

Shoshoni Senior Center

Newsletter: March 2025

307-876-2703

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

ShoshoniSeniorCenter.com
Facebook.com/shoshoniseniorcenter
director@shoshoniseniorcenter.com

The Shoshoni Senior Center helps our senior citizens lead a more dignified and meaningful life by providing and coordinating educational, nutritional, health, social, and charitable services. Our primary goal is to offer services that enable our seniors to live in the comfort of their own homes and community for as long and as safely as possible.

Central Wyoming College Presents

BRIGHT
STAR

VIP Preview
Suggested donation: \$5

GAME NIGHT
AND POTLUCK SNACKS
MONDAY NIGHTS
at 4:00 PM



Sunday, March 8th
at 2pm

We would like to travel as a group to this **especially-for-seniors** musical event, so let Jeannie or Rykki know as soon as possible if you would like to come with us. You do NOT need to buy a ticket for the special preview, but donations are appreciated.



Shoshoni, WY 82649
PO Box 27

Senior Center
Shoshoni

DIRECTOR LETTER

My family has again devoted months of their lives to theater at Central Wyoming College. The **Bright Star** musical (by Steve Martin) is set in the 1920s and 1940s. I was not familiar with this show and did not think that I would like it. But, I have come to love it. I highly recommend that you see *at least one* performance. **There is even a special preview just for seniors on Saturday, March 8th at 2pm, by donation. So, you don't even need to buy a ticket! Let us know as soon as possible if you would like a ride from the Senior Center.**

You can also see it on March 13-15, 17, and 20-22 at 7pm and at 2pm on Sunday, March 16 and 23. Rhiannon doesn't have a role where she can really shine in this one, but hopefully she will in future. She's in the ensemble singing harmonies.

Coulter took on the challenge of playing in the band, and Zeke is the youngest cast member. He's even a bartender!

To help you understand how the Senior Center is funded, this is where our income in 2024 came from:

Federal/State and Service District (80%)

- **44%** from Title III-B Support Services and C1/C2 Nutrition Program grants of federal and state funding, from the Aging Division of the Wyoming Department of Health, including ARPA and NSIP funding received as part of those programs.
- **15%** from the Shoshoni Senior Citizens Service District, which is a 1.5 mill levy on property taxes in our district.
- **14%** from Wyoming Senior Services Board (WSSB), which are grants from state funding.
- **6%** from state Medicaid Community Choices Waivers for some of the home delivered meals.
- **1%** from WYDOT for 5311 Rural Transportation, which we did not apply for Fiscal Year 2024-2025 because the amount of funding we receive as such a small transportation program is not worth all that is required to get it.

Local Income and Other Grants (20%)

- **9%** from Program Income, the voluntary patron contributions for specific services and ride fares, and it must be spent *before* any grant reimbursement awards can be utilized.
- **3%** as the required Local Match for the federal/state grants, from Wyoming Community Foundation and some from the Wyoming Hunger Initiative for holiday meals.
- **3%** as grants for specific projects, from Wyoming Hunger Initiative, Fremont County Recreation, Rocky Mountain Power Foundation, and the Ability Experience.
- **5%** from all other local income, including fundraisers, general donations from individuals/businesses, memorial donations, basement rent and building use, and the Dollar a Month newsletter subscriptions.

Without federal and state funding and now our Service District (which we are more reliant on as grants already decreased), we would simply not be able to provide *any* of our services. Like many other public services, the outlook is not bright for senior services right now. Services that help seniors to age in place for as long as possible lower the need for the *more expensive* long-term care facilities. I know I've said it before, but what we have here is fragile. On that note, please contact our Wyoming senators and ask them to support **HB 122** for the Service District. We have more information in the office.

Thank You, *Rykki Neale*

Board Meeting

2/202025 at 12:30pm

January: 853 total meals, daily meal average 36, and 1,258 support services

Funding request for reimbursement of January's expenses as allocated to the Service District was approved.

