APRIL 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/seniorkizencenter/index.php Verna Jo Hollingshead (Center Director)

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

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READY FOR A NURSING HOME!
Say you are an older senior citizen and can no longer take care of yourself and the government says there is no Nursing Home available for you. So, what do you do? The answer—opt for Medicare plan ‘G’. This plan gives anyone 75 or older a gun, (Plan G), and one bullet. You are allowed to shoot one worthless politician. This means you will be sent to prison for the rest of your life, where you will receive three meals a day, a roof over your head, central heating and air conditioning, cable TV, a library and all the Health Care you need. “Need new teeth”? Need glasses”? That’s great. “Need a hearing aid, new hip, knees, kidney, lung, sex change, or heart”? They are all covered.

As an added bonus, your kids can come visit you, at least as often as they do now! And, who will be paying for all of this? The same government that just told you they can’t afford for you to go into a nursing home. And you will get rid of a useless politician while you’re are at it. And now, because you are a prisoner, you don’t have to pay any more income taxes! Is this a great country or what? Now I’ve solved your
Do you know someone who is being intimidated, threatened, isolated, coerced or harassed”? Abuse or neglect can show up as: Unexplained bruises or welts; Multiple bruises in various stages of healing; Unexplained fractures, abrasions and lacerations; Multiple injuries; Withdrawn; Passive; Low self-esteem or loss of self-determination.

Exploitation is another thing. Has this happened to YOU or YOUR FRIENDS? Have you been ‘Ripped Off'? SCAMMED? Taken advantage of? Meaning someone has taken money from you in some sneaky way. You buy something and find out it is not what you thought. Or, you order something online and it never shows up and you can’t find the seller. It can also mean someone close to you (friends or family) has taken advantage of you (borrowed money or had you pay for something for them and never repaid you). Money that maybe YOU could have used for a better, or just a different purpose. It’s nice to be able to ‘help out’ family or friends—but it is not nice to be taken advantage of.

Financial institutions see vast numbers of older customers fall prey to financial exploitation by perpetrators ranging from offshore scammers to close family members—and they’re filing hundreds of thousands of reports with the federal government about these suspicions. The government analyzed 180,000 elderly financial exploitation cases involving more than $6 billion. This first-ever public analysis provides a chance to better understand elder fraud and to find ways to improve prevention and response.

What they learned. Complaints of elder financial exploitation quadrupled from 2013 to 2017. In 2017, financial institutions filed 63,500 cases of elder financial abuse. Yet these likely represent only a tiny fraction of the actual 3.5 million incidents of elder financial exploitation estimated to have happened.

Elder financial exploitation isn’t just happening at banks or credit unions. Money services businesses, used by many people to wire money, have filed an increasing share of these reports. Older adults ages 70 to 79 lost on average $43,300. And when the older adult knew the suspect, the average loss was even larger—about $50,000.

While financial institutions are increasingly filing elder financial exploitation reports, they often do not indicate that they reported the suspicious activity directly to first responders. Fewer than one-third of these reports were reported to adult protective services, law enforcement, or other authorities.

If you believe that you or someone you know is a victim of financial exploitation, contact your local adult protective services (APS) agency at 800-371-7897. Don’t allow yourself or your friends to be taken advantage of.

Our minds have the ability to detect and sense danger. If your gut tells you something is wrong, never ignore that feeling. (It’s called the Gift of Fear)
Our featured artist of the month is Sharon Ormond

Come down to watch/learn/participate in an activity that can be relaxing, calming and you might be amazed at the hidden talents that you have. ‘Picasso Quality’, probably NOT, but self satisfying—absolutely. It’s amazing how a little bit of effort can produce such a good feeling of accomplishment and satisfaction. You will find you have more fun then you’d ever imagine. AND you might meet somebody who blends with you magnificently forming a new friendship. Give it a try and ‘surround yourself with others who care’.

It has been said, and I believe it: “One of the greatest fears is not being able to change, to be caught in a never-ending cycle of sameness. Growth/change is so important.”

