



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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SPOTLIGHT

JOHN/JERRY HARTSHORN

I was born on December 8, 1935 to Mildred and James Hartshorn. I went to grade school in Fairfield, Idaho where my father, James Hartshorn was the owner and editor of the Camas County Advisor. In 1941 he was killed in a train – car accident. My Mother, sister and I moved to Jerome, Idaho.

I graduated from Jarome High School in 1954 and moved to Ontario, California in 1955. I went to work for Lockheed Aircraft Company and went to Chaffey Junior College. In 1958 I was drafted into the U>S> Army and was shipped to Manheim, Germany. In 19610 I was shipped back to the U.S.A. and returned to work and Lockheed Aircraft Company. My supervisor arranged for me to be sent to Lockheed Missile & Space Company where I went to college at San Jose State. I studied Electronic Engineering. I retired from Lockheed Missile & Space Company after working on Polaris, Poseidon, Trident I & Trident II missiles. I worked for Lockheed Missiles and Space Company for 35 years prior to retiring in 1995. We moved to Ovilla, Texas and due to heat we sold the place in 1997 and moved to Timber Lakes in Heber, Utah where we still reside.

JEAN HARTSHORN

I was born on April 3, 1935 in Gaines, Michigan to Tim and Rose Corcoran. I went to grade school and lived on a 60 acre farm with a twin sister, Joan, and brother, Patrick and a sister, Mary. We moved to Mount Pleasant, MI. I attended Sacred Hart Academy in Mount Pleasant and graduated in 1954. I went to school to learn to become an x-ray technician. From there I moved to San Francisco, California and met Jerry Hartshorn. I had three children, two girls and a boy. I married Jerry who had three children also, two girls and a boy as well. We raised our children in Sunnyvale, California. We raised six children together in Sunnyvale then retired in 1995. Then after moving to Ovilla, Texas we moved to Timber Lakes in Heber, Utah.

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, July 13 is a day trip to the **Museum of Ancient Life** at Thanksgiving Point. Lunch at Chuck-A-Rama. The cost is \$15 per Adult or Child includes admission and transportation.

Saturday, July 16 is the play **Peter Pan** at **Orem's Hale Theater**. Grandchildren are welcome to join us! Supper at Chuck-A-Rama following the performance on your own. Check with Marcia regarding children's ticket prices. The bus will leave the center at 2:00 p.m.

Wednesday, July 27 is a free day trip to Olympic Park in Park City to watch the Olympic skiers practice their jumps & flips into the pool. Meal on your own at Billy Blonco's.

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.

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.

Monday, September 12: is a Day Trip to the **Utah State Fair**.

Wednesday, September 14 is the biannual 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) A special stop at the cheese store in Midway may occur 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!

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:

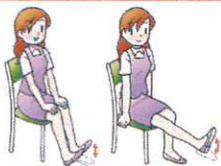
Knight Tours and Cruises is offering some new trips: Oct. 3-9 "The Perfect Autumn Escape"

Highlights include, Arches National Park, Mesa Verde National Park, Durango/Silverton Narrow Gauge Train, Albu Querque. Money must be in by July 20th. 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** to register or see the variety of tours they offer.

Senior Tours and Travel is offering : Saturday August 6, Wyoming Downs day trips. Call Doreen at 801-568-7700 or visit the website at **www.seniortoursofutah.com** for more information. Senior Tours offers a variety of low 7701 cost tours for seniors.

Wasatch Travel is now taking reservations for: A Royal Caribbean, 7 day New England and Canada Cruise on **Oct 23, August 7, St. Louis to Memphis (Good Old Summertime Cruise) August 21.** 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 perfor-



NEW! 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

From the Director's Desk Ashley Fish



My professional career has taken me on a route that I treasure. At age 36, I began working professionally with "seniors". I haven't looked back. I've enjoyed it immensely. Now I'm a full-fledged senior and I love it!

As a boy I grew up living around seniors. My mother was 17th of 21 children. So, as long as I can remember "seniors" were a part of my life. Thanks to the many "seniors" that I've associated with over these many years they've taught me some valuable lessons. One of the most interesting lessons is that most seniors (60 years and up) don't see themselves as a "senior". That's seems to be natural. I've observed over and over, however, that those who "fight" being a "senior" eventually end up being negatively impacted by the process of aging.

During these nearly four decades, I've repeatedly heard seniors - well past the age of seventy-five (75) - say, "maybe when I get to be ninety-five, or so, I might start doing things that 'seniors' do". I find that to be amusing.

