



SILVER *Threads*



May 2015

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

Volume 17 Issue #5

Activities at a Glance:

- 1 Author Bonnie Glee 11:30; Senior Idol 11:30
- 4 Kelly Warren and His Guitar 11:30
- 5 Cinco de Mayo Celebration
- 6 Senior Swingers 11:30; Birthday Party 12:00; Foot Clinic 12:30;
- 7 Quilt Show Trip; Mother's Day Luncheon; Fly Casting Class @Pioneer Pond 6:00
- 8 Center Closed for Staff Training
- 11 Advisory Council 9:30; BEGSSS 1:30
- 12 Foot Clinic 12:30
- 13 Memory Club 10:30; Mad Hatters 1:00; Maple Springs Volunteer Appreciation 4:00-6:00
- 14 Fishing Day 8:00; Fly Casting Class Rees Pioneer Park 6:00
- 15 AARP Smart Driver Class 8:30-12:30; Kevin Kula 12:00
- 18 Wendover 7:30; Happy Feet 10:00; Kelly Warren and His Guitar 11:30; Gillies Sponsors Lunch 12:00
- 19 Antelope Island Wildlife Trip 8:00
- 20 Harmony Home Care Blood Pressure Clinic 11:00; Crystal Hot Springs 1:15; Caregiver's Comfort Club 6:00
- 21 12:30 CNS Celebration of Life Memorial;
- 22 Foot Zoning 11:00; Lorissa Pulotu 12:00
- 26 Wii Bowling 1:00
- 27 Senior Health and Fitness Day 9:00-2:00 Rees Pioneer Park
- 28 Make and Take Craft 1:00; Commodities 1:30-3:30; Fly Casting Class Rees Pioneer Park 6:00

Author, Bonnie Glee will join us on May 1 at 11:30 in the hall to sell and autograph her latest novel. She was born and raised in Logan and writes about the hearts of her characters. Her latest book is "Token Woman". She will talk to us about the book while we are tallying our Senior Idol winner. She is planning to also do a book giveaway following her book signing. This could be the perfect gift for those mothers that you want to recognize for Mother's Day.



Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The theme of this year's celebration is "Get into the Act," to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can "Get into the Act." While Brigham City Senior Center provides a multitude of services to older adults year-round, Older Americans Month offers an opportunity to emphasize how older adults can access the home and community-based services they need to live independently in their communities. It is also an occasion to highlight how older adults are engaging with and making a difference in those communities.

In celebration of Older Americans Act, Brigham City Senior Center is once again offering their annual Brigham City Health and Fitness Day. This activity-filled day is scheduled for May 27, 2015 at Rees Pioneer Park from 9:00 a.m. to 2:00 p.m. Read more about this great event on the back page of this newsletter.

Brigham City Senior Center exemplifies this year's theme, "Get Into the Act." A wide variety of activities designed to keep seniors healthy and engaged are offered on a regular basis at the center. There is no reason for someone to sit home and be disengaged from the community. Stop by the Senior Center and let us plug you in. No matter your area of interest, there is something for you.

If you don't feel as if you are old enough to participate in the activities offered at the Center, please become a volunteer. Rocheal has the perfect volunteer opportunity for you. Meals on Wheels is always in need of drivers both regular route drivers and substitutes. This takes less than an hour and guarantees to put a smile on your face for the rest of the week! Currently, drivers are needed on Tuesday and Thursday. Background checks are required and take only a few minutes at the Brigham City Police Department. Contact Rocheal for more information, 435-226-1454.

