

Wasatch County Seniors Newsletter

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



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SPOTLIGHT

Mary Johnson



I was born in Salt Lake City Utah. I am the only girl and have six brothers. I graduated from West High School. I attended Utah State University and the University of Utah. I later graduated from Weber State University. I met and married my High School sweetheart Paul Johnson. We moved to San Jose, California as newlyweds where Paul worked for IBM.

We were blessed with two children a son Andy and a daughter Becky. After 6 years in California we had the opportunity to move back to Utah where Paul worked for Omega in Roy Utah. We lived in Kaysville until Paul passed away in 2008. After Paul's death I accepted a position at the new Park City Hospital and moved to Heber in 2009.

After graduating from Weber, I began my career in the Medical Record field. I worked for Intermountain Health Care for 22 years. I worked at TOSH, Home Care, Primary Children's Hospital, Park City Hospital and Heber Valley Hospital. I still volunteer at the Heber Hospital. I retired in 2017 and joined the Senior Center.

I have made many friends at the Senior Center and enjoy the time I spend here, Crafting, lunches, and outings. I like to do bottle slumping and glass etching, I also like to make jewelry, knit, and crochet. I love spending time with my children and two grandchildren. I love to travel. I have had some very fun trips since my retirement by plane, car and in my motorhome. I love going to new places, visiting my family and camping.

Construction has begun on the much needed new addition to our County's Library. Because it sits adjacent to our Senior Center, we ask your patience with the dust and other inconveniences it may make on our daily operations. We congratulate all involved in making this project a reality.



Happy Fathers Day! ★



Benefits of Membership at County Senior Center:

*It's only \$10.00 for the Entire Year! **SIGN UP OR RE-NEW 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!**

From the Director's Desk Ashley Fish



Thanks to so many of you for the cards, phone calls and visits received as a result of my recent accident. The recovery is slow but we're so grateful and humbled that my injuries were not more serious. Although recuperating well, my physicians tell me that it will be a slow process and that I will need to "take it easy" for quite some time. Again, thank you for your kindness and concern.

This month I would like to once again, pay tribute to our wonderful Wasatch County Senior Center staff, my colleagues. You know what a great team we have here.

- Cora and Brent Briggs in our Kitchen, who share with us their significant culinary skills and experience.
- Valued Kitchen assistants, creative Monica Kelly and congenial Jeneal Wingelaar.
- Ellen Kudla, our behind-the-scenes "Meals-on-Wheels" driver who is loved by so many of those she serves. (Jeneal, [Ellen's "back up"]; always available - when needed.)
- Marcia Young, our multi-talented Front Desk and Office specialist.
- Tiffany Horrocks, our friendly Director of Activities.

I express my personal thanks to each of these fine people.

Lastly, I would like to again, honor our many volunteers. You know who you are. And to each of you who support our County's Senior Center with your annual monetary contribution to our not-for-profit corporation, which helps so much financially. Especially to those of you who so graciously spend so much of your time here helping us in a variety of ways.

I again re-quote the ancient Native American proverb, "The greatest strength is gentleness, the next is kindness".

Dining with Diabetes Classes

The health department, Heber Valley Hospital, and USU Extension host a monthly meeting to help those with diabetes (or their caregivers) with information on how to live healthy and keep the condition under control. These meetings provide a place where people can learn from each other while also receiving information from health experts. Activities include learning and demonstrating recipes for diabetes-friendly meals.

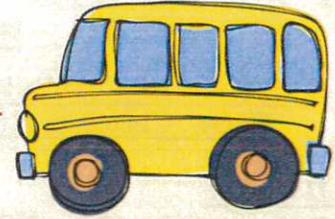
Meetings are held on the last Wednesday of every month at 6:00 PM at the health department. For more information or to participate in the program, call Jonelle at 435-657-3260

Scam and Fraud Alerts

HOW TO STOP UNWANTED CALLS ON A MOBILE PHONE

1. Add your number to the **Do Not Call Registry** @ donotcall.gov or call 1-888-382-1222 from the phone you want to register.
2. If you receive unwanted calls, Report them to ftc.gov/complaint.
3. See what built-in features your phone already has; check the instruction booklet which came with the cell phone you purchased.
4. Check with your *carrier* to see what services they offer or provide.
5. Download a call-blocking application: some apps are *free* but others charge a *monthly fee*. Some apps will access your contacts. Calls might be stopped, ring silently or go straight to voicemail or indicate by message that the call is probably a scam.

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.**

Monday, June 11: "Grandparents Day" ceramics activity. 10:00 a.m. to noon. Come in to the center and pick your project. Cost (\$6 to \$12) is based on the project you choose. Bring a grandchild and paint with them. Registration deadline has passed.

