WE’RE CLOSED ALL JULY—JOIN US AGAIN ON AUGUST 6!

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

You can also come JOIN our Center and participate in a multitude of activities. “MEMBERSHIP HAS ITS BENEFITS)

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!

Ray Banks is one of our members and his son Bryce Banks has published a short book called “Spanish Fork Back in the Day”

They have graciously allowed us to share some of information in it. If you are interested in a copy, contact Ray. He said it is also available through Amazon.

Here is another short excerpt.

There is not a lot of Spanish being spoken in Spanish Fork — if there were, the name of the city might be translated as Bifurcation Espanola. Instead, you’ll sometimes hear the city being pronounced “Spanish Fark”.

It sometimes seems that the city has its own language. Words you might hear being pronounced or used differently in Spanish Fork are funeral (frunal), toilet (tarlet), library (lieberry), garage sale (garage sell), Ignorant (ignernt), across (acrost), and creek (crick). Common phrases are “Oh my heck!”, “Don’t be so awnery” (ornery), and “Surepreciate ya!”.

Not all words and phrases are unique to Spanish Fork, and may be heard elsewhere in the state as well. Context will generally clue you in to the meaning of the words.
Meet our own Centenarian—Mark McKell—100 YEARS YOUNG Sept 17th

Mark’s comment—

“If I had known I was going to live this long, I would have taken better care of myself”

(Thanks to Ray Banks for making the time to visit with Mark)

Mark McKell was born to Arthur McKell and Rebecca Nielsen on Sept 17, 1918 in Spanish Fork. He was the third of four children. The only time he has NOT lived in Spanish Fork was when he got married and lived in Provo for two years, when he was in the service. He served in the army from 1943-1946.

He met his wife, Erma Powell, on a blind date on Easter in 1936. Their courtship lasted four and a half years. (They were too poor to get married.) They married in the Salt Lake Temple on Jan 9, 1941. They are the parents of three children: Marilyn Moore (she passed away in February 2017), Kent McKell, and Allen McKell. They have 12 grandchildren and 37 great-grandchildren. Erma passed away October 1, 2017—just shy of their 67th wedding anniversary.

He has watched Spanish Fork grow from a small town with a railroad down Main Street to what it is today. His connection to the past earned him the 2017 Pioneer Spirit Award from the Fiesta Days Committee.

Mark graduated from BYU in accounting and business in 1940. He has worked as a farmer, cattleman, and retired from the US Post Office after 34 1/2 years—16 years as the assistant postmaster.

When Mark returned from his military service in 1947, he purchased a lot for $1000 to build a house, and he continues to live in that home today. He has lived in the 1st ward for 81 years. He served in the bishopric for 15 years, 6 years as the bishop.

Mark started learning to play the organ when he was in his eighties. He has appreciated the social time spent with the members of the Senior Center. He has attended the Senior Center for several years, but has missed attending recently because of declining health.
**Weekly Activities Schedule (Free to Members)**

**“Membership has its privileges”**

<table>
<thead>
<tr>
<th>Center is closed until 8/6</th>
<th>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)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Billiards</td>
<td>9:00 Monday-Thursday</td>
</tr>
<tr>
<td>Card Games</td>
<td>1:30 Mondays/Thursdays</td>
</tr>
<tr>
<td>Ceramics Class</td>
<td>8:30—3:15 Tuesdays</td>
</tr>
<tr>
<td>Chorus Practice</td>
<td>9:30 Thursdays</td>
</tr>
<tr>
<td><strong>(New Members Welcome)</strong></td>
<td></td>
</tr>
<tr>
<td>Craft Class</td>
<td>10:00, Wednesdays</td>
</tr>
<tr>
<td>Honey Bee Quilting</td>
<td>10:00, Wednesdays</td>
</tr>
<tr>
<td>Line Dancing</td>
<td>1:30 Mondays/Thursdays</td>
</tr>
<tr>
<td>Oil Painting Classes</td>
<td>9:00 Mondays</td>
</tr>
<tr>
<td>Sit-down exercise</td>
<td>11:00 Mondays/Thursdays</td>
</tr>
<tr>
<td>Spanish language</td>
<td>1:00 Wed</td>
</tr>
<tr>
<td>Tai Chi Class</td>
<td>9:00 Mon/Wed</td>
</tr>
<tr>
<td>Ukulele</td>
<td>10:15 Mon</td>
</tr>
<tr>
<td>Zumba class</td>
<td>9:00 Tues</td>
</tr>
</tbody>
</table>

Leisure Ladies - meet at AMBERS restaurant at 1:00 p.m. on the Last Wednesday of the month. Everyone pays for their own meal.

WHAT DOES YOUR $20 MEMBERSHIP ENTITLE YOU TO?

Any senior over 55 may participate in the ‘congregate’ meals on most Monday and Thursday (with a suggested donation/charge determined by the government—$3.00).—You do not have to be a ‘MEMBER’ of the senior center but reservations are required the week before to insure enough food is prepared.

BUT—as a ‘MEMBER’ - Remember “Membership has its privileges”—you are entitled to come to the monthly membership meal on the 1st Friday of the month at NO CHARGE, and participate in any and all those weekly activities listed (Free to Members).
What IS a Senior Citizens Center and its purpose?

That is a really complex question when I think about it and recently, I’ve been thinking about it a great deal. The ultimate goal and real purpose of the Spanish Fork Senior Citizens Center is multi-level. So, as volunteers and staff, what do we want to provide and promote and still stay true to our obligations to our seniors and their families?

In all senior centers there is a variety of ages, needs, wants and expectations. Each Senior Citizens Center in Utah Valley have volunteers and staffs that are dedicated to putting their Senior’s needs at the top of the priority list. Each is filled with committed staff that is dedicated to serving local seniors to the best of their ability! I believe, as do many others, that Senior Center services are essential to the benefit of the seniors in their communities.

Over the years I’ve personally reflected on the idea that the seniors throughout the entire country are very fortunate to be able to visit different senior centers that is, if you will, similar to a private country club. A place where they are afforded the opportunity to socialize with interesting people, experience a variety of activities, opportunities to learn new things and share fun, laughter and camaraderie. No two centers are alike; each has its own personality and is valued for their personal qualities!

As I’ve visited with seniors, these are a few of the suggested common ideas that they felt were vital in meeting some of their needs as well as enriching their lives. Intellectual, Spiritual, Social Environment and Physical Health were all a common thread that was expressed time and again.

We’ve all heard the quote, “It takes a village!” Well, our Senior Center is no different. In order to cover each of these suggested common needs requires the work and dedication of many loving, service oriented, generous and fun loving seniors.

Each and every senior, whether a member or not, is needed to put together this beautiful picture of their “Senior Citizen Center”!

Senior Citizens Centers services are also essential to every community! They are a resource for answering any questions, finding the facts and resolutions to all aging issues, educating seniors about Social Security, Healthcare, end of life planning, and any issue related to a senior citizen. We also provide nutritious and tasty meals and serve them up with a smile. We may not have all of the answers; however, if we don’t know it, we will search until we find the answer.

At the Spanish Fork Senior Citizens Center, our Mission Statement states:

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 that 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!

I believe in being transparent, responsible and accountable not only to our senior population and the city, but to the tax payers of our community. Our Team of Volunteers and staff at the Spanish Fork Senior Center are here to serve and do our very best to be supportive of our seniors! We appreciate everyone who contributes to our center and thank each of you for coming and your loving spirit that edifies each of us! Thank you for the honor and privilege to work with and for you!

Sincerely, Verna Jo
An elderly man lay dying in his bed. In death’s agony, he suddenly smelled the aroma of his favorite chocolate chip cookies wafting up the stairs. He gathered his remaining strength and lifted himself from the bed.

Leaning against the wall, he slowly made his way out of the bedroom, and with even greater effort forced himself down the stairs, gripping the railing with both hands, he crawled downstairs.

