



July 2022 | Issue 6: Volume 3 | Hot Springs County Senior Center

## THANK YOU!!!

First and foremost we would like to thank each and every one of you who came out and supported your Senior Center for the Prime Rib Dinner Fundraiser. To the volunteers and donors who made it happen, to the community members who bought tickets and came out to enjoy an evening of fundraising, great food and company, **THANK YOU FROM OUR WHOLE HEARTS!** We had such a great turn out, props to our kitchen preparing the wonderful meal and Shorty's serving nearly 170 people! So much joy was brought to one of our very own seniors, Mr. Allen Shires, who won the 1966 3/4 ton Ford Flatbed that had been so graciously donated by Todd Davis. Many pieces of beautiful artwork were selflessly donated by our Art Class and auctioned off. **Thank you! Thank you!**

The journey to moving into our new location has just begun and we look forward to reaching our goals with all of you, and this entire community, together, as a team. It is going to take a lot of hard work, planning and coming together, but there is no doubt that goals will be reached.



# Word Search

## 4th of July Word Search

W	J	Y	M	S	J	E	F	F	E	R	S	O	N	W
O	T	N	O	I	T	U	L	O	V	E	R	W	I	A
G	Y	R	T	S	R	U	P	X	U	W	D	H	U	S
Z	W	D	I	S	K	R	O	W	E	R	I	F	D	H
H	O	E	G	Y	G	U	Y	K	P	V	T	I	T	I
A	Z	C	T	E	T	O	M	N	O	P	J	H	H	N
M	S	L	B	A	X	I	D	N	O	O	W	L	I	G
B	P	A	R	A	D	E	L	T	O	L	C	L	R	T
U	A	R	C	V	J	L	Q	A	O	I	O	E	T	O
R	R	A	C	I	H	P	I	G	U	H	T	C	E	N
G	K	T	X	I	R	A	M	B	A	Q	A	A	E	G
E	L	I	E	C	N	E	D	N	E	P	E	D	N	I
R	E	O	T	O	Q	C	M	A	A	R	E	X	I	X
S	R	N	Z	S	L	X	I	A	M	N	T	H	Q	F
K	S	T	H	G	I	R	S	P	X	S	G	Y	I	F

ADAMS  
AMERICA  
COLONY  
COOKOUT  
DECLARATION  
EQUALITY  
FIREWORKS  
FOURTH

HAMBURGERS  
HOTDOGS  
INDEPENDENCE  
JEFFERSON  
LIBERTY  
NATION  
PARADE  
PICNIC

REVOLUTION  
RIGHTS  
SPARKLERS  
THIRTEEN  
WASHINGTON



# Bingo

## BINGO

Every Saturday

Doors open at 5:15 p.m.

Play starts at 6:00 p.m.



## Trivia:

- 1) The first tv commercial for a toy aired in 1952 featuring what toy?
- 2) How many pockets are there on a snooker table?
- 3) At what age does a filly become a mare in thoroughbred horse racing?

Find the answers on page 14

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# WyoGives Day!

Wednesday, July 13th, 2022



WYO  
GIVES

All day long from

12:00 AM - 11:59 PM



WYO  
GIVES

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 non-profits.

Come down to our new location (old Shopko building) anytime from 1pm-3pm

Ice cream social to follow 3pm-5pm come let us know what ideas you have for your new Senior Center! This is a community event, and we need your input on what we can offer the entire community with this awesome space!

This is our first year participating and we are very excited for this opportunity! Please visit our WyoGives website below to see what we do and bookmark this so when July 13th comes, you can find it easily!

<https://www.wyogives.org/organizations/hot-springs-county-senior-citizens-center>

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.

Donations are not only the **life blood** of a non-profit, but also an investment in the future of Hot Springs County's ONLY Senior Center and its Seniors.



## Upcoming Events

On **Friday, July 1st** please join us for our Independence Day lunch celebration at the Senior Center! Head down for lunch from 11:30-1:00. We will be BBQing Burgers & Hot Dogs, along with serving a Potato Salad, Garden Bounty Salad, & Chocolate Chip Cookies!



