

Wasatch County Seniors Newsletter

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

SENIOR CENTER CORPORATE BOARD 2019

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- *Center Director:*
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Cora Briggs
- *Admin. Secretary:*
Tiffany Horrocks
- *Activities Coordinator*
Candie Bonner

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1st Alternate: Mary Johnson
2nd Alternate: Betty Brandner



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SPOTLIGHT

Candie Bonner

I am the Activities Coordinator for the Wasatch Senior Center! (Best job EVER) I was born in Heber, May 8th 1979 to Randy & Cynthia (Sheffield) Gurule. My grandparents are Steve & Anna Gurule, Nancy & Grant Olsen, Lynn Sheffield. I have been blessed to live in the Heber Valley my entire life. Over the years I have worked at the "Wagon Wheel Cafe" as a waitress, Danville Services, BRASC, and FTC as a Program Coordinator, and for the past 8 years I have owned my own business "Whimzy Lane Boutique" 6 of those years having a store front in Heber. I was also the Retail Manager for the Homestead Resort. I married Patrick Bonner, son of Richard & Carole (Thacker) Bonner. His grandparents are Virginia (VanWagoner) & Afton Thacker, Burnice (Webster) & Glade Bonner and Bob Davis. We have been married for 13 years. We have two children together, Jake is 15, he loves basketball, and is known for nailing those 3 point shots. Emma is 10, she enjoys tumbling, music, friends, girl scouts and is my favorite side kick. I also have two step-children Preslee is 22, she recently graduated from SUU and is a counselor at the Road House in SLC, and Brett is 19 currently working for Probst Electric.

I enjoy a beautiful sunset (especially while looking at Mount Timpanogos), the history of Heber Valley, good ole' country music, dancing, laughing, dining, and the fresh smell of rain. But the thing I love most is being a Mom & Wife.



From the Director's Desk

Over the years, in my work and association with our most "senior" older adults, it has been evident that one of the most common needs is *transportation*. When we can no longer safely drive and/or there is insufficient public transportation service provided (for whatever reason), we have to rely on the help of others.

Here in Wasatch County our options for public transportation are currently minimal.

It has come to our attention that Mr. Victor Reyes, owner/operator of the local transportation firm, *24/7Taxi/Transportation*, has purchased a bus (complete with wheelchair lift) in order to provide public transportation *specifically for seniors here in our County*. Please contact him at (435) 315-7990 for details. (His rates are very reasonable and he caters to older adults.) We have his business cards in our Lobby.

We also remind you that we have our own Senior Center buses that provide *complimentary* transportation service to and from our Tuesday and Thursday "congregate" meals served here at the Senior Center, and to and from our Monday Night Firesides, also held here at the Senior Center. For details simply contact our Administrative Assistant/Front Desk Coordinator, Tiffany Horrocks, to schedule this service. **Please call 435-654-4920.** Again, this service is free.

We are not a "care center" but we desire to offer as many opportunities (within the scope of our operations as we are able) for our many seniors of Wasatch County. Please take advantage of these great benefits and services.

Best Wishes to each of you for good health and happiness.

A Message from Mountainland.....

Are you getting calls about free braces? Here are a few tips to stop durable medical equipment (DME) fraud. Contact your local Senior Medicare Patrol (SMP) for more information or to report fraud at

Department of Health and Human Services Office of Inspector General 1-800-447-8477. Your local SMP office is Mountainland Association of Governments (MAG).

We have been getting calls from people in Wasatch and Summit Counties about receiving braces they did not request. Never give

What Can You Do to Stop DME Fraud?

- Be sure your doctor has assessed your condition and orders the durable medical equipment (DME) or supplies.
- Never sign a blank form from your health care provider or equipment supplier.
- Always read your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB). Look for charges for equipment you do not need or did not receive.
- Refuse and report any equipment or supplies offered for "free."



your Medicare number out to someone you do not know and trust with that information. These companies will use their own doctors to get these braces and bill Medicare. One client said she received a box of assorted braces that she didn't want and couldn't use. She was advised to send the braces back and call Medicare to report the fraud. People have also reported that salesmen are going door-to-door to sign people up for genetic testing. Medicare only pays for genetic testing on a very limited basis. "Just Say No!" Dawn Loper will be at the Senior Center to meet with clients and to discuss these frauds on May 14th. Appointments will need to be scheduled. Call Dawn (801-229-3819) to schedule an appointment or to get information about a Low Income Subsidy program that helps with prescription drug costs.

DAWN LOPER

SHIP Medicare Counselor

801-229-3819

www.LoveYourLaterLife.org



To all our Seniors...just a little info from the kitchen. Oh wow, it's already May. Let the sunshine in.

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

We will be celebrating Cinco de Mayo Day on May 2nd. We will be having a taco bar.

On May 5th, 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 the Mexican people.

