

Orem Senior Friendship Center
A New You in '22



April 2022

Orem Senior Friendship Center

93 North 400 East

801-229-7111

Program Director: Gena Bertelsen
801-229-7110

Newsletter Highlights

Scams!

Our Own Kentucky Derby!

Awards everywhere!

Orem Fitness Center

Phone.....801-229-7154

Connect With Us!!

Utah Parks and Recreation Association Honors John & Joyce Ottens



Utah Parks and Recreation association honored John and Joyce Ottens for Outstanding Volunteers to the Orem Senior Friendship Center at the state conference in Saint George in March.

John and Joyce have served more than 30,000 hours in the years they have been with OSFC and can be found every weekend picking up food donations from our local partners, helping in the kitchen, with BINGO, the Thrift Shop, Entertaining us, driving us to events, serving on commissions and basically anything else we ask of them. They are the epitome of giving back to a community and we are so proud to know them, love them and hang out with them.

Please give the Ottens a big Thank You and Congratulations when you see them!



Thanks for being here!

Closed for Maintenance April 4-8
Our building will be closed April 4-8 for a deep cleaning and attention to some scheduled maintenance.
Feel free to enjoy lunch at any other senior center. In fact, we hope you will look at this as a top secret assignment where you can discover things you really like about other centers and then let us know about it!
For those who have signed up for the Vegas trip the bus will leave our parking lot at 8:00 AM SHARP. If you are not here we are going to take turns sitting in your empty seat on the bus!

TRIPS
Thrift Club Shopping Trip
Wednesday, April 20th at 1 PM \$2



The Grammy's Wins Award



How does an award show win an award? It wins when it creates an opportunity for seniors to come together and celebrate in a big way!

Utah Recreation and Parks Association gave the award for Outstanding Special Event to Orem Senior Friendship Center for the Grammy's Award Show at the annual convention in Saint George in March of this year.

This award is for the patrons that make the effort to participate in the activities that we plan. If you didn't show up...well, we wouldn't be here! Thank You!

We also want to recognize that this award would not have been possible without the help of the amazing senior service agencies that support us in this effort. Everything from the hors d' oeuvres, sparkling cider, super stars, entertainment and more!

When you see these companies, thank them for their support of OSFC and let them know how much you appreciate them:

Sundberg Olpin Wheeler Mortuaries, Covington Senior Living, Thrive Insurance, iCare Home Health and Hospice, Courtyard at Jamestown, Orem Rehabilitation and Nursing, Aspen Senior Care, Canyon Breeze Assisted Living, Dignity Home Health and Hospice, Walker Sanderson Mortuary, Rocky Mountain Home Health and Hospice and Wylder Productions.



Monday Movies

12:45 in the Theater

April 11th Cokeville Miracle
April 18th Song of Bernadette Jennifer Janes
April 25th Sin of Harold Diddleback Harold Lloyd

Special Thanks to Jon Nebeker for sharing his vast knowledge and collection of old movies with us!

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.



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.**

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

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

Illa will be taking a spring break to regenerate and make big plans for the coming months.

No Mixed Media Art classes in the month on April.



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 Pre Lunch Crunch, 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!</p> <p>Not having lunch with us? Do this at</p>				<p>1 Birthday Meal 9 Wood Shop 10:30 What's Your Sign #2 Tommy George singing 2 Line Dancing w/Jackie</p> 
4	5	6	7	8
Closed for maintenance.				
<p>11 10 Folk Dance in Studio 12:45 Monday Movies 2 Line Dancing w/Jackie</p>	<p>12 9 Tai Chi w/ Sonia & 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>13 9 Watercolor Group #1 11YOGA 1-2:30 Native American Flute #3</p>	<p>14 9Tai Chi w/Sonia & 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>15 9 Wood Shop 10:30 What's Your Sign #2 Tommy George singing 2 Line Dancing w/Jackie</p>
<p>18 10 Folk Dance in Studio 12:45 Monday Movies 2 Line Dancing w/Jackie</p>	<p>19 9 Tai Chi w/ Sonia & 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>20 9 Watercolor Group #1 11YOGA 1 Thrift Club Trip 1-2:30 Native American Flute #3</p>	<p>21 9Tai Chi w/Sonia & 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>22 9 Wood Shop 10:30 What's Your Sign #2 Wilma Fullmer on Organ 2 Line Dancing w/Jackie</p>
<p>25 10 Folk Dance in Studio 12:45 Monday Movies 2 Line Dancing w/Jackie</p>	<p>26 9 Tai Chi w/ Sonia & 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>27 9 Watercolor Group #1 11YOGA 1-2:30 Native American Flute #3</p>	<p>28 9Tai Chi w/Sonia & 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>29 9 Wood Shop 10:30 What's Your Sign #2 Tommy George singing 2 Line Dancing w/Jackie</p>

