



## The SENIOR PIONEER Monthly Newsletter • November 2022

### Center Information

#### Rawlins Senior Center

##### Corporate Office

545 15th St. (P.O. Box 111)

Rawlins, WY 82301

307-328-2863

ccssi@bresnan.net

Lisa Engstrom, Executive Director

#### Baggs Senior Center

340 Whippoorwill Dr. (P.O. Box 245)

Baggs, WY

307-383-7595

Kim Allen, Site Manager

#### Dixon Senior Center

408 Boxelder (P.O. Box 132)

Dixon, WY

307-383-7892

Kathleen Chase, Site Manager

#### Elk Mountain Senior Center

Bridge and Spruce (P.O. Box 51)

Elk Mountain, WY

307-348-7387

Tami Martinez, Site Manager

#### Sagebrush Senior Center

302 W. 4th (P.O. Box 293)

Encampment, WY

307-327-5937

Kim Loftice, Site Manager

#### Hanna Senior Center

1007 Trona Court (P.O. Box 503)

Hanna, WY

307-325-9232

Debbie Schasteen, Site Manager

#### Medicine Bow Senior Center

520 Utah Street (P.O. Box 204)

Medicine Bow, WY

307-379-2270

Lisa Bata, Site Manager

#### Saratoga Senior Center

214 Constitution (P.O. Box 651)

Saratoga, WY 82331

307-326-5564

Brenda Zeiger, Site Manager

### MISSION STATEMENT

*We endeavor to enhance the quality of life for eligible participants by providing services that will assist patrons in maintaining independent living.*

**November is National Family Caregivers Month!**  
National Family Caregiver month is dedicated to honoring and recognizing family caregivers across the country.

**Celebrating Family Caregivers enables all of us to:**

- Raise awareness of family caregiver issues**
- Celebrate the efforts of family caregivers**
- Educate family caregivers about self-identification**
- Increase support for family caregivers**

**There are lots of resources for caregivers to get support and information to help them. A great place to start is the Care-giver's support group which meets at the Rawlins Senior Center. This is a support group of current and former care-givers of people any age. Contact the Rawlins Senior Center for more information about this group.**

**Another great resource is [www.caregiveraction.org](http://www.caregiveraction.org).**

## Board of Directors

### Hanna:

Larry Benjamin  
P.O. Box 445  
Hanna, WY. 82327  
307-720-0003  
LDBenjamin@juno.com  
**Term Expires: 3/2025**

### Rawlins:

Gayle Shaw, **Vice President**  
825 11th St.  
Rawlins, WY. 82301  
307-321-5226  
gayles@bresnan.net  
**Term Expires: 3/2023**

### Dixon:

Barbara Moss, **Secretary**  
PO Box 63  
Savery, WY. 82332  
307-383-6388  
gbmoss63@dteworld.com  
**Term Expires: 4/2024**

### Encampment:

Helen Weiland  
P.O. Box 362  
Encampment, WY. 82325  
**Term Expires: 3/2024**

### Saratoga:

Leo Yocum  
PO Box 612  
Saratoga, WY. 82311  
307-329-8630  
yocum.leo@gmail.com  
**Term Expires: 4/2023**

### Rawlins:

Denise Ashline, **President**  
200 LaPaloma  
Rawlins, WY. 82301  
307-324-6355/307-321-4080  
badatata@msn.com  
**Term Expires: 3/2025**

### Medicine Bow:

Judith Wohl  
PO Box 4  
Medicine Bow, WY. 82329  
307-520-3004  
jtwohl@yahoo.com  
**Term Expires: 3/2025**

### Baggs:

Karen Buchanan  
PO Box 26  
Baggs, WY. 82321  
307-383-7738  
kbuchanan@dteworld.com  
**Term Expires: 3/2023**

### Elk Mountain:

Joyce Menke  
PO Box 72  
Elk Mountain, WY 82324  
307-348-7063  
joymenke@gmail.com  
**Term Expires: 3/2025**

### Director, Non Voting Ex Officio

Lisa Engstrom, **Executive Director**  
PO Box 111  
545 15th St.  
Rawlins, WY. 82301  
307-328-2863/Fax: 307-328-2864  
ccssi@bresnan.net

### COST OF MEALS

60 + Suggested Donation \$5.00  
(with a current assessment)  
Please call before 8:30AM to let the manager know you will be coming for lunch.  
Home delivered meals are available for eligible participants.  
Please contact your nearest center for more information.

### VOLUNTEERS

If you are interested in volunteering or would like more information;  
Please call the office at:  
307-328-2863

### DONATIONS

Carbon County Senior Services, Inc. is classified as a public charity under Internal Revenue Service Section 501 (C) (3).

