



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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AUGUST



SPOTLIGHT

Carol Meredith



I'm so happy that my daughter encouraged me to move to Heber City. The area is so beautiful with the meadows, the mountains, and the wonderful streams and reservoirs. I awoke one morning to see three colorful balloons lifting above the green meadow not far from the apartment building in which I live.

I have been leading the "chair exercise" classes at our Senior Center since the beginning of July. It is held weekly, on Tuesdays, beginning at 10:30 a.m. I have had the pleasure of meeting some great people here at The Center. Marcia, Ashley, and the entire staff are always smiling and very helpful. I'm getting better acquainted with them as each day passes.

In some of my varied work-related positions in the past, I was fortunate to obtain an Activity Directors Certificate – from American River College, located in Sacramento, California. As an Activity Director, part of my job description was to assist seniors with exercises, as well as other varied activities, outings, and entertainment.

Some of the places I've lived and worked have taken me to New York, Ann Arbor, Michigan, San Francisco and Los Angeles, California. I have four (4) children and twenty-three (23) grandchildren/great-grandchildren. I love them all so much and don't want them to grow up too fast. Our youngest child was born in Switzerland.

I've had the opportunity to travel to 16 countries, including Israel. While living in Europe we had missionaries living in our Chalet. They brought to us and our children many special experiences and I'm so grateful for those.

I enjoy painting, music, playing cards, and going places to attend concerts and the theater.

I look forward to getting better acquainted with more and more of you. Thank you for being so kind and welcoming me.

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.** Current paid member will receive first consideration if space is limited. If there is a waiting list anyone who has not paid by the registration will be removed from the list and the spot will be opened up to those on the waiting list.*

Wednesday, August 3: Easy Morning Walk at Wasatch Mountain State Park followed by brunch on Your own at the Wasatch Park Café. The bus will leave the Senior Center at 8:30 a.m.

Friday, August 5 is the annual sojourn to *Payson, UT* for a **Salmon Supper**. Cost is \$20 which includes bus transportation.

Monday, August 8 is a day trip to the **BYU Art Museum** which is featuring a special display celebrating the 100th Anniversary of our National Parks entitled *See America*. Optional displays include *Reality Reorganized & Branding the American West*.

Tuesday, August 9 is an evening with the **Utah Symphony at Deer Valley** featuring the lively music of *George Gershwin!* The cost is \$60. The bus will leave the Center at 6:30 p.m.

Wednesday, August 17 is a Bee's Baseball Game in SLC. It's \$1 hot dog day! Grandchildren welcome! Cost is \$17 per person and includes admission and transportation. *Reserved seats are behind Home plate.* Additional seats may be available. Contact Marcia (435-654-4920) ASAP for availability.

Monday, September 12: is a Day Trip to the **Utah State Fair**. Luckily that's "*Ice cream Day*" at the fair so be prepared. Cost is \$12 per person. The bus will leave the Center at 9:30 a.m.

Wednesday, September 14 is our trip to **Wendover**. The cost is \$25 per person.

Wednesday, September 28 will feature a color tour bus trip to **Guardsman Pass**. **BYOS!** (Bring Your Own Snack) We'll make a special stop at "Heber Valley Artisan Cheese" store in Midway on our way.

Wednesday, October 19 will be a day trip to **Antelope Island** where the buffalo roam free. A boxed Lunch will be provided. A \$3 donation is requested. Anticipate a special surprise on the way home!

OCTOBER will feature another trip to **This Is The Place**. *Folks who went on the June excursion requested an additional trip due to the fun experienced by everyone!*

Future Play Dates @ Orem's Hale Theater include:

Sept. 10 *See How They Run*

Oct. 22 *Catch Me If You Can*

December *A Christmas Carol*

For more information on longer Bus Tours, Ship & Cruises, & International Travel check the *Travel Board @ the Senior Center*. Here are a few highlights:

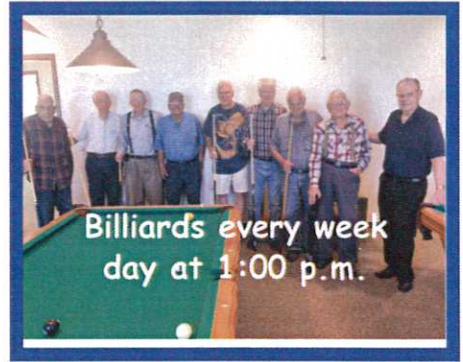
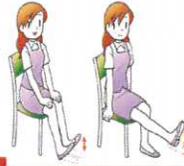
Knight Tours and Cruises is offering some new trips, Nov 2-10 2016 a South Africa Safari, December 29, 2016- January 2, 2017 the Rose Parade Tour. For more information or to register call toll-free 1-877-811-3244 or visit their website at: knighttoursandcruises.com to register or see the variety of tours they offer.

Senior Tours and Travel is offering : September 20-28 – Hawaii, October 17-21 :Laughlin/Las Vegas, October 25-28: Marvelous Moab . Call Doreen at 801-568-7700. Visit the website at www.seniortoursofutah.com for more information. Senior Tours offers a variety of low cost tours for seniors.

