

Shoshoni
Senior Center

September 2026
Newsletter

307-876-2703

214 E 2nd Street

PO Box 27

Shoshoni, WY 82649

ShoshoniSeniorCenter.com

Facebook.com/shoshoniseniorcenter

4TH ANNUAL
Street Fair
FUNDRAISER

Saturday,
September 12th
9am-3pm
at the Town Plaza Park
in Shoshoni, Wyoming

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

BOARD MEETING: AUGUST 20, 2026

Approved: 7/15 special & 7/23 meeting minutes, Service District request for July expenses, 7/30 & 8/13 payroll.

Old Business: Some board members participated in Wyoming Nonprofit Network's Board Essentials training.

New Business

Food Bank WCDA Grant Funding Credits: We received invoices for the Food Bank order in July even though the WCDA grant funding credits were supposed to go through September. We were told to order up to \$4,000 a month but then were only allocated \$24,000 total for the year (\$2,000/month), so we had used it all. Director spoke to Food Bank and Riverton Senior Center, and we were reallocated \$7,000 (\$3,500 for August order and \$3,500 for September order). Thank you to those who were willing to help us with this! With the additional funding ending, the Director will post signage to help prepare expectations for there being fewer Food Bank items after September.

Outside Food Pantry Box Proposal: HeretoHelpWY looking for a location in our area for an outdoor food pantry box. Board members had a few questions but are open to it.

Board/Committee Reports: None

Director Report - Services Provided: July meal count 966, with daily average down to 40 from 44, and total of 1,722 services and 146 Title III clients (not down). Highest count 68 for chicken fried steak and lowest 29 for spaghetti.

Building: Dining room rooftop A/C unit needs replaced and seeking multiple quotes, problems with ice machine but doing good for its age and brand (2020, typical lifespan is 5 years) and Manitowoc brand recommended for when replace, craft room organized, office doorknob replaced, fan/lock-up problems with office computers so may need to replace soon (2021, typical lifespan 3-5 years), update on Service District projects (carpet samples, generator bids, exercise bikes, security cameras, mold remediation, stove/suppression quotes).

Fundraising: Street Fair assignments reviewed and planned changes to Winter Craft Bazaar on 11/21. Events with meals and need to pay cooks are hard to make a profit, so doing chili and more vendors instead of chicken fried steak.

Garden Grant: Do not need to return but use remainder for garden in future. Board suggested trees and a drip system.

Notable July expenses: CNA Surety bond premium, antivirus, CPR and food handling training for new employee, Bargreen for chemicals, Schooner Sanitation for grease trap, used remaining FY24 WYDOT Performance Bonus towards security camera project, van plates, reimbursement checks for memorial and groceries, small electric tiller, Vitalant gear with host credit, storage totes and markers for Street Fair.

Financial Notes: Changed Square/Xero integration, better about weekly deposits lately, grocery shopping and food ordering responsibilities, check for 7/11 prime rib deposited but taken back out.

Other: Checked on status of No Trespassing Order as requested, collecting annual Satisfaction Surveys, upcoming elections for positions on Board of Directors and Service District board. New election procedures reviewed.

Meetings are on the 3rd Thursday and open to the public. Next meeting **Thursday, 9/17/2026 at 12:30pm.**

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

The agenda and minutes of the Shoshoni Senior Citizens Service District are posted at the Senior Center. Meetings are open to the public.

Next Meeting:

Monday, September 28th at 1pm
at the Senior Center.



Are you interested in
serving your community
and supporting senior services?

There are three positions on the **Senior Center Board of Directors** up for election this November.

Nominations for are open
September 1st to October 15th.

If you are interested, please talk to Dennis Buchholz or Deb Williams. Director, Rykki Neale, can also answer questions. Official notice and voting information will be in this newsletter.

There are also three positions on the **Service District Board** up for election this year.

There is an "Application for Election" form to file with the county election office August 5-24th. Service District voting will be on the *general election ballot* in November.

