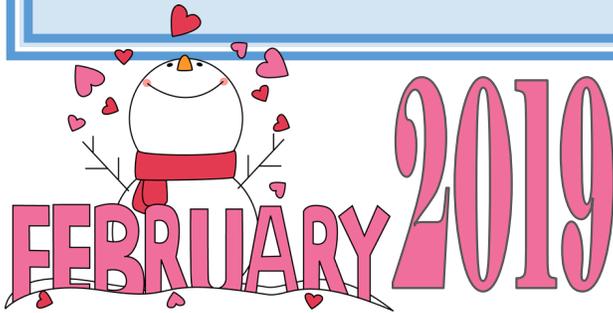


Wasatch County Seniors Newsletter

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



SENIOR CITIZENS DEPT.

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

SPOTLIGHT

Evelyn Robertson



What a life I have had. How do you condense 85 years into a few paragraphs? My childhood was spent the youngest of 3 siblings. When I was 8 years old my father took me to see a new baby brother. Having no idea that we were even expecting, I exclaimed "Oh can we keep him"? Having been the baby of the family I was often teased a great deal so I became quite rebellious and independent resulting having to spend a lot of time standing in the corner.

We lived on the banks of the Kanawha River in West Virginia and daily watched the steam boats pushing Barges up the river to collect coal from the mines and return.

I met the love of my life in Charleston, West Virginia and married quite young. We were married 42 years and he being a Dentist I had good dental care.

We were blessed with a daughter and 3 sons. Tragically my middle son was killed in a freakish accident. Only my faith in God helped me through. After the kids were grown and with the encouragement of others, I got into politics. After spending 1 year on council I became the Recorder for several terms before becoming Mayor and Municipal Judge. At the time our city had 2 major floods and fortunately received aid from FEMA, the Governor's Office, Salvations Army and Kanawha County commission to help clean up and repair damages.

I never thought I would be living in Utah and being involved in the Library, Senior Center and Episcopal Church has helped me adjust to living in this beautiful state. I pray good health and blessing on all our members and thank you for my time with you.

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SENIOR CENTER CORPORATE BOARD 2019

- President: Dennis Allen
- Vice- Pres./ President/Elect: Perry Rose
- Past Pres.: LaRee Pedro
- Sec./Treas.: Marvin Rust
- Historian: Carroll Lee Hicken

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

COUNTY ADVISORY BOARD 2019

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

Regular Members: Steve Farrell (Cnty Cncl Rep.),
Jim Kohler, Raneva Lemon, Bonnie Mathews, Rick
Tatton, Marcia Young, Sidney Ellingford, Linda
Middleton
1st Alternate: Mary Johnson
2nd Alternate: Betty Brandner

YOU ARE ALWAYS
RESPONSIBLE
FOR HOW YOU ACT,
NO MATTER
HOW YOU FEEL.



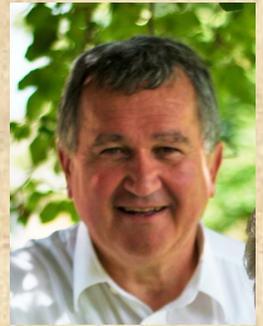
From the Directors Desk..... February 2019

A few general items of information and interest:

1. Several seniors called me this month wondering if I was still Director here because this regular article was not in last month's newsletter. Rather than my usual commentary in this column, we had asked this year's new President, Dennis Allen, to share his thoughts - as he "kicked off" his term of service for 2019. Thank you, Dennis. We also thank Past President, LaRee Pedro, for her kind service during 2018.
2. We welcome Dee Ackerley as a new director to our *corporate* Advisory Board. She was appointed by the Board to serve the remainder of the term held by Perry Rose who was elected as Vice President this year.
3. Betty Brandner and Mary Johnson have been appointed to serve as directors on the County's Senior Advisory Board. They replace Johanna Huijzenveld and Laureen Gilbert. Thanks to these women for their kind service, as well. We thank all who serve on these two Boards.
4. Our local Area Agency on Aging Office, Mountainland Association of Governments, located in Orem, continues to be a great resource for our Senior Center. We express our thanks to the staff there who help us in our daily operations here; i.e. the Meals-on-Wheels and RSVP Programs, to name just two.

