November 2017 Senior Citizens Newsletter

Age is an issue of mind over matter. If you don’t mind, it doesn’t matter—Mark Twain

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Center Hours: Come Join Us

We serve delicious home cooked meals on MOST Mondays and Thursdays (see menu on page 10) for any and all Seniors 55 and older (see Mountainland cost policy on pg 10). Come join us! JOIN our Center and participate in a multitude of activities (see page 5).

Mon, Wed, Thurs. 8:30 a.m.4:00 p.m.
Tue 8:30 a.m.3:30 p.m.
Closed on Fridays.
Contact Us:
Senior Citizens Center,
167 West Center St
Spanish Fork, Utah (801) 798-5015
spanishforkseniors@yahoo.com

Mission: It is our Honor, as the staff and volunteers of the Spanish Fork Senior Center, to embrace fun loving laughter and meaningful activities, to enliven the lives of all those we touch. We are also committed to educate and provide a safe place for our participants to maintain active, healthy and productive lives. We are devoted to raising the standard of friendship and kindness. We welcome all those who are 55+ to join us in our Mission to enrich the quality of life and create pride in the lives of our friends, neighbors and community!

Thanks to our Advertisers/Sponsors Who Make This Newsletter Possible

We simply could not impact the lives of our Seniors without your support and help. Your contributions give us the tools to

“Surround our Seniors with People who Care.”
You have our most sincere gratitude!

!!!!MEMBERS!!!!

Members, Please visit the advertisers of our Newsletter and let them know how much we appreciate their support!

REMEMBER TO VOTE TUESDAY NOV 7

CHRISTMAS CRAFT BOUTIQUE COME JOIN US!
SIGN UP EARLY IF YOU WANT A TABLE

Spanish Fork Senior Center 2nd Annual Christmas Craft Boutique, Wednesday December 6, 2017. We invite and welcome all Seniors who are passionate about their hand-crafted items, to come and sell your unique and creative treasures. Make sure to reserve your booth early ($10). Be sure to contact us if you have questions. The Craft Boutique will be open to the public for a day of Christmas shopping.

www.spanishfork.org/dept/parkrec/senior
Ponderings—Summer’s Clash with Autumn  By Jan Carlisle

Perhaps no other season fights so diligently to hang on to its long, lazy days against the encroachment of autumn as summer. “How dare autumn!” one can almost imagine summer saying. The change will come no matter how persistent she attempts to prevent it. Summer will not relinquish her hold quietly, but relinquish it she will…she must and we? We will give her very little help, if any, for we will be lured, as we always are, to the thought of kicking up leaves, warm sweaters, football game and perhaps the luxurious isolation of an unexpected, cold rainy day.

It’s everywhere, you know…this autumn. The stage is set with brilliant colors that are dazzling in their splendor. The farmer’s market is bursting with pumpkins, Indian corn, colorful gourds, apples, corn stalk and brightly colored mums…all ready to add a splash of color to our doorways and porches. Yes, the stage is set. All we need now is for autumn to become weary of playing summer’s selfish games. After all, she has been here since May! Summer of course is not selfish…not in the true sense of the word; perhaps just playful and a bit on the mischievous side. Already we feel the crisp nip of the fall air and soon twilight will be lighted by a colossal orange moon and laced with wisps of smoke as the first fires of fall brushes the chill away and the cycle will continue.

I recall, several years ago, walking outside one fall morning to see at least a trillion leaves carpeting my lawn. The trees, apparently weary of the burden they’d carried all summer, had dumped them onto my yard seemingly overnight. They covered the brick terrace, flower beds, chairs, tables and even the small pond along the far wall. Inches deep, this colorful carpet stretched endlessly over the low wall boarding my lawn and continued into my neighbor’s yard. I attempted to rake them only to find that the frosty wind, still in a playful mood, took a delicious delight in tormenting me by sending them scurrying back over the area just cleared. The exercise did me good of course so the attempt was not totally in vain. The more I raked, however, the less I accomplished, so when dusk settled the wind and the temperature I looked back over the product of two hours work and smiled at the lovely bright carpet that still covered most of my lawn. I heard a slight chuckle from the direction of my neighbor’s house and turned to find her standing there with two mugs of steaming apple cider. The smile and the cider were most welcomed as I quickly learned that she’d played Mother Nature’s game the day before…with the same lack of success.