Wasatch Travel is now taking reservations for: A Royal Caribbean, 7 day New and Canada Cruise on **Oct 23**. Call Wasatch Travel for more information at 435-709-8656

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.

Join us on Tuesday Mornings. Everyone can benefit from exercise regardless of age or fitness level. Come join us in learning exercises to improve your endurance, Strength, balance and flexibility. All ability levels are welcome. We meet at 10:30 every Tuesday morning in room 157. Class is taught by Carol Meredith



Billiards every week day at 1:00 p.m.

THURSDAYS AT 1:00 P.M.



To all of you who volunteer service on behalf of others, the Senior Citizens of Wasatch County say "Thank You" for your generous contribution to our community.

Win prizes!
Make friends!



Have fun!
Laugh!



You can learn to do this!
Join the Ceramics class on Thursdays at 1:00 p.m.

Are you a Senior who needs Help . . .

Shopping?

Getting to the Doctor?



Writing Letters?

Reading Mail?



Or do you just need a friend?

The SENIOR COMPANION PROGRAM Can Help!!

Call

801-851-7767

Corporation for NATIONAL & COMMUNITY SERVICE

Sponsored by Wasatch County Government

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!

CHUCK-A-RAMA

For just a \$1 donation to the Senior Center you get a Senior Club card which gives you 20% discount on meals at Chuck-A-Rama.

Pickle Ball

Join us for "Seniors Pickle Ball" at the Wasatch County Recreation Center. We play Monday through Friday from 9:00AM to Noon. The cost is only \$1 for Wasatch County residents and \$6 for non-residents. Paddle rent is also \$1. Contact Wasatch County Parks and Recreation (Amara or Jodi) at 657-3240 for more information.



MEDICARE

Seniors receive a lot of mail, especially those who are approaching 65 and will be eligible for Medicare. Some of the mail can appear very official and tell you that you need to call or respond quickly or you will lose out on benefits. Most of this mail is from a company trying to get your permission to contact you to sell you a product. Look for phrases such as, "This is an advertisement," or "Not affiliated with or endorsed by any state or federal government or medicare program." If you have questions, please call Dawn Loper (801-229-3819) or Bonnie Lewis (801-229-3810) at Mountainland Association of Governments. Also, please contact them if you are having difficulty paying for your Part D prescriptions to see if you might qualify for a government subsidy program.

Dawn Loper
Mountainland Association of
Governments



Christy Ackerson	1
Darlene Wasilewski	1
Jean Bishop	3
Rex Sabey	5
Kathleen Kendall	7
Suzanne Thacker	7
Nelda Muir	8
Jim Kohler	12
Kent Burnside	13
Mary LeBlanc	13
Mary Patterson	17
Annette McMurdie	18
Norma Hansen	20
Norma Richardson	21
Stella Sinnott	21
Fred Schloss	22
Margaret Schloss	23
Dale Kohler	24
Joyce Lee	24
Kris Glasgow	25
Jane Besendorfer	26
Thomas Fowler	26
Gwen Davis	27
Lester Gilbert	28
Renee Horrocks	28

August Birthdays

OBITUARIES

Donna Inman Maynard
Born: September 19, 1954
Died: June 18, 2016
Married: Val Maynard

Jack Amos Mecham
Born: December 11, 1938
Died: June 22, 2016

Mary K. Edwards
Born: March 30, 1930
Died: June 25, 2016
Married: Calvin Edwards

Joyce Edwards Harding Godfrey
Born: June 30, 1943
Died: June 28, 2016
Married: (1) Douglas Harding
(2) Russell Godfrey

Floyd Edwards
Born: June 5, 1924
Died: July 11, 2016
Married: Marva Thacker

Douglas S. Huber
Born: October 26, 1932
Died: July 11, 2016
Married: Donna Quayle

Margaret Lucille Kohler
Hyde
Born: September 24, 1938
Died: July 14 2016
Married: William Thomas Hyde

Judy Webster Mair
Born: September 29, 1946
Died: July 16, 2016
Married: Clinton Mair

Paul Van Alstine
Born: October 20, 1930
Died: July 18, 2016
Married: Kathryn Joan Van Alstine





To all our Seniors...just a little info from the kitchen. August has arrived nice and hot. Please remember to drink your water.

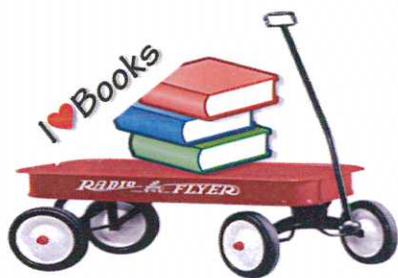
August brings us: Admit You're Happy Month, Family Fun Month, National Catfish Month, National Eye Exam Month, National Golf Month, Peach Month, Romance Awareness Month, Water Quality Month and National Picnic Month.

Weekly Events: Week 1-National Simplify your Life Week, Week 2-National Smile Week, Week 3-Friendship Week, Week 4-Be kind to Humankind Week.