For some, growing older - and acknowledging that one is a "senior" - is difficult. Others, on the other hand, grasp it easily. Over and over again I have witnessed that - when good health allows - embracing the aging process and participating in senior events and activities with other "seniors", has a remarkably positive affect on one's emotional well-being. I'm a personal witness that one's emotional health as a senior, is, in large part, a result of regular association with other seniors.

Good emotional health lends itself to good physical health. Experts agree that this is the key to aging well. In fact, there is a humorous saying that goes like this . . ."the best way to keep looking young is to hang out with older people". This statement is meant to be light, but it's, oh, so true!

Being a senior can be an uplifting gift; whether 59, 99, or somewhere in between. To many it is. Many of us also wear the title of "Grandma" or "Grandpa", and love it.

We invite any and all seniors (young and older) to join in the many things taking place at our Senior Center. Comradery, companionship, fun, musical entertainment, good food, travel, laughter, educational opportunities and making new friends. There are many benefits to being a part of what goes on here as well as all the things in which we participate out in the big wide world.

Hope you're having a great summer!

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!

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

NATIONAL &
COMMUNITY
SERVICE

Sponsored by
Wasatch County Government

NEED SOME HELP WITH YOUR YARD WORK!

Habitat for Humanity is sponsoring a service project from June 2 to July 11. 17 young adults will be available to assist you with planting flowers, removing brush, pulling weeds, mowing lawns, washing windows and many other small summer projects you may need help with. If you are interested please call

Jessica Smith,
Programs Manager .

Programs Manager, Habitat for Humanity of Summit
and Wasatch Counties Office: 435-658-1400 Cell: 801-
558-0847

jessica@habitat-utah.org

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 (Amaria or Jodi) at 657-3240 for more information.



July Birthdays

Ramona Iken	1
Kent Ellertson	3
Cathy Crawford	4
Kendall Cowley	7
Connie Fish	7
Donna Mork	7
Peg Sabey	7
Ada Mair	9
Carl Jones	10
Howard Morgan	10
Diana Rae Lewis	12
Sue Loertscher	12
Anna Crook	17
Glen Hicken	20
Agusta LuJan	21
Lewis Campbell	22
Bill Rice	22
Jan Renard	24
Neil Mahoney (94)	25
Johanna Huijzendveld	27
Dixie Mair	27
Annie Loertscher	28
Karen Searle	28
Reed Averett (98)	30
Floyd Marshall	31
Sandy Marshall	31

MEDICARE

Open enrollment is still a few months away, but every day 10,000 people nationwide are aging into Medicare. Mountainland Association of Governments SHIP Medicare Counselors offer free, unbiased help to assist our Seniors through this often confusing process. We can also help you see if you qualify for a low-income-based subsidy to help with prescription drug costs. Please call Dawn Loper at 801-229-3819, or Bonnie Lewis at 801-229-3810 to schedule an appointment, or to discuss your Medicare issues.

Dawn Loper
Mountainland Association of Governments
586 E. 800 N., Orem, UT 84097
801-229-3819



OBITUARIES

Maria Anastasia (Anna) Maez Gurule Born: July 30, 1924 Died: May 15, 2016 Married: Steve A/ Gurule	Shirley Wright Montgomery Born: November 3, 1928 Died: June 6, 2016 Married: Ralph Montgomery
Ralph B. Sorensen Born: April 1, 1932 Died: May 22, 2016 Married: Jeanne North	Dixie Kaye Olds Born: April 4, 1954 Died: June 13, 2016 Married: Anthony Olds
Vaun A. Shelton Born: February 24, 1932 Died: May 25, 2016 Married: Velda Graham	Marilyn Dews Born: Aug 7, 1934 Died: June 15, 2016 Married: Charles Dews
Eva Margaret Winterton Kohkonen Born: July 14, 1919 Died: May 30, 2016 Married: Elmer Kohkonen	Patrick Brian Kelly Born: March 16, 1966 Died: June 20, 2016 Married Monica Dunne
R. Gale Desmond Born: March 18, 1927 Died: June 1 2016 Married: June Sweat	





**CORA'S
CORNER**

To all our Seniors...just a little info from the kitchen. July is here. Please remember to drink plenty of water. We have had an extremely hot June and July will probably be the same.

July brings us: National Blueberry Month, National Anti-Boredom Month, Unlucky Month for weddings, National Cell Phone Courtesy Month, National Hot Dog Month, National Ice Cream Month. We had

our hot dogs and ice cream in June.

July 4th is Independence Day. It is a federal holiday commemorating the adoption of the Declaration of Independence on July 4, 1776, by the Continental Congress declaring that the thirteen American colonies regarded themselves as a new nation, the United States of America, and no longer part of the British Empire. It will be on Monday and the Center will be closed. Enjoy your celebration of this great day.

