

CODY SENIOR CENTER

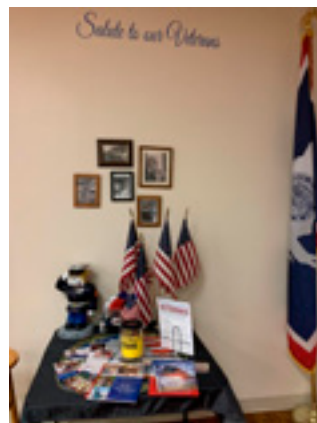
613 16th Street
Cody, WY 82414
307-587-6221

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

Senior Speak

We Want to Interview YOU
for the Newsletter

Do you think you are just a regular guy or gal? Think again! You would be surprised at how interesting your stories really are! Please contact Kathy at 307-587-6221 to share a few of these stories for our "Senior Speak" article.



Okay,
we're up
to 5
Veteran's
photos!

VETERANS WALL CONTEST

The Cody Senior Center has committed a wall in our dining area to Salute our Veterans and the sacrifices they've made for our country. We have received three photos, and are looking forward to getting more. Turn in a picture of yourself in uniform during your service years, and when we have collected enough, we will have our members guess who each picture is. The member with the most correct guesses will receive a \$25.00 gift card to QT's restaurant. Ties for the most correct guesses will go into a drawing for the gift card.



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.



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

25¢
Suggested
Donation

August 2021 CODY SENIOR CENTER

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

Our Mission Statement:
To make a positive impact in our seniors lives by providing supportive services, transportation, meals and social services.

In This Issue:

- Happy Birthdays
- Thank You Contributors
- Dollar of the Month
- Game Page
- Board/Staff Members
- Thinking of the Families
- Menu
- Activities
- Letter From the Director
- Advertisements



Happy Birthday
TO EVERYONE IN AUGUST!



Jeanne Orkney ~ Lee Ballinger ~ Jerald Kinkade ~ David Saunders ~ Mary Paul
Gloria Imburgia ~ Bonnetia Clingman ~ Donna Navarrete ~ Agnes Zuniga
Irene Castro ~ David Showell ~ Timothy Ward ~ Sharon Kammeyer ~ Karey Henrichs
Jill Hanson ~ Mary Hilger ~ Judy Baggs ~ John Butler ~ Robert Posey ~ Roger Nevrel
Theresa Biron ~ Hope Sheets ~ Sarah Oelschlager ~ Amelia Ashley
Donald Livingston ~ Robert Carney ~ Linda Mardinez ~ Lorna Maples

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

Thank You
AUGUST CONTRIBUTORS



Donna Osen
Elrose Prokopec
Karen Nelson
Ruby Lee
Debbie Trail
Lynn Wheatley
Mitzi Sheffield
Jack Atkins
Maverik
Glen & Deanna Self
Leo & Delores Tlatteter
Carol Wagner



The next
Board Meeting
will be held
August 25th at
1:00PM

DOLLAR OF THE MONTH CLUB

Bonnie Kesterson, Donna Osen, Kathryn Pate, George Herman, Evelyn Herman,
Faye Livingston, Judy Peters, Dixie Barnhart, Bob Fontaine, Marie Fontaine,
Terry Hinkle, Don Pirrie, Alice Gall, Mary Schock, Jo Luper, Denise Arthur, Ian Arthur,
Judy Peters, Rosalie Christie, Barbara Gast, Carol Tyndall, John DeMeglio
Margot Wilkinson



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

CLINGMAN CBD

ClingmanCBD.mywanae.com



LIFE CHANGING
HEALTH BENEFITS
OF CBD FOR SENIORS!

CBD Combats Addiction

Studies have shown that CBD not only
alleviates conditions NATURALLY that often
involve harmful medications, it can help
compact the dependency and damage that
was developed from that medication

Contact your local Wanae Influencer
Vicki Clingman at 307-578-7196
Facebook: Clingman CBD
for more information about Wanae CBD

Willow Creek
ElderCare Communities



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.



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

THRIFT BARN @ CODY SENIOR CENTER

PART-TIME HELP WANTED



The Thrift Barn has an opening for a part time sales clerk. Must be able to do heavy lifting and work Saturdays and Mondays. Stop by the store to pick up an application.

WE NEED YOU

Seeking volunteers to deliver meals to seniors, serve at curbside pickup, help in the kitchen, become a phone pal, and assist our Thrift Barn staff. For more information, please contact Kathy at 307-587-6221.

FUN & GAMES



"Ooo, I just felt the good cholesterol kick the bad cholesterol."

