

# Shoshoni Senior Center

214 E 2<sup>nd</sup> Street, PO Box 27  
Shoshoni, WY 82649

307-876-2703

[ShoshoniSeniorCenter.com](http://ShoshoniSeniorCenter.com)

[Facebook.com/shoshoniseniorcenter](https://www.facebook.com/shoshoniseniorcenter)  
[director@shoshoniseniorcenter.com](mailto:director@shoshoniseniorcenter.com)

May 2025  
Newsletter

May the FUN be With you!

- Games with **9<sup>th</sup> Graders!** May 6<sup>th</sup>
- Mother's Day **Pie Social!** May 9<sup>th</sup>
- **Girls Day Out!** May 24<sup>th</sup>
- **Memoir** Writing Class on Tuesdays
- Monday **Game Nights**



Anyone age 60+ can receive one free box of three shelf-stable meals.

We have already distributed most of these, but because a

few of the items in the boxes have passed their best by dates, we are trying to distribute the remaining boxes to anyone who has not received one yet. Please ask for one at the front counter.

The Shoshoni Senior Center helps our senior citizens lead a more dignified and meaningful life by providing and coordinating educational, nutritional, health, social, and charitable services. Our primary goal is to offer services that enable our seniors to live in the comfort of their own homes and community for as long and as safely as possible.



Shoshoni, WY 82649  
PO Box 27

Senior Center

Shoshoni

## DIRECTOR LETTER

Happy May! Please note the **updated transportation fares** and information about rides on the Services page of this newsletter. My last letter was an April Fool's joke, but as you probably know, we *will* be affected by eliminated agencies and funding cuts.

Senior Centers are funded federally, as authorized by Congress under the **Older Americans Act**. This funding was administered by the **Administration of Community Living**. It was announced in March, as part of the drastic restructuring of the Department of Health and Human Services, that the ACL would be dissolved and spread across three other agencies, and 40% of the staff were cut. How this funding will be managed going forward is still uncertain, but I have big concerns after reviewing the draft HHS budget. Along with providers of disability services, food banks, arts/humanities, Meals on Wheels, advocates for the aging and disabled, and many other nonprofits that serve those most vulnerable to economic and other difficulties, senior centers are hanging in the balance right now.

72% of our income during last fiscal year was federal/state (much of which was already decreasing), 17% from the Service District (property taxes, also decreasing), and just 10% from donations, local grants, patron contributions, etc. (which also decrease when people/businesses are struggling). Keep in mind that we are not a restaurant but a nonprofit running government programs. As a small senior center, we are and will always be *more* dependent on government funding. We lack the capacity to absorb big cuts or to sustainably increase local funds.

The food you eat here, staff who serve you here, coffee and craft supplies, utilities, insurance, and other costs are all government funded... with those complications and strings attached. For the funding source that **makes this senior center possible**, we are vulnerable to consolidation with larger service hubs outside of our community. I know there are talks about the consolidation of some of the services in our county happening already.

We are bracing for substantial cuts (federal, state, and local) and to deal with extensive inefficiencies as those who operate public service programs, and who have the knowledge to do so, are suddenly gone. The future of our and many other vital programs is, at best, uncertain right now. All of the government agencies I've worked with in the capacity of this job were understaffed already. Expenses keep rising. The need is only increasing as the percentage of the U.S. population age 65+ is growing, fast. The purpose is to help people live in their own homes longer, with services that are *less expensive* to fund than long-term care. To continue, senior services need more, not less. They were struggling and lacked the resources to meet the increasing difficulties before all of this.

Jeannie and I have both been feeling kinda demoralized, and we are not alone. The morale of those who have chosen a career helping those in need is going down. That matters and will have a lasting impact, even if the needed services do somehow rise like a phoenix, in a timely manner, and with all of their issues resolved, after being recklessly smashed. I think the Shoshoni Senior Center matters, which is **why** I'm still in this incredibly stressful job, on a never-ending and exhausting treadmill of deadlines, projects, and issues. It is a hard time to be someone who believes that the true measure of any society can be found in how it treats its most vulnerable members. It is also **why** I am concerned about these things and want you to at least be aware of them. We do not know to what extent we will be affected yet, but we have something that could easily be lost in this shakeup. But, know that we are and will do our best!

