#SPOTTHESUBARU CHALLENGE!

If you see our Meals on Wheels Subaru delivering meals around town, take a picture and send it to our Facebook! Each month we will select a photo to advertise to our social media pages and newsletter!

See the Subaru around town? Snap a pic or selfie with it using the hashtag #SPOTTHESUBARU and submit it for a chance to be selected!

We LOVE the support we get from our community and we are SO grateful to have the awesome donated Subaru to continue to deliver hot and fresh meals! Thank you all for your support!

-Your friends at Uinta Senior Center and Home Health :)

*Submit your #Subaru pics to either our Facebook or email them directly to Aminton@Uintasenior.org #SPOTTHESUBARU

Inside this issue:

- **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.
Evanston Volunteers

Silver Eagle Refinery & Staff
Charlene Stam
Joyce Garcia
Shirley Campbell
Mary Simm
Ray Simm
Barb Hager
Glenna Richins
Iretta Patrie
LSR
Lupita Echeverria (NGL)
Renee Herold (NGL)
Misty Coombes (NGL)
Garrett Biebinger (NGL)
Rocky Mountain Care Staff

Dave St. Priest
Cindy Wasson
Mckenzie Williams
Mitch Mayer
Betty Meyer
Susan Frame
Robert Davis
Garnet Etcheverry
Marriane Ayres
Zac Peatross

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

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 Citizens Inc.

**Next Board of Directors Meeting:**

**October 10th @ 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!**

**Uinta Senior Citizens, Inc. Board of Directors**

Casey Davis—Chairperson
Glenna Calmes—Secretary
Sue Norman—Treasurer
Aimee Ottley—Executive Director

**Awesome Volunteers of Bridger Valley!**

Carlene Walker
Joe Reynolds
Hope Reynolds
Lynn Thomas
Jim Thomas
Dave Baer
Odena Bluemel
Pat Moon
Janice Clayton
Kari Short
Shirley Roitz
Kelly Berrier

Nancy Beck
Hope Benedict
Mark Walker
Sue Toomer
Lynne Elmlinger
Gayle Niemi
Ron Niemi
Randy Wall

Smith’s

**F O O D & D R U G S T O R E S**

Community minded, friendly and helpful staff!

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

Uinta Senior Citizens Inc.

**SHARE YOUR IDEAS & THOUGHTS WITH OUR INCREDIBLE BOARD MEMBERS!**
On behalf of Uinta Senior Citizens I would like to extend a gracious thank you to all who attended our open house on Thursday, September 6th. We are pleased with the turnout from patrons, local agencies, and government officials... Uinta Senior Citizens has so much to offer those in need and the opportunity to share these programs is vital!

I would also like to thank the staff for assisting in the preparations of the Open House, your dedication to our purpose and goals is duly noted... You are all Rock Stars!

My new mantra: Onward and Upward

With utmost pride and gratitude

-Aimee Ottley
Executive Director
Uinta Senior Citizens
Thank you so much to the incredible volunteers, individuals, and businesses who donate their time and services to the Senior Center! We wouldn’t be where we are without the love and support of our amazing community!

**SHOUT OUT**

- Badland Bandits Poker Run—$2,000
- Ty Perry - Friday morning donuts for seniors
- BVEA—Upgrading our Bridger Valley Daycare
- Dominion Energy—$15,000
- EHS Soccer team—Loading our U-Haul After our yard sale
- 1st Bank—Flower bouquet
- Barb McLaw—Misc. activities supplies
- Jody’s Diner—Food/relish tray
- Gary Muller—Meat
- Cazin’s—Paint
- Raun Ward—Painting the activity center

For volunteering opportunities, please contact Aimee Ottley in Evanston at 307-789-3553 or via email at aottley@uintasenior.org
We at the Senior Center and Uinta Home Health would like to acknowledge the life and passing of the following:

* Ronda Lamb
* Norma Cook
* Dodie Horton
* Kaye Robirds
* Nan McCurdy

All have left a great impact on our hearts and lives and we extend our most heartfelt sympathy to friends and families of those who have recently passed.

Uinta Senior Citizens Inc.
September Employee of the Month

Congratulations to

Shellie Oliva

September Employee of the Month.

“I have enjoyed being here with the Seniors and being able to set up more and more trips and different things for the Seniors to do. Plus listening to the stories the Seniors have to offer and getting to know them.”
NEW FACE AT UINTA SENIOR CITIZENS INC.

Deanne Bradfield
RN.