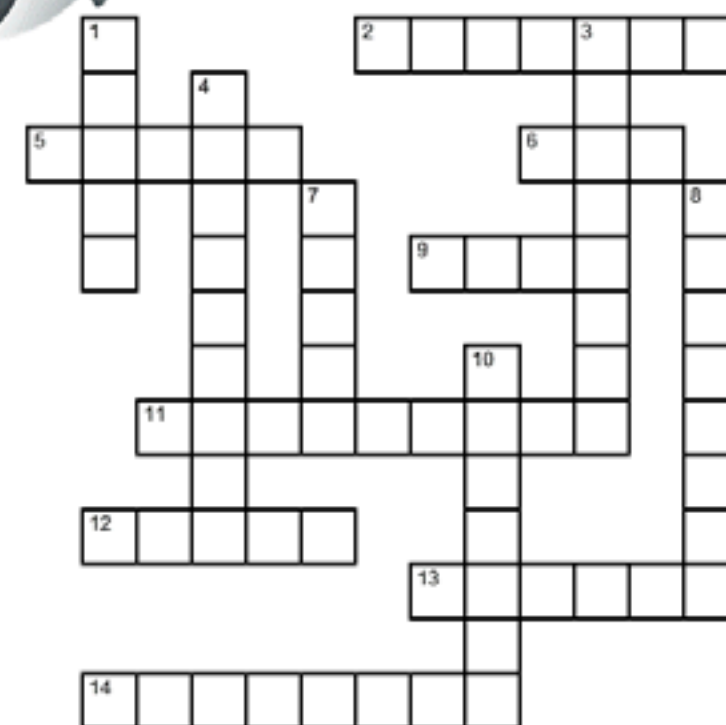
JULY BRIDGE WINNERS



- 7/6: 1st- Kim Garrison
2nd- Susie Cram
3rd- Katie Brass
- 7/8: 1st- Fran Pierangeli
2nd- Phyllis Lenik
- 7/13: 1st- Susie Cram
2nd- Ken McLeod
3rd- Phyllis Lenik
- 7/15: 1st- Marilyn Spicer
2nd- Katie Brass
- 7/20: 1st- Ken McLeod
2nd- Marilyn Spicer
3rd- Katie Brass
- 7/22: 1st- Katie Brass
2nd- Ken McLeod
- 7/29: 1st- Kim Garrison
2nd- Katie Brass



Ocean Animals



ACROSS

2. fat layer that keeps some marine mammals warm
5. fish use these to breathe oxygen from the water
6. name for a group of whales
9. ocean dwellers that lay eggs and have bones
11. what a shark has instead of bones
12. a shark has several rows of these
13. what younger whales are called
14. marine animals with soft bodies and no backbone

DOWN

1. small creatures that look like shrimp
3. how a whale or dolphin breathes
4. largest animal in the world
7. bioluminescent animals make their own
8. clams, oysters and scallops are all ...
10. ocean dwellers that birth live babies and nurse their young

© puzzles-to-print.com

What do sheep wear to the beach?
A baakini.



RD



"It's a pacemaker for your heart. Plus, you can download apps for your liver, kidneys, lungs, and pancreas!"

ADVERTISE WITH US!

All proceeds from paid advertisements printed in our newsletter go to support the

CODY SENIOR CENTER

For more information, please call 307-587-6221.

☆ NEWSLETTER AD PRICING ☆

Ad Size	Monthly Black & White Cost	Monthly Color Cost (Space Limited)	Ad Size Measurements Width x Length
1/8 Page	\$8.00	Not Available	4"x2.5"
1/4 Page	\$12.00	\$19.50	4"x5.25" or 8"x2.5"
Special Event Only Full Page Insert	\$75.00	\$125.00	8"x10.5'

Price includes ad placement only, and does not include ad creation/typeset fees.

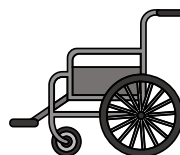
Receive 20% Off for a 1-year advertising subscription when paid in full.
Receive 10% Off for a 6-month advertising subscription when paid in full.



Pick up or return **medical equipment ONLY** between the hours of 9am to 11am and 1pm and 3pm

Have questions?

