June 2019 Senior Citizens Newsletter

THANKS TO OUR ADVERTISERS / SPONSORS WHO MAKE THIS NEWSLETTER POSSIBLE

PREPARED BY ‘PEOPLE WHO CARE’
Verna Jo (our Center Director) Cares.... Here she is participating in our Mothers Day ‘Tea’, led by Jan Carlisle—our ‘Southern Bell’
**BOARD OF DIRECTORS**

Senior Center Director, Verna Jo Hollingshead, Directors: Mary Lou Brandon (Board Chair) 801-798-2451 tbrandon@sfcn.org, Roy Anderson (Board, Newsletter) 385 224 2390 text/phone, email roysfnewsletter@gmail.com, Dan Bachler (Board) 801 602 1591, Jan Carlisle *JC (Board) 270 985 8411 |carlisle43@att.net, Jerry Hansen (Board) 801 592 3466, Janice Orr (Board) 801 798 7477, Kaye Poulson (Board, Membership) 801 798 2411, Marie Spencer (Board, Membership) 801 798 3484, Marsha Steggell (Board, Driver) 801 797 6299 marsha.steggell@nebo.edu

There will be a July and August Newsletter available in a box by the front door. July N/L should be available by July 3rd and August should be available by August 6th. If the box is empty or low, please call Roy 385 224 2390 or Verna 801 592 0048, and we will put out some more.

We will close June 20 (after the meal) and reopen Aug 12 Monday for a meal. Membership renewal will begin the week of the 19th and you must be a paid member to participate in the membership meal on Friday Sept 6. Don’t wait til Friday Sept 6 to renew! We need your reservations for this meal by Aug 29th. So make sure you get your membership renewal done.

Let’s all be more understanding and welcoming to new members. If someone is in your normal spot, don’t just push them out. But find a way to welcome them to our Center where we all want to be with ‘People who Care”. Find a way to make them feel welcome... If there just isn’t room near you, help them find a spot where they can be with other members and not isolated. If you can’t do that—find a BOARD MEMBER and we will help find a way to make them feel welcome.

We want ALL SENIORS who come to our center to feel WELCOME. Think about how you felt oh those many years ago and you were new to the center or your new church or other gathering place.

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Couple comments from Jan

People inspire you or they drain you...pick them wisely.
Keep the ones who heard you when you never said a word.

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WHY!!!!!!!!!! Does your nose run and your feet smell?????????????

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"Couple comments from Jan: People inspire you or they drain you...pick them wisely. Keep the ones who heard you when you never said a word."
Christensen Neva is one of our painters at the center and her work is awesome. Take the time to go down and see what the paint group is up to.

Koleen Edins is a new member to the group and has some neat stuff.

The paint group meets every Monday—stop by and visit them. They are always ready to welcome new participants who are interested in learning new things or experienced in sharing their experiences. Don’t be shy – go say ‘Hi’
Reservations **ARE** required for lunch 798-5015  
**June** 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>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>Closed for the summer. Reopen Monday Aug 19. There will be copies of the July and August Newsletter available near the front door.</th>
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<td>5 8:30—3:15 Ceramics</td>
<td>6 10:00 Honey Bee Quilting 10:00 Craft class, if not as if</td>
<td>7 9:30 Choir 12:00 Lunch Birthday Party</td>
<td>8 Closed</td>
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<td>12 8:30—3:15 Ceramics</td>
<td>13 10:00 Honey Bee Quilting 10:00 Craft class, 10:30 Board Meeting</td>
<td>14 9:30 Choir Practice 11:00 Sit Down Exercises 12:00 Lunch</td>
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The Social Security Advisory Board has reported that individuals are receiving scam phone calls displaying the board’s phone number on caller ID. The callers are reportedly attempting to obtain personal information, including Social Security numbers. If you receive this type of call, you should not engage with the caller or provide personal information or money in response to requests or threats.

These callers are employing tactics similar to impersonation schemes involving the IRS, SSA, and the SSA OIG. Inspector General Ennis advises that callers may use a variety of false scenarios or threats to obtain personal information or payments, often requested through gift cards or prepaid debit cards.

The Social Security Advisory Board does not contact the general public to request personal information over the phone. Government employees will never threaten you to obtain personal information or payments.

