



# 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, La-Ree Pedro, Colette Prestwich, Blaine Webster, Marcia Young
- 1<sup>st</sup> Alternate: Johanna Huijzenveld  
2<sup>nd</sup> Alternate: Jim Kohler

## SENIOR CENTER CORPORATE BOARD

- President: Martin Bollschweiler
- Vice- Pres./ President/Elect: Laura Ribinsky
- Past Pres.: Moroni Besendorfer
- Sec./Treas.: Charles Jenkins
- 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

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## **Corporate Advisory Board for Wasatch County Senior Citizens, Inc. ELECTIONS**

**Board of Directors for the Wasatch County Senior Citizens, Inc., (A Utah Non-Profit Corporation) will hold elections in November 2015 To Elect Candidates for the Calendar Year 2016 (Some Longer).** For more information and to pick up candidate forms contact Marcia at Senior Citizen's Center office. Seats available are: **Vice President/President Elect:** (1 YR VP, 1 YR Pres., 1 YR Past Pres.) Rhonda Sweat, **Secretary-Treasurer:** (2 YR Officer) Marvin Rust, **Historian:** (2 YR Officer) Carroll Lee Hicken (Incumbent), **One Year Directors** (One Year Directorship. TWO are needed) Roy Daniels, Inge Lis Djorsing, Glen Hicken (Incumbent), Neal Larsen, Clarence B. Mahoney (Incumbent). **2-Year Director B:** (2 Year Directorship) Niles Halley (Incumbent) and LaRee Pedro. **2-YR Director A** (2 YR Directorship) Maxine Carlile (Incumbent). **3YR Director** (3 YR Directorship) Earl Dayton (Incumbent). **Elections will be held Tuesday November 10, 2015-8:30 AM through 2:00 PM Tuesday, November 17, 2015. You can pick up a ballot from Marcia at the front desk.**

## **SPOTLIGHT**

### **PATRICIA WILSON**

I was born on June 27, 1928 in Indianapolis, Indiana where I lived for 86 years. I have one sister living in Missouri, she is 83 years old.

I was married to James Bowlen in 1947 and had Mark (65) who lives in California. I now live with my son Neal (63) and his wife Maria.

I graduated from Manual Training High School in 1946 I worked at Eli Lilly Company for 5 years. In 1947 I married James and in 1950 Mark was born; then, in 1952, Neal was born.

I was a home Mother until the boys were in High School. In 1966 I was employed with the Indianapolis School System as a bus attendant. My husband James died in 1975 and then I went to work in a surgeon's office part time also.

In 1982 I married Cletus Wilson, whom I worked for as a Bus Driver. We had 28 years together and 29 years with James. Two wonderful husbands. I love Heber City and the people in it. They are friendly and fun. I have been blessed.



## 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

**Wednesday, November 18: Shopping Trip to Provo/Orem.** Get your Christmas shopping done early! The bus will leave the Senior Center at 10:00 AM. We will shop, have lunch at Chuck-a-Rama then shop some more before coming home. There is no cost for this trip.

**Wednesday, November 18 - 20** is the "Jackpot" tour with hostess Doreen Barnes of Senior Tours of Utah. Call 801-568-7700 to register. Also offering a tour **Jan. 15, 2016—Jan. 19, 2016 to Laughlin/ Las Vegas.**

**Wednesday, December 2** is a visit to **City Creek & Temple Square Light tour.** We will leave the Senior Center at 2:00 PM, travel to City Creek Center for an early dinner and shopping, then on to Temple square to see the Christmas light display. There will be no cost for this trip. **This is a walking tour.** Dinner is on your own.

**Wednesday, December 9** is a **Holiday Lights tour @ Hogle Zoo.** The bus will leave the Senior Center at 2:30 PM. We will stop at Chuck-A-Rama for dinner then to the zoo to see the Christmas Lights. Cost will be \$15 which includes admission and Transportation and does not include your meal. **This is a walking tour.**

**Wednesday December 16 is a Holiday Lights tour/show @ Spanish Fork.** This is a driving tour. The bus will leave the Senior Center at 3:30 PM and will stop at Chuck-A-Rama for dinner then on to Spanish Fork to see the lights, The cost is \$5.

**Saturday, December 5, "A Christmas Carol".** We will enjoy our traditional trip to the Orem Hale Center Theatre for this magical adapted Christmas Classic! The cost is \$25. The bus will leave the Senior Center at 1:00 for the 2:00 matinee. **Registration deadline is November 18th.**

**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 1-877-811-3244 or visit their website at: [knighttoursandcruises.com](http://knighttoursandcruises.com).

