



# Senior News



April 2013

“ A Caring Place to Grow Old “

25¢ Volume 15 Issue 4

## Activities at a Glance

- 1 Kelly Warren & His Guitar 11:30; Taxes by appt
- 3 Birthday lunch @ noon; Integrity Foot Clinic by appt; Crystal Springs 1:15
- 4 Art & Soup 10:00; Lunch & Learn
- 5 Becky Kimball Easy Listening
- 9 Integrity Foot Clinic by appt.
- 10 Memory Club 10:00; Crystal Springs 1:15
- 11 Chiropractic by appt.; Myers Day; Comfort Club 6:00
- 12 Odell Summers & His Xylophone 11:30; Senior Ball 6:00
- 12 Kelly Warren & His Guitar 11:30; Bingo after lunch; Taxes by appt.
- 15 Karaoke with Kelly Warren 11:30; Gillies Dollar Day; Taxes by appt.
- 17 Independent Life Alert Presentation 12:15; Crystal Springs 1:15
- 18 Tulip Festival 9:00
- 19 Kevin Kula—Piano 11:30
- 22 Wendover 7:30 am; Kelly Warren & His Guitar 11:30; Happy Feet by appt.
- 24 Crystal Springs 1:15; Volunteer Banquet 6:30
- 25 Wii Bowling 11:00; Commodities
- 26 Board Games 11:00; Zumbathon Meals On Wheels Fundraiser 6:30
- 29 Kelly Warren & His Guitar 11:30; Happy Feet by appt.

See pp. 4 & 6 for more information on activities and trips.

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## Volunteers Making a Difference—

### WHY UTAH VOLUNTEERS RANK #1

Did you know that Utah ranks #1 for volunteering in America—a position we've held for 7 years and running? The following statistics on volunteering in Utah come from [volunteeringinamerica.gov](http://volunteeringinamerica.gov): 35.5 % of older adults volunteer in Utah, boomers being among the highest; the average person donates 70.3 hours a month; the State has 837,650 volunteers on record, and the reality is that there are most likely more not reported. Brigham City Senior Center volunteers are part of that impressive force of volunteers actively engaged in our state.

It is estimated that 44.1% of Americans—almost half—actively participate in civic, religious, and school groups. “Volunteering and civic engagement are the cornerstone of a strong nation. Citizens working together and talking to each other help solve problems and make their communities better places to live and work.” [volunteeringinamerica.gov](http://volunteeringinamerica.gov).

Why is this important? Without volunteers, our programs would suffer. We are constantly faced with doing more on less funding. That brings us to fundraising. It is becoming more difficult in these current economic times—every organization is vying for a piece of the pie. Reports of dollars coming in is on the decline. The future is uncertain for all of us. As we band together, we make a difference in the lives of those around us who are in need of Meals On Wheels (MOW) and other services. The Senior Center is a focal point of services to the aging population (we may not like the term senior, but let's face it—it's reality!).

It's time for our Annual Volunteer Banquet and a focal point during the month for honoring those who faithfully serve in Southeastern Box Elder County. This year we will honor 280 volunteers who have donated 9,676 hours for the fiscal year 2011-2012. There were 28,648 meals delivered to Meals On Wheels clients over 248 days distributed through 17 routes. The approximate cost of fuel for 36,975 miles driven to deliver MOW is \$125,345, not including the cost of vehicle maintenance. If we had to pay for the services our volunteers provide, we would pay more than \$150,655 in wages. All of these facts are proof that we couldn't do it without you!

Aging baby boomers have a social conscience, and they are realizing that when they're gone, it's the difference they've made in people's lives that matters. When it comes to Meals On Wheels, they often come to know what this compassionate service means to their own families. Annette G. Ward knows this first-hand. She states, “I had heard about Meals on Wheels and thought about what a wonderful service it brought into the homes of people in need. I realized that there were probably people who didn't have family or friends close by who could check on them every day. These friendly, smiling faces might be the only people they see all day. They are someone not only bringing food, but a contact with the outside world.

“My dad is now gone and my mother still enjoys Meals on Wheels. Even though she has people coming and going everyday, she looks forward to seeing those good people who not only bring food, but more importantly for her, their few minutes of time and friendship.

“ . . . Meals on Wheels is one of those good services in life. There may come a time when we are not just grateful that it was there for the ones we

*(Volunteers continued on page 3)*

**Word Search:**

I M F O F C S F W I T E S E Y S B A R  
 E R U O P E O O I A R N S S R A A P L  
 X K O S R E R S X P G I E W C W L R E  
 S L G O I M E E O E S F F O Y A L P W  
 P I C N I C S M O S S O L B Y R M E T  
 L S E E S I R P R U S T J N P E N S R  
 O A E D C E B A S U N S H I N E E M A  
 U M B R E L L A M E D I C A R E S P R  
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 L X T B U T T E R F L I E S E F S R L  
 E S S G G R E G D E L W O N K L R E A  
 G N I N R A E L B E O U T D O O R S S  
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 S W S M D L E I A P A B O S W R N N S  
 L T O U R N A M E N T P M O D S O W K  
 D S A H I R V D L L I G H T E R B L R  
 P R A A B R E O C S R S S T C C O S A  
 F T R S A E S G N I R P S R E A R U P

