



Wasatch County Senior's Newsletter

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

COUNTY SENIORS ADVISORY BOARD

- Chair: Steve Farrell
 - Vice-Chair: Sharon Jenkins
 - Secretary: Marcia Young
- Regular Members: Steve Farrell (Cnty Cncl Rep.), Lee Ammons, Kaye Bonner, Sharon Jenkins, La-Ree Pedro, Colette Prestwich, Blaine Webster, Marcia Young
- 1st Alternate: Johanna Huijzenveld
2nd Alternate: Jim Kohler

SENIOR CENTER CORPORATE BOARD

- President: Martin Bollschweiler
- Vice- Pres./ President/Elect:
Laura Ribinsky
- Past Pres.: Moroni Besendorfer
- Sec./Treas.: Charles Jenkins
- Historian: Carroll Lee Hicken
- DIRECTORS: Earl Dayton, Maxine Carlile, Glen Hicken, Clarence Mahoney, and Niles Halley

SENIOR CITIZENS DEPT.

- Director: Ashley Fish
- Food Services Manager:
Cora Briggs
- Administrative Secretary:
Marcia Young

Table of Contents

1. Election Notice
Spotlight
2. Firesides, Special Events,
3. Activities, Trips and Tours.
5. Birthdays, Obituaries,
6. Cora's Corner
7. Senior Giggles
- 8 December Events Calendar
9. December Meals Calendar



Corporate Advisory Board for Wasatch County Senior Citizens, Inc.

ELECTION RESULTS

TOTAL VOTES CAST - 82

Vice President/ President Elect:

Rhonda Sweat 61

Write In: Moroni Besendorfer 10

1-YR Director:

Roy Daniels 45

Inge Lis Djorsing 11

Glen Hicken 46

Neal Larsen 14

Clarence Mahoney 46

2-YR Director B:

Niles Halley 48

LaRee Pedro 29

2 YR Director A:

Maxine Carlile 74

Write In: Neal Larsen 1

3-YR Director:

Earl Dayton 79

Secretary/Treasurer:

Marvin Rust 80

Historian:

Carroll Lee Hicken 82

SPOTLIGHT

MEL RYAN

I was born December 28, 1932 in Center Creek, Utah. I have two sisters: Deaun who lives in Woodland with her husband and her family and Dixie who passed away from cancer. Our family moved to Los Angeles California for a job on the streetcars. Deaun was born there and when we moved back to Utah in 1940 just before the war started, I was 8 years old and remember she slept on a pillow in the back seat of the car with me and it was my job to watch her. Deaun was and is still my special friend.

As a young boy, I hung around my Uncle Ken Ryan, my Dad's brother, who was just 5 years older than me. He was a lot wiser and good teacher and I was an eager student. We hunted and trapped and fished and made flippers and bow and arrows and spears and rode horses, had fights with boxing gloves, with water, with apples and with sunflower heads. Sometimes he would nearly kill me but when he got too mean, Grandma would take care of him.

When I was 12 or 13 years old, we moved to Heber. I had a great childhood growing up. We used to carry a long willow with us as we walked on the road to try to kill the grasshoppers. We used willows for whistles, bows, arrows, spears, grasshopper sticks, fishing poles and roasting sticks and Mother used them for whipping sticks and did they ever sting across our legs. They were a pretty useful thing! (continued on page 2)

(MEL RYAN SPOTLIGHT CONTINUED)

I went to the North School in the 3rd grade and the rest at Central Elementary and Wasatch High School. I married Vera Anderson on October 25, 1950 in my Senior year. We had six children: Peggy, who died at 50 with cancer, Brad, Caralee, Linda, Jenny and Molly. I have 19 grandchildren (one passed away), and 22 great-grandchildren. Vera passed away on October 2, 2010. We lacked 23 days of having our 60th wedding anniversary. We had lived in the same home since 1952.

After I got married, I got a job in the Park City mines at the age of 18. I worked in mines for many years and other jobs I had was a milkman, candy salesman, abstractor and photographer, training specialist for the miners over a period of five years. I was an elected member of the School Board of Wasatch County School District for 10 years. I worked 29 years for the District Maintenance as the Maintenance Supervisor and later as a janitor, retiring as of December 31, 2015. I also received many certificates in both the mines and the School District such as instructor in First Aid, CPR, Self Rescuer, Surface and Underground Safety and Mine Emergency. I have held various positions in the LDS Church. Scouting was my favorite in which I held many leadership positions and an opportunity to meet and help many of the young men in this valley. I was awarded the Silver Beaver by the Utah National Parks Council boy Scouts of America. I've had a fun life, had great friends and enjoyed every minute of it. All of these experiences are compiled from my journal written in 1984.



WEEK DAYS

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

Mondays:

1:30—3:00: Creative Dance Classes for Seniors. Contact Bonnie Henderson at 435-654-8111. Bonnie has 35 years experience teaching dance.

