

NEWS



Dedicated to providing lifelong support for independent living.

CONTACT

1560 N. 3rd St.
Laramie, WY 82072
307-745-5116
executive@eppsoncenter.org
www.eppsoncenter.org
facebook.com/eppsoncenter

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CENTER HOURS

8am- 4pm | Mon - Fri

MEALS

11:30am - 12:30pm | Mon - Fri

TRANSPORTATION

8am - 3:30pm | Mon - Fri
307-745-1511 (Ext. 131)

BOARD OF DIRECTORS

PRESIDENT: Lisa Levin

VICE PRESIDENT: Diane DeLany

SECRETARY: Cheryl Fleener

TREASURER: Linda Allgeier
Betty Buckman
Barbara Humphreys
Philip Varca

DISCLAIMER

Please note that the Menu, Activities schedules, and Events are subject to change.



FROM THE DIRECTOR, TAMMY COMER

Tammy



TAMMY J COMER PART 2 OF 2

HOW IS THE MONEY SPENT?

Happy Thanksgiving!

This month, I want to share where **your contributions** for meals and rides, as well as the **designated donations** we received in FY24 went toward helping us promote our mission of:

Providing Lifelong Support for Independent Living

Congregate Meals

- Program Expenses
 - \$229,903.02
- Program Contributions
 - \$36,771.90
- **16%** of program expenses covered by your contributions

Home Delivered Meals

- Program Expenses
 - \$267,893.55
- Program Contributions
 - \$50,985.66
- **19%** of program expenses covered by your contributions

Fiscal Year 2024

Life Enrichment

- Program Expenses
 - \$174,403.13
- Program Contributions
 - \$3,433.81
- **2%** of program expenses covered by your contributions

Transportation

- Program Expenses
 - \$254,115.38
- Program Contributions
 - \$17,973.00
- **7%** of program expenses covered by your contributions

Administration

- Program Expenses
 - \$58,834.50
- Program Contributions
 - 0
- **0%** of program expenses covered by your contributions

THANK YOU!!!

We are so grateful for your contributions and donations toward the services you've received. These help us to meet the needs of Laramie's older adults and your support is so important to us!



November



Monday Tuesday Wednesday Thursday Friday

				DIA de MUERTOS 1
A contribution of \$5.00 towards the cost of your meal is appreciated if you are 60+.	If you are 59 and under The COST is \$7.00.	All menu items are served w/ 1 cup green salad/ w dressing 1 cup mixed fruit 1 Dessert & 1 Milk	Menu is subject to change	Chicken Tortilla Soup Vegetarian Enchiladas Mexican Hot Chocolate
4	5	6	7	8
Spaghetti with Meat Sauce California Blend Veggies Garlic Bread	Tuscan Turkey Soup Steamed Winter Veggies Crackers	Spinach, Bacon, Potato, & Cheese Frittata Wheat Biscuit	BBQ Chicken Au Gratin Potato Scandinavian Veggies Wheat Roll	Baked Pollock Parmesan Baked Potatoes Steamed Mixed Veggies Wheat Bread
11	12	13	14	15
Biscuit and Gravy Hash Browns Sausage Patty Scrambled Eggs	Pork and Potato Green Chili Steamed Sliced Carrots Wheat Tortilla	Chicken Parmesan Linguine Steamed Capri Veggies Garlic Bread	Beef Hobo Casserole Sauteed Squash Steamed Peas Wheat Bread	Teriyaki Shrimp White Rice Oriental Veggies Veggie Egg Roll
18	19	20	21	22
Honey Lime Chicken Mashed Potatoes Green Beans Wheat Bread	Loaded Baked Potato Soup Steamed Cauliflower Crackers	Chicken Fried Steak Mashed Potatoes & Gravy Peas & Carrots Wheat Bread	Creamy Cajun Sausage Pasta Chuckwagon Veggies Cornbread	Mediterranean Cod Brown Rice Steamed Zucchini Wheat Roll
25	26	27	THANKSGIVING 28	CENTER CLOSED 29
Hamburger/wheat bun Steamed Diced Carrots Chips	Baked Sweet & Sour Chicken with Pineapple White Rice Veggie Egg Roll	Baked Haddock Brown Rice Steamed Corn Wheat Roll	Center closed except for Community Thanksgiving Meal held between 11:00 am – 1:00 pm	Thanksgiving Break for our employees



HOME DELIVERED MEALS

ERICA CURRY, DIRECTOR

(307)-745-5116, ext. 120



The Home Delivered Meals program serves one of Laramie's most vulnerable populations. To reach our goal of enhancing nutritional wellness for all seniors in our community it is important to serve those who are home-bound or otherwise unable to shop and prepare their own meals.

Hot meals go out to seniors Monday-Friday and frozen meals can be delivered for weekends and holidays.

Interested in getting Home Delivered Meals or have a loved one who needs Home Delivered Meals?

DRIVERS NEEDED!

The number of home delivered meals is increasing and our need for drivers has also increased. Delivering meals takes about 1-1/2 hours ONE TIME A WEEK. Not only do the drivers deliver meals but also provide socialization and friendship with those to whom they deliver. **Please consider donating your precious time to the Home Delivered Meal Program. Call Erica at 307-745-5116, extension 120, for more information.**



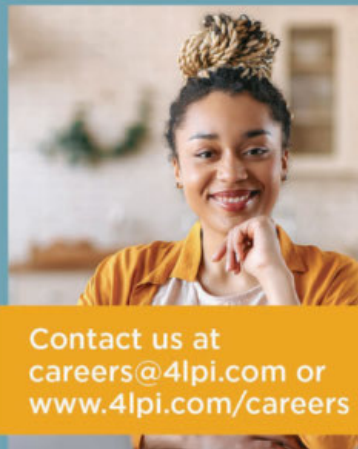
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NOVEMBER HIKES

NOTE: Starting in November, all hikers will gather at the Eppson Center before the hike. If you live out of town near the trailhead, notify sotg@eppsoncenter.org no later than 7:00 a.m. the day of the hike and meet the group at the trailhead.

All road mileages and hike distances are approximate! **Orange is the color to wear during hunting season, October through December – vests, backpacks, or hats.**

<p>November 1</p>	<p>Pilot Hill: Buck Sullivan Spring. Led by Rollin. Take I-80 to Happy Jack exit (#323), go past the rest area and turn left onto Happy Jack Road. Continue less than a mile and turn left onto FR703 across from Tie City. Drive north on 703, crossing the cattle guard on the left where 703 curves east, leaving 703. We will park roughly 0.2 miles past the cattle guard and be able to see the towers looking north. The road can be a little rough in spots, so drive carefully. Some of the hike is out in the open through range, including some sagebrush, and the rest on game trails. The hike will follow the rimrock canyon to the Forest boundary and back by Buck Sullivan spring and tank. The distance is about 4 miles, moderate in difficulty. Elevation 8700 to 8300.</p>
<p>November 8</p>	<p>Hwy 210: North Crow Reservoir, Moby Dick. Led by Larry. Beginning at North Crow Reservoir, this moderately difficult hike will head south to some amazing rock formations for a 3-4 mile loop. All bushwhacking. Elevation 7503. Take I-80 to Happy Jack exit (#323), go across the viaduct and turn left onto Happy Jack Road (Hwy 210). Go about 12 miles, then turn left to the North Crow Reservoir (there's a sign on the right). Drive about three miles on North Crow Road. The road will fork before getting to the reservoir. Take the left fork just after the cattle guard and continue on to the farthest parking area on the south side of the lake.</p>
<p>November 15</p>	<p>Snowy Range: Corner Mountain. Led by Lisa. This interconnected set of moderate trails offers several steep sections across rolling terrain. Depending on trails chosen, 2.5 to 3.5 miles. We could be snowshoeing or hiking in the snow. Elevation 9506. From Laramie, go 32 miles west on Hwy 130, then turn left at the Corner Mountain Trailhead and park.</p>
<p>November 22</p> <p>Note: No hike on November 29. Happy Thanksgiving.</p>	<p>Curt Gowdy: Shoreline. Led by Christine. We will follow the Shoreline Trail along Granite Reservoir. It is a well-maintained, firm trail with very few obstacles. As we follow the contours of the reservoir, the route affords scenic glimpses of glistening water below seen through Ponderosa pines on the bank. We can go as far as 2.75 miles out before returning along the same trail, or we can follow Granite Ridge on the way back to make part of the return a loop. Depending on where we turn around, total mileage could be 5.5 miles. Easy to moderate. Elevation 7214. Take I-80 to Happy Jack exit (#323), go across the viaduct and turn left onto Happy Jack Road (Hwy 210). Go 13 miles to Curt Gowdy State Park. Take the main road past the Visitor Center and the fee booth. Go about 130 yards past the Aspen Grove turn-off, and when you see the North Causeway Tent Camping sign on the left, the parking lot will be on the right.</p>



