



CACHE COUNTY SENIOR CITIZEN CENTER

May 2013

Commodities for May will be distributed on May 8th at 9:00.

The Senior Center will be closed May 9th for staff training with the Bear River Association of Governments Aging Services.

Also, Memorial Day is May 27th and the center will be closed to observe that holiday.

Older
by Kathy Johnston

My face is growing older,
But my mind is growing wiser.

My knees are growing weaker,
But my spirit is standing taller.

My feet are growing tireder,
But my character is growing stronger.

My hands are growing shakier,
But my attitude is reaching higher.

My hair is growing greyer,
But my heart is growing sweeter.

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

Director's Message

One of the main purposes of the Cache County Senior Citizens Center is to 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. It is important for seniors to participate and interact with their peers and who are available as a source of encouragement and support.

The Cache County Senior Citizens Center adheres to the following beliefs:

- Older adults, like all people, are individuals with ambitions, capabilities, and creative capacities.
- They are capable of continued growth and development.
- They have certain basic needs, including the need for opportunities for relationships and for experiencing a sense of achievement.
- They need access to sources of information and help for personal and family problems, and the opportunities to learn from individuals coping with similar experiences.

Sometimes in fulfilling our purpose there are a few seniors who personally don't like the programs or activities we have planned. In planning we make every effort to accommodate the needs of *all* seniors. If there is program or activity that you personally don't like please be polite and respectful of others. Find something else that you can do at the Senior Center, there is always a wide variety of things going on. Please stop by the Senior Center for a newsletter or look on the internet at www.cachecounty.org for a list our programs, classes and activities. We also have exercise equipment, pool tables, a library with tons of books and puzzles, a ceramic room, Wii bowling every Tuesday and Thursday mornings and a lot more. Just a thought: A snowflake is one of God's most fragile creations, but look what they can do when they stick together! Let's remember to be kind, and considerate of each other's feelings, and work hard to provide encouragement and support of each other no matter what our differences, lets stick together.

Kristine

Put Prevention into Practice with Medicare

The onset of spring is a reminder of new beginnings – the longer hours of daylight, sprouting tulips and warmer weather are all indicators of a new season, and a new reason to be proactive with your health. One simple way to manage your health is to practice preventive care. Because preventive services can find health problems early, when treatment works best, it's a crucial step in maintaining a healthy lifestyle.

Your Preventive Services with Medicare

If you have Medicare, then you have access to a variety of preventive tests and screenings, most at no cost to you. If you're new to Medicare, your "Welcome to Medicare" preventive visit is now covered for free during your first 12 months of Part B coverage. This visit includes a review of your medical and social history related to your health and education and counseling about preventive services, including certain screenings, shots, and referrals for other care, if needed. Be sure to tell them you want the Welcome to Medicare visit when making your appointment.

If you've had Part B for longer than 12 months, you can get a yearly wellness visit to develop or update a personalized prevention plan based on your current health and risk factors. Your provider will ask you to fill out a questionnaire, called a "Health Risk Assessment," as part of this visit. Answering these questions can help you and your provider develop a personalized prevention plan to help you stay healthy and get the most out of your visit. This visit is covered once every 12 months. In addition to these important wellness visits, Medicare covers screening tests for diabetes, colon cancer, breast cancer, osteoporosis, and heart disease, just to name a few. Saying it's for a wellness visit is important.

So as you tend to your garden this spring, make a commitment to tend to yourself too. Practice preventive care to ensure you stay healthy, live longer, and delay or prevent many diseases.

Source: Medicare.gov



Our line dancers have a great time



LOCAL EVENTS

Loaves and Fishes Community Meal is increasing its service to twice a month, The food is free of charge. It is just requested that you come enjoy food, friendship and connections. What a great way to meet new people as everyone welcome. 11:30—1 pm. **May 4 & 18, First Presbyterian Church, 178 W Center, Any questions call Rachel at 435.554.1081**

Heads Up. Put **June 14th** on your calendar for our Shred event. Do you have boxes and bags of old checks, statements and paperwork that is cluttering up your storage? Let us dispose of it for you. The shredding truck will be here from 10-1, so let's fill 'er up.

June 14th will be a big day, as we welcome **Casey MacGill** to the senior center for a performance brought to us by Summerfest. He will be performing at 11:00. Watch for further details as they become available.

Options for Independence will be giving a life skills class on **May 13** at 11:30. Please come see what they have to teach us. Also, they are moving from their present location and until they can get their facility set up, we will be the site for their low vision clinic, on **May 14** from 10 until 4. This clinic and a support group will meet here in June and July, also. Watch for more details.

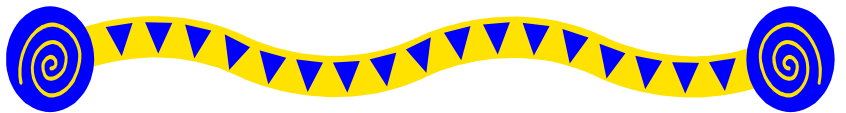


POLICY CHANGE

In the past we have purchased a liquid supplemental meal (Ensure) available by donation to those seniors who have not been able to tolerate or digest regular meals. Because the liquid supplements do not meet the requirements of the Dietary Guidelines for Americans our state and federal funds cannot be used to purchase these products any more. The U. S. Department of Health & Human Services Administration for Community Living, Administration on Aging has sent out the following policy change concerning the liquid supplement meal: Ensure.

The proposed medical and liquid meals (Ensure) are not consistent with the Older Americans Act and therefore Title III C-1 (congregate meals) and C-2 (Meals on Wheels) funding cannot be used. .