“This caller-ID spoofing scheme has unfortunately evolved to include the Social Security Advisory Board, but it is the same type of scam, attempting to mislead people by using the trusted name of Social Security,” Inspector General Ennis said. “I encourage everyone to alert your family and friends about how common these scams are, and to be very cautious when speaking with unknown callers, even if you recognize the caller ID.”

Inspector General Ennis urges the public not to provide sensitive information over the phone or internet unless you are certain of who is receiving it. You should also never wire money or add money to a prepaid debit card to pay for any official government service.

Report these calls - (800) 269-0271, Monday through Friday, 10 a.m. to 4 p.m. Eastern Time. You can also report these scams to the Federal Trade Commission through a new site specific to Social Security scams: https://identitytheft.gov/ssa.
<table>
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<tr>
<th>Birthdays for June: # = &gt;90</th>
<th>Blaine Binkerd</th>
<th>Joe Hyde</th>
<th>Carol Righettini</th>
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<tr>
<td></td>
<td>Margarette Cook</td>
<td>Joyce Johnson</td>
<td>Cheryl Roper</td>
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<td>Geisla Clayson #</td>
<td>Marjan Curtis</td>
<td>Annie King</td>
<td>Shela Shepherd</td>
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<td>Mable Shiflett #</td>
<td>Julie Farnworth</td>
<td>Willa McLatchy</td>
<td>Launa Street</td>
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<td></td>
<td>Wendy Hull</td>
<td>Thelma Meyer</td>
<td>Gary Wride</td>
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<td></td>
<td>Howard Hyde</td>
<td>Ron Payne</td>
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People have told me: “Betty, Facebook is a great way to get in touch with old friends.”

At my age, if I want to get in touch with old friends, I need a ouija board.

ANNIVERSARIES - June

<table>
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<tr>
<th>Anniv.</th>
<th>Years</th>
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<tr>
<td>Roy &amp; Sue Anderson</td>
<td>50yrs</td>
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<tr>
<td>Ray &amp; Pat Banks</td>
<td>64yrs</td>
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<tr>
<td>Bob &amp; Stevie Boone</td>
<td>58yrs</td>
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<tr>
<td>Ron &amp; Sharon Braithwaite</td>
<td>55yrs</td>
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<tr>
<td>Ken &amp; Sandra Davies</td>
<td>54yrs</td>
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<td>Phillip &amp; Wendie Whitehead</td>
<td>50 yrs</td>
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On May 7th, Jan Carlisle and her crew, put on a Mothers day tea party with finger sandwiches and other Southern delicacies. They made over 40 special hats for the ladies, and as you can see it was well attended. Thanks to Jan, Verna and the many volunteers who helped put on this annual celebration. Verna Jo set up a beautiful serving table. All in all was a gala Southern Hospitality event.....

Thanks Jan!!!
I don't like to think before I speak. I like to be just as surprised as everyone else about what comes out of my mouth. kc
A DREAM FULFILLED—Jan Carlisle

Long, long ago in the far away land (Georgia) a young girl pulled a large book from a shelf in her high school library and it changed her life. The girl was me (Jan Carlisle) and the book’s title has long been forgotten but the contents have not. It was a book about several of the Renaissance artist; Michelangelo, Leonardo da Vinci, Botticelli and Donatello were the ones I remembered most but the one who stood out above all of the rest, at least to me, was Michelangelo.

This article is about a dream that was buried many, many years ago in that teenager’s mind and heart and two weeks ago became a reality. I’d heard of them of course and even studied them but as with most eighteen year old’s, the names meant little to me and then I opened that book to reveal full page, glossy prints of the Pieta, David and the Sistine Chapel as well as many more works of art and I was lost. From that day forth I was obsessed with Michelangelo’s work. How could anyone, especially a young man in his early twenties create anything so breathtakingly beautiful? So, that was the beginnings of my quest to one day see these great works in person even though I had serious doubts that I would ever realize that dream. Nevertheless, it did not keep me from dreaming.

