



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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Table of Contents

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

FEBRUARY

phillipmartin.info



2016

SPOTLIGHT

Betty Brandner

I was born in South Dakota, but raised on a dairy and grain farm in Zeeland, North Dakota just above the South Dakota border. I have 9 brothers and 6 sisters being number 7 in the family and the first one to be born in a hospital. I married my high school sweetheart, Tom Brandner in 1968. We have 3 children, 14 grandchildren and 3 great-grandchildren.

We left North Dakota in 1973 due to Tom accepting a job with a company constructing a high voltage power line from the power station by the Garrison Dam in North Dakota to Mona, Utah. We traveled with the company for 10 years, living in a 40 ft. fifth wheel trailer. We moved from state to state as the line progressed, transferring the kids from school to school as needed.

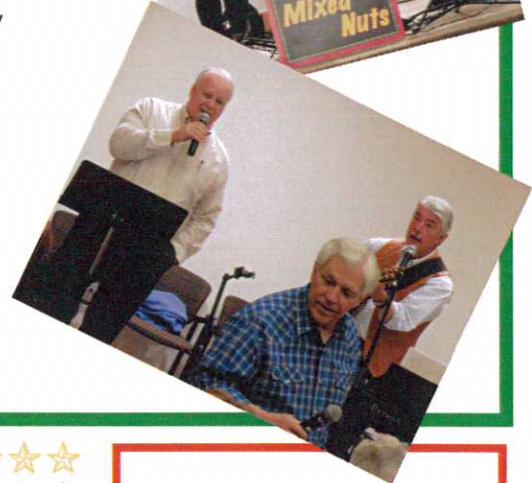
We arrived in Heber in 1983. As our oldest child was to start high school, we decided to stay in this beautiful valley. Tom went on to complete the power line to Mona, then worked locally at Geneva Rock in Park City. I began to work for T & K Steel in Heber as a welder (I had welded parts for the Melroe Drill in North Dakota). When T & K Steel closed I worked at Deer Valley Lodging for several years before starting at Geneva Steel in Orem when they opened. I worked at Geneva for 15 years, the last 8 years as a crane operator/loader, loading steel on trucks and rail cars. After they closed I went to school at Utah Valley Community College, now UVU. I received my Associate Degree in Accounting. Since my grandchildren were asking "why is grandma still going to school?" I applied at the United States Post Office and was accepted to work at the Park City Post office as a sales associate and distribution clerk. After 11 years there, I retired in 2015.

AARP TAX PREPARATION

AARP volunteers will be available to help with tax preparation on Wednesdays February 3 & 17, March 2 & 16, from 9:00 AM to 3:00 PM each day. If you would like to make an appointment please contact Marcia at the Senior Center at 435-654-4920.

January Programs

The Senior's New Years Party was a huge hit with 135 party goers. We were entertained by the "M & M's Band, danced and enjoyed a delicious Roast Beef dinner. The firesides on Monday nights brought us music from "The Mixed Nuts", Cary Hobbs, Richard Boulter and Ken McConell and entertainment by the "Stomp It Out" Cloggers. We visited He "Norman Rockwell Exhibit at BYU and the Provo City Center Temple open house.



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.

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

February 1: Lois Swint, Desiree Ashworth and Marilyn Larsen. Instrumental Trio.

February 8: Dynna Farr: Vocal and Piano

February 15: Presidents Day
NO FIRESIDE

TUESDAY, February 23:
BYU's Ballroom Dance Team:

NOTE: This fireside is being held on Tuesday instead of Monday.

February 29: Michael and Anne Moulton: Michael and Anne

Happy Valentine's Day

SPECIAL LUNCH PROGRAMS

Tuesday, February 2: Owen Steed from The Abbington along with Candace Merriweather and Natalie Johnson.

Tuesday, February 9: Mardi Gras Social: We will enjoy a special menu of "Mardi Gras" delights prepared by Ken and Mary LeBlanc.

Thursday, February 11: Valentine's Day Lunch and Party: Bring your Sweetheart or a friend for a fun "LOVERS" afternoon.

Thursday, February 18: Moroni Besendorfer and his harmonica. Come enjoy Moroni's humor and harmonica music.

Tuesday, February 23: Rosemary Quatralo: Senior Adult Nutrition.

