

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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MARCH

2015



SPOTLIGHT



Vivian Lorraine Caldwell Halley

Hello, my name is Vivian Lorraine Caldwell Halley. I was born in my grandmother's home in Murray, Utah. There was a large group of Caldwell's who lived there. My father had six brothers and one sister. They all lived in Murray. My Grandfather, William Caldwell, was the first sheriff of Murray, they called him Wild Bill Caldwell. His brother Ana was the first mortician of this small western town. Together they kept the peace.

We had a large noisy happy family. I was number eight out of twelve. Growing up with six brothers and five sisters on a small farm made me what I am today, whatever that is. I attended Bonnyview Elementary School and Murray High School. We did not have school busses but we did have strong legs and cold knees. We lived about one mile from the Jordan River. We grew up roaming the fields and catching frogs. The games of the day were Run Sheep Run, Anti-I-Over, Kick the Can and many more. We had to complete our chores inside and outside before we had playtime. I learned how to cook and survive almost anything which was a blessing as we served our Missions in Nigeria.

Niles and I met at Murray High School and married when he graduated. I finished my schooling 40 years later. We have been blessed with five beautiful, wonderful children, four daughters and one son. Our first daughter was born on our first wedding anniversary and I never received another anniversary present that could top that. We have twenty two grandchildren, fifty-two great grandchildren and are anxiously awaiting three more little blessings.

As our children grew, we grew also. We had a business called Halley's Inc. He was the boss and traveling salesman. I was his Secretary, wife, children's caretaker, bus driver, house cleaner, nurse and any and everything involving family.

We had a local veterinarian, Dr. Lafe Parrish that I had the opportunity to work for as an operating assistant. I worked there eight years and loved every minute. I do love all animals as humans. Our children grew up riding horses on the beautiful Alpine mountains. We lived forty years of a busy happy life in Alpine.

As years passed we were called on a Mission to Nigeria, West Africa. Growing up I loved all things African. Tarzan was my dream boy and the jungle my dream playground I thought I was going to Heaven. It was not Heaven but now as I recall the three years we served there I feel that it was the first step. Serving two Missions with my dear husband has been the culmination of a life I have loved.

We now live in the beautiful Heber Valley. As we came near to the close of our last Mission we were without a home. We had sold three homes which helped keep us in Nigeria. Another blessing was waiting for us. Our second daughter and her husband had fallen in love with the Heber Valley and were building a new home with a lovely apartment for us. So here we are with the greatest people of the Heber Valley, the beautiful, wonderful Senior Citizens. LOVE YOU.

hello
spring!

MONDAY FIRESIDES : 7:00pm

- **Monday, March 2: George Haltaufderhyde**, will entertain us with some beautiful jazz piano and **Niles and Vivian Halley** will share some of their experiences and photos from West Africa.
- **Monday, March 9: London Halls and Rob Sorenson & Family**, will delight us with their beautiful violin music once again.
- **Monday, March 16: "Harp Irish Dance Company"**. Ring in Saint Patrick's Day with their delightful Irish music and dancing.
- **Monday, March 23: Dan & Jennie Witt and Family**, Spend a musical evening with the Witt family.
- **Monday March 30: Susan Ronson**, Susan will entertain us with a tribute to Patsy Cline.

SPECIAL EVENTS, LUNCHESES & PROGRAMS

"Beginning in April 2015 the format of our programs/ presentations portion of the Tuesday and Thursday "Congregate Meals" luncheons will be changed. Each week one hour will be devoted only to visiting and socialization with your tablemates and friends. Please watch for details."

