

Wasatch County Senior Newsletter

465 E 1200 S Heber City, Utah—Open M-

F 8:30 am—4:00 pm—Phone: (435)654-

SENIOR CITIZENS DEPT.

- Director: Ashley Fish
- Food Services Manager:
Cora Briggs
- Admin. Secretary:
Marcia Young

SENIOR CENTER CORPO- RATE 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

Table of Contents

1. Spotlight
2. Activities, Trips and Tours &
Special Programs
3. February Activities and Programs
4. Directors Desk
5. Cora's Kitchen, Medicare Moment
6. Birthdays, Obituaries
7. Caring for You, Scam and Fraud
Alerts,
8. March Activities Calendar
9. March Meals Calendar

MARCH 2018

SPOTLIGHT

Betty Jones



Hi, I'm Betty Jones. I was born in Burke, Idaho on February 11, 1928. When I was 4 months old my mother and I moved to Midway, Utah to live with my grandfather and grandmother Burgener... When I graduated from the 8th grade, my mother and I moved to Butte, Montana with my sister. We lived there two years. I wanted to come back to Utah so we did.

When I was a junior in high school my friend, Norma Snoderegger and I moved to Heber. I worked at Chick's Café and she worked at the telephone office.

While working at the café, I met Dick Jones and we started dating. After I graduated from high school, I went to work at the telephone office.

In September 1949, Norma, Don Fitzgerald, Dick and I went to Evanston to get married. We had fun celebrating our anniversary together.

I continued working at the telephone office for about 5 years. We raised five children, four boys and one girl. We enjoyed being together. We went camping, fishing and hunting together. Life was good.

Dick died in 1987. We were married 39 years. Our family was all married at the time so I kept busy working. I've been active in the Senior Citizens for 26 years. Daughters of the Utah Pioneers for 65 years, and stayed active in the LDS Church. At the present time I work in the library.

Our two sons, Craig and Scott, have passed away. Dixie, our daughter passed away 2 years ago. We miss those that have left us. But we have to keep moving on. That's God's plan. Our other two sons, Curt & Randy, live in Orem. I'm thankful for them and my family.

We have 13 grandchildren, eight boys and five girls. Twenty-eight great-grandchildren. Fourteen boys and fourteen girls, with two on the way and one great-great-granddaughter on the way.

I feel very blessed for my family, friends and for the good health that I enjoy. I look forward to going to the Senior Citizen's Center on Thursdays to be with friends, play bingo and enjoy the good food.

I am thankful for them and the wonderful place we have to enjoy each other's company. God bless us as we continue to meet here.



WEEK DAYS

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

Mondays:

7:00 p.m.: Firesides: 

Tuesdays:

10:30 a.m.: Chair Exercise Class

1:00: Table Games and Ceramics

Thursdays:

10:00 & 11:00 am : Piano Classes taught by Christy Ackerson

1:00 pm: Bingo, Ceramics and Chess

FIRESIDES

March 5: An Evening of piano with Laurissa Pullan & Friends

March 12: St. Patrick's Day "Irish Dancers" with Aubrey Shelley and Carina Roberts

March 19: Heber Valley Choir & Orchestra

March 26: Country Music and fun with "In Cahoots"/ - Craig Johnson & Lannie Scopes



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

SPECIAL LUNCH PROGRAMS

Thursday, March 1: Wendy Hays—MAG—“HomeMeds” Assessments

Tuesday, March 6: Presentation by Tom Stone & Brea Oshier of Guild Mortgage “The Scoop about Reverse Mortgages”

Thursday, March 8: Marianne Christensen, the “Senior Companion Program”

Thursday, March 15: St Patrick’s lunch and social. Music by Diana Witt

Thursday, March: Music by the Timpanogos Middle School Choir

Tuesday, March 27: Penelope Peterson—”Living with Alzheimer’s—A Survivor”

Thursday, March 29: Easter lunch and social

TRIPS & TOURS

To register call Marcia @ 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 member 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 daytrips and/or tours.

