

**March 2022**

Program Director: Gena Bertelsen  
 801-229-7110

**Newsletter Highlights**

**Scams!**

**2 Talent Shares Left to be nominated for a Grammy!**

**Ensure Program Ends**

**Orem Fitness Center**

Phone ..... 801-229-7154

**Connect With Us!!**



Orem Senior Friendship Center

**Members**

are cordially invited to attend

***The Grammy's***

**Friday, March 25, 2022**

Orem Senior Friendship Center

93 N 400 E Orem, UT

***This is a Red Carpet Event.***

*We invite you to wear your fanciest attire, walk the red carpet and be prepared for pictures with the paparazzi.*

**Red Carpet Stroll 10 AM**  
**Hors d'oeuvres 10:30-11AM**  
**Awards Show 11 -Noon**  
**Lunch**

An All-Star Line Up with  
 Special Performances & Appearances by

***Dean Martin, Phyllis Diller,  
 Thelma Harper,  
 Dolly Parton, Kenny Rogers,  
 and MANY MORE!!***

**Reserve your seat/lunch by calling  
 801-229-7111 by March 23, 2022**

**Facility Closures**

**April 4th – 7th**

**Maintenance**

**May 30th**

**Memorial Day**

**June 20th**

**Junteenth**

**July 4th**

**Independence Day**

**Fun March Holidays**

- 1– World Compliment Day
- 3– National Anthem Day
- 13– Daylight Savings
- 14– Pi Day (Pie Day)
- 17- St. Patrick's Day
- 19– National Quilting Day
- 20– Won't You Be My Neighbor Day

**OSFC TRIPS**

**Thrift Club Shopping Trip**

Wednesday, March 16th  
 at 1 PM \$2

**Sold Out! Vegas Baby**

Monday, April 4 through Thursday, April 7  
**Leave at 8 AM SHARP!**  
 This trip is sold out.

# BRILLIANT UNIVERSITY

Offering Learning Experiences For A More Brilliant You!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
--------	---------	-----------	----------	--------

9:30-3:30 PM

## Open Sew

Learn New skills in your quilt making!

**Laura Bird**

Quiltroom  
Downstairs

9:00-11:45 AM

## Watercolor Group

Bring your own supplies. Guest Artists will be arranged by

**Berni Mortensen**

Classroom #1

10-11 AM

## Your Personal History:

*One Story At A Time*

Now is the time to make your personal history tell **your** story.

**Barbara Willes**

Classroom #2

9:30-10:30 AM

## Let's Think Spring

Learn how to make a beautiful, edible garden!

**Wendy Sing**

Classroom #1

10:00-11:00 AM

## Ukulele

Bring your own instrument or come enjoy the music!

**Bart Kerstiens**

Classroom #3

11-11:45 AM

## Yoga

You can do this seated in a chair! Stretch, Strengthen and improve your flexibility!

**Mirta Villar**

**John Marinos**

Exercise Center  
Downstairs

11-11:55 AM

## I Love Literature

5 Beloved Books will be introduced by someone different each week.

Facilitated by

**Fran Reiser**

Classroom #2

10:30-11:30 AM

## What's Your Sign?

Learn about astrology, and how it can affect our relationships, work and family.

**Kitty Bair**

Classroom #2

12:30-2:30 PM

## Monday Movies

Some of the best movies and a few new favorites.

Free Popcorn included!

Classroom #2

11:00-11:55 AM

## Keto 101

Want to lose weight, stabilize your blood sugar, reduce inflammation? This is your class!

**\$10 Charge**

**Tonya Johansen**

**Vicki Olsen**

Classroom #1

1:00-2:30 PM

## Native American Style Flute

Learn to play the Native American Flute.

**Rolayne Young**

Classroom #3

You need to have your own flute. See page

2:00 - 3:00 PM

## Mastermind Class

Learn the four pillars of mastering your mind!

**Norman Tong**

Classroom #1

1:00-2:30 AM

## Mixed Media Art

Explore your inner artist with this creative class!

Each week will have a fee.

**Ila Strasburg**

**& Kari Glahn**

Classroom #1

2:00-3:00 PM

## Constitution

### Alive

Learn about the Constitution and Bill of Rights

**John Hill**

Classroom #2

**Classes END  
Friday,  
March 18th.**

You **MUST REGISTER** for the classes you will be attending as some class sizes are limited. If there are not enough attendees registered a class may be cancelled. All classes are available to **current members** of Orem Senior Friendship Center. You may register at the office, Monday through Friday from 9 AM to 4 PM.

# Monday Movies

12:45 in the Theater

<p>March 7th  <b>Luck Of The Irish</b>          Cary Grant</p>
<p>March 14th  <b>Darby O’Gill</b>          Rock Hudson, Sandra Dee, Gina Lollabridgida, Bobby Darren</p>
<p>March 21st  <b>My Fair Lady</b>          Audrey Hepburn</p>
<p>March 28th  <b>Brigadoon</b>          Bob Hope, Phyllis Diller</p>

# Line Dancing with Jackie

**\*BOOTS NOT REQUIRED ;)**

Come and dance with a fun group of friends , get some great exercise and increase those endorphins!