As I sipped the warm liquid, I looked off, deep in thought of the significance of the lesson I had just earned. Nature, as a teacher, is nothing short of spectacular. My neighbor seemed to share this unspoken discovery, for she let a silence fall and I did not disturb it. Twilight was sliding down around the garden and its softness created wondrous images and illusions.
Long after darkness had dulled the colors of the leaves, I stood at the back window that overlooked the hushed garden and thought of the approaching Thanksgiving season and all that I had to be thankful for. Yes, even the falling leaves had served a purpose. For one thing, it gave me an excuse to be out in the glorious scene of falling leaves. For another, it reminded me of the cycle of life so important in our lives. I’m also reminded that I live in a time of plenty. Canning and freezing and storing food now is done because I want to do it…I enjoy doing it. Seldom does it cross my mind to do it for survival, as those who came before us were forced to do. How fortunate we are to live in a time and place where there is such an abundance of food for most of us. It made me realize something else; I, like many others, take this blessing for granted and we must never fall into the habit of doing that. May we make every day a day of Thanksgiving…or savoring and appreciating all that we have in our lives. As we enter this beautiful new season, may we all pause for a moment and embrace all that this timeless cycle of life provides for us…in every season.
It’s that time of the year again, I begin to think about the abundance of beautiful fall foliage and reflect on the events of the past year, then my thoughts turn to… how quickly the year has gone by. November is quickly approaching… the month of “Thanksgiving” or “Giving of thanks”. Which leads my thoughts to, Gratitude…?

What is it? Webster defines it - **Gratitude**: the quality of being thankful; readiness to show appreciation for and to return kindness.

**Synonyms:** gratefulness, thankfulness, thanks, appreciation, indebtedness; recognition, acknowledgment, credit

I personally feel, gratitude is greatly related to humility. **Humility**: a modest or low view of one's own importance; humbleness.

**Synonyms:** modesty, humbleness, meekness, diffidence, unassertiveness; lack of pride, lack of vanity; servility, submissiveness

I pray that our prideful hearts will submit us into a modesty of humbleness…a recognition and acknowledgment of our own non-importance. That humility will overwhelm us, into appreciation… thankfulness and gratitude for our abundance. Kindness will overtake us and we will pass that on to each and every soul that graces our path each and every day. I’m grateful for my friendships at the Senior Center. Soooo many beautiful precious people that touch my heart by giving back to others… This last month there has been a thoughtful “Giving Fairy”. Secretly, someone has been writing sweet notes, pairing it with money to pay for lunch (directly naming the person intended for) and leaving it at their place setting. Thank you for contributing to our Senior Center motto of “Surrounding yourself with people who Care”. What a GREAT EXAMPLE!!! Sincerely I thank you, Verna Jo

**REMINDER**

New senior Zumba Class: Tuesday’s 9:00—9:30
Weekly Activities Schedule (Free to Members)

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Days</th>
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<tbody>
<tr>
<td>Billiards</td>
<td>9:00 a.m.-3:30 p.m.</td>
<td>Monday-Thursday</td>
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<tr>
<td>Card Games</td>
<td>1:30 p.m.</td>
<td>Mondays/Thursdays</td>
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<tr>
<td>Ceramics Class</td>
<td>8:30 a.m.-3:15 p.m.</td>
<td>Tuesdays</td>
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<tr>
<td>Chorus Practice</td>
<td>9:30-10:30 a.m.</td>
<td>Thursdays</td>
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<tr>
<td>(New Members Welcome)</td>
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<tr>
<td>Craft Class</td>
<td>10:00 a.m.</td>
<td>Wednesdays</td>
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<tr>
<td>Honey Bee Quilting</td>
<td>10:00 a.m.</td>
<td>Wednesdays</td>
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<tr>
<td>Line Dancing</td>
<td>1:30 p.m.</td>
<td>Mondays/Thursdays</td>
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<tr>
<td>Oil Painting Classes</td>
<td>9:00 a.m.</td>
<td>Mondays</td>
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<tr>
<td>Sit-down exercise class</td>
<td>11:00 a.m.</td>
<td>Mondays/Thursdays</td>
</tr>
<tr>
<td>Zumba class</td>
<td>9:00—9:30</td>
<td>Tuesdays</td>
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Leisure Ladies - meet at AMBERS restaurant at 1:00 p.m. on the Last Wednesday of the month. Everyone pays for their meal. Contact Mable Shiflett 801 798-7856

Membership Meals 12:00 noon 1st Friday of Each Month (Members must bring their own dishes and reservation are required; call us at (801.798.5015)

WHAT DOES YOUR $20 MEMBERSHIP ENTITLE YOU TO?

