



Senior News



April 2014

“ A Caring Place to Grow Old “

25¢ Volume 16 Issue 3

Activities at a Glance

- 2 Birthday Party 12:00
- 2 Integrity Foot Clinic 12:30
- 2 Crystal Springs 1:15
- 3 Encompass Lunch/Learn 12:00
- 4 Gadget & The Professor 11:30
- 7 Encompass Blood Pressure 11:00
- 7 Kelly Warren & Guitar 11:30
- 8 Integrity Foot Clinic 12:30
- 9 Art & Soup (SLC) 10:00
- 9 Memory Club 10:30
- 9 Dorothy Doer 11:30
- 9 Crystal Springs 1:15
- 10 Karaoke w/ Kelly 11:30
- 10 Myer's Day Lunch 12:00
- 10 Hair Spray (Eccles/Ogden) 6:30
- 10 Symphony w/ Nancy (TBD)
- 11 Odell Summers & Xylophone 11:30
- 11 Easter Egg Dying 1:00
- 14 Advisory Council 9:15
- 14 Kelly Warren & Guitar 11:30
- 15 Spring Wreath Craft Class 1:00 p.m.
- 16 Genealogy Overview 10:30
- 16 Easter Dinner 12:00
- 16 Crystal Springs 1:15
- 17 Encompass Hospice Jeopardy 1:00
- 18 Pickleball Trg (Pioneer Park) 9:30
- 18 Kevin Kula 12:00
- 18 Senior Ball 6:00-8:00
- 21 Karaoke w/ Kelly Warren 11:30
- 21 Gillies Lunch 12:00
- 22 Tulip Festival Thanksgiving Pt. 9:00
- 23 Crystal Springs 1:15
- 23 Volunteer Apprec Dinner 6:00
- 24 Commodities 9:30
- 25 Foot Zoning 11:00
- 25 Lorisa Pulotu 12:00
- 28 Wendover w/ Pioneer Nursing 7:30
- 28 Happy Feet 10:00
- 28 Kelly Warren & Guitar 11:30
- 28 Casino Night at Maple Springs 6:00
- 30 Crystal Springs 1:15

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Volunteers Deserve our Cheers!

Throughout the month of April we celebrate National Volunteer Month. Walk with me down memory lane as we recall the early days of our volunteer program here at the Senior Center. Although volunteers have been involved since the inception of the center, it wasn't until 1996 that we formalized the process with the hiring of a Volunteer Coordinator. This person was charged with tracking the hours of those that were currently volunteering on committees and teaching classes and developing a volunteer program to deliver Meals on Wheels. At that point, two paid drivers handled all the meal delivery with other staff stepping in during times of absence. The first volunteer driver was Ken Phillips, who enabled us to see that the vision of a volunteer delivery team was possible. He drove a red convertible and delivered eight meals to those that lived close to the Center. His willingness to serve and loving heart was contagious and others quickly followed in his footsteps.

A letter dated April 11, 1997 congratulated the volunteers for helping to meet and exceed the goals for the past year. When the volunteer program began, only 45 people were recipients of meals on wheels. During that first year, that number climbed to 65 and dreamed of the day that we would possibly serve 100 people. We were also celebrating 76% of the meals being delivered by volunteers. The letter sought recruits with Food Handler Permits to assist in the kitchen. Because of the success of the volunteer program, we were able to increase delivery from four days per week to five in November of 1997. What a long way we have come!

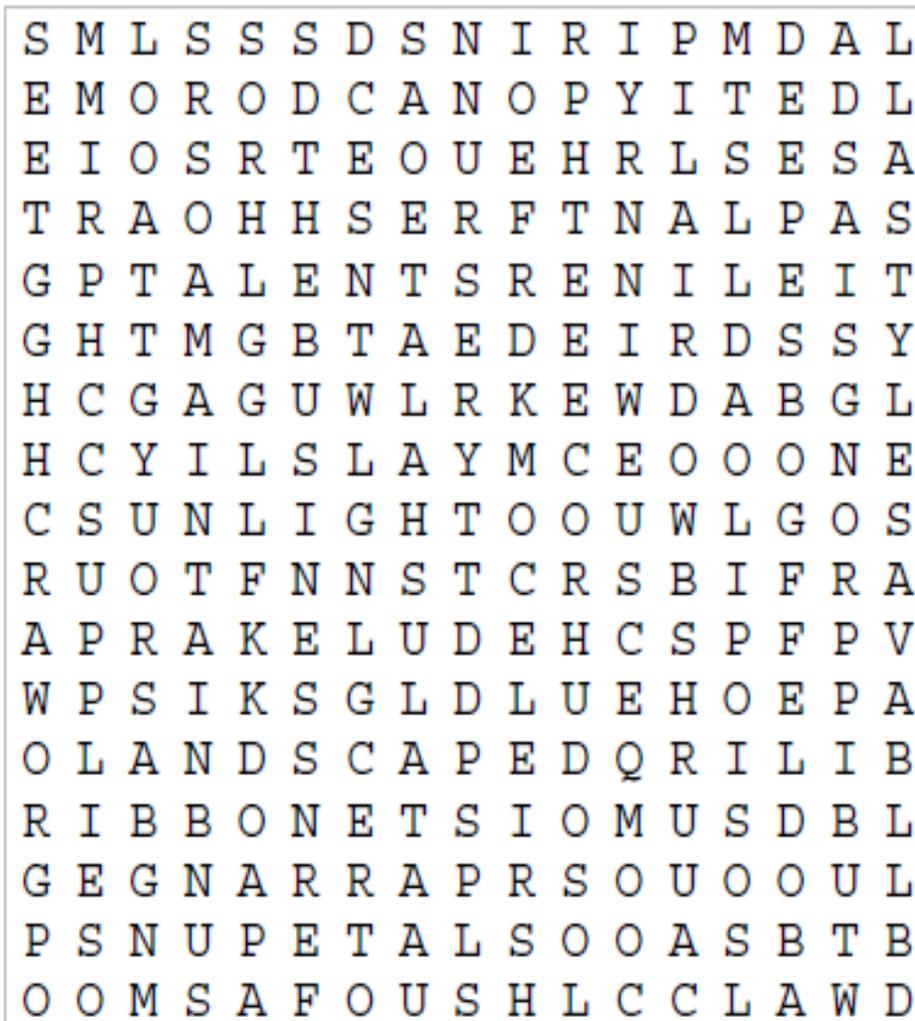
Today we are delivering meals to 116 recipients, five days per week, with frozen meals available for the weekend. Currently, 151 volunteers deliver meals on 15 routes and we have six volunteers working in the kitchen with 100% of our meals delivered by volunteers.

The Volunteer Coordinator, Rocheal Redford, ensures that all volunteers have completed the required background check and are task trained. She maintains all the records and tracks the hours that are contributed. She contacts businesses and works to recruit new volunteers and retain the volunteers that we have through recognition, support and encouragement.

Volunteers assist in most every aspect of our Center activities. Some of the many areas we utilize volunteer services include food preparation, table setting, class instruction, tax preparation, Advisory Council on Aging, BEGSSS, craft donations for sale, office assistance, meals on wheels –and so much more. 275 volunteers devote an average of 1,000 hours per month.

There is no way that the Senior Center could offer the programs and services that are available on a daily basis without the support of this amazing volunteer army. We give a cheer for the 275 volunteers that help to make Brigham City Senior Center the place to be in Brigham City.

Please join us on April 23 at 6:00 p.m. at the Senior Center as we recognize the many contributions of our volunteers at our annual Volunteer Recognition Banquet.

Word Search: FLOWER POWER**FIND THE FOLLOWING:**

ARCH
ARRANGE
BLOOM
BLOSSOM
BOUQUET
BOWS
BUCKET
BUSINESS
CANOPY
CORSAGE
CUT
DESIGN
DRIED
FERNS
FILLER
FLOWER

FORMS
FRESH
GARDEN
GROW
LANDSCAPE
LINER
LUSH
MAINTAIN
MOISTEN
NOSEGAY
NURSERY
OASIS
ORCHID
PLANT
PETALS
PRONGS

RAKE
RIBBON
SCHEDULE
SEEDS
SELL
SOAK
SPREADER
STYLE
SUNLIGHT
SUPPLIES
TALENT
THATCH
TRIM
VASE
WATCH
WEEDS

Kindness—Pass It On:

- Give a flower
- Eat lunch with someone new!!
- Listen with your heart
- Visit a sick friend
- Clean neighbor's walk
- Give unexpected gifts
- Make a new friend
- Pick up litter
- Buy someone's meal
- Plant a tree
- Help carry a load
- Share a snack
- Cheer up a friend
- Thank a teacher
- Read to a young child
- Do a kind act daily
- Leave Thank You note
- Offer your seat
- Cycle courteously
- Be TOLERANT
- Let another go first
- Bake cookies to share!
- Give a compliment
- Donate gently used items to those in need
- Give a balloon away
- Lend a pencil or pen
- Respect others
- Use reusable water bottles
- Encourage a friend
- Forgive mistakes
- Smile at someone
- Lend a hand
- Walk a dog
- Do a favor
- Offer a hug
- Say "hello"
- Open a door



Silver Sneakers Now at the Senior Center!

We are so excited to be participating in a new Silver Sneakers program called FLEX™! FLEX™ classes allow Silver Sneakers members to attend classes beyond the traditional gym to further assist them with their health and fitness goals for FREE!



Increased physical activity has been documented to reduce the risk of disability and disease. Integrating quality senior fitness programming into communities plays a significant role in the prevention of disease and increased wellness. Your health insurance may include the Silver Sneakers Fitness Program benefit. In addition to the classes that are offered at the Senior Center, your membership allows you to have membership at a participating health club. In our community these are AnyTime Fitness, Curves® and Physiquest.

