

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

WAYNE & JULIE HARDMAN

We are Wayne and Julie (Provost) Hardman. We've been in Heber valley all of our lives, and love the people here. We have had the great opportunity of watching our little town grow into a bustling community.

Wayne grew up in a farming family where he learned the value of hard work and very wonderful family values. Julie was raised in a mining family.

After serving in the Army for two years, Wayne returned to Heber and worked on the UCWP. He also worked at Geneva Steel and UTA. Then he swept his future wife, Julie Provost, off her feet, and they married in September 1971. Julie has always been a devoted mother and wife, being able to stay at home to raise their family. They are the parents of four children and eight grandchildren. When the grandkids call, we run. Not as fast as we used to but, we get there in time. We have always been involved in our church and family. We love to travel, having only 5 states left to visit, and had the time of our lives when we took a 6 week road trip back East in 2016. We still have a pretty long "bucket list", and hope to be able to accomplish much more traveling and service for others in our future years. We enjoy so much attending Senior Activities and meeting so many of you.



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.



Don't forget Mother's Day!

Sunday
May 13th

HAPPY
MOTHERS
DAY

Benefits of Membership at County Senior Center:

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

WEEK DAYS

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

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 p.m.: Bingo, Ceramics and Chess

Fridays:

9:00 a.m.: **May 4, 11 & 18.** Water Exercise "Aqua Fit" at the Wasatch Aquatic Center. Free if you sign up at the Senior Center. (Bring your swim suit)

FIRESIDES

May 7: Music with the Jonathan Clegg Family

May 14: An Evening of Music with the Magalei Family

May 21: Closing Social music with the "Merry Music Makers" Band

**NO FIRESIDES
June—July - August**



SPECIAL LUNCH PROGRAMS

Tuesday, May 1: Chief Dave Booth, Heber City Police Department

Thursday, May 3: "Cinco de Mayo" luncheon with entertainment by David Sandoval

Thursday, May 10: "Mother's Day" luncheon. Entertainment by the Waldis Bradley Duo

Tuesday, May 8: "Eagle Project" by Hunter Harrison

Thursday, May 17: "Brain Health" by Jill Duke

Thursday, May 24: Memorial Day luncheon, music by "Country Sunset"

Tuesday, May 29: "Meet the local Candidates"

Thursday, May 31: Construction update by the "New" Rocky Mountain Care Administrator, Jon Hammond

BINGO 1:00 p.m. on
THURSDAYS

**Win prizes! Laugh!
Make Friends Have Fun**

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 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, May 2:** Day trip to Thanksgiving Point, "Tulip Festival". Cost for admission and transportation is \$15 per person. The bus will leave the Center at 8:30 a.m. **Registration deadline has passed**
- **Monday, May 7:** Day trip to the Salt Lake City Family History Library. No cost for transportation. Lunch at the Joseph Smith Memorial Building. The bus leaves the Center at 9:00 a.m. **Registration deadline is has passed.**
- **Wednesday, May 9:** Ladies Only!! Heber Valley Boutique Day. Visit many of the shops in the Heber Valley, and enjoy a relaxing lunch at the new Midway Mercantile. No cost for transportation, the bus will leave the Center at 10:00 a.m.. **Registration deadline is Friday, May 4th.**
- **Tuesday May 15 at 10 a.m and Tuesday, May 22 at 1 p.m.:** Tie Dye Class. No cost. Come make your own "Cooling Scarf". This is a 2 day craft project.
- **Friday, May 18:** Visit the Heber Air Museum. No cost. Bus leaves at 12:45 p.m.. Ice Cream at Kohler's in Midway after—on your own. **Registration deadline is May 10.**
- **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. Eat at Chuck-a-Rama after the show. **Registration deadline has passed.**
- **Wednesday, May 23:** Picnic/Box lunch at "Big Springs" Park (Vivian Park). Bus leaves the Center at 10:30 a.m. Box lunch is provided. Cost is \$3 per person. **Registration deadline is May 15.**
- **Wednesday, May 30:** Day trip to the Hill Air Force Base "Aerospace Museum". Cost for transportation is \$6. The bus will leave the Senior Center at 9:30 a.m. Lunch at Chuck-a-Rama after visiting the museum. **Registration deadline is May 15.**
- **Monday, June 4:** Day trip to the "Golden Spike" museum and the "Spiral Jetty". The cost for transportation and snacks is \$8. The bus will leave the Center at 9:30 a.m. **Registration deadline is May 17th.**
- **Wednesday, June 6:** "Men's Only" breakfast. Breakfast at (TBD) for just the guys. Leave the Senior Center at 8:00 a.m. No cost for transportation. (you are responsible to pay for your own breakfast). **Registration deadline is June 1st.**

