board of Directors. We sadly say goodbye to Board members Miles

Hartung and Justine Murphey, who have served the Senior Center admirably during their terms. (*Miles & Justine, we are so grateful for you!*)

We also accomplished many things that we are so proud of:

- ⇒ We hosted our first Night at the Races offsite, what a great event!
- ⇒ We had a very successful Thankful Thursday night at the Beacon Club!
- ⇒ We brought on an employee to a long-vacant position as Facility Maintenance Technician! (*Welcome, Bill!!*)
- ⇒ We have several new groups meeting at the Center! (*Welcome, TOPS, Lions, Torchbearers, and drummers*)
- ⇒ We are working on our plan for additional fundraising, but more on that next edition...

What else will 2024 bring?

~Rae

Try to Find This!

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



Hidden Twice,
Find Both for
Two Entries!

INSIDE THIS ISSUE

Central Wyoming Senior Services Mission Statement

Our mission is to enrich the lives of individuals aged 60 and older by providing Community services and resources to maintain their dignity and independence.

Center Information.....	2
From the President.....	3
Misc. Info.....	4
Around the Center.....	5,7
Donations.....	6
Kitchen Notes.....	8
Meal Calendar.....	9
From our Partner.....	11
Spotlight.....	12
Thank You.....	13
Activities.....	14
Finance.....	15

WHO'S WHO AROUND THE CENTER

Board of Directors

Linda BlackstonePresident
Vacancy Vice President
Kim LatkaTreasurer
Kate Maxwell.....Secretary

Members

<i>Gloria Fuhrer</i>	<i>Errol Miller</i>
<i>Ray Bila</i>	<i>Debera Siems</i>
<i>Bob Carpenter</i>	<i>Susan Burk</i>
<i>Grace Becker</i>	<i>Lori Spearman</i>

City Council Liaison

Michael Bond

Executive Director

Aimee Ottley-Fleming

Director of Operations

Tom Lebahn

Assistant Director

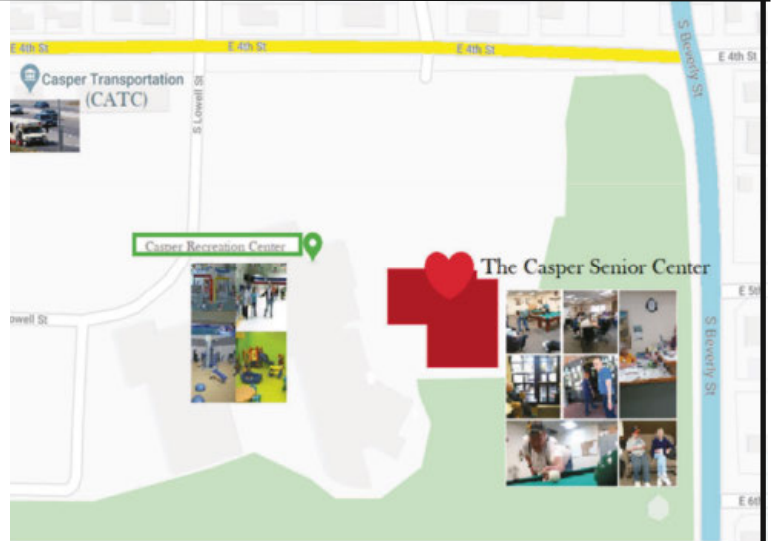
Rachel Brown

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:

I hope that everyone had a nice holiday and is ready for a new year. The month of January was named after the roman God, Janus, who appropriately represented new beginnings. He is depicted with two faces; one looks in the past, the other in the future. We appreciate your support for the Center in the past year and are looking forward to your continued support in the coming year.

Please join us January 9, 2024 at 12:00 pm when The Piano Girl, Evelyn Gernaat, will play piano and sing a variety of songs from oldies to country western to Beer Barrel Polka. She also takes requests. There are plenty of opportunities to sing along with old favorites. She is a fantastic performer.

As always, if you have ideas for improvements, activities or events, please let me or a staff member know.