"They are all so helpful and willing to do so much more than deliver the meal; every day is a good day when my volunteers are coming to the door." Anonymous

Word Search:

E T S T C A P M I E V I T I S O P S I G S E A
 E A D V O C A C Y R L G R P M P I S E O R D G
 O G S G N I D N U F L S Y A E E E V G C U N S
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 S I L I E C N A T S I S S A A I I I Y R I S R

Find the Following:

- | | | |
|--------------------|---------------------------|----------------------|
| Older Americans | Health Services | Love |
| Lyndon B Johnson | Medicare | Positive Impact |
| May | Social security | Empowerment |
| Volunteers | Adult Protective Services | Activities |
| Get Into the Act | Senior Medicare Patrol | Education |
| Meals on Wheels | Senior Companions | Golden Anniversary |
| Congregate Meals | Counseling | Party |
| Transportation | Smiles | Grandchildren |
| Caregivers Support | Information | BRAG |
| Assistance | Advocacy | Area Agency on Aging |
| Preventative | Funding | Independently |
| | Compassion | Network |
| | Dignity | |

Steps to Prevent Financial Exploitation

Plan!

To protect yourself from those that might exploit you financially be sure to talk to trusted family members, friends and professionals.

If managing your daily finances becomes too difficult, consider asking someone you trust to manage your finances.

Be Cautious!

Be aware that dishonest people could potentially take advantage of you.

Consider doing the following:

- ☞ Get on the Do Not Call Registry to reduce telemarketing calls. Call 888-382-1222 to register your phone number
- ☞ Keep in touch with others: Isolation can make you more vulnerable.
- ☞ Do not send anyone personal information to collect a prize or reward.
- ☞ Consult with someone you trust before making a large purchase or investment. Don't be pressured or intimidated into quick decisions by a salesperson or contractor.
- ☞ Don't sign any documents that you don't completely understand without first talking it over with an attorney or a family member that you trust.
- ☞ Do not provide personal information (Social security, credit card, ATM PIN number) over the phone unless you placed the call and know with whom you are speaking.
- ☞ Tear up or shred credit card receipts, bank statements, solicitations and financial records before disposing of them.
- ☞ If you hire someone to help you in your home, ensure that they have been screened with a criminal background check.

Mother love is the fuel that enables a normal human being to do the impossible.
Marion C. Garretty



In the
Spotlight
Elayne Green



The common denominator that seems to run through all of our volunteers is being grateful for the opportunity to give back and help others. Elayne Green is no exception—she is one of those people that likes to help everyone. Elayne came to the Senior Center for Medicare counseling and was encouraged to have lunch because Nancy's appointment was running late. Elayne made friends that first day and started attending the Center on a regular basis.

Elayne says that an invitation to play pickleball was life changing for her. Her legs were nearly useless due to an earlier automobile accident and respiratory issues made breathing difficult. She became enamored with the game and continued learning. A follow-up visit to her physician came with the advice, "whatever you are doing, keep doing it!" She did and now you will find her on the pickleball court nearly every morning. Elayne says that it gave her back her legs. Between turns, you will find her in the laundry room washing our linens and tablecloths. She says that volunteering at the Center gave her a reason to get up in the morning and keep moving after she retired. The volunteering process has given her a whole new outlook on life. She had always been a boss and a mentor. We tease her that she still bosses us.

Elayne was born in Salt Lake City and called that area home for most of her life except for 3 or 4 years when she was younger that were spent near her father's family in Louisiana. Her family farmed in the Salt Lake area and she learned her work ethic from her German grandparents. She began working at the Tooele Ordinance Depot at night while she was in High School and continued working there until she got married. She attended the University of Utah in Special Education but quit school after the birth of her first child so she could be just a mom and work on the farm.

Elayne and her first husband, Carl, had 2 boys. He died after 8 years of marriage and she remarried their best friend, Red. (Yes, there really is a Red Green!) A case of the "flu" turned out to be her son AJ who is 19 years younger than her other sons. AJ lives in Brigham City and is the reason that Elayne built her home on 11 acres west of town. Elayne and Red also raised 11 foster children. She has 11 grandchildren, 19 great-grandchildren and 3 great-great grandchildren. She is an animal lover and shares her life with horses and dogs. When they were younger her children showed their horses professionally and Red and Elayne served as their grooms. Red also showed dogs professionally. Elayne shared a story of her adventurous spirit that had her living alone in a trailer in Stockton Canyon. She loved the beauty of the area and watching the deer. Worst part of this adventure was bathing in the creek...BRRR!!!

Elayne loves to garden and drive her garden tractor. She raises alfalfa and all sorts of vegetables which she loves to share with the neighbors. We are so grateful for the service that Elayne provides for us at the Center and her willingness to jump in and help wherever needed. She is truly one of our treasures. Thank you, Elayne for all of your service.

The Skinny on Sugar

Research synonyms for sugar and find "sweet" and "dearest." But ask most fad diet enthusiasts, and they will associate sugar with "evil", "toxin", and even "poison." Too much of anything is no good, but vilifying this carbohydrate without distinguishing between natural sugar and refined sugar has gone too far. Here's the real skinny on sugar.

Natural Sugar : Carbohydrates are the body's main energy source and essential nutrients for our brains. Sugar is the simple form of carbohydrates. Natural sugars can be found in whole grains, but they're mostly in fruits and vegetables in the form of fructose. The difference between fructose in fruit compared to high-fructose corn syrup (HFCS) in sweetened beverages is the concentration. While a 20-oz bottle of cola contains 36 grams of fructose, an apple contains 12 grams of fructose per serving, and a serving of strawberries contains 4 grams. This means that you would need to eat 3 apples or 9 cups of strawberries to equal the amount of sugar in a soda.

There is also an added benefit to eating fruit beyond the energy—whole fruit provides us with vitamins A&C, minerals, and fiber. Fiber slows digestion, aids in regulating blood sugar, and removes cholesterol from the body. A balanced diet should contain a variety of fruits and vegetables in a rainbow of colors. Aim for 2-3 servings of each, every day.

Refined Sugar: Any food made from a part of its original form is considered refined. Refined sugars originate from the sugar cane and sugar beet, but they can also be derived from corn (HFCS). This type of sugar is added to sweetened beverages, cakes, and candy. It is also added to breakfast cereals, bread, and yogurt. Refined or added sugar is used in the body for energy, just like natural sugar, but when you eat it in concentrated amount, it cannot be immediately used by the body. When this happens, your body stores it as fat. Regular consumption of refined sugars can cause an imbalance in blood sugar, swings in energy levels, weight gain, and an increased risk of chronic disease. To reduce these effects, added sugars should be minimized in the diet. The Dietary Guidelines for Americans recently added a recommendation specifically regarding added sugar—limit it to 10% of your daily calories.

Not all sugar is created equal. Looking to avoid chronic disease? Choose whole foods more often—including fruits and vegetables—and reduce your consumption of added sugar by enjoying unsweetened beverages and reading food labels. Knowing the skinny on sugar will help you make informed choices when choosing foods to consume for optimal health.



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

LET'S HEAR IT FOR GRANDMOTHERS!

It has been five years this month since I began writing Marge's Meanderings. 2010 was the first year and May was the month I started with a column on *The Women In Our Lives*. In that article I spotlighted my maternal Grandmother Nanna Louise Morck Nordby Anderson, the Girl From Old Norway. Today I would like to pay tribute to all grandmothers. That will include many of you who read this column. If you are not a grandparent or you are a Grandfather, you can still read on and you will get your turn another day.

A number of years ago when I had our first child at the ripe old age of 21, I was basking in the glow of New Motherhood. An older gentleman who must have been an ancient 45 at the time told me that if I felt amazement at that moment of birth then, I should wait until OUR little girl brought home HER first baby. I thought this old acquaintance's remark was very strange for two reasons. First, our little girl had just been born and second, I couldn't look at that tiny daughter and even imagine her as a grandmother. I know you have heard the saying, "It only seems like yesterday." That is how I felt today as I had lunch with that "tiny baby" of yesterday and her two married daughters and their children. Not only have I reached and passed the delightful era of Grandmotherhood but now I have two beautiful little ones calling me "Grandma Great". It was amazing to watch our daughter and her husband fulfilling their roll of Grandparents. Now those two little ones at our table were calling them Grandma and Grandpa. The baton has been passed. I know many of you have been through the same experience I am talking about. In fact many of you probably have many more than two great grand-

children and many more grandchildren. You will know exactly what I am talking about! Isn't it fun to sit back and watch your children doing all the work of, "Grandparenting?" Sometimes the sideline is a delightful place to be.

Many of you reading this may not have written down some memories of your Grandmothers. I ended my first Mother's Day column with this paragraph, "Is there a woman in your life you could pay tribute to? Why not tell someone about them this Mother's Day?" I am sure all of you did that five years ago, but just in case there are some new readers out there, maybe you could take pencil in hand and put it to paper and write something about your grandmothers.

My paternal Grandmother, Ada Boletta Christensen Almond, was born of Danish Parents who crossed the ocean from Denmark. She was the only one of my grandparents that was born in this country. Her father, Jens Christensen, and his first wife, Karen, crossed the plains in a covered wagon before the Transcontinental Railroad was completed in 1869. Jen's wife, Karen, was expecting a baby and delivered a baby boy at Fort Laramie in Wyoming. He was named Christian Laramie. I think of how I felt in the last months of pregnancy and I would not want to be walking for weeks across thousands of miles of plains and mountains or jostling around in a covered wagon at that time. My husband and I just drove 6,801 miles to the Atlantic ocean in a beautiful air conditioned car on a very relaxing vacation. We ate in food filled restaurants and slept in nice motels. Karen Christensen was made of stronger stock than I am. Her third pregnancy did not end well as she died during child bearing. My Great Grandfather

eventually married another Danish Immigrant, Karen (Caroline) Jensen, my great grandmother.

My children are always telling me how glad they are that I am writing this column. It makes me put in print things that I either have not told them or they have forgotten what I have told them. Your children will feel the same way if you remember to put pen to paper and let the memories flow. It does not even have to be a lengthy discourse. Just write or tell a memory that you have of your Grandmothers this Mother's day. Don't forget your Mother or Great grandmother either.

Most of you know that I was one of the last of a large family, (9th of 10 children) and so my Great Grandparents were gone by the time I slid down the rainbow into Downey, Idaho. If you had Great Grandparents to write about, cherish their memories and write away. If you haven't written a History of your life, this might be a good time to start. My paternal grandfather, Moroni Richard Almond only wrote two pages about his life, double spaced, and it is a treasure to all of us in his family. His mother died, when he was 2, and he was raised by wonderful foster parents until he married. This is what he wrote about his wife, my grandmother. "God gave me one of his daughters--one of the best He had, to be my mate through all of the eternities, to be mother to all my posterity, to help me build a little kingdom of my own, and to be with us. Again, God has been kind to me." Now that is a beautiful Mother's day tribute that I can read from a Grandfather born in 1881.

Grandmothers... Continued page 8



Travel Destinations & Activities

Senior Idol May 1, 2015 11:30

Semi-Annual Senior Idol hosted and sponsored by Community Nursing Services. Kelly Warren will provide Karaoke equipment and be there to entertain and to assist. All seniors are encouraged to participate for the opportunity of being named Brigham City Senior Idol!

Cinco de Mayo May 5, 2015 11:30

Fiesta Time! Join us as we celebrate Cinco de Mayo, break a piñata and do the Chicken Dance with Gary!

Crystal Hot Springs May 6, and 20, 2015 1:15

This is a fun way to get out and relax! Crystal Springs gives those on the bus a discount entry price paid by each participant at the door.
\$2.00 charge for bus costs.

Quilting Show May 7, 2015 9:00 a.m.

\$17 Lunch on Your Own
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!

Fly Casting Pioneer Pond \$10 May 7, 2015 6:00 p.m.

Class will be held Thursday nights for Four weeks. Class instructor will be Rob Matasic

Sign up on-line on the Brigham City website or Call Gary @ 435-226-1453

Mad Hatter's Tea Party May 13, 2015 1:00-2:00

We will be enjoying Kristy's Iris Garden and having tea and goodies on her patio. Be sure to wear your hat and bring your camera to capture some of the spectacular blooms.

