



Salt River Senior Center

Enter as strangers, leave as friends

April 2024

540 Washington
P.O.Box 883
Afton, WY 83110
307-885-3780
www.saltrivercenter.com
Email: svsccl@silverstar.com

Board of Directors
President: Kim Tippetts
Vice President: Bill Day
Secretary: Dave Larson
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Drivers:
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Barb Jensen
Kristen Heiner
Volunteer Drivers
Cindy Sypherd
Gary Paul
Sandy and Don Capps
Craig and Shelly Vorwaller

We Love Our Volunteers



*Thank you for
your kindness*

April Activities

- **Produce Deliveries - Tues April 2nd, 9th, and 23rd - come in for lunch and take home some produce**
- **Spring Craft with Mary Thursday April 18th at 1:00 right after lunch - Call office or drop by to reserve a place 885-3780**
- **Star Valley Historical Society gathering Thursday April 18th at 7:00 pm**
- **Lets get Planting - Thursday April 25th at 1:00 - you bring a flower pot and we will provide the rest - call office to reserve a place 885-3780**



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April Menu 2024

<p>1</p> <p>Country Fried Steak Mixed Salad WW Roll Bananas Blueberry Crisp</p>	<p>2</p> <p>Chicken Enchilada Corn & Zucchini Mexicana Tossed Salad w/ Italian Grapes Dessert</p>	<p>3</p> <p>Vegetable Soup Fruit Salad Hot Roll Dessert</p>	<p>4</p> <p>Shepherds Pie Garden Vegetable Salad Tangy Carrots Roll Applesauce Cake</p>	<p>5</p> <p>Pizza w/ Meat & Veggies Tossed Salad w/ Garbanzo Beans Carrot & Apple Salad Dessert</p>
<p>8</p> <p>Beef Stroganoff Lettuce Salad Herb Broccoli Hot Roll Fluffy Fruit Cup</p>	<p>9</p> <p>Lemon Pepper Chicken Au Gratin Potatoes Spinach Salad Italian Vegetables Homemade Bread w/w Plum Betty</p>	<p>10</p> <p>Sweet & Sour Meatballs Tossed Salad Oriental Vegetables Sliced Bananas Dessert</p>	<p>11</p> <p>Chicken Pot Pie Mixed Green Salad Green Beans Dessert</p>	<p>12</p> <p>Hamburger Steak Whipped Potatoes Carrot & Celery Salad Steamed Cabbage Homemade Bread w/w Pineapple & Strawberries</p>
<p>15</p> <p>Chicken & Herb Fettuccine Strawberry Spinach Salad Vegetable Wheat Roll Berry Pie</p>	<p>16</p> <p>Pulled Pork Sandwich Roasted Potatoes Green Beans Roll Dessert</p>	<p>17</p> <p>Chicken Noodle Soup Garden Salad Mixed Fruit Cinnamon Roll</p>	<p>18</p> <p>Cold Ham & Cheese Pasta Salad Mandarin Oranges Dessert</p>	<p>19</p> <p>Baked Chicken Garlic Mashed Potatoes Asparagus Wheat Roll Fruit Ambrosia</p>
<p>22</p> <p>Spaghetti Garden Salad Asparagus Bread stick Dessert</p>	<p>23</p> <p>Chicken Salad on a Roll Pasta Salad Fruit Dessert</p>	<p>24</p> <p>Cheesy Potato Soup Chef Salad Wheat Roll Bananas Dessert</p>	<p>25</p> <p>Swiss Steak Spinach Salad California Vegetables French Bread Dessert</p>	<p>26</p> <p>Roast Pork California Vegetables WW Roll Chilled Apricots Peach and Orange Delight</p>
<p>29</p> <p>Malibu Chicken Tossed Salad Roll Apricots Dessert</p>	<p>30</p> <p>Cheesy Beef Stuffed Shells Lettuce Salad Hot Roll Apple Crisp</p>		<p>NOTICE <i>Meals are subject to change without notice at anytime</i></p>	<p><i>PLEASE call to reserve your curb side meal @307-885-3780 before 9:30 am pickup available between 11:30-12:30 Monday-Friday</i></p>



DINING ROOM MEALS ARE AVAILABLE FROM 12:00-1:00 PM MONDAY- FRIDAY



Loan Closet

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

We also loan out the above items if we have them in stock!



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

Gone but not forgotten

Robert Beus
Ruth Swenson
Earlene Perry

Do you need a ride? We have public transportation available M-T from 8am-1pm call us 24 hours in advance! \$5.00 per ride.

