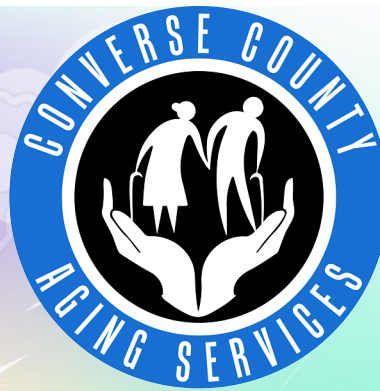


DOUGLAS SENIOR CENTER

PO Box 192
340 1st St. West
Douglas, WY 82633
(307) 358 - 4348



GLENROCK SENIOR CENTER

PO Box 783
615 West Deer
Glenrock, WY 82637
(307) 436 - 9442

OFFICE HOURS

Monday-Friday
8:00a-4:00p

... OUR MISSION ...

"To advocate, assist and provide services for Seniors in the communities of Douglas and Glenrock and promote well-being and quality of life with dignity, safety and integrity."

'LIKE' us on FACEBOOK:

**** NEW PAGE ****

"Converse County Aging Services"

TRANSPORTATION

HOURS

Monday-Friday
8:00a-3:00p

Services for:

Elderly...Disabled...Public

Please CALL in ADVANCE for

SCHEDULING and to

CHECK AVAILABILITY:

Douglas (307) 358-3112

Glenrock (307) 554-0955

Management Board

Casper Smith
Cheryl Schwartzkopf
Ann Rex
Deb Shuler
George Smith
Cindy Porter
Michelle Huntington

Special District Board

Kathy Patceg
Tim Ricker
Lucille Taylor
Don Luhrsen
Rita Redig

Director

Kristen Shaw

June NEWSLETTER 2024

?? WHAT'S INSIDE ??

- ◆ 'From The Staff'
- ◆ Things To Remember
- ◆ Lunch Menus
- ◆ Senior Birthdays & **FREE MEAL Coupon**
- ◆ Activities / Events / Announcements
- ◆ Health / Nutrition / Recipes / Safety
- ◆ Hidden Picture & **FREE MEAL Drawing**
- ◆ Funnies / Games / Puzzles
- ◆ History / Fun Facts / Trivia / ??

GSC THRIFT STORE HOURS

Tuesday-Friday
8:30a-2:30p

closed for lunch
11:00a-12:00p

* donations accepted *
call for details of acceptable items

all days / times are subject to change

!! MEETINGS !!

SPECIAL DISTRICT BOARD

will meet:

Monday, June 10th
10am (GSC)

MANAGEMENT BOARD

will meet:

Tuesday, June 25th
2pm (DSC)

CNA's Prayer

Let me dedicate my life today
to the care of those who come my way.
Let me touch each one with healing hands
and the gentle art for which I stand.
And then tonight when the day is done,
let me rest in peace if I helped just one ...

NATIONAL CNA WEEK

JUNE 13 - 19

*** CNA Luncheon ***
(Glenrock)
June 19th

*** CNA Luncheon ***
(Douglas)
June 14th

So blessed to have these ladies!!

The dedication to their profession, to CCAS
and, most importantly, to our Senior community is
evident in all they do. We want to let them know
their hard work does not go unnoticed; we respect
and appreciate you all so much! THANK YOU ...

LORI

CHELSEY

CINDY

TARA

KYLA

BAILEY

KELSEIGH

til next time ... the Staff!

CARLEE

THINGS to REMEMBER in JUNE

ACTIVITIES / EVENTS / MEETINGS:

