



Spanish Fork Senior Center  
167 West Center

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

We miss and love each and everyone of our seniors!

If you are in need of anything, please contact our Senior Center (801.798.5015) We plan to continue the “pick up” food program for now, we want to be there, for our senior community.

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

### **HELP WANTED:**

Have fun, be of service and earn **\$200+** per month by serving in your community! The Utah County Senior Companion Program is looking for seniors 55 or older, who would like to serve seniors or disabled adults in their community taking them shopping, to medical appointments, being a friend or providing respite. Senior Companions receive compensation for their time and reimbursement for mileage. Companions must be income eligible, pass a background check, be willing to serve 15 hours per week and have the desire to help others.

Call the Senior Companion Program at **801-851-7767** for an application or questions.

### **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.

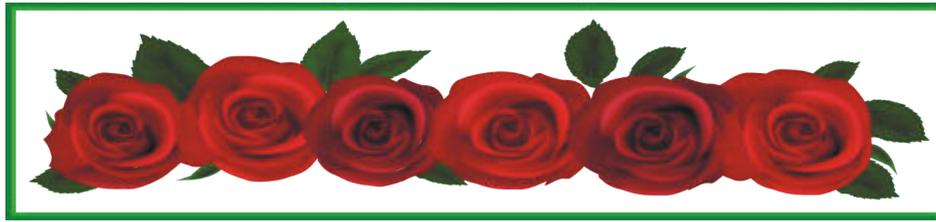
*\*Picture ID and proof of address is all we require*

#### **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** Your information is kept confidential and private. There is no reason to go without food!

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.
4. We practice safe social distancing, wear protective equipment and follow strict sanitization procedures to keep everyone as safe as possible.





## CONGRATULATIONS ON YOUR RETIREMENT!

CONGRATULATIONS to our “local Kitchen Celebrity and Master of all culinary delights that tickles your taste buds....

Recently Dixie Webb, our Senior Center Kitchen Manager decided to retire after 22 years of devotion, love and incredible tasting food! Many wonderful memories, center around the home made meals and delicious desserts that were enjoyed and the legacy that was Dixie’s alone... It will be difficult to match and carry on the tradition that was enjoyed by many seniors here in Utah County. Please, take the time to send her a note of “Thanks” to show and remind her of how much she has been loved, appreciated and will greatly be missed! WE love you, Dixie and wish the best in your new adventures!



What made us friends in the long ago, when we first met? Well, think I know. The best in me and the best in you, hailed each other because they knew that always and forever, since time began Our being friends was part of god’s plan.

George Webster Douglas



*Please come join us at 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!*

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**HOME HEALTH & HOSPICE**

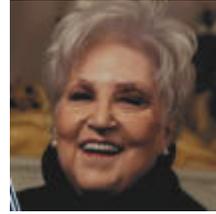
*You Can Never Call Too Soon.*

**(801) 798-5333**



## WATER AND LOVE

Jan Carlisle



*“Love is like water. We can fall in it, we can drown in it but we can’t live without it.”*

There are many gifts that we most associate with love; boxes of chocolates, flowers, jewelry and many other tangible items that we use often to express our love. So, you may ask, what does water have to do with love. Nothing, and everything. No, we don't usually think about giving a gift of water to someone as a token of love but if some scientists and those who predict such things are correct, the wars of the 21st century will not be fought about oil or land or nuclear power, but about the control of water. We usually give very little thought to something so simple, something that we consume every day of our lives but we should. WHY?

It is common to hear that water is vital to one's health but again, WHY? Let's think about that. About 71 percent of the earth is covered in water and the oceans hold about 96.5 percent of all of earth's water. Water also exists in water vapor, ice caps, rivers, glaciers, lakes, in the ground as soil moisture and aquifers... in me, you and your dog (if you have one.) About 60% of our bodies are made up of water and we can only survive 3 to 5 days without fluids. Again, we may ask WHY (sounding like a three year old who asked that question a hundred times a day.) Well, for one, it regulates your body's temperature. It also helps protect your tissues, spinal cord and joints, helps maximize physical performance, improves blood oxygen circulation, helps with digestion and the elimination of body waste. See, I knew there was a reason I loved the rain and snow and oceans (aka, water) so much.

