



Senior News



July 2012

"A Caring Place to Grow Old"

25¢ Volume 14 Issue 7

Activities at a Glance

- 2 New Ceramics Class 1:00
- 3 Foot Clinic by appt.; Zumba Gold 1:30
- 4 **Closed for Fourth of July**
- 5 Lunch & Learn Noon; Ceramics Chalking Class 10:00; Becky Kimball Easy Listening 11:30; ZUMBA Gold 1:00
- 9 Gary Warren & His Guitar 11:30; New Ceramics Class 1:00
- 10 Tracy Aviary Trip; Foot Clinic by appt.; ZUMBA Gold 1:30
- 11 Memory Club 10:00; Birthday Lunch 12:00
- 12 Chiropractor by appt.; Myers Lunch 12:00; Caregivers Comfort Club 6:00
- 13 Ceramics Chalking Class 10:00; Odell Summers & His Xylophone 11:30
- 16 Karaoke with Kelly 11:00; Gillies Dollar Day
- 17 11:00; Hand Massage & Manicures 11:00; ZUMBA Gold 1:30
- 18 Caring for the Alzheimer's Caregiver 10:00; Low Vision Support Group 10:00
- 19 Heber Creeper Trip
- 20 Ceramics Chalking Class
- 23 Kelly Warren & His Guitar 11:30
- 24 **Closed for Pioneer Day**
- 25 Memory Club 10:00
- 26 Commodities 9:30
- 27 Wii Bowling—Christmas in July Wendover 7:30 a.m. \$20; ZUMBA Gold 1:30
- 30 Wendover 7:30; Happy Feet by appt.
- 31 ZUMBA Gold 1:30

Table of Contents

Events Calendar	Page 6
Month's Menu	Page 7
Nutrition	Page 4
Travel	Page 4
Volunteer of the Month	Page 10
Word Search	Page 2

In the Good Old Summertime . . .

Higher fuel costs, higher airfare, increases in the hospitality and restaurant business—what's next? How does this affect your plans for vacation travel? It's more likely that you will be driving more and taking other avenues of transportation less.

So, what's a fella to do? The answer is to be more savvy when it comes to spending our hard earned dollars. Perhaps to travel less distance. Maybe there's more to Utah than you've been able to discover before, so why not explore this magnificent state. Whatever your choice, there are some safety guidelines for traveling.

You've most likely budgeted for your expenses, but have you thought about the emergency and aspects regarding your health? Ed Waltz, Director of the University of Albany Center for Public Health Preparedness and research associate professor of Health Policy Management and Behavior, has some excellent tips for summer traveling. Planning should begin well before you leave on your trip. When you stop at a highway rest area, you should recognize that it represents a different kind of threat environment including the risk of both infectious diseases and personal safety issues:

- Hundreds of people touch virtually every surface even after being cleaned. Avoid touching anything unnecessarily with your bare hands. Always use hand sanitizer before returning to your vehicle to reduce the risk of spreading contamination. Carry some in your purse.
- During travel season, rest areas overflow with children just released from hours of confinement in a traveling vehicle. All of that pent-up energy is released the minute they come inside. The near pandemonium is a perfect environment for someone to snatch a wallet left temporarily on the counter, or grab a purse and get away unnoticed in the confusion.
- If you do not have a cell phone, consider buying a prepaid phone just for the trip. It will greatly simplify making alternative arrangements in case of emergencies.
- Carry extra doses of prescription medications and original prescriptions (in their bottles) on longer trips. In case of emergency not only will you have enough, should you be unconscious, the physicians will know what doses you are taking.

When traveling by car, no matter how cautious you are, accidents can happen. Make sure that you have your emergency supply list for your car ready for action if needed. Prepackaged first aid kits are available at many retailers, or you can put together your own. A first aid kit should contain adhesive bandages, antiseptic spray or cream, soap, thermometer, sterile gauze in 2 and 4 inch pads, 2 and 3 inch rolls, scissors, gloves, needles and safety pins. Nonprescription medicines such as aspirin, antacids and antihistamines should also be included. You should also include some food—enough to last three days. It needs to contain *nonperishable foods that do not need to be cooked*. Include foods like peanut butter, trail mix, crackers, granola bars, canned fruits and vegetables and meats that do not require water to prepare. If packing canned drinks such as juices or milk, choose brands that do not require extra water.