Shoshoni September 2026

Senior Center Menu

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

Mon	Tue	Wed	Thu	Fri
\$4 Suggested Donation for Registered Senior 60+. \$8 for Guest Meal.	1 Baked ham, scalloped potatoes, green beans, tossed salad, mandarin oranges, brownie	2 Pork fritter, mashed potatoes, gravy, carrots, pineapple, dinner roll, cake	3 BBQ pulled chicken, French fries, coleslaw, pears, cookie	4 Spaghetti and meatballs, garlic breadstick, applesauce, broccoli, pudding
	7 CLOSED for Labor Day	8 Pork loin, scalloped potatoes, tossed salad, applesauce, pudding	9 Chicken fried steak, mashed potatoes, gravy, whole wheat roll, pears, cake	10 Popcorn chicken in bowl with mashed potatoes, corn, and gravy, Jello with whipped cream
11 Sloppy joe, bun, macaroni salad, green beans, mandarin oranges, cookie	12 Chicken broccoli casserole, tossed salad, biscuits, pears, Jello with whipped cream	13 BBQ pulled pork, bun, pickles, macaroni and cheese, corn, brownie	14 Roasted chicken, mashed potatoes, gravy, dinner roll, peas, peaches, carrot cake	15 Biscuits and gravy, scrambled eggs, hashbrowns, sausage patty, mixed fruit, cookie
16 Taco salad with lettuce, tomatoes, onions, salsa, sour cream, Doritos, pineapple, pudding	17 Chicken salad on croissant, potato salad, chips, peaches, pudding	18 Cheeseburger, lettuce, tomato, pickles, onion rings, corn, pineapple, Jello with whipped cream	19 Pork chop, scalloped potatoes, broccoli, mixed fruit, cookie	20 Baked potato bar, cheese, ham, bacon bits, sour cream, tossed salad, apricots, cake
21 Chili dog, chili, cheese, onions, French fries, corn, pears, brownie	22 Meatball sub, chips, pasta salad, mixed veggies, pears, cookie	23 Tamales, refried beans, tossed salad, corn, apricots, pudding	24 Meatloaf, mashed potatoes, gravy, tossed salad, cauliflower, dinner roll, cookie	Takeout Meals MUST be requested <u>by 9am.</u> This is clearly stated on every menu for a reason. The rule applies to everyone. Packaging takeout and delivered meals <i>takes time!</i> Cooperation with this one simple rule makes it possible for us to continue offering takeout meals. Remember that this is a government funded nutrition program, not a restaurant.

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

Do you want the good news or the bad news first? You choose.

The Good News

I really hope to see everyone out at the Town Plaza Park for our **Street Fair** on **Saturday, September 12th**. It will go from 9am to 3pm. This is our big fundraising event, so please come and enjoy a day outside, shop with our amazing **vendors**, buy a **delicious lunch** to support the Senior Center, donate \$5 to spin the **Spin to Win** prize wheel, enjoy some **live music** (by our own young local talent, Rhiannon and more of the SHS Choir), and have a great time **together as a community**. It will be a fun day for ALL AGES!

The Senior Center receives grant funding, but those grants require local match and do not cover all expenses, so **fundraising efforts** will always be important for this organization to be able to continue offering senior services. The Street Fair helps to **engage more of the community** with the Senior Center and **raise awareness** about services we offer. So please, invite everyone you know!

There will be **Senior Gift Bags** at the Street Fair again this year, but there are some qualifications... you must attend the Street Fair AND be an actively registered senior who has participated at the Senior Center **at least five times** between January 1st and August 30th. The Senior Gift rewards the loyalty of our senior patrons and helps to encourage more participation at the Street Fair and Senior Center. A list of qualifying seniors will be **printed on August 30th** to determine who gets a free Senior Gift at the Street Fair.

