



Seniors Connected



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Sydney Reed



Sydney was Born and raised in Short Hills N.J. the youngest of 4. She received her BA in Education and Music from Hunter College in NYC where she worked four years in advertising at Dancer Fitzgerald Sample and McCann Erickson. When she got her teaching certification, she taught at a Summerhill school, for six years in New York City.

Sydney met her husband, Harry Reed, on Fire Island where they grew up spending summers. He convinced her, to leave NYC, marry, and move to Park City, Utah in 1974. She taught first and second grade at Marsac Elementary School for three years then left to raise her three children. She stayed very involved in the community; treasurer of the

Kimball Art Center Guild, Board of Directors of KPCW, chaired an after-school enrichment program in the Elementary schools, was class mother and PTA member and co-headed the Community of Caring program at the Middle School. She graduated with the 4th Park City Leadership Class. After being on the Board of the Park City Historical Society and president in 1989, she joined the staff as the Educational Coordinator for 10 years becoming passionate about our exciting History, and preservation. She then rejoined the board and helped raise \$9 Million to expand the Park City Museum and stayed on the board until 2019. She also served from 2009-2017 on the Board of the Community Foundation.

Her love for cooking not only put her on KPCW radio for 4 years with a cooking show in the early 80's but also produced three cookbooks.

2019 she got involved in the Park City Senior Center when She heard they were going to move everyone out for Affordable Housing on the property. She remembered when they moved the Train Depot from Keetley and how proud everyone was to now have a senior Center in Park City! She joined the board and now is a part of the Senior Sub Committee, helping plan the new Center with the City and County. Sydney says: "I've had a great time working hard and trying to make a better place for Seniors here in Park City. In doing so, I have made new friends, connected with old friends and realize how important it is to be around your friends on a regular basis" More than anything she would love to see a beautiful new Senior Center for everyone to have fun getting together with friends over delicious meals, be engaged, share trips, and interesting activities.

February Nurture Nature Notes

THE FULL MOON IS ON FEBRUARY 1ST AND IS CALLED THE SNOW MOON. FOR MANY IT IS A TIME OF REFLECTION AND RENEWAL. FOR MANY IT SYMBOLIZES ENDURANCE AND HOPE DURING CHALLENGING TIMES, MUCH LIKE THE RESILIENCE NEEDED TO WEATHER THE COLDEST MONTHS OF THE YEAR. FOR THE ROMANS, THIS WAS A MONTH OF PURIFICATION. MONDAY FEBRUARY 2ND IS GROUNDHOG DAY. IN EUROPEAN COUNTRIES OF OLD, PEOPLE WOULD LOOK FOR BADGERS AND SNAKES TO SEE IF THEY CAME OUT OF THEIR HOLES TO FIND THEIR SHADOWS. IF THEY DIDN'T SEE A SHADOW, THERE WOULD BE ANOTHER SIX WEEKS OF WINTER. THE TRADITION CAME TO NORTH AMERICA WITH GERMAN SETTLERS IN PENNSYLVANIA, WHO WATCHED FOR BADGERS OR HEDGEHOGS. NOT FINDING THOSE ANIMALS, THEY CHOSE THE GROUNDHOG, KNOWN AS A WOODCHUCK OR WHISTLE PIG. ST. VALENTINE WAS A REAL PERSON AND WAS A PHYSICIAN TURNED PRIEST. HE PERFORMED SECRET MARRIAGES AND WAS IMPRISONED FOR THE CRIME. MARRIAGE WAS ILLEGAL UNDER THE CRUEL EMPEROR CLAUDIUS II. VALENTINE BEFRIENDED HIS JAILER'S DAUGHTER, JULIA. HE WAS URGED TO RENOUNCE HIS FAITH, BUT HE REFUSED AND WAS SENTENCED TO DEATH. BEFORE HIS EXECUTION, HE CRUSHED VIOLETS TO MAKE PURPLE INK AND WROTE A LETTER TO JULIA, SIGNING IT 'FROM YOUR VALENTINE' HE WAS MARTYRED ON FEBRUARY 14, 270 AD. ENGLISH AUTHOR CHAUCER NOTES THAT BIRDS COME TOGETHER MID FEBRUARY TO SEEK MATES, THUS THE TERM "LOVEBIRDS" SYMBOLISM WITH VALENTINE'S DAY. THE FIRST RECORDED VALENTINE CARD WAS SENT BY CHARLES, DUKE OF ORLEANS, TO HIS WIFE WHILE HE WAS IMPRISONED IN 1415 AND IS ARCHIVED IN THE BRITISH LIBRARY IN LONDON. THE ANCIENT AZTECS BELIEVED CHOCOLATE TO BE A POWERFUL APHRODISIAC, THUS CADBURY COMPANY FIRST MADE A HEART SHAPED BOX IN 1868 AND TODAY OVER 58 MILLION POUNDS OF CHOCOLATE ARE SOLD FOR THE HOLIDAY. I LOVE GOING OUTSIDE IN THE MORNING TO SEE WHO HAS BEEN IN MY YARD DURING THE NIGHT. LARGE AND SMALL ANIMAL TRACKS IN THE SNOW MAKE A GAME FOR ME EACH DAY. BALD EAGLES ARE HERE LOOKING FOR OPEN WATER TO FIND FISH, ROUGH LEGGED HAWKS HUNTING FROM LOW PERCHES, OWLS HOOTING AT NIGHT, MANY COOLS SOUNDS IF YOU JUST GO OUTSIDE AND LISTEN. TAKE CARE OF THOSE YOU LOVE IN YOUR FAMILY AND COMMUNITY. -Louise & Steve Brown.

