WELCOME TO
BRIGHAM CITY
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SENIOR CENTER

SILVER Threads

January 2018 • 25¢ • "Every Life Has a Story… Including Ours" • Volume 20 Issue #1

Welcome to Brigham Senior Center

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About the Center

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

Treasures Under Glass, Gift Shop

Crafters help create many beautiful items for sale at the "Gift Shop". The proceeds from the gift shop help support Meals on Wheels. There are many quality items for sale throughout the year including some amazing baby blankets and unique Wedding Shower gifts.

For All Senior Center Volunteers:

January~

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

Global Hat Day

Alpine	Bearskin	Cartwheel	Fulani
Annie Hall	Beaver	Chapeau	Hard Hat
Artic Cap	Beefeater	Chou	Kaffiyeh
Aurole	Beehive	Chullo	Kippah
Babushka	Bellhop	Cloche	Mitre
Baker Boy	Beret	Coonskin	Panama
Balaclava	Bicorne	Cowboy	Pillbox
balmoral	Bluebonnet	Cricket	Sailor
Bandeau	Boater	Deerstalker	Sombrero
Bandino	Bowler	Derby	Toque
Baseball	Capuche	Fedora	Turban
Beanie	Capulet	Fez	

Meet Your Fitness Goals with SilverSneakers!

The Senior Center offers the SilverSneakers program called FLEX™! FLEX™ classes allow SilverSneakers members to attend classes beyond the traditional gym to further assist them with their health and fitness goals for FREE! Increased physical activity has been documented to reduce the risk of disability and disease. Integrating quality senior fitness programming into communities plays a significant role in the prevention of disease and increased wellness. Your health insurance may include the SilverSneakers Fitness Program benefit.

Our SilverSneaker FLEX™ instructor is Janice Munns. She brings years of experience and enthusiasm to the program. Her classes are Cardio on Monday and Wednesday at 9:00; Strength and Balance on Tuesday and Friday at 9:00; Dance Variety on Thursday at 8:30 and Senior Stretch on Thursday at 9:30. If you aren't a member of Silver Sneakers and would like to participate, the cost is $20.00 per month for a single person and $30.00 for a couple or $3 per class. Contact Nancy at 435-226-1451 if you have further questions.

Don't Share Your Leftovers!

74% of those currently addicted to prescription medications get them from a friend or family member. Keeping unused medications in your home can increase your risk of theft.

Properly disposing of unused or expired medications greatly decreases your chances of these adverse risks. Safely dispose of your unused or expired medications by taking them to the drop box at the police station or by utilizing a medication disposal system. The Bear River Health Department has provided the Senior Center with a supply of disposal bags. Just add water, seal and toss into the trash. Stop by the front desk to get your medication disposal bag today.

Museum Mustering's:

Vintage Quilt Exhibition

Jan. 20 through April 3, 2018

Quilts that are cherished heirlooms and others that are historic treasures from travels will hang in the Brigham City Museum during its Vintage Quilt Exhibition Jan. 20 through April 3, 2018. The pieces combine patchwork, applique and embroidery in endless combinations, and nearly all have been produced before 1940. Families throughout Utah have unrolled or unfolded about 50 quilts to share with the museum.

The facility is located at 24 North 300 West. Admission is free. Hours are Tuesday through Friday from 11 a.m. to 6 p.m. and Saturday from 1 to 5 p.m. For further information, please phone (435) 226-1439 or visit www.brighamcitymuseum.org.

A few of the designs pictured in the quilts are little school houses, doves in windows, Brigham City's peaches, spools, bears' paws, yellow hands and 3-D Dahlias. Some of the quilters had the dexterity and the patience to make postage stamp-size, yo-yo and strip quilts.

Both rich and humble fabrics are honored in the exhibition, especially quilts crafted by Florence E. Ware and by Minnie Burton. Ware was a multifaceted Utah artist who worked as a painter, illustrator, costume designer, interior designer and muralist. She was a professor of art at the University of Utah for 25 years. Burton of Parowan designed a little school house quilt from well-worn clothing. The quilt was discovered in the attic of her home by granddaughter Beverly Ford, who lives in Brigham City.

One of the pieces is valued because of the resilience of quilter Elitha Donner, who survived as a child the Donner Party tragedy in 1846-1847 and crafted as an adult with family members a quilt out of old suits and dresses. The Donner party consisted of a group of Americans who set out for California from Illinois in a wagon train in May 1846 and was delayed by mishaps and mistakes. They spent the winter snowbound in the Sierra Nevada Mountains. There were many deaths, including Elitha's father George Donner, leader of the expedition, and third wife Tamsen.

Because many vintage quilts never see the light of day since they are extremely fragile as well as sensitive to light, wear, abrasion, dirt, dust, heat and organisms, the exhibition is a rare occasion to view old fabrics and handwork that have charmed recipients throughout the years.