As I enter my 5th year as Director of our Senior Center, on behalf of all of us, I again would like to express my appreciation to the Wasatch County Council and Manager for their support and their approval of funds appropriated for the continued support of our Center. We also thank each of you, the tax payers.

Here's to continued success in our future!! Our warm thoughts to each of you -- wishing good health and happiness.



Scam and Fraud Alerts

“NO-TALK” PHONE SCAMS

Curiosity Cons: Knowing that you're likely to ignore unrecognized or private numbers on caller ID, today's crooks use software that allows them to display fake numbers that are hard to resist!

Here are some variations:

The Neighbor Ploy is where your area code and prefix are displayed, so the call appears to be from a neighbor or nearby business. Fewer people are comfortable blocking local numbers thus increasing scammers' success rates. The fake number makes it hard for law enforcement to track.

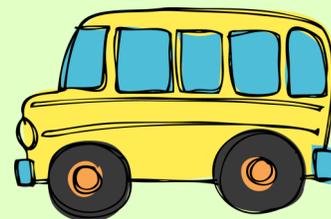
The “Hey, there's a call from my own phone number” scam where it's hard to resist answering a call from your own number, which scammers can simulate and they're able to get around any call blocking that you've set up.

The one-ring rip off is where criminals sometimes program auto-dialers to make repeated calls to you, each disconnecting after just one ring. They know this might spur you into calling back the displayed number to complain. There's double trouble if you call area codes such as 268, 664, & 876 as these are for Caribbean countries & other places that have high per-minute phone charges. One scam involves getting you to call one of those numbers, then getting you to hold through transfers that rack up your bill until a scammer gets on the line & starts a fraudulent pitch.

TRIPS & TOURS

To register call Candie @ 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:
Friday, February 1st	January 31st	Free	Craft: Upcycle Calendar Trinket Boxes: at Senior Center Bring your old calendar or large greeting cards and turn them into adorable trinket boxes! Meet at Senior Center 10:30
Wednesday, February 6th	February 4th	Free	Chair Yoga: at "The Fit Stop", Heber This 45 minute class is just like a traditional Yoga class. It will begin with centering and breathe work. Students are introduced to Yoga using the chair as an aide in all standing postures Ideal for beginners and individuals We will meet at "The Fit Stop", Heber UT 9:00 AM Sharp.
Friday, February 8th	February 1st	\$21.50	Cheese Tasting: at Heber Valley Cheese, Midway Become cheese connoisseur for the evening. Try 20-25 fresh, new flavors. One-on-one time with our staff and cheesemakers and behind-the-scenes tour. After you try your cheese – enjoy small bites of our cheese paired with other local products: jams, chocolate, and balsamic. Bus to leave Senior Center at 5:30 PM / Tasting 6:00 PM
Saturday, February 9th	CLOSED	—	"Swan Lake": at Capitol Theater in SLC Bus to leave Senior Center at 12:30 PM
Monday, February 11th	February 7th	\$2	Valentine Card Making: at Senior Center Be creative with Cynthia! She will be teaching you how to make your own Valentine's Cards. You will have the opportunity to make 2-3 cards (envelopes not included). All supplies will be provided. Meet at Senior Center 1:00PM
Wednesday, February 13th	February 12th	Free	Movie: "Sleepless In Seattle": at Senior Center Meet at Senior Center 12:30 PM
Friday, February 22nd	CLOSED	—	"Wicked": at Eccles Theatre in SLC Bus to leave Senior Center at 12:30 PM
Wednesday, February 27th	February 26th	Free	"Good Ole' Days" & Potluck Lunch: at Senior Center Let's discuss the "Good Ole' Days" of Heber Valley! It doesn't matter if you have lived here for one year or almost 100, all are welcome! Bring your memories, pictures, and stories to share & tell. Potluck lunch. Meet at Senior Center 11:00 AM
Friday, March 1st	February, 26th	One One's Own	Ladies Luncheon: at "The Old Goat" Let's get together and enjoy lunch (and of course, a few laughs) at the new Restaurant in town "The Old Goat" We will meet at "The Old Goat" 650 W. 100 S. Heber at 11:30 AM
Saturday, March 9th	January 31st	\$20	Beauty & The Beast: at Dejouria Center Join us in watching a "Tale as Old as Time"..... Put on by the Panto Company USA. Will be full of fun, laughter, stunning costumes, music, and magic! Bus to leave Senior Center at 1:45 PM (limited seating)

