

NEWS



Dedicated to providing lifelong support for independent living.

CONTACT

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

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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

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DISCLAIMER

Please note that the Menu, Activities schedules, and Events are subject to change.



FROM THE DIRECTOR, TAMMY COMER

Hello All!



August is here and it brings exciting news to the Center and its supporters! We are pleased to let you know that we received a grant in the amount of \$10,000 from our partners at the Wyoming Community Foundation to be used for general operating expenses! Receiving a grant that funds general operating expenses is so important to the Center as most of the grants we are eligible for will

only fund certain projects or specific events, so the WYCF grant gives us more flexibility in the use of the grant funds. Thank you so much to Wyoming Community Foundation for your support!



In other exciting fundraising news, the WYOGIVES/Mid-Year Campaign was held on Wednesday, July 10th. This was our 4th year working with the WYOGIVES team, and we were able to raise \$8,460.00 through the campaign! A great big thank you to all of those who donated to the WYOGIVES or our Midyear Campaign - we couldn't do it without your support!

CONTINUED ON PAGE 8





August Menu

Monday

Tuesday

Wednesday

Thursday

Friday

			1	2
A contribution towards the cost of your meal is appreciated if you are 60+. If you are 59 and under, the cost is \$7.00.	Menu is subject to change	All menu items are served w/ 1 cup green salad/ w dressing 1 cup mixed fruit 1 Dessert 1 Milk	Biscuits & Sausage Gravy Hash Browns Scrambled Eggs	Tuna Sandwich on Whole Wheat Steamed Diced Carrots Coleslaw
5	6	7	8	9
Pork Loin Baked Sweet Potatoes Winter Blend Veggies Wheat Roll	Baked Potato Bar Cheddar Cheese Bacon bits, Chili with beans, sour cream Monte Carlo Veggies	Baked Cod w/ Lemon Dill Sauce Wild rice Steam Peas Garlic Bread	BBQ Chicken Au Gratin Potato Scandinavian Veggies Wheat Bread	Beef Stroganoff over Egg Noodles Yellow Squash & Spinach Bread Stick
12	13	14	15	16
Turkey Pot Pie Wheat Bread Steamed Key Largo Veggies	Beef Tater Tot Casserole California Blend Veggies Wheat Bread	Healthy Bean & Veggie Soup Cheddar Cheese Wheat Roll	Baked Lemon & Pepper Tilapia Baked Ranch Potato Chuckwagon Veggies	Chicken Parmesan Spaghetti Noodles Steamed Capri Veggies Garlic Bread
19	20	21	22	23
Hot Roast Beef Sandwich Mash Potato & Brown Gravy Steamed Cauliflower Wheat Bread	Baked Mesquite Chicken Brown rice Steamed Green Bean Wheat Roll	Baked Garlic & Herb Pollock Baked Parmesan Potato Steamed Asparagus	Beef Lasagna Italian Blend Veggies French bread	Bean & Cheese Enchilada Casserole with Corn Tortilla Sauteed Root Veggies
26	27	28	29	30
Chicken Fried Steak Mashed Potato Country Gravy Yellow & Green Squash	Baked Pork Chop White Rice Green Bean Almondine Casserole	Baked Ham Seasoned Baked Potato Butter & Honey Baby Carrots Wheat Roll	Chicken Stir Fry Lo Mein Noodles Cucumber, Tomato & Onion Salad	Baked Haddock Brown Rice Steamed Mixed Veggies

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 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 who needs Home Delivered Meals?



**\$8.00/
person**

Annual Chicken in the Park Picnic!

Monday, August 12, 2024
5:00 - 7:00pm / Supper at 5:30pm
(gates open at 5:00pm)

\$8.00 per person / ticket required
Deadline to purchase: August 2
Entertainment: Davis & Mavrick
First Christian Church / 2130 East Garfield



Chicken, baked beans,
potato salad,
watermelon, cookie

The picnic will be
behind the First
Christian Church,
2130 Garfield,
south end of the parking
lot. In case of rain the
picnic will be held in the
fellowship hall.



