



May 2022 | Issue 6: Volume 1 | Hot Springs County Senior Center

Are We EXCITED Now? YES!! We Certainly Are!!!

I can hardly believe that there is anyone out there that hasn't already heard our news. But, just in case — We did indeed invest in a building of our own. It is true!

NOW WHAT YOU ASK?

NOW, the work truly begins. This center and most other centers operate by running mainly with the help of federal, state, and local governments, as well as private and other public grants. Participant contributions and public and private donations help dramatically, in addition to in-kind donations and volunteer hours.

Special events: fundraisers and donations like I mentioned prior help immensely. Many centers rely on 3-8 different funding sources. We generally rely on 7 different grants annually together with all donations and fundraising efforts. We are county wide and Hot Springs County Commissioners are wonderful to help us with funding annually as well. Additional grants and funding opportunities are always being researched and sought if needed.

Like was said before, the work is just beginning. First, a kitchen must be built, offices, activity rooms and much more that we must think about and consider for the benefit of our seniors and the entire community. **YES, THE ENTIRE COMMUNITY!** One of the most misconceived notions is that you must be old to come to the center. That is just not true. Our participants for grants are restricted to 60 years of age and over or being the guest of a senior. But other programs are 55 and over. Public transportation is available to everyone. If you need a ride, call, and get on the list.

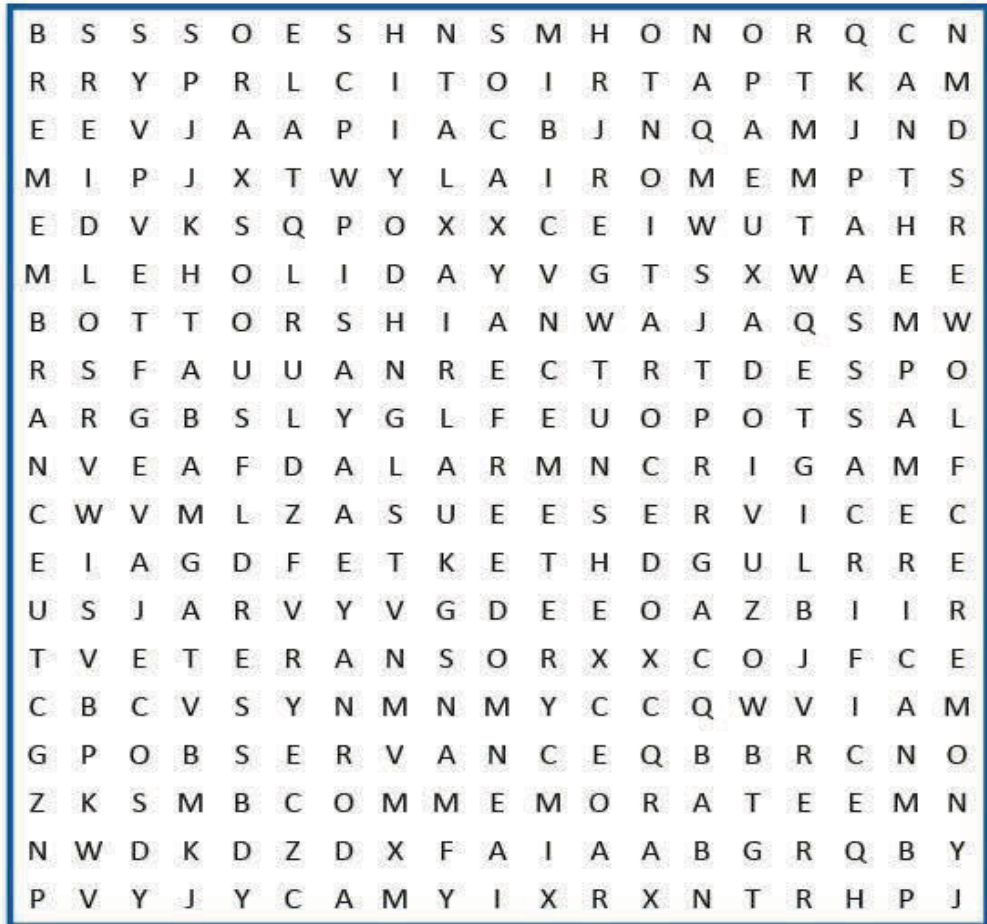
If you have any questions or suggestions, please feel free to reach out and ask me. Some answers I do not have as we are just beginning. Maybe you've thought of something we have not considered. It never hurts to suggest. My door has been closed some lately. It was hard to keep a secret. There is never a stupid question and **I, as well as this entire staff, are here for you, the seniors. That does not change!**