TRIPS & TOURS Continued.....



Date:	Registration Deadline:	Cost:	Details:
Wednesday, March 13th	March 11th	\$7	<p>Legends Motorcycle Museum: Springville, UT Get up and personal with vintage motorcycles from early 1900's. Bring money for lunch at "Strap Tank" Café Bus to leave Senior Center at 10:00 AM</p>
Saturday, April 6th	January, 31st	\$18	<p>Ballet West II: at DeJoria Center, Kamas Ballet West II Will be performing a mixed bill of time-honored classical routines and bold new works that will showcase the troupes impressive and diverse talents. The repertoire includes: Divertimento, Laden, Don Quixote Pas de Deux Swan Lane Pas de Trois, and Untitled</p>
Friday, May 3rd	February 8th	\$90	<p>Shen Yun- at Val Browning Center , Ogden. Travel back to the magical world of ancient China. Experience a lost culture through the incredible art of classical Chinese dance, and see legends come to life. Shen Yun has stunning costuming, high-tech back drops and an orchestra like no other. Be prepared for a theatrical experience that will take your breath away! Bring money for dinner at Chuck-A-Rama Bus will leave Center at 12:00 PM</p>
Monday, Tuesday, Wednesday May 6, 7, & 8th	March 4th	\$85 Shared Room \$115 Private Room	<p>Overnight trip to Mesquite Nevada!! We will leave at 8:00 am on Monday, May 6th. 3 days 2 nights to gamble, play Bingo, Keno, Bowl, swim and more. Cost Includes room, transportation (in luxury motor coach), and (1) boxed lunch. Ask front desk for more details</p>
Friday, June 7th	March 1st/ March 31st	\$20	<p>"Air Supply" Concert: at the DeJoria Center, Kamas. The soft rock duo has 8 top ten hits including: "All Out of Love", "Sweet Dreams", "Even the Nights Are Better", "Lost in Love", and "Here I Am". Sign up by March 1st – Seniors Only. If tickets are still available after March 1st friends and family are welcome to join. Final deadline to pay is March 31st. Senior bus will leave the Center at 6:45 (limited seating).</p>



New Years Dinner

THE NUTCRACKER



In Cahoots / Congregate Lunch





To all our Seniors...just a little info from the kitchen. January brought us snow, February will bring us hearts.

February 14th, brings us Valentine's Day. A celebration of love and lovers. The root of Valentine's Day goes back to ancient times, when people paid honor to the Roman God of Fertility. This was known as the Feast of Lupercalia, and was celebrated even then on February 14th. The traditions of Valentine's Day are broad and many. It is a time to exchange cards or small gifts. Chocolates, flowers, jewelry and romantic dinners are the big hits of this holiday. It is a romantic event for lovers and a fun event for kids and family. Happy Valentine's Day to all of you! We will be having our luncheon on Thursday the 14th. Please sign up early. Fun times ahead.

