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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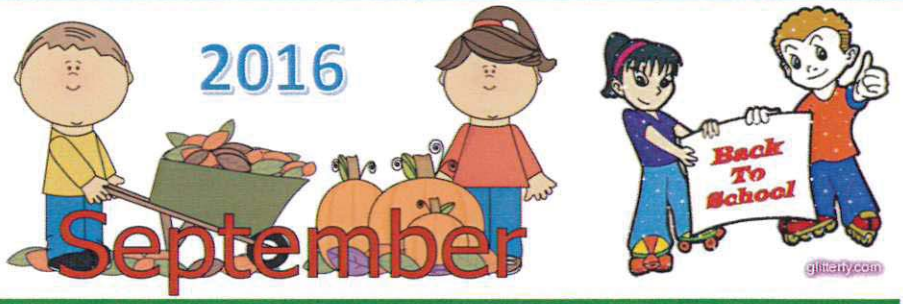


SPOTLIGHT

FRED HOPKINS

I was born in a gable house in Beaver, Utah as my Mother and Father were herding sheep in the area. I went to Elementary School in Caliente, Nevada and went to High School at Moapa Valley High in Overton, Nevada. I then joined the military and got to see a lot of different places.

After the military I moved to California and started working at a radio station. I then moved to St. George, Utah and I got into doing Security for 30 some years. One of my experiences was working Security at the St. George LDS Temple and while there I had the opportunity to work security at General Conference in Salt Lake which I really enjoyed. I was also a volunteer in the Search & Rescue, and a Court Bailiff with the Sheriff's Department and other positions. I have had a very interesting life.

When I met my beautiful loving wife Mel in Leeds, Utah, I was driving school bus and after we got married we spent our honeymoon on the school bus driving from Atlanta, Georgia to St. George, Utah. We saw a lot of interesting places. We have been married for thirty years.

I gave up security and my other jobs and moved to a place called Heber City, which I had never heard of, only Park City. We moved up here from the heat to the cold weather about three years ago. We really enjoy living here and meeting new people.

In my spare time I like to listen to different kinds of music and play on the computer.

BASIC COMPUTER CLASS

A Basic computer classes will begin on Tuesday, October 11. The classes will be held every Tuesday from 10:00 a.m. to 12:00 p.m.in the Library computer lab and will continue for 6 weeks. The class will be taught by Jim Kohler

WEEK DAYS

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

Mondays:

7:00 PM: Fireside: Begin on September 12. 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

Sept. 12: High Valley Arts Singers
Sept 19: Country Sunset
Sept 26: Swiss Miss Royalty
Oct. 3: Lorraine Branham & Friends

FREE! Piano Lessons

Every Thursday 10:00 a.m. and 11:00 a.m. Taught by Christie Ackerson. Call Christie at 801– 864-6403 for more information.

SPECIAL LUNCH PROGRAMS

Thursday, September 1: Joe Young. Guitar and some old time Country music.

Tuesday, September 6: A tribute to the 2016 Fair Days Grand Marshals. Fay and Merilyn McGuire.

Thursday, September 8: Rocky Mountain Care (Mountain View). Tera Nye will be here with an uplifting presentation.

Tuesday, September 13: Introduction for the new and upcoming Alzheimer's Education Series from Kathy Rydman.

Thursday, September 15: Salt Lake Goodtime Jazz Band. With Dick Skillicorn. Come have lunch and dance to some good old time jazz.

Tuesday September 27: A report from "The Abbington"

Thursday, September 29: Marvin and Kaye Rust. An overview of their recent trip to Norway.

August Activities

Wow, August just flew by but it was full of summer fun here at the Senior Center. We enjoyed all of the activities at Fair Days, took a trip to the BYU Museum of Art, (they were celebrating the 100th Anniversary of our National Parks). We also spent an evening watching the Salt Lake Bees play. We went to Charleston for our annual "Hamburger Cook-Out", had some great burgers with baked beans, potato salad and some awesome Country Music by "Country Sunset". We also had some great lunch-time programs. "Cousin Cadence" from Heart and Soul amazed us, they were unbelievable and so young. We enjoyed some beautiful vocal and piano music by Lorraine Branham and learned about the vaccines that will soon be available for this year's flu season.

