

Shoshoni
Senior Center

MARCH

vitalant[™]

**BLOOD
DRIVE**

March 2026
Newsletter

307-876-2703

214 E 2nd Street
PO Box 27
Shoshoni, WY 82649

ShoshoniSeniorCenter.com

Facebook.com/shoshoniseniorcenter

DATE: THURSDAY, MARCH 5

TIME: 2:30PM TO 5:30PM

LOCATION: SENIOR CENTER

ALL BLOOD TYPES NEEDED! SIGN UP TODAY!

FOR APPOINTMENTS: GO TO [DONORS.VITALANT.ORG](https://donors.vitalant.org)

(BLOOD DRIVE CODE: SHOSHONI) OR CALL

VITALANT 877-258-4825

THANK YOU FOR HELPING SAVE LIVES!

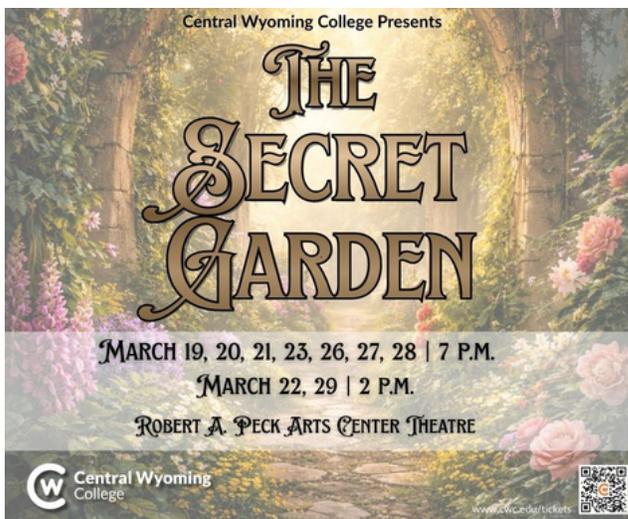


For more information visit us at vitalant.org or call 877-258-4825. **Because of you, life doesn't stop.**

Mission: The Shoshoni Senior Center strengthens the lives of older adults by providing nutrition, wellness, social connection, and support services that help them remain active and independent in our community.



Shoshoni
Senior Center
PO Box 27
Shoshoni, WY 82649



Tickets are on sale now for CWC's production of **The Secret Garden!** Purchasing tickets in advance is encouraged, online or at the box office. Advance tickets are \$15 (or \$13 for a senior), but purchasing a ticket at the door the day of the show will cost \$18.

Shoshoni Locals: Rhiannon Neale (Rykki's daughter, who sings at the Senior Center's fundraising events) plays the lead-- Mary Lennox, an orphaned girl sent to live with her uncle in England. It is a classic and musically-rich story about healing emotionally and physically. It also features Rykki's husband, Coulter as the uncle and Music Director, and her son, Zeke.

Come and enjoy the efforts of an extremely talented cast, including some you will recognize from other productions but also many new faces. It is directed by Annette Benn Thorton, who is the head of Riverton High School's theater program. You will be amazed at the quality of this show. I so appreciate CWC's theatre program and the opportunity to enjoy and participate in live theatre, even in our rural community. Thank you to everyone who supports it and those who attend these shows. I will definitely be going multiple times! Performances are March 19th to 29th at 7pm, with two Sunday matinees at 2pm.

Online: <https://www.cwc.edu/tickets/boxoffice>

Box Office: 307-855-2002

Note: The services offered by the Senior Center do not necessarily extend to everything you personally think that we should be doing. Have you heard the constant chorus of "Jeannie" as **everyone** calls for her attention? She does not know how to say no, and that is sometimes abused. Other than home delivered meals, all of our programs, services, and responsibilities take place AT the Senior Center. It is also not in any of our job descriptions to be nosey for everyone who wants to know what is going on with someone else. Please don't criticize our employees for not doing a kind thing you think should be done. Just do the kind thing. In fact, we could really use a senior Sunshine Committee to send out cards, call to check on people, etc.

Board Meeting February 19, 2026

Approved: Minutes and Service District funding request for January.

Transportation: Director presented write-up about calculated cost of \$166/ride and alternatives (rides on personal basis by those willing to help, and helping with online orders). Reported on WRTA/CTAA event at Riverton Chamber. Exempt plates for bus received, and plan to spend rest of WYDOT FY24 Performance Bonus to extend security camera coverage to west lot.