Our FLEX™ instructor is Janice Munns. She brings years of experience and enthusiasm to the program. Her classes are as follows:

- Monday and Wednesday—9:00 a.m. (Cardio and Strength Training)
- Tuesday and Friday—9:00 a.m. (Muscles and Range of Motion)
- Thursday—8:00 a.m. (Dance Variety)
- Thursday—10:00 a.m. (Stretch and Balance)

If you aren't a member of Silver Sneakers and would like to participate, the cost is 20.00 per month for a single person and 30.00 for a couple or \$3 per class. Contact Nancy at 435-226-1451 if you have further questions.

"Frozen" from Alaska

—*This cute letter was sent to Nancy from her Grannie Annie in Alaska. Enjoy!*
OH MY! Spring has grabbed me by the thumbs!! It does not help to get nursery catalogues and flower books in the mail!! I have read them ragged!! It also does not help to have this beautiful sunshine coming in my sewing room window and through the kitchen window of the house filling the rooms with a warm glow.

Reality sets in when I walk out my sewing room door and see the big glacier in our yard and a snow bank that has not melted to the level where I can see over it to check on the lake to see if the ice is melting on it! Not yet!!

My mother loved flowers and spent hours in HER yard with a hoe and pretty flowered gloves to "tend to things." After the new house was built the first year my Dad labored at putting a lawn in the front yard where we had always played in the dirt. It grew fast and was very hardy. On the south side of the lawn, Mom planted a lilac tree and dug along the drive way with HER shovel to plant Iris, cosmos, carnations and later years she planted chrysanthemums that bloomed in the fall. Mom had HER hoe and HER shovel - no one, absolutely NO ONE took Moms hoe or shovel. The hoe served two purposes. To dig little ditches to water HER flowers and to kill snakes if one ever ventured into HER yard. If she saw a snake-usually a little garter or garden snake, she would go into a little "snake dance." With her hoe, chop his head off, chop into little bitty pieces and then dig a ditch beside it and scrape the remains of the snake into the ditch, and then quickly pull the dirt over to the top - and her

last part of her "dance" was tamp the dirt down with the back of her hoe until it was smooth and the snake was safely secure in the ground. We all still smile when we recall the "snake dance." Of course, we were all lined up "at a safe distance" watching this grand out of body experience our very conservative Mother was displaying.

On the north side of the house she planted lily of the valley. She also loved moss and whenever she saw a little piece of moss she would dig it up and carefully transport it to the north side of the house. When we went to "the mountains" she always came home with little bits of moss.

The east side of the house was full of snap dragon, cosmos, day lilies, holly hocks, and roses-which did not do very well-much to her consternation (they needed lots of water which we did not have.) The only water all those flowers got the first couple years was irrigation water that Dad would "let" her have by allowing a little of his precious irrigation water for the crops, go through the culvert so it would flood the grass. Then Mom would be out in the yard in bare feet, guiding the water into little ditches so that all her flowers could have a drink.

Colorado is dry in the summer with a few rain showers and sometimes hail. With the little bit of water that her flowers got, she really soaked them. They thrived and bloomed for all to admire. If any of our neighbors came to visit they would make the rounds in the yard to smell and admire her flowers before they left to do their ooh-aah duty. Mom loved the oohs and aahs.

AWWH those were the days - but I guess I have to wait to play in my country garden that Susan planted last year or pick the first rhubarb coming up out of the ground. Right now it is buried under a six-foot of snowbank.

...Wish THAT was imaginary!!



Marge's Meanderings, or I've been thinking. . .

by Marge Small

Sing, Swing, or Dance! It is Spring!!

When I was a young girl, I learned a song that went like this, "In the leafy treetops the birds sing "Good Morning." They're first to see the sun, They must tell everyone. In the leafy treetops the birds sing "Good Morning." I loved waking up in the mornings and listening to all the birds singing in the many trees that surrounded the house of my childhood. Usually my mom was also singing as she worked in her flower garden in the backyard. My sister and I had a bedroom on the back of the house and through the windows we could hear the "Music of the Morning."

We had a very large swing in our backyard. The kind you don't see much anymore. There was a huge, high rectangle made of metal pipes that must have sunk all the way to China so they could hold a swing made with huge ropes. I couldn't put both of my hands around them. I loved to sit on the large board across the bottom of the swing and pump my legs until I went higher and higher. I felt that I was flying with the birds. I also sang at the top of my lungs. I doubt that the birds hung around then to listen to all the competition I was giving them. Actually you would not think of me as a songbird then, or now, but I loved to sing and sing. The beautiful thing about singing is that you don't have to be good at it to enjoy it—and it makes your soul smile! What were some of the things you loved to do in the Springtime when you were a child? Have you written them down? You could do it today.

We have a big tree in front of our house. We have lived in that house for forty-four years. I use to wake up to the songs of many birds, which made me so happy. We would get up early in the morning but my husband did not enjoy the lusty songs of the birds, when he was trying to get those last few minutes of sleep before the alarm jangled us out of bed. Then the crows came! It has been a few years since those big black

birds with their lusty, "Caw, Caw," noise scared the songbirds away from our tree. When we first saw the crows, my husband perked right up. They were the birds of his younger days in San Diego, California. I was sorrowful. I wanted my songbirds back.