- Friday, June 7th ... **Free Lunch @ 11a-12:30p (GSC / DSC)**
(sponsored by CCAS Management Board)
 - Tuesday, June 4th ... **Alzheimer's Forums**
10a-11:30a (GSC) and 1p-2:30p (DSC)
- Wednesday, June 5th ... **Fall Risk Presentation @ 10:30a (GSC)**
presented by Elk Horn Valley Rehab
- Monday, June 10th ... **Spec. District Meeting @ 10a (GSC)**
 - Tuesday, June 11th ... **DAY TRIP TO DEVILS TOWER**
(bus will leave at 8am)
 - Tuesday, June 11th ... **Shopping Day**
(bus leaves DSC @ 8:30a & GSC @ 9a)
 - Friday, June 14th ... **Dance @ 6p-9p (DSC)**
 - Monday, June 17th ... **'Lighthouse' Craft @ 1:30p (GSC)**
- Monday, June 17th ... **Derby Club Trip @ 11:30a (DSC / GSC)**
 - Saturday, June 22nd ... **DAY TRIP TO RIVERTON**
(bus will leave at 8am)
- Tuesday, June 25th ... **Mgmt. Board Meeting @ 2p (DSC)**
- Saturday, June 29th ... **Douglas Game Day @ 2p-5p (DSC)**
 - **Grocery Store Bingo** ... Every Wednesday @ 9:30a (GSC)
... Every Monday @ 1p (DSC)
 - **Queen of Hearts** ... Every Friday @ 11:45a (GSC)
... Every Wednesday @ Noon (DSC)
 - **Glenrock Game Day** ... Every Wednesday @ 12:30 (GSC)

HOLIDAYS / NOTABLE DATES:

- Sunday, June 16th ... **FATHER'S DAY**
- Thursday, June 20th ... **FIRST DAY of SUMMER**

COMMUNITY:

- (Douglas) **PARK IT FOOD TRUCK FESTIVAL** ...
June 6th (5p-8p) at the Railroad Museum & Visitor Center
- (Douglas) **JACKALOPE DAYS** ... June 6th - June 9th
- (Glenrock) **ROCK THE GLEN SUMMER CONCERT SERIES** ...
June 7th (6pm) at the Glenrock Town Square (FREE)
Music by 'Mountain Duo'
- (Glenrock) **DEER CREEK DAYS** ... June 28th - June 30th



OUR SERVICES

CLINICS / SUPPORT:

- > **FOOT CARE / DIABETIC FOOT CARE ...** Available @ Both Centers (**appt. needed**)
- > **BLOOD PRESSURE CLINIC...** Available @ Both Centers

SERVICES / PROGRAMS:

- > **CCAS HOME SERVICES:** A program designed to keep clients living in their homes while receiving services that can assist them with activities associated with daily living. CCAS provides a range of services including: **Care Coordination, Blood Pressure Monitoring, Personal Care, Homemaking, Chores, Respite and Loan Closet.**

Services are available at Douglas and Glenrock Senior Centers.

Call for more information and/or to make an appointment.

(Douglas (307) 358-4348 Glenrock (307) 436-9442)

- > **PUBLIC TRANSPORTATION:** Douglas and Glenrock Senior Centers offer transportation services for the **Elderly, Disabled and General Public.** Transportation hours are Monday through Friday 8:00am-3:00pm. Transportation services have picked up, therefore, **we must have a MINIMUM 24-48 hour ADVANCE NOTICE on all requests.**

(ie - limited doctor, post office, banking, socialization, stores, personal, etc)

Call Douglas Transportation (307) 358-3112 or Glenrock Transportation (307) 554-0955

for more information, service availability and cost.*

- > **MEALS:** We provide **congregate dining** and, for qualifying individuals, **meal delivery** services daily. These meal services are available at both Senior Centers. Congregate meals are served daily (Mon-Fri 11:00am-12:30pm). **Cost of meals for seniors (60+) is \$5.00* ... 10-meal punch cards are \$45.00*** (punch card can be used at both Senior Centers) For individuals (under 60) or seniors without an **AGNES**** on file, the cost of a meal is \$10.00.

**** If you are a Senior (60+) and receive any of our services, including meals,**

WE MUST HAVE A FULLY COMPLETED AGNES ON FILE TO COMPLY WITH THE STATE OF WYOMING

Don't know what an AGNES is? ... Please ask and we will be happy to explain!

