

Wasatch County Seniors Newsletter

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



SPOTLIGHT

JoAnn Besendorfer Burnson

I was born on a cold February morning on the farm in Casperville. I was a healthy baby in spite of being quarantined with the family for scarlet fever. It is ironic how I have come full circle and I am now once again quarantined due to the Coronavirus pandemic. My older brother and sister had to stay at Uncle Jim's so they could go to school. Less than a year later my brother John was born and I had a friend for life.

I attended school at the old Charleston school where I learned to dance with music from a jukebox. In the seventh grade I went to Heber to attend Wasatch High School. I loved school, in fact, I never missed a day of school. In high school I was active in sports and was on the debate team. I played basketball and was the pitcher on the softball team.

After graduating high school I attended BYU. Here I met my future husband, Peter L. Burnson. The day we met I was baking bread and he was impressed. Have you heard the old saying, "The way to a man's heart is through his stomach"? I graduated from BYU with a bachelor's degree and then a few years later a master's degree. I followed in the footsteps of my brothers and sisters and became a teacher. I taught in Provo for a couple of years. After I married and moved to Las Vegas with my husband, I taught in Las Vegas schools. I retired after 34 years of teaching. Sadly, my husband passed away in 1992 from pancreatic cancer.

I've had many leadership callings. One of the most challenging was to help develop an outdoor camping facility at Kolob Mountain for the young women in the Las Vegas area.

In 2015 I moved back to beautiful Heber Valley. Just as we were getting ready to move I was diagnosed with double breast cancer. I entered the Cancer Center of America for treatment. After further testing I found out I had two different types of breast cancer. Having lived in Las Vegas for 52 years and was there during the above ground nuclear testing, I consider myself to be a down winder and survivor. This summer I will have been 5 years cancer free!

I have a wonderful family that supports me. I have three children, two daughters and one son. My older daughter passed away in her early 30's from a brain hemorrhage. I live with my younger daughter and her family on Little Sweden Road in Daniels. My son also lives in Daniels close to me.



Senior Center Department

- Center Director:
Ashley Fish
- Food Services Manager:
Cora Briggs
- Administrative Secretary:
Tiffany Horrocks
- Activities Coordinator:
Candie Bonner

COUNTY ADVISORY BOARD 2019

- Chair: Jim Kohler
 - Vice-Chair: Tom Melville
 - Secretary: Marcia Young
- Regular Members:
Betty Brandner, Steve Farrell (County Council Rep.),
Mary Johnson, Jim Kohler, Raneva Lemon,
Linda Middleton, Rick Tatton, Marcia Young
- 1st Alternate: Tom Melville
2nd Alternate: Vacancy

SENIOR CENTER CORPORATE BOARD 2019

- President: Sandy Hansen
 - Vice-President: Cheryl Jones
 - Past President: Dennis Allen
 - Secretary/Treasurer: Marvin Rust
 - Historian: Carroll Lee Hicken
- Directors:
Dee Akerley, John Besendorfer,
Roy Daniels, Wayne White, Vacancy

From the Director's Desk



I recently read an article taken from *Entrepreneur* magazine, written by Mr. Deep Patel to whom I give credit for the theme of my commentary this month.

As we continue to live through this disruption in our lives - as a result of the worldwide COVID-19 pandemic - our hearts and minds are filled with compassion and sympathy to those who have lost loved ones and/or are in a significant way negatively affected by this "plague".

'I am prepared for the worst, but hope for the best', said British Prime Minister Benjamin Disraeli, 185 years ago. These words still inspire.

Written several months ago, Mr. Patel suggests the following in his article, "10 Ways Successful People Push Through Adversity". Although written with a different intention these ideas seem applicable to our current crisis today:

1. Find your sense of humor
2. Be mentally prepared.
3. Take stock of what you've been through already.
4. Adversity offers valuable insights.
5. Make peace with the situation.
6. Embrace adversity as a chance for opportunity.
7. Refuse to give up.
8. Have a purpose.
9. Keep a positive mindset.
10. Believe in your capabilities.

We hope that during these times of isolation and unrest that our lives will soon return to some normalcy. We are anxious to have open (and fully operational once again) our beloved Senior Center. We have missed having you here! We miss the comradery, your smiling faces and kind words.

Hope to see you all again - soon. Please stay well and safe.

