

# Wasatch County Seniors Newsletter

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



## SPOTLIGHT

### Barbara Brown

My name is Barbara Cluff Brown. I was born and raised here in Heber City. My parents are Helen (Dayton) and Les Cluff. I am the middle of three children. I have an older sister and a younger brother.

I graduated from Wasatch High in 1962 where I was a cheerleader and member of the pep club. I graduated from BYU with a degree in elementary education. I taught school in the Jordan, San Juan and Wasatch school districts. I loved teaching although at times it can be a challenge. All of my students were precious people.

I have two children, Shawn and Karen. And I have six grandchildren. One of my favorite things to do is read. I also enjoy being the drummer for the M & M band.



#### Senior Center Staff

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

#### COUNTY ADVISORY BOARD 2020

- Chair: Jim Kohler
- Vice-Chair: Tom Melville
- Secretary: Marcia Young

#### Regular Members:

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

1<sup>st</sup> Alternate: Tom Melville  
2<sup>nd</sup> Alternate: David Davies

#### SENIOR CENTER CORPORATE BOARD 2020

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

#### Directors:

Dee Akerley, John Besendorfer, Roy Daniels, Wayne White, Vacancy



For a number of different reasons, in recent years a great deal of focus has been placed on the health of our overall senior population. Our good *physical* health (or lack of), obviously, gets a lot of the attention. As "seniors"- attention to our *mental and emotional* health "runs" a close second. This is why so many "assisted living" facilities abound in our communities.

In this column. I've written before about one's *social and spiritual* health and how important they are for our overall well-being. This month I address maintaining good mental health.

Many *myths* exist about our memory, dementia, and brain health - especially as we age. In a recent article, a well-known physician notes a few:

- . Myth: We use only 10 percent of our brain.
- . Myth: Older people are doomed to forget things.
- . Myth: Older people can't learn new things.
- . Myth: Male and female brains differ in ways that dictate learning abilities and intelligence.
- . Myth: A crossword puzzle a day can keep the brain doctor away.
- . Myth: You are dominated by your right or left brain.
- . Myth: You have only five senses.

(Dr. Sanjay Gupta, M.D. – "Keep Sharp: Build a Better Brain at Any Age" 2020)

"It's up to (us) to protect and preserve (our) brain and its memories", Dr. Gupta states. He recommends that we do these four (4) things – every day:

1. Spend time with friends and family; involve your brain by discussing current events or new ideas.
2. Read or write
3. Exercise, even if it's just a brisk walk.
4. Practice a new skill, particularly something that involves creating - with your hands.

One last thing . . . . A 2019 JAMA Network study found that those with hearing loss had a higher risk of dementia. Have your hearing tested, please.

Stay busy. And again . . . . . Remain Safe, and Be Happy.

# MEDICARE

We are still in the midst of the COVID-19 pandemic and there are a lot of questions concerning how Medicare is handling the situation. First of all, there is no cure or vaccine for the virus. There are many fraudulent calls being made concerning "miracle cures," but there is no cure and there is no vaccine. When the vaccine is available Medicare will pay for the vaccine just as it pays for the yearly flu vaccination. For now, Medicare will pay for any testing associated with COVID, either the test for the virus, or the anti-body test. All doctor's visits associated with the virus will also be paid for. Telehealth has been expanded, so check with your provider or doctor's office. For those on Original Medicare, the three-day hospital stay usually required before Medicare will pay for a Skilled Nursing Facility stay has been waived. It should be the same for those on Medicare Advantage plans. These changes, for now, will be in place as long as the President declares it a national emergency. We hope that the changes will stay after the emergency is over, but that is in the future. Our office is now open for appointments, but we are not going to the Senior Centers for now. There is a lot we can do over the phone. We will be holding a Medicare 101 class on July 21, 2020 at 6:00 PM at our office in Orem. Attendance is by pre-registration only since we are limiting the number of people in the class. You can register by going to: [mountainland.org](http://mountainland.org) click on Senior Services/Medicare and Medicaid or by calling 801-229-3819 and talking to Dawn Loper who is the SHIP Medicare Counselor. Also, if you have any questions about a federal program that helps with the costs of prescription medications, we will be happy to answer your questions. Stay safe!

**DAWN LOPER**  
SHIP Medicare Counselor  
801-229-3819  
[www.LoveYourLaterLife.org](http://www.LoveYourLaterLife.org)

# Cora's Kitchen

To all our Seniors...just a little info from the kitchen. July has arrived with us still fighting COVID-19. There is still hope.

July brings us: Dog Days of Summer - July 3 – August 11, National Blueberry Month, National Anti-Boredom Month, Unlucky Month for Weddings, National Cell Phone Courtesy Month, National Hot Dog Month, National Ice Cream Month and National Picnic Month.

