

# 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

# MAY 2024

QUESTIONS OR SUGGESTIONS?  
CONTACT RAE  
raea@casperseniorcenter.com

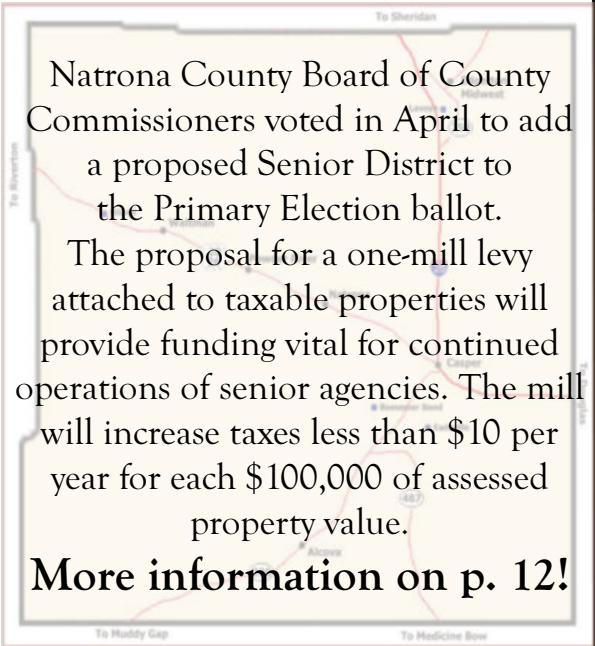


## VOTING IS

 people power

## IMPORTANT DATES:


- May 15th**  
Registered Voter Party Affiliation  
Declaration/Change Deadline
- August 5th**  
Primary Election Voter Registration Closes
- August 20th**  
Primary Election Day
- October 21st**  
General Election Voter Registration Closes
- November 5th**  
General Election Day



Natrona County Board of County Commissioners voted in April to add a proposed Senior District to the Primary Election ballot. The proposal for a one-mill levy attached to taxable properties will provide funding vital for continued operations of senior agencies. The mill will increase taxes less than \$10 per year for each \$100,000 of assessed property value.

**More information on p. 12!**

Try to Find Both These!



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

Each Hidden Once,  
Find Both for Both 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 Blackstone* .....President  
*Bob Carpenter*..... Vice President  
*Kim Latka* .....Treasurer  
*Kate Maxwell*.....Secretary

## Members

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

## City Council Liaison

*Michael Bond*

## Executive Director

*Aimee Fleming*

## Director of Operations

*Tom Lebahn*

## Assistant Director

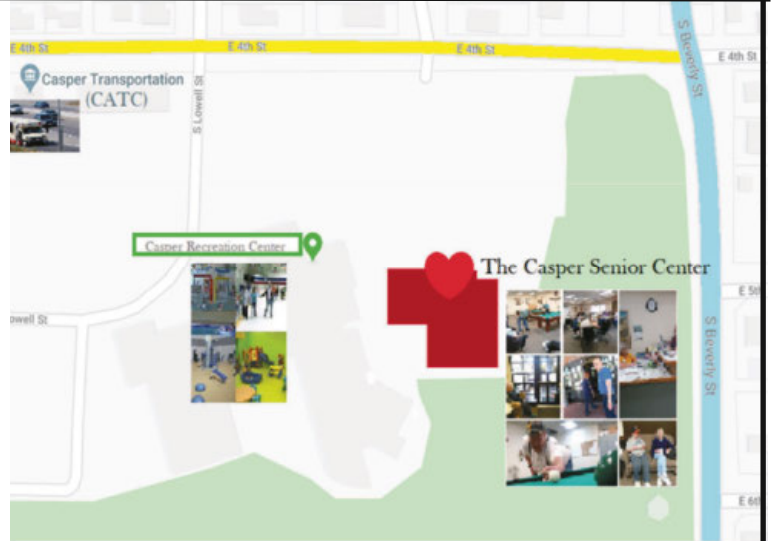
*Rachel Brown*

## Community Programs Director

*Lacey Kidman*

## Dietary Director

*Kimberly Cooper*



## Locations

### CASPER (MAIN)

1831 East 4th St.....(307) 265-4678

### MILLS

401 Wasatch ..... (307) 237-1317

### EVANSVILLE

71 Curtis St ..... (307) 315-6719

## Connect with us:



[www.casperseniorcenter.com](http://www.casperseniorcenter.com)



[Facebook.com/pages/Casper-Senior-Center](https://www.facebook.com/pages/Casper-Senior-Center)

## ALL ABOUT US

Central Wyoming Senior Center was established in 1975 to provide nutritious meals, companionship, program support, and activities for the senior citizens of Natrona County. We began serving meals in a church basement and eventually moved into our current facility,

where we provided more than 29,000 meals last year. All of our programs are designed to enhance the ability of the over-60 population of Natrona County to stay active, healthy and independent by offering activities and nutritional support & services to meet their changing

needs. We were established as a 501(c)3 in 1976 to provide low cost, nutritious meals to the over-60 population of Natrona County. Many of our programs are administered by the Wyoming Department of Health Office of Healthcare Financing.



