

# SENIOR ..... ...MOMENTS

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Are you turning 65 this year? If you need help with Medicare call Marion.	You can sign up 3 months before you turn 65 the month of or 3 months after.	1 Wii Games Arthritis Ex 9:30 BINGO 12:30 Good Sammers 6-8	2 Care for the CareGiver 10:30 Civic Club 4:00 Reflections 4:00	3 Odell Summers entertainment 11:30
6 Arthritis EX 9:30 County DUP 1:00 Weight Watchers 5:00	7 IHC Blood Pressure 11-12 Stagecoach DUP 12:00	8 Wii Games Arthritis EX 9:30 Pass the Buck 12:30	9 <b>CLOSED for TRAINING</b>  Reflections 4:00	10 Becky Kimball entertainment
13 Arthritis EX 9:30 Garland DUP 1:00 Weight Watchers 5:00	14 All about Socks, 1:00 Gossner's, Ice Cream \$2.00 Sign up please	15 Wii Games Arthritis EX 9:30 Foot Clinic Card Making 1:00 Doterra 6:30	16 Care for the Caregiver 10:30 Civic Club 4:00 Reflections 4:00 Am. Legion 6:00	17 Westernaires Entertainment 4-H 4:00-6:00
20 Arthritis EX 9:30 Midland DUP 1:00 Weight Watchers 5:00	21 IHC Blood Pressure 11-12	22 Wii Games Arthritis EX 9:30 USU cooking on a budget 6-8:30	23 Reflections 4:00	24 Best Friends Entertainment
27 <b>Closed Memorial Day</b>	28	29 Wii Games Arthritis EX 9:30 Nat'l Health and Fitness Day	30 Reflections 4:00	31 Shaeli Layne & Friends entertainment

There was a little quarterback who played football in a small college. He had just become a Christian and did not know how to tell others of his newfound happiness. The only way he could up with was to carry a Bible to class with him. After he had carried it for a few days, one of the big tackles came up to him and said ... "What's the matter with you? Have you gone soft and become a Christian?" The little quarterback looked up at him, thought for a minute, took the Bible and held it out to him and said.. "If you think it is so easy...Here you carry it"!



Happy Birthday to:

Linda Cutler, Iris Douglas, Margaret Maryott, Mary Munns, Gayle Wakely, Nona Bee, Jan Zoellner, Merrill Prisbey, Connie Sessions, Garry Bell, Merilyn Carver, Dixie Forsgren, Shirley Montgomery, Larry Anderson, William Fallis, Genaro Zarate, Douglas Hutchen, Gordon Lasley, Boyd Parker, Barbara Warburton, Marlene Christensen, Burl Morley, Denson Henry, Linda Nessen, Eileen Roberts, Mary Watson, Carolyn Bachman, Betty Ellertson, Janet Carter, Susan Taylor, Alice Ward, Dorothy Bessinger, Deanna Greer, Carol Hess, Michele Orosco, Marcia Darley, Myrleen Lund, Alice Robbins, Elaine Clausing, Colyn Knudsen, Kathy Potter, Karen Yates, Terry Christensen, Frances Getz, Bonnie Hill, Iva Godfrey, Bill Merrell, Robert Nelson, Brent Francom, Lee Hansen, Hal Wood, Lee Allen, Ann Earl, Steven Peluaga, Linda Johnson, Charlotte Pont, Ben Burkey, Eunice Hight, DeAnn Hoopes, don Anderson, Fred Christensen, Ida Fridal Maxine Boots Artell Brailsford, Carol Davis, Ralph Abel, Ward Taylor, Ruby Didericksen, Frank Nish, Allan Sutch, Grace Vanderhoof, James Greer, Linda Kuwana, Peggy Schultz, Joyce Jones, Manuel Misrasi, Beverly Cannon, Helen Decker



## Bear River Valley Care Center

Sponsor lunch

1<sup>st</sup> Monday of the month  
May 6<sup>th</sup>. Please let us know

# MEMORIAL DAY

**Don't forget !!!**

**Rudd Funeral Home sponsors  
lunch, on the third Thursday,  
May 16<sup>th</sup>, at 12:00  
Please CALL us by Tuesday  
to make your Reservation.**

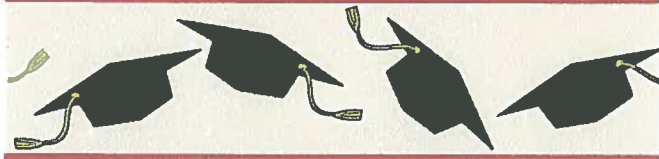
*Garland Freeway ramp will be closed May 2<sup>nd</sup>  
in the morning.*

**Integrity Home Health &  
Hospice Game Day with  
"Pass the Buck"  
12:30 Wed. May 8<sup>th</sup> 12:30  
Foot Clinic - Wed. May 15  
call and make an appointment**

*Cache Valley Tour 1:00  
All About Socks,  
Gossner's, and Ice Cream.  
Please sign up.  
Tuesday, May 14<sup>th</sup>*

A Sunday school teacher was discussing the Ten Commandments with her 5 and 6 year olds. After explaining the commandments to "Honor thy Father and they Mother" the teacher asked the if there was a commandment that teaches us how we should treat our brothers and sister? To the teachers amazement, a little boy who was the oldest in his family quickly answered, "Thou shalt not kill"!

We ARE WALKING !!!!! Get your walking shoes out of the closet. Come and join us on May 29<sup>th</sup> to kick off the "WALK FIT" summer program. Keep track of your miles and turn them in each week. We will combine the miles and see how far we walk by the end of September. We have a dinner to celebrate our miles



**Encompass**  
**Home Care & Hospice**  
**435-734-1300**  
**Lunch & Learn - 12:15**  
**May 1, 2013**

**HAPPY MOTHER'S DAY**

**Better Sleep**  
**Month**

*If you don't get enough sleep, you may have trouble losing weight.*

**Nutrition Information...** The nutrients we obtain from food are essential elements to keep the body fit and lively. Nutrients are necessary in order to put up and fix cells and body tissues, keep up the organs and bones in best possible working condition and to supply energy and heat. Good nutrition is important for good physical condition and eating nourishing food can help to avoid common illnesses and diseases. Various types of food offer the body with various nutrients. It is not possible to get all the needed nutrients for good health and development from only one type of food. For that reason, good health and development is achieved by taking a well-balanced and healthy diet.

Good nutrition refers to getting sufficient macronutrients and micronutrients. Macronutrients hold proteins, calories, fats and carbohydrates. They help out sustain your body weight. Micronutrients comprise minerals and vitamins. They keep your cells working as they should be, but will not avoid weight loss.

Good nutrition can be a predicament for a lot of people with HIV. When your body fights against infection, it uses more energy and you're required to eat more than the usual. But when you feel unwell, you eat less than the ordinary. In our time, we are becoming more conscious of how our diet is vital to our health and that it is important that we eat the right kinds of food to keep our body fit and healthy

Two friends were talking. Ethel said..."I heard your 95 year old uncle died". Jane said, "Yes he did and our whole family was shocked and surprised. We sure didn't expect it to happen!" Ethel replied that he was 95 years old, and why would that have been a surprised anyone? Jane answered her, "Well, he went skydiving and his parachute didn't open".

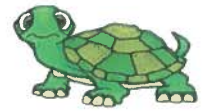
Everyone at the nursing home had joined the special hospitalization plan except a fellow named Gaylord. Since the deal required 100 percent participation... the plan could not operate without Gaylord. Everyone talked to him...pleaded with him... and pressured him...but nothing worked. He would not sign up.

Finally one elderly gentleman..that had been a professional wrestler in his younger days.. came up to Gaylord and said ... "Man if you don't sign that hospitalization plan ...I will break every bone in your body then reduce the bones to toothpicks"! So Gaylord signed the paper.

A bit later the home manager came to him and asked him how come it took so long to make up his mind? Gaylord said..."I finally found somebody to explain it to me".



# MAY



Monday	Tuesday	Wednesday	Thursday	Friday
Bread and Milk available with every meal. Menu subject to change without notice.	Meals served at 12:00 pm - Noon Please call for reservations for lunch. 257-9455	1 Stroganoff / Noodles Green Beans Cottage cheese with Pear salad Pumpkin Cookies	2 Chef Salad Bread Fruit Pudding	3 Roast Beef Potatoes / Gravy Carrots Jell-O Salad Roll Surprise Cake
6 Chicken Fried Steak Potatoes / Gravy Peas Creamy Fruit Salad Apple Spice Bar	7 Chicken Soup Egg Salad Sandwich Fruit Beets Éclair Dessert	8 Spaghetti Green Salad Mixed Vegetables Bread Brownie	9 <b>CLOSED FOR STAFF INSERVICE</b>	10 Ham Potato Bake Mixed Vegetables Coconut Salad Roll Ice Cream
13 Sticky Chicken Rice Chinese Salad Egg Rolls Broccoli Pineapple Upside - Down Cake	14 French Dip Sandwiches Green Beans Juice Apple Crisp	15 Chicken Pillows Carrots Fruit Cup Juice Banana Bars	16 Beef Enchiladas Mixed Vegetables Green Salad Snickerdoodles	17 Turkey Roast Stuffing Peas Roll Jell-O Salad Cranberries Strawberry short-cake
20 Fish Potato Bake Coleslaw Peas & Carrots 7 Layer Cookie	21 Green Bean Casserole Carrots Americana Salad Bread Bread Pudding	22 Chicken Broccoli Casserole Rice Working Girl Salad Chocolate Chip Cookies	23 Taco Salad Corn Bread Fruit Tropical Fantasy Cake	24 Pork Roast Potatoes / gravy Mixed Vegetables Seafoam Salad Roll Lemon Squares
27 <b>CLOSED MEMORIAL DAY</b>	28 Sloppy Joes Broccoli Salad Corn Fruit Rice Krispie Treats	29 Tuna Casserole Green Beans Parfait Beans Bread Juice Blueberry Dessert	30 Salisbury Steak Potatoes Green Beans Fruity Carrot Salad Bread Cheese Cake	31 Turkey Steak Stuffing Mixed vegetables Ambrosia Salad Roll Carrot Cake

A city girl visiting her uncle on the farm was watching a cow chewing her cud. The uncle walked up to the little girl and said..."You are watching a pretting fine cow!"

The girl said . . "Yes, but doesn't it cost you a lot to keep her in chewing gum"?

Ice Cream Sundae...A popular explanation is that in the 1800's, local laws forbade the sale of soda on the Sabbath. So to attract the Sunday crowd, the ice cream parlors started serving ice cream and fruit concoctions without soda. The people started calling the concoctions Sundays. Later the parlor's changed the word's spelling . . from S u n d a y to S u n d a e, in hope to change the desserts image. They wanted it to be thought of an everyday treat...Not just for Sunday.