

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
- Administrative Secretary:
Marcia Young

February

2018



SENIOR CENTER CORPO- RATE BOARD 2018

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

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Johanna Huijzendveld, Jim Kohler,
Raneva Lemon, Bonnie Mathews,
Rick Tatton Marcia Young
1st Alternate: Sidney Ellingford
2nd Alternate: Linda Middleton

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SPOTLIGHT

Marvin & Kay Rust



Kay: Kay was born in Dallas, Texas, but spent her growing up years in Southern California (Whittier, La Habra and Fullerton). She majored in Speech Therapy while at BYU and received her Masters in that at California State U. at Fullerton. After the children were in school, she became a full time therapist in the school system, primarily in Mesa, Arizona (20 years) and then here in Heber for five years. Kay has been an avid genealogist and has been active in sewing. She has been fully involved with High Valley Arts in the costume department making many of the costumes for such shows as "My Fair Lady", "Annie Get Your Gun", "Annie", "The Wizard of Oz", "Beauty and the Beast" and many others. She is now the main lighting engineer for the current productions. Along with everything else, she has been singing with the "High Valley Singers" and playing the keyboard with the "M&M's".

Marvin: Marvin was born and raised in Vernal. While he is a diehard "Uintah Ute", he has always loved the Heber Valley and enjoys living here with a beautiful view of Timpanogos. Marvin retired from the insurance industry as a claims executive and at the end of his career was a specialized financial planner (establishing a financial plan for those who were seriously injured). He has also been very involved with High Valley Arts as part of the construction crew, acting in some of the plays, and now being over the tech crew and manning the sound board. He plays the Euphonium and has been with the M&M's for several years providing the bass notes for the band. He has been a tax volunteer helping assist seniors prepare their tax returns in Wasatch and Utah counties for the past nine years. Currently he serves as the Treasurer/Secretary for the Wasatch Senior Center.

Marvin and Kay have three grown children and fourteen grandchildren. They love to travel the world and are looking forward to an upcoming trip to Spain, Italy and Greece. Recently they returned from an LDS mission in Australia where they were digitizing records in the Tasmanian and Victoria archives. Currently they are Family History missionaries preparing records for indexing on FamilySearch.org.

WEEK DAYS

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

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 pm: Bingo, Ceramics and Chess

FIRESIDES

February 5: Rob Sorenson & Family

February 12: Amy Andersen, Kathy Buell and Natalie Johnson, "So This is Love"

February 19: Presidents Day (No Fireside)

February 26: Brayden Weese & Friends (Vocals and

SPECIAL LUNCH PROGRAMS

Tuesday, February 6: Mardi Gras lunch !! Music with Lorraine Branham and Heidi Bernard

Tuesday, February 13: Special "Valentine's Day" lunch and fun with Sally Baird

Tuesday, February 15: "Holly and Betty's Travel"

Tuesday, February 20: Tami Winward from Encompass Hospice, "Pet Therapy"

Thursday, February 22: Country music by "In Cahoots"

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 member 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 daytrips and/or tours.**

- **Wednesday, February 14:** Day trip to Clark Planetarium in Salt Lake. Cost is \$8 per person for transportation and admission. Lunch at Chuck-A-Rama after visiting the planetarium. Registration deadline is February 9.
- **Wednesday, February 28:** Day trip to the BYU Museum of Art. There is no cost for admission or transportation. The bus will leave the center at 10:00 a.m. Lunch at Chuck-A-Rama after visiting the museum. Registration deadline is February 16.
- **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. **Sold Out**

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

The Boutique

Looking for that special baby gift or handcrafted item? Check out our *Boutique* or ceramics display 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 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!



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).

