



July 2016 • 25¢ • "Every Life Has a Story... Including Ours" • Volume 18 Issue #7

## Welcome to Bringham Senior Center

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## About the Center

Located at 24 North 300 West, Bringham City Senior Center is the focal point in southeast Box Elder County where information about and access to aging services can be obtained. The Center is a division of Bringham City Corporation, Bear River Association of Governments and the Utah Division of Aging Services.

## Treasures Under Glass, Gift Shop

Crafters help create many beautiful items for sale at the "Gift Shop". The proceeds from the gift shop help support Meals on Wheels. There are many quality items for sale throughout the year including our homemade "Aunty's Jam".

## Happy 4th of July

# BRIGHAM CITY

## INDEPENDENCE DAY CELEBRATION

# JULY 4<sup>TH</sup> 2016

Sponsored by: **UAMS**

### REES PIONEER PARK

### BREAKFAST

7:30am - 10:30am  
Rees Pioneer Park Bowery - 800 West Forest St.  
\$7.00 Adults - \$5 Seniors - \$3.50 12 & Under  
Pancakes with Fruit Topping, Sausage, Eggs,  
Juice, Milk & Coffee  
All Proceeds benefit Bringham City Senior Center

### FLAG CEREMONY

### TEENS T-BALL

### HORSESHOE TOURNAMENT

### SWIMMING

SPECIAL RATE

## CONCERT

# KAP BROTHERS BAND

## FIREWORKS

Join the Bringham City Community Hospital in celebrating their 40th anniversary. They will be celebrating with the residents on Monday July 25th, 2016 at Rees Pioneer Park. There will be free swimming, food, entertainment and more fun than you could believe. The festivities begin at 8:30 a.m. with the "Mad Mash Up" fun run. All proceeds will benefit the Senior Center/Meals on Wheels program & Youth Recreation Scholarships. Get your team together and show us how well you can compete!

# B★C★C★H

## MAD MASH UP

July 25 - Rees Pioneer Park - 720 W Forest St.

**"M\*A\*S\*H Style Amazing Race" Format**  
Teams of 3 or 4 compete by finding clues and completing several "medical tasks" (like carrying teammates on gurneys, etc.) in a fun race to the finish!

Race: 9:00 am - Walk-up Registration: 8:00 am - Check-in: 8:30 am  
\$10 per person, includes a T-shirt  
(Singles will be placed on waiting list)

Register now! Online: [bringhamcity.utah.gov](http://bringhamcity.utah.gov) or call 435.734.6610

In conjunction on this day with:

- FREE Swim Day - 10:00 am -10:00 pm
- Concert in the Park - 7:00 pm
- 40 cent hot dogs, chips, drinks, cookies

All proceeds benefiting the Senior Center/Meals on Wheels program & Youth Recreation Scholarships



## Happy Birthday America ~ July ~ Word Search



Lets get looking.....

Independence Day	Sacrifice	Pioneer Day
Fireworks	National Anthem	Rodeo
Patriotic	American	Parade
Flag	United	Utah
Red	Celebrations	Concerts
White	Festivities	Barbecue
Blue	Games	Founding Fathers
Stars	Heat	Remembrance
Stripes	Watermelon	Baseball
Hero	Grateful	Tribute
Freedom	Honorable	Bravery
Courage	Outdoors	Fourth of July
Picnic	Respectful	Liberty
Family	Summertime	Traditions
Friends	Star Spangled Banner	History
Food	Annual	Heritage
Hamburgers	Happy	Swimming
Hotdogs	USA	Salute

In the Spotlight

Paula  
&  
Dennis  
Miller



Guess who has returned to volunteering at the center again? You are correct, Paula & Dennis Miller. They had to take a little break (break meaning Paula literally broke her back) from delivering Meals on Wheels and we are so excited to see them return. If you haven't had the opportunity to meet them and get to know a little about them, now is your chance. I don't have enough room in this newsletter to list all of their history so I will highlight a few fun facts, and you will have to stop them and inquire more. They have been happily married for over 8 years. Between the two of them they have 8 children and 20 grandchildren. They were both dedicated caregivers for years before a "blind date" changed everything. (Which, neither of them really wanted to go on, however they have very persistent friends and family members.) They first worked at the same company so they would carpool with each other and also meet up for lunch. When it was retirement time, they retired on the same day. This doesn't surprise me because when you see one....you see the other. They are seldom apart. They love to travel and have been on at least 6 cruises since they married. They have taken both sets of their parents on some of these cruises just so they would have the opportunity to go. They have ATV's and a side by side that they take to the outdoors often. The last trip, Dennis held his breath while watching Paula on a trail, the trail is rough and usually requires going down on 2 wheels, but not Paula, she went down on 1. Paula stated that her favorite quote is: "What do we live for if not to make life less difficult for others?" You can tell that they both live by this quote daily. They are always helping someone in need. Next time you see them, welcome them back, and thank them for their volunteer hours!

### 2016 International Quilt Invitational Exhibition

June 17 through Aug. 31

~Article by Mary Alice Hobbs~

Miles and miles of fabric and thread were used by quilters worldwide to create works for the Brigham City Museum's 2016 International Art Quilt Invitational Exhibition June 17 through Aug. 31. About 66 quilts in various sizes will be displayed. The charm as well as the drama of many different countries are portrayed in the quilts, specifically Norway, Jerusalem, Africa, Egypt, Syria, China, Germany and Japan.