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 September 10: Hale Center Theater, *"See How They Run"*, The cost is $25. The bus will leave the center at 2:00 p.m.
Monday, September 12 is a Day Trip to the **Utah State Fair.** Luckily, that's ***"Ice cream Day"*** at the fair so be prepared. Cost is $12 per person for admission and transportation. The bus will leave the Center at 9:30 a.m.
Wednesday, September 14 is our trip to **Wendover.** The cost is $25 per person and includes, bingo on the way out, free buffet, discount coupons and $7.50 in play money. There was still room available at press time, come in and sign up to go NOW!
Wednesday, September 21 is a trip to the **LDS Church History Museum.** There are 2 main exhibits entitled **"The Heavens are Opened"** with many church treasures & relics on display & includes a short movie; **"Tell Me the Stories of Jesus**" which tells the stories of Christ through paintings, sculptures & misc. works of art. Tour at your own pace. The "group viewing" of the movie requires a ticket. *Lunch on your own will be at Chick-fil-A at City Creek.* A coupon for free drink, French fries, & a small dessert with order of a sandwich or salad. (A "Swag Bag" surprise included). **The cost is $5.**
Wednesday, October 5 we will feature a color tour bus trip to **Guardsman Pass. BYOS!** (Bring Your Own Snack) We'll make a special stop at "Heber Valley Artisan Cheese" store in Midway on our way.
Future Play Dates @ Orem's Hale Theater include:
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.
December 3: will be ***"A Christmas Carol"*** Dinner on your own after the play at Chuck-A-Rama.

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.

The trip to Antelope Island has been cancelled due to an extensive fire there this summer. *We will to reschedule this event in the Spring or Fall of 2017.*
OCTOBER will also feature another trip to **This Is The Place Heretage Park.** *Folks who went on the June excursion requested an additional trip due to the fun experienced by everyone!*
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. 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 : October 17-21 :Laughlin/Las Vegas, October 25-28: Marvelous Moab. Nov. 15-17, Jackpot/Wells/Wendover and Dec1—6, Branson at Christmas. Call Doreen at 801-568-7700. Visit the website at **www.seniortoursofutah.com** for more information. Senior Tours offers a variety of low cost tours for seniors.
Wasatch Travel is now taking reservations for: Oct 23 is a 7 day New England and Canada Cruise on Royal Caribbean. . Call Wasatch Travel for more information at 435-709-8656

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

One of our most significant tasks here at our Senior Center is to daily plan, prepare, deliver, and serve delicious meals. This service is not just for those who are in need, but to ALL seniors, (county-wide) - sixty years of age and older - who wish to participate and enjoy.

Monday thru Friday there are currently 60+ individuals, with a minimum age of sixty, residing in our county, who have these high-quality meals delivered to their home. The meals are prepared daily right here in our own kitchen. The menus and preparation of these foods are coordinated and provided by Cora and Brent Briggs with assistance from Monica Kelly and Jeneal Wingelaar. Meals are carried in our county-provided truck (with specially-equipped compartments- to keep *hot* food "hot" & *cold* food refrigerated); driven by our friendly customer specialist, Ellen Kudla. (We also have five to ten regular "volunteers" who graciously assist in the daily delivery of these meals.) Marcia Young coordinates the daily counts, accounting of payments/contributions, and the handling of the recipient requests.

In addition to these 300+ "meals-on-wheels", twice weekly (on Tuesdays and Thursdays at 12 noon) *another* 120-160 meals are prepared and served right here in our spacious Dining Room. (On a typical day we serve about 65 individuals on each of these two weekdays. Occasionally the number is 80-90.

Because we do not operate as a restaurant here, there is not an individual "take out" option.

Although we receive some "government" subsidies to help pay for these meals, coupled with donations from those individuals participating, those subsidies are never sufficient. Therefore, we ask that recipients contribute more, if possible, to the cost of each meal consumed. The suggested guidelines are: If a senior has an individual annual income of $21,256.00 the encouraged contribution **is $6.00** per person. For a "family" of two (2) -with a combined annual income of $28,693.00 - the encouraged contribution amount **is $6.00** per person. For ONLY those with annual income lower that these amounts, the encouraged contribution is $3.00 per person.

There have been, are, and will yet be generous individuals who, on occasion, contribute one-time large sums of cash to this great cause. We are so grateful to them! We trust that others will do the same. NOTE: Again, we never receive sufficient funds to fully cover the expense of this meal program.

We express thanks to the many individuals who make all of this possible - for so many.

alzheimer's association

Educational Series
Hosted by: Wasatch County Senior Center
465 E. 1200 S.
Heber City, Utah

WASATCH COUNTY

Presented by the Alzheimer's Association

10:00am to 11:30am

Dates and Topics

Sept. 13, 2016	*Introduction to the Educational Series*
Oct. 11, 2016	*Know the 10 Signs-Early Detection Matters*
Nov. 8, 2016	*The Basics-Memory Loss, Dementia, and Alzheimer's*
Dec. 13, 2016	*Dementia Conversations-Driving, Doctor Visits, Legal & Financial Planning*
Jan. 10, 2017	*Legal and Financial Planning for Alzheimer's Disease*
Feb. 14, 2017	*Effective Communication Strategies*
Mar. 14, 2017	*Healthy Habits for a Healthier You-Tips from the Latest Research*

Please register for each of the above workshops by calling 1-800-272-3900.