Jackie has taught dance at our center and others for years and will help you understand the steps easily! Mondays and Fridays from 2-4 in the **MP ROOM**.

# Tai Chi

Every Tuesday and Thursday at 9 AM Sarah Poulsen and Sonia Llera guide you through Tai Chi for arthritis. Once you learn this wonderful, graceful flow you will be able to do it anywhere at any time!

Classes are downstairs.



## Why Plan Your Funeral in Advance

Our families that choose to fund their Pre-Plan have seen advantages and peace of mind with:

1. Making decisions together rather than doing it alone at a most difficult time
2. Guaranteed Prices (at today’s cost, regardless of age or health)
3. Protecting assets from long-term care of illness
4. Eliminating emotional overspending
5. Single cash payment or affordable monthly terms

Please call to schedule an appointment with one of our Pre-Planning experts: 801-226-3500

**WALKER SANDERSON**  
FUNERAL HOME  
www.walkersanderson.com

# Thrive Locally

# SUPPORT OUR ADVERTISERS!

# Classes for everyone!

## FOLK DANCE

Join Sarah Paulsen and the gang for some fun Folk Dancing every Monday at 10AM in the Dance Studio downstairs! Register at the office!



## Watercolor Group

Improve your watercolor skills in this fun group that has been meeting for more than 20 years! Bernie Mortensen leads this group that will often have guest artists attend. Bring your own supplies. Seating is limited. **Wednesdays 9-11:45 AM in classroom #1.**

Register at the office.



## Ukulele Group

Grab your ukulele and come play with one of the most fun groups we have!

Beginners are always welcome!

Register at the office to reserve your spot.

**Tuesdays 10-11 AM Classroom #3.**

## Wood Shop Wonders!

If you haven't been to our incredible woodshop yet, you are really missing out!

Everyone must schedule an appointment and there will be a strict LIMIT of 5 Patrons at a time! Every person will need to renew their checkoff sheet of each power tool before being allowed to work on a project. There will be no exceptions to this.

Current membership and a \$1.25 fee applies each time you go to the Wood Shop.

**Register at Office**

## Yoga with Mirta & John

Spend 45 minutes with Mirta & John every Wednesday at 11 AM to stretch and strengthen your muscles and build bone density

We all want to stay healthy as we age and this helps us with that goal.

Get those traditional yoga pictures out of your mind and come give this a try. If you can sit in a chair you can do this! **Wednesdays 11-11:45 AM downstairs in Exercise Center.**



## Native American Flute

Roylane has years of experience playing the Native American Flute and now you can learn how with her class!

You will need a 6 hole flute and she can guide you on where to get one.

Register at the office and we will give you all of the information you need! **Wednesdays 1-2:30 PM #3.**





### Your Personal History One Story At A Time

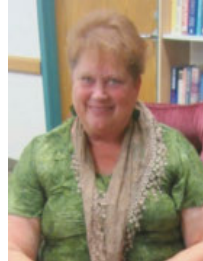
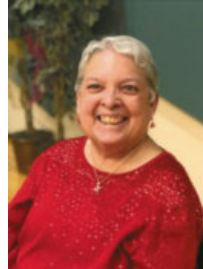
Join **Barbara Willes** as she helps you write your personal history, one story at a time every **Thursday 10-11 AM in classroom #2.**

Register at the office.

### Mixed Media Art

Invest in that inner artist with this fun class where Illa and Kari help you see artistic possibilities in just about anything. Each project has a charge to be paid at the office. **Fridays 1-2:30 PM Classroom #1.**

Register at the office.



### What's Your Sign?

The way you think, communicate, express yourself and even how you show love as a direct relationship with the planets that reside in your astrological house.



Unlock the code with Kitty in her weekly class.

**Fridays 10:30-11:30 AM Classroom #2**

#### DO YOU QUALIFY FOR HOME HEALTH?

##### IT JUST TAKES ONE "YES"

1. Do you, or a loved one, require an assistive device to walk? (ie. cane, walker)
2. Are you being driven to appointments due to the inability to drive?
3. Have you had any falls in the last month, if not, are you afraid of falling?
4. Are you unable to get out of a chair without using your arms?
5. Do you have bone pain or are suffering from arthritis?

#### WAYS HOME HEALTH CAN HELP YOU

- Two or more falls in the past year
- A wound that is not healing well
- Trouble transferring from one place to the next
- Loss of functions of activities in daily living
- Hospitalization in the past year
- Cost covered 100% by Medicare insurance



