



SILVER *Threads*



January 2015

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

Volume 17 Issue #1

Announcements:

Center closed Jan 1st New Year's Day, Jan 19th for Martin Luther King Jr. Day, and on Jan 27th for staff training.

Activities at a Glance:

- 1 CLOSED—Happy New Year!
- 2 Lunch Entertainment—TBD
- 5 Silver Sneakers Potluck Party!
(No Pickleball on this date)
- 5 Kelly Warren—11:30
- 5 Lunch/Soup & Sweatshirts—12:00
- 7 Senior Swingers—11:30
- 7 Birthday Lunch—12:00
- 7 Integrity Foot Clinic—12:30
- 8 Elvis's Karaoke—11:30
- 8 Myers Day Lunch-12:00
- 9 Odell Summers—11:30
- 12 Advisory Council—9:30
- 12 Kelly Warren—11:30
- 12 Gillies Day Lunch—12:00
- 12 BINGO—After Lunch
- 13 Integrity Foot Clinic—12:30
- 14 Memory Club—10:30
- 15 Mad Hatter's Tea—1:00
- 16 Smart Driver Training-8:30
- 16 Kevin Kula—12:00
- 16 Hat Day—12:00
- 19 CLOSED—Martin Luther King Day
- 20 Wii Bowling "Regifts"—1:00
- 21 Harmony Blood Pressure—10:30
- 21 Caregiver's Comfort Club—6:00pm
- 22 Beginning Fly Tying—6:00pm
- 23 Lorisa Pulotu—12:00
- 26 Wendover—7:30 a.m.
- 26 Happy Feet—10:00
- 26 Kelly Warren—11:30
- 26 BINGO—After Lunch
- 27 CENTER CLOSED—STAFF TRG
- 28 Memory Club—10:30
- 29 Mission at Bear River—12:00
- 29 Make & Take Craft—1:00
- 29 Commodities @ HBC—1:30-3:30
- 29 Symphony w/ Nancy—TBD
- 30 Lunch Entertainment—TBD

New Year's Resolutions to Help You Stay Healthy in 2015

Life is full of traditions. Many are handed down through the years, and some are newly created between family and friends. Either way, traditions are part of the colorful fabric that intertwines our lives and holds us together, transcending time and distance. One common tradition this time of year is making New Year's resolutions, which usually include stopping bad habits or starting good habits.

While the old-faithful standbys still exist, adults over the age of 65 can greatly benefit from making healthy resolutions—especially those that help prevent illness and injury. Here are five New Year's resolutions that will keep you feeling young and vibrant.

Participate in cognitive health activities. Mental health is an important aspect of health that we tend to overlook as we extol the benefits of staying physically fit. Keep your mind engaged and stimulated through a language class, book club or by playing brain games and trivia on the computer.

Exercise or start a new physical activity. Exercise doesn't have to be exhausting, and it certainly doesn't have to feel like work. Older adults are increasingly looking to classes such as yoga and tai chi to not only increase physical health, but to meet people and widen their social circles. Other activities like local walking clubs can be found at many senior organizations and community centers.

Eat more fresh foods. Processed foods are easy to throw together for a meal, but they come with a host of health issues and concerns, and frankly, they're not worth the hassle. Make a promise to eat more fresh, healthy fruits and vegetables and you'll see a noticeable difference in the way you look and feel – and it takes very little work on your end.

Make your home safer. According to the Centers for Disease Control, one in three adults over the age of 65 falls each year. Many of these falls are preventable, especially if home safety tips are implemented. Tips like moving cords out of walkways, having good lighting near beds and taping down edges of carpet and rugs can tremendously decrease the number and severity of falls for seniors.

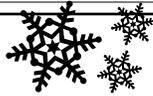
Schedule regular checkups. With age comes an increased risk of illness and other complications such as high blood pressure, osteoporosis and other medical conditions. Scheduling a regular annual checkup can help in early detection and prevention.

Not only will these New Year's resolutions improve your mental and physical health, they'll provide social opportunities and benefit your life in multiple ways. www.sheknows.com

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Word Search: Baby It's Cold Outside!



Memory Loss, Dementia & Alzheimer's Workshops at BCCH

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. For more information please plan to attend one or both of these two workshops:

Know the 10 Signs

Monday, January 5, 2015
3:00-4:00 p.m. at BCCH

The Basics

Monday, February 2, 2015
3:00-4:00 p.m. at BCCH

Alzheimer's is not a normal part of aging. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more.