April 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:

April 1 Cream of Broccoli
April 11-12 Cream of Potato
April 13-15 Vegetable Beef
April 25-26 Chicken Noodle
April 27-29 Cream of Broccoli

Salads:

April 4-8
April 18-22

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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, pay at the desk or put your donation in an envelope and mail it to MAG.</p> <p>Last Month's donations were \$1.50/Meal</p>				<p>1 Oven Roasted Pork (00) Au Gratin Potato (19) Seasoned Carrots (11) Mandarin Oranges (19) Fresh Baked Roll (16)</p>
<p>4 Sweet and Sour Chicken (30) Steamed White Rice (21) Stir Fried Vegetables (12) Fresh Apple (12) Fortune Cookie (24)</p>	<p>5 Rigatoni Pasta with Meat Sauce (25) Garden Green Salad (02) Mixed Veggies (02) Warm Apple Sauce (14) Fresh Garlic Roll (15)</p>	<p>6 Homemade Chicken Pot Pie (14) Fresh Baked Biscuit (25) Sliced Peaches (18) Fresh Baked Brownie (23)</p>	<p>7 Savory Chicken Salad Wrap (18) Macaroni Salad (20) Kosher Pickle Spears (00) Apple (20)</p>	<p>8 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Crinkle Cut Carrots (06) Fresh Baked Roll (15) Mandarin Oranges (11)</p>
<p>Remember: We are closed this week but these are the meals you can get at another center.</p>				
<p>11 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (26) Diced Pears (19) Mixed Vegetables (12) Fresh Baked Roll (15)</p>	<p>12 Creamed Chicken over White Rice (30) Seasoned California Blend Vegetables (18) Fresh Baked Rolls (16) Pineapple Tidbits (07)</p>	<p>13 Hearty Beef and Vegetable Stew (14) Fresh Green Salad (02) Fresh Cornbread (33) Peaches (19) Jackie's Cake (28)</p>	<p>14 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Steamed Broccoli (04) Fresh Baked Roll (16) Red Apples (22)</p>	<p>15 Honey Baked Ham Scalloped Potatoes (13) Diced Beets (06) Fresh Corn Bread (33) Tropical Fruit (08) Chocolate Brownie (23)</p>
<p>18 Fish Filets with Tartar Sauce (15) Seasoned Potato Wedges (18) Carrots (11) Fresh Orange (12) Fresh Baked Roll (16)</p>	<p>19 BBQ Pulled Pork (00) Au Gratin Potato (19) Seasoned Corn (02) Fresh Local Apple (28) Fresh Baked Roll (16)</p>	<p>20 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)</p>	<p>21 Shepherd's Pie (79) Seasoned Peas (11) Cottage Cheese & Fruit (12) Fresh Baked Roll (16) Chocolate Brownie (23)</p>	<p>22 Garlic Roasted Beef Round (00) Herb Roasted Baby Potatoes (15) Peas (11) Diced Peaches (8) Fresh Baked Roll (16)</p>
<p>25 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Pears (22)</p>	<p>26 Swedish Meatballs (39) Rice (21) Carrots (06) Mixed Fruit Cocktail (08) Fresh Baked Roll (16)</p>	<p>27 Santa Fe Shredded Turkey on Brown Rice (30) Roasted Corn (14) Black Beans (23) Fresh Baked Roll (16) Orange (22)</p>	<p>28 Pasta Bake with Meat Sauce (25) Green Beans (02) Garden Green Salad (02) Fresh Garlic Roll (15) Fruit Crisp (67)</p>	<p>29 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Apple (20) Roasted Corn (14) Fresh Baked Roll (15)</p>

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.

April Birthdays

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



1 Alta Wetzker
1 Barry Mayo
1 Boyd Bauer
1 Carlie Williams
1 Carma Richens
1 Donna Stocking
1 Millard Rogers
1 Renae Trammel
1 Tina Fontes
2 Blaine Blad
2 Colleen Francom
2 Sandy Peterson
2 Shirley Domian
2 Shirley Tong
3 Linda Jones
3 Roger Blain
4 Alvin Witt
4 Beverly Pendergrass
4 David Taylor
4 Glenna Grunig
4 Marian Wallace
4 Marilyn Curtis
4 Merritt Christensen
4 Patsy Rice
5 Darla Sorensen
5 Dorothy Baber
5 Marillyn Page
5 Rosemary Beck
6 Jan Burr
6 Leona Cowley
6 Letha Burrell
6 Maxine Jackson
7 Charlotte Taylor
7 Claire Herrick
7 Earllene Eliason
7 Jack Morris
7 Lynn Beus
8 Dabney Lilly
8 Gloria Garcia
8 Kenneth Myers
8 Leilani Hess
8 Leonard Hadden
8 Richard Hall
8 Roy Sessions
9 Joyce Rainaldi
9 Lolene Carlson

