



Senior Scuttlebutt

February 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,

Check out the Activity Calendar on page 11. There are tons of activities going on! One thing I’d like to highlight is that we will be having “Coffee With the Cops” on Friday, February 18 from 8:30 -9:30. This is a chance for you to get to know some of our local officers and ask questions about laws and ordinances that might affect you. An added benefit is that Pinnacle Bank will be treating everyone to one free sticky bun during this time. We hope you’ll come in and enjoy coffee and conversation (and a gooey treat)!

Also, I want to give a big thank-you to Gary DeBolt for continuing to try to offer AARP Smart Driver classes. He is going to try to offer three classes in February and March so check out the information on pg. 8. We are hopeful that the national AARP board will allow these classes to happen.

Students from the Lingle/Ft. Laramie High School will be here on Wednesday, February 2 to help you with your technology questions. Bring your phone, tablet, or laptop and get some expert help.

The Senior Center is a busy place. Come and check out all we have to offer!

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
Darlene Burriss
Jo Butler
Sharon Coen
Alvin Conley
Jim & Glenna DeBock
Bonnie DesEnfants
Esther Dick
Dave Eddington
Vern & Sandra Ellis
Marti Ernst
Jan & Wayne Fields
Larry & Sherlin Foos
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
Merrijane Morgheim
Bonnie Mortimore
Carol Peterson
Loretta Peterson*
Dona Schlattmann*
Ruth Schreiner
Joyce Schubarth
Ray & Val Sharp
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 1/19/22

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

Help with Technology

Students from Lingle/Fort Laramie High School will be in the Torrington center on Wednesday, February 2 during lunch to help seniors with their technology issues. Bring your cell phone, tablet, or laptop, and your questions so that the students can help you out. They are very excited to help so bring whatever issues you are having. The students are the experts so get the help you need!



Foot Clinic

Foot clinic will be on Thursday, February 17 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:	February 15 at 11:00
LaGrange	February 10 at 11:00
Lingle:	February 15 at 12:00
Torrington:	February 25 at 11:00
Yoder	February 8 at 11:30

Birthday Dinner

Birthday Dinners will be on February 25! 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!

Goshen County Senior Friendship Center • 5



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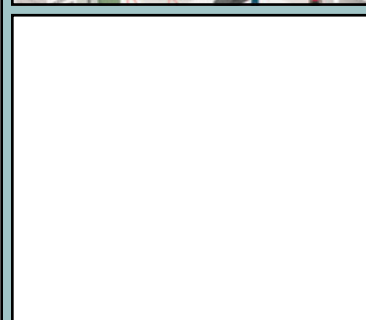
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Wyoming Dementia Together

Wyoming Dementia Together is a team of experienced dementia care professionals dedicated to building an inclusive community to support and educate those who have a loved one living with dementia.

Wyoming Dementia Together is offering free bi-weekly educational discussion topics via the internet. Upcoming topics include:

- ♥ February 9 – “Driving and Dementia: Family Conversations”
- ♥ February 23 – “My Loved One Is No Longer Driving – What Now?”
- ♥ March 9 – “Driving and Dementia: Legal, Financial, and Ethical Considerations”
- ♥ Future classes will be held on March 23, April 6, April 20, May 4, and May 18

Register for the classes by calling WyCOA (Wyoming Center on Aging) at 307-766-2829 or email them at wycOA@uwyo.edu. Once registered, you will receive a link to join the class each week. The classes run from 10:30 am until 11:45 am.



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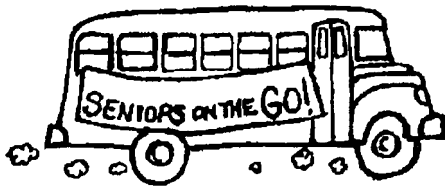
Congregate Meals

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.

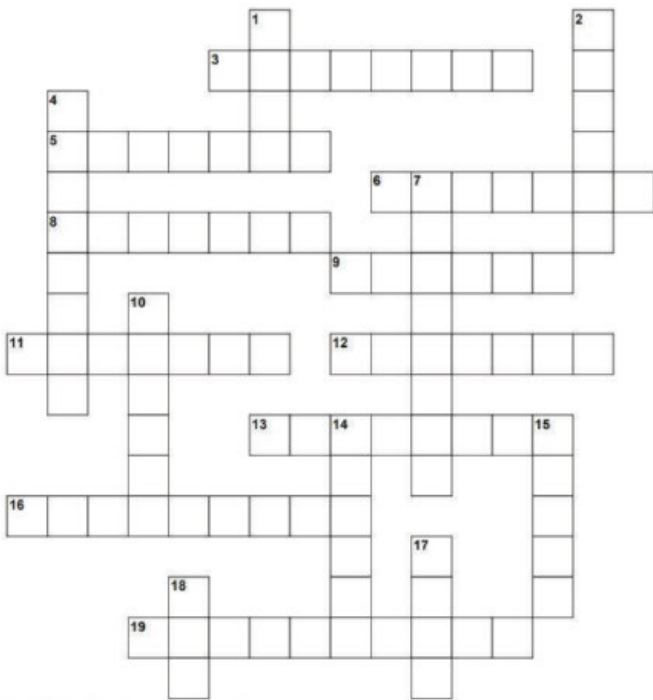
Chore Services

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.

