

Wasatch County Seniors Newsletter

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



SENIOR CITIZENS DEPT.

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

SPOTLIGHT

JOE AND LAUREL RAIL

Laurel was born in Heber and grew up on the Price dairy farm between Midway and Charleston. Her childhood on the farm was PRICEless! She learned the value of hard work as well as enjoying farm life. Laurel loved finding duck nests, baby calves, bringing the cows in to be milked, family, and everyday life on the dairy farm. There was always something to keep the family busy. They raised chickens and sold eggs to Coleman's store in Midway.

Laurel graduated from Wasatch High and Seminary. She attended BYU and earned an associate degree in Secretarial Technology. She worked at BYU Home Study as well as First Security Bank while in high school.

We returned to "Midway to Heaven" and had our home built in 1986. She loves all of the mountains around the valley, especially Timpanogos.

Laurel worked at Midway Elementary School for 31 years. She loved being a secretary and working with students, parents, teachers, and staff. It was truly her dream job and she has many special memories!

Laurel enjoys "reading cookbooks", piecing quilt tops, canning, cooking, crocheting, flowers, gardening and her three children and six grandchildren. She is retired and loves going to Senior Citizens with Joe and meeting new and old friends.

Joe was born in Los Angeles, and grew up in Long Beach, California. He loves music, having taken piano and accordion lessons and played trumpet, baritone and sousaphone in school. HE marched twice in the Pasadena Tournament of Roses Parade with the Long Beach All-District Marching Band. He has also performed in such venues as the Los Angeles Coliseum, Angel Stadium, Sun Devil Stadium, BYU Cougar Stadium and the Marriott Center as well as the 1973 Inauguration Parade for President Richard M. Nixon.

He served an LDS mission in Peru, Colombia and Venezuela. Joe met Laurel at BYU and most of their dates were to football and basketball games because he performed with the Cougar Band. Laurel and Joe married in the Salt Lake Temple in April 1973. He graduated from BYU with a degree in Earth Science Education.

They lived in Provo, Orem, American Fork and Midway, Utah. He worked 5 years at the American Fork Training School, and then for the United States Postal Service: 5 years in Salt Lake City and 31 years in Park City. He is now retired and enjoying retirement with Laurel as they attend senior activities and congregate meals.



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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



You've heard us say - and previously read herein - how grateful we are for ALL the many volunteers we have. There are many doing things each one enjoys. Most of the volunteer service here is completed quietly and without fanfare.

We thank all of our volunteers. Without these wonderful folks our Senior Center wouldn't be what it is. There are too many to mention.

I am going to do something here that I usually don't do for fear of not recognizing properly all those who should be recognized. On the 18th of this month, in Salt Lake City, Mr. Marvin Rust will be given the AARP 2018 "Andrus Award for Community Service" (AARP Utah's 2018 Outstanding Utah Volunteer Award) at the Awards Dinner. Please join us in congratulating Marvin for this award, but, most importantly, for his service to us all. Clearly, Marvin exemplifies those of you who give so freely of your time and talents in service to others. Our "best" to you, Marvin.

May we each be found losing ourselves in service to others.

What's one typo?



While on the staff of the Syracuse University newspaper, I learned it meant a lot. I had to write a headline for an article that invited students to meet with the deans from the various schools. My contribution to the important day appeared in bold type above the stern, scholarly portraits of the academics: **"DEANS DAY: MEAT HEADS OF DEPARTMENTS"**. Thomas J. Arnold

Scam and Fraud Alerts

Beware of Pain Relief Cream Sellers

If someone calls to tell you that there is an available prescription pain relief cream that relieves joint or back pain effectively that is currently covered by insurance completely or at least no more than your standard copay/deductible, **DO NOT RESPOND & HANG UP IMMEDIATELY**. The caller will want your doctor's name, insurance information & birth date or they may even have some of that information but if you approve this offer, they will overcharge your insurer and you may receive a product that doesn't work and have to pay out-of-pocket expenses or even the entire cost of the product if your insurer refuses to pay the cost (not on formulary). They may also use the information you provide as identity theft for other purposes.

