

Wasatch County Seniors Newsletter

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

December 2018

SENIOR CITIZENS DEPT.

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

SPOTLIGHT

Dee Akerley

Hi, my name is Dee Akerley and I just moved to the beautiful Heber Valley in August. I grew up in Winslow Maine, but married and raised my family in Westboro, Massachusetts.

I have four children and 2 grand-children not including my furry grandchildren. After my husband of 47 years passed, I was living in Sarasota, Florida and decided to move out west to be near my daughter.

While raising my family, I owned and operated my own business designing and installing plants in commercial spaces including 24 McDonalds restaurants, doctor's offices, insurance companies and other restaurants in the New England area. In 1983 my daughters and I were hit by a drunk driver which led to my speaking to High School students about the dangers of drinking and driving and lobbying for a change in Massachusetts. "Drunk driving" laws.

Now I enjoy sewing, painting, singing, attending church, spending time with my cat and dog, my daughter and her family, participating in service projects and going to the Senior Center activities.



Corporate Advisory Board for Wasatch County Senior Citizens, Inc. ELECTIONS RESULTS

Board of Directors for the Wasatch County Senior Citizens, Inc. (A Utah Non-Profit Corporation) held elections November 6—16, 2018 to Elect Candidates for the Calendar Year 2019 The following candidates were elected by popular vote: Vice President/President Elect: (1 YR VP, 1 YR Pres., 1YR Past Pres.) : Perry Rose. One Year Directors (One Year Directorship): John Besendorfer and Betty Jones

Table of Contents

1. Spotlight
2. Directors Desk, Scam & Fraud Alerts
- 3– 4. Trips and Tours
6. Cora's Kitchen, Daily Activities and Programs and Firesides
7. Birthdays, Obituaries
10. December Activities Calendar
11. December Meals Calendar

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.), Lauren Gilbert, Johanna Huijzendveld, Jim Kohler, Raneva Lemon, Bonnie Mathews, Rick Tatton, Marcia Young
1st Alternate: Sidney Ellingford

From the Director's Desk Ashley Fish



This month I would like to pay tribute to our Office Specialist/Front Desk Manager, Marcia Young. As most of you know, Marcia retires next week. December 7th will be her last day.

What a remarkable job she has done to serve us and our Senior Center in a very demanding and all-encompassing role! At the death of my predecessor, Stephen Mahoney, not only did she take care of her own many duties (*along with the assistance of other fine staff members and some remarkable volunteers*) she also coordinated general management of the Center -- from the Summer of 2014 until I began my tenure in January of 2015.

Marcia informs us that she now plans to do some traveling with her husband, Joe, to spend more time with her children and grandchildren, to complete some handiwork and sewing projects, and to enjoy other "domestic" things she loves to do.

We wish her the very best in her retirement. How we will miss her professionalism, friendly manner, and positive disposition!

We are also pleased to announce that Tiffany Horrocks, our Activities Director, will move to the Front Desk -- filling Marcia's position. What a remarkable job Tiffany has done! Please join me in extending our congratulations to her for the fine work and efforts provided to us over the past ten months. We have hired a new associate, Candie Bonner to fill the Activities Coordinator position vacated by Tiffany's "promotion". Please give Candie a big "WELCOME" when you see her.

As I begin my fifth year here, I again wish to express my sincere thanks to each and all of you for your support and continued encouragement. It has been a wonderful four years!

Scam and Fraud Alerts

1. **SCAMMERS AND GIFT CARDS:** The Division of Consumer and Business Education, FTC states: "Gift cards are a great way to give a gift, but did you know they are also a scammer's favorite way to steal money?"

According to the FTC's new Data Spotlight, more scammers are demanding payment with a gift card than ever before.

If someone calls with urgent news or a convincing story and pressures you to pay them by buying a gift card, then giving them the codes on the back of the card - STOP. It's a scam.

Gift cards are the number one payment method that imposters demand. They pose as IRS officials and say you're in trouble for not paying taxes, or a family member with an emergency, or a public utility company threatening to shut off your water, power, or even a "service member" selling something before "deployment".

They might even call with "great news" - you've won a contest or a prize! But to get it, you need to pay fees with a gift card. Scammers will say anything to get your money. And they know how to play into your fears, hopes, or sympathies.

2. **DON'T GET SWAMPED BUYING A "FLOOD-DAMAGED CAR:** (Honest sellers have nothing to hide)

In the wake of the recent hurricanes, used car buyers should use caution. Storm-damaged vehicles are sometimes cleaned up and taken out of the state for sale. You might not know a vehicle is damaged until you take a closer look or have a mechanic check it out.

Look for water stains, mildew, sand, or silt under the carpet, floor mats and dashboard, and for fogging inside headlights and taillights. New carpet or upholstery in an older vehicle may be another red flag.

