



Senior News



April 2012

“ A Caring Place to Grow Old “

25¢ Volume 14 Issue 4

Activities at a Glance

- 2 Kelly Warren & His Guitar 11:30; Taxes by appt.
- 3 Lunch & Movie 10:30
- 4 Bead Class 10:30; Birthday Party 12:00; Integrity Foot Clinic by appt.; Crystal Springs 1:15
- 5 Wii Bowling with your Peeps 10:00
- 6 Easter Eggs 11:00; Becky Kimball — Easy Listening 11:30; Easter Dinner 12:00;
- 9 Advisory Council 9:15; Kelly Warren & His Guitar 11:30; Taxes by appt.
- 10 Integrity Foot Clinic by appt.
- 11 Memory Club 10:00; Crystal Springs 1:15
- 12 Chiropractic by appt. 723-2311; Karaoke with Kelly 11:00-1:00; Myers Sponsors lunch; Caregivers Club 6:00
- 13 Odell Summers and His Xylophone 11:30
- 16 Kelly Warren & His Guitar 11:30; Taxes by appt.; Costco 11:00
- 18 Crystal Springs 1:15
- 19 Symphony with Nancy
- 20 USU Assistive Technology presentation 12:15
- 23 Wendover 7:30 with Hearts for Hospice; Kelly Warren & His Guitar 11:30
- 24 Taste of Home Cooking School 5:30
- 25 Memory Club 10:00; Crystal Springs 1:15; Volunteer Appreciation Dinner 6:00;
- 26 Tulip Festival 10:00
- 30 Happy Feet Foot Clinic; Kelly Warren & His Guitar 11:30

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Senior Bullying

One of today's hot topics is bullying. It seems to be more prevalent in school among the K-12 grades. Behaviors exhibited are verbal intimidation, harassment, humiliation, dictatorial, demanding, critical, victimization, refusal to let someone sit at your/a table, and hitting. Does this sound familiar to you? Did you know that it occurs in other areas that might surprise you? It's becoming a national problem with more frequent occurrences.

This type of behavior is seen in senior apartments, assisted living facilities, nursing homes **and senior centers**. In senior centers, the behavior has been referred to as "attempts to turn public spaces into private fiefdoms." Then there is general nastiness. People loudly and publicly saying insulting things. Racial and ethnic differences can also set off malicious comments. These behaviors seem to have more to do with acquiring power, a feeling of control, at a point when older people can feel powerless—just like adolescence. It is a well known fact that bullying occurs in families with children/grandchildren trying to take control over the aging parent through threats and financial control.

What's sad about these scenarios is that others suffer. They withdraw from activities and social situations, and perhaps experience anxiety or depression.

The strong picking on the weak is a human phenomenon that is not part of the function of aging. It's a function of pathology. "Chances are, if you were kind of a nasty, selfish person throughout your adulthood, you're probably not going to be the benign grandma/grandpa type when you're old." (Renee Garfinkel, Washington, DC-based psychologist specializing in aging issues, 2012).

It is estimated that 10-20 percent of seniors have experienced some type of bullying. Research also shows that the ratio of being bullied match other age groups at 1:4.

How do you stop a bully in their tracks? Intervention. Have the courage to say, "You're not going to treat me like that. Every chair here is available to anyone, and I'll sit where I want." That way, the bully doesn't derive power from the interaction. However, you may want to sit somewhere else that may be a more pleasant dining experience. (Robin Bonifas, asst. professor of social work at Arizona State, researching senior bullying). Succumbing to the bully just reinforces that they can get away with it without any consequences. If you witness someone being bullied, **SPEAK UP!**

Perhaps the more serious consequences of elder bullying are the effects on the physical and mental well being of the victim. Low self-esteem, greater loneliness, suicide ideations, poor cognitive thinking, headaches, sore throats, abdominal pain, backaches, sleep disturbance, development of life threatening diseases frequent illness, and feelings of rejection which manifest in social withdrawal and guilt. Does this sound like the life you want to live?

The Senior Center has a code of conduct. You may ask for a copy to read for yourself. Senior bullying is defined as: repeated, unreasonable or inappropriate behavior directed towards a senior citizen or its employees that creates a risk to health and safety. A situation may be identified as bullying if senior citizens or employees are harmed, intimidated, threatened, victimized, undermined, offended, degraded, or humiliated, whether alone or in front of senior citizens or its employees or visitors to the Senior Center. The Senior Center encourages all senior citizens or its employees to report bullying and to

(Bullying continued on page 5)

Word Search:

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

FIND THE FOLLOWING: Abused, annual, April, awareness, banquet, chicks, compassion, daffodils, dedication, deliver, disposal, drugs, ducks, Easter, Easter eggs, flowers, grateful, honor, hunger, meals, rabbits, rain, recognition, safe, seniors, service, spring, storage, t-shirt, tulips, twenty-five, umbrella, valued, volunteers, youth.