(Travel continued on page 2)

Word Search:

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

FIND THE FOLLOWING: Allegiance, America, Apple Pie, Armed Forces, Betsy Ross, Capital, Celebration, Cherry Pie, Chevrolet, Confederate, Congress, Continental, Covered Wagons, Declaration, Democrat, Entrepreneur, Family, Fireworks, Flag, Flagpole, Family, Fireworks, Ford, Freedom, Grant, Handcarts, Ice Cream, Independence, Industry, Lee, Liberal, Liberty, Lincoln, Melting Pot, My Country Tis of Thee, Native Americans, Parades, Picnic, Pioneers, Promontory, Railroad, Republican, Roosevelt, Seventeen Seventy-six, Stagecoach, Stars, Statehood, Statue of Liberty, Stripes, Tea Party, Thirteen Colonies, Union, United, Veterans, Washington, Watermelon.

(Travel continued from page 1)

Avoid foods that will cause thirst, such as salty or spicy items, and remember to pack a can opener.

According to FEMA, a gallon of water per person per day is needed and at least three days of water should be stored in an emergency. Store water in clean plastic containers that will not break down. Avoid milk jugs since they will decompose rapidly in heat. Rotate your emergency water supply at least every six

months to ensure fresh water with no bacterial growth. Staying hydrated is important to your health.

Other items to include are at least one flashlight with extra batteries and a few signal flares. Paper supplies such as toilet paper, paper towels and rags should be included. A supply of emergency cash or checks is a good thing to have on hand, just make sure they are well concealed in case your car is ever stolen or broken in to. A warm blan-

ket and a pen and paper or help sign is also good to have.

Don't forget to carry specialty items such as extra medications. Also copies of important documents such as blood type or any special medical alerts.

The family car should have a set of jumper cables in the trunk that are at least 12 feet long, several quarts of oil, extra fuses, screwdrivers, pliers, vice grips and an adjustable wrench. In case of a flat tire, keep a container of tire inflator, a tire pressure gauge, especially if you do not carry a spare tire and a jack. And don't forget duct tape—a man's favorite repair item—for leaking hoses and other small problems. Anti-freeze, a small shovel, for snow, cat litter and an ice scraper should be included during the winter months.

Dress down and do not look like a tourist. No jewelry even fake gold. Do consider wearing a wedding ring or wear anything that projects affluence. No gold chains, expensive watches and rings, luggage, or other paraphernalia should be in easy view. **Better yet:** leave your jewelry at home!

Keep valuables away from the street side—switch your purse “side”. Only carry one credit card and photocopies of important documents with you. Use zip lock bags to divide money for small purchases and for larger ones. Do not talk to people on the street if they ask for directions, change etc. If you must ask directions, ask families, women with children and phrase it “Where is the xxx? I am meeting my husband there”. Remove ID tags if you have been at a meeting. Lodge a rubber door stop under hotel door for extra security. Bring a flashlight.

Don't forget about Fido's needs. Make sure he has tags and is current on his shots, (you might want to microchip him); train him to a car safety harnesses and use it. Keep him on a leash when out of the car. Don't forget plenty of food, water, and treats for him.

Happy Traveling.

Sources: Internet;
Women's Travel Club



Days Gone By

with Doug Thompson

Here it is July already. It doesn't seem so very long ago, it was only January. I've always thought of July and August as the hottest months of the year; the dog days, when it was hot and lazy so that dogs didn't want to move and just lay on the porch with their tongues hanging out and panting. The cold days of winter are longed for and seem so inviting then. How soon we forget the uncomfortable past and only remember the good.

I remember the 4th of July parades in downtown Ogden when I was in the 6th grade at Madison elementary. I was in the drum and bugle corps and played the drum. We practiced after school and marched in the park across the street. We were all excited to be in the parade on the 4th of July. I remember the feeling I had when I saw mom and dad on the sidewalk waving at me and I forgot all about the heat and how uncomfortable and long the parade was. Years later, watching from the sidewalk, I remember seeing the Cisco Kid, of television fame, in the parade. The military veterans and high school R.O.T.C. cadets were always at the front of the parade. The flag was carried waving

proudly, reminding us of where we lived and the sacrifice that had been made for our benefit. You could always tell who the veterans were when the flag passed by because they were the first on their feet with their hands over their hearts.

I think over time people become complacent with their living conditions and environment. Freedom always comes with a price and I don't mean paying taxes. I think it was Red Skelton who said, "I'm not proud to be an American, I'm humbled." Growing up in this country I took a lot of things for granted. I knew we didn't have as much as some people. You always have rich and poor and somewhere in between. When I joined the Navy and went to other countries and saw the struggle to survive and the living conditions that they were in, I knew how blessed I was to live in a free country like America. My wife, who is from Mexico, has told me more than once how she thought that God has blessed our country. "Why, you even have 'In God We Trust' on your money" she said.