Medicare covers related needs

MEDICARE

- Medicare covers the lab tests for COVID-19. You pay no out-of-pocket costs.
- Medicare covers all medically necessary hospitalizations. This includes if you're diagnosed with COVID-19 and might otherwise have been discharged from the hospital after an inpatient stay, but instead you need to stay in the hospital under quarantine.
- At this time, there's no vaccine for COVID-19. However, if one becomes available, it will be covered by all Medicare Prescription Drug Plans (Part D).
- If you have a Medicare Advantage Plan, you have access to these same benefits. Medicare allows these plans to waive cost-sharing for COVID-19 lab tests. Many plans offer additional telehealth benefits beyond the ones described below. Check with your plan about your coverage and costs.
- Scammers may use the coronavirus national emergency to take advantage of people while they're distracted. As always, guard your Medicare card like a credit card, check Medicare claims summary forms for errors, and if someone calls asking for your Medicare Number, hang up!

Telehealth & related services

Medicare has temporarily expanded its coverage of telehealth services to respond to the current Public Health Emergency. These services expand the current telehealth covered services, to help you have access from more places (including your home), with a wider range of communication tools (including smartphones), to interact with a range of providers (such as doctors, nurse practitioners, clinical psychologists, and licensed clinical social worker). During this time, you will be able to receive a specific set of services through telehealth including evaluation and management visits (common office visits), mental health counseling and preventive health screenings without a copayment if you have Original Medicare. This will help ensure you are able to visit with your doctor from your home, without having to go to a doctor's office or hospital, which puts you and others at risk of exposure to COVID-19.

Dawn Loper is still answering Medicare-related questions at 801-229-3819. Stay Safe!

DAWN LOPER

SHIP Medicare Counselor

801-229-3819

www.LoveYourLaterLife.org

Cora's Kitchen

To all our seniors...just a little info from the kitchen. When will I ever see you? Hopefully by the end of May first of June. We will be able to get together. With everything that is going on, I'm glad that we are still able to fix meals. I hope everyone is doing okay.

A big "Thank You" to those of you who have been donating to our center. Your kindness, thoughtfulness and generosity has been very much appreciated.

Cinco de Mayo is celebrated On May 5th. 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 the Mexican people. This single battle was the roots of Cinco de Mayo.

Let's give a big shout out to our mothers. We celebrate them on Sunday, May 10. Actually every day. Even though, most of us don't have our moms here physically, we have them in our hearts. Happy Mother's Day to all you moms.

We won't be serving meals on Monday, May 25, Memorial Day. Memorial Day is a federal holiday in the United States for remembering, honoring and mourning the military personal that made the ultimate sacrifice while serving in the U.S. military. We spend this time remembering those who lost their lives and could not come home, reflecting on their service and why we have the freedom that we enjoy today.

Please remember to keep drinking your water. Hope to be seeing you soon. Until next time, take care...Cora Briggs



Books On Buses



Let us drop off books, movies, puzzles, magazines, etc. to your door step, at no charge to you.

This service is offered to Wasatch County Seniors.

How it works:

- **Call the Senior Center 435-654-4920** with your request. Please provide your name, address, and phone number.
- **Thursday is delivery day.** We will deliver your items in a bag, which will be left outside on your doorstep or door handle.
- **Monday is pick up day.** Call us if you are finished with your items and ready for them to be picked up. In the morning, leave them outside in a bag clearly marked "library" for collection.



This project is a collaboration of the Wasatch County Senior Center and the Wasatch County Library.

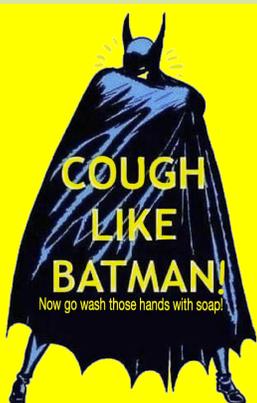
SPECIAL ANNOUNCEMENT

Due to the COVIC-19 virus pandemic, we are unable to know when our Senior Center will be back to full operation again; with Tuesdays and Thursdays congregate meals, group Activities, crafts, bingo, billiards, movies, and the like, to be offered once again. For the time being, and until further advised – through June 1, 2020 the Senior Center is closed.

Monday through Friday, we are serving meals-on-wheels to those seniors who qualify. Via our outside "drive through" service, on *Tuesdays and Thursdays*, at *12 noon*, any senior can pick-up a delicious meal (prepared by Cora and her staff, here in our Kitchen each day). As always, please call us, one day in advance, to order your meal for the next day. (435-654-4920.)

