

Wasatch County Senior Citizen'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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**HAPPY
FATHER'S
DAY**

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Hello 2015
JUNE

SPOTLIGHT

Jesse Kent Savage

I was born and raised in Bicknell, Wayne County, Utah My parents are Jesse Raymond and Leah Maud Baker Savage. There were 5 children in our family, 3 girls and 2 boys. My two oldest sisters died from childhood diseases. I went to school 1st through 12th grade in Bicknell. My parents were farmers. We also worked cutting timber. During my high school years, we cut timber for the local saw mill and mine props for mines in Emery and Carbon Counties. Following my high school years, I went to Salt Lake City for employment. I worked for Garrett Freight lines. I met my future wife, Betty Jane Grass, through people I worked with at Garrett. We married the 26th of January in the year 1952. I found employment with Mountain Bell the spring after we married. The following October, our first daughter was born. As she was premature, she only lived 14 hours. Three years after that, our first son was born. Shortly after this birth we were transferred to Richfield, Utah. Then the next year we moved to Price, Utah. Then back to Richfield. I worked on several other conversion projects. Following these projects we were transferred to Cedar City, Utah. We were there 12 years and had one boy, then a daughter, then three more boys. We couldn't get another sister for our living daughter. While in Cedar City, I found my way back to the LDS Church and then to the temple. We were then transferred to Provo with a promotion to management. We lived in Orem for eight years, and then with another promotion, we moved to Salt Lake to work on a corporate staff project. I worked on this project for five years which ended with the Bell System being broken up. I then retired with 32 years of service, and took a job with Northern Telecom and moved to New Hampshire, then to Lt. Louis Missouri. After 8 years I retired and moved to Bicknell, Utah, then to Salt Lake and then to American Fork, Utah. It was there my wife started having serious health problems. She was diagnosed with breast cancer. Following several hospital visits and nursing homes, our daughter (Shauna Haderlie) insisted we come to Heber so she could help me take care of her. Then on the 8th of April in the year 2009, my wife passed. On the 4th of August in the year 2010, our 44 year old son passed away from cancer. Then I moved to an apartment. I now work one day a week at the Provo temple and one day a week at the Family History center.

SENIOR CITIZENS DEPT.

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

EVERY WEEK DAY

Monday, Wednesday and Friday:

10:30 AM: NEW !!!Health and Mobility gathering. Exercise for the less active. The exercise class will be for all abilities from the very inactive to the marathon runner and begins on Wednesday, June 10.

Tuesdays:

11:30 AM, Every other Tuesday Fall and Balance Class. This month they will be held on June 9th and 23rd. Taught by Kathy Rydman from Encompass Home Care and Hospice.

12:30: Table Games

1:30 PM: Sassy Tappers: Tap dancing for all ages, all abilities and all are invited.



KEEP
CALM
TAP
DANCE



Thursdays: 10:00 & 11:00 am : Piano Classes

1:00 pm: Bingo, Ceramics and a Knitting and Handwork Group. This is not a class however if you are interested in learning we are happy to teach you. **No bingo or Handwork group on the 3rd Thursday.**

Fridays:

7:00 pm: Square Dancing Class is taking a break for the summer and will resume in September.

Medicare: We usually don't think about Summertime and Medicare, but there is not just one season for Medicare concerns and questions. On **June 18th Bonnie Lewis and Dawn Loper of Mountainland Association of Governments will be coming to the Center to give a Medicare presentation.** Also here that day will be Darren Hotton, Utah Program Director for SHIP and SMP. We will be discussing updates on Medicare, how to protect yourself from fraud and identity theft, and the Medicare program of Extra Help for those who have difficulty paying for their prescription drugs. Information on income and asset guidelines will be available. Plan to come at 11:00 to be available to have your individual Medicare questions answered before lunch.

