March 2019 Senior Citizens Newsletter

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. You have our most sincere gratitude! Your contributions give us the tools to -

“Surround our Seniors with People who Care.”

Senior Center General Office 801 798 5015 spanishfork.org/seniorcitizencenter/index.php
Verna Jo Hollingshead (Center Director)
Dixie Webb (Assistant Director)
Beverly Schofield (Receptionist)

Talk to us! We WANT to know what you think!
What can we do differently to make this newsletter and Senior Center better? seniors@spanishfork.org

BOARD OF DIRECTORS

Roy Anderson (Board, Newsletter) 385 224 2390 text/phone seniors@spanishfor.org
Dan Bachler (Board) 801 602 1591
Mary Lou Brandon (Board Chair) 801-798-2451 tbrandon@sfcn.org
Jan Carlisle *JC (Board) 270 985 8411 jcarlisle43@att.net
Jerry Hansen (Board) 801 592 3466
Janice Orr (Board) 801 798 7477
Kaye Poulson (Board, Membership) 801 798 2411
Mary Lou Brandon (Board Chair) 801-798-2451 tbrandon@sfcn.org
Marie Spencer (Board, Membership) 801 798 3484
Marsha Steggell (Board, Driver) 801 797 6299 marsha.steggell@nebo.edu

ATTENTION! COMMUNITY HEALTH TALK
Parkinson’s Disease and Essential Tremor—Movement Disorders.

Parkinson’s Disease is a disorder of the nervous system that affects movement, muscle control and balance. Essential Tremor is a neurological condition that causes a rhythmic trembling of the hands, head, voice, legs or trunk. The diseases touch people of all ages, but most frequently occur in individuals aged 55-75. At any given time, there are thousands of individuals along the Wasatch Front and Intermountain West that could benefit from improved treatments for Parkinson’s Disease and Essential Tremor. Please join us for a free educational presentation and a Q&A session on Parkinson’s Disease and Essential Tremor, at the Spanish Fork Senior Center, on Thursday, March 28th at 12pm.

Mother used to say “The older you get, the better you get” That’s probably true for us... but not Bananas!
Joe's Story

Joe was almost 74. He was still working part-time. He noticed he was becoming more forgetful at work. He felt frustrated that it was so hard to find the right words to describe something. His boss told him that he missed a couple of meetings. He started to wonder if he had a serious problem.

Joe's wife took him to get a complete health check-up. His doctor told Joe that he had mild cognitive impairment, also called MCI. The doctor said there was no treatment for MCI, but that he would keep a close watch on Joe's memory and thinking skills. Joe felt better knowing there was a reason for his memory problems.

What Is Mild Cognitive Impairment? Some people with memory problems have a condition called mild cognitive impairment, or MCI. MCI has several types. The type most associated with memory loss is called amnestic MCI.

Symptoms of MCI People with amnestic MCI have more memory problems than normal for people their age, but their symptoms are not as severe as those of people with Alzheimer's disease. For example, they do not experience the personality changes or other problems that are characteristic of Alzheimer's. People with MCI are still able to carry out their normal daily activities.

Signs of MCI include:

- Losing things often
- Forgetting to go to events or appointments
- Having more trouble coming up with words than other people of the same age

Movement difficulties and problems with the sense of smell have also been linked to MCI.

Family and friends may notice memory lapses, and the person with MCI may worry about losing his or her memory. These worries may prompt the person to see a doctor for diagnosis. Researchers have found that more people with MCI than those without it go on to develop Alzheimer's. However, not everyone who has MCI develops Alzheimer's disease within 7 years. In contrast, 1 to 3 percent of people older than 65 who have normal cognition will develop Alzheimer's in any one year.

A doctor can do thinking, memory, and language tests to see if a person has MCI. He or she may suggest that the person see a specialist for more tests. There currently is no standard treatment for MCI, but there are things a person can do that may help them stay healthy and deal with changes in their thinking.

