

UINTA SENIOR CITIZENS &

UINTA HOME HEALTH

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













The Senior Center is hosting BINGO NIGHT EVERY MONDAY NIGHT FROM 7-9 PM

IN NOVEMBER@ KATE'S BAR!

Come on down, play bingo, win prizes, and enjoy the conversations and libations at Kate's on main street!

Prizes range from gift certificate, cash, UW Cowboys tickets, home décor, salon products, and many more great prizes! All donated by those in our amazing community!

All proceeds go to the Senior Center to help enhance the lives of seniors in our community

Special thanks to Angie Fessler and the SAFV staff for creating such & fun and creative fundraise and letting us be part of it!

Inside this issue:

Pie fundraiser

Thank Yous 5

Calendars 12-14 Special Activities 15

Evanston

Senior Center 1229 Uinta St. Evanston, WY 307-789-3553 In Home Services 307-789-7712

Bridger Valley & Kemmerer

BV Senior Center 330 W. 2nd St. Mtn. View, WY 307-782-6502

In Home Services

No. Lincoln County

In Home Services 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.

Silver Eagle Refinery & EVANSTON VOLUNTEERS

Staff

Charlene Stam Joyce Garcia Shirley Campbell

Mary Simm

Ray Simm

Barb Hager

Glenna Richins

Iretta Patrie

LSR

NGL Lupita Echeverria (NGL) Renee Herold, Misty Coombes, Garrett Biebinger



We LOVE our Volunteers!
For Volunteer opportunities please contact_ Aimee Ottley in Evanston 307-789-3553 or via email aottley@uintasenior.org

Dave St. Priest Cindy Wasson **Rocky Mountain Care** Staff Mickenzie Williams Mitch Mayer **Betty Meyer** Susan Frame **Robert Davis** Garnet Etcheverry **Zac Peatross** Jerry Wiggins

Helping you. Live

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

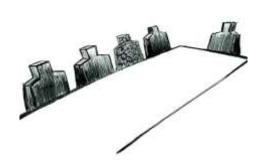
Serving Evanston, Bridger Valley, Kemmerer and No. Lincoln County

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:

November 14th @ 4:00 pm

Where: 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!

<u>Uinta Senior Citizens, Inc. Board of Directors</u>

Casey Davis—Chairperson

Maurene Samuelson

Glenna Calmes—Secretary

Cara McDaniel

Sue Norman—Treasurer

Laurie Bateman

Aimee Ottley— Executive Director



Smith's FOOD & DRUG STORES

Community minded, friendly and helpful staff!

70 Yellow Creek Rd., Evanston 307-789-0532

Awesome Volunteers of Bridger Valley!

Carlene Walker
Joe Reynolds
Hope Reynolds
Lynn Thomas
Jim Thomas
Dave Baer
Pat Moon
Janice Clayton
Shirley Roitz
Kelly Berrier
Nancy Beck
Mark Walker

Sue Toomer
Lynne Elmlinger
Gayle Niemi
Ron Niemi
Randy Wall
Jenny Geldert
Mo ZaaZaa
Sherri Bluemel
Stacia Stacey
Shasta Siler



It's that wonderful time of the year when family and friends celebrate together!

The Uinta Senior Center

help plan your entertaining needs! During the months of November and December, the Senior Center will be selling

- Fresh baked cinnamon rolls with butter cream frosting
 1/2 dozen for \$8.50 or 1 dozen for \$15.00
 (available at the Evanston location only)
 - Delicious homemade pies
 Coconut crème & banana cream pie \$14.00
 Pumpkin & apple pie \$16.00

Contact Cathy Wiggins at our Evanston location at 307-789-3553 Or stop by 1229 Uinta St. Evanston, WY

For our Bridger Valley location, please contact Colette or Amy at 307-782-6502

Or stop by 330 2nd St Mountain View, WY

*NOVEMBER DEADLINE IS THURSDAY THE 15th BY 9 AM.

