

## Hot Springs County Senior Citizens Center

### *Monthly Newsletter*

September 2022 | Issue 6: Volume 5 | Hot Springs County Senior Center

## **“Building Fund” by The Chairman of the Board**

As most of you know, we purchased “The Building on Hwy 20” (Shopko). We are very excited for this next phase at the Senior Center. Things we are planning are seating for 400 (banquets and events), gift shop, thrift store, larger rooms for library/reading, billiards, quilting/crafts, computers, conference rooms, etc.... an expanded kitchen, offices, rest rooms and a bus garage.

We have set our goal for the Building Fund at \$750,000. This fund is for in house projects and matching funds for requesting grants.

Donations are being accepted to meet this goal. Donations can come in many forms, monetary to material items. We will consider all donations; examples of some recent and very gracious donations we have received are a vintage pickup truck and also a large boat. Others include exercise equipment, desks, tables, electric scooter and even a tanning bed. We have “Wilbur the Piggy Bank”, and home donation jars for \$5 that allow everyone to participate, no donation is too small!

As mentioned earlier, there will be a gift shop and thrift store in our new location. The gift shop will be comprised of items such as vintage jewelry, hats, dolls, men’s and women’s gifts, seasonal items, and so on. The thrift store will have men’s, women’s & children’s clothing, small household items, etc. All items donated for the thrift store will have to be clean and in good condition.

We appreciate all of the help and donations so far but we have a long way to go. Please contact Trenda or myself on any estate sales or any items you might like to donate.

Sincerely, Gary J. Holbert

# Word Search

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**DIRECTIONS:**  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.

## An Apple a Day Word Search

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

- Applejack
- Baked
- Brown Betty
- Butter
- Cake
- Candied
- Caramelized
- Chips
- Cider
- Cobbler
- Crisp
- Danish
- Dried
- Dumpling
- Eve's Pudding
- Fritter
- Juice
- Pie
- Sauce
- Soda
- Strudel
- Tarte Tatin
- Turnover



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# Bingo

## BINGO

Every Saturday  
Doors open at 5:15 p.m.  
Play starts at 6:00 p.m.



## State Trivia:

- 1) Which state is bordered with Wyoming, Utah, New Mexico, Oklahoma, Kansas and Nebraska?
- 2) How many states have the word "New" in their name?
- 3) "Yankee Doodle" is the official anthem in which U.S. state?

Find the answers on page 14

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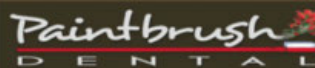
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SENIORS WELCOME



# FUNDRAISING!!!

## FROM THE DIRECTOR



\$750,000 GOAL



On a different note and with respect to our progress on the building we purchased, we will be updating regularly now so you know where we're at. Fundraising is ongoing and a huge job to tackle and be successful. We are working on grants to help, but donations and fundraising are again more important than ever. That need never goes away for a facility like us. If you wish to help, come and talk to me or if you know people that can help or maybe just plain don't know what we are doing, please inform them. The more knowledge and education we can reach people with, the better. :)

Sincerely,

Trenda Moore, Director

As of August 17, 2022 The Hot Springs County Senior Citizen's Center has raised \$42,304.92 towards the "Building Fund"!!!! Thanks to each and every one of you for your support and generosity!



# Upcoming Events

**CLOSED FOR THE HOLIDAY!!!**

**September 5th. See you on Tuesday the 6th!!!**

**Be safe and have fun :)**

## Dinner Trip , September 2022

Come with us to eat at a destination to be determined!!!

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

Payment is required in advance. You must cancel within 48hrs of trip in order to get a refund.

## Blood Drive - September 6th, 2022

Blood drive at the Center from 2:00 p.m. - 5:15 p.m.

Call Melene at 240-1414 to make an appointment!



## CODY SHOPPING TRIP!!! - September 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!

Payment is required in advance. You must cancel within 48hrs of trip in order to get a refund.

