

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



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: TBD
- Vice-Chair: TBD
- Secretary: TBD

Regular Members: Steve Farrell
(Cnty Cncl Rep.), Johanna
Huijzenveld, Jim Kohler, Raneva
Lemon, Bonnie Mathews (3 Seats
Vacant)

1st Alternate: Laureen Gilbert
2nd Alternate: Vacant

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SPOTLIGHT

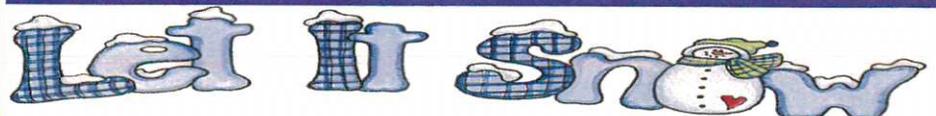
Mac and Vira Bartholomew

Mac and Vira (pronounced like Elvira, but without the El) Bartholomew are both Utah natives. They resettled in Heber in March 2016. They currently live with their oldest son, Bruce, and his wife, Margaret. Mac was born December 8, 1930 and raised in Fayette, Utah, on a small family farm. Mac fished and hunted with his five brothers (and 1 sister) and played basketball in high school. He served a Spanish-speaking mission in Texas, attended BYU, and finished graduate school in Minneapolis after marrying Vira Beth. Vira Beth was born October 1, 1931 in Plain City, Utah, spending her early years on her family's dairy farm. Vi was the third child of six, an avid musician, and helped with farm chores. She went to Weber State and graduated with a teaching degree.



Mac and Vi were introduced to each other by his older brother and her older sister, who dated and married first. The sisters who married brothers enjoyed spending time together, so it was logical that Mac and Vi moved to southern California in 1955, near their brother and sister's home. Mac and Vi were schoolteachers in Whittier for 13 years, before relocating to Bishop in 1968, where they taught for 15 more years. Moving to Bishop allowed them to leave the Los Angeles area and enjoy small-town, family-focused living at the foot of the Sierra Nevada and White mountains. Gardening, photography, camping, fishing, and hunting were enjoyed year-round, along with pets, church and school activities. During their working years, Vi taught early elementary and kindergarten. Mac taught English, Spanish, and French in Jr. High, High School, and at a local Jr. College.

Mac and Vi raised three daughters and two sons, and lost another precious daughter to leukemia at a tender age. They have been active for a lifetime in church callings, often music-related. Their five living children and spouses live in California, Washington, and Utah. Mac and Vi continued many camping/fishing adventures with dear friends over the years. They have traveled to Russia, Hawaii, Europe and other destinations in their retirement. They enjoy civic and cultural activities, especially events involving one of their seventeen grandchildren or seven great-grandchildren. For many years Mac and Vi have been regular attendees at the Shakespeare Festival each year in Cedar City. They enjoy annual family gatherings and trips to celebrate family events. Now that they live in Utah, they are able to see extended family more often. They are happy to have made many new friends here in Heber!



WEEK DAYS

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

Mondays:

7:00 p.m.: Firesides: NO FIRESIDES IN JANUARY

Tuesdays:

10:30 a.m.: Chair Exercise Class - Come exercise, improve your endurance, strength, balance and flexibility

1:00: Table Games and Ceramics

Wednesdays:

1:00 p.m.: Glass Etching Class. Taught by Mary Johnson.

Thursdays:

10:00 & 11:00 am : Piano Classes taught by Christy Ackerson

1:00 pm: Bingo, Ceramics and Chess

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.

SPECIAL LUNCH PROGRAMS

Thursday, January 4: Corp. Board President, LaRee Pedro and Vice President, Dennis Allen.

Tuesday, Tuesday, January 9: Dawn Loper, MAG Family and Aging services update.

Thursday, January 11: Guitar and Vocal music by Joseph Young.

Tuesday, January 23: Breakfast entertainment by "Hired Guns".

Thursday, January 25: "State of the County" report by County Manager, Mike Davis.

Tuesday, January 30: Presentation by UVU Nursing students.



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, January 17: Tour of the Heber Valley Milk and Artisan Cheese plant in Midway.
- Thursday, January 25: Tour of the Utah State Capitol. No cost, Lunch is provided in the cafeteria. The bus will leave the Senior Center at 9:00 a.m. **Registration deadline is January 19.**
- Saturday, April 7: "Riverdance 20 years" at the Eccles Theater in Salt Lake City. Cost is \$55 per person and **must be paid to register.** The bus will leave the Senior center at 12:00 noon for the 2 p.m. matinee. **Registration deadline is January 20, 2018. There is a high demand for tickets so "ACT NOW",**

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



DONATE TODAY

SOCK DRIVE

Give the gift of warmth this season.

