March 2018 Senior Citizens Newsletter

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—Sue Anderson 801 960 5920
Chorus Practice — Thurs 9:30—10:30 Stevie Boone - 801 489-6404
Craft Class — Wed 10:00
Honey Bee Quilting Wed 10:00 Sharon Ormond 801 423-0169/ Sue Dellos 801 885-8090
Line Dancing —Mon/Thurs 1:30
Oil Painting — Mon all day
Sit Down Exercises — Mon/Thurs 11:00 Linda Welch 801 368-3237
Tai Chi —Mon/Wed 9:00 Contact Ron Payne 801 369-4166
Ukulele — Mon 10;15 Gordon Warner 801 224 6531
Zumba — Tues 9:00

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 in 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!!!!! 385 224 2390
DID YOU CHECK IN FOR LUNCH????????
WE NEED EVERYONE TO CHECK IN EVERY MEAL
AND MAKE RESERVATIONS FOR
FUTURE MEALS
please?????

Pretty

Please

We have invited a special guest speaker for our April 6th membership luncheon—Utah state senator Deidre Henderson. She represents Utah county. She will share lunch with us and speak about how the state supports our seniors and plans for future support. PLEASE let us all show our appreciation and listen quietly to what she has to say. Hopefully there will be time for Q and A.

(One of our seniors cares and wants you to be prepared)

IN CASE OF EMERGENCY, AND IF YOU MUST SHELTER DOWN
(MEANING YOU CAN'T GET OUT OF YOUR HOME FOR SEVERAL DAYS),
DO YOU HAVE FOOD, WATER, MEDICINES,
ALTERNATE HEAT AND LIGHT?
DO YOU HAVE SHOES BY YOUR BEDSIDE
TO PROTECT YOUR FEET IN CASE OF DEBRIS OR GLASS?
WILL YOUR PET HAVE THE FOOD AND WATER THEY NEED?

PLEASE BE PREPARED!

Phone numbers of some key individuals—if you can think of others you would like to see listed, please let me know
Roy Anderson 385 224-2390
Need a ride? Drivers—Jay 801 798-7220, Marsha 801 787-6299,
Meal Servers Coordinator Sue 801 960-5920
Meal reservation updates/ General information/ ‘All knowing’ -You can leave a message
Beverly or Verna Jo or Dixie 801 798-5015
HIP HIP HURRAH    Dixie Webb
“Spanish Fork Senior Citizen of the year 2017
Everyone agrees Dixie is awesome when it comes to taking care of our seniors. She is always upbeat, helpful, and compassionate. No matter what you need, she finds a way to make it happen.

Her family looked on as she was honored and presented with an engraved clock

Senior Citizens Center   |   3
Meet Shirlene Brown

Hi—My name is Shirlene Johnson Brown. I was born and raised on a farm just west of town in Spanish Fork, and I have lived here all my life.

My twin brothers and I were the youngest in the family of 7 children. My 3 sisters were the oldest and the 3 brothers were the youngest, therefore I was more or less a tom boy growing up. We all worked on the farm and I became my dad’s tractor driver, while the boys got to drive the big teams of horses, thus my love of horses came to being. Riding horses and being with the cattle that dad raised on the farm was how I grew up.

When I married, my brothers were already racing horses on the track, some quarter horses and thorobreds. We got into racing horses, first just in Utah at the smaller tracks, and later we went to Pomona, CA, to the thorobred sites and then moved into Wyoming, Nevada, Arizona, Colorado, Montana, Idaho, Washington and New Mexico.

I started working for my in-laws in their café in Springville and my husband had a bar in Payson. Later I went to work for the Trojan Powder company in the mouth of Spanish Fork canyon. I spent almost 30 years at the explosive plant doing a man’s job. I retired 5 months before my 70th birthday.

I still have four horses I took off the track when I quit racing. But, I still go to Wyoming, Nevada, and Montana to the races. I also go to the National Radio Finals every year in Las Vegas, with my racing widows.

LIFE IS GOOD

IT ISN’T SPRING Jan Carlisle

It isn’t spring; not yet. Deep beneath the frozen snow, however, the earth is yawning and there is a mummer rumbling among the roots and the promise of spring is being whispered. Spring arrives a bit later in the shadow of the Wasatch mountains than it does in my native Georgia. There, it is stretching its arms and poking its head up by March in the form of crocus and daffodils and by April there is a virtual explosion of color and fragrances in the air. Dogwood, redbud trees, honeysuckle, wisteria and azaleas in every color imaginable will grace every lawn.

Not here. Here she is taking her time, hitting the snooze button and rolling over for a few more weeks or perhaps even months before we will see her arrival. She is worth the wait, however, so I am not complaining. In regions like ours; where the winter months stretch on for seemingly endless days, I think that we appreciate spring’s arrival more than those who have two or three months of winter before warmth again caresses its land. In winter you feel the bone structure of the landscape. Winter has a stark kind of beauty. All of nature is stripped down to its bare bones. It’s a still life painted in white and grey.

