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
- Administrative Secretary: Marcia Young

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SPOTLIGHT

RHONDA SWEAT

Hello everyone. My name is Rhonda Sweat. First I want to thank everyone who voted for me to be your Vice President/President Elect. I look forward to serving you.

I was born in Heber to LaMar and Vida Mayoh Sweat. We lived in Centerville for a couple of years until my Dad died and Mom brought us back home to Heber. I graduated from Wasatch High. After I started college at the now UVU, I wanted to be a nurse. I never finished college but it was a wonderful experience. I worked at the Heber Hospital as a CNA until 1991 then I was called on an LDS mission to the Philippines, Naga Mission. They said that was the poorest region in the Philippines. I met many wonderful caring, loving people there. We had a lot of success and it truly increased my testimony of Christ and the truth of the LDS Church. I came home in July and everyone laughed because I wore a winter coat for a couple of weeks.

I worked at Rocky Mountain Care for about 6 months as a recreation therapy aide then I got a job at LDS Hospital in the office and I loved it. I worked there for 15 years. Then my Mom needed me more so moved to Park City and worked there at the Silver Mountain Clinic. I stopped working and went on disability in 2011. I enjoy not working so I can spend my time in service to others. I enjoy working for the Senior Companion program.

I have so much fun with every one of you at the Senior Center. You are always taking trips and going places I need to get my sneakers on to keep up. I want to wish you all a very Merry Christmas and a Happy New Year.

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.

December Programs

December was full of great entertainment. We enjoyed beautiful Christmas music from *One Voice, Mountain Valley Harmony, Sidney Theide and Friends, The Magalei Family, Timpanogos Intermediate School, Rocky Mountain Middle School, Midway Elementary and J R Smith Elementary and Christmas Story time from "Miss Clause" (Sally Baird).*

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

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

January 4: Mixed Nuts, 40's & 50's Big Band.

January 11: Kerry Hobbs, Ken Probst and Richard Boulter, vocals and guitar.

January 18: Martin Luther King Jr. Day No Fireside

January 25: "Stomp it Out" Cloggers.

SPECIAL LUNCH PROGRAMS

Thursday, January 7: Barry Knight of "Knight Tours"

Thursday, January 21: Terry Shoemaker, School Superintendent: "State of the District report.

Thursday, January 28: Rocky Mountain Care (Mountain View Care): Our friends from RMCC will be here once again to present some great health information.

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

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

Wednesday, January 13, will feature a trip to the **BYU Museum** to visit the *Norman Rockwell Exhibition*. Sign up now. We will have lunch at Chuck-A-Rama after visiting the exhibit. The bus will leave the Senior Center at 10:00 AM. There is **no cost for this trip!**

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

Wednesday, January 27, New Provo City Center Temple Open House. The bus will leave the center at 10:00 AM to tour the new 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)

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.

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 .**

April 6-11, 2016: 2016 - Knight Tours and Cruises Springtime Branson Tour. . For more information or to register call **toll-free 1-877-811-3244 or visit their website at: knighttoursandcruises.com .**

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.

January Observances

* 1 New Years Day
* 7 Orthodox Christmas
* 11 Human Trafficking Awareness Day
* 14 Orthodox New Year
* 18 Martin Luther King Day
* National Mentoring Month
* National Glaucoma Awareness Month
* Cervical Health Awareness Month
* National Blood Donor Month
* Birth Defects Prevention Month

Utah Assistive Technology Program

Citizens Reutilizing Assistive Technology Equipment (CReATE)

CReATE, established in 2007, is a 501(c)3 that refurbishes donated mobility equipment and makes it available at a low-cost to Utahns with disabilities.

Devices are generally under $500, and no insurance or proof of disability is required for eligibility. CReATE partners with a certified Assistive Technology Professional to do wheelchair evaluations to ensure individuals receive appropriate devices. A funding specialist is also available to help those who may not be able to afford a mobility device

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.

From the Director's Desk . . . . . *by Ashley Fish*

One year ago in this same column I quoted Henry David Thoreau's famous statement . . .

