

# CACHE COUNTY SENIOR CITIZEN CENTER

April 2013



MellRee (90), Fran (82), Myrtle (88), Harriet (96) and Leatha enjoy a game of bridge.  
“I still have a full deck; I just shuffle slower now.” ~Author Unknown

## Director's Message

Oliver Wendell Holmes once said,  
“Men do not quit playing because they  
grow old; they grow old because they

quit playing.” That is why having a senior citizens center is so important. It is important to be involved, to participate, to learn, and to play and have fun.

In 1943 the very first senior citizens center was introduced in New York City. It was organized to provide educational and recreational activities as well as to assist the elderly seniors in maintaining their independence in that community. Seventy years later, senior centers are now recognized as one of the most widely utilized services created by the Older Americans Act of 1965. The National Institute of Senior Centers (NISC) estimates that over 10 million older adults are provided services annually by approximately 14,000 senior centers across the nation. The Cache County Senior Citizens Center was first organized in the early 1970's. The mission statement written then is followed still today. It states that the Cache County Senior Center will provide programs and activities that will enable residents of Cache County who are 60 years of age or older to live healthy and independent lives..

Coming to the Cache County Senior Center is a great way to spend time with people your own age who share many of the same interests and experiences that you do. If you are 60 years and older, come join the fun. Stop by and pick up a newsletter or check us out at our web site for a list of our activities, programs and a monthly menu.

*Kristine*

240 North 100 East Logan, Utah  
84321

PHONE: (435)755-1720

FAX: (435)752-9513

HOURS: 9:00 A.M. – 4:00 P.M.

WEB SITE

[Cachecounty.org](http://Cachecounty.org)

## Let's Get Started Now! New Walking Program at the Senior Center

"Use it or lose it." That's what doctors these days are telling senior citizens about their bodies. It might also be of interest for seniors to know that it's never too late to begin exercising, said Dr. Pratt (the acting chief for the Physical Activity and Health Branch in the Division of Nutrition and Physical Activity at the Centers for Disease Control and Prevention in Atlanta (CDC). "One of the issues with older adults, particularly with women, is that many have grown up thinking that exercise is not for them," he said. "They think if they're not athletes, they shouldn't be active."

"To this, I would like to say that it's never too late to start. Most of the benefits of exercise that accrue for younger adults also apply to older adults, no matter when they begin exercising," he said.

<http://www.americantrails.org/resources/health/wayoflife.html>

We are starting a walking club. This will be a goal reaching experience with gifts along the way for those who participate and a great ending party as we all reach our goals. We will walk inside when the weather is uncooperative and outside when we can. The goals will be extremely attainable because it is about being active. Before we begin about the middle of April, please check with your doctor about your participation. Here are a few pointers which address any exercise program:

"Listen to your body. Is the activity making you feel unwell or too tired? Endurance activities should not make you breathe so hard that you can't talk. They should not cause dizziness, chest pain or pressure, or a feeling like heartburn.

As you get older, you may not feel thirsty even though your body needs fluids. **Be sure to drink liquids when doing any activity that makes you sweat.** By the time you notice you are thirsty, you probably are already low on fluid.

When you're walking, watch out for low-hanging branches and uneven sidewalks. Walk during the day or in well-lit areas at night, and be aware of your surroundings. Ask someone to go with you. Wear the proper shoes. " <http://www.talk-early-talk-often.com/exercises-for-senior-citizens.html>

Look for more information on the board in the hallway and sign up sheet. **Let's Get Started Now!**



New Alphabet :

A is for apple, and B is for boat,

That used to be right, but now it won't float!

Age before beauty is what we once said, but let's be a bit more realistic instead.

A's for arthritis; B's the bad back, C's the chest pains, perhaps car-di-ac?

D is for dental decay and decline, E is for eyesight, can't read that top line!

F is for farting and fluid retention, G is for gut droop, which I'd rather not mention.

H high blood pressure--I'd rather it low; I for incisions with scars you can show.

J is for joints, out of socket, won't mend, K is for knees that crack when they bend.

L 's for libido, what happened to sex? M is for memory, I forget what comes next.

N is neuralgia, in nerves way down low; O is for osteo, bones that don't grow!

P for prescriptions, I have quite a few, just give me a pill and I'll be good as new!

Q is for queasy, is it fatal or flu? R is for reflux, one meal turns to two.

S is for sleepless nights, counting my fears, T is for Tinnitus; bells in my ears!

U is for urinary; troubles with flow; V for vertigo, that's 'dizzy,' you know..

