



Welcome to Brigham Senior Center

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"Promoting Wellness, Dignity and Social Independence for our Communities."

Located at 24 North 300 West, Brigham City Senior Center is the focal point in southeast Box Elder County where information about and access to aging services can be obtained. The Center is a division of Brigham City Corporation, Bear River Association of Governments and the Utah Division of Aging Services. Center still closed due to COVID-19. Meals being served.

In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again in Brigham City as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year, Brigham City Senior Center will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.

Here are some ways to share and connect:

Look for joy in the everyday: Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.

Reach out to neighbors: Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a home cooked meal.

Build new skills: Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.

Share your story: There's a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service—we help build strong communities.

And that's something to celebrate!



Upcoming Events & Travel

We made it to Joplin, Missouri!

Cruise along historic Route 66 as it winds its way through the heart of Joplin, via Main Street downtown, then toward the Kansas state line on 7th Street. Our city is even featured in the lyrics of the iconic song “(Get Your Kicks On) Route 66,” and we have a park dedicated to Joplin’s place in the history of this major highway.



Known as the Mother Road, Route 66 was established in 1926, reaching from Chicago to Santa Monica, California. By the 1950s, it was heavily traveled by vacationers making their way out west. While larger interstate highways have since made the trip out west more efficient, each year thousands of tourists - many of them from around the globe - still choose to take a more nostalgic journey on Route 66.

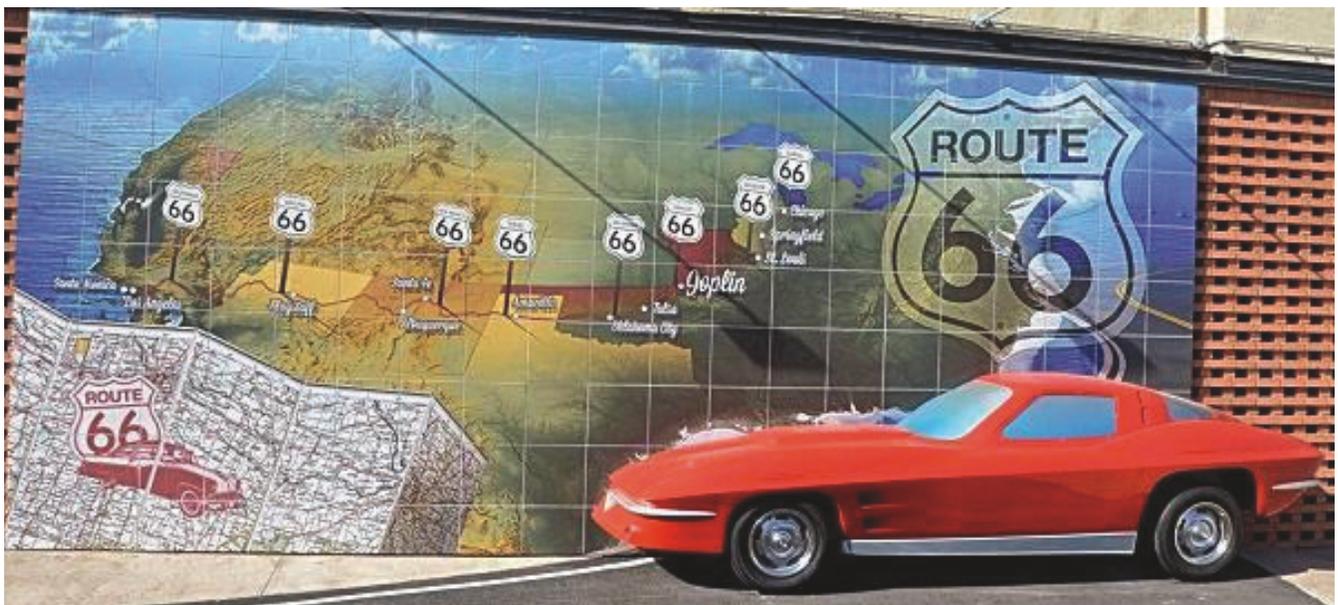
A cruise down Route 66 carries you through the heart of Joplin, allowing you to experience the city with awakened senses. Channel your inner Siskel-and-Ebert after viewing an independent film at a one-of-a-kind theater. Savor the made-from-scratch goodness of gourmet chocolates that have been crafted in Joplin for over 40 years at a local candy factory. Explore Main Street's boutiques and galleries for unique items and local art, then feast your eyes on our vibrant downtown murals, as well as the extraordinary examples of architecture in Murphysburg, our city's first residential district. Delve into backstory of our city at the Joplin museum, where you'll learn about how the discovery of valuable minerals turned this idyllic Ozark spot into a booming town, a town that has been- and continues to be- visited by thousands of Mother Road travelers each year.

Expand Your Horizons!



Next stop: Oklahoma City (OKC), Oklahoma!

OKC is about 240 miles from Joplin, Missouri. We have got a ways to go, but together we are on our way!- Call 435-226-1457 to register.



Special Senior Information

Lower Your Medicare or Prescription Drug Costs!

If your monthly income is not more than \$1,615 for singles (\$2,175 for couples) and your assets are not more than \$14,610 for singles (\$29,160 for couples), you may be eligible for Extra Help, a federal program that helps you pay some or most of the costs of Medicare prescription drug coverage (Part D). Assets include such things as bank accounts, stocks, and bonds. Katy and Nancy, our Senior Health Insurance Information Program (SHIP) counselors, will be happy to help you with your needs. Please call the Center at 435-226-1457 for an appointment for free assistance applying for extra help. Staff members are also available to help with other Medicare or health insurance needs such as billing issues. Help may also be available to pay for your Part B premium. Schedule an appointment today. We are providing counseling over the telephone during the COVID-19 Crisis.