We will be closed on the 18th for President's Day. It is a day set aside to honor all of the U.S. presidents. We often think of two great presidents George Washington and Abraham Lincoln when we celebrate this holiday, as it falls by design between their birthdays. It is a national holiday. While Federal employees, the post office and banks have the day off, most businesses and industry do not recognize it as a paid holiday.

Even though it is cold outside, please keep drinking your water. Until next time, take care...Cora Briggs

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 pm: Bingo & Ceramics

February Firesides

4th– Rob Sorensen & Family

“An Evening of Music”

11th– “Hired Guns” Music & Fun

18th– No Fireside/ Presidents Day

25th– Music with the M&M's Band

“Winter Review”

SPECIAL LUNCH PROGRAMS

Tuesday, Feb 12th: Dawn Loper w/M.A.G. “Aging Services”

Thursday, Feb 14th: “Valentine's Lunch” piano music w/Raneva Lemon

Thursday, Feb 21st: Heidi DeMarco, Director of M.A.G. Aging and Family Services

Thursday, Feb 28th: “Elder Quest” Kendal Crittenden & Tom Melville.

Don't forget to call and sign up for the lunch bus on Tuesdays and/ or Thursdays if you are unable to drive yourself.



If you would like more information give us a call 435-654-4920.

I	Idonna Iba	1
K	Ken LeBlanc	1
S	Dale Snider	2
E	Velma Edwards	2
D	Kim Loertscher	3
A	Diana Bahde	6
M	Barbara Murdock	7
A	Bert Bruce	7
R	Diana Witt	7
I	Joan Kohler	7
C	Susan Edwards	7
H	Joellen Clayburn	8
E	Ronald Meik	8
R	Shirley Hendricks	8
A	Bruce Travis	9
S	Di Ann Turner	9
E	Cheri Carlson	10
N	Carolyn Rose	10
I	Gene Probst	10
B	Suzanne Trottier	10
R	Betty Jones	11
I	Glenna Singly	11
E	Joann Burnson	11
S	Dennis Whiteley	12
A	Betty Smedley	16
N	Dean Davis	16
I	Phyllis Harris	16
B	Janice Oleson	17
R	Vance Farrer	17
I	Bonnie Mathews	19
E	Troy H. Davis	20
S	Lynette Giles	21
A	Nancy Davis	21
N	Mary Parcell	23
I	Inez Wilde	24
B	Hazel Hoffman	25
R	Harry Pedro	26
I	Steven Anderson	26
E	Jim Fischer	27
S	Shirlene Richardson	27
A	Bill Kushner	28
N	Lois Bartholomew	28
I	RosaLee Ryan	29

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.



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

<p>Jerry M Murray Born: August 10, 1940 Died: December 19, 2018 Married: Carolyn Jeane Stoddard</p>	<p>Frank Hixson Hortin Born: July 28, 1929 Died: January 13, 2019 Married: Mavis Ann Ford</p>
<p>Willis Mair Born: December 19, 1924 Died: December 26, 2018 Married: (1) Norma Schear (2) Edna May Roberts</p>	<p>Marjorie Ann Kummer Mecham Born: February 19, 1933 Died: January 14, 2019 Married: Garn Mecham</p>
<p>Jane Clayburn Larsen Born: March 17, 1962 Died: January 1, 2019 Married: Roy Alan Larsen</p>	<p>Lyle A. Davis Born: December 17, 1930 Died: January 16, 2019 Married: (1) Ida Gardner (2) Bonnie Piper</p>
<p>Norma Slade Simmons Born: May 1, 1927 Died: January 1, 2019 Married: Lionel George Simmons</p>	<p>G. Frederick Clark Born: August 15, 1924 Died: January 21, 2019 Married: (1) Leota Demos (2) Joy Allred</p>
<p>Aileen North Born: November 24, 1961 Died: January 13, 2019 Grandparents: Leslie & Arlene North</p>	<p>Darwin McGuire Born January 8, 1931 Died: January 21, 2019 Married: Ruth Stanley</p>
<p>Michael F. Fitzgerald Born: November 29, 1951 Died: January 11, 2019 Married: Hettie Ann Page</p>	<p>Lynn C. Broadbent Born: November 24, 1930 Died: January 2019 Married: Merle Young</p>





AARP will be here on Wednesdays to help Seniors (60 and older) with their taxes— for FREE!

