Spanish Fork Senior Center
“Surround Yourself With People Who Care”

167 W Center
Spanish Fork, Ut 84660
SPANISH FORK SENIOR CENTER

September 2019 Senior Citizens Newsletter
THANKS TO OUR ADVERTISERS /SPONSORS
WHO MAKE THIS NEWSLETTER POSSIBLE
PREPARED BY ‘PEOPLE WHO CARE’

HAVE YOU RENEWED YOUR MEMBERSHIP!!!
Get it done!!

GUESS WHAT!!!!!!!
The Spanish Fork Senior Center now has a Face Book Page
Facebook.com/SFSeniorCenter

Plus its own area on the Spanish Fork City website.
www.spanishfork.org/seniorcitizencenter

There are copies of the newsletters and lots more stuff.
Get on one of the computers at the center and have a look

ALL MEMBERS –please make sure the center has your current phone or cell phone number and email address—we’re gonna drag you into the digital world eventually

Never regret a day in your life:
Good days give happiness
Bad days give experience
Worst days give lessons
And best days Give memories

www.spanishfork.org/seniorcitizencenter
**Inca Ice Maiden Discovered**

On 9 September 1995, the mummy of a young girl, sacrificed to a mountain god 500 years ago, was discovered on top of Mount Ampato in Peru. The body was found along with other objects that were meant as offerings to the gods.

**Why is the discovery of the Ice Maiden an important scientific discovery?**
The Ice Maiden had been persevered because it was high up in the mountains in freezing conditions. The frozen, freeze-dried, and partially dehydrated body provided archaeologists with good biological information including what the girl ate before she died and how healthy she was.
The objects found with the Ice Maiden, bowls, pins, and figurines made of gold, silver, and shell, helped scientists to understand more about the life and beliefs of the ancient Inca culture.

Her clothes helped in reconstructing daily life.

**What are you leaving behind for future archaeologists to discover?**
Through discoveries we have a greater understanding of our past. What would you put in a time capsule to help future archaeologists learn about daily life today?

Penny Christensen took a trip to Italy and here are a couple pictures. She would be more than happy to share dozens more if anyone is interested. We are going to try and use the new video system and monitors to share the pictures also.
Congratulations to Neva Christensen for taking **BEST IN SHOW** at the Utah County Fair with her painting.

And Margarett Cook, who took 5 **FIRST PLACE AWARDS** in different categories—ceramics, painting, and creative arts.
It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of light, it was the season of darkness, it was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us, we were all going direct to Heaven, we were all going direct the other way…”

This antithesis, from A Tale of Two Cities by Charles Dickens, could have been written about almost any age, even the one we live in today. The world Dickens described was in 1775, at the same time this nation was being born, yet if we think of all that is happening in the world today we can certainly see that his words still apply. I have always been powerfully fascinated that we, as nations, can enjoy all that has been provided for us (i.e. beautiful rivers, majestic mountain ranges, endless seas, bountiful food supplies, and breathless sunsets) and still find time for destruction of our fellow man and all of the gifts listed above. An even larger question is...WHY?

Sir John Dalberg-Acton wrote, “Power corrupts and absolute power corrupts absolutely.” So why do so many people throughout the world continue to bestow absolute power on one person or perhaps a few? You would think we all would have learned by now but apparently we, as a species, have not.

In my little corner of the world it has been a perfectly glorious few days with bright sunshine, albeit cold but with the promise of warmer days somewhere out there waiting to arrive. I can close my eyes and doze as the sun spills in from the window and surrounds me. Yet I can scarcely enjoy dozing for thinking of all of the places in this beautiful world where a carefree day such as the one I’m enjoying is but a dream. I sat utterly transfixed as I pondered the thought and a great whiplash of emotion suddenly swept over me. With eyes closed I became aware of something more silent than silence. I knew in that moment I was experiencing something so many had never known...peace.

PEACE. I had never known anything but peace. Oh, I was born during WWII and I had lived through the Korean War and Vietnam but the effects of those conflicts had never touched me...not really. The closest it came to my world was the loss of classmates in Vietnam but I had never known the horrors of war...of my country being occupied.

