Spanish Fork Senior Center
“Surround Yourself
With People Who Care”
167 West, Spanish Fork Ut 84660 801 798 5015
spanishforkseniorcenter@yahoo.com

October 2018 Senior Citizens Newsletter

We serve delicious home cooked meals on MOST Mondays and Thursdays at noon for any and all Seniors 55 and older. Come join us! JOIN our Center and participate in a multitude of activities. (“MEMBERSHIP HAS ITS BENEFITS”).

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!

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

Congratulations to Theresa Reynolds for her open class, 1st place award at the Utah County Fair. She is one of the participants in the Painting and Quilting activity available to members of our Senior Center.

Take a wander downstairs and see the great work these groups do in painting and quilting. These activities are one of many available to us seniors. You do NOT have to be an expert or even experienced in these arts. Just go and watch them—you might even want to give a try to a new activity. (Painting—Monday 9:00, pretty much all day) (Quilting—Wed 10:00). DON’T BE SHY—these folks are more than happy to share with you and show you what they do and help you get started. They have participants with all levels of experience. GET OUT OF YOUR COMFORTABLE SHELL and try something new. You might like it!
‘Surround yourself with people who care.’

Watch for the commercial coming to Spanish Fork TV. Here are some of our volunteers who helped make it.

I know MOST of our members who are able to, volunteer in many different ways, and you are ALL appreciated very much. Let us insure we WELCOME all new members with sincere enthusiasm and open arms.

Verna Jo Hollingshead—Director 801 592 0048
WHAT YOU NEED TO KNOW ABOUT THE RAP TAX
In Spanish Fork City, we take pride in the various recreation, arts, and parks programs and amenities that are available to our residents, from the Senior Center to the River Trail. As our community continues to grow, our residents’ needs will also change. In order to expand the recreation, arts, and parks offerings of Spanish Fork City, residents will have the opportunity to vote on a proposed sales tax called the Recreation, Arts, & Parks Tax, or RAP Tax for short. In preparation for the November Election, here is what you need to know about the proposed RAP Tax.

How Much is the RAP Tax?  The RAP Tax is 0.1%. 1 penny for every $10 spent.

How Will the Funds be Spent?  Funds generated from a RAP Tax can only be spent on recreation, arts, and parks. Because the fund distribution will be subject to the recommendation of a Citizen Advisory Committee and approval of the City Council, it is hard to say exactly which projects will receive funding. Regardless, the City has several projects that could be priorities for the RAP tax, including but not limited to:
- Improved Senior Center facilities, amenities, and programs
- Additional trail connections
- Improved arts programs
- Reservoir amphitheater or stage

How Can I Learn More About the RAP Tax?
Spanish Fork City is preparing a Voter Information Pamphlet which will be mailed to each registered voter prior in October. This pamphlet will include more information regarding the RAP Tax. The City will also be holding 2 information sessions at the Senior Center (Senior Center Membership Meal: Friday, October 5 at Noon; Senior Center Congregate Meal: Thursday, October 11 at Noon).

For more information about the proposed RAP Tax, you can also visit www.spanishfork.org/raptax.

PLEASE VOTE!!!
## October Calendar

**Senior Citizens Center**

**Contact:** Reservations required for lunch 798-5015  
**OCTOBER 2018**  
**Center hours 8:30—4:00 (Exceptions—Tues 8:30—3:30)**

