

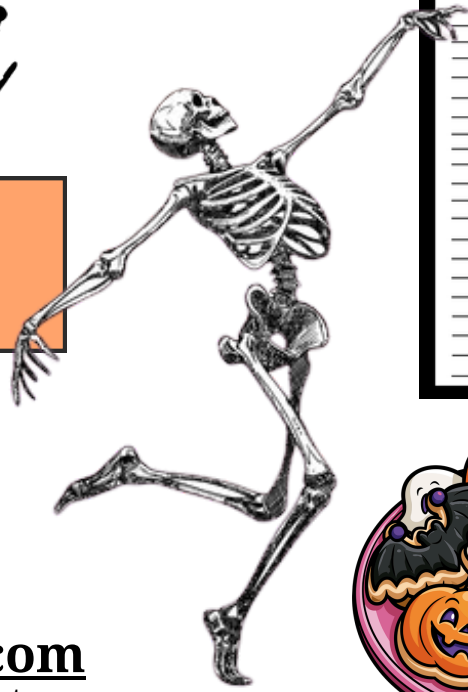


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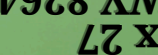
PO Box 27

Shoshoni, WY 82649

Facebook.com/shoshoniseniorcenter

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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: SEPTEMBER 17, 2026

Approval: 8/20 meeting minutes, Service District request for August expenses, 8/27 and 9/10 payroll, and Director added a monthly report for all expense transactions grouped by type to ensure documented dual approval.

New Business

- **FY2027 Annual Budget** reviewed and approved
- **Satisfaction Surveys** reviewed
- **Street Fair Fundraiser** reviewed - Attendees from 9 Wyoming towns, 14 states, and 2 countries (France & Poland!). 135 meals sold, 94 fry bread & 41 nachos. 37 vendors registered & 28 there. ~\$3,300 raised, ~\$1,100 spent, ~\$2,200 profit.
 - **Craft Bazaar:** Returned to original date 11/29 and asking for donations of chili, cornbread, baked goods, etc. Baked sale, silent auction, and Spin to Win planned. Relying more on volunteers so less paid staff are needed. Asking about Santa's availability.
- **WyoStar Endowment Statement** from Town reviewed
- **Board Election** - Four names for ballot and trying to get two more eligible candidates willing to run for Board. Election and Annual Meeting scheduled for Nov. 19th.

Board/Committee Reports: None

Director Report - Services Provided: August meal count 904, with daily average down to 38, and total of 1,526 services and 137 Title III clients. Highest count 65 for chicken fried steak and lowest 28 for Philly cheesesteak.

Building / Service District Projects Update: Moving forward with Summit Sheet Metal quote for dining room rooftop A/C unit, receiving quotes for interior painting before carpet replacement by Plain's (color selected), changed oven quote from Bargreen to unit with thermostat controlled top, but extending overhead suppression system deemed not worth the ~\$100k estimate, received quote for sound system equipment with work expected over Christmas break, install of security cameras expected early in October, and backup generator project bids received.

Financial Notes: \$1,500 donation received from Aethel Energy (Contango). Director asked for help with the remaining garden grant funding, which needs to be reported on early December. Director also reported on submitting final report for Fall 2025 Wyoming Community Foundation grant award and applying again for \$8,231 of required local match funding.

On-Site Review: Rescheduled from 6/30 due to Director health issues. Scott from state called on Tuesday 9/15 and asked if he could stop by and complete it that day.

Dilemmas Brought to Board: Director brought questions about increasing **non-senior use** of services to the board to think about.

-Some home delivery patrons receive more **frozen meals** than weekly limit for congregate patrons and are not paying for them. Director asked for board clarification. Board determined that cost of frozen meals is *not* a suggested donation, set a new price of 3 for \$10 for non-seniors to purchase frozen meals, and specified that if someone is picking up a takeout or frozen meals for a senior, the senior must call to authorize it.

-Director also discussed the **soup** being locally funded only and how much usage has increased (far exceeded budget for the year, for soup and containers for delivered meals).

-Interest in resuming evening **game nights** but not in budget to have paid staff here. Board members can be assigned a door code and host this activity. Board members to let Director know when to put game night on calendar.

Executive Session for employee matter.

Meetings are on the 3rd Thursday and open to the public.

Next meeting **Thursday, 10/15/2026 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
and **Monday, October 26th 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 the November newsletter.

