



# Salt River Senior Center

## Enter as Strangers Leave As Friends

### February 2023

540 Washington

PO BOX 883

Afton, WY 83110

307-885-3780

www.saltrivercenter.com

Email:svscc1@silverstar.com

#### Board of Directors

**President:** Kim Tippetts

**Vice President:** Bill Day

**Secretary:** Dave Larson

#### Board Members

DeeAnn Gardner

Lynette Beus

Gary Hancock

#### Director:

Lisa Paul

#### **Administrative Assistant:**

Iris Jaspersen

#### **Data Entry:**

Jennifer Jensen

#### **Head Cook:**

Linda Barrus

#### **Assistant Cook:**

Sandi Wells

#### **Drivers:**

Sandi Wells

Barb Jensen,

Kristen Combe

#### **Volunteer Drivers:**

Cindy Sypherd

Gary Paul

Sandy and Don Capps

Craig and Shelly Vorwaller

Oak VonSeggern

## GROUNDHOG DAY

On February 2, 1887, Groundhog Day, featuring a rodent meteorologist, is celebrated for the first time at Gobbler's Knob in Punxsutawney, Pennsylvania. According to tradition, if a groundhog comes out of its hole on this day and sees its shadow, it gets scared and runs back into its burrow, predicting six more weeks of winter weather; no shadow means an early spring.

Groundhog Day has its roots in the ancient Christian tradition of Candlemas, when clergy would bless and distribute candles needed for winter. The candles represented how long and cold the winter would be. Germans expanded on this concept by selecting an animal—the hedgehog—as a means of predicting weather. Once they came to America, German settlers in Pennsylvania continued the tradition, although they switched from hedgehogs to groundhogs, which were plentiful in the Keystone State.

In 1887, a newspaper editor belonging to a group of groundhog hunters from Punxsutawney called the Punxsutawney Groundhog Club declared that Phil, the Punxsutawney groundhog, was America's only true weather-forecasting groundhog. The line of groundhogs that have since been known as Phil might be America's most famous groundhogs, but other towns across North America now have their own weather-predicting rodents, from Birmingham Bill to Staten Island Chuck to Shubenacadie Sam in Canada.

In 1993, the movie *Groundhog Day* starring Bill Murray popularized the usage of "groundhog day" to mean something that is repeated over and over. Today, tens of thousands of people converge on Gobbler's Knob in Punxsutawney each February 2 to witness Phil's prediction. The Punxsutawney Groundhog Club hosts a three-day celebration featuring entertainment and activities.



AARP's Fraud Watch Network can help you spot and avoid scams. Sign up for free "Watchdog Alerts", review our scam-tracking map, or call our toll-free helpline, 877-908-3360 if you or a loved one suspect you've been a victim.



# FraudWatch Newsletter



**Government Impersonation Scam:** If you receive an email with the subject line of "New Document From the IRS Portal" with the sender's address listed as "Social Security Administration" but really from a westbrooklawfirm.com email address, don't download the attachment or call the number in the email. It isn't a secure message from the IRS or the Social Security Administration. Reported by a Laramie citizen who was questioning why a law firm, the IRS and the Social Security Administration were all collaborating on a 'secure message'.



**Crypto ATMs:** Scammers have found a way around public ignorance about cryptocurrency as their favored payment method. Often, victims are told to pay in crypto, but they don't know how to do it. Now crooks have started to direct them to one of the 33,000 crypto ATMs dotted around the US where they can just insert a credit card. If you're ever asked to pay for something such as a fine, ransom or taxes via these machines, it's almost certainly a scam. *Brought to you by scambusters.org.*



**Tech support trick:** The long-established tech support scam, where crooks gain access to victims' PCs by pretending to be from Microsoft, has taken a nasty turn. Instead of saying your PC is infected, the scammers say there's evidence your financial accounts have been compromised and advise victims how to "safely" transfer their money to cybercurrency accounts. You can probably guess where it really goes - to the crooks! *Brought to you by Scambusters.org.*

Call The Wyoming Senior Medicare Patrol for assistance with potential Medicare fraud or abuse at 1-800-856-4398

## Information and Resources

- **AARP Wyoming State Office:** Contact the AARP State Office with your questions at: 307-432-5802.
- **Family caregiving:** Call the Caregiving Resource Center for a free Prepare to Care Guide (1-877-333-5885).
- **Fraud and scams:** Call the AARP Fraud Watch Network Helpline toll-free (1-877-908-3360).

**CyberWyoming**  
**Please report scams to:**  
**phishing@cyberwyoming.org**  
**307-314-2188**

CyberWyoming's goal is for Wyoming to be the most cyber-secure state in the nation. To do this, we know that cybersecurity efforts have to be local, trusted, and grassroots in nature.

