



# >>> 2024 <<< OCTOBER NEWSLETTER

**DOUGLAS SENIOR CENTER**  
PO BOX 192  
340 1ST STREET WEST  
DOUGLAS, WY 82633  
307-358-4348



**GLENROCK SENIOR CENTER**  
PO BOX 783  
615 WEST DEER STREET  
GLENROCK, WY 82637  
307-436-9442

## OUR MISSION

To advocate, assist, and provide services for seniors in Converse County. To promote well-being and quality of life with dignity, safety, and integrity.

## OFFICE HOURS

MONDAY - FRIDAY  
8:00AM - 4:00PM



## TRANSPORTATION HOURS

MONDAY - FRIDAY  
8:00AM - 3:00PM



## GSC THRIFT STORE HOURS

TUESDAY - FRIDAY  
8:30AM - 2:30PM

(Closed for lunch 11-12)

We accept donations that are clean and in good condition. Please no large furniture or TVs.

## TRANSPORTATION

Services for seniors, those with disabilities, and the public!

Call in advance for scheduling and availability:

Douglas:  
307-358-3112  
Glenrock:  
307-554-0955

[FACEBOOK.COM/CCASWY](https://www.facebook.com/ccaswy)



[WWW.CCASWY.ORG](http://www.ccaswy.org)

# CCAS MANAGEMENT STAFF

**>>> Director: Kristen Shaw**  
**KristenS@CCASWY.org**

## GLENROCK SENIOR CENTER

**Site Manager: Rachel Nelson**  
**RachelN@CCASWY.org**

## DOUGLAS SENIOR CENTER

**Site Manager: Earlene Archer**  
**EarleneA@CCASWY.org**

## >>> MANAGEMENT BOARD

Ann Rex  
 Cheryl Schwartzkopf  
 Deb Shuler  
 Cindy Porter  
 Michelle Huntington  
 Joleen Warren  
 Tara Davidson

**The next Management  
Board meeting will be at  
the Douglas Senior Center  
at 2:00pm on  
October 8th**

**The next Special District  
Board meeting will be at  
the Glenrock Senior  
Center at 10:00am on  
October 14th**

## >>> SPECIAL DISTRICT BOARD

Tim Ricker  
 Don Luhrsen  
 Kathy Patceg  
 Lucille Taylor  
 Rita Redig

[www.ConverseSeniors.org](http://www.ConverseSeniors.org)



# WHAT'S HAPPENING IN OCTOBER

## Every Week @ CCAS

### **Monday:**

1p (DSC) Grocery Store Bingo

### **Tuesday:**

9a (GSC) Stay Active Exercise Class

9a (DSC) Coffee Group

11a (DSC) Strong Bones

12:30p (DSC) Dominos

1p (DSC) Pinochle

### **Wednesday:**

9:30a (GSC) Grocery Store Bingo

12p (DSC) Queen of Hearts

12:30p (GSC) Game Day

1p (DSC) Pinochle

### **Thursday:**

11a (DSC) Strong Bones

1p (GSC) Dice Games (Bunco, Farkle, etc)