Mondays, November 11 and 18, 8:00-4:00
Jeffrey M. Caron from Medicare 4 Wyoming will be at the Center.

Contact: Jeffrey M. Caron, agent/Broker,
303-594-0146
Mobile, 307-509-0582.

More information at:
WWW.Medicare4Wyoming.com



EPPSON CENTER TRANSPORTATION



GUY MORROW, TRANSPORTATION COORDINATOR
(307) 745-1511

Please call (307) 745-1511 to reserve your ride with as much advance notice as possible.

NOTE: Ridership is up and space in the vans can be limited at times. Please reserve your rides as far ahead as possible in the future to reserve your slot. Please remember to book rides 48 hours in advance.

Subscription Riders: Reminder to call by the 20th of the month to set up the continuation of your subscription rides for the next month.

We thank you for using our Transportation service and look forward to serving you in the future!

Costs associated with rides:

- Age 60 or over: No cost but donations are always greatly appreciated.
- Age under 60: \$6 per ride or \$12 round trip.
- Age under 60 and have a diagnosed medical disability: \$4 per ride or \$8 per round trip.

Required: All riders must complete a Senior Assisted Transportation Services (SATS) application before they can schedule rides.

Pick-Up hours: Monday through Friday, 8:30am - 3:30pm (closed daily from 12:00-12:30pm).

Ready time window: Riders must be ready to board the van 15 minutes before the scheduled pick-up time until 15 minutes after. The drivers will leave 5 minutes after their arrival in that time window so as not to inconvenience other riders.

Need help looking for information?
Wyoming 211 can help!

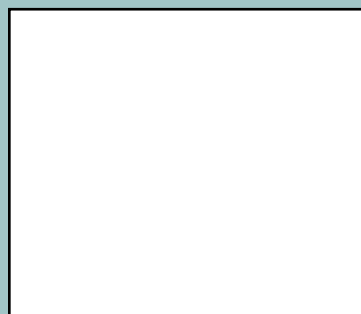
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- Mental Health Services
- In Home Assistance
- Prescription Expense Help
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ACTIVITIES, EVENTS, & EXERCISE

ANGIE FESSLER, COORDINATOR

(307) 745-5116, ext. 114

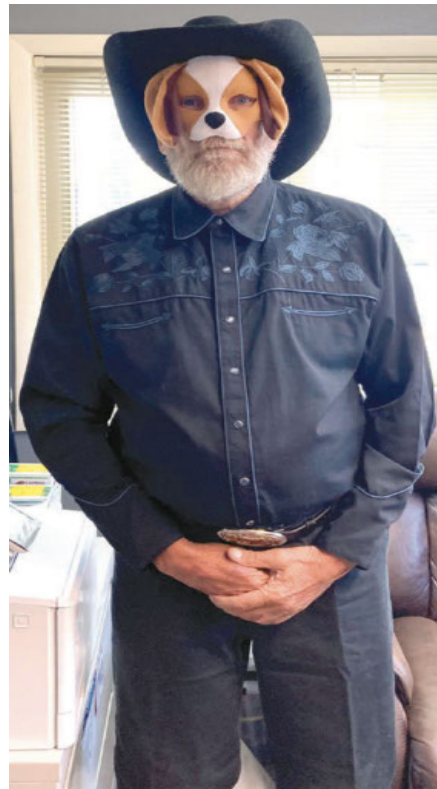
email: activities@eppsoncenter.org



Eppson Center volunteer, Dave Carlson, was honored Friday, October 18, at the Laramie Connections' Good Samaritan Award Ceremony held at the Hilton Garden Inn.

