

# Wasatch County Seniors Newsletter

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

# FEBRUARY



# 2020

## SPOTLIGHT

### David & Jeannie Davies

David Oliver Davies was raised in Bountiful Utah, his father is Oliver T. Davies and mother is Myra Baer Davies. Jeannie's father is Mark L. Prescott, her mother is Mona Jeanne Lewis from Kamas Valley. Dave and Jeannie met while attending Bountiful high. It was love at first sight for Dave. Our life has been full of so many blessings, more than we ever dreamed could happen. We were blessed with 5 beautiful daughters and 1 handsome son. Those dear children have now blessed us with 22 wonderful grandchildren and now 7 great grandchildren. We left Bountiful for Colorado in 1967. We loved everywhere we have lived, Loveland, Denver, Colorado Springs, and Santé Fe NM. Dave was in the grocery business most of his life, until we moved to Heber City. Safeway, Albertsons and then we bought our own grocery stores (King Saver) in Austin Texas. We lived in Texas for 20 years and moved back to Utah in 1996. We wanted to be close to Jeannie's mother who was a widow for many years living in Kamas. We could



not find a home in Kamas, so Heber City was the right place! We started serving missions for the Church of Jesus Christ of Latter-Day Saints in July of 1997. That 1<sup>st</sup> mission changed our lives and our focus to the present day. We are blessed to live in this great country we call America! We love Heber City and the kind, caring folks who live here with us. We celebrated our 57<sup>th</sup> wedding anniversary last June. We are happy to associate with all those at the Wasatch County Senior Center.

#### Senior Center Department

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

#### COUNTY ADVISORY BOARD 2019

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

#### Regular Members:

Sidney Ellingford, Steve Farrell (County Council Rep.), Mary Johnson, Jim Kohler, Raneva Lemon, Linda Middleton, Rick Tatton, Marcia Young

- 1<sup>st</sup> Alternate: Betty Brandner
- 2<sup>nd</sup> Alternate: Tom Melville

#### SENIOR CENTER CORPORATE BOARD 2019

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

Directors: Dee Akerley, John Besendorfer, Roy Daniels, Cheryl Jones, Wayne White

## *From the Director's Desk . . . . .*

It seems just like yesterday. Five years have passed since I was appointed to be the Director of our Senior Center. What a pleasant five years it has been for me! The friendship and association with each of you has been wonderful! Thank you. Once Again, we thank our County Council and Manager for their support.

This month I would like to share some tidbits of wisdom I've learned in my recent communication with friends and family and in my reading. The first is one our mother used to use:

"Example sheds a genial way, which men are apt to borrow.

So, first improve yourself today, and then your friends – tomorrow."

More. . . . .

"If, at first, you don't succeed, try, try again."

"Fill your mind with truth,  
Fill your life with service,  
Fill your heart with love."

"Honor is the bedrock of our character. It is the quality that empowers us to exemplify the ultimate in ethical and moral behavior; to never lie, cheat, or steal; to abide by an uncompromising code of integrity; to respect human dignity; and to have respect and concern for each other."

"The naked truth is always better than the best-dressed lie."

"Do unto others as you would have them do unto you."

And, lastly (an excerpt taken from a well-known poem). . . . .

"Here I stand beside my mailbox  
With a face so very red –  
Instead of *mailing* you my letter,  
I have *opened* it instead".

Focusing on the good and positive helps keep me moving forward in the "right" direction. I am very appreciative of the good example of so many of you and for your kind expressions of concern for us. Again, thank you.

Our Best to each of you. Stay happy and well.

*Ashley R. Fish*



On the Tuesdays and Thursdays "Lunch Bus".

Please call the Front Desk 435-654-4920

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

Let's use it!



# Cora's Kitchen

To all our Seniors...just a little info from the kitchen. We're into our second month of the year already. This year it is "leap year". Gives us one more day to cause mischief.

February brings us: American Heart Month, Black History Month, Great American Pie Month, National Bird Feeding Month, National Cherry Month, National Weddings Month and Spunky Old Broads Month.