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

April Activities and Programs



The Oak Ridge Boys

will be at the



Date: Friday, December 14, 2018

Time: 6:45 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.

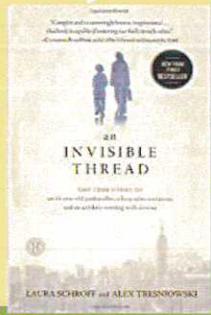
Go to Front Desk to pay and sign up.



They have had 30 top 10 hits including: "Elvira", "Bobbie Sue", "Thank God For Kids", "Leaving Louisiana In The Broad Daylight", and "American Made". They have received 5 Grammy Awards plus many other awards including being inducted in the Country Music Hall of Fame.

BOOK BUZZ

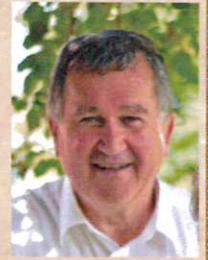
Meets on the third Thursday of each month at 10:30 a.m. at the Senior Center. Enjoy a good book and discuss it with your friends. Please call 435-654-4920 if you are interested in joining us. For April - May, we are reading "An Invisible Thread" by Laura Schroff and Alex Tresniowski



Join us on Tuesday Mornings. LET'S 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.

From the Director's Desk Ashley Fish



In May we welcome springtime and celebrate Mother's Day. We also enjoy a national holiday referred to in America as "Memorial Day". When I was a young boy everyone referred to it as "Decoration Day" - as we honored our deceased loved ones - by visiting their gravesites to remember them.

As I grew older I began to better understand the remembrance we make of those who died while serving our country in times of war. I have many friends and family members, deceased and still living, who have served us in their military duties to help maintain the freedom we enjoy in our great country. We pay tribute to them this month, many of whom will read this commentary. Thank you.

As we celebrate this national holiday, on Monday, the 28th this year, we encourage each of us to pause to remember the cost of freedom and to honor those who made the ultimate sacrifice for us and our nation's people. As well as those who came home safely. Again, we pay tribute to you.

We will enjoy a delicious "Memorial Day" luncheon and musical entertainment, served here in the Senior Center, on Thursday, May 24th at 12 noon. For details, please refer to the calendar found herein.

Please join me in expressing thanks to Almighty God for the great citizens of our beloved United States of American, and for our great county.

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

Phishing Scams & You're the "Fish"

Scammers, posing as a well-known tech company, email a phony invoice showing that you've recently bought music or apps from them. The email tells you to click on a link if you did not authorize the purchase; **STOP—DO NOT CLICK ON THE LINK!!!** This is a phishing attempt to get you to share valuable personal information which they then use to commit fraud or *identity theft*. Sometimes they claim a monthly bill to your credit card (i.e. Netflix) has not been paid and they need to verify your credit card information; **DON'T DO THIS!** Instead call your credit card's customer service phone number and verify that the bill has been paid.

Scammers also use phishing emails to get access to your computer so they can install ransomware that can lock you out of important files on your computer. Others send pop-up messages or blue screen with a flashing sound warning you that your computer has been infected with a virus or that a hacker is trying to access your computer. It's a ploy to get you to pay for bogus technical support you don't need and access your computer at the same time. It's very frightening. Often there's a phone number to call; **DON'T CALL THIS NUMBER, JUST UNPLUG YOUR COMPUTER, WAIT A FEW MINUTES AND REBOOT IT.** Be aware that your security system (i.e. like McAfee) will not contact you in this manner if there's a problem that the system detects.