As of 5/1/2013 the Cache County Senior Citizens Center will no longer provide Ensure. The Ensure product is available at local grocery stores if you feel you need a liquid meal in your diet. If you need additional help please contact your doctor and visit with a dietitian.



In the coming months we will be running articles on something which is becoming more prevalent in our society and that is "Elder Abuse". In the U.S. alone, more than half a million reports of abuse against elderly Americans reach authorities every year, and millions more cases go unreported. Many elderly adults are abused in their own homes, in relatives' homes, and even in facilities responsible for their care. We will be learning about what to do if you suspect that an elderly person is at risk from a neglectful or overwhelmed caregiver, or being preyed upon financially. Also information in our newsletter will contain articles about the warning signs of elder abuse, what the risk factors are, and how you can prevent and report the problem.

We are in need of canning jars. Also Barry needs a working hairdryer. This request could result in tons of comments, but just suffice it to say, it is work related. Any donations would be gladly accepted.

Yahoo, it's time for another Wii Bowling Tournament. Many of our bowlers are consistently hitting over 200 point games. It should make for a great tournament. First round play will be Thursday May 16 starting at 9:30 with continuing rounds on Tuesday, May 21 until we have a winner. Come join the fun by playing or watching and cheering.

Finally, the weather may cooperate for outside activities. The horseshoe pits are ready for play, come see Jan if you would like to pitch horseshoes. Also, we are still trying to get a walking club together. The sign-up sheets are on the table.

You may have noticed the new picnic tables and umbrellas on the patio. Please feel free to use those any-time.

Gardening Tips by Gerald Byington

If you planted any cold weather crops they should be coming up and doing fine. Hopefully by putting your tomatoes and peppers under walls of water or plastic milk jugs they survived the cold April nights. One of the most important things about early gardening is to know what each seedling looks like and not mistake them for weeds. One weed that goes to seed could spread many weeds for years to come. Make sure as you plant that you give the seeds for new starts plenty of room to grow.



Beans

Beans are rich in complex carbohydrates slowly bringing blood glucose, maintaining these levels stable, and provide satiety to the body and not feeling hungry. They are rich in soluble and insoluble fiber helps lower cholesterol and prevent constipation, and help prevent some types of cancers, including breast, lung and colon. Although dry beans vary considerably in flavor, size, color, and shape, their nutritional composition is remarkably similar. They are packed with protein, carbohydrates, vitamins and minerals, and are low in fat. One half cup of cooked dry beans contains approximately 115 calories and provides 8 grams of protein.



Chuck Wagon (Baked) Beans

1 lb. Ground beef	½ cup chopped onion
½ cup chopped green pepper	½ cup chopped celery
dash of garlic	Dash of salt and pepper
1 can tomato soup	2 Tbs. vinegar
1 ½ Tbs. brown sugar	
2 ½ size can of pork and beans (un-drained)	

Brown first 6 ingredients together. Mix remaining ingredients. Place in a ungreased casserole dish and bake uncovered for 30 minutes at 350 degrees.

May 2013

<p>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.</p> <p>This menu is subject to change.</p>		<p>1 Baked potato bar Mixed veggies Fruit crisp Wheat bread</p>	<p>2 Turkey chowder Coleslaw Grapes Breadstick</p>	<p>3 Pork burritos Southwestern rice salad Orange fluff</p>
<p>6 Club sandwich Veggie pasta salad Banana</p>	<p>7 Porcupine meatballs Roasted potatoes Mixed veggies Pears Wheat bread</p>	<p>8 Green bean casserole Tator tots Mandarin oranges Roll</p>	<p>9 CLOSED for staff training</p>	<p>10 Chili Verde Green salad Tropical fruit Corn muffin</p>
<p>13 Ham Au Gratin potatoes Pea medley Pear buckle Roll</p>	<p>14 Chicken & noodles Broccoli salad Apricots Roll</p>	<p>15 Sweet & sour pork Rice Oriental veggies Fruit crisp Fortune cookie</p>	<p>16 Poppy seed chicken Baked potato Mixed veggies Peaches Roll</p>	<p>17 Pizza Italian veggies Spiced apples</p>
<p>20 Chicken Alfredo w/ noodles Mixed veggies Mixed fruit Breadsticks</p>	<p>21 Patio soup Spinach salad Peaches Roll</p>	<p>22 Turkey roll ups Potatoes w/gravy Capri blend veggies Mixed fruit</p>	<p>23 Fish sandwich 4 bean salad Applesauce</p>	<p>24 Chicken Jambalaya Green beans Corn bread Fruit salad</p>
<p>27 CLOSED for Memorial Day</p>	<p>28 Chicken tenders Mashed potatoes w/ gravy Peas & carrots Pears Roll</p>	<p>29 Beef stew Green salad Fruited Jell o Herb biscuit</p>	<p>30 Lasagna California Mix veggies Garlic toast Tropical fruit</p>	<p>31 Hamburger w/fixins Chips Carrot salad Watermelon</p>

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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	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	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	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	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
		1	2	3 10-12 Blood pressure
6 1:00 Beading	7	8 9:00 Commodities 1:45 Bobbin Lace	9 CLOSED FOR STAFF TRAINING	10 10-12 Blood pressure
13 10:30 Arm Chair Travel 11:30 Life Skills 1:00 Beading	14 10-4 Low Vision clinic 11:00 Blood sugars, O ₂ , heart rate	15 1:00 Foot Clinic 1:45 Bobbin Lace	16 9:30 Bowling tournament 12:30 AARP defensive driving	17 10-12 Blood pressure
20 1:00 Beading	21 9:30 Bowling tournament	22 1:45 Bobbin Lace	23	24 10-12 Blood pressure
27 CLOSED FOR MEMORIAL DAY	28 1:00 Foot Clinic	29 1:45 Bobbin Lace	30	31