

where Life's Next Adventure Begins



FIGHTING CAREGIVER FATIGUE

Calvin's day begins before 5:00 A.M. He knows another exhausting day lies ahead. He allows himself only enough time to have a cup of coffee and read the paper before lying back down by his wife's side until 6:00 A.M. when the daily routine begins again; toileting, showering, dressing, wheelchair transfers, laundry, meal preparation, housekeeping, correspondence, paperwork, yard work, personal care. Soon its time for a doctor appointment; more wheelchair transfers, a trip to the pharmacy, grocery shopping, and then, finally, a return home to continue the care routine. No time to rest during the day. Bedtime planning takes an hour so he begins by 9:00 P.M. Calvin is physically and emotionally exhausted by 10:00 P.M. and falls asleep quickly. But he is awakened and out of bed at least three times during the night, tending to his wife's needs, taking her to the toilet or changing wet sheets. He attempts to return to bed and finds he cannot fall asleep. His mind is active; he feels anxious and has relentless thoughts that swirl in his mind. Daybreak seems to come too quickly and the schedule begins once again. Caregiving consumes 24 hours of the day and sleep deprivation and fatigue are the common denominators.

Caregiver fatigue cannot be understated. According to Webster's dictionary, fatigue means "physical or mental exhaustion; weariness." Spouses, adult children and family members alike are susceptible to caregiver fatigue whether they are providing care twenty-four hours a day or caregiving from a distance. The sandwich generation faces particular challenges as they attempt to provide care to elderly parents while juggling the demands of young families and fulltime careers. Whether caregivers are losing actual sleep

or simply wearing down from the constant worry and obligations, help is needed before feelings of resentment and guilt set in or the caregivers' health is compromised.

Sleep is absolutely necessary to live; however, it is often a low priority in the whole caregiver scenario. As an adult, our bodies need six to nine hours of sleep and after age 65, we need six to eight hours per night. The American Association of Retired Persons (AARP) likens the need for caregivers to take care of themselves to performing regular maintenance on a car. Without regular attention, even the finest cars and caregivers will soon deteriorate. Rest must be a priority. The brain's frontal lobe especially relies on sleep to effectively function. Without adequate rest, the brain's ability to access memory, control speech and resolve problems, is greatly hampered.

Family caregivers truly are at risk of physical and emotional problems of their own while they are providing care to a loved one. Fatigue contributes to an increased vulnerability to illness and it is prevalent in nearly all caregivers, yet unseen by most. The results of fatigue creep in over time, robbing the energy and focus of a caregiver. They often become so immersed in their role that they are unable to see their own health decline 'right before their eyes'. According to one home care director, by the time many care providers realize they have become caregivers; they are already suffering from the symptoms of caregiver fatigue and are headed for burnout!

One caregiver in a support group shared that she actually used respite care in her home to get a much-needed nap three times a week. Another woman asked family members to stay overnight once or twice a week to allow her a full

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night of rest. An important consideration is for caregivers to step back, set personal limits and encourage the care receiver to perform some of their own self-care activities. As time goes on, it can be easy to over-help and invite greater dependence by the care receiver. Others found, when they finally accepted outside help, they experienced a strong sense of relief. Most caregivers wished they had taken the help much sooner. In some cases, when 24-hour care is no longer achievable, moving a loved one to an assisted living facility or to a nursing home is the best solution.

Caregivers, as well as care receivers, need a well-balanced diet and adequate hydration during the day to stave off fatigue and vulnerability to illness. Try to avoid large meals, high fat foods and the drinking of fluids before bedtime. Taking vitamins, eating proteins, grains and fresh produce and decreasing sugar, caffeine, and alcohol can also promote wellness. Caffeine is a mild stimulant and consuming it before bedtime can affect sleep. It is also a diuretic and will result in an increased need to urinate during the night. Alcohol is a depressant by classification; however, it does cause a person to sleep lighter and awaken more frequently.

Fortunately, there are many things that can help to decrease weariness and promote a good night's sleep:

- Regular exercise can have a positive effect on improving sleeping habits as well as decreasing stress, depression and anxiety.

- Try to maintain a daily routine for naps and sleep so that the body can adjust to a rhythmic pattern.
- Listen to positive sounds to promote relaxation before sleep. Music or nature sounds, such as waves, can be soothing to the soul. Avoid watching stimulating television shows right before bed as this may bring alarming news that unsettles our mood and disrupts our ability to rest.
- Meditation, prayer, and deep breathing exercises are also options to use for calming our minds and bodies so that we can sleep. These can also be done if one awakens during the night.
- Try drinking warm milk, taking a relaxing bath, reading something pleasant and perhaps journal some thoughts prior to bedtime.

If insomnia is prevalent, discuss medication options with a physician.

It can clearly be seen that fatigue and sleep deprivation strongly impact the caregiver's ability to provide the best possible care to their loved one. Family caregivers are at risk and must open their eyes to their own needs and solutions that may be available to them. Asking for help is a sign of strength, not weakness! When someone else takes over the caregiving responsibilities, even for a short time, caregivers can step back, focus on themselves, rest and get recharged.

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Dollar-A-Month-Club
for purchasing the Lazy Susan's and salt & pepper holders on the dining room tables.

Ray Miller for the ice-tea glasses.

Most importantly, thanks for being you and supporting the center.

If you have donated in the past and I have not recognized you in our newsletter please let me know.