**FIND THE FOLLOWING:** April, Aware, Babies, Ball, Birds, Blossoms, Brainpower, Butterflies, Classes, Clean, Exercise, Flowers, Fool, Forms, Fraud, Game, Hummingbird, Jokes, Knowledge, Learning, Leaves, Lighter, Medicare, Music, Nests, Net, Nursery, Outdoors, Paddle, parks, partners, Pickleball, Picnics, Play, Playoffs, Rain, Rainbows, Renew, Robin, Rules, Scams, Score, Showers, Spring, Sunsets, Sunshine, Surprise, Taxes, Tournament, Travel, Umbrella, Wisdom, Worm. The answer key is on lantha's office door.

**Free Kidney Health Screening**

Because kidney disease often has no symptoms, it could be wreaking havoc without causing any pain. Due to the spiraling rates of diabetes and high blood pressure, the two leading causes, kidney disease is on the rise. In Utah, 1 in 4 adults has been diagnosed with high blood pressure, making them at risk for kidney disease—a connection that is not often made. Early detection, medical intervention and/or lifestyle changes are the keys to slowing or stopping the progression of kidney disease.

A free community screening will be held through the Kidney Early Evaluation Program (KEEP) on Thursday, June 27 2013 at the Brigham City Fire Department Conference Room, 442 South Forest Street between 9:00 a.m.—1:00 p.m..

If you are over 18 and have a parent or sibling with diabetes, high blood pressure or kidney disease, you should attend the FREE kidney screening. You will receive a health risk appraisal, blood pressure and BMI measurements, and the opportunity to discuss their health and review results with an on-site physician —worth over \$200 in free testing. Call 800-869-5277 for an appointment.

**Remember Breakfast**

Wake up and smell the nutrients! Start your day with breakfast. Isn't that what we've always told our kids? What's good for the goose is good for the gander. Take this quiz and see if you know the basics!



1. Fill in the blank: Having breakfast every morning \_\_\_\_\_ your metabolism. A. Kick starts B. Stalls C. Unhinges D. Does not affect.
2. True or False? If you are trying to lose weight, you should skip breakfast in order to reduce the total number of calories you consume in a day. \_\_\_\_\_
3. Which of the following is not usually part of a healthy breakfast?  
 A. Oatmeal B. Skim milk  
 C. Fresh Fruit

**Do It yourself:** Choose from these items to make a healthy breakfast. Three food groups is optimal for breakfast: e.g.: fruit, dairy, whole grain.

**Grains:**

- English muffin
- Whole grain toast
- Oatmeal
- Whole grain cereal, unsweetened

**Fruit:**

- Fresh fruit
- Canned or frozen fruit without added sugar

**Dairy**

- Skim milk
- Low-fat yogurt, low in sugar

**Protein:**

- Egg whites
- Nuts, nut butter

**Beverages:**

- Coffee with skim milk
- Tea, unsweetened
- Water

Make half your plate fruit. For other meals you should make half your plate fruits and vegetables.

Quiz answers: a, b, d.



## Days Gone By

with Doug Thompson

I bought a pick-up truck last month. It's a 1989 Ford F-150 long bed. When I got it I had to have it towed to my residence because the transmission was bad. My nephew helped me replace it and get it running. He actually did most of the work and I was the supervisor—ha, ha. As I was getting the truck ready to be inspected and licensed, I thought about my first car.

Dad bought it in California around 1954 or 55. It was a black 1949 Chevrolet four door sedan with a six cylinder engine, and a manual transmission and gear shift on the steering column. We pulled our little mobile home from California to Utah, and then on to Missouri with it. When we came back to Utah dad still had it and kept it running. I remember him working on it in the winter when something went wrong and needed to be fixed. We didn't have a garage like most people. Dad had to work on that car parked on the street in front of our house. We lived on 26<sup>th</sup> Street just west of Jefferson Avenue. The street goes downhill there all the way to Adams. He worked on that car in all kinds of weather and many times on his back underneath it, with rain or snow water soaking his clothes as it ran downhill. Dad took a lot of pride in keeping the car running and in good shape.

When I went to High School at Ogden High I wanted to learn how to work on cars, so I took auto shop. The only problem with that is that I didn't have my own car to work on. I managed to get by for a while helping out with the other kids' cars until I dropped a generator on the floor and bent the pulley. That kid was so mad and I was so embarrassed that I dropped out of shop. All I knew about working on cars, I learned from my dad. He even taught me how to drive in that old Chevy. It wasn't easy for either one of us.

The time came for me to have a car and Dad gave me the Chevy. That summer I was King of the Ogden neighborhood. It was a time of Rock and Roll music and Dad didn't especially care for it. I remember something being wrong with the radio in the car and took it to a friend to look at. I didn't know anything about radios, but he told me that all it needed was a vibrator. I went to the local store and bought one. After I installed it, the radio was great. It played loud and had a really good bass to it. I came home and told Dad what happened with the vibrator. That's when he told me he took out the other one so I wouldn't be playing that stupid Rock and Roll music (60's music will NEVER die).

