

UINTA SENIOR CITIZENS &

UINTA HOME HEALTH

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

Merry Meals On Wheels!

Our AMAZING friends at City Drug are once again sponsoring the Uinta Senior Center's Meals on Wheels program in their Christmas tree fundraiser!

Bring Christmas ornaments to City Drug and place them on the Christmas tree in the window. After the holiday, they will count all of the beautiful contributions and donate \$1 for every ornament that was donated!

All proceeds go to Uinta County's Meals on Wheels program, which delivers hundreds of meals a week to those in our community. Many of those meals are delivered in our rad Subaru, which we were so lucky to win in their Meals on Wheels contest! So head on over to City Drug, buy one of their delicious ice cream cones, and



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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 & 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

EVANSTON VOLUNTEERS



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

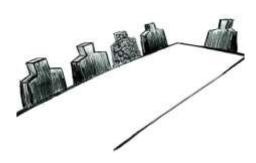
Serving Evanston, Bridger Valley, Kemmerer and No. Lincoln County

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:

Tuesday, December 18th @ 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

Maurene Samuelson

Glenna Calmes—Secretary

Cara McDaniel

Sue Norman—Treasurer

Laurie Bateman

Aimee Ottley— Executive Director





Community minded, friendly and helpful staff!

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

BRIDGER VALLEY VOLUNTEERS

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

Jose Elcane
Mark Walker
Sue Toomer
Lynne Elmlinger
Gayle Niemi
Ron Niemi
Tom Dean
Randy Wall
Jenny Geldert
Moe ZaaZaa
Sherri Bluemel
Stacia Stacey
Shasta Siler



Instead of writing you a letter of what we want for Christmas, we wanted to write you a THANK YOU letter for all the gifts we have received all year long, those gifts being our *AMAZING* volunteers!

These "little helpers" have been SO important to us here at the Center!

They have been so essential in delivering hundreds of meals a week, helping with fundraisers, and adding joy to the lives of our seniors:)

So here's a big THANK YOU to all the volunteers who lend a helping hand and make a difference for seniors in our community!

Xoxo-Uinta Senior Center



Here are a just a few of our many amazing volunteers!

Top row from left to right: Joyce & Patricia Garcia, Ariel & Glenna Calmes, April, Benjamin, & Noah, and Moe ZaaZaa, Sherri Bluemel, Stacia Stacey, & Shasta Siler from Wells Fargo!

Bottom: Maryl Thompson, Tylie, and Mickenzie ""Danger Noodle" Williams





The Uinta Senior Center is reaching out to members of our community and asking for your help!

We provide many meals to people each day... meals that people would go without if we were not able to provide them. The number of meals prepared and delivered each day constantly increases and it is getting much more difficult to get all these meals delivered to those who desperately need them.

Currently there are approximately 4-5 businesses that send their employees to our Center to assist with the delivery of meals out to our community. They usually send one employee a week who arrives at 10:30 a.m. to pick up the meals, and most are done delivering in 1-1 1/2 hours. We are incredibly grateful for the help we receive, but as meal counts are increasing, we need more help!

If other businesses would like to join in and send us one of their employees to help with our Meals on Wheels project, we can continue to see that members of our community can continue to have hot meals delivered to their homes daily. By sparing one employee a week, you can help put smiles on hundreds of people each time! Any help we can get is so greatly appreciated!

If you would like to help our program, please give us a call at (307) 789-3553 to make arrangements. Deliveries are made Monday through Friday. When you call, please ask for Barb. She can assist you with finding a day that works best for you and your company!

Thank you for your time and we hope to see you soon!

-Uinta Senior Center



Thank you SO much to everyone who donated & participated in our November Monday Night Bingo Fundraiser down at Kate's bar! Everyone had such a great time playing bingo & winning such amazing prizes! All donations, gifts, & contributions were provided by businesses and members of our community. After wrapping up four Monday nights of fun, the Senior Center raised a whopping \$1,720! Thank you again to everyone who helped out & had fun!

HUGE THANK YOU to the following people & businesses for donating & participating in our fundraiser! Without you none of this would have been possible!