There are, however, other reasons why water is vital to all living things on earth; reasons besides the physical part. It can and often does provide a calming effect. If you are like me and watch many nature shows, such as in *National Geographic and Nature*, then I'm sure that you also give a sigh of relief when the parched lands of the Ohlangu National Park or the Kurger or the Serengeti are suddenly transformed into lush fields and lakes just in time to save the parched animals and give the vastness of the African plains a sense of rebirth as the circle of life begins again (cue in Circle of Life from the Lion King.)

The Sahara Desert, the largest dry desert in the world hasn't always been this vast, red wasteland. It was once lush and green but with the shifting weather patterns over the centuries, the rains moved to other parts of the continent and this vast desert was created, so we should not be so complacent in the water supply we take so for granted. Even in our lifetime, we have borne witness to the changing weather patterns causing mass starvation and famine in many areas of the world so the precious commodity of water may one day replace diamonds as a gift of love or affection. (I'll take chocolates for the time being however.)

Water is not only vital for our physical existence, it is also important to our mental existence and well being. It is soothing to most of us, whether in the form of a gentle summer rainstorm or a soft blanket of snow. The sound of the ocean caressing the beach is like a lullaby just as is the sound of the melting snows swelling the streams of our beloved mountains can offer a sense of peace and well being. Running water has a calming effect to most people and why many gardens often have some sort of water element nestled among the flowers and shrubs.

It is one of the major forces in our lives that we never give much thought to, much like the wind. It is just simply part of our world and we accept it as such but without it all life would cease to exist. I have always been drawn to water; the ocean, the rain, the snow or a mountain stream soothes me like few other things can yet I too take it for granted. Since it is something I cannot live without, I need to appreciate that little glass of water a bit more. You can join me if you like. We will soon be together again, friends and we can raise our glasses together. Until then, stay safe and be happy.

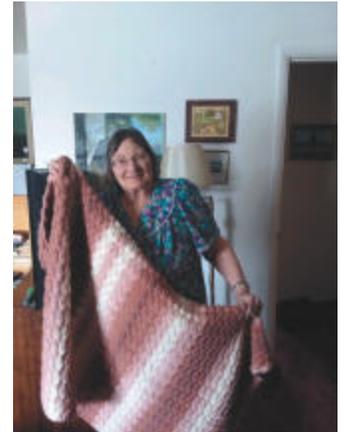
*“To some, it's just water.  
To me, it's where I regain my sanity.”*





SHARING THE LOVE....Kathy Burningham, a senior in our community, crocheted numerous afghans, to be given out to seniors that will enjoy the warmth and bring a smile to their face. Kathy commented, "Even though I don't personally know whom these are going to be given, "there is love in every stitch! I love to crochet and share with others."

Our seniors appreciate you and your husband Joel, sharing your love, time, talent and the expense! Another way of a senior couple making a difference in our community!! Thank you for living up to our senior citizen motto..."Surround yourself with people who care!"



HAPPY RECIPIENT!! Our take-out delivery ladies (Marsha Steggell and Janice Orr), delivered one of the beautiful hand made quilts that Kathy Buringham had donated to our senior center, to Janice Johnson.. Janice was, SOOO HAPPY, commenting " I sit in my chair most of the day, I get chilly. So this will really come in



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# LET'S WORK TOGETHER TO HELP UTAH COUNTY RESIDENTS 70+ SIGN UP FOR COVID-19 VACCINATIONS

 Sign up online:  
[healthevents.utahcounty.gov](https://healthevents.utahcounty.gov)

 Sign up for text alerts re: additional appointments, text UCHEALTH to 888777

 Sign up by phone:  
Call 801 - 851 - 4357  
M-F, 8:30 - 4



# TOGETHER WE CAN HELP UTAH COUNTY RESIDENTS 70+ SIGN UP FOR COVID-19 VACCINATIONS

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# L.U.C.K.Y to have you

luck is when opportunity knocks and you answer



I'm Looking Over A Four-Leaf Clover

*Happy St. Paddy's Day*

*It's The Luck of the Irish!* **MY END OF THE RAINBOW**

TODAY EVERYONE IS IRISH!

*top of the morning to you!*



# Recipe of the Month

## Slow Cooker Corned Beef and Cabbage

Slow Cooker Corned Beef and Cabbage

4-5 medium red potatoes (quartered)

2 C baby carrots

1 large onion wedged

3.5 lbs. Corned beef brisket( one that comes with a spice packet)

1 cabbage (cut into wedges)

3-5 C water 1 TBLS caraway seeds

### IRISH BLESSING

May you always have.....  
 Walls for the wind  
 A roof for the rain  
 Tea beside the fire  
 Laughter to cheer you  
 Those you love near you  
 And all your heart might  
 desire.



