



Senior News



February 2012

“ A Caring Place to Grow Old “

25¢ Volume 14 Issue 2

Activities at a Glance

- 1 Watchbands with LouAnn 10-2:30; Birthday Party 12:30; Foot Clinic; Crystal Springs 1:15
- 2 Groundhog Day
- 3 Becky Kimball Easy Listening
- 7 Zumba 10:00
- 8 Memory Club 10:00; Crystal Springs
- 9 Chiropractic by appt; Myers Day; Sweethearts Karaoke 11:00; Caregivers Comfort Club 6:00
- 10 Hearts Cookie Decorating 11:00; Odell Summers & His Xylophone 11:30
- 13 Advisory Council 9:15; Valentine Dinner Dance 7-9
- 14 Sweethearts Lunch; Foot Clinic by appt
- 15 Crystal Springs 1:15
- 16 Cabela's 10:30; Symphony with Nancy
- 20 **CENTER CLOSED FOR PRESIDENTS DAY**
- 21 Mardi Gras Celebration
- 22 Memory Club 10:00; Crystal Springs 1:15
- 23 Commodities; Lunch & a Movie
- 24 Wii for Chocolate 10:30
- 27 Wendover 7:30 am; Happy Feet; Gillies Day
- 28 Funeral Planning 1:00
- 29 Crystal Springs 1:15; Medicare 101 6:00

One kind word can warm three winter months.

Japanese Proverb

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Matters of the Heart

February is the perfect time to discuss matters of the heart. Not only romantically, but physically as well.

Research has proven that those with companions live longer, healthier lives. Life can get really lonesome and blue when you lose a life partner. So there really is something to romance. Seniors are finding “second love” right here at our Senior Center. Single seniors say that having somebody that cares about them one-to-one is important, not family, but a significant other. Being friends first is important the second time around. Love has a way of changing over the years—it becomes more peaceful, and takes away anxiety, self pity and loneliness. One senior interviewed said that you don't have the same stress as when you were raising a family, and that makes a difference in “new” romance.

The heart is a magnificent thing. It is a real powerhouse that governs every aspect of our living being. In a typical minute your heart beats about 72 times. In terms of numbers of beats, that's more than 4,000 heartbeats in an hour. It all started at about the 22nd day of gestation when your developing body began pumping your own blood. If you are 65, by the time you read this your heart has performed approximately 2,457,038,080 beats in your lifetime—that's billions; maybe even more when your heart was/is a-flutter with love.

We often take our heart for granted when everything is going fine, and panic when it isn't. So, what are we doing to take care of it? Getting serious about heart health may seem like a huge project, and it doesn't have to be. Small changes can make a big difference over a long period of time.

Did you know that 1 in 4 women over 65 in the United States has heart disease and dies of it while 1 in 30 dies of breast cancer? You may have conditions or habits that can lead to heart disease, such as being overweight, not getting enough physical activity, or smoking cigarettes. Just *one* of the conditions listed is more likely to cause heart disease. Left uncorrected, you could be one of the four tragedies of heart disease. If you're thinking change is too hard, then think again. You just need to get started—the power is in you. It's important to remember that it's *never* to late to start.

Protecting your heart can be as simple as taking a brisk walk, whipping up a good vegetable soup, or getting the support you need to maintain a healthy weight. If you are overweight, you are more likely to develop heart disease even if you have no other risk factors. There are other bonuses to beginning a plan for a healthier you; bone mass increases, your blood pressure can be lowered, your chance of being diabetic decreases. You just need to work towards a goal of 30 minutes of activity per day, and you can break that up into periods of 10 minutes each. There's plenty of opportunities for exercise here at the Senior Center and a variety to choose from (check out the bottom of page 6).

As for dieting, learn portion control. Understand what a serving size is. Serving sizes are listed on product labels; get out the measuring cup to help you understand them. (When men have a dish of ice-cream, it's usually the equivalent of 3-4 servings). Losing as little as 5-10 pounds can make major differences in your health. To help you get off to that good start, eat for your

(Heart continued on page 2)

Word Search: Presidents

D F R C E O R R E E V K D C K A S I N
 N N F H R E N E G F O V H O E L N A S
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 A N W S W C A D A M S N T S R T O A L

FIND THE FOLLOWING: McKinley, Adams, Arthur, Buchanan, Bush, Carter, Cleveland, Clinton, Coolidge, Eisenhower, Fillmore, Ford, Garfield, Grant, GW Bush, Harding, Harrison, Hayes, Hoover, Jackson, Jefferson, John Q Adams, Johnson, Kennedy, Lincoln, Madison, Monroe, Nixon, Obama, Pierce, Polk, Reagan, Roosevelt, Taft, Taylor, Truman, Tyler, Van Buren, Washington, Wilson, Wm. Henry Harrison.

