



SILVER *Threads*



April 2015

25¢ "Every Life Has a Story... Including Ours"

Volume 17 Issue #4

Activities at a Glance:

- 1 Senior Swingers 11:30; Birthday Party 12:00; Foot Clinic 12:30; Intermediate Fly Tying 6:00
- 2 Easter Dinner 12:00; Stepping On Class 3:00
- 3 Egg Dyeing 1:00
- 6 Encompass Blood Pressure 11:00; Kelly Warren and His Guitar 11:30; Bingo after lunch
- 7 AARP Tax Assistance by appt
- 8 Memory Club 10:30; Intermediate Fly Tying 6:00
- 9 Natural History Museum Trip 9:30; Karaoke with Kelly 11:30; Lunch sponsored by Myers 12:00; Stepping On 3:00
- 10 Odell Summers 11:30
- 13 AARP Tax Assistance by Appt.; Kelly Warren and His Guitar; Bingo after lunch
- 14 Foot Clinic 12:30; Yoga 3:30
- 15 Harmony Blood Pressure Clinic 11:00; Mad Hatter's Tea 2:00; Caregiver's Comfort Club 6:00; Intermediate Fly Tying 6:00
- 16 Kevin Kula 12:00
- 17 BINGO with Orbital ATK 12:30; Senior Ball 6:00
- 20 Kelly Warren and His Guitar 11:30; Gillies Dollar Days Lunch 12:00; Bingo after lunch
- 21 Tulip Festival 9:00
- 22 Memory Club 10:30; Brookstar Knee Clinic 12:15; Intermediate Fly Tying 6:00
- 23 Nutrition Class 12:15; Make and Take Craft 1:00; Symphony with Nancy
- 24 Foot Zoning 11:00; Lorisa Pulotu 12:00
- 27 Wendover 7:30 a.m.; Happy Feet 10:00; Kelly Warren and His Guitar 11:30; BINGO after lunch
- 28 Wii Bowling 1:00
- 29 AARP Staying Sharp 1:00
- 30 Commodities HBC 1:30-3:30; Fly Casting Class @Pioneer Pond 6:00

Volunteers check with Rocheal to see if your background check needs to be updated. 435-226-1454

Senior Center Volunteers to be Honored

People Helping People is the theme of this year's appreciation banquet for the incredible volunteers that help keep the Senior Center running. This annual event is scheduled for Wednesday, April 29, 2015 beginning at 6:00 p.m. Mark your calendar and save the date.

Each volunteer that serves the Senior Center is important. Whether their duties include delivering meals or washing tablecloths, volunteers are the backbone of our Center. Last year our 250+ volunteers donated approximately 10,452.5 hours of service to the Center. The staff know that the number is actually higher because hours are self-reported and we don't always get that information!

Our Volunteer Coordinator, Rocheal Redford, begins planning the annual banquet months before the event. As a staff we decide who deserves special honor among our volunteers. This is never an easy decision because we want to honor everyone. This year we agreed on Elayne Green for the Senior Center Volunteer of the Year and David Harrison as the Meals on Wheels Volunteer of the year. Helping Hands Awards are awarded to Darrell and Kathleen Black, Lora Walton and Leda Jeffery.

Each of these volunteers serve humbly without a need to be recognized. When asked why they volunteer, each one had a variation on "because it is the right thing to do". We are so glad that they have chosen to volunteer at the Senior Center.

A Google search on the Internet points to many articles on the benefits of volunteering; some even directed at those who are retired. If you have been thinking about volunteering and haven't taken the first step yet, consider these important benefits.

- **Volunteering is good for you.** Research shows that people who volunteer have lower reported mortality rates, lower rates of depression, fewer physical limitations and lower levels of stress. The health benefits are huge!
- **Volunteering helps you make new friends and contacts.** It also strengthens your ties to the community and broadens your support network.
- **Volunteering adds fulfillment to your life.** Volunteering allows you an energizing escape from your day-to-day routine. This may provide you with renewed creativity, motivation or vision that can carry over into your personal or professional life.

If you want to deliver Meals on Wheels but are nervous about doing it alone, ask a friend to join you! Many volunteer positions begin because someone sees a need and finds a way to fill it. Contact Rocheal if you want to be a part of our amazing volunteer force. Everyone has something they can offer in the way of service.

