



CACHE COUNTY SENIOR CITIZEN CENTER

June 2013

Director's Message

The Casey MacGill Trio will be performing **Friday, June 14 at 11 am**. The music swings as they play Nat "King" Cole meets the Mills Brothers. Fats Waller meets Fats Domino. Slim Galliard meets Fred Astaire. This concert is in conjunction with Summerfest. Come enjoy the great music, and it's free of charge. Check out our menu and if you would like to stay for lunch, please call by 3 on Thursday, June 13, so our kitchen can be prepared for extra people.

Shred Fest is also on **Friday, June 14 from 10 to 1**. This is a great time to safely dispose of all the unnecessary paperwork we keep around the house because we don't want to put it in the trash. Since we are trying to fill up the truck, please bring in any papers, magazines, old check, etc. to be shredded.

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

The word bullying usually conjures images of mean-spirited adolescents cornering another child in the school corridor, but bullying is not limited to children. And unfortunately we have a problem with it at the Cache County Senior Citizens Center. It has become a concern to the staff and those that attend who want to be involved in the programs and services which we provide.

One would think as people mature and progress through life, that they would stop behaviors of their youth. Unfortunately, this is not always the case. Bullying is aggressive behavior that is intentional, repeated, and involving an imbalance of power or strength. The bully wants power and control.

Bullying is simply – inappropriate social control.

The goal of an adult bully is to gain power over another person, and make himself or herself the dominant adult. They try to humiliate victims, and "show them who is boss." Bullies feel they are doing righteous work in controlling others to make the senior center fit their own concepts. They exclude people from common areas; they spread malicious gossip, to further their control. They threaten and intimidate. They disrespect a person but when they have gone too far, they claim they didn't do it and really liked the victim. Bullying behavior can range from verbal intimidation all the way to physical violence with no recognition by the bully that they might have done anything wrong.

Sometimes we ignore or tend to look away and don't see it as a problem because it's just the way people are, but behavior like this can lead to seniors not wanting to come to the senior center and participate.

Intervention is the key to halting bullying. If you encounter any abuse either to yourself or to another senior please report it immediately to our staff and we will do those things necessary to take care of the problem. It is important to remember, seniors must speak up for themselves and for each other. Bullying behavior should not be ignored as the behavior can often escalate. If we work together we can take the first step by having a zero-tolerance policy on bullying at our senior center.

We want the Cache County Senior Citizