

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

FEBRUARY 2024

QUESTIONS OR SUGGESTIONS?
CONTACT RAE
raea@casperseniorcenter.com

The Senior Center saw a holly jolly holiday season in 2023! With the support of our many generous donors, we are pleased to report a net profit of more than **\$6,000.00**

raised through our 2023 Christmas Giving Letter Campaign. The generosity of the following donors has made a grand impact on helping the Center fulfill our mission of serving the aged 60 and over population in Natrona County and surrounding areas.

Thank you, donors!

Photo by Hert Niks on Unsplash

- \$ Ron & Rachel Brown
- \$ Lucy Schoenewald
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- \$ Loretta Marvel
- \$ Kimberle Latka
- \$ Terry Blakeslee
- \$ Karon Windle
- \$ Karen Brannon
- \$ Mary Ellen Schneider

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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!

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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INSIDE THIS ISSUE

WHO'S WHO AROUND THE CENTER

Board of Directors

Linda BlackstonePresident
Bob Carpenter..... Vice President
Kim LatkaTreasurer
Kate Maxwell.....Secretary

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Gloria Fuhrer *Errol Miller*
Ray Bila *Debera Siems*
Susan Burk *Grace Becker*
Lori Spearman

City Council Liaison

Michael Bond

Executive Director

Aimee Ottley-Fleming

Director of Operations

Tom Lebahn

Assistant Director

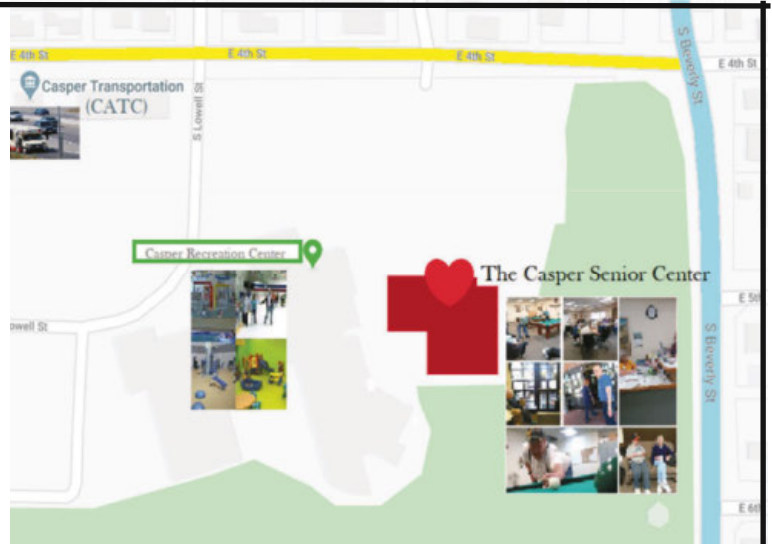
Rachel Brown

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:

We would like to thank Miles Hartung and Justine Murphey whose terms on the Board of Directors have expired. They have been a vital part of the Board for the last several years. We also welcome new Board members, Grace Becker and Lori Spearman. We look forward to working with them.

February is American Heart Month. Please join Daima and Taylor, Healthy Heart Ambassadors from the Natrona County Health Department who will speak on how to promote heart health. They will speak on February 20, 2024 at noon in the conference room. We associate February with hearts not just because of Valentine's Day, but to advocate cardiovascular health and to raise awareness about heart disease. Know the symptoms of heart disease and how to prevent it.

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

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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:



Answer to the January Riddle:
A Promise!



"Love is a canvas furnished by nature and embroidered by imagination." ~ Voltaire

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

RIDDLE

I appear once for a date,
twice for Valentine's Day,
and three times
for everlasting love.

What am I?

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

MENU IS SUBJECT TO CHANGE

Around the Center

"You can't blame gravity for falling in love."
~ Albert Einstein

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.

New Member Coffee

2nd Tuesday
of Every Month
10AM in Déjà Brew

NEXT DATE:

February 13



SAVE THE DATE

4TH ANNUAL A NIGHT AT THE RACES
APRI 26, 2024 @ 5:30 PM
RAMKOTA HOTEL

NEW!