Word Search: Flowers A-Z

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

Find the Following:

ASTER	MARIGOLD	SNAPDRAGON
BUTTERCUP	NASTURTIUM	PETUNIA
COLEUS	ORCHID	SEDUM
DAISY	PEONY	POPPY
ECHINACEA	QUEEN ANNES LACE	CROCUS
FORGET ME	ROSE	DAFFODIL
NOT	SUNFLOWER	PANSY
GERANIUM	TULIP	VIOLA
HIBISCUS	VIOLET	NARCISSUS
IRIS	WISTERIA	HYACINTH
JASMINE	YARROW	OXALIS
KNIPHOFIA	ZINNIA	SPIREA
LILAC	VERBENA	TAMARISK

*"I WANDERED LONELY AS A CLOUD THAT FLOATS HIGH ON HIGH O'ER
 VALES AND HILLS, WHEN ALL AT ONCE I SAW A CROWD, A HOST OF
 GOLDEN DAFFODILS. "* *-William Wordsworth*

IRS SCAM

Senior citizens are receiving phone calls from scammers who purport to be IRS agents. They claim to be calling about unpaid back taxes and proceed to threaten the senior citizen with arrest, lawsuits, suspension of their driver's license and more.

This is the biggest phone scam the IRS has ever seen and has already netted over \$5 million after hitting all 50 states and now Canada. IRS reminds us that they will always contact you by an official letter. Don't fall prey to this scam!

My Senior Center Needs You!

We would like to remind you of the importance of using our new system. My Senior Center was purchased as a tool to allow us to more accurately record and report information. Documentation of use and volunteer hours are critical to our existence and will be used to report usage, which helps future funding.

- If you do not have a key tag yet or had your photo taken (for our use only), please stop by and see Bonnie at the front desk.
- If you are a volunteer and have not yet learned how to record your hours in our system, please see Bonnie.

Note: If you volunteer your time at home (handicrafts), you need to fill out a Volunteer Form and document your hours in our system.

Please encourage others to log in and record their usage and report their hours as well. We do so much as a senior center that we want everyone to see an accurate picture. Your participation matters!



David Harrison explains his volunteer service throughout our community as a way to repay the community for a rich heritage which he enjoys. His other reasons for volunteering include having a cause to keep him alive, providing for the less advantaged and the fact that it is FUN! Besides the Senior Center, David currently volunteers at the LDS Temple, The LDS Family History Center and the Box Elder Museum Board and Foundation. He previously served on the Mayor's Bicycle Committee and in the Golden Spike Reenactment. He also served two LDS missions in Northern Spain and in Tonga.

David's working life was one of mostly service to our country in the US Air Force. He held several positions that helped to ensure the safety and preparedness of our country in regards to missile systems. He was also on the Air Force faculty at the Squadron Officer School and Academic Instructor School. He also worked for Martin Marietta, a small business and a stint as a Jr. High teacher. One of the highlights of David's work with the Air Force was the day that Jimmy Stewart, a Reserve BG, toured the facility. David treasures a picture of Stewart from that day.

David and his wife, SharaLee raised their family of 6 girls and 4 boys. These children now have families of their own and live throughout the Western United States.

David has volunteered at the Center delivering Meals on Wheels for so long that he can't remember when he started. He is appreciated by the staff for his dependability and by the clients he serves because he is "always so kind and caring". He truly exemplifies the spirit of volunteerism and because of his service will receive the Meals on Wheels Volunteer of the Year Award at this year's Volunteer Appreciation Banquet. Thank you for your service, David, to your country and to your community.

ENERGY MYTHS

Everyone is talking about energy these days –where we get it, how we use it, etc. Let's take some time to delve into the world of energy, starting with common energy myths.

Myth #1: Vitamins boost energy levels.

The Truth: Vitamins participate in the chemical processes that release energy from food during digestion, but they don't supply energy on their own. If you skip a meal and instead take vitamins and minerals, your energy levels and reserves will plummet later in the day.

Myth #2: You need sugar to avoid a late-afternoon energy slump.

The Truth: The sugar found in sweetened beverages, cookies, candy, cakes and baked goods provides a quick source of energy that spikes blood sugar levels, but leaves us feeling tired and drained as our blood sugar drops. Instead of sweet, quickly-digested snack foods, reach for foods that take longer to digest and provide a steady and even source of energy, along with plenty of vitamins and minerals. Try whole grain crackers, fruit, plain yogurt, and high-fiber cereal. Include a small amount of protein from nuts, cottage

cheese, or hummus and you'll feel satisfied longer.