(Heart continued from page 1)

health by choosing a wide variety of low-calorie foods in moderate amounts; watch your calories; keep milk on the menu—you need the calcium; and keep moving! The better you feel the more likely you are to keep exercising and stay on course.

Stop making excuses! Was there ever a time when you couldn't find the time to something you *really* wanted to do? If you slip, don't be discouraged, learn from experience and take charge, be good to yourself by getting plenty of rest, and drink lots of water.

If you should think you're having a heart attack, know the warning signs. Also, be aware that they can be different between men and women. Not all of them begin with

sudden crushing pain. Many start slowly as mild pain or merely discomfort. Recent studies show that tooth pain in women can be a sign. Know your body. Some people have a sense of impending doom or feeling that something "just isn't right" before a heart attack occurs.

The following is a list of the most common warning signs for both sexes.

- Chest discomfort in the center of the chest that lasts more than a few minutes. It may come and go.
- Discomfort in other areas of the upper body, including one or both arms, the back, neck, jaw or stomach.
- Shortness of breath. It may occur along with or without chest

Eat for the Health of Your Heart



The "Dietary Guidelines for Americans" give science-based advice for eating right and being physically active to maintain good health. The guidelines recommend the following healthy eating plans:

- Emphasize fruits, vegetables (aim for 4-5 servings a day, vegetable juice counts as a serving), whole grains--whole wheat bread, rye bread, brown rice and whole-grain cereal, and fat-free or low-fat milk and milk products. The calcium they provide is good for energy.
- Include lean meats, poultry, fish, beans, eggs, and nuts.
- Choose foods that are low in saturated fats, trans fats, cholesterol, salt and sodium, and added sugars. Preferred cooking oils are olive, canola, corn or safflower.
- Learn how to read food labels to make better choices. Look for sodium, fats, calories, etc., and serving size per container.
- Balance the calories you take in with the calories you need.

(Diet continued on page 9)

pain.

- Other signs can include nausea, light-headedness, breaking out in a cold sweat and even toothache.
- Get help quickly. Wait no more than 5 minutes before calling 9-1-1. Women tend to wait longer than men—22 minutes—because they don't want to bother somebody—**BOTHER THEM!** The sooner you get help, the fewer complications you may have.

The reward of a healthy heart—a better chance for a longer, more vigorous life—is well worth the effort.

Sources for this article come from the US Dept. of Health and Human Services National Institutes of Health and the Internet.



Days Gone By

with Doug Thompson

Adventures at Lagoon

Here in Kentucky I have a lot of time to play on my son-in-law's computer and watch TV. Once in a while my wife and I will go to the store in Clarksville, Tennessee, just outside the gates at Fort Campbell, Kentucky. It's a welcome change from being inside most of the week. The weather here has been unusually mild for this time of year. Now that my son-in-law is on his way to Afghanistan, things are settling down to the routine of trying to handle a 2-1/2 year old and a new born. I do what I can, but thank goodness for grandma who can change diapers on both of them, fix meals for all of us, and still be patient with me.

I am reflecting today on some thoughts I had last summer when our granddaughter came to visit us in Brigham City. We took her to the Lagoon amusement park. Yolanda had been accompanying her on the journey from one ride to another for about two hours. When they came back to our pavilion for a break, she asked me to go with her next time. The following is what I wrote about my experience.

"If I keep my eyes fixed on the person seated in front of me, I'll make it. Everything is swirling around as I go in and out, going faster and slower in alternate motion. Where did my stomach go? Finally we're slowing down as I hear a voice say, "Everyone exit to the right when the ride stops". My granddaughter looks at me and

laughs. "Did you like the ride grandpa"? "I think I'd have more fun on the bumper cars" I said. "They're right over here," she said. I had a much better time beating her up with the yellow Ford I was driving. We both left laughing.

We walk some more looking the different rides over. She ran ahead and called back, "Come on grandpa," and then disappears around a ride. When I get to where I thought she should be, I didn't see her. I looked at the lines of people waiting for their ride. She's not there. I looked inside each of the ride seats. She's not there. I wanted to yell out her name, but I kept looking, and I was getting desperate. I was praying silently, "Dear God please help me find her".

