SPANISH FORK SENIOR CITIZENS

“Surround yourself with people who care”

167 West Center Street  801.798.5015

Honor Spanish Fork Law Enforcement Lunch 2/5
Membership Lunch 2/7
Valentines Dinner & Dance 2/14
Ceramic Class trip Ogden 2/18
Pool Tournament 2/19

Shining Star Senior of the Year 2019 2/20

Spanish Fork Senior Center Creative Art Expo Saturday May 9, 2020

Wonder if I’d get in “Dutch”
If I said I like you pretty much
Or would you answer “That’s just fine!”
And be my own true Valentine?
Famous Couples Match

Anthony____ A) Jane
Napoleon____ B) Pebbles
Romeo_____ C) Minnie
Rhett Butler____ D) Eve
Robin Hood____ E) Fay Ray
Samson_______ F) Cleopatra
Prince Charming____ G) Ginger Rogers
George Burns____ H) Scarlett O’Hara
Fred Astaire_____ I) Wilma
Desi Arnaz______ J) Blondie
Tarzan_______ K) Gretel
King Kong_____ L) Maid Marion
Ken______ M) Cinderella
Mickey_____ N) Gracie Allen
Bamm_Bamm_____ O) Lucille Ball
Adam_____ P) Juliet
Dagwood_____ Q) Delilah
Fred______ R) Josephine
Hansel______ S) Barbie
HOW LUCKY ARE WE TO HAVE John Mecham from ACTIVE to come and pop our POPCORN... which is a very beloved treat for all of our seniors to look forward to every Thursday!!! A HUGE SHOUT OUT TO ACTIVE for allowing him the time to come and do this service for our seniors!!

Bingo is now called by our great friend, Evelyn Odermatt. Thank you Evelyn, soooo many of us really enjoy BINGO!!
Did you know that we have a special board, for our “Employee of the Month” (located on the far south wall,) that is specifically for anyone to give a “shout out” of appreciation, thank, or mention personal characteristics, that you admire about the Employee of the month? Please take time to acknowledge our fantastic “TEAM MEMBERS”, and your thoughts on how they make the center more inviting, friendly, enjoyable and fun.

I was Born in Provo Utah, in 1953. Now that sounds like just fresh out of the dark ages! I was a regular kid, well not totally regular… I loved the outside, the dirt, the sweet smell of rain as it danced on the asphalt in the street I stood and let it splash on my face, then run in the house soaking wet and could hear my mom say “Marsha you better not walk on my Navajo rug if your wet”! “Oh, I won't mom”. Boy did I stretch that little white lie! Funny how moms know us so well. I lost the love of my mother just before my 16th birthday, when I knew all about everything and no one was as smart as I was. Then reality hit with such a force that I knew in my heart how much I was loved and cherished by her, and that feeling of loss continues to live on even today.

I married the love of my life Leonard Robert Steggell, on April 8, 1979. We have 5 sons and one daughter. My husband worked for Geneva Steel for 15 years until it was closed down, then went to work at Trojan Chemical plant at the mouth of Spanish Fork Canyon, for 15 more years. I lost him on February 12, 2013 after having 2 strokes. We were sealed on April 8, 2014, on our original anniversary and I didn't have to remember 2 dates. My oldest son Justin lives in Florida, my Daughter Amber lives in Ogden, Lenny lives with his wife in Orem, Cole and his wife Kaylie live in Centerfield Utah they have two magical little boys Linkyn, and Bostyn. Wesley and his wife Michelle live in Spanish Fork they have two beautiful daughters Taylon and Skye.

In 1980 I went to work as a school bus driver for 23 years, then a State Instructor for Nebo School District teaching other drivers to always be the best and safest on the road I retired in July of 2014 with 34 years of service and thankful for those special experiences.

Being Employee of the month, for the Senior Center stirs emotions of all kinds, happy, excited, and very humble. To be recognized and know you are thought of as being a good employee is an honor in itself and thank you for that. But first to me this has not been a job, it's like being on vacation and what a trip it continues to be every single day. Having the experience of working alongside the rest of the employees who share hard work, integrity, honesty, and truly loving each other is something most don't get a chance to do. I have been blessed to be beside these people and among them as friends, learning and knowing you all, has left a permanent space in my heart that only you have filled. Thank You Spanish Fork Senior Center and Spanish Fork City for allowing me to be a part of this vacation I never want to end.