### **Friday:**

11:45a (GSC) Queen of Hearts

12:30p (DSC) Hand & Foot

## Community

**Thur, Oct 3** Drive-thru Flu Vaccine at Glenrock Health Center 3p-6p

**Sat, Oct 5** Oktoberfest, 'Weiner Dog' Races & More in Downtown Douglas 10a; Races at LaBonte 12:15p

**Oct 16-19** Autumn Wellness Lab Blood Draws (MHCC) in Douglas 11a

**Sat, Oct 19** Bra Auction (proceeds go to Angels Cancer Care Network) Knotty Pine in Glenrock 5p

**Sat, Oct 19** Brews & Tattoos at the Moose Lodge in Douglas, 11a-1p

## Activities this Month @ CCAS

**Weds, Oct 2** (GSC) Medicare Fraud Presentation 10:45a

**Thurs, Oct 3** (DSC) No Line Dancing

**Fri, Oct 4** (GSC/DSC) First Friday

Free Lunch 11a- 12:30p

**Fri, Oct 4** (DSC) Karaoke 6p-9p

**Tues, Oct 8** (DSC) Management Board Meeting 2p

**Thurs, Oct 10** (DSC) Dance Class 6:30-7:30pm

**Mon, Oct 14** (GSC) Special District Board Meeting 10a

**Mon, Oct 14** (GSC) Cash Bingo 5p-8p

**Tues, Oct 15** (DSC/GSC) Shopping Day/Casper

**Thurs, Oct 17** (DSC) Line Dancing 6p-8p

**Fri, Oct 18** (GSC/DSC) Pumpkin Patch/Corn Maze Trip to Lingle, meet at GSC at 9a

**Fri, Oct 18** (DSC) Dance with Larry Phillips 6p-9p

**Mon, Oct 21** (DSC) Derby Club Senior Day 11:30a

**Mon, Oct 21** (DSC) Cash Bingo 5p-8p

**Tues, Oct 22** (GSC) Wood Sign Craft Class with Artisan Alley 1:30p

**Wed, Oct 23** (DSC) Mask Making Class 1p

**Thurs, Oct 24** (DSC) Dance Class 6:30-7:30pm

**Sat, Oct 26** (DSC) Halloween Party & Music with Travis Blaylock 6p-9p

**Mon, Oct 28** (GSC) 'Painted Pine Cone Arrangement' Craft Class 1:30p

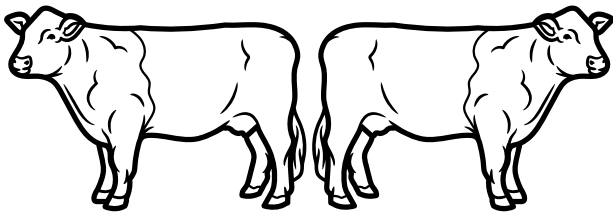
**Thurs, Oct 31** (GSC) Halloween Lunch & Costume Contest 11a-12:30p

**Thurs, Oct 31** (GSC) Halloween Funfair 4p-7p

# THANK YOU

to

Lazer Construction/Dave Banzhaf and Linda Baker for the donation of one beef each to the Senior Centers!



## DERBY CLUB CCAS SENIOR DAY

\*\* 3rd Monday of each Month \*\*

### OCTOBER 21ST

Douglas - 11:30am

LET US KNOW IF YOU NEED TRANSPORTATION, OR YOU CAN DRIVE YOURSELF AND MEET US THERE!!

Lunch is provided (you will receive \$10 FREE PLAY with your \$10 purchase)

contact DSC 358-4348 for more info



Caramel Apple Station

Monster Mash Dance Contest

Games

Prizes



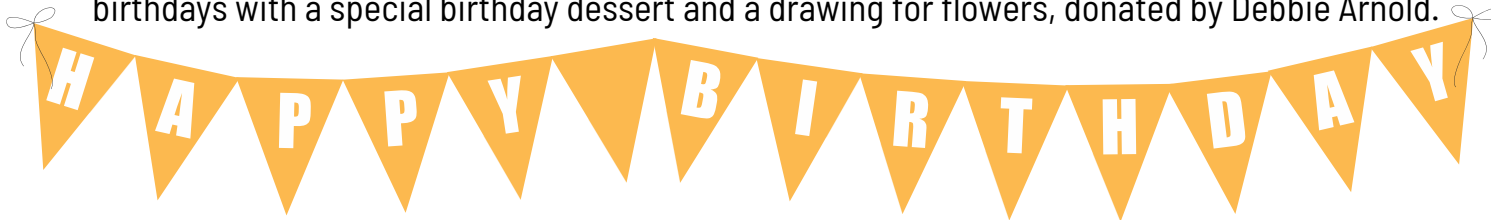
### 1ST ANNUAL HALLOWEEN FUNFAIR

## GLENROCK SENIOR CENTER THURSDAY, OCT 31ST

### 4PM - 7PM



Please join us for lunch on the last Wednesday of the month as we celebrate this month's birthdays with a special birthday dessert and a drawing for flowers, donated by Debbie Arnold.



