



# Senior Scuttlebutt

April 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](http://www.goshencountysfc.com)

**Phone:**

307-532-2796

**Hours:**

7:00 AM-5:00 PM



## Director’s Message

**Dear Friends,**

We are so glad that we could fully open back up in our centers with no masks, real silverware, and the sense of getting back to normal. We know that it has been a long couple of years, and we hope that the trend continues of fewer cases and low community transmission so that this pandemic can end.

There are lots of important events going on at the Senior Center this month. High school students from Lingle /Fort Laramie High School will be offering help with technology on April 6 in Torrington and April 13 in Lingle. Bring your devices and questions! We will offer a presentation on Alzheimer’s on April 13 as well. Our volunteer luncheon will be held on April 20. Peggy has a couple of fun crafts on April 6 and April 27. We will also be busy getting ready for the Rummage Sale on May 7 this year. Volunteers are always needed to make this big event happen! Also, we will be closed on Friday, April 15 for Good Friday.

It feels like the weather is warming up so maybe you can spend some time outdoors in your yard or walking around your neighborhood, just enjoying being outside. Find ways to refresh and rejuvenate this spring!

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	Dan & Dee Ludwig
Betty Allen	Mary Martin
Paula Arnold	Lee Mathews
Darlene Burriss	Shirley McCandlish
Jo Butler	Norma McClure
Sharon Coen	Tony & Gloria Mendoza
Alvin Conley	Larry & Bev Miskimins
Jim & Glenna DeBock	Merrijane & Kenny Morgheim
Bonnie DesEnfants	Bonnie Mortimore
Esther Dick	Carol Peterson
Dave Eddington	Donna Peterson
<b>Vern &amp; Sandra Ellis*</b>	<b>Loretta Peterson*</b>
<b>Marti Ernst*</b>	Dona Schlattmann
<b>Jan &amp; Wayne Fields*</b>	<b>Ruth Schreiner*</b>
Larry & Sherlin Foos	Joyce Schubarth
Jerry & Penny Franklin	Ray & Val Sharp
<b>Jane Fritzler*</b>	Paula Shasteen
Mary Ann Gillaspie	Vaughn Simonsen
Elsie Gray	John & Paula Sommer
Mary Hahn	Frank & Toby Stamm
Michael Hamer	Gene & Vicki Stiles
<b>Charlene &amp; Walter Hayes*</b>	Chuck & Myrna Stuckert
Lou & Marty Hubbs	Kathy Surratt
Ed & Alyce Jolovich	<b>John &amp; Susie Temple*</b>
Marty & Dottie Jungck	Alice Thompson
Wilma Kalamaja	Dorothy Vollmer
Ron & Ilene Kaufman	Rick & Nancy Vonburg
David & Marleen Kendall	<b>Don &amp; Delores Warfield*</b>
Dr. Charles Kilgore	Carol Werger
Judy Lamb	Frank & Karen Weyrich
José Landeros	<b>Stan &amp; Marilyn Willadsen*</b>
Jean Lashley	Roger L. Wunder
Bob & Jane Lewis	Ruth & Dick Young
Toby & Carolyn Lewis	

\* **Indicates membership due**

◆ Current as of 3/17/22

# 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

April 13

May 18



#### Torrington

April 6

May 4

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

## Monthly Activities

### Foot Clinic

Foot clinic will be on Thursday, April 21 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:	April 19 at 11:00
LaGrange	April 14 at 11:00
Lingle:	April 19 at 12:00
Torrington:	April 29 at 11:00
Yoder	April 12 at 11:30

### Birthday Dinner

Birthday Dinners will be on April 29! 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!

Goshen County Senior Friendship Center • 5



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## More Information Just For You!

### Alzheimer's Presentation

Kelly Wright, Development Manager of the Wyoming Chapter of the Alzheimer's Association, will be doing a presentation on Wednesday, April 13 from 11:00-12:00 at the Torrington site. She will talk about the resources available on a national level as well as on a local level, both virtually and in-person. We have many people in our community who are helping care for loved ones with dementia. This program is for those dealing with the primary care of loved ones, but also for friends and family who need to know how to support the caregiver. Kelly will be sharing how to contact counselors, support groups, educational programs, respite care, and other resources. There are also resources for those who are in the early stages of Alzheimer's and might need to know what is available.

