



Powell Senior Citizens Center, Ago-Go, Inc.

March and April 2021

Volume 1 Issue 2

www.PowellSeniorCenter.com

307-754-4223

What's inside?

Powell Senior Center,
Hours: M-F 8:00am-4:00pm
Phone: 307-754-4223

Program Director
Sheryl Kysar

Bookeeper
Linda Dalton

Statistician
Patti Smith

Receptionist
Rhonda Stevens

Kitchen Supervisor
Mandy Anderson

Kitchen Staff
Kari Kawano
Fawn Bradshaw
Tim Capellen

Transportation Supervisor

Transportation Staff
Buddy Diaz III
Jay Hunder

Center Information

Parties & Events

Word Searches

Maze puzzle

Removable Menus &
Activities Calendars

Articles

Ads

Board Members: Steve Martin-President, Linda Smith-Vice President, Elaine Bushey-Treasurer, Eldon Schmitt-Secretary, Stan Lundberg, Al Althoff, Trevon Dunn, Jane Chelberg, and Jim Wysocki



Games & Activities



Bridge

Cost .50

Every Thursday @ 12:30pm
Games will end at 3:00pm

Please wear a mask and
sanitize throughout the game



Pinochle

Cost .50

Every Friday @ 12:30pm
Games will end at 3:00pm

Please wear a mask and
sanitize throughout the game



Cinnamon Rolls

Cost is \$1.50

Every Wednesday @ 9-10am

Available in the Center
Delivery & Take Out
are also available



Freedom Fitness

Free of Charge

Every Thursday @ 10:30am

162 N. Clark St.

Equipment is free to use as
long as you sanitize the
equipment after using it



Powell Aquatic Center

Cost is \$2.00 per visit
Everyday

1065 E. Coulter Ave

Just \$40 for a
20 admission punch ticket

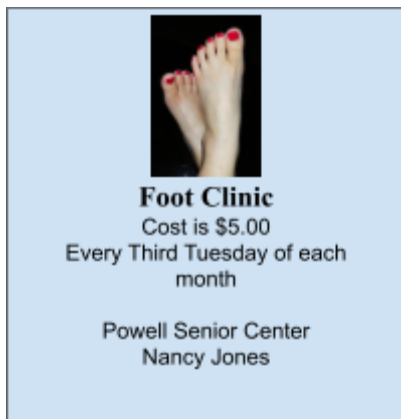


Balance and Mobility

Free of Charge

Every Tuesday @ 10am

Powell Senior Center
Class will focus on balance
and coordination



Birthday lunch will be held on March 16th and April 20th. Please join us in celebrating March and April's birthdays.

All events and activities are listed in our calendar inside the newsletter, posted on the board inside the center and on our new website.

Directors Corner

We were very sad to lose our wonderful transportation supervisor Gary Mefford. He will be greatly missed not only here at the senior center but in the community as well.

We have resources if you're struggling with heating your home during this cold weather. The LIEAP program may be able to provide assistance. Please let us know if you need an application or assistance filling it out. We also have other resources that may be able to assist you. Please don't hesitate to call if you are struggling.

Thank you to White Ink for printing our newsletter! We appreciate your generosity!

Heritage Health

Why Heritage Health is the go to place for Senior Care?

Heritage Health has been operating in Powell for over five years and in those five years we've come to be known in the community for putting the patient first. Seniors deserve specialized care and healthcare services. In recent months the health center has adapted to keep our patients, especially our senior patients safe from COVID-19. We now provide care for those who are sick with coughs or colds from viruses such as COVID in a separate location next door to our Main clinic. We have extended hours on Tuesdays and Thursdays for those depending on working family members for transportation and assistance. We have also expanded and simplified our telehealth offerings so that seniors can complete a visit from the comfort of their home without having to navigate frigid temps and hazardous weather. HHC provides same day availability for appointments and provides a choice of providers so you can find the right person to help you on your health care journey. Quick and easy access through our back door can assist navigating curbs or large buildings and we have an excellent nursing staff to assist with changing conditions. Our on-site counselors work with providers to provide care for both mind and body and utilize telehealth options for counseling as well. Please call us today to see just how much Heritage Health Center has to offer. 307-764-4107, convenient downtown locations at 128 N Bent St. in Powell and 444 Greybull Ave. in Greybull.

News from Powell Police Department

All of us at Powell Police Department wish all of our seniors and their families a happy, healthy and Safe 2021. Hopefully some of the drama of 2020 with Covid, fraud and other things are behind us, but we must keep our guard up to prevent being victims !!!

Fraud is a constant throughout the year, but as we get closer to tax time in April, the fraudsters call us on our phones more often and prey upon the elderly and trustful. We have had several frauds the last few months, including the senior who was going to buy \$12,000 worth of gift cards and send them to a person he did not know. Luckily one of our local paramedics saw what was occurring, spoke to the senior and called the Police department and this fraud was stopped before the money was sent. IF ANYONE ASKS YOU TO PAY A BILL WITH A GIFT CARD IT IS A FRAUD !!!! Utility companies or any other reputable company will NOT ask for payment with gift cards. Gift cards can be turned into cash by fraudsters.

I recently worked a fraud case where there was a pop up on her computer screen from Microsoft and they wanted personal information and other account information along with a check for a certain amount. When the senior went to the bank to withdraw funds for an investment, she was advised it was a scam and she disconnected from the fraudster who had her on the phone for several hours. The fraudsters are very good at convincing others to send them money, thus the term "con man". DO NOT give anyone you do not know any personal or financial information !!

