

# Wasatch County Seniors Newsletter

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

# November 2018

## SENIOR CITIZENS DEPT.

- Center Director: Ashley Fish
- Admin. Secretary: Marcia Young
- Food Services Manager: Cora Briggs
- Director of Activities: Tiffany Horrocks

## SPOTLIGHT

### Flo Caldwell

My story long but sweet (I will keep it short) it is full of fun and laughter. I was born not hatched on January 26, 1941 in Rochester, New York. I grew up along the shores of Lake Ontario. Aquarians and water go together- I need to be by water. When I was born my mother's dog was jealous of me and pulled me outside by my diaper. I was an only child (Thank God! Some people would say). Fortunately, as I grew up I was very athletic in High School and College. You name the sport I did it or at least tried it. I went to nursing school and at the same time worked as a school bus driver for Special ED kids. My career was being a Registered Nurse in the Intensive Care Unit and working with Special ED Children. I spent all my years in Rochester New York by the big Lake Ontario.

I have two children. Heather lives here in Heber. David lives in Rochester New York and works as a Correctional Officer. My goal is to get back to Rochester to see him. I have three lovely grandchildren who I adore. They all live here in Heber. Jordanelle is 15, Liberty is 13 and Brooklynn is 11.

I came to Heber 6 years ago because of my daughter and grandchildren. I found the Senior Center along the way. I have made friends quickly because the Senior Center is a very loving and special place. I have many special friends here- whom I Love to pick on! Bingo is very special to me and I help Betty with that. Because we are all family it is hard to see people decline and it's hard to say good-bye when they move away.

Some of the fun things in my life were: being an Easter Bunny, Professional Clown at the Hospital in Rochester, dressing up as Cartoon Characters for the bus kids, being an Elf on the Heber Creeper, singing in the church choir and doing solos. I was also a professional photographer and won several awards for my photos. Those are a just few of my special things plus there are so many more.

I end this by saying, "Keep laughing no matter what. Don't look at the obstacle, seek the way around it. Splash in puddles, Hug a tree and embrace the smile and laughter of the wee-ones (children) around you. Love makes the world go around!" I love you all!



# Thankful

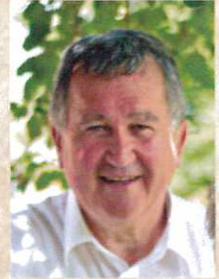
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## Corporate Advisory Board for Wasatch County Senior Citizens, Inc. ELECTIONS

Board of Directors for the Wasatch County Senior Citizens, Inc. (A Utah Non-Profit Corporation) will hold elections November 6—16, 2018 To Elect Candidates for the Calendar Year 2019 For more information and to pick up candidate forms contact Marcia at Senior Citizen's Center office. Seats available are: **Vice President/President Elect:** (1 YR VP, 1 YR Pres., 1YR Past Pres.) Candidates are: Dee Akerly, Cheryl Welch Jones, and Perry Rose **One Year Directors** (One Year Directorship. TWO are needed) Candidates are: John Besendorfer (Incumbent), Mary Johnson, Betty Jones (Incumbent), Denton E. Thiede **Elections will be held Tuesday, November 6 2018, 8:30 a.m. through Friday, November 16 at 12 p.m. (Noon). You can pick up a ballot from Marcia at the front desk.**

*From the Director's Desk . . . . . Ashley Fish*



Meals on Wheels.

- ◆ A “noon time” service available to *any and all* seniors in America.
- ◆ Delivered in our county Monday thru Friday.
- ◆ Basic qualifications are simple; a) must be at least 60 yrs. of age, and, b) unable to no longer drive oneself to/from the grocery store to secure food supplies.
- ◆ A simple “donation” of only \$3.00 per meal is suggested and for all meals, the contribution can be made once monthly via a convenient “contribution” envelope.
- ◆ A program vastly misunderstood by many, available to ALL qualified seniors.

Here in Wasatch County these meals are prepared by a highly qualified staff (Brent and Cora Briggs and assistants, Monica Kelly and Jeneal Wingelaar) in a “commercial” kitchen located inside the Senior Center. (Many senior centers throughout our area do not have this “luxury”, so we’re grateful.)

The majority of these meals are delivered in a county-provided truck by our friendly, capable, and very experienced, Ellen Kudla. Except for official holidays, Ellen is always there. A few meals are delivered by volunteers to recipients who live in close proximity to the Senior Center.

