

# Thayne Senior Center

## Enter as Strangers, Leave as Friends

February 2021



### Senior Spotlight

#### Dan and Pat Carter

This month our senior spotlight is on Dan and Pat Carter. Dan was born in Yuma, CO and Pat was born in Kansas. We were "high school sweethearts"—but that was when we were both teachers at Wray, CO High School. We were married in Ft. Collins, CO in 1973. Our honeymoon was a camping trip to Rocky Mountain National Park. They closed Trail Ridge Road because a foot of snow fell shortly after we passed through Loveland. We still remember the beauty of Grand Lake in the early morning light with steam rising from its surface and the winter wonderland that we were witnessing. We have one son who resides in Colorado Springs, CO with his wife and three children.

We are both retired teachers. Dan taught in the Industrial Education and Computer Fields at middle school, high school, and university levels. Pat taught Business Education and computers at high school and college levels; she also taught management seminars for USCSC in a 6-state region. We both taught in and were IT techs for the Natrona Co. School District (Casper). We retired in the early 2000's.

After retiring we spent many enjoyable weekends visiting with friends in Alpine and fell in love with the area. We made a short sojourn to Idaho Falls before Pat said she wanted to "go home," and we started construction of our home on No-Name Mountain. We've lived in Alpine for 13 years. We're intrepid souls and reside in Alpine year-round. We enjoy the quiet solitude of winter when the huge snowflakes fall silently in the forest—and we enjoy each spring when our quiet mountain comes alive with the return of the snowbirds.

Dan is a master craftsman, using a multitude of materials such as a variety of hardwoods, metals, and/or leather to make original items. He is a professional wood turner who makes one-of-a-kind urns, custom duck & goose calls, coffee mugs, bowls, and many other items. His creations can be found throughout Wyoming as well as throughout the United States. Many of his works are products made from wood that has been repurposed from early American furniture and/or old church furniture. It is common for his work to be made out of materials that are 60-130 years old. Dan finds it satisfying to use reclaimed wood for many items he produces in his workshop. Pat enjoys working in her quilting studio and crocheting, painting, and doing most forms of needlecrafts. She usually has a honey-do for Dan to contribute and is inching closer (that means "thinking about") to finishing the restoration of an antique trunk in Dan's workshop. Reading, watching the stellar jays, greeting Mrs. Moose, and visiting with friends are all part of our life on the mountain.



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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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## SWEETHEART REQUEST



“Sweetheart Request” senior music request show

Monday February 15th.  
 11am to 1 pm

on local radio station- 98.7

Order a meal from the senior center and listen to your favorite songs on the radio

Order your song by texting your song request to: 307-203-4637 use code word: LOVE

Or you can give your request to Janan by February 11th.

Make sure to put your name on your song request or you can dedicate it to someone special.

Lets fill the entire two hours with your favorite music.



Our dining room will be open Monday February 15, 2021 for our “Sweetheart Request” show from 11am-1pm

*Gone But Not Forgotten*





NORM MERRILL  
 DOROTHY ROWCUT



# February Menu



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

<p>1 <b>Beef Pepper Steak</b> Steamed Rice Jean's Salad California Vegetable Whole Wheat Bread Apple</p>	<p>2 <b>Clam Chowder</b> Vegetable Salad Broccoli Hot Roll Chilled Peaches</p>	<p>3 <b>Hot Roast Beef Sandwich</b> Mashed Potatoes Lettuce &amp; Tomato Salad Carrot Coins Chilled Pineapple Cottage Cheese</p>	<p>4 <b>Baked Chicken</b> Au Gratin Potatoes Lettuce &amp; Tomato Salad Green Beans Hot Roll Melon Cup</p>	<p>5 <b>Taco Salad</b> on Corn Chips Peas &amp; Carrots Whole Wheat Breadstick Melon Cup Rocky Road Pudding</p>
<p>8 <b>Tamale Pie</b> Tomatoe &amp; Lettuce Yellow Squash Wheat Bread Mixed Fruit</p>	<p>9 <b>Sweet &amp; Sour Chicken</b> Brown Rice Chinese Vegetables Wheat Bread Strawberry Applesauce</p>	<p>10 <b>Meat Loaf</b> Baked Potato Lettuce Salad Carrot Coins Hot Roll Fruity Gelatin Salad</p>	<p>11 <b>Monterrey Chicken</b> Steamed Rice Spinach Mushroom Salad Grilled Broccoli WW Roll Chilled Apricots</p>	<p>12 <b>Salisbury Steak</b> Pasta Jean's Salad Herbed Green Beans Hot Roll Mandarin Oranges</p>
<p>15 <b>Parmesan Chicken</b> Basil &amp; Garlic Pasta Garden Vegetable Salad Italian Vegetables Cindy's Rolls WW Fast Fruit Salad</p>	<p>16 <b>Roast Pork</b> Mashed Potatoes Carrot Salad Green Beans WW Bread Pineapple Upside Down Cake</p>	<p>17 <b>Smothered Chicken</b> Garden Rice Jean's Salad California Blend Vegetable WW Roll Chilled Apricots</p>	<p>18 <b>Chicken Fried Stead</b> Whipped Garlic Potatoes Lettuce &amp; Tomato Salad Roasted Vegetables Hot Roll Apricot Crisp</p>	<p>19 <b>Turkey Chow Mein</b> Steamed Rice Fresh Vegetable Salad California Blend Vegetables Cindy's Roll Fruit Salad</p>
<p>22 <b>Combination Burrito</b> Green Chili Sauce Tomato, Lettuce &amp; Salsa Black Beans with Cilantro Sliced Peaches</p>	<p>23 <b>Yankee Pot Roast</b> Parsley Potatoes Carrot, Celery &amp; Cucumber Salad Stewed Tomatoes WW Bread Fruit Sundae</p>	<p>24 <b>Chicken Noodle Soup</b> Fruited Carrot Salad Cinnamon Roll Orange</p>	<p>25 <b>Baked Fish</b> Roasted Red Potatoes Cabbage Apple Salad Three Bean Salad Yellow Cake w/Lemon Frosting Grapefruit</p>	<p>26 <b>BBQ Spare Ribs</b> Baked Potato KFC Coleslaw Herbed Broccoli French Bread Chilled Plums</p>
				<p><b>Suggested Contribution</b> <b>Seniors</b> \$4.50 <b>Non-Seniors</b> Pay \$8.00</p>

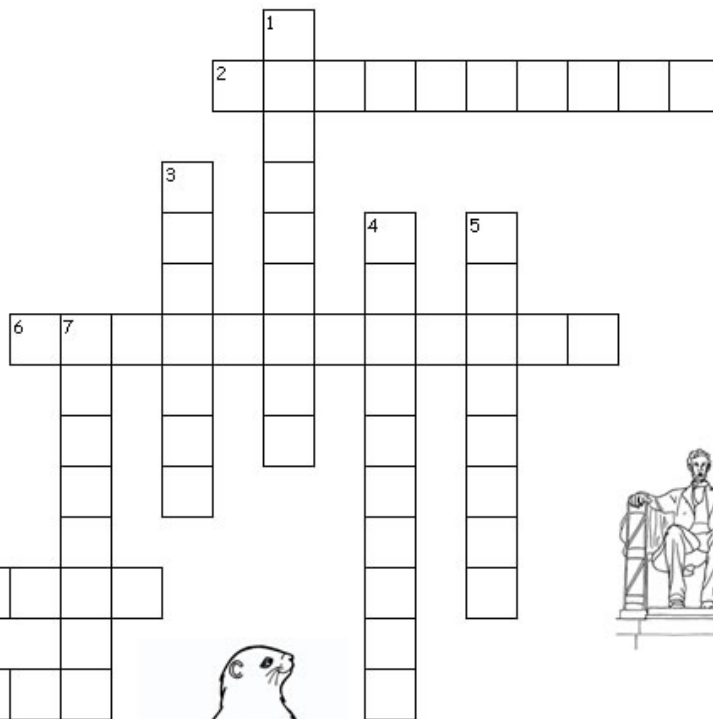
**CURBSIDE MEALS ARE AVAILABLE FOR PICKUP 11:00 - 12:00 AM MONDAY- FRIDAY  
DINING ROOM MEALS ARE AVAILABLE FROM 12:00 - 12:45 PM TUESDAY - THURSDAY  
PHONE NUMBER 307-883-2678**



# Puzzle Page



## FEBRUARY



### Across

- 2. \_\_\_\_\_ Day - A Holiday Celebrating Our Leaders
- 6. February is \_\_\_\_\_ Month (2 words)
- 8. The Sweetest Day
- 9. February's Season

### Down

- 1. February 2 is \_\_\_\_\_ Day
- 3. President Abraham \_\_\_\_\_
- 4. Our first President (last name)
- 5. February is the \_\_\_\_\_ month
- 7. Happens every 4 years (2 words)





## COVID-19 Vaccine Fraud

The good news- Senior Medicare Patrol (SMP) hasn't yet seen extensive COVID-19 vaccine fraud nationally.

The bad news- This type of fraud will move very quickly, very soon, and will take many forms. What you need to know:

- You likely will not need to pay anything out of pocket to get the vaccine during this public health emergency.
- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to the vaccine.
- No one from Medicare or the Health Department will contact you.
- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Social Security number or your credit card or bank account information to sign you up to get the vaccine.
- Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.
- If you get a call, text, email – or even someone knocking on your door claiming they can get you early access to the vaccine, **STOP!** It's a scam!



Please report any suspicious contacts to  
the Wyoming Senior Medicare Patrol



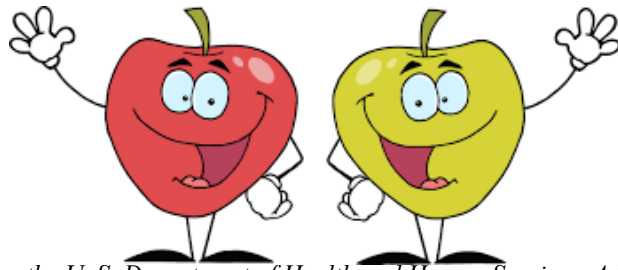
Riverton 1 800 856-4398  
Casper 1 877 634-1006  
Cheyenne 1 877 634-1005

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# THE “SILVER LININGS” OF COVID

## WE NEED YOUR HELP!!

WE WOULD LIKE TO ADD EVERYONES “SILVER LININGS” (GOOD OR EXCITING THINGS) THAT HAVE HAPPENED TO YOU DURING COVID, TO OUR MARCH NEWSLETTER. PLEASE EMAIL TO [OFFICE@THAYNESENIOR.COM](mailto:OFFICE@THAYNESENIOR.COM) OR GIVE US A CALL AT 307-883-2678, SO WE CAN PUT IT IN THE NEWSLETTER. WE HOPE EVERYONE IS DOING WELL AND HOPE TO SEE AND HEAR FROM YOU SOON.



*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.*

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