Tips for dealing with forgetfulness. People with some forgetfulness can use a variety of techniques that may help them stay healthy and deal with changes in their memory and mental skills. Here are some tips:

- Learn a new skill. Stay involved in activities that can help both the mind and body
- Volunteer in your community, at a school, or at your place of worship
- Spend time with friends and family
- Use memory tools, such as big calendars, to-do lists, and notes to yourself
- Put your wallet or purse, keys, and glasses in the same place each day
- Get lots of rest. Exercise and eat well.
The Materialistic Lawyer

A very successful lawyer parked his brand-new Mercedes in front of his office, ready to show it off to his colleagues.

As he got out, a truck passed too close and completely tore off the door on the driver’s side. The lawyer immediately grabbed his cell phone and dialed 911. Within minutes, a policeman pulled up. Before the officer had a chance to ask any questions, the lawyer started screaming hysterically. His Mercedes, which he had just picked up the day before, was now completely ruined and would never be the same, no matter what the body shop did to it.

When the lawyer finally calmed down from his ranting and raving, the officer shook his head in disgust and disbelief. "I can't believe how materialistic you lawyers are," he said. "You are so focused on your possessions that you don't notice anything else." "How can you say such a thing?" asked the lawyer. The cop replied, "Don't you know that your left arm is missing from the elbow down? It must have been torn off when the truck hit you." "What?!” screamed the lawyer. "My Rolex is gone!"
Reservations **ARE** required for lunch 798-5015  MARCH 2019  Center hours 8:30—4:00 (Except Tues 8:30—3:30)

*Billiard room, exercise room, jig saw puzzle, card games, board games, etc 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)*

<table>
<thead>
<tr>
<th></th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THUR</th>
<th>FRI – Normally Closed</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Oil Painting all day, 9:00 Tai Chi, 10:15 Ukulele/Guitar, 10:15 Sit down exercises, 12:00 Lunch, 1:30 Line dancing</td>
<td>5</td>
<td>8:30—3:15 Ceramics</td>
<td>6</td>
<td>10:00 Honey Bee Quilting 10:00 Craft class</td>
</tr>
<tr>
<td>11</td>
<td>Oil Painting all day, 9:00 Tai Chi, 10:15 Ukulele/Guitar, 10:15 Sit down exercises, 12:00 Lunch, 1:30 Line dancing</td>
<td>12</td>
<td>8:30—3:15 Ceramics</td>
<td>13</td>
<td>10:00 Honey Bee Quilting 10:00 Craft class, 10:30 Board Meeting,</td>
</tr>
<tr>
<td>18</td>
<td>Oil Painting all day, 9:00 Tai Chi, 10:15 Ukulele/Guitar, 10:15 Sit down exercises, 12:00 Lunch, 1:30 Line dancing</td>
<td>19</td>
<td>8:30—3:15 Ceramics</td>
<td>20</td>
<td>10:00 Honey Bee Quilting 10:00 Craft class, 1:30—3:30 Stepping On Class</td>
</tr>
<tr>
<td>25</td>
<td>Oil Painting all day, 9:00 Tai Chi, 10:15 Ukulele/Guitar, 10:15 Sit down exercises, 12:00 Lunch, 1:30 Line dancing</td>
<td>26</td>
<td>8:30—3:15 Ceramics</td>
<td>27</td>
<td>10:00 Honey Bee Quilting 10:00 Craft class 1:30—3:30 Stepping On Class—must sign up</td>
</tr>
<tr>
<td>1</td>
<td>Membership Lunch – RESERVATIONS REQUIRED 1 WEEK IN ADVANCE, – MUST wear your name tag, bring your own plates/etc</td>
<td>7</td>
<td>9:30 Choir Practice 11:00 Sit Down Exercises 12:00 Lunch Birthday Party 1:30 Gordon Warner Guitar seminar</td>
<td>8</td>
<td>9:30 Choir Practice 11:00 Sit Down Exercises 12:00 Lunch</td>
</tr>
<tr>
<td>15</td>
<td>Closed</td>
<td>14</td>
<td>9:30 Choir Practice 11:00 Sit Down Exercises 12:00 Lunch</td>
<td>15</td>
<td>Closed</td>
</tr>
<tr>
<td>22</td>
<td>Closed</td>
<td>21</td>
<td>9:30 Choir Practice 11:00 Sit Down Exercises 12:00 Lunch</td>
<td>22</td>
<td>Closed</td>
</tr>
<tr>
<td>29</td>
<td>Closed</td>
<td>28</td>
<td>9:30 Choir Practice 11:00 Sit Down Exercises 12:00 Lunch</td>
<td>29</td>
<td>Closed</td>
</tr>
</tbody>
</table>
Our Volunteer of the Year 2018  

