

# Wasatch County Senior Newsletter

465 E 1200 S Heber City, Utah—Open M-F 8:30 am—4:00 pm—Phone: (435)654-4920

## SENIOR CITIZENS DEPT.

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

# APRIL 2018

## SENIOR CENTER CORPORATE BOARD 2018

- President: LaRee Pedro
  - Vice- Pres./ President/Elect:  
Dennis Allen
  - Past Pres.: Rhonda Sweat
  - Sec./Treas.: Marvin Rust
  - Historian: Carroll Lee Hicken
- DIRECTORS: John Besendorfer,  
Maxine Carlile, Betty Jones, Perry  
Rose, Wayne White

## COUNTY ADVISORY BOARD 2018

- Chair: Steve Farrell
  - Vice-Chair: Jim Kohler
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Johanna Huijzendveld, Jim Kohler,  
Raneva Lemon, Bonnie Mathews,  
Rick Tatton Marcia Young  
1st Alternate: Sidney Ellingford  
2<sup>nd</sup> Alternate: Linda Middleton

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## SPOTLIGHT

Perry & Carolyn Rose

Hi we are Perry and Carolyn Rose,

Perry was born in Salt Lake City but, was raised here in Heber. I was born and raised in Panguitch Utah.

After high school Perry moved to Panguitch to go to work on the oil rigs and I had moved back home from Provo. We met there in Panguitch and after just 5 short months we were married. We first lived here in Heber then moved to Panguitch where our first child was born. We then moved back to Heber where we have raised our children, 4 in all; 2 boys and 2 girls.

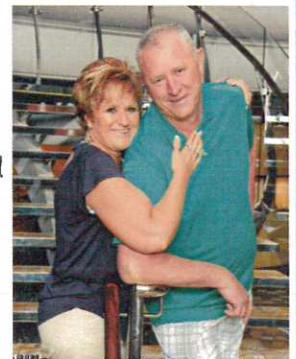
Perry went from being on the oil rigs to construction and then to the Heber City Police Department. He spent his whole career as a police officer with Heber City.

I went to Bon Losee Academy of Hair Artistry in 1992 and started doing hair and nails the next year.

Perry and I raised our 4 children here in Heber, They are all married now and we have 9 beautiful grand kids which we get to tend and be a part of their lives.

After Perry retired from the police department he went to work for checker auto for awhile but he really wanted to start his own business so that is what we did. He and Bill Sandoval started up Pride Security and did it ever take off, and after 10 years Perry decided it was time to sell the business so now we are on to the next adventure in our lives.

Perry and I don't really know what is in store for us now that we don't have the business anymore, the only thing we know for sure is that we will be doing it.



# APRIL FOOLS' DAY APRIL 1

## WEEK DAYS

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

### Mondays:

**7:00 p.m.: Firesides:**

### Tuesdays:

**10:30 a.m.:** Chair Exercise Class

**1:00:** Table Games and Ceramics

### Thursdays:

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

**1:00 p.m:** Bingo, Ceramics and Chess

### Fridays:

**9:00 a.m:** **April 13, 20, 27 and May 4.** Water Exercise "Aqua Fit" at the Wasatch Aquatic Center. Free if you sign up at the Senior Center. (Bring your swim suit)



## SPECIAL LUNCH PROGRAMS

**Tuesday, April 3:** Jared Rigby—WC Sheriff's Office

**Thursday, April 5:** Tanta Lisa Clayton of Utah Legal Assistance

**Tuesday, April 10:** "Holly & Betty's Travel"

**Thursday, April 12:** Tom Melville, Campus Administrator at UVU—Wasatch

**Thursday, April 19:** U.S. Senator Mike Lee (Staff Person). To hear your questions, concerns, and your comments.

**Tuesday, April 24:** Music by the Rocky Mountain Middle School Choir

**Thursday, April 26:** Music by the Timpanogos Middle School Choir

## FIRESIDES

**April 2:** Music with the Rigby Family

**April 9:** Kristen Lloyd Guitar and Vocals

**April 16:** An Evening of Music with Gary Havens

**April 23:** Cary Hobbs and Ken McConnell. Mostly "Old Time Music"

**April 30:** An evening of music with Stephen Reynolds

## 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



## 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 members will receive first consideration if space is limited. Should there be a waiting list, anyone who has not paid by the registration date will be removed from the list and the spot will be opened up to others on the waiting list. NOTE: Unless otherwise noted you will be responsible to pay for your own meals while on day trips and/or tours.**