Here are some tips to keep your information secure:

1. **Be suspicious if a business, government agency or organization asks you to click on a link that then asks for your username or password or credit card number or other personal data.** Instead, type in the web address for the organization or call them. The link in the email may look right, but if you click it you may go to a copycat website run by a scammer.
2. **Be cautious about opening attachments.** A scammer could even pretend to be a friend or family member, sending messages with malware from a spoofed account.
3. **Set your security software to update automatically, and back up your files to an external hard drive or cloud storage.** Back up your files regularly and use security software you trust to protect your data.
4. **Lastly, report phishing emails & texts by forwarding them to spam@uce.gov and filing a report with the FTC.**



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

To all our Seniors...just a little info from the kitchen. Our April showers arrived also with a little snow, sleet and some sun. Let the sun shine in May.

May brings us: Date Your Mate Month, Foster Care Month, National Bike Month, National Blood Pressure Month, National Photograph Month, and Older American Month.

Weekly Celebrations: 1-Nurse's Week, 2-Wildflower Week, 3-National Police Week and National Bike Week, 4-Emergency Medical Services Week

May Day, the first of May is celebrated around the world. It has a number of meanings. In many other countries it is a celebration of spring and the coming of summer. It is celebrated with many spring flowers, many of them blooming right in your own back yard. To communist and socialist countries, it is a celebration for the workers. It is not a national holiday in the United States, except in Hawaii where it is known as "Lei Day".

On May 5, 1862, the Mexican army defeated the French army at the Battle of Puebla. This single military battle signified defeat of a European colonial power, and a victory for Mexican people. This single battle was the roots of Cinco de Mayo. We will be celebrating on Thursday, the 3rd, with a Taco Bar and trimmings. Please call ahead to ensure we make enough for everyone.

Everybody has a mother and absolutely no one is more special than Mom. They are just the greatest. Go out and celebrate Mother's Day. Spell MOM and turn it upside down and you get WOW. That's what she is...wow. Our luncheon will be on the 17th.

Please remember to keep drinking your water. Until next time, take care...Cora Briggs

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

Safe Medication Disposal

Open up anyone's medicine cabinet and you are likely to find variety of over-the-counter medications sprinkled with prescription drugs, all varying in expiration date. So what do you do with leftover or expired medication? Here are some dos and don'ts of medication disposal:

- Don't flush medications down the toilet or pour down the sink. It can be harmful to our water supply.
- Do drop off unused medication at a "take back" event or at your local police department.
- Don't allow friend, neighbors, or relatives dispose of medications for you; this increases the risk of misuse and abuse.
- Do dispose of some medications in your own trash if you are unable to dispose at a collection site. Take drugs out of original containers and crush the pills. Mix them with an undesirable substance, such as used coffee grounds, kitty litter or dish soap. Put that in a sealable bag and place in your trash on the day of pick-up. This way it will be less likely to be accidentally eaten by pets, animals or desirable to someone seeking drugs.

The FDA recommends similar disposal for over-the-counter drug disposal as for prescription drugs.

Local Medication Disposal Locations

Heber City Police Department
301 South Main, Heber City
435-654-3040

Wasatch County Sheriff's Office
1361 South Highway 40, Heber City
435-654-1098

Stephanie Benson, Public Relations and New Projects Coordinator
Mountainland Association of Governments, sbenson@mountainland.org 801-229-3835





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.



