



UINTA SENIOR CITIZENS

&

UINTA HOME HEALTH

Uinta Home Health is a non-profit corporation and a division of Uinta Senior Citizens, Inc

It's time for
SPRING
cleaning

Please donate unwanted items to

UINTA SENIOR CITIZENS INC.

For our 2019 annual yard sale
being held

FRIDAY, JUNE 14TH 1:00 PM TO 4:00 PM
SATURDAY, JUNE 15TH 8:00 AM TO 1:00PM

Uinta Senior Citizens Center atrium
1229 Uinta st.
Evanston WY



Donations accepted until June 13th

Contact the Senior Center for details or questions
307-789-3553

**ALL PROCEEDS FROM YARD SALE ARE APPLIED DIRECTLY TO THE SENIOR PRGRAMS
OFFERED BY UINTA SENIOR CITIZENS, INC.**

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**Evanston
Senior Center
1229 Uinta St.
Evanston, WY
307-789-3553**

**Bridger Valley &
Kemmerer

330 W. 2nd St.
Mtn. View, WY
307-782-6502**

**No. Lincoln
County
In Home Services
69 Nield Ave Suite A
Afton, WY 83110
307-885-2021**

This document was developed in part, under grant (s) from the Wyoming Department of Health & Aging Division. However, these contents do not necessarily represent the policy of the Wyoming Department of Health, and you should not assume endorsement by the state government.

BRIDGER VALLEY VOLUNTEERS

Susan Walker
 Russell Walker
 Joe Reynolds
 Hope Reynolds
 Dave Baer
 Pat Moon
 Shirley Roitz
 Kelly Berrier

Mark Walker
 Sue Toomer
 Lynnel Elmlinger
 Randy Wall
 Pete Pedersen
 Sara Narramore
 Veronica Rooney
 Kip Largent



Smith's
FOOD & DRUG STORES

Community minded,
 friendly and helpful staff!

70 Yellow Creek Rd., Evanston

307-789-0532



Helping you. Live your life.

Providing professional and compassionate care since 1994. Uinta Home Health provides trusted, client centered and client directed services, empowering individuals to remain independent and in their homes. We cover a wide range of services from skilled nursing to personal care.



Services include, but are not limited to

- Skilled Nursing
 - Wound Care
 - Medication Set Up
 - Physical Therapy
 - IV Medication Administration
 - PICC Line Care
 - Ostomy Care and Teaching
 - Catheter Care and Teaching
 - Lab Draws
 - Post Surgical Care
- Personal Care Assistance:**
- Showering, Dressing
 - Personal Hygiene
 - Homemaking
 - Laundry
 - Vitals Checked
 - Shopping
 - Respite
 - Range of motion
 - Meal Prep

Serving Evanston, Bridger Valley, Kemmerer and
 No. Lincoln County

Not all services available in all areas
 Please call for details

CALL FOR CARE NOW: **307•789•7712**



*Uinta Home Health is a nonprofit organization, and is a division of
 Uinta Senior Citizens Inc.*

**UINTA SENIOR CITIZEN CENTER &
 UINTA HOME HEALTH BOARD OF DIRECTORS WOULD LIKE TO HEAR
 FROM YOU!
 SHARE YOUR IDEAS & THOUGHTS WITH OUR INCREDIBLE
 BOARD MEMBERS!**

Uinta Senior Citizens Inc.



**Next Board of Directors Meeting: Tuesday, May 21st @ 4:00 PM
 at the Evanston Senior Center, 1229 Uinta St.**

All meetings are open to the public.. **To be added to the agenda, please call 789-3553
 Public input is valued and encouraged!**

Uinta Senior Citizens, Inc. Board of Directors

Maurene Samuelson
 Cara McDaniel
 Marc DesChamps

Aimee Ottley
 Executive Director

Casey Davis—Chairperson
 Glenna Calmes—Secretary
 Sue Norman—Treasurer

1st Bank & Staff
 Alexis Lamb
 Ana Campos
 Anne Garfield
 Ashlee Louderman
 Betty Meyer
 Cathy & Jerry Wiggins
 Charlene Stam
 Christopher Lively
 Crystal Lundin
 Dale & Christie Bixler
 Dave St. Priest
 Diane Albrecht
 Glenna Richins
 Iretta Patrie
 Jeff Honey
 Jessica Osborne
 Jose Liberato

EVANSTON VOLUNTEERS

Susan Frame
 Trona Valley & Staff
 Uinta Bank & Staff
 Us Bank & Staff
 Veronica Rooney
 Wendy Schuler