# February 2023

 <p><b>Happy Valentine's Day</b></p>		<p><b>1</b></p> <p><b>Goulash</b> Garden Salad Veggie Roll Dessert</p>	<p><b>2</b></p> <p><b>French Dip Sandwich</b> Salad Seasoned Green Beans Dessert</p>	<p><b>3</b></p> <p><b>Baked Chicken</b> Mashed Potatoes Salad Roll Dessert</p>
<p><b>6</b></p> <p><b>Chicken Fajitas</b> Cilantro Rice Tortilla Salad Dessert</p>	<p><b>7</b></p> <p><b>Sloppy Joe</b> Potato Salad Mixed Vegetables Dessert</p>	<p><b>8</b></p> <p><b>Vegetable Soup</b> Tuna Salad on Lettuce Dessert</p>	<p><b>9</b></p> <p><b>Cornflake Chicken</b> Cheesy Potatoes Green Beans Tossed Salad Homemade Bread Dessert</p>	<p><b>10</b></p> <p><b>Ham</b> Party Potatoes Salad Green Bean Casserole Roll Dessert</p>
<p><b>13</b></p> <p><b>Beef Stroganoff</b> Egg Noodles Coleslaw Vegetable Bread Dessert</p>	<p><b>14</b> <i>Sweetheart Day</i></p> <p><b>Chicken Cordon Bleu</b> Au Gratin Potatoes Asparagus WW Bread Strawberry Shortcake</p>	<p><b>15</b></p> <p><b>Beef Barley Soup</b> Deli Style Salad Roll Dessert</p>	<p><b>16</b></p> <p><b>Chicken Enchilada</b> Black Beans Vegetable Dessert</p>	<p><b>17</b></p> <p><b>Beef Wellington</b> Mashed Potatoes Salad Corn Roll Dessert</p>
<p><b>20</b></p> <p><b>Country Fried Steak</b> Salad Mashed Potatoes Carrots Bread Dessert</p>	<p><b>21</b></p> <p><b>Taco Salad</b> Lettuce &amp; Tomato Salsa Savory Black Beans Chips Dessert</p>	<p><b>22</b></p> <p><b>Chicken Noodle Soup</b> Fruited Carrot Salad Cinnamon Rolls</p>	<p><b>23</b></p> <p><b>Pizza</b> Tossed Salad Mixed Fruit Cup</p>	<p><b>24</b></p> <p><b>Roast Beef</b> Mashed Potatoes Brown Gravy Salad Vegetable Bread Dessert</p>
<p><b>27</b></p> <p><b>Teriyaki Chicken</b> Rice Oriental Salad Vegetable Wheat Bread Dessert</p>	<p><b>28</b></p> <p><b>Spaghetti</b> Noodles Garden Salad Vegetable Bread Sticks Dessert</p>		<p>PLEASE call to re-serve your curbside meal @ 307-885-3780 before 9:30 am Pickup available between 11:30-12:30. Monday-Friday</p>	<p><b>NOTICE</b> Meals are subject to change without notice at anytime.</p>

# Upcoming Activities

## SUPER BOWL

Come in on Feb 6~9  
To pick your square



*Bring your sweetheart  
in for  
Lunch on February 14th  
For Chicken Cordon  
Bleu.*

*Please RSVP*

*307-885-3780*

**We would like to invite you to come to the Center before lunch, and stay after. Enjoy great company, work on a jigsaw puzzle, tie a quilt, watch a movie.....**

