Wasatch County Seniors Newsletter

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

Suzette K. Thompson

SPOTLIGHT

Suzette was born in Spokane, WA in November many moons ago.
Attended 1st Westminster High School in Westminster, California & then graduated from Moses Lake High School in Moses Lake, WA. Attended one year of college at Spokane Falls College studying business in Spokane WA.
Received a certificate in Genealogy from BYU.
Married Lonie Thompson in the Idaho Falls Temple in 1968. He was still in the Navy when we 1st lived in Newport, Rhode Island for 18 months. Lonie was discharged in January 1970. We drove home. Thank goodness there were no snowstorms on the plains coming home. Newport was a very interesting place to live with all that history and the oldest synagogue in the U.S. there.
We lived for a short while in Heber. Then moved back to Wallsburg and have been there ever since.
We have 4 children: Ruth, Ross (both living in Chandler, AZ), Esther (living in Heber) and Bryson (living in Wallsburg). We have 7 grandchildren; 5 in Arizona and 2 here.
I worked for Wallsburg Post Office for about 23 years. I enjoy Family History. I am now serving a part-time mission for The Church of Jesus Christ of Latter-Day Saints as a VROC (Virtual Records Operation Center) Missionary. Yup, it's family history on-line, you can do it from home.

COUNTY ADVISORY BOARD 2019

- Chair: Jim Kohler
- Vice-Chair: Sidney Ellingford
- Secretary: Marcia Young

Regular Members: Sidney Ellingford, Steve Farrell (County Council Rep.), Jim Kohler, Raneva Lemon, Bonnie Mathews, Linda Middleton, Rick Tatton, Marcia Young

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

Senior Center Department

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

SENIOR CENTER CORPORATE BOARD 2019

- President: Dennis Allen
- Vice-President: Perry Rose
- Past President: LaRee Pedro
- Secretary/Treasurer: Marvin Rust
- Historian: Carroll Lee Hicken

Directors: Dee Akerley, John Besendorfer, Maxine Carlile, Betty Jones, Wayne White

From the Director's Desk . . . . . .

A little humor this month . . . . .

After a preacher died and went to heaven, he noticed that a New York cab driver had been awarded a higher place than he.
"I don't understand," he complained to God. "I devoted my entire life to my congregation."
"Our policy here in heaven is to reward results," God explained. "Now, was your congregation well attuned to you whenever you gave a sermon?"
"Well," the minister had to admit," some in the congregation fell asleep from time to time."
"Exactly," said God, "and when people rode in this man's taxi, they not only stayed awake, they even prayed."

Great Aunt Lucille had played the violin for over 50 years, so her family was surprised when she suddenly decided to take up the cello. "It's harder to misplace," she explained.

When Rex was younger, he used to do push-ups, sit-ups, and pull-ups every morning to get in shape. He still does them, but now it's to put on his shirt, pants, and shoes.

"Perhaps one has to be very old before one learns how to be amused rather than shocked."
---- Pearl S. Buck

Gramps: "When I was your age I could name all the presidents . . . in order."
Sonny: "When you were my age there were only five of them."

Dennis started out with nothing, and with many years of careful planning, it seems he still has most of it.

The folks at the Senior Center had to quit talking about Social Security because it made them antisocial and insecure.

A local Clown specializes in birthday parties for seniors. He brings two tanks: one with helium for the balloons, and one with oxygen for the guests.

Ashley R. Fish

Senior Flu Clinic Available at the Senior Center:

⇒ **Thursday, October 3rd @ 11:00 am**

⇒ **Tuesday, October 8th @ 11:00 am**

Shots are prepared for those 65+ years old.

Please bring your Medicare or Insurance Card for billing.

Cora's Kitchen

To all our Seniors…just a little info from the kitchen. October has arrived with Jack Frost. It's a little chilly out.

October weekly celebrations: Week 1-Get Organized Week, Customer Service Week, Week 2-Fire Prevention Week, Pet Peeve Week, Week 3-Pastoral Care Week.

We will be closed on Monday the 14th for Columbus Day. We celebrate Columbus Day for what it accurately is, Columbus did discover the existence of the New World for Europeans who until then, believed the world was flat and ended somewhere in the Atlantic. And, the focus is now more about discovery of the "New World", and less upon Columbus himself.

Halloween is absolutely the best holiday of the year. It is the favorite for many of us, as there is no stress, no overload, and no "Holiday Depression". It's just fun, fun, fun. Dress in your favorite costume and come have some fun with us at the Center on October 31st. Please remember to sign up for lunch early so we can be prepared for everyone.

