February 2018 Senior Citizens Newsletter

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!

DID YOU KNOW!!!
The Senior Center may be able to provides transportation if you are in need. Talk with Marsha or Jay or the center staff for more information. Even if you normally drive to the center but the snow is bad, the center may be able to provide transportation to the center.

Do you know of a senior neighbor or friend who is need of help, support, transportation???? Let us know, we might be able to help or find other resources for them.

If you have ideas for this newsletter or see any errors or omissions PLEASE let Roy Anderson know!!!!!

Center Hours: Come Join Us

We serve delicious home cooked meals on MOST Mondays and Thursdays for any and all Seniors 55 and older.

Center Hours
Mon, Wed, Thurs. 8:30 a.m.4:00 p.m.
Tue 8:30 a.m.3:30 p.m.
Closed on Fridays. (Except 1st Friday of month for Membership Lunch

Contact Us: Senior Citizens Center, 167 West Center St
Spanish Fork, Utah (801) 798-5015
spanishforkseniors@yahoo.com

ACTIVITIES AVAILABLE
(Membership required)
Billiards—daily
Card Games—Mon/Thurs 1:30
Ceramics — Tues all day
Chorus Practice — Thurs 9:30—10:30
Craft Class — Wed 10:00
Honey Bee Quilting Wed 10:00
Line Dancing — Mon/Thurs 1:30
Oil Painting — Mon all day
Sit Down Exercises — Mon/Thurs 10:30
Tai Chi — Mon/Wed 9:00 Contact Ron Payne
Ukulele — Mon 10;15 Contact Ron Payne
Zumba — Tues 9:30

www.spanishfork.org/dept/parkrec/senior
LOVE IS IN THE AIR By Jan Carlisle

“How do I love thee? Let me count the ways. I love thee to the depth and breadth and height my soul can reach, when feeling out of sight.” Elizabeth Barrett Browning wrote these words over a century ago and yet, they are still relevant today. We all love and we love in many different ways.

There is, of course, romantic love but there are other loves just as dear; the love of a child, a friend, a pet, the sunset or sunrise or simply the love of life. The list is endless, really. Love opens the door of ancient recognition. You enter. You come home to each other. As Euripides said, “Two friends, one soul.” Plato often ascribed to the myth that in the beginning humans were not single individual but two selves in one and that they became separated; consequently, they spent their entire lives searching for their other half. When they found and discovered each other, it was an act of profound recognition. I have no idea if Plato really believed this or it simply made for interesting writing but I do know that there have been times in my life when I have met someone who seemed instantly to be so very familiar as if I had known them before.

Different religions have explanations for this meeting of kindred spirits but LOVE is a universal language that crosses cultural boundaries as well as geographical ones. The soul needs love as urgently as the body needs air. In the warmth of love, the soul can be itself. When we allow ourselves to love and to be loved, we begin more and more to feel what it is to be alive.

Love heals, love replenishes and love gives us all a sense of peace. Allow yourself to be loved and more importantly, love yourself. It’s alright to love one’s self. I’m not taking about narcissistic love but why NOT love yourself…YOU ARE AFTER ALL, SPECIAL and deserve to be loved and besides, if you don’t love yourself, how can you expect others to love you?

Long ago, my mother and two wonderful aunts told me that I was special and I believed them. That knowledge has served me well over my life time and has sustained me through a divorce and being a single mom since the age of thirty four. If no one ever told you that, then say it to yourself, because each of us really are special in our own uniqueness. There is no one out there like you. Cherish the friendships around you and reach out to those who might be in need of a friend as well.

One of my favorite quotes is also from Elizabeth Browning. I use to keep it taped to my computer at work so I’ll share it with you now.

“Said Mrs. Browning, the poet, to Charles Kingsley, the novelist, “‘What is the secret of your life? Tell me, that I may make mine beautiful also.’” Thinking a moment, the beloved author replied, “‘I had a friend.’” Happy Valentine’s Day!!!

Have you noticed the puzzle table? Everyone is welcome to sit for 5 minutes or all day to put these together…… Just for the fun of it.

See the vibration machine upstairs? This is ours—use it as you feel inspired. Also be aware our exercise room downstairs is now equipped with a variety of equipment and a TV to view as you work out. LET US KNOW WHAT YOU THINK OF IT.
TRY IT—YOU’LL LIKE IT

How about learning to play the ukulele. Gordon Warner says it is truly easy! Come see him downstairs on Monday at 10:00.