**Rykki Neale**

## **Board Meeting**

4/17/2025 at 12:30pm

The Board voted to increase transportation fares, with higher fares for non-seniors and a clarification of some basic transportation policies.

In the board's packet, the Director included a line item comparison of income and expenses over previous fiscal years, with current estimates for the FY2026 budget.

The Board approved the Service District funding request for March expenses.

### **Director Report**

- March: 737 meals, daily meal average 31 (low because no chicken fried steak day), 931 support services, 24 rides
- Upcoming travel, On-Site Review, and Journey of Hope Friendship Dinner on 6/24
- Anticipating reductions in all funding and uncertainties about the future of our programs with the dissolution of the ACL and no still word on how senior/other services will now be managed.
- Reviewed account balances, reserve funds, annual cost of operation, and percentages of income from government vs Service District vs other/local.
- Already hearing about talks to consolidate some services
- Halfway into FY25, price per meal calculated with JUST cost of food is \$4.19. But, ALL expenses divided by total meal count calculates to \$27.48/meal for last fiscal year, and \$31.55/meal so far for this fiscal year.
- Jeannie: Greenhouse and garden updates
- Have not had time to work on the many projects that I need to work on (updating policies, shopping for chairs, payroll and QBO transitioning, etc.) but I am hoping I can make progress on them soon.

**Next Meeting:** Thursday, May 15, 2025 at 12:30pm. Board meetings are open to the public.

# Shoshoni May

Senior Center  
MENU 2025

Monday-Friday 8am - 3pm  
Congregate meal served  
11:30 am - 12:30 pm  
876 - 2703

Mon	Tue	Wed	Thu	Fri
<p><b>\$4 Suggested Donation</b> for Registered Senior 60+. <b>All Ages Welcome!</b> Guest Meal is \$8. <b>Takeout Meals</b> must be requested <b>by 9AM.</b> This menu is subject to change without notice.</p>			<p>1 <b>Turkey a la king casserole,</b> tossed salad, applesauce, cookie</p>	<p>2 <b>Chicken patty on a bun,</b> steak fries, lettuce, tomato, cheese, carrots, peaches, cake</p>
<p>5 <b>Biscuits and gravy with sausage,</b> hashbrowns, cheesy scrambled eggs, yogurt and berries</p>	<p>6 <b>Beef fajitas,</b> cheese, lettuce, tomatoes, onions, peppers, sour cream, refried beans, mandarin oranges, cookie</p>	<p>7 <b>Ribs,</b> baked potato, mixed vegetables, whole wheat roll, apricots, chocolate cake</p>	<p>8 <b>Ham,</b> au gratin potatoes, broccoli, tossed salad, fruit, cornbread, rice pudding</p>	<p>9 <b>Chili dog</b> with bun, tater- tots, tossed salad, cauliflower, pears, apple pies</p>
<p>12 <b>Sloppy joe,</b> tater-tot, peaches, carrots, tossed salad, cake</p>	<p>13 <b>Chicken enchiladas,</b> broccoli, mixed fruit, tossed salad, rice crispy treat</p>	<p>14 <b>Chicken fried steak,</b> mashed potatoes, gravy, dinner roll, green beans, tossed salad, pears, cookie</p>	<p>15 <b>Spaghetti with meatballs,</b> gnocchi, mixed veggies, breadstick, apricots, cake</p>	<p>16 <b>Chef salad,</b> hard boiled egg, cheese, tomato, onion, pear, cottage cheese, brownie</p>
<p>19 <b>Beef stroganoff,</b> egg noodles, corn, tossed salad, pineapple, cookie</p>	<p>20 <b>Chicken strips,</b> French fries, Texas toast, gravy, tossed salad, fruit, Jello with whipped cream</p>	<p>21 <b>Hamburger steaks,</b> gravy, mashed potatoes, peas, tossed salad, pears, cake</p>	<p>22 <b>Chicken salad on croissant</b> with grapes and celery, tossed salad, applesauce, fruit salad</p>	<p>23 <b>Pork loin,</b> au gratin potatoes, mixed veggies, fruit, tossed salad, cookie</p>
<p>26 <b>CLOSED</b> for Memorial Day</p>	<p>27 <b>Meatball subs,</b> potato chips, pickle slices, tossed salad, pineapple, upside-down cake</p>	<p>28 <b>Meatloaf,</b> mashed potatoes, corn, tossed salad, roll, fruit, cookie</p>	<p>29 <b>Fish and chips</b> with tartar sauce, coleslaw, mixed vegetables, fruit, Jello</p>	<p>30 <b>Buffalo chicken wings,</b> macaroni and cheese, broccoli, peaches, tossed salad, cake</p>

Thank you for supporting our meal program!

