



Senior Scuttlebutt

January 2022

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Central Office Contact Information

**Goshen County
Senior Friendship Center**

216 E 19th Ave.

Mailing: PO Box 517

Torrington, WY 82240

www.goshencountysfc.com

Phone:

307-532-2796

Hours:

7:00 AM-5:00 PM



Director’s Message

Dear Friends,

Happy New Year! It’s time to shake off the dust of 2021 and step into the new year that’s full of promise and hope. I love the new year because it seems like a time to start over, a fresh beginning. It feels like I have a blank slate and can now become the person I want to be. I’ve been reading “The Moment of Lift” by Melinda Gates, and that moment comes when you have learned something new and your brain and your heart soar with new understanding. It’s a moment of empowerment. I challenge myself each year to try something new, or to change a bad habit, or to just be a better person.

We are having some new activities at the center for the New Year. Check out the information on pg. 3 or on the Activity Calendar. Remember that we are always open to new ideas so if there’s something you’d like to try or something you think would be fun, come see me and we’ll try and make it happen. We are here for you, but we need your ideas!

Make 2022 a fun and exciting year where you embrace something new. Give yourself a lift and see what possibilities are out there for you to explore!

Blessings,
Linda Cockett

Contact Information

Fort Laramie

Address: 101 S. Laramie
Fort Laramie, WY 82212

Phone: 837-2009

Coordinator: Nancy Martin

LaGrange

Address: 560 2nd Ave. Suite 123
LaGrange, WY 82221

Phone: 575-8456

Coordinator: Patty Maser

Lingle

Address: 205 Main St.
Lingle, WY 82223

Phone: 837-2113

Coordinator: Gloria Fiorini

Torrington

Address: 216 East 19th Ave.
Torrington, WY 82240

Phone: 532-2796

Executive Director: Linda Cockett

Yoder

Address: 215 Main St.
Yoder, WY 82244

Phone: 532-5525

Coordinator: Jamie Johnson

Wyoming Home Services

Address: 216 East 19th Ave.
Torrington, WY 82240

Phone: 532-2796

Access Care Coordinator: Judy Kieler

Dollar-A-Month Club

Randy & Barb Adams
Betty Allen
Paula Arnold
Jo Butler
Sharon Coen
Alvin Conley
Jim & Glenna DeBock
Bonnie DesEnfants
Esther Dick
Dave Eddington
Patricia Edwards
Vern & Sandra Ellis
Marti Ernst
Jan & Wayne Fields
Larry & Sherlin Foes
Jerry & Penny Franklin
Jane Fritzler
Mary Ann Gillaspie
Elsie Gray
Mary Hahn
Michael Hamer
Chuck Harshberger*
Charlene & Walter Hayes
Lou & Marty Hubbs
Ed & Alyce Jolovich
Marty & Dottie Jungck
Wilma Kalamaja
Ron & Ilene Kaufman
David & Marleen Kendall
Dr. Charles Kilgore*
Judy Lamb
José Landeros
Jean Lashley

Toby & Carolyn Lewis
Dan & Dee Ludwig
Mary Martin
Lee Mathews
Shirley McCandlish
Norma McClure
Tony & Gloria Mendoza
Larry & Bev Miskimins*
Merriane Morgheim
Bonnie Mortimore
Carol Peterson
Loretta Peterson*
Dona Schlattmann
Ruth Schreiner
Joyce Schubarth
Paula Shasteen
Vaughn Simonsen
Scott Simpson*
John & Paula Sommer
Frank & Toby Stamm*
Gene & Vicki Stiles
Chuck & Myrna Stuckert
John & Susie Temple
Alice Thompson
Dorothy Vollmer
Rick & Nancy Vonburg
Don & Delores Warfield*
Carol Werger
Frank & Karen Weyrich
Stan & Marilyn Willadsen
Wunder Appliance
Ruth & Dick Young

