Ring in Spring with Positive Thinking

We have all heard of the power of positive thinking and how it changes lives, so let’s ring in the spring season with positive thinking. Not only will you feel better physically and emotionally, but you will spread your positivity like wild flowers.

The “power of positive thinking” is a popular concept, and sometimes it can feel a little cliché. However, the physical and mental benefits of positive thinking have been demonstrated by multiple scientific studies. Positive thinking can give you more confidence, improve your mood and even reduce the likelihood of developing conditions such as hypertension, depression and other stress-related disorders. Let’s start with 7 small steps towards a healthier mindset and a healthier future.

1. **Start The Day with Positive Affirmation**
   How you start the morning sets the tone for the rest of the day.

2. **Meditation**
   Meditating might just be the best way to clear negativity from your life and bring about emotional and spiritual recovery.

3. **Be Thankful**
   Many studies have proven that gratitude makes us happier. It floods our brains with dopamine. Try keeping a gratitude journal, and each night write something you are thankful for.

4. **Be Kind**
   Just like with gratitude, kindness has also been proven to make us happier and less stressed. Studies have also proven, time and time again, that kindness is contagious.

5. **Take Time For Yourself**
   If you designate certain days or times just for pure pleasure, you will begin to look forward to those moments rather than dread everything else.

6. **Stress Less**
   Try eliminating one activity or thought per day that causes you anxiety or stress to help put out the flames of stress.

7. **Find Positive Friends, Mentors and Co-Workers**
   When you surround yourself with positive people, you’ll hear positive outlooks, positive stories and positive affirmations.
Funny Mother’s Day Quotes

If evolution really works, how come Mothers only have two hands?

—Milton Berle

“There is only one pretty child in the world, and every mother has it.” —Chinese Proverb

It is never easy being a mother.
If it were easy,
Fathers would do it!
—Anonymous

I child proofed my house,
But they still get in!
—Anonymous

I’d like to be the ideal Mother,
But I’m too busy raising my kids!
—Anonymous

Setting a good example for your children
Takes all the fun out of middle age.
—William Feather

“The most remarkable thing about my mother is that for thirty years
she served the family nothing but Leftovers!
The original meal has never been found.”
—Calvin Trillin

“I want my children to have all the things I couldn’t afford.
Then I want to move in with them.”
—Phyllis Diller

“If your kids are giving you a headache, follow the directions on the
aspirin bottle, especially the part that says ‘keep away from children.”
—Susan Savannah

“My mother’s menu consisted of two choices:
Take it or leave it.”
—Buddy Hackett

Insanity is hereditary;
You get it from your children!
—Sam Levenson
65 Years Old Is Still Young!

How old is old? World Health Organization (WHO) had declared that 65 years old is still considered young. Before, based on the Friendly Societies Act (1875) in Britain, old was defined by age of 50. The UN has not adopted a standard criterion but lately 60 years old was referred as the border age to the word “old”. However, the health organization had done a new research recently, according to average health quality and life expectancy and defined a new criterion that divides human age as follows:

- 0 to 17 years old: underage
- 18 to 65 years old: youth or young people
- 66 to 79 years old: middle-aged
- 80 to 99 years old: elderly or senior
- 100+ years old: long-lived elderly

I love this article! That means I’m still a youngster!
Sunday, May 12th

Smile—You Are Loved!

Please join us on Facebook: Summit County Seniors

It’s the 150th Anniversary of the Golden Spike

The Governor and all of Northern Utah are celebrating at the

Union Pacific Sesquicentennial

On Friday, May 10, 2019

Join the Summit County Seniors in a

County Activity

Look for sign-ups at your local Senior Center

Happy Mother’s Day
To you all

This is not only a great time to think of our own mothers, but also those wonderful daughters, daughters-in-law, nieces, and all of the wonderful women in our lives that nurture and care for so many.

Have a lovely day!

May is

Mental Health Awareness Month

On those lovely sunny days this month get out and sit in the sun, walk, go for a nice drive, ask a friend to come along, enjoy spring, call an old friend or family member and just talk and talk and talk! Do something that makes you happy and invite someone to do it with you. Have fun this month and brighten someone else’s day as well.
Fun Facts

What is Vertigo?
Vertigo—in which you have a dizzy sensation or feel as if the room is spinning, often with nausea or other un-fun symptoms—is usually caused by what we call benign paroxysmal positional vertigo (BPPV). It happens when the tiny calcium particles in your inner ear that help keep you sensitive to gravity are out of place, and it’s typically triggered by your being in a particular position. If you have BPPV, your doctor will show you head movements you can practice that will put the crystals in your ear back in their proper location. Less commonly, vertigo can also result from an infection or another condition, so don’t try to fix it yourself. (Dr. Oz-Good Housekeeping Magazine, January 17, 2018)