Joyce Garcia
 Kim Larson
 LSR
 Mary & Ray Simm
 Mickenzie Williams
 Mitch Mayer
 Natasha Wallace
 Nina Jacobson
 NGL & Staff
 Lupita Echeverria
 Misty Coombes
 Garrett Biebinger
 Robert Davis
 Rocky Mountain Care Staff
 Sara Narramore
 Sarah Heap
 Shirley Campbell
 Silver Eagle Refinery & Staff

**We LOVE our Volunteers !
 For Volunteer
 opportunities please
 contact
 Barb Bauer in Evanston at
 307-789-3553 or via email
 at
 Bbauer@uintasenor.org**



19TH AMENDMENT EASTER BONNET TEA PARTY



Thank you to everyone who came out to our Easter Bonnet Tea Party to celebrate the anniversary of the 19th amendment!

We had a incredible time discussing our experiences voting, enjoying tea sandwiches and treats, and having a fun Easter bonnet contest.

The event was a great success and shed light on the obstacles women has to conquer in order to get the right to vote.

A special thank you to the 19th Amendment Committee for Inviting us to participate in their 100th anniversary events, Kayne Pyatt for hosting the event, and Wendy Schuler for giving such an inspiring speech. Thank you also to everyone in the community—seniors, men, women, and children—who supported this event!



“The older I get, the greater power I seem to have to help the world; I am like a snowball - the further I am rolled, the more I gain”

-Susan B. Anthony







MEALS on WHEELS

BENEFITS OF VOLUNTEERING

- Helps you stay active
- Teaches you new skills
- Can be therapeutic
- Teaches empathy
- Helps your community
- Improves social skills
- Teaches you what's important in life
- Helps you make new friends
- Makes positive changes
- Helps you grow as a person

Volunteer to be a Meals on Wheels delivery drivers! For our Evanston office, contact Barb at 789-3553! For our Bridger Valley location, contact Amy at 782-6502



APRIL'S EMPLOYEE OF THE MONTH

Tomi White

Tomi's laugh is as infectious as her work ethic. She truly is a major component of our team and an amazing fountain of knowledge.

Oh WOW! Thanks guys, it's great working with y'all!

-Tomi



New faces at UINTA SENIOR CITIZENS INC



Toni Martin
Director of
Nursing/ RN



Marc Deschamps
Board of
Directors



Jennifer
Woodie
CNA



Rene Horton
Kitchen
Staff

NEED A LIFT?

GIVE US A CALL TO SCHEDULE TRANSPORTATION IN ONE OF OUR BUSES OR VANS



All ages welcome to ride the bus!

Medical appointments only \$1.50 each way for all ages!

PUBLIC TRANSPORTATION

Only \$3.00 each way ages 60+

Under 60 is \$5.00 each way

Rides: 8:00 am to 3:00 pm

Call 789-3553, Evanston

Call 782-6502, Bridger Valley

Buses & Vans are fully equipped for handicap & wheelchairs

Please Note:

Rates for Evanston Citizens are within city limits. Please call for information regarding rates out of our city limits.



PARNELL'S
GLASS & BODYWORKS

201 Bear River Dr. • Evanston, WY 82930
parnellsgmail.com • (307) 789-1002 • Fax (307) 789-4143



AutoFarm 
Castle Rock

Kraig Dearden
Dealer Principal

624 Front Street
Evanston, WY 82930
Ph (307) 789-2681
Fax (307) 789-9607
Cell (801) 710-1873
kraig@autofarmgroup.com

- ◆ Senior Water Exercise:
50 yrs. or better:
Mon., Wed., Fri., 9am

- ◆ Senior Soak 'n Swim:
No charge, 60 or better,
Tues. & Thurs. 11am-1:30pm

Happy Hiker Club: No charge 60 or better. Free use of walking track at the Evanston Recreation Center. Pick up Happy Hiker Club punch card at your Evanston Senior Center

Pickleball for Seniors Play using a special perforated, slower moving ball over a tennis type net on badminton sized court. Rec Center gym. Drop-in activity, 50 yrs. or better. Rec Center pass or admission.

Tri-City Pool Kemmerer Tournament



Singles

1. Larry Shoemaker
2. Mike Kohout
3. Dave St. Priest

Doubles

1. Ken Hysell & Bill Sheppard
2. Phil Mayer & Larry Shoemaker
3. Dave St. Priest & Mitch Mayer



Uinta Senior Center in Evanston will be having a Foot Clinic every second Thursday afternoon after 1:00 and by appointment only.

Call 307-789-3553 to schedule your appointment.



HAPPY BIRTHDAY



Evanston Senior Center
Celebrates April
Birthdays!
2nd Friday of each month!