Other Business: Board reviewed annual WyoStar endowment statement from the Town, and Director shared a WY Nonprofit Network training opportunity. Board decided to register for the training.

Reports: No board/committee reports. Jeannie reported on activities, historical preservation project, and Chamber.

Director Report:

- January meal count back up to 869 with daily average of 39.

- Notable January expenses: CPA 990 prep, exempt plates application fee, UPS pickup, shipping to return "sample" light bulbs, 10 dining chairs, coffee urns for events, tablets & wall mounts for timeclock kiosks, Acrobat software, west lot insurance.

- Director working from home some Fridays. Disposal of old equipment discussed, bin acquired from 307 Shredding (pay per fill).

- Incident with home delivery, resignation of some volunteers, and change to not have volunteers go into patron homes for the protection of the Center and volunteers.

- Quote for upgrading copier/printer to one with codes to separate different usage (Service District, Chamber, etc.) Board decided to move forward with requesting funding for it from the Service District.

- Mold remediation: \$1,171 to Climatec to resolve excess humidity. Replaced corroded thermostat and installed heat element and humidistat. Monitored and adjusted. Next, ARS cleanup, including condenser, requiring walk-in cooler to be emptied and turned off for 3 days. Will need to close at least one day, if they can work over a weekend. Will need to coordinate with Climatec. Quote for ARS work is \$4,288. They also recommend fogging it every 6 months.

Next Meeting: Thursday, 3/19/26 at 12:30. Board meetings are open to the public.

Service District: Agenda and minutes are posted at the Senior Center.

Next Meeting: **Monday, March 23rd at 1pm.**

Shoshoni Senior Center Menu

March 2026

Monday - Friday 8am-3pm
 Congregate meal served
 11:30am - 12:30pm
 307-876-2703

Mon	Tue	Wed	Thu	Fri
2 Jeannie's tomato soup, grilled cheese sandwich, pears, cookie	3 Chicken tenders, French fries, carrots, tossed salad, mandarin oranges, Jello	4 Hot Hamburger, mashed potatoes, gravy, green beans, tossed salad, pineapple, pudding	5 Bratwurst and sauerkraut, peaches, tossed salad, mixed veggies, cake	6 Fish and chips, coleslaw, breaded cauliflower, mango, cookie
9 Chicken salad on croissant with grapes and celery, macaroni salad, tossed salad, fruit salad, cookie	10 Beef and bean enchilada, corn, tossed salad, mango, cake	11 Chicken fried steak, mashed potatoes, gravy, roll, green beans, apricots, cookies	12 Pork ribs, baked potato, tossed salad, broccoli, pears, Jello	13 Frybread taco, tomatoes, salsa, lettuce, sour cream, refried beans, cheese, peaches, rice crispy treats
16 Chicken alfredo, breadstick, mixed veggies, tossed salad, pears, cookie	17 Shepherd's pie, roll, Brussel sprouts, tossed salad, applesauce, Irish dirt pudding	18 Pork Loin, mashed potatoes, gravy, corn, roll, tossed salad, pineapple, cake	19 Baked potato bar, chili, cheese, sour cream, ham, bacon, tossed salad, applesauce, brownie	20 Sloppy joe, potato chips, baked beans, carrots, pears, turnovers
23 Rueben on rye, onion rings, pickle, tossed salad, peaches, Jello	24 Chicken and stuffing casserole, tossed salad, cranberry sauce, roll, pudding	25 Meatloaf, mashed potatoes, cauliflower, tossed salad, pineapple, cake	26 Biscuits and gravy, eggs, bacon, fresh fruit, turnovers	27 Tuna melt casserole, biscuit, mixed veggies, tossed salad, mixed fruit, cookie
30 Chicken nuggets (gluten-free), French fries, tossed salad, corn, apricots, gluten-free cookie	31 Pork fritters, mashed potatoes, roll, gravy, broccoli, tossed salad, peaches, cake	\$4 Suggested Donation for Registered Senior 60+. \$8 for Guest Meal. Takeout Meals must be requested by 9am.		

Menu is subject to change without notice. SOUP available most days but not part of dietitian-approved menu.



Jeannie's Thoughts

March always feels like a season of change. The days get a little longer, the coffee tastes a little sweeter, and conversations around town get a little... livelier. 😊

This year, we've had several candidates running for office stop by the Center to introduce themselves. I love that. Truly. No matter what side of the aisle someone stands on, our doors are open. We are — and always will be — a bipartisan Center. That means everyone is welcome here. We are neighbors first. Friends first. Community first.

