



*Won't you be my Valentine?*

Spanish Fork Senior Center  
167 West Center

***“Surround yourself with people who care”***

Many of you have inquired if the “pick-up” meals program will continue through the New Year and winter. The answer is “Yes, we are planning to continue this program for now, we want to continue to support our senior community.”

Call for a reservation, the day before “pick-up” 801.798.5015

### FROM TABITHA’S WAY ... Do you need food?

Getting free help is less than 5 min away! We offer pick up 5 times a week or food box delivery within 24 hrs. *\*Picture ID and proof of address is all we require*

#### **2 WAYS TO GET HELP**

1. Come to our pantry- **45 East 100 North, Spanish Fork Utah 84660** Open 11am until 2pm Tuesday through Friday, Tuesday evenings 6pm until 8pm
2. Request a food box delivery- <https://www.utahcrisisfoodresponse.com/> If you do not have internet or need help, call us and we can take care of everything for you! **Questions? Visit [www.tabithaswaysouth.org](http://www.tabithaswaysouth.org) or call 801-709-8573**

1. We offer free food assistance to anyone in need, and additional Senior Nutrition Boxes. -We don't want anyone going without food.
2. It takes less than 5 minutes to get help, we have tried to make this as easy as possible. You only need a picture ID and proof of address. \* your information is kept confidential
3. We also offer free delivery of our food boxes through our partners and Utah Crisis Food Response.



### Married Four Times

The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time.

The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation.. "He's a funeral director," she answered. "Interesting," the newsman thought... He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

**(Wait for it...)**

- She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

(Oh, just hush-up now and send this one on to somebody who needs a laugh.) ha!

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### A Perfect Marriage?

A man and woman had been married for more than 60 years. They had shared everything. They had talked about everything. They had kept no secrets from each other, except that the little old woman had a shoe box in the top of her closet that she had cautioned her husband never to open or ask her about.

For all of these years, he had never thought about the box, but one day, the little old woman got very sick and the doctor said she would not recover.

In trying to sort out their affairs, the little old man took down the shoe box and took it to his wife's bedside.

She agreed that it was time that he should know what was in the box. When he opened it, he found two crocheted dolls and a stack of money totaling \$95,000.

He asked her about the contents. "When we were to be married," she said, "my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doll."

The little old man was so moved; he had to fight back tears. Only two precious dolls were in the box. She had only been angry with him two times in all those years of living and loving. He almost burst with happiness.

"Honey," he said, "that explains the dolls, but what about all of this money? Where did it come from?"

"Oh," she said. "That's the money I made from selling the dolls."

---

**Last year, I replaced all the windows in my house with those expensive double pane energy efficient kind.** But this week, I got a call from the contractor complaining that his work had been completed a whole year and I had yet to pay for them.

Boy, oh boy, did we go around! Just because I'm blonde doesn't mean that I am automatically stupid. So, I proceeded to tell him just what his fast-talking sales guy had told me last year. He said that in one year, the windows would pay for themselves. There was silence on the other end of the line, so I just hung up, and he hasn't called back. Guess he was embarrassed.

---

*We can now enter the Spanish Fork Senior Center for Tai Chi.  
The main floor will be used to provide us plenty of room to space apart.*

## **Tai-Chi &**

### **Chi-Gong Exercises**

Low intensity aerobic and breathing exercises  
with mindful meditation

Spanish Fork Senior Center

Each Monday and Wednesday Morning

9:00 AM - 45 minutes

*Join us and feel the benefits for yourself*

It is adaptable and safe for all people  
of all ages and stages of health.

*If you would like to join us again,*

*please call the center 801.798.5015, so we can plan.*

*ALSO... please feel free to call ahead and arrange a time to come visit our Library, and  
check out reading material!*

Spanish Fork Senior Center seniors@spanishfork.org Page 3

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# THE MAGIC OF CHOCOLATE

Jan Carlisle



There are many fun quotes and facts about chocolate (one of the wonders of the world).

*"Chocolate comes from cocoa which is a tree which makes it a plant. Chocolate is salad."*

Well, perhaps that may be taking it a bit far, however, there are scientific facts to show that Chocolate IS good for you; both emotionally and physically. Wait now, hear me out.

