August 2019 Senior Citizens Newsletter

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WHO MAKE THIS NEWSLETTER POSSIBLE

PREPARED BY ‘PEOPLE WHO CARE’

DID YOU KNOW? AUGUST 21, 2019 IS NATIONAL SENIOR CITIZENS DAY

The Board of Directors and Center Staff welcome you back to
YOUR SENIOR CENTER ON MONDAY AUGUST 12
for our congregate meal.
You’ll see all your friends and be able to share what went on
over the break with them.

The ‘dog days of summer’ -

According to the *Old Farmer's Almanac*, while you can find online and also on your old-
est relative’s oak bookshelf, the "dog days of summer" refer to the period between July 3 and August 11 when the "Dog Star," Sirius, rises just before the sun. This is called
deliacal rising..

Contrary to popular belief, the dog days of summer have nothing to do with weather
or temperature. They just usually happen to fall on the hottest days of the year — even
though plenty of our hottest days occur after August 11, causing many to misidentify the
dog days as the final weeks of summer. Friends, that's just not true!
Most of us know we own too much stuff. We feel the weight and burden of our clutter. We tire of cleaning, managing, and organizing. Our drawers don’t close, our closets are filled from top to bottom, and we can’t fit cars in our garages. The evidence of clutter is everywhere.

Studies estimate that most people only use about 20% of the things they own. According to professional organizer Regina Lark in an LA Times article, the average household has 300,000 things, from paper clips to ironing boards. The United States has more than 50,000 storage facilities, more than McDonald’s and Starbucks combined, according to SpareFoot. Currently, there is 7.3 square feet of self-storage space for every person in the nation. It is tangibly possible that every American could stand — all at the same time — under the cover of self-storage roofing.

For those seniors transitioning to a new chapter in life, decluttering and downsizing can be a daunting as well as an emotional experience for them and their families. The longer someone lives in their home, the more belongings they collect. However, with a little planning and preparation, downsizing and decluttering can be a liberating and satisfying experience for all involved. Here are some tips to get you started.

Enlist the Kids

Before the process gets underway, ask adult children to reclaim and remove any of their own items. Also consider if this is a good time to pass along family heirlooms, which will hopefully deter unforeseen family feuds in the future. It can be deeply rewarding to watch loved ones appreciate the history and sentiment of a meaningful gift.

Look at Large Items

Begin with large items such as furniture. Determine which pieces are no longer needed. Then devise a plan to either pass them along to family, sell the items, or donate them to charity. Once the large items are removed, the overall task will appear much easier.

Sort It Out

Creating a system before organizing and downsizing the rest of the home can help the process go smoother. This can be as simple as getting large boxes for each room and labeling them as keep, donate, gift, or throw away.

Ask for Help

Ask your spouse or kids to help you go through your items and decide what to keep and what to get rid of. Some items you find difficult to part with may not be the things that your children want: books, figurines, antiques, silver, and china. Keep a few meaningful mementos, but consider parting with the items your kids aren’t interested in inheriting.

Consider Safety

Whether you’re moving to a new place or preparing to age in your current space, it’s important to consider safety factors as you age. Clutter is a tripping hazard for seniors, so keep this in mind as you parse through items. It might be time to remove throw rugs, cords, and coffee tables.

New Home

If you’re downsizing, evaluate your square footage in determining what to keep. That massive king-size sleigh bed might not be suitable for a modest bedroom. Smaller storage space might mean getting rid of clothing you haven’t worn in years, and consolidating family photos and paperwork by transferring them into digital files for easy access.

Does It Spark Joy?

Through her books and Netflix show, popular Japanese organizing guru Marie Kondo helps Americans declutter with the KonMari method of throwing out items that don’t spark joy. Ask yourself if the items make you happy. If they do, keep or move them to your new space. If not, it’s time to toss.

