Wasatch County Seniors Newsletter

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

October 2018

SENIOR CITIZENS DEPT.

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

SPOTLIGHT

IngeLis (Lisa) Djorsing

I am Lisa, my given name is IngeLis Djorsing. I was born in Copenhagen, Denmark. My parents were poor but we managed. It was hard when the war came to Denmark from 1940 to 1945 we had very little food. Sometimes we had to stand in line for a bread. I started to work at 14 years old. Later I met my husband to be. As it turned out, we went to the same school and had the same teacher, but I never knew him there. We got married and had a daughter. We could not get a new apartment so we decided to go to Canada. We stayed there for 7 years. Our daughter was born there. Then we came to the United States, first Virginia then California and then Utah.

My husband's parents gave him two American names, I guess that meant we were supposed to be here. I love it here and love coming to lunch and going places. Thank you all for what you do. I wish you blessings. Love Lisa.

H.E.A.T

Thursday, October 9, 10:00 a.m. to 2:00 p.m. representatives from the H.E.A.T (Home Energy Assistance Target) will be available at the Senior center to assist with applications for the H.E.A.T. program which begins on November 1. Please call 435-654-4920 to make an appointment.

Medicare Open Enrollment

Begins October 15 and runs through December 7.

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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

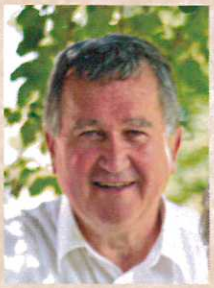
- Chair: Steve Farrell
- Vice-Chair: Jim Kohler
- Secretary: Marcia Young

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

2nd Alternate: Linda Middleton

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



As I walk each day in the early morning hours (5:30 a.m.) I spend time not only planning but also reflecting and contemplating things like our childhood and adolescent years now long behind us. Like some of you, I had a childhood filled with love, joy and safety. Those were wonderful years. I think of them often. I am grateful to my parents for that.

In the late 1940's and 1950's, growing up in a small southern Utah farming community, I never gave thought what I would be doing in my "senior" years -- well into the 21st Century, now nearly one quarter gone.

Recently my wife and I had the pleasure of "tending" (for nearly a week) one of our 18-month old grandsons. What a treat that was! On one of those days, while he played on the floor, I sat watching him thinking what his life might be like when he gets to be a "senior" like we are now.

Clearly, the "circle of life" is an amazing thing! The old adage, "Make the very best of every day" rings true. In many ways, doesn't it seem like just yesterday that we were "little people" with really no "cares" in the world?

I love to watch the young mothers and their little ones when they have their weekly "learning hours" here in our Dining Room/Auditorium - as part of Wasatch County's Library learning program for children. The curiosity and energy of these children inspire me. These "Rising Generations", soon to be "seniors" -- faster than they now realize -- are growing and experiencing things now to be used for their later lives.

My wish to all who read this is to enjoy every minute of every day and ponder the wonders of life and living.

Scam and Fraud Alerts

Ponzi Scheme Protection

As Financial Markets fluctuate, Fraud Risk Grows! Here's how to protect yourself:

Do your Homework! Only 20% of investors ever do a background check on brokers or products before buying. Some good starting places are the SEC's *investor.gov* (800-732-0330) & the Financial Industry Regulatory Authority's *brokercheck.finra.org* (800-289-9999).

Look at the Investor or Firm! Check out the SEC's EDGAR database for free corporate information, the fee-based *pacer.gov* to search federal lawsuits & bankruptcies, or your local courthouse for scams by area predators.

Run from Red Flags! Language like "risk-free,""guaranteed returns" & "everyone is doing it" should scare you off.

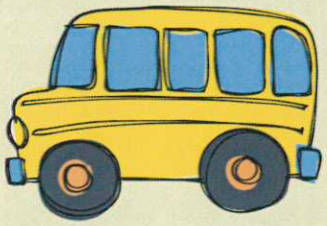
Be Careful even in "safe" places! Churches, country clubs, & community organizations (yes, even our Senior Center) are happy hunting grounds for those pitching Ponzi schemes. Rely on research over referrals from friends & relatives you can trust from past experience.

Don't be fooled by Credentials! Those letters after the names of brokers & investment counselors can be meaningless. Some are outright fakes, & some are gained by paying a fee or taking a short class.

