

Thayne Senior Center

Enter as Strangers, Leave as Friends

APRIL 2021



Senior Spotlight

Rick and Cinda Haderlie

Cinda was born in Provo Utah but spent her early childhood years in St. George Utah and teen years in Salmon Idaho. She is an avid gardener (Master Gardener) and horticulturalist. Cinda teaches several garden classes through Western Wyoming Community College. She loves animals and enjoys being outdoors.

Rick was born in Afton Wyoming and grew up on the family farm in Thayne. Rick worked for the Lincoln County Sheriff's Department for more than 20 years. Part of his assignment included Crime Prevention, public safety awareness and Emergency Management (FEMA), teaching many courses in emergency response and safety. He was one of the first volunteer Hunter Education and Safety Instructors in Lincoln County, Wyoming. Rick taught Business Education and Keyboarding at Logan High School and Star Valley Middle School for another 21 years finding a lot of pleasure working with young people before retiring in 2016. Rick enjoys the outdoors and spent many seasons hunting and fishing. He enjoys reading both for education and pleasure.

Cinda met Rick through a mutual friend who she worked with at Provo Regional Hospital. They are the proud parents of two daughters and a son, and six grandchildren, soon to be seven.

Cinda and Rick spend much of their time working on the family ranch here in Thayne.



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DOLLAR-A-MONTH CLUB

The Dollar-A-Month Club is a means of aiding the funding for publication of this newsletter. It is based on a voluntary contribution of one dollar per person per month .

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*Gone But Not
Forgotten*

Darrell Benshoof



We are looking for volunteers to visit some of our homebound clients. If you would like to volunteer please let the office staff know. The office number is 307-883-2678. We appreciate everyone that is willing to help.

EASTER EGG FRUIT PIZZA

INGREDIENTS

- 1 package sugar cookie mix (1 lb 1.5 oz)
- 1/2 cup unsalted butter melted & cooled
- 1 egg
- 4 oz cream cheese softened
- 1 Tablespoon powdered sugar
- 1/4 teaspoon vanilla
- 1/2 cup strawberries chopped
- 3 cups fruit (strawberries, raspberries, blueberries, blackberries) sliced

INSTRUCTIONS

1. Preheat the oven to 375 degrees and grease a 13" pizza pan and set aside.
2. In a medium bowl, add the cookie mix, melted butter, and egg and mix with a spoon until a soft dough forms.
3. Press the dough evenly onto the pan.
4. Bake for 10-15 minutes or until golden brown. Let it cool completely, about 45 minutes. Cut into an egg shape.
5. In a food processor or blender, add the softened cream cheese, 1/2 cup chopped strawberries, powdered sugar, and vanilla and pulse until fully combined and smooth.
6. Spread the cream cheese mixture onto the cooled cookie.
7. Decorate with the cut up fruit.
8. Slice with a pizza cutter & serve.





April Menu



This Institution is an Equal Opportunity Provider--- Please note that this menu is subject to change without notice.