- **Saturday, April 7:** "Riverdance 20 years" at the Eccles Theater in Salt Lake City. The bus will leave the Senior center at 12:00 noon for the 2 p.m. matinee.
- **Monday, April 9:** Heber Family History Library. The bus will leave the Center at 9:45 a.m. Come work on your family tree and prepare for our visit to the Family History Discovery Center in Salt Lake in May. There is no cost for this day trip.
- **Tuesday, April 10:** Heber Family History Library. The bus will leave the Center at 1:30 p.m. Come work on your family tree and prepare for our visit to the Family History Discovery Center in Salt Lake in May. There is no cost for this day trip.
- **Wednesday, April 18:** Day trip to Wendover. Cost is \$25 per person. The bus leaves the Center at 8:30 a.m. and returns at approximately 8:30 p.m. Only 4 seats left. **Registration deadline is April 1.**
- **Monday, April 23:** Shopping or Tour of Park City. Ride the Park City Transit bus to shop at various malls or you can stay on the Senior's bus for a tour of Park City. No cost for transportation. The bus leaves the senior Center at 10:00 a.m.
- **Thursday, April 26:** Evening trip to "Dragon Lights" at the Utah State Fairgrounds. The cost for transportation and admission is \$15. The bus will leave the Center at 4:30 p.m. **Registration deadline is April 4.**
- **Wednesday, May 2:** Day trip to Thanksgiving Point, "Tulip Festival". Cost for admission and transportation is \$15 per person. The bus will leave the Center at 8:30 a.m. **Registration deadline is April 19.**
- **Monday, May 7:** Day trip to the Salt Lake City Family History Library. No cost for transportation. The bus leaves the Center at 9:00 a.m. **Registration deadline is April 30.**
- **Saturday, May 19:** Day trip to the Hale Center Theater in Sandy to see their performance of "The Music Man". The cost for admission and transportation is \$40. The bus will leave the Center at 11:00 a.m. Eat at Chuck-a-Rama after the show. **Registration deadline is April 17.**

**For costs and information on longer Bus Tours, Cruises, & International trips, check the Travel Board at the Senior Center.**

# March Activities and Programs



We would like to offer a warm and joyous *WELCOME* to our new Director of Activities, Tiffany Horrocks. We are excited to have her with us and look forward to all of the new fun and exciting adventures she is planning for all of us to enjoy. Tiffany is already filling our days with new destinations and experiences.



March firesides gave us a fun variety of musical entertainment, starting off with Larisa Pullan's piano students. Saint Patrick's Day Monday was a delightful performance by the Irish Dancers. The Heber Valley Choir and Orchestra gave a wonderful performance then we ended up the month with a night of fun as "In Cahoots", Lannie Scopes and Craig Johnson delighted us once again.



We saw the play "Cash on Delivery" at the new Hale Center Theater in Sandy, visited the Utah Museum of Fine Arts and the BYU Museum of Paleontology.



We celebrated St. Patrick's day and Easter all in the same month. Usually these are spring celebrations but the first day of spring came and went but it still feels like winter outside. No worries, we have plenty of fun things to keep us busy while we are waiting for the warm weather to come.



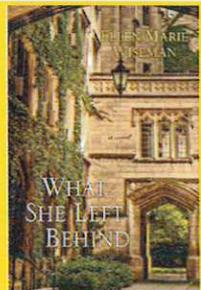
## Dining with Diabetes Classes

The health department, Heber Valley Hospital, and USU Extension host a monthly meeting to help those with diabetes (or their caregivers) with information on how to live healthy and keep the condition under control. These meetings provide a place where people can learn from each other while also receiving information from health experts. Activities include learning and demonstrating recipes for diabetes-friendly meals.

Meetings are held on the 4th Wednesday of every month at 6:00 PM at the health department. For more information or to participate in the program, call Jonelle at 435-657-3260

## BOOK BUZZ

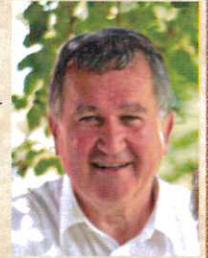
Meets on the third Thursday of each month at 10:30 a.m. at the Senior Center. Enjoy a good book and discuss it with your friends. Please call 435-654-4920 if you are interested in joining us. For March-April we are reading "What She Left Behind" by Ellen Marie Wiseman



## Benefits of Membership at County Senior Center:

**\*It's only \$10.00 for the Entire Year! SIGN UP OR RENEW NOW!**  
**Are you 55 or older? We need YOU at the Wasatch County Senior Center! Stop by or call 435-654-4920 for a tour! \*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 & Classes, *Evenings of Music*, **Handwork Group**, Boutique, Monthly Newsletter and Much, MUCH **MORE!****

## From the Director's Desk . . . . .



It is our pleasure to announce a new addition to our staff -- our new Director of Activities, Tiffany Horrocks. Tiffany is a native Utahan. She grew up in Magna. In 1993, at age 14, she moved with her family to the Heber Valley from West Jordan. She graduated from Wasatch High School and married her high school sweetheart, Jared Horrocks. They have been married 21 years and have three children. Her hobbies include cake decorating, photography and being outdoors. Some of her employment history has been working at Zion's Bank, in Heber, and as a bus driver for the Wasatch County School District.