Blueberries!
This amazing berry can help maintain brain function and improve memory. They also may have anti-diabetes effects and help fight urinary tract infections! -(Healthline Oct 9, 2018)
They are also packed with antioxidants but did you know they pack a punch for overall eye health and wellness too? According to a study by Tufts University, blueberries may help to reduce your risk of cataracts, glaucoma, heart disease, cancer, and other conditions. -(vsp.com/eating-healthy.html)

Omega 3 Vitamins
Fish oil primarily contains two types of omega-3 fatty acids, which are well known for their heart health and skin benefits. However, fish oil also has an incredible impact on the brain, especially when it comes to mild memory loss and depression. –(Healthline Dec 5, 2017)
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<thead>
<tr>
<th>MONDAY KAMAS/PC</th>
<th>TUESDAY CLOSED</th>
<th>WEDNESDAY COALVILLE</th>
<th>THURSDAY KAMAS/PC</th>
<th>FRIDAY COALVILLE</th>
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<tr>
<td>Summit County Senior Center Menu for May</td>
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<tr>
<td>Roasted Chicken Au Gratin Potatoes Gravy Rolls Cauliflower &amp; Peas Fruit</td>
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<td>Shepherd's Pie w/ Mashed Potatoes Peas, Carrots &amp; Corn Cucumber Salad Fruit</td>
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<td>Grilled Beef Sweet Potatoes Baby Bok Choy &amp; Arugula Fruit</td>
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<td>Pulled Pork Sandwiches Soup Salad Chips Fruit</td>
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<td>Chicken Yakitori w/Sweet &amp; Sour Sauce Grits Asparagus Fruit</td>
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<td>Mother's Day Prime Rib Mashed Potatoes Gravy Rolls Asparagus Fruit Cake</td>
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<td>Grilled Fish Mango Salsa Brown Rice Squash &amp; Carrots Fruit</td>
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<td>Jay's Famous Meatloaf Mashed Potatoes Gravy Rolls Broccoli Fruit</td>
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<td>Turkey Burgers Lettuce &amp; Tomato Veggie Casserole Soup Fruit</td>
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**Serving Three Senior Centers In Summit County**

*Please call before 9:30am to reserve your seat for lunch*

Park City 435-649-7261  
North Summit 435-336-2622  
South Summit 435-783-4311

Park City and Kamas open Mon & Thurs  
9:00am—3:00pm  
Coalville open Wed & Fri  
9:00am—2:00pm

Menus are subject to change. For more information please contact the Senior Center.
Happy Birthday!

Craig Anderson-NS
Roy Bolinder-NS
Bert Roberts-SS
Loella Simmons-SS
Carol Olsen-SS
Laural Spencer-SS
Hank Hazelwood-PC

Kay Jones-NS
Maxine Diston-NS
Gay Gines-SS
Cathren Warner-SS
Craig VanTassell-SS
Chip Hayes-SS
Jenny Chin-PC

Wilda Peterson-NS
LoDell Crittenden-NS
Miriam Jepsen-SS
William Gaston-SS
Steve Roper-SS
Lyle Prescott-SS
Jenny Chin-PC

Shirley Phelps-NS

Bert Roberts-SS
Gay Gines-SS
Miriam Jepsen-SS
William Gaston-SS

LoDell Crittenden-NS

Shirley Phelps-NS

Bert Roberts-SS
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Miriam Jepsen-SS
William Gaston-SS

LoDell Crittenden-NS

Shirley Phelps-NS
## May Activities Calendar

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<tr>
<td></td>
<td>Happy Mother’s Day! Saturday, May 12th</td>
<td>1 NS-Quilting Club 10:00-11:45am</td>
<td>2 PC-Tai Chi $3 9:45-11:00am</td>
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<td>6 PC-Exercise Class 10-11am $3</td>
<td>SS-Applegate Blood Pressure Check</td>
<td>National Day of Prayer</td>
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<td></td>
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<td>7 NS-Shopping Trip</td>
<td>8 County Activity Echo Canyon 9:30am 4014 Big Boy Train Visit NS-Quilting Club 10:00-11:45am</td>
<td>9 PC-Tai Chi $3 9:45-11:00am</td>
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<td>SS-Board Meeting</td>
<td>10 ALL CENTERS GOLDEN SPIKE RAILROAD TRIP</td>
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<td>Nat’l Teacher’s Day</td>
<td>11 PC-Exercise Class 10-11am $3</td>
<td>12 SS-Opioid Education</td>
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<td>13 PC-Exercise Class 10-11am $3</td>
<td>14 Nurture Nature</td>
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<td>18 PC-Exercise Class 10-11am $3</td>
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<td>SS-Movie Matinee</td>
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<td>27 CLOSED FOR</td>
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<td>23 Symbii Birthday Celebration &amp; Health Check at PC</td>
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<td>SS-Encompass Health Check</td>
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