"If you would convince a man that he does wrong, do right. Do not care to convince him. Men will believe what they see. Let them see."

As we enjoy this journey together, I know that my personal outlook and vision on life becomes increasingly sharper and clearer because of what I have experienced and learned from those with whom I associate and work. I continue to learn from so many of you and trust that some of what I have come to know, understand, and share is evident by the success, participation, and the positive direction we pursue.

Over and over I have marveled at the large amounts of service - provided by so many - who volunteer their time and money to our beloved Wasatch County senior center. Thousands of hours contributed to each and all of us. Thank you once again!

In a sampling of 885 senior centers nationwide, in a recent survey completed by the firm *MYSENIORCENTER* (*www.MYSENIORCENTER.COM*), it was affirmed that one-third (34%) of volunteers who serve at their local senior center are/or become regular participants there.

To those here in our community who share their time, talents, and resources in assisting others for the common good -- we salute you! Keep going. Like every other good thing in life we could and would not succeed without you.

And, as stated last year - and repeated here yet again - I have come to know that taking the higher road and the positive approach to things brings greater results and personal happiness. *Enjoying* the journey - on the way to the destination - is key.

From all of us here we wish you a Wonderful and Happy New Year!

Medicare

A new year has begun, and those who changed plans during Open Enrollment should have received the new plan materials. Remember to read the materials to be aware of your providers and plan formulary. If you know of someone who needs help with their prescription drug costs, please call Dawn Loper, SHIP Counselor at Mountainland Association of Governments, for assistance.

This is also the time of year for utility scams.

Rocky Mountain Power offers the following checklist for customers to help them spot a scam and avoid becoming a victim.

Rocky Mountain Power WILL NOT:

- Demand payment within just a few minutes
- Accept payment at a customer's door
- Demand that payment be made with a pre-paid card
- Disconnect a customer without first sending a 48-hour notice.

Rocky Mountain Power WILL:

- Ask you how *you* would like to pay your bill.
- Work out payment arrangements with customers.
- Refer a customer to Western Union when the customer wants to pay with a card of any kind.
- Send a 48-hour disconnection notice if the account is seriously past due.

Things customers can do to avoid being victimized by thieves running scams:

- Be wary
- Validate *any* call received – hang up and call Rocky Mountain Power directly at 1-888-221-7070; ask if there is a problem with their bill
- Don't feel rushed
- Participate in one of Rocky Mountain Power's automatic payment plans
- Keep account payments current

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

January Birthdays

Donna Smith	3
Keith Carlile	5
Rhonda Sweat	5
Bob Kowallis	7
Mitzie McPhie	7
Darwin McGuire	8
Colleen Muir	9
Don Hicken	10
Philip Lawson	14
Mike McGinn	14
Marie Fish	15
Janet Winters	15
Raneva Lemon	16
Neil Broadhead	18
Rosemary Pitt	18
LaRue Mitchell	20
RaNae North	20
Wayne Thacker	20
Lloyd Gonzales	21
Jerry Springer	21
Diane Berg	25
Clark Ford	25
Flo Caldwell	26
Larry Duke	26
Ronald Jarvie	26
Donna Thacker	26
Moroni Besendorfer	27
Paula Probst	27
Wanda Webb	27
Dixie Hess	28
Rusty McKay	29
Nola Mae Bell	30
John Besendorfer	30
Kelly Jarvis	30
Francis Smith	30

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

Renee Duke Brown
Born: October 8, 1932
Died: November 9, 2015
Married: Dee Glenn Brown

Perry Orlando Gooch
Born: May 10, 1939
Died: November 16, 2015
Married: Margaret Turner

John L. Richardson
Born: November 6, 1928
Died: November 18, 2015
Married: Edna Mitchell

Josie Todd Hicken
Born: May 10, 1916
Died: November 30, 2015
Married: Grant Murdock Hicken

Gerald (Jake) Thompson
Born: November 16, 1937
Died: December 1, 2015
Married: Yvonne Sabey

Olive Louise Stevens Arrington
Born: May 24, 1929
Died: December 5, 2015
Married Lewis Arrington