The event was a Western Masquerade as they unmasked the good of Laramie. Dave was nominated because of his volunteer work in the Loan Closet, driving for Home Delivered Meals, delivering newsletters, helping the Dollar of the Month club, doing occasional maintenance work, and helping with anything else that is asked of him.

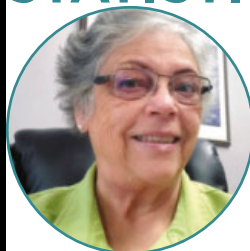
Thank you, Dave, for your many hours of volunteer service to the Eppson Center. We truly do appreciate you!



STATISTICS:

MARILYN AIKEN, STATISTICS COORDINATOR

(307) 745-5116, ext. 119



I would like to take the time to thank all of our patrons for their patience, smiles, participation, and especially for filling out their

AGNES forms.

Your laughter fills my heart each day and brings joy into our Center. I am so thankful to work in such a great, inviting place.

Happy Thanksgiving and Holiday Season!

Marilyn

When your world moves too fast
and you lose yourself in the chaos,
introduce yourself
to each color of the sunset.
Reacquaint yourself with the earth
beneath your feet.
Thank the air that surrounds you
with every breath you take.
Find yourself in the appreciation of
life.

--Christy Ann Martine

Eppson Center for Seniors Activities

Eppson Center for Seniors Activities					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00 AM	Ear Acupuncture				
8:45AM					Seniors on the Go Hiking Group
9:00-9:30 AM			Chair Yoga		Chair Yoga
9:00-10:00AM		Line Dancing	Line Dancing		Line Dancing
					Vets Coffee
9:00-11:30AM				Cribbage	
9:00AM-Noon	Chess		Chess		Chess
9:45 AM		Walking Group			
10:00-11:30AM	Board and Card Games				
10:30-11:30AM	Fall Prevention Exercise Class	Feel the Beat Bingo	Fall Prevention Exercise Class	Feel the Beat	Fall Prevention Exercise Class
11:30AM-12:30P M	Daily Lunch	Daily Lunch	Daily Lunch	Daily Lunch	Daily Lunch
Noon-1:00PM				Dollar A Month Club (DAMC) (3 rd Thursday)	
12:30-1:00 PM					Chair Volleyball
12:30-4:00PM		Laramie Duplicate Bridge		Watercolor Workshop	
1:00-2:30 PM			Writer's Workshop		
1:00-1:45PM		Good Book Club via Skype			
1:00-3:00PM			Chicken Foot Dominoes Genealogy Assistance	Biscuits and Jam (1 st & 3 rd Thursday) Rhythm Energy (2 nd and 4 th Thursday)	
1:00-3:30PM				Mexican Train Dominoes	
1:00-4:00PM	Pinochle	Mahjong			
1:30-2:30 PM	Melodees				
4:30-5:30PM		Uechi Ryu Karate			
All day every day <ul style="list-style-type: none"> • Too Fit To Quit (gym equipment usage) - MUST complete an orientation with Activities Coordinator, prior to equipment use. • Billiards in the Pool Room – lessons and games. • Game Cabinet - available any time to play board and card games. • Swim Aerobics – at the Laramie Rec Center, 6:00-7:15am. • Computers – for use 8am to 4pm. • Laramie Fiber Guild (2nd Tuesday) 6:30-8:30pm. 					
NOTE: <ul style="list-style-type: none"> • Foot Care, Medicare Assistance, Beltone Hearing Aid Center, LIV Health - by appointment. • NARFE – last Friday, monthly. 					

We will keep you posted of Eppson Center for Seniors current information through our Weekly Announcements (sign up at announcements@eppsoncenter.org), on our Facebook page (www.facebook.com/eppsoncenter), on our Website (www.eppsoncenter.org), and through this monthly Newsletter for current information.

THE FACTS

- Grant Funding was never intended to cover all of the expenditures of running a Senior Center.
- Between now and **2050**, there is no way to anticipate how much Government grant funding will be available to support Senior Centers.
- The number of adults over the age of 60 will **double** by the year 2050.
- Our staff and supporters are **dedicated** to ensuring that the Eppson Center for Seniors remains strong financially in order to serve older adults for years to come.
- Your contributions to the meals, rides, and programs you enjoy are **much appreciated!**

What does all of this mean???

