

# Wasatch County Seniors Newsletter

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



## COUNTY ADVISORY BOARD 2020

- 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

1<sup>st</sup> Alternate: Tom Melville  
2<sup>nd</sup> Alternate: David Davies

## SENIOR CENTER CORPORATE BOARD 2020

- President: Sandy Hansen
- Vice-President: Cheryl Jones
- Past President: Dennis Allen
- Secretary/Treasurer: Marvin Rust
- Historian: Dan Rider

### Directors:

Dee Akerley, John Besendorfer, Roy Daniels, Laurel Rail, Wayne White

## Senior Center Staff

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

## SPOTLIGHT

### Wayne & Charlene Hicken



Wayne is a native of Heber City, making his entrance on the family scene some 87+ years ago as the third child and second son of Irwin and Ruby Hicken into the home in which he now resides. His older brother Glen was the first child, so he was special. Next his sister Audrey, was the only girl, so she was special. His younger brother John Robert, was the baby so he was special. Which left Wayne as just the middle child, and therefore, nothing special! - or so he says. He was a normal, dark eyed, mischievous boy who grew up in a happy home learning to work on the family farm with responsibilities.

Wayne was a 1951 graduate of Wasatch High School and enlisted in the Naval Reserve, serving an active duty tour during the Korean Conflict. Upon discharge, he was called to serve a mission to the Central Atlantic States, comprising the state of North Carolina, Virginia and a portion of West Virginia.

Charlene is a native of North Carolina, born some 83+ years ago, also growing up in her happy home. She graduated from her high school in 1954 and planned to continue her education at BYU, but made her decision to return to North Carolina to complete her studies in Laboratory Technology.

Wayne and Charlene met while he was serving his mission in North Carolina. The story is too lengthy to indulge here and some find it too skeptical to be believed, so suffice it to say that is where they met. They were married in June of 1956 in the Salt Lake Temple and are the happy parents of five children, eventually expanding that number to ten as each child married, thirteen grandchildren and eighteen great grandchildren as of July 2020.

Wayne completed his education at the University of Utah and bleeds RED! He enjoyed a successful career at Industrial Supply in Salt Lake City and eventually retired from his own business in 2015. Throughout his business career, he enjoyed another career as the official timekeeper for the University of Utah Basketball organization, the Utah Stars ABA Basketball organization and hung up the clock, ending a long association with the Utah Jazz a few years past. For years, he was an avid golfer, small aircraft pilot and, not only a jack-of-all-trades, but master of many. He still maintains the Hicken property farm, albeit, more slowly these days. He returned to Heber and to the home of his birth in 1994, after residing in Salt Lake City for thirty-eight years.

Charlene enjoyed a career with Bryner Clinic in Salt Lake City and retired in 1997 to care for her aging mother. She is, however, most grateful for her career as a wife, mother and grandmother. Music is her forte, as well as writing and they have enjoyed their travels together to many parts of the world.

Life has been good and kind to Wayne and Charlene Hicken in many ways and it is their hope that the final chapter may be as gratifying as all the preceding chapters!

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



Hello, Everyone!

How quickly time passes. This month I am reminded that it has been nearing six (6) full years since I was appointed the Director of our “new” 17 year-old Senior Center. Much has transpired over those years.

Hanging now in the Lobby of our Senior Center, are photos of the four (4) individuals who have served as Directors of the Wasatch County Senior Center. When I first arrived, I mentioned in this column how honored I am to be a part of this history. Past Directors, Heber Rasband, Reg Tadd, and Stephen Mahoney are clearly icons in the history of the lives (past and present) of the many seniors of Wasatch County.

The “senior citizens center” was established here in our Valley in 1971-72, located in the historic Old “Social Hall”, which stands immediately west of the old “LDS” Tabernacle - that today “houses” the offices of Heber City. Mr. Verle Tolley, the county’s recreation department director at the time, was “charged” with getting things started. Within just a few months, Mr. Rasband was appointed “Director”. He served until 1983.

From 1984-2002 Mr. Tadd guided the operations of the “senior citizens” center. It was during this time, and under his direction, plans began to construct a new senior center - to become a joint County complex – Library/Senior Center.

