

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**



**FEBRUARY
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.



THANK YOU
TO ALL WHO PARTICIPATED
LAST MONTH IN OUR
**PLATT
ASSESSMENT**

PLEASE STAY TUNED THIS MONTH FOR
INFORMATION REGARDING RESULTS,
OTHER CLASSES AND PERSONAL TRAINING!



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.

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Cowtown Candy Company
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307-587-8212 www.cowtowncandy.com

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**Do you take a
Prescription
Medication?**

• Did you know that CBD addresses
over 50 diseases naturally with no
adverse side effects?

Big Pharma:
Toxic Side Effects

-VS-

CBD:
Safe, Natural, Non Toxic

**If you take a prescription
Medication, you owe it to
yourself to try CBD**

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Cannabidiol Oil, consistently

Contact your local Wanae Influencer
Vicki Clingman at 307-578-7196
Facebook: Clingman 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
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Companionship
Skilled Nurses for Medication Management

Serving the Big Horn Basin for 20+ Years

307-587-4601



Published in January's Newsletter, is a
photo of Maryann and Dave, (whom was
mistakenly captioned as "Jim")

*While we strive to create a fun,
interactive, informative and accurate
newsletter each month, mistakes do
happen... I would like to take a moment
to apologize for them all, and thank you
for your understanding. If you see an
inaccuracy or have suggestions for future
newsletters, please, let us know.*



Happy Birthday

TO EVERYONE IN FEBRUARY!



James Bolton ~ Doris Kyffin ~ Rebecca Moore ~ William Emmons ~ Mark Levin
Donald Messer ~ Kathy Pate ~ Opal McGuffey ~ Patsy Tarbett ~ Joan Eagler
Paul Pearson ~ Elizabeth Murray ~ Jim Knox ~ Linda Bartlett ~ Gary Kelly
Wendy Clappis ~ Joseph Ermer ~ Douglas Betts ~ Rodney Mason
Norma Wheeler ~ Sharon Kaliman ~ Elizabeth LaFramboise ~ Claudia Eichhorn
Linda Nolan ~ Joanna Luper ~ Bonnie Kesterson ~ Jackie Platt
Margaret Hutchinson ~ David Corbett ~ Virginia Mees ~ Judy Fernau
Jed Simoneau ~ Joleen Kohles ~ James Evans

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

Thank You JANUARY CONTRIBUTORS



Donna Osen
Elrose Prokopec
Karen Nelson
Kay Gorg
Yankee Carwash
Shila Willson



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



FUN & GAMES



Candle Light
Cards
Chocolate
Cupid
Date
Dinner
First Kiss
Memories
Movie
Pink
Poem
Proposal
Red
Romance
Roses
St. Valentine
Sweetarts
Teddy Bear
True Love

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

JANUARY BRIDGE WINNERS

1/4: 1st- Kim Garrison
2nd- Rita Borders
1/11: 1st- Kim Garrison
2nd- Katie Brass
1/13: 1st- Betty Reddock
2nd- Kim Garrison
3rd- Katie Brass
1/18: 1st- Fran Pierangeli
2nd- Marilyn Spicer
1/25: 1st- Patty Statton
2nd- Rita Borders
3rd- Fran Pierangeli
1/27: 1st- Kim Garrison
1st- Rita Borders
3rd- Fran Pierangeli



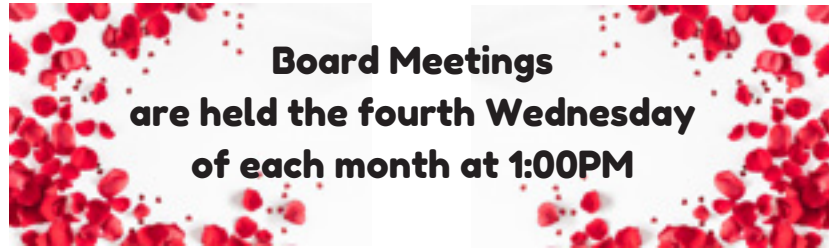
Blackout Winners

01/05: Terry Livermore
Joseph Costanza
01/06: Lynn Wheatley
01/19: Lynn Wheatley
01/20: Mimi Renaud
01/26: Lynn Wheatley
01/27: Paula Crawford



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



Staff/Extensions

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



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



Q. Why do skunks love Valentine's Day?
 A. Because they're scent-imental creatures!



Thinking of the Families of:



Catherine Harris-Walker Winnie Compton
Wyoma Pearson Linda Ellis John Case Marilyn Meyer



CHANGING LIVES ONE EAR AT A TIME.



Margaret Lohman
 Licensed Hearing Specialist
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WWW.307DOORTECH.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

Staff Speak

Leah Renaud is the Executive Director of the Cody Senior Center.

You may be wondering, what exactly does that entail? You've probably seen Leah around the center, answering questions, listening to the center's members and staff and being the ultimate problem solver.

We asked Leah to describe her position at Cody Senior Center, and this is what she said: "I am the central figure in a highly skilled and personable network of people who work together to maintain the quality of service our seniors deserve." Leah also attends lots of meetings, completes a myriad of monthly reports, and writes for our grants.

Her favorite part of the job is simply having the opportunity to get to know and love so many seniors.

Leah started working at the Cody Senior Center in May of 2017 as the Rolling Meals Coordinator, part time. Once she completed the contract for her second job in the school district, she requested and was allowed to move to a full time position. She became something of an odd jobs person, doing everything from creating the monthly newsletter to assessing Rolling Meals recipients to cleaning random closets, Leah decided to leave her employment at the Center in spring of 2019 only to re-appear as the Statistician/Assistant Director in November of that same year.

