# 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

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## SENIOR CITIZENS DEPT.

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

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*October is Breast Cancer Awareness Month*

## 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 October 2016 To Elect Candidates for the Calendar Year 2017** (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., 1YR Past Pres.) Sally Barnes and LaRee Pedro, **One Year Directors** (One Year Directorship. TWO are needed) Roy Daniels, Charles Dews, Lisa Djorsing, Violet Smith. **Elections will be held Thursday October 20, 2016, 8:30 AM through 1:00 PM Thursday, October 27. You can pick up a ballot from Marcia at the front desk.**

## SPOTLIGHT

PENELOPE PETERSON

I have been a resident in Heber City for 21 years now and I love it here more than any place I have lived. I came from California 44 years ago. I came from a family of 8 children. My parents met in England in 1945 during World War II, my Mother came to America in 1947. I was born in California. I was a middle child so I didn't get a lot of attention when there were 7 more of us. I was raised between California and Utah. My Father was a teacher and Mother was a nurse.

I learned to appreciate all the things they gave me and watching how hard my parents worked to give us a good life. I learned about compassionate service from my Mother who was such a good example to me. My Father was a service oriented man too. He was always helping someone out. We learned the value of work and learned to sing from him. We used to sing for our company when they came to visit. I've always had a love for music like my Father.

I learned to play the guitar from a cousin. I learned to play the piano from a friend who gave me a few lessons. I sang in a lot of choirs, the "Choralettes" and

(Continued on page 2)

# SPOTLIGHT CONTINUED

PENELOPE PETERSON

"Swiss Chorus" until my voice changed due to Parkinson's disease.

I lived in Wendover for 16 years after marrying a 38 year old bachelor named Darryl Peterson who was born and raised in Wendover. It really was a test of faith to live there. Through an answer to a prayer the Lord gave us we came to Heber. What a blessing it has been!

We had 7 children and raised some in Wendover and some in Heber. I have 25 grandchildren so far. I love Heber and the great people here. I have learned to tap dance, kayak and play piano. I love to fly kites, work out at the gym, throw parties, sing and dance, dance, dance. I can't keep my feet still when I hear music. I even dance to my water aerobics class. I tried art and learned to paint with acrylics and water colors. I love the mountains and hiking.

My life is good… I was recently diagnosed with liver and lymphoma cancer. It's only been 6 months and I'm almost cancer free. Thanks to all the prayers and faith of people here. I love the Temple and the Lord. I have been so blessed with so much. I am so thankful for my life and all the blessings the Lord has given me. My life is good, even with Parkinson's. After 20 years I still can dance. You gotta keep going to live life. THANK YOU…

*You can learn to do this! Join the Ceramics class on Thursdays at 1:00 p.m.*

*THURSDAYS AT 1:00*

*Win prizes!*

*Have fun! Make friends!*

## WEEK DAYS

**EVERY WEEK DAY: Billiards, Table Games, Computers, Chess , Checkers, Exercise Room, Reading, Puzzles, Socialization.**

**Mondays:**

**7:00 PM: Fireside:** See the line up

**Tuesdays:**

**10:30 a.m.: Chair Exercise Class** - Learn exercises to improve your endurance, strength, balance and flexibility.

**1:00:** Card Games, Ceramics

**Thursdays:**

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

**1:00 pm:** Bingo, and Ceramics, Chess and Handwork lessons.

**No bingo on the 3rd Thursday**

## FIRESIDES

**Oct. 3: Lorraine Branham & Friends**

**Oct. 10: Columbus Day NO FIRESIDE**

**Oct. 17: Martin Chatterley & Friends**

**Oct. 24: Lillian Barrus and Friends– Piano and Violin**

**Oct. 31: Halloween NO FIRESIDE**

## SPECIAL LUNCH PROGRAMS

**Tuesday, October 4: Roxanne Earl from Utah Unclaimed Property Division**

**Thursday, October 6: M & M's Senior Band**

**Tuesday, October 11: Wasatch High School Band**

**Thursday, October 13: Encompass Home Health**

**Tuesday October 25: Bonnie Lewis, Mountainland Association of Governments:** Discussion on Medicare Open Enrollment which began October 15 and runs until December 7.

