

# SENIOR ..... ...MOMENTS



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## Happenings

- QUILTING – POOL Daily  
Sitting Exercises daily 11:00  
3<sup>rd</sup> B& B Club  
DUP County  
Weight Watchers 5:00  
4<sup>th</sup> CLOSED for TRAINING  
5<sup>th</sup> Card making  
Alpine Home Health  
Lunch and Learn 12:15  
6<sup>th</sup> BINGO 12:45  
Love HomeHealth Care  
Country Quilters 1:00  
Women’s Civic Club 4:00  
Reflections 4:00  
Ann Henderson 4-H 4:30  
7<sup>th</sup> Odell Summers 11:30  
10<sup>th</sup> DUP Garland 1:00  
DUP Stage Coach 12:30  
Weight Watchers 5:00  
11<sup>th</sup> B&B Club 9:30  
USU nutrition Stacy 12:15  
Quilting class 3:00  
Girl Scouts 3:30  
12<sup>th</sup> BINGO 1:00  
Volunteer Dinner 6:00  
13<sup>th</sup> Reflections 4:00  
Syntek 7:00  
Self Essentials 6:30  
14<sup>th</sup> Becky Kimball  
17<sup>th</sup> DUP Midland 2:00  
Weight Watchers 5:00  
18<sup>th</sup> B&B Club 9:30  
Cabin Fever –traveling  
Quilting Class 3:00  
Girl Scouts 3:30  
19<sup>th</sup> USU Ext Eating Healthier  
on a Budget 7:00  
20<sup>th</sup> Women’s Civic Club  
Closing Social 4:00  
Reflections 4:00  
21<sup>st</sup> Westernaires 11:30  
24<sup>th</sup> Weight Watchers 5:00  
25<sup>th</sup> B&B Club 9:30  
Girl Scouts 3:30



These are the best cook’s in town...Lyn Corbett, Jenny Christensen, and Lisa Auger. Come in and tell them Hi! (Letting them know what a good job they do wouldn’t hurt either.)



USU Extension will be teaching a series of 3 classes. The main topics will be on how to include vitamins and probiotics in our meals. They will be taught this summer. We will let you know the dates. The information will be taught at a lunch and learn class (12:15).

27<sup>th</sup> Reflections 4:00  
28<sup>th</sup> Entertainment 11:30  
31<sup>st</sup> CLOSED –  
Memorial Day

Days are all like equal-sized suitcases, but some people pack them more efficiently than others...

Auger saps energy...if you growl all day, you’ll be dog-tired at night.



Happy Birthday To:



Mary Anderson, Linda Cutler, Iris Douglas, Mary Munns, Dorothy Nelson, Gayle Wakely, David Balls, Nona Bee, Jan Zoellner, Merrill Prisbey, Connie Sessions, Arletta Thornley, Marilyn Carver, Iva Godfrey, Shirley Montgomery, Larry Anderson, William Fallis, Singe Aoki, Douglas Hutchen, Gordon Lasley, Boyd Parker, Cleon Anderson, Barbara Warburton, Carla Chanblin, Marlene christensen, Burl Morley, Ernest Brenkman, Linda Nessen, Eileen Roberts, Ora Thompson, Mary Watson, Carolyn Bachman, Merlin Archibald, Betty Ellertson, Janet Carter, Yetta Pierson, Alice Ward, Dorothy Bessinger, Deanna Greer, Carol Hess, Marcia Darley, Myrleen Lund, Alice Robbins, Elaine Clausing, Kathy Potter, May Allen, Karen Yates, Terry Christensen, Francis Getz, Bill Merrell, Robert Nelson, Lee Hansen, Hal Wood, Lee Allen, Ann Earl, Steven Peluaga, June Iverson, Linda Kay Johnson, Ben Burkey, DeAnn Hoopes, Don Anderson, Fred Christensen, Maxine Boots, Artell Brailsford, Carol Davis, Ralph Abel, Nola McCombs, Ward Taylor, Ruby Didericksen, Frank Nish, Grace Vanderhoof, Ester Brandmueller, James Greer, Gordon Capener, Peggy Schultz, Colleen Richards, Lois Maxfield, Beverly Cannon, Helen Decker