Once the decluttering and downsizing process is complete, the outcome may surprise you. Fewer items to clean, maintain, or store, means more time for hobbies, travel, or new adventures. Less can be more!
Beware of these scam calls. My daughter's name was used in an effort to scam her grandparents out of a substantial amount of money. It was a 2-call process: 1. A call from a female claiming to be my daughter saying she was arrested and her bail was set at $50,000; 2. A call from someone claiming to be an attorney stating $5,000 was needed immediately along with some threatening and scary tidbits to really pull on the heart strings for her grandparents compelling them to want to pay. Thankfully, her grandfather is a retired police officer and knew better. Everyone got phone calls and messages "just to make sure" and, of course, she was/is fine right where she should be. There were lots of holes in the story, there were tell-tail signs of it being a scam; such as, the phone numbers used. This is what I'm wanting: TELL YOUR ELDERLY FAMILY MEMBERS AND NEIGHBORS!!! Listen, these are the loving ones, the ones who are preyed upon because as time goes by and children grow up they often talk to their grandparents less and less, but grandparents love them just as fully, making them targets for scams like this. TELL YOUR FRIENDS AND NEIGHBORS WHO DON'T SPEAK ENGLISH SO WELL. They are also easily manipulated out of fear and misrepresentation. TELL YOUR LOVED ONES WHEN YOU'RE TRAVELING. These people were hoping nobody knew the whereabouts of my daughter, didn't realize we have a GIANT family and we all generally know what's going on with each other. They were hoping to fool an elderly couple out of a substantial sum of money by using the name of a grandchild they were hoping was out of regular contact. It's a very scary phone call for someone to receive. This and the scam of telling parents their child/teen has been abducted demanding ransom—ask for proof of life and involve the authorities always. Many parents have had the life scared out of them, then find out that their child/teen was never actually in danger. SO. TALK. TO. EACH. OTHER. Explain how these scams work so our elderly loved ones are armed with truth. Tell people where you'll be when you go places so your family is protected from evil like this.
Jan Carlisle—Optimism

I heard a story once about a man who always put his spectacles on when he was about to eat cherries so that they might look bigger and more tempting. In like manner, I try to make the most of my enjoyments and pack away my troubles in as small of a case as I can. I’m paraphrasing this thought from Robert Southey, the poet, but isn’t this a much better way to greet each day?

Optimism; The dictionary says that it is hopefulness. Yes, but it is so much more. When we arise from our sleep each morning we have a choice to make that will determine how happy or miserable our lives will be and to a large degree, our health.

Optimism vs. pessimism. The term pessimism is derived from the Latin word for worst, pessimism, and is defined as a state of mind, wherein a person’s perception of life is predominantly marked by negativity. We all know people like this just as well all know those on the other end of the scale; those whose view any situation always inclined to the brighter side of life.

So, do you view the glass of water as being half-full or half-empty? The answer will give you a hint of how you view the world and your life. Indeed, a cheerful disposition can help you get through the tough patches that cloud every life, but do people who see the glass half-full also enjoy better health than gloomy types who see it half-empty? In a recent study researchers found that over a two year period, people who had a positive outlook were much more likely to stay healthy and enjoy independent living than their less cheerful peers.

All you have to do is look around our Senior Center to see this on display every day. Yes, I see a few who have made the choice to see that half-empty glass but for the most part, our fellow seniors wear smiles and you hear laughter throughout the time that we are together. I see people who have weathered gut retching loss and very hard lives who are survivors simply because they are optimistic and think that today or tomorrow will be a better day. It IS a choice and it is one we make every single day. I am constantly amazed at the number of 80’s and 90+ seniors we have here at our center and they are an inspiration to me. They dance, they laugh and they inspire all of us to look to the future, no matter how long that might be, with a happy heart and sparkle in our eyes and steps. No one gets out of this life unscathed but we all have a choice of how deeply those scars will affect our lives. It is not always easy but to have a happy heart will serve you well…I promise.

Roy Bennett said it best when he wrote: “Don’t waste your time in anger, regrets, worries, and grudges. Life is too short to be unhappy.”
The U.S. Department of Health and Human Services Office of Inspector General is alerting the public about a fraud scheme involving genetic testing.

Scammers are offering Medicare beneficiaries cheek swabs for genetic testing to obtain their Medicare information for identity theft or fraudulent billing purposes. Fraudsters are targeting beneficiaries through telemarketing calls, booths at public events, health fairs, and door-to-door visits.

