



# Senior News



March 2012

“ A Caring Place to Grow Old “

25¢ Volume 14 Issue 3

## Activities at a Glance

- 2 Becky Kimball—Easy Listening 11:30
- 5 Kelly Warren & His Guitar 11:30; AARP Taxes by appt.
- 7 Bead Class 10:30; Birthday Party 12:00; Integrity Foot Clinic by appt.; Crystal Springs 1:15.
- 8 Chiropractic by appt.; Myers Day; Karaoke 11:00; Caregivers 6:00
- 9 AARP Safe Driving 8:30; Odell Summers & His Xylophone 11:30
- 12 Kelly Warren & His Guitar 11:30; AARP Taxes by appt.
- 13 Integrity Foot Clinic by appt.
- 14 Memory Club 10:00; Sunshine Terrace Foundation Sponsors Lunch & Free Clinics; Crystal Springs 1:15
- 15 Art & Soup Trip 10:00 St. Patrick’s Day Celebration; Cookie Decoration & File of Life Presentation Time TBA
- 19 Kelly Warren & His Guitar 11:30; AARP Taxes by appt.; Gillies Dollar Day; Blood Drive 2:30-7:30
- 20 FrontRunner Trip to Gateway 10:30
- 21 Mayors for Meals; Crystal Springs 1:15
- 22 Symphony with Nancy 6:00; March for Meals Concert at BEHS 7:00
- 26 Wendover 7:30 a; Happy Feet Foot Clinic 10:00; Kelly Warren & His Guitar 11:30; AARP Taxes by appt.
- 29 Commodities

## March for Meals—Why does it matter?

Every donation to Meals On Wheels is an investment in the health, wellbeing and dignity of a senior — and has a far-reaching impact on all of us.

Did you know that 12.8 percent of the population of Brigham City is 65+ years of age? That means that 1:8 people in our city is age 65+ —50 percent higher than the State. The population of Brigham City in 2010 was 17,899. While the population has been declining due to drastic layoffs at ATK and the poor economy, the number of senior citizens continues to climb due to the Baby Boomers turning 65 at a fast growing pace not only in our community, but across the nation.

You most likely know or have known someone on Meals On Wheels. So, who are they? Often referred to as the “silent hungry” (now called the “food insecure”), they are 65+ years of age, and the highest numbers of those receiving home delivered meals tend to be in the lower age category. Pride keeps some seniors from seeking help. Others are unable to access services due to medical or mobility issues. Time of need varies from a week to months to daily for an extended period of time during recovery from a short illness and/or the need for nutrition. There are those that need to conserve their energy and time to be a better caregiver. If living alone and homebound, they may have no family to check on them regularly.

How do we find them? They are found through the social service networks in our community. Family and friends come to senior centers seeking help for them. In some rare cases, they make the request themselves.

Seniors require greater consideration towards their health and medical needs that can become compromised when there is not enough food to eat. A study which examined the health and nutritional status of seniors found that food insecure seniors had significantly lower intakes of vital nutrients in their diets when compared to their food secure counterparts. In addition food insecure seniors were 2.33 times more likely to report fair/poor health status and had higher nutritional risk.

For seniors, protecting oneself from food insecurity and hunger is more difficult than for the general populations. For example, a study that focused on the experience of food insecurity among the elderly population found that food insecure seniors sometimes had enough money to purchase food but did not have the resources to access or prepare food due to lack of transportation, functional limitations, or health problems. (Source: Internet, Feeding America). They may be skipping meals to afford their medications.

Many seniors who are unable to return to the work force, are having to rely on food banks to feed themselves. When they are able, they come to senior centers to participate in congregate meal programs.

What does a Meals On Wheels Volunteer look like? They come in all shapes, sizes, ages and abilities. Our volunteers are professionals, retirees, young parents, college students, grandparents, great-grandparents, and even a few great-great grandparents and sometimes their grandchildren. Some like to go out and visit with seniors; some like to work behind the scenes — and all have generous hearts. In other words, Meals On Wheels (MOW) volunteers look just like you.

The greatest need for Meals On Wheels is for folks who are willing to drive  
*(March for Meals continued on page 2)*

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**Word Search:**

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

FIND THE FOLLOWING: Age, Awareness, Balance, Compassion, Concern, Connected, Cooks, Craig Jessop, Dedicated, Delivery, Dignity, Entertainers, Fundraiser, Generous, Gracious, Health, Homebound, Hope, Informed, Insecurity, Malnutrition, March for Meals, Meal, Meals On wheels, Medical, Medications, Music, Need, Nutrition, Participate, Poverty, Provisions, Recovery, Senior Hunter, Sharing, Silent Sixty-five, Support, Talent, Transportation, Unseen, Visit, Volunteers. (Are you willing to take this to the next level? Write a paragraph using the word list promoting March for Meals.)