### BUS SERVICE

#### RAWLINS/SINCLAIR

307-328-0320/307-324-6919  
Transportation Hours:  
**Monday - Friday 7:30AM - 2:30PM**  
Except for holidays

#### SARATOGA

307-326-5564  
Call the Saratoga Senior Center for information and schedules.

#### BAGGS/DIXON

THE VILLAGE BUS  
307-380-8338  
Call to schedule your transportation needs

*Carbon County Senior Services is a non-profit organization that is funded by federal & state grants, along with grants from Carbon County & the City of Rawlins. Contributions are also received from several towns throughout Carbon County, local businesses, as well as many individuals and memorial funds.*

*Carbon County Senior Services could not thrive without these grants and donations. Thank you to all who donate!*

# November Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Recommended Serving Sizes</u>                      3 oz. meat                      ½ cup of vegetables                      ½ cup of fruit                      2 servings of bread or complex carbohydrate                      1 cup of 2% milk</p>	<p>1  <b>Chicken &amp; Dumplings</b>  <b>Spinach-Mushroom Salad</b>  <b>Beets</b>  <b>Wheat Bread</b>  <b>Cherries</b>  <b>Milk</b></p>	<p>2  <b>Roast Beef</b>  <b>Mashed Potatoes/Gravy</b>  <b>Marinated Carrots</b>  <b>Brussels Sprouts</b>  <b>Wheat Roll</b>  <b>Pineapple Tidbits</b>  <b>Milk</b></p>	<p>3  <b>Beef Stew</b>  <b>Tossed Salad w/ Garbanzo Beans</b>  <b>Cheese/Onion Roll</b>  <b>Strawberries</b>  <b>Milk</b></p>	<p>4  <b>Sloppy Jo</b>  <b>Tater tots</b>  <b>Mixed Green Salad</b>  <b>Broccoli</b>  <b>Purple Plums</b>  <b>Brownie</b>  <b>Milk</b></p>
<p>7  <b>Egg &amp; Sausage Bake w/ Hash Browns</b>  <b>Strawberry Yogurt Parfait</b>  <b>Bananas &amp; Mandarin Oranges</b>  <b>V8</b>  <b>Milk</b></p>	<p>8  <b>Oven Chicken</b>  <b>Garlic Mashed Potatoes/Gravy</b>  <b>Spring Salad</b>  <b>Zucchini</b>  <b>Wheat Roll</b>  <b>Apricots</b>  <b>Milk</b></p>	<p>9  <b>Spaghetti/Meat Sauce</b>  <b>Tossed Salad</b>  <b>Asparagus</b>  <b>Garlic Bread</b>  <b>Pineapple Whip</b>  <b>Milk</b></p>	<p>10  <b>Baked Ham w/Raisin Sauce</b>  <b>Sweet Potatoes</b>  <b>Green Beans</b>  <b>Tossed Salad</b>  <b>Wheat Roll</b>  <b>Apple Crisp</b>  <b>Ice Cream</b>  <b>Milk</b></p>	<p>11  <b>Tuna Salad Sandwich</b>  <b>Vegetable Soup</b>  <b>Pearl Onions, Peas, Carrots</b>  <b>Strawberries &amp; Bananas</b>  <b>Pickle Spear</b>  <b>Milk</b></p>
<p>14  <b>Chicken Alfredo Noodles</b>  <b>Mixed Green Salad</b>  <b>Squash Blend</b>  <b>French Bread</b>  <b>Cherries</b>  <b>Milk</b></p>	<p>15  <b>Chili</b>  <b>Cheese/Onions</b>  <b>Spinach Salad w/Strawberries</b>  <b>Broccoli</b>  <b>Cornbread</b>  <b>Mandarin Oranges</b>  <b>Milk</b></p>	<p>16  <b>Salisbury Steak</b>  <b>Baked Potato</b>  <b>Garden Veggie Salad</b>  <b>Spinach</b>  <b>Wheat Bread</b>  <b>Pears</b>  <b>Milk</b></p>	<p>17  <b>Sweet/Sour Pork</b>  <b>Steamed Rice</b>  <b>Stir Fry Vegetable</b>  <b>Egg Roll</b>  <b>Peaches</b>  <b>Milk</b></p>	<p>18  <b>Turkey Stuffing</b>  <b>Mash. Pot./gravy</b>  <b>Green bean Casserole</b>  <b>Wheat Roll</b>  <b>Cranberry Sauce</b>  <b>Pumpkin Pie</b>  <b>Whipped Topping</b>  <b>Milk</b></p>
<p>21  <b>Beef Fajita</b>  <b>Tortilla</b>  <b>Steamed Rice</b>  <b>Broccoli</b>  <b>Cherries</b>  <b>Milk</b></p>	<p>22  <b>Goulash</b>  <b>Tossed Salad</b>  <b>Steamed Peas</b>  <b>French Bread</b>  <b>Banana/Pineapple Cup</b>  <b>Milk</b></p>	<p>23  <b>Beef Taco</b>  <b>Tomato, lettuce, cheese</b>  <b>Refried Beans</b>  <b>Asparagus</b>  <b>Cinnamon Apples</b>  <b>Milk</b></p>	<p>24  </p>	<p>25  <b>BBQ Riblet</b>  <b>Sweet Potato Wedges</b>  <b>Zucchini</b>  <b>Wheat Bread</b>  <b>Citrus Fruit</b>  <b>Milk</b></p>
<p>28  <b>Swedish Meatballs</b>  <b>Noodles</b>  <b>Spring Salad</b>  <b>Steamed Carrots</b>  <b>Wheat Roll</b>  <b>Ambrosia Salad</b>  <b>Milk</b></p>	<p>29  <b>Lasagna</b>  <b>Tossed Salad</b>  <b>Steamed Peas</b>  <b>Mandarin Oranges</b>  <b>Garlic Bread</b>  <b>Milk</b></p>	<p>30  <b>Meatloaf</b>  <b>Baked Potato</b>  <b>Colleens Harvest Salad</b>  <b>Brussels Sprouts</b>  <b>Wheat Roll</b>  <b>Fruit Cocktail</b>  <b>Milk</b></p>		<p><b>*Some centers may be closed November 25th*</b></p>