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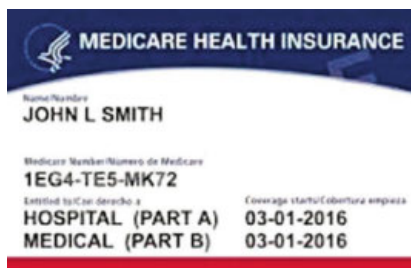




AUGUST HIKES

Spring-Summer Hikes: The weather can change dramatically in the summer, especially in the Snowy Range. Wear hiking boots/shoes, clothes that layer easily, and a hat for protection from the high altitude sun. Carry lightweight rain gear in case of inclement weather. Bring water, snacks, sunscreen and bug spray. Know that late spring and early fall hikes may require YakTrax or snowshoes. For questions or to get more Seniors on the Go information email: sotg@eppsoncenter.org

August 2	Snowy Range: Stromatolite Hike / Take a Walk on the Ancient Side. Led by Larry. Take Hwy 130 through Centennial and drive 10.6 miles (2.6 miles past the Brooklyn Lake turn-off). Turn right onto the dirt road (FR 332) and meet at the parking area 1/2 mile up the road. For the hike, we'll follow a self-guided walking tour. If you want a copy of the walking tour, it can be downloaded for free from the Wyoming State Geological Survey: https://sales.wsgs.wyo.gov/self-guided-walking-tour-of-paleoproterozoic-stromatolites-in-the-medicine-bow-mountains-wyoming-2014/ - great reading! We will be strolling uphill and downhill and even around a few boulders to visit various examples of fossilized microbial mats from 2 billion years ago. Sturdy footwear is recommended. Distance is a couple of miles, average elevation 10,600.
August 9	Snowy Range: Centennial Falls on Centennial Ridge. Led by David. David asks that everyone meet at the Eppson Center to load up into high clearance vehicles. (SUVs such as the Subaru Forester and Toyota RAV are high enough.) We need to make sure that everyone has a ride because if there are not enough high clearance vehicles, some people may not be able to go. If you live in Centennial, email sotg@eppsoncenter.org to say you'll be coming and whether you have a high clearance vehicle or will need a ride. Take Hwy 130 to Centennial and continue for about one mile. Immediately before the Visitor Center, turn left onto FS 338, Ehlin Road. Drive approximately 1/8 of a mile through a stand of trees and turn left into the parking area. From there, David will lead the caravan of high clearance vehicles about 3.25 miles to the parking area. We will hike down the FS road to the trailhead and follow the trail down to the river, then follow the river down to the top of the falls. We will return to the road, David can extend the hike another 0.5 mile (total of 2 miles) by hiking down the road 0.25 mile to a small parking area to view the falls from a distance. He rates this hike as difficult because of the steep terrain; even hiking down the road can be treacherous, as it is easy to slip and slide on the gravel surface.
August 16	Snowy Range: Dipper Lake. Led by Denny & Pat. Carpooling is recommended to minimize the number of vehicles at the trailhead. Take Hwy 130 to Centennial and continue 18 miles to the Silver Lake Campground. Keep going about 3/4 of a mile and then turn right onto FR103. Drive about 1.5 miles on FR 103 to a culvert crossing and park along the right side. Denny will be there to meet the group. The hike goes along a two-track road which is primarily uphill. We pass South and North Twin Lakes, then hike through some woodland and open meadows and cross a couple of creeks. The final trek is uphill, ending at Dipper Lake on the back side of Medicine Bow Peak. This is an out-and-back hike of approximately 3 miles each way (total of 6 miles). Elevation around 10,300 to 10,700. The degree of difficulty is upper-moderate to difficult because of altitude and the final trek to Dipper Lake. This is a beautiful hike, but not for the casual once-a-month hiker!
August 23 NOTE: No hike August 30 (Labor Day Weekend)	Snowy Range: Trail Creek off Sand Lake Road. Led by Frank & Karla. Take Hwy 130 to Centennial and continue for 3.5 miles to the Little Laramie trailhead on the north side of the highway. We will all park here and carpool in about 9 miles to the Trail Creek trailhead, as there is limited parking. The Trail Creek path begins in a forest of spruce and fir and at about 1/2 mile, the trail crosses the creek. We should be able to rock-hop across without much trouble. It's an easy climb for 2.25 miles to reach a gate, which is a good turn-around point for a 4 1/2 mile hike. For those who wish to continue, the trail grows fainter, then virtually disappears. Around 3 miles, the route enters a meadow with possible viewing of wildlife and then continues to Grassy Lake at 3.3 miles for a 6 1/2-plus mile hike. Elevation 9,400 to 10,700.



