



# Senior Scuttlebutt

June 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,*

Did you know that the Senior Friendship Center will turn 50 years young on September 13? We will be planning some fun events to celebrate and we’d love your help! The first thing will be a presence in the Goshen County Fair Parade so come to a meeting on June 15 to share your ideas for what our float should look like.

I ran across a great quote from Jeanette Wells recently — “One benefit of summer is that each day has more light to read by.” I am taking that to heart this summer and hoping to read as many things as possible. I hope that you can find some great reading as well. I always welcome recommendations so keep me in mind if you run across a great read!

Also, this summer I hope you find time for the small pleasures of life — eating a strawberry straight off the vine, running through a sprinkler or splashing in a puddle, catching ice cream drips from the cone, and watching children play in a park. Find whatever sparks joy in you, and make sure that you are able to do that! You might even find that it’s riding on a float in the parade and waving to your neighbors!

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\*  
Gene & Sandy Haynes  
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\*  
Carl & Marge Rupp  
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 5/12/22

# 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

### New Activities

We have some folks who are interested in starting some new activities. Do you play gin rummy? Do you love to play Scrabble? We'd like to know how much interest we have so we can get some new groups going. Sign up at the front desk in Torrington if you are interested!

Gin rummy will start as soon as we know who is interested and what day and time work for everyone.

Scrabble probably won't start until the fall, but we'd still love to get names so we can start up in September.



### Foot Clinic

Foot clinic will be on Thursday, June 16 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:	June 21 at 11:00
LaGrange	June 9 at 11:00
Lingle:	June 21 at 12:00
Torrington:	June 24 at 11:00
Yoder	June 14 at 11:30

### Birthday Dinner

Birthday Dinners will be on June 24! 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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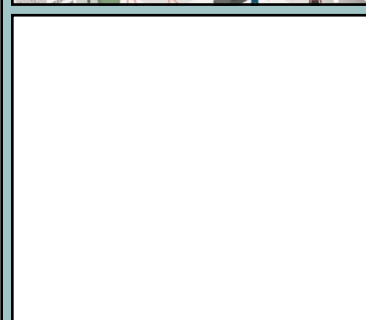
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## More Information Just For You!

### International Hearing Dog Needs Local Volunteers

The International Hearing Dog, Inc. is in the process of collaborating with the Wyoming Department of Corrections to start an inmate puppy raising program at the Wyoming Medium Security Correctional Facility in Torrington. The Master Inmate Handlers will work on socialization, good manners, basic obedience, and beginning sound alert training before they go to an individual with hearing issues.

Because an IHDI service dog will be required to accompany their person in every setting once they are matched, it is crucial for the pups to experience, and become comfortable in, a broader world as they are growing up. Consequently, they are trying to build a team of Weekend Puppy Raisers who will take the puppies beyond the prison on weekends. Weekend Puppy Raisers would commit to one or two weekends per month to work on house manners, socialization, and support the pups' training. They would introduce the pups to sights, sounds, and experiences that are not available within a prison setting (like the grocery store, movie theater, mall, restaurants, sporting events, etc.) The pups would get to experience typical household activities, settings, and distractions. They would gain exposure to children, wildlife, cats, travel in cars, bikes, parks, and elevators.

This program seems to benefit lots of individuals involved — the inmates, the person who will be matched with the dog, and the Weekend Puppy Raisers who get the fun and companionship of a puppy in short doses without all of the responsibility. For more information, go to [www.hearingdog.org](http://www.hearingdog.org) or call Carol at 303-481-3449.

#### 6 • Goshen County Senior Friendship 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.



Answers  
Two-way Radio Slap in the Face  
Bi-Weekly Edge of Night  
High Rise Apartments Boxing Ring

Commonyms

Can you figure out what the three things in each row have in common? It might make you think a bit. Answers provided below if you are stumped!

1. A ball — A Fish — A Cold
2. A Cork — A Question — A Balloon
3. A Bell — A Mouth — A Shoe
4. Seventeen — Time — People
5. Fog — A Jack — A Body Builder

Answers  
1. They are caught  
2. They are popped  
3. They have tongues  
4. They are magazines  
5. They lift

Life Line Screening

Life Line Screening will be at the Torrington site on Friday, July 29. 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 June.