Alzheimer's Association, Utah Chapter | 855 East 4800 South, Suite 100 | SLC, UT 84107 | www.alz.org/utah

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!

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

September Birthdays

Bill Sandoval	1
Polly Jeffs	3
Roy Daniels	5
Doug Hible	5
Johanna Wingelar	5
Colette Prestwich	6
Earl Dayton	7
Jan Taylor	7
Thomas Horrocks	8
Vernon Murdock	9
Grace Broadhead	10
Patricia Lesmes	10
Karen Crawford	11
Karen Moulton	11
Arlene Ryan	11
Bill Berg	14
Kaye Dawn Epps	14
Olga Hibl	14
Dorene May	14
DeLila Jackson	15
Paul Mitchell	17
Don White	19
Susanne Goodfellow	20
Cheryl Jones	20
Carroll Lee Hicken	21
Marvin Rust	21
Dan Applegate	22
Marilyn Fowler	22
Kathy Mickler	22
Glade Symes	23
Myrna Vernon	24
Joyce Anderson	25
Angelika Johnson	27
Sondra Green	28
Lloyd McGuire	29
Gene Cox	30
Janis Dunn	30

MEDICARE

Medicare Open Enrollment begins October 15th and 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.

586 E. 800 N.,
Orem, UT 84097
801-229-3819

OBITUARIES

Margaret Lucille Kohler Hyde
Born: September 24, 1939
Died: July 14, 2016
Married: William Thomas Hyde

Kenneth Scott Neagle
Born: May 30, 1958
Died: July 29, 2016

Steven Gail Swena
Born: March 6, 1950
Died: August 1, 2016
Married: Joyce Lee

Jarold Webster Jones
Born: July 6, 1937
Died: August 1, 2016
Married: Nancy Sanders

Joan Davis DeFriez
Born: January 31, 1944
Died: August 6, 2016
Married: Stanley DeFriez

Jane Gappmayer Gardner
Born: February 23, 1941
Died: August 8, 2016
Married: Wayne A. Gardner

Edythe Lenora Rasband
Born: May 8, 1925
Died: Aug 8, 2016
Married: (1) Ray LeRoy Pedersen
(2) Bert Rasband

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

Peter McNiven Fillerup
Born: September 4, 1953
Died: August 18, 2016
Married: Lisa Otteson

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

CORA'S CORNER

To all our Seniors...just a little info from the kitchen. It's sweater time, September has arrived. It's a little cooler, but still very nice days.

I want to "THANK" everyone who helped in any way with the Charleston Hamburger Cook-Out. It was a great success, with good people, good food and good entertainment.

September brings us: Classical Music Month, Hispanic Heritage Month, International Square Dancing Month, National Courtesy Month, National Piano Month, Chicken Month and Better Breakfast Month.

Labor Day, the first Monday in September, is dedicated in honor of the worker. This holiday is dedicated to you in respect and appreciation for the work you do in our outside of the home, union or non-union, big company, small companies, or government. As long as you work somewhere at something, this holiday is for you. The Center will be closed on this day... September 5th.

Our Firesides start on Monday the 12th. Come and enjoy the great entertainment.

Looking for a gift? We have an assortment of great gift ideas to choose from at our Boutique or Ceramic display cases. They are handcrafted and made with love. All donations are given to the Senior Center.