Marsha has been the CDL Transportation Manager of the Senior Center, for four years. Over the years Marsha has been thoughtful, loving and kind to many of our seniors! She has taken a few on vacations, that had destinations, on their “Bucket List”, to make sure that is was marked off. Marsha also, a “gardener by heart,” she has spent time and covered the expense, to plant flowers and decorate many senior’s yards. She has also run many on various errands and assisted them to resolve personal issues and soothe their fears!

How we love our Marsha!
ARE YOU AWARE OF THE PURPOSE OF THE SPANISH FORK SENIOR CITIZENS CENTER  801.798.5015

We are here to assist, help and provide support for any and all concerns that seniors are dealing with. Please call or come by, let us answer questions, provide contact numbers, for services you may need. Such as... ensure, at a discount for 60+ (you will need to provide a valid prescription from your Doctor).

Please be our guest for lunch! If you’ve never been to our center, please call ahead a couple of days before you plan on coming, (801.798.5015) Make a reservation for yourself and a guest, come take a tour and see what we have to offer. ALSO...If needed, seniors are welcome to come by and grab a bag of canned food (provided by Community Action Services and Food Bank) no questions ask, no papers to qualify. Walk in the north end of our building, there is a barrel full of grocery bags that are tied up. If you desire to come for lunch, but have no means of transportation, contact us! We can pick you up and deliver you home. Available for lunch only, on Mondays and Thursdays.

AARP TAX ASSISTANCE: Need your 2019 taxes done? Mandatory to come in and sign up. WE ARE UNABLE TO DO IT FOR YOU OVER THE PHONE

Hey, our wonderful Choir is looking for some seniors to join the Choir. Please come have fun with us and share your voice!

SPANISH FORK SENIOR CENTER
POOL TOURNAMENT
WEDNESDAY, FEB 19TH
SIGN-UP 9:00AM, START SHOOTING 10:00
FIRST PLACE $50  2ND PLACE $25
Snacks will be provided.
Entry fees : Spanish Fork members free
Non Members $5
Officially rules for 8-ball are pretty tough!

We will be playing by very simple rules decided on by the group!
Questions?? Contact Roy 385 224-2390

Dealing with Dementia March 21, 2020 9 A.M.-1:30 P.M. 586 E 800 N, Orem UT Attend a free training for caregivers to get the resources you need to understand dementia, manage problem
Once upon a time, I became yours & you became mine. And we'll stay together through both the tears & the laughter... Because that's what they call happily ever after.

Cut out this Valentine and give it to your “Special Someone.” Be sure to sign it!
Verna Jo’s Sugar Cookie

1C semi-soft butter  2 eggs   1C sour cream
2C white sugar. Cream above ingredients thoroughly. Then add 1 1/2 teas. Soda, 1 teas. Baking powder, 1 teas vanilla bean, 1 teas. Orange flavor. Mix well. Add 5-5 1/2 C. flour and mix well.

Chill in refrigerator for 2 hours. Roll and cut out. Bake @ 350 for 7-10 minutes Cool and frost. Frosting: 4 1/2 C. Powder sugar, 1 cube butter, 1 C. shortening 1 teas vanilla bean or 1 teas. Crème Bouquet flavor enhancer. Mix well and frost

