

NEWS



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CONTACT

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Laramie, WY 82072
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www.eppsoncenter.org
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CENTER HOURS

8am- 4pm | Mon - Fri

WELLNESS CENTER

307-745-5116 (Ext. 27)

MEALS

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

TRANSPORTATION

8am - 3:30pm | Mon - Fri

307-745-1511 (Ext. 31)

BOARD OF DIRECTORS

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FROM THE DIRECTOR, TAMMY COMER



Happy Spring!

I hope you are starting to feel some excitement for the coming spring here in Laramie! It has been a long winter and I am looking forward to the change of seasons. My favorite parts of spring are the subtle ones: grape hyacinths peeking through the spring snow, tulips popping their heads out of the ground, and crocus coming up in south facing yards and gardens. In Laramie, spring comes slowly and in small bits at a time. It seems like other communities get there quicker than we do, but with patience, we get there as well and when the lilacs bloom and the leaves fill in on the trees, we are set for a lovely intro to summer.

I see the changes happening at the Eppson Center as sort of the "spring" in the Center's seasons! We are in the process of getting things updated and brightened up but, like the process of spring arriving, we must be patient! Our "spring" began with structural and cosmetic repairs and new paint on the building's exterior last year, a new drink station in the dining room several months ago, and then on to new carpet inside the Center this past month along with new brighter lighting in the dining room. This summer, we are looking forward to the new garden beds being placed on the west side of the building which will be tended by volunteers and strengthen our collaboration with Age Friendly Laramie. Our

continued on page 3





April Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>All menu items are served with: 1 cup green salad with dressing 1 cup mixed fruit 1 Dessert Milk</p>	<p>Menu is subject to change. Donations are appreciated for meals for those age 60 and over. Cost per meal for those age 59 and under is \$7.00.</p>			<p>1</p> <p>Baked Cod Fruit Salsa Wild Rice Vegetable Medley</p>
<p>4</p> <p>Beef Marinara Spaghetti Broccoli Garlic Toast</p>	<p>5</p> <p>Mushroom Chicken Rice Pilaf Vegetable Medley Wheat Roll</p>	<p>6</p> <p>Carnitas Tacos with Peppers and Onions Refried Beans Spanish Rice</p>	<p>7</p> <p>Cheeseburger Potato Salad Cali Blend Veg</p>	<p>8</p> <p>Tuna Casserole Vegetable Medley Wheat Roll</p>
<p>11</p> <p>Roast Beef Sandwich Steamed Sweet Potato Meadow Blend Veg</p>	<p>12</p> <p>Vegetable Quiche Sausage Link Roasted Potatoes Vegetable Medley</p>	<p>13</p> <p>Chicken Cordon Bleu Rice Pilaf Green Beans Wheat Roll</p>	<p>14</p> <p>Beef Stroganoff Egg Noodles Country Vegetable Wheat Bread</p>	<p>15</p> <p>Herb Tilapia Wild Rice Vegetable Medley Wheat Roll</p>
<p>18</p> <p>Swedish Turkey Meatballs Green Beans Wheat Bread</p>	<p>19</p> <p>Chicken Parmesan Spaghetti Broccoli Garlic Toast</p>	<p>20</p> <p>Potato Ham Soup Vegetable Medley Wheat Roll</p>	<p>21</p> <p>Braised Chicken Steamed Sweet Potato Monaco Blend Veg</p>	<p>22</p> <p>Philly Cheesesteak Oven Fries Baby Carrots</p>
<p>25</p> <p>Beef Tacos Black beans Spanish Rice Squash Blend Veg</p>	<p>26</p> <p>Grilled Ham & Cheese Tomato Soup Green Beans</p>	<p>27</p> <p>Turkey Dinner Steamed Sweet Potatoes Meadow Blend Veg</p>	<p>28</p> <p>Tuna Salad Sandwich 3 Bean Salad Tater Tots</p>	<p>29</p> <p>Beef Ravioli with Marinara Cali Blend Veg Garlic Toast</p>



planning process for a new and safer parking lot will begin this summer with hopes to have it finished by next summer. We have an ongoing list of Center needs and our Facilities Committee and Board of Directors review these needs to ensure that important maintenance items are being completed to maintain the value and structure of the ECS. Our “spring” is here, and we hope you are looking forward to the upcoming seasons of the Eppson Center!