### Elks Lodge Dinner Trip - July 1st, 2022

Come with us to eat at the Elks Lodge in Worland! We will leave the center at 5:30 pm. Trip costs \$10, dinner is on you! Call us to get signed up!

### Blood Drive - July 5th, 2022

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

**THANK YOU  
FOR VOLUNTEERING**

"THE SMALLEST ACT OF KINDNESS  
IS WORTH MORE THAN THE  
GRANDEST INTENTION."  
- OSCAR WILDE

### CODY SHOPPING TRIP!!! - AUGUST 7th, 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!

### July 23rd, 2022 POKER RUN!!!

### August 14th NOWOODSTOCK!!!

### August 2022—Triple C Cowboys Concert!

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

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



### This Month's Birthdays

Lynn Martin—5  
Butch Hendrickson—6  
Lloyd LaFave—7  
Mary Lou Hart—7  
Andrea Aughinbaugh—7  
Julie Enis—7  
Gretchen Muir—8  
Marilyn Strausborger—8  
Joyce Greer—8  
Joy Hart—9  
Kathy O'Brien—12  
Carol Bivens—12  
Grant Simic—12  
Jerry Wells—15  
Jim Larson—16  
Ed Eberbauch—19  
Joan LaFave—19  
Jerimie Kraushaar—20  
Karen Marshall—21  
Jerry Deromedi—22  
Thomas Fitzwater—22  
Ed Shaffer—23  
Allen Darlington—25  
Victor Ohrmund—26  
Valerie Williams—28  
Barb Vietti—29  
Katy Von Osten—29  
Terry Sachs—29  
Mike Stevens—30



# PRIME RIB DINNER RECAP



*Thank you!!!*





# DON'T FORGET!!!!

The Senior Center will be  
**CLOSED**

Monday July 4th for the Holiday



There will be **NO BINGO** on  
Saturday July 2nd, 2022  
Take a break & enjoy the Holiday!



