

JUNE

Spanish Fork Senior Center

167 W Center

801.798.5015

“Surround yourself with people who care”

Please come and enjoy the food, laughter, camaraderie, and fun activities that our senior center has always been known for!

HUGE “THANK YOU!”

To our creative and talented quilting ladies, Sue Dellos and Sharon Ormond, for making this beautiful quilt. Afton Howard, was so happy to have her name drawn out, to receive it!



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Answers on page 7

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

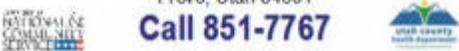
- ◆ \$200 Monthly stipend (Does not affect low-income housing, HEAT, food stamps, Social Security, etc.)
- ◆ Transportation reimbursement
- ◆ Meal or meal reimbursement
- ◆ Vacation, sick and holiday pay
- ◆ The satisfaction that comes from serving others

REQUIREMENTS

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

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Shopping?  Getting to the Doctor?  Writing Letters? Reading Mail? 

Or do you just need a friend?

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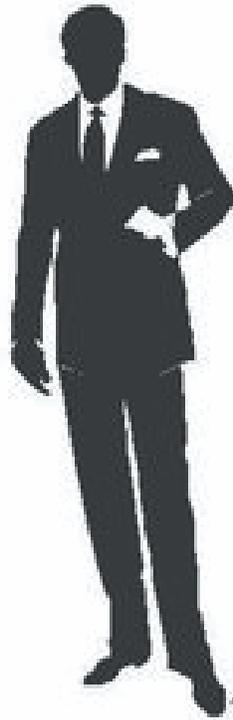
Call **801-851-7767**

Find us Online at:
www.utahcountyhealth.org/seniorcompanion



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A sturdy, steady hand to hold to
In times of strife and stress
A true friend we can turn to
When times are good or bad
one of our greatest gifts and
blessings,
The man that we call Dad.



*God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle's flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Then God combined these qualities,
When there was nothing more to add,
He knew His masterpiece was complete,
And so, He called it... "DAD"*

Spanish Fork Senior Center seniors@spanishfork.org Page 3

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COMFORT FOOD Jan Carlilse



Every region of the country, and every culture around the world, have their very own versions of comfort foods; foods that serve as a go to when we need a bit of soothing. While doing research for this article, (yes, it did require research) I found that while Mac and Cheese was universal in every region's comfort food, the food that came in as number unno on a survey by Good Foods was...PIZZA. Wait a minute!!! What about fried chicken, mash potatoes and gravy, meatloaf and oh yeah, what about ICE CREAM??? Not to mention warm banana pudding (made from scratch)! I was sitting straight up in my chair, ready to rumble over my favorite comfort foods when I decided to do a bit more "research."

Nearly 15% of the 2252 people surveyed in the Harris poll, stated Pizza to be their favorite comfort food and the one that is most additive. (They undoubtedly have never tasted my banana pudding or Death by Chocolate ice cream, I mumbled to myself as I continued) Chocolate and ice cream tied at 7% with mac and cheese hitting at a mere 5%. (Who took this poll anyway? I'm guessing high school and college students because no one I know would ever put pizza above mac and cheese...would they?) SO, being the fair minded person that I am, I decided to conduct my own survey among all ages and this is the results.

Pizza, while being on several lists as a favorite, was not at the top of the list as it was in the Harris/ Good Food poll. One of my favorites, fried chicken, did however top the list. I was surprised that mac and cheese did not win the day since it is, I THOUGHT, a perfect "comfort" food. I think we sometimes confuse **favorite** food with **comfort** food. When I am stressed, no food on earth comforts me like ice cream but it is NOT my favorite food. Comfort food, to me, is something that gives me that warm, fuzzy feeling when the north wind blows or a summer storm rages or the news is simply too hard to comprehend.

Like many of you, my choice may change with the seasons; In the winter, I'll go with a bowl of homemade chicken and dumplings to give me that feeling of well being. In the summer, ice cream will do it as well as a slice of watermelon. Pizza does, however, fit in almost anywhere, especially when you've had a long day and you long to kick your shoes off and sit down for a while. Then, my friend, a piping hot slice of pepperoni pizza slathered with cheese is your ticket to serenity.

Also, I find that the foods I enjoyed as a child hold a special place of comfort deep inside me.