In 2003, Mr. Stephen Mahoney, was then appointed Director. Under the direction of Mr. Mike Davis, County Manager, and the County Council, working jointly with Ms. Kristin Bowcutt, Director of the County Library, the new complex was completed. After these many years, we receive regular comments on how lovely our Senior Center is. Mr. Mahoney served until 2014.

In January of 2006, a food service director, Cora Briggs, was hired. During the course of that same year, meals were now prepared and delivered from the senior center’s own Kitchen. Of note, Cora still today oversees the food service operation.

During this 50 years’ time there has been much remarkable service provided and rendered by employees/ staff members and, of course MANY, MANY remarkable volunteers. Next year, let’s have a 50<sup>th</sup> Anniversary celebration! Tenure of our current staff is significant. There are a combined 55 service years here at our “new” Center - by *current* staff. We are proud of our seven (7) professionals, who include Cora and Brent Briggs, Ellen Kudla, Monica Kelly, Jeneal Winglaar, Tiffany Horrocks and Candie Bonner. My personal thanks to each of them for their service and team contributions. We love our jobs!

We look forward to the time when we will be fully open again and operating as we did before the COVID-19 pandemic. Again, we appreciate your patience during this “difficult” time.

Our Best to Each of You!

**Just hearing a friendly voice can boost your mood**

Visit [aarpcommunityconnections.org/friendly-voices](http://aarpcommunityconnections.org/friendly-voices) for more information and resources

# Cora's Kitchen



To all our Seniors...just a little info from the kitchen.



# BOO!!!



**HAPPY HAPPY HALLOWEEN!!!**



**Remember to drink all of your witches  
brew and enjoy.**

**Until next time, take care...Cora Briggs**



# MEDICARE

Welcome to Autumn! This is a busy time of year for us as SHIP Counselors and for Medicare beneficiaries. By the end of September you should have received your Annual Notice of Change (ANOC) from your current insurance provider, whether that is for your Part D or your Medicare Advantage plan. Please go over that carefully to see the changes for 2021. It is possible that your premiums, co-pays, deductibles, coverage rules or medication tiering has changed. You need to review those changes to help you decide whether to keep your current plan or change for next year. On October 1st the 2021 plans will be available to view on the [medicare.gov](https://www.medicare.gov) website. The website will still show plans for 2020 (because there are still people joining those plans), but the option to look at 2021 plans will also be available. Carefully review your medications and make any changes that are needed. If you have set up a [medicare.gov](https://www.medicare.gov) account, your plan will be the first one listed. The Star ratings for the 2021 plans will not show up until October 10th, and you will be able to enroll in a 2021 plan starting October 15th through December 7th. Because of the COVID crisis we will not be able to hold an enrollment event at the Senior Center as we have in the past (unless the Center opens again), but we can help you over the phone, or you can schedule a one-on-one with us in our office in Orem. Please call Dawn Loper at 801-229-3819 to make an ap-

**DAWN LOPER**

SHIP Medicare Counselor

801-229-3819

[www.LoveYourLaterLife.org](https://www.LoveYourLaterLife.org)

pointment. The Low Income Subsidy program is always open to help with the costs of your prescription medications. We can help you know if you qualify, so please call for that information. Thank you for all you do to help and support each other.

# Trips / Tours



Due to COVID-19 Precautions regular activities will resume when we reach "GREEN" Phase.



## Find Us On Facebook



## Join Us On The "Wasatch County Senior Center" Page For Some Fun!

**October 14th & 28th—What's Up Wednesday:** We will be streaming live starting at **10:00AM**. Let's chit chat....we want to know what you have been up to!

**Every Wednesday—Bingo:** We will be playing Bingo on Facebook live at **1:00PM**! No charge to play. Bingo cards and prizes will be picked up curbside or delivered Tuesday & Thursdays 11:30-12:15 during lunch pick up.

**Friday, November 6th—"Senior Picture Day" at the Charleston Park:** Need your picture taken by a professional photographer? Crazy Cricket Photography is offering our Seniors discount portraits. *This is exclusive for Seniors 55+ only.* Cost is \$25—includes 1 5x7 & Digital Copy of photos. Additional photos can be purchased for a minimal cost. Call the Senior Center to reserve your spot.

