



March 2022 | Issue 5: Volume 11 | Hot Springs County Senior Center

HAPPY SAINT PATRICK'S DAY!

St. Patrick's Day Fun Facts

- **We should be wearing blue!** Though we've come to associate kelly green with the Irish and the holiday, Saint Patrick's official color was "Saint Patrick's blue," a light shade of sky blue. The color green only became associated with the big day after it was linked to the Irish independence movement in the late 18th century.
- **Saint Patrick wasn't Irish!** Although he made his mark introducing Christianity to Ireland in the year 432, Patrick wasn't Irish himself. He was born to Roman parents in Scotland or Wales in the late 4th century.
- **New York City's St. Patrick's Day Parade has been happening since 1762!** This parade is one of the world's largest parades. Since 1762, roughly 250,000 marchers have traipsed up 5th Avenue on foot—the parade still doesn't allow floats, cars, or other modern trappings.
- **There's no corn in that beef!** Corned beef and cabbage, which has become a St. Patrick's Day staple for Irish Americans, doesn't have anything to do with the grain corn. Instead, it's a nod to the large grains of salt that were historically used to cure meats, which were also known as "corns."
- **Cold weather helped St. Patrick's claim to fame!** In Irish lore, St. Patrick gets credit for driving all the snakes out of Ireland. Modern scientists suggest that the job might not have been too hard—according to the fossil record, Ireland has never been home to any snakes. In the Ice Age, the island was too cold to host any reptiles and the surrounding seas have staved of serpentine invaders ever since. Modern scholars think the "snakes" he drove away were likely metaphorical.
- **Saint Patrick's Day could have been Saint Maewyn's Day!** According to Irish legend, St. Patrick wasn't originally called Patrick. His birth name was Maewyn Succat, but he changed it to Patricius after becoming a priest.



Word Search

ST. PATRICK'S DAY WORD SEARCH

c i r e l a n d s i p
j s w e u m a r c h t
p f p a c u h s d a r
f a o i k a c p s r a
a o t u y h e a h t i
l e p r r e c h a u n
u m a a i t r r m w b
i e r r o c e s r x o
r r a s d l k p o t w
i a d g g o l d c h n
s l e a r v l l k t d
h d s c h e s a i n t
k w e e r r e f r i e
h c g o h o l n t f k

Irish
Emerald
Clover
Lucky'
Ireland

Parade
Leprechaun
Patrick
Gold
Rainbow

Pot
Shamrock
Green
Saint
March

Bingo

BINGO

Every Saturday

Doors open at 5:15 p.m.

Play starts at 6:00 p.m.



Riddles:

- 1) What genre of music do leprechauns like to listen to?
- 2) Why do you never want to iron a four-leaf-clover?
- 3) What has eyes but cannot see?

Find the answers on page 14

 **Thermopolis**
REHABILITATION AND WELLNESS
www.thermopolisrehabilitationandwellness.com



SKILLED NURSING • REHABILITATION THERAPY
INDEPENDENT LIVING • OTHER CARE OPTIONS

POST ACUTE CARE • LONG-TERM CARE

HOSPICE • RESPITE STAY
MEMORY SUPPORT • HOSPICE SERVICES



(307) 864-5591 • 1210 CANYON HILLS • THERMOPOLIS, WY

 **Vicklund**
PHARMACY
QUALITY • SERVICE • SAVINGS

*THE SERVICE YOU DESERVE FROM
THE NEIGHBORS YOU TRUST*

610 S. 6th St., Thermopolis, WY
(307) 864-2369
Delivery or Curbside
Pickup Available

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Steve Brookshire** to place an ad today!
sbrookshire@4LPi.com or **(800) 950-9952 x2493**

Paintbrush
DENTAL

Dr. William Robinson
Dr. Leif Polson

110 E Arapahoe St. Thermopolis, WY
307.864.9411

SENIORS WELCOME

 support our
ADVERTISERS



Future Events

- April 8th, 2022
Elks Lodge Dinner
Trip in Worland
- April 9th, 2022
Trunk Sale & Soup
at the Center
- April 12th, 2022
Cody Shopping
Trip
- April 13th, 2022
First Mystery Trip
of the year!
- May 7th, 2022
Mother's Day Tea
at the Center



Motorcoach Trips

THESE TRIPS HAVE BEEN CANCELLED!!!

