Enchilada Sale Fundraiser Assembly Day

Rollin’ rollin’ rollin’
Though your hands are swollen
Keep them enchiladas rollin’, Raw-ECS-Pride!
Cook ‘em up, roll ‘em up
Box ‘em up, label ‘em up
Head ‘em up into the refrigerator, Raw-ECS-Pride!

Do not go gentle into that good night,
Old age should burn and rave at close of day;
Rage, rage against the dying of the light.

This is the first verse of a poem that troubled me for years. Coming to the Eppson Center for Seniors (ECS) has given me a new perspective: All of us should do as much as we can to postpone the “dying of the light.” That’s whether we’re men wise, good, wild, or grave—the subjects of the following verses—or women who aren’t mentioned at all in this 1947 work. Thomas says to rage and to fight.

The ECS exists to fight against the dying of the light. Its mission, providing lifelong support for independent living, enables people to fight against the dying of the light. Providing transportation, meals, activities, wellness programs, human contact—all that keeps the dark away.

It may not be a loud battle, or a strident rage, but it’s ongoing for all of us as we age. And it’s fundamental to our continued well-being and our dignity. It may be a good night when it comes, but let’s keep it at bay for as long we possible.

So, there are two actions you can take to help the ECS fulfill its mission and help you.

1. Sign in on My Senior Center (MSC) when you come in. The ECS receives $3.15 (from state and federal grants) as reimbursement for every meal the center serves to people over 60. That doesn’t cover the cost of each meal, but it helps. Sign in if you come for an activity. The state counts participation when considering funding levels for the next fiscal year. The more accurate the counts on MSC, the more the ECS receives the credit and the cash it deserves.

The new screen is easier to use—no fingernail taps required—and any staff member would be glad to help you use the program. You don’t have to sign in before eating if there’s a line. Sign in after you eat or sing or exercise. And if you just don’t want to ever use the program, ask a friend or a staff member to log in and record your hours for you. The first step is to get a scan tag attached to your name to make the check in process easier. Just ask Bonnie at the
Dollar A Month Club

Rain or shine, the Annual “Chicken in the Park” sponsored by the ECS Dollar A Month Club will be held Monday, August 19th, at 4:30 pm. The picnic will be held in the grassy area behind the First Christian Church at 1230 Garfield Avenue. If the weather is not comfortable to sit outside, the Fellowship Hall in the church will be used. The menu includes fried chicken, baked beans, potato salad, watermelon, and cookies. There will be musical entertainment during the meal and employees from First Interstate Bank will serve.

The cost of the picnic is $5.00. Tickets will be sold at the ECS Reception Desk beginning July 15th. The last day to buy tickets will be August 14th. It is a delicious meal and a very fun evening. Get your tickets early!

Transportation is available by calling the Transportation Department at the ECS. Please call to reserve your pick up by Friday, August 16th.

The picnic replaces the Monday night dinner at the ECS.

People continue to ask about the Dollar A Month Club. Every Monday evening, a DAMC member is available to answer questions and sign you up for the club.

The purpose of the club is to sponsor the “little extras” that are not covered by the ECS budget. This can include donations toward transportation services and computer hardware and putting on special events such as the Ladies Tea and Chicken in the Park. Our Board Meetings are held the last Thursday of each month at 12:30 p.m. Guests are welcome.

Please remember, that if many of us can donate just a dollar a month, we can help the ECS provide even better services to its patrons.