Please call and ask to schedule a telephone appointment. If needed, we can conduct a curbside consultation. We will continue to provide you the best service possible.

Is your monthly income:
Single: less than \$1,630
Couple: less than \$2,198

Are your assets:
Singles: less than 14,790
Couple: less than \$29,520

Resource Support Group

This group is for anyone in a caregiving situation or seniors looking for resources to help them remain in their home. This group will resume once the center has reopened. The dates and time of this group is TBD at the time of re-opening. Please call Katy for assistance with your caregiving questions. 435-226-1455

Alzheimer's Support Group & Memory Club

The Alzheimer's Association sponsors this group and has decided to cancel all in person groups until further notice, as a result of the pandemic. The Center has made the decision to no longer offer this specific group. If you need this type of support, please feel free to go on the internet to alz.org website. There you will be able to find support groups that meet through online platforms, as well as a variety of information to support the caregiver. If you have additional questions, please contact Katy, In-Home Social Worker, at 435-226-1455.

VA Benefit Appointments

If you need assistance with any VA services, our local representative is Deborah Crowther from BRAG. For assistance, call Deborah 435-713-1462.



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2021 USU Brigham City Lecture Series

Brighamcity.usu.edu/lectures

Most lectures begin at **7:00 p.m.** All lectures will be available on Zoom at [aggie/link/BC_Zoom](#) Please check the website monthly to see if in-person attendance is available.

May 13

The History of the Bushnell Hospital

Andrea Carter, Master's Graduate USU

June 10

Wilderness First Aid

Dr. Justin Watkins, DO



Library Corner



Modified Hours

M, W, F: 10am-5pm

T, Th: 1pm-8pm

Sat: 10am-2pm

Outdoor Book Return: 24/7

Curbside pickup is still available. Call: **435-723-5850**,

Email: reference@bcutah.org, or Visit: **26 E Forest Street**

Call or email for questions.

Reading and Discussion Series: The Turbulent Sixties:

Thursday, 3 June 2021

7pm *Great Society* by Amity Shlaes

"[An] accurate history that reads like a novel, covering the high hopes and catastrophic missteps of our well-meaning leaders." -- Alan Greenspan

This Program has received funding from Utah Humanities (UH). UH improves communities through active engagement in the humanities.



Free Interlibrary Loans Through June 2021!

Thanks to a generous grant, the Brigham City Library is offering free interlibrary loans! Interlibrary loans are when one library borrows materials from another library. It is a great way to find books that your own library can't carry due to space or budget constraints. This includes books, audiobooks, DVDs, other media, and book club sets. Drop by the library to fill out a request!

This program was funded in part through a grant from Utah State Library Division, Department of Heritage and Arts, and from the Institute of Museum and Library Services which administers the Library Services and Technology Act.



CIRCUIT BREAKER –RENTER REFUND

What is Circuit Breaker – Renter Refund?

Utah code provides general relief to qualifying senior citizens, or a surviving spouse, who have income below statutorily mandated levels. The renter refund applies to both renters and manufactured homeowners who rent lots.

Note: Homeowners may apply for relief through the county where the property is located. For more information, see Circuit Breaker – Low Income Abatement and Homeowner's Tax Credit.

Who qualifies for Circuit Breaker?

To qualify for property tax relief under this program, the following guidelines apply:

- The applicant must be 66 years of age as of December 31st of the year for which they are applying.
- A widow or widower of any age may qualify.
- The applicant must furnish their own financial support for the year and cannot be claimed as a dependent on someone else's tax return.
- The applicant must have resided in the state of Utah for the entire calendar year for which they are applying.
 - An application must be completed and signed each year, using one of the following two methods:
- Complete the online application using [Taxpayer Access Point \(TAP\)](#). **Note:** using this electronic method may significantly speed your refund.
- Complete, sign, and submit a current [Form TC-90CB, Renter Refund Application](#). Senior Center has these available.
- The annual household income cannot exceed the amount specified by the legislature. Note: this amount changes each year.
- The applicant must include all rent that has been paid.

Museum Matters: Museum of Art and History –and Fine Art & Illustration April 17-June 19

Brigham City Museum

20 N 300 W; Brigham City, UT 84302 435-226-1439

Hours 10:00 a.m. -5:00 p.m. Tuesday –Friday; 1:00 p.m.-5:00 p.m. Saturday

Special hours are reserved for high-risk populations from 10:00 AM to Noon, Tuesday - Friday and 11:00 AM to 1:00 PM on Saturday. General Public Hours are Noon to 5:00 PM, Tuesday - Friday and 1:00 PM to 5:00 PM on Saturday. Group tours are required to contact museum staff to make arrangements via email (maryann@boxeldermuseum.org), phone (435-226-1430), or Facebook Messenger. Please consider signing up for the e-newsletter on brighamcitymuseum.org and following us on Facebook (**BrighamCityMuseum**)

Fine Art & Illustration

The Brigham City Museum of Art & History will once again host its Fine Art & Illustration exhibition, which opens on April 17 and runs through June 19. This thrilling display of mixed-media works by David Ball, Ken Meyer Jr, and more!



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Brigham Medical Clinic

Physicians:

David G. Wilding, M.D. Internal Medicine (Habla Español)
Lindee Price Allen, FNP Nurse Practitioner/Family Practice
Stephan M. Moss, FNP Nurse Practitioner/Family Practice
Marie Smith, FNP, Nurse Practitioner/Family Practice
Carla K Smith, FNP Nurse Practitioner/Family Practice

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Avoid Covid-19 Stimulus Payment Scams

Becca Kelly Slaughter, Acting Chair of the FTC

You've probably heard the great news that the American Rescue Plan is now law. That means lots of people will soon be getting desperately-needed economic impact payments—some folks call them stimulus payments—of up to fourteen hundred dollars. Many of you have been here before, so you know these funds will come through direct deposit, check, or debit card. But we here at the FTC would like to remind you that scammers follow the headlines, too. So here are a few sure ways to spot a scammer trying to take your money or personal information.