There has been a lot of **cleaning and organization** work happening at the Senior Center lately. Deb McMurtrey, Sheila Wakefield, and Clarissa worked very hard cleaning out and organizing the craft room. I wish that we had thought to take before pictures because it was quite the transformation! And thank you to **Hopper** for scheduling an extra dumpster emptying for us.

The new **displays for visitor information** and the **charging station** have been mounted in the east room. It's by the couches so that you can relax while your device is charging. We are still looking for someone to take our **old piano**, so if you know of anyone who wants one and is able to get it moved, please help us to get that out of here.



The Bad News

Free Food Pantry Items: For the last year, we've been able to order *much more* from the Food Bank thanks to WCDA grant funding that the Food Bank of Wyoming received and is credited to our account each month. That additional funding only runs through September, so after that, our Food Bank orders will drop down to be more like they were like before. There will be **less items** to distribute than we've gotten used to, so we will put up limit per item signs and utilize other measures as needed to help ensure that we can continue to benefit all of those who use our food pantry items. Please adjust your expectations and cooperate with any posted limits.

I also need to address **Takeout Meals... again**. There IS a reason for the rule about requesting takeout meals **by 9am**. There is more pushback about this again, and I've have had to take a firmer stand. It does take a significant amount of **time** to do all of the packaging required for delivered and takeout meals. The kitchen needs to know that number in the morning.

The Senior Center is not a restaurant and does not operate like a restaurant. We receive federal and state funding for these programs, and I must accurately report on meal counts by type and the expenses for those meals to the state. The costs of takeout meals and the packaging products required must be **tracked separately**.

So even though it's not a big deal *to you* for us to shovel something into a takeout container real quick, **it does matter a lot, actually, when it comes to the the mountain of accounting required of me**. Please, have some respect for how the nutrition programs work and realize that we only receive funding for them if we operate them correctly.

Many senior centers stopped offering takeout, and if I keep having issues with people not respecting the **one simple rule** of requesting it by 9am that **applies to everyone**... we will have to stop offering them too. It's an option that we're not required to provide. The amount of problems it causes as well as decreased regular usage is starting to really tip the scale in that direction.

So, if you want a takeout meal, request it by 9am. It's really not an unreasonable expectation and is clearly stated on every menu.



Meal count daily average was down a little in July, so remember that the best way to support the Senior Center is to use it... come in, eat lunch here, and participate as much as you can.

As always, THANK YOU,

Rykki Neale

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Seniors have priority, but ALL AGES welcome!		1 Chamber Meeting 6:30pm	2 AA 7pm	3	4 JH Football 2pm	5 JH Volleyball 10/11am
6 Flywheelers Meeting 12pm	7  No School	8 Craft: Painting with Balloons 12:30pm Town Council 7	9 AA 7pm Masons 7:30	10	11 SRD & Artisan Alley - Paint Wood Signs 6:30-8:30pm Registration Required 307-265-0991	12 STREET FAIR 9am-3pm Town Plaza Park JH Football 10am JH Volleyball 10/11am
13	14 Sewing & Quilting	15 Foot Clinic by appointment	16 FOOD BANK Christmas Club 12:30pm AA 7pm	17 Board Meeting 12:30pm JH Volleyball 4/5pm	18 JH Volleyball 1/2pm	19 JH Volleyball 10/11am
20	21 Sewing & Quilting School PD Day School Board 5:30	22 Craft: Glass Gem Lantern 12:30pm Town Council 7	23 Wood Carving Class with Deb Williams 10am-3pm Registration Required AA 7pm Masons 7:30	24 Beading Class with Deb Williams 12:30-3pm Registration Required	25 HS Volleyball 4/5/6pm	26 JH Volleyball 9:30/10:30pm HS Volleyball 12/1/2pm
27	28 Sewing & Quilting Service District Meeting 1pm SRD Board 6:30pm	29	30 AA 7pm	What activities are you interested in doing at the Senior Center? Let us know. We have lots of GAMES that you are welcome to use whenever you are at the Senior Center. We try to include events from other organizations, but please verify the details with them.		