Fishing Trip May 14, 2015 8:00

Kick off the fishing season by joining us on a trip to Second Dam on the Logan river. The DNR will join us and will have equipment that you may use if you don't have your own to bring. A valid Utah fishing license will be required. If the license purchase presents a hardship please contact Gary who may be able to arrange reimbursement of the purchase price.

AARP Smart Driver Class May 15, 2015 8:30-12:30

You may be eligible to receive an insurance discount upon completing the course, so consult your insurance agent for details. AARP membership is not required to take the course and there are no tests to pass.

The classroom course costs only \$15 for AARP members and \$20 for non-members

Wendover

May 18, 2015 7:30 a.m. \$20 Sponsored by Pioneer Care

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. The trip is a week earlier than usual due to the Memorial Day holiday.

Wildlife Trip Antelope Island

May 19, 2015 8:00 a.m.

Join us on an adventure to Island Park. James from the DNR will come along with us and educate us on the island and the interesting facts of the wildlife that inhabit it. We will enjoy a picnic lunch while we are out on the island and enjoy being out in nature.

Celebration of Life May 21, 2015 Sponsored by CNS 12:30-1:30

Watch for more information

Wii Bowling

May 26, 2015 1:00

Join us for fun and undisclosed prizes in the hall.

Make and Take Craft Class May 28, 2015 1:00

Sign up with Gary for our monthly craft class. We will be completing the "O's" for the project we began in April.

Looking Ahead

Tuacahn Theater Tour June 10-12
Beauty and the Beast and When
You Wish
See Gary for Details



May 2015

Activity Calendar
Subject to Change



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Senior Idol 11:30 Maple Springs Casino Night 5 pm –8 pm
4 Encompass Blood Pressure Clinic 11:00 Kelly Warren and his guitar 11:30 BINGO	5 Veteran's Representa- tive by appointment Cinco de Mayo Celebration Tamale Making Class 2:00	6 Senior Swingers 11:30 Birthday Party 12:00 Foot Clinic 12:30 Crystal Hot Springs 1:15	7 Home Quilting Show Trip Mother's Day Luncheon Fly Casting Class 6:00- 8:00 pm Rees Pioneer Park Pond	8 Center Closed for BRAG Retreat
11 Advisory Council 9:30 Kelly Warren and his guitar 11:30 BINGO BEGSSS 1:30	12 Foot Clinic 12:30-3:30	13 Myers Sponsored Lunch Memory Club 10:30 Iris Garden Field Trip Mad Hatter's 1:00 Maple Springs Meals on Wheels Appreciation 4:00-6:00	14 Logan River Fishing Day 8:00-2:00 Logan River 2nd Dam Fly Casting Class 6:00- 8:00 pm Rees Pioneer Park Pond	15 AARP Smart Driver Training 8:30-12:30 Kevin Kula 12:00
18 Wendover 7:30 Happy Feet 10:00 Kelly Warren and His Guitar 11:30 Gillies Lunch BINGO	19 Wildlife and Lunch 8:00 –Antelope Island	20 Harmony Home Care BP Clinic 11:00 Crystal Hot Springs 1:15 Caregiver's Comfort Club 6 p.m.	21 CNS Celebration of Life Memorial 12:30-1:30 Fly Casting Class 6:00- 8:00 pm Rees Pioneer Park Pond	22 Foot Zoning 11:00 Lorissa Pulotu 12:00
25 Center Closed for Memorial Day	26 Wii Bowling 1:00	27 Senior Health and Fitness Day Pioneer Park	28 Make and Take Craft 1:00 Commodities HBC 1:30-3:30 Fly Casting Class 6:00-8:00 pm Rees Pioneer Park Pond	29

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
- T & Th 1:00-3:00

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.