The point is this: Find whatever it is in this big wide world that brings you comfort and indulge. No, I don't suggest that you eat a whole bucket of fried chicken topped off with a half gallon of ice cream every night, however; on those especially stressful days, forgive a bit of indulgence and do whatever it is that aligns the stars and planets and puts your world back in orbit once again. A blank canvas and a new paint brush does it for me since art and reading never fails to soothe me but there are others. Food is an easy fix as is listening to music, perhaps music from your youth, watching an old favorite movie or making a phone call to a friend. If you do any of these while munching on a piece of fried chicken, well then, so much the better.

Soon we will all be together: enjoying the smiles and friendships we long to renew but until then, keep munching and PLEASE get your vaccine. It will put us together again much faster.

"Comfort food is the food that makes us feel good, satisfied, calm, cared for and carefree. It's the food that fills us up emotionally and physically...finding comfort in food is a basic human experience." Ellie Krieger





SHARING THE LOVE....Kathy Burningham, a senior in our community, crocheted numerous afghans, to be given out to our seniors, to warm their hearts and bring a smile to their face.

Thank you for living up to our senior citizen motto...
 "Surround yourself with people who care!"

Annie King and Sandra Griffiths are happy to receive the love and enjoy the warmth from Kathy Burningham.
 Both ladies send a heart felt "Thank you!"



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Recipe of the Month

Verna Jo's Red Velvet Cake with Cream Cheese, White Chocolate and Whip Cream Frosting

Preheat oven 350* Prepare a 13X9 baking dish with shortening and flour

Cake:

In a bowl, cream together med speed, until fluffy. Occasionally scrapping down sides of bowl. 1 C butter-flavored vegetable shortening 1+ 2/3 C sugar 3 teas vanilla bean 2 large eggs

After mixing above well, add: 1 (1-ounce) bottle Red Velvet Bakery Emulsion (I use Lorann Professional Kitchen). Mix carefully not to splatter, because it will stain. Ordinary red food coloring will not give you the desired results.

In a separate bowl: 2+1/2 C flour 1/4 C unsweetened cocoa powder 1 teas salt 1 teas baking soda

Alternate the dry ingredients with, 1C whole buttermilk and mix with electric mixer, into the sugar and egg mixture. Beat well and scrap sides down. Then add 1+1/2 teas white vinegar to the batter, only until it is mixed in. Pour into greased cake pan. Bake 30-35 minutes. Cool completely then frost.

Frosting:

In the microwave, in a glass bowl melt 1C good quality white chocolate chips and 6T butter. Cool only enough that you can add 1(8oz) cream cheese, 1+1/2 C confectioners sugar, 1 teas vanilla bean and just enough liquid whip cream (not whipped) to thin it out. Whip well. In a separate bowl, whip until fluffy 2C whip cream. Next add the cream cheese mixture and whip well. Frost cooled off cake, refrigerate for 3 hours... Make this for Father's Day and make him HAPPY!!!



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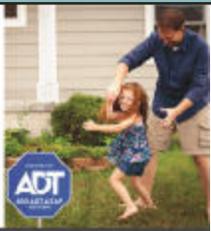
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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Ceramics @8:30	2 Zumba@ 10:30am Craft & table games 10:30am Line Dance Class 1:30pm	3 Sloppy Joes Chips Olives/pickle Celery/carrots Peach cup Oatmeal chip cookie 2% milk Cards 500 @ 1pm	4
7 Chicken tenders French fries Coleslaw Apple 2% Milk Brownie Guitar @10am Bridge@1pm	8 Ceramics @ 8:30am	9 Zumba@ 10:30am Craft & table games 10:30am Line Dance Class 1:30pm	10 Pulled pork sandwich Baked beans Green salad/ ranch cup Fruit cup Snickerdoodle cookie 2% Milk	11 Closed
14 Chicken salad sandwiches Carrots/celery/ ranch cup Fruit cup Donut 2% Milk Guitar @ 10am Bridge@1pm	15 Ceramics @ 8:30am	16. Zumba@ 10:30am Craft & table games 10:30am Line Dance Class	17 Hamburger vegetable soup Potato roll Orange Raisin filled cookie	18 
21 Salisbury steak Baby red potatoes Peas & carrots Beehive roll Fruit cup Carrot cake Guitar @ 10am Bridge: @ 1pm	22 Ceramics @ 8:30am	23 Zumba@ 10:30am Craft & table games 10:30am Line Dance Class 1:30pm	24 Prime rib Baked potato Green beans Potato roll Fruit cup Red velvet cake Cards 500 @ 1pm	25 Country Hoedown Special Dance Reservation required 6-8pm
Closed for summer	Closed for summer	Closed for summer	Closed for summer	Be sure to call 801.798.5015 With your reservation