- **Wednesday, March 7:** Day trip to the Utah Museum of Fine Arts to see “Go West, Art of the American Frontier” Bus leaves the center at 9:00 a.m. Cost for admission and transportation is \$10.00xx Lunch at Chuck-A-Rama after touring the museum. **Registration deadline is March 1.**
- **Saturday, March 10:** Day trip to the Hale Center Theater in Sandy. Performance is “Cash on Delivery” The bus leaves the Center at 11:00 a.m. Lunch at Chuck-a-Rama after the tour. **Reservations are Sold Out.**
- **Wednesday, March 28:** Day trip to the BYU Paleontology Museum in Provo. The bus leaves the Center at 9:30 a.m. We will have lunch at Chuck-A-Rama after visiting the museum. There is no cost for admission and transportation. **Registration deadline is March 22.**
- **Saturday, April 7:** “Riverdance 20 years” at the Eccles Theater in Salt Lake City. The bus will leave the Senior center at 12:00 noon for the 2 p.m. matinee. **Reservations are Sold Out**
- **Wednesday, April 18:** Day trip to Wendover. Cost is \$25 per person. The bus leaves the Center at 8:30 a.m. and returns at approximately 8:30 p.m. **Registration deadline is April 11.**
- **Saturday, May 19:** Day trip to the Hale Center Theater in Sandy to see their performance of “The Music Man”. The cost for admission and transportation is \$40. The bus will leave the Center at 11:00 a.m. Lunch at Chuck-a-Rama after the show. **Registration deadline is April 17.**
- **Wednesday, June 6 thru Friday, June 8: Tuacahn Theater Tour** with Knight Tours and Cruises. Cost is \$399 per person, double occupancy and includes, transportation, 2 nights accommodations, 5 meals, two productions at Tuacahn, “Cinderella” and “Matilda the Musical”. Call the Senior Center for more details. Register right away to reserve your spot.

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

February Activities and Programs

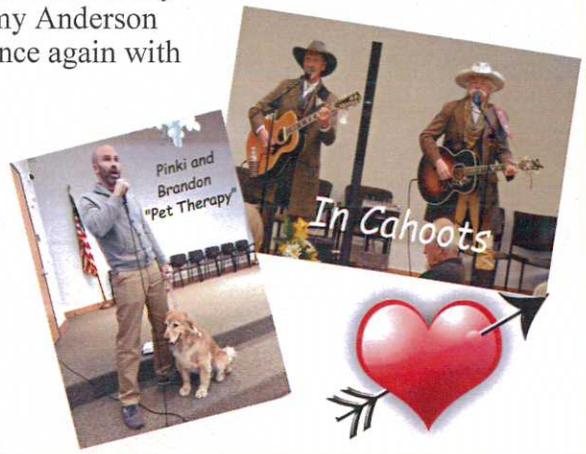


February came and so did the groundhog predicting six more weeks of winter which was hard to believe because we really hadn't experienced any winter yet. Winter did finally arrive, however, but we are staying warm with plenty of fun things to do here at the Senior Center. We enjoyed some of our favorite fireside entertainment with a performance by the Rob Sorensen Family. They entertain us a couple of times every



year. We enjoy their show and watching their family grow. Amy Anderson and her husband, Kathy Buell and Natalie Johnson joined us once again with a romantic "This is Love" Valentine fireside. We also were delighted with a return visit from "In Cahoots". Lannie Scopes and Craig Johnson for a special lunch performance.

Ken and Mary LeBlanc shared their delicious "Mardi Gras" gumbo with us at our annual "Fat Tuesday" lunch and Sally Baird joined us for our Valentine's Day lunch and delighted us with some "Valentine Love".



HELP WANTED!

You can touch the lives of adults who need extra assistance to live independently in their own homes. Share friendship with frail older adults through...

- ...Offering companionship
- ...Providing transportation
- ...Assisting with simple chores
- ...Offering respite for caregivers
- ...Adding richness to the people you serve



BENEFITS

- ❖ **\$200** Monthly stipend (Does not affect low-income housing, HEAT, food stamps, Social Security, etc.)
- ❖ Transportation reimbursement
- ❖ Meal or meal reimbursement
- ❖ Vacation, sick and holiday pay
- ❖ The satisfaction that comes from serving others

REQUIREMENTS

- ❖ Be age 55 or older
- ❖ Commit to serving 15+ hours per week
- ❖ Be income eligible