Give us a call!
307-587-6221

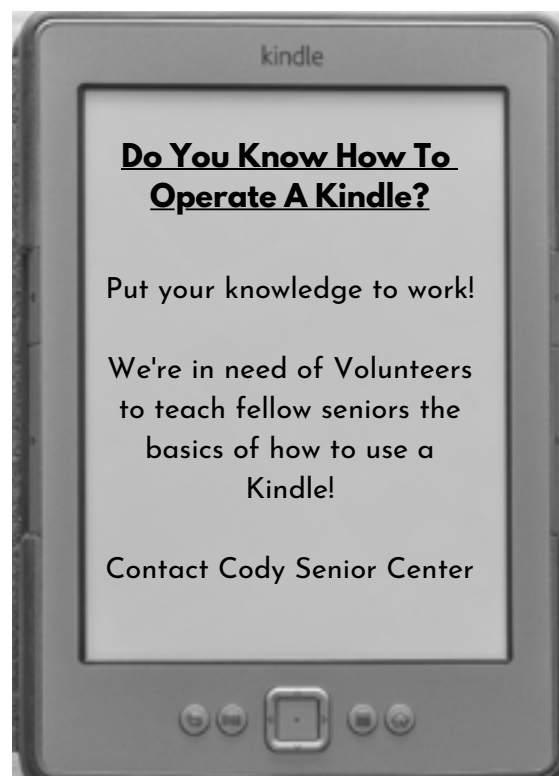


Do You Know How To Operate A Kindle?

Put your knowledge to work!

We're in need of Volunteers to teach fellow seniors the basics of how to use a Kindle!

Contact Cody Senior Center



Board of Directors

Katie Brass.....President/Secretary
 Marilyn Spicer.....Vice President/Secretary
 Karole Anshutz.....Treasurer
 Donna Osen.....Member at Large
 Jan Jones.....Member at Large
 Kim Garrison.....Member at Large

Staff/Extensions

Director/StatisticianLeah Renaud
 Assistant Statistician/Newsletter/MediaKayla Strid
 Outreach, Activities &
 Volunteer CoordinatorKathy Glass
 Transportation SupervisorJim Krubeck
 Dispatch & Reception.....Tiffany Kidd
 Thrift Barn Manager #578-8500.....Lois Brown
 Kitchen ManagerKiyomi Wallerich

Jean Crutchfield, Board Member at Large is temporarily stepping down from the board, due to unforeseen circumstances.



Hours

8:00 am to 3:00 pm
 Monday through Saturday

Donation Times

8:00 am - 12:00 pm
 Monday & Saturday

\$750.00 fine for dumping after hours.

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



The Newcomers Club meets monthly on the last Tuesday to play a variety of games. Hours of games and laughter are found here! July's game of choice was UNO!



Join them today!

Thank You

MARILYN SPICER
 &
 JAN JONES

FOR GIVING NEW LIFE
 TO OUR LIBRARY CORNER!



Cody Senior Center Wi-Fi

Sign in with "GuestConnect" username



Check terms and conditions box
 No password needed

If you have me, you will want to share me. If you share me, you will no longer have me. What am I?

Answer: A secret

Suggestion Box

Do you have a suggestion or comment? Let us know via the beautiful boxes in the front lobby and dining room!



CHANGING LIVES ONE EAR AT A TIME.




Margaret Lohman
 Licensed Hearing Specialist
 State of WY License #181

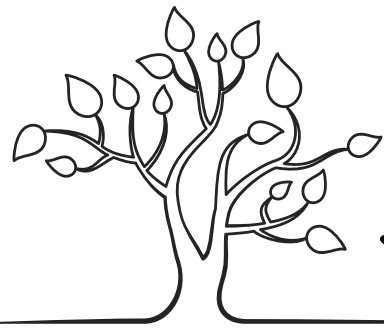
Demo the latest technology in hearing aids and try them for a week!

Hearing Devices • Hearing Tests



For Appointments Call:
307-586-7274
codyhearingaidcenter.com
30-Day Money Back Guarantee

© 2014 Cody Hearing Aid Center, LLC



A Letter From The Director

Dear Cody Senior Center Members,

Firstly, I would like to thank you all for your understanding while my vocal cords rested. I would also like to recognize each and every one of you. You; who have been supportive as we shift, yet again, in directorship as well as so many recent changes. It is your support and attendance that keeps us going each day. We really are here for you and are grateful to see you all here for us too!

Please take a moment to notice that we now have two (2) beautifully painted wooden boxes for your suggestions. Please write down any well thought out suggestion, complaint, or compliment you would like us to know about. Please sign these notes to us. It helps us to realize the validity of your words when we can see that they are actually coming from our members. (Thank you, Creative Crafters, for making these boxes look so nice, as well as Lynn Thomas for putting the card drop openings in them.)