Myth #3: Coffee keeps you going even if you don't have time for breakfast.

The Truth: Caffeine gives us a false sense of energy, and the sugar and cream we add to coffee provides calories without essential nutrients. Research shows that skipping a balanced breakfast decreases mood and energy levels throughout the day. Don't let coffee stand in for a decent meal!

Myth #4: Energy drinks provide energy.

The Truth: Many energy drinks contain sugar, which provides short-lived energy. Yet we know that decreasing added sugar intake has health benefits including reduced risk of cardiovascular disease, type 2 diabetes, tooth decay, and obesity. Furthermore, the primary ingredient in energy drinks is caffeine –often equivalent to 5 cups of coffee. The stimulants in energy drinks make us feel more alert, but don't truly provide the type of energy that our bodies need to survive and thrive.

*-Lynn Greiger, RDN, CDE, CPT, CWC
Communicating Food for Health*



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

The Eleventh hour is when I do my best work! I know you are not suppose to wait until the last minute to do things but what do you do when all the 10 hours before the 11th hour are filled to the top of the trough. Then for sure someone will call with something that will throw your whole schedule off! Some people tell me I should start a day or two early when I have a project. They must not know I don't get near the adrenaline rush when I am not pressed with my back against the wall! OK, so now you know the real me! I don't live on caffeine. I live on adrenaline. It makes life a bit crazy for my calm, cool, get everything done on time husband. Of course I already know he is crazy because he married me... an adrenaline junkie! Maybe I hid it really well when we dated but then again didn't he see me madly running around crazy getting everything done at the 11th hour for our wedding. I am sure glad that love is blind.

Speaking of marriage and the courtship that leads up to it, how many of you have saved that piece of history for your children, grandchildren, siblings or friends, if you have none of the above. I promise you, someone will find your life story interesting, even if you don't. My husband and I love to read journals and we wish that we had more of our own ancestor's journals or writings to read. It doesn't have to be a long story about courtship and marriage but I challenge you with all the adrenaline in my system to have something written by June. After all it is the month of marriage. And don't wait until the 11th hour of May to do it.

We are leaving on a trip in the morning that will last about a month. I am sitting here with projects, suitcases, and clutter to take care of before we leave. It is worse than the 11th hour, it is eight minutes after the 11th hour. I know because I just looked at my clock. It will be even later when I finish this. I realized a while ago that I would not be here on March 15th, when this is really due. This afternoon it came to me again that I had better get this done before we leave. That is why I am sitting at the computer with an adrenaline rush while my husband is sleeping peacefully in bed. He either had a lot less to do before we left on this trip or he didn't wait until the 11th hour. I bet you can guess which one it was.

My mother was always trying to get me to slow down and now it is my children that are trying to help me have a healthy life. I love it when all of a sudden your children start telling you the things you told them years ago. One son sent me a handbook for 2010 and I am finally finding time to read it. It doesn't matter if it is two years old, the suggestions are always good.

There are different categories for sections in our lives. Under health it says to 1. Drink plenty of water 2. Play more games. 3. Sit in silence for at least 10 minutes each day. 4. Sleep 7 hours. 5. Take a 10-30 minutes walk daily. And while you walk, smile. Well if I did those things today or tonight, I would never be packed to leave on this trip until next week. Another suggestion just cracked me up. It said, "Don't over do. Keep your limits."

I wish I had read that a few days ago. Number 37 on the list says, "The best is yet to come." Isn't it the truth! I know the packing will get done. The projects will get

done too and then Jack and I will ride off into the sunset and drive the friendly roads of the United States of America. It is wonderful to see family and see the beautiful sights this country has to offer. We are taking the Southern route, Highway 10 and we hope we don't hit ice or snow before we get to St. Augustine, Florida. My husband loves to drive and I think he mentioned 3,000 miles ONE WAY. That is if we make Tennessee and Kentucky, also. This is our trip to see the parts of the United States we haven't seen. With the weather conditions they are having in the East, we may get to our daughter's near Phoenix and stay there for a month! Now I can use #32 on the list under life, "Do the right thing." Or maybe #35 "However good or bad a situation is, it will change..." I think that means that if it is snowy now, it will change. Or maybe it means the old saying mom use to use, "It is always darkest before the dawn and always brightest before a storm." Speaking of dawn, it will soon be dawn and time to go and I won't have done my 11th hour packing yet. So until we return and you read the Marge's Meanderings for May please do #29 on the list, Try to make at least three people smile each day."

