

**CODY SENIOR CENTER**

**613 16th Street  
Cody, WY 82414  
307-587-6221**

**WE NEED  
VOLUNTEERS  
PLEASE CALL  
307-587-6221  
TO LEARN HOW  
YOU CAN HELP**

**March 2022**



**Cody  
Senior  
Center**

**613 16th St  
Cody, WY 82414  
#307-587-6221**



**CODY COUNCIL ON AGING**

***Our Vision:***

To make a positive difference in the physical, emotional or economic well being of the senior population.

***Our Mission:***

To make a positive impact in our senior's lives by providing supportive services, transportation, meals and social activities.

Cody Council on Aging, Inc 613 16th Street, Cody, WY 82414

In accordance with Federal Law, this institute does not discriminate based on age, sex, religion, national origin or disability. To file a complaint, write to USDA Director, Office of Civil Rights, Room 326-W, Whitten Bldg., 1400 Independence Ave., 215 W. Washington, D.C. 02050-9410  
This document was developed under a grant from the US Department of Health and Human Services, Administration on Aging and the WY Department of Health, Age Division. However, these contents do not necessarily represent the policy of the US Department of Health and Human Services or the WY Department of Health. You should not assume endorsement by the Federal or State Government.



Ronald Mayer ~ Betty Marty ~ Donald Champlin ~ Linda Murray ~ James Williams  
 Rosemary Mogen ~ Allen Tyndall ~ Henry Siegler ~ Jeffrey Owen ~ Anna Inbody  
 Lady Murray ~ Evelyn Browning ~ Lorra Collier ~ Lynn Thomas ~ Debra Vold  
 Richard Ashley ~ Carolyn Ehlers ~ Carol Clark ~ Donald McGuffey ~ Otis Smith  
 Alice Andrews ~ Robert Acker ~ Charles Eagler ~ John Lewis ~ Barbara Gast  
 Retha Miller ~ William O'Mara ~ Norm Sedig ~ Steven Swenson ~ Frances Russell

Don't want your name in the Newsletter? Please call us to let us know and we'll remove it!



**Donna Osen**  
**Elrose Prokopec**  
**Karen Nelson**  
**Northwest College Rodeo Banquet**  
**Mountain Alarm-Jacob Guyer**

**Julie Snellson**  
**Gary Hoffman**  
**Cloyd "Rooster" Seachris**  
**Family of Evelyn Holdren**  
**Family of Rosemary Paul**

## DOLLAR OF THE MONTH CLUB

Bonnie Kesterson, Donna Osen, Kathryn Pate,  
 George Herman, Evelyn Herman, Faye Livingston,  
 Dixie Barnhart, Bob Fontaine, Marie Fontaine,  
 Terry Hinkle, Mary Schock, Jo Luper, Denise Arthur,  
 Ian Arthur, Judy Peters, Rosalie Christie, Barbara Gast,  
 Carol Tyndall, John DeMeglio, Margot Wilkinson,  
 Walter Castle, Carolyn Eriksen, Ilene Brown,  
 Leatha Houghtaling, Jack Atkins, Katherine Guthrie,  
 Kay Oelschlager, Betty Jensen, Mary Webster, Gary Hoffman



### **MORE THAN JUST A CANDY STORE!**

Greeting cards, gifts, toys,  
 puzzles, and of course, great  
 chocolates and candy!

Hoof it on into Cowtown Candy .  
 See our selection and enjoy a free  
 sample of our fresh fudge.

**We can ship your gifts, too!**

Cowtown Candy Company  
 1323 Sheridan Ave. Cody, Wyoming  
 307-587-8212 [www.cowtowncandy.com](http://www.cowtowncandy.com)



### Are you a senior with a Creative Mind?

- Become a member of the Creative Crafters group!
- Meet every Tuesday and Thursday at the Senior Center from 9-11AM
- What a fun way to get outta the house and socialize while creating something to put smiles on faces!