Remember to keep drinking your water, just because it's gotten cooler, doesn't mean we don't need hydrated.
Until next time…Cora Briggs

"Home is where the haunt is!"

OCTOBER FIRESIDES

October 7: "Mt. Valley Harmony" Barbershop Quartet

October 14: Holiday (Center Closed)

October 21: Rob Sorenson & Family—An Evening of Music

October 28: Music w/ Martin Chatterly

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.

SPECIAL LUNCH PROGRAMS

Tuesday, October 1: Paul Sweat- Supt. Of WA CO School District

Tuesday, October 8: Bonnie & Dawn from M.A.G- "Medicare Enrollment"

Thursday, October 10: H.E.A.T Program– Joan Stradling from M.A.G

Tuesday, October 15: Fun and Music with Cary Hobbs & Friends

Thursday, October 17: "Meet the Candidates"- Corp Board

Tuesday, October 22: Kathy Rydman w/ Canyon Care Home Health

Thursday, October 31: "Halloween Costume Social"

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.

thank you!

We want to give a **BIG** shout out to Jeff Cassaboon and the Managers at the Park City Home Depot for their generous donation. They donated a flat screen TV and TV antenna to our exercise room!

Also, a big thanks to our very own Wasatch County Maintenance guys for doing a wonderful job at installing all of the equipment.

If you haven't already go and check it out. There are several local channels to watch while you workout. Do you prefer to watch a movie… No Problem! The office has DVD's you can borrow or feel free to bring your own.

Date: Thursday, October 24th

Time: 2:00 pm

Cost: $3 Donation

Whether you ride the pumpkin train or not …. Come join us for a Pizza Party at the Wasatch Senior Center! ***Don't forget to sign-up.

***Please Note the Change in Time/ No Noon Lunch**

Pumpkin Train

Heber Valley Rail Road

Meet at the Train by 3:45pm

Train Departs @ 4:00

Bus will be available from the Senior Center. Sign-up at the office.

Come enjoy our annual Pumpkin Train! Your ticket includes a short 40 minute train ride, delicious pumpkin cookie, haunted car, Halloween sticker, and of course a pumpkin from the Pumpkin Patch. Cost: $2 per ticket (Seniors Only). Must pay at time of sign-up at the Senior Center. Limited tickets available.

LUNCH PRESENTATION ON THURSDAY, OCTOBER 17TH

MEET THE CANDIDATES

MAG HEAT PROGRAM

Serving Summit, Utah & Wasatch Counties

Get help with your utility bills

The Home Energy Assistance Target (HEAT) program helps low-income households with their energy costs.

- Government issued picture ID
- Social Security cards for you and EVERYONE living in your household
- A copy of your utility bills (power and heat)
- Proof of ALL income received by household members 18 years of age or older in the month prior to application
- Proof of any eligible medical expenses, child support and alimony you paid in the month prior to the month of your application
- Proof of disability, if applicable
- Proof of birthdate for a child age five (5) or under
- Additional documentation, if required

Income Eligibility

Household Size	Monthly Income Limit
1	$1,561
2	$2,114

For each additional person, add $552.

MAG
Expert Resources. Enriching Lives.

478 South Geneva Rd
Vineyard, UT 84058
801-229-3855

Need a HEAT Appointment?

HEAT will be at the Wasatch Senior Center on:

Tuesday, October 15th

Call Tiffany at the Senior Center 435-654-4920 To schedule a time. Don't wait to call…Limited spaces available.

DID YOU KNOW?

How many of you are able to remember when the Wasatch County Senior Center first opened? It was organized (as far as we can find) in 1974.

We recognize that there are so many people, over the years, that made it possible for us to have our Senior Center today. Even though we can't even begin to name everyone that has served so generously, we want you to know that, we appreciate everything you have done and are doing now!

Looking back at past newsletters we were able to collect a list all of the Presidents that served on the Corporate Board.

Check it out to see how many you remember or did not know about.