As a writer, I love to collect words and especially old words. Apricity is one of those words and it means the warmth of the sun in winter. Even if you come up with a really great word like this one there is a very small chance that it will catch on. Apricity appears to have entered our language in 1623, when Henry Cockeram recorded or possibly invented it for his dictionary "The English Dictionary." Despite the fact that it is a delightful word for a delightful thing it never quite caught on, and will not be found in any modern dictionary.

Still, as we sit, stand or walk in the icy winds that still blow around us, we welcome the word and the application it conjures up against the chill of winter that is still hanging on here in Spanish Fork, Utah. So, in the words of the poet Shelley, “If winter comes, can spring be far behind?”
SEE WHAT YOU ARE MISSING???

Ron Payne leads the group doing low stress oriental TAI CHI.

L/R Barbara Mobbs, Barbara Hassard, Sylvia Farris, Sharon Maughan, Bob Farris. This was just a small class this week (Mon/Wed 9:00)

DAYLIGHT SAVINGS TIME
SPRING FORWARD

Sunday March 11th 2 a.m. turn clocks FORWARD 1 hour. Or if you don’t want to stay up till 2 a.m. you can always turn your clock FORWARD Saturday night when you go to bed, or even when you get up in the morning on Sunday. Just make sure it is set right so you do it before Monday the 12th, so you don’t miss lunch.

DO YOU KNOW????????????????

Do you know of something happening next month (April) that may be of interest to Seniors?

Let Roy know 385 224-2390 so we can post it in the next newsletter. Digital (.pdf) copies of this newsletter are available. Give me your email address or view it on line at the SF website
### Birthdays
#### indicates 90+
#### indicates they are a new member—Go say ‘HI’

- Carol Alldredge
- John Anderson ***
- Teresa Argyle
- Holly Barney ***
- Bob Boone
- Terry Brandon
- Sharlene Cornaby
- Cleo Cox
- Bonnie Crump
- Sandra Davis
- Carol Dellos ***
- Kathleen Evans
- Leo Felix
- Sandra Griffiths
- Dorothy James
- Denise Johnson
- Janet Johnson ***
- Richard Meyer
- Gloria Nelson
- Blake Passey
- Deanna Pendleton
- Jeneal Reed
- Maureen Rindlisbacher
- Amparo Sanchez
- Jerry Shaw ***
- Marsha Steggell
- Joan Thomas
- Vicki Thompson ***
- Brent Watson
- Gary Webb
- Linda Welch
- Tonya Williams
- Mark Wood

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### March
- Carol Alldredge
- John Anderson ***
- Teresa Argyle
- Holly Barney ***
- Bob Boone
- Terry Brandon
- Sharlene Cornaby
- Cleo Cox
- Bonnie Crump
- Sandra Davis
- Carol Dellos ***
- Kathleen Evans
- Leo Felix
- Sandra Griffiths
- Dorothy James
- Denise Johnson
- Janet Johnson ***
- Richard Meyer
- Gloria Nelson
- Blake Passey
- Deanna Pendleton
- Jeneal Reed
- Maureen Rindlisbacher
- Amparo Sanchez
- Jerry Shaw ***
- Marsha Steggell
- Joan Thomas
- Vicki Thompson ***
- Brent Watson
- Gary Webb
- Linda Welch
- Tonya Williams
- Mark Wood

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### Anniversary Spotlight

My apologies to Roy and Kathy Evans for messing up the listing last month on their 50th anniversary. Congratulations on the big five-o!!!

Also missed in February
- Chad & Teresa Argyle 40yrs
- My apologies to Roy and Kathy Evans for messing up the listing last month on their 50th anniversary. Congratulations on the big five-o!!!
- Also missed in February
- Chad & Teresa Argyle 40yrs
- And in March
- Blaine & Kaye Poulson 63yrs—
- Gee some of us SENIORS are not even that old………..
- Let me know if you, or a senior member you know of, have an anniversary coming up

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

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### 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

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### Words of Wisdom:

Willie Nelson—
- Be here. Be present.
- Wherever you are, be there.
- And look around you to see what needs to be changed
- (Ask your friends what they think)
Bacon Cheddar Potato Cakes

Fry, then crumble bacon—leave the bacon drippings in the skillet.
Mix all ingredients together
Form 8 patties, then fry in drippings for about 2 minutes each side.
Let me know if you try this and if you enjoyed it. Thanks Dixie
801 367-7022 text or voice

Dixie’s Culinary Corner

3 Slices of bacon
4 Cups cold leftover mashed potatoes
2 Eggs
1 TSP onion powder
1/2 TSP salt
1/2 TSP black pepper
1 Cup shredded cheese

DON’T YOU DARE FORGET!!!!!!!!!!!!!!!!!!!!