- The **scientific** name for the tree that **chocolate** comes from, Theobroma cacao, means "food of the gods." (I thought the food of the gods was ambrosia but I'll vote for chocolate.)
- The smell of **chocolate** increases theta brain waves, which triggers relaxation.
- **Chocolate** has over 600 flavor compounds, while red wine has 200.
- It takes approximately 400 cacao beans to make one pound (450 gr.)
- Eating **dark chocolate** every day **reduces the risk of heart disease by one-third**. Dark chocolate may **improve blood flow and lower blood pressure**.

Dark chocolate is a powerful source of **antioxidants**.

Dark chocolate may also **improve the function of the brain**. So, you see, there is some wisdom in eating and ENJOYING chocolate. For those of us who have been picking up our lunches at the Senior Center, isn't it an unparalleled treat to open that bag and find that small bag of rich chocolate inside? I will admit that, on those days, it is like receiving a little shot of sunshine and it brings a smile to my face. I savor this rare treat, I ration it and I close my eyes and enjoy the rich flavor as it dissolves in my mouth. So, Thank You, to whoever is responsible for these little treasures.

Chocolate comes in many varieties but I've yet to find one I didn't like. M&M's were created for our soldiers during WWII so that they could enjoy chocolate without it melting in their hands. My siblings and I were not soldiers but one of my fondest memories involves M&M's. My mom and dad went to the grocery store every Friday to buy groceries for the week and they would buy one large bag of M&M's for me and my two brothers to share. (my sister was too young to join in the treat) We would take that bag of M&M's and pour them all out on the coffee table and divide them up by colors; dark brown, light brown, orange, yellow, green and the coveted RED. Then each group of colors was divided by three and that was our stash of candy for the week and we would guard them like the codes to nuclear weapons and heaven help the one that was caught sniffing around one of the other's heavily guarded treasures.

Oh we all have foods that provide comfort; Death by Chocolate (ice cream) is one of my "go to" meds in times of stress or to celebrate...or to greet a new month, year... hour. Yeah, I kind of look for reasons to indulge in any form of chocolate and it NEVER lets me down, it NEVER disappoints. In this year of stress and uncertainty, if a simple little thing like chocolate will help you get through the day, then don't feel guilty...indulge!!! (besides, it's good for you! Read reasons above) I can't wait to see all of you again someday soon. What fun it will be to see the smiling faces of friends. Until them...chill and eat chocolate.

*"Strength is the capacity to break a Hershey bar into four pieces with your bare hands - and then eat just one of the pieces."*

We would like to acknowledge and "Thank" See's Candy, for graciously donating yummy chocolate candy, for all of our beloved Seniors!! PLEASE BE SURE TO PASS THAT ON, WHEN VISITING See's Candy, in Orem.

*Just Married*  
**CONGRATULATIONS!!**

*SOULMATES*

*Ila Rae Gibson and Michael Ray Doty were married*  
*January 1, 2021*



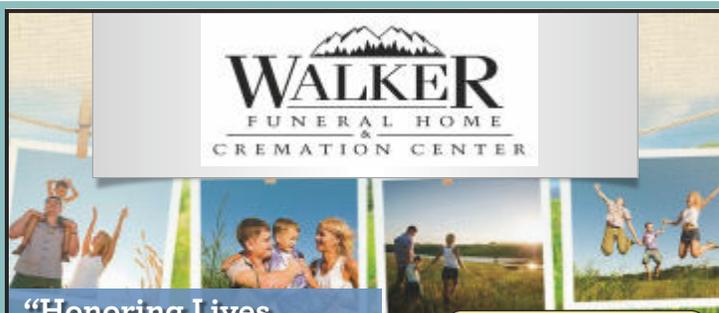


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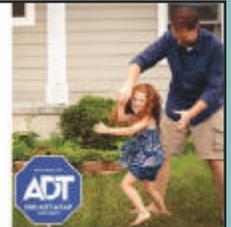
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# Valentine's Day