*(March for Meals Continued from page 1)*  
 and deliver the meals. Our 125 volunteers are part of a 1.7 million volunteers across the nation who deliver Meals On Wheels. Volunteers bring compassion and dignity with their meal delivery. Volunteers know firsthand how important it is for seniors to be connected; they understand that the visit is just as important as the meal. It can mean the difference between hope and despair, or even life and death.  
 The need for volunteer deliverers is increasing in importance with the rise in fuel costs. Dedication

comes with a price. Even at that, there are volunteers that will give up something else in order to make sure that the homebound receive a hot, nutritious meal.  
 Those we serve are part of six million seniors in America who are facing the threat of hunger today. Senior hunger is a solvable issue.  
 It estimated that in 2025 an estimated 9.5 million senior Americans will experience some form of food insecurity, about 75 percent higher than the number in 2005. An estimated 1 million senior Americans will suffer from hunger. The goal of the

**Shamrock Wishes**

The March Hare is excited to announce the Center's "Make a Wish." Pick up your shamrock at the front desk, and write down your wish to celebrate St. Pat's Day. Return your clover to Gary.

It will be fun to see what wishes are desired. . . . Will your wish be granted by our leprechaun?

national Meals On Wheels Association of America (MOWAA) is to end senior hunger by the year 2025.

What is our community doing about it? Fundraising for the cause is important to the success of the program. By raising money, a waiting list is kept at bay so that funds are available to pay for the meals those at the poorest level can't afford. Did you know that the Senior Center has a gift "shop" of handmade merchandise made by seniors whose profits directly benefit Meals On Wheels? Anyone can make a purchase, and anyone can provide an item for sale. It is one way of helping prevent a waiting list for clients.

B.E. Golden Spikes Senior Services (BEGSSS) and the Mayor's Advisory Council on Aging are pleased to present **An Evening of Music with Craig Jessop and Friends** March 22, 2012, at 7:00 p.m. at Box Elder High School. Performing under the direction of Dr. Jessop will be top students from the Performing Arts program at USU, and students of Claudia Bigler, choral director at BEHS.

Tickets are on sale at the Senior Center. Prices are: Adults \$7, Couple \$12, Family \$25 (family living in the same household), and Student \$5. Please, no children under the age of 5. If you are unable to attend, donations are welcome at any level.

*Sources:* 2010 Census Report; Meals On Wheels Association of America (MOWAA), and Brigham City Senior Center. You can get more statistics on Senior Hunger from a pioneering study on the topic MOWAA helped support at [www.mowaa.org](http://www.mowaa.org).



## Days Gone By

with Doug Thompson

### THE BARN

It was 1954; I was eight years old, living in the tiny town of Benicia, California. There were five or six of us that ran around together. In those days we all wore jeans, with rolled up cuffs, and tennis shoes. My best friend was Kenney Williams. The day I met Kenny, he stood up to a couple of neighborhood bullies on my behalf, and told them to leave me alone or he would come after them. He whipped them pretty good too. As long as Kenny was around I never had any problems with them again. He had a half brother he didn't like very much.

Kenny was a little taller than I was, had blond hair and a bicycle. He would do all kinds of crazy stuff on that bike. When he got it going he would stand up on the seat, with his arms up shoulder height, and jump back down again before it stopped. He liked me and I liked him.

We were playing one day and noticed that over the block wall that divided the trailer park where we lived from other property, was a barn. There was no paint left on it. We were attracted to the barn because it was the largest structure there, and we honestly didn't think anybody would care if we went exploring until we met the man who owned it. He noticed us walking towards it to get a closer look. "Get away from here," he yelled. "I don't want you kids messing with anything. If I catch you around here I'll stick you with my pitchfork." It scared me, and I ran back over the wall with everyone else.

A couple of days later Kenny said, "Hey, let's sneak over to that barn again." I said, "No, that guy is going to kill us." "He won't kill us," he said. "We'll wait till he's gone and then sneak over." I trusted Kenney, so I went along with it. There were a

couple of other kids with us as we went to the back wall and looked over it like cowboys or G.I.s sneaking up on the enemy camp. We saw the 'devil' go into his house and waited for about ten minutes before we moved in. We were half running and half creeping up to the barn on the side where he couldn't see us from his house. The huge barn doors were easy to open, and we all went inside.