* Indicates membership due

- ◆ Current as of 12/16/21

Dollar-A-Month

To sign up for Dollar-A-Month Club, complete the following form and give it to a staff member:

Name _____

Address _____

Single: \$12.00 for the year

Couple: \$24.00 for the year

Information

New Activities

- ♥ Pinochle Group — this group meets at the Torrington site every Monday morning starting January 10 at 9:00. If you love to play or if you would like to learn to play, come join this group and see what fun it is.
- ♥ Instrumental Band — this group meets every Thursday at the Torrington site at 2:00 to play old favorites. Bring your instrument and join the fun.
- ♥ Technology help — high school students will be going to Lingle and Torrington periodically to help seniors with cell phones, iPads, tablets, or just general questions. Watch for info about when they are coming!
- ♥ Movies — Pinnacle Bank will be sponsoring movies at the Torrington site throughout the year. January movie is "Jungle Cruise."

Monthly Activities

Foot Clinic

Foot clinic will be on Thursday, January 20 at the Torrington Center. You must call to make an appointment! We will only have a certain number of slots available. Cost is \$10.00. Unfortunately, we can not trim nails for anyone with diabetes or who is on blood thinners.

Blood Pressure Clinic

Blood pressures clinics will be at the sites on the following dates:

Fort Laramie:	January 18 at 11:00
LaGrange	To be determined
Lingle:	January 18 at 12:00
Torrington:	January 28 at 11:00
Yoder	January 11 at 11:30

Birthday Dinner

Birthday Dinners will be on January 28! We will celebrate those seniors who have a birthday this month. Come and enjoy a free lunch sponsored by the Board of Directors!



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Ongoing Activities

Band

This group meets on Thursdays at 2:00 to "jam" and share their musical talents. Bring your own instrument and come make some beautiful music.

Beltone

Kelly Correll comes to our Torrington center once a month to meet with clients to help them with hearing aids and to test hearing. You can make an appointment ahead of time or stop in and chat while she is here. She also makes special appointments for those who need them.

Bingo

Bingo is played in Torrington on Tuesdays at 12:30. Bingo is also played in Lingle on Wednesdays right after lunch. Cost is 50¢ per card. All are welcome to play!

Breakfast

Breakfast is served on Wednesday mornings from 7:00-8:00. Cost is \$2.00 for everyone. See the menu on page 10! Starting your day with a healthy breakfast is always a great idea!

Low-Impact Aerobics

Judy Kautz leads this class every Monday, Tuesday, and Thursday at 8:00. The class is open to anyone 60 years and older. Come in and exercise with this group. It's great motivation to stay healthy and have fun while doing it! All you need to do is make sure your AGNES is current and sign a release form.

Melodians

This group, formerly known as "The Kitchen Band," meets on Thursdays at 12:30 to sing and share their musical talents. We love to hear their singing of the old-time songs that we all grew up with. Join your voices with theirs and enjoy a musical afternoon!

Pinochle Group

This group loves to play pinochle. They play most Mondays starting at 9:00. They would love to have people join in the fun!

Puzzles

There is always a puzzle to be put together in the back room. Stop in anytime and work on a puzzle for a few minutes or a few hours!

Sticky Buns & Turnovers

Turnovers are served every Thursday. Sticky Buns are made each Friday. These treats are yummy and the smell is intoxicating. Come in from 8:00-10:00 and enjoy a wonderful treat and some fellowship. Turnovers are \$1.00 and sticky buns are only \$1.50. You can also order sticky buns for takeout, but if you need more than 2, you need to call in on Thursday to place your order!

Sunbonnet Gals

The Sunbonnet Gals meet each Tuesday morning at 8:30 to sew and work on their bonnets. They have sewn thousands of bonnets over the years that they sell all over the country. We are thrilled that this work helps support the programs at the Senior Friendship Center. If you are interested, stop in and talk to the Gals any Tuesday morning.