Dollar-of-the-Month Club

Donations can be made at Monday Night Dinner or at reception desk.

Our proceeds go toward Epson's many valuable programs.


Helping Epson Center One Dollar at a Time

Generous Sponsor of:
Flowers on Birthday Night

745.5555

Prompt Local Delivery

312 S. 3rd St.



How to Advertise

The newsletter is published several times a year. Epson Center is a not-for-profit social and charitable organization. Advertising profits go toward accomplishing our community mission. Contact Pamela for details.

	1 year	6 mo.	1 issue
Card Size	\$150.00	\$75.00	\$25.00
1/4 Page	\$200.00	\$100.00	\$35.00
1/2 Page	\$300.00	N/A	N/A

EPPSON CENTER

HOURS, INFORMATION, STAFF, BOARD & FOUNDATION

Eppson Center for Seniors
1560 N 3rd Street
Laramie, WY 82072
307-745-5116
307-742-8669 (fax)
eppsonctr@aol.com
www.eppsoncenter.org

Center Hours: Monday–Friday,
8:00 a.m.–4:00 p.m.

Whitney Health and Wellness:
Monday–Friday, 8:00 a.m.–3:00 p.m. 745-1510

PATS (Transportation): Monday–Friday,
8:00 a.m.–noon & 12:30 p.m.–4:00 p.m.

Meals: Monday, 4:30 p.m. and
Tuesday–Friday, 11:30 a.m.–12:30 p.m.

60+ \$4.00/suggested donations with
completed/updated AGNES form.

Meal punch card; purchase 10 meals and
receive 2 meals FREE, \$40.00

60- \$6.00/required. Meal punch card; purchase
10 meals and receive 2 meals FREE. \$60.00

Tuesday meals: \$2.00 Thursday meals: \$3.00

Friday meals: Purchase your meal on Friday for
\$5.00 and eat free on the following Wednesday.

EPPSON CENTER STAFF

Richard Cuthbertson,
Executive Director
Cindy Ishakanian,
Accounting Assistant

Vicky Ying, Finance Assistant
Kareena Hopkins, Receptionist
Marilyn Stover, Receptionist

LIFE ENRICHMENT

Pamela Lopez

MAINTENANCE/CUSTODIAL

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KITCHEN

Dawn Jackson, Kitchen Manager
Marie Kuntz, Kitchen Supervisor
Esther Rogers, Assistant
Carol Huckins, HDM Supervisor
Sherry Wilcoxson, Kitchen
Assistant
Dennis White, Dishwasher

WHITNEY HEALTH AND WELLNESS

Gina Casper,
Department Head, ACC
Jody Hoberg, RN

DIRECT SERVICE WORKERS

Nicole Lankford
Brenda Spiegelberg
Lania Barton
Leilani Bergstrom
Judy Sisneros, Respite Care

PATS

Tina Fisher, Manager
Buddy Curby, Dispatcher
Floyd Taylor, Driver
David Wagg, Driver
Ken Rehmeier, Driver
Terry Pantier, Driver
Mike Garret, Driver
Orin Harrell, Driver
Tiana Watts, Driver
Alair Austin, Driver

EPPSON CENTER FOR SENIORS BOARD OF DIRECTORS

President: Ted Preston
Vice President: Wayne Karberg
Treasurer: Flew Wilson
Secretary: Todd Pearson

Directors

Don Johnson
Deborah Kratzer-Reid
Nyla Murphy
Matt Goetz

*Board of Directors meet the third
Wednesday of month at 12:00 p.m.
at the Center*

EPPSON CENTER FOR SENIORS FOUNDATION BOARD

President: Shannon Markle
Secretary: Julie Wickett

Directors

Mario Ibarra
Chad Witte
Connie Palmer
Clarice Hoff

*Foundation Board meets the fourth
Wednesday of month at 12:00 p.m.
at the Center*

UPCOMING ACTIVITIES



hairspray

Midtown Dinner Theater
(Formerly Carousel in Ft.
Collins)

July 21, 2012, Saturday Matinee

We will leave the center at
10:00 a.m.

Cost: \$80.00 includes transportation, ticket and
dinner.

I need to have a minimum of 10 people that have
pre-paid for their ticket before I can reserve tickets for
the group. Tickets go fast, don't wait.

Please read the Midtown Ticket Policy. If you cancel
or do not show you are still responsible for paying.
Eppson Center will not re-sell your ticket for you.



Rockies vs. Padres

Sunday, July 1, 2012

Cost: \$40.00; includes transportation
& ticket – meal on your own

Game starts at 1:15; we will leave the center @ 9:45 a.m.



Gambling at the Reserve Casino, formerly Fortune Valley.

The Reserve Casino is located
between Central City and Black
Hawk.

Gambling dates are:

July 18th, August 15, and September 19th.

Cost for charter bus is \$10.00, if paying by check
make out to Americoach of Cheyenne.

The coach will leave at 7:00 a.m. from McDonalds on
30th and Grand. Leave the casino at 4:00 p.m. and
plan on returning to Laramie around 7:30–8:00 p.m.

Sign up at the Eppson Center, need a min. of 10. I will
fax the roster to the charter bus the Monday prior to
gambling day, if you miss the sign-up date you may still
take the charter bus, please contact the center so we can
get your name added to our gambling roster.