PIE PICK UP WILL BE WEDNESDAY, NOV 21ST @ NOON

Payment due upon ordering





Thank you so much to the businesses and members of our community who have donated and supported us here at the Senior Center. We wouldn't be where we are or be able to do what we do without the donations and support from our amazing community!

- Dominion Energy
- Wyoming Community Foundation
- Town of Lyman
- Kate's
- Jody's Diner
- Dave and Patsy Madia
- Women's Presbyterian



- · SAFV
- Union Telephone
- Nancy Beck
- Myrna Lupher
- Shirley Roitz
- Benedicts Store

A special thank you to Kate's Bar for hosting our November Bingo Nights, the Town of Lyman for their generous donation of \$6,000, Dominion Energy for their amazing donation of \$15,000 (bottom left), and the team at the Wyoming Community Foundation for their generous donation of \$8,000 (bottom right)!

WE ARE SO VERY THANKFUL!



For volunteering opportunities, please contact
Aimee Ottley in Evanston at 307-789-3553 or via email at
aottley@uintasenior.org



Congratulations

Our Susan Frame won
Employee of the Year at the
UCBLN award

Iuncheon! Thank you so much for all the hard work you do! Keep up the great work!





Susan and Cathy Frame at the UCBLN luncheor

Uinta Senior Citizens Inc.



Congratulations

Tammy Huntington

Says one thing she enjoys about her job is meeting all the people out on her route and those who come to the center.



NEW FACE AT UINTA SENIOR CITIZENS INC.





Natalie Lively
"Willie"
Evanston Kitchen

Shayann Wicks Evanston CNA Auriella Haslett Bridger Valley CNA

We at the Senior Center and Uinta Home Health would like to acknowledge the life and passing of



Belle Lewis
Richard Wentworth
Leslie Wareham



and extend our most heartfelt sympathy to their family and friends.

NEEDALIFT?

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: 8am 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.







- 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

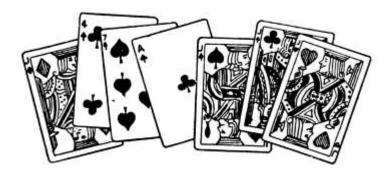
Pickleball for Seniors

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.

October Tri-City Pool Tournament Kemmerer Senior Center



- 1. Jack Warburton
- 2. Breeze Watkins
 - 3. Gerry Golding



Sign up to receive our monthly newsletter emailed, or mailed to you by contacting Amber Minton at aminton@uintasenior.org
Or call
307-789-7712



The Senior Center hosted an 8 table pinochle tournament on the 27th of September.

1st Place: Phyllis Bingham, Ann Lowe 2nd Place: Penny Kern, Rob Kern

3rd Place: Betty Meyer, Ronda Froseth





OCTOBER BIRTHDAY LUNCH:

Niel Christensen, Steven Cowden, Keith Erickson, Ellen Sheets, Paula Hall, Morna Larsen, Donna Rooney, and Charles Hornburger



Bridger Valley Celebrates October Birthdays!

2nd Friday of each month
October 12th, 2018!
Thank you **Ashley Guymon** for the
cake and **Wells Fargo** for the flowers!
Special thanks to **1st Bank, Mtn.View Branch** for providing our birthday
seniors a birthday lunch!

NOVEMBER BIRTHDAYS - BRIDGER VALLEY SENIOR CENTER

Milton Aimone	Delbert Gilley	James	Lee Stoddard
Jerold Atkinson	Gloria Grigg	Maxfield	Louise
Linda Bink	Rickie Hoopes	Verna Oliva	Stringer
Bonnie Byrne	Les Hysell	Owen	Lynne
Anna	Alberta Johnson	Petersen	Thomas
Clemmens	Ginger Lester	Doral Porter	Mark Walker
Sharol Carroll	Mick Arthur	Vivian Reilly	Dan Watston
Roy Collins	Rosemary Livingston	Alta Runkle	
DeWayne	Jesse Mair	Peggy Schell	
Erickson		Don St.Jeor	
Bobbie Fackrell		Jim Sinnett	



OCTOBER BIRTHDAY LUNCH:

left to right, back row: Diana Groneman, Gerald Golding, Kevin Limb, Sammie Weathersby, Jean Vranish

Evanston Senior Center Celebrates October Birthday!