Thursday, February 25: Kathy Rydman and Kathy Stephens. Now with Symbii Home Health Care.

TRIPS & TOURS



To register call Marcia @ 435-654-4920 by the deadline or add your name to the sign up 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, February 3: BYU Museum to visit the Norman Rockwell Exhibition.

Sign up now. We will have lunch at Chuck-A-Rama after visiting the exhibit. There is no Cost!

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.

Wednesday, February 10: New Provo City Center Temple Open House. The bus will leave the center at 9:00 AM to tour the new City Center Temple. We will enjoy lunch at Chuck-A-Rama after the tour. There is no cost for this trip. (You will be responsible for your meal)

Saturday, March 12: Hale Center Theater "Joseph and the Amazing Technicolor Dreamcoat". The bus will leave the Senior Center at 2:00 PM for the theater. The cost for tickets and transportation is \$23.00. We will enjoy lunch at Chuck-A-Rama after the show. You will be responsible for your own lunch. **Registration deadline is February 18th.**

Friday, March 25: Daytrip to Tracy Aviary: Details to follow.

Wednesday, April 13: Daytrip to Wendover: The cost is \$20 and is non-refundable and includes: Round trip transportation, 1 free buffet, \$7 in play money, a Wendover fun book and bingo and prizes on the bus. The bus will leave the Senior Center at 8:30 AM and return at approximately 8:30 PM. **Registration deadline is April 1st.**

June 12, 2016 - Knight Tours and Cruises is offering a Fjords of Norway Cruise and July 11-18 a bus tour to the Calgary Stampede and Canadian Rockies. 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.

June 14 – 16, Jackpot/Wells/ Wendover tour by Senior Tours and Travel: Just \$196 double per person, single add \$80. Call Doreen at 801-568-7700 or visit the website at www.seniortoursofUtah.com for more information. Senior Tours offers a variety of low cost tours for seniors.

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.

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.

February Observances

- * 2 Ground Hog Day
- * 3 National Singing Day
- * 4 World Cancer Day
- * 5 National Wear Red Day
- * 7 Super Bowl Sunday
- * 8 Chinese New Year
- * 10 Ash Wednesday
- * 13 World Radio Day
- * 14 Valentines Day
- * 15 Presidents Day
- * Black History Month
- * American Heart Month

GROUNDHOG DAY

February 2nd



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.

A Message from the President: Laura Ribinsky



When I was a child I complained to my mother one day how slow time was going waiting for Christmas. I will always remember my mother's answer. She said: "Laura when you grow up time will fly by." How right she was, January is already history.

First I want to thank everybody that had the confidence in me to represent you as your president this year. Last year we were busy scheduling a lot of activities. The Activities Committee scheduled various events that would appeal to different interests. We also kept the cost down to allow more people the opportunity to attend. You were able to relax and enjoy the view while we did the driving. Several trips included grandchildren, which gave them the chance to build memories with their grandparent. Everyone that attended one of the various trips had a great time.

The name of our organization is called the Senior Center. The problem with that term is that when you talk to someone about coming to the Center they say that they are not a senior yet. Some of these people are currently in their eighties! Maybe we should not let the name influence our decision to check out the Center.

The Senior Center has a lot to offer everybody. If you have not had the opportunity to stop by, maybe this year you can make time to see what is available to you. I moved here two and a half years ago and got involved in the Center within four months. I did not know what to expect, but people accepted me right away and gave me the feeling that I belonged here. There is so much that the Center has to offer that you may also get the feeling that you have found a place where you belong.

On Tuesdays and Thursdays we have our congregated meal. It is a great time to socialize, meet new people, and develop lasting friendships. If you cannot drive to lunch, contact our Center. We may be able to pick you up and drop you off. There are a lot of other activities that go on every week including learning new skills. If there is something that we do not have but you would like to see here, come in and talk to us about the possibility of adding it to our activities. We are always looking for ways to better serve the community.

I am looking forward to serving as your president this year. For those of you who have never attended any of our functions, we are looking forward to the chance to meet you. Stop by and say hello.

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.



By Andrew Taylor, ASSOCIATED PRESS

January 21, 2016

WASHINGTON (AP) - The Treasury Department has a message for taxpayers getting calls from the IRS demanding immediate payment: Hang up.

Those aggressive, threatening calls are coming from phone scammers. And they are successful, too, costing more than 5,000 victims more than \$26.5 million since October 2013. About 900,000 scammer contacts were reported during that period.

The callers fraudulently claim to be IRS officials and demand that taxpayers immediately send them payment. They often have some personal information about the person they're calling and threaten criminal charges unless immediate payment is made.

"This scam has proven to be the largest of its kind that we have ever seen," said J. Russell George, Treasury Department inspector general for tax administration. "It is critical that all taxpayers continue to be wary of unsolicited telephone calls and e-mails from individuals claiming to be IRS and Treasury employees."

The agency has responded with public service announcements reminding people that the IRS sends letters rather than calling taxpayers.

"If someone unexpectedly calls claiming to be from the IRS and uses threatening language if you do not pay immediately, that is a sign that it is not the IRS calling, and your cue to hang up," George said.

The agency recommends taxpayers who are contacted by phone scammers fill out an "IRS impersonation scam" form on the Treasury inspector general website, <http://www.tigta.gov>, or call Treasury officials at 800-366-4484.

February Birthdays

Ken LeBlanc	1
Velma Edwards	2
Diana Bahde	6
Susan Edwards	7
Ronald Meik	8
Daryl Peterson	8
Carolyn Rose	10
Tom Brandner	11
Betty Jones	11
Bonnie Mathews	19
Audrey Probst	19
Allen Taylor	22
Mary Parcell	23
Steven Anderson	26
Harry Pedro	26
RosaLee Ryan	29



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.

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!

OBITUARIES

Stephen Allen Ryan
Born: September 12, 1942
Died: December 21, 2015
Married: Jolynne Torkelson

Kenneth Patrick Smith
Born: June 2, 1964
Died: January 6, 2016
Married: Virginia Smith

Emily Jean Hicken Castro
Born: October 6, 1919
Died: December 24, 2015
Married LaMar Casto

Howard Brierley
Born: May 27, 1934
Died: January 7, 2016
Married: Connie Peterson

James Robertson (Bob) Giles
Born: September 17, 1933
Died: December 25, 2015
Married: (1) Margene Bailey
(2) Barbara Jean Horrocks

Rita Martin Drake
Born: May 29, 1945
Died: January 7, 2016
Married: Randy Lee Drake

Zola Mae Lott
Born: October 28, 1924
Died: December 25, 2015

Barton P. North
Born: July 14, 1925
Died: January 11, 2016
Married: (1) Wilma Edwards
(2) Arba Hale Black

Jay Howarth
Born: March 31, 1943
Died: December 26, 2015
Married: Beth Linda Sweat

Bill Jacob Nelson
Born: September 29, 0920
Died: January 16, 2016
Married: Donna Lee Jorgensen

Suzanne Carter Rodriguez
Born: May 19, 1952
Died: December 28, 2015
Married: Julio Rodriguez

Dorothy LaRae Young Van Wagoner
Born: December 7, 1929
Died: January 19, 2016
Married: Harvey Burton Van-Wagoner

Charlotte Kay Di Stafeno Keller
Born: November 5, 1946
Died: December 29, 2015
Married: David W. Keller

Calvin D Muir
Born: September 12, 1937
Died: January 20, 2016
Married: Evelyn Jacklin

Bonnie Pyper Davis
Born: February 11, 1931
Died: January 3, 2016
Married: Lyle Davis

CORA'S CORNER

To all our Seniors...just a little info from the kitchen. The January thaw did not happen this year. I'm still freezing...good thing I work in the kitchen. Hope February is warmer.

We will be celebrating Mardi Gras on Tuesday the 9th. Ken and Mary LeBlanc will be cooking gumbo. They do a fabulous job. It's going to be a real fun time with live entertainment. Make sure and make your reservation early. We don't want you to miss out.

Fat Tuesday is the traditional name for the day before Ash Wednesday, the first day of Lent. It is more commonly known as Mardi Gras which is simply Fat Tuesday in French. It gets its name from the custom in many Catholic countries, of marking the day of feasting before the fasting of Lent begins.

Our Valentine party will be on the 11th. We will be serenaded by two of our finest, Niles Halley and Clarence Mahoney. Come and have a sweetheart time. Again, remember to sign up early. We want to make sure and have enough food and refreshments.