Qigong Class

Thursday Evenings, 6PM—7PM

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- Food Pantries
- Mental Health Services
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Bill Clough

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

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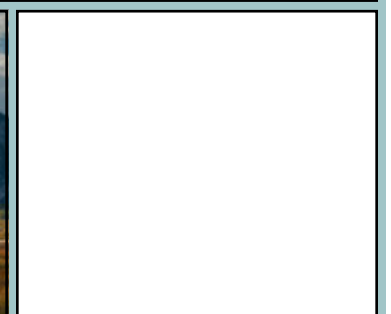
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Management Group



Kevin C. Murphy
Senior Vice President/Investments
Branch Manager

(307) 232-9450
123 West First Street, Suite 500
Casper, Wyoming 82601

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Gifts & Memorials

Note: This is a list for Gifts or Memorials given between December 21st, 2023—January 21st, 2024.

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.

Gifts

Karon Windle
Frank C Stofflet
Virginia Bila Estate
John Savage
Dave Gossin

Memorials

None during this time period.



I'm Not Going Outside



Until The Temperature Is Above My Age.

The More Loving One

W.H. Auden (1907—1973)

Looking up at the stars, I know quite well
That, for all they care, I can go to hell,
But on earth indifference is the least
We have to dread from man or beast.

How should we like it were stars to burn
With a passion for us we could not return?
If equal affection cannot be,
Let the more loving one be me.

Admirer as I think I am
Of stars that do not give a damn,
I cannot, now I see them, say
I missed one terribly all day.

Were all stars to disappear or die,
I should learn to look at an empty sky
And feel its total dark sublime,
Though this might take me a little time.

"The white face of the winter day came sluggishly on, veiled in a frosty mist..."

~ Charles Dickens, *Our Mutual Friend*

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

Name: _____

Birthdate: _____

Courtesy of C.W.S.S.



"He'll take a dozen long-stemmed roses."

SOMEONE HAS A HEART ATTACK APPROXIMATELY EVERY 40 SECONDS

HEART DISEASE IS THE #1 CAUSE OF DEATH IN THE U.S.

EACH YEAR 605,000 PEOPLE HAVE A HEART ATTACK FOR THE FIRST TIME

WHILE 200,000 HAVE A RECURRENT ONE

WOMEN ARE MORE LIKELY TO EXPERIENCE SHORTNESS OF BREATH, JAW PAIN AND NAUSEA/VOMITING THAN MEN



Common Heart Attack Warning Signs

- 1 Pain or discomfort in chest
- 2 Lightheadedness, nausea, or vomiting
- 3 Jaw, neck or back pain
- 4 Discomfort or pain in arm or shoulder
- 5 Shortness of breath

LOVE YOUR HEART

- Get active
- Eat well
- Control cholesterol
- Manage blood pressure
- Reduce blood sugar
- Lose weight
- Quit smoking

The heart does more physical work than any other muscle in the body.

In a 70-year lifetime, an average human heart beats more than 2.5 billion times.

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Most Common Nutrient Deficiencies in Older Adults

Kriti Adlakha | September 5, 2021 | <https://www.reanfoundation.org/most-common-nutrient-deficiencies-in-older-adults/>

Intake of necessary nutrition is essential for individuals of all ages but it becomes critical as an individual reaches old age. Good nutrition crucially impacts all aspects of life, including physical, mental, and social health. The lack of required nutrition in the body can lead to a decline in the general quality of life that relates to decreased physical function and cognitive decline. Thus, the adoption of nutrient-rich foods can be a measure to tackle the situation of nutritional deficiencies and promote a healthy lifestyle.

The table below shares some common signs of nutritional deficiencies.