DAWN MILLER 10/2  
 RICHARD MCELDERRY 10/3  
 JUDY SCHEPIS 10//4  
 MIKE COLLING 10/4  
 ROSE HULLINGER 10/4  
 CHRISTINE FLEMING 10/5  
 DIANE LAPAGE 10/8  
 PHYLLIS JAEGER 10/8  
 CAROLYN JOHNSON 10/9  
 RONDA LANGE 10/9  
 JODY DAVIS 10/10  
 RUTH FULTON 10//10  
 BARB CROFUTT 10/11  
 JAKE JOHNSON 10/11  
 TOM HARBOUR 10/12  
 MARGARET ESSELMAN 10/13  
 SCOTT HULLINGER 10/13  
 BILL COATS 10/14  
 SHIRLEY VARGAS 10/14  
 CARROLL ANDREWS 10/15  
 DARCIÉ COATS 10/15  
 AMY FRYE 10/16  
 HELGA ALEXANDER 10/16  
 JIM LAMBERT 10/16  
 ROSA OLSON 10/16

BETTY CAREY 10/17  
 BRENDA BEAUGUREAU 10/17  
 DIXIE WILLS 10/18  
 HARRY RICHARDS 10/18  
 CAROL BOLINGER 10/19  
 MAXINE KAPER 10/19  
 DELORES HALSTEAD 10/20  
 DONNA HISER 10/20  
 GARY BOLDT 10/20  
 REX ASSELIN 10/20  
 RON CHOJNACKY 10/20  
 CAROLYN LAYHER 10/21  
 MARILYN HUGHES 10/21  
 ROBERT WALLIS 10/21  
 STEVE SCHANEMAN 10/21  
 STEVEN BECK 10/21  
 ALAN GOOSSEN 10/22  
 DANA PENN 10/24  
 BARBARA CAIN 10/25  
 LYNN RICHENS 10/27  
 ANDREA CHOJNACKY 10//28  
 LINDA ALLEN 10/28  
 JIM WILLOX 10/29  
 ED SHERIDAN 10/31



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

**OCTOBER**

Bring this coupon to Converse County Aging Services  
 (Glenrock - 615 W Deer or Douglas - 340 1st St West)



For a **free meal** courtesy of: **Newcomer Funeral Home**

Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_



*Thanksgiving*  
is just around the  
corner, and

*You're*  
**INVITED**

Wendy Anderson  
is hosting a  
Thanksgiving meal at  
the Glenrock Senior  
Center, from  
noon to 2:00pm, on  
Thanksgiving Day

Come and celebrate with your  
CCAS friends & family!  
If you're interested in  
volunteering to serve or clean,  
contact Wendy A, at the  
Glenrock Senior Center.



# SERVICES OFFERED AT THE SENIOR CENTERS

## Meals

### Congregate Meals

Meals are served at both our centers Monday through Friday. We offer a variety of menu choices. Suggested donation for those 60 and over (with a current AGNES on file) is \$5.00. Cost for anyone 13-59 is \$10.00, 4-12 is \$7.00 and 3 & under are free. Meal tickets can be purchased at \$45 for ten meals. The tickets do not expire and they make a great gift!

### Home Delivered Meals

Home delivered meals are available to clients who qualify. Meals are delivered Monday through Friday, with frozen meals available for the weekends. This can be a long-term option for those who are homebound or a short-term option for those with temporary medical issues.

Call for more information!

## Transportation

We offer public transportation to folks who need a ride. We are a CURB-to-CURB service that goes around town as well as offering scheduled rides out of town with 48 hours' notice. Our hours of operation are from 8 am to 3 pm. When going to out of town the hours are from 9:00am to 1:00pm. Call Glenrock at 307-554-0955 or Douglas at 307-358-3112, or 307-359-9515 to schedule your ride today.

## WyHS

### Personal Care

Our CNAs can help clients with bathing, dressing and grooming, skin care, eating, ambulating and exercise, vital signs, and glucose monitoring.