Best wishes,

Linda Blackstone

Lblackstone7@gmail.com or 307-262-1028

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



Visit www.mycommunityonline.com

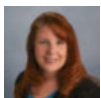


Casper Mountain
REHABILITATION & CARE CENTER

Serving to provide holistic care to our community.

4305 S. Poplar St., Casper, WY 82601
307-237-2561
<https://caspermountainhc.com>

Local help with your Medicare questions.



Sandra Skinner
Licensed Sales Agent
307-262-1498, TTY 711
sandra.skinner17@outlook.com
myuhcagent.com/sandra.skinner



St. Anthony Manor

NOW TAKING APPLICATIONS
HOUSING SENIORS 62 & OVER
& DISABLED REQUIRING
FEATURES OF ADA UNIT

RENT IS 30% OF INCOME

307-237-0843
211 East 6th St. • Casper WY 82601



For ad info. call 1-800-950-9952 • www.lpicommunities.com

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. 11



P. 13

Answer to the December Riddle:
Sugar Plums!

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

Evansville: Noon to 1:00 PM

Mills: Noon to 1:00pm

Reservations Required at the Mills and Evansville Sites

MENU IS SUBJECT TO CHANGE

RIDDLE

I can be broken,
without being held,
when kept I show trust
unparalleled.

What am I?

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



Happening Around the Center

Meditative Drum Circle
will meet
Mondays from 6:30-7:30PM
starting January 8, 2024
in the Library.

(No Meeting 1/1/2024)

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

Saturday
Senior Dances
January 13th
&
January 27th
Starting at 6PM
Potluck Dinner
\$6.00 Cover

New Member Coffee

2nd Tuesday
of Every Month
10AM in Déjà Brew

NEXT DATE:

January 9th

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
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



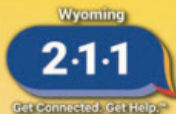
SafeStreets

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

Text your ZIP code to 898211

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Bill Clough

wclough@lpicommunities.com

(800) 950-9952 x2635

STIFEL

Murphy Henriksen Wealth
Management Group



Kevin C. Murphy

Senior Vice President/Investments
Branch Manager

(307) 232-9450

123 West First Street, Suite 500
Casper, Wyoming 82601

Stifel, Nicolaus & Company, Incorporated | Member SIPC & NYSE | www.stifel.com



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Central Wyoming Senior Services, Casper, WY

B 4C 05-0641

Gifts & Memorials

Note: This is a list for Gifts or Memorials given between November 18th—December 20th, 2023.

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

Memorials

Bill Wolfe

Janet Wolfe

Gifts

Frank C Stofflet

Kelly Wilson

Donna Klinker

Julie Klinker (in Honor of Donna)

John Savage

Casper Antiques & Collectors Club

Goodstein Foundation

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.

The Snow Man

by Wallace Stevens

One must have a mind of winter
To regard the frost and the boughs
Of the pine-trees crusted with snow;
And have been cold a long time
To behold the junipers shagged with ice,
The spruces rough in the distant glitter
Of the January sun; and not to think
Of any misery in the sound of the wind,
In the sound of a few leaves,
Which is the sound of the land
Full of the same wind
That is blowing in the same bare place
For the listener, who listens in the snow,
And, nothing himself, beholds
Nothing that is not there
and the nothing that is.



"You are never too old to set another goal or to dream a new dream."

C. S. LEWIS

WARNING

I'M RETIRED
I KNOW **EVERYTHING**
AND HAVE PLENTY
OF TIME TO TALK

APPROACH WITH CAUTION

"Be at war with your vices, at peace with your neighbors, and let every new year find you a better man."

~US Founding Father Benjamin Franklin



©Brian Crane Dist. by The Washington Post Writers Group

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

Name: _____

Birthdate: _____

Courtesy of C.W.S.S.