Hot Springs County Senior Center | 7

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# JULY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch is served from 11:30a—1:00p</p> <p>There is a suggested donation of \$4.00 for Seniors. The charge for Non-Senior guests is \$9.00</p>	<p><b>Our menu is subject to change without notice.</b></p>		<p><b>Cheeseburger</b> <sup>1</sup></p> <p>Lettuce, Tomato, Onion &amp; Pickle</p> <p>Potato Salad</p> <p>Garden Bounty Salad</p> <p>Chocolate Chip Cookies</p>	
<p><b>Closed for the Holiday</b></p>	<p><sup>4</sup> <b>Baked Fish</b> <sup>5</sup></p> <p>Cheddar Mashed Potatoes</p> <p>Peas</p> <p>Tossed Salad</p> <p>Banana Bread</p> <p>Peaches</p>	<p><b>Beef Fajita</b> <sup>6</sup></p> <p>Seasoned Black Beans</p> <p>Lettuce Tomato Salad</p> <p>Peachy Pudding</p> <p>Ginger Cookies</p>	<p><b>Chicken Strips</b> <sup>7</sup></p> <p>Sweet Potato fries</p> <p>Pickled Beets w/ Onions</p> <p>Apples</p> <p>Macaroni Salad Roll</p>	<p><b>Spaghetti w/ Meat Sauce</b> <sup>8</sup></p> <p>Green Beans</p> <p>Garden Salad</p> <p>Garlic Roll</p> <p>Choc. Pudding</p> <p>Apple Juice</p>
<p><b>Fish &amp; Chips</b> <sup>11</sup></p> <p>Brussel Sprouts</p> <p>Creamy Cole- slaw</p> <p>Fruit Cocktail</p> <p>Rice Pilaf</p>	<p><b>Tacos</b> <sup>12</sup> (Soft Shell)</p> <p>Refried Beans</p> <p>Garden Salad</p> <p>Fluffy Fruit Cup</p>	<p><b>Beef &amp; Spinach Wrap</b> <sup>13</sup></p> <p>Potato Chips</p> <p>Cucumber/ Tomato Salad</p> <p>Granola Bar</p> <p>Orange</p>	<p><b>Loaded Dog</b> <sup>14</sup> (Stuffed w/ mashed potatoes &amp; Cheese)</p> <p>Tossed Salad</p> <p>Fresh Fruit</p> <p>Vanilla Pudding</p>	<p><b>Chicken Wings</b> <sup>15</sup></p> <p>Mac &amp; Cheese</p> <p>Baked Beans</p> <p>Tossed Salad W/ Carrot Sticks</p> <p>Breadstick</p> <p>CC Cookie</p>
<p><b>Turkey Club Sandwich</b> <sup>18</sup></p> <p>Macaroni Salad</p> <p>Mixed Green Salad</p> <p>Fruit Cocktail</p> <p>Brownies</p>	<p><b>Steak Salad</b> <sup>19</sup></p> <p>Breadsticks</p> <p>Pickled Beets</p> <p>Pea Salad</p> <p>Fruit</p>	<p><b>Biscuits &amp; Sausage Gravy</b> <sup>20</sup></p> <p>Southwest Eggs</p> <p>Oranges</p> <p>Juice</p> <p>Tossed Salad</p>	<p><b>Chef Salad</b> <sup>21</sup></p> <p>Carrot Sticks</p> <p>Bread</p> <p>Bananas</p> <p>Choc Cake W/ Frosting</p>	<p><b>Salisbury Steak</b> <sup>22</sup></p> <p>Mushroom Gravy</p> <p>Baked Potato</p> <p>Country Blend Veggies</p> <p>Spinach Salad</p> <p>Blueberry Buckle</p> <p>Rye Bread</p>
<p><b>Chicken Caesar Salad</b> <sup>25</sup></p> <p>Bread Stick</p> <p>Beets</p> <p>Tropical Fruit</p> <p>Carrot Cake</p>	<p><b>Sloppy Joes</b> <sup>26</sup></p> <p>Sweet Potato Wedge</p> <p>Veggie Salad</p> <p>Pears</p> <p>Peach &amp; Creme Bars</p>	<p><b>Bratwurst on Bun</b> <sup>27</sup></p> <p>Lettuce, Tomato &amp; Onion</p> <p>Potato Wedge</p> <p>Carrot, Celery, Apple Salad</p> <p>Baked Beans</p> <p>Brownies</p>	<p><b>Chicken Alfredo over Noodles</b> <sup>28</sup></p> <p>Beets</p> <p>Cranberry Sauce</p> <p>Fruit Cocktail Bread</p>	<p><b>BBQ Pork Wings</b> <sup>29</sup></p> <p>Baked Squash</p> <p>Creamy Coleslaw</p> <p>Wheat Rolls</p> <p>Fruit Crisp</p>