I know we have problems in our government. We don't always agree on the best course to take in this journey, but we still have the right to vote and we can use that to help determine what we think is best for our future. That right was given to us by those who paid the price of freedom. Have a great July and may God bless you all.

Be Adaptable!

Last month this newsletter focused on *change*. To follow up on that topic, be adaptable. This means you have the ability to maintain a positive outlook; be resilient to stress; to work well under pressure; and to respond effectively to change and ambiguous situations. Sometimes easier said than done.

Coping well with political realities falls in this category too. Even when your plans are thwarted, it helps to be able to maintain a "can do", constructive, positive outlook. Adaptability is an important weapon in your arsenal.

Work to anticipate a positive outcome to stressful situations. Your mind set will make a big difference in your success, and in how you appear to others. Be a problem solver rather than a problem reactor!

These ideas work well within the goings on at the Center. Change is going to come—be adaptable!

Source: The Communicator
Northern Utah Healthcare Coalition

A Top Dermatologist's 5 Best Anti-Aging Tips

Do wish your skin looked younger? Aging can change skin's appearance as early as your 30th birthday, and later depending on your skin care habits. There are some things we can't control, but there are plenty of external influences on how your skin ages, and the right anti-aging care that can slow down their damage.

The good news is that it's never too late to respond to what you see," says dermatologist Diane C. Madfes, assistant professor at Mt. Sinai School of Medicine in New York City. The following are her best anti-aging tips.

1. Focus as much on what you put in your body as on what you put on your skin. Skin is the body's largest organ. Drink lots of water. Cut back on sugar and processed foods. Eat plenty of omega-3 and omega-6 fatty acids found in olive oil, flaxseed, and fish such as salmon.
2. Halve your sun exposure. UV exposure is the number one skin-ager. It damages elastin and causes loss of collagen, which translates to drooping, a lost jawline, and wrinkles. It is also the major cause of skin cancers. Use sunblock on **all** exposed areas of your body. An SPF of at least 30 is best.
3. Use a retinoid. Retinoids are vitamin-A derivative compounds that have been shown to boost collagen production and cell turnover, as well as to unclog pores and stimulate blood vessels in the area. Over-the-counter products do work but with lesser results than prescriptions for them.
4. Spend time—not necessarily money—on smart morning-night routine. This is important as we get older. Remove all makeup and wash your face before you go to bed. If you don't, the exposure to the elements you experience during the day will continue all night. Apply retinol and use a moisturizer.
5. Pick cosmetics procedures that also help skin rejuvenate.



Travel Destinations & Activities

July 2, 9, 2012; 1:00 p.m.; \$35 Ceramic Clay Puzzling Class

Much interest was expressed in making the fun fish that the beginning ceramics class made this spring. Join Teresa Sackett as she teaches this fun class one more time. The project requires several weeks drying time, so a later date will be set to complete the piece. Cost includes all materials and provides a \$5 donation to Meals On Wheels. Sign up with Gary.

July 6, 2012; 10:00; \$5 + Greenware Ceramics Chalking Class

Lynn Hess will be joining us to teach a ceramics Chalking Class starting July 6th. The class will be held each Friday during the month of July at 10:00 a.m. This is a great opportunity to learn a new technique. The cost is \$5 plus your choice of greenware. Sign up with Gary.

July 10, 2012; 9:00; \$10; Dutch Lunch Tracy Aviary

A visit with our fine feathered friends will take us to the Tracy Aviary. Join us for a pleasant summer day at Liberty Park to enjoy all the Aviary has to offer. We will enjoy lunch at The Old Spaghetti Factory.

July 17, 2012; 11:00 n/c Hand Massage & Manicures with Harts Home Health & Hospice

Come and be pampered by the fine folks from Hearts for Home Health and Hospice. They will provide hand massages and manicures, treats and a great time. They will be at your service from 11:00 a.m. through lunch. Sign up with Gary so we can plan on how many aids we will need.

July 19, 2012; 12:00; \$30, meal included.

Come join us for a pleasant drive to Heber City on the bus while enjoying a sack lunch, then board the Heber

Creeper for a late afternoon ride. We will be riding the Deer Creek Express, a two-hour trip that offers incredible views of the Wasatch Mountains and wide-open vistas of Deer Creek Reservoir and beautiful Heber Valley. Experience the Alps of Utah.

July 27, 2012; 11:00 Wii Bowling — Christmas in July

Why not? It has been six months since we celebrated Christmas. Let's do it again. Bring a can of food or other nonperishable food item to participate. The food will be donated to Brigham's Food Pantry. Wear your favorite Christmas sweater or Santa hat and bowl for Christmas gifts.