Replacing chairs project: It is time to decide exactly what we want. Our goal is more comfort in the dining room and more compact and mobile seating in east room, but we may not be able to do both. The board decided to prioritize the dining room and have a few chairs with arms but most armless.

The board decided to register for the "What Ever Nonprofit Board Member Should Know" training through the Wyoming Nonprofit Network.

Need for a garden storage shed and flooring in the foyer were noted.

Directors Report

Sweethearts Dinner: 51 meals, and there was a good turnout for the 1st Game Night.

Transportation updates: Director met with WRTA about possible collaborations. 2010 minivan has been released from FTA interest! Director suggested that the board reevaluate ride fares now that funding has changed. Funding used for transit program needs to benefit seniors specifically.

Payment by card is increasing, and we are tracking money lost to fees. We want a greenhouse for the garden and are looking for any ideas/help with that.

Next Meeting: Thursday, March 20, 2025 at 12:30pm

Agenda and minutes of the **Shoshoni Senior Citizens Service District** are posted at the Center. Next Meetings: **Feb. 27 & Mar. 27 at 4pm**

Shoshoni

Senior Center
MENU

March

2025

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

S	Mon	Tue	Wed	Thu	Fri	S
<p>\$4 Suggested Donation for Registered Seniors 60+. All Ages Welcome! Guest Meal costs \$8.</p>						1
2	<p>3 Spaghetti with meatballs, green beans, apricots, tossed salad, strawberry shortcake</p>	<p>4 Ham and beans, cornbread, cauliflower, mandarin oranges, tossed salad, brownie</p>	<p>5 Chicken fajitas, cheese, lettuce, tomatoes, onions, sour cream, refried beans, fruit cup</p>	<p>6 Tuna melt casserole, biscuit, mixed veggies, tossed salad, applesauce, cookie</p>	<p>7 Creamy white chicken chili, French bread, pears, tossed salad, broccoli, éclair cake</p>	8
9	<p>10 Sloppy joes, potato chips, pasta salad, carrots, fruit, cookie</p>	<p>11 Cream of turkey over toast, mashed potatoes, gravy, tossed salad, green beans, cookie</p>	<p>12 Pork roast, baked potato, mixed veggies, mixed fruit, Reese's peanut butter bar</p>	<p>13 Chicken and broccoli casserole, tossed salad, pears, biscuit, Jello</p>	<p>14 Italian club, potato chips, fruit, milkshake</p>	15
16	<p>17 Corned beef and cabbage, tossed salad, fruit, blarney stones</p>	<p>18 Jeannie's tomato soup and grilled cheese, tossed salad, applesauce, cookie</p>	<p>19 Chicken fried steak, corn, mashed potatoes, gravy, whole wheat roll, peaches, pudding</p>	<p>20 Reuben on rye, onion rings, pickle, tossed salad, pears, Jello</p>	<p>21 Fry bread tacos, refried beans, cheese, onion, tomato, salsa, black olives, rice krispy treat</p>	22
23	<p>24 Pork chop, fried potatoes, stuffing, mixed veggies, tossed salad, fruit, Jello</p>	<p>25 Beef stew, cornbread, fruit, tossed salad, brownie</p>	<p>26 Lasagna, tossed salad, breadstick, carrots, fruit salad</p>	<p>27 Liver and onions, mashed potatoes, broccoli, tossed salad, peaches, cake</p>	<p>28 Chili dogs, tater tots, tossed salad, mixed veggies, pineapple, snowball cookie</p>	29
30	<p>31 Baked salmon, roasted red potatoes, green beans, tossed salad, pineapple, cookie</p>	<p>Reservations for eating at the Senior Center are not required, but Takeout Meals must be requested by 9AM. We will NOT provide to-go meals requested during serving time.</p> <p>This menu is subject to change without notice. <u>ShoshoniSeniorCenter.com</u></p>				