# JULY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
				Pool Players 8:00-4:00 <sup>1</sup> Shopping 8:15-11 12:15-3:00 Blood Pressure 10:00-12:00 Bridge 12:30 <b>Elks Lodge Dinner</b>
<b>Closed for the Holiday</b> <sup>4</sup>	Pool Players 8:00-4:00 <sup>5</sup> Pioneer Home 1-3 <b>Tai Chi 9:00-10:00</b> <b>Silver Stitchers 10:00-4:00</b> <b>Blood Drive 2-6</b>	Pool Players 8:00-4:00 <sup>6</sup> Shopping 8:15-11:00 12:15-3:00 Bridge 12:30	Pool Players 8:00-4:00 <sup>7</sup> Pioneer Home 1-3 <b>Tai Chi 9a-10a</b> <b>VA Clinic 11-2</b>	Pool Players 8:00-4:00 <sup>8</sup> Shopping 8:15-11:15 & 12:15-3:00 Blood Pressure 10:00-12:00 Bridge 12:30
Pool Players 8:00-4:00 <sup>11</sup> Shopping 8:15-11:15 & 12:15-3:00 <b>Art Class 9-11</b> <b>Ladies Talk 1:00</b> <b>Pinochle 6:00</b>	Pool Players 8:00-4:00 <sup>12</sup> <b>Tai Chi 9:00-10:00</b> Pioneer Home Shopping 1p-3p <b>Silver Stitchers 10-4</b> <b>Project Council 10a</b>	Pool Players 8:00-4:00 <sup>13</sup> Shopping 8:15-11:00 12:30-3:00 Bridge 12:30 <b>WYOGIVES DAY!</b>	Pool Players 8:00-4:00 <sup>14</sup> Pioneer Home 1:00-3:00 <b>Golden Age Club 10:00</b> <b>Tai Chi 9:00-10:00</b>	Pool Players 8:00-4:00 <sup>15</sup> Shopping 8:15-11:15 & 12:15-3:00 Blood Pressure 10:00-12:00 Bridge 12:30
Pool Players 8:00-4:00 <sup>18</sup> Shopping 8:15-11:15 & 12:15-3:00 <b>Art Class 9-11</b> <b>Ladies Talk 1:00</b> <b>Pinochle 6:00</b>	Pool Players 8:00-4:00 <sup>19</sup> Pioneer Home Shopping 1:00-3:00 <b>Silver Stitchers 10:00-4:00</b> Tai Chi 9-10	Pool Players 8:00-4:00 <sup>20</sup> Shopping 8:15-11:15 12:15-3:00 Bridge 12:30	Pool Players 8:00-4:00 <sup>21</sup> Pioneer Home Shopping 1:00-3:00 <b>VA Clinic 11-2</b> <b>Tai Chi 9-10</b>	Pool Players 8:00-4:00 <sup>22</sup> Shopping 8:15-11:15 & 12:15-3:00 Blood Pressure 10:00-12:00 Bridge 12:30
Pool Players 8:00-4:00 <sup>25</sup> Shopping 8:15-11 & 12:15-3 <b>Art Class 9-11</b> <b>Ladies Talk 1:00</b> <b>Pinochle 6:00</b>	Pool Players 8:00-4:00 <sup>26</sup> Pioneer Home Shopping 1:00-3:00 <b>Silver Stitchers 10:00-4:00</b> Tai Chi 9-10	Pool Players 8:00-4:00 <sup>27</sup> Pioneer Home Shopping 1:00-3:00 Bridge 12:30	Pool Players 8:00-4:00 <sup>28</sup> Pioneer Home Shopping 1:00-3:00 <b>Tai Chi 9:00-10:00</b> <b>Board of Directors 4 pm</b>	Pool Players 8:00-4:00 <sup>29</sup> Shopping 8:15-11:15 & 12:15-3:00 Blood Pressure 10:00-12:00 Bridge 12:30

# PRIME RIB FUNDRAISER 2022





## WyoGives

**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.

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 13<sup>th</sup>, 2022!**

**Below is our direct link to our profile. This is where you can donate on July 13th!**

<https://www.wyogives.org/organizations/hot-springs-county-senior-citizens-center>



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## **OUR LAND By Mary White**

**It's almost our birthday! Yes, it's our birthday, the birthday of this great country we've been privileged to call our own.**

**In mid-June, I was blessed to drive 1,500 miles across our beloved Wyoming, South Dakota, North Dakota, and Montana. As I drove, I was singing in my mind all the precious beautiful songs that have been written about our wonderful land. I always try to drive back country roads so I can enjoy the beauty that surrounds me.**

**I was amazed by the unknown special scenery of North Dakota. It is the least visited state in our country. The recent heavy rains have made the whole countryside green, green, green. Oh, what we've been missing, from the canyons of Medora to the magnificence of Theodore Roosevelt National Park. I saw very few tourists enjoying the herds of wild horses and bison, along with the prairie dog towns. It was a special treat. Of course, it was also special to spend a few days with my special grandson and his son.**