It looks like on the 18th, we will be entertained by our one and only famous "teeny harmonica" player. Roni Besendorfer will entertain us playing his harmonica and his humor. It will be a blast.

We will be closed on the 15th for Presidents' Day. Please remember to keep drinking your water. I want you to know that I am practicing what I am preaching about drinking water. Until next time, take care...Cora Briggs



Medicare Open Enrollment has ended, but there are a few dates that you need to keep in mind.

Between **January 1 and February 14** each year, if you are enrolled in a Medicare Advantage plan, you can leave your plan and return to [original Medicare](#). You cannot switch to another Advantage plan unless you have a circumstance that affords you a [Special Enrollment Period](#).

After you leave your plan, you will have until February 14 to enroll in a Part D plan that will begin the first day of the following month that you enroll.

Enrolling in Original Medicare

If you didn't sign up for Medicare A and B when you were first eligible, you have a [chance to do so](#) each year from **January 1 to March 31**, with coverage effective July 1. You may be subject to a late enrollment [penalty](#) however. For Medicare Part B, the penalty is an additional 10 percent of the premium for each 12 month period that you were eligible but not enrolled.

If you have questions about these enrollment periods, or any other Medicare issues, please call Dawn Loper at [801-229-3819](tel:801-229-3819). We would like to remind you to always be careful with giving out your personal information and be alert for possible Medicare fraud. Our counseling services are free. We also counsel clients who are struggling with paying for their prescriptions to see if they qualify for a Federal assistance program.

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

11 Foods that Guard against Glaucoma

Americans definitely fear losing our vision — and as many as 21 million of us suffer from *partial to total vision loss*. Worse even, is that many of these cases are easily preventable—simply by eating the right foods. Results of a 25-year study² indicate that eating green, leafy vegetables — at least one and a half cups daily — may lessen your risk of glaucoma. People living with glaucoma are at increased risk of losing their eyesight. "In glaucoma, we think there is an impairment of blood flow to the optic nerve," Kang said. "And an important factor that regulates blood flow to the eye is a substance called nitric oxide. When you consume the higher amount of green leafy vegetables, you have greater levels of nitric oxide in your body." **Best vegetables to combat glaucoma:** Beets, Arugula, Celery, Lettuce, Spinach, Watercress, Chervil, Endive, Fennel, Leek and Celeriac. Your peepers will be protected and you may find the rest of your body benefits from better blood flow too. Come join us for more tips and support. 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.

Happy
Valentine's
Day

February 2016 Senior Giggles



Check Out Romance

I met my husband while I was working in a science library. He came in every week to read the latest journals and eventually decided to take out the librarian instead of the books. After a year and a half of dating, he showed up at the library and started rummaging through my desk. I asked what he was looking for, but he didn't answer. Finally he unearthed one of the rubber stamps I used to identify reference books. "Since I couldn't find the right engagement ring," he said, "this will have to do," and he firmly stamped my hand. Across my knuckles, in capital letters, it read "NOT FOR CIRCULATION."

What do farmers give their wives on Valentine's Day? Hogs and kisses!

What do single people call Valentine's Day?
Happy Independence Day

Do skunks celebrate Valentine's Day? Sure,
they're very scent-imental!

Sexy Nightgown

The lingerie store where my aunt works was crowded with shoppers selecting Valentine's Day gifts for their wives. A young businessman came to the register with a lacy black negligee. My aunt noticed that the next customer, an elderly farmer, was holding a long flannel nightgown and kept glancing at the younger man's sexier choice. When it was his turn, the farmer placed the nightgown on the counter. "Would you have anything in black flannel?"

More Than a Greeting Card

My friend Mark and I work in a lawn-mower-parts warehouse. Somehow Mark got the idea that his wife did not want a card on Valentine's Day, but when he spoke to her on the phone he discovered she was expecting one. Not having time to buy a card on his way home, Mark was in a quandary. Then he looked at the lawn-mower trade magazines scattered around the office — and got an idea. Using scissors and glue, he created a card with pictures of mowers, next to which he wrote: "I lawn for you mower and mower each day." Mark's wife loved it. The card immediately graced their refrigerator door.