The continuation of the
**Shoshoni Senior Citizens Service
District** and three positions on the
Service District Board are on the
general election ballot this year.

Mon	Tue	Wed	Thu	Fri
\$4 Suggested Donation for Registered Senior 60+. \$8 for Guest Meal. Takeout Meals for seniors MUST be requested by 9am.			1 Tater tot casserole, carrots and peas, tossed salad, pears, mini cinnamon rolls	2 Chili with cornbread, tossed salad, mandarin oranges, corn, cookie
5 Sloppy joe, bun, pickles, potato salad, green beans, applesauce, Jello with whip cream	6 Pork chop, stuffing, sweet potatoes with butter, mixed vegetables, apricots, whole wheat roll, cake	7 Hamburger steak, mashed potatoes, gravy, tossed salad, broccoli, mixed fruit, dinner, roll, cake	8 Meatball sub, tater tots, candied carrots, mixed fruit, pudding	9 Chicken alfredo, garlic breadstick, broccoli, Ceasar salad, pears, cookie
12 Cheeseburger, lettuce, onions, tomatoes, French fries, pears, chocolate croissant	13 Swedish meatballs, egg noodles, pasta salad, green beans, peaches, mini gourmandise	14 Chicken fried steak, mashed potatoes, gravy, tossed salad, cauliflower, peaches, whole wheat roll, brownie	15 Philly cheesesteak with peppers and onions, onion rings, peaches, brownie	16 Fry bread taco, tomatoes, lettuce, refried beans, onions, black olives, sour cream, cheese, salsa, apricots, cookie
19 Chicken & stuffing casserole, tossed salad, mixed fruit, corn, whole wheat roll, pudding	20 Pork fritter, mashed potatoes, gravy, dinner roll, tossed salad, mixed vegetables, apricots, rice crispy treat	21 Lasagna, garlic breadstick, Caesar salad, broccoli, peaches, Jello with whip cream	22 Biscuits & gravy, scrambled eggs with cheese, hashbrowns, sausage patty, pears, cake donuts	23 Chicken patty with bun, cheese, lettuce, tomato, French fries, mixed fruit, cookie
26 Popcorn chicken bowl with mashed potatoes, gravy, corn, tossed salad, pears, Jello with whip cream	27 Swiss steak with peppers and onions served over rice, peaches, cauliflower, whole wheat roll, cake	28 Meatloaf, mashed potatoes, gravy, dinner roll, green bean, cookie	29 Reuban with sauerkraut, tossed salad, apricots, brownie	30 Beef stew with carrots and potatoes served in a bread bowl, tossed salad, cookie

Thank you to everyone who made the **Street Fair** possible. Especially to the volunteers! The event was well attended, with attendees from Shoshoni and at least 9 other towns in Wyoming, 14 other states, and 2 other countries (France and Poland). Shoshoni really is the crossroads!

We had 37 vendors register and 28 vendors who came, bringing in \$682 in registration fees. We also had vendors, Range, and others who donated fabulous items for Spin to Win, which definitely increased participation. We made \$530 in Spin to Win donations, more than ever before!

We sold 135 meals, bringing in \$1,241 for food, thanks to our wonderful Shamrock Foods donating all of the food that was ordered for the Street Fair! Thank you to Ron Ankeny for selling his beautiful charcoal art, Christie Grana and Robin Hourie for selling ice cream, and Jay Merritt for selling items over at his property. Those fundraising efforts brought in another \$223. We sold \$74 of branded merchandise, \$82 of Senior Center crafts, and received \$54 in donation cans. We also received donations from Robbie Ladner, Home Source Realty, Michel & Moline CPAs, Bill & Peggy Braddock, Jane & Mark Rainwater, Lisa Hoffman, Jordan Whitener, and Randy Christensen.

We enjoyed live music performed by the SHS Choir, a foam machine and giant Jenga game, and delicious fry bread prepared by the cooks of the Senior Center. It was a fun day, and I want to thank everyone who participated in any capacity. I hope you had an enjoyable time and will join us again.

The event brought in over \$3,300 and calculates to a profit of over \$2,200 after expenses. That's an increase from \$1,200 last year!

But, there's no rest for the weary. We immediately started work on the next big event... the 4th annual **Winter Craft Bazaar**. We considered a different date, but it will be when we did it before. That is the Sunday after Thanksgiving, November 29th.