The sunlight came through the barn walls where boards were split and missing. There was a gigantic stack of hay bales that took up most of the open space. The hay was tiered, so we could climb up on the first couple, then reach the next highest, so up I went. Then someone said, "Here he comes. Let's get out of here!" Everyone got out, except

me. I couldn't get down fast enough before Satan showed up with his pitchfork yelling, "I told you kids to stay away from here. If I catch anybody in here, I'll eat him for supper!" Slipping in between a couple of hay

bales where it was wide enough, and scrunched down so he couldn't see me, I hid myself. My heart was pounding, and tears welled up in my eyes. Holding my breath as he made loud noises and stabbed at the hay with the dreaded pitchfork, I felt sorry that Mom and Dad would have to bury what was left of me after I was eaten.

The 'devil' didn't find me and left the barn. Still afraid to move in case he came back, I waited. After a few minutes, I slowly poked my straw covered head out of the hiding place. Everything was quiet. So, coming out a little bit more, I managed to climb down from the last hay bale and tip toe over to the door. When I opened it a little, 'Satan' opened the side door and saw me. I made a run for it as fast as I could go. He was behind me shouting, "I'll get you yet, you little S.O.B." I fell down once, but was back up so fast and continued running to the other boys who were waiting behind the wall. I knew it was safe on the other side. Scrambling to find a place, I just sat down breath-



## Advancements in the Management of Joint Pain

Dr. Jeffrey Rocco is a fellowship trained orthopaedic surgeon and will share with you the newest techniques and developments for arthritis of the hip, knee and ankle as well as surgical and non-surgical alternatives for treating these conditions.

He cordially invites you to join him on Wednesday, March 7, 2012, at 6:30 p.m. in the Weber County Library, 5568 Adams Ave. Parkway in Washington Terrace. Food will be catered. Meet the doctor at 6:30 p.m. followed by the presentation at 7:00 p.m.

Space is limited! Please call in your reservation at 801-917-8000. This event is sponsored by Utah Orthopaedics.

## AARP Tax Preparation

It's that time of year when taxes come due. Take the stress out of your preparation with this free service.

There are only seven Mondays left to take advantage of AARP's tax service; April 16 is the last day. These IRS certified volunteers provide free tax counseling and preparations services to low and middle-income taxpayers, with special attention to those ages 60 and older. They can prepare both your Federal and State tax return and are e-filing. Please call the Center at 226-1450 to schedule your appointment today.

ing hard and thanking God my life was spared. Kenney said, "I thought you were a gonner." The other boys thought I was dead. What a frightening experience and what excitement we shared that day!

Looking back on it I don't think he would have hurt any of us, but he didn't want us to get hurt playing around things that we didn't know anything about. It was all a big show to keep us away from his property. We never went back and we never ran into him again.



## *Travel Destinations & Activities*

### **March 14, 2012, 12:00; NC Sunshine Terrace Foundation**

Sunshine Terrace Foundation is sponsoring lunch in conjunction with their balance screening, blood pressure/blood sugar clinic. This is a great time to get acquainted with the great folks at Sunshine Terrace. The best part of all is that you'll enjoy a *free lunch* and the *clinic's services at no charge*.

### **March 15, 2012; 10:00; \$18 Art and Soup**

Art and Soup is Salt Lake City's world class fundraising event for Community Nursing Services (CNS) Home Health and Hospice. This unique two-day event shares some of Utah's finest artists and their creative artwork with soup sampling and desserts from the best restaurants. The admission, art exhibit, auction and sale support CNS's charitable care program.

Join us for this great event that warms the soul as well as the belly. Colby Christensen from CNS will be joining us on the bus for the trip. So, we will consider ourselves VIPs with our very own CNS escort.

### **March 16, 2012; Time TBA Cookie Decoration & File of Life Presentation**

Join us as we learn the importance and benefit of having a File of Life on your refrigerator. We will also be decorating Shamrock Cookies. Sponsored by Hearts for Home Health and Hospice.

### **March 20, 2012; 10:30; \$5 FrontRunner; Treats Dutch**

UTA is providing a fun learning experience for us. They will educate us on how to use the FrontRunner train and accompany the group to Salt Lake City. We will need to pay for our fare, but UTA will provide box lunches for our enjoyment on the train. After arriving in SLC, we will transfer to the Trax train and stop off at the Gateway. Depending on the

weather, we will either stop at Ben & Jerry's for ice-cream, or Starbucks for a warm beverage before returning home. This trip will require walking some distances, so wear good walking shoes.

### **March 22, 2012; 7:00 An Evening of Music with Craig Jessop and Friends**

March for Meals Concert at Box Elder High School. Tickets on sale at the Senior Center. General admission. Featured performers from USU and B.E. area. See page 10.

### **March 26, 2012; 7:30 a.m.; \$20 Wendover**

It seems like we just get back from Wendover and it is time to go again. This month Rocky Mountain Care will sponsor the bus and join in on the fun. If you haven't been with us to Wendover, the trip includes the bus fare, and all the fun we have on it including a boarding pass drawing, drinks, bingo, and prizes. At Wendover you receive \$5 cash back, a free buffet lunch, free cocktail and a couple of lucky bucks. Twenty dollars doesn't get you much these days, but this is a great deal, And who knows...you may get lucky.

