

SENIORMOMENTS



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Happenings

QUILTING EVERY DAY
Sitting Exercises daily 11:00am

1st Better Hearing
Weight Watchers 5:00

2nd B & B Club 9:30 -10:30
Cabin Fever Quilters

3rd Information Day
Alpine home Health Care Tips
USU Master Gardening
Class 6:00 - 9:00 PM

4th Reflections 4:00
Women's Civic League 4:00

5th Entertainment
Odell Summers 11:30

8th Garland DUP 1:00
Stagecoach DUP 12:30
Weight Watchers 5:00

9th B & B Club 9:30 - 10:30 am

10th USU Master Gardening Class
6:00-9:00 pm

11th HEAT Help
Reflections 4:00
Good Sammers 6:00
Self Essentials "Diabetes"

12th Entertainment
Becky Kimball 11:30-12:30

15th Midland DUP 2:00
Weight Watchers 5:00

16th Breakfast for the Brain
9:30 - 10:30 am
Happy Harvesters Quilters
Information Day USU

17th CCN Health Care 12:15
USU Extension with
Ann Henderson
Healthy Eating 6:30-8:00 pm
USU Master Gardener Class
6:00-9:00 pm

Wow!!! We are just staying busy here at the Senior Center. Please fill free to drop in anytime. If you and some of your friends have an interest in learning about a topic or would like to hear a certain speaker, give me a call and we will see what we can do to sponsor that activity.

We have had a lot of illness and accidents in our area recently. For all of you wonderful friends that have been saying prayers and lending an arm to lean on or a shoulder to cry on, a big hug and thanks go out to you.

Everyone needs a little help now and then. Our area is so very blessed to have such strength from the seniors who really care. I see quiet acts of kindness communities filled with kind caring people. "You deserve a pat on the back and a "Thumbs up" . We Love You All!



18th Rudd Mortuary Dinner 12:00
(Call for your Reservation)
Women's Civic League 4:00
Reflections 4:00
American Legion 6:30

19th Entertainment Westernaires
11:00-12:30

22nd Foot Clinic- Call for appointment
Weight Watchers 5:00

23rd Breakfast for the Brain 9:30

24th USU Master Gardener class
6:00-9:00 PM

25th Reflections 4:00

26th Entertainment Best Friends
11:30-12:30

27th Do Terra Essential Oils Come
and Learn how to help yourself
" STAY WELL" 10:00

29th Weight Watchers 5:00

30th Breakfast for the Brain
9:30 -10:30 AM

31st Master Gardener Class
6:00-9:00 PM



Eating Guide for Seniors

- **Eat a balanced diet, chosen from a variety of foods.**
- **Maintain a healthy weight.**
- **Eat a diet low in fat, saturated fat and cholesterol.**
- **Eat plenty of fruits, vegetables and whole grain products.**
- **Limit salt, salty foods and highly-processed foods.**
- **Drink alcohol in moderation, if at all.**
- **Eat a fiber-rich diet (20 to 30 grams of fiber each day).**
- **Drink at least a quart of plain water daily - whether you're thirsty or not!**

Smile...if you can't turn the corners up...let the middle sag.

Happy Birthday To:
 Melba Winzeler, Maida Spjut,
 Bonnie Seliger, LaRena
 Schwab, Lyman Thompson,
 Phillis Smith, Violet Eggli,
 Dot Bjorn, Kathleen Marriott,
 Eloise Goodliffe, Luella
 Bateman, Kenneth Hull,
 Panela Totten, Ann Gloria
 Kinney, Rodney Merrell,
 Rufina Cervantez, Dan
 Koford, Deon Hirschi, Kay
 Wysong, Donna Fronk,
 Richard McCardle, Nadene
 Carter, Sherrie Prettyman,
 Gary Sorenson, Delores
 Kunzler, Nydia Hansen,
 Golda Campbell, Walter
 Totten, Delon Stokes, Val
 Thompson, Eldene Moss,
 Deon Turner, Barbara
 Vanderhoof, Colleen Hansen,
 Dennis Anderson, Ardella
 Memmott, Jeniel Hardy,
 Donna Flint, William Akers,
 La Rae Coombs, Paul Adams,
 Emma Jean Larsen, Grant
 Nish, Farrell Williams, Elsie
 Ryan, Senneth Hawkes, Deon
 Hull, Garnette Price, Ronald
 Vroman, Beverly Donohoo,
 Darlene Norr, Rhea Wise,
 Lowell Johnson



.....Emergency Earthquake Survival.....