June 2021 Birthdays

- | | |
|----------------------|------------------------|
| 6/2 Kay Decker | 6/ 21 Amber Mendenhall |
| 6/6 Koleen Ekins | 6/23 Joe Nedesky |
| | 6/24 Thelma Meyer |
| 6/10 Scott Maynard | 6/28 Gary Wride |
| 6/10 Fay Angus | 6/28 Kae Ballard |
| 6/12 Barbara Hassard | 6/30 Mabel Shifflett |
| 6/12 Annie King | |
| 6/13 Joe Hyde | |
| 6/13 Geisla Clayson | |
| 6/15 Shanon Horn | |
| 6/15 Joyce Johnson | |
| 6/16 Ron Payne | |
| 6/18 Nola Silva | |
| 6/19 Margrette Cook | |



School Days Reminisce

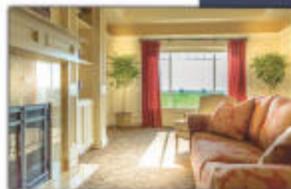
- Who was your best friend in grade school?
- What was your favorite school field trip?
- Who was your favorite teacher?
- What clubs were you involved with?
- How did you get to school every day?
- What was your school mascot?
- Did you graduate with anyone who became famous?



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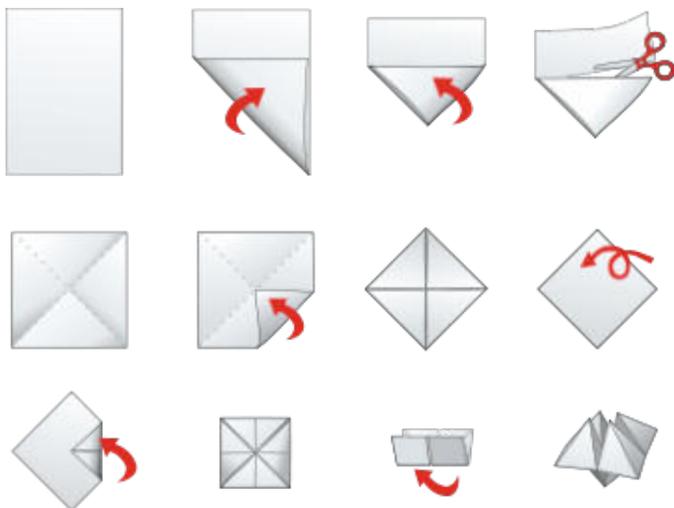
Paper Fortune Teller Remember when we were young and we would make a paper fortune teller? Well here is a reminder of how to make one. Make one with your Grandchildren or Greats and have fun writing silly and outrageously funny messages!



This information and diagrams were obtained from WIKIPEDIA
 A fortune teller (also called a cootie catcher, chatterbox, salt cellar, whirlybird, or paku-paku) is a form of origami used in children's games. Parts of the fortune teller are labelled with colors or numbers that serve as options for a player to choose from, and on the inside are eight flaps, each concealing a message. The person operating the fortune teller manipulates the device based on the choices made by the player, and finally one of the hidden messages is revealed. These messages may purport to answer questions (hence the name) or they may be activities that the player must perform.

A paper fortune teller may be constructed by the steps shown in the illustration below:

1. The corners of a sheet of paper are folded up to meet the opposite sides and (if the paper is not already square) the top is cut off, making a square sheet with diagonal creases.
2. The four corners of the square are folded into the center, forming a shape known in origami terminology as a blintz base or cushion fold. The resulting smaller square is turned over, and the four corners are folded in a second time.
3. All four corners are folded up so that the points meet in the middle, and the player works their fingers into the pockets of paper in each of the four corners.



Nothing like a summery love song, to cheer us up... And remind us of younger days!
 Invite your cute 'lil Grandchildren to sing along.
 Here is a different and unusual rendition that will not only make you concentrate, but bring a smile to your face!

"You are my Sunshine"

You are my sunshine, my only sunshine. You make me happy when skies are gray. You'll never know dear how much I love you. Pease don't take my sunshine away.