Thursday, June 14: Box lunch and tour of the Erickson Antique Ranch in Wallsburg. Cost is \$3 donation for the box lunch. Transportation on your own or ride the bus. The bus leaves the Center at 10:30 a.m. Registration deadline is June 12.

Monday, June 18: "Cascade Springs" box lunch picnic and walk. Bus leaves the Center at 10 a.m. Cost is a requested donation of \$3 for the box lunch. Registration deadline is June 12.

Saturday, June 22: Full day trip to Delta and Eureka Museums. Lunch and snacks on your own. Bus leaves the Center at 8:00 a.m. Cost for transportation is \$6. Registration deadline is June 14.

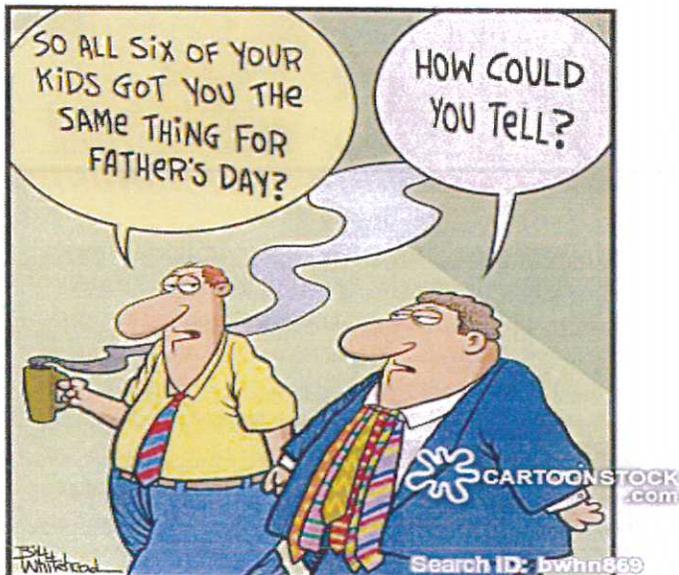
Monday, June 25: Day trip to the "Living Planet Aquarium" Bus leaves the Center at 9:00 a.m. Cost is \$20 for admission and transportation. Registration deadline is June 19.

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. Tickets are limited and sold on "first come first served" basis. You must pay to register. Registration deadline is July 3rd, however tickets are selling fast (only a few tickets left) so come in and purchase your ticket now. Bus will leave the Center at 6:45 p.m.

Friday, July 13: Day trip to Gardner Village. Bus leaves the Center at 9:00 a.m. Cost for transportation is \$5. Lunch on your own at Gardner Village.

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

Flag Day
June 14



"Hello. My name is Al and it's been 6 weeks since I last left my turn signal on for more than fifteen minutes."

Search: 33231818

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

The Oak Ridge Boys

will be at the  **DEJORIA CENTER**

Date: Friday, December 11, 2018

Time: 6:15 pm

Cost: \$10 (Non-Refundable)

Deadline: Tuesday, July 3rd

These tickets will not last long. Tickets will be sold on First Come First pay basis Only.

Go to Front Desk to pay and sign up.



SPECIAL LUNCH PROGRAMS

Thursday, June 7: Stacy Hane & Shelley Harris with "Habitat for Humanity"

Tuesday, June 12: Fun and Humor with Thelma— "Our Georgia Peach"

Thursday, June 14: Father's Day Box lunch and tour of the "Erickson Antique Ranch" in Wallsburg.

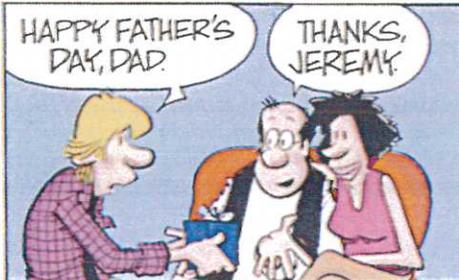
Tuesday, June 19: Breakfast presentation by Aaron Havens of "Home Havens"

Thursday, June 21: Janene Culver of the National Ability Center

Tuesday, June 26: Owen Snead, Executive Director & Staff of the Abington with a report on the new "addition"



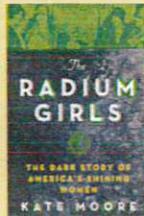
1:00 p.m. on
THURSDAYS
Win prizes!
Laugh!
Make Friends
Have Fun



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 June—July we are reading "Radium Girls" by Kate Moore



The Boutique

Looking for that special baby gift or handcrafted item? Check out our *Boutique* or ceramics display at the Senior Center **FIRST!** Baby quilts & wraps, birdhouses, potholders, dish cloths, jar lid grips, scarves, hats, mittens, dolls, ceramic statuary and much more are available. Donations support weekly activities & special events. We have some talented quilters, knitters, crocheters and crafters who donate their time & talents creating special & practical items displayed in the lounge area. *Items displayed are changed regularly* as crafters complete



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

To all our Seniors...just a little info from the kitchen. Here it is June, the middle of the year. Not much longer until Christmas.