9 Sharon GublerL
10 Achou Tsao
10 Cathryn Shearer
10 Pauline Brailsford
10 Stanley Burmood
10 Walter Cryer
11 Connie Young
11 Emma Raab
11 Jim Pace
11 Joy Loy
11 Lorraine Brown
11 Maejean Brailsford
11 Peg Hurteau
11 Ricardo Sauque
12 Jackie Farnsworth
12 Ken Dahlberg
12 Maurine Johnson
12 Patricia Schlappi
12 Vard Dalley
13 Betty Matheney
13 Carma Smuin
13 Herta Sanders
13 Russell Young
13 Zola Mitchell
14 Carolyn James
14 Lorraine Peck
14 Louis Navarro
14 Lucy Elaine Simons
15 Dennis Clark
15 Evan Ames
15 Gail Wilhelmsen
15 Jennie Solomon
15 Judith Hamilton
15 Maria Taylor

16 Bonnie Bond
16 Jacque Nielson
16 Laverle Lynn Dean
16 Peggy Gatenby
17 Antonita Trebesch
17 Joyce Walker
17 Kay Rice
17 Sally Wible
17 Wayne Walker
18 Charles Anderson
18 Jonnie-sue Schilaty
18 Leonard Carson
18 Lily Liu
18 Nona Hudson
18 Paul Findlay
18 Robert McKell
18 Thor Leifson
19 Barlow White
19 Dave Raab
19 Ron Schill
20 Clancey Johnson
20 Else Morgan
20 Gloria Ortega
20 James Nielson
20 Magaly Lilly
20 Reita Vance
21 Carl Vernon
21 Ecuadar Tauber
21 Edward Patterson
21 Jane Anderberg
21 Jane Blackinton
21 Maxine Garrett
22 Charlene Bloomgren
22 Kathleen Sterrett

22 Raymond Pead
22 Robert Bakker
22 Virginia Jovet
23 April Lee
23 Hardy Bean
23 Hollie Schelin
23 JoyeBennion
24 Joann Muse
24 Linda Brown
25 Bevalyn Iverson
25 Donalda Deadder
25 Leonard Stolle
25 Lorna Kendrick
25 Marie Beardall
25 Marjorie Butler
25 Walter Key
26 Ellen Frazier
26 Jacquelyn Beecher
26 Joan Brady
26 Larry Schlappi
26 R.John Goodman
26 Sandi Boley
26 Sharon Fawson
27 Clark Crawford
27 Deanna Carpenter
27 Lawrence Johnson
27 Mary Killpack
27 Phat Tran
27 Ricky Jansch
28 Allan Beck
28 Janet Giles
28 Lyle Trammel
28 May Shaw
28 Nedra Gohnert
29 Afton Graff
29 Carol Cramer
29 Don Kimball
29 Janis Smith
29 Pam Rowbotham
29 Patrick Beachly
29 Paul Smith
30 Bonnie Hussey
30 Catalina Houghton
30 David Martinez
30 Duane Greer
30 Ruth Gordon

Compulsive Eaters Anonymous Meetings Every Tuesday at Noon

Do you feel frustrated and hopeless about problems you have with your weight? Have you tried to shed those pounds, but in spite of your efforts, the weight comes back again? A solution exists that really works to solve this problem. People who have found it are members of CEA HOW.

Join our meeting each Tuesday in classroom #2 at noon. It's a great way to get support and knowledge.

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!



GROW YOUR BUSINESS BY PLACING AN AD HERE!

CONTACT US!

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

Home Instead SENIOR CARE®
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
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT AUTHORIZED PROVIDER

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®
of Utah County
for more info: habitatuc.org



Spring Fever

Robert Stockton (© 2008)

Across

1. Loading locale
5. Harriet Tubman, once
10. They share a Ma and Pa
14. Free speech org.
15. Itching to begin
16. Greeting in Guadalajara
17. SPRING
20. Tither's portion
21. Something to run in a bar
22. Big name in 2008 politics
23. Singer & activist Joan
25. Intoned endlessly
26. SPRING
31. Canonized king of Nor.
32. Warty amphibian
33. ENT's org.
36. RBI or ERA, e.g.