Medicare numbers should **NOT** be given to **ANYONE** who comes to your door, calls you on the phone, staffs an event, presents information, etc. **Your Medicare number should only be given to YOUR healthcare provider when needed. Be aware, stay SAFE!**

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 reserve your slot. 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 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

Need help looking for information?
Wyoming 211 can help!

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

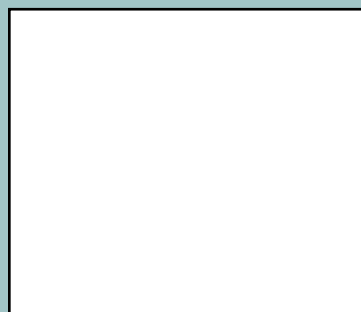
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Eppson Center for Seniors, Laramie, WY B 4C 05-1278

ACTIVITIES, EVENTS, & EXERCISE



ANGIE FESSLER, COORDINATOR

(307) 745-5116, ext. 114

email: activities@eppsoncenter.org

Remember, the Eppson Center offers fantastic cards available for purchase at the Front Desk, priced at just 25 cents each. Additionally, we offer bundles of 20 birthday cards for sale at \$3.00, providing a savings of 10 cents per card.

VOLUNTEERS



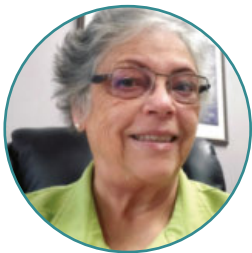
JANIE MARINO, COORDINATOR 307-745-5116, Ext. 127;

email: seniorconnections@eppsoncenter.org

Reminder: Please continue to check in with me for volunteer opportunities.

Be sure to visit our Loan Closet when you need supplies. Currently, the Loan Closet needs wheelchairs (with footrests) and incontinence briefs of all sizes smaller than large. If you have any to donate please see me.

STATISTICS:



MARILYN AIKEN, STATISTICS COORDINATOR

(307) 745-5116, ext. 119

Statistics: Our numbers are growing and I am seeing more and more people at lunch and

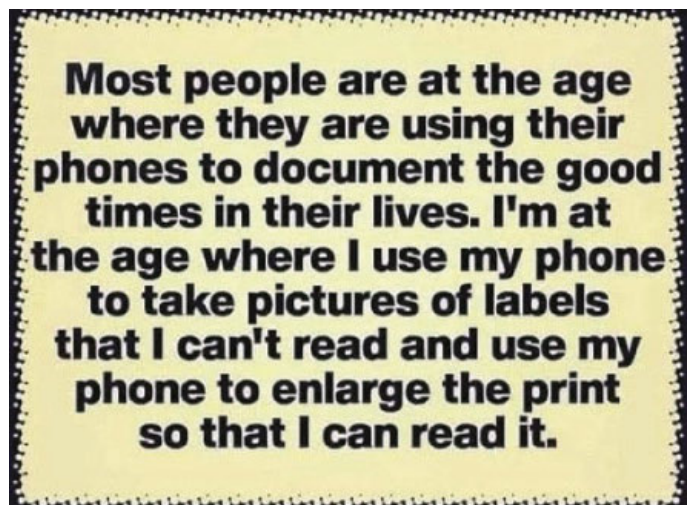
activities. Time just keeps moving way too fast lately, Here it is August already - where did our summer go? I know, I live in Wyoming and summer only lasts a few weeks! Ha Ha! Our garden is growing well and we should be reaping the benefits in the kitchen soon. Also check out the mural on the end of the garage. It is beautiful.

