



Salt River Senior Center Enter as Strangers Leave As Friends January 2024



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Seniors,

Another year has passed,
another year has come.

We wish for you that,
with every year,
you achieve all of

Your dreams.

May you have
love and care. In 2024.

Thank you to the Board Members ,

Staying healthy is important at any age, but for seniors, it is even more important for living a long,

Don't forget your well visits and recommended screenings

Studies show that about 10% fewer adults have annual contact with a medical professional when compared to kids. Although this may not be surprising, wellness visits are extremely important. Today's wellness exams go beyond the standard physical, allowing doctors to identify preventive measures that will keep you healthier and save you money. For more information on what to expect from an adult well visit, check out the following: In addition to your annual well visit, don't forget the recommended health screenings for prostate cancer, colon cancer and breast cancer.

Exercise and stay active

As you get older, it can be easy to find excuses to let yourself slow down. However, exercise is vitally important for seniors. "Exercise improves your quality of life, meaning everything from how much activity we can do, to what kind of mood we're in.

No matter your fitness level, here are just a few ways to exercise and stay active: And don't forget, keeping your mind active is as important as exercising your muscles and joints. Keep your mind engaged by taking classes, learning new skills and hobbies, playing games or reading, and most importantly, keeping up your social relationships with friends and family.

Maintain strong bones

Most of us really don't think about our bones until one breaks. However, bone health, like other aspects of your health, needs to be worked on for years. The good news is that it's never too late to take care of your bones and slow bone loss. Check out this article for "5 Tips for Keeping Your Bones Strong".

Want to know more about your risk for osteoporosis? Talk to your doctor about a DEXA bone density scan. It is a common screening test for women over 65 and can help predict your risk of fractures or osteoporosis.

Don't let joint pain slow you down

Aging gracefully can sometimes be a pain ... in your joints, that is. Whether from disease or injury, any damage can interfere with your movement and take a toll on your entire body. Here is some additional information on ways to reduce symptoms and manage your pain: If pain management is not doing the trick, it may be time for a joint replacement.

Eat a heart healthy diet

Taking care of your heart should be a top priority for everyone. Even if you've had a heart



2024

<p>1</p>  <p>Closed Happy NEW YEAR</p>	<p>2</p> <p>Lemon Baked Chicken Rice Pilaf Vegetable Wheat Bread Dessert</p>	<p>3</p> <p>Beef & Barley Soup Salad Dessert Roll</p>	<p>4</p> <p>Sweet @ Sour Chicken Rice Vegetable Salad Bread Dessert</p>	<p>5</p> <p>Roast Beef Mashed Potatoes Carrots Broccoli & Cauliflower Salad Roll Dessert</p>
<p>8</p> <p>Spaghetti Pasta Tossed Salad Vegetable Bread Stick Dessert</p>	<p>9</p> <p>Chicken Cordon Bleu Cheesy Potatoes Vegetable Salad Roll Dessert</p>	<p>10</p> <p>Chili Cornbread Salad  Dessert</p>	<p>11</p> <p>Salisbury Steak Mashed Potatoes Vegetable Tossed Salad Dessert</p>	<p>12</p> <p>Pork Chops Mashed potatoes Tomato Salad Green beans Roll Dessert</p>
<p>15</p> <p>Country Fried Steak Mashed potatoes Veg\Bread stick Salad Dessert</p>	<p>16</p> <p>Chicken Enchiladas Rice Beans Salad Chips Dessert</p>	<p>17</p> <p>Turkey Club Sandwich Salad Chips Dessert</p>	<p>18</p> <p>Hot Roast Beef Mashed Potatoes Vegetable Salad Bread Dessert</p>	<p>19</p> <p>Roast Turkey Mashed Potatoes Vegetable Roll Salad Dessert</p>
<p>22</p> <p>Chicken Strips Au gratin Potatoes Vegetable Salad & Roll Dessert</p>	<p>23</p> <p>Sloppy Joe Baked Beans Salad </p>	<p>24</p> <p>Zuppa Tuscano Soup Salad Bar Dessert</p>	<p>25</p> <p>Swiss Steak Baked Potatoes Vegetable Bread Salad Dessert</p>	<p>26</p> <p>Baked Salmon Rice Pilaf Jello Vegetable Roll Dessert</p>
<p>29</p> <p>Beef Stroganoff Pasta Broccoli Roll Salad</p>	<p>30</p> <p>Chicken Haystack Veggie toppings Rice Chow Mein Noddle's</p>	<p>31</p> <p>Tomato Macaroni Soup Grill Cheese Sandwich Salad</p>	<p>Notice Meals are sub- ject to change without notice anytime.</p>	<p>Please call to reserve curbside meals 307- 885-3780 before 9:30 a.m. Curbside meals will be available for ³ pickup 11:30 – 12:30 Monday -Friday</p>

Upcoming Activities

Jan 1 st. HAPPY NEW YEAR!