With labored breath he leaned against the door frame, gazing into the kitchen. Were it not for death’s agony, he would have thought himself already in heaven. There, spread out upon waxed paper on the kitchen table, were literally hundreds of his favorite chocolate chip cookies.

Was it heaven? Or was it one final act of heroic love from his devoted wife, seeing to it that he left this world a happy man?

Mustering one great final effort, he threw himself toward the table, landing on his knees in a rumpled posture. His parched lips parted; the wondrous taste of the cookie was already in his mouth, seemingly bring him back to life.

The aged and withered hand trembled on its way to a cookie at the edge of the table, when it was suddenly smacked with a spatula by his wife.

“Stay out of those” she said, “They’re for the funeral.”
THESE ARE LISTINGS OF CURRENT MEMBERS ONLY. AS OF THE END OF THE MEMBERSHIP YEAR.

Birthdays As the membership database has your birthday, it will be listed here. If it is not accurate, please let us know.

# 90+

June
Kay Ballard #
Geisla Clayson #
Beverly Clements #
Margarette Cook
Christine Fitch
Ray Galt
Kent Bibson
Merylin Hall
Barbara Hassard
Ted Henderson
Martha Hofa
Jody Juff
Joyce Johnson
Annie King

July
Kay Ballard #
Geisla Clayson #
Beverly Clements #
Margarette Cook
Christine Fitch
Ray Galt
Kent Bibson
Merylin Hall
Barbara Hassard
Ted Henderson
Martha Hofa
Jody Juff
Joyce Johnson
Annie King

Anniversaries — Do you have an anniversary. If you have one you would like to share, let Roy Anderson know (385-224-2390, or drop a note at the center. We will list them as you let us know.

Roy & Kathy Evans 2/9/68 50 yrs.
Chad & Teresa Argyle 2/10/78 39 yrs.
Blain & Kaye Poulson 3/2/55 63 yrs.
Mark & Anna Wignall 4/1/12 6 yrs.
Cesar & Amparo Sanchez 5/13/60 58 yrs.
Ronald & Sharon Braithwaite 6/1/63 55 yrs.
Phillip & Wendie Whitehead 6/3/69 49 yrs.
Bob & Stevie Boone 6/4/60 58 yrs.
Roy & Sue Anderson 6/7/69 49 yrs.
Jerry & Diane Hansen 7/6/54 63 yrs.
Ron & Shirlene Brown 7/17/59 58 yrs.
Dan & Nancy Bachler 7/17/48 70 yrs.
Bob & Sylvia Farris 8/9/57 60 yrs.

Richard Johnson
Caroline Ludlow #
Marti Morgan
Pam Mottishaw
Ruth Ann Nielsen
Clarice Nilson
Stephen Nyman
Betty Ott
Kaye Poulson
Cesar Sanchez
Cindy Schauerhamer
Barbara Slavens
Sharee Sorensen
Keith Stace
Patricia Swan
Joyce Tanner #

August
Tom Aust
Brent Barstachi
Karen Call
Allen Carson
Virginia Charlesworth
Glenda Collins
Joyce Creeer
Ann Davis
Carma Davis

Marsha Edman
Roy Evans
Ila Gibson
Evan Henderson
Martin Houck
Lee Johnson
Linda Koyle
Rowane Marks
Barbara Mobbs
Don Nelson
Sharon Passey
Irene Petersen #
Marva Lynne Pulsipher
Newell Richardson
Pat Stace
Nadine Staheli #
Margaret Sumson
Ruth Swenson
Evelyn Webb
Lou Wells

Ron & Lee Lisonbee 8/18/52 65 yrs.
Gary & Evelyn Webb 8/24/57 60 yrs.
Jerry & Nikki Orton 8/29/87 30 yrs.
Gary & Dixie Webb 9/8/73 44 yrs.
Richard & Marti Morgan 9/18/59 58 yrs.
Alberto & Susana Barragan 9/22/66 51 yrs.
Blake & Sharon Passey 9/23/88 29 yrs.
Terry & Mary Lou Brandon 9/30/65 52 yrs.
Rex & Barbara Hazard 11/4/67 50 yrs.
Lloyd & Clarice Nilson 11/7/58 59 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.

