



Senior News



August 2012

“ A Caring Place to Grow Old “

25¢ Volume 14 Issue 8

Activities at a Glance

- 1 Birthday Party 12:00; Integrity Foot clinic by appt.
- 2 Lunch & Learn
- 3 Becky Kimball 11:30; ZUMBA 1:00; Hot August Nights at Maple Springs 6:30-9
- 6 Kelly Warren & His Guitar 11:30
- 7 ZUMBA 1:30
- 8 Memory Club
- 9 Chiropractic by appt.; Karaoke with Kelly; Myers Lunch, Comfort Club
- 10 Dry Brush Techniques; Odell Summers & His Xylophone
- 13 Advisory Council 9:00; Kelly Warren & His Guitar 11:30
- 14 Integrity Foot Clinic by appt.; ZUMBA 1:30
- 15 CTAC 10:00
- 20 Lunch at Snow Park
- 21 Bear Lake Trip
- 22 Lunch at John Adams
- 23 Lunch at Maple Springs
- 24 Lunch at Pioneer Park
- 27 Wendover 7:30 a.m.; Happy Feet Location TBA; Lunch at Snow Park
- 28 Cache Valley Tour
- 29 Lunch at John Adams
- 30 Lunch at Constitution Park
- 31 Lunch at Pioneer Park

Please Note:

The building is undergoing seismic upgrade during August. Please check the marquee in front of the building, and the calendar for any changes to be announced.

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Emergency Preparedness

Fire! Fire! Fire! This summer the whole state has been ablaze; at least it seems to have been. The dry climate in Utah and other states has been compared to the “dust bowl” of the 1930s, maybe worse.

It was August 2001 that Cleo Petit wrote an article for the Senior News about what she decided on her own regarding personal emergency preparedness when the Promontory fire came so close to destroying her home. She stated, “Life quickly changes when you are told you have less than ten minutes to get what you can and evacuate. You are immediately faced with the split-second decision to decide what is important to you that you can carry out the door, not to mention where is it?” It was then that she decided to make a sample list of what she wanted to save before it's too late and evaluate it. “The most important thing is to have a plan and be able to implement it. Don't wait until it's too late.” She came up with the following list of important items that she could grab at a moment's notice. (It has been augmented with additional suggestions from About.com's 72 hour kit suggestions).

1. People and Pets, including identification—don't forget your own.
2. Medication; personal and health insurance company name and account numbers.
3. Deeds, insurance papers, titles to vehicles
4. Financial information such as names and account numbers.
5. Stocks and Bonds, money—no large bills
6. Monthly obligations
7. Any papers you feel would be needed if you lost your home and everything in it.
8. Family history, genealogy
9. Pictures
10. Your 72 Hour kit!
11. Attach a list of last minute things you need to take with you and a list of things you need to do before you leave your home.

It's a very good idea to have a record of **all** your belongings and pictures of every room (you might want to do this on a good housekeeping day. You know, when it's company ready). Take pictures of your jewelry. You don't realize how much you would have to replace should you have to start all over again. When it comes to dealing with insurance companies, a detailed list along with your photos is proof of what you own(ed).

Don't forget your 72 Hour Kit. If you don't have one, now is the time to put one together. Always have it at the ready and don't forget to check it every six months for dead batteries or expired medications and food items, and clothes that fit. There are seven categories to guide you: 1) Food and Water (1 gal per person); 2) Bedding and Clothing; 3) Fuel and Light; 4) Equipment; 5) Personal Supplies and Medication, First Aid Kit; 6) Personal Documents and Money; 7) Miscellaneous — for pets or infants, Ziploc bags.

When going through your list, consider the following. Do you have a can opener for your food? Candy for energy? Underclothes? Do the clothes you put in it previously still fit? Do you have water-proof matches? Extra batteries? Duct tape? Rope? Pen and paper? Plastic sheet? Toothbrush/paste? Baby wipes/sanitizer? After all is gathered and put in your container, can you lift it?

(Preparedness continued on page 3)

Word Search:

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

FIND THE FOLLOWING:

ADVENTURE, APRICOTS, AUGUST, BEES, BOATING, CANNING, CANTALOUPE, FAMILY REUNIONS, FRUITS, GAMES, GARDENING, GRAPES, HAY, HONEY, ICE CREAM, JAMS, JELLIES, LAZY, LEISURE, LEMONADE, PEACHES, PIE PLAY, PORCH, READING, RELAX, RIVERS, ROCKER, SUMMERTIME, SUNSHINE, SWIMMING, SWIMMING POOL, SWING, TRAVEL, UMBRELLAS, VACATIONS, WATERMELON

Summer Nutrition Tips

Summer is here and with a change in the way we dress to stay cool, we also need to refuel our body even when the heat goes up. The following are ways to refuel without adding calories.