### Homemaking

Our homemakers can help with housekeeping inside the home, laundry, chores, meal preparation, and shopping.

### Respite Care

We offer in-home care to give caregivers of individuals with disabilities and other special needs some time off. Respite care is only provided on weekdays and is dependent on the availability of staff.

## Other Services

### Loan Closet

We have medical items such as wheelchairs, shower chairs, walkers, canes, commodes, and knee scooters that are available on loan for anyone in our community.

### Support

Foot care/Diabetic foot care - by appointment.  
Blood Pressure - daily at each enter.

## Call for more info:

**Douglas Senior Center: 307-358-4348**

**Glenrock Senior Center: 307-436-9442**



**GLENROCK SENIOR CENTER**

615 W. Deer Glenrock  
**MONDAY, OCTOBER 14th**

**DOUGLAS SENIOR CENTER**

340 1st St. West Douglas  
**MONDAY, OCTOBER 21st**



**Join us for CASH BINGO! (Doors open at 5pm ... Bingo Starts at 6pm)**

We are open to the public; bring family, friends, neighbors and have some fun!!

Concessions will be available. You must be 18 years old to play. Prizes are:

BINGO: \$25.00

BONANZA BLACKOUT: \$50.00

JACKPOT BLACKOUT: \$200.00

(if more than one bingo, prize will be split)

Call 436-9442 or 358-4348 if you need more info.



The **Glenrock Flower Club**  
 & **Kathy Pope** kept our Glenrock  
 Senior Center entrance alive all  
 Spring/Summer long with gorgeous  
 flowers!

We **THANK YOU** so  
 much for your donation of flowers,  
 time and beauty!!

## STAY ACTIVE - GENTLE EXERCISE GROUP

Join us Tuesday mornings at  
 9am for gentle stretches and  
 games to keep us active!

We will meet in the  
 Game Room  
 (Basement) of the  
 Glenrock Senior  
 Center



# MEDICARE OPEN ENROLLMENT PERIOD



**It's almost that time! Medicare/Drug Plan open enrollment is just around the corner and we can help!! If you need assistance with your Drug Plan this year, contact Glenrock Senior Center at 436-9442 or Douglas Senior Center at 358-4348 to set up your appointment.**

**(Appointments will be set between October 15th and December 7th)**

---

## The WYOMING SMILES SENIOR DENTAL PROGRAM 2025 applications are out!

This program is a FREE DENTAL INSURANCE PLAN for Wyoming seniors who meet income and program qualifications. There are three different programs available. A limited number of spaces are available, so pick up your application now for early submission. Must be completed and mailed no later than December 13, 2024.

### PICK UP APPLICATIONS AT:



**GLENROCK SENIOR CENTER (615 W. Deer)  
DOUGLAS SENIOR CENTER (340 1st St. West)**

---

## CRAFT WITH US! TUESDAY, OCTOBER 22ND @ 1:30P

**Corinne from ARTISAN ALLEY will come to the GLENROCK SENIOR CENTER to lead us in a wood sign painting project. Choose one of five designs. The class is FREE to Seniors (\$30 for others).**

**Stop in or call the office to sign up! (436-9442)**

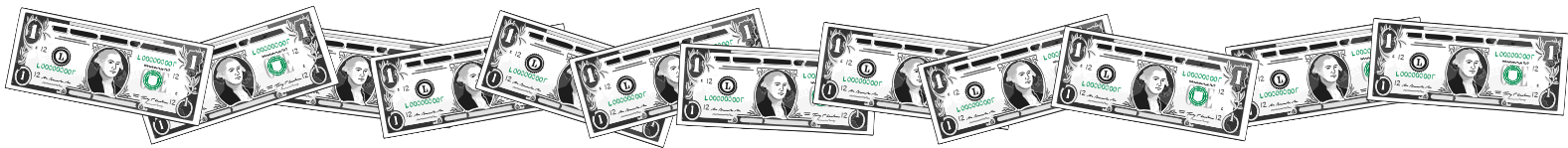
**( we MUST have a minimum of 15 people sign up, or class will be cancelled )**