37. Come to pass
39. Rush to review
40. "The Fox in the Hound" fox
41. Animation
42. Like urban air, often
44. SPRING
46. Ships of the desert
49. West coast gas brand
50. New York politician Alfonse D' _____
51. Future home of W's presidential library
53. Like some beers
57. SPRING
60. 1993 peace accord locale
61. Approach indicated by two lanterns
62. French bean?
63. Close by
64. Raise up

65. Phonograph frustration

Down

1. Kind of tense
2. Frozen drink brand
3. Animation
4. Declining industrial region, slangily
5. One in a hundred in DC
6. Taoism founder
7. Kodak competitor
8. Eat or greet, e.g.
9. Byron's "before"
10. Cindy Lauper hit single
11. Herbert Hoover or Meredith Wilson, by birth
12. Fault

13. Green course
18. Scarlett surname
19. Santa-tracking org.
24. Exertions
25. Letter opener
26. "Hey! Over here!"
27. Camp Swampy canine
28. Pictish pigment
29. Maj.'s boss, perhaps
30. Slugger Gehrig
33. Jason's craft
34. Nativity trio
35. _____ nitrite (heart medicine)
38. Langley org.
39. Gilligan's Island props, often
41. Under

43. "Solid Gold" host Marilyn
44. Shooting star
45. Hardy pal
46. Fatty fowl
47. Entertain
48. Donald Trump ex-wife Maples
51. Place for a final voyage
52. Table-like terrain
54. Wearying walk
55. When we meet Quince and Bottom
56. Sugary Easter treat
58. "Honest" president
59. Posed for a portrait

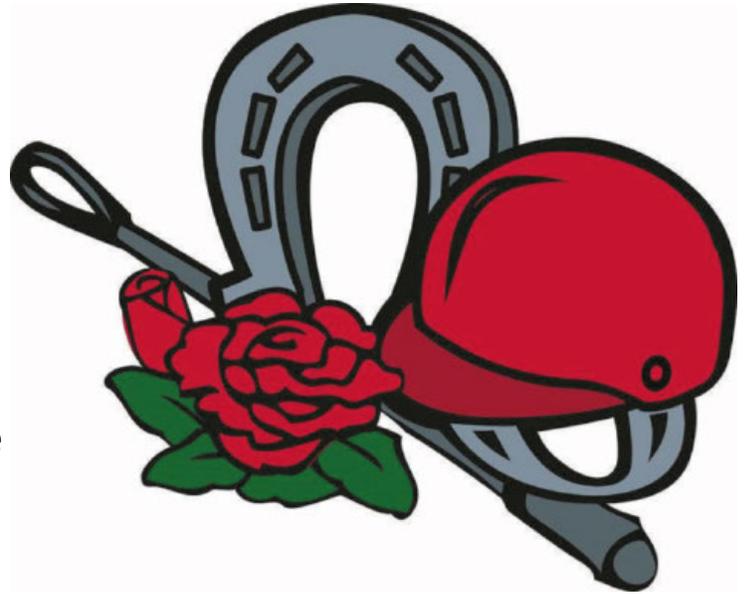
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63					64						65			

OSFC Kentucky Derby

Mark your calendars for our own Run for the Roses at the 1st ever OSFC Kentucky Derby on Friday May 6th. Special derby treats and drinks will be available for all at 11 AM. Pick a horse to bet on and find a seat to help roll the dice and move your horse to the finish line!

Women are known to wear their fanciest hats and men focus on the best bow tie and we hope you will honor those traditions as we will be awarding prizes for the best of both!

Register at the office!



	<p>Senior Real Estate</p>  <p>Tracy Padgett 801-687-2127</p>	<p>Estate Attorney</p>  <p>Blaine Edwards 801-748-1868</p>	<p>Reverse Mortgages/ Refinance NMLS 2019539</p>  <p>Keith Payne 801-235-0929</p>
<p>A group of local Utah County businesses focused on helping & serving seniors</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 385-325-3131</p>
<p>www.GoldenAgeServices.com</p> <p> Follow us on Facebook @goldenageservicesUT</p>	<p>In-Home Care</p>  <p>Lynn Long 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 a new policy (below) 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!

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

Caregivers Meeting

April 14, 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!

Watercolor Group

Under the direction of Berni Mortensen friends gather in classroom #1 to work on their watercolor skills and enjoy each others company. Sometimes they have guest artist attend to teach new technique! Every Wednesday from 9-Noon.



