

# Spanish Fork Senior Center

*"Surround Yourself With People Who Care"*

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SPANISH FORK SENIOR CENTER

## July 2019 Senior Citizens Newsletter

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WHO MAKE THIS NEWSLETTER POSSIBLE

PREPARED BY 'PEOPLE WHO CARE'

**We hope you enjoyed your 4th of July and took the time to appreciate those who have helped make this the best country in the world**

**The Board of Directors and Center Staff wish you all a safe summer and look forward to you joining us in a few activities going on even though we are closed.**

**Contact Verna Jo at 801 592-0048 for more details and to sign up for these opportunities:**

**July 18 a trip to Eureka**

**Aug 2 is the Salmon Festival Dinner at the Payson Senior Center.**

**And if you have suggestions for activities/trips, contact Verna Jo with your ideas.**

*Freedom*

### BOARD OF DIRECTORS

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**There will be a July and August Newsletter available in a box by the front door. July N/L should be available by July 8th and August should be available by August 6th . If the box is empty or low, please call Roy 385 224 2390 or Verna 801 592 0048, and we will put out some more.**

**We will reopen Aug 12 Monday for a meal. Membership renewal will begin the week of the 19th and you must be a paid member to participate in the membership meal on Friday Sept 6. Don't wait til Friday Sept 6 to renew! We need your reservations for this meal by Aug 29th. So make sure you get your membership renewal done and your reservation in for the membership meal.**

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An elderly Floridian called 911 on her cell phone to report that her car has been broken into. She is hysterical as she explains her situation to the dispatcher: "They've stolen the stereo, the steering wheel, the brake pedal and even the accelerator!" she cried.

The dispatcher said, "Stay calm. An officer is on the way."

A few minutes later, the officer radios in. "Disregard." He says. "She got in the back-seat by mistake."

**We are also looking for some help—We need another person to help take pictures during the renewal process. Contact Roy 385 224-2390, or Dan 801 602-1591 if you can make some time to help.**

*We have a young lady ( Eliza, 10 years old) who is looking for ways to serve seniors in our community. Ways to interact and learn from each other. She would love to do puzzles with people or just visit for a short period of time. Or just stop by and say Hi and offer her services. Are you up for a new opportunity? Are you adventurist enough to spend a little time with this ambitious young lady to try this new interaction, and bring the young and the old together? Contact Roy at 385 224 2390 if you are willing to give this a try and I will put you in touch with her. You could even give me a little write up after your encounter on what you thought.*

The U.S. Department of Health and Human Services Office of Inspector General is alerting the public about a fraud scheme involving genetic testing.

Scammers are offering Medicare beneficiaries cheek swabs for genetic testing to obtain their Medicare information for identity theft or fraudulent billing purposes. Fraudsters are targeting beneficiaries through telemarketing calls, booths at public events, health fairs, and door-to-door visits.

If a beneficiary agrees to genetic testing or verifies personal or Medicare information, a testing kit is sent even if it is not ordered by a physician or medically necessary.

**Protect Yourself** If a genetic testing kit is mailed to you, don't accept it unless it was ordered by your physician. Refuse the delivery or return it to the sender.

Keep a record of the sender's name and the date you returned the items. Be suspicious of anyone who offers you free genetic testing and then requests your Medicare number. If your personal information is compromised, it may be used in other fraud schemes.

A physician that you know and trust should approve any requests for genetic testing. Medicare beneficiaries should be cautious of unsolicited requests for their Medicare numbers. If anyone other than your physician's office requests your Medicare information, do not provide it.

Be careful who you trust. The devil was once an angel.



I finally get the collar off and threw, yes, I threw that inhumane thing across the yard, and lay in the grass sucking in the cool morning air. In the middle of thinking this is probably the dumbest thing I've done in a while, I hear laughter.



Thought everyone could use a great laugh today!

“RMKPU UPIT DI,,RT NTRSL”  
For you typists out there that is  
‘ENJOY YOUR SUMMER BREAK”

With your fingers off one key to the right—yaa check it out

Can you find all 5  
Y's hidden in this Image?

R2 C9  
R5 C 25  
R8 C3  
R9 C19  
R11 C6

## The Spanish Fork Fairy Dancers Thanks for being such good Sports



L to R Phillip Whitehead, David Harris,  
Jerry Hansen, Roy Anderson

To live on in infamy. For another laugh, remember our 'talent show' 5/10/2019 on youtube.

Enjoy it over and over and over again

[https://www.youtube.com/watch?v=2qg0-cKu\\_Kg](https://www.youtube.com/watch?v=2qg0-cKu_Kg)

We also have it on a cd at the center and we can play it as often as you want.