Place potatoes, carrots and onions in the bottom of your slow cooker.

Next place the beef brisket on top of the veggies. Pack the cabbage wedges around the edges of the slow cooker, between the dish and the brisket. It should be packed pretty tightly as this helps the corned beef stay juicy. Pour the water into the slow cooker. Add your caraway seeds and the spice packet. Cover and cook on LOW for 8-10 hours. YUMMY!

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## Are you a Senior who needs help...



Shopping?

Getting to the Doctor?



Writing Letters?

Reading Mail?



Or do you just need a friend?

The  
SENIOR COMPANION  
PROGRAM  
Can Help!!

Call

**801-851-7767**

Find us Online at:

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



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## HELP WANTED!

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

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



### BENEFITS

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

### REQUIREMENTS

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

*Seniors Serving Seniors  
Making Independence a Reality!!*

### JOIN SENIOR COMPANIONS

151 South University, Suite 2200  
Provo, Utah 84601

**Call 851-7767**



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

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

## Romance Scams

Utahns lost over \$4.5 million in 2019 to romance scams and confidence fraud. Don't let these frauds break your heart (or your bank account!)



### The Setup

Scammers profess their love for you, after knowing them for a only a short time. They often claim to be Americans living overseas, often serving in the military.



### The Scam

The Scammer will request money, either for an emergency or to come visit you. They might ask for small amounts at first, which grow bigger over time.



### What to Do

Never send money. Report to:  
National Elder Fraud Hotline:  
(833) FRAUD-11 (372-8311)  
Utah Department of Commerce:  
(800) 721-SAFE (7233)  
Kiss the scammer goodbye!

# March 2021 Birthdays



3/1 Dorothy James  
 3/2 Sharlene Cornaby  
 3/2 Tonya James  
 3/3 Terry Brandon  
 3/5 Richard Meyer  
 3/5 Sandra Griffiths  
 3/5 Carol Dellos  
 3/6 Marsha Steggell  
 3/7 Kathy Gull  
 3/8 Ann Fullerton  
 3/8 Joan Thomas  
 3/9 Gloria Nelson  
 3/11 Amparo Sanchez  
 3/11 Holly Barney  
 3/12 Maureen Rindlisbacher

3/13 Deanna Pendleton  
 3/15 Leo Felix  
 3/ 15 Teresa Argyle  
 3/ 15 Merilee Smith  
 3/ 18 Becki Bandlely  
 3/ 20 Rose Ann Richie  
 3/ 21 Patricia Ivey  
 3/ 22 Heather Watson  
 3/ 22 Brent Watson  
 3/24 Peggy Woffinden  
 3/25 Reed Allen  
 3/25 Hyrum Smith  
 3/ 26 Denise Johnson  
 3/27 Jeneal Reed  
 3/27 Gary Webb