On Aug. 13, Lea McComas, Colorado, will conduct the workshop "Introduction to Thread Painting" at the Brigham City Senior Center from noon to 3 p.m. The center is located above the museum at 24 North 300 West. Thread painting is just like "painting" on a canvas, except fabric is the canvas and colored, embroidery threads are the paints. McComas' pieces have won awards at quilt venues AQS Paducah, Kentucky, and Road to California, Ontario, California. Two of her award-winning quilts are "Bike Boys" and "Panning for Gold." Admission to the museum is free. Hours are Tuesday through Friday from 11 a.m. to 6 p.m. and Saturday from 1 to 5 p.m. For further information, please phone (435) 226-1439 or visit [www.brighamcitymuseum.org](http://www.brighamcitymuseum.org).

Gloria Loughman of Australia is the museum's Featured Art Quilter. Loughman produces large, vivid landscapes that depict the Australian bush. Most of her textiles have been hand-dyed or painted and feature extensive machine embroidery. Loughman's quilt "Kimberley Mystique" won Australia's most prestigious national quilting award.

The most unique quilt in the exhibit is a three-in-one piece by Flora Joy of Tennessee. When the quilt is viewed from the left, the face of Jackie Kennedy appears; from the front, Oprah Winfrey; and from the right, Mother Teresa. Joy recalls, "The inspiration for the quilt occurred while I was waiting in my car for a traffic light to change and a revolving billboard caught my eye. Three different images – one at a time – appeared every 10 seconds. It took me several years to apply this concept to piecing a quilt." The quilt has won an award at the prestigious 2014 International Quilt Show in Houston, Texas, and the 2015 American Quilter's Society exhibit in Paducah, Kentucky. Susan Else of California is presenting some of her three-dimensional, cloth objects, notably a gigantic teacup with interior lighting and a 35-inch boat manned by "technicolor" characters conducting a rescue operation. The exhibit is also enlivened by quilts decorated with -eyed, tree frogs from Central America; "cool" camels; the 18<sup>th</sup>-century Jade Belt Bridge in China; and a dancing dragon, to name a few.

(pictured: Bingil Bay quilt by Gloria Loughman, Australia)





# ***“Picture” all of the fun you will enjoy with us! Sign up Now!***



***Join us for one of our monthly trips or just come to the center to enjoy all of our monthly activities. You won't regret it. See any staff member to sign-up or call Gary Baron 435-226-1453. We hope to see you soon!***







# July 2016 Activities

Activity Calendar Subject to Change



Monday

Tuesday

Wednesday

Thursday

Friday

				1 - Dianne Hardy
4 <b>Center Closed</b> <b>4th of July Breakfast</b> <b>7:30</b> <b>(Festivities at Pioneer Park)</b>	5 -Watercolor 10:00 -VA Representative by Appt.	6 -Birthday Party 12:00 -Senior Swingers 11:30 -Integrity Foot Clinic 12:30	7 -Fishing Trip Clinton Ponds 8:00	8 -AARP Smart Driving Class 8:30-12:30 -Odell Summers 11:30
11 -Kelly Warren 11:30 -Bingo 1:00 -BCCH Concert in the Park 6:00	12 -Watercolor 10:00 -Integrity Foot Clinic 12:30	13 -Alzheimer's Support Group and Memory Club 10:30-12:00 -Lunch Sponsored by Myers 12:00	14	15 -Kevin Kula 12:00 - Square Dancing 7:00 p.m.
18 -Wendover 7:30 - Happy Feet 10:00 -Lunch Sponsored by Gillies 12:00 -Bingo 1:00	19 -Watercolor 10:00 -VA Representative by Appt.	20 -Caregivers Comfort Club 6:00	21 - Snowbasin Drive/Trip 9:30 - Lorissa Pulotu 12:00	22 -Karaoke with Kelly Warren 11:30
25 <b>Center Closed for Pioneer Day.</b>  <b>(Festivities at Pioneer Park by BCCH)</b>	26 -Watercolor 10:00 - Wii Bowling 1:00	26 -Alzheimer's Support Group and Memory Club 10:30-12:00	27 - Mystery Trip 10:00 -Commodities 12:30-3:00	28 -Foot Zoning by appt. - Minute to Win It 11:00

## Trips & Party Dates!

-Center Closed-  
**4th of July Breakfast**  
**Birthday Party**  
**Clinton Ponds/Fishing**  
**Wendover**  
**Wii Bowling**  
**Snow Basin Trip**  
**Karaoke**  
**Center Closed**  
**Free BCCH residents day at Rees Pioneer Park 7/25/2016**  
**Mystery Trip**  
**Minute to Win It**

— Monday July 4th all day  
 — Monday July 4th 7:30 (Pioneer Park)  
 — Wednesday July 6th 12:00  
 — Thursday July 7th 8:00  
 — Monday July 18th 12:00  
 — Tuesday July 26th 1:00  
 — Thursday July 21st 9:30  
 — Friday July 22nd 11:30  
 — Monday July 25th all day

## Appointments & Classes

**Concert in the Park**  
**Watercolor Class**  
**Caregiver's Comfort Club**  
**VA Representative**  
**By appointment**  
**Alzheimer's Support Group**  
**& Memory Club**  
**Commodities**

— Monday July 11th & 25th, 6:00  
 — Tuesdays at 10:00  
 — Wednesday July 20th, 6:00  
 — Tuesday July 5th & 19th  
 — Wednesday July 13th & 26th 10:30  
 — Thursday, July 27th 12:30



## **Health Care in Retirement**

Most people understand that health care will be one of, if not the biggest expense in retirement. However, according to a Nationwide study, 4 out of 5 people cannot accurately estimate how much they expect to pay for health care in retirement. Medicare and retiree health insurance benefits might cover some of the costs, but many will pay a significant amount of their health care expenses out of pocket.

Health care is a large expense because it is continually getting more expensive and the likeliness of going into some form of long term care is high. If you are not prepared for these expenses, they can severely limit what you will do for the rest of your retirement, because of the pressure that it will put on your finances.

Lets look at some topics involved with this very expensive part of retirement.