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
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| **Billiard room, jigsaw puzzle, card game are available whenever the center is open. Lunch is served on Monday/Thursday. (Exception – the first Friday of the month is the membership luncheon. No lunch on preceding Thursday)** | **Oil Painting all day**  
9:00 Tai Chi  
10:15 Ukulele  
11:00 Sit down exercises  
12:00 Lunch  
1:30 Line dancing | **9:00 Tai Chi**  
10:00 Craft Class  
10:00 Honey Bee Quilting  
1:00 Spanish Language  
1:30 Movie & Popcorn “Second Hand Lions” | **CLOSED** | **12:00 Membership Lunch—Rap Tax Presentation**  
6 Sat noon Witchapoloza |
| **1** | **2** | **3** | **4** | **5** |
| **Same as Monday Oct 1st**  
9:00 Tai Chi  
10:15 Ukulele  
11:00 Sit down exercises  
12:00 Lunch  
1:30 Line dancing | **Ceramics all day**  
9:00 Zumba | **9:00 Tai Chi**  
10:00 Craft Class  
10:00 Honey Bee Quilting  
1:00 Spanish Language  
1:30 Movie & Popcorn “Second Hand Lions” | **CLOSED** | **12:00 Membership Lunch—Rap Tax Presentation**  
6 Sat noon Witchapoloza |
| **8** | **9** | **10** | **11** | **12** |
| **Same as Monday Oct 1st**  
12:30—3:00 Flu Shots | **Ceramics all day**  
9:00 Zumba  
9:45 Keto Diet Presentation | **Tai Chi, Craft Class, Honey Bee Quilting, Spanish Language**  
10:30 Board Meeting | **9:30 Choir Practice**  
11:00 Sit Down Exercises  
12:00 Lunch - RAP tax presentation | **Center Closed** |
| **15** | **16** | **17** | **18** | **19** |
| **Same as Monday Oct 1st**  
12:30—3:00 Flu Shots | **Ceramics all day**  
9:00 Zumba  
9:45 Keto Diet Presentation | **Wendover Trip**  
Tai Chi, Craft Class, Honey Bee Quilting, Spanish Language  
1:30 Movie “Secret Lives of Bees” | **Wear something gaudy day**  
9:30 Choir Practice  
11:00 Sit Down Exercises  
12:00 Lunch | **Center Closed**  
9:30 Fall Foliage Trip |
| **22** | **23** | **24** | **25** | **26** |
| **Same as Monday Oct 1st**  
9-2 Heat Program (appt only) | **8:45 Ceramics Richfield Trip**  
9:00 Zumba | **Tai Chi, Craft Class (Make Lotion minimal cost), Honey Bee Quilting, Spanish Language**  
1:00 Leisure Ladies—Daltons, Payson | **9:30 Choir Practice**  
11:00 Sit Down Exercises  
12:00 Lunch | **Center Closed**  
9:00 Cowboy Poetry (ticket pre-purchase) |
| **29** | **30** | **Nov 1** | **Nov 2** | **Nov 3** |
| **9:30—noon Spooktacular Halloween Party**  
Noon—Lunch | **Ceramics all day**  
9:00 Zumba  
9:45 Keto Diet Presentation | **Closed** | **12:00 Membership Lunch** | **12:00 Membership Lunch** |
Our 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!

Keep an eye on your mailbox — we’re starting to get our new Medicare cards in Utah! Now that card mailings have started, it’ll take at least a month to finish. So you might get your new Medicare card at a different time than friends or neighbors in your area.

One tip: if you have a MyMedicare.gov account, you can sign in and see when your new card has been mailed. Don’t have a MyMedicare.gov account yet? It’s easy to sign up — just visit MyMedicare.gov. It’s a free, secure way for you to access your personal Medicare-related information.

Wondering what’s new? The new cards are still paper, but they look a little different. The biggest change is that your new card will have a new Medicare Number that’s unique to you, instead of a Social Security Number. This will help protect your identity. Though you’ll have a new card, rest assured your Medicare coverage and benefits will stay the same.

Sincerely,

The Medicare Team
### THESE ARE LISTINGS OF CURRENT MEMBERS ONLY.

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

<table>
<thead>
<tr>
<th># 90+</th>
<th>*new member</th>
</tr>
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#### October
- Anderson, Sue
- Beck, Shirley
- Brown, Ron
- Bundrant, Renae
- Callister, Joyce
- Creer, Howard *
- Fitzgerald, Irene #
- Hughs, Alice *
- Johns, Roy
- Lisonbee, Lee
- Pidcock, Jerry
- Thornton, Barbara *
- Tuttle, Kathryn *

#### November
- Bachler, Daniel
- Bradford, Karen
- Burton, Willis
- Child, Nina
- Christopherson, Melvin
- Glazier, LaDell *
- Gull, Eileen
- Hudman, Shirley
- Laidler, Carol
- Loveless, Sheldon *
- Meyers, Cathy
- Nyman, Deanna
- Snow, David
- Stallings, Kaye
- Sumson, Alan
- Webster, Mary
- Whitehead, Phillip
- Wignall, Ann