I find that I often offer thanks for my children, grandchildren and great grandchildren and for the bounty of love and food and shelter that I enjoy but I'm afraid I sometimes take PEACE for granted. Peace protects us; however, there are many types of peace. There is, of course, the peace as described above but there are other types of peace and their destruction can harm us just as badly as any other. Lack or loss of inner peace can destroy us as quickly as war and this is a type of peace we CAN control. We may never possess the power to prevent our country from becoming involved in another military conflict again but we CAN control the inner peace of our own soul...our own mind.

Love and peace of mind DO protect us, you know. They can allow us to overcome all sorts of problems that invade our lives. We can learn to survive and live and to have the courage to confront another day...another siege upon our hearts and minds and sanity. I have no control over what others do, say and think. I do, however, have COMPLETE control over my own thoughts and actions and long ago I made a promise to myself to never...EVER allow others to destroy my inner peace. Dr. Wayne Dyer summed it up perfectly when he wrote, “Peace is the result of retraining your mind to process life as it is, rather than as you think it should be.”

No one else can give you this peace. Your children, spouse or friends cannot...YOU have to find it, hold on to it and protect it with all of your might. Find a way to reach that peace. I’ve always loved the ocean and few things bring me inner peace more than to be near the timeless sea as she sings to me. The ocean is one of the delights for the human eye. The seashore is a theater of fluency. When my mind is entangled, it is soothing to walk by the seashore, to allow the rhythm of the ocean inside me. It disentangles my netted mind as few things can. The false divisions are relieved, released and healed. We each must find our own way...to peace.

JC
Blast from the past. Some of you might remember this old senior center calendar from a few years back. Who is this wild man????????

Lloyd Nilson today.

Anyone have anything they’d like to share from the past with all our new members or just to reminisce? Please contact Roy 385 224 2390 or find me at the center—just ask at the check in table.
Upcoming items that you may want to participate in

9/2  Monday Labor day—Center Closed
9/3  Tuesday Ceramic group bus trip
9/5  Thursday Center Closed
9/6  Friday Membership Meal and Jenni Around the World—Congo
9/9  Monday Congregate meal, with special desert and celebrate National Seniors Month, with Tommy George entertainment
9/11 Wednesday Senior Center Board Meeting. Talk to your board members—tell them what you think—good and bad so we can better understand what our seniors think, need and want.
9/12 Thursday Congregate meal-celebrate September Birthdays
9/13 Friday -Sock Hop Dance 6-8 pm, reservations required (call the center) - wear your gaudiest socks and come ‘bogey down’. Light refreshments will be available.
9/16 Monday Congregate meal—Dermatologist Cancer Screening all Day
9/18 Wendover Trip—Sign up required. Come join your friends for a bus trip to Wendover for some light gambling if you’re so inclined, a fresh lunch, and just some good comradery.
9/19 Thursday Congregate meal with special entertainment from our own choir featuring Disney entertainment.
9/23 Monday Congregate meal
9/26 Thursday Congregate meal
9/27 Friday—Fall foliage trip to Sundance—sign up required
9/30 Monday-Congregate meal—UVU health screening
10/3 Thursday Center Closed
10/4 Friday Membership meal—Jenni around the world
10/7 Monday Congregate meal
10/9 Wednesday—Senior Center Board Meeting—-—-—-Pot Luck Paint Party
10/10 Thursday Congregate meal
10/11 Friday—Fall Foliage Trip
10/12 Saturday—Pickleville Theater Addams Family
10/14 Monday Congregate meal
10/17 Thursday Congregate meal, October Fest
10/21 Monday Congregate meal
10/24 Thursday Congregate meal—Flu Shots available
10/25 Friday Cowboy Poetry
10/26 Sat—WITCHAPOLOZA
10/28 Monday Congregate meal—Halloween party during lunch with games and prizes
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

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Today I found out that If you treat others the way they treat you...

They seem to get very upset.
ALZHEIMER’S STUDY—This may be something worthwhile to share with your grandchildren

Results from a study of nearly 60,000 individuals suggest those at higher risk of developing Alzheimer’s disease due to family history may demonstrate changes in memory performance as early as their 20s.