***Be Someone else's sunshine.
Be the reason someone
smiles today.***

-Stephen Speaks



Travel Destinations & Activities

Dyeing Easter Eggs

April 2, 2015

Craft room

We will enjoy coloring Easter eggs together. No fuss no mess... at least at your place. Please sign up with Gary so that we know numbers to plan for.

Natural History Museum

April 9, 2015 9:30 a.m.

\$15.00 plus Lunch on your own

Extreme Mammals explores the surprising and extraordinary world of mammals. Featuring spectacular fossils, skeletons, taxidermy, and vivid reconstructions, the exhibition examines the ancestry and evolution of a vast array of species, living and extinct. It showcases creatures both tiny and huge who sport such weird features as oversized claws, massive fangs, bizarre snouts, and amazing horns. And it examines what might be the most extreme mammals of all—ourselves.

Mad Hatter's Tea Party

April 15, 2015

2:00-4:00

This is being held on a different day because we will be having tea with a group of Daisy and Brownie Girl Scouts. We will be assisting the young ladies as they create treasures for their moms for Mother's Day. Tea and treats will also be provided. The girls have been encouraged to wear their hats as well

BINGO

Sponsored by Orbital ATK

April 17, 2015

12:30-2:30

Volunteers from Orbital ATK will join us immediately following lunch for some rousing games of BINGO. They will be providing all the prizes. Don't miss out on this fun afternoon.

Senior Ball

April 17, 2015

6pm—8pm; Free

Brigham City Youth City Council will put on a grand ball! Box Elder High School Jazz Band will provide the music for the event as dance transcends the ages. Refreshments will be served.

Tulip Festival

April 21, 2015 9:00 a.m.

\$15; Lunch on Your Own

Welcome spring this April and enjoy all 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. This trip includes a lot of walking. Golf carts are available to rent but are on a first come first serve basis.

Symphony with Nancy

April 23, 2015

JERRY STEICHEN, conductor
CHRISTIAN HOFF, MICHAEL LONGORIA, DANIEL REICHARD, J.
ROBERT SPENCER WATTS, vocalists

They took Broadway by storm in one of the biggest hits of all time and now they're together again with the Utah Symphony! The Midtown Men reunites stars from the original cast of Broadway's Jersey Boys for their favorite "Sixties Hits" from The Beatles, The Beach Boys, Motown, The Four Seasons and more.

Seniors purchase their own tickets and we provide transportation for a \$3 charge.

Telephone: 801-399-9214 for tickets

Wendover

April 27, 2015 7:30 a.m. \$20

Sponsored by Gillies Funeral Chapel

Our monthly trip to Wendover includes transportation on LeBus, treats, BINGO on the way there for great prizes, free buffet lunch, \$7 play voucher and a free drink. There are no other stops to pick up passengers so it is smooth sailing from Brigham City to Wendover. Sign up with Gary to reserve your seat.

Make and Take Craft Class

April 23, 2015 1:00

Sign up with Gary for our monthly craft class. April's project is still to be determined but the group always has a great deal of fun.

AARP's Staying Sharp

April 29, 2015 1:00

Lounge

A representative from AARP will join us to present a DVD on staying sharp. This presentation will guide us into ways to challenge our brains in a new way everyday and work to improve our cognitive ability. Please register with Gary so enough materials will be available.

Fly Casting

\$10 Date TBD

734-6610

Wii Bowling

April 28, 2015 1:00

Join us for fun and undisclosed prizes in the hall.