Mon

Tue

May 2015

Wed

Thu



<p>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</p>				
<p>4</p> <p>Mini Chef's Salad with Ham and Turkey, Egg cucumbers/grape Tomatoes and Dressing Homemade potato soup Fruit cup Bran Muffin Chocolate chip cookie</p>	<p>5</p> <p>Cinco De Mayo Shredded Beef Enchiladas Tossed salad Seasoned Black Beans (Chips Salsa) congregate Corn muffin (MOW) Orange Slices Churro's</p>	<p>6</p> <p>Birthday Swiss Steak with Noodles Peas & carrots Pineapple coleslaw Whole wheat roll White Cake/Cinnamon Churro Ice cream</p>	<p>7</p> <p>Mother's Day Dinner Russian Chicken Brown Rice Asparagus spears Wheat Roll Cottage cheese/cantaloupe Peach Cobbler</p>	<p>1</p> <p>Beef Chow Mein Rice Egg roll Wheat roll Chinese cabbage salad Strawberry Shortcake</p>
<p>11</p> <p>Half Turkey Club Sandwich Fresh Mozzarella Pearls /Tortellini Salad Pickle spear & Veggie Cottage cheese/ Mandarin Oranges Banana split</p>	<p>12</p> <p>Tomato Bisque Soup Chicken Salad with Cantaloupe Rings Pickles/olives Fresh Veggies dip Blueberry muffin Oatmeal cookie</p>	<p>13</p> <p>Myers Day Pork Chop w/Gravy O'Brien potatoes Spinach w/Lemon Marinated carrot salad Cornmeal Roll Yogurt Parfait</p>	<p>14</p> <p>Beef Tips Mashed Potatoes Butternut Squash Sour Cream Fruit Salad Sliced Bread Butterscotch pudding</p>	<p>8</p> <p>Center Closed for BRAG Retreat</p>
<p>18</p> <p>Gillies Day Oven Baked Chicken Brussel Sprouts Funeral Potatoes Lemon Orzo salad with Asparagus and Tomatoes House Dinner Roll Tropical Fruit Cup</p>	<p>19</p> <p>Meatballs in Sweet Clove Sauce Rice Key largo vegetable Whole wheat roll Tossed Salad/fruit Mini fat boy w/ strawberry's & chocolate glaze</p>	<p>20</p> <p>Fish Taco/Super Cole-slaw Green Bean Casserole Dry Jell-o Salad Glorious muffin Strawberry shortcake</p>	<p>21</p> <p>Goulash Vegetable mix Spinach Bacon Salad Bread stick Fresh fruit</p>	<p>22</p> <p>Parmesan chicken Baked Potato/Sour cream Honey Glazed Carrots Frog Eye Salad Biscuit/jam Root beer float</p>
<p>25</p> <p>Closed Memorial Day</p> 	<p>26</p> <p>Hawaiian Haystacks Rice/Peas Cottage cheese/ Mandarin Oranges Salad Blueberry muffin Chocolate pudding</p>	<p>27</p> <p>Spaghetti w/ meatballs Buttered Broccoli Bread stick Caesar salad Melon in Season</p>	<p>28</p> <p>Kielbasa & Cabbage Skillet Baby red potato Sunshine Fruited Jell-O salad Biscuits/Jam Brownie</p>	<p>29</p> <p>Angie's Burrito Refried Beans Steamed Carrots Pico de Gallo/chips Tossed Salad/Fruit Ice cream</p>



May Birthdays—Happy Birthday to You!

Alyce Allred, Evelyn Anderson, Mary Anderson, Paul Anderson, Ted Anderson, Yvonne

Angelsey, Kathleen Aston, Burdeen Bailey, Mary Balls, Denton Beecher, Jimmy Boswell, Judy Brailsford, Don Braithwaite, Dean Bunderson, Verdell Call, Elsie Canfield, Hartman Carson, Gladys Chadwick, Janet Chadwick, Joan Christensen, Barbara Clark, Darrell Clark, Norma Clark, Janis Conner, Mary Davis, Betty DuFour, Sherolyn Egelund, Ruth Elgan, Mark Epperson, Debra Fabry, Barb Fenton, Donna Fullmer, Frank Fullmer, Lee Gentry, Connie George, Leo Gibby, Mickey Godfrey, Helen Hansen, Richard Hansen, Earl Harper, Joleen Harris, Delores Helms, Marjorie Himes, Robert Holder, Mary Ann Holman, Lynn Hone, Robert Hurst, Gwen Hyde, Tsiduki Imoto, Marie Jackson, Leda Jeffery, Gloria Jensen, Clara Jeppsen, Zelma Jeppsen, Richard Jeppsen, Harold Kondo, Jay

