

CONTACT

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www.eppsoncenter.org
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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: Keith Seebart

VICE PRESIDENT: Diane DeLany

SECRETARY: Lisa Levin

TREASURER: Bernard Steinman

Diana Bartke

Pamela Clarke

Cheryl Fleener

Barbara Humphreys



FROM THE DIRECTOR, TAMMY COMER

**Happy 50th Anniversary to the
Eppson Center for Seniors!**



As I'm sure you've heard, **the Eppson Center for Seniors is celebrating our 50th Anniversary this year** and we have a lot in store for you and our Community! We will be holding a BIRTHDAY PARTY for the Center on March 22nd, and you are all invited! This will be our kickoff event for 2023 with more to come! We are looking forward to a festive year celebrating the Center's many years of providing lifelong support for independent living. I have included a brief history of the Center over the past 50 years. The Center has been fortunate to have received the gifts of time and effort from many hardworking volunteers that have supported the Center's operations. Although too many to list here, please know, without the efforts of these and other volunteers, the Center would not be the stable, essential part of our Community that it is.

- ☘ The Laramie Senior Center was formed in 1973 by volunteers Margaret Sharp and Catherine Mealey. They embarked on a project to establish a center where older people could hold meetings, socialize, enjoy companionship, and plan activities.
- ☘ Articles of incorporation were filed with the Secretary of State on January 19, 1973, and the first grant was written to obtain funds from the State of Wyoming Department of Aging.
- ☘ Mary Louise Hansen was hired as the first director in April of 1973 and a metal building at 311 Canby served as the initial center. In October 1974, a nutrition program began, and the Center was moved to 103 Iverson.

continued on page 10





Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Donations are appreciated for meals for those age 60 and over.</p> <p>Cost per meal for those age 59 and under is \$7.00</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>1</p> <p>Chicken Taco Bar</p> <p>Refried Beans</p> <p>Spanish Rice</p> <p>Santa Fe Blend</p>	<p>2</p> <p>Philly Cheesesteaks</p> <p>Baked Potato Chips</p> <p>Crudit�</p>	<p>3</p> <p>Baked Cod with Fruit</p> <p>Salsa</p> <p>Rice</p> <p>Mixed Veggies</p>
<p>6</p> <p>Shepherd's Pie</p> <p>Broccoli</p> <p>Breadstick</p>	<p>7</p> <p>White Chicken Chili</p> <p>Cornbread</p> <p>Mixed Veggies</p>	<p>8</p> <p>Turkey Gravy over</p> <p>Mashed Potatoes</p> <p>Mixed Veggies</p> <p>Dinner Roll</p>	<p>9</p> <p>Pulled Pork on whole grain bun</p> <p>Baked Beans</p> <p>Baked Fries</p>	<p>10</p> <p>Bean & Cheese</p> <p>Enchilada Casserole</p> <p>Santa Fe Blend</p> <p>Lettuce & Tomatoes</p>
<p>13</p> <p>Chicken Alfredo</p> <p>Pasta</p> <p>Italian Blend</p>	<p>14</p> <p>Meatloaf</p> <p>Steamed Potatoes</p> <p>Peas and carrots</p>	<p>15</p> <p>Turkey Chili</p> <p>Dinner Roll</p> <p>Cole Slaw</p>	<p>16</p> <p>Country Fried Steaks</p> <p>Mashed Potatoes and Gravy</p> <p>Mixed Veggies</p>	<p>17</p> <p>Note: Home Delivered Meals ONLY (Roasted Red Pepper Bisque). The Center is closed for staff in-service day.</p>
<p>20</p> <p>Sloppy Joes</p> <p>Carrot Sticks</p> <p>Baked Beans</p>	<p>21</p> <p>Hamburger Bar</p> <p>Cheese Slice, Lettuce, Tomato, Onion, Pickles</p> <p>Oven fries, Crudit�</p>	<p>22</p> <p>Salisbury Steak</p> <p>Mashed Potatoes/gravy</p> <p>Mixed Veggies</p> <p>Roll</p>	<p>23</p> <p>Chicken Caesar Wraps</p> <p>On whole grain tortilla</p> <p>Lettuce & Tomato</p> <p>Potato salad</p>	<p>24</p> <p>Baked Tilapia</p> <p>Sweet Potato Fries</p> <p>Mixed Veggies</p>
<p>27</p> <p>BBQ Chicken Breast</p> <p>Oven Fries</p> <p>Mixed Veggies</p>	<p>28</p> <p>Ham and Potato Soup</p> <p>Oyster Crackers</p> <p>Mixed Veggies</p>	<p>29</p> <p>Spaghetti Marinara</p> <p>Italian Blend</p> <p>Breadstick</p>	<p>30</p> <p>Pork Loin</p> <p>Applesauce</p> <p>Mixed Veggies</p>	<p>31</p> <p>Shrimp & Savory Grits</p> <p>Green Beans</p> <p>Beet Salad</p>



EPPSON CENTER DOLLAR A MONTH CLUB

Well, things are rolling along and our team is beginning to plan some exciting activities. The DAMC board meets on the 3rd Thursday of each month at noon so we can get some information into the newsletter before the deadline. If you would like to attend our meetings, please feel free to join us.