**Thursday, October 27: Halloween Costume Social**: Costume parade and contest and lots of Halloween fun.

# 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.. Current paid member will receive first consideration if space is limited. If there is a waiting list anyone who has not paid by the registration will be removed from the list and the spot will be opened up to those on the waiting list.**

**Saturday, October 15: 2016 Walk to End Alzheimer's.** Our group is called *"Wasatch Senior Wasps"* You can preregister online at www.alz.org/walk or call Laura Wall at (801)-265-1944 Registration is at 9:00 AM, Ceremony at 10:00 AM. The walk begins at 10:15 AM and is 2 miles long. You don't have to walk, just come and enjoy the fun. The bus will leave the Senior Center at 8:30 a.m.

**Wednesday, October 19: Day trip to This is the Place Monument and Heritage Park.** Bus will leave the Senior Center at 10:00 a.m. There will be a box lunch provided to eat at the park. Cost for admission and transportation is $15. A $3 donation is requested for the box lunch. **Registration deadline is October 13.**

**Saturday, Oct. 22** is the **Orem Hale Theater's** presentation of ***"Catch Me If You Can".*** Dinner on your own after the play at Chuck-A-Rama.

**Future Play Dates @ Orem's Hale Theater include: December 3:** will be ***"A Christmas Carol"***

**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 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.

**For more information on longer Bus Tours, Ship & Cruises, & International Travel check the *"Travel"* Board @ the Senior Center. Here are a few highlights:**

***Knight Tours and Cruises* is offering some new trips, Nov 2-10 2016 a South Africa Safari, December 29, 2016-January 2, 2017 the Rose Parade Tour. January 18-25 to Hawaii.** 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.

***Senior Tours and Travel* is offering : Nov. 15-18 to Jackpot**, $196 per person. **Christmas Special to Wendover on Dec. 9.** Go to **www.seniortoursofutah.com** or call 801-568-7700 for more information. Senior Tours offers a variety of low cost tours for seniors.

## MEDICARE

Medicare Open Enrollment begins October 15th, Seniors will be receiving a lot of mail related to Medicare. Letters promising you information on Medicare updates are usually from insurance agents who request your name and phone number so they can call you to sell a product. Reply only if you want a salesperson to call you. Your Part D plan or your Medicare Advantage Plan should contact you by the end of September to tell you of plan changes for 2017. Review those documents carefully. Always beware of fraud and identity theft schemes. Thieves are looking for an easy target. Don't make it easy to target you. If you have questions about Medicare, or want information regarding a Low Income Subsidy for Part D assistance. Please call Dawn Loper at Mountainland: 801-229-3819.

## From the Director's Desk . . . . . *Ashley Fish*

Upon my appointment to this position almost two years ago, one of the most frequent comments I heard was "we need to have more trips, tours, and activities". This, we have tried to do. Just within the past few days of this writing, we've had groups go to: a) our bi-monthly Hale Center Theater outing, in Orem, b) the Utah State Fair, in Salt Lake City, and, c) our luxury motor coach "turn around" Day Trip to Wendover, NV, --- hosted by our inimitable volunteer, Heidi Jensen.

As outlined in our weekly article, *Up, Up, & Away*, created by our own Marcia Young and published in our local newspaper, *The Wasatch Wave,* one can regularly review all of the many tours, cruises, and various travel opportunities provided to our senior community by such "native sons/daughters" of Heber Valley, as Barry Knight (Midway) and Wende Tolley Knight (Heber), of *Knight Tours and Cruises*. *Senior Tours of Utah*, located in Sandy, Utah, and our local *Wasatch Travel* (Midway) also provide travel opportunities for those who wish to participate with them not to mention the many other travel professionals in and along the Wasatch Front.

Here's just a few places some of our seniors have gone in the recent past: The Calgary Stampede/Canadian Rockies tour, in Canada. The sights and sounds of Branson, Missouri, Pasadena and San Diego, California, Maui, Hawaii, Tuacahn, in St. George, Utah, a trip to several cities in Italy - last Fall, and cruises in Norway and Alaska. This is a partial list.

Upcoming this fall, winter, and Spring 2017, planned tours are to New York City, a riverboat cruise on the Mississippi River, a Safari in Africa, trips to Maui, Hawaii, the Arizona desert, Las Vegas and Laughlin, Nevada, and the Rose Parade, on New Year's Day, in Southern California. And more.

