

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.

- Director: Ashley Fish
- Admin. Secretary: Marcia Young
- Food Services Manager: Cora Briggs
- Director of Activities: Tiffany Horrocks

SPOTLIGHT **KEN AND MARY NICHOLS**

We are Mary and Ken Nichols. We moved back to Utah last August from Southern California. We lived in the Park City area from 1995 to 2012 and returned to our house in Anaheim after retiring. Mary was born in 1950 in a small town 40 miles south of Albuquerque, New Mexico. Mary and her family moved before she was one year of age to Los Angeles, California to a new suburb called Norwalk. It was dairy pastures where their brand new home took over some of the fields. Mary was raised there her whole life at 11415 Milano Ave. Norwalk, CA. They would go back to that little town in New Mexico to see the old folks (grandparents) for the summers. What a blast she would have using the outhouse, wood burning stove, taking a bath in a galvanized tub and taking a walk to the post office on the old dusty road. Not all of the comforts of their home in Norwalk, but so much fun. She could go on but let's fast forward to the end of high school in Norwalk. Her friend, Linda Jones, introduced her to her second cousin Kenny Nichols (me) and we started dating. I have to add this, by Mary "Ken would bring my Mom roses and sit in the living room of our house and my Mom would say "Doesn't he have a home"? Ken would ask me to go out in the middle of the week and I had to say "I have to watch Tom Jones" because I knew my Mom would not approve of going out in the middle of the week". We were married in 1970.



As for me, (Ken), I was born in Lynwood, California and grew up in Norwalk. My family loved to go camping and fishing, both in the mountains of southern California and the eastern High Sierras. We also loved to visit Yosemite to camp and hike. The southern California beaches were a popular weekend place to go for family outings. We would enjoy having a bonfire and a weenie roast. We would also enjoy going to the amusement parks such as Disneyland, Knott's Berry Farm, Pacific Ocean Park, Marineland and the San Diego Zoo. I grew up as a Los Angeles Dodger fan and I am still one today. I took up golf in high school and play regularly at Park City Muni. What brought us back in 1995 because the company that I worked for in southern California, Lucas Western Gear Systems, moved to the Silver Summit area. Today it is called Triumph Gear Systems.

We have a son and two grandkids in Yorba Linda California and a daughter here in Heber. We are enjoying our return very much and have made new friends both at the senior center and at the St. Lawrence Mission. We are not missing the rat race of southern California. We are very comfortable here and are looking forward to relaxing in this beautiful valley.

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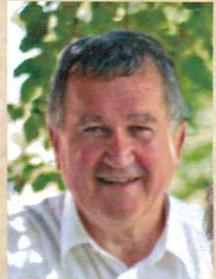
SENIOR CENTER CORPORATE BOARD 2018

- 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: Steve Farrell
 - Vice-Chair: Jim Kohler
 - Secretary: Marcia Young
- Regular Members: Steve Farrell (Cnty Cncl Rep.), Laureen Gilbert, Johanna Huijzendveld, Jim Kohler, Raneva Lemon, Bonnie Mathews, Rick Tatton Marcia Young
- 1st Alternate: Sidney Ellingford
2nd Alternate: Linda Middleton

From the Director's Desk Ashley Fish



If I might, some “housekeeping” items this month, please:

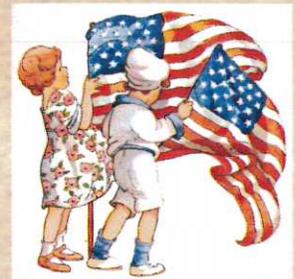
Thank you for your patience as the new wing/addition to the Wasatch County Library is under construction next door to our Center. What a wonderful addition to the quality County building complexes, located throughout our community. (Have you also noticed the new addition under construction at the County Jail/Sheriff's Office -- on south Hwy. 40?)

As a courtesy to Cora, Brent and their Kitchen staff, and Marcia, we ask your continued cooperation in helping us with the “logistics” of our meals program, served twice weekly, on Tuesdays and Thursdays. Please remember:

- We are NOT a restaurant.
- We kindly ask that you please personally help us in coordinating the number of diners we expect (and plan for) at each meal. Our staff prepares only sufficient food equaling the numbers of diners who call in, one day in advance. This, in order for us to adequately prepare.
- NOTE: Recently we've had a series of Tuesdays and Thursdays when we planned for a given number to dine and then 8-10 individuals unexpectedly arrived (who hadn't called in to tell us they were coming). They expected to eat, however, and somehow Cora and her staff made it work. Two to three diners who had “called in” were left out because there wasn't sufficient food, however.
- Conversely, we've recently had days when people called to let us know they were coming and then did not “show up”. One day in late June we expected a certain number of diners, prepared the food for them, and then thirteen (13) seniors did not arrive! Sadly, valuable food and resources were wasted.
So we again ask for your help
- As you know, Mountainland Association of Governments (our Area Agency on Aging office, that oversees the administration and delivery of all meals served from our commercial kitchen) has a policy that states:
 - (1). Anyone who arrives without first having advised us, in advance, must wait until all those who did advise – are first served.
 - (2). Those persons who fail to first “call in” MAY not be served because there wasn't sufficient food prepared for them.
 - (3). All meals prepared here, by our food service professionals, are to be eaten at the senior center, unless in an organized Center-sponsored event and meal. “Taking out” of meals is NOT allowed, please. (Again, we are NOT a restaurant. Please do not ask.)
- The “Meals-on-Wheels” program is designed - for those who qualify – in order for Center authorized staff to deliver meals to their homes.

We abide by these policies and ask that you kindly help us, please.

Have a wonderful summer enjoying our beautiful mountain communities.



Scam and Fraud Alerts

A Hole Under the Car Door Lock

If you notice a hole under the door handle of your car, you probably have been burglarized! It usually resembles a bullet hole because it's so small and so carefully placed. These thieves have a special punch which they place under the door handle, knock a hole through, reach in & unlock it, just as if they have a key. *No alarms, broken glass, or anything!* They even relock your doors so you won't be suspicious.

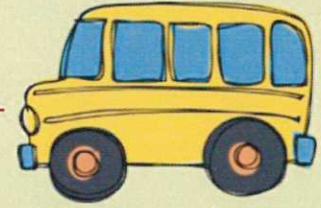
It allows a thief to enter your car and steal items that wouldn't be noticed or gain information from your registration & insurance papers. Now the criminals have your address and auto description so that they can determine when you aren't at home to break in and burglarize you.

They may even leave a purse or wallet and only take one or two credit cards so by the time you realize there's been a theft, they may have already had a couple of days or more to use them.

Periodically, walk around your car, especially after you park in a shopping center or other large parking area. Report anything suspicious to the local police and check your credit card statement online & alert your card issuer for potential fraudulent purchases. If you have a debit card notify your bank. Call your insurance agent to report the damage.

JULY TRIPS & TOURS

To register call Marcia or Tiffany @ 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. **NOTE: Unless otherwise noted you will be responsible to pay for your own meals while on day trips and/or tours.**



Wednesday, July 11: Trip to "Willy Wonka" at the High Valley Arts Theater in Midway. Cost for admission is \$12. Bus leaves the Center at 7:15 p.m.

Friday, July 13: Day shopping trip to Gardner Village in Salt Lake. Cost for transportation is \$5, lunch on your own at Gardner Village. If interested in Escape Room contact Tiffany ASAP. The bus leaves the Center at 9:00 a.m.

Monday, July 16th: Wasatch vs Summit friendly Billiards Tournament at Summit County Senior Center. Transportation cost is Free. Lunch will be at the Summit Senior Center with regular \$3 donation for lunch. The bus will leave the Center at 10:00 a.m.

Tuesday, July 17th: CPR/ First Aid Refresher Course. Cost is Free. Class starts at 10:00 am and will end at Noon. It will be held at the Senior Center right after Breakfast.

Wednesday, July 18: Salt Lake Bees Baseball game. Cost for admission and transportation is \$20. Dinner on your own at the ballpark. The bus leaves the Center at 5:30 pm.

Monday, July 23rd: Movie Day in Orem. More information coming soon!

Friday, December 14: Special ticket purchase: The Oak Ridge Boys at the DeJoria Center in Oakley. Cost is \$40 per person and is non-refundable. **2 tickets left!!** Sold on "first come first served" basis. You must pay to register. Bus will leave the Center at 6:45 p.m.

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



WEEK DAYS

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

Mondays:

7:00 p.m.: Firesides: NO FIRESIDES UNTIL SEPTEMBER

Tuesdays:

10:30 a.m.: Chair Exercise Class

1:00: 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 and Chess

1:00 p.m. on



THURSDAYS

Win prizes! Laugh!
Make Friends
Have Fun!



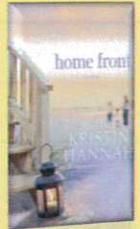
BOOK BUZZ

Meets on the third Thursday of each month at 10:30 a.m. at 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 July we are reading "Home Front".



