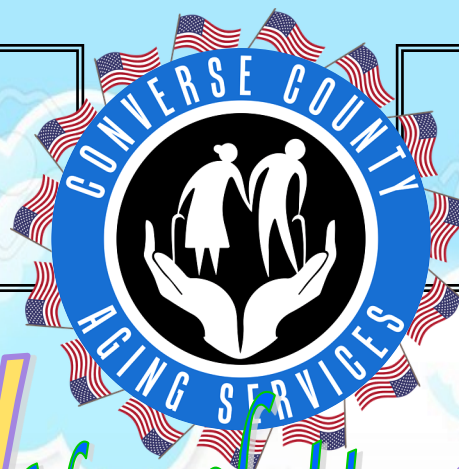


DOUGLAS SENIOR CENTER

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



# May Newsletter 2024

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

~ hours NOT changed ~  
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

?? 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 / ??

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

CCAS, Inc.

Douglas & Glenrock

\*\* Senior Centers \*\*

SPECIAL DISTRICT BOARD

will meet:

Monday, May 13th  
10am (DSC)

\*\*\*\*\*

MANAGEMENT BOARD

will meet:

Tuesday, May 28th  
2pm (GSC)

# Now you know the rest of the story!

## WHAT'S THE STORY BEHIND THE MAYPOLE DANCE?

The 'maypole dance' is a ceremonial folk dance performed around a tall pole decorated with a garland greenery and/or flowers. The garland is often hung with ribbons that are woven into complex patterns by the dancers.

**This dance extends as survival of earlier ancient dances performed around a living tree; done as part of 'spring rites' to ensure fertility.**

## WHERE DID THE TRADITION OF MAY BASKETS COME FROM?

May baskets have origins dating back to the pagan festival, Beltane. The festival was a rural pre-Christian prehistoric tradition where **families that had been separated by long cold winters would congregate together to celebrate the arrival of spring and finally being together.**

## WHAT IS SOME HISTORY BEHIND MAY DAY?

Did you know May day is associated with labor movement? In the United States, **the holiday was first celebrated in 1886, as part of the struggle for the eight-hour workday.** On May 1st of that year, hundreds of thousands of workers across the country went on strike, demanding better working conditions and shorter working hours.

*till next time ...*

*... MAY you have a wonderful MAY ...*

*... the Staff*



# THINGS to REMEMBER in MAY

## CCAS ACTIVITIES/EVENTS/MEETINGS:

- ♦ Friday, May 3rd ... Free Lunch @ 11a-12:30p (GSC / DSC)  
(sponsored by CCAS Management Board)
- ♦ Monday, May 13th ... Special District Mtg. @ 10a (DSC)
- ♦ Tuesday, May 14th ... Craft Project Class @ 1:30p-4p (GSC)
  - ♦ Tuesday, May 14th ... Shopping Day w/ Marilyn  
(bus leaves DSC @ 8:30a & GSC @ 9a)
- ♦ Wednesday, May 15th ... SCAM Presentation w/ Officer  
Shane Pierce, GPD @ 10:30a (GSC)
- ♦ Friday, May 17th ... Dance w/ Larry Phillips @ 6p-9p (DSC)
- ♦ Saturday, May 25th ... Game Day w/ Dawn @ 2p-5p (DSC)
- ♦ Tuesday, May 28th ... Management Board Mtg. @ 2p (GSC)
  - ♦ Grocery Store Bingo ... Wednesdays @ 9:30a (GSC)
  - ♦ Grocery Store Bingo ... Mondays @ 1p (DSC)
  - ♦ Queen of Hearts ... Fridays @ 11:45a (GSC)
  - ♦ Queen of Hearts ... Wednesdays @ Noon (DSC)
  - ♦ Game Day ... Wednesdays @ 12:30-? (GSC)

## HOLIDAYS/NOTABLE DATES:

- ♦ Sunday, May 5th ... Cinco de Mayo
- ♦ Sunday, May 12th ... Mother's Day
- ♦ Monday, May 27th ... Memorial Day  
(DSC/GSC will be CLOSED)

## COMMUNITY:

- ♦ Thursday, May 2nd ... Park It! Food & Vendor Festival @ Douglas  
Railroad Museum 5p-8p (DOUGLAS)
- ♦ Friday, May 3rd ... WHF Wellness Screening @ Glenrock Health  
Center 7am-10am (GLENROCK)
  - ♦ Friday, May 24th ... Fortitude Fitness Sunset Salute 5k  
Run/Walk (proceeds go to American Legion Post 9)  
Register @ 6p- Begin @ 6:30p (GLENROCK)
- ♦ Saturday, May 25th ... Mobile Food Pantry @ Fairgrounds Behind  
the Grandstands @ 9a-11a (DOUGLAS)