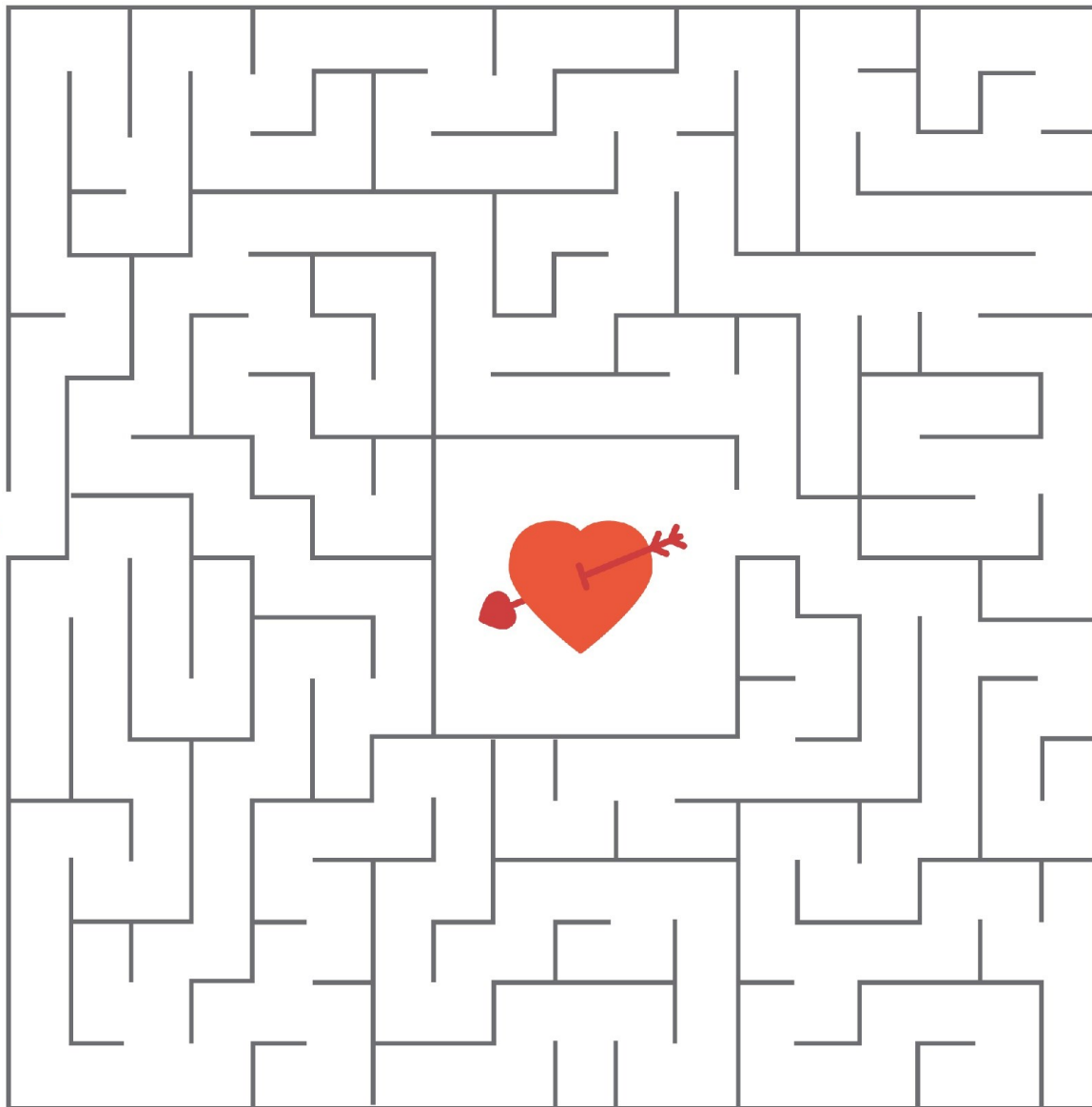
**We are looking for activity ideas! Is there something you would like to do? Something you would like to share?  
Call Lisa or Iris at 885-3780**

# VALENTINE'S DAY MAZE

Find your way through the maze to reach the heart in the center.

*Happy Valentine's Day!*

START  
HERE ▶



Did you know you can create a free account at Medicare.gov to manage your Medicare account? Check your claims as soon as they are available to catch any errors. If you need assistance, call the Wyoming Senior Medicare Patrol (SMP) at 1-800-856-4398.



# BIRTHDAYS THIS MONTH



Check out all their info at [www.wyomingseniors.com](http://www.wyomingseniors.com)

- 2 Diana Coles
- 2 Ned Eddins
- 4 Leslie Tippetts
- 4 Tom Davis
- 5 Jane Hood
- 6 Lynette Hathaway
- 6 Joyce Hancock
- 7 Linda Lee
- 11 Evan simpson
- 11 Jolynn Beck
- 11 Lorna Eggleston
- 11 Kathy Clark
- 13 Kay Cox
- 15 Edward Lisota
- 15 Eldon Louder
- 16 Jennifer Heap
- 16 Walter Humbert
- 17 Frances Allred
- 18 Kitty Borden
- 18 Harry Keyfauber
- 22 Lee Robertson
- 23 Darlene Roskie
- 26 Cloyde Anglesey
- 26 Kim Tippetts
- 27 Jim Hunter
- 27 LueDene Jenkins

**You can get  
your free  
blood pressure  
check on  
Friday Feb  
10th & 24th  
@11:45 am  
885-7583**

**HAPPY  
BIRTHDAY**



**GONE BUT NOT**  
**FORGOTTEN**  
**WILDA WELLS**  
**VAL HADERLIE**



For all your complete  
Wyoming news  
check out the  
Cowboy State Daily  
at

[www.cowboystatedaily.com](http://www.cowboystatedaily.com)



Looking for any-  
one who might  
be  
interested in a

**YOGA**  
**Class!**

For more  
Information  
Contact

**LISA**

At 885-  
3780

## Interactive Learning Available for Older Adults this Winter

A slate of free interactive online programming, supported by the Wyoming Department of Health and designed to increase activity and wellness among older Wyoming adults, is currently featuring a number of winter holiday options.