Stay hydrated by drinking water regularly. You can add fruits and vegetables with high water content, such as melon and cucumbers. Dehydration symptoms include excessive thirst, cramping, and heat exhaustion.

Summer vacations can be hard on the diet, but there are things you can do. Sample—that means small portions ya’ll—higher calorie foods so you don’t feel deprived. Split an entrée at a restaurant. Pack snacks that travel well, such as dried fruit, nuts and pretzels. When taking a road trip, pack a cooler with deli meat, cheese, yogurt, and other simple lunch foods. You’ll save money and eat healthier.

When bar-b-cuing, choose healthier meats like round, sirloin and loin cuts over prime meats. Chicken breasts, as well as poultry sausages are better than the higher-fat pork or beef. Fish is also a great choice.

Watch out for those marinades. Cut down on sodium by using citrus juices, Worcestershire sauce, molasses, low-sodium soy sauce and chicken/beef broths instead of oil, and vinaigrettes.

You can cook veggies on the grill using all those great garden vegetables. Fresh seasonings and a little heart-healthy oil work well. You can get grill pans that cook much the same as on the stove.

Preheat your grill 15-20 minutes to help sear your meat and avoid sticking. When using charcoal grills, start timing when the coals get hot.

Bon appetite!

HOW DO YOU HELP A CAREGIVER?

How to help a caregiver dealing with a loved one with Alzheimer’s? The Mayo Clinic has printed some great information.

Alzheimer’s care is a round-the-clock job. Caregivers need all the support they can get. When you offer to help an Alzheimer’s caregiver, be specific – and gently persistent.

Just saying “Let me know how I can help,” isn’t a concrete offer. You need to make the offer specific, like “I’m going to the grocery store. What can I pick up for you?”

- Here are some other examples of how to make an offer.
- “I’ve got a couple of hours free tomorrow afternoon. May I sit in for you while you run a few errands or take some time for yourself?”
- “I doubled my meatloaf recipe so that I could share it with you. I brought enough to last you for several meals.”
- “Do you need some laundry done? I can pick it up today and bring it back clean tomorrow.”
- “Does your yard need to be mowed? I’d be happy to take care of it this weekend.”

Sometimes sending a card or making a phone call to check in on a caregiver means a lot. Emails and text messages work, too – but often personal

visits are even better. Contact with the outside world can help lift a caregiver’s spirits.

Keep in mind that some caregivers have a difficult time accepting help, mistakenly believing they should do everything themselves. This attitude can be harmful not only to the caregiver, but also to the person who has Alzheimer’s. Caregiver stress can lead to irritability, anger, exhaustion, social withdrawal, anxiety, depression and other problems. If your offers of help aren’t accepted, be gently persistent. Remind the caregiver that he or she doesn’t have to do this alone – and the best way to take care of someone else is to first take care of yourself.

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Rolling Tales

by Sharon Ross

MY TABLE OF CONTENTS

Hello everyone. It's been awhile since I've written my Rolling Tales, but it's good to be back at it again. As you know, I am confined to a wheelchair. I was born with Cerebral Palsy, so I never walked alone. However, I am luckier than most because I am married to a wonderful man who knew what he was getting into when he asked me to marry him. . . or did I ask him? It's been 51 years July 14th, so I can't remember.

I am now 70 years old and my husband, Wes, is 72. I am now preparing for the day that I may lose my faithful caretaker and best friend. He must see to my every need, and I mean 'every need'. I can go to town and shop in my wheelchair. I can pay the bills and communicate to those I pay bills to when they goof things up. I'm very good on the phone and the computer, but I can't take care of my personal needs alone, bath or dress, cook meals, clean the house or mow the lawn, or drive my van....So I thought I'd tell you what I'm finding in this new adventure I am undertaking.

If you are like me, when you look for a new book to read, you thumb through the table of contents to see what the book contains. If it doesn't look like what you are interested in, you most likely choose not to read it. Similarly, when you want to check out the movies, you might investigate it to see if has your values and interests before you buy a ticket.

Bountiful Baskets Food Co-op

Bountiful Baskets was started in 2006 by two women who had experience running their own small food co-ops that were not web based. They wanted to save money on healthy food and invited friends to join them. Since May of 2006 BBFC has grown to hundreds of sites in 16 states and countless participating families! There are two in Brigham City.