It all starts with a phone call, an email or some other type of communication. I received several calls a day from unknown numbers or other numbers that I do not recognize. If they do not leave me a message, I block the number.

Thus far we have had a pretty mild winter so the roads have been pretty good. When you are traveling or going out for a while, let someone know where you are going, give them the make/model and license plate number of your car and when you will be expected back. Bring your fully charged cell phone and dress for the cold. If something happens to you and you are not home at the designated time, law enforcement will have the information to be able to look for you. Doing this can avoid a tragedy if you happen to slide off the road and cannot be seen.

Questions/comments, Please let me know how we can help you

Officer Matthew Brilakis
Powell Police Department
307-743-2212



Big Brothers Big Sisters®

Big Brothers Big Sisters strives to ensure that all youth and mentors served in our programs experience quality mentoring relationships that uphold our legacy standards. This program provides both children and mentors with long-term positive impact.

Mentoring by an older person offers exceptional value to young people. It turns out, however, that the benefits do not stop at young people; older people benefit from mentoring as well.

Older adults participating in mentoring programs benefit from new, positive relationships with youth and children in their community. Volunteer work increases a senior's sense of purpose, which leads to greater self-esteem, often at a time in life when many older adults are depressed or isolated. By spending time with a child, an elder has a chance to transfer their knowledge, skills, and values to the next generation.

Children and youth also benefit from increased self-esteem, knowledge and skills. By spending time in a positive relationship with a senior citizen, the younger generation gains a better understanding of the process of aging. They also find older adults to be supportive role models, which leads to an all-around increase in the child's motivation to learn, along with leadership and communication skills.

Our surveys and national studies indicated that children matched with a Big at least one year are:

- *46% less likely to start using drugs
- *27% less likely to start drinking
- *52% less likely to skip school
- *37% less likely to skip class
- *more confident of their performance in schoolwork
- *one-third less likely to hit someone
- *get along better with their families

If you are interested in Defending the Potential of youth in your community, please contact

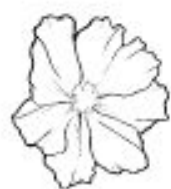
Sarah Schrickling

Program Director BBBS-Park County

(307) 213-3263 Ext. 401

sschrickling@wyobbbs.org

<https://bbbswyo.org/>



Spring



W H M Z A L K R S G U B E C H T Q I
F T U L Y I J B E P Q N O P A S D X
S J N I B O R H L V M C S U T L E K
P E D W G X E K J O A Z R M C Q F B
R C Y Q U S A V N T S I E K H R O L
O L A M B F D T E U P S W G X T J E
U N P H Y G Z R L K D H O V C E N R
T B E J D W P Q I S G X L M F P A U
V M Z C A I K D H B N U F S E B R T
D K Y T L X G O R F P E J Q B W O A
E P G L E B S U A M O C H I C K S N
B N A R F Y O J T H Z M T D L I P G
G R K E N R T S N A I L Q W U S R V
A D O N P H E M B J S T C E S N I F
K W U F I N L T Q E R M E A Y O N D
I B S E C K F X T D V J R H P A G Z
N E D R A G M W K U L G S O R C L E
H Z M T U L I P V E B A D Y W F X J



BIRDS
BLOSSOM
BUGS
BUNNY
BUTTERFLY

CALF
CATERPILLAR
CHICKS
FLOWERS
FROG

GARDEN
GRASS
HATCH
INSECTS
LADYBUG

LAMB
NATURE
NEST
RABBIT
ROBIN

SNAIL
SPRING
SPROUT
TULIP
WORM





Whole Health for **Seniors**

Primary Healthcare
Chronic Condition Care
Wellness Exams
Diet and Nutrition

We welcome ALL
income levels and
we accept medicare.



128 N Bent St
Powell, WY
(307) 764-4107 CARING FOR PEOPLE ACROSS OUR COMMUNITIES

I am enclosing \$5.00 to continue to receive my annual
Powell Senior Center Newsletter

Name: _____
Address: _____
City: _____ State: _____ Zip: _____

Thank you for your support
Do you know when you last paid?



Need a Ride?
Powell Senior Center
provides transportation
Monday-Friday
8:15am-3:30pm

Suggested contribution is
\$1.50 each way
Call for more information or to
schedule your ride
307-754-4223



Need Medical Equipment?
Powell Senior Center
rents walkers, wheelchairs, shower
chairs and toilet risers!
Monday-Friday
8:00am-3:30pm

Donations are Appreciated Upon Return
Call for more information or to
schedule pick-up
307-754-4223



Over the Age of 60?
Powell Senior Center
Can provide meals 1-5 days a week
to a individual over the age of 60!
Monday-Friday
8:00am-3:30pm

Suggested contribution is \$3.50
per meal
Call for more information or to
schedule delivery
307-754-4223

Birthday Lunch Certificate

The First Bank of Wyoming of Powell would like to
wish you a special birthday with this coupon. Turn it in
on your birthday and we'll buy you lunch at the Powell
Senior Center.

Name: _____

Birth Date: _____



FIRST BANK
OF WYOMING
DIVISION OF GLACIER BANK

Powell Senior Center
P.O. Box 1156
Powell, WY 82435

NON PROFIT ORG.
BULK RATE
U.S. POSTAGE
Powell, WY 82435
Permit #7



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