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
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

- French Vanilla creamers (always)
- Regularly used, 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**



What We Do NOT Need

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

Volunteers

Help us by documenting volunteer hours on the Sign-In Touchscreen.

- **Weeds:** Pat Collins
- **Exercise Equipment Help:** Melissa Gardner (Gottsche)
- **Meal Delivery:** Mary Milleson & Chris Komloski, Amber Wintermote
- **Cleaning Craft Room:** Deb McMurtrey, Sheila Wakefield
- **Dining Room / Dishes:** Pat Collins, Sheila Wakefield
- **Deposit:** Ken Cundall
- **Jay Merritt:** Phone, cardboard, moving things, and more
- **Food Bank:** Jay Merritt, Daniel Szablewski, Don Schubach
- **Moving Things:** Allen & Kristine Hogg

Items Donated

- **David Manchester:** Peppermint puffs and coffee creamer
- **Steve Friess:** Wyoming photo books, foam cups
- **Ken Kuhn:** Onions and tomatoes
- **Micki Herbert:** Printer paper
- **Edd Pickett:** Books
- **Jim Hood:** Flavor syrup
- **Anonymous:** Coffee, Ramen noodles
- **AA Group:** Donation

A belated but huge thank you to an Anonymous Donor who left a large gift in the coffee and meal donation boxes!

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

\$39.00 April-June

Donate your spare
change automatically



RoundUp

Spare change, big impact

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.

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.



Shoshoni
Senior Center

4th Annual

Street Fair

Fundraiser

Saturday, September 12th
9am-3pm

at the Town Plaza Park



FREE Senior Gift Bag
for registered seniors age 60+
who attend the Street Fair AND
have participated at the Shoshoni
Senior Center at least 5 times
between January 1 and August 30

307-876-2703

Vendor Booths
\$10 Fry Bread Tacos
Musical Performances
\$5 Spin to Win Prizes
Fun for All Ages!



Street Fair 2026

How Can You Help?

- **Volunteers Needed**
 - Setting up
 - Senior advice booth
 - Selling/serving meals
 - Running Spin to Win or other games
 - Musical performances
 - Clean up
- Make a donation
- Donate prize items for the \$5 Spin to Win prize wheel

Join us for Crafts



Beautiful Glass Gem Lantern



WOOD SIGN CLASS



Bumblebee



Dog Paw



Wyoming



Indian Paintbrush



Ghostly

Come paint with us at
Shoshoni Recreation Center
September 11 6:30pm
Pick a design from these
choices to create your
own Wood Sign!
Register online at
<https://artisanalley307.com>
or give us a call!
(307) 265-0991
We guide you step by step!



Thank You

- **Robbie Ladner:**
\$250 donation
- **Range:** Gift basket and first aid kits for Senior Gift
- **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, Kathy Blair
- **Registered vendors**

Maintain your independence!

Use our **#FallsFree CheckUp** to learn about your falls risk today.

ncoa.org/FallsFreeCheckUp



ncoa
national council on aging

FallsFree CheckUp

YOU CAN PREVENT A FALL



Only service animals are allowed in the Senior Center. A service animal is defined as a dog that is individually trained to perform tasks for a person with a disability.

Memorial Donations

- **In Memory of Ray Nitchman:**
George & Hazel Schaefer
- **In Memory of Bill Thoren:**
George & Hazel Schaefer
- **In Memory of Garry Smith:**
George & Hazel Schaefer

Thank you to everyone who helped with the Ray Nitchman Memorial.



Mireille really appreciates everyone who volunteered, brought food, attended, and helped in any way!

Name: _____

Complete word search and return it to the Senior Center by September 16th to be entered in a drawing to **win a free meal ticket!** Congrats to **Daniel Szablewski** for winning in August.