FOOD SAFETY FOR SENIORS

A lot has changed over your lifetime — including the way food is produced and distributed. It used to be that food was produced close to where people lived. Many people shopped daily, and prepared and ate their food at home. Eating in restaurants was saved for special occasions. Today, food in your local grocery store comes from all over the world. Nearly 50 percent of the money we spend on food goes to buy food that others prepare, like “carry out” and restaurant meals.

Another thing that has changed is our awareness and knowledge of illnesses that can be caused by harmful bacteria in food, bacteria we didn’t even know about years ago. Today, we are more susceptible to getting sick from bacteria in food. If you take care to handle food safely, you can keep yourself healthy.

Foodborne illness is difficult for people to recognize when harmful bacteria in food has made them sick. You can’t tell if food is unsafe because you can’t see, smell or taste the bacteria it may contain. Foodborne bacteria takes 1-3 days to cause illness, but you could become sick anytime from 29 minutes to 6 weeks after some foods that contain dangerous bacteria. It depends on the variety of bacteria in the food. The symptoms can be flu-like with a fever and headache, and body aches. The best thing to do is to see your doctor.

There are four basic rules to food safety at home — **Clean, Separate, Cook and Chill**. We can’t emphasize enough that washing your hands **before and after** handling food, using the bathroom and handling your pets is the best defense for staying well. Washing cutting boards, dishes, utensils and counter tops with hot water and soap after preparing each food item, and before you

go on to the next food, is also essential to your well being. If you don’t have antibacterial cleaners, use one tablespoon of liquid chlorine bleach to 1 gallon of water to wipe down kitchen surfaces. Rinse raw produce in water; don’t use soap or other detergents. A small vegetable brush can be used to wash away surface dirt.

Avoid cross-contamination by keeping raw meat, poultry and seafood and their juices away from foods that aren’t going to be cooked. Always wash the cutting boards, dishes and utensils with hot soapy water after they come in contact with raw meat, poultry, seafood, eggs and unwashed fresh produce. Place cooked food on a clean plate.

It is important that your food is cooked through. Meats should not be cooked rare. Chicken should be cooked at a higher temperature than beef and pork. Cook eggs until the yolk and white are firm—no partially cooked eggs; fish should be opaque and flake easily with a fork. When reheating food/leftovers, sauces, soup, and gravy should come to a boil. Check the food for doneness periodically.

Prepared foods and leftovers should be refrigerated or frozen within 2 hours of preparation. Thaw food in the refrigerator. Four to five pounds takes 24 hours to thaw. You can also thaw food outside the refrigerator by immersing in cold water; change the water every half hour.

Avoid eating anything raw except for vegetables.

Remember the 2-Hour Rule — *Discard any perishable foods left at room temperature longer than 2 hours*. Hot food should be kept hot. Eat it or refrigerate it. Cold foods should be eaten within 2 hours or refrigerated, or frozen, for eating at another time.

It seems like meal portions are getting bigger and bigger these days. A lot of people are packing up these leftovers to eat later — you know, *the Doggie Bag*. Care must be taken when handling these leftovers. If you will not be arriving home with 2

(Food Safe Continued on page 3)



Days Gone By

with Doug Thompson

I remember the hills around Benecia, California. In the summer, the grass would get long and dry. My friends and I would get cardboard boxes that we found behind the grocery store, take them up on those hills and slide down the grassy slopes inside those boxes. We found that when we cut the boxes open, put them out flat and coated them with wax, you could sit on it, curl up the front end and you would go like a rocket down the hill. One day we were having a great time sliding down the hill. We caused too much friction on the dried out grass and it caught on fire. We couldn't put it out and got down off that hill as fast as we could. Before we made it home the fire trucks with sirens blaring came up to put the fire out. That fire took away our sliding area so we couldn't do that anymore. We never got blamed for it either.

I remember taking kites up on those hills, too. The wind seemed to blow a lot because of the breezes coming off the ocean. You could get a ball of string and tie the end to a stick, then wind it up on the stick and tie the other end to the kite. The top of the hill would be covered by people flying kites. There were all kinds. That is the first time I saw a box kite. There were oriental kites too with long colorful tails. My ball of string was so long. When I let out my kite all the way to the end of the string,



you could hardly see it. It was like I had a string attached to the sky and it was tugging on the line. If I pulled too hard against it, I might tear the sky. It took a long time to roll up the string and bring my kite all the way in. I lost one once when the string broke. The kite was up so high, when it came down, I couldn't find it.