We have been holding congregate meals now for two months, and I want to thank all of you for your cooperation while we adjust to our new processes and safety precautions. We are happy to say that it really is going well! We have not had a reported case of COVID in several months and are anxiously looking forward to our patrons staying healthy and involved as much as possible.

Thank you again for your continued support of the Eppson Center for Seniors! If you haven’t had a chance, stop by and have some lunch!

Tammy

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APRIL 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/>

April 1	Curt Gowdy State Park. Take exit 323 off I-80 and go 13 miles on Happy Jack Road (Hwy 210) to Curt Gowdy. Park in the Aspen Grove parking area. We'll take Stone Temple to Ignoramus to Rock 'n' Roller. This is a moderate hike, about 4 to 5 miles, depending on the exact route we take.
April 8	Vedauwoo, The Nautilus. From I-80 east, take Vedauwoo exit 329. If Vedauwoo Road (FR 700) is open, drive to the Nautilus parking lot, on the left less than a mile past the turn-in to Vedauwoo. If the road is closed, we'll park in the parking area off to the right by the closed gate or in the parking lot by the hut as you enter Vedauwoo. Dubbed by our group as Turtle Rock #2, this formation is past the entry gate off the dirt road to the left. The trail loops through Aspen trees and around this ship-like rock formation, and can be extended through the campground. Easy hike, up to 3.5 miles.
April 15	Good Friday/Easter. No hike
April 22	BMW Hike: FR 708. Take exit 323 off I-80 and go 8.5 miles on Happy Jack Road (Hwy 210). Turn onto FR 708, which is one mile south of FR 701E. FR 708 is across the road from FR 707A and has parking for a large group. This is a loop through the prairie to the rock formations that lie north of Hwy 210, returning on FR 708. The hike is an easy one, about 3 miles, but can be longer at will.
April 29	Blair Trail by Brady Rock. Take exit 323 off I-80 and make an immediate right-hand turn onto old Hwy 30. Go 3.8 miles on old Hwy 30, and take FR 705 (Blair Road) under the interstate. (If coming from Cheyenne, take exit 329/Vedauwoo and go west 2.7 miles to the Blair Road turn.) Drive about 2 miles to the Blair Picnic Area which is a right-hand turn at the river. If the forest gate along Blair Road is closed, we will park by the cattle guard and along the road; this will add about 2 miles to the hike. The hike is a moderate 3.1 mile loop from the picnic area to the area's lesser known climbing walls, along the rugged flank of Green Mountain, and back to the parking area.

Creative Aging

STITCHING THE PAST TOGETHER

Join local artist Ismael Dominguez for a free series of interactive art classes. Participants will learn the art of memory-based storytelling through a variety of sculptural beading techniques.

These classes are open to all and have accommodations for those of all dexterity levels.

STARTING:
THURSDAYS 6:30-8:00
APRIL 7TH-MAY 26TH

AGES:
55+

LOCATION:
ALBANY COUNTY
PUBLIC LIBRARY

CONTACT:
IDOMINGUEZ@ACPLWY.ORG
307.721.2580



SIGN UP AT ACPLWY.ORG

CREATIVE AGING IN WYOMING PUBLIC LIBRARIES IS A JOINT INITIATIVE OF THE WYOMING STATE LIBRARY, THE WYOMING STATE ARTS COUNCIL, AND LIFETIME ARTS. THE PROJECT WAS MADE POSSIBLE THROUGH THE GENEROUS SUPPORT FROM THE WYOMING STATE SENIORS CENTER, THE WYOMING COMMUNITY FOUNDATION, AND THE WYOMING COMMUNITY FOUNDATION.

Albany County Public Library
Lifeline & Support - Your Voice

Lifetime Arts



Music & games at the Eppson Center!



EPPSON CENTER TRANSPORTATION

GUY MORROW, TRANSPORTATION COORDINATOR (307) 745-1511



We have slots open on our vans, so please call for rides as we are happy to take you where you need to go.

- All riders must complete a Senior Assisted

Transportation Services (SATS) application before they can schedule rides.