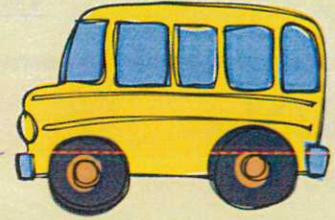
Tips: Be wary of anyone who calls to offer you "free" medications, medical equipment or medical services. These types of solicitations are often associated with health care fraud schemes or identity theft attempts. If you receive such a call simply HANG UP without pressing any numbers.

Do not provide personal information to anyone who calls, especially your social security or Medicare numbers.

If you have questions about whether your insurance provider covers a certain medication or medical equipment or health care service, call your insurer using the customer service number listed on your insurance card or on a billing statement.

TRIPS & TOURS

To register call Marcia or Tiffany @ 435-654-4920 (by the deadline) or add your name to the sign up 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.**

<u>Date</u>	<u>Registration Deadline</u>	<u>Cost:</u>	<u>Details</u>
Monday, September 10th:	Ended	-	Lehman Caves in Nevada. Come and explore the Lehman caves with a 60 minute tour. Space is limited. Leave Center at 7:30am and return around 7:00pm. We will eat at the Great Basin National Park. Bring your own snacks. We will provide water.
Friday, September 14th: CANCELLED— Will Reschedule ASAP	September 7th	Free	Dancing and Dessert at 6:00pm. Bring your spouse, significant other, sibling, or friend and come enjoy a night of dancing. Sydney Thiede and Friends are going to be singing and providing the music. It is going to be a fun evening! If you would like we would love for you to bring a dessert to share.
Tuesday, September 18th:	September 7th	\$20	Wendover Trip. We have 30 seats left. Must pay to sign-up. 1st come 1st serve basis. Leave at 8:30 am and return to Heber about 9:00 pm.
Friday, September 21st:	Ended	-	"Thriller" at the Egyptian Theatre in Park City is a sell out show! We will leave the Senior Center at 6:30pm. Limited seats available.
Monday, September 24th:	September 18th	Free	Big Springs Park in Provo Canyon. We will leave the center at 12:30 on the bus we will enjoy a dessert at the park and see the fall colors.
Friday, September 28th:	September 20th	\$15	Antelope Island. We will leave the center at 9:00 am. We will enjoy a box lunch on the Island.
Wednesday, October 3rd	September 25th	\$15	Dinosaurland— 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 7:30 am and will be back in Heber at 6:00 pm. Feel free to bring snacks.
Friday, October 5th	September 28th	\$4	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 on your own.
Thursday, October 11th	October 4th	\$16	Hogal 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.



Wendover



Tuesday, September 18th take a Day Trip out to Wendover. We will leave the Senior Center promptly at 8:30 am and return at 9:00 pm. You will receive a fun book that includes: Free Buffet, \$5 Lucky Buck and Gift Shop coupons, plus luxury coach transportation for only \$20! We have 30 seats available don't miss out.

TRIPS & TOURS Continued.....



Date	Registration Deadline	Cost:	Details
Friday, October 19th	September 14th	\$40	Leave Center at 2:30. Dinner afterwards on your own location TBD. Hale Centre Theatre- "Wait Until Dark" A classic thriller ... Audrey Hepburn's Oscar-nominated turn as a blind woman who is left to defend her home from thugs is one of the finest suspense tales in movie history.
Saturday, October 20th	October 16th	\$8	Gem and Mineral Rock Show in West Jordan. There will be fossils, minerals, gems and jewelry on display and for sale. Leave Center 9:00 am. Lunch on your own 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. Lunch on your own location TBD.
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	Heber Valley Railroad "Wicked Train". Come and enjoy a 40 minute train ride. Afterwards, we will have Pizza at the Senior Center \$3 meal donation.
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.
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.

Remember that PINK sheet in your July newsletter?

In the October Newsletter your thoughts/ ideas are going to be published.

There is still time to turn it in. If you did not get one we have extras at the Senior Center Office.

You don't need to put your name on it... unless you want to volunteer on question #7.

Please return to the Senior Center ASAP.
Hand deliver or Mail to
465 East 1200 South Heber, UT 84032



You asked and we listened! We can now accept payments by card.

****There will be a small transaction fee.**

goodbye, august
hello, september



To all our Seniors...just a little info from the kitchen. Autumn begins in September. The fall colors will be starting. We have some beautiful colorful days ahead of us.