Around these tables, politics take a back seat to potluck recipes, grandkid stories, and the daily mystery of where Jeannie misplaced her coffee cup this time. And I love that about us. Important conversations are happening right now about the future of our state and our nation. You may have heard talk about the proposed sales tax connected to services like ambulance care, the airport, and transportation. These are big topics, and they matter. It's okay if they feel complicated. What I appreciate most is seeing people show up, ask questions, and care deeply about what happens to our town.

And while those discussions continue, there is something else that is very close to my heart — and much closer to home.

Our Senior Center Service District will be on the ballot again this year.

For those who may not know, the Service District is a small, voter-approved property tax (a mill levy) that helps fund the Senior Center. That funding supports about one-third of our operating budget. It helps keep the lights on, the meals warm, the doors open, and the laughter echoing through these walls.

Without it, we simply could not stay open. I don't say that dramatically. I say it honestly. This building is more than a Senior Center. It is our community's living room. It is the food pantry. It is AA meetings and woodcarving classes. It is crafts covered in glitter and glue. It is coffee at the long tables. It is people who would otherwise sit at home alone. This Center is a place where people find purpose, friendship, and belonging.

On any given day you'll find someone learning something new, someone teaching something old, and someone simply thankful they didn't have to sit alone at home.

It is family.

And family is worth protecting.

No one gets excited about taxes. I understand that. But sometimes it helps to look at what those dollars protect. They protect meals. They protect connection. They protect dignity. They protect a place where everyone — no matter their age, politics, or background — can walk through the doors and feel like they matter.

They also protect the people who serve here every single day. Our staff shows up with compassion, patience, humor, and heart. They check in on folks when they haven't seen them in a while. They go the extra mile quietly, without recognition, because they believe in this place. This Center runs on more than funding — it runs on love, dedication, and a deep commitment to our community.

Rykki and I talk about this often. We can't imagine our town without this Center. And the truth is — we shouldn't have to. This place represents years of service, volunteer hours, shared meals, hard conversations, second chances, and lifelong friendships. It represents neighbors taking care of neighbors.

When you see the Service District on the ballot this year, I hope you'll remember what lives inside these walls — the laughter, the support, the dignity, the warmth. This isn't just about a building. It's about preserving the heart of our community. We hope voters will consider the impact the Service District has on keeping these services available.

Thank you for standing with us. Thank you for believing in this place. And thank you for continuing to make this Center what it has always been — home. ❤️

With my whole heart,

Jeannie Kroenke



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Sewing & Quilting Game Night and Potluck 4pm 	3 Craft Plastic Spoon Bugs 12:30pm Chamber Meeting Senior Center at 5:30pm	4  AA 7pm	5 Craft Placemat Aprons 12:30pm  BLOOD DRIVE	6 	7
8 Daylight Saving Time Forward 1 Hour Boysen State Park: Women's Snowshoe Trek 10-11:30am Registration Required	9 Sewing & Quilting Foot Clinic appointments	10 Game: Skip-Bo 12:30pm Town Council 7	11 Meet & Greet at Lunch Gabriel Green CNS Cares table Foot Clinic appointments AA 7pm Masons 7:30	12 Craft Embroidery Hoop Wreaths 12:30pm	13 Intro/Beginner Wood Carving Registration Required 10:30-4:30	14 
15	16 Sewing & Quilting Game Night & Potluck 4pm School PD Day & Board 5:30pm	17 Game: Hangman Trivia 12:30 Chamber Meeting 5:30pm St. Patrick's Day HS Sports Banquet 6	18 FOOD BANK Christmas Club 12:30 AA 7pm	19 Board Meeting 12:30pm	20	21
22 	23 Sewing & Quilting Service District Meeting 1pm	24 Craft Easter Baskets 12:30pm Town Council 7	25 Online Ordering Class 12:30pm AA 7pm Masons 7:30	26 Wind River Visitor Council 10am-12pm Citizen of the Year Dinner at Senior Center at 6pm RSVP Appreciated	27 Intro/Beginner Wood Carving Registration Required 10:30-4:30	28
29	30 Sewing & Quilting Game Night & Potluck 4pm SRD Board 6:30	31	All Ages are welcome! Join us even if you don't identify as a "senior", but especially if you are 60+.			
School's Spring Break						

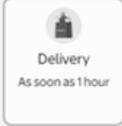
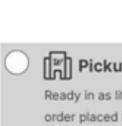
Transportation Alternatives

Our transportation program is PAUSED, and its future is uncertain. But, we still have seniors in need of rides for shopping, appointments, etc.

