

SENIOR MOMENTS

SERVICES FOR SENIORS, INC.

BOARD OF DIRECTORS

Stacey Reichardt: President
Blanche Thorson: Vice President
Kathy Garton: Treasurer
Larry Hobbs: Member
Theresa Soto: Member

ADMINISTRATION

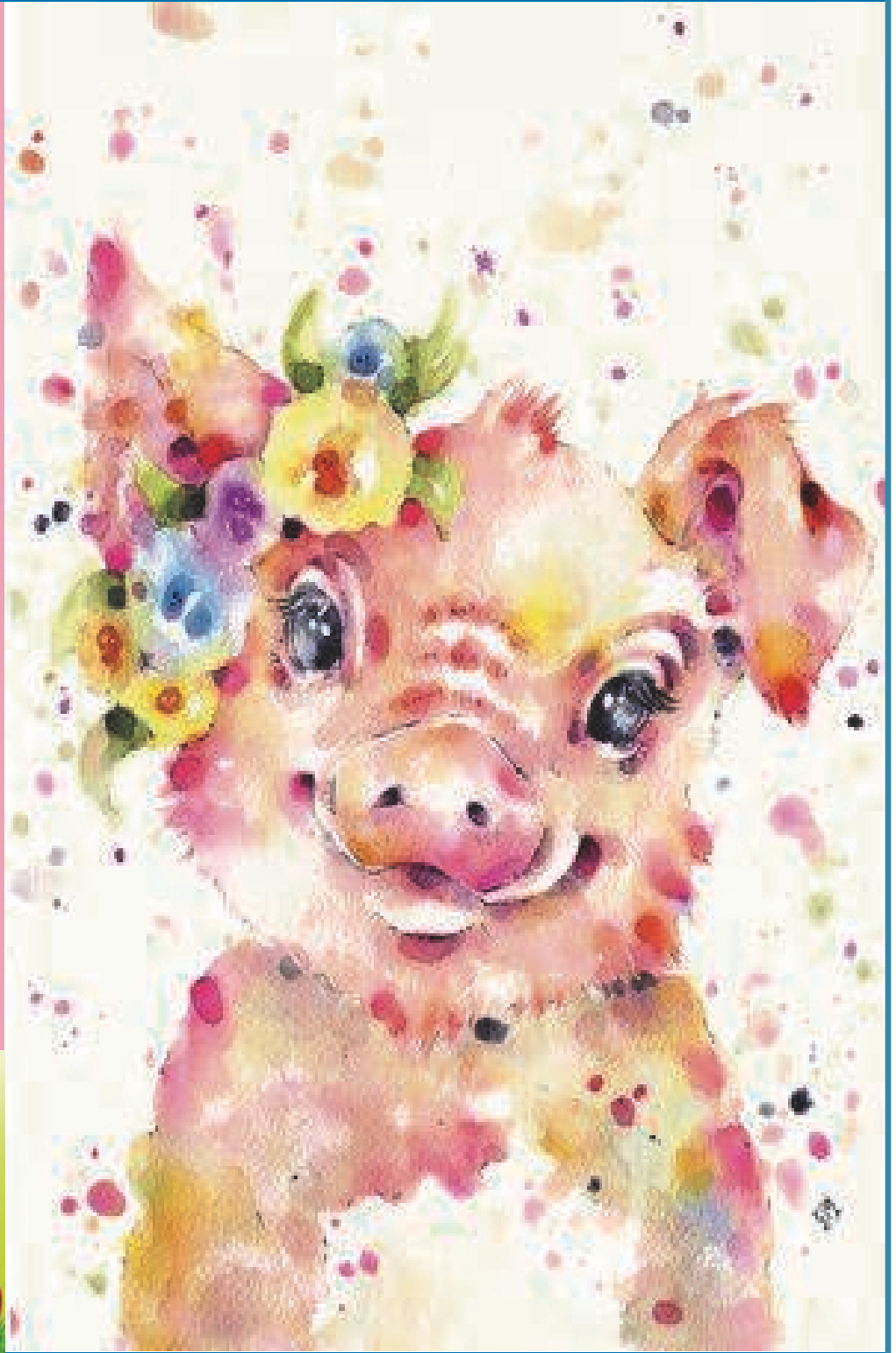
Carolyn A. Teter: Director
**Kimberly Allbright: Wheatland
Site Manager**
**Mistina Smith: Guernsey Site
Manager**

CENTER PHONE NUMBERS

Chugwater: 422-3430
Glendo: 735-4478
Guernsey: 836-2777
Wheatland: 322-3424



Listen to us on KYCN
radio every Wednesday
at 7:45 a.m.



APRIL 2021

BE AWARE!