# CONVERSE COUNTY AGING SERVICES

# DOLLAR-A-MONTH CLUB



## Thanks to all of the Dollar-A-Month Club contributors!

The funds you donate are used for services at the Senior Centers. If your name is not listed and you have contributed, please sign the permission slip below and return it to the office. We must have this slip to publish your name. *(The date following each name is the month/year contribution expires)*

- |                               |                           |                           |
|-------------------------------|---------------------------|---------------------------|
| Ron Boespflug 4/25            | Hale Kreycik 5/25         | Rita Russel 8/26          |
| Gwen Boyer 1/25               | Sue Mckee 4/25            | M. E. Sherwin 1/27        |
| Sonia Cottrell 4/25           | Lenora Merchen 1/25       | Mr. & Mrs. Sishc          |
| Ed & Pam Downes 4/25          | Peg Middleton 5/25        | Doug & Vickie Schmid 4/25 |
| Loretta Elsten 10/24          | Bonnie Mitts 3/25         | John & Joni Stewart 11/24 |
| Mr. & Mrs. Brian Grabow 10/24 | Mel & Eilene Nelson 10/24 | Nancy Wallis 9/25         |
| Russel Hineman 10/24          | Sylvia Nye 9/25           | Don & Sue White 5/25      |
| Waletta Hinckley 10/25        | David Ogden 11/25         | Jimmie Whiting 11/24      |
| Mr. & Mrs. Ray hoopman 10/24  | Val Jean Park 5/25        | Beverly Wilson 10/24      |
| Michelle Jordan 4/25          | Sharon Peters 10/24       | Susan Zahrowski 4/25      |
| Robert Kassner 11/25          | Dawn Pexton 4/25          | Zetz Masters 1/25         |
| Gail Kirkland 4/25            | Vaughn Rausch 11/24       | Chapter Beta 10/24        |

**Yes!** I would like to support Converse County Aging Services, Inc. programs by joining the **Dollar-A-Month Club!** (\$12 per member per year)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Amount Paid: \_\_\_\_\_

Signature: \_\_\_\_\_

*I give my permission for CCAS to publish my name in the monthly newsletter for as long as I continue my donation.*

# Fall Harvest

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

LEAVES  
 FALL  
 ACORNS  
 WIND  
 TREES  
 APPLES  
 PUMPKINS  
 MAPLESYRUP  
 SCARECROW  
 CORN  
 RAKE  
 SQUIRREL  
 HAY  
 TURKEY

(c) WebSpinstress

## HALLOWEEN RIDDLES: TRICKY-OR-TREAT



1. Dracula loves to draw this, as well as put it in a bank. What is it?
2. Frankenstein's father has 3 sons. The names of 2 of them are Snap and Crackle. What is the third son called?
3. I have a body, arms, legs and a head, but I'm heartless and have no guts. What am I?



Drawings will be held weekly.

**\*\*Only one entry per person per month - any extra entries will remove you from the drawing.**



**Turn your answer(s) in at the center to be entered in a drawing for a free meal\*\***

1. \_\_\_\_\_

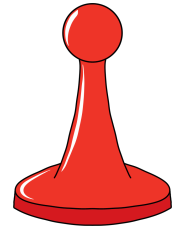
2. \_\_\_\_\_

3. \_\_\_\_\_

Name \_\_\_\_\_



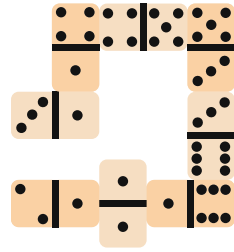
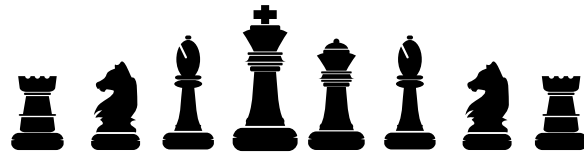
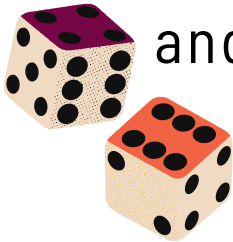
# GAME DAY EVERY DAY!



