



NEWS



CONTACT

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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: Betty Buckman

VICE PRESIDENT: Diane DeLany

SECRETARY: To be determined

TREASURER: Linda Allgeier
David Hammond
Philip Varca

DISCLAIMER

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

FROM THE DIRECTOR, TAMMY COMER



Dear Friends,

We are hearing a lot of news out of Washington, D.C. that doesn't sound good for Wyoming's Senior Centers. The Older Americans Act (OAA), which has been vital to our funding and other resources, was first enacted 60 years ago and was scheduled to be re-authorized in 2024. The Senate passed the resolution with 100% support. The House of Representatives let it sit and did not take a vote on it. Now, the Department of Health and Human Services (HHS) has eliminated the Administration for Community Living (CLS) that has overseen our Title III grants for many years. We are told that our programs will be divided into three other departments. One of our concerns is that no one in these other departments will have historical knowledge or insight as to how these grants are most helpful to our seniors.

Along with the re-organization, many of the programs that the OAA funds, as well as other programs that benefit seniors are being eliminated in the White House's proposed budget. These cuts include:

- Preventive Health – blood pressure clinics, health promotion and workshops
- Falls Prevention – education on how to prevent falls.
- Chronic Disease Self-Management Education – Healthy U classes, diabetes management classes, etc.
- Long-Term Care Ombudsman Program – this program goes into nursing homes, assisted living centers, etc. on a quarterly basis to check that there are no issues of abuse; they also advocate for the rights of patients.
- Adult Protection Services – this program works with cases of elder abuse, neglect, and fraud.
- Aging and Disability Resource Centers – this program information to keep seniors healthy and safe.
- Medicare State Health Insurance Assistance Program – this allows state workers to help people with Medicare Open Enrollment, initial sign-up, and questions about their benefits.
- Low-Income Home Energy Assistance Program (LIEAP) – helps low-income residents with their heating and utility costs.
- Community Service Block Grant – funds a lot of community services including food pantries, rent assistance, etc.

CONTINUED ON PAGE 4

M E N U



2025

Monday

Tuesday

Wednesday

Thursday

Friday

2	Breakfast Day 3	4	5	6
Red Beans and Rice Andouille Sausage Monaco Blend Veggies Cornbread	WW French Toast Sausage Patties Scrambled Eggs	Turkey Burgers on WW Bun Lettuce, Tomato, Onion Capri Veggies Potato Wedges	Ziti Bake with Beef & Veggies Broccoli Salad Garlic Bread	Herbed Rockfish Cole Slaw Red Potato Steamed Peas
9	10	11	12	13
Salisbury Steak Mashed Potatoes/Gravy Steamed Peas WW Bread	BBQ Pulled Pork Sandwich on WW Bun Baked Beans Steamed Carrots Pasta Salad	Skillet Beef Tips with Peppers and Onions Brown Rice Mixed Veggies	Chicken Marsala Egg Noodles Imperial Blend Veggies	Shrimp Chowder Monaco Veggies WW Roll
16	17	18	19	Fish & Chips 20
Pork Chop & Applesauce Sweet Potato Lemon Butter Broccoli WW Roll	Chicken Fried Steak Mashed Potatoes/Gravy Mixed Veggies	Minestrone Soup Grilled Ham & Cheese Sandwich On WW Bread	Chicken and Orzo Steamed Green Beans WW Biscuit	Baked Cod Filet Oven Potato Wedges Steamed Carrots 3 Bean Salad
23	24	25	26	27
Breaded Chicken Tender Oven Roasted Potatoes Crudit� WW Roll	Pork Kabob Chunks Brown Rice Steamed Corn Honey Wheat Bread	Pasta Primavera Baked Chicken Sausage Winter Mix Veggies WW Bread	Cheeseburger on WW Bun Lettuce, Tomato, Onion Baked Beans	Baked Pollock Hush Puppies Green Beans WW Roll
30				
Pork Carnitas Lettuce & Salsa Spanish Rice Refried Beans Tortilla		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 with: 1 cup green salad with dressing 1 cup mixed fruit 1 Milk

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? **CALL US!**

DRIVERS NEEDED!