We will be rescheduling the San Antonio trip once we get a date and we will be adding a trip to Branson, Missouri! Stay tuned for more information!

HOT SPRINGS COUNTY SENIOR CENTER PRESENTS

San Antonio, TX

INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 10 nights lodging including 4 consecutive nights in the San Antonio area
- ◆ 18 meals: 10 breakfasts and 8 dinners
- ◆ Guided tour of San Antonio
- ◆ Cruise on San Antonio's famous River Walk
- ◆ Visit to the famous ALAMO and the Theater
- ◆ LAMO...The Place of Freedom
- ◆ Visit to the historic of Texas culture and San Antonio Missions
- ◆ Tour of the UBJ Ranch

For more pictures, video and information visit:
www.GroupTrips.com/HotSpringsCounty

\$1114 *

11 DAYS 10 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

Fri - Mon

April 22 - May 2

2022

HOT SPRINGS COUNTY SENIOR CENTER PRESENTS

Mount Rushmore & the Black Hills of South Dakota

INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 4 nights lodging in South Dakota
- ◆ 8 meals: 4 breakfasts and 4 dinners
- ◆ Visit to the Mount Rushmore National Memorial
- ◆ Tour of Wildlife Loop Road at Custer State Park
- ◆ Admission to the Unique Custer Museum
- ◆ Guided Tour of Deadwood, including a Deadwood Casino
- ◆ Visit to the amazing Crazy Horse Memorial

For more pictures, video and information visit:
www.GroupTrips.com/HotSpringsCounty

\$599 *

5 DAYS 4 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Mon - Fri)

May

16 - 20, 2022

Departure: Hot Springs County Senior Center, 206 Senior Ave, Thermopolis, WY @ 8 am

Upcoming Events



Happy Saint Patrick's Day - March 17th, 2022

The Senior Center will be celebrating Saint Patrick's Day with a traditional Irish Meal - Corned Beef & Cabbage. Don't forget to wear your **GREEN** when you come into the Center too!

Sunday Brunch Schedule for March 2022

March 6th - Biscuits & Sausage Gravy, Scrambled Eggs, Fresh Fruit & Juice

March 13th - Taco Salad on Corn Chips, Peas & Carrots, Breadstick, Fresh Fruit & Pudding

March 20th - Biscuits & Sausage Gravy, Scrambled Eggs, Fresh Fruit & Juice

March 27th - Chicken Strips with Sauces, Fries, Pickled Beets with Onion, Wheat Roll & Fresh Fruit

Blood Drive - March 7th, 2022

Blood drive at the Center from 2:00 p.m. - 6:00 p.m.
Call Melene at 240-1414 to make an appointment!

Cody Shopping Trip - March 8th, 2022

We will leave the Senior Center at 8 a.m. & return later in the afternoon. Come down to the Center to reserve your seat before they fill up! Cost is \$20 & lunch is on you!



Thank you Conni Taylor for the wonderful drawing!

Rusty Truck Dinner Trip - March 30th, 2022

Come with us to Riverton while we eat at the Rusty Truck! Trip costs \$15 & dinner is on you! Call us to get signed up!

**ALL OUTINGS ARE SUBJECT TO BE CHANGED OR
CANCELLED DUE TO INCLEMENT WEATHER!**

Strap your party shoes on and help us celebrate our March Birthdays! If you see any of these people please wish them a Happy Birthday!



This Month's Birthdays

Dottie Lancaster 1
Ray Ferree 6
Barb Petty 7
Melene Mierzejewski 8
Wayne Miller 13
Karen Palmer 14
Wayne Burrows 14
Louise Odde 14
Bob Peterson 14
Martha Thurman 15
Jerry Fields 16
Betty Tuffner 17
Ray Arey 17
Dennis Espinosa 18
Carol Ann Barham 19
Liz Weed 19
Rick Sharp 20
Laura Saley 25
Keith Kerr 25
Joanne Holbert 26
Laura Dockter 26
Gary Maul 27
Marilyn Matthews 31

Home Oxygen Fires & Oxygen Firebreaks



Home oxygen fires in the United States: 2017-2021

In September 2019, BPR Medical reported that someone dies in a home oxygen fire at least every four days in the US.¹ Our latest analysis, [Firebreaks: a risk-based approach to safer home oxygen delivery](#) confirms that these fires remain a material public health issue, with burns delivering a significant human impact and financial burden.

From 2017-2021, there were:

567
Fires involving home oxygen

316 Fatalities

For those who survive, the impact is still significant

Almost 1 in 4 incidents resulted in serious injuries

Home oxygen fires cause at least 1000 burn injuries per year.²

\$1 million-\$10 million

The potential cost of medical treatment for burns, from severe to more complex cases.³

Or 1 death every 4 days, including 2 firefighters

More than half

of patients with burns attributable to **smoking on home oxygen** die within a year of being discharged.⁴



Property Damage – Out of the 567 incidents:

32%

may have resulted in a cylinder explosion



35%

saw a whole dwelling destroyed



45%

led to evacuation



Patient education alone does not work...

Despite patient education on the risks, smoking was associated with the source of ignition in

71%
of incidents.

As many as 52% of home oxygen users continue to smoke while using oxygen therapy.²



...and should be combined with low-cost risk control measures such as thermal fuses (firebreaks):

63% The decrease in the number of patients admitted to hospital as a result of oxygen-related burns following the distribution of firebreak kits.²

In England, where firebreaks have been mandatory since 2006, there are **nearly 20x fewer oxygen fire fatalities** than in the US.¹



What is an oxygen firebreak

An oxygen firebreak is a simple device that is installed



An oxygen firebreak

inline in oxygen tubing and if fire impinges on this device this simple two way valve will cut off the flow of oxygen and reduce the spread of fire, thereby saving lives and property.

An oxygen firebreak, also known as a fire stop valve or fire safety valve, is a thermal fuse designed to extinguish a fire in the delivery tube being used by a patient on oxygen therapy and stop the flow of oxygen if the tube is accidentally ignited.



Trenda says: THIS HAS NOTHING TO DO WITH WHETHER YOU SMOKE OR NOT! Recently, there has been deaths in both Sheridan and Douglas from a home oxygen fire. These firebreaks can be installed free of charge, you just have to call us to get on the list! 307-864-2151



Quality you can trust, people you can count on.

Tel: +44 (0)1623 628 281
Fax: +44 (0)1623 628 289
sales@bprmedical.com
www.bprmedical.com

For a copy of the report visit firebreaks.info/unitedstates

#needfirebreak



Current Scam - From Chief Pat Cornwell

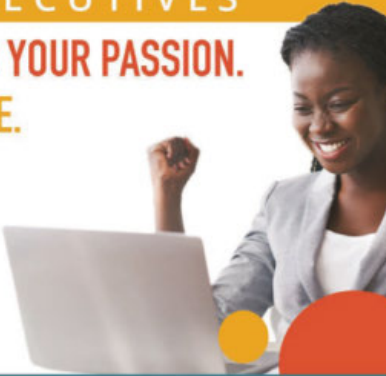







Today we had a Thermopolis elder come to our office and report the "Publishers Clearing House" had called her and requested her to go get a "Green Dot" card, load it with a certain amount of money, and then call them back. As soon as she heard she had to put money on a card, she realized it was a scam.

ANYTIME someone calls & asks for you to put money on a card, **IT IS A SCAM**. We have contacted Mack's Market & Family Dollar who sells these cards. They are aware to ask several questions to anyone who comes in to put money on one of these cards. They too will contact law enforcement.

We have also had an instance where a "**BAIL BOND**" company calls. The **BOND** company tells the person on the other end of the phone that their grandson/granddaughter (names are actually real) are in Jail in Canada or some other country. They will tell them in order to get their grandchild out of jail, they will need to send \$3,000 (or something similar) to them so they can be released from jail. The sad reality is, we have had at least one of these in Thermopolis.

This summer we had an instance where a citizen contacted an online computer cleaner (someone who logs onto your computer to clean up files and makes your computer runs "like new"). Once the "computer cleaner" logged on, he/she then took over the entire computer and locked the owners out of their own computer. The scammer then requests, in this instance, \$2,500 to unlock his computer.

