

CONTACT

1560 N. 3rd St.
Laramie, WY 82072
307-745-5116
executive@eppsoncenter.org
www.eppsoncenter.org
facebook.com/eppsoncenter

WHAT'S INSIDE

September Menu	2
Seniors on the Go	4
Transportation	5
Senior Connections	6
Activities	7
Dollar A Month Club	8
Home Delivered Meals	9
From the Director (cont'd)	10

CENTER HOURS

8am- 4pm | Mon - Fri

MEALS

11:30am - 12:30pm | Mon - Fri

TRANSPORTATION

8am - 3:30pm | Mon - Fri
307-745-1511 (Ext. 131)

BOARD OF DIRECTORS

PRESIDENT: Diana Bartke

VICE PRESIDENT: Diane DeLany

SECRETARY: Lisa Levin

TREASURER: Bernard Steinman

Pamela Clarke

Cheryl Fleener

Barbara Humphreys

Linda Allgeier

SEPTEMBER



FROM THE DIRECTOR, TAMMY COMER



Hello!

September is here and fall is right around the corner! September for the staff at the Eppson Center is a busy month because we are finishing up our fiscal year and getting ready to start a new fiscal year in October. A lot of planning goes into that change of the fiscal years - we've already worked with the budget that has been approved in the previous fiscal year and plugged our grants into the program areas to see where we come out and what we will need to raise in program donations and fundraising. We start the year in October with a fresh plate and optimism that we will meet our financial and programmatic goals.

As summer progresses, please stop and take a look at the Community Garden on the west side of the property. The Age Friendly Laramie volunteers are maintaining the garden to ensure it has enough water and they are working on ways to keep the hungry rabbits from enjoying the produce! We have used some fresh herbs and lettuces in our salads this summer which is a big hit! Thank you to the volunteers who are keeping this garden and working on the project's future plans to include a seating area, a decorative bus which is going to be converted into a greenhouse and storage space, plus additional items to beautify the space!

Thank you also to our Gardening Grandmas who take care of the beautiful flowers in our planters out front as well as the

CONTINUED ON PAGE 10



September

Menu

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Donations are appreciated for those age 60+.</p> <p>Cost per meal under 60 is \$7.00 per meal.</p>	<p>All menu items are served with:</p> <p>1 cup green salad with dressing</p> <p>1 cup mixed fruit</p> <p>1 Dessert</p> <p>Milk</p>			<p>Baked Potato Bar</p> <p>Chili</p> <p>Broccoli</p> <p>Cheese</p>
<p>Labor Day</p> <p>Center CLOSED</p> 	<p>Chicken & Mushroom</p> <p>Sweet Potato</p> <p>Meadow Blend</p> <p>WW Rolls</p>	<p>Beef Taco Bar</p> <p>Black Beans/Spanish</p> <p>Rice, pepper, onions,</p> <p>Lettuce/Tomato</p>	<p>Red Beans & Rice</p> <p>Sausage</p> <p>Monaco Blend</p> <p>Cornbread</p>	<p>Tuna Casserole</p> <p>Peas</p> <p>Breadstick</p>
<p>Meatball Sub</p> <p>Potato Chips</p> <p>Crudit�</p>	<p>Stuffed Pepper Soup</p> <p>Cheese slices</p> <p>Mixed Veggies</p> <p>Crackers</p>	<p>Chicken Pineapple</p> <p>Teriyaki</p> <p>Rice</p> <p>Carrots</p>	<p>Cheeseburger</p> <p>Tater Tots</p> <p>Lettuce/Tomato/Onion</p> <p>/Pickle</p> <p>Mixed Veggies</p>	<p>Pork Shepherd's Pie</p> <p>Cucumber/Tomato</p> <p>Salad</p>
<p>Fish & Chips</p> <p>Cod filets/Oven fries</p> <p>Coleslaw</p>	<p>Turkey Gravy over</p> <p>mashed potatoes</p> <p>Corn</p>	<p>Chunky Veggie Chili</p> <p>Tortilla</p> <p>Cheese</p> <p>Mixed Veggies</p>	<p>Chicken Alfredo</p> <p>Fettucine</p> <p>Broccoli</p> <p>Garlic Toast</p>	<p>Philly Cheesesteaks</p> <p>Potato Salad</p> <p>Crudite</p>
<p>Ham & Egg Bake w/</p> <p>Mushroom, spinach &</p> <p>onion & mixed</p> <p>veggies</p> <p>Biscuit</p>	<p>Baked Pollock</p> <p>Rice Pilaf</p> <p>Vegetable Medley</p> <p>WW Rolls</p>	<p>Turkey Noodle Soup</p> <p>Beet Salad w/Feta</p> <p>Crackers</p>	<p>Baked Ziti</p> <p>California Blend</p> <p>Breadsticks</p>	<p>Baked Chicken Breasts</p> <p>Baked Beans</p> <p>Root Vegetables</p>