2nd Friday of each month

October 12th, 2018!

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



NOVEMBER BIRTHDAYS - EVANSTON SENIOR CENTER

Kay Asay Ernest Bernall **Antonia Beus** Joanne Bowie **David Bryant** JoAnn Caldwell Roxy Cantu Charles A. Clarida Rose Craven Mildred Day

Karen Deyo **Robert Dorris** Jack Dutson Janet Elmer Ted Elmer Walt Everton Norine Garner Gary Johnson Joyće Karamoko

Mickey Lawrence Linda Lewis Howard Mabry Amy Narramore Janet O'Dell **Thomas Patrick** Connie Petrie Robert Pucci **Doris Ricketts** Sherman Knuteson Judy Schofield

Mike Sealey Bill Sheppard Stan Shields Mary Simm Dave St. Priest Maria Tapia Mariel Timperley Mabel Urness George Vogt **Eunice Warren** Leanne Whitman Penny Workman

Saturday	WEEKEND GRILL 11 am – 1 pm	WEEKEND GRILL 11 am – 1 pm	WEEKEND GRILL 11 am – 1 pm	WEEKEND GRILL 11 am – 1 pm	TRI-CITY POOL TOURNAMENT November 15 th Evanston Start Time: 9:30AM	
	Continental Breakfast 2 7:30 – 9:00 am 9 am – Pool 1 pm - Bunco	8 Continental Breakfast 9 9 am - Pool with the Po-Po 1 pm - Bunco 5 pm - Bunco Potluck BIRTHDAY LUNCH	Continental Breakfast 16 7:30 – 9:00 am 9 am – Pool 1 pm - Bunco	23 CLOSED FOR THANKSGIVING HOLIDAY	Continental Breakfast 28 Continental Breakfast 29 7:30 – 9:00 am 9 am – Wii Bowling 1 pm – Pinochle 1 pm – Swipe & 1 pm – Mexican Train Gripe Continental Breakfast 30 7:30 – 9:00 am 9 am – Wii Bowling 9 am – Pool 1 am – Chair Yoga 1 pm - Bunco 1 pm – Swipe & Gripe 1 pm – Mexican Train 8 Regular Dominoes	ne Seven Dwarfs ***
	Continental Breakfast 17:30 – 9:00 am 9 am – Wii Bowling 11 am – Chair Yoga 1 pm – Swipe & Gripe 1 pm – Mexican Train & Regular Dominoes	Continental Breakfast 8 7:30 – 9:00 am 9 am – Wii Bowling 11 am – Chair Yoga 1 pm – Swipe & Gripe 1 pm – Mexican Train & Regular Dominoes	Continental Breakfast 15 7:30 – 9:00 am 9 am – Wii Bowling 11 am – Chair Yoga 1 pm – Swipe & Gripe 1 pm – Mexican Train & Regular Dominoes TRI-CITY POOL TOURNAMENT	CLOSED 22 WHaPP/WITTPAINSON TO THE PAIN TH	Continental Breakfast 29 7:30 – 9:00 am 9 am – Wii Bowling 11 am – Chair Yoga 1 pm – Swipe & Gripe 1 pm – Mexican Train & Regular Dominoes	ppy, Snow White and t
Wednesday	18 ctivities	G Continental Breakfast 7 7:30 – 9:00 am 9 am – Pool 1 pm – Pinochle 1 pm – Swipe & Gripe	Continental Breakfast 14 Continental Breakfast 15 Continental Breakfast 16 7:30 – 9:00 am 9 am – Wii Bowling 1 pm – Wii Bowling 1 pm – Swipe & Gripe 1 pm – Mexican Train & Regular Dominoes TRI-CITY POOL TOURNAMENT	Continental Breakfast 21 7:30 – 9:00 am 9 am – Pool No Games Today		D TO BE YOUNG!" - Happy, Snow White and the Seven Dwarfs ***
Tuesday	<i>let</i> 2018 Center Activ	Continental Breakfast 7:30 – 9:00 am 9 am – Pool 9 am – Ceramics 11:45 am – Trivia 1 pm - Bingo	HONORING 11 Continental Breakfast13 LL WHO HAVE 7:30 – 9:00 am 7:30 – 9:00 am SERVED 9 am – Pool 9 am – Ceramics 11 am – Chair Yoga 9 am – Ceramics 11:45 am – Trivia 1 pm – Penny Bingo	Continental Breakfast Cont	Continental Breakfast 26 Continental Breakfast 27 7:30 – 9:00 am 9 am – Pool 11 am – Chair Yoga 11:45 am – Trivia 1 pm – Penny Bingo	VER TOO OLD TO
Monday	Movember 20 Evanston Senior Center A	akfast 0 am iir Yog	NOR/NG 11 Continental Breakfast12 WHO HAVE 7:30 – 9:00 am 9 am – Pool 11 am – Chair Yoga	Continental Breakfast 19 7:30 – 9:00 am 9 am – Pool 11 am – Chair Yoga	Continental Breakfast Continental Breakfas 7:30 – 9:00 am 9 am – Pool 9 am – Chair Yoga 9 am – Ceramics 11 am – Chair Yoga 11:45 am – Trivia 1 pm – Penny Bir	*** "YOU'RE NEVER TOO OL
Sunday	Eva Lucient	WEEKEND GRILL 7:30 – 9:0 11 am – 1 pm 11 am – Cha	HONORING 11 ALL WHO HAVE SERVED	18 Continental Bre WEEKEND GRILL 9 am – 9:0 11 am – 1 pm 11 am – Cha	25 WEEKEND GRILL 11 am – 1 pm	