Always the first Monday in September. Labor Day - dedicated in honor of the worker, it is also appropriately call the "workingman's holiday". This holiday is dedicated to you in respect and appreciation for the work you do in or outside of the home, union or non-union, big company, small company or government. As long as you work somewhere at something, this holiday is for you!

In 2009, Congress designated September 11th as National Day of Service and Remembrance. It is the culmination of efforts, originally launched in 2002 that promotes community service on 9/11 as an annual and forward-looking tribute to the 9/11 victims, survivors and those who rose up in service in response to the attack. It has been 16 years since the attack.

Please, remember to keep drinking your water. Just because it is getting cooler, doesn't mean we don't need as much.

"There are some people in life that make you laugh a little louder, smile a little bigger and live just a little bit better." (author unknown) You do this to me. Until next time, take care...Cora Briggs

NATIONAL GRANDPARENTS DAY
Sunday, September 9



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.

1:00 p.m. on



THURSDAYS

Win prizes!
Make Friends



Laugh!
Have Fun!



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 and Chess

FIRESIDES

Monday evenings at 7:00 p.m.

Sept. 10: Swiss Bell Ringers

Sept. 17: Music with Rob Harmon

Sept. 24: Swiss Miss Royalty

Oct. 1: Johnson Creek Band

Ironing

A mother was ironing the clean laundry one day. Her son asked her, "Mother, why are you ironing those clothes?" His mother said, "To make them nice and wrinkle free".

Her son said, "Then, why don't you iron Grandma's face?"



SPECIAL LUNCH PROGRAMS

Thursday, September 6: Presentation on the "Silver Sneakers" program by Mitch Ashby & Teresa Peck.

Thursday, September 13: Kate Nederostec & Debra Hall from the "Alzheimer's Association"

Thursday, Sept. 20: Music with Joseph Young.

Tuesday, Sept. 25: Jon Hammond, Executive Director with a presentation on the new "Lodge at Mountain View", "Grand Opening".

★HAPPY★ BIRTHDAY!

Polly Jeffs	3
Dick Baum	4
Phil Randquist	5
Roy Daniels	5
Doug Hibl	5
Linda Wilson	5
Colette Prestwich	6
Dale Carlson	6
Thomas Horrocks	8
Vernon Murdock	9
Grace Broadhead	10
Ken Kohler	10
Karen Moulton	11
Arlene Ryan	11
Sandy Hansen	12
Hildreth Farris	13
Mary Johnson	13
Dorene May	14
Bill Berg	14
Russel Wolfe	14
Olga Hibl	14
DeLila Jackson	15
Sharon Howells	16
Bob Best	16
LaRae Jeffs	17
Cathe Quapp	17
Judy Oloughlin	19
Cheryl Jones	20
Carroll Lee Hicken	21
Marvin Rust	21
Dorothy Josselyn	21
Diane Cooper	21
Louise Murdock	21
Marilyn Fowler	22
Kathy Mickler	22
Dan Applegate	22
Donna Broussard	23
Myrna Vernon	24
Joyce Anderson	25
Gary Edwards	28
Lloyd McGuire	29
Cary Boshard	30
Gene Cox	30
Janis Dunn	30
Walt Boehm	30
Jan Taylor	

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 pro-
gram call Marcia at the Senior Center. (435-654-4920)

OBITUARIES

Jill Baird Jasperson
Born: April 7, 1943
Died: July 19, 2018
Married: Donald M. Jasperson

Lorin J. Bethers
Born: March 23, 1935
Died: July 30, 2018
Married: Marilyn Carlile

Darrell Wayne North
Born: January 21, 1932
Died: July 24, 2018
Married: Barbara Kay Thompson

Melba Colleen Moody Barney Muir
Born: January 9, 1930
Died: Aug 1, 2018
Married: (1) Darwon Barney
(2) Clyde Holmes Muir

Helen Rae Piep
Born: March 30, 1947
Died: July 25, 2018
Married: Robert Woodbury Piep

John F. Christensen
Born: June 22, 1930
Died: August 12, 2018
Married Maryan Harrison

Audrey Mary Hicken Probst
Born: March 30, 1945
Died: July 25, 2018
Married: Wayne W. Probst

Phyllis Elaine Buck Kohler
Born: February 21, 1930
Died: August 14, 2018
Married: Leroy Kohler

Eva Stokes Stubbs
Born: Feb 12, 1927
Died: July 30, 2018
Married: Darrel Stubbs



Caring for You...Caring for Others

Caring for a loved one with dementia requires the support of a community. We understand the challenges of dementia and we are here to help.