Cheyenne Frontier Days

Tuesday, July 24, 2012, leave @ 8 a.m.
\$40.00 includes transportation, parade,
rodeo ticket & lunch at Cheyenne Sr. Center

Legal Counsel with Shirley Kingston
Fridays 10:00 a.m.–12:00 p.m.
Schedule appointment at Eppson Center.

L'Opera

L'Opera, Laramie
Friends of the Opera,
will meet the 2nd
Tuesday of the month
at 1:15 p.m. in the
board room.

July 10, 2012, 1:15

p.m.: Kalman's,
A Gypsy Princess.
This a turn of the
century operetta, set
in Hungary, featuring
Anna Moffo as the
gypsy.

August 14, 2012, 1:15 p.m.: Prokofiev's, War and
Peace. A stunning Kirov opera interpretation after the
novel by Tolstoy-with an all Russian cast.

September 11, 2012, 1:15 p.m.: Donizetti's,
The Elixir of Love. Featuring a Vienna Staatsoper
Production, a favored repeat of light opera with Anna
Netrebko.

October 9, 2012, 1:15 p.m.: Beethoven's, Fidelio.
A Royal Opera House at Covent Garden presentation
in London of Beethoven's only opera.





Check us out on Facebook.

If you utilize Facebook simply go to the Eppson Center Facebook page and read what others

have to say; add your comments.

The link to the Seniors on the Go Facebook page, <http://tinyurl.com/ec-sotg>

You shouldn't need to have a Facebook account to see these pictures....you just won't be able to comment on them.



Please be kind to the computer.
Hitting it with your keys or other objects will damage the screen as well as the system.



Enjoy a hot nutritious meal



Monday: 4:30–5:30 p.m.

Tuesday–Friday: 11:30 a.m.–12:30 p.m.

Monday, Wednesday & Friday: \$4

Tuesday: \$2

Thursday: \$3

Contact Dawn for Home Delivered Meals



If a birthday, passing, thank-you or other information was left out please contact Pamela so that it can get into the next newsletter.



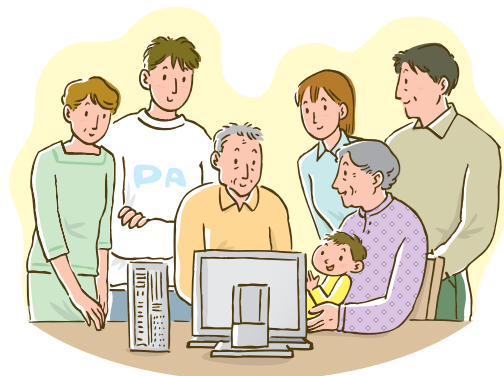
The Eppson Center will be closed Wednesday July 4, 2012.



Effective September 1, 2012, the Eppson Center newsletter will no longer be mailed. The cost of the newsletter is \$12.00 fiscal year. If you would like to receive the newsletter send

a check payable to Eppson Center, 1560 N. 3rd St., Laramie, WY 82072, for \$12.00 with your name and mailing address, attention Life Enrichment. Questions contact Pamela, 745-5116.

The Eppson Center newsletter may still be picked up for free at the center.



The Eppson Center web page is up.

It's a work in progress.

Suggestions let Pamela know.

www.eppsoncenter.com

Regency Retirement Residence

2621 E. Sheridan
Laramie, WY 82070

Phone: 307-742-6366

Independent Living Community for People age 62 and older



Whitney Health and Wellness Center

Hours: Monday–Friday,
8:00 a.m.–3:00 p.m.
Direct number: 745-1510

WHWC provides services, classes, and activities for the promotion of health and wellness. In addition to our registered nurse who is available daily WHWC offers special presentations provided by Nurse Practitioners', Pharmacists, Dieticians and other health care professionals who believe that people want to knowledgeable about being healthy. WHWC serves as the umbrella for the following programs:

Blood Pressure Clinic

Monday, Wednesday & Friday:

9:00 a.m.–2:00 p.m.

Tuesday & Thursday: 11:00 a.m.–2:00 p.m.

Chair Massage ~ By appointment

Table Massage ~ By appointment

Whirlpool Tub ~ By appointment

Foot and Hand Care ~ By appointment

Acupuncture ~ Wednesdays, 1:00–3:00 p.m.

Beltone Hearing Test

By appointment the first Thursday
of the month. Call 1-800-430-5282
to schedule.

Caregiver Support Group

Second Thursday of month, 11:45 a.m.–12:50 p.m.

Alzheimer's Support Group with Patty Butler

Second Wednesday of month, 1:30 p.m.

Wyoming Health Fair

First Monday of month

7:00–10:00 a.m.

Community Based In-Home Services (CBIHS)

The State of Wyoming provides funds which assist seniors' citizens (60+) as well as disabled adults (18+) who are unable to perform daily tasks due to physical, emotional, cognitive functions, abuse, and/or neglect.

CBIHS offers respite care, errand & chore service, personal care, homemaking and information and referrals.

Services are paid for on a sliding fee scale. Payments are made monthly, upon receipt of invoice from the Eppson Center for Seniors. Scheduling is by arrangement.

National Family Caregiver Support (NFCG)

A support program that helps the caregiver in

Cancer Support Group

Meets at Meredith & Jeannie Ray Cancer Center

Women's Group: Tuesday, 1:00 p.m.

Co-ed: Wednesday, 1:00 p.m.