W for worry, now what's going 'round? X is for X ray, and what might be found.

Y is for another year I'm left here behind, Z is for zest I still have-- in my mind!

**I've survived all the symptoms, my body's deployed,  
And I'm keeping twenty-six doctors fully employed!**



COMMODITIES

for MAY, will be distributed **May 8th**, instead of May 1.

## LOCAL EVENTS

The Cache County Alzheimer's Coalition is presenting "Caregiver Survival Camp," a workshop for caregivers on Thursday, April 11 at 6:00 pm. This workshop will be in the education classrooms of the Cache County Administration Building, 179 North Main. There will also be a cook-off and you get to be the judges. Please join us.

**Loaves and Fishes Community Meal** every third Saturday. Free of charge. Come enjoy food, friendship and connections. Everyone welcome. 11:30—1 pm. April 20, First Presbyterian Church, 178 W Center, Any questions call Rachel at 435.554.1081 or Amy at 435.881.9211.

Focus Care of Utah, Inc. and Pioneer Valley Lodge are having a **photo contest** with the prize ceremony on April 20 at 3:00 pm. You may pick up an entry form and submit your entry at either location by April 18. Call 755.8102 or 801.674.7429 for more information.

Legal services will be at the Senior Center for anyone over 60 who needs free legal advice. Please call Peggy at 755.1720 for an appointment.

**Spring Boutique at Legacy**, 330 E. 1400 N. Sat. April 13, 10—4. Come see our booth.



## *Close Relationships: Live Longer and Be Happier*

*What do our relationships with family and friends have to do with our health? Well, studies show our closeness with others can be beneficial in more ways than one. Those relationships help us live longer, cope with pain better, and directly affect our level of happiness in life. Expert in behavior, Dr. Leonard Mlodinow, stated that social connection is such a basic feature of human experience that when we are deprived of it, we suffer.*

*The Cache County Senior Citizen Center, and we at Williamsburg Retirement Community, understands the importance of developing and cultivating those relationships. Our residents live longer and happier lives in part due to the myriad of activities offered by our facility and through the senior center.*

*We at Williamsburg believe family is one of the most important things in the world. And from the staff to the residents, we at Williamsburg believe WE ARE a family. We work together, play together, eat together, laugh together, and cry together.*

*Call us today, or stop by, to find out how you can become part of our family.*

(435) 753-5502

[marketing@williamsburgretirement.com](mailto:marketing@williamsburgretirement.com)

## Protect Yourself from Medicare Fraud, join the fight.

Medicare fraud affects everyone. You can team up with Medicare to help. Our Senior Medicare Patrol volunteers are teaching people like you how to spot, report, and stop fraud, and protect themselves from identity theft.

Here are some things you can do:

- Guard your Medicare and Social Security numbers. **Treat them like you would treat your credit cards.**
- Hang up the phone if someone calls and asks for your Medicare number, Social Security number, or bank or credit card information. We will **NEVER** call and ask for this information, and we will **NEVER** call you or come to your home uninvited to sell Medicare products.
- Be suspicious of anyone who offers you free medical equipment or services and then requests your Medicare number. **It's illegal, and it's not worth it!**
- Do not let anyone borrow or pay you to use your Medicare ID card or your identity.

Check your Medicare claims for errors. Look at your Medicare Summary Notice (MSN) or statements from your Medicare plan. You can also check [www.MyMedicare.gov](http://www.MyMedicare.gov) or call 1-800-MEDICARE (1-800-633-4227) as soon as your claims have been processed. The sooner you see and report errors, the sooner we can stop fraud. TTY users should call 1-877-486-2048.

Call 1-800-MEDICARE to report any suspected fraud.

Source: Medicare.gov

## Gardening Tips by: Gerald Byington

This month is a good time to thin and/or transplant strawberries. Strawberries should be thinned to about a foot apart and the mother-plant itself divided for maximum number and size of berries. Cold season crops such as radishes, peas, onion seeds for sets, lettuce, and cabbage can be planted as soon as the ground can be readied. Tomatoes, peppers and eggplant can be set out by mid-April under a Wall-O-Water. This will protect them from frost down to the mid 20's. Gallon milk jugs with the bottom cut off can be used as hot-caps to protect plants from a mild frost.