We have Game Days on the schedule for both centers, but did you know:

**Games are available all day at both the  
Glenrock and Douglas Senior Centers**

Get a group of friends together  
and come play your favorite game!



## STRONG BONES

Join us Tuesday and Thursday mornings at 11am for exercises to help us keep our bones strong!

We will meet in the Card Room of the Douglas Senior Center.



## CRAFTING WITH ANDREA!

We'll be making a  
**' Painted Pine Cone Arrangement '**

Monday, October 28th  
1:30pm @ Glenrock Senior Center  
Everything is supplied. When you're finished, it's yours to keep.

**( we MUST have a minimum of 6 people sign up, or class will be cancelled )**

**Sign up sheets are in the lobbies of the Glenrock & Douglas Senior Centers.**



*(example)*





# Healthy Brains

Now, scientists at Wake Forest University School of Medicine in North Carolina have made a significant breakthrough, demonstrating that increased sugar consumption and elevated blood glucose levels alone can trigger the accumulation of amyloid plaque in the brain, which is a contributing factor to the risk of Alzheimer's disease.

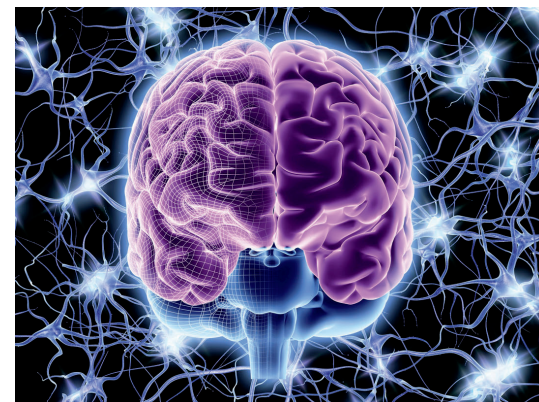
~ Medical News Today

People 70 and older who eat food high in carbohydrates have nearly four times the risk of developing mild cognitive impairment, and the danger also rises with a diet heavy in sugar, Mayo Clinic researchers have found. Those who consume a lot of protein and fat relative to carbohydrates are less likely to become cognitively impaired, the study found. The findings are published in the Journal of Alzheimer's Disease.

~MayoClinic.org

## What To Do With This Information?

- Try to find naturally occurring sugar in foods to curb cravings but limit to healthy servings. Example = Fruit.
- Limit sugar intake to less than 5% of total calories for the day.



# OCTOBER MENU

Menu subject to change.

Milk and Salad Bar Available Daily



Mon	Tue	Wed	Thu	Fri
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Ham and Beans, Cornbread, Peanut Butter Cookies	Hamburger on a Bun, Fries, Baked Beans	Sweet and Sour Chicken, Fried Rice, Egg Roll	Roast Beef, Potatoes, Carrots, Rolls, Carrot Cake
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Fried Chicken, Mashed Potatoes, Gravy, Corn	Ham, Stuffing, Sweet Potatoes, Sunflower Bread, Mixed Berry Cobbler	Chicken and Noodles, Peas and Carrots, Biscuit, Mixed Fruit	Red Chili, Cinnamon Rolls	Roast Beef, Potatoes, Carrots, Rolls
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Fried Chicken, Mashed Potatoes, Gravy, Corn, Apple Crisp	Spaghetti w/Meat Sauce, Garlic Bread, Green Beans, Cherry Cheesecake	Vegetable Soup, Egg Salad Sandwich on a Croissant, Fluffy Fruit Cup	Taco Casserole, Green Chili, Churros, Snickerdoodle Cookie	Roast Beef, Potatoes, Carrots, Rolls
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Fried Chicken, Mashed Potatoes, Gravy, Corn	Pork Roast, Rice Pilaf, Cheese Filled Bread Stick, Lemon Bar	Beef Stoganoff w/Noodles, Green Beans w/Bacon, Sourdough Bread, Rice Krispy Treats	Sloppy Joes, Potato Wedges, Marshmallow Fruit Cup	Roast Beef, Potatoes, Carrots, Rolls
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Fried Chicken, Mashed Potatoes, Gravy, Corn	Stuffed Peppers with Rice, Sunflower Bread	Honey Mustard Chicken, Broccoli, Roasted Red Potatoes, Yellow Cake w/ Chocolate Frosting	<p><b>HAPPY HALLOWEEN</b></p> <p>Meatloaf, Au Gratin Potatoes, Spooky German Chocolate Cake</p>	

# OCTOBER MENU

Menu subject to change.