We will be selling bowls of chili this year and having a baked sale, silent auction, and Spin to Win. We are relying more on volunteers to reduce the need for paid staff and increase the funds raised. So, we will need lots of helpers. If you can, please consider signing up. We will need:

- Chili, a variety to of kinds
- Cornbread
- Other baked goods for the Bake Sale
- Silent Auction items
- Prizes for \$5 Spin to Win
- Volunteers scheduled during the event

But, before any of that, we also need baked goods and volunteers for the **Halloween Bake Sale**. The Senior Center usually does a bake sale and sells cocoa/cider during the Rec Department's Haunted House in our basement on Friday, October 23rd and Saturday October 24th from 6pm to 9pm both nights. If you can help make that possible, please let us know. *If we do not have volunteers or enough baked goods, we will not do the Bake Sale.*

I have been very overwhelmed lately. The tasks, deadlines, and projects that keep me stressed

never stop. They impatiently pile up and I'm **always frantically scrambling** to be ready for the board meeting, report deadline, grant application, event, etc. Then throw in the constant string of issues that come up, news that breaks, complaints, and other problems. I *never* have an adequate chance to catch up or get myself to a state of better organization to handle it all. There are huge, looming projects like filing systems, research, and inadequate policies. Each time I try to work on them, I'm interrupted ad nauseum and the situation somehow ends up worse than before, despite my efforts.

Lately, I've been getting **migraines** with an aura that affect my vision to the point that I am suddenly unable to read anything. I used to get them occasionally, but it's hit me several times in the last week. So, if I seem scattered or cranky, I apologize. I AM stressed. At this point, it feels pretty miraculous that I've been able to just keep going at it, regardless of everything.

I express this in hopes of increasing perspective of those who may not see the **costs** or appreciate the **limit** that we sometimes approach here. I've taken on a weight of responsibility here that I did not want and struggle under most of the time. This is not an easy job, and it just gets harder.

We all work hard here at the Senior Center, and I appreciate all of those who help **bear the weight**. We have a nice Senior Center. It matters.

I do the business management, handle the surprising mountain of back end requirements, and all that requires tech skills. And I have staff to handle the **daily operations** of providing a meal and other services in a clean Center. **But, it's the seniors that make a Senior Center.** You determine the activities that happen here and the fundraising that we can do. It takes **volunteers**. It takes those willing to come and **participate**.

Remember that there will be fewer items from the **Food Bank** for us to distribute going forward, as we will not have WCDA grant credits that we've enjoyed the last year. This will be especially noticeable after October, as I was able to order a little more than expected for that delivery.

Also remember that we are NOT having a meal on **Thanksgiving** and **Christmas Day** this year. This was a board decision after a careful review of the 2025 holiday meal numbers and in consideration of staff not wanting to work on the holiday. We realize that this is disappointing for some but please try to understand. The board also just addressed some other issues that have come up with **frozen meals**, etc. I take these kinds of decisions to the board so that we can handle things as fairly as possible.

My daughter Rhiannon is in CWC's **Godspell**, with performances October 22nd-25th. It's a musical that features parables from the Gospel of Matthew. <https://www.cwc.edu/tickets/boxoffice/>

Thanks!

Rykeki Neale



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Seniors have priority, but we love visitors. ALL AGES welcome! We try to include events from other organizations, but please verify the details with them.				1	2	3
				HS Football 4:30/5:30pm		HS Volleyball 1-2pm
4	5	6	7	8	9	10
Flywheelers Meeting	Sewing & Quilting JH Volleyball 4/5pm HS Football 5/6pm	Craft: Pumpkins with Dryer Hose 12:30pm Chamber Meeting 6:30pm	AA 7pm	SRD #24 Cookie Decorating Class 6-8pm, \$45 Sign up at aliciasweets.com 	 HS Volleyball 5/6pm	
11	12	13	14	15	16	17
	Sewing & Quilting	Craft: Ghost with Cheesecloth 12:30pm Foot Clinic by appointment Town Council 7	AA 7pm Masons 7:30	Board Meeting 12:30pm School Harvest Festival 5-7pm		HS Volleyball 1/2pm JH Girls Basketball 10am
18	19	20	21	22	23	24
	Sewing & Quilting Game Night 4pm Potluck Snacks School Board 5:30	Craft: Pumpkin Ring 12:30pm	FOOD BANK Christmas Club 12:30pm AA 7pm	 CWC Godspell Performance 7pm	SRD #24 Haunted House 6-9pm \$5/person \$3 with canned good donated to Masonic Lodge CWC Godspell Performance 7pm HS Football Senior Night 4/5pm	SRD #24 Haunted House 6-9pm \$5/person \$3 with canned good donated to Masonic Lodge CWC Godspell Performances 2pm and 7pm
25	26	27	28	29	30	31
 CWC Godspell Performance 2pm	Sewing & Quilting Service District Meeting 1pm SRD Board 6:30pm School Parent Teacher Conferences 5-7pm	Town Council 7	Riverton Museum Fremont Haunts presented by Alma Law 6-7pm AA 7pm Masons 7:30			

