

Wasatch County Seniors Newsletter

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

AUGUST 2018

SENIOR CITIZENS DEPT.

- Director: Ashley Fish
- Admin. Secretary: Marcia Young
- Food Services Manager: Cora Briggs
- Director of Activities: Tiffany Horrocks

SPOTLIGHT — Dale and Cheryl Jones

Dale was born at home. The house he grew up in is just past the curve on the river side of Casperville Road. He and his cousins all lived on Casperville Road all in a row. These three homes are still there. They played and fished on the Provo River below their houses all of their growing up years. Dale milked the family's cows and helped his dad and uncles herd the cows up Daniels Canyon to the Strawberry Valley, all the way on horseback. Some of Dale's favorite things to do are welding and building things with metal and horses. He was a member of the Heber Valley Riding Club and Heber-Kamas Chariot Racing Association for many years.

Dale married Donna Thompson and they had one daughter. Dale and Donna were married 49 years when she passed away. Dale worked as a mechanic at the car dealership, in the mines at Park City and for Wasatch County for 34 years until he retired.

I was born in Heber. Our family lived in Park City for a time, then moved to Heber into a little white house across the street to the East from the "Old" high school on main street where the Park is now.

After graduating high school, I went to Provo to cosmetology school, graduated and worked in Park City for a year, then back to Heber and worked for Ellen Peterson for a year. Then I got married and lived in Provo for 39 years, got divorced, then stayed in Provo for another 14 years.

In high school I knew Donna (Dale's wife) as we took many classes together. Dale and my mother worked together for a time at Heber Motor (ie) Guy's Chevrolet, so when I would go after school to see Mom, I would see Dale and say "Hi". Knowing Dale and Donna through the years made our friendship an easy one through the years. My step Dad and Donna passed away within a month of each other in early summer of 2010. Going to Heber to spend time with my Mom, I would bump in to Dale once in a while, and we visited. We decided that going to lunch sometime would be nice. It took us a while before we really went. The first lunch we had we both stated that we were not interested in ever getting re-married. We both then relaxed. After several months and Dale making lots of trips down to Provo, we talked about the possibility of changing our minds on marriage. In 2012, April 13, yup, Friday the 13th we were married in Provo in a lovely park. Dale's family has a tradition of Friday the 13th weddings.

I always wanted to come back home, to Heber and I am so glad that I have. I got a great husband in the process. We love to go camping in the 5th wheel trailer and take as many trips as we can. We served an LDS work service mission and have lots of family between us now. Their kids, sixteen grandkids and 4 great-grandkids.

Life is good. We do enjoy being around so many friends here in Heber.



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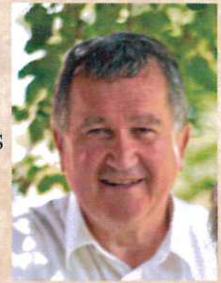
SENIOR CENTER CORPORATE BOARD 2018

- 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
 - Secretary: Marcia Young
- Regular Members: Steve Farrell (Cnty. Cncl. Rep.), Laureen Gilbert, Johanna Huijzendveld, Jim Kohler, Raneva Lemon, Bonnie Mathews, Rick Tatton, Marcia Young
- 1st Alternate: Sidney Ellingford
2nd Alternate: Linda Middleton

From the Director's Desk Ashley Fish



Two and a half years ago in this article, found monthly in this space of our newsletter, I penned the following. (For obvious reasons, I would like to share it again, as we have many reading this today who were not members of our Center at that time and did not receive that March 2016 newsletter.)

“We all know about the ‘dynamics of aging’; especially the physical changes accompanying the process. Much has been said (and written) about ‘aging gracefully’ and ‘enjoying the golden years’. Thirty to forty years ago – while discussing this topic with a friend (who was 85 years young at the time) – she said to me, ‘Ashley, there is nothing ‘dynamic’ about it!’”

“Much has also been written and said about “enjoying the ride” along the way. I am inspired by seniors who continue to remain ‘positive’ in their later years. Most of these folks have been positive and upbeat their entire lives. Few people dislike them because they *choose* to be that way. They are fun to be around. Not only have I observed this personally many times, but geriatric professionals have stated (and studies have proven) that good physical health is tied closely with good mental and emotional health.