### **Medicare**

Many people are surprised that when you sign up for Medicare, the cost for the program is not completely covered. There are premiums and cost-sharing that you are subject to. In fact, 45% of Medicare related expenses are co-pays, deductibles, and cost sharing expenses.

Signing up for Medicare is one of your first major decisions. You can sign up 3 months before your 65<sup>th</sup> birthday month and the window remains open until 3 months after your 65<sup>th</sup> birthday month. You can choose not to enroll at that time, but it is likely your premiums will be higher. Open enrollment is from January to March.

When it comes to choosing a Medicare program, you really only have two paths to go down. One is a mix of private and government insurers (Medicare Part A, B, and D) and the other is only government approved private insurers (Medicare Part C). It is up to you to figure out which option is best for you. Your financial advisor should be able to help with that decision.

Even though Medicare covers a lot of services, there is a gap that exists between needed services and coverage. This is where some people turn to Medicare supplemental insurance. As a general rule, Medicare will cover the individual first, then the supplemental insurance will kick in.

### **Long-Term Care**

Most people don't seem to want to think about long-term care or don't even really know what it is. Some think that long-term care is all nursing home costs. Although that is the most expensive part of long-term care it is not the only part. In fact, 51% of long-term care claims come from home health care, 18% from community care, and 31% from nursing homes.

It is likely that either you or your spouse is going to need some sort of long-term care services. According to the American Association for Long-Term Care Insurance (AALTCI), 73% of women who are married are likely to need some sort of long-term care.

You may think that Medicare or other health benefits will cover long-term care. However the reality is, that most of the expense is going to the individual. Medicaid can be a solution. However, you have to have very little assets in order to receive Medicaid. Before you think you can just gift those assets away, there is a look back provision when it comes to Medicaid.

Some people say they will rely on "informal care" or having a family member help them when the situation arises. However, the burden placed on caregivers (usually woman) can cause both a physical and financial burden. According to AALTCI, 38% of woman age 75+ still have a spouse to provide care for them. According to the Minnesota Woman's Press, there is a greater incidence of depression and heart disease among caregivers. Also lost wages and benefits result in an average loss of \$650,000 for woman caregivers.

### **Solutions**

So with all this information, what is a person to do? There is no way to predict everything that is going to happen to you or your spouse when it comes to health related expenses. The only thing to do is to make a plan for those expenses. Projecting costs out and preparing for them is the best formula. The old saying, "if you fail to plan, you plan to fail", does seem to apply here. Financial advisors or planners should be able to help with the plan and solutions to solve this very high expense in retirement.

Bio: David has been in the financial industry for 15 years and he focuses on helping people transition to retirement while maintaining their lifestyle in retirement. He owns his own financial advising firm, Bridgerland Financial. He has given several presentations on this and other subjects. Please feel free to contact him for speaking engagements on many topics at (435) 535-1630 or [www.bridgetoretire.com](http://www.bridgetoretire.com).

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## **AARP Smart Driver Class**

Cars have changed...so have traffic rules, driving conditions and the roads you travel every day. By taking the AARP Smart Driver course you will have a greater appreciation of driving challenges and a better understanding of how to avoid potential problems. Class will be held at the Senior Center on Friday, July 8th, 2016 from 8:30-12:30. The cost is \$15 for AARP members and \$20 for non-members. Call 435-226-1450 to schedule your place in the class. Please sign up for lunch if you plan to join us.





## **July Birthdays**

*Happy Birthday To You!*



Frederick Andreason, Lino Apodaca, Crys Aramburu, Art Atwood, Ted Barnes, Eloise Baron, Ione Baxter, Nancy Beeton, Ronald Bosgieter, Viven Bosley, Sharon Bouslaugh, Grant Bowen, Rebecca Buland, William Burgan, Roger Burke, Erma Busenbark, Marianne Butler, Jim Cady, Bruce Carr, Lane Chappelle, Pat Checketts, Hughe Clark, Irene Clark, Lee Clark, Gloria Cook, JeDeane Corbett, Caroline Criddle, Elaine Crockett, Jim Crowder, Don Davis, Jacqueline Dinsmoor, Francese Dowdle, Darlene Ebeling, DeAnn Ebeling, Quinn Eskelsen, Janis Fisher, Patty Fisher, Ann Frigon, Rose Fuhrman, Jack Garrett, Brent Gillies, Olive Gittins, Marjorie Glines, Katie Gonzales, Charles Greene, Dick Griffin, Josh Hall, Marilyn Hammond, Virginia Hansen, Lilly Haramoto, Charolette Harding, Ruby Harper, Steve Harris, Marilyn Hash, Shirley Haynie, Erlene Hedrick, Mattie Heigert, Clarence Henry, Connie Henry, Gerry Herman, Henry Hernandez, Bart Hoppie, Richard Hudson, Donna Hunsaker, Jeanette Huntsman, Yoko Isaki, Carol Jensen, D'On Jensen, Launa Jensen, Leon Jeppesen, Jovida Jones, Lewis Jones, Marianna Keller, Michele Kent, Gus Kihlstadius, Carolyn Knight, Frederick (Fred) Kluss, Evelyn Kobayashi, Frank

