



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

KAREN NORENE WATTS

Karen Norene Watts (Williams) was born December 4, 1945 to Rosaline and John Williams. I grew up in Oakland, Ca. I have 2 sisters and 1 brother.

I attended Bella Vista Elementary School, Oakland High School, and Merritt College.

When I was older I moved to Phoenix, Arizona and worked at Empire of America as a mortgage loan closer. I closed loans in Arizona, Utah, and California.

Nation Financial Services was the top broker in Utah that we closed loans for. I went there to set up computers so they can do there own closings. I met Bruce Watts and he took me to the Tabernacle Choir and we toured Temple Square where he showed me around and told me about the Church of Jesus Christ of Latter Day Saints. Back in Arizona I was checking out different churches to see which one was right. When I went home from Utah I noticed that I had a LDS church by my home and I called them on Monday to have the missionaries contact me. Two male missionaries came and taught me the first lesson that week. The next week I had 2 male missionaries and 2 sister missionaries to teach me. The next several weeks I had 2 male missionaries, 2 sister missionaries and 2 older sister missionaries teaching me the lessons. I was baptized February 5, 1994 in Arizona.

Empire of America opened up a branch in Utah and asked me if I would move there to head up the closing dept. I was divorced then and I said yes and I moved to Utah April 1994.

I have 2 children from my previous marriage, a son and a daughter. I married Bruce Watts July 20, 1994. After we got married we traveled a lot. We went on a Book of Mormon tour to Guatemala for 12 days. We went on a Caribbean cruise. We celebrated many holidays in the Western States. We saw all the marvelous wonders that God created. We also like getting together with family and friends.

My hobbies are watching BYU football and basketball games, making jewelry, exercising and physical fitness.

Monday Firesides

October 5: Snake Creek Riders.

October 12: Columbus Day NO FIRESIDE

October 19: Stephen Reynolds Entertainment.

October 26: Lillian Bar-rus. Lillian will once again thrill us with her beautiful piano and violin music.



WEEK DAYS

EVERY WEEK DAY: Billiards, Computers, Chess & Checkers, Exercise Room, Reading, Puzzles, Socialization etc.

Mondays: 7:00 PM: Fireside. This season's firesides begin again on Monday September 14th.

Tuesdays:

12:30: Table Games

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

Thursdays: 10:00 & 11:00 am : Piano Classes taught by Christy Ackerson.

1:00 pm: Billiards, Bingo, and Ceramics. No bingo on the 3rd Thursday.

* The Knitting and Handwork Group will meet by agreement with those interested in the group. Please call Johanna at 435-657-6250. (The handwork group is not a class, however, if you are interested in learning we are happy to teach you).

Monday—Friday at 1:00 PM: Billiards.

SPECIAL LUNCH PROGRAMS

Thursday October 1: Jean Hatch with MAG and the "HEAT" program. Jean will tell us about this years program, what they can offer those who need assistance this winter.

Thursday, October 8: "School Bond", we will discuss the "School Bond" issue in the upcoming General Elections.

Tuesday, October 13: Rocky Mountain Care. Our friends from Rocky Mountain Care will be here to share "3 Things that Cause Premature Death and Disability among Seniors and What Seniors can do to prevent Those Factors" by Carol Wilcox, LCSW.

Thursday, October 15: "Medicare Open Enrollment". Representatives from MAG will discuss open enrollment and the choices available to you.

Thursday, October 22: Dennis Autrey, Senior Care Associates.

Tuesday, October 27: Heber Valley Pumpkin Ride: There will be no lunch this day. We will meet at the Heber Valley Train Depot at 4:00PM for a train ride then back to the Senior Center for a pizza party. We will be joined by the seniors from Summit County. The cost for the train ride is \$5 with a requested donation of \$3.00 for the pizza. If you would like to ride the bus please let Marcia know at the Senior Center office. The bus will leave at 3:45 PM.

Thursday, October 29: Annual Halloween Party. Come in costume and plan on having a great time. We will have a special Halloween lunch, a costume parade and prizes.

Benefits of Membership at Wasatch County Senior Center:

***It's only \$10.00 for the Entire Calendar 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!

TRIPS & TOURS



To register call Marcia @ 435-654-4920 by the deadline or add your name to the sign-up 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, OCTOBER 16 is a trip to *Dinosaur National Monument* in Vernal. Includes a side trip to the Jean McConkie McKenzie Ranch. Lunch will be provided by the Vernal Sr. Ctr for a \$3 donation. Cost is undetermined at this time but will be \$20 or less.

MONDAY, OCTOBER 19 - 28 is a *Primm/Laughlin/Las Vegas* tour with hostess Doreen Barnes. Call 801-568-7700 to register.