You could see the bay from the top of those hills, and all the ships tied together. There were several groups of ships with 10 or 12 in a group. They were scattered around the bay for miles. The Navy put them there after the war so my dad and uncle could paint them. They would start at one end and paint the whole ship. They would do all the ships in that group, and then go on to the next. When they finished all the groups they would start over. I could see the ships from

the top of the hill. I could see the ferry from there too. The ferry went from Benecia to Martinez. There were two of them that went back and forth all day long. We went on it a few times. Dad drove our car on with all the other people and parked in a line. There were four lines. You didn't have to get out of the car, and you were riding on a boat. If you didn't take the ferry, you had to go all the way to Vallejo and cross the bridge there, and then drive all the way back to Martinez. The ferry was better. That was a long time ago.

The ferry isn't there anymore. There's a toll bridge that took its place. I could see the ferry from the top of those hills. I guess you could see just about anything from there.....even yesterday.

Don't dispose of your medications by flushing them down the toilet, or throwing them in your garbage. They do have an environmental impact, and the possibility of being taken at the dump.

Brigham City Police Department will host a prescription disposal event on April 28, 2012, in conjunction with National Prescription Drug Take Back Day. The community is encouraged to clean out their medicine cabinets and drop off all unused over-the-counter and prescription medication at the following locations so they can be safely destroyed.

Local locations for disposal will be at:

Smith's Food and Drug
156 South Main Street
April 28

Brigham City Police Department
20 N Main
M-F 9-5

Safety First

There has been a report of recent break-ins and vandalism in our area. A man was found inside the bedroom of a local home.



Keep your doors locked, including your vehicles. Don't confront the burglar.

Call 911 for assistance.

(Food Safety Continued from page 2)

hours of being served (1 hour if temperatures are above 90° F), it is safer to leave the leftovers at the restaurant/Senior Center.

Remember that the inside of a car can get very warm. Bacteria may grow rapidly, so it is always safer to go directly home after eating and put your leftovers in the refrigerator. This is why the Senior Center does not allow food to be taken away from the site. We know how easy it is for bacteria to multiply to dangerous levels when food is left unrefrigerated too long.

Remember: *An ounce of prevention is worth a pound of care.*

Source: www.fda.gov

National Prescription Drug Take Back Day

If you find yourself cleaning out your medicine cabinet this spring, be sure to dispose of your medications safely. Proper disposal of unused or outdated prescriptions and medications can prevent accidental poisonings, as well as abuse and misuse.

Last year, prescription pain medications caused more Utah deaths than automobile crashes, and 2009, 265 people died of unintentional overdose of prescription pain medications, a 300% increase since 2000. The startling fact is that most of these deaths could have been prevented by simply using the medications exactly as prescribed.



Travel Destinations & Activities

Lunch and a Movie April 3, 2012, 10:30; \$10

For all those who signed up last month and were disappointed when it was cancelled, have no fear! We will head to Ogden to see *Mirror, Mirror* and still plan to eat lunch at Brixton's Baked Potato—Dutch treat. This will be a fun time out on the town. Those who chose to roll over their money from last month will be automatically put on the list for this trip.

Wii Bowling with your "Peeps" April 5, 2012, 10:00

Wii bowling once again! The youth will be out of school for Spring Break, and we have invited the Youth Volunteer Council to join us to Wii bowl with our peeps. Marshmallow peeps will be awarded to lucky bowlers who can bowl strikes, and a grand prize Easter Basket will be awarded to the best overall score. This is always a fun activity made more fun when we involve the youth.

Easter Egg Dyeing April 6, 2012, 11:00

Join CURO Home Health and Hospice for a fun-filled hour of Easter Egg decorating. This is an annual event here at the Center and we are happy to have Emily join us from CURO for the fun.

Symphony with Nancy April 19, 2012

Purchase your own tickets for the Utah Symphony's presentation of the Classical Mystery Tour; A Tribute to the Beatles. "All the timeless Beatles classics performed with such perfection that you'll feel like a teenager again." Nancy will pick you up at your door, drop you at the front door of the Browning Center and return you to your home for only \$2. Schedule with Nancy for your pick-up time.

USU Assistive Technology April 20, 2012, 12:00

Utah State University Assistive Technology Department will attend our lunch to present a 35-40 minute presentation on available technology to assist us in our daily lives. These products are designed to increase quality and function of life. Utah Assistive Technology is a non-profit federally funded program that helps people get and use assistive technology. Monica is very enthused about her job and this opportunity to present this information. Come prepared to learn what might be available to improve your life. There will be giveaways!