Researchers gathered the data through an online word-pair memory test called MindCrowd, one of the world's largest scientific assessments of how healthy brains function.

Study data suggests that those with a family history of Alzheimer’s disease, and who are younger than 65, on average do not perform as well as their peers who do not have a family history of Alzheimer’s, the most common form of dementia.

The study results suggest that the family history effect is particularly pronounced among men, as well as those with lower educational attainment, diabetes, and carriers of a common genetic change in APOE, a gene long associated with Alzheimer's disease risk.

While family history has previously been associated with the risk of Alzheimer’s, this is the first study of its kind, and in these numbers, that indicates this risk can be detected up to four decades before the typical age of onset. The study looked at 59,571 MindCrowd participants aged 18-85, and the effect of family history was shown across every age group, up until age 65.

“In this study we show that family history is associated with reduced paired-associate learning performance as many as four decades before the typical onset of Alzheimer’s disease,”

Because there is no cure or proven way of slowing progressive memory-loss among those with Alzheimer’s, early indicators of the disease can help those at risk to focus on ways to help stay off dementia.

“Risk reduction for Alzheimer’s disease is now more critical than ever due to the continued lack of a cure or effective disease-slowing treatment,”

“This study supports recommendations underscoring the importance of living a healthy lifestyle and properly treating disease states such as diabetes... Our findings specifically highlight the positive effects of such interventions for those with a family history risk of Alzheimer’s, opening the door to the development of more targeted risk-reduction approaches to combat the disease.”

“It should be acknowledged that that web-based studies are not without concerns. However, we propose that the advantage of considerably larger sample sizes and enriched participant diversity in online research mostly diminishes the potential disadvantages,”

The MindCrowd study (www.mindcrowd.org) began in 2013. By August 2018, it had nearly 60,000 qualified participants, whose performance is reflected in the study. Today, more than 115,000 people, aged 18-95 — from all 50 states and 150 nations around the world — have completed the MindCrowd assessment.

MindCrowd cannot tell you if you have Alzheimer’s. What it does give researchers is a set of data baselines about how people not suffering from the disease perform at different ages; among men and women, among those with quick and slow physical responses, among those who smoke and those who don’t, and among many other demographic, lifestyle and health factors.

Establishing these baselines will help researchers to more properly evaluate Alzheimer’s patients and usher in a new era of what the MindCrowd developers describe as Precision Aging.

Alzheimer’s is a progressive neurological disorder that typically presents clinically as deficits in memory and thinking. It is estimated that more than 5 million Americans are living with Alzheimer’s, and that by 2050 that number will nearly triple to almost 14 million.

MindCrowd cannot tell you if you have Alzheimer’s. What it does give researchers is a set of data baselines about how people not suffering from the disease perform at different ages; among men and women, among those with quick and slow physical responses, among those who smoke and those who don’t, and among many other demographic, lifestyle and health factors.

THE 3 C’S OF LIFE—Choices, Chances, Changes.

You must make the CHOICE, to take a CHANCE, if you want anything to CHANGE.
EMPLOYEE OF THE MONTH

Melanie Waters has been in our Kitchen for 7 YRS, helping prepare those great meals for us. When she is not working, her and her husband spend their time camping and going on cruises.

Please take a minute to say ‘Hi’ - thanks for taking care of us.

5 W’s of Life

WHO you are is what makes you special. Do not change for anyone.

WHAT lies ahead will always be a mystery. Do not be afraid to explore.

WHEN life pushes you over, you push back harder.

WHERE there are choices to make, make the one you won’t regret.

WHY things happen will never be certain. Take it in stride and move forward.

Think about it

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<table>
<thead>
<tr>
<th>Date</th>
<th>Activity Details</th>
</tr>
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<tbody>
<tr>
<td>September 2019</td>
<td>Center hours 8:30—4:00 (Except Tues 8:30—3:30)</td>
</tr>
<tr>
<td>FRI</td>
<td>Normally Closed</td>
</tr>
<tr>
<td>MON</td>
<td>Oil Painting all day, 9:00 Tai Chi, 10:15 Ukulele/Guitar, 10:15 Sit down exercises, 12:00 Lunch</td>
</tr>
<tr>
<td>TUE</td>
<td>Oil Painting all day, 9:00 Tai Chi, 10:15 Ukulele/Guitar, 10:15 Sit down exercises, 12:00 Lunch</td>
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<tr>
<td>WED</td>
<td>10:30—3:15 Ceramics</td>
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Do you know of, or are you aware of any seniors (part of our center or not) who might be homebound or in an assisted living group or in the hospital, etc.

