



# Wasatch County Senior's Newsletter

465 E 1200 S Heber City, Utah—Open M-F 8:30 am—4:00pm—Phone: (435)654-4920

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- Food Services Manager: Cora Briggs
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## SPOTLIGHT

Violet Smith

I am Violet Smith, my friends call me Vi.

I was born in Decorah, Iowa. My Dad was a barber. I remember my mother was always busy raising their six children: four boys, my sister and me. All except me are now deceased. I survived them all.

In 1944, me and four female friends of mine, went to Chicago, Illinois to work in the Defense Plant. The following year I married and moved to Minneapolis, Minnesota. We had one daughter. Then in 1955 we moved to Southern California and settled in the city of Bell. For twenty-six years I worked for the Crown-Zellerbach Company. My husband and I later divorced.

In 1962 I met Jerry Smith and we were married. In 1979, both of the companies we worked for closed their doors. So, together we decided to go into the "antique" business. We learned to buy, refinish and sell antiques. We really enjoyed this, and met many Hollywood celebrities.

My husband of 50 years passed away in 2012. The following year I sold our home in California and moved here to beautiful Heber City, Utah, to live near my daughter, Barbara Games, who has lived here for over 40 years. She works in the medical clinic here in Heber. My dog, Molly and she are good friends.

I have a granddaughter, Alexa, who lives just down the street from me and a grandson, Corey Games, who also resides here in Heber City. I have two step-children as well, one who lives in Alexandria, Virginia, and another who lives in Oklahoma City, Oklahoma.

I so much enjoy my friends here at the Senior Center and enjoy dining with them and enjoy the delicious meals served twice weekly in the dining room. I also enjoy playing bingo at the Center on Thursdays with all the friends I have made there.

# March Activities

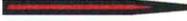
March was filled with a lot of activity here at the Senior Center. Monday fireside entertainment was great. We enjoyed music from Natalie Johnson and Kathy Buell, the Irish Dancers, lots of dancing and tumbling from Star Shine Children's Dance Academy and a "Patsy Cline Tribute" by Susan Ronson. For St. Patrick's Day we all turned green with Irish blarney and an Irish song or two with Clarence Mahoney. For our Easter lunch we were entertained by the M & M's band. We heard from The Huntsman Cancer Institute and IHC Homecare and Hospice.



## WEEK DAYS

**EVERY WEEK DAY: Billiards, Computers, Chess & Checkers, Exercise Room, Reading, Puzzles, Socialization etc.**

**Mondays:**

**7:00 PM: Fireside:** Every Monday night. (See box ) 

**Tuesdays:**

**1:00:** Table Games, Ceramics

**Wednesdays:**

**1:30 PM: Sassy Tappers:** Tap dancing for all Seniors, all abilities, from beginners to professional.

**Thursdays:**

**10:00 & 11:00 am :** Piano Classes taught by Christy Ackerson.

**1:00 pm:** Billiards, Bingo, and Ceramics and Chess. **No bingo on the 3rd**

**Thursdays.**

\* The Knitting and Handwork Group will meet by agreement with those interested in the group. Please call Johanna at 435-657-6250. (The handwork group is not a class, however, if you are interested in learning we are happy to teach you).

### Monday Firesides

**April 4: Loraine Branham:** An Evening of Music

**April 11: "Harvest Home"** a vocal duo from Salt Lake

**April 18: Magalei Family Music,** vocal and piano music

**April 25: Country Sunsets,** Cary Hobbs and Friends.



## **Benefits of Membership at Wasatch County Senior Center:**

**\*It's only \$10.00 for the Entire Year!**

\*You can take home **Food Donations** including bread and canned goods donations on Tuesdays and Thursdays. \*You can win **Prizes at Bingo!** \*You can go on **Trips and Tours** with us! \*You have access to **Billiards, Ceramics Class, Exercise Classes, Computer Access, Evenings of Music, Handwork Group, Gift Shop, Monthly Newsletter and Much, MUCH MORE!** Are you 55 or older? We need YOU at the Wasatch County Senior Center! Stop by or call 435-654-4920 for a tour!

## SPECIAL LUNCH PROGRAMS

**Tuesday, April 5: State of the County with County Manager, Mike Davis.** Mr. Davis will bring us up to date on the state of Wasatch County.