*** suggested donations (Seniors only)**

JUNE MENU - GLENROCK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BAKED BREADED COD Mac-n-Cheese Key Largo Veggies Whole Wheat Bread Coleslaw Oatmeal Cookie	4 SWEDISH MEATBALLS in CREAM SAUCE over BROWN RICE Mixed Veggies Side Salad Whole Grain Roll Apricot Cobbler	5 MISSISSIPPI CHICKEN over MASHED POTATOES Herbed Green Beans Whole Wheat Bread Mixed Green Salad	6 CABBAGE ROLL CASSEROLE Roasted Rosemary Potatoes Garlic Toast Green Salad Fruit cup Tapioca Pudding	7 BACON CHEESE BURGER Lettuce, Tomato, Onion, Pickles Oven Fries Cowboy Beans Pasta Salad Ice Cream
10 SEAFOOD SALAD SANDWICH on WHOLE WHEAT CROISSANT Tomato Soup Fruit Cup Chocolate Chip Cookies	11 MANGO SALSA PORK Scalloped Potatoes Butternut Squash Cherry Cheesecake Tossed Salad	12 CHICKEN-BACON RANCH WRAP Garden Vegetable Soup Watergate Fruit Lettuce, Tomato Salad	13 BAKED HAM Sweet Potatoes Green Beans Rolls Carrot Cake Salad	14 BBQ PORK WINGS Baked Potato w/ Sour Cream Corn Whole Wheat Roll Peanut Butter Brownie / Ice Cream Salad
17 LASAGNA Italian Veggies Breadsticks Tossed Salad Chocolate Pudding	18 BLUEBERRY PANCAKES Scrambled Eggs Sausage Links Fruit Cocktail Salad	19 TACO SALAD w/ MEAT Pinto Beans Tortilla Chips, Lettuce, Tomato, Cheese, Onion, Salsa, Sour Cream & Guacamole Spanish Rice Mandarin Oranges	20 OPEN-FACE MUSHROOM & SWISS BURGER Oven Fries Mixed Veggies Key Lime Pie Salad	21 PULLED PORK Baked Potato Mixed Veggies Sunflower Bread Frog-Eye Salad
24 OVEN FRIED CHICKEN Mixed Veggies Potato Salad Roll Strawberry Slab Pie Salad	25 HONEY-GARLIC KIELBASA Roasted Sweet Potatoes Corn Bread Cookies Salad	26 PORCUPINE MEATBALLS over SPAGHETTI NOODLES Broccoli Baked Peaches w/ White Cake Salad	27 BAKED RANCH CHICKEN w/ CARROTS & BABY POTATOES Fruit Cup w/ Whipped Cream Salad	28 CREAM CHEESE & SAUSAGE STUFFED PEPPERS Garden Rice Fresh Fruit Salad Tossed Salad



Meal Menu Subject to Change Due to Availability

(Meals Served 11:00a-12:30p Monday thru Friday)

Milk Offered Daily Salad Bar Daily: Leafy Greens/Salad, Potato/Macaroni Salad, Cottage Cheese, Vegetables, Toppings, Fruit, Pudding

Congregate Meals Suggested Donation (60+) \$5.00 Charge for Guests (Under 60) \$10.00

Home Delivery Suggested Donation \$5.00 Frozen Meals Suggested Donation \$2.50

To Order or Cancel Home Delivery Please Call: Glenrock 436-9442 Douglas 358-4348



Alzheimer's Community Forum

Join us for a listening session on Alzheimer's disease, dementia and memory loss.

