

Shoshoni

Senior Center

July 2026
Newsletter

307-876-2703

214 E 2nd Street

PO Box 27

Shoshoni, WY 82649

ShoshoniSeniorCenter.com

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 Candidate Forum



CANDIDATE 2026 FORUMS Primary Election

**Tuesday, July 21 at 6pm
at the Shoshoni Senior Center**

Meet the candidates. Learn about the issues.

Join the conversation.

The League of Women Voters of Fremont County invites the public to this nonpartisan Candidate Forum for House District 28, Mayor & Town Council.

Hear directly from candidates and learn more about the issues shaping our communities.



Shoshoni
Senior Center
PO Box 27
Shoshoni, WY 82649

Join us for Crafts



SENIOR CENTER STAFF

Director: Rykki Neale

Assistant Director: Jeannie Kroenke

Cooks: Sharon Taylor, Christy Lawson

Substitute Cooks: Wayne Olsen,
Amber Wintermote

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

BOARD MEETING: JUNE 18, 2026

Guest Presenter: Corbin Brown presented the Riverton Ranger business builder advertising package and answered questions about it.

Approved: Minutes from 5/21/2026 meeting, Service District fund request for expenses during May, and 6/4 and 6/18 payrolls.

Old Business: Reminder about remaining board training dates, and transportation update about WYDOT funding cuts significantly affecting the transportation programs at other senior centers, involving staff and route reductions.

New Business

-Travel Budget: Board approved using the remaining WSSB travel budget that needs to be spent entirely by June 30th as an additional grocery shopping mileage reimbursement.

-PTO Policy: Existing PTO policy has been causing multiple problems and Director presented an updated policy that was approved by the board. All regularly scheduled employees will now qualify for PTO, which will be accrued based on hours worked. Instead of an annual reset, there will be a maximum limit.

Board/Committee Reports: None

Activities/Events: In Jeannie's absence, Director provided an outline of upcoming events

Director Report

Services Provided: May meal count 921, with daily average of 44, and total of 145 Title III clients served. Highest daily count 65 for hamburger steak and lowest 31 for spaghetti.

Building: Walk-in freezer issues resolved by Climatec. Director reviewed current and possible Service District projects, including a backup generator, stove, sound system, security system(s), carpet, and exterior doors. Board members suggested possible projects.

Financial: Spending to use all WSSB funding and to utilize more Service District funding by the end of their fiscal year. FY2027 Title III awards (subject to change) \$2,470 less than current fiscal year's.

Notable May expenses: UI/WC payment, memorial expenses, website domain renewal, Secretary of State annual report fee, Sync cloud renewal, Facebook ads for Street Fair vendors

Meetings are on the 3rd Thursday and are open to the public. The next meeting is **Thursday, July 16, 2026 at 12:30pm**. No business from the board to add to that agenda at this time.

