

PIONEER NEWS

May 2024



P.O. Box 33
429 E First ST
Big Piney, WY 83113
(307) 276-3249
Fax (307) 276-3044

Hours:

8:00am - 4:00pm
Monday - Friday

Meals Served:

Tuesday, Wednesday
and Thursday doors
open at 8:00 am
Lunch served at
11:30 am

Curbside drive
through from 11:15-
11:45 call to reserve
meal by 9 am

\$6.00 Seniors
\$9.00 Senior Guest
\$13.00 Community

Board Members

Bill Lehr

Janet Beiermann

Dianne Davison

Jean Golden

Ann Barney

Betty Simpson

Karen Taylor



Happy Mother's Day

Here are a few statistics I'd like to share. We have an impressive amount of meals served to report for the fiscal year; 13,045!! This includes curbside delivery, home delivery and congregate! Thanks to EVERYONE who supports and contributes to the meal program. You all play a major role in making certain our seniors thrive!

CLOSED MAY 27.

We all love our jobs here at THE CENTER! Thank you volunteers and substitute drivers, we appreciate you all!

Come share your smile~Carie

Hello Friends,

Warmer weather is in the forecast!

The spring has been very busy here.

We have made our way through the budget and grant season. Heather and Karen have done an outstanding job for us this year!! Thank you both!



5/20 Rock Springs shopping trip

5/8 Board Meeting 12:45 p.m.

5/30 Movie @ Flicks & Pins after lunch

ONGOING

MONDAY Morning Social 8 a.m.-Coffee & Pastry \$3.00

TUESDAY- 9am-4pm Public Health Nurse

1st & 3rd THURSDAY- 9am-1:00 pm Billie w/Veterans Services

FRIDAY- Continental Breakfast 8-9 am

If you are not receiving the newsletter or if your address has changed; please let Heather know.

If you are a snowbird please let her know when you leave & when you come back so she can send the newsletter accordingly.

Special help & donations

THANK YOU!

Bank of Jackson Hole-Thanks for Lunch!

Gaylen & Amy Eiden

Kathy Hetrick

***Breakfast Buffet available from 8-9 a.m. or until food is gone.**

- **PFAC Kentucky Derby May 4 Fairgrounds 3:30**
- **Mothers Day Celebration May 9 Senior Center 6 pm**
- **CLOSED MAY 27th**

Staff

Carie James / Director

Heather Griffin/Bookkeeper

Darcy Simpson/ Social director & Driver

Ellen Mullikin/ Dishwasher

Chiaretta Johnson/Lead Cook

Rochelle Whiterock/Asst.

Cook

Brenda Hatcher / Volunteer

Ray & Gloria Willoughby/

Volunteers

Ron & Dianne Davison /

Volunteers

Kay Robertson / Volunteer

Debbie Despain / Volunteer

Allison Thrash/Volunteer

Sandy Johnson/Volunteer

Sherry Redden / Volunteer

Purchase your meal tickets online or at the center.

www.pioneerseniorcenter.com

Newsletter in color online !!

Check it out!

Coffee & Pastry
Mondays @
8:00 AM

Veteran's Service Officer / Billie Hamby
1st & 3rd Thursday
9:00 am-1:00 pm
At 307-367-4877
For assistance

Blood Pressures
Second Tuesday of every month

National Do Not Call Registry

1-888-382-1222

If you are getting unwanted calls from solicitors this is the phone number to call to add your phone number to the do not call list. It is fast

Gift Meal Tickets Available Anytime

We accept Credit/Debit Cards at the Front desk!

www.pioneerseniorcenter.com

Food Bank for Seniors @ The Center

5/15

6/12

7/10

8/14

9/11

COMPLIMENTS OF SWSC PIONEERS

If your Birthday Falls in the current
month

Fill in your name and use this coupon
like cash in the money can.