Should you, or someone you love, need this wonderful service, please call our local meals-on-wheels coordinator, Marcia Young, at 435-654-4920. We’re here to serve.

November and December mark the Holiday Season. We wish Happiness, Peace, Joy and good health to each of you.

**Scam and Fraud Alerts**

**New Rule Proposed to Protect Investors by SEC**

A 2015 White House study found that advice not in a client’s interest and hidden fees cost Americans \$17 Billion a year! The Securities and Exchange Commission (SEC) has proposed a new standard for the advice that financial advisers and salespeople can give. It is aimed at increasing accountability for financial professionals. The new standard would require all financial salespeople to act in the client’s best interest—even if it’s less profitable for the seller. The fiduciary rule would cover the sale of mutual funds, bonds, some annuities and other securities.

The SEC measure could help fill a gap that was left when a federal circuit court of appeals effectively killed the Obama administration’s fiduciary rule administered by the Dept. of Labor. While the SEC’s initial draft does incorporate some consumer protections for investors, AARP has a few concerns:

1. The SEC proposal fails to define what it means when it requires a broker to act in the “best interest” of a client.
2. While the proposal would require financial professionals to disclose potential conflicts of interest, the form is very confusing.

**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



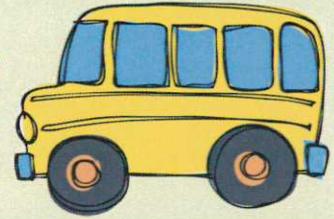
**COUNTY ADVISORY BOARD 2018**

- Chair: Steve Farrell
  - Vice-Chair: Jim Kohler
  - Secretary: Marcia Young
- Regular Members:** Steve Farrell (Cnty Cncl Rep.), Laureen Gilbert, Johanna Huijzendveld, Jim Kohler, Raneva Lemon, Bonnie Mathews, Rick Tatton, Marcia Young
- 1st Alternate:** Sidney Ellingford  
**2<sup>nd</sup> Alternate:** Linda Middleton

## TRIPS & TOURS

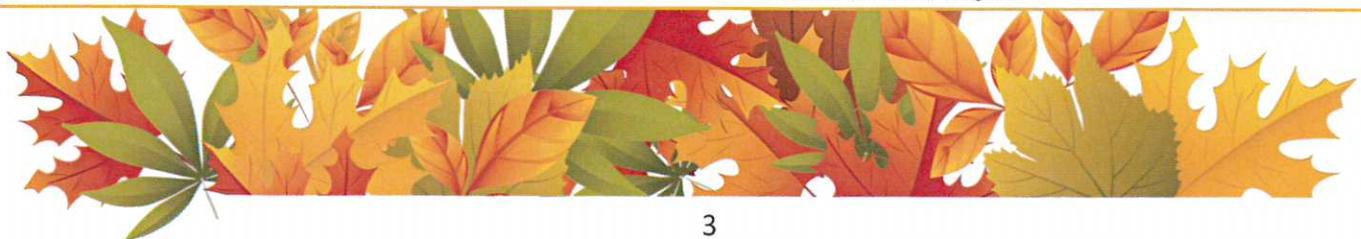
To register call Tiffany @ 435-654-4920 (by the deadline) or add your name to the signup sheet at the center. **Payment must be made by the Registration Deadline.**

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. In the event a trip time/ date needs to change we will let you know ASAP.