Don't be Starstruck! Celebrity endorsements don't mean an investment is legitimate. *If you have questions or need to file a complaint,* call the SEC @ **800-732-0330** or reach out to FINRA toll free @ **844-57-HELPS**, or North American Securities Administrators Association @ **202-737-0900**. If scammed, alert your local police, district attorney & state attorney general.

You are at greater risk now more than ever due to a recent 5th U.S. Circuit Court of Appeals ruling that the Labor Dept. exceeded its authority when it issued the "Fiduciary Rule." ***This rule required all financial advisors to put their clients' financial goals ahead of their own when offering guidance about retirement investments.*** The appeals court decision effectively terminates the Labor Dept's rule. Now advisors can encourage you to invest in things which give the advisor more income rather than benefit to you.

TRIPS & TOURS



To register call Marcia or 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.**

Date:	Registration Deadline	Cost:	Details:
Wednesday, October 3rd	Ended	-	Dinosaur land– We are going to visit the Utah Field House of Natural History in Vernal. Then eat Lunch at the Vernal Senior Center ($3 Donation). After Lunch we will go to the Dinosaur Quarry Visitor Center and Quarry Exhibit Hall in Jensen. We are leaving the Senior Center at 7:30am and will be back in Heber at 6:00pm. Feel free to bring snacks.
Friday, October 5th	Ended	-	Traveling Treasures in Coalville. Living creatures are marvels of natural engineering! Come see a collection of fossils from the Natural History Museum. Leave Center at 9:30. Lunch in Coalville location TBD.
Thursday, October 11th	October 4th	$16	Hogle Zoo- "Boo Lights". Leave Center at 5:30pm.
Wednesday, October 17th	October 9th	$18	Wheeler Park "Pumpkin Days". Admission includes Hay Maze, Wagon or Cow Train, and a pumpkin. Box Lunch will be included in cost. *Optional: 1 hour Tour of 1896 Historic Victorian home. Over 6,000 historic artifacts from 1890's to 1940's. Additional $4 pay at Wheeler Park.
Friday, October 19th	Ended	-	Leave Center at 2:30. Hale Centre Theatre- "Wait Until Dark". Afterwards, dinner location TBD.
Saturday, October 20th	October 16th	$8	Leave Center 9:00 am. Gem and Mineral Rock Show in West Jordan. There will be fossils, minerals, gems and jewelry on display and for sale. Lunch afterwards location TBD.
Monday, October 22nd	October 16th	Free	Come and see Park City's History at the Park City Museum. Leave Senior Center at 9:30 am.
Tuesday, October 23rd	N/A	Free	Cowboy -Themed Lunch and Line Dancing. With Cowboy Poetry this week come to lunch in your Cowboy attire. Regular $3.00 donation. After lunch we will learn a few line dances.
Monday, October 29th	October 23rd	$1	3:45 pm meet at the Heber Valley Railroad "Pumpkin Train". Come and enjoy a 40 minute train ride. Afterwards, we will have Pizza at the Senior Center $3 meal donation. **No Bus from Center to Train provided.

Congratulations !

Phyllis Harris
and
Joyce Lee

for winning 1st place at the Utah State Fair.

TRIPS & TOURS Continued…….

Date:	Registration Deadline	Cost:	Details:
Friday, November 2nd	October 26th	$15	Leave the Center at 9:30 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	October 2nd	$40	Leave Senior Center at 6:00 pm. 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	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. We will leave the Center at 9:00am and 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 9:00 am to the International Society Daughters of Utah Pioneers in SLC. Afterwards lunch location TBD.
Wednesday, November 28th	November 21st	$2	Come to the Senior Center to learn how to make your own body scrub from Sugar or Salt. These make awesome gifts or make it for yourself. Meet at the Senior Center at 11:00 am.
Saturday, December 1st	October 30th	$45	Leave at 9:30 am for the Hale Centre Theatre to see "A Christmas Carol". Afterwards lunch location TBD.
Friday, December 14th	Ended	-	Special ticket purchase: The Oak Ridge Boys at the DeJoria Center in Oakley. We have Sold Out of the Special ticket price!! You can call the DeJoria Center at 435-783-3113 for tickets. Tickets start at $55.
Friday, December 21st *or 28th	October 16th	$55	"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 12:30 pm. Afterwards, we will eat dinner location TBD.
Saturday, February 9th *or 16th 2019	October 30th	$55	"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 12:30 pm. Afterwards, we will eat dinner location TBD.
Friday, February 22nd 2019	October 18th	$70	"Wicked–The Untold Story of the Witches of Oz". Bus will leave Center at 12:30 pm. Afterwards, we will eat dinner location TBD.