We are here to help! If you need assistance accessing these sites on your smart phone or computer, call the Senior Center and we can assist you. We want this to be easy and enjoyable.

## Throw Back Pictures



# Happy Birthday

Chuck Dews	2	Debbie VanLeeuwen	11	Steven Stokes	16	Rhoda McKnight	25
Belva Ford	3	Gordon Spencer	11	LaRose Hiatt	18	John Bell	27
Sherri Price	4	Patsy Schrader	12	Gary Otteson	20	Kay Rust	28
Lee Murdock	4	Kent Swain	12	Randie Higgs	20	Becky Fortie	28
Betty MacNaughtan	7	Jean North	13	Penelope Peterson	24	Ruth Jarvis	28
Dale Jones	8	Joyce Kushner	13	Dixie Acklin	24	Zelda Isaksen	29
David Davies	10	Dennis Hendricks	16	Sydney Thiede	25	Rick Tatton	29
Mary Nichols	10	Correne Shaw	16	Ginny Otteson	25		

## Online Bingo

**WHEN:** EVERY WEDNESDAY

**WHERE:** FACEBOOK  (WASATCH COUNTY SENIOR PAGE) 

**TIME:** 1:00 PM

**COST:** NO CHARGE!!

**PICK UP BINGO CARDS CURBSIDE ON TUESDAY OR THURSDAY DURING LUNCH PICK UP BETWEEN 11:30AM-12:15PM**

CALL US FOR DETAILS, WE ARE HERE TO HELP!

435-654-4920



**Nancy Kohler Huff**  
 Born: July 16, 1931  
 Died: August 23, 2020  
 Married: John Huff

**Kristin Bonser**  
 Born: August 5, 1956  
 Died: August 29, 2020  
 Married: Steven Bonser

**John Cowley**  
 Born: February 4, 1936  
 Died: August 23, 2020  
 Married: Wilma Dixon Cowley

**Joyce Hanna Wickern**  
 Born: October 15, 1931  
 Died: September 4, 2020  
 Married: Robert Wickern

**Mildred "Joy" Defa Allred Clark**  
 Born: May 25, 1933  
 Died: August 23, 2020  
 Married: Lorin Allred; Fred Clark

**Kendall Cowley**  
 Born: July 7, 1929  
 Died: September 5, 2020

**Robin Schuab Van De Weghe**  
 Born: October 22, 1963  
 Died: August 24, 2020  
 Married: Michael Van De Weghe

**Darline "Dot" Mattson Winterton**  
 Born: October 25, 1949  
 Died: September 10, 2020  
 Married: Lary Winterton

**Dennis Shepherd**  
 Died: August 24, 2020  
 Married: Patricia Munns Shepherd

**Jon Jacobsmeyer**  
 Born: August 31, 1941  
 Died: September 13, 2020

**Melvin Ryan**  
 Born: December 28, 1932  
 Died: August 25, 2020  
 Married: Vera Anderson; Rosalee Ivers

**Obituaries**



# Senior Book Club

We are currently reading:

**Beneath a Scarlet Sky**  
*by Mark Sullivan*

Next meeting:

Thursday, October 15th

**\*\*Don't forget: Mask & Book\*\***

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



## Books On Buses



**Let us drop off books, movies, puzzles, etc. to you door step, at no charge to you. This service is offered to Wasatch County Seniors.**