Forget everything you've been trained to do during an earthquake! **DO NOT duck and cover or stand in a doorway during an earthquake.** Instead use the "triangle of life". Simply stated when buildings collapse, the weight of ceiling falling upon the objects or furniture inside crushes these objects, leaving a space or void next to them. This space is what is called the "triangle of life". The larger and stronger the object, the less it will compact. The less the object compacts the larger the void which means the greater probability that the person using this void for safety will not be injured.

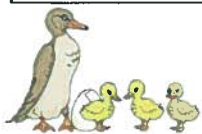


April is National Child Abuse Prevention Month. Six things you can do to prevent child abuse are:

- BE A NUTRUIING PARENT** - Children need to know they are special, loved and capable of following their dreams.
 - HELP A FRIEND, NEIGHBOR OR RELATIVE** -Being a parent isn't easy. Offer a helping hand to other parents.
 - HELP YOURSELF** - When you feel overwhelmed, take some time out.
 - GET INVOLVED** - Volunteer at community organizations that help to meet the needs of children and families in your community.
 - INVEST IN KIDS** - Seek ways to protect and improve the lives of children.
 - REPORT SUSPECTED ABUSE OR NEGLECT.**
- Call 1-877-877-3733 (Child abuse and neglect recording line)

This is a good web site to visit: www.usa.gov/Topics/Seniors.shtml

It has a wealth of information on all topics. It may take a day or two to see everything that is available. Some of the categories are : Caregivers' Resources, Consumer Protection for Seniors, Education, Jobs, and Volunteerism for Seniors, End of Life Issues, Federal and State Agencies for Seniors, Grandparents Raising Grandchildren, Housing for Seniors, Law and Regulations Concerning Seniors, Money and Taxes for Seniors, Retirement, Travel and Recreation for Seniors



Five Tips for a Woman...

- 1 It is important that a man helps you around the house and has a job.
2. It is important that a man makes you laugh.
3. It is important to find a man you can count on and doesn't lie to you.
4. It is important that a man love you and spoils you.
5. It is important that these four men don't know each other.



Are elderly drivers safe? Yes — for the most part. The same can be said for teen drivers.

Do driving skills of elderly drivers decline with age? Yes, but just like other age groups, driving skills vary from one elderly person to another. Telling elderly drivers that it may be time to stop driving can be one of the most difficult milestones for caregivers. Driving represents freedom and independence for the elderly — the ability to visit friends, go to the movies and shop — without relying on anyone else.

A checklist on safe elderly driving. Watch for telltale signs of decline in the elderly person's driving abilities.

Do they: Drive at inappropriate speeds, either too fast or too slow?

- Ask passengers to help check if it is clear to pass or turn?
 - Respond slowly to or not notice pedestrians, bicyclists and other drivers?
 - Ignore, disobey or misinterpret street signs and traffic lights?
 - Fail to yield to other cars or pedestrians who have the right-of-way?
 - Fail to judge distances between cars correctly?
 - Become easily frustrated and angry?
 - Appear drowsy, confused or frightened?
 - Have one or more near accidents or near misses?
 - Drift across lane markings or bump into curbs?
 - Forget to turn on headlights after dusk?
 - Have difficulty with glare from oncoming headlights, streetlights, or other bright or shiny objects, especially at dawn, dusk and at night?
 - Have difficulty turning their head, neck, shoulders or body while driving or parking?
 - Ignore signs of mechanical problems, including underinflated tires? (one in 4 cars has at least one tire that is underinflated by 8 pounds or more; low tire pressure is a major cause of accidents.)
 - Have too little strength to turn the wheel quickly in an emergency such as a tire failure, a child darting into traffic, etc.?
 - Get lost repeatedly, even in familiar areas?
- If the answer to one or more of these questions is "yes," you should explore whether medical issues are affecting their driving skills.



Medical issues to consider

Caregivers need to know if the elderly person:

Has had their vision and hearing tested recently?

- Has had a physical examination within the past year to test reflexes and make sure they don't have illnesses that would impact their driving?
- Is taking medications or combinations of medications that might make them drowsy or confused while driving?
- Has reduced or eliminated their intake of alcohol to compensate for lower tolerance?
- Has difficulty climbing a flight of stairs or walking more than one block?
- Has fallen - not counting a trip or stumble - once or more in the last year?
- Has had a physician told them that they should stop driving?