Both workshops will be held at the Brigham City Community Hospital at 950 South 500 West.

For more information, please call 800-272-3900 or visit the website at www.alz.org/10Signs.

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Find the Following: Living in a Winter Wonderland....



Below zero	Frozen	Powdery
Bitter cold	Gray	Pure white
Bleak	Gusty	Relentless
Blustery	Harsh	See your breath
Chilly	Hibernate	Shivering
Cozy	Ice cold	Slippery
Crips	Ice hockey	Slushy
Dark	Ice skates	Snowbound
Depressing	Indoor	Snowman
Desolate	Isolating	Snowmobile
Dreary	Knee deep	Snow shoes
Extreme	Lonely	Stuck inside
Fireside	Long	Thaw
Flannel	Melting	Toasty
Fleecy	Mittens	Toboggan sled
Foggy	Nippy	Windy
Freezing	Numb	Winter solstice
Frostbitten	Overcast	Wonderland

BC Museum Gallery Events:

Jan. 3 - Preserving Your Family History Workshop, 2:00 pm at the museum.

Jan. 10 - Swing Dancing lesson and dance! 6:30pm - 10:00 pm at Senior Center Auditorium.

Jan. 17 - *Journey Stories* Grand Opening and reception from 1:00 -3:00 p.m. at the museum. *Journey Stories* is a traveling Smithsonian exhibition which portrays human migration into and within the United States since colonial times. The public is welcome and light refreshments will be served. Exhibition runs through March 18th. Museum (435) 226-1439.

Meals on Wheels Driver uses her Subaru to "Share the Love"

Heather Munns delivers meals once every six weeks as one of many corporate sponsor drivers of our Meals on Wheels (MOW) program. Collectively, over the past year our drivers have delivered 30,376 total meals to 255 different individuals who are either homebound or nutritionally challenged in our area. Brigham City Senior Center volunteers have logged at total of 12,300 hours in 2014. Aside from the time our MOW drivers give so freely give, they also use their own vehicles which have accumulated a total of 39,300 miles over the past year.

During this year's seventh annual "Share the Love" event, Subaru of America will donate up to \$15 million to charitable partners. In addition, they will donate \$250 for every new Subaru vehicle sold or leased to the customer's choice of four national charities: ASPCA, Make-A-Wish, National Park Foundation and Meals on Wheels Association of America. Across the country, Subaru retailers have also selected 608 hometown charities.

This past year, the Association awarded more than \$1.3 million "Share the Love" funding to members via "Share the Love" grants, March for Meals grants, Annual Conference scholarships and their new Opportunity-based program. *The Brigham City Senior Center was part of that funding, recently receiving a grant from Subaru for \$4,000 to help purchase a new printer to keep our Meals on Wheels program going.*



Heather Munns, a corporate sponsor driver with Box Elder Credit Union, is featured with her Subaru as part of Subaru's "Share the Love" event to help create community awareness about the Meals on Wheels Program.

AARP Smart Driver Course Scheduled in January

The next Smart AARP Driver course will be held on Friday, January 16th, 8:30 a.m.—12:30 p.m. in the lounge.

Cost for course is \$15.00 for AARP members or \$20.00 for non. Please pay by cash or check the day of the class.

The course is designed to refresh drivers on driving laws of the road as well as provide strategies for safer driving.

Those who complete training may be eligible for reductions in insurance rates depending on their insurance company.

Please sign up in advance by calling (435) 226-1450.

Severe Weather Precautions

- **Check in on others.** If you are at all concerned about someone's safety, don't let him or her put you off. Stop and see them.
- **Clear walkways and handrails from ice and snow.** Use salt or ice melter. Stay inside if possible.
- **Check emergency supplies.** Food and emergency items like flashlights, batteries, and battery powered radio.
- **Space heater safety.** Ensure proper use. Plug into outlet, not an extension cord. Keep at least 3 feet away from anything that could burn, including walls.
- **Emergency power needs.** Plan for emergency power needs of mechanical medical equipment.
- **Accept driving assistance.** Don't hesitate to catch a ride or ask someone else to pick something up at the store for you.
- **Be a friend.** Some seniors can get very isolated and stormy weather can make it worse.
- **Once storm has passed.** Inspect property for damage. Seek help with repairs or insurance matters.

www.help4seniors.org



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

The Cost of Pride...