Looking Ahead

Quilting Show May 7 info on page 9

Fishing Day May 14

Smart Driving Class May 15

Wildlife and Lunch Trip May 19

Health and Fitness Day May 27



April 2015

Activity Calendar Subject to Change



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Senior Swingers 11:30 Birthday Party 12:00 Foot Clinic 12:30 Intermediate Fly Tying 6:00-7:30	2 Easter Dinner 12:00 Stepping On Class 3:00-5:00	3 Egg Dyeing
6 Encompass Blood Pressure Clinic 11:00 Kelly Warren and his guitar 11:30 BINGO BEGSSS 1:30	7 AARP Tax Assistance By appt.	8 Memory Club 10:30 Intermediate Fly Tying 6:00-7:30	9 Extreme Mammals – Natural History Museum Trip 9:30 a.m. Karaoke with Kelly 11:30 Myers Sponsored Lunch Stepping On Class 3:00-5:00	10 Odell Summers 11:30
13 Advisory Council 9:30 AARP Tax Assistance Kelly Warren and his guitar 11:30 BINGO	14 Foot Clinic 12:30-3:30	15 Harmony Home Care BP Clinic Mad Hatter's Tea with Daisy Scouts 2:00 Caregiver's Comfort Club 6 p.m. Intermediate Fly Tying 6:00-7:30	16 Kevin Kula 12:00	17 BINGO with Orbital ATK 12:30-2:30 Senior Ball 6:00-8:00
20 Kelly Warren and His Guitar 11:30 Gillies Lunch BINGO	21 Tulip Festival 9:00	22 Memory Club 10:30 Presentation by Brookstar Knee Clinic 12:15 Intermediate Fly Tying 6:00-8:00	23 Nutrition Class with USU's Chris DeMonja Make and Take Craft 1:00 Symphony with Nancy	24 Foot Zoning 11:00 Lorissa Pulotu 12:00 No Senior Transit Today
27 Wendover 7:30 Happy Feet 10:00 Kelly Warren and his guitar 11:30 BINGO	28 Wii Bowling 1:00	29 AARP Staying Sharp 1:00 Lounge	30 Commodities HBC 1:30-3:30 Fly Casting Class Pioneer Pond 6:00-8:00	

DAILY:

Lunch M-F 12-1:00 p.m.
Computer Lab 7:30-5:00
Hall Walking 8-10:00 (HBC)
Library M-F 8-4:00 p.m.
Pool Room M-F 8-3:00 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 9:30 Stretch/Balance
- F 9:00 Muscles/Motion

Pickleball M-F as follows:

- M,T,W,F 7:00-8:45 & 10:00-11:00
- M & W 2:30-4:30 p.m.
- TH, F 1:00-4:00 p.m. by appt

WEEKLY

Bunka M 9:00
Advanced Spanish M 10:00
Intermediate Spanish M 1:00 p.m.
BINGO M 1:00
Line Dancing M/W 1:30 p.m.
Beginning Spanish T 10:00
Yoga T 3:30

WEEKLY (Continued)

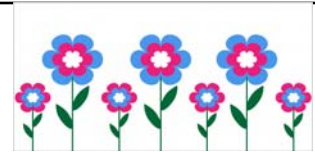
Sit & Be Fit W/F 10:00 a.m.
Pinochle TH 12:30 p.m.
Oil Painting TH 9:30
Yoga TH 3:30
Ceramics F 10:00-12:00 p.m.
Chimes F 1:00 p.m. @ Gillespie Hall

NOTE: Computer classes as scheduled.



April 2015

Menus Subject to Change Without Notice



Mon

Tue

Wed

Thu

Fri

The full cost of the meal is \$7.40 for those under age 60. Please pay at the front desk. For those 60+, their spouse, or disabled child; or a volunteer, the suggested donation is \$2.75