**September 21st, National Alzheimer's Day!**

**October, 2022 Trunk Sale!!!**

**ALL OUTINGS ARE SUBJECT TO BE CHANGED OR CANCELLED DUE TO INCLEMENT WEATHER OR BUS NOT BEING AT FULL CAPACITY!**

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

Ron Forgey -1  
Kay Reese -6  
Beverly Smith-6  
Carolyn Solomon-9  
Dennis O'Brien-9  
Jane Mayer-13  
Bernice Balog-13  
Mary Jo Mason-13  
Bud Ogden-16  
Mabel Bulman-17  
Sandra Shaffer-21  
Belinda Willson-21  
Conni Taylor-22  
Mary Tschiffely-23  
Brenda Richter-23  
Trudy Lance-24  
Colleen Anderson-24  
Roxie Braley-25  
Danny Lackey-26  
Richard Williams-26  
Margie Jackson-27  
Leon Budd-28

# OUR SENIORS OUR FLOAT CHAMPIONS



# VINTAGE RECIPE OF THE MONTH

## Retro Campbell's Soup Cheesecake

Measure	Ingredient		
		1 can	Cheddar cheese soup
2 cups	Fine vanilla wafer or	2 tablespoons	Lemon juice
\N \N	Graham cracker crumbs	1 teaspoon	Grated lemon rind
6 tablespoons	Butter, melted	1 teaspoon	Vanilla extract
¼ cup	Sugar	¼ teaspoon	Almond extract
12 ounces	Cream cheese, softened	1 cup	Sour cream
⅔ cup	Sugar	¼ cup	Sugar
3 \N	Eggs	1 teaspoon	Grated lemon rind



**Crust:** Combine crumbs, butter and sugar. Press firmly into 9 inch pie plate, chill.

**Filling:** With electric beater, beat cream cheese until smooth. Add sugar and eggs alternately. Blend in 1 cup soup, lemon juice, rind and flavourings. Pour into chilled pie crust. Bake at 350 degrees for 50 minutes.

**Topping:** Blend sour cream, remaining soup, sugar, lemon rind and vanilla. Spread on pie, bake 5 minutes more. Cool; chill. Top with prepared fruit pie filling.

