



Salt River Senior Center

Enter as Strangers Leave As Friends

March 2023

540 Washington

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307-885-3780

www.saltrivercenter.com

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Why do we wear green on St. Patrick's Day...and what happens if we don't!!

There are several superstitions that people follow on St. Patrick's Day. The biggest held superstition is that you must wear green! There are many reasons for wearing "the green" which include associating green with Ireland, also known as the Emerald Isle, or that shamrocks are green, but according to the New York Irish Center, wearing green actually started in the late 18th century as a political movement for Ireland to become an independent republic. In the 19th century, the Irish immigrants that came to America wore green on St. Patrick's day to celebrate their heritage.

So what is the pinching all about? Is this an ancient cultural practice passed from generation to generation? Or just a silly game someone played on their siblings? Well...according to folklore, you get pinched for not wearing green because green makes you invisible to leprechauns! And Leprechauns like to pinch people! So whatever your St. Patrick's day traditions, from corn beef and cabbage to wearing green...Have a wonderful day!



For each petal on the
shamrock
This brings a wish your way
Good health, good **LUCK**
& happiness
For today and every day.



Irish Blessing

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



First Federal Bank And Trust: An email was received impersonating First Federal Bank and Trust announcing that "we noticed you recently accessed your account(s) from a device we are unfamiliar with," and said the account had been locked. The email further instructed the user to verify their identity by clicking a link "visiting here." The Laramie citizen who reported this noticed that not only was the link not to the bank, but the citizen did not have an account with this bank. Be careful clicking on links to unlock your bank account – hover over the link and see if it looks legitimate.



You Didn't Win: One of the longest running sweepstakes scams using the legitimate name of Publishers Clearing House (PCH) has suddenly reappeared, big time. The Identity Theft Resource Center (ITRC) reports a 240 percent increase in September alone. The tricksters tell victims they've won but need to pay to collect winnings and provide bank account and Social Security details. The real PCH doesn't request any of this. You didn't win; make sure you don't lose. CyberWyoming Note: this has been reported in Wyoming and South Dakota! *Brought to you by scambusters.org.*



"Guess who died?": If that question pops up on your Facebook feed, seeming to come from a friend, it's actually a spam scam. Clicking on a link that supposedly reveals the identity of the deceased actually leads to a fake profile used for data harvesting. Anyway, who would even ask a question like that?!?! *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.



March 2023



<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>NOTICE Meals are subject to change without notice at any- time.</p>	<p>1 Zuppa Toscana Soup Salad Bar Roll Dessert</p>	<p>2 Sweet & Sour Chicken Steamed Rice Vegetable Tossed Salad Roll Dessert</p>	<p>3 Hamburger Steak Mashed Potatoes Vegetable Tossed Salad Homemade Bread Dessert</p>
<p>6 Turkey, Bacon & Swiss Sandwich Vegetable Pasta Salad Roll Dessert</p>	<p>7 Cheeseburger Potato Wedges Coleslaw Dessert</p>	<p>8 Tomato & Mac Soup 1/2 Ham & Cheese Sandwich Tossed Salad Dessert</p>	<p>9 Chicken Strips Vegetable Salad Bread Dessert</p>	<p>10 Pork Chops Mashed Potatoes Vegetable Tossed Salad Roll Dessert</p>
<p>13 Swedish Meatballs Pasta Vegetable Tossed Salad Roll Dessert</p>	<p>14 Chicken Haystacks Rice Vegetable Salad Roll Dessert</p>	<p>15 Taco Soup 1/2 Grilled Cheese Sandwich Salad Cinnamon Roll</p>	<p>16 Ruben Sandwich 3 Bean Salad Relish Tray Dessert St. Patrick's Day Lunch</p>	<p>17 Hot Turkey Sandwich Mashed Potato Vegetable Tossed Salad Roll Dessert</p>
<p>20 Fish & Chips Potato Wedges Vegetable Tossed Salad Roll Dessert</p>	<p>21 Parmesan Chicken Garlic Pasta Vegetable Salad Roll Dessert</p>	<p>22 Veg Beef Soup Tuna Salad on Lettuce Relish Tray Dessert</p>	<p>23 Meat Loaf Mashed Potatoes Vegetable Tossed Salad Bread Dessert</p>	<p>24 Smothered Chicken Rice Vegetable Tossed Salad Dessert</p>
<p>27 Honey Mustard Chicken Steamed Rice Vegetable Salad Roll Dessert</p>	<p>28 Tamale Pie Calif Blend Vegetable Garden Salad Dessert</p>	<p>29 Potato Soup Chef Salad Roll Dessert</p>	<p>30 Chicken Chow Mein Rice Vegetable Salad Dessert</p>	<p>31 Ham Scalloped Potatoes Vegetable Tossed Salad Roll Dessert 3</p>

Upcoming Activities

**Sunday March 12 –
Day light Savings Time begins....
Spring Forward**



Join us **Thursday, March 16th** for
our St. Patrick's Day lunch.
Find a hidden Shamrock for a
FREE lunch



Friday March 17 – St. Patrick's Day

"Let's Get Ready For SPRING!"