## Word Search



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

CANDY  
CARDS  
CUPID  
DEAR  
DOVES  
FEBRUARY  
FLOWERS  
FRIENDS  
HEART

TREATS  
VALENTINE  
SWEETHEART  
RED  
LOVE  
KISS  
PINK  
HUG



JINXYKIDS.COM

# Recipe of the Month

## HAPPY VALENTINE'S DAY DINNER IDEA

### Verna Jo's Raspberry Baby back Ribs

1-2 lbs. of baby back ribs

Marinade: MIX all together: 1/2 c brown sugar 1c seedless raspberry jam

1 medium chopped onion 1/2 c red wine vinegar 1T ginger

1/2 teas cinnamon 1/2 teas cloves

optional if "heat or spicy" is desired...1/4 teas cayenne powder

1 c fresh or frozen raspberries

If desired, cut up ribs into equal serving portions. Put ribs in zip-lock bag, pour marinade over and mush bag, to incorporate ribs and sauce. Set in refrigerator over night. When ready to bake, spray non-sticking cooking oil, into a oven proof baking pan, add ribs and cover with a lid. Set oven at 300\* Degree. Bake for 3-3 1/2 hrs. (depending on your personal preference of taste) ENJOY!!



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Don't throw away good friends, even if you have different views and beliefs.

Don't be an ugly person. BE Kind.

Money isn't where it's at. If you have extra, put it to good use.

Take small steps to get to the big outcome.

Do something you've been afraid to do.

Get outside. Even if it's raining

Give back some time to orgs/people that could use your help.

Make your bed everyday.

Forgive for you, not for them.

Open your mind to other possibilities.

LOVE, even when you and the other see things differently.

Call your parents often, if they are here.

You can still speak to them if they're not.



### Fast Facts About a Durable Power of Attorney

**What:** A durable power of attorney is a legal document that allows you to name someone (referred to as your "agent") to manage your property and finances in the event you become unable to. You can specify what authority your agent has, such as paying bills and filing taxes. You can also limit their authority as you see fit. A durable power of attorney is revocable, and you can make changes to it if needed.

**Why:** Illness, injury, or cognitive decline can happen to anyone, leaving them unable to manage finances. Without a durable power of attorney, your loved ones may need to petition a court to be appointed as conservator to manage your finances. A conservatorship can be a costly and lengthy process, involving doctors, attorneys, and a court declaration of incapacity. A durable power of attorney, on the other hand, is simple and relatively inexpensive to create. It does not require ongoing court supervision like a conservatorship. A durable power of attorney can also give you peace of mind in choosing your own decision maker, rather than having a judge appoint one for you.

**Who:** It is important to name an agent (or co-agents) that you trust. Your agent has a fiduciary duty to you, meaning they are required to act in your best interests, keep records of transactions, and comply with the terms of the power of attorney.

**How:** An attorney is the best person to help you create a durable power of attorney that meets your needs. You can visit [LicensedLawyer.org](http://LicensedLawyer.org) to find attorneys in good standing with the Utah State Bar. Utah Legal Services also provides free limited advance planning services for Utahns over age 60, and can be reached at (801) 328-8891.

# February 2021 Birthdays

2/1 LaRue Taylor	2/28 Lenore Nelson
2/1 Betty Parks	2/29 Sharon Maughan
2/1 Joel Pendleton	2/28 Afton Howard
2/4 Mark Wignall	
2/8 Marilyn Brown	
2/11 Richard Morgan	
2/12 Merry Brown	
2/13 Sharon Ormond	
2/15 Keith Graham	
2/18 Belvalene Evans	
2/21 Sharon Baithwaite	
2/24 Dale Mattinson	
2/26 Karen Smith	
2/27 Sonja Johnson	