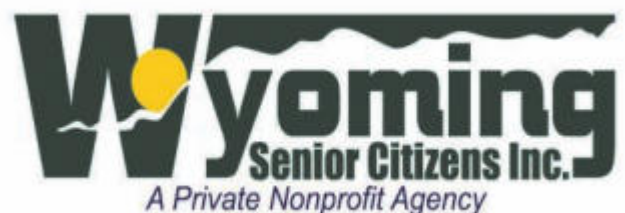
#SMP SCAM WATCH: COVID-19 VACCINE SURVEY

Be on the Lookout for COVID-19 Survey Scams

- Legitimate surveys won't offer money, gifts, or any incentive to take them.
- Legitimate surveys won't include urgency such as "You must take this survey in the next hour or it will expire."
- Check links by hovering over them. If they seem long and suspicious, don't click them.
- Check logos, language, and phone numbers. If anything seems "doctored" or doesn't match what you see on a legitimate vaccine provider site, don't click any provided links.

**Contact the SMP to report Medicare fraud, errors, or abuse
at 877.808.2468 or at smpresource.org.**

SUPPORTED BY GRANT # 90MPC0002 FROM ACL



IMPORTANT INFORMATION!

Home Health Care Fraud



Happens when Medicare was charged for:

- Home health services when you did not meet Medicare's definition of homebound
- Services that were not deemed medically necessary by your doctor
- Home health services such as skilled nursing care and/or therapy services that were not provided



SMP RESOURCE.ORG

877.808.2468

If you need assistance with **POTENTIAL Medicare fraud, abuse, or errors, call the WYOMING SMP at 1 800-856-4398. We can HELP!!**



AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Duane Budelier** to place an ad today!

dbudelier@4LPi.com
or (800) 950-9952 x2525

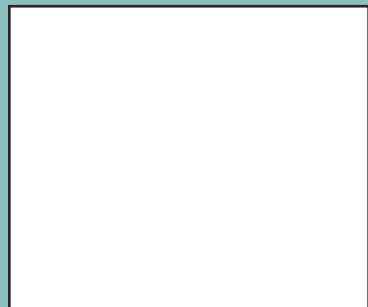
GW MECHANICAL INC
YOUR PLUMBING & HEATING SPECIALISTS SINCE 1988

- Water Heaters • Tankless Water Heaters
- Hot Water Boilers
- Shower • Toilets • Sinks • Faucets

Serving Torrington, Wheatland and Surrounding Cities
CALL US FOR YOUR PLUMBING NEEDS!
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- Travel Required

Contact us at: careers@4lpi.com | www.4lpi.com/careers



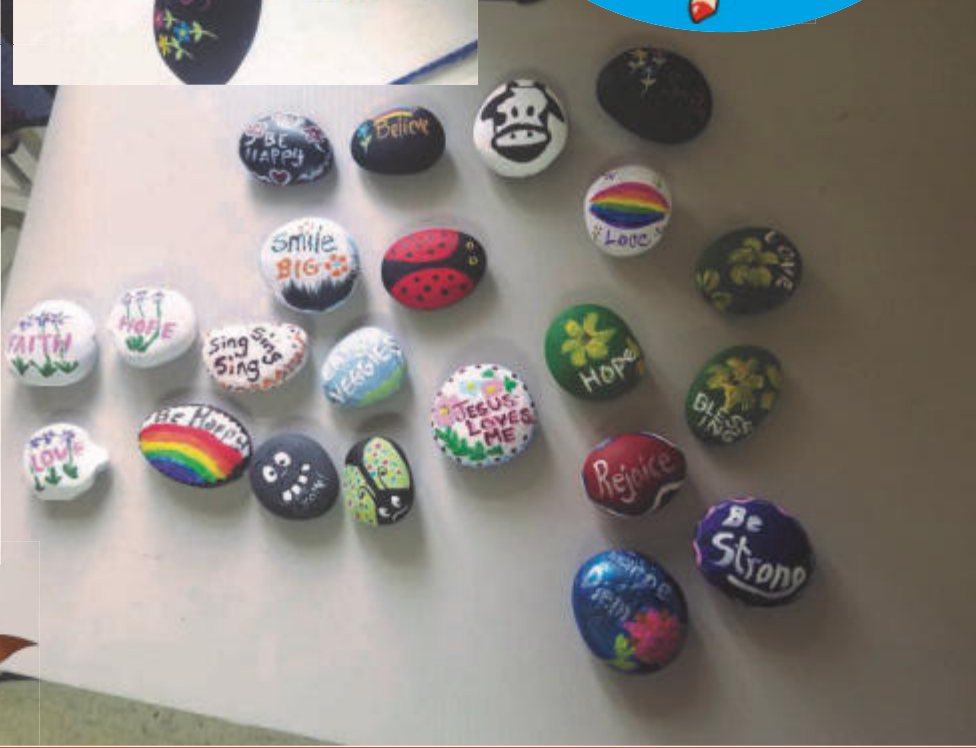
GORMAN FUNERAL HOMES & MONUMENTS
Serving Douglas, Wheatland and surrounding communities