## SPECIAL ACTIVITIES

### **Girls Day Out Thrift, Laugh, Lunch!**

Ladies, grab your purses and your sass—it's time for a Girls Day adventure you *won't* want to miss!

Join us **Saturday, May 24<sup>th</sup>** for a fabulous thrift store shopping spree in **Casper, WY**. We'll be digging for treasures, striking gold with bargains, and giggling like teenagers (wrinkles be darned!).

After we shop 'til we almost drop, we'll refuel with a delicious lunch out on the town.

The van rolls out at **10 AM sharp**, so wear your comfiest shoes and bring your best "find of the day" game face. You never know what you'll discover—a vintage hat that makes you feel 25 again, a lava lamp for your grandkid, or a porcelain cat that just *speaks* to you. We don't judge.

We celebrate!

Let the Senior Center know if you're in by **May 12<sup>th</sup>**—spaces are limited and our thrift haul bragging rights are on the line!



### **Games with 9th Graders**

**Jill Richardson's 9<sup>th</sup> Grade Life Skills class chose to play games with seniors as a service project! They will join us for games at 8:30am on Tuesday, May 6<sup>th</sup>.**



### **Memoir Class**

with author

Carolyn Brubaker on

**Tuesdays 10- 11am.**

This is a great opportunity to record your stories and memories!



### **"Family" Game Nights and Potluck Snacks**

**Mondays at 4pm**

All ages are invited to join us for community game nights!



## **Important Reminders!**

- **Always check in** at the front counter for meals and everything you do at the Center. This affects funding. Scan the barcode on the back of your MySeniorCenter keycard, make your selections, and then the **Finish button**. If you need a keycard, want to connect one from another senior center, or need any other help with this, just let us know.
  - **Recorded Messages:** When needed, we send out important information. If you miss a call from the us, please check your voicemail messages **BEFORE** calling to ask why we called.
  - Food/supplies purchased with government program funding can only be used according to that program's policies (so only for the dietician-approved menu). **We do not sell parts of meals or leftovers from meals**, other than the frozen meals available in the freezer in the dining room.
  - **Registration** and nutrition screening must be renewed each year.
  - We have a **Free Shelf**, but other items at the Senior Center (like the craft supplies) are not there for you to just take.
- Thank you.**



We want to give a huge **THANK YOU** to **Contango** for their volunteer work in our garden and for joining us for lunch on May 22<sup>nd</sup>! They made quick work of it. It looks wonderful and will help us so much with our gardening efforts!

We also want to thank an anonymous donor for the **new greenhouse**.



At the **Riverton Senior Center:**

**Alzheimer's and Dementia Education Series for Caregivers and Community:** Second Tuesday at 9am—Opportunity to learn about a topic that impacts so many. May 13—Managing Money: Caregiver's Guide to Finances to understand costs of caregiving and benefits of early planning.

