

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 May Day

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. May Events Calendar
9. May Meals Calendar

May
2015

SENIOR CITIZENS DEPT.

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

SPOTLIGHT

VERA KINGSFORD HIGGS SMITH

I was born and raised in Kaysville, Utah. My parents are Clarence William Higgs and Pearl Kingsford Higgs. I was the third to the youngest. My parents had 10 children, three of them died, 2 as babies and one at about 5 years old. They raised 7 to adulthood. I was born December 21, 1931. I'm now 83 years old. I had 2 children. I would like to have had more, but that is all I could have.

I started school at 6 ½ years old. They didn't have kindergarten then so I went right to the first grade. I went there grades 1-6. After that I had to ride a bus to junior high school in Clearfield grades 7-9 then back to Davis High School in Kaysville. I went there in my 10th and 11th grades. I walked all of the time to school except when I rode the bus to Junior High in Clearfield.

Then we moved to Heber where I went to Wasatch High School. We moved because of my Dad's work. I spent my last year of school at Wasatch and graduated from there. Dad worked for the Woods Cross Cannery which was here in Heber. I knew Heber a little, I came here every summer because my Dad was over the cannery at that time. They canned peas mostly then for a while they canned tomatoes.

I married Hyrum R. Smith of Heber. He was born March 17, 1928 in Park City, Utah. His parents were Albert Smith and Tillie Emma Street.

We married on May 8, 1952 at my parent's home. Then we were able to go to the Temple on June 12, 1963. I was so happy and the two children were sealed to us.

Hyrum was a brick layer. He did different kinds of things. He finally ended up as the one over the parks and cemetery here in Heber. He has a lane with his name on it. We were married 59 years. May 8, 2011. We were both in the hospital in Provo at the time. I had a pacemaker put in because of my heart. He died seven days later on May 15, 2011.

When I was growing I didn't want anyone to know my middle name but as the years went by I felt it was an honor to have my mother's middle name.

When I was a young girl I went up to the mountain road and picked cherries for the Mannings. We walked everywhere we went. I have 2 children, 13 grandchildren, 16 great-grandchildren. I love them all.

MONDAY FIRESIDES : 7:00pm

- **May 4: Nyle Steiner and Marilyn Larsen.** We will enjoy an evening of instrumental music.
- **May 11: The Dan and Jennie Witt Family.** The Witt family will delight us with some great entertainment.
- **May 18: Summer Closing Social.** We will be entertained by our own M & M's (the Merry Music Makers) Band to finish of our 2015 season. Refreshments will be served. Come and enjoy one last hoorah before our summer break.

SPECIAL EVENTS, LUNCHESES AND PROGRAMS

- **Tuesday, May 5: Special Cinco De Mayo Lunch Social.**
- **Thursday, May 7: Special Mother's Day lunch.**
- **Thursday, May 14: Lunch presentation by Erik Paulsen.** Eric will be discussing wills and estate planning.
- **Thursday, May 21: Program by the WHS Orchestra at 1:00 pm(after lunch) at the High School.**
- **Tuesday, May 26: "A Tribute to our Veterans" by Councilman Steve Farrell.**
- **Thursday, May 28: State of the County report by the Wasatch County Manager Mike Davis.**

DAILY ACTIVITIES

Billiards, Exercise Room, Reading, Computers, Socialization, Puzzles, Ceramics, Chess, Checkers, knitting and much more are available every day.

- **Tuesdays:12:30:** Table Games
- **Thursdays: 10:00 & 11:00 am :** Piano Classes
1:00 pm: Bingo, Ceramics and Chess Knitting and Handwork Group . No bingo on the 3rd Thursday.
- **Fridays: 7:00 pm:** Square Dancing class with David Hendricksen. Two Fridays per month we will be learning to square dance. This month we will be dancing on May 8th and May 29th.



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

CAREGIVERS NIGHT OUT

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

FALL AND BALANCE CLASS

Tuesdays, May 12th and May 26th. 11:00 AM: Fall and Balance Class: Taught by Kathy Rydman from Encompass Home Care and Hospice.