The full cost of the meal is \$7.40 for those under age 60. Please pay at the front desk. For those 60+, their spouse, or disabled child; or a volunteer, the suggested donation is \$2.75		1 Birthday Chicken Fried steak Mashed potatoes Country gravy Corn Fruit cocktail Biscuit/jam Cake & Ice cream	2 Easter Dinner Baked Ham/Cherry sauce Scallop potatoes Asparagus Fruited Jell-o salad Roll/jam Coconut poke cake	3 Baked lemon cod Rice Pilaf Key largo vegetable Marinated Carrots Cheddar biscuit Lemon Tortoni
6 Fruited Chicken Salad Cantaloupe ring Dry Jell-o salad Pickles/olives Muffin Cookie	7 Roast Beef Mashed potatoes/gravy Carrots Toss salad Strawberry cup cakes Roll/jam	8 Hamburger Noodle Bake Spinach Citrus fruit salad Bread stick Upside down brownie	9 Myers Chicken Cordon Bleu Baked potato/Sour Cream Muffin Waldorf salad Ice cream sandwich	10 Sloppy Joes Sweet potatoes fries Baked Cauliflower Tossed salad Bananas
13 Homemade Sausage Soup Tuna Salad Sandwich Peaches Orange slices on plate Chocolate Chip Cookie	14 Mini meatloaf Noodles Brussel sprouts Creamy cucumbers Roll/jam Berry Cobbler/Ice cream	15 Smothered Home-style Chicken Mashed potatoes Cook’s choice vegetable Fruited Coleslaw Roll Brownie	16 Taco Salad/refried beans Guacamole Corn muffin MOW Chips and Salsa Congre- gate Tropical fruit Gourmet Cookie	17 Chicken Casserole Corn Orange slices/parsley Stewed Tomatoes Bran muffin Sliced Peaches
20 Gillies Day Sweet & Sour Pork Ham Fried Rice Egg roll Chinese Cabbage salad Chocolate pudding Fortune cookie	21 Spaghetti w/meatballs Green beans Bread stick Caesar salad Root beer float	22 Chicken with Sun-Dried Tomato Sauce Bowtie pasta Carrots Tossed Salad Garlic Bread stick Apricots	23 Salisbury Steak Mashed potatoes Oven Roasted Zucchini bake Fresh Fruit Salad Angel food cake/ w fruit	24 Hawaiian Haystacks Cottage cheese w/ fruit Glorious muffin Cook’s Choice dessert
27 Outback Potato Soup Egg salad sandwich w/ lettuce Olives/pickles Joan’s fruited Salad Hope Royale cookie	28 Roast Turkey/ Cranberry Sauce Mashed potatoes Garlic-Parmesan Roasted Broccoli Roll Sliced oranges	29 Beef Stroganoff Buttered Noodles Sliced beets Cucumber/tomato salad Sliced bread Rice Krispie Treat	30 Chicken Lazone Noodles Key largo Vegetable Tossed salad Garlic bread Cook’s Choice dessert	Congregate lunch contributions are anonymous and confidential for those 60+. Please sign up for your lunch one day in advance so that the kitchen is able to prepare enough food.



April Birthdays—Happy Birthday to You!

Harold Anderson,
Charlotte Andreason, Leon
Anglesey, Charles Averett,
Francine Beecher, Enos
Bennion, Melba Benson, Debbie
Bodell, Susan Bowen, Ray Bybee,
Mable Calhoun, Jim Call, Bob
Chamberlain, Jacob Christensen, Deni
Crockett, Ronald Davis, Steve
Dobbins, Phillip Ellgen, Jay Fenton,
Elden Fuller, Yuzo Fujikawa, Leah
Gale, Sally Gibbons, Scott Goddard,
Jane Gomez, Robert, Goodell, Mirl J.
Hacking, David Hadley, Elgie Hale,
Mary Hamblin, Calvin Hansen, Carol
Hansen, SharaLee Harrison, Dale
Hendrickson, Orville Hendrix, Elizabeth
Herbert, Mildred Hively, June
Hoffmann, Frances Hunsaker, Jeannie
Hunsaker, Tadao Isaki, Jimmie Ishii,
Carlene James, Reese Jensen, Nellie
Jenkins, Claude Jeppesen, Ann
Johnson, Colleen K. Johnson, Marilyn
Johnson, Rea Kidman, Frances
Knuchel, Kathy Kos, Jan Lauritzen,
Ardel Loveland, Sherry Lowe, Amador

Martinez, Judy McDonald, William
McKinney, Shirley Meier, Judy Mellen,
GaeDean Merrill, Becky Millet, Valda
Millet, Faye Moulawi, Linda
Mortenson, Koji Nagao, Mike
Noragon, Howard Nibley, Dianne
Olsen, Jeannie Packard, Elaine
Palmer, JoAnn Penrod, Cathy Perkins,
Dorothy Pierce, Don Poulsen, GiGi
Poulsen, Darro Ann Prestridge, Elaine
Price, Claudia Putska, Rebecca
Putnam, John Ranjel, Marilyn
Rasmussen, Deon Richards, Judy
Ritchie, Elgy Rogers, Darlene
Rushton, Todd Salisbury, Carol Sara,
Gretchen Sato, Glenna Smith, Eunice
Snyder, Venice Sorensen, Larene
Spendlove, Dena Sprong, JoAnne
Tanaka, Sandy Tawatari, Tamara
Telford, Josephine Terbeek, Max
Timothy, Robert Toyn, Zola Tucker,
LeRoy Ward, Miyski Watanabe, Melba
Wheeler, Elaine Windley, Ivan
Woodruff, Brent Workman, Louis
Youngberg

Celebrate Earth Day!

Earth Day is celebrated annually on April 22. It was started by Gaylord Nelson, a U.S. Senator from Wisconsin. He capitalized on the anti-war movement to bring about public consciousness regarding environmental issues. The first Earth Day was celebrated in 1970. The support from the American public was such that politicians began creating environmental legislation. The Environmental Protection Agency was established on December 2, 1970 to consolidate research, monitoring, standard-setting, and enforcement activities into one federal agency.