This year the songbirds are back! I hope it is not an April Fool's joke and that soon they will be gone to sing their beautiful songs in another place. I haven't seen crows around our place, but I do see them in other parts of town. I hope that will be enough to satisfy my husband. I think he really believes that the crows finally came from California to find him. Speaking of birds and music makes me think of a question for this month. Which weighs less...a song or a sparrow? You can think about that while you are meditating or doing yoga.

If you wonder where I get all of these creative questions, you can thank my college Creative Writing teacher, who tried to teach us to "think outside of the box" before that was even an expression. I will admit that I make some of the questions up by myself. I like to think that my teacher taught me something useful in college. Try to figure out which ones are mine and which ones came off a sheet of paper that I have had for fifty years. If you have been to my house, you know that I never throw anything away! Especially fifty year old college notes!

Now that it is spring, are your daffodils coming up yet or are they already in bloom? I love to see the first green leaves of the daffodils poke their stems up through the dirt. I love flowers but as has been mentioned in this column, the flowers I plant end up on "death row!" It took my husband and I going away to Bolivia for eighteen months and our daughters planting me a flower bed while I was away for me to get flowers in my yard. Also, my daughter-in-law and grandchildren "surprise" me every "Mother's Day" by planting flowers in

our containers in front of the house. The flowers "know" who plants them and they bloom for other people. I get to enjoy the beauty of the daffodils and tulips, as they come first into the garden. It always reminds me of the poem "The Daffodils" by William Wordsworth,

*—I WANDER'D lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.
Continuous as the stars that shine
And twinkle on the Milky Way,
They stretch'd in never-ending line
Along the margin of a bay:*

*Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.
The waves beside them danced; but they,
Out-did the sparkling waves in glee:*

*A poet could not but be gay,
In such a jocund company:
I gazed--and gazed--but little thought
What wealth the show to me had brought:*

*For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.*

Whatever you do during this beautiful month of April, remember to Sing, Swing or Dance. It is Spring!

P.S. I would like to share a quick reply from my 92-year old aunt regarding this article: *My dear husband loved to listen to the birds early in the mornings before he got out of bed. After he was older and had to be in the hospital, I asked him what I could bring to him to help him be happier. He said "I really miss the birds." The next morning I got up early and set the tape recorder out on the porch and recorded the bird's morning songs. I took the recorder and tape to the hospital and turned it on for him. He was so very happy. A couple of the nurses came into his room to see what was going on with birds in the room.*



Travel Destinations & Activities

Art & Soup—Annual Celebration! Salt Palace Convention Center April 9, 2014, 10:00 a.m. (\$20)

Art & Soup is a premier in SLC that celebrates creativity, cuisine and community while raising funds for the Community Nursing Services (CNS) Charitable Care Program. Enjoy samplings of scrumptious soups, bountiful breads, and delicious desserts by fabulous Utah restaurants.

Hairspray “Broadway’s Big Fat Musical Hit” by Cache Theater Co. at the Ellen Eccles Theater April 10, 2014, 6:30 p.m. (\$17)

Join us for a night on the town at the beautiful Eccles Theater in Ogden for the musical production of Hairspray—with 1960’s style dance music and downtown rhythm and blues!

Utah Symphony at the Weber State University Browning Center April 10, 2014, 6:30 p.m. pick-up

Beethoven’s 3rd Piano Concerto and Nielsen’s 3rd Symphony feature three masters in their prime. Pianist Ronald Brautigam to perform the stormy harbinger of Beethoven’s middle period. Maestro Fischer leads the orchestra on Nielsen’s explosive “Espansiva.” The overture to Mozart’s “The Magic Flute” completes the study of this musical genius. Nancy will pick you up at your home, deliver you to front door of Browning Center and return you to your home after concert. Call (801) 399-9214 to order your own tickets and a \$2.00 suggested donation for the bus.

Easter Egg Dying April 11, 2014, 1:00 p.m.

Please join us at 1:00 p.m. in the craft room after to color Easter eggs and have some holiday fun!

Make/Take Craft Spring Wreaths April 15, 1:00 p.m. (\$10)

Come make and take home a colorful spring wreath to hang on your wall or door! Display and sign up form will be available at the Senior Center on April 1st.

Pickleball Clinic at Rees Pioneer Park Outdoor Court (NE Corner of the park) April 18, 2014, 9:30 a.m.

Whether you have never played and want to learn or want to improve your game and take pickleball to the next level—this clinic is for you! Four instructors available to teach according to skills and abilities to get the most out of the training. Paddles will be available for those who would like to come and give it a try!