In February we provided treats for the **"Speed Friending"** event, for **Mardi Gras** on the 21st, and have plans for a **Bake Sale** just before Easter on **Thursday, April 6** from **11am to 1pm** in the foyer. Of course, **Picnic in the Park** is still set for a warm night in



August and we are trying to come up with other fun events that all would enjoy. Thank you for your patience as this new board gets

their feet on the ground. Suggestions are always welcome!

For those of us who love to cook and bake but have few people around to eat your delicious goodies, helping out for our bake sale is a great way to keep your baking skills up to date! If you would like to help by donating homemade goods for the sale, please sign up at the Front Desk. All funds raised go towards projects such as events and activities for patrons, Christmas "Sock" bags for Home Delivered Meals, Christmas lights on the Center, and funding for items that may not be a part of the Eppson Center's current budget. We hope to get you involved and engaged meeting new friends and enjoying all that the Eppson Center for Seniors has to offer.

Join Our Team!



Classroom grandparents tutor and mentor children in schools and childcare centers.

Paid volunteer hours & training that DOES NOT impact SS, rent, subsidies, or other assistance.

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*Paid background check (required)

*Fellowship with school and peers

www.fostergrandparentswy.org



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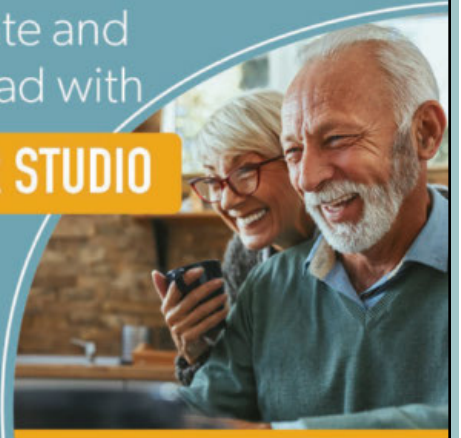
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MARCH HIKES

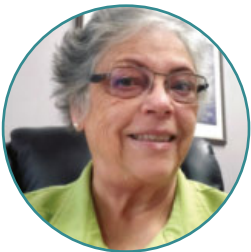
Due to weather issues, the **Seniors on the Go** hikes may change from the schedule below. Make sure you let us know if you will join us or meet us in case we do switch. For questions or to get more Seniors on the Go information email: sotg@eppsoncenter.org
Find us on Facebook: <https://www.facebook.com/LaramieSOTG/>

March 3	Snowy Range Ski Area Snowshoe Trails. From Laramie, go 36 miles west on Hwy 130, then turn left into the Snowy Range Ski Area. Lost Loop, Bridge Loop and Park Loop wind from the overflow parking area (where we will park) near the Snowy Range lodge. Moderate difficulty, 2.5 miles, 9175 elevation. Lunch at the lodge is an option for those who want to stay and eat.
March 10	Snowy Range: Corner Mountain. From Laramie, go 32 miles west on Hwy 130, then turn left at the Corner Mountain Trailhead and park. This interconnected set of trails offers several steep sections across rolling terrain, 2.5 to 3.5 miles, depending on trails chosen. It's a moderate trail and we could be snowshoeing or hiking in the snow.
March 17	Spirit Rock North - KFC hike. Take I-80 to Happy Jack exit (#323), go across the viaduct and turn left onto Hwy 210. Go approximately 10.5 miles to the large gravel area on the right, directly across the highway from Spirit Rock. If you get to FR 700, Vedauwoo Glen, you'll have gone too far. We'll walk across Hwy 210 and cross the fence to make a moderate 4-mile loop, including the survivalist camp.
March 24	Happy Jack: Pole Creek to Blackjack to Middle Aspen. Take I-80 to Happy Jack exit (#323), go across the viaduct and turn left onto Happy Jack Road (Hwy 210). Go about two miles and turn right to the Happy Jack Trailhead. These trails explore the northern segment of the trails at Pole Mountain, about 3½ miles, easy to moderate snowshoe. The distance can be lengthened by returning via Aspen instead of Middle Aspen.
March 31	North Crow Reservoir: Moby Dick - KFC hike. Take I-80 to Happy Jack exit (#323), go across the viaduct and turn left onto Happy Jack Road (Hwy 210). Go about 12 miles, then turn left to the North Crow Reservoir (there's a sign on the right). Drive about three miles on North Crow Road. The road will fork before getting to the reservoir. Take the left fork just after the cattle guard toward the farthest parking area on the south side of the lake. Beginning at North Crow Creek Reservoir, this moderately difficult hike will head south to some amazing rock formations for a 3-4 mile loop.