### Have craft related items taking up space in your home?

- Donate your items to the Creative Crafters!
- Scrapbooking items, yarn, thread, odds and ends, ribbon, buttons, ANYTHING that would make neat little crafts for the Craft Fair and our senior members that receive Rolling Meals

**2716 Cougar Ave Cody, Wy 82414**  
**307-527-7355**  
Licensed Senior Care Home  
 Manager: Patty Braley  
 Owner: Eric McMillan  
 Director of Nursing: Koni Sickle

Affordable Monthly Rent Includes:  
 24 Hour Professional & Responsive Staff  
 Home Cooked - Dietitian Approved Meals  
 Laundry & Housekeeping  
 Personalized Care & Help with Bathing, Dressing, Grooming,  
 and Medication Management

Utilize our Day Stay  
 Leave your loved one with us while you shop, work  
 or go on vacation.

## **HANDS 2 HELP LLC**

Licensed Professionals to Assist With:

- Personal Care
- Meal Preparation
- Shopping & Errands
- Light Housekeeping
- Companionship
- Skilled Nurses for Medication Management

**Serving the Big Horn Basin for 20+ Years**

### **307-587-4601**

# CHANGING LIVES ONE EAR AT A TIME.



**Margaret Lohman**  
Licensed Hearing Specialist  
State of WY License #191

Demo the latest technology in **hearing aids** and try them for a week!

Hearing Devices • Hearing Tests



For Appointments Call:

**307-586-7274**

codyhearingaidcenter.com

**30-Day Money Back Guarantee**

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**307DOORTECH LLC**  
GARAGE DOOR SERVICE

Sales-Repair-Installation

**WE GET THE JOB DONE RIGHT!**  
**307-578-8321**

**WWW.307DOORTECH.COM**



-  Home Security
-  Life Safety
-  Smart Home Automation
-  Surveillance Video
-  Security Monitoring

**#307-587-4233**

**428 W. Yellowstone  
Cody, WY 82414**

[www.mountainalarm.com](http://www.mountainalarm.com)



## FUN & GAMES



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

Annals of Ulster  
 Bailey's Irish Cream  
 bishop  
 Blarney Stone  
 cabbage  
 Christian Festival  
 corned beef  
 deacon  
 druids  
 green clothing  
 Holy Trinity  
 Irish National Holiday  
 Leprechaun  
 liturgical calendar  
 Luke Wadding  
 March  
 Mardi Gras  
 missionary  
 parades  
 patron saints  
 Plastic Paddy  
 Republic of Ireland  
 Roman Catholic  
 shamrock  
 slave

## Bridge Winners

- 2/8: 1st- Marilyn Spencer  
2nd- Katie Brass  
3rd- Sue McLeod
- 2/10: 1st- Rita Borders  
2nd- Katie Brass  
3rd- Terry Wood
- 2/15: 1st- Rita Borders  
2nd- Katie Brass  
3rd- Fran Pierangeli
- 2/17: 1st- Fran Pierangeli  
2nd- Terry Wood  
3rd- Katie Brass



## Blackout Winners

- 02/10: Bonnie Stewart-\$19
- 02/16: Lynn Wheatley-\$12
- 02/17: Joseph Costanza-\$13



## Board of Directors

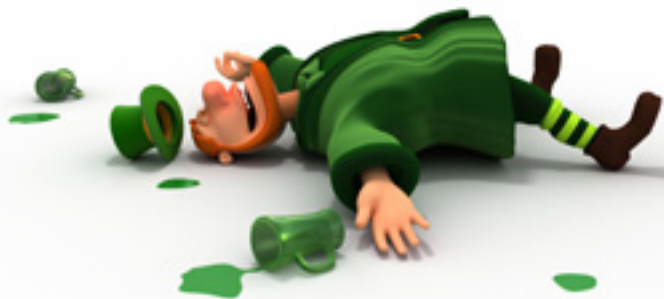
Katie Brass.....President  
 Karole Anshutz.....Vice President  
 Terry Hinkle.....Secretary  
 Donna Osen.....Treasurer  
 Kim Garrison.....Member at Large  
 David Potter.....Member at Large  
 Carolyn Ehlers.....Member at Large