Hiking News

- **July 5**, No planned hike (4th of July week). Gather if you want at the ECS and decide where to go.
- **July 12**, Gaps Lakes. A high altitude hike through wind-beaten terrain to a pair of alpine lakes known as the Gap Lakes. Distance is 3.75 miles and level with large rocks to climb over at the end to reach the lakes. Hike is moderate with elevation range from 10,675-11,120.
- **July 19**, Centennial Falls on Centennial Ridge. Led by David May who has spent years hiking the ridge. High clearance vehicles are needed as we travel FS Rd 338 across from the FS visitor center above Centennial. We hike down to the falls and then back to the cars.
- **July 26**, Gold Run Creek. This abandoned jeep trail runs off of Barber Lake Road south of the Pine Campground. It will be an in and out 3 to 4 miles total depending how far we hike in.
- **August 2**, Mirror Lake to Lewis Lake. The trail follows the scenic Lakes Trail for 1.7 miles before it joins the trail coming from Lewis Lake (1.3). These are 2 of the most popular trails in the Snowy Range as they feature scenic alpine environments where the Snowy Range peaks reflect beautifully in the lakes and ponds. Elevations 10,525-11,060. Point to point.
- **August 9**, Rock Creek/Deep Creek. The trailhead is accessed from I80, exit 272 (Arlington). Follow county road FR 127 for 1.5 miles. This will be an out and back as we can hike up the drainage as far as we’d like.
- **August 16**, The Falls at Libby Creek. Parking at Green Rock, we descend Barber Lake Trail and then Libby Creek trail, then walk further down Libby Creek to a large waterfalls complex. About 2.5 miles down and back out total.
- **August 23**, Tipple Trail to Miner’s cabin. Begins with somewhat steep descent from parking lot by Lake Marie Falls, travels through timbered high country foliage to ascent to parking lot past the Miner’s Cabin. 2.7 miles, rated as easy, elevation range 10,280-10,500. Point to point.
- **August 30**, Labor Day Weekend. No planned hike but individuals or small groups may plan own outing.

THANK YOU

Windmill Hill Greenhouse for helping the ECS look so beautiful with your donation of pots and flowers. We appreciate your help so much! Windmill Hill Greenhouse, at 4109 Fort Sanders Rd., is locally owned and operated. They offer competitive pricing as well as free delivery in Laramie along with planting services. Windmill Hill specializes in locally grown bedding plants.

Don’t forget—when you shop at Ridley’s the points you earn can be donated to the ECS! This is FREE money for the ECS!

When you shop on AmazonSmile (smile.amazon.com), the AmazonSmile Foundation will donate 0.5% of the price of eligible purchases to the ECS. PLEASE designate the ECS as your Smile donation!

The United Presbyterian Church choir has been invited to perform at Carnegie Hall in New York City next fall as part of an ensemble of singers from around the country.

The performance is scheduled for November 17 in the Isaac Stern Auditorium at Carnegie Hall, a concert hall in Midtown Manhattan that’s considered one of the most prestigious venues in the world. Wayne Karberg and Lorinda O’Hashi from the ECS are included as part of the ensemble.

Senior on the Go

Seniors on the Go, Flank of Sheep Mountain hike, June 7, 2019.
Reception Desk, and she will see that it happens. We need accurate counts and need your help.

2. A mid-year fundraising letter will be going out soon. The ECS has to fundraise to continue the programs it provides. Grants from government don’t cover the cost and are declining. Last fiscal year (October 2017-September 2018), 35% of the center’s budget came from donations from individuals and civic or social groups. Fundraising is fundamental for the center to continue and to expand. If you can support the center financially, please do so.

I deposited the final check from Shirley Nielsen’s estate this month. I remember her first as a nurse at student health long ago and later as someone who bicycled through France. She may have been on crutches then. She was a woman who fought and who appreciated the ECS. We thank her; the interest from her gift will be used for day to day operations.

Do thank our supporters for their contributions too. And, whether you can contribute or can’t, tell people about the good fight that the ECS is helping you win.

Susan


Holly Crowell and Flew Wilson joined the ECS Board in April. Both describe themselves as seniors.

Holly, a retired realtor, started attending board meetings because she was curious about how the center was funded and operated. She describes herself as a full-time patron who wants to start paying the ECS back for all the help it has given her. She eats at the center Tuesday-Fridays and uses transportation regularly. Holly was on the city planning commission and on the state real estate board in the 1970’s.

Flew served on the board 2013-17, was treasurer in 2013, and was on the Outreach Committee in 2016. Before she retired, she was Business Manager at the Physical Plant; Assist. Manager, Accounting Office; and Manager, Cashier’s Office at UW. She currently coordinates Seniors on the Go and enjoys playing her banjo with Biscuits and Jam. She wanted to be on the board again because she cares about the ECS.

Jeffrey Dietzel (DEET zel) joined the ECS board this summer. He’s a partner at Cook and Associates, working with seniors on estate planning and long term care issues. He’s a graduate of the University of Wyoming College of Agriculture and Law School. Outside his legal work, he serves as a C-130 aircraft loadmaster for the Wyoming Air National Guard and has flown missions ranging from airdrops in Afghanistan to fire-fighting in Idaho.