We are so happy to have Tiffany with us. Join us in welcoming her, please. She coordinates our events and activities, primarily those provided outside of the Center. She is here to serve and welcomes your ideas about outings, events, trips and other activities. Already you will note some of the new things we are doing.

"Shifting gears" a bit . . . , because of continued growth, in our efforts to keep our Center running smoothly and be accommodating at the same time, we regularly review our operations and procedures. This is *your* Senior Center. We wish to keep everyone as happy and comfortable as possible.

Because Tuesdays and Thursdays are our busiest days of the week (mainly because of the "congregate" meals served in our Dining Room), last year we implemented a guideline for the 12 noon lunch hour here. Those printed guidelines are available at the Office/Front Desk-- for your review. We suggest that you please take your time and socialize, after eating. Our kind volunteers help us take down the tables and chairs to prepare for the next event, meeting, or program scheduled in this same area. We do not have to take down the tables and chairs until about 1 p.m. Feel free to take your time and enjoy the company of your neighbors, associates and friends. Should you wish to visit in the lobby or lounge areas, in the music or billiards room, there are places to chat and visit. Please don't feel "rushed" to leave your table in the Dining Room. We have such a lovely Center and are glad it is used so much.

Have a happy and healthy April and enjoy our wonderful spring air!

## Scam and Fraud Alerts

### 10 Things YOU can do to Avoid Fraud

1. Spotting Imposters: Scammers often pretend to be someone you trust, like a government official, family member, charity, or company you've done business with currently or in the past. **Don't send money or give out personal information in response to an unexpected request** whether it comes as a text, phone call or email.
2. Do Online Searches: Type a company or product name into your favorite search engine with words like "review," "complaint" or "scam." Or search for a phrase that describes your situation, like "IRS call." You can even search for phone numbers to see if other people have reported them as scams!
3. Don't Believe your Caller ID: Technology makes it easy for scammers to fake caller ID information, so the name & number you see may not be real. **If someone calls asking for money or personal information, HANG UP!** If you think the caller might be telling the truth, call back to a number you know is genuine to verify the information.
4. Don't pay upfront for a promise: Someone might ask you to pay in advance for things like debt relief, credit & loan offers, mortgage assistance, or a job. They might even say you've won a prize, but first you need to pay a tax or fee. **If you pay, they will probably take the money and disappear!**
5. Consider HOW you Pay: Credit cards have significant fraud protection built in, **but some payment methods don't** and it can be troublesome getting fraudulent charges eliminated & being vigilant to monthly statements. Also if you have monthly payments charged to your credit card (i.e. Netflix) and the credit card company issues you a new card # due to reporting of fraudulent charges, then you will need to inform those companies (Netflix) personally. **Wiring money** through services like Western Union or MoneyGram is risky because it's nearly impossible to get your money back. That's also true for reloadable cards like MoneyPak, Reloadit or Vanilla. Government offices & honest companies won't require you to use these payment methods. **Do save receipts for all charges &/or purchases to verify all financial statements for accuracy.**
6. Talk to Someone: Before you give out your money or personal information, talk to someone you trust. **Con artists want you to make decisions in a hurry. They might even threaten you!** *Take a breath and slow down to check out the story first!* Do an online search, consult an expert, or just tell a friend to get another opinion.
7. Hang up on Robocalls: If you answer the phone & hear a recorded sales pitch, **HANG UP** and report it to the FTC. **These calls are illegal, and often bogus. Don't press 1 to speak to a person or to be taken off the list as that could lead to more calls.**
8. Be Skeptical about Free Trial Offers: Some companies use free trials to sign you up for products *then bill you every month until you cancel which may take a few months to process.* Before you agree to a free trial, research the company & read the cancellation policy. Always review your monthly financial statements for charges you don't recognize.
9. Don't Deposit a Check & Wire Money Back: By law, banks must make funds from deposited checks available within days, *but uncovering a fake check can take weeks.* If a check you deposit turns out to be a fake, you're responsible for repaying the bank. The "wired" money by then is gone.
10. Sign Up for FREE SCAM ALERTS from the FTC @ [ftc.gov/scams](http://ftc.gov/scams): Get the latest tips and advice about scams sent right to your inbox. *If you spot a scam,* report it at [ftc.gov/complaint](http://ftc.gov/complaint). Your reports help the FTC & other law enforcement agencies investigate scams and bring crooks to justice.