SIGNS OF NUTRITION DEFICIENCIES

EYES

- Dark circles or bags under the eyes: Allergies, food intolerances, dehydration
- Poor night vision: Vitamin A
- Ruptured blood vessels in the eyes: Vitamin C
- Nearsightedness: Vitamin D
- Pale lower eyelid: Iron

TEETH & GUMS

- Bleeding gums: Vitamin C, folic acid
- Crowded teeth: Calcium, Vitamin K

HAIR

- Hair loss: B2, B5, Biotin, D, Zinc
- Dry hair: Vitamin A, E, Omega 3, Protein, Iodine, Selenium, Biotin
- Dandruff: Selenium, Omega 3, Vitamin A

NAILS

- Spoon shaped nails: B12, Iron
- White marks: Calcium or Zinc
- Pale nails: Iron, Biotin
- Brittle nails: Calcium, Magnesium, Iodine
- Cuticles tear easily: Protein

MUSCLES & JOINTS

- Muscle cramping: Magnesium, B1, B2, B6
- Twitching: B1, B2, B3, B6, B9, Vitamin D, Magnesium, Calcium
- Edema/Swelling: B1, B6, Potassium
- Numbness or tingling: B12, B5
- Clicking Joints: Manganese

MOUTH

- Canker sores: B3, B12, Folic acid, Calcium
- Cracks in the corner of the mouth: B2
- Weak tooth enamel: Vitamin A, D, K, Calcium
- Painful tongue: B2, B3, Folic Acid
- Loss of smell or taste: Zinc

SKIN

- Bumps on the back of the arms: Vitamin A
- Dry or rough skin: Vitamin A, E
- Unusual nosebleeds: Vitamin C
- Easy bruising: Vitamin C
- Acne during menstruation: B6
- Dermatitis: B2, B3, Biotin
- Red stretch marks: Zinc

EMOTIONAL/MENTAL

- Depression: B1, B5, Biotin, PABA
- Dementia: B1, B3, B12, folic acid
- Nervousness/Irritability: B1, B6, B5
- Insomnia: B3, B5, B6, D3
- Dizziness: Iron, B2, B12






Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

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

MEAL CALENDAR

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 Beef Pot Roast Potatoes & Carrots Tomato Basil Salad Honey Wheat Roll Blueberry Pie	5 Philly Cheese Pasta Country Mix Zucchini Salad Corn Muffin Diced Pears	6 Potato Leek Soup BBQ Pork Sandwich Harvest Blend Veggies Apricots Gingerbread Cake	7 Smothered Beef Burrito Lettuce Tomatoes Cheese Onions Rice Black Beans Pepper Slaw Red Grapes	1 Meatloaf Oven Baked Potatoes Roasted Zucchini Carrot Slaw Wheat Roll Tropical Fruit	2 Breaded Cod Garlic Pasta Corn Cobbette Carrot Raisin Salad Sunflower Bread Sliced Peaches	3
11 Pork Wellington Catalina Vegetables Pea Salad Raisin Bread Ginger Pears 	12 Cabbage Roll Country Mix Tossed Vegetable Salad Wheat Roll Jello Whip	13 MARDI GRAS Chicken & Sausage Jambalaya with Rice Mustard Greens King Cake	14 Baked Chicken Breast or Breaded Catfish Sweet Potatoes Key West Veggies Caesar Salad Wheat Roll Citrus Fruit	15 Calzone Italian Pasta Salad Tossed Salad Fresh Strawberries	16 Salmon Fillet Mac & Cheese Roasted Broccoli Cole Slaw Cornbread Orange Sherbet	17 MEALS COME WITH MILK & BREAD
18 Roast Turkey Mashed Potatoes Sweet Corn Cranberry Orange Sauce Wheat Roll Pumpkin Pie	19 Vegetable Soup Ham Salad Sandwich Potato Chips Fresh Veggies Sugar Cookie 	20 Spanish Meatballs Brown Rice Steamed Cabbage Cucumbers and Onions Melon Cup	21 Roast Pork Mashed Potatoes Catalina Vegetables Green Bean & Tomato Salad Black Bread Rosy Applesauce	22 Turkey Tetrazzini Roasted Asparagus Tossed Vegetable Salad Garlic Breadstick Sliced Peaches	23 BirthDay Dinner Chicken Fried Steak Mashed Potatoes Parmesan Zucchini Honey Wheat Biscuit Chocolate Cherry Cake & SALAD BAR!	24
25 Glazed Ham Sweet Potatoes Fresh Beets Cottage Cheese Salad Apple Pie	26 Lasagna Italian Vegetables Bean Salad Garlic Onion Roll Apricots	27 Lamb Tips Rice Pilaf Brussels Sprouts Carrot Raisin Salad Wheat Biscuit Strawberry Jello	28 Chicken & Dumplings Roasted Cauliflower Tossed Spring Salad Raisin Bread Coconut Cream Pudding	29 Pepper Cheese Soup Egg Salad On Croissant Celery, Carrot, Pickles Raisin Cole Slaw Pineapple Upside Down Cake	MENU SUBJECT TO CHANGE	10 