HARVEST WORDSEARCH

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

WORD LIST

- | | | | |
|------------|----------|-----------|-----------|
| APPLE | FARM | PEAR | SQUASH |
| BARLEY | GOURD | PECAN | SUNFLOWER |
| BARN | GRAPES | PICKING | THANKFUL |
| BEET | HARVEST | PLOW | TRACTOR |
| CHESTNUT | HAY BALE | PUMPKIN | TURNIP |
| CIDER | HAYRIDE | RAKE | VINEYARD |
| CORNUCOPIA | MAIZE | SCARECROW | WHEAT |
| CRANBERRY | ORCHARD | | |



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 _____

Sign In for Everything!



1. **SCAN:** At the front counter, scan the **barcode** on the back of your MySeniorCenter card.
2. **SELECT the meal, activities, and/or services** that you utilize at the Senior Center that day. You may need to click on the **Next** or **Previous** buttons to see all of the options.
3. **SAVE:** Don't forget to hit the **Finish button** to save it.

No card? Let us know. You can even be set up to use a card from a different senior center.

Forgot your card? Type in your first name and phone number. If you have two phone numbers on file, it's your home number.

Error message? Usually because your AGNES registration has expired. Once we enter the date of your new AGNES in the system, you can scan in again. Renewal is due based on when you registered, not the calendar year.

Falls Free Checkup - Stay healthy and independent by checking your risk for a fall for free online at:
<https://www.ncoa.org/tools/falls-free-checkup/>



Thursday, September 3, 1-2 p.m. MT

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

Are you worried about falling?

Often a bad fall can change your life and send you to the hospital and/ or nursing home. Everyone is welcome to attend our meeting on Fall Prevention on September 3. Ty Francis from Wind River Physical Therapy will demonstrate some easy strategies to prevent falls.

Sponsored by the Wind River Parkinson's Group. 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.

Do you want to maintain your mobility? Power Punch for Parkinson's meets every Wednesday at noon at Teton Therapy (307 332-2230).

Parkinson Association of the Rockies helps the Wind River Parkinson's Group, subsidizing Power Punch and providing a Wyoming community outreach coordinator.

Sewing & Quilting on Mondays:

Got OTHER hobbies?

Bring them to work on at the Senior Center on Mondays.



We are NOT providing Transportation.

For a small senior center with such a small staff, **we do a lot**. In the years that we offered rides, the **demand was low** and did *not* justify the high overhead or liabilities involved. Many of the ride requests were from those residing in other communities, which strained resources intended to benefit the Shoshoni community specifically.

Providing transportation is not cost effective at this scale.

It does not work well as an additional service and **needs its own dedicated staff**, who are not spread thin doing other things. It is not just a matter of lack of funding or volunteers.

We are carefully evaluating our actual **capacity** and the **best use of the available resources**.

Package Dropoff

The Senior Center has allowed the drop off of prepaid UPS packages, *but* the UPS driver usually cannot stop here specifically to pickup a package **unless we pay for a pickup**. The driver will take packages that are here IF they happen to stop, but they **do not stop by here** regularly or nearly as much as they used to since Amazon changed how they ship most items. If you drop off a package here, it is not uncommon for it to **sit here for weeks** before getting picked up. So, dropping off packages at the Senior Center is not a good option for most situations.

Missed a call from the Senior Center?

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



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.

About the Shoshoni Senior Center

307-876-2703



Monday-Friday: 8am-3pm

Support Services

- **Activities:** Crafts, sewing and quilting on Mondays, games, puzzle, pool table, group meetings, etc.
- **Coffee** for socializing in the morning
- **Health:** Exercise equipment (signed liability release required) and blood pressure cuff
- **Food Pantry / Free Shelf:** Check for items that you could use. As a partner of the Food Bank of Wyoming, we receive items on the **3rd Wednesday**. Take a reasonable amount for your own household's needs so that others can do the same. **Seniors need to sign in at the touchscreen.** Non-seniors need to fill out a **blue sheet each month**.
- **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:** Basic pedicure with Carly, by appointment. Cost is \$20.
- **Education:** Educational presentations, political candidate meet and greets, quarterly nutrition education, etc.
- **Visitor Information**