As my mom used to say about me “What a pain in the Kabushka!!”
Whatever that meant???

DAYLIGHT SAVINGS BEGINS SUNDAY MORNING March 11 - 2 A/M
Spring forward…. Saturday night /Sunday morning move clocks forward 1 hour
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

2/27 Tues AARP Free tax assistance (Must sign up for appointment)
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) and Senior Center Board Meeting 1 week early
3/8 Thur Lunch Birthday Party, Maple Creek Bereavement Group (2nd Thurs)
3/12 Mon Lunch
3/14 Wed Board Meeting (cancelled see 3/7)
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
3/22 Thurs Lunch
3/26 Mon Lunch
3/28 Wed Temple Van trip (contact Jay)
3/29 Thurs Lunch followed by Legacy House sponsored bingo
4/2 Mon Lunch
4/4 Wed Temple Van trip (contact Jay)
4/5 Thurs closed
4/6 Fri Membership Luncheon—Membership required, Bring your own plate and utensils

BE AWARE, MORE FRAUD ALERTS

Tax identity theft has been the most common form of identity theft reported to the Federal Trade Commission for the past five years!!

Your personal information may be obtained in a number of ways:

- Someone goes through your trash or steals mail from your home or car.
- Or imposters send phony emails that look like they’re from the IRS and ask for personal information.

To lessen your chance of being a victim
- File your tax return early in the tax season
- Use a secure internet connection if you file electronically. Wi-Fi hotspots in public places are not secure.
- Mail your tax return directly from the post office, not in your home mailbox.
- Respond to all mail from the IRS as soon as possible.
- Understand—the IRS WON’T CONTACT YOU VIA THE INTERNET OR PHONE. They will only contact you by mail.
- Don’t give your social security number SSN or Medicare number unless it is absolutely necessary.
- If you think your SSN number has been compromised, contact the IRS ID Theft Protection Specialized Unit at 800-908-4490.
- Check your credit report at least once a year FOR FREE at annualcreditreport.com to check your accounts. If you do not have a computer, we can help at the Senior Center.
These ladies assure me there is NO MONEY changing hands. Just a fun game of cards after lunch. Lots of tables and room for others wanting to play cards or work on the center puzzles.

And before lunches, there is a very low stress, sit down exercise class going on. (Linda Welch 801 368-3237 and ‘Mr. TV’, Go introduce yourself, watch or grab a chair and follow the TV screen along with the others.

Don’t forget the other exercise equipment—upstairs and downstairs. If you are self conscious and don’t want others to see you,,,,,, you can use this equipment ANY TIME. You can even watch TV downstairs while using the equipment. You must know that mild exercise really can’t hurt you.

We invite all MEMBERS of the Senior Center to participate in ALL the different activities: Billiards (all day—every day), Ceramics (Tuesday all day—Sue 801 960-5920), Chorus (Thurs 9:30—Stevie Boone 801 489-6404) quit saying you can’t sing and give it a go; Oil Painting (Monday all day); Craft Class (Wed 10:00 -release the talent you have hiding); Honey Bee Quilting (Wed 10:00 Sharon Ormond 801 423-0169 and Sue Dellos 801 885-8090); Line Dancing (Monday after lunch—you see all those folks having a blast at the Valentine Dance?); Tai Chi (Mon/Wed 9:00 easy, non strenuous oriental motion exercise—Ron Payne 801 369-4166); Ukulele (Mon 10:15 Gordon Warner 801 224 6531 He WILL teach you to play the Ukulele in one lesson, (or money back) that will allow you to accompany most music!!! Don’t believe it??? Go see for yourselves—with or without a Ukulele. And for those with a bit of an ‘attitude’ there is Zumba (Tues 9:00 What a hoot these ladies have. You’ll notice there are no guys there because they are too chicken to try it!!!!!!

WE ARE NOT “OLD” FOLKS—WE ARE ’EXPERIENCED’ Expand your experiences……
AIN’T IT GREAT TO EAT WITH FRIENDS?????

In the past, dinnertime provided an opportunity for families to gather together, to discuss the events of the day while enjoying a home-cooked meal. However, today studies reveal that the average American family rarely eats together, and this lack of regular togetherness could be responsible for children having trouble in school, or lead to poor nutrition and obesity.

Eating together could provide benefits for those of all ages, but for seniors, it can be even more vital. Seniors who regularly eat alone are often at higher risk for a variety of health issues, especially malnutrition. Malnutrition leads to a variety of problems, like unintentional weight loss, weakness or dizziness that can lead to a fall and broken bones, and even depression.