Multiple Sclerosis Support Group

Iverson Memorial Hospital

Saratoga Room

Second Wednesday, 5:30 p.m.

Parkinson Support Group

Iverson Memorial Hospital

Out-Patient Rehab Room

Third Wednesday of month, 5:30 p.m.

UW Stroke Support Group

Second Tuesday of month

6:00–7:00 p.m.

Free counseling by appointment

1-307-7662149

Bereavement Group

Hospice of Laramie

1262 N. 22nd, Unit A

Mondays, 5:15–6:45 p.m.

planning care and arranging services provides training, support and guidance. Caregivers' are our primary focus and we are here to help caregivers in our community lessen the daily stress of being a caregiver.

NFCG offers assistance, case management, caregiver support group, information and referrals, supplements services such as respite care, homemaking and personal care.

Services are paid for on a sliding fee scale. Payments are made monthly, upon receipt of invoice from the Eppson Center for Seniors. Scheduling is by arrangement.

**To see if you qualify for assistance for CHHS or
NFCG contact Gina, 745-1510.**

DOWNWARD DOG SAYS Bow-Wow



Interested in locating your inner child? Playfully introduce your grandchild to yoga. Enjoy the fun of yoga while gaining strength, flexibility, balance, focus and social skills.

Children and their parents and/or grandparents are welcome. Class will include traditional yoga poses, child friendly yoga poses, and simple relaxation. No yoga experience necessary.

If you don't have a little one you can still participate, \$7/class.

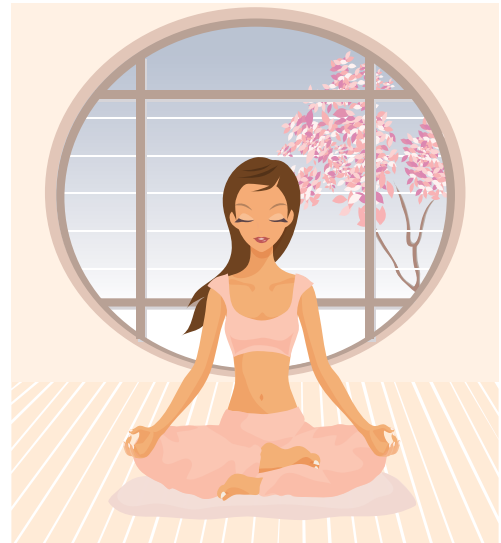
We have sturdy yoga tables, mats, chairs and bands available. Wear comfortable clothes and don't eat 30 minutes before class.

**Saturdays; May 12–July 28, 2012
(12 weeks)**

10:00–11:00 a.m. @ Eppson Center

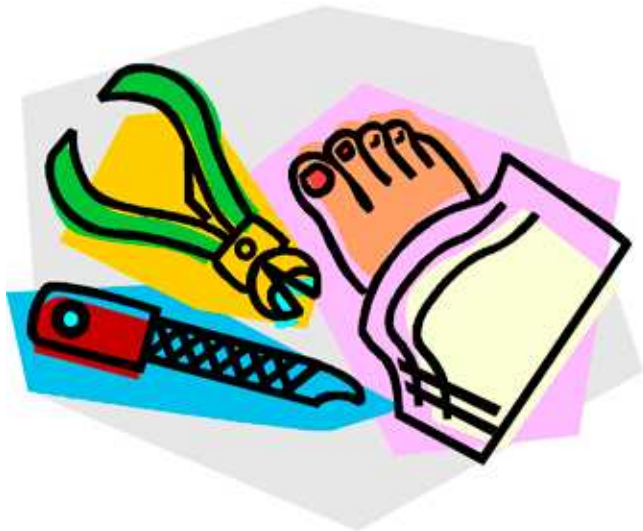
**\$10/drop in rate or
\$7/pre-paid punch card**

**Class size is limited to
10 pairs, ages 5–12**



TLC~Table Yoga will resume June 4th at 10:00 a.m. in the east wing. Wear comfortable clothing and don't eat for 30 minutes prior to class. Cost is \$7/class.

If you are in need of extra attention and unable to do yoga on a mat or with the assistance of a chair this may be the class for you. TLC~Table Yoga is a beginners program of gentle exercise that can be done on a sturdy massage table, perfect for seniors or anyone facing physical challenges, or recovering from an illness.



Foot Care price increase

Beginning July 1, 2012, foot care services will increase to \$25.00/visit.

**Questions contact Jody, RN or Gina, WHWC
Department Manager**

JULY & AUGUST BIRTHDAYS

The Eppson Center is honored to celebrate your birthday with you. If it is your birthday month First Interstate Bank will gladly purchase your birthday dinner. The beautiful flower bouquet is donated by Killian Florist.

