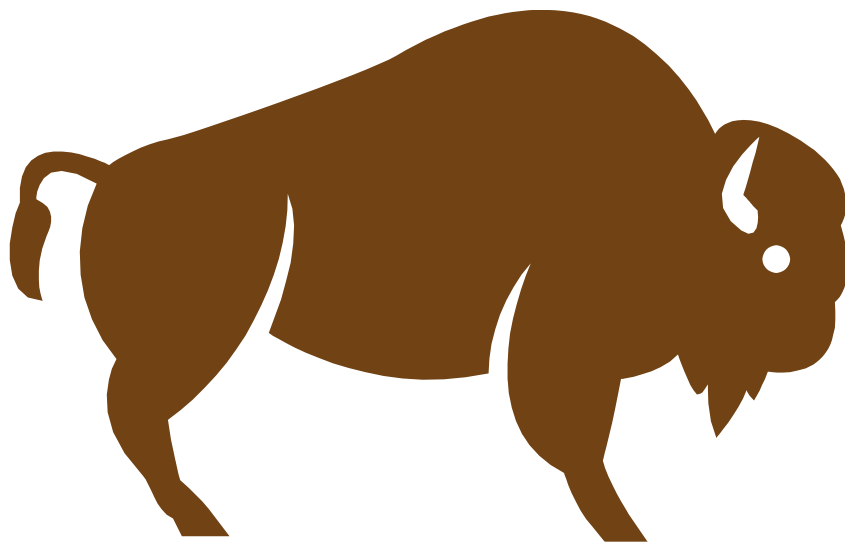


BUFFALO SENIOR CENTER, INC. FACTS PACK



**BUFFALO SENIOR CENTER, INC.
P.O. BOX 941
671 W. FETTERMAN
BUFFALO, WYOMING 82834
307-684-9551
FAX 307-684-9665
buffaloseniorcenter.com**

◆ THE FACTS ◆



BOARD OF DIRECTORS

Suzi Black Chair
 Ellen Schalles Vice Chair
 Bob Theune Treasurer
 Traci Darnell
 Cheryl Benner
 C.W. "Burley" Johnson
 Lynn Westenberg

ADVISORY COUNCIL

Nita Bunning
 Dalene Cummins
 C.W. "Burley" Johnson
 Joe Michel
 Barbara Moore
 Joyce Mynatt
 Marie Robinson Kaycee Representative
 Pat Rowe

This document was developed under Grant (s) from the U.S. Department of Health, 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, Administration on Aging, and the Wyoming Department of Health, Aging Division, and you should not assume endorsement by the Federal or State government.

Notary Public Services
 are available at the Buffalo Senior Center



STAFF MEMBERS

Sally Frost	Acting Director
	Senior Fitness / Notary
Michelle Chaney	Bookkeeper/Notary Public
	Social Assistance Management System (SAMS) Specialist
	Wyoming Senior Health Insurance Information Program (WSHIIP)
	Certified Nursing Assistant (CNA)
	Senior Companion Station Supervisor
Laura Crawford	Registered Nurse
Janice Spratt	Access Care Coordinator
	Certified Nursing Assistant (CNA)
	Community-Based In Home Services (CBIHS)
	National Family Caregiver Support Program (NFCSP)
	Medicaid Waiver Case Manager
Sandy Mauck	Breeze Editor
	Client Education, Homemaker
	Kitchen Manager, Head Cook
April Stuart	Cook
Linda Williams	Cook
Jeri Dooley	Cook
Kim Branscom	Cook
Dave Strehlo	Bus Driver
Bart Green	Transportation Manager/Bus Driver
Jim Gurney	Bus Driver
Liz Sampson	Receptionist/Dispatcher/Weekend Hostess, Transportation Manager, Acting Activities Coordinator, Home Delivered Meals Coordinator
Dani Ronan	Certified Nursing Assistant (CNA)
	NFCSP/CBIHS
Schalena Green	Homemaker- NFCSP/CBIHS
	Certified Nursing Assistant (CNA)
Bethy Mauck	Homemaker - NFCSP/CBIHS
Pinky Kostenbauer	Ceramics & Art Instructor
Lynn Kostenbauer	Weekend Host/Ceramics Volunteer
Sherry McCulley	Building Custodian
Evelyn Brown	Kaycee Meal Provider-Country Inn
Michelle Austin	Kaycee Home Delivered Meals Driver