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
Aethel Energy / 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
Maynard & Sandra Bills

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.

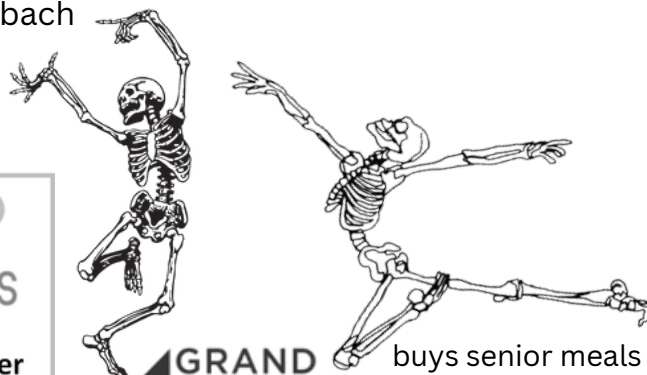
Volunteers

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

- **Meal Delivery:** Mary Milleson & Chris Komloski, Amber Wintermote
- **Dining Room / Dishes:** Pat & Patty Collins, Sheila Wakefield
- **Deposit:** Ken Cundall
- **Jay Merritt:** Phone, cardboard, moving things, and more
- **Food Bank:** Jay Merritt, Daniel Szablewski, Don Schubach

Items Donated

- **David Manchester:** Zip-lock bags, coffee creamers
- **Pam Bulow:** Veggies
- **Hazel & George Schaefer:** Life Savers
- **Jennifer Schanno:** Medical equipment
- **Chase:** Tomato and cauliflower
- **Bob Zent:** Lemon cucumbers
- **Trisha Martin:** Paper bags
- **Valerie Bates:** Antibacterial wipes
- **Jock Campbell / School FFA Kids:** Corn



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

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.

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 CITIZENS SERVICE DISTRICT

*Supporting Our Seniors,
Strengthening Our Community*

Shoshoni Senior Center



Investing in Today ~ Building for Tomorrow



1.5-MILL LEVY ON THE BALLOT

The 1.5-mill levy on local property taxes will be on the November 3, 2026 ballot. This levy provides approximately **38%** of the Senior Center's annual budget, helping support programs and services for local seniors.



**NOVEMBER 3, 2026
GENERAL ELECTION**
Your vote helps support
our local seniors.

PROJECTS COMPLETED

- ✓ Exercise equipment
- ✓ Building maintenance
- ✓ Paving around property
- ✓ Land purchase
- ✓ Signage on building and street
- ✓ Replaced siding and roof on foyers
- ✓ Kitchen equipment & supplies
- ✓ Support with health membership, employee benefit, training and local match for programs

FUTURE PROJECTS

- Generator
- Carpeting
- Upgrade doors
- Ventilation system
- Fire suppression
- Sound system



Healthy Seniors ♥ Stronger Community

SHOSHONI SENIOR CITIZENS
SERVICE DISTRICT
INDEPENDENCE • CONNECTION • WELL-BEING

SRD #24 HAUNTED HOUSE



Children under the age of 12 must be accompanied by an adult.

Friday, October 23rd
And

Saturday, October 24th

6:00pm - 9:00pm both nights

\$5.00 per person
\$3.00 if you bring a canned
good (each time) to be
donated to the Wind River
Masonic Lodge!

Shoshoni Senior Center
Basement
214 E, 2nd
Shoshoni, WY



COOKIE
DECORATING CLASS

*Fall
Into
Fall
Cookies*

Come decorate,
create, and have
some fun!

