



COURTESY PHOTO | SHERIDAN SENIOR CENTER

From left, shoppers Kathy Sampson, Lucy Strom and Jackie Wells head for First United Methodist's thrift store, The Closet. Five area thrift stores are participating in a thrift store power shopping day Aug. 15 to celebrate the important role of thrift stores to nonprofit and charitable organizations in Sheridan.

Protect yourself from fraudulent scam callers

Personal identity theft affects a large and growing number of seniors. People age 65 or older are increasingly the victims of this type of crime. This is why the Centers for Medicare and Medicaid Services is readying a fraud prevention initiative that removes Social Security numbers from Medicare cards. The goal is to help combat identity theft and safeguard taxpayer dollars. Starting April 2018, CMS will begin mailing new Medicare cards that include a new



KELLY WICKS

unique Medicare number. The mailings will be staggered throughout the year, with completion expected by April 2019. Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or family's. The new Medicare numbers won't change Medicare benefits. People with Medicare may start using

their new Medicare card as soon as they receive it. Destroy the old card.

Protect yourself from fraudulent callers posing to be from CMS or Social Security. These agencies will never call you to verify personal information before mailing your new Medicare card to you. Wyoming is already seeing these types of calls occurring. If you receive a call of this nature, please contact the Wyoming State Health Insurance Program or Senior Medicare Patrol Program with Wyoming Senior Citizens, Inc. at 800-856-4398 to report the fraudulent call. All notifications are reported to CMS.

If you receive a phone call requesting your Medicare number and other personal information, take note of the number from your caller ID if you have one. Do not provide any personal information. Hang up and call Wyoming Senior Citizens and request the Wyoming State Health Insurance Program or Senior Medicare Patrol Program. You may also call if you have any questions or concerns about your Medicare benefits or suspected fraud/abuse.

The 2018 Medicare & You Book, mailed to you each fall, will include a full page of information regarding the new Medicare numbers and will have a picture of what the card will look like. Be watching your mail from April 2018 through April 2019 for your new card.

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GUEST COLUMNIST KELLY WICKS is an employee of the Wyoming Senior Citizens, the program director for the Wyoming State Health Insurance Program and the Coordinator for the Senior Medicare Patrol program. Center Stage is written by friends of the Senior Center for the Sheridan Community. It is a collection of insights and stories related to living well at every age.

Is that a thrift of prift store crawl day?

BY LOIS BELL
SHERIDAN SENIOR CENTER

SHERIDAN — As if thrift store aficionados need a special day, there is one just for them. Aug. 17 is tagged as National Thrift Store Day, a day to really pull out the stops to shop thrift stores and recognize the role of thrift stores to many organizations.

Jane Perkins was looking at scheduling summer activities through the Senior Center. Perkins is the director of the Sheridan Senior Center's Fun Department.

"It was coming up on summer, and I was seeing a lot of recurring summer activities," Perkins said.

Then, inspiration hit Perkins to promote a "differ-

ent kind of obsession."

Not to be left out of a good time, Perkins thought of tagging Aug. 15 for a local thrift store crawl, just two days prior to the national day.

The Senior Center had opened its own thrift store in recent years, Green Boomerang, to support services to the community through the center.

"I was looking through the national silly holiday calendar and came across Thrift Store Day," Perkins said. "I thought to myself first, Green Boomerang, then heck, why not other thrift stores open that day?"

Perkins called other thrift stores in the area that are open on Tuesdays and invited them to jump on

board with an idea she had: Organize a power shopping day at participating thrift stores. The response was positive, and five area thrift stores agreed to be on the circuit.

"I always feel we should promote other organizations in our fair city," Perkins said.

Perkins has rented a vehicle that holds 12 people. If the van fills up, others can follow along. The first stop: the Senior Center's Green Boomerang Thrift Shop.

"Green Boomerang is not open to the public on Tuesdays," said Amanda Munford, manager for Green Boomerang. "But we are opening just to these shoppers to come in. We're going to have mocktails and coupons for discounts on a return shopping trip to our shop but only for the shoppers on this event."

The power shoppers to Green Boomerang will also be treated to a private shopping experience as the store will not open to the public on that day as it is an organizing and setup day for Green Boomerang volunteers.

The group has only 25 minutes to power-shop in each store.

The next thrift shop on the circuit? The First United Methodist's The Closet, which

is offering a 25 percent discount only to the shoppers in the power-shop group that day. Following thrift stores are First Christian Church, Holy Name and The Salvation Army before the group returns to the Sheridan Junior High School for lunch.

"After all, our passions in life include food, beer and shopping," Perkins said, "and the Senior Center has the food!"

Two out of three isn't bad.

The word thrift comes from an old Norse word "prift," which means prosperity.

Thrift stores are typically run by nonprofit or charitable organizations. Donations from the community to a thrift store of items such as household goods or clothing are set out for resale at discounted prices.

Proceeds support the mission of the organization.

"Everybody loves a bargain," Perkins said.