First, know that nobody in the government will ask you to pay anything up front to get your economic impact payment. There's no way to get your payment faster, and there's no form to fill out. That's simply a scam.

Second, the government will not call, email, text, or message you on social media to ask for your Social Security, bank account, or credit card number. Anyone who does is a scammer.

Third, anyone who tells you to pay by money transfer, gift card, or cryptocurrency is a scammer. No matter WHY they say you need to pay.

If you spot these scams, tell the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud). Every report helps us try to stop scammers.

And let me say a word to would-be scammers: the FTC will use all of its enforcement authority to come after bad actors who try to take advantage of people anxiously awaiting relief. To learn more about avoiding pandemic-related scams, visit [FTC.gov/coronavirus](https://www.ftc.gov/coronavirus). And help us spread the word. Share these tips and this video through your network. Thanks for helping us protect people from scams.

Make Every Bite Count [MyPlate.gov](https://www.MyPlate.gov)

Take a look at your current eating routine. Pick one or two ways that you can switch to choices today that are rich in nutrition.

A healthy eating routine can help boost your health now and in years to come. Think about how your food choices come together over the course of your day or week to help you create a healthy eating routine.

It's important to eat a variety of fruits, vegetables, grains, protein food, and dairy or fortified soy alternatives. Choose options for meals, beverages and snacks that have limited added sugars, saturated fat, and sodium.



Focus on whole fruits:

- * Start your day with fruit at breakfast. Top cereal with your favorite seasonal fruit, add bananas or chopped apples to pancakes, or mix a spoonful or two of raisins into hot oatmeal.
- * Keep ready-to-eat fruits in the refrigerator for a quick snack.
- * For dinner, chop up a combination of seasonal, frozen, or canned fruits to make a quick fruit salsa to top fish or chicken. Add fruit such as orange sections, apple wedges, or grapes to a salad.

Vary your veggies:

- * Add shredded carrots to the lettuce and tomato in your sandwich, make soup from the veggies in the your vegetable drawer, and snack on raw veggies.
- * Try a stir-fry with fresh or frozen vegetables for a quick meal or easy side dish.
- * Pick out a vegetable that you haven't tried and try a new recipe.

Make half your grains whole grains:

- * For breakfast, enjoy a whole-grain-based hot or cold cereal. Consider trying whole-grain puffs or flakes that are new to you—you might discover a new favorite.
- * Instead of sandwich bread, try a whole-grain pita, tortillas, naan or other wholegrain flatbread, sliced breads, or rolls.
- * Create your own trail mix with whole-grain cereal or enjoy whole-grain crackers with avocado for a healthy whole-grain snack.

Help Us Earn Money!

Smith's



Shop at Smith's and earn money for the Senior Center! Create your account at www.smithsfoodanddrug.com. Add your Smith's reward card, check to be sure your personal information is correct. Under "My Account" click "Inspiring Donations". The organization name is Box Elder Golden Spike Senior Services. Click enroll to complete the process. This won't change your rewards and will earn the Senior Center a quarterly check!

Donate Through amazon.com

Do you shop at Amazon.com? Next time you shop, start at smile.amazon.com. The first time you will need to select your charitable organization. Select Box Elder Golden Spike Senior Services. There is no extra charge to you and Amazon will donate .5% of eligible purchases to help support the Senior Center. See Tammy or Nancy if you have questions.



Have you ever forgotten to sign up for tomorrow's lunch and wished there was a way that you could sign up from home? Thanks to technology, you can sign in on your home computer, tablet or phone and register for future lunches. You must be registered with the Senior Center and have a MySeniorCenter Key Tag to activate your account. Go to <http://myactivecenter.com> to begin the process. If you share an e-mail address with your significant other, you can add them to your account from the My Account page. If you have any problems, please contact Bonnie for assistance. 435-226-1457. Please remember if you are signing up from home that we still need 24 hours notice for a meal. During the COVID-19 Pandemic please register under "Take-Out" meals.



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May 2021 Activities

Activity Calendar Subject to Change



Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Star War's Day 	5 Birthday Lunch Cinco de Mayo	6 National Day of Prayer 	7 Mother's Day Lunch
10	11	12 Myers Sponsored Lunch	13 National Apple Pie Day 	14 National Dance Like a Chicken Day 
17 Gillies \$1 Lunch	18 International Museum Day 	19	20 Commodities	21 Bike to Work Day 
24 Brother's Day 	25	26	27	28 National Hamburger Day 
31 Center Closed for Memorial Day 	<p>COVID-19 Disrupts Planned Activities</p> <p>Please follow us on Facebook for current information. Remember that you can always call the Center and get a friendly person to talk to! We miss your smiling faces and your sweet voices!</p>			

Trips & Party Dates!