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

Tuesdays:

1:00: Table Games

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

Thursday.

* 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—Friday at 1:00 PM: Billiards.



Monday Firesides

December 7: "Mountain Valley Harmony" Male Quartet

December 14: Jeannie McGuire and Erin Carlson

December 21: Swiss Chorus & Bell Ringers (at the Midway Town Hall)

December 28: NO FIRE-SIDE.



SPECIAL LUNCH PROGRAMS

Tuesday, December 1: Timpanogos Intermediate School Choir.

Thursday, December 3: Rocky Mountain Middle School Choir.

Tuesday, December 8: Midway Elementary School: Children's Musical Christmas.

Thursday, December 10: "Story Time with Miss Sally": Bring your preschool grand children for lunch and story time. They will enjoy some wonderful stories told by "Miss Sally".

Thursday December 15: J.R. Smith Elementary School Children's Musical Christmas.

Tuesday December 17: Rocky Mountain Middle School Orchastra: This will be our annual special Christmas lunch and program.

Tuesday, December 22: Christmas Breakfast at 9:00 AM. This breakfast is a week later than our usual breakfast du to the special Christmas programs we are enjoying this month.

Thursday, December 31: New Year's Eve Dinner Social and Program: We will enjoy a special New Year's program by the M & M's Band (Own Merry Music Makers).



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, December 2 is a visit to **City Creek & Temple Square Light tour.** We will leave the Senior Center at 2:00 PM, travel to City Creek Center for an early dinner and shopping, then on to Temple square to see the Christmas light display. There will be no cost for this trip. **This is a walking tour.** Dinner is on your own.

Saturday, December 5, "A Christmas Carol". We will enjoy our traditional trip to the Orem Hale Center Theatre for this magical adapted Christmas Classic! The cost is \$25. The bus will leave the Senior Center at 1:00 for the 2:00 matinee.

Wednesday, December 9 is a **Holiday Lights tour @ Hogle Zoo** The bus will leave the Senior Center at 2:30 PM. We will stop at Chuck-A-Rama for dinner then to the zoo to see the Christmas Lights. Cost will be \$15 which includes admission and Transportation and does not include your meal. **This is a walking tour.**

Wednesday December 16 is a **Holiday Lights tour/show @ Spanish Fork.** This is a driving tour. The bus will leave the Senior Center at 3:30 PM and will stop at Chuck-A-Rama for dinner then on to Spanish Fork to see the lights, The cost is \$5.

Coming up next year: is a trip to tour the new LDS Provo City Center Temple Open House. And lots of other new awesome adventures.

March 28 – April 1, 2016 - Knight Tours and Cruises offers tours to "Warm & Sunny San Diego. For more information or to register call toll-free 1877-811-3244 or visit their website at: knighttoursandcruises.com .

Tuesday, January 12, is a *Snow Day for Seniors!* The movie *Polar Express* will be shown in the lobby of the senior center after lunch. Comfy seating available!

Wednesday, January 13, will feature a trip to **BYU Museum** to visit the *Norman Rockwell Exhibition.* **No Cost!**

Saturday, January 23, "The Nerd", @ Orem Hale Center Theatre. Dinner @ Chuck-A-Rama after the play. **Registration deadline is January 7.**

Wednesday, January 27, is a trip to tour the Provo Temple. The Sign-up sheet is available now.

Tuesday, February 9, in honor of *Valentine's Day,* we'll feature the movie *Love Story* (the original starring Ryan O'Neal & Ali McGraw) and will be shown in the lobby of the senior center after lunch.

Orem Hale Theatre cost plus transportation is \$23 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.

December Observances

- * 1 All Worlds Day
- * 1-6 Hanukkah
- * 10 Human Rights Day
- * 22 Winter Solstice
- * 25 Christmas Day
- * 26 boxing Day
- * Safe Toys and Gifts Month
- * Universal Human Rights Month

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.

I ♥ Books



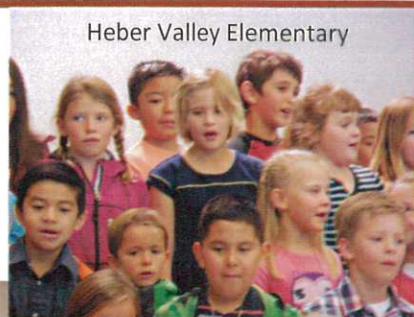
CHUCK-A-RAMA

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.