**Board Meetings  
 are held the fourth Wednesday  
 of each month at 1:00PM**

## Staff/Extensions

Director/Statistician .....Leah Renaud  
 Assistant Statistician/Media .....Kayla Strid  
 Outreach, Activities &  
 Volunteer Coordinator .....Kathy Glass  
 Transportation Supervisor .....Jim Krubeck  
 Dispatch & Reception.....Tiffany Kidd  
 Thrift Barn Manager #578-8500.....Lois Brown  
 Kitchen Manager .....Kiyomi Wallerich



**Why do people wear shamrocks  
 on St. Patrick's Day?  
 Because real rocks are too heavy!**



**Hours**  
 8:00 am to 4:00 pm  
 Tuesday through Saturday  
**\$750.00 fine for dumping after hours.**  
 \*Check for updates at The Thrift Barn  
 for special sale announcements!\*

Connecting people to the services they need

**Dial 2-1-1**

Dial 2-1-1 or 888-425-7138  
 Monday - Friday (8am - 6pm)

Search the database 24/7: [www.wyoming211.org](http://www.wyoming211.org)



## **Medicare & Ambulance Coverage**

**Medicare covers ground and air  
 ambulance transportation when  
 all of these criteria are met:**

- The transportation is medically necessary
- Any other means of transportation is contraindicated
- The destination is to the nearest appropriate facility that can treat the beneficiary's condition

**SMP** RESOURCE.ORG  
 SUPPORTED BY GRANT # 90MPC0001 FROM ACL



Problem with an ambulance billing?  
 Need assistance? Call the Wyoming  
 Senior Medicare Patrol (SMP) at  
 1 800 856-4398



**Deadline for all materials for the  
 Cody Senior Center Newsletter:**  
**The Third Friday of the month prior to publication.**  
**No exceptions!**

**GetSetUp** is an online site which offers classes to help learn new skills, connect with others and unlock new life experiences. The classes help seniors stay mentally and physically fit, create economic opportunities through jobs and re-skilling, and create a community where people find meaning and purpose by helping each other and forming new connections.

The Senior Center will be offering online classes several times a day in the near future. The video classes will be shown on the big-screen TV, and the titles and the times will be posted on the white board by the dining room door. Several different videos are shown throughout the day, so everyone can choose the subject they're most interested in and a time to watch.

For assistance, see Jeanette or Kathy.

A few of the offerings are: *Timely Articles; Lifelong Learning; Cooking; Hobbies; Technology; Job Skills; Product Updates; Aging Well; Exercise; Fitness Tips; Entertainment; Dancing; Using Your Smartphone and MANY MANY MORE!*

## Thinking of the Families of:

**Dagmar Rohde    Betty Lundvall**

**Elva Byers    Nila Vanderhoff**





# Staff Speak

## Angela Lawson— Transportation

Angela Lawson has been transporting riders back and forth to appointments, grocery stores, beauty shop trips and anywhere else you have needed to go for over 11 years!

Angela prides herself in making certain each rider gets where they need to go safely and is happy to assist with wheelchairs and walkers where needed. When she is not delivering people, you can find her maintaining the vehicles and running errands for other staff members. As Angela puts it: "My main job is to make riders comfortable and take them to their destination. If I can make them laugh while I'm doing it, that's important too!"

Angela's favorite part of her job is visiting and laughing with the seniors. "Some I've had for years and they're just like family to me" she says "I enjoy being outside and moving around"

Angela is originally from the Central Valley area of California. She moved to Cody 20 years ago so that her daughters could attend better schools and grow up without gangs and violence.

Angela has two daughters, Gina and Becky. Gina is the office/property manager at Coldwell Banker and Becky lives in Powell with her husband Robert. She works for the State of Wyoming with the visually impaired.

Angela's day never stops as she owns and operates Cody Pet Services. Keeping busy after the center closes with pet rehabilitation and massage. She is a great pet nanny! She also lives with her Mother and her 13 ½ year old cat "Chicky".