Did you know we have a Facebook page? Search "**Wasatch County Senior Center**" - Don't forget to like and share our page. We will be posting upcoming activities and of course Pictures!!

LOOK AHEAD to August

- August 1st- Blood Drive
- August 3rd- Payson Salmon Supper
- August 7th- AARP Defensive Driving Course
- August 7th- AARP CAR-FIT
- August 9th- Murder Mystery Train
- August 11th- Wyoming Downs, Horse Races
- August 13th- This is the Place Heritage Park in SLC
- August 17th- Grandparent Ceramic Day/ Glass Etching
- August 24th- "Salmon Run" at Strawberry
- August 27th- Frontrunner train from Provo to Ogden
- September 18th- Wendover Trip

Watch for details on our FB page or Flyer's at the Senior Center.



Wasatch County Senior Center

@WasatchSeniorsInc



SPECIAL LUNCH PROGRAMS

- Thursday, July 12:** Music by "Way Cool Band" from SLC.
- Thursday, July 19:** Box Lunch and Musical program by the "Midway Barbershop Quartet" at Soldier Hollow.
- Thursday, July 26:** Wasatch Co Health Dept. Survey.

Find us on Facebook

What is the **PINK** sheet in your newsletter?

It is your opportunity to let us know what you think.

You don't need to put your name on it... unless you want to volunteer on question #7.

Please return to the Senior Center before the end of July.

Hand deliver or Mail to 465 East 1200 South Heber, UT 84032





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

To all our Seniors...just a little info from the kitchen. July, the starting of the other half of the year. Where does the time go? Independence Day is celebrated on July 4th. It is the anniversary of the publication of the declaration of independence from Great Britain in 1776. On July 4, 1776 the thirteen colonies claimed their independence from England. Each year we Americans celebrate the historic event.

Wow, it's sure hot and kind of muggy. That's because we're in the Dog Days of Summer, the hottest, muggiest days of the year. As the song goes "roll out those lazy, hazy, crazy days of summer". If you are feeling the effects of hot, muggy, sultry, "weather that you can wear", you can be certain that you are in the Dog Days of Summer. By definition, the Dog Days of Summer are the hottest and steamiest part of the summer. To keep cool, take a dip in the pool, go to a water park, laze under a shady tree, have a frozen summer drink, drink plenty of water or go to an evening baseball game. Most important enjoy yourself before the cold hits.

We will be going to Soldier Hollow on the 19th. It's always fun and we have great entertainment also. See you there.

Remember to absolutely drink your water. Until next time, take care...Cora Briggs

Caring for You...Caring for Others

9 Brain Boosters to Prevent Memory Loss

Everyone has memory blips from time to time. As you get older, these kinds of slip-ups may happen more often. But you don't have to resign yourself to memory loss. These simple steps can help keep your brain sharp.

- Step It Up. A 30-minute walk is one of the best things you can do for your body, including your brain.
- Go Mediterranean. A healthy diet is always good for your brain. One study found that a healthy diet leads to fewer thinking and memory problems.
- Engage your brain. Just like physical exercise, mental exercise is good for you. Play cards, join a book club, watch a game with friends. Any mentally challenging activity will keep your mind sharp.
- Stay social. Card games and book clubs also keep you socially active-- another plus for your brain. The more social connections someone has, the better they are at preserving mental function and memory.
- Sleep right. Attention and concentration go down when sleep is restless, and mental function is not as sharp as it is in those who have restful sleep. Try to avoid big meals before bed, having a regular bedtime, avoid drinking caffeine or alcohol close to bedtime.
- Stop Stress. Being under stress can be bad for your memory. Try different ways to relax, like medication, yoga or massage.
- Stub out cigarettes. Smoking speeds up memory loss as you age. If you smoke, quit.
- Get checked. Sometimes medical conditions can cause memory loss, such as depression, diabetes, thyroid disease, vitamin deficiency. See your doctor to get check and treated for these problems.
- Use memory tricks. Every time you learn a new name, say it out loud to seal it in your brain. Mentally connect each new name with an image.

Stephanie

Public Relations and New Projects Coordinator
Mountainland Association of Governments

801-229-3835 or sbenson@mountainland.org Office Hours: Mondays & Tuesdays 10 a.m.- 3 p.m.