The Piano Girl

Join Evelyn Gernaat

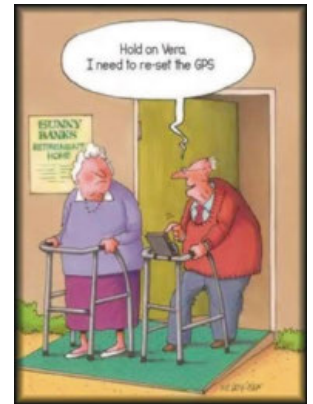
January 9, 2024, Noon

Oldies - 40's & 50's
Beer Barrel Polka
Country & Western
Big Band Era

Give her your request & Sing along

Also at the Center

Back by Popular Demand!!



Friday, February 2nd at 11:15AM

"Independent Living vs. Assisted Living"

Join us in the Dining Room for a great informational presentation!


PRIMROSE
RETIREMENT COMMUNITIES
PRESENTS:

SUPPORT OUR ADVERTISERS!



FREE
AD DESIGN
with purchase
of this space

CALL 800-950-9952

 **HILLTOP BANK**

WEALTH MANAGEMENT

- TRUST & ESTATE ADMINISTRATION
- CUSTOMIZED INVESTMENT MANAGEMENT
- CONSERVATORSHIPS
- RETIREMENT PLANS

(307) 577-3470 or (800) 473-0615 • www.hilltop.bank

Wealth management products are not FDIC insured, may lose value, and have no bank guarantee.

Hoffman Monuments and Stoneworks, LLC

Specializing in Monument and Natural Stone Designs and Engraving



MONUMENTS • NATURAL STONE
VASES • VAULTS • PORCELAIN PHOTOS
HEADSTONE CLEANING - CEMETERY LETTERING

307.577.6314

1205 South Melrose | Casper
www.hoffmanmonuments.com



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Central Wyoming Senior Services, Casper, WY

C 4C 05-0641



The 4 Foods You Should Never Store in Your Fridge Door

By Sara Haas, RDN/LDN | Updated October 17, 2023 | <https://www.simplyrecipes.com/4-foods-never-store-in-fridge-door-7975353>

Food safety experts and registered dietician nutritionists agree it's not safe.

Salad dressing, soy sauce, mustard, and jars of olives & pickles are some of the regular inhabitants of my refrigerator door. As a registered dietician nutritionist, I know what foods belong in the door and which ones should be stored elsewhere in the fridge. Find out why the door isn't the ideal place for everything and the four foods you should never keep there.

Why the Fridge Door Is a Tricky Spot to Store Certain Foods

Nothing is inherently wrong with the fridge door, it's a fine place for storing certain foods. However, since the fridge door is always being opened and closed, it's considered the warmest spot in the refrigerator.

"Items stored in the door have more opportunities to be exposed to the higher temperatures of the kitchen," says Kate Reeder, MCN/RDN/Certified ServSafe Instructor. "When the refrigerator is opened frequently and for longer periods of time than necessary, it'll have a harder time keeping things cool, especially those items stored in the door." That means you should keep highly perishable foods—ones that need to be kept at a lower temperature at all times—out of the door and inside the main compartment. Use the door for foods that aren't as perishable, ones that can handle the temperature fluctuation. Foods like condiments, pickles, olives, water, soda, and even juice are good candidates. Now it's time to address what shouldn't go in the fridge door. The food safety experts I interviewed agree that the following four foods should always be on the shelves of your fridge and never in the door. The list might be surprising since many refrigerators come equipped with dedicated storage in the door for some of these items.

1. Eggs, Milk, and Dairy

The Centers for Disease Control and Prevention (CDC) advises consumers to store eggs, milk, and other dairy products at 40°F or below. The only place that can consistently remain at or below that temperature is inside the fridge, not in the door. Culinary nutritionist Laura M. Ali, RD says that "even though many refrigerators have fancy door compartments designed specifically for eggs and milk, these items should never be stored in the door." Ali recommends storing eggs in their original carton on the middle or bottom shelf, towards the back of the refrigerator, to ensure they stay cold. As for the milk, "utilize your refrigerator's split, adjustable shelves to create the perfect place in the middle of the fridge, towards the back, for storing your milk."