*Seniors Serving Seniors
Making Independence a Reality!!*

JOIN SENIOR COMPANIONS

151 South University, Suite 2200
Provo, Utah 84601

Call 851-7767

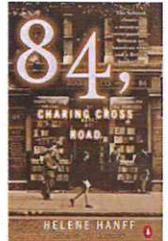


Part of the National Senior Service Corp ~ Sponsored by Utah County Government

www.utahcountyhealth.org/seniorcompanions

BOOK BUZZ

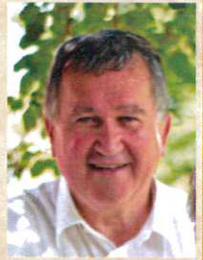
The third Thursday of each month at 10:30 a.m. in the Senior Center. Enjoy a good book and discuss it with your friends. Please call 435-654-4920 if you are interested in joining us. For February and March we are reading "84 Charing Cross Rd" by Helene Hanff



UVU Heber Valley "ELDER QUEST"

UVU is working with local retired and semi-retired citizens of Wasatch County and has organized an Elder Quest program. The purpose of Elder Quest is to provide opportunity for advanced life-long learning programs and study for retirees who enjoy planning their own educational program to expand their intellectual horizons. This is a member-driven program which conveys UVU's fundamental role of providing educational opportunities to our community. If you are interested in serving as an officer in the organization please call **801-862-6601** or send an email to Tom Melville at **Thomas.melville@uvu.edu** prior to the meeting. Classes begin on March 6.

From the Director's Desk



Anyone familiar with our Center and its operations knows about the great commercial kitchen we have and those who work therein. With the leadership of Cora Briggs, Food Service Director, and her professional staff of cooks and assistants, food and meals delivery are at the top of the list of services provided here. At our Wasatch County senior center, many participate in our delicious meals. We celebrate all holidays with a special luncheon and theme each month. I have written about this before.

Besides great *food service*, delivery of a high quality *activity program* goes hand-in-hand at centers like ours; these are the two primary elements of senior centers everywhere. "Friendship" and "Activity" centers. In numbers, not as many participate in our varied and constantly growing potpourri of activities as they do meals. We are focused daily on this and always seek more participation.

Here is a short list of recent exciting and fun things done, already planned, and/or in the pre-planning stages. Because of their popularity, we repeat some:

- . The "Living Planet" Aquarium and the Clark Planetarium, in Salt Lake City. (Second, third, and fourth trips are planned.)
- . A visit and hike to see the Petroglyphs, in the Uintah Basin.
- . Museum trips to the Utah Museum of Fine Arts in Salt Lake City, at BYU's Museums of Art and Paleontology.
- . A visit to Antelope Island.
- . The new Hale Center Theater, in Sandy, for shows in early March ("Cash on Delivery"), in May ("The Music Man"), and in December 2018 ("A Christmas Carol").
- . The Eccles Center, in Salt Lake City, with various shows like "Riverdance 20" (April) and "Phantom of the Opera" (July 2018).
- . At least twice-annual day trips to Wendover for great food and fun.
- . Live sporting events like the Utah Jazz basketball and the Salt Lake Bees baseball clubs.
- . A trip to the Tuacahn outdoor theater, in St. George, Utah, as well as trips/cruises to the Panama Canal, New York City, Hawaii, The Calgary Stampede, in Canada, and many more destinations.
- . The list goes on and on. . . .

Because of the continued growth of our county's senior inhabitants we are hiring an Activities Director/Coordinator. Watch for this announcement soon. This newest member of our staff will help us even more in our quest to ensure that activity, comradery, and socialization remain top priorities.

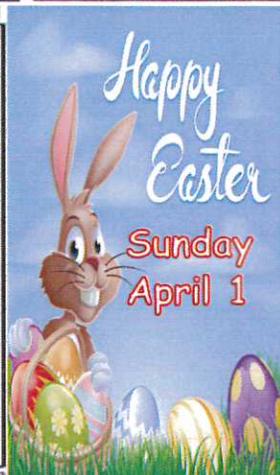
As we have encouraged before, please come join with us. Bring a friend. You are welcome. Watch for these "things to do" not only in this publication, but also in our weekly "Up, Up, & Away" article in the *Wasatch Wave*, in the lobby of the Senior Center, and the accompanying "sign-up" sheets at our many luncheons held twice weekly.



Crabby Road



©Hallmark Licensing, Inc.



MEALS ON WHEELS

In 2016, Mountainland Meals on Wheels delivered 114,000 meals to 1,270 seniors, allowing them to live independently longer in their homes. Meals on Wheels provides a hot, nutritious lunch to homebound seniors living in Utah, Wasatch and Summit County. Ensure nutritional supplement is also available at the Senior Center (a prescription from your doctor is required).