The Shoshoni Senior Center utilizes federal, state, and local funding to provide services for seniors. We run specific **Older Americans Act** programs for those **age 60+**. The intention of Senior Center services are to give you a reason to get out of the house and opportunities to interact with others. Staying active and social is crucial to wellness as you age. So, the Senior Center is here to help **keep active seniors active** for as long as possible, delaying the need for higher levels of care.

How do I start? Register.



To register as a senior with the Shoshoni Senior Center, you must be age 60 or older and fill out an **"AGNES" registration form**. **This must be completed again each year.** For a government program, the paperwork required is actually pretty minimal, and we will help you if needed.

Once we process your registration, we can assign you a **MySeniorCenter keycard**. You will scan this at the **touchscreen** on the front counter to **sign in** for each of the meals, activities, and other services that you participate in at the Senior Center. Tracking and reporting participation is required for our funding. We will show you how to sign in and will help as needed. It only takes a few moments and makes running these programs *much* more manageable, so please **always remember to sign in**.

Meals: Join Us for Lunch



We serve lunch on **weekdays** from **11:30am to 12:30pm**. It's called a "congregate meal" because we eat it together at the Senior Center. For a senior age 60+ with an active registration, it is a **Suggested Donation of \$4** for a meal. There is a gray box on the front counter for meal money. For your convenience, we also sell meal tickets in packs of five for \$20, and we can accept payment by card. **Anyone is welcome** to join us for lunch. If you are under 60 or you choose not to register, the **cost of a Guest Meal is \$8** (only \$4 for children age 12 and under).

Other Nutrition Services

- **Takeout Meals** are an option for seniors who are **already registered**. It takes time to package these in to-go containers, which happens *well before serving time*, so it **must be requested by 9am**. Takeout meals are intended for a senior to **pickup themselves**. We will allow you to pickup a meal for someone else *only if they already* have a current registration form on file. Our ability to continue offering takeout meals depends on cooperation with these guidelines.
- **Frozen Meals** are sold from the leftovers of **previous meals** for \$2 each, or three for \$5. There is a weekly limit depending on the current supply, and you cannot purchase frozen meals of the current day's meal. We do not sell parts of meals or leftovers other than the frozen meals.
- **Home Delivered Meals** are available for seniors who reside within our Shoshoni delivery route and qualify based on need, as evaluated by an **additional page of the AGNES registration form**.



We deliver meals, but further services for the homebound are provided by other organizations. For Fremont county, the **Wyoming Home Services (WyHS) program** is administered by Wyoming Senior Citizens, Inc. For care coordination, personal care, chore or homemaker services, or respite care, call **307-856-6880**.

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!

Resources: Shoshoni

- **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
- **Post Office:** 876-2456
- **Recreation District:** 876-2663 - Recreational programs, fun for kids, etc.
- **Shoshoni Schools:** 876-2266
- **Hot Springs Health - Clinic:** 876-0021
- **Gottsche Rehabilitation:** 876-0705

SENIOR CENTER STAFF

Director: Rykki Neale

Program Support Assistant: Clarissa Hartley

Cooks: Sharon Taylor, Christy Lawson

Substitute Cooks: Wayne Olsen,
Amber Winternote

Custodian: Mireille Nitchman

Resources: Fremont County

- **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**.

Other Resources

- **Wyoming 211:** Free, anonymous helpline offering listening support, information, referral for all of Wyoming. Call **211, 1-888-425-7138**, or visit wyoming211.org
- **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**.
- **FreeWill.com:** No-cost estate planning tools
- **Legal Aid** of Wyoming: Free civil legal help to low-income individuals. Call **1-877-432-9955**.

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