## To all our Seniors...just a little info from the kitchen.

To all our Seniors...just a little info from the kitchen. April is here. Boy, wasn't March's weather interesting. We had a little bit of everything. Let's hope April brings warmer weather and a few showers for May flowers.

As many of you know, we have a new activity director. Her name is Tiffany Horrocks. She is planning all sorts of activities. Come and enjoy the many different things she will be planning.

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

## Caring for You...Caring for Others—Advance Care Planning

Advance care planning means thoughtfully considering a time when you may not be able to make healthcare decisions for yourself. This time may never come, but it can help clarify your values and put your mind--and your loved ones' minds-- at ease.

You can start advance care planning by having a conversation with your loved ones about your feelings about your care in specific scenarios and issues that may influence your care decisions. Keeping the conversation open is key to letting your loved ones know your wishes if you are unable to communicate them. Once you have had these discussions, you might consider creating an advanced directive that can be accessed by your family members and your doctor.

### What is an advance directive?

An advance directive is a legal document that you can choose to complete as part of your advance care planning. It is a living will that allows you to document your wishes concerning medical treatments at the end of life.

### Which form to fill out?

In Utah there are two common forms that are used in different scenarios.

#### Utah Advance Health Care Directive

Identifies a healthcare agent who will make healthcare decisions for you when you are unable to take part in decision-making. Also, gives the healthcare agent or medical team the right to withhold life-sustaining treatments if identified on the form.

The form can be completed by an adult at any time and in any stage of life, even before they're faced with a serious illness or injury. It takes effect only when you can't make medical decisions for yourself for any reason.

#### Physician Order for Life Sustaining Treatment (POLST or Life with Dignity Order)

Directs your medical team regarding the care and treatment you want provided or withheld.

The POLST form is almost always completed in response to a specific health threat. A medical team is closely involved and it takes effect immediately -- as soon as it's completed and signed.

### Things to remember:

You do not need an attorney to complete an Advance Directive. Many attorneys will include it as part of routine family financial planning.

An Advance Directive has nothing to do with a financial Power of Attorney (POA)-- they are two completely different documents and an Advance Directive holds no weight in financial matters.

In the State of Utah, the Advance Directive includes two things

the Living Will which allows you to make some of your medical wishes known

the Medical Power of Attorney which appoints an agent to speak for you when you can't speak for yourself

If a person has lost decision-making capacity (dementia or other physical injuries), it is too late for them to complete an Advance Directive.

The Advance Directive (Healthcare POA) gives you no authority to make decisions for the other person unless they have lost the capacity to make their own decisions--this is determined by a medical doctor.

Stephanie Benson  
Public Relations and New Projects Coordinator  
Mountainland Association of Governments  
sbenson@mountainland.org 801-229-3835





- Jeanne Vizina 1
- Ellen Peterson 1
- Joe Rail 2
- Duane "Dino" Wilson 2
- Brent Montgomery 2
- Wayne Probst 3
- Jean Hartshorn 3
- Ann Best 4
- Dan Montgomery 5
- Kathy Symes 6
- Inge Lis Djorsing 6
- Evva Lee Young 6
- Linda Mecham 6
- Peggy Duke 8
- Aaro Alarotu 9
- Wendall Hall 10
- Polly Thomas 11
- Sharon Jenkins 11
- Steve Jensen 11
- John Lemon 11
- Violet Smith 13
- Shirley Green 13
- Allan Bell 14
- Betty Georgio 14
- Ray Fillmore 15
- Tom Leyden 17
- Jay Hites 17
- VerDawn Nelson 17
- Lavon Probst 18
- Pat Young 19
- Ellen Fischer 19
- Christina Berg 20
- Niles Halley 20
- Cathleen White 21
- Jessie Shirk 22
- Doris Mahoney 23
- Glenna Azlin 23
- Merrill Hall 23
- Helen VanWagoner 26
- Brian Bentley 27
- Jerry White 27
- Ron Crittenden 27

Watch for your birthday card in the mail.  
Bring it in to the Senior Center on a Tuesday  
or Thursday for a free lunch.

Please remember to call ahead and make your reservation. Does not need to be in your birthday month.