TOPS

TOPS stands for Take Off Pounds Sensibly and is a hands-on, pounds-off approach to weight loss. If you're ready to stop dieting and make real changes in your life, TOPS can help you reach your weight-loss goals by providing you with educational resources and tools, information and accountability you need to be successful and maintain a healthy life. You may attend one meeting free to get an idea of what it's all about. We meet on Thursday mornings from 9:00-10:00, and we'd love to have come see us! (Weigh-in is from 8:00-8:50).

Woodcarving Group

We have a dedicated group of men and women who come in on Wednesday mornings for breakfast and then stay to work on their woodcarving. They have amazing talent, and would love to have you join. You might even pick up some tips for your own projects!

Yoga

Kim Evezich leads the yoga class every Wednesday and Friday mornings at 8:00. The class is open to anyone 60 years and older. All you need to do is make sure your AGNES is current and sign a release form.

Satellite Centers

Fort Laramie

The Fort Laramie site serves lunch at 11:30 Monday thru Friday. Make reservations the day before by calling 837-2009. There are puzzles and a pool table if you need some entertainment. Also, if you have any ideas for activities, talk to Nancy or give Linda at the Torrington Center a call and we will see what we can work out.

Yoder

Come out to Yoder and feel the community spirit. We are ready to welcome all seniors for delicious meals at 11:30 a.m. Monday thru Friday. Make reservations the day before by calling 532-5525. Enjoy socializing and put a few puzzle pieces in our constantly-going community puzzle. Stop by Tuesday mornings and have a sticky roll and coffee. There is sure to be a good conversation going.

Lingle

This center enjoys fun, laughter, and comradery. Coffee is on first thing every morning. Lunch is served to all at 11:30. Same-day reservations are welcome if in by 8:30. Bingo is played on Wednesdays right after lunch. Farkle is played on Friday mornings at 9:30. Evening carry-in dinners are held 3-5 times per year. There is Cook's Choice for coffee and treat time Wednesday mornings from 8:00-9:00.

LaGrange

The LaGrange site serves lunch at 11:30 Monday thru Friday. Make reservations the day before by calling 575-8456. Coffee is available every morning if you want to gather and visit with friends. We are always willing to do activities in LaGrange so let us know if you have any ideas!

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DEVYNN LOYA

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More Information Just For You!

Free Online Learning

The Wyoming Department of Health (WDH) has arranged free access to a unique online learning opportunity, including live interactive classes for older Wyoming residents. Jeff Clark, Community Health Section manager with the WDH Aging Division, said the "GetSetUp" digital education platform is designed to help older adults bridge the digital divide, combat social isolation, and live more connected lives. "We want to encourage our older residents to regularly engage with technology for social, informational, and medical reasons," Clark said. "We want them to learn new things, meet new people, and unlock new life experiences."

GetSetUp offers more than 2,000 live interactive classes offered around the clock and across diverse subject areas. The classes focus on five areas: Digital Divide, Physical Health, Mental Health, Social Health, and Vocational Health. Classes include things such as computer technology, cooking classes, exercise classes, stress reduction, caring for someone with dementia, gardening, travel tips, pet care, book discussions, etc. Clark said virtual classes are taught by older adults for other older adults, with more than 500 classes available weekly.

Because of the WDH Aging Division partnership with GetSetUp, the classes are free for state residents. The program is available online at <https://www.getsetup.io/partner/wyoming>. To avoid fees, residents should use the coupon code "Wyoming" while booking classes. "Continual learning is healthy for all of us," Clark said. "The internet is a part of everyday life. It's important that older adults feel safe and comfortable online. The classes this program offers will help do that."

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**Thrive
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Congregate Meals

Meals are served each weekday in our Torrington dining room from 11:00-12:30. We offer a wide variety of menus. Suggested donation for those 60 and over is \$3.00. Cost for anyone under 60 is \$5.00. Meal tickets can be purchased. These make a great gift! You can check out our menu on the back page of the newsletter! See page 4 to see meal times for other centers!