If a beneficiary agrees to genetic testing or verifies personal or Medicare information, a testing kit is sent even if it is not ordered by a physician or medically necessary.

Protect Yourself - If a genetic testing kit is mailed to you, don't accept it unless it was ordered by your physician. Refuse the delivery or return it to the sender. Keep a record of the sender's name and the date you returned the items.

Be suspicious of anyone who offers you free genetic testing and then requests your Medicare number. If your personal information is compromised, it may be used in other fraud schemes.

A physician that you know and trust should approve any requests for genetic testing.

Medicare beneficiaries should be cautious of unsolicited requests for their Medicare numbers. If anyone other than your physician’s office requests your Medicare information, do not provide it.

Heard the term ‘Riding Shot Gun’?

Current general meaning is to claim the right to sit next to the driver in the front seat.

Calling ‘SHOTGUN’ when riding in a car comes from the term ‘shotgun messenger’ which was used to refer to the guard who sat next to the Stagecoach driver. The guards would use a shotgun to keep robbers and criminals away. It made its way into society due to Hollywood’s love of Western Flicks!

(Sue Anderson)
From our Director—Verna Jo Hollingshead

Our Advisory Board has chosen Monday August 19th, to host a New Membership Open House, luncheon. Not only are each Board Member inviting a friend, but we request that any senior (member or nonmember) invite a senior, to be their guest for lunch (at no charge) and take their guest on a tour of our Center. Reservations are required, as usual, to ensure we will have enough to serve our guests. Reservation contact information 801.798.5015. We will not be able to accommodate, if no reservation is made. There are literally thousands of seniors in our and surrounding communities, that would benefit from coming to our center for lunch, and/or activities and interaction/socializing. Please feel free to invite your senior friends and neighbors- Come and “Surround yourself with people who care!”

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On December 19th, 2019, the Stephen Beck, Jr. Achieving a Better Life Experience Act (ABLE) will be five years old. Why are we excited? Because this five-year-old has influenced 41,000 people to open ABLE accounts that can earn tax-free income.

The ABLE Act allows an estimated eight million Americans with disabilities to save money for qualified disability expenses for their short-term needs and long-term future. ABLE account holders can use the funds for qualified disability-related expenses including housing and maintenance, as well as costs related to employment, transportation, health, technology and financial and benefits planning.

Forty-two states and the District of Columbia have ABLE programs. Even if your state hasn’t established an ABLE program, you can enroll in any state’s program, if they accept out-of-state residents, which many do. State ABLE programs are managing more than $220 million in savings and investment accounts.

These ABLE savings accounts will largely not affect your eligibility for Supplemental Security Insurance (SSI), Medicaid and other public benefits. ABLE account owners, who are SSI beneficiaries, are no longer stuck in a life of poverty or have to face the $2,000 asset limit and be disqualified from receiving SSI benefits.

Beginning last year, the ABLE National Resource Center (ABLE NRC) established its national ABLE Ambassadors to help millions of ABLE-eligible individuals and families learn that there are ABLE account holders very similar to them. And ABLE accounts grew by almost 17 percent in the fourth quarter last year, while assets under management grew by 19 percent for the same period.

To learn about ABLE accounts and state ABLE programs, please visit the ABLE NRC at www.ablenc.org, which is managed by the National Disability Institute. The website has information on how to become ABLE ready, a state ABLE program comparison tool and guidance on setting short- and long-term financial goals. More than one million individuals took advantage of the resources on the ABLE NRC website last year. The ABLE program should not be the best-kept secret in the disability community. Help spread the word!