Kathy Haggarty
Transportation

Cara McDaniell
Board Member

Laurie Bateman
Board Member
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

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

Buses & Vans are fully equipped for handicap & wheelchairs
September Tri-City Pool Tournament
Bridger Valley Senior Center

First Place: Breezy
Second Place: Jack
Third Place: Tom

Bus passes and meal cards are on sale this month!

Was $90
Now $75

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

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.

Bus passes and meal cards are on sale this month!

Was $90
Now $75

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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
SEPTEMBER BIRTHDAY LUNCH:
Left to Right: Marvin Hamilton, Larry Gaylord, Nita Bond, Kelly Hughes, Carol Davis, and Gale Smith

Bridger Valley Celebrates September Birthday!
2nd Friday of each month
August 10th, 2018!

Thank you Amy Oehler and Colette Carver for the birthday goodies and The Bokay for the flowers!
Special thanks to 1st Bank, Mtn. View Branch for providing our birthday seniors a birthday lunch!

OCTOBER BIRTHDAYS - BRIDGER VALLEY SENIOR CENTER
Patsy Bird                Keith Erickson            Mary Hysell            Ronald Rasmussen
Rodney Bluemel            Donald Fader              Terry Huntington        Donna Rooney
Claye Brown               Darlene Eyre              Jerry Huntington        Jerry Rooney
Niel Christensen          Gary Gaylord              Jeannette Ivey          Jerry Schell
Deon Condos               Cathryn Green             Larry Jackson           Brenda Roskie
Steven Cowden             Paula Hall                Jane Jaggi              Ellen Sheets
John Despain              Lola Hamilton             Morna Larsen            Darell Smith
Joseph Dolence            Charles Hornberger         Susan Porter            Edward Stevens
                                                        Patricia Watson          Marilee Wilde
Evanston Senior Center Celebrates August Birthdays!
2nd Friday of each month
August 10th
Thank you to Silver Eagle Refinery for sponsoring our monthly birthday lunches and helping us serve them to our Seniors!

SEPTEMBER BIRTHDAY LUNCH:
I to r., back row: Gary Roper, Clarence Vranish, Troy Coltharp, Joe Dean
I to r., front row: Iretta Patrie, Robert Gilmore, William Stonebraker, Vern Butler, and Steve Aaron