3. Mark Mackey
5. Kelly S Miller
12. Verna Jensen
14. Keith Westover
15. Kent Hunsaker
17. Gloria Johnson
17. Sandra Wells
18. Edith Schroder
18. Amo Stephens
18. Mike Brown
19. Carol Nield
19. Gae Perks
19. Raymond Prescott
21. Sandra Fretag
23. Rob Sanderson
26. Gayla Potter
26. Elcie Walker
30. Orson Brierley
30. Sherma Campbell
30. Craig Smith

This Month in History

- ⇒ **April 1, 1865** - During the American Civil War, Confederate troops of General George Pickett were defeated and cut off at Five Forks, Virginia. This sealed the fate of Confederate General Robert E. Lee's armies at Petersburg and Richmond and hastened the end of the war
- ⇒ **April 2, 1513** - Spanish explorer Ponce De Leon sighted Florida and claimed it for the Spanish Crown after landing at the site of present day St. Augustine, now the oldest city in the continental U.S.
- ⇒ **April 3, 1860** - In the American West, the Pony Express service began as the first rider departed St. Joseph, Missouri. For \$5 an ounce, letters were delivered 2,000 miles to California within ten days. The famed Pony Express riders each rode from 75 to 100 miles before handing the letters off to the next rider. A total of 190 way stations were located about 15 miles apart. The service lasted less than two years, ending upon the completion of the overland telegraph.
- ⇒ **April 4, 1887** - The first woman mayor was elected in the U.S. as Susanna M. Salter became mayor of Argonia, Kansas.
- ⇒ **April 6, 1896** - After a break of 1500 years, the first Olympics of the modern era was held in Athens, Greece.
- ⇒ **April 8, 1913** - The 17th Amendment to the U.S. Constitution was ratified requiring direct popular election of U.S. senators. Previously, they had been chosen by state legislatures.
- ⇒ **April 9, 1866** - Despite a veto by President Andrew Johnson, the Civil Rights Bill of 1866 was passed by Congress granting blacks the rights and privileges of U.S. citizenship.
- ⇒ **April 10, 1998** - Politicians in Northern Ireland reached an agreement aimed at ending 30 years of violence which had claimed over 3,400 lives. Under the agreement, Protestants and Catholics in Northern Ireland would govern together in a new 108-member Belfast assembly, thus ending 26 years of "direct rule" from London.
- ⇒ **April 11, 1968** - A week after the assassination of Martin Luther King, the Civil Rights Act of 1968 was signed into law by President Lyndon B. Johnson. The law prohibited discrimination in housing, protected civil rights workers and expanded the rights of Native Americans.
- ⇒ **April 12, 1861** - The American Civil War began as Confederate troops under the command of General Pierre Beauregard opened fire at 4:30 a.m. on Fort Sumter in Charleston, South Carolina.
- ⇒ **April 14, 1828** - The first dictionary of American-style English was published by Noah Webster as the *American Dictionary of the English Language*.
- ⇒ **April 15, 1817** - The first American school for the deaf was founded by Thomas H. Gallaudet and Laurent Clerc in Hartford, Connecticut.
- ⇒ **April 15, 1912** - In the icy waters off Newfoundland, the luxury liner *Titanic* with 2,224 persons on board sank at 2:27 a.m. after striking an iceberg just before midnight. Over 1,500 persons drowned while 700 were rescued by the liner *Carpathia* which arrived about two hours after *Titanic* went down.
- ⇒ **April 18, 1775** - The Midnight Ride of Paul Revere and William Dawes occurred as the two men rode out of Boston about 10 p.m. to warn patriots at Lexington and Concord of the approaching British.
- ⇒ **April 18, 1906** - The San Francisco Earthquake struck at 5:13 a.m., followed by a massive fire from overturned wood stoves and broken gas pipes. The fire raged uncontrollably for three days resulting in the destruction of over 10,000 acres of property and 4,000 lives lost.
- ⇒ **April 19, 1775** - At dawn in Massachusetts, about 70 armed militiamen stood face to face on Lexington Green with a British advance guard unit. An unordered 'shot heard around the world' began the American Revolution. A volley of British rifle fire was followed by a charge with bayonets leaving eight Americans dead and ten wounded.
- ⇒ **April 22, 1864** - "In God We Trust" was included on all newly minted U.S. coins by an Act of Congress.
- ⇒ **April 24, 1800** - The Library of Congress was established in Washington, D.C. It is America's oldest federal cultural institution and the world's largest library. Among the 145 million items in its collections are more than 33 million books, 3 million recordings, 12.5 million photographs, 5.3 million maps, 6 million pieces of sheet music and 63 million manuscripts. About 10,000 new items are added each day.
- ⇒ **April 30, 1789** - George Washington became the first U.S. President as he was administered the oath of office on the balcony of Federal Hall at the corner of Wall and Broad Streets in New York City.
- ⇒ **April 30, 1967** - Boxer Muhammad Ali was stripped of his world heavyweight boxing championship after refusing to be inducted into the American military. He had claimed religious exemption.