Kobayashi, William Kos, Kerry Lamb, Charlotte Lange, Roland Lange, Evelyn Larsen, Wallace Larsen, Sheryl LeFors, Lloyd Liebelt, Erica Lish, JoAn Martin, Betsy McCarley, Bill McGaha, Betty McNeely, Kathi Melton, Jerry Meyers, Lola Morrison, Susan Moser, Barbara Munns, Marroquin Nelson, Alice Newlin, Jackie Noragon, Ann Norman, Cruz Nunez, Jean Olsen, LeeAnn Packer, Dallas Penrod, Diane Perry, RaeLene Peterson, Marion Perry, Wilma Petty, MaryLou Phippen, Erika Pimper, Ricky Pond, Diane Raine, Ira Ransom, Ronald Rex, Lela Rice, Dennis Richards, Karen Richards, Sharon Rigby, Sharon Rigby, Lonnie Roberts, Pauline Robinson, Victor Romer, Claudia Ross, Melchor Ruiz Lemus, George Rushton, Pauline Rushton, Lynette Schwinn, Ada Lynne Scothern, Doyle Scothern, Perry Shumway, JoAnne Smith, Maxine Sparks, Jackie Specht, Frank Szostek, Charles Stowell, Brian Sullivan, Dwain Sylvester, Betty Thompson, Edward Telford, Kenneth Tinney, Ilene Tracy, Ann Udy, Connie VanPelt, Terrie Velasquez, Sharon Villalba, Ellen Walker, Leland Ward, Doris Wilcox, Jan Williams, Liesel Woodland, Joe Worrell, Joe Worsham, Alan Wright, Vickie Wright, Ralph Wyatt, Raeko Yagi, Helen Yamasaki, Keith Yeager, Marilyn Yoshida.







# What's Cookin? July 2016

Milk Offered Daily  
~Menu subject to change without notice~



Monday

Tuesday

Wednesday

Thursday

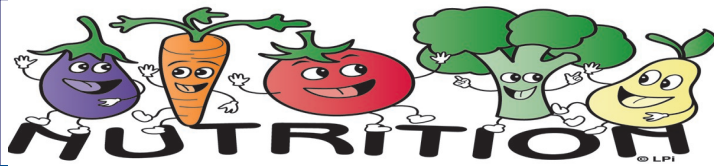
Friday

<p><b>Effective July 1, 2016 Suggested donation is now \$3.00 Thank you</b></p>				<p>1 Baked Flounder Scalloped Potatoes Summer Blend Vegetable Tomatoes on Lettuce Dinner Roll Fruit Pie</p>
<p>4 <b>Center Closed</b>  <b>Happy Independence Day</b></p>	<p>5 BBQ Pork on a Bun Sweet Potato Fries Green Beans Fruit Cup Snickerdoodle Cookie</p>	<p>6 <b>Birthday Party</b> Aunt's Apricot Chicken Rice Pilaf Scandinavian Blend Pineapple Cole Slaw Roll Cake and Ice Cream</p>	<p>7 Swiss Steak Buttered Parslied Potatoes Broccoli Tossed Salad Corn Muffin Spicy Peach Crisp</p>	<p>8 Roast Beef Mashed Potatoes/Gravy Summer Squash Blend Sunshine Jell-O Salad Dinner Roll Fresh Melon</p>
<p>11 Clam Chowder Tuna Salad Croissant Sliced Tomatoes/ Cucumbers Fresh Fruit Cup Peanut Butter Cookie</p>	<p>12 Stuffed Pepper Buttered Carrots Tossed Salad w/Fruit Biscuit w/Jam Chocolate Pudding</p>	<p>13 <b>Myers Day</b> Chicken Cordon Bleu Yummy Potatoes Blend Vegetables Broccoli Salad Whole Wheat Roll Peach Cobbler</p>	<p>14 Spaghetti w/ Meat Sauce Italian Blend Veggie Cole Slaw Bread Stick Watermelon</p>	<p>15 Beef Tips Buttered Noodles Steamed Cabbage Pea Salad Fresh Fruit Garnish Whole Wheat Bread Dirt Dessert</p>
<p>18 <b>Gillies' Day</b> Salisbury Steak O'Brien Potatoes w/Gravy Garden Mixed Vegetable Carrot Raisin Salad Dinner Roll Raspberry Cheesecake</p>	<p>19 Pork Chow Mein Steamed Rice Vegetable Egg Roll Chinese Cabbage Salad Blueberry Muffin Mandarin Oranges Fortune Cookie</p>	<p>20 Swedish Meatballs Noodles w/ Cream Gravy Spinach w/Lemon Wedge Tossed Salad w/ Fruit Cornmeal Roll Pumpkin Dessert</p>	<p>21 Fruited Chicken Salad Cantaloupe Ring Fresh Veggies/Dip Bran Muffin Lemon Cookie</p>	<p>22 Pork Roast Mashed Potatoes/Gravy Creamed Corn Fruited Jello Salad Whole Wheat Roll Apple Crisp</p>
<p>25 <b>Center Closed</b>  <b>Happy Pioneer Day</b></p>	<p>26 Garden Vegetable Soup Roast Beef Sandwich Fluffy Fruit Salad Veggies w/ Dip Oatmeal Cookie</p>	<p>27 Meat Loaf Mashed Potatoes/Gravy Bean Medley Creamy Cucumbers Biscuit Fresh Fruit</p>	<p>28 Tuna Noodle Casserole w/Cheese Peas &amp; Carrots Waldorf Salad Glorious Muffin Ice Cream Sandwich</p>	<p>29 Parmesan Chicken Baked Potato Francais Veggie Tossed Salad w/Fruit Whole Wheat Roll Mixed Berry Cobbler</p>

## Special Lunches & Dinners!

**Center Closed** — Monday July 4th, 2016  
**Birthday Lunch** — Wednesday July 6th, 2016  
**Myers Day Lunch** — Wednesday July 13th, 2016  
**Gillies Day Lunch** — Monday July 18th, 2016  
**Center Closed** — Monday July 25th, 2016

**Prices:**  
The full cost of the meal is \$7.40 for those under age 60. Please pay at the front desk to receive your meal.  
For those 60+, their spouse, or disabled child; or a volunteer, the suggested donation is \$3.00