**Monday March 20-First Day of
Spring**

Our dining room will be filled with
flowers! Name them all to win a
FREE lunch



**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.....**

Tuesday March 14

Pi Day

(Pi=3.14159....

But..

Ours will be

Strawberry
Rhubarb!)



**Star Valley Historical Society
Happenings**

March 16th @ 7pm

Salt River senior Center

Kdell Bagley will instruct us
on the vast numbers of sheep
that came from all over the
state for summer grazing and
dipping in Star Valley. The
movement of livestock is a big
part of our history.

Name: _____

Date: _____



Spring Words Word Search Puzzle



y d d l b d a g n f g n s i o f
u d t n m r y r h l b r f v j l
l p a j i a i e h s n e a m k o
b a i f f x y e f u n y g s q w
u z d c f u a n y s z n r r s e
g o s y n o l b l o s s o m a r
s r s o b i d e n y i i w v c s
s o x h r u c i n y m n t l d x
x b z p o p g i l p q a h c t b
q i a a u w a n e b q e r c h s
z n r t n r e n j u o i p c a r
b e e s q d u r n d i i k z h i
n t x c r j v z s s l g m u d r
n m j a v a x v c u x u j a o i
n n g j b s f m t m d u d b y s
o w h b u l b s c r o c u s h y

FIND THESE **SPRING WORDS**

daffodil

garden

blossom

bees

June

robin

May

March

showers

flowers

growth

April

green

bulbs

buds

ladybug

crocus

iris

grass

rainy

mud

bugs

tulip

picnic



The words may be hidden vertically, horizontally or diagonally.

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

- 1 Joan Martin
- 1 Barbara Barrus
- 2 Laura Tolman
- 3 Julie Johnson
- 3 ReNee Draney
- 3 Susan Hepworth
- 4 Karla Cleverley
- 5 Lynn Clark
- 6 Butch Bonner
- 6 Bill Spaulding
- 7 Erlean Dickey
- 7 Linda Williams
- 8 Donald Capps
- 13 Roger Coles
- 15 Chad Erickson
- 16 Patricia Magee
- 17 Tommy Cynova
- 19 Gene Troy
- 19 Kathie Lamb
- 21 Laura Anderson
- 23 Linda Hathaway
- 23 Carolyn Walton
- 26 Kathy Elliott
- 28 James Fournier
- 28 Marie Wolfley
- 29 Becky Booth

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





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

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 March (this has been passed down in Iris' family for generations

ONION DYED EASTER EGGS

Ingredients:

Yellow onion skins

Eggs



Take a raw onion and dip it in water. Put several layers of dried onion skins around the egg. Wrap the wrapped egg in a cloth (I use cheese cloth as it will dye your cloth) and rubber band shut. Sit eggs in a pan and fill with cold water. Let sit until room temp then bring to a low boil. Boil for 10 minutes. Run pan and eggs under cold water until cool to the touch. Unwrap eggs and let cool completely. Shine with a little vegetable oil. Now you have the perfect GOLDEN egg! This method also works with carrot peelings, beets (both fruit and leaves)....

Do you know a senior that has a wish?

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!

DOLLAR -A-MONTH CLUB

The Dollar-A-Month Club is a means of aiding the funding for publication of this newsletter. It is based on a voluntary contribution of one dollar per month.

Last updated 8/10/22

Laura Andersen
Betty Astle
May Baker
Bev Baxter
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Jim & Hermoine Erickson
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Ernest Poggetti
Bill & Diana Ponciano
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Alice Robinson
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Red Rote
Judy Shumway
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Craig & Shelly Vorwaller
Elcie Walker
Calvin & Judy Wallace
Jim & Susan Weeks
Malene Wegemer
Keith Westover
Linda Williams

DONATION:

Thank you!

All Donations are greatly appreciated! If we have forgotten to acknowledge your generosity, please let us know.

How many gold coins
can a leprechaun put in
an empty pot?



ONLY IF THEN IT'S NOT
EMPTY ANYMORE!

This publication was in part developed under a grant for the U.S. Department of Health and Human Services. Administration on Aging and the Wyoming Department of Health Aging division. However, these contents do not necessarily represent the policy of the U.S. Department to Health and Human Services or the Wyoming Department of Health and you should not assume endorsement by the Federal or state Government . Opinion s expressed herein are solely those of the Salt River Center, employees or assignees.