



SALT RIVER SENIOR CENTER

Enter as Strangers Leave as Friends

November 2023

540 South Washington

PO Box 883

307-885-3780

Email

svscc1@silverstar.com

Website:

www.saltrivercenter.com

Board of Directors

President—Kim Tippets

Vice— President Bill Day

Secretary, -Dave Larson

Board Members

DeeAnn Gardner

Lynette Beus

Gary Hancock

Director— Lisa Miller

Head Cook—Linda Barrus

Assistant Cook Laycee Dillon

Data Entry—Jennifer Jensen

Registered Dietitian (RD)

Melinda Pebbles

Drivers:

Kristen Heiner, Barb Jensen

Laurie Watsabaugh

Volunteer Drivers:

Gary Paul, Sandy & Don Capps

Shelly & Craig Vorwaller

Oak VonSeggern

MAKING NEW THANKSGIVING TRADITIONS

While it can be stressful to squeeze so many activities into one day, it's well worth it because, in many ways, the Thanksgiving traditions you share with loved ones bring meaning to the holiday.

That said, it's never too late to shake things up by adding one or two new traditions into the mix.

Write thank-you notes

Send guests home with party favors or leftovers

Serve brunch instead of dinner

Have a potluck dinner

Add something new to the menu

Make a special family recipe

Share family history

Make a family contribution

Draw names for holiday gifts

Invite someone new to Thanksgiving

Make it a progressive dinner

Whatever you decide to do the Staff and Board Members at Salt River Senior Center wish everyone a Happy Thanksgiving !

Give Thanks!



November

2023



		<p>1 Sloppy Joes Vegetable Chips Ambrosia Salad</p>	<p>2 Chicken Pot Pie Mixed Greens salad Green Beans Dessert</p>	<p>3 Swiss Steak Baked Potato Salad California Veggies Bread Dessert</p>
<p>6 Beef Stroganoff Pasta Salad Vegetable Roll Dessert</p>	<p>7 Smothered Chicken Whipped Potatoes Salad Roll Dessert</p>	<p>8 Texas Hash Vegetables Carrot Coins Wheat Roll Dessert</p>	<p>9 Salisbury Steak Mashed Potatoes Salad Vegetables Hot Roll Dessert</p>	<p>10 Chicken Fried Steak Mashed Potatoes Cauliflower & Broccoli Roll Dessert</p>
<p>13 Lasagna Salad Italian veggies French Bread Dessert</p>	<p>14 Monterey Chicken Steamed Rice Fruit Dessert</p>	<p>15 Turkey Sandwich Salad Chips Dessert</p>	<p>16 Hot Roast Beef Mashed Potatoes Salad Roll Dessert</p>	<p>17 FRIENDS GIVING DAY Roast Turkey Gravy Mashed potatoes Green beans Almondine Roll Pumpkin Pie</p>
<p>20 Spaghetti & Meat Sauce Noodles Salad Roll Dessert</p>	<p>21 Chicken Chow Mein Brown Rice Vegetable Salad Vegetable Dessert</p>	<p>22 Grilled Cheese Sandwich Vegetable Soup Fruit Dessert</p>	<p>23 CLOSED THURSDAY & FRIDAY Happy Thanksgiving! </p>	
<p>27 Chicken Fajitas Spanish Rice Corn Salad Dessert</p>	<p>28 Pizza w/Meat Sauce & Veggies Salad Fruit Dessert</p>	<p>29 Teriyaki Chicken Brown Rice Salad Broccoli Bread Dessert</p>	<p>30 Beef Enchiladas Salad Vegetable Dessert</p>	<p>DINNING ROOM MEALS ARE AVAILABLE FROM 12:00-1:00 PM MONDAY-FRIDAY</p>

Menu subject to change without notice



- | | |
|--------------------|-------------------|
| 3 Loretta Strgar | 18 Lori McManus |
| 3 Kathie Nunn | 18 Judy Wallace |
| 4 Suzi Buskirk | 19 Margaret Hart |
| 5 Susan Weeks | 19 Jill Stauffer |
| 6 Linda Hedges | 19 Mel Kennedy |
| 10 Gail Humbert | 20 Mark Watkins |
| 10 Peggy McJunkin | 23 Frank Borden |
| 10 Shirley Hare | 24 Gary Hancock |
| 12 Eileen Wood | 26 Marlene DeWitt |
| 14 Elaine Hunsaker | 27 Doug Broadhead |
| 15 Jan Koflord | 27 Nelda Cazier |
| 15 Kathleen Heath | 27 Alice Robinson |
| 16 Juanita Zenger | 30 Gary Hokanson |

Do you need a ride? We have public transportation available

M-T from 8am-1pm call us 24 hours in advance!