1108 9th Street
Wheatland, Wyoming
Tel: 307-322-2384
www.GormanFH.com





**ROCK
PAINTING!**



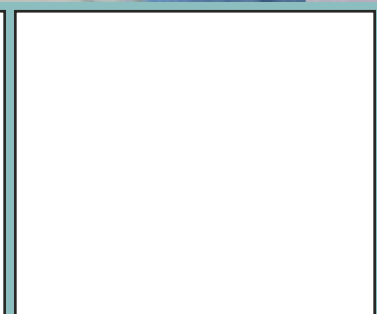


ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider | SafeStreets | 1-855-225-4251



Pizza Hut

High Plains Pizza, Inc.
Mountain West Region
(307) 322-4001
1801 North 16th, Wheatland, WY
Thursday Night Premium Buffet \$10.00

Seniors get **10% OFF** with coupon

PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM

\$29.95/MO PLUS SPECIAL OFFER
BILLED QUARTERLY

CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

South Street Pharmacy

Seniors, we offer the BEST old fashion expert advice and service

307-322-2486
1456 South St • Wheatland, WY 82201

GOOD NEIGHBOR PHARMACY

REGISTER CLIFF Rural Health Clinic
Advanced Medicine. Hometown Care.

Serving all our Seniors Needs

650 W. Whalen St.
Guernsey, WY 82214
(307) 836-3009



GUERNSEY EVENTS

April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>KEEP AN EYE OUT FOR POP-UP ACTIVITIES!</p> 		<p>1 253 TOPS 9:00 Strong Bones 1:00</p> 	<p>2 303 TOPS 8:00 *EASTER BREAKFAST 8:00* Exercise 10:15 Afternoon Pinochle 1:00</p>	
<p>5 Exercise 10:15 Bridge 1:00 Line Dancing 6:00 pm</p> 	<p>6 Strong Bones 1:00 Craft 2:00 Texas Hold 'em 6:00 pm</p> 	<p>7 Exercise 10:15 Bingo 12:30 Karaoke 6:30 pm</p> 	<p>8 253 TOPS 9:00 Strong Bones 1:00</p> 	<p>9 303 TOPS 8:00 Cinnamon Rolls & Coffee 9:00 Exercise 10:15 Hand & Foot 1:00</p> 
<p>12 Exercise 10:15 Bridge 1:00 Line Dancing 6:00 pm Cheyenne Trip 8:00 (MASKS)</p> 	<p>13 Strong Bones 1:00 Craft 2:00</p> 	<p>14 Exercise 10:15 Bingo 12:30 Karaoke 6:30 pm</p> 	<p>15 253 TOPS 9:00 Strong Bones 1:00 *Pinochle 6:00 pm*</p> 	<p>16 303 TOPS 8:00 Cinnamon Rolls & Coffee 9:00 Exercise 10:15</p> 
<p>19 Exercise 10:15 Bridge 1:00 Line Dancing 6:00 pm</p> 	<p>20 Strong Bones 1:00 Craft 2:00</p> 	<p>21 Exercise 10:15 Bingo 12:30 Karaoke 6:30 pm</p> 	<p>22 253 TOPS 9:00 Strong Bones 1:00 Wheatland Movie 'Doolittle' 1:00 Bunco 7:00 pm</p>	<p>23 303 TOPS 8:00 Cinnamon Rolls & Coffee 9:00 Exercise 10:15 Afternoon Cards 1:00</p> 
<p>26 Exercise 10:15 Bridge 1:00 Line Dancing 6:00 pm</p> 	<p>27 Strong Bones 1:00 Craft 2:00 *CRIBBAGE TOURNEY* 6:00 pm</p>	<p>28 Exercise 10:15 Bingo 12:30 Karaoke 6:30 pm</p> 	<p>29 253 TOPS 9:00 Strong Bones 1:00</p> 	<p>30 303 TOPS 8:00 Cinnamon Rolls & Coffee 9:00 Exercise 10:15 Afternoon Cards 1:00</p> 