July

Alley, Narda Jeanne
Arnold, Mary
Bedell, Angelina
Bedell, Bruce
Bulvin, Velma
Case, Doris
Christensen, Marile
Crowell, Holly
Cutler, George
DeLinger, Wayne
Dillinger, Carol
Duffek, Florence
Fanning, Karen
Fay, Ken
Ferguson, Ruth D.
Fillion, Nancy
Fitzgerald, Robert
Force, Elaine
Force, Don
Forney, Myrtle R.
Fossett, James R.
Fredrichs, Sally
Gallegos, Dolly
Garen, Frank
George, Tom
Greer, Stella
Gregory, Dwight
Grisson, William
Hafele, Joseph
Hansen, Robert
Harden, Bill
Harris, Robert
Hein, Jean
Henman, Fred
Hepworth, Bill
Heyen, Sarah
Hood, Jeri
Hoover, Lynnette
Hopkins, Pauline
Housel, Pat
Johnson, Dorothy Jean
Jones, Eve
Kanada, George
Karberg, Wayne
Keeney, Linda
Kury, Wendell
Larson, Marilyn
Livingston, Frances R.
Lorenz, Reta
Mahaffey, Charles E.
Marchant, Anne
Marshall, Dolores
Marvel, Fred
Mason, Bunny

McClure, Florence
McGarvey, Tom
Mecham, Jim
Mekeel, Colleen
Meloche, Carl
Mesa, Alfred
Miller, Charles (C.J.)
Mores, George
Navarrete, Marilyn
Nielsen, Shirley
Ochoa, Regenia
Oliverson, Deedie
Ozeta, Nora
Palato, John
Parrill, Alene
Parrill, Bruce
Picard, Kay
Plancher, Henry
Poppe, Fern
Poulson, Alyce
Preevett, Jill
Radosevich, Wilbert
Rambo, Sandy
Raymond, Twylah
Richardson, Louise
Robbins, Sandra
Robertson, Rodman
Rohlfing, Jim
Romero, Elena
Sanchez, Helen
Sanchez, James
Schmidt, Jerry
Shaffer, Rene
Sharum, Louise
Sharum, Urban
Snyder, Gladys
St. Clair, Betty
Stockton, Donna
Street, Leora B.
Taylor, Fonsey
Tinkcom, Audrey
Trieweler, Ann
Urbom, Ray
Vaske, Mary
Viegrets, Mildred
Wagg, David
Walker, Shiral
Ware, Wendye
Warner, George
Warner, Sylvia
Wasinger, Elaine
Wheeler, Donna J.
Wickersham, Violet
Wickersham, Marland
(Skip)
Wilson, Gene

Worster, Cena
Wudtke, Myran
Zakis, William

August

Arnett, Alice Kay
Basinger, Barbara
Basinger, Michael
Bayne, Mina
Boresi, Arthur
Bustos, Eliria
Cartwright, Tom
Chapp, Rosie
Cors, Paul B.
Crain, Carol Jean
Curry, Patti
Dana, Joan
Davis, Kathleen
Day, Wanda
Deibert, Norma
Dimitrov, Emil
Dowler, Joe
Dreinhofer, Dana
Dunham, Denny
Dunn, Dale V.
Eberhart, Richard
Faris, Albert
Fedell, Janet F.
Flores, Irene
Flores, Jose
Foster, Sallie A.
Franco, Elsa
Frank, Phil
Frazier, Sandra
Furphy, Donna
Gasder, Barry
Ginther, Diann
Graham, LeRoy
Groathouse, Hanna
Haas, Maria,
Halpin, Mary
Hanna, Mary
Hanson, Don
Harding, Roger
Harris, Charlene
Hickey, Barbara
Hoffins, Ethel
Holladay, John
Hoppe, John
Howdeshell, Angela
Jacobsen, Lorrie
Johnson, Joe
Jones, Jerry L.
Jorgensen, Twyla
Kelly, Opal

Kern, Andrea
Kidder, Jenny
Kidwiler, Helen
Kujda, Robert
Lane, Carol
Lay, Daniel
Leslie, Ruth
Lilley, Shirley
Lockhorn, Royetta
Long, Dianna
Marchitelli, Cindy
Martin, Oleta
Masterson, Dorothy
McKinley, Roger
McNally, Ruby
Medina, Felix
Miller, Bonnie
Miller, Evelyn
Moen, Olga
Mondragon, Joe
Montgomery, Cal
Moore, Sonya
Nelson, Joyce
O'Brien, Robert
Olson, Joan
Otto, Gail
Packham, Kevin
Parker, Rita
Pasley, Lois
Pearce, Ivy
Perue, Faith
Petersen, EN
Peterson, Charles
Pierce, Lois
Quintal, Yvonne
Raitt, Roberta
Riegle, Martha
Roberts, Oiley
Robertson, Ray

Rodgers, Wilmot
Rogers, Mimalee
Rohr, Ralph
Romsa, Betty
Ross, Bonnie
Rossalez, Stella
Schaeffer, Polly
Scheringer, Janette
Schnitker, Alice
Schroefel, Margie
Schwartz, William G.
Shipman, Don
Siders, Sue
Simpson, Lynne
Skarda, Sharon
Smith, Frances C.
Smith, Muriel
Spiegelberg, Frank
Sprung, Joyce
Stemm, Frank
Svenson, Cathy
Turnquist, Carolina
Unruh, Clarence
Waggener, Eleanor
Ward, Bertha M.
Warson, Beryl
Whatley, William
Wheeler, Don
White, Kathleen
Wilburn, James
Williams, Rita
Wilson, Flew
Wolfe, Howard
Woods, Bonnie
Wright, Bill
Wright, Novelyn
Wright, Thomas
Yovich, Sharon
Zion, Danny

Thank you First Interstate Bank for purchasing dinner for our patrons who will celebrate their birthday this month. Thank you Killian Florist for donating the beautiful birthday bouquet for this month.