President	Year Served
Heber Rasband	1974
Heber Rasband	1975
Heber Rasband	1976
Conrad Staley	1977
Conrad Staley	1978
J. Harold Abegglen	1979
Ervin Anderson	1980
Ervin Anderson	1981
Ervin Anderson	1982
Paul Vanwagoner	1983
Vera Reed	1984
Vera Reed	1985
Roy (Dick) Moulton	1986
Oneta Casper	1987
Marvin Gardner	1988
Arthur Young	1989
Arthur Young	1990
Thomas McCourt	1991
Betty Jones	1992
Earl Dayton	1993
Ruth Carlile	1994
Merle Rasband	1995

President	Year Served
Joan Bond	1996
Joan Bond	1997
Joan Bond	1998
Clyde Muir	1999
Sharon McKnight	2000
Sharon McKnight	2001
Earl Dayton	2002
Francis Harrison	2003
LaMar Hadley	2004
Larry Duke	2005
Rose Gier/ Betty MacNaughtan	2006
Betty MacNaughtan	2007
Larry Duke	2008
Glen Hicken	2009
Palmar Turnblom	2010
Raneva Lemon	2011
Glen Hicken	2012
Ken LeBlanc	2013
Moroni Besendorfer	2014
Martin Bollschweiler	2015
Laura Ribinsky	2016
Rhonda Sweat	2017
LaRee Pedro	2018
Dennis Allen	2019

MEDICARE

Medicare Open Enrollment begins October 15th and ends December 7th. You will notice an increase of ads on television urging you to sign up for one plan or another. You will also see an increase in mail from various plans and offers of free education meetings. Agents from plans are not allowed to call you unless you have requested a call. They can not go door-to-door offering their services. They can not approach you in common areas such as doctor's offices or shopping centers. If you decide to go to an educational event **never** sign in and give any personal information such as your Social Security or Medicare number. They may legally offer you a gift or promotional item up to the value of $15, but such gifts can not be conditional on your enrollment. Never give out any personal information over the phone and feel free to hang up on any suspicious or unwanted call. Remember "It's not rude to be shrewd!"

Many people will be receiving letters from Medicare (CMS) regarding their Extra Help status. Please do not ignore these letters. Often CMS needs additional information for you to continue to receive your subsidy, or your current plan may be increasing their premiums beyond what the Extra Help will pay and you would need to pay the difference. Please call Dawn Loper (801-229-3819) at Mountainland Association of Governments with questions about any mail you receive that you do not understand. Also, please call if you want to know if you might qualify for Extra Help with your prescription drug cost, or to make an appointment for Dawn's October 8th visit to the Wasatch Senior Center.

DAWN LOPER
SHIP Medicare Counselor
801-229-3819
www.LoveYourLaterLife.org

Wasatch County Caregiver Support and Education

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

Obituaries

Wilma Kohler Mickelson
Born: January 28, 1944
Died: August 23, 2019
Married: Dale Mickelson

Marilyn F. Luke Stanfield Urry
Born: February 12, 1935
Died: August 22, 2019
Married: DeVon Stanfield & Roger Urry

Robert Brian Wilkinson
Born: December 19, 1959
Died: August 16, 2019
Married: Marsha Hansen Wilkinson

Gloria Faye Carter Healey
Born: September 25, 1940
Died: August 24, 2019
Married: Donald Healey

Ronald David Chatwin
Born: December 8, 1943
Died: August 31, 2019
Married: Claudia VanTassell Chatwin

Ronnie Louis Perdue
Born: December 8, 1943
Died: August 30, 2019
Married: Peggy Perdue

Ray Marchant Shaw
Born: May 8, 1932
Died: September 5, 2019
Married: Correne Gustaveson Shaw

Robert Allen Fuller
Born: March 23, 1938
Died: September 6, 2019
Married: Dixie Toomer Fuller

Wayne W Probst
Born: April 3, 1929
Died: September 19, 2019
Married: Audry Hicken Probst

Marva Webb Aikens
Born: December 30, 1945
Died: September 5, 2019
Married: David Aikens