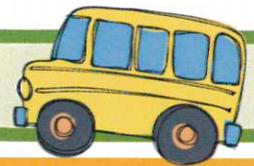


**\*NOTE: Unless otherwise noted you will be responsible to pay for your own meals while on day trips and/or tours.**

| <b>Date:</b>             | <b>Registration Deadline:</b> | <b>Cost:</b>           | <b>Details:</b>  |
|--------------------------|-------------------------------|------------------------|--|
| Friday, November 2nd     | Ended                         | -                      | Leave the Center at 9:30am to see The Leonardo afterwards we will eat lunch at Washington Square. Located in the heart of Salt Lake City, The Leonardo is a new kind of museum connecting science, technology and creativity. In addition to one-of-a-kind permanent exhibits, The Leonardo brings world-class traveling exhibitions and unique educational opportunities to Utah.   |
| Tuesday, November 6th    | Ended                         | -                      | Leave Senior Center at 6:00pm. The "Scarlet Pimpernel" at the Hale Centre Theatre. England becomes entwined in the French Revolution ... Is Sir Percy's new, French bride loyal or a traitor? The music is thrilling. The story, enthralling.  |
| Wednesday, November 14th | November 7th                  | \$17                   | Leave Senior Center at 9:00am. Immerse yourself in a world of discovery as SeaQuest takes you on an adventure through rainforests, deserts and the depths of the seas. With exciting exhibits and activities for families and children of all ages, you'll be able to feed the toucans, encounter the caimans, marvel at the sharks, take selfies with the snakes and more. Afterwards, we will eat lunch at the Layton Mall. *Optional: Fish Spa \$15, appointment is required please contact Tiffany ASAP.                             |
| Friday, November 16th    | November 9th                  | \$5                    | Bus will leave at 9:00am to the International Society Daughters of Utah Pioneers in SLC. Afterwards lunch in Park City at Maxwells.  |
| Monday, November 19th    | November 13th                 | Free                   | Meet at 9:45am at the Senior Center. Come relax and enjoy a movie. We will watch "Stardust". To win the heart of his beloved (Sienna Miller), a young man named Tristan (Charlie Cox) ventures into the realm of fairies to retrieve a fallen star. What Tristan finds, however, is not a chunk of space rock, but a woman (Claire Danes) named Yvaine. Yvaine is in great danger, for the king's sons need her powers to secure the throne, and an evil witch (Michelle Pfeiffer) wants to use her to achieve eternal youth and beauty. |
| Monday, November 19th    | November 15th                 | Potluck of your Choice | Meet at 12:00 for a Potluck meal. Bring something to share. Don't forget to sign up on the meal list.  |
| Wednesday, November 28th | November 21st                 | \$2                    | Meet at the Senior Center at 11:00am. Learn how to make your own body scrub from Sugar or Salt. These make awesome gifts or make it for yourself.  |
| Thursday, November 29th  | November 21st                 | \$5                    | Leave Senior Center at 5:30pm. Take a drive with us to see Spanish Forks 26th Annual Festival of Lights.   |



## TRIPS & TOURS Continued.....



| <b>Date:</b>                         | <b>Registration Deadline:</b> | <b>Cost:</b> | <b>Details:</b>  |
|--------------------------------------|-------------------------------|--------------|--|
| Saturday, December 1st               | Cancelled                     | -            | Cancelled<br>Hale Centre Theatre "A Christmas Carol".  |
| Wednesday, December 5th              | November 19th                 | \$10         | Meet at Senior Center at 10:00am. Learn to paint with Hannah. She will teach you how to paint PLUS you get to take home your masterpiece.  |
| Friday, December 14th                | Ended                         | -            | If, riding bus we are leaving the Senior Center at 6:45pm. Special ticket purchase: The Oak Ridge Boys at the DeJoria Center in Oakley. Starting Monday, November 19th come pick-up your tickets at the Senior Center.   |
| Wednesday, December 19th             | December 11th                 | Free         | Meet at the Senior Center at 10:00am. Come enjoy a movie. We are going to watch "The Christmas Dragon". Ayden, a young girl in Medieval Europe, is the only person who can save Christmas after a dying elf gives her a magic crystal. Ayden and other orphans must escape fantasy creatures to bring enchantment back to the North. |
| Friday, December 28th                | Ended                         | -            | "Nutcracker"- Date will be determined on what is available when tickets are purchased (1st choice will be the 21st). Either day we will leave the Center at 12:30pm. Afterwards, we will eat dinner location TBD.  |
| Saturday, February 9th *or 16th 2019 | Ended                         | -            | "Swan Lake"- Date will be determined on what is available when tickets are purchased (1st choice will be the 9th). Either day we will leave the Center at 12:30pm. Afterwards, we will eat dinner location TBD.  |
| Friday, February 22nd 2019           | Ended                         | -            | Leave Senior Center at 12:30pm. "Wicked-The Untold Story of the Witches of Oz". Afterwards, we will eat dinner location TBD.   |

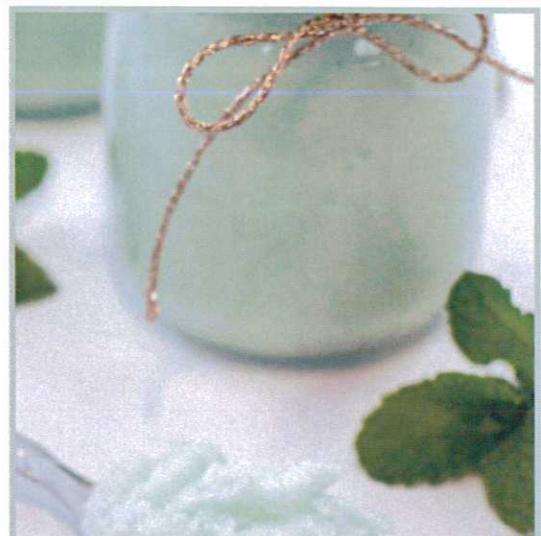
**November 19th**

Time: 12:00

Cost: Potluck of Your Choice

it's a POTLUCK

Bring something to share!



Those that bought tickets can pick them up starting

Monday, November 19th

The Oak Ridge Boys

12.14.18

Come learn how to make your own sugar scrub. Super easy to make. It is good for hands, feet, face or whole body. Learn how to make it with different many different oils, essential oils, sugars and salt. Take home the recipe and try it many different ways!

Date: November 28th

Time: 11:00

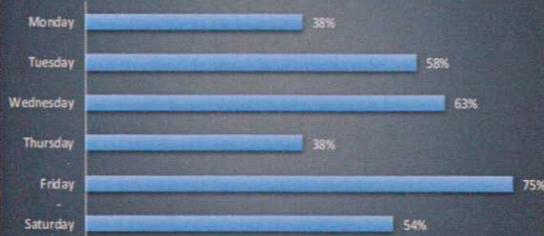
Remember that **PINK** sheet in your July newsletter?... The **Results** are in!!

# Club Interest

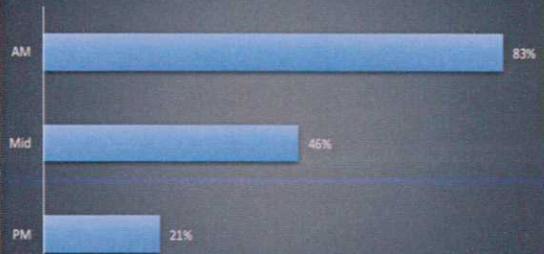
- ◆ Book Club
- ◆ Gardening/ Herb
- ◆ Rook- Card Game
- ◆ Breakfast Club
- ◆ Pinochle
- ◆ Sewing
- ◆ Computer
- ◆ Quilting
- ◆ Tai Chi

\*Note: 50% of the people who responded in were **NOT** interested in clubs.

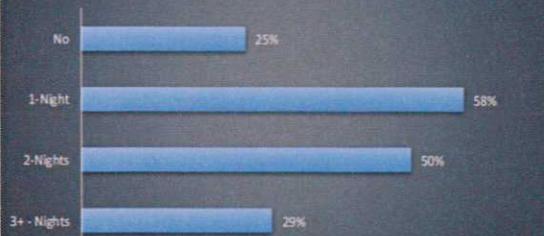
**Q #1: Day Of The Week Preference For Trips....**



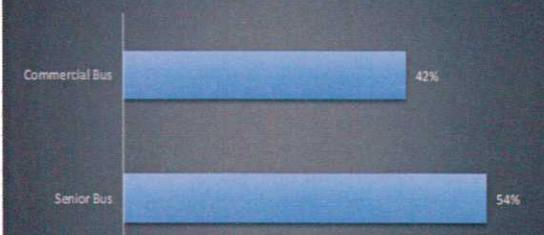
**Q #2: Time Of Day That Works Best....**



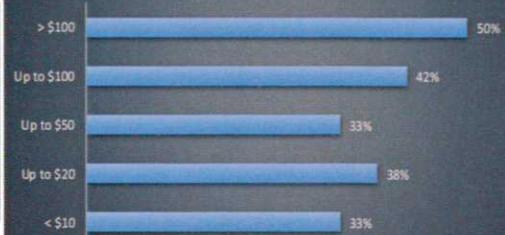
**Q #3: I Am Interested In Overnight Trips....**



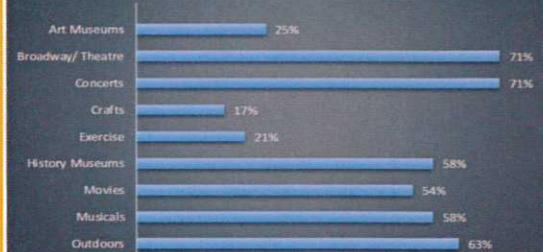
**Q #4: Longer Trips I Prefer This Bus....**