Name: _____

May BIRTHDAYS

- 1 Kim Snively
- 2 Sherry Hale
- 3 Charlene Tracy, Charles Snively, Kermit Jess
- 5 Lois Nichols, Phyllis Smith, Paul Evans
- 6 Danelle Christiansen
- 8 Wilma Davis, Kay Palmer, Delmer Shelton
- 9 Steve Bennett, Theresa Bermingham
- 10 Brenda Hatcher
- 12 Tom Ford, Garland Leonard
- 18 Carmen McAdams
- 19 Steve Hoffman, Carrie Anderson
- 6 Sandra Reints
- 15 Phyllis Staidl
- 23 Lee Shafer
- 25 Kristel Blair
- 26 Jamie Wood
- 27 Sandra Milleg
- 28 Robert Wilson
- 29 Nancy Rose
- 31 Louann Heydt



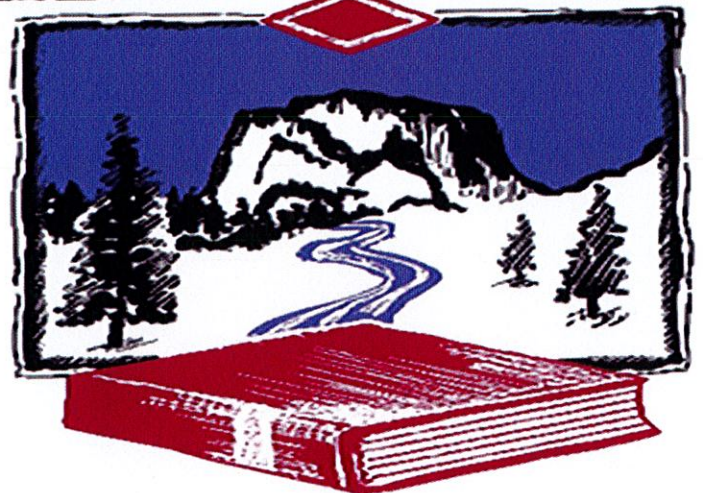
Librarians will be dining with us
so you can -

*Get help with electronic
devices

*Check out and return items

1st & 29th

Sublette County Libraries



Big Piney

EVERYONE WELCOME

Food Bank Distribution

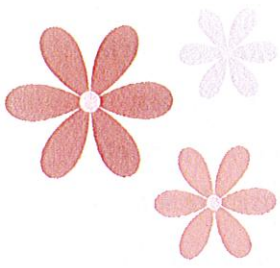
4th Wednesday of EVERY
month—

111 Rakestraw
Marbleton WY



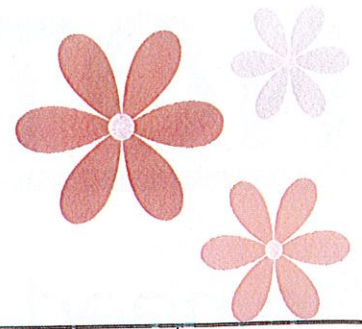
May 2024

MON	TUE	WED	THU	FRI
		1 Ham & Bean Soup Corn Bread Oatmeal Raisin Cookie	2 Battered Fish French Fries Eclair cake	3 Senior Breakfast 8-9
6 Monday Morning Social Coffee & Pastry 8 A.M	7 Beef Stroganoff Noodles Corn Brown Bread Parfait Cup	8 Cobb Salad Texas Toast Sundae Bar	9 Melt in your Mouth Chicken Orzo Broccoli Roll Key lime pie	10 Senior Breakfast 8-9
13 Monday Morning Social Coffee & Pastry 8 A.M	14 Spaghetti Garlic Bread Corn Berry Icebox cake	15 French Dips Tater Tots Pickle Spear Peach Pie	16 Smothered Pork chop Loaded potatoes Italian Veggies Rhubarb cake	17 Senior Breakfast 8-9
20 Monday Morning Social Coffee & Pastry 8 A.M	21 Swiss Steak Mashed Potatoes Mixed veggie Roll Banana cream pie	22 BLT Curley Fries Pickle Spear Pineapple Sunshine cake	23 Hawaiian Chicken Hawaiian Baked Beans Roasted Veggies Mud Pie	24 Senior Breakfast 8-9
27 Closed	28 Rueben Sandwich Onion Rings Chocolate Ice Cream cone	29 Popcorn Shrimp Battered Fries Coleslaw Birthday cake BOJH free Lunch	30 Country Fried Steak Mashed Potatoes Gravy Green beans, Roll Strawberry Poke Cake	31 Senior Breakfast 8-9