WHEATLAND EVENTS

April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>CALL FOR PEDICURE AVAILABILITY: Wheatland: 322-3424 Guernsey: 836-2777</p> 	<p>JOIN A GROUP! <u>TOPS</u>: Mondays @ 1:00 <u>CRIBBAGE</u>: Tuesdays @ 1:00 <u>PINOCHLE</u>: Thursdays @ 1:00</p>	<p>1 WELLNESS BREAKFAST 8:00-9:00 Guest Speaker: Mary Evans, PC Extension Office Cardio Workout 9:00</p> 	<p>2 Line Dancing 8:30 Cardio Workout 9:45 Strong Bones 10:30</p> 
<p>5 Cardio Workout 9:00 Strong Bones 10:00</p> 	<p>6 Cinnamon Rolls 8:30 Bible Study 8:30 Cardio Workout 9:30 CRAFTS W/ KATHY! 1:30 <i>Arts & Crafts</i></p> 	<p>7 Cardio Workout 9:00 Strong Bones 10:00 Senior Prize Bingo 1:15</p> 	<p>8 Cardio Workout 9:00</p> 	<p>9 Line Dancing 8:30 Cardio Workout 9:45 Strong Bones 10:30</p> 
<p>12 Cardio Workout 9:00 Strong Bones 10:00</p> 	<p>13 Cinnamon Rolls 8:30 Bible Study 8:30 Cardio Workout 9:30</p> 	<p>14 Cardio Workout 9:00 Strong Bones 10:00 Senior Prize Bingo 1:15</p> 	<p>15 Cardio Workout 9:00 SDB MEETING 11:00</p> 	<p>16 Line Dancing 8:30 Cardio Workout 9:45 Strong Bones 10:30</p> 
<p>19 Cardio Workout 9:00 Strong Bones 10:00</p> 	<p>20 Cinnamon Rolls 8:30 Bible Study 8:30 Cardio Workout 9:30 CRAFTS W/ KATHY! 1:30</p> 	<p>21 Cardio Workout 9:00 Strong Bones 10:00 Senior Prize Bingo 1:15</p> 	<p>22 Cardio Workout 9:00  10:00-12:00 FREE SENIOR MOVIE 1:00 'Doolittle' Cinema West Theater</p>	<p>23 Line Dancing 8:30 Cardio Workout 9:45 Strong Bones 10:30</p> 
<p>26 Cardio Workout 9:00 Strong Bones 10:00</p> 	<p>27 Cinnamon Rolls 8:30 Bible Study 8:30 Cardio Workout 9:30</p> 	<p>28 Cardio Workout 8:30 Strong Bones 10:00 Senior Prize Bingo 1:15</p> 	<p>29 Cardio Workout 9:00</p> 	<p>30 Line Dancing 8:30 Spring Craft 9:00 Cardio Workout 9:45 Strong Bones 10:30</p> 

WHEATLAND MENU

April 2021

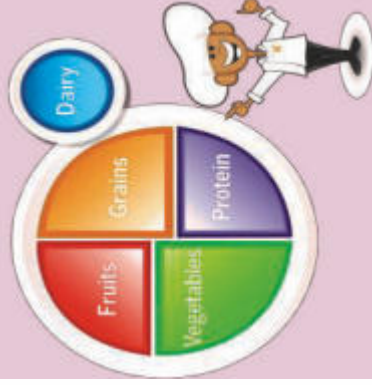
Monday

DON'T FORGET!

WE SELL FROZEN MEALS!

\$1.50 EACH!

Tuesday



Wednesday

Evening Meal Dates & Menu Are Determined & Announced At Each Center.



Thursday

1

Liver & Onions
Mashed Potatoes & Gravy
Mixed Veggies
Whole Wheat Roll
Fresh Fruit
Cake



Friday

2

Cabbage Burgers
Sidewinder Potatoes
Broccoli Salad
Peaches
Cottage Cheese
Chocolate Pudding Dessert



5

Chicken Cordon Bleu
Bacon Parmesan Pasta
Lima Beans
Split Roll
Pears
Ice Cream



7

Meatloaf
Roasted Cheesy Cauliflower
Stewed Tomatoes
Whole Wheat Roll
Fluffy Fruit Salad
Cream Pie



8

NEW!

Breakfast Chicken Quiche
Turkey Bacon
Hashed Brown Patty
Sourdough Toast
Fresh Fruit
Honey Granola Yogurt



9

Fish Fillet Sandwich
Lettuce/Tomato/Pickle
Potato Tots
Macaroni Salad
Mandarin Oranges
Cake



12

Hearty Chicken
Noodle Soup
Grilled Cheese Sandwich
Mixed Green Salad
Cranberry Salad
Cottage Cheese
Ice Cream

13

Reuben Sandwich
(Corned Beef, Swiss, Sauer-kraut)
Steak Fries
Beets
Watergate Salad
Cookie

15

Stuffed Peppers
Peas & Carrots
Whole Wheat Roll
Potato Salad
Pineapple Slices
Banana Pudding Dessert

16

Ham Salad on a Croissant
Soup & Crackers
Spinach Salad
Fresh Fruit
Cake

14 PLATTE COUNTY DAY!

BBQ Chicken Thighs
Twice Baked Potato
Scalloped Corn
Garden Salad
Frog Eye Salad
Fruit Pie



19

Chicken & Mushrooms
Garlic Mashed Potatoes
Winter Blend Veggies
Split Roll
Apricots
Ice Cream



26

Chicken Tenders
w/Garlic Parmesan Sauce
Creamed Spinach
Split Roll
Peaches & Cottage Cheese
Ice Cream



21 ST. PATRICK'S CHURCH
SPONSORED MEAL!

Pot Roast
Zucchini & Potato Bake
Whole Wheat Roll
Garden Salad
Fresh Fruit
Cheesecake