July 30, 2012; 7:30 a.m. Wendover \$20

Sign up early to reserve your seat. The fee gets you on the bus trip, buffet lunch, \$5 cash back, a free beverage and fun bucks. Also included are BINGO prizes on the way. Reserved seating for all seats.

Not into gambling? People watching, good food, and a day's get-away are a bargain.

Basic Drawing and Watercolor Class

Do you know that we have a beginner/intermediate watercolor class? The instructor incorporates basic drawing and individual as well as class instruction during each session. There is room for at least six more students. All you need is the desire to express your creative side and your materials. There is no charge for the class. We meet on Tuesdays at 9:45 a.m. each week and begin instruction at 10:00.

We have a workshop presented by a professional at no charge once a year. You must attend the watercolor class to participate in this special event.

For more information, contact lantha.

Summertime and a Healthier You

Summertime is a wonderful time of year. We want to be outdoors and the fresh fruits and vegetables fill out our menus.

Summer health is important and there are some ideas that can improve our health if we just given them a try.

It's important to keep hydrated. Make sure you are drinking enough water, or green tea. You should be getting a half gallon of water a day. Green tea has a natural component that helps speed up your metabolism. If you carry a water bottle with you, it can serve as a reminder to stay hydrated.

Don't skip breakfast. Breakfast helps jump start your metabolism and gives you the necessary energy for the day.

Just about everyone enjoys grilling outside during the summer. When cooking burgers, build a better one by using whole wheat buns, lean meats and delicious toppings like pineapple, wasabi, guacamole and feta cheese.

Don't burn your burgers as studies have shown that well-done and charred meat contains carcinogens that can increase your risk of cancer. Choose lean cuts, trim off excess fat and marinate meat before grilling. Fresh fish like salmon and tilapia are packed with heart-healthy omega-3 fatty acids and are low in calories. Cooked on a cedar plank with seafood seasoning, a squeeze of lemon juice you'll wonder why you don't do it more often. Also try kabobs with chicken, peppers, onion, squash and mushrooms.

Avoid food poisoning by thoroughly cooking meats and keeping cooked and raw meats separate. If it's above 90 degrees outside, don't keep food out for more than an hour.

Go easy on ice cream cones. Choose fruit salad, sliced watermelon or grilled pineapple, and lightly dip it in dark chocolate. You'll get a delicious dessert with antioxidants and fewer calories and sugar than ice cream.

Source: WebMD & the Internet



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

by Marge Small

This is my tribute to our friend William Bess, and all those great men like him who have sacrificed so much in honor of this "land of the free and home of the brave".

July is a time when I think of parades, patriotism, participating in patriotic events, and prayers for our military personnel past and present, our government leaders, and our country. As we participate in parades and public gatherings, I think about how we honor that great symbol of our freedom, the flag. Sometimes as I place my hand over my heart and Pledge Allegiance to the Flag, my eyes get misty and I can't speak for the lump in my throat. I know many of you do the same, especially those of you who have served your country and know more than anyone the price that has been paid to keep Old Glory rippling in the breeze.

The other day I took our two granddaughters, age 5 and 7 years old, to the Care Center where a group of us volunteer music each week. We sang the Star Spangled Banner and our 7 year-old granddaughter knew every word. She also proceeded to excitedly tell the residents how the song came to be written. How thankful I am to the second grade teacher in Willard Elementary who taught our granddaughter to thrill to the National Anthem and the story behind it. Is that a story we could repeat to our grandchildren or children? Maybe that would be a good goal for July.

I also thrill, as I attend parades and see people stand, take off their hats, put their hand over their hearts and respect the Flag as it passes by. I am always glad, when parents nudge their children and grandchildren to their feet and teach them proper respect for the flag and the great country it symbolizes. It reminds me of a tribute that I wrote to my Dad on Father's Day 1979. It conveys some of the teachings in my life and the things that I want to pass

on to future generations in my family.

THE FLAG AND OUR FATHER

A child has a right to learn patriotism while he is still young. Thanks to our Dad, we did!

Patriotism wasn't a word at our house---it was a practice. It wasn't just a hand over our heart, when the flag went by --it was the love we had in our hearts, for Dad taught us we were "American Kids".

His people came from other countries to America where they could work for blessings which could be found in no other place. Dad helped us understand that we shared those blessings, for we were "Born Free American Kids".

Dad taught us to work hard, when we were young, and as we each learned the trade of our choice, we were taught that we were "Proud Working American Kids".

We saw Dad ride with the Home Town Posse, sitting tall on his horse in the parade. When the flag passed by, we knew we were "Stand Tall American Kids".

We heard Dad's voice over the loud speaker at the County Fair, as he proclaimed the goodness of all the many exhibits that were a tribute to the American way of live. The flag flew over the Fairgrounds and we knew that we were "Home Town Kids in Bounteous Home Town America".