Check for a heavy aroma of cleaners and disinfectants, which is a sign that someone's trying to mask a mold or odor problem.

Get a vehicle history report, Understand the difference between titles: The title status is part of a vehicle history report.

Report Fraud. If you suspect a dealer is knowingly selling a storm-damaged car or a salvaged vehicle as a good-condition used car, contact the NICB.

3. **SOCIAL SECURITY SPOOFING:** Real SSA employees will never threaten you to get personal information. They also won't promise to increase your benefits in exchange for information. If they do, it's a scam.

HANG UP!

If someone calls, claiming to be from SSA and asking for information like your Social Security number, report it to SSA's office of Inspector General at 1-800-269-0271.

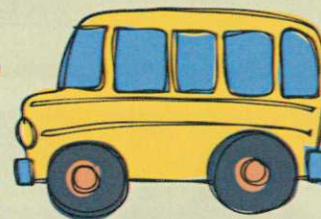
If you think someone has misused your personal information, go to identityTheft.gov to report identity theft and find out what steps to take.

"The Holiday Season is upon us now, and "Scammers" are looking to "take" your money. Remember "when in doubt" "CUT THEM OUT, & HANG UP!"

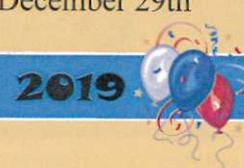
TRIPS & TOURS

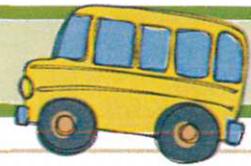
To register call Tiffany @ 435-654-4920 (by the deadline) or add your name to the signup sheet at the center. Payment must be made by the Registration Deadline.

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.



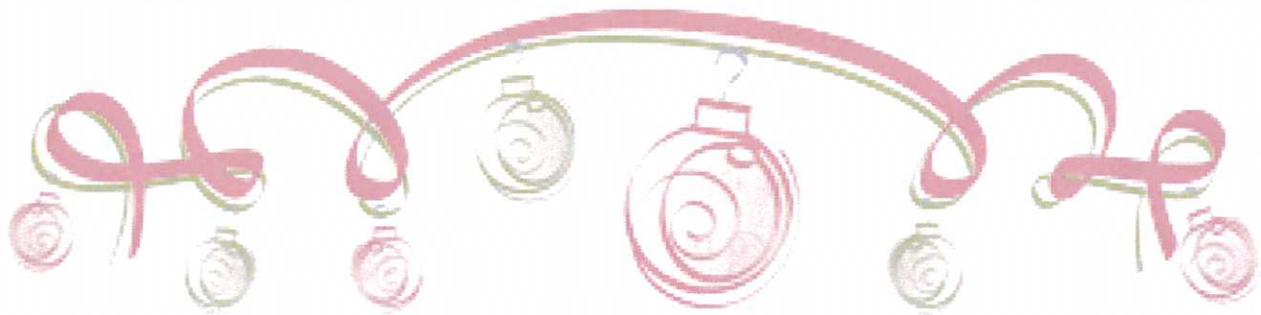
***NOTE: Unless otherwise noted you will be responsible to pay for your own meals while on day trips and/or tours.**

Date:	Registration Deadline:	Cost:	Details:
Wednesday, December 5th	Ended	-	Meet at Senior Center at 10:00am. Paint with Hannah.
Friday, December 14th	Ended	-	If signed up to ride the bus we are leaving the Senior Center at 6:45pm. Special ticket purchase: The Oak Ridge Boys at the DeJoria Center in Oakley. Come and pick-up your tickets at the Senior Center.
Sunday, December 16th	December 12th	Free	Leave the Center at 7:30am to listen to the Tabernacle Choir at the Conference Center during their live Broadcast of Music & the Spoken Word.
Wednesday, December 19th	December 11th	Free	Meet at the Senior Center at 10:00am. Come enjoy a movie. We are going to watch "The Christmas Dragon".
Friday, December 28th	Ended	-	"Nutcracker"- We will leave the Center at 12:30pm. Afterwards, we will eat dinner location TBD.
Saturday, December 29th	When Tickets are Gone	\$10	New Years Dinner 5:30pm at the Senior Center. Must pay to receive dinner ticket- First Pay First Serve basis. Don't miss out come buy your ticket Now! Limited Tickets available.
 2019 Happy New Year!!! 2019			
Friday, January 4th	December 28th	Free	Meet at the Senior Center at 12:30pm. We are going to watch "Now You See Me". Four talented magicians mesmerize an international audience with a series of bold and original heists, all the while pursuing a hidden agenda that has the FBI and Interpol scrambling to anticipate their next move.
Tuesday, January 8th	January 3rd	Free	At 1:00pm Betty Wade, Registered Dietician and Nutritionist, will come and talk to us about Healthy Eating. Learn how to eat with diabetes and other health concerns. She has come before and is Amazing!
Wednesday, January 16th	December 14th	\$28	Leave the Center at 5:30pm to watch The Grizzlies VS Tulsa Oilers Hockey Game.
Friday, January 25th	January 22nd	-	Men's Only Breakfast- Meet at Chick's Café at 8:00am.
Thursday, January 31st	January 29th	Free	11:00 am come to the Senior Center to have fun learning "Sit and Dance". From warm-up to cool down, this 30 minute dance exercise routine will have seniors of all mobility levels smiling and stretching their limbs with fun-filled rhythm.
Saturday, February 9th	Ended	-	"Swan Lake"- We will leave the Center at 12:30pm. Afterwards, we will eat dinner location TBD.
Friday, February 22nd	Ended	-	Leave Senior Center at 12:30pm. "Wicked-The Untold Story of the Witches of Oz". Afterwards, we will eat dinner location TBD.
May 6, 7,8th	TBD	TBD	Overnight trip to Mesquite Nevada!! 3 days 2 nights to gamble, play Bingo, Keno, Bowel, swim and more. Watch for more information to come soon!