By the end of the school year I met a friend who wanted to trade me cars. Dad didn't care too much about the idea, but he let me make the decision because it was my car. Being the big wheeler dealer that I was, I traded it straight across to my friend for a 1953 Buick. For me it was logical. It had more room, an automatic transmission and sounded like a tank, WOW! It didn't use any oil either. I soon found out that it sounded like a tank because the muffler was disconnected and the exhaust pipe was rusted through. It didn't use any oil because the oil lines to the valves were plugged up so oil couldn't get through. After about six weeks we ended up towing it to the junk yard. My Chevy was transformed. My friend replaced the little six cylinder engine with a 283 cu.in. V8. He put a stick shift on the floorboard, another rear end in it and big tires on the back end. He painted it blue, and took it out for a run to show off his great car and ran it into a tree. The car was totaled.

As April is known for beautiful spring days, it is also known for April fool's day. I can say with certainty that I have been a fool many times in my life, but trading that 1949 Chevy for a 1953 Buick was one of the most foolish things that I ever did. Have a great April.

## Have you caught the Pickleball Fever?

If you're already "feverish" over Pickleball and are looking for your own equipment, April 4 is the date to set aside. Head over to the Bunder-son Center from 9-11, or the Senior Center from 1-3, where you will be able to try out Pickleball paddles and participate in a clinic for the sport as well.

Pickleball is a game anyone can play and is the fastest growing sport in the U.S. where friends have a lot of fun. It is especially active in senior communities and among families. The game is played on a kind of short-court tennis court with Ping-Pong-like paddles and a wiffle ball. It's for all ages and skill levels. A plus for the senior age population is that it is low impact, but still offers a good workout.

Stop by and find out what all the hoopla is about.

*(Volunteers continued from page 1)*

love, but our children will be grateful it is there for the ones they love."

How do you honor your volunteers? With a banquet, of course, surrounded by their peers and others dedicated to the same cause. This year's theme for the banquet is **We're Lucky to Have You as a Volunteer**. The banquet will be held on April 24th at 6:30 p.m., casual dress. Please contact Rocheal with your T-shirt size at 226-1454. The evening promises to be a fun one.

Rocheal Redford, Volunteer Coordinator, states: "Words cannot convey my gratitude for all you do. Your generosity of time away from your family to help other families in need overwhelms me. I know there is no way we could keep the Senior Center/Meals On Wheels programs going without you, or even open our doors. So here's to all the volunteers—those dedicated people who believe in all work and no pay. You are the best! There is a saying: "You may not have a lot of money in your life, but if you have saved a lot of heartaches for other folks, you are a pretty rich person."



## Travel Destinations & Activities

### April 4, 2013; 10:00 am; \$20 Art and Soup

Join us on a wonderful trip to Salt Lake City to sample delicious soups and desserts from more than 25 area restaurants while perusing the artwork of 41 of Utah's most celebrated artists. A past favorite is the "Quick Draw" when you get to watch the artists in action and then see who has the winning bid during the live auction. KUTV-2's Chef Bryan will prepare a dish live while we are there. This is a fundraiser for CNS to help them provide charity care to those in need.

### April 8, 2013; after lunch; N/C Bingo with Hearts

Hearts for Home Health and Hospice will be here to sponsor a fun-filled time of Bingo. We will enjoy great prizes and good times!

### April 12, 2013; 6-8 pm Senior Ball

Save the date! We will be holding the third Annual Senior Ball where the generations bridge the gap and have fun together. The Brigham City Youth City Council, the Perry Youth City Council, and the YVC will be joining us. Live music, dancing and food. We will be taking photos that night as well as crowning the evening's King and queen. This is sure to be a memorable time. Best dress suggested.

### April 17, 2013; 12:15 pm; N/C Presentation by Independent Life Alert

Affordable medical pendants are available with local service for seniors in the community. *Independent Life Alert* offers a low monthly rate and no contracts. Three types of systems are available: traditional land-line, a two-way voice pendant system, and a GPS PERS system that works from anywhere that comes with locational tracking services. The monitoring station is located in Ogden, Utah. This is a 24/7 service lo-

cally owned and monitored.

Andrew Flygare, the founder of *Independent Life Alert*, will be at the Senior Center during lunch on Wednesday, April 17, to answer any questions you may have about his company. The company will be giving away a great prize to one lucky person. If you can't make it to the Senior Center on this date, please call Mr. Flygare at 435-512-2309 for more information.

### April 18, 2013; \$12; 9:00 Tulip Festival

Welcome Spring in all its glory as we visit the Thanksgiving Point Tulip Festival. If you've never been, you'll walk among 250,000 tulips spread out over the 55-acre gardens.

Encompass Home Health and Hospice will join us in the fun and lend a hand. Some of the seniors from the Farr West Senior Center will be joining us on this trip. Knowing how much fun we have, they didn't want to miss out. Sign up early! This trip is sure to fill up quickly. Dutch lunch.