Luckily, he contacted me before he did anything. Although we weren't able to save the computer, we were able to stop them from getting their business and personal accounts. The owner of the computer had no other choice but to buy a new computer. Remember, the IRS and Social Security will **NEVER** call you! You are always welcome to contact the Police Department to make sure before you do anything. We are here to help prevent our citizens from these people!



	<h2 style="background-color: #e67e22; color: white; padding: 5px;">WE'RE HIRING</h2> <p style="background-color: #f1c40f; padding: 5px;">AD SALES EXECUTIVES</p> <p style="color: #e67e22; font-weight: bold;">BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.</p> <ul style="list-style-type: none"> • Paid Training • Some Travel • Work-Life Balance • Full-Time with Benefits • Serve Your Community 	<p style="text-align: center; font-family: cursive;">Mortimore Funeral Home</p>  <p style="text-align: center; font-family: cursive;">75 Years and 3 Generations</p>
 <p style="color: #0070c0; font-weight: bold;">Canyon Village & Hot Springs Senior Apartments</p> <p>103 South D Avenue Thermopolis, WY 82443</p> <p>Air Conditioning Internet High Speed Patio • Laundry Wheel Chair Accessible Paid Utilities</p> <p>AC    </p>	<p style="background-color: #0070c0; color: white; padding: 10px; text-align: center;">  Contact us at careers@4lpi.com www.4lpi.com/careers </p>	<p style="text-align: center; font-style: italic;">Pre-arrangements available</p> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">(307) 864-2666</p> <p style="text-align: center;">620 Arapahoe Thermopolis, WY 82443</p>
		



March — Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	Bratwurst on Bun 1 Lettuce, Tomato & Onion Sweet Potato Wedge Carrot, Celery, Apple Salad Cake	Pizza w/ Meat & Vegetables 2 Rice Pudding Three Bean Salad Cinnamon Apples	Chili 3 Cheese Stick Garden Bounty Salad Cinnamon Roll Fruit Mix	Pork Roast w/ Gravy 4 Baked Potato Bean Medley German Tomato Salad Ice Cream
Sloppy Joes 7 Sweet Potato Wedge Veggie Salad Pears Peach & Creme Bars	Baked Fish 8 Cheddar Mashed Potatoes Peas Coleslaw Banana Bread Peaches	Baked Ham 9 Scalloped Potatoes Peas Rye Bread Pineapple Ginger Snap Cookies	Beef Stroganoff over Noodles 10 Country Blend Veggies Wheat Roll Coleslaw Fruity Jello	Chicken Enchiladas 11 Peas & Onions Lettuce Tomato Salad Tropical Fruit Cake
Turkey Club Sandwich 14 Potato Salad Mixed Green Salad Fruit Cup Brownies	Swedish Meatballs over Noodles 15 Cooked Carrots Wheat Roll Peach Whip	Tomato Dill Soup 16 Tuna Salad Sandwich Russian Salad Tropical Fruit Oatmeal Raisin Cookies	Corned Beef & Cabbage 17 Garden Salad Boiled Potatoes Wheat Roll Lime Pear Gelatin	BBQ Pork Ribs 18 Baked Squash Creamy Coleslaw Wheat Rolls Mixed Fruit
Ham & Mac Bake 21 Brussel Sprouts Tossed Green Salad Wheat Rolls Peach Crisp	Chef Salad 22 Carrot Sticks Crackers Bread Apple Sauce Jello Chocolate Chip Cookies	Chicken Alfredo over Noodles 23 Brussel Sprouts Wheat Bread Fruit Cocktail	Cheeseburger 24 Lettuce, Tomato, Onion & Pickle Macaroni Salad Garden Bounty Salad Peaches Cookies	Salisbury Steak 25 Mushroom Gravy Baked Potato Country Blend Veggies Spinach Salad Fruit Cocktail
Baked Chicken 28 Mashed Potatoes w/ Gravy Winter Blend Veggies Veggie Salad Chocolate Cake w/ Strawberries	Egg Salad Sandwich 29 Broccoli Cheese Soup Peas & Carrots Strawberries & Bananas	Oven Fried Chicken 30 Mashed Potatoes w/ Gravy Beet Salad Mandarin Oranges Cake	Tacos (Soft Shell) 31 Refried Beans Mixed Relish Tray Fluffy Fruit Cup	<p>Our menu is subject to change without notice.</p> <p>1 serving of milk is served daily.</p>