# Shoshoni Senior Center

# May 2025

876-2703  
Monday-Friday  
8am-3pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>All Ages welcome! Join us even if you don't identify as a senior, but especially if you are 60+.</b></p> <p>We try to find community events from other organizations, but please verify the details with them.</p>				<p><b>1</b> Craft Mother's Day Pipecleaner Flower Bouquets 12:30-2:30pm Shoshoni School Play Dinner 6 Play 7</p>	<p><b>2</b> <b>Garden</b> 12:30-2:30pm  Shoshoni School Play Dinner 6 Play 7</p>	<p><b>3</b>  Shoshoni School Play Dinner 6 Play 7</p>
<p><b>4</b> </p>	<p><b>5</b> Sewing 8:30-2:30 Exercise 12:30-1:30pm Garden 1:30-2:30pm Game Night 4pm</p>	<p><b>6</b> Games with 9th Graders 8:30am Memoir 10-11am  FFA Banquet 5:30 Town Council 7pm</p>	<p><b>7</b> Exercise Group 12:30-1:30pm Garden 1:30-2:30pm  Masons 7:30</p>	<p><b>8</b> Baking Mother's Day Pies 12:30-2:30pm  School Academic Awards Black Tie Banquet 5:15pm</p>	<p><b>9</b>  Mother's Day Pie à la Mode after lunch Garden 12:30-2:30pm</p>	<p><b>10</b> Discount Pet Vaccines and Town Pet Licenses SRD 9-10am  Chamber of Commerce Meeting SRD at 1pm</p>
<p><b>11</b> </p>	<p><b>12</b> Sewing 8:30-2:30 Exercise 12:30-1:30pm Garden 1:30-2:30pm Game Night 4pm  SRD Board 6:30</p>	<p><b>13</b> Riverton Alzheimer's Class at 9am Memoir 10-11am Craft Alcohol Ink on Canvas 12:30-2:30pm</p>	<p><b>14</b> Exercise Group 12:30-1:30pm Garden 1:30-2:30pm  Foot Clinic by appointment</p>	<p><b>15</b> Board Meeting 12:30pm Service District 4pm  Sports Banquet 6pm</p>	<p><b>16</b> <b>Garden</b> 12:30-2:30pm</p>	<p><b>17</b></p>
<p><b>18</b>  High School Graduation and Choir performance 2pm</p>	<p><b>19</b> Sewing 8:30-2:30 Exercise 12:30-1:30pm Garden 1:30-2:30pm Game Night 4pm  School Board 5:30</p>	<p><b>20</b> Memoir 10-11am Craft CD Suncatchers 12:30-2:30pm Last Day School Early Release Town Council 7pm</p>	<p><b>21</b> FOOD BANK Christmas Club 12:30pm Exercise 12:30-1:30pm Garden 1:30-2:30pm  Masons 7:30</p>	<p><b>22</b>  Game Day: Mexican Train Dominoes 12:30-2:30pm</p>	<p><b>23</b> <b>Garden</b> 12:30-2:30pm  HS Regional Track at noon</p>	<p><b>24</b>  Girls Day Out: Casper Leave 10am  HS Regional Track 9am</p>
<p><b>25</b></p>	<p><b>26</b> <b>CLOSED</b> for Memorial Day</p>	<p><b>27</b> Memoir Culmination 10-11am Craft Cowboy Boot Centerpiece 12:30-2:30pm</p>	<p><b>28</b> Exercise Group 12:30-1:30pm Garden 1:30-2:30pm</p>	<p><b>29</b>  Game Day: Yahtzee 12:30-2:30pm</p>	<p><b>30</b> <b>Garden</b> 12:30-2:30pm</p>	<p><b>31</b></p>

## Jeannie's Thoughts

As Mother's Day approaches, it's a time to reflect on the love, wisdom, and guidance that have shaped our lives. For many of us, Mother's Day brings memories of the women who gave us life, but anyone, whether male or female, can step into the role of a nurturing, loving figure who guides, supports, and cares for others.

Here in Shoshoni, Wyoming, we know that community means everything. We've all seen how people, regardless of their gender or age, can show us what it means to love unconditionally. Perhaps it was a father who took on the role of both mother and father, or a neighbor who offered a comforting shoulder in a time of need. Maybe it was an aunt, a teacher, or a friend who stepped up when life got tough. These individuals embody what Mother's Day is truly about: the capacity to love and care for others, to be a guiding force in someone's life, and to offer a helping hand when it's most needed.

Motherhood is not confined to those who gave birth to us. It's about the countless acts of kindness and sacrifice, the nurturing and understanding, and the patience and wisdom that are passed down from one generation to the next. In the later years of life, many seniors find themselves playing this role for others, offering a sense of security and love to younger generations. Some of us may find ourselves raising grandchildren or mentoring young people, becoming the "mother" figure they need in their lives.

