



# Senior Scuttlebutt

May 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,*

In April, we celebrated the many volunteers that help our center run! In 2021, we had 91 volunteers donate almost 3,000 hours. Our special awards this year went the following individuals: Bronze (100-249 hours) — Mara Bechtold, Nona Hunt, Patty Lauck, Deb Stoeger

Silver (250-499 hours) — Jan Fields, Marty Jungck

Gold (over 500 hours) — Carol Carr

Lifetime Award Winners (4,000 hours) — Jerry Franklin, Velma Stewart

We are so appreciative of all of our volunteers!

I want to remind you that our Spring Rummage Sale will be happening on Saturday, May 7. We can always use people to help during the sale or to donate pies for us to sell. And, of course, we always want people to come and buy some treasures!

Lastly, I just want to wish you all a wonderful summer! I hope you have time to spend with family and friends. soaking up the warmth. As Jenny Han reminds us, “Everything good, everything magical happens between the months of June and August.”

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 Foons\***  
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  
Bob & Jane Lewis  
Toby & Carolyn Lewis

**Dan & Dee Ludwig\***  
Mary Martin  
Lee Mathews  
**Shirley McCandlish\***  
Norma McClure  
Tony & Gloria Mendoza  
Larry & Bev Miskimins  
Merrijane & Kenny Morgheim  
**Bonnie Mortimore\***  
Carol Peterson  
Donna 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  
Kathy Surratt  
John & Susie Temple  
Alice Thompson  
Dorothy Vollmer  
Rick & Nancy Vonburg  
**Don & Delores Warfield\***  
Carol Werger  
Frank & Karen Weyrich  
**Stan Willadsen\***  
Roger L. Wunder  
Ruth & Dick Young

\* **Indicates membership due**

◆ Current as of 4/19/22

# 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

## Information

### Technology Help

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

Lingle

May 18

Torrington

May 25



48122228 www.ftbsearch.com

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

## Monthly Activities

### Foot Clinic

Foot clinic will be on Thursday, May 19 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:	May 17 at 11:00
LaGrange	May 12 at 11:00
Lingle:	May 17 at 12:00
Torrington:	May 27 at 11:00
Yoder	May 10 at 11:30

### Birthday Dinner

Birthday Dinners will be on May 27! 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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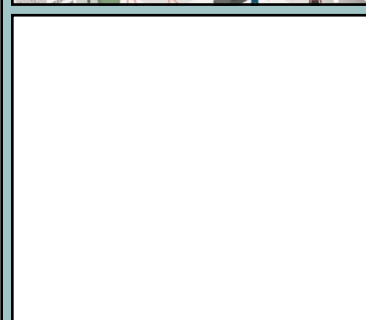
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## More Information Just For You!

### Single Family Housing Repair Loans and Grants

The United States Department of Agriculture Rural Development program has grants and loans available to very-low-income homeowners. Loans are available to repair, improve, or modernize homes. Grants are available to elderly homeowners to remove health and safety hazards. To qualify for this program, you must be the homeowner and occupy the house, be unable to obtain affordable credit elsewhere, and have a family income within the very-low-income limit. The maximum loan is \$40,000. Loans are repaid over 20 years with a fixed interest rate at 1%. Grants are available up to \$10,000.

Repairs and improvements can include things such as installing weather stripping, repairing or replacing leaking roof structure and ceilings that compromise the structure, repairing or replacing plumbing or electrical, updating or installing a heating system, storm doors and windows, updating and installing water heaters, converting from propane and/or electrical to natural gas, removing health and safety concerns, making modifications for handicap accessibility, and fixing hazardous or non-functioning septic systems.

For more information, contact USDA Rural Development at 307-233-6799 or email [GRHwest-wv@usda.gov](mailto:GRHwest-wv@usda.gov). Applications are also available at the Torrington Center.