HAPPY Birthday

- Wayne White 1
- Ramona Iken 1
- Kent Ellertson 3
- Richard White 4
- Russell Smith 6
- Connie Fish 7
- Peg Sabey 7
- Donna Mork 7
- Kendall Cowley 7
- Carl Jones 10
- Fred Wingelaar 11
- Mary Freudenberg 11
- Barbara Dews 11
- Judy Sorensen 12
- Diana Rae Lewis 12
- Lynn Reinke 14
- Butch Hoffman 14
- Anna Crook 17
- Lynn Provost 19
- Donna Jones 19
- Glen Hicken 20
- Agusta LuJan 21
- Lynn Hicken 22
- Kandy Adams 22
- Dennis Allen 22
- Saundra Penz 23
- Toni Wood 23
- Neil Mahoney 25
- Chris Cooper 25
- Melodie Wolfe 25
- Maureen Bradley 26
- Johanna 27
- Huijzendveld 27
- Dixie Mair 27
- Kathy Davis 27
- Barbara Rose 28
- Annie Loertscher 28
- Linda Larson 30
- Floyd Marshall 31
- Sandra Marshall 31

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.

Medicare Moment

YOU ARE GETTING A NEW MEDICARE CARD

Medicare will mail new Medicare cards between April 2018 and April 2019. Your card will have a new Medicare Number instead of a Social Security Number.

Make sure your mailing address is up to date so you get your new card. Visit ssa.gov/myaccount or call 1-800-772-1213 (TTY-1-800-325-0778) to correct your mailing address. Visit Medicare.gov for the latest updates.

Dawn Loper will be at the Wasatch Senior Center on Tuesday, July 10, from 10:00 a.m. to Noon to answer Medicare, Medicaid, SHIP and Social Security questions by appointment. Please call Dawn at 801-229-3819 for an appointment.

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 Marcia at the Senior Center. (435-654-4920)

Fred Broadbent
Born: August 9, 1940
Died: May 19, 2018
Married: (1)Patricia Ann Powell (deceased)
(2) Kristie Clark (divorced)
(3) Carol Smoot

Wayne Zufelt
Born: November 4, 1942
Died: May 22, 2018
Married: Joy Lin McDonbald

Norman Kohler
Born: May 30, 1939
Died: May 25, 2018
Married: Nan Van Wagoner

Phyllis Dawn Jordan Christensen
Born: December 20, 1927
Died: May 30, 2018
Married: Garold H. Christensen

Lowell James Robinson
Born: May 13, 1944
Died: June 1, 2018
Married: Kathryn Wakefield

Jeannie Sue Sweat Warner
Born: October 25, 1961
Died: June 9, 2018
Married: Davie Ray Warner

Lois Beverly Bowden Thacker
Born: February 21, 1937
Died: June 15, 2018
Married: Roy Thacker

OBITUARIES



MARVIN & Bitsy

by Tom Armstrong

I PACKED A PICNIC BASKET SO WE CAN EAT IN THE PARK BEFORE THE FIREWORKS START!

GREAT!

I'LL GO LOAD IT INTO THE CAR

YOUR GRANDMA IS GOING TO BE VERY UPSET THAT YOU ATE UP MOST OF HER COOKIES!

I'M GOING TO PUT YOU INTO YOUR PLAYPEN UNTIL IT'S TIME TO LEAVE!

I THOUGHT THE FOURTH OF JULY IS SUPPOSED TO BE A CELEBRATION OF FREEDOM!

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Crabby Road 7-2-11

So if it's called Independence Day, how come I have to celebrate it with a group of people?

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I LOVE JULY 4TH. MY FAVORITE SPORTING EVENT IS TODAY!

www.marvincomics.com 7-4

I DIDN'T KNOW YOU WERE A BASEBALL FAN

I'M NOT

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WELCOME TO "NATHAN'S HOT DOG EATING CONTEST"

ALRIGHT!

DON'T TOSS THE FIRECRACKERS UNTIL I ASK THE QUESTION.

GOT IT.

SO, DAD, DID YOU EVER CELEBRATE THE 4TH OF JULY WITH A DANCE?

I DON'T THINK SO.

POP POP POP POP POP

MUST'VE BEEN A RAIN DANCE.

GLASBERGEN

© Sandy Glasbergen www.glasbergen.com

"Don't worry about burning the calories — that's already been done!"

IS THIS FOURTH OF JULY CHILI GUARANTEED?

IT PACKS A PATRIOTIC WALLOP LIKE YOU WON'T BELIEVE!!!

WOW! HE ACTUALLY TURNED RED, WHITE AND BLUE!!

SEE? I TOLD YA!

7-3