This month brings us Aquarium Month, Candy Month, Dairy Month, Fight the Filthy Fly Month, National Gardening Month, National Adopt a Cat Month, Rose Month and Turkey Lovers Month.

Weekly events are: week-1: Fishing Week, week-2: E-mail week and week-4: Lightning Safety Week.

People across the United States celebrate Flag Day on June 14. It commemorates the adoption of the flag of the United States, which happened on June 14, 1777.

The first Father's Day celebration was in Spokane, WA, on May 18, 1910. We celebrate Father's Day on the third Sunday of June. It is a time to honor our Dad. It is a day to enjoy time with him and to appreciate all he does. Happy Father's Day to all you Dads.

Remember to drink your water. The weather has gotten warmer and we need to keep our bodies hydrated. It helps give us strength. Until next time, take care...Cora Briggs



Join us on Tuesday Mornings.

LETS 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. every Tuesday morning in room 157.



Caring for You...Caring for Others—Advance Care Planning

5 Tips to Avoid Caregiver Burnout

Caregivers have a tough job. And caregiver burnout is a real problem. Caring for an older adult or family member with a long-term illness can be very rewarding. It is also hard work. It can cause people to feel run down, depressed and even sick. Here are 5 Things you can do to prevent burnout.

1. **Learn about the condition or illness and how it can change over time.** Knowing what to expect can lower your stress and help you plan for future medical costs and needs. it may give you time to learn skills you will need later on.

2. **Ask for help.** Feel good about the hard work that you do. But remember that you can't do it all. Make a list of tasks you would like help with and people you can call.

Take breaks. Find some time each day you can step away from your work. Go outside, read a book or visit with a friend. If necessary, use respite care or an [adult day center](#) for longer breaks.

Take care of your health too! As much as possible, keep regular sleep patterns, eat healthy meals and snacks and find time for daily physical exercise. Join a [support group](#).

1. **Stay positive.** Be realistic about what you can and can't do. You may not be able to make the person you are caring for well, but you can offer dignity and do your best to help them feel safe and loved. Caring for you always, Geri Lehnardt Caregiver Support Program Manager

June

Mary Chystek	2
Nyda Harrison	3
Kaye Bonner	4
Susan Singley	4
Terry Edwards	5
Susy Epperson	5
Debra Wilson	6
Melba Kinsey	7
Jack Locklear	10
Robert Light	11
Thomas MacNaughtan	11
June Tatton	11
Dennis Clegg	12
Linda Payne	13
David Todd	14
Maxine Snyder	13
James Ritchie	19
Margery Clark	19
Janes Lujan	19
Gerladine Hughes	20
Kent Savage	21
Nelda McNeil	22
Marilyn Bethers	22
Julie Bell	22
Mary Ann Giles	22
Delores Meik	23
Lois Mahoney	24
June Muir	25
Lola Walker	25
Patsy Druce	28
Shirley Lithgoe	28
Flossie Lopez	28
Sheldon Case	29
Nelly Roloni Kubota	30

Summer

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.

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.

Bonnie Lewis will be at the Wasatch Senior Center on Tuesday, June 12, from 10:00 a.m. to Noon to answer Medicare, Medicaid, SHIP and Social Security questions by appointment. Please call Bonnie at 801-229-3819 for an appointment.

Do you have confidential papers that you need to dispose of? Bring them to the Senior Center and use our paper shredder to shred of them. Our shredder is available: Monday—Friday 8:30 a.m. to 3:00 p.m.

OBITUARIES

John Charles Schultz Sr.
Born: January 25, 1953
Died: April 22, 2018
Married: Elizabeth Smith

Donna Gappmeyer Emery
Born: July 11, 1934
Died: May 16, 2018
Married: (1) Neldon Bigelow
(2) Hollis Emry

Darcy Erickson Jacobsen
Born: January 31, 1963
Died: April, 28, 2018
Married: Lonnie Jacobsen

Margaret Norene Calloway
Born: March 18, 1935
Died: May 14, 2018
Married: William S. Calloway

William Clark Ford
Born: January 25, 1931
Died: May 11, 2018
Married: Belva Marie Pyper



May Activities and Programs



SENIOR CITIZENS DEPT.

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

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.), Lauren Gilbert, Johanna Huijzendveld, Jim Kohler, Raneva Lemon, Bonnie Mathews, Rick Taton Marcia Young
- 1st Alternate: Sidney Ellingford
2nd Alternate: Linda Middleton