#### December
- Andrus, Kathleen
- Argyle, Chad
- Baker, Kay
- Barragan, Alberto
- Burton, Joanne
- Charlesworth Lester
- Dart, Ann
- Degrav, Dan #
- Durfee, Lois
- Glazier, Janet *
- Hansen, Jerry
- Jones, Lynn
- King, Melba #
- Larson, Dawna
- Moran, Bliss
- Nilson, Lloyd
- Oberg, Shirley
- Odermatt, Evelyn
- Odermatt, Lynn
- Ore, Linda *
- Peterson, Anne
- Schofield, Beverly
- Swanner, Joyce
- Watson, Pam
- Wride, Mechelle

### 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. (Oct, Nov, Dec).

I KNOW THERE ARE MANY MORE ANNIVERSARIES, BUT YOU HAVE TO LET ME KNOW THE DATE SO I CAN PRINT IT IN THE NEWSLETTER

<table>
<thead>
<tr>
<th>Passing's these past few months — As we become aware, we will list our friends who have left us recently. Please let us know, so we can share with the members here.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Melvin Shepherd</strong></td>
</tr>
</tbody>
</table>
| *Death leaves a heartache no one can heal.*
| *Love leaves a memory no one can steal.* |

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

Let me know!!

<table>
<thead>
<tr>
<th>Rex &amp; Barbara Hassard</th>
<th>11/67</th>
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</thead>
<tbody>
<tr>
<td>Lloyd &amp; Clarice Nilson</td>
<td>11/58</td>
</tr>
</tbody>
</table>
Creamy Beef and Vegetable Casserole

1 lb. ground beef
1 Small onion—chopped
1 16oz bag frozen mixed vegetables
1 10 3/4 oz can cream of mushroom soup—Campbells is the best!

Brown the ground beef—drain off the fat. In a large saucepan, cook the vegetables according to package directions. Drain, stir in beef and soup. Cook until heated through. Serve over egg noodles & sprinkle with cheese.
Sumer is ending. Suddenly yellow butterflies are everywhere (and my grandfather always said their appearance meant that true summer had ended.) True summer; what does that mean? Does it mean there will be no more 100 degree weather or, in our case here in the Spanish Fork valley, we hope it means an end to the relentless fires. It does mean, however, that the days are getting shorter and as if on cue, the first refreshing breath of cool mornings greets us. With the shorter days and drop in temperatures we will soon welcome the arrival of the holiday season, which I do so love. It begins with Halloween; a time of trick or treating, pumpkins at the farmer’s market and CANDY CORN.

The best thing about Halloween is candy corn. Candy corn is the only candy in the history of America that's never been advertised. The great thing about candy corn is that it can't be spoiled by the adult world. Candy corn is innocent. And all Halloween candy pales next to it, if only because candy corn used to appear, like the Great Pumpkin, solely on Halloween. It’s also a time to become a kid again and if the costumes seen at our Senior Center Halloween Party are any indication, we all still have a kid residing deep within our hearts.

Ours was a family that made our Halloween costumes. I directed their creation and though I welcomed suggestions; Halloween costumes were MY territory. I take full credit for my two youngest children’s winning Raggedy Ann and Andy costume make by striping white leggings with a red magic marker and apron made from a pillow case. Wigs: orange crepe paper on an old stocking cap. When money is tight imagination takes flight.

Of course Halloween began as a religious holiday, All Hallows’ Eve, and is a celebration observed in a number of countries on 31 October, It is widely believed that many Halloween traditions originated from an ancient Gaelic festival that may have had pagan roots. Others believe, however, that Halloween began solely as a Christian holiday, separate from ancient festivals. No matter where it began, it is now an excuse to become a child again; to eat candy corn until we have a belly ache and carve our pumpkins or to make a pumpkin pie. However you choose to celebrate the changing of the season, never allow age to smother the child within us all. Yes, Halloween opens up the door to the Holiday Season and I start lighting Pine scented candles the day after Halloween. .I’ll leave with a brief word from one of my favorite authors;

**The Raven**

EDGAR ALLAN POE

Once upon a midnight dreary, while I pondered, weak and weary,

Over many a quaint and curious volume of forgotten lore—

While I nodded, nearly napping, suddenly there came a tapping,

As of some one gently rapping, rapping at my chamber door.

“’Tis some visitor,” I muttered, “tapping at my chamber door—Only this and nothing more.”