# A Letter from the Desk of the President:

A big thank you goes to all of you who helped to make "A Night at the Races" a huge success. This event is an important fundraiser for us and is fun for all ages. It is our biggest event of the year.

The board and staff have been working to obtain additional funding for the Center. Costs have been rising dramatically and funding opportunities continue to diminish each year. It is critical that we seek additional funding sources. In partnership with Natrona County Meals on Wheels and Wyoming Senior Citizens, Inc., we have worked with the County Commissioners to obtain a ballot proposition to set up the Natrona County Senior Citizens Service District. This proposed District which must be approved in the primary election, would be managed by five trustees who would be elected during the general election. The proposed District would be funded with up to one mill levy. The Senior Center along with the two agencies mentioned above will be able to apply thru a grant process to obtain operating funds. It is absolutely crucial that the ballot proposition be approved in order for the Center to continue to offer lunches, activities, programs and services. Our Federal and State grants presently fund 43% of our budget. This number decreases each year. The remainder must be obtained thru donations, program income and fundraising. Income has not kept up with expenses in the last five years. For further information, please see the "Facts Regarding a Proposed Senior Citizens Service District" in this newsletter.

Best wishes,

*Linda Blackstone*

Lblackstone7@gmail.com or 307-262-1028

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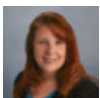


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Central Wyoming Senior Services, Casper, WY

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.

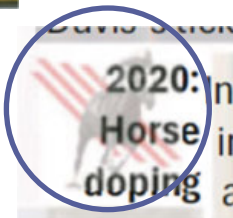
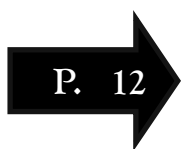
National Family Caregiver Program provides assistance to caregivers who are taking care of a loved one.

Services include homemaking, personal care, respite, and care coordination.

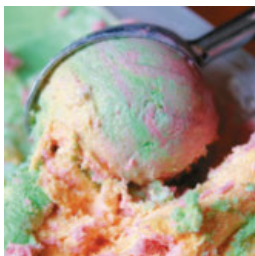
Any questions? *Come see Lacey or Christine!*

Or give us a call at (307) 265-4678.

## Last Edition Answers:



Answer to the April Riddle:  
Sherbet/Sure Bet



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

The root tops the trunk on this backward thing, that grows in the winter and dies in the spring.

What can it be?

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



# Happening Around the Center

Photo by Michael on Unsplash

## Coffee with the Board

2nd Tuesday  
of Every Month  
10AM in Déjà Brew

**NEXT DATE:**  
May 14th

# Saturday Dances

May 11th  
&  
May 25th

Starting at 6PM  
Potluck Dinner  
\$6.00 Cover

## The Compassionate Friends

will host their annual  
Family & Friends Potluck Picnic  
on June 5th, 2024 at 6:30PM  
at Edness K Wilkins Park.

TCF is a mutual assistance, self-help, non-profit organization offering friendship and understanding to bereaved parents and siblings who are grieving the death of a child of any age from any cause. The primary purpose is to assist them in the positive resolution of the grief experienced upon the death of a child and to support their efforts to achieve physical and emotional health.

# CLOSED

## MEMORIAL DAY MONDAY MAY 27TH

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Text your ZIP code to 898211

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**CONTACT ME  
Bill Clough**

[wclough@lpicommunities.com](mailto:wclough@lpicommunities.com)  
(800) 950-9952 x2635

# STIFEL

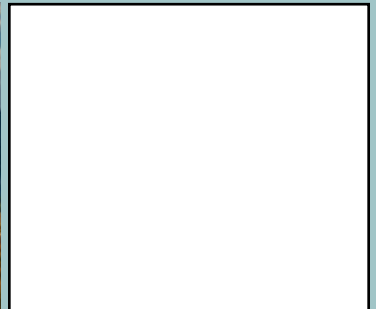
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# Gifts & Memorials

Note: This is a list for Gifts or Memorials given between  
March 21st—April 19th, 2024.