It is very obvious how crucial volunteers are to the Spanish Fork Senior Center. It takes numerous self-sacrificing giving volunteers, (which really are the heart of our Senior Center), to “Surrounding each other with people who care”! We honor and congratulate Roy Anderson as our “Shining Star Senior Citizen for 2018”. Roy has spent many hours and shared talent behind the scenes, as well as on the front lines. Not only for 2018, but for the last 5 years! His volunteering has included Board Member (Currently Secretary & Treasurer), Newsletter Editor and writer, reviewing all of our Membership files and updated them, as a server during our lunch, takes Birthday & Anniversary pictures each month, handyman projects and anything he is asked to do. Arranges for entertainment and presentations.

His Granddaughter Nikki shared, “My Grandpa has always been very supportive and caring towards all of his family and we are very glad that he and our Nanny moved back to Utah”. We love you Roy, and want you to know that we appreciate and value all of your efforts! Verna Jo—Director
March B/D LISTINGS
If it is not accurate, please let us know.
# 90+ *new member
REMEMBER—We’d like to share your birthday with our senior friends AND YOUR PICTURE. Please find Dan or Roy and let’s get a birthday picture taken so we can post it. You can have the picture if you want it when we take them down next month.

Dorothy James 3/1
Janet Johnson 3/1
Sharlene Cornaby 3/2
Tonya Williams 3/2
Terry Brandon 3/3
Bonnie Crump 3/5
Richard Meyer 3/5
Sandra Griffiths 3/5
Dave Hyde 3/7*
Cleo Cox 3/7
Linda Welch 3/7
Kathy Gull 3/7*
Joan Thomas 3/8
Gloria Nelson 3/9
Amparo Sanchez 3/11
Holly Barney 3/11
Maureen Rindlisbacher 3/12
Deanna Pendleton 3/13
Sandra Davis 3/14
Teresa Argyle 3/15
Lavar Felix 3/15
Merrilee Smith 3/15*
Marsha Steggell 3/16
Jerald Tiffany 3/18*
Bob Boone 3/20
Brent Watson 3/22
Tommy George 3/26*
Denise Johnson 3/26
Jeneal Reed 3/27
Gary Webb 3/27
Norene Jensen 3/27*
Lorraine Underwood 3/30*
Don Tuttle 3/30*
Kathleen Evans 3/30

Recent Passing's:
Betty Ott and Rebecca Growther
Anniversaries for March—Blaine and Kaye Poulson 3/2/55
64 Years!!! I think their marriage should be able to claim Social Security Benefits next year. Congratulations Blaine and Kaye—two of the Centers MAJOR VOLUNTEERS

Tips for Dealing with Forgetfulness
People with some forgetfulness can use a variety of techniques that may help them stay healthy and deal with changes in their memory and mental skills. Here are some tips

- Learn a new skill.
  Stay involved in activities that can help both the mind and body.
- Volunteer in your community, at a school, or at your place of worship.
- Spend time with friends and family.
- Use memory tools such as big calendars, to-do lists, and notes to yourself.
- Put your wallet or purse, keys, and glasses in the same place each day.
- Get lots of rest.
  Exercise and eat well.
**Dixie’s Culinary Corner**

1 Lg Package Pistachio Pudding
9 1/2 oz Container of Cool Whip
1 16oz Can Crushed Pineapple
1 Cup Miniature Marshmallows
Maraschino Cherries

Mix dry pudding with pineapple until dissolved. Fold in cool whip, then marshmallows.

This recipe can be doubled or you can add fruit cocktail. Garnish with Cherries.

Enjoy!