Senior Ball April 20, 2012, 6-8 PM; NC

The Brigham City Youth City Council, Perry Youth City Council, and the Youth Volunteer Council join efforts with the Senior Center to provide a night of dance, entertainment and refreshments. The Senior Ball will be a best dress affair. A live dance band, youth entertainment during intermission and tasty refreshments are on the venue. A picture booth will be available for the first hour, and then photos will be printed and distributed at the end of the event. A King and Queen of the ball will be crowned—the crowning event of the night! Come join us for a fun-filled evening.

Wendover April 23, 2012 7:30 a.m. \$20

More Wendover fun! Hearts for Home Health and hospice are sponsoring our trip so we are certain to have fun. Remember that we now have reserved seating so get signed up and pay early so you can select your seat. Your \$20 includes cash back and a free buffet. A great bargain. Registration for May's trip will begin on April 24, 2012.

Taste of Home Cooking School April 24, 2012, 5:30 p.m. \$10

This is the first year that Taste of Home has agreed to come to the Top of Utah for a Spring Show. We are going to show our support! This is always a fun evening of learning new recipes, ideas and cooking techniques. Dozens of prizes are given away during the show including products, bags of groceries, gift certificates and even the prepared dishes! Don't miss out. Many of the delicious recipes prepared in our kitchen have come from Taste of Home.

Tulip Festival April 26, 2012, 10:00 a.m.; \$12

Welcome Spring with us as we travel to Thanksgiving Point for the Annual Tulip Festival. All the colors of the rainbow await with more than 100 varieties of tulips spread throughout the 55-acre Gardens. They redesign 250,000 tulips each year to create a new display. This is truly a sight to behold. We hope that we are going late enough in the year that we will get to see the tulips this year...Mother Nature has surprised us the past two years! Lunch will follow at Chuck-a-Rama at your own expense.

Tuacahn 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.



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

by Marge Small

OXYMORONS IN THE SPRING-TIME

It is that wondrous oxymoron time of the year in Utah. It is the time when heater and air conditioning can be used in the same sentence on the same day. Take today for example. This morning we went out to get in our car so we could run errands. We had to scrape ice off of the windshield. (Yes, we morons do not have a garage in Utah!) By the time we got through with the errands and into the afternoon, we needed to turn on the air-conditioning in the car !!!

Does that sound familiar to anyone? It just proves that it is spring-time in Utah. You get up and turn on the furnace because it is a bit "nippy" in the house from the frosty night. By the afternoon you are thinking of putting up the swamp cooler or turning on the air conditioning. All of this can come in the same season with, "maybe the lawn needs some water but it is too soon to turn on the sprinkling system" because what if it freezes again? Does that mean we let the grass get brown and thirsty or do we turn on the irrigation system and hope we don't get a late frost that will break the pipes.

In Utah everything has to do with "timing"-like what time do we put up the swamp cooler, and what time between frosts do we turn on the sprinklers. For those of you who think only morons still have swamp coolers — that would be us — until just last year. It became a ritual to see how long after fall we could go until we had to put the cover on the swamp cooler because (A) every time the wind blew our furnace would go on, or (B) there was snow under the outlet in the house where the air from the swamp cooler came in, or (C) we had to put a coat on to walk under the same outlet where the cool air came in during hot times in the summer, or (D) all of the above. If you answered D, you win our old swamp cooler.

Last year we decided to come into the 20th century. Our children still cannot believe it happened. We got a new furnace (our furnace was put in when our house was built in 1960), complete with air conditioning (which we have never had -- unless you call a swamp cooler air conditioning!) It was sweet of our children to worry about their parents sleeping in a house with a 52 year old furnace! They were afraid we might wake up dead (another oxymoron). It was even nicer that they worried about us because heaven knows they already understand we have spent all their inheritance and also the extra quarters in the will that we promised the grandchildren. After we are gone, maybe they will inherit our old swamp cooler. They know that overseas vacations and cruises cost a lot of money. (Not to mention new furnaces, new air conditioning, and new roofs).

I still do not know why my husband felt like we needed a new roof. The roof had been replaced once since the house was built in 1960. Once ought to be good enough for both of us. Even when the neighbors offered to do our roof as a service project, I didn't give in. When the rainwater leaking in the corner of the front room threatened to ruin our 20 year old carpet, I decided it was time to listen to my husband and let him have the roof replaced. I do have my standards! I don't like change and I didn't want to replace the carpet!