THANK YOU

Lori Spearman
for sharing
(some of) your
Santa Collection



HÖ HÖ HÖ



A Word from our Partner

Scam Watch

Remote Patient Monitoring

Check your MSN or EOB for claims that reference "remote monitoring" or office visits that didn't take place.



Remote patient monitoring (RPM) covers a variety of services providers may offer to help monitor/assess chronic conditions. The Senior Medicare Patrol (SMP) is hearing of RPM claims appearing on Medicare statements where the beneficiary does not believe they received or agreed to the services. If you see suspicious RPM claims on your Medicare statement, contact the WY SMP at 1 (800) 856-4398.



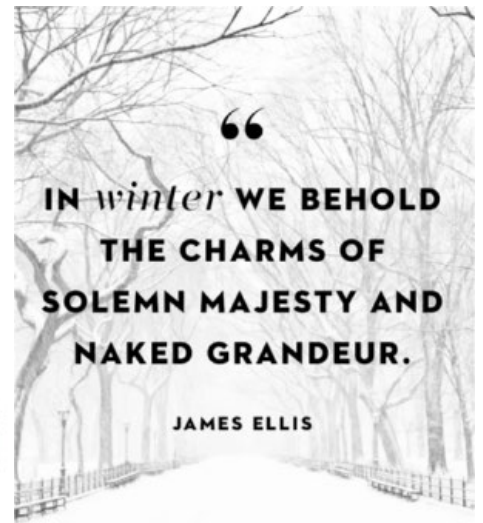
This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$300,572.00 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

The New 60



RETRONYM

Noun | RET-roh-nim
Retronym refers to a term that is created and adopted to distinguish the original or older version, form, or example of something from others that are more recent. E.g. *analog watch, film camera, acoustic guitar, cloth diaper*



“
**IN winter WE BEHOLD
THE CHARMS OF
SOLEMN MAJESTY AND
NAKED GRANDEUR.**

JAMES ELLIS

Stay curious in the new year.
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SPOTLIGHT

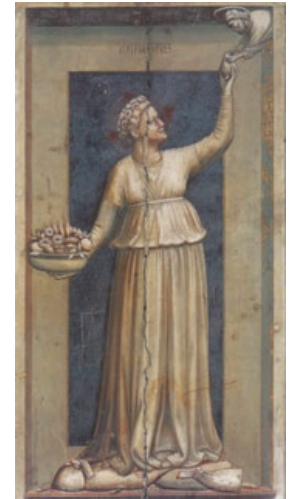
How the Heart Shape Got Its Name and Why it Looks Nothing Like the Human Heart

Posted by: Tampa Cardio | On: September 30, 2020
<https://tampacardio.com/how-the-heart-shape-got-its-name-and-why-it-looks-nothing-like-the-human-heart/>



Thibaut—*Roman de la Poire*
https://en.wikipedia.org/wiki/Roman_de_la_poire

Giotto de Bondone
The Seven Virtues—Charity
https://en.m.wikipedia.org/wiki/File:Giotto_di_Bondone_-_No._45_The_Seven_Virtues_-_Charity_-_WGA09272.jpg



If you didn't study anatomy at all, you might assume that the heart shape such that we use for Valentine's Day cards was what was at the core of our being.

The muscular organ that runs our body in reality is not shaped much like the heart shape at all. So where did the Valentine's day heart come from?

The conventional heart symbol is used to express the idea of love or adoration. It is metaphorical in link to the human heart, with the idea that love is a feeling expressed and felt within the heart.

The shape used is much more streamlined, simple, and frankly attractive than the lumpy fistful of muscle that is in our chests. While beautiful in its intricacy in its own way, the shape is rather jumbled and confusing and would not be easily drawn or jotted on a love note.