- May 5 **Birthday Dinner/Cinco De Mayo**
- May 7 **Mother's Day Lunch**
- May 12 **Myers Lunch**
- May 17 **-Gillies Lunch**
- May 28 **-National Hamburger Day**

Appointments & Classes

- ◆ **Commodities May 20**

Staff Phone Numbers

- General Line - 435-226-1450
- Nancy - 435-226-1451
- Kayla - 435-226-1452
- Tammy - 435-226-1454
- Katy - 435-226-1455
- Transit - 435-226-1456
- Bonnie - 435-226-1457

"I'm only wishing to go a-fishing; For this the month of May was made."
-Henry Van Dyke

"You are as welcome as the flowers in May."
-Charles Macklin

"The world's favorite season is the spring. All things seem possible in May."
-Edwin Way Teale



What's Cookin? May 2021

~Milk Offered Daily ~Menu subject to change without notice~ Suggested \$3 Donation per meal

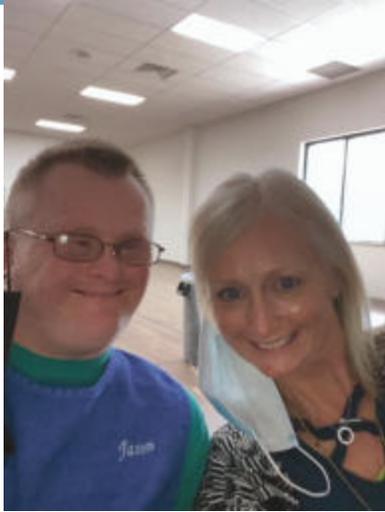


Monday	Tuesday	Wednesday	Thursday	Friday
3 Chili Dogs Potato Wedges Mixed Veggies Ambrosia Salad Oatmeal Cookie	4 Broccoli Chicken Casserole Rice Kale Slaw Fruit Cup Lemon Muffin	5 Birthday Lunch Cinco de Mayo Chicken Fajitas w/cheese, lettuce, tomato, tortilla Black Beans Fiesta Veggies Diced Pears Cupcake	6 Sweet and Sour Meatballs Steamed Rice Snap Peas Chinese Cabbage Salad Blueberry Muffin Fortune Cookie	7 Mother's Day Lunch Baked Ham Yummy Potatoes Scandinavian Veggies Tossed Salad Biscuit w/Jam Strawberry Shortcake
10 Hawaiian Chicken w/BBQ & Swiss Roasted Red Potatoes Green Beans Fruited Broccoli Slaw Cinnamon Muffin	11 Shepherd's Pie Peas and Pearls Berries and Cream Salad Dinner Roll	12 Myers Day Chicken Alfredo Steamed Broccoli Caesar Salad Breadstick Lemon Bar	13 Pulled Pork Sandwich Sweet Potato Fries Macaroni Salad Mandarin Oranges Sugar Cookie	14 French Toast Sticks w/ Syrup Bacon Hashbrowns Applesauce w/Cinnamon
17 Gillies \$1 Day Sloppy Joes Kettle Chips Steamed Baby Carrots Fruited Coleslaw Cornflake Candy	18 Poppy seed Chicken Brown Rice Steamed Veggies Peaches and Whipped Cream Sliced Bread	19 Navajo Tacos w/Shaved Lettuce and Tomato Corn w/Peppers and Onion Frog Eye Salad Fruit Cocktail	20 Swiss Chicken Bake Scalloped Potatoes Buttered Mushrooms Fruit and Yogurt Corn Muffin	21 Belgian Waffle Sausage Links Brussel Sprouts Grape Salad
24 Tater Tot Casserole Parslied Carrots Spinach Salad Breadstick	25 Baked Ziti w/Sausage Italian Veggies Cottage Cheese w/Fruit Pea Salad Dinner Roll	26 Chicken Curry w/Veggies Steamed Rice Green Salad Fruit Cup	27 Hawaiian Haystacks Oriental Veggies Buttered Rice Pineapple Tidbits Chocolate Chip Muffin	28 National Hamburger Day Hamburgers w/Fixins Onion Rings Caribbean Veggies Potato Salad Cantaloupe
31 Center Closed for Memorial Day	<p>Due to COVID-19 all meals are either being delivered through Meals on Wheels or picked up as Take-out meals through our north door. We are providing curbside service so you don't even need to get out of your car. .</p> <p>Please call 435-226-1457 or go online to register for meals.</p> <p><u>Donations are appreciated.</u></p>			

If you are planning on joining us for lunch, you need to call or sign-up **at least 24-hours in advance**. **This does not include calling the morning of the meal!** It is hard to serve everyone when we don't have a correct count. We enjoy having everyone drive up for lunch, however, we need to be able to prepare for the individuals who have taken the time to follow the policy and sign up on time. Check out the information on page 7 for signing up from home on your computer. We love seeing your smiling faces at the door to pick up a meal...please come see us!! Call 435-226-1457 if you have any questions.

For those 60+, their spouse of any age, or disabled child; or a volunteer, the **suggested donation is \$3.00**. Please be generous and give what you can afford. **This program relies on donations to continue providing meals.**
 The full cost of the meal is \$7.40 for those under age 60.

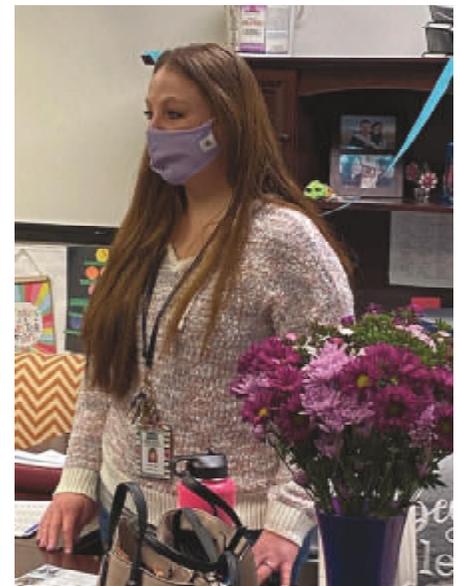
“Picture” all of the fun you will enjoy with us!