The Co-op offers a conventional produce basket every other week which is generally 1/2 fruit and 1/2 veggies. The monetary contribution is \$15.00 and is generally worth \$50.00 retail. Organic baskets require a contribution of \$25. All

Although these days it may look like a good choice, but the vulgarity may blow you away. We do our best to choose what fits our values and beliefs. The same goes for finding the help we may need as we age. I'm a person who prepares for future problems and scenarios. I even pay my bills on line, and put bill pay in place one month ahead. I don't pay ahead, but I do put the bills in place to be ready to go out, and on what date to pay them. That way, if I'm sick or dead, they will get paid. At least someone who takes over my job will have a month to not be worried, and get their act together to do my job. It may sound funny, but I care about those who come after me. They can only grieve for one month, and then they have to take over where I left off. Life just goes on.

I've been investigating different facilities where I could go for care if I were to lose my husband, or if he could no longer give me the total care I need now. The fact that we aren't getting any younger has caused me to begin searching for living opportunities that we can both be comfortable with and afford as well. We won't be getting any raises, and we lost a considerable amount of money in this horrible economy as many of you have experienced, so I am on a journey to prepare for our future. I have found some very helpful and interesting opportunities that I would like to share with all of you. Hopefully, I might

be conveying information that might help you too. This will be continued in next month's ROLLING TALES because it's much too long to include it here. So, until next month, get ready for some great information to help you live a more comfortable life as we age, and we all do age!

You are Cordially Invited

Art Atwood & Gwyn Holladay will be united in marriage on August 4, 2012 at 12:30 p.m. They cordially invite you to share their joy for a reception following the wedding including lunch, dancing, a piñata, plenty of cake and lots of fun!



Please plan to join us at the LDS Church, 506 South 200 East in Brigham City.

See you there. Gwyn & Art

(Preparedness continued from page 1)

Remember, you're talking about three days.

When choosing what to put in your kit, there are many choices for light weight items that serve their purposes well. If you have a large 40 gallon trash bag, you can use it for multiple purposes including a rain poncho, water collector should your emergency extend past 72 hours. Items that can do double duty are excellent choices. You have food. . .have you considered how you're going to eat it? Fingers or utensils. Remember that camping mess kit—that's a good item to pack. A small can of Sterno can provide both heat and light. The Boy Scout Association sells an emergency rope bracelet that can be unbraided in case of an emergency.

When leaving your house, know where to turn off the gas and have a wrench ready.

For medical purposes, have a current list of all prescribed and over the counter medications in your possession. Include your blood type if you know it.

Pet owners should consider having a microchip put on their furry family member. Animal rescuers are trained to check for them.

Finally, try to stay calm and don't panic. Focus on problem solving during an emergency.

If you'd like a copy of suggested items to create your own 72 Hour Kit, lantha can copy one for you.

(Continued on page 10)



Travel Destinations & Activities

Symphony Tickets Now on Sale You Buy We Furnish Ride

The Ogden Symphony Ballet Association presents the 2012-2013 Season "Bringing the Arts Home." The Masterworks Series features Rachmanioff Symphony No. 2, Russian Masters; Sibelius' Violin Concerto, Mendelssohn's "Italian" Symphony. The Entertainment Series features Rhapsody in Blue; "Do You Hear the People Sing" from Les Miss to Miss Saigon, and the Music of John Williams.

Season tickets are on sale now. Get yours early. Season ticket prices range from \$116 - \$128. You pay for your season tickets and Nancy will pick you up at your door, drop you off at the symphony hall entrance, and bring you home...good company and good music.

Maple Springs—Hot August Nights Dance & Refreshments August 3, 2012; 6:30-9 p.m.; N/C

We have teamed up with the great folks from Maple Springs to put on a fun summer event—Hot August Nights! This event will be held at the Maple Springs facility outdoors under the cover of their large portico. We will dance the night away, enjoy great refreshments and socialize with all of our friends. Music will be by Tony Summerhays, always a crowd pleaser.

Ceramics Dry Brushing August 10, 2012; 1:00

This summer we have held some fun ceramics classes. Taking advantage of the summer break, the Box Elder Middle School pottery/ceramics teacher is going to hold a dry brushing technique class for us. The class will be held in the craft room and will be an instructional class rather than actually starting a project that day. Our facility will undergo renovations right after this, so time won't allow us to get more involved. Sign up with Gary.

Lunch in the Park Dates August

Because we are having renovations to our building is no reason to stop the fun. We will be holding lunch at three of our local parks.

Monday, the 20th and 27th we will be holding lunch at the **Snow Park Bowery**, 500 N. Main Street.