53 W University Parkway, Orem Utah  
**harmonyhomehealth.com**  
**(877) I-NEED-CARE**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Don't miss our 15 Minute <b>Pre Lunch Crunch</b>, in the dining room. Be at your tables and ready to move to some fun music at 11:45 AM This short time frame is going to be a power punch of strengthening, movement and flexibility to improve every single aspect of your life! Not having lunch with us? Do this at home!</p>	<p>1 9 Tai Chi w/ Sonia &amp; Sarah 9 Quilting 9 Wood Shop 10 Ukulele w/Bart #3 10-11:30 Gift Shop 11-12 Keto Group Ron Roberts on Piano 12 CompulsiveEatersAnon 12:45 BINGO</p>	<p>2 9 Watercolor Group #1 11Shaking the Family Tree with Kelli #3 11YOGA 1-2:30 Native American Flute #3</p>	<p>3 <b>National Anthem Day</b> 9Tai Chi w/Sonia &amp; Sarah 9 Quilting 9 Wood Shop 10 Personal History #2 10-11:30 Gift Shop 11 Crochet Club MP John Nebeker Spinning Vinyl 12:45 BINGO 2 Caregiver Support Group 2 Gena's Book Nook on YT</p>	<p>4 <b>Birthday Meal</b> 9 Wood Shop 10:30 What's Your Sign #2 Tommy George singing 1 Mixed Media Art #1 2 Line Dancing w/Jackie</p> 
<p>7 10 Folk Dance in Studio 12:45 Monday Movies 2 Line Dancing w/Jackie</p>	<p>8 9 Tai Chi w/ Sonia &amp; Sarah 9 Quilting 9 Wood Shop 10 Ukulele w/Bart #3 10-11:30 Gift Shop 11-12 Keto Group Brent Whitlock Singing 12 CompulsiveEatersAnon 12:45 BINGO</p>	<p>9 9 Watercolor Group #1 11Shaking the Family Tree with Kelli #3 11YOGA 1-2:30 Native American Flute #3</p>	<p>10 9Tai Chi w/Sonia &amp; Sarah 9 Quilting 9 Wood Shop 10 Personal History #2 10-11:30 Gift Shop 11 Crochet Club MP 12:45 BINGO 2 Be Smarter Than Your Phone w/ Golden Age Services 2 Gena's Book Nook on YT</p>	<p>11 9 Wood Shop 10:30 What's Your Sign #2 11:30 Talent Share 1 Mixed Media Art #1 2 Line Dancing w/Jackie</p>
<p>14 10 Folk Dance in Studio 12:45 Monday Movies 2 Line Dancing w/Jackie</p>	<p>15 9 Tai Chi w/ Sonia &amp; Sarah 9 Quilting 9 Wood Shop 10 Ukulele w/Bart #3 10-11:30 Gift Shop 11-12 Keto Group Brent Whitlock Singing 12 CompulsiveEatersAnon 12:45 BINGO</p>	<p>16 9 Watercolor Group #1 11Shaking the Family Tree with Kelli #3 11YOGA 1 Thrift Club Trip to Surprise! 1-2:30 Native American Flute #3</p>	<p>17 9Tai Chi w/Sonia &amp; Sarah 9 Quilting 9 Wood Shop 10 Personal History #2 10-11:30 Gift Shop 11 Crochet Club MP 12:45 BINGO 2 Parkinsons Support Group 2 Gena's Book Nook on YT</p>	<p>18 9 Wood Shop 10:30 What's Your Sign #2 Tommy George singing 1 Mixed Media Art #1 2 Line Dancing w/Jackie</p>
<p>21 10 Folk Dance in Studio 12:45 Monday Movies 2 Line Dancing w/Jackie</p>	<p>22 Grammy Voting Begins 9 Tai Chi w/ Sonia &amp; Sarah 9 Quilting 9 Wood Shop 10 Ukulele w/Bart #3 10-11:30 Gift Shop 11:30 FINAL Talent Share 11-12 Keto Group 12 CompulsiveEatersAnon 12:45 BINGO</p>	<p>23 Grammy Voting 9 Watercolor Group #1 11Shaking the Family Tree with Kelli #3 11YOGA 1-2:30 Native American Flute #3</p>	<p>24 Grammy Voting Ends 9Tai Chi w/Sonia &amp; Sarah 9 Quilting 9 Wood Shop 10 Personal History #2 10-11:30 Gift Shop 11 Crochet Club MP 12:45 BINGO 2 Gena's Book Nook on YT</p>	<p>25  <b>The Grammy's</b> Doors open at 10 AM Show starts at 11 AM Lunch at Noon.</p>
<p>28 10 Folk Dance in Studio 12:45 Monday Movies 2 Line Dancing w/Jackie</p>	<p>29 9 Tai Chi w/ Sonia &amp; Sarah 9 Quilting 9 Wood Shop 10 Ukulele w/Bart #3 10-11:30 Gift Shop 11-12 Keto Group 12 CompulsiveEatersAnon 12:45 BINGO</p>	<p>30 9 Watercolor Group #1 11Shaking the Family Tree with Kelli #3 11YOGA 1-2:30 Native American Flute #3</p>	<p>31 9Tai Chi w/Sonia &amp; Sarah 9 Quilting 9 Wood Shop 10 Personal History #2 10-11:30 Gift Shop 11 Crochet Club MP 12:45 BINGO 2 Estate Planning w/ Blaine/Golden Services 2 Gena's Book Nook on YT</p>	<p>1 <b>APRIL</b> 9 Wood Shop 10:30 What's Your Sign #2 Tommy George singing 1 Mixed Media Art #1 2 Line Dancing w/Jackie</p>

# March MENU

You can email your lunch order to:  
**osfc@orem.org** You will get an email response  
 when meals are ordered.