# 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)**



# GLENROCK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BEEF POT PIE w/ BISCUIT CORN MIXED GREEN SALAD CINNAMON PEARS	2 PORK CHOP w/ MUSHROOM GRAVY MASHED POTATOES MINNESOTA GREEN BEANS RUSSIAN SALAD APPLE CAKE	3 CHICKEN & CHEESE QUESADILLA CHICKEN TACO SOUP TOSSED SALAD CHURRO FRUIT CUP  <b>CINCO de MAYO LUNCH</b>
6 MEATBALLS on HOAGIE BUN OVEN FRIES CREAMY LIMA BEANS MELON CUP HAWAII TOSSED SALAD	7 CHICKEN TENDERS POTATO WEDGES CHUCK WAGON CORN WHOLE WHEAT ROLL BLUSHING PEARS CHOCOLATE CHIP COOKIES	8 LIVER & ONIONS BAKED POTATO w/ SOUR CREAM WHOLE GRAIN BREAD PLUM WHIP DESSERT BROCCOLI SALAD	9 SMOTHERED HAMBURGER STEAK w/ ONION MASHED RED-SKIN POI- TATOES GREEN BEANS WHOLE GRAIN ROLLS MIXED BERRIES	10 HERB PORK LOIN AU GRATIN POTATOES SAVORY CARROTS CHOCOLATE ÉCLAIR DESSERT GREEN TOSSED SALAD WHOLE WHEAT ROLL  <b>MOTHER'S DAY LUNCH</b>
13 SWISS STEAK w/ TOMATO GRAVY MASHED POTATOES BRAISED CABBAGE & CARROTS SOUR DOUGH BREAD BLUSHING APPLESAUCE SALAD	14 WHITE CHICKEN CHILI CORNBREAD MIXED VEGGIES TOSSED GREEN SALAD PEACH SLICES	15 BREADED PORK CUTLET SCALLOPED POTATOES MIXED VEGGIES PASTA SALAD BANANA BREAD	16 BBQ CHICKEN POTATO SALAD SCANDINAVIAN VEGGIES EASY FRUIT DESSERT WHOLE WHEAT ROLL	17 BLT WRAP SWEET POTATO FRIES CHICKEN SOUP WATERMELON SALAD
20 HAM & BEAN SOUP w/ CARROTS & CELERY CORNBREAD PASTA SALAD CHOCOLATE CAKE FRUIT	21 CHICKEN VERDE ENCHILADA BAKE LETTUCE, TOMATO, ONION CILANTRO LIME BROWN RICE SOPAPILLA CHEESECAKE BARS	22 BISCUITS & SAUSAGE GRAVY POTATO PATTY CHEESY EGGS w/ PEPPERS FRESH FRUIT & YOGURT SALAD	23 SHRIMP TACOS POTATO OLES COLESLAW LEMON BARS	24 CHICKEN SPINACH ALFREDO LASAGNA BROCCOLI & CAULIFLOWER SALAD GARLIC TOAST STRAWBERRY SHORTCAKE
27  <b>CLOSED</b>  <b>MEMORIAL DAY</b>	28 MEATLOAF MASHED POTATOES w/ GRAVY CORN MIXED FRUIT COBBLER SALAD BREAD	29 RED CHILI CINNAMON ROLLS CARROT COINS SALAD FRUIT JELLO	30 HIBACHI STEAK BOWLS MIXED VEGGIES FRIED RICE YUM-YUM SAUCE PINEAPPLE WHIP ASIAN SALAD	31 CHICKEN FAJITAS SPANISH RICE RED BEANS PEACH CHEESECAKE 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**




**TUESDAY, MAY 14th**  
**at the GLENROCK**  
**SENIOR CENTER**  
**JOIN US FOR**  
**SOME CRAFTING!!**

**COST FOR SENIORS IS \$10.00**  
**(all others \$35.00) Sign-up sheets**  
**are in the DSC & GSC offices!**  
**PLEASE SIGN UP BY 4PM**  
**FRIDAY, MAY 10th**  
**WE NEED A COUNT SO WE CAN PREP**  
**MATERIALS AND HAVE THEM READY**  
**BEFORE TUESDAY MORNING!**  
**(Call 436-9442 for info or to sign up)**