Wednesday the 22nd and 29th, we will hold lunch at the **John Adams Park Bowery**, 600 E 100 N. On **Friday the 24th and 31st**, we will be at **Pioneer Park**, 800 W. Forest.

Lunches will be served at noon and the recommended donation will be the customary \$2.75. This provides an opportunity for lunch as well as maintain connections during the time our building is not available.

Bear Lake Excursion August 21, 2012; 10:00; \$7.00

A scenic trip to beautiful Bear Lake is a good way to get out and enjoy the beauties of nature. We will travel to Garden City and enjoy a Dutch lunch, and then travel around the lake before our return. (La Beau's famous raspberry shakes are delicious!) Sign up with Gary.

Lunch at Maple Springs August 23, 2012; 12:00 noon Suggested donation \$2.75

Maple Springs senior housing and assisted living has invited us to join them for lunch. As we are unable to use our facility, Maple Springs will host us for lunch. This is a great chance to tour their facility as well as meet their friendly staff.

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

Tired of the heat? Board the deluxe air-conditioned coach to Wendover, and enjoy games and treats on the way. The cool temperatures of the casinos isn't too bad either. Maple Springs is our sponsor

this month. Contact Gary early for your reserved seat on the bus.

Cache Tour August 28, 2012; 10:30; \$5.00

We will become nomads as we seek fun places to go and good places to enjoy lunch. Join us as we travel to Cache Valley to satisfy both fun and food. We will enjoy lunch at Golden Corral, then travel onward and Northward to Pepperidge Farms, the Fat Boy Ice Cream factory, and then back south to Gossner's Cheese Factory. This is your chance to stock up on all your favorite treats and snacks. Lunch is Dutch treat.

Dutch Oven Lunch August 30, 2012 @ noon; \$2.75

Gary Warren and Jim Hansen are going to treat us to a culinary delight at Constitution Park located at 450 E 700 S. Join us for a Dutch Oven lunch prepared by Gary and Jim. The menu features chicken, potatoes, salad, roll and peach cobbler with ice cream.

Bar J Wranglers October 26, 2012; 7:00 p.m.; \$24:00

October seems forever away, but before you know it, it will be here. The Bar J Wranglers will be performing at Bear River High School. The Senior Center has enjoyed reserved front row seats for those who wish to go on our bus. The Bar J Wranglers are always a hit from their country music to the funny jokes in between numbers. It's entertainment at its best from start to finish.

If you don't care to go with the group but would still like tickets, general admission tickets are available from Gary for \$15.00.

Change in 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.



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

by Marge Small

School Bells will soon ring in the new school year. Didn't they just ring out school for the summer? Maybe at my age, there are no summer vacations and life is always in school. On the other hand, I prefer to think that all my life is a vacation; I am still learning something every day even though I am not in a formal classroom--the world is my classroom. This brings me to a question. What have I learned today? Why not ask yourself the same question. If you hear the phrase, "lifelong learning" a lot, it probably means you are in the "over the hill" category. I prefer to think of life as "on top of the hill enjoying the vistas".

I was thinking of what I would write in this article when I found myself watching a Ropin' Contest where our Grandson-in-law was one of the ropers. I have seen him rope before, but it was at a Rodeo where the event of Calf Ropin' is over faster than those little critters can run. The ropers have one chance only and it's over. The event I was watching that night was Ropin' only. It was great because this time I got to see our grandson-in-law show his ropin' skill many times. I am not going to tell you everything I learned that night (or that my grandchildren tried to help me learn), but I will say that I know which roper on a team is the header and which is the heeler. I still have a lot to learn about ropin'!!!

It seems that every day I learn more about what I don't know. I like that since I have always loved to learn (but don't ask me how I am doing in my Spanish Class)!

My mom always said that life was like a quilt. Every time you learn or experience something, it is like putting a block in your quilt. When you learn everything there is to know, it is like finishing your quilt and you might as well be dead! My mom always said that she liked to keep working on her quilt. I get some of my love of learning from her.

I opened the paper recently and

read about an "ethical will". "What on earth is that," I said to myself. Now there is something else I can learn about. However, there are some things that I have learned in life, and since you didn't ask, I will tell you about some of them anyway.

I learned from Herrietta Hogan, my first and second grade teacher, that I wanted to become a teacher. I learned from Linda Boam in the third grade that I wanted to teach handicapped students. I learned from my parents about harmony in life and love at home. I learned from my grandparents about my ancestors. Those grandparents instilled in me a desire to earn what my ancestors had given me. I learned from my children so many things that I should have genius status by now. Don't tell my children but I think I am on the verge of thinking that grandparenthood is the best thing yet. I can't wait for September, when we become great grandparents. What will I learn then?