Jeff Clark, Community Health Section manager with the WDH Aging Division, said the “GetSetUp” digital education platform is designed to help older adults bridge the digital divide, combat social isolation and live more connected lives.

“Wyoming residents can access thousands of interactive classes taught by older adults to their peers on GetSetUp,” Clark said. General subjects available range from how to effectively use digital technology, to health and wellness through fitness and cooking to a full range of enrichment classes.

More than 4,000 Wyoming residents have participated in classes over the last year since WDH began its partnership with GetSetUp.

“The loneliness we hear many older people feel can sometimes get worse during the winter when weather conditions and the holidays can lead people to feel more isolated,” Clark said.

GetSetUp classes are a simple way to connect with others from one’s home throughout the holiday season and the winter. Online holiday programs include topics such as Christmas market tours, photography tips, recipe help and craft ideas. The GetSetUp program also helps active agers become more fit, learn to manage their finances, develop new skills and even supplement their income. Special “New Year, New Me” programming is running into the new year to help people accomplish their goals in one or all three learning tracks on Health and Wellness, Money and Business and Growth and Development.

GetSetUp helps address aging health by assuring older adults stay connected to the technical tools they need to age in place at home. “Research has shown older adults who learn how to use their tech devices to stay connected with family and interact with others will age more successfully,” Clark said.

Wyoming’s older adults can safely and easily connect with a worldwide community by visiting <https://www.getsetup.io/partner/wyoming> online.

Because of the WDH Aging Division partnership with GetSetUp, the classes are free for state residents. To avoid fees, residents should use the coupon code “Wyoming” while booking classes.



## Connor Cooks

Connor is Iris' 8 year old Grandson and he loves to cook! He has borrowed the Taste of Home magazines from our library to pick, cook and taste test recipes just for you! Here is his tasty dish for February

### EASY CINNAMON ROLLS

#### Ingredients:

2-8oz packages of refrigerated crescent rolls  
1 tbsp butter-melted  
2 tbsp sugar  
1 tsp ground cinnamon  
1/2 cup powdered sugar  
1/4 tsp vanilla  
1 to 2 tsp orange juice



Preheat oven to 375 degrees. Grease an 8 1/2 or 9 1/2 round baking pan; set aside. Unroll dough (DO NOT SEPARATE); PRESS PERFORATIONS TO SEAL. Brush dough with the melted butter. In a small bowl combine sugar and cinnamon; sprinkle over dough. Starting from a long side, roll up dough into a spiral. Using a sharp knife. Slice dough into 1 1/2 inch pieces. Arrange pieces, cut side up, in prepared pan. Flattening each roll slightly.

Bake for 15 to 18 minutes or until golden brown. Remove from pan and let cool. In a small bowl stir together the powdered sugar, vanilla and enough OJ to make an icing of drizzling consistency. Drizzle over warm rolls...ENJOY!!

## Do you know a senior that has a wish?

[Wishofalifetime.org](http://Wishofalifetime.org) is helping seniors fulfill their wishes. All wishes are experience based. They commemorate service, connect loved ones, celebrate passions, or fulfill dreams. You may wonder why. As stated on [wish of a lifetime website](http://wishofalifetime.org)—isolation among seniors is a growing problem, leading to health risks and depression. But it doesn't have to be that way. Recognizing seniors in our lives for their accomplishments and sacrifices is the first step to building a society that embraces aging. Helping an older adult achieve a long-held or deeply meaningful dream can have tremendous positive outcomes on their health, purpose, and sense of value. Our [Wish Recipients](http://Wishofalifetime.org) report that they are happier, healthier and feel more involved in the world after having a Wish granted. [Wishes](http://Wishofalifetime.org) have a ripple effect on the community, inspiring individuals to start seeing seniors in a new light. One incredible life story at a time, we are changing the perception of aging—not just how we view our oldest citizens, but also how we see and value ourselves as we age.

You can nominate a friend, neighbor or relative on the [Wishofalifetime.org website](http://Wishofalifetime.org) or reach out to Lisa or Iris to assist with the wish application.

We would LOVE for one of our seniors to get a wish of a lifetime!