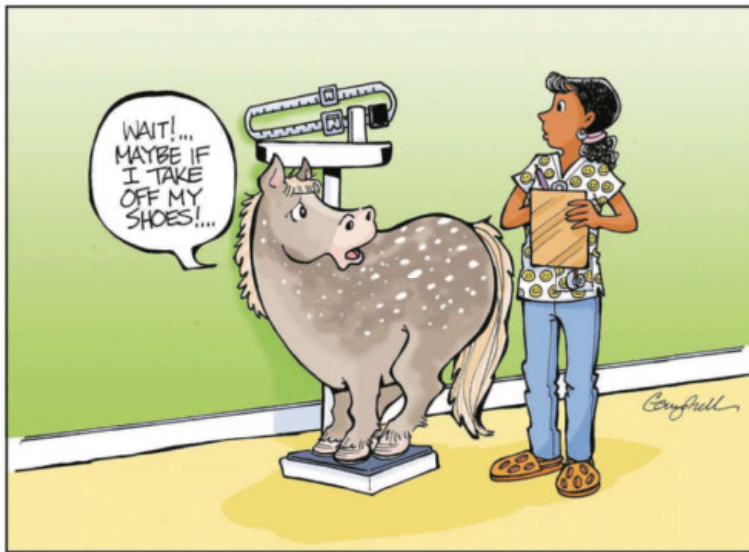
If donations were made between those dates and not recognized,  
please see the office.

## Gifts

Frank C Stofflet  
Dave Gossin  
John Savage  
Machelle Holloway  
Mary C Moler  
Lori Spearman  
Betty Hobbs  
Natrona County  
Cow-Belles

## Memorials

Roger Ziehl  
Ruby Ziehl  
Donna Lamont  
Mary C Moler



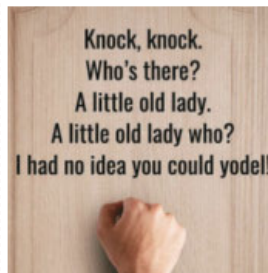
If you are 60 or older with a birthday  
in May, bring this coupon to the  
front office for your meal ticket.

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

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

Courtesy of C.W.S.S.

Photo by Diana Parkhouse on Unsplash



## 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.

## It Is Not Always May

by Henry Wadsworth Longfellow

*No hay pájaros en los nidos de antaño.*  
~Spanish proverb

The sun is bright, the air is clear,  
The darting swallows soar and sing,  
And from the stately elms I hear  
The blue-bird prophesying Spring.

So blue yon winding river flows,  
It seems an outlet from the sky,  
Where waiting till the west wind blows,  
The freighted clouds at anchor lie.

All things are new; the buds, the leaves,  
That gild the elm-tree's nodding crest,  
And even the nest beneath the eaves;  
There are no birds in last year's nest!

All things rejoice in youth and love,  
The fulness of their first delight!  
And learn from the soft heavens above  
The melting tenderness of night.

Maiden, that read'st this simple rhyme,  
Enjoy thy youth, it will not stay;  
Enjoy the fragrance of thy prime,  
For O! it is not always May!

Enjoy the Spring of Love and Youth,  
To some good angel leave the rest;  
For Time will teach thee soon the truth,  
There are no birds in last year's nest!

Photo by Farrinni on Unsplash



# SPOTLIGHT YEAR IN REVIEW

## What happened in 1985?

### Major News:

- ✦ January 1st—The internet's Domain Name System is created.
- ✦ February 17th—First class postage rises from 20¢ to 22¢.
- ✦ March 11th—Mikhail Gorbachev becomes leader of the Soviet Union after Konstantin Chernenko's death.
- ✦ April 23rd—"New Coke" debuts; Coca-Cola announces a change to its secret flavor formula.
- ✦ May—111th Kentucky Derby on May 4, Puerto Rican jockey Angel Cordero Jr wins aboard Spend A Buck  
110th Preakness on May 18th, Pat Day wins aboard Tank's Prospect
- ✦ May 23rd—US President Ronald Reagan awards actor Jimmy Stewart the Presidential Medal of Freedom
- ✦ June 3rd—"Larry King Live" debuts on CNN.
- ✦ July 10th—Coca-Cola announces it will resume selling the old flavor formula Coke
- ✦ August 15th—First Iraqi air raid on Iran's main oil export terminal, Kharg Island
- ✦ September 22nd—First Farm Aid benefit concert in Champaign, IL, organized by Willie Nelson, Neil Young, & John Mellencamp; Bob Dylan, Tom Petty, Billy Joel, BB King, Joni Mitchell, and Emmylou Harris (& more) performed.
- ✦ October 14th—New York Jets retire Joe Namath's #12 on nationally televised Monday Night Football before beating Miami Dolphins
- ✦ November 20th—Microsoft releases Windows 1.0.
- ✦ December 27th—Arab terrorists attack airports in Rome and Vienna, killing 20 and wounding 110; US President Ronald Reagan blames Libyan leader Muammar Gaddafi.