- 100 00 00						
		Fruity Cherry Gelatin	Z			Dessert
位所	Cantaloupe Chunks	Roll	Vegetable	Rocky Road Fudding	Vegetable	Chips
Juin our life	Coleslaw	Egg Noodies	sserole	Baked Beans	Gravy	to, Pickles
Things happening	Baked Potato	W / Mushrooms	Chicken	Macaroni Salad	Mashed Potatoes &	SANDWICH
the many Positive	Fish	Stroganoff	Parmesan	Sandwich	Sandwich	BLT
month to remind us	Baked Breaded	Hamburger	Oven Fried	BBQ Beef	Hot Turkey	11-1
51 (0)	30	29	28	27	26	Weekend Grill 25
Fruit		Thanksgiving Day (US)	Roll & Cranberry Sauce			Dessert
Tomato, Pickles			Steamed Broccoli & Cauliflower			Chips
SANDWICH			Stuffing	Pumpkin Cookie	Sweet Folato Wedges	Tomato, Pickles
BLT			Roast Turkey Mashed Potatoes & Grave	Steak Fries	Garden Bounty Salad	W/SAUERKRAUT
			Day Dinner	w/Au Jus	w/pickle & tomato	HOT DOG
11-1			Thanksgiving	French Dip	Cheeseburger	11-1
23 Weekend Grill		22	Traditional 21	20	19	Weekend Grill 18
Dessert			Lemon Bar	Pudding	Chip Cookie	Veterans Day (US) Remembrance Day (Canada)
T C Lit			Applesauce	Banana Wafer	Chocolate	Eruit & Dessert
Chins		Chocolate Crème Pie		Cornbread	Spring Blend Veggies	Chins
W/UACEXXXACE	Jell-O	Fresh Grapes		Vegetable	Potatoes	TAII MELI
	Glazed Carrots	Carrots and a Biscuit	Mashed Potatoes	Au Gratin Potatoes	Roasted Rosemary	DATTY MEI T
EOT	Colesiaw	Dotatoes Deas &		Steak	Monterey	
VVECKETO GIII		Chicken Bot Bio	Dorly Cham/	Chiickwagon	Chicken	VVEEKEIIQ GIIII II
n Wookond Or:		36	44	43	7.5	
Dessert	Cake & Ice cream				Peaches	Davlight Saving Time Ends
Fruit	Roll	Pears	risp	Peanut Butter Cookie	Tossed Green Salad	Fruit & Dessert
Chins	Cauliflower	Pacific Blend Veggies		Corn	Garden Vegetables	Chins
PATTY MELT	Steamed Broccoli &	Baked Parmesan	Country Blend	French Fries	Mashed Potatoes	
	Mashed Potatoes &	Chicken	Gravy	Topped with Onion &	Steak	Mushroom Swiss
11-1	Roast Pork	Oven Fried	Salisbury Steak	Chili Burger	Chicken Fried	11-1
Weekend Gri	*BIRTHDAY FRIDAY9 Weekend Grill	8	7		5	Weekend Grill 4
Pruit Dessert	:	NOII	1111			多家
Chips	Roll	Chilled Pineapple				機制
Tomato, Pickles	Pistachio Cream	Italian Vegetables	The state of the s	.)	IIINTA SENI	No.
Rurger	Tangy Carrots	Rice Pilat	***	70007, 2018		46
11-1	Baked Salmon	Italian Breaded				(f.)
2 Weekend Grill		1				
Saturday	Friday	Thursday	Wednesday	Tuesday	Monday	Sunday