Kate's Bar 7K Fit The Beauty Bar Ana's on Main iSolveU Bon Rico Aspen Cinemas That Quilting Place **Suds Brothers**

SAFV

Main Street Promotions

Home Décor Ivory & Iron

Dave & Patsy Madia **Emily Johnson**

Aimee Ottley

Creighton "Cray Cray" Robinson

Cathy Frame Cathy Wiggins

Angie & Moon Flower Yoga

Amy Kelly Sandra Lowe Winter Jones Christopher Cox Pamela Ward True Reflections Murdoch's Amber Minton Wendy Schuler

Karen & Jamie Bowns

& awesome anonymous donors:)



Uinta Senior Citizens Inc. November Employee of the Month



AMBER MINTON Administrative Assistant

It's me! I won! Whoohoo!

I just love working here so much! **Everyone here is so rad, and I'm so** happy to be on the USC team!

SMALL TOWN MAKERS Presents

Craft day at the senior center!



December 10th kicks off our monthly craft project with Small Town Makers, where we will be making these gorgeous Christmas ornaments!

*Recommended donation of \$5.00 for Senior Center members

When: Monday, December 10th @1:00

Where: Uinta Senior Center

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.

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







A big thank you to St. Paul's Episcopal Church for their wonderful donation of \$200 and the Rednecks 4-H Club for the generously huge check for \$817.95! So appreciated!



BIRTHDAY LUNCH: (From left to right)

Ginger Lester, Mark Walker, and Bonnie Byrne



Bridger Valley Celebrates November 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!

DECEMBER BIRTHDAYS - BRIDGER VALLEY SENIOR CENTER

Mary Aimone Sandra Baer Shirley Barnes Nancy Beck Karl Behunin Dixie Birch Nola Bluemel David Burnside Sandra Burnside Annetta Cantlin



Virginia Chase Vicki Covolo Roy Crawford Sandra Creamer Neta Hamblin Brad Harvey Milton Slagowski Melvin Stevens Ramon Walker Randy Wall





NOVEMBER BIRTHDAY LUNCH:

Back row: Gary Johnson, Bill Sheppard, Mary Simm, Dave St. Priest.

Front row: Mariel Timperley, Linda Lewis, Joyce Coltharp, Connie Petrie.

Sitting: Roxy Cantu

Evanston Senior Center Celebrates November 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!



EVANSTON SENIOR CENTER DECEMBER BIRTHDAYS

Carole Baird
Deborah Bassett
Claris Butler
Shirley Campbell
Ruth Cook
Kathleen Coons
Wilma Cornia
Robert Dennis
Sheila Dick
Jim Douglas
Robert Douglas

Connie Edwards Ronda Forseth Van Fusselman Wilda Garber Carol Holmes Glen Jacobsen Ardela Kemmier Patrick Leckie Marianne Lovato Beverly Madrid Michelle Martin Barb McCaws

Delores McFadden
Jessie Monroe
Cindy Nicholls
Dan Pincock
Joyce Pittman
Bruce Plott
Bill Porter
Donna Porter
Richard Randick
Laura Rice
LaDoice Rosser

Gene Russell
Rebecca Schuman
Douglas Schwede
Shirley Sealey
Patricia Simon
Kathleen Spencer
Peggy Walker
Jeannie Wiley
Robert Wiley
Kris Willis

