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.

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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, *Vacant*

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

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.

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**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.
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.

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<tr>
<th>Date:</th>
<th>Registration Deadline:</th>
<th>Cost:</th>
<th>Details:</th>
</tr>
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<tbody>
<tr>
<td>Friday, January 4th</td>
<td>Ended</td>
<td>—</td>
<td>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.</td>
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<tr>
<td>Tuesday, January 8th</td>
<td>January 3rd</td>
<td>Free</td>
<td>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!</td>
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<tr>
<td>Wednesday, January 16th</td>
<td>December 28th</td>
<td>$28</td>
<td>Leave the Center at 5:30pm to watch The Grizzlies VS Tulsa Oilers Hockey Game in SLC.</td>
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<tr>
<td>Friday, January 25th</td>
<td>January 22nd</td>
<td>On your Own</td>
<td>Men’s Breakfast– Meet at Chick’s Café at 9:00am.</td>
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<tr>
<td>Wednesday, January 30th</td>
<td>January 28th</td>
<td>-</td>
<td>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.</td>
</tr>
<tr>
<td>Thursday, January 31st</td>
<td>January 29th</td>
<td>Free</td>
<td>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.</td>
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<tr>
<td>Saturday, February 9th</td>
<td>Ended</td>
<td>-</td>
<td>“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.</td>
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<tr>
<td>Friday, February 22nd</td>
<td>Ended</td>
<td>-</td>
<td>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.</td>
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We are excited to Welcome Candie Bonner as our new Activity Coordinator!!
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<th>Date:</th>
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<th>Cost:</th>
<th>Details:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, May 3rd</td>
<td>February 8th</td>
<td>$90</td>
<td>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.</td>
</tr>
<tr>
<td>Monday, Tuesday, Wednesday May 6, 7, &amp; 8th</td>
<td>March 4th</td>
<td>$85 Shared Room, $115 Private Room</td>
<td>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.</td>
</tr>
<tr>
<td>Friday, June 7th</td>
<td>March 1st/ March 31st</td>
<td>$15</td>
<td>“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 1st—Seniors Only. If tickets are still available after March 1st friends and family are welcome to join us. Final deadline to pay is March 31st.</td>
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Music & The Spoken Word

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

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.
OBITUARIES

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

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

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

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

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
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)

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 another 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 always the first Tuesday and the Thursday that follows.

Benign 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!
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
<table>
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<tr>
<th>Wasatch County Senior Citizens</th>
<th>Non-Profit Organization</th>
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<tr>
<td>(435) 654-4920</td>
<td>US POSTAGE.</td>
</tr>
<tr>
<td>465 East 1200 South</td>
<td>PAID</td>
</tr>
<tr>
<td>Heber City, Utah 84032</td>
<td>Heber City, Utah</td>
</tr>
<tr>
<td>Return Service Requested</td>
<td>Permit No. 2</td>
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