We have been invited to attend a **special** preview of the upcoming “Bright Star” musical **at CWC on Saturday, March 8th at 2pm.**



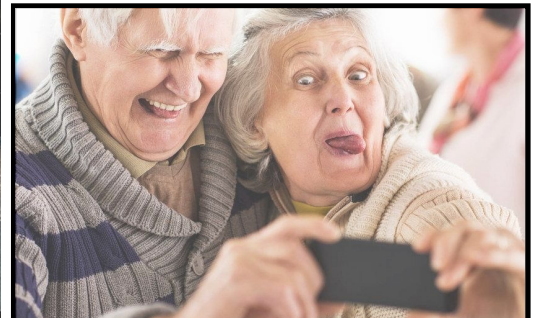
Open to all seniors **at no cost.**

You can donate \$5 if you would like.

The **volume** will be adjusted specifically for our audience.

That means it will be a little loud!

Sign up with Jeannie or Rykki as soon as possible so that we can arrange transportation and give CWC a headcount.



Riverton Senior Activity Center *presents*
Alzheimer’s and Other Dementia Education Series for Caregivers & Community

9am at the Riverton Senior Center—If you would like to attend here, let us know and we can help you do it via **Zoom**.

“This is an excellent opportunity to become well-versed in a topic that impacts so many of us in a multitude of ways. This topic may not apply to you directly, but this knowledge could make it possible for you to support a friend, neighbor, or other loved one.”

March 11: Alzheimer’s Research Update

Tremendous gains have been made in understanding the science and basic biology underlying Alzheimer’s and other dementias. Learn about these advances and how they are leading to great strides in strategies for prevention, detection, diagnostics and therapeutic interventions.

If there are enough people interested, we can try to arrange transportation to these classes. Let us know!

Riverton Senior Center
Digital Literacy Classes for Seniors

A fun, hands-on way to learn tech skills and be more confidence in today’s digital world. Led by instructors from Gen X/Millennial and Gen Z backgrounds, these in-person classes provide personalized support for seniors at all skill levels. Bring your devices and questions. No questions are “stupid questions”.

Mondays at the Riverton Senior Center at 1pm.

Shoshoni

Senior Center

MARCH

2025

307-876-2703

Monday-Friday
8am-3pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>All Ages are welcome! We are a community gathering place. We have fun and serve a hot meal right HERE in Shoshoni! JOIN US even if you don't identify as a "senior", but especially if you are 60+.</p>						1
2 	3 Sewing 8:30-2:30 Exercise 12:30-1:30pm Garden 1:30-2:30pm Game Night 4pm	4 Craft Upcycled Bag Demonstration by Robin Hourie Wrapped Bracelets 12:30-2:30pm 	5 Exercise Group 12:30-1:30pm Garden 1:30-2:30pm	6 Game Day: Skip-Bo 12:30-2:30pm	7 Garden 12:30-2:30pm SRD Resin Party with Artisan Alley 6:30-8:30pm	8 Bright Star Musical 2pm at CWC Special Senior Preview! SRD Skiing Chamber at SRD 1pm
9	10 Sewing 8:30-2:30	11 Zoom/Riverton Center Alzheimer's Class at 9am Town Council 7pm	12 Masons 7:30	13	14 Little Wrangler Wrestling Tourney 5pm	15
Jeanne Gone						
16 	17 Sewing 8:30-2:30 Exercise 12:30-1:30pm Garden 1:30-2:30pm Game Night 4pm School PD / Board 5:30 SRD Board 6:30	18 Craft Bandana Purses 12:30-2:30pm High School Winter Sports Banquet 6pm	19 FOOD BANK Christmas Club 12:30pm Garden 1:30-2:30pm Exercise 12:30-1:30pm	20 Board Meeting 12:30pm	21 Garden 12:30-2:30pm	22
23 	24 Sewing 8:30-2:30 Exercise 12:30-1:30pm Garden 1:30-2:30pm Game Night 4pm	25 Craft Tie Blankets 12:30-2:30pm Town Council 7pm	26 Masons 7:30	27 Service District Meeting 4pm	28	29
Jeanne Gone						
School's Spring Break						
30	31 Sewing 8:30-2:30	<p style="text-align: center;">Note: The school sports schedule sometimes changes. We do our best to find information about community events from other organizations, but please verify the details with them.</p> 				
Jeanne Gone						

SUPPORT YOUR SENIOR CENTER

Donations in 2024

Thank You!