**Thursday, April 7: "Hired Guns", Craig (Creek) Johnson and Lannie (The Marshal) Scopes,**  
"Country Music" program.

**Tuesday, April 12: Dave Smith, Manager, Community Action Food Bank.**

**Thursday, April 14: Josh Neves, Attorney: "Planning your Estate"**

**Thursday, April 21: Krista Mayne from Wasatch Travel**

**Tuesday, April 26: Karaoke Sing-a-long with Mike Bringhurst and Friends**

**Thursday, April 28: "Stepping On" with Amber Pully and Trudy Brereton of the Wasatch County Health Department**

## TRIPS & TOURS

*To register call Marcia @ 435-654-4920 by the deadline or add your name to the signup sheet at the center. **Payment must be made by the registration deadline, unless other arrangements are made in advance.** Current paid member will receive first consideration if space is limited.*

### EVENTS COMING UP

**Wednesday, April 6** is a trip to **Tracy Aviary** in SLC. An Indoor Bird Show, Condor Walk, & Raptor Roundup is free while the Amazon Adventure & Pelican Pond are \$3 each. Cost: \$6/adult, \$5/child. Free transportation, meal @ Chuck-A-Rama on your own. See brochure with the sign-up sheet.

**Wednesday, April 13: Day trip to Wendover:** The cost is \$20 and includes: Round trip transportation, 1 free buffet, \$7 in play money, a Wendover fun book and bingo and prizes on the bus. The motor coach will leave the Senior Center at 8:30 AM and return at approximately 8:30 p.m..

**Wednesday, April 27: Daytrip to Provo/Ogden Union Station:** We will take our bus to Provo, board the Trax Train to Ogden, Union Station, Visit the museums, have lunch, then board the Trax Train back to Provo. The bus will leave the Senior Center at 9:00 a.m. and return at approximately 5:00 p.m.

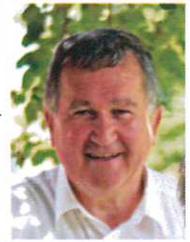
**Tuesday, May 10: Day Trip to Promontory Point** for the *Golden Spike Anniversary*. A stop at the Maddox Cafe in Brigham City for lunch on your own is also scheduled. The cost for transportation is \$10.

**HALE CENTER THEATER, OREM:** Saturday, May 21, we will see "*Jane Eyre*". The cost for admission and transportation is \$25. The bus will leave the center at 2:00 p.m.. **Registration deadline is April 29.** In July we will see "*Peter Pan*"

**Knight Tours and Cruises is offering some new trips: June 12, 2016, an Alaska Cruise, Oct. 3-9 "The Perfect Autumn Escape"** Highlights include, Arches National Park, Mesa Verde National Park, Durango/Silverton Narrow Gauge Train, Albuquerque Hot Air Fiesta and much more, **Oct. 12-17, New York and Nov 2-10, 2016 a South Africa Safari.** For more information or to register call toll-free 1-877-811-3244 or visit their website at: [knighttoursandcruises.com](http://knighttoursandcruises.com) to register or see the variety of tours they offer. **June 14 – 16, Jackpot/Wells/ Wendover tour by Senior Tours and Travel:** Just \$196 double per person, single add \$80. **Saturday, July 2 and Saturday August 6, Wyoming Downs day trips.** Call Doreen at 801-568-7700 or visit the website at [www.seniortoursofUtah.com](http://www.seniortoursofUtah.com) for more information. Senior Tours offers a variety of low cost tours for seniors.

**Orem Hale Theatre cost plus transportation is \$25 per person.** Bus transportation will be available from the Senior Center to the theatre and back. **Bus departure time is 2 PM** unless otherwise indicated. Anyone electing to provide their own transportation will pay ticket costs only! Dinner at your own expense will be available after the performance; usually @ Chuck-a-Rama Buffet or alternative option indicated.

## From the Director's Desk . . . . . Ashley Fish



I enjoy reading. I especially enjoy quality biographies of seemingly ordinary people who've lived extraordinary lives. I am fascinated to learn about the experiences of others; the challenges and disappointments they've faced, *those they've served*, the personal growth they've made, *the good they've done*. In almost every great life the greatness has been as a result of serving others rather than serving self.

Sociologists and philosophers have for centuries been studying people. We often hear others say, "I'm a 'people person'". This phrase causes me to think. What does one mean when he/she says, "I'm a 'people person'?"