- There is a **deficit** between what the Eppson Center receives in grant funding, patron contributions, and donations and the cost of running the Center.
- This **deficit** must be made up with additional fundraising, the creation of a Heritage Planned Giving Program, additional grant seeking, and also, by raising the suggested donation amounts for some of our programs in order for our Center to stay financially secure now and in the future.

What can I do?

- **Consider us in your long term planning goals.** The Eppson Center has a proven history of fiscally responsible stewardship of planned gift funds, and we look forward to having these funds to use to support the Center's growing future needs!
- **Share** in the future success of the Eppson Center by contributing to the programs you enjoy. We need your **help!** Please consider contributing what you can towards the cost of the programs you benefit from.

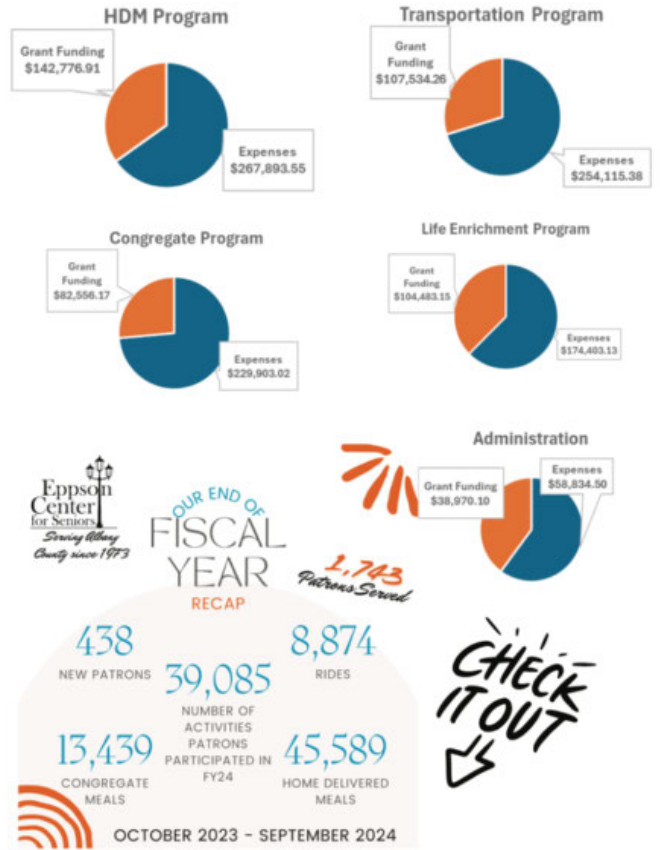
DOLLAR A MONTH CLUB

YOU ARE INVITED! On November 8, 2024, we will be honoring all veterans.



Once again, we will be collecting warm socks to share with our Home Delivered Meals clients for Christmas. **Please bring NEW warm socks to share and drop them in the container in the foyer.** We will be collecting socks from **October 28 - December 6** for this event. Thanks so much for your participation to bring warmth and care to our Home Delivered clients.

How much of the program expenses were covered by Grants?



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WHAT'S HAPPENIN'?

27th Annual Community Thanksgiving Dinner 2024

Hosted by the Eppson Center 1560 N. 3rd Street, Laramie

Enjoy Dining Together

On-Demand Curbside Pick-up Also Available

Call Ahead For a Home-Delivered Meal 399-1269




All Community Members Welcome

Free: Nov 28, 11:00am-1:00pm

Donations for Next Year's Feast Appreciated, but Not Required.

**Community Thanksgiving Dinner
Thursday, November 28, 11am to 1pm**

The Unexpected Company
Presents
Looking for LeRoy in Laramie
Or
How Butch Cassidy took up Robbing Trains
Wanted



Written by Cathi Carr-Lundfelt

Thursday November 7 - 7 pm Friday November 8 - 7 pm Saturday November 9 - 3 pm

Alice Hardie Stevens Center


Tickets on Sale \$20 each

Available At:

Laramie Plains Museum Women's History House
Eppson Center for Seniors ACEPE FCU

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Dinner out at Anong's
Thursday, November 21
5:30 pm

Widows Friendship Group

All Widows Welcome
Dining Room
First Friday of the month
1-2:30 pm

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