Kotter, Alberta Lammert, Chantel Lawrence, Mary Lewis, Mae Lindell, Colleen Long, Darrell Loveland, Galia Lund, Kaye Macfarlane, Hanny Martindale, George Mavridis, Sheila May, Bobbie McNeely, Delores Merrill, Darlene Miller, Delwin Mills, Marjorie Mills, Jean Minert, Nita Murdock, Max Nelson, Melvin Nielson, Minnie Nieto, Dan Nisonger, Jerald Palmer, Don Perkes, Farrell Peters, Beulah Petersen, Ellen Petersen, Una Peterson, Karen Phillips, Duane Phippen, Rachel Poulsen, Marlene Rapp, Donald Rasmussen, John Rausch, Vera Rawlins, Stewart Reeves, Laverne Rennemeyer, Lynn Richards, Rae Riser, Ileen Robinette, Rebecca Roper, Weston Ross, Kathryn Sager, Fernando Saucedo, Carolyn Sever, Louise Silver, Darold Skenandore, Tom Smith, Arch Stanger, Sharyn Stephens, Allan Sutch, Katie Tawatari, Marilyn Thornley, Luella Tincher, Evelyn Tingey, Michael Tomes, Lois Tompkins, Marilyn Travis, Billie

Vaughn, Virginia Velasquez, Charles Voris, Joyce Walker, Royce Walker, Pat Watkins, Nathan Wheeler, Janet Whitaker, Michael Williams, Reba Wright, Annie Young, Joe Zehrung

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. They are also available to help with other Medicare needs.

Grandmothers...Continued from Page 4

The written word lasts much longer than these old bodies of ours and the influence of the written word goes on forever. Now I hope you all want to get down to business and write. My husband accuses me of being a Retired School Teacher that still likes to give assignments. Alright, I plead guilty.

My Grandmother Ada and Grandfather Moroni lived just a few blocks from us all the years we were growing up. When I got too much for my Mother to handle or just when she got tired of all my "twirling" and "whirling", she would send me to Grandmother Ada's to copy "Family Histories". I remember when it was time to go home, Grandmother always wrapped a scarf tightly around my neck so I wouldn't catch cold. Even in the heat of summer, I left her house dressed for winter storms on the plains. Other things I remember about her are: 1. She wore her hair in a bun but sometimes,

when we stayed overnight and watched her take out her bun, she would brush her hair and it was long enough to sit on. 2. She had a music box on her dresser in the back bedroom and she would let us play it, when she could watch us carefully. 3. She always had huge oatmeal raisin cookies and she would give us one out of the cookie jar in the very most top shelf of her south west cupboard. 4. When we stayed over night, we would wake up to the radio broadcasting the KSL Farm Report and then she would give us Cream Of Wheat Cereal 5. She gave us sandwiches made of "head cheese" that she had made out of the head of a pig. If you do not know what "head cheese" is you can find out...but DO NOT read about it while you are eating! I did not know what I was eating until I grew up but I still remember that the sandwiches were delicious and tasted like balony sandwiches. 6. The thing

I remember most about Grandmother is, she loved us.

When we were raising our children, my husband, accepted a new job in Boise, Idaho. It paid much better than the job he had and I was excited to move. After thinking about it more, Jack told me was going to turn the new job down. I was disappointed but he said he felt strongly that our children should live by at least one set of grandparents. His parents were in Southern California and mine were an hour away in Idaho. We have so many great memories of our trips up to Downey where our children enjoyed life on the farm with the Grandparents. My mother loved to cook, read stories, build tents, swing on the front porch with the children, and watch the cars at night come up over the Malad Divide. She had a way of making us all feel that we were loved. Once again may I say, "Let's Hear It For Grandmothers".

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 Tuesday and Thursday 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.

3-wheeled Adult Bicycle wanted.

Please contact Marjorie Worl 435-279-8358

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.