Meal Tickets are Great Birthday Gift Ideas

Don't know what to get the special someone?

Meal Tickets are the perfect gift for someone who has everything.

Available at the Center

Jane Hall

GONE BUT
NOT
FORGOTTEN

Pumpkin Bars with Cream Cheese Frosting



Ingredients

- 2 cups sugar
- 1 cup butter (2 sticks), at room temperature
- 2 cups canned pumpkin (one 15 ounce can)
- 4 eggs, at room temperature
- 2 cups flour
- 2 teaspoons baking soda
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon allspice
- 1 teaspoon ginger
- 1 teaspoon ground cloves
- ½ teaspoon salt

Icing:

- 6 ounces cream cheese, at room temperature
- 1 cup (2 sticks) butter, at room temperature
- 2 teaspoons vanilla
- 4 cups powdered sugar, sifted to remove lumps
- Candy pumpkins, optional, to garnish*

Instructions

1. Preheat oven to 350°.
2. Lightly grease a 15 x 10 inch (jelly roll) pan and set aside.
3. Stir flour, baking soda, spices, and salt together and set aside.
4. Cream together the butter and sugar until light and fluffy.
5. Add pumpkin and eggs; beat till smooth.
6. Add dry ingredients and mix till well combined.
7. Spread the mixture evenly in the prepared pan.
8. Bake for 25 minutes or till the cake springs back when lightly touched in the middle or a toothpick comes out clean when inserted in the middle.
9. Cool completely. and frost. Garnish with candy pumpkins if desired.
10. To make icing: beat all ingredients together till smooth. Frost. Garnish with candy pumpkins if desired.



Name: _____ Date: _____

Thanksgiving Day

Word Search

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

AMERICA
CANOE
COLONY
CORNUCOPIA
ENGLAND
FALL
FAMILY
FEAST
FREEDOM
GRATITUDE
HARVEST
HOLIDAY
INDIANS
MAIZE
MAYFLOWER
MILES STANDISH
NEW WORLD
NOVEMBER
PILGRIMS
PLYMOUTH
PUMPKIN PIE
PURITANS
SQUASH
STUFFING
THANKSGIVING
TURKEY
YAMS



Here is what is happening at the center

November 2023

November 10th Free LUNCH for Veterans & Spouse

November 14th

Craft with Mary Call

9:00 a.m.



\$5.00

November 17th Friendsgiving Lunch,
Sponsored by Randy Thompson—State Farm

307-885-3780 Call to RSVP

November 23 & 24 Closed for Thanksgiving

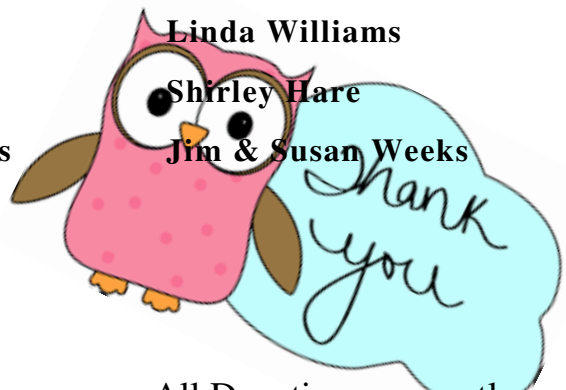
We would like to invite you to come to the Center before lunch, and stay after. Enjoy great company, work on jigsaw puzzle, tie a quilt, watch a movie.....

There
is always
something to be
Thankful
for.