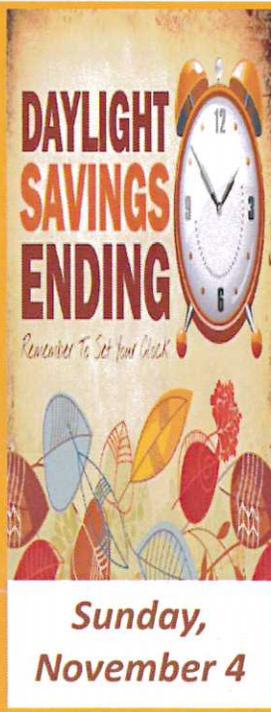
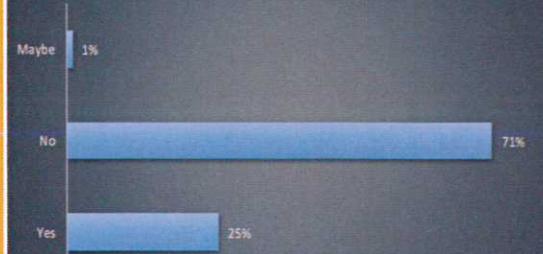
**Q #5: I Am Willing To Spent This Much For Trips/Activities....**



**Q #6: Types Of Activities I Am Interested In...**

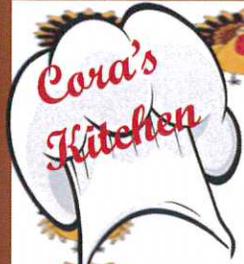


**Q #7: My Thoughts on Volunteering**



## Other Thoughts, Suggestions, or Trip Ideas

- ◆ Ballroom Dance
- ◆ Bears Ears National Park
- ◆ Bird Watching
- ◆ Branson, Missouri
- ◆ Canyonlands
- ◆ Capital Reef
- ◆ Community Garden
- ◆ Farmers Markets
- ◆ Heber- Concert in the Park (Thursdays)
- ◆ Kennecott
- ◆ Las Vegas Show/Concert
- ◆ Mesquite, Nevada
- ◆ Monument Valley
- ◆ National Parks
- ◆ Natural Bridges Monument
- ◆ Old Faithful, Yellowstone National Park
- ◆ Park City Film Series
- ◆ Pendleton Rodeo (Oregon)
- ◆ Renaissance Fair (Cedar City)
- ◆ Shakespeare Theater
- ◆ St George, Utah
- ◆ State Park Access Info/ Senior Activities



To all our Seniors...just a little info from the kitchen. Here it is, November already. How time does fly.

November 1<sup>st</sup> and 2<sup>nd</sup>, Dio De Los Muertos...translated to English, this is "The Day of the Dead". In actuality, it is not one, but two days spent in honor of the dead. The first day celebrates infants and children who have died. The second day is in honor of adults who have passed away. While the culture in the U.S. is to shy away from discussions of death, Mexicans embrace death. They use Dio De Los Muertos as an opportunity to celebrate the death and the life of loved ones and friends they knew. They prepare a feast with many of the favorite dishes of a lost loved one. It is a day of celebration, not a day of mourning.

We will be celebrating our Thanksgiving dinner on the 15<sup>th</sup>. Please make sure and call the day before. We have turkeys to cook and we want to make sure there is enough. Plus all the other goodies.

Mark your calendar on the 19<sup>th</sup>. We are hosting a movie and potluck luncheon. Movie (Stardust) starts at 9:45 a.m. followed by lunch at 12:00. Bring your favorite dish or anything else to share with us. Breakfast will be served the next day at 9:00 a.m..

The Center will be closed Monday the 12<sup>th</sup> for Veteran's Day. We will also be closed the 22<sup>nd</sup> and 23<sup>rd</sup>. Have a very blessed and happy Thanksgiving holiday.

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

Cora Briggs

### WEEK DAYS

**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 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**

### FIRESIDES

Monday evenings at 7:00 p.m.