Maybe my husband should have put "replace the roof" on his "to do" list. I despise being "listless" so, I am always making out lists, even for my husband. I needed to get this column done today so I asked if he would like a list of things he could do while I wrote the column. "Not really", he said. It reminded me of a time, when I made out a list of things for one of my children to do. At the end of the day, the child hadn't finished very many things on the list. When I mentioned it to my husband, he said,

"He must not like your lists any better than I do". That is the thanks I get for trying to organize the world!

I did try to organize the ice and snow scrapers in our three cars. It seems we can never find one in the car we need to drive. This Christmas I bought color coordinated scrapers for each car and put them in the right colored car. This morning, when we went out to do errands, and my husband had to scrape off the ice on the windshield, guess what he used? Yep, you got it — his plastic bank card! At least it was better than running back in the house to get a spatula.

However, spring in Utah really is a beautiful time of the year. I have walked out of our front door lately to hear all of the daffodils quietly shouting at me with their buds saying, "I'm coming! I'm coming!" Soon there will be yellow daffodils all over in the flower beds, and then the tulips will be close behind. What a wondrous oxymoron time of the year.

We lived in California for awhile where the seasons just ran together. No green in the spring. No heat in the summer. No changing leaves in the fall. (How we missed that...) No snowmen in the winter. After 15 long months in Los Angeles, we packed our bags and moved back to Logan, Utah. It was in the fall and what joy filled our souls as we saw all of the changing colors in Sardine Canyon. Even though we knew that the colors meant that snow would be coming, it was a bitter sweet feeling.

Well, enjoy the cool warm days we are having. Oops, there is another oxymoron, just in time for spring.

(Bullying Continued from page 1)

convey a clear expectation about what kind of behavior is appropriate and to display an all-around culture where bullying is unacceptable regardless of race, color or creed.

Have we forgotten the Golden Rule?

I have to walk early in the morning, Before my brain figures out what I'm doing.

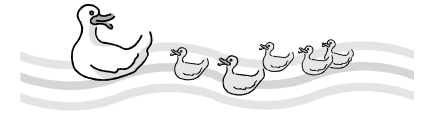




April 2012

Activity Calendar

Subject to change.



<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
2 Kelly Warren and his Guitar 11:30 Taxes by appt.	3 ZUMBA 10:00 Lunch & Movie 10:30	4 Bead Class 10:30 Birthday Party 12:00 Integrity Foot Clinic by appt. 723-9000 Crystal Springs 1:15	5 Wii Bowling with your peeps! 10:00	6 Dye Easter Eggs 11:00 Becky Kimball 11:30 Easter Dinner 12:00 ZUMBA 1:00
9 Advisory Council 9:15 Kelly Warren and his Guitar 11:30 Taxes by appt.	10 ZUMBA 10:00 Integrity Foot Clinic by appt. 723-9000	11 Memory Club 10:00 Crystal Springs 1:15	12 Chiropractic by appt 723-2311 Karaoke with Kelly 11:00-1:00 Myers Sponsors lunch Caregivers Club 6:00	13 Odell Summers and his Xylophone 11:30
16 Costco 11:00 Kelly Warren and his Guitar 11:30 Taxes by appt.	17 ZUMBA 10:00	18 Crystal Springs 1:15	19 Symphony with Nancy	20 USU Assistive Tech- nology presentation 12:15 Senior Ball 6-8
23 Wendover 7:30 a.m. Sponsored by Hearts for Hospice Kelly Warren and his Guitar 11:30	24 ZUMBA 10:00 Taste of Home Cook- ing School 5:30	25 Memory Club 10:00 Crystal Springs 1:15 Volunteer Appreciation Dinner 6:00	26 Tulip Festival 10:00	27
30 Happy Feet Foot Clinic Kelly Warren and his Guitar 11:30	<p>Travel Program Reservation Policy</p> <p>The City's Accounting Policy for Senior Center trips has changed the way trips are organized. <i>Payment in full is required within three (3) days of registering to guarantee your seat.</i> Delays in payment will result in your name being moved to a waiting list, or dropped from the roster.</p>			

DAILY

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

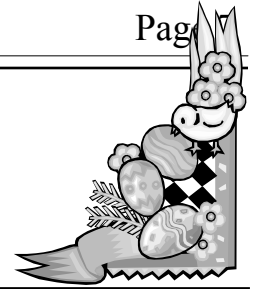
WEEKLY

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

Intermediate Spanish T 10 a
Zumba Gold T 10:00
Woodcarving T 6:00 p
Square Dance T 7-10 p
Line Dancing M/W 1:00 p
Oil Painting Th 9:00 a
Yoga Tu/Th 4:00 p
Bridge/Pinochle Th 10:00 & 1:00
Ceramics Tue & 9:00
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.**



April 2012

Menus Subject to Change Without Notice

Milk served with meal.