This single battle was the roots of Cinco de Mayo. Cinco de Mayo is not a celebration of Mexican Independence which is celebrated on September 16th.

What Cinco de Mayo has come to be, is much more than one battle in the colonial history of Mexico. Rather, it has come to signify Hispanic and Mexican pride and a time to celebrate the rich culture.

Sunday, May 12th is a very special day. It is a day we set aside to honor our Mothers. We will be serving our

Mother's Day luncheon on the 9th. "Happy Mother's Day" to all you mamas.

Please remember to sign up early for our lunches. At least the day before. And also, remember to cancel if

unable to attend.

Keep drinking your water, please. Until next time, take care...Cora Briggs

WEEKDAYS

EVERY WEEK DAY:

Billiards, Table Games, Computers, Chess, Checkers, Exercise Room, Reading, Puzzles

Mondays:

7:00 pm: Fireside

Tuesdays:

10:30 am: Chair Exercise Class

1:00 pm: Table Games, Ceramics, Billiards

Thursdays:

9:00, 10:00 & 11:00 am: Piano Classes taught by Christy Ackerson. Call to schedule a class 801-864-6403

1:00 pm: Bingo, Ceramics, Billiards

May Firesides

May 6: An Evening of Music with Lorraine Branham & Heidi Burnard

May 13: Music with Ellie Gallagher & Friends

May 20: M&M's Band "Broadway Review"

May 27: Holiday- Center Closed

SPECIAL LUNCH PROGRAMS

Thursday, May 2: "Cindo de Mayo" Social

Tuesday, May 7: Music with David Ekins

Thursday, May 9: "Mother's Day" Social Music with "Way Cool Band"

Tuesday, May 14: Dawn Loper-M.A.G

Thursday, May 16: HV Hospital- P.T. w/Sam Murphy and Erin Butt

Thursday, May 23: "Memorial/ Armed Forces Day" Piano Music by Raneva Lemon

Thursday, May 30: Renee Burkley w/ WA Comm. Services Alliance

When needing to ride on the Tuesdays and Thursdays "Lunch Bus", please call the Front Desk 435-654-4920 to make sure it's "running" that day. Note: There must be 4 or more RIDERS, each time, or the bus(es) don't run.



BIRTHDAY

Chuck	Witham	1
Barbara C.	Brown	2
Virginia	Randquist	3
Gloria	Jones	5
Patti	Bruce	6
Phyllis	Parcell	6
Lynn	Allen	7
Richard	Wood	7
Vivian	Halley	10
Zeniff	Hathaway	10
Linda	Middleton	11
Mary Ann	Anderson	12
Lynnie	Casper	12
Dawnette	Clyde	13
Rex	Hansen	14
Darlene	Luke	15
Penny	Neilson	16
Janet	Zimmerman	16
Cora	Briggs	18
Sarah	Ellis	18
Peggy	Farrer	18
Nancy	Hilton	18
Tom	Brown	19
Clarence	Mahoney	19
Linda	Risley	19
Tom	McCleary	20
Karen	Davis	21
Donna M.	Dayton	21
Kathryn	Berg	22
Bob	McPhie	22
Margie	Hollinger	23
Jeanine	Lyons	23
Denton	Thiede	23
Arlene	Burgener	25
Dera	Coker	25
Scott	Loertscher	25
Chuck	Ackerson	27
Karen	Mair	27
Elaine	Boyden	28
Maurice	Chatwin	28
Alfa	Flores	28
Bob	Casey	29
Alma	Schurig	29
Joyce	Coleman	30
Russell	Christensen	31
Marleen	Smith	31

Birthday Cards = Free Lunch!
Your Birthday Card will be mailed to you.
*Don't forget to make a reservation. Does not need to be used during your birthday month.


Find us on:
facebook

Search for...
Wasatch Senior Citizens Center

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.

Wasatch County Caregiver Support and Education

Support Group meets at 4:00 p.m., the 2nd Thursday of each month at the Wasatch Senior Center, 465 E 1200 S, Heber (435-654-4920)

Obituaries



Dale Kirkham Giles
 Born: March 28, 1933
 Died: March 27, 2019
 Married: Marva Rae Rice

Robert Forbes Clyde
 Born: October 13, 1929
 Died: March 28, 2019
 Married: Lynette Madsen

Idonna Beach Iba
 Born: February 1, 1925
 Died: March 28, 2019
 Married: Gerald Thomson
 (2)Gene Rousseau(3) Kenneth Iba

Bonnie Loye Ivers Bezzant
 Born: April 6, 1929
 Died: April 2, 2019
 Married: Reed H Bezzant

Inazelle Olpin Knight
 Born: December 5, 1925
 Died: April 4, 2019
 Married: L. George Knight

Retta Ritchie Dillree
 Born: February 3, 1937
 Died: April 5, 2019
 Married: Lewis Roy Dillree

Sandra Jean Ogburn Rowe
 Born: June 30, 1947
 Died: April 10, 2019
 Married: Robert P. Rowe

Clifford Patrick Frisby
 Born:
 Died: April 12, 2019

**FREE Piano classes on
Thursdays at 9, 10 & 11 a.m.
taught by
Christy Ackerson
For an appointment
Call 801-864-6403**



Benefits of Membership at County Senior Center:

Are you 55 or older?
We need YOU at the Wasatch
County Senior Center!
Stop by for a tour.