A great buy at a discounted price is a hunting and fishing story for some.

"For women, it's a bonding experience whether you share the same fashion taste or not," Perkins said. "Clothing can be a form of art. And when you can get it at discount, it's even better."

SENIOR HAPPENINGS

- The last day for lunch at the Senior Center's temporary meal site at Sheridan Junior High School is Aug. 17.

- Meal service resumes Aug. 18 at 211 Smith St. with new lunch hours 11 a.m. to 1 p.m.

- Due to construction, the Senior Center building at 211 Smith St. will have shortened hours beginning

Aug. 18. The building hours are 9 a.m. to 1 p.m. until further notice.

- A Summer Jane Party will take place Aug. 10 at 5:30 p.m. However you spell Jane, come! RSVP to Jane Perkins at 672-2240, ext.107, or at sccact@fiberpipe.net as soon as possible. Ask all the Jane's you know and bring a guest.

- Participate in the Thrift

Store Power Shopping Day on Aug. 15. Visit five area thrift stores and end the morning with lunch at the Senior Center's summer meal site at Sheridan Junior High School. Leave SJHS parking lot at 8:45 a.m. There is a 12-passenger van available. The suggested cost is \$2 to help pay for gas if you ride the van. You can follow along in your own vehicle. Sign up in advance by calling the Senior Center at 672-2240 Monday through Friday from 9 a.m. to 4 p.m. Pay for gas when you show up.

- Spend an afternoon at the polo grounds Aug. 20. Enjoy the sport against the backdrop of the beautiful Bighorn Mountains. Depart Heritage Towers at noon and the Senior Center at 12:15 p.m. Suggested contribution for transportation for those registered with the Senior Center is \$10; \$15 fee for all others. The event is free if you carpool but you still need to sign up by Aug. 15. Call Jean Harm at 672-2240, ext. 108, with questions or call the receptionist to sign up. Participants must pay to reserve their bus spot by stopping by the recep-

tionist station at 211 Smith St. Monday through Friday from 9 a.m. to 4 p.m.

- Take a trip to the Thermopolis Hot Springs Aug. 30-31. Highlights include dinosaur museum, dig site tour, swimming, touring Legend Rock petroglyphs and a tour of the Cowboy Chocolate Factory in Meeteetse. Travelers are responsible for their own lunch and dinner and entrance fees to Star Plunge or Teepee Pool. Cost includes round trip transportation, breakfast, hotel, entrance fees to museum and dig site.

Payment and sign up required by Aug. 16. The trip will be led by Senior Center staff member Jean Harm. Pay at the front desk at 211 Smith St. Monday through Friday 9 a.m. to 4 p.m. Cash, credit cards, debit cards and checks accepted.

- If you have one hour a week to mean the world to a neighbor, consider delivering meals to a homebound older community resident. Call Terri Hayden, director of volunteer services, at the Sheridan Senior Center at 672-2240, ext. 131.

Sheridan Senior Center
"Celebrating 40 Years of Service"
www.sheridanseniorcenter.org

Fun and Food
BUILD YOUR OWN SALAD Mondays - Fridays
Entrees and kiosk include sides, dessert and drink.

<u>Entrée Choice*</u>	or	<u>Soup Kiosk</u>
Tue- ½ Egg Salad Sandwich		
Wed- Asparagus & Ham Quiche		Salad Bar Available
Thu- Cheese Burger Deluxe		While Lunch is at Junior High
Fri- Oven Fried Chicken		
Sat- Stuffed Peppers		No Salad Bar Available
Sun- Chicken Fried Steak		on Saturday or Sunday
Mon- Meat Loaf w/Brown Gravy		

*entrée only offered for Home Delivered Meals

HEADS UP - Our last day for lunch at the Junior High School is Aug. 17!

Tue - Tai Chi	8:30 a.m.	Fitness Room
Thu - Inspired Walkers	8:00 a.m.	Senior Center Lobby
Fri - Conversation Pit	8:00 a.m.	Day Break Building, 242 Smith St

Sat and Sun - Join us for lunch at the Junior High on Lewis Street

Mon- Table Tennis	1:00 p.m.	Fitness Room
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Lunch Service Hours: 11:30 a.m. to 12:45 p.m., 365 days a year
Join us for lunch in our temporary lunchroom through August 17 at Sheridan Junior High, 500 Lewis St.
Home Delivered Meals (307) 672-6079

Outreach and Administration Services, 672-2240, 211 Smith Street, 9:00 a.m. to 4:00 p.m. Mondays - Fridays
Loan Closet, 672-2240, 211 Smith Street, 10:00 a.m. to 2:00 p.m. Mondays - Fridays
211 Smith Street closed July 28, weekends and holidays during the 2017 summer.
Help at Home Services, 675-1978, 232 North Brooks, Mondays - Fridays.
Day Break Adult Care Services, 674-4968, 241 Smith Street, Mondays - Fridays.

Relax...

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