## Soup with Turkey Sandwich:

**Mar 1 Cream of Broccoli**  
**Mar 2-4 Chicken Noodle**  
**Mar 14-15 Cream of Potato**  
**Mar 16-18 Vegetable Beef**  
**Mar 28-29 Chicken Noodle**  
**Mar 30-31 Cream of Broccoli**

## Salads:

**Mar 7-11**  
**Mar 22-25**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1 Savory Chicken Salad Wrap (18)</b> Chocolate Brownie (23) Kosher Pickle Spears (0) Fruit Salad (20)	<b>2 Malibu Chicken w/ Honey Mustard Sauce (08)</b> Au Gratin Potatoes (22) Steamed Broccoli (04) Fresh Baked Roll (16) Red Apples (22)	<b>3 Smoked Ham and White Beans (03)</b> Braised Cabbage (03) Sweetened Apple Sauce (14) Fresh Baked Roll (16) Chocolate Brownie (23)	4 Three Bean Beef Chili (25) Seasoned California Blend Vegetables (18) Cornbread (28) Sliced Peaches (67)
<b>7 Swedish Meatballs (39)</b> Rice (21) Carrots (06) Apple Sauce (18) Fresh Baked Roll (16)	<b>8 Rigatoni Pasta with Meat Sauce (25)</b> Green Salad (02) Green Beans (02) Apple Sauce (14) Fresh Garlic Roll (15)	<b>9 Kalua Pork (00)</b> Hawaiian Rice (25) Seasoned Corn (14) Pineapple Tidbits (07) Fresh Baked Roll (15)	<b>10 Homemade Chicken Pot Pie (14)</b> Fresh Baked Biscuit (25) Sliced Peaches (18) Fresh Baked Brownie (23)	<b>11 Roast Turkey Breast (03)</b> Garlic Mashed Potatoes & Turkey Gravy (25) Crinkle Cut Carrots (06) Fresh Baked Roll (15) Mandarin Oranges(11)
<b>14 Sweet and Sour Chicken (30)</b> Steamed White Rice (21) Stir Fried Vegetables (12) Fresh Apple (12) Fortune Cookie (24)	<b>15 Pasta Bake with Meat Sauce (25)</b> Green Beans (02) Fresh Garlic Roll (15) Apple sauce (14) Brownie (23)	<b>16 Homemade Meatloaf (3)</b> Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Navel Orange (22)	<b>17 Corn Beef &amp; Cabbage (25)</b> Braised Potatoes and Carrots (15) Green Jell-O & Fruit (10) Fresh Baked Cookie(18)	<b>18 Honey Baked Ham</b> Scalloped Potatoes (13) Diced Beets (06) Fresh Corn Bread (33) Tropical Fruit (08)
<b>21 Salisbury Steak (05)</b> Garlic Mashed Potatoes and Gravy (26) Diced Pears (19) Mixed Vegetables (12) Fresh Baked Roll (15)	<b>22 Shepherd's Pie (79)</b> Seasoned Peas (11) Cottage Cheese & Fruit (12) Fresh Baked Roll (16) Chocolate Brownie (23)	<b>23 Garlic Roasted Beef Round (00)</b> Herb Roasted Baby Potatoes (15) Peas (11) Diced Peaches (8) Fresh Baked Roll (16)	<b>24 Savory Chicken Salad Wrap (18)</b> Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)	<b>25 Oven Roasted Pork (00)</b> Au Gratin Potato (19) Diced Beets (06) Mandarin Oranges (19) Fresh Baked Roll (16) Cookie Bar (18)
<b>28 Country Fried Steak (4)</b> Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Pears (22)	<b>29 Corn Chowder (22)</b> Green Beans (11) Sliced Peaches (18) Fresh Corn Bread (33)	<b>30 Santa Fe Shredded Turkey on Brown Rice (30)</b> Roasted Corn (14) Black Beans (23) Fresh Baked Roll (16) Orange (22)	<b>31 Hearty Beef and Vegetable Stew (14)</b> Fresh Green Salad (02) Fresh Cornbread (33) Orange (11) Chocolate Brownie (23)	Please do your part by making the meal donation for each meal. Donate by the day, week or month. There is a donation box on the wall by the office or pay at the desk.

All meals are dine in only. If you are homebound and need meals delivered you can call MAG 801-229-3800 to see if you qualify for the Meals on Wheels home delivery.

**Lunch service begins promptly at noon.**

**Please be here at noon in order to ensure your meal.**

# March Birthdays

If you are not seeing your name on the birthday list it's might be due to your membership being expired.