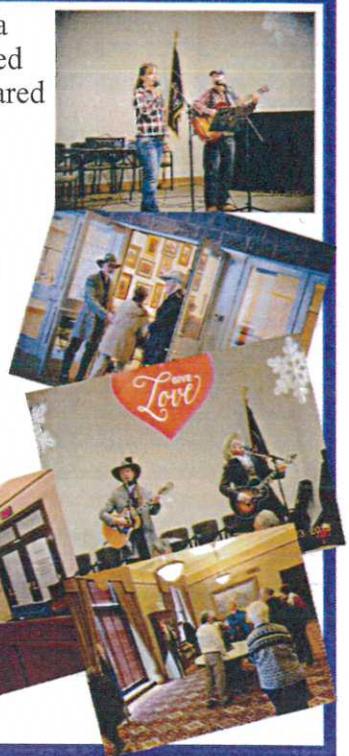
For more information, contact:
Marcia Young

January Activities and Programs

We rang in the new year on Friday, December 29th with a fun filled New Year's party. The M & M's band entertained us while we enjoyed a scrumptious roast beef dinner prepared by our amazing people in our kitchen. Brent & Cora Briggs, Jeneal Wingelaar and Monica Kelly. They always give us at least 110%. We are so lucky to have them serving us.

We are well into 2018 already. We took a tour of the Heber Valley Milk and Artisan Cheese plant and the Utah State Capitol during January. Joe Young and Shelley Kelsey entertained us during lunch as well as Hired Guns.

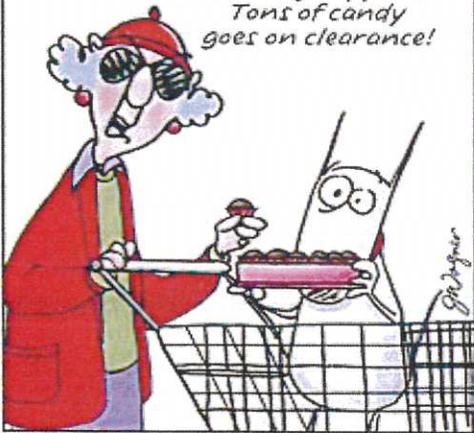
Over 1000 pairs of socks were donated to the "Socks for Souls" drive that we held through the month of December. Thank You to everyone who donated. The socks were given to local families in need.



Crabby Road

2-15-12

Every year in the middle of February, something wonderful and heartwarming happens. Tons of candy goes on clearance!



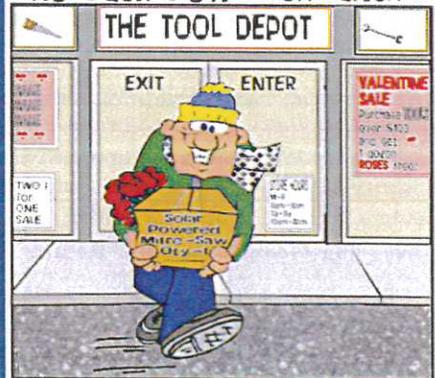
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Maxine.com

Join us on Tuesday Mornings. LETS GET FIT!

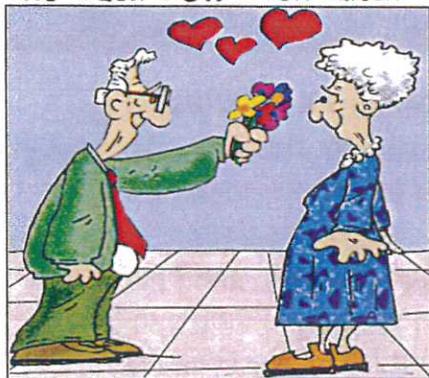
Everyone can benefit from exercise regardless of age or fitness level. Come exercise with us. Improve your endurance, strength, balance and flexibility. All ability levels are welcome. We meet at 10:30 a.m. every Tuesday morning in room 157.

The Back Pew - Jeff Larson



VALENTINE TIP: No matter how sweet the deal, resist getting roses at the Hardward store. (inspired by an actual Sunday Paper ad)

The Back Pew - Jeff Larson

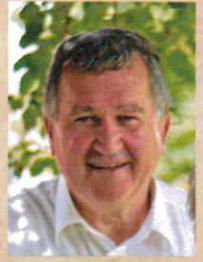


Your teeth are store bought and as white as the hairs on yer head. Song of Solomon for Seniors

UVU Heber Valley "ELDER QUEST"

UVU is working with local retired and semi-retired citizens of Wasatch County and has organized an Elder Quest program. The purpose of Elder Quest is to provide opportunity for advanced life-long learning programs and study for retirees who enjoy planning their own educational program to expand their intellectual horizons. This is a member-driven program which conveys UVU's fundamental role of providing educational opportunities to our community. We invite all interested Wasatch County residents to attend. If you are interested in serving as an officer in the organization please call **801-862-6601** or send an email to Tom Melville at **Thomas.melville@uvu.edu** prior to the meeting.