There's an old Christian hymn, written by Will L. Thompson (1847-1909, alt.), who's words inspire me. In part, they read. . . .

*Have I done any good in the world today? Have I helped anyone in need?  
Have I cheered up the sad and made someone feel glad? If not, I have failed indeed.  
Has anyone's burden been lighter today, because I was willing to share?  
Have the sick and the weary been helped on their way? When they needed my help was I there?  
Doing "good" is a pleasure, a joy beyond measure, a blessing of duty and love.*

A famous Hollywood celebrity just a few years ago said, "We're here for a reason. I believe a bit of the reason is to throw little torches out to lead people through the dark."

Over the years I've attended many "memorial services" of friends and acquaintances. I will attend many more, I'm sure. At most, I go away inspired. In many, it's mentioned that the memory and legacy of the deceased is that she/he, "left the world a little bit better because of the 'good' they did." Oh, that this will be said of each of us.

## SLIP AND SLIDE WITH ELLIS CLYDE

By Donna Dayton

Do you remember dancing at the old Amusement Hall?  
Ellis Clyde and his saxophone, it was our Saturday Ball.  
That bouncing floor, a wonder, and cornmeal made our feet slick.  
We jitter-bugged around so fast, keeping upright was a trick.  
A box with numbers lit up, to tell what dance it was.  
Three tunes to each number, to change partners, there was a pause.  
They numbered one to twelve, with an extra one and two.  
Our dance cards we'd fill them up, different partners that would do.  
The lights all went out on six, and eleven too was dim.  
We always planned on dancing with that special "her or him".  
The guys lined up on the east, we gals stood on the west.  
On fast tunes the boys all chose a girl that could dance the best.  
Cheek to cheek was popular, we all loved a nice slow tune.  
Unless he had bad breath, then the dance could sure end soon.  
Ellis with his mellow sax, no one could ever compare.  
He also was our singer, his powerful voice filled the air.  
Marian, Russ, and VanWagners, were often in the pit.  
ReNae at the piano and every tune was a hit.  
Dick Skillacorn on the trumpet, Orson Burgi sometimes there.  
Yes, Wilburn played his trombone: there was music everywhere.  
Remember their funny floats, how everyone laughed a lot.  
Ellis was in a tin tub and Russell was on the pot.  
The comic award was given, they always won the prize.  
All along the parade route folks awaited their surprise.  
Memories of Ellis linger when we hear an old sweet tune.  
The fun we had in our youth, it is lost and gone too soon.  
Ellis was a fun lovin' guy, in his band we all took pride.  
Yes, that was our blue star group, "Slip and slide with Ellis Clyde."

## Thank You Merry Music Makers

"M&M's" Volunteer Seniors  
Band -of Wasatch County  
Organized 11 years ago  
14 Band Members  
Practiced 1.5 hours of practice per week  
42 weeks total  
Gave 12 Actual Performances  
Averaging 2 hours each  
(Including travel time, loading and unloading of musical instruments)  
Estimated number of total service hours rendered in 2015 = 1225 hours





Ellen Peterson	1
John Moulton	2
Duane (Dino) Wilson	2
Jean Hartshorn	3
Wayne Probst	3
Inge Lis Djorsing	6
Evva Lee Young	6
Peggy Duke	8
Aaro Alarotu	9
Wendall Hall	10
Sharon Jenkins	11
John Lemon	11
Shirley Green	13
Violet Smith	13
Candie Sacayanan	14
Allen Kubota	15
Jay Hites	17
VerDawn Nelson	17
Alicia Ames	18
Sharon West	19
Niles Halley	20
Carol Coleman	22
Jessie Shirk	22
Glenna Azlin	23
Merrill Hall	23
Doris Mahoney	23
Helen VanWagoner	26
Brian Bentley	27
Ronald Crittenden	27
Geneva Anderson	28

## April Birthdays

## OBITUARIES

Barbara Bryner

McDonald  
 Born: October 14, 1924  
 Died: March 11, 2016  
 Married: Guy McDonald

Delta LaPreal Young  
 Born: January 28, 1936  
 Died: March 11, 2016  
 Married: LaVerl Young

Robert Glendon Evans  
 Born: April 10, 1944  
 Died: March 11, 2016  
 Married: Vickie Gordon

Wayne McDonald  
 Born: August 22, 1929  
 Died: March 21, 2016  
 Married: Mary Jane Read

A. Kay MacNaughtan  
 Born: February 7, 1933  
 Died: March 23, 2016  
 Married: Barbara Taylor

Fern Graham Sabey  
 Born: April 28, 1917  
 Died: March 23, 2016  
 Married: Elmo Davis Sabey

Velma "Tunney" Lindsay  
 Born: July 10, 1927  
 Died: March 26, 2016  
 Married: Vern Lindsay

Evelyn Marie Taschner Reed  
 Born: December 13, 1925  
 Died: March 6, 2016  
 Married: Henry Taschner

Joe N. Coleman  
 Born: January 2, 1939  
 Died: February 19, 2016  
 Married: Joyce Giles

Antoinette "Toni" DeFriez  
 Skinner  
 Born: April 25, 1966  
 Died: February 20, 2016  
 Married: Kevin Skinner

Clyde W. Montgomery  
 Born: July 21, 1931  
 Died: February 25, 2016  
 Married: (1) Connie Casper  
 (2) Ruth McDonald Ivie

Elizabeth McDonald Palmier  
 Born: July 21, 1958  
 Died: February 28, 2016  
 Married: (1) Brent Parcell  
 (2) Gilbert Palmier

LaMar Frank Hadley  
 Born: July 15, 1944  
 Died: February 28, 2016  
 Married: Connie Kendall

David Cia Lameris  
 Born: June 11, 1930  
 Died: February 29, 2016

Leona Popp Blotter  
 Born: February 3, 1932  
 Died: March 7, 2016  
 Married: Edward Maurice Blotter

Paul Rush Loertscher  
 Born: June 3, 1935  
 Died: March 10, 2016  
 Married: Violet Olpin



## Times Are Changing So To Keep Up, So Are We

Would you prefer to read the newsletter online? Now you can. You can also check out our latest **ACTIVITIES** and **MEAL CALENDARS** and see what the Wasatch County Seniors have been up to lately. Just go online to <http://www.wasatch.utah.gov/Seniors>. If you prefer we can also email the newsletter to you just email Marcia at [myoung@wasatch.utah.gov](mailto:myoung@wasatch.utah.gov).

## CORA'S CORNER

To all our Seniors...just a little info from the kitchen. April showers bring May flowers. But we probably will have flowers sooner, since we've had moisture this last month. All we need is more sunshine.

April brings us: National Humor Month, International Guitar Month, Keep America Beautiful Month, Lawn and Garden Month, National Poetry Month, National Pecan Month, National Welding Month, Records and Information Management Month, Stress Awareness Month and Sexual Assault Awareness Month.

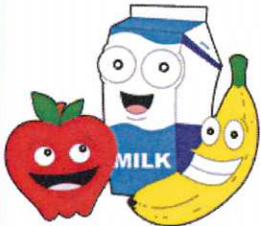
Week 1: Library Week and Read a Road Map Week...Week 2: Garden Week...Week 3: Organize Your Files Week and Medical Labs Week...Week 4: Administrative Assistants Week and National Karaoke Week.

I would like to take this time to thank Monica Kelly for making our cute decorations. It sure brightens up the room. Also, Annie Loertcher for donating several items that help us with the decorations.

We have some fun trips planned for this month. Call Marcia here at the center to make your reservation with us - 435-654-4920.

Please remember to call at least one day in advance for your meal here at the center and also if you can't make it please remember to cancel.

As the weather warms up, please, remember to drink lots of water. Until next time, take care...Cora Briggs



## Caring For You...Caring For Others by Linda Morrison

### Try This Instead of Caffeine Drinks

I recently came across an article stating that India has one of the lowest rates for most cancers in the entire world — and some experts attribute that to the amount of turmeric in the Indian diet, as well as it being a staple in traditional Ayurvedic medicine. It's even been researched for shrinking tumors. Turmeric is the principle compound in the bright yellow spice, curcumin. It's responsible for that delicious curry taste and is even used in yellow mustard. It's also the primary ingredient in "golden milk," a warm spiced drink reported to boost your health and vitality. It also has a soothing, relaxing effect, thus reducing stress. If you'd like to give it a try, this is the recipe....