We heard Dad announcing the Rodeo with the bucking broncos and fast running calves and the flag waved over the Rodeo Arena. We knew we were "Cowboy American Kids".

On Sunday, Dad took us by the hand and we all attended church together. We knew we were, "Free to Worship American Kids".

Dad owned his own businesses, his own farm, and his own ranches, and we knew we were "Free Enterprise American Kids".



And. . . when we saw our dear brother's casket come home from the war, draped with the flag, we knew our Dad had given his best to America. May we as Children give our best for America, for that's what Dad taught us to do.

Thank you, Dad! We love You.

Happy Birthday America! May we all Pledge Allegiance to the Flag forever.

Do you know someone who is having trouble making house payments or facing fore- closure?

You may not know that Neighborhood Nonprofit offers more than home-buyer programs. We also provide **free, confidential HUD-certified foreclosure prevention counseling**. Our trained housing counselor meets individually with homeowners facing financial difficulties, and we work directly with clients' lenders to find the right solutions. Clients receive free valuable information about loan modifications, repayment plans, and short sales directly from our housing specialist. Call 435-753-1112. The sooner they meet with us, the more options they have. If you would like us to provide you with information related to foreclosure prevention and mitigation, call or e-mail me directly.

Kim C. Datwyler
Executive Director, Neighborhood
Nonprofit Housing Corporation
195 West Golf Course Road, Suite 1,
Logan, UT 84321
435-753-1112 x 106 (phone)
435-753-6112 (fax)

Let every nation know,

whether it wishes us well or ill, we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe, to assure the survival and success of liberty.

~John F. Kennedy~







July 2012

Activity Calendar

Subject to change.



<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
2 New Ceramics Class 1:00	3 Foot Clinic 12:30-3:30 by appt. ZUMBA Gold 1:30	 July 4th Closed	5 Lunch & Learn with Encompass Home Health	6 Ceramics Chalking Class 10:00 Becky Kimball 11:30 ZUMBA Gold 1:00
9 Gary Warren & His Guitar 11:30 New Ceramics Class 1:00	10 Tracy Aviary Trip Foot Clinic by appt. ZUMBA Gold 1:30	11 Memory Club 10:00 Birthday Lunch 12:00	12 Chiropractor by appt. 8:30-11:30 Myers Lunch 12:00 Caregiver's Comfort Club 6:00	13 Ceramics Chalking Class 10:00 Odell Summers & His Xylophone 11:30
16 Karaoke with Kelly 11:00 Gillies Dollar Days	17 ZUMBA Gold 1:30 Manicures 11:00	18 Caring for the Alzheimer's Caregiver 10:00 Low Vision Support Group 10:00	19 Heber Creeper Trip	20 Ceramics Chalking Class
23 Kelly Warren & His Guitar 11:30	24— Pioneer Day Center Closed 	25 Memory Club 10:00	26 Commodities 9:30	27 Wii Bowling-Christmas in July
30 Wendover 7:30, \$20 Happy Feet Foot Clinic by appt.	31 Z UMBA Gold 1:30	Freedom has its life in the hearts, the actions, the spirit of men and so it must be daily earned and refreshed - else like a flower cut from its life-giving roots, it will wither and die. ~Dwight D. Eisenhower		

DAILY

Lunch M-F 12-1
Hall Walking 8-10 a
Library M-F 8-4
Pool Room M-F 8-4

WEEKLY

Advanced Spanish M 10:00 a
Bunka M 9:00
Tai Chi M 10:00 a
Beginning Spanish M 1:00
Intermediate Spanish T 10 a
Watercolor T 9:45-12

Zumba Gold T 10:00
Woodcarving T 6:00 p
Square Dance T 7-10 p
Line Dancing M/W 1:00 p
Yoga Tu/Th 4:00 p
Pinochle Th 10:00 & 1:00
Oil Painting Th 9:30
Sit & Be Fit W/F 10:00
Chimes F 1:00

Check with instructors for time change/cancellation of classes for day.

Computer classes as scheduled. Contact Nancy to enroll.