And for those who think you aren’t tough enough to try out some of our exercise equipment in the NEW EXERCISE ROOM DOWNSTAIRS—we also offer some very low key sit down exercise group that meets every Monday and Thursday at 10:30 downstairs, or Tai Chi Monday and Wednesday at 9:00. For those a bit more adventurous (or you can just watch—what a hoot!) there is the Line Dancing after meals on Monday and Thursday (1:30), and ZUMBA on Tuesday at 9:00. These guys have some REAL FUN AND LAUGHS!

How about joining the Choir. You don’t have to be a professional singer to participate—just come visit with the group—TRY IT —YOU MIGHT LIKE IT.

Be a REBEL—try something different..... Can’t hurt..........
HAVE WE ALREADY FORGOTTEN OUR NEW YEARS RESOLUTIONS???

It’s easy to lose steam after the excitement a new year brings. But what if we want to keep our resolutions? After all, they were made to better ourselves!

Tips for Keeping New Year’s Resolutions

If you’re serious about making some changes to your lifestyle, there are some ways to ensure we’re able to keep our New Year’s resolutions well past January.

1) **Start small.** Make smaller changes to start. We are, after all, only human (and seniors), so it’s unlikely that we will be able to make several big changes all at once. Decide what you’d most like to change about yourself first and foremost and start there. Realize that we will need to modify a behavior, whether it’s to stop impulse shopping or eating healthier, in order for the change to happen.

2) **Make definable goals.** Deciding we would like to lose weight is fine, but a better idea is to set a date for when we’d like to be 25 pounds lighter. This will allow us a set time limit to successfully achieve our weight loss resolution. It’s also a good idea to start with small goals that will lead to larger goals in the future. Maybe set our weight loss goal at two pounds a week. That seems much easier than 25 with no end date in sight!

3) **Let the world know.** Let’s go public with our resolutions by letting our friends know all about them. (How about a resolution group here at the center) This allows a way for us to be held accountable and help keep us on track. Those closest to us can be our cheering squad, too, and offer the support we might need to maintain our progress.

4) **Rely on our senses.** Images can be an inspiration to keep us going. Stick a picture of a skinnier you on your refrigerator, for example, or an image of a place in the world you’d like to visit once you have enough money saved up.

5) **Track your progress.** Self-monitoring is vital to keeping yourself on track. Use a calendar to write down goals, and then as the dates hit, fill in our progress. You’ll be surprised how motivated you feel when you see your progress right there in front of you on a weekly basis!

6) **Reward yourself.** As you hit your goals, allow yourself a small reward. Whether it’s indulging in a delicious piece of chocolate or splurging on a small purchase, doing something nice for yourself allows us to recognize our accomplishments and keep us focused to move forward. Share your success with friends at the center.

7) **Give yourself a break.** Again, we are only human, and we are bound to have a few setbacks from time to time. Don’t allow these slip ups to de-motivate you! Simply learn from your mistake and get back on track.

Resolutions don’t have to be just on New Years

How about a resolution to be more involved in our Senior Center

Be bold—SHOCK SOMEONE
say HI to someone you don’t know

Volunteer more
Participate in more activities
Get off your butt!!!
HOW DO YOU GET HERE???? Do you drive??? Are you reluctant to drive when there is bad weather??? WELL!!! WE HAVE OTHER OPTIONS FOR OUR SENIORS..

DAAA—-TI-DI—-DA—
!!!!!!!!!!!!!!!!!!

Our vans are available for you—most anyone!

Just call the center 801-798-5015 and let us know you are in need of transportation to and from the center. Whether it be regularly OR A ONE TIME NEED! Our team of drivers are ready and willing to help YOU one time or 50 times—good weather or bad!! We can probably find a dog sled if we really need it. CALL US!! Jay Rindlisbacher, Marsha Steggell,
**Birthdays**

### indicates 90+
*** indicates they are a new member—Go say ‘HI’

**February**
- Ladd Abbott
- Sharon Braithwaite
- Marilyn Brown
- Faye Drage ###
- Bevalene Evans
- Keith Graham
- Afton Howard
- Lois John
- Sonja Johnson
- Dale Mattinson
- Sharon Maughan ***
- Kathleen McKell ***
- Richard Morgan
- Lenore Nelson
- Sharon Ormond
- Betty Park ###
- Joel Pendleton ***
- Clarke Petersen ###
- John Salimbene ***
- Larue Taylor ###
- Mark Wignall ###
- Mary Williams
- Marie Zabriskie ***

**Anniversary Spotlight**

Ray and Katy Evans 50 years

**DO YOU NEED HELP PAYING FOR YOUR MEDICATIONS??**

There is a FEDERAL program called the “low-income subsidy” or LIS. Call 800-MEDICARE (800-633-4227) to see if you qualify!