ANY!!! senior over 55 may participate in the ‘congregate’ meals on Monday and Thursday (with a charge determined by the government).—You do not have to be a ‘MEMBER’ of the senior center. As a ‘MEMBER’ you are entitled to come to the monthly membership meal on the 1st Friday of the month at no charge, and participate in those weekly activities listed (Free to Members).
**Anniversaries** — Do you have an anniversary coming up or from the past few months? If you have one you would like to share, let Roy Anderson know (385-224-2390, email roysfnl@msn.com, or drop a note at the center. We will list them as you let us know.

- **Blain & Kaye Poulsen** 3/2/55 62 yrs
- **Richard & Marti Morgan** 9/18/59 58 yrs
- **Terry & Mary Lou Brandon** 9/30/65 52 yrs
- **Phillip & Wendie Whitehead** 6/6/69 48 yrs
- **Roy & Sue Anderson** 6/7/69 48 yrs
- **Chad & Teresa Argyle** 2/10/78 39 yrs
- **Blake & Sharon Passey** 9/23/88 29 yrs

**Passing's** these past few months — As we become aware, we will list our friends who have left us recently. Please let us know.

**Other Notices**: Great Grandkids, Weddings, Family Reunions, Special Events, etc?????

**CONGRADULATIONS** to Verna on the wedding of her son Brandon and Mara Hollingshead
PUMPKIN BARS

2 Cups sugar
2 Cups Pumpkin (small can)
1 Cup oil
4 Eggs
2 Cups flour
2 Tsp baking powder
1 Tsp soda
1 Tsp cinnamon
1/2 Tsp ground cloves
1/2 Tsp nutmeg
1/2 Tsp salt
1 small package vanilla instant pudding

Mix well, then put in 2 8x10 pans, bake at 325 degrees for 20 minutes

Frosting:

1 8 oz package cream cheese
6 Tbsp butter

Cream together, then add

4 Cups powdered sugar
1 Tsp vanilla

This is enough to frost both cakes.

ENJOY!!!!

Let me know if you have a favorite recipe that you would like to share. Also feel free to let me know what meals you like or do not like.
My name is Chad Argyle. I am a life-long resident of Spanish Fork. My parents are Joyce and Bud Swanner, I married Teresa Evans, daughter of Blaine and Linda Evans; all of whom also were born and raised right here in our town. I feel my deep roots here contribute to my love of this community. I have four married children, Jed (Calee), Abbie (Paul), Jake (Kelci), and Mandie (Ryan), who are all raising their own families here. We have eleven beautiful grandchildren ranging in age from 14 down to four months who we love to play and tease with. Spanish Fork is the best place to raise a family!

I graduated from Spanish Fork High School then attended Utah Technical College (now UVU) and graduated with an associate’s degree in Electronic Engineering. I started working in the telecommunication business at Mountain Bell which has evolved to what is now Century Link. I first started working as an installation and maintenance technician, then worked up in the company as a cable repairman. During my position as a cable repairman I was elected as the vice president of the Communication Workers of America (CWA). I worked as a manager and eventually engineer during my career in telephone communications.

I retired after 33 years from Qwest and now work at my father in laws farm and other odd jobs.

Chad delivered newspapers for the Daily Herald as a boy. He worked at Swanner's Sporting Goods in his teens and farmed for Blaine Evans where he fell in love with the boss’s daughter. He then worked for a short time for Spanish Fork Lumber. Chad is enjoying his retirement by working a little, loving his family, serving in the LDS church and now serving on the City Council. Councilman. He currently serves on the following boards and committees:

- Risk Management Committee
- Seniors Board
- South Utah Valley Animal Special Services District
- Utah Lake Commission

Chad is also a Spanish Fork City Council Member. cargyle@spanishfork.org and as you may have noticed around town, he is running for Mayor of Spanish Fork.

Please take the time to vote right here at the Senior Center on Nov 7th!
**SENIORS HELPING SENIORS—Do You Need Some Help**

If you are in need of help; such as house cleaning, handyman services, transportation, etc. Please let us know. There are many members of our Center who are willing to help you. If we can’t help you, we can help find other resources that may be able to help. LET US KNOW what kind of help you need!