How much does pride cost? In my case it is about \$3000. My mother always told me that, "Pride goeth before a fall." It also goes before a new oven. My mother was also the one that told me to "always wear clean underwear when you go on a trip. You wouldn't want to be in an accident and end up in the hospital in dirty underwear." I bet everyone of you readers were told the same thing by some well meaning person in your family! My story has nothing to do with clean underwear. It has everything to do with a clean oven. I can tell you that ovens cost more than underwear. Now back to my prideful story.

I had Thanksgiving dinner a week before the real "Turkey Day" for the part of the family that would not be traveling with us to our daughter's in Arizona for the "Real Thanksgiving Feast". As I opened our oven door to cook the turkey, I noticed it was very dirty. "Oh well." I thought, "The oven will just get dirty again while cooking the turkey, yams, rolls and other Thanksgiving goodies, so I will just clean it later." "Later" never came and the day arrived for us to leave for Arizona. It was then I remembered the dirty oven and my Mother's sage advice about underwear..."What if I were in an accident and someone had to come into my house and saw my dirty oven?" was my first thought. The second thought was, "No problem! I have a self cleaning oven." I knew that I was taking a chance of having it all cleaned and cooled by the time we had to leave, but taking a chance was better than someone seeing my dirty oven. I pushed the 'clean' button, saw the sign come on that said, "Door locked. Oven cleaning." I would only clean it for an hour and I had two hours before we had to leave— No problem. We did have one problem. We had to leave a little early to make it to a funeral for my college roommate. My husband kept informing me that we

needed to leave early so we would make the viewing. I kept listening for the oven to stop "cleaning." It finally stopped cleaning but the door remained locked. It would not open until the temperature cooled. I didn't want to explain to Jack how 'prideful' I was about having a clean oven, so when he gave the last "we need to leave NOW," I decided to leave the oven as it was. All the other times I cleaned the oven and was gone for a few hours, I would come home to a little electrical sign on the oven that said, "Clean. Oven door unlocked." When we return home I would open the oven door and WALLA, a clean oven. Now I could leave on our trip with both clean underwear and a clean oven.

When we arrived home from Arizona I had forgotten about the oven until the next time I went to use it. The door would not open! It was locked shut and no lights said "Oven clean." In fact, there was not a light functioning on the whole oven control panel. I did what I always do...I yelled for Jack. I got out the manual on the oven and he tried all the problem solving suggestions. Nothing. Luckily we had written down the model numbers and the year installed 1992.

We called our local repairman. He came and shook his head. "I think the entire computer on the oven is gone," he said. I didn't know they had computers in 1992. He suggested we call the factory. We did this and gave them the model number and year installed. They said they could come to our house in one and a half weeks to diagnose the problem and it would cost \$79.99 just to pull into our driveway. They also said we had to stay home between the hours of 8 am and 8 pm on the day they came. I felt like I was dealing with the Mafia, but we said, "OK."

The day came for the Diagnostic Repairman to come. At 8:01 am the phone rang. A youthful voice

identified himself as the repairman who was in Ogden. His first question was, "Mam, was your oven really installed in 1992?" Why did I get the feeling that he wasn't even born then? I told him that was correct. Next the young man on the other end of the phone said, "Mam, I looked up that model number you gave us and they don't even make that oven now and they don't even make any parts for it. Why don't I save you \$79.99 and tell you that you need to buy a new oven?" My life revolves around hope. I asked a dozen questions of things we might could do. He asked if we had gone through all the trouble shooting tips in our old manual. I told him we had. I am sure he couldn't understand, what part of, "you need a new oven" I didn't understand. He offered to come to our home for \$79.99 and tell us that we needed a new oven. I asked him, if leaving the oven to shut off the cleaning by itself caused it to go out? He told us that ovens were made to last 8-10 years. Ours lasted 22 years. It was time for a new oven. The oven had a microwave attached to it as one unit. I asked this young repair man if we could separate them from each other. His reply was, "There may be some genius in the world that can do it, but I don't know of one... so, GET A NEW OVEN." He didn't yell at me but I bet he felt like it.