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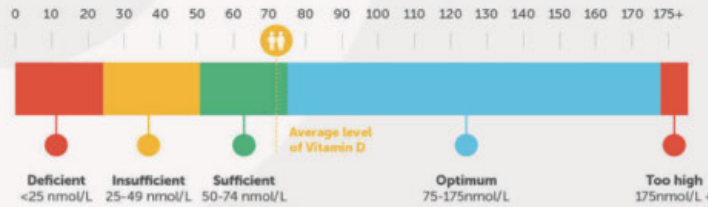
**Elderly**

Number of Vitamin D receptors decreases with age

## Vitamin D Statistics

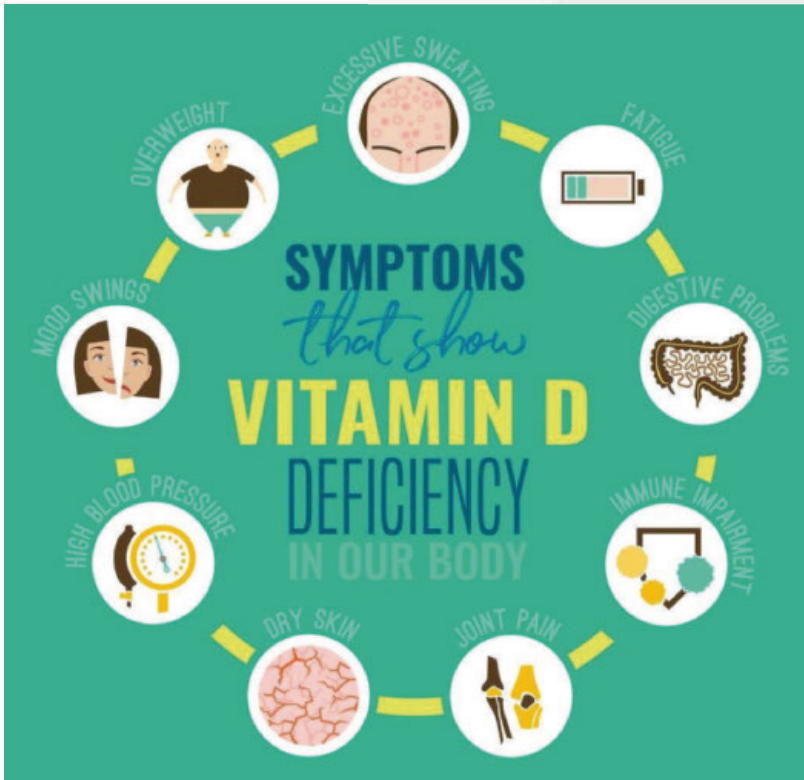
**27%**  
of people have insufficient or deficient levels of Vitamin D

**74%**  
of people have levels below the optimum level for wellbeing



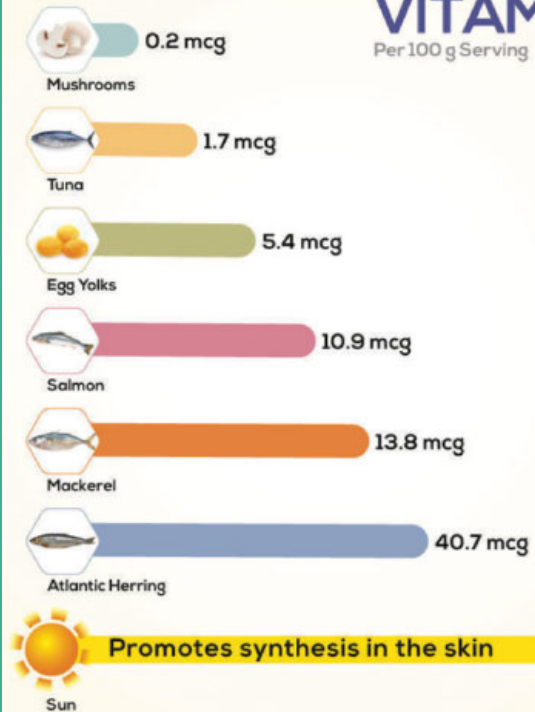
**Suffering from Chronic Illness**

Low levels associated with patients of chronic illness



## BEST SOURCES OF VITAMIN D

Per 100 g Serving



Age group	Vitamin D Recommendation
Infants 0-12 months	400 IU or 10 mcg
Children 1-18 years	600 IU or 15 mcg
Adults up to 70 years	800 IU or 15 mcg
Adults over 70 years	800 IU or 20 mcg
Pregnant Women	600 IU or 15 mcg

Excessive intake of vitamin D can lead to adverse effects, as like any other nutrient. Overdose of vitamin D, whether through supplements or excessive consumption of fortified foods, can result in a number of conditions including nausea, loss of appetite, constipation, weight gain, weakness, and even kidney damage.

The general guideline is to avoid taking more than 4000 IU (International Units) of vitamin D per day, considering the combined intake from all the sources, such as sun exposure, food sources, and supplements.

Always consult with a healthcare professional or registered dietician to understand the appropriate vitamin D intake for your individual needs.