- All rides must be scheduled at least 48 hours (2 business days) in advance.
- **For subscription riders:**
 - Please confirm by the 20th of the month to continue for the next month.
 - Also, be sure to set up your rides for set weekly shopping or medical appointments such as Physical Therapy or Rehab appointments.
- 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.



HAVE YOU HEARD THE ONE ABOUT:

My Dad did not like being a bus driver. *He was convinced people were talking behind his back!*

What did the bus driver say to the frog? *Hop on!*

Get Connected Get Help



Wyoming COVID-19 Aging Network (CAN)

In this unprecedented time, many people who have never had to ask for help may need to turn to others. Whether you are an older adult, a caregiver, or an adult with disabilities, we want to make it easy for you to ask for the things you need to keep yourself and your family safe at home.

Visit www.wyoming211.org or dial 2-1-1 to get connected.



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Loan Closet Happenings

- The loan closet is a service that lends out donated medical equipment to members of the community.
- If you need medical equipment please call Emma

at 307-745-5116, extension 14, and she will be happy to help.

- If you have medical equipment you are no longer using, please consider donating it to us and we will loan it to someone in need.

Walk With a Doc

- Walk With a Doc is a program put on by Ivinson Memorial Hospital to help encourage healthy physical activity.
- Listen to a short talk by a local healthcare provider and then join healthcare professionals and peers on a walk around the track.
- Held at the University of Wyoming fieldhouse.
- April 3 and 17.
- 1:30-2:30pm.

Beltone

Beltone offers hearing aids, hearing aid tests, and hearing aid maintenance. **They will be here on April 7. Schedule your appointment with Kelly by calling 307-214-4937.**

Snowy Range Foot Care

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



Laramie Senior Wellness Gardens



Gardens will be coming to the outdoor spaces of the Eppson Center this spring/summer!

The garden beds will be raised and will contain plenty of veggies and herbs that can be enjoyed by everyone. The addition of these beds has been in the works for a while and will be directed by an Honors student at the University of Wyoming named **Maraia Rubin**. Maraia is majoring in Physiology with a minor in Aging and is so excited to bring these gardens to life in the heart of Laramie. Dr. Bernard Steinman, Dr. Karaugh Brummond, and volunteer John Jansen are also helping to make these gardens possible. There will be plenty of activities and events surrounding these garden beds during this summer. You might even see these veggies and herbs in meals made by the Eppson Center Kitchen! We are so excited to have gardening a part of the Eppson Center as it will beautify our space and is a great form of physical activity and socialization. Keep your eye out for future events regarding the gardens. **If you have any questions, feel free to reach out to Maraia at Mrubin1@uwyo.edu.**

ACTIVITIES, EVENTS, & EXERCISE

EMMA, DIRECTOR (307) 745-5116, ext. 14 email: activities@eppsoncenter.org



Laramie Art Guild has resumed their meetings at the Eppson Center

• Join them the first Wednesday of the month at 1:00pm for a fun project and art discussion.

- The April meeting will include a project, "Off the Wall," which will be fun for all.
- April 6th 1:00pm.

Monthly Contest

- We have brought back a monthly contest here at the Eppson Center.
- Each month there will be a different contest at the Front Desk from word searches to guessing games that patrons can enter for a prize.
- Come by and see what we have done for April. Good luck!!

Dollar A Month Club

- The Dollar A Month Club is in need of more board members.
- They meet the last Thursday of the month from 12:30pm-1:30pm.
- They are responsible for many important projects around the Center. Please consider joining to ensure that we can keep the club ongoing.

AARP Free Income Tax

- Thank you to all of the volunteers who helped file taxes here at the Center! You are very appreciated in our community.
- All spots have been filed. There are no more available tax appointments.

Safe Drivers Course

We had a very successful March session of the Safe Drivers Course and are proud to announce that we were able to hold the first session in the state since COVID. **The next session will be April 20 from 9:00am-4:00pm.** Call, 307-745-5116, or stop in to make sure you save your spot.



Meet Lorraine!

This month, we decided to sit down and get to know a wonderful patron and active community member, Lorraine.