Nov. 5: M & M's Band, "Hee Haw"

Nov. 12: Veterans Day Closed (NO FIRESIDE)

Nov 19: The Valleysmen

Nov. 26: Sidney Thiede & Friends

**Don't let someone else use your credit. If you need help to freeze your credit for free, we have a volunteer that will help you. Please call Marcia at the Senior Center 435-654-4920 for more information.**

### SPECIAL LUNCH PROGRAMS

Thursday, November 1: Trudy Brereton, Wasatch County Health Department, "Health Survey" results

Thursday, November 8: Tom Melville, Military Veteran, "Veterans Day "Commemoration

Tuesday, November 13: Musical program by the J.R. Smith Elementary School

Thursday, November 15: Special Thanksgiving lunch and "Sharing of Thanks"

Tuesday, November 20: Breakfast musical program by the Rocky Mountain Middle School Choir

Tuesday, November 27: Music by the Daniel Elementary School

Thursday, November 29: Music by the Midway Elementary School

# ★ HAPPY ★ BIRTHDAY!

|                      |    |
|----------------------|----|
| Vera Nielson         | 1  |
| Gaye McPhie          | 2  |
| LaRee Pedro          | 3  |
| Carla Fillmore       | 3  |
| Blaine Webster       | 3  |
| Sammie Robinson      | 3  |
| Vickie Todd          | 5  |
| Ann Klonizos         | 5  |
| Pam Ramult           | 7  |
| Sharleen Williams    | 8  |
| Jack Daggs           | 8  |
| Maxine Carlile       | 9  |
| Jean Anderson        | 10 |
| Laurie Reed          | 10 |
| Steve Jensen         | 11 |
| Evelyn Robertson     | 11 |
| David Hilton         | 12 |
| Cheryl Long          | 12 |
| Rhea Carlson         | 13 |
| Lala Hatch           | 14 |
| Sandee Fruhling      | 14 |
| Eileen Boshard       | 14 |
| Adele Whiteley       | 15 |
| Charlene Hicken      | 15 |
| Arlene Horrocks      | 16 |
| Karen Parcell        | 16 |
| Doylene Graham       | 16 |
| Susan Light          | 18 |
| Gary Provost         | 18 |
| Ruth Parrish         | 18 |
| Lee Ammons           | 19 |
| Kendall Crittenden   | 20 |
| Martin Bollschweiler | 22 |
| Joseph Young         | 24 |
| Joyce Clark          | 24 |
| Francis Harrison     | 26 |
| Burt Giles           | 27 |
| Neal Larsen          | 29 |
| Phil Lyons           | 29 |
| Jeannie Young        | 30 |

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

If you miss a call from one of our "Birthday Callers", "BEE SWEET" and give them a call back to let them know how much you appreciate being remembered.



## 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)

## Medicare Open Enrollment

Begins October 15 and runs through December 7.

## 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.

## Exchange Day at the Senior Center

1<sup>st</sup> Tuesday and Thursday of each month:

"Exchange" Table. Tuesday, Nov. 6 & Thursday, Nov. 8, Bring gently used items that you no longer need for someone else to use (Clothing, small household items, etc.). Take items that you can use. It is all free exchange. Items will be available from Tuesday morning to Thursday afternoon at which time all items remaining will be donated to the thrift store. Remember: "What is one person's junk is another person's treasure."

## OBITUARIES

Dr. Glen W. Probst  
Born: July 1, 1936  
Died: Sept. 20, 2018  
Married: Vanetta Hullinger

Wayne Burton Thacker  
Born: Jan. 20, 1931  
Died: Oct. 2, 2018  
Married: Donna Buhler

Melba Elaine Pace Kinsey  
Born: June 7, 1937  
Died: Sept. 28, 2018  
Married: Ralph Roy Kinsey

Lala Bodine Hatch  
Born: Nov. 14, 1925  
Died: Oct. 21, 2018  
Married: (1) Reid Jay Bodine  
(2) Leo Hatch

## Caring for You...Caring for Others

### Music & Memory: Find Renewed Joy Through Music

"Music expresses that which cannot be said and on which it is impossible to be silent." - Victor Hugo. Music of any kind has the power to transform, to transform a mood, a party, a road trip or a smile. This unspeakable power can positively affect your health by reducing stress, lessening anxiety, improving memory and more. While anyone can tap into the power of music by just turning on the radio, Mountainland offers a program that is specific to helping those with dementia; chronic pain; individuals who are bed-bound, on dialysis or ventilators; or who might be on hospice care.