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Summit County Seniors

Valentine Words

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

Word List:

ADORE
BELOVED
CANDY
CHOCOLATE
DESIRE
FEBRUARY
HEART
LOVE
RED
SWEETHEART

AFFECTION
BEMINE
CARDS
CUPID
DEVOTION
FLOWERS
HONEY
LOVEBIRDS
ROMANCE
SWEETS

AMOROUS
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DARLING
EMBRACE
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PINK
ROSES
TEDDYBEAR

ARROW
CANDLELIGHT
CHERUB
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ENDEARMENT
FRIENDS
KISSES
POEM
SECRETADMIRER
TENDERNESS

Health Tips

What is Measles? Measles is a highly infectious respiratory diseases caused by the measles virus.

- Measles can cause severe illness and complications such as diarrhea, ear infections, pneumonia, encephalitis, seizures, and death. These complications are more common among children and younger than 5 years of age and adults older than 20 years of age.
- The first symptoms of measles resemble a cold and appear about 7-12 days after you are expose. These include a cough, fever of 101 F or greater, runny nose and red watery eyes. These mild symptoms may last 3-5 days a few days later a rash begins around the hairline and spreads to cover the face, body, and arms. The rash may last about 5-6 days. It is also important to know that people with measles can spread the disease from 4 days before to 4 days after the rash appears. This means an infected person can spread the disease before they know they are infected.
- Can you still get Measles if you are fully Vaccinated? Very few people (About 3-100 People) who get 2 doses of measles vaccine will still get measles if exposed to the virus. Experts aren't sure why. It could be that their immune systems didn't respond as well as they should have to the vaccine however, fully vaccinated people who get measles are much more likely to have a milder illness. And fully vaccinated people are also less likely to spread the disease to other people including unvaccinated people.
- If you have any questions or want additional information please reach out to your healthcare provider, your local Health Department, Utah Department or Health and Human Services, Centers for Disease Control and Prevention (CDC)

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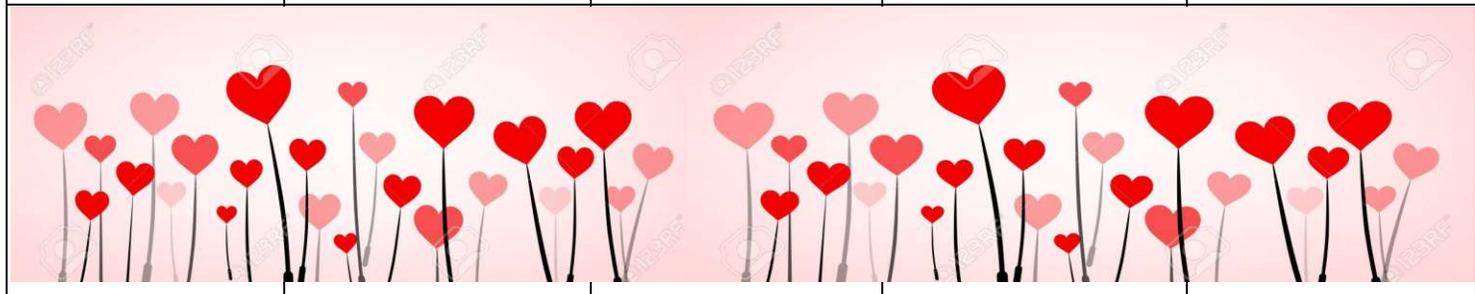




FEBRUARY



MONDAY PC /Kamas	TUESDAY Park City	WEDNESDAY Coalville / PC	THURSDAY PC/ Kamas	FRIDAY Coalville
2 BLT Sandwich served with soup chips, fruit & cookie	3 BBQ Ribs served with roasted veggies, coleslaw, fruit & corn Bread	4 Chicken Enchiladas served with soup & fruit	5 Spaghetti with meat balls & marinara served with salad, fruit & garlic bread	6 Cheeseburger served with soup, green salad & fruit
9 Salisbury Steak & Gravy served with mashed potatoes, green beans, fruit & roll	10 Ruben Sandwich served with Caesar salad, chips & fruit	11 Grilled Cheese Sandwich served with salad, soup fruit & cookie	12 Cheeseburger served with soup, green salad & fruit	13 Grilled Pork loin & gravy served with funeral potatoes, baby carrots, fruit & roll
16 CLOSED	17 Roasted Chicken served with roasted potatoes, grilled veggies & fruit	18 Beef Taco Salad served with soup & fruit	19 Meat Loaf and Gravy served with mashed potatoes, asparagus, fruit & roll	20 Tilapia Provençale & Mango Salsa served with white rice, mixed veggies & fruit
23 Tilapia Provençale & Mango Salsa served with white rice, mixed veggies & fruit	24 Fish and Chips served with cucumber salad, soup, fruit & cookie	25 Chicken Burritos served with sweet potatoes, beans, & fruit	25 Chicken Burritos served with sweet potatoes, beans, & fruit	27 Meat Loaf and Gravy served with mashed potatoes, asparagus, fruit & roll



Serving Three Senior Centers in Summit County

Please call before 5:00 pm the day BEFORE to reserve your lunch.

