



Senior Scuttlebutt

March 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,

Spring is almost here! Time to start thinking about spring cleaning, planting gardens, getting outside for some exercise, and just generally hitting the re-set button. My husband and I have been doing a remodeling project in our basement for several months. Last weekend, we finished! Hallelujah! Now we have to put back everything that we took out. I am going through totes and being pretty ruthless about what stays and what goes. We have stuff that we don’t need anymore — stuff in decent shape will come to the rummage sale, other stuff will go directly to the trash. It’s just time to downsize and get rid of the clutter! I do pretty well until it comes to pictures or books or family keepsakes. But I’m trying to ask myself — does it bring me pleasure? Am I ever going to read it again? Is there space to keep it? It’s a continuous process and some days I do better than others. But I will confess, that it feels good to see some empty spaces! Now I just need to be as ruthless in my office at the senior center!

There are many activities going on at the center this month — technology help, Smart Driver classes, crafts, a nutrition program. Come check things out! It’s time to try something new!

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
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
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
Roger L. Wunder
Ruth & Dick Young

* Indicates membership due

- ◆ Current as of 2/18/22

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

Information

Technology Help

Students from the Lingle/Fort Laramie schools will be available to help with your technology questions on the following dates:

Lingle

March 23

April 13

May 18

Torrington

March 2

April 5

May 4



48122228 www.ftlbasearch.com

Bring your devices and let the experts help you with your questions!

Monthly Activities

Foot Clinic

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

Birthday Dinner

Birthday Dinners will be on March 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 1:30 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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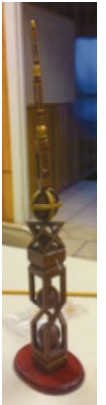
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More Information Just For You!

Woodcarving

We have a small but wonderfully talented group of woodcarvers who would love to expand their group. They meet on Wednesday mornings at 8:00. They are willing to teach you how to carve and they will let you borrow tools as you get started. It's a great hobby to learn at any age., and you can carve year round! It's amazing what beauty can come out of an ordinary piece of wood. It's great that we have experts who guide you as you get started. Come and see what they have to offer — you never know what you might learn. We have both women and men who participate! Also, if you are interested, but 8:00 is not a good time, let the office staff know and we might be able to arrange another time.



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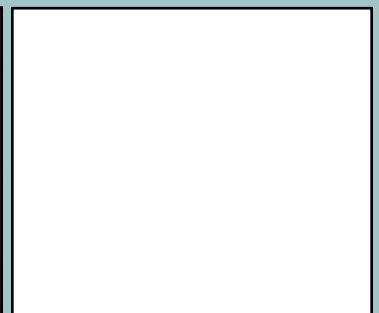
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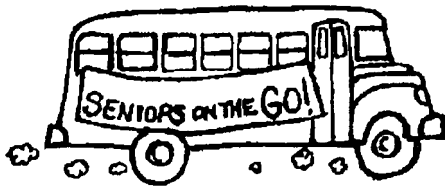
Congregate Meals

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

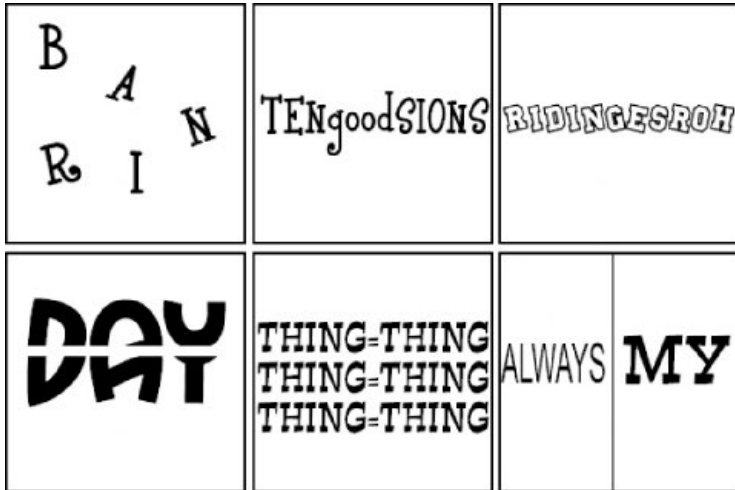
Respite is a service that offers special in-home care to give caregivers of individuals with disabilities or other special needs some time off. Respite care is only provided on weekdays and is dependent on the availability of staff.