To better recognize those who support our nonprofit organization financially, we now have Donor Tiers. We deeply appreciate **donations of any size** and also want to express our appreciation to the **Anonymous Donors**.

The Shoshoni Senior Center is a **501(c)(3)** charitable nonprofit.



You can also help us to fulfill our mission by **purchasing items** listed on the Wish List page of our website or from our

Amazon Wish List at <https://a.co/3sm4vtN>.

Contributions for meals, rides, coffee, office services, and exercise equipment must be counted as **Program Income** rather than as general donations, so they are not included below, but they do help to make those services possible so **Thank You!**

Big Horn Water

856-9302 347-3740

Donations Needed

Substantiators: \$1,000+

Contango
Rudolph Henke

Enhancers: \$500+

Lois Herbst

Roger Parker

B-2 Wyoming, Inc.

Supporters: \$100+

Gene Wintermote

Karen White

Patsy & John Meyer

Garth Brown

Genie & Dunk Salum

Jerry Duncan

Bill & Peggy Braddock

Tony & Claudetta Swasso

Bold Bison Foundation

Friends: \$50+

Don & Diane Schubach

George & Hazel Schaefer

Patty Crampton

Christmas Club

Monthly Sustainers

Donated monthly for

6+ months

If I missed anyone, let me know. I may especially have missed recording donations given during busy fundraising events.

Speaking of which...

We do our best to ensure the accuracy of information in this newsletter.

We apologize for any errors, omissions, or inconsistencies. There are usually at least a few!

Thank you to **Atlantic City Federal Credit Union** for buying senior meals on Credit Union Day and **Big Horn Water**



for water at the Center.

Supporters in 2025

Dan & DeAnn Merrill

Mike & Pat Powell

Thank you to Ken & Anne Metzler for buying measuring cups from the Amazon Wish List and to Robbie Ladner, Hazel Schaefer, and others for bringing in treats for staff and seniors.

Please Donate to the **Shoshoni Senior Center**

at the Senior Center, by mail, at ShoshoniSeniorCenter.com,

or by scanning this QR code .



- Garden supplies
- Craft supplies, Elmer's glue
- **NO BOOKS/PUZZLES!** We do not have room for any more. You can ask to credit the Senior Center for books donated to **Meadowlark Books** in Riverton.

Smith's

INSPIRING DONATIONS

Link the Shoshoni Senior Citizen Center to your Smith's Rewards Card at SmithsFoodandDrug.com/inspire
Organization Number: QX859

Volunteers

help the Senior Center immensely, especially if you also **document those volunteer hours**. Ask Rykki to show you how to log Volunteer Hours.

•**Board of Directors, Service District Board, and Committee members**

•**Driver:** Robbie Ladner

•**Meal Delivery:**

Mary Milleson & Chris Komloski and Anne & Ken Metzler

•**Dining Room Help and Dishes:** Sheila Wakefield, Pat Collins, Margaret Larson

•**Taking Deposit:** Ken Cundall

•**Answering Phone:** Jay Merritt

THANK YOU to everyone who helps at all, including those who prefer to volunteer without recognition here.