The number of home delivered meals is increasing and our need for drivers has also increased. Delivering meals takes about 1-1/2 hours **ONE TIME A WEEK**. Not only do the drivers deliver meals but also provide socialization and friendship with those to whom they deliver. **Please consider donating your precious time to the Home Delivered Meal Program. Call Erica at 307-745-5116, extension 120,**



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SENIORS ON THE GO June Hikes



- June 6 Hwy 230: Sheep Mountain: Game and Fish Trailhead (TH) to Sheep Mountain TH** (formerly referred to as Fox Creek TH). Led by Larry. Vistas along this hike include the Snowies to the west and the Rawahs and Rocky Mountain National Park to the south and east. The entire hike is on easy-to-follow trails with one short, very steep stretch. There are some open areas where it could be blustery on a windy day, so come prepared. This may be a difficult hike for some because of the length (6 miles point-to-point) and the elevation gain (8200' to 9060'). We are starting at the Game & Fish trailhead because it is 360 fewer feet of climbing than from Sheep Mountain TH. We'll be looking for a volunteer driver/second leader to accompany hikers who want to turn around and shorten the hike.
- June 13 Pole Mountain: Haunted Forest Trail / Fairy Slippers.** Led by Larry. The Haunted Forest Trail begins at a lush beaver pond, then crosses some open meadows where you'll view Sherman Mountain summits as we hike up to the junction with Aspen Trail. Past that junction, the trail is mostly shaded by forest and the trail crosses some small streams. Look for the Fairy Slippers in grassy spots along this part of the trail. Last year there were hundreds of plants blooming along this route, but that takes some luck. Moderate to moderately difficult, this is an out-and-back hike of about 4 miles, elevation range of 8200 to as much as 8700 feet depending on where we turn back.
- June 20 Hwy 130: Medicine Bow Rail Trail/Dry Creek to Lake Owen.** Led by Lisa. The Rail Trail is an easy hike with excellent wildlife viewing potential. We will park at the Dry Creek parking area and hike south 2.1 miles to Lake Owen and back, for a total of 4.2 miles. The trail is flat to gently graded and varied but smooth surface, with mostly fine gravel in the Lake Owen area. From Dry Creek, the trail ascends a couple hundred feet to Lake Owen, elevation 8955', where there is a large parking lot with interpretive signs. Lake Owen will be a good picnic spot midway. If there is a second leader, those who are interested could make the loop around the lake, adding a little under one mile to the hike.
- June 27 Snowy Range: Lewis Lake to Lost Lake.** Led by Hank and Sandy. This trail traverses subalpine terrain passing through meadows and by high mountain streams and lakes, with many ups and downs. This is a moderate hike of about 4.5 miles; 10,575 to 10,950 elevation. For those who want a shorter hike (and if there is someone to lead them back), the Green Rock Quarry is a short distance off the trail and is a good place to turn around.



Laramie Quilts for Veterans (LQFV)

encourages filling out the nomination form, located in the shelf to the right of the Center's Front Desk, for veterans who do not have a quilt. **We will present quilts on November 7 - mark your calendars!** If you have any questions, **please contact Becky Riley via email at beckyr@uwyo.edu**

Concrete Arrows of Wyoming Why Are There Giant 70-Foot Concrete Arrows All Across Southern Wyoming?

Come find out!!!!
Wednesday, June 4
12:30-1:30
East Wing



**Understanding
Autoseasonal DNA
Presentation**
Thursday, June 5
in the classroom
1-2:30 pm

TRANSPORTATION

Guy Morrow, 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.

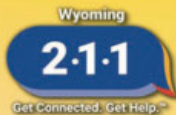
Pick-Up hours: Monday through Friday, 8:30am - 3:30pm (closed daily from 12:00-12:30pm).

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 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

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Eppson Center for Seniors, Laramie, WY 82001 307-745-1278

ACTIVITIES, EVENTS, EXERCISE

Angie Fessler, Coordinator
(307)-745-5116, ext. 114
email: activities@eppsoncenter.org



Welcome June!! Let's celebrate the season of sunshine and connection. June brings longer days, warmer weather, and new opportunities to connect with friends. It's a perfect time to take a Tri-Shaw ride, enjoy a good book in the shade, or join in on some fun activities planned right here at the Eppson Center.

This month, don't miss the presentations we have planned: "The Concrete Arrows of Wyoming"; "Understanding Auto Seasonal DNA", "Energy, Money and Economics"; "Laramie Backyard

Birds"; "Passwords and Multi-Factor Authentication" (Tech Talk); and "Regency Retirement Community." We are also collaborating with the Ivinson Medical Group to bring you "Friendship Friday" - a social event and chance to meet others with the same interests as you. And don't forget "Dinner Out" at the Bunkhouse! Meet us there!!!!

Whether you're a long time member or just starting to get involved, June is the perfect time to make new memories.

See you at the Center!



TAMMY COMER CONTINUED FROM PAGE 1

- AmeriCorps Programs - Foster Grandparent programs and Senior Companion programs

We are also hearing that there will be a **68% cut** to Title III-B programs that fund many things in our senior centers including **exercise programs, crafts, Bingo, cards, puzzles, games, and transportation.** Nutrition services, including both congregate and home-delivered meals, are looking at a **12-15% cut.**

WE NEED YOUR HELP!

Senior citizens make up a sizable percentage of our population in Wyoming and Albany County and that is only expected to increase in the next decade.

We have the fastest growing aging population in the country. Senior Centers are vital to helping seniors age in place, live independently, and remain vital members of their communities.