**Where did you wear your COVID-19 Volunteer T-shirt?
Send your photo to ngreen@bcutah.org for**



Kirsten Smith leads SilverSneakers each morning via ZOOM!





Want Ads, Cook's Corner & Deaths

Deliver a Difference!

Looking for Meals on Wheels Drivers
Monday—Friday from 11:00-12:00.

Great opportunity for substitute drivers.
This requires less commitment . Please
call Tammy at 435-226-1454

Volunteer Guidelines

Brigham City Senior Center could not
provide the great services that they do
without the assistance of our amazing
volunteers. If you want to get involved
with this winning team there are just a
few steps. A background check is re-
quired through our police department –
obtain that information from Tammy.

435-226-1454

Cook's Corner

Here is a delicious treat for the whole family! I promise you won't be disappointed. If you have any ideas or recipes please email kcall@bcutah.org

Berries and Cream Salad

- 1 box 3.4 oz instant vanilla pudding mix
- 32 oz. container vanilla Greek yogurt
- 8 oz. container Cool Whip thawed
- 2 12- oz bags frozen berries

In a large bowl, combine the pudding mix and Greek yogurt, stirring well until mixed. Fold Cool Whip into the mixture. Lastly, fold in the berries. (You can thaw the berries for about 10 minutes before making salad, or you can put them in frozen. They should thaw very quickly.) If you don't serve the salad immediately, store in an airtight container in the fridge. When you're ready to serve, give the salad a quick stir and top with additional berries, if desired, to garnish. Enjoy!!!

Gone But Not Forgotten

Benjamin S. Jorgensen, 44, passed away 3/22/21
 RaeAnn Petersen Lamb, 68, passed away 3/9/21
 Lawrence Roy Shaw, 80, passed away 3/25/21
 Brenda Spackman, 54, passed away 3/27/21
 Elaine B. Windley, 86, passed away 3/23/21
 Bruce James Porter, 75, passed away 3/30/21
 Ryan Liljenquist, 29, passed away 4/3/21
 George Parker, 78, passed away 4/1/21
 Lynette Hollingshead, 55, passed away 4/3/21
 Elizabeth Sederholm, 93, passed away 4/5/21

Clifford Miller passed away 4/2/21
 Shanna Davenport, 82, passed away 4/10/21
 Everett Reynolds, 73, passed away 4/8/21
 Robert Holst, 90, passed away 4/10/21
 Walter Wellman, 83, passed away 4/11/21
 Doris Lezetta "Liz" Reeves, 78, passed away
 4/13/21
 Hunter Winford Barrus, 75, passed away 4/17/21
 Kevin Hawkes, 57, passed away 4/17/21
 Scott Stein, 66, passed away 4/15/21
 Robert Lund, 78, passed away 4/8/21



May Puzzle

L A S O I O T E N W U O Y L I L T U O R T O
 L L R O I G X E L G S R Y D E L I I C S O G
 C S E I E B O A C O P E H R E E R F E ' R E
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 L R A Y I T U M N U N ' S C A P O R C H I D
 B Y W A T L T Y A N E R S I H R W T P T L L
 H R C P N A O O L N B A B Y ' S T O E S Y E
 N W I R T L L A S A E H N H M W E Y R T H O

Spring Bulbs

Amaryllis	Narcissus
Aztec Lily	Nun's Cap Orchid
Baboon Flower	Oxalis
Baby's Toes	Peruvian Lily
Checkered Lily	Siberian Squill
Chinese Ground Orchid	Snowdrop
Daffodils	Society Garlic
Dutch Iris	Spanish Bluebell
English Bluebell	Spring Starflower
Fire Lily	Trout Lily
Grape Hyacinth	Tulips
Grecian Windflower	Violet Wood Sorrel
Hyacinth	
Iris	
Lily	



COVID-19 Restrictions and Guidelines

In every phase, high-risk individuals operate under stricter guidelines because they are more likely to suffer from severe illness from COVID-19. Because a Senior Center, by design, caters to high-risk individuals, stricter guidelines must be followed. We will not be reopening to the public until it is safe to do so. Our overarching actions are aimed at keeping the majority safe and healthy.

Senior Want Ads: Musicians Wanted

Looking for one alto, and two people who can play guitar, banjo or mandolin and could join in singing bass or tenor.

We perform at Assisted Living Centers from Tremonton to Layton. We play country music and popular hits from the 30's and 40's. The average age of our group is 65. Practice is held every Thursday evening from 6:00 –8:00 p.m. in Brigham City. No foul language and we need a commitment to regular attendance. Call Scott 863-269-6849



HEAT Assistance Available

Do you need help paying your home energy bill? The Home Energy Assistance Target (HEAT) Program is an assistance program designed to help low-income households with home energy costs. Due to COVID 19 visits will not be conducted in person.

Contact the HEAT Office to see about scheduling a phone appointment. 435-723-1116



May Birthdays
Happy Birthday to You!