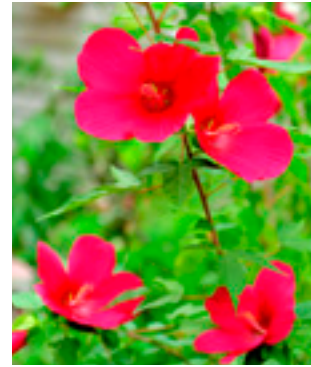
As this fiscal year draws to a close, the Department of Health is looking at ending our COVID19 programs. If this happens (In September) What it means to you is that we will no longer be able to offer curbside meals or COVID19 home delivered meals. Members who are not homebound will need to begin to re-enter our dining room to enjoy our congregate meals. We really do miss your faces and there is plenty of room at our tables for you here!

Those of you who feel that you are now homebound and need to transition to our traditional Rolling Meals program must call Kathy and make an appointment with her for an in-home assessment. There are many of you who have chosen to receive home delivered meals during this scary time. Please don't wait until the last minute to make this decision. Poor Kathy has lots of responsibilities and can only assess a few of you each week! If we are told to stop serving these meals, this notice might be the best warning you had before we simply have to drop you from our home delivered meal list.

Change is growth and the best resource for an active mind and productive life. We sure have this in abundance at the Cody Senior Center!



Leah Renaud



Thinking of the Families of:

Charlotte Stevens Edith Vehnekamp
Laura Long Gloria McCumber Buerma Lynam
Jo Gordon Elmer Ypparila Clara Cobourn
Edith Davidson



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)

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

August 2021

MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1 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.	2 Cheeseburger Wheat Bun Lett/Tom/Onio/Pick Tater Tots Key Largo Vegetables Nilla Wafer Parfait	3 Cheese Ravioli Marinara Sauce Cauliflower Garlic Breadstick Garden Salad Strawberry Shortcake	4 Chicken Fried Steak Mashed Potato/Gravy Crinkle Cut Carrots Wheat Roll, Applesauce Graham Crackers	5 Ham & Pasta Salad on Bed of Lettuce Tomato Wedges Pear Lime Gelatin Bran Muffin	6 Taco Casserole Mexicorn Pinto Beans Lettuce Tomato Salad Peanut Butter Cookie
SUGGESTED CONTRIBUTION \$4.00 PER MEAL	9 Sloppy Joes Ranch Potatoes Green Beans Tossed Salad Orange Wedges Ginger Snaps	10 Parmesan Crust Cod Orzo Zucchini, Wheat Roll Pickled Beets Peach Crisp	11 Meatloaf Mashed Potato/Gravy Pacific Veggies Roll Bean Salad Granola Bar	12 Creamed Turkey Brown Rice Broccoli Wheat Roll Tomato Cucc Salad Fluffy Fruit Salad	13 Chicken Parmigiana Pasta W/Marinara Garlic Breadstick Tossed Salad Fruity Jello, Banana
15 Roast Pork Mashed Potato/Gravy Asparagus Garden Salad Peanut Butter Cookie	16 Baked Chicken Wild Rice Pilaf Scandinavian Veggies Butter Bean Salad Wheat Roll Apricots	17 Meat/Veggie Pizza Mozzarella Sticks Corn Salad Carrot Raisin Salad Caesar Salad Magic Cookie Bar	18 Beef Lo Mein Snap Pea Blend Broccoli Asian Spring Salad Plums w/Topping Fortune Cookie	19 Swedish Meatballs Mashed Potato/Gravy Bacon Green Beans Roll, Beets & Onions Rhubarb Berry Crisp	20 Ham AuGratin Potatoes Buttered Spinach Wheat Roll Tossed Salad Rice Krispie Treat
Suggested Contribution \$4.00 Per Meal	23 Frito Chili Pie Cornbread Country Blend Veggies Tossed Salad Melon Cup	24 Tuna Salad Wheat Bread German Coleslaw 3 Bean Salad Apple Cheesecake	25 Roast Turkey Dressing/Gravy Peas & Pearl Onions Wheat Roll Garden Salad Grapes	26 Chicken Fried Steak Mashed Potato/Gravy California Veggies Tossed Salad, Roll Fruit Cobbler	27 Oven Fried Chicken Potato Casserole Normandy Blend Pickled Beets Snickerdoodle Birthday Cake
Menu subject to change without notice.	30 BBQ Riblet Wheat Bun Baked Beans Peas & Carrots Macaroni Salad Apple Fritter	31 Meatloaf Mashed Potato/Gravy Broccoli/Cauliflower Wheat Roll Spring Salad Choc Chip Cookie			