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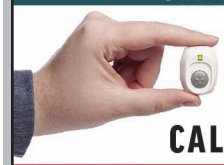
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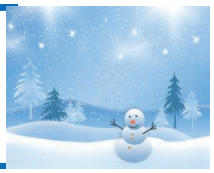
January 2018 Activities

Activity Calendar Subject to Change



Monday	Tuesday	Wednesday	Thursday	Friday
1 **NEW YEARS DAY** Bring on the New Year! **CENTER CLOSED**	2 New Year's Kick Off Lunch 12:00	3 - Senior Swingers 11:30 -Birthday Lunch 12:00 - Integrity Foot Clinic 12:30	4	5
8 **- Elvis' Birthday Karaoke w/Kelly 11:30** - Bingo After Lunch	9 - VA Representative by Appointment - Integrity Foot Clinic 12:30	10 Alzheimer's Support 10:30 - Rocky Mtn Blood Pressure Clinic 10:30 -Lunch sponsored by Myers 12:00	**11** **-Natural History Museum Trip 10:00**	**12** **- AARP Safe Driving Class 8:30**
15 **Martin Luther King Jr's Day** I have a dream... **CENTER CLOSED**	16	17 - Commodities 12:30-3:00 -Caregiver's Comfort Club 6:00	18	**19** - Foot Zoning 11:00 - Global Hat Day **- Wellness w/ Pioneer Care Center 12:30**
22 **- Wendover 7:30** - Bingo After Lunch	23 - VA Representative by Appointment **-Wii Bowling 1:00**	24 - Alzheimer's Support 10:30-12:00 **- Craft Class (After Lunch)**	**25** **- Lunch & Movie Trip 11:30**	26 **27** **- Volunteer Appreciation 6:00** **- Winter Ball 7:00**
29 -Happy Feet 10:00 - Bingo after Lunch	30	**31** **- Soup & Sweatshirt Day**		

Trips & Party Dates!

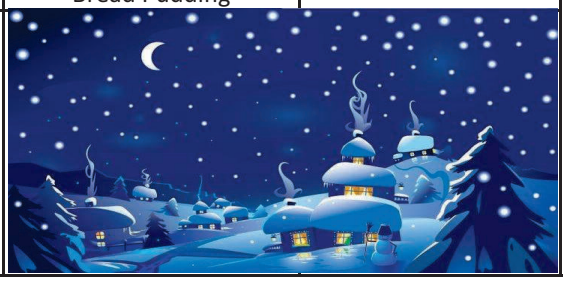
New Year's Day — Monday Jan. 1st **CENTER CLOSED**
Elvis' Birthday Karaoke - Monday Jan. 8th 11:30
Natural History Museum Trip — Thursday Jan. 11th 10:00
AARP Safe Driving Class— Friday Jan. 12th 8:30
Martin Luther King Jr.'s Day — Monday Jan. 15th **CENTER CLOSED**
Wellness w/Pioneer — Friday Jan. 19th 12:30
Wendover — Monday Jan. 22nd 7:30
Wii Bowling—Tues Jan. 23rd 1:00
Craft Class — Wednesday Jan. 24th After Lunch
Lunch & Movie Trip—Thursday Jan. 25th 11:30
Volunteer Appreciation Ceremony — Saturday Jan. 27th 6:15
Winter Ball — Saturday Jan. 27th 7:00

Appointments & Classes

Caregiver's Comfort Club —Wednesday Jan. 17th 6:00
VA Representative
By appointment — Tuesday Jan. 9th & 23rd
Alzheimer's Support Group &
Memory Club —Wednesday Jan. 10th & 24th 10:30
Commodities — Wednesday, Jan. 17th 12:30

What's Cookin? January 2018

~Milk Offered Daily ~Menu subject to change without notice~

Monday	Tuesday	Wednesday	Thursday	Friday
1 NEW YEARS DAY CENTER CLOSED	2 Baked Ravioli w/ Meat Sauce Steamed Broccoli Fruit Cup Wheat Roll Chocolate Chip Cookie	*3* *Birthday Lunch* Chicken Cordon Bleu Au Gratin Potatoes Peas & Pearls Caesar Salad Bread Sticks Cake & Ice Cream	4 Mini Chef Salad Chicken Tortilla Soup Ambrosia Salad Blueberry Muffin Peanut Butter Cookie	5 Biscuits & Sausage Gravy Obrien Potatoes Asparagus Cottage Cheese & Pineapple
8 Baked Flounder Rice Pilaf Spinach w/ Lemon Coleslaw w/ Pineapple Corn Muffin Lemon Bar	9 Pot Roast Shepard's Pie w/ Carrots, Peas & Whipped Potatoes Waldorf Salad Garlic Toast Cranberry Bar	*10* *Myers Day* Swiss Chicken Bake Parslied Potatoes Glazed Carrots Tossed Salad w/ Fruit Breadstick Double Chocolate Cookie	11 Broccoli Cheddar Pasta Salad w/ Grilled Chicken Honey Lime Fruit Salad Dinner Roll Blonde Brownie	12 Belgium Waffles w/ Raspberry Topping Scrambled Eggs Sausage Links Brussel Sprouts Fruit & Yogurt Parfait
15 Martin Luther King Jr Day CENTER CLOSED	16 Sloppy Joes Tator Tots Malibu Blend Veggies Yogurt Fruit Salad Cookie	*17* Chicken Parmesan Spaghetti Noodles Steamed Broccoli Fruited Tossed Salad Cranberry Orange Muffin Brownie	18 Pork Enchiladas Spanish Rice Steamed Veggies Corn & Black Bean Salad Corn Muffin Churro	19 Broccoli & Ham Egg Bake Hash Browns Fruit Cup Blueberry Muffin
22 *Gillies Day* Chicken Alfredo Green Beans Spinach Salad w/ Craisins White Roll Berry Cobbler	23 Pork Chow Mein Steamed Rice Oriental Veggies Chinese Cabbage Salad Banana Muffin Lemon Pudding w/ Pineapple	24 Beef Frito Pie w/ Shaved Lettuce & Tomato Steamed Veggies Honey Lime Fruit Salad Corn Muffin Snickerdoodle	25 Honey Mustard Chicken Scalloped Potatoes Scandinavian Veggies Crunchy Broccoli & Kale Salad Wheat Roll Bread Pudding	26 French Toast Sticks Scrambled Eggs w/ Cheese Crispy Bacon Chilled V8 Fruit Salad
29 BBQ Chicken Roasted Sweet Potatoes Mexicali Corn Coleslaw Wheat Roll Apple Crisp	30 Beef Tips Mashed Potatoes & Gravy Glazed Carrots Green Salad Bread Stick Pudding w/ Berries	31 *Soup & Sweatshirt* Grilled Cheese Sandwich Tomato Bisque Soup Cottage Cheese w/Fruit Hope Royal Cookie		

