

# CLS Newsletter

FRIDAY, JUNE 7, 2019

Connect, Create, and Contribute—

## Partner Programs for Wyoming's Senior Citizens and Their Communities

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The 2019 theme, Connect, Create, Contribute, encourages older adults and their communities to:

- Connect with friends, family, and services that support participation.
- Create by engaging in activities that promote learning, health, and personal enrichment.
- Contribute time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

Wyoming Senior Citizens, Inc. (WSCCI), founded in April 1975, is a non-profit organization whose purpose is to meet the needs of Wyoming's older residents and help them maintain their independence. This includes helping the elderly, disabled and program eligible residents through seven invaluable federal and state programs and volunteer services:

1. The Wyoming State Health Insurance Information Program is a state-wide service which provides education, counseling and assistance to beneficiaries on Medicare options through direct in person contact, group presentations or via telephone consultations.
2. The Long Term Care Ombudsman Program is a state-wide program which provides information, advocacy and mediation to facilities, residents and their families on residents' rights policies, issues and concerns through investigation and collaboration with partner agencies.
3. The Elder Abuse, Neglect, and Exploitation Program (housed under the LTC Ombudsman Program) is a state-wide program dedicated to providing education and information to foster community commitment to prevent, protect, recognize and report elder abuse in the lives of vulnerable adults in Wyoming.
4. The National Family Caregiver Support Program provides respite and support to families in eight (8) counties across Wyoming, providing respite to caregivers while assisting their loved ones and allowing them to remain independent and out of long term care facilities. Counties served include Big Horn, Carbon, Converse, Fremont, Goshen, Hot Springs, Laramie and Natrona.

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5. The Senior Medicare Patrol Program is a state-wide network of staff and volunteers, which provides education and awareness on Medicare Fraud and abuse issues to beneficiaries through one-on-one counseling, public presentations, radio talk shows, newspaper and print advertisements.

6. The Senior Companion Program is a state-wide program that pays low-income volunteers to provide support, assistance and companionship to frail, elderly or disabled clients in their homes throughout the state. Senior Companions are volunteers 55 and over who provide assistance and friendship to seniors who have difficulty with daily living tasks, such as shopping or paying bills. The program aims to keep seniors independent longer and provides assistance to family caregivers.

7. The Foster Grandparent Program is a state-wide program that pays low-income volunteers to provide support and assistance to children who may have special or exceptional needs or with conditions or circumstances identified as limiting their academic, social, or economic development. Foster Grandparents are role models, mentors and friends to children with exceptional needs. The program provides a way for volunteers age 55 and over to stay active by serving children and youth in their communities.

The Wyoming Home Services Program is used to provide services to those qualified individuals who are at risk of premature institutionalization. These services are designed to keep people in the least restrictive environment for as long as possible. Services are provided in Park County.

When you volunteer, you're not just helping others—you're helping yourself. Volunteering leads to new discoveries and new friends. Plus, studies show that volunteering helps you live longer and promotes a positive outlook on life.

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