Jan 8th. Elvis will be in the building at
lunch!!

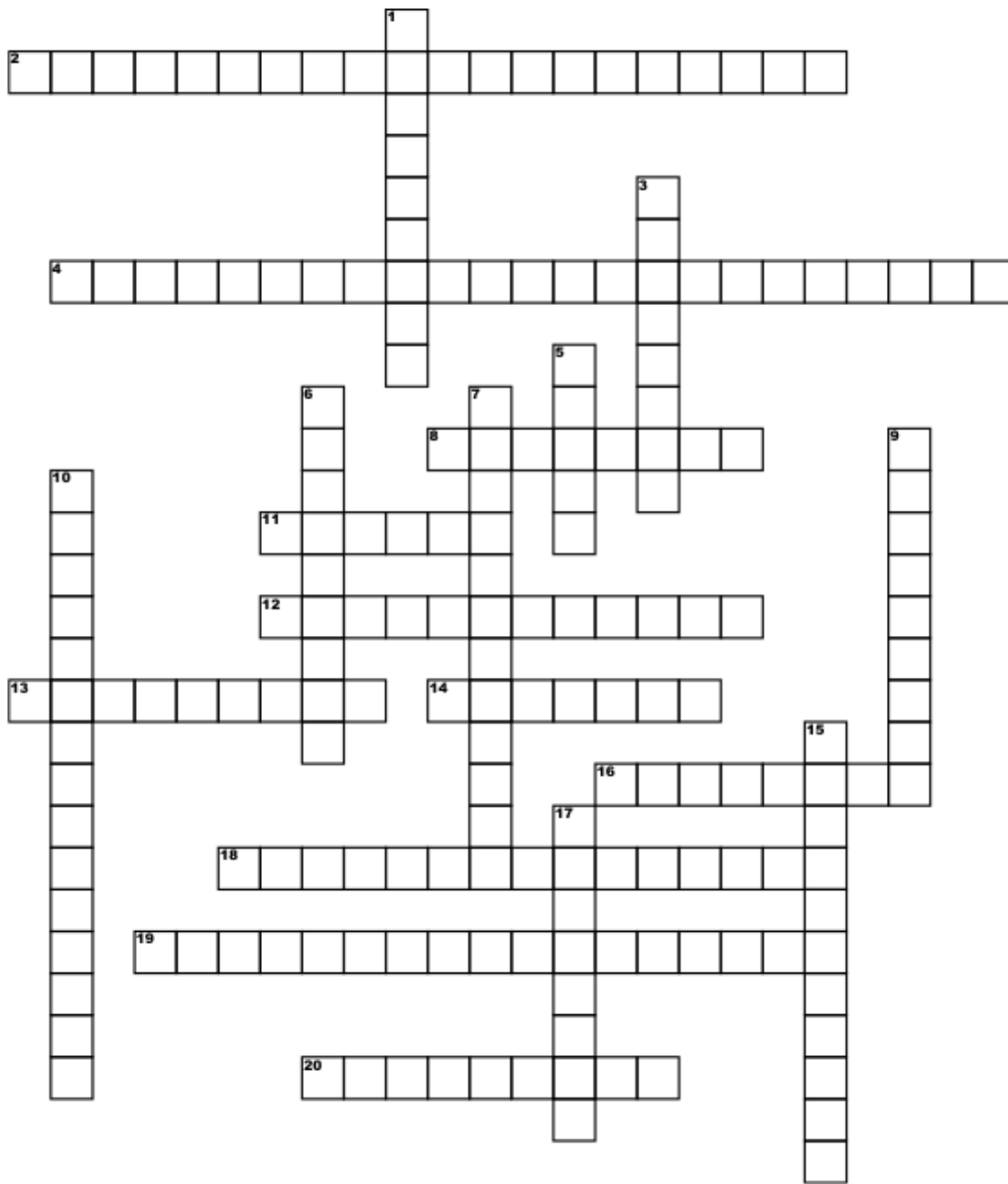
Jan 15 th. Hat Day–Wear your favorite
hat to lunch.