Special Lunches & Dinners!

New Years Day—Monday January 1st, 2018 **CENTER CLOSED**

Birthday Lunch — Wednesday January 3rd, 2018

Myers Day — Wednesday January 10th, 2018

Martin Luther King Jr. Day— Monday January 15th, 2018 **CENTER CLOSED**

Gillies Day— Monday January 22nd, 2018

Soup and Sweatshirt— Wednesday January 31st, 2018

Prices:

The full cost of the meal is $7.40 for those under age 60 Please pay at the front desk to receive your meal & lunch ticket.

For those 60+, their spouse, or disabled child; or a volunteer, the suggested donation is $3.00

You should "Never Quit Learning".....(Things you may want to know!)

Have you ever forgotten to sign up for tomorrow's lunch and wished there was a way that you could sign up from home? Thanks to technology, you can sign in on your home computer, tablet or phone and register for future lunches.

You must be registered with the Senior Center and have a MySeniorCenter Key Tag to activate your account. Go to http://myactivecenter.com to begin the process. If you share an e-mail address with your significant other, you can add them to your account from the My Account page. If you have any problems, please contact Bonnie for assistance.

435-226-1457

Help us earn money!

Donate Through amazon.com

A simple change to the way that you shop amazon.com can result in great cash donations to the Senior Center through our 501C3 organization Box Elder Golden Spike Senior Services (BEGSSS). The next time you head over to amazon.com to shop, change your address to ***smile.amazon.com***. Your shopping experience will be the same as your usual shopping at amazon.com except the products that you purchase will be marked "Eligible for AmazonSmile donation" on the product detail page. The first time that you go to smile.amazon.com, you will need to select your charitable organization. Where you are asked to "select your charitable organization" select Box Elder Golden Spike Senior Services. There is no extra charge to you to generate this extra revenue. Amazon will donate .5% of your eligible purchases to BEGSSS. BEGSSS in turn uses these monies to support the many programs and activities that happen at the Senior Center.

Questions? See Nancy or Tammy

Smith's INSPIRING DONATIONS

Earn money for us by shopping at Smith's. Before your next shopping trip to Smith's, go online and get yourself enrolled in Smith's Inspiring Donations. This will send a percentage of your purchases into the account that we have established for the Senior Center. So far, we have deposited about $200. Create your account by visiting the website at www.smithsfoodanddrug.com. If you haven't created an account, click on "register". If you already have an account, sign in. Once your account has been created, you will need to add your Smith's Rewards Card to your account. The next step is to make sure that your personal information is correct under the "Accounts Summary" page. Your next step is to click on the "Community" tab on the top of the page and then click on "Inspiring Donations". Enter Box Elder Golden Spike Senior Services under organization name and then click the button next to the name. Click Enroll to complete enrollment. A step by step handout is available from Bonnie at the Front Desk or one of the staff members can assist you. When you receive your receipt after shopping at Smith's, check at the bottom to see your chosen organization! It is that easy!

AARP Smart Driver Class

Cars have changed. So have traffic rules, driving conditions and the roads you travel every day. Some drivers age 50-plus have never looked back since they got their first driver's license, but even the most experienced drivers can benefit from brushing up on their driving skills. The AARP Smart Driver Course is the nation's largest classroom and online driver safety course and is designed especially for drivers age 50 and older. The next class is set for January 12, 2018 from 8:30-12:30. Most insurances offer a discount for completing the course.

Call 435-226-1457 to register.

DRIVER SAFETY
AARP Real Possibilities

January Birthdays

Happy Birthday To You!