Store in covered container...ENJOY!
February 2020 Fraud Topics

This scam is out of Montana, but it has information that would apply to similar scams in Utah. Montana Senior Medicare Patrol is warning people to be on the lookout for a possible new Medicare scam. The patrol said in its newsletter that this week its staff received a yet unsubstantiated claim that someone on Medicare received a call from “Medicare Insurance Company.” The caller stated that every Medicare beneficiary is getting a new plastic chip-embedded card mailed to them and they just needed to verify their Medicare number. “Please remember that Medicare will never call and ask for personal information over the phone,” the article in the newsletter said. “If you instigate a call where you know who you are calling, such as 1-800-MEDICARE, they will need your Medicare number and birthdate, among other things, in order to help you. However, they will not instigate a call where they ask for personal information.” “If you receive a call asking you for personal information, whether it be from Medicare or any source, always err on the side of caution. If something is urgent it probably isn’t legitimate,” the article continues. “Gather more information and hang up. Never call the number back that was given, but rather look the number up independently either in a phone book or on the internet.” People who are very suspicious and want to know if the caller was legitimate, or if they gave out personal information and it has to do with health care, they can call our local Mountainland Senior Medicare Patrol at 801-229-3819. New Medicare Cards Go Into Effect January 1 In 2018 and 2019, the Federal Centers for Medicare and Medicaid Services (CMS) provided new Medicare cards to more than 61 million seniors and other Medicare beneficiaries. Millions of Medicare patients are successfully using their new cards in doctor’s offices. However, many others may still have their old cards in their possession. Mountainland SHIP/SMP urges Medicare beneficiaries to destroy their old Medicare cards, which will be invalid after Dec. 31, 2019. The new red, white, and blue Medicare cards include a Medicare Beneficiary Identifier (MBI) instead of a social security number. The MBI is a more secure identification number using a combination of letters and numbers to help protect against personal identity theft and fraud. Starting in 2020, health care providers will only be able to use the MBI when processing Medicare beneficiary claims. Providers such as hospitals, doctors and labs will not be able to submit Medicare claims using a patient’s social security number. Even with the improvements to the new Medicare cards, it is important for beneficiaries to take precautions with their identification. Those with Medicare should guard their Medicare cards like a credit card and be wary of unsolicited requests for their Medicare number and personal information. “Guarding your card and personal information is just as important now, even with the new cards. Scammers are still out there,” explains Camilita Aldridge, the Area Agency on Aging’s SHINE (Florida) Manager. “You should only give your Medicare number to your pharmacists, health care providers, and folks you trust to work with Medicare on your behalf.” If you have not received your new Medicare card, there are multiple ways to get your card and MBI. Beneficiaries can call 1-800-MEDICARE for assistance with their MBI, and then create a MyMedicare.gov account online to print an official copy of their card. Accounts on MyMedicare.gov are password-protected and secure. Those seeking hands-on assistance are encouraged to contact a SHIP counselor at Mountainland Association of Governments (MAG) the Area Agency on Aging. Specially-trained SHIP counselors help educate and empower Medicare beneficiaries, their families, and caregivers to understand their health care options so they can make the best decisions for their individual needs. The counselor at MAG is Dawn Loper (801-229-3819).

Enrollment Periods Starting January 2020- As the new year rolls around we wanted to make you aware of several enrollments that will begin in January. The first is the General Enrollment Period. Every year the General Enrollment Period (GEP) for Medicare occurs between January 1 and March 31. This is the time—and usually the only time—during which those who are otherwise eligible for Medicare Parts A and/or B and failed to enroll when they were first eligible have another opportunity to join. People may use the Medicare GEP to enroll at any time during January, February, or March. Regardless of when they enroll and which parts of Medicare they choose, all coverage will start on July 1. That’s one of the many reasons why it’s so important to sign up for Medicare when first entitled to do so. The second is the Medicare Advantage Open Enrollment Period: You can switch from your Medicare Advantage Plan (excluding Medical Savings Accounts) to another Medicare Advantage Plan, or to Original Medicare with or without a standalone prescription drug plan (Part D), during the Medicare Advantage Open Enrollment Period (MA OEP). The MA OEP occurs each year from January 1 through March 31. Remember, you can only use this enrollment period if you have a Medicare Advantage Plan. Changes made during this period take effect the first of the month following the month you enroll. For example, if you switch to a new Medicare Advantage Plan in February, your new coverage begins March 1. Unlike Fall Open Enrollment, you can only make a single change during the MA OEP. If you have questions about either of these enrollments, please call me (Dawn Loper) at 801-229-3819. I will be at the Wasatch Senior Center on January 14, 2020. Please call for an appointment for that day, if needed. I can also give you information about a program called Extra Help for assistance with Medicare prescription costs.
February Birthdays
LaRue Taylor 2/1
Betty Park 2/1
Joel Pendleton 2/1
Mark Wignall 2/4
Marilyn Brown 2/4
Richard Morgan 2/11
Merry Brown 2/12
Sharon Ormond 2/13
Keith Graham 2/15
Bevalene Evans 2/18
Sharon Braithwaite 2/21
Dale Mattinson 2/24
Karen Smith 2/26
Sonja Johnson 2/27
Lenore Nelson 2/28
Afton Howard 2/28
Sharon Maughan 2/29