Halloween Parade

October & November brought us lots of great entertainment



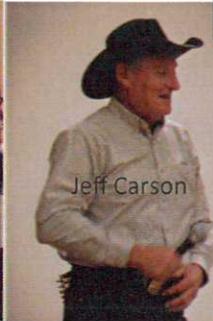
Heber Valley Elementary



Lillian Barrus Students



Heart and Soul



Jeff Carson



Shelley Kelsey
And
Joseph Young

Benefits of Membership at Wasatch County Senior Center:

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

2016 MEMBERSHIP RENEWALS DUE JANUARY 1ST

MEDICARE

"Medicare Open Enrollment ends December 7th. There have been a lot of ads on television, and perhaps you have gotten calls from agents. Always be sure that you are working with someone you know and trust. Agents selling Medicare plans are required to comply with Medicare rules. If you get a call from someone you do not know, feel free to hang up on them. Agents can not ask for credit card or banking information, pressure you to join their plan by saying things like, "you have to join this plan or you won't have coverage next year," ask you to give names and phone numbers or addresses so that the agent can sell to your friends and family, or sell you products not related to health care, like life insurance.

With the holidays coming up there is always a lot of activity and a lot of chances to get your identity stolen. Do not carry your red, white, and blue Medicare card in your purse or wallet. Keep that card and your Social Security card in a safe place at home. If you are having trouble paying for your medications, please call Dawn Loper at 801-229-3819 to see if you might qualify for a Federal program to help with those costs. Have a wonderful holiday season!

Please be alert during this Open Enrollment period. If you have questions, please call Dawn Loper (801-229-3819) or Bonnie Lewis (801-229-3819). Also, please call if you are having trouble paying for your medications to see if you qualify for Extra Help.

Need a Ride?

If you have no way to get to your Medicaid covered services, you can call **LogistiCare at (855)-563-4403.**

Call or get more information online at Memberinfo.logisticare.com . There is no cost for this service if you qualify.

VETERANS: The DAV provides transportation services to the VA Medical Centers and Community Outpatient clinics. Call 800-613-4012 ext. 2003 or 1027.

See the schedule at: http://www.saltlakecity.va.gov/New_Veterans_Transportation_Service_at_VASLCHCS..asp

December Birthdays

Laural North	1
Laura Ribinsky	1
Liza Ellsworth	4
Claudette Jolly	4
Karen Watts	4
Inazelle Knight	5
Janice Casey	9
Charles Giles	9
Martin Cohen	10
Marcia Young	10
Shirley Fischer	12
Deborah Probert	12
Koze Hallows	13
Arlene Chandler	14
Roy Kendall	14
Carol Lawson	15
Barbara Moulton	15
Charles Jenkins	16
Lyle Davis	17
Joyce Kohler	17
Doris Wolf	17
Merry Duggin	19
Vera Smith	21
Betty Brandner	22
Shirlene Walton	22
Annette Young	22
Vida Applegate	24
Sharon Carlson	24
Carol Nielson	24
Russell Probert	25
Ruth McGuire	26
Ashley Fish	28
Mel Ryan	28
Janice Kennedy	29
Ted Schrader	29
Sharon Spencer	29
Steven Hadden	31
George Richardson	31

From the Director's Desk . . .

. . . . by Ashley Fish



We come to the conclusion of another year and anticipate the arrival of yet another.

The growth of our Wasatch County Senior Center this year has been pleasing and memorable. We honor those Wasatch County seniors who passed this year and honor and acknowledge the contributions they made to their community, family, and friends during their lifetimes.

We express our appreciation to our county leaders (Councilmen and Manager) for their personal and administrative support this past year. Our beautiful and comfortable physical plant and facility allows us the opportunity to dine together, work and play together, and share our lives/talents with others. This dedicated commitment to the senior "demographic" portion of the County's population is noticeable and greatly valued.

Again, we thank the many volunteers, young and not-so-young, who give of their time and talents to positively affect the lives of others.. We observe that much goodwill and "touching of the life of another" comes from volunteering and serving.. We witness it here day after day, week after week. Thanks to all!

As the team who works and directs the operation at our senior center, we echo the words of a great teacher of human dynamics when he said, "management is doing things right, leadership is doing the right things". (Peter F. Drucker)

Here's to another positive and remarkable year! Our "best" to all.

OBITUARIES

Judy Ann Taylor Stocks
Born: October 13, 1949
Died: November 1, 2015
Married: Randy Stocks

Carl Giles
Born: March 21, 1927
Died: November 10, 2015

Douglas L. Merkley
Born: September 9, 1925
Died: November 8, 2015
Married Rhea Huber

Vicki LaNell Murphy
Born: July 9, 1948
Died: November 13, 2015
Married: (1) Gary Rasmussen

Barbara Rasband Trimble
Born: May 16, 1947
Died: November 7, 2015
Married: Ronald Dean Trimble

Janice May Mitchell
Born: May 15, 1924
Died: November 17, 2015
Married: Elbert Mitchell





To all our Seniors...just a little info from the kitchen. Here it is December. This year has flown a bit faster than the last one.