We are looking for people who would be willing to give someone a ride. This would NOT be as a Senior Center volunteer or connected to the Senior Center in any way. We would pass your contact information on to someone in need of a ride, and they would contact you to see if you can help them on a personal basis. The Senior Center's only involvement would be helping to connect those in need with those willing to help.

Online Orders: We can also help seniors learn how to make online orders for needed items. On Walmart.com you can filter to see items that are available in our local store. There are many items you can order for pickup at the store or even **delivery to Shoshoni**. Walgreens and Smith's also have a pickup option. We hope to connect those who cannot travel to town with those who are willing and able to pick up someone's order for them.

Online Ordering Class :Wednesday, March 25 at 12:30pm.

 Pickup As soon as 2pm today	 Delivery As soon as 1 hour	 Pickup Ready in as little as 30 minutes if order placed by 9pm.	 Item Availability Pickup Available
Walmart	Walgreens	Smith's	

WHY is Transportation Paused?

- **No Driver:** We have struggled to hire/retain a driver who has availability but does not need regular hours AND who can pass a background check and pre-employment drug testing. There are liability and other issues that have come up with the Senior Center using volunteer drivers.

- **Liabilities** involved with public transportation are *high*. Our policies and procedures are far from adequate. Developing and maintaining a compliant program requires *collaborative* policy development, oversight, and administrative capacity.

- **Limitations:** Transportation is funded entirely by the Service District, which is a mill levy on property taxes, and those boundaries determine who we can serve. We need Service District funding to continue *any* of our programs. It covers a third of our annual budget. As our funding continues to change, we must prioritize the programs that we actually have the capacity to operate well.

- **Not Economical:** There is not enough demand to make running an independent transportation program at such a small scale sustainable. It's an inefficient use of the funding intended to serve seniors. The overhead costs and administrative burden are too high. Our calculated average cost per ride has ranged from \$90 to \$166 over the past five fiscal years. Offing transportation does not make sense for the Senior Center financially.

It comes down to the fact that I do not feel comfortable running a transportation program the way that we have been doing it. It needs work. With all of the funding uncertainties

right now, I do not think that a huge transportation overhaul is the best use of the Senior Center's resources. We've had to really scramble to offer transportation for a while now. It has required substantial administrative time and stress relative to the number of rides provided. We need to do the necessary work and make additional investments as an organization (*not just leave it to Rykki*) to operate it correctly... or direct our time and resources to keeping our stronger programs going, which I think is best for the Senior Center right now and the more **frugal** way forward.



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 _____

Missed a call from the Senior Center?

Please check your voice messages **BEFORE** calling to ask why we called. We use robocalls for important updates.



Preventing Medicare Fraud



Medicare Summary Notice for Part B (Medical Insurance)

Page 1 of 5

The Official Summary of Your Medicare Claims from the Centers for Medicare & Medicaid Services

JENNIFER WASHINGTON
TEMPORARY ADDRESS NAME
STREET ADDRESS
CITY, ST 12345-6789

Notice for Jennifer Washington

Medicare Number	1EG4-TES-MK72
Date of This Notice	September 16, 20XX
Claims Processed Between	June 15 - October 15, 20XX

Your Deductible Status

Your deductible is what you must pay for most health services before Medicare begins to pay.

Part B Deductible: You have now met \$85.00 of your \$XXX.00 deductible for 20XX.

Be Informed!

Welcome to your new Medicare Summary Notice! It has clear language, larger print, and a personal summary of your claims and deductibles. This improved notice better explains how to get help with your questions, report fraud, or file an appeal. It also includes important information from Medicare!



What is an MSN?

Medicare Summary Notices, or MSNs, are notices you receive every four months if you have claims for products or services.

They explain what you were billed for, the Medicare-approved amount, and the amount you may owe.

Contact the SMP to learn how to read your MSN.

SMPRESOURCE.ORG

Have you heard of an MSN, also known as a Medicare Summary Notice? This is an important document that is sent to Medicare beneficiaries every 4 months with claims or services your Medicare number was billed for. Make sure you review them and that you were billed for what you were supposed to be. If you see something concerning, report it to the **WY SMP at 1 (800) 856-4398.**

Name: _____

Complete this word search and return it to the Senior Center by March 18th to be entered in a drawing to **win a free meal ticket!**

Congratulations to **Daniel Szablewski** for winning in February.