“I have recently been studying this idea of *choosing* and making *choices*. We *choose* to be happy and positive. When a *choice* is made, no matter the situation and no matter the environment, there is always a consequence that follows. So, I often ask myself:

- . Do I greet and treat everyone with sincere interest and caring?
- . Am I trying to make the world a better place – every day?
- . Am I taking good care of myself? If not, what can I change and do better?
- . How can I help lift another who may not be as fortunate as I?
- . Am I reflecting good in all that I say and do – with all that I meet?”

“Growing older each day is inevitable. Even for a 10 yr.-old who has his/her life FULLY ahead of him/herself. When we were very young we never gave it a thought what is it like to be older. Did we? Now that we’re here- we know.”

“Are we taking advantage of these years – even with our aches, pains, and losses?”

Scam and Fraud Alerts

Home Repair Scams

The summer months are prime time for home repair scams. The general ruse involves someone coming to your door & offering to do work on your home at a big discount. DO YOUR RESEARCH; if an offer seems too good to be true it probably is!

How it Works:

A con artist representing himself as a contractor comes to your door & claims he has just finished a job for a neighbor. Since he’s in the neighborhood, he’ll say, you can get work done at a big discount. While that’s a common sales tactic, it can be the sign of a scam. Scammers will demand payment upfront; then disappear! Or they’ll do the work but it will be shoddy or incomplete & demand more money to complete the job.

What You Should Know:

Be wary of anyone who comes to your door & offers to fix a problem.

A con artist will try to pressure you into making a decision quickly & will likely ask you to pay for the work upfront or at least a large deposit.

What You Should Do:

Get a written estimate & compare bids before starting any work.

Ask a contractor for 3 references; then check them.

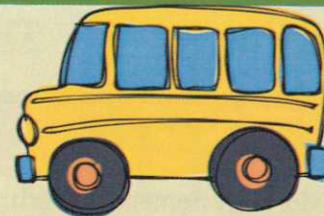
Check with the [Better Business Bureau](#) for complaints before you hire a contractor.

Make sure you have a written contract before work starts or money is paid.

Ask friends, family or neighbors for recommendations first.

TRIPS & TOURS

To register, call Marcia or Tiffany @ 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.



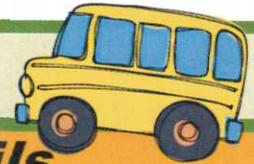
Current paid members will receive first consideration if space is limited. Should there be a waiting list, anyone who has not paid by the registration date will be removed from the list and the spot will be opened up to others on the waiting list. In the event a trip time/ date needs to change we will let you know ASAP.

***NOTE:** Unless otherwise noted you will be responsible to pay for your own meals while on day trips and/or tours.

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

<u>Date</u>	<u>Registration Deadline</u>	<u>Cost:</u>	<u>Details</u>
Wednesday, August 1st:	N/A	Free	"Blood Drive" at the Senior Center. Time slots available from 1:00pm–5:00pm. Sign up by calling 654-4920 or go online redcrossblood.org to schedule a time.
Friday, August 3rd:	Ended	-	Payson Salmon Supper. Registration Deadline has ended. Go online to buy your tickets paysonutah.org/events/salmon-supper .
Tuesday, August 7th:	Call ASAP	\$15– Pay to AARP Instructor day of Class.	AARP Defensive Driver Safety Class. Your insurance may offer discounts for taking this class. Starts at 8:00am until Noon. Please call the office to sign-up.
Tuesday, August 7th:	Call ASAP	Free	AARP CAR-FIT. Call to sign up for a 15 min time slot after lunch. AARP Instructor will help you set up your car to keep you safe (i.e. mirrors, seat, steering wheel, etc.)
Thursday, August 9th:	Ended	-	Heber Valley Mystery Train performed by High Valley Arts. Call the Heber Valley Railroad 654-5601 to buy tickets.
Saturday, August 11th:	August 3rd	\$18	Wyoming Downs Horse Race. Leave Center at 10:00 am. Lunch at the Race Track (no outside food permitted). Dinner in Evanston about 6pm. Plan on a full day will be back in Heber about 9:00pm.
Monday, August 13th:	August 7th	\$15	This is the Place Heritage Park. Leave Center at 9:30 am. Will stop for lunch before returning to Heber.
Friday, August 17th:	August 6th	\$1– per piece	Grandparent Glass Etching Day. Bring 1 or 2 grandkids per grandparent. Bring your own glass to etch. Mary Johnson will contact you before the class about your design. Meet in the Ceramic room from 1:00-3:00pm.
Friday, August 17th:	August 3rd	\$8 –per piece	Grandparent Ceramic Day. Bring 1 or 2 grandkids per grandparent. There are 4 styles of banks to choose from. Meet in the Auditorium of the Senior Center from 1:00-3:00 pm.
Wednesday, August 22nd:	August 17th	Free	Come to the Senior Center and watch the movie "Cinderella Man". The movie is about a boxer during the Great Depression. Treats will be provided. Movie will start at 1:00pm.
Monday, August 27th:	August 21st	\$5	Fronrunner to Ogden. Meet at the Center at 8:00am. Ride the Fronrunner train from Provo to Ogden. We will eat lunch in Ogden before returning to Provo. Return to Heber about 4:30pm.
Tuesday, August 28th:	August 23rd	Free	Come learn about Nutrition from Betty Wade. Meet at the Senior Center at 1:00pm. Do you have diabetes, other health issues or just need to learn about nutrition? This class will teach you what to eat.