**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 12 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.**

God bless



our men and women in service

Veterans Day November 11th

### November is:

- \* 1 Daylight Savings Time Ends
- \* 3 Election Day
- \* 11 Veterans Day
- \* 19 Great American Smoke Out
- \* 26 Thanksgiving Day
- \* American Diabetes Month
- \* Lung Cancer Awareness Month
- \* Native American Indian Heritage Month
- \* National Family Caregivers Month

### 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



## 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.

## October Special Events



October brought us lots of fun things to do. Our knitting group continued on learning to make some beautiful projects, the ceramics class is hard at work with lots

of holiday projects and the piano class is moving forward with great excitement learning to play the piano. The Monday firesides are in full swing now, we have enjoyed entertainment from "Heart and Soul", County Fair Talent Show performers, Swiss Miss Royalty, The "Snake Creek Riders", Stephen Reynolds and Kathy Buell and Lillian Barrus" piano and violin students so far this season. We are looking forward to some great holiday entertainment coming



up.



**Tai Chi:** Bob Casey, a certified instructor, will offer a beginners class on Tai Chi for Health and Arthritis. This is the only form of tai chi to receive the endorsement of the National Arthritis Association and the National Center for Disease and Control. This form is relatively easy to learn. A six-week series of classes will start on **Tuesday, November 3**, and continue on **Tuesdays and Thursdays** from 1-2 P.M. at the Abbington. If you have mobility issues, we can accommodate. The cost for the six-week series (12 lessons) is \$30. You can attend the first lesson for free to see if you enjoy the class. If interested or have questions, please contact Bob at 740-398-0489 or [bob@journey4healthnow.com](mailto:bob@journey4healthnow.com).

### MEDICARE

"As Medicare's open enrollment season started this month the California attorney general's office is warning seniors to be alert for scammers and dishonest insurance brokers attempting to steal personal information or pocket commissions on high-priced Medicare plans. Medicare scams can take many forms, from callers trying to dupe seniors into giving up their Social Security numbers to "free lunch" or other enticements offered by unscrupulous insurance agents, trying to rack up commissions. 'Seniors should vigilantly ensure that they are not taken advantage of by Medicare scam artists who may misguide them, or attempt to obtain and misuse their personal information,' the attorney general's office said in a statement Tuesday. Starting Thursday and running through Dec. 7, Medicare's annual open enrollment season allows seniors to change their Part C (Medicare Advantage) and Part D (prescription drug) plans. Not everyone needs to switch their current plan, but health and consumer groups urge seniors to review their plans, especially those with prescription drugs." (Senior Medicare Patrol (SMP) News).

Please be alert during this Open Enrollment period. If you have questions, please call Dawn Loper (801-229-3819) or Bonnie Lewis (801-229-3819). Also, please call if you are having trouble paying for your medications to see if you qualify for Extra Help.

### 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](http://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](http://www.saltlakecity.va.gov/New_Veterans_Transportation_Service_at_VASLCHCS..asp)



# DRAWING CLASSES

Taught by Lisa Gardner



Wednesday evenings at 7:00 PM Nov. 4, 18, Dec. 2, 9 & 16th

Cost is \$15 for the 5 week course.

Sign up at the Senior Center



MARTIN



## November Birthdays

Gaye McPhie	2
Carla Fillmore	3
LaRee Pedro	3
Blaine Webster	3
Charlotte Keller	5
Vickie Todd	5
Sharleen Williams	8
Maxine Carlile	9
Kenneth Welch	10
Marianne Cedarleaf	11
Carol Bates	15
Charlene Hicken	15
Stanley Walton	16
Lee Ann Ammons	19
Glenice Morgan	19
Kendall Crittenden	20
Palmar Turnblom	20
Martin Bollschweiler	22
Joyce Clark	24
Phyllis Crook	24
Joseph Young	24
Francis Harrison	26
Burt Giles	27
Neal Larsen	29
Phil Lyons	29

## SPECIAL FOR THOSE 70 AND OVER

Day's Market Bakery, in Heber, is offering all seniors 75 years and older a FREE "smash" birthday cake. (Choose from carrot, red velvet, chocolate or white.)

. If you and/or a loved one is 75 years of age or older -- and celebrating his/her birthday -- please call Day's Market and ask for the cake decorating department.

. The decorator will take your order and tell you when the complimentary cake can be picked up.

. To ensure pick-up ON the exact birth date please call one day in advance. As a courtesy, please show proof of birthday to the Bakery personnel.

## OBITUARIES

Gary M. Coleman  
Born: August 31, 1936  
Died: September 16, 2015  
Married: Carol Ritchie

Craig R. Jones  
Born: September 2, 1950  
Died: September 26, 2015  
Married: Susan Palmer

Schana Wheeler Gearing  
Born: June 12, 1940  
Died: September 20, 2015

William Dean Hansen  
Born: January 9, 1926  
Died: October 7, 2015  
Married: Dixie Jean Parkinson

Dr. J. Ralph McDonald  
Born: January 28, 1924  
Died: September 20, 2015  
Married: Berilyn Bertock

Venice M. Dillon  
Born: March 16, 1919  
Died: October 15, 2015  
Married: Wallace Dillon

## CORA'S CORNER

To all our Seniors...just a little info from the kitchen. November brings us mixed weather, kind of like March. I hope the time slows down a bit, October flew by.