Trenda L. Moore
Executive Director

Memorial Day

WORD SEARCH

- AMERICAN
- ANTHEM
- CEMETERY
- CEREMONY
- COMMEMORATE
- DECORATION
- FALLEN
- FLAGS
- FLOWERS
- FREEDOM
- GRAVE
- HALF MAST
- HEROES
- HOLIDAY
- HONOR
- MAY
- MEMORIAL
- OBSERVANCE
- PATRIOTIC



REMEMBRANCE

VETERANS

SACRIFICE

WAR

SALUTE

SERVICE

SOLDIERS

TAPS



Bingo

BINGO

Every Saturday

Doors open at 5:15 p.m.

Play starts at 6:00 p.m.

NO BINGO 5/28/22



Trivia:

- 1) In Wyoming, you may NOT take a picture of what from January to April, without an official permit?
- 2) What is the name of the second largest traveling sand dunes in the world which are located north of Rock Springs?
- 3) An unrideable Bronco from the early 1900's is on the Wyoming License plate, what is his name?

Find the answers on page 14

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Future Events

- **June 11th, 2022**
Prime Rib Dinner
- **June 14th, 2022**
Cody Shopping Trip
- **June 29th, 2022**
Dinner Trip
- **July 2022**
Poker Run
- **August 14th, 2022**
NoWoodstock!



Upcoming Events



Upcoming Events

The Senior Center will be

CLOSED

Friday May 27th & Monday May 31st for the Holiday

Prime Rib Dinner

FUNDRAISER

Come and join us for a delicious prime rib dinner in celebration of Father's Day!!!

5:30-7:00 June 11, 2022

Amount: \$26.95 per person

Place: 206 Senior Ave

RSVP: Hot Springs County Senior Center
307-864-2151

ADVANCE TICKET SALES ONLY!

Blood Drive - May 9th, 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 -

May 10th, 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!



Dinner Trip - May 12th, 2022

Come with us to eat out of town! Stay tuned for details on where we are going!! 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 April Birthdays! If you see any of these people please wish them a Happy Birthday!



This Month's Birthdays

Sharon Crowell—1st
Vera Hausauer— 2nd
Maycle Wilson—2nd
Al Walker—5th
Russell Lewis—7th
Tony Curtiss—9th
Pam Phillips—10th
Ellen Mortimore—12th
Amy Krueger—13th
Trudi Brooks—15th
Lisa Gennings—16th
Colette Spain—16th
Bill Moore—17th
Mel Morgan—17th
Deb Gerharter—18th
Alicia Giles—18th
Dan Bandy—19th
Kim Black—19th
Donna Michel—19th
Joyce Bader—20th
Judy Carswell—20th
Joyce Fletcher—21nd
Lillian Christianson—22rd
John Vietti—24th
Gary Green—24th
Linda Budd—25th
Tracy Hergert—27th
Ginger Novakovich—29th
Homey Siems—29th
Jerry Hines—30th
Lilly Seaton—31st

SENIOR COMPANIONS NEED COMPANIONS!!!

We want to extend a deep heartfelt **THANK YOU** to the volunteers who have signed up to be senior companions. Now we would like to find those in need of companionship! Are you looking for a friend or do you know of a senior or disabled person who might benefit from socialization? **Please reach out to Justin @ 307-864-2151 or stop by the senior center for more information or to get signed up!** This is a great program that is bringing people together!



DO YOU KNOW WHAT YOUR SENIOR CENTER OFFERS IN WAY OF SERVICES?

Senior centers serve as a gateway to the nation's aging network. Connecting older adults to vital **community services** that can help them stay healthy and independent. More than 60% of senior centers are designated focal points for delivery of Older Americans Act services—allowing older adults to access multiple services in one place. Hot Springs County Senior Citizens Center has strived for years to be your **one stop shop** for many things and still, quite often we hear, “I never knew that the senior center did that”. “I never thought to call the senior center for help”.