PLEASE - we are urging Wyoming seniors (and their families) to write to their federal senators and representatives to let them know how important the Older Americans Act, and the Title III funding is. Contact information is below.

Please urge our federal

legislators to do the following:

- **Reauthorize the Older Americans Act**
- **Keep all of Title III funding stable or offer an increase.**
- **Reinstate programs that affect seniors that are being eliminated.**

Share how the services that senior centers provide affect you and your friends and family! Legislators need to hear those personal stories!

Senator John Barrasso

307 Dirksen Senate Office Building
Washington, D.C. 20510
202-224-6441
1-866-235-9553

Senator Cynthia Lummis

127 A Russell Senate Office Building
Washington, D.C. 20510
202-224-3424

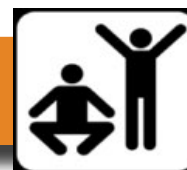
Representative Harriet Hageman

Longworth House Office Building
Washington, D.C. 20510
202-225-2311

Until Next Month,

Tammy

ONGOING ACTIVITIES



Eppson Center for Seniors Activities					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:15AM					Seniors on the Go Hiking Group
9:00-9:30 AM	New Member Coffee (1st Monday)		Chair Yoga		Chair Yoga
9:00-10:00 AM	Line Dancing		Line Dancing		Line Dancing
					Vets Coffee
9:00-11:30 AM				Cribbage	
9:00 AM-Noon	Chess		Chess		Chess
9:45 AM		Walking Group			
10:00-11:30 AM	Board and Card Games/ Clay Class				
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-1:00 PM	Dollar A Month Club (DAMC) 2nd Monday				
12:30-1:00 PM					Tech Help Chair Volleyball
12:30-4:00 PM		Laramie Duplicate Bridge		Watercolor Workshop	
1:00-2:30 PM			Writer's Workshop		
1:00-1:45 PM		Good Book Club			
1:00-3:00PM			Chicken Foot Dominoes	Biscuits and Jam (1 st & 3 rd Thursday)	
			Genealogy Assistance	Rhythm Energy (2 nd and 4 th Thursday)	
1:00-3:30PM				Mexican Train Dominoes	
1:00-3:45 PM	Pinochle Party Bridge	Mahjong	Bridge Lab		
4:15-5:15 PM		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, 6:00-7:15 am. • 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, 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.

NUTRITION

Farmers markets offer a wide variety of fresh local products like fruits, vegetables, meats, cheeses, and beverages. When shopping at the farmers market, it's important to keep food safety in mind to avoid foodborne illness from tagging along.

Temperature Matters

Some farmers markets are only available seasonally in warmer months and bacteria that cause foodborne illness love warm weather. When temperatures are above 90 degrees F, perishable foods only have one hour before bacteria can multiply to dangerous levels and make food unsafe.

When shopping at the farmers market, look for sellers that display perishable items like raw meats and soft cheeses on ice, in a cooler, or with refrigeration. Consider bringing an insulated bag or cooler with cold sources that will keep your perishables at a safe temperature below 40 degrees F during the time it takes to finish shopping and travel home (especially if it is a hot day). Examples of cold sources include ice, frozen gel packs, or frozen beverages. When possible, shop for perishable items last.

Meat and Poultry

Raw meat and poultry must be refrigerated for safety. Otherwise, foodborne illness bacteria can multiply to dangerous levels and make you sick. Only purchase raw meat and poultry at the farmers market if they're being kept cold by the seller.

Once purchased, place raw meat and poultry in a separate bag from ready-to-eat items, like fruits and vegetables,

to avoid cross-contamination of harmful bacteria that cause foodborne illness. Juices from raw meat and poultry can sometimes leak from packaging, which can transport bacteria to our produce or other ready-to-eat farmers market goodies if not separated. After touching packages of raw meat and poultry, wash hands with soap and water or use hand sanitizer with at least 60 percent alcohol content.

Produce

It's important to choose fruits and vegetables that are not bruised or damaged, because these can provide an environment where bacteria multiply and thrive. Whole fruits and vegetables can be displayed without refrigeration at the farmers market, but perishable produce like strawberries, lettuce, herbs, and mushrooms should be refrigerated once home. Pre-cut or peeled fruits and vegetables need to be refrigerated for safety, so only purchase if they are stored on ice or refrigerated at the market. Before consuming, all produce should be rinsed thoroughly with running water.



WHAT'S HAPPENIN'?

ENERGY
\$ MONEY \$
&
The Economic System

Exciting
a SEMINAR led by Scott Morton
June 11th 12:30 to 1:30 PM

We will cover:

- a brief synopsis of energy basics
- the link between energy and money
- how the economic system operates unsustainably
- how the economic system might be modified to be sustainable

Every new friend is a new adventure ... the start of more memories.
PATRICK LINDBY



Eppson Center and
Ivinson Medical Group
present
Friendship Friday
A social event for everyone who
wants to make new friends
(and keep the old)
Friday, June 6
1-3 pm
Eppson Center Dining Room
Bring your friends!