Days Available:

February 6th, 13th, 20th, & 27th

March 6th & 13th

Appointment times start at 8:30 am—12:30 pm.

Call 435-654-4920 to schedule an appointment.

**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

**FREE Piano classes on
Thursdays at 9, 10 & 11 a.m.
taught by
Christy Ackerson
For an appointment
Call 801-864-6403**



**Benefits of Membership at
County Senior Center:**

Are you 55 or older?
We need YOU at the Wasatch County Senior Center!
Stop by for a tour.

*Play and win **Prizes at Bingo!** *Go places with us including **Concerts, Theatre, Museums, Sporting Events, and Many Other Trips/Activities!** *At the Center we have **Billiards, Ceramics Class, Chair Exercise Classes, Piano Classes, Computers, Evenings of Music, Boutique, Monthly Newsletter, Free Lunch for your Birthday** and **MUCH MORE!**

**It's only \$10.00 for an Entire Year!
SIGN UP OR RENEW NOW!**

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.

Donations support weekly activities & special events. We have talented quilters, knitters, crocheters and crafters who donate their time & talents creating special one of a kind items. They are displayed in the lounge area.

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

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 Tiffany at the Senior Center.

435-654-4920

**Exchange Day at the
Senior Center**

1st Tuesday and Thursday of each month

Next Day:

February 5th & 7th

"Exchange" Table...

Our exchange table seems to be a big hit! If you haven't used an item for the last 2 years or less, maybe it is time to donate it to our table. Someone else might need it and could use it.

Winter is a perfect time to sort through all your closets, dresser drawers, and your storage areas.

Remember everything on our exchange table is FREE, even if you haven't brought anything.



HEBER VALLEY ELDER QUEST

SPRING SEMESTER 2019

Writing Your Personal History:

Jane Giles, Instructor (ten weeks)
Monday 3 p.m. February 4,11,18,25 March
4,11,18,25
April 1,8 at 3 p.m. in room 211

Legal Topics:

*Several Attorneys as Instructor addressing
topics such as Wills, Trust, Estates, etc. (five
weeks)*
Thursday February 7,14,21,28 March 7 in at
3 p.m. in room 225

Meteorology:

Joseph Chenworth, Instructor (five weeks)
Tuesday March 9,16,23,30 April 7 at 3 p.m.
in room 220

Introduction to Art:

Lerry Wallace, Instructor (five weeks)
Wednesday February 6,13,20,27 March 6, at
3 p.m. in room 225

Introduction to Humanities:

Annette Velarde, Instructor (five weeks)
Wednesday March 13,20,27, April 3,10 at 3
p.m. in room 227.

Geology:

James Kohler, Instructor (five weeks)
Tuesday February 5,12,19,29 March 2 at 3
p.m. in room 220

How to use your smart phone:

need an instructor (five weeks)
Thursday March 14,21,28, April 4,11 at 3
p.m. in room 225

GUEST SPEAKERS

Speakers to be announced
February 11, 2019 11:30 a.m.
March 11, 2019 11:30 a.m.
Brown Bag Lunch

⇒ How much does it cost to Join Elder Quest?

\$40 Annually

⇒ If I join Elder Quest how many classes can I do?

As many as you like.

⇒ How do I join / I have questions?

Call Tom Melville 801-863-6648



There are several enrollment opportunities now open for Medicare beneficiaries. One is the General Enrollment Period, and the other is the Medicare Advantage Open Enrollment.

General Enrollment Period-When can I sign up?

