

Wasatch County Seniors Newsletter

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

JANUARY 2019



SENIOR CITIZENS DEPT.

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

SPOTLIGHT

Linda Middleton



Linda and her husband Mark moved to Heber, from Nebraska, 5 years ago for Mark's job. Jack Locklear, Linda's father, is from Texas where he and Linda were born. Thank you for welcoming us into this beautiful community.

Table of Contents

- pg. 1- Spotlight
- pg. 2- Directors Desk, Scam & Fraud Alerts
- pgs. 3,4,5- Trips and Tours
- pg. 6- Cora's Kitchen, Daily Activities and Programs Firesides
- pg. 7- Birthdays Obituaries
- pg. 8- Elder Quest Classes Exchange Day
- pg. 9- January Activity Calendar
- pg. 10- January Meal Calendar
- pg. 11 - Code of Conduct Medicare Advantage Changes

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, *Vacant*

COUNTY ADVISORY BOARD 2019

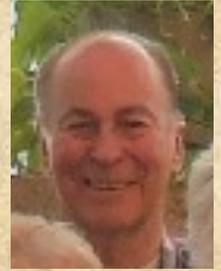
- Chair: Steve Farrell
- Vice-Chair: Jim Kohler
- Secretary: Marcia Young

Regular Members: Steve Farrell (Cnty Cncl Rep.), Jim Kohler, Raneva Lemon, Bonnie Mathews, Rick Tatton, Marcia Young, Sidney Ellingford, Linda Middleton

1st Alternate: *Vacant*
2nd Alternate: *Vacant*



From the New President.... Dennis Allen



It has been a great year for the Seniors in 2018. I have enjoyed serving as the Vice President, and look forward to serving as your President for the New Year 2019. It has been a pleasure to serve with Ashley and LaRee this year. The senior Center is nicely organized to provide the Senior citizens of the Heber City area with a chance to gather together every Tuesday and Thursday for delicious meals from Cora's Kitchen. Monday evening Fireside activities, well worth bragging about, with great local entertainment. Not to mention some great activities planned by our Activities director. The activities proved another chance to get out and enjoy the area and some of the abundant activities in the area, and to meet new friends. We also have a suggestion box if you have any ideas. Thursdays after lunch there are ceramic activities, shooting pool and the ever popular game of bingo. Bingo is an exciting activity for many of the Seniors, especially the ladies.

Going Forward into 2019, we look forward to continuing the well organized activities of the Senior Center, and the togetherness we all enjoy. There is nothing boring about being a Senior around here. We have some exercise equipment for those who want to get some exercise to keep you active and healthy. For the new year we hope you will all remain active in the Senior Center, and enjoy all the fun that we have here, and invite your friends to come and enjoy the fun with all of us.

Scam and Fraud Alerts

The FTC is getting reports about people pretending to be from the Social Security Administration (SSA) who are trying to get your Social Security number and even your money. In one version of the scam, the caller says your Social Security number has been linked to a crime (often, he says it happened in Texas) involving drugs or sending money out of the country illegally. He then says your Social is blocked – but he might ask you for a fee to reactivate it, or to get a new number. And he will ask you to confirm your Social Security number.

In other variations, he says that somebody used your Social Security number to apply for credit cards, and you could lose your benefits. Or he might warn you that your bank account is about to be seized, that you need to withdraw your money, and that he'll tell you how to keep it safe.

But all of these are scams. Here's what you need to know:

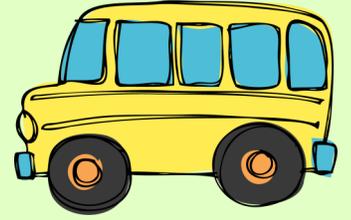
- The SSA will never (ever) call and ask for your Social Security number. It won't ask you to pay anything. And it won't call to threaten your benefits.
- Your caller ID might show the SSA's real phone number (1-800-772-1213), but **that's not the real SSA calling**. Computers make it easy to show any number on caller ID. You can't trust what you see there.
- Never give your Social Security number to anyone who contacts you. Don't confirm the last 4 digits. And don't give a bank account or credit card number – ever – to anybody who contacts you asking for it.
- Remember that anyone who tells you to wire money, pay with a gift card, or send cash is a scammer. Always. No matter who they say they are.