Milk and Salad Bar Available Daily

Mon	Tue	Wed	Thu	Fri
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Fish Tacos, Cilantro Lime Rice, Black Beans, Cottage Cheese, Coleslaw, Pears	Swiss Hamburger Steak, Mashed Potatoes w/Tomato Gravy, Spinach, Cucumber Tomato Salad, Peaches, Sourdough Bread	Pork Shepherd's Pie, Mixed Veggies, Biscuit, Mandarin Oranges, Tossed Salad	Chili Dog with Bun, Curly Fries, Corn, Fruit Cup, Tossed Salad
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Beef Barley Stew, Biscuits, Bowtie Pasta Salad, Sugar Cookie, Tossed Salad	Beef & Broccoli over Lo Mein, Egg Rolls, Banana Poke Cake, Wheat Rolls, Tossed Salad	Sausage, Egg & Cheese McMuffin, Hashbrown Patties, Fresh Fruit, Cottage Cheese	Stuffed Bell Peppers, Seasoned Potato Wedges, Wheat Dinner Rolls, Blueberry Muffin, Tossed Salad	Open Face Pork Sandwich w/Gravy, Mashed Potatoes & Gravy, Green Beans, Peaches, Wheat Bread, Tossed Salad
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Parmesan Pork Cutlets, Scalloped Potatoes, Chef Blend Veggies, Tossed Salad, Tapioca Pudding, Sunflower Seed Bread	Chicken Fajitas, Roasted Potatoes, Churros, Fruit Cup, Tossed Salad	Beef Pot Roast, Potatoes & Carrots, Biscuit, White Cake, Tossed Salad	Brown Sugar Balsamic Glazed Pork Loin, Herb Garlic Roasted Potatoes, Zucchini, Cinnamon Apple Slices, Tossed Salad, Wheat Rolls	Meatball Sub, French Fries, Baked Beans, Butterscotch Pudding, Potato Salad
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Honey Mustard Pork, Au Gratin Potatoes, Cheesy Cauliflower, Wheat Bread, Blushing Pears, Tossed Salad	Oven Fried Chicken, Mashed Potatoes w/ Country Gravy, Carrots, Peanut Butter Cookie, Tossed Salad, Whole Grain Roll	Lazagna, Green Beans, Cheddar Biscuit, Pickled Beets, Peaches, Tossed Salad	Beef & Noodles, Mashed Potatoes, Peas w/Pearl Onions, Sourdough Bread, Tossed Salad, Chocolate Pudding	Sweet & Sour Chicken, Brown Rice, Oriental Veggies, Egg Roll, Mandarin Spinach Salad, Cottage Cheese, Pickled Beets
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Biscuits & Sausage Gravy, Seasoned Potatoes, Scrambled Eggs, Melon Cup, Cottage Cheese, Tossed Salad	BBQ Chicken Drumstick, Baked Potato, Cheesy Broccoli, Brownies, Wheat Roll, Loaded Pasta Salad	Ham Pasta Bake w/Tetrazzini, Cali Blend Veggies, Whole Grain Roll, Tossed Salad, White Cake & Ice Cream	 'Bloody' Chili 'Ghostly' Cinnamon Roll 'Brainy' Bow Tie Pasta Salad 'Wormy' Green Beans 'Rotten' Fruit Cup 'Mossy' Tossed Salad	



# PROTEIN

Protein-rich foods provide many important nutrients. Choose a variety including seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, seeds, soy products, and low/non-fat dairy products.