From the Director's Desk



On New Year's Day I was reminded that my tenure here at our fine Senior Center now commences Year 4 (four). It's been a pleasure to work/serve here. Thank you for your support and participation. You've heard me say so many times how our operations and activities would not happen were it not for all those who so willingly volunteer. Thank you!

In my monthly messages in our Senior Center Newsletter I've tried to keep my comments light and positive. Perhaps this month, such may not be so. But, hopefully, it will be helpful. . . .

In an article I recently read about "the signs and symptoms of a stroke" the symptoms and warnings of a stroke are similar to other brain injuries, such as brain tumors and concussions. The commentary reads

"Should you have a stroke you may experience sudden numbness or weakness of the face, arms, or legs, especially on just one side of the body. You may get confused and have trouble speaking and understanding others when they are speaking. Trouble seeing in one or both eyes is common, as well as trouble walking or maintaining balance. The most common symptom is a painful headache that sets in quickly."

The action needed, -when there's an on-set of a stroke - is to immediately call 9-1-1 and get medical attention. BE FAST is the motto.

We wish you all a health and happiness. Our "best to you - always!

Scam and Fraud Alerts

The High Cost of Free

1. "Zero cost" promises are powerful marketing & that's why scammers use them so much!

Free trials: whether the promise is wrinkle-free skin, magazine subscriptions or earning easy money working from home, the cancellation window with some free-trial offers *starts when you place your order, not when you receive it.* Scam vendors may purposely delay the initial shipment so you can't cancel in time.

The offers may have small-print disclosures or prechecked boxes through which you agree to receive other products, often at outrageous costs & without free trials. Be wary of product endorsements that are attributed to customers; they can be as fake as some online news reports or sponsored content. Finally, be wary of words like "miracle," "guaranteed" & "risk free." They're often code for "rip-off!"

2. "Zero Cost" promises are powerful marketing. That's why scammers use them so often!

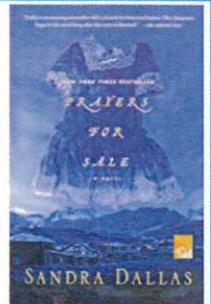
Travel & Leisure: Have you been offered free air line tickets & hotel stays by emails, phone calls, or through social media? Those enticements can come from crooks who steal the logos of well-known companies, promote a giveaway & provide malware-laden links to infect your computer. *Online offers for free merchandise or meals are also very likely to be scams.* Always check the company's website for legitimate promotions.

Then there are the offers by mail or phone to lure people to high-pressure sales presentations for time-shares or vacation clubs. While they can be legal, they often don't deliver on promises of huge discounts or luxury accommodations & memberships can cost \$10,000 followed by hard-to-cancel annual fees.

Sometimes free cruises or vacations offered in unsolicited calls & post-cards require your credit card for a reservation. Expect to be billed immediately for port fees or security deposits & there is likely to be a policy of no refunds in the small print. That all-inclusive package may produce lousy accommodations & require big fees for meals, lodging or the ship's fuel.

BOOK BUZZ

The third Thursday of each month at 10:30 a.m. in 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 February we are reading



"Prayers for Sale" by Sandra Dallas

From the critically acclaimed author of "Tallgrass" comes a powerful novel about an unlikely friendship between two women and the secrets they've kept in order to survive life in a rugged Colorado mining town.....



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



To all our Seniors...just a little info from the kitchen. Here it is February 2018. I'm still writing 1996. That must have been a good year. Time flies by when you're having fun.

February brings us: American Heart Month, Black History Month, Canned Food Month, Creative Romance Month, Great American Pie Month (Cherry Pie), National Children's Dental Health Month, National Grapefruit Month and National Wedding Month.

Our Valentine's Day Lunch, will be on Tuesday the 13th. Please remember to call at least one day in advance, so we will be prepared for you. Come and enjoy.

Washington's birthday, also known as President's Day, is a federal holiday held on the third Monday of February. The day honors presidents of the United States, including George Washington, the USA's first president. We will be closed here at the Senior Center.