The years are going way to fast. That tells me one thing...I am enjoying what I am doing. And it's because of you. When I see your smiling faces, hear your laughter and chatter, or hear good things from our Meals on Wheels clients it puts a smile on my face.

I want to take this time to say "Thanks" to all who have contributed to the Senior Center in any way. Without you we wouldn't have a center. December 7, 1941, the day the Japanese attacked Pearl Harbor. This "date which will live in infamy", brought the United States into World War II. I know there are some of you who can remember this day.

This month brings: AIDS Awareness Month, Bingo's Birthday Month, National Human Rights Month, National Tie Month, National Write a Business Plan Month, Spiritual Literacy Month, National Drunk and Drugged Prevention Month and Worldwide Food Service Safety Month.

We will be serving our Christmas Dinner on Thursday the 17th. Please remember to sign in early. We want to have enough food for all. Also, our New Year's Eve Party will be on Thursday the 31st. Sign up early, please. We will be having lots of fun and good entertainment. Come and celebrate with us.



"Merry Christmas and Happy New Year" to each and every one! Please remember to keep drinking your water. Until next time, take care...Cora Briggs



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

Caring For You....Caring For Others by Linda Morrison Final Avoiding Medicare Scam Tip

Compare plans with a trustworthy adviser. Medicare is a massive enterprise that affects millions of people—which means countless insurance salespeople pitching policies that they promise will “save you thousands.” While some of the plans they suggest may be plans you recognize—even the ones that your friends and families use—not all policies are right for everyone. Depending on your employment status or medical situation, you may need different kinds of assistance from other older adults you know. Some salespeople may employ scare tactics or other below-the-board strategies to pitch their plans, such as free lunch seminars or false claims of being affiliated with a government agency. Additionally, some scam artists work on behalf of companies that sell “Medicare drug plans” that have not actually been approved by Medicare. To avoid these issues, get advice from a resource you can trust. My Medicare Matter’s Medicare Mini-Check, created by the non-profit National Council on Aging, is a free, brief assessment that helps you compare plans online. It can also connect you to free professional advice from licensed Medicare advisors at the Aon Retiree Health Exchange. Aon advisors have passed NCOA’s rigorous consumer protection standards, known as the Standards of Excellence. Another excellent resource is your local State Health Assistance Insurance Program (SHIP). SHIPs provide free, one-on-one, and unbiased federally funded Medicare counseling. As they are primarily staffed by volunteers, it is wise to contact them early before the start of the busy Open Enrollment season (October 15-December 7). To schedule an appointment with one of their counselors, visit their website here or call their toll-free national number at 1-877-839-2675 or contact our representative through Mountainland at 801-229-3819.



MERRY CHRISTMAS AND HAPPY HOLIDAYS!



The 4 stages of life:

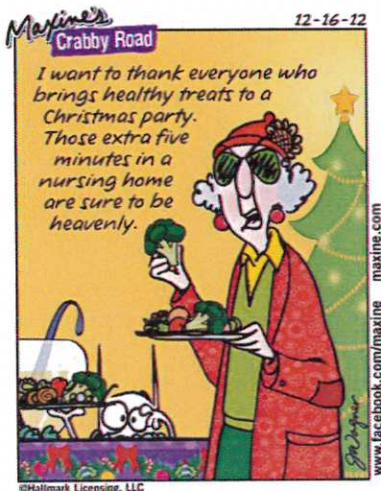
1. You believe in Santa Claus
2. You don't believe in Santa Claus
3. You dress up as Santa Claus
4. You look like Santa Claus

Q: Why is Christmas just like your job?

A: You do all the work and the fat guy with the suit gets all the credit.

Just before Christmas, an honest politician, a generous lawyer and Santa Claus were riding in the elevator of a very posh hotel. Just before the doors opened they all noticed a \$20 bill lying on the floor.

Which one picked it up?
Santa of course, because the other two don't exist!



Visions Past

The Christmas tree was real
That heavy tinsel, special feel

So many lights, in sparkling view
Glass ornaments, hung neatly too

An angel perched, atop it all
Seen shining down, it did not fall

The tree was watered in its stand
It's special smell, came on so grand

Nativity, was always perched
In middle window, all would search

Side windows dressed with candlelight
I'd check the view, from sidewalk sight

All was right, this child felt sure
That special time, lived in his door

I thank you God, for visions past
Which come alive, to hold and grasp

I was travelling to Seattle on business. Knowing how the weather is up there (and lacking the proper clothing), I went to a local outdoor shop for an inclement weather clothing. Not finding what I was looking for, I went to another. Then another. Finally, a salesman suggested that I go to Rudolph's.

"Rudolph's?" I said, surprised. "Do you mean the Russian specialty store?"

To which the salesman answered, "Rudolph the Red knows rain gear."



Senior Giggles December 2015