P.A.T.S Transportation



P.A.T.S (Public Assisted Transportation Service) is a door to door transit service for ALL in Laramie. PATS provide services to the general public, includes but is not limited to senior citizens. Our buses are wheelchair acceptable and meet ADA guidelines.

Children younger than 12 need to be accompanied by an adult in order to ride. Children under 9 years of age and under 90 pounds must be properly secured in a car seat or booster seat provided by the riding adult. PATS does not provide child restraint seats nor will they install or secure a child, it is the riding adults' responsibility.

Service Hours: Monday through Friday, 8:00 a.m.-4:00 p.m.

Rate: \$2.00/each way for individuals under age 60 \$2.00/each way suggested donation for individuals 60 and older. Please have exact change, if you prefer you may purchase tickets from PATS office or a driver.

To arrange or cancel transportation contact the dispatch office at 745-1511. A 24 hour notice is required; this allows adequate time to best meet your scheduling needs. Medical appointments within Laramie's city limits are given priority, if you have an emergency call 911. After medical appointments contact dispatch and request a ride home, your pick-up time will be dictated by our current schedule. If you do not require a ride after appointment you will need to inform dispatch.

Drivers are considered on time if they arrive within 15 minutes for the scheduled pickup time. Example: if you requested a 10:00 a.m. pick up time PATS may arrive anytime between 9:45-10:15 a.m. The driver will wait up to 5 minutes before leaving. Drivers can assist passengers from bus to door and door to bus, please keep packages manageable.



Cancellations; passengers are required to call and cancel transportation at least one hour before the scheduled pickup time. This allows more flexibility in scheduling for other passengers. Failure to cancel may result in a 'no show'. Passengers with three or more "no shows" may be suspended from using the bus for a limited time.

Partial funding for PATS provided by WYDOT

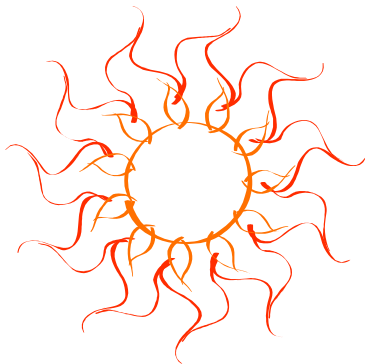


What is Pilates?

Pilates is a system of exercises intended to strengthen the human mind and body. The original six principles of Pilates are: concentration, control, center flow, precision, and breathing. Pilates is a body conditioning routine that helps build flexibility, long, lean muscles, as well as strength and endurance in the legs, abdominals, arms, hips, and back. It puts emphasis on spinal and pelvic alignment, breathing to relieve stress as well as allow adequate oxygen flow to muscles, developing a strong core or center (tones abdominals while strengthening the back), and improving coordination and balance. Pilates' flexible system allows for different exercises to be modified in range of difficulty from beginning to advanced. Intensity can be increased over time as the body conditions and adapts to the exercises. No muscle group is under or over trained. It enhances core strength and brings increased reach, flexibility, sure-footedness and agility.

Meet our instructor: Emily Autumn Elder, recently graduated from The University of Wyoming with a Bachelor of Science Degree in Kinesiology and Health Promotion through the College of Health Sciences. Emily is a certified Group Fitness Instructor and Personal Trainer through the American Council on Exercise (ACE). She has also studied dance and performed extensively through Western Wyoming Community College and the University of Wyoming. Emily feels called to give back to others and to her community through her ability to teach. She loves teaching exercise in groups and in a one-on-one setting as well as teaching dance and ice skating.

"The Pilates method of body conditioning reawakens and stimulates brain cells, stimulating further the functioning of the mind" - Joseph Pilates



**New...Pilates class being offered.
July 3-August 10, 2012
Tuesday & Thursdays, 2:30-3:30 p.m.
\$7.00/class. Bring pillow and mat.**



**tops, Take Off Pounds Sensibly
Eppson Center for Seniors**

**Saturday, 8:00-9:00 a.m.
Info: 760-6516 or 742-9085**

NEIGHBORS HELPING *neighbors*
IN THE PLACE WE CALL HOME.



— www.firstinterstate.com —

Member FDIC. Equal Housing Lender.



Ivinson Home for Ladies

Debi Ockers, "housemom"

2017 E. Grand Ave. Laramie, Wyoming 82070

(307)745-3575

ivinsonhome@hotmail.com



SENIORS ON THE GO OUTDOOR ADVENTURE SCHEDULE

Spring-Summer Outings

All planned hikes will meet and leave the Eppson Center at 9:00 a.m.; transportation cost for each hike is \$10.00. If you will be joining us on an outing you need to sign-up at the center, we have a limited number of seats available on the bus. If the bus is full, additional hikers may carpool and hike with the group for a cost of \$5.00 per person. Sign-up sheets and detailed information is located near the Life Enrichment office. If you would like to receive SOTG e-mails simply e-mail eppsonactivities@aol.com with your name and contact information. If you have plans to participate with SOTG you will need to complete the Eppson Center for Seniors Medical Release. If you have questions about SOTG contact Life Enrichment, 745-5116 x 14.

July 6 – Swastika Lake from Green Rock Picnic Area.

July 13 – Sheep Mountain.

July 20 – Tie Hack Trail.

July 27 – North Twin Lakes out to the conglomerate rock.

August 3 – Gap Lakes Trial.