Please remember to keep drinking your water. I know it's cold outside, so maybe you could drink warm water. Until next time, take care...Cora Briggs

Medicare Moment

Medicare enrollment periods for Original Medicare



If you need to manually enroll in Medicare Part A and/or Part B, you can sign up during the following times:

- **Initial Enrollment Period (IEP)** — When you are first eligible for Medicare, you have a seven-month period to sign up. This seven-month period begins three months before your 65th birthday, includes the month you turn 65, and ends three months after you turn 65. If you qualify because you're receiving disability benefits, it starts three months before your 25th month of disability benefits from the Social Security Administration (SSA) or Railroad Retirement Board (RRB) and lasts seven months.
- **General Enrollment Period (GEP)** — If you miss your Initial Enrollment Period, you can sign up between January 1 through March 31 each year. Your coverage will begin July 1. You may have to pay a late-enrollment period in the form of a higher premium for Part A and/or Part B.

Special Enrollment Period (SEP) — If you or your spouse (or family member if you are disabled) is currently working and you are covered by employer or union-sponsored health insurance, you will have a Special Enrollment Period when your coverage ends, or you stop working (whichever happens first), up to two full months after the month your coverage ends. You may also be eligible for a Special Enrollment Period in other situations. For example, if you are serving as an international volunteer for a tax-exempt organization and have other health coverage, you may get an SEP when you return to the United States.

- Note: Individuals in a Medicare Advantage plan can also make changes during the **Medicare Advantage Disenrollment Period** that runs from January 1 through February 14. During this time, you can leave your Medicare Advantage plan and return to Original Medicare. If you use this election period to disenroll from a Medicare Advantage plan, you can also enroll into a stand-alone Medicare Prescription Drug Plan during this time.

One-on-one counseling is offered through SHIP Medicare Counseling with Dawn Loper at Mountainland Association of Governments. Please call 801-229-3819 for a telephone consultation or to schedule an appointment. Information is also available concerning a program for help with prescription drug costs. Always protect your Medicare card and information.

YOU ARE GETTING A NEW MEDICARE CARD

Medicare will mail new Medicare cards between April 2018 and April 2019. Your card will have a new Medicare Number instead of a Social Security Number.

Make sure your mailing address is up to date so you get your new card. Visit ssa.gov/myaccount or call 1-800-772-1213 (TTY-1-800-325-0778) to correct your mailing address. Visit Medicare.gov for the latest updates.

Dawn Loper

Mountainland Association of Governments, 586 E. 800 N., Orem, UT 84097, 801-229-3819

Dawn will be at the Wasatch Senior Center on Tuesday, Feb. 13, from 10:00 a.m. to Noon to answer Medicare, Medicaid, SHIP and Social Security questions by appointment. Please call Dawn at 801-229-3819 for an appointment.

HAPPY BIRTHDAY

	1	
Idonna Iba	1	
Ken LeBlanc	1	
Velma Edwards	2	
Dale Snyder	2	
Kim Loertscher	3	
Diana Bahde	6	
Susan Edwards	7	
Joan Kohler	7	
Barbara Murdock	7	
Diana Witt	7	
Joellen Clayburn	8	
Shirley Hendricks	8	
Ronald Meik	8	
Bruce Travis	9	
Di Ann Turner	9	
Gene Probst	10	
Carolyn Rose	10	
Tom Brandner	11	
Joann Burnson	11	
Betty Jones	11	
Dean Davis	16	
Phyllis Harris	16	
Betty Smedley	16	
Vance Farrer	17	
Janice Oleson	17	
Marjorie Allison	19	
Bonnie Mathews	19	
Audrey Probst	19	
Troy Davis	20	
Nancy Davis	21	
Lynette Giles	21	
Barbara Giles	22	
Mary Parcell	23	
Inez Wilde	24	
Steven Anderson	26	
Harry Pedro	26	
Jim Fischer	27	
Shirlene Richardson	27	
Lois Bartholomew	28	
Bill Kushner	28	
RosaLee Ryan	29	

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.