The Torrington Rotary Club has graciously offered to provide lunch for all participants who attend the presentation. Join us and get quality information for yourself or for loved ones.



6 • Goshen County Senior Friendship Center



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## Thrive Locally



### 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

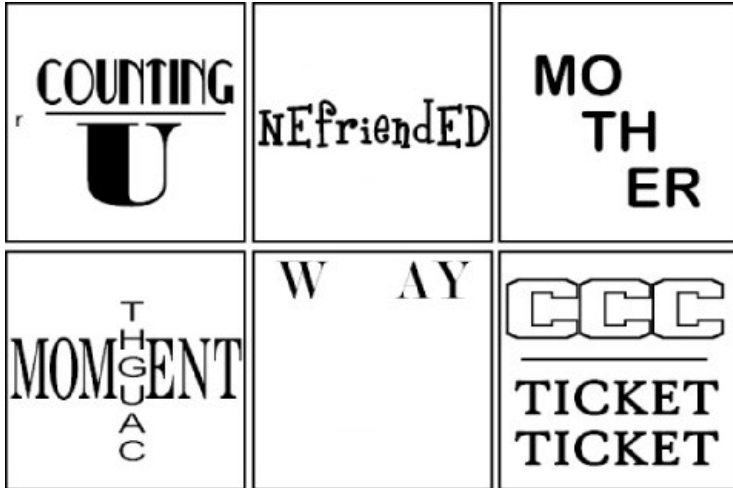
Respite is a service that offers special in-home care to give caregivers of individuals with disabilities or other special needs some time off. Respite care is only provided on weekdays and is dependent on the availability of staff.

#### 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**

We are Counting on You      A Friend in Need      Stepmother  
 Caught in the Moment      Divided Highway      Season Tickets

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

**What's In Your Garden**

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 A Q C N R O C N R N K B P E T  
 R U A E A A O E I A E R T A U  
 L A N A R I B K L E T T N N R  
 I S I S N M P E T O U S L S N  
 C H P O U M B R O C C O L I I  
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 H C O U C P A R S N I P S T O  
 L C T A A R E I A T U H R O L  
 R H A R R R S R E P P E P L L  
 A I T K R S I O O C S A N L A  
 B N O O O H S I D A R A E A R  
 I I P E T P U C H A R D N H D  
 E P E A S T A L U G U R A S S

- Word List:
- |          |          |          |           |
|----------|----------|----------|-----------|
| CARROTS  | PARSNIPS | PEAS     | BEANS     |
| PEPPERS  | ZUCCHINI | HONEYDEW | BROCCOLI  |
| CUCUMBER | RADISH   | PUMPKIN  | SPINACH   |
| TURNIP   | ARUGULA  | KALE     | BEET      |
| ONION    | GARLIC   | SHALLOT  | KOHLRABI  |
| POTATO   | RHUBARB  | CORN     | CHARD     |
| OKRA     | SQUASH   | COLLARDS | ASPARAGUS |
| LETTUCE  |          |          |           |

**Life Line Screening**

Life Line Screening will be at the Torrington site on Friday, May 13. They will be offering five different screenings: carotid artery disease, peripheral arterial disease, abdominal aortic aneurysm, atrial fibrillation, and osteoporosis risk. All five screenings will be offered for \$149. There is more information on the insert in the newsletter. To make an appointment, call 1-800-690-0323.

We have been given two vouchers for free screenings. We will have a drawing for anyone who is interested. You can put your name in at any of the sites. Drawing will be held at the end of April.

**Volunteer Luncheon**

We want to celebrate all of the wonderful volunteers at the Senior Friendship Center. We will be having a special luncheon on Wednesday, April 20 to honor them. Even with all the COVID -19 restrictions, we had 91 volunteers who helped deliver meals, work in the store, haul items for the rummage sale, clean tables, and do a variety of other tasks. Our centers could not run without our fabulous volunteers. We appreciate each and every one of them. Join us at the luncheon and help show your appreciation!