We have spent the rest of this month trying to replace the oven and microwave unit to the tune of \$3,000. Jack will tell you I am exaggerating. I did add a few hundred dollars, because as my sister says, "The only thing she knows for sure is that everything always costs more and takes more time than you think! The only thing I know for sure is that the next time I take a trip, I will only worry about clean underwear!"



Travel Destinations & Activities

Now Featuring...

Soup & Sweatshirt Day—lunch ET M, Jan 5, 12:00 p.m.

This event is always a crowd pleaser. Wear your favorite sweatshirt and enjoy a delicious lunch. Prizes will be awarded for a variety of categories: Most Travelled, Most Worn, Beautiful, Ugly, Oldest... I think you get the point. Open up the cedar chest or go buy yourself a new sweatshirt, but don't miss out on the fun!

Elvis' Birthday Party!

Th, Jan 8, 11:30 p.m.

We don't have to look very hard to find a reason to have fun, but here is a good one! Join us as we celebrate Elvis's Birthday with "Elvis Karaoke" with Kelly. Myers will sponsor our lunch and we will have a special guest visitor! Be sure to sign up since we do expect a big crowd for this!



Mad Hatter's Tea Party & Social

Th, Jan 15, 1:00 p.m. (Lounge)

Please join us for a meeting of planning the year ahead of us and sharing or making New Year's Resolutions. *Where Fun Hats and Friends are Always Welcome!*...Please wear your hats and bring a friend to be entered for a prize drawing. Hope to see you there!

AARP Smart Driver (\$15.00 or \$20.00) F, Jan 16, 8:30 a.m.—12:30 p.m.

The AARP Smart Driver course will be held on Friday, January 16th, 8:30 a.m.—12:30 p.m. in the lounge.

Cost for course is \$15.00 for AARP members or \$20.00 for non. Please pay by cash or check the day of the class.

The course is designed to refresh drivers on driving laws of the road as well as provide strategies for safer driving.

Those who complete training may be eligible for reductions in insurance rates depending on their insurance company.

Please sign up in advance by calling (435) 226-1450.

Hat Day—Lunch ET

F, Jan 16, 12:00 p.m.

Do you have a favorite hat? Wear it and show it off! We just



wore our favorite sweatshirts to lunch and some may have even won a prize...try your luck again!

Wii Bowling—"Regifting" for Prizes! T, Jan 20, 1:00 p.m.

We skipped December, enjoyed the holidays and now we are ready to bowl!! Having just celebrated Christmas, perhaps you received some gifts your not sure what to do with them. This month you will provide the prizes by "regifting" some things that may need to find a new home. As always, all skill levels are welcome from expert to "never played on the Wii before."

BODY WORLDS—The Cycle of Life

Th, Jan 22, 10:00 a.m. (\$20.00 / Dutch)

See the latest exhibition at the Leonardo Museum called BODY WORLDS & The Cycle of Life. As we age, we experience the body in different ways. At each stage of life, we seek new answers. This exhibit celebrates the wonders of the body in childhood, adulthood, and across the arc of aging. More than 200 plastinates—real human specimens preserved through Dr. Gunther von Hagen's invention, the remarkable process of Plastination—revealing the human body in all its stages and in all its conditions, from health to distress to disease. *We will enjoy a "Dutch" lunch after viewing the exhibit, if your stomach is up to it.*

Beginning Fly Tying Class—(1 of 6)

Th, Jan 22, 6:00 p.m. (\$10 for 6 weeks)

Join us for an evening class as we learn the art of tying flies. This is the first of six classes, with intermediate fly tying starting in February. A great price (\$10 for all six classes) and a great way to learn something new, get out of the house, and enjoy socializing with friends!

Make & Take Craft (\$10.00)

Th, Jan 29, 1:00 p.m. (Craft Room)

Please watch for this month's craft display and sign-up sheet at the Center.

Ogden Symphony at Weber State

Th, Jan 29, Time TBD (\$3.00 for bus)

Enjoy a warm bus ride with door-to-door service from your home to WSU Val A. Browning Center for a night of music: Siegfried Idyll (Wagner); Violin Concerto

"To the memory of an angel" (Berg); and A Hero's Life (R. Strauss).

Please purchase your tickets in advance online at

www.symphonymballet.org or by calling 801-399-9214 and call Nancy directly to schedule transportation at 435-226-1450.



Looking Ahead...