FROM THE HEALTH DEPARTMENT

FREE TDAP FOR SENIORS

Wasatch County Health Department is offering free Tdap vaccine to Wasatch County Senior Citizens. Tdap stands for **tetanus, diphtheria, and pertussis or whooping cough.** Medicare doesn't cover the Tdap vaccine. This vaccine is a \$50.00 value and is yours for **free.** This is a limited time offer and will end May 1st or until we run out of vaccine. We have secured this vaccine through a grant from AmeriCares and we hope to receive additional doses in the future. This is a wonderful opportunity to protect yourself from pertussis and its associated long term cough. Give us a call to schedule your appointment. 435-657-3307



Medicare: Every day 10,000 Baby Boomers turn 65 and become eligible for Medicare, but often the rules concerning how to enroll in Medicare are unknown to those who are retiring, those who continue to work, and the disabled. At Mountainland Association of Governments we have two trained SHIP (Senior Health Insurance Information Program) counselors who can answer your questions. We are also members of the Senior Medicare Patrol (SMP) and focus on helping Seniors Protect, Detect and Report Medicare fraud and abuse. We urge everyone to protect their personal information. Don't be afraid to hang up on a suspicious caller. Finally, if you, or someone you know, is having challenges paying for their medications, please call 801-229-3819 to see if you qualify for an assistance program.

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 members will receive first consideration if space is limited.

EVENTS COMING UP!

THURSDAY, MAY 7th: Wendover Trip: The trip is sponsored by Smith's Food and Drug. The cost is \$25 per person. There will be bingo and a raffle for prizes. Over \$700 in prizes during the trip. You can sign up at Smith's.

FRIDAY, MAY 15: Shopping at City Creek in Salt Lake: There will be no charge for this trip. The bus will leave the Senior Center at 10:00 AM, will travel to City Creek Center where you can shop, eat or just relax in the sun.

SATURDAY, MAY 16, "Big Fish" is a father and son story! Ed Bloom is a traveling salesman whose seemingly impossible stories aggravate his son, Will. As Ed's fate is revealed, Will embarks on his own journey to uncover the man behind the Myth, & the truth behind his father's "tall tales". A heartwarming musical, based on the 2003 movie.

Registration Deadline: Thursday, April 30.

WEDNESDAY, MAY 20: HOGLE ZOO: A fun day at the zoo; you will be responsible for your own lunch at the zoo (you may bring a packed lunch) and dinner @ Chuck-A-Rama on the way home. Picnic tables & lunch kiosks are available on site at the zoo.

Bus will leave the senior center @ 10 am. Return time based on group decision.

NOTE: Each senior may bring one child with them to this Zoo event.

Cost: \$15 per Senior, Child 2 or less \$5, Child 3-12 yrs old is \$14, Child 13+ is \$16

Once costs are paid, seniors and accompanied children are guaranteed a spot!

If needed, *Wheelchairs* are available at the zoo to rent for \$10/day in addition to *electronic convenience vehicles* (scooters) for \$25/day. **Registration Deadline: May 18.**

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

Day 1 is deluxe motor coach transportation to the Ramada Inn in St. George. A picnic lunch @ a pavilion enroute will be included along with a catered dinner @ the hotel in the evening.

Beauty & The Beast--a musical tale of Belle who is forced to live with The Beast, a prince who's been trapped in a spell by an evil enchantress. If he can learn from Belle to love & be loved, the spell will be broken and the entire household will be restored!

Day 2 features a leisurely morning with options to travel downtown St. George, the LDS Temple, shopping @ Zions factory outlet mall located next door to the hotel.

A private showing by Max the Magician is scheduled mid-afternoon & dinner will be catered again @ the hotel before the play.

Disney's When you Wish--a compilation of the best of the Disney musicals featuring the songs & orchestral productions from his films & Broadway shows.

Day 3 is return travel to Heber!

Both breakfasts on Day 2 & 3 will be available in the hotel dining room.