Just some of the senior center services available here are: (by no means are they limited to the following)

- ◆ Meal and Nutrition Programs
- ◆ Information and Assistance
- ◆ Health, Fitness & Wellness Programs
- ◆ Transportation Services
- ◆ Public Benefits Assistance
- ◆ Forms Assistance
- ◆ Volunteer and Civic Engagement Opportunities
- ◆ Social and Recreational Activities
- ◆ Educational and Arts Program
- ◆ Intergenerational Programs

VINTAGE RECIPE OF THE MONTH

Rhubarb Cobbler.
2 tbsp. melted butter
2 eggs beaten
 $\frac{1}{2}$ cup sugar
salt
1 cup milk
 $1\frac{1}{2}$ tsp. B. Powder
 $1\frac{1}{2}$ cups flour
Beat well and pour into a large pan quite thinly
and add quite a lot of cut up rhubarb and sprink
le well with sugar and cinnamon.
Mary Barta.

Vintage Recipes/Rhubarb-Cobbler

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May — Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| Biscuits & Sausage Gravy Southwest Eggs Oranges Juice Tossed Salad | Spaghetti w/ Meat Sauce Green Beans Garden Salad Garlic Roll Vanilla Pudding Juice | Baked Fish Cheddar Mashed Potatoes Peas Garden Salad Banana Bread Peaches | Tacos (Soft Shell) Refried Beans Garden Salad Fluffy Fruit Cup | Salisbury Steak Mushroom Gravy Baked Potato Country Blend Veggies Spinach Salad Blueberry Buckle |
| Pizza w/ Meat & Vegetables Rice Pudding Three Bean Salad Cinnamon - Apples Tossed Salad | Chicken Wings Mac & Cheese Baked Beans Tossed Salad Breadstick CC Cookie | Sloppy Joes Sweet Potato Wedge Veggie Salad Pears Peach & Creme Bars | Loaded Dog (Stuffed w/ mashed potatoes & Cheese) Tossed Salad Fresh Fruit Chocolate Pudding | Meatloaf Mac & Cheese Bahama Veggies Apricots Pineapple Upside Down Cake |
| Sweet & Sour Pork Rice Pilaf Peas Asian Salad Angel Food Cake w/ Berries | Turkey Club Sandwich Potato salad Mixed green salad Fruit Cup Brownies | Beef Stroganoff over Noodles Green Beans Cinnamon Roll German Coleslaw Fruity Jello | Cheeseburger Lettuce, Tomato, Onion & Pickle Macaroni Salad Garden Bounty Salad Peaches PB Cookies | Pork Roast w/ Gravy Baked Potato Bean Medley German Tomato Salad Ice Cream |
| Bratwurst on Bun Lettuce, Tomato & Onion Potato Wedge Carrot, Celery, Apple Salad Yellow Cake w/ Frosting | Fish & Chips Scandinavian Vegetables Creamy Coleslaw Pineapple Tapioca Pudding | Philly Steak Sandwich French Fries Peas Garden Salad Sugar Cookies | BBQ Pork Wings Baked Squash Creamy Coleslaw Wheat Rolls Fruit Cocktail | <p style="text-align: center;">Closed for the Holiday</p> |
| <p style="text-align: center;">Closed for the Holiday</p> | Chicken Caesar Salad Bread Stick Beets Peachy Pudding Carrot Cake | Lunch is served from 11:30a—1:00p There is a suggested donation of \$4.00 for Seniors. The charge for Non-Senior guests is \$9.00 |  <p style="text-align: center;">THANK YOU!</p> | <p style="text-align: center;">Our menu is subject to change without notice.</p> |