Senior Book Club

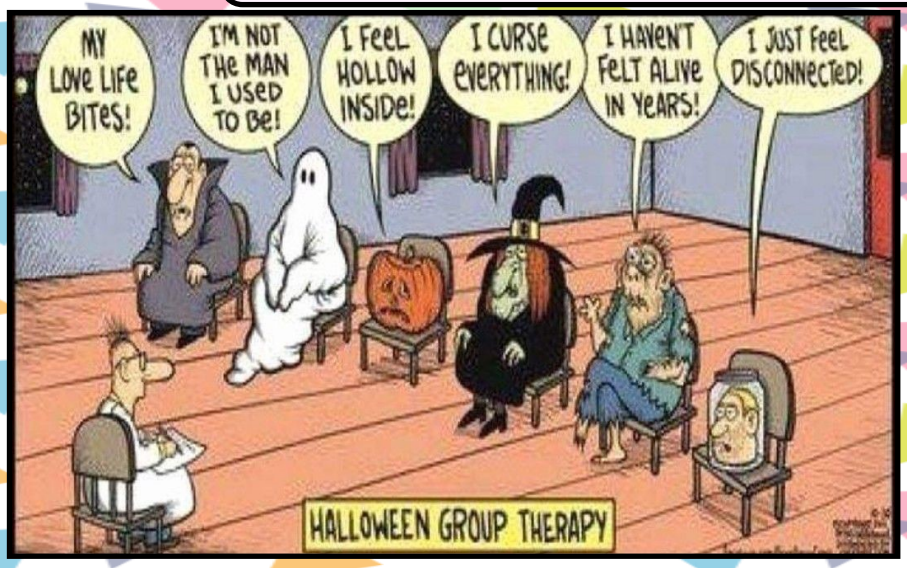
This group meets at **10:30 a.m. on the third Thursday of each month.**

The next meeting will be on October 17th.

We are currently reading *Little Fires Everywhere by Celeste Ng.*

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

Senior Giggles



Happy Birthday

Karen	Kinder	1	Ken	Scown	10	Paula	Travis	15	Robin	Snow	25
Chuck	Dews	2	Mary	Nichols	10	Dennis	Hendricks	16	Dottie	Winterton	25
Belva	Ford	3	Gordon D.	Spencer	11	Steven	Stokes	16	John	Bell	27
Lee	Murdock	4	Debbie	VanLeeuwen	11	Correne	Shaw	16	Wandanell	Hopkins	27
Jim	Pigott	6	Loas	Wood	11	Gary	Otteson	20	Elaine	Hunsaker	28
Betty	MacNaughtan	7	Patsy Holmes	Schrader	12	Frank	Mork	20	Ruth	Jarvis	28
Donna	Morris	8	Kent	Swain	12	Randie	Higgs	20	Kay	Rust	28
David	Davies	10	Jean	North	13	Penelope	Peterson	24	Becky	Fortie	28
Jimmy	Duke	10	Joyce	Kushner	13	Ginny	Otteson	25	Zelda	Isaksen	29
						Sydney	Thiede	25	Rick	Tatton	29

FREE Piano classes on Thursdays at 9, 10 & 11 a.m. taught by

Christy Ackerson

For an appointment Call 801-864-6403

We're On Facebook!

Wasatch Senior Citizens Center

Senior Treasure Table

The next dates are:

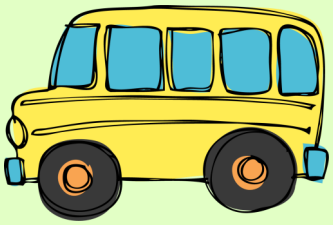
Tuesday, October 1st until

Thursday, October 3rd

Any questions please see Lynn Allen

Activities, Programs & Events

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, October 2nd	Oct. 1st	$1.25 per card Bring Potluck Dish	Bingo & Potluck: at Senior Center
Friday, October 4th	Closed	$46 Dinner On Own	The Addams Family: Hale Theatre, Sandy
Monday, October 7th	Oct. 4th	No Charge	Movie: Hocus Pocus at Senior Center
Friday, October 11th	Oct. 8th	$5 Lunch On Own	Senior Expo: SLC
Wednesday, October 16th	Oct. 14	$16 Lunch On Own	Heritage Park: SLC
Friday, October 18th	Oct. 15th	No Charge Lunch On Own	Scarecrow Walk & Lunch: Homestead Resort, Midway
Thursday, October 24th	Oct. 17th	$2 $3 Meal Donation	Pumpkin Train & Pizza Party: HVRR & Senior Center
Monday, October 28th	Oct. 24th	$5 Lunch On Own	Gardner Village “Witchfest” SLC
Friday, November 1st	Until Full	$15	“Senior” Picture Day: Charleston Park
Wednesday, November 6th	Nov. 4th	$3	“Bunco” Dice Game: Senior Center
Saturday, November 9th	Closed	——	Snow White/Ballet West: Capitol Theatre, SLC
Friday, November 15th	Nov. 1st	$10 Dinner On Own	BYU Ballet Showcase: Dance Studio Theatre, Provo
Wednesday, November 20th	Nov. 18th	$3 Lunch On Own	Roots Of Knowledge: Bingham Gallery, Provo