For more information, contact:
Marcia Young at 435-654-4920

PARKING AND TRAFFIC AT THE SENIOR CENTER

The Wasatch County Senior Citizen's Corporate Board voted in their monthly meeting last week to meet with local law enforcement, Wasatch High School Principal, Tod Johnson, and Kristen Bowcutt, Director of the Wasatch County Library, to discuss parking and traffic issues in the Senior Center/ Library parking areas; at their next meeting on Tuesday, March 13.



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

I think we've been living in the land of Dixie...the winter climate has been kind of like St. George. Not complaining, actually I've enjoyed this mild weather. I hope March doesn't blow in a ton of snow. As I was finishing this up, we got snow and cold. Winter has arrived. Better late than never, they say.

March brings: Irish American Month, Music in Our Schools Month, National Craft Month, National Frozen Food Month, National Nutrition Month, National Peanut Month, National Women's History Month, Red Cross Month and Social

Workers Month.

A big "THANKS" to Ken and Mary LeBlanc for preparing and help serving the delicious gumbo we had for our Mardi Gras lunch. They also came bringing Mardi Gras beads for everyone. Fun was had by all.

Our Valentine's lunch was a blast. Making memories with our seniors with our "kissing booth" was fun.

As we all know, March 17th is Saint Patrick's Day. We will be serving our St. Patrick's corned beef and cabbage on the 15th. Remember to wear your green on this day, or pay the consequences (pinches). Please, please, please sign up early for our meals. We want to prepare enough, but not too much. Come and enjoy a fun time.

Easter Dinner will be served on the 29th. Hope the Easter bunny visits us. Come and enjoy. Please remember to drink your water. Until next time...Cora Briggs

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 will be at the Wasatch Senior Center on Tuesday, March. 13, 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.

THE FTC WILL NEVER ASK YOU TO SEND MONEY

If someone claiming to be with the Federal Trade Commission (FTC) contacts you and asks you to send money, **it's a scam**. Do not pay. **Report it**. Spread the word to your family and friends.. The truth is, the FTC does not call, email, text, or fax consumers to ask for payment. Those are scams. In fact, the Department of Justice just announced that two scammers who impersonated the FTC (and the SEC) were found guilty of scamming people out of \$10 million.

Imposters won't stop at just using the FTC's name. They'll use the names of any people or organizations you trust. Dealing with imposters in real time can be difficult. But it's important to take note of not just the story that they tell, but also *how* they ask you to pay. If they ask you to pay by wiring them money, getting iTunes cards, or putting money on a MoneyPak, Vanilla Reload, or Reloadit card, it's a scam."

This scam and others are all around us. Medicare and Social Security will never call you to "verify" your Social Security or Medicare information, or to get information for the new Medicare cards which will be issued nationwide starting in April. Cards for Utah residents will not come until after June. Utility companies will give you several notices regarding non-payment before they shut off your utilities. They will never call you and ask you to put money on a gift card or send someone to your house to collect a payment. We need to be vigilant about guarding our personal information.

Dawn Loper, Mountainland Association of Governments, 586 E. 800 N., Orem, UT 84097, 801-229-3819



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.

March Birthdays

Gail Allen	2
Myrna Kowallis	2
Kyle Probst	2
Laurie Gilbert	3
Judith Battaglia	7
Chris Burkley	7
Liesa Cox	8
Jane Meeks	8
Joan Duke	12
Ronald Regelin	15
Emery George	16
Cynthia Carlile	17
Dwayne Meeks	18
Kathryn Wright	18
Wilva Anderson	19
Calvin Giles	19
Bob Azlin	19
Perry Rose	21
Jerry Duke	21
David Rimington	25
Bobb Partridge	26
Geniel Bortz	26
Sandy Thomas	27
Ruthie Lugton	27
Susan Kohler	30
Bill Wolfe	30
Pat Broadhead	31



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 their projects, so check it often!