1:00 Swipe & Gripe 1:00 Swipe & Gripe View, Wy 82939 (307)782-6502
Street Mountain View, Wy
Center 330 2nd
Bridger Valley Senior

Special activities/ events in November



11/5 Bingo at Kate's bar

11/9 Pool with the Po-po (Evanston Senior Center)

11/11 Veteran's Day

11/12 Bingo at Kate's bar

11/15 Tri-city pool tournament (Evanston Senior Center)

11/17 Santa's workshop at the Round House

11/19 Bingo at Kate's bar

11/22 Thanksgiving

11/26 Bingo at Kate's bar

The Senior Center took part in the

Evanston High School Homecoming Parade!

The parade was Disney themed and there were so many amazing floats! It was amazing to see the whole community celebrating together, and the seniors had such a great time dressing up and participating!





UINTA SENIOR CENTER PRESENTS BRANSON SHOW EXTRAVAGANZA!

ROAD

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, & DOWN-HOME COUNTRY, "SAMSON" (Show at the Sight and Sound Theatre), "MILLION DOLLAR QUARTET" SHOW, & THE DUTTONS SHOW
- SHOWBOAT BRANSON BELLE

\$850*
9 DAYS 8 NIGHTS
(SAT-SUN)
MAY 18-26, 2019

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

CAREGIVER SUPPORT GROUP

2nd Thursday of each month in Evanston Thursday, September 13th 11:30 am Uinta Senior Citizen Center 1229 Uinta St. Evanston, WY Downstairs. Lunch available

3rd Thursday of each month in Bridger Valley Thursday, September 20th 10:30 am Lyman ADC 216 W. Sage St.-Lyman, WY

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.

For more information:

Pam - Evanston: 307-789-7712 Natasha - Mtn. View: 307-782-6502





We are excited to announce that Samantha Hartman, Owner/ artist of Small Town Makers

Will be teaching craft classes here at the Senior Center!
Starting in December, Small Town
Makers will be hosting a craft class on the 2nd Monday of every month at 1:00 p.m. Sign up is due a week prior to the classes in order to ensure enough supplies are purchased.

Can't wait to see you there!