2. Meat, Poultry, and Fish

Raw meat, poultry, and fish don't belong in the door of your fridge. According to the US Department of Agriculture (USDA), they should be stored at 40°F or below at all times. Raw meat will spoil easily if kept above those temperatures. Lauren Harris-Pincus, MS/RDN/founder of NutritionStarring-YOU.com/author of *The Everything Easy Pre-Diabetes Cookbook* agrees that the shelf life of fresh animal proteins is relatively short, so stay safe and avoid expensive food waste from prematurely spoiled meat.

Raw animal proteins also have the potential to cross contaminate foods on the same shelf or below, says Katie Schimmelpfenning, RD/found of Eat Swim Win. Store raw meat in the main compartment of the fridge, on the lowest shelf, preferable in a pan or other vessel with sides to contain potential juices running over.

3. Cut Produce

Are you storing cut fruits and vegetables in your refrigerator door? If so, Reeder recommends you stop. "Certain cut fruits and vegetables, specifically melons, tomatoes, and leafy greens, are considered higher risk foods." That's because, once cut, they are more susceptible to bacterial growth due to a combination of factors such as pH levels, higher temperatures, and moisture content. They're high-risk foods because they have been linked to foodborne illness outbreaks in the past. Store them in airtight food-safe containers in the main compartment of your refrigerator.

4. Leftovers

Leftover might be a gift to your future self—but they don't last forever. To help them last the recommended three to four days before enjoying or tossing, keep them in the main compartment of your refrigerator and not the door. Like cut produce, they are highly susceptible to bacterial growth, and keeping them below 40°F is the safest way to store them.

Investigate What's Inside Your Fridge Door

Now that you're inspired to make changes, consider cleaning out and organizing your refrigerator door. If you have peanut butter, honey, coffee beans, or anything that says it doesn't need to be refrigerated after it's opened, it doesn't need to be in the fridge at all—place them in your pantry. While you're there, open jars to make sure there is any visible mold growing inside, and toss any expired food. You'll make more space for that special condiment you've been eyeing.






Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

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

MEAL CALENDAR

January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 Smothered Chicken Mashed Potatoes Glazed Carrots Russian Salad Cherry Pie	1  CLOSED	2 Salisbury Steak Brown Rice California Vegetables Tossed Salad WW Roll Diced Peaches	3 Chicken Lo Mein Oriental Vegetables Creamy Asian Slaw Corn Muffin Apricots	4 Stuffed Pepper Sweet Potatoes Almond Green Beans Wheat Roll Cottage Cheese w/ Fruit	5 Lemon Pepper Tilapia Mac & Cheese Spinach Gingered Pears Sunflower Bread	6
7 Smothered Chicken Mashed Potatoes Glazed Carrots Russian Salad Cherry Pie	8 Western Egg Bake Breakfast Sausage Potato Medley Tossed Salad Brown Bread Tropical Fruit	9 Pork and Noodles Glazed Carrots Citrus Fruit Cherry Cookie	10 Tater Tot Casserole Broccoli & Carrots Fresh Grapes Wheat Roll Sugar Cookie	11 French Dip Baked Potato Creamed Corn Hearty Tossed Salad Butterscotch Pudding	12 Fish Florentine Continental Rice Peas & Carrots Tomato Basil Salad Mandarin Oranges	13 MEALS COME WITH MILK & BREAD
14  MARTIN LUTHER KING JR. DAY - CLOSED	15  CLOSED	16 Ham & Scalloped Potato Casserole Garden Mix Veggies Cabbage Slaw Onion Roll Baked Apples	17 Beef Pot Pie Braised Cabbage Dill Cucumbers Raisin Wheat Bread Sliced Peaches	18 Pork Medallions Brown Rice California Vegetables Garden Veggie Salad Citrus Fruit	19 Salmon Loaf Scalloped Potatoes Asparagus Tomato Cucumber Salad Berry Blend	20
21 Chicken & Noodles Creamed Corn Vinegar Cucumbers Cheddar Biscuit Mixed Berries	22 Glazed Ham Oven Brown Potatoes Catalina Veggies Applesauce French Bread Brownie	23 Lamb Stew Carrot Raisin Salad Cornbread Sliced Peaches	24 Porcupine Meatballs Rice Pilaf Broccoli Calico Slaw Wheat Biscuit Diced Pears	25 Taco Salad Lettuce Tomatoes Cheese Onions Rice Black Beans Pepper Slaw Red Grapes	26 Happy Birthday! Pork Wing Butternut Squash Corn Radish Slaw Fruit Cocktail Cake Potato Roll SALAD BAR	27
28 Hot Pork Sandwich Mashed Potatoes Country Blend Tossed Salad Apple Pie	29 Spaghetti Italian Veggies Mixed Green Salad Garlic Roll Raspberry Jello	30 French Toast Bake Scrambled Eggs Hash Browns Sliced Tomatoes Glazed Peaches	31 Creamy Tomato Soup Deli Hoagie Sandwich Pasta Salad Jello Salad Mandarin Oranges			MENU SUBJECT TO CHANGE