### **June 6-8, 2012 Southern Utah Theatre Tour Tuacahn**

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.

### **Reserve Seating for Wendover**

The February trip to Wendover was a major undertaking, but what a great opportunity to provide not only our seniors, but the fine folks from Options for Independence a fun day in Wendover.

We polled the participants on the Senior Center bus with a small survey. Overwhelming response shows that the majority is very happy with the service we receive from Le Bus. Participants also enjoy having a sponsor join us on these trips for the added help and donation of prizes and treats.

Another item addressed also shows majority preference to implement reserved seating on the bus. This would address the need for special needs seating as well as accommodate the hosts or hostesses on the bus. Several surveys commented on the difficulty in boarding the bus when rushing and hurrying to get a seat. This creates dangerous conditions for many as well as it is just inconsiderate.

Based upon the need as well as the results of the survey, we, as a staff of the Senior Center, have concluded that we will implement reserved seating on the Wendover bus. This will be handled on a first come first served basis. Those who sign up and pay for the trip can choose the seat that they desire for the trip. Obviously, the sooner you sign up and pay, the more selection will be available to choose from. Sorry, but it would not be fair to reserve seating without payment. You may call in and reserve a spot on the bus without payment, but a seat selection will not be made until payment is made.

Each month we publish in this newsletter the travel payment policy. We will begin to adhere to this policy as stated—after three days of signing up without payment your name will be moved over to a waiting list, or removed from the roster.

We completely understand that

*(Wendover Continued on page 5)*



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

by Marge Small

### WHERE DO I FIND A POT OF GOLD?

Do you know where the pot of gold at the end of the rainbow is in Brigham City? For me, the rainbow ends on Second West somewhere in the North end of town. That is our neighborhood. We have lived there for 41 years and still have most of the same wonderful neighbors that were there, when we moved in. We've laughed together and cried together. We've celebrated our successes and worried through our failures. We've been there for each other when our children were little, then teenagers, then all grown up and getting married. Our neighbors lived through 6 "Small" children and all the other children who lived under our roof.

I love flowers but my thumb is as black as a Halloween cat, and so the only flowers our children ever had to pick were the neighbors. They would bring me a beautiful flower from the neighbor's flower bed and then I would thank them, give them the "we mustn't pick other people's flowers" lecture, and take them back to say, "I'm sorry to the neighbors." The neighbors were always so kind and forgiving. Just about the time we got one set of children trained not to pick the neighbor's flowers, another batch of "Small Children" were discovering beautiful flowers next door. Even the neighbors knew that any flower I tried to grow, ended up on "death row". Maybe that is why they were so understanding.

The story is told of a man who had a nice home, a good wife, and sweet children, but he wanted more. He had an obsession to get rich by finding diamonds. He left all he had at home and wandered the world for many years searching for diamonds and all the riches it would bring him. Finally, when he was an old, broken man, he went home as a

failure. He had never found the riches he was looking for. His home was deserted. His wife and children were all gone. The things in life that really mattered were no where to be found in his life anymore. As he dejectedly walked around his own back yard, he saw something sticking up from the ground. He knew diamonds, when he saw them and there they were-right in his own back yard, but it was too late.

The diamonds in our back yard were the neighbor children that came to play through our back gate. The neighbor that typed all my family history and Christmas stories was another diamond. The neighbor to the north loaned me a pair of scissors our first day moving in, when I couldn't find anything for all the boxes piled up. Fruits and vegetables have been given to us by other neighbors (because of the notorious "Small Black Thumb"). Another neighbor likes to take us for rides with him. Christmases come and go. Birthdays are celebrated. Babies are born. Some have left our neighborhood to wait for us in Heaven. Love flows back and forth across the street in the form of casseroles, bread, grape juice, gifts, phone calls, sympathy offerings and any kind of help that says, "We care". Diamonds sparkle all over on second west. They seem to shine like a pot of gold at the end of our neighborhood rainbow.

Where are the diamonds, the pot of gold in your life? Why not write about it? I visited a friend in a Care Center. She had fallen and broken both knee caps. Five weeks of rehabilitation loomed in her future. When I got to her room, she was busy writing down all the blessings she had in her life, especially that when she fell, she wasn't hurt worse. The smile was still there. Smiles are like diamonds. They sparkle like a pot of gold. Where do you find your

pot of gold? For me it also includes many friends all over Brigham City. Maybe an expression of "thanks" to all those neighbors, and friends, or just a story to leave your children can put a lot of "golden memories" at the end of someone else's rainbow.