GENERAL INFO: Telephone Reassurance, Friendly Visitor, Info. and Referral; Senior Transit M-W-F 226-1456; MOW Hot meals M-F Frozen Sat-Sun.; **Please make lunch & To Go reservations one day in advance.**



July 2012

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>
<p>2</p> <p>Chicken Chow Mein Chinese Noodles Asian Blend Chinese Cabbage Salad Muffin Pudding/Fortune Cookie</p>	<p>3</p> <p>Taco Salad Guacamole Chips and Salsa/ Center Corn Muffin –Meals on Wheels Tropical Fruit Peanut butter Bar</p>	<p>4</p> <p>Center Closed for Independence Day</p>	<p>5</p> <p>Oven Baked Chicken Scalloped Potatoes Italian Blend Vegetable Tossed Salad Roll Banana Pudding</p>	<p>6</p> <p>Salisbury Steak Mashed Potatoes Key Largo Vegetable Carrot Raisin Salad Whole Wheat Roll Rice Krispie Treat</p>
<p>9</p> <p>Mini Chef's Salad Cook's Choice Soup Fruit Cup Muffin Cookie</p>	<p>10</p> <p>Chicken Enchilada Spanish rice Green Beans Tossed Salad/Black Beans Corn Muffin Chocolate Pudding</p>	<p>11</p> <p>Birthday Party Swiss Steak Noodles Zucchini Blend Cole Slaw Roll Cake and Ice Cream</p>	<p>12</p> <p>Myer's Day Russian Chicken Rice Asparagus Tossed Salad/ Garbanzo Beans Whole Wheat Roll Fresh Fruit</p>	<p>13</p> <p>Pork Chop/Dressing/ Gravy Brussels Sprouts Marinated Carrots Sliced bread Apple Pie</p>
<p>16</p> <p>Gillies Day Turkey Steak Mashed Potatoes/ Gravy Broccoli/Cauliflower Stewed Tomato Biscuit Ice Cream Sandwich</p>	<p>17</p> <p>Sweet 'n' Sour Pork Cubes Steamed Rice Chinese Cabbage Salad Roll Pudding/Fortune Cookie</p>	<p>18</p> <p>Chicken Salad Crois- sant Tomato Bisque Soup Pickles/Olives Tropical Fruit Cup Cookie</p>	<p>19</p> <p>Lasagna Italian Blend Vegetable Bread Stick Caesar Salad Lemon Pudding</p>	<p>20</p> <p>Fried Chicken Green Beans Potato Salad Sunshine Salad Biscuit/Honey Fresh Melon</p>
<p>23</p> <p>Tamale Pie Spanish Rice Spinach Tossed Salad Pistachio Ambrosia</p>	<p>24</p> <p>Center Closed for Pioneer Day</p>	<p>25</p> <p>Cod Baked Potato/Sour Cream Capri Blend Vegetable 3 bean salad Biscuit/Jam Fresh Fruit</p>	<p>26</p> <p>Chicken Bowtie Pasta Salad Fresh Veggies/Dip Oat Bran Muffin Citrus Fruit Cup Cookie</p>	<p>27</p> <p>Roast Beef Mashed Potatoes/ Gravy German Blend Vege- table Spinach Salad Whole Wheat Bread Fruit Shortcake</p>
<p>30</p> <p>Ham Yummy Potatoes Green Beans Creamy Cucumbers Roll Raisin Bar</p>	<p>31</p> <p>Fruited Chicken Salad/Cantaloupe Ring Pickles/Olives Fresh Veggies/Dip Blueberry Muffin Oatmeal Cookie</p>	<p>NOTICE</p> <p>Congregate lunch contributions are anonymous and confidential. Suggested donation per meal is \$2.75 for those 60+ and \$4.60 for those under 60.</p> <p>Please sign up for lunch one day in advance, especially on those days when the meals are sponsored by a local business. The staff appreciates your cooperation.</p>		



Month's Birthdays— Happy Birthday to You...

Ramona Atkinson, Sheryl Anderson, Frederick Andreason, Kiyo Aoki, Lino Apodaca, Eloise Baron, Ione Baxter, Nancy Beeton, Jennie Begali, Ronald Bosgieter, Grant Bowen, Donna Bruderer, Rebecca Buland, Roger Burke, Marianne Butler, Jim Cady, Elva Caldwell, Bruce Carr, Pat Checketts, Marie Chlarson, Irene Clark, Lee Clark, Burell Coleman, Gloria Cook, Caroline Criddle, Elaine Crockett, Jim Crowder, Don Davis, Francese Dowdle, Richard Dummar, Darlene Ebeling, DeAnn Ebeling, Quinn Eskelsen, Sue Ferrara, Jack Garrett, Olive Gittins, Marjorie Glines, Katie Gonzales, Charles Greene, Dick Griffin, Karen Halling, Rodney Hansen, Lilly Haramoto, charlotte Harding, Ruby Harper, Steve Harris, Marilyn Hash, Shirley Haynie, Erlene Hedrick, Mattie Hiegert, Gerry Herman, Henry Hernandez, Richard Hudson, Carrie Humphreys, Donna Hunsaker, Yoko Isaki, D'On Jensen, Judy Jensen, Luana Jensen, Leon Jeppesen, Marianna Keller, Clyde Kidman, Gus Kihlstadius, Richard Killary, Evelyn & Frank Kobayashi, William Kos, Charlotte Lange, Roland Lange, Gerald Larsen, Wallace Larsen,