Senior Ball at the Senior Center April 18, 2014, 6:00-8:00 p.m. (NC)

The Brigham City Senior Center is pleased to join again with Brigham Youth City Council and Perry Youth City Council to bring you the Senior Ball! The BEHS Jazz Band will provide music to dance to for the evening. Join us for delicious refreshments, photos and above all, the crowning of the Senior Ball King and Queen! *This event is free of charge*

Tulip Festival Thanksgiving Point April 22, 2014, 9:00 a.m. (\$18)

Welcome spring this April and enjoy all of the colors of the rainbow spread throughout nearly 100 different varieties of tulips during the annual Thanksgiving Point Tulip Festival. Featuring 250,000 tulips displayed in the 55-acre Thanksgiving Point Gardens, the Tulip Festival is an awe-inspiring sight that is redesigned each year to create a new display. *We will enjoy a “Dutch” lunch at the Draper Chuck-A-Rama!*

Wendover sponsored by Pioneer Nursing & Rehabilitation

April 28, 2014, 7:30 a.m. (\$20)
It is spring! If you have been inside all winter then join us for a trip to Wendover. Pioneer Nursing and Rehab will sponsor our trip. \$20 gets you a luxury bus, bingo with great prizes, fun book which includes \$5 cash, free buffet lunch, free drink, lucky bucks and discount gift shop. Seating is reserved and fills up fast! Call Gary at 226-1453 for more info.

Casino Night at Maple Springs April 28, 2014, 6:00-9:00pm (NC)

If you missed last year’s Casino Night at Maple Springs you missed out on a good time! Here is your chance to join in on the fun! Professional tables and dealers and all the real fun of a night out at the Casino! Come enjoy great treats while you cash in on some fun!

Know your Roots— Genealogy Overview

Have you ever wondered how to find out more about your ancestors? If so, please join us on Wednesday, April 16th, at 10:30 a.m. in the craft room for a Genealogy Overview.

We are pleased to offer this overview with Julie Johnson, who is a professional Genealogist who began researching her family history more than sixteen years ago. She is compassionate and dedicated to helping new Genealogists find their way by providing genealogy tips.

When Family History became a regular part of her daily life, she decided to become a Professional Genealogist and start her own business. She specializes in American Records. She achieved her Professional Learning Certificate in Genealogy Studies from the University of Toronto, Canada.

She loves sharing her enthusiasm for Genealogy with others by giving short lectures, classes, and workshops along with her research business.

She is also a member of the Professional Genealogist Society and the Association of Professional Genealogists.

Travel Reservation Policy

Payment in full is required within three (3) days of registering to guarantee your seat. Delays in payment will result in your name being moved to a waiting list, or dropped from the roster.



April 2014 Activity Calendar

Subject to change.



<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
	1	2 Silver Sneakers 9:00 (Cardio & Strength) Birthday Party 12:00 Integrity Ft Clinic 12:30 Crystal Springs 1:15	3 Silver Sneakers— (Dance Variety 8:00) (Stretch/Balance 10:00) Lunch & Learn 12:00 (w/ Encompass)	4 Silver Sneakers 9:00 (Muscles & Motion) Gadget & The Profes- sor 11:30
7 Silver Sneakers 9:00 (Cardio & Strength) Encompass Blood Pressure 11:00 Kelly Warren & His Guitar 11:30	8 Silver Sneakers 9:00 (Muscles & Motion) Integrity Ft Clinic 12:30	9 Silver Sneakers 9:00 (Cardio & Strength) Art & Soup 10:00 Memory Club 10:30 Dorothy Doer 11:30 Crystal Springs 1:15	10 Silver Sneakers— (Dance Variety 8:00) (Stretch/Balance 10:00) MYER'S LUNCH Karaoke w/ Kelly 11:30 Hairspray Musical 6:30 Symphony (TBD)	11 Silver Sneakers 9:00 (Muscles & Motion) Odell Summers & His Xylophone 11:30 Easter Egg Dye 1:00
14 Silver Sneakers 9:00 (Cardio & Strength) Advisory Council 9:15 Kelly Warren & His Guitar 11:30	15 Silver Sneakers 9:00 (Muscles & Motion) Make/Take Craft 1:00 (Spring Wreath)	16 Silver Sneakers 9:00 (Cardio & Strength) Julie Johnson 10:30 (Genealogy Overview) EASTER DINNER Crystal Springs 1:15	17 Silver Sneakers— (Dance Variety 8:00) (Stretch/Balance 10:00) Encompass 1:00 (Health Talk / Hospice Jeopardy)	18 Silver Sneakers 9:00 (Muscles & Motion) Pickleball Trg 9:30 Kevin Kula 12:00 Senior Ball 6:00
21 Silver Sneakers 9:00 (Cardio & Strength) Karaoke 11:30 (with Kelly Warren) GILLIES LUNCH	22 Silver Sneakers 9:00 (Muscles & Motion) Tulip Festival 9:00	23 Silver Sneakers 9:00 (Cardio & Strength) Memory Club 10:30 Crystal Springs 1:15 Volunteer Dinner 6:00	24 Silver Sneakers— (Dance Variety 8:00) Commodities 9:30 (Stretch/Balance 10:00) Wii Bowling 1:00	25 Silver Sneakers 9:00 (Muscles & Motion) Foot Zoning 11:00 (by appointment only) Lorisa Pulotu 12:00
28 Wendover 7:30 Silver Sneakers 9:00 (Cardio & Strength) Happy Feet 10:00 Kelly Warren 11:30 Casino Night 6:00 (at Maple Springs)	29 Silver Sneakers 9:00 (Muscles & Motion) Stepping On 10:00	30 Silver Sneakers 9:00 (Cardio & Strength) CNS Blood Prsr 10:30 Crystal Springs 1:15		