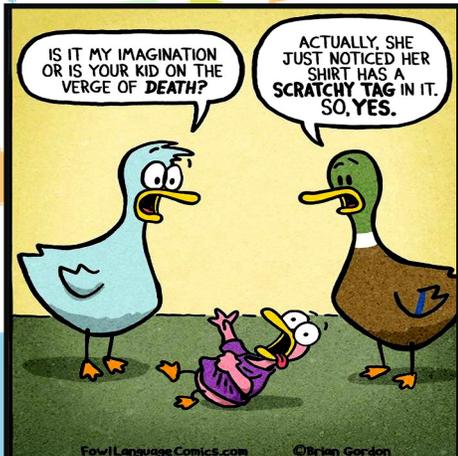
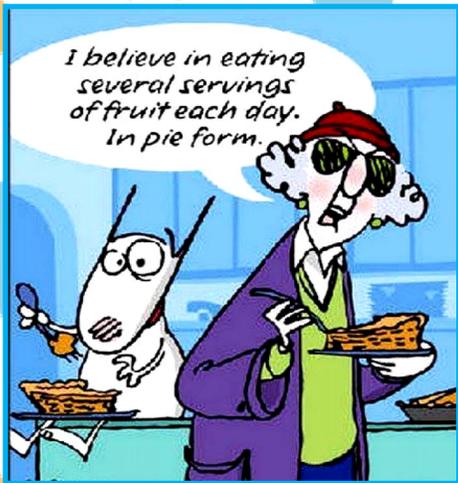
How it works:

- *Call the Senior Center 435-654-4920 with your checkout request. Please provide your name, address, & phone number.*
- *Every Monday: We will deliver and/or pick up your items in a bag, which will be left outside on your doorstep or door handle.*



A Collaboration Of The Wasatch County Senior Center & The Wasatch County Library.

# Senior Giggles





# HALLOWEEN

## Costume

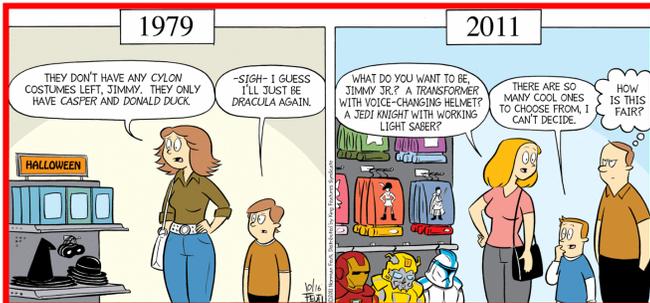
### CONTEST

October 29th....

#### Halloween Costume Contest!

- Wear Your Best Costume During Lunch Pick Up 11:30AM-12:15PM!
- We Will Take Pictures, & Post Them On The Wasatch Senior Facebook Page,
- Visit The Wasatch Senior Center Facebook Page To View And "Like" Your Favorite Costumes.

The Most "Likes" By Nov. 2nd at 9:00AM Will Be The Winner Of The \$25 Smith's Gift Card...Runner Up Prizes Will Also Be Given!



Ensure and Glucerna is a nutritional supplement available, with RX, at our front desk, at a "discounted" rate.  
Suggested donation for Ensure is \$20 and Glucerna is \$30.



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

Flavors available:

**Chocolate**– **Strawberry**– **Butter Pecan**– **Vanilla**

Would you like a 20% discount at Chuck-A-Rama? A \$1 donation to the Senior Center will get you a "Senior Club" card which will give you a 20% discount.

Plus, after 10 meals get 1 meal free!!

All proceeds go to our Senior Center.

Call 435-654-4920 to schedule a pick-up time.



## M&M Band Virtual Performance



It is the M&M Senior Band's desire to share with the Wasatch Senior Center Community our best wishes during this time of pandemic difficulty.

Go to [www.youtube.com](http://www.youtube.com) and search "M&M Band Virtual Performance".



Get the  
**FLU**  **SHOT**  
not the flu!

**Where: Senior Center Auditorium**

**Time: By Appointment ONLY**

**Dates: Wednesday, October 7th**

**Bring: Insurance or Medicare Card & Face Mask**

The Wasatch County Health Department Nurse is coming to the Wasatch County Senior Center to administer Flu Shots. They are offering a High Dose and Regular Quadrivalent vaccine.

**Call the Senior Center to Schedule you appointment today!!  
Don't wait until all spots are full.**



Virtual Session

Every Wednesday 10-11:30 AM

October 7- December 2

Learn to take better care of yourself while providing care for someone else. This course teaches proven stress reducing techniques for those caring for someone with a chronic illness or dementia.

Call 801-229-3818 or email [education@mountainland.org](mailto:education@mountainland.org) to register or learn more.