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**Board Members, Officers, Newsletter Staff**

The board and staff are here to represent “you” the membership! Let us know what you think of this Center and what you would like to see improved or changed. We will put up pictures and give a little narrative on different board members and officers throughout the year.

**Board Members:** Roy Anderson – Secretary/Treasurer, Mary Lou Brandon–Board Chair, Jan Carlisle, Ted Henderson, Ron Lisonbee, Kaye Poulson, Jay Rindlisbacher, Marie Spencer, Marsha Steggell

**Officers:** Verna Jo Hollingshead—Director, Beverly Schofield – Host/Receptionist, Karen Bradford (city parks and recreation), Chad Argyle (city council representative)

Newsletter Editor: Roy Anderson; Column Writers — Sue Anderson, Marsha Steggell, Jan Carlisle; Content Providers— Beverly Schofield, Dixie Webb, Verna Jo Hollingshead; Proof Reader—Mary Fran Draisker
November Meal Menu

**PLEASE REMEMBER** Check in for each meal and make **reservations** for the next few meals.

Membership meals: You dues must be paid to participate!

*Bring your own plates and silverware*

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal Details</th>
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<tbody>
<tr>
<td>Fri 3rd Membership Meal</td>
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<tr>
<td>Turkey &amp; stuffing</td>
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<td>Mashed potatoes w/turkey gravy</td>
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<tr>
<td>Green beans</td>
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<tr>
<td>Cranberry cup</td>
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<tr>
<td>Dinner roll</td>
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<td>Pumpkin pie</td>
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<tr>
<td>Buttered baby carrots</td>
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<tr>
<td>Cranberry cup</td>
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<tr>
<td>Ranch roll</td>
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<tr>
<td>Orange wedge</td>
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<tr>
<td>Pumpkin cheesecake</td>
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<tr>
<td>or chef salad</td>
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<td>Mon 20th closed</td>
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<tr>
<td>Thur 23rd Thanksgiving closed</td>
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<tr>
<td>Mon 27th</td>
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<tr>
<td>Parmesan chicken</td>
<td></td>
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<tr>
<td>Alfredo Fettuccine</td>
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<tr>
<td>Green salad w/ranch cut</td>
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<tr>
<td>French bread</td>
<td></td>
</tr>
<tr>
<td>Butterscotch pudding</td>
<td></td>
</tr>
<tr>
<td>Orange wedge</td>
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Some members of our Center enjoyed some time at the WITCH-FEST at Gardner Village (Witchapoloz) They enjoyed a great evening of laughter, a yummy dinner and being lost in the magical imaginary life of witches and warlocks.

| Mon 6th |
| Ham & beans |
| Carrot & celery stick w/ranch cup |
| French bread |
| Apple sauce |
| Oatmeal raisin cookie |
| | |
| Mon 13th |
| Mesquite chicken sandwich |
| Corn chowder |
| Banana |
| Pudding |
| | |
| Thur 9th |
| Hamburger goulash |
| Celery sticks w/ranch cup |
| French bread |
| Vanilla pudding w/nilla wafers |
| Fruit cup |
| or chef salad |
| Mon 20th closed |
| Thur 23rd Thanksgiving closed |
| Mon 27th |
| Parmesan chicken |
| Alfredo Fettuccine |
| Green salad w/ranch cut |
| French bread |
| Butterscotch pudding |
| Orange wedge |

Fall Medicare Open Enrollment is available through Dec 7th

You can:
- Join a new Medicare Advantage Plan,
- Join a new Part D prescription drug plan,
- Switch from original Medicare to a Medicare advantage plan
- Switch from a Medicare advantage plan to the original Medicare.

To make changes to your Medicare coverage, review the 2018 Medicare and You handbook. There are lots of resources available to help you understand your options. Talk with a Board Member or the Center Staff if you need some help understanding your options.