Lorraine has been coming to the Eppson Center for about 10 years. Her favorite things to do here include attending Fall Prevention Classes, Seniors on the Go hikes, making new friends, using the equipment for Too Fit To Quit, and doing footcare.

Lorraine has been a nurse for more than 50 years and has been doing foot care for 20 years. She is a very busy lady, as she runs Snowy Range Foot Care, teaches nursing students, works at the downtown clinic, and is involved in several other community organizations.

In her free time, Lorraine likes to exercise, do service work, bicycle, read books, and bake. Legend has it that she makes an amazing carrot cake, as well as excellent biscotti. She also likes to travel and plans to go to France and Spain in the near future.

We are so lucky to have such an energetic, kind, and involved patron at the Eppson Center!

April Activities at the Eppson Center

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 Swim</u> 8:00am-9:00am at Laramie Rec Center
<u>Senior Swim</u> 8:00am-9:00am at Laramie Rec Center	<u>Line Dancing</u> \$2/class 9:00am-10:00am	<u>Senior Swim</u> 8:00am-9:00am at Laramie Rec Center	<u>Musical Exercise With Resistance</u> 10:30am-11:30am	<u>Seniors on the Go</u> 8:45am
<u>Chess</u> 9:00am-12:00pm	<u>Musical Exercise With Resistance</u> 10:30am-11:30am	<u>Chess</u> 9:00am-12:00pm	<u>Watercolor</u> \$4 suggested donation 12:30pm-4:00pm	<u>Chess</u> 9:00am-12:00pm
<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>AARP Safe Drivers Course</u> 9:00-4:00 3 rd Wednesday only (April 20 th)	<u>Biscuits and Jam</u> (1 st and 3 rd ONLY), April 7 th and 21 st 1:00pm-3:00pm	<u>Veterans Coffee</u> 9am-10am
<u>The Melodees</u> 1:30pm-2:30pm	<u>Pinochle</u> 12:30pm-3:30pm	<u>Genealogy (Family History class)</u> Sign up required 9:00-11:30	<u>Mexican Train Dominoes</u> 1:00pm-3:30pm	<u>Line Dancing</u> \$2/class 9:00am-10:00am
<u>Bingo</u> 1:00pm-2:30 pm	<u>Laramie Duplicate Bridge</u> 12:30pm-4:00pm	<u>Line Dancing (best day for beginners)</u> \$2/class 9:00am-10:00am	<u>Dollar a Month Club</u> 12:30-1:30 Last Thursday of the month only (April 28 th)	<u>Fall Prevention</u> 10:30am-11:30am (in East Wing and Zoom)
<u>Uechi Ryu Karate</u> NEW time 5:00-6:00	<u>Laramie Fiber Guild (1st Tuesday)</u> 6:30 pm-8:30pm	<u>Fall Prevention</u> 10:30am-11:30am (in East Wing and Zoom)	<p style="color: #0070c0; font-weight: bold;">Stay up to date with all things Eppson Center by liking us on Facebook and subscribe to our weekly email announcements</p>	
		<u>Laramie Art Guild</u> 1:00-3:30 1 st Wednesday only (April 6 th)		

Available 8am-4pm Monday-Friday:

- -Too Fit To Quit (must complete orientation with Emma)
 - -Billiards (lessons or games with Carl Arnold)
 - -Clothing Sewing and Alterations (with Julie) call the Eppson center for details
- Laramie Flute Choir days TBD call for more details



HOME DELIVERED MEALS

ERICA CURRY, DIRECTOR (307)-745-5116, ext. 20



The Home Delivered Meal Program continues to deliver an average of more than 100 meals daily to our homebound seniors. I know that our homebound patrons appreciate the hot meal and a friendly smile from their drivers.

message and I will return your call as soon as possible. Again I want to thank all of the HDM drivers. Without each and everyone of you this program would not be possible. Each of you makes a difference!!!! Thank You!

I am always looking for volunteers to donate a little bit of their time to deliver meals. This volunteer work could be routinely once a week or as a substitute driver. **If you would like more information about being a volunteer driver feel free to contact me at the center.** If I do not answer just leave me a



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Thrive Locally

Senior Wellness: The Best Tips for Health in Spring

By Melissa Woodward

(Reprinted from *The Arbor* <https://www.arborcompany.com/blog/senior-wellness-the-best-tips-for-health-in-spring>)

After a long and sometimes dark winter, you might feel inspired to make changes to enhance your health. If that is the case, read on to find out how you can rejuvenate your life this spring.