The heart shape we all recognize, and use, originated back to an ancient plant known as the silphium. It was a species of giant fennel grown on the North African coastline near the Greek city of Cyrene. It was used as medicine, a flavoring spice, but more importantly, as birth control. Because of this it was linked with sex and of course love.

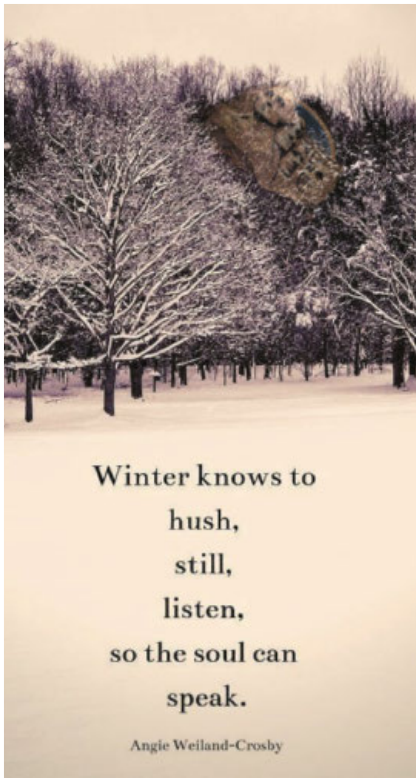
There is also speculation of it being modeled after human anatomy of the breasts or buttocks, as well as that of the water lily leaf or ivy.

The first depiction known was in the 1250s. It showed up in a French romance called *Roman de la Poire* (Romance of the Pear). But others question if that wasn't just an upside-down pear...

Medieval art also showed some heart like shapes in the early 1300s. The famous Italian painter Giotto did a painted depiction of charity in the Scrovengi Chapel in which a heart is given to Jesus. This painting had a big impact on the use of the shape of the heart going forward in representing the human emotional range in visual form.

Interestingly, until the later 1400s the heart was usually shown upside down. At the beginning of the 1500s it flipped in images to the heart we see today, point at the bottom.

The heart shape is used worldwide to represent love, emotion, and caring. It is widely accepted as the link shape to the human heart, despite the anatomical differences.



Winter knows to
hush,
still,
listen,
so the soul can
speak.

Angie Weiland-Crosby



Photo by Belinda Fewings on Unsplash



United Way
of Natrona County



Rotary

District 5440

Reveille Rotary
meets
Wednesdays
at 7 A.M.



THE TWO STAGES OF WINTER



Facebook.com/FowlLanguageComics FowlLanguageComics.com ©Brian Gordon

JANUARY - SPRING:
A COLD, GRAY, BUCKET OF SUCK.



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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)
Beginner Line Dancing	Tuesday	10:00AM—11:00AM (DF)
Bible Study	Monday	1PM—3PM (AR) 3:30PM—4:30PM (Déjà Brew)
Binding Friends	Monday	6:00PM—8:00PM (CNF)
BINGO! (\$0.50/card)	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 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)
Coffee with the Board	2nd Tuesday	10AM (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)
Mexican Train Dominoes	Sun/Mon/Thurs	1:00PM—7:4PM? (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



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.

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

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

2024 January 30– April 6

WHAT TO BRING

- Government issued photo ID
- Social security cards or ITIN letters for taxpayers & dependents
- All W-2 & 1099 forms for the tax year
- Bank account numbers for direct deposit
- Evidence for deductions, such as mortgage interest, property taxes, charitable contributions, & medical expenses
- Receipts for child care expenses & the provider's tax ID number
- Prior year tax return

HOURS OF OPERATION

Tuesday-Friday | 10 am – 3 pm
Saturday | 9 am – 1 pm
Closed Sunday & Monday

LOCATION

Aspen Creek:
800 Werner Court, Suite 130-150
Casper, WY 82601
Casper Area LINK: Green Route

CONTACT 307.333.5095

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PARTING THOUGHTS

"It was love at first sight, at last sight, at ever and ever sight."

~ Russian-American Novelist/Poet Vladimir Nabokov ~

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