## Healthier Eating & Physical Activities for Seniors ~July~

### Tips to Boost Your Nutritional Health

As you make food choices to improve your nutrition, keep these tips in mind:

- **Stick to healthy fats.** Choose healthy fats found in seeds, nuts, avocados, fatty fish, and vegetable oils rather than saturated fats and trans fats.
- **Drink up.** Water, of course. To stay hydrated, drink a lot of water and non-caffeinated beverages and eat foods with high water content (like soups, cucumbers, grapes, and melons) unless instructed otherwise by your doctor.
- **Opt for whole grains.** These fiber- and nutrient-rich foods will help your digestion and protect your heart. Choose brown rice, whole grain cereals, and whole wheat bread instead of white bread and refined grains.
- **"Rough up" your diet.** Include a variety of high-fiber foods every day, such as raw fruits and vegetables and whole grains. These foods help cut down on constipation; provide the vitamins, minerals, fiber, and nutrients that you need for healthy aging; help maintain your weight; and reduce your risk of heart problems. If you're not sure you're getting enough fiber, talk to your doctor about supplements.
- **Pack in protein.** Power your body with lean proteins like beans, eggs, chicken and fish, lean meats, and nuts.
- **Remember that calcium is critical.** Everyone needs calcium to protect bone health, but seniors should really bone up on calcium-rich foods like low-fat dairy products. A calcium supplement, usually paired with vitamin D — its partner in bone building — can also help you get what you need.
- **Shop for B12.** As an older adult, you should also look for foods, like cereals, that are fortified with vitamin B12. Because of the body's decreased ability to absorb B12, getting more through diet and supplements will ensure that you meet your requirements.

Now that you know what to do, you can make the necessary changes to your diet and a real commitment to your senior health. It's fine to start gradually: Exchanging junk foods for healthier options is a good first step. But try to make changes every day that will bring you closer to your goal of a healthy diet.



Gillies Funeral Chapel sponsors a Grief and Loss Support Group  
**"Grief Relief." July Meetings 7/6 & 7/20**  
 This group currently meets at St Marks Terrace  
 50 North 500 West in Brigham City, Utah.  
 Group is led by Chaplain Neil Humphrey



## Scammers can fake caller ID info

by Andrew Johnson  
 Division of Consumer and Business Education, FTC

Your phone rings. You recognize the number, but when you pick up, it's someone else. What's the deal?

Scammers are using fake caller ID information to trick you into thinking they are someone local, someone you trust — like a government agency or police department, or a company you do business with — like your bank or cable provider. The practice is called caller ID spoofing, and scammers don't care whose phone number they use. One scammer recently used the phone number of an FTC employee.

Don't rely on caller ID to verify who's calling. It can be nearly impossible to tell whether the caller ID information is real. Here are a few tips for handling these calls:

- If you get a strange call from the government, hang up. If you want to check it out, visit the official (.gov) website for contact information. Government employees won't call out of the blue to demand money or account information.
- Don't give out — or confirm — your personal or financial information to someone who calls.
- Don't wire money or send money using a reloadable card. In fact, never pay someone who calls out of the blue, even if the name or number on the caller ID looks legit.
- Feeling pressured to act immediately? Hang up. That's a sure sign of a scam.

### Look what class is starting .....

## B City Squares

Presents  
**Kick Off Light Dinner  
 Dance and Fundraiser**

Friday July 15, 2016

24 North 300 West Brigham City, Utah

\$5.00 per person

Pre-Rounds 7:00pm

50/50 Pot

Mainstream With Plus Tips  
 and  
 Rounds 7:30pm to 10:00pm

Caller: Ray Rhea Cueur: Tom Jenks

Beginning Dancers Light Dinner and Dancing.  
 August 9th and 23rd, 2016  
 24 North 300 West Brigham City, Utah (Same Location)  
 7:00pm to 10:00 pm



### Want Advertisements

#### **One Hour; One Day per Week; One life changed –YOURS!**

Looking for Meals on Wheels Drivers Monday—Friday from 11:00-12:00. Especially in need of substitute drivers. This requires less commitment . Please call 435-226-1457 if you are able to help!

#### **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. Please call 435-740-4648.

**For Sale:** Clothing, kitchen stuff, towels, too much to list. Call Tom 435-730-7127

**For Sale:** 7 ft table w/folding legs, tools & box, B.C. Sign, Old Suit Cases, Picture Frames. Call Roger 435-740-4833

#### **In Need Of:**

New Yoga Instructor for the Senior Center. Contact Nancy for more information, 435-226-1451

#### **Do you love the holidays and decorating?**

Gary is looking for a few creative people to assist with decorating the Center for the different seasons, events and holidays throughout the year. We have lots of supplies if you have ideas. See Gary Baron or call him at 435-226-1453

#### **Wanted: Writers**

Writers to submit articles and poetry for Silver Threads. See Tammy for more information.

#### **Shelled Walnuts**

3 # Bag—Only \$18.00. Just Give us a call. Joe or Bonnie Jo Zehrung 435-723-1769

#### **Wanted: Square Dancers**

A new Square Dancing group is getting ready to begin at the senior center and we would love to have you come join us. The group will be called The B City Squares. See a staff member for more information.

## **Want Ads, Pool & Deaths**

### **Brigham City Pool**

July 14th IHC will be sponsoring a Free pool day 12:00-8:00. This is for Box Elder County residents, patrons will need to bring proof of residency to gain free entry to the pool, all non-residents are invited to join in the fun as well at regular admission prices. Saturday July 16<sup>th</sup> the Brigham City Pool will be hosting a special event Glow Stick Night! The pool will be open from 8:30 to 10:30 PM with a special admission price of \$3.50 per person, patrons can receive an additional \$1 off their admission price if they bring glow sticks to accompany our theme! Come party with the lights out! In honor of their 40<sup>th</sup> anniversary The Brigham City Community Hospital will be sponsoring a free day at the pool on July 25<sup>th</sup>! They will be featuring treats and games throughout the day and the pool will be open from 10 AM to 10 PM. We hope to see everyone there!