Over the years, Spanish Fork Senior Citizens Center have hosted various Spring and Christmas Boutique’s, in which seniors were invited to come and sell their handmade creations, crafts, clothing, blankets, ceramics, Art and other crafted items. This Spring our Advisory Board members have decide to host a Creative Art Expo and extend the invitation not only to local seniors but to our local youth that attend schools here in our community. All items have to be handmade by the students. We will set the senior center up so that every participant will have a booth, we will advertise and reservation by sign-up is required, as well as a minimal cost for the booth of $5 is being ask for. Everyone will man their own booth and monitor their own sales. The center will arrange for each participant to have a temporary sales permit for the day and each participant will be responsible for claiming and sending in all sales tax to the State of Utah Sales Tax Division. The date is Saturday May 9th. For more information, please call the senior center at 801.798.5015
## February Activities

**Monday—Thursday 8:30—3:00**

*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.*

**First Friday Membership Lunch Open 8:30-3:00**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>WANT TO WARM YOUR OWN HEART?</strong> Pick a couple of days at random and surprise someone with a Random Act Of Kindness</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>9 am Oil Painting</td>
<td>8:30 Ceramics</td>
<td>9am Tai Chi</td>
<td>Closed</td>
<td>Membership Luncheon</td>
<td>Hardware Ranch Lunch 8am-Maddox Ranch House– Lunch</td>
</tr>
<tr>
<td>9am Tai Chi, 10:15 Ukulele/Guitar</td>
<td>11 Sit Down exercises 12:00 Lunch 1:30pm Line Dance</td>
<td>10 Honey Bee Quilting 10 Craft Class 10:00am Zumba</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>9 am Oil Painting</td>
<td>8:30 Ceramics</td>
<td>9am Tai Chi</td>
<td>9:30 Choir Practice 10:30am Maple Creek Valentine Craft 11am Sit Down Exercises 12 Lunch BINGO @ 1pm</td>
<td>Valentine Dinner &amp; Dance 6pm-8pm RESERVED SEATING</td>
<td></td>
</tr>
<tr>
<td>9am Tai Chi, 10:15 Ukulele/Guitar</td>
<td>11 Sit Down exercises 12:00 Lunch Tommy George 1:30pm Line Dance</td>
<td>10 Honey Bee Quilting 10 Craft Class 10:00am Zumba 10:30 BOARD MTG</td>
<td>9:30am Maple Creek Valentine Craft 11am Sit Down Exercises 12 Lunch BINGO @ 1pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td>Closed</td>
<td>8:30 Ceramics</td>
<td><strong>BEST FRIENDS DAY!!</strong> 9am Tai Chi 10 Honey Bee Quilting 10 Craft Class 10am Pool Tournament 10:00am Zumba</td>
<td>9:30 Choir Practice 11 Sit Down Exercises 12 Lunch Shinning Star Senior for 2019 BINGO @ 1pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td></td>
</tr>
<tr>
<td>9am Oil Painting</td>
<td>8:30 Ceramics 1pm Senior Reading Group</td>
<td>9am Tai Chi</td>
<td>9:30 Choir Practice 11 Sit Down Exercises 12 Lunch BINGO @ 1pm</td>
<td></td>
<td>Keys to the Calendar Special events TRIPS LUNCH</td>
</tr>
<tr>
<td>9am Tai Chi, 10-noon UVU Health Screening 10:15 Ukulele/Guitar 11 Sit Down exercises 12:00 Lunch</td>
<td></td>
<td>10 Honey Bee Quilting 10 Craft Class 10:30 Board Meeting 10:00am Zumba</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Surround Yourself with People Who Care**
### February Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| 3  Chili & crackers  
  Carrot & celery w/ranch cup  
  French Bread  
  Fruit cup  
  Brownie                |                                               | 7th  MEMBERSHIP UNCH  
  Salisbury steak  
  Potatoes & Gravy  
  Sliced buttered carrots roll  
  Cherry  
  Short cake           | 10th  MEMBERSHIP LUNCHEON  
  Purple kale  
  Potatoes & Gravy  
  Cheese bread roll  
  Crown  
  Orange             |
| 10  Hamburger goulash  
  Carrot & celery w/ranch  
  French bread  
  Oranges  
  Chocolate pudding  | 13    Tuna casserole  
  Cole slaw  
  French bread  
  Fruit cup  
  Cookie  
  OR  
  Broccoli cheese soup/ sandwich  | 17th  MEMBERSHIP LUNCHEON  
  Cube Steak  
  Potatoes & Gravy  
  Buttered carrots  
  Roll  
  Cake            |
| 17  CLOSED  | 20th  Beef tips over noodles  
  Green beans  
  French bread  
  Oranges  
  Cupcakes  
  OR  
  Chef’s salad  |                                               |                                             |
| 24  Taco salad/chips  
  Green salad  
  French bread  
  Fruit cup  
  Tapioca pudding  | 27th  Spaghetti  
  Green beans  
  Green salad  
  French bread  
  Fruit cup  
  Cookie  
  OR  
  Garden Vegetable soup/sandwich  | Friday March 6  
  MEMBERSHIP LUNCHEON  
  Cube Steak  
  Potatoes & Gravy  
  Buttered carrots  
  Roll  
  Cake            |