---

Speaking of Potato's???? here is an exercise for us tougher seniors. Begin by standing on a comfortable, level, nonslip stable surface—where there is plenty of room at each side. With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you’ll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to a 10-lb potato bags. Then try 50-lb potato bags... and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms out straight for a full minute. (I’m at this level).

After you feel confident at that level... Put a potato in each bag...
Our 2019 Valentine Dinner and Dance. Congratulations to our Sweetheart couple - Gordon and Janice Orr. Thanks to so many: Mary Lou Brandon and her great crew for all their hard work in putting this together; and our super kitchen staff for the terrific spread they prepared—Chicken Cordon Bleu. The Spanish Fork Youth Council were very professional in getting the food out to us; and the Saw Mill River Band put everyone in the mood, and many actually got out there and danced.
Do you THRIVE as a senior?

Thought—Involve yourself in activities that preserve, promote memory and cognitive function, as well as opportunities for intellectual stimulation.

Health—Care for your body through mild exercise, nutrition, therapy and wellness education.

Recreation—Opportunities for joy, discovery, laughter, camaraderie and entertainment.

Interaction—Social pursuits that foster stronger connections to others and active pursuits that yield a sense of achievement through hands-on opportunities to ‘make’ or ‘do’.

Vocation—Fulfilling needs for a sense of purpose, productivity, achievement, contribution and service formerly me through work, including volunteer.

Expression—Nurturing spiritual and emotional well-being through activities that express values, beliefs and faith, including creative or artistic self-expression.

TO ALL YOU GUYS OUT THERE
William Golding
British Novelist, Playwright & Poet
Says it Well (1911-1993)

“I think women are foolish to pretend they are equal to men!!!!!”
“They are far superior, and always have been”

“Whatever you give a woman, she will make greater.”
“If you give her sperm, she will give you a baby”.
“If you give her a house, she will give you a home.”
“If you give her groceries, she will give you a meal.”
“If you give her a smile, she will give you her heart.”
“She multiplies and enlarges whatever is given to her”
“So...if you give her any crap, be ready to receive a ton of ‘it’ back!”

Come on—‘SMILE’

PUSH HARDER THAN YESTERDAY IF YOU WANT A DIFFERENT TOMORROW.
Fido's Funeral

A rich man died one day. It stated in his will that when his dog died, a funeral was to be held for it, and whoever conducted the service would receive $1,000,000.

A few years later, the dog passed away. The executor started asking various faiths of the cloth if they would do the funeral.

All refused. Finally he asked an old country preacher who angrily replied, "I don't do dog funerals!"

"Okay," the executor replied. "But the one who does this funeral gets a fat $1,000,000."

The preacher exclaimed, "Now wait a minute? you didn't tell me this dog was a Christian!"

Case Cured

A woman went to the doctor's office. She was seen by one of the new doctors, but after a few minutes in the examination room, she burst out and ran screaming down the hall.

An older doctor stopped and asked her what the problem was, and she explained. He had her sit down and relax in another room.

The older doctor marched back to the new doctor and demanded, "What's the matter with you? Mrs. Smith is 63 years old with four grown children and seven grandchildren, and you told her she was pregnant?!"

The new doctor smiled smugly as he continued to write on his clipboard and said, "Cured her hiccups though, didn't it?"

Wake up with determination, go to bed with satisfaction

Brain cells, hair cells, and skin cells all die constantly…. But freaking FAT CELLS seem to have eternal life…

What gets broken without being held?...

A Promise

Activities, events, etc

If you are aware of any activity going on, please let Roy know so we can get it in the newsletter for everyone to be aware of. If you think of something that might be of interest to the other members, talk with Verna or a Board Member to see if we can make that happen and let the other members know.

