



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, Colette Prestwich, Blaine Webster, Marcia Young
- 1st Alternate: Johanna Huijzenveld
2nd Alternate: Jim Kohler

SENIOR CENTER CORPORATE BOARD

- President: Laura Ribinsky
- Vice- Pres./ President/Elect: Rhonda Sweat
- Past Pres.: Martin Bollschweiler
- Sec./Treas.: Marvin Rust
- 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. Spotlight
2. Firesides, Special Events,
3. Activities, Trips and Tours.
5. Birthdays, Obituaries,
6. Cora's Corner
7. Senior Giggles
- 8 March Events Calendar
9. March Meals Calendar

MARCH

2016



SPOTLIGHT

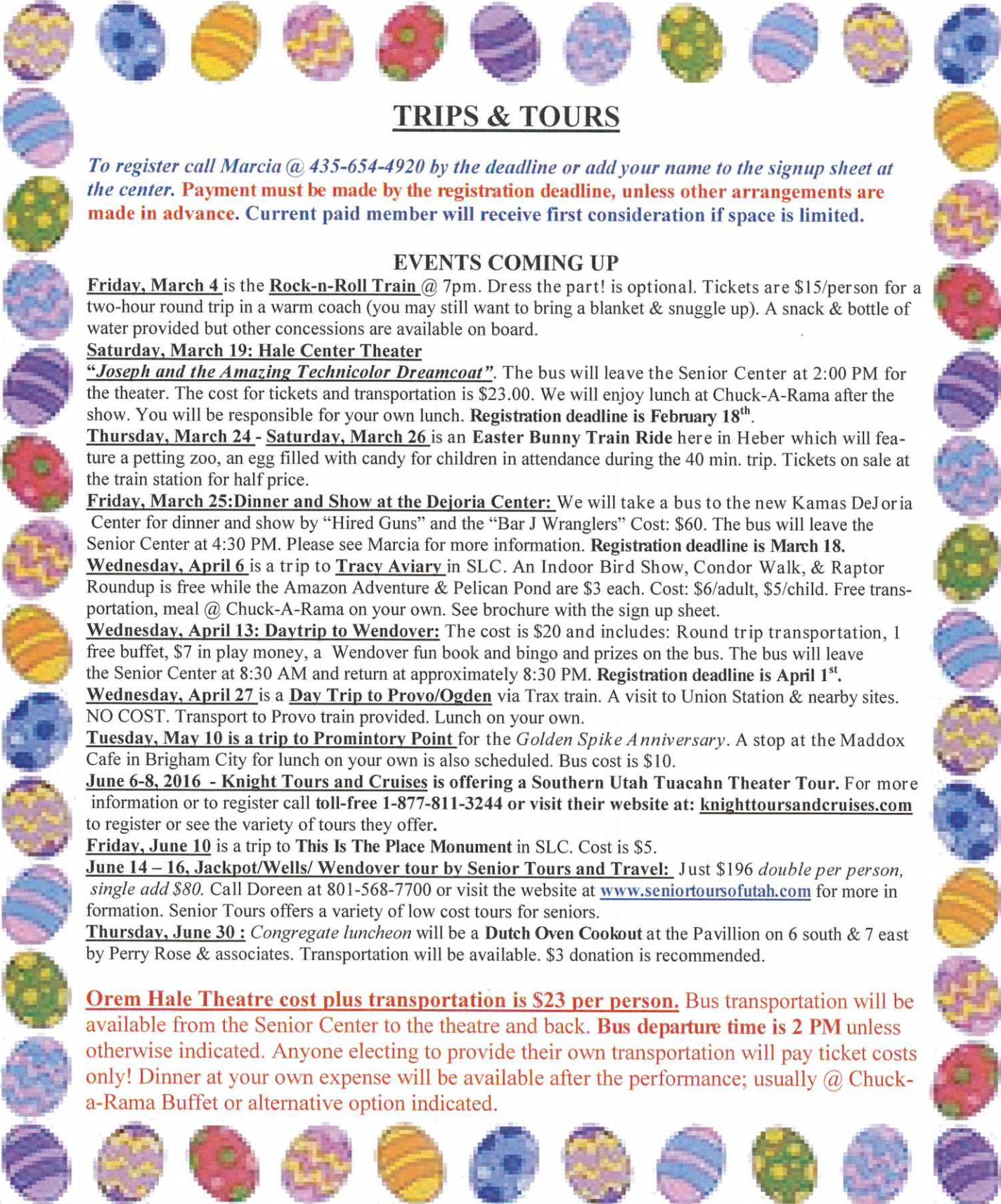
Monica Kelly

My name is Monica Kelly. I work part-time in the kitchen and have for almost 2 years. I love the people I work with and enjoy getting to know the wonderful people that come to the center. Plus I have the opportunity to help decorate the center for the holidays and make little crafty gifts for those that come to lunch.

I was born in Salem, Oregon but raised in Lone Pine and Prineville, Oregon. I had three older sisters and one younger brother. My mom was the queen of unconditional love, I miss her presence on earth every-day. My dad taught me the importance of hard work and honesty, he is still on earth but sadly we are not apart of each others lives.

I met and married my knight in shining armor, Pat, in 1990. Later that same year we had our first son, Tyler then 4 1/2 years later we had our second son, Kyle. Even before the boys could hold a ball, Pat made sure there were sports balls everywhere: in their toy box, on their changing table and even in their crib. It must have worked because both boys grew up to love and play sports. For 20 years we were breathing, eating and sleeping football, basketball and football.

In 1990 Pat started his career with Les Schwab Tire Center in his hometown of Burns, Oregon. From there we moved to Alturas, California with a promotion to assistant manager. Then 2 years later made a lateral transfer to Vancouver, Washington. In 2000 we loaded up the u-haul again to move to Port Townsend, Washington with a promotion to manager. Eight years later our lives changed dramatically, Pat contracted a virus that destroyed his heart. Within 2 months we were told