

Wasatch County Seniors Newsletter

Open M-F 8:30 am—4:00 pm • 465 E 1200 S Heber City, Utah • Phone: 435-654-4920



Spotlight

Ginny Otteson



My name is Ginny Otteson. My husband of 45 years and I live in Midway with our 4 cats. We have been here 21 years. We moved to Midway from Overland Park, Kansas which is a suburb of Kansas City.

My husband, Gary, is an artist and worked in advertising for 22 years before switching to free lance illustration. His advertising job is where we met. He does fine art and cartooning and still does both.

After receiving an Associates Degree in accounting, I worked in accounting for 11 years for several different companies including an insurance company, a construction company, advertising agency and Avon. I obtained a Bachelors Degree from Avila College in Kansas City and a Masters Degree from University of Kansas. Both degrees were in Special Education. I then taught special education students for 21 years. I taught kids from Kindergarten to 8th grade.

My husband and I, along with 2 other people, formed the local animal rescue group Paws for Life Utah. The group has accomplished a lot including destroying the animal shelter gas chamber, making the local animal shelter a no-kill shelter and getting many animals adopted.

The wonderful Alicia Ames and I decided we wanted to keep in shape so we now teach an exercise class at the Senior Center. It is on Tuesdays from 10:30 to 11:30 (classes will resume as soon as the Senior Center reopens). Besides exercising, we have a lot of fun and a lot of laughs. Everyone exercises at their own level and we welcome newcomers. If you are interested, join us. The only requirement is that you are vaccinated.

I belong to a weekly card group and a book club. I like to cook, read and travel. My husband and I have traveled to Iceland, England, Italy, Germany, Scotland, Norway, Canada and several other countries.

My husband and I are enjoying living in the beautiful town of Midway.

SPECIAL ANNOUNCEMENT

Until further advised the Senior Center is closed due to the surge in Covid-19 virus and it's variants. All meals and activities at the Senior Center are cancelled.

Monday through Friday we are delivering Meals on Wheels to those Seniors who qualify.

Tuesday and Thursday lunches are available via drive-by pick up between 11:45 a.m. and 12:15 p.m. Any Senior can pick up a delicious meal (prepared by Cora and her staff, here in our kitchen each day). Please call at least one day in advance to order your meal. (435-654-4920)

Volunteer with Meals on Wheels

Volunteers are needed to deliver meals to homebound seniors. You just drop off a meal and a smile to a senior in your neighborhood. Make a difference with just an hour a week.

Meals on Wheels volunteer drivers use their own cars to deliver lunchtime meals to homebound seniors in our community. Along with each meal, volunteers provide a smile and a daily safety check enabling seniors to be independent in their own homes.

Meals on Wheels Volunteers:


- use their own car to deliver meals
 - give one hour once a week between 11 a.m. and 1 p.m.
 - are assigned a delivery day Monday through Friday, except for holidays. No weekend or night opportunities are available.
 - deliver to 8–12 seniors per route, taking approximately an hour to deliver
- commit to deliver for at least six months

To volunteer go to www.mountainland.org/volunteermow/, call Marcia Young at 435-654-4920 or email Marcia at myoung@wasatch.utah.gov

What activities can you do and still keep your social distance?

...Think Outside The Box!

Recipe Exchange Via E-Mail


 Sew

Learn Something New on Your Smart Phone

WATCH A TV SERIES

learn something new


Clean Out Clutter

 Tia Chi

Listen to a Podcast


Sign up for an Online Course

Go for a walk

 Paint


Build something using Legos

TRY ONLINE GROCERY SHOPPING

 Build a Small Garden

Puzzle... of Any Kind


Rotate Canned Foods

 Draw

Watch A Movie


Yoga

Read

 Bike Ride


Talk to Grandkids via "Marco Polo" or "FaceTime"

Call Kids... ask them what "Marco Polo" or "FaceTime" is.