SPECIAL NOTE: Planning session for hikes (May–October) Tuesday, March 28, 9:00-11:30 a.m. at the Eppson Center.

STATISTICS

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



WOW! We sure have been busy these last couple of months. We have had close to 75 new or returning patrons come to the Eppson Center for activities, meals, and services. If you see some faces that are new, please take the time to introduce yourself or invite them to join you during lunch.

Thank you all who have taken the time to complete your Aging Needs Evaluation Summary (AGNES) form. This form is required once a year by the State Aging Division and helps us gain funding for all of our programs.

I leave you this month with these thoughts: “May the sun bring you new energy by day, may the moon softly restore you by night, may the rain wash away your worries, may the breeze blow new strength into your being, may you walk gently through the world and know its beauty all the days of your life.”

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?
Don't know where to turn?
WYOMING 2-1-1 CAN HELP!

Wyoming residents who need help finding affordable housing, food, utility assistance, and other basic needs, can reach out to Wyoming 2-1-1. Wyoming 2-1-1 is a free and confidential service that provides information and referrals to local community services that can help you with your most critical and urgent needs.

Dial 2-1-1 or 888-425-7138
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SENIOR CONNECTIONS

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



Do you enjoy a great phone call?

We are excited about our new Senior Connections program at the Eppson Center, which aims to

connect seniors in our community who need a friendly voice. We are looking for volunteers who are willing to make phone calls to other seniors and help them stay connected. If you or someone you know is interested in helping out, please email Erica A. at seniorconnections@eppsoncenter.org. We greatly appreciate your support in this effort to bring our community closer together.

Loan Closet Happenings

- 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. Current needs are women's pads (7/high absorbency) and S/M pull up Depends-like underwear.
- **The loan closet is open Monday-Friday, 8:00am-4:00pm.**
- Please call ahead of time, ask for Erica Anderson, ext. 127.

Enhabit Lunch and Learn - Caregiving

Nurses from Enhabit will be at the Eppson Center to give an educational presentation on caregiving on **Tuesday, March 28, from 10:45 - 11:15am**. Learn about the importance of caregivers, including how to find a good caregiver, tips and tricks, a check list for caregiver burn out/stress and how to prevent burnout.

Suicide Prevention

QPR Training, Friday, March 24, 1-2:30pm.

Learn how you can caringly question a person who has uttered end-of-life statements. Certain questions can help to

persuade them they are not alone. Learn community resources to refer them. This training offers hope through positive actions. 307-760-1196 or 307-721-2970 for more information.

Beltone

- This service offers hearing aids, hearing aid tests and hearing aid maintenance.
- **Beltone is at the Center on March 2 in the classroom.**
- Schedule your appointment with Kelly by calling 307-214-4937.

Do you have prediabetes?

One in 3 adults in Wyoming are at high risk of developing type 2 diabetes and more than 80 percent of them don't even know it. A one-minute Prediabetes Risk Test can help you determine if it's time to start taking small steps toward a healthier future today. Visit the Wyoming Dept. of Health sponsored website - www.findoutwy.org - to take a quick 7 question quiz to see if you're at risk for this reversible condition.

Free blood pressure check

Nurses from Enhabit will be at the Center to check your blood pressure on **Tuesday, March 28, from 11:15am - 12:15pm**, no appointment is needed! Did you know that most people with high blood pressure don't experience symptoms but high blood pressure can lead to many diseases? Take care of your heart and get it checked once a month at the Eppson Center.

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 **March 9, 16, 24, and 30.**
- Call Lorraine at 307-760-1196 to schedule your appointment.

ACTIVITIES, EVENTS, & EXERCISE

EMMA WHITE, DIRECTOR (307) 745-5116, ext. 114

email: activities@eppsoncenter.org



Genealogy Assistance **Wednesdays starting March 1, 1:00-4:00pm.**

Drop in to the Eppson Center Library where experts will be offering assistance on tracing your genealogy. For assistance while working on your family history be sure and bring your genealogy questions and a genealogist from the Albany County Genealogical Society will be on hand to do their best to help you with your family research.