Driver Safety

AARP Safe Driving Course:

It is not too early to sign up for the **Safe Driving Course** that will be meeting at the **Eppson Center on Wednesday, September 20th, 9:00am-2:00pm.**

Call 745-5116 to get on the list.



PLEASE JOIN US!

Vets Coffee Fridays 9-10am

We have coffee, discussion, special speakers, movies, and more!

EPPSON CENTER FOR SENIORS

VETERANS' COFFEE HOUR

Every Friday at 9:00a.m.
ALL VETERANS WELCOME



Type this link into your browser:

<http://bit.ly/aging-questionnaire>

WE ALL HAVE ONE THING IN COMMON: *EVERYONE AGES*

TELL US HOW YOU FEEL ABOUT IT!

Click the hyperlink to participate in a short, ten-minute Attitudes to Aging Questionnaire.

Do you have more to share? Are you interested in getting to know people who are in a different generation?

Volunteer for a focus group and share your thoughts with our team!



College of Agriculture, Life Sciences and Natural Resources
Family and Consumer Sciences

IN NEED OF ACCOMMODATIONS?

Contact:
Victoria Pumilio
(307) 766-2938
(720) 937-6635

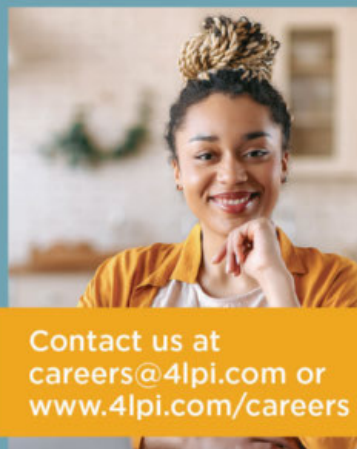
WE'RE HIRING!

AD SALES EXECUTIVES



**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers



SUMMIT ELITE CLEANING SERVICES

of Southeastern Wyoming

We provide **QUALITY** and **TRUSTED** cleaning services based on your needs for your residence or small business in the Laramie, WY, and surrounding areas.

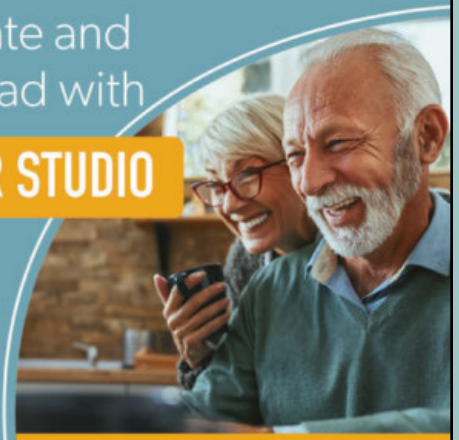
SHANNON DAVIS, OWNER

Phone: **315-726-0399** | Email: info@summiteliteclean.com

Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

AD CREATOR STUDIO



lpicomunities.com/adcreator



**FREE
AD DESIGN**
with purchase
of this space

CALL 800-950-9952



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Eppson Center for Seniors, Laramie, WY A 4C 05-1278