he needed a heart transplant. After living with an LVAD for 5 months he got the call. All was going well for the first 6 months but then Pat started getting sick again. He needed another heart transplant which he was fortunate to get 6 months later. Wish I could say he made a full recovery but it hasn't been the case. His kidneys failed a year later so has been on dialysis for 3 years. Needless to say we've had a lot lows the past 8 years but we've had so many more highs, including our move to Heber City in 2012.



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

Friday, March 4 is the **Rock-n-Roll Train @ 7pm**. Dress the part! is optional. Tickets are \$15/person for a two-hour round trip in a warm coach (you may still want to bring a blanket & snuggle up). A snack & bottle of water provided but other concessions are available on board.

Saturday, March 19: 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.**

Thursday, March 24 - Saturday, March 26 is an **Easter Bunny Train Ride** here in Heber which will feature a petting zoo, an egg filled with candy for children in attendance during the 40 min. trip. Tickets on sale at the train station for half price.

Friday, March 25: Dinner and Show at the DeJoria Center: We will take a bus to the new Kamas DeJoria Center for dinner and show by "Hired Guns" and the "Bar J Wranglers" Cost: \$60. The bus will leave the Senior Center at 4:30 PM. Please see Marcia for more information. **Registration deadline is March 18.**

Wednesday, April 6 is a trip to **Tracy Aviary** in SLC. An Indoor Bird Show, Condor Walk, & Raptor Roundup is free while the Amazon Adventure & Pelican Pond are \$3 each. Cost: \$6/adult, \$5/child. Free transportation, meal @ Chuck-A-Rama on your own. See brochure with the sign up sheet.

Wednesday, April 13: Daytrip to Wendover: The cost is \$20 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.**

Wednesday, April 27 is a **Day Trip to Provo/Ogden** via Trax train. A visit to Union Station & nearby sites. NO COST. Transport to Provo train provided. Lunch on your own.

Tuesday, May 10 is a trip to Promintory Point for the *Golden Spike Anniversary*. A stop at the Maddox Cafe in Brigham City for lunch on your own is also scheduled. Bus cost is \$10.