3/30 Don Tuttle  
 3/ 31 Keith Bench  
 3/31 Kathleen Evans



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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1 Malibu Chicken with Honey Mustard Sauce (08)</b>            Au Gratin Potatoes (22)            Steamed Broccoli (04)            Fresh Baked Roll (16)            Red Apple (22)</p>	<p><b>2 Creamed Chicken over White Rice (30)</b>            Seasoned California Blend Vegetables (18)            Fresh Baked Rolls (16)            Pineapple Tidbits (07)</p>	<p><b>3 Smoked Ham And White Beans (25)</b>            Braised Cabbage (03)            Applesauce (14)            Fresh Baked Roll (16)            Chocolate Brownie (23)</p>	<p><b>4 Three Bean Beef Chili (25)</b>            Seasoned California Blend Vegetables (18)            Sliced Peaches (18)            Fresh Baked Cornbread (28)</p>	<p>CLOSED</p>
<p><b>8 Swedish Meatballs (39)</b>            Rice (21)            Carrots (06)            Peaches (18)            Fresh Baked Roll (16)</p>	<p><b>9 Kalua Pork (00)</b>            Hawaiian Rice (25)            Seasoned Corn (14)            Pineapple Tidbits (07)            Fresh Baked Rolls (15)</p>	<p><b>10 Rigatoni Pasta with Meat Sauce (25)</b>            Seasoned Green Beans (02)            Garden Green Salad (02)            Fresh Baked Garlic Roll (15)            Warm Applesauce (28)</p>	<p><b>11 Homemade Chicken Pot Pie (14)</b>  <b>Fresh Baked Biscuit (25)</b>  <b>Sliced Peaches (18)</b>  <b>Fresh Baked Brownie (23)</b></p>	<p>Closed</p>
<p><b>15 Sweet and Sour Chicken (30)</b>            Steamed White Rice (21)            Stir Fried Vegetables (12)            Fresh Apple (12)            Fortune Cookie (24)</p>	<p><b>16 Black Angus Meat Loaf (3)</b>            Garlic Mashed Potatoes &amp; Gravy (30)            Roasted Corn (14)            Fresh Baked Roll (15)            Navel Orange (22)</p>	<p><b>17 House-made Corn Beef and Cabbage (25)</b>            Braised Potatoes and Carrots (15)            Lucky Green Jello &amp; Fruit (10)            Bakery Fresh Cookie (18)</p>	<p><b>18 Ziti Pasta with Meat Sauce (25)</b>            Seasoned Green Beans (2)            Garden Green Salad (2)            Fresh Baked Garlic Roll (15)            Seasonal Fruit Crisp (67)</p>	<p>Closed</p>
<p><b>22 Salisbury Steak (05)</b>            Garlic Mashed Potatoes and Gravy (27)            Mixed Vegetables (12)            Diced Pears (19)            Fresh Baked Roll (15)</p>	<p><b>23 Corn Chowder (22)</b>            Green Beans (11)            Sliced Peaches (18)            Fresh Corn Bread (33)</p>	<p><b>24 Savory Chicken Salad Wrap (18)</b>            Italian Pasta Salad (20)            Kosher Pickle Spears (00)            Diced Pears (19)</p>	<p><b>25 Shepherd's Pie (79)</b>            Seasoned Peas(11)            Cottage Cheese &amp; Fruit (12)            Fresh Baked Roll (16)            Chocolate Brownie</p>	<p>Closed</p>
<p><b>29 Country Fried Steak (04)</b>            Mashed Potatoes &amp; Gravy (27)            Mixed Vegetables (12)            Diced Pears (22)            Fresh Baked Roll (15)</p>	<p><b>30 Hearty Beef &amp; Vegetable Stew(14)</b>  <b>Green Salad (12)</b>  <b>Fresh Cornbread (33)</b>  <b>Oranges (22)</b></p>	<p><b>31 Santa Fe Shredded Turkey on Brown Rice (30)</b>            Roasted Corn (14)            Black Beans (23)            Fresh Baked Roll (16)            Orange (22)</p>		



Color me and ENJOY!!!

# WORDS OF WISDOM

## I'M SO OLD THAT:

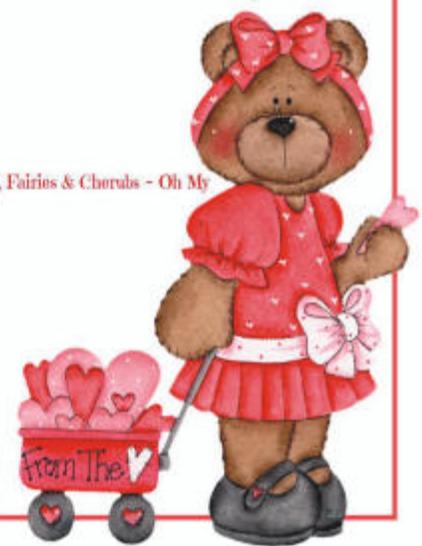


Angels, Fairies & Cherubs - Oh My

I've dialed a rotary phone that didn't have  
an answering machine;  
Recorded a song that I love off a transistor radio  
onto a tape recorder;  
Watched a black & white TV with less than 10  
channels that had foil on the rabbit ear  
antennas;  
Taken a long walk without counting  
the steps; and  
Eaten food that I didn't take pictures of.

To all my family  
and friends,  
I send  
you  
Hugs  
and  
Kisses!

Angels, Fairies & Cherubs - Oh My



May your days  
be many & your  
troubles be few,  
May many blessings  
descend upon you,  
May peace be within you,  
May your heart be strong,  
May you find what  
you're seeking  
wherever you roam.



Angels, Fairies & Cherubs - Oh My

Good friends care for each other,  
close friends understand each other,  
but True friends stay together...  
beyond Words,  
beyond Distance,  
beyond Time.

Angels, Fairies & Cherubs - Oh My