**Starting at 1:30, we're going to make this**  
**adorable one-of-a-kind work of art ...**  
**EVERYTHING IS SUPPLIED,**  
**INCLUDING AN INSTRUCTOR!**  
**AND WHEN YOU'RE FINISHED,**  
**IT'S YOURS TO KEEP!!**



# DOUGLAS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BLT WRAP SWEET POTATO FRIES WATERMELON SALAD	2 HAM & BEAN SOUP ROLLS SALAD BAR CHOCOLATE CAKE FRUIT	3 CHICKEN TAQUITOS 5-LAYER DIP CHIPS FRUIT SALSA SUGAR & CINNAMON CHIPS  <b>CINCO de MAYO                      LUNCH</b>
6 BISCUITS & GRAVY POTATO PATTY FRESH FRUIT	7 SHRIMP TACOS COLESLAW LEMON BARS	8 CHICKEN SPINACH ALFREDO LASAGNA SALAD STRAWBERRY SHORTCAKE	9 MEATLOAF MASHED POTATOES GRAVY CORN MIXED FRUIT COBBLER	10 HAM & CHEESE POCKETS MIXED VEGGIES FRUIT SALAD w/ APPLE TOPPING
13 RED CHILI CINNAMON ROLLS	14 HIBACHI STEAK BOWL MIXED VEGGIES FRIED RICE YUM-YUM SAUCE PINEAPPLE WHIP	15 CHICKEN FAJITAS FRIED POTATOES PEACH CHEESECAKE SALAD	16 BEEF POT PIE w/ BISCUIT CORN MIXED GREEN SALAD CINNAMON PEARS	17 PORK CHOP w/ MUSHROOM GRAVY MASHED POTATOES MINNESOTA GREEN BEANS RUSSIAN SALAD APPLE CAKE
20 CHICKEN & CHEESE QUESADILLA CHICKEN TACO SOUP TOSSED SALAD CHURRO FRUIT CUP	21 MEATBALLS on HOAGIE BUN OVEN FRIES CREAMY LIMA BEANS MELON CUP HAWAIIAN TOSSED SALAD	22 CHICKEN TENDERS POTATO WEDGES CHUCKWAGON CORN WHOLE WHEAT ROLL BLUSHING PEARS CHOCOLATE CHIP COOKIES	23 LIVER & ONIONS BAKED POTATO w/ SOUR CREAM WHOLE GRAIN BREAD PLUM WHIP BROCCOLI SALAD	24 SMOTHERED HAMBURGER STEAK w/ ONION MASHED RED-SKIN POTATOES GREEN BEANS WHOLE GRAIN ROLLS MIXED BERRIES
27  <b>CLOSED</b>  <b>MEMORIAL DAY</b>	28 SWISS STEAK w/ TOMATO GRAVY MASHED POTATOES BRAISED CABBAGE & CARROTS SOUR DOUGH BREAD BLUSHING APPLESAUCE SALAD	29 WHITE CHICKEN CHILI CORNBREAD MIXED VEGGIES TOSSED GREEN SALAD PEACH SLICES	30 BREADED PORK CUTLET SCALLOPED POTATOES MIXED VEGGIES PASTA SALAD BANANA BREAD	31 BBQ CHICKEN POTATO SALAD SCANDINAVIAN VEGGIES EASY FRUIT DESSERT WHOLE WHEAT ROLL

**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**

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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

FRIDAY, MAY 17th

6:00pm - 9:00pm

at the

DOUGLAS SENIOR CENTER

DANCE TO THE CLASSIC COUNTRY  
MUSIC OF  
**LARRY PHILLIPS**

**HE'S  
BACK!**



**...AND READY  
TO  
PLAY!!**

DUST YOUR DANCING SHOES  
OFF & JOIN US FOR AN EVENING  
OF FUN & FRIENDS!

***REFRESHMENTS PROVIDED, OPEN TO THE  
PUBLIC & NEVER A COVER CHARGE***

**HOPE TO SEE YA THERE!!**



## 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!!**

After several updates  
and a re-vamp, The  
'Dollar of the Month'  
list of contributors will  
be returning to our  
Newsletter very soon!  
For some, new letters  
will be arriving shortly,  
and for those of you  
who have already  
received and returned  
yours with your  
donation, we want to  
say "Thank You"... We  
appreciate your support  
more than you know!!