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	. 20, 2018 AMENT Y	THURSDAY, DECEMBER 20, 2018 TRI-CITY POOL TOURNAMENT BRIDGER VALLEY	THURSD, TRI-CIT B		30 Continental Breakfast31 7:30 – 9:00 am LL 9 am – Pool 11 am – Chair Yoga	30 WEEKEND GRILL 11 am – 1 pm
2.2.5			Kwanzaa Begins	Christmas Day	AT NOON	
WEEKEND GRILL 11 am - 1 pm	Continental Breakfast 28 7:30 – 9:00 am 9 am – Pool 1 pm – Bunco 1 pm - Dominoes	Continental Breakfast 27 7:30 – 9:00 am 9 am – Wii Bowling 11 am – Chair Yoga 1 pm – Swipe & Gripe 1 pm – Mexican Train Dominoes	Continental Breakfast26 Continental Breakfast27 Continental Breakfast28 7:30 - 9:00 am 7:30 - 9:00 am 7:30 - 9:00 am 9 am - Pool 11 am - Chair Yoga 1 pm - Bunco 1 pm - Swipe & Gripe 1 pm - Dominoes Gripe 1 pm - Mexican Train Dominoes	CLOSED FOR SANTA!	9 - 11:30 pm: Pool BREAKFAST FOR LUNCH – 10 AM to NOON! CENTER CLOSES	23 WEEKEND GRILL 11 am – 1 pm
WEEKEND GRILL 11 am – 1 pm	Continental Breakfast 21 7:30 – 9:00 am 9 am – Pool 1 pm – Bunco 1 pm - Dominoes	Continental Breakfast 20 7:30 – 9:00 am 9 am – Wii Bowling 11 am – Chair Yoga 1 pm – Swipe & Gripe 1 pm – Mexican Train Dominoes	16 Continental Breakfast17 Continental Breakfast18 Continental Breakfast19 Continental Breakfast19 Continental Breakfast20 Continental Breakfast21	Continental Breakfast 18 7:30 – 9:00 am 9 am – Pool 9 am – Ceramics 11:45 am – Trivia 1 pm - Bingo	Continental Breakfast 17 7:30 – 9:00 am 9 am – Pool 11 am – Chair Yoga White Elephant Bingo & Potluck	16 WEEKEND GRILL 11 am – 1 pm
WEEKEND GRILL 11 am – 1 pm	Continental Breakfast 14 7:30 – 9:00 am 9 am – Pool 1 pm – Bunco 1 pm – Dominoes 5 pm – Bunco Potluck BIRTHDAY LUNCH	Continental Breakfast 13 7:30 – 9:00 am 9 am – Wii Bowling 11 am – Chair Yoga 1 pm – Swipe & Gripe 1 pm – Mexican Train Dominoes	ental Breakfast 12 80 – 9:00 am – Pool – Pinochle – Swipe &	Continental Breakfast 1 Contin 7:30 – 9:00 am 7:3 9 am – Pool 9 am 9 am – Ceramics 1 pm 11:45 am – Trivia 1 pm 1 pm – Penny Bingo Gripe	Continental Breakfast 10 7:30 – 9:00 am 9 am – Pool 11 am – Chair Yoga	9 WEEKEND GRILL 11 am – 1 pm
WEEKEND GRILL	Continental Breakfast 7 7:30 – 9:00 am 9 am – Pool 1 pm – Bunco	Continental Breakfast 6 7:30 – 9:00 am 9 am – Wii Bowling 11 am – Chair Yoga 1 pm – Swipe & Gripe 1 pm – Mexican Train Dominoes	Continental Breakfast 5 7:30 – 9:00 am 9 am – Pool 1 pm – Pinochle 1 pm – Swipe & Gripe	3 Continental Breakfast 4 7:30 – 9:00 am 9 am – Pool 9 am – Ceramics 11:45 am – Trivia 1 pm - Bingo	2 Continental Breakfast 3 C 7:30 – 9:00 am 9 am – Pool 11 am – Chair Yoga	2 WEEKEND GRILL 11 am – 1 pm
		ities	Evanston Senior Center Activities	ınston Senior	Eva	
WEEKEND GRILL 11 am – 1 pm		w.	December 2018	Decemb	2	
Saturday	Friday	Thursday	Wednesday	Tuesday	Monday	Sunday