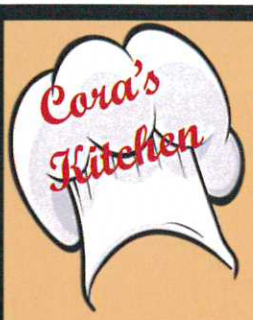
Please pay extra attention to the DUE DATES.

WARNING
DUE DATES ARE CLOSER THAN THEY APPEAR

Due to ticket availability some Due Dates are coming up soon- Even if the show is not for a few months.

We can now accept payments by card.

**There will be a small transaction fee.



To all our Seniors…just a little info from the kitchen. Boo! October is here. Fun times ahead. We are going on the Heber Valley Rail Road "Pumpkin/Wizard" train on the 29th and meeting for pizza at the Center afterwards. Make sure and sign up early, so you're not left behind. We will be having our Halloween party on the 30th. Come and have fun…wear your Halloween costume.

International Day for the Elderly is always celebrated on October 1st. It is dedicated to honor, respect and care for the world's elderly. In 1990, the United Nations General Assembly designated October 1st as the "International Day for the Elderly". The holiday is the result of the UN World Assembly on Aging which was formed in 1982 to explore and tend to the needs of the elderly in the world. Most of us will never be elderly.

In fourteen hundred ninety-two, Columbus sailed the ocean blue. He led his three ships - the Nina, the Pinta and the Santa Maria - out of the Spanish port of Palos on August 3, 1492. Columbus Day is a federal U.S. holiday that commemorates the voyage and landing of Italian explorer Christopher Columbus in the New World on October 12, 1492. It is observed on the second Monday in October. This means that the date changes each year. We will be closed on October 8th.

Halloween is the season for ghosts and goblins to take to the streets, asking for candy and scaring one another silly. Spooky stories are told around fires, scary movies appear in theaters and pumpkins are carved into jack-o-lanterns. Come our Halloween party dressed in your favorite costume on the 30th.

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.

Oct. 1: Johnson Creek Band
Oct. 8: Columbus Day No Fireside
Oct. 15: Lorraine Branham & Friends
Oct. 22: Amy Andersen & Natalie Johnson & Kathy Buell
Oct. 29: Jeff Carson & Friends "Cowboy Poetry"

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

Tuesday, October 9: Dawn Loper, "Medicare & Social Security", Bonnie Lewis, "HEAT Assistance"
Thursday, October 18: Presentation by Geri Lehnardt, Case Manager, MAG
Tuesday, October 23: Cowboy themed "Line Dancing"
Thursday, October 25: Music by Timpanogos Middle School Choir
Tuesday, October 30: Halloween Costume Contest

★HAPPY★ BIRTHDAY!

Charles Dews	2
Linda Davis Sweat	3
Belva Ford	3
Lance Higgs	3
Lee Murdock	4
Betty MacNaughtan	7
Dale Jones	8
Donna Morris	8
Kathy Rydman	9
David Davies	10
Mary Nichols	10
Gordon Spencer	11
Patsy Schrader	12
Kent Swain	12
Joyce Kushner	13
Paula Travis	15
Dennis Hendricks	16
Mike Bringhurst	16
Correne Shaw	16
Bertha Musser	16
Steven Stokes	16
Fred Hopkins	19
Randie Higgs	20
Gary Otteson	20
Gloria Montgomery	22
Dottie Winterton	25
Ginny Otteson	25
Sydney Thiede	25
John Bell	27
Wandanell Hopkins	27
Kay Rust	28
Ruth Jarvis	28
Becky Fortie	28
Joyce Draney	28
Zelda Isaksen	29
Rick Tatton	29
Linda Hoffman	31

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 the 2nd Thursday of each month at the Wasatch Senior Center,
465 E 1200 S, Heber
(435-654-4920)

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)

OBITUARIES

(CORRECTIONS)
Helen Rae Piep
Born: March 30, ***1945***
Died: July 25, 2018
Married: Robert Woodbury Piep