**Menu requests for alternate meal of Soup/ sandwich or salad on Thursdays, must be in the system by the preceding Monday—NOON. Please remember if you order the alternate meal on Thursdays, that is your reservation and cannot be changed on that day.**

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

Mountainland Association of Governments and the State of Utah offer these meals for seniors who are 60 years of age and older, for a suggested donation of $3.00 per meal. For age 59 and younger, the cost is a mandatory $6.00 per meal and must be paid directly to our check in/cashier, before receiving lunch. Reservations for lunch are required by 1:30pm, Monday of each week for the following Thursday and up-coming week (Monday). Thanks for your cooperation, so we have enough for everyone and we have no waste. 801.798.5015
THE BEAUTY OF AGING

Jan Carlisle

“Your face is marked with lines of life, put there by love and laughter, suffering and tears. It’s beautiful.”

Deep within the human mind, is a fascination of the circle. It is one of the most universal and ancient shapes in the universe. The earth is a circle; even time itself seems to have a circular nature. The year is a circle with winter which gives away to spring; then summer grows out of spring until, finally, the year completes itself in the autumn. So, likewise, is our lives as we pass blithely through infancy, adolescence into adulthood and finally into our golden years (aka old age.) In many ways, old age is a time of second innocence. There is the first innocence when we are children; full of naïve trust and ignorance. The second comes later in your life, when you have lived deeply and know its incredible capacity to disappoint and sometimes destroy. Yet notwithstanding that realistic recognition of life’s negative potential, you still maintain a kind of second innocence. It is lovely to meet an old person whose face is deeply lined, a face that has been deeply inhabited, to look in the eyes and find light there. Age is not dependent on chronological time. It is more related to a person’s temperament. I know young people who are so serious and gloomy that it belies their true age while, conversely, I know PLENTY of some VERY old people who have hearts full of sparkle. I see it every time I walk into our Senior Center and it never ceases to bring a smile to me.

Still, with aging often comes a new solitude in our lives and often this can seem frightening. A new quietness settles on the outer frame of our once active life but this need not be frightening. If you view them creatively, your new solitude can be a wonderful gift and great resources for all of us. I’ve always enjoyed reading but, in the past, with working a full time job and coming home to four children who all needed my attention, the time left to engage in one of my favorite hobbies was severely limited. Now, I’m in overdrive and the local library and I have become best friends. I check out books by the armloads and I will admit, I’m making up for lost time. All of the other things I’ve always enjoyed but never seem to have the time to do are now easily within my grasp. Aging can be a lovely time of ripening, when you actually meet yourself, indeed maybe for the first time. There are beautiful lines from T.S. Eliot that say: “And the end of all our exploring Will be to arrive where we started. And to know the place for the first time.” Wisdom is another quality and gift of old age. In this age, that is obsessed with information gathering, many have forgotten that there is a big difference between knowledge and wisdom. Wisdom is the art of living in rhythm with your life...a deeper way of knowing and that leads me to the beginning of my thoughts; that there IS beauty in aging and it is something we all have in common. We begin aging when we are born and we ALL travel that road. Even with the bumps along the way, the ride can either be a daring adventure or nothing. Enjoy every age you travel though and cherish the memories you gather along the way. I leave one of my all-time favorite quotes to ponder and hopefully to smile at.

“Life should not be a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out, and loudly proclaiming "Wow! What a Ride!”