There are many other things I have learned in life like; ALWAYS avoid contention-- ALWAYS-even if you have to apologize when you are not in the wrong (ask my husband about that one). I have also learned that exercise makes me feel better. Reading something uplifting before I start the day makes the day go better. It is nice to be around positive people. I have learned that I like to put positive signs up on mirrors and walls like, "There is always hope." or "You are becoming today what you will be the rest of your life." When I first read that quote I thought, "Well the rest of my life may be short so that saying doesn't apply to me. It then occurred to me that I still want the rest of my life to be good so I better keep trying to become something!!!

When you start to list the things you have learned in life it is like counting your blessings. The list just goes on and on. Of course I have learned some "not so fun things" in

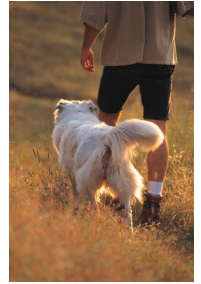
life, but they are what makes the positive things in life that much better to learn. Now how about taking out a blank piece of paper and listing the things you have learned in life. It may be the only piece of paper that your family and friends may care about, when your Will is read. Speaking of wills, let's go find out what on earth an Ethical Will is.

2012 Bark for Life Event

The American Cancer Society Bark For Life™ is a fundraising event that celebrates the unconditional love of our canine companions--both those who have served as canine caregivers to cancer patients and those who have actually endured cancer themselves. Join us for the 2012 Bark for Life of Box Elder County event on August 18 at Lindsay Park.

By supporting Bark For Life, you help the [American Cancer Society](#) fund important cancer research and provide much-needed support to current cancer patients. Each donation brings us closer to our ultimate goal of a world with less cancer.

We recognize the indispensable role dogs play in our lives, and this event is held in their honor, with much gratitude. So bring your best canine friend and join us for a fun-filled day starting with a walk, and then continuing with demonstrations, contests, and games.



*Deep summer is when laziness
finds respectability.*

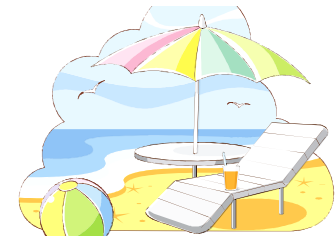
~~ Sam Keen





August 2012 Activity Calendar

Subject to change.



<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
The building really is going through the seismic upgrade this month. Check the marquee and Senior Center website— brighamcity.utah.gov/seniorcenter —to watch for updates regarding the changes during construction.		1 Birthday Party 12:00 Integrity Foot Clinic by appt. 723-9000	2 Lunch & Learn	3 Becky Kimball 11:30 Zumba 1:00 Hot August Nights @ Maple Springs 6:30-9
6 Kelly Warren & His Guitar 11:30	7 ZUMBA 1:30	8 Memory Club	9 Chiropractic by appt. 723-2311 Karaoke with Kelly Myers Lunch Comfort Club	10 Odell Summers & His Xylophone 11:30 Dry Brush Techniques 1:00
13 Advisory Council 9:00 Kelly Warren & His Guitar 11:30	14 Integrity Foot Clinic by appt. 723-9000 ZUMBA 1:30	15 CTAC 10:00	16	17
20 Lunch at Snow Park	21 Bear Lake Trip Lunch Available as Takeouts	22 Lunch at John Adams	23 Lunch at Maple Springs	24 Lunch at Pioneer Park Entertainment TBA
27 Wendover 7:30 a.m. Happy Feet Location TBA Lunch at Snow Park	28 Cache Valley Tour Lunch Available as Takeouts	29 Lunch at John Adams	30 Lunch at Constitution Park	31 Lunch at Pioneer Park Entertainment TBA

DAILY

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

WEEKLY

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

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

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.**



August 2012

Menus Subject to Change Without Notice
Milk served with meal.