Our regular local Day Trips - along the Wasatch Front and Back - are affordable and fun. Many are free. They are too numerous to mention. A review of monthly Activity Calendars of our Senior Center – over the past 18 months illustrates ALL the many fun and enjoyable things we have done - on a regular basis; not only outside of the Center, but inside, as well

If you're not participating we invite you to do so. Bring along a friend. Make new friends. Watch for the events and activities each month - in this newsletter. There's something for everyone. For details, simply call Marcia, at our friendly reception desk. The phone number is located at the top of the first page of this periodical.

We express our sincere appreciation to those *volunteer* members of our Center's Activities Committee, the *volunteer* drivers of our buses, and other extraordinary *volunteers* who so graciously serve us all.

## The HEAT program may be able to help

We will be at the **Wasatch Senior Center** on **October 13th from 9:00AM until 3:00PM** to help seniors with their applications. Please sign up at the front desk for an appointment.

MOUNTAINLAND ASSOCIATION OF GOVERNMENTS
AGING & FAMILY SERVICES DEPARTMENT

For more information call:
801-229-3855

## BASIC COMPUTER CLASS

A Basic computer classes will begin on Tuesday, October 11 and continue through November 15. The classes will be held every Tuesday from 10:00 a.m. to 12:00 p.m. in the Library computer lab. The class will be taught by Jim Kohler.

## Join us on Tuesday Mornings.

**Everyone can benefit from exercise regardless of age or fitness level. Come join us in learning exercises to improve your endurance, Strength, balance and flexibility. All ability levels are welcome. We meet at 10:30 every Tuesday morning in room 157. Class is taught by Carol Meredith**

## The Boutique

Looking for that special baby gift or handcrafted item? Check out our *Boutique* or ceramics display cabinet at the Senior Center **FIRST**! Baby quilts & wraps, birdhouses, potholders, dish cloths, jar lid grips, scarves, hats, mittens, dolls, ceramic statuary and much more are available. Donations help reimburse expenses & support weekly activities & special events. We have some talented quilters, knitters, crocheters and crafters who donate their time & talents creating special & practical items displayed in the in the lounge area. *Items displayed are changed regularly* as crafters complete their projects, so check it often!

# September Programs

High Valley Arts Singers

*We enjoyed lots of great entertainment in September. Firesides resumed on September 12 with a performance by the High Valley Arts Singers. Country Sunset and The 2016 Swiss Miss Royalty gave us some awesome Fireside performances as well. Our lunch programs brought us some country music by Joseph Young and some great jazz by the Salt Lake Good Time Jazz Band.*

Country Sunset

2016 Swiss Miss Royalty

Salt Lake Good Time Jazz Band

Joseph Young

2016 Swiss Miss Royalty

## October

| | |
|---|---|
| Chuck Dews | 2 |
| Joy Murdock | 2 |
| Belva Ford | 3 |
| Linda Sweat | 3 |
| Lee Murdock | 4 |
| Dottie Boardman | 6 |
| Betty MacNaughtan | 7 |
| Dale Jones | 8 |
| Elda Ritchie | 10 |
| Gordon Spencer | 11 |
| Patsy Schrader | 12 |
| Mike Bringhurst | 16 |
| Correne Shaw | 16 |
| Fred Hopkins | 16 |
| Gary Otteson | 20 |
| Penelope Peterson | 24 |
| Gwen Lund | 25 |
| Ginney Otteson | 25 |
| John Bell | 27 |
| Wandanell Hopkins | 27 |
| Ruth Jarvis | 28 |
| Zelda Isaksen | 29 |
| Margaret Turnblom | 30 |

## October Birthdays

## OBITUARIES

**Donna L. Smith**
**Born: September 6, 1933**
**Died: August 18, 2016**
**Married: Alfred T. Smith**

**Karen Bingham**
**Born: May 9, 1937**
**Died: August 19, 2016**
**Married: (1) Steven F. Winchester**
**(2) Junior R. Bingham**

**Howard E. Wall**
**Born: December 29, 1929**
**Died: August 21, 2016**
**Married: (1) Delores Katherine Blumke**
**(2) Alda Lois Cotton**