Nancy Abel, Helen Abercrombie, Khristine Andersen, Norwin Andreasen, Kathleen Aston, Burdeen Bailey, Clair Bailey, Dorothy Baird, Kenneth Barker, Denton Beecher, Kathy Berkley, Curtis Bird, Kimberly Blackwell, Vaughn Buist, Janet Burda, Gary Bywater, Louis Cappello, Colleen Castillo, Jerry Checketts, Joan Christensen, Susan Christensen, Becki Clayson, Michael Cordova, Carma Davis, Betty Deakin, Vickie Dean, Larry DeHerrera, Sally Drewes, James Dudley, Sherolyn Egelund, Roger Ensign, Debra Fabry, Barb Fenton, Donna Fullmer, Leo Gibby, Louise Gilman, Paul Hamblin, Scott Hamilton, Deborah Kay Hansen, Helen Hansen, Earl Harper, Georgia Higgins, Eunice Hight, Shane Higley, Karen Huckaby, Marilyn Hunsaker, Linda Hunt, Robert Hurst, Coleen Ivey, Leda Jeffery, Dennis Johnson, Linda Johnson, Dan Jones, Bob Kenner, Arnold Krabbenhoft, Gayla Lane, Debi Larsen, Sharon Lee, Mary Lewis, Darwin Lowry, Gaylia Lund, Kay Macfarlane, Kent Malan, Sheila May, Stan McAl-

lister, Dixie McMillan, Jean Meyersick, Darlene Miller, Colleen Myers, Minerva Nieto, Marye Okada, Byron Parkinson, David Peck, Charlotte Pont, Ronald Porter, Lynn Poulsen, Rachel Poulsen, Lori Process, Marlene Rapp, Jill Rasmussen, Donna Redington, Stewart Reeves, Lavern Rennemeyer, Lynn Richards, Ileen Robinette, Wesley Roesler, Faye Shirra, Kirsten Smith, Sue Smith, Debbie Spivey, Bert Stanger, Diana Stokes, Allen Sutch, Katie Tawatari, Royce Thompson, Luella Tincher, Evelyn Tingey, Michael Tomes, Joni Vaux, Hope Vera, Lorraine Vernon, Joe Westmoreland, Nathan Wheeler, Carol Whitley, Michael Williams, Laura Windsor, Sharlee Woolsey, Annie Young, Diane Zundel



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~What's Happening at the Center~



Where Do I Donate My Stuff?

Since the Senior Center no longer offers the free table, what can you do with your stuff?

- ◆ Deseret Industries 700 South Main by appointment.
- ◆ Thrifty Yard Sale 320 S 200 E. Donate M-Th 9-12. Supports several community organizations.
- ◆ Unsheltered Utah –Accept anything adults who are living on the street can use. Drop off at the Box Elder News Journal during business hours.
- ◆ TheArcInc.org –will pickup at your home. Supports people with disabilities.

TAX ASSISTANCE

We are working with the VITA Volunteers to provide tax assistance for our seniors this year. Taxes are scanned each Tuesday evening by appointment at the Brigham City Library. Please call Bonnie at 435-226-1457 to schedule your appointment. There is a packet of papers to be filled out before your appointment. They will be completing taxes through May 11, 2021



Activities Offered via Zoom:



Improve flexibility, balance, and agility. Decrease stress, anxiety, and depression.

Now offering classes! — Tai Chi is an ancient Chinese form of exercise that can help improve flexibility, stability, and balance, three things that tend to decline as we age.

Often described as “meditation in motion,” Tai Chi’s benefits extend to your mental health as well. Tai Chi helps reduce stress and anxiety. And the best part? No special equipment is needed to practice Tai Chi!

Tai Chi is taught by a live instructor via Zoom every **Tuesday at 10 a.m.** Classes are FREE to attend and all are welcome. A new session will be starting soon. Call to register.

Register for Tai Chi free online at <https://brighamcity.activityreg.com> or contact Bonnie by email bnorman@bcutah.org or phone Bonnie 435-226-1457



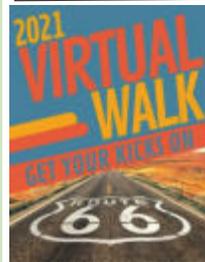
We are so excited that Silver Sneakers is happening Monday –Friday @ 9:00 AM via Zoom App!

Join us for your daily dose of exercise with our amazing instructor Kirsten Smith doing Silver Sneakers Live!

We will send an invite to your email each morning so that you can join in the action! Equipment check out is at the East door 8-10:00 AM. –please call ahead so that we can have it ready. We have the ball, weights and stretch bands available. Classes are covered by United Healthcare and Aetna. If you don’t have insurance coverage, the cost is \$3 per class, \$20 per month per person or \$30 per month for a couple.

Questions?

Contact: Bonnie at 435-226-1457



Join in the fun as we journey across the United States on Route 66! We are all tallying the miles we walk each month to see how quickly we can reach

our destination. We have made it from Chicago, IL to Joplin, MO and are headed to Oklahoma City! Call Bonnie to register and then submit your miles walked each week. Can be outside, inside or on a treadmill! 435-226-1457

SOMETHING TO CROW ABOUT!



Red Rooster will be serving delicious food at the Memorial Pickleball Tournament.

Date: May 27-May 29

Time: TBD

Location: Pickleball Courts

Become a Senior Corps Volunteer:
because **Doing Good IS Good for You**

<p>Reduces</p> <p>↓</p> <p>SAD depression</p> <p>chronic pain</p> <p>stress</p> <p>risk of disease</p> <p>social isolation</p>	<p>Increases</p> <p>↑</p> <p>physical fitness</p> <p>mental functionality</p> <p>sense of purpose</p> <p>social connection</p> <p>longevity</p>
--	--

Division for Historical & Community Service-The Health Benefits of Volunteering: A Review of Recent Research, May 2012
www.netemba.com.gov/pdf/healthbenefits_benefits.pdf

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www.weberhs.net/volunteer-services



2021

POOL EVENTS

GLOW NIGHT	06.17.21
CHRISTMAS IN JULY	07.15.21
HOT DOG DAYS OF SUMMER	08.18.21
ALOHA DAY	08.28.21
LAST SPLASH (FINAL DAY)	09.06.21