28 BANK DAY!

St. Louis Style Ribs
Baked Potato
Cornbread
Veggie Slaw
Fruit Salad
Dutch Apple Pie



22

Shredded Chicken Tacos
Mexican Corn
Black Bean & Salsa Soup
Chips & Guacamole
Tropical Fruit Salad
Cookie



29

Turkey Tetrazzini
Spring Blend Veggies
Cheese Breadstick
Garden Salad
Mandarin Oranges
Cake



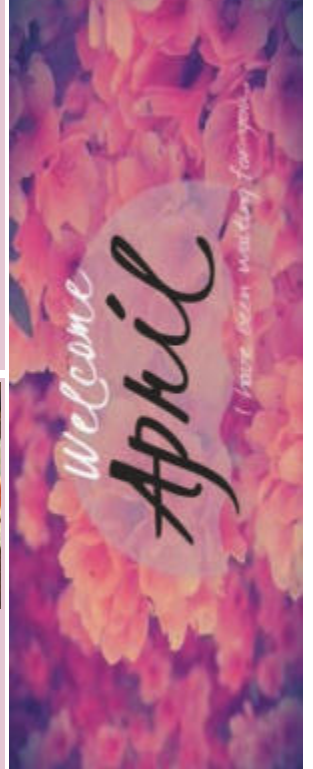
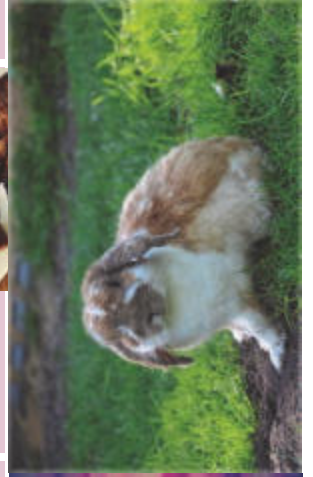
23

Baked Dijon Salmon
Long Grain & Wild Rice
Sugar Snap Peas
Roll
Ambrosia Salad
Tapioca Pudding



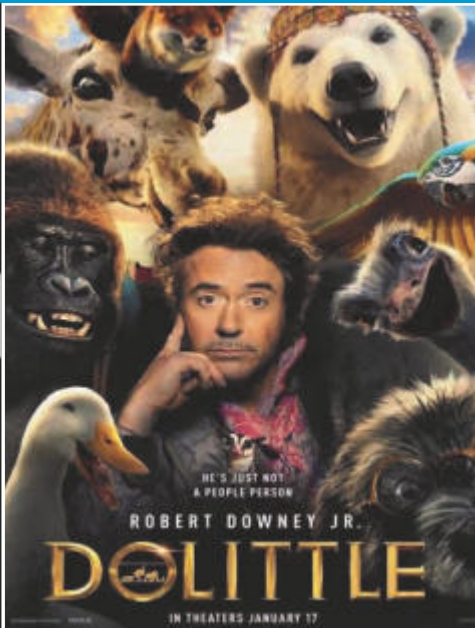
30

Sloppy Joe Sandwich
Potato Wedges
Pickle Spears
Shell Pasta Salad
Fresh Fruit
Rice Cereal Treats



SAVE THE DATE!

FREE SENIOR
MOVIE!
'DOOLITTLE'
THURSDAY,
APRIL 22ND
@ 1:00 P.M.
CINEMA WEST
THEATER
WHEATLAND



Any senior 60 years of
age or older is invited!
The Concession Stand
will be open to purchase
drinks and snacks.
Tickets are FREE and
available at:
Services for Seniors, Inc.
1605 16th Street
Wheatland



STAFF BIRTHDAY
MILLANI MAY,
HOMEMAKER: 4/7

STAFF ANNIVERSARY
SHIRLEY HOWELL,
GUERNSEY HEAD COOK:
4/4/2003

For Pedicure
Availability:
In Wheatland:
322-3424
In Guernsey:
836-2777
COST IS \$12.50



will be at the
**Wheatland Activity
Center**
THURSDAY,
APRIL 22nd
10:00-12:00.
Call 307-634-7550
for more
information.

**The Senior Centers will be closed the following
dates through 2021...**

Memorial Day: Monday, May 31st

Independence Day: Monday, July 5th

Labor Day: Monday, September 6th

Thanksgiving Day: Thursday, November 25th

Day After Thanksgiving: Friday, November 26th

Christmas Holiday: Thursday, December 23rd

Christmas Eve: Friday, December 24th

New Year's Eve: Friday, December 31st

*******COUPON*******
Redeemable at all Platte
County Senior Centers.
Good for One Free
Birthday Meal
during your
birthday month. One
coupon per person per
year. Must be 60 years of
age or older
with a completed
AGNES.

**HAPPY
BIRTHDAY**

IN MEMORY...