Tuesday, June 4 | 10:00am - 11:30am

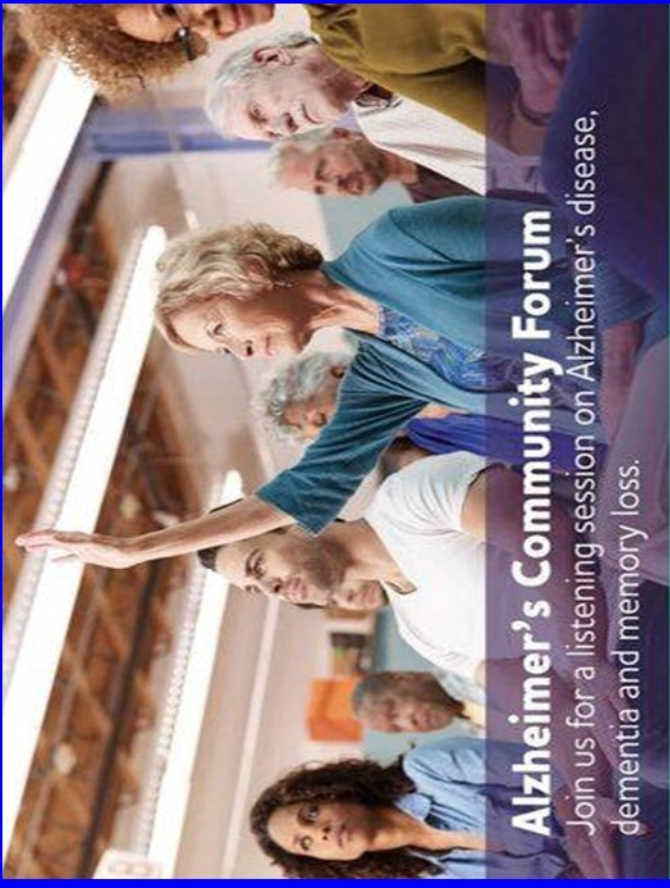
GLENROCK SENIOR CENTER
615 W. DEER / GLENROCK, WY 82637

We want to hear from you! Attend this Community Forum to share your experience with Alzheimer's disease and discuss how the Association can best serve your community. Together, we can help enhance care and support resources for those facing the disease.

RSVP Appreciated. Please call 800.272.3900
Or email Debra Antista-Bianchi | debianchi@alz.org



ALZHEIMER'S ASSOCIATION
Wyoming Chapter



Alzheimer's Community Forum

Join us for a listening session on Alzheimer's disease, dementia and memory loss.

Tuesday, June 4 | 1:00 - 2:30 p.m.

Douglas Senior Center
340 1st St. W | Douglas, WY 82633

We want to hear from you! Attend this Community Forum to share your experience with Alzheimer's disease and discuss how the Association can best serve your community. Together, we can help enhance care and support resources for those facing the disease.

RSVP Appreciated. Please call 800.272.3900
Or email Debra Antista-Bianchi | debianchi@alz.org



ALZHEIMER'S ASSOCIATION
Wyoming Chapter

JUNE MENU - DOUGLAS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 PANCAKES w/ BLUEBERRY COMPOTE Scrambled Eggs Bacon Sausage	4 TACO SALAD Fruit Salsa Cinnamon Sugar Chips	5 CHEESEBURGER Fries Baked Beans Key Lime Pie	6 FISH STICKS Mac-n-Cheese French Silk Pie	7 FRIED CHICKEN Potato Salad Roll Strawberry Slab Pie
10 HONEY GARLIC KIELBASA Roasted Sweet Potatoes Cornbread Cookies	11 PORCUPINE MEATBALLS Broccoli Grilled Peaches w/ White Cake	12 RANCH CHICKEN w/ CARROTS Baby Potatoes Fruit Cup w/ Whipped Cream	13 CREAM CHEESE & SAUSAGE STUFFED PEPPERS Fresh Fruit Salad	14 PULLED PORK Baked Potato Sunflower Bread Frog-eye Salad
17 BAKED BREADED COD Macaroni & Cheese Key Largo Veggies Whole Wheat Bread Coleslaw Oatmeal Cookies	18 SWEDISH MEATBALLS in CREAM SAUCE over BROWN RICE Mixed Veggies Whole Grain Roll Apricot Cobbler Side Salad	19 MISSISSIPPI CHICKEN over MASHED POTATOES Herbed Green Beans Whole Wheat Bread Mixed Green Salad	20 CABBAGE ROLL CASSEROLE Roasted Rosemary Potatoes Garlic Toast Green Salad Fruit Cup Tapioca Pudding	21 BBQ PORK WINGS Baked Potato w/ Sour Cream Corn Whole Wheat Roll Peanut Butter Brownie / Ice Cream Salad
24 SEAFOOD SALAD SANDWICH on WHOLE WHEAT CROISSANT Tomato Soup Fruit Cup Chocolate Chip Cookies	25 MANGO SALSA PORK Scalloped Potatoes Butternut Squash Cherry Cheesecake Tossed Salad	26 CHICKEN-BACON RANCH WRAP Garden Vegetable Soup Watergate Fruit Lettuce, Tomato Salad	27 BAKED HAM Sweet Potatoes Green Beans Rolls Carrot Cake Salad	28 ROAST BEEF Mashed Potatoes w/ Gravy Baby Carrots Mixed Fruit Whole Wheat Bread



Meal Menu Subject to Change Due to Availability

(Meals Served 11:00a-12:30p Monday thru Friday)



Milk Offered Daily Salad Bar Daily: Leafy Greens/Salad, Potato/Macaroni Salad, Cottage Cheese, Vegetables, Toppings, Fruit, Pudding

Congregate Meals Suggested Donation (60+) \$5.00 Charge for Guests (Under 60) \$10.00

Home Delivery Suggested Donation \$5.00 Frozen Meals Suggested Donation \$2.50

To Order or Cancel Home Delivery Please Call: Glenrock 436-9442 Douglas 358-4348



' Almost Summer '
DANCE

Friday, June 14th



6pm - 9pm

Douglas Senior Center

340 1st St. West

Music by

Larry Phillips



Refreshments Provided!! No Cover Charge!!