As we grow older, we often come to appreciate the many different forms of motherhood that have touched our lives. It's not just about birth — it's about the people who cared for us, the ones who stood by us when we needed them most. It's the teachers who guided us through life's challenges, the neighbors who shared a home-cooked meal when we were lonely, and the friends who offered a hand during our darkest times.

Mother's Day is a reminder that anyone can be a mother. Whether through the bond of family, friendship, or shared experience, we all have the ability to care for, support, and lift up those around us. And so, today, as we celebrate this special day, let's honor not just the women who gave birth to us, but all the men and women who have mothered us in their own ways. They have shown us the true meaning of love and care, and for that, we are deeply grateful.

In Shoshoni, as in every small town, we understand the value of community, and that includes honoring the many "mothers" who have helped shape who we are. Whether you are a biological mother, a father who stepped into a nurturing role, or someone who provided comfort to others, know that your efforts have made a lasting impact. This Mother's Day, let us all take a moment to celebrate the love and care that has been passed down to us, and to give thanks for the many forms of motherhood that have touched our hearts. Happy Mother's Day to all the wonderful nurturers in our lives.

## Crafts



Thursday 5/1  
**Mother's Day  
Pipecleaner  
Flower  
Bouquets**



Tuesday 5/13  
**Alcohol Ink  
on Canvas**

Tuesday 5/20  
**CD  
Suncatchers**



Tuesday, 5/27  
**Cowboy  
Boot  
Centerpiece**



### Senior Center Staff

Director: Rykki Neale  
Assistant Director:  
Jeannie Kroenke  
Cooks: Denise Olson,  
and Amber Wintermote  
Custodian: Sharon Taylor



Agenda and minutes of the  
**Shoshoni Senior Citizens  
Service District** are posted  
at the Senior Center. Next  
Meetings: **4/24 & 5/15 at 4pm**

## Other Information

- **Burning Days:** April 1 to June 1, 9am-5pm, burn only leaves, limbs, grass clippings, weeds, etc. NOT garbage
- May 5 to May 11: **Shoshoni Spring Town Cleanup**, 8am-3pm, large containers for disposal of household items, tree trimmings, and garbage. NOT accepted: Tires, refrigerators, pretreated wood, oils, liquids, paints, or other hazardous materials or chemicals

## SUPPORT YOUR SENIOR CENTER



**Please Donate** to the **Senior Center**.

The Shoshoni Senior Center is a 501(c)(3) nonprofit.



You can help us to fulfill our mission by **purchasing items** listed on the Wish List on our website or the Amazon Wish List at <https://a.co/3sm4vtN>.

### Donations in 2025

We deeply appreciate donations of any size. Contributions for meals, rides, coffee, office services, crafts, and exercise equipment must be counted as **Program Income** rather than as general donations, so they are not included below, but they do help to make those services possible. **Thank You!**

#### Substantiators: \$1,000+

##### Enhancers: \$500+

Anonymous Donor

##### Supporters: \$100+

Dan & DeAnn Merrill  
Mike & Pat Powell  
Anne & Ken Metzler  
Gene Wintermote

##### Friends: \$50+

##### Monthly Sustainers

Donated monthly for 6+ months



Thank you to **Atlantic City Federal Credit Union** for buying senior meals on Credit Union Day and **Big Horn Water** for water at the Center.



### Big Horn Water

856-9302

347-3740

#### Board of Directors

President: Ken Cundall  
Vice President: Don Schubach  
Secretary: Deb McMurtrey  
Members: Jeanne Frank and Jay Merritt

#### Service District Board

President: Ken Cundall  
Vice President: Teresa Taylor  
Secretary: Joan Geis  
Treasurer: Hazel Schaefer  
Member: Sheila Wakefield

### Other Senior Center Needs:

- Volunteers for weeding
- Craft and garden supplies
- Gift cards and other prize items

#### Please, do NOT donate books or puzzles.

We do not have room for more. You can donate books to Meadowlark Books in Riverton and ask them to credit the Shoshoni Senior Center.

**Thank you** to Anne & Ken Metzler for a new pedestal sign holder, which will especially be great for events. Thank you to Sheila Wakefield for buying items. We also received rolls of receipt paper from our wish list, but it did not say who it was from... thank you for that too!