Cost varies depending upon motel room occupancy! (Refer to Handout)

A deposit of \$50/per person is due at registration.

Registration Deadline & final balance is due on Thursday, April 30th

Trips and Tours (cont.)

June 16 is a tour with lunch included to the National Activities Center (NAC) in Park City. The Congregate Meal will be provided by Pride Security. During the tour we will learn about various activities available to our local senior citizens.

July has a day trip to the *Living Aquarium* scheduled (Arrangements pending)

Saturday, July 18, "Into the Woods" @ Hale Center Theater Orem. this play is a fractured fairytale mixing the classic characters of Cinderella, Jack & the Beanstalk, & Little Red Riding Hood with the original story of the Baker & his wife who desperately want a child. When they all venture "into the woods" to make their greatest wishes come true, lasting consequences are sure to follow. *An answer to the question: What happens after "happily ever after"?*

August has a trip planned to Union Station, Ogden.

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.

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.

REMINDER

To register call Marcia @ 435-654-4920 by the deadline or add your name to the sign-up sheet @ lunch. *Costs should be paid by the registration deadline* unless other arrangements are made in advance.

From the Director's Desk by Ashley Fish

Over the years we've heard many humorous things about "growing old" or being "older". We've observed that "seniors" don't like to be referred to as "elderly". Of course, not; -- not even our 95 yr.-olds! It seems nowadays that to be politically correct we should be using the term "older adults" instead of "senior citizens". Whatever. The fact remains that being a part of this age group in the 21st Century means being a part of one of the most dynamic generations ever. Some of recent history's great minds have termed it this way.....



"I never think of the future. It comes soon enough." (*Albert Einstein*)

"The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not". (*Mark Twain*)

"Grandchildren don't make a man feel old; it's the knowledge that he's married to a grandmother." (*G. Norman Collie*)

"By the time a man is wise enough to watch his step, he's too old to go anywhere." (*Billy Crystal*)

Nonetheless it really is great to be older!

Pansy stated, "a great thing about being our age is that your secrets are safe with your friends. They can't remember them long enough to repeat them." Or, the woman who came home to find that her husband had an accident while he was still in the garage. "What happened? Did you forget to open the garage door before you backed out again?" "Of course I didn't!" There was a long pause, then he admitted in a small voice, "But I did forget to close the car door."

Let's keep smilin' and find the fun and bright side of things as we continue down the paths of our "mature years". ! 😊

May
HAPPY BIRTHDAYS

Barbara Brown	2
Phyllis Parcell	6
Ray Shaw	8
Vivian Halley	10
Cora Briggs	18
Nancy Hilton	18
Clarence Mahoney	19
Karen Davis	21
Donna Dayton	21
Kathryn Berg	22
Bob McPhie	22
Jeannine Lyons	23
Arlene Burgener	25
Dera Coker	25
Chuck Ackerson	27
Marleen Smith	31



OBITUARIES

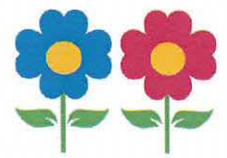
Neil V Price
Born: September 4, 1947
Died: March 24, 2015