Valentine's Day Dinner Celebration. F, Feb 13, Time (TBD)

Save the date for this Valentine's Day Dinner Celebration! Watch next month's newsletter for details!

Art & Soup—Tastiest Show in SLC Th, Feb 26, Time and cost (TBD)

Join us for a day of soup sampling and art appreciation at the upcoming Art & Soup show in Salt Lake. Details are forthcoming.

"Stepping On" Starts Feb 26 The second Stepping On class will run weekly, February 26th through April 9th, from 3:00 p.m.—5:00 p.m. **There is no cost, but please register on "My Senior Center" or call the Senior Center at 226-1455 to reserve your spot in the class.**

This is a program that has been researched and proven to reduce falls in older people. Topics are:

- Simple and fun balance and strength training.
- The role vision plays in keeping your balance.
- How medications can contribute to falls.
- Ways to keep you from falling when out in your community.
- Choosing safe footwear.
- How to eliminate falls hazards

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.



Mon

January 2015 Activity Calendar

Subject to change.



Thu

Fri

	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
			1 Happy New Year! Center Closed	2 Infrared Light Therapy 11:00-1:15 Lunch—12:00 (Entertainment TBD)
5 Silver Sneaker's Potluck Party 10:00 –NO PICK- LEBALL Kelly Warren—11:30 Lunch—12:00 (Soup & Sweatshirts)	6 Lunch—12:00	7 Senior Swingers 11:30 Birthday Party 12:00 Integrity Foot Clinic—12:30	8 Elvis' Birthday! Elvis Karaoke—11:30 Lunch/Myers Day—12:00	9 Infrared Light Therapy 11:00-1:15 Odell Summers—11:30 Lunch—12:00
12 Advisory Council—9:30 Kelly Warren—11:30 Gillies Day Lunch—12:00 BINGO—After Lunch	13 Lunch—12:00 Integrity Foot Clinic— 12:30	14 Memory Club 10:30 Lunch—12:00	15 Lunch—12:00 Mad Hatter's Tea—1:00	16 Smart Driver 8:30 Lunch—12:00 Kevin Kula—12:00
19 Center Closed for Martin Luther King Jr. Day	20 Lunch—12:00 Wii Bowling 1:00	21 Harmony BP Clinic— 10:30 Lunch 12:00 Caregiver's Comfort Club 6:00	22 Body World Trip 10:00 Beginning Fly Tying— 6:00 p.m.	23 Infrared Light Therapy 11:00-1:15 Lunch—12:00 Lorisa Pulotu—12:00
26 Wendover 7:30 a.m. Happy Feet—10:00 Kelly Warren—11:30 Lunch—12:00 BINGO—After Lunch	27 Center Closed for Staff Training following Silver Sneakers	28 Memory Club 10:30	29 Lunch—12:00 (Mission at Bear River) Make/Take Craft—1:00 Commodities @ HBC— 1:30-3:30 p.m. Symphony with Nancy	30 Lunch 12:00 Entertainment TBD

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.

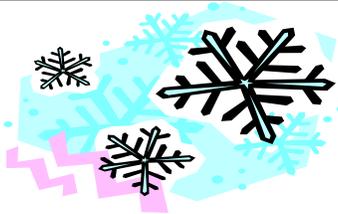
WEEKLY

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.