Eliza Gean Wilson 2/7/26—9/4/17
Kenneth Welch 11/10/41—June 2018

Other Notices: Great Grandkids, Weddings, Family Reunions, Special Events, etc.?????
HASH BROWN CASSEROLE

2 lbs. hash brown potatoes
1/2 cup melted butter
1 (10.75 oz.) can condensed cream of chicken soup
1 (8oz) container sour cream
1 (3oz) cream cheese
1/2 cup chopped onion
2 cups shredded cheddar cheese
1 tsp salt
1/4 tsp black pepper

2 cups crushed cornflake cereal
1/4 cup melted butter

Preheat oven 350 degrees
In a large bowl, combine hash browns, 1/2 cup melted butter, cream of chicken soup, sour cream, cream cheese, onion, shredded cheese, salt & pepper.

Place in a 3 quart casserole dish.

In a medium sauce pan, over medium heat, sauté cornflakes in 1/4 cup of melted butter, and sprinkle the mixture over the top of the casserole.

Bake covered in preheated oven for 40 minutes.

Enjoy!!!
WINDS  By Jan Carlisle

Air molecules are always moving around us. When we feel this movement we call it WIND.

In the movie, THE ENGLISH PATIENT, there is a part that I particularly loved where the main character was describing the various winds that blow around the earth to another character.

“Let me tell you about winds,” the character begins, “There is a whirlwind from southern Morocco, the aajej, against which the fellahin defend themselves with knives. And there is the ghibli, from Tunis...” he continues but the word is mocked by his companion but undeterred he continues, “and then there is the harmattan; a red wind, which mariners call the sea of darkness. And red sand from this wind has flown as far as the south coast of England, apparently producing showers so dense that they were mistaken for blood.” This description might have been a figment of his imagination but there really are legendary winds that are known throughout the world. There is the Calima; a dust storm originating in the Sahara which blows through the Canary Islands in winter and the Diablo; a hot dry offshore wind that blows in the San Francisco Bay area. There are many, many more but these winds had indeed become the things that mysteries and legends have spun around for years.

There is an old Tibetan legend that says that all of the winds of the earth are born in the Himalayans and they circle the earth to gather all of its wonders and then return to whisper these secrets to the majestic mountains. I don’t know if that is true, but wherever they come from I’ve always loved feeling the wind on my face whether an ocean breeze or the winds coming out of the surrounding canyons.

Here; along the Wasatch front, on the edge of the Rocky Mountain range, we experience our own winds that at times reach hurricane strength and spin the giant arms of the graceful turbines near our home here in Spanish Fork. These winds are called “Chinook winds” and are found throughout most of inland western North America, particularly in the Rocky Mountain region that we are a part of.

Of course there is wind and then there is WIND! I’ve lived in tornado alley so I’m not talking about those kinds of winds that can blow the roof off of a house while leaving the steaks on a grill undisturbed or the powerful winds of the massive hurricanes that blow onshore from the Gulf of Mexico and south Atlantic oceans. Those I have a healthy respect for but the gentle winds that caress the afternoon slumber of the trees and dance with the Aspen and willows; ah, those are the winds I embrace with a smile and a sigh.

As I’ve said before, these are but a few of the small things in our daily lives that we seldom give a second thought to but they are some of the pleasures we need to cherish. Rain, wind, sunshine and yes, even snow all serve a purpose and like each of us, has a place in the grand scheme of life. Who hasn’t relished a cool breeze on our brows or neck after a morning spent in our garden or mowing the lawn or simply taking a walk? So the next time you are outside and a sudden breeze walks by, remember to silently give a little nod to the caress. I never feel the wind that I don’t recall a child’s poem that I use to say to my little granddaughter whenever we were out for a walk and the wind would blow around us. It is by Christina Rossetti. Perhaps you recall it as well.

Who has seen the wind?
Neither I nor you,
but when the leaves hang trembling so
the wind is passing through.
Who has seen the wind?
Neither you nor I:
But when the trees bow down their heads,
The wind is passing by.