Thank you to
Silver Eagle Refinery
for sponsoring our
monthly birthday lunches
and helping us serve them
to our
Seniors!

Right to left: Deneane Johnson, Jan Henrikson, and Casey Davis

MAY BIRTHDAYS - EVANSTON SENIOR CENTER

Ron Atteberry
Teresa J. Odell
Francis W. Bettinson
Edward K. Oliver
Bonnie, Cox
Deborah Rackley
Mary Cummings
Jolene Revelli
Bette Dean
Alwyn Sillin
Julie S. Ekness
Lavonda S. Sloan

Roxanne Fleming
Dan Stoudt
Pauline Fountain
Margaret Thomas
Suzanne C. French
Vicki L. Vozakis
Joyce Garcia
Gregory L. Wymer
Ernest L. Gunter
Tim Hamre
Beth Hansen
Sheila S. Hart

David G. Hill
Lee Ann Johnson
Janet Kindler
Suzanne M. Mac Ewan
Carol Massie
Steven L. McCliff
Vivian Montoya
David Moon
Yvonne B. Munsell
Ruby Norris





Bridger Valley
Celebrates
April Birthdays!

2nd Friday of each
month!


Special thanks to
Amy Oehler and
Colette Carver for
providing the
birthday cake!

BIRTHDAY LUNCH
Shayne Gilmore, Mary Hunt, Pat Moon,
Cecil Sandersen, and Jerry Elmlinger



MAY BIRTHDAYS - BRIDGER VALLEY SENIOR CENTER

Glorianna Aragon	Leonard Hysell	Randall Roundy
Sue Arthur	Renee Hysell	June Schmidt
Deanna Behunin	John Jensen	Patrick Smith
David Black	Nancy Kofford	Valynne Stoddard
Donna Cook	Robert Lester	Becky Taggart
Mary Lou Cross	Yvonne Neuenschwander	Howard Taggart
Josie Elcano	Lester Robbins	Eddie Taylor
Thelma Gabriel	Ruth Robbins	John Vercimak
Faye Giles	Karen Roundy	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
5 WEEKEND GRILL 11 AM - 1 PM	6 9 AM – Pool 1 PM – Game Day	7 9 AM – Pool 11:45 AM – Trivia 1 PM - Bingo	8 9 AM – Pool 1 PM – Pinochle 1 PM – Swipe & Gripe	9 9 AM – Wii Bowling 11 AM – Chair Yoga 1 PM – Swipe & Gripe 1 PM – Mexican Train Dominoes 12:15 PM OLD MAID	10 9 AM – Pool 1 PM – Bunco 1 PM – Dominoes 5 PM Bunco Potluck	11 WEEKEND GRILL 11 AM - 1 PM
Cinco de Mayo 12 WEEKEND GRILL 11 AM - 1 PM	Ramadan 13 9 AM – Pool 1 PM – Game Day	14 9 AM – Pool 11:45 AM – Trivia 1 PM – Penny Bingo	15 9 AM – Pool 1 PM – Pinochle 1 PM – Swipe & Gripe	16 9 AM – Wii Bowling 11 AM – Chair Yoga 1 PM – Swipe & Gripe 1 PM – Mexican Train Dominoes 12:15 PM OLD MAID	17 BIRTHDAY LUNCH	18 WEEKEND GRILL 11 AM - 1 PM
Mothers Day 19 WEEKEND GRILL 11 AM - 1 PM	20 9 AM – Pool 1 PM – Game Day	21 9 AM – Pool 11:45 AM – Trivia 1 PM - Bingo	22 9 AM – Pool 1 PM – Pinochle 1 PM – Swipe & Gripe	23 9 AM – Chair Yoga 11 AM – Swipe & Gripe 1 PM – Mexican Train Dominoes 12:15 PM OLD MAID	24 9 AM – Pool 1 PM – Bunco 1 PM – Dominoes	25 WEEKEND GRILL 11 AM - 1 PM
26 WEEKEND GRILL 11 AM - 1 PM	Victoria Day (Canada) 27 CLOSED	28 9 AM – Pool 11:45 AM – Trivia 1 PM - Penny Bingo	29 9 AM – Pool 1 PM – Pinochle 1 PM – Swipe & Gripe	30 9 AM – Wii Bowling 11 AM – Chair Yoga 1 PM – Swipe & Gripe 1 PM – Mexican Train Dominoes 12:15 PM OLD MAID	31 9 AM – Pool 1 PM – Bunco 1 PM – Dominoes	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 2019						
Bridger Valley Senior Center						
	5	6	7	8	9	10
	10:00 Front Porch Travelers 11:00 Walking 1:00 Bingo	9:00 In-House Pool 11:00 Walking 11:30 Trivia 1:00 Bingo	10:00 Foot Rubs 10:30 WII Bowling 10:30 Chair Exer. 1:00 Hand & Foot 1:00 Swipe & Gripe	10:15 Line Dancing 1:00 Hand & Foot 1:00 Swipe & Gripe Pool Tournament @ Home	10:30 WII Bowling 1:00 Bingo	Public Breakfast 8:00 to 9:30
	12	13	14	15	16	17
Cinco de Mayo HAPPY MOTHERS DAY!	10:00 Front Porch Travelers 11:00 Walking 1:00 Bingo	9:00 In-House Pool 11:00 Walking 11:30 Trivia 1:00 Bingo	10:00 Foot Rubs 10:30 WII Bowling 10:30 Chair Exer. 1:00 Hand & Foot 1:00 Swipe & Gripe	10:15 Line Dancing 1:00 Hand & Foot 1:00 Swipe & Gripe Tri-City @ Evanston	10:30 WII Bowling 1:00 Bingo	
	19	20	21	22	23	24
Mother's Day	10:00 Front Porch Travelers 11:00 Walking 1:00 Bingo	9:00 In-House Pool 11:00 Walking 11:30 Trivia 1:00 Bingo	10:00 Foot Rubs 10:30 WII Bowling 10:30 Chair Exer. 1:00 Hand & Foot 1:00 Swipe & Gripe	10:15 Line Dancing 1:00 Hand & Foot 1:00 Swipe & Gripe Pool Tournament @ Rock Springs	10:30 WII Bowling 1:00 Bingo	Armed Forces Day
	26	27	28	29	30	31
	Closed	9:00 In-House Pool 11:00 Walking 11:30 Trivia 1:00 Bingo	10:00 Foot Rubs 10:30 WII Bowling 10:30 Chair Exer. 1:00 Hand & Foot 1:00 Swipe & Gripe	10:15 Line Dancing 1:00 Hand & Foot 1:00 Swipe & Gripe	10:30 WII Bowling 1:00 Bingo	

