

Thayne Senior Center

Enter as Strangers, Leave as Friends

August 2020



Congratulations Gary Carvalho!

Gary Carvalho is the 2020 WYTRANS Volunteer of the Year. He received a plaque, jacket, and one-hundred dollars.

Gary is always the first person to raise his hand to volunteer. He offers to help with anything that we need at the center. He volunteers weekly as a home delivered meal driver and serves on our board of directors. He also shows up to put away freight and build furniture.

Gary is very passionate about people and loves to help anyone. He is also very good at recruiting new volunteers. He often brings in friends and acquaintances to volunteer at the center. Most of the friends he brings to the center become regular clients and volunteers.

Gary is willing to do anything we ask. He always says "yes" with a smile on his face. As he delivers meals, he asks every senior if they need help. He is known to shovel walks, shop, go to the post office, and many other things that are too difficult for the seniors we serve to manage on their own. All of the seniors appreciate Gary and his positive demeanor. Gary serves as the secretary on our Board of Directors. He does a wonderful job of preparing meeting minutes and editing our publications.

We don't know what we would do without Gary's help. He is a joy to be around and makes everyone feel special. He is an essential part of the senior center and we appreciate all that he does for the senior center and our clients. He is amazing and deserves this award.

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Board of Directors

President:
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Vice President:
Fred Summerfelt

Secretary:
Gary Carvalho

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Steven Simpson
Don Snider
Jack Hales
Holly Armstrong

Director
Melinda Pebbles

Office Manager
Janan Lindroos

Kitchen Manager
Ellen Hurd

Assistant Cook
Colby Jensen

Outreach Specialist
Nancy Long

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 .

Mary Ann Ahrens
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Bob & Ann Bolyard
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Nora Jean Simmons
Steven & Rebecca Simpson

Fred & Donna Summerfelt
Senter & Phyllis Timmons
Wilma Titensor
Dave Wilson
Mark & Marianne Wilson
Donna Zumbrun



NOTICE:

DUE TO FOOD SHORTAGES THE MENU ITEMS MAY CHANGE WITHOUT NOTICE. THIS INCLUDES THE MAIN ENTREE. WE WILL DO OUR BEST TO KEEP THIS FROM HAPPENING.

Please watch your email for your end of the month statements. If you don't receive it let us know. Thank you for your support.

Gone but not forgotten.....



TIM SCHOENHALS


Tai Chi will be held Tuesdays and Fridays at 10:00 AM during the months of July and August. The location will be at the Thayne Pavillion. Please remember to social distance before, during and after Tai Chi.



