

Shoshoni
Senior Center

HAPPY
**Father's
Day**

June 2026
Newsletter



Tuesday, June 23rd at 5pm
JOURNEY OF HOPE
Friendship Dinner

307-876-2703

214 E 2nd Street

PO Box 27

Shoshoni, WY 82649

ShoshoniSeniorCenter.com

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



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

Shoshoni

Senior Center
Menu



Monday - Friday 8am-3pm

Congregate meal served
11:30am - 12:30pm

307-876-2703

Monday	Tuesday	Wednesday	Thursday	Friday
1 Tater-tot casserole with peas and carrots, tossed salad, mandarin oranges, pudding	2 Pork chops, mashed potatoes, gravy, stuffing, tossed salad, carrots, roll, applesauce, cake	3 Hot hamburger, mashed potatoes, gravy, corn, pears, roll, brownie	4 Swedish meatballs with egg noodles, broccoli, tossed salad, peaches, cake	5 Sloppy joe with bun, tater-tots, tossed salad, cauliflower, banana, cookie
8 Chicken & broccoli casserole, biscuit, macaroni salad, mangos, butter braid	9 Jeannie's tomato soup & grilled cheese, tossed salad, ambrosia, pie	10 Chicken fried steak, mashed potatoes, gravy, roll, green beans, cookie	11 Chicken strips, onion rings, Texas toast, tossed salad, raspberries, cake	12 Pork fritters with bun, French fries, peas, fruit, pudding with whipped cream
15 Chef salad with ham and turkey, cheese, hard boiled eggs, tomatoes, bacon bits, roll, pears, cookie	16 Beef fajitas, refried beans, Spanish rice, corn, peaches, cauliflower, apple turnover	17 Spaghetti & meatballs, tossed salad, peas, applesauce, breadstick, brownie	18 Biscuits & gravy, scrambled eggs, hashbrowns, bacon, banana, yogurt parfait	19 Fry bread tacos, shredded cheese, tomatoes, onion, refried beans, sour cream, salsa, cookie
22 Chicken salad on croissant, pasta salad, grapes, Jello with whipped cream	23 Black beans & rice with tortilla, refried beans, tossed salad, buttered corn, applesauce, cookie	24 Meatloaf, mashed potatoes, gravy, peas, tossed salad, mixed fruit, roll, cake	25 Baked ham, scaloped potatoes, tossed salad, green beans, roll, peaches, cookie	26 Chicken, corn, mashed potatoes with gravy in a bowl (like KFC), mandarin oranges, brownie
29 BBQ pulled chicken sandwich, French fries, coleslaw, pears, pudding	30 Swiss steak, peas, tossed salad, strawberries, whole wheat roll, Jello with whip cream	<p>\$4 Suggested Donation for Registered Senior 60+. \$8 for Guest Meal. Takeout Meals must be requested by <u>9am</u>. Frozen meals from the leftovers of previous meals (NOT the same day meal is served) are sold for \$2 each, or three for \$5. Weekly limit depending on supply.</p>		

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

Jeannie's Thoughts

Summer in Shoshoni is beginning to convince me there simply are not enough hours in the day.

Just when I think things might slow down, somebody walks through the door with another event, another project, or another reason to completely rearrange the schedule. Around here, the coffee is always on, the kitchen music is usually playing, and somehow the calendar keeps filling itself faster than we can keep up.

But if there's one thing I've learned since coming to Shoshoni, it's this: community happens in the busy moments.

June is shaping up to be full of them.

First and foremost, we'll be celebrating Father's Day and recognizing the fathers, grandfathers, husbands, brothers, and father figures who mean so much to our families and community.

I lost my dad, Tom, in 1996 when I was a junior in high school, and I still miss him every day. He was wise, funny, hardworking, and I was absolutely a daddy's girl. As I've gotten older, I've realized even more how much fathers shape our lives through the lessons they teach, the sacrifices they make, and simply by showing up for the people they love.

We're also excited for the upcoming Wind River Flywheelers Tractor & Engine Show on May 30th and 31st. The Chamber will be sponsoring a FREE breakfast Saturday morning from 7-9 a.m. with biscuits and gravy and all the works, so come hungry and ready for a good time.

Another meaningful event this month will take place on June 23rd when we welcome the Journey of Hope riders to town. Journey of Hope is a cross-country bicycle ride made up of young men from Pi Kappa Phi who travel across America raising awareness and support for people with disabilities. Every year, the senior center partners with First Baptist Church and community volunteers to host dinner and activities for the riders as they travel through Wyoming. It's always an evening full of laughter, good food, cowboy poetry, trivia, and wonderful small-town hospitality.

