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 Iomega 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 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. Completion is expected to be in early November.

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**

---

**Senior Drivers Anonymous**

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

**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 Wallisburg
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 Abbington with a report on the new “addition”

**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 Oak Ridge Boys**

*will be at the Dejoria Center*

**Date:** Friday, December 14, 2018
**Time:** 6:15 pm
**Cost:** $40 (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.

**The Boutiqu**

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 stationary 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 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, Nat- ional 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, de- pressed 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
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.

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

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

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

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

Mary Chystek
Nyda Harrison
Kaye Bonner
Susan Singley
Terry Edwards
Susy Epperson
Debra Wilson
Melba Kinsey
Jack Locklear
Robert Light
Thomas MacNaughton
June Tatton
Dennis Clegg
Linda Payne
David Todd
Maxine Snyder
James Ritchie
Margery Clark
Janes Lujan
Gerladine Hughes
Kent Savage
Nelda McNeil
Marilyn Bethers
Julie Bell
Mary Ann Giles
Delores Meik
Lois Mahoney
June Muir
Lola Walker
Patsy Druce
Shirley Lithgoe
Flossie Lopez
Sheldon Case
Nelly Roloni Kubota

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

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

Lunch Time Entertainment

DAY TRIPS

Mother’s Day

Temmy Thacker

Jill Duke AARP

Magaeli Family

Merry Music Makers

Firesides

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 Carille, Betty Jones, Perry Rose, Wayne White

County Advisory Board 2018

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