SEPTEMBER HIKES

Due to weather issues, the **Seniors on the Go** hikes may change from the schedule below. Make sure you let us know if you will join us or meet us in case we do switch. For questions or to get more Seniors on the Go information email: sotg@eppsoncenter.org
Find us on Facebook: <https://www.facebook.com/LaramieSOTG/>

September 1	Labor Day Weekend (no hike).
September 8	Pole Mountain: Death Crotch. Led by David M. Take I-80 to Happy Jack exit (#323), go across the viaduct and turn left onto Happy Jack Road (Hwy 210). Continue about 5.1 miles until you reach the parking areas on both sides of the road. We'll start on the south side of the highway. The Death Crotch is a well-made old trail, carefully graded to ascend 600 feet to the top over 1.8 miles. This ascent is rated moderately difficult for the occasional hiker. There will be some bushwhacking through sagebrush and forest, and total distance is about 4 miles. Elevation 8337 to 8941. http://awayfromthegrind.com/hiking/pole-mountain-surprise-the-death-crotch/
September 15	Gramm: Hike to David & Gail's Cabin. Led by David M. From Laramie, take Hwy 230 for about 33.7 miles – above Woods Landing, past Chimney Park, and 1 mile beyond the Fox Park turnoff. Turn left onto FR 549 (Vienna Road) and continue for 2.5 miles to the Vienna Trailhead. There is parking at the trailhead that should hold all of our vehicles. From there, David will guide us 1.5 miles to their cabin. Bring a snack to eat at the cabin. If hikers want to see more, David will also lead us on a short spur from the cabin before taking us back to our cars.
September 22	Pole Mountain: Reynolds Hill Loop. Take I-80 to the Vedauwoo exit (#329) and turn left to cross under the overpass. Vedauwoo Road (FR 700) begins on the north side of this interchange; continue east for 3.6 miles to 700D on the left. Parking is by the restroom and buck fence. The hike will be 4.2 miles, including Skeleton and Devil's Slide Trails, and is rated moderate. Elevation 8000 to 8500.
September 29	Pole Mountain: Bear Alley (South Branch of Crow Creek). Led by Frank & Karla. Take I-80 to Happy Jack exit (#323), go across the viaduct and turn left onto Happy Jack Road (Hwy 210). Go 7.5 miles, then turn left onto 701E and continue about 1 mile to the dead end / parking area. The hike follows Crow Creek Trail, then goes off trail at a narrow canyon that Frank and Karla named Bear Alley, where the hike becomes moderately difficult, and then loops up off the trail to the parking area. This is a 4.5 mile moderate to moderately difficult hike. Elevation 7536.



All I want for Christmas....well, all Cherry Shaffer wanted for Christmas, 2022, was a fishing pole! The Wyoming Center on Aging partners with the Eppson Center for Seniors and other non profit agencies in Laramie for the “Santa to a Senior Program” each year. The program was created by Home Instead Senior Care to help stimulate human contact and social interaction during the holidays. The partnership at the Eppson Center for Seniors is facilitated by Sandi Brome who identifies seniors who could use a bit more connection in our community. Staff at the Wyoming Center on Aging work to then coordinate the gathering of gift requests from the UW Community and the ultimate delivery to the seniors identified with the community partners with the help of UW students and community members. This past June, Cherry used her new fishing pole at the North Crow Reservoir. Cherry’s daughter, Krystal Porter, had actually caught “this big fish” earlier in the day but it broke her line and got away. Nearly an hour and a half later, Cherry snagged this huge fish on her line. At 80 years old, Cherry had caught what every fisherperson dreams about. It measured nearly 3’ - a 32.5-inch Rainbow trout! When Cherry reeled in the fish, Krystal removed Cherry’s hook only to find her own hook and broken line with the bait still on it. Cherry could not believe the fish was that long, so she requested a second measuring. To date, she had never caught any fish much over 12 inches long. **Cherry wants the Wyoming Center on Aging staff to know she profusely thanks them. They not only gave her a Christmas gift, they gave her a lifetime experience!**

EPPSON CENTER TRANSPORTATION

GUY MORROW, TRANSPORTATION COORDINATOR (307) 745-1511



Please call (307) 745-1511 to reserve your ride with as much advance notice as possible.