MY
POP
ROCKS

MONDAY FIRESIDES :
There will be **no firesides during June, July or August.** We will resume on **Monday, September 14.**

SPECIAL EVENTS, LUNCHES AND PROGRAMS

- **Tuesday, June 9: 9:00 AM BREAKFAST : Keaton McDonald with "RELAY FOR LIFE"** will be here to do a presentation on "Telephone Services for the Hearing Impaired." *(Note: this is a new day for Breakfast just for this month)*
- **Tuesday, June 16, 10:00—1:00: TOUR AND BBQ LUNCH AT THE NATIONAL ABILITY CENTER IN PARK CITY.** The National Ability Center is located at 1000 Ability Way, Park City, near the new hospital.
- **Thursday, June 18th: BONNIE LEWIS AND DAWN LOPER FROM MAG: They will talk to us about Medicare.** She will be here at 11:00 AM to answer any questions that you may have. (See "Medicare" above)
- **Thursday, June 25: 10:00 AM : Our Annual Tour of the ERICKSEN MUSEUM IN WALLSBURG:** There will be a bus from the Center to Wallsburg for those who do not want to drive. The bus will leave the Center at 9:30 AM.



TRIPS & TOURS



JUNE EVENTS

***TUESDAY, JUNE 2: AARP SAFE DRIVING COURSE:** The class will be held from 9:30 AM to 3:30 PM. The cost is \$15 per person for AARP members and \$20 per person for non-members. Please sign up at the Senior Center. You can also get a discount on your auto insurance with the certificate received for this class.

***JUNE 10-12 :** is a *3-day tour* to southern Utah with 2 performances @ Tuacahn theatre.

***WEDNESDAY, JUNE 10, : Day trip to Wendover.** No Cost! Registration deadline: June 8, or until bus is filled. There will be a waiting list if bus overfills! Bus departs @ 8:30am and will return at 8:30 pm.

***WEDNESDAY, JUNE 17:** is a day trip to Historic Downtown Park City. Bus departure time is 10am. No Cost! We will return around 2:00 pm. Registration deadline is June 15.

***TUESDAY, JUNE 16:** is a tour with lunch included to the **National Abilities Center (NAC) in Park City.** The Congregate "dutch oven" Meal will be provided by Pride Security. During the tour we will learn about various activities available to our local senior citizens. Bus transportation will be provided but Seniors may also drive themselves to the NAC. Tour starts @ 10am. Bus departure time is 9:30am at no cost. Located at 1000 Ability Way, Park City, UT.

***THURSDAY, JUNE 25: Day trip and box lunch to Erickson Antique Museum in Wallsburg.** Some of the cool things on display include: a 1946 Indian Motorcycle once owned by Steve McQueen, Model T Ford once owned by Gene Autry, Gibson Guitars owned by Mother Maybelle Carter, 1938 Lincoln Convertible used in the movie "Bugsy", Time clock used on the Bonneville Salt Flats (1938), Jack Dempsey's workout weights, & misc. antique machines/farm equipment with working demonstrations. A complete antique town including a filling station, print shop, shoe repair shop, cafe and more with authentic furnishings, machinery & memorabilia! Bus departure time is 9:30am, there is no cost for this trip.

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.



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

CAREGIVERS NIGHT OUT

The Second Thursday of each month at 4:00 PM in the lounge at the Senior Center.

Father's Day

June 21st

WORLD'S BEST DAD!

TRIPS & TOURS

Looking Ahead

WEDNESDAY, JULY 8: Day trip to Wendover @ no cost. Registration deadline July 2.

Sept/Oct features a 4-day tour of several National Parks! & Orem Hale Theatre.

Saturday, September 19: *"Diary of Anne Frank"* at Hale Center Theater, which is a drama based on the actual written diary of 13yr old Anne Frank, a jewish girl who along with seven others remained hidden in a secret attic annex of Prinsengracht 263, Amsterdam in The Netherlands during the Nazi occupation in WWII.

October 12-22: Eleven Day Italy Pilgrimage: Across the Atlantic ocean to Venice, Padua, Florence, Assisi, and Rome! Cost is \$3959 per person. For more information see the brochure at the Senior Center.

Friday, October 30th: The Organ Loft: "Phantom of the Opera". The perfect Halloween treat.