Park City
435-333-1586

North Summit
435-336-2622

South Summit
435-783-4311

At the discretion of the Chef, the menu may change without notice.

Tips & Tricks: Caring for Fresh Flowers

The beauty of having a garden is buds continually blooming on one Plant or another throughout most of the year. While this provides lovely views from your windows, it can also be nice to bring some beauty indoors.

Don't be afraid to snip off a few blossoms each week. Many plants thrive after trimming and may reward you with even more flowers. Once you've gathered a bouquet from your garden, consider these tips to help keep fresh flowers at their best for a week or more:

- Bacteria can quickly destroy fresh flowers, which is why it's important to use a clean vase. Any floral foam, wires or frogs used in your arrangement must also be washed in warm, soapy water.
- Remove any lower leaves that may come in contact with water inside the vase.
- Carefully trim each flower underwater to keep moisture flowing into the stems
- Keep your arrangement out of direct sunlight. The darker and cooler the room, the longer your blossoms will bloom.
- Adding a crushed aspirin, bleach, vinegar, sugar or penny to the vase are age-old tricks. However, you can keep bacteria at bay and help flowers thrive by adding a packet of flower food in the water. It can be found at your local florist or home improvement store

Every 2-3 days be sure to change the water, replenish the flower food and recut the stems for additional days of color.



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February Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SS- Board Meeting PC- Gentle Exercise @9 PC- Chair Yoga @ 10 PC- Mexican Train Dominoes @11 PC- Billiards Club @12 PC- Bridge Club @130	3 PC- Movement & Mobility @10 PC-Fiber Arts Club @11 PC- Canasta Club @ 130 PC- Senior Somms @ 145 County Activity	4 NS- Board Meeting PC- Mahjong Club @10 PC-Movement & Mobility @1130 PC=Bridge Club @ 130 PC- Golden Art @ 2 PC- Meditation @ 730	5 PC- Fun & Fit @9 PC- Tai Chi @ 10 PC-Mexican Train Dominoes @11 PC- Billiards Club @12 PC- Hand & Foot Ca- nasta @130	6 NS- Exercise Class
9 SS- Bingo PC- Gentle Exercise @9 PC- Chair Yoga @ 10 PC- Mexican Train Dominoes @11 PC- Billiards Club @12 PC- Bridge Club @130	10 SS- Eagle Trip PC- Movement & Mobility @10 PC-Fiber Arts Club @11 PC- Canasta Club @ 130	11 NS- Exercise Class PC- Mahjong Club @10 PC-Movement & Mobility @1130 PC=Bridge Club @ 130 PC- Golden Art @ 2 PC- Meditation @ 730	12 SS- Birthday Celebration PC- Fun & Fit @9 PC- Tai Chi @ 10 PC-Mexican Train Dominoes @11 PC- Billiards Club @12 PC- Hand & Foot Canasta @130	13 NS- Exercise Class 
16 CLOSED	17 PC- Movement & Mobility @10 PC-Fiber Arts Club @11 PC- Canasta Club @ 130 PC- Senior Somms @ 145 	18 NS- Exercise Class PC- Mahjong Club @10 PC-Movement & Mobility @1130 PC=Bridge Club @ 130 PC- Golden Art @ 2 PC- Meditation @ 730	19 SS- Craft PC- Fun & Fit @9 PC- Tai Chi @ 10 PC-Mexican Train Dominoes @11 PC- Billiards Club @12 PC- Hand & Foot Ca- nasta @130	20 NS- Exercise Class 
23 SS- Bingo SS- Fall Prevention Class PC- Gentle Exercise @9 PC- Chair Yoga @ 10 PC- Mexican Train Dominoes @11 PC- Billiards Club @12 PC- Bridge Club @130	24 PC- Movement & Mobility @10 PC-Fiber Arts Club @11 PC- Canasta Club @ 130 PC- Senior Somms @ 145	25 NS- Exercise Class PC- Mahjong Club @10 PC-Movement & Mobility @1130 PC=Bridge Club @ 130 PC- Golden Art @ 2 PC- Meditation @ 730	26 SS- Bingo SS- Enhabit Health Check PC- Fun & Fit @9 PC- Tai Chi @ 10 PC-Mexican Train Dominoes @11 PC- Billiards Club @12 PC- Hand & Foot Canasta @130	27 NS- Exercise Class 
				