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

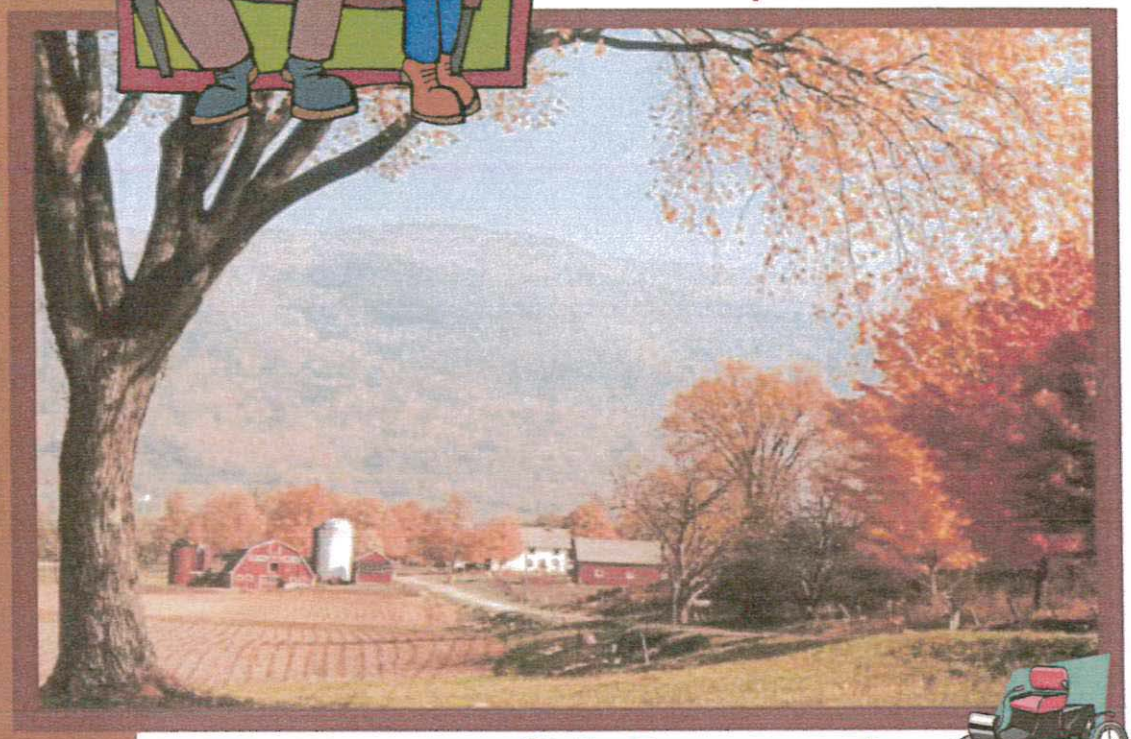
Caring For You.....Caring For Others

Alzheimers' disease: Principles for a Dignified Diagnosis.

What is Alzheimer's disease? A progressive disease of the brain that causes memory loss and problems with thinking and behavior. Affecting 5.3 million Americans, it is the seventh-leading cause of death in the United States. In 2008, patients in the early stage of the disease developed these "Principles for a Dignified Diagnosis. "Talk to me directly, (the person with dementia). Tell the truth. Test early. Take my concerns seriously, regardless of my age. Deliver the news in plain but sensitive language. Give me tools for living with this disease. Recognize that I am an individual and the way I experience this disease is unique. Alzheimer's is a journey, not a destination. Treatment doesn't end with the writing of a prescription. (Source: Alzheimer's Association). As we deal with our clients, friends, family members, we as a Caregiver Coalition Board have been concerned about the reality of how intimate relationships also change with the disease, or any debilitating disease. At our upcoming Caregiver Appreciation Dinner on November 10, we are focusing on the "Intimate Dance" through which the caregiver and care receiver both go through with the journey. Our guest speakers will by a couple that the wife has Alzheimer's and her husband is the Caregiver. We will also have some different dance groups to entertainment us from Belly Dancers to Ballroom Dancers. Should be a fun evening. Arrangements can be made for those care givers who need respite services for their care receivers. More information to follow in next newsletter, In the mean time come join our caregiver meetings: 1.)Wasatch Sr. Center (465 E 1200 S Heber) Second Thurs of each month, 4:00 pm; 2.) Elk Meadows in Oakley, Third Thurs of each month, 6:00 pm, RSVP for dinner 435-783-5575, 3.) Lunch Bunch, Last Thurs of each month 1:00 pm Denise's Home Plate, Main Street in Coalville. Linda Morrison 435-783-5708.

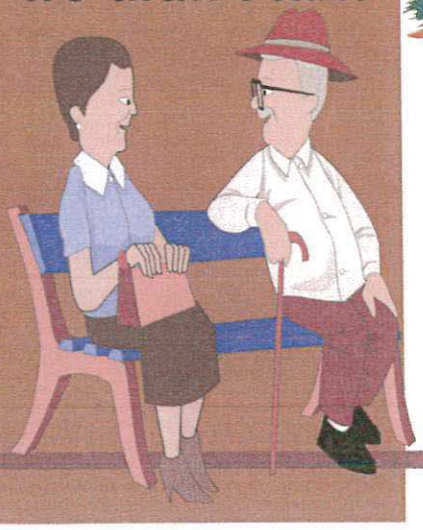
We're at the Age
When all our Secrets are safe with friends
Because they can't remember them either

Just Once
I would like to read
a Medication label
that says:
'WARNING'
"May cause permanent
Weight Loss,
Remove Wrinkles
And
Increase Energy."



Old roads,

Old dogs,
Old folks

and Old ways
still have a lot to offer
in this sped-up world
we all live in.

In the end,
we only regret
the chances
we didn't take