Home-Delivered Meals

Home-delivered meals are available to clients who qualify. Meals are delivered Monday thru Friday with frozen meals available on weekends. This can be a long-term option for those who are homebound or a short-term option for those with temporary medical issues. Come in or call and talk to our Access Care Coordinator to see if you qualify.



Transportation

Transportation around the Torrington community is offered weekdays from 7:15-4:30. It is best to make an appointment at least 24 hours in advance. Our drivers do their best to get everyone where they need to go in a timely manner. For seniors 60 and over, suggested donation is \$1.00 per stop. For those under 60, cost is \$1.00 per stop. Our transportation program is available for the public so anyone can ride! We do have wheelchair-accessible vans for those who need them.

WyHS

Wyoming Home Services

The Wyoming Home Services program offers many different types of programs. This program is available to any adult 18 years of age or older who is at-risk of institutional placement. At-risk adults are those who are unable to perform normal daily tasks independently because of multiple problems. We offer the following services:

Personal Care

Our CNA's provide the following services:

- *Bathing
- *Dressing & Grooming
- *Skin care
- *Help with eating
- *Ambulating & Exercise
- *Oral hygiene
- *Assistance with catheter and colostomy care

Homemaking

Our homemakers provide the following services:

- *Housekeeping inside the home
- *Laundry
- *Shopping

Respite Care

Respite is a service that offers special in-home care to give caregivers of individuals with disabilities or other special needs some time off. Respite care is only provided on weekdays and is dependent on the availability of staff.

Chore Services

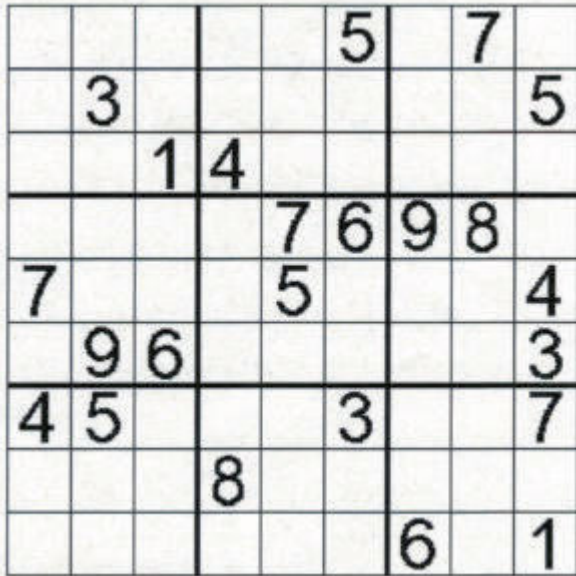
Our chore attendant can help with washing windows, changing light bulbs, shampooing carpets, snow removal, and other light handyman services.

Loan Closet

We have medical items such as shower chairs, walkers, crutches, and wheelchairs that are available on loan for anyone in our community. Folks can keep them for as long as needed and then return them to the center. There is no cost, but donations are welcome.

Sudoku

Employees



Sudoku No.: 67595

- | | |
|-------------------|--------------------------|
| Ron Bernatow | Substitute Driver |
| Donna Blazek | Kitchen Aide/MOW |
| Jamie Brown | Nutrition Manager |
| Chuck Burns | Cook's Helper |
| Stephanie Chapman | Assistant Cook |
| Linda Cockett | Executive Director |
| Peggy Dowers | Activity Coordinator |
| Pam Ellis | Homemaker |
| Gloria Fiorini | Lingle Coordinator |
| Peggy Haynes | CNA |
| Nancy Hays | Substitute Driver |
| Jamie Johnson | Yoder Coordinator |
| Paul Joy | Substitute Driver |
| Victoria Kehl | Homemaker |
| Judy Kieler | Access Care Coord. |
| Christine Knittle | Homemaker |
| Cheryl Larscheidt | Homemaker |
| Nancy Martin | Ft. Laramie Coord. |
| Patty Maser | LaGrange Coordinator |
| Tina Mattis | Home-Delivered Driver |
| Penny Merrick | Morning Driver |
| Christina Morgan | CNA |
| Janice Murphy | Computer Data Tech |
| Pam Paknis | Transit Manager |
| Mark Perez | Custodian |
| Eric Preston | Financial Manager |
| Lyman Reich | Chore Attendant |
| Marion Scarbrough | Afternoon Driver |
| Susan Swanson | Administrative Assistant |
| Jeri Teske | Substitute Driver |
| Shelly Werner | Dining Room Asst. |