Mon	Tue	Wed	Thu	Fri
<p>NOTICE: 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. Please note some changes in location of venue.</p>		<p>1 Birthday Party Paprika Chicken Mashed Potatoes/Sour Cream Gravy Key Largo vegetable Cole Slaw Roll Cake and Ice Cream</p>	<p>2 Chicken Broccoli Casserole Potato Wedges Steamed Carrots Muffin Fruit Salad Cook's Choice Dessert</p>	<p>3 Beef Tips Mashed Potatoes/Gravy Spinach Biscuit Tossed Salad Spicy Peach Crisp</p>
<p>6 Pork Chow Mein Steamed Rice Vegetable Egg Roll Chinese Cabbage Salad Muffin Ice Cream/Fortune Cookie</p>	<p>7 Spaghetti and Meat Sauce Italian Blend Vegetable Bread Stick Tossed Salad/White Beans Lemon pudding</p>	<p>8 Shrimp Pasta Salad Veggies/Dip Muffin Fruit Cup Cookie</p>	<p>9 Myer's Day Meat Loaf Mashed Potatoes/Gravy Mixed Vegetable 3 Bean Salad Roll Brownie</p>	<p>10 Parmesan Chicken Baked Potato/Sour Cream Capri Blend Vegetable Cole Slaw Roll Fresh Melon</p>
<p>13 BBQ Chicken Yummy Potatoes Green Beans Carrot Raisin Salad Biscuit Cook's Choice Dessert</p>	<p>14 Swedish Meatballs Rice Scandinavian Blend Sunshine Salad Roll Pudding</p>	<p>15 Chicken Fried Steak Mashed Potatoes/Country Gravy Country Blend Fruited Cole Slaw Biscuit Rice Krispie Treat</p>	<p>16 Chef's Salad Cup of soup Apple Sauce Muffin Cookie</p>	<p>17 Smothered Home-style Chicken Rice Steamed Broccoli Marinated Carrot Salad Roll Fruit Pie</p>
<p>20 Congregate @ Snow Park Gillies Day Chicken Tenders Mashed Potatoes/Gravy Peas and Carrots Tossed Salad Biscuit Cookie Bar</p>	<p>21 Take Outs Available Tuna Casserole Mixed Vegetable Cole Slaw Biscuit Fresh Fruit</p>	<p>22 Congregate @ John Adams Park BBQ Beef/Bun Potato Salad Baked Beans Fruit Salad Pudding</p>	<p>23 Meals on Wheels Only Roast Turkey/Cranberry Sauce Dressing Sweet Potato Casserole Tossed Salad Roll Pumpkin Square Congregate @Maple Springs</p>	<p>24 Congregate @ Pioneer Park Beef Enchilada Spanish rice Refried Beans Corn Muffin Stewed Tomato Cookie</p>
<p>27 Congregate @ Snow Park Salisbury Steak Mashed Potatoes Green/Wax Bean Blend Cole slaw Roll Coconut Crunch</p>	<p>28 Take Outs Available Roast Beef Sandwich Cook's Choice Soup Pickles/Olives Fruit Cup Blondie</p>	<p>29 Congregate @ John Adams Park Cod Baked Potato/Sour Cream Summer Blend Roll Tossed Salad Cookie</p>	<p>30 Meals on Wheels only Beef Stroganoff Sliced beets Muffin Ambrosia Banana Bar Congregate Dutch Oven Dinner at Constitution Park</p>	<p>31 Congregate@ Pioneer Park Bacon Cheeseburger/ Bun Sweet Potato Fries Carrots/Celery Sticks/ Dip Spinach Salad Pudding</p>



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

Ferrin Allen, Dwight Anderson, Alfred Anderson, Jack Apodaca, Claire Arand, Ramona Atkinson, Alan Baddley, Bonnie Baird, Wallace Baker, Gary Baron, Ruth Bass, Nancy Beeton, Joan Bertelsen, Marcella Bissegger, Thelda Bohman, Kathleen Bradford, Harvey Braegger, Norma Braithwaite, Barbara Burke, Donald Callaway, Lennidean Christensen, Charles Claybaugh, Robert Coon, Barbara Copley, LaRane Cordova, Vernon Crozier, Joan Day, Donna Deakin, Tito D'oporto, Joseph Farnsworth, Beverly Ford, Jim Fraizer, Doris Fripp, Dennis Fuller, Geri Garfield, Roxie Geisler, Robert Gilbert, Janet Gilbert, Maria Gonzales, Betty Jean Gould, Jack Greathouse, Verla Green, Rita Greenhalgh, Sharon Griggs, Kathren Hadfield, Colleen Hamson, Lorraine Hansen, Edna Hardy, Vivian Hatch, George Halling, Robert Hodgson, Earl Homer, Karen Hone, Shirlea Horne, Vena Howard, Karolyn Humphrey, Winston