Happy Birthday

Chuck Witham	1	Mary Ann Anderson	12	Linda Risley	19	Dera Coker	25
Barbara Brown	2	Rex Hansen	14	Donna Dayton	21	Bridget Kittell	26
Virginia Randquist	3	Darlene Luke	15	Karen Davis	21	Karen Mair	27
Gloria Jones	5	Penny Neilson	16	Bob McPhie	22	Chuck Ackerson	27
Mary Heimann	6	Nancy Hilton	18	Kathryn Berg	22	Elaine Boyden	28
Lynn Allen	7	Sarah Ellis	18	Margie Hollinger	23	Barbra Kravets	28
Richard Wood	7	Cora Briggs	18	Denton Thiede	23	Alfa Flores	28
Barbara Brewer	8	Sherry Snyder	19	Jeanine Lyons	23	Joyce Coleman	30
Vivian Halley	10	James Williams	19	Betty Blanton	24	Jan McLaughlin	30
Zeniff Hathaway	10	Clarence Mahoney	19	Arlene Burgener	25	Marleen Smith	31
Linda Middleton	11	Tom Brown	19	Scott Loertscher	25		

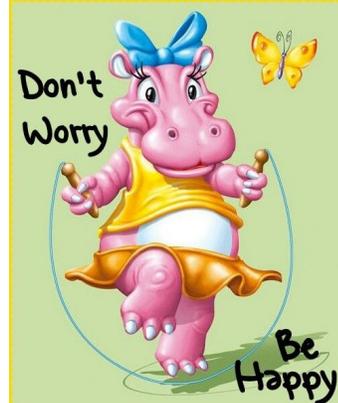


Ensure is a nutritional supplement available, with RX, at our front desk, at a "discounted" rate.

Please call 435-654-4920 for details or to schedule a pick-up time.

Flavors available:

Chocolate- Strawberry- Butter Pecan- Vanilla



Obituaries

Stephen Madsen Clyde
Born: January 28, 195
Died: April 3, 2020
Married: Carmen Filtoon Clyde

Wayne Sweat
Born: September 20, 1954
Died: April 14, 2020
Married: Janie Gunn Sweat

Bruce W Mitchell
Born: April 21, 1952
Died: March 9, 2020
Married: Stella Danel Mitchell

Carol Hertell McDonald
Born: December 27, 1931
Died: April 5, 2020
Married: Glenn McDonald

David Charles Waterman
Born: December 22, 1933
Died: April 15, 2020
Married: Carma Harper Waterman

Francis E Smith
Born: July 30, 1932
Died: March 23, 2020
Married: Janet Richards Smith

Bert F Rogers
Born: July 14, 1929
Died: April 7, 2020
Married: Carol Snyder

Jack William Young
Born: October 12, 1936
Died: April 18, 2020
Married: Edith Huber Young

Paul Dean Carlson
Born: March 14, 1942
Died: March 25, 2020
Married: Sharon Dawson Carlson

Russell Duane Christensen
Born: May 31, 1933
Died: April 11, 2020
Married: Lynile Schear Christensen

Teri Jean Myatt Smith
Born: March 20, 1956
Died: April 3, 2020

Weldon John Simmons
Born: August 17, 1926
Died: April 11, 2020
Married: Lucy Peterson



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.

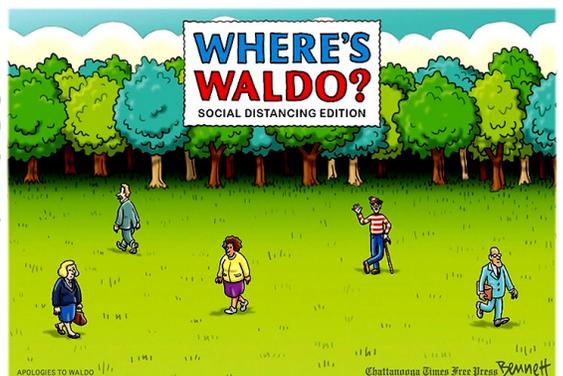
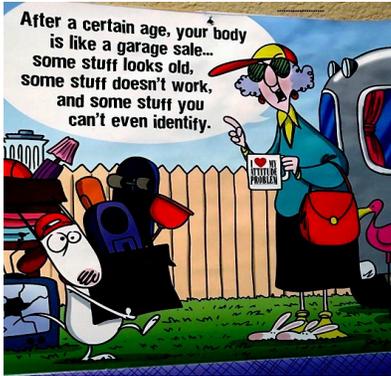
***NOTE: Unless otherwise noted you will be responsible to pay for your own meals while on day trips and/or tours.**