Melodees Country Concert

Monday, March 6, 12:30pm. The Melodees will be performing their new country program right after lunch. It will be a fun time of music and good company!

Incontinence Education Presentation

Tuesday, March 7, 1:00pm. Gretchen Claude, a Pelvic Floor Physical Therapist from High Country Physical Therapy will be at the Eppson Center to discuss important information on a subject many adults deal with-incontinence. She will discuss why it happens and tips on how to improve it. We understand that this can be a personal topic, which is why it will be in the classroom for privacy.

Cardio Exercise Class

Monday, March 13, 1:30-2:30pm. Enjoy this cardio focused exercise class taught by former intern, Trae. Get your heart going and experience all the positive health benefits! Did you know it is recommended for older adults to get 150 minutes of moderate aerobic (cardio) exercise a week, that's about 30 minutes a day. Meet that goal by coming to this class.

Special Moments From the Antarctic Peninsula

Tuesday, March 14, 12:30pm. Michael Day, educator and nature photographer, has a new slideshow to share. He recently returned from a 10-day cruise of the Antarctic Peninsula and found it one of the most challenging and rewarding experiences of his life. During the presentation Michael shares his photo journal of one of the most fascinating locations in the world.

AARP Safe Drivers Course

Wednesday, March 15, 9:00am-4:00pm.

An educational driving course for those 55 and older. Learn tips and tricks to stay safe and how driving technology has changed. The class is \$25/non-AARP member, \$20/AARP member, or free with proof of Individual United Health Care plan. Many car insurances offer discounts after completing this course. Sign up at the front desk.

CLOSED, Friday, March 17. The Eppson Center will be closed on March 17 for a staff in-service day. We will be serving Home Delivered Meals only. Thank you for understanding!



March

06

5:00PM → 7:00PM

255 N. 30th Street, West Atrium (Door #4)

We are opening our time capsule from 1973! Join us for a celebration of the last 50 years at Ivins, and the future of healthcare in Laramie! Ivins staff will be sharing information and giving tours of spaces and innovations around the hospital. Come share in some community history with us.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Senior Hydrobics</u> 6:00am-7:15am at Laramie Rec Center	<u>Senior Hydrobics</u> 6:00am-7:15am at Laramie Rec Center	<u>Senior Hydrobics</u> 6:00am-7:15am at Laramie Rec Center	<u>Senior Hydrobics</u> 6:00am-7:15am at Laramie Rec Center	<u>Senior Hydrobics</u> 6:00am-7:15am at Laramie Rec Center
<u>Chess</u> 9:00am-12:00pm	<u>Line Dancing</u> \$2/class 9:00am-10:00am	<u>Chess</u> 9:00am-12:00pm	<u>Musical Exercise With Resistance</u> 10:30am-11:30am	<u>Seniors on the Go</u> 8:45am
<u>Board and Card Games</u> 10:00am-11:30am	<u>Musical Exercise With Resistance</u> 10:30am-11:30am	<u>Line Dancing</u> \$2/class 9:00am-10:00am	<u>Watercolor</u> Studio session 12:30pm-4:00pm	<u>Line Dancing</u> \$2/class 9:00am-10:00am
<u>Fall Prevention</u> 10:30am-11:30am (in East Wing and Zoom)	<u>Bible study with Rich Henderson</u> 1:00-1:45 (on Zoom)	<u>Fall Prevention</u> 10:30am-11:30am (in East Wing and Zoom)	<u>Biscuits and Jam</u> (1 st and 3 rd ONLY) 1:00pm-3:00pm	<u>Chess</u> 9:00am-12:00pm
<u>Pinochle</u> 1:00pm-3:30pm	<u>Laramie Duplicate Bridge</u> 1:00pm-4:00pm	<u>Writing Workshop</u> 12:30pm-2:00pm	<u>Drum Life</u> (2 nd and 4 th Thursday ONLY) 1:00pm-3:00pm	<u>Veterans Coffee</u> 9:00am-10:00am
<u>Melodees</u> 1:30pm-2:30pm	<u>Uechi Ryu Karate</u> 5:00pm-6:00pm	<u>Genealogy Assistance</u> 1:00pm-4:00pm	<u>Mexican Train Dominoes</u> 1:00pm-3:30pm	<u>Craft Corner</u> 10:00am-11:30am
	<u>Laramie Fiber Guild</u> 1 st Tuesday ONLY 6:30pm-8:00pm	<u>Yoga</u> 4:30pm-5:15pm (Yoga style is different each week, see front desk for calendar)		<u>Fall Prevention</u> 10:30am-11:30am (in East Wing and Zoom)
<u>Available 8am-4pm Monday-Friday:</u> <ul style="list-style-type: none"> • Too Fit To Quit (must complete orientation with Emma) • Billiards (come by anytime or lessons or games with Carl) • Clothing Sewing and Alterations (from Julie) call the Eppson Center for details • Game Center: play card or board games anytime • Computer lab: use of computer and/or DaVinci Reader 				<u>Bridge Lab</u> 1:00pm-4:00pm

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.