PRESIDENT'S DAY



By Evelyn Johnson _ www.qets.com

PRESIDENT'S DAY

ACROSS

- 3 British soldier in colonial America
- 5 Sixteenth President of the United States
- 6 United States of America
- 8 City where the central government of a nation is located
- 9 Territory governed by a distant country
- 11 Day on which ordinary business activity is suspended
- 12 One who supports his or her nation and its interests
- 13 Formal assembly of representatives
- 16 Chief executive officer of a republic
- 19 First President of the United States

DOWN

- 1 Makes a ringing sound when struck with a hard object
- 2 Position of trust or responsibility
- 4 Process of selecting a person for office by voting
- 7 Pertaining to warfare or preparation for war
- 10 Bill of _____
- 14 People living under its own independent government
- 15 Specific area of land
- 17 Formal expression of preference in an election
- 18 Armed fighting between nations

Answers available upon request.



Smart Driver Class

Gary DeBolt will offer three AARP Smart Driver classes in February and March:

- Friday, February 25 (filled)
- Tuesday, March 8
- Wednesday, March 23

The classes will be from 9:00-4:00. Taking this class can get you a discount on most automobile insurances so check with your agent to find out if your insurance company participates.

The cost of the class is \$20.00 if you are an AARP member and \$25.00 for non-members. The class is limited to 25 people so sign up by calling 532-2796.

Classes fill up quickly so you'll want to sign up as soon as possible.



COVID-19 Test Kit Scam

Be careful! Scammers are selling fake and unauthorized at-home COVID-19 test kits. Before buying any test kit online, make sure that the test is from the U.S. Food and Drug Administration's approved list of vendors. You can check that list at <https://go.usa.gov/xtbau>.

Follow these guidelines:

- ♥ Make sure to purchase FDA approved COVID-19 test kits from legitimate providers.
- ♥ Ignore offers or advertisements for COVID-19 testing on social media sites.
- ♥ If you go to a pop-up site or other testing facility, research the facility or testing site before you go.
- ♥ If you suspect COVID-19 healthcare fraud, contact the Senior Medicare Patrol at 877-808-2468 or 800-447-8477.

Activity Corner!

Apron Craft

Come on Wednesday, February 2 at 9:30 to make a fun apron with Peggy. You can make something to wear in your kitchen, at a potluck, or to use when you do crafts with Peggy. Our grandmothers wore aprons all the time and used them to carry stuff, dust off a table, wipe a child's mouth, and keep their clothes clean. They really do come in handy! Make sure you sign up so we have enough supplies for everyone.

Pinnacle Movie

Pinnacle Bank will be sponsoring the movie "Fifty First Dates" on Wednesday, February 9 at 10:00. This movie stars Adam Sandler and Drew Barrymore. The movie is about Henry who is afraid of commitment until he meets the beautiful Lucy. They hit it off and Henry think he's finally found the girl of his dreams until discovering she has short-term memory loss and forgets him the next day. Come enjoy the movie and treats!

Spring Décor

Join Peggy on Wednesday, February 23 at 9:30 for a fun spring decorating idea. You know that it will be unique, beautiful, and fun to create. Make sure you sign up so that we have enough supplies! Bring your friends and step into spring with a new decoration!

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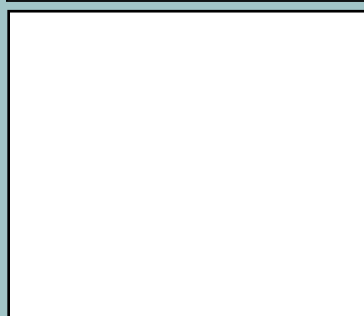
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Resources for You

Medicare Scam

One of our seniors reported that he received a call from someone supposedly from Medicare asking if he had received his new Medicare cards. He was told if he didn't verify his Medicare number his benefits would expire. Luckily, he was savvy enough to know it was a scam.

Medicare is **NOT** sending out new cards. **NEVER** give your Medicare number to anyone who calls you on the phone. Medicare will send information through the mail about your benefits. If you are unsure, immediately hang up and call Medicare to find out if it is real.