Once there was a Sunday School teacher who was trying to teach her class of 5 year olds how to be good neighbors. She thought if she showed an example of a bad neighbor they would know that they didn't want to be like that. She told them about Mr. Grouch. She told them how ornery and cross Mr. Grouch was. She told them that he didn't want to even talk to his neighbors and he never smiled. When children went by he frowned at them. After the teacher thought she had made her point, she asked the children, "Who would like a neighbor like that?" One little boy raised his hand high in the air. "Timmy", asked the teacher, "why would you like a neighbor like that." Timmy smiled happily and said, "Because, if he were our neighbor, my mom would make him some brownies and we would go and talk to him. Then he wouldn't be grouchy anymore."

Yes, as the song says, "At the end of the rainbow, you'll find a pot of gold." and if we look closely, it is probably right in our own back yard.

*(Wendover continued from page 4)*

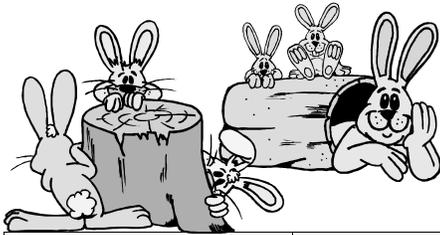
change is difficult, but feel that this change will create a safer more pleasant experience for all those who travel with us to Wendover.

### **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.*

*When you harbor bitterness, happiness will dock elsewhere.*

Unknown



# March 2012 Activity Calendar

Subject to change.



<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p><b>Are you doing your part to make this a friendly welcoming Center?</b> A recent visitor commented that it was apparent that the Staff put a great deal into planning and creating a great program, but they didn't think that they would be coming back because the seniors that they sat with were bossy, nosy and rude. Take a minute to examine your behavior, are you part of the problem, or helping create a friendly place?</p>			1	2 Becky Kimball—Easy Listening 11:30
5 Kelly Warren and his Guitar 11:30 AARP Taxes by appt.	6	7 Bead Class 10:30 Birthday Party 12:30 Integrity Foot Clinic by appt 723-9000 Crystal Springs 1:15	8 Chiropractic by appt 723-2311 Myers Day Karaoke Caregivers 6:00	9 AARP Safe Driving 8:30-1230 @ Sr. Ctr. Odell Summers & His Xylophone 11:30
12 Kelly Warren and his Guitar 11:30 AARP Taxes by appt.	13 Integrity Foot Clinic by appt 723-9000	14 Memory Club 10:00 Free Lunch Sponsored by Sunshine Terrace Foundation Crystal Springs 1:15	15 Art and Soup 10:00	16 St Patrick's Day Celebration Hearts for Hospice File of Life & Cookie Decorating
19 Gillies Dollar Day Kelly Warren and his Guitar 11:30 AARP Taxes by appt. Blood Drive 2:30-7:30	20 FrontRunner Trip to Gateway, 10:30	21 Mayors for Meals Crystal Springs 1:15	22 Symphony with Nancy March for Meals Concert An Evening of Music with Craig Jessop and Friends 7:00	23
26 Wendover 7:30 am Happy Feet Foot Clinic—see staff member for appt. Kelly Warren and his Guitar 11:30 AARP Taxes by appt.	27	28 Memory Club 10:00 Crystal Springs 1:15	29 Commodities	30

**DAILY**

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

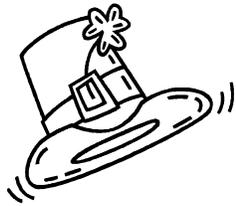
**WEEKLY**

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  
Bridge/Pinochle Th 10:00 & 1:00  
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.**