1 Alan Newell	13 Clifford Crompton	20 Sondra McBee	26 Caroline Simpson
1 Alicia Zambrano	13 Deloss Peay	21 Hank Schaefer	26 James Paul
1 Duane Bishop	13 Elba Mosquera	21 Jay Hill	26 Rita Yeates
1 George McWhirter	13 Glen Olsen	21 Keith Borup	27 B. Evelyn Steffes
1 Joseph Allen	13 Margret Holdway	21 Mary Gillman	27 Ellie Muir
1 Paul Berrett	14 Donald Batty	21 Olga M Garcia	27 Iola Crowley
2 Bernice Bingham	14 Jan Rymer	21 Ray Hill	27 Vernon Ingleton
2 Jack Clark	14 Jerry Williamson	22 Dale Shumway	28 Alice Sia
2 John Ottens	14 La Rae Hayward	22 Doreen Okerlund	28 Caroline Maughan
2 Joy Walker	14 Lawrence Burton	22 Frances Reiser	28 Jacqueline Jensen
2 Terry Hoeffs	14 Lynn H Steele	22 Helen J Butler	28 Jana Petrossi
3 Barbara Anderson	14 Melida Szendre	22 Larry Love	28 Lajuana Watts
3 Ned Bixler	14 NylaSidwell	22 Nila Lewis	28 NevaMadson
3 Patsy Clements	14 Richard Duke	22 Paul Damron	28 Robert Blulm
3 Renee Allen	15 CharlieHurdle	22 Sharon Mansfield	29 Agustin Ticona
3 Robert Moss	15 Lanea Bird	22 Shirley Cook	29 Barbara Hoag
4 Isabel Herena	15 Maggy McKirdy	23 Bonnie Smith	29 Dennis Hess
4 Laura King	15 Ravena Lamph	23 Katherine Rollins	29 Grover Cardon
4 Robert Delong	16 Alice Graham	23 Peter Van Orman	29 Noma Bowman
4 Sam Lee	16 Delvin Clayton	23 Raelene Hansen	30 Arthur Boyadjian
5 Bob Bennett	16 Don Wallace	23 Rollo Richards	30 Beverly Jensen
5 Dave Smart	16 Donald West	23 Rudy Isaacson	30 Kari Glahn
5 Erma Zabriskie	16 James Raymond	24 Afton Jackson	30 Larry Peterson
5 Filomena Bown	16 Karma Larsen	24 Annie Jones	30 Lorie Fowlke
6 Cherie Page	16 Otilia Hendricks	24 Leroy Schweppe	30 Mary Ann Hawkins
6 Diane Carson	16 Pat Moon	24 Mary Farley	30 Richard Stephan
6 Scott Bertelsen	16 Pilar Carrillo	24 Matilda Tafolla	31 Christine Keith
7 Betty Smith	16 Sydney James	24 Rafael Vera	31 Donald Barnhouse
7 César Diaz	17 Fred Johnson	24 Theresa Dimick	31 Farol Freeman
7 Harold Whittle	17 Mary Yen	24 Wayn Kuehne	31 Judy A. Redford
8 Ellen Killian	17 Nancy Ferdinando	25 Andy Peay	31 Mickey Cote
8 Mari Ivie	17 Richard Price	25 J. KentLarkin	31 Van Sawyer
8 Peggy Bushman	17 Tove Johnson	25 Jim Buckwalter	
8 Phyllis Slade	18 Albert Thompson		
8 Zona Dayton	18 Evan Thompson		
9 Carol Parcell	18 Jerrold Brower		
9 Maxine Wilson	18 Milton Eatchel		
9 Paulette Ostler	18 Wallace Sailing		
9 Ruthella Christensen	19 Donald Snow		
10 Barbara Schill	19 Fred Larsen		
10 Carol Norris	19 Karen Condie		
10 Myrna Fietkau	19 Patricia Selman		
11 Carl Stubbs	19 Patrick Karr		
11 Jack Clark	19 Shirley A Kelly		
11 Patti Stay	19 Valerie Finnegan		
12 Lamar Brooks	19 Warren Thornock		
12 Marian Mangleson	20 Barry Brown		
12 Pat Masteller	20 Coe Nicol		
12 Susan Weinmuller	20 Daphine Scofield		
13 Betty Christiansen	20 Eva Bolanos		







## Constitution Alive!

John Hill will facilitate the Constitution Alive program that takes you right to Constitution Hall where the Founding Fathers worked so hard to create the documents that govern our great country. Tuesdays at 2 PM right after BINGO.

# Open Sew

Each Tuesday from 9:30-3:30 will be an Open Sew in the new Quilting room downstairs where the old ceramics room was. Check out their new place and learn something new! Laura Bird will be available to answer any questions!



**AVAILABLE FOR A LIMITED TIME!**

**ADVERTISE HERE NOW!**

Contact **Bill Clough** to place an ad today!

wclough@lpicommunities.com or (800) 950-9952 x2635



To you it's about making the right choice...To us, it's personal.

Whether you are looking for someone to help an aging parent a few hours a week or need more comprehensive assistance, Home Instead can help.

- Companionship Care
- Household Duties
- Personal Care
- Respite Care
- Meals & Nutrition
- Transportation
- Hospice Care
- Support Service

Call for a free, no-obligation appointment

**801.899.4183**



*To us, it's personal.*

HomeInstead.com/UtahCounty

Each Home Instead Senior Care® franchise office is independently owned and operated. © 2019 Home Instead, Inc.

### ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



SafeStreets

1-855-225-4251

## HOME REPAIR

A Brush with Kindness

Habitat for Humanity's A Brush with Kindness Repair Program is grants to low to moderate income homeowners who need assistance with repairs that will alleviate health, safety and accessibility issues.

We can help with:

- Home Preservation
- Critical Home Repair
- Aging in Place



**Habitat for Humanity**<sup>®</sup>

of Utah County

for more info: [habitatuc.org](http://habitatuc.org)





In an effort to help keep our friends safer and hopefully save you from being scammed we will be posting information in each of our newsletters. Make sure you pass it on to those you love (and even those you don't ;))

You hear by phone, mail or online that you have won—or have the potential to win—a jackpot. But you need to pay a fee, or cover taxes and customs duties, to receive your prize, perhaps by prepaid debit card, wire transfer, money order or cash. Or, the scammer may send you a bogus check that you need to deposit before sending a portion back. Even if the contest carries a legitimate name, stay away from schemes that require you to pay to claim your prize. This was the third-most-reported scam in 2018, according to calls received by the Senate Aging Committee's Fraud Hotline (IRS impersonation and robocalls took the top two spots).



# Caregivers Meeting

**March 3rd, 2022**

Caregiver Meeting will be held at the

Orem Senior Center

93 N 400 E Orem, UT 84057

Meetings will be held the 1st Thursday of every month @ 2:00 PM

Refreshments will be served!

*"I like to say that there are only four kinds of people in the world- those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers."*

*-Rosalyn Carter*



**We hope to see you there!**



Tara Joyner from Dignity Home Health and Hospice will be facilitating the meeting.

**What do I do if I have already fallen for a scam? Call Your Credit Card Company or Bank Immediately After You Realize That You've Been Scammed.** If you've given out your credit card number or bank information to a suspected scammer then you need to **tell your financial institution** as soon as possible so they can put a hold on your account to prevent further charges against it.

**Tell your friends!**

# Generous and Anonymous Lunch Donations

In the past few months we have been reminding you about making whatever donation for your meal that you can. Imagine our surprise to find **\$300** anonymously donated towards helping pay for meals! We were flabbergasted in the office that someone would generously share so that others can have a meal. Thank You!!

We are so fortunate to have the meal program at our center. Some things you may not know about it: **1)** It is a federally funded program (at this time). **2)** The cost of each meal is **\$6** but the Federal Government subsidizes \$3 of it. **3)** We ask for the remaining \$3 to be donated by you. **4) Our current donations per meal are \$2.00, thanks to the amazing anonymous donations. (Last month was \$1.50)**

We hear so many rumors about the meal program, like, "It's free if you are over 80" or "My taxes have already paid for it" but these things are simply not true.

Please do what you can to donate for your meals. If you can't donate the full amount, do what you can. If you can donate more, THANK YOU, it will help someone who is less fortunate.

## Ensure Program Update:

It is with sadness that we announce that Ensure and Glucerna Program **will end April 1st** due to not enough donations to cover the cost of the product.

 <p>A group of local Utah County businesses focused on helping &amp; serving seniors</p> <p><a href="http://www.GoldenAgeServices.com">www.GoldenAgeServices.com</a></p> <p>Follow us on Facebook @goldenageservicesUT</p>	<p>Senior Real Estate</p>  <p>Greg Padgett 801-875-7273</p>	<p>Senior Living Advisor</p>  <p>Rona Rahlf 385-422-2500</p>	<p>Mortgages/ Refinance</p>  <p>Miles Pitcher 801-235-0929</p>	
	<p>Estate Sales/ Downsizing</p>  <p>Wynnie Keegan 801-798-6263</p>	<p>"Golden Results for your Golden Years"</p>	<p>Mortuary/ Pre-Planning</p>  <p>Nanette Tanner 435-749-0881</p>	
	<p>In-Home Care</p>  <p>Holly Pokorny 801-363-1521</p>	<p>Health Insurance</p>  <p>Annelise Slack 801-380-1288</p>	<p>Financial Planner</p>  <p>Ruben Vilorio 801-890-7576</p>	





# OSFC Grocery Shopping

One of the benefits of being a member of the Orem Senior Friendship Center is access to the food donations our partners have shared. Our volunteers have spent countless hours collecting these items, separating them, cleaning, dividing larger items into manageable things and then arranging them so beautifully on our donation tables for you to pick from. Without each of these steps we would not have these items to offer.

We are stewards of the items we have been given and through the agreements we have made with our partners, these items are expressly for the benefit of our senior members. There is plenty to share with our members as long as you only take what you need. We have experienced some abuse in the process by those picking up groceries and for that reason we have set forth this new policy and ask all members to abide by the policy or lose their privilege of participating in this program.