SWEETHEARTS DINNER ON VALENTINE'S DAY



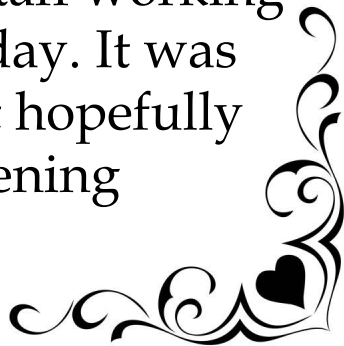
We send out recorded messages with important information. **If you miss a call, check your messages** before calling to ask why we called.



Help us advertise with branded T-Shirts and merchandise!



Thank you to everyone who attended our **Sweethearts Dinner**, and a huge thank you to those who volunteered that night. We also so appreciate the staff working ALL DAY that day. It was a long day... but hopefully an enjoyable evening for everyone!



**“FAMILY”
GAME NIGHT
AND POTLUCK SNACKS**

Everyone is invited to join us for fun community game nights. ALL ages welcome!
If you can, please bring a snack to share.

MONDAY NIGHTS
at 4:00 PM

Name: _____ Return this **Word Search** by March 19th for a chance to win a free meal ticket! Congratulations to **Tommy Melvin** for winning in February.

United States Presidents Repeated names not included.

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

Washington	Van Buren	Lincoln	Harrison	Coolidge	Nixon	Obama
Adams	Tyler	Johnson	...	Hoover	Ford	Trump
Jefferson	Polk	Grant	McKinley	...	Carter	Biden
Madison	Taylor	Hayes	Roosevelt	Truman	Reagan	...
Monroe	Fillmore	Garfield	Taft	Eisenhower	Bush	
...	Pierce	Arthur	Wilson	Kennedy	Clinton	
Jackson	Buchanan	Cleveland	Harding	



Senior Center Services

To register as a senior, you must be **60+** and fill out an **AGNES form** *each year*.

The number of services we report affects our funding, so please use your **MySeniorCenter keycard** to check-in at the front counter for meals and everything else you participate in at the Senior Center.



Then don't forget to select the **Finish** button.

Nutrition Programs

\$4 Suggested Donation for a registered senior 60+, and **Guest Meals cost \$8** (or \$4 for a child age ≤12). A registered dietician approves the menu and provides Nutrition Education and Counseling.

- **Congregate Meals** served at the Senior Center
- **Takeout Meals** for pickup by registered senior age 60+. Must be requested by 9am.
- **Home Delivered Meals** for those that qualify (or as requested by your Medicaid Case Manager for meals paid for by Community Choices Waiver)
- **Frozen Meals** for \$2 each, or three for \$5. Limit of nine/week.
- **Shelf-Stable Meals: One FREE box of 3 meals for anyone 60+ to keep on hand for when needed.**
- **Food Pantry:** Check our FREE Shelf for food and other items you could use. Take items only for your own household so that others can do the same and the whole community can benefit. We are a partner of the **Food Bank of Wyoming** and receive a monthly delivery on the *3rd Wednesday*.



Transportation

Need a ride? Call 876-2703.

We offer door-to-door transportation service. Rides must be **scheduled in advance** and are available depending on the volunteer *driver's availability* and *weather conditions*. Schedule your appointment, errands, or other activities to keep the ride (from pickup to return) within the hours of **8am to 3pm on Monday-Friday**.

We do NOT provide emergency transport.



Roundtrip Fares

- \$2—Shoshoni
- \$10—Riverton
- \$15—Thermopolis
- \$20—Lander
- \$75—Casper

Health Services

- **Exercise Equipment:** Waiver required
- **Foot Clinic** with Carly, by appointment. Cost is \$20.
- **Afternoon Exercise Group:** Stretching exercises, wellness of the breath techniques, and seated Tai Chi.
- **Screening:** Blood pressure cuff available to use at the Senior Center.

Social Activities

- **Morning Social:** Join us for coffee.
- **Puzzle** table and **Pool** table
- **Sewing & Quilting:** Bring projects to the Senior Center on Mondays.
- **Televēda Bingo Tuesday** and **Tech Thursday:** Learn and get help with tech, and win \$10 Gift Cards!
- **Crafts, Games,** and other **Activities** and **Clubs/Groups**.