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REMEMBER—Membership renewal starts Aug 12. Remember all the good times, invite your friends to share in all these upcoming good times, trips, movies, meals, entertainment and just good ole friendships.
Birthdays for August:
# = >90    *=new member
Shauna Atwood
Joyce Creer
Ann Davis
Bonnie Davis *
Carma Davis
Roy Evans
Ila Gibson
Evan Henderson
Martin Houck
Lee Johnson
Linda Koyle
Barbara Mobbs
Sheila Painter *
Newell Richardson
Nadine Staheli
Ruth Swenson #
Melanee Waters

Evelyn Webb

ANNIVERSARIES -
August:
Keith & Mildred
Graham  64yrs

Ron & Lee
Lisonbee  66 yrs

Gary & Evelyn
Webb  61yrs

Don’t get confused between my personality and my attitude. My personality is who I am, my attitude depends on who you are.
Comments from our Director

At our last congregate meal before closing for the summer, I looked out over the audience. My eyes beheld a variety of wholesome, caring people, the kind you’d be proud to call your “Family”!! My heart filled with joy at all of the precious happy faces, of not just any seniors, but “my Seniors” laughing, sharing funny stories and a room full of loving friends, hugging as family. Senior Centers are meant for the Senior community to come together, have a place of refuge… a place to relax, be carefree (if you will) for a brief moment, enjoy some entertainment, and not only to feed the palate, but to fulfill the soul. May I just say what a privilege and blessing it is to be able to work for you and with ;you, my personal treasure chest family of friends! I love each and every one of you! Thank you for sharing this memorable rollercoaster of a year, and now I look forward to the explorations and adventures that we will experience together beginning in August. Thanks-you, thank-you for your examples of kindness, loving hearts, patience and integrity!! HUGS, Verna Jo

The BROTHER QUOTE
At the heart of all that civilization has meant and developed is ‘community’ - the mutually cooperative and voluntary venture of man to assume a semblance of responsibility for his brother (or in our case—fellow senior)

Things to always remember
The past can’t be changed, so make peace
With your past so it does not affect the present
Opinions don’t define your reality
Everyone’s journey is different
Judgements are not about you
Overthinking will lead to sadness
Happiness is found within
Your thoughts affect your mood
Smiles are contagious
Kindness if free
It’s okay to let go and move on
What goes around comes around
Things always get better with time
Time heals almost everything
Give it time

Don’t do something permanently stupid just because you’re temporarily upset
Riddle of the day

A man was found murdered on Sunday morning. His wife immediately called the police. The police questioned the wife and staff and go these alibis:

The wife said she was sleeping
The cook was cooking breakfast
The gardener was picking vegetables
The maid was getting the post
The butler was cleaning the closet

The police instantly arrested the murderer. Who did it and how did they know???? (see pg. 12 for answer)
# August 2019 Center hours 8:30—4:00 (Except Tues 8:30—3:30)

Billiard room, exercise room, jigsaw 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)

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<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
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<th>FRI – Normally Closed</th>
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<td>5</td>
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To make things easy at membership renewal. If you are just renewing and all your information is unchanged, bring a check. With your information it. Make the check payable to SF Senior Center and drop it in the designated box. The membership crew will process your receipt during slower times and we will get your receipt and your new name tag to you shortly.
Several years ago...WAIT, let’s be honest here. It was a bit longer than several years ago. I’ll start again. Many, MANY years ago, I was a young single mom to four sweet children and as rewarding as it has been to play the role of mom and dad, there were times that the challenge threatened to overwhelm me. After a full day of working with people who would try the patience of Job, I would come home to a chorus of what’s for dinner, mama, I have a science project due tomorrow, scouts are in 30 minutes, I need two dozen cupcakes for our outing tomorrow and so forth and so on. I felt as if I was pulled into a thousand different directions at once until one day I had an epiphany. I called all of my children together for our first ever FAMILY MEETING.

“I need help,” I said with a smile, “and I have a plan and guess what?” I added, “it is going to be FUN.” Silence. I was met with deafening silence. I suppose they remembered that my idea of fun and their idea of fun were as far apart as different planets.

“Okay,” I admitted, “not exactly going to the fair type of fun but...” I paused and then made a decision to just be honest. “I NEED your help...badly.” That brought a different expression to their sweet faces and everyone relaxed.

I explained my needs and we all discussed each area that needed to change and improve and we slowly came up with a plan. First, we would begin relying on the seldom used crock pot. Working together we made a dinner plan for the week and then it was decided to put our main meal on in the trusty old crock pot each morning so that by the time I came home, it would be ready. Assignments were made on who would set the table while someone else would be in charge of putting together side dishes that required not cooking (like salads.)