March — Activities

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Pool Players ¹ 8:00-4:00</p> <p>Pioneer Home Shopping 1:00-3:00</p> <p>Silver Stitchers 1:00</p>	<p>Pool Players ² 8:00-4:00</p> <p>Shopping 8:15-11:00 12:30-3:00</p> <p>Bridge 12:30</p>	<p>Pool Players ³ 8:00-4:00</p> <p>Pioneer Home Shopping 1:00-3:00</p>	<p>Pool Players ⁴ 8:00-4:00</p> <p>Shopping 8:15-11:00 12:30-3:00</p> <p>Blood Pressure 10:00-12:00</p>
<p>Pool Players ⁷ 8:00-4:00</p> <p>Pinochle 6:00</p> <p>Art Class 9-11</p> <p>Ladies Talk 1:00</p> <p>Blood Drive 2:00-6:00</p>	<p>Pool Players ⁸ 8:00-4:00</p> <p>Pioneer Home Shopping 1:00-3:00</p> <p>Project Council 10:00</p> <p>Cody Shopping</p>	<p>Pool Players ⁹ 8:00-4:00</p> <p>Shopping 8:15-11:00 12:30-3:00</p> <p>Bridge 12:30</p>	<p>Pool Players ¹⁰ 8:00-4:00</p> <p>Pioneer Home Shopping 1:00-3:00</p> <p>Golden Age Club 10:00</p>	<p>Pool Players ¹¹ 8:00-4:00</p> <p>Shopping 8:15-11:00 12:30-3:00</p> <p>Blood Pressure 10:00-12:00</p>
<p>Pool Players ¹⁴ 8:00-4:00</p> <p>Shopping 8:15-11 & 12:30-3</p> <p>Art Class 9-11</p> <p>Ladies Talk 1:00</p> <p>Pinochle 6:00</p>	<p>Pool Players ¹⁵ 8:00-4:00</p> <p>Pioneer Home Shopping 1:00-3:00</p> <p>Tai Chi 9:00-10:00</p> <p>Silver Stitchers 1:00</p>	<p>Pool Players ¹⁶ 8:00-4:00</p> <p>Shopping 8:15-11:00 12:30-3:00</p> <p>Bridge 12:30</p>	<p>Pool Players ¹⁷ 8:00-4:00</p> <p>Pioneer Home Shopping 1:00-3:00</p> <p>Tai Chi 9:00-10:00</p> <p>St. Patrick's Day!</p>	<p>Pool Players ¹⁸ 8:00-4:00</p> <p>Shopping 8:15-11:00 12:30-3:00</p> <p>Blood Pressure 10:00-12:00</p>
<p>Pool Players ²¹ 8:00-4:00</p> <p>Shopping 8:15-11 & 12:30-3</p> <p>Art Class 9-11</p> <p>Ladies Talk 1:00</p> <p>Pinochle 6:00</p>	<p>Pool Players ²² 8:00-4:00</p> <p>Pioneer Home Shopping 1:00-3:00</p> <p>Tai Chi 9:00-10:00</p>	<p>Pool Players ²³ 8:00-4:00</p> <p>Shopping 8:15-11:00 12:30-3:00</p> <p>Bridge 12:30</p>	<p>Pool Players ²⁴ 8:00-4:00</p> <p>Pioneer Home Shopping 1:00-3:00</p> <p>Tai Chi 9:00-10:00</p> <p>Board of Directors 4 pm</p>	<p>Pool Players ²⁵ 8:00-4:00</p> <p>Shopping 8:15-11:00 12:30-3:00</p> <p>Blood Pressure 10:00-12:00</p>
<p>Pool Players ²⁸ 8:00-4:00</p> <p>Shopping 8:15-11 & 12:30-3</p> <p>Art Class 9-11</p> <p>Ladies Talk 1:00</p> <p>Pinochle 6:00</p>	<p>Pool Players ²⁹ 8:00-4:00</p> <p>Pioneer Home Shopping 1:00-3:00</p> <p>Tai Chi 9:00-10:00</p>	<p>Pool Players ³⁰ 8:00-4:00</p> <p>Shopping 8:15-11:00 12:30-3:00</p> <p>Bridge 12:30</p> <p>Rusty Truck Dinner</p>	<p>Pool Players ³¹ 8:00-4:00</p> <p>Pioneer Home Shopping 1:00-3:00</p> <p>Tai Chi 9:00-10:00</p>	

This Day in History

March 1st, 1872: Yellowstone National Park is established.

March 2nd, 1807: U.S. Congress bans the slave trade within the U.S., effective January 1, 1808.

March 3rd, 1931: The Star Spangled Banner becomes the U.S. National Anthem.

March 4th, 1681: King Charles II of England granted a huge tract of land in the New World to William Penn to settle an outstanding debt. The area later became Pennsylvania.

March 5th, 1933: Amid a steadily worsening economic situation, newly elected President Franklin Roosevelt proclaimed a four-day “Bank Holiday” to stop panic withdrawals by the public and the possible collapse of the American banking system.

March 6th, 1836: Texan volunteers are defeated at The Alamo.

March 7th, 1876: Alexander Graham Bell receives a patent for his revolutionary new invention - the telephone.

March 8th, 1936: The first stock car race is held in Daytona Beach, Florida.

March 9th, 1974: Work on the 900 mile long Alaska Oil pipeline, connecting oil fields in northern Alaska to the sea port at Valdez, begins.

March 10th, 1862: The first issue of U.S. government paper money occurred as \$5, \$10 and \$20 bills began circulation.

March 11th, 1918: The ‘Spanish’ influenza first reached America at Fort Riley, Kansas.

March 12th, 1609: The island of Bermuda was colonized by the British after a ship on its way to Virginia was wrecked on the reefs.

March 13th, 1781: The planet Uranus is discovered by William Herschel.

March 14th, 1973: Future U.S. Senator John McCain is released after spending over five years in a North Vietnamese prisoner of war camp.

March 15th, 44 BC: Julius Caesar is stabbed to death by Brutus, Cassius and several other Roman Senators on the Ides of March in Rome.

March 16th, 1850: Nathaniel Hawthorne’s “The Scarlet Letter” is published by Ticknor, Reed and Fields in Boston.

March 17th, 1756: St. Patrick’s Day is first celebrated in New York.

March 18th, 1965: A Soviet cosmonaut, Aleksei A. Leonov, was the first man to walk in space.

March 19th, 1918: Time zones are established in the U.S.

March 20th, 1922: The U.S. Postmaster General orders all homes to get mailboxes.

March 21st, 1963: Alcatraz federal penitentiary known as the “The Rock” closes.

March 22nd, 1972: The Equal Rights Amendment passed by U.S. Senate and sent to the states for ratification.

March 23rd, 1775: Patrick Henry ignited the American Revolution with his famous speech stating, “I know not what course others may take; but as for me, give me liberty, or give me death!”

March 24th, 1900: Work on the New York subway begins.

March 25th, 1807: The British Parliament abolished the slave trade following a long campaign against it by Quakers and others.

March 26th, 1979: The Camp David Accord ended 30 years of warfare between Israel and Egypt. Prime Minister Menachem Begin of Israel and Egyptian President Anwar Sadat signed the treaty, fostered by U.S. President Jimmy Carter.

March 27th, 1909: First fingerprint evidence used in a murder case.

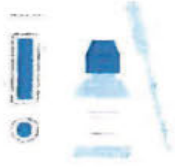
March 28th, 1979: A radiation leak occurs at the Three Mile Island nuclear plant in the U.S. in Pennsylvania.

March 29th, 1848: An upstream ice jam stops almost all water flow over Niagara Falls.

March 30th, 1981: Newly elected President Ronald Reagan was shot in the chest while walking toward his limo in Washington D.C.

March 31st, 1918: Daylight Savings Time goes into effect in the U.S. for the first time.