Saturday, October 24: "The Addam's Family" at Hale Center Theater, is a macabre new musical based on the creepy, kooky, mysterious, spooky, all together ooky family we came to know on TV. *Wednesday*, the delightfully dark daughter of *Gomez & Morticia* has fallen in love & everything changes for the whole family on the fateful night they host a dinner for her "normal" boyfriend & his parents. *A perfect Trick or Treat!*

December includes a holiday shopping experience @ City Creek Center and a Holiday Lights Tour of Temple Square, Spanish Fork, & the Hogle Zoo.

Saturday, December 5: "A Christmas Carol" at Hale Center Theater. We will enjoy our traditional trip to the Hale Center Theater Orem for this magical adapted Christmas Classic!

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 2pm 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.



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.

From the Director's Desk by Ashley Fish



This month we pay tribute to *our* well-known “Merry Music Maker’s” band. Some 12 years ago five members came together - under the direction of Donna (and Earl) Dayton – who still lead this wonderful and talented group of musicians; instrumentalists and vocalists. They now number twelve.

Although two former band members have passed (since its inception) four of the current members are those of the original group. Band members now include, Moroni Besendorfer, Barbara Brown, Joyce Clark, Karen Davis, Earl and Donna Dayton, Kelly Jarvis, Darwin McGuire, Bob and Mitzi McPhie, Laurel North, Marvin Rust, & Diana Witt.

At one of their recent Monday evening performances at our Senior Center, a brief personal sketch was done on each member. They come from various walks of life and some are now in their mid-to-late 80’s.

The “M & M’s” – as they are affectionately known -- have in their musical repertoire some 300-400 + songs/tunes. They have performed throughout the state of Utah, from Logan on the north to St. George on the south. They regularly perform at programs, luncheons, summer parades, and the like, at the Wasatch County Senior Center and elsewhere. Should you want to enjoy some good ‘ol music (and lots of fun) watch your monthly newsletter and the “Up, Up, and Away” article in the weekly *Wasatch Wave* for their regular performances.

No charge is ever made, it is a volunteer group. They say, “the only pay we need is your applause at the parades, activities and performances. . . . at retirement centers and long-term care facilities the little crippled hands clapping and the smiles on wrinkled faces bring joy to us and pay us plenty.”

Please join us in expressing our thanks for the many hours of service they have rendered so many. Should you want them to perform at a class or family reunion, with enough advance notice, they are happy to share their time and talents. Call 435-654-4920 for details.

June

HAPPY BIRTHDAYS

	Nyda Harrison	3	
	Kaye Bonner	4	
	Rhea Merkley	6	
	Melba Kinsey	7	
	Tom MacNaughtan	11	
	June Tatton	11	
	Lynda Payne	13	
	Maxine Snyder	14	
	David Todd	14	
	James JuJan	19	
	James Ritchie	19	
	Kent Savage	21	
	Dorena Young	21	
	Marilyn Bethers	22	
	Nelda McNeil	22	
	Lois Mahoney	24	
	Shawna Jeffs	25	
	Lola Walker	25	
	Neil Hilton	26	
	Shirley Lythgoe	28	



OBITUARIES

Sharon Dibble Smith Born: November 10, 1943 Died: April 28, 2015 Married: (1) Kenneth Doyle Smith (2) Neal Brent Montgomery	Jim Webster Born: November 17, 1961 Died: May 17, 2015 Married: Janene Webster
Russell Lyman Haueter Born: February 27, 1958 Died: March 23, 2015	Marva Lou Jenkins Niederhauser Born: July 26, 1928 Died: May 17, 2015 Married: Charles Niederhauser
Reta Lowe Price Wilson Born: February 11, 1930 Died: May 10, 2015 Married: Earl L. Wilson	Ken Lloyd Davis Born: February 11, 1941 Died: May 25: 2015 Married: Nancy Langford

CORA'S CORNER

To all our Seniors...just a little info from the kitchen. As you all know, we have had a very wet May. That's good news for our water source. Now let's hope we get some sunshine this month.

June brings us: National Accordion Awareness Month, National Adopt a Cat Month and National Fresh Fruit and Vegetables Month. Weekly events include: Fishing Week and E-mail Week.

Flag Day is on June 14th. It commemorates the adoption of the flag of the United States, which happened on that day in 1777. Pennsylvania became the first state to celebrate Flag Day as state holiday. However, Flag Day is not an official federal holiday.