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2019

April Showers bring May Flowers
 Uinta Senior Center

Weekend Grill 11-1	5	Chicken Tenders Hash Brown Casserole Zucchini, Carrots & Basil Roll Chocolate Chip Cookie	6	Cottage Pie w/ Mushroom Gravy Garden Vegetable Salad Tangy Carrots Roll Chocolate Crème Pie	7	Philly Cheese Steak Sandwich Steak Fries Broccoli Craisin Salad Peas	8	Chicken Enchilada Rice Ranch Beans Lettuce & Tomato Salad Brownie	9	Birthdays Friday Spaghetti & Meatballs Garden Salad Vegetables Garlic Bread Birthday Cake & Ice Cream	10	Weekend Grill 11-1	11	Bacon Cheeseburger Tomato/Pickles Fruit Chips Dessert
Weekend Grill 11-1	12	Cheeseburger Tomato & Pickle Sweet Potato Wedge Garden Bounty Salad Chilled Pineapple	13	Oven Fried Chicken Mashed Potatoes & Gravy Beet Salad Mandarin Oranges German Chocolate Cake	14	Pizza w/ Meat & Veggies Three Bean Salad Garden Salad Bread Pudding	15	Cold Turkey Club Sandwich Potato Salad Chips Mixed Green Salad Watermelon Slice	16	Baked Salmon Rice Pilaf Vegetable Carrot Raisin Salad Pear Apple Crisp	17	Weekend Grill 11-1	18	Patty Melt Tomato/Pickles Fruit Chips Dessert
Weekend Grill 11-1	19	Chicken Fried Steak Mashed Potatoes & Gravy Vegetable Roll Ice Cream Sundae	20	Chicken Caesar Salad Boiled Egg Garlic Toast Harvard Beets Lemon Bar	21	NY Deli Dog w/Smoked Cabbage Oven Brown Parmesan Potatoes Baked Beans Anytime Orange Salad	22	Homemade Lasagna Garden Salad Garlic Toast Green Beans w/ Almonds Coconut Crème Pie	23	Fish & Chips Broccoli & Cauliflower Pineapple Chunks Banana Water Pudding	24	Weekend Grill 11-1	25	Cold Turkey/Avocado Sandwich Fruit Chips Dessert
Weekend Grill 11-1	26	CLOSED	27	BBQ Spare ribs Oven Fried Potatoes Pork -n- Beans Cinnamon Apples Cornbread	28	Chicken Salad Sandwich on Wheat Bread Chips Pasta Salad Vanilla Pudding w/Strawberries & Bananas	29	Beef Stroganoff With Egg Noodles Vegetable Roll Brownie	30	Hamburger Steak With Peppers & Onions Mashed Potatoes & Gravy Vegetable Roll Chilled Pineapple	31			