What	When	Where
NEW socks in any size, type or color will be donated to: <ul style="list-style-type: none">• Meals on Wheels• Wasatch County Children's Justice Center• Community Action Services in Heber• Other Wasatch County Assistance Programs	Donations accepted now through January 11, 2018.	Donations accepted at : <ul style="list-style-type: none">• W. C. Senior Center and Library 465 E 1200 S, Heber• W.C. Community Services Dept. 55 S 500 E, Heber• W.C. Recreation Center 300 W 600 S, Heber• Lee's Marketplace 890 S Main, Heber• Ridleys Market 452 W Main, Midway• Smiths Market 550 N Main, Heber

Find out more at mountainland.org/SocksForSouls



Sponsored by Mountainland Retired Senior Volunteer Program

Contributions in recognition of MLK Day of Service

December Activities and Programs



This year's Christmas season was full of some wonderful and joyous holiday entertainment. We began the festivities with an annual visit on the last Monday fireside in



November, from the Magalei family who's Christmas program was full of the Christmas spirit. Monday night firesides also hosted "Mountain Valley Harmony" Barbershop Quartet, Dayton Martindale and friends then finished up the year with a visit to Midway and the "Swiss Chorus & Bell Ringers".



During the holiday season we Seniors also enjoy having many of the schools visit us with their magical musical melodies. We were excited to welcome Daniel Elementary, Timpanogos Middle School Band, Rocky Mountain Middle School Orchestra, Old Mill Elementary School, as well as Jan Judd and her piano students.



UVU Heber Valley ELDER QUEST

UVU is working with local retired and semi-retired citizens of Wasatch County to organize 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.

Join us on Tuesday Mornings.

LET'S 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.**

Publishers Clearing House & Sweepstakes Scams

Scammers call, claiming you've won the sweepstakes and in order to collect your prize, you need to send money to pay for taxes and fees in advance. **Paying to collect a prize is a scam. Every time.** Scammers like to ask you to send money by Western Union or MoneyGram or by getting a prepaid card or gift card because it's nearly impossible to trace that money and you'll almost never get it back.

Remember:

Publishers Clearing House will never ask you to pay a fee to collect a prize. In fact, no legitimate prize promoter will ever charge you to win! *In addition, PCH doesn't call ahead to say you've won.*

If anyone calls asking you to pay for a prize, hang up and report it to the FTC (Federal Trade Commission) @1-877-382-4357 which is the Consumer Response Center.

Never send money to collect a prize; it's a scam!

From the President.....

The parable of the Old Farmer and the Mule



The mule fell into the farmer's well. The farmer heard the mule "Braying" (or- whatever mules do when they fall into wells).

After carefully assessing the situation, the farmer sympathized with the mule but decided that neither the mule nor the well was worth the trouble of saving.

Instead, the farmer called his neighbors together and told them what had happened and enlisted them to help haul dirt to bury the old mule in the well and put him out of his misery.

Initially, the old mule was hysterical! However, as the farmer and his neighbors continued shoveling and the dirt hit the mule's back...a thought struck him. It suddenly dawned on him that every time a shovel load of dirt landed on his back... **HE SHOULD SHAKE IT OFF AND STEP UP!** This he did. Blow after blow. "Shake it off and step up, shake it off, step up, shake it off and step up!"

No matter how painful the blows, or distressing the situation seemed, the old mule fought "panic" and just kept right on "**SHAKING IT OFF AND STEPPING UP!**"

It was not long before the old mule battered and exhausted, stepped triumphantly over the wall of that well!

What seemed like it would bury him, actually blessed him...All because of the manner in which he handled his adversity...**THAT IS LIFE!**

If we face our problems and respond to them positively, and refuse to give in to panic, bitterness, or self-pity... The adversities that come along to bury us usually have within them the potential to benefit and bless us!

2018 will see some changes with our County Seniors. Some changes will be welcome, and other changes will take some getting use to. If we all remember to "stay flexible" and "keep our sense of Humor", we can enjoy what will come to be.

I am happy to be serving you, along with staff and other board advisory seniors at our Center. We can be gracious to "new comers" as well as "long time" attendees. Remember, we were all once beginners at something. Thanks for your support, I love spending our "re-treading days" together. **LaRee Pedro, 2018 President.**



Medicare Moment

Social Security recipients have received, or will receive, a statement of benefits for 2018. Many will notice an increase in their Part B premium. The following article from Kiplinger might help in understanding the increase. "The standard premium for Medicare Part B will continue to be \$134 per month in 2018. However, even though the standard premium remains the same, many people will have to pay much more for Part B in 2018 than they did in 2017.