Humphrey, Alan Jensen, Leo Jensen, Harper Jeppsen, Jack Johnson, Sharon Johnson, Gene Juber, Delta Keck, Charles Kellogg, Gene Kennington, Afton Koford, Art Landon, Judy Lafeen, Shirley Loveland, DeRevo Maddox, Wesley Marble, Ruth Marone, Joe Martinez, Miriam Mason, Della McAllister, Alice Mensinger, Tom Miggin, Troy Miller, Eileen Miller, Pauline Moen, Dean Morgan, Evelyn Morrow, Ron Mortenson, Marti Mummert, L. Shelley Munns, Evelyn Nelson, Elly O'Grady, Catherine Olds, Joan Olsen, Steve Packer, Benny Perry, Nell Purcell, Dorothy Reese, Cookie Reichard, Melvin Rennemeyer, Andy Rivas, Sharon Ross, Louise Schaffner, Vicenta Singh, Otto Smith, Merv Tanner, Barbara Thompson, Sharon Thompson, Don Tuft, Jay Valentine, Jean Waite, Annette Ward, Dyan Welch, Daniel Wheatley, Galene Winn, and Loretta Wyatt.

my older half-brother saw me and yelled at me to get out of the water. I told him that I couldn't move and to go get dad. When dad came and grabbed my arm to pull me out, it was all I could do to stand up. It wouldn't have taken much for me to have been swept downstream and drown. It was a close call that I never forgot. I never went near that creek when it was swelling again.

Someone had found a wild blackberry patch about fifty yards from the road. The area was covered with grass and undergrowth up to an adult's calf. For the rest of us kids, it was up past our knees or higher. While my Grandma, aunts and mom picked the blackberries we just stood around watching. Then I saw the undergrowth and grass wiggle, like there was something running along the ground. I looked out a short distance and saw a path of wiggly grass coming straight at me so fast that I couldn't get out of the way. I spread my legs apart to let whatever it was go through. As it passed under me I caught a glimpse of a black snake. "AAAAHHHHHHH!!!! Momma what was that?" I said. "It's just a racer," she said. "Don't worry, they won't bite you. There are a lot of them here in the blackberries. They eat them too." When I looked around, sure enough, there was a lot of wiggling going on in the undergrowth. I sure was glad to get out of there when they had their baskets full. The pies they baked after that were almost worth it.

There was a place where we would go camping and fishing and swimming called Cook Springs. I remember all my aunts and uncles and cousins piled into the back of pickup trucks traveling down those dirt and gravel roads for miles to get there. We would set up camp and head for the swimming hole at a bend in the river that widened at that spot. An old tree had fallen into the water so you could climb from the bank out onto it. The tree was at an angle that went up over the deep part of the slow moving river. We used it as a diving board. The water was warm because it was the middle of summer. We ate fish for supper

(Farm continued on page 9)



Days Gone By

with Doug Thompson

Down On the Farm

There was a time when I was small that Mom and Dad went to a small farm just outside of Oats, Missouri. They had decided to try their hand at farming. Dad and mom both

grew up on farms or worked on them. They rented this property next to a dirt and gravel county road with a creek on the far side of it that followed the road. I remember dad had a couple of horses that he used to plow the field with; I road on one of them a time or two when he let me.

He tried his hand at raising chickens when he ordered a hundred baby chicks from the local feed store. Right after he got them in a box with holes in it, he put them in the barn. In just a couple of days they started to die from some kind of bird disease. By the end of the week they were all dead but two. In the end there were no chicks. A good idea gone bad.

I had a little cocker spaniel dog that I loved. When a rattle snake would come into the yard he would run over to it barking loud and attract the snake's attention. He was protecting the family. He would dodge when the snake would strike and continue jumping back and forth barking until my dad would get his rifle and shoot the snake in the head.

I remember going on the other side of the road to the creek and wading just a little ways out and stood there feeling the water swirling around my legs. I wasn't there very long, but I noticed the creek rising up to my knees. I just stood there thinking that maybe I should get out, but by that time the water was up to my waist, and when I tried to lift my foot and move toward the bank I could feel the current pulling me back. I was afraid to move. About that time

WANT ADS

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

FOR SALE Brunette Wig. Worn only once for about an hour because it is too small for me. It was custom ordered, but not custom made. Paid \$125; asking \$100 or best offer. If interested call Linda at 435-695-8248.

Meals On Wheels Needs You!

Looking for something to do? Why not be a Meals On Wheels volunteer? 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 at 226-1454.

LOLA'S LOVING CARE Respite Care/Companion Service. Reasonable rates. No personal care or lifting. Will stay with your loved one while you take a much needed break. References on request. 435-740-4648.

Need Fuller Brush? Call Lola.

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.

HOUSE CLEANING One time or on a regular basis. References available. Lorraine Sippel at 435-720-3990.

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

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

BENCHMARK SERVICES

Professional window cleaning, yard recovery/care, handyman. Senior Center approved. Call Mark Folkman at 435-695-3739 and leave your message for an estimate.