Ronald Law, Sheryl LeFors, Lloyd Liebelt, Pauline Luckey, Bill McGaha, Betty McNeeley, Jerry Meyers, Lola Morrison, Darrell Moss, Barbara Munns, Lucille Murphy, Jane Nelson, Alice Newlin, Jackie Noragon, Ann Norman, Cruz Nunez, Jean Olsen, LeAnn Packer, Dallas Penrod, Diane Perry, Beverly Peters, RaeLene Peterson, Rex Peterson, Wilma Petty, MaryLou Phippen, Erika Pimper, Gerrie Poulsen, Bill Price, Diane Raine, Ira Ransom, Ronald Rex, Lela Rice, Karen Richards, Victor Romer, Claudia Ross, George Rushton, Pauline Rushton, Ada Lynne Scothern, Doyle Scothern, Perry Shumway, JoAnne Smith, Maxine Sparks, Jackie Specht, Marsha Stokes, Dwain Sylvester, Betty Thompson, Kenneth Tinney, Ilene Tracy, Joseph Uriona, Terrie Velasquez, Sharon Villalba, Ellen Walker, Leland Ward, Barney Williams, Doris Wilcox, Joseph Worrell, Cliff Woodland, Liese Woodland, Joe Worsham, Alan Wright, Vickie Wright, Ralph Wyatt, Raeko Yagi, Helen Yamasaki, and Keith Yeager.

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 for an appointment for free assistance applying for **Extra Help**.

Be Adaptable!

It pays to be adaptable. This means you have the ability to maintain a positive outlook; be resilient to stress; to work well under pressure; and, to respond effectively to change and ambiguous situations.

Coping well with political realities falls in this category too. Even when your plans are thwarted, it helps to be able to maintain a "can do", constructive, positive outlook. Adaptability is an important weapon in your arsenal.

Work to anticipate a positive outcome to stressful situations. Your mind set will make a big difference in your success, and in how you appear to others!! Be a problem solver rather than a problem reactor!!

Source: "The Successful Executive's handbook" published by Personnel Decisions International in 2009.

Seven Hidden Heart Attack & Stroke Risks

Cardiovascular disease — CVD— is the leading killer of Americans. The following lesser-known risk factors could greatly reduce your chances of a heart attack or stroke.

1. Watching TV. Less TV and more exercise is the best remedy.
2. Snoring. It may be a sign of obstructive sleep apnea that can trigger a heart attack. See your doctor for a sleep test. Lose weight.
3. Gum Disease. See your dentist regularly. Brush and floss regularly. Periodontal disease indicates risk of heart attack.
4. Psoriasis. It hikes the risk for heart attacks, strokes, and peripheral artery disease as much as smoking does. Get it treated.
5. Migraines. Women who have migraine headaches with an aura at least once a week have quadruple the risk for stroke. One in four Americans have patent foramen ovale — a whole between the heart's two upper-chambers fails to close at birth and sometimes leads to heart attacks. Stop smoking and maintain a healthy weight.
6. Vitamin D deficiency. Sit in the sun. Take Vitamin D under doctor's advise.

The Price of Freedom



WANT ADS

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

VOLUNTEER NEEDED to clip coupons for the US Servicemen and Women. See Nancy.

Meals On Wheels Needs You! Drivers are needed M-F. If you are able to help deliver meals, someone is waiting with a smile of thanks and a hot meal that makes a difference in their life. Contact Rocheal if you can help.

SHELLED WALNUTS FOR SALE Ready when YOU need them. Two pounds for \$8.00. Call Bonnie or Joe at 723-1769.

CRAFTERS NEEDED Seeking help for Peach Days. Wash cloths, scrubbies, baby blankets, adult bibs, embroiderers. Contact Iantha

SERVICES

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.

NEED FULLER BRUSH? Call Lola at 435-740-4648.

NEED HELP WITH YOUR CHORES? The singing housekeeper is available 1-2 hrs. Call Patti at 435-730-4215. Excellent references and tender, loving care.

ALTERATIONS Reliable, excellent seamstress. Call Karen at 723-7119.

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

BENCHMARK SERVICES

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

July Support Groups Meeting at BeeHive Homes

Memory Club

Memory Club of Brigham City will meet July 11 and 25 from 10:00-Noon.

Memory Club of Brigham City is sponsored by Alzheimer's Association, in association with social workers from BRAG, CNS-Love hospice, and Access Homehealth & Hospice.