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



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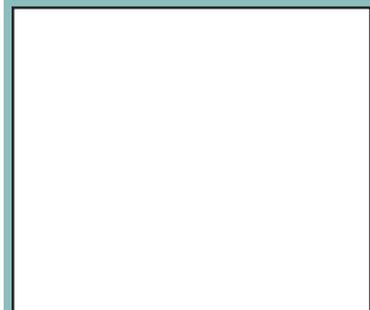
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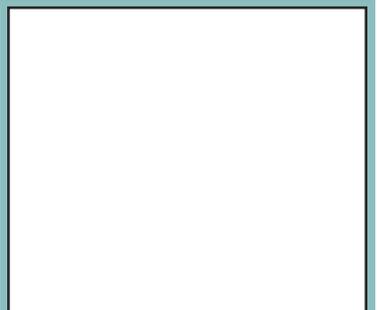
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"Tell me a story. Tell me a story. Tell me a story. Remember what you said. You promised me. You said you would. You'd better give in so I'll be good. Tell me a story. Then I'll go to bed."

When that song came out, I remembered every word of it because it was so much like my childhood home. My sisters and I never went to bed without first having stories read to us by our mother, as we laid in bed beside her. Many nights I fell asleep and remember being lifted into my own bed by my father.

I carried on that tradition with my children. As I got more children and worked harder in the day, I found that as I read to the children as we all laid in bed at night, I ended up falling asleep and the book fell on my face. I would glance at my sides and noticed the children, still awake and wondering why mother had stopped reading and had the book on her face.

I was thankful at that time for Walt Disney putting all his stories on records and the children and I laid in bed and listened to the stories. I could go to sleep while the children finished listening to the stories.

Now, most parents do not read anymore to their children, when they put them to bed. I am sorry to see that. I think my love of reading stemmed from my mother reading stories to me and my father reading poems to us. I still have the book, "One Hundred and one best loved poems" by my bedside. That is the book Dad read poems out of. I know many of them by memorization now. I still reach over and read those poems to start my day. I also read stories and it seems to help me wake up better.

Television does not teach children to read, nor to love to read. Maybe we need to go back to the "Good Old Days" and read or tell our grandchildren and children more stories. Maybe then, more of them will learn the song, "Tell me a story."

Staff Suggestions for Reading Books

Picture Books:

The Gray Lady and the Strawberry Snatcher by Molly Bang

On Market Street by Anita Lobel

The Book with No Pictures by BJ Novak

Great Stories:

Toad by Ruth Brown

Emma's Turtle by Eve Bunting and Marsha Winborn.

The Giving Tree by Shel Silverstein

The Princess and the Pea by Hans Christian Andersen and Janet Stevens

The Monster at the End of This Book by Sesame Street

The Very Hungry Caterpillar by Eric Carle

Charlotte's Web—EB White

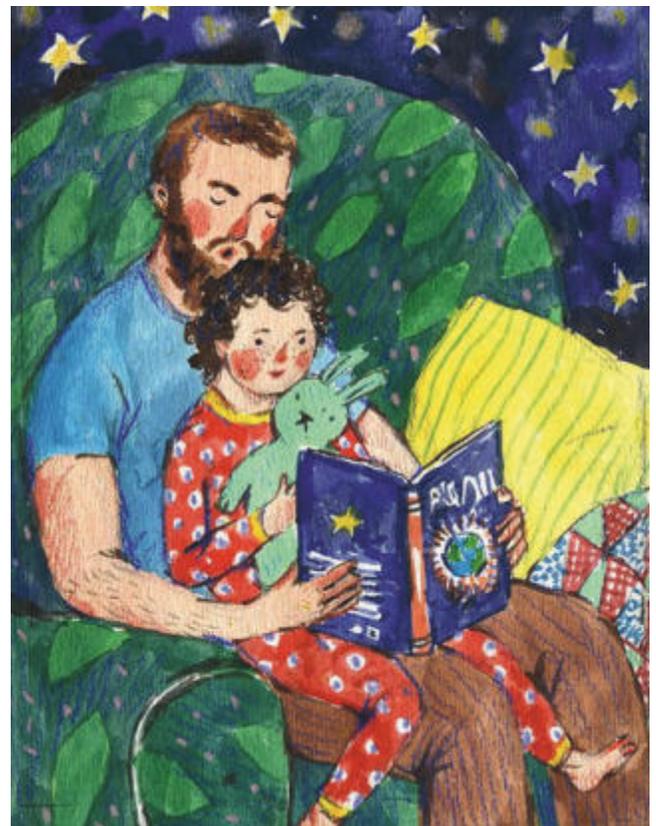
The Snowy Day Ezra Jack Keats

For the older kids:

Hank the Cow Dog books by John R. Erickson

Little House on the Prairie by Laura Ingalls Wilder

The Boy, the Mole, the Fox and the Horse by Charlie Mackesy





RECREATION ROUNDUP



Although the COVID-19 pandemic has created many unknowns, we still have fun options available. Take a look at the exciting offerings we have for your family and register at <https://www.bcutah.org/recreation>
Questions? Call Taylor at 435-734-6609

Recreation Department Headquarters

Currently housed at 70 North Main in Brigham City in the Academy Building. They continue to provide the great service to our community that they always have. Please check their website for updated information. 435-734-6610

Upcoming Pickleball Tournaments

The Hot Pickle Tournament June 12, 2021
6th Annual Erich Schuette PTSD June 18-19, 2021
The Big Dill-Huna July 24, 2021
Tournament of Champions Aug 17-21, 2021
Annual Meals on Wheels Tournament September 23-25, 2021

Park Bowery Rental

Bowery reservations open the first Monday in February. The reservation season begins May 16 and runs through September 30 with the exception of Peach Days. Fees must be paid before the reservation is calendared. All reservations can be made in person at the recreation office. Call 435-734-6610 for more information.