I was thinking-- What am I going to do? I don't want to call her grandma, who is waiting for us at the pavilion. I don't want to have to tell her that I lost our granddaughter. I was scarred and angry. . . I'm going to give her the biggest spanking she's ever had.

I got my cell phone out of my pocket to make the call, and I see that I have a voicemail. "Come over here my little boy. Natalie is here with me—crying". I return the call. "She ran away from me," I said in my defense. "Come over here where we can talk," she said.

I thought, "Thank you God." I can feel the tightness in my chest begin to relax. (Why do I always get in trouble?) As I approach them I can hear, "I let *two* children go play. Why can't you be more responsible?"

I didn't spank her. I was so relieved that everything turned out OK.

My wife still sees me as a little boy who just can't seem to grow up. Maybe she's right.



Searching for Centenarians

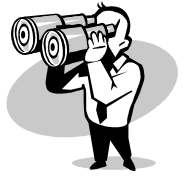
The State of Utah Department of Human Services is searching for Utah's Centenarians. One of the most amazing things about Utah is its population of those who have reached their 100th birthday.

Governor Herbert sends each Centenarian a letter of congratulations and a certificate of membership in the exclusive Governor's Century Club of Utah. They will also be invited to the Governor's Annual Century Club Celebration.

If you know anyone who was born on or before December 31, 1912, please contact: Lee Ann Whitaker, Division of Aging and Adult Services, 195 N 1950 W, Salt Lake City, UT 84116, or call toll free: 1-877-424-4640, or email to LWHITAKER@UTAH.GOV.

The following information is needed: Centenarian's name, complete address, date of birth, name address, phone number of a contact person (relative or friend acting as a liaison). This information will be kept confidential, unless permission is given otherwise.

Please help in this search.



Zumba Gold!

Zumba Gold is specifically designed for seniors and is already a popular class.

There were 20+ in attendance at the first class. Becky Kimball is the certified instructor for this fun, energetic form of exercise that will have you smiling from ear to ear as you "dance" to the beat of Latin music. Class time is at 10:00 on Tuesdays in the hall.

The class is made possible by Select25, a grant from Select Health received in 2011, for enhancing the lives of seniors through physical, nutritional and health-related activities in Southeastern Box Elder County.

Join us and ZUMBA!



A donation has been made to Meals On Wheels In Memory of

Dorothy Stokes By Friends

♥ June Monsen ♥

Remembering our wonderful mother, the poet.



Travel Destinations & Activities

February 1, 2012; 10:00-2:30; \$15 Watchbands with LouAnn

LouAnn will be here with her beads galore to help you design a bracelet or watchband for that someone special. All materials are included. She will have a selection of Valentine beads. The class begins at 10:00 and ends at 2:30.

February 9, 2012; 11:00 p.m. Sweethearts Karaoke

This month being Valentine's, let's celebrate with Sweethearts' Karaoke. Come prepared to sing your favorite love song. Maybe you could even bring your sweetheart and sing to them "your song." This should be lots of fun, so come join in.

February 10, 2012; 11:00 a.m. Hearts Cookie Decorating & Photos

Valentine's is a great time to have the name Hearts. Hearts for Hospice and Home Health is going to join us for decorating heart shaped sugar cookies and Valentine photos. Sign up with Gary so that we have enough for everyone to join in the fun. We will have a Valentine backdrop for photos. Get in line to have your picture taken for you to give your sweetheart, or bring them along and have your picture taken together.

February 13, 2012; 7-9 p.m.; \$5 Valentine Dance

Tony Summerhays will be playing the music for us to snuggle up and dance the night away with our sweethearts. We will be serving refreshments that evening, so come join us for a sweet Sweethearts' Valentine Dance.

February 14, 2012; Noon; \$2.75 Sweethearts' Lunch

A pleasant lunch would be a good way to set the mood for the rest of your Valentine's Day plans. Becky Kimball will provide her beautiful

easy listening musical entertainment while we will enjoy a nice lunch. The decorations will still be up from the dance, so if you would like to come dressed in your Valentine's best, that would be nice. Bring your sweetheart or sit by your favorite Senior Center friend and enjoy this Sweethearts Lunch

February 16, 2012; 10:30 a.m.; \$5 Cabela's

A visit to Cabela's may just bring out the sportsman or sportswoman in each of us. Travel with us to Cabela's to browse around and look at all of the products they have to offer. They also have a large fresh water aquarium, climbing wall and animal displays. For lunch, we will eat at their restaurant which features some exotic meats if you're willing to try them. (I hear ostrich meat is pretty good.) They offer traditional foods as well.