HAPPY FALL, YALL!
**Board Members:** Roy Anderson—Secretary/Treasurer/Newsletter, Daniel Bachler—Photographer, Mary Lou Brandon—Board Chair, Special Events, Jan Carlisle, - Major Newsletter Contributor, Jerry Hansen, Janice Orr, Kaye Poulson (membership), Marie Spencer (membership), Marsha Steggell, Driver

**Officers:** Verna Jo Hollingshead—Director, Dixie Webb—Assistant Director, Beverly Schofield – Host/Receptionist,

There is a listing (with pictures and contact information) of YOUR Senior Citizens Center Board of Directors. They represent you—please make sure YOU tell them what you like and don’t like about YOUR CENTER. We can’t enhance your experiences here if we don’t know what you like and don’t like. The board members should be wearing their name tags so they can be easily identified. Stop them—talk to them.

![Board Members](image_url)
Beware of Gossips — Milly (fictitious name) the church gossip and self-appointed arbiter of the church’s morals, kept sticking her nose into other people’s business. Several residents were unappreciative of her activities, but feared her tongue enough to maintain their silence.

She made a mistake, however, when she accused George (fictitious?), a new member, of being an alcoholic after she saw his pickup truck parked in front of the town’s only bar one afternoon. She commented to George and others that everyone seeing it there would know what he was doing.

George, a man of few words, stared at her for a moment and just walked away. He didn’t explain, defend, deny: he said nothing. Later that evening, George quietly parked his pickup in front of Milly’s house…… And left it there all night!!!

Feeling as healthy and as youthful as possible doesn’t have anything to do with finding that mythical Fountain of Youth – it could be as easy as drinking water from the sink, right in your own home. However, some seniors may find it difficult to consume the amount of water their bodies need to flourish, which can lead to a variety of health concerns.

**Why Stay Hydrated? The Health Benefits of Drinking Water**

The human body is composed of at least 50% water. In fact, even our bones are 20% water! And, we lose around two-to-three quarts of water on a daily basis. During the hot summer months, when we sweat as a means to cool our bodies down, we’re losing even more of that much-needed water. Dehydration can lead to a variety of health issues, from headaches and memory troubles to kidney stones and blood clots.

Recent studies show that when it comes to drinking water, the health benefits for seniors are numerous. Chronic dehydration is a key component in many illnesses seniors face, such as heart disease, hypertension, asthma and even arthritis and joint pain. Seniors also may get dehydrated more often than their younger counterparts simply due to a decreased sense of thirst, certain medications they may be taking or decreased kidney function.

**Preventing Dehydration in Seniors**

Water acts as a coolant, lubricant and transport agent in your body. It’s needed to regulate your body temperature, remove toxins and waste, carry nutrients and more. Signs of dehydration include confusion, feeling fatigued or drowsy, dry mouth, low blood pressure and rapid heart rate and low urine output. If you aren’t sure if you’re dehydrated, try pulling on the skin on the back of your hand. If it doesn’t return to normal right away, it’s time to increase your water intake.

Enjoy all the health benefits drinking water provides and prevent dehydration by following these tips:

**Keep a bottle of water next to you.** If you have water nearby at all times you’ll be more apt to drink it regularly. Keep a bottle of water on the end table or nightstand, or fill a pitcher with water and place it on your coffee table to easily refill your glass.

**Balance water output with water input.** If you’re going to be partaking in any physical activity, it’s likely that you’ll be sweating, especially during these remaining warm summer days. Before, during and after your workout, make sure to drink plenty of water to ensure you’re replacing the fluids you’re losing.

**Try different beverages.** You don’t have to drink plain old water all the time. You can get the necessary fluids from hot drinks like tea or coffee, or cold drinks like fruit juices. Add some lemon, limes or other fruit to your water to give it little boost in flavor.

**Avoid sugary choices.** While getting fluids from drinks other than just tap or bottled water is fine, avoid sodas sweetened with sugar or high fructose corn syrup. Your body doesn’t need those types of ingredients. They provide little to no nutrients, and they can contribute to developing diabetes and other problems.
A man and his wife were awakened at 3:00 am by a loud pounding on the door. The man gets up and goes to the door where a drunken stranger, standing in the pouring rain, is asking for a push.

“Not a chance,” says the husband, “it’s 3 in the morning!” He slams the door and returns to bed. “Who was that?” asked the wife. “Just some drunk guy asking for a push,” he answers. “Did you help him?” she asks. “No, I did not, it is 3 in the morning and it’s pouring rain out there!” “Well, you have a short memory,” says the wife. “Can’t you remember about three months ago when we broke down, and those two guys helped us? I think you should help him, and you should be ashamed of yourself!” The man does as he is told, gets dressed, and goes out into the pouring rain.