May — Activities

| Monday | Tuesday | Wednesday | Thursday | Friday | |
|---|--|---|--|--|--|
| Pool Players 8:00-4:00 ² Shopping 8:15-11 & 12:15-3 Art Class 9-11 Ladies Talk 1:00 Pinochle 6:00 | Pool Players 8:00-4:00 ³ Pioneer Home Shopping 1:00-3:00 Tai Chi 9:00-10:00 Silver Stitchers 1:00 | Pool Players 8:00-4:00 ⁴ Shopping 8:15-11:15 12:15-3:00 Bridge 12:30 | Pool Players 8:00-4:00 ⁵ Pioneer Home Shopping 1:00-3:00 Tai Chi 9:00-10:00 | Pool Players 8:00-4:00 ⁶ Shopping 8:15-11 12:15-3:00 Blood Pressure 10:00-12:00 Bridge 12:30 | |
| Pool Players 8:00-4:00 ⁹ Shopping 8:15-11 & 12:15-3 Art Class 9-11 BLOOD DRIVE 2p-6p Pinochle 6:00 | Pool Players 8:00-4:00 ¹⁰ Pioneer Home 1-3 CODY SHOPPING Tai Chi 9:00-10:00 Project Council 10a | Pool Players 8:00-4:00 ¹¹ Shopping 8:15-11:00 12:15-3:00 Bridge 12:30 | Pool Players 8:00-4:00 ¹² Pioneer Home 1-3 VA Clinic 11-2 Golden Age Club 10:00 Dinner Trip Tai Chi 9a-10a | Pool Players 8:00-4:00 ¹³ Shopping 8:15-11:15 & 12:15-3:00 Blood Pressure 10:00-12:00 Bridge 12:30 | |
| Pool Players 8:00-4:00 ¹⁶ Shopping 8:15-11:15 & 12:15-3:00 Art Class 9-11 Ladies Talk 1:00 Pinochle 6:00 | Pool Players 8:00-4:00 ¹⁷ Tai Chi 9:00-10:00 Pioneer Home Shopping 1p-3p Silver Stitchers 1:00 | Pool Players 8:00-4:00 ¹⁸ Shopping 8:15-11:00 12:30-3:00 Bridge 12:30 | Pool Players 8:00-4:00 ¹⁹ Pioneer Home Shopping 1:00-3:00 Tai Chi 9:00-10:00 | Pool Players 8:00-4:00 ²⁰ Shopping 8:15-11:15 & 12:15-3:00 Blood Pressure 10:00-12:00 Bridge 12:30 | |
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| ³⁰ Closed for the Holiday | Pool Players 8:00-4:00 ³¹ Pioneer Home Shopping 1:00-3:00 |  | | | Remember - our fallen heros. They are the reason that we are free. |

Wyoming Fun Facts & History

In the far and mighty West,
Where the crimson sun seeks rest,
There's a growing splendid State that lies above,
On the breast of this great land;
Where the massive Rockies stand,
There's Wyoming young and strong, the State I
love!
Wyoming! Land of the sunlight clear!
Wyoming, Wyoming! Land that we hold so dear!
Wyoming, Wyoming! Precious art thou and
thine!
Wyoming, Wyoming! Beloved State of mine!

-From the state song, "Wyoming," lyrics by C.E. Winter

Picture Courtesy of WG Waltz



South Pass City is allegedly haunted by the resident spirit of Polly Bartlett, who is said to have been a greedy, murderous, young woman.

Bigfoot has been allegedly sighted several times in Wyoming in the Wind River Mountains, Yellowstone, Teton Forest, and Snow King Mountain near Jackson.

The only known monument in the United States built in honor of a prostitute is located south of Lusk, Wyoming. Called the Old Mother Feather Legs Shepard Monument, it was erected in 1964.

Seven miles east of Medicine Bow is the Dinosaur Bone House made up of 26,000 fossils.

An old law on the Wyoming books makes it illegal for women to stand within five feet of a bar while drinking.

How Important are Senior Centers?

Senior centers are recognized by the Older Americans Act (OAA) as a community focal point. Senior centers have become one of the most widely used services among America's older adults. Today, almost 10,000 senior centers serve more than 1 million older adults everyday! About 70% of senior center participants are women; half of them live alone. The majority are Caucasian, followed by African Americans, Hispanics & Asians respectively. Compared with their peers, senior center participants have higher levels of health, social interaction, life satisfaction and lower levels of income. 75 is the average age of participants. 75% of participants visit their center 1-3 times per week and they spend an average of 3.3 hrs per visit. Research shows that older adults who participate in senior center programs can learn to manage & delay the onset of CHRONIC DISEASE & experience measurable improvements in their physical, social, spiritual, emotional, mental & economic well-being. Today's senior centers are reinventing themselves to meet the needs and desires of the aging baby boom generation. Boomers now constitute more than 2/3 of the 50+ population. Senior centers are developing new programs and opportunities for this dynamic generation of older adults. We, your local senior center right here need to learn some things from others who are leading the pack to do just that.

CHAIR YOGA!!!!

Friday, May 6th, 2022 at 2:30 pm—VIRTUAL CHAIR YOGA

Enjoy a yoga practice that supports everyone, regardless of experience or level of physical ability. In Kundalini style yoga, all movements are adaptable to fit your needs, for how you feel that day, that time. With direction from the guide, you decide how you want to modify each pose by choosing the limit and extent of each movement. Kundalini Yoga is a therapeutic form of yoga that uses an ancient technology to help build the nervous system, improve posture, expand breathing, and massage the organs/glands to maximize the health benefits of a better working body. Benefits may include a calmer mind, more strength, increased energy/vitality, better flexibility, improved proprioception (helps with preventing falls), reduced stress, and a tendency to smile and to laugh more. **Note: Wear loose fitting clothes, have water available, use a solid, stationary chair.**

This class covers: Yogic diaphragmatic breath work, Movements that build the nervous system, & Movements that fight stress.