The reason is rooted in the "hold harmless" provision, which prevents enrollees' annual increase in [Medicare](#) premiums from exceeding their cost-of-living increase in [Social Security](#) benefits—if their premiums are automatically deducted from their Social Security checks. This applies to about 70% of Medicare enrollees. The cost-of-living adjustment for Social Security benefits for this year [2017] was so low (just 0.3%) that people covered by the hold-harmless provision paid about \$109 per month, on average, for Medicare premiums in 2017.

But Social Security benefits will be increasing by 2% in 2018, which will cover more of the increase for people protected by the hold-harmless provision. Some 42% of Part B enrollees who are subject to the hold-harmless provision for 2018 will pay the full monthly premium of \$134 because the increase in their Social Security benefit will cover the additional Part B premiums. Another 28% of Part B enrollees who are covered by the hold-harmless provision will pay less than \$134 because the 2% increase in their Social Security benefits will not be large enough to cover the full Part B premium increase. Read more at <https://www.kiplinger.com/article/insurance/T039-C001-S003-what-you-ll-pay-for-medicare-in-2018.html#Tx16iuJviD5PfHRs.99>".

If you have Medicare questions, please call Dawn Loper (801-229-3819) at Mountainland Association of Governments Medicare SHIP Counseling office. There are government programs to help with the cost of prescriptions costs and premiums for those who qualify for a Low Income Subsidy. We can help you see if you qualify and help with the application. Remember to always protect your Medicare number and personal information.

Thanks for your continued support. Happy holidays!

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, January 9, from 10:00 a.m. to Noon to answer Medicare questions by appointment. Please call Dawn at 801-229-3819 for an appointment.



To all our Seniors...As we start this new year, we would like to let all of you know how much we enjoy your friendly faces. It is such a pleasure when we get a chance to chat with you.

January brings us National Bath Safety Month, National Blood Donor Month, National Braille Literacy Month, National Hobby Month Hot Tea Month, National Oatmeal Month and National Soup Month.

Happy New Year's Day on January 1st. Have a great day watching football and eating, eating, eating.

We will be closed on January 15 for Martin Luther King Jr. Day. No meals will be delivered.

A little reminder to please call at least one day in advance for your meal. It helps all of us preparing the meal. Also, remember to cancel if unable to attend. Thank you.

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

Heber Food Pantry Community Action Agency

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

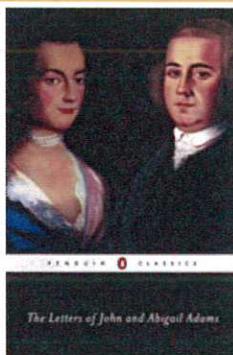
Open: Tuesday and Friday
11:00 a.m. to 6:00 p.m.
Leader: Bryce Hendley



SORRY, SON... THERE'S NO APP FOR THAT

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 December we are reading "The Letters of John & Abigail Adams" by Frank Suffelton



Both an intimate portrait of a colonial family and a historical record of an emerging America, the letters of John and Abigail Adams provide an important record of American life before and during the Revolution. They also give readers a window into a marriage that was an inspiring connection of mind and spirit and withstood historical upheavals, long periods of separation, and personal tragedies. John and Abigail's letters cover key periods in American history, including the Continental Congress, the drafting of the Declaration of Independence, the Revolutionary War, and John Adams's diplomatic missions to Europe. Their discussions range from shared concerns about smallpox and British warships to lively exchanges about raising children, paying taxes, the state of women, and the emerging concepts of American democracy.



"Look! I'm willing to compromise, but I just can't vacation in Florida!"

Happy Birthday

James Clayburn	1
Connie Chapman	1
Wende Knight	2
Donna Smith	3
Keith Carlile	5
Rhonda Sweat	5
Ruth Montgomery	5
Lisa Gardner	6
Bob Kowallis	7
Darwin McGuire	8
Joan Binggeli	8
Lorraine Branham	12
Bert Webster	12
Jeff Kelson	12
Mike McGinn	14
Dee Reagan	14
Marie Fish	15
Janet Winters	15
Jim Howells	16
Raneva Lemon	16
Bob Adams	18
Neil Broadhead	18
LaRue Mitchell	20
Susan White	20
Jeff Sorensen	20
Lloyd Gonzales	21
Lester Dean Lee	21
Jerry Springer	21
Patricia Provost	23
Clark Ford	25
Diane Berg	25
Wayne Hardman	25
Larry Duke	26
Flo Caldwell	26
Paula Probst	27
Moroni Besendorfer	27
Caren Mostert	28
Andre Mostert	29
John Besendorfer	30
Nola Mae Bell	30
Kelly Jarvis	30
Ken Nichols	30
Francis Smith	30
Margaret Gooch	

JANUARY

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.