Audrey Mary Hicken Probst
Born: ***Feb. 19, 1929***
Died: July 25, 2018
Married: Wayne W. Probst

Lou Anna Fitzgerald Anderson
Born: August 8, 1928
Died: August 21, 2018
Married: James Sterling Anderson

Betty Jo Tallon
Born: October 2, 1931
Died: August 18, 2018

Leah Gordon Mair
Born: September 19, 1921
Died: August 27, 2018
Married: Burt Mair

Suzanne Witt Thacker
Born: August 7, 1933
Died: August 31, 2018
Married: Vern Thacker

Virginia Bigelow Barnes
Born: February 3, 1930
Died: September 1, 2018
Married: John Eugene Barnes

Arthur Ray Shepherd
Born: April 7, 1934
Died: September 4, 2018
Married Marie Young

Carl Reid Saxey
Born: January 31, 1938
Died: September 12, 2018
Married: Glenda Afton Richards

Reed H. Bezzant
Born: October 9, 1928
Died: September 13, 2018
Married: Bonnie Loye Ivers

Caring for You...Caring for Others

Health Benefits for Senior Volunteers

Volunteering does more than buoy up the community- it is good for you, too! There are actual health benefits tied to volunteering. Here are some of our favorites:

- Contributes to a longer life. One report says that people who volunteer over 100 hours a year are some of the healthiest people in the U.S.
- Reduced memory loss. Studies from the Journal of Gerontology indicate that social services improves elasticity in the brain. As volunteers age, they may be able to maintain the connections in their brains that often break down in Alzheimer's patients.

Improves mental health. Volunteers report feeling happier, less stressed and more optimistic. Who wouldn't want that? Volunteering in your community comes in all shapes and sizes, to formal and informal service opportunities.

Here are some of our favorites:

- Meals on Wheels is always looking for volunteers to donate one hour, once a week to deliver meals to our homebound senior neighbors. Call 435-654-4920/
- RSVP connects volunteers age 55+ to opportunities in the community. Use your skills and experience to enrich other lives while enriching yours. Call 801-229-3820.
- Become a friendly caller. Friendly Callers program uses volunteers who call and befriend those in need of companionship. This is the perfect opportunity to volunteer from home. Call 801-229-3820.

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

Exchange Day at the Senior Center

1st Tuesday and Thursday of each month:

"Exchange" Table. Tuesday, Oct. 2 & Thursday, Oct. 4, 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."

Medicare Moment

By the end of September everyone on a Medicare Part D plan or a Medicare Advantage plan should have received an Annual Notice of Change (ANOC) from your plan. It will detail all of your changes for 2019. This is a valuable tool to help you decide if you want to change your plan during the Open Enrollment October 15-December 7th. The 2019 plans will be available on the Medicare.gov website beginning October 1st. At this time you will be able to compare your current plan premiums, deductibles, etc. with those costs in 2019. If you are happy with your plan, you don't have to do anything, and your current plan will roll over into 2019.

We are still expecting our new Medicare cards in the mail soon. If Medicare has your correct address the card will come to that address. If you have moved recently you might need to contact the Social Security office to update your address. You don't need to do anything or pay anyone to get your new card. If someone claiming to be from Medicare calls you and requests your Social Security number or any other personal information, that's a scam. Hang up and call Medicare at 1-800-633-4227 to report the incident.

Dawn Loper will be at the Wasatch Senior Center on Tuesday, October 9th to meet with anyone needing help with Medicare. It will not be possible to sign up for a new plan at that time, but the plan changes can be reviewed. Call 801-229-3819 to schedule an appointment. Dawn Loper and Bonnie Lewis will be at the Senior Center from 9-3 on November 13 to help those who want to review or change their plans. Please call Dawn to schedule for that day.

There is a Federal subsidy available to help with prescription drug costs for those who meet the income and asset levels. The Extra Help assists with costs for premiums, deductibles, and co-payments. There are brochures available at the Senior Center, or call Dawn to see if you might qualify, and to receive enrollment assistance. It is also time for the annual flu vaccination. This vaccination is a covered benefit for all those on Medicare. Consult your "Medicare and You" book for a full list of preventative services offered through Medicare. Be vigilant and "Guard your Card" and all of your personal information. Dawn Loper is an employee of Mountainland Association of Governments, 586 E. 800 North, Orem, UT, 84097.