Golden milk

#### Ingredients

- 2 cups of unsweetened coconut milk
- 1 teaspoon turmeric
- ½ teaspoon cinnamon
- ¼ teaspoon ginger powder
- 1 teaspoon honey
- A pinch of black pepper (helps your body better absorb the turmeric)

#### Instructions

- Blend ingredients in a blender for a few minutes.
- Warm in sauce pan for about 3 minutes.
- Drink while warm.

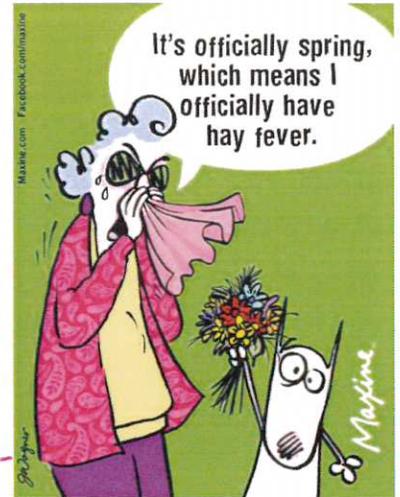
#### Nutrition Information

Serving size: 1 Calories: 122. Fat: 9.3g Saturated fat: 8.1g Unsaturated fat: 0.1g Carbohydrates: 12.1g Sugar: 5.8g Sodium: 1.5mg Fiber: 3.1g Protein: 0.2g Cholesterol: 0.0mg.

Come join us for more tips and support at our caregiver meeting. Our meeting times and places are: Wasatch Sr. Center, 4:00 pm second Thursday of the month, Elk Meadows (4200 N 400 W in Oakley) Third Thurs of the month, 6:00 pm with light dinner; the Wasatch County Library 465 E 1200 S in Heber, 5:30 pm on the third Wednesday of each month, or the Lunch Bunch, last Thurs of each month 1:00 pm Denise's Home Plate, Main Street in Coalville. Please contact me at 435-783-5708 or cell 435-640-2690 for any assistance with your care giving role.



# Senior Giggles April 2016

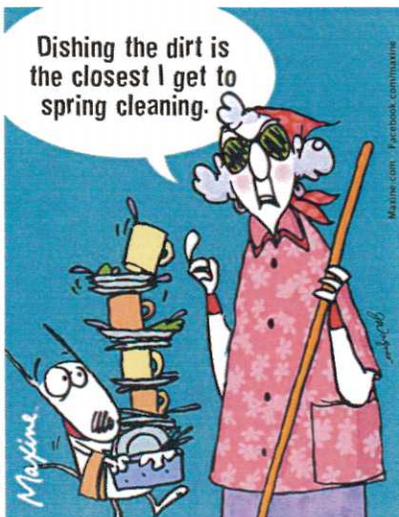


If my body was a car, I'd trade it in for a newer model, because every time I cough or sneeze, my radiator leaks and my exhaust backfires.

Two elderly couples were enjoying friendly conversation when one of the men asked the other, "Fred, how was the memory clinic you went to last month?" "Outstanding," Fred replied. "They taught us all the latest psychological techniques: visualization, association, etc. It was great." "That's great! And what was the name of the clinic?" Fred went blank. He thought and thought, but couldn't remember. Then a smile broke across his face and he asked, "What do you call that flower with the long stem and thorns?" "You mean a rose?" "Yes that's it!" He turned to his wife, "Rose, what was the name of that memory clinic?"

Wife standing in front of a mirror and talking to her husband, "I am fat, old, wrinkled, and no longer pretty. Will you still give men a romantic compliment?" The Husband replied "Your eyesight is still excellent."

The cowboy walked into the tack shop. "How much for a pair of spurs?" he asked the sales clerk. "Forty dollars." The cowboy looked in his wallet, thought for a moment, then pulled out a twenty. "I'll take one spur." "What'll you do with just one?" the clerk asked. The cowboy replied, "I figger if I can get one side of the horse movin', the other side'll go too."



## SPRING

Out of cave! Out of hole!  
Bear, rabbit, little mole,  
Hatch from egg in nest in trees!  
The birds are back and so are bees.  
The flowers bloom. The leaves are green.  
How do they know when it's spring?

Build your web! The bugs are back!  
Little spider dressed in black.  
Bears, rabbits, birds, and bees,  
Flowers, grass, and trees,  
Just like me their face is warm,  
That's how they know spring has come.