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# SEPTEMBER 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>HAPPY LABOR DAY TO ALL OF YOU</b></p>	<p><b>Our menu is subject to change without notice.</b></p>	<p><b>Orange Chicken</b> 1</p> <p>Fried Rice Egg Rolls Oriental Veggies Pumpkin Bread Pineapple</p>	<p><b>Cheeseburger</b> 2</p> <p>Lettuce, Tomato, Onion &amp; Pickle Potato Salad Garden Bounty Salad Chocolate Chip Cookies</p>
<p><b>Closed for the Holiday</b> 5</p>	<p><b>Meatball Sub</b> 6</p> <p>Sweet Potato Wedge Relish Tray Peaches</p>	<p><b>Chicken Spaghetti over Noodles</b> 7</p> <p>Garlic Bread Broccoli Green Salad Oranges</p>	<p><b>Baked Fish</b> 8</p> <p>Cheddar Mashed Potatoes Peas Tossed Salad Banana Bread Apricots</p>	<p><b>BBQ Pork Wings</b> 9</p> <p>Baked Squash Creamy Coleslaw Wheat Rolls Fruit Cocktail</p>
<p><b>Cheese Ravioli w/Meat Sauce</b> 12</p> <p><b>Tossed Salad</b> <b>Italian Vegetables</b> <b>Garlic Bread</b> <b>Peach Whip</b></p>	<p><b>Chicken Cordon Bleu</b> 13</p> <p>Rice Pilaf Asparagus Mixed Green Salad Bread Ice Cream</p>	<p><b>Bratwurst on Bun</b> 14</p> <p>Lettuce, Tomato &amp; Onion Potato Wedge Carrot, Celery, Apple Salad Baked Beans Brownies</p>	<p><b>Oven Fried Chicken</b> 15</p> <p>Mashed Potatoes w/ Gravy Beet Salad Chocolate Cake w/Frosting</p>	<p><b>Salisbury Steak</b> 16</p> <p>Mushroom Gravy Baked Potato Country Blend Veggies Spinach Salad Blueberry Crisp Rye Bread</p>
<p><b>Chicken Caesar Salad</b> 19</p> <p>Bread Stick Beets Carrot Cake W/ Frosting</p>	<p><b>Tacos (Soft Shell)</b> 20</p> <p>Refried Beans Garden Salad Fluffy Fruit Cup</p>	<p><b>Turkey Club Sandwich</b> 21</p> <p>Macaroni Salad Mixed Green Salad Applesauce Choc Cake w/ frosting</p>	<p><b>Stuffed Bell Pepper</b> 22</p> <p>Baked Potato Green Salad Bread Fruit Cocktail</p>	<p><b>Chicken Fried Steak</b> 23</p> <p>Mashed Potatoes w/ Gravy Garden Veggies Cucumber Tomato Salad Cherry Crisp</p>
<p><b>Beef Stroganoff over Noodles</b> 26</p> <p>Peas and Carrots Wheat Roll German Coleslaw Oranges</p>	<p><b>Sloppy Joes</b> 27</p> <p>Sweet Potato Wedge Veggie Salad Pears Peach &amp; Creme Bars</p>	<p><b>Chicken Alfredo over Noodles</b> 28</p> <p>Beets Cranberry Sauce Fruit Cocktail Bread</p>	<p><b>Loaded Dog</b> 29</p> <p>(Stuffed w/ mashed potatoes &amp; Cheese) Tossed Salad Bananas Chocolate Pud-</p>	<p><b>Lasagna</b> 30</p> <p>Italian Veggies Mixed Green Salad Garlic Roll Strawberry Rhubarb Crisp</p>



# SEPTEMBER ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>SHOPPING/PUBLIC TRANSPORTATION IS DAILY FROM 8:15—11:00 AND 12:15-3:00</b></p> <p><b>PLEASE SCHEDULE IN ADVANCE TO ENSURE YOUR TIME SPOT IS AVAILABLE!</b></p>		<p>Pool Players 8:00-4:00</p> <p>Pioneer Home Shopping 1:00-3:00</p>	<p>Pool Players 8:00-4:00</p> <p>Blood Pressure 10:00-12:00</p> <p>Bridge 12:30</p> <p><b>BBQ @ the center!</b></p>
<p><b>Closed for the Holiday</b></p>	<p>Pool Players 8:00-4:00</p> <p>Pioneer Home 1-3</p> <p><b>Silver Stitchers 10:00-4:00</b></p> <p><b>Project Council 10</b></p> <p><b>BLOOD DRIVE</b></p>	<p>Pool Players 8:00-4:00</p> <p>Bridge 12:30</p> <p>Storytelling 10-11</p>	<p>Pool Players 8:00-4:00</p> <p>Pioneer Home Shopping 1-3</p> <p><b>Golden Age Club 10:00</b></p>	<p>Pool Players 8:00-4:00</p> <p>Blood Pressure 10:00-12:00</p> <p>Bridge 12:30</p>
<p>Pool Players 8:00-4:00</p> <p><b>Art Class 9-11</b></p> <p><b>Ladies Talk 1:00</b></p> <p><b>Pinochle 6:00</b></p> <p>Art Class 10:00-12:00</p>	<p>Pool Players 8:00-4:00</p> <p><b>Tai Chi 9:00-10:00</b></p> <p>Pioneer Home</p> <p><b>Cody Shopping</b></p> <p><b>Silver Stitchers 10-4</b></p>	<p>Pool Players 8:00-4:00</p> <p>Bridge 12:30</p> <p>Storytelling 10-11</p>	<p>Pool Players 8:00-4:00</p> <p>Pioneer Home 1:00-3:00</p> <p><b>Tai Chi 9:00-10:00</b></p> <p><b>Brad—VA 11-2</b></p>	<p>Pool Players 8:00-4:00</p> <p>Blood Pressure 10:00-12:00</p> <p>Bridge 12:30</p>
<p>Pool Players 8:00-4:00</p> <p><b>Art Class 9-11</b></p> <p><b>Ladies Talk 1:00</b></p> <p><b>Pinochle 6:00</b></p>	<p>Pool Players 8:00-4:00</p> <p><b>Tai Chi 9:00-10:00</b></p> <p>Pioneer Home 1-3</p> <p><b>Silver Stitchers 10-4</b></p>	<p>Pool Players 8:00-4:00</p> <p>Bridge 12:30</p> <p>Storytelling 10-11</p>	<p>Pool Players 8:00-4:00</p> <p>Pioneer Home Shopping 1:00-3:00</p> <p><b>Board of Directors 4 pm</b></p> <p><b>Tai Chi 9-10</b></p>	<p>Pool Players 8:00-4:00</p> <p>Blood Pressure 10:00-12:00</p> <p>Bridge 12:30</p>
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## Harvest Time By Mary White