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Saturday	Weekend Grill 11-1 BBQ Bacon Burger Tomato & Pickles Chips Fruit Dessert	Weekend Grill	11-1 Philly Steak Sandwic Tomato & Pickles Chips Fruit Dessert	14 Weekend Grill 15	11-1 Taco Salad Tomato & Pickles Chips Fruit Dessert	21 Weekend Grill 22	11-1 BLT	Pickles Chips Fruit Dessert	Weekend Grill 29 11-1 Cold Turkey w/Alfalfa Sprouts &	l omato on wneat Bread Chips Fruit Dessert				GNES
Friday		6 Potato Crusted 7	40	13 Birthday Friday 14		20 Fish 21	Sandwich Steak Fries	Carrot, Apple, Celery Salad Chocolate Pudding	Fish-n-Chips Balsamic Glazed Green Beans Coleslaw		P Find True	THE STATE OF THE S	e New Year	\$3.00 Suggested Donation with a Current AGNES
Thursday	₩.	5 Homemade 6	oes 3ar	Oven-Fried	atoes oll ye	Egg Salad 20	Sandwich Potato Chips	Fruit Cup Oatmeal Cookie	26 Cheeseburger 27 w/Lettuce, Tomato & Pickle Steak Fries	Chocolate Chip Cookie	May you and those you love Find True	Happiness and Peace	s and into the	3.00 Suggested Dona
Wednesday	the 2018 senior Center	4 Glazed Baked 5	g	w/ 12		18 Porcupine 19	Meatballs Au gratin Potatoes	Green Beans Roll Apple Cobbler	k Wings esan Potatoes n Beans Istick	Cake Kwanzaa Begins	May voll and	7 To a factor of the control of the	This Christmas and into the New Year.	
Tuesday	Decemb Uinta Sen	3 Hamburger 4	K I Onions able I Potato Dessert	10 Cottage Pie 11	w/Mushroom Gravy Tangy Carrots Sliced Pears Applesauce Cake	17 Spaghetti 18	w/ Meat Sauce	Garlic Bread Peanut Butter Bar		CHRISTMAS!!				nu subject to Change
Monday		2 Chicken 3	sh Browns arrots & Bas tter Cookie	Tacos	Soft Shell Spanish Rice Refried Beans Brownie	16 Chicken Fried 17	Steak Mashed Potatoes &	Gravy Vegetable Fruit Cocktail	23 Breakfast for 24 Lunchserved between 10am and Noon!!!!	The center will close at NOON.	30 Oven Fried 31 Chicken	Mashed Potatoes Gravy	Beet Salad Mandarin Oranges	All meals served with Milk & Salad Menu subject to Ch
Sunday		Weekend Grill 2		Weekend Grill 9		Weekend Grill 16	11-1 Taco Salad	Tomato & Pickles Chips Fruit Dessert	Weekend Grill 23 11-1 BLT Pickles	Fruit	 =	Cold Turkey w/ Alfalfa Sprouts & Tomato on Wheat Bread	Chips Fruit Dessert	All meals served with

	ey Senior Center		Kwanzaa Begins i dger V	Chrismas Day Chrismas Day Br	10:00 Front Porch Travelers 11:00 Walking 1:00 Bingo 5:30 New Years Fashion Show Party	30 Bridger Valley Se
29	10:30 WII Bowling	27 10:15 Line Dancing 1:00 Swing & Gripe 1:00 Hand & Foot 6:00 Pot Luck	26 10:00 Foot Rubs 10:30 WII Bowling 10:30 Chair Exer. 1:00 Hand & Foot	Closed Merry Christmas!	10:00 Brunch in Pajamas	23
22	10:30 \ 1:00 B 12:00C I	10:15 Line Dancing 1:00 Swing & Gripe 1:00 Hand & Foot 5:30 Pizza Bingo Tri-City @ Home	10:00 Foot Rubs 10:30 WII Bowling 10:30 Chair Exer. 1:00 Hand & Foot 1:00 Swipe & Gripe	9:00 In-House Pool 11:00 Walking 11:30 Trivia 1:00 Penny Bingo 5:30 Light Show Hot Cocoa & Cookies		16
15	14 10:30 WII Bowling 12:00 Happy Birthday! 1:00 Bingo	13 10:15 Line Dancing 1:00 Swing & Gripe 1:00 Hand & Foot Pool Tournament @ Green River	10:00 Foot Rubs 10:30 WII Bowling 10:30 Chair Exer. 12:00 HS Program 1:00 Hand & Foot 1:00 Swipe & Gripe	9:00 In-House Pool 11:00 Walking 11:30 Trivia 1:00 Penny Bingo	10:00 Front Porch Travelers 10:00 Massage w/ Jenny 11:00 Walking	9
ω	7 10:30 WII Bowling 1:00 Bingo	10:15 Line Dancing 1:00 Swing & Gripe 1:00 Hand & Foot Pool Tournament @ Home	10:00 Foot Rubs 10:30 WII Bowling 10:30 Chair Exer. 1:00 Hand & Foot 1:00 Swipe & Gripe	9:00 In-House Pool 11:00 Walking 11:30 Trivia 1:00 Penny Bingo	10:0 Trav 11:0	2
Saturday 1 Public Breakfast 8:00 to 9:30	Friday	Thursday	December 2018 Bridger Valley Senior Center	Decemlidger Valley	Monday	Sunday