SATURDAY, OCTOBER 24, "*The Addam's Family*" @ Orem 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! Registration deadline is October 1**

TUESDAY, OCTOBER 27 is a special *Halloween train trip on the Heber Express* @ 5pm with a *congregate* meal (Pizza) served at the Sr. Ctr. afterwards. Cost \$5. **Registration deadline is October 26.**

FRIDAY, OCTOBER 23, an evening at Edison St Theatre (Organ Loft) in SLC preceded by supper at Chuck-A-Rama. The original "*Phantom of the Opera*" will be showing just in time for Halloween! Cost is \$11/per person. Bus departure time is 5pm. **Registration Deadline is October 21.**

WEDNESDAY, NOVEMBER 18 - 20 is the "*Jackpot*" tour with hostess Doreen Barnes of Senior Tours of Utah. Call 801-568-7700 to register.

TUESDAY, NOVEMBER 10 will feature a special *matinee movie* showing of *The Best Exotic Marigold Hotel* @ the Sr. Ctr. during a *Congregate meal (Potato Bar)*. Special snack to be provided after lunch during the movie! This movie stars Judi Dench, Maggie Smith & Tom Wilkinson. When 7 cash-strapped seniors decide to "outsource" their retirement to a resort in far-off India, friendship, romance & a fresh start blossom in the most unexpected ways. We think you'll enjoy it! No additional cost.

WEDNESDAY, DECEMBER 2 is a visit to *City Creek & Temple Square Light tour*. This is a walking tour. Dinner is on your own. Check cost listed on sign up.

WEDNESDAY, DECEMBER 9 is a *Holiday Lights tour @ Hogle Zoo* preceded by dinner @ Chuck-A-Rama at your own cost. This is a walking tour. Check cost @ sign up.

WEDNESDAY, DECEMBER 16 is a *Holiday Lights tour/show @ Spanish Fork*. This is a driving tour. Check cost on sign up sheet.

SATURDAY, DECEMBER 5, "*A Christmas Carol*". We will enjoy our traditional trip to the Orem Hale Center Theatre 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.



MEDICARE

The Mountainland Aging and Family Services Department is hosting the **31st Annual Health & Wellness Extravaganza** on October 8, 2015 from 9-1 at the Provo Rec Center 320 W. 500 N. This **FREE** event is a perfect opportunity for both seniors and caregivers in Utah County to access valuable information, community resources, Medicare advice, and education on aging. Health screenings will be offered that include bone density, flu & pneumonia vaccinations, vision assessments, hearing tests, foot screening, oxygen saturation, and more at **NO COST**. Presentations will be given on Smart Banking for Seniors and Elder Law. Bring a friend and come enjoy a light breakfast/lunch and door prizes. Also, keep your identify safe! Bring your old documents to be shredded. A Shred-It truck, sponsored by SHIP Medicare counseling will be available.

Counseling on a federal program to help low-income Medicare beneficiaries will also be available. You can call Mountainland at 801-229-3819 to see if you might qualify for this program. Open enrollment is October 15th to December 7th. Review the changes to your prescription drug plan or Advantage Plan to see if you need to make a change for 2016.

September Special Events



August 23 the first Fire-side this season. The Van Leuven Family They entertained us with their amazing music.



Joe Young sang us some good old time music and a song of his own while we enjoyed our lunch.



The Senior Companions from Utah and Wasatch County were recognized for their service with a luncheon in their honor.

Yard Sale and Boutique

Our biggest event of the year! The Boutique featured new donated items such as baby quilts, paintings, blankets and other homemade crafts, the yard sale also had some awesome donations. THANK YOU!! To everyone who made donations, supported us by purchasing items and those who so willingly donated their time to making it a success.



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. There is no cost for this service if you qualify.

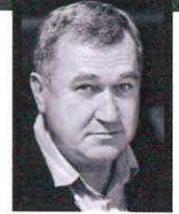
VETERANS: The DAV provides transportation services to the VA Medical Centers and Community Outpatient clinics. Call 800-613-4012 ext. 2003 or 1027.

See the schedule at: http://www.saltlakecity.va.gov/New_Veterans_Transportation_Service_at_VASLCHCS..asp

GRANDFAMILIES

According to the 2010 census, Utah County had 11,118 children living in kinship care situations. There are 1,960 grandparents in Utah County raising their grandchildren. Children in kinship care experience greater safety, support and stability than those in foster care. Kinship families also struggle with difficult issues that are specific to kinship caregiving, such as changes in roles and family dynamics, a tenuous legal standing, and emotions of guilt, shame, anger and betrayal. **GRANDFAMILIES** is looking for referrals for the next class session. The classes will begin on Thursday July 9th and continue every Thursday from 6 to 7:30 pm until September 10th. Please contact Cari Gilbert, CCM, Grandfamilies Program Wasatch Mental Health at 801-373-4765 or email: grandfamiliesuc@wasatch.org or see online information at www.grandfamiliesuc.org.