Jeff Sulof has transitioned from the ECS Foundation Board to the ECS Board with the Foundation’s becoming a trade name of the Eppson Center. A UW graduate, Jeff has served on the Foundation board since 2010 and was president in 2017-18. He’s worked for Mountain West Farm Bureau since 1999 and is currently in the claims department. His father is a senior in Afton. He also works with youth softball and baseball.
We welcome our summer interns Katlynn and Kaley who will be here throughout the summer assisting with many of our fitness activities. Katlynn will be bringing back another fitness challenge for our Fall Prevention Class for July/August. We are excited to see how this will improve our participant’s fitness!

Thank-you to all of our generous donors and participants of our March Fitness Challenge that helped raise funds for the purchase of new fitness equipment including dumbbells, exercise mats, and resistance bands!

In the March Fitness Challenge, we observed great improvement in balance, flexibility, and muscular endurance. We hope to see similar results in our next Fitness Challenge!

**Upcoming Events:**
- **The Lost Birds** perform on Birthday Night July 1.
- **The 25th Annual Putnam County Spelling Bee**, Off-Broadway Musical, will be playing at the BCPA Trust Theatre Tuesday, July 9th. Sign up today at the Reception Desk!
- The annual Ranch Tour, exploring ranches in the McFadden/Arlington area, will be on Saturday, July 20th. For a seat on the bus the cost is $15.
- We have one more Rockies Baseball game, September 12th, Rockies vs. Cardinals.
- We are gathering interest for the next **Candlelight Dinner Theatre** performance, _The Hunchback of Notre Dame_. Sign up at the Reception Desk if you are interested!
- Out of town **Friday Night Out** will be posted for July and August shortly!

**Are you one of these people?**
- You’re interested in reading the Bible or studying it for yourself but didn’t know where to begin.
- You’re already familiar with Bible teachings and like to discuss them with others.
- You have questions about the Bible and didn’t know how to get them answered.
- You’re seeking direction, wisdom, hope, significance, or assurance of your eternal destiny.

We hold a weekly informal Bible study at the ECS on Tuesdays from 12:30-1:30pm, right after lunch.

Jail Chaplain Rich Henderson prepares lessons to deal with practical application of scripture and group participation is encouraged.
We welcome our summer interns Katlynn and Kaley who will be here throughout the summer assisting with many of our fitness activities. Katlynn will be bringing back another fitness challenge for our Fall Prevention Class for July/August. We are excited to see how this will improve our participant’s fitness!

Thank-you to all of our generous donors and participants of our March Fitness Challenge that helped raise funds for the purchase of new fitness equipment including dumbbells, exercise mats, and resistance bands!

In the March Fitness Challenge, we observed great improvement in balance, flexibility, and muscular endurance. We hope to see similar results in our next Fitness Challenge!

Upcoming Events:
- The Lost Birds perform on Birthday Night July 1.
- The 25th Annual Putnam County Spelling Bee, Off-Broadway Musical, will be playing at the BCPA Trust Theatre Tuesday, July 9th. Sign up today at the Reception Desk!
- The annual Ranch Tour, exploring ranches in the McFadden/Arlington area, will be on Saturday, July 20th. For a seat on the bus the cost is $15.
- We have one more Rockies Baseball game, September 12th, Rockies vs. Cardinals.
- We are gathering interest for the next Candlelight Dinner Theatre performance, The Hunchback of Notre Dame. Sign up at the Reception Desk if you are interested!
- Out of town Friday Night Out will be posted for July and August shortly!

Are you one of these people?
- You’re interested in reading the Bible or studying it for yourself but didn’t know where to begin.
- You’re already familiar with Bible teachings and like to discuss them with others.
- You have questions about the Bible and didn’t know how to get them answered.
- You’re seeking direction, wisdom, hope, significance, or assurance of your eternal destiny.

We hold a weekly informal Bible study at the ECS on Tuesdays from 12:30-1:30pm, right after lunch. Jail Chaplain Rich Henderson prepares lessons to deal with practical application of scripture and group participation is encouraged.
Reception Desk, and she will see that it happens. We need accurate counts and need your help.