February 16, 2012 Symphony with Nancy

Purchase your own ticket to the Symphony at the Browning Center, and Nancy will provide door-to-door service. Contact her at 226-1451 for a ride.

February 21, 2012; 11:30 a.m. Mardi Gras

Everything I have heard about Mardi Gras should not happen at a senior center. That being said, join us for some wholesome and fun Mardi Gras celebrations. Come early to lunch and join in the fun. Don't forget to sign the lunch list.

February 23, 2012; Time TBA; \$10 Lunch & a Movie

Last month a few of us got together for lunch and a movie, and boy, did we have fun! This month we will do it again. Our movie choice is to see Big Miracle, and have lunch at Brixton's Baked Potato at the Junction in Ogden.

February 24, 2012; 10:30 a.m. Wii for Chocolate/Wii for Games

We have Wii bowled before, but "Wii" haven't ventured out beyond that. Join us as we Wii bowl and try some other sports games and Wii for chocolate. This little piggy went Wii, Wii, Wii for chocolate. This will be fun and a great chance for us to learn more fun games. Who doesn't want to win chocolate?

February 27, 2012; 7:30 a.m.; \$20 Wendover

This month provides a unique opportunity for the Senior Center. We will be taking two buses—one for us and one for Options for Independence. The folks from Access Home Health will be sponsoring the buses and joining us for the fun. If you went with the September group, you know how much fun the folks from Access are. Get signed up early to avoid missing out.

June 6-8, 2012 Southern Utah Theatre Tour

Knight Tours has planned a fun get away to St. George featuring two musicals at the Tuacahn Theatre. We will see "Hairspray" —winner of 8 Tony Awards including Best Musical, and Disney's "Aladdin" the new state musical.

Transportation is by deluxe motor coach. The trip includes 2 nights hotel accommodations in St. George, the 2 musicals, 5 meals (1 lunch, 2 dinners, 2 breakfasts), fun activities and a surprise concert. The trip is fully escorted. Prices are: \$339 per person/double; \$324 per person/triple; \$309 per person/quad; and \$414 single.

For more information, contact Gary Baron at 226-1453.

Travel Program Reservation

Policy: *Payment in full is required within three (3) days of registering to guarantee your seat. Delays in payment will result in your name being moved to a waiting list, or dropped from the roster. Contact Gary Baron. at 226-1453 to sign up for trips and activities.*



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

by Marge Small

How Do I Love Thee?

"How do I love thee, let me count the ways. I love thee to the depth and breadth and height my soul can reach...." Those words taken from **Sonnets from the Portuguese** by Elizabeth Barrett Browning confirm to my soul that I am a hard core romantic. Whenever I heard them read in an English Literature Class, I imagined Elizabeth swooning at the feet of her true love, husband Robert Browning, and reading those words to him as they sat in the glow of a fireplace. Both of the Brownings wrote beautiful love poems to each other that made my own heart swoon. I waited for the day that I could recline at my own true love's feet and lay my head on his lap while we quoted romantic poetry to each other.

Since this is the month of "Love", I felt it my romantic duty to write this column on love. Actually this is my version of Elizabeth Barrett Browning in real life.

My real life own true love and I sit across the plastic tablecloth at breakfast time with not a fireplace in sight. "How do I love thee, let me count the fiber content of the breakfast cereal", is more what we discuss! "Let's read the food label", he says, "and see if we are getting too much saturated fat!" I think you could say my husband and I love each other to the "height" of the protein and fiber content, and to the "depth" of the salt and sugar levels. Isn't it romantic that he wants me to live long?

I also have loved the romantic poem that starts "Grow old along with me. The best is yet to be." I think it was written by a 16 year old that could never see getting older than 29. "The best is yet to be," certainly didn't mean, hearing aids, grey (or no) hair, hip replacements, or support hose, I consider it a good day, when I don't sprain my thumbs getting my support hose on. Actually though I should consider it a good

day while my husband and I still have each other, eyes good enough to read ingredients on the food label, and teeth with which to chew.

I really am a romantic. I have watched all of those wonderful, "boy meets girl, boy fights with girl, boy and girl make up, get married and live happily ever after" movies. Or for those of us of the Roy Rogers-Dale Evans era, they always rode off into the sunset together. I can sing every song from the musicals where Howard Keel and Kathryn Grayson swoon in each others arms. Gordon McRae and Shirley Jones, Fred Astaire and Ginger Rogers, Doris Day and any of her gorgeous looking love interests, could keep me watching the silver screen for hours.

The first requirement on my list of "Things I want in a Husband" was black hair. All the handsome leading men had black hair. Did you ever see a blonde leading man? Actually, there was one show, *The Unsinkable Molly Brown*, where the love interest was blonde. I had a hard time swooning over him. One thing I did love about that show was Molly's motto of, "I love the word up! I hate the word down!" So just because my age is **up**, I am not going to let it get me **down**.

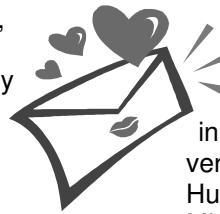
How are you coming on writing your own reflections of love in your life story? I guess I am really asking, "Are you writing your life story yet"? Why not write about, "Valentines Day in Second Grade." For me that would bring memories of those beautiful Valentine envelopes we made with paper dollies and cut out red hearts and all the other beautiful things you could put on your very own Valentine Collection Envelope! Even the boys made them and no one worried about "Identity Crisis" then. (As far as I could see at our 50th year class reunion, all of those boys looked pretty normal to me.) Next in second grade we made Valentines! Even at

home we **made** Valentines. Maybe our town was so small they hadn't heard of boxed Valentines.

My sister and I labored over our Valentines. Sometimes, if I didn't really want to make valentines for everyone in class, including the smelly kid in the 3rd seat, second row, and my mother used that time to teach me about kindness and compassion and caring. She was so good at that. When we had labored over our valentines and had them just right with names on all of them, we proudly took them to school and put them in the appropriate beautiful envelope. I always tried to sneak a peak when kids put their valentines in. Did "my own second grade true love" put a special one in my pouch? What a joy it was to have Valentines Day come and finally get to see **who** put **what** in my container? Did the candy conversation hearts really mean, Love, Hugs, Forever, Cute Girl, or Be Mine?

Fast forward to me being the mother of a second grader . . . "What do you mean; you are supposed to bring a shoe box to put your valentines in. Don't the teachers know about lace dollies, red hearts and beautiful envelopes?" Talk about an identity crisis! The list the teacher sent home was as long and impersonal as the boxed valentines we had to rush to the store and get the night before the valentines had to be done. I hated that list. I could NEVER find it. I usually had to call another mother and borrow her list because she didn't need it. She had finished her Valentines weeks before! However, some things never change. As the mother of a second grader, I also had to make sure we had the candy valentine conversation hearts to put in each Valentine. They are still probably responsible for sending some little second grader to the dentist with a broken tooth. I wonder how healthy they are for children. I'd better go get the package they came in and read the food label.

Have a great Valentines Day and remember you are loved. Let me count the ways.





February 2012 Activity Calendar

Subject to change.



<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
		<p>1 Watchbands with LouAnn 10-2:30 Birthday Party 12:30 Foot Clinic by appt. Call 723-9000 Crystal Springs 1:15</p>	<p>2 Groundhog Day</p>	<p>3 Becky Kimball Easy Listening</p>
<p>6</p>	<p>7 </p>	<p>8 Memory Club 10:00 Crystal Springs 1:15</p>	<p>9 Chiropractic by appt . 723-2311 Myers Day Sweethearts Karaoke 11:00 Symphony with Nancy Caregivers' Comfort Club 6:00</p>	<p>10 Odell Summers and His Xylophone 11:30 Hearts Cookie Decorating</p>
<p>13 Advisory Council 9:15 Senior Center Valentine Dinner Dance 7-9</p>	<p>14 Sweethearts Lunch Foot Clinic by appt. Call 723-9000</p>	<p>15 Crystal Springs 1:15</p>	<p>16 Cabela's 10:30 Symphony with Nancy</p>	<p>17</p>
<p>20 CENTER CLOSED FOR PRESIDENT'S DAY</p>	<p>21 Mardi Gras Celebration</p>	<p>22 Memory Club 10:00 Crystal Springs 1:15</p>	<p>23 Commodities Lunch & a Movie</p>	<p>24 Wii for Chocolate 10:30</p>
<p>27 Wendover 7:30 am Happy Feet Foot clinic —see staff member for appt. Gillies Day</p>	<p>28 Funeral Planning 1:00</p>	<p>29 Crystal Springs 1:15 Medicare 101 with Nancy 6 pm</p>	<p><i>Never miss an opportunity To tell someone you love them. —Unknown</i></p>	

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 10:00
Intermediate Spanish T 10 a

