

Thayne Senior Center

Enter as Strangers, Leave as Friends

January 2021



Senior Spotlight

Tammy Beenken was born in Lake Port, California. She grew up in northern California where her parents owned a newspaper and printing company in Tule lake, California.

She met her husband through a friend in Jackson, WY. They were married on December 28, 2007 in Carson City, Nevada at the state capital. For their honeymoon they went on an Alaskan cruise and loved every minute of it. She owned a cleaning company and still works fulltime. Tammy also worked on the hospice team in Jackson, WY for seven years. Tammy has two kids a daughter Angie and a son Brian. She has five grandkids two girls, Liz and Chloe, and three grandsons, Corbin, Cade, and Carter. They live in Star Valley throughout the year.

So far their favorite vacation spot has been to the Caribbean. She also loves the outdoors, gardening, the sunshine, history, traveling, laughing and loving life. Tammy also has met so many people through the senior center and she loves to hear their stories and learn all about them. She loves all the stories and the people. Tammy is honored when they share their lives with her.

WE ARE HAPPY TO ANNOUNCE THAT WE NOW HAVE IPADS AND CHROMEBOOKS AT THE CENTER THAT YOU CAN USE AND/OR BORROW. THERE WILL BE A \$25 DEPOSIT TO TAKE ONE HOME FOR 2 WEEKS. PLEASE LET US KNOW IF YOU ARE INTERESTED IN USING ONE



Happy New Year

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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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REMINDER



“Order up” senior music request show
 Thursday, Dec. 31st
 11am to 1 pm
 on local radio station- 98.7

You can also listen to Swift 98.7 on the internet. So if you are not in the valley right now still “Order up” Here is the website.

<https://svinews.com/swift-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: favorite Or you can give your request to Janan by December 30th. 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.

•••••
 • Just a reminder that Yankee
 • Doodle is serving meals
 • every Tuesday at 12:00 PM.
 •••••



My favorite Winter activity is going Back INSIDE & PUTTING MY PAJAMAS ON.





January 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</p> 
<p>4 Cheesy Beef Stuffed Shells Garden Vegetable Salad Herbed Broccoli Fresh Fruit</p>	<p>5 Baked Pork Chop Whipped Potatoes Pub Style Vegetables Italian Vegetables WW Bread Melon Slices</p>	<p>6 Turkey Tetrazzini Garden Vegetable Salad Herbed Green Beans WW Bread Citrus Fruit Salad</p>	<p>7 Meat Loaf Baked Potato Lettuce Salad Carrot Coins Hot Roll Fruity Gelatin Salad</p>	<p>8 Baked Fish Cheddar Mashed Potatoes Creamy Coleslaw California Blend Veg. Banana Bread Fruit Cocktail</p>
<p>11 Spinach & Mushroom Chicken Brown Rice Calico Salad Baby Carrots WW Roll Apple Slices</p>	<p>12 Beef Stew Mixed Relish Tray Homemade Bread Cinnamon Pears</p>	<p>13 Roast Turkey Mashed Potatoes Tossed Vegetable Salad Green Beans Pumpkin Bread Fruit Cup</p>	<p>14 Sweet & Sour Meatballs Garden Rice Creamy Coleslaw Oriental Vegetables WW Bread Sliced Bananas</p>	<p>15 Pizza W/ Meat & Veggies Oregon Bean Medley Mixed Fruit Cup Creamy Rice Pudding</p>
<p>18 Honey BBQ Chicken Oven Browned Potatoes Chopped Spinach Wheat Bread Diced Pears</p>	<p>19 Chicken Fried Steak Whipped Garlic Potatoes Lettuce & Tomato Salad Roasted Italian Vegetables Hot Roll Apricot Crisp</p>	<p>20 Turkey Pot Pie Spring Salad Hot Roll Chilled Fruit Cocktail</p>	<p>21 Beef Noodles Egg Noodles Cauliflower Au Gratin Cinnamon Raisin Bread Fruity Cherry Salad</p>	<p>22 Scalloped Potatoes & Ham Carrot & Celery Tray Green Beans Roll Chilled Plums</p>
<p>25 Cheesy Beef Sandwich Lynne's Oven Roasted Potatoes Vegetable Soup Brussels Sprouts WW Bread Peach & Berry Crisp</p>	<p>26 Dijon Chicken Steamed Brown Rice Green Salad Broccoli WW Bread Strawberries</p>	<p>27 Hamburger Steak Whipped Potatoes Tossed Salad Italian Vegetables Homemade Roll Pear Betty</p>	<p>28 Chicken Noodle Soup Fruited Carrot Salad Cinnamon Roll Orange</p>	<p>29 Cottage Pie Garden Vegetable Salad Tangy Carrots Cindy's Rolls, WW Applesauce Cake</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**