COVID-19 At Home Test Kits, N95 Masks & Vaccines



At home COVID 19 test kits available from USPS,
order online
at the following link:
<https://special.usps.com/testkits>



Vicklund Pharmacy has free N95 masks
available;
each individual may have 3.



Hot Springs County Public Health is offering
Moderna and Pfizer Vaccines on Thursdays
through February and March. Boosters are
available 5 months after the initial vaccine
series has been completed. Please call
864-3311 to schedule an appointment.



NEVER MISS A NEWSLETTER!

Sign up to have our newsletter
emailed to you at
www.mycommunityonline.com

STAND OUT

with a PREMIUM DIGITAL AD
on MYCOMMUNITYONLINE.COM



CONTACT US AT 800-950-9952



Roxie Braley By: Mary White

Who is she? She was born & raised in Thermopolis and continues to live in the home where she grew up. She has done just about everything a person could do at and for our Senior Center. She was the first person I saw and talked to when I walked through the door so many years ago.

She was working at the front desk, checking people in and offering answers and directions for newcomers and anyone who needed her help. Because the staff was small, they were all cross trained so Roxie learned how to do just about everything at the Center. As the Center's Assistant Director, she worked as bookkeeper, secretary, meal coordinator, dispatcher, and as part of kitchen staff when they needed help. Along with the Center's Director, she took the ServSafe class to enable her to become even more efficient. She could even be a good janitor when it was necessary.

Retirement expanded her involvement and personal investment. I think she's served and continues to serve on just about every committee and board at our Center. She also does home meal deliveries, is a tray carrier, works in the kitchen whenever she's needed, and has helped with the cinnamon roll production and sales over the years. She's up and ready to pitch in wherever she's needed.

On a personal note, she has become our good friend and our personal who's who directory for just about every person in Thermopolis. I don't think she's ever forgotten anything or anyone in her life.

She was blessed to have one son who she lost in a tragic accident many years ago, but she has a loving family & grandchildren in Casper that she spends time with several times a year, even flies off on adventures with them.

I'm so grateful she is part of our Center community!



Winter's Finally Here! By: Mary White

Spring is just around the corner and the snow finally decided to show up toward the end of February. Gorgeous, wet, wonderful snow, more than we've seen since Winter began. I love it!! My son came over & shoveled the snow early, but it didn't stop coming down so I had to venture out and shovel some more. As I stepped off my porch, my big tree decided to dump some snow right on top of my head, no hat or scarf, so I was covered - I didn't care, it made me happy! Hopefully, Bill and I can get out and build another snowman like last years. We're never too old to remember and feel the happiness of our younger years. It's a great wet snow so it will be fun, but the snowman better not start throwing snowballs. Maybe, we seniors should build a snowman out where we have our nice lawn that is covered with snow. Some of our seniors volunteered their time and expertise to put in the lawn last year.

Each of us has been given gifts we could & should share with one another, whether it's the guys who are renovating the exterior grounds, the great wood workers, the wonderful quilters, those who sew special projects or those who spend time creating and sharing their art and expertise. I love to go in and see what our artists are creating. Also, we should always give special thanks to those who were given the special gift of listening and caring for someone who needs them.

It's a good thing I love to write because I can't even make a decent stick figure let alone create a beautiful picture or tackle the other wonderful projects all of you create and share. I've been writing these articles for many years. Every once in a while, I decide I'm going to stop, then a couple of our special senior friends walk up and tell me how much they enjoy what I write so my ego just won't let me quit.

Bless you for being part of our lives and for sharing your talents with all of us!

Our Library

Do you love reading?!

We have our library open Monday through Friday from 8 am to 4 pm.

Please feel free to come in and browse, exchange or read! It's been recently organized and all of our books are now sorted by genre!

We also have puzzles in our library as well that you are more than welcome to borrow!

HAPPY BIRTHDAY COUPON

If you are sixty or older and have a birthday this month please bring this coupon to the HSC Senior Citizens Center for a FREE meal courtesy of Big Horn Federal.

NAME _____

BIRTH DATE _____

Answers:

1. Shamrock 'n' roll!
2. Because you don't want to press your luck!
3. A potato

NEVER MISS A NEWSLETTER!