WE HAVE BEEN ASKED IF WE ACCEPT MEMORIALS. THE ANSWER IS YES, WE DO. WE ARE GRATEFUL FOR THE GENEROSITY OF THOSE WHO DECIDE TO MEMORIALIZE THEIR LOVED ONES BY DONATING TO HELP OTHERS. AS OUR PLATTE COUNTY POPULATION CONTINUES TO AGE, MORE AND MORE SENIORS ARE ACCESSING OUR SERVICES, WHICH ARE DESIGNED TO KEEP SENIORS IN THEIR HOMES INDEPENDENT AS LONG AS POSSIBLE.

STAND OUT

with a PREMIUM DIGITAL AD
on OURSENIORCENTER.COM



CONTACT US AT 800-950-9952



PLATTE COUNTY LEGACY

NURSING, REHAB AND ASSISTED LIVING
100 19th St., Wheatland, WY 82201
307-322-7400

OUR ASSISTED LIVING OFFERS:

- Licensed Nursing Staff - 24/7 • 3 meals a day
- Housekeeping • Transportation • Activities/Events
- Religious Services • Individual Apartments • Small pets welcome
- Weekly medical visits by physician
- Occupational/Physical Therapy on site



Open to 9 Sun-Thurs
Open to 10 Fri & Sat
Bar and Lounge
1806 16th St. • Wheatland, WY
307-322-9900

ARE YOU REACHING
THE SENIORS IN
YOUR COMMUNITY?

TO ADVERTISE HERE CALL 800.950.9952
or visit www.lpiseniors.com/advertising

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE



CALL 800.950.9952



For ad info. call 1-800-950-9952 • www.lpiseniors.com

Services for Seniors - Platte County, Wheatland, WY

C 4C 05-1072

Need HEALTH INSURANCE?

Sign Up Now Through
May 15th, 2021!

Navigators will be at the Platte County Library every other Wednesday from 10:00 a.m. to 2:00 p.m. Schedule a free appointment with Dasa at

dasa.robertson@crmcwy.org or call 307-214-0786.

Don't want to wait for an in-person appointment or a different time and date? We have you covered! Contact Dasa or call 211 to get connected to a Navigator. We can answer healthcare questions or assist with enrollment.

WE'RE HERE TO HELP.

HealthCare.gov

TAX EXTENSION

THERE IS A TAX EXTENSION FOR THIS YEAR.
YOU WILL BE ABLE TO FILE YOUR TAXES UNTIL
MAY, 17th, 2021.

IF YOU NEED HELP OR HAVE QUESTIONS, YOU
MAY CALL MARGARET AT 322-4700.



BACK IN 1969

AVERAGE COST

A first class stamp	\$0.06
A gallon of gas	\$0.35
A gallon of milk	\$1.10
A movie ticket	\$1.42
A new house	\$15,550.00

U.S. PRESIDENT
Richard Nixon

World POPULATION
3.625 BILLION

TECHNOLOGY
American Astronaut Neil Armstrong became the first human to set foot on the moon.
The ARPANET (first internet) was created.

AVERAGE INCOME PER YEAR
\$8,550

'60s SLANG
Gimme some skin - Shake hands
Lay it on me - Tell me
Ooita sight - Awesome
Let's jam - Learning a piece
Hang loose - Relax
Going steady - Dating

IN Style...
Psychedelic prints
Bell-bottom jeans
Mini skirts • Medallions
Tie-dye • Batik • Paisley
Nehru suits • Turtle-necks
Mop-top hairstyles
Long sideburns
Mustaches • Goatees
Afros • Corn-rows
Long voluminous hair
Twiggy hairstyle
Vidal Sassoon cut

IN THE NEWS...
Atlanta International Pop Festival on July 4th attracts 100,000 fans. The Isle of Wight Festival attracts an audience of approximately 150,000. Woodstock attracts more than 350,000 rock-n-roll fans. In 1969, a ticket to the Woodstock music festival cost \$5.50.
The Beatles record Abbey Road, their final album together.
Public Broadcasting Service (PBS) is established.
Neil Armstrong and Buzz Aldrin step out from Apollo spacecraft. 11,530 million watch the live global broadcast.
Sesame Street debuted as a pioneer in children's educational television.

ON THE RADIO...
Sugar, Sugar - The Archies
Aquarius - The 5th Dimension
I Can't Get Next to You - The Temptations
Honky Tonk Women - The Rolling Stones
Everyday People - Sly and the Family Stone

IN THEATERS...
Butch Cassidy and the Sundance Kid
Midnight Cowboy
Paint Your Wagon
Easy Rider
Hello, Dolly!