Keep inviting your friends and family to join in all the exciting activities and planned events the Eppson Center provides. Thanks also for your donations to the Mid-Year campaign, WYO Gives. meals, and events. All of your generosity is what helps drive our funding and keeps us going.

Be sure to get your tickets to Chicken in the Park too! Deadline is August 2!

Enjoy August!

Marilyn



August Activities

Eppson Center for Seniors Activities					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:45AM					Seniors on the Go Hiking Group
9:00-9:30 AM			Chair Yoga		Chair Yoga
9:00-10:00AM		Line Dancing	Line Dancing		Vets Coffee
9:00-11:30AM				Cribbage	
9:00AM-Noon	Chess		Chess		Chess
9:45 AM		Walking Group			
10:00-11:30AM	Board and Card Games				
10:30-11:30AM	Fall Prevention Exercise Class	Bingo	Fall Prevention Exercise Class		Fall Prevention Exercise Class
11:30AM-12:30PM	Daily Lunch	Daily Lunch	Daily Lunch	Daily Lunch	Daily Lunch
Noon-1:00PM				Dollar A Month Club (DAMC) (3 rd Thursday)	
12:30-4:00PM		Laramie Duplicate Bridge		Watercolor Workshop	
1:00-2:30 PM			Writer's Workshop		
1:00-1:45PM		Good Book Club via Skype			
1:00-2:00PM					Chair Volleyball
1:00-3:00PM			Chicken Foot Dominoes Genealogy Assistance	Biscuits and Jam (1 st & 3 rd Thursday) Rhythm Energy (2 nd and 4 th Thursday)	
1:00-3:30PM				Mexican Train Dominoes	
1:00-4:00PM	Pinochle	Mahjong			
2:30-3:00PM			Chair Yoga		
4:30-5:30PM		Uechi Ryu Karate			
All day every day <ul style="list-style-type: none"> Too Fit To Quit (gym equipment usage) - MUST complete an orientation with Activities Coordinator, 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. Laramie Fiber Guild (2nd Tuesday) 6:30-8:30pm. 					
NOTE: <ul style="list-style-type: none"> Foot Care, Medicare Assistance, Beltone Hearing Aid Center, LIV Health - 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.

FROM THE DIRECTOR, TAMMY COMER CONTINUED FROM PAGE 1

Thank you for your patience as we work through the parking lot reconstruction project, it has not been as much of an inconvenience as we thought it was going to be and the crew is ahead of schedule for finishing the parking lot so we are thrilled with the progress! It should be complete in the next couple of weeks!

Please take a look at the Age Friendly Laramie Community Garden next time you are at the Center – the vegetables are growing well, we've already had a harvest of delicious radishes for our lunchtime meal, and the lettuces and herbs are being used in the daily salads as well. We are hoping to do a bit of landscaping in the garden area, and a new handicapped accessible picnic table has arrived and is waiting to be set once we get the ground leveled. We are adding a big yellow umbrella to keep the sun off of folks outside at the table and we are really hoping you take some time to enjoy the new area complete with the beautiful backdrop of the new mural.

See you next month!

Tammy

Beginner Belly Dancing with Cass Bushman

East Wing 10:30-11:30

August 1 and 8



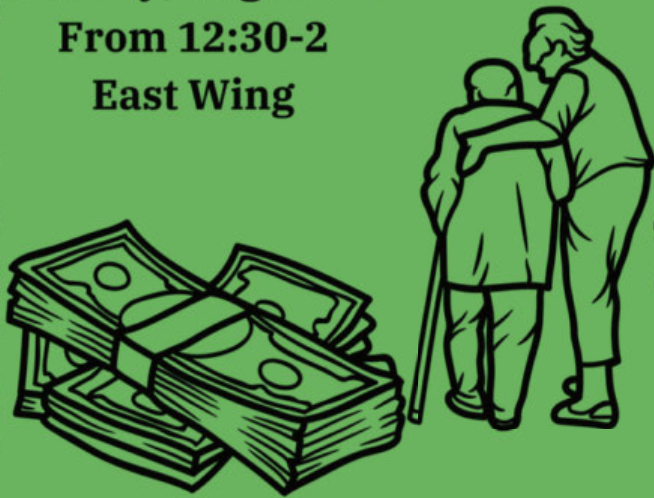
**Pop-Up Line Dancing Class
August 2nd and 9th
9:00 am**