720 West Forest Street Brigham City, UT, 84302 Office: 435-734-0991



### **~Gone But Not Forgotten~ Death Announcements**

Fred Broersma, 84, passed away 5/10/16  
Jacob Larsen, 35, passed away 5/8/16  
Tammy Grover Ellsworth, 58, passed away 5/14/16  
Jacob Cameron Davis, 37, passed away 5/9/16  
James Jay Forsgren-Rock, 79, passed away 5/12/16  
Ferrin Leon Allen, 88, passed away 5/17/16  
Edward "Bud" Chipman Laursen, 94, passed away 5/17/16  
Robert Kent Lund, 78, passed away 5/19/16  
Terry A. Dallin, 79, passed away 5/18/16  
Ramona Doris Wells Flint Larsen, 87, passed away 5/21/16  
Edna Westmoreland Burt, 82, passed away 5/6/1934  
Debbie Carol Timbimboo, 61, passed away 5/19/16  
Clifford "Cliff" Leslie Hammer, 91, passed away 5/22/16  
Preston Rees Merrell, 87, passed away 5/22/16  
Gwenna May Bowen, 85, passed away 5/28/16  
Melanie Holmgren, 75, passed away 5/28/16

Cheryl Nielson, 69, passed away 5/27/16  
Pamela M. Stender, 64, passed away 1/25/16  
Robert J. Bingham, Sr., 88, passed away 5/27/16  
Craig J. Woodland, 61, passed away 5/26/16  
Allen Kent Hunsaker, 78, passed away 5/25/16  
Raymond Doying passed away 5/30/16  
Brian Keith Beddley, 59, passed away 6/1/16  
Sharon Turman Marshall, 76, passed away 6/4/16  
Mary Carter passed away 5/30/16  
Olive Gittins, 91, passed away 6/10/16  
Deanna Choules McMullin, 79, passed away 6/9/16  
Vickie Jacobson, 60, passed away 6/12/16  
Susan Ledbetter, 72, passed away 6/9/16  
LaDean Rhoads, 77, passed away 6/10/16  
Antonia Moller-Knudsen, 93, passed away 6/11/16  
Catherine Rollheiser, 93, passed away 6/12/16  
Abelardo Romero, Jr., 16, passed away 6/9/16  
Judith L. Vasquez, 75, passed away 6/13/16

Donations to Meals on Wheels  
In Loving Memory of:

**Ed Laursen**

Love:

**Anne & David Burbank**

Donations to Meals on Wheels  
In Loving Memory of:

**Craig Woodland**

Love:

**Your friends**

## ***Special Senior Information***

### ***Alzheimer's Support Group & Memory Club***

Our Alzheimer's Support group is sponsored by the Alzheimer's Association. The Memory Club is a socialization group for those with memory problems. Both groups generally meet together for 30 minutes, then split with caregivers retiring to the lounge. Memory Club will meet on July 13th & 26th, 2016.

### ***Caregivers Comfort Club***

Caregiver's Comfort Club will meet on July 20th, 2016 for a presentation by, Kimberly Ware, Encompass, will be presenting "Hospice 101 ". A light dinner will be served. RSVP to Vickie Wright at 435-226-1455

### ***VA Benefit Appointments***

Larry Dawson from the VA will be here to assist you with all of your benefit needs on July, 5th & 19th 2016 Please call Alyson Fredrick 435-713-1469 to schedule an appt.

### ***Lower Your Medicare***

Prescription Drug Costs!

If your monthly income is not more than \$1,485 for singles (\$2,003 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.

Gary, 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.

Staff members are also available to help with other Medicare needs.

### ***Extend your Grocery Budget***

If you are looking for an easy way to extend your grocery budget we may have the answer.

Seniors 60+ that meet income guidelines can receive a box of groceries every month. USDA Commodities are boxed by volunteers the last Thursday of every month and are available to be picked up by qualified individuals. Delivery is also available.

These groceries vary from month to month. Sometimes it is the opportunity to try a new product or build your food storage. See Bonnie for an application to see if you qualify.

This month's pick-up/  
delivery date is  
**July 27th 12:30-3:00**  
Call 435-226-1457 for  
more information.







## What's Happening Daily at the Center?

### DAILY:

Lunch M-F 12-1:00 p.m.  
Computer Lab 7:30-3:00  
Library M-F 8-3:00 p.m.  
Pool Room M-F 8-3:00 p.m.

### Silver Sneakers M-F as follows:

- M 9:00 Cardio
- T 9:00 Strength/Balance
- W 9:00 Cardio
- TH 8:30 Dance Variety
- TH 9:30 Senior Stretch
- F 9:00 Strength/Balance

### Pickleball M-F as follows:

- M,T,W,F 7:30-8:45 & 10:00-11:00
- T & Th 1:00-3:00 (by arrangement)

### WEEKLY (by Day of the Week)

Bunka M 9:00 a.m.  
Advanced Spanish M 10:00 a.m.  
Intermediate Spanish M 1:00 p.m.  
BINGO M 1:00 p.m.  
Line Dancing M/W 1:30 p.m.  
Beginning Spanish T 10:00 a.m.  
Sit & Be Fit W/F 10:00 a.m.  
Pinochle TH 12:30 p.m.  
Oil Painting TH 9:30 a.m.  
Ceramics F 10:00-12:00 p.m.  
Chimes F 1:00 p.m. @ Gillespie Hall  
Watercolor T 10:00 a.m.