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

****DUE TO COVID-19 PRECAUTIONS, MOST ACTIVITES FOR MAY HAVE BEEN LIMITED OR CANCELLED****

Date:	Registration Deadline:	Cost:	Details:
Monday, May 4th	May 1st	No Charge (See Volunteer List)	Annual "Tea Party"—Senior Center
Friday, May 8th	May 5th	\$5 Lunch On One's Own	Taggart's Luncheon—Morgan
Monday, May 11th	Closed	—	Sera Theatre: Saltaires—Barbershop Chorus—Orem
Wednesday, May 13th	—	\$9 Lunch On One's Own	Day Trip: "Bear River Bird Refuge"—Brigham City
Wednesday, May 20th	Until Full	No Charge	Clydesdale Wagon Rides—Depart From Senior Center
Friday, May 29th	—	—	Fort Douglas Museum—SLC
Monday, June 1st	April 30th	\$60 Dinner On One's Own	Cirque Du Soleil—West Valley
Saturday, June 6th	June 5th	\$10	Hanger Dance: Heber Airport
Monday, June 8th	May 18th	\$52	Hale Theatre: Mary Poppins—Sandy
Friday, June 19th	May 19th	\$63	Dejoria: "America 50th"—Kamas
Monday-Tuesday June 29-30th	May 15th	\$130 Single Room \$95 Double Room \$82 Triple Room	Overnight Trip: Bear Lake & Pickleville Playhouse: Garden City, UT

Senior Giggles



What activities can you do and still keep your social distance?

...Think Outside The Box!

Recipe Exchange Via E-Mail



Sew

Rotate Canned Foods

Draw

Watch A Movie

Read

Learn Something New on Your Smart Phone

Yoga

Bike Ride



WATCH A TV SERIES

learn something new

Clean Out Clutter



Tia Chi

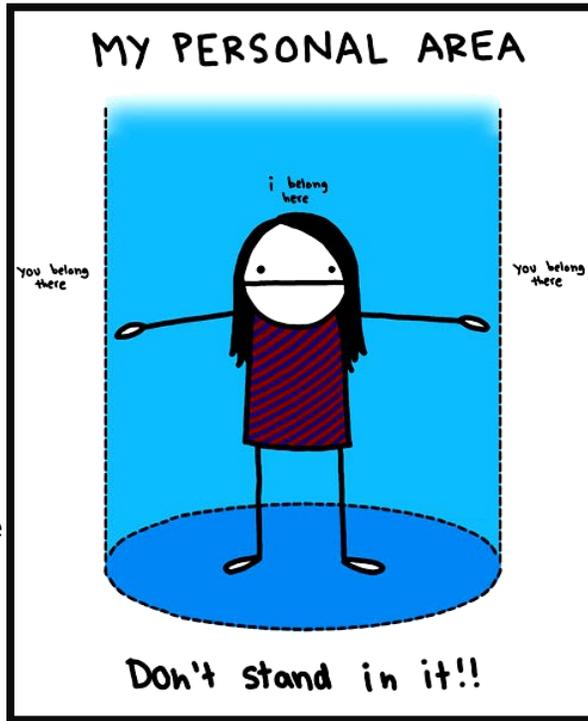
Listen to a Podcast

Sign up for an Online Course

Go for a walk



Paint



Learn how to play an instrument

Talk to Grandkids via
"Marco Polo" or
"FaceTime"

Call Kids... ask them
what "Marco Polo" or
"FaceTime" is.



Go Fishing

PLAY SOLITAIRE

Cook Something New

Build something using Legos

Bubble Bath



Crochet or Knit

TRY ONLINE GROCERY SHOPPING

On a Sunny Day Relax in a Hammock



Build a Small Garden

Learn a new skill

Board Game

Learn your favorite phrase in a different language

Puzzle... of Any Kind

Gratitude Journal



Mail (or Email) an encouraging note



Senior Book Club

We are currently reading:

Saving CeeCee Honeycutt

by Beth Hoffman

Call the Senior Center for more
information 435-654-4920.