Watch for our summer schedule

Mint Chocolate Pudding Cookies

Ingredients

- 1 cup sugar
- 1/2 cup softened butter
 - 1 egg
 - 1/2 cup sour cream
- 1 small box instant vanilla pudding mix
 - 1/2 tsp salt
 - 1/2 tsp baking soda
 - 2 cups all-purpose flour
 - 2 tsp mint extract
- 3 drops blue coloring + 10-15 drops green coloring
- 1 1/2 cups chocolate chips

Instructions

1. Cream together sugar and butter. Add egg, sour cream and pudding mix. In a small bowl, combine flour, salt & baking soda. Incorporate flour mixture into the pudding mixture and mix until well combined. Add mint extract and food coloring until desired color is achieved.
2. Add in chocolate chips. *I used 3/4 cup chocolate chunks, 3/4 cup regular chocolate chips and 1/2 cup andes baking bits. Any combination is wonderful, but note that while the Andes mint baking pieces add an incredible flavor, they kind of disappear in the cookies. So add them in additions to the 1 1/2 cups chocolate chips, if you opt to put them in.
3. Drop by rounded tablespoons onto greased cookie sheet.
4. Bake at 375 for 10 minutes. transfer to a cooling rack and enjoy.



Easter Egg Hunt

Can you find which Easter egg appears only once?



Happy Easter Word Scramble

The Easter Bunny decorated some of his eggs with words, but when he delivered them, they got a little scrambled. Can you unscramble the words and find the answer to his favorite riddle?



1. _ _ _ 1 2 _ _

2. _ 3 4 _ _ 5

3. 6 _ _ _ _ _

4. _ _ _ 7 _ 8

5. _ 9 _ _ _

6. 10 11 _ _ _ _

What do you call a rabbit who tells good jokes?

11 6 3 2 7 8 10 9 1 4 5

YOGA FOR THE BRAIN



Name: _____

Try our new brain exercise. We would love to see your color variations. Stop by and share them with us. Even if you color it and don't share it with us, we would love to hear that you worked on it. We can use it in our Federal and State grants that you participated in the activity. This is the way we receive our funds. Thank you!



Caring for Wyoming's Seniors

*By
John Barrasso, M.D.*

POSITIVE ATTITUDE LEADS TO A HEALTHY LIFE

The word 'wellness' is showing up more and more these days. There is actually a Global Wellness Institute which defines wellness as the active pursuit of activities, choices and lifestyles that lead to better health.

Wellness isn't a passive state. It's an "active pursuit" that is associated with our intentions, choices and actions as we work towards the optimal state of health and well-being.

Wellness extends beyond physical health. We often think of wellness in terms of health, well-being and happiness. These all have common elements. Wellness is distinguished by being an active process of being aware and making choices that lead toward an outcome of optimal health and well-being.

Positive attitude and positive thinking help with stress management and can even improve health. Studies show that personality traits such as optimism and pessimism can affect our health and well-being.

Positive thinking means that you approach unpleasantness and are more positive in a productive way. This starts with self-talk which is the endless stream

of unspoken thoughts that run through our heads. These automatic thoughts can be positive or negative.

The health benefits that positive thinking may provide include:

- increased lifespan
- lower rates of depression
- lower levels of distress and pain
- greater resistance to illness
- better psychological and physical well-being
- better heart health
- reduced risk of death from cancer
- reduced risk of death from lung conditions
- reduced risk of death from infections
- better coping skills during hardships and times of stress.

Researchers are also finding that individuals with a positive attitude are less likely to experience memory decline as they get older. And it's not just the brain that benefits from positive thinking, but heart health as well.

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



Social Security Administration Scam Alert: Scammers call, email, text, write, or message you on social media claiming to be from the Social Security Administration or the Office of the Inspector General. They may even attach a picture as "proof" that the person is really from the SSA. The SSA says scams all work the same way:

- Scammers pretend to be from an agency or organization you know to gain your trust.
- Scammers say there is a problem or a prize.
- Scammers pressure you to act immediately.
- Scammers tell you to pay in a specific way.
 - The SSA wants you to know they will NEVER:
 - Threaten you with arrest or legal action because you don't agree to pay money immediately.
 - Suspend your Social Security number.
 - Claim to need personal information or payment to activate a cost-of-living adjustment (COLA) or other benefit increase.
 - Pressure you to take immediate action, including sharing personal information.
 - Ask you to pay with gift cards, prepaid debit cards, wire transfers, cryptocurrency, or by mailing cash.

Brought to you by Social Security scams <https://www.ssa.gov/scam/> and <https://aarp.info/fwnsocialsecurity>.

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



Do you consider yourself a productive person?

If so, you are more at risk to clicking when you shouldn't.

So, give yourself permission to slow down when reading email.

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.

Star Valley Senior Citizens, Inc. dba
Salt River Senior Center
PO Box 883
Afton WY 83110



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Upcoming Events at a Glance

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