 Go Fishing

PLAY SOLITAIRE


Cook Something New

 Bubble Bath

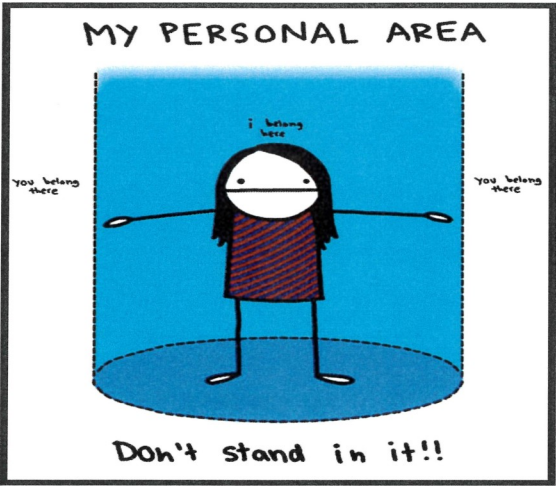
Crochet or Knit

On a Sunny Day Relax in a Hammock

Board Game

 Gratitude Journal

MY PERSONAL AREA



Don't stand in it!!

Learn how to play an instrument

Mail (or Email) an encouraging note



CORA'S CORNER

To all our Seniors...just a little info from the kitchen. January didn't bring us much snow, so will February bring it? February brings us Valentine's Day and President's Day. And also Ground Hog Day.

On the 2nd, we will find out if winter is to stay longer. As long as it doesn't get toooo cold I can handle it.

Happy Valentine's Day to all you sweeties. February 14th is a fun day to send out hearts, treats and kisses to your favorite valentine.

We will be closed on Monday the 21st for President Day. We celebrate George Washington's and Abe Lincoln's birthdays together.

We hope we will have the Senior Center fully opened and running by March. With this different COVID it is difficult to know exactly what to do to keep everyone around us well and safe. It will be a good sign once the numbers start dropping. Please be safe when going out.

Remember to keep drinking your water. Until next time, take care...Cora Briggs



MEDICARE

Medicare 101

Let us take the guesswork out of Medicare. Come learn about signing up, coverage options, and cost. Learn more about Medicare programs such as Medicare Advantage, Medigap, and assistance programs if you have limited income.

Our Medicare counselors provide experienced, unbiased information as part of the State Health Insurance Assistance Program.

Upcoming Classes: March 15 at 6:00 p.m. at 586 E 800 N Orem
May 17 at 6:00 p.m. *Virtual

Who should attend?

Anyone interested in learning more about Medicare, and is especially helpful for anyone who will be turning 65 soon, or is older than 65 and hasn't signed up for Medicare yet.

How often is the class held?

This class is held quarterly, If you have additional questions after attending, you can make an appointment with one of our Medicare Counselors.

Michelle Jensen

SHIP Medicare Counselor

801-229-3819

mjensen@mountainland.org

AARP TAX PREPARATION ASSISTANCE

Appointments are available at the Wasatch County Senior Center

Every Wednesday beginning Wednesday, February 9.

To make an appointment call Marcia @ 435-654-4920

How AARP Foundation Tax-Aide Can Help You Today

We offer free tax return preparation to anyone who needs it. AARP Foundation Tax-Aide volunteers are trained to help you file a variety of income tax forms and schedules.

In certain situations, however, our volunteers may be unable to provide assistance. The Volunteer Protection Act requires that our volunteers stay within the scope of tax law and policies set by the IRS and AARP Foundation. Here's a guide to what our Tax-Aide volunteers can — and can't — do.

We can prepare most returns with:

- Wages, interest, dividends, capital gains/losses, unemployment compensation, pensions and other retirement income, Social Security benefits.
- Schedule K-1 that includes only interest, dividends, capital gains/losses or royalties.
- Charitable cash contributions
- Economic Impact Payments (aka Stimulus Payments)
- Cancellation of nonbusiness credit card debt.
- IRA contributions — deductible or not.
- Most credits, such as earned income credit, education credits, child/additional child credit and credit for other dependents, child/dependent care credit, premium tax credit, simplified method foreign tax credit, self-employed sick leave or family leave credit, and retirement savings credit.
- Repayment of first-time homebuyer credit.
- Estimated tax payments.
- Injured spouse allocation, depending on state.
- Health Savings Accounts (HSA).
- Prior tax year return.