DAILY:

Lunch M-F 12-1:00 p.m.
Hall Walking 8-10:00 (HBC)
Library M-F 8-4:00 p.m.
Pool Room M-F 8-4:00 p.m.
Silver Sneakers M-F as follows:

- M 9:00 Cardio/Strength
- T 9:00 Muscles/Motion
- W 9:00 Cardio/Strength
- TH 8:00 Dance Variety
- TH 10:00 Stretch/Balance
- F 9:00 Muscles/Motion

Pickleball M-F as follows:

- M,T,W,F 7:00-9:00 & 10:00-11:00
- M & W 2:30-4:30 p.m.
- TH, F 1:00-4:00 p.m.

WEEKLY

Advanced Spanish M 10:00
Bunka M 9:00
Intermediate Spanish M 1:00 p.m.
Line Dancing M/W 1:30 p.m.
Beginning Spanish T 10:00
Watercolor T 9:45-1:00 p.m. (HBC)
Zumba Gold T 10:00

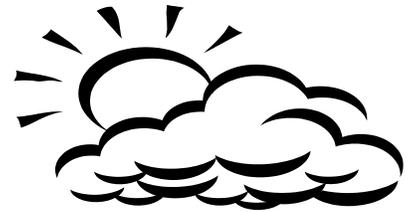
WEEKLY (Continued)

Zumba T 7:00 p.m.
Square Dance T 7-10:00 pm (HBC)
Yoga T/TH 4:00 p.m.
Sit & Be Fit W/F 10:00
Pinochle TH 1:00 p.m.
Oil Painting TH 9:30
Woodcarving TH 5:30 pm
Zumba TH 6:00-8:00 p.m.
Chimes F 1:00 p.m. @ Gillespie Hall
NOTE: Computer classes as scheduled.
Contact Nancy at 435-226-1452 to enroll.



April 2014

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>
	1 Oven Baked Chicken Scalloped Potatoes Italian Blend Vegetable Tossed Salad Roll Banana Pudding	2 Birthday Party Chicken Fried Steak Mashed w/Country Gravy Peas and Carrots Cole Slaw Biscuit Cake and Ice Cream	3 Roasted Chicken/Cheddar Sandwich Tomato Bisque Soup Veggies and Dip Cookie	4 Fish Choice Roast Pork Mashed Potatoes/Gravy Summer Blend Vegetable Fruited Jello Salad Muffin Pumpkin Square
7 Parmesan Chicken Baked Potato/Sour Cream Peas and Carrots Tossed Salad/Kidney beans Roll Oatmeal Cookie	8 Chicken Broccoli Casse- role Summer Squash Blend Sweet Potato Fries Dry Jello Salad Whole Wheat Bread Fresh Fruit	9 Taco salad Guacamole Chips and Salsa/Center Corn Muffin –Meals on Wheels Tropical Fruit Peanut butter Bar	10 Myers' Day Spaghetti/Meat Sauce Italian Blend Vegetable Bread Stick Cole Slaw Lemon Bar	11 Fish Choice Chicken Cordon Bleu Scalloped Potatoes Francais blend Vegetable Spinach Salad Roll Mixed Fruit Pie
14 Shepherd's Pie Sliced Beets Broccoli Salad Bran Muffin Pudding	15 Chicken Salad Croissant Vegetable Soup Pickled Beets Cottage Cheese Pear Salad Cookie	16 EASTER DINNER Baked Ham/Cherry Sauce Scalloped Potatoes Asparagus Fruited Jello Salad Roll Coconut Poke Cake	17 Orange chicken Steamed Rice Oriental Blend Chinese Cabbage Salad Roll Pudding/Fortune Cookie	18 Fish Choice Meat Loaf Baked Potato/Sour Cream Spinach Tossed Salad Muffin Fresh Fruit
21 Gillies Day BBQ Chicken Au Gratin Potatoes Scandinavian blend Tropical Fruit Cup Roll Apple Pie	22 Beef Enchilada Spanish rice Green Beans Tossed Salad/Black Beans Corn Muffin Chocolate Pudding	23 Ham & Scalloped Potatoes Mixed Vegetable 3 bean salad Whole Wheat Roll Fresh Fruit	24 Mini Chef's Salad Cook's Choice Soup Fruit Cocktail Blueberry Muffin Cookie	25 Russian Chicken Steamed Rice Key Largo Vegetable Pea Salad Roll Upside Down Brownie
28 Stuffed Pepper Steamed Carrots Cottage Cheese Pineapple Salad Biscuit/Honey Butter Peanut butter Cookie	29 Hot Turkey Salad Mixed Vegetable Stewed Tomatoes Whole Wheat Roll Coconut Crunch	30 Swedish Meatballs Rice Scandinavian Blend Veg's Tossed Salad Biscuit/Jam Fresh Fruit		

NOTICE

Congregate lunch contributions are anonymous and confidential. Suggested donation per meal is \$2.75 for those 60+ and \$4.60 for those under 60.