**Sources:**

- [https://www.idiva.com/lifestyle/food/vitamin-d-foods-sources-supplements/18060486#Word\\_of\\_Caution](https://www.idiva.com/lifestyle/food/vitamin-d-foods-sources-supplements/18060486#Word_of_Caution)
- <https://www.forthwithlife.co.uk/blog/why-we-all-need-to-take-vitamin-d-supplements/>
- <https://www.truebasics.com/blog/vitamin-d-roles-deficiency-and-sources/>





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"The Heart of Natrona County"

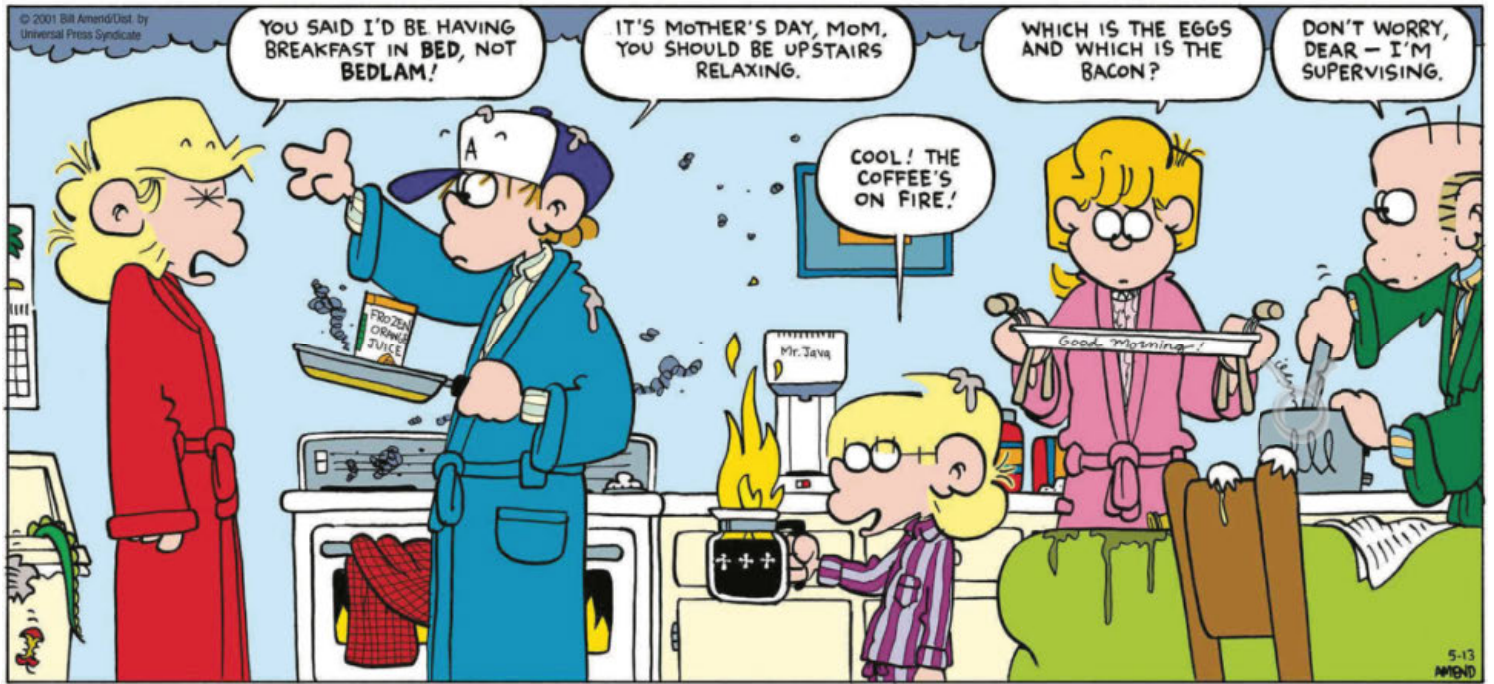
307.265.4678-1831 East 4th St, Casper, WY 82601