# Activity Corner!

## Bunny Painting

Bunnies are definitely a sign of spring! Join Peggy on Wednesday, April 6 at 9:30 to paint and have some fellowship time. All are welcome — no matter what your artistic ability is. It's always fun to see the creativity that everyone has, and there are always people willing to give pointers. Please sign up at the front desk so we make sure we have enough supplies!



## Mother's Day Craft



Join Peggy on Wednesday, April 27 at 9:30 for a Mother's Day craft. Come and create something fun to share with a favorite mother in your life — it might be your daughter or granddaughter or neighbor. You might even decide to keep it for yourself. Make sure to sign up so there are enough supplies for everyone!



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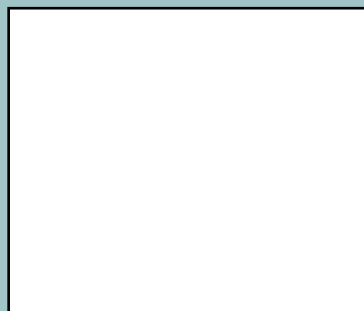
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## Rummage Sale

The Rummage Sale will be held on Saturday, May 7 from 8:00-3:00. You are welcome to bring items between April 25 and May 6. We are also looking for volunteers to help put items out during the two weeks before the sale and for help on the day of the sale. If you can volunteer some time, please talk to Velma or Linda.

**Don't forget we also need donations of PIES to sell during the sale!**

### April 2022 Breakfast Menu — Served from 7:00-8:00

Wednesday April 6	Wednesday April 13	Wednesday April 20	Wednesday April 27	
Biscuit and Gravy, Hashbrowns, Green Pepper, Apple Juice	French Toast, Ham, Mandarin Oranges, V-8 Juice	Western Egg Scramble, Sausage Link, Orange Juice	Pancakes, Bacon, Apples, Cranberry Juice	<b>MEALS SUBJECT TO CHANGE WITHOUT NOTICE</b>

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# April 2022 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Yoga 8:00
<b>4</b> Low-Impact Aerobics 8:00 Pinochle 9:00 Alzheimer/Dementia Support Group 11:00-12:00	<b>5</b> Low-Impact Aerobics 8:00 Sunbonnet Gals 8:30 Bingo in Torrington 12:30	<b>6</b> Yoga 8:00 Woodcarvers 8:00 <b>BUNNY PAINTING 9:30</b> <b>TECHNOLOGY HELP TORRINGTON 11:00</b>	<b>7</b> Low-Impact Aerobics 8:00 TOPS 8:00 Melodians 12:30 Instrumental Band 1:30	<b>8</b> Yoga 8:00 <b>BELTONE</b>
<b>11</b> Low-Impact Aerobics 8:00 Pinochle 9:00 Advisory Council 12:30	<b>12</b> Low-Impact Aerobics 8:00 Sunbonnet Gals 8:30 Blood Pressure (Yoder) 11:30 Bingo in Torrington 12:30	<b>13</b> Yoga 8:00 Woodcarvers 8:00 <b>ALZHEIMER'S PRESENTATION TORRINGTON 11:00</b> <b>TECHNOLOGY HELP LINGLE 11:00</b>	<b>14</b> Low-Impact Aerobics 8:00 TOPS 8:00 Blood Pressure (LaGrange) 11:00 Melodians 12:30 Instrumental Band 1:30	<b>15</b> <b>Closed for Easter</b>
<b>18</b> Low-Impact Aerobics 8:00 Pinochle 9:00 Alzheimer/Dementia Support Group 11:00-12:00	<b>19</b> Low-Impact Aerobics 8:00 Sunbonnet Gals 8:30 Blood Pressure (Fort Laramie) 11:00 (Lingle) 12:00 <b>BOARD MEETING 12:00</b> Bingo in Torrington 12:30	<b>20</b> Yoga 8:00 Woodcarvers 8:00 <b>VOLUNTEER LUNCH</b>	<b>21</b> <b>FOOT CLINIC</b> Low-Impact Aerobics 8:00 TOPS 8:00 Melodians 12:30 Instrumental Band 1:30	<b>22</b> Yoga 8:00
<b>25</b> Low-Impact Aerobics 8:00 Pinochle 9:00	<b>26</b> Low-Impact Aerobics 8:00 Sunbonnet Gals 8:30 Bingo in Torrington 12:30	<b>27</b> Yoga 8:00 Woodcarvers 8:00 <b>MOTHER'S DAY CRAFT 9:30</b>	<b>28</b> Low-Impact Aerobics 8:00 TOPS 8:00 Melodians 12:30 Instrumental Band 1:30	<b>29</b> Yoga 8:00 Blood Pressure (Torrington) 11:00 <b>BIRTHDAY DINNERS FOR APRIL</b>