Please call the Senior Center at 435-226-1450 to 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.



April Birthdays— Happy Birthday to You...



Harold Anderson, Charlotte Andreason, Leon Anglesey, Charles Averett, Francine Beecher, Enos Bennion, Melba Benson, Susan Bowen, Ray Bybee, Mable Calhoun, Jim Call, Bob Chamberlain, Merle Christensen, Susan Craig, Deni Crockett, Phillip Ellgen, Yuzo Fugikawa, Leah Gale, Sally Gibbons, Jane Gomez, Robert Goodell, Mirl Hacking, David Hadley, Elgie Hale, Mary Hamblin, Calvin Hansen, Dale Hendrickson, Orville Hendrix, Elizabeth Herbert, Mildred Hively, June Hoffman, Frances Hunsaker, Jeannie Hunsaker, Tadao Isaki, Jimme Ishii, Carlene James, Darlene Jensen, Reese Jensen, Nellie Jenkins, Ann Johnson, Colleen Johnson, Marilyn Johnson, Rea Kidman, Kathy Kos, Jan Lauritzen, 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, John Ranjel, Deon Richards, Judy Ritchie, Darlene Rushton, Todd Salisbury, Carol Sara, Glenna Smith, Eunice Snyder, Venice Sorensen, Larene Spendlove, Dena Sprong, JoAnne Tanaka, Sandy Tawatari, Max Timothy, Zola Tucker, Connie Turnage, LoRae Unger, LeRoy Ward, Miyski Watanabe, Elaine Windley, Ivan Woodruff, Brent Workman, Louis Youngberg

Lower Your Medicare Prescription Drug Costs!

If your monthly income is not more than \$1,460 for singles (\$1,967 for couples) and your assets are not more than \$13,300 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**.

Stepping On Class Starts April 29

This program is research-based and is scientifically proven to reduce falls. Classes will be held every Tuesday at 10:00 a.m. in the craft room starting on April 29th and run through June 10th.

Instructors are Sheri Holst and Vickie Wright. For more information, please call Vickie at 435-226-1455.

Comfort Club

NOTE: The Caregiver's Comfort Club-Meeting is cancelled this month. Please plan to meet next month on Wednesday, May 21st, at 10:30 a.m. as regularly scheduled. This group meets the third Wednesday of each month at 10:30 a.m. and is designed for anyone that is in a caregiving situation. The care receiver is also welcome to attend. For more information, please contact Vickie Wright at 435-226-1451.

Memory Club

Wednesday, April 9th at 10:30 a.m.
Wednesday, April 23rd at 10:30 a.m.

This club is designed for the person with memory loss and their caregiver. The group starts out with everyone together and then divides the caregivers and care receivers for different activities. The group meets in conjunction with the Alzheimer's Association and includes staff from Community Nursing Service, Access Home Health, BRAG and Senior Center. This is an open group. Please call Vickie Wright, SSW for more information at 435-226-1455.

Blood Glucose 101: Part II

Do I have to give up foods with carbohydrates? Definitely not. Even if you wanted to, you couldn't avoid all carbohydrates because you would have nothing to eat other than pure animal protein and fat. Even broccoli, spinach and peanuts contain carbohydrates.

To live healthfully and to prevent the complications of diabetes, you need fruits, vegetables, whole grains and other foods with carbohydrates. The key is to learn how much carbohydrate to have at each meal and snack. A registered dietitian nutritionist (RDN) can help you with that. Visit the website of the Academy of Nutrition and Dietetics (eatright.org) to find one in your area.

How often can I have something with real sugar?

Real sugar is not taboo. As long as it fits into your meal plan and you don't exceed the total amount of carbohydrate that is your goal for each meal or snack, you can have real sugar. Just be sure it is not pushing the healthful foods like fruits, vegetables, and whole grains off your plate and out of your diet. Some people will be able to eat a balanced diet and enjoy small amounts of real sugar—say a teaspoon of sugar or honey in coffee or tea—every day. Others will need to limit sugary treats to a few times each week.

What makes blood glucose too low?

Low blood glucose is called hypoglycemia, and it occurs when blood glucose falls below 70 mg/dl.

Many things can cause hypoglycemia, including:

- Skipping a planned meal or snack or eating too little carbohydrate.
- Exercising more than usual.
- Drinking alcohol, especially if you don't eat carbohydrate-containing foods at the same time.
- Taking too much diabetes medication.

Ask your healthcare provider how to treat blood glucose levels lower than 70 mg/dl.

By: Jill Weisenberger, MS, RDN, CDE
www.communicatingfoodforhealth.com/blood-glucose-101-part/

WANT ADS

The following ads are provided as a service for our seniors. If you want to place an ad, please contact Andrea Clark at 435-226-1452.

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. Call Rocheal at 435-226-1454 if you can help. Thank you!

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.

BENCHMARK SERVICES

Window cleaning, yard recovery/care, handyman. Senior Center approved. Call Mark Folkman at 435-695-3739 for an estimate.