**East Wing
Teacher: Sue Edwards
who is in town from
Gillette for two weeks.**

Elder Abuse Prevention Risk and Protective Factors

-Presentation by
Virginia Vincenti

Monday, August 12
From 12:30-2
East Wing



Learn about Quilts of Valor



August 19, 2024 12:30 pm
Eppson Center Dining Room

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

August 2024 Newsletter 109



August 21, 2024
12:30-3:00 pm
National Senior
Citizen's Day
 Party in the Dining Room!!!

August Dinner Out is at
 2nd Street Deli
 123 East Iverson

August 22 at 5 pm
 Sign up by August 19 at lunchtime



Friday, August 23rd 2:00 pm
Wellness Room

Space is limited- see Angie to reserve your spot!

Calm your body and settle your mind as you are bathed in the sounds of the Tibetan singing bowls, Koshi chimes, crystal quartz bowls and more. What is a Sound Bath? During a sound bath participants relax in a comfortable position, and simply listen and stay present with the sounds and vibrations that they are experiencing. Generally, a deep state of relaxation of the body and peace of mind is cultivated, with a greater sense of overall well being and health.

Sound Bath Meditation



DON'T FORGET: Mondays are Trishaw Ride Day at the Eppson Center! It's Fun! Miles of Smiles provides us with rides on Monday mornings. You can sign up for either the 9:30 am ride or the 10:30 am ride! **Get with Angie to sign up.**

NEVER MISS OUR NEWSLETTER!

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newsletter
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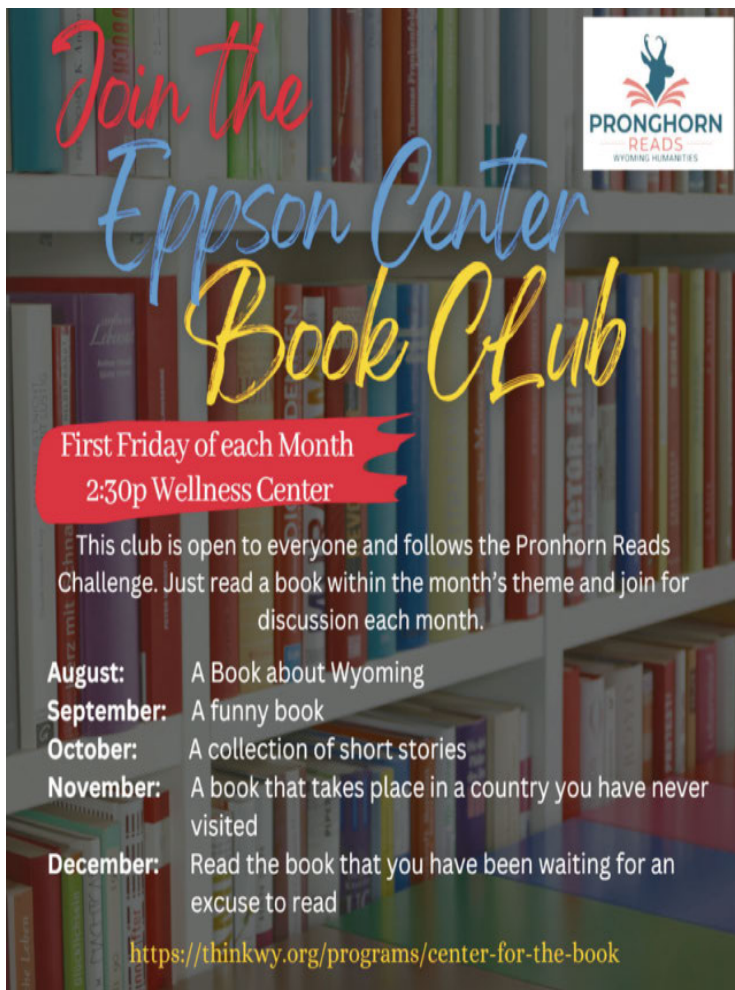