Winter Weather Terms

By Catherine Boeckmann | Last Updated: April 29, 2023
<https://www.almanac.com/content/winter-weather-terms>

Winter Storm Watches, Warnings, and Advisories

Know what the weatherman is talking about!

Sometimes meteorological terms can be hard to decipher, so find out what to expect from a winter storm warning or a windchill advisory with this overview of weather condition terms.

Winter Storm Watch

If a Winter Storm Watch is issued, hazardous winter weather is expected in the form of heavy snow, heavy freezing rain, or heavy sleet. Issued 12 to 24 hours before the event is expected to begin.

Winter Storm Outlook

A Winter Storm Outlook is issued prior to a Winter Storm Watch, usually 3 to 5 days in advance of a possible winter storm.

Winter Storm Warning

A Winter Storm Warning is issued when a dangerous combination of heavy snow, with sleet and/or freezing rain, will occur or has a high probability of occurring within the next 12 hours.

Blizzard Warning

A blizzard is a storm with large amounts of snow or blowing snow with sustained or gusty winds of 35 mph or more, and falling or blowing snow creating visibilities at or less than 1/4 mile for an extended period of time (at least 3 hours). When these conditions are expected, the National Weather Service will issue a 'Blizzard Warning.' When these conditions are not expected to occur simultaneously, but one or two of these conditions are expected, a 'Winter Storm Warning' may be issued (see above).

Windchill Warning

A Windchill Warning is issued when windchill temperatures are expected to be hazardous to life within several minutes of exposure.

Windchill Advisory

A Windchill Advisory is issued when windchill temperatures are expected to be a significant inconvenience to life with prolonged exposure,

and, if caution is not exercised, could lead to hazardous exposure.

Winter Weather Advisories

Winter Weather Advisories are issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-threatening situations.

Dense Fog Advisory

A Dense Fog Advisory is issued when fog will reduce visibility to 1/4 mile or less over a widespread area.

Snow Flurries

Snow flurries involve light snow falling for short durations. No accumulation or light dusting is all that is expected.

Snow Showers

Snow showers involve snow falling at varying intensities for brief periods of time. Some accumulation is possible.

Snow Squalls

Snow squalls are brief, intense snow showers accompanied by strong, gusty winds. Accumulation may be significant. Snow squalls are best known in the Great Lakes region.

Blowing Snow

Blowing snow is wind-driven snow that reduces visibility and causes significant drifting. Blowing snow may be snow that is falling and/or loose snow on the ground picked up by the wind.

Definition of Sleet

Sleet is made of rain drops that freeze into ice pellets before reaching the ground. Sleet usually bounces when hitting a surface and does not stick to objects. However, it can accumulate like snow and cause a hazard to motorists.