From the Director's Desk by Ashley Fish



This past month we had a very successful Garage/Yard Sale & Boutique at our Senior Center. Proceeds for this event went to various activities and events - available through and sponsored by the Senior Center - for older adults in our community.

We thank all of those who contributed clean, re-saleable items to be sold and those who purchased. We thank those who provided many hours of service to us in setting up, sorting, pricing, and "manning" the area during the sale. A very special "thank you" to:

Event chairwoman, Rhonda Sweat, County Senior Advisory Board members, Johanna Huijzendveld, Lee Ammons, Sharon Jenkins, Colette Prestwich and Marcia Young, as well as Flo Caldwell, Lisa Djorsing, Vivian Halley, Charles Jenkins, Betty Jones, Monica Kelly, and other committee members.

Many helped. We make special acknowledgment to Betty Brandner, Cora Briggs, Anna Crook, Phyllis Harris, Heidi Jensen, Ellen and Tom Kudla, Joyce Lee, Raneva Lemon, Annie Loertscher and LaRee and Harry Pedro, for their kind time and service.

We express gratitude to those many (unnamed herein) who donated some remarkable "home-made" items sold in the Boutique. (They know who they are.)

We also express our appreciation to those who made (and *might yet* make) cash/check contributions to this fundraising activity. We are so appreciative.

Continuing to make possible our trips, tours, and other events, the funds raised and donated – but not covered by our small annual "membership fee" revenues - will allow us to keep moving forward with all we do to provide for our seniors living in our beautiful Wasatch County communities.

There's an ancient Native American proverb that says, "The greatest strength is gentleness; the next is kindness."

I continue to observe the formidable acts of kindness and (volunteer) service that so many in our valleys, young and old, provide for others; not only here at our Senior Center but throughout our entire county. I am inspired by it.

October Birthdays

	Karen Kinder	1	
	Chuck Dews	2	
	Belva Ford	3	
	Dennis Roberts	5	
	Carolyn Anderton	6	
	Betty MacNaughton	7	
	Elda Ritchie	10	
	Gordon Spencer	11	
	Patsy Holmes Schrader	12	
	Correne Shaw	16	
	Fred Hopkins	19	
	Gary Otteson	20	
	Ginny Otteson	25	
	Karen Mear	26	
	Wandanell Hopkins	27	
	John Bell	27	
	Zelda Isaksen	29	
	Margaret Turnblom	30	
	Linda Hoffman	31	

The Senior Center is looking for a volunteer to deliver 6-10 Meals on Wheels meals on Thursdays. It takes approximately 1/2 and hour. If you have 30 minutes and would like to help please call Marcia or Ashley at 435-654-4920.



Fawn Tadd Williams
Born: November 22, 1918
Died: August 3, 2015
Married: Wilbert Johnson Tadd

Todd Wright
Born: August 23, 1962
Died: August 23, 2015
Married: VaLee Loertscher

RaNae Nellie North
Born: January 20, 1943
Died: August 27, 2015

Stephen Cannon Ward
Born: September 25, 1939
Died: August 11, 2015
Married: Diane Hague

Dorothy L Baker
Born: November 11, 1948
Died: September 12, 2015

Charles Golden Giles
Born: December 9, 1931
Died: September 8, 2015
Married: Lynette Prisbey

Hazel L. Lewis
Born: December 9, 1922
Died: September 10, 2015
Married: Jack L. Lewis



OBITUARIES

CORA'S CORNER

To all our Seniors...just a little info from the kitchen. First and most important I want to thank everyone who helped in anyway with the Charleston Cook-out. A "BIG THANKS" to Chuck Dews for his part in helping to set-up the grills and cooking the burgers.

October is here, spooks and scary things happen this month. We will be having our annual Halloween Dress-Up Party on the 29th. Remember to sign up early for the meal. We will be having a "spooky time".

On Tuesday, the 6th, we will be hosting some Gentlemen from Kamas. They will be playing pool with our guys and having lunch with us. It will be fun.



We are going to serve breakfast for lunch on the 8th. This is a little different for us, but we have had some request for this.

On the 27th, we will be having our lunch, in the afternoon, after a train ride with Summit County Seniors. We will be serving pizza and salad. Please sign up early for this.