For those who snarl their lip—It takes a REAL MAN to act silly at times to entertain friends. Why didn't YOU volunteer for this opportunity?

There's always next time.

Birthdays for July: # = >90	RaNae Dove	Marti Morgan	Patricia Swan
Kathy Barbour	Jackie Hawkins	Ruth Ann Nielsen	De Ann Tafoya
Stevie Boone	Mel Hudman	Clarice Nyman	Joyce Tanner #
Velma Boswell	Clairen Jackson #	Kaye Poulsen	
Shirlene Brown	Cheryl Jensen	Cesar Sanchez	
Karen Charlesworth	Richard Johnson	Cindy Schauerhamer	
Kathryn Christensen	Caroline Ludlow #	Barbara Slavens	

#### ANNIVERSARIES - July

Dan & Nancy Bachler 48yrs

Ron & Marilyn Brown 59yrs

Keith & Mildred Graham 64 yrs

Jerry & Diane Hansen 62yrs

Roy & Coleen Johns 63yrs

Are you interested in articles about food and nutrition—Let me know what you think—yes/no

Yes, you can eat your favorite foods without blowing up your diet—or your waistline.

What do hamburgers, sub sandwiches, and burritos all have in common? If you answered, “They’re delicious,” you’d be right. But these popular fast food items are also all heavy in carbohydrates.

And while one meal isn’t going to make or break your diet, sometimes doctor’s orders or your current health goals just don’t mix well with high-carb convenience food.

That doesn’t mean the drive-thru is totally off-limits.

There are low-carb menu items available at almost every major food chain, says Lindsey Pine, R.D. The trick is knowing where to look and what swaps to request.

Where to look refers to both your restaurant selection and to seeking out nutrition information online, since most chains only list the calorie counts in store.

“National fast food and quick service chains all have their complete nutrition info available online, so I recommend taking a look ahead of time if you can,” Pine says. “That way, you’ll be prepared and know exactly what to order.”

Also, don’t be afraid to request adjustments. Most sandwiches or burgers can be served wrapped in or on top of lettuce, and almost all burrito places offer a salad or “bowl” option to bring the carb count way down.

If you’d rather skip the research and refer to a cheat sheet, we’ve got you covered. Here’s what registered dietitians recommend for low-carb eaters at a variety of fast food chains.

The list below mentions specific menu items from a restaurant, but you can use it to guide your order at similar chains as well.

**What to Order at Chick-fil-A:** Grilled Nuggets with a Superfood Side Chicken nuggets are often breaded and fried, but Chick-fil-A offers a lower-carb grilled option, says Shamera Robinson, M.P.H., R.D.N.

“Try ordering the grilled nuggets with a kale and broccolini side salad,” she suggests. “Skipping the classic chicken sandwich combo in favor of this lower-carb meal can save you up to 70 grams of carbs.”

Robinson also suggests skipping—or minimally using—the dressing on your superfood salad to cut back on carbs from sugar.

**Nutrition per 6 Grilled Nuggets:** 110 calories, 2.5 grams fat (1 gram saturated fat), 330 milligrams sodium, 2 grams carbohydrates, 0 grams fiber, 0 grams sugar, 19 grams protein

**Nutrition per large Superfood Side with dressing:** 180 calories, 9 grams fat (1 gram saturated fat), 220 milligrams sodium, 24 grams carbohydrates, 3 grams fiber, 17 grams sugar, 4 grams protein.

If you’d like more of this type of information—let me know.

Planning to travel abroad this summer? Before you go, remember that Medicare usually **does not** cover health care services or supplies while you're traveling outside the United States. There are some exceptions and you should check with Medicare before you make travel plans. It doesn't mean you have to travel abroad without health coverage. **Here are 3 ways you can get health coverage outside the U.S.:**

If you have a Medicare Supplement Insurance (Medigap) policy, **check your policy** to see if it includes coverage when traveling outside the U.S.



1. If you have Medicare Advantage or another Medicare health plan (instead of Original Medicare), check with your plan to see if they offer coverage outside the U.S.
2. Consider buying a travel insurance policy that includes health coverage.

Safe travels!



## **Ain't technology great - well in some cases**

Checks are pretty much going by the wayside. Other options are taking over - often called 'Digital Wallets'. Over 50% of Americans have used a digital wallet in the past year. The two most common systems right now are Venmo and Zelle. Moving money between people is so easy and really very safe. Both use state-of-the-art tools and encryption to keep your data, and cash transfers secure. The drawback? Consumers generally spend more money overall with digital wallet than they do with credit cards, debit cards, or cash.

Here are the differences between the two.