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The Gifts of Spring By: Mary White

As I sat in the soothing waters of the State therapy pool, I looked out the window at our glorious blue sky and white fluffy clouds and thought how blessed we are to be able to enjoy the gifts of Spring on this lovely April morning. I watched some Canadian Geese fly over head and thought about the robins and finches as they begin to build their nests in our trees. It will soon be warm enough for us to meet our friends in the park for lunch. Often, there are days when our center menu has meals that work well for a picnic. Just order a take out lunch before 10am, pick it up, and head for the park.

A couple of days ago we had a very wet, heavy snow that melted away almost immediately to reveal the greening of our lawns and countryside. Of course, the next day the Wyoming Spring winds came roaring into town, but that's part of the fun of living in our town. For me, it's time to do some cleaning that I've ignored all winter long.

The spring flowers are beginning to bless us with their beauty and it's almost time to get outside to rake our lawns and prepare the soil for planting whatever we fancy, whether it's vegetables or flowers. It's also time for me to sit out on the porch in the sun with my grumpy little Freaky on my lap.

The fun has begun at our wonderful center, we've enjoyed dinners out in both Riverton and Worland, Easter dinner was special for all of us, wonderful decorations, hidden surprises and candy eggs. As soon as our unpredictable weather cooperates we will head out for our first mystery trip to wherever Trena sends us. Always so much fun! Join us for Mother's Day Tea, a wonderful time to put on our finest and enjoy one another and a special time together.

We are truly blessed, our Board of Directors has found the means to purchase the Shopko building..

In the not too distant future it will become our new center.

The gifts keep multiplying, bringing good times and happiness for all of us.

Photo Credit: WG Waltz



WELCOME Roger Ward!!! By: Mary White

Although Roger was born in 1945 and well into his retirement years, you'd never know it by the energy and involvement he puts into his life. He's always working whether it's at his church or at the many other activities he pursues. Whenever he's not busy, he's at the senior center with us. He eats quickly with his friends then he's off picking up trays, taking them to the dish room, cleaning them off and handing them to our kitchen staff. He entertains us with his quick wit and happy upbeat attitude.



Roger was born in Lander, his father was a tie hack on the Wind River. Family moved to Nebraska then when he was 17 he moved to Riverton. He joined the Navy and was stationed in California where he met and married his wife, they were blessed with one son and three daughters. His wife passed in 2005.

Roger came to Thermopolis to care for his mother, which included bringing her to the center. He still spends time with her, she lives at Thermopolis Rehabilitation and Care Center. He started coming to the center on his own in 2008 to play pool and have lunch with all of us. He has been a good friend who makes us feel welcome and happy to be at the center for lunch.

DONATE! DONATE!

WyoGives - an initiative of the **Wyoming Nonprofit Network** – is a powerful, statewide 24-hour online fundraising event that is designed to bring the state together as one community to raise money and awareness for Wyoming’s nonprofits. **WyoGives.org** provides one, easy-to-use platform where individuals can search and donate to nonprofits across the state that are making a difference in our communities every day. For the first time, this year our Center will be participating in **WyoGives!** We are very excited and thankful for this wonderful opportunity on **Wednesday, July 13th, 2022!** Stay tuned as more information will be coming out soon! First, we need a little help from YOU! **If our Center has ever impacted your life, and you’re willing to share your story, please come see Desi or Karen in the office!** Your story may be featured on our **WyoGives** website to let others know how our Center helps people and makes a difference in their lives.

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. A Rabbit
2. Killpecker Dunes
3. Old Steamboat

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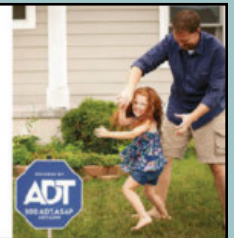
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Senior Center Staff Members

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Trenda Moore

Secretary/Meals Coordinator

Desi Rangel

Karen Shafer

Access Care Coordinator

Justin Phipps

Homemakers

Roberta Elwell

Emma Goffena

Tina Romero

Transportation

Pam Rangel

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Kitchen

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Belenda Willson

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WHENEVER WE NEED IT!!
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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.

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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