As you age, your body does go through changes that also change the way you eat. Your metabolism slows down, so your activity levels also slow down. You don’t need as many calories as you previously did, so your appetite decreases. Medication side effects can also lead to a lack of appetite, making food seem unappealing. Plus, many seniors have oral issues, with dentures or trouble swallowing that can make eating difficult. However, it’s still important to get three healthy meals each day to ensure optimal health and ward off malnutrition.

Eating together promotes healthy eating for seniors, especially for those living alone. This is because we naturally eat more around others and make better food choices. Often, seniors feel like cooking a big, healthy meal just for one is too difficult and pointless, so they turn to pre-packaged or frozen foods. Or, worse, they skip meals altogether.

Another study revealed that one in five seniors report that they feel loneliest when eating by themselves. Their friends or family live too far away to join them for meals, or perhaps they can no longer drive to go enjoy a dinner out with others. When mealtimes are shared with others, they will last as much as twice as long as when a senior eats alone. Plus, an overwhelming majority of the seniors in this study, around 85 percent, say having someone to share their meals with makes mealtimes more satisfying. While the taste and nutritional value of the food itself is important, seniors report that sharing stimulating conversation during the meal is almost equally as important.

Senior living communities recognize the importance of eating together, and many offer restaurant-style dining with a variety of well-balanced, healthy meals to residents. These residents who eat together are provided a chance to talk about the events of the day, bringing back memories of eating with their families. Often, new friendships are made and relationships with others grow while sitting around the table together.

At our senior center you get to eat the fabulous meals prepared by our great kitchen staff along with chatting with friends. Sometimes we just need to be a bit more polite and listen to those trying to tell us things. BUT THEN—if it real important we can always put it into the newsletter and you can take it home to read. ENJOY LUNCH and let us know what you like and don’t like to eat. Our staff is always open to suggestions.
Senior comments

I received a nice call from one of our seniors, Ray Banks—who, by the way is turning 90 this September. He likes the newsletter and suggested we publish phone numbers for those special folks who provide services like the van drivers, etc. You should see them somewhere in this newsletter.

Small world—he enjoyed the 1/2 page biography of Beverly and as it turns out, he has some good friends in California where Beverly lived. So he called those friends and lo and behold, they certainly knew Beverly. Ray called and chatted with Beverly and developed a new friendship. Amazing how unknowingly, we have friends and friends of friends all around the country. It is said that in a small circle of friends and their friends and their friends, we know almost everyone in the world.

Ray would like to read more short biographies of more of us seniors.

I known you would like to know your fellow seniors better, to be able to call them “friend”. I asked Ray to start it off with a short bio of himself.

How about you???????????
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. Board Members:  Roy Anderson (385 224-2390)—Secretary/Treasurer, Mary Lou Brandon (801 798-2451) Board Chair, Jan Carlisle (270 985-8411), Ted Henderson (801 915-6282), Kaye Poulson (801 798-2411) Membership, Jay Rindlisbacher (801 798-7220) Driver, Marie Spencer (801 798-3484) Membership, Marsha Steggell (801 787-6299) Driver
Officers:  (801 798-5015) Verna 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, Verna Jo Hollingshead; Proof Reader—Mary Fran Draisker

March 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

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

**Mar Thur 1st Closed**

**Fri 2nd** Membership Luncheon—REMEMBER TO BRING YOUR OWN PLATES AND SILVERWARE!!  BBQ Ribs, Mashed potatoes w/country gravy, Chuckwagon corn, Dinner roll, White cake with green icing

**Mon 5th**  Chicken noodle soup, Carrot and celery sticks with ranch cup, French bread, Peanut butter cookies and banana

**Thur 8th**—Birthday Celebration Shepherds pie, Lime Jell-O salad, French bread, Fruit cup, Cup cake and ice cream , or Chef salad

**Mon 12th**—Hamburger goulash, carrot and celery stick, French bread, Oranges, Pudding.

**Thur 15th**—Stuffed shells, Green beans, Green salad with ranch cup, French bread, Orange wedges, Chocolate pudding, or Chef Salad.

**Mon 19th**—St Pats Celebration Corned beef & cabbage Buttered baby potatoes w/Rosemary, Green salad, French bread, Green apple, Pistachio pudding.

**Thur 22nd**—Fish (cod) sandwich, Chips, Cole slaw cup, Oranges, Cookie, or Chef salad

**Mon 26th**—Taco soup, Carrot and celery stick, French bread, Fruit cup, Pudding

**Thur 29th** — Hamburger gravy over rice, Green beans, French bread, Oranges, Cookie or Chef salad

**April Mon 2nd** — Easter lunch, Ham, Scalloped potatoes, Peas and carrots, French bread, Fruit cup.

Welcome our newest cook, Connie Farish and wish Steve Randall well as he leaves to be closer to family