All Meals served with a Salad and Milk. All Meals a suggested Donation of \$4.00 with a Current AGNES. Meals Subject to Change

Memorial Day

Victoria Day / Canada

May Day

Mothers Day

Ramadan

Armed Forces Day



- 5/5 Cinco de Mayo
- 5/6 National Nurse Day
- 5/12 Mothers day
- 5/13 National Women's Check up Day
- 5/16 National Do Something Good For Your Neighbor Day
- 5/27 Memorial Day
- 5/29 National Senior Health and Fitness Day

The VFW does a monthly breakfast here at the Evanston Senior Center every third Tuesday of the month! They donate meal costs for all Veterans!
Thank you so much for all you do for the Center!



19th Amendment 1919-2019

Evanston Wyoming Celebrates 100 Years

January 25th 7:00pm The Strand

Sagebrush Theatre Presents
One-Act Plays about Women

July 15th 6:30pm The Strand

Film on Margaret Sanger
Sponsored by Public Health

February 19th 6:30pm Library

Library Book Club Poetry Gathering

**August 17th Time-TBA
Bear Ponds**

Uinta County Democrats Picnic
Presentation on Wyoming Equality

March-Entire Month Museum

Wyoming Feminist Display

**March 2nd 10:00am
Beeman-Cashin Building**

One Billion Rising Program
Sponsored by Soroptomist

September 5th 12:00pm Museum

Brown Bag Lunch
Speaker Marcia Hensley

**April 20th 2:30pm
Senior Center**

Easter Bonnet Tea Party

October TBA

Luncheon-History of SAFV

**May 6th 6:00pm
Aspen Cinemas**

Soroptomist "Lunafest"

November TBA

State Library Celebration
Women Speakers at The Strand

June 15th 1:00pm
Suffragette Parade on Main

2:00pm The Strand
Film on Alice Paul

December TBA
Celebration Party



Each month during 2019 a special event will take place to recognize women's achievements and their struggle to obtain the right to vote.

The 19th Amendment to the US Constitution was passed by Congress on June 4, 1919 and was ratified on August 18, 1920.

CAREGIVER SUPPORT GROUP

2nd Thursday of each month
in Evanston at 11:30 am at our
Evanston Senior Citizen Center

3rd Thursday of each month at
10:00 am at our BV Senior Center

For more information,
contact:

Pam - Evanston: 307-789-7712
Shellie - BV 307-782-6502

Your peer support group allows
you to express yourself, visit
about problems you may be
having, and learn about even
more resources to help you.

To Care For
Those Who
once Cared
For Us Is one
of The Highest
Honors.



HUGE shout out to Gene Sharp for coming into the Center and playing live music for us all, and to the crew of Silver Eagle Refinery for sponsoring our monthly birthday lunches and serving out seniors! You all add so much happiness to our Center and we appreciate your kindness so very much!

UINTA SENIOR CENTER PRESENTS BRANSON SHOW EXTRAVAGANZA!



Price includes:

- Motor coach transportation
- 8 Nights lodging, including 4 consecutive nights in the Branson area
- 14 Meals (8 breakfasts and 6 dinners)
- Admission to 7 fabulous Branson shows including: THE BLACKWOODS, & DOWNHOME COUNTRY, "SAMSON" (Show at the Sight and Sound Theatre), "MILLION DOLLAR QUARTET" SHOW, & THE DUTTONS SHOW
- SHOWBOAT BRANSON BELLE



Departure: Uinta Senior Center, 330 West 2nd St, Mountain View, WY @8:00 AM



For more information & reservations, contact Shellie Oliva @ (307) 782-6502
*\$75 Due Upon Signing. Price per person, based on double occupancy. Add \$240 for single occupancy. Final payment due: 3/11/2019



UINTA B.O.C.E.S #1

Uinta County School District #1
Western Wyoming Community College
Evanston Campus

HIGHER EDUCATION

TEST PROCTORING

ONLINE EDUCATION

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ELECTRICAL

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**EDUCATING *OUR*
COMMUNITY**

307.789.5742
1013 W. CHEYENNE DRIVE
EVANSTON WYOMING 82930
UINTAEDUCATION.ORG

UINTA SENIOR CITIZENS
1229 Uinta St., Box 728
Evanston WY 82931

MISSION STATEMENT
Providing services that support and help the ability of elderly persons to live more stable,
independent and fulfilling lives in the community.