Let The  
**GAMES**  
Begin

### IT'S ALMOST THAT TIME!!

DUCK RACE TICKETS  
WILL BE GOING ON  
SALE VERY SOON ...  
KEEP WATCHING FOR  
MORE INFO AND BE  
SURE TO GET YOUR  
FAVORITE DUCKS  
EARLY!!



## 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*



Follow us on



# Glenrock Community Wellness Screenings

**Glenrock Health Center**  
925 W. Birch Street, Glenrock WY

**Friday,  
May 3, 2024  
7:00am - 10:00am**



For more information regarding screenings and pricing, visit our website.

WHF recommends 12 hours fasting prior to blood draw, unless Diabetic.  
Drink plenty of water and take medications as usual.

**Now Scheduling Appointments!**



Scan the QR Code  
using a smartphone  
or call 800.979.3711  
to schedule.

**LOW COST  
BLOOD SCREENINGS**

- 33 Level Blood Chemistry Panel
- Hemogram CBC w/ Differential
- PSA (for Men)
- Thyroid Panels & many more!



**307.472.3711 • 800.979.3711 • www.WHF.Health**



**WEDNESDAY, MAY 15TH  
10:30am @ Glenrock Senior Center**

We are welcoming back  
**OFFICER SHANE PIERCE, GPD**  
for another important and informative presentation on  
scams, primarily targeting seniors.

IF YOU HAVE PROBLEMS, QUESTIONS OR CONCERNS ABOUT:

- > CALLS/TEXTS/EMAILS
- > PACKAGES/MAIL RECEIVED
- > ANY FEARED SCAM TACTICS

*(medical/MEDICARE ... USPS ... TAXES ... ????)*

then you don't want to miss this ... there's always something.

Sadly, new scams come out almost daily!

Join us for the presentation then stay for lunch! If time and scheduling allows, Officer Pierce will stay as well, which provides a great Q&A opportunity!!

***If you've recently received something you have questions on,  
feel free to bring it with you for inspection***



**DOUGLAS DERBY CLUB**  
invites CCAS to join  
them for a  
" **PLAY DAY & LUNCH** "  
every 3rd Monday of  
the month @ 11:00am!!

**This month:**

**MONDAY, MAY 20th**

let us know  
if you'll be attending  
**BY THURSDAY, MAY 16th**  
so we can get a lunch count!  
(sign up sheets are in lobbies...or call)

**Transportation is available**  
**for those who need it, so**  
**sign up early!**  
**(or meet us there!!)**

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



# BIRTHDAYS THIS MONTH

## DOUGLAS

ELOISE BICKEL 5/2  
JOE MILLER 5/2  
SUSAN SCHANEMAN 5/3  
SHARON WILLFORD 5/3  
JERI PHILBRICK 5/4  
KARL MEYER 5/5  
FRED ROTHLEUTNER 5/5  
SANDY MCWHORTER 5/6  
WENDELL MANNING 5/7  
BETTY RAMER 5/7  
ALLEN WINTERMOTE 5/9  
PEG MIDDLETON 5/12  
BOB BRYANT 5/13  
SHERRIE KOVAL 5/14  
JOHN SULLIVAN 5/16  
JOHNNY CORDOVA 5/17  
MARTHA BEARDIN 5/19  
KATHRYN SMITH 5/19  
KAREN GRUCELLA 5/20  
RUSS HOFFMAN 5/20



Birthstone: EMERALD

BRYAN BOYER 5/21  
KELLY SISHC 5/21  
HENRY SZRAMKOWSKI 5/21  
LINDA BRUNER 5/22  
DONNA MCMILLEN 5/23  
RICHARD GATES 5/26  
CHARLENE SORELL 5/28  
DICK WORTHAM 5/28  
JERRY STUGELMEYER 5/30  
ROBERT POLLO 5/31

Birth Flower: LILY of the VALLEY



## GLENROCK

VANITA PERKINS 5/1  
QUENTIN RICHARDSON 5/4  
MARY CANNADY 5/6  
LINDA MATSON 5/6  
CAROL THOMAS 5/6  
ANN COTTON 5/7  
BARBARA PRATT 5/8  
DELLA SNELLING 5/11  
JIM BLAIR 5/12  
LYNDA EVANS 5/12  
ROBBIN HARNDEN 5/16  
KATHERINE HAMILTON 5/17  
KATHLEEN SKINNER 5/17  
DOROTHY VELASQUEZ 5/17  
LINDA ANDERSON 5/21  
ROBERT NUNN 5/25  
KAREN BLAIR 5/27  
DEL BRYAN 5/31