Mountains of Government and the State of Utah offer these meals for seniors who are 60 years of age and older, for a **suggested** donation of $3.00 per meal. For age 59 and younger, the cost is a **MANDATORY** $6.00 per meal and must be paid directly to our check in/cashier, before receiving lunch. Reservations for lunch are required by 1:30pm, Monday of each week for the following Thursday and upcoming week (Monday). Thanks for your cooperation - so we have enough for everyone and we have minimal waste. Questions, call 801.798.5015
CELEBRATING seniors 90+
What a wonderful representation of 22 Seniors at our center
still active in life. We wish you all the best!
Mark Mckell 99
Mae Timmins 96
Edna Weight 94
Nadine Saheli 94
Gordon Warner 94
Melba King 92
Petersen 92
Virginia Stewart 92
Kae Ballard 92
Caroline Ludlow 92
Irene Fitzgerald 91
Leola Hatch 91
Faye Drage 91
Ruth Leifson 91
Geisla Clayson 91
Beverly Clements 91
Mabel Shiflett 91
Irene Petersen 91
Dan Degraw 90
LaRue Taylor 90
Don Korth 90
Joyce Tanner 90
PLEASE LET ME KNOW WHEN ONE OF YOU ARE IN THE CENTER SO I CAN SAY ‘HI’ I’d love to meet you. - Roy Anderson

Servers, without your volunteer work we could not serve our wonderful seniors.
However I really need your help.
If you cannot come in on a certain day-PLEASE LET ME KNOW. You can text or call me at 801 960-5920 or at home at 801 423-4142 (leave a message)
It’s very hard at the last minute to service 11 or 13 tables not knowing who will show up.
I also need you to be flexible to change tables if needed.

PLEASE CO-OPERATE WITH ME.
Sue

Volunteers
The heart of
Our Center
EMPLOYEE SPOT LIGHT

If you have seen a pretty girl in the kitchen of the Senior Center, with beautiful olive skin and black hair the color Ebony, with the most pleasant smile – that would be Angela. She started one and a half years ago when someone with great taste in people hired her to cook for us every Monday, Thursday and once a month on Friday at our membership dinners.

She was raised in Provo as the youngest of four children and she has a sister and two older brothers.

She graduated from Timpview High School Provo in 1996. She married Brad Davies from Spanish Fork. He is the son of Russell and Janet Davies. Russell owns Davies Motor co. Angela’s husband Brad works for his father as an Engineer and Fabricator. Angela went to Snow College and was majoring in English, but changed her major to Communications. She was a DJ in Ephraim while she went to school. Her husband is Bishop in Spanish Fork’s 1st ward and she has taught the Sunbeams for the last three years. She said she was hoping that would help erase some of the cuss words and help her get through the Pearly Gates… I don’t think she’ll need any help when she gets there.

For the last seven years, Angela has worked a second job as an after school coordinator at the Park Elementary School. She has two children, Samantha 16 and Jonas 12.

Her first job was youth leader at the Boys and Girls club in Provo. She loves the color red but thinks she looks better in teal. I think she looks amazing in all colors. She and her family love to go camping and they have some property up Indian Canyon. That is their hideaway for peace and relaxation, except, she is scared to death of snakes.

Angela’s fathers name was Nokolo and he was born in Tonga. Angela and her husband took their kids to spend Christmas in Hawaii – how awful would that be? The car of her dreams is the new white Jeep Cherokee she just got – you scored girl!!

Angela said that she loves working at the Senior Center and would like to thank everyone for the warm welcome they have given her. She also has a special message for all the seniors she works with – A huge thank you for welcoming her mom Ruby Vanisi when she moved from Provo and joined our senior center.

Ruby was a special person and every time I picked her up at her daughter’s home in Palmyra, she was so happy to be among friends. She was very soft spoken and just so pleasant to be around. We took her on a couple trips with our seniors. If you got to be ruby’s friend, your life was blessed just by being around her. Unfortunately, she passed away Oct 26, 2016 and has been sorely missed by those who knew her.

Angela would also like to thank everyone at the Senior Center for all the caring and love shown her and her family after the passing of her mother. We are so grateful for Spanish Fork City, who hired this special woman to brighten our lives and contribute to the success of Dixie’s kitchen and the great atmosphere that thrives at the Spanish Fork Senior Center.

By Marsha Steggell

WHAT DO YOU THINK?????
Feel free to tear this page or section out and leave us your anonymous comments. Just drop them on the check in desks
Please rate 1=poor thru 5=great

Friendliness of the members 1 2 3 4 5
Cleanliness of the center 1 2 3 4 5
Activities available 1 2 3 4 5
Suggestions? ____________________________

Newsletter 1 2 3 4 5
Suggestions? ____________________________

Parking 1 2 3 4 5
Food Quantity 1 2 3 4 5
Food Quality 1 2 3 4 5

Are you a member of the Spanish Fork Senior Center
Y N

THANKS FOR TAKING THE TIME TO FILL OUR THIS QUESTIONAIRE