June 6-8, 2016 - Knight Tours and Cruises is offering a **Southern Utah Tuacahn Theater Tour**. 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.

Friday, June 10 is a trip to **This Is The Place Monument** in SLC. Cost is \$5.

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.

Thursday, June 30 : *Congregate luncheon* will be a **Dutch Oven Cookout** at the Pavillion on 6 south & 7 east by Perry Rose & associates. Transportation will be available. \$3 donation is recommended.

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.

AARP TAX PREPARATION

AARP volunteers will be available to help with tax preparation on Wednesdays 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. Utah Residents only.

From the Director's Desk Ashley Fish



We all know about the "dynamics of aging"; especially the physical changes accompanying the process. Much has been said and written about "aging gracefully" and "enjoying the 'golden years'". Thirty to forty years ago - while discussing the topic with an 85-year old (at the time) friend of mine- she said to me, "Ashley, there's nothing "dynamic" about it!" J

Much has been written and said about "enjoying the ride". I am inspired by seniors who continue to remain positive in their later years. Most of these folks have been positive their entire lives. Few people dislike them because they *choose* to be that way. Not only have I observed this personally, many times, geriatric professionals have stated for years (and studies have proven) that good physical health is tied closely with good mental and emotional health.

I have recently been studying this idea of *choosing* and making *choices*. When a *choice* is made, no matter the situation and no matter the environment, there is always a consequence that follows.

So, I often ask myself:

Do I greet and treat everyone with sincere interest and caring?

Am I trying to make the world a better place - every day?

Am I taking good care of myself? If not, what can I change and do better?

How can I help lift another who may not be as fortunate as I?

Am I reflecting good in all I do with all I meet.

Growing older each day is inevitable. Even for a 10 yr.-old who has his/her life FULLY ahead of him/herself. When we were very young we never gave it a thought as to what it is like to be older. Now that we're here - we know. Are we taking advantage of these years - even with our aches, pains and losses?

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



March

Observances

- * 13 Daylight Savings Begins
- * 17 St Patrick's Day
- * 20 Spring Begins, Palm Sunday
- * 25 Good Friday
- * 27 Easter
- * Women's History Month
- * National Nutrition Month

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 Member-info.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/NewVeteransTransportationServiceatVASLCHCS.asp>

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

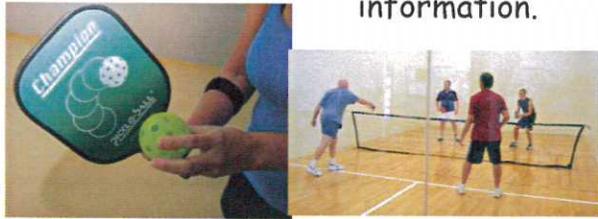
<http://www.wasatch.utah.gov/Seniors> . If you prefer we can also email the newsletter to you just email Marcia at myoung@wasatch.utah.gov .

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.

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.



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!

During the month of December the Wasatch County Library offers "Food for Fines." The library accepts food in lieu of fines and forgives \$1 for each can of food donated up to \$20. All food collected was donated to a local food bank in partnership with The Wasatch County Senior Center/Mountainland Association of Governments Martin Luther King Day food drive. The library was awarded a certificate of appreciation from The Retired Senior Volunteer Program at Mountainland Association of Governments for the most poundage of food items donated to the food bank in 2014 and 2015. A total of over 700 pounds was donated each year. The Wasatch County Library and Senior Center would like to thank those who so generously donated food for the project.