226-1454

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>2 Chicken Pot Pie Pickled Beets Cottage Cheese/Pear Salad Whole Wheat Roll Fresh Fruit</p>	<p>3 Hamburger Noodle Bake Green/Wax Bean Blend Tossed Salad/White Beans Biscuit Cook's Choice Dessert</p>	<p>4 Birthday Party Meat Loaf Mashed Potatoes/Gravy Mixed Vegetable Biscuit Fruited Cole Slaw Cake and Ice Cream</p>	<p>5 Ham and Scalloped Potato Casserole Brussels Sprouts Dry Jello Salad Roll Raisin Bar</p>	<p>6 Easter Dinner Chicken Cordon Bleu/Fish Choice Rice Pilaf Key Largo Veggie Pea Salad Roll Coconut Cake</p>
<p>9 Beef Stroganoff Noodles Sliced Beets Broccoli Salad Roll Fresh Fruit</p>	<p>10 Sweet 'n' Sour Chicken Steamed Rice Oriental Blend Vegetable Egg Roll Chinese Cabbage Salad Roll Pudding/Fortune Cookie</p>	<p>11 Tuna Casserole Peas and Carrots Cottage Cheese/Pineapple Salad Whole Wheat Bread Fresh Fruit</p>	<p>12 Myer's Day Chicken Fried Steak Mashed Potatoes/Country Gravy Scandinavian Blend Biscuit Carrot Raisin Salad Frosted Banana Bar</p>	<p>13 Ntl Peach Cobbler Day Beef Tips Mashed Potatoes Capri Blend Vegetable Dry Jello Salad Roll Peach Cobbler</p>
<p>16 Gillies Day Paprika Chicken Mashed Potatoes/Sour Cream Gravy Country Blend Vegetable Spinach Salad Roll Gourmet Cookie</p>	<p>17 Chicken Salad Croissant Tomato Bisque Soup Carrots/Celery Tropical Fruit Oatmeal Cookie</p>	<p>18 Spaghetti Meat Sauce Italian Blend Veggie Tossed Salad Bread Stick Pudding</p>	<p>19 Chicken Broccoli Casserole Steamed Carrots Tossed Salad/Garbanzo Beans Roll Peanut Butter Cookie</p>	<p>20 Parmesan Chicken Baked Potato/Sour Cream Key Largo Blend Veggie Tossed Salad/Kidney Beans Whole Wheat Roll Pineapple Upside Down Cake</p>
<p>23 Roast Beef and Cheddar Sandwich Baked Potato Soup Pickles/Olives Citrus Fruit Cup Rice Krispie Treat</p>	<p>24 Chicken Tenders Mashed Potatoes/Gravy Italian Blend Vegetable Stewed Tomato Biscuit Cook's Choice Dessert</p>	<p>25 Baked Cod Scalloped Potatoes Spinach Cole Slaw Roll Fresh Fruit</p>	<p>26 Turkey Steak Mashed Potatoes/Gravy Peas and Carrots Stewed Tomatoes Roll Cookie</p>	<p>27 Beef Enchilada Spanish rice Green Beans Tossed Salad/Black Beans Corn Muffin Chocolate Pudding</p>
<p>30 Ntl Oatmeal Cookie Day Shepherd's Pie Mixed Vegetable Ambrosia Roll Oatmeal 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>			



April Birthdays— Happy Birthday to You...

Jeanette Andersen, Harold Anderson, Leon Anglesey, Charles Averett, Max Baugh, Denton Beecher, Naomi Bennett, Enos Bennion, Melba Benson, Farrell Blanchard, Ray Bybee, Mable Calhoun, Jim Call, Bob Chamberlain, Merle S. Christensen, Wilma Davis, Margie Davis, Phillip Elgen, Lorin Facer, Velma Freeman, Yuzo Fujikawa, Leah Gale, Sally Gibbons, Jane Gomez, Robert Goodell, Shirley Griffin, Mirl J. Hacking, David Hadley, Elgie Hale, Mary Hamblin, Calvin Hansen, Dale Hendrickson, Orville S. Hendrix, Elizabeth Herbert, Merleen Herbert, David Hively, Mildred Hively, June Hoffman, Claire Huggins, Frances Hunsaker, Jeannie Hunsaker, Nina Hurd, Tadao Isaki, Jimmie Ishii, Betty Jensen, Darlene Jensen, Lois Jensen, Reese Jensen, Ann Johnson, Colleen K. Johnson, Marilyn Johnson, Wilma Johnson,