# Happy Birthday to You!!

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

## MAY

**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: \_\_\_\_\_



# Processed foods and how they affect health

Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, we believe in limiting ultra-processed foods and drinks to support health and well-being



## Fill your basket with more fresh and less ultra-processed ...

Ultra-processed foods now make up 50% of the average UK grocery shop versus fresh, seasonal ingredients. That's a whopping amount of manufactured food entering our bodies!



Download the 'you are what you eat' infographic



How do ultra processed foods and drinks affect your health?



Within the food chain there are different degrees of processing ranging from minimal (such as pasteurising milk or canning vegetables) to ultra processed (such as manufactured baked goods, ready meals and soft drinks). The lesser the processing, the closer the ingredient is to its natural form and nutrient value. Ultra-processed foods and drinks contain in excess of 5 or more ingredients and are typically high in fat, salt, sugar, flavourings, additives, fillers, and emulsifiers. Research shows that these products are more detrimental to health and have an increased association with metabolic disorders including overweight, obesity, cardiovascular disease, an increased risk of diet-related cancers, and also affecting mental, dental, and skin health.

How to break the ultra-processed cycle?



Plan & Shop

Buy fresh

Home cook

Eat together



# MAY PRODUCE GUIDE



ARTICHOQUES



ASPARAGUS



AVOCADOS



BLUEBERRIES



CUCUMBERS



FAVA BEANS



GREEN GARLIC



LEEKS



PEAS



RHUBARB



STRAWBERRIES



SOFT HERBS

HEALTHY nibbles \* bits







*WE HAVE COLORED PENCILS AVAILABLE! ... JUST ASK!!*



# Mother's Day Word Search

How many words can you find?  
All solutions run forwards in horizontal,  
vertical & diagonal directions.

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

amazing  
beloved  
cherished  
devoted  
giving  
guiding

hard-working  
honest  
inspirational  
precious  
reliable

resourceful  
responsible  
sheltering  
supportive  
tender-hearted

thoughtful  
tolerant  
trusting  
understanding  
wonderful





# Caring for Wyoming's Seniors

By

John Barrasso, M.D.

## BEDSIDE MANNERS

**make sure  
YOUR doctor has good...**

Patients are more likely to trust doctors with good bedside manners. These days, a doctor knowing their medicine is just not enough.

Bedside manners are a physician's ability to be humane, compassionate, supportive and empathetic towards their patients. When doctors excel in the coupling of patients and professionalism, it builds a great rapport between doctors and patients.

The practice of medicine can be frightening for many patients. It's a field that is ever-changing and is packed with trial and error. It's normal for patients to be anxious and even angry with the diagnosis and their treatment. This is why it is so critical that doctors work to soothe those feelings and provide a sense of hope.

A successful health care professional understands that a good bedside manner is critical for good medical care and better medical outcomes.

Stanford University researchers created a list that outlines the five best practices for a good patient-physician relationship:

- The first factor involves the doctor becoming acquainted with their patient's medical history before meeting face-to-face.
- The second encourages doctors to practice active listening skills. This involves using their body language to show that they are

open to hear what the patient says. This includes leaning in while the patient is speaking. It also includes listening and not interrupting.

- The third focus is on inclusion. A patient makes a recommendation on what they'd like to see in their care plan. As long as it doesn't set them back, it's worth including it.
- The fourth involves having the health care provider invest in and understand their patient's daily life and personal background. This helps them better empathize with the patient and seeing what they are trying to accomplish.
- The fifth urges health care providers to be attentive to the body language of the patient. This typically relates how the patient is truly feeling about what is being said or what is being proposed to them.

Hospitals are now looking for ways to improve their patient experience as well. Hospitals do surveys to get the feedback from patients. Some of the survey questions relate to the health care they received. Others relate to the quality of the food and the cleanliness of the facility. Hospitals are working to find ways to improve the patient's experience.

Research has shown that a good doctor-patient relationship can increase confidence in the treatment being provided and can speed up recovery as well.