We can celebrate Earth day at home in many simple ways. Gardening can be done indoors or out. You can buy yourself a new houseplant, repot one you already have or start an outdoor garden and have a mini celebration. If you have a prolific houseplant, give starts to friends or neighbors. Many houseplants have the added benefit of cleaning the air and increasing the oxygen content in our homes.

Even if you don't garden, take the opportunity to stroll through your neighborhood and enjoy nature at her finest. Many beautiful parks and gardens are available to stroll through and allow us the opportunity to get back to nature.

Pledge to conserve resources by remembering to turn off lights when leaving a room (only if it is safe!), running your dishwasher only when it is full, and turning off the water while brushing your teeth.

Take the time to turn off your electronics and tune into the environment even if it is only for an hour. Use the time to enjoy the peace and tranquility that comes with being a human being and not a human doing! Don't wait until April 22 because Earth Day is every day. To build a better future, we must commit to protect our environment year-round.

Summer Fitness

Are you looking for a new opportunity for your fitness this summer? Brigham City Swimming Pool wants to host seniors 55+ for a **Seniors Only** Fitness Class at 8:00 each Friday morning. If you are interested, please contact Kristy at 435-734-6606.



Death Announcements

Chase Compton, 21, passed away 2/25/ 2015
Julie Hamson Young, 54, passed away 2/25/2015
Melissa Wilkins, 46, passed away 2/28/ 2015
Dora Rufina Rangel Herrera, 80 , passed away 2/27/2015
Marie L. Kase, 83, passed away 2/25/2015
Clynn Wells Richman, 79, passed away 2/28/2015
Elliana Jaelynn Mitchell, infant, passed away 2/28/2015
Simon Edward Herrera, 52, passed away 2/12/2015
Les Smith Dunn, Jr., 89, passed away 2/27/2015
Beth Allen Laub Vance, 97, passed away 3/2/2015
Duane A. Marble, 78, passed away 3/1/ 2015
Susan Elizabeth Thackeray, 62, passed away 2/28/2015
Lawrence L. Wright, 82, passed away 3/1/2015
Mary Bingham Losee, 87, passed away 3/1/2015
Douglas Bryant, 87, passed away 3/3/2015
Lee J. Simonsen, 85, passed away 3/8/ 2015
Farrell Leishman, 79 passed away 3/9/2015
Robert Richard Regl, 80, passed away 3/7/ 2015
Inez Christensen Richardson, 96, passed away 3/5/2015
Christine I. Kallmeyer, 77, passed away 2/26/2015
Jesse Mathew Carver passed away 3/8/ 2015
Terry Braegger, 73, passed away March 10, 2015
Jackie Valentine Moore, 61, passed away 3/10/2015
Wanda Bott Cottam, 97, passed away 3/13/ 2015
Leonard LeRoy Ash, 79, passed away 3/14/2015
Mary Elizabeth Coleman, 84, passed away 3/16/2015
Analee Nelson Rupp, 50, passed away 3/20/2015
Carol Law Earl, 86, passed away 3/18/2015
Darell Paul Holman, 70, passed away 3/18/2015
Max Wolf, 79, passed away March 2015
Sidney Dean "Cap" Noles, 76, passed away 3/22/015
Darma Dietz, 77, passed away 3/23/2015

WANT ADS

The following ads are provided free of charge as a service for our seniors.

VIVINT Security System for Sale

Purchase for \$1000.00 down and take over monthly payments for 45-months left on contract. Please call Janet Chadwick at 435-723-9826. This is a corrected phone # from last month's ad.

"Got an Hour? Give it Back!"

Looking for Meals on Wheels Drivers on Monday through Friday from 11:00-12:00. Please call Rocheal at 435-226-1454 if you are able to help!

Shelled Walnuts from California

Great for baking, snacking, or gift giving. Great price at \$6.00 lb. (sold in 3 lb. bag for \$18). Please call Joe or Bonnie Jo at (435) 723-1769.

We are in need of new, hand-crafted items for our gift shop!

If you would like to donate any specialty gifts for babies, birthdays or weddings, please contact Nancy at 226-1451.

In need of a used laptop to aid Senior in going back to school!

If you have a working laptop that you are no longer using, please call Barbara Heldreth at (760) 508-4261.

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.