**Donna Buhler Thacker**
**Born: January 26, 1932**
**Died: August 22, 2016**
**Married: Wayne B. Thacker**

**Jan Burgener Kohler**
**Born: January 10, 1956**
**Died: August 24, 2016**
**Married: Ronnie Jay Kohler**

**Mabel Elaine Mair Martinez**
**Born: April 11, 1917**
**Died: September 2, 2016**
**Married: Alphonzo Martinez**

**Elva Theola Swain Baum**
**Born: January 10, 1943**
**Died: September 2, 2016**
**Married: Richard Baum**

**Philip Murdock Lawson**
**Born: January 14, 1938**
**Died: September 10, 2016**
**Married: Carol Herron**

**Joy Christensen Arscott**
**Born: December 22, 1947**
**Died: September 15, 2016**

**Marvin Elmer Gardner**
**Born: October 21, 1922**
**Died: September 16, 2016**
**Married: Ellenor Jane Parson**

**Ronald Arlen Cox**
**Born: September 2, 1946**
**Died: September 21, 2016**

## CORA'S CORNER

To all our Seniors...just a little info from the kitchen. October has arrived on a broom. It just swept into our lives swishing and blowing. I hope the snow stays away until Christmas.

October brings us: Adopt a Shelter Dog, Breast Cancer Awareness Month, Clergy Appreciation Month, Domestic Violence Awareness Month, National Diabetes Month and National Vegetarian Month. Weekly celebrations are: Get Organized Week, Customer Service Week, Fire Prevention Week Pet Peeve Week and Pastoral Care Week.

Please join our fun 2 mile walk to raise awareness of Alzheimer's Disease. We will be walking at *The Shops at Riverwoods* in Provo. Registration is at 9 AM and the Walk starts at 10 AM. You can pre-register at www.alz.org/walk or call Laura Wall (801)265-1944 for information. You don't have to walk, but being there helps. Our group is called the Wasatch Senior Wasps. We are partnered with Symbii. We are making black and gold headbands and arm bands for the public to purchase. Please come and support our group...Monica, Jeneal and Cora.

The M&M's Band will be entertaining us on Thursday the 6th. Come and enjoy the good music.

Halloween is being celebrated on the 27th. Dress-up in your favorite costume and join for our annual Halloween Party. Halloween is absolutely the best holiday of the year. It is the favorite for many of us, as there is no stress, no overload and no "Holiday Depression". It's just absolutely fun.

Quote for the day: "Home is where the haunt is".

Please remember to sign-up for lunch a day in advance. We like to have seating for everyone when they arrive and also enough food.

Keep drinking your water, even though it is getting cooler, we still need it.

Until next time, take care...Cora Briggs

gs

## Caring For You.....Caring For Others

### The Best Exercise: Dancing

We have all heard time and time again that you can use exercise to benefit your health in a number of ways: lower your blood pressure, helping your heart to do its daily job more; calm your mind, helping to stave off depression and anxiety and usher in a good night's sleep. There are some other health benefits from exercising that are worth considering -- mainly improved strength, better mobility, and the reduced risk for injury. All this information is good, but you need some exercise that you like to do or it just does not happen. Most of us like music. Music makes us move to the beat. How about using it as your exercise program and sway to the rhythm when you're working out. It can be done standing, sitting in a wheel chair, or riding in a car. Just turn on some music and start grooving out. It can strengthen arms, stomach, even legs if you move them a bit. This year our annual Caregiver Appreciation is about the Dance of Intimacy. We have a guest speaker that will speak with us about the personal changes that develop between the caregiver and the care receiver over time. We will have several different dance groups come and demonstrate their style as well. (one will be a belly dancer!). Please come and join in with us: Thursday November 10th at 5:30 at the Wasatch Senior Center in Heber. Dinner, speaker and entertainment will be provided for without a charge, just to say "thank you" for being a caregiver. Also come, find out more about caring for yourselves while caring for others at our monthly support and educational groups are: Elk Meadows (4200 N 400 W in Oakley) Third Thurs of the month, 6:00 pm with light dinner; the Lunch Bunch, Last Thurs of each month 1:00 pm Denise's Home Plate, Main Street in Coalville or the second Thursday at Wasatch Sr. Center 465 E 1200 S, Heber. Please contact me at 435-783-5708 for any assistance with your care giving role. Linda Morrison

Trick or Treat! It's really neat! The kids are yelling down the street! Hope that you will join them too and get some real good things to eat!

The warmth and closeness that we share brings joy that never ends.