NOTE: Ridership is up and space in the vans can be limited at times. Please reserve your rides as far ahead as possible in the future to get your slot reserved. Please remember to book rides 48 hours in advance.

Subscription Riders: Reminder to call by the 20th of the month to set up the continuation of your subscription rides for the next month.

We thank you for using our Transportation service and we look forward to serving you in the future!

Costs associated with rides:

- Age 60 or over: No cost but donations are always greatly appreciated.
- Age under 60: \$6 per ride or \$12 round trip.
- Age under 60 and have a diagnosed medical disability: \$4 per ride or \$8 per round trip.

Required: All riders must complete a Senior Assisted Transportation Services (SATS) application before they can schedule rides.

Pick-Up hours: Monday through Friday, 8:30am - 3:30pm (closed daily from 12:00-12:30pm).

Ready time window: Riders must be ready to board the van 15 minutes before the scheduled pick-up time until 15 minutes after. The drivers will leave 5 minutes after their arrival in that time window so as not to inconvenience other riders.

Need help looking for information?
Wyoming 211 can help!

- Food Pantries
- Mental Health Services
- In Home Assistance
- Prescription Expense Help
- And much more!

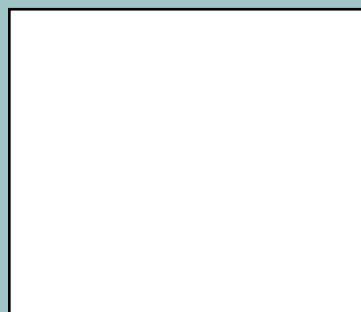
Call 211
Visit www.wyoming211.org
Text your ZIP code to 898211

Wyoming
2.1.1
Get Connected. Get Help.™

Gary's
PLUMBING, HEATING, & COOLING

Proudly serving customers
for over 46 years!
Let us take care of your
plumbing & HVAC Needs
Licensed & Insured

307.745.3223
garysplumbingheating.com



LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Jay Schwartz

jschwartz@4LPi.com
(800) 477-4574 x6801



Jeffrey M. Caron
Medicare Agent

Medicare Annual Enrollment

Lots Of Changes This Year!!

Part D, Medicare Advantage, Medigap Questions? I Can Help!

Private Consultations: Senior Center or In-Home if Needed

Schedule Now for Oct / Nov Dates

CALL or EMAIL To Secure Your Time... Don't Delay !!

307-509-0582 Jeff@medicare4wyoming.com www.medicare4wyoming.com



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Eppson Center for Seniors, Laramie, WY B 4C 05-1278

SENIOR CONNECTIONS

ERICA ANDERSON, COORDINATOR 307-745-5116, Ext. 127;
email: seniorconnections@eppsoncenter.org



Help us stay connected!

We are excited about our Senior Connections program at the Eppson Center, which is designed to foster a sense of kinship among our patrons. We are looking for volunteers who are willing to make phone calls or send cards to other seniors and help them continue to be an active part of the Eppson Center family. If you or someone you know is interested in helping out, please contact Erica A. We greatly appreciate your support in this effort to bring our community closer together.

Greeting Cards

Remember, the Eppson Center has a wide variety of greeting cards available for only \$1 each! Come in and stock up on some – they're located in the Wellness Center.

Loan Closet

- The loan closet is a service that lends out donated medical equipment to members of the community free of charge. We also gladly accept your donations of new or gently used medical equipment and new incontinence supplies (please, no tabbed incontinence supplies).
- Do you need a prescription bottle lock box? The loan closet has a limited number of LOCKMED combination lock boxes available to safeguard prescription medication bottles. Each box has a customizable combination lock and can fit up to 14 standard sized prescription bottles. Contact Erica A. if you'd like one.
- Wish list: Small and medium pull-up "Depends" style underwear.
- Loan closet is open Monday-Friday from 8:00 am-4:00 pm.
- Please call ahead of time, ask for Erica Anderson, ext. 127.