### Individual Computer classes:

Wednesday and Friday Sign up at Front Desk



## ~Things we need you to know~

### Recycling

The Senior Center has the following recycling programs: Paper, aluminum, and old cars.



### Curbs have been painted.

Please be aware that our curbs around the building have been updated with new paint. Many places that you used to be able to park, are now painted red for "No Parking". We appreciate all of your help and attention to keep our parking lots and patrons safe at all times!

### Reminder about "Saving Seats"

We want our Community Center to be a place where everyone that enters feels welcome and wanted. To assure this, DO NOT save seats. (Carpool together if you want to sit together.) If we see names written on placemats, staff will clear them. Try sitting with someone new each day and make more friends!

### "Free Table Friday."

Our Free Table will only be set-up on Fridays. Bring your items on Friday ONLY. (If items arrive earlier, they will be disposed of.)

### Lunch Reservations.

We are so happy that all of you enjoy having lunch with us. In order to assure that there is enough food prepared, we ask that you sign up for lunch at least 24 hours in advance. We would hate to have to turn someone away when just a phone call to the center 24 hours earlier, would help us avoid this!

### Keep your eyes open!!!!!!

#### We are creating new parking.

Due to limited space in the building and safety concerns, we will be designing new Jazzy Chair, Wheelchair and Bicycle Parking Stalls in the Main Hall. We will announce when the new "parking stalls" are complete. Please make sure to use them if needed.

Yearly Newsletter subscriptions are \$8.50. Get yours now! See Tammy or Bonnie

### Property Tax—Abatement, Deferral & Exemption Programs for Individuals:

Do you have questions about your property tax and whether or not there are any programs to help? Pick up an application at the front desk.

## Information about the upcoming "Fall Symphony Trips with Nancy."

The Senior Center will once again be providing transportation to Weber State University's Browning Center for the Utah Symphony performances of the Masterworks and Entertainment Series. You purchase your own tickets for the performances you wish to see and we provide the transportation for \$3 door to door. This year's season looks to be as fabulous as usual. The Masterworks series will kick off the year on September 15, 2016 with Emanuel Ax playing Beethoven's "Emperor". Other concerts include Rachmaninoff's Piano Concerto No. 3, Brahms and Tchaikovsky, Brahms' Symphony No. 2, and Pictures at an Exhibition.

The Entertainment Series begins on September 22 with the classics of Marvin Gaye, Ray Charles, The Temptations and more in a program called Soul Unlimited featuring Ellis Hall. Cirque Musica Holiday Spectacular will sell out quickly. The unforgettable show of skill, grace and feats of strength—all to the tune of holiday favorites is a true crowd pleaser. Other performances are The Broadway Legacy Concert and The Spy Who Loved Me starring Sheena Easton.

Tickets can be purchased by calling 801-399-9214 or online at [symphonyballet.org](http://symphonyballet.org). Reservations on the bus are first come, first served. Be sure to call Nancy at 425-226-1451 to reserve your seat.



Mother's Day 2016, was in June and now Father's Day 2016, is in July. That is very appropriate because my Father was one of the most Patriotic men I have ever known. In my very first July column in 2010 I paid tribute to him. I have not written a column that has given me more feedback than that one. I am going to run something that people have requested I run again. I will then leave to fly to Sasebo, Japan where our son and family have lived for 15 years. This is my fourth trip to the Asian Military bases where our son teaches. I still thrill to see the soldiers in their uniforms and their fatigues as they go around the base. Some of the soldiers have been on ships for 6 months of duty. They give up that time with their families to protect us. I have been to Korea where my brother served during the Korean war. When I see all the veterans in Brigham City that served in that War, I think, that is how my brother, Grant, would look, had he not given his "All" at the age of 23. With this article I honor all Veterans, no matter where you served!

### **THE FLAG AND OUR FATHER**

July is a time when I think of Parades, Patriotism, Participating in Patriotic Events, and Prayers for our military personnel (past and present). As we participate in parades and public gatherings, I think about how we honor that great symbol of 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, ages 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 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 posterity? 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 heart 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.

A child has a right to learn patriotism while he is 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, and learn 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 life. 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 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 to America, for that was what Dad taught us to do. Thank you , Dad! We love You.

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



## Cook's Corner

We have decided that because our cooks prepare delicious meals daily for all of us, we would start sharing one recipe a month with all of you. While thinking about which one to start with, I decided that I would choose my favorite and start there. This is absolutely the best chicken salad recipe that I have had, and I am very particular about "chicken salad". I hope you all enjoy this new addition to Silver Threads and if there is a special recipe that you would like to see, email me at [thadley@brighamcity.utah.gov](mailto:thadley@brighamcity.utah.gov). Happy cooking!

### Chicken Salad on Cantaloupe Rings

1 lb. chicken, cut finely	2 tsp. cider vinegar
1 C celery, chopped	1 tsp. mustard
1 C green grapes, halved	1/2 tsp. sugar
1 tsp. parsley	1/8 tsp. pepper, or to taste
1/2 C mayonnaise	cantaloupe rings
2 tsp. lemon juice	



Mix mayonnaise, lemon juice, vinegar, mustard, sugar and pepper together. Stir in chicken, celery, grapes and parsley. Use ice cream scoop to place in center of cantaloupe rings. Best served cold.

We are please to announce that the Brigham City Senior Center has been awarded a grant from Meals on Wheels to help qualified seniors afford to take their animal to the vet or maybe to get a hair cut! See Bonnie Norman for an application or for more information.

MEALS ON WHEELS  
LOVES PETS



### ADA Rules for Service Animals

By law, Service dogs are allowed to enter a public building as long as the following two questions can be answered:

- Is your dog a registered Service Animal?
- What "task" does your Service Animal provide?

Also, remember that if your service animal is behaving in a manner not in accordance for a service animal, you may be asked to remove the animal from the building.