TY 2021 WE CAN'T PREPARE RETURNS WITH:

- Sale Of Personal Residence
- Out of State Returns
- Amendments not caused by TCE

We can't prepare returns with:

- Self-employment if there are employees, losses, expenses that exceed \$35,000, depreciation, business use of home, 1099 filing requirements or other complicating factors.
- Hobby income or other activities not for profit
- Complicated capital gains/losses, such as futures or options.
- Complicated Schedule K-1.
- Rental income, except land-only rentals or rentals of personal residence less than 15 days.*
- Royalty income with expenses if not from self-employment.
- Tax on a Child's Investment and Other Unearned Income (Kiddie Tax).
- Farm income or expenses.
- Moving expenses.*
- Some investment income or itemized deductions that are not included in our training.
- Alternative Minimum Tax, Additional Medicare Tax, or Net Investment Income Tax.
- Foreign financial asset reporting requirements.
- Any virtual currency investment or transaction.

* **Rental or moving:** A volunteer can prepare returns for active duty military personnel **only** when the preparing volunteer is certified in the military module and another volunteer is certified to review military returns.

AARP Foundation Tax-Aide is offered in conjunction with the IRS.

AARP Foundation
For a future without senior poverty.

SENIOR CENTER CORPORATE BOARD 2021

- President: Sandy Hansen
- Vice-President: Connie Kummer
- Past President: Sandy Hansen
- Secretary/Treasurer: Marvin Rust
- Historian: Dan Rider

Directors:

Kaye Bonner, Roy Daniels, Cheryl Jones, Laurel Rail, Wayne White

COUNTY ADVISORY BOARD 2021

- Chair: Kendall Crittenden
- Vice-Chair: Vacant
- Secretary: Marcia Young

Regular Members:

Betty Brandner, Kendall Crittenden (County Council Rep.), David Davies, Mary Johnson, Jim Kohler, Raneva Lemon, Tom Melville, Marcia Young
1st Alternate: LaRose Hiatt
2nd Alternate: Sandra Hall

SENIOR CENTER STAFF

- Center Director:
Mike Winward
- Food Services Manager:
Cora Briggs
- Administrative Secretary:
Marcia Young
- Activities Coordinator:
Vacant

Happy Birthdays

Ken LeBlanc 1	Darryl Peterson 8	Rolf Sandberg 20
Chet Mazairz 1	DiAnn Turner 9	Nancy Davis 21
Lois Musick 1	Betty Jones 11	Lynette Giles 21
Kim Loertscher 3	Steve Santoro 11	Marty Harger 23
Diana Bahde 6	Glenn Singley 11	Mary Parcell 23
Shelley Brown 6	Garry Mecham 12	Cal Wood 23
Joan Kohler 7	Alice Hicken 15	Dennis May 24
Barbara Murdock 7	Betty Smedley 16	Inez Wilde 24
Diana Witt 7	Gerald Sharkey 17	Linda Cochran 25
Shirley Hendricks 8	Gary Hendry 20	Harry Pedro 26
Ronald Meik 8	Lorene Kincaid 20	Jim Fischer 27

Books On Buses: Need something from the library? Books, movies, puzzles ? We can delivery it to you. Call the Library for details and to get on the delivery list. 435-654-1511



Obituaries



Bethel Wormley
 Born: June 19, 1923
 Died: December 19, 2021
 Married: Thomas Wormley

Jeffery Dee Lloyd
 Born: March 5, 1957
 Died: December 30, 2021
 Married: Annette Collins (divorced)

Luz Maria Hernandez-Reyes
 Born: January 7, 1962
 Died: January 11, 2022
 Married: Fernando Diaz

Duane J Sweat
 Born: September 1, 1939
 Died: January 11, 2022
 Married: Janet Brimhall

Neil Jay Clegg
 Born: February 17, 1943
 Died: January 12, 2022
 Married: Deloris Haggare

Eva Slaughter Sleight
 Born: October 9, 1941
 Died: January 13, 2022
 Married: (1) Jack Young
 (2) William (Bill) Sleight

Karen Keeney
 Born: August 12, 1954
 Died: January 16, 2022

Brad Ralph Sorensen
 Born: April 23, 1953
 Died: January 17, 2022
 Married: Rosalee Gillette (divorced)

Karen Lee Quinton Kolman
 Born: April 24, 1942
 Died: January 18, 2022
 Married: Gary Kolman

Val Ray Todd
 Born: March 25, 1945
 Died: January 20, 2022
 Married: Vickie Lou Moffet

SENIOR GIGGLES

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"Of course I've gained weight. That's why it's called growing older!"