We are still looking for another part time cook in the kitchen and a CDL licensed driver. Both paid positions! If you, (or if you know of someone) are interested, talk to Vern Jo or Dixie for more information.
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, Daniel Bachler, Mary Lou Brandon - Board Chair, Jan Carlisle, Jerry Hansen, Kaye Poulson, Marie Spencer, Marsha Steggell

**Officers:** Verna Jo Hollingshead — Director, Dixie Webb — Assistant Director, Beverly Schofield – Host/Receptionist,
There are generally over 300 members of the Spanish Fork Senior Center. We get new members regularly—from all over the country—even from way back east……..

HAVE YOU MET BARBARA MOBBS?

Barbara says “HI”—I grew up in a small town environment called Ithaca, New York 75 years ago. Unlike New York City, Ithaca is not about concrete sidewalks and towering skyscrapers. Ithaca is nestled between the five Finger Lakes and the Adirondack Mountains. It is surrounded by State Parks, cornfields, Farmers Markets, Vineyards, Amish Communities, and Cornell University. Interestingly enough, Palmyra, the Mormon Pageant, and much church history all take place within about 1 1/2 hours from Ithaca by car. Swimming, camping, skating, skiing, all make up some of my fondest memories there.

I spent my elementary school years at a 2 room schoolhouse (grades 1-6). The only school bus was parked underneath the schoolhouse. The bus driver was also the disciplinarian on the playground, the grounds keeper, the server of the hot lunches, and a retired sheriff deputy. At some point during those happy elementary years, I developed a secret ‘crush’ on the boy next door, also a student of the same 2 room schoolhouse.

Middle school and high school flew by quickly. I waited on tables, worked at a resort in Vermont, and decided to study Interior Design at a college in Boston. Interior design turned out to be a lot of architectural drawing. After 3 1/2 years of study in the field of Interior Design, I decided to follow my heart and marry my elementary school crush, also my high school sweetheart, Bill.

Immediately after marriage (July 1964) Bill and I were whisked off to Liberia, West Africa, where we resided for 2 years. Bill was a civil engineer and I was an elementary school teacher at a Lutheran mission school there.

Leaving Africa, Bill and I returned to Ithaca to raise our own family of five children. We invested in a 170 year old farmhouse where we lived for 47 years. My memories during that period include lovingly remodeling our old homestead, housing old cars and motorcycles in our large barn, raising pets and gardening.

One year, Bill and I planted 500 Roma tomato plants and opened up a pick-your-own tomato patch in order to donate funds to the local Mormon church there.

The tragic unexpected death of my husband brought me to Spanish Fork to reside closer to my children, who got their education all around the Provo area. (And decided to make “Out west, their home”)

They keep me busy and engaged in activity. My stay “out west” has presented me with plenty of new experiences, such as lots of trails, red rock, majestic snow covered mountains, wide streets, many Mormon Temples, many Mexican restaurants, thick milkshakes, fry sauce, black widow spiders, and sun every day.

I am considerably grateful for the Senior Center nearby. Activities, meals, and entertainment that goes on at the Senior Center are amazing. The Senior Center is a haven for me and a good reason to be a happy transplant in a foreign setting—so THANK YOU ALL.

MOUNTAINLAND POLICY

Mountainland Association of Governments 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+

Mark Mckell 99
Mae Timmins 96
Edna Weight 94
Nadine Saheli 94
Gordon Warner 94
Melba King 92
Betty Anderson 92
Kae Ballard 92
Irene Fitzgerald 91
Leola Hatch 91
Faye Drage 91
Ruth Leifson 91
Geisla Clayson 91
Beverly Clements 91
Mabel Shiflett 91
Dan Degraw 90
Don Korth 90
Joyce Tanner 90

WE WOULD LIKE TO SPOTTIGHT ALL THOSE OVER 90.
WRITE UP A SIMPLE BIOGRAPHY AND WE WILL TRY TO GET IT INTO THE NEWSLETTER

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

MEDICARE SCAMS

What should you do if someone calls and asks for your information, or for money, or threatens to cancel you health benefits if you don’t share your personal information? HANG UP! IT’S A SCAM! Scam artists may try to steal your personal information by calling you and asking for your current Medicare Number to get your NEW MEDICARE CARD.