The Importance of Water

Drinking enough water is crucial for many reasons. As temperatures increase and folks are spending more time outdoors, it's very important to stay hydrated. Here are 5 benefits of drinking water:

1. Since your brain is mostly water, drinking water helps you think and focus. You have better concentration and are more alert. Water also helps boost your energy levels!
2. Drinking water promotes weight loss. Water removes by-products of fat and reduce eating intake in your stomach if consumed prior to meals. Water raises your metabolism and has zero calories.
3. Water helps get rid of waste through sweat and urination. This reduces the risk of kidney stones and UTI's.
4. Drinking water moisturizes your skin and keeps it glowing and smooth. Water is said to get rid of wrinkles and is the best anti-aging treatment around.
5. Water aids in digestion and prevents constipation. We have all had our doctors tell us the importance of this as we age.



## Activity Corner!

### Outdoor Planting

We have several outdoor planters that need some attention! Join Peggy on Wednesday, June 8 at 9:00 (before it gets too hot in the day) to plant flowers and make the front of our building beautiful for the summer. All plants will be provided. We are also looking for some people who are willing to help keep the weeds out of the planters during the summer. Bring your green thumbs and summery smiles!

### Parade Meeting

The Senior Friendship Center will be celebrating 50 wonderful years in our county this fall so we want to make our presence known at this year's County Fair. A planning meeting will be held Wednesday, June 15 at 12:30. Bring ideas to showcase what the senior center is all about and how we can make a float happen!

### Mythical Paintings

Join Peggy on Tuesday, June 21 at 9:30 for another fun painting day. Let your creativity shine! All supplies will be provided but please sign up so we know how many to plan for! We want to see all the beautiful pictures you paint!

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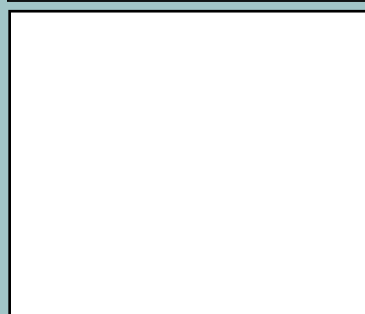
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## Resources for You

### What resources do you need?

We always try to share resources that we think seniors need to improve their lives and continue to stay in their homes. We refer folks to WyoHelp or Legal Aid of Wyoming or Department of Family Services or any place else we can think of. If there's something you need to know about, please reach out and ask Linda or Judy. We will try our best to find the answers so that we can share the information with all of you. We need to know what you need so we can continue to find resources to serve you!

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

Wednesday June 1	Wednesday June 8	Wednesday June 15	Wednesday June 22	Wednesday June 29
Western Egg Scramble, Sausage Link, Applesauce, Grape Juice	Biscuit & Gravy, Hashbrowns, Peaches, V-8 Juice	Blueberry Pancakes, Bacon, Cherry Tomatoes, Mandarin Oranges, Apple Juice	Breakfast Burrito with Sausage, Egg, and Cheese, Salsa, Applesauce, Orange Juice	French Toast, Bacon, Mandarin Oranges, V-8 Juice

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# June 2022 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Yoga 8:00 Woodcarvers 8:00	<b>2</b> Low-Impact Aerobics 8:00 TOPS 8:00 Melodians 12:30 Instrumental Band 1:30	<b>3</b> Yoga 8:00
<b>6</b> Low-Impact Aerobics 8:00 Pinochle 9:00 Alzheimer/Dementia Support Group 11:00-12:00	<b>7</b> Low-Impact Aerobics 8:00 Sunbonnet Gals 8:30 Bingo in Torrington 12:30	<b>8</b> Yoga 8:00 Woodcarvers 8:00 <b>OUTDOOR PLANTING 9:00</b>	<b>9</b> Low-Impact Aerobics 8:00 TOPS 8:00 Blood Pressure (LaGrange)) 11:00 Melodians 12:30 Instrumental Band 1:30	<b>10</b> Yoga 8:00 <b>BELTONE</b>
<b>13</b> Low-Impact Aerobics 8:00 Pinochle 9:00 Advisory Council 12:30	<b>14</b> Low-Impact Aerobics 8:00 Sunbonnet Gals 8:30 Blood Pressure (Yoder) 11:30 Bingo in Torrington 12:30	<b>15</b> Yoga 8:00 Woodcarvers 8:00 <b>PARADE MEETING 12:30</b>	<b>16</b> <b>FOOT CLINIC</b> Low-Impact Aerobics 8:00 TOPS 8:00 Melodians 12:30 Instrumental Band 1:30	<b>17</b> Yoga 8:00
<b>20</b> Low-Impact Aerobics 8:00 Pinochle 9:00 Alzheimer/Dementia Support Group 11:00-12:00	<b>21</b> Low-Impact Aerobics 8:00 Sunbonnet Gals 8:30 <b>MYTHICAL PAINTING 9:30</b> Blood Pressure (Fort Laramie) 11:00 (Lingle) 12:00 <b>BOARD MEETING FORT LARAMIE 12:00</b> Bingo in Torrington 12:30	<b>22</b> Yoga 8:00 Woodcarvers 8:00	<b>23</b> Low-Impact Aerobics 8:00 TOPS 8:00 Melodians 12:30 Instrumental Band 1:30	<b>24</b> Yoga 8:00 Blood Pressure (Torrington) 11:00 <b>BIRTHDAY DINNERS FOR JUNE</b>
<b>27</b> Low-Impact Aerobics 8:00 Pinochle 9:00	<b>28</b> Low-Impact Aerobics 8:00 Sunbonnet Gals 8:30 Bingo in Torrington 12:30	<b>29</b> Yoga 8:00 Woodcarvers 8:00	<b>30</b> Low-Impact Aerobics 8:00 TOPS 8:00 Melodians 12:30 Instrumental Band	