Venmo operates through the Venmo app you download to your mobile device. Transferring is easiest if both parties are on the app. You can 'request' or 'pay other users and add a note or emoji as the transaction description. You can also send money to family and friends in the US using their cellphone number or email. Then you 'cash out' the money that friends have paid into your Venmo account, it typically takes 1-3 business days to receive your dough. Bank transfers and debit card payments are free. Credit card transactions charge 3%

Zelle operates through apps of participating banks and credit unions - just ask them. It does have some glitches in getting it set up. Zelle users who have accounts at a participating bank can send money to anyone for whom they have a cellphone number or email address. Recipients who don't bank with Zelle partners can claim their money by signing up at [clearxchange.com](http://clearxchange.com). You get your money in minutes (except for the first time; it can take 1-3 business days after registration to receive your first payment. Partner banks have the right to charge a fee for the service, but so far none have done so.



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An old man lived in the village. He was one of the most unfortunate people in the world. The whole village was tired of him; he was always gloomy, he constantly complained and was always in a bad mood.

The longer he lived, the more bile he was becoming and the more poisonous were his words. People avoided him, because his misfortune became contagious. It was even unnatural and insulting to be happy next to him.

He created the feeling of unhappiness in others.

But one day, when he turned eighty years old, an incredible thing happened. Instantly everyone started hearing the rumour:

***“An Old Man is happy today, he doesn’t complain about anything, smiles, and even his face is freshened up.”***

The whole village gathered together. The old man was asked: **Villager:** What happened to you?

**“Nothing special. Eighty years I’ve been chasing happiness, and it was useless. And then I decided to live without happiness and just enjoy life. That’s why I’m happy now.” – An Old Man**

Moral of the story: Don’t chase happiness. Enjoy your life.



## Get active with easy exercise at home

Even a little effort at exercise will make you feel better.

Squats are easy to do whenever you have a few spare moments. To start, stand with your feet apart, parallel with your hips. Then, bend your knees to a 90-degree angle, making sure your butt stays level and pushed out behind you. Stand back up, then repeat. It's important not to overdo squats, which will work the muscles in your calves, thighs, and butt. Remember, exercise shouldn't hurt you. If you're experiencing anything more than a tiny bit of discomfort, consult your doctor before continuing with your regime. Squats should not be done daily; the legs need to recover before training them again. Two workouts



per week with rest days in between develops strength and endurance without overstraining and risking injury. Suggest 8-12 squats per set and 5 sets per day twice a week. **Try it you might like it**

## Activities, events, etc

If you are aware of any special activities or trips, exhibitions, tours, events going on, please let Roy know so we can get it in the newsletter for everyone to be aware of. If you think of something that might be of interest to the other members, talk with Verna or a Board Member to see if we can make that happen and let the other members know.

The center is closed for the Summer and will reopen Monday, Aug 12 for our congregate meal. Looking forward to seeing everyone again. Our regularly scheduled activity schedule will resume. The activity schedule will be posted in the next newsletter (August). It will be available at the front door of the center in a box around Aug 6th. Feel free to stop by and take one. Board members are asked to take their normal distribution to local businesses.

**A recent study has found that women who carry a little extra weight live longer than the men who mention it.**

People have been coming to the wise man, complaining about the same problems every time. One day he told them a joke and everyone roared in laughter. After a couple of minutes, he told them the same joke and only a few of them smiled.

When he told the same joke for the third time no one laughed anymore. **The wise man smiled and said: “You can’t laugh at the same joke over and over. So why are you always crying about the same problem?”**

Moral of the story: Worrying won’t solve your problems, it’ll just waste your time and energy.

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An old man lived in the village. He was on of the most unfortunate people in the world. The whole village was tired of him; he was always gloomy, he constantly complained and always in a bad mood. The longer he lived, the more bile he was becoming and the more poisonous were his words. People avoided him, because his misfortune became contagious. It was even unnatural and insulting to be happy next to him. He created the feeling of unhappiness in others. But, one day, when he turned eighty years old, an incredible thing happened. Instantly everyone started hearing the rumor: “An Old Man is Happy Today, He doesn’t complain about anything, smiles, and even his face is freshened up” The whole village gathered together. The old man was asked: What happened to you? “Nothing special. Eighty years I’ve been chasing happiness, and it was useless. And then I decided to live without happiness and just enjoy life.”

\_Moral of the story: Don’t chase happiness. Just enjoy your life.

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Two friends were walking through the desert. During some point of the journey they had an argument, and one friend slapped the other one in the face. The one who go slapped was hurt, but without saying anything, wrote in the sand: Today my best friend slapped me in the face. They kept on walking until they found an oasis, where they decided to take a bath. The one who had been slapped got stuck in the mire and started drowning, but the friend saved him. After he recovered from the drowning, he wrote on a stone; Today my best friend saved my life. The friend who had slapped and saved his best friend asked him; After I hurt you, you wrote in the sand and now, you write on a stone, why?