Beltone

- This service offers hearing aids, hearing aid tests and hearing aid maintenance.
- Beltone is at the Center on September 7 in the classroom.
- Schedule your appointment with Kelly by calling 307-634-7550.

Snowy Range Foot Care


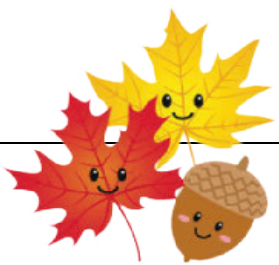
- Take good care of your feet and say goodbye to foot pain!
- Snowy Range Foot Care is at the Eppson Center September 7, 14, 21, and 28.
- Call Lorraine at 307-760-1196 to schedule your appointment.

Social Work Intern

We are excited to welcome a new member to the Eppson Center family. **Amy Hambrick**, majoring in Social Work at UW, will be joining us as an intern this month, assisting with the Senior Connections program, loan closet, support groups, and various other projects. As we help her complete her studies, please make her feel welcome. Her office will be located in the Wellness Center.



Eppson Center for Seniors Activities

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:15AM					Seniors on the Go Hiking Group
9AM to Noon	Chess		Chess		Chess
9:00-10:00AM		Line Dancing	Line Dancing		Line Dancing Vets Coffee
10:00-11:30AM	Board and Card Games			Power of Attorney and Estate Consideration	
10:30-11:30am	Fall Prevention Exercise Class		Fall Prevention Exercise Class		Fall Prevention Exercise Class
Noon-1:00PM				Dollar A Month Club (DAMC) (meets last Thursday)	
12:30-2:00PM			Writer's Workshop		
12:30-4:00PM		Laramie Duplicate Bridge		Watercolor Class	
1:00-1:45PM		Bible Study via Zoom			
1:00-3:00pm				Biscuits and Jam (meets 1 st & 3 rd Thursday)	
1:00-3:00PM			Chicken Foot Dominoes	Rhythm Energy (meets 2 nd and 4 th Thursday)	Widows Friendship Group (meet every other Friday)
1:00-3:30PM				Mexican Train Dominoes	
1:00-4:00PM	Pinochle	Mahjong	Genealogy Assistance		
1:30-2:30PM	Melodees (beginning September 11)				
6:30-8:30pm		Laramie Fiber Guild (2 nd Tuesday)			
All day every day –	<ul style="list-style-type: none"> • Too Fit To Quit gym equipment usage - MUST complete an orientation with Center prior to equipment use. • Billiards in the Pool Room – lessons and games. • Game Cabinet - available any time to play board and card games. • Swim Aerobics – at the Laramie Rec Center, 6:00-7:15am. • Computers – for use 8am to 4pm. 				
NOTE:	<ul style="list-style-type: none"> • Musical Exercise not meeting during the summer. • Uechi Ryu Karate (may begin in October). • Sewing Alterations – scheduled as needed. • Foot Care and Medicare Assistance - by appointment. • NARFE – last Friday, monthly. 				

We will keep you posted of Eppson Center for Seniors current information through our Weekly Announcements (sign up at announcements@eppsoncenter.org), on our Facebook page (www.facebook.com/eppsoncenter), on our Website (www.eppsoncenter.org), and through this monthly Newsletter for current information.

DOLLAR A MONTH CLUB

MARILYN AIKEN, STATISTICS COORDINATOR (307) 745-5116, ext. 119



The Eppson Center for Seniors Dollar A Month Club (DAMC) is helping sponsor some of our veterans for a November Veterans Day ceremony and want to get the word out to all veterans:

QUILTS FOR VALOR. “My name is Becky Riley. I am a member of the **Laramie Quilts of Valor (LQOV) quilting group**. I would like to give you information on how to nominate a veteran to receive a Quilt of Valor (QOV).