1. **You must be a current member at the time you are picking groceries.**
2. **You may only get items for your household. Not for your kids, not for your neighbors, not for anyone other than your household.**
3. **Please bring your own bag.**
4. **Only one bag per household per day.**
5. **Do not remove any of the boxes holding produce. They are not offerings.**

**Our store will open daily at 10 AM. There will generally be a volunteer attendant watching the tables. If they speak with you about taking too much your privileges will be suspended for one week. If we have to talk to you again about not following the rules your privileges will be removed completely.**

If we find we have an overabundance of items we may choose to use them for BINGO prizes, prizes for activities or share them with other seniors or senior centers who are not as fortunate as we are. **This is our prerogative and keeps in line with our agreements.**

**Thank you for helping us make this the best senior center in all the land!**

## BINGO RULES

BINGO is one of the highest attended and most anticipated activities we have at OSFC and we want it to continue and to be fun for everyone! Our prizes are donations and vary daily. There is usually plenty for each household to go home a winner.

- 1— Each player is allowed 2 BINGO cards. If that changes the BINGO officiator will let you know.
- 2— Nobody is allowed to go near, inspect, touch or remove items prior to winning and choosing that item.
- 3— You must hand in your card BEFORE picking up a prize.
- 3— Once you pick it up, it's yours. No givebacks!
- 4— DO NOT open the pizza boxes. The type of pizza is written on the box. Don't understand the writing? Just ask!
- 5— DO NOT argue with the volunteers and staff about prizes.

**Failure to follow the rules will result in a 1 week suspension from playing BINGO. If we have to talk to you again you will permanently be banned from participating.**

### HELP WANTED!

You can touch the lives of adults who need extra assistance to live independently in their own homes. Share friendship with frail older adults through...

- ...Offering companionship
- ...Providing transportation
- ...Assisting with simple chores
- ...Offering respite for caregivers
- ...Adding richness to the people you serve



### BENEFITS

- ❖ \$200 Monthly stipend (Does not affect low-income housing, HEAT, food stamps, Social Security, etc.)
- ❖ Transportation reimbursement
- ❖ Meal or meal reimbursement
- ❖ Vacation, sick and holiday pay
- ❖ The satisfaction that comes from serving others

### REQUIREMENTS

- ❖ Be age 55 or older
- ❖ Commit to serving 15+ hours per week
- ❖ Be income eligible

*Seniors Serving Seniors  
Making Independence a Reality!!*

### JOIN SENIOR COMPANIONS

151 South University, Suite 2200  
Provo, Utah 84601  
**Call 851-7767**



Part of the National Senior Service Corp. — Sponsored by Utah County Government.

[www.utahcountyhealth.org/seniorcompanions](http://www.utahcountyhealth.org/seniorcompanions)



Wendy Sing transformed all of the ornamental flowers and shrub areas in her yard to be not only beautiful but edible. This transformation has provided her and her family plenty of fresh vegetables and fruit, items she can preserve to use through the year and even some winter garden boxes to keep some veggies going long after you put the garden to bed.

Learn from her experience in this timely and informative class. Fridays from 9:30-10:30 AM in classroom #1. Register at the office.



**SUNDBERG-OLPIN & WHEELER**  
— Funeral Homes —

*Known for Excellence ~ Trusted for Value*

24 Hours a Day 801.225.1530

<p>Springville 211 East 200 South 801.489.6021 www.WheelerMortuary.com</p>	<p><b>OREM</b> 495 South State Street www.SundbergOlpinMortuary.com</p>	<p>Mapleton 82 West 400 North 801.489.6021 www.WheelerMortuary.com</p>
--	---	--

**AVAILABLE FOR A LIMITED TIME!**

**ADVERTISE HERE NOW!**

Contact **Bill Clough** to place an ad today!  
[wclough@lpicommunities.com](mailto:wclough@lpicommunities.com) or  
**(800) 950-9952 x2635**



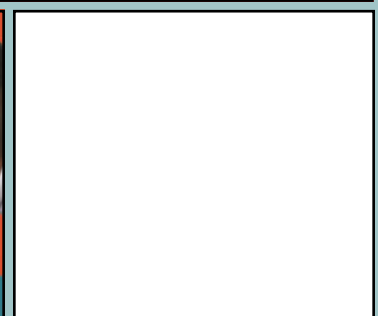
**WE'RE HIRING**

**AD SALES EXECUTIVES**

**BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.**

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel

Contact us at: [careers@4lpi.com](mailto:careers@4lpi.com) | [www.4lpi.com/careers](http://www.4lpi.com/careers)



# National Craft Month Projects

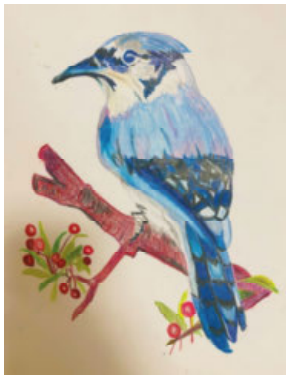
Illa and Kari will be guiding participants in some fun projects for National Craft Month in their Multi Media Art Class each Friday at 1 PM. Sign up and pay for your project at the office.

## March 3rd Tin Can Snowman

Painted cans will be provided.