Prepare protein-rich foods with little added salt and saturated fat (butter, cheese); experiment with new herbs and spices.

## GOOD SOURCES OF LEAN PROTEIN

Fish and shellfish

Beans

Eggs (in moderation)

Nut butters

Lean meat and poultry

Low- and non-fat dairy products

Poultry without skin



Wyoming  
Department  
of Health



**TUFTS: MY PLATE FOR OLDER ADULTS**  
**HNRCA Nutrition Research**



# DANCE WITH US!

**FRIDAY, OCTOBER 18TH**  
**DOUGLAS SENIOR CENTER**  
**340 1ST ST. WEST**  
**MUSIC BY**  
**‘ LARRY PHILLIPS ‘**



Dance will start at 6:00pm and we'll keep dancing till the cows come home (or 9:00pm), whichever comes first! Refreshments available and no cover charge. Dances are open to the public!

when you're over 40 and they hand you a band-aid, and say put this where it hurts



Just figured out that ghosts are people who died trying to fold a fitted sheet

When I'm an old lady I'm going to leave snacks in little bags on the floor all over the house in case I fall down



shared

**LAUGH A LITTLE!**

## LOOKING AHEAD!



A few things to look forward to in the coming months:

- > Community Thanksgiving Dinner @ GSC
- > Painting & Craft Classes (DSC / GSC)
- > Karaoke & Dancing (DSC / GSC)

# WHAT IS A MILL LEVY?

A mill levy is a property tax that's based on the valuation of a property. One mill is equal to \$1 per every \$1,000 of taxable value. For example, if you have a house that is valued at \$200,000, the taxable value is 9.5% of that, or \$19,000. That would be 19 thousands of value, so a 1 mill levy would cost you \$19 annually. If the house was valued at \$400,000, 1 mill would cost \$38 annually, and so on.

Since it's levied against taxable property, anyone with taxable property, from real estate and commercial land to industrial property and oil and gas production, pays the mill levy.

## **The ballot in November will have something similar to the following:**

Shall the Converse County Senior Citizen Service District be authorized to continue with a maximum levy of 2 mills to be imposed on the taxable property of the district? Funds shall be used to provide services, operations and building updates to the senior centers and to fund maintenance costs and upgrades to qualified senior housing apartments within Converse County per WSS 18-15-111.

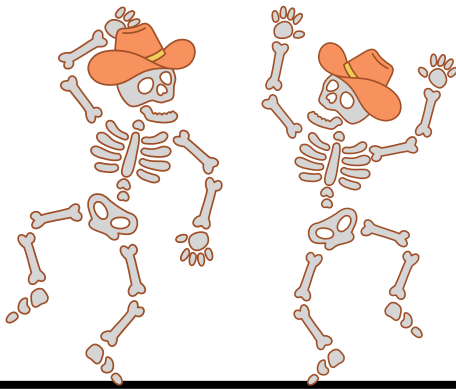
**This funding supports everything we do.**

**SATURDAY, OCTOBER 26TH**  
**6P-9P**  
**DOUGLAS SENIOR CENTER**  
**340 1ST ST. WEST**



*Attend our 'Mask Making' class so  
you can wear yours  
to the dance!!*

*(call for more info: 358-4348)*



Join us for a

**HALLOWEEN PARTY & DANCE**

Listen and dance to music by  
'Travis Blaylock'

- > Refreshments will be served
- > Open to the public
- > No cover charge

**ELLIS' HARVEST HOME**  
**LINGLE, WY**

**FRIDAY, OCTOBER 18th**

We will travel to Lingle to  
enjoy one of the  
largest corn maze/pumpkin patch  
displays in the State!



There is a \$10 ride donation. We will leave at 9:00am from  
the Glenrock Senior Center and will return  
between 4:00-5:00pm. (Sign up sheets are available at GSC & DSC)

**Sign up now to reserve your spot! Don't miss this!!**

**Call Jen at 436-9442 for more information.**



# PARTING SHOTS:

Pictures of CCAS activities in the last month, brought to you by the Mill Levy.