- **Thursday, March 5: Barry Knight with "Knight Tours & Cruises"**: Barry will tell us about what is available to us and what the approximate costs are.
- **Tuesday, March 10: Vern Gilmore & Kate Nederostek**: Vern will talk to us about his experiences with his Alzheimers and Kate will talk about "Alzheimer's Awareness".
- **Thursday, March 12, at 11:00am: Oral Hygiene Screenings**: Becky Johnson will be here to do basic oral hygiene screenings.
- **Tuesday, March 17: Lunch instead of Breakfast**: We will have fun with a Saint Patrick's Day lunch and party.
- **Thursday, March 19: Linda Morrison & Brandi Muhlestien of MAG**: Linda and Brandi will give us an overview of "What, Why and How" they do.
- **Tuesday, March 24: Rocky Mountain Care Center: Toby Bluth & the Silver Sneakers Program**. They will demonstrate some aspects of the Silver Sneakers Program.
- **Tuesday, March 31: Susan Cummings & Dave Fox of the Abbington**: They will discuss Senior Living and Lifestyles.

2015 MEMBERSHIP DUES

NOTE: Annual membership dues of just \$10 per year can still for be paid for 2015. We encourage all of our current members and everyone who is interested in participating in our Senior Citizen's Center activities or getting a monthly newsletter should pay their dues now.

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
- **Wednesdays: 1:00:** Knitting and Handwork Group
- **Thursdays: 10:00 & 11:00 am :** Piano Classes
1:00 pm: Bingo, Ceramics and Chess. No bingo on the 3rd Thursday.

TOURS AND CULTURAL EVENTS

- **Thursday, March 12th: The Organ Loft: Noah's Ark**
An old-time Silent movie, One of the most spectacular films of all-time. George O'Brien and Dolores Costello head a cast of 1000's that compares the Biblical time of Noah to the wicked ness that led to World War 1. The bus will leave the Senior Center at 6:00 pm and return about 9:30 pm. The cost for ticket and bus is \$11.00 per person.
- **Wednesday March 25th: Wendover:** The cost for the bus will be \$10 and will not include meals or entertainment. Make your reservations early. The bus will leave the Senior Center at 8:00 AM and return around 9:00 PM.
- **Saturday March 28th Hale Center Theater, Orem, "Les Miserables"** we will be going to Chuck A Rama for dinner after the play (not included in the cost for tickets and bus). The cost is \$25 per person. Make your reservations now!

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.

H.E.A.T. PROGRAM

This year's H.E.A.T. program that began on November 1, 2014 and ends on April 30, 2015 If you would like more information or to make an appointment please call Mountainland at 801-229-3855.

AARP TAX PREPARATION

AARP volunteers will be available to help with tax preparation on Wednesday March 4th, **March 18th** and April 1st. If you would like to make an appointment please contact Marcia at the Senior Center at 435-654-4920.



NEW FEE SCHEDULE FOR BUILDING RENTAL

In order to keep up with maintenance and operating costs we have found it necessary to increase the room rental fees for the Senior Citizens Center. The new fees will be as follows:

Open/ Close fee: Weekdays- \$15.00 and weekends \$25.00.
And per hour for rooms- \$25.00.



From the Director's Desk by Ashley Fish

As we age our needs change. Wants seem to be less important. The basic necessities of living now command our attention even more.

Here at our Wasatch County Seniors Center are provided many services. For qualifying friends and neighbors, home-bound or otherwise in need, one meal is provided Monday through Friday – delivered right to one's home via the "meals on wheels" program (Call our general number for specific details.) Available to *all* seniors 60 years of age and older - for a small contribution – are two delicious "congregate" meals - served on Tuesdays and Thursdays at noon – in our beautiful dining room. All seniors are invited. Simply call our office, in advance, to make a reservation.

Comradery and socialization with others is a basic human need; especially as we grow older. Interaction, (visiting and being with others) has been proven to be a major factor in our emotional, mental, and physical well-being. There are a variety of things to do with others here at our Center. Board and table games in the afternoons, billiards, bingo, chess, piano and handwork classes, as well as weekly evening entertainment on Mondays. In years past, "day trips" have been planned and enjoyed; outdoor warm weather barbeques, "special occasion" dinners (held on holidays and the like) are regular occurrences at our Center. Classes, programs, and other services – like free assistance with annual tax preparation – and an afternoon of "sharing"- as a "care giver" are also available. These are well-received by all who wish to participate.

We encourage seniors to take advantage of these many services and activities -- most all of which are accessible at no charge. Inquire about details by calling Marcia, our office manager, during our regular business hours, at the general telephone number listed herein. We are here to serve. We extend our welcome and best wishes to all.