Zumba Gold T 10:00
Watercolor T 9:45-12
Woodcarving T 6:00 p
Square Dance T 7-10 p
Line Dancing M/W 1:00 p
Yoga Tu/Th 4:00 p
Bridge/Pinochle Th 10:00 & 1:00
Ceramics Tue & Fri 10-4
Oil Painting Th 9:30
Sit & Be Fit W/F 10:00
Chimes F 1:00

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.**



February 2012

Menus Subject to Change Without Notice
Milk served with meal.
226-1454





Mon

Tue

Wed

Thu

Fri

 <p>ABRAHAM LINCOLN The 16th U.S. President 1861-1865</p>		 <p>GEORGE WASHINGTON The 1st U.S. President 1789-1797</p>		<p>1 Birthday Party Chicken Cordon Bleu Au Gratin Potatoes Capri Blend Vegetable Carrot Raisin Salad Roll Cake and Ice Cream</p>	<p>2 Sweet 'n' Sour Meatballs Rice Chinese Cabbage Salad Muffin Pudding/Fortune Cookie</p>	<p>3 Salisbury Steak Mashed Potatoes Key Largo Vegetable Tossed Salad/White Beans Roll Carrot Cake</p>
<p>6 Beef Stroganoff Noodles Steamed Broccoli Sliced Bread Cole slaw Cook's Choice Dessert</p>	<p>7 Spaghetti/Meat Sauce Italian Blend Vegetable Bread Stick Caesar Salad Spumoni</p>	<p>8 Chicken Enchilada Green/Wax Bean Blend Tossed Salad/Black Beans Corn Muffin Chocolate Chip Cookie</p>	<p>9 Myer's Day Chicken Fried Steak Mashed Potatoes/Country Gravy Peas and Carrots Stewed Tomato Biscuit Fresh Fruit</p>	<p>10 BBQ Chicken Au Gratin Potatoes Scandinavian blend Fruit Cocktail Roll Apple Pie</p>		
<p>13 Shepherd's Pie Sliced Beets Broccoli Salad Bran Muffin Pudding</p>	<p>14 Valentine's Day Parmesan Chicken Rice Pilaf German Blend Vegetable Cole Slaw Cinnamon Raisin Bread Cherry Cheesecake</p>	<p>15 Chef's Salad Cup of Soup Fruit Cup Muffin Almond Bars</p>	<p>16 Sloppy Joe/Bun Green Beans Sweet potato Fries Tossed Salad Fresh Fruit</p>	<p>17 Roast Turkey/Dressing Sweet potato Casserole Summer blend Vegetable Fruited Jello Salad Roll Strawberry Shortcake</p>		
<p>20 CENTER CLOSED for President's Day</p>	<p>21 Mardi Gras Cajun Chicken Pasta Mixed Vegetable Sliced Bread Mardi Gras Salad Kings Cupcakes</p>	<p>22 Washington's B-day Beef Tips Mashed Potatoes Brussels Sprouts Carrot Raisin Salad Whole Wheat Roll Cherry Pie</p>	<p>23 Fruited Chicken Salad on a Cantaloupe ring Pickles/Olives Fresh Veggies/Dip Banana Muffin Oatmeal Cookie</p>	<p>24 Cod Baked Potato/Sour Cream Squash Blend Whole Wheat Bread Tossed Salad Raisin Bar</p>		
<p>27 Gillies Day Meat Loaf Mashed Potatoes/Gravy Francais Veggie Fruited Cole Slaw Roll Raspberry Rice Krispie Dessert</p>	<p>28 Pork Chop Mashed Potatoes/Gravy Brussels Sprouts Marinated Carrots Sliced bread Fresh Fruit</p>	<p>29 Chicken Paella Bean Medley Cottage Cheese Pear Salad Roll Cookie</p>	<p>NOTICE Congregate lunch contributions are anonymous and confidential. Suggested donation per meal is \$2.75 for those 60+ and \$4.60 for those under 60. 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>			



February Birthdays— Happy Birthday to You...