Rea Kidman, Kathy Kos, Joyce Lemon, Marc LePage, Jackie LePage, Ardel Loveland, Sherry Lowe, William McKinney, Shirley Meier, Judy Mellen, Linda Mortenson, Koji Nagao, Valda Nedrow, Howard Nibley, Mary Okada, Dianne Olsen, Ruth Owen, Elaine Palmer, JoAnn Penrod, Arthur Phippen, Don Poulsen, Elaine Price, Claudia Pustka, Deon Richards, Judy Ritchie, Darlene Rushton, Mary Lou Rustan, Todd Salisbury, Carol Sara, Glenna Smith, Eunice Snyder, Venice Sorensen, Larene Spendlove, Dena Sprong, Darrell Stucki, JoAnne Tanaka, Sandy Tawatari, Max Timothy, Zola Tucker, LoRae Unger, LeRoy Ward, Miyski Watanabe, Marilyn Walker, Calvin Wiggins, Joan Williams, Elaine Windley, Ivan Woodruff, Brent Workman, Louis Youngberg.

Lower Your Medicare Prescription Drug Costs!

If your monthly income is not more than \$1,396 for singles (\$1,891 for couples) and your assets are not more than \$13,070 for singles (\$26,120 for couples), you may be eligible for **Extra Help**, a federal program that helps you pay some or most of the costs of Medicare prescription drug coverage (Part D). Assets include such things as bank accounts, stocks, and bonds.

Nancy and Vickie are Senior Health Insurance Information Program (SHIP) counselors will be happy to help you with your needs. Please call for an appointment for free assistance applying for **Extra Help**.

the vehicle until the shaking is over. If a power line falls on the car, stay inside until a trained person removes the wire.

If you are physically challenged, you need to take some extra precautions before an earthquake strikes. Plan how to protect yourself in your home or workplace. Always keep a list of your medications with you. Include phone numbers for doctors and family members. Keep walking aids next to you, and have extras elsewhere in your home. It is also a good idea to put a security light in each room. They will switch on automatically if you lose power. Keep a whistle nearby to signal for help, and arrange for someone to check on you after the earthquake is over.

For those who cannot “drop” due to mobility limitations, or for those who have other special situations, the following are some modified actions you should immediately. The first action to take when you are disabled is to **protect your head and neck** with a pillow if possible, or use your arms and bend over. The main point is to not try to move, but immediately protect yourself as best possible right where you are. Should you not be able to walk, crawl or steer a wheelchair, stay where you are! It is particularly important the you DO NOT try to get to a “safer place” or

(Earthquake continued on page 10)

The Great Utah Shakeout

Have you ever been through an earthquake where things start shaking inside your house? Chandeliers swing, refrigerators “walk”, items move on their shelves or fall off, water sloshes in containers? It can be quite unnerving and frightening. A large earthquake creates sudden and intense back and forth motions of several feet per second and will cause the floor or the ground to jerk sideways out from under you, and every unsecured object around you could topple, fall or become airborne, potentially causing serious injury. You need to take immediate action after the first jolt—don’t wait to see if the earthquake shaking will be strong.



Do you know what to do? Separate fact from fiction when it comes to getting through an earthquake. Briefly, you should Drop! Cover! and Hold On!

Drop down onto your hands and knees. This position protects you from falling but allows you to still move if necessary. Cover your head and neck (and your entire body if possible) under a sturdy table or desk. If there is no shelter nearby, only then should you get down near an interior wall (or next to low-lying furniture that won’t fall on you), and cover your head and neck with your arms and hands. Hold on to your shelter (or to your head and neck) until the shaking stops. Be prepared to move with your shelter if the shaking shifts around.

Indoors: Drop, cover, and hold on. Avoid exterior walls, windows, hanging objects, mirrors, tall furniture, large appliances, and kitchen cabinets with heavy objects or glass. Do not go outside!

Outdoors: Move to a clear area if you can safely do so; avoid power lines, trees, signs, buildings, vehicles, and other hazards.

Driving: Pull over to the side of the road, stop and set the parking brake. Avoid overpasses, bridges, power lines, signs and other hazards. Stay inside

WANT ADS

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

FOR SALE Computer Desk. Excellent condition. 32" wide x 58" tall. \$25. Call Roger at 723-8845.

SERVICES FOR HIRE Grocery shopping, house cleaning, pick up and delivery, carpool. Contact Barbara Dougherty at 435-720-2081.