Medicare Open Enrollment is over, but there is a General Enrollment Period that goes from January 1st to March 31st each year. This period is for people who have not signed up for Part A and/or Part B. The coverage will not begin until July 1st, and you may have penalties if you did not have other coverage. Dawn Loper, at Mountainland Association of Governments is a SHIP (Senior Health Insurance Information Program) counselor who is trained to give free counseling on Medicare issues. Her telephone number is [801-229-3819](tel:801-229-3819). Their office also houses the SMP (Senior Medicare Patrol). SMP empowers and assists Medicare beneficiaries and their families to prevent, detect and report health care fraud, errors and abuse. Cora Briggs is the Wasatch County Senior Citizen Center SMP volunteer. Finally, if you have a limited income and are struggling to pay for your prescriptions, please call Dawn to see if you qualify for Extra Help.



**March
HAPPY BIRTHDAYS**

- Wayne Hicken 2
- Myrna Kowallis 2
- Kyle Probst 2
- Liesa Cox 8
- Jane Meeks 8
- Joan Duke 12
- Carolyn Ritchie 14
- Kathryn Tingey 16
- Dwayne Meeks 18
- Bob Azlin 19
- Perry Rose 21
- Lorin Bethers 23
- Shirley Lee 25

OBITUARIES

CORRECTIONS:

William Neil Muir
Born: August 5, 1934
Died: January 8, 2015
Married: (1)Jeneil Blonquist
(2) June Lloyd

Joseph Franklin Nelson
Born: June 23, 1947
Died: January 18, 2015
Married: Judy Yates

Carol L. Ivie Rice
Born: December 25, 1929
Died: January 25, 2015
Married: James M. Rice

Max George Johnson
Born: October 24, 1927
Died: January 27, 2015
Married: Lila Mae Ross

Royal Val Ellis
Born: November 2, 1932
Died: February 3, 2015
Married: La Vern Casper

Elva Jacklin Hamblin
Born: February 10, 1932
Died: February 2, 2015
Married: Robert Hamblin

Connie Christensen
Born: August 8, 1958
Died: February 3, 2015
Married: Jody Senninger

Benny J Gardner
Born: April 7, 1939
Died: February 11, 2015
Married: Judy Fae Clark

Dean Jensen Johnson
Born: January 21, 1924
Died: February 23, 2015
Married: ReNee Fitzgerald

CORA'S CORNER

To all our Seniors...just a little info from the kitchen. March is coming in more like winter than not. We've had a great winter. Some snow in the mountains and very little snow here in our valley. Spring will be here very soon...March 20th.

March is Irish American Month, Music in our Schools Month, National Craft Month, National Frozen Month, National Nutrition Month, National Peanut Butter Month, National Women's History Month, Red Cross Month and Social Workers Month.

March 17th is Saint Patrick's Day. Saint Patrick's Day is held in honor of Saint Patrick, the missionary who brought Christianity to the Irish people in the 400's AD. It is truly a day of celebrating Irish history, ancestry, traditions and customs. We will be having our celebration on Tuesday, March 17th. Please remember to call at least one day before the meals. We are getting too many calls the day of the meal and we need to know in advance. Thank you.

We would like to "Thank" the LeBlancs' for cooking such a good meal last month. It's always fun to try something different.

Again, Thank You.

Please remember to keep drinking your water.

Until next time, take care...Cora Briggs

Caring for You.....Caring for Others

3 Ways to Fight the Rhinovirus

A research team from Yale University recently learned that the common cold virus replicates more quickly in cooler temperatures than warmer ones. For example, they learned that it's easier for a cold to replicate and grow in your nasal cavities, where it is cooler than your lungs. Part of the reason why might have to do with how your immune system reacts. The team learned that your immune system response weakens in colder temperatures, while in some cases, minor genetic deficiencies hampered immune system sensors that detect and kill viruses. This could be part of the reason why some people are so susceptible to colds, while others rarely get them. If you're currently battling a cold or soon find yourself with one this season, there are natural ways to limit its impact: **Keep warm and hydrated:** Based on the results of this study, warming up with a blanket and a hot cup of tea are definitely worthwhile. Do your best to keep your body temperature up and keep hydrated with fluids like green tea to open up airways and limit mucus. **Get lots of sleep:** Getting rest is also important, so if you have sick days at work, it's worthwhile to take them. Getting a day or two of solid rest can help you kick a cold quickly, so it's not lingering around for a week or two. **Gargle with warm salt-water:** Gargling water can help soothe the scratchy feeling in your throat. Dissolve a teaspoon of salt in warm water and gargle up to four times daily for sore throat relief. The common cold is almost unavoidable, but it doesn't have to be a big distraction. Stay warm, get your rest, and give yourself the best opportunity to recover as quickly as possible. 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

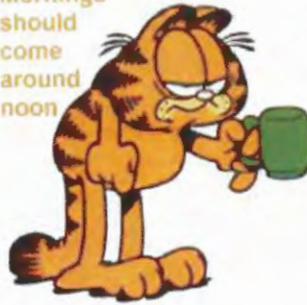
HAPPY ST. PATRICK'S DAY



Senior Giggles March 2015



Mornings should come around noon



MAY THE WIND AT YOUR BACK NOT BE THE RESULT OF THE CORN BEEF AND CABBAGE YOU HAD FOR LUNCH



HAPPY ST. PATRICK'S DAY!

I taught Sunday school for many years, and found each week to be a challenge. One day was particularly so. A boy was acting up, being very disturbing to both me and his classmates.

Finally I walked over to him, put my arm around his shoulder and whispered in his ear. He recoiled, looked at me fearfully, then sat up straight. He was a model student for the rest of the day.

What had I whispered to him? "If you don't be quiet, I'll kiss you."



Monday	Tuesday	Wednesday	Thursday	Friday
March 2015 Calendar - Wasatch County Seniors				
<p>2</p> <p>Billiards, Exercise Room, Reading, Computers, Socialization, Puzzles, Chess & Checkers</p> <p><u>7:00 p.m. Fireside:</u> <u>George H. - Jazz Music & The Halleys in West Africa</u></p>	<p>3</p> <p><u>12:00: Lunch – Visiting with your friends and neighbors</u></p> <p><u>12:30 pm –Table/Card Games</u></p>	<p>4</p> <p><u>Tax Prep. (All Day)</u></p> <p><u>1pm</u> Knitting, Handcrafts</p>	<p>5</p> <p><u>10 & 11 am. 2 “Piano Classes for Seniors”</u></p> <p><u>12:00 Noon -Lunch & Trips/Tours Presentation: Barry Knight of “Knight Tours & Cruises”</u></p> <p><u>1:00 p:</u> Bingo, Ceramics, Chess</p>	<p>6</p> <p><u>7-9pm – “Square Dancing Classes for Seniors”</u> Contact David Hendricksen 435-671-1576</p>
<p>9</p> <p>Billiards, Exercise Room, Reading, Computers, Socialization, Puzzles, Chess & Checkers</p> <p><u>7:00 p.m. Fireside:</u> <u>Violinists – London Halls & The Rob Sorenson Family – Evening of Music</u></p>	<p>10</p> <p><u>12:00: Lunch & Presentation – Vern Gilmore & Kate Nederostek “Alzheimer’s” Awareness</u></p> <p><u>12:30 pm –Table/Card Games</u></p>	<p>11</p> <p>Billiards, Exercise Room, Reading, Computers, Socialization, Puzzles, Chess & Checkers</p> <p><u>1pm</u> Knitting, and Handcrafts</p>	<p>12</p> <p><u>10 & 11 am. 2 “Piano Classes for Seniors”</u></p> <p><u>11am. Oral Hygiene “Screening” (Becky Johnson)</u></p> <p><u>12:00 Noon –Lunch (Visiting with Friends)</u></p> <p><u>1:00 p:</u> Bingo, Ceramics, Chess</p> <p><u>4:00 pm; “Caregivers’ Night Out” – (in The Lounge)</u></p> <p><u>6:00 “The Organ Loft “Noah’s Ark” a silent movie</u></p>	<p>13</p> <p>Billiards, Exercise Room, Reading, Computers, Socialization, Puzzles, Chess & Checkers</p>
<p>16</p> <p>Billiards, Exercise Room, Reading, Computers, Socialization, Puzzles, Chess & Checkers</p> <p><u>1:00 p.m. – Senior Citizen’s Corporate Board Meeting</u></p> <p><u>7:00 p.m. Fireside:</u> <u>“Harp Irish Dance Company” – (from Utah Valley)</u></p>	 <p>17</p> <p><u>(NO BREAKFAST)</u></p> <p><u>11am: “Fall & Balance” Class</u></p> <p><u>12 Noon: Saint Patrick’s Lunch and Social</u></p> <p><u>12:30 pm. Table/Card Games</u></p>	<p>18</p> <p><u>Tax Prep. (All Day)</u></p> <p><u>1pm</u> Knitting, Handcrafts</p>	<p>19</p> <p><u>10 & 11 am. 2 “Piano Classes for Seniors”</u></p> <p><u>12:00 Noon – Lunch & Program– (What, Why, & How): Linda Morrison & Brandi Muhlstein of M.A.G.</u></p> <p><u>1:00 p:</u> Bingo, Ceramics, Chess</p> <p><u>1:30 pm.: Wasatch County Senior Citizen’s Advisory Board meeting</u></p>	<p>20</p> <p>Billiards, Exercise Room, Reading, Computers, Socialization, Puzzles, Chess & Checkers</p> 
<p>23</p> <p>Billiards, Exercise Room, Reading, Computers, Socialization, Puzzles, Chess & Checkers</p> <p><u>7:00 p.m. Fireside:</u> <u>Musical Evening w/ Dan & Jennie Witt family</u></p>	<p>24</p> <p><u>12:00 Noon –Lunch – Program by: Rocky Mountain Care Center – Michelle & Tera</u></p> <p><u>12:30 pm –Table/Card Games</u></p>	<p>25</p> <p><u>8am:Wendover Day Trip</u></p> <p>Billiards, Exercise Room, Reading, Computers, Socialization, Puzzles, Chess & Checkers</p> <p><u>1pm:</u> Knitting, Handcrafts</p>	<p>26</p> <p><u>10 & 11 am. 2 “Piano Classes for Seniors”.</u></p> <p><u>12:00 Noon – Lunch & Discussion of future trips, tours & activities</u></p>	<p>27</p> <p><u>Remember: Hale Ctr. Thtr “Les Miserables” tomorrow Meet @ Sr. Center @ 2pm</u></p> <p><u>7-9pm – “Square Dancing Classes for Seniors”</u> Contact David Hendricksen 435-671-1576</p>
<p>30</p> <p>Billiards, Exercise Room, Reading, Computers, Socialization, Puzzles, Chess & Checkers</p> <p><u>7:00 p.m. Fireside: Susan Ronson: A tribute to Patsy Cline</u></p>	<p>31</p> <p><u>11am: “Fall and Balance” Class</u></p> <p><u>12:00 Noon –Lunch – Program by: The Abbington – Susan Cummings & Dave Fox</u></p> <p><u>12:30 pm –Table/Card Games</u></p>			