We have a couple volunteers (we call them ‘Compassionate Callers’) who are making calls to people who might need a friendly voice just saying ‘the members of the Spanish Fork Senior Center care about you, and is there anything we can do for you.’

If you know of someone who might need a friendly call, let the center know 801 798 5015 so we can try to share a little smile with them. Name, member or not, where they are, phone # if possible.

Thanks for your help in letting all seniors know that we will ‘Surround them with people who care’.
When a Con Man Calls

Frauds using false identities are on the rise. Here's how to foil the fakers

Can you spot an imposter? Eighty-five percent of adults are confident they can, according to a recent AARP survey. But the majority of the survey participants then flunked an “Imposter IQ” quiz that measures the ability to spot a liar (take the quiz at aarp.org/fraudwatchnetwork).

Welcome to what experts call the illusion of invulnerability—the belief that frauds happen to others but not you. Overconfidence in your ability to spot bad guys is a dangerous thing. Impostor fraud is among the fastest-growing scam types precisely because so many of us think we are immune to it.

To help, here is a small sampling of actual imposter scams now playing out across America.

The takeaway? Never accept a pitch or give any information to a stranger—on the phone, in person or over the internet—without first independently verifying that it’s legitimate.
**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>
<thead>
<tr>
<th>Monday Sept 2—Closed Labor Day</th>
<th>Thursday Sept 5—Closed</th>
<th>Friday Sept 6—Membership Lunch, Baked Chicken Breast, Potatoes &amp; Chicken Gravy, Buttered Baby Carrots, Roll, Cake</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday Sept 9—National Seniors Day Salisbury Steak, Potatoes &amp; Brown Gravy, Buttered Corn, Fruit Cup,</td>
<td>Thursday Sept 12—Birthday Party-Meat Balls, Baked Potato w/Sour Cream, Green Beans, French Bread, Peach Cup, Cookie &amp; Ice Cream</td>
<td>Friday Sept 13—Closed</td>
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<td>Monday Sept 16—Vegetable Beef Soup, Carrots &amp; Celery Sticks, French Bread, Banana, Toffee Cookie</td>
<td>Thursday Sept 19—Chicken Stew Over Egg Noodles, Green Salad, French Bread, Fruit Cup, Dreamsicle</td>
<td>Friday Sept 20—Closed</td>
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<tr>
<td>Monday Sept 23—Teriyaki Chicken, Green Salad, Egg Roll w/Sweet &amp; Sour Dip, Oranges, Tapioca Pudding</td>
<td>Thursday Sept 26—Soft beef taco, Spanish Rice, Green Salad, French Bread, Fruit Cup, Peanut Butter Bar or Potato, Corn, Bacon Chowder, Ham Sandwich</td>
<td>Friday Sept 28—Closed</td>
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<td>Monday Sept 30—Spaghetti, Green Beans, Green Salad, French Bread, Peanut Butter Bars, Fruit Cup</td>
<td>Thursday Oct 3—Closed</td>
<td>Fri Oct 4 — Membership Lunch, Beef Pot Roast, Beef Gravy, Mixed Vegetables, Roll, Cake</td>
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**DIXIE’S CULINARY CORNER**

Apple Crisp
6 Granny Smith apples– cored & sliced
1 cup brown sugar
1 cup flour
1 cup oats
1 tsp cinnamon
1/2 tsp nutmeg
1/2 cup plus 2 T butter softened

Spray bottom of 8x12” pan. Put apples in pan. In separate bowl, combine brown sugar, flour, oats, cinnamon, nutmeg and , butter. Mix until crumbly. Sprinkle topping over apples. Bake at 375 degrees for 30-35 minutes or until apples are bubbly and topping is browned. Serve with ice cream or whipping cream