### Thank You to our Volunteers

Volunteers help immensely, especially if you document those volunteer hours. Ask us to show you how to log Volunteer Hours. Volunteers keep the Senior Center going and are serving those in need in our community.

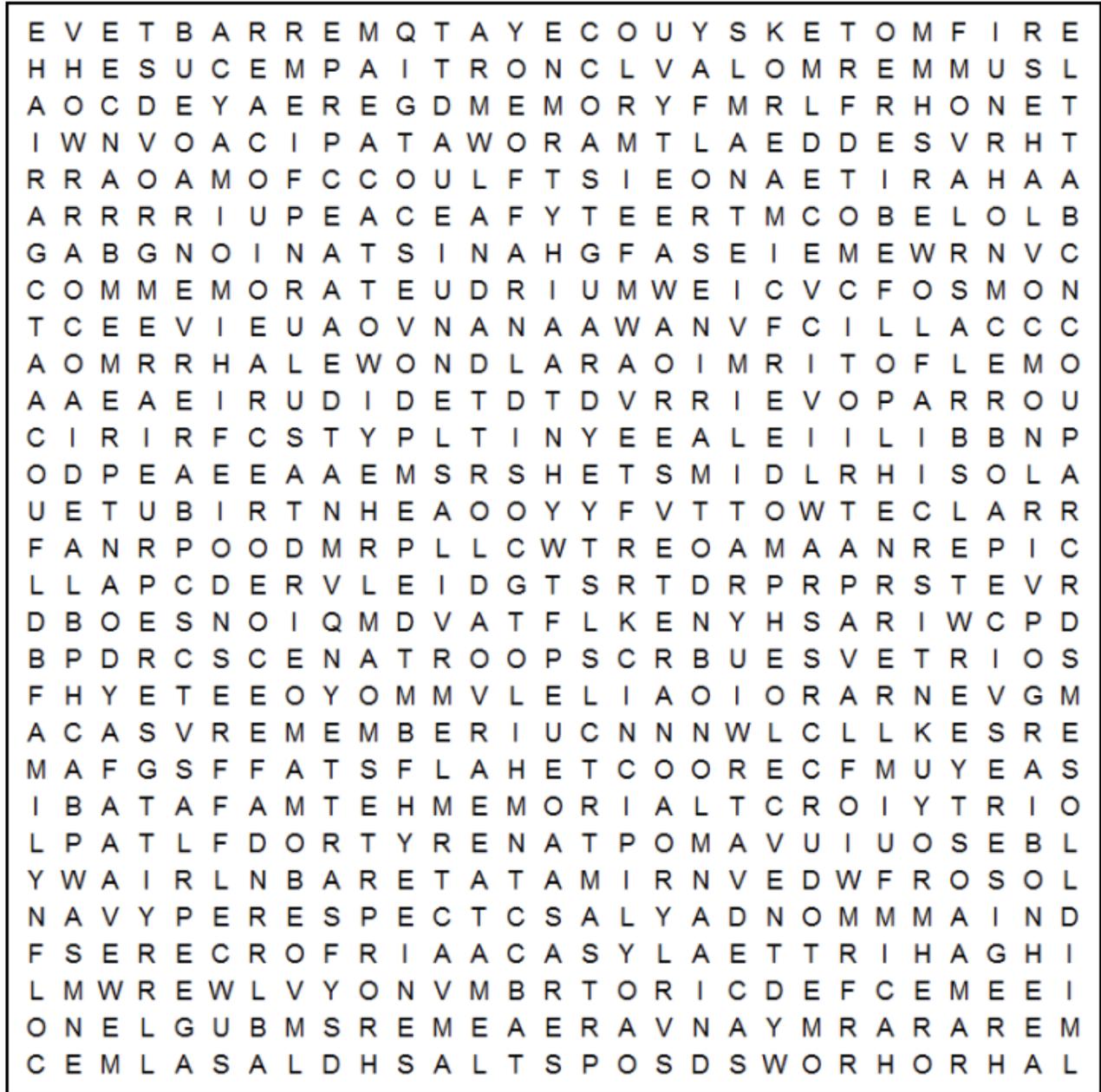
- **Board of Directors, Service District Board,** and other **Committee** members
- **Driver:** Robbie Ladner
- **Meal Delivery:** Mary Milleson & Chris Komloski and Anne & Ken Metzler
- **Dining Room, Dishes, or Janitorial:** Sheila Wakefield, Randy Christensen, Pat Collins
- **Reception:** Jay Merritt
- **Garden Help:** Jay Merritt, Margaret Larson, Ann Faulkner, Lois Herbst, Don & Diane Schubach, Ken Cundall, Richard Beck, Bob Zent, Sheila Wakefield
- **Taking Deposit:** Ken Cundall
- **Sharpening Knives:** Richard Taylor