Adapting to changes

Driving is not necessarily an all-or-nothing activity. Some programs exist to help elderly drivers adjust their driving to changes in their physical condition:

AARP (the American Association of Retired Persons) sponsors the 55-Alive Mature Driver Program, which helps older people deal with issues such as how to compensate for vision problems associated with aging. And, the Association for Driver Rehabilitation offers referrals to specialists who teach people with disabilities, including those associated with aging, how to improve their driving.

There are many ways for elderly drivers to adjust so they are not a danger to themselves or others. Among them are:

- Avoid driving at night and, if possible, at dawn or dusk
- Drive only to familiar locations
- Avoid driving to places far away from home
- Avoid expressways (freeways) and rush hour traffic
- Leave plenty of time to get where they are going
- Don't drive alone

**IF YOU CAN'T BE
THANKFUL FOR WHAT YOU
RECEIVE, BE THANKFUL
FOR WHAT YOU ESCAPE!**



March



Monday	Tuesday	Wednesday	Thursday	Friday
1 Tater tot Cass. Carrots Broccoli Salad Bread Juice Upside down German Chocolate Cake	2 Cheese Soup Ham Sandwich Red Beets Juice Strawberry Dess.	3 Stroganoff Noodles Green Salad Peas & Carrots Bread Cookie Bar	4 Tuna Casserole Fruit Cup Muffin Mixed Vegetable Apple Cake	5 Turkey Roast Potatoes/gravy Green Beans Fruit Salad Roll Juice Lemon Bars
8 Sloppy Joes Peas Coconut Salad Juice Texas Sheet Cake	9 Busy Day Steak Potatoes/ Gravy Cabbage Pasta Salad Bread Juice Oatmeal raisin cookie	10 Cod Potato Bake Green Beans Coleslaw Bread Bread Pudding	11 Chicken Pillows Carrots Spinach Salad Juice Pumpkin Dessert	12 Ham Baked Potato Mixed Vegetable Americana Salad Roll Juice Toll House Caramel Bars
15 Swiss Steak Rice Green Beans Orange Fluff Apple Bars	16 Chicken Fried Steak Juice Potatoes/gravy Mixed Vegetables Jell-o Carrot Salad Chocolate chip cookie	17 Mad Hatter Green Bean Casserole Pistachio Salad Jell-o Cake	18 Taco Salad Cornbread Banana Robert Redford Cake	19 Lemon Pepper Chicken / Rice 3 Bean Salad Green Beans Roll Ice Cream
22 Beef Stew Egg Salad Sandwich Cottage cheese with Pear Salad Orange Tropical Fantasy Cake	23 Beef Enchiladas Green Beans Green Salad Garlic Bread Lemon Cookies	24 Chow Mien Rice Egg Roll Chinese Salad Juice Chocolate Coconut Bars	25 Turkey Stuffing Casserole Cranberry Salad Peas & Carrots Juice Banana Oatmeal cookie	26 Roast Beef Potatoes/gravy Mixed Vegetables Fruit Salad Roll Juice Lemon Poppy Seed Cake
29 Taco Soup Cornbread Tropical slaw Fruit Cheesecake	30 Lasagna Green Beans Green Salad Garlic Bread Pineapple Upside Down Cake	31 Ham Balls/Rice Mixed Vegetables Frogeye Salad Fruit Bread Rice Crisp Chocolate Roll Ups	<i>Somebody said your mother knows you love her, so you don't need to tell her...somebody isn't a mother.</i>	<i>Life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.</i>

My face in the mirror, Isn't wrinkled or drawn. My house isn't dirty. The cobwebs are gone. My garden looks lovely And so does my lawn. I think I might never Put my glasses back on. Annon.

HINTS::::: Mayonnaise will condition your hair, and it will KILL LICE....Stinky feet....Soak them in JELL-OAthletes foot- use cornstarch in your socks and shoes....Peanut butter is a wonder....Use it to get scratches out of CD's, Remove labels of glassware, Remove ink off dolls faces...Pam cooking spray will dry fingernail polish....Preserve newspaper clippings - combine a bottle of club soda and ½ cup of Milk of Magnesia, soak for 20 minutes and let dry..