We'll also be welcoming volunteer church groups from Texas and North Carolina this summer. These wonderful volunteers help with the community garden and assist local residents with outdoor projects, cleanup, and small repairs. If you know someone who may need help with a project, please contact the senior center.

Meanwhile, fair season is quickly approaching, and I encourage everyone to consider entering something in the Fremont County Fair this year. Last year was an absolute blast, with people entering antiques, collections, crafts, photographs, keepsakes, and all kinds of

wonderful items that told stories about who they are and what they love.

Life at the center continues rolling along with meals, activities, game nights, sewing club, puzzle tables, food pantry days, and all the everyday moments that make this place feel like home.

Sometimes people ask what exactly goes on at the senior center.

The answer is simple: a little bit of everything.

And somehow, in the middle of all of it, friendships grow, people connect, and community happens.

As always, thank you to our staff, volunteers, patrons, and supporters who help make this place so special. We hope to see you at the center soon!

Jeannie Kroenke ♥

JOURNEY OF HOPE Friendship Dinner

Tuesday, June 23rd at 5pm
at the Shoshoni Senior Center.
First Baptist Church is cooking!



**Could you contribute
a side dish or dessert?
Please let us know! 876-2703**

Each year, more than 100 men embark on a cross-country trip to test their limits, spread awareness, and celebrate the abilities of all people. With three routes kicking off on the West Coast, teams spend the summer crossing the country over a combined 12,000 miles with an arrival at the Capitol Lawn in Washington DC to mark the end of a life-changing event.

Along the way, the team spreads the message of disability awareness through local media and makes stops at partner organizations where we deliver joy to our friends from the disability community.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Sewing & Quilting Garden 9-10:30am	2 Craft: Spiral Hangers 12:30pm	3 Garden 9-10:30am AA 7pm	4 Craft: Rock Painting 12:30pm Parkinsons Group Lander/Zoom 1-2:30pm	5 Garden 9-10:30am	6 Boysen State Park - Guided Hike 6pm
7	8 Sewing & Quilting Garden 9-10:30am	9 Craft: Gnome Pots 12:30pm Chamber Meeting 6:30pm Town Council 7	10 Garden 9-10:30am AA 7pm Masons 7:30	11 Craft: Garden Lights 12:30pm	12 Garden 9-10:30am	13 Shoshoni FBLA Business & Craft Fair - Fairgrounds 9am-3pm Boysen State Park - History Walk & Talk 10am
14	15 Sewing & Quilting Garden 9-10:30am School Board 5:30pm	16 Fair Entries with Deb Williams 9am-3pm Foot Clinic by appointment	17 FOOD BANK Garden 9-10:30am Christmas Club 12:30pm AA 7pm	18 Board Meeting 12:30pm	19 Intergenerational Flying Kites with Deb W. 9:30am 	20
21 	22 Sewing & Quilting Garden 9-10:30am Service District 1pm	23  Friendship Dinner 5pm Town Council 7	24 Fair Entries with Deb W. 9am-3pm Garden 9-10:30am AA 7pm Masons 7:30	25 Fair Entries with Deb W. 9am-3pm Craft: Stepping Stones 12:30pm	26 Garden 9-10:30am Wood Carving with Deb W. 10:30am-3pm	27 Hot Summer Nights 3-on-3 Basketball Tournament
28 Hot Summer Nights 3-on-3 Basketball Tournament	29 Sewing & Quilting Garden 9-10:30am SRD Board 6:30pm	30 Craft: 4 th of July Mini Wreaths 12:30pm	<div style="background-color: #fff9c4; padding: 10px; border-radius: 15px;"> <p style="text-align: center;">All Ages are welcome!</p> <p style="text-align: center;">Join us even if you don't identify as a "senior", but especially if you are 60+.</p> <p style="text-align: center;">We try to include events from other organizations, but please verify the details with them.</p> </div>			

Director Letter

Friends of the Senior Center,

Author Arnold Bennett said, “Any **change**, even a change for the better, is always accompanied by drawbacks and discomforts.” I started working here in early 2021, and even in just five years, a lot about managing a Senior Center has changed significantly. Some changes have been really good and others have been challenging to navigate. Here are some of those changes:

- As bookkeeper, I worked with three **different directors** my first year and then reluctantly accepted the position myself, and I’ve barely made progress on the chaotic filing from staff overturn and systemizing and digitizing documentation to be more compliant
- **Administrative task division** from Director and Bookkeeper, to Director/Bookkeeper and Office Assistant, to Director/Bookkeeper and Assistant Director (Events, HR, and general people-ing), which gave us the ability to offer more activities
- **Service District funding** available for senior services (established shortly before I started)
- **Medicaid system** changed for submitting claims
- **State database:** Transitioned from WellSky to Mon Ami, both requiring technical and security training
- **Submitting grants** for Title III programs in Submittable
- **Computers:** Setup new office and public-use devices
- **Building projects:** Roof replaced, beverages area moved and upgraded, exterior gap sealing and facility cleanup, entrances updated (siding, roofing, flooring), dining and event chairs replaced, etc.
- **Adjacent lot** purchased, added bus barn & garden area
- **Visitor center** designation
- **Transportation program** became less feasible
- Various changes to **program policies** from the Aging Division, **funding uncertainties**, etc.

I’ve also initiated some changes:

- **Newsletter:** Changed from Word to Publisher to Canva, and added color
- **Website:** Added with WordPress
- **Online payment** added: PayPal and then Zeffy, including automatic monthly donations
- **Payment by card** added: Square
- **Sign In:** Paper sheets to MySeniorCenter touchscreen, which helps *so much* to streamline required reporting
- **Presentation and audio equipment** updated
- **Piano** replaced with a mini grand
- **AI:** Jeannie being scared of it to calling it “Bestie” and using it every day, and it enabling me to start the daunting task of updating outdated and inadequate bylaws, policies, and procedures
- **Employee Benefits:** Increased wages for all positions and added a direct health membership benefit
- Transitioned from being open **6 days to 5 days a week** to prevent staff burnout and other capacity problems
- **Exterior signage** replaced
- **Cloud Storage** that is HIPAA compliant
- **Payroll:** QuickBooks Desktop to Gusto
- **Timekeeping** digitized with Connecteam
- **Accounting software:** QuickBooks Desktop to QB Online, and back, and then recently to Xero
- **Updating Bylaws and other Policies & Procedures**

Other changes are **in the works**, as it would be for any organization that is alive and kicking. As I can, I work on needed updates to policies and procedures, and there is a lot that needs organized.

Thanks to the Service District, we are in the process of repairs and needed work on both the walk-in cooler and freezer. The Service District board is working on the addition of a backup generator and new exercise equipment. Other Service District projects that are planned or have been discussed include repaving and remarking the parking lot (timeframe dependent on ongoing abatement process), paving the lot to the west, replacing/repairing doors, cement work, carpet, security & ventilation systems.

The fire sprinkler heads will all need to be replaced by 2030 as well as the affected ceiling tiles. We are in an aging building and utilize industrial kitchen and other expensive equipment, so pricey repairs and replacements are to be expected.

I’ve also thought about a **sound system**. We purchased two speakers with stands and a new microphone system for the dining room and for the Street Fair and other music performances. In the East Room, there is an old PA system utilizing the very old overhead speakers, but it is not great quality and has a lot of feedback. I move the speakers between rooms as needed, but there are overhead speakers throughout the building. Our ideal solution would be to upgrade and zone those for even sound throughout both rooms (rather than loud by the speaker and quieter elsewhere depending on speaker placement, which is difficult with our variety of events). That would be a big and expensive project, but one that might be a worthwhile, capacity-building investment. I asked my musician/sound-tech husband, Coulter, to research options to see if it might be feasible.

The Senior Center is where a lot of Shoshoni’s **community gatherings** happen. If you haven’t heard/seen the latest story about the senior center by NPR, check that out. We recently had someone bicycling across the country who stopped and talked to a couple in our parking lot. He asked them where he could get something to eat. They said, “Right here!”, which surprised him. He enjoyed a hot meal, coffee, conversation (including the usual run-down by Lois), was educated about bee water cups by the craft group, refilled his water bottle, and was sent off with free items from the food pantry so that he wouldn’t be hungry on his way through Thermopolis either.

Our senior center has quite the positive reputation that reaches pretty far, and visitors are always impressed with how much we do here. It’s not what they expect to find here. We’re alive and kicking!

Rycki Neale

Best Meal Attendance April 2026

Tie for 1st: Lois Herbst
& Randy Christensen
2nd: Dennis Buchholz
3rd: Ken Cundall



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.

Get ready to look up, Shoshoni! 🎈🎉

On Friday, June 19th at 9:30 am, the Shoshoni Senior Center will be hosting a VERY special intergenerational kite flying event with Deb Williams, who will be bringing professional kites and sharing her amazing kite flying skills with the community!