February 14<sup>th</sup>, Valentine's Day, is a celebration of love and lovers. The roots 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 14<sup>th</sup>. 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. Many couples become engaged or wed on this day. "Happy Valentine's Day" to all.

February 17<sup>th</sup> is Presidents' Day. It is a celebration of both George Washington and Abraham Lincoln's birthday. The center will be closed.

Please remember to keep drinking your water. We don't want our pipes to go dry. Until next time, take care...Cora Briggs



Shakespeare once said:

I cried when I had no shoes, but I stopped crying when I saw a man without legs.

Life is full of blessings, sometimes we don't value it!

**FREE Piano classes on  
Thursdays at 9, 10 & 11 am taught by**

**Christy Ackerson**

**For an appointment  
Call 801-864-6403**



## 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

## Senior Treasure Table

**Tues Feb 4th & Thurs Feb 6th**

- ◆ This table is for Seniors ONLY!
- ◆ **NO LARGE items Please**
- ◆ **Have fun taking home some Treasures!**
- ◆ **Everything is FREE.**
- ◆ **Meet you at the Treasure Table every month.**

**Any Questions, see Lynn Allen**

## SPECIAL LUNCH PROGRAMS

**Thursday, Feb 6: Music w/ Donna, Laural, Raneva, Patsy & Barbara**

**Thursday, Feb 13: Music w/ Joe Young**

**Tuesday, Feb 25: Music w/ Lorraine Branham & Friends**

**Thursday, Feb 27: Piano Music with Bowen Uscharawadi**



# Obituaries

Wendell Hall  
 Born: April 10, 1923  
 Died: December 24, 2019  
 Married: Merrill Hall

LaMar "Butch" Veloyd Kinder Jr  
 Born: July 20, 1959  
 Died: December 26, 2019  
 Married: Tina Kinder

Julie Rae Paschal Peterson  
 Born: May 9, 1937  
 Died: December 29, 2019  
 Married: Gordon Peterson

Terry William Lange  
 Born: September 16, 1939  
 Died: January 4, 2020  
 Married: Kathleen Stevensen



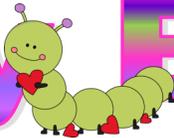
Bryant K Riddle  
 Born: March 18, 1932  
 Died: January 10, 2020  
 Married: Lana Belcher

Glenn Morris North  
 Born: June 11, 1938  
 Died: January 11, 2020  
 Married: Elda Rae Giles

John Walter Zawodniak Jr  
 Born: May 6, 1930  
 Died: January 12, 2020  
 Married: Maxine Lucy Metcalf

Collene Moulton Frantz  
 Born: October 7, 1933  
 Died: January 17, 2020  
 Married: Norman "Bud" Frantz

# Happy Birthday



Ken	LeBlanc	1	Darryl	Peterson	8	Lois	Carlile	13	Mary	Parcell	23
Janet	Sweat	2	Ronald	Meik	8	Val	Snyder	13	Wilma	Chavez	23
Kim	Loertscher	3	Shirley	Hendricks	8	Tamra	Shepherd	15	Dennis	May	24
Pat	Paxton	3	Bruce	Travis	9	Betty	Smedley	16	Inez	Wilde	24
Doug	Hollinger	4	DiAnn	Turner	9	Phyllis	Harris	16	Hazel	Hoffman	25
Diana	Bahde	6	Carolyn	Rose	10	Gerald	Sharkey	17	Marcia	Hilton	25
Barbara	Murdock	7	Cheri	Carlson	10	Vance	Farrer	17	Harry	Pedro	26
Diana	Witt	7	Betty	Jones	11	Bonnie	Mathews	19	Steven	Anderson	26
Joan	Kohler	7	Glenn	Singley	11	Lorene	Kincaid	20	Jim	Fischer	27
			Joann	Burnson	11	Lynette	Giles	21	RosaLee	Ryan	29
						Nancy	Davis	21			

**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.



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

75¢

## 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.*

<b>Date:</b>	<b>Registration Deadline:</b>	<b>Cost:</b>	<b>Details:</b>
Monday, February 3rd	Feb. 3rd	No Charge	Movie—"Wild Hearts Can't Be Broken" at Senior Center
Wednesday, February 5th	Feb. 6th	\$2 For Supplies	Card Making Class: at Senior Center
Monday, February 10th	Closed	—	Hale Theatre—"Bright Star": Sandy
Saturday, February 15th	Closed	—	Dejoria—"Wilson Phillips" Concert: Kamas
Thursday, February 20th	Closed	\$26	BYU Basketball Game: Provo
Friday, February 21st	Until Full	\$2	Tile Coasters Class: at Senior Center
Wednesday February 26th	Feb. 25th	No Charge Lunch On One's Own	Soldier Hollow Lunch / DUP Museum: Heber
Monday, March 16th	March 12th	\$26 Lunch On One's Own	Leonardo Museum—Pompeii Exhibit: SLC
Saturday, March 28th	Feb. 4th	\$47 Lunch On Ones Own	BYU Young Ambassador 50th Anniversary w/ Marie Osmond Celebration: Provo
Wednesday, April 1st	March 2nd	\$52 Dinner One One's Own	Hale Theatre—"Strictly Ballroom": Sandy



# Activities, Programs & Events



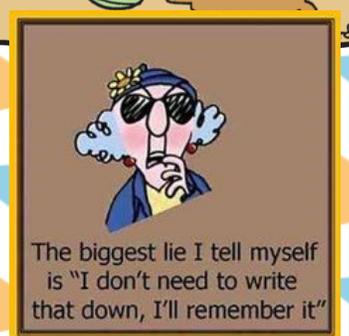
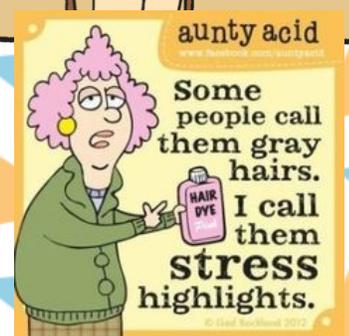
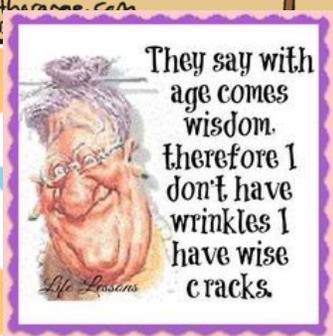
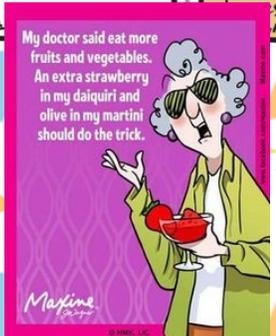
# Senior Giggles



WHAT'S BEHIND THAT SPECIAL BOND

YOUR PARENTS ARE HOUNDING ME TO WEAR AN "I'VE-FALLEN-AND-I-CAN'T-GET-UP" ALARM.

REALLY? THEY COMPLAIN ENDLESSLY ABOUT MY "I'M-UP-AND-I-HAVEN'T-FALLEN-ASLEEP" ALARM.