VOLUNTEER NEEDED to transport man to dialysis M-W-F in Plain City. Call Bonnie at 435-723-0980 or cell at 801-690-0206

SEEKING EMBROIDERERS, CROCHETERS, AND KNITTERS FOR TREASURES UNDER GLASS

There is a need for crafters to fill our "shop" with new merchandise. Materials available. N/C. Contact lantha at 226-1452.

Meals On Wheels Needs You! Drivers are needed M-F. If you are able to help deliver meals and can spare an hour, someone is waiting with a smile of thanks for a hot meal delivered by you 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.

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.

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.

FOR RENT Aerator and power rake available. Reasonable rate, no paperwork to fill out. Contact Rocheal. 435-225-4584

CHAIR CANER needed to repair old chair seats. Also would like the crafter to demonstrate at the Heritage Arts Festival. Contact Deanna at 734-0494, or Nancy 226-1451.

Counseling the Alzheimer's Caregiver

Participate in a support group to learn strategies to help decrease difficult behaviors that often result from Alzheimer's and other related dementias. The Alzheimer's Support Group will increase your understanding of dementia and dementia related changes in your loved one. You will receive support and assistance from other caregivers.

Groups are held once per month for six months. Follow up meetings continue for one year after the group ends. The first local meeting is Wednesday, May 2 at 10:00 a.m. at the Brigham City Senior Center.

For more information, call Deborah Crowther at 435-713-1462 or 1-877-772-7242.

This support group is made possible through a grant sponsored by the U.S. Administration on Aging, Utah Alzheimer Association, and the Bear River Area Agency on Aging.

Don't Be a Victim

Myers Mortuary is sponsoring Don't Be a Victim on April 19 at 6:30 p.m. The location is TBA. Included in the topic will be identity theft protection and Medicaid spend down. For more information, call 435-237-3349.

March for Meals Great Success

Golden Spike Senior Services and the Mayor's Advisory Council on Aging are pleased to report a profit of \$4,000 for Meals On Wheels. There have many great comments regarding the entertainment. We recruited 8 new drivers. Keep your fingers crossed for us for another grant from the National MOW Assoc.

Comfort Club

Larry Dawson, Utah Veterans Affairs will be discussing "Veterans Benefit" on April 12, 2012, 6:00 p.m. A light meal will be served. Please RSVP to Vickie at 226-1455, or Nancy at 226-1451.

Memory Club

The Memory Club of Brigham City in association with Alzheimer's Association, BRAG, CNS-Love Hospice, and Access Homehealth & Hospice will meet April 11 and 25 from 10:00—Noon.

Activities for those with memory loss takes place while caregivers participate in activities to retain memory.

Beading with Luann

Luann Thurkill will be here on Wednesday, April, at 10:30 a.m. to help you create a one-of-a-kind bracelet, watch band, or latest fashion accessory scarf. Prices are very reasonable and based on your choices. All you need is your creativity—she supplies the beads and findings. Join her in the craft room.



We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.



Volunteer Corner

Our Annual Volunteer Banquet will be held on Wednesday, April 25, at 6:00 p.m. This year's theme is Heroes in Action. Rocheal has some special events planned for the evening.

All volunteers who support the Center in any capacity are invited to attend. To request your T-shirt size, please give that information when you RSVP to Rocheal at 226-1454.

(Earthquake continued from page 8)

get outside. Movement will be very difficult, and studies of injuries and deaths caused by earthquakes in the .S. over the last several decades indicate that you are much more likely to be injured by falling or flying objects (TVs, lamps, glass, book-cases, etc.) than to die in a collapsed building. If you are bed bound, stay there and hold on, again protecting your head with a pillow.

MYTH: Do Not get in the "triangle of life." This position is potentially life threatening. Actual research questions its validity. Your chances of survival are much greater when you get under a table or desk.

Do Not stand in a doorway. Modern doorways are no stronger than any other part of the house. It doesn't protect you from flying or falling objects.

You can take precautions now to help make your dwelling a safer place. Remove heavy objects on bookcases to the lower shelves. Move tall bookcases away from your

We're Wishin'



- Wii gaming system
- DVD player
- 36" or larger flat screen television
- Laundry Detergent
- Flour sack/bar dish/bar towels

bed and places where you sit. If possible, have them secured to the wall.

Practice for an earthquake by identifying safe spots in every room. Keep shoes and a working flashlight next to each bed. Add an emergency whistles to your disaster preparedness kit, and knock three times repeatedly if trapped. Rescuers are trained to listen for these sounds. Know how to shut off utilities—gas (only if you smell or hear leaking gas), water, and electricity. Have a family meeting place.

Brigham City is participating in the state wide Great Utah Shakeout on April 17 at 10:15 a.m. Be prepared!

For more information, go to www.earthquakecountry.info.



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Senior News



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