July 24th is Utah's Pioneer Day's celebration. It commemorates the entry of Brigham Young and the first group of Mormon pioneers into Salt Lake Valley on July 24, 1847, where the Latter-day Saints settled after being forced from Nauvoo, Illinois. Similar to July 4, most government offices and many business are closed. The Center will observe this day on July 25th.



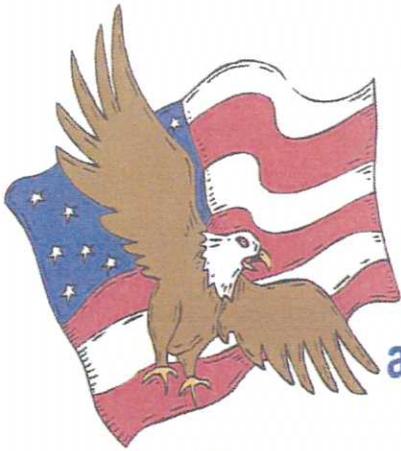
Please remember to sign-up early for lunch at Soldier Hollow on July 21st. We will be serving box lunches. We will be entertained by "Swiss Miss" Royalty. Come and enjoy. Until next time, take care...Cora Briggs



Caring For You.....Caring For Others

Stress relievers.

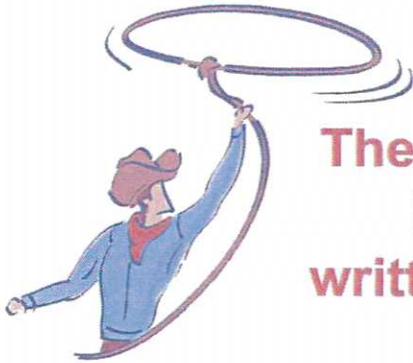
Being a caregiver is stressful. The impacts on how you deal with it can also play a role in development and status of chronic illnesses, particularly diabetes. A new study from Rice University has discovered how emotional stress can lead to and further the progression of diabetes. The connection seems to be directly tied to inhibition—otherwise known as attention control. If you tend to dwell on stressors—financial, relationship, work, commute, or even what to make for dinner—you're wearing down your body by enhancing inflammation. When you're worrying about the details and experiencing moments of stress, a metabolic chain reaction begins. Your body produces proteins called interleukin-6, or IL-6, which play a role in inflammation. They are dispersed as a defense mechanism in the bloodstream to stimulate immune response and healing. If levels are constantly high it's a sign of chronic inflammation, which is damaging to your health and highly associated with a number of chronic conditions including diabetes. When people have a hard time breaking away from stressful thoughts, the body responds with inflammation. All of this points to the fact that your mental state can play a role in the development of diabetes. If you find yourself stressed, mindfulness can be a great way to remove stressors from your mind and cease production of inflammatory markers. It's also recommended that stress eating be avoided, because that increases the risk of diabetes even further. Instead, go for a walk, meditate, do yoga or tai-chi, or find another productive outlet in which to deal with stress. Please join us at one of our stress reliever caregiver groups: 1) Wasatch Sr. Center (465 E 1200 S Heber) Second Thurs of each month, 4:00 pm; 2) Elk Meadows Assisted Living (400 W 4200 N, Oakley) Third Thurs of each month, 6:00 pm, dinner included 3) 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. Linda Morrison



Declaration of Independence July 4, 1776

Which "two" Founding Fathers
both died fifty years to the day
after they signed the Declaration of Independence?
(Thomas Jefferson and John Adams)

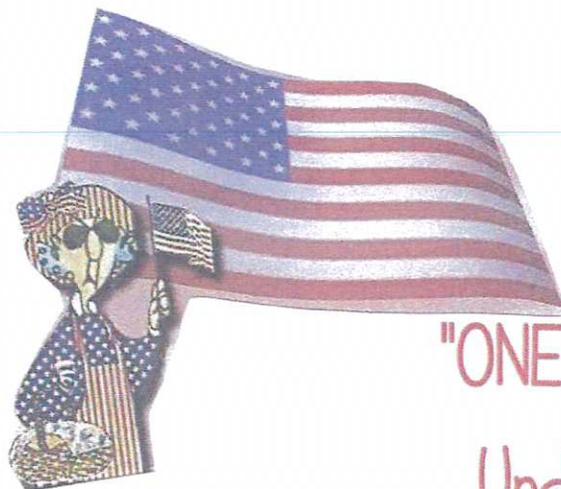
(Died July 4, 1826)



The U.S. Constitution has 4,440 words.
It is the Oldest and the Shortest
written Constitution of any Government
In the World



Oh say can you see?
Because
you sur don't
Drive like
you can!



It's
"ONE NATION"
Under "GOD"