NEED HOUSEKEEPING? Contact Gail Diane at 723-8894. Licensed. References available.

LAUNDRY SUPPORT PERSON

Needed to volunteer on "as needed" basis to help wash, dry, and fold the lunch table cloths. Please call Rocheal at 226-1454 if you are interested and able to help.

VOLUNTEER DISPATCHER

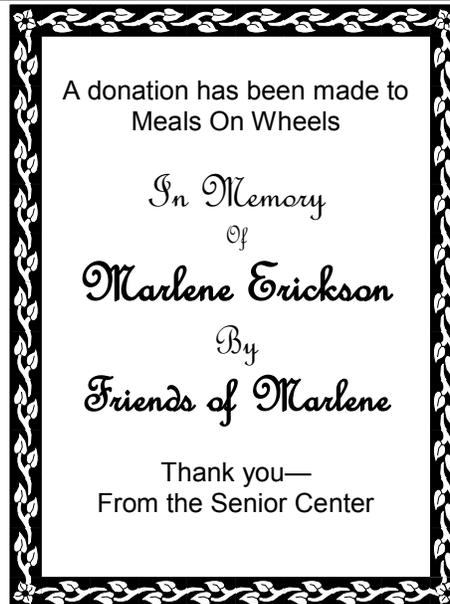
On "as needed" basis at the Senior Center. Please call Rocheal at 226-1454 if you are interested.

HOUSECLEANING Available days or evenings. Local references upon request. Contact Kris Hendrickson at 435-734-9825 or 435-720-0661 for details and rates.

QUOTE

If you can't feed a hundred people, then feed just one.

—Mother Teresa



Elder Abuse...

—Signs & Prevention

The elderly population in Utah is growing dramatically. Nationwide, individuals 85 years and older are the fastest growing segment in the population.

Statistics suggest that by the year 2050 the "old" will actually outnumber the young. Utah Adult Protective Services is charged with investigating the abuse, neglect or exploitation of vulnerable adults.

A vulnerable adult is defined as an elder adult 65 years or older or an adult 18 years of age or older who has a mental or physical impairment. The following is a list of indicators of abuse, neglect or exploitation.

Please note that these lists are merely indicators and may not always be violations. Prevention can only occur if there is awareness and reports made immediately to Adult Protective Services or to law enforcement.

Signs of Abuse, Neglect or Self-neglect:

- Unexplained bruises, welts, fractures, abrasions or lacerations
- Multiple bruises in various stages of healing
- Multiple/repeat injuries
- Low self-esteem or loss of self determination
- Withdrawn and/or passive
- Fearful
- Depressed, hopeless
- Soiled linen
- Social isolation
- Dehydration
- Malnourishment
- Inappropriate or soiled clothing
- Odorous
- Over/Under medicated
- Deserted, abandoned or unattended
- Lack of medical necessities or assistive devices
- Unclean environment

Signs of Exploitation:

- Missing/"disappearing" property
- Inadequate living environment
- Frequent/recent property title changes or will changes
- Excessive home repair bills
- Forced to sign over control of finances
- No and/or limited money for food, clothes and other amenities to provide proper care

Utah law mandates any person who has reason to believe that a vulnerable adult is being abused, neglected, or exploited must immediately notify Adult Protective Services intake or the nearest law enforcement. **To report Elder & Vulnerable Adult Abuse call:**

- Salt Lake 801-538-3567
 - Statewide 800-371-7897
- (www.hsdaas.utah.gov/ap_referral.htm)

Volunteer Corner

Volunteers Deserve our Cheers!

This month the Senior Center would like to recognize and show appreciation to all of our volunteers for their dedicated service and hard work throughout the year. We could not accomplish what we do without the help of all of you! Thank you!

Please mark your calendars for Wednesday, April 23, 6:00-8:00 p.m. and join us for our Volunteer Appreciation Dinner and a fun-filled evening in honor of your hard work! Menu will include:

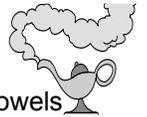
- Hamburgers/Fixins**
- French Fries**
- Cole Slaw**
- Chicken Wings**
- Celery**
- Root Beer Floats**

Invitations will be mailed in April with RSVP required for volunteer and one guest. Please watch your mail and let us know if you can join us!

Background checks will be available at the dinner. If you are not sure when yours is due, please ask Rocheal when you call with your RSVP.

We're Wishin'

- Laundry detergent
- Flour sack/bar dish/bar towels
- Forever stamps
- Collapsible picnic baskets
- Receptionist's desk



Just a reminder....

We have noticed that our parking lot is a little crazy lately and would like to remind our patrons to please park in the stalls to help reduce accidents.

In addition, we have started setting out cones on Tuesday and Thursday mornings to allow the SISCO delivery truck to be able to pull up next to the building.

These cones will be removed immediately following delivery to allow closer parking to the building. Thank you for your help in keeping our parking lot neat and orderly.



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Brigham City Senior Center
24 North 300 West • Brigham City, UT 84302
435-226-1450



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