Puzzle Page

HAPPY NEW YEAR

WORD SEARCH

f m i d n i g h t a s d b n m d y c v z q w t e g r h s
i a v b o b n m d y c v z q w g a m e s d b n m o c h n
r j k l i c v r e f l e c t i o n a b d m d y c a s o x
e q w t s b n m c i l s q m f b n t e f a s d h l w u c
c n m d e y c v z q w s d n r e s o l u t i o n s m r h
r a b d m m j a n u a r y e i y c v o n s c v e b n g h
a s q m a m d y c v w t e w e n m d y c o m s w t w l a
c i t e k v z q w l s i b y n a h e d m d s m y g m a c
k n m c e i l s q c j k l e d d m o v t t u e b n s n
e b n t r c v y c o e s i a s w t e p m a r h a c d s f
r h a t s z q w s t e l o r d e q w t e y e d r c v o a
s n m d y l e m s i b l e s c v w t e t m a u s z q v m
g e a s t o e d w k l t w b l u p s t r a m a e l z c i
o x i b l d v w t s e m a r m a k l a o e t v v y s l
b c f i r e w o r k s s u b m a r s i d g r d e q w z y
l h g s d c q m d a s d h y c v t p n i z s p w r k m d
e n e q m o n m d y a a e q m d y e y t d y a m e s r d
t a w t e r k a s i y c j w t e w d m i z q d n s h q m
a c w k l a t e t h m d y c o b c v o o l s g w o o t e
o e d f a t h e r t i m e h e e m d m n v y o m l r m c
a z q w s i t w a s d h v g y c o m s q w s t m v n n t
z q a s d o n h a p p y i m d y c v w t e o c v e s g p
l s y w j n b n t h i n c p k m d y c o m s d e q m d k
v y e m t s k e m g n h o l i d a y o g d t w t j w k n
q w k s g b q m d i a s t k s m d y c o c v p j n t s m
t e a d m c p j n b n m d y s e a s t o e d w k l u d p
h o p c q w t g w c v s q m d s t w k c h e e r s j o q
t t i m e s s q u a r e c v w t p t s j e q m g s d w c

midnight
noisemakers
decorations
party
New Years Eve
Father Time
family
friends

resolutions
countdown
new beginnings
goals
toast
New Years baby
holiday
fireworks
cheers

horns
celebrate
streamers
games
January
goblet
firecrackers
kiss
hats

fun
reflection
resolve
hope
hourglass
Times Square
tradition
happy

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HAM AND POTATO SOUP

Ingredients

- 1 large carrot chopped
- 2 sticks celery chopped
- 1/2 medium onion chopped
- 1 tablespoon olive oil
- 1 pound (approx.) smoked ham cut into small pieces
- 2.5 pounds Russet potatoes peeled & cut into 1" pieces
- 3 cloves garlic minced
- 1/4 teaspoon dashes Italian seasoning
- 4 cups chicken broth
- 2 cups water
- Salt & pepper to taste

Instructions

1. Prep your celery, carrot, and onion and add them to a large soup pot with the olive oil. Sauté for 5-7 minutes, over medium-high heat, stirring occasionally.
2. Meanwhile, prep your ham and potatoes (or you can prep them at the start - it's up to you!).
3. Stir in the garlic, then add the ham, potatoes, Italian seasoning, chicken broth, and water to the pot. Increase the heat to high and bring it to a gentle boil. Cover the pot with the lid slightly ajar and reduce the heat so it's simmering. Cook for 25-30 minutes or until the potatoes are nice and tender (I like them to easily fall apart).
4. Using a potato masher, lightly mash some of the potatoes right in the pot. I like a mix of potato pieces and a bit of mash. Season with salt & pepper and serve immediately. This soup tastes even better the next day!



**PRESCRIPTION
DRUG FRAUD**

Billing Medicare for:

- Prescription drugs (including refills) that were never picked up, delivered, or even prescribed
- Prescription drugs that were prescribed by a health care provider you have never seen
- More pills than you received
- A more expensive prescription than what you received

SMP RESOURCE.ORG
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A clear plastic pill bottle with a white cap, filled with dark, oval-shaped pills. The bottle is sitting on a surface next to a laptop keyboard. The background is a blurred image of a laptop screen and keyboard.

**For assistance in
preventing,
detecting, or
reporting
suspicious activity
involving Medicare,
call your Wyoming
Senior Medicare
Patrol at
1 (800) 856-4398**



Fun and Interesting Facts

1. The heads on Easter Island have bodies.
2. The moon has moonquakes.
3. Humans are the only animals that blush.
4. The wood frog can hold its pee for up to eight months.
5. You lose up to 30 percent of your taste buds during flight.
6. Your nostrils work one at a time.
7. The “M’s” in M&Ms stand for “Mars” and “Murrie.”
8. Copper door knobs are self-disinfecting.
9. Chewing gum boosts concentration.
10. Space smells like seared steak.



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