Let us know how you like our new look!

E-mail Tammy at:

[thadley@brighamcity.utah.gov](mailto:thadley@brighamcity.utah.gov)

Or call at: 435-226-1452

Congratulations to our very own Jason and Jodee!  
They competed in the Special Olympics and brought home medals and memories! Way to go!



## Upcoming Events & Travel

### Center Closed

**Monday, July 4, 2016 All Day**

The Senior Center will be closed all day to celebrate Independence Day. Join the community down at Rees Pioneer Park for a day full of festivities.

### 4th of July Pancake Breakfast

**Monday, July 4, 2016 7:30 a.m. — 10:30**

Come join us for food and fun. Let us start your festivities on the 4th of July by making you breakfast. The Senior Center Spike Club will again be sponsoring the annual 4th of July Breakfast at Rees Pioneer Park. We will be serving pancakes, eggs and sausage. Look for the coupon in this addition of Silver Threads to save \$1.00. Tickets may be purchased in advance at the BC Senior Center.

### Fishing Trip, Clinton Ponds

**Thursday, July 7, 2016 8:00 a.m.**

Another fun fishing trip in our series of summer fishing trips with the Department of Natural Resources. Join us this month as we go to the Clinton Pond and try our luck. The DNR will provide equipment if you need it and \$5 dollars will cover the bus and lunch cost. You will need a valid fishing license.

### BCCH Concert in the Park

**Monday, July 11, 2016 7:00 p.m.**

Join us at Bill of Rights Plaza for some good music and good fun. The band for the night will be Joe McQueen Quartet (Jazz)

### Wendover Bus

**Monday, July 18, 2016 7:30 a.m.**

Don't miss out on the fun and sign up early for our monthly Wendover trip! As always \$22 dollars gets you a luxury coach to and from Wendover, Bingo on the way out, a fun book which includes \$7 dollars free play, a free buffet lunch, a free drink, lucky bucks and discounts at the gift shops. Seats are reserved so don't delay in signing up with Gary.

### Snow Basin Drive/Trip

**Thursday, July 21, 2016 9:30 a.m.**

Come and join us for a beautiful drive up to Snowbasin. It is beautiful and green this time of year and not extremely busy. During the week the lifts and restaurants are closed so we will just enjoy the drive and the Beautiful scenery and enjoy a delicious dutch lunch together in the Ogden Valley area.

### Hand Massage with Hospice Care of Northern Utah

**Thursday, July 21, 2016 10:30-12:00 p.m.**

Carol Citte will join us and provide hand massage. Sign up now, space is very limited.

### Karaoke with Kelly Warren

**Friday, July 22, 2016 11:30 a.m.**

Warm up your pipes and come join us for Karaoke in July. Maybe you can practice up your favorite patriotic song, your branch of the military theme or even your favorite pioneer song. So many choices! Or just pick your favorite songs and share your talent with us.

### Center Closed

**Monday, July 25, 2016 All Day**

Our Center will be closed for the observation of Pioneer Day. Please join the Brigham City Community Hospital at Rees Pioneer Park for a Day full of fun. Free swimming for Brigham City Residents, food, entertainment and excitement! The Concert in the Park will be moved from Bill of Rights Plaza down to Rees Pioneer Park for the evening entertainment. The band will be Midlife Crisis.

### Wii Bowling

**Tuesday, July 26, 2016 1:00 p.m.**

Join us for some bowling fun! Any experience level is welcome and we are happy to instruct anyone who hasn't bowled before or coach some of the finer points of the game. We bowl for prizes but the real prize is the fun and socializing we have with each other.

### Mystery Trip

**Thursday, July 28, 2016 10:00 a.m.**

Oh the anticipation! A mystery trip is always ...well, a mystery. Prepare yourselves for a fun day, \$10 dollars will cover the bus costs and bring money for a Dutch lunch. Don't ask because I won't tell our destination until we are on the bus and on our way. Sign up early with Gary 435-226-1453

### Commodities

**Thursday, June 30, 2016 12:30-3:00 p.m.**

Pick-up/delivery of commodities.

See Bonnie for an application to see if you qualify.

## Sneak Peek What's in August?



**Undisclosed Fishing Trip  
Picnic in the Park  
Trip to Tony's Grove  
County Fair**

**——-Aug 17th  
——-Aug 18th  
——-Aug 25th  
——-End of Aug**



### Farewell Jan.....

We had to say a sad farewell to our cook Jan Hanley last month as she retired to move on to more relaxation. But.....look for her smiling face around Medicare season!!!! Good Luck Jan!



- New Handmade Items for gift shop
- Forever Postage Stamps.
- Baby Grand Piano
- BINGO prizes
- Videographer - to video our special events
- Quality camera for our events

Wish  
List



## BUS BUSINESS

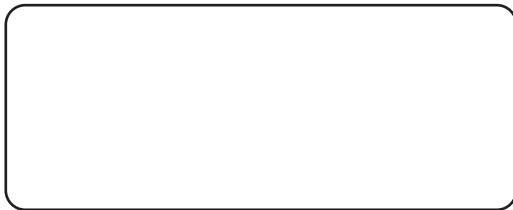


**Attention Bus Passengers:**

**Days of Operation:**

**Monday, Wednesday, Friday**

In order for the Transit Department to provide you with the best possible services, the rules outlined in The Rider's Guide must be followed. Please give the driver 24 hours' notice when a ride is needed. A message can be left the day before on the answering system at 435-226-1456 or by calling 435-226-1457. If the driver has room in the schedule and you have an urgent medical appointment, an exception may be made. Please help us to keep the transit system running smoothly and effectively.



*The Senior Center receives funding from Bear River Association of Government*

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

**Silver Threads**



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