<p>Suggested Contribution Seniors \$4.50 Non-Seniors Pay \$8.00</p>			<p>1 Roast Pork Mashed Potatoes Lettuce, Tomato, Cucumber Salad Asparagus WW Roll Chilled Apricots</p>	<p>2 Lasagna Tossed Green Salad Italian Vegetables French Bread Melon Cup</p>
<p>5 Scalloped Potatoes & Ham Carrot & Celery Tray Green Beans Roll Chilled Plums</p>	<p>6 Sweet & Sour Meatballs Garden Rice Tossed Salad Oriental Vegetable WW Bread Sliced Bananas</p>	<p>7 Chicken & Herbed Fettuccine Vegetable Salad Smoked Cabbage Homemade Bread WW Apple Pie</p>	<p>8 Chicken Fried Steak Whipped Garlic Potatoes Lettuce & Tomato Salad Roasted Italian Vegetables Hot Roll Apricot Crisp</p>	<p>9 Lemon Baked Fish Roasted Red Potatoes Creamy Coleslaw Mixed Vegetables Strawberry Shortcake</p>
<p>12 Pizza w/Meat & Veggies Oregon Bean Medley Mixed Fruit Cup Creamy Rice Pudding</p>	<p>13 Spinach & Mushroom Chicken Brown Rice Calico Salad Baby Carrots WW Roll Apple Slices</p>	<p>14 Meat Loaf Baked Potato Lettuce Salad California Veg. Hot Roll Fruity Gelatin Salad</p>	<p>15 Parmesan Chicken Basil & Garlic Pasta Garden Vegetable Salad Italian Vegetables Cindy's Rolls WW Fast Fruit Salad</p>	<p>16 French Dip Sandwich Broccoli Craisin Salad Pears Ranger Cookie</p>
<p>19 Beef Stroganoff Pasta Lettuce Salad Herbed Broccoli Cindy's Rolls Fluffy Fruit Cup</p>	<p>20 BBQ Spare Ribs Baked Potato KFC Coleslaw California Veg. French Bread Chilled Plums</p>	<p>21 Taco Salad w/ Lettuce, Tomatoes & Salsa Savory Black Beans Cornbread Watermelon OJ</p>	<p>22 Baked Chicken Potatoes au Gratin Lettuce & Tomato Salad Zucchini, Carrots & Basil WW Roll Melon Cup</p>	<p>23 Roast Beef Rosemary Red Potatoes Winter Blend Veg. Mandarin Orange & Spinach Salad Garlic Roll Black Forest Cake</p>
<p>26 Beef Pot Pie Tomato & Cucumber Salad Asparagus WW Bread Grapes</p>	<p>27 Chicken Noodle Soup Fruited Carrot Salad Cinnamon Roll Orange</p>	<p>28 Hamburger Steak Whipped Potatoes Tossed Salad Italian Vegetables Homemade Roll Pear Betty</p>	<p>29 Monterrey Chicken Steamed Rice Spinach Mushroom Salad Grilled Broccoli WW Roll Chilled Apricots</p>	<p>30 Meatballs on a Hoagie Crunchy Calico Salad Green Beans Chilled Peaches</p>

CURBSIDE MEALS ARE AVAILABLE FOR PICKUP 11:00 - 12:00 AM MONDAY- FRIDAY
DINING ROOM MEALS ARE AVAILABLE FROM 12:00 - 12:45 PM TUESDAY - THURSDAY
PHONE NUMBER 307-883-2678



Online Grief & Loss Support Group

Our community has been rocked lately by the loss of many of our cherished loved ones.

Having access to a Bereavement Support Group has shown to reduce the development of unhealthy or complicated grief reactions.

Recognizing that our community needed this support, Symbii Hospice wants to host a bereavement support group to those who may need a little extra help in coping with the loss of their loved one(s).

Starting January 13th—we will meet every 2nd and 4th Wednesday at 7:00PM.



Online Caregiver Support Group

As a caregiver, you give everything you have to care for your loved one. We are here to help you recognize what you need as well.

If you are not taking care of yourself you cannot provide the best possible care for your loved one.

Knowing what resources are available and having the opportunity to talk with others who are going through similar struggles has been shown to limit the occurrence of caregiver burnout.

Starting January 20th—we will meet every 1st and 3rd Wednesday at 7:00PM.

For More Information: Call Symbii Home Health & Hospice at (307)885-7583

Caregiver Support (1st & 3rd Wednesday) @ 7PM
 Bereavement Support (2nd & 4th Wednesday) @ 7pm
 Online or Call-In Options for Attendance:
<https://ensignservices.webex.com/meet/ChristinaJensen>
 Phone: **1-408-792-6300**
 Meeting Number: **806 049 332**

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Home Health Care Fraud



Happens when Medicare was charged for:

- Home health services when you did not meet Medicare's definition of homebound
- Services that were not deemed medically necessary by your doctor
- Home health services such as skilled nursing care and/or therapy services that were not provided

SMP RESOURCE.ORG

877.808.2468

If you need assistance with
POTENTIAL Medicare fraud,
abuse, or errors, call the
WYOMING SMP at
1 800-856-4398. We can
HELP!!



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• **WE HAVE A FEW**
• **SMALL CRAFT KITS**
• **AT THE SENIOR**
• **CENTER, PLEASE LET**
• **US KNOW IF YOU ARE**
• **INTERESTED IN**
• **RECEIVING ONE.**
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This publication was, in part, developed under a grant from the U. S. Department of Health and Human Services, Administration on Aging, and the Wyoming Department of Health, Aging Division. However, these contents do not necessarily represent the policy of the U. S. Department of Health and Human Services or the Wyoming Department of Health, and you should not assume endorsement by the Federal or State government. Opinions expressed herein are solely those of the Thayne Senior Center, employees, or assignees.

Thayne Senior Center

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