GARDENING WORD SEARCH

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

ANNUAL
BULBS
COMPOST
FERTILIZER
FLOWER
FROST
GREENHOUSE
GLOVES
HEIRLOOM
PERENNIAL
POLLINATOR
PLANTING
RAKE
ROWS
SEEDS
SEEDLINGS
SHOVEL
SOIL
SUNSHINE
TRANSPLANT
WATER
WATERINGCAN
WEEDS
WHEELBARROW
WORMS

Alone we can do so little,
together we can do
so much.

HELEN KELLER



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

On our website at ShoshoniSeniorCenter.com, we use Zeffy to accept one-time or monthly donations. This enables us to receive the whole donation without any fees taken out. But, watch for a sneaky optional tip to cover Zeffy's costs.

2026 Donations

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

Enhancers: \$500+

Anonymous Donor for Piano
Contango

Wind River Flywheelers

Supporters: \$100+

B-2 Wyoming, Inc.

George & Hazel Schaefer

Anonymous Donor

Friends: \$50+

Christmas Club

Monthly Sustainers

Mike & Pat Powell

Christie Grana

David Manchester

Robin Hourie

Senior Center Staff

Director: Rykki Neale

Assistant Director: Jeannie Kroenke

Cooks: Sharon Taylor,

Christy Lawson, Teresa Held,
and Wayne Olsen

Custodian: Mireille Nitchman

Board of Directors

President: Jay Merritt

Vice President: Dennis Buchholz

Secretary: Deb McMurtrey

Don Schubach

Deb Williams

Service District Board

President: Ken Cundall

Vice President: Teresa Taylor

Secretary: Joannie Geis

Treasurer: Hazel Schaefer

Sheila Wakefield

What We Need

- Amazon Wish List: <https://a.co/3sm4vtN>
- There is a link to the Amazon Wish List and other supplies listed on the Wish List page of our website at shoshoniseniorcenter.com/senior-center-wish-list
- **Office:** Thank you cards, "Ultra Fine" Expo dry erase markers
- **Kitchen:** Ice cream scoops of various sizes, gallon sized and square snack baggies, paper towels, Brillo pads (not S.O.S)

What We Do NOT Need

- The Senior Center is getting very cluttered. We appreciate your generosity, but do not bring things that we do not use regularly or need *now*. The Center is not a storage unit.
- We do not have room for more books and puzzles. We will only accept popular new releases in excellent condition.

Volunteers

help immensely, especially if you document volunteer hours in MySeniorCenter.

Ask Rykki or Jeannie to show you how. We also deeply appreciate those who prefer to serve without recognition.

- **Meal Delivery:** Mary Milleson & Chris Komloski, Anne & Ken Metzler
- **Dining Room / Kitchen:** Pat Collins, Sheila Wakefield
- **Deposit:** Ken Cundall
- **Nancy Mason** for taking items to 4H County Extension Office

Items Donated

- **Anne & Ken Metzler:** Creamers, sticky notes, batteries
- **Sheila Wakefield:** Pie cutter, mechanical pencils, sticky notes
- **David Manchester:** Creamers
- **Jay Merritt:** Puzzles

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, it is unintended.

Please, let us know.

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
Organization Number: QX859

\$46.01 October-December

GRAND
ALTITUDE
FEDERAL CREDIT UNION

buys senior meals
on the monthly
Credit Union Day.

Big Horn Water

347-3740 • 856-9302 • 587-5823

Commercial / Residential

provides
water at
the Senior
Center.

Shoshoni

Senior Center
Services



Call us at **876-2703**.

Open 8am-3pm
Monday-Friday
Lunch: 11:30-12:30

To register as a senior, you must be **age 60 or older** and fill out the “**AGNES**” registration form, which needs to be renewed each year.

Meals



- **Suggested Donation of \$4** for a registered senior. Accompanying spouse, regardless of age, can register.
- **Guest Meals costs \$8** (not a suggested donation)
- For a **Takeout Meal**, you must have a current registration already on file and request it by **9am**.
- For your convenience, we sell **meal tickets** in packs of 5 and accept payment by card.
- **Frozen Meals** are sold for \$2 each, or three for \$5. Weekly limit depending on supply. We do not sell parts of meals or leftovers other than the frozen meals.

Activities

- **Sewing & Quilting** group on Mondays
- **Community Game Nights**
- **Pool Table** and **Puzzle Table**
- **Groups:** Christmas Club, AA Meetings, etc.
- **Crafts, Games,** and other activities

Talk to Jeannie to request an activity.