**LARAMIE BACKYARD
BIRDS**

Come join us in learning about the beautiful birds you have in your backyard!
**This presentation by the
Laramie Audubon Society (LAS)**
is the first in a series highlighting the new collaboration between LAS, the Laramie Gardening Club and the Eppson Center.
You won't want to miss it!
**June 18
12:30-1:30
East Wing**



REGENCY
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Retirement Community
Age 65+
laramieretirement.net
rrrlaramieoffice@gmail.com
307-742-6366



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Lisa Cox

307-314-4613
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Eppson Center for Seniors, Laramie, WY C 4C 05-1278

June 2025 Newsletter 109

COMMUNITY ENGAGEMENT COORDINATOR

Rachelle Trujillo

(307) 745-5116, ext. 127

seniorconnections@eppsoncenter.org



Thank you to everyone who purchased enchiladas! I have felt so grateful to be a part of this fundraiser and watch the community come together to support the Eppson Center!

We are still looking for volunteers for a few more shifts to make and prepare all the enchiladas! Please sign up online or with reception if you are interested, and let me know if you have questions.

You may have already noticed, but we have a new face in the Center!

Violet is a senior at the University of Wyoming studying speech, language, and hearing sciences with a minor in

Aging Studies. To complete her minor, she will be spending the first part of the summer completing a 120-hour volunteer internship with us! You may see her in classes, helping with lunch, and checking folks in and out with equipment from the loan closet. Feel free to say hello, and introduce yourself! She is excited to be here and we are just as grateful to have her.

Speaking of which, please continue to let me know if you are interested in volunteering with the Center and in which areas. We're always looking to find more helping hands!

STATISTICS

Marilyn Aiken, Coordinator

(307) 745-5116, ext. 119



Volunteer organizations in North America have their earliest roots in social services and health care. Benjamin Franklin formed the first volunteer firehouse in

1736. Faith-based organizations like Society of Saint Vincent de Paul were introduced in Eastern Canada in the 1800s to aid the elderly and penniless following deadly epidemics. Ladies' Aid Societies provided medical supplies and treatment to soldiers during the American Civil War. When Senior Centers were first formed in the mid-1900s, they were a natural environment for continuing this spirit of caring and support.

Although April was officially Volunteer Appreciation month, we believe that volunteers should be celebrated

anytime and every day! So far this Fiscal Year (10/1/2025 – 5/22/2025) we have had volunteer hours totaling 4,161 provided by 114 unduplicated people. Of those hours, 500 hours were provided by people under the age of 60. They're the people who support the Eppson Center by choice, with no concern for monetary benefit. Volunteers help us survive and thrive. We thank you from the bottom of our hearts.

There are still a lot of areas in which you too can volunteer to help out – especially with our Enchilada Fundraising Event coming up. Please check out our website or call and visit with Rachelle – she will see you get placed where and when you might have some time to help.

Have a great summer!

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

DOLLAR A MONTH CLUB

Tea at Two Event: A Heartwarming Success!

Thank you to everyone who attended our May 9th "Tea at Two" event! We had a wonderful turnout that made the afternoon a tremendous success. The community room was filled with friendly faces, lively conversation, and of course, delicious tea and treats. It was heartwarming to see so many of our members connecting with each other and enjoying the festivities.

A Special Thank You

We extend our deepest gratitude to:

- Our dedicated volunteers who helped set up, serve, and clean up.
- The Dollar of the Month Club members whose generous donations made this event possible

Your time, generosity, and community spirit are what make our senior center such a special place. Events like Tea at Two simply wouldn't be possible without your support.

CASH FOR CLUTTER Parking Lot Sale



WHEN: **Saturday, June 21, 2025**

WHERE: **Eppson Center Parking Lot**

TIME: **8:00am to Noon** (Setup from 7:00 - 8:00am)

SELLER INFORMATION

Vehicle spaces are available for just **\$5.00 per spot**! Your fee includes a delicious breakfast for two featuring pancakes with butter and syrup. This is the perfect opportunity to sell items you no longer need while enjoying a tasty morning meal.

HOW TO PARTICIPATE

You can sell from your car trunk, truck bed, or put things out on your tables. **Reserve your seller spot early.** Stop by the Front Desk or call the Eppson Center to register.

Turn your clutter into cash while supporting the **Eppson Center Dollar-a-Month Club's** community efforts.

SHOPPERS WELCOME

Not selling? Come shop! The public is invited to browse unique treasures and great deals. **Pancake breakfast** will be available to everyone from **8:00 - 10:00am** for a donation.

Mark your calendars and join us for this fun summer event!



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