Nominate a Volunteer here at the senior center... Past or Present  
Turn this into the senior center

Name \_\_\_\_\_

Your Name \_\_\_\_\_

What did they do \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Satan and the OLD Man

A few minutes before the church services started, the congregation was sitting in their pews and talking. Suddenly, Satan appeared at the front of the church. Everyone started screaming and running for the back entrance, trampling each other in a frantic effort to get away from the evil incarnate.

Soon the church was empty except for one elderly gentleman who sat calmly in his pew without moving, seemingly oblivious to the fact the God's ultimate enemy was in his presence.

So, Satan walked up to the man and said, "Do you know who I am?"

The man replied, "Yep, sure do."

Aren't you afraid of me?" Satan asked.

"Nope, sure ain't." said the man.

"Don't you realize I can kill you with one word?" asked Satan.

"Don't doubt it for a minute," replied the old man in an even tone.

"Did you know that I can cause you profound, horrifying AGONY for all eternity!" persisted Satan.

"Yep" was the calm reply.

"And you're still not afraid?" asked Satan.

"Nope," said the old man.

More than a little perturbed, Satan asked, "WHY aren't you afraid of me?"

The man calmly replied, "Been married to your sister for 48 years".

**Better Sleep  
Month**

**Better Sleep  
Month**



Medicare Parts C & D open enrollment days have been shortened this year. Changes in dates are October 15 - December 7. That leaves time for the computers at Social Security and Medicare to work together to get everything straightened out...

Make sure you are getting water in your 72 hour emergency kit.....You need a gallon a day. Buy some at the store or wash out your pop bottles. They are made of safe plastic. Change the water once a month if you don't want to put Clorox in each bottle for long time storage.

## **Pain isn't "just a part of growing older"**

Though physical pain isn't inevitable as we grow older, seniors are more likely to have arthritis, osteoporosis, fractures, angina, shingles or other conditions that cause pain. Pain diminishes quality of life and independence. It even increases the risk of falls. And yet, while older adults are more likely to experience pain, they are the least likely to ask for or receive relief. Many believe they are "just getting older." Or, they hesitate to speak up because they "don't want to be a bother."

How can family help? If your loved one is experiencing pain and hasn't recently raised the subject with his healthcare provider, encourage him to request an evaluation of his current pain control regimen, and to discuss alternate solutions that might be more effective. Today's pain specialists have a wider array of treatment options than ever before. Finding the right "prescription" for pain control is only the beginning. Following the doctor's instructions best ensures positive results, but a senior who is experiencing chronic pain may find it difficult to comply with the pain control strategy. Families can help by offering encouragement and helping with practical tasks. And when family can't be there, professional [home care](#) services can provide an extra measure of support

### **You are a Caregiver if you are...**

Performing tasks to help with shopping, errands, transportation, bills, or home repairs.

Providing personal care such as bathing, laundry, toileting or dressing.

Changing roles and beginning to think of your care receiver as depending on you for making decisions for them. Seeking assistance and formal services of others to stay with or provide care for your care receiver. Considering changes in your work or living arrangements: relocating or adjusting your work schedule to allow you more time with your care receiver.

Considering long term care placement: trying to make a decision about a nursing home and how involved to be day-by-day. Coping with loss and dealing with difficult adjustments in your relationship.

### **Caregiving can be costly...**

Your relationship with your family may suffer. Your family and friends may feel left out. Your physical and mental health may be compromised. Your job may not receive all the attention it should.

Your social life is diminished. You may feel you never have a moment to yourself. Your coping methods are becoming destructive: overeating, smoking, and drinking. Guilt is the most common feeling.