### April 22, 2013; \$20; 7:30 am Wendover with Hearts for Hospice & Home Health

Now that Hearts is warmed up from our Bingo activity, they will join us on our Wendover trip. Come along for the fun-filled day to Wendover including bingo, drinks, prizes, and a free buffet lunch. Sign up early to ensure your seat on the bus—seats fill up quickly. Reserved seating only. Payment required in advance.

### April 25, 2013; 10:30; N/C Wii Bowling

Last month, Kristin from Larsen Digital joined us for Wii Bowling with her yummy treats and turkey dance. We had a record number of bowlers who bowled turkeys; the scores were impressive. We had so much fun that Kristin is going to join us again as we bowl for spring flowers. Be sure to

join us. Sign up with Gary so we know how many participants to plan for.

### April 26, 2013; 11:00 am; N/C Games with Access

Josh with Access Home Health and Hospice will be here to play some good old fashioned fun games. We will be playing a variety of board games and activities. This will be a lot of fun. You won't want to miss out.

### May 7, 2013; 11:00 am; N/C Disc Golf

Carly with Hospice for Utah is always looking for an adventure, and she has come up with a good one. Join us at John Adams Park for a game of disc golf. Afterwards, we will have a picnic lunch at the bowery. The recreation department will provide the equipment. Bring yourself ready to have a good time.

### May 9, 2013; \$15; 5:30 pm Cooking Show

The Relish Cooking Show will be at WSU. Great recipes, cooking demos, and prize drawings.

### May 29, 2013; 9-2; N/C Senior Center Health & Fitness Day

Event at Rees Pioneer Park. Activities, information, services and lunch. Watch for more information.

### July 11-13, 2013 Southern Utah Tuacahn Theatre Tour

This tour promises to be one of fun and fantasy as you watch **Mary Poppins**, the Broadway Musical, Disney's **Mulan**, the stage musical, and **Thoroughly Modern Millie**, the musical. This is a theater goer's delight. These great performances will take you from England, to China, to New York for fun and frolic. **Poppins** and **Millie** have new dance numbers as well as new songs for Millie.

Prices: \$336/person quad; \$351/person triple; \$366/person double; \$434/person single.



## *Marge's Meanderings* or *I've been thinking . . .* by Marge Small

### Friends

When you choose a friend, what qualities do you look for? I like the saying that says, "A friend is one who knows all about you and loves you just the same." Such was my friend Linda Boam. I have mentioned her before and you will probably hear her name a few more times in my columns. She was the friend that gave me my career in life and my love for "special people."

Linda and I started first grade together. Linda was labeled "mentally retarded" in those days, but our hearts spoke to each other every day. She could not verbalize my name, but could say "Ma-a-a-a," or something that, I knew it meant Marge. My classmates and I included Linda for what she was, "our friend." Our teacher, Henrietta Hogan, never made an issue of Linda, even though she never stayed in her seat during class. Second grade brought the same classmates, the same teacher, and Linda. The first day of third grade I looked around. Someone was missing. It was Linda. When I asked the third grade teacher where Linda was, she replied, "Linda can't learn. She is not coming to school anymore." That was the day I started on my path to becoming a Special Education teacher. I would teach children like Linda, and they would learn.

I still saw Linda at church, in the community and at my birthday parties. Every time I was downtown and heard the sound of "Ma-a-a-a" behind me, I knew I would turn around and there would be one of my most loving friends.

Over the years I have collected many stories about these "special people." My Easter gift to you is the following story. Even though Easter will have been over for a few days when you read this, it will still be a story that can be treasured all year.

### The Empty Egg

Eight year old Steven was mentally handicapped. His problem seemed to be getting worse day by day and was becoming more apparent to his school teacher, and also to his classmates. The teacher was becoming worried about how the other students would treat him. She wondered if they would continue to identify with him, love him, and include him in their games and activities as they became aware of his differences.

In April the teacher asked each class member to put together one plastic egg filled with a small object that represented new life in the Spring. Thinking that Steven did not catch on, and not wanting to embarrass him, the teacher had the children place the plastic eggs on her desk so that she could open them. The first egg contained a tiny wildflower. The teacher acknowledged that the flower was truly an indication of new life. The little girl that brought the flower was overjoyed and told the class that it was her egg. Next came a rock. The teacher thought this egg must be Steven's since rocks don't symbolize new life or growth. But as she opened the egg with the rock in it, a little boy shouted from the back of the room that the rock had moss on it and that is new life. The teacher agreed. A butterfly flew out of the next egg, and the little girl that brought it bragged that the butterfly was the best indication so far. The teacher opened a fourth egg. The egg was empty! The teacher thought this had to be Steven's egg, so she nervously passed it by and quickly moved on to the next egg. But Steven announced that the empty egg was his. Hesitating, the teacher replied, "But it's empty." "That's right," said little Steven, "Just like Jesus' tomb, and that means new life for



everyone."