Glenrock & Douglas Centers

Dining Rooms/Meeting Rooms available
for your PARTIES, MEETINGS, ETC!!

to reserve your date and
for more information, please call...

DOUGLAS (307) 358-4348
GLENROCK (307) 436-9442

or stop by your local office between
8:00am-4:00pm

QUEEN OF HEARTS

50/50 Jackpot

Fridays @ 11:45am
(Glenrock Senior Center)

Wednesdays @ Noon
(Douglas Senior Center)

Come play for your chance
to **WIN & SUPPORT** our
Senior Centers!!

GLENROCK SENIOR CENTER

GAME DAY
EVERY WEDNESDAY

12:30pm - 4pm

**PLAY GAMES!! ... or ... watch TV, read
books from our library, socialize, do
puzzles & just have some fun!!**

**Call 436-9442 for more details
bring your friends!!**



Let The
GAMES
Begin

DOUGLAS SENIOR CENTER

GAME DAY w/ DAWN
last Saturday of each month

2:00pm - 5:00pm

**GAMES, FRIENDS,
FOOD & FUN!!**

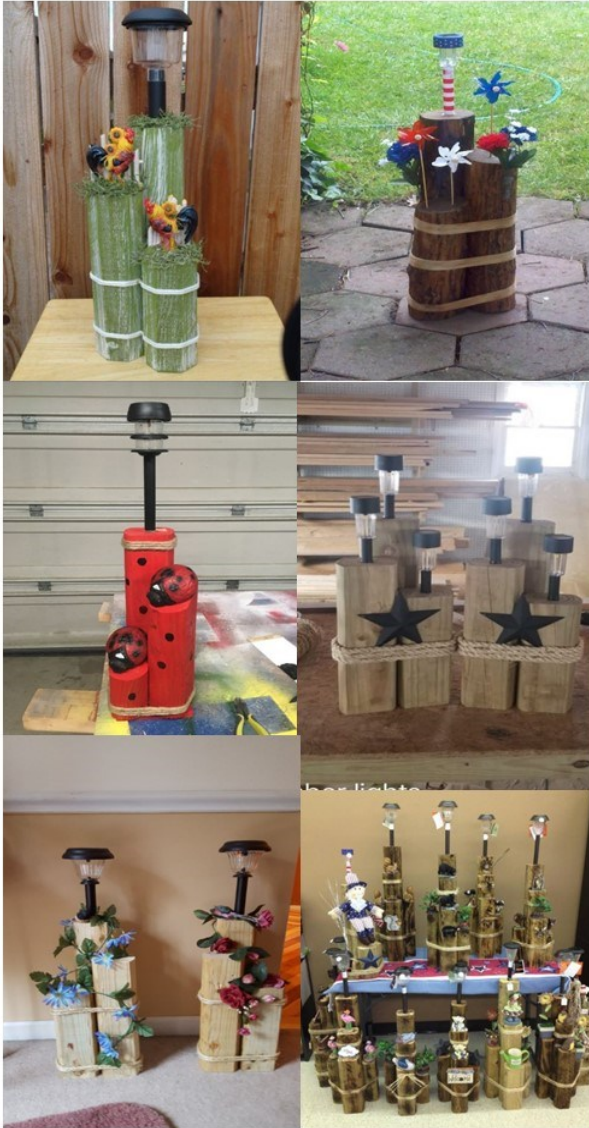
Call 358-4348 for more details

CCAS, INC.
will take
2 DAY TRIPS
in the month of **JUNE!**
TUESDAY, JUNE 11th
DEVILS TOWER
SATURDAY, JUNE 22nd
RIVERTON

Seating is limited so
SIGN UP ASAP
for one, or both, of
these trips!!

Call for more details &
to sign up:
Douglas 358-4348
Glenrock 436-9442

Example pics below:



TUESDAY, JUNE 17th
GLENROCK
SENIOR CENTER
PLEASE JOIN US FOR A
FUN AFTERNOON
OF CRAFTING!!