MUSIC & MEMORY

Our specialist helps seniors with dementia or other chronic illnesses reconnect to the world around them through their favorite music. Tapping into deep memories through music can bring participants back to life, enabling them to feel like themselves again. For more information, call Karen at 801-941-1192.

SUPPORT GROUPS

Support groups are the best place for caregivers to connect with others in similar situations who actually know what you're going through. Our support groups are held monthly and open to anyone looking for the camaraderie of the caregiving community. Visit www.mountainland.org/supportgroups.

TRAINING FOR CAREGIVERS

REACH (Resources Enhancing Alzheimer's Caregiver Health) provides one-on-one training and coaching for caregivers who are caring for loved ones with dementia. Our specialist meets face-to-face with you over the course of 6 months to provide education and develop strategies to help with stress management, problem solving, self-care obstacles and dealing with troubling dementia behaviors.

ALZHEIMER'S ASSOCIATION COUNSELING

The Alzheimer's Association specialist meets one-on-one with families of loved ones suffering from Alzheimer's disease and dementia. The specialist meets at the Mountainland Office in Orem by appointment only. For an appointment, contact Kate at 801-265-1944 or knederostek@alz.org For any time help, call the Alzheimer's Association 24/7 Help Line at 1-800-272-3900.

LEARN MORE

For help with any program, call 801-229-3804 or visit www.mountainland.org/dementia

Stephanie Bensen Public Relations and New Projects Coordinato

Mountainland Association of Governments, 801-229-3835 or sbenson@mountainland.org

Thank You to the M & M's

Congratulations to the Wasatch County Senior Citizen's Band, The M & M's (Merry Music Makers) for 15 years of service and fun to the community. Fifteen years ago a group of five decided to get together at the old Amusement Hall in Heber City (which was then the

Senior Citizen's Center). Those five were Earl & Donna Dayton, Moroni Besendorfer, Darwin McGuire and Ralph Kroescher. Since then, the group has grown and changed, and some of the original members have passed away, but the entertainment continues.

Be sure to watch for their float in the Swiss Days parade on September 1st as they continue their legacy by entertaining the crowd all along the parade route.

M & M's Band at the 2018 Wasatch County Fair Days Parade



Medicare Moment

With the year more than halfway over, now is a great time to check in and see if you're up to date on your preventive care benefits. Flu and pneumonia shots are available and are a free Medicare benefit. It is recommended that all Medicare beneficiaries over age 50 receive the new shot for shingles, even if you have received the previous shot for shingles. Medicare will cover **Shingrix** under Part D (like its predecessor), not under Part B like the flu vaccine. That complicates reimbursement for those seeking vaccination in doctors' offices. **Medicare** patients will probably find it simpler to head for a pharmacy. You should call the pharmacy ahead of time to make sure they have a supply, since it is estimated to be in short supply. Regular Part D co-pays will apply, so those in the donut hole should plan for that. You will get the lowest price when you are out of the donut hole.

Open Enrollment will be upon us soon. By the end of September you should receive an Annual Notice of Change from your current Part D plan or your current Advantage plan. It will tell you the changes that will be coming for the 2019 plan year. Study it to help you decide if you need to make changes during Open Enrollment: October 15-December 7. We are currently scheduling times to come to Senior Centers to help with enrollments. If you do not want to change your plan, you do not need to do anything. If you need help with your prescription drug costs, please call Dawn Loper, Mountainland Association of Governments at 801-229-3819 to see if you qualify for a subsidy program.

Dawn Loper will be at the Wasatch Senior Center on Tuesday, September 11, from 10:00 a.m. to Noon to answer Medicare, Medicaid, SHIP and Social Security questions by appointment. Please call Dawn at 801-229-3819 for an appointment.