Don’t be caught in a rut—be strong and open minded, try something DIFFERENT—The cycle of life will happen! Are you going to just sit quietly waiting for it? Or do you want to enjoy the process of life—GET UP—GET GOING. Do something!
<table>
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<tr>
<th>MON</th>
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<td>5 Membership Lunch – RESERVATIONS REQUIRED 1 WEEK IN ADVANCE, MUST wear your name tag, bring your own plates/etc</td>
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<tr>
<th>8 Oil Painting all day, 9:00 Tai Chi, 10:15 Ukulele/Guitar, 10:15 Sit down exercises, 12:00 Lunch, 1:30 Line dancing; 1:30 Spanish language class</th>
<th>9</th>
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<tr>
<td>10 8:30—3:15 Choir Practice</td>
<td>10:00 Honey Bee Quilting 10:00 Craft class</td>
<td>11:00 Sit Down Exercises 12:00 Lunch Birthday Party 1:30 Gordon Warner Guitar seminar</td>
<td>11:00 Sit Down Exercises 12:00 Lunch</td>
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<th>15 Oil Painting all day, 9:00 Tai Chi, 10:15 Ukulele/Guitar, 10:15 Sit down exercises, 12:00 Lunch, 1:30 Line dancing; 1:30 Spanish language class</th>
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<td>17 10:00 Honey Bee Quilting 10:00 Craft class, 10:30 Board Meeting</td>
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<td>23 8:30—3:15 Ceramics</td>
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<th>29 Oil Painting all day, 9:00 Tai Chi, 10:15 Ukulele/Guitar, 10:15 Sit down exercises, 12:00 Lunch, 1:30 Line dancing; 1:30 Spanish language class</th>
<th>30</th>
<th>May 1 10:00 Honey Bee Quilting 10:00 Craft class 1:30 –3:30 Stepping On Class—must sign up</th>
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<th>3 Membership lunch</th>
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<tr>
<td>30 8:30—3:15 Ceramics</td>
<td>May 1</td>
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Reservations **ARE** required for lunch 798-5015  APRIL 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)*
Some of you may have an interest in the results from the survey you took. We were extremely pleased that 95 of you participated from approximately 115 at lunch.

No one thought the parking was bad. We asked if you thought the other members were friendly and 12% thought other members were not friendly towards them. What might each of us do differently to make others (especially the new members) feel welcomed into our center. Would you be willing to make an effort to just say “hi, I’m xxxx. Welcome to our center. Is there anything I can help you with? And maybe suggest some of our activities, etc. Just a thought… Step out of your comfort zone—show them that we all care about “Surrounding ourselves with people who care”. Most everyone feels the center is clean; the quantity of food is good, and the quality of the food is excellent! Everyone felt the center was a good place to come, but barely half indicate they participate in any of the different activities provided at the center. Do you think there are other activities that would be more attractive to more members. Share your thoughts with any board member.

The newsletter received a positive rating, with a few comments about being able to read it properly. I’m looking for more detail on this. Is the print too small, are the backgrounds distracting and making it difficult to read the print, do you want different content? Let Roy know your thoughts (look for me at lunch), or through email: seniors@spanishfork.org, or text/phone 385 224 2390 or drop a note at the center.

The staff and board want to thank you for participating, and sharing your comments. Feel free to share more comments, suggestions, complaints, etc. You can drop a note anywhere at the center, call any board member (phones/emails provided in the board member listing in this newsletter, via email: seniors@spanishfork.org, or call the center 801 798 5015.
**B/D Listings**
See the pictures and listing by the Juke Box Display panel.
If it is not accurate, please let us know.
# indicates this member is 90+ years of age
* indicates this is a new member—Say HI

**April**
- Louise Abbott
- Betty Anderson
- Carol Ashby
- Connie Birdsey
- DeLora Cameron *
- Jan Carlisle
- Rod Dart
- Carolyn Felix
- Denis Hawkins *
- Elaine Innes
- Coleen Johns
- Ron Lisonbee #
- Earlene Muirbrook
- Janice Orr
- Estelle Porter
- Blaine Poulsen
- Roberta Robertson *
- Bob Spencer
- Marie Spencer
- Phyllis Spencer
- Virginia Stewart #

**May**
- Milo Barney
- Jon Beck *
- Kaye Bowles
- Lenda Castleberry
- Pennie Christensen
- Bonna Cottle#
- Ken Davis
- Myrh Jill Drake *
- Audrey Gavin
- Lou Ann Hill *
- John Johnson *
- Susan Johnson
- Karen Payne
- Jeannie Rolfe *
- Linda Sanders *
- Connie Shepherd
- Lauraine Snot
- Bill ‘Ike’ Williams

Birth is painful and delightful. Death is painful and delightful. Everything that ends is also the beginning of something else. Pain is not punishment; pleasure is not a reward.