When Leah is not at work, she finds great joy in hiking, rock hounding, thrift store and yard sale shopping and road trips.

Leah was born in Anne Arundle County, Maryland, but whenever her dad had a little time off from work, he would load his family up and off to see America they would go! Being an Anne Arundle County Police Officer, her father was all too familiar with the trouble kids could get themselves into, and he wanted his children to be brought up in a safer world. When they discovered Wyoming on one of their cross-country trips, her parents knew that this beautiful area was the perfect place to raise their family. In November of 1974 Leah and her family, including her grandmother and a family friend, loaded up their Dodge Van and moved here like proper pioneers.

During the trip they stopped by a gas station on the east side of the Big Horns to inquire about the road conditions of the North Pass. Such greenhorns they were!

They thought that "they are fixin' to close it soon" meant 'you better hurry through'.

Not long into the pass their vehicle began to fish-tail. They pulled over, having no idea what was happening to cause the trouble. Her father hopped out to investigate: only to have his feet come right out from under him! This was the family's first encounter with black ice. The Renauds survived to become founding members of the Yellowstone Mountain Men. You may have seen Leah as a child or teen along the parade route with this group.

These days, her parents are divorced, but both are members of the Cody Senior Center.

Leah graduated Cody High School in 1985 and college in 2002. She has three children and two grandchildren. The ability to repeatedly get back up and maintain optimism and hope for the future is what Leah considers her best quality. For us, she has the ability to care about others and listen.

That's one reason why we love her here at the Cody Senior Center! Thank you, Leah!

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)

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)

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

February 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>SUGGESTED CONTRIBUTION \$4.00 PER MEAL</p>	<p>7] Chicken Parmigiana Spaghetti/Marinara Capri Blend Garlic Bread Spring Salad Apricots/Topping</p>	<p>1] Beef Stroganoff Egg Noodles Squash Medley Wheat Roll Garden Salad Sliced Peaches</p>	<p>2] Chicken Stuffed Peppers Twice Baked Potatoes Green Beans, Bread Cucumber Salad Granola Bar</p>	<p>3] Roast Pork/Gravy Brown Rice Carrots, Roll Tomato Wedges Cinnamon Apples/Topping</p>	<p>4] Swiss Steak Tomato Gravy Mashed Potatoes California Blend Roll, Tossed Salad Chocolate Chip Cookie</p>
	<p>14] Hot Roast Beef on Wheat, Mashed/Gravy Peas & Pearl Onions Salad, Oatmeal Raisin Cookie</p>	<p>8] Cheeseburger Wheat Bun French Fries Mixed Vegetables Lettuce/Tomato/Onion Rice Krispy Treat</p>	<p>9] Shrimp/Sausage Gumbo Rice, Corn Field Beans, Coleslaw Orange Wedges Sugar Cookie</p>	<p>10] Chicken Fried Steak Mashed/Gravy Bahama Blend Wheat Roll Garden Salad Fruit Strudel Bites</p>	<p>11] BBQ Meatballs Bun Potato Wedges Chef Cut Vegetables Cheese and Pea Salad PB Cookie</p>
	<p>20] Roast Turkey Mashed/Gravy Brussel Sprouts Wheat Rolls Cranberry Salad Lemon Meringue Pie</p>	<p>15] Chick, Bacon Ranch Wheat Bun Sweet Potato Wedges Lettuce/Tomato Applesauce Graham Crackers</p>	<p>16] Meatloaf Parslied Potatoes Carrots Roll Spinach Salad Cookie Bar</p>	<p>17] Ham & Noodle Casserole Winter Blend Garden Salad Cinnamon Raisin Bread, Banana</p>	<p>18] Beef Enchilada Spanish Rice Refried Beans Lettuce/Tomato Pineapple Brownies</p>
	<p>21] Salmon Piccata Herbed Pasta Roasted Green Beans Sourdough Roll Garden Salad Fruited Yogurt</p>	<p>22] Orange Chicken Fried Rice Stir Fry Vegetables Asian Coleslaw Ginger Cookie Melon Cup</p>	<p>23] Lasagna Mediterran. Veggies Garlic Breadstick Spinach Salad Fruited Gelatin Apple</p>	<p>24] Pork Chops w/Mushroom Gravy Mashed Potatoes Roll, Tossed Salad Chocolate Chip Cookie Fruit Juice</p>	<p>25] Creamed Chicken Brown Rice Peas & Carrots 3 Bean Salad Mandarin Oranges Birthday Cake</p>
<p>Menu subject to change without notice.</p>	<p>28] Tamale Pie Cilantro Rice Fiesta Vegetables Lett/Tom/Avocado Tropical Fruit Salad Mini Cinnamon Roll</p>				

FEBRUARY MONTHLY ACTIVITIES

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

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

Chair Massage w/Meghan: Friday February 4th-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/Tim Ward Band: Last Friday (Birthday Friday) 12:00PM

Exercisew/Phil: Monday and Wednesday 11:00AM-11:30AM

Hand &Foot: Friday 9:00AM

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

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

Platt (Balance) Assessment: TBA

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

Tai Chi-Beginners @ Library: Tuesday and Thursday 9:00AM-9:45AM

*Ride the bus from the Center to Tai-Chi and back again! Bus leaves at 8:30AM and returns after class

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.

“The man who says his wife can’t take a joke forgets that she took him.” —Oscar Wilde

“Love can change a person the way a parent can change a baby—awkwardly, and often with a great deal of mess.” —Lemony Snicket

“At my age, an affair of the heart is a bypass!” —Joan Rivers

“I TOLD MY WIFE A MAN IS LIKE WINE, HE GETS BETTER WITH AGE. SHE LOCKED ME IN THE CELLAR.” —RODNEY DANGERFIELD