It's time to enjoy the fruits of the harvest. As I sat eating my very special tomato sandwich, I thought I had to share with you how much I enjoyed it because I made it from the fruit of my harvest, one not too beautiful and kind of malformed tomato I picked from my one not so special plant. It sure did taste wonderful probably because it survived in spite of the lack of attention it received. I might even harvest two or three more before we welcome our beautiful Fall weather.

To harvest also means to gather what is important and to reach out to the critters who share our lives. I had a container of unshelled nuts that I knew I would never eat so I set them out in the yard. You wouldn't believe how fast my resident squirrels snatched them up to store for their winter food. The hummingbirds are eagerly filling their tummies for their long trip south for the winter. I will miss being able to watch as they argue & compete for their share of nectar. All my many bird families stripped my chokecherry bushes because I couldn't force myself to put up jelly this year. The creatures who inhabit my world bring such happiness to my life.

It's also wonderful to gather up our family and friends as we come together to celebrate how much we mean to one another. Every day we have the opportunity to spend time in the company of our senior friends and to welcome those who are joining us for the first time. Reach out, gather in the people who want to become members of our special senior community. 22 years ago on my first visit to our center, someone reached out to make me feel welcome. I've been here almost every day since. My closest friends are all in my life because we came together at the center.

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Even when you say "no" to a caller, offering something "free",



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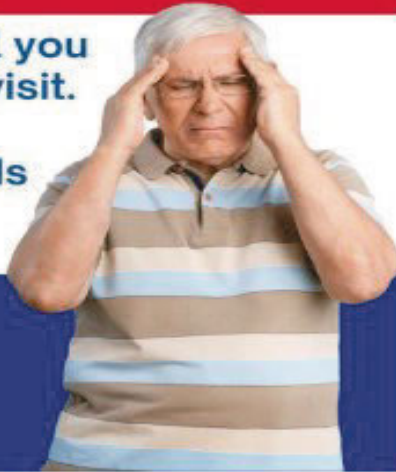
the phone (from unsolicited calls) is a great way to protect your Medicare information. Unfortunately, it might not be enough. Be sure to review your Medicare statements for telehealth visits you don't think should be there as scammers are now billing Medicare beneficiaries as if these calls were medical appointments. If you aren't sure how to read your Medicare statements, visit:

<https://smpresource.news/ReadMSN> or call the Wyoming SMP at 1 800 856-4398 for assistance.

they may still bill you for a telehealth visit.

Watch your MSNs to be sure you weren't!

Call the SMP if you were.



This project was supported in part by grant number 90MPPG0014 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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# Notes from Nancy

I bet all of you have thought of some good habits you have and then some bad habits that you have acquired.