Virginia Randquist	3
Gloria Jones	5
Phyllis Parcell	6
Lynn Allen	7
Larry Weiss	8
Zennif Hathaway	10
Vivian Halley	10
Linda Middleton	11
Dawnette Clyde	13
Rex Hansen	14
Marva Watson	17
Dale Sweat	17
Nancy Hilton	18
Peggy Farrer	18
Sarah Ellis	18
Clarence Mahoney	19
Dorn Schmidt	21
Karen Davis	21
Donna Dayton	21
Bob McPhie	22
Jeanine Lyons	23
Joy Clark	25
Arlene Burgener	25
Scott Loertscher	25
Dera Coker	25
Karen Mair	27
Chuck Ackerson	27
Maurice Chatwin	28
Barbara Hutchison	29
Alma Schurig	29
Bob Casey	29
Joyce Coleman	30
Marleen Smith	31
Russell Christensen	31

MEALS ON WHEELS

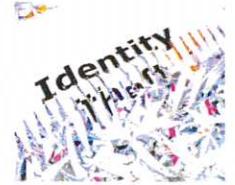
In 2016, Mountainland Meals on Wheels delivered 114,000 meals to 1,270 seniors, allowing them to live independently longer in their homes. Meals on Wheels provides a hot, nutritious lunch to homebound seniors living in Utah, Wasatch and Summit County. Ensure nutritional supplement is also available at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

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

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

Brian Rush Loertscher
Born: February 2, 1949
Died: March 21, 2018
Married: Carla Rae Fillmore

Kay F. Probst
Born: November 2, 1927
Died: April 13, 2018
Married: NaDene Sweat

Donald Edward Thatcher
Born: September 20, 1938
Died: March 28, 2018
Married: (1) Annette Holliman
(2) Peggy Hardy

Shirley Lou Turner Dodson
Born: December 29, 1930
Died: April 16, 2018
Married: Neil Dodson

Kathryn Louise Hutchinson Hall
Born: Sept 2, 1923
Died: April 3, 2018
Married: Ralph E Hall



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.

Medicare Moment

The Senior Medicare Patrol (SMP) works to help protect Seniors and their families from Medicare and other fraud. SMPs work with the SHIP/HICAP programs to alert Seniors of current fraud situations. The new Medicare card being issued has resulted in many fraud schemes. Here are a few examples from other States. Utah resident's cards will be coming sometime after June.

CA SMP

Beneficiary and the Contra Costa County Health Insurance Counseling and Advocacy Program (HICAP) office reported about a new Medicare card related phone scam where Medicare beneficiaries are told that the new Medicare cards are coming in the mail, but before they come, beneficiary needs to get a temporary card which costs between \$5-\$50 and you need to give them some personal information.

SMP liaison for the Chico HICAP office reported about a suspicious call his wife (beneficiary) received on 3/13/18 @ 4:55 pm. According to his report, he picked up the phone and they asked for [his wife] Susan. He asked who was calling and caller said "American Senior Benefits". He handed her [beneficiary] the phone and told her to be careful. She ask what they wanted and caller said was calling to verify her Medicare information. She then ask why they needed the information and also asked if it was a sales call and he said "no it was to verify her information because new Medicare cards are coming". She told him she was not interested and hung up. Please note: SMP has received 6 previous complaints against American Senior Benefits

MI SMP

The SMP office received a potential case pertaining to scams. Beneficiary called to report phone call received from individual who identified themselves as a Medicare Service Rep. Beneficiary was told that in order to received her new MC card she would have to provide her current MasterCard #, SS#, and DOB.

If you suspect fraud you can report it to Dawn Loper at Mountainland Association of Governments (801-229-3819), our area SMP volunteer coordinator. She is also available for Medicare counseling, and to help people apply for the Low Income Subsidy to help with the cost of prescription drugs. Dawn will be at the Wasatch Senior Center on May 8th. Please call her to schedule an appointment.

**FREE Piano classes
on Thursdays at 10
and 11 a.m. taught
by
Christy Ackerson**



“Aqua Fit” Water Exercise Class



Wasatch Aquatic Center.
9:00 a.m: May 4, 11, 18 & 25
Free if you sign up at the
Senior Center.

Bring your swim suit and
towel

Bus leaves the Center at 8:30 am

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.), Laureen Gilbert,
Johanna Huijzenveld, Jim Kohler, Ra-
neva Lemon, Bonnie Mathews, Rick Tat-
ton Marcia Young
1st Alternate: Sidney Ellingford
2nd Alternate: Linda Middleton