Chore Services

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

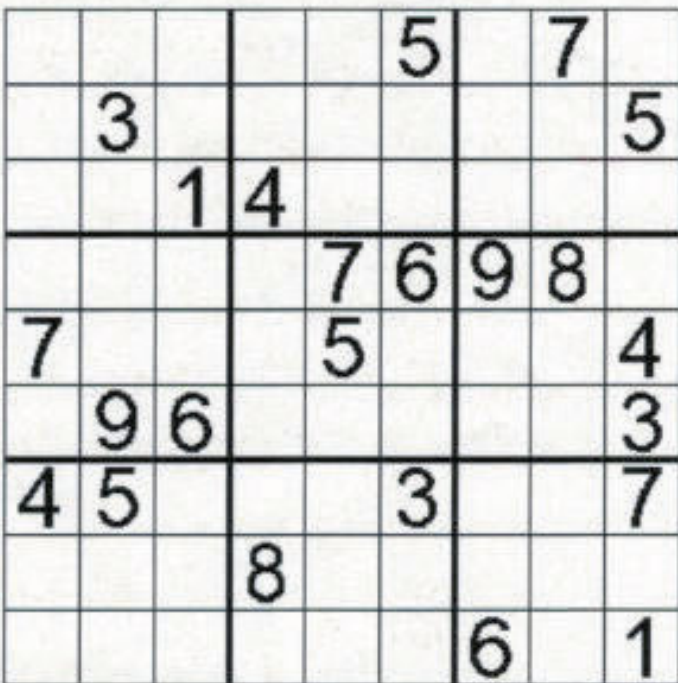
Loan Closet

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.



Answers
 Scatterbrain
 Riding Horseback
 Good Intentions
 Daybreak
 All Things Being Equal
 Always By My Side

Sudoku



Sudoku No.: 67595



Smart Driver Class

Gary DeBolt will offer two AARP Smart Driver classes in March:

Tuesday, March 8 (filled)
 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.

Need Help as a Caregiver?

Taking care of a loved one can be overwhelming and isolating. It is important that you reach out to others and ask them to chip in with the responsibilities. Think about the following:

- ♥ Consider Your Needs — what tasks do you have difficulty doing? What are tasks that others might handle better?
- ♥ Consider the gifts of other family members — who is good with finances? Who likes to go grocery shopping? Who might be able to run errands? Who might be able to spend time with your loved one to give you a break?
- ♥ Share all necessary information — sometimes other family members don't realize all the burden you have. Share with them what your day looks like and ask how they might be able to share some of the load.
- ♥ Reach out to friends or neighbors — people are often very willing to help but they don't know your needs. Ask a friend or neighbor to help with household tasks or errands.
- ♥ You have to make sure that you taking care of yourself as well as your loved one!

Activity Corner!

Painting for Fun

Come and enjoy a day of painting whatever you would like. Bring your creativity and spend a couple of hours painting and visiting. We are always amazed by the wonderful things that our seniors create. Spend some time with Peggy and others on Wednesday, March 9 at 9:30 to create something fabulous! Make sure to sign up so we have enough supplies!



Fun With Crafts



Easter Craft

Can you believe Easter is almost here? Join Peggy on Wednesday, March 30 at 9:30 to create a wonderful Easter decoration for your celebration. Make sure you sign up so there are enough supplies for everyone. This will be a fun time that you don't want to miss!



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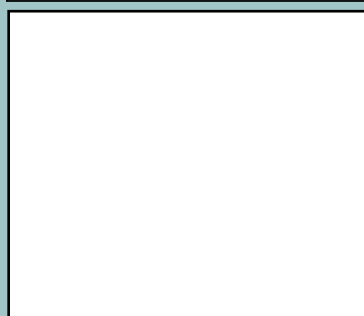
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Thrive
Locally

Nutrition Program

Join us on Monday, March 14 at 12:30 for a nutrition presentation by "Taking Off Pounds Sensibly." Come and learn about sensible ways to lose weight and stay healthier. We all know that proper nutrition affects the rest of our health and it's important that we maintain a proper diet. Come learn ways that you can eat better and exercise in order to stay healthy!



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

Wednesday March 2	Wednesday March 9	Wednesday March 16	Wednesday March 23	Wednesday March 30
Oatmeal with Strawberries, Avocado, Grape Juice	Biscuit & Gravy, Hashbrowns, Green Peppers, Apple Juice	French Toast, Bacon, Mandarin Oranges, V-8 Juice	Blueberry Pancakes, Cherry Tomatoes, Sausage Link, Orange Juice	Breakfast Casserole, Dark Cherries, Apple Juice