OBITUARIES

Bobbie Joan Bennett Patrick Seifert

Born: January 23, 1931
Died: December 23, 2017
Married: Frank Patrick

Glade Bernell Luke
Born: October 30, 1940
Died: December 24, 2017
Married: Darlene Casper

Margaret Leah Applonie Turnblom
Born: October 30, 1929
Died: December 26, 2017
Married: Palmar Felix Turnblom

Anna B. Cahoon Sticht
Born: April 6, 1930
Died: December 29, 2017
Married: Maynard Sticht

Darell Mair
Born: October 28, 1943
Died: December 30, 2017
Married: Carol Lee Brandt

Gary Schear
Born: December 1, 1937
Died: January 2, 2018
Married:
(1) Janice Murdock
(2) Rugh LyNae Gleave

Billie Dove McAfee Hiatt
Born: September 11, 1928
Died: January 2, 2018
Married: Kent Hiatt

Sheron (Bill) Simmons
Born: June 18, 1941
Died: January 3, 2018
Married: (1) Nancy Carol Johnson (dvcd)
(2) Carol L. Jones (dvcd)
(3) Shirley Anderson (dvcd)
(4) Nancy Jean Lentz (dvcd)

Afton Jasmine Hibberd Todd
Born: December 19, 1927
Died: January 4, 2018
Married: Marvin Todd

Paula Simmons Broadhead
Born: June 4, 1957
Died: January 6, 2018
Married: Milan Alden Broadhead

JoAnn Daley
Born: September 15, 1952
Died: January 10, 2018
Married: Richard Daley

David Daniel Hansen
Born: April 16, 1955
Died: January 12, 2018
Married: Tamre (Tami) Wickern

Earl Dean Dayton
Born: September 7, 1930
Died: January 22, 2018
Married: Donna Moulton

Fern Casper Rasband
Born: August 24, 1932
Died: January 2018
Married: J. Verl Rasband

Rita Simmons Andreason
Born: August 24, 1925
Died: January 24, 2018
Married: Elmer "Lefty" Andreason



Caring for You...Caring for Others

7 Signs of Caregiver Burnout

Taking care of someone 24 hours a day, seven days a week is demanding, stressful and difficult. It is not wonder that caregivers suffer a high rate of burnout. How do you recognize caregiver burnout in yourself? Experts have determined that there are seven signs of caregiver burnout. If you are experiencing one or more of these, you may be at risk for burnout.

Loss of appetite or other eating disorders. Are you eating less or more? Skipping meals?

Overly emotional. Do you begin to cry unexpectedly or at inopportune times? Do you laugh at things that aren't funny? Are you overly sensitive to the comments of others?

Feeling overwhelmed. Do you wake up in the morning wondering how you are going to get through the day? Do you feel like tasks are accumulating, and you will never be able to catch up?

Withdrawal. Are you beginning to withdraw into yourself, and away from the world? Are you tending to bottle emotions up inside of yourself? Are you avoiding confronting people-- either your care recipient or others?

Isolation from peers. Have you stopped participating in activities that you once enjoyed? Are you avoiding the phone calls or other friendly social advances of others? Are you making excuses for not seeing people?

Losing focus at work. Are you unable to concentrate on your job? Do you find yourself taking excessive time worrying about non-job-related things? Do you take excessive time off from work to attend to the needs of your care recipient? Has your boss mentioned that you don't seem as focused as you once did?

Lack of interest in appearance. Have you stopped buying clothes for yourself? Stopped getting regular haircuts? Lost interested in looking your best?

Everyone in a caregiving role is likely to experience some of these things at one time or another. Ask yourself if the warning signs are debilitating, making your life seem impossible. If so, you may very well be experiencing caregiver burnout, and you may want to seek professional help. A doctor, therapist or social worker will help you recognize what you can do to make yourself feel better, to take better care of yourself, and to meet the challenges of caregiving once again with an open heart and mind.

Our support and educational groups are:

Elk Meadows (4200 N 400 W in Oakley) on 3rd Thurs of the month at 6 p.m. with light dinner.

Lunch Bunch, last Thursday of each month at 1 p.m. at Denise's Home Plate (Main St, Coalville)

Wasatch Sr. Center, 2nd Thurs of the month at 4 p.m.

Please contact our office at 801-229-3804 for any assistance with your caregiving role. Caring for you, Geri Lehnardt.

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



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!****

Those who pay in February are now due.