January 2015

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 New Year's Day Closed	2 Beef stew Bread bowl Pickled beets Pears Carrot Cake
5 Ham & Vegetable Bean Soup Grilled Cheese Sandwich Veggies/Dip Tropical Fruit Oatmeal Cookie	6 Spaghetti w/ meatballs Green Beans Bread stick Caesar salad Cinnamon Apples	7 Baked Italian Chicken Garlic mashed potatoes Carrots Tossed Salad Banana, mandarin oranges Cranberry nut bread	8 Myer's Day Turkey Steak Mashed Potatoes/Gravy Broccoli Citrus fruit Biscuit/jam Peanut butter Cookie	9 Beef Fajitas/w tortilla Spanish rice Refried bean Fruit yogurt parfait with granola
12 Gillies Day Stroganoff Noodles w/ orange slice Sliced Beets Creamy Cucumbers Whole Wheat Roll Pumpkin Square	13 Chicken in Lemon butter caper sauce/angel hair pasta Key largo Tossed salad Garlic bread Vanilla Ice Cream with Raspberry Topping	14 Roast Beef Creamy Horseradish Dressing Mashed potato/gravy Baked Cauliflower Fresh berry Salad Wheat Bread Tapioca pudding	15 Beef Taco/salad bar w/ all the fixings Refried Beans Spanish Rice Corn Bread Strawberry's/pineapple Cook's Choice dessert	16 Fish sandwich w/cheese Sweet potato fries Coleslaw Orange slices Pickles/olives Sugar Cookie w/lemon frosting
19 Martin Luther King Jr. Day Center Closed	20 Sweet & Sour pork Fried rice Egg roll Chinese cabbage salad Citrus sections Orange chiffon cake	21 Chili Chili topping bar w/veggies MOW-Fresh veggies Corn Muffin Sunshine salad Old fashion oatmeal pie	22 Baked Garlic Brown Sugar Chicken Roasted Garlic Lemon Parmesan oven zucchini Baked potatoes Tossed salad Bananas	23 Baked Cod Carrots Roasted Asparagus & Mushroom Carbonara Tomato Juice Wheat Bread/jam Choice dessert
26 Half Turkey Club sandwich Tomato bisque soup w/ pickle spear Hawaiian fruit cup Fig newton cookie	27 Center Closed for Staff Training	28 Chicken with Creamy Alfredo Sauce and Noodles Spinach Tossed salad Rye bread Ambrosia	29 Fish 'N' Chips Clam chowder Cole slaw Bread stick Berry delight	30 Beef Tips in Gravy Mashed potatoes Baked squash Cucumber & tomato salad Roll Brownie

The meal rate is \$4.80 for those under age 60. A suggested donation per meal is \$2.75 for those 60+. Congregate lunch contributions are anonymous and confidential. Please sign up for lunch one day in advance, especially on those days when the meals are sponsored by a local business. Our kitchen staff appreciates your cooperation in following these guidelines so they can provide you with their best service possible.



January Birthdays—Happy Birthday to You!

Virginia Abrell, Robert Anderson, Jerald Anderson, Halu Aoki, Verna Ashton, Jack Bice, Karen Black, Mel Blanchard, Victor Bohman, Sandra Bowcutt, Naomi Braegger, Robert Braegger, Tad Brown, Merrilee Bryner, M.J. Carruth, Fay Christensen, Doris Connelly, Donna T. Cook, Holly Dahle, Jessie Dickson, Leslie Dunn, Bermadine Earl, Gene Ellis, Verna Ellis, Karen Fullmer, Oscar Gamez, Janeen Garrett, Delone Glover, Billie Gray, George Grippen, Betty Lou Hall, Shirley Hammon, Alida Hannum, Jim Hansen, Joyce Harmon, David Harrison, Dennis Hayden, Roger Hester, Carole Hillman, Boyd Hirschi, Neil Hoesel, Nelda Hollingsworth, Preston Horsley, Blaine Hunsaker, Harriet Hunsaker, Willie Hunsaker, Winifred Ingram, Clyde Jarrett, Jill Jensen, Richard Johnson, Jean Johnson, Jewell Johnson, Kevin John, Colleen Kennington, Bradford

Kirkham, Kristy Law, Elaine Law, Gloria Leyva, Jacquelyn Lichfield, Bud Lowe, Ione MacBass, Jim Madsen, Della Marble, Jenna McKinney, Nancy McLaughlin, Elaine Merritt, Farrell Miles, Aleda Mitchell, Susie Mondragon, Betty Morrison, Young Morstadt, James Mullins, Edna Munson, Mickey Nelson, Ronald Nelson, Richard Orton, Dora Mae Palmer, Steve Peabody, Newell Perry, Arlie Pittman, Barbara Poelman, Holly Purdue, Kay Rae, Ora Rathbone, Merle Richan, Douglas Reeder, Von Riser, Judy Roberts, Jack Rogers, Edna Romer, Teresa Sackett, Priel Shinkle, Leon Smith, Pat Smith, Colleen Spence, Jean Stephensen, Nancy Stewart, Marjorie Tanaka, Bonnie Taylor, Maria Tena, Marilyn Thedell, Jerome Thornley, Robert Tingey, John Valcarce, Vance West, Karen West, Faye White, Ann Williams, Beth Williams, Keith Winn, Nancy Winn, and Marilyn Wright

How do Minerals Work—Part I *By Lynn Grieger RDN, CDE, CPT, CWC*

We don't eat rocks or dirt, but they are actually an important part of the food chain. Minerals in the earth are absorbed by water and plants, and then we absorb those same minerals when we eat plants or drink water. We also get minerals when we eat or drink foods that come from animals that consumed the mineral-rich plants and water. Minerals are micronutrients. There are 15 different minerals that can be divided into two primary groups:

- You need rather large amounts of **macrominerals** like calcium, phosphorus, magnesium, sodium, potassium, chloride, and sulfur.