Carolyn Abel, Virginia Abrell, Jerald Anderson, Verna Ashton, Birgit Bachmann-Boswell, Jeanette Barber, Jack Bice, Mel Blanchard, Victor Bohman, Lois Bond, Judy Botello, Sandra Bowcutt, Margaret Bowman, Audriene Braegger, Naomi Braegger, Robert Braegger, Merilee Bryner, M.J. Carruth, Ruth Case, Fay Christensen, Donna T. Cook, Sharon Coleman, Guinten Cudney, Bertha Cummins, Holly Dahle, Jessie Dickson, Fraundsie Duncan, Bermadine Earl, Gene Ellis, Verna Ellis, Jill Ewart, Althora Fairbanks, JoAnne Francis, Doris Fuller, Karen Fullmer, Oscar Gamez, Janeen Garrett, Peggy Gibson, Dantzel Gonzales, Joseph Goss, Fred Green, Robert Grenda, George Grippen, Betty Lou Hall, Shirley Hammon, Alida Hannum, Jim Hansen, Wesley Hansen, Joyce Harmon, Linda Harrelson, David Harrison, Marci Haycock, Dennis Hayden, Kathleen Hemphill, Roger Hester, carole Hillman, Boyd Hirschi, Douglas Hobb, Neil Hoesel, Nelda Hollingsworth, Blaine Hunsaker, Harriet Hunsaker, Willie Hunsaker, Bradley Jacobson, Clyde Jarrett, Jill Jensen, Eugene Johnson, Jean Johnson, Jewell Johnson, Richard Johnson, Kevin John, Rodney John, Sheree Jones, Mike Kelley, George Knavel, Janet Koford, Rod Lauritzen, Elaine Law, Kristy Law, Donna Lesh, Gloria Leyva, Jacquelyn Lichfield, Bud Lowe, Rex Lowe, Jim Madsen, Della Marble, Ione MacBass, Jenna McKinney, Nancy McLaughlin, Elaine Merritt, Karl Meyersick, Miles, mary Miles, Betty Morrison, Young Morstadt, James Mullins, Edna Munson, Vickie Nay, Karen Nelson, Ronald Nelson, Randy, Nielsen, Lynn Nielson, Irene Oberholtzer, Richard Orton, Dora Mae Palmer, Steve Peabody, LaRey Peterson, Arlie Pittman, Barbara Poelman, Holly Purdue, Kay Rae, Ora Rathbone, Merle Richan, Carlene Rector, Douglas Reeder, Joyce Reynolds, Ralph Richards, Jr, Nancy Riley, Von Riser, Jack Rogers, Edna Romer, Teresa Sackett, Linda Siddoway, Don Skinner, Karen Smith, Leon Smith, Pat smith, Becky Sparks, Ressa Steed, Jean Stephensen, Marth Stewart, Nancy Sewart, Shirley Summers, Bonnie Taylor, Maria Tena, Marilyn Thedell, Jerome Thornley, Robert Tingey, John Valcare, Kathy Vasquez, Don Visser, Don Visser, Don Watson, Vance West, Karen West, Faye White, Nadine Wight, Ann Williams, Beth T Williams, LuDene Williams, Lynn Wilson, Keith Winn, Nancy Winn, Ira Wood, Kent Yates, Michael Yetter

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Lindee Price Allen, FNP Nurse Practitioner/Family Practice
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"Picture" all of the fun you will enjoy with us! Sign up Now!

Fun

Laughter

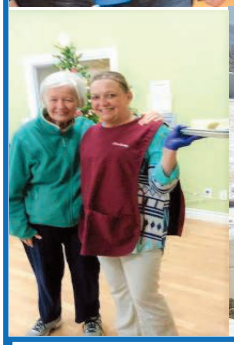
Smiles

Memories

Friendship

Love

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



We love our Seniors, Staff & Friends

Beware the Free Lunch Seminar

Forbes Magazine –Carolyn Rosenblatt 2015-02-02

The Financial Industry Regulatory Authority (FINRA) has issued an alert to all investors. Beware of the "free meal" seminar, no matter where it is or who seems to be presenting it. According to FINRA research, 64 percent of those responding to a survey of people age 40 and over had been invited to an "educational" seminar with a free meal offered. But it is probably not solely about educating you.

FINRA, the SEC and state regulators conducted more than 100 examinations involving free-meal seminars. They found that in half of the cases, the sales materials contained claims that appeared to be exaggerated, misleading or otherwise unwarranted. And fully 13 percent of the seminars appeared to involve fraud. For people age 65 or above, the fraudulent claims and promises are nothing more than elder abuse when the senior falls for it. For every consumer, note these points FINRA wants you to keep in mind before you attend any "investment" or "financial education" seminar, especially with a free meal.

1. Investment seminars are intended to sell you something. Their purpose in not merely educational.

2. Beware of the persuasive effect of a high end venue, an expensive meal and a smooth, well-dressed presenter. These are collectively designed to impress you, but it does not mean that the opportunity being pitched is right for you.

3. Find out who is really sponsoring the event. At times, insurance companies, mutual funds or other companies offering their products are behind the pitch, financing the event and expecting that the speaker, who could be someone you know or recognize, will use the event to drive sales of their products.

Aging investors may not be as sharp as they were in a younger day, due to memory loss or other issues. The early warning signs of memory loss also suggest erosion of financial judgment. That can lead to impulsive purchases and lack of financial judgment about the risks. A savvy investor refuses to be rushed or influenced by the "buy today before it's too late" spiel. Protect your nest egg!