August 10 – Red Mountain Gypsum Quarry with Tony Hoch

August 17 – Mirror Lake to Lewis Lake.

August 24 – Fish Creek Ranch with Linda Biles.

August 31 – Dry Park to Albany.

September 7 – Tipple Trail to Miners Cabin.

September 14 – Mystery Historical Tour with Tom Larason.

September 21 – Soapstone Prairie, Towhee Trail.

September 28 – Crow Creek.

IMPORTANT!

If you have plans to participate with Seniors on the Go you will need to complete the Eppson Center for Seniors Medical Release.

If you have questions contact Pamela, Life Enrichment, 745-5116 x 14 or eppsonactivities@aol.com

Eppson Center for Seniors Medical Release

Name: _____

DOB: _____

Address: _____

Phone No.: _____

Emergency Contact

Name _____

Contact Phone No.: _____

Relationship: _____

Doctor

Name: _____

Phone No.: _____

Medical Information

Allergies: _____

Medications: _____

In the event of a medical emergency I will be taken directly to the nearest medical center for attention. By signing this form you are allowing the Eppson Center for Seniors to provide your medical information so that you may receive medical care.

If you choose to not disclose any medical information you will still be taken to the nearest medical center for care unless you indicate otherwise.

Name

print

signature

Date: _____

LIFE ENRICHMENT...

"An active mind cannot exist in an inactive body." — General George Patton

EDUCATION

Albany Co. Health Fair, 7:00 –10:00 a.m., 1st Mon. of mo.

Lions Club Breakfast; 6:30 a.m., Tues.
Legal Counsel with Shirley Kingston; 10:00 a.m.–noon, every other Fri. of mo. Schedule appointment with receptionist or Life Enrichment.

UW/State Retirees of Albany County, 10:00 a.m., 3rd Wed. of mo.

UW/State Retirees of Albany County, Board Mtgs. 2:00 p.m. 2nd Wed. of mo.

Dollar-a-Month meeting, 2:00 p.m., last Thurs. of mo.

AARP Safe Driving Class; 1:00 –5:00 p.m., 3rd Wed. & Thurs. of mo. *you must attend both sessions to complete the course.

Albany Co. Library; 1st & 3rd Thurs. of mo., Noon

TOPS (Take Off Pounds Sensibly); Sat., 8–9 a.m.

Veterans Coffee; Fri., 9:00 am.

NARFE; 11:30 a.m., last Fri. of mo.

***GED Prep.** Classes offered every Thursday, 1:00–3:00 p.m. No cost.

Social Media class offered Wed., 10:30–11:30 a.m. in the computer lab.

FITNESS

Senior Swim at Laramie Rec. Center; 8:00 a.m., Mon., Wed., & Fri. \$

Strength Training on the Ball with Erin Chamberlain at Kourthouse, Mon, Wed, & Fri, 9:30–10:00 a.m. \$

Balance, Stretch & Ab's on Mat with Erin Chamberlain at Kourthouse, Mon, Wed, & Fri, 10:00–10:30 a.m. \$

Resistance Training; Tue., & Thurs., 11:00 a.m.

Exercise & Dance; Mon. & Thurs., 9:00 a.m.

Bowling at Laramie Lanes; Mon., 1:30 p.m. \$

Arthritis Exercise with Donna Earley; Mon. & Wed., 3:30 p.m. \$

Musical Exercise; Tues. & Thurs., 10:30 a.m.

Advanced Yoga with Connie Currie; Wed., 11:15 a.m. \$7.00

Intermediate & Basic Yoga with Connie Currie; Thurs., 5:30 p.m. \$7.00

Beginning Line Dancing with Norma Deibert; Wed., 9:00 a.m.

Intermediate Line Dancing with Norma Deibert; Fri., 9:00 a.m.

Performing Line Dancing with Norma Deibert; Tues., 9:00 a.m.

Seniors-on-the-Go; contact Life Enrichment for scheduled outings. \$10.00

Nia with Bob Bertilson; July–September, summer break.

Too-Fit-To-Quit exercise equipment is available Mon.–Fri., 8:00 a.m.–3:30 p.m. \$8.00 60+ & \$11 –60

TLC–Table Yoga with Connie Currie Mondays @ 10:15 a.m. \$7.00

Downward Dog says Bow–Wow! Saturday s May 12–July 28, 10:00–11:00 a.m. \$10/drop in or \$7/class when pre–paid for 12 week session.

Pilate's for Seniors with Emily Elder. 6 wk. class offered Tues. & Thurs., 2:30–3:30 p.m. July 3–Aug. 10. \$7.00/class

Beginning Line Dancing will resume Wednesday, September 12, 9:00 a.m.

Intermediate Line Dancing will resume Tuesday, September 18 and Friday, September 21, 9:00 a.m.

FOR FUN

Bingo; 12:30 p.m., Mon.

Melodees; 1:30 p.m., Mon.

Pinochle; 12:30 p.m., Tues.

L'Opera Viewing; 1:15 p.m., 2nd Tues. of mo.

Biscuits n' Jam; 1:00 p.m., 1st & 3rd Wed. of mo.

Bridge; Tues. 1:00 p.m.

Duplicate Bridge; Thurs., 7:00 p.m.

Shangri Rummy, Thurs., 1:00 p.m.

Recycled Card Project; Fri., 9:30 a.m.

Dinner Out; check for date, time, & location.