## Breakfast

Breakfast is the most important meal of the day. Not only does it give you energy to start a new day, but breakfast is linked to many health benefits, including weight control and improved performance. Studies show that eating a *healthy* breakfast (as opposed to the kind containing doughnuts) can help give you:

- A more nutritionally complete diet, higher in nutrients, vitamins and minerals.
- Improved mental functions, adults who eat breakfast enjoy increased concentration and productivity.
- More strength and endurance to engage in physical activity.
- Lower cholesterol levels

### Country Morning Skillet (4 servings)

2 Tbsp. oil	2 Tbsp. chopped onions
1 1/2 lb. potatoes, about 5, cooked, cubed	4 eggs
1/2 cup chopped green peppers	1 cup shredded cheddar cheese



Heat oil in large nonstick skillet on medium heat. Add vegetables; cook 5 minutes or until potatoes are lightly browned.

Add eggs, 1 at a time, to skillet, spacing eggs evenly over potatoes; cover. Cook 3 to 4 min. or until egg whites are set and yolks begin to thicken but do not become firm.

Sprinkle with cheese,; cook , covered 1 min or until melted.





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1 Hawaiian Haystacks Rice Pineapple & mandarin oranges Roll	2 Potato soup Egg salad sandwich Fruited Jell-O	3 Baked spaghetti Italian veggies Peaches Garlic bread	4 Chicken broccoli casserole Beets Muffin Applesauce	5 BBQ Riblet Potatoes Romanoff Carrots Pears Wheat bread
8 Chicken Fried Steak Mashed potatoes Green beans Roll	9 Pigs in a blanket Mac N Cheese Broccoli Applesauce	10 Polynesian meatball Rice Peas Pineapple Roll	11 Breakfast for lunch	12 Chicken fajitas Rice Mixed veggies Foo Foo salad
15 Broccoli cheese soup Club sandwich Chips Apricots	16 Salisbury steak Mashed potatoes Capri blend veggie Tropical fruit Roll	17 Crispy fish bake Green beans Applesauce Wheat bread	18 Cabbage rolls Roasted red potatoes Blend veggies Fruit crisp	19 Stuffed manicotti Sicilian veggie Garlic roll Grapes
22 Turkey Ala King Rice Mandarin oranges Herb biscuit	23 Ham Creamed potatoes Peas Apricots Roll	24 Beef stroganoff Noodles Carrots Apple crisp Wheat bread	25 Taco casserole Chuck wagon corn Peaches	26 Vegetable soup Chicken salad sandwich Chips Pears
29 Parmesan chicken Noodles Tuscan blend veggies Applesauce Biscuit	30 French dip sandwich Chips Carrot raisin salad Peaches	<b>This menu is subject to change</b>	Please sign up for lunch one day in advance by calling 755-1720. Suggested donation per meal is \$2.75 for those 60 years & older. Guests under 60 years must be receipted at the front desk - cost: \$4.00.	



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<p>9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:10 Line Dancing 10:15 Tai Chi 11:15 Sit-n-be-fit 12:30 Jeopardy 1:00 Bridge</p>	<p>9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:00 Ceramics 9:30 Wii Bowling 11:15 Sit-n-be-fit 1:00 Movie</p>	<p>9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:10 Line Dancing 10:15 Tai Chi 10:30 Bingo 11:15 Sit-n-be-fit 1:00 Bridge</p>	<p>9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:15 Clogging 9:30 Wii Bowling 11:15 Sit-n-be-fit 12:30 Sing Along</p>	<p>9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:10 Line Dancing 10:30 Bingo 11:15 Sit-n-be-fit 1:00 Bridge</p>
<p>1 1:00 Beading</p>	<p>2</p>	<p>3 9:00 Commodities 2:00 Senior U</p>	<p>4 12:30 AARP defen- sive driving</p>	<p>5 10-12 Blood pres- sure 11:15 Effective Grandparenting</p>
<p>8 1:00 Beading</p>	<p>9 11:00 Blood sugars, O<sup>2</sup>, heart rate</p>	<p>10 2:00 Senior U clos- ing social</p>	<p>11 10:30 Arm Chair Trav- el 1:00 Foot Clinic 6:00 Caregiver Surviv- al Camp</p>	<p>12 10-12 Blood pres- sure</p>
<p>15 1:00 Beading</p>	<p>16</p>	<p>17 1:00 Foot Clinic 1:45 Bobbin Lace</p>	<p>18 12:30 AARP defen- sive driving</p>	<p>19 10-12 Blood pres- sure</p>
<p>22 1:00 Beading</p>	<p>23 1:00 Foot Clinic</p>	<p>24</p>	<p>25</p>	<p>26 10-12 Blood pres- sure 1:00 Legal Services</p>
<p>29 1:00 Beading</p>	<p>30</p>			