TRIPS & TOURS Continued.....



<u>Date</u>	<u>Registration Deadline</u>	<u>Cost:</u>	<u>Details</u>
Monday, September 10th:	August 16th	\$15	Lehman Caves in Nevada. Come and explore the Lehman caves with a 60 minute tour. Space is limited. Leave Center at 7:30am and return around 7:00pm. We will eat at the Great Basin National Park. Bring your own snacks. We will provide water.
Friday, September 14th:	September 7th	Free	Dancing and Dessert at 6:00pm. Bring your spouse, significant other, sibling, or friend and come enjoy a night of dancing. Sydney Thiede and Rodney Strong are going to be singing and providing the music. It is going to be a fun evening! If you would like we would love for you to bring a dessert to share.
Tuesday, September 18th:	September 7th	\$20	Wendover Trip. We have 54 seats available. Leave at 8:30 am and return to Heber 9:00 pm.
Friday, September 21st:	August 22nd	\$24	"Thriller" at the Egyptian Theatre in Park City is a sell out show! We will leave the center at 6:30pm. Limited seats available.
Monday, September 24th:	September 18th	Free	Big Springs Park in Provo Canyon. We will leave the center at 12:30 on the bus we will enjoy a dessert at the park.
Friday, September 28th:	September 18th	TBD	Antelope Island. We will leave the center at 9:00 am. We will enjoy a box lunch on the Island.
Friday, December 14th:	Ended	-	Special ticket purchase: The Oak Ridge Boys at the DeJoria Center in Oakley. Cost is \$40 per person and is non-refundable. We have Sold Out of the Special ticket price!! You can call the DeJoria Center at 435-783-3113 for tickets. Tickets start at \$55.

Remember that PINK sheet in your July newsletter?

It is your opportunity to let us know what you think.

You don't need to put your name on it... unless you want to volunteer on question #7.

Please return to the Senior Center ASAP!! It's not too late!

Hand deliver or Mail to
465 East 1200 South Heber, UT 84032



Did you know we have a Facebook page? Search "Wasatch County Senior Center" Don't forget to like and share our page.

We will be posting upcoming activities and of course Pictures!!



Find us on
Facebook

WEEK DAYS

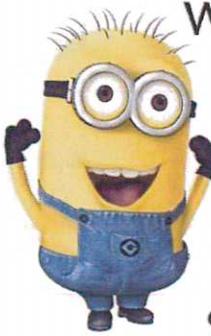
EVERY WEEK DAY: Billiards, Table Games, Computers, Chess, Checkers, Exercise Room, Reading, Puzzles,

Mondays:
*7:00 pm: Fireside **NO FIRESIDES UNTIL SEPTEMBER*

Tuesdays:
10:30 am: Chair Exercise Class
1:00 pm: Table Games and Ceramics

Thursdays:
9:00, 10:00 & 11:00 am : Piano Classes taught by Christy Ackerson.
Call to schedule a class 801-864-6403

IF "PLAN A" DIDN'T
WORK, DON'T
WORRY. THE
ALPHABET
HAS 25
MORE
LETTERS!
STAY COOL.