## March 10th Working with colored pencils Part 1.



## March 18th Deann Gines will be here to help us make these Layered Floral Paper Resin Earrings.



## March 25th Working with colored pencils Part 2.

# Golden Living Services Presents: Estate Planning Seminar

With Blaine A. Edwards of Wootton Law



Estate planning can be a scary topic for some. Wootton Law wants to help you understand what Estate Planning is and how it could be used to benefit you, your family and future generations. By providing this free seminar, you will gain understanding on various Estate planning topics, such as:

Wills, Trusts, Powers of Attorney, and Advanced Healthcare Directives. We will also discuss what probate and why you may or may not want to avoid it. Please come with your questions and we will do our best to answer them. This is scheduled for Thursday, March 31st at 2 PM. Register at the office.



## Seniors Qualify For These Discounts!

We all love to go out and enjoy ourselves. But did you know that you can earn discounts just by having fun? If it sounds too good to be true, think again. We've gone ahead and put together a list of fun entertainment options that offer discounts to seniors.

- AMC Theaters: 30% for seniors 60+
- Regal Cinemas: 30% off for seniors 60+
- Kindle E-Books: AARP members save 50% off
- Ticketmaster: Seniors 65+ enjoy reduced prices on tickets (discount varies per ticket)
- US Museums: Seniors 50+ enjoy discounts and special offers at museums. (discount varies depending on museum)

## Do You Like The Classes We Offer?

The best way to show that is to go to them! Our volunteer instructors spend a lot of time preparing something to share with you, make it worth their time!

Sign up at the office for each class you are attending. Feel free to share ideas of other classes you would be interested in attending with the staff.

## WANT OUR NEWSLETTER DELIVERED TO YOUR EMAIL?

Be the first to get the goods (our wonderful newsletter) before others by signing up to be on our email list! We will send a link to the newsletter as soon as it is available which is always several days before we have it in print! This makes planning your activities and ordering your lunches much easier!

You can write your email address on your meal order form and we will get you put on our list or just call 801-229-7111 and clearly spell out your email address on our voicemail.

You can also access it by clicking on the "Learn More" button on our Facebook page at [www.facebook.com/OremSeniorCenter](http://www.facebook.com/OremSeniorCenter).

## OSFC@OREM.ORG

It has finally happened! One easy address for all of your needs from the senior center!

Have a question for Gena or any of the staff??

Send it to [OSFC@OREM.ORG](mailto:OSFC@OREM.ORG)

Want to order or cancel lunch?

Send it to [OSFC@OREM.ORG](mailto:OSFC@OREM.ORG)

Need a code for a ZOOM class?

Send a request to [OSFC@OREM.ORG](mailto:OSFC@OREM.ORG).

Want to share a picture of your latest project with us?

You guessed it... Send it to [OSFC@OREM.ORG](mailto:OSFC@OREM.ORG)

Now, how easy is that??

Are you  
turning 65?  
Call your  
local licensed  
Humana  
sales agent.

**Humana**<sup>®</sup>

Y0040\_GHHXDFEN21a\_BC\_C



**Weston Wynn**  
**801-541-5794**  
**(TTY: 711)**

Monday – Friday  
8 a.m. – 5 p.m.  
Yo hablo español.



## Orem Code Enforcement has Gone Civilian!

City of Orem Community Services and Neighborhood Improvement

Last summer, the City of Orem made the decision to move neighborhood code enforcement out of its Police Department and move it into the Community Services Division of the City's Manager's office to better meet the needs of residents. The new team is known as the Neighborhood Improvement Team (NIT) and consists of three civilian officers, Gary LeDoux, Jeff Turner, and Richard Earl, and one sworn police officer, Brady Andreason.

The team is responsible for non-criminal nuisance code abatement and works to promote safe and welcoming neighborhoods by increasing awareness of neighborhood codes and notifying residents whose properties are not in compliance. The team works closely with Police, Mental Health, Community Services, Planning and Zoning, other divisions, and the Administrative Law Judge to address concerns quickly and respectfully.

Property owners that are found to be out of compliance with city nuisance code will receive warnings, citations, and/or summons to an Administrative Law Judge court proceeding. The team also provides resources and clean-up assistance if needed.

The team identifies properties of concern through resident complaints and proactive work in Orem neighborhoods. Residents can share complaints by calling 311, (801) 229-7000 (call or text), or going online at [orem.org/help](http://orem.org/help). All complaints remain anonymous and are kept in strict confidence.

To date, NIT has been successful in their efforts. In the last 6 months, they have addressed 523 cases and obtained compliance with over 225 cases. They have also cleaned up a number of homeless camps and helped several property owners with clean-up and resources.

The NIT team encourages residents to make sure their homes and properties are in compliance with the city nuisance code and to report neighbors and others who are in violation of these codes. This helps the team to maintain safe and livable neighborhoods in Orem.

For common neighborhood-related codes, look online at:

English: <https://oremstaging.wpengine.com/wp-content/uploads/2019/06/Good-Neighborly-Living-English.pdf>

Spanish: <https://oremstaging.wpengine.com/wp-content/uploads/2019/06/Good-Neighborly-Living-Spanish.pdf>

Thank you! For more information, please contact the team at (801) 724-3521 or [nit@orem.org](mailto:nit@orem.org).