August Menu



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

<p>3 Baked Fish Cheddar Mashed Potatoes Creamy Coleslaw Herbed Broccoli Banana Bread Fruit Cocktail</p>	<p>4 Roast Pork Mashed Potatoes Garden Vegetable Salad Broccoli Garlic Bread Pear Crisp</p>	<p>5 Lasagna Tossed Green Salad Italian Vegetables French Bread Melon Cup</p>	<p>6 BBQ Chicken Macaroni Salad Garden Vegetable Salad Cauliflower & Chives Corn Bread Mixed Fresh Fruit</p>	<p>7 Hamburger Steak Whipped Potatoes Tossed Salad Italian Vegetables Homemade Roll Pear Betty</p>
<p>10 Beef Pot Pie Spring Salad Seasoned Zucchini Cinnamon Pears Peanut Butter Cookie</p>	<p>11 Chicken Noodle Soup Fruited Carrot Salad Cinnamon Roll Orange</p>	<p>12 Scalloped Potatoes & Ham Carrot & Celery Tray Green Beans Roll Chilled Plums</p>	<p>13 Yankee Pot Roast Parsley Potatoes Garden Vegetable Salad Scandinavian Vegetables Roll Peaches Fruit Spread</p>	<p>14 BBQ Pork Sandwich on a Bun Potato Salad Coleslaw Mandarin, Pineapple, Grape Cup</p>
<p>17 Sweet & Sour Chicken Brown Rice Chinese Vegetables Wheat Bread Strawberry Applesauce</p>	<p>18 Pizza w/ Meat & Veggies Oregon Bean Medley Mixed Fruit Cup Creamy Rice Pudding</p>	<p>19 Chicken Fried Steak Mashed Potatoes Cucumber & Tomato Salad Garden Blend Vegetables Cherry Crisp Orange Juice</p>	<p>20 Parmesan Chicken Basil & Garlic Pasta Garden Vegetable Salad Italian Vegetables Cindy's Rolls WW Fast Fruit Salad</p>	<p>21 Cottage Pie Garden Vegetable Salad Tangy Carrots Cindy's Rolls WW Applesauce Cake</p>
<p>24 Swedish Meatballs Pasta Jean's Salad Green Beans Hot Roll Cherry Pineapple Whip</p>	<p>25 Crunchy Chicken Salad Potato Salad Fresh Vegetable Salad WW Bread Chilled Peaches</p>	<p>26 Meat Loaf Baked Potato Lettuce Salad Carrot Coins Hot Roll Fruity Gelatin Salad</p>	<p>27 Smothered Chicken Garden Rice Jean's Salad California Blend Vegetable WW Roll Chilled Apricots</p>	<p>28 Taco Salad w/lettuce, tomatoes & salsa Savory Black Beans Corn Bread Watermelon OJ</p>
<p>31 Spinach & Mushroom Chicken Brown Rice Calico Salad Baby Carrots WW Roll Apple Slices</p>				<p>Suggested Contribution Seniors \$4.50 Non-Seniors Pay \$8.00</p>

CURBSIDE MEALS ARE AVAILABLE FOR PICKUP 11:00 AM - 12:30 AM MONDAY- FRIDAY

Puzzle Page

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						3	5	2	1				8	1	7	2	

Brain Teasers

1. What makes this number unique: 8,549,176,320?
2. A man pushes his car to a hotel and tells the owner he's bankrupt. Why?
3. A sundial has the fewest moving parts of any timepiece. Which has the most?



Caring for Wyoming's Seniors

By
John Barrasso, M.D.

ATRIAL FIBRILLATION

Atrial Fibrillation, or AFib, is the most common type of heart arrhythmia. An arrhythmia is when the heart beats too slowly, too fast or in an irregular way.

When a person has AFib, the normal beating of the upper chambers of the heart is irregular and blood doesn't flow as well as it should from one chamber of the heart to the other. AFib can occur in brief episodes, or it can be a permanent condition.

The symptoms of atrial fibrillation aren't always felt. Some common symptoms include heart palpitations and shortness of breath. Other symptoms are irregular heartbeat, lightheadedness or dizziness, extreme fatigue or chest discomfort.

Whether you have symptoms or not, AFib puts you at a greater risk for having a stroke. The American Heart Association tells us that if you have AFib you are five times more likely to have a stroke than someone without AFib.

If your heart beats too fast, it could lead to heart failure. AFib can also cause blood to clot within your heart. These clots can travel throughout the bloodstream causing damage.

If you have persistent AFib, you may need treatment such as medication or even electrical shock in order to try to restore your normal heart rhythm.

Some people have an abnormal heart rhythm that cannot be restored to normal. These folks often require medicines to help control their heart rate. They also need treatment to prevent blood clots and decrease their risk of strokes.

The risk of AFib increases with age. Risk factors for AFib include high blood pressure, obesity, diabetes, hyperthyroidism, kidney disease and heavy alcohol use. If you notice heart palpitations, sensations of a racing, uncomfortable irregular heartbeat, please check with your doctor.



- Brain Teaser Answers**
1. It has each number, zero through nine, listed in alphabetical order.
 2. He's playing Monopoly.
 3. An hourglass—It has thousands of grains of sand.



For help preventing, detecting, or reporting Medicare fraud, abuse, or errors, call the WY Senior Medicare Patrol at:
1 800 856-4398



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