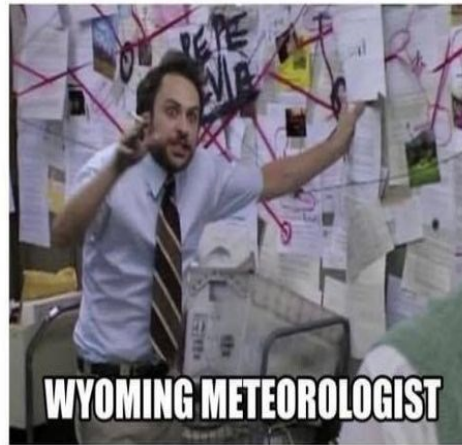


# LAUGHTER is THE best MEDICINE



HAVE YOU EVER HAD THOSE  
DAYS WHEN YOU  
ARE HOLDING A STICK  
AND EVERYBODY LOOKS  
LIKE A PINATA?

Anywhere from 0-140 inches  
of Snow  
Could start 5,6,7 or 8'oclock  
Maybe today or tomorrow  
Temperature maybe 0, maybe 80



I MARRIED MY WIFE  
FOR HER LOOKS  
BUT NOT THE ONES  
I'M GETTING LATELY



## BRAIN TEASERS



### REBUS PUZZLE

CLUDY	CA SE CASE	BJACKOX
ST AH W THAT	MARBETH WORDS	NIGHT
REVIRD TAES	HEAD / ACHE	CHOICE X 3
DO <del>X</del> BT DO <del>X</del> BT IT DO <del>X</del> BT	A DOUBT	WRONG WRONG RIGHT
MEAL MEAL MEAL	1. glance 2. glance 3. glance 4. glance 5. glance	spring summEr autumN winTer

### \*\* Last Month's ANSWERS \*\*

NO NO RIGHT	Vision Vision	COFFEE
Right Under the Nose	Double Vision	Coffee Break
B E D	HEAD	FREQUENCY
Bedsread	Big Head	High Frequency
PROMISES	GRASS	JOB
Broken Promises	Green Grass	Inside Job
1111	3. BLAME 4. BLAME	1. Way 2. Whey 3. Weigh
Looking Out for Number One	No one to Blame	Count the Ways



# DAILY ACTIVITIES AT THE CENTERS

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

## \*\*\* 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**

## \*\* POLE PATROL \*\*

Can you find the May Pole in our Newsletter!! ... If you do, 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.**



"This document was developed under Grant(s) from the U.S. Department of Health and Human Services, Administration on Aging, and the State of Wyoming, Department of Health, Aging Division, Senior Services. However, these contents do not necessarily represent the policy of the U.S. Department of Health and Human Services, Administration on Aging, and the State of Wyoming, Department of Health, Aging Division, Senior Services, and you should not assume endorsement by the Federal or State government."

We may not know them all.

If words cannot repay  
the debt we owe these  
men, surely with our  
actions we must strive  
to keep faith with them  
and with the vision that  
led them to battle and  
to final sacrifice.

Memorial Day - May 27th

but we owe them all.

"God could not  
be everywhere, and  
therefore he made  
mothers."

- RUDYARD KIPLING

HAPPY  
MOTHER'S  
DAY  
(May 12th)

"A mother is she who can  
take the place of all others  
but whose place no one  
else can take."

- Cardinal Mermillod

Being a mother is  
learning about  
strengths you didn't  
know you had, and  
dealing with fears  
you didn't know  
existed.

- Linda Wooten

Life  
DOESN'T  
COME WITH A  
MANUAL

IT COMES  
WITH A  
mother

Some women  
are MOTHERS  
because they  
STEPPED IN  
and STEPPED UP  
exactly when  
they were needed.



**Todd Olsen, HIS**

Director of Hearing Healthcare

Douglas Clinic  
340 First Street West  
Douglas, WY 82633  
307-776-0885



**MY HEARING CENTERS**  
We Change Lives Through Better Hearing



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COUNTY  
BANK**

*This Bank Cares! 307-358-5300 Douglas, WY*

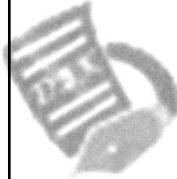


307-436-9206

307-436-7116

"health care from people who care"

W. Birch St. Glenrock, WY



*Dolly's Bookkeeping  
& Payroll*

**307-358-5813**



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Horizon Realty

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307-358-3765

GLENROCK OFFICE  
307-559-0004

**Barber Apartments**

Elderly Housing (Age 62 or Older or Disabled)



**307-436-2725**

ghaba@msn.com



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