10.08.26
6PM | THURSDAY
SHOSHONI
RECREATION

Sign up at
www.aliciassweets.com



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.



Thank You Street Fair Volunteers

- Deb Williams
- Sheila Wakefeild
- Pat Collins
- Dennis Buchholz
- Robin Hourie
- Christie Grana
- Valerie Baties
- Joanie Geis
- Deb McMurtrey
- Micki Herbert
- Nancy Mason
- Mary Milleson
- Chris Komloski
- Mike Letsch
- Tony & Sande Olson
- Anyone else... I tried to write down names but was very busy that day

Thank You Street Fair Supporters

- **Shamrock Foods** for donating all of the food for the event
- **Robbie Ladner:** \$250 donation
- **Range:** Gift basket and first aid kits for Senior Gift bags
- **Home Source Realty:** \$100 donation
- **Michel & Moline CPAs:** \$50 donation
- **Fast Lane:** \$100 gift certificate
- **Ron Ankeny** for selling his charcoal art, **Christie Grana & Robin Grana** for buying and selling ice cream, and **Jay Merritt** for selling items to benefit the Senior Center
- **Donations during event:** Bill & Peggy Braddock, Lisa Hoffman, Jane & Mark Rainwater, Jordan Whitener, Randy Christensen
- **Prizes for \$5 Spin to Win:** David Manchester, Micki Herbert, Kathy Soule, Kathy Blair, Donna Norton, Karen Buchanan, Dottie Schuiling, Deb Schlichenmayer, Deb McMurtrey, Joanie Geis, Melissa Gardner, Robin Hourie, Kat Manz, Shayla Elliott, Vaughn Clapp, Nico Homburg & Kathleen Marinell, Pauline Hodgson, Deanne LeBlanc, Amy Federer, Steve Long, Clarissa Hartley, Rykki Neale, and anyone else that donated items... we tried to mark everything down but could have missed some
- **28 vendors** that were at the event

Shoshoni

Senior Center

4th Annual

CRAFT BAZAAR

SUNDAY, NOVEMBER 29, 2026
9 AM - 2 PM

Fundraiser



- **Vendor booths:** Shop local and get your Christmas shopping done early!
- **Chili Fundraiser:** Fill a bowl for \$5. Choose from a variety of chilis.
- **Bake Sale**
- **Silent Auction** and **\$5 Spin to Win** prizes
- **Vendor Registration** at ShoshoniSeniorCenter.com



Help the Senior Center raise money by donating chili, cornbread, baked goods, silent auction items, or Spin to Win prizes!

307-876-2703

Name: _____

Complete word search and return it to the Senior Center by October 21st to be entered in a drawing to **win a free meal ticket!** Congrats to **Jeanne Frank** for winning in September.

SPOOKY CREATURES

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

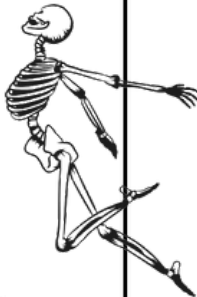
WORD LIST

BANSHEE
BAT
BLACK CAT
BOGEYMAN
COCKROACH
CYCLOPS
DEMON
FRANKENSTEIN

GARGOYLE
GHOST
GOBLIN
GRIM REAPER
KRAKEN
MEDUSA
MONSTER
MUMMY

OGRE
PHANTOM
POLTERGEIST
SASQUATCH
SHADOW
SKELETON
SNAKE

SPIDER
TROLL
VAMPIRE
WEREWOLF
WITCH
YETI
ZOMBIE





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.



Wind River Support Group

First Thursday of every month, 1-2 p.m. MDT

Lander Senior Citizen Center (or remotely via zoom)
(205 South 10th St. Lander)



Are you taking care of a loved one? Or do you have a chronic condition that saps your energy and makes you rely on your caregiver more? We welcome all caregivers and people with chronic conditions who would like peer support for your journey.

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).

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**. Our ability to continue offering takeout meals depends on cooperation with these guidelines.
- **Frozen Meals** are sold from the leftovers of **previous meals**. *For seniors, frozen meals cost \$2 each or three for \$5, and for non-seniors it is three for \$10. Frozen meals are NOT a suggested donation.* 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:** 876-0221
- **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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