# 2,4,6,8 CLUB



Help the Rawlins Senior Center to thrive by offering a donation!

## 2,4,6,8 Club

### Rawlins Senior Center Fundraiser

Name: \_\_\_\_\_ Date: \_\_\_\_\_

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

Donation Amount (per year): \_\_\_\_\_ (circle one)

\$24      \$48      \$72      \$96      Other: \_\_\_\_\_

# Activity Calendar

## Rawlins

### Monday

Bunco 12:30pm

### Tuesday

Tai Chi 9:45am (pre-registration required)

Hand & Foot 12:45pm

Canasta 12:45pm

Pinochle 1:00pm

### Wednesday

Prayer Shawl 9:00am

Cribbage 12:45pm

Mahjong 12:45pm

### Thursday

Tai Chi 9:45am (pre-registration required)

### Friday

Craft 9:00am (2nd & 4th Friday)

(please call the center to reserve a space)

Coffee Group 10:00am

Ice Cream Social 12:45 (1st Friday)

Bingo 12:30pm

### Saturday

Breakfast 9:00am (2nd Saturday)

Game Day– after breakfast

## Hanna

### Wednesday

Coffee & Donuts 8:00am-9:30am

Game Night– 5:00pm

Health Check– 12:00pm

### Thursday

Crafts 1:00pm

Advisory Council Meeting 1:00pm (3rd Thursday)

### Thursday

Breakfast

## Medicine Bow

### Monday

Pinochle Club (1st & 3rd Monday)

Hand & Foot (1st & 3rd Monday)

### Wednesday

Guy's Coffee 8:30am

Crafts 9:00am

Wii bowling

Blood pressure checks 11:00am (1st Wednesday)

Advisory Board– second Wednesday of each month.

### Friday

Dominoes 6:00pm

### Saturday

Breakfast 8:30am (1st & 3rd Saturday)

Watch for our bake-sale in November!

## Saratoga

### Monday

Bridge 1:00pm

### Tuesday

Mahjong 1:00pm

### Wednesday

Cookies & Coffee 9:00am

Crafts 11:00am (1st & 3rd Wednesday)

### Thursday

Bridge 1:00pm

Monthly birthday party is the 3rd Friday of the month at 12:00pm.

# Activity Calendar

## Elk Mountain

## Encampment

Crafts are available to be done at the center. Please contact the Elk Mountain Senior Center for more information.

Treadmill & Wii are always available!

Morning Coffee Groups

Dominoes, cards, and a jigsaw puzzle are available daily.

### Thursday

Ladies quilting group after lunch.

Advisory council meets every 2nd Monday of the month.

