

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 2019

SPOTLIGHT

Jean Wootton

Mary Jean Wootton was born in Driggs Idaho on August 18, 1943. She attended Teton High School and Ricks College. Jean graduated with an associate degree in nursing. She later went back to school for a Bachelors degree. Jean married John Wootton in the Salt Lake Temple in 1966. They lived in Salt Lake; Phoenix; Carpinteria, California; Fallbrook, California & Pocatello, Idaho-where John passed away in 2003. Jean then moved to Idaho Falls and lived with her parents until they



passed away. In early 2017 she moved to Wallsburg with family. She has worked at several hospitals. After she retired she worked in the Humanitarian Center and made 2-3 quilt tops each week.

COUNTY ADVISORY BOARD 2019

- Chair: Jim Kohler
- Vice-Chair: Sidney Ellingford
- Secretary: Marcia Young

Regular Members: Sidney Ellingford, Steve Farrell (County Council Rep.), Jim Kohler, Raneva Lemon, Bonnie Mathews, Linda Middleton, Rick Tatton, Marcia Young

1st Alternate: Mary Johnson
2nd Alternate: Betty Brandner

Senior Center Department

- Center Director:
Ashley Fish
- Food Services Manager:
Cora Briggs
- Administrative Secretary:
Tiffany Horrocks
- Activities Coordinator:
Candie Bonner

SENIOR CENTER CORPORATE BOARD 2019

- President: Dennis Allen
- Vice-President: Perry Rose
- Past President: LaRee Pedro
- Secretary/Treasurer: Marvin Rust
- Historian: Carroll Lee Hicken

Directors: Dee Akerley, John Besendorfer, Maxine Carlile, Betty Jones, Wayne White

From the Director's Desk

Summers at our Senior Center bring a variety of events and activities.

. Each year at least one Alumni Class of Wasatch High School holds its “class reunion” here. Cora, Brent and their kitchen staff “cater” a meal selected by the class committee. Already this year the WHS “Class of 1954” has celebrated their 65th year gathering. Another class, or two, have theirs scheduled, as well. Should you wish to schedule a family or group “catered” event here, please contact Cora Briggs for details.

. Our buses are regularly transporting participants to a variety of outings and other events planned by our Activities Coordinator, Candie. A review of those events can be found in our monthly newsletter, including this issue.

. Our usual and popular events - held each week or month - continue. Some that we don't often call attention to are:

. The monthly “Book Club” held on the 3rd Thursday morning, hosted by Stefanee Cook, from our associates at The Wasatch County Library.

. Complimentary piano classes (also held on Thursday mornings) taught by our kind and gifted Christy Ackerson. Call, should you wish to participate and learn a new skill. Classes are free

. Our complimentary “Chair Exercise” classes are held every Tuesday morning at 10:30 a.m., led by Ginny Otteson and Alicia Ames. Come join the fun and enjoy the “work out” and socialization.

. Our group of billiards/pool players meet Monday through Friday, at 1 p.m., to enjoy the fun of being together. We play just for fun, no money required. Come join in and learn the game – there's always room for new participants of any skill level, even if you are a “beginner”.

. Our card-playing groups usually meet right after lunch on Tuesdays and Thursdays. Should you wish to join and/or start your own group, you are most welcome.

. Have you yet come to join in with our monthly (complimentary, of course) “Movie of the Month” social group? Mondays at 1 p.m. has been the usual day for this - complete with refreshments. Check our calendar for the movie being hosted by the group each month.

. And, last, but not least, is our “Bingo”-playing group. Over the many years, this activity has been one of our most popular weekly social events – also held on Thursday afternoons, after lunch. Proceeds go to the senior center. (Everyone is a “winner” with prizes provided by our inimitable Betty Jones who, by the way, has been coordinator of this activity here at our Senior Center for some 25-30 years.)

Please come join these groups. Again, should you be interested in starting your own group complimentary activity here, please let us know. For any and all activities please call Tiffany, at our Front Desk, or Candie, who will help you schedule and sign up. There's fun and socialization for everyone!

Ashley Fish

SCAMIS

Did you know that IRS scams ranked #1 among all the senior scams reported to the Senate Aging Committee's Fraud Hotline last year? And robocalls or unwanted calls ranked second, despite the use of the national Do Not Call Registry? In their recent report, [Fighting Fraud: Senate Aging Committee Identifies Top 10 Scams Targeting Our Nation's Seniors](#), the United States Senate Committee on Aging identifies these top 10 scams and provides an in-depth overview of the scam and scammers tactics with some case examples. It also reports on current actions being taken to combat the scams, their successes and tips for seniors on how to avoid these scams and where to report them.

The 10 top scams covered in the report are:

- | | | |
|--|-------------------------------|----------------------------|
| 1) IRS Impersonation Scams | 4) “Can You Hear Me?” Scams | 8) Elder Financial Abuse |
| 2) Robocalls and Unsolicited Phone Calls | 5) Grandparent Scams | 9) Identity Theft |
| 3) Sweepstakes Scams/Jamaican Lottery Scam | 6) Computer Tech Support Scam | 10) Government Grant Scams |
| | 7) Romance Scams | |

To report such scams, you can call the Senate Aging Committee's Fraud Hotline at 1-855-303-9470. For any Medicare-related fraud, you can call Dawn Loper/MAG [Senior Medicare Patrol](#) at 801-229-3819. You can also call Dawn to get information about a government program to help low-income Seniors with their prescription drug costs.