Tickets are ready
Self Drivers and Bus Riders
please come and pick up your tickets.





WASATCH COUNTY SENIOR CENTER
Cordially Invites You to Our

NEW YEAR'S DINNER

Date: Saturday, December 29th

Cost: \$10 per person

Time: 5:30 pm

Location: Wasatch County Senior Center

Tickets sold on first come
first serve basis...Don't
miss out on buying your
ticket!

Make your reservation at the Front Desk.
Must pay to reserve your ticket.
Space is Limited...Reserve your ticket **NOW!**





WEEK DAYS

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

Mondays:
 7:00 pm: Fireside 

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
 1:00 p.m.: Bingo & Ceramics

FIRESIDES

Monday evenings at 7:00 p.m.

Dec. 3: Dayton Martindale and Friends

Dec. 10: Magalei Family

Dec. 17: Swiss Chors & Bell Ringers (Midway Town Hall)

Dec. 24: Christmas Eve, (NO FIRESIDE)

Dec 31: New Years Eve (NO FIRESIDE)

SPECIAL LUNCH PROGRAMS

Tuesday, Dec. 4: Wasatch High School Chamber Orchestra

Thursday, Dec. 6 : Rocky Mountain Middle School Orchestra

Tuesday, Dec. 11: Timpanogos Middle School "Honors" Orchestra

Thursday, Dec. 13: Combined school choirs led by Heather Thaxton

Tuesday, Dec. 18: "Swiss Miss" 2018 Royalty Breakfast Christmas Concert

Thursday, Dec. 20: "Christmas with Lorraine Branham and Friends"

Tuesday, Dec. 25: Christmas Day (CENTER CLOSED NO MEALS)



★ HAPPY ★ BIRTHDAY!

	Laura Ribinsky	1	
	Laural North	1	
	Mike Dorsey	1	
	Glendora Lewis	2	
	Maurice Emmerson	2	
	Susan Farrell	3	
	Bonnie Brimhall	4	
	Claudette Jolly	4	
	Inazelle Knight	5	
	John Hartshorn	8	
	Janice Casey	9	
	Marcia Young	10	
	Kay Ryan	11	
	Marina Verden	12	
	Joe Hokett	12	
	Tanya Mecham	13	
	Arlene Chandler	14	
	Vickie Broadhead	14	
	Roy Kendall	14	
	Charles Jenkins	16	
	Lyle Davis	17	
	Jim Smedley	17	
	Merry Duggin	19	
	Vera Smith	21	
	Annette Young	22	
	Betty Brandner	22	
	John Keith Thomas	24	
	Vida Applegate	24	
	Carol Nielson	24	
	Jeanine Moss	25	
	Sidney Ellingford	25	
	Ruth McGuire	26	
	Mary Ann Campbell	26	
	Sue Avney	27	
	Mel Ryan	28	
	Carolyn Hook	28	
	Ashley Fish	28	
	Sharon Spencer	29	
	Ted Schrader	29	
	Larry Clark	29	
	Jalaine Hicken	30	

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

If you miss a call from one of our "Birthday Callers",
"BEE SWEET" and give them a call back to let
them know how much you appreciate being
remembered.



Wasatch County Caregiver Support and Education

Support Group meets at 4:00 p.m., the 2nd
Thursday of each month at the
Wasatch Senior Center,
465 E 1200 S, Heber
(435-654-4920)

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.