# MEAL CALENDAR

## May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>19 Roast Pork Mashed Potatoes Catalina Vegetables Bean &amp; Tomato Salad Apple Pie</p>	<p>20 Reuben Sandwich Pasta Salad Carrot Stix Cool Corn Salad Tropical Fruit</p>	<p>21 Turkey &amp; Noodles Roasted Asparagus Tossed Vegetable Salad Honey Butter Biscuit Peach Parfait</p>	<p>22 Ch'kn Salad Cold Plate Fresh Vegetables &amp; Fresh Fruit Sunflower Bread Oatmeal Raisin Cookie</p>	<p>23 Lasagna Italian Vegetables Bean Salad Garlic Onion Roll Apricots</p>	<p>24 <b>MEMORIAL DAY BBQ</b> Hamburgers   Hot Dogs Baked Beans   Corn Cob Potato Salad Fruit Pie</p>	<p>25 <b>MENU SUBJECT TO CHANGE</b></p>
<p>12 <b>Happy Mother's Day Brunch</b></p>	<p>13 Philly Cheese Pasta Country Mix Summer Squash Salad Diced Peas Corn Muffin</p>	<p>14 Turkey &amp; Dressing Sweet Potatoes Sweet Corn Cranberry Orange Sauce WW Roll</p>	<p>15 Pepper Cheese Soup Egg Salad On Croissant Celery, Carrot, Pickles Raisin Cole Slaw Sugar Cookie</p>	<p>16 Teriyaki Chicken Fried Rice Oriental Green Beans Kimchi Cucumber Salad Berry Blend</p>	<p>17 Baked Tilapia Creamy Risotto Winter Mix Cole Slaw WW Roll? Cornbread? Orange Sherbet</p>	<p>18 <b>MEALS COME WITH MILK &amp; BREAD</b></p>
<p>5 Meatloaf &amp; Gravy Oven Brown Potatoes Roasted Asparagus Marinated Tomatoes Wheat Roll Blueberry Pie</p>	<p>6 Baked Chicken Sweet Potatoes Creamed Peas Caesar Salad Wheat Roll Citrus Fruit</p>	<p>7 Potato Leek Soup BBQ Pork Sandwich Stuffed Celery Stix Apricots Gingerbread Cake</p>	<p>8 Chicken &amp; Dumplings Catalina Veggies Tossed Spring Salad Apple Walnut Muffin Diced Peaches</p>	<p>9 Beef Fajitas Cheese   Lettuce Tomatoes   Onions Rice   Black Beans Pepper Slaw Red Grapes</p>	<p>10 Seafood Alfredo Roasted Broccoli Mixed Green Salad Tropical Fruit French Bread Chocolate Pudding</p>	<p>11 <b>MEALS COME WITH MILK &amp; BREAD</b></p>
<p>26 <b>CLOSED</b></p>	<p>27 <b>CLOSED</b></p>	<p>28 Pork Medallions Brown Rice California Vegetables Garden Veggie Salad Apple Spice Cake Honey Wheat Roll</p>	<p>29 Spanish Steak Garlic Pasta Sweet Corn Tossed Green Salad Peach Crisp</p>	<p>30 Minestrone Soup Ham Salad Sandwich Fresh Veggies Baked Apples Cherry Jell-O</p>	<p>31 <b>Happy May Birthdays!</b> Roast Beef Mashed Potatoes &amp; Gravy Bean Medley WW Roll Mandarin Orange Cake</p>	<p>4 <b>MEMORIAL DAY</b> <i>Remember and Honor</i></p>





## Ode

by Henry Timrod

*Sung on the occasion of decorating the graves of Confederate dead at Magnolia Cemetery, Charleston SC, 1866*

Sleep sweetly in your humble graves,  
Sleep, martyrs of a fallen cause! -  
Though yet no marble column craves  
The pilgrim here to pause.

In seeds of laurels in the earth,  
The garlands of your fame are sown;  
And, somewhere, waiting for its birth,  
The shaft is in the stone.

Meanwhile, your sister for the years  
Which hold in trust your storied tombs,  
Bring all they now can give you—tears,  
And these memorial blooms.

Small tributes, but your shades will smile  
As proudly on these wreaths to-day,  
As when some cannon-moulded pile  
Shall overlook this Bay.

Stoop, angels, hither from the skies!  
There is no holier spot of ground,  
Than where defeated valor lies  
By mourning beauty crowned.

<https://www.poetryfoundation.org/poems/48909/ode-56d22a86c8d74>

“War is an evil thing;  
but to submit to the  
dictation of other  
states is worse...  
Freedom, if we hold  
fast to it, will ultimately  
restore our losses, but  
submission will mean  
permanent loss of all  
that we value. To you  
who call yourselves  
men of peace, I say:  
You are not safe  
unless you have men  
of action on your side.”

~ Thucydides

The Senior Center  
wishes you a meaningful  
Memorial Day; enjoy your  
weekend, and take a  
moment to remember its  
purpose and those who  
have served.

Photo by Holly Mindrup on Unsplash



“Once you’re  
a mom, you’re  
always a mom.  
It’s like riding  
a bike, you  
never forget.”

TARAJI P. HENSON



# A Word from our Partner:



If you get a call asking if you just changed your Medicare number, hang up. This is a scam attempt to get you to share your Medicare number over the phone. No one will ever call you to let you know your number changed or needs to be confirmed.

**For assistance: 1 800 856-4398**



**NO ONE**

is going to call to confirm you changed your Medicare number.

*If you get a call like this, hang up!*

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.