**FREE assistance with income tax preparation AARP tax aide**

**\*Starts February 12th\***

**Call the Senior Center for an appointment.**

**435-654-4920**



**WE'RE ON FACEBOOK!**

**Wasatch Senior Citizens Center**

## HEBER VALLEY ELDER QUEST

### 2020 SPRING SEMESTER

<p><b>Writing Your Personal History</b> Jane Giles, Instructor Every Monday February 17 - April 6 2:00 p.m. Room WC 220</p>	<p><b>General Nutrition</b> Trisha Matthis, Instructor Every Thursday February 6—April 2 3:00 p.m. Room WC 220</p>
<p><b>Personal History Sharing Hour</b> Every Monday February 17 - April 6 3:00 p.m. Room WC 220</p>	<p><b>Cell Phone Operations</b> Travis Dial, Instructor Every Friday February 7—March 6: Android March—April 10: Iphone 10:00 a.m. Room WC 220</p>
<p><b>Travel Seminar: Learn About New Places</b> Various Instructors Every Tuesday February 11-March 17 3:00 p.m. Room WC 220</p>	<p><b>GUEST SPEAKERS</b></p> <p>Friday February 14, 2020 12:30 p.m. <i>Sharing Personal Stories</i> Jane Giles</p> <p>Friday March 27, 2019 12:30 p.m. <i>Unlocking Your Spine's Potential</i> Leif Erik Nielson</p>
<p><b>Basic Computers</b> James Kohler, Instructor Every Tuesday March 17-April 14 2:00 p.m. Room WC 219</p>	<p><b>UVU Wasatch Campus</b></p> <p><b>801-863-6601</b></p> <p>3111 N. College Way Heber City, UT 84032</p>
<p><b>Grow with Me: Gardening in a Mountain Valley</b> Kim Powell Every Wednesday March 11-April 15 1:30 p.m. Room WC 220</p>	
<p><b>Senior Stretch Yoga</b> Sheila Nielson, Instructor Every Wednesday February 5- March 4 1:00 p.m. Room WC 209h</p>	

# MEDICARE

## Beware of Social Security Scams!

Scammers go to great lengths to trick you out of your personal information. We want to help you protect your information by helping you recognize a Social Security imposter.

There's a widespread telephone scam involving callers claiming they're from Social Security. The caller ID may even show a government number. These callers may tell you there's a problem with your Social Security number. They may also threaten to arrest you unless you pay a fine or fee using gift cards, pre-paid debit cards, a wire transfer, or cash. That call is not from us.

If you receive a suspicious call from someone alleging to be from Social Security, please:

- Hang up right away.
- Never give your personal information, money, or retail gift cards.
- Report the scam at [oig.ssa.gov/](http://oig.ssa.gov/) to Social Security's law enforcement team at the Office of the Inspector General.

Social Security will **not**:

- Threaten you.
- Tell you that your Social Security Number has been suspended.
- Call you to demand an immediate payment.
- Ask you for credit or debit card numbers over the phone.
- Require a specific means of debt repayment, like a prepaid debit card, a retail gift card, or cash.
- Demand that you pay a Social Security debt without the ability to appeal the amount you owe.
- Promise a Social Security benefit approval, or increase, in exchange for information or money.
- Request personal or financial information through email, text messages, or social media.

Social Security will:

- Sometimes call you to confirm you filed for a claim or to discuss other ongoing business you have with them.
- Mail you a letter if there is a problem.
- Mail you a letter if you need to submit payments that will have detailed information about options to make payments and the ability to appeal the decision.
- Use emails, text messages, and social media to provide general information (not personal or financial information) on its programs and services if you have signed up to receive these messages.

Please share this information with your family and friends. This and other scams are happening in Heber Valley. Always be cautious of incoming calls that say they are from Social Security or Medicare and never give out any personal information over the phone unless you know the person you are talking to. Remember that MAG's Medicare Counselors can also give you information on an Extra Help program to assist with prescription drug costs. Dawn Loper will be coming to the Wasatch Senior Center on Tuesday, February 11th. Please call 801-229-3819 to make an appointment.

**DAWN LOPER**

SHIP Medicare Counselor

801-229-3819

[www.LoveYourLaterLife.org](http://www.LoveYourLaterLife.org)



WEEKDAYS

**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  
lesson 801-864-6403**

**1:00 pm: Bingo, Ceramics, Billiards**

**Fridays:**

**1:00 pm: Bridge Group**

# Senior Book Club

This group meets at

**10:30 am on the third Thursday of  
each month.**

The next meeting will be on

**February 21st.**

We are currently reading:

***Where the Crawdads Sing***

**by Delia Owens**

Call the Senior Center for more  
information 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.

## 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)

## Chair Exercise Class Tuesday Mornings

**10:30 A.M.**

**Room 157**

Everyone can benefit from exercise  
regardless of age or fitness level. Come  
join us in learning exercises to improve  
your endurance, strength, balance and  
flexibility. All ability levels are welcome.  
The class is taught by Ginny Otteson and  
Alicia Ames



## 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