Comfort Club

Katie Boner, Chaplain with Curo Home Health & Hospice. She will address "Coping with Loss and Grief, How to..." The meeting will take place on July 12 at 6:00 p.m. Please RSVP to Vickie or Nancy at 226-1455.

BeeHive Homes is located at 165 E 1550 South, Perry, UT.



A statistician made a few calculations and discovered that since the birth of our nation more lives had been lost in celebrating independence than in winning it.



~Curtis Billings

10 Surprising Clues You'll Live to 100

About one in 10,000 people seems to be a "slow ager" who lives to 100 — sometimes en in spite of bad health habits, like smoking or exercising little, according to new research. Will you be among them?

The following are ten clues that you might live a longer life and what they may mean.

1. How many elder relatives are on your family tree? Relatives that lived live to at least age 90-plus means you may have longevity genes.
2. How fast and how far can you walk? The faster you walk can indicate you're in good condition for the long haul.
3. Do you have a lot of people in your life? Social engagement is a key lifespan-extender. A faith-based lifestyle and volunteerism keep you young.
4. Are you a woman? Odds are more in your favor from the start. If you had a child at age 35+ may indicate slow aging. Sorry, fellas. I
5. When were your born? Growing lifespans give younger people an edge. If you're 99 now, you have a whopping 67 percent chance of seeing another year.
6. Do you worry — but not too much? There's a "healthy" worry level. Moderate worry isn't bad.
7. Is your weight normal — or are you only slightly overweight? You have better odds of reaching 100 than if you were obese. Centenarians are almost always lean.
8. Are you a positive person? Emotion influences health, which influences aging. An upbeat attitude adds years and means you experience less stress raising your cortisol levels.

Why not live long enough to experience the new changes in the future? Think about the last 50 years.

Paula S. Scott, Sr. Editor,
Caring.com

Volunteer Corner

July honors Marilyn and Jason Peterson. Marilyn conducts the Sit and Be Fit class on Wednesday and Friday mornings at 10:00 a.m. Marilyn chooses fun music for the class and her enthusiasm and gentle nature are catching. She also delivers Meals On Wheels. (Dana didn't know how long she's been volunteering here, but said "many years".

At the time of this writing, Marilyn is in Okinawa, Japan, visiting her daughter Janae, and son-in-law (he is in the military and stationed there), and the grandchildren

She enjoys loves studying, and completed her Masters Degree in Gerontology, Recreational Therapy, this year. She accomplished this while raising her family.

Marilyn is originally from Manti, and has ten brothers and sisters.

Marilyn and husband, Dana, are the parents of 8 — 4 boys and 4 girls

(all the girls were born in November). Two of the children are still at home. They have eleven grandchildren. Marilyn loves being with her family and playing board games with them. Scrabble is her favorite. She loves reading, gardening, computers, and teaches two online classes,

Jason is also being honored this month. He is much like his mother who has been described a person who gives selfless service to others. He enjoys doing many activities with his mom, including coming to the Center and delivering Meals On Wheels.

Jason is a member of the Youth Volunteer Council and was honored with having the most volunteer hours. He enjoys music—composing for the piano and arranging for instrumental groups. He is talented in art and loves drawing, graphics including computer graphics. He is a talented gymnast especially tumbling. Jason helps his mom with power point presentations, and other

We're Wishin'



Large flat screen TV
DVD Player
A Roku
Laundry Detergent
Flour sack/bar dish/bar towels
Forever Stamps

computer assistance. He likes to try everything, including 4H. He also loves LDS Seminary. He is close to his thirteen-year-old sister, Caradawn.

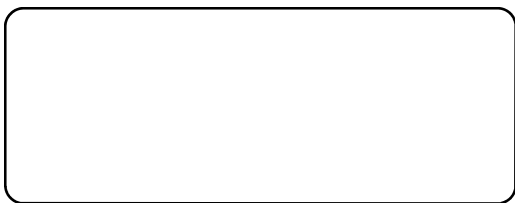
Congratulations to this mother/son team.

We on this continent should never forget that men first crossed the Atlantic not to find soil for their ploughs but to secure liberty for their souls.

~Robert J. McCracken

The United States is the only country with a known birthday.

~~ James G. Blaine



The Senior Center receives funding from Bear River Association of Government

The newsletter is published monthly by the Senior Center. A mailed subscription is available for \$8.50 per year or 25¢ a copy. Comments/suggestions are always welcome.

Brigham City Senior Center
24 North 300 West • Brigham City, UT 84302
435-226-1451



Return Service Requested

US Postage Paid
PRSRT STD
Brigham City UT
Permit #2