# April 2022 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>MILK OFFERED DAILY</b></p> <p><b>MEALS SUBJECT TO CHANGE WITHOUT NOTICE</b></p>		<p><b>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</b></p>		<p><b>1</b></p> <p>Pork Chop, Potato Medley, Peas, Fruited Jell-o</p>
<p><b>4</b></p> <p>Chicken Pot Pie, Green Beans, Tossed Salad, Apple</p>	<p><b>5</b></p> <p>Swiss Steak, Baby Bakers, Carrots, Fruit Cocktail</p>	<p><b>6</b></p> <p>Lemon Pepper Cod, Brown Rice, Spinach, Berry Parfait, Fresh Fruit</p>	<p><b>7</b></p> <p>Meatloaf, Oven-Browned Potatoes, Three-Bean Salad, Peaches, Cookie</p>	<p><b>8</b></p> <p>Turkey, Mashed Potatoes and Gravy, Broccoli, Pears, Peach Crisp</p>
<p><b>11</b></p> <p>Salmon, Lemon Slice, Baby Bakers, Oriental Vegetables, Tossed Salad, Pears</p>	<p><b>12</b></p> <p>Taco Salad with Meat, Beans, Lettuce, Tomato, Salsa, and Sour Cream, Fruit Cup, Cookie</p>	<p><b>13</b></p> <p>Chicken Strips, Company Potatoes, Peas, Tossed Salad, Peaches</p>	<p><b>14</b></p> <p>Roast Pork, Mashed Potatoes, Gravy, Chateau Vegetables, Broccoli-Craisin Salad, Cherry Crisp</p>	<p><b>15</b></p> <p><b>Closed for Easter</b></p>
<p><b>18</b></p> <p>Manicotti with Meat Sauce, Italian Vegetables, Tossed Salad, Grapes</p>	<p><b>19</b></p> <p>Turkey Tetrazzini, Stewed Tomatoes, Green Beans, Peaches</p>	<p><b>20</b></p> <p>Ham, Squash, Peas, Potato Wedges, Coleslaw, Grapes</p>	<p><b>21</b></p> <p>Chicken Noodle Soup, Mixed Vegetables, Carrot and Celery Sticks, Orange</p>	<p><b>22</b></p> <p>Roast Beef, Mashed Potatoes, Gravy, Chateau Vegetables, Tossed Salad, Peach Crisp</p>
<p><b>25</b></p> <p>Beef Fajita with Onions and Peppers, Tortilla, Black Beans, Salsa, Sour Cream, Pears</p>	<p><b>26</b></p> <p>Pork Wing, Sauerkraut, Baby Bakers, Three-Bean Salad, Cherry Swirl Cake</p>	<p><b>27</b></p> <p>Fish, Tartar Sauce, Rice, Mixed Green Salad, Mixed Vegetables, Mandarin Oranges</p>	<p><b>28</b></p> <p>Spaghetti with Meat Sauce, Breadstick, Pea Salad, Cauliflower, Pudding</p>	<p><b>29</b></p> <p>Chicken Fried Steak, Mashed Potatoes, Gravy, Italian Vegetables, Tossed Salad, Dark Cherries, Cookie</p>