COST FOR SENIORS IS \$10.00

**Sign-up sheets are in the
DSC & GSC offices ...**

PLEASE SIGN UP BY 4PM

FRIDAY, JUNE 14th

**WE NEED A COUNT TO PREP
MATERIALS AND HAVE THEM READY
FOR TUESDAY!!**

(Call 436-9442 for info or to sign up)

**Beginning at 1:30, we are going to
create a simple, yet
unique & adorable Lighthouse ...
EVERYTHING IS SUPPLIED,
INCLUDING AN INSTRUCTOR!
WHEN YOU'RE FINISHED,
IT IS YOURS TO KEEP!!**

**The DERBY CLUB invites
ALL CCAS, Inc. SENIORS
to join them for a
PLAY DAY & LUNCH
every 3rd Monday of
the month @ 11:30am!!**

This month:

MONDAY, JUNE 17th



Let us know
BY THURSDAY, JUNE 13th
if you'll be attending
so we can get a lunch count!
(sign up sheets are in lobbies or give us a call)

If you need transportation, call:

Glenrock 554-0955

Douglas 358-3112

TO CHECK AVAILABILITY ...

**Or, you can
meet us there!!**

(\$10 FREE play w/ your \$10 buy)

BIRTHDAYS THIS MONTH

DOUGLAS

DICK TAYLOR 6/4
LEONARD HOLLER 6/5
VICKIE JORDAN 6/6
SUE ASSELIN 6/7
HAROLD MAUL 6/8
VIVIAN BOYER 6/9
DOUG JOHNSON 6/9
JUDY BEHUNIN 6/15
JENNEY BERGE 6/15
FAYE MANNING 6/15
DWAYNE PHILO 6/16
BEV WILSON 6/21
PAT GLADSON 6/22
FRANCES SAFFELS 6/22
WAYNE PORTER 6/25
PEGGY BAILEY 6/27
SALLY REYNOLDS 6/27
JOSEPH DUESLER 6/28
DAVID GRIMM 6/29


Birthstone: PEARL

GLENROCK

JIM REID SR. 6/2
JACQUE PROCTOR 6/5
ED REYNOLDS 6/6
JOHN DEBLAKER 6/8
PJ HAMILTON 6/9
JAMES HODGES 6/9
BONITA HUNT 6/9

Birth Flower: ROSE



STACEY HLAVACEK 6/10
KENNETH SKINNER 6/10
DENNIS EPPERLY 6/11
SUSAN ANDERSON 6/13
JANET MONGER 6/15
ART BERGAN 6/18
JUNE BUH 6/18
KATHY PATCEG 6/18
JANICE BRANDT 6/20
BARB REYNOLDS 6/22
KEN WALKER 6/23
LINDA BENNETT 6/23
KAREN RAUCH 6/25
RICHARD SCHEEHLE 6/25
STANLEY GRANAAS 6/26
PAT SHERWOOD 6/26
RAYMOND WALKER 6/27
BRADLEY STROUF 6/27
DAVID HANLON 6/28
TIM FEEBACK 6/29
RUTH HAYS 6/29
BOB MCCORMICK 6/30

Happy Birthday to You!!

If you are **60 or older** and have a **birthday** in

JUNE

BRING THIS COUPON TO: Converse County Aging Services, Inc.
615 W. Deer (Glenrock Senior Center) or 340 1st St. West (Douglas Senior Center)
for a **free meal** courtesy of: **NEWCOMER FUNERAL HOME**
A Tradition of Caring® Since 1893

Name: _____

Birth Date: _____

June

SEASONAL PRODUCE GUIDE

VEGETABLES

ARUGULA
 ASPARAGUS
 AVOCADO
 BEETS
 BOK-CHOY
 CELERY
 COLLARD GREENS
 CORN
 CUCUMBER
 GREEN BEANS
 KALE
 LEEKS
 LETTUCE
 MUSHROOMS
 PEAS
 RADICCHIO
 RADISHES
 RHUBARB
 SPINACH
 TOMATOES
 ZUCCHINI

FRUITS

APRICOTS
 BLACKBERRIES
 BLUEBERRIES
 CHERRIES
 FIGS
 LEMONS
 HONEYDEW MELON
 MANGO
 PEACHES
 PLUMS
 RASPBERRIES
 STRAWBERRIES
 WATERMELON



NATALIESHEALTH.COM

Differences between heat exhaustion and heatstroke

Heat exhaustion	Heatstroke
Feeling faint or dizzy	Feeling confused
Excessive sweating	No sweating
Clammy skin	Temperature over 40C, hot, dry skin
Nausea or vomiting	Nausea or vomiting
Muscle cramps	May lose consciousness or experience convulsions or seizures

Source: NHS



STAY HYDRATED THIS SUMMER!