The fourth of July is the birthday of our nation. Today, we celebrate and enjoy the freedom that comes with the event that made this day so special. We will be closed Friday, July 3.

On July 24<sup>th</sup>, we will be closed for Pioneer Day. Pioneer Day is a state holiday in Utah. It is celebrated on July 24<sup>th</sup> to commemorate the entry of Brigham Young and the first group of Mormon pioneers into Utah's Salt Lake Valley in 1847. The day celebrates the bravery of the original settlers and their strength of character and physical endurance. Pioneer Day is a public holiday in Utah, where it is a day off for the general population. Most businesses are closed.

One day soon, we will be able to get together. Time marches on, but we will survive.

Please remember to drink plenty of water. We especially need it in this heat.

Until next time, take care...Cora Briggs



## Curbside Meals



**WE'RE ALL  
IN THIS  
Together**



I wanted to share some exciting news –the American Red Cross will be testing for COVID-19 antibodies at our upcoming blood drive on **July 29th** this test is being offered as an additional service on all completed blood donations. In addition to the safety precautions, the American Red Cross already had in place, they have increased their safety measures to ensure everyone stays safe.

P.S. For the safety of the donor community and in accordance with CDC guidelines, all donors are required to wear a face covering or mask. Please bring one to your donation. If you do not have one, a mask will be provided to you.

To schedule your donation at the Wasatch Senior Center please choose one of the following ways to register:



**REDCROSSBLOOD.ORG**

**1-800-Red Cross  
or 435-654-4920**

# Happy Birthday

Nick Bryson	1	Ron Hammond	9	Bea Burnette	19	Johanna Huijzendveld	27
Wayne White	1	Glade Tregaskis	10	Pamela Rutenber	19	Dixie Mair	27
Brent North	2	Barbara Dews	11	Glen Hicken	20	Murray Becker	28
Robert Stoutner	3	Mary Freudenberg	11	Gary Kolman	21	Anne Loertscher	28
Keith Horner	5	Diana Rae Lewis	12	Dennis Allen	22	David Stoutner	29
Diane Vincent	6	Sue Loertscher	13	Marie Boyer	24	Martin Chatterly	31
Kendall Cowley	7	Kathryn Parkinson	14	Toni Wood	24	Julie Chatwin	31
Connie Fish	7	Lynn Reinke	14	Chris Cooper	25	Sandra Marshall	31
Peg Sabey	7	Elda Rae North	16	Maureen Bradley	26	Heather Mickelson	31
Marian Boscia	9	Linda Mattick	18	Brent Briggs	26		



## Obituaries

**Sandra House Niederhauser**  
 Born: January 17, 1939  
 Died: June 2, 2020  
 Married: Jay Niederhauser

**Bruce Dennis Hardinger**  
 Born: October 3, 1959  
 Died: May 15, 2020  
 Married: Vickie Hardinger

**Gary Clifford Edwards**  
 Born: September 28, 1938  
 Died: June 8, 2020

**Colleen Davis Knecht**  
 Born: May 21, 1939  
 Died: May 17, 2020  
 Married: Jim Knecht

**Larue Forsey Mitchell**  
 Born: January 20, 1936  
 Died: June 9, 2020  
 Married: Paul Holt Mitchell

**Janet Mary Broadhead Mitchell**  
 Born: April 22, 1947  
 Died: May 19, 2020  
 Married: Michael Dennis Mitchell

**Frank B Fitzgerald**  
 Born: September 22, 1959  
 Died: June 19, 2020

**Clark E. Bronson**  
 Born: March 10, 1939  
 Died: May 21, 2020  
 Married: Pauline Turnbow

**Maxine Duke Payne**  
 Born: July 2, 1931  
 Died: June 21, 2020  
 Married: Farrell Payne



# Trips / Tours



Due to COVID-19 Precautions regular activities will resume when we reach "GREEN" Phase.

## COMING SOON

Would you like to play Bingo, Paint, or participate in an activity?

Plans are underway to re-connect via Zoom or Facebook Live!

### What do you need to do?

Watch for details of upcoming virtual activities by either:

Following us on our "Wasatch County Senior

Center" Facebook page or look in the

Wasatch Wave- "Up, Up & Away" section.



## Books On Buses



Let us drop off books, movies, puzzles, magazines, etc. to your door step, at no charge to you.

This service is offered to Wasatch County Seniors.

How it works:

- **Call the Senior Center 435-654-4920** with your request. Please provide your name, address, and phone number.
- **Thursday is delivery day.** We will deliver your items in a bag, which will be left outside on your doorstep or door handle.
- **Monday is pick up day.** Call us if you are finished with your items and ready for them to be picked up. In the morning, leave them outside in a bag clearly marked "library" for collection.



This project is a collaboration of the Wasatch County Senior Center and the Wasatch County Library.