Memory Club

August Memory Club of Brigham City will meet on August 8 and 22 from 10-12. The location is to be announced.

Memory club is sponsored by Alzheimer's Assoc. BRAG, CNS-Love Hospice, and Access Home-health & Hospice.

Comfort Club

Dennis Wildman, MSW, Sunshine Home Health & Hospice will present "Strive to Thrive" at the August 9, 2012, meeting at 6:00 p.m. at the Senior Center. A light meal will be served. Please RSVP to Vickie at 226-1455, or Nancy at 226-1451.

Deadline approaching—

Circuit Breaker – Renter's Rebate

Utah law allows Utah residents property tax relief through Circuit Breaker. This tax credit is available to persons whose 2011 household income was less than \$29,919. You must be a homeowner or mobile homeowner, or renter, at least 66 years of age. Verification of Utah residency and household income is a requirement of eligibility. Only owner-occupied homes or low income renters are eligible.

Up to \$886 of property tax can be abated, based on income. For renters, the relief is also based on a percentage of gross rent paid. For homeowners or mobile homeowners, there is an additional credit equal to the tax on 20 percent of the fair market value of the residence.

The deadline to submit a completed application to our local county government is September 1, 2012. You may pick up a form at the Senior Center, order a form by contacting Box Elder County at 435-734-3319/3317.

What dreadful hot weather we have! It keeps me in a continual state of inelegance.

~~ Jane Austin

Lower Your Medicare Prescription Drug Costs!

If your monthly income is not more than \$1,396 for singles (\$1,891 for couples) and your assets are not more than \$12,510 for singles (\$26,120 for couples), you may be eligible for **Extra Help**, a federal program that helps you pay some or most of the costs of Medicare prescription drug coverage (Part D). Assets include such things as bank accounts, stocks, and bonds.

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

I bet deep down you still wish your mom would take you clothes shopping every August for the new school year.

~~ Bridget Willard

(Farm continued from page 8)

that our dad's caught, and then roasted marsh mallows on the fire. We all slept in the back of the pickup truck, or out on the ground with just blankets. In the morning we woke up to the smell of bacon frying and hot coffee. The kids didn't drink the hot coffee, but the smell of it was great. Breakfast was fried eggs and plenty of that sweet smelling bacon.

Just thinking about those times makes me want to go back and live it all over again. On the other hand if I really could, perhaps reality would get in the way and it wouldn't turn out as nice as my dreams.

Did you know — the grossest thing in your bathroom is your toothbrush? It harbors a myriad of germs. Make sure you clean it properly after each brushing, and store in an upright position..



Lazy days of Summer.

Volunteer Corner

JoDi Baird is in the limelight as Volunteer of the Month for August. She has been delivering Meals On Wheels for about three years. In a delightful interview, she told the story of how her mother-in-law had delivered meals with JoDi's daughter when she was a little girl. JoDi's daughter encouraged her mom to also deliver meals, and they would do it together. So, during the summer when JoDi isn't teaching school, they enthusiastically deliver meals together. JoDi states that she has developed a personal relationship with some of her clients. Each summer she asks for the same people and if they are still on her route. She is also a willing substitute driver.

JoDi is the Special Education teacher for the 7th graders at the Junior High School. She has been teaching for 23 years and she said her job is never boring. She finds her

students fascinating.

Her hobbies are gardening, needlework, reading, and cooking. She has three children; her son is getting his PhD. at Purdue in chemistry. One daughter lives in Oregon, and the youngest daughter is a senior at BEHS this year.

JoDi has traveled to England to visit friends, Jamaica, and Indiana. Congratulations, JoDi.

(Bountiful Baskets continued from page 3)

the information necessary to participate is available on the website. To participate visit www.BountifulBaskets.org and check the schedule to see when your state is available to make your monetary contribution using a debit or credit card. Then, pick up your basket on Saturday morning at the time and place you chose when you contributed.

Bountiful Baskets is a non-profit food co-op for families that want to have more fresh produce for less money. Participants all save a sub-

We're Wishin'



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

Fundraiser for Victor Olsen

Loni Sehrgosha's son lost his right arm in a horrible motorcycle accident last October and needs a prosthetic. He has been a Wildland Firefighter for the US Forest Service for the past 15 years. Raffle tickets are available at the Senior Center \$1/6 for \$5 thru 8/10. Donations are also accepted at any Zion's Bank under Victor Olsen. For more info, call Melinda Olsen at 435-730-2117.

stantial amount of money on healthy food. In exchange there are no employees to guide participants through the experience." In order to participate, you must set up a free account on the [website](http://www.bountifulbaskets.org) at www.bountifulbaskets.org.



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