- Answers
- Parallel Bars
 - Piggy Back Ride
 - Side By Side
 - 40 Days and 40 Nights
 - All Hands on Deck
 - Laptop Computer

Our employees do a fabulous job! We appreciate each and every one of them!

Activity Corner!

"Jungle Cruise"

Pinnacle Bank will be sponsoring the movie "Jungle Cruise" on Wednesday, January 12 at 10:00. The movie is based on Disneyland's theme park ride where a small riverboat takes a group of travelers through a jungle filled with dangerous animals and reptiles but with a supernatural element. The movie stars Dwayne Johnson and Emily Blunt. It's rated PG-13. Come enjoy some popcorn and treats and a fun movie.

Snowman Painting

Peggy has a great idea for a new painting project. Come and try a new project on Wednesday, January 19 at 9:30. Everyone is welcome! You will walk through the project step by step. Try something new this year and find your inner artiste! All materials will be provided, but you do need to sign up so we have plenty of supplies on hand.

Styrofoam Craft

This will be a surprise craft, but we know it will be fun. A ton of Styrofoam balls were donated to the center, so Peggy is trying to decide what cool, creative craft can be done with them. Join her on Wednesday, January 26 at 9:30 to see what she comes up with. She would also welcome any creative ideas you might have. Make sure to sign up at the front desk.

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Resources for You

Emergency Rental Assistance Program

The Federal Government has a program to help with rent and/or utilities if you have had trouble meeting expenses due to the COVID-19 pandemic. You can get help with unpaid past due rent and utility services incurred after March 13, 2020. Eligible costs include rent, electricity, energy costs, water, sewer, and internet services.

Applications can be found at dfs.wyo.gov/erap or you can contact WyoHelp at 532-0269. If you are worried about paying for your basic expenses, reach out today and see what help is available!

January 2022 Breakfast Menu — Served from 7:00-8:00

Wednesday January 5	Wednesday January 12	Wednesday January 19	Wednesday January 26	
French Toast, Bacon, Mandarin Oranges, V-8 Juice	Biscuit & Gravy, Hashbrowns, Pineapple, Green Bell Pepper, Grape Juice	Pancakes, Bacon, Applesauce, Tomato Juice	Western Egg Scramble, Sausage Link, Apple Juice	MEALS SUBJECT TO CHANGE WITHOUT NOTICE