***Looking for a volunteer to call Bingo.**

***Social Media class is offered by Muskie Fellow Intern/Volunteer, Askhat Yerkimbay.** If you have questions or need assistance setting up an e-mail account, want to learn how to make a video, take pictures, and more I encourage you to stop in and visit with Askhat . Not sure what you want or where you should start? Take the survey and turn into the receptionist or Pamela, Life Enrichment.

***Downward Dog says 'Bow–Wow.'**

Children and their parents/grand–parents are welcome. Class will include traditional yoga poses, and simple relaxation techniques. No yoga experience required. Wear comfortable clothing and do not eat 30 minutes prior to class. If you do not have a little one you may still participate, \$7/class.

***TLC–Table Yoga** is a beginners program of gentle exercise that can be done on a sturdy massage table, perfect for seniors or anyone facing physical challenges, or recovering from an illness.



Have a story to be told?

Want to share some information?
Be an Eppson Center news hound!
Contact Pamela, Life Enrichment.

Eppson Center Wish List

- *Laundry Soap (kitchen)**
- *Kitchen towels (kitchen)**
- *General cleaning supplies (janitorial)**
- *Paper towels (janitorial)**
- *Disinfectant wipes (janitorial)**
- *Pledge**

Tax Refund for Elderly & Disabled Program June 4–August 31, 2012

Important program notes:

There are 3 types of applicant; joint, single or joint with deceased spouse only if a spouse died during 2011 or 2012.

Qualified applicants must be age 65 or over or 18 years of age and totally disabled (100%) for at least for 1 full year prior to the application date.

Total household assets must not exceed \$28,500 per adult household member, per W.S. 39-11-109 (c) vii. Incomes for a single individual must be less than \$17,500 per year, and applicants must have residency for 12 months prior to the date of application.

Refunds shall be reduced by the dollar amount received from any veteran's exemption under W.S. 39-13-105, or any property tax refund under W.S. 39-11-109 (c) (iii).

Due to medical privacy laws we will not ask for your social security number. Instead, we will ask for the form number imprinted on applications in the upper right hand corner that starts with "11" or your last and first name.

Applications may be picked up at the Eppson Center for Seniors.

For assistance with application, questions, or to schedule an appointment call 745-1510.

To Our Patrons,

In an effort to reflect accurate reporting of our meal numbers for state and federal grant purposes, beginning October 10 we will have a new check in policy for meals.

We will still need for you to check in at the computer. When you check in with the cashier, you will be given a single meal ticket. This ticket is to be presented to the servers prior to receiving your meal. If you do not check in and do not have a ticket, you will be asked to return to the cashier to get a ticket.

Just a reminder that if you do not check in, then the Eppson Center does not receive a grant subsidy for your meal.

Thank you for your cooperation and patience, and thank you for your continued support of the Eppson Center.

Richard Cuthbertson
Executive Director

Recycled Card Project

When you purchase a card from the Recycled Card Project you help support Whitney Wellness and Health Center, and the Eppson Center newsletter.

WANTED



STEVE GRABOWSKI, THE LAST OLD-FASHIONED OPTICIAN

RUSTLING UP GREAT FASHIONABLE GLASSES

MURDERING EYE CLINIC PRICES

BEATING VISION INSURANCE "DEALS"

REWARD



BETTER, MORE ATTRACTIVE
GLASSES THAT LAST LONGER
THAN THE NEXT ROUNDUP!

The Spectacle
EMPORIUM

est. 1977

Spectacles – *Antique to Ultra-modern*
305 S. 2nd – 4 doors south of Grand
Laramie City, Wyoming Territory
(307) 745-3682



Annual Picnic in the Park
August 20, 2012 5:30 p.m.
Washington Park Bandshell

\$5.00 for chicken and all the fix'ns

(Meal ticket cannot be used in place of Picnic in the Park ticket.)

Be sure to write your name and contact information on back of ticket to be entered in to our raffle drawing)

Entertainment provided by John & LuAnn Jackson

**Purchase tickets at Eppson Center, 1560 N. 3rd St.
If you need more information call 745-5116.**

Sponsored by Dollar-A-Month Club

Passings

Remembering with you the life
of someone so dear.

Duane Hanson
April 14, 2012

Karly Kay Davis (Nicholls)
April 26, 2012

M. Caroline Hought
May 2, 2012

Bonnie J. Prah
May 4 2012

Ralph P. Petersen
May 12, 2012

Loy Dean Stickley
May 31, 2012

Dorothea Sadler Miles Klahn
June 7, 2012

Donna Durfee
June 10, 2012



Eppson Center for Seniors

1560 N 3rd Street
Laramie, WY 82072

Grand Villa



*Rentals Designed Specifically for Persons
55 Years of Age or Older*



Managed by
Powell Enterprises
2017 Alsop Lane • Laramie WY
307.745.7063

Features:

- Ground level, no steps or stairs
- Courtyard with private entrance
- Well-lit and fully landscaped grounds
 - Enclosed private patio
- Garages and storage facilities available
 - Full-size appliances:
refrigerator, microwave, self-cleaning range,
dishwasher, garbage disposal, washer and dryer
- Full-time manager & maintenance personnel

Grand Villa will Provide:

- Snow removal throughout the complex
- All exterior maintenance of complex
- All interior repair and maintenance
 - Yard care of all common areas
 - City water and sewer services
 - Trash removal
- Locally owned & operated