- **Trace minerals** are needed in smaller amounts. These include iron, manganese, copper, iodine, zinc, cobalt, fluoride, selenium, and molybdenum.

All minerals are essential to good health, and just because we need smaller amounts of trace minerals doesn't mean they're any less important.

What Do Minerals Do? Minerals work in our bodies in two ways. Many minerals **support cells and structures** in the same way that nails and screws support the walls of your house. For example, calcium and phosphorus help build bones, and iron is an essential part of red blood cells. Minerals also **help regulate many body processes**. For example, sodium and potassium are important to the nervous system and selenium works with vitamin E as an antioxidant, preventing cell damage. **Minerals in Food.** Some minerals are **easier to absorb from animal foods than plant foods**. This means that vegetarians need to consume larger amounts of plant foods for optimum mineral intake. Minerals are **generally unchanged by cooking, canning, and freezing**. However, processing foods can remove key minerals from the equation.

Balancing Minerals. Balancing minerals well promotes overall health. **Getting too little of some minerals can lead to deficiencies** like anemia, weak bones, or impaired thyroid function. **Getting too much of some minerals can lead to imbalances** or even cause health problems. Excessive mineral intake usually comes from supplements. A mineral supplement is not a substitute for a healthy diet, and you should only take supplements if they have been recommended by your physician for specific health concerns.

Death Announcements

- William A. "Bill" Jackson, 83, passed away on Nov 20, 2014
- Duaine R. Simmons, 86, passed away on Nov 20, 2014
- Brian Scott Hore passed away on Nov 24, 2014
- D.A. Olsen, 88, passed away Nov 26, 2014
- V. Clair Roundy, 89, passed away Nov 30, 2014
- Norma D. Jensen, 87, passed away Dec 1, 2014
- Pedro Antonio "Tony" Hernandez, 64, passed away Nov 24, 2014
- Yuvona Crowther Brody, 80, passed away Nov 24, 2014
- Ruth Aileen McKinney Bass, 93, passed away Dec 2, 2014
- Carla Robinson, 83, passed away Dec 7, 2014
- Bruce Harvey Burden, 77, passed away Dec 8, 2014
- Carolyn Moore, 77, passed away Dec 5, 2014
- Darrell Clive Wells, 73, passed away Nov 30, 2014
- Adeline Wakefield Munns, 87, passed away Dec 7, 2014
- Shizuko K. Hoffman, 83, passed away Dec 12, 2014
- Muriel Wight Nicholas, 95, passed away Dec 14, 2014
- L. Ray Huff, 85, passed away Dec 12, 2014
- Ben "Benny" Markland, 85, passed away Dec 13, 2014
- Brian Scott Hore, 57, passed away Nov 24, 2014
- Wayne R. Price, 86, passed away Dec 15, 2014
- JoAnn Hibbert Hamilton, 76, passed away Dec 14, 2014
- William "Bob" Vicars, 80, passed away Dec 15, 2014

Infrared Light Therapy Treatment

Beverly Dunford is providing free Infrared Light Therapy (ILT) treatments at the Center January 2, 9, and 23 from 11:00 a.m.—1:15 p.m. and will continue every fourth Friday thereafter starting February 20th. Sign-up sheet on the bulletin board.

ILT helps decrease inflammation and increase circulation. What you will receive at the Senior Center is a de-stress setting using light and frequency to help bring balance to the body so the body will have the ability heal itself. This technology is used by NASA to help the astronauts in space keep their muscles strong because of its ability to help rejuvenate cells.

WANT ADS

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

House Cleaning Help Needed!
We are in need of an updated list of available house-keepers so we can pass on referrals when asked for help in that area. Please check with your housekeeper if it is okay share their contact info. Please call Andrea at 435-226-1452 or e-mail aclark@brighamcity.utah.gov

"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 435-226-1452 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 Andrea at 226-1452 or 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. 435-740-4648.