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.

2 bedroom Apartment available.

\$500 per month; \$500 Deposit. Close to town. Contact Rod 435-730-1390

My Senior Center Needs You!

Please be sure to sign in with your key tag every time you are at the Center. This is a great tool for the staff to report information and document volunteer hours. See Bonnie at the front desk if you need a tag

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

Death Announcements

Tess Anderson Levy, 92, passed away 3/27/15

Marlin Keith Loosle, 82, passed away 3/28/15

Virginia Reimers, 82, passed away 3/30/15

Helen LaVoy Barnes, 92 passed away 4/4/2015

Idabelle Sanders, 87, passed away 4/4/2015

Branson Neff, 76, passed away 3/31/2105

Arthur E. Haggen, 85, passed away 4/6/2015

Reed Andreasen, 49, passed away 4/8/2015

Tandi Lyn Nicholas, 45, passed away 4/12/2015

Delma Cloward VanDrimmelen, 83, passed away 4/7/2015

Quin Dalley, 15, passed away 4/11/2015

Lyle Holmgren, 101, passed away 4/13/2015

Margaret Bott Coleman, 71, passed away 4/16/2015

Kelsie Lynn Mansfield Gerlach, 19, passed away 4/15/2015

Samantha Juliet Emmons, 13, passed away 4/16/2015

Michiko O. Kondo, 99, passed away 4/16/2015

Gerald Roskelly, 71 passed away 4/18/15

John B. White, 81, passed away 4/23/15

Phyllis Henderson Nielsen, 85, passed away 4/11/15

Evelyn P. Morrow, 94, 4/26/15

VA Benefit Appointments

Larry Dawson from the VA will be here to assist you with all of your benefit needs on Tuesday, May 5, 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 generally meet together for 30 minutes, then split with caregivers retiring to the lounge. This month they will be taking a field trip to visit an Iris garden in Willard.

Please join us Wednesday, May 13 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 the next meeting on May 20, 2015 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 "Walking In Your Shoes" by Encompass Home Health and Hospice. This is a memory care program.

Property Tax Relief

Utah law allows Utah residents five types of property tax relief. The Senior Center has the forms for Circuit Breaker and Abate-ments.

Circuit Breaker is a tax credit available to home owners and renters that are at least 66 years old, surviving spouses of any age with a household income of less than \$31, 702. Home owners must turn in their completed application by September 1 to their local county government. Renters must file their form by December 31. See Bonnie for a form.

Senior Center Health and Fitness Day

May 27, 2015

Rees Pioneer Park

Grab your hat, sunscreen and some comfortable shoes and join us at this year's Fitness Day. This year's focus is on Healthy Choices and you will have many opportunities to learn how to enhance your health and enjoy life. The morning will kick off with our Silver Sneaker's Flex Instructor, Janice Munns, leading the group through their moves on the deck of the swimming pool. Everyone is encouraged to join in and see what it is all about. Continue the day by walking through the park and visiting the many sponsors that are making this event possible. A delicious lunch cooked by Peach City at noon with entertainment by Andrew Poll from



CNS will be a highlight. Workshops will be offered throughout the day with opportunities for door prize drawings. Activities offered include ladder golf, games of chance, Frisbee throw, wheel of fortune, giant volley ball, smoothie samples, gardening, infrared light therapy, music and memory, free popcorn, and, of course, health screenings. You will have the opportunity to learn more about Medicare and Reverse Mortgages. This year's Platinum Sponsor is Encompass Home Health and Hospice. Bronze sponsors are Mission at Bear River, Myers Mortuary and Sunshine Group. Other participants include H2U, BRAG, Hospice for Utah, Proficio Mortgage, Options for Independence, Integrity, CNS, Gillies Funeral Chapel, Harmony, AARP, Maple Springs, Beverly Dunford, USU Extension, Alert Utah and New Hope Crisis Center.

We're Wishin'

- Small flat screen TV for fitness room
- New Handmade Items for gift shop
- Forever Postage Stamps.
- Baby Grand Piano



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Silver Threads



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