BUFFALO AREA TRANSIT SYSTEM
BATS SCHEDULE
684-9551

MONDAY

8:00-11:00 OPEN
11:00-1:30 LUNCH BUNCH
1:30-4:45 OPEN
5:00 BUS BARN

TUESDAY

8:00-11:00 OPEN
11:00-1:30 LUNCH BUNCH
1:30-4:45 OPEN
5:00 BUS BARN

WEDNESDAY

8:00-11:00 OPEN
11:00-1:30 LUNCH BUNCH
1:30- 4:45 OPEN
5:00 BUS BARN

THURSDAY

8:00-11:00 OPEN
11:00-1:30 LUNCH BUNCH
1:30-4:45 OPEN
5:00 BUS BARN

FRIDAY

8:00-11:00 OPEN
11:00-1:30 LUNCH BUNCH
1:30-4:45 OPEN
5:00 BUS BARN

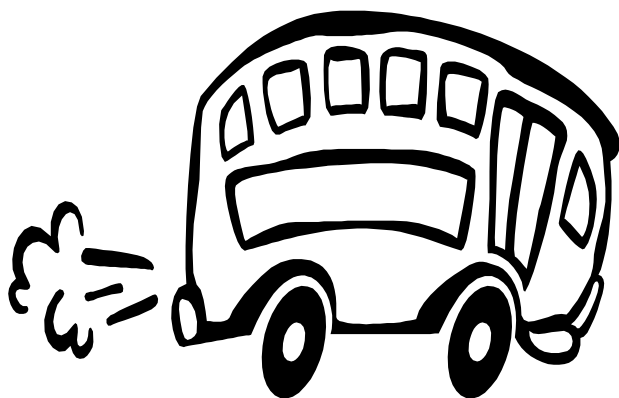
SATURDAY

CLOSED

SUNDAY

8:30 – 11:00 WORSHIP SERVICES
11:45 – 1:45 LUNCH BUNCH
2:00 BUS BARN

REMINDER: OPEN SPACE FILLS UP FAST. PLEASE CALL FOR AN APPOINTMENT AS SOON AS POSSIBLE FOR BUS SERVICE.



The Wyoming Department of Transportation (WYDOT) is the sponsoring agency for the Buffalo Area Transit System.

To help defray cost, fine advertisers purchased space in your newsletter. Please tell them you saw their ad and support those who support you.



*BUFFALO SENIOR CENTER
BATS RULES
BUFFALO AREA TRANSIT SYSTEM
684-9551*

1. Please be pleasant and courteous to your fellow passengers and to the bus driver. The drivers are doing their best to serve you. Please address disagreements to management of the Senior Center.
2. Seat belts must be fastened before the bus driver starts the bus. This is Federal Law. Please wait until bus comes to a complete stop before you unfasten your seat belt. If you stand up from your seat before the bus stops you might fall.
3. NO smoking or other tobacco use or use of alcohol on the bus.
4. Make reservations at least one day in advance when possible.
5. Without at least two hours notice your service may be delayed.
6. If you are transporting a pet to the veterinarian, it must be completely restrained.
7. If someone other than the bus driver gives you a ride home or you start walking, please notify us. Otherwise the driver spends valuable time looking for you.
8. Sometimes emergency situations arise at the Senior Center or we have a breakdown in communications. Please call the Center if the bus is more than twenty minutes late picking you up.
9. The Senior Center Bus is available to anyone regardless of age. We have infant seats and child car seats available for use. Please call us ahead if you need to use one of these seats, as required by law. Remember, all buses are wheelchair equipped and have cell phones for quick, efficient dispatching.
10. Rides are \$1.00 one way in city limits of Buffalo and \$2.00 one way up to five miles out. A trip to Sheridan is \$10.00. If you are unable to pay for transportation, please make an appointment to speak to the Director, as we may be able to provide financial assistance for transportation.
11. Our drivers have the right to refuse service to anyone displaying intoxication, using tobacco, using profanity, anyone posing a health hazard, and any other form of offensive behavior.
12. Please check with the driver to initial before or after your ride. We have to follow state guidelines, therefore we need to verify you received the service.
13. Minors under the age 18, must have a parent call to schedule a ride.



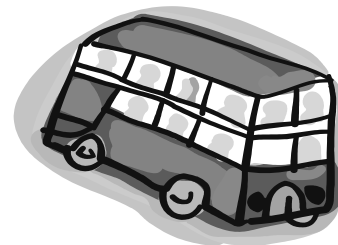
KAYCEE BUS SCHEDULE

Monday & Friday—to Buffalo YMCA for swimming.

Wednesday—to Buffalo for shopping.

Any Day for Doctor appointments. Call the day or evening before bus ride is desired.
FREE SERVICE. DONATIONS APPRECIATED.