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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

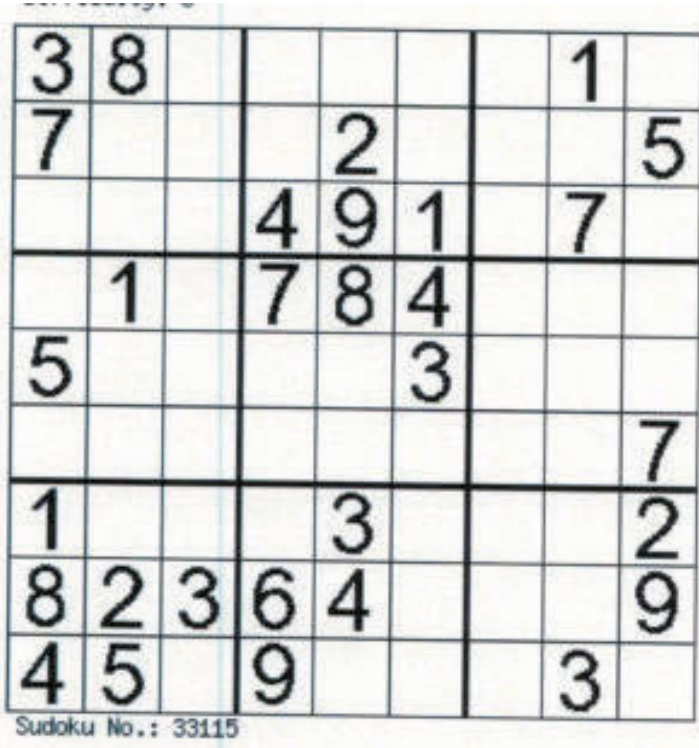
Respite is a service that offers special in-home care to give caregivers of individuals with disabilities or other special needs some time off. Respite care is only provided on weekdays and is dependent on the availability of staff.

#### 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.



### 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.

### Affordable Connectivity Program

The Affordable Connectivity Program is a Federal Communications Commission program to help low-income households pay for internet service and connected devices.

Eligibility requirements include income being 200% or less that the Federal Poverty Guidelines or if you participate in any Federal Assistance programs such as SNAP, Medicaid, Supplemental Security Income, Federal Public Housing Assistance, or Veterans Pension and Survivor Benefits, or if you already have a Lifeline benefit.

If your household is eligible, you can receive:

- Up to \$30/month on your internet service
- A one-time discount of up to \$100 for a laptop, tablet, or desktop computer (with a co-payment of more than \$10 but less than \$50)

Only one monthly service discount and one device discount is allowed per household. Go to [acpbenefit.org](http://acpbenefit.org) to see if you qualify!



Answers

Bermuda Triangle  
 All Kidding Aside  
 Late in the Evening  
 Bump in the Night  
 Baa, Baa Black Sheep  
 Super Bowl



# Activity Corner!

## Fabulous Flower Pots

Join Peggy on Wednesday, May 11 at 9:30 to decorate a flower pot for you to take home. You'll even be able to plant a small plant in it to take home. You'll have a wonderful way to start your summer off beautifully with a little plant to make you smile. Be sure to sign up so we have enough supplies for everyone!



## Summer Scene Painting

Our painting classes have been really popular. This month we're going to try a beautiful summer scene. The class will be held on Wednesday, May 25 at 9:30. Just bring your creativity and smile. We'll provide the rest. Make sure to sign up so we have supplies for everyone!

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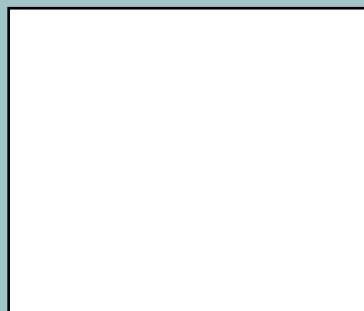
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## Rummage Sale

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!**

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

Wednesday May 4	Wednesday May 11	Wednesday May 18	Wednesday May 25	
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, Avocado, Grape Juice	<b>MEALS SUBJECT TO CHANGE WITHOUT NOTICE</b>