May 2024

Sign up please



SUN	MON	TUE	WED	THU	FRI	SAT
			1 Mobile Library 11:30	2 Exercise 10 A.M	3 Senior Breakfast 8-9	4 Wyo Art Assoc Art Show PFAC Kentucky Derby Fairgrounds 3:00
5 Pinochle Contact Ray Willoughby	6 Coffee & Pastry 8 A.M	7 Exercise 10 A.M Cribbage 10:30	8 Gardening Bingo 12:30	9 Exercise 10 A.M Mothers Day Dinner Party 6 P.M Get your Tickets	10 Senior Breakfast 8-9	11
12	13 Coffee & Pastry 8 A.M	14 Exercise 10 A.M Cribbage 10:30	15 Round Table Discussion Dr. Hastey 12:30	16 Exercise 10 A.M	17 Senior Breakfast 8-9 S.LC Quilt Show 7 A.M MIN. OF 10	18
19 Cribbage Contact Ray Willoughby	20 Coffee & Pastry 8 A.M Rocksprings 8:30 A.M	21 Exercise 10 A.M Cribbage 10:30	22 Bird Feeders 12:30	23 Pool Tournament 9 A.M Exercise 10 A.M Book Club 12:30	24 Senior Breakfast 8-9	25
26	27 Closed	28 Exercise 10 A.M Cribbage 10:30	29 Mobile Library 11:30 BOJH FREE LUNCH	30 Exercise 10 A.M Movie 12:30	31 Senior Breakfast 8-9	

NOTICE

We need at least a 48 hour notice for out of town trips/ appointments.

307-276-3249

Emergencies call

307-260-5441

—LOAN CLOSET—We have a free loan closet here at the senior center for those of you who need crutches, walkers, bath chairs, wheel chairs, etc. for a period of time. Please check it out if you are in the need of any of this equipment; you can borrow it and then return it when you no longer need it.

Senior Center Board Meetings

The second Wednesday of each month at 12:45pm

Senior Center

Senior Housing Board Meetings

Second Wednesday of each month
6:00 pm

307-260-3134 LeAnne

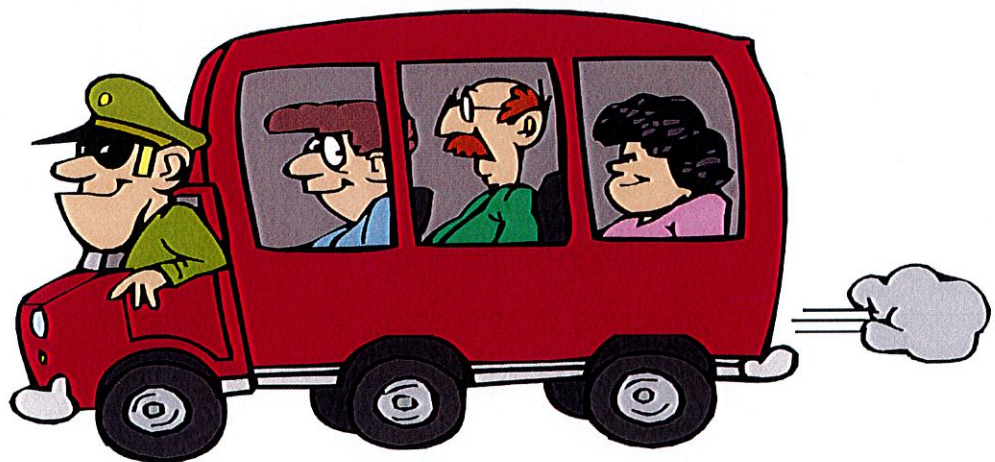
Senior Center



WYDOT News Releases

We are a WYDOT
Seniors/Public
Demand Response
transportation
service.