Also at the Senior Center

- **Lending Library:** Medical equipment, books, movies, and puzzles
- **Computers, printer,** and **WiFi**
- **Office Services:** Print, copy, scan, or fax for a small fee per page.
- **Monthly Newsletter** available by email, at ShoshoniSeniorCenter.com, on Facebook, and paper copies for pickup or by mail for current members of the **Dollar a Month Club**.
- **UPS Dropoff Location**

Reserve our Community Room for your meeting, party, memorial, or event. It is a \$100 rental fee for businesses and fundraisers and by donation for personal use, memorials, and public service events. We have tables, chairs, and presentation equipment. There is a \$50 deposit due at reservation.



Dollar a Month Club:

Join or Renew for \$12/year.

Date: _____ Paid: \$ _____

Name(s): _____

Mailing or Email Address: _____

Select a Delivery Preference:

____ Center pickup ____ Email ____ Mail

Our newsletters are not free to print.

We print paper copies of our newsletter for those with an active Dollar a Month Club membership. Your expiration date is on the address label of your newsletter.

We produce our own newsletter and website! If there is something you would like included, email director@shoshoniseniorcenter.com, call 307-876-2703, or mail it to: PO Box 27, Shoshoni, WY 82649.

Senior Center Staff

Director: Rykki Neale

Assistant Director:

Jeannie Kroenke

Cooks: Denise Olson,
and Amber Wintermote

Custodian: Brian Ayers

Board of Directors

President: Ken Cundall

Vice President: Don Schubach

Secretary: Deb McMurtrey

Members: Jeanne Frank,
and Jay Merritt

Service District Board

President: Ken Cundall

Vice President: Teresa Taylor

Secretary: Joan Geis

Treasurer: Hazel Schaefer

Member: Sheila Wakefield

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.



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 _____

RESOURCES & INFORMATION

- **Wyoming 211:** Information helpline. Call **211**, **1-888-425-7138**, or visit wyoming211.org
- **Wyoming Senior Citizens Inc:** Home services, caregiver support, companion program, ombudsman, insurance info, Medicare patrol, foster grandparent program. **1-800-856-4398**
- **Wyoming Services for Independent Living** for individuals with disabilities, including transportation vouchers. **332-4889.**
- **Help for Health** hospice, home care. **856-1206**
- **Wyoming Center on Aging - Healthier Wyoming:** Disease prevention, management, support, and blood pressure cuffs at libraries. **307-766-2829**
- **Wyoming Relay:** Using telephone with hearing loss. **1-800-452-1408** or wyomingrelay.com
- **EyeCare America:** Fee eye exams for age 65+ or if at increased glaucoma risk. **877-887-6327**

• **GetSetUp Online Classes:** Free and for seniors. Participate at home or at the Senior Center. Visit getsetup.io/partner/Wyoming

• **Wind River Parkinson's Group:** 2-3pm on 1st Thursday at Lander Senior Center or on Zoom. *Contact Marjane at 332-3732. Follow Wind River Parkinson's Support Group on Facebook.*

Power Punch for Parkinson's mobility every Wednesday at noon at Teton Therapy. **332-2230.**

• **Cent\$ible Nutrition:** Classes and recipes. 1-877-219-4646

• **Medicare questions and concerns:** Call Sandy with Wyoming Senior Medicare Patrol in Riverton. **307-256-6880/800-856-4398.**

• **Foundations for Nations** at 20 Mission Road. Emergency Food Assistance Program distributor. **307-200-9779.**

• **National Do Not Call Registry:** **1-888-382-1222.**

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.

Senior Center 876-2703

Town Hall 876-2515

Police 876-2600

Chamber 876-2615

Post Office 876-2456

Recreation 876-2663

Credit Union 876-2222

Health Clinic 876-0221

Gottsche 876-0005