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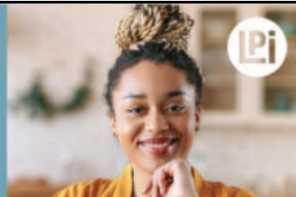


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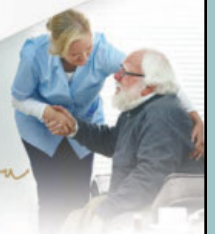


Contact us at [careers@4lpi.com](mailto:careers@4lpi.com) or [www.4lpi.com/careers](http://www.4lpi.com/careers)

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# Facts regarding a Proposed Senior Citizens Services District

There will be a ballot proposition in the primary election to create the proposed Natrona County Senior Citizen Service District (NCSCSD). Voters will vote **Yes** or **No** to create the District. The District will be governed by §18-15-101 through §18-15-111. Below are facts regarding the proposed district.

- ❖ The boundary of the District will be Natrona County.
- ❖ NCSCSD will be funded with a *maximum* of 1 (one) mill levy to be imposed on the taxable property of Natrona County. (State Statute allows up to 2 mills.)
- ❖ One mill will generate approximately \$1.7 million annually for the NCSCSD. (For a \$200,000 home, the increased property tax of 1 mill will be approximately \$1.58/month or \$19/year.)
- ❖ NCSCSD will operate independently of any other agency.
- ❖ If the District is approved in the primary election, five Trustees would be voted upon in the general election and will serve without compensation.
- ❖ The District Trustees handling funds will be bonded per §18-15-108.
- ❖ NCSCSD would provide funding for programs/services from Central Wyoming Senior Services, Inc (CWSS), Natrona County Meals on Wheels, and Wyoming Senior Citizens, Inc (WSCI). Additional programs/services may be added if they meet qualifications for senior services through §18-15-111.
- ❖ Funding may be provided to the three agencies listed above through a grant process administered by these elected NCSCSD trustees.
- ❖ Audits will be conducted annually.
- ❖ If the District is approved in the primary election, the proposition to impose a levy in the same or a different amount not to exceed 2 (two) mills must be on the ballot again in 2 years and again every 4 (four) years thereafter unless defeated.
- ❖ There are currently **9 (nine) Senior Citizens Service Districts** in Wyoming. (See p. 15) They are governed by State Statutes, Policies, Procedures, and Bylaws. Testimonials say the agencies receiving funding would not exist without the mill levy.

## Why do we need this proposition on the ballot?

- ⇒ Expenses are increasing dramatically and there are decreasing opportunities for funding.
- ⇒ Income has not kept up with expenses for the last 5 years for all three agencies. Cash reserves have been used to bridge the gap, but are nearing exhaustion. *Cash reserves available for the Senior Center will cover approximately one year of operations.*
- ⇒ Federal and State funding for CWSS currently covers less than 43% of the budget. Every year this percentage decreases. The remainder must be funded by private grants, donations, program income, and fundraising. Many of these funding opportunities are diminishing.
- ⇒ For CWSS: the average cost of a meal is approximately \$16.00. Federal and State grant reimbursement is \$5.15. The Senior Center served 32,018 meals last fiscal year.
- ⇒ CWSS provided 5,020 hours of In-Home Services to 115 clients in FY23.
- ⇒ Meals on Wheels used 480 volunteers who drove 53,275 miles in FY23, valued at approximately \$3.5 million at the IRS rate.
- ⇒ WSCI advocated for 1,289 long term care residents and provided more than 2,000 hours of Medicare assistance and fraud awareness education.
- ⇒ The senior population aged 65 and older is projected to increase 47% from 2022 to 2050 (Population Reference Bureau).
- ⇒ Estimates suggest that 1 in 5 residents of Wyoming will be older than 65 by 2030.
- ⇒ One in four older residents in Wyoming live alone.

If you have further questions or would like to visit about this proposal, Aimee will be more than happy to meet with you. Please set up an appointment by contacting the office: **(307) 265-4678**.





United Way of Natrona County



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



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executive leadership coach and author

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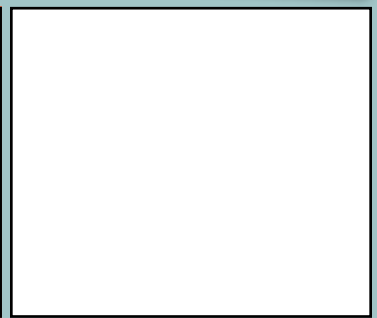
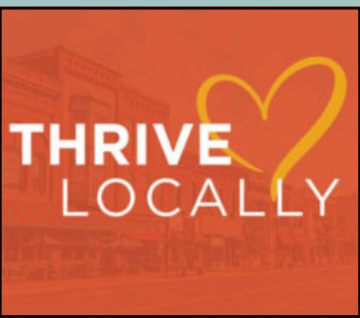
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# ACTIVITIES FOR EVERYONE