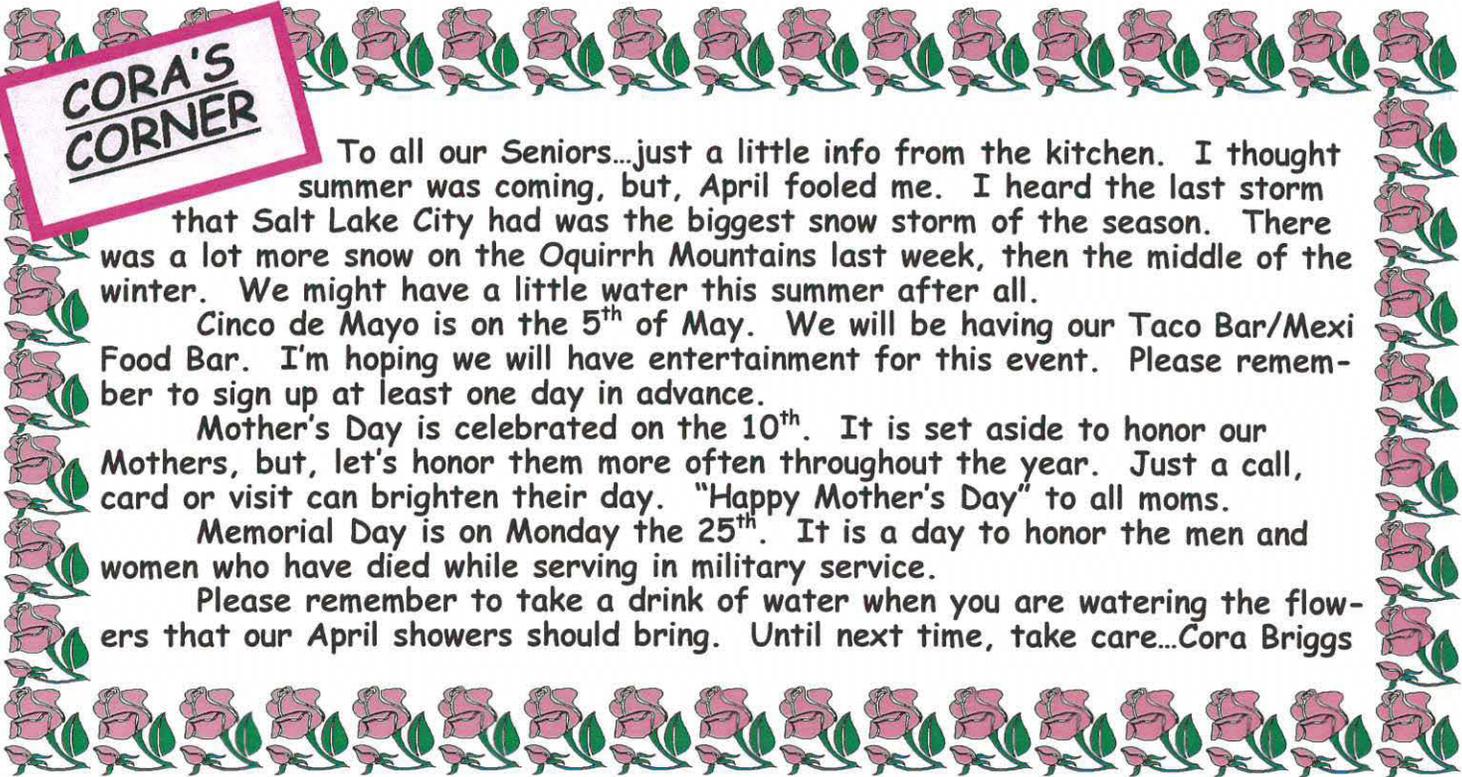
Sheldon Eugene Edwards
Born: December 13, 1926
Died: April 9, 2015
Married: Marilyn Miller

Robert Steven Grant
Born: October 7, 1952
Died: April 6, 2015
Married: Joyce Klein

Orson Ray Lloyd
Born: November 25, 1932
Died: April 20, 2015
Married: Sharlene Shear

Wilford Ray "Bill" Nielson
Born: June 22, 1934
Died: April 21, 2015
Married: Foresta Gilson





CORA'S CORNER

To all our Seniors...just a little info from the kitchen. I thought summer was coming, but, April fooled me. I heard the last storm that Salt Lake City had was the biggest snow storm of the season. There was a lot more snow on the Oquirrh Mountains last week, then the middle of the winter. We might have a little water this summer after all.

Cinco de Mayo is on the 5th of May. We will be having our Taco Bar/Mexi Food Bar. I'm hoping we will have entertainment for this event. Please remember to sign up at least one day in advance.

Mother's Day is celebrated on the 10th. It is set aside to honor our Mothers, but, let's honor them more often throughout the year. Just a call, card or visit can brighten their day. "Happy Mother's Day" to all moms.