To make a reservation or if you have questions, please call Cliff or Claudia Deeds at 738-2380 and leave a message.



BUFFALO SENIOR CENTER—PROGRAMS

NUTRITION PROGRAM

A hot, nutritious meal is served Monday through Friday at 12:00 NOON. Closed Saturday. Sunday, the meal is served at 12:30 to accommodate those who want to go to worship services. Reservations are not required for meals eaten at the Center. The suggested donation is \$4.00 for Seniors (60 years and older) and their spouses. The price is \$8.00 for non-seniors and \$4.00 for children under twelve years of age. No Senior will be turned down for inability to pay.

HOME DELIVERED MEALS

Home Delivered Meals are available every day for qualified recipients. Reservations should be made by 10:30 A.M. For those who receive home deliveries every day, please let us know if you are planning to be gone for the day so we can cancel your meal or leave it in the refrigerator.

TRANSPORTATION

Transportation is available during the hours the Center is open. Please call ahead at least two hours to avoid delays. Rides for the bus are \$1.00 per one way trip in the city limits of Buffalo and \$2.00 one way from the city limits up to five miles out. Donations can be made anonymously for the less fortunate. Contact Sally Frost at the Center for more information. Transportation on holidays is also available during the Center's working hours (9:00 A.M. - 2:00 P.M.). Buses are wheelchair equipped and infant/child car seats are also available. Please see a complete bus schedule in this newsletter.

ADULT DAY ACTIVITIES PROGRAM

Hazel A. Patterson Daybreak is a very important asset to the Buffalo Senior Center. The program offers Adult Respite for Seniors or disabled adults dealing with stroke, Alzheimer's, dementia, etc. This program is offered Tuesday and Thursday from 9:30 A.M. - 1:00 P.M. An assortment of daily crafts and games, transportation to and from the Center, a mid-morning snack, and lunch are provided. Donations are accepted to cover the expense of this program and to extend its use to others. Please call our Access Care Coordinator, Jan at 684-9551 for more information about this program.

HEALTH CARE CLINICS

Foot care clinic is held on the last Wednesday of each month. Care is given by a Doctor from The Foot Care Center in Sheridan. Our professional nursing staff provides a wide variety of health services: Blood pressures, body weight checks, blood-glucose monitoring, dressing changes, oxygen saturation monitoring, eye drops instillation and health education are provided Monday through Thursday 10:00 A.M. until 3:00 P.M. Educational in-services are provided throughout the winter months.

COMMUNITY-BASED IN HOME SERVICE PROGRAM (CBIHS)

Community-Based In Home Service Program will provide assistance in personal care, homemaking, respite care for families and specialized services for those 18 or older who are at risk of premature institutionalization. If you are interested in having a homemaker or in-home services, please contact our Access Care Coordinator Jan at 684 - 9551. The goal of this program is to help persons to live in their own homes for as long as possible.

NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM (NFCSP)

Provides respite care for family members caring for loved ones. FCSP will provide assistance in personal care, homemaking, nursing services and visitation so you, the caregiver, can get away for some errands or other appointments. There is support and training available to assist you with the transition to caregiver. The program accepts and encourages donations to help cover the cost of services. Call our Access Care Coordinator Jan at 684-9551.

SENIOR FITNESS

Exercise classes are available every Monday-Wednesday-Friday at 9:30 A.M. & 11:00 A.M. There is no charge for the class, although donations are accepted and appreciated. This is a great opportunity to improve your health, have fun with other seniors and get a great start to your day!

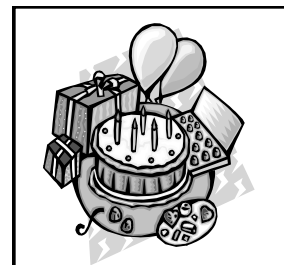
RECREATION

We have available seasonal arts and crafts of various types. Special activities take place in the evenings. See our Activities Calendar for more detailed information. Senior Fitness is available Monday, Wednesday and Friday at 9:30 A.M. and 11:00 A.M. Aqua Fitness is available at the YMCA Pool. Please call the Y at 684-9558 for more information. You do not need to know how to swim to join and arrangements can be made for the physically-challenged person wishing to participate.