The Quilts of Valor Foundation’s mission is to cover ALL service members

and veterans with a QOV. Each quilt of valor presented to a veteran comes with a pillow case for storage, care instructions, and a certificate. I invite you view pictures at our website. <https://laramieqov.wixsite.com/laramieqov>

The nomination form is where the presentation process begins. There are nomination forms at the Eppson Center’s Front Desk or at our website. The form requests information about the nominated veteran and the nominator’s contact information. Eligible nominees are limited to one quilt of valor. It is an easy form to fill out with overall directions on the back of the form. **PLEASE, if you have a friend or relative who is a veteran, tell them about Quilts of Valor and fill out a nomination form.**

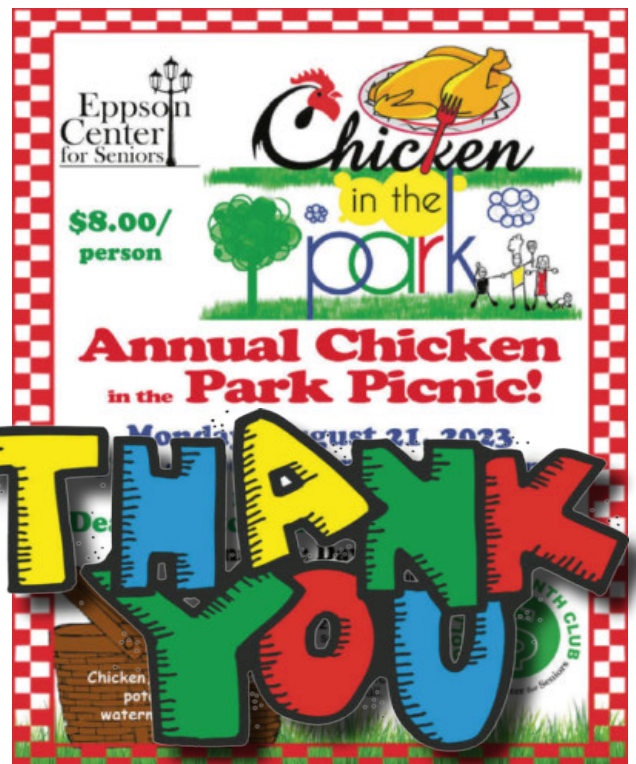
Forms can be turned into the Eppson Center Front Desk and I will pick them up! **If you have any questions, please contact me at 307-399-1059, please leave a message, or email rileybecky2012@gamil.com.**”



On August 21st, we celebrated another successful night out at Chicken in the Park!

The weather was great and music filled the air as Davis & Mavrick had us singing along to so many familiar songs. They are always such a joy to share their talent at our picnic. More than 100 people came out to enjoy the beautiful evening of great food, music, and fellowship. A special thank you to the First Interstate Bank volunteers, who so tirelessly give of their time to provide energy, muscle, and smiles to all of us! We could not have done this picnic without their help. Thanks also goes to the Eppson Center staff and kitchen crew, First Christian Church, Gavin & Avery Vigil, and to the great DAMC board (Bob & Jeanie Niemoller, Norma Pigg, Sharon Hand, Deb Larsen, Barb Drietz, Susan Dunnebecke, Pat Cavicchoni, and Orlie Hannum) for their multiple months of planning, worrying, and encouraging people to come and enjoy a night out.

Next year’s picnic will be our 10th! Looking forward to seeing you all there!



HOME DELIVERED MEALS

ERICA CURRY, DIRECTOR (307)-745-5116, ext. 120



The Home Delivered Meals program serves one of Laramie's most vulnerable populations. To reach our goal of enhancing nutritional wellness for all seniors in our community it is important to serve those who are home-bound or otherwise unable to shop and prepare for their own meals.

Hot meals go out to seniors Monday-Friday and frozen meals can be delivered for weekends and holidays.

Interested in getting Home Delivered Meals or have a loved-one that needs Home Delivered Meals?

Call Erica today at (307)-745-5116 ext. 120.