How to make sure you’re A normal person?
1) You have Facebook
2) You have a cell Phone
4) You’re wasting your time reading this
5) You didn’t notice there is no Number 3
7) You just checked to see if there is no Number 3
8) Where is number 6, Idiot?
9) You’re now smiling because you know you’re an idiot
10) Where is number 17? 
11) You believed me and went to check!
12) You’re not normal at all.

Try a new hobby. Have you always wanted to learn how to knit, build birdhouses, write a memoir or join a book club? Fall is the perfect season to pick up a new hobby! When the weather starts to get colder, you’ll have a way to stay entertained throughout the winter months.

The Senior Center has lots of activities—TRY SOME—YOU’LL LIKE EM!
Jan Carlisle has a creative writing class.
Cesar Sanchez is teaching basic Spanish.
Learn the ukulele!
Participate in Tai Chi—In Ceramics—In Quilting and Painting.

Get Off Your Butt and Do Something Different
### October Meal Menu

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

Membership meals: Your dues must be paid to participate!

**Bring your own plates and silverware**

<table>
<thead>
<tr>
<th>Date</th>
<th>Meal</th>
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<tbody>
<tr>
<td><strong>October</strong></td>
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<tr>
<td>Mon 10/1</td>
<td>Chicken Noodle Soup</td>
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<tr>
<td></td>
<td>Carrot &amp; Celery Stick</td>
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<tr>
<td></td>
<td>Roll</td>
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<tr>
<td></td>
<td>Banana</td>
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<tr>
<td></td>
<td>Oatmeal Raisin Cookie</td>
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<tr>
<td>Thur 10/4</td>
<td>Closed No Meal</td>
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<tr>
<td>Fri 10/5</td>
<td>Membership Meal</td>
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<tr>
<td></td>
<td>Roast Beef</td>
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<td></td>
<td>Mashed Potatoes w/Beef Gravy</td>
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<td></td>
<td>Buttered Baby Carrots</td>
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<td>Roll</td>
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<td></td>
<td>Spice Cake w/Cream Cheese Icing</td>
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<td>Mon 10/8</td>
<td>Parmesan Chicken</td>
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<td></td>
<td>Fettuccine Alfredo</td>
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<td></td>
<td>Green Salad</td>
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<td>Roll</td>
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<tr>
<td></td>
<td>Fruit</td>
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<td></td>
<td>Cookie</td>
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<tr>
<td>Thru 10/11</td>
<td>Birthday Celebration</td>
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<tr>
<td></td>
<td>Vegetable Beef Soup</td>
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<td></td>
<td>Carrot Sticks</td>
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<tr>
<td></td>
<td>Celery Sticks Ranch Cup</td>
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<tr>
<td></td>
<td>Roll</td>
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<tr>
<td></td>
<td>Orange Wedges</td>
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<td></td>
<td>Cupcake &amp; Ice Cream or Chef Salad</td>
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**Monday 10/15**
- Salisbury Steak
- Potatoes & Beef Gravy
- Peas & Carrots
- Roll
- Fruit Cup
- Cookie

**Thur 10/18**
- Chili & Crackers
- Celery Sticks w/Ranch Cup
- Cornbread
- Fruit Cup
- Pudding or Chef Salad

**Mon 10/22**
- Spaghetti
- Green Beans
- Green Salad w/Ranch Cup
- Bread Salad
- Oranges
- Tapioca Pudding

**Thurs 10/25**
- Fish Sticks
- Cole Slaw
- Mac & Cheese
- Roll
- Apple
- Cookie or Chef Salad

**Monday 10/29**
- Halloween Party
- Sloppy Joes
- Pickle & Olives
- Potato Chips
- Jell-O Cup
- Orange Wedges
- Sugar Cookie

**November**

**Thur 11/1**
- Closed No Meal

**Fri 11/2**
- Membership Lunch
- Turkey & Stuffing
- Potatoes & Gravy
- Green Beans
- Roll
- Cranberry Cup

Often there are leftovers available. If you are interested, please make sure you bring some baggies or containers that you can put leftovers in. Sometimes there is even a full meal available for a fixed cost of $3. Again, bring containers.

#### 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