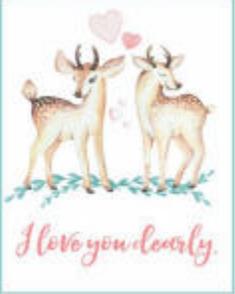


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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 Country Fried Steak (04)</b> Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Orange (22) Fresh Baked Roll (15)	<b>2 Sweet and Sour Chicken (30)</b> Steamed White Rice (21) Stir Fried Vegetables (12) Cottage Cheese & Fruit (12) Fortune Cookie (24)	<b>3 Malibu Chicken with Honey Mustard Sauce (08)</b> Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Fruit Cocktail (08)	<b>4 Homemade Chicken Pot Pie (14)</b> Fresh Baked Biscuit (25) Garden Green Salad (02) Diced Pears in Jell-O (10)	<b>5</b> 
<b>8 Salisbury Steak (05)</b> Garlic Mashed Potatoes and Gravy (27) Mixed Vegetables (12) Diced Pears (19) Fresh Baked Roll (15)	<b>9 Three Cheese Tortellini in Marinara Meat Sauce (28)</b> Garden Green Salad (02) Diced Carrots (06) Cinnamon Apple Crisp (67) Fresh Baked Roll (15)	<b>10 Hearty Beef &amp; Vegetable Stew (14)</b> Fresh Green Salad (2) Fresh Cornbread (33) Peaches (19)	<b>11 Ziti Pasta with Meat Sauce (25)</b> Steamed Broccoli (4) Fresh Baked Garlic Roll (15) Seasonal Fruit Crisp (67)	<b>CLOSED</b>
<b>15</b>  <b>NO MEAL</b>	<b>16 Homemade Meat Loaf (3)</b> Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Navel Orange (22)	<b>17 Savory Chicken Salad Wrap (18)</b> Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)	<b>18 Three Bean Beef Chili (3)</b> Seasoned California Blend Vegetables (18) Jackie's Cake (28) Fresh Baked Roll (16)	<b>CLOSED</b>
<b>22 Cured Honey Baked Ham (00)</b> Scalloped Potatoes (13) Diced Beets (06) Fresh Baked Roll (15) Tropical Fruit (08)	<b>23 Kalua Pork Hawaiian Rice (25)</b> <b>Peas &amp; Carrots (14)</b> <b>Pineapple tidbits (07)</b> <b>Fresh Baked Roll (15)</b> <b>Brownie (23)</b>	<b>24 Santa Fe Shredded Turkey on Brown Rice (30)</b> Roasted Corn (14) Black Beans (23) Fresh Baked Roll (16) Orange (22)	<b>25 Creamed Chicken over White Rice (30)</b> Seasoned California Blend Veggies (18) Fresh Baked Roll (16) Pineapple Tidbits (07) Cookie Cake (15)	<b>CLOSED</b> 

# Important News for Spanish Fork!

Curbside recycling and waste collection days are changing in some areas of the city starting **FEBRUARY 15, 2021**. **Cans MUST be placed on the curb before 7 a.m. to be picked up.** Check the map below to make sure you know your collection day and recycling week.