**BE AWARE OF SCAMS—**

Scammers like to take advantage of the fact that many people above a certain age own their homes, or have a lot of equity in it. This is a valuable asset that increases the potential dollar value of a certain scam.

A particularly elaborate property tax scam in San Diego saw fraudsters sending personalized letters to different properties apparently on behalf of the County Assessor’s Office. The letter, made to look official but displaying only public information, would identify the property’s assessed value and offer the homeowner, for a fee of course, to arrange for a reassessment of the property’s value and therefore the tax burden associated with it.

Closely related, there is the potential for a reverse mortgage borrower to be scammed. Scammers can take advantage of older adults who have recently unlocked equity in their homes. Those considering reverse mortgages should be cognizant of people in their lives pressuring them to obtain a reverse mortgage, or those that stand to benefit from the borrower accessing equity, such as home repair companies who approach the older adult directly. Talk with family, friends and relatives to get other perspectives on financial decisions. Your home is your last asset—make sure you understand what you are getting into.
**LUCIOUS LEMON CAKE**

Betty Crocker lemon cake mix. Use high altitude directions. Bake at 350 for 35 minutes. Make about 12 holes in top of HOT cake with the handle of a wooden spoon. Then IMMEDIATELY pour can of crushed pineapple over the top of the cake (including the juice). Cool the cake well, then top with:

**Topping**—Mix 1 small pkg of Jell-O lemon pudding mix (instant) with 1 1/2 cups milk (use wire wisk for 2 minutes). Then mix 6-8 oz of cool whip into pudding and spread on cold cake.

LET US KNOW IF YOU WANT MORE RECIPES. IF NOT WE WILL FILL THIS SPACE WITH SOMETHING DIFFERENT —

**CONGRATULATIONS TO OUR FANTASTIC KITCHEN STAFF!!!**

Health inspections are required periodically and anyone involved in these inspections knows it is just about IMPOSSIBLE to earn a 100% score!

BUT OUR CREW EARNED IT RECENTLY!!!

A 100% INSPECTION SCORE!!!

Way to go guys and gals……………

Please take a moment and let the staff know how much you appreciate them!
Join your friends for some upcoming opportunities, activities, trips, etc (Pay heed—some events require you to signup—sheets are in the back corner on the bulletin board)
Also please remember to make reservations for upcoming meals so we can better plan on how much food to prepare

2/1 Thurs Center closed
2/2 Fri Membership Luncheon—Membership required, Bring your own plate and utensils
2/5 Mon 9:30—noon UVU Student Nurses Health Clinic
2/5 Mon Lunch
2/6 Tues AARP Free tax assistance (Must sign up for appointment)
2/7 Wed Temple van trip (contact Jay)
2/8 Thurs Lunch Birthday Party, Thur Creative writing class with Jan Carlisle
2/9 Fri 6:00 Valentines dinner/dance with Sawmill River Band (MUST HAVE TICKETS—$10 ea) See Mary Lou Brandon
2/12 Mon Lunch
2/14 Senior Center Board Meeting
2/15 Thurs Lunch Chinese New Year
2/17 Sat 11:00 Pinewood Derby—sign up required (contact Verna Jo)
2/19 Mon Center closed Presidents day
2/21 Wed Wendover trip—contact Marsha or Verna Jo
2/22 Thurs lunch, Legacy House sponsored Bingo after lunch
2/23 Fri 11:00 Potluck paint party—Sign up required
2/26 Mon Lunch, Advanced healthcare: Fall prevention
2/28 Wed Temple Van trip (contact Jay)
3/1 Thurs Center closed

3/2 Fri Membership Luncheon—Membership required, Bring your own plate and utensils
3/5 Mon Lunch
3/7 Wed Temple Van trip (contact Jay)
3/8 Thur Lunch Birthday Party
3/12 Mon Lunch
3/14 Wed Board Meeting
3/15 Thurs Lunch
3/19 Mon Lunch
3/20 Tues AARP Free tax assistance (Must sign up for appointment)
3/21 Wed Wendover Trip
3/21 Wed Temple Van Trip
3/22 Thurs Lunch
3/26 Mon Lunch

Just something to look forward to.....
Can You Slow Down the Aging Process?  Famous author Mark Twain was quoted as saying “Life could be infinitely happier if we could only be born at the age of 80 and gradually approach 18.” We have always sought ways to reverse the signs of aging; even as far back as the year 1513, Spanish explorer Ponce de Leon searched for a mythical Fountain of Youth in what is now the state of Florida.