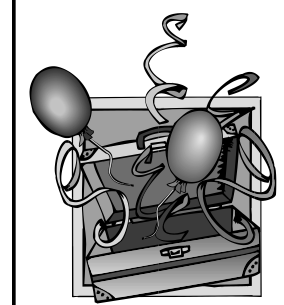
KAYCEE	
PUBLIC HEALTH	738-2404
COUNTRY INN (MEAL SITE , HOME-DEL. MEALS)	738-2291
LIBRARY	738-2473
TOWN CLERK	738-2301
KAYCEE AREA TRANSPORT. SYSTEM (K.A.T.S.)	738-2380

IMPORTANT PHONE NUMBERS

JOHNSON COUNTY HOSPITAL	684-5521
FAMILY MEDICAL CENTER	684-2228
AMIE HOLT CARE CENTER	684-2122
VETERANS' HOME OF WYOMING	684-5511
NORTHERN WYOMING MENTAL HEALTH	684-5531
SHERIFF	684-5581 or 911
FIRE DEPARTMENT	684-9058 or 911
AMBULANCE	911
SENIOR CENTER	684-9551
PUBLIC HEALTH	684-2564
PRESCRIPTION SHOP	684-7003
DJ'S THRIFTWAY	684-2518
ROCKY MOUNTAIN FRESH FOOD IGA	684-2239
JOHNSON COUNTY LIBRARY	684-5546
JOHNSON COUNTY COURTHOUSE	684-7272
BUFFALO CITY HALL	684-5566



We would like to thank The Bank of Buffalo for buying lunch for the Seniors celebrating their Birthday this month.....
.....(Remember, this meal is not a free meal for everyone, just the Birthday Babies!)



PARTIAL LIST OF SERVICES FOR ELIGIBLE JOHNSON COUNTY RESIDENTS

**POPULATION OF JOHNSON COUNTY - 8,531 SENIORS - 17.6% (1,502 persons)
 (2009 estimated population)**

NUMBER OF PEOPLE SERVED BY THE SENIOR CENTER FY 2010 = 2500

FEDERAL FUNDS —28.3%, STATE FUNDS —17.5%, LOCAL FUNDS—54.2%

Nutrition Program Congregate Meals: 13,442 meals served in FY2010

Buffalo - 6 Days a Week, Sunday-Friday, 312 days a year

Kaycee - 5 Days a Week, Monday-Friday

Home Delivered Meals: 9,597 meals served in FY2010

Buffalo - 6 Days a Week, Sunday-Friday, 312 days a year

Kaycee - 5 Days a Week, Monday-Friday

Public Transportation: One wheelchair-lift equipped bus plus two mini-vans—handicapped accessible, 6 days a week; Total rides provided: 20,546 in FY2010

Blood Pressure Check: Monday—Thursday

Nail Trimming: By Appointment Only

Free Blood Pressure Check: All Employees of financial institutions in Buffalo. (Monthly)

Flu Shot Clinic: Once a year at the Senior Center.

Medical Equipment Loan Closet: No cost to Seniors or Disabled. (In conjunction with the VFW)

Community-Based In Home Service: In Home Care 5 days a week, adults 18 or older at risk of a premature move into a long-term care facility. Total Clients: 40 a month

Hazel A. Patterson Daybreak Program, 2 days a week at the Center, more if needed.

Tax Rebate Program for Elderly and Disabled

Johnson County Adult Protection Team: Advocacy against abuse, neglect, or exploitation: Disabled 18 and older adults

Free assistance with insurance forms and claims

Recycling Program in conjunction with Johnson County

Free Income Tax Assistance

Free Senior Employment Services

Defensive Driving Courses

CPR/First Aid instruction in conjunction with the Red Cross

Escort and Aid with ambulation (wheelchairs, walkers, crutches, etc.)

Development of self-help skills and independent living skills

Instruction on personal grooming and hygiene

Instruction in nutrition, retirement planning, insurance and health

Long-Term Care Ombudsman

Workshop on Senior rights, Legal matters, Retirement planning

Provide living wills and instructions at NO COST

Provide durable power of attorney for health care forms FREE

Sensitivity training for all segments of community-sensory losses which affect the elderly

Senior Companion Program

Wyoming State Health Insurance Information Program (WSHIIP)

Respite for care-givers

Gatekeeper program: In partnership with MDU utility company

Lifeline Assistance

Opportunities to teach, volunteer, and stay active, both mentally and physically

Telephone reassurance

Senior Fitness: 9:30 A.M. and 11:00A.M.; Monday, Wednesday and Friday.

Aqua Fitness Classes: 5 Mornings a week at the YMCA.

Outreach programs to reach those in the community who need services, but don't know what is available.

Education program for realtors and builders to make homes safer and more accessible to elderly / disabled.

Recreational Activities ranging from creative writing to photography, sculpture and wood carving to historic site bus trips, varied instructional classes, etc.



REGULARLY Scheduled Activities at The buffalo senior center

Regular hours of operation: Monday-Friday 8 a.m.-5 p.m.