Later that same summer, Steven's condition worsened and he died. At the funeral, on his casket, the children had nestled plastic eggs among the flowers. Some people that did not know the story were puzzled; but no floral spray, no matter how beautiful, could ever convey the wonderful message those empty plastic eggs told. An empty tomb some two thousand years earlier gave Steven the hope of a new life.

## **Zumba-thon**

Friday, April 26th, will be a Zumba-thon charity event to benefit Brigham City Senior Center Meals On Wheels. The event will be a mix of Zumba and Zumba Gold with several great local instructors participating from the Box Elder County Area. It is open to the public, and we encourage everyone to come out and support our Meals On Wheels program.

The entry fee is \$5 and registration starts at 6:30 p.m. The Zumba-thon will start at 7:00 p.m. There will be refreshments, prizes, a raffle and *lots* of fun and shakin' going on! Raffle tickets are \$1 each. Plus, our very own Oscar Gamez will be there playing his wonderful congas and rhythm section.

Becky Kimball, our Zumba Gold instructor, will be hosting the event.

Come on out and support Meals On Wheels.

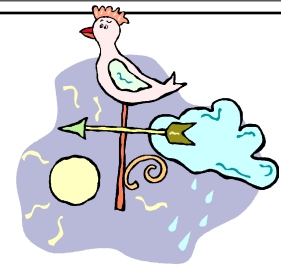
## **Self-Worth and Self-Assurance Through Hypnosis**

Alison Johnson, RN, is presenting a four-week course beginning April 11-May 2 on Self-worth and Self-Assurance Through Hypnosis. Sessions start at 10:00 a.m. Class space is limited; please sign up with Gary Baron

Alison is also a Hypnotherapist, and Parish Nurse. A member of the National Guild of Hypnotherapists, she uses her hypnosis to help others achieve their goals and wellbeing. She owns Ali's Angels and is Co-Owner of Integrity Home Health & Hospice.



# April 2013 Activity Calendar



<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
1 Kelly Warren & His Guitar 11:30 Taxes by appt.	2 Watercolor @ Bunder- son 10-12 Watercolor @ Sr. Ctr. 6-8	3 Birthday Lunch-Noon Integrity Foot Clinic by appt 723-9000 Crystal Springs 1:15	4 Art & Soup 10:00 Lunch & Learn with Encompass	5 Becky Kimball Easy Listening
8 Kelly Warren & His Guitar 11:30 Bingo after lunch with Hearts Taxes by appt	9 Watercolor @ Bunder- son 10-12 Integrity Foot Clinic by appt 723-9000 Watercolor @ Sr. Ctr. 6-8	10 Memory Club 10:00 Crystal Springs 1:15	11 Chiropractic by appt. Myer's Day Comfort Club 6:00	12 Odell Summers & His Xylophone 11:30 Senior Ball 6:00
15 Karaoke with Kelly Warren 11:30 Gillies Dollar Day Taxes by appt.	16 Watercolor @ Bunder- son 10-1 Watercolor @ Sr. Ctr. 6-8	17 Independent Life Alert Presentation 12:15 Crystal Springs 1:15	18 Tulip Festival 9:00	19 Kevin Kula—piano.
22 Wendover 7:30 Kelly Warren & His Guitar 11:30	23 Watercolor @ Bunder- son 10-12 Watercolor @ Sr. Ctr. 6-8	24 Crystal Springs 1:15 Volunteer Banquet 6:30	25 Wii Bowling 11:00 Commodities	26 Board Games 11:00 Zumba-thon Meals On Wheels Fundrais- er 6:30
29 Kelly Warren & His Guitar 11:30 Happy Feet by appt.	30 Watercolor @ Bunder- son 10-12 Watercolor @ Sr. Ctr. 6-8	<b>Did you know</b> there are two watercolor classes? Both meet on Tues- days #1 at the Bunderson Center Rm. 16 10-12; #2 At the Center 6-8. <b>Upcoming Events:</b> May 7, Tues., Disc Golf; May 9 Cooking Show; May 29 Senior Health and Fitness Day		

**DAILY**

Lunch M-F 12-1  
Hall Walking 8-10 a  
Library M-F 8-4  
Pool Room M-F 8-4

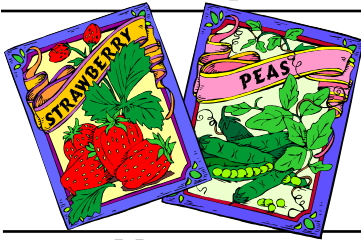
**WEEKLY**

Advanced Spanish M 10:00 a  
Bunka M 9:00  
Tai Chi M 10:00 a  
Beginning Spanish M 1:00  
Intermediate Spanish T 10 a  
Watercolor @ Bunderson T 9:45-  
12; n/c

Zumba Gold T 10:00  
Night Watercolor Tue. 6-8; \$10/  
session  
Pickleball T 7-10; W, F 7-11  
Woodcarving T 6:00 p  
Square Dance T 7-10 p  
Line Dancing M/W 1:00 p  
Yoga Tu/Th 4:00 p  
Pinochle Th 10:00 & 1:00  
Oil Painting Th 9:30  
Sit & Be Fit W/F 10:00  
Chimes @ Gillespie Hall F 1:00

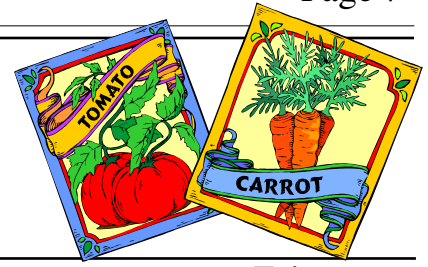
Computer classes as scheduled. Contact  
Nancy to enroll.