Some of my good habits are, but not limited to: exercising regularly, seeing my doctor annually and getting the recommended tests and immunizations done, seeing the eye doctor and dentist every six months and trying to have a positive attitude. The bad habit list goes on and on and on; like getting too much sun, not enough sleep, not following the suggested Pyramid for eating and maybe drinking a beer occasionally.

AARP had an interesting article this month (August/September issue). It was entitled Good Habits That Might Age You Prematurely. It asked 'When does something healthy become unhealthy?' They listed five good for you habits that could ultimately hurt you. In the article, they asked experts in medicine, nutrition, exercise and more about what healthy habits they wished we would take breaks from especially as we age.

They suggested eating three anti-aging snacks. Can you guess what they may be?

1. almonds-contain Vitamin E which protects cells from damage
2. berries-contain anthocyanins – good for memory
3. Greek yogurt-offers calcium for ones, probiotics for the gut and protein to support muscles

Maybe we could suggest a possibility of having a yogurt sundae prepared by the LOVELY kitchen staff.

They listed five good habits that may become unhealthy.

1. Stay out of the sun
2. Eating nutrition bars
3. Drink when you are thirsty
4. Walk every day for exercise
5. Wear supportive shoes

So why can these good habits become bad?

## Notes from Nancy cont'd...

1. Sunlight has a number of positive effects including when we start the day, makes our bodies feel awake and energized and helps regulate our appetite. It has a big affect on our moods. On an average, a person in their 50's + spend less than an hour a day in sunlight.

So **DO THIS**: get a minimum of 15 – 30 minutes of sunlight in the morning and then in the evening.

2. Nutrition bars sound healthy but anyone who reads the ingredients can see that they are high in sugar content. So are fruit juices and smoothies and breakfast cereals. Excessive sugar is linked to high blood pressure, heart disease and diabetes.

So **DO THIS**: Read labels – if the grams of protein and fiber totaled together is higher than the total sugar, the bar is probably health.

3. By the time you are thirsty – you probably are already dehydrated. 70% of older adults maybe under hydrated. Being dehydrated can increase the risk for urinary tract infections, may increase the risk for diabetes as well as colon and bladder cancer.

So **DO THIS**: Drink water so that you need to pee every two to three hours during the day.

4. As one ages, we lose muscle mass and joint mobility, unless you strength train. Also balance decreases. So walking is good, but we need to do other workouts. (Most of us as we get older are worried about falling, getting hurt or think we are too old to lift weights).

So **DO THIS**: Get at least 150 minutes of moderate exercise a week (water aerobics, brisk walking) and at least two days a week muscle building activities. To work on balance, walk backwards at least three times a week.

5. Wearing shoes all day deprives our feet their chance to work. Our toes need to push into the ground to help maintain balance – and our foot muscles contract to maintain balance and support. The more you wear shoes, the less your brain practices those skills. Nerves in our feet tend to lose sensitivity.

So **DO THIS**: Go barefoot at least 30 minutes a day.

See you next month for an article on Non socialization/Socialization/Finding happiness as we age.

## 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. Colorado
2. 4
3. Connecticut

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## NEVER MISS A NEWSLETTER!

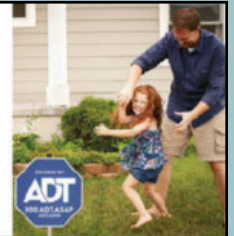
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- Upper Endoscopy
- Appendectomy
- Arthroscopic Surgery
- Carpal Tunnel Surgery
- C-Section
- Tubal Ligation

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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)

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Amy Krueger

Jan Sharp

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Ralph Worthey

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Belenda Willson

**AND MANY, MANY MORE  
WONDERFUL VOLUNTEERS  
WHO ALWAYS HELP US  
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

Vacant - 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](mailto:hscsr1@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.

**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