CERAMICS AT THE SENIOR CENTER EVERY TUESDAY FROM 9-11AM

\$1.00 Suggested donation for seniors



Thanksgiving Day

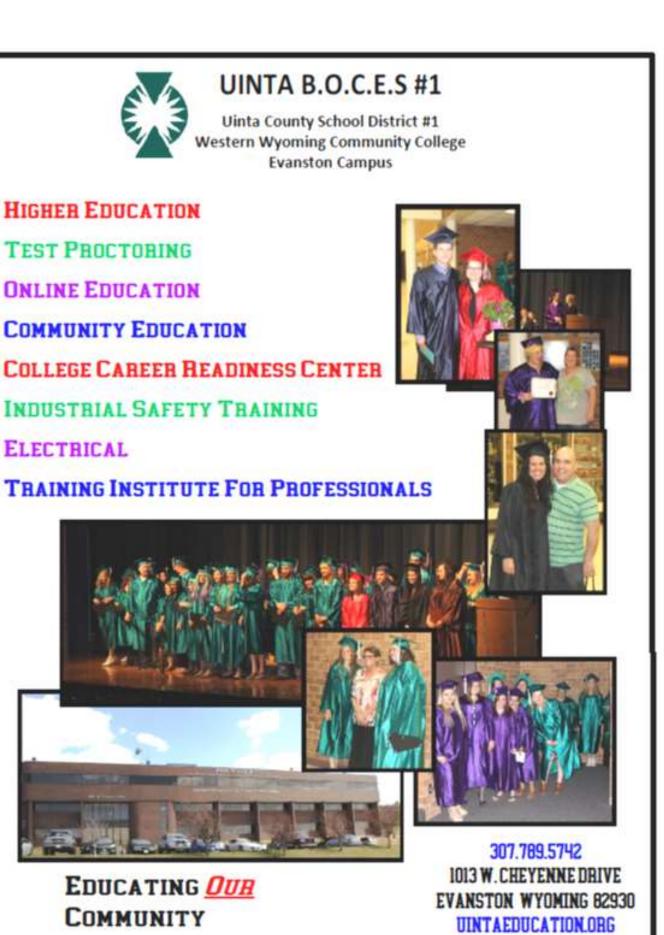
Fourth Thursday of November

L	L	Α	F	Α	Т	С	W	Т	M	С	R	N	Н	Р	V
R	I	E	Y	С	U	N	G	А	0	Ε	E	S	S	U	Х
P	0	Т	A	Ι	R	U	Ι	L	W	W	Ι	N	N	M	z
I	0	S	D	R	K	Z	0	0	W	D	A	Н	Н	Р	J
L	Α	N	Ι	Ε	Ε	N	L	0	N	Т	Т	Α	Н	K	Y
G	F	Α	L	M	Υ	F	R	Α	Ι	U	R	S	E	Ι	L
R	R	Ι	0	Α	Y	L	T	R	0	V	A	0	Н	N	I
I	Ε	D	Н	Α	D	S	U	M	Ε	U	N	L	Ι	Р	М
M	Ε	N	M	S	S	Р	Y	S	Q	Α	A	M	G	Ι	Α
s	D	Ι	Р	Ε	Ε	L	T	S	С	E	M	0	В	Ε	F
M	0	N	L	L	Р	Α	Ι	Р	0	С	U	N	R	0	С
E	M	Ι	G	N	Ι	V	Ι	G	S	K	N	Α	Н	Т	Q
E	M	S	Н	R	Ε	В	M	Ε	V	0	N	Y	Α	M	S
A	D	N	A	L	G	N	Ε	M	D	N	С	D	F	W	E
R	W	V	Ε	D	U	Т	Ι	Т	A	R	G	Т	Υ	K	Ε
R	Ε	G	N	Ι	F	F	U	Т	S	Р	Т	S	Α	Ε	F

AMERICA
CANOE
COLONY
CORNUCOPIA
ENGLAND
FALL
FAMILY
FEAST
FREEDOM

GRATITUDE HARVEST HOLIDAY INDIANS MAIZE MAYFLOWER MILES STANDISH NEWWORLD NOVEMBER PILGRIMS
PLYMOUTH
PUMPKIN PIE
PURITANS
SQUASH
STUFFING
THANKSGIVING
TURKEY
YAMS





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.