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

Next Meetings: Monday, July 13th at 1pm

Shoshoni

Senior Center
Menu

July
2026

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

876-2703

Monday	Tuesday	Wednesday	Thursday	Friday
\$4 Suggested Donation for Registered Senior 60+. \$8 for Guest Meal. Takeout Meals <u>must</u> be requested by 9am . 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.		1 Pork loin, mashed potatoes, gravy, dinner roll, peas, applesauce, cookie	2 Hamburgers and hot dogs, buns, mixed fruit, chips, baked beans, potato salad, pie	3 CLOSED 
6 Chicken salad on croissant with grapes and celery, chips, cottage cheese, peaches, cake	7 Chili and bread bowl, tossed salad, broccoli salad, pears, cookie bar	8 Chicken fried steak, mashed potatoes, gravy, roll, green beans, mixed fruit, cake	9 Popcorn chicken bowls (like KFC), mashed potatoes with gravy, corn, apricots, pasta salad, cookie	10 Roast beef, scalloped potatoes, whole wheat roll, apricots, tossed salad, root beer floats
13 Sloppy joe, onion rings, chips, pasta salad, carrots, pears, cake	14 Chicken patty on bun, French fries, tomatoes, lettuce, onion, cheese, green beans, peaches, cookie	15 Pork fritter, mashed potatoes, gravy, tossed salad, cauliflower, mandarin oranges, brownie	16 Biscuits & gravy, scrambled eggs with cheese, hashbrowns, bacon, mixed fruit, Jello with whip cream	17 Hot hamburger, mashed potatoes, gravy, tossed salad, corn, apple turnover
20 BBQ pulled chicken sandwich, onion rings, coleslaw, applesauce, pudding	21 Chef salad, turkey, ham, tomatoes, cheese, onions, lettuce, eggs, bacon bits, mandarin oranges, cookie	22 Meatloaf, mashed potatoes, gravy, candied carrots, tossed salad, whole wheat roll, cake	23 Spaghetti and meatballs, garlic breadstick, mandarin oranges, mixed veggies, brownie	24 Chicken tenders, French fries, fry sauce, tossed salad, pineapple, cookie
27 Baked chicken, mashed potatoes with gravy, tossed salad, whole wheat roll, peaches, pudding	28 Tacos, flour tortilla, refried beans, tomatoes, onions, lettuce, cheese, sour cream, salsa, applesauce, pie	29 Lasagna, garlic breadstick, green beans, tossed salad, pineapple, Jello with whip cream	30 Chicken and broccoli casserole, tossed salad, peas, pears, cake	31 Goulash, breadstick, tossed salad, mixed veggies, fruit, cookie

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

Jeannie's Thoughts

July has always felt like a month of gratitude.

Perhaps it's the sight of American flags fluttering in the Wyoming wind. Perhaps it's the sound of fireworks echoing across small towns and open fields. Or perhaps it's simply the reminder that freedom is one of the greatest gifts we have ever been given.

Every year, the Fourth of July invites us to celebrate that freedom. We gather with family and friends. We share meals, tell stories, watch parades, and pause to remember the sacrifices made by those who came before us.

It is a beautiful tradition.

But this year, as Independence Day approaches, I find myself thinking about a different kind of freedom.

Not the freedom we celebrate with fireworks.

The freedom we so rarely give ourselves.

Many of us were raised to put others first. We were taught to lend a hand when someone was struggling, check on our neighbors, volunteer when help was needed, and show kindness whenever possible.

Those are good lessons.

In fact, they are some of the finest lessons a person can learn.

The people who fill our Senior Center every day are living examples of those values. You have spent decades caring for others. You raised children. You cared for spouses and parents. You showed up for friends. You volunteered in your churches, schools, and communities. You carried responsibilities that often went unseen.

You have spent a lifetime giving pieces of your heart away.

And yet somewhere along the way, many of us learned how to offer compassion to everyone except ourselves.

When a friend makes a mistake, we remind them that nobody is perfect.

When we make a mistake, we replay it for years.

When someone else is tired, we encourage them to rest.

When we are tired, we tell ourselves to push harder.

When someone we love is hurting, we offer patience, understanding, and grace.

When we are hurting, we often offer criticism. Why is that? Why do we find it so easy to extend kindness outward and so difficult to turn it inward?

The truth is that many people carry burdens no one else can see. We worry about our families. We worry about our health. We worry about our finances, our future, and the people we love. Sometimes we carry disappointments and regrets long after everyone else has forgotten them. And while we would never expect another person to carry all of that alone, we somehow expect it of ourselves.

What if we stopped?

What if we treated ourselves with the same tenderness we would offer a dear friend?

What if we accepted that being human means sometimes getting things wrong?

What if we understood that rest is not laziness, asking for help is not weakness, and setting boundaries is not selfishness?

One of the most important lessons I am still learning is that caring for yourself is not the opposite of caring for others.

It is part of caring for others.

A weary spirit cannot carry every burden forever. A tired heart cannot endlessly pour into everyone around it. Even the strongest among us need rest. Even the most capable among us need support. Even the kindest among us deserve kindness.

Including from ourselves.

As we celebrate Independence Day this year, perhaps we should remember that freedom comes in many forms. Sometimes freedom is the ability to let go of a mistake. Sometimes freedom is forgiving yourself. Sometimes freedom is saying no when your plate is already full. Sometimes freedom is allowing yourself to rest without guilt.