Need a ride?



PLEASE call in for ride/bus fares and for more information.

48 hour notice is appreciated

	9	1	6		7	2	4	
				5				
		3	1		8	5		
3	5		8		1			6
	7			6			1	
1			3		5		8	2
		6	5		9	7		
				2				
	4	9	7		6	1	5	

1sudoku.com

n° 125666 - Level Easy

	2		3	7			9	5
8	3		9			7		
7		5		2				
			7			8		
5		1	8	9	3	2		6
		9			4			
				3		5		7
		2			7		3	4
3	4			5	1		6	

1sudoku.com

n° 19330 - Level Easy

3	8			6	5	1		
	2		4	8	1	9		
							8	
		6			3	7		9
	7	3	5		8	6	4	
9		2	1			8		
	6							
		8	7	3	2		6	
		4	6	1			5	8

1sudoku.com

n° 11067 - Level Easy

		8			9		7	
2	9		7		8	4		5
				3				
3		2			1		9	8
	8	7	5		2	3	6	
4	5		6			1		7
				1				
7		5	9		6		3	1
	1		3			9		

1sudoku.com

n° 110149 - Level Easy

Play these sudoku puzzles on your mobile and find their solutions by flashing the codes below:

n° 125666



n° 19330



n° 11067



n° 110149





Caring for Wyoming's Seniors

*By
John Barrasso, M.D.*

SLEEP APNEA

Sleep apnea is a common sleep disorder characterized by repeated interruptions in breathing during sleep. These interruptions, called apneas, can range from brief pauses in breathing to extended periods of reduced airflow.

Sleep apnea can have significant health consequences and impact a person's overall well-being. The most common type of sleep apnea occurs when the muscles at the back of the throat relax excessively. This causes a blockage in the airway while you sleep. This is the blockage that leads to snoring and pauses in breathing.

Anyone can develop this type of sleep apnea. Several factors can put you at an increased risk: excess weight, older age, narrowed airways and high blood pressure. Sleep apnea affects as many as 30% of adults in the United States. It's been found that the great majority of people who have sleep apnea are unaware they have it. Their bedmate is usually very aware.

Diagnosing sleep apnea involves an evaluation of sleep patterns, symptoms, medical history and in some

cases, specialized testing. It's important to get the diagnosis right because sleep apnea can have a significant health consequence and affect your overall wellbeing. Frequent symptoms of sleep apnea can include:

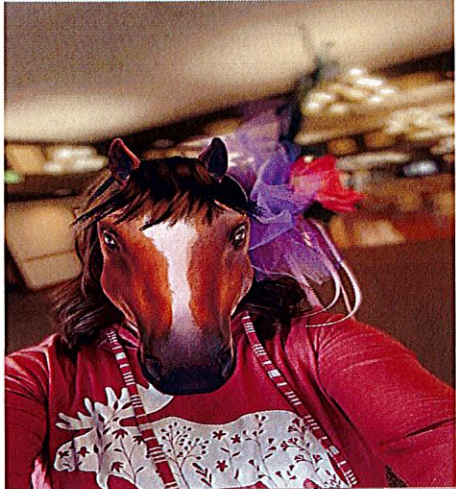
- excessive daytime sleepiness
- loud snoring
- headaches in the morning
- dry mouth when waking
- restless sleep with periods of wakefulness
- increased need to get up to use the restroom
- irritability and frustration
- reduced focus

Treatment can include a special machine to help with breathing called a CPAP machine. There is also surgery available for sleep apnea. Treatment will help you get a better night's sleep and eliminate or reduce the symptoms of excessive sleepiness, snoring and high blood pressure. This can make a significant difference in someone's quality of life.



Thank you to the Bank of Jackson Hole for buying everyone's lunch on the last Wednesday of each month!!

Invite all your friends to like and share our facebook page!



www.pioneerseniorcenter.com

Come share your beautiful smile