OBITUARIES

David Prescott Farnum
Born: December 15, 1935
Died: September 13, 2018
Married: Jane Hammond

Ephriam Kent Ellertson
Born: July 3, 1927
Died: November 3, 2018
Married: Elaine Lewis

David Lamar Kelly
Born: April 4, 1939
Died: November 4, 2018
Married: Annette McKnight

Gary S. giles
Born: March 13, 1963
Died: November 4, 2018
Married: Juanita Thompson

Ada Lavon Perkins Mair
Born: July 9, 1933
Died: November 4, 2018
Married: Billie Mair

Wilva Sweat Anderson
Born: March 19, 1926
Died: November 8, 2018
Married: (1) Ray S. Anderson
(2) C. Victor Anderson
(3) Warren Jr. Jones

Thomas L. O'Finnegan
Born: October 25, 1945
Died: November 9, 2018

David William Densley
Born: April 12, 1949
Died: November 15, 2018

Donnette Clyde Hewitson
Born: 1935
Died: November 17, 2018
Married: Thomas Reed Hewitson

Jesse Kent Savage
Born: June 21, 1931
Died: November 17, 2018
Married: Betty Jean Gross

Ernest G. Jacklin
Born: November 30, 1930
Died: November 18, 2018
Married: Carolyn Bentley



CORPORATE BOARD ELECTION RESULTS

Calendar Year 2019

**Board of Directors for the Wasatch County Senior
Citizens, Inc. (A Utah Non-Profit Corporation)**

TOTAL BALLOTS-----96

Vice President/President Elect

(1 YR VP, 1 YR Pres. 1YR Past Pres.)

Dee Akerley	22
Cheryl Ann Jones	19
Perry Rose	54
Lee Ann Cooper	1

One Year Directors

(One Year Directorship. TWO are needed)

John Besendorfer	58
Mary Johnson	19
Betty Jones	67
Denton E. Thiede	10
Lee Ann Cooper	1

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 program call Marcia at the Senior Center. (435-654-4920)

Heber Food Pantry Community Action Agency

34 W 200 S, Heber, UT
435-654-2182

Open: Tuesday and Friday
11:00 a.m. to 6:00 p.m.
Leader: Bryce Hendley

Mountainland's NEW Friendly Callers Program

Do you know someone 55+ who lives alone, may be lonely, or is in need of a friend? Our Friendly Callers Program could be for them! Friendly Callers connects volunteers with homebound individuals in need of companionship. If you would like to suggest someone to be a recipient of this program or would like to VOLUNTEER for this program, contact us! Volunteers work from home and call 5 individuals weekly to check-in and chat for a few minutes. Make a difference in a short amount of time and from your home. Contact Katie at Mountainland RSVP at 801-229-3820.

Katie Chase, Retired & Senior Program Volunteer Coordina-

It's party time!



ROCK ON !

Marcia Ann Young

is dancing her way to retirement.

Come and celebrate with her!

Thursday, December 6, 2018

1:00 - 3:00 p.m.

(Tribute at 1:15 p.m.) at the
Wasatch County Senior Citizen's
Center

Rock & Roll All Night, Party Every Day



SENIOR CENTER CODE OF CONDUCT

PRINCIPALS OF CONDUCT

A. To ensure that all participants have pleasant and meaningful experiences in the senior centers, participants in MDAFS co-sponsored activities shall -

1. Show courtesy and consideration for the other participants;
2. Use voice and behavior that will not disturb other center participants, i.e., avoid language and behavior that other participants would construe to be threatening, disturbing, sexually suggestive, or harassing in any way;
3. Use language that other participants will not find demeaning, patronizing, abusive, threatening, obscene, or offensive;
4. Maintain personal hygiene that is not offensive or unhealthy;
5. Use the center equipment in a safe and appropriate manner;
6. Treat center materials, equipment, furniture, grounds, and facility with respect;
7. Keep the center building and grounds neat, clean, and litter-free;
8. Obey the Utah Clean Air Act, which prohibits smoking in public buildings;
9. Obey all federal, state, county, and city laws and ordinances;
10. Function independently, or have a caregiver present to assist with personal needs; and
11. Be able to walk safely and independently in the senior center or use assistive devices, either independently or with assistance of a caregiver privately employed by the participant.

B. Center participants have the right to expect these principles of conduct to be obeyed by all other participants and by staff.

A complete copy of the Mountainland Aging & Family Services Department Policy Directive (Senior Center Code of Conduct) is available upon request at the Wasatch County Senior Center.

GLUCERNA

Glucerna nutrition supplement is now available for those over the age of 60 at the Senior Center by prescription and special order. The cost is \$30 per case. For more information call the Senior Center at 435-654-4920.

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!*

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 last 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