What does she do when she is not working? She loves cooking, photography and flower gardens as well as weather and paranormal investigation.

Angela has a degree in Ag/Business, previously worked at a zoo caring for the big cats but she is most proud of her girls.

One thing we love most about Angela is she is a hard worker and super dependable. In her own words "I take pride in what I do. I do not think about what needs done, I just do it!" Thank you Angela!

## Newsletter in the Mail

Sign up Form

Yes, I would like to support the Cody Senior Center's programs, by sending me a monthly Newsletter!

(\$12.00 per year per member)

(March 2022-March 2023)

PLEASE PRINT

Your Name: \_\_\_\_\_

Your Address \_\_\_\_\_

Amount: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

## Dollar of the Month Club

Sign up Form

Yes, I would like to support the Cody Senior Center's programs, by joining the Dollar of the Month Club.

(\$12.00 per year per member)

(March 2022-March 2023)

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Amount: \_\_\_\_\_

\_\_\_\_ I give my permission to the Cody Senior Citizen's Center to print my name on the Dollar of the Month Club list in the newsletter for as long as I continue my donation.

\_\_\_\_ I wish to remain anonymous.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**CUT OUT AND RETURN TO SENIOR CENTER**

## Forever A Living Memorial

This certificate is for your convenience in making a gift to the Cody Senior Citizens Center in honor or memory of the persons special to you.

The Senior Center provides three different boards to recognize memorials.

One board is for donations of \$100.00 or more. The two other boards, one for men and one for women, are donations of \$25.00 or more. Each honoree's name will be engraved on a plaque and placed on the board of your choice. Memorials are recognized by a card to the families of the person you choose to remember, and in our monthly newsletter.

All donations will be used to aid the senior services provided in the center.

Your compassion and support are greatly appreciated.

All gifts are tax deductible.