November brings us: Aviation History Month, Child Safety Protection Month, International Drum Month, National Adoption Awareness Month, National Epilepsy Month, National Model Railroad Month, Native American Heritage Month, Peanut Butter Lovers Month, Real Jewelry Month and National Sleep Comfort Month.

Many Americans mistakenly believe that Veterans Day is the day America sets aside to honor American military personnel who died in battle or as a result of wounds sustained from combat. That's not quite true. Memorial Day is the day set aside to honor America's war dead. Veterans Day, on the other hand, honors ALL American veterans, both living and dead. In fact, Veterans Day is largely intended to thank LIVING veterans for dedicated and loyal service to our country. The Senior Center will be closed on this day, Wednesday, the 11<sup>th</sup>.

Each year on the fourth Thursday in November, Americans gather for a day of feasting, football and family. It is a day we give thanks for our many blessings. The Senior Center will be closed on this day and the day after.

We will be serving our Thanksgiving dinner on the Thursday, the 19<sup>th</sup>. Please remember to sign up early for your meal.

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



*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

### More Tips Avoiding Medicare Scam Tip

**2. Watch out for anyone asking for personal information.** The most important rule to remember? Medicare will never call, email, or visit you and ask for your personal information. Examples of personal information include your Medicare number, social security number, bank account number, birthday, and address. Scam artists may claim that Medicare is issuing new cards or updating forms, or that they need your financial information to process payment on an overdue medical bill. Even if they accurately cite a few numbers from your checks, do not assume the call is legitimate. Medicare already has this information and does not need to collect it from you. **3. Never sign a Medicare form without thorough examination.** Some disreputable insurance agents may also try sending out release forms that allow them to make decisions on your behalf. Never sign anything Medicare-related without reading through it first—and get a friend, family member, or lawyer to review it as well. **4. When in doubt, call Medicare.** If anything ever seems suspicious or uncomfortable, don't hesitate to contact Medicare. They are there to help! You can visit [Medicare.gov](http://Medicare.gov) or contact them toll-free at 1-800-MEDICARE with any questions or concerns you may have.

# Senior Giggles November 2015

## A THANKSGIVING DINNER

by Maude M. Grant

Take a turkey, stuff it fat,  
Some of this and some of that.  
Get some turnips, peel them well.  
Cook a big squash in its shell.  
Now potatoes, big and white,  
Mash till they are soft and light.  
Cranberries, so tart and sweet,  
With the turkey we must eat.  
Pickles-yes-and then, oh my!  
For a dessert a pumpkin pie,  
Golden brown and spicy sweet.  
What a fine Thanksgiving treat!



## Thanksgiving Delights

By Joanna Fuchs

On Thanksgiving Day we're thankful for  
Our blessings all year through,  
For family we dearly love,  
For good friends, old and new.  
For sun to light and warm our days,  
For stars that glow at night,  
For trees of green and skies of blue,  
And puffy clouds of white.  
We're grateful for our eyes that see  
The beauty all around,  
For arms to hug, and legs to walk,  
And ears to hear each sound.  
The list of all we're grateful for  
Would fill a great big book;  
Our thankful hearts find new delights  
Everywhere we look!



Q: What kind of music did the Pilgrims like?

A: Plymouth Rock

Q: If you call a large turkey a gobbler what do you call a small one?

A: Goblet.

Q: Why did they let the turkey join the band?

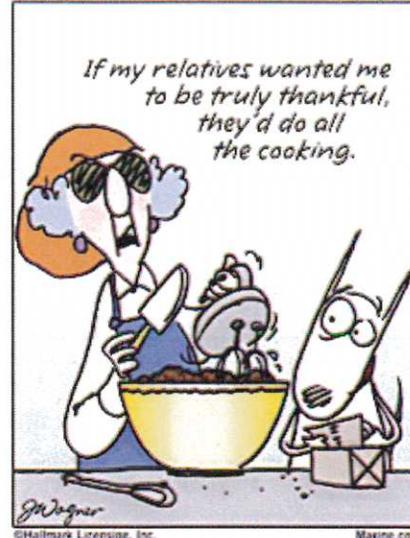
A: Because he had the drumsticks.

Q: What did the turkey say before it was roasted?

A: Boy! I'm stuffed!

Crabby Road

11-19-07



## Turkey Hunters' Tale

Tommy and Billy were discussing their latest turkey shoot. Tommy says emphatically, 'I am never going to take my wife Laura shooting with me ever again, Billy!'

'That bad, eh?' enquires Billy smiling.

'Yeah, Laura did everything wrong, got nothing right. She chattered too much, constantly disturbed the undergrowth, loaded the wrong gauge shot in the gun, used the wrong luring whistles and worst of all,' bellows Tommy, 'she shot more turkeys than me!'