On Tuesday, June 16th, we will be going to Park City to the National Ability Center. They will have people there to explain what they do and also to explain their equipment. We will be served a "Dutch Oven" lunch by Perry Rose. It sounds delicious. You must call ahead to get a lunch.

We will be going to Ericksen Antique Museum in Wallsburg on Thursday, June 25th. We will be serving box lunches, so please call at least one day in advance. Come and enjoy the day.

Father's Day is June 21st. It's a day set aside to honor our dads. Remember they enjoy being honored throughout the year. "Happy Father's Day" to all dads.

Please remember to keep drinking your water. Until next time, take care...Cora Briggs

Caring for You.....Caring for Others

Four Things Every Senior Should Know About Exercise

Where does the stigma of exercising at the gym over the age of 60 come from? Maybe you can relate, how younger members of gym classes come up to you and say things like, "good for you" ...as if the mere act of going to the gym over the age of 60 is something spectacular! I find a lot of the time people who are 60-plus get unfairly typecast when it comes to physical activity. It's as though they should stay out of the weight room, spin classes, and Pilates studios and stick to walking and other "specialized" activities designed for older people. But fitness is all about what feels good to you—your age does not limit your options. The older you are, the more important exercise should be in your life. Retaining muscle mass and enhancing mobility are two of the biggest benefits of exercise to people over the age of 50, and regular exercise can improve bone strength, strengthen tendons and ligaments, and add elasticity to muscle. This results in a lower risk for injuries and improved physical capabilities. Here are four basic categories of exercise; each one should be included in some capacity in everybody's workout routine. **Endurance exercises:** are meant to increase breathing and heart rate. They're also called "aerobic" exercises and include things like walking, jogging, yard work, cycling and swimming. Endurance exercises will make it easier to carry out everyday activities—whether it's playing with your grandkids or making the bed—by improving the function and capacity of your heart, lungs and circulatory system. **Strength exercises:** involve some sort of muscle resistance training. They help strengthen your bones and muscles so you're less prone to injury and are more independent and capable of performing everyday tasks like carrying groceries. You can build strength through resistance training with weights, resistance bands, or your own body weight. **Balance training:** can help you prevent falls and be more surefooted if you have a momentary lapse in footing. Try doing things like standing on one foot, tai chi, and a heel-to-toe walk. **Flexibility exercises:** help keep you limber and loose, while allowing you to move more freely during exercise and daily life. A few ways to increase flexibility include yoga, shoulder and upper arm stretches, and trying to touch your toes. There is some overlap when it comes to exercising; for example, strength training often involves balance. But trying to get in at least 150 minutes each week of cardiovascular exercise and two-three sessions of strength exercise per week—followed by stretching—is the best way to experience the benefits of exercise at any age. If you haven't exercised in a while, it's recommended you talk to your doctor before starting. Don't let your age define your activity levels. Find exercise methods that you enjoy and surprise the younger folks around you! For more information on how to be a better caregiver and caregiver support, come join our groups. Our meeting times 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 Abbington in Heber, 6:30pm on the third Tuesday 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. Linda Morrison

A tour bus driver is driving with a bus load of seniors down a highway when he is tapped on his shoulder by a little old

lady. She offers him a handful of peanuts, which he gratefully munches up.

After about 15 minutes, she taps him on his shoulder again and hands him another

handful of peanuts. She repeats this gesture about five more times. When she

is about to hand him another batch again, he asks the little old lady, 'Why don't you

eat the peanuts yourself?' "We can't chew them because we've got no teeth,"

she replied. The puzzled driver asks, 'Why do you buy them then?' The old

lady replied, 'We just love the chocolate around them.'



Senior Giggles June 2015

...Time is like a river. You cannot touch the water twice, because the flow that has passed will never pass again. Enjoy every moment of life.

I knew that my husband's hearing had deteriorated after our friend--new to the city--asked where he could meet some singles.

"Well," said my husband. "I see them in the Kmart parking lot diving for fries."

"Dear," I intervened, "Singles, not seagulls."

Happy Father's Day!!!

"Everything's starting to click for me!" said my father-in-law at dinner.

"My knees, my elbows, my neck..."