If you're worried about a call from someone who claims to be from the Social Security Administration, get off the phone. Then call the **real** SSA at 1-800-772-1213 (TTY 1-800-325-0778). **If you've spotted a scam, then tell the FTC at [ftc.gov/complaint](https://www.ftc.gov/complaint).**

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, January 4th	Ended	—	Meet at the Senior Center at 12:30pm. We are going to watch "Now You See Me" movie. 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 28th	\$28	Leave the Center at 5:30pm to watch The Grizzlies VS Tulsa Oilers Hockey Game in SLC.
Friday, January 25th	January 22nd	On your Own	Men's Breakfast– Meet at Chick's Café at 9:00am.
Wednesday, January 30th	January 28th	-	Meet us for Lunch and Bowling at "Holiday Lanes" in Heber. We will eat lunch (on your own) at 12:30. Then start bowling at 1:00. We will pay for 2 games and shoe rental if you sign up at the Senior Center.
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" at the Capitol Theater in SLC- We will leave the Center at 12:30pm. Afterwards, we will eat dinner at a location TBD.
Friday, February 22nd	Ended	-	Leave Senior Center at 12:30pm. "Wicked –The Untold Story of the Witches of Oz" at the Eccles in SLC. Afterwards, we will eat dinner at a location TBD.

We are excited to Welcome
Candie Bonner
as our new
Activity Coordinator!!

TRIPS & TOURS Continued.....



Date:	Registration Deadline:	Cost:	Details:
Friday, May 3rd	February 8th	\$90	Shen Yun- 5,000 Years of Civilization Reborn. Performance at Dee Events Center in 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 makes this possible by pushing the boundaries of the performing arts, with a unique blend of stunning costuming, high-tech back drops and an orchestra like no other. Be prepared for a theatrical experience that will take your breath away! Bus will leave Center at 12:00.
Monday, Tuesday, Wednesday May 6, 7, & 8th	March 4th	\$85 Shared Room \$115 Private Room	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.
Friday, June 7th	March 1st/ March 31st	\$15	"Air Supply" at the DeJoria Center in 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". They were named the "Best Pop Rock group of 1981" in the American Music Awards. Have four multiplatinum albums, seven BMI awards, and inducted into the Rock and Roll Hall of Fame in 2015. No other group is more synonymous with soft rock and love songs than Air Supply! Senior bus will leave the Center at 6:45 (limited seating). \$15 pay and sign up by March 1 st – Seniors Only. If tickets are still available after March 1 st friends and family are welcome to join us. Final deadline to pay is March 31 st .

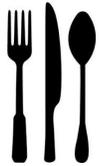


Music & The Spoken Word

BINGO



MONDAY NIGHT FIRESIDES



Congregate Meals & Programs



Happy Retirement Marcia!





To all our Seniors...just a little info from the kitchen.

WOW! Another new year has arrived. I can't believe it's 2019.
Let's all enjoy this year.

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.

We would like to welcome Candie Bonner, our new activities coordinator. She has taken Tiffany Horrocks place. Tiffany Horrocks is our new Senior Citizen's Administrative Secretary. She replaces Marcia Young, who has retired. Happy trails to her.

We will be closed January 21st, for Martin Luther King Jr. Day. Hope it doesn't snow too much so we can get out and have some fun.

- Please remember to sign up early for meals, and also to call and cancel when not able to attend. It helps everyone here at the center.

Let's remember to keep drinking our 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 *No Firesides in January

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



Next Fireside: February 4th

SPECIAL LUNCH PROGRAMS

Thursday, Jan 3: Barry Knight- Knight Tours & Cruises

Tuesday, Jan 8: The New RMCC Long Term Care Facility

Thursday, Jan 10: Country Music- "The Hired Guns"

Tuesday, Jan 22: "Dedicated Chefs" with Eric Soliel

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.