Martin W. Muir
Born: March 24, 1943
Died: December 9, 2015
Married: Judy Bethers

Ferrin L. Humes
Born: March 11, 1934
Died: December 9, 2015
Married: Betty Probst

Rhea LaVaun Huber Merkley
Born: June 6, 1927
Died: December 11, 2015
Married: Douglas Merkley

Delvene Sweat Bronson
Born: August 24, 1926
Died: December 12, 2015
Married: (1) Keith Clark Bronson
(2) Victor R. Bronson

Linda Louise Hafen
Born: April 4, 1942
Died: December 13, 2015
Married: Glenn Hafen

Elizabeth Joan Vance Murdock
Born: December 3, 1933
Died: December 22, 2015
Married: Vernon LeRoy Murdock

Reed Ford
Born: August 11, 1922
Died December 24, 2015
Married: Velma Mecham

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

CORA'S CORNER

To all our Seniors...just a little info from the kitchen. Another year, come and gone. Wishing everyone a healthy and good spirited new year.

January brings us: National Bath Safety Month, National Blood Donor Month, National Braille Literacy Month, National Hobby Month, Hot Tea Month, National Oatmeal Month and National Soup Month.

As a reminder, please remember to call and sign-up for meals at least a day or two ahead. It takes the pressure off knowing we are able to serve everyone. Also, if you're unable to come please call and cancel.

Martin Luther King Day is on the 18th. We will be closed. The Retired and Senior Volunteer Program (RSVP) will be doing a food drive the previous week. I am in charge in our area. The library is also contributing to this. They are donating food product, which is brought in to pay for book fines. I will have a box in the foyer if anyone would like to donate. The food will be taken to the food bank.

Please remember to KEEP drinking your water. I know it's cold outside and water doesn't taste as good, but we need it. Until next time, take care...Cora Briggs

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.

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
Avoiding Pneumonia

Doing your best to avoid getting pneumonia? Doing all the recommended precautions (washing hands, using disinfectants, staying away from sick people). Here is something that may also help. As you age, having poor oral health and not taking care of your teeth and gums properly creates a major danger for pneumonia. This may create particular problems if you wear false teeth. A study at the Nihon University School of Dentistry, Japan, shows that wearing your dentures while you sleep can double your risk of pneumonia if you are in your late 80s. The research, which involved more than 500 people, shows that taking out your dentures at night lowers this pneumonia risk. The scientists found that wearing dentures while you sleep is also linked to having more plaque on the tongue and dentures, inflammation of the gums, growth of Candida albicans (which can be potentially deadly if it gets in your bloodsteam) in the mouth and throat, and higher blood levels of interleukin-6 (a sign of inflammation). The people in the study who had problems swallowing also ran an increased chance of pneumonia. As caregivers we need to take care of all our health issues to stay strong and healthy for our loved ones. 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.

Senior Giggles January 2016

A Bad Dream?

Jemima was taking an afternoon nap on New Year's Eve before the festivities. After she woke up, she confided to Max, her husband, 'I just dreamed that you gave me a diamond ring for a New Year's present. What do you think it all means?'

'Aha, you'll know tonight,' answered Max smiling broadly.

At midnight, as the New Year was chiming, Max approached Jemima and handed her small package. Delighted and excited she opened it quickly. There in her hand rested a book entitled: 'The meaning of dreams'.

Ode to January

'Twas the month after Christmas, and all through the house, nothing would fit me, not even a blouse.

The cookies I'd nibbled, the eggnog I'd taste, at the holiday parties had gone to my waist.

Q: Why did the farmer wear one boot to town?
A: Because he heard there would be a 50% chance of snow!

Q: Why don't mountains get cold in the winter?
A: They wear snowcaps.

Q: What do you call a snowman in the desert?
A: A puddle!

LOOKING GOOD

My face in the mirror isn't wrinkled or drawn.

My house isn't dirty. The cobwebs are gone.

My garden looks lovely and so does my lawn.

I think I might never put my glasses back on.