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SUNDBERG-OLPIN & WHEELER
— Funeral Homes —

Known for Excellence ~ Trusted for Value

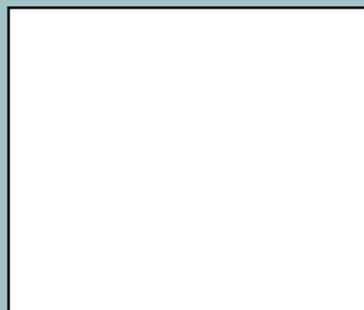
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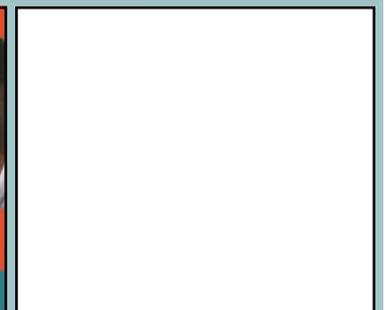
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Top 10 Senior Scams from Consumer Fraud Reporting

1 **Debt Collection:** Most of the complaints under this category involve debt collectors. Consumers tell of receiving calls from harassing collectors who are threatening and will repeatedly call attempting to collect a debt. Other complaints that fall under this category involved credit/debit card fees, pay day loans, credit repair companies and unauthorized use of credit/debit cards. Some of these complaints involved hidden fees and billing disputes as well.

2 **Fake Government Officials** If you received an email, letter or phone call from a government agency (typically the IRS or FBI) and it instructs you to wire, Western Union or MoneyGram money someplace, or follow a link and enter information - don't believe it! The U.S. government would never instruct anyone to use those methods to pay any bill or carry out a financial transaction, particularly with an overseas bank or agency.

3 **Identity Theft, Phishing and Pharming** Scammers gain access to your confidential information, like social security numbers, date of birth and then use it to apply for credit cards, loans and financial accounts. Typically, the victim receives an email that appears to be from a credible, real bank or credit card company, with links to a website and a request to update account information. But the website and email are fakes, made to look like the real website.

4 **Phone scams** This includes telemarketers violating the Do Not Call list, Robodialers, scammers calling up pretending to be from a bank or credit card company. The National Do Not Call Registry (U.S.) or the National Do Not Call List (Canada) offer consumers a free way to reduce telemarketing calls. Scammers call anyway, of course, and they've even found a way to scam consumers by pretending to be a government official calling to sign you up or confirming your previous participation on the Do Not call list! A good example of this is the "Your Microsoft license key has expired" scam call - which you can hear and read about on this page.

5 **Loans Scams / Credit Fixers** False promises of business or personal loans, even if credit is bad, for a fee upfront. Or a scam that promises to repair your credit for a fee.

6 **Fake Prizes, Sweepstakes, Free Gifts, Lottery Scams** You receive an email claiming you won a prize, lottery or gift, and you only have to pay a "small fee" to claim it or cover "handling costs". These include scams which can go under the name of genuine lotteries like the UK National Lottery and the El Gordo Spanish lottery. Unsolicited email or telephone calls tell people they are being entered or have already been entered into a prize draw. Later, they receive a call congratulating them on winning a substantial prize in a national lottery. But before they can claim their prize, they are told they must send money to pay for administration fees and taxes. The prize, of course, does not exist. No genuine lottery asks for money to pay fees or notifies it's winners via email.

7 **Internet merchandise scams** You purchase something online, but it is either never delivered or it is not what they claimed it was, or is defective. Online shopping, and other shop from home, such as catalog, mail and phone shopping scams are on the rise.

8 **Automobile-Related Complaints** Car loans, car buying, car sales, auto repair, fake or useless extended warranties. Some of the complaints alleged consumers paid for repairs and that services provided were shoddy. Consumers reported repair companies that return vehicles to the consumer in a worse condition than how it was initially given to them. Other complaints involved consumers not receiving title to their vehicles at the time of sale

9 **Credit Bureaus and related credit scams** Credit/debit card fees, pay day loans, credit repair companies and unauthorized use of credit/debit cards. Some of these complaints involved hidden fees and billing disputes as well.

10 **Phishing/Spoofing Emails** Emails that pretend to be from a company, organization or government agency but ask you to enter or confirm your personal information

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.

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

Apple Blossom
April Showers
Barbeque
Buds
Color
Crocus
Ducklings
Easter eggs

Growth
Life Cycle
March
Outdoors
Raindrop
Seedlings
Tadpoles
Warmth

Bonus Challenge:

Find 4 animals associated with springtime

- 1.
- 2.
- 3.
- 4.

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Printable Springtime Word Search

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