Closed Saturday; Sunday 8:30 A.M.-2 P.M.

HOLIDAY 9:00 A.M.-2 P.M.; Closed Christmas day

- Monday 9:30 & 11:00 Senior FITNESS
12:45 SHERIDAN TRIP—1ST MONDAY —UNLESS BEFORE THE
3RD OR ON A HOLIDAY, THEN THE 2ND MONDAY
1:00 WOODCARVERS
1:00 Visually impaired support group
3RD MONDAY
- TUESDAY 8:00 ACID-FREE PHOTO ALBUM CLASS
(SCRAPBOOKING)
9:00 pool
9:30—1:00 hazel Patterson daybreak
1:00 bridge
1:00 history & coffee—2nd Tuesday
2:00 caregiver support group-med ed
room At hospital -1st Tuesday
- Wednesday 9:00 – 1:00 senior Store —2nd and Last Wednesday
9:00 – 2:30 ceramics
9:30 & 11:00 senior fitness
1:00 cards
- thursday 9:00—2:30 ceramics
9:30—1:00 hazel Patterson Day break
9:30 UNFINISHED FIBER OBJECTS (UFO)
12:30 LOOSE THREADS CRAFTS (QUILTERS)
1:15 CANCER SUPPORT GROUP—3RD THURSDAY
1:30 BINGO
4:00 BOARD MEETING —3rd Thursday
- FRIDAY 9:00—2:30 CERAMICS
9:30 & 11:00 Senior FITNESS
1:00 cards
5:30 pot Luck—3rd friday

Suggested Donations for Nursing

We are pleased to announce that we are *no longer charging* for Blood Pressure, Oxygen Saturation and Weight Check monitoring by our professional nursing staff!

Blood Pressure: no charge

Blood Glucose: \$3.60

Foot Care (toenail clip/file): \$10.00

Finger Nails (clip/file): \$5.00

Dressing Change: \$12.00

Oxygen Saturation: no charge

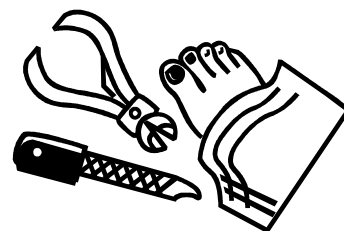
Eye Drops Instillation: \$5.00

Medication Set-up: As appropriate

Suggested donations are adjusted to reflect our costs of professional staff and required medical materials.

We appreciate the Doctor coming from the Sheridan Foot Care Center.

He will continue the professional foot care given at the Senior Center on the last Wednesday of each month.



Please watch the activity calendar as the Buffalo Senior Center will be having various speakers throughout the month. If you are interested, please plan on attending. Everyone is welcome, but please keep in mind that these speakers are here for you and some have traveled to be here. Let's respect them and appreciate their time. It is hard for some people to hear the speakers over loud conversation. Thank you and we look forward to seeing you there.

Just a reminder that the B.A.T.S. Bus is not available from 11:00 A.M. to 1:30 P.M. Monday through Friday and from 11:45 A.M. to 1:45 P.M. on Sundays. The bus is transporting our Lunch Bunch. Any questions, please refer to the B.A.T.S. schedule in the Breeze. The only other pickups during this time will be on an emergency basis only. Thank you for your cooperation.

Speak out on the Senior Scene page of the *Buffalo Bulletin*. The editor of the *Buffalo Bulletin* would like to print a column by community seniors on the Senior Scene page of the paper. If you have an opinion on an issue or some information you'd like to share with others, please write a letter of 375 words or less and bring or send it to Sally Frost, Buffalo Senior Center, Inc. P.O. Box 941 Buffalo WY 82834 or to sfrost@buffaloseniorcenter.com.

Are you homebound and need help?

Are you struggling with certain tasks?

Are you a caregiver for a special needs adult and need a break?

Are you living alone and wish someone would just stop by
and visit for a while?

The Wyoming Senior Companion Program can help.

We have compassionate caring people who can offer just what
you need at no cost to you.

Please call us today!

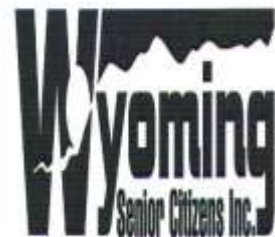
**Contact the Buffalo Senior Center
(307)684-9551 for more information.**

SENIOR COMPANIONS:

**Margaret Belding, Susan Feley
Marjie Pratt, Dean Burns**

COMPANION SUPERVISOR:

**Michelle Chaney
(307)684-9551**



1-800-856-4398