ON Television...
Family Affair
Gunsmoke
Bonanza
Mayberry R.F.D.
Rowan and Martin's Laugh-In



Color Me

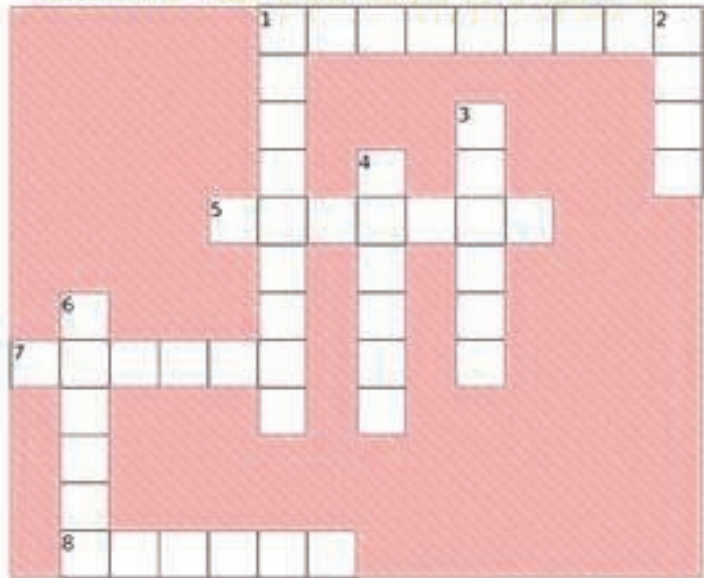


Fill in the Vowels

B _ N N _ _ S _ R _ B R _ W N
 B _ N N _ _ S _ R _ W H _ T _
 B _ N N _ _ S _ R _ _ L W _ Y S
 _ N _ _ S T _ R D _ L _ G H T

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 Note: For personal use only

Easter Crossword Puzzle



ACROSS

- 1 WHAT PEOPLE DO ON EASTER
- 5 RHYMES WITH SHOPPING
- 7 A WOVEN CONTAINER TO HOLD OR CARRY THINGS
- 8 A LONG EARED ANIMAL THAT HOPS

DOWN

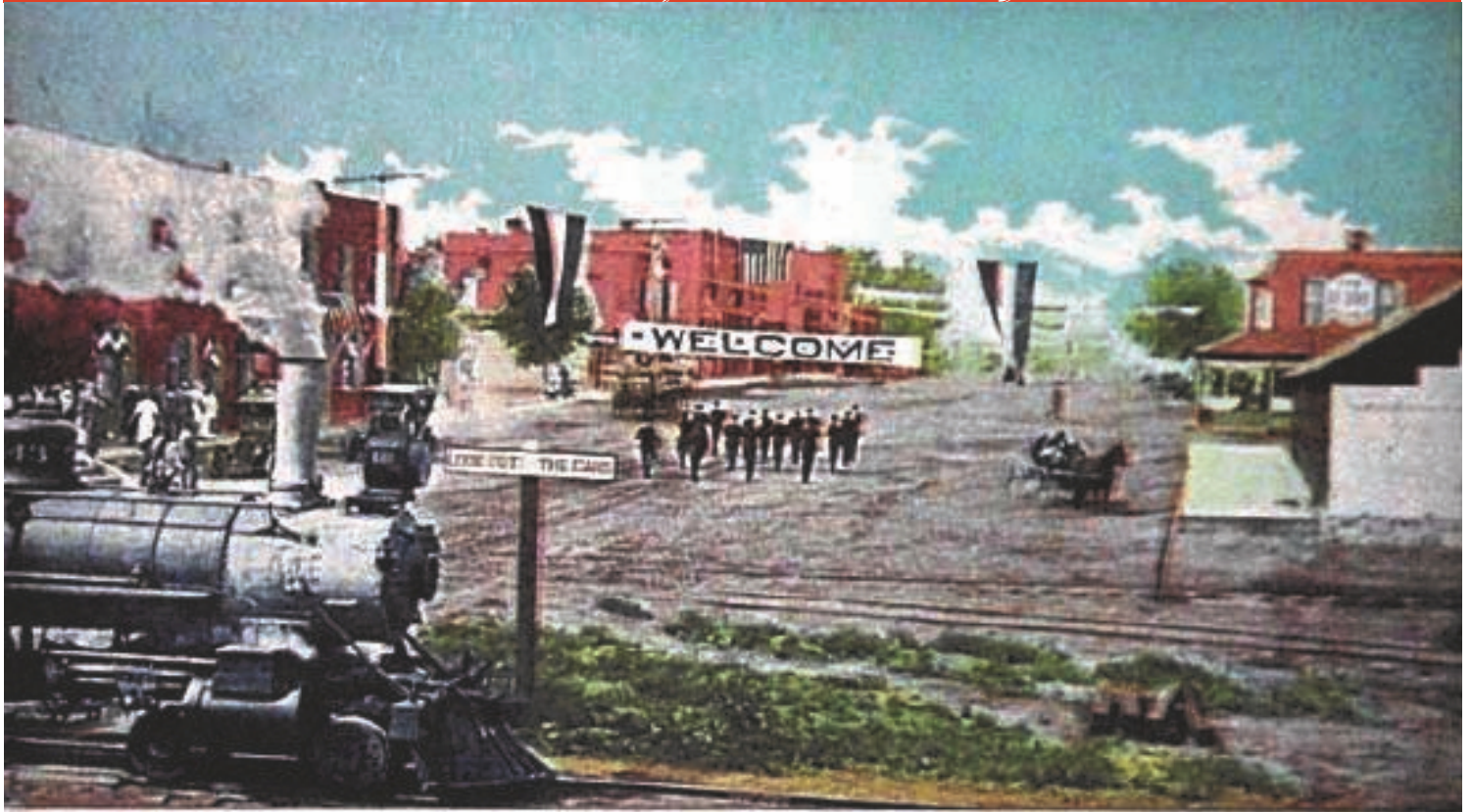
- 1 A FAVORITE EASTER TREAT
- 2 THESE ARE DECORATED FOR EASTER
- 3 EASTER IS ON THIS DAY OF THE WEEK
- 4 ONE OF THE FOUR SEASONS OF THE YEAR
- 6 A HOLIDAY IN THE SPRING