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Eppson Center for Seniors, Laramie, WY D 4C 05-1278



**Join the
Eppson Center
Book Club**

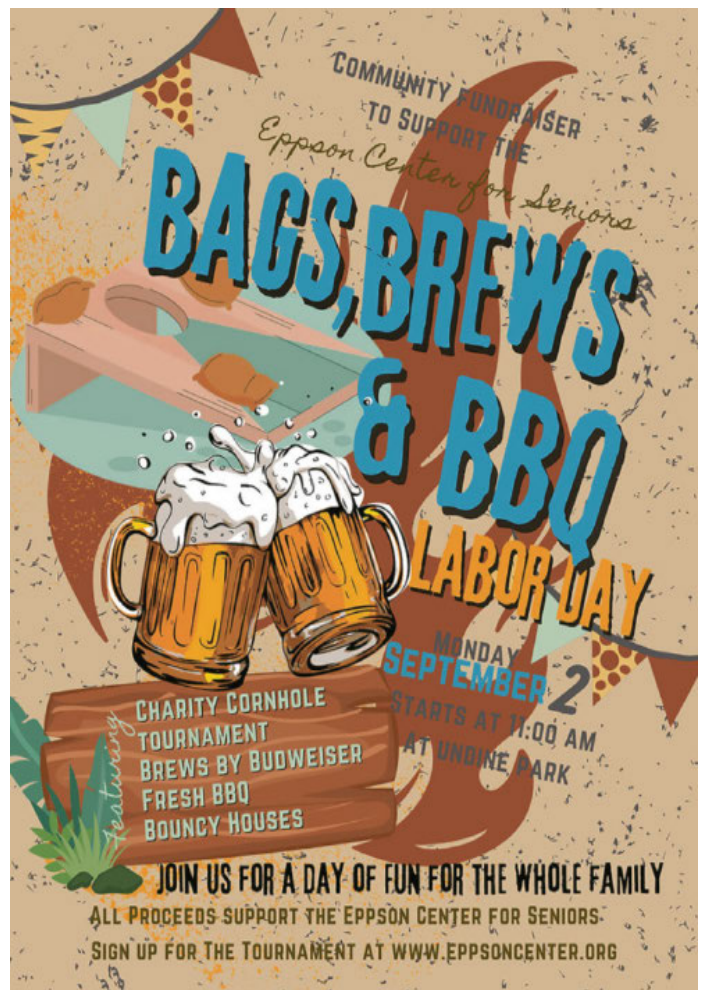
**First Friday of each Month
2:30p Wellness Center**

This club is open to everyone and follows the Pronhorn Reads Challenge. Just read a book within the month's theme and join for discussion each month.

- August:** A Book about Wyoming
- September:** A funny book
- October:** A collection of short stories
- November:** A book that takes place in a country you have never visited
- December:** Read the book that you have been waiting for an excuse to read

<https://thinkwy.org/programs/center-for-the-book>

**PRONGHORN
READS
WYOMING HUMANITIES**



COMMUNITY FUNDRAISER
TO SUPPORT THE
Eppson Center for Seniors

**BAGS, BREWS
& BBQ**

LABOR DAY

**MONDAY
SEPTEMBER 2**

**STARTS AT 11:00 AM
AT UNGINE PARK**

featuring

- CHARITY CORNHOLE TOURNAMENT
- BREWS BY BUDWEISER
- FRESH BBQ
- BOUNCY HOUSES

JOIN US FOR A DAY OF FUN FOR THE WHOLE FAMILY

ALL PROCEEDS SUPPORT THE EPPSON CENTER FOR SENIORS.
SIGN UP FOR THE TOURNAMENT AT WWW.EPPSONCENTER.ORG

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