Take Yourself in for a Tune-Up

To keep your body running at peak performance, it needs regular maintenance: a spring tune-up, so to speak. Get your weight, blood pressure, and glucose and cholesterol levels checked out by your primary-care physician, who can also book you for other relevant tests. In addition, if it's been a year since your eyes were tested, schedule an appointment with your optometrist, and see your dentist if you haven't been examined for at least six to nine months. Finally, if you are finding it difficult to catch what people are saying, especially in a crowd of people, it's probably time to get your hearing tested.

Put on Your Walking Shoes

There's no better way to explore the season than by walking. Health-wise, it's one of the best physical activities for seniors – its considerable benefits include controlling blood sugar, supporting bone and heart health, and improving sleep. Not only that, walking in a park or forest is a great way to connect with nature, and, if you join a walking club or hiking group, it can be an easy way to meet new friends. Remember to make sure that you choose terrain that is suitable for your current level of activity and balance, and that you wear supportive and comfortable shoes, as these can help reduce the risk of falls.

Take an Exercise Class

In addition to walking, get your endorphins flowing by signing up for a low-impact aerobics or other type of exercise class. Consider Yoga, Pilates, or Tai Chi - all of which can improve balance and flexibility and decrease your chances of falling. Aquafit is another fun and social way to increase physical fitness, one that can be especially suitable if you have arthritis or chronic pain.

Get Outside and Garden

Tending to a garden can boost your level of Vitamin D, which can, in turn, help reduce the risk of bone problems and fractures. On an emotional

level, getting outside and breathing fresh air, listening to birds chirp, and watching worms crawl through the dirt can be as calming and relaxing as an hour of meditation. On a physical level digging, planting, and weeding can improve strength, flexibility, and agility.

Lighten Up Your Diet

Many healthy fruits and veggies - like asparagus, peas, lettuce, and strawberries - come into season in the spring, making it the perfect time to replace heavier winter meals with salads, light soups, or other lightly cooked fare. In fact, cut down your chances of developing conditions, such as heart disease, stroke, diabetes, and arthritis, by making a complete dietary overhaul. Consider cutting down on red meat and processed foods, replacing white flour with whole grain flour, and increasing your intake of produce as well as healthy fats such as olive oil and avocados.

Drink Lots of Water

Dehydration can adversely affect memory and concentration and increase fatigue; it can also lead to serious complications such as increased risk of falls. As a rule of thumb, aim for at least eight cups of water per day, and be conscious about the type of fluid that you ingest, choosing water, herbal tea, and fresh vegetable juices over coffee, fruit juices, or sugary sweet soft drinks.

Dress for the Weather

When the sun is shining brightly, always wear sunglasses or a wide-brimmed hat to protect yourself from ultraviolet rays that can adversely affect your skin and eyes. On cooler or windier days, insulate yourself from the cold by topping off your outfit with a sweater or jacket and a scarf.

Watch for Allergies

Springtime can mean the beginning of allergies for people who react badly to grass and pollen. Keep an eye on the weather. Untreated allergies aren't just uncomfortable--they can lead to breathing problems, sinus infections, and colds. A doctor can recommend or prescribe a good allergy treatment. Taking it regularly can help prevent more serious respiratory problems.

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

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.

THANK
YOU

A HUGE thank you to our
Annual Appeal Campaign Donors.
Because of you, we were able to raise

\$22,760.00

to go towards general expenses at the Center!
We appreciate your generosity which helps us
to continue our mission to provide lifelong
support for independent living!

Need assistance with filling out legal forms? Have questions about the court system or how to navigate your case?

Come get free legal information from a Volunteer Reference Attorney

A volunteer attorney will be available for brief one-on-one visits with community members to provide instruction in filling out legal forms and navigating the court system.

April 7th

May 5th

June 2nd

2:00 p.m. to 4:00 p.m.

**Albany County Courthouse
525 Grand Ave, 3rd Floor
Laramie, WY**

*****Masks required*****



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