**GENERAL INFO:** Telephone  
Reassurance, Friendly Visitor, Info. and  
Referral; Senior Transit M-W-F 226-1456;  
MOW Hot meals M-F Frozen Sat-Sun.;  
**Please make lunch & To Go  
reservations one day in advance.**



# April 2013

Menus Subject to Change Without Notice  
Milk served with meal.



<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>1 Chicken Pot Pie Pickled Beets Dry Jello Salad Biscuit Cookie Bar</p>	<p>2 Tuna Casserole Peas and Carrots Tossed Salad Muffin Pudding</p>	<p>3 <b>Birthday Lunch</b> Salisbury Steak Mashed Potatoes Key Largo Vegetable Carrot Raisin Salad Whole Wheat Roll Cake and Ice Cream</p>	<p>4 Tomato Bisque Soup Ham and Swiss on Rye Pickles and Olives Veggies/Dip Cookie</p>	<p>5 Meat Loaf Whipped Potatoes/ Gravy Steamed cabbage Spinach Salad Whole wheat Bread Raisin Bar</p>
<p>8 Baked Fish Scalloped Potatoes Spinach Cole Slaw Whole Wheat Bread Cinnamon Applesauce</p>	<p>9 Stuffed Pepper Steamed Carrots Cottage Cheese Pear Salad Cinnamon Bread Fruit cobbler</p>	<p>10 Parmesan Chicken Baked Potato/Sour Cream Peas and Carrots Tossed Salad/Kidney beans Roll Fresh Fruit</p>	<p>11 Myer's Day Chicken Fried Steak Whipped Potatoes/Gravy Peas and Carrots Fruited Cole Slaw Biscuit/Honey Butter Ice Cream Sandwich</p>	<p>12 Taco Salad Guacamole/Sour Cream Chips and Salsa – Center Corn Muffin –MOW Tropical Fruit Cookie</p>
<p>15 Gillies' Dollar Day Oven baked Chicken Mashed Potatoes/Gravy Broccoli Carrot Raisin Salad Whole Grain Roll Mini Banana Split</p>	<p>16 Spaghetti/Meat Sauce Italian Blend Vegetable Caesar Salad Bread Stick Fresh Fruit</p>	<p>17 Fruited Chicken Salad Cantaloupe Ring Pickles/Olives Fresh Veggies/Dip Banana Muffin Oatmeal Cookie</p>	<p>18 Sweet 'n' Sour Pork Rice Oriental Blend Egg Roll Chinese Cabbage Salad Muffin Lemon Tortoni</p>	<p>19 Roast Turkey/ Cranberries Mashed Potatoes / Gravy Green Beans Stewed Tomato Whole Wheat Roll Banana Bar</p>
<p>22 Beef Tips Mashed Potatoes German blend Vegeta- ble Cucumber Tomato Sal- ad Biscuit Cookie</p>	<p>23 Turkey Pot Pie Pickled Beets Dry Jello Salad Biscuit Pudding</p>	<p>24 Sloppy Joe/Bun Sweet Potato Fries Summer Blend Veggie Fruited Cole Slaw Fresh Fruit</p>	<p>25 Auntie's Apricot Chicken Rice Pilaf Bean Medley Whole wheat Roll Tossed Salad/Black Beans Cookie</p>	<p>26 Roast Beef Mashed Potatoes/Gravy Broccoli Whole wheat Roll Marinated Carrots Fruit Pie</p>
<p>29 Hamburger Noodle Bake Mixed Vegetable Citrus Fruit Cup Muffin Cookie</p>	<p>30 Ham &amp; Vegetable Bean Soup Mini Chef's Salad Tropical Fruit Crackers Peanut butter Cookie</p>	<p><b>NOTICE</b> Congregate lunch contributions are anonymous and confi- dential. Suggested donation per meal is \$2.75 for those 60+ and \$4.60 for those under 60. Please sign up for lunch one day in advance, especially on those days when the meals are sponsored by a local business. The staff appreciates your cooperation.</p>		



## April's Birthdays— Happy Birthday to You...

Harold Anderson, Charlotte Andreason, Leon Anglesey, Charles Averett, Denton Beecher, Francine Beecher, Enos Bennion, Melba Benson, Farrell Blanchard, Ray Bybee, Mable Calhoun, Jim Call, bob Chamberlain, Merle S. Christensen, Deni Crockett, Wilma Davis, Margie Davis, Phillip Ellgen, Lorin Facer, Velma Freeman, Yuzo Fujikawa, Leah Gale, Sally Gibbons, Jane Gomez, Robert Goodell, Mirl J. Hacking, David Hadley, Elgie Hale, Mary Hamblin, Calvin Hansen, Dale Hendrickson, Orville S. Hendrix, Elizabeth Herbert, Merleen Herbert, Mildred Hively, June Hoffman, Claire Huggins, Frances Hunsaker, Jeannie Hunsaker, Nina Hurd, Tadao Isaki, Jimmie Ishi, Darlene Jensen, Reese Jensen, Nellie Jenkins, Ann Johnson, Colleen K. Johnson, Marilyn Johnson, Wilma Johnson,