Softball Skills Clinic

Taught by local, well-known coaches.
All sessions begin at 10:00 A.M.
Last for 1.5 hours

May 15
May 22
June 5



\$20 Registration fee
435-734-6607

Major & Pony League Baseball

Registration is open through April 30th or until all slots have been filled.

Don't miss your spot!

Major League
5th & 6th Grade

Pony League
7th, 8th, & 9th Grade

Contact the Recreation Department with questions - 435-734-6610



Register online at bcutah.org

Adult

SOFTBALL!

Leagues



\$325

MEN'S LEAGUE
TUESDAYS
BEGINS MAY 18

CO-REC LEAGUE
WEDNESDAYS
BEGINS MAY 19

REGISTER ONLINE [BCUTAH.ORG](http://bcutah.org)
QUESTIONS CALL 435-734-6609

Extend your Grocery Budget

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

Seniors 60+ that meet income guidelines can receive a box of groceries every month. USDA Commodities are provided by Commodity Supplemental Food Program (CSFP) the third Thursday of every month and are available to be picked up by qualified individuals. Delivery is also available with a proxy signature.

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

Call 435-226-1452 for more information.

This is a photo of what was in the March 2021 commodity box. Don't miss out!



Grief Relief

The Grief Relief support group is an open group which means that teens or adults who have experienced the loss of a loved one in their lives can attend the group at any time. The group meets on scheduled Wednesday evenings at Gillies Funeral Chapel from 6:00 p.m.-7:30 p.m. Due to coronavirus cancellations, please call Royella at 435-764-2093 to verify date, time and place.

435-723-5236

May dates are May 5th and May 19th.

AARP Smart Driver Class

Cars have changed. So have traffic rules, driving conditions and the roads you travel every day. Some drivers age 50-plus have never looked back since they got their first driver's license, but even the most experienced drivers can benefit from brushing up on their driving skills. The AARP Smart Driver Course is the nation's largest classroom and online driver safety course and is designed especially for drivers age 50 and older. **The next class won't be offered in person until sometime later this year.**

AARP recommends that you go online to complete the course so that you don't lose your insurance deductions.

<https://www.aarpdriversafety.org/>



Ensure Program

To better serve you we are now offering delivery services to ALL individuals in the Brigham area and those that are currently receiving Meals on Wheels.

Delivery orders placed throughout the week and prior to the end of the business day on Tuesday will be delivered on Wednesday's ONLY. To help with the safety of our staff, as well as your safety, it is highly encouraged that you allow delivery of your Ensure order. However, if you still desire to pick-up your Ensure at the center, orders placed throughout the week and prior to the end of the business day on Wednesday will be available for pick up on Thursday's ONLY from 1:30p.m. to 3:00 p.m. Pick-ups will be at the North Doors Only.

NO Ensure orders will be taken or picked-up between 10:45a.m. and 12:45p.m. daily.

This new protocol is to help keep everyone safe. A current prescription from your doctor is required as well as a current nutrition form. The prescription needs to state the type and quantity needed. Without a stated quantity there is a limit of two cases per month.

We are able to take your order over the phone and process a credit card. Cash and checks are still welcome at the time of pick up but prepayment is preferred.

Ensure Plus -\$20.00 Case of 24

Ensure Enlive -\$30 for a case of 24 bottles.

Contains 20gm of protein and has integrated immune support.

Available flavors for all products are Chocolate, Vanilla, and Strawberry

Call Katy at 435-226-1455 to place your order



Vaccine Information

The Bear River Health Department is happy to announce that Vaccine is now available for **Individuals 16 and over.** Limited doses of vaccine will be available and individuals must pre-register for our clinics. We anticipate using all of our doses and will not be able to accommodate individuals that haven't pre-registered at this time. Please do not come early to your appointment. Coming early may cause an increase in wait time for you and other individuals with appointments. If you need assistance scheduling an appointment, please call 435-226-1455 and someone will assist you. Or go online to:

<https://coronavirus.utah.gov/vaccine-distribution>



ARE YOU LOOKING TO
DOWNSIZE?
LOOKING FOR A SINGLE
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A photograph of a single-story white house with a grey roof, surrounded by a lush green lawn and various plants, including a large bush of white flowers in the foreground. A curved concrete walkway leads towards the house.

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5 WAYS YOU CAN HELP SENIORS AMID COVID-19

- 1 Follow CDC guidance and take precautions around high-risk individuals.
- 2 Reach out to your local Meals on Wheels provider to find out their specific needs.
- 3 Call, email or text your at-risk loved ones and neighbors to check in with them.
- 4 Contact your elected officials to make sure seniors are not forgotten.
- 5 Donate to the Meals on Wheels Go Further Fund.

LEARN MORE AT
WWW.MEALSONWHEELSAMERICA.ORG/COVID19

Call Tammy at 435-226-1454 to start your volunteer journey.

WISH LIST

Donated items from our wish list can be left at the North Door. Thank you!

- Meals on Wheels Volunteers
- Birthday Cards
- Forever Postage Stamps.
- Nationally Certified Fitness Professional
- Sit and Move Instructor




BUS BUSINESS

Attention Bus Passengers:
Days of Operation: Monday, Wednesday, Friday
Suggested Donation: \$2.00 Driver Doesn't Carry Change
5-Ride (\$10) and 10-Ride (\$20) Punch Passes Are Available

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



The Senior Center receives funding from Bear River Association of Government

The newsletter is published monthly by the Senior Center. A mailed subscription is available for \$8.50 per year or 25¢ a copy. Comments/suggestions are always welcome.

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Silver Threads



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