Does What You Eat Make a Difference in Your Blood Pressure?

By Harvard Women's Health Watch, October 2017

High blood pressure, often known as hypertension, is often considered a disease or condition. It can also be a risk factor for heart disease and stroke, and it's a risk factor for cognitive decline and dementia. This is reported by Dr. Natalia Rost, a stroke neurologist at Massachusetts General Hospital and associate professor of neurology at Harvard Medical School.

"Blood pressure measures how hard you blood is pushing against the walls of your arteries as your heart pumps it through your body. Sometimes blood pressure increases temporarily for a good reason, like when you are exercising and your heart pumps more forcefully to get blood to the organs that need it. But if you have persistently high blood pressure, the force can eventually damage your arteries, causing scarring and plaque formation. Ultimately this may set the stage for heart attack or a stroke. In some cases, high blood pressure causes a series of small, silent strokes that inflict progressive damage inside your brain, leading to cognitive decline and dementia."

Symptoms: High blood pressure rarely produces symptoms and is often referred to as the "silent killer". When blood pressure is dangerously high, symptoms such as headaches, blurry vision, or general malaise may appear.

Are you at risk? Men and women over 45 develop high blood pressure at about the same rate but women 65 and older are more likely to develop high blood pressure. If you have a family history of high blood pressure, your chances are higher that you too will develop this. As you age, high blood pressure is more likely. African Americans are at higher risk.

Risk reduction actions you can take:

- Exercise regularly 150 minutes of aerobic activity each week
- Lose weight if you are overweight
- Get adequate rest at night

Focus on Healthy Eating:

- Reduce salt in your diet
- Eat a variety of foods and balanced diet. It is recommended that you include colorful fruits and vegetables, whole grains, fish, poultry lean meats, legumes, nuts, seeds, vegetable oils and healthful dairy products. Limit fatty red meats and processed meats, and sugar-sweetened items.

Want Ads, Cook's Corner & Deaths

Want Advertisements

Let's Do Lunch! One Hour; One Day per Week; One life changed – YOURS!
Looking for Meals on Wheels Drivers Monday—Friday from 11:00-12:00. Especially in need of substitute drivers. This requires less commitment . Please call Tammy 435-226-1454

In Need Of Commodity Delivery Drivers. Deliver a box of groceries to each person on delivery route once a month on the third Wednesday. Delivery can begin anytime after 12:30.p.m. Routes will be 10 people or less. Talk to Tammy 435-226-1454

Wanted: Volunteers to help with Service project. Cutting, sewing and packaging pillowcases. Talk to Vickie 435-226-1455

Wanted: Friendly Visitors and Phone Friends: Do you enjoy visiting with people and have time to spare in your day? We have many homebound senior citizens that would welcome an occasional phone call or a visit. Please talk to Vickie for more information. A background check and volunteer packet is required. You set your own hours!

Free or Low-Cost Health Screenings for women ages 40-64 through the Bear River Health Department. Screenings may include:

- Mammogram
- Clinical Breast Exam
- Pap Test
- Blood Pressure
- Cholesterol
- Blood Sugar

A Health Coach will work with you to set personal wellness goals. It's easy to qualify. Call 1-800-717-1811 today.

Cook's Corner

Happy New Year! One of the goals I have set is to try new recipes for my family and this is one we loved! I hope you enjoy it also. Remember, if there is a special recipe that you would like to see, email me at **lward@brighamcity.utah.gov**

Crockpot Chicken and Mushrooms

1 1/2 Lbs. Chicken breast	1 Tsp Garlic Powder
2 TBS olive oil	1 1/2 cup Chicken Broth
16 oz sliced Mushrooms	2 TBS Cornstarch
1 Medium onion, Diced	Salt and Pepper to Taste

In a medium skillet Sauté onions in olive oil just until tender.
Place chicken, sautéed onions, and mushrooms in crockpot. Sprinkle garlic powder over everything along with salt and pepper. Pour over Chicken Broth.
Cook on low for 4 hours. Remove Chicken and add cornstarch to broth, stir together and let cook for 20 minutes. Add the chicken back in.
Serve over rice or pasta. Enjoy!

~Gone But Not Forgotten~ Death Announcements

Dale Delmar Pincombe, 72, passed away 11/6/17
Terry Reed Pacheco, 51, passed away 11/3/17
Lenora Harrop Lemon, 90, passed away 11/4/17
Alan Rex Baron, 26, passed away 11/17
Marleen Thurgood Herbert passed away 10/31/17
Shannon Mills Fredrickson O'Neal, 65, passed away 11/1/17
VaLoy Loveland, 88 passed away 11/1/17
Wesley Barlow, 85, passed away 10/25/17
Michael D. Hauenstein passed away 11/6/17
Robert Lee Allen, 90, passed away11/8/17
Dennis McBride, 74, passed away 11/8/17
Janet Bosley, 70, passed away 11/15/17
Todd Burt, 52, passed away 10/6/17
Colleen Fairless Farnsworth, 83, passed away 11/19/17
Evelyn Andersen, 95, passed away 11/16/17
Dorothy "Dot" Harrop Slama, 86, passed away 11/17/17
Kimiye Aoki passed away 11/21/17
Vee Nard Allen, 86, passed away 11/22/17
Kimiye Aoki, 95, passed away 11/21/17
Albert S. Thorson "Curley", 87, passed away 11/25/17
Fred L. Cowley, 85, passed away 11/22/17
Pauleen Guthmann Dolling, 74, passed away 11/27/17
Glenna Marie Parkin Merrill, 96, passed away 11/26/17
JoAnn Lyons, 81, passed away 11/30/17
Gary N. Frost, 65, passed away 12/3/17
Tyler Jay Shuler passed away 12/2/17
Margie Beckstead, 82, passed away 12/1/17
Donald K. Ross, 82, passed away 11/28/17
Roger L. Jensen, 83, passed away 12/1/17