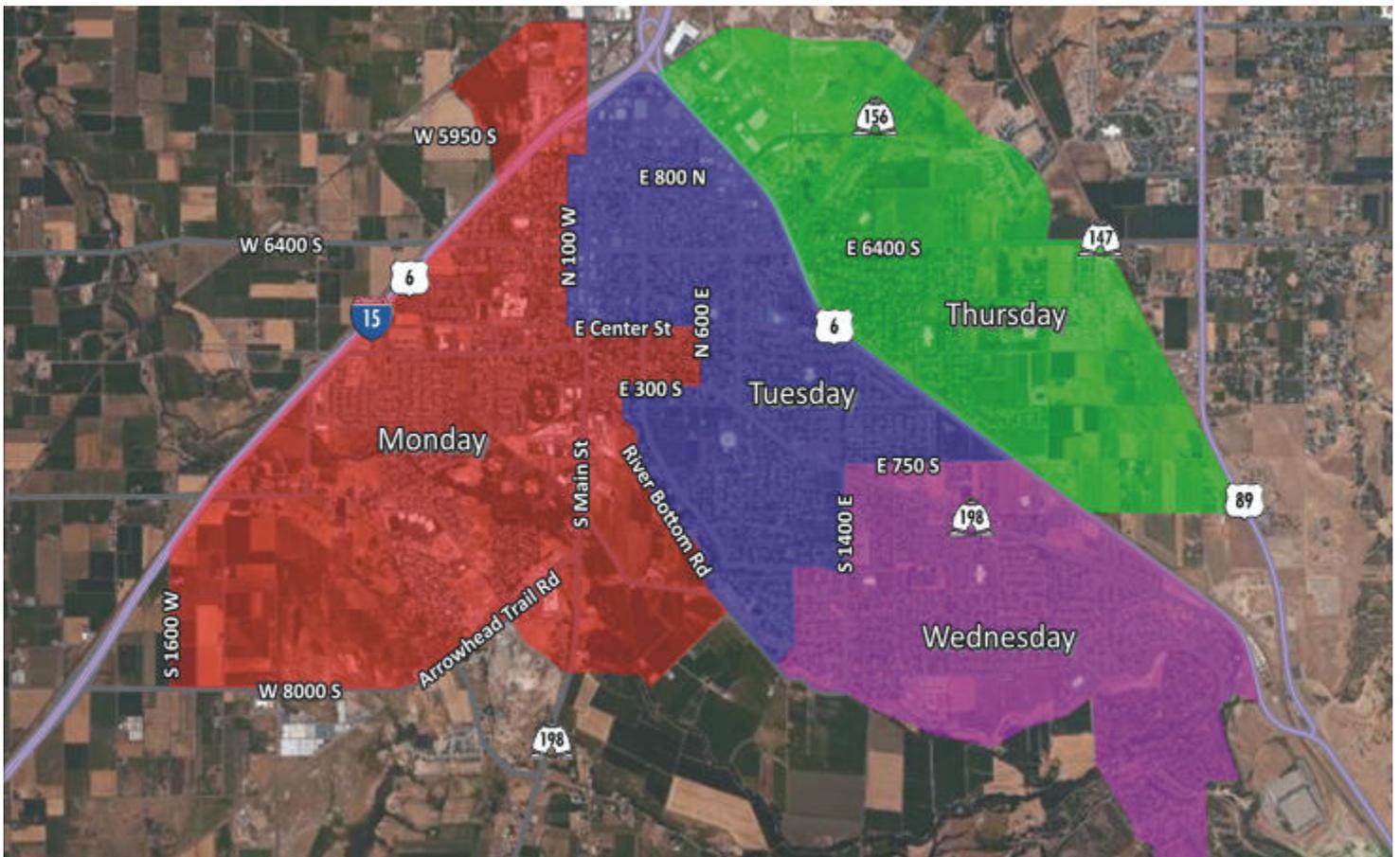
**Monday - Red Tuesday – Purple Wednesday – Pink Thursday - Green**

**Recycling will be picked up the consecutive weeks of February 8 and 15, 2021, and will continue every other week thereafter (March 1, March 15, etc.).** Find the map and calendar at [spanishfork.org/garbage](http://spanishfork.org/garbage).

SPANISH FORK CITY RECYCLE map and calendar at [spanishfork.org/garbage](http://spanishfork.org/garbage).

## **GUIDELINES TO ENSURE CONSISTENT SERVICE**

- If a holiday (only those shown above on calendar) falls on a weekday, service will be delayed one day following the holiday.
- Recycle containers that have trash in them will **NOT** be dumped as recycling and called into the city.
- All containers **MUST** be placed outside by **7 a.m.**
- Containers should be placed in the street with the wheels against the curb or within **2 feet** of blacktop with the front of the container facing the street.
- The container must be placed **4 feet** apart from other containers and **8 feet** from mailboxes, poles, fences, trees, or parked vehicles for easy access.
- Please **break down** cardboard boxes.
- Do not bag recyclables, they should be loose in the can.



# WORDS OF WISDOM



## SETTING BOUNDARIES

### *“A Daughterhood Declaration”*

Just because someone asks you to do something doesn't mean you should do it. People will make unreasonable demands.

Just because they ask, DOESN'T MEAN YOU HAVE TO SAY YES.

It's not your job to make everyone comfortable.

SOMEONE ELSE's annoyance isn't a sign of your incompetence.

It's a sign of her discomfort.

Get in the habit of *noticing the difference*.

It will never feel good TO SET A BOUNDARY

BUT....it won't kill you. You'll be okay.

Guilt is the ego's sneakiest disguise. If guilt is motivating you to say yes when you want or need to say no, then it's limiting the impact you were born to have.

Set boundaries with yourself.

Treat your desire for perfection like you would an actual person who is making suggestions that require a firm “no.”

CALL A GOOD GIRLFRIEND. Get a “BOUNDARY SPONSOR”–

A friend who will support you and GIVE YOU PERSPECTIVE.

REMEMBER: Your being is more important than your doing.

You don't need to do more in order to make up for something you think is missing in who you are. You are perfect and

you are enough without DOING