BIRTHDAY CALLERS

Connie	Chapman	1
James	Clayburn	1
Wende	Knight	2
Jinny	Mair	2
Mark	Berg	3
Donna	Smith	3
Keith	Carlile	5
Ruth	Montgomery	5
Rhonda	Sweat	5
Lisa	Gardner	6
Spencer	VanLeeuwen	6
Bob	Kowallis	7
Joan	Binggeli	8
Darwin	McGuire	8
Phyllis	Noonan	9
Lorraine	Branham	12
Jeff	Kelson	12
Bert	Webster	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
Jeff	Sorensen	20
Susan	White	20
Lloyd	Gonzales	21
Lester (Dean)	Lee	21
Jerry	Springer	21
Patricia	Provost	23
Robyn Dolinar	Fitzgerald	24
Diane	Berg	25
Wayne	Hardman	25
Flo	Caldwell	26
Larry B.	Duke	26
Don	Huggard	26
Moroni	Besendorfer	27
Paula	Probst	27
Brad	Simmons	27
Caren	Mostert	28
Andre	Mostert	29
Nola Mae	Bell	30
John	Besendorfer	30
Kelly	Jarvis	30
Ken	Nichols	30
Francis	Smith	30

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

Majene Forman Rasband
 Born: July 13, 1930
 Died: November 28, 2018
 Married: Dale J. Rasband

Eugene H. Owens
 Born: May 27, 1923
 Died: December 1, 2018
 Married: Shirley Rothwell

Ralph Charles Lewis
 Born: June 23, 1927
 Died: November 27, 2018
 Married: Elizabeth Hope Schnetz

Nancy Lee Mangum Lewis
 Born: October 10, 1932
 Died: December 1, 2018
 Married: Radley M. Lewis

Thomas Bruce Frisby
 Born: June 13, 1941
 Died: December 9, 2018
 Married: (1) Irene Eicher
 (2) Vicky Krienbring Altman

Kathleen Allison Nelson
 Born: May 28, 1951
 Died: December 2, 2018
 Married: Bruce Nelson



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.

⇒ 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

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!

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 infor-
mation about the Meals on Wheels pro-
gram call Tiffany 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

Exchange Day at the Senior Center

1st Tuesday and Thursday of each month

Next Day:

January 8th & 10th

"Exchange" Table...

Now is a good time to clean out your closets,
dresser, drawers and kitchen cabinets.
Whatever you don't use, bring it for our
exchange table, as long as it is clean and
useable.

Remember: "What is one person's junk is an-
other person's treasure." Everything on
the table is FREE.

If you don't bring something you can still
take things off the exchange table.

For January the days will be Tuesday Jan
8th, and Thursday Jan 10th. Usually, it is al-
ways the first Tuesday and the Thursday
that follows.

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.

Changing Medicare Advantage coverage after the annual enrollment period

Between January 1 and March 31 each year, if you are enrolled in a Medicare Advantage plan, you can leave your plan and return to [Original Medicare](#), and buy a Part D prescription drug plan to supplement your Original Medicare. *Starting in 2019, you also have the option to switch to a different Medicare Advantage plan during this time.* From 2011 through 2018, there wasn't an option to switch to a different Medicare Advantage plan outside of the fall open enrollment period unless you had a circumstance that allowed you a [Special Enrollment Period](#). But the [21st Century Cures Act](#) (Section 17005) expanded the timeframe of the window (from one and a half months to three months) starting in 2019, and allows people to switch from one Medicare Advantage plan to another.

Only one switch during this time frame is allowed each year — you can change your mind multiple times during the enrollment period in the fall, but can only switch to a different Medicare Advantage plan (or back to Original Medicare) once in the first quarter of the new year. But if you sign up for a Medicare Advantage plan in the fall and then decide you don't like it once it takes effect in January, you have until the end of March to make a change.

You can only sign up for Part D coverage during the first three months of the year if you're switching from a Medicare Advantage plan back to Original Medicare. You cannot, for example, be enrolled in Original Medicare with a Part D plan and then switch to a different Part D plan during the January – March enrollment period. Instead, you'd need to make that change during the fall election period (October 15 to December 7). If you want to switch and need help comparing plans, please call Dawn Loper at Mountainland Association of Governments, 801-229-3819. Also, if you need help with prescription drug costs, call Dawn to see if you qualify for a Federal Program called Extra Help.

Dawn Loper– SHIP Medicare Counselor

801-229-3819 / www.LoveYourLaterLife.org

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