Monday	Tuesday	Wednesday	Thursday	Friday
March 2015 – CONGREGATE & MEALS & MEALS ON WHEELS (NOTE: "CONGREGATE MEALS" EMPHASIS WILL BE ON TUESDAYS & THURSDAYS) WASATCH COUNTY SENIOR CENTER PHONE: 435-654-4920				
2 CHICKEN CORDON BLEU Potatoes & Gravy, Peas, Peaches, Roll & Margarine, 1% Milk	3 (1) <u>Congregate Meal:</u> SOUP-N-SANDWICH (2) <u>Meals on Wheels:</u> MEAT LOAF, Potatoes & Gravy, Mixed Vegetables, Tropical Fruit, Roll & Margarine, 1% Milk	4 CHICKEN & BROCCOLI ALFREDO, Carrots, Pears, Roll & Margarine, 1% Milk	5 (1) <u>Congregate Meal:</u> CHICKEN CUTLET (2) <u>Meals on Wheels:</u> CRUNCH TOP HAM & POTATO CASSEROLE, Mixed Vegetables, Banana, Roll & Marg., 1% Milk	6 TURKEY W/DRESSING Potatoes & Gravy, Peas & Carrots, Fruit Cocktail, Roll & Margarine, 1% Milk
9 STUFFED GREEN PEPPER, Red Potatoes, Green Beans, Peaches, Tapioca Pudding, Roll & Margarine, 1% Milk	10 (1) <u>Congregate Meal:</u> MACARONI & BEEF (2) <u>Meals on Wheels:</u> , FISH DINNER, Au Gratin Potatoes, Peas, Tropical Fruit, Cookie, Roll & Margarine, 1% Milk	11 BEEF STROGANOFF over NOODLES, Carrots, Pears, Roll & Margarine, 1% Milk	12 (1) <u>Congregate Meal:</u> POTATO BAR (2) <u>Meals on Wheels:</u> CHICKEN STRIP, Potatoes & Gravy, Mixed Vegetables, Orange Wedge, Cookie, Roll & Marg., 1% Milk	13 CHICKEN FRIED STEAK, Potatoes & Gravy, Corn, Fruit Cocktail, Roll & Margarine 1% Milk
16 HICKORY CHICKEN, Red Potatoes, Carrots, Tropical Fruit, Roll & Margarine, 1% Milk 	17 (1) <u>Congregate Meal:</u> CORN BEEF & CABAGE (2) <u>Meals on Wheels:</u> , HAM DINNER, POTATOES & Gravy, Green Beans, Jello, Fruit Cocktail, Roll & Margarine, 1% Milk	18 SPAGHETTI w MEAT SAUCE, Corn, Pears, Cottage Cheese, Garlic Toast, 1% Milk	19 (1) <u>Congregate Meal:</u> FISH DINNER (2) <u>Meals on Wheels:</u> CHICKEN CUTLET, Potatoes & Gravy, Peas, Peaches, Roll & Margarine, 1% Milk	20 CHEF SALAD w RANCH , Orange Wedge, Crackers, 1% Milk
23 SALISBURY STEAK, Potatoes & Gravy, Carrots, Apple Slices, Roll & Margarine, 1% Milk	24 (1) <u>Congregate:</u> CHEESE ENCHILADA (2) <u>Meals on Wheels:</u> , LASAGNA, Corn, Cottage Cheese, Pears, Garlic Toast, 1% Milk	25 BEEF & RICE MEDLEY, Corn, Tropical Fruit, Roll & Margarine, 1% Milk	26 (1) <u>Congregate Meal:</u> MANDARIN ORANGE CHICKEN (2) <u>Meals on Wheels:</u> CHICKEN PARMESAN, Red Potatoes, Green Beans, Peaches, Roll & Margarine, 1% Milk	27 PORK CHOP, Potatoes & Gravy, Mixed Vegetables, Applesauce, Roll & Margarine, 1% Milk
30 BBQ RIBLET, Mac & Cheese, Baked Beans, Applesauce, Cookie, Roll & Margarine, 1% Milk	31 (1) <u>Congregate:</u> GRILLED HAM & CHEESE (2) <u>Meals on Wheels:</u> , MACARONI & BEEF, Corn, Pears, Roll & Margarine, 1% Milk	NOTE: <i>Meals are funded by: State of Utah Dept. of Human Services, Mountainland Association of Governments, and Wasatch County, along with Seniors' Donations.</i>	NOTE: <i>Eating here at the Senior Citizens is a lot of fun! The visiting and sociality is great and is one of our main purposes. The food is delicious also! COME AND JOIN in WITH US.</i>	FYI – RE: <i>Congregate Meals: Even though we are currently focusing mainly on Tuesdays & Thursdays, Cong. Meals are also available here on Mondays, Wednesdays and Fridays. Call in advance to reserve.</i>