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January 2022 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 Low-Impact Aerobics 8:00 Alzheimer/Dementia Support Group 11:00-12:00	4 Low-Impact Aerobics 8:00 Sunbonnet Gals 8:30 Bingo in Torrington 12:30	5 Yoga 8:00 Woodcarvers 8:00	6 Low-Impact Aerobics 8:00 TOPS 8:00 Melodians 12:30 Instrumental Band 2:00	7 Yoga 8:00
10 Low-Impact Aerobics 8:00 Pinochle 9:00 Advisory Council 12:30	11 Low-Impact Aerobics 8:00 Sunbonnet Gals 8:30 Blood Pressure (Yoder) 11:30 Bingo in Torrington 12:30	12 Yoga 8:00 Woodcarvers 8:00 PINNACLE MOVIE "JUNGLE CRUISE" 10:00 FUNERAL PRE-PLANNING 10:30-12:30	13 Low-Impact Aerobics 8:00 TOPS 8:00 Melodians 12:30 Instrumental Band 2:00	14 Yoga 8:00 BELTONE
17 Low-Impact Aerobics 8:00 Pinochle 9:00 Alzheimer/Dementia Support Group 11:00-12:00	18 Low-Impact Aerobics 8:00 Sunbonnet Gals 8:30 Blood Pressure (Fort Laramie) 11:00 (Lingle) 12:00 BOARD MEETING 12:00 Bingo in Torrington 12:30	19 Yoga 8:00 Woodcarvers 8:00 SNOWMAN PAINTING 9:30	20 FOOT CLINIC Low-Impact Aerobics 8:00 TOPS 8:00 Melodians 12:30 Instrumental Band 2:00	21 Yoga 8:00
24 Low-Impact Aerobics 8:00 Pinochle 9:00	25 Low-Impact Aerobics 8:00 Sunbonnet Gals 8:30 Bingo in Torrington 12:30	26 Yoga 8:00 Woodcarvers 8:00 STYROFOAM CRAFT 9:30	27 Low-Impact Aerobics 8:00 TOPS 8:00 Melodians 12:30 Instrumental Band 2:00	28 Yoga 8:00 Blood Pressure (Torrington) 11:00 BIRTHDAY DINNERS FOR DECEMBER
31 Low-Impact Aerobics 8:00 Pinochle 9:00				

January 2022 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chili, Cheese Stick, Tossed Salad, Breadstick, Fruit Cocktail	4 Ham, Brussel Sprouts, Macaroni & Cheese, Three Bean Salad, Cinnamon Apples	5 Polish Sausage, Sauerkraut, Baby Bakers, Peas, Peaches	6 Oven-Fried Chicken, Steak Potatoes, Pacific Blend Vegetables, Coleslaw, Applesauce	7 Turkey, Mashed Potatoes, Gravy, California Blend Vegetables, Tossed Salad, Cookie
10 Meatloaf, Baby Bakers, Peas & Carrots, Coleslaw, Peaches	11 Manicotti with Meat Sauce, Italian Vegetables, Tossed Salad, Pears, Tapioca Pudding	12 Cod, Rice, Green Beans, Carrot Raisin Salad, Apple Slices	13 Swedish Meatballs, Noodles, Spinach, Jean's Salad, Mandarin Oranges	14 Roast Pork, Mashed Potatoes, Gravy, Scandinavian Vegetables, Apple Crisp
17 Salmon with Lemon Slice, Baby Bakers, Oriental Vegetables, Coleslaw, Pears	18 Beef Stew, Wheat Dinner Roll, Cottage Cheese, Peaches	19 Chicken Strips, Honey Mustard, Potato Wedges, Peas, Spinach Salad	20 Swiss Steak, Rice, Green Beans, Mandarin Oranges, Cookie	21 Roast Beef, Mashed Potatoes, Gravy, Winter Blend Vegetables, Tossed Salad, Tropical Fruit
24 Chicken Pot Pie, Green Beans, Mandarin Oranges & Pineapple, Chocolate Pudding	25 Taco Salad with Sour Cream, Salsa, Corn and Black Beans, Refried Beans, Tropical Fruit	26 Ham & Beans, Green Beans, Cornbread, Dark Cherries, Cookie	27 Turkey Tetrazzini, Stewed Tomatoes, Fluffy Fruit Cup, Carrot Raisin Salad	28 Chicken Fried Steak, Mashed Potatoes, Gravy, Carrots, Tossed Salad, Peach Crisp
31 Oven-Fried Chicken, Mashed Potatoes, Gravy, Pacific Blend Vegetables, Russian Salad, Applesauce			MILK OFFERED DAILY MEALS SUBJECT TO CHANGE WITHOUT NOTICE	IF YOU WOULD LIKE A HOME-DELIVERED MEAL OR YOU NEED TO CANCEL FOR THE DAY, PLEASE CALL US AT 532-2796 BY 9:00 AM