OBITUARIES

Joseph Ray Thacker
Born: August 26, 1924
Died: January 21, 2018
Married: Julia Deane Winterton

Geraldine Thacker Workman
Born: February 13, 1943
Died: February 6, 2018
Married: Jim Workman

John Melvin Moulton
Born: April 2, 1921
Died: January 26, 2018
Married: Barbara McDonald

Clara Joan Murray Smith
Born: May 20, 1937
Died: February 12, 2018
Married: Duane Carlile Smith

Velda Harvey Gines
Born: December 29, 1932
Died: January 29, 2018
Married: Roger Gines

Foresta Gilson Nielson
Born: March 6, 1934
Died: February 11, 2018
Married: Wilford Nielson

Helen Garrett
Born: May 31, 1919
Died: January 29, 2018
Married: Elwood G. Garrett

Beva Rae Wheeler Gines
Born: February 5, 1934
Died: February 13, 2018
Married: Clyde B. Gines

Irene Wilson Tisdale
Born: January 7, 1926
Died: January 31, 2018
Married: Glenn Vincent Tisdale

Suzanne Diane Zipprich (Sho Sho)
Born: March 19, 1942
Died: February 13, 2018

Jeannette Blake Hubbard
Born: April 5, 1940
Died: February 2, 2018
Married: Dale Hubbard

James Harris Jenkins, Jr.
Born: November 14, 1941
Died: February 15, 2018
Married: Dian Childs

Jeffrey Duane Payne
Born: December 17, 1959
Died: February 6, 2018
Married: Lori Lynn Orchard



Caring for You...Caring for Others

Creating a Safe Home

As a caregiver you might have to make some changes to your home to make it safer for your loved one. It takes work, planning and preparation to continue living at home for the elderly, however, up to 50% of all home accidents can be prevented through modifications or repair.

The best way to prevent accidents is to conduct a thorough room-by-room inspection, identifying and making a list of problem areas in your own home. This will vary based on the need/ability of your loved one.

Here are some modifications you can consider to empower your loved one to live safely at home

Use a non-skid rug in front of kitchen sink.

Install ramps to doors where there are stairs.

Make sure the yard and walkways are free of debris.

Install handrails on both sides of stairs.

Make the edges of stairs with bright or reflective tape.

Put anti-slip treads on steps and stairs.

Install a liquid soap dispenser in the shower.

Use night lights through the home, especially the path to the bathroom.

Ensure that there is adequate, strong lighting. Avoid bulbs with high glare.

Nail or tack down loose carpet edges.

Avoid throw rugs because they are a trip hazard.

Keep floors clear of clutter, wires, stools or other items that can cause tripping.

Our support and educational groups are held at the Wasatch Sr. Center, 2nd Thurs of the month at 4 p.m.

Please contact our office at 801-229-3804 for any assistance with your caregiving role. Caring for you, Geri Lehnardt.

Stephanie Benson

Public Relations and New Projects Coordinator

Mountainland Association of Governments

sbenson@mountainland.org 801-229-3835



Scam and Fraud Alerts

Income Tax Identity Theft

This happens when someone files a phony tax return using your personal information to get a tax refund from the IRS. It can also happen when someone uses your social security number to get a job. Thieves can get your personal information in several ways, for example: Stealing mail from your trash, mailbox, home or car. Imposters send phony emails or make phone calls that look/sound like they're from the IRS & ask for personal information. Employees at hospitals, doctors' offices, nursing homes, banks & other businesses you frequent steal your information. Phony or dishonest tax preparers misuse their clients' information or sell it!

To lessen the chance you'll be a Victim:

File your tax return as early as possible before identity thieves do it.

Use a secure internet connection if you file electronically & do not use unsecure, publicly available Wi-Fi hotspots at places like coffee shops or hotel lobbies.

Mail your Tax Return *directly* from the post office.

Keep only 1 copy of your tax return in a safe, preferably locked place, then *shred* all other copies, drafts, or calculation sheets you no longer need.

Respond to all mail from the IRS as soon as possible after verifying the correct phone # on a government web site or directory assistance. The IRS won't contact you by email, text, or social media. If the IRS needs information, it will first contact you by mail.

Don't give out your Social Security number (SSN) or Medicare # unless absolutely necessary! Ask why it's needed, how it's going to be used, & how it will be stored.

Get recommendations or research a tax preparer thoroughly first. If possible use AARP tax preparers here at our Senior Center.

What to do if you're a Victim:

Tax identity theft victims typically find out about the crime when they get a letter from the IRS saying that more than one tax return was filed in their name, or IRS records show they received wages from an employer they don't know. If you get a letter like this: **Contact the IRS Identity Protection Specialized Unit at 800-908-4490.**

Visit IdentityTheft.gov (this is the federal government's one-stop resource to help you report & recover from identity theft) where you can report identity theft, get step-by-step advice, sample letters, and your FTC Identity Theft Affidavit. These resources will help you fix the problems caused by the theft.