Medicare will NEVER CALL UNINVITED or ask for your personal information or money. HANG UP AND CALL Medicare at 800-633-4227. Remember, your new Medicare card will automatically come to you in the mail. You don’t need to do anything, as long as your address is up to date with the Social Security Administration. If you are not sure they have your current information, call them at 800 772 1213. If you are deaf or hard of hearing, call 800 325 0778

Why Technology Can Help Seniors

Social Interaction– It’s been said that staying socially engaged is as important to healthy aging as maintaining a healthy body. While no technology can replace actual in-person interaction, staying connected through social media, email or video-chat services can help supplement interaction when visits with friends or family is difficult. Being able to connect with loved ones in different geographical locations allows for socialization that might not otherwise be possible. Taking advantage of new technologies can enable you to have more conversations with loved ones.

Safety– Given that most seniors would prefer to live independently in their own homes, new forms of technology can make that possible. Sensors have been developed that can detect when you have fallen by measuring your sway, orientation and impact with surfaces. And no senior who lives alone should be without a Personal Emergency Response System (PERS), which allows the wearer to call for help simply by pushing a button. There are also apps for your smartphone that can send refill reminders for prescriptions to reduce missed medications or errors in dosage.

Mental and Physical Health– Using a game console like Nintendo’s Wii system offers immense recreational and exercise benefits. It allows you to engage in light physical activity from the comfort of your own living room, and many assisted living facilities, such as those operated by American Senior Communities, offer them in their community rooms as well. Video games help get the mind and body moving and can offer the added benefit of social interaction when utilized in a group setting. Along with these benefits, simply just searching on the internet can stimulate the brain. A recent study shows internet usage also can reduce symptoms of depression and can improve overall mental well-being. The rewards of being technologically savvy in your older years may require some patience and learning, but technology should not be feared by seniors. The rewards are well worth the effort you put into it.
THANKS TO THE MANY MANY VOLUNTEERS

Let’s get some more brief listings
I’d love to have 3-4 brief write-ups in each issue. Do a write up on your friends who are active volunteers (since they wont do it by themselves)

******************************************************************************

Do you recognize Roy? This is how he helps our Senior Center.
Secretary/Treasurer Board Member
Does the 12 page newsletter almost single handedly
Helps with decorating room each month
Does table set ups and tear downs
Fixes most anything that needs attention
Helps with serving our meals
Helps Sue with the Ceramic Room
Just about anything
Verna Jo or Sue tells him to!

He does have another life also..... We have show dogs and travel around the adjoining states competing in dog shows.

How about the Check-In-Ladies.........
Mary Lou Brandon, Sonja Johnson, Janice Orr, Pennie Christensen

They have a somewhat thankless job. They gotta ask if you are coming next meal, they have to remind you to sign up for salads on Thursday, they have to verify you are logged into the system to meet government rules.....AND THEY DO IT ALL WITH A SMILE.....

******************************************************************************

And how would we keep track of all us members without the Membership team—Kaye Poulsen and Marie Spencer. Boy do they have their work cut out for them starting in August. Collect our dues for this next membership year (August through July), document each member, submit and balance the money, get pictures...... DO YOU WANT TO HELP???? THEY CAN ALWAYS USE SOME EXTRA PEOPLE TO HELP WITH PICTURES, ETC. Talk to Kaye

******************************************************************************

Plus Jan Carlisle has put together a new member ‘Welcome Packet” for new members. And how about all those great stories she writes for the newsletter. It takes a special talent to put together stories like she does. I hear nothing but great comments about them. WHY DON’T YOU TAKE THE TIME TO TELL HER THANKS!

Get involved—This place would not function without the volunteers help. If you can’t volunteer—say thanks to those who are able to help make this the GREAT PLACE TO COME TO!