Nard Allen, Phil Abel, Charlene Allred, Marilyn Anderson, Pamela Apodaca, Janice Archibald, Vern Arne, Anna Marie Asay, Doris Ball, Mildred Balmer, Dale Baron, William E. Bess, Robert Bingham, Larene Braegger, Robert Brough, Steve Stewart Brown, BJ Brunty, Frances Burt, Zel Carter, Colleen Clark, Robert Craghead, Kay Crook, Kathy Davis, Orville Davis, Antoinette Dube, George Dube, ReNee Duerden, Maxcine Dumling, Barbara Earl, Tom Egelund, Jim Ferrara, Bert Freed, Patricia Galbraith, Mildred Gardner, Elayne Green, Bill Griggs, Robert Hajik, Lola Hansen, Carol Hansen, Ruth Harding, Dorthea Hartvigsen, Amos Hatch, Norma Herzog, Ann Hickox, Vernae Hindberg, Tony Hodges, Ronald Holman, Vonda Holt, Norma Howard, Virginia Jarrett, Norma Jensen, Robert H. Jenson, Steve

Jeppesen, Randy Kawa, Helen Keller, Joan Kimber, Grace Kling, Clyde Knighton, Valene Krone, Donna Lovell, Sandra Lott, Ben Markland, Joyce McEwan, Lillian McIntire, Marcus McIntire, George Michael, Bert Moffitt, Cheryl Moffitt, Joyce Munns, Ruel Nielsen, Robert Olds, Ronald Papworth, George Parker, Ignacio Perea, Russell Port, Gwen Rap, Rocheal Redford, Tim Reeder, Lozon Reeder, Ray Reese, Carl Reichard, Jesus Reyes, Rees Richards, BJ Roberts, Melvin Roberts, Shirley Sayama, Deon Searle, Rugh Secrist, Elizebeth Sederholm, Carol Sorensen, Jackie Stander, Barbara Stevens, Nila Stucki, Carlene Sutton, Richard Tingey, Lois Tinney, Emma Velasquez, George Welch, Betty Wilson, Ethel Winslow, Curtis Wise, Della Woodward, Carol Woodruff, and Beverly Young.

I ran up the door, Shut the stairs,
Said my pajamas, Put on my
prayers, Turned off the bed, and
jumped in the light all because he
kissed me good night!

To: Bob
From:
Dob

Happy
Valentine's
Day



To: Bill **From:** Shirleen

I want you to know I love you more than I did when we first married 33 years ago this month. Thank you for coming into my life.



To: All the Senior Center Staff
From: the Pinochle Group

You brighten our days in so many ways. Thank you and Happy Valentine's wishes to all the Senior Center Staff.



To: Aldie **From:** E.K.
Haiku especially for my Valentine.

Reach out and touch me
You're only a veil away
So touch me right now.



To: Lee Velasquez **From:** Babe
You light up my life. Love you more than all the stars in the sky.



To: Rose **From:** Barbara

Sweet are your eyes as they gaze into mine. So tender is your touch as you gently caress my hand. So lovingly you give yourself to my every whim. A special friend, my Rose amongst the thorns.



Valentine Love Lines

To: Indian Princess
"Indian Princess", I need and want you to "Be My Valentine." Since I met you, you have made my life worthwhile. "Your Hombre"



To: Sarge **From:** Your Valentine

Roses are red
Violets are sweet
Take off your shoes
And smell your feet.



To: Nancy Green & Staff. Much love and appreciation to all of you for making the Seniors of Brigham City and beyond feel loved, cared for, and involved. You show your love every day. Here's some back for you. **From** Myers Mortuary.



To: Jim **From:** Carma
Our 57 years together have been awesome. Happy Anniversary



To: Katinka Ross
From: Dad
You're the light of my life.
Keep on shining, girl.



To Charlie; **From** Patti
Roses are red and violets are blue.
Coffee always tastes better
When it's made by you!
Thanks for brightening my day and being a friend. ♥



To: Gary B. **From:** Mickey Nelson
Thanks for all the good things you do for us "kids."



WANT ADS

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

Crotchetier Needed Senior has 2 afghans that she would like to have finished. Please call to negotiate price. Call Sharee at 535-723-1553.

Can You Spare an Hour? 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. 226-1454.

SHELLED WALNUTS FOR SALE

Just right for your holiday baking. Two pounds for \$9.00. Call Bonnie or Joe at 723-1769.

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.

(Diet continued from page 2)

If you need a quick snack during the day, keep a serving or two of your favorite fruit or vegetable handy wherever you are. Avoid big meals; heavy, fatty foods can leave you feeling groggy. Eating smaller and more frequent meals will help balance out your energy and blood sugar levels over the course of the day. Whole grain fiber-rich foods are a great filler-upper. Fiber causes food to stay in your stomach longer, so you feel full longer than with quick fixes like coffee, high-calorie energy bars and candy—which rely on caffeine and sugar—and can lead to lead to energy spikes and crashes. Drink lots of water, too. Dehydration reduces energy levels.