# June 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>1</b></p> <p>Polish Sausage, Sauerkraut, Steak Fries, Green Beans, Tossed Salad, Fluffy Fruit</p>	<p><b>2</b></p> <p>Braised Beef over Noodles, Cauliflower, Pea Salad, Dark Cherries</p>	<p><b>3</b></p> <p>Ham, Sweet Potatoes, Stir-Fry Vegetables, Pineapple Upside Down Cake</p>
<p><b>6</b></p> <p>Swiss Steak, Baby Bakers, Carrots, Fruit Cocktail</p>	<p><b>7</b></p> <p>Pork Chop, Peas &amp; Carrots, Sweet Potato Fries, Cantaloupe, Cookie</p>	<p><b>8</b></p> <p>Chicken Strips, Potato Wedges, Tossed Salad, Broccoli, Blueberry Dump Cake</p>	<p><b>9</b></p> <p>Turkey Tetrazzini, Corn Salad, Green Beans, Applesauce, Tapioca Pudding</p>	<p><b>10</b></p> <p>Roast Beef, Mashed Potatoes, Gravy, Italian Vegetables, Tossed Salad, Pears, Chocolate Cake</p>
<p><b>13</b></p> <p>Minestrone Soup with Beef, Bread Knot, Spring Salad, Fresh Fruit</p>	<p><b>14</b></p> <p>Taco Salad with Meat, Lettuce, Tomato, Salsa, and Sour Cream, Refried Beans, Dark Cherries</p>	<p><b>15</b></p> <p>Fish, Baby Bakers, Carrot-Raisin Salad, Spinach, Oatmeal Cake</p>	<p><b>16</b></p> <p>Braised Beef with Noodles, German Coleslaw, Cauliflower, Butterscotch Pudding</p>	<p><b>17</b></p> <p>Turkey, Mashed Potatoes, Gravy, Jean's Salad, Peas, White Cake with Strawberries</p>
<p><b>20</b></p> <p>Chicken Salad on Croissant, Lettuce Leaf, Baby Carrots, Coleslaw</p>	<p><b>21</b></p> <p>Fish, Brown Rice, Peas &amp; Carrots, German Coleslaw, Cookie</p>	<p><b>22</b></p> <p>BBQ Chicken Leg, Potato Salad, Mixed Vegetables, Grapes, Pudding</p>	<p><b>23</b></p> <p>Cheeseburger on Bun, Lettuce, Tomato, Pickle Spear, Fries, Watermelon</p>	<p><b>24</b></p> <p>Chicken Fried Steak, Mashed Potatoes, Gravy, Italian Vegetables, Spring Mix, Chocolate Cake</p>
<p><b>27</b></p> <p>Oven-Fried Chicken, Baby Bakers, Green Beans, Tossed Salad, Peaches</p>	<p><b>28</b></p> <p>Meatloaf, Steak Fries, Broccoli, Pears, Dump Cake</p>	<p><b>29</b></p> <p>Chili, Spring Salad, Cheese Stick, Applesauce, Monkey Bread</p>	<p><b>30</b></p> <p>Chicken Pot Pie, Mixed Vegetables, Key West Vegetables, Greek Salad, Apricots</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>