Freezing Rain

Freezing rain is rain that falls onto a surface with a temperature below freezing. This causes it to freeze to surfaces, such as trees, cars, and roads, forming a coating or glaze of ice. Even small accumulations of ice can cause a significant hazard.

A Word from our Partner:

The Senior Medicare Patrol (SMP) has heard reports of catheter kits showing up as claims on Medicare statements. These are being billed to beneficiaries who don't need them or use them. Please review your Medicare statements and look through all claims. If you see something, say something!
1 800 856-4398



The SMP is hearing reports of catheter kits showing up on beneficiaries' Medicare statements when they weren't ordered or necessary. Be sure to report any claims that seem suspicious to the



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

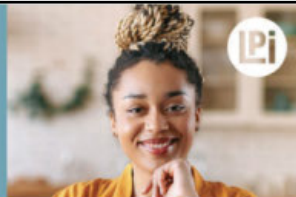


WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community

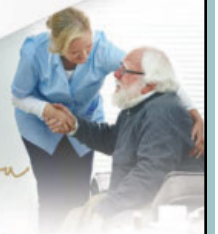


Contact us at
careers@4lpi.com or
www.4lpi.com/careers

CENTRAL WYOMING
HOSPICE
& TRANSITIONS

With you

CALL FOR PROGRAM INFORMATION
307-577-4832 CentralWyomingHospice.org



SPOTLIGHT

The 1954 Hurricane Season

By Robert C. Gentry | <https://www.tandfonline.com/doi/abs/10.1080/00431672.1955.9930360>

The 1954 hurricane season was featured by three important storms, Carol, Edna, and Hazel, which struck the northeastern United States. For the first time in history, New England, heretofore believed largely out of the hurricane belt, had two real hurricanes in one year. By contrast, none of the coast from Texas through Florida to Georgia, the very heart of the United States hurricane belt, was affected by hurricane force winds. Eight tropical storms, six of hurricane intensity, were tracked during the season. This number is about normal, but the storm tracks were very abnormal.

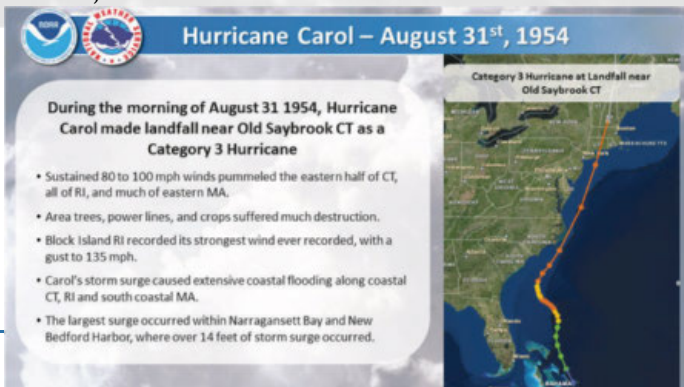
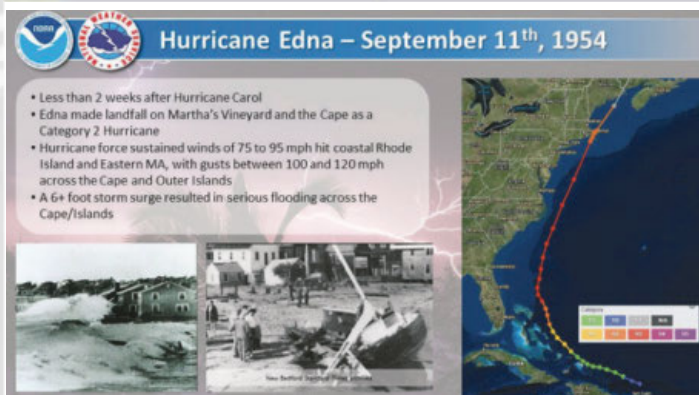
Several new records were set during the season. Property damage in the United States was at an all-time high. Carol caused more damage to property and crops than any previous hurricane in history. Lloyds of London estimated that total damage from the eight storms in all areas of the Western Hemisphere was over \$1.35 billion—another record by a sizable sum. Even with incomplete reports from Hazel, we know that more damage was caused in the United States from hurricanes in 1954 than in the preceding 15 years combines. In addition, Hazel, one of the century's great hurricanes, established several individual records.