Cora's Kitchen



To all our Seniors...just a little info from the kitchen. August, August, August. I can't believe that we are this far into the year. Where has time gone? We must be having fun.

August brings us: Week 1-National Simplify your Life Week, Week 2-National Smile Week, Week 3-Friendship Week, Week 4-Be Kind to Humankind Week.

Thursday the 18th, we will be having our annual "Hamburger Cook Out" at Charleston. It starts at 5:00 p.m. Make sure and call at least the day before, so that we bring enough of everything. It will be a fun time with great entertainment.

On August 19, 1988, President Ronald Reagan signed Proclamation 5847 declaring August 21st as National Senior Citizens Day.

For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older- places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity.

-President Ronald Reagan-

August 19, 1988 Proclamation 5847

"By the time you're eighty years old you've learned everything. You only have to remember it." George Burns

Please remember to drink lots of water. We need it more this time of year. Until next time, take care...Cora Briggs



When needing to ride on the Tuesdays and Thursdays "Lunch Bus", please call the Front Desk 435-654-4920 to make sure it's "running" that day.

Note: There must be 4 or more RIDERS, each time, or the bus(es) don't run.

SPECIAL LUNCH PROGRAMS

Thursday, August 1: Fair Days Grand Marshals Duane & Janet Sweat

Thursday, August 8: "The Impact of Positive Thinking"

by Jane & Bob Garretson

Tuesday, August 13: MAG, Medicare, S.S. & Fraud by Dawn Loper

Thursday, August 15: Music by "Country Sunset"

Tuesday, August 20: "Thrive-in-Place" by April Sandberg

Thursday, August 22: "Living Well with Chronic Pain"

by Karyn Gingras, RN

Tuesday, August 27: "Estate Planning" by Jeff Daybell, Attorney

EVERY WEEK DAY:

Billiards, Table Games, Computers,
Chess, Checkers, Exercise Room,
Reading, Puzzles

Tuesdays:

10:30 am: Chair Exercise Class

1:00 pm: Table Games, Ceramics, Billiards

Thursdays:

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

1:00 pm: Bingo, Ceramics, Billiards

Wasatch County Caregiver Support and Education

Support Group meets at
4:00 pm the 2nd Thursday of
each month.

Wasatch Senior Center,
465 E 1200 S, Heber
(435-654-4920)

CHUCK-A-RAMA

Would you like a 20% discount
at Chuck-A-Rama?

A \$1 donation to the Senior
Center will get you a "Senior
Club" card which will give you
a 20% discount plus after 10
meals get 1 meal free!!

All proceeds go to our Senior
Center.

Meals on Wheels

Do you or someone that you
care about need meals delivered
to your home? The Meals on
Wheels program is designed for
those who are over the age of 60
years and homebound (do not
drive). For more information
about the Meals on Wheels pro-
gram call Tiffany at the Senior
Center.

BOUTIQUE

Looking for that special baby gift or handcrafted
item?

Check out our *Boutique & Ceramic* display at the Senior
Center **FIRST!** Baby quilts & wraps, potholders, dish
cloths, scarves, hats, mittens, dolls, & variety of ceramics
are just a few of the items on display.

Any and all "crafters" are welcome to contribute their
"handwork" to the Senior Center Boutique.

*Items displayed are changed regularly as crafters complete
their projects, so check it often!*

(All Proceeds to the Senior Center Activities and the like)

Caregiver Appreciation Dinner

An Evening to Enjoy

Thursday, September 12 from 4:30 – 7 pm

Rocky Mountain Care – The Lodge

544 E 1200 S, Heber City

RSVP by September 9 to 801-229-3804

**FREE Piano classes on
Thursdays at 9, 10 & 11 a.m.
taught by
Christy Ackerson
For an appointment**



**Birthday Cards = Free Lunch!
Your Birthday Card will be mailed to you.**

*Don't forget to make a reservation.

Does not need to be used during your birthday month.



Senior Treasure Table

Looking for that Special Treasure??

**"One person's junk is another person's
Treasure!"**

**Feel free to donate anything that is
clean and in good condition.**

**You can take home treasures and you
don't need to donate anything!**

The next dates are:

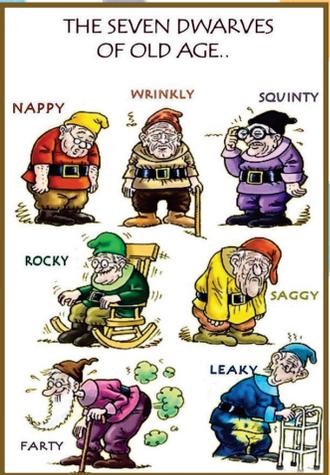
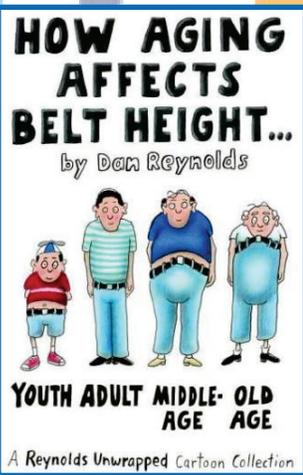
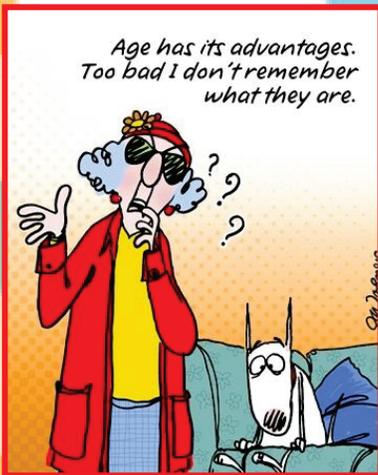
Tuesday, August 6th, and

Thursday, August 8th ...

Meet you at the Treasure Table!

Any questions please see Lynn Allen

Senior Giggles

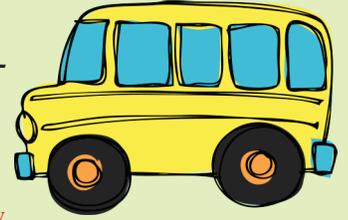


Activities, Programs & Events



TRIPS & TOURS

To register call Candie @ 435-654-4920 (by the deadline) or sign up & pay at Senior Center. Payments must be made at time of signing up. Current paid members will receive first consideration if space is limited. In the event a trip time/ date needs to change we will let you know ASAP. Tickets & activities are non-refundable unless noted otherwise.



***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.

Date:	Registration Deadline:	Cost:	Details:
Friday, August 2nd	Closed	\$23	Salmon Supper: Payson
Monday, August 5th	Aug. 2nd	No Cost	Movie: Sully, at Senior Center
Friday, August 9th	Aug. 8th	On One's Own	Men's Breakfast Club Chick's Café, Heber
Monday, August 12th	Aug. 9th	\$5 Lunch On Own	Taggart's Luncheon, Morgan
Saturday, August 17th	Aug. 12th	\$17 Meals On Own	Wyoming Downs: Evanston, WY
Monday, August 19th	Aug. 13th	\$8 Each Sign	Wood/Vinyl Craft at Senior Center
Wednesday August 21st	Aug. 15th	\$4 Lunch On Own	Let's Check It Out: A Tour Of Local Businesses & Lunch
Monday, August 26th	Aug. 22nd	\$15 Meals On Own	Vernal Museums Day Trip: Vernal, UT
Wednesday, September 4th	Aug. 30th	\$17 Lunch On Own	Museum Of Natural History: SLC
Wednesday, September 18th	Until Full	\$20 Includes Buffet	Wendover Fun Bus: Wendover, NV
Friday, October 4th	August, 28th	\$46 Dinner On Own	The Addams Family: Hale Theatre, Sandy
Saturday, November 9th	August, 30th	\$33 Dinner On Own	Ballet West Snow White: Capitol Theater, SLC

Happy Birthday

JoAnn	McLellan	2
Dan	Rider	2
Michael	Corollo	3
Tom	Melville	5
Kathleen	Kendall	7
Mardell	Witham	7
Nelda	Muir	8
Julie	Hardman	10
Linda	Rimington	10
Judy	Eddins	10
Laurel	Rail	11
Helen	Knight	11
Eddis	Witt	12
Jim	Kohler	12
Karen	Keeney	12
Mary	LeBlanc	13
Mary	Noonan	14
Bill	Duke	16
Pamela	Patrick	16
Mary	Patterson	17
Jean	Wootton	18
Annette M.	McMurdie	18
Sherry	Sabol	20
Norma	Richardson	21
Sheila	Shaw	22
Ralph	Mickelson	23
Margaret	Schloss	23
Margaret	Gooch	24
Joyce	Lee	24
Kris	Glasgow	25
Blanche	Clark	28
Renee	Horrocks	28

Obituaries

Janet Rose Fullmer
Born: March 9, 1943
Died: July 4, 2019
Married: Verlan Fullmer

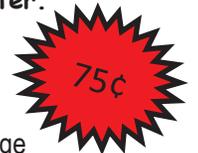
Timothy Rodney Mitchell
Born: October 8, 1961
Died: July 13, 2019
Married: Karen Mitchell

Mary VerDawn Leaky Nelson
Born: April 17, 1935
Died: June 26, 2019
Married: Bonner R Nelson

Darwin (Sid) E. Casper
Born: January 18, 1938
Died: July 11, 2019
Married: Luana Duke Casper



Did you know....All Proceeds from our Pop Machine go to support the Senior Center.



- Coke
- Diet Coke
- Pibb Xtra
- Minute Maid Lemonade
- Fanta Orange
- Sprite
- Barg's Root Beer



**NO MONDAY NIGHT
 FIRESIDES IN
 AUGUST**