# March 2012

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



The March Hare

Mon	Tue	Wed	Thu	Fri
<p align="center"><b>NOTICE:</b> Please sign up for lunch one day in advance, especially on those days when lunch is sponsored by a business. <i>Fish is offered during Lent. You must sign up for choice if you want it, otherwise it will not be offered to you.</i></p>			<p align="center">2 Beef Stew Pickled Beets Cottage Cheese Pear Salad Whole Wheat roll Oatmeal Cookie</p>	<p align="center">2 Fish Choice Paprika Chicken Mashed Potatoes/ /Sour Cream Gravy German Blend Vegetable Roll Fruited Cole Slaw Spicy Peach Crisp</p>
<p align="center">5 Swiss Steak Noodles Zucchini Blend Tossed Salad Roll Rice Krispie Treat</p>	<p align="center">6 Lunch and Learn Pork Roast Mashed Potatoes/ Gravy Brussels Sprouts Marinated Carrots Sliced bread Pumpkin Square</p>	<p align="center">7 Oven Baked Chicken Scalloped Potatoes Italian Blend Vegetable Fruited Cole slaw Roll Spice Cake and Ice Cream</p>	<p align="center">8 Russian Chicken Steamed Rice Key Largo Vegetable Pea Salad Roll Upside Down Brownie</p>	<p align="center">9 Fish Choice Baked Ham Au Gratin potatoes Summer Squash Blend Whole Wheat Roll Spinach Salad Cook's Choice Dessert</p>
<p align="center">12 Swedish Meatballs Rice Scandinavian Blend Vegetable 3 bean salad Biscuit/Jam Coconut Crunch</p>	<p align="center">13 Chicken Tenders Mashed Potatoes/ Gravy Capri blend Vegetable Cole Slaw Whole Wheat Roll Gourmet Cookie</p>	<p align="center">14 Taco salad Guacamole Chips and Salsa/Center Corn Muffin –Meals on Wheels Tropical Fruit Peanut butter Bar</p>	<p align="center">15 Aunty's Apricot Chicken Rice Pilaf Asparagus Tossed Salad/Garbanzo Beans Whole Wheat Roll Fresh Fruit</p>	<p align="center">16 Fish Choice St Patrick's Celebration Corned Beef Cabbage Red Potatoes Emerald Isle Salad Bran Muffin Grasshopper Pie</p>
<p align="center">19 Salisbury Steak Mashed Potatoes Key Largo Vegetable Carrot Raisin Salad Whole Wheat Roll Strawberry Shortcake</p>	<p align="center">20 Ham &amp; Vegetable Bean Soup Turkey Cheese Sandwich Veggies/Dip Tropical Fruit Cookie</p>	<p align="center">21 Beef Chow Mein Chinese Noodles Chinese Cabbage Salad Egg Roll Bran Muffin Pudding/Fortune Cookie</p>	<p align="center">22 Smothered Home-style Chicken Rice Green Beans Tossed Salad Cinnamon Raisin Bread Applesauce</p>	<p align="center">23 Baked Fish Scalloped Potatoes Spinach Cole Slaw Whole Wheat Bread Mini Banana Split</p>
<p align="center">26 Combination Burrito Smothered in Chicken Green Chili Green Beans Dry Jello Salad Corn Muffin Pudding</p>	<p align="center">27 Hamburger Noodle Bake Green/Wax Bean Blend Tossed Salad/White Beans Biscuit Fresh Fruit</p>	<p align="center">28 Turkey Steak Mashed Potatoes/Gravy Broccoli/Cauliflower Stewed Tomato Biscuit Cook's choice Dessert</p>	<p align="center">29 Shrimp Pasta Salad Fresh Veggies/Dip Oat Bran Muffin Citrus Fruit Cup Cookie</p>	<p align="center">30 Fish Choice Roast Beef Mashed Potatoes/Gravy Key Largo Vegetable Whole wheat Roll Tossed Salad/Black Beans Fruit Pie</p>



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

Deanna Sue Adams  
Howard Andersen, Sharon Andrus,  
Yoneko Aoki, Terry Arthur, Mary  
Jean Ballingham, Demaur Balls,  
Shirleen Bess, Cherol Blake, Maxine  
Blank, Francell Boman, Ed Bradford,  
Donna Burdash, Reed Burke, Erma  
Butler, Eva Chappell, Lee Chlarson,  
Rosalie Christensen, Helen  
Coleman, Thomas Criddle, Omeara  
Daniels, Carolyn Davis, Ken Dick,  
Charlene Dixon, Ree Dokos, Vernon  
Drewes, Ray DuFour, Linda Dunn,  
Carolyn Eddy, Joyce Elzinga, Marvin  
Ericksen, Deloss Everton, Colleen  
Farnsworth, Robert & Iantha  
Folkman, Sid Fraley, Melanie Fricke,  
Patricia Galbraith, Jill Green, Corina  
Guajardo, Coy Hadfield, Lynn  
Hankins, Doyle Hansen, Ella Mae  
Hansen, Earl Harper, Linda Harper,  
LaVaun Harrison, Senneth Hawkes,  
Louise Hess, Maryke Hoekstra, Lynn  
Holst, Betty Hunsaker, Oleta Hunter,  
Richard B. Jensen, Von Jensen, Rita  
Mae Jeppesen, Deo Johnson, Ella  
Lou Lancaster, Geniel Layton, Helen  
Jane Lemmon, Hiram Leza, Jeanette  
Long, DeWain Loveland, Bud Lowe,