Art & Cartoons by Whitney Potter

ADT-Monitored Home Security
Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



ADT Authorized Provider

SafeStreets

833-287-3502

Place Your Ad Here and Support our Community!
Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

WE'RE HIRING!
AD SALES EXECUTIVES



**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

**ALBANY COUNTY CHIROPRACTIC CENTER**
Helping you feel like yourself again!

Chiropractic care - Dr Darren Bressler
Massage therapy
Dry needling • TheraLight Bed
Deep tissue laser
307-742-6840
accc807@bresnan.net
albanycountychiropractic.com

Laramie Handyman Service

- In construction since 1984
- 1984-1999 - Residential Homes
- 1999-2022 - Electricity
- Resident since 2013

PETER LEGAULT
307-360-0099

Laramie Handyman Service is DBA.
Company is Stone Capital Investments LLC



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Eppson Center for Seniors, Laramie, WY C 4C 05-1278

FROM THE DIRECTOR, TAMMY COMER CONTINUED FROM PAGE 1

grounds. It really makes a difference out there!! If you have any interest in helping to trim trees or bushes, we could use some help in that area as our former volunteer has moved away. Please contact Erica Anderson if you have any questions!

If you enjoy meals at the Center often, you might be wondering **“Why all the changes in the dining room?”** We have changed the way we handle take-out meals for a couple of reasons – the number one is **efficiency**. If we have our Home Delivered Meal Staff prepare 25-30 extra meals (which they expertly put together quickly and efficiently) each day for take-out meals, we save time on the front end in the line of patrons needing to be served. This helps the flow to move faster, ensures all patrons are fed in a timely manner, and allows us to have a bit of extra time to help folks to their tables, clean up spills, and refill the steamtable. The second reason is that we realized through the new process that our patrons find it challenging to sign in for meals and activities and, therefore, many of the meals we serve, and activities we provide are not being counted in our system which **DIRECTLY AFFECTS OUR FEDERAL AND STATE GOVERNMENT GRANT FUNDING**. You may not realize that the grant funding we receive is determined by the number of services that we provide that are accounted for in the computer system and supported by the AGNES forms that are required. That means that each meal, activity, performance, class, meeting, group, coffee with friends, educational topic, etc., counts towards funding for the following fiscal year. For Example: If you come to the Center, sit down and have a meal, enjoy a performance, and join in a game of cards, you need to check in for:

- “A Meal”
- “An Entertainment”
- “Game Center”

That’s three separate buttons you will need to push to ensure that the Center gets credit for your participation for this example. It may seem unnecessary or difficult, or bothersome, or complicated, but.....but it’s actually very simple:

- Every time you visit the Center and do not punch in, we lose money.
- Each event you attend and don’t punch in, we lose money.

In these difficult times of trying to stretch our dollars, just like you, we are searching for ways to be more efficient in spending the funds we receive. Ensuring that your participation at the Center is counted is something easy you can do that helps to put money in the Center’s funding for future meals and activities. We need your support! Help us by following this process, and asking for help if you need it. Our staff is more than happy to help you! I sincerely thank each of you for your understanding.

We are still searching for a new Activities Coordinator. As I’m sure you’re aware, finding qualified applicants right now is a bit difficult and it’s a big job to fill! Thank you for your patience and make sure to spread the word that we are looking for an Activities Coordinator and a Kitchen Manager!

Thank you for your support and for choosing the Eppson Center,

Tammy



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Eppson Center for Seniors, Laramie, WY D 4C 05-1278

MEDICARE MINUTE



Tip # 1, if you have not yet established an account on WWW.SSA.GOV you will want to do this ASAP as it will be the easiest and fastest way to enroll in Medicare and review your SS Income. With Annual Enrollment period coming up (10/15 12/7) this is a great time to assess your Medicare.

If you have any pre-Medicare, or annual enrollment questions, I can be reached at 307-509-0582. Jeffrey M Caron, Medicare Broker

PLEASE DON'T KEEP ME A SECRET! Many of your friends, family members, co-workers etc,...have the same questions/concerns about Medicare...help me help them! My greatest professional compliment is a client referral.

WWW.Medicare4Wyoming.com

We work with most major insurance carriers. However, we do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. **Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.**

Eppson Center for Seniors
1560 North 3rd Street
Laramie, WY 82072