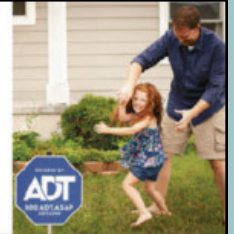
Sign up to have our newsletter emailed to you at www.mycommunityonline.com



ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

1-855-225-4251



Surgical Expertise - Close To Home!

Hot Springs County Memorial Hospital offers procedures often found only in bigger cities. Our expert surgical team is ready to perform routine or emergency surgery from appendectomy to **Total Joint Replacement!** We offer a level of personal care and service that make us one of the leading choices for surgical services in the Big Horn Basin. Ask your doctor about having your surgical needs performed by the experts at Hot Springs County Memorial Hospital. Call 307-864-3121 for more information.

Out-Patient and In-Patient Surgeries Performed at HSCMH:

- Hip, Knee, Shoulder Replacement
- Tonsil Surgery
- General Orthopedic
- Cataract Surgery
- Dental Surgery
- General Surgery
- Colon Surgery
- Hernia Repair
- Gallbladder Removal
- Breast Biopsy
- Mastectomy
- Colonoscopy
- Upper Endoscopy
- Appendectomy
- Arthroscopic Surgery
- Carpal Tunnel Surgery
- C-Section
- Tubal Ligation

Hot Springs County Memorial Hospital
150 E. Arapahoe St. Thermopolis
307-864-3121



Members that Make it Happen

Senior Center Staff Members

Director

Trenda Moore

Secretary/Meals Coordinator

Desi Rangel

Karen Shafer

Access Care Coordinator

Justin Phipps

Homemakers

Roberta Elwell

Emma Goffena

Tina Romero

Transportation

Pam Rangel

Rick Sharp (Substitute)

Kitchen

Stephanie Palu (Head Cook)

Colleen Blakesley

Amy Krueger

Jan Sharp

Custodian

Ralph Worthey

WSHIP Volunteer

Bob Seltzer

Belenda Willson

**AND MANY, MANY MORE
WONDERFUL VOLUNTEERS
WHO ALWAYS HELP US
WHENEVER WE NEED IT!!
THANK YOU!!**

Board of Directors

Gary Holbert- Chairperson

John Lumley- 1st Vice Chairperson

Marty Oravec- 2nd Vice Chairperson

Nancy Brown- Secretary

Cheryl Shero- Treasurer

Butch Hendrickson

Gary O'Brien

Barb Vietti

Ray Shaffer

*The Monthly Meeting for the Board of
Directors is the 4th Thursday at 4:00pm*

Golden Age Club

John Brooks III- Chairperson

Virginia Odde- Vice Chairperson

Roxie Braley- Secretary

Trudi Brooks- Treasurer

Beverly Ward

Jackie Novakovich

Mike Chimenti

Frank Toth

Carolyn Spann

*The Golden Age Club meets monthly on the
2nd Thursday at 10:00am*

Project Council

Joanne Holbert- Co-Chairperson

Trudi Brooks- Co-Chairperson

Roxie Braley- 1st Secretary

Marilyn Matthews

Mary White

Jackie Novakovich

Joan LaFave

Mary Wojciechowski

*Project Council meets monthly on the 2nd
Tuesday at 10:00am*

Hot Springs County Senior Citizens Center, Inc.

P.O. Box 747 - 206 Senior Ave

Thermopolis, WY 82443

Phone:

307-864-2151

Fax:

307-864-2152

Email:

hscsr1@live.com

Website:

www.hscseniorctr.com

Our Vision

Our vision is to preserve, enhance and stabilize the quality of senior life, to maintain dignity & independence for older adults, and to promote a community in which we all age well.

Our Mission

Provide a variety of activities, services and opportunities for participation, learning and socialization to older individuals, to help them retain their personal skills & diminish stress, to help them remain independent in their own homes & communities for as long as safely possible, thereby reducing the financial & emotional burdens to their loved ones & the state.

This document was developed under Grants(s) from the U.S. Department of Health and Human Services, Administration on Community Living and the Wyoming Department of Health, Aging Division, Community Living Section. You should not assume endorsement by the Federal or State government.

**Hot Springs County
Senior Citizens Center, Inc.**

P.O. Box 747

Thermopolis, WY 82443