- 1) Make water your first beverage choice
- 2) Eat plenty of water-rich foods like fruits and veggies
- 3) Carry water with you everywhere
- 4) Drink extra water when you exercise, spend time in the sun, or drink coffee or alcohol

And here's a little info to help you know if you're de-hydrated or not ...

THEFITCOOKIE.COM

#HYDRATIONMOVEMENT

Hydrated

These colourations 1 – 3, show that you are fully hydrated. However if you have reached level 3 (pale yellow) you are beginning to show the signs of dehydration, and should up your water intake.

1

2

3

De-hydrated

Level 4 (a darker yellow than level 3), indicates that you have started the dehydration process and need to drink more water. From level 5 upwards to level 8, you are in fact dehydrated. Whilst not critical at level 5, more water is necessary to prevent symptoms worsening.

At Level 8, you are seriously dehydrated and in need of rapid hydration to increase your electrolytes.

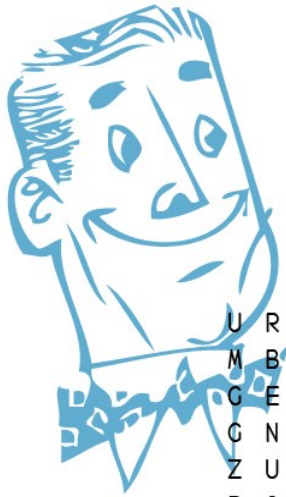
4

5

6

7

8



FATHER'S DAY

Word Search

U R I E L A R N L P O E V U K R L O J H B T T W T
 M B P B H U D K I S S E S H K C L D J U E E H Y M
 G E D Q W E N O J C E I S Z S E H L Q S T J Z F A
 C N I K R O W D R A H M C T A O Y K V B U H U A G
 Z U Y F U N N Y P E T T O R R L Y Q Q A T J E S M
 P Q S P L A Y R J W S L N S L O O R Q N Z V E M W
 G G P U M M O I G G U G A I D V N I M D N O W E Z
 Z N F T P T E T Q P O M S I O N F G A Y F H V R U
 V Y M Y E P S L J A R T F N C L A U I B I S W R Y
 U E L C U B O L I W E H G T C E O H E D I U G F Y
 P L T U X B B R E F N A L R A E P U V C N G Z A T
 W T R O F M O C T R E N E M Y E H S O B C A Y H L
 Z J N L Z M W R Z E G K V A E G X D Y N N E S K R
 T O G E T H E R C H V S O K U U C E Y B D G L E N
 S I G N E W O H W T H X L N M C G P B S U G L L T
 Z G B T Q T I Q K A P C R S N D M V E H M A T T M
 V C S X N L B L Z F R G A J R F N I X X Y A Z H C
 U C C E D L O N T X J V Z E E Y R I I X A S K B Y
 B G M V J W Y U A J N Z V X T O G B K Z K D Q B C
 F A R S O J E C M I M S D Y M T E E W S A F M Q A
 H M H E K M C R B G M R Y E E G B A N W L I S L S
 V G Q M E T W Z I E I N M B L U W Y B H O X L O Q
 A L W A S G C P H I S K G O D Y I N Z Q B E O I Q
 P C T G W W N V N J E W S B G H W M R F O J M W W
 B W M V X D K I A I I Y C Q B I U N A R Y O T O O

ADORE
 CHILD
 COMFORT
 FATHER
 FUNNY
 GAMES
 GENEROUS
 GUIDE
 HANDSOME
 HARDWORKING
 HUGS
 HUSBAND
 JOKES
 KIND
 KISSES

LEARN
 LIFE
 LOVE
 MEMORIES
 MENTOR
 PLAY
 PROTECT
 SILLY
 SPECIAL
 STRONG
 SUPPORT
 SWEET
 TEACH
 THANKS
 TOGETHER





LAUGHTER is THE best MEDICINE



You know you're a CNA if:

1. You can set speed records for AM/PM care and still do it very well.
 2. You feel naked without rubber gloves on and bags in your pockets.
 3. You've told a confused patient your coworkers name and told them to just give a yell if they need anything.
 4. Your last work "party" consisted of paper plates, tons of finger foods all served over the ice chest in the pantry or in the utility room.
 5. You know what a hopper is and what it's used for.
 6. You would like to maim the inventor of the call bell.
 7. Almost everything is amusing...once you get on break.
 8. Your hands have been places you never thought possible.
 9. You can deliver inservices as needed to the confused person in the incontinence products aisle at the drug store.
 10. Strangely enough and to the horror of friends and family, you find you really like your job. When it's all said and done, you see the appreciation in your patients eyes and you come back for more.
- Cause you know it ain't all for the money!