Pictured are Cora Briggs, Food Service Director and Kristen Bowcutt, Library Director

Mary Bardole	2
David Frandsen	2
Myrna Kowalis	2
Kyle Probst	2
Liesa Cox	8
Jane Meeks	8
Paul Searle	8
Joan Duke	12
Carolyn Ritchie	14
Katheryn Tingey	16
Cynthia Carlile	17
Norrine Callaway	18
Dwayne Meeks	18
Bryant Riddle	18
Wilva Anderson	19
Bob Azlin	19
Jerry Duke	21
Perry Rose	21
Lorin Bethers	23
Geniel Bortz	23
Lena Frandsen	26
Susan Kohler	30
Pat Broadhead	31

March Birthdays

www.PigeonRock.com

OBITUARIES

Dona Mae Pedler Hilton Taylor
Born: January 4, 1929
Died: January 31, 2016
Married: (1) Ralph Neil Hilton
(2) Bert LeRoy Taylor

NaDene Sweat Probst
Born: February 17, 1929
Died: February 13, 2016
Married: Kay F. Probst

LaRon Norman Buell
Born: June 8, 1934
Died: February 13, 2016
Married: Norma Jean Turnbow





To all our Seniors Just a little info from the kitchen. We're already starting our third month of the year. March is "almost" the end of winter. I am ready for lots of sun.

March brings us: Women's History Month, Deaf History Month, National Craft Month, Optimism Month, Honor Society Awareness Month, National Foreign Language Month, Irish American Heritage Month, National

Ethics Month and expanding Girls' Horizons in Science and Engineering Month.

I would like to "Thank" Ken and Mary LeBlanc for their wonderful lunch on Mardi Gras day. The food was great, It was a lot of fun.

We will be celebrating St. Patrick's Day on March 17th. Remember to wear your green.

Our Easter lunch will be held on the 24th of March. The M & M's will be our entertainment. It will be a hip hop time here at the center. Please remember to sign up for lunch early.

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



Have you checked out
"Places to Go"
at the Senior Center



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

Caring for YouCaring for Others. Head injuries may play a role in the development of Alzheimer's-type brain lesion Feb. 3, 2016 (Health Day News) -- Suffering a traumatic brain injury may lead to a buildup of Alzheimer's-type plaques in the brain, including in regions not typically affected by such plaques. Building on previous research indicating traumatic brain injury (TBI) may be a major risk factor for dementia, researchers found that moderate to severe head injuries led to an accumulation of amyloid plaques in the brains of nine middle-aged study participants over months or years. A buildup of amyloid plaques in the spaces between nerve cells in the brain is a hallmark of Alzheimer's disease. "More and more evidence suggests brain trauma can trigger long-term processes that may be harmful, suggesting the window for treatment after a head injury may be much greater than previously thought," said study author David Sharp, National Institute for Health Research professor at Imperial College London in the United Kingdom. Therefore, it appears that it is vital first of all to protect our heads/brains form injuries and toxic fumes and if we do get a TBI, take it seriously and give our brains time to recover, even if it is only classified as minor. Remember to wear your seat belts and helmets if you are doing an activity that may cause head injuries. AND, remind your children and grandchildren to do the same. Come join us for more tips and support at our caregiver meeting. 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 St. Patrick's Day



Senior Giggles March 2016

"The March wind roars
Like a lion in the sky,
And makes us shiver
As he passes by.
When winds are soft
And the days are warm and clear,
Just like a gentle lamb,
Then spring is here."

Reilly is walking through a graveyard when he comes across a headstone with the inscription "Here lies a politician and an honest man."

'Faith now,' exclaims Reilly, 'I wonder how they got the two of them in one grave.'

'Ah, good morning, Mrs. Irwin, and how is everything?'

'Sure and I'm having a great time of it between my husband and the fire. If I keep my eye on the one, the other is sure to go out.'

Father O'Connor walks into a pub and says to the first man he meets, 'Do you want go to heaven?'

The man replies, 'Yes, Father.'

Father O'Connor then says, 'Leave this bar right now, and go outside'.

O'Connor proceeds to another man, and asks him the same thing. The chap also answers, 'Yes'.

Father O'Connor asks him too to go out.

The Reverend Father goes the third man

and asks, 'Would you like to go to heaven?'

This time the reply is, 'No thank-you Father.'

Surprised, Father O'Connor asks, 'Why not?'

The man opines, 'I mean I do, but only after I die.'

The Father O'Connor explains, 'That's what I am talking about.'

The man says, 'Oh, I thought you are getting a group ready right now.'