According to the United States Census Bureau, the nation’s older population continues to grow, as baby boomers began turning 65 years old back in 2011. In fact, the number of Americans age 65 and over grew from 35 million back in 2000 to 49.2 million in 2016. With so many older adults living long far into their eighties and beyond, it’s no wonder that finding ways to slow the aging process is still one of the hottest topics around.

What is the Aging Process?  Your body goes through a variety of changes throughout the normal aging process. Getting older means you’ll be facing changes to your body’s cells, tissues and organs, which affect the functioning of all your bodily systems. Muscle mass starts to decrease, your metabolism slows down and you may become prone to an array of chronic conditions. Although the aging process is unique to every individual, we’ll all face these changes in one way or another as we continue to add candles to our birthday cakes.

How to Slow the Aging Process  However, there are a few ways to age as gracefully as possible. While time will continue to move forward, by taking some steps you can ensure you’re aging as healthy as possible while enjoying the highest quality of life.

Eliminate processed foods from your diet. Processed foods contain a variety of ingredients that can cause inflammation and a weakened immune system the older you get. This inflammation is the cause of a variety of chronic conditions and leads to a lack of energy. Adopt a diet full of wholesome, nutritious and fresh foods to keep your body functioning at optimal levels.

Stay hydrated. When you don’t drink enough water, your skin looks dull and older. It helps lubricate the joints and flush out toxins from the body. Aim to drink at least two liters of water daily.

Get your Zs. As you sleep, your body has time to repair and rejuvenate all its systems. Establish a nightly routine to ensure you have plenty of time to unwind and relax from your day to get a proper night’s sleep.

Decrease stress levels. Just like a lack of sleep can increase cortisol levels, feeling stressed outleads to higher cortisol levels, too. These high levels of cortisol can rob your body of essential minerals and lead to chronic conditions like diabetes, obesity, and even add more wrinkles to your skin. Try deep breathing exercises or simply take a brisk walk to lower your daily stress.

Add more physical activity. DID YOU HEAR THIS Speaking of taking that brisk walk, regular exercise can also help slow the aging process. The center has low key exercise activities and A NEW EXERCISE ROOM. The benefits of exercise for seniors are numerous and include reducing the risk for chronic conditions, improving mental health, slowing cognitive decline, and can even keep your skin looking healthier as toxins get released while you work up a sweat.

Make time for your friends. Feeling lonely can increase your stress hormones and lead to a variety of health concerns like high blood pressure and heart disease. Make sure to carve out time throughout the week to spend with friends and loved ones, as staying socially active can really improve your overall health. VOLUNTEER AT THE CENTER—it does help to be involved!
DIRECTORS COMMENTS

As I reflect and evaluate my own resolutions and goals from the past year… I smile as my own way of “rewarding myself”. I realize that yes, for the most part… I “gotter done”! I consider that my 2 out of 3 goals are accomplished and thus achieved. It’s a fact that one should be mindful not to set one’s own self up, with too many goals at one time. The difference between resolutions and goals are that one is a “hope” the other is a “plan”. A goal is something that you truly “hope” you’ll do. A resolution is the plan that will actually get you there. This year, resolve to actually have a plan and not simply hopes. Happy New Year everyone and all! VJo

Here are some suggestions of different goal stems, hopefully they will inspire…

IN THIS NEW YEAR… I want to learn… I want to go…I want to read…
I want to improve… I want to try… I want to change… I want to… ???
In the New Year I am going to????????????????????

WINTERLIGHT AND DOING NOTHING  By Jan Carlisle

Winter solstice has just past and winter’s light approaches. Borrowing from one of my favorite poems about winter I would like to share with you the beauty of …yes, even winter!

“The day is over, and night comes early. Orion is higher in the sky now, and imaginations are shackled. The trees are sleeping. Deep roots are dreaming. And yet in the darkness, there shines a Light.” (I took some liberties here, so forgive me for parts left out)

Winter solstice came and went in December and now the days will grow longer and the hope of spring lies somewhere in the distance. For now, however, the cold winds blow, the darkness arrives early and the temperature drops so we might as well embrace it. The season of winter is upon us and I, for one, love it.