WATERMELON...The sweet, tasty summertime fruit...vegetable. 100% of the watermelon is edible. The seeds can be roasted, pressed for their oil or ground into flour and rind can be pickled or candied. Watermelon is a vegetable, related to cumpkins, pumpkins and squash. 92% of a watermelon is water. Early explorers used them as canteens. Largest watermelon on record, grown in Arkadelphia Arkansas, in 2005, weighed 268 lbs. The first watermelon harvest occurred in Egypt 5,000 years ago.

The Center will be closed on Monday the 12th for Columbus Day. Please remember to keep drinking your water. Until next time, take care...Cora Briggs

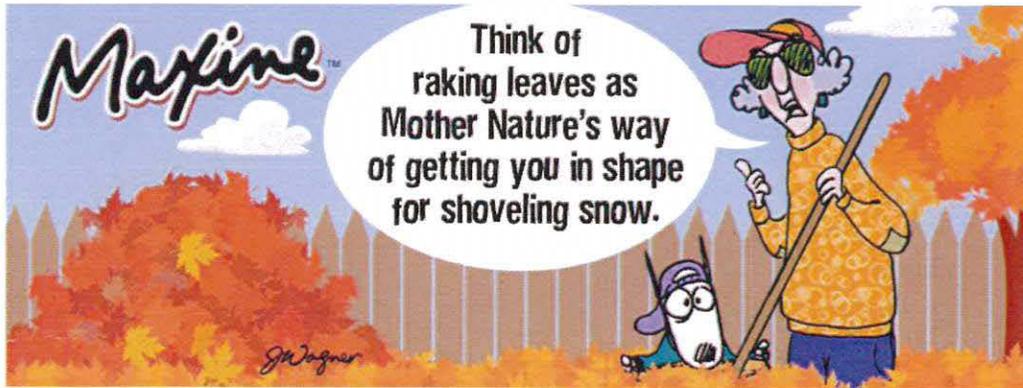


Caring For You....Caring For Others by Linda Morrison 5 Steps to void Medicare Scams

You're sitting at home one afternoon, three weeks prior to the start of Open Enrollment, when you get a call from a friendly Centers for Medicare and Medicaid Services (CMS) employee. The caller tells you that Medicare is issuing new cards, and that you need to provide your Medicare number in order to receive yours. The catch? The caller doesn't work for CMS, and he's actually trying to steal your identity. Elder abuse in the Digital Age is a serious problem—studies have shown that 2 in 10 older adults have been financially exploited. For the next couple of months I have some tips on avoiding common types of Medicare scams. **1. Know the difference between identity theft, Medicare fraud or abuse and improper care.** Identity theft happens frequently under the guise of Medicare, as in the example above. Someone pretending to work for Medicare may contact you and tell you they need your personal information in order to update your forms, but they're actually looking for a way to steal your identity—i.e. your savings. A legitimate Medicare employee would never ask for your personal information over phone or email—they already have it on file. Medicare fraud happens when Medicare is billed for services or supplies you never got. Examples include a healthcare provider billing Medicare for care you didn't receive, or someone using your Medicare card to acquire medical care for themselves—or bill for fake services and then pocket the money. If you suspect that Medicare is being charged for a service you didn't ask for (or you don't recognize the provider on the claim) you can call the federal government's official Medicare hotline at 1-800-MEDICARE. Fraud is different from abuse. Abuse happens when doctors or suppliers don't follow good medical practices, which leads to unnecessary costs to Medicare, improper payment, or services that aren't medically necessary. A complaint about the quality of care you got from a doctor, hospital, or other provider or facility isn't considered fraud or abuse. Your Beneficiary and Family Centered Care Quality Improvement Organization (BFCC-QIO) can help you if you have a complaint about your quality of care. Improper care does not qualify as Medicare fraud, although it is still something to be monitored and reported. Your Beneficiary and Family Centered Care Quality Improvement Organization (BFCC-QIO) can help you if you want to file a complaint about the quality of your medical care. More tips to come as we are getting close to the Open Enrollment window.

Senior Giggles October 2013

HAPPY HALLOWEEN!



Morris, an 82 year old man went to the doctor to get a physical. A few days later the doctor saw Morris walking down the street with a gorgeous young lady on his arm. A couple of days later the doctor spoke to Morris and said: "You're really doing great, aren't you?" Morris replied, "Just doing what you said doc, 'Get a hot Mamma and be cheerful.'" "I didn't say that. I said, 'You've got a heart murmur... be careful.'"

A bent-over old lady hobbled into a doctor's office. Within minutes, she came out again but, miraculously, she was standing up as straight as could be. A man in the waiting room who had been watching her said in amazement, "My goodness, what did the doctor do to you?" The old lady replied, "He gave me a longer cane!"