And sometimes freedom is finally believing that you are worthy of the same grace you so freely give to others.

Before I close, I do want to put in a small plug for another July tradition that brings our community together: the Fremont County Fair. Fair entries close July 10, and if you've been debating whether to enter that quilt, photograph, pie, woodworking project, garden produce, or craft you've been working on, let me encourage you to take the leap. The fair has never been about perfection. It has always been about participation.

Sometimes sharing something you've created takes courage. Sometimes it requires us to ignore that little voice telling us it isn't good enough. But some of life's best experiences begin when we stop listening to that voice.

If you need help entering, have questions, or don't know where to start, please reach out. I'd be happy to help.

Until then, enjoy the fireworks, enjoy your families, enjoy the fair, and enjoy the precious gift of another Wyoming summer.

Most importantly, remember this: You are worthy of patience. You are worthy of rest. You are worthy of joy. You are worthy of forgiveness. You are worthy of love. Not because of what you accomplish. Not because of how much you do. Not because of how hard you work. Simply because you are you.

And perhaps the greatest freedom we can give ourselves is finally believing that. Happy Fourth of July from all of us at the Shoshoni Senior Center.

Take care of one another. And don't forget to take care of yourselves, too.



Jeannie Kroenke

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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All Ages are welcome!
Join us even if you don't identify as a "senior", but especially if you are 60+.

We try to include events from other organizations, but please verify the details with them.

1
Garden
9-10:30am

AA 7pm

2



Boysen State Park -
Paddle in the Park
9am

4



5
Flywheelers
Meeting 12pm

6
Sewing &
Quilting

Garden
9-10:30am

7 **Craft:**
Cheese
Grater
Jewelry
Holder
12:30pm

Chamber Meeting
6:30pm

8 **Garden**
9-10:30am

Help with
Election
Registration
at lunch

AA 7pm

9
Game:
Skip-Bo
12:30pm

Boysen State Park -
Women's Hike
6:30pm

10
Garden
9-10:30am

Fair entries
deadline

11 **Ray**
Nitchman
Memorial
2pm

Hot Summer
Nights
Basketball
Tournament

12

Hot Summer
Nights
Basketball
Tournament

13 **Sewing &**
Quilting
Garden 9-10:30am
Service District
Budget Public
Hearing 1pm
Hot Notes Cool
Nites Concert
7pm

School Board
5:30pm

14 **Game:**
Mexican
Train
Dominos
12:30pm

Foot Clinic by appointment
Town Council 7

15 **FOOD**
BANK
Garden 9-10:30am
Meet & Greet
at lunch:
Carlin Jones
Christmas Club
12:30pm

AA 7pm

16
Board
Meeting
12:30pm

17
Garden
9-10:30am

18

19

Crossroads of
Wyoming
Speed Trials
7am-3pm

20 **Sewing &**
Quilting

Garden
9-10:30am

SRD Board
6:30pm

21 **Craft:**
Decopage
Wooden
Spoons
12:30pm
Candidates
Forum
6pm

22

Garden
9-10:30am

AA 7pm

23

Craft:
Book
Birdhouse
12:30pm

24

Garden
9-10:30am

25

Cowboy Poetry

28

Game:
Yahtzee
12:30pm

Town Council 7

29

Garden
9-10:30am

AA 7pm

30

Craft:
Floral Tins
12:30pm

31

Garden
9-10:30am

Name: _____

Complete word search and return it to the Senior Center by July 15th to be entered in a drawing to **win a free meal ticket!** Congrats to **Kathy Soule** for winning in June.