PLEASE PRINT

Your Name: \_\_\_\_\_

Your Address \_\_\_\_\_

Amount Enclosed \_\_\_\_\_

In Memory Of \_\_\_\_\_

Send Memorial Acknowledgements to

Name \_\_\_\_\_

Address \_\_\_\_\_

Thank You's provided by Kay Oeschlager

# March 2022

## MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>In accordance with federal law and the U.S. Dept. of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, religion, sex, age, or disability.</p>		<p>1 Meatloaf/Gravy Mashed Potatoes Green Beans Spring Salad Wheat Bread Tapioca/Topping</p>	<p>2 Tuna Salad/Wheat Lettuce/Tomato Corn Chips Pickled Beets Grapes</p>	<p>3 Chicken Paprikash Mashed Potatoes Scandinavian Veggies Roll Cucumber Dill Salad Choc Chip Cookie</p>	<p>4 Ham Slice Macaroni &amp; Cheese Sautéed Zucchini Wheat Roll Cran/Walnut Salad Applesauce</p>
<p>SUGGESTED CONTRIBUTION \$4.00 PER MEAL</p>	<p>7 Chicken Fried Steak Mashed Potato/Gravy Italian Veggies Tossed Salad Blonde Brownie</p>	<p>8 Pork Stew Butternut Squash Cornbread Confetti Coleslaw Red Peach Jello Granola Bar</p>	<p>9 Teriyaki Chicken Brown Rice Corn Spring Salad Pineapple Graham Crackers</p>	<p>10 Beef Hot Dog Wheat Bun Baked Beans Peas &amp; Carrots Potato Salad Raisin Bar</p>	<p>11 Vegetable Lasagna Oregon Bean Medley Garlic Breadstick Waldorf Fruit Salad PB Cookie</p>
<p>*NO SUNDAY MEAL CURBSIDE!* Please enjoy your Sunday Meal with us in the dining room!</p>	<p>14 Cheeseburger Wheat Bun Lett/Tom/Onion Potato Wedges Italian Veggies Mandarin Oranges</p>	<p>15 Grilled Chicken Nicoise Salad Chickpea Salad Sunflower Bread Cherry Cobbler</p>	<p>16 Shrimp Alfredo Linguine Noodles Scandinavian Veggies Garlic Bread Garden Salad Oat Raisin Cookie</p>	<p>17 Corned Beef Cabbage Red Potatoes Wheat Roll Spoon Salad Vanilla Cake</p>	<p>18 PB &amp; J on Wheat Corn Chips Cucumber Slices Fruit Yogurt &amp; Granola Strawberries Pound Cake</p>
<p>20 Pork Roast/Gravy Mashed Potatoes Rosemary Carrots Tossed Salad Wheat Bread Apple Pear Crisp</p>	<p>21 Hawaiian Chicken Sweet Potatoes Key Largo Veggies Garden Salad Wheat Roll Macaroon</p>	<p>22 Liver n Onions OR Porcupine Meatball Scalloped Potatoes Capri Veggies Roll, Coleslaw Scone</p>	<p>23 Meatloaf Mashed Potato/Gravy Harvard Beets Tomato Wedge, Roll Marshmallow Fruit Cup w/Nilla Wafers</p>	<p>24 Grilled Chicken Tomato/Spinach Pasta Green Beans Roll Marinated Veggies Choc Pudding/Topping</p>	<p>25 Hamburger Steak Baked Potato/Gravy Broccoli/Cheese Sauce Salad, Banana Sugar Cookie Birthday Cake</p>
<p>Menu subject to change without notice.</p>	<p>28 Bratwurst Roasted Potatoes Sauerkraut Wheat Bread Apple Choc Chip Cookie</p>	<p>29 Baked Cod Wild Rice Pilaf Asparagus Wheat Roll Straw Spinach Salad Tropical Fruit Salad</p>	<p>30 Turkey Roast Mashed Potato/Gravy Zucchini &amp; Tomatoes Garden Salad Rye Bread Blueberry Muffin</p>	<p>31 Spaghetti Meatsauce Garlic Breadstick Oregon Bean Blend Caesar Salad Gelatin w/Peaches</p>	

# MARCH MONTHLY ACTIVITIES

**Bingo:** Wednesday and Thursday 12:30PM-1:00PM

**Bingocise:** Wednesday and Thursday 1:00PM \*starting March 9th\*  
\*Evidence based 10 week program that combines a bingo-like game with exercise & health education.

**Bridge:** Tuesday and Thursday 12:00PM-4:00PM

**Chair Massage w/Meghan:** Friday March 4th-9:30AM-11:30AM  
Friday March 18th-9:30AM-11:30AM

**Computer Class w/Shelly:** Every Thursday 9:30AM-10:30AM

**Creative Crafters:** Tuesday and Thursday 9:00AM-11:00AM

**Dominoes (Mexican Train):** Every Monday 1:00PM

**Entertainment w/Hope:** Every Thursday 12:00PM

**Entertainment w/Carol Tyndall:** First Friday 12:00PM

**Entertainment w/Carol Wagner:** Third Friday 12:00PM

**Entertainment w/Silver Nickel Band:** Second Friday 12:00PM

**Entertainment w/Tim Ward Band:** Last Friday (Birthday Friday) 12:00PM

**Exercise Class:** Monday and Wednesday 11:00AM-11:30AM

**Exercise w/Phil:** on hold

**GetSetUp (online classes):** Tuesday and Thursday 9:00AM-9:45AM

\*Look for class announcements and scheduling in the dining room.  
Need more info? Ask Jeanette.

**Hand & Foot:** Friday 9:00AM

**Hand & Foot(short):** Tuesday 12:30PM-3:30PM

**Newcomers Game Day:** Last Tuesday 11:30AM-4:00PM

**Quilt Guild:** Fourth Monday 5:30PM-7:30PM

**Strength Classes:** Every Wednesday 9:00AM at Wyoming Sport & Fitness  
Bus leaves the Center at 8:45AM

**Tai-Chi:** on hold

**Yoga w/Amy for Junior Seniors:** Monday, Wednesday, Friday 1:00PM

### REMINDER:

**Deadline for changes/additions to April's newsletter:  
Friday, March 18th**