2. A mid-year fundraising letter will be going out soon. The ECS has to fundraise to continue the programs it provides. Grants from government don’t cover the cost and are declining. Last fiscal year (October 2017-September 2018), 35% of the center’s budget came from donations from individuals and civic or social groups. Fundraising is fundamental for the center to continue and to expand. If you can support the center financially, please do so.

I deposited the final check from Shirley Nielsen’s estate this month. I remember her first as a nurse at student health long ago and later as someone who bicycled through France. She may have been on crutches then. She was a woman who fought and who appreciated the ECS. We thank her; the interest from her gift will be used for day to day operations.

Do thank our supporters for their contributions too. And, whether you can contribute or can’t, tell people about the good fight that the ECS is helping you win.

Susan


The Dollar A Month Club hosted a wonderful Friends and Families Free Lunch on Saturday, June 22nd. Chris Clements cooked and pulled the pork. Bob Niemoller made the homemade BBQ sauce and Darlene Olson prepared the baked beans. Board members contributed all the fixin’s including a delectable assortment of cookies. Approximately 80 people of all ages showed up. We had a great time, and no one left hungry.

Holly Crowell and Flew Wilson joined the ECS Board in April. Both describe themselves as seniors.

Holly, a retired realtor, started attending board meetings because she was curious about how the center was funded and operated. She describes herself as a full-time patron who wants to start paying the ECS back for all the help it has given her. She eats at the center Tuesday-Fridays and uses transportation regularly. Holly was on the city planning commission and on the state real estate board in the 1970’s.

Flew served on the board 2013-17, was treasurer in 2013, and was on the Outreach Committee in 2016. Before she retired, she was Business Manager at the Physical Plant; Assist. Manager, Accounting Office; and Manager, Cashier’s Office at UW. She currently coordinates Seniors on the Go and enjoys playing her banjo with Biscuits and Jam. She wanted to be on the board again because she cares about the ECS.

Jeffrey Dietzel (DEET zel) joined the ECS board this summer. He’s a partner at Cook and Associates, working with seniors on estate planning and long term care issues. He’s a graduate of the University of Wyoming College of Agriculture and Law School. Outside his legal work, he serves as a C-130 aircraft loadmaster for the Wyoming Air National Guard and has flown missions ranging from airdrops in Afghanistan to fire-fighting in Idaho.

Jeff Sulof has transitioned from the ECS Foundation Board to the ECS Board with the Foundation’s becoming a trade name of the Eppson Center. A UW graduate, Jeff has served on the Foundation board since 2010 and was president in 2017-18. He’s worked for Mountain West Farm Bureau since 1999 and is currently in the claims department. His father is a senior in Afton. He also works with youth softball and baseball.

Susan Simpson (continued from page 1)

The ECS Board Welcomes More Members

Members of the ECS Board got a tour of the ECS kitchen.
Dollar A Month Club

Rain or shine, the Annual “Chicken in the Park” sponsored by the ECS Dollar A Month Club will be held Monday, August 19th, at 4:30 pm. The picnic will be held in the grassy area behind the First Christian Church at 1230 Garfield Avenue. If the weather is not comfortable to sit outside, the Fellowship Hall in the church will be used. The menu includes fried chicken, baked beans, potato salad, watermelon, and cookies. There will be musical entertainment during the meal and computer hardware and putting on special events such as the Ladies Tea and Chicken in the Park. Our Board Meetings are held the last Thursday of each month at 12:30 pm. Guests are welcome.

Please remember, that if many of us can donate just a dollar a month, we can help the ECS provide even better services to its patrons.

This N’ That

Thank you Windmill Hill Greenhouse for helping the ECS look so beautiful with your donation of pots and flowers. We appreciate your help so much! Windmill Hill Greenhouse, at 4109 Fort Sanders Rd., is locally owned and operated. They offer competitive pricing as well as free delivery in Laramie along with planting services. Windmill Hill specializes in locally grown bedding plants.

Don’t forget—when you shop at Ridley’s the points you earn can be donated to the ECS! This is FREE money for the ECS!

When you shop on AmazonSmile (smile.amazon.com), the AmazonSmile Foundation will donate 0.5% of the price of eligible purchases to the ECS. Please designate the ECS as your Smile donation!