Other Services

- **Food Pantry / Free Shelf:** Check for items that your household could use. As a partner of the *Food Bank of Wyoming*, we receive and distribute items on the 3rd Wednesday of the month.
- **Coffee** for socializing in the morning
- **Exercise equipment** (signed liability release required) and blood pressure cuff
- **Office Services:** Wi-Fi, public-use computers and printer. Copy, scan, and fax for a small fee per page.
- **Lending Library:** Medical equipment, books, movies, and puzzles
- **Foot Clinic** with Carly, by appointment. Cost is \$20.
- **Visitor Information**

Seniors have priority, but **ALL AGES** welcome!

Scan Your Card

Checking in each day helps us to help you! It documents participation. We need that data for reporting the impact of grant funding received and when applying for funding.

At the front counter, scan the barcode on your card OR sign in by typing in your name and phone number. Look for your name at the top left corner of the touchscreen. Select the meal, activities, and/or services that you utilize at the Senior Center that day. Then don't forget to hit the **Finish button** to save it.

Renew Registration

Each senior's registration needs to be renewed **each year**. This is required by our funding and is something checked during our annual quality assurance review.

When your registration is expired, you will see an error when you try to scan in. You just need to fill out another “**AGNES**” form, front and back. Once your registration date has been updated in the system, you will be able to scan in again. Renewal is due based on when you registered, not the calendar year, and you will not need a new card.

Home Delivered Meals

To qualify for home delivered meals, you must live in or *very close* to Shoshoni and your annual AGNES registration must include an **additional page**, which is required to evaluate and document the need for this service.

Newsletter Subscription

Join or renew for \$12/year.

Date: _____ Paid: \$ _____

Name(s): _____

Mailing or Email Address: _____

Select a Delivery Preference:

Pickup _____ Mail _____ Email _____

We print newsletters for those with an active subscription. Your expiration month is on the address label of your newsletter.

The newsletter is available at no cost at ShoshoniSeniorCenter.com and Facebook.

The Shoshoni Senior Center produces its own newsletter and website.



Reserve the Senior Center Community Room for your meeting, party, memorial, or event. Rental fee is \$100 (exceptions for registered and local seniors), and there is *also* a \$100 security deposit. We have plenty of space, tables, chairs, and presentation equipment. No event services are offered.

In accordance with federal law and the Department of Agriculture, this institution is prohibited from discrimination on the basis of color, national origin, sex, or disability.

This document was developed under grants from the U.S. Department of Health and Human Services, Administration on Aging, and the Wyoming Department of Health, Aging Division. However, these contents do not necessarily represent the policy of the U.S. Department of Health and Human Services, Administration on Aging, or the Wyoming Department of Health, Aging Division, and you should not assume endorsement by the Federal or State governments.

Helpful Resources

- **AA Meetings:** Wednesdays at 7pm at the Senior Center. Supportive, judgment-free space for anyone seeking help, healing, or connection on the journey of recovery. It's never too late to take that first step or to keep moving forward.
- **Town Hall:** 876-2515, **Police:** 876-2600
- **Wyoming 211:** Free, anonymous helpline offering listening support, information, referral for all of Wyoming. Call **211, 1-888-425-7138**, or visit wyoming211.org
- **Wyoming Senior Citizens Inc:** Home services (care coordination, personal care, chore services, homemaker services, respite care), caregiver support, insurance information, companion and foster grandparent programs, Long Term Care Ombudsman. Riverton office at 106 West Adams Ave. Call **1-800-856-4398**.
- **Medicare questions and concerns:** Call Sandy with Wyoming Senior Medicare Patrol at **856-6880** or **800-856-4398**.
- **Help for Health:** Home services, financial assistance for cancer treatment, bereavement services, and hospice. Call **856-1206**.
- **Wyoming Services for Independent Living:** Services for individuals with disabilities, including transportation vouchers. **332-4889**.
- **Wind River Parkinson's Group:** 1-2pm 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**.
- **WY Center on Aging - Healthier Wyoming:** Disease prevention, management, and support. Caregiver support, community-engaged research, aging resources. Call **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, for and by seniors. Participate at home or at the Senior Center. Visit getsetup.io/partner/Wyoming
- **National Do Not Call Registry:** Register and report unwanted calls. Call **1-888-382-1222**.
- **FreeWill.com:** No-cost estate planning tools.