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

Wednesday February 2	Wednesday February 9	Wednesday February 16	Wednesday February 23	
Biscuit & Gravy, Hashbrowns, Peaches, Avocado, Apple Juice	Western Egg Scramble, Sausage Link, Orange Juice	Blueberry Pancake, Bacon, Applesauce, Tomato Juice	French Toast, Ham, Stewed Tomato, Fruit Cocktail, Apple Juice	MEALS SUBJECT TO CHANGE WITHOUT NOTICE

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February 2022 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Low-Impact Aerobics 8:00 Sunbonnet Gals 8:30 Bingo in Torrington 12:30	2 Yoga 8:00 Woodcarvers 8:00 APRON CRAFT 9:30 TECHNOLOGY HELP DURING LUNCH IN TORRINGTON	3 Low-Impact Aerobics 8:00 TOPS 8:00 Melodians 12:30 Instrumental Band 2:00	4 Yoga 8:00
7 Low-Impact Aerobics 8:00 Pinochle 9:00 Alzheimer/Dementia Support Group 11:00-12:00	8 Low-Impact Aerobics 8:00 Sunbonnet Gals 8:30 Blood Pressure (Yoder) 11:30 Bingo in Torrington 12:30	9 Yoga 8:00 Woodcarvers 8:00 PINNACLE MOVIE "FIFTY FIRST DATES" 10:00 FUNERAL PRE-PLANNING 10:30-12:30	10 Low-Impact Aerobics 8:00 TOPS 8:00 Blood Pressure (LaGrange)) 11:00 Melodians 12:30 Instrumental Band 2:00	11 Yoga 8:00 BELTONE
14 Low-Impact Aerobics 8:00 Pinochle 9:00 Advisory Council 12:30	15 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	16 Yoga 8:00 Woodcarvers 8:00	17 FOOT CLINIC Low-Impact Aerobics 8:00 TOPS 8:00 Melodians 12:30 Instrumental Band 2:00	18 Yoga 8:00 COFFEE WITH THE COPS 8:30-9:30
21 Low-Impact Aerobics 8:00 Pinochle 9:00 Alzheimer/Dementia Support Group 11:00-12:00	22 Low-Impact Aerobics 8:00 Sunbonnet Gals 8:30 Bingo in Torrington 12:30	23 Yoga 8:00 Woodcarvers 8:00 SPRING DÉCOR 9:30	24 Low-Impact Aerobics 8:00 TOPS 8:00 Melodians 12:30 Instrumental Band 2:00	25 Yoga 8:00 AARP SMART DRIVER 9:00-4:00 Blood Pressure (Torrington) 11:00 BIRTHDAY DINNERS FOR FEBRUARY
28 Low-Impact Aerobics 8:00 Pinochle 9:00				

February 2022 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Swiss Steak, Brown Rice, Broccoli, German Coleslaw, Pears	2 Potato Soup with Carrots & Celery, Breadstick, Dark Cherries	3 Pork Chop, Peas & Carrots, Brown Rice, Applesauce, Wasp Cake	4 Hawaiian Chicken, Sweet Potatoes, Stir Fry Vegetables, Wheat Roll, Pineapple
7 Spaghetti, Winter Blend Vegetables, Breadstick, Tossed Salad, Pears, Chocolate Pudding	8 Ham, Squash, Peas, Potato Wedges, Coleslaw, Cookie	9 Chicken Strips, Honey Mustard, Lima Beans, Fruited Jell-o, Carrot-Apple-Celery Salad	10 Meatloaf, Winter Blend Vegetables, Baby Bakers, Pineapple Upside Down Cake	11 Chicken Fried Steak, Italian Blend Vegetables, Mashed Potatoes, Gravy, Tossed Salad, Cherry Crisp
14 Taco Salad with Sour Cream, Salsa, Lettuce and Tomato, Black Beans, Fluffy Fruit Dessert	15 Chili, Cheese Stick, Cran-Apple Salad, Cottage Cheese, Tossed Salad	16 Cod, Oven-Browned Potatoes & Carrots, Peas, Tartar Sauce, Chocolate Pudding	17 Turkey Tetrazzini, Stewed Tomatoes, Green Beans, Cookie	18 Roast Pork, Mashed Potatoes, Gravy, Scandinavian Vegetables, Coleslaw, Chocolate Cake
21 Salmon, Lemon Slice, Baby Bakers, Oriental Vegetables, Coleslaw, Pears, Cookie	22 Braised Beef over Noodles, Brussel Sprouts, Tossed Salad, Three-Bean Salad, Fruit Cocktail	23 Polish Sausage, Sauerkraut, Diced Potatoes & Carrots, Peaches	24 Beef and Barley Soup with Lima Beans, Bread, Broccoli Craisin Salad, Apple	25 Roast Beef, Mashed Potatoes, Gravy, Winter Blend Vegetables, Cucumber Salad, Tropical Fruit, Chocolate Cake
28 Beef Fajita with Peppers and Onions on a Tortilla, Corn & Black Beans, Salsa, Sour Cream, Ambrosia		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