Memorial Day is on Monday the 25th. It is a day to honor the men and women who have died while serving in military service.

Please remember to take a drink of water when you are watering the flowers that our April showers should bring. Until next time, take care...Cora Briggs

Caring for You.....Caring for Others

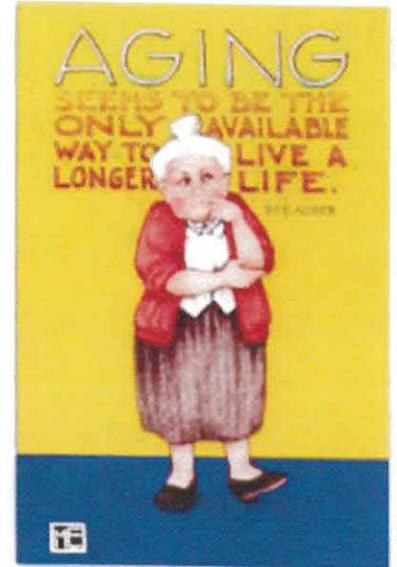
Female Caregivers and Prostrate Cancer

Women are better at prevention, which is why it is important to know if your male care receiver is at risk for prostate cancer so you can help him lower his risk factors. Prostate cancer has many risk factors. Some, like genetic factors, are beyond your control; others you can influence. But no matter what your his risk factors are, if he follows a prostate-friendly lifestyle, gets early screenings and gets early intervention if necessary, it can make a big difference in preventing and/or beating this disease. The following signs can tell you if he is at risk for prostate cancer. **Obesity.** Is he overweight? Obesity is a big risk factor for prostate cancer, and one you can do something about. Help him exercise, follow the Prostate Diet, and lose weight. **Diet.** If he is a lover of fried foods and meat, especially processed and cured meats like bacon or well-done meat, you may want to encourage him to cut back on these foods. **African-American.** If he is black, he is at a higher risk of getting prostate cancer than other American men. **Heredity.** Does his father, uncles or brothers have prostate cancer? Some types of prostate cancer are genetic, and the tumors may be more aggressive, so it is important to get a PSA test and prostate exam early and regularly. **Balding.** Is he balding? Not trying to add insult to injury, but a study indicates that one of the weird risks for prostate cancer is that bald men have a 69 percent greater risk for prostate cancer than men without hair loss. Researchers speculate that this related to testosterone levels. **Height.** Is he over 6 feet tall? In the U.S. and the UK, taller men have a higher risk for prostate cancer than shorter men. **Living in northern climates.** If he lives in the north, his risk of prostate cancer is higher than men who live south of 40 degrees latitude. Make sure he is getting plenty of vitamin D, to make up for the lack of sunlight exposure. **Prostatitis.** If he has suffered with chronic prostatitis, he may be at risk for prostate cancer. **Sedentary lifestyle.** Is he a bit of a couch potato? Studies on prostate cancer and exercise show that exercise, even walking at least 90 minutes per week, can help men live longer and lower risk for prevent prostate cancer. If he is at a higher risk factor for prostate cancer due to his race or family history, encourage him to talk to his doctor and get screened earlier than other men. You may need to schedule that first appointment for him. For more information 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

Senior Giggles May 2015



While assembling furniture, my friend Debbie asked her roommate's five-year-old son to bring her a screwdriver. "Do you want a 'Daddy' screwdriver or a 'Mommy' screwdriver?" the little boy asked. Confused but preoccupied, Debbie absentmindedly said, "Bring me a 'Mommy' screwdriver." The child came back and handed her a butter knife.



"I DON'T THINK OF MY SKIN AS SAGGY... I THINK OF IT AS RELAXED-FIT!"



HAPPY MOTHER'S DAY



At my age rolling out of bed in the morning is easy. Getting up off the floor is another story.

Barbara J. Lee

HAPPY SPRING!!!

My Grandparents are funny, when they bend over; you hear gas leaks, and they blame their dog.