MEALS ON WHEELS

Meals on Wheels provides a hot, nutritious lunch to home-bound seniors living in Utah, Wasatch and Summit County. In 2016, Mountainland Meals on Wheels delivered 114,000 meals to 1,270 different seniors, allowing them to live independently longer in their homes. Ensure nutritional supplement is also available at the Senior Center (a prescription from your doctor is required).

For more information, contact:

Marcia Young
435-654-4920

We would like to extend a big WELCOME! To our new Wasatch and Summit County Aging and Family Services Department Case Managers Geri Lehnardt and Leticia Garcia. Geri and Leticia are replacing Brandi Muhlestein and Linda Morrison who recently retired. We send a heart felt Thank You to Brandi and Linda for all their work on our behalf.

OBITUARIES

Lorraine Hawley Buys Born: November 21, 1917 Died: November 26, 2017 Married: Joseph Harry Buys	Lora Lynn Marks Metcalf Born: December 8, 1956 Died: December 11, 2017 Married: Troy LaMar Metcalf
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Diane Gardner Wall Born: August 14, 1962 Died: December 3, 2017 Married Eddie Wall	Madelyn Wooten Larsen Born: March 9, 1932 Died: December 15, 2017 Married: Don Beck Larsen
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Evelyn Cazier Hall Born: October 20, 1927 Died: December 5, 2017 Married: Frank Lewis Hall	Glade Bernell Luke Born: October 30, 1940 Died: December 24, 2017 Married: Darlene Casper
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Karen Jensen
Born: January 16, 1946
Died: December 7, 2017
Married: Bruce Jensen

Caring for You...Caring for Others

Beating the Post-Holiday Blues

After the excitement of the holidays, returning to routine can be both comforting and anti-climactic. The beginning of the year ushers in a renewed sense of hope but for many a bit of the post-holiday/winter blues.

Here are some helpful tips to beat the winter blues you can do right now.

Get sunlight

It stimulates the production of feel-good serotonin and also helps relieve seasonal affective disorder (SAD), which impacts millions of Americans every year.

Take a whiff of citrus

Researchers studying depression have found that certain citrus fragrances boost feelings of well-being and alleviate stress by upping levels of norepinephrine, a hormone that affects mood. For an all-day pick-me-up, dab a little lemon or orange essential oil on a handkerchief to tuck in your pocket.

Walk away from worries

The rhythm and repetition of walking has a tranquilizing effect on your brain, and it decreases anxiety and improves sleep. Aim for a brisk, half-hour walk every day. If weather doesn't permit, walk inside at the mall or at your local rec center.

Laugh

Laughing reduces stress hormones. That, in turn, helps immune cells function better, says psychologist Steve Wilson, founder of the World Laughter Tour, an organization that offers therapeutic-laughter training.

Go tech-free

Constant cell phone buzzes and email alerts keep us in a perpetual fight-or-flight mode due to bursts of adrenaline. Not only is this exhausting, but it contributes to mounting stress levels, especially in women. What better time to turn your gadgets off and refocus? Enjoy spending time with your family and friends without worry.

Savor a spicy meal

Hot foods trigger the release of endorphins—the natural chemicals that trigger feelings of euphoria and well-being, Dr. Kulze says

Turn up the tunes

Anxious? Listen to your favorite music. Research from the University of Maryland shows that hearing music you love can relax blood vessels and increase blood flow. That not only calms you down but is good for your heart, too.

Fit in exercise

It may be the last thing you feel like doing when you're feeling low, but going for a run or hitting the gym can actually make you feel better. Research has found that workouts can boost your mood for up to 12 hours.

Think positive

Negative thinking can trigger your body's stress response, just as a real threat does. Remember, it's time to celebrate the new year with your family and friends (even if they do stress you out!). An optimistic outlook will help you cope with challenges that come your way.

Squeeze here

The fleshy place between your index finger and thumb is called the *hoku* spot in traditional Chinese medicine. Applying firm pressure there for just 30 seconds can reduce stress and tension in your upper body. So if you start to feel overwhelmed by the holiday chaos, give your hand a squeeze and take a deep breathe.

Our support and educational groups meet at :

Wasatch Senior Center, 2nd Thursday of the month at 4 p.m.

Elk Meadows (4200 N 400 W Oakley) on the 3rd Thursday of the month at 6 p.m.

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

Stephanie Benson

Public Relations and New Projects Coordinator

Mountainland Association of Governments

sbenson@mountainland.org

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 January are now due.