**THANK YOU** to all of our helpers, including those who prefer to serve without recognition here.

We do our best to ensure the accuracy of the information in this newsletter. We apologize for any errors, omissions, or inconsistencies. There are usually a few. If donations were made or volunteer service provided that is not recognized here, please let the office know.

Name: \_\_\_\_\_ Return this **Word Search** by May 21<sup>st</sup> for a chance to win a free meal ticket! Congratulations to **Patsy Meyer** for winning in April.

## Memorial Day Word Search



- |                     |                |              |             |              |
|---------------------|----------------|--------------|-------------|--------------|
| Afghanistan         | country        | honor        | patriotic   | summer       |
| Air Force           | courage        | independence | peace       | taps         |
| American Revolution | Decoration Day | Iraq         | picnic      | tombstone    |
| Army                | defend         | Korea        | poppies     | tribute      |
| barbecue            | family         | liberty      | remember    | troops       |
| battle              | fireworks      | Marines      | remembrance | vacation     |
| bugle               | flag           | May          | respect     | valor        |
| casualty            | flowers        | memorial     | salute      | veteran      |
| cemetery            | freedom        | memory       | service     | Vietnam      |
| ceremony            | grave          | military     | soldier     | World War I  |
| civil war           | half-staff     | Monday       | solemn      | World War II |
| Coast Guard         | hero           | Navy         | speech      | wreath       |
| commemorate         | holiday        | parade       |             |              |

# Senior Center Services - Get out of the house, stay active, have fun!



## Meals

The **suggested donation** for a senior meal is \$4. We offer meal tickets that can be purchased in packs of 5 for \$20, and we now accept payment by card.

Remember that guests under the age of 60 need to **purchase** their meal for \$8 at the front counter.

**Takeout Meals** must be requested by 9am, and **Home Delivered Meals** are available for those that qualify.

We sell **Frozen Meals** for \$2 each or three for \$5. Limit of nine/week.

## Activities

- **Sewing & Quilting** on Mondays
- **Community Game Nights** on Mondays
- **Afternoon Exercise Group:** Stretching exercises, wellness of the breath techniques, and seated Tai Chi
- Check the calendar for **Crafts, Games,** and other activities

*What are you interested in? If you would like to request a new activity, talk to Jeannie.*

## Also Available

- **Coffee** in the morning
- **Exercise equipment:** Liability release required
- **Pool and Puzzle table**
- **Medical equipment, books, movies, and puzzles** to lend out
- **Computers, printer, and WiFi**
- **Office Services:** Copying, scanning, faxing
- **Blood pressure cuff**
- **UPS Dropoff Location**



## Transportation

We offer curb-to-curb service. Call us to request a ride. Rides must be scheduled at least **72 hours in advance** and depend on the volunteer driver's availability and weather conditions.

Schedule your appointment, errands, or activities to keep the ride within the hours of **8am-3pm Monday-Friday.**



Fares are NOT a suggested donation and are for a **roundtrip from Shoshoni for each rider.** Someone who accompanies you from your own household or as your assistant does not need to pay separately.

We do not have a driver here for immediate ride requests, and we do NOT provide emergency transport. No exceptions.

### **NEW! Roundtrip Fares from Shoshoni**

	Registered Senior	WYSIL/DFS	Other
Shoshoni	\$2	\$5	\$10
Riverton	\$10	\$25	\$30
Thermopolis	\$20	\$30	\$40
Lander	\$30	\$40	\$50
Casper	\$100	\$150	\$200

The first column are fares for those age 60+ and currently registered with the Shoshoni Senior Center. The second column is what we charge WYSIL/DFS for providing a ride. The third column are fares for anyone else, but **seniors always have priority.**

We will consider rides for those outside of Shoshoni but will charge for the pickup and return home rides as well.