#### Utah Caregiver Support Program

**Purpose:** To provide information, assistance, support, caregiver training, and counseling to:

caregivers of adults 60 years or older;

caregivers 60 years of age who are caring for persons with mental retardation and related developmental disabilities; and

grandparents or older individuals who are relative caregivers of a child not more than 18 years of age.

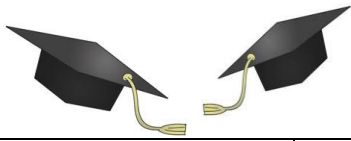
To provide respite and supplemental services to caregivers of adults 60 years or older who are unable to perform at least two activities of daily living without substantial human assistance, including verbal reminding, physical cueing, or supervision.

A NOTICE at a Parts Store Customer Service Desk:

I appreciate the advice and criticism you have to offer. I will rush it through the proper channels.

“One Flush Usually Does IT”





# May



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Sloppy Joe Cabbage Pasta Salad Juice Apple Pudding	<b>4</b> <b>CLOSED</b> <b>for</b> <b>TRAINING</b>	<b>5</b> Chicken Soup Hoagie Working Girl Salad Beets Juice Éclair Pie	<b>6</b> Chicken Fried Steak Potatoes/Gravy Peas Bread Green Salad Apple Spice Bar	<b>7</b> Turkey Steak Potatoes/gravy Depepe Salad Green Beans Roll Strawberry Shortcake
<b>10</b> Green Bean Casserole Carrots Fruit Cup Juice Bread Lemon Squares	<b>11</b> Taco Salad Corn Bread Juice Robert Redford Cake	<b>12</b> Busy Day Steak Potatoes/gravy Green Beans Bread Juice Broccoli Salad Pineapple Upside- down Cake	<b>13</b> Chicken Pillows Apple Sauce Peas Juice Peanut Butter Cookie	<b>14</b> Ham Baked Potato Mixed Vegetables Ambrosia Waldorf Salad Roll Peach Cobbler
<b>17</b> Fish Potato Bake Coleslaw Peas & Carrots Bread 7-layer Cookie	<b>18</b> Tater-tot Casserole Beets 3-Bean Salad Fruit Bread Banana Bars	<b>19</b> Lasagna Green Salad Green Beans Garlic Bread Brownies	<b>20</b> Sweet n Sour Pork Rice Chinese Salad Egg Roll Juice Tropical Fantasy Cake	<b>21</b> Turkey Stuffing/Gravy Seafoam Salad Peas Roll Ice Cream
<b>24</b> Beef Enchiladas Mixed Vegetables Green Salad Rice Krispie Treat	<b>25</b> Chicken Pot- Pie Cabbage Creamy Fruit Salad Bread Carrot Cake	<b>26</b> Meat Logs Rice Bread Green Beans Blueberry Salad Pumpkin Dessert	<b>27</b> Cheese Soup Ham Sandwich Crunch Fruit Salad Juice Jell-o Cake	<b>28</b> Roast Beef Potatoes / Gravy Carrots Roll Jell-O Salad Oatrageous Cookie
<b>31</b> <b>CLOSED</b> <b>MEMORIAL</b> <b>DAY</b>	<i>It takes a lifetime of kind thought to make a sweet old age. - Ruth Smeltzer</i>	<i>Life is a cafeteria, if you sit and wait to be served, you'll starve.</i>	<i>Horsing Around In May</i> 	Only half of the population knows how to drive... They sit in the backseat...

*While I sat in the reception area of my doctor's office, a woman rolled an elderly man in a wheelchair into the room. As she went to the receptionist's desk, the man sat there, alone and silent. Just as I was thinking I should make small talk with him, a little boy slipped off his mother's lap and walked over the wheelchair. Placing his hand on the man's, he said 'I know how you feel. My mom makes me ride in the stroller too.'*

*The grass may look greener on the other side, but it still has to be mowed.*

**NURSES  
WEEK**



**MEMORIAL DAY**