Heart Rate Variable Testing And a 20 minute Infrared Light Session \$20

Saturday April 11, 2015 12 pm -5:00 pm by appt.
Contact Beverly Dunford at 435-279-2475 for more information and to make your appointment. The HRV machine measures the affects of what relaxing for 20 minutes on the infrared lights actually does for your heart and your entire body. This is a biofeedback machine that shows your body's physical age; your brain activity; your hormonal inner pharmacy and much more. Call for appt.

3-wheeled Adult Bicycle wanted.
Please contact Marjorie Worl
435-279-8358

The Cache Rock and Gem Club Present: 2015: A Rock Odyssey May 7, 8 & 10 Free Admission

This is a fun rock and gem show with free admission. It is held at Bridgerland Applied Technology College, West Campus; 1000 West 1400 North, Logan UT.

There will be rocks, minerals, fossils, jewelry, displays, educational exhibits, hands-on demonstrations, supplies, vendors and door prizes. There are even activities for the kids. Talk to Gary Warren for more information

Calling All Quilters

Join us May 7, 2015

HMQS is the premier consumer exhibition and educational conference for all machine quilters, embroiderers and those who love to sew! Just a few highlights to anticipate...

700 Spellbinding quilts on Display!
139 classes taught by world-renowned educators, nearly 200 booths, a judged quilt competition with nearly \$28,000 in cash awards, dozens of fantastic special exhibits including several fabric challenges, a live charity quilt auction, and a vendor mall of 200 booths with the latest to see, try and buy!
\$17.00 covers entrance into the event and transportation costs.
Lunch will be Dutch treat.

*Donations to Meals on
Wheels have been made in
Memory of:*

*Irene Howell
Max Wolf
By Family and Friends*

VA Benefit Appointments

Larry Dawson from the VA will be here to assist you with all of your benefit needs on Tuesday, April 14, 2015. Please call Deborah Crowther at (435) 713-1462 to schedule a time.

Alzheimer's Support Group & Memory Club

Memory Club is an Alzheimer's Support Group and Memory Club, which are socialization groups for those with memory problems. Both groups meet together for 30 minutes, then split with caregivers retiring to the lounge. Please join us Wednesday, April 8 and April 22, from 10:30-noon. Participants are welcome to stay for lunch. Please call (435) 226-1450 to make a reservation for the meals.

Caregivers Comfort Club

Comfort Club meets every third Wednesday at 6:00 p.m. with next meeting on April 15. We serve a light supper following an educational presentation. Please RSVP to Nancy at 435-226-1451 for count for supper. Presentation this month is "Family Meetings? Are you kidding!" by Encompass Home Health and Hospice, Kimberly Ware, Hospice Area Manager & Ron Jackson, LCSW "

Lower Your Medicare Prescription Drug Costs!

If your monthly income is not more than \$1,471 for singles (\$1,991 for couples) and your assets are not more than \$13,640 for singles (\$27,250 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, our Senior Health Insurance Information Program (SHIP) counselors, will be happy to help you with your needs. Please call the Center at 435-226-1450 for an appointment for free assistance applying for extra help.



County Commissioner Stan Summers with Volunteer Coordinator Rocheal Redford during Community Champions Week

Volunteering

Volunteering is at the core of being human. No one has made it through life without someone else's help. Without community service we could not have a strong quality of life. It is important to the person who serves as well as the recipient. It's the way in which we ourselves grown and develop. Alone we can do a little; Together, we can do so much more.

Rocheal Redford

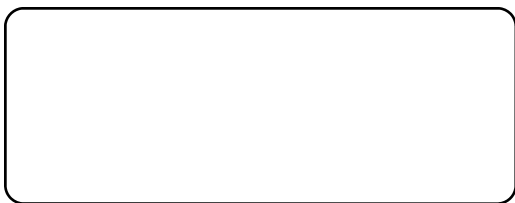
We're Wishin'

- Small flat screen TV for fitness room
- Handmade Items for our gift shop –New Please!
- Forever Postage Stamps.

Thank you Subaru!
Printing of this newsletter was made possible in part to a grant from Subaru. Thank you!

Senior Transit

A reminder from our transportation program that all riders are required to have an application on file. The suggested donation for rides is \$2. Medical appointments always take priority which may result in your waiting a bit longer for your ride. Our driver makes every effort to transport you to your destination in a timely manner. Call 435-226-1456.



The Senior Center receives funding from Bear River Association of Government

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

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