‘When someone hurts us we should write it down in sand where winds of forgiveness can erase it away. But when someone does something good for us, we must engrave I in stone where no wind can ever erase it.

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The following short story is an adapted version by author Frances Jenkins Olcott in her book Good Stories for Great Holidays (1914). It is a story about a young girl whose courage saves several patriot families and protects an important fort in the Revolutionary War.

## The Story

In the autumn of 1777 the English decided to attack Fort Henry, at Wheeling, in northwestern Virginia. This was an important border fort named in honor of Patrick Henry, and around which had grown up a small village of about twenty-five log houses.

A band of Indians, under the leadership of one Simon Girty, was supplied by the English with muskets and ammunition, and sent against the fort. This Girty was a white man, who, when a boy, had been captured by Indians, and brought up by them. He had joined their tribes, and was a ferocious and bloodthirsty leader of savage bands.

When the settlers at Wheeling heard that Simon Girty and his Indians were advancing on the town, they left their homes and hastened into the fort. Scarcely had they done so when the savages made their appearance.

The defenders of the fort knew that a desperate fight must now take place, and there seemed little probability that they would be able to hold out against their assailants. They had only forty- two fighting men, including old men and boys, while the Indian force numbered about five hundred.

What was worse they had but a small amount of gunpowder. A keg containing the main supply had been left by accident in one of the village houses. This misfortune, as you will soon see, brought about the brave action of a young girl.

After several encounters with the savages, which took place in the village, the defenders withdrew to the fort. Then a number of Indians advanced with loud yells, firing as they came. The fire was returned by the defenders, each of whom had picked out his man, and taken deadly aim. Most of the attacking party were killed, and the whole body of Indians fell back into the near-by woods, and there awaited a more favorable opportunity to renew hostilities.

The men in the fort now discovered, to their great dismay, that their gunpowder was nearly gone. What was to be done? Unless they could get another supply, they would not be able to hold the fort, and they and their women and children would either be massacred or carried into captivity.

Colonel Shepherd, who was in command, explained to the settlers exactly how matters stood. He also told them of the forgotten keg of powder which was in a house standing about sixty yards from the gate of the fort.

It was plain to all that if any man should attempt to procure the keg, he would almost surely be shot by the lurking Indians. In spite of this three or four young men volunteered to go on the dangerous mission.

Colonel Shepherd replied that he could not spare three or four strong men, as there were already too few for the defense. Only one man should make the attempt and they might decide who was to go. This caused a dispute.

Just then a young girl stepped forward and said that she was ready to go. Her name was Elizabeth Zane, and she had just returned from a boarding-school in Philadelphia. This made her brave offer all the more remarkable, since she had not been bred up to the fearless life of the border.

At first the men would not hear of her running such a risk. She was told that it meant certain death. But she urged that they could not spare a man from the defense, and that the loss of one girl would not be an important matter. So after some discussion the settlers agreed that she should go for the powder.

The house, as has already been stated, stood about sixty yards from the fort, and Elizabeth hoped to run thither and bring back the powder in a few minutes. The gate was opened, and she passed through, running like a deer.

A few straggling Indians were dodging about the log houses of the town; they saw the fleeing girl, but for some reason they did not fire upon her. They may have supposed that she was returning to her home to rescue her clothes. Possibly they thought it a waste of good ammunition to fire at a woman, when they were so sure of taking the fort before long. So they looked on quietly while, with flying skirts, Elizabeth ran across the open, and entered the house.

She found the keg of powder, which was not large. She lifted it with both arms, and, holding the precious burden close to her breast, she darted out of the house and ran in the direction of the fort.

When the Indians saw what she was carrying they uttered fierce yells and fired. The bullets fell like hail about her, but not one so much as touched her garments. With the keg hugged to her bosom, she ran on, and reached the fort in safety. The gate closed upon her just as the bullets of the Indians buried themselves in its thick panels.

The rescued gunpowder enabled the little garrison to hold out until help arrived from the other settlements near Wheeling. And Girty, seeing that there were no further hopes of taking Fort Henry, withdrew his band.

Thus a weak but brave girl was the means of saving strong men with their wives and children. It was a heroic act, and Americans should never forget to honor the name of Elizabeth Zane.

**An elderly Floridian called 911 on her cell phone to report that her car has been broken into. She is hysterical as she explains her situation to the dispatcher: "They've stolen the stereo, the steering wheel, the brake pedal and even the accelerator!" she cried.**

**The dispatcher said, "Stay calm. An officer is on the way."**

**A few minutes later, the officer radios in. "Disregard." He says. "She got in the back-seat by mistake."**



Just because I like eagles