Kids, parents, grandparents, seniors, and anyone who has ever wanted to feel like a happy little human running through a field with a kite are encouraged to come join the fun. 😊 And hey – if you’ve ever been told to “go fly a kite,” this is officially your chance!

Deb will be supplying the kites, so just bring yourself, your sense of adventure, and maybe a willingness to laugh when somebody’s kite tries to fly to Nebraska. This is going to be a joyful, colorful, memory-making morning for ALL ages, and we hope the whole community comes out to enjoy it with us! ❤️



Fremont County Fair: Open Class

- Entries Open: May 18
- Entry Deadline: July 10
- Tag Pickup: July 20

Would you like to be CPR/First Aid certified?

We will be scheduling a certification course at the Senior Center, so let us know if you are interested. Certification for Senior Center volunteers could be at no cost to you, depending on how many participate.



7 BENEFITS OF GRATITUDE

- Improves Relationships
- Fewer Aches & Pains
- More Happiness, Less Depression
- Promotes Better Sleep
- Increased Empathy Towards Others
- Boosts Self Esteem
- Encourages Mental Fortitude & Resilience

Source: "7 Scientifically Proven Benefits of Gratitude." Psychology Today.

Your mindset matters.

Wind River Parkinson's Group

Thursday, June 4, 1-2 p.m. MT

In person at the Lander Senior Citizen Center as well as Virtual via Zoom
(205 South 10th St. Lander)



Thursday, June 4, at 1 p.m.: Do you and your loved ones want to stay in your own home as long as possible? Jane Logan will answer questions about how Wyoming Senior Citizens, Inc. can help caregivers, care recipients, and people who live alone.

Everyone is welcome. Jane is the access care coordinator at Wyoming Seniors, a private, nonprofit organization. She said, “Our goal is to keep people in the home as long as it’s safe.” They offer low-cost services such as light housekeeping, Certified Nursing Assistants, and life alerts.

To participate via Zoom or to learn more about the support group, contact Marjane Ambler at (307) 332-3732 or email windriverparkinsons@gmail.com. Follow/Like the Wind River Parkinson's Support Group on Facebook.

Want to maintain your mobility? Power Punch for Parkinson's meets Wednesdays at noon at Teton Therapy (307 332-2230). Also sponsored by Parkinson's of the Rockies

Did you know answering calls from unknown numbers puts you at greater risk of scams? Let unknown numbers go to voicemail. If it's someone legitimate, you can call them back. Call your WY Senior Medicare Patrol for more info about Medicare fraud, abuse, or errors at 1 800 856-4398.



Celebrating Older Americans Month: Champion Your Health

Celebrated every May, Older Americans Month (OAM) is led by the Administration for Community Living (ACL). Established in 1963, OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving older adults in our communities.

This year's theme, "Champion Your Health," focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages older adults to take an active role in their health – advocating for themselves, accessing preventive care, and making informed decisions that support independence.

Championing your health is about making daily choices that support your body and mind. Small, consistent actions – from preventive care to staying socially connected – can help people maintain their health and independence as they age.

This Older Americans Month, communities and individuals alike can take steps to champion health and advance healthy aging.

How can individuals take charge of their health at every age?

- Stay up to date on preventive care and screenings.
- Build and maintain social connections that support emotional well-being.
- Choose nutritious, minimally processed foods.
- Incorporate regular physical activity to maintain strength and mobility.
- Practice daily habits that support mental health and resilience.



HEALTHY AGING STARTS WITH YOU | acl.gov/oam



At the Shoshoni Senior Center, we support small, consistent steps that promote lifelong health. From nutritious meals to gathering with (old or new) friends for pool or exercise or just to visit, the Shoshoni Senior Center is here for you year-round. Our services support your health, independence, and well-being.

Shoshoni Senior Center
4th Annual **Street Fair**
Fundraiser
Saturday, September 12th - 9am-3pm
in Shoshoni, Wyoming

Call for Vendors
This event gets more popular every year!
Space is limited and spots fill up quickly.
Vendor registration is only \$20.

Register online at
shoshoniseniorcenter.com/vendor-registration-form

Fry Bread Tacos
Vendor & Senior Advice Booths
Spin to Win Prizes
Live Entertainment

We want to compile a list of

SENIOR CITIZEN
Discounts

Please tell Rykki about any senior discounts that you use or know.

You want to know why gas stations are charging you to fill up your tires?
Inflation.

THANK YOU for Supporting Your Senior Center

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 we missed something, it is unintended. Please, let us know. What we do or do not remember or have lost on a note somewhere when we are trying to get the newsletter out does not mean that we do not appreciate you greatly. We do!