Clinton Matt, Allene Mattson, Glenn  
Mattson, LaGaye McFall, Ruby  
McQuain, Pam Miles, Patricia Miller,  
Dee Mitton, Wells Monson, Maureen  
Mower, Irving Munford, Coleen  
Nielsen, Rayola Nielsen, Betty Norr,  
Allen Olson, Beverly Packer, Woody  
Palmer, Cambron Petersen, Barbara  
Peterson, Garnett Price, Lila Ralphs,  
Donald Rasmussen, Janet Reeves,  
Robert J. Rettew, Elmer Rhoades,  
Lucille Roche, Marilyn Rogers, Katie  
Rollheiser, Vernon Rustan, J. Dell  
Sackett, Amy Sato, Ward Secrist,  
Helen Singh, Darlene Skenendore,  
Marge Small, Odell Smith, Sharon  
H. Smith, Carol Souter, Shirley  
Spencer, Darlene Stephensen, Gay  
Ann Stone, Betty Stone, Chiyo  
Sumida, LaVern Tanner, Arnie  
Thompson, Norman Thompson,  
Margaretta Tolman, Donna  
Valentine, Rosina Vela, Grace  
Walker, Ruth Wallace, Carol Ward,  
Verdun Watts, Katheryn Webster,  
Glen Weight, Cyril Welch, Cherie  
Wittwer, Sarah Yates, Helen  
Whitaker, Iva Beth Wilcox, and Kent  
Wilson.

## 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**.

## Leprechauns

By Micha F. Lindemans

Very small sprites who sometimes live in farmhouses or wine cellars. They are known to aid humans and perform small labors for them. Sometimes they ask humans for supplies and furniture, for which in return they give objects which bring luck and fortune. Leprechauns are called fairy cobblers, for they make shoes for elves (but always one shoe, never a pair).

They like to organize a wild feast when they finish their daily tasks. It is believed they possess a treasure which humans can obtain if he can capture one of these little beings before they vanish.

Choose meals that contain one serving of protein like legumes, fish, poultry, etc. The rest of the meal should be made up of healthy side dishes. Vegetables are a good choice. Also include whole-grain pastas, brown rice and wild rice, a green salad with lots of vegetables. Salads can become a meal when prepared properly with the right ingredients.

Nutrient dense foods will help you maintain your weight and won't leave you feeling hungry.

The choice is yours — be healthy or unhealthy.

## What Is Nutrient Density and How Does It Work

How do you decide which foods you want to eat? Flavor? Texture? Convenience? Comfort? Many people choose the foods they eat based on immediate gratification, without much thought about the long-term effects of their selections. That often results in choosing foods that taste good, but are not good for you.

Nutrient dense foods have fewer calories and lots of vitamins, fiber and phytochemicals that will keep you healthy. For example, the fiber and water in an apple will fill your stomach and keep you satisfied. That is nutrient density.

Sugary foods like a glazed donuts have lots of calories and saturated fats, but they don't have many nutrients. A donut doesn't keep you satisfied leading you to want a second one. Not a good choice for immediate gratification.

What about the nutritional value of the foods you eat? When you choose your foods, be sure to consider the *nutrient density* of the foods. Nutrient density refers to the amount of nutrients for the given volume of food. Nutrient-dense foods have lots of nutrients, generally with fewer calories. All those Super-foods you've heard about are nutrient dense foods. *Energy-dense* foods have more calories for the volume of food and generally fewer nutrients.

Nutrient dense super-foods include carrots, tomatoes, broccoli, kale, spinach, berries, apples, cherries, pomegranate, oranges, salmon, oatmeal, whole grains. Nutrient poor choices include, refined white breads, pasta, pastries, processed lunch meats and cheeses, ice cream, candy, soda, potato chips and corn chips — *junk food*.

## WANT ADS

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

**Join Bountiful Baskets** for an economical way to get more fruits and vegetables into your diet. Check them out at [www.bountifulbaskets.org](http://www.bountifulbaskets.org) or friend them on Facebook.

**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.

**Help Wanted** Local lady needs transportation assistance to and from radiation treatment M-F. Destination is Ogden Regional Hospital. 2-3 people could split the days so it wouldn't be a hardship on any one person. Contact Vickie at 226-1455.

**Tuesday Table Setters Needed** to get ready for lunch after Zumba. Please contact Rocheal if you are willing to help. 226-1454

**Meals On Wheels Needs You!** Drivers are needed M-F. In these troubled financial times, MOW is being hit just as hard. 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.

**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.

## Senior Hand Chimes Needs You

The Hand Chimes group needs ONE or TWO seniors to join them. No musical experience required. One more person completes an octave. Never fear—it's not too late to join them!

The sweet strains of their music can be heard in the hallways. Practice is Fri. from 1-2 p.m.



**Earn While You Learn.** 55 or older? Unemployed? Limited income? Thinking about getting a job? Let us help you join the workforce. Get paid while learning a new job skill through this free job training program. Senior Community Service Employment Program (SCSEP). Contact Leesa Winn at (801) 626-0351.