To all our Seniors...just a little info from the kitchen. Wow, it's August and it's been a fun and interesting summer so far. The center has been busy going places with Tiffany and we've had our June and July outings. Don't forget to sign up for our outing to Charleston's "Cook Out" on the 16th. It's always a fun time. Good food, good time and good people.

The Dollar Ridge Fire in Duchesne Co. was scary. My nephew, Ryan Nipp and his crew from North Idaho Panhandle Hotshots were sent here to fight the fire.

There were firefighters from all over. There is a small area of smoke still fuming.

Please be careful when out and about, there are so many fires around us with the dry weather and heat.

Fair Days have arrived. We will close at noon on Friday 3rd. Have fun at the derby, fair, rodeo, carnival and parade.

Please remember to drink plenty of water. Until next time...Cora Briggs

Caring for You...Caring for Others

Being a caregiver can be challenging, exhausting and rewarding work. Caregiving takes a community, let us support yours.

UTAH CAREGIVER SUPPORT PROGRAM

This program offers short-term, in-home services that support caregivers to enable them to care for their loved one as long as possible and delay facility placement. We work with you to find resources and services in the community including respite care, personal care aides, adult day care, and more.

REACH

Resources Enhancing Alzheimer's Caregiver Health (REACH) provides one-on-one training and coaching for caregivers who are caring for loved ones with dementia. Our specialist meets face-to-face with you over the course of 6 months to provide education and develop strategies to help with stress management, problem solving, self-care obstacles, and dealing with troubling dementia behaviors. For more information, call Karen at 801-941-1192.

SUPPORT GROUPS

Support groups are the best place for caregivers to connect with others in similar situations who actually know what you're going through. Our support groups are held monthly and open to anyone looking for the camaraderie of the caregiving community.

Each support group is moderated by a professional who also provides information about community resources. To find a support group near you, visit www.mountainland.org/supportgroups. (See Below)

Call today at 801-229-3804 to find help for you, or visit www.mountainland.org/caregiver

Stephanie Bensen - Public Relations and New Projects Coordinator, Mountainland Association of Governments 801-229-3835 or sbenson@mountainland.org Office Hours: Mondays & Tuesdays 10 a.m.- 3 p.m.

Wasatch County Caregiver Support

The Caregiver Support program assists caregivers in their care of individuals 60 years of age and older who are unable to perform routine activities to care for themselves, or if the caregiver is over the age of 55 and caring for an adult with disabilities.

Caregiver Support Program Services:

- Respite
- Case Management
- Personal Care Aides
- Adult Day Care
- Overnight Respite
- Information & Referral Services
- Caregiver Support Groups

Caregiver Support and Education

Support Group meets the 2nd Thursday of each month at the Wasatch Senior Center, Lounge

465 E 1200 S, Heber

Fees & Charges:

Fees are not charged for this program; however, donations are encouraged. (The respite services listed above may be provided for up to a 12 month period or a maximum of \$1,500 in services such as those noted above). Service levels and allowed expenditures are dependent upon caregiver need, the needs of the individual being cared for, and support from others assisting with caregiving activities.

Contact Information: TJ at 801-229-3811 or tsadleir@mountainland.org Office Hours - Monday-Thursday 8 a.m. - 5:30 p.m.



- Christy Ackerson
- Dan Rider 2
- Kathleen Kendall 7
- Vicky Larsen 7
- Nelda Muir 8
- Julie Hardman 10
- Judy Eddins 10
- Laurel Rail 11
- Jim Kohler 12
- Karen Keeney 12
- Mary LeBlanc 13
- Fred Clark 15
- Pamela Patrick 16
- Mary Patterson 17
- Annette McMurdie 18
- Carol Clark 18
- Sherry Sabol 20
- Norma Richardson 21
- Sheila Shaw 22
- Margaret Schloss 23
- Joyce Lee 24
- Kris Glasgow 25
- Thomas Fowler 26
- Gwen Davis 27
- Inez Horner 28
- Les Gilbert 28
- Renee Horrocks 28

Watch for your birthday card in the mail. Bring in to the Senior Center on a Tuesday or Thursday for a free lunch. Please remember to call ahead and make your reservation.

"September Smash"

When: Friday, September 14th

Time: 6:00 pm

Where: Senior Center

Cost: Free

Dress: Casual

Dessert: Provided

(Optional: Bring one to share)



Come with a partner, friend or other family member for a fun night out dancing! We will have a dessert bar- feel free to bring a dessert to share. Singing and music will be provided by Sydney Thiede and Rodney Strong.