The New 60



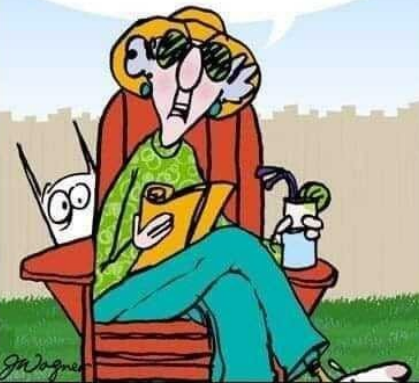
When I get old I don't want people thinking "What a sweet little old lady"... I want 'em saying "Oh Crap! What's she up to now?"



Maxine's Crabby Road

4-17-13

You know you're getting old when the "younger generation" starts showing up on the cover of the AARP magazine.



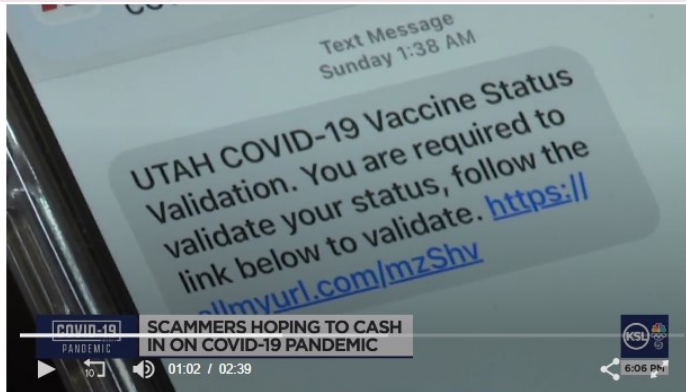
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AMERICASBESTPICS.COM

SCAM ALERTS

If you receive this text or a similar one delete it, do not click on the link. It is a scam to get your personal information.



Ensure and Glucerna

are nutritional supplements available, with RX, at our front desk, at a "discounted" rate. Suggested donation for Ensure is \$20 and Glucerna is \$30.

Please call 435-654-4920 for details or to schedule a pick-up time.

Flavors available:

**Chocolate – Strawberry –
Butter Pecan – Vanilla**



Would you like a 20% discount Chuck-A-Rama?

A \$1 donation to the Senior Center will get you a "Senior Club" card which will give you a 20% discount.

Utah Legal Services

What is Utah Legal Services?

Utah Legal Services (ULS) is a nonprofit law office incorporated in 1976 committed to making equal justice a reality by providing free legal help in non-criminal cases to low-income Utahns. We level the playing field, ensuring everyone has a voice in the legal system.

**For more information call: 801-328-8891 or
1-800-662-4245 or visit online at:
www.utahlegalservices.org**

BOUTIQUE

Looking for that special baby gift or handcrafted item?

Check out our *Boutique & Ceramic* display at the Senior Center **FIRST!** Baby quilts & wraps, potholders, dish cloths, scarves, hats, mittens, dolls, & variety of ceramics are just a few of the items on display.

Any and all "crafters" are welcome to contribute their "handwork" to the Senior Center Boutique.

Items displayed are changed regularly as crafters complete their projects, so check it often!

(All proceeds to the Senior Center activities and the like)



MAG

Expert Resources. Enriching Lives.

In-Home Programs & Support

We believe that health happens at home. We are committed to connecting you to non-medical services that help you live more independently at home where you want to be.

Services that meet your needs

If you need additional support to stay in your home, you may be eligible for one of our in-home programs. Available services may include:
In-Home Programs: Alternatives, Medicaid Aging Waiver, New Choices, Utah Caregiver Support Program, Veteran-Directed Home & Community-Based Services.

To see if you qualify for any of these in-home programs, please call 801-229-3804

- Adult day care
- Emergency response system
- Homemaking/chore services
- Medication management devices
- Case management
- Other Services as needed
- Non-medical transportation
- Incontinence supplies
- Durable medical equipment
- Bathing and dressing assistance/personal care