**MEALS ON WHEELS**  
In 2016, Mountainland Meals on Wheels delivered 114,000 meals to 1,270 seniors, allowing them to live independently longer in their homes. Meals on Wheels provides a hot, nutritious lunch to homebound seniors living in Utah, Wasatch and Summit County. Ensure nutritional supplement is also available at the Senior Center (a prescription from your doctor is required).  
For more information, contact:  
Marcia Young at 435-654-4920

**OBITUARIES**

Elden Don Rasband  
Born: October 26, 1927  
Died: February 27, 2018  
Married: Doris Bluemel

Terry Raymond Gradine  
Born: May 24, 1954  
Died: March 11, 2018  
Married: Kathleene Gradine

Richard Alyn Hines (Dick)  
Born: November 3, 1938  
Died: March 1, 2018  
Married: Brenda Kay Green

Blaine Thomas Webb  
Born: August 31, 1928  
Died: March 14, 2018  
Married: Juanita Muir

Fredrick Milo Hayes II  
Born: December 16, 1959  
Died: March 2, 2018  
Married: Serena Hayes

Gwen Smith Unthank  
Born: June 27, 1930  
Died: March 14, 2018  
Married: Kenneth Unthank

Barbara Jean Horrocks Johnson  
Giles  
Born: February 22, 1938  
Died: March 8, 2018  
Married: (1) William Dale Johnson  
(2) James R. Giles (Bob)

Leslie Sherman Olsen  
Born: June 17, 1938  
Died: March 19, 2018  
Married: Joyce Houtz

Georgia Dawn Johnson Clegg  
Born: June 12, 1929  
Died: March 11, 2018  
Married: Dennis A. Clegg



## Medicare Moment

# YOU ARE GETTING A NEW MEDICARE CARD

New Medicare cards are coming soon. Here's what you need to know about your new card. Plus, how to avoid related scams.



Starting in April 2018, Medicare will begin mailing new cards to everyone who gets Medicare benefits. Why? To help protect your identity, Medicare is removing Social Security numbers from Medicare cards. Instead, the new cards will have a unique Medicare Number. This will happen automatically. You don't need to do anything or pay anyone to get your new card.

Medicare will mail your card, at no cost, to the address you have on file with the Social Security Administration. If you need to update your official mailing address, visit your [online Social Security account](#) or call 1-800-772-1213. When you get your new card, your Medicare coverage and benefits will stay the same.

If your sister who lives in another state gets her card before you, don't fret. The cards will be mailed in waves, to various parts of the country, from April 2018 until April 2019. So, your card may arrive at a different time than hers. You can check the [rollout schedule](#) to get a better idea when you may be receiving yours.

When you get your new card, be sure to destroy your old card. Don't just toss it in the trash. Shred it. If you have a separate Medicare Advantage card, keep that because you'll still need it for treatment.

As the new Medicare cards start being mailed, be on the lookout for Medicare scams. Here are some tips:

**Don't pay for your new card.** It's yours for free. If anyone calls and says you need to pay for it, that's a scam.

**Don't give personal information to get your card.** If someone calls claiming to be from Medicare, asking for your Social Security number or bank information, that's a scam. Hang up. Medicare will never ask you to give personal information to get your new number and card.

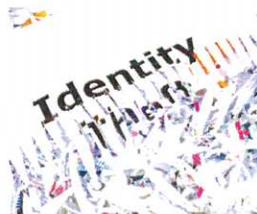
**Guard your card.** When you get your new card, safeguard it like you would any other health insurance or credit card. While removing the Social Security number cuts down on many types of identity theft, you'll still want to protect your new card because identity thieves could use it to get medical services.

For more information about changes to your Medicare card go to [go.medicare.gov/newcard](http://go.medicare.gov/newcard). And if you're a victim of a scam, [report it to the FTC](#).

Personal and free Medicare Counseling is available at the Senior Center on the 2nd Tuesday of each month, with Dawn Loper, SHIP Counselor at Mountainland Association of Governments, 801-229-3819. You can also get information about programs for Extra Help with your prescription drug cost for those who meet income and assets requirements. The new Medicare cards will not be coming to Utah until after June 2018.

**Do you have confidential papers that you need to dispose of? Bring them to the Senior Center and use our paper shredder to shred of them. Our shredder is available:**

**Monday—Friday**  
**8:30 a.m. to**  
**3:00 p.m.**



## “Aqua Fit” Water Exercise Class

Wasatch Aquatic Center.  
9:00 a.m.: April 13, 20, 27 and May 4.  
Free if you sign up at the  
Senior Center.  
Bring your swim suit and towel  
**Bus leaves the Center at 8:30 am**