Fourth of July Word Search

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

- Francis Scott Key United States Equality Liberty Bell Rhode Island Artillery
Statue of Liberty Valiant George Washington Family Massachusetts
Potato Chips Red, White & Blue Proud American Proclamation Assembly
Brave Hearts Battles South Carolina Thirteen Colonies Star Spangled Banner
Summer Together Benjamin Franklin Bold

4th Annual Street Fair Fundraiser

Saturday, September 12th
9am-3pm

\$10 Fry Bread Tacos
Vendor & Senior Advice Booths
\$5 Spin to Win Prizes
Live Entertainment

FREE Senior Gift
for registered seniors age 60+
who attend the Street Fair
AND have participated
at the Shoshoni Senior Center
at least 5 days in 2026



This is a very special fundraiser.
We strive to make it a fun event
for the whole community!
This increases awareness of
and engagement with the
Senior Center. A LOT goes into
making this event a reality.

How Can You Help?

- Make a donation
- Donate prize items for the \$5 Spin to Win prize wheel
- Donate senior wellness items for the Senior Gift bags
- Volunteer for setup and/or clean up, checking in vendors, giving advice, running the prize wheel, working the Senior Center's craft booth, serving food, etc.
- Musical performances
- Running games/activities

The Senior Gift is a special incentive... for seniors who attend the Street Fair AND regularly participate at the Senior Center.



Fremont County Fair: Open Class

- Entry Deadline: July 10
- Tag Pickup: July 20

**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.



SORRY

that the newsletter is
late this month. With
such a small staff,
emergency surgery can
have a big impact.
Thank you for your
understanding.

PUBLIC NOTICE
THE SHOSHONI SENIOR CITIZENS SERVICE DISTRICT
WILL HOLD OUR FY26/27 BUDGET PUBLIC HEARING
BEFORE THE REGULAR MEETING ON JULY 13, 2026 AT 1:00 P.M.
AT THE SHOSHONI SENIOR CENTER.
THE PUBLIC IS WELCOMED TO ATTEND.

PROPOSED FY2026/2027	
TAX RECEIPTS:	\$ 147,563.00
INTEREST INCOME:	\$ 7,500.00
TOTAL OPERATING REVENUE:	\$ 155,063.00
SAVINGS & INVESTMENTS:	
RESERVES AVAILABLE:	\$ 375,863.00
TOTAL FUNDS AVAILABLE:	\$ 530,926.00
EXPENDITURES:	
ADMINISTRATION EXPENSES:	\$ 5,200.00
OPERATING EXPENDITURES:	\$ 151,000.00
CAPITAL OUTLAY:	\$ 188,000.00
TOTAL CAPITAL EXPENDITURES:	\$ 344,200.00
BUILDING & LAND DEVELOPMENT:	\$ 30,000.00
GENERATOR SYSTEM RESERVE:	\$ 146,605.00
TOTAL RESERVES EXPENDITURES:	\$ 176,605.00
TOTAL EXPENDITURES:	\$ 520,805.00

POSTED: SHOSHONI SENIOR CENTER
SHOSHONI POST OFFICE
GRAND ALTITUDE CREDIT UNION



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 _____

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

Dan & DeAnn Merrill

Monthly Sustainers

Mike & Pat Powell

Rick & Echo Klaproth

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 for the additional **optional** amount to cover Zeffy's costs.



Wish List

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 **shoshoniseniorecenter.com/senior-center-wish-list**



What We Do NOT Need

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

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, Linda Manz, Rhiannon Neale
- **Deposit:** Ken Cundall
- **Jay Merritt:** Phone, food bank, dishes
- **Don Schubach:** Food bank
- **Journey of Hope:** First Baptist Church, Hazel & George Schaefer, and everyone who brought food

Thank You for Items Donated

- **Coffee and creamer:** David Manchester
- **Tomato Plants:** Pam Bulow, Bob Zent
- **Eggs:** Gary Shideler, John & Kathy Brower
- **Mike Wiley:** Thank you cards, gum
- **Ester Neil:** Plastic baggies

Thank You for Street Fair Donations

- **Home Source Realty:** \$100 donation
- **Michel & Moline CPAs:** \$50 donation
- **Fast Lane:** \$100 gift certificate
- **Prizes for \$5 Spin to Win:** Micki Herbert, Kathy Soule

4th Annual Street Fair Fundraiser

Saturday, September 12th
9am-3pm

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



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.

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.

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

Donate your spare
change automatically



RoundUp

Spare change, big impact



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**

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

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.

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**.