2026 Donations

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

Enhancers: \$500+

Anonymous Donor for Piano Contango
Building Use: Flywheelers
Building/Copier: Chamber

Supporters: \$100+

B-2 Wyoming, Inc.
George & Hazel Schaefer
Mike & Pat Powell
Rick & Echo Klaproth
Anonymous Donor

Friends: \$50+

Christmas Club
Christie Grana
David Manchester

Monthly Sustainers

Mike & Pat Powell
Christie Grana
David Manchester
Robin Hourie

Please Donate

The Senior Center is a 501(c)(3) charitable nonprofit. We receive grant funding, but it requires local match and does not cover all expenses, so we also rely on donations and fundraisers.

We use **Zeffy** on our website at ShoshoniSeniorCenter.com to accept one-time or regular donations. This service enables us to receive the whole donation without any fees taken out. But, watch out for a **sneaky optional** additional amount to cover Zeffy's costs.



Regularly used and needed supplies and links to our **Amazon Wish List** and **Walmart Registry** are on the Wish List page of our website at shoshoniseniorcenter.com/senior-center-wish-list

Wish List

Gene Wintermote Memorial

- **Donation:** Hazel & George Schaefer
- **Volunteer & Food:** Christie Grana, Robin Hourie, Cyndi Moravek, Lea Delay, Diane Schubach
- **Food:** Hazel Schaefer, Patty Collins, Laury Hobbie, Teresa Taylor, Tracy Fender-Keller, Berta Fender, Mindy McKee, Bertha Chavez, Betty Powell, Debbie McMurtrey, Lesa Ladner, Wanda Weisz, Stacie Chavez-Declue, Mary Milleson, Crystal Schubach, Violet & Jim Petty, Doreen Freeman, Lorena Shepard, Joanie Geis, Deanna Cundall, Jeanne Frank, and anyone else (There was a lot - thank you!)
- **Volunteer:** Jay Merritt
- **Senior Center Memorial Fund:** Sandwiches, drinks, and supplies

Volunteers

Please help us by documenting all volunteer hours in MySeniorCenter.

- **Meal Delivery:** Mary Milleson & Chris Komloski, Amber Wintermote
- **Dining Room / Dishes:** Pat Collins, Sheila Wakefield
- **Deposit:** Ken Cundall
- **Jay Merritt:** Phone, food bank, dishes
- **Daniel Szablewski:** Food bank

You can sign up to round up on everyday purchases and donate your spare change to the Senior Center automatically. Sign up at RoundUp.org and search for Shoshoni Senior Center.

Thank you to the Shoshoni Schools Kindergarten for the Weekly Smile!

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

\$44.01 January-March



GRAND ALTITUDE
FEDERAL CREDIT UNION

Big Horn Water

347-3740 • 856-9302 • 587-5823
Commercial / Residential

buys senior meals on the monthly **Credit Union Day.**

provides **water** at the Senior Center.

Items Donated

- **Craft Supplies:** Doreen & Carl Freeman and Billie, Debbie Herbst, Diane Schubach
- **Coffee and creamers:** David Manchester

What We Do NOT Need

- If in doubt, please ask.
- No room for more **books/puzzles.** (except new releases, local history, etc.)

Donate your spare change automatically

 **RoundUp**

Spare change, big impact

New!





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 cost \$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 own 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**



Scan Your Card

Checking in each day helps us to help you because that is how we document participation. We need that for reporting the impact of grant funding received and to apply for funding.

At the front counter, scan the barcode on your card OR sign in by typing in your name and phone number. 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.

If you do not have a card yet, just let us know. You can even be set up to use a card from a different senior center.

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

Renew Registration

Each senior's registration needs to be renewed **each year**. This is required by our funding. 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.

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.

Our transportation program is PAUSED.

For a small senior center with a staff of five, we do a lot, but transportation is beyond our capacity.

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!

- **Foundations for Nations** in Riverton at 20 Mission Road. Emergency Food Assistance Program distributor. Call **307-200-9779**.
- **FreeWill.com**: No-cost estate planning tools
- **Legal Aid of Wyoming**: Free civil legal help to low-income individuals. Call **1-877-432-9955**.

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**.
- **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
- **Free Online Classes for Seniors** also available through AARP's **Senior Planet** and **Televeda**. You can participate at the Senior Center!
- **Free Tech Helpline** from AARP's **Senior Planet**. Call **1-888-713-3495**.
- **National Do Not Call Registry**: Register and report unwanted calls. Call **1-888-382-1222**.