*Go places with us including:

Concerts, Theatre,
Museums, Sporting
Events, and Many
Other Trips/Activities!

*At the Center we have:

Bingo, Billiards,
Ceramics/ Glass Etching,
Chair Exercise Classes,
Piano Classes, Computers,
Evenings of Music,
Boutique, Exercise
Equipment, Monthly
Newsletter, Free Lunch for
your Birthday and
MUCH MORE!

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

BOUTIQUE

Looking for that special baby gift or
handcrafted item?

Check out our *Boutique & Ceramic* display at the Senior Center **FIRST!** Baby quilts & wraps, potholders, dish cloths, scarves, hats, mittens, dolls, & variety of ceramics are just a few of the items on display.

Donations support weekly activities & special events. We have talented quilters, knitters, crocheters and crafters who donate their time & talents creating special one of a kind items. They are displayed in the lounge area.

Items displayed are changed regularly as crafters complete their projects, so check it often!

Meals on Wheels

Do you or someone that you care about need meals delivered to your home? The Meals on Wheels program is designed for those who are over the age of 60 years and homebound (do not drive). For more information about the Meals on Wheels program call Tiffany at the Senior Center.

435-654-4920

HEAR YE, HEAR YE!!

Read All About it!

Lend me your ears...

May is Spring Cleaning month!!

Everyone set aside a few minutes and clean your closets, dresser drawers, basement and garage.

Everything you haven't used in the past 2 years bring them to our **"Seniors Treasure Table"**!

The next dates are:

**Tuesday, May 7th &
Thursday May 9th**

Meet you there!

Any questions call:

Lynn Allen 435-654-4252

Activities, Programs & Events



Senior Giggles



Wednesday, May 8th 7:00-8:00pm

Wasatch County Senior Center

LDS Heber 14th Ward Combined Youth Group

Come watch & listen to the youth Sing, Dance &

Wow you with their AMAZING talents.

TRIPS & TOURS

To register call Candie @ 435-654-4920 (by the deadline) or sign up & pay at Senior Center. Payments must be made at time of signing up. Current paid members will receive first consideration if space is limited. In the event a trip time/ date needs to change we will let you know ASAP. Tickets & activities are non-refundable unless noted otherwise.



***NOTE: Unless otherwise noted you will be responsible to pay for your own meals while on day trips and/or tours.**

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

Date:	Registration Deadline:	Cost:	Details:
Wednesday, May 1st	Closed	\$7	Tracy Aviary: SLC
Friday, May 3rd	Closed	\$90	Shen Yun- at Val Browning Center: Ogden.
Monday, Tuesday, Wednesday May 6, 7, & 8	April 1st, After April 1st, Add \$10	\$85 Shared Room (Per Person) \$115 Private Room	Overnight trip to Mesquite Nevada!!
Friday, May 10th	May, 9th	\$5 Lunch On One's Own	Golden Spike 150th Celebration: Brigham City
Wednesday, May 15th	Closed	\$10	Butterfly Biosphere: Thanksgiving Point, Lehi
Friday, May 17th	May, 15th	\$5 -Lunch On One's Own	Ladies Luncheon: Taggarts Grill, Morgan
Monday, May 20th	May, 17th	No Charge	Monday Movie: Steel Magnolias at Senior Center
Wednesday, May 22nd	May, 21st	No Charge Lunch On One's Own	BYU Museum of Art: Provo
Wednesday, May 29th	April, 25th	\$49	Steel Magnolias: Hale Theatre, Sandy
Monday, June 3rd	May 31st	On One's Own	Lunch & Bowling: Holiday Lanes, Heber
Friday, June 7th	Closed	—	Air Supply Concert: Dejora Center, Kamas
Monday, June 10th	June, 7th	\$2 Lunch On One's Own	LDS Motion Picture Studio: Provo
Wednesday, June 12th	June, 6th	\$3 Lunch On One's Own	Fairy Festival: Gardner Village, West Jordan
Friday, June 21st	June, 18th	\$3	Capital Tour: SLC
Monday, June 24th	June, 20th	No Charge	Movie Monday: Father Of The Bride
Friday, July 19th	Closed	\$38	Day Trip To Pickleville Playhouse: Bear Lake
Friday, September 13th	May, 14th	\$28 Lunch One One's Own	Garden of Quilts: Thanksgiving Point, Lehi