OCTOBER BIRTHDAYS - EVANSTON SENIOR CENTER
Rose Avery  Steven Cluf  Gaylen Koyle  Evelyne South
David Bassett  Eddie Coe  Stella Leckie  Bruce Vaughn
Luana Bennington  Sue Decker  Beryl Lester  Clara Vranish
Shiela Brady  Cathy Frame  Kevin Limb  Shirley Walker
John Broghy  Jerry Golding  Thomas Lindsay  Peggy Watson
Joseph Burton  Scott Greer  Sandra Najjar  Sammie Weathersby
Maxine Bye  Diana Groneman  Veronica Shupe  Janice Welch
Ed Close  Vernold Hunt  Alan Smith
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td><strong>When Porches fill with little feet...</strong>&lt;br&gt;<strong>It's time to call out</strong>&lt;br&gt;<strong>Trick or Treat</strong></td>
<td>Cheeseburger&lt;br&gt;Sweet Potato Wedges&lt;br&gt;Garden Bounty Salad&lt;br&gt;Chilled Peaches&lt;br&gt;Chocolate chip cookie</td>
<td>Chicken &amp; Herbed Fettuccine&lt;br&gt;KFC Coleslaw&lt;br&gt;Mixed Vegetables&lt;br&gt;Roll &amp; Coconut Crème Pie</td>
<td>Porcupine Meatballs&lt;br&gt;Au Gratin Potatoes&lt;br&gt;Green Beans&lt;br&gt;Roll&lt;br&gt;Apple Crisp</td>
<td>Bratwurst on a Roll&lt;br&gt;w/Sauerkraut&lt;br&gt;Potato Casserole&lt;br&gt;Veggie&lt;br&gt;Rocky Road Pudding</td>
<td>Potato Crusted Cod&lt;br&gt;Rice Pilaf&lt;br&gt;Carrots&lt;br&gt;Banana Bread&lt;br&gt;Chilled Pineapple</td>
<td>Weekend Grill&lt;br&gt;11-2&lt;br&gt;BLT Sandwich&lt;br&gt;Pickles&lt;br&gt;Chips&lt;br&gt;Fruit&lt;br&gt;Dessert</td>
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<tr>
<td>Weekend Grill&lt;br&gt;11-2&lt;br&gt;BBQ Bacon Burger&lt;br&gt;Tomato, Pickles&lt;br&gt;Chips&lt;br&gt;Fruit&lt;br&gt;Dessert</td>
<td>Oven Fried Chicken&lt;br&gt;Mashed Potatoes&lt;br&gt;Gravy&lt;br&gt;Vegetables, Roll&lt;br&gt;Mandarin Oranges&lt;br&gt;Oatmeal Cookie</td>
<td>Beef Stroganoff&lt;br&gt;Egg Noodles&lt;br&gt;Vegetables&lt;br&gt;Roll&lt;br&gt;Vanilla Wafer Pudding</td>
<td>Ground Beef Enchiladas&lt;br&gt;Fiesta Rice&lt;br&gt;Refried Beans&lt;br&gt;Roll&lt;br&gt;Brownie</td>
<td>Baked Liver &amp; Onions&lt;br&gt;Vegetable&lt;br&gt;Baked Potato&lt;br&gt;Roll&lt;br&gt;Peaches n Cream</td>
<td>BIRTHDAY FRIDAY!!!!!&lt;br&gt;Roast Beef&lt;br&gt;Mashed Potatoes&lt;br&gt;Gravy&lt;br&gt;Vegetable&lt;br&gt;Broccoli Craisin Salad&lt;br&gt;Cake &amp; Ice Cream</td>
<td>Weekend Grill&lt;br&gt;11-2&lt;br&gt;BBQ Bacon Burger&lt;br&gt;Tomato, Pickles&lt;br&gt;Chips&lt;br&gt;Fruit&lt;br&gt;Dessert</td>
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<tr>
<td>Weekend Grill&lt;br&gt;11-2&lt;br&gt;Taco Salad&lt;br&gt;Tomato&lt;br&gt;Chips&lt;br&gt;Fruit&lt;br&gt;Dessert</td>
<td>Spaghetti w/ Meat Sauce&lt;br&gt;Vegetable&lt;br&gt;Garlic Bread&lt;br&gt;Chilled Pineapple&lt;br&gt;Tidbits</td>
<td>Meatloaf Gravy&lt;br&gt;Baked Potato&lt;br&gt;Vegetable&lt;br&gt;Roll&lt;br&gt;Pineapple Upside Down Cake</td>
<td>Ham &amp; Macaroni Bake&lt;br&gt;Corn&lt;br&gt;Tossed Green Salad&lt;br&gt;Roll&lt;br&gt;Peach Crisp</td>
<td>Ground Beef Tacos&lt;br&gt;Salsa, Onions &amp; Tomatoes&lt;br&gt;Spanish Rice&lt;br&gt;Cabbage Slaw&lt;br&gt;Strawberry Jell-O</td>
<td>Fish-n-Chips&lt;br&gt;Balsamic Glazed&lt;br&gt;Green Beans&lt;br&gt;Coleslaw&lt;br&gt;Devil's Food Cake</td>
<td>Weekend Grill&lt;br&gt;11-2&lt;br&gt;Taco Salad&lt;br&gt;Tomato&lt;br&gt;Chips&lt;br&gt;Fruit&lt;br&gt;Dessert</td>
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<td>Weekend Grill&lt;br&gt;11-2&lt;br&gt;Guacamole Burger&lt;br&gt;Tomato, Pickles&lt;br&gt;Chips&lt;br&gt;Fruit&lt;br&gt;Dessert</td>
<td>White Bean Chicken Chili&lt;br&gt;Topped w/ Cheese&lt;br&gt;Garden Bounty Salad&lt;br&gt;Cinnamon Roll&lt;br&gt;Fruit Cocktail</td>
<td>Pizza w/ Meat &amp; Vegetables&lt;br&gt;Caesar Salad&lt;br&gt;Anytime Orange Salad</td>
<td>Cottage Pie&lt;br&gt;Mushroom Gravy&lt;br&gt;Vegetable&lt;br&gt;Roll&lt;br&gt;Brownie w/ Ice cream</td>
<td>BBQ Chicken&lt;br&gt;Tossed Green Salad&lt;br&gt;Vegetable&lt;br&gt;Roll&lt;br&gt;Jell-O</td>
<td>Lemon Cod&lt;br&gt;Confetti Cole Slaw&lt;br&gt;Roasted Red Potatoes&lt;br&gt;Mixed Vegetable&lt;br&gt;Strawberry Shortcake</td>
<td>Weekend Grill&lt;br&gt;11-2&lt;br&gt;Guacamole Burger&lt;br&gt;Tomato, Pickles&lt;br&gt;Chips&lt;br&gt;Fruit&lt;br&gt;Dessert</td>
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All Meals served w/ Milk and Salad…. Menu is subject to change… $3.00 Suggested Donation with a current AGNES
<table>
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<tr>
<th>Sunday</th>
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<tbody>
<tr>
<td>10:00 Front Porch</td>
<td>5:00 In-House Pool</td>
<td>Travelers Walking</td>
<td>10:30 Foot Rubs</td>
<td>10:30 Wii Bowling</td>
<td>10:30 Wii Bowling</td>
<td>1:00 Bingo</td>
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<tr>
<td>11:00 Trivia</td>
<td>8:00 In-House Pool</td>
<td>11:00 Walking</td>
<td>10:00 Foot Rubs</td>
<td>10:00 Wii Bowling</td>
<td>1:00 Hand &amp; Foot Dinner</td>
<td>Pool Tournament @ Green River</td>
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<tr>
<td>1:00 Penny Bingo</td>
<td>Jenny Geldert</td>
<td>11:30 Walking</td>
<td>10:00 Foot Rubs</td>
<td>10:30 Wii Bowling</td>
<td>1:00 Hand &amp; Foot</td>
<td>1:00 Bingo</td>
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<tr>
<td>1:00 Bingo</td>
<td>Family Fun Time</td>
<td>11:30 Walking</td>
<td>10:30 Chair Exer.</td>
<td>1:00 Hand &amp; Foot</td>
<td><strong>Note:</strong> Mixed Doubles Toe Pickleball</td>
<td><strong>Note:</strong> Mixed Doubles Toe Pickleball</td>
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<td>7</td>
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<td>14</td>
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<td>10:15 Line Dance @ Home</td>
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<td>10:30 Wii Bowling</td>
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<td>1:00 Bingo</td>
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**Note:** All events are subject to change. Please check the senior center’s website or call for the most up-to-date information.