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! (\$0.50/card)	Thursday	12:30PM—2:00PM (AR)
Bridge	Wednesday/Friday	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	Tuesday/Thursday	9:15AM—9:45AM (AR)
Chess Club	Tuesday	7:00PM—10:00PM
Clogging	Monday (Joyce) Thursday (Lori)	10:30AM—11:45AM (AR) 10:30AM—11:30AM (DF)
Craft Class	Thursday (Main)	10:00AM—12:00PM (AR)
Cribbage	Tuesday	10:00AM—11:30AM (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	Thursday/Friday	12:30PM—4:00PM (DR)
Poker	Mon/Wed/Fri	1:00PM—4:00PM (DR)
Qigong	Thursday	6:00PM—7:00PM (AR)
VA Caregiver ( <i>Please call</i> )	2nd Tuesday	11:00AM—12:00PM (CNF)
Wellness Clinic	Tuesday (Main) Thursday (Sites)	10:00AM—2:00PM(DR) 12P—1P (Sites)
WY Dementia Support Group	1st/3rd Thursday	10:00AM—11:00AM (CNF)



# Current Mill Levies Natrona County

## Wyoming Senior Districts

County	Entity Name	Mill(s)	Agencies who Benefit
Big Horn	North Big Horn County Senior Citizens Service	1	1
Big Horn	South Big Horn County Senior Service	1	1
Converse	Converse County Senior Citizens Service	2	4
Crook	Crook County Senior Citizen Service	1	1
Fremont	Shoshoni Senior Citizen Service	0.573	1
Johnson	Johnson County Senior Citizen Service	1	2
Lincoln	Kemmerer Senior Citizen Service District	0.264	1
Niobrara	Niobrara Senior Citizens Service	1	1
Platte	Platte County Senior Citizen Service	2	1

Taxing District No.	District	Current Mill Levies
120	SD #1	67.890
121	Casper Mtn.	67.890
150	Casper	72.890
151	Edgerton	72.890
152	Evansville	72.890
153	Midwest	72.890
154	Mills	72.890
155	Bar Nunn	80.890

<https://www.natronacounty-wy.gov/78/Mill-Levies>



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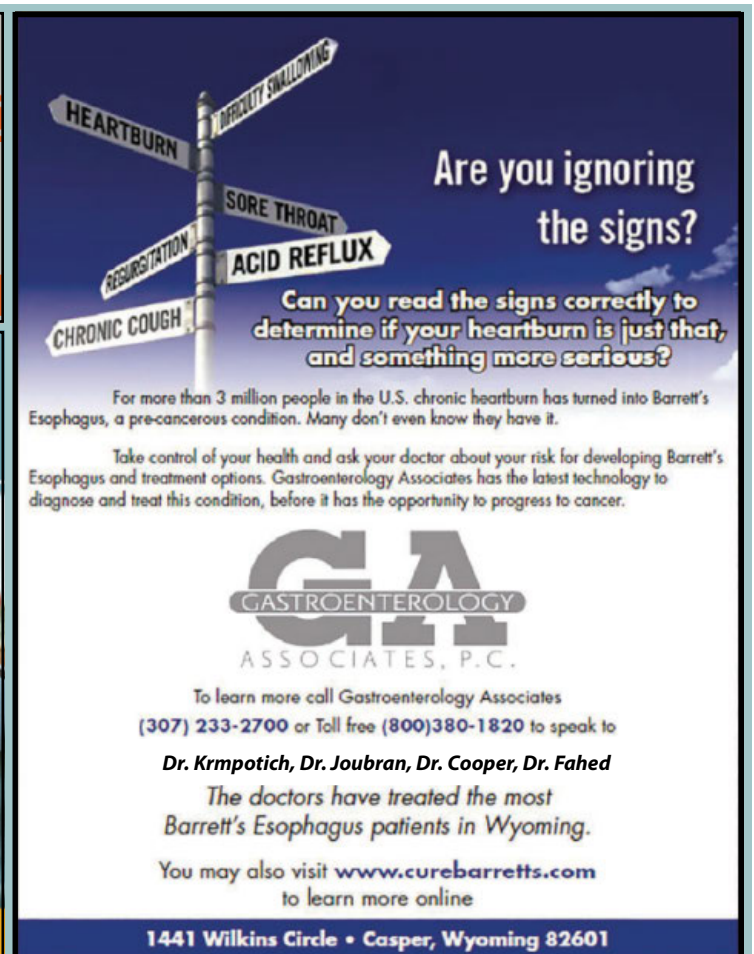
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Central Wyoming  
Senior Services, Inc.  
1831 East 4th St, Casper, WY 82601  
(307) 265-4678  
"The Heart of  
Natrona County"



April 8, 2024 Eclipse  
Photo by Jason Howell on Unsplash

## PARTING THOUGHTS

"Kindness. Language which the deaf can hear and the blind can see."

~ 19th-century American author, Christian Nestell Bovee ~

**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! We are so excited to share the details of our 4th Annual Night at the Races in the next edition!

### 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!**