2/28 Thurs closed
3/1 Fri—SC Membership lunch
3/6 Wed—Possible Temple Trip—Check with Jay Rindlishbacher 801 798 7220
3/6 Wed—1:30-3:30 Stepping On Class
3/10 Sun —daylight savings time ‘Spring Forward’. Move your clocks forward one hour. Remember to get up at 2:00 a.m. to do this.
3/11 Mon— New Member Recognition. Make the effort to say ‘HI’ to some new members during lunch.
3/13 Wed —1:30-3:30 Stepping On Class
3/20 Wed 1:30-3:30 Stepping On Class
1st Day of Spring
3/27 Wed 1:30-3:30 Stepping On Class
4/3 Wed 1:30-3:30 Stepping On Class
4/4 Thurs Center Closed
4/5 Fri Membership Lunch
4/30 Tue Spring boutique

A little girl asked her mother, ‘How did the human race begin?’

The mother answered, ‘God made Adam and Eve and they had children, and so all mankind was made.’

The next day, the little girl asked her dad the same question. ‘How did the human race begin?’

The father answered, ‘Many years ago, there were monkeys from which the human race evolved.’

The confused girl returned to her mother and said, ‘Mom, how is it possible that you told me the human race was created by God, and dad said they developed from monkeys?’

The mother answered, ‘Well, dear, it is very simple. I told you about my side of the family and your father told you about his.’

What building has the most stories?...

A Library
Stepping On Class:

A 7 week course—continues 3/6,13,20 & 27, April 3 2019.

**No cost.** Registration is required. Sponsored by the Utah County Health Department: research has proven, by taking this class, that you can reduce falls by 30%.

From the Consumer Financial Protection Bureau

The Bureau’s Office for Older Americans is forwarding an email about scams targeting your Social Security number. The email was sent by Jennifer Leach, Acting Associate Director, Division of Consumer and Business Education, Federal Trade Commission.

The FTC is getting reports about people pretending to be from the Social Security Administration (SSA) who are trying to get your Social Security number and even your money. In one version of the scam, the caller says your Social Security number has been linked to a crime (often, he says it happened in Texas) involving drugs or sending money out of the country illegally. He then says your Social Security number is blocked – but he might ask you for a fee to reactivate it, or to get a new number. And he will ask you to confirm your Social Security number.

In other variations, he says that somebody used your Social Security number to apply for credit cards, and you could lose your benefits. Or he might warn you that your bank account is about to be seized, that you need to withdraw your money, and that he’ll tell you how to keep it safe.

But all of these are scams. Here’s what you need to know:

- The SSA will never (ever) call and ask for your Social Security number. It won’t ask you to pay anything. And it won’t call to threaten your benefits.
- Your caller ID might show the SSA’s real phone number (1-800-772-1213), but that’s not the real SSA calling. Computers make it easy to show any number on caller ID. You can’t trust what you see there.
- Never give your Social Security number to anyone who contacts you. Don’t confirm the last 4 digits. And don’t give a bank account or credit card number – ever – to anybody who contacts you asking for it.
- Remember that anyone who tells you to wire money, pay with a gift card, or send cash is a scammer. Always. No matter who they say they are.
- If you’re worried about a call from someone who claims to be from the Social Security Administration, get off the phone. Then call the real SSA at 1-800-772-1213 (TTY 1-800-325-0778). If you’ve spotted a scam, then tell the FTC at ftc.gov/complaint. Thank you,

Stacy Canan Office for Older Americans Consumer Financial Protection Bureau
I've lost my mind - if found, don’t bother to return it. It wasn’t working properly anyway.

I just watched my dog chase its tail for 5 minutes, and I thought: ‘dogs are easily entertained’… Then I realized, ‘I was just watching my dog chase it’s tail for 5 minutes!"

Tips for Winter Wellness
There are a number of techniques that can help keep your immunity high and your body in good condition to support wellness all season long so you can enjoy the chillier months.

Get Up & Moving
Winter brings fewer hours of sunlight during the day, and per the National Sleep Foundation, darkness naturally causes the brain to release melatonin, a hormone that triggers sleepiness. Exercise can counteract this drowsiness. Herbal supplements help support overall health.

Get Ample Rest - The National Sleep Foundation recommends older adults get at least 7-8 hours of sleep each night for optimal health.

Boost Immunity - During the winter months, when fresh fruit can be harder to find, supplements like Echinacea & Vitamin C from Nature’s Way can be another source of vitamin C.