Jan 23 rd. Pie Day!

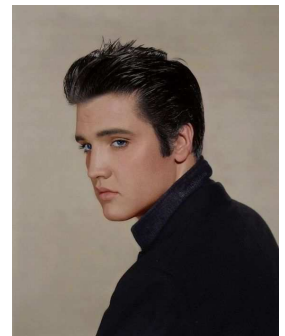


**Join us on
Tuesdays
After lunch
For**

Elvis Presley (By Brian Lombardo)



Elvis Presley
 Birthday
 January 8th



Across

- 2. Famous nickname**
- 4. Famous phrase that became forever linked with Elvis after a concert**
- 8. Number of #1 singles did Elvis have on Billboard's charts**
- 11. Martial arts studied in Germany**
- 12. Name of the Biography of Elvis written by Peter Guralnick**

- 13. Place his first record was recorded**
 - 14. Place where his estate is located**
 - 16. Cause of death**
 - 18. First hit single**
 - 19. Television show where Elvis appeared and broke National records**
 - 20. Nickname of his estate**
- Down**
- 1. Special woman he met in his time in the Army(name)**

- 3. Native american background**
- 5. Middle name**
- 6. Elvis' daughter's name**
- 7. First movie**
- 9. Number of movies he was in**
- 10. First band that performed with Elvis**
- 15. The war he served in**
- 17. Famous city known for its many performances by Elvis**



HAPPY BIRTHDAY

BIRTHDAYS THIS MONTH

- 1 Todd Lewis
- 2 LeeAnn Allred
- 3 Maxine Coffey
- 5 Betty Astle
- 6 Clara Jense
- 6 Gwenna Merritt
- 6 Susan Tognazzini
- 8 Michyle Miller
- 8 Zane Hathaway
- 11 Gary Paul
- 12 Carol Nield
- 13 Wendy Erickson
- 14 Karen Sessions
- 16 Jan Roderick
- 16 Dorlen Rich
- 18 LouAnna Harmon

- 19 Earl Larson
- 20 Mary Ann Call
- 21 Julie Neuenschwander
- 23 Joan Jensen
- 24 Karen Schermerhorn
- 26 Sue Connelly
- 26 Dixie Hepworth
- 26 Jerry Nield
- 26 Ferrell Nield
- 30 Stephen Campbell
- 31 David Shinkle



ANNOUNCEMENT:

We are entering into a new phase of technology and with the rising price of postage and printing we have made the decision that this will be our last mailed newsletter.

GOOD NEWS ...The newsletter will be on line at saltriverseniorcenter.com. **The center can also email you a copy or you can stop by for one.**

Stop by and check it out!



Did you know you can create a free account at [Medicare.gov](https://www.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

*A SPECIAL THANK YOU TO THE
STAR VALLEY MONTESSORI SCHOOL IN AFTON
FOR THE VISIT AND THE CAROLS.
You won our hearts!*





Ingredients

- 4 pounds Russet Potatoes peeled and diced
- 1/2 White Onion finely diced
- 1 can [Cream of Chicken Soup](#) 10.5 oz can
- 4 cups [Chicken Broth](#)
- 1 tsp [Salt](#)
- 1/2 tsp [Pepper](#)
- 1 pkg [Cream Cheese](#) 8 oz

Instructions :

Place all the ingredients except for the cheese and toppings in a crock pot. Cover and cook on low for 5 hours.

Dice up the cream cheese, Stir in the cream cheese and the shredded cheddar cheese. Cover and cook on low for 20-30 more minutes until the cheese is melted.

Serve warm topped with your favorite toppings and enjoy!

Notes:

You can use 1 30 oz bag of frozen diced hash browns instead of potatoes in this recipe if you prefer.

Refrigerate any leftover soup in an airtight container for up to 5 days. The soup will thicken as it cools so you will want to add broth when reheating the soup to thin it back out.

Did you know???

1. January was named after the Roman god Janus. Janus had two faces which allowed him to look forwards into the coming year and backwards into the past year.
2. The original Roman calendar only had 10 months. January and February were not included, but were added later.
3. Julius Caesar added a 31st day to the month. That completed it to the full month of January we practice now. It is the first of seven months that contain 31 days.
4. Ellis Island opened on January 1, 1892. The opening allowed for the im-

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.



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

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