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 10/15/23

Laura Anderson	Nan Hincks	Ray & Judy Prescott
May Baker	Carol Hoskins	Susanne Roberts
Bev Baxter	Walt & Gail Humbert	Alice Robinson
Lynette Beus	Jim & Janis Hunsaker	Red Rote
Ralph & Mollie Bonner	Clealon Hyde	Edith Schroder
Rhonda & Steve Bowen	Ruth Irick	Judy Shumway
Becky & Larry Booth	Kirk & Barbara Jensen	Cindy Sypherd
Orson Brierley	Beverly Johnson	Melanie Taylor
Michael & Connie Brown	Harry & Cynthia Keyfauver	Kim & Leslie Tippetts
Ellen Bruderer	Lew & Kathy Lamb	Victor & Susan Toganazzini
Sherma Campbell	Nada Joy Larson	Laura Tolman
Sandi & Don Capps	Dave Larson	Bruce Turner
Joan Clark	Ed Lisota	Craig & Shelly Vorwaller
Kathy Clark	Eldon & Karen Louder	Elcie Walker
Ed & Maxine Coffey	Carla Lowe	Calvin & Judy Wallace
Richard Collins	Patricia Magee	Keith Westover
Roger & Diana Coles	Joyce McDonald	Linda Williams
Nancy Cranney	Peggy Mc Junkin	Shirley Hare
Grady Creamer	Buzz & Lori McManus	Jim & Susan Weeks
Tommy Cynova	Max & Mary Merritt	
Bill & Connie Day	Gwen Nelson	
Kit Dejournett	Farrell & Carol Nield	
Darald Erickson	Loa Nield	
Jim & Hermoine Erickson	Paula Nield	
Kent & Polly Erickson	Gae Perkes	
Dennis & Sandra Fretag	Errine Pogetti	
DeeAnn Gardner	Lucy Probyn	
Loa Mae Harmon	Ernest Poggetti	



All Donation are greatly appreciated!

If we have forgotten to acknowledge your generosity, please let me know.



This year the center will not be making pies so the staff can enjoy the Thanksgiving season with our families



Loan Closet



The Caregiver Program Loan Closet accepts items such as wheelchairs, front wheel walker, walker with seats, shower benches and shower transfer benches. If you or someone you know has these items and would like to donate them please contact the Center at 307-885-3780. **We also loan out the**

above

items if we have them in stock!





PROHIBITED AGENT/BROKER BEHAVIOR for MA/PD PLANS	APPROPRIATE AGENT/BROKER BEHAVIOR for MA/PD PLANS
Cannot state that they are from Medicare or use words or symbols, including “Medicare” in a misleading manner. For example, they cannot state that they are approved, endorsed or authorized by Medicare, are calling on behalf of Medicare, or that Medicare asked them to call or see the beneficiary.	May call a beneficiary who has expressly given advanced permission (e.g., submission of a business reply card or scope of appointment (SOA)). Must use the CMS-approved third-party marketing organization disclaimer language in the first minute of the call. All calls must be recorded and stored.
May not market to beneficiaries door to door, including leaving materials at a beneficiary's doorstep.	May leave information at residence when scheduled appointment results in a no-show. May call a beneficiary they enrolled in a plan to discuss plan business, as well as discuss the availability of other plan options/types within the same parent organization. Disenrolled beneficiaries may also be called for quality improvement purposes.
Cannot send unsolicited text messages or leave voicemail messages.	May call or visit beneficiaries who attended a marketing/sales event if prior permission was given and documented.
May not approach beneficiaries unsolicited (e.g. door to door, walking up to cars, and approaching in parks and supermarkets)	May initiate a phone call to confirm an appointment. A second SOA must document additional product types of interest to the beneficiary that were not agreed to in advance.
Cannot conduct marketing/sales activities in healthcare settings except in common areas. Restricted areas include, but are not limited to exam rooms, hospital patient rooms, dialysis centers and pharmacy counter areas.	May conduct marketing/sales activities in common areas of healthcare settings. Appropriate common areas include waiting rooms, cafeterias, community or recreational rooms and conference rooms in hospitals, nursing homes, assisted living centers or other congregate housing.
Cannot make unsolicited calls, including contacting beneficiaries under the guise of selling a non-Medicare Advantage (MA) or non-Prescription Drug Plan (PDP) product.	Must secure a documented SOA. Marketing/sales events do not require documentation of beneficiary agreement.
Cannot provide meals at marketing /sales events.	Refreshments and snacks may be provided at marketing/ sales events.
Cannot conduct marketing or sales activities at an educational event including distributing marketing materials or enrollment forms.	May schedule appointments with beneficiaries who live in long-term care facilities and other congregate housing only upon request by the beneficiary.

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PO Box 883

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