**Then it was on to Montana where I drove hundreds of miles through its beautiful and sparsely settled ranch and farm country, even found it very difficult to find a potty stop. After the ranch country, it was on to the mountainous beauty where my oldest friends live. Most of us know how special Montana is, but how many of us have driven its back country roads? I even managed to find a way to avoid driving through Billings on my way home. One road was a real challenge, about 30 miles on a road that was pebble size gravel that made my car fish tale if I drove over 30 mph. I was also turned back by flood waters and barely made it through Laurel before they started evacuating. An exciting drive!! It was good to get home to our wonderful hometown.**

**Sometimes we allow ourselves to get caught up in the angry, sad and tragic events in our beloved country instead of steadfastly supporting and hanging on to how much we love it and one another!**

**HAPPY BIRTHDAY AND HAPPY 4TH OF JULY TO ALL OF YOU AND OUR BLESSED COUNTRY!!!**



# **SPASMODIC DYSPHONIA by Nancy Brown**

**Do you know anyone with Spasmodic dysphonia? You should. If not, you need to introduce yourself to Mary White.**

**Spasmodic dysphonia is a voice disorder. It affects the local cords in the larynx, also known as the voice box. It causes involuntary spasms of those muscles. Therefore, the sounds of the person speaking may be tight or strangled/strain. It causes the sounds to break—it may occur with every work, or once every few sentences making the person's speech difficult to understand.**

**Spasmodic dysphonia is a chronic condition. It may develop suddenly or it may start with mild symptoms. It is a rare condition, most often occurring in women around the ages of 30-50. There are 3 types of spasmodic dysphonia: Adductor (most common), Abductor (less common), and mixed (very rare). The cause is thought to be an abnormal functioning in the basal ganglia of the brain. In some cases, spasmodic dysphonia may run in families, although a specific gene has not been identified. Diagnosis is made following examination by a team of specialists including an otolaryngologist, speech language pathologist and a neurologist. There is no cure for spasmodic dysphonia, but treatment may reduce some of the symptoms. It ranges from botulinum injections, voice therapy, assistive devices to surgery. There are no studies pointing to the single, best treatment. Here is what Mary wants you to know. It took nine doctors to diagnose Mary—she was diagnosed in 1988 at Colorado University School of Medicine. She had been to the University of Utah prior, but they were unable to come up with a diagnosis. She gets asked whether she has had a stroke. It is not a stroke. It is a very rare condition, that some medical researchers say may be related to Parkinson's; only affecting the vocal cords. There have been a number of obstacles along the way. She acquired the condition about the time of her husband's death. She had to become a breadwinner & get a job. Job interviews were almost impossible as people could not understand her. To this day, she hates to talk on the phone. Although a lot of people avoid her, she is so grateful for the Senior Citizen's community. Everyone here has been wonderful. Soooo, if you haven't met Mary, take the opportunity to introduce yourself and enjoy all Mary has to offer.**

## Public Service Announcement!

With the rising temperatures it is imperative that you have an ice pack in your coolers for home delivered meals. **YOUR MEALS MAY NOT BE LEFT IN COOLER IF THERE IS NOT AN ICE PACK** to keep the food cool and safe to eat.

**THANK YOU!**

## 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. Mr. Potato Head
2. Six
3. Four

14 | Hot Springs County Senior Center

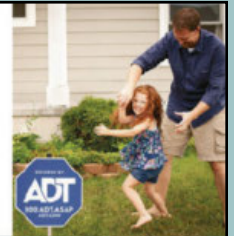
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Hot Springs City Senior, Thermopolis, WY D 4C 05-1087



# Members that Make it Happen

## Senior Center Staff Members

### **Director**

Trenda Moore

### **Secretary/Meals Coordinator**

Karen Shafer

### **Access Care Coordinator**

Sara Gentry

### **Homemakers**

Roberta Elwell

Emma Goffena

Tina Romero

Karla Corrick

### **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

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WHENEVER WE NEED IT!!**

## 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:**

**[hcsr1@live.com](mailto:hcsr1@live.com)**

**Website:**

**[www.hscseniorctr.com](http://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.

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

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