## Partnerships

- **Free Shelf:** Check for food/items that your own household could use.
- We are a partner of the **Food Bank of Wyoming** and distribute a shipment on the 3rd Wednesday of the month.
- **Cent\$ible Nutrition** recipes. Call 1-877-219-4646 for info & classes.
- **Foot Clinic** with Carly, by appointment. The cost is \$20.



**307-876-2703**

# Dollar a Month Club:

Join or Renew for \$12/year.

Date: \_\_\_\_\_ Paid: \$ \_\_\_\_\_

Name(s): \_\_\_\_\_

Mailing or Email Address:  
\_\_\_\_\_  
\_\_\_\_\_

Select a Delivery Preference:

\_\_\_\_ Center pickup \_\_\_\_ Email \_\_\_\_ Mail

*Our newsletters are not free to print.*

We print paper copies of our newsletter for those with an active **Dollar a Month Club** membership. Your expiration date is on the address label of your newsletter.

This newsletter is available at no cost at [ShoshoniSeniorCenter.com](http://ShoshoniSeniorCenter.com) and on Facebook.

We produce our own newsletter and website. If there is something you would like included, email [director@shoshoniseniorcenter.com](mailto:director@shoshoniseniorcenter.com), call **307-876-2703**, or mail it to: **PO Box 27, Shoshoni, WY 82649.**

**Smith's**



INSPIRING DONATIONS

You can help us by linking the **Shoshoni Senior Citizen Center** to your Smith's Rewards Card at [SmithsFoodandDrug.com/inspire](http://SmithsFoodandDrug.com/inspire)  
Organization Number: QX859

January-March: \$42.76



If you are a registered Senior 60+ and have a **birthday this month**, bring this coupon to the Senior Center for a **FREE meal!**

Name \_\_\_\_\_

Birthday \_\_\_\_\_

## HOW TO GET HELP

- Wyoming 211:** Free, anonymous, helpline offering listening support, information, and referral for all of Wyoming. Call **211** or **1-888-425-7138**, or visit [wyoming211.org](http://wyoming211.org)
- Wyoming Senior Citizens Inc:** Home services (care coordination, personal care, chore services, homemaker services, respite care), caregiver support, companion program, Long Term Care Ombudsman, insurance information, and foster grandparent program. The Riverton office at 106 West Adams Ave. **1-800-856-4398.**
- Medicare questions and concerns:** Call Sandy with Wyoming Senior Medicare Patrol in Riverton. **307-256-6880** or **800-856-4398.**
- Help for Health:** Home services, financial assistance for cancer treatment, bereavement services, and hospice. **856-1206.**
- Wyoming Services for Independent Living:** Services for individuals with disabilities, including transportation vouchers. **332-4889.**
- Wind River Parkinson's Group:** 2-3pm on 1st Thursday at Lander Senior Center or on Zoom. Contact Marjane at **332-3732.** Wind River Parkinson's Support Group on Facebook.
- Power Punch for Parkinson's** mobility at Teton Therapy every Wednesday at noon. **332-2230.**
- Wyoming Center on Aging - Healthier Wyoming:** Disease prevention, management, and support. Caregiver support, community-engaged research, and aging resources. **307-766-2829.**
- Foundations for Nations** at 20 Mission Road in Riverton. Emergency Food Assistance Program distributor. Call **307-200-9779.**
- Legal Aid of Wyoming:** Free civil legal help to low-income individuals. **1-877-432-9955.**
- Wyoming Relay:** No-cost service for using telephone with hearing loss. **1-800-452-1408**
- EyeCare America:** Free eye exams for age 65+ or if at increased glaucoma risk. **877-887-6327**
- GetSetUp Online Classes:** Free and for seniors. Participate at home or at the Senior Center. Visit [getsetup.io/partner/Wyoming](http://getsetup.io/partner/Wyoming)
- National Do Not Call Registry:** Register and report unwanted calls. **1-888-382-1222.**

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