Rea Kidman, Kathy Kos, Joyce Lemon, Marc LePage, Jackie LePage, Ardel Loveland, Sherry Lowe, William McKinney, Shirley Meier, Judy Mellen, Linda Mortenson, Koji Nagao, Valda Nedrow, Howard Nibley, Mary Okada, Dianne Olsen, Ruth Owen, Elaine Palmer, JoAnn Penrod, Don Poulsen, Elaine Price, Claudia Pustka, Deon Richards, Judy Ritchie, Darlene Rushton, Mary Lou Rustan, Todd Salisbury, Carol Sara, Glenna Smith, Eunice Snyder, Venice Sorensen, Larene Spendlove, Dena Sprong, Darrell Stucki, JoAnne Tanaka, Sandy Tawatari, Max Timothy, Zola Tucker, LoRae Unger, LeRoy Ward, Miyski Watanabe, Joan Williams, Elaine Windley, Ivan Woodruff, Brent Workman, and Louis Youngberg.

## Lower Your Medicare Prescription Drug Costs!

If your monthly income is not more than \$1,426 for singles (\$1,939 for couples) and your assets are not more than \$13,330 for singles (\$26,580 for couples), you may be eligible for **Extra Help**, a federal program that helps you pay some or most of the costs of Medicare prescription drug coverage (Part D). Assets include such things as bank accounts, stocks, and bonds.

Nancy and Vickie are Senior Health Insurance Information Program (SHIP) counselors will be happy to help you with your needs. Please call for an appointment for free assistance applying for **Extra Help**.

Say yer blessings with thanks,  
And accept them with grace.  
Let gossip fly past you,  
Don't say what you will.  
Know what's good and what's right,  
Which is false and what's real.  
Be ready to toss a compliment or two,  
The person who needs it may some  
day be you!  
Grace the world with your presence,  
and humbly so,  
Open arms, open heart,  
filled with love that will grow!!"

### A Child's Easter

Patricia Young Kelly

The Easter Bunny is so funny,  
Laying chocolate eggs.  
His morning jog through mist and  
fog,  
Make Easter Baskets sag.  
Marshmallow eggs, and little Peeps  
And jelly beans abound,  
He hops from grassy yard to yard,  
And covers the whole town.  
We boil our eggs and color them,  
Such a silly thing!!  
But if we don't assist the rabbit,  
We cannot welcome Spring!!



## Rolling Tales

By Sharon Ross

I hope you all had a wonderful Easter and St. Patrick's Day. Times are getting harder for us all, but there is something we can do to help ease the pain, and that is to give service to others. When we pull together, the

load is much lighter as you know. Utah is the highest ranking state in the nation for volunteers and service giving. We are in dire need of Meals On Wheels delivery drivers. I can't drive, but if I could, I'd do this job. If I delivered from my wheel chair, the food would be cold and inedible. It's bad enough that our seniors will be hurt by the government budget cutting of Meals On Wheels funding. Thanks to our own Senior Center here in Brigham City, they have really been preparing by doing fund raisers, and thanks to all who have donated to this cause, we are better prepared than most around the country. As you know, this meal and a brief visit from these delivery volunteers is a big light in their day. In some cases, the delivery people are the only people they see and they have even come at just the right time to save a life. Please consider helping out. There are homebound senior citizens in our midst that need our help. As always, we so appreciate all of our volunteers and the time they put in to make another's life much easier.

These poems were written by my sister Pat -- isn't she a great poet?

### Sean, the Leprechaun Speaks....

Patricia Young Kelly

"A bit o' advice to the young from the old,  
Keep yer gold in yer pocket,  
And yer plastic on hold.  
Keep the wind to your back,  
Let the sun kiss your face.



*Though my hair has turned to gray  
and my skin no longer fits, on the  
inside I'm the same old me—the  
outside's changed a bit.*

## HEAT Program Funds Still Available through EOM

Appointments are still available for those 60+ years of age. Contact the BRAG office if you feel you qualify at 723-1111. Deadline end of April.

Your responsibility is to bring all the information needed for verification to the appointment as follows.

- SS card for each household member.
- Most recent utility bills—gas & electric—as of your appt. date.
- Proof of income for everyone in household for previous calendar month.
- Actual receipts for medical bills paid by you in previous month (doctor, dentist, Rx, glasses, etc.)
- Any utilities included in your rent or to landlord requires form 1062-H.
- SSI requires HEAT form 883-H.