**Bridger Valley Senior Center**

3302 2nd Street
Meadow View, WY 82525
(307) 82-5522
A HUGE thank you to our amazing friends at **Bridger Valley Electric Association**!

If it wasn't for these amazing generous good hearted people our facility wouldn't be the same. We just can’t thank BVEA and their team and families enough for their time and generosity. Time and time again they have come through for us here at Uinta Senior Citizens Inc. in the Bridger Valley.

Bobby, Jennifer, and Britney Larson  
Trip Applequist,  
Dale Madsen,  
Dallas, Joni, Mackenzie, Gavin, and Avery Sill,  
Quint Ricketts,  
Travis Condos,  
Justin and Addelyn Sweep,  
Jeremy Tysver,  
Eldon McCreath,  
Rick and Bobbie Maxfield,  
Ruth Rees,  
Val, Janet, Nicole, Austin, and Devin Crook,  
Randy and Slade Mair.
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, AYO—VOICES OF GLORY, & DOWNHOME 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

IS IT TIME TO SCHEDULE YOUR MAMMOGRAM?

GETTING A MAMMOGRAM TAKES LESS TIME THAN EVER BEFORE,
NEW DESIGNS MAKE THEM LESS PAINFUL AND MOST INSURANCE PLANS WILL COVER THEM.

CALL 307-783-8196 TO SCHEDULE YOUR SCREENING MAMMOGRAM TODAY

Ambulance Fraud

- Falsifying documentation to provide the appearance of medical necessity, when medical necessity did not exist
- Billing for more miles than traveled for transport
- Billing nonemergency trips as emergency trips
- Billing the beneficiary instead of Medicare, even if the provider participates in Medicare and the trip met Medicare’s coverage criteria
A few fun dates for October

10/5 National Do Something Nice Day: Do something sweet to put a smile on someone else’s face
10/7 National Inner Beauty Day: Beauty comes from within! Embrace it!
10/13 “I love yarn day”: Make something cozy to keep you warm this fall!
10/28 National Chocolate Day: Indulge yourself with a treat!
10/31 Happy Halloween!

HALLOWEEN FACTS

The first Jack O’Lanterns were actually made from turnips.

Halloween is thought to have originated around 4000 B.C., which means Halloween has been around for over 6,000 years.

What do you get if you divide the circumference of a jack-o’-lantern by its diameter? Pumpkin π.
Higher Education
Test Proctoring
Online Education
Community Education
College Career Readiness Center
Industrial Safety Training
Electrical
Training Institute For Professionals

Educating Our Community

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

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

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