**Anniversaries for April**
- David & Dinitia Harris 2
- Richard & Thelma Meyer 58
- Brent & Pam Watson 2
- Mark & Anna Wignall 7

**Anniversaries for May**
- ‘Feliz aniversario’ (happy anniversary)
- Ceasar & Amparo Sanchez 59

**Passing's** Kent Cornaby 79
The winter’s been long and so many of our seniors have had a hard time staying healthy and active. The “Blues” is a common phenomenon resulting from this inability to get out and about and the inactivity that is the results of being cooped up. My heart goes out to you but CHEER UP, because I have a solution. Let us come and pick you up; it’s free and at the end of your short trip there is fun waiting for you at the Senior Center where you will be welcomed with a delicious lunch, fresh popcorn, music, laughter and friendship. Come and join us; meet new friends, learn to dance, sing with our choir, play cards, and enjoy a cup of coffee or hot cocoa. I will go so far as to make you a bold promise; I PROMISE THAT YOU WILL WANT TO COME BACK!! I also promise that you will be greeted by and leave with a warm smile. You are WANTED here and we are dedicated to serving all of our PRECIOUS seniors because there are many in this area and many who seldom leave their home. That needs to change and we, as a dedicated staff and vast volunteer group, really do want to do everything possible to make you and all seniors feel welcomed and valued here at the Spanish Fork Senior Center. What do you have to lose? Give us a chance to put a bit of sunshine in your life. If you know of someone who needs our services but are reluctant to call or come, please call us at 801-798-5015 and ask for Verna Jo. I will make house calls and extend invitations to any senior urging them to take a chance...to come as our guest for lunch and see what we have to offer. “Come and let us surround you with people who care.” HUGS, Verna Jo
It’s Coming!!! - by Jan Carlisle

“And the Spring arose on the garden fair, Like the Spirit of Love felt everywhere; And each flower and herb on Earth’s dark breast, Rose from the dreams of its wintry rest“ - Shelly

Listen! Can you hear it? If you are very still, you can, because beneath the frozen ground there is a soft but steady rumbling. As the saying goes ...from the Lakes of Minnesota to the Hills of Tennessee, across the plains of Texas.... From sea to shining sea... it’s coming... SPRING!! Of course, at this moment, I’m sure Chicago might want to differ, but as my grandmother used to say...“MARK MY WORDS”...Spring is indeed coming, and we are more than ready to welcome her.

Ready to fling open the windows and doors? Inhale the sweet, warm breath of spring air that is filled with the fragrances of new life? Although it may be hard for many of us, in this part of the country, to believe it... somewhere there are tulips, in a plethora of rainbow colors, poking their purple pink and yellow heads up through the warm earth to reach its petals toward the warm sunlight. Somewhere there are daffodils blooming in fields of yellow and the emerald, sage, and lusty chartreuse—neon green leaves are budding out on trees as lush lawns are awakening as if a magical paint brush had swept across them overnight. Be patient...she whispers to us...it will be here soon...and it will.

Remember the old adage of good things come to those who wait? In our part of the world, we have to wait a bit longer than those in the southern part of the country, but it will be just as rewarding when, one morning, she arrives with all of the pomp and circumstance we are accustomed to with her flair for the theatrics. Mountain brooks will swell with the melting snowpack, the songs of birds will fill the warm air and we will put the snow shovels away and prep the lawnmowers.

I think that spring is so welcomed because it reminds us that even in the darkest, coldest part of winter, it will be warm again. I love the quote by Jessica Stern that reflects that feeling. “I can still bring into my body the joy I felt at seeing the first trillium of spring, which seemed to be telling me, NEVER give up hope, spring WILL come.

Our lives have seasons just as the earth does. We all have moments (sometimes very long moments) of despair, of sadness and loss but the cycle of life is just like the cycle of the seasons; there will be warmth again, there will be sunshine again and there will be hope and laughter again. Hold on, spring really will arrive... in the mountains and valleys, and in our lives. There are very few people who have not experienced the feeling that their hearts and souls had been amputated from their bodies. I know I have, but I am not alone. If you look around, you will most likely see smiling faces and happy laughter, but most of us have also felt a crippling loss in one way or another. It might be that of a spouse, a child gone astray, a friendship, financial loss or many, many other types of trauma in our lives, but life really does go on. Oh, I’m not saying it’s easy. I still have my pity parties from time to time when memories of those losses feel as though a raptor has reached into my body and gripped my heart in its claw, but I try to limit my sorrow filled moments to just that...a few moments. I might have a good cry even but then I go on. We all pull ourselves up by our bootstraps (red lipstick does it for me) and we go on because spring really will come again and with it the promise of a better tomorrow.

“Despite the forecast, live like it’s spring!”

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We seldom consider our Spanish speaking members............. Remember Ceasar Sanchez will be starting another basic Spanish Language Class soon. Are you interested? A little effort can generate renewed interest and expansion of our brains… We’re never too old to learn new things – and have fun while doing it. You can learn a lot just by comparing these two versions. I know our Spanish speaking members will be more than happy to share with you – even for a few minutes. Go say ‘HI’ (Ve, di hola)
SORRY WE MISSED YOU! But we had fun anyway at the pool tournament without you. Maybe you can come to the next one. Sammi (from Payson) won the $50 1st prize and Ike/Billy Williams from the Spanish Fork Senior Center won 2nd place ($25). If you had been there maybe you would have won! Vernon provided snacks and drinks. There’s always NEXT TIME! Couple of months.....we’ll do it again.

HEY!!!! What 5 letter word becomes shorter when you add two letters to it? Think for a minute before you go see the answer on pg10.

Anyone remember this

“Blast from the Past” Who is this guy??
The Sense of Touch
Jan Carlisle
There is a magnificent piece of sculpture by Rodin called The Embrace. It shows two bodies reaching for each other. All distance is broken in the magic of this caress; two distanced ones have finally reached each other again. We as humans use our hands to touch, to explore, to trace and to feel the world around us and it is one of the first sensations we experience as humans. Babies recognize a mother's touch almost immediately and it will soothe them like few things can. My youngest granddaughter loved the feel of the little satin tags that were attached to her clothing when she was a toddler: the ones that were found on the inside of her little shirts and tights. She was constantly reaching to feel these small bits of materials fastened to her clothing. I'm sure you know the ones I'm talking about, so I finally had a small blanket made that was adorned with various shapes and sizes of the satin type tags. For some reason, the feel of the satin soothed her much like velvet does to me today.

The sensation of touch is opposite of the eye, which readily translates its objects into intellectual terms. Touch is the sense through which we also experience pain and there is nothing hesitant or blurred in our reaction when we touch a hot stove. The same applies with the embrace of a friend or loved one, a handshake or a pat on the shoulders. We Americans love the sense of touch and rarely hesitate to touch one another to comfort, offer support or perhaps just to say you are not alone, I'm here to help you. There are many cultures where touching someone other than a family member is taboo but the friendliness that Americans are known for is legendary and I, for one, am glad.

Touch communicates belonging, tenderness, and warmth which in turns fosters self-confidence, self-worth and poise in a child and it is now known and widely recognized that every child needs to be touched no matter what their age. Few things have ever given me more joy than the feel of a small hand reaching to hold mine as I rode in the back seat with my youngest granddaughter recently. I looked down at that precious tiny hand, closed my eyes and gave thanks for such a moment. The sense of touch is indeed, magical.

What has four fingers and a thumb, but is not living? Answer on pg 12

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.

4/1 Mon lunch—April fools fun and frolic
4/3 Wed 1:30-3:30 Stepping On Class (last class)
4/4 Thurs Center Closed
4/5 Fri Membership Lunch
4/8 Mon lunch—Nifty 90’S celebration
4/11 Thur lunch
4/12 Volunteer luncheon—invitation only
4/14 Thurs lunch
4/19 Fri—Good Friday
4/21 Sun Easter
4/30 Mon lunch—Easter parade with fun & prizes
4/25 Thur lunch
4/29 Mon lunch
5/2 Thur lunch
5/3 Fri—closed for Stockmen’s Show
5/10 Fri Membership meal

Answer from question on pg 9  Short—shorter
Learning new skills

can lead to improved emotional and psychological health. For seniors, learning about new technologies in the world can be a great way to improve your wellbeing. While it might seem overwhelming and confusing at first, these fears can be eliminated with a simple demonstration from your tech-savvy caregiver or grandchild, and the benefits of embracing new technology can far outweigh the reasons to ignore it.

Technological solutions can help keep you safe and healthy, as well as keep you connected with the people you care about. It’s now easier than ever to come together with your loved ones from the comfort of your own home. The use of technology is increasing for those 65 and older, and there are several benefits of technology for seniors that the different mediums provide.

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.

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.

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.

DID YOU KNOW.....The Senior Center is open on Tuesday. The major attraction on Tuesday is the CERAMICS CLASS. These members have a riot working together downstairs. If you haven’t tried working with ceramics, you should stop by and see what they do. They also make some pretty nice things that are then donated for free drawings every month. These folks welcome anybody who has an interest or just want to see what they do on Tuesday and why all the laughing and hooting. Come see for yourself—drop by, at the least you’re in for some heavy laughter. If you just have questions, talk with Sue Anderson during lunch, she also helps Velma direct all of us ‘servers’ who get those great meals passed out to you. Go see some of the fine work they put out. They’d be happy to help you get started too.
Menu Requests for S/S or salad (on alternate Thursdays) must be in the system by the preceding Monday – NOON!!! We cannot get the food ordered for the week after that—you will get the listed meal instead

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

Membership meals: Your dues must be a paid member to participate! **Bring your own plates and silverware**

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**NO MORE ‘PLEASE’!!!!!!!!!**

**JUST**

**STAY OUT OF THE KITHCEN!!**

Due to issues beyond our control, the menu is not available for April—we will have a separate printed menu available

Answer from question on pg 10 (glove)