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March 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 TECHNOLOGY HELP TORRINGTON 11:00	3 Low-Impact Aerobics 8:00 TOPS 8:00 Melodians 12:30 Instrumental Band 1:30	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 AARP SMART DRIVER 9:00-4:00 Sunbonnet Gals 8:30 Blood Pressure (Yoder) 11:30 Bingo in Torrington 12:30	9 Yoga 8:00 Woodcarvers 8:00 PAINTING FOR FUN 9:30	10 Low-Impact Aerobics 8:00 TOPS 8:00 Blood Pressure (LaGrange)) 11:00 Melodians 12:30 Instrumental Band 1:30	11 Yoga 8:00 BELTONE
14 Low-Impact Aerobics 8:00 Pinochle 9:00 NUTRITION PROGRAM 12:30 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 1:30	18 Yoga 8:00
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 AARP SMART DRIVER 9:00-4:00 TECHNOLOGY HELP LINGLE 11:00	24 Low-Impact Aerobics 8:00 TOPS 8:00 Melodians 12:30 Instrumental Band 1:30	25 Yoga 8:00 Blood Pressure (Torrington) 11:00 BIRTHDAY DINNERS FOR MARCH
28 Low-Impact Aerobics 8:00 Pinochle 9:00	29 Low-Impact Aerobics 8:00 Sunbonnet Gals 8:30 Bingo in Torrington 12:30	30 Yoga 8:00 Woodcarvers 8:00 EASTER CRAFT 9:30	31 Low-Impact Aerobics 8:00 TOPS 8:00 Melodians 12:30 Instrumental Band 1:30	

March 2022 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>MILK OFFERED DAILY</p> <p>MEALS SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p>1</p> <p>Polish Sausage, Wheat Bun, Sauerkraut, Company Potatoes, Brussel Sprouts, Applesauce</p>	<p>2</p> <p>Fish, Brown Rice, Carrots, Mixed Green Salad, Mandarin Oranges & Pineapple</p>	<p>3</p> <p>Chicken Alfredo, Mixed Vegetables, Tossed Salad, Breadstick, Chocolate Cake, Pears</p>	<p>4</p> <p>Turkey, Mashed Potatoes, Gravy, Winter Blend Vegetables, Peaches, Cookie</p>
<p>7</p> <p>Meatloaf, Baby Bakers, German Salad, Peas & Carrots, Peaches</p>	<p>8</p> <p>Oven-Baked Chicken Legs & Thighs, Broccoli, Steak Fries, Berry Parfait</p>	<p>9</p> <p>Chicken Noodle Soup, Mixed Vegetables, Carrots and Celery Sticks, Orange</p>	<p>10</p> <p>Pork Chop, Italian Vegetables, Spring Mix Salad, Potato Medley, Applesauce</p>	<p>11</p> <p>Roast Beef, Mashed Potatoes, Gravy, Green Beans, Buttermilk Dessert</p>
<p>14</p> <p>Spaghetti, Pea Salad, Breadstick, Cauliflower, Pudding</p>	<p>15</p> <p>Enchilada Casserole, Lettuce, Tomato, Corn & Black Beans, Tropical Fruit</p>	<p>16</p> <p>Ham, 3-Bean Salad, Company Potatoes, Stewed Tomatoes, Lemon Blueberry Dump Cake</p>	<p>17</p> <p>Corned Beef, Cabbage, Diced Potatoes & Carrots, Fruited Jell-o</p>	<p>18</p> <p>Fish, Snap Pea Stir Fry, Rice, Spinach Salad, Mandarin Oranges</p>
<p>21</p> <p>Swiss Steak, Rice, Lima Beans, Tossed Salad, Orange</p>	<p>22</p> <p>Roast Pork, Mashed Potatoes, Gravy, Baby Carrots, Broccoli-Craisin Salad, Cherry Marble Cake</p>	<p>23</p> <p>Chicken Strip, German Coleslaw, Spinach, Baby Bakers, Dark Cherries</p>	<p>24</p> <p>Minestrone Soup, Breadstick, Spring Salad, Fruit Cocktail</p>	<p>25</p> <p>Chicken Fried Steak, Mashed Potatoes, Gravy, Italian Vegetables, Tossed Salad, White Cake with Strawberries</p>
<p>28</p> <p>Taco Salad with Lettuce, Tomatoes, Cheese, Refried Beans, Salsa, Sour Cream, Apple</p>	<p>29</p> <p>Turkey Tetrazzini, Stewed Tomatoes, Broccoli-Craisin Salad, Fruit Cocktail</p>	<p>30</p> <p>Manicotti with Meat Sauce, Italian Vegetables, Tossed Salad, Peaches Tapioca Pudding</p>	<p>31</p> <p>Sloppy Joe, Macaroni and Cheese, Coleslaw, Chateau Vegetables, Pears</p>	<p>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</p>