Special activities/ events



12/1	Festival for Families
12/1	Christmas Festival on the Vall
12/8	Winter Gala
10/10	C II T N - I

- 12/10 Small Town Makers craft event @1:00
- 12/14 Birthday Friday
- 12/17 White Elephant Bingo Potluck @ 5:00
- 12/18 Tour of the Lights in the Valley @ 5;30
- 12/19 Branson, MO meeting @11:00 in Evanston
- 12/24 Christmas Eve (Brunch at the Centers)
- 12/25 Christmas
- 12/31 New Year's Eve party in the Valley @ 5:00

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



Peggy Bluemel

еу

and

Mary Morehouse

and extend our most heartfelt sympathy to their family and friends

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, & 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





Bridger Valley Senior Center MEALS ON WHEELS PROGRAM

Imagine four volunteers one week per volunteer approximately two hours per day for five days ten hours in one week for four weeks equals forty hours of volunteer time. This will guarantee a meal for another day for a homebound senior.

Imagine if all the businesses participated how many meals our seniors can have delivered in one year. Four weeks per business every year 13 business participation, guarantees one meal delivery route covered for the year. One route delivers approximately 25 hot meals per day and travels anywhere from 10, 20, or even 30 miles round trip.

If your business is interested in volunteering to help our homebound seniors, please contact Amy Oehler at 307-782-6502 Monday through Friday 8am to 3pm. Just a friendly reminder to please pick your volunteers wisely we care about our seniors and are selective on who we trust to deliver their meals. Thank you and Happy Holidays.





"POOL WITH THE PO-PO"







The Evanston Police Department showed up for a day of fun playing pool with some of our seniors!

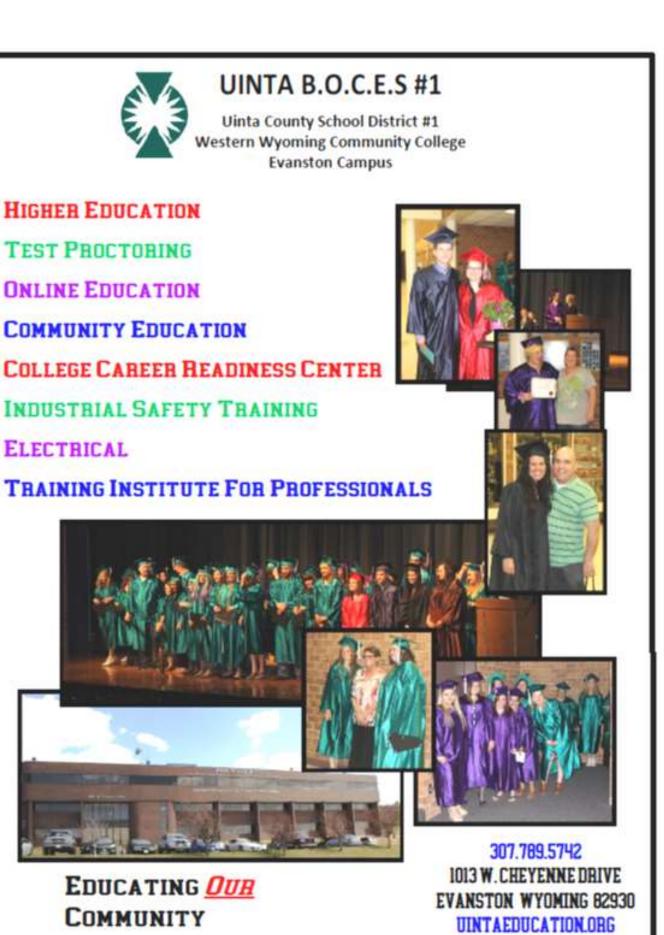
Everyone had a blast, although the cops may have left a little bummed that our seniors kicked their tails in the majority of the games!



Congratulations

Congratulations to Phyllis Lewis for winning the "Deliver Joy" Christmas quilt, made with love by our Sandra Lowe!





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.