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# May 2022 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Low-Impact Aerobics 8:00 Pinochle 9:00 Alzheimer/Dementia Support Group 11:00-12:00	<b>3</b> Low-Impact Aerobics 8:00 Sunbonnet Gals 8:30 Bingo in Torrington 12:30	<b>4</b> Yoga 8:00 Woodcarvers 8:00	<b>5</b> Low-Impact Aerobics 8:00 TOPS 8:00 Melodians 12:30 Instrumental Band 1:30	<b>6</b> Yoga 8:00  <b>RUMMAGE SALE TOMORROW!</b>
<b>9</b> Low-Impact Aerobics 8:00 Pinochle 9:00 Advisory Council 12:30	<b>10</b> Low-Impact Aerobics 8:00 Sunbonnet Gals 8:30 Blood Pressure (Yoder) 11:30 Bingo in Torrington 12:30	<b>11</b> Yoga 8:00 Woodcarvers 8:00 <b>FABULOUS FLOWER POTS 9:30</b>	<b>12</b> Low-Impact Aerobics 8:00 TOPS 8:00 Blood Pressure (LaGrange) 11:00 Melodians 12:30 Instrumental Band 1:30	<b>13</b> Yoga 8:00 <b>LIFELINE SCREENING 8:00-5:00</b> <b>BELTONE</b>
<b>16</b> Low-Impact Aerobics 8:00 Pinochle 9:00 Alzheimer/Dementia Support Group 11:00-12:00	<b>17</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>18</b> Yoga 8:00 Woodcarvers 8:00 <b>TECHNOLOGY HELP LINGLE 11:00</b>	<b>19</b> <b>FOOT CLINIC</b> Low-Impact Aerobics 8:00 TOPS 8:00 Melodians 12:30 Instrumental Band 1:30	<b>20</b> Yoga 8:00
<b>23</b> Low-Impact Aerobics 8:00 Pinochle 9:00	<b>24</b> Low-Impact Aerobics 8:00 Sunbonnet Gals 8:30 Bingo in Torrington 12:30	<b>25</b> Yoga 8:00 Woodcarvers 8:00 <b>SUMMER SCENE PAINTING 9:30</b> <b>TECHNOLOGY HELP TORRINGTON 11:00</b>	<b>26</b> Low-Impact Aerobics 8:00 TOPS 8:00 Melodians 12:30 Instrumental Band 1:30	<b>27</b> Yoga 8:00 <b>COFFEE &amp; ROLLS WITH COLYER'S</b> Blood Pressure (Torrington) 11:00 <b>BIRTHDAY DINNERS FOR MAY</b>
<b>30</b> <b>Closed for Memorial Day</b>	<b>31</b> Low-Impact Aerobics 8:00 Sunbonnet Gals 8:30 Bingo in Torrington 12:30			

# May 2022 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Manicotti with Meat Sauce, Italian Vegetables, Tossed Salad, Grapes	<b>3</b> Pork Chop, Potato Medley, Peas, Carrot-Raisin Salad	<b>4</b> Chicken Strips, Steak Fries, Carrots, Fruited Jell-o	<b>5</b> Swiss Steak, Baby Bakers, Mixed Vegetables, Tossed Salad, Dark Cherries	<b>6</b> Taco Salad with Meat, Beans, Lettuce, Tomato, Salsa, and Sour Cream, Peach Crisp
<b>9</b> Spaghetti, Bread Knot, Italian Vegetables, Carrot-Raisin Salad	<b>10</b> Turkey Tetrazzini, Stewed Tomatoes, Green Beans, Peaches	<b>11</b> Fish, Peas & Carrots, Brown Rice, Spinach, Apples	<b>12</b> Meatloaf, Baby Bakers, Broccoli, Pears, White Cake with Strawberries	<b>13</b> Oven-Fried Chicken, Mashed Potatoes, Gravy, Cauliflower, Cran-Apple Salad, Tapioca Pudding
<b>16</b> Tuna Salad on Croissant, Russian Salad, Celery Sticks, Fresh Fruit	<b>17</b> Sweet and Sour Chicken, Oriental Vegetables, Pea Salad, Pineapple	<b>18</b> Pork Wing, Sauerkraut, German Coleslaw, Dark Cherries	<b>19</b> Cheeseburger with Onion, Lettuce, and Tomato, Pickle Spear, French Fries, Orange	<b>20</b> Roast Pork, Mashed Potatoes, Gravy, Italian Vegetables, Broccoli-Craisin Salad
<b>23</b> Chicken Noodle Soup, Mixed Vegetables, Cottage Cheese with Peaches	<b>24</b> Braised Beef over Noodles, Brussel Sprouts, Cauliflower, Applesauce, Butterscotch Pudding	<b>25</b> Salmon with Lemon Slice, Brown Rice, Peas, Tossed Salad, Pears	<b>26</b> Ham, Sweet Potatoes, Green Beans, Asian Salad, Pineapple/Blueberry Dump Cake	<b>27</b> Roast Beef, Mashed Potatoes, Gravy, Monte Carlo Vegetables, Apricots, Cookie
<b>30</b> Closed for Memorial Day	<b>31</b> Chicken Strips, Steak Fries, Carrots, Cran-Apple Salad		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