What happened in 1954?

Year in Review

Major News:

- ✦ January 1—20th Orange Bowl (#4 Oklahoma vs. #1 Maryland), Sugar Bowl (#8 Georgia Tech vs. #10 West Virginia), and Rose Bowl (#3 Michigan State vs. #5 UCLA) games are played
- ✦ January 17—Oceanographer, Explorer, and Scientist Jacques Cousteau has 1st network telecast on 'Omnibus' (now CBS)
- ✦ February 18—The first Church of Scientology is established in Los Angeles, CA
- ✦ March 15—'CBS Morning Show' premieres, featuring Walter Cronkite & Jack Paar
- ✦ April 25—Bell Telephone Laboratories announce invention of 1st solar battery made from silicon (it has about 6% efficiency)
- ✦ May 17—US Supreme Court unanimously rules on *Brown v Topeka Board of Education*, ruling reverses 1896 'separate but equal' *Plessy v Ferguson* decision ruling racial segregation in public schools
- ✦ June 14—US President Dwight D Eisenhower signs order adding 'under God' to the Pledge of Allegiance
- ✦ July 19—Elvis Presley's debut single, a cover of Arthur Crudup's 'That's All Right,' released
- ✦ August 27—New terminal dedicated at San Francisco International Airport (SFO), kicking off 3-day open house and flight festival
- ✦ September 11—1st Miss America TV broadcast; 19-year-old Lee Meriwether of California crowned 27th Miss America
- ✦ October 24—US President Dwight D Eisenhower pledges support to South Vietnamese President Ngo Dinh Diem's government and military forces
- ✦ November 10—United States Marine Corps War Memorial (Iwo Jima Memorial) officially opens with dedication ceremony by President Eisenhower
- ✦ December 4—The first Insta-Burger King, the predecessor to modern day Burger King, opens in Miami, FL





United Way
of Natrona County

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



Rotary
District 5440



The Employees of:



CASPER AREA
CHAMBER OF COMMERCE



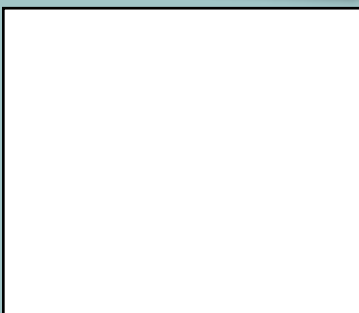
**Annual Enrollment Period
October 15-December 7**
Call for your complimentary Medicare
benefits review appointment!

**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

**SUPPORT OUR
ADVERTISERS!**

Wyoming's Local Choice for Seniors!

Smartt Medicare
Insurance made simple. **Supplements
& Annuities**

[844] 989-5263
www.smarttins.com

Wyoming Owned for more than 15 years
with 4 Locations Across OUR great state

ERIC SMARTT CASEY GRISHAM

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) 3PM—4PM (Déjà)
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 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

Deals on Wheels is accepting Donations!
Jewelry | Purses
Wallets
Home Décor



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!

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

- Water Softeners Installed
- Water Heaters • Tankless Water Heaters
- Hot Water Boilers
- Shower • Toilets • Sinks • Faucets

CALL US FOR YOUR PLUMBING NEEDS!
307-472-2081 • GWMechanical.com




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.



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
to learn more online

1441 Wilkins Circle • Casper, Wyoming 82601

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO




lpicommunities.com/adcreator



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Central Wyoming Senior Services, Casper, WY

F 4C 05-0641



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



PHOTO BY MYRIAM ZILLES ON UNSPLASH

PARTING THOUGHTS

"There will come a time when you believe everything is finished; that will be the beginning."

~ American Author Louis L'Amour ~

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 from our amazing community and members and resolve to make the best of serving you in 2024!

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!