COUPON

Free Rock Chip Repair
From Mellen Glass L.C.

(\$19.95 Value)

132 North Main Street
(435) 723-3446



Good News Gossip!!

Congratulations to **Roger Hester** for passing his Driver's License test after two years. *We are very proud of your drive and determination... way to own the road Roger!*

Vickie Wright is the proud grandma of a new "Eskimo baby" girl named Tessa born to Vickie's son and daughter-in-law, Duncan and Whitney. We expect that Alaska will be calling to Vickie soon! *Enjoy that new little bundle of pink joy—you proud grandma!*

BINGO News! Lynn Nielsen wanted to participate in this weeks caroling and light trip. Coincidentally, we opened up pass for two to the trip as a prize for a blackout. Lynn was the lucky winner and had a great time on the trip! Woot!

Darwin Bingham has been playing Pickleball and has become one of our "pro" players here at the Center. We would like to commend **Darwin** for his new passion and commitment to fitness and fun and the good example he sets to the rest of us that it is never too late to learn something new!

Sheila May's granddaughter, Jhalayah Carter, attended the National American Miss as a Junior Miss at Disneyland over Thanksgiving where she placed third in the Top Model category. Congratulations Jhalayah! We are anxious to see what's next for this beautiful girl in the future! *You must be very proud of her accomplishments, Sheila!*

Alzheimer's Support Group & Memory Club

Memory Club is a combination Alzheimer's Support Group and Memory Club—a socialization group for those with memory problems. Both groups meet together for 15 – 30 minutes, then split with caregivers retiring to the lounge. Join us January 14 and January 28th at 10:30 a.m.

Caregivers Comfort Club

Caregiver's meets on January 21 at 6:00 p.m. for a light supper followed by an educational presentation by Harmony Home Health and Hospice on "Compassion Fatigue," presented by Emily Bradley and Diana Madsen. Please RSVP to Vickie at 435-226-1455.

Lower Your Medicare Prescription Drug Costs!

If your monthly income is not more than \$1,396 for singles (\$1,891 for couples) and your assets are not more than \$12,510 for singles (\$26,120 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 the Senior Center at 226-1450 for an appointment for free assistance applying for extra help.

QUOTE

Be at war with your vices, at peace with your neighbors, and let every new year find you a better man.
~ Benjamin Franklin

New Commodity Location and Pick-up Time Announced

Effective January 1, 2015, Commodities will now be packaged for pick-up at the Hervin Bunderson Center (HBC) at 641 E. 200 N. Please pick up your commodities between 1:30-3:30 p.m. You may call Sammy Oberg 435-734-6610 for questions.

If home delivery is needed, please call Rocheal Redford at 435-226-1454 to schedule.

All volunteers who help package commodities should call Rocheal at 435-226-1454 for instructions.

Snow Shoveling for Seniors in Need
Snowbound seniors, *who do not have the help of family, friends or neighbors to clear snow this winter*, please call Rocheal at 435-226-1454 to schedule removal for Friday's only.

VA Benefit Appointments

Larry Dawson from the VA will be here to assist you with all of your benefit needs on January 6, 2015 by appointment). Please call Deborah Crowther at (435) 713-1462 for an appointment.

Bountiful Baskets—Fresh Food!

Bountiful Baskets is a wonderful opportunity to get more fresh fruit and veggies in your diet. For a total fee of \$17.50 you can receive a fruit basket and a veggie basket every other week.

Bountiful Baskets are available for pick-up every other week here at the Senior Center on Saturday morning. For more information, please call Nancy at 435-226-1451 or go to www.bountifulbaskets.org to register and start the new year out right.

We're Wishin'



- Baby blankets, burp cloths, and other gifts—new please!
- Postage Stamps

Navigating Your Rights

“Navigating Your Rights—The Utah Legal Guide for those 55 and Over” is a legal guidebook designed to help educate older Utahns about various law and aging issues so they can be more comfortable with the law and make more informed legal decisions. If you would like a free copy, please stop by the Senior Center and pick one up at the receptionists desk.

Thank you Subaru!
Printing of this newsletter was made possible in part to a grant from Subaru “Share the Love.” (See Page 3 for details)



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

Silver Threads



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