AUGUST ACTIVITIES

Monday August 2nd-

Exercise w/Phil: 11:00AM-11:30AM
Relaxing Chair Yoga w/Amy: 1:00PM-2:00PM

Tuesday August 3rd-

Creative Crafters: 9:00AM-11:00AM
Tai Chi @ Hugh Smith Park: 9:30AM-10:30AM
Bridge: 12:30PM-4:00PM

Wednesday August 4th-

Exercise w/Phil: 11:00AM-11:30AM
Bingo: 12:30PM-1:00PM
Relaxing Chair Yoga w/Amy: 1:00PM-2:00PM

Thursday August 5th-

Creative Crafters: 9:00AM-11:00AM
Tai Chi @ Hugh Smith Park: 9:30AM-10:30AM
Entertainment w/Hope: 12:00PM
Bingo: 12:30PM-1:00PM
Bridge: 12:30PM-4:00PM

Friday August 6th-

Hand and Foot: 9:00AM
Entertainment w/Edie Sawtelle: 12:00PM
Relaxing Chair Yoga w/Amy: 1:00PM-2:00PM

Monday August 9th-

Round Table Health Talk: Vitamins/Minerals-10:30
Exercise w/Phil: 11:00AM-11:30AM
Relaxing Chair Yoga w/Amy: 1:00PM-2:00PM

Tuesday August 10th-

Creative Crafters: 9:00AM-11:00AM
Tai Chi @ Hugh Smith Park: 9:30AM-10:30AM
Bridge: 12:30PM-4:00PM

Wednesday August 11th-

Exercise w/Phil: 11:00AM-11:30AM
Bingo: 12:30PM-1:00PM
Relaxing Chair Yoga w/Amy: 1:00PM-2:00PM

Thursday August 12th-

Creative Crafters: 9:00AM-11:00AM
Tai Chi @ Hugh Smith Park: 9:30AM-10:30AM
Entertainment w/Hope: 12:00PM
Bingo: 12:30PM-1:00PM
Bridge: 12:30PM-4:00PM

Friday August 13th-

Hand and Foot: 9:00AM
Chair Massage w/Meghan: 9:30AM-11:30AM
Entertainment w/Carol Wagner: 12:00PM
Relaxing Chair Yoga w/Amy: 1:00PM-2:00PM

Monday August 16th-

Exercise w/Phil: 11:00AM-11:30AM
Relaxing Chair Yoga w/Amy: 1:00PM-2:00PM

Tuesday August 17th-

Creative Crafters: 9:00AM-11:00AM
Tai Chi @ Hugh Smith Park: 9:30AM-10:30AM
Bridge: 12:30PM-4:00PM

Wednesday August 18-

Exercise w/Phil: 11:00AM-11:30AM
Bingo: 12:30PM-1:00PM
Relaxing Chair Yoga w/Amy: 1:00PM-2:00PM

Thursday August 19th-

Creative Crafters: 9:00AM-11:00AM
Tai Chi @ Hugh Smith Park: 9:30AM-10:30AM
Entertainment w/Hope: 12:00PM
Bingo: 12:30PM-1:00PM
Bridge: 12:30PM-4:00PM

Friday August 20th-

Hand and Foot: 9:00AM
Relaxing Chair Yoga w/Amy: 1:00PM-2:00PM

Monday August 23rd-

Round Table Health Talk: Home Safety-10:30A
Exercise w/Phil: 11:00AM-11:30AM

Tuesday August 24th-

Creative Crafters: 9:00AM-11:00AM
Tai Chi @ Hugh Smith Park: 9:30AM-10:30AM
Bridge: 12:30PM-4:00PM

Wednesday August 25th-

Exercise w/Phil: 11:00AM-11:30AM
Bingo: 12:30PM-1:00PM
Relaxing Chair Yoga w/Amy: 1:00PM-2:00PM

Thursday August 26th-

Creative Crafters: 9:00AM-11:00AM
Tai Chi @ Hugh Smith Park: 9:30AM-10:30AM
Entertainment w/Hope: 12:00PM
Bingo: 12:30PM-1:00PM
Bridge: 12:30PM-4:00PM

BirthDay Friday August 27th-

Hand and Foot: 9:00AM
Entertainment w/Tim Ward: 12:00PM
Relaxing Chair Yoga w/Amy: 1:00PM-2:00PM

Monday August 30th-

Exercise w/Phil: 11:00AM-11:30AM

Tuesday August 31st-

Creative Crafters: 9:00AM-11:00AM
Tai Chi @ Hugh Smith Park: 9:30AM-10:30AM
Newcomers Game Day: 11:30AM-4:00PM
Bridge: 12:30PM-4:00PM