Special Senior Information

Alzheimer's Support Group & Memory Club

Our Support group is sponsored by the Alzheimer's Association. The Club is a socialization group for those with memory problems and their caregivers. Both groups meet together for 30 minutes, then split with caregivers retiring to the lounge. This month we will meet on Wednesday, January 10 & 24, 2018 at 10:30 a.m. Please RSVP if you plan to stay for lunch.

Caregiver's Comfort Club

Caregiver's meets on the 3rd Wednesday of the month. Join us on January 17, 2018, at 6:00 pm for a light meal and an educational discussion. Northern Utah Rehabilitation Hospital will present Tips on Rehabilitation. Please RSVP to Vickie, 435-226-1455.

VA Benefit Appointments

Larry Dawson will be here to assist you with all of your benefit needs on January 9 & 23, 2018. For appt. call Deborah 435-713-1462.

Lower Your Medicare Costs

Prescription Drug Costs!

If your monthly income is not more than $1,508 for singles ($2,030 for couples) and your assets are not more than $13,820 for singles ($27,600 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. Vickie, Gary and Nancy, our Senior Health Insurance Information Program (SHIP) counselors, will be happy to help you with your needs. Please call the Center at 435-226-1450 for an appointment for free assistance applying for extra help. Staff members are also available to help with other Medicare or health insurance needs.

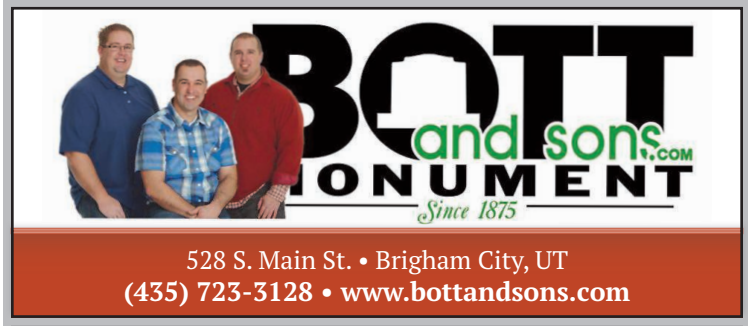
Extend your Grocery Budget

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

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

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

This month's pick-up/ delivery date is
January 17, 2018
12:30-3:00
Call Lindsay at:
435-226-1452 for more information.



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What's Happening Daily at the Center?

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

Silver Sneakers M-F as follows:

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

Pickleball M-F as follows:

- M,T,W,F 7:30-8:45 a.m. & 10:00 -11:00 a.m.

WEEKLY (by Day of the Week)
Bunka M 9:00 a.m.
BINGO M after lunch
Line Dancing M/W 1:30 p.m.
Yoga T and F 1:30 p.m.
Watercolor T 10:00 a.m.
Advanced Spanish T 10:00 a.m.
Beginning Spanish Th 10:00 a.m.
Sit & Be Fit M/W/F 10:00 a.m.
Pinochle TH 12:30 p.m.
Oil Painting TH 9:30 a.m.
Ceramics F 10:00-12:00 p.m.

~Things we need you to know~

Recycling
The Senior Center no longer recycles newspaper but still do aluminum. See a staff member for questions.

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

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

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

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

One Way Passage
Please take note that the roadway between the North and East Parking lot is ***ONE WAY ONLY.*** We have had so many "near misses" with people driving from the east to the north that we are trying everything we can to remind people. For your safety and the safety of our seniors….please obey the signs!

Yearly mailed newsletter subscriptions are $8.50. Get yours now! See Tammy or Bonnie

Property Tax—Abatement, Deferral & Exemption Programs for Individuals:
Do you have questions about your property tax and whether or not there are any programs to help? Pick up an application at the front desk.

ADA Rules for Service Animals

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

* Is your dog a registered Service Animal?

* What "task" does your Service Animal provide?

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

Take all of your un-used or out of date prescriptions to the Brigham City Police Department.

20 North Main, Ste. B Brigham City, UT 84302

They will dispose of them properly.