I think, perhaps, it is because it gives me an excuse to sit a little closer to the fire, pull my favorite lap quilt up over my legs, making sure the TV is off and distractions are reduced to a minimum and just…EXERCISE!!!! WHAT??? you ask, after I have just put you into such a tranquil state of mind, but relax; I’m not talking about the treadmill. I’m talking about exercising your brain…your mind; to allow it to ramble at will through the deep vaults of your memories. You can’t do this while watching television or even reading (which I love to do on just such a night). No, you have to be still and quiet and hushed and when you do, your brain becomes alive and sometimes does the most amazing things. People and events, long forgotten are suddenly brought front and center or perhaps your mind will recall a favorite song for a time long past and seemingly forgotten. (cont pg 11)
You may think your mind is just sitting there doing nothing but believe me when I say, your mind, that marvelous brain of yours, is NEVER doing nothing. Neurons across multiple regions of the brain are continually firing even when you are not involved in any particular activity. Mine, for instance, enjoys skipping gleefully along and sometimes stumbles and conjures up memories best left dormant. Most of the time, however, it is just nice to sit for a few minutes (I usually do this for thirty minutes or an hour in the evening) and just open the gate, unlock the door and open the window to my mind and allow it to run free through the endless layers of experiences and memories stored there; to go wherever it wants to go without any direction from me. You will be surprised how relaxing this can be, how refreshed you will feel once you have learned the power of doing nothing. It is not a waste of time, it is healing time and you will, if you come to do it on a regular basis, learn to cherish it. I look at it as a subtle form of meditation and I found that when I allow my mind the freedom to walk across the street without me holding its hand, it can solve problems and give me some of my best ideas I’ve ever had. My hope is that it do the same for you. As we’ve told our children countless times...try it and if you don’t like it you don’t have to eat it but I do hope you will at least try it!!!.

So, as we move into midwinter, contemplate the New Year and the old year just gone. Give yourself the gift and opportunity to just ‘rest’ in an attitude of gratitude.

#Common sense is not a gift, it's a punishment, because you have to deal with everyone who doesn't have it!! 😊

7 steps to happiness

Think less - Feel more
Frown less - Smile more
Talk less - Listen more
Judge less - Accept more
Watch less - Do more
Complain less - Appreciate more
Fear less, love more
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:** Vernia Jo Hollingshead—Director, Dixie Webb—Assistant 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, Vernia Jo Hollingshead; Proof Reader—Mary Fran Draisker

February Meal Menu (all meals include 2% milk)

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

Membership meals: Dues must be paid

**Thur 1st** Closed

**Fri 2nd** Membership Luncheon—REMEMBER TO BRING YOUR OWN PLATES AND SILVERWARE!!
Breaded baked chicken breast, Mashed potatoes w/chicken gravy, Buttered green beans, Dinner roll, Cherry shortcake

**Mon 5th** Vegetable beef soup, Carrot sticks, Celery sticks, French bread, Oranges, Oatmeal raisin cookie

**Thur 8th**—Birthday Celebration
Meat loaf, Baked potato w/sour cream, Green salad w/Ranch dressing, French bread, Fruit cup, Cup cake & ice cream, or Chef salad

**Friday9th**—Valentine dance ($10/person)
Pork rib eye, Mashed red baby potatoes w/pork gravy, Mixed winter vegetables—parsnips, carrots, turnips, Beehive dinner roll, Strawberry cream layer cake

**Mon 12th**—Lasagna, Green beans, Green salad, French bread, Oranges, Chocolate pudding

**Thur 15th**—Chinese New Year
Sweet & sour chicken, Ham fried rice, Egg roll, Fruit cup, Fortune cookie, Cupcake & ice cream or chef salad

**Mon 19th**—Closed Presidents Day

**Thur 22nd**—Spaghetti, Buttered green beans, Green salad w/ranch dressing, French bread, Oranges, Cupcake & ice cream or chef salad

**Mon 26th**—Chili & crackers, Carrot & celery sticks, Banana, Cornbread & honey butter

**Thur Mar 1st**—Closed

**Fri Mar 2nd** Membership Luncheon—BBQ ribs, Mashed potatoes & Country gravy, Chuckwagon corn, Roll, White cake

**Mon Mar 5th**—Chicken noodle soup, Carrot & celery stick, French bread, Fruit cup, Peanut butter cookie

HEY!!!!!!! Have you taken the time to visit our advertisers and tell them we appreciate their support of the Senior Center???

PLEASE DO IT