Please remember that we are in the midst of cold and flu season. If you are feeling ill, please refrain from coming to the Center to help avoid spreading viruses to others.

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. 20

Laramie Seniors Need YOU!

The ECS is in need of volunteers to deliver hot meals to our most vulnerable, homebound seniors. Giving a little of your time provides these seniors with not only a hot meal but much needed social interaction.

One hour, once a week is all it takes. Join our team of volunteers and make a difference to Laramie's seniors.

All that is needed is a valid driver's license, car insurance, and a reliable vehicle.

Contact Erica at
745-5116, Ext. 20.



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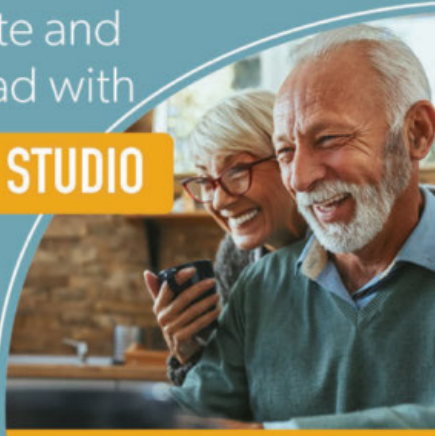
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FROM THE DIRECTOR, TAMMY COMER continued from page 1

- ✿ In 1976 the Phillips Hotel building was purchased by the Albany Seniors, Inc., a non-profit organization formed March 22, 1976, to manage real estate for the senior center.
- ✿ In 1983 the senior center expanded into the north part of the Philips building, previously occupied by Hesse's Saloon and later by Midwest Sporting Goods. It was remodeled which provided additional space for dining and a room for medical consultation. Home delivered meals became a service of the senior center.
- ✿ In 1991, Mary Louise Hanson retired after 17 years of service, and Lynne Simpson was hired as the director until 1999. During this time, Harold Eppson and Lynn Simpson initiated a search for larger and more senior-friendly facilities with adequate parking.
- ✿ In the summer of 1994, Harold Eppson purchased the building at 1560 North Third Street (the former Tipple and Depot bar and restaurant).
- ✿ Fund raising was accelerated and a building committee was formed to design the new Center, which was named the Eppson Center for Seniors, Inc., in recognition of Harold Eppson's service and financial contributions.
- ✿ Remodeling and additions were started in late 1994. The kitchen, dining, and parking areas became ready for occupancy in March 1996. The Center moved into the new facilities April 1, 1996, and improvements continued which resulted in the memorial wall, administrative offices, the craft room, and finally the east wing. Dr. Fay Whitney, a Professor of Nursing at the University of Wyoming, funded the Whitney Health and Wellness Center.
- ✿ Harold Eppson remained on the Board of Directors until age 90. Jack McCormick replaced Harold Eppson, and Mr. Eppson continued as an ex-officio member of the board until his death four years later.
- ✿ The Eppson Center for Seniors, Inc., was able to expand services considerably in the new location, especially in the transportation area.
- ✿ Lynne Berg replaced Lynn Simpson as executive director from 1999 until 2003. Karin Plautz was the director until December 2004, followed by Co-Executive Directors Richelle Lucas and Andrea Kern until 2008, Gayle Woodsum until 2011, and Dick Cuthbertson until 2015. Andrea Kern returned as Executive Director in 2015.
- ✿ In December of 2016, Tammy Comer was hired as the Executive Director.
- ✿ In Fiscal Year 2017, we served a total of 33,533 meals through our Congregate and Home Delivered Meal Programs.
- ✿ In FY22, we served 47,784 total meals which is a 70% increase in the past five years!
- ✿ In FY22, we provided 6,958 rides to important medical, personal, and social appointments.
- ✿ In FY22, people checked in for activities 29,136 times and our Activities and Events Calendar is larger than ever and includes more diverse activities and events for all to enjoy!

Hope you feel like you know a little bit more about the Eppson Center!

Happy St. Patrick's Day to you all and have a wonderful MARCH!

Grateful for you, as always!

Tammy



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