Music & Memory helps people living with a wide range of cognitive and physical challenges to find renewed joy in life through musical favorites. Our specialist meets one-on-one with the individual and family to create a personalized playlist that can help relieve boredom, empower choice, enable memory, and provide avenues of genuine communication with loved ones and caregivers. You can use music that you already own or tap into our collection to find music for your loved one. There is no fee for this program and donations are accepted.

If you or someone you love is over 60 years old and a resident of Wasatch, Summit or Utah counties, please call 801-941-1192 to learn how this program can help you.

**Stephanie Bensen** Public Relations and New Projects Coordinator  
Mountainland Association of Governments, 801-229-3835 or [sbenson@mountainland.org](mailto:sbenson@mountainland.org)

### Mountainland's NEW Friendly Callers Program

Do you know someone 55+ who lives alone, may be lonely, or is in need of a friend? Our Friendly Callers Program could be for them! Friendly Callers connects volunteers with homebound individuals in need of companionship. If you would like to suggest someone to be a recipient of this program or would like to VOLUNTEER for this program, contact us! Volunteers work from home and call 5 individuals weekly to check-in and chat for a few minutes. Make a difference in a short amount of time and from your home. Contact Katie at Mountainland RSVP at 801-229-3820.

Katie Chase, Retired & Senior Program Volunteer Coordinator / 801-229-3820

### Medicare Moment

Medicare Open Enrollment is off and running! It began on October 15th and will end on December 7th. This is the time for all those on Medicare to evaluate your current Part D plan (with Original Medicare) or those on Advantage plans to review the changes coming in 2019. You should have received an Annual Notice of Change (ANOC) from your current provider which details the changes for 2019. The ANOC will tell you whether there is a change in premium, deductible, and any benefits you receive. If you have not received your ANOC, please call the customer service number listed on the back of your plan card and ask them to send it to you, or ask to speak to a representative about the changes. If you do not make any changes, the plan you have will roll over to next year.

Social Security recipients are receiving a 2.8% increase due to Cost of Living changes. With this increase there are also changes in the Part B premium. For this year the Part B premium, for most people, will increase from \$134 to \$135.50. To those who are already paying a higher amount because of their income, you will receive information on that amount when you receive your annual statement from SSA in December. For those on Original Medicare, the Part B annual deductible will go from \$183 to \$185. The Part A Hospital deductible will go to \$1364, which is an increase of \$24.

If you need help comparing plans for 2019, you can use the Medicare Plan Finder at [www.medicare.gov](http://www.medicare.gov). If you need assistance, you can call Dawn Loper, SHIP Counselor for Mountainland Association of Governments at 801-229-3819. If you are having challenges paying for your prescriptions, please call to see if you qualify for a Federal program to help with those cost. Qualification is based on income and assets.

Dawn will be at the Senior Center on Tuesday, November 13, 9:00 a.m. to 3:00 p.m. to provide assistance with Medicare Open Enrollment. Please call Dawn at 801-229-3819 or Marcia at 435-654-4920 to make an appointment.

Dawn Loper is an employee of Mountainland Association of Governments, 586 E, 800 North, Orem, UT, 84097.

Someone age 65 or over completes suicide every 90 minutes -- 16 deaths a day. Elders account for one-fifth of all suicides, but only 12% of the population. White males over age 85 are at the highest risk and complete suicide at almost six times the national average. The suicide rate among elders is two to three times higher than in younger age groups. Elder suicide may be under-reported 40% or more. Omitted are "silent suicides", i.e., completions from medical noncompliance and overdoses, self-starvation or dehydration, and "accidents." The elderly have a high suicide rate because they use firearms, hanging, and drowning. The ratio of suicide attempts to completions is 4:1 compared to 16:1 among younger adults. "Double suicides" involving spouses or partners occur most frequently among the aged. Elder attempters have less chance of discovery because of greater social isolation and less chance of survival because of greater physical frailty and the use of highly lethal means. If you have an emergency, please call 911.

If you or someone you love is in need of suicide prevention support, call the National Suicide Prevention Lifeline at 1-800-273-8255 or [visit the website for more info.](#)  
For local support please call the UNI Crisisline at 801-587-3000.

### 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 Marcia at the Senior Center. (435-654-4920)

### FREE Piano classes on Thursdays at 9, 10 and 11 a.m. taught by Christy Ackerson



### GLUCERNA

Glucerna nutrition supplement is now available for those over the age of 60 at the Senior Center by prescription and special order. The cost is \$30 per case. For more information call the Senior Center at 435-654-4920.

### 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!****

### 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