Easter Word Search Puzzle

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

BASKET BUNNY CANDY CELEBRATION CHICKS CHOCOLATE
 DAFFODIL EASTER EGGS FAITH FAMILY FLOWERS
 HOLIDAY HUNT RABBIT SPRING SUNDAY TULIPS

WHEATLAND, WYOMING C. 1910



Wheatland, Wyo.

Welcoming Dr. Robert Marshall

General Surgery Care in Wheatland
Your hospital. Your health. Your team.
307-322-3861



 **Banner Health**

ARE YOU REACHING THE SENIORS IN YOUR COMMUNITY?

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 or visit www.lpiseniors.com/advertising

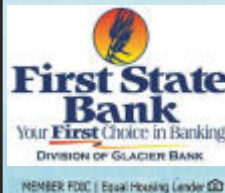


ADVERTISE HERE

to reach the
senior market



Call (800) 950-9952



*Proudly Supporting the
Seniors of Platte County*

1405 Sixteenth Street
 Wheatland, WY 82201
 Tel: 307-322-5222

250 W. Whalen
 Guemsey, WY 82214
 Tel: 307-836-2152


**NORTH PLATTE
 PHYSICAL THERAPY**

953 Walnut Street
 Wheatland, WY 82201
(307) 322-1878

Meghann McAndrew, PT, DPT • Jacob Lee, PT, DPT
 Emily Hilly, PTA • Lyndsie Fuller, MSOT, OTR/L
 Maggie Butler, COTA/L



For ad info. call 1-800-950-9952 • www.lpiseniors.com

Services for Seniors - Platte County, Wheatland, WY

D 4C 05-1072



SERVICES FOR SENIORS, INC.
1605 16TH STREET
WHEATLAND, WY 82201



SFS Board Meetings
Board Meetings are the
second Thursday of each month.

SERVICES PROVIDED BY LOCATION

CHUGWATER - Noon Meals, Evening Meal, Home Delivered Meals, In-Home Services (Personal Care, Light Housekeeping, Some Errands, Some Respite)

GLENDO - Noon Meals, Evening Meal, Home Delivered Meals, In-Home Services (Personal Care, Light Housekeeping, Some Errands, Some Respite), Tai Chi

GUERNSEY - Noon Meals, Evening Meal, Home Delivered Meals, In-Home Services (Personal Care, Light Housekeeping, Some Errands, Some Respite) Public Transportation, Activities, Exercise Classes, Pedicure Clinics

WHEATLAND - Noon Meals, Evening Meal, Home Delivered Meals, In-Home Services (Personal Care, Light Housekeeping, Some Errands, Some Respite), Public Transportation, Activities, Exercise Classes, Pedicure Clinics

PLEASE CALL WITH QUESTIONS ABOUT SERVICES IN YOUR COMMUNITY. 307-322-3424

No person shall be discriminated against as a result of handicap, race, color, religion, sex, national origin, or political belief. This document was developed due to generous advertising from Wyoming county and state merchants. Be sure to frequent the establishments of those who support our services through their advertising.

Thank You for your continued support.

SERVICES FOR SENIORS, INC. IS A NON-PROFIT ORGANIZATION PROVIDING SERVICES AND SUPPORTS TO SENIORS OVER 60 IN PLATTE COUNTY, WYOMING. THE ORGANIZATION SEEKS TO MAINTAIN THE HIGHEST QUALITY OF LIFE POSSIBLE FOR SENIOR RESIDENTS IN OUR COUNTY BY PRESERVING THEIR DIGNITY, ENRICHING THEIR SELF-ESTEEM, EMPOWERING THEM TO BE AS PRODUCTIVE AS POSSIBLE, AND ASSISTING EACH INDIVIDUAL TO REMAIN INDEPENDENT IN THEIR HOME, AND IN THEIR COMMUNITY.