**Front Desk Help Needed** to fill out the week. If you are interested in greeting seniors as they come in and assist them in signing up for lunch, please contact Nancy. 226-1451.

## New Lunch Meal Ticket Process Begins March 5

Due to increasing participation and the desire to provide meals to all those that want them, the Senior Center is going to begin a new process in order to obtain a meal. We have always operated with a reservation system but many times people forget to sign up and just show up in the hopes that there will be enough food. We always anticipate at least 10 extras but it is becoming more common for people to just keep adding their names to the bottom of the sign in sheet until we run out of food.

**Beginning Monday, March 5,** when you sign in at the Front Desk, you will be given a ticket that your server will take after serving your meal. You will not be able to get a meal without a ticket. We will be relying upon our Front Desk volunteers to provide you with a ticket as you sign in for the day's meal. If your meal is a special request such as gluten-free or fish on Friday, you will

## Comfort Club

This month's meeting will be held Thursday, March 8. Kristilyn Jensen, Housing & Financial Counselor with USU will be the presenter. Her topic will be "Reverse Mortgages."

Anyone in a caregiving situation is invited to attend. A light meal will be served at 6:00 p.m. followed by the presentation. Please RSVP to Vickie at 226-1455.

## Memory Club

Memory Club will meet Wednesdays March 14 and 28 at 10:00 a.m. These meetings are for those with mild to moderate memory loss and their caregivers. Contact Vickie at 226-1455 for more information.

## OPTIONS for Independence

On March 6th, OPTIONS for Independence, 1095 N Main, Logan, UT will present Eccentric Viewing by the Department of Services for the Blind and Visually Impaired. Spokesperson is Darren Lindsey, Low Vision Specialist.

Eccentric Viewing is learning how to get the most out of the vision that you have left.

Transportation to Logan will be available by contacting Royella Smith, OPTIONS for Independence 24 hours in advance, March 5th. [rsmith@optionsind.org](mailto:rsmith@optionsind.org)

be given a special ticket designating that meal. It is your responsibility to check to make sure that you have the correct ticket. We are hopeful that this will allow us to serve more people, have a more accurate count of meals served, and allow us to maintain the information that we need on each meal participant. We know that there will be some difficulties as we implement this system but also know that as we work the bugs out, it will be better for everyone. Please be sure to make a reservation the day before you want to eat. If you do forget, please check in at the front desk to see if there is space.



# Volunteer Corner

This month we spotlight a new Center volunteer instructor, Teresa Sackett. She was born in Grand Junction, CO, and has lived in Brigham City since she was 16 years old. She and husband JDell blended their families and added two of their own. She has a St. Bernard named Shakaya, and a cat named Mistletoe because he followed her home around Christmas time and stayed.

Teresa's mother-in-law introduced her to ceramics and she's been creating ever since. She has her own ceramics business and sells to RC Willey and Willard Bay Gardens. If you've ever wondered where RC Willey got their beautiful ceramic pieces from, now you know.

Now a beginning ceramics instructor at the Center, she shares her talents and techniques with the class. You won't find a more encouraging and patient instructor anywhere (except lantha, lol.).

She has been an avid supporter of the Pinochle Club that meets on Thursdays in the Lounge. Teresa's hobbies are family, playing the piano, twirling, karate, camping and four-wheeling, cooking, playing cards, mixed doubles bowling with her husband, gardening, and ceramics. When asked when she sleeps, she didn't have a ready answer.

Her enthusiasm is catching. You will find her to be happy, vivacious, fun loving, energetic, and someone with a positive attitude who really enjoys life.

Welcome, Teresa.

If you would like to join one of her ceramics classes, contact Gary.

## Meals On Wheels Fundraiser Announced

B. E. Golden Spike Senior Services and the Mayor's Advisory Council on Aging are pleased to announce **An Evening of Music with Craig Jessop and Friends** on

## We're Wishin'



- Wii Game system
- DVD Player
- Laundry Detergent
- Flour sack/bar dish/bar towels
- Forever Stamps

March 22 at 7:00 p.m. at BEHS. The concert is the main event for the March for Meals fundraiser for Meals On Wheels "so no senior goes hungry." Mr. Jessop is a former director of the Mormon Tabernacle Choir and currently Dean of the Cain College of the Arts and Utah State University, Logan campus. Jessop and Claudia Bigler, Box Elder High School Music Department, are collaborating to create a program that will delight the ear. Performers from USU and BEHS will be featured on the program. Tickets are on sale at the Senior Center, and through some local merchants. Prices are \$7 Adult, \$12 Couple, \$20 Family (immediate family members), and \$5 for students.



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# Senior News