Marge's Meanderings –DOORS AND GOALS

Which is faster: (1) The time it takes to open a door or (2) The time it takes to give up a Goal you have just set? There it is again, the word Goal, and the New Year just started. If you set a number of goals for the New Year and have already given up on some, you are not alone. The scientific fact is that Goals are broken in less time than it takes to set them! Now don't be discouraged. This is not to say that a person should never set Goals. That would be quite fool hardy, like standing in front of a door and never opening it. What kind of progress would there be in life, if we never opened doors. Doors are interesting. They open. They close. The doors we open and close each day decide the lives we live. The New Year is a great time to start to think about doors that you want to open in your life. Maybe it is a door to learning, or a door to a place where you have never been, or a door to better health, or a door to a better relationship with someone, or a door to do anything on your "bucket list". Actually, I don't want to open any "bucket door". Why should a person do anything because they are "going to kick the bucket?" Why not do something because it is something you want to do. However, "wanting" to do something is very different from "planning" to do something. I like the old adage, "If you fail to plan, you plan to fail." Just ask my husband. Every time I say, I've been thinking, or I've been planning something, I can feel him start to sweat and think, "Oh, Oh, what am I in for now!" He knows my head is always full and floating with "Ideas" or "Plans." Just ask him.

I heard once that you should write down the things you want to accomplish in a year, then in five years, then in ten years, etc. etc. etc. Actually, some of us don't have that many etcs. left. Sometimes 5 minutes is long term planning, especially in a crisis. Actually I do make a list every day, a very long list, of everything that I plan to accomplish that day. Then that night I can check all the things off on that list that I accomplished during the day. It is like a Goal setting list. I go along during the day and try to remain "flexible". Actually some days I am so "flexible" that I hardly accomplish anything on the list, so I make a list of all the things I did that day and put a check by them. Works for me. It makes me feel so much better. Maybe I am standing in front of my "Flexible" door.

Sometimes it just makes me feel good to give up on a Goal. Once I set the same goal over and over again every year...practice 5 minutes a day at the piano. Just five minutes, that's all and then I could play beautiful music. How many days did it take me to break that Goal? One! After about 5 years, I finally realized that I wasn't going to play beautiful music except on my radio. So I quit beating myself up with that heavy piano and decided to think about things that I really wanted to do and that I was really good at.

There was a farmer who was a particularly successful farmer. He was proud of his work, and he always had straight, long rows with beautiful crops. This farmer had a son who was of the age that he should learn to do the farm work. So his father took him out into the fields to teach him how to plow the rows. He put him on the tractor and told him to plow straight, long furrows. The way to do this, he said, was to set your sight on something on the opposite side of the fields, and with this goal constantly in mind, to steer straight toward it, not veering to one side or the other.

The farmer went into the house to enjoy an hour's rest, then came out later to check his son's work. To his dismay, the field was full of crooked rows. He stormed over to the tractor to find out what was the reason for this foolishness. The son's explanation: "Well, dad, I did just what you said. I sighted in on something on the opposite side of the field, and I headed straight for it, and I never veered to one side or the other."

"Then why are the rows going every which way?"

"Well, the doggone cow kept moving!"

I hope you didn't think you were going to find out how to be a successful "goal setter" in this column. I will leave that up to some of the well paid "motivational speakers". Remember in the New Year to write down a few things you would like to accomplish. Have fun. Be flexible. And every day just be a little better than you were the day before. Don't forget to write a few sentences on your "Life History" every day.

Right now I am going to find a door to walk through, find a friend, and go out to lunch.

What to Pack When You Need to Get Out

A 72 hour kit or "go Bag" can make all the difference in an emergency. Although we aren't likely to be impacted by major flooding, hurricanes or tornadoes, disasters can take the shape of chemical spills, gas leaks or even an earthquake.

These bags are a packed case that you grab on your way out the door. The hope is that the contents will help keep you safe and comfortable in the coming hours and days. Having to stop and hunt for your medications or other important needs can cost you critical seconds in an evacuation. Pack a separate go bag for each member of the family, including your pets, and keep them in the same location. Rolling suitcases are the choice of many while others prefer a simple backpack.

What do you need to place in these bags?

- Personal Needs –travel size versions of the toiletries that you use every day. Back up eyeglasses, a first aid kit, baby wipes and a multipurpose tool with a knife and can opener.
- Basic electronics –An extra phone charger and a portable battery pack; LED flashlight with extra batteries, and a radio –hand cranked or battery operated –again extra batteries!
- Clothing –Pack a few days worth. Include different layers that you can add or remove, plus lightweight rain gear.
- Your Meds –Pack at least three days worth of your prescriptions. If you need oxygen, make sure that you have a portable version.
- Paperwork –Utilize a sipper top plastic bag to hold photocopies of such documents as your birth certificate; driver's license; Social Security and Medicare Cards; powers of attorney and wills; medical and immunization records and information about your credit and ATM cards.
- Food and Drink –Bottled water is a necessity. Many options are available for protein bars that can satisfy finicky appetites and work around food allergies.
- Cash –In addition to enough money for a few days, include small bills and a roll of quarters. This makes everything easier if you need to buy something out of a vending machine or do a load of laundry at a laundromat.

Make it a goal this year to be more prepared in case of emergency. Buy extra water and supplies every time that you shop until you have the needed supply. We hope to never have to put these bags into use, but it is a bit of peace of mind if tragedy does strike.

Senior Center Emergencies

Falls and medical emergencies are a frequent occurrence at the Senior Center. Below are a few guidelines for participants at the Center and also for those that may be experiencing the emergency.