Scott Designs

Did you know that if you garden in your back yard naked, your neighbors will build you a privacy fence for absolutely no cost to you.



** Last Month's ANSWERS ** REBUS PUZZLE

I grew up in the era where our parents interpreted exhaling too hard as talking back.

Sometimes I shock myself with the smart stuff I say & do. Then, there are times when I try to get out of the car with my seatbelt on.

I asked the doctor if I could administer my own anesthesia. He replied, "Go ahead, knock yourself out."

CLCUDY Partly Cloudy	CA SE CASE Open and shut case	B J A C K O X Jack in the box
S T A H W THAT Whats up with that	W A S B E T H WORDS Play on words	NIGHT Middle of the night
REVIRD T A E S Back seat driver	HEAD / ACHE Splitting Headache	CHOICE X 3 Multiple choice
DOUBT DOUBT IT DOUBT DOUBT No doubt about it	A DOUBT A shadow of a doubt	WRONG WRONG RIGHT Two wrongs don't Make a right
MEAL MEAL MEAL Three square meals	1. glance 2. glance 3. glance 4. glance 5. glance Without a second glance	spring summEr autumN winTer Man for all seasons

DAILY ACTIVITIES AT THE CENTERS

Monday	Tuesday	Wednesday	Thursday	Friday
Exercise Room 8AM-3PM Billiards 8AM-3PM GROCERY STORE BINGO 1PM	Exercise Room 8AM-3PM Billiards 8AM-3PM Bible Study 9:30AM-11AM Strong Bones Exercise 11AM Dominoes 11:30PM Pinochle 12:30PM	Exercise Room 8AM-3PM Billiards 8AM-3PM QUEEN OF HEARTS NOON Pinochle 12:30PM	Exercise Room 8AM-3PM Billiards 8AM-3PM Strong Bones Exercise 11AM Line Dance 7PM-9PM <i>(1st & 3rd Thursday of the month)</i>	Exercise Room 8AM-3PM Billiards 8AM-3PM Hand & Foot 1PM
Douglas				
Board Games 8AM-3PM Hand & Foot / Cards 12:30PM-4PM	Board Games 8AM-3PM Hand & Foot / Cards 12:30PM-4PM	GROCERY STORE BINGO 9:30AM GAME DAY 12:30PM-4PM	Board Games 8AM-3PM Hand & Foot / Cards 12:30PM-4PM	Board Games 8AM-3PM QUEEN OF HEARTS 11:45AM Hand & Foot / Cards 12:30PM-4PM
			Glenrock	

*** LOAN CLOSET ***

We have: **Walkers ... Shower Chairs ... Toilet Risers ... Wheelchairs ... & More!!**

For more information or to check availability, please call:

GLENROCK (307) 436-9442 DOUGLAS (307) 358-4348

** Where's the Beach? **

A beach ball belongs on a beach!! But this one is lost in our Newsletter ...

If you find it, fill this out and put your name in the drawing for your chance to win a free meal!! *(Drawings are every Monday throughout the month)*

Where: _____

Name: _____

ONLY ONE ENTRY per person/per month ... multiple entries will be removed from drawing.



June 16, 2024

“

Dad: A son's first hero,
a daughter's first love.

UNKNOWN

“Dads are most
ordinary men turned
by love into heroes,
adventurers,
storytellers, and
singers of song.”

— UNKNOWN

**HAPPY
FATHERS
DAY**

Southern Living

TOWN&COUNTRY



Todd Olsen, HIS

Director of Hearing Healthcare

Douglas Clinic
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Douglas, WY 82633
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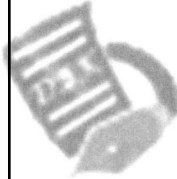


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"health care from people who care"

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