There are those here in the Spanish Fork Senior Center who have traveled extensively so this might seem like a small trip to you but to me it was monumental and the fulfillment of a nearly 60 year dream. So, as I entered the Galleria Dell’ Accademia in Florence, Italy on Easter Sunday, my heart rate was surely that of a marathon runner at the end of a 5K. The anticipation I felt as I waited in the outer room to where the statue of David was displayed, and tried to concentrate on what our guide was saying, was tangible. After what seemed like an eternity, we were escorted into the main gallery where several unfinished sculptures flanked the long room. At the end, under a dome of natural light stood the 17 foot David and suddenly the room was quiet as my mind blocked out every sound but the beating of my heart and then…the tears came and refused to be controlled. It is difficult to really explain the emotions that I felt as I stood looking up at a piece of art I had dreamed of seeing for decades. He was and is simply SPLENDID!! As Antonio Paolucci stated in his book about David; “It is a nudity that takes to its logical consequences the Biblical text, which speaks of a practically defenseless David who refuses armor and sword and goes into combat without fear because he is certain of divine protection.”

Two days later I would have a similar experience in St. Peter’s Basilica as I came face to face with Michelangelo’s Pieta, albeit behind a sheet of bullet proof glass, and again it left me speechless as I looked at the sculpture of unimaginable beauty. Mary, holding her son with such tenderness and love that it will forever break your heart to look upon it. The graceful folds of her clothes, the broken heart reflected in her expression and then you remember that this was created from a hard, cold block of marble that has been carved to appear so delicate and lifelike that it is unbelievable. The Sistine Chapel was the last of my big three and I have now run out of adjectives to describe the magnificence of the work, the talent, the genius that was bestowed upon the man who created such works of sheer beauty. Art was the main reason I have longed to visit Italy but it was not the only thing I enjoyed. New friendships were made at every turn from a young waiter, named Sebastian that I chatted with each night in the garden of the Inn where I stayed in Venice. I listened as he told me of his travels and of his dream to come to America. Then there were two ladies from San Francisco who had been friends for years and traveled the world together and were two of the first I met but there would be many others. The warmth and courtesy of the people, the music, the smiles and THE BREAD!!! Pizza will never taste the same again and I never passed a gelato shop I didn’t like. It was divine…every single flavor. I especially enjoyed meandering along the side streets visiting one shop after another and I ventured out often…especially early in the mornings to find small outside café to enjoy a pastry or breakfast bread and listen to church bells greet the new day. Of course there was the lovely gondola ride where we were serenaded to by a young tenor and the accompanying accordion player as we glided along the canals and waved to people having dinner at the cafes or standing on the many bridges along the canals in Venice. (cont. on next page >
Each country has its own unique beauty but this was ancient beauty. Antiquity on display everywhere you looked, especially in Rome. The coliseum was unforgettable both for its size and the savagery that occurred there and then there was the Trevi Fountain that was the opposite and was sheer beauty personified. I hope I saw it all with my heart and soul and not like a tourist rushing past each site so that I could say I’d been there. I’ll never make this kind of trip again (my mind and heart are willing but my body begs to differ) so I will savor each moment, each sight, taste and smell to revisit when, in the future, I might need a smile, I’ll have only to close my eyes and see David standing as he has for hundreds of years, as magnificent as ever and yes, a tear will surely escape and join the smile I will be wearing. It was a dream come true and I owe its fulfillment to my four wonderful children who made sure it would come true.

“I saw an angel in the marble and carved until I set him free.” Michelangelo

Words are, in my not-so-humble opinion, our most in-exhaustible source of magic.

Thanks for sharing Jan..............
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.

6/3 M Lunch
6/6 Th Closed
6/7 F Membership Lunch
6/10 M Lunch
6/12 W Board Meeting
6/13 Th Lunch
6/17 M Lunch
6/19 W Wendover Trip
6/20 Th Lunch—Last Day
Center is closed for Summer until Aug 12 M Lunch

Below—more from Jan Carlisle Italy trip
Facebook and a False Sense of Security - If you are an older adult or a family member helping a senior loved one master social media, learning more about safety is important. It’s easy to think that because you are connecting from the comfort of your living room you are safe. The reality is that con artists and scammers often use social media channels to identify potential targets.

Here’s what you can do to keep your loved ones from falling victim to a scam or fraudulent scheme.