The United Presbyterian Church choir has been invited to perform at Carnegie Hall in New York City next fall as part of an ensemble of singers from around the country. The performance is scheduled for November 17 in the Isaac Stern Auditorium at Carnegie Hall, a concert hall in Midtown Manhattan that’s considered one of the most prestigious venues in the world. Wayne Karberg and Lorinda O’Hashi from the ECS are included as part of the ensemble.

Hiking News

- July 5, No planned hike (4th of July week). Gather if you want at the ECS and decide where to go.
- July 12, Gaps Lakes. A high altitude hike through wind-beaten terrain to a pair of alpine lakes known as the Gap Lakes. Distance is 3.75 miles and level with large rocks to climb over at the end to reach the lakes. Hike is moderate with elevation range from 10,675-11,120.
- July 19, Centennial Falls on Centennial Ridge. Led by David May who has spent years hiking the ridge. High clearance vehicles are needed as we travel FS Rd 338 across from the FS visitor center above Centennial. We hike down to the falls and then back to the cars.
- July 26, Gold Run Creek. This abandoned jeep trail runs off of Barber Lake Road south of the Pine Campground. It will be an in and out 3 to 4 miles total depending how far we hike in.
- August 2, Mirror Lake to Lewis Lake. The trail follows the scenic Lakes Trail for 1.7 miles before it joins the trail coming from Lewis Lake (1.3). These are 2 of the most popular trails in the Snowy Range as they feature scenic alpine environments where the Snowy Range peaks reflect beautifully in the lakes and ponds. Elevations 10,525–11,060. Point to point.
- August 9, Rock Creek/Deep Creek. The trailhead is accessed from I80, exit 272. Follow county road FR 127 for 1.5 miles. This will be an out and back as we can hike up the drainage as far as we’d like.
- August 16, The Falls at Libby Creek. Parking at Green Rock, we descend Barber Lake Trail and then Libby Creek trail, then walk further down Libby Creek to a large waterfalls complex. About 2.5 miles down and back out total.
- August 23, Tipple Trail to Miner’s cabin. Begins with somewhat steep descent from parking lot by Lake Marie Falls, travels through timbered high country foliage to ascent to parking lot past the Miner’s Cabin. 2.7 miles, rated as easy, elevation range 10,280–10,500. Point to point.
- August 30, Labor Day Weekend. No planned hike but individuals or small groups may plan own outing.

Seniors on the Go, Flank of Sheep Mountain hike, June 7, 2019.
Do not go gentle into that good night,
Old age should burn and rave at close of day;
Rage, rage against the dying of the light.

This is the first verse of a poem that troubled me for years. Coming to the Eppson Center for Seniors (ECS) has given me a new perspective: All of us should do as much as we can to postpone the “dying of the light.” That’s whether we’re men wise, good, wild, or grave—the subjects of the following verses—or women who aren’t mentioned at all in this 1947 work. Thomas says to rage and to fight.

The ECS exists to fight against the dying of the light. Its mission, providing lifelong support for independent living, enables people to fight against the dying of the light. Providing transportation, meals, activities, wellness programs, human contact—all that keeps the dark away.

It may not be a loud battle, or a strident rage, but it’s ongoing for all of us as we age. And it’s fundamental to our continued well-being and our dignity. It may be a good night when it comes, but let’s keep it at bay for as long we possible.

So, there are two actions you can take to help the ECS fulfill its mission and help you.

1. Sign in on My Senior Center (MSC) when you come in. The ECS receives $3.15 (from state and federal grants) as reimbursement for every meal the center serves to people over 60. That doesn’t cover the cost of each meal, but it helps. Sign in if you come for an activity. The state counts participation when considering funding levels for the next fiscal year. The more accurate the counts on MSC, the more the ECS receives the credit and the cash it deserves.

The new screen is easier to use—no fingernail taps required—and any staff member would be glad to help you use the program. You don’t have to sign in before eating if there’s a line. Sign in after you eat or sing or exercise. And if you just don’t want to ever use the program, ask a friend or a staff member to log in and record your hours for you. The first step is to get a scan tag attached to your name to make the check in process easier. Just ask Bonnie at the

continued on page 3