OBITUARIES

Maevon Mahoney Conquer
 Born: March 22, 1927
 Died: June 19, 2018
 Married: Robert E. Conquer

David Marsh
 Born: March 4, 1952
 Died: July 11, 2018

Relva Carlile Swain
 Born: November 2, 1923
 Died: June 24, 2018
 Married: Ray Wendall Swain

Elda Robbins Ritchie
 Born: October 10, 1919
 Died: July 16, 2018
 Married: Leon J. Ritchie

Addie Moulton Murdock Hunter
 Born: April 30, 1924
 Died: June 24, 2018
 Married: (1) Niff Murdock
 (2) Bill Hunter

Sandra Marie Engstrom Anderson
 Born: February 23, 1937
 Died: July 18, 2018
 Married: Joseph Anderson

Erma Jane Whiting Moulton
 Born: June 8, 1930
 Died: July 8, 2018
 Married: Derial Leo Moulton

Jeff Brisk
 Born: February 18, 1961
 Died: July 19, 2018

Patricia M. (Patty) Shepherd
 Born: July 6, 1956
 Died: July 10, 2018
 Married: Dennis Shepherd

Gar Elliot Jensen
 Born: September 18, 2018
 Died: July 21, 2018
 Married: Janice Ann Klingonsmith

Hope Lindsay Murdock Clark
 Born: October 21, 1921
 Died: July 21, 2018
 Married: Carl D. Clark



UTAH VALLEY UNIVERSITY (UVU) HEBER VALLEY ELDER QUEST

“WHO WE ARE”

UVU Heber Valley Elder Quest, is a program sponsored by UVU that is focused on providing an intellectually stimulating program for senior learners.

- Heber Valley Elder Quest is open to individuals age 55 and older who reside in Wasatch and Summit counties. Its mission is to provide lifelong learning through peer-education, travel, cultural and social activities.
- Heber Valley Elder Quest provides member-driven programs which convey the UVU role of providing educational opportunities to all senior members of our community.
- Heber Valley Elder Quest offers a wide range of classes for participants of all levels of education.
- Heber Valley Elder Quest respects diversity of thought and encourages the sharing and understanding of various backgrounds and philosophies, as well as an appreciation for hard-earned knowledge and skills.
- A majority of the classes are taught by fellow Heber Valley Elder Quest members. They are volunteers who have a deep love for and expertise in a particular subject. Our retired professionals have a great desire to share their knowledge with their peers. Fall semester starts September 10, 2018 and ends November 16, 2018.
- **Classes planned for fall semester 2018 are:**
 1. Photography – Audrey Waleyko (Friday) 1 p.m. in room 219.
 2. Personal Health and Wellness – Dr. Scott Phillips (Tuesday) 1 p.m. in room 228.

3. Art (Basic Drawing) - Linda Kohler-Barnes (Thursday) 1 p.m. in room 225.
4. Ethics and Values – Annette Velarde (Wednesday) 1 p.m. in room 211
5. Computer Basics – James Kohler (Monday) 1 p.m. in room 219

- Classes are taught at the UVU Wasatch Campus on Highway 40 two miles north of Heber City.

Guest Speakers / Luncheon

- Monday October 15, 2018 11:30 a.m. (Lunch Included)
- Monday November 19, 2018 11:30 a.m.
- Monday January 14, 2019 11:30 a.m.

Our leaders are: Kendall Crittenden, President; Thomas Melville, 2nd Vice President; Linda Risley, Curriculum Chairwoman and James Kohler, Curriculum committee member; Jim Ritchie, Membership Chairman, Ashley Fish, Zen Hathaway, membership committee members.

Follow our Facebook Group “Heber Valley Elder Quest”

Heber Valley Elder Quest annual membership fee is \$40.00 a calendar year. This is the only fee you will pay. This covers all classes and guest speaker events. If you join by September 1, 2018 you can pay \$20.00 for the remainder of 2018 and attend fall classes.

To join our group or for more information contact:

Thomas Melville 801-863-6648 thomas.melville@uvu.edu or President Kendall Crittenden kcrittenden@wasatch.utah.gov or visit any of our officers whom you know.