But THE most important changes that we decided on was that once I arrived home, the first 30 minutes would be my alone time. I would not be met with any demands or problems or request. After the usually greetings and hugs, I retreated into my bathroom where I would put my favorite tape (long before CD’s or Pandora) of Pavarotti, filled the bathtub with relaxing bubble bath oils and sink beneath the soothing water with eyes closed while the wonderful tenor’s voice and the soothing water eased the days stress from my mind and body. Thirty minutes; that’s all it took to prepare me for the most important calling that I have ever had and that was to be a good mom. I emerged from the bath a half hour later a new woman; ready to take on every problem that needed to be addressed from those who needed their mom to be there 100%. I was relaxed and with the help of my trusty crock pot, dinner was ready and the problems of my world seemed to be more of a hill instead of the Rocky Mountains. I learned several valuable lessons when I realized that in order to take care of those who needed me, I had to first take care of myself. Others might find different ways to cope with what seems at times to be insurmountable challenges but for me, as a young single mom, a crock pot and a bubble bath were the answers to my prayers.

“Happiness is as a butterfly, which, when pursued, is always beyond our grasp, but which, if you will sit down quietly, may alight upon you.”

The most dangerous animal in the world is a silent, smiling woman.

Not to brag but I haven't had a mood swing in, like 7 minutes.

Always believe that something wonderful is about to happen.

You don't have to attend every argument you are invited to.

There has been some discussion regarding the crew who does the ceiling decorations and the table setups and teardowns. We are all getting older and could use some additional help. Please contact Blaine if you can help. Also the ceiling decorations—what do you think about them? They require ladder work. Keep them, stop them, change them, suggestions???
Menu
Requests for salads 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**

<table>
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<tr>
<th>Date</th>
<th>Meal Description</th>
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<tr>
<td>Monday Aug 12</td>
<td>Salisbury Steak, Potatoes &amp; Gravy, Buttered Carrots, French Bread, Fruit Cup,</td>
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<td>Tapioca Pudding</td>
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<td>Thursday Aug 15</td>
<td>Shepards Pie, Cole Slaw, French Bread, Oranges, Cake and Ice Cream</td>
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<td>Friday Aug 16</td>
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<tr>
<td>Monday Aug 19</td>
<td>Luau Hawaiian Haystack, Marinated Carrots, Kings Hawaiian Roll, Sorbet Shell,</td>
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<td>Cherry Fruit Cup</td>
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<td>Thursday Aug 22</td>
<td>Picnic Ham &amp; Turkey Hoagie, Mustard, Chips, Pickles, Olives, Fruit Cup,</td>
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<td>Friday Aug 23</td>
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<td>Monday Aug 26</td>
<td>New Member Recognition Ham, Scalloped Potatoes, Peas &amp; Carrots, French Bread,</td>
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<td>Oranges, Cheese Cake</td>
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<td>Thursday Aug 29</td>
<td>Spaghetti, Green Salad, Green Beans, French Bread, Fruit Cup, Chocolate</td>
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<td>Pudding</td>
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<td>Or Chef Salad</td>
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<td>Monday Sept 2</td>
<td>Closed Labor Day</td>
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<td>Thursday Sept 5</td>
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<td>Friday Sept 6</td>
<td>Membership Lunch, Baked Chicken Breast, Potatoes &amp; Chicken Gravy, Buttered</td>
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<td>Baby Carrots, Roll, Cake</td>
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**Dixie’s Culinary Corner**

**ZUCCHINI BREAD**

- 3 eggs
- 2 cups sugar
- 1 cup oil
- 2 cups grated zucchini
- 1/2 sour cream
- 3 Cups flour
- 1/4 tsp baking power
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 cup chocolate chips

Beat eggs, sugar, oil; add sour cream and zucchini. Mix dry ingredients together. Add to wet ingredients. Add Chocolate Chips. Bake in 2 bread loaf pans at 350 degrees for 80 minutes. Cook on rack

The maid did it—there’s no post on Sundays