Crawfish and gumbo and jambalaya the biggest shrimp and sugar cane, the finest oyster and sweet strawberries from Toledo Bend to New Orleans;

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M	I	R	A	N	D	A	L	A	M	B	E	R	T	X	X	Y	U	J
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ALAN JACKSON	FAITH HILL	LITTLE BIG TOWN	SUGARLAND
BLAKE SHELTON	GARTH BROOKS	MARTINA MCBRIDE	TAYLOR SWIFT
BRAD PAISLEY	GEORGE STRAIT	MIRANDA LAMBERT	TIM MCGRAW
CARRIE UNDERWOOD	KEITH URBAN	RASCAL FLATTS	TOBY KEITH
CLINT BLACK	KENNY CHESNEY	REBA MCENTIRE	TRACE ADKINS

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We all need to laugh more!

Fun Activities for Seniors:

Whatever your age, interests, or abilities, you can enjoy pastimes that make you laugh, lose track of time, or feel like a goofy kid at heart. And plenty of activities cost little or no money. Some of the best types of diversions for older adults or elderly people include:

These give you the chance to get some exercise, improve your hand-eye coordination, and gain a sense of control over the physical world. All of that can be very satisfying, especially if you get to overcome obstacles or compete with other people in a friendly way.

Some of the best types of diversions for older adults or elderly people:

Golf, Miniature golf, Pool (Senior Center), Tennis, Pickle ball, Croquet, Ball tossing, Frisbee tossing, Volleyball (including with a beach ball or balloon) and Indoor bowling.

Dancing to music can connect your body to exciting and healing rhythms. Singing popular songs (even badly) in front of other people can help you enjoy the humor in your efforts and avoid taking yourself too seriously. And performing in other ways—such as acting in a skit or trying a stand-up comedy routine—can remind you of how fun it is to tell stories in new or creative ways.

Take a chance and try things like:

Line, ballroom, salsa, or swing dancing, Seniors' or all-ages karaoke, Acting in a play, Telling jokes to an audience, Reading books to groups of young kids, Writing and acting out skits, participating in comedic improv or starting a seniors' dance troupe.

Socializing can be a powerful way to inject more fun into your life. That's particularly true if you get to reminisce about old times or talk about the other things that interest you. In fact, a good conversation may elevate your mood and outlook more than anything else on this list, especially if you keep things jovial.

So don't shy away from attending other people's parties or joining clubs. Also, consider planning some of your own events. You can plan parties around all kinds of themes such as: Casino night, Murder mystery, Trivia night, Mexican fiesta, Ugly sweaters night, The 1920s, 50s, 60s, etc., Masquerade ball, Arabian nights, Mardi Gras, or a Hawaiian luau.

Learning is always more fun when it's something you choose to do for its own sake. Whole new avenues of possibility reveal themselves. So follow your curiosity and impulses. Learning something new is beneficial at any age. As examples, consider learning how to: Sing or play a musical instrument, Speak a foreign language, Use computers more effectively, Write great stories, cook exotic meals, try perform magic tricks.

Many great options exist, especially when you gather a small group of people to share the experiences. You may not be a kid, but that doesn't mean you can't go on field trips for some laughter, excitement, exploration, and social bonding.

Consider excursions to places or events like: Theme parks, Carnivals, County fairs, Comedy clubs, Hands-on science museums, Adult arcades, Concerts, Sporting events, Theatrical performances, Art shows, Wineries, Beer festivals

WHY Play is important: Scientific studies continue to show that enjoyable activities can have several major benefits. For example, they have the power to help:

- **Improve how your brain works.** Do you want to maintain your memory and optimize your ability to learn new things? Engaging in play on a regular basis can enhance your creativity and mental sharpness.
- **Heal, establish, or maintain relationships.** A lot of seniors are lonely. In fact, on average, seniors without spouses or partners spend about 10 hours each day. But having fun can enable older adults to make new friends or improve existing relationships. Things like laughter and friendly competition are known to increase harmony, trust, empathy, and intimacy among people who experience them together.
- **Improve your mental and emotional well-being.** Do you like the way you feel when you have a brighter outlook on life and your sense of time recedes into the background? Engaging in activities you enjoy can expand your optimism, multiply your moments of joy, and reduce your stress. It can even help prevent depression.
- **Extend your life and improve your physical vitality.** Who doesn't want to feel younger or more energetic? Creating plenty of fun moments in your life can be a good way to boost your immune system, reduce your risk of illness, and minimize your perception of any pain you might already have. Play should be a major part of life for everyone. We can all probably use many more joyful experiences. It's who we are, no matter our age.