- As a staff, our policy is to immediately call 911. The paramedics can assess the situation better than we can and transport the client to the Emergency Room if necessary.
- Please remain calm and follow the instructions given by the staff and the EMS team.
- It is our goal to provide our clients with as much privacy as possible when an incident occurs. This is why we may ask you to step back or to return to your seat. We appreciate your care and concern but few of us would want people staring at us in a time of distress.
- Assistance to move tables and chairs out of the way and to clear the way for the ambulance is always appreciated.
- Please refrain from gossiping about the incident -ask the staff for an update.

We are so grateful for the quick response of our EMS team when there is an incident. The care and concern that the paramedics, EMT's, Firemen and police offices express helps to calm us all.

You're getting a new Medicare card!

Cards will be mailed between April 2018 –April 2019

You asked and we listened. You're getting a new Medicare card! We'll be removing Social Security numbers from Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity.

You'll get a new Medicare number that is unique to you, and it will only be used for Medicare coverage. This won't change your coverage or benefits.

Please make sure that Social Security has your current, correct mailing address.

Beware of anyone that contacts your about your new card. We will NEVER ask for personal or private information to get your card. Everyone will get their cards at different times.

Upcoming Events & Travel

Elvis Karaoke

Date: Monday, Jan. 8, 2018 Time: 11:30 a.m.

Join us for another fun time for Karaoke with Kelly Warren!

Natural History Museum

Date: January 11, 2018 Time: 10:00 a.m.

Cost: $15.00

Lunch: Dutch

The Natural History Museum has so much to offer, you are sure to find something that sparks your particular interest. Join us as we enjoy the warm beautiful environment of the museum and get lost in the exhibits! Well, not literally. We will enjoy a Dutch lunch in the area.

Global Hat Day

Date: Friday, Jan. 19, 2018 Time: 11:30 a.m.

Global! Now that is big! Wear your hat and be part of a global movement! We will have prizes for hats of all kinds, heck we might even do a hat dance, pass around the hat, draw out of the hat, the options are endless!

Wellness with Pioneer Care Center

Date: January 19, 2018,Time: 12:30

Sponsored by Pioneer Care Center

Come and learn another valuable wellness technique to benefit your wellness with Aubrey from Pioneer Care Center.

Wendover

Date: January 22, 2018 Time: 7:30 a.m.

Cost: $20.00

Start the year off with a fun trip to Wendover. This is a fun day to get out of the house and enjoy a day out. A luxury coach ride , bingo, prizes, fun people and of course all the perks with a free buffet lunch or $5 towards food from the restaurant, free Starbucks, free cocktail, lucky bucks, five dollars cash and discounts at the gift shop. Wow! Sign up early seats are reserved.

Wii Bowling

Date: Tuesday Jan. 23, 2018 Time: 1:00 p.m.

Join us for another fun event as we bowl. Perfect your skill or learn how to play! All skill levels welcome!

Craft Class

Date: Tuesday Jan. 24, 2018 Time: 1:00 p.m.

Cost: $10

Take advantage of the opportunity to come in from the cold and create a fun craft. Exercise your creativity and enjoy the company of others. Project example and sign up sheet displayed on craft room board.

FUN! FUN! FUN!

Lunch and Movie Forever My Girl

Date: January 25, 2018,Time: 11:30

Cost $12.00

Lunch: Dutch

Join us for a fun outing for lunch and a movie. We will travel to the Junction in Ogden where we will have many choices for lunch and then enjoy the movie.

Forever My Girl: Tells the story of country music super-star Liam Page (Alex Roe) who left his bride, Josie (Jessica Rothe), at the altar choosing fame and fortune instead. However, Liam never got over Josie, his one true love, nor did he ever forget his Southern roots in the small community where he was born and raised. When he unexpectedly returns to his hometown for the funeral of his high school best friend, Liam is suddenly faced with the consequences of all that he left behind.

Volunteer Appreciation

Academy Conference Center

Date: Saturday, Jan. 27, 2018 Time: 6:00 p.m.

We will be honoring all of our volunteers that make the Senior Center so successful. Awards and Desserts will be given. If you are a volunteer for the Senior Center, please RSVP 435-226-1457 by January 19, 2018.

Winter Ball

Academy Conference Center

Date: Saturday, Jan. 27, 2018 Time: 7:00 p.m.

Cost: Single $20 Couple $30

Bring a date and come and dance the night away. This is a black tie/best dress event and children are not allowed at this event.

Soup and Sweatshirt Day

Date: Wednesday, Jan. 31, 2018

This annual event gives you the opportunity to dig out your favorite sweat shirt and come show it off as you enjoy the warmth of your sweatshirt on the outside and the soup will warm you from the inside. Prizes will be awarded for creative categories such as prettiest, oldest, most travelled, etc.

Sneak Peek At February

Hardware Ranch
Valentines Dance
Date for the Day
Not so Newlywed Game

UPCOMING CONTEST

NAME OUR NEW SUBARU

Beginning January 2nd we will start our contest to give our new Subaru a name.
If you think you have the perfect name, come to the Senior Center and fill out a contest form.
The winner will receive a basket full of Subaru Goodies.
We will announce the winning name on January 27th, 2018

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

BUS BUSINESS

Attention Bus Passengers:
Days of Operation: Monday, Wednesday, Friday
Suggested Donation: $2.00

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

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

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