## Dixon

## Baggs

## Birthdays

### Rawlins

Talli Schmidt  
Michael Reed  
Donna Cronk  
Art DePas  
Lisa Howell  
Angie Kinnaman  
Evelyne Ezell  
Mary Anne Keil  
Carol Alameda  
Frank Hellman  
Kathy Jordan  
Elaine Bleicher  
Shary Moore  
Sandy Rose  
Jerry Colson  
Shirley Davis  
Gary Keil  
Marilyn Bradford  
Ken Zeiger  
Sandy Chapman  
Christine Call  
Georgia Thomas  
Steve Howell  
Sarah Mondry  
Alice Garvin  
Roy Britt  
Mary Kay Cook  
Jet Li  
Mike Wyrick  
Ray Medina  
Kathi Gray  
Elizabeth Archuleta

### Saratoga

Dawna Erickson  
Gloria Rakness  
Tom Mansfield  
Georgia Schroer  
Barbara Hagan  
Jane Fluty  
Bev Hempel  
Eunice Parks

### Medicine Bow

Bonnie Culver  
Claude Seahorn  
Christene Shultz  
Tom French  
Larry Cook

### Baggs

No November birthdays

### Encampment

Terri Westover  
Steven Arthur  
Alice Stewart  
Patty Hobbs  
John Anderson  
Bob Thompson  
David Gray  
Shelia Remick  
Vernon Bauermeister  
Philip Myers  
Fred Lorenz  
Madeline Telfer

### Elk Mountain

Ellen Meyer  
Marvin Roggow

### Hanna

Chris Karns  
Tom Eves  
Dan Webster  
Dale Brawley  
Michael Freytag  
Butch Bateman

### Dixon

Bob Golden  
Patsy Jussila



*The Rawlins Senior Center  
celebrated Leora Shaw's 88th  
birthday in October!*





# SUDOKU

	1							
		4	2				5	1
				9	1			7
	9		4		3		2	
7				1	5		3	
	5		9		2	1	4	
4		2				6	8	
				8				5

Answer will be in next month's  
newsletter

6	3	4	9	5	8	2	1	7
1	7	9	2	6	3	5	8	4
5	8	2	7	1	4	9	3	6
4	9	8	3	7	1	6	5	2
7	6	1	5	8	2	3	4	9
2	5	3	4	9	6	1	7	8
8	2	7	1	3	9	4	6	5
9	1	5	6	4	7	8	2	3
3	4	6	8	2	5	7	9	1

October's Solution



BANK OF  
COMMERCE

*presents*

# SCAM SMART WORKSHOPS

Learn How to Protect Yourself and Your Family From Fraud

MONDAYS AT 10:30 AM AT THE  
RAWLINS SENIOR CENTER

located at 545 15th Street in Rawlins



October 17  
November 14  
December 12

*Crafters in Elk Mountain!*



*Crafters in Medicine Bow!*

JoAnne Bennett, Betty Faris, and Shirley Stoner

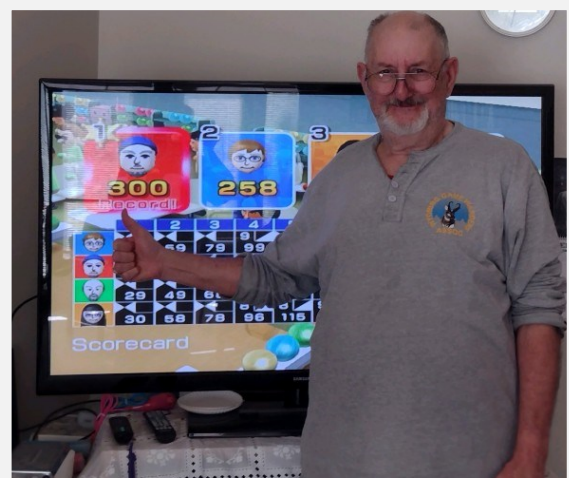




*Thank you to the Rawlins Senior Center  
Advisory Council for providing our  
summer BBQs!*



*Congratulations to Steve Barker  
(Rawlins) for bowling his first 300  
game in the Wii Bowling League!*





Name \_\_\_\_\_

# Thanksgiving Day

Fourth Thursday of November



AMERICA  
CANOE  
COLONY  
CORNUCOPIA  
ENGLAND  
FALL  
FAMILY  
FEAST  
FREEDOM

GRATITUDE  
HARVEST  
HOLIDAY  
INDIANS  
MAIZE  
MAYFLOWER  
MILES STANDISH  
NEWWORLD  
NOVEMBER

PILGRIMS  
PLYMOUTH  
PUMPKIN PIE  
PURITANS  
SQUASH  
STUFFING  
THANKSGIVING  
TURKEY  
YAMS