Accept friend requests only from people you know. It is common for people to receive friend requests from strangers on Facebook. Sometimes it’s just a friend of a friend trying to meet new people. But other times it might be a con artist posing as an older adult. They are looking for ways to connect with seniors who they perceive to be lonely and more receptive to connecting. A good rule of thumb is not to accept friend requests from anyone you don’t know off-line.

Have strong passwords. If you’ve been on Facebook for any length of time, you’ve probably noticed the same friends getting their account hacked over and over again. One potential reason why is because they don’t have a strong password. The best passwords utilize upper and lowercase letters, numbers, and symbols. Avoid children’s names, birthdates, and pet’s names.

Learn how to use privacy settings. Putting personal information on Facebook can put you at risk if you don’t have privacy settings enabled. Make sure you or your senior loved one set up the account so only friends can view it.

Click with caution. People often share articles and news stories on Facebook. You can click on a link to read the full article. But some of these links can take you to risky sites or cause malware to download. Exercising caution and only clicking on reputable sites can protect you and your data.

Be suspicious of Facebook private messages. If you or your senior loved one receive a private message from someone you don’t know, it could be a scam. Sometimes messages that look like they are coming from a friend are actually from someone who has hacked a friend’s account. In general, you should be cautious of any and all messages you receive via Facebook.

Use Facebook’s block and unfollow options. It’s no secret that Facebook has become increasingly polarized and political. If you are tired of seeing a friend’s messages, you can unfollow them and they won’t be able to tell. You can also use the block option to completely block someone from seeing your messages or contacting you via messenger.

If you’d like to learn more about Facebook, e-mail, or other online activities, we have computers available at the center—come learn how to safely use them.

Did you find ‘your name’ in the word search on page 10??? ‘YOURNAME’
**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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<tr>
<th>Monday</th>
<th>Thursday</th>
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<tr>
<td><strong>Jun 3 M</strong> Cheeseburger Soup, Carrot and Celery w/Ranch, French Bread, Fruit Cup, Cookie</td>
<td><strong>Jun 6 Th.</strong> Closed</td>
<td><strong>Jun 7 F</strong> Membership Meal—Beef Pot Roast, Potatoes &amp; Beef Gravy, Peas &amp; Carrots, Roll, Yellow Cake, Chocolate Icing</td>
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<td><strong>Jun 10 M</strong> Chicken Sandwich, Baked Beans, Paota Salad, Fruit Cup, Utah Truffles</td>
<td><strong>Jun 13 Th</strong> Picnic, Sport spark Veterans Pavilion—Box Lunch—Ham &amp; Cheese Hoagie, Potato Chips, Pickle &amp; Olive, Fruit Cup, Cookie, Bottled Water &amp; Lime</td>
<td><strong>Jun 14 F</strong> —Closed</td>
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<tr>
<td><strong>Jun 17 M</strong> Fathers Day—BBQ Ribs, Potatoes &amp; Country Gravy, Chuck Wagon Corn, French Bread, Orange, Utah Truffles</td>
<td><strong>Jun 20 Th</strong> Beef Tips &amp; Gravy, Baked Potato w/Sour Cream, Green Beans, French Bread, Cup Cake OR Soup &amp; Sandwich, 1/2 Ham Sandwich, Potato Chowder</td>
<td><strong>Jun 21 F</strong> The Center is Closed for the Summer and We will have our next meal Monday Aug 20</td>
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**Dixie’s Culinary Corner**

**Recipe**

2 lb. Hamburger 
Medium Onion—Chopped 
1 15 oz Can Corn 
1 15 oz Can Kidney Beans 
1 15 oz Can Pinto Beans 
1 15 oz Black Beans 
Small Can Chopped green Chilis 
1 15 oz Can Tomato Juice 
1 15 oz Can Diced Tomato with Juice 
1 Pkg Mild Taco Seasoning

Brown Hamburger with Onions 
Drain, Add all ingredients together 
Heat to Lo Simmer on Low for 10 minutes 
Serve Over Chips, or Tortilla, with Corn Chips 
Top with Grated Cheese and Sour Cream.

Come participate in things ceramics Painting Quilting Card games Family History Computers

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One of the happiest moments in your life is when you find the courage to let go of what you can't change.