Remember to sign-up early for our "Charleston Hamburger Cook-Out". It will be held on Thursday the 18th, at the Charleston Park. We will begin cooking around 5pm. Bring a lawn chair to enjoy sitting outside and listening to our great entertainment.

Come and join us in our fun trips around the area. We have planned a few small walks that are good for us to do. Call Marcia to sign-up for these events.

Until next time, take care...Cora Briggs



BOOKS ON WHEELS

The Wasatch County Library will provide books to those who are not able to go to the library but would like to take advantage of what the library has to offer. If you are interested in getting books etc. or volunteering a few hours once a month to deliver books please call 435-654-1511.



Caring For You.....Caring For Others

Benefits Of Fiber

Found an interesting article on fiber to help us as caregivers stay healthier. Previous studies have linked dietary fiber with a reduced risk of diabetes and metabolic syndrome. A recent study suggests that soluble fiber may help blunt blood sugar spikes that occur after eating among glucose intolerant people. Participants in the study included 12 middle-aged Japanese people who were slightly overweight to significantly overweight, with BMIs ranging from 25.5 to 29.5. They were instructed to consume 6 grams of the soluble fiber product with three meals a day for 12 months. Other than the supplement, they were not asked to change anything about their diets, exercise habits, or lifestyle.

The researchers found that the soluble fiber supplement resulted in:

Significantly reduced postprandial blood glucose levels of up to 50%

Significantly lower postprandial insulin and triglyceride levels

Lower LDL and higher HDL cholesterol levels

Lower inflammatory markers, including C-reactive protein

Significantly lower body mass index, particularly in waist circumference.

Researchers from the Journal of Functional Foods conducted the study. It was published in the June 2016 issue of the *Journal of Functional Foods*. Fiber consumption has also been linked with lowering total cholesterol and LDL cholesterol, and regulating blood sugar for people with diabetes. Soluble fiber can be found naturally in oats, peas, beans, apples, citrus fruits, carrots, barley and psyllium. Insoluble fiber can be found in whole wheat and grains, brown rice, fruit, broccoli, cabbage and dark leafy vegetables. Something we can all increase easily. Come join our caregiver meetings: 1.) Wasatch Sr. Center (465 E 1200 S Heber) Second Thurs of each month, 4:00 pm; 2.) Elk Meadows in Oakley, Third Thurs of each month, 6:00 pm, RSVP for dinner 435-783-5575, 3.) Lunch Bunch, Last Thurs of each month 1:00 pm Denise's Home Plate, Main Street in Coalville. Linda Morrison 435-783-5708.

SIGNS
OF
THE
SEASON



ONLY IN AMERICA

Can a pizza get to your house
faster than an ambulance.

ONLY IN AMERICA

Banks leave both doors open
then chain the pens to the counters.

ONLY IN AMERICA

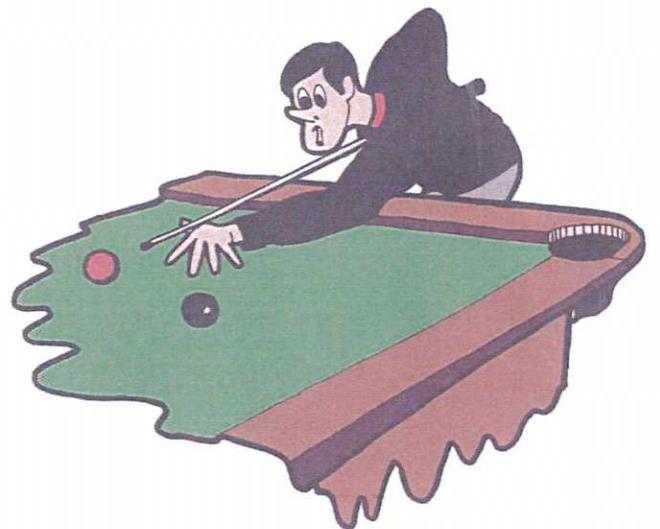
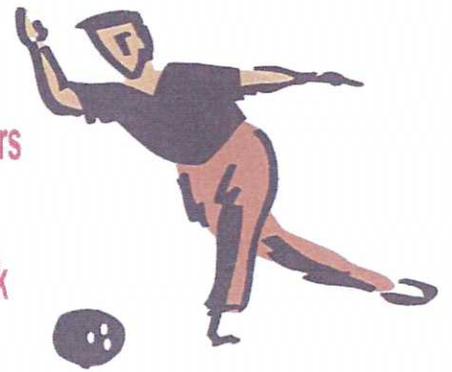
Have drive-up ATM machines
with Braille lettering.

ONLY IN AMERICA

People order
double cheese burgers, large fries,
and a diet coke.

ONLY IN AMERICA

We leave cars
worth thousands of dollars
in the driveway
and put our useless junk
in the garage.



The older I get, the more I realize that
the things that money **CAN'T BUY** hold
the most value...

Manners, Morals,
Integrity, Respect,
Character, Common Sense,
Trust, Patience,
Class, and Love.

~Unknown