Here's to your health.

Source: AMA

Comfort Club

Comfort Club will meet on February 9, 2012, at 6:00 p.m. Darin Hotten is a Senior Health Insurance Program Specialist with the Utah Division of Aging and Adult Services. His topic of discussion will be "Long Term Health Insurance and Medicare." A light meal will be served. Please RSVP to Vickie at 226-1455.

Memory Club

Memory club will meet on February 8 and 22, 2012, at 10:00 a.m. For both caregiver & those with memory loss.

WANTED: Pictures of living or deceased movie stars that are or would be in their 60s+ at this time. For example, Sean Connery, John Wayne, Robert Redford, Jack Benny, George Burns, Carol Lombard, Bogart, Betty Davis, Elizabeth Taylor, Rita Hayworth, Bob Hope, Bing Crosby, etc.

An Evening of Music with Craig Jessop & Friends

The March for Meals fundraising event this year will be *An Evening of Music with Craig Jessop and Friends*. The fundraiser for Meals On Wheels is sponsored by BE Golden Spike Senior Services (BEGSSS) and The Mayor's Advisory Council on Aging.

The event will be held at the BEHS Auditorium on Thursday evening March 22, 2012, at 7:00 p.m.

Craig Jessop is the Dean of the Caine College of Music at Utah State University, and former director of the Mormon Tabernacle Choir. Mr. Jessop will be featured on the program along with some of his university students as well as local talent.

Tickets are \$7 single, \$12 couple, \$25 family of 5, and \$5 student. They will go on sale at the Senior Center beginning February 15. They may also be purchased from members of BEGSSS, or the Advisory Council.

This event takes the place of the murder mystery dinner.

Lower Your Medicare Prescription Drug Costs!

If your monthly income is not more than \$1,353 for singles (\$1,821 for couples) and your assets are not more than \$12,510 for singles (\$25,010 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**.

Gillies Funeral Chapel Presents Seminar

Melanie Christy with Gilles Funeral Chapel will be presenting "Everything You Always Wanted to Know About Funeral Planning but Were Afraid to Ask" on February 28, 2012, at 1:00 p.m. The meeting will take place in the lounge and there will be a drawing for door prizes.

When I'm Sixty-Four

The Beatles

When I get older losing my hair,
Many years from now
Will you still be sending me a
Valentine
Birthday greetings, bottle of wine?

You'll be older too,
And if you say the word,
I could stay with you.

Send me a postcard, drop me a line,
Stating point of view.
Indicate precisely what you mean to
say.

Yours sincerely, wasting away.

Give me your answer; fill in a form.
Mine forever more.
Will you still need me, will you still
feed me,
When I'm sixty-four?

Volunteer Corner

This month we spotlight Brigham City's Youth Volunteer Council (YVC) . They are under the direction of Bonnie Mortensen who now has an office at the Senior Center. This group of young folk are very busy with school and extra curricular activities, yet they want to serve and happily give of their time in service opportunities that come their way.

The goal of the Youth Volunteer Council is to give youth, grades 9th - 12th, an opportunity to serve their neighbors, and their community thereby helping them to feel more connected to Brigham City.

They serve in a variety of ways: Food Pantry, Senior Center, Train Depot, Special Olympics, Willow Glen Health & Rehab, LINC, Bear River Health Department, BC Recreation Department and "Sights and Sounds of Brigham City", and Peach Days. They also create and decorate



the Community pride booth at the County Fair.

Currently there are approximately 65 YVC youth, 9 of which serve on the executive board. The executive board plans special service and recruiting events.

Every year, two YVC seniors are awarded a \$250 scholarship from a grant that was awarded to YVC five years ago.

At the end of the school year, a recognition event for all YVC members is held. We give awards for cumulative service hours (those acquiring 100 hours receive a signed certificate from the President of the United States as well as the "100 Hour" lapel pin), we also review the

We're Wishin'



- Laundry Detergent
- Flour sack/bar dish/bar towels
- 44¢ Stamps
- Large microwave
- Wii

*When they asked me what I loved most about life,
I smiled and said, "You."
~ Tina~*

*Give her two red roses, each with a note.
The first note says, "For the woman I love."
And the second, "For my best friend."
~Unknown~*

activities from the previous year and celebrate the power of service!

The YVC began in 1998 with Sharon Cassidy as the coordinator. Bonnie Mortensen was appointed to the position when Sharon moved to another location.

Congratulations, YVC! Thank you for your service to the Senior Center.



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

Senior News