If you didn't sign up for Part A and/or Part B when you were first eligible, you can sign up during the General Enrollment Period between January 1–March 31 each year. Your coverage will start July 1. You may have to pay a late enrollment penalty for not enrolling when you were first eligible.

What's the new Medicare Advantage Open Enrollment Period?

In 2019, a new Medicare Advantage Open Enrollment Period will run from January 1 – March 31 every year. If you're enrolled in a Medicare Advantage plan, you'll have a one-time opportunity to:

- Switch to a different Medicare Advantage plan
- Drop your Medicare Advantage plan and return to Original Medicare, Part A and Part B

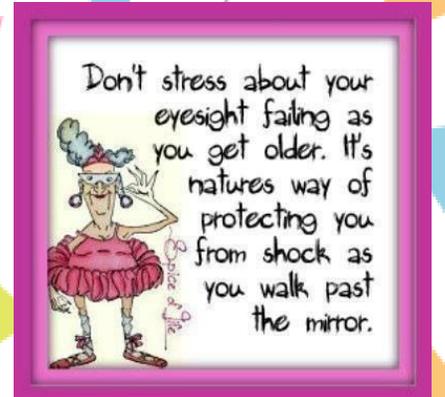
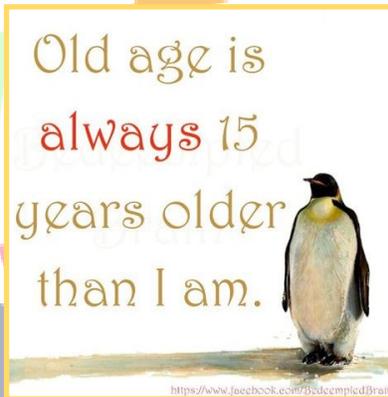
Sign up for a stand-alone Medicare Part D Prescription Drug Plan (if you return to Original Medicare). Most Medicare Advantage plans include prescription drug coverage already. Usually you can't enroll in a stand-alone Medicare Prescription Drug plan if you already have a Medicare Advantage plan, but there are some situations where you can. Call your Medicare Advantage plan if you have questions.

During this time you **can not** change from a Part D plan that you have with Original Medicare. If you have questions about this enrollment period, or any other Medicare questions, please call Dawn Loper (801-229-2819), SHIP Medicare Counselor with Mountainland Association of Governments. Also available is information to see if you qualify for a Low Income Subsidy to help with your Part D costs. Dawn will be at the Wasatch Senior Center on February 12th. Call to arrange an appointment for that day, before or after lunch.

Dawn Loper– SHIP Medicare Counselor

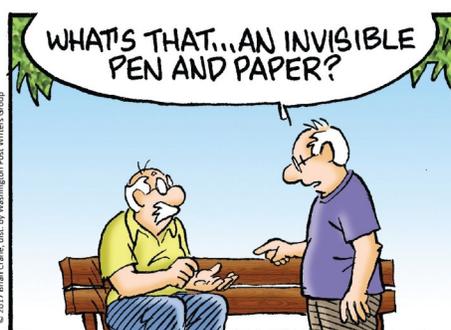
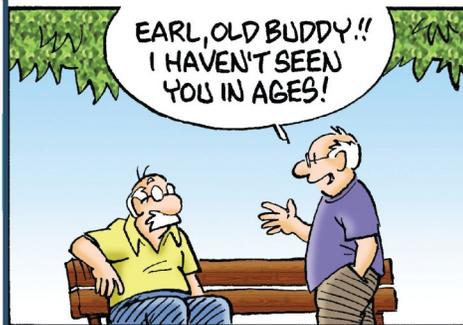
801-229-3819 / www.LoveYourLaterLife.org

Senior Giggles



PICKLES

BY BRIAN CRANE



Wasatch County Senior Citizens
(435) 654-4920
465 East 1200 South
Heber City, Utah 84032
Return Service Requested

Non-Profit Organization
US POSTAGE
PAID
Heber City, Utah
Permit No. 2