## WANT ADS

*The following ads are provided as a service for our seniors.*

**LOLA'S LOVING CARE** Respite Care/Companion Service. Reasonable rates. No personal care or lifting. Will stay with your loved one while you take a much needed break. References on request. 435-740-4648.

**FOR SALE** Assorted watercolor art books \$5 each; unused tubes of paint \$2 ea. or 2/\$5; 11 x 14 mats \$1; Table Ott light w/extra bulb \$35. Call Yvonne at 723-9688.

### BENCHMARK SERVICES

Window cleaning, yard recovery/care, handyman. Senior Center approved. Call Mark Folkman at 435-695-3739 for an estimate. No job too small.

### Meals On Wheels Needs You!

Drivers are needed M-F. If you are able to help deliver meals, someone is waiting with a smile of thanks and a hot meal that makes a difference in their life. Contact Rocheal at 226-1454. Substitutes are always needed.

## Support Groups

Our support groups are designed to provide emotional, educational, and physical support for persons providing care for those with chronic health conditions. The desired outcome of our programs is to assist caregivers in making informed decisions at the critical crossroads of caregiving.

### Caregivers' Comfort Club

This month's topic is "Falls and Balance" with Brett Thompson, PT, formerly with Curo Home Health. He will address the issues of how to fall as well as preventing falls through strengthening your balance. April 11, 2013 at 6:00. Please RSVP to Vickie at 226-1455.

### Memory Club

This is a support group for those individuals with memory loss and their caregivers. This month's meetings are April 10 and 24, 2013, at 10:00 a.m. in the Craft Room/Lounge.

## Purging Documents—What should I shred?

Shred Fest is scheduled for May 17 from 10:00-1:00 at the Senior Center. There is no charge for this service. Start purging your old documents now and take advantage of this service.

Shredding advice is never a bad idea to make sure that you don't destroy documents that need to be kept on a permanent basis. Shredding the unnecessary cuts down on storage space.

Start by shredding junk mail and old papers that carry your Social Security number (but don't destroy your Social Security card), birth date, signature, account numbers, passwords or PINs.

Shred deposit slips and ATM and credit card receipts immediately after you get your monthly statements. Shred used airline tickets, unneeded medical bills, pre-approved credit card applications and expired IDs such as driver's licenses, medical insurance cards and passports.

Hold on to bank statements and canceled checks (or copies) for one year, but keep checks needed for your tax returns—such as charitable donations or tax payments for 7 years.

Papers and checks related to a home purchase or sale, or improvements, and contributions made to an IRA, should be kept indefinitely.

Shred paycheck stubs after the income is noted on a W-2 or other tax form (this is one reason why community shredding events often occur in the spring, after tax season).

Shred monthly retirement and investment account statements after you get the annual statement for the entire year. Keep the annual statement indefinitely.

Keep utility bills for one year if you want to compare that month's costs to the previous year. Otherwise, shred them sooner.

**Don't shred** original Social Security cards, birth certificates, mortgage paperwork, deeds or wills. However, some experts recommend shredding unneeded photocopies of those documents.

### SHELLED WALNUTS FOR SALE

Ready when YOU need them. 3 lbs for \$15. Call Bonnie or Joe at 723-1769.

*I've learned that each day you should reach out and touch someone. People love a friendly smile, a warm hug, or just a friendly pat on the back.*

# Volunteer Corner

We honor **all** our Volunteers during the month of April. Thank you for your dedication to Meals On Wheels and the programs and activities at the Center. We couldn't accomplish all that we do without you. You are the important part of "us". Please call Rocheal to RSVP with your T-shirt size at 226-1454.



## GREAT News from Chuck-A-Rama

Chuck-A-Rama is now offering a **20% discount** while still getting every 11th meal free. There is no need to purchase a new 20% card until you have completed your current card. Both the old 15% and the new 20% card will be honored at the 20% discount.

Discount cards are only available at your local participating Senior Center for a dollar (\$1). This is Chuck-A-Rama's way of helping senior centers raise funds. All proceeds from the sale of the Senior Club Cards stay at our Center. You may purchase your club card from an administrative staff member.

The next time you use yours, thank the manager for this great service.



## We're Wishin'



- 19" Flat Screen TV for Fitness Room
- Small dormitory size refrigerator
- Wii System
- Laundry Detergent
- Flour sack/bar dish/bar towels
- Forever Stamps

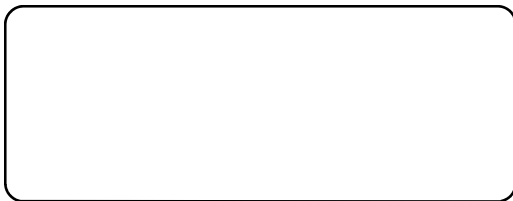
*We believe wishes can come true!*

## Have a dog? Think of him as an exercise machine with hair.

Three 10-minute bouts of exercise done throughout the day can be just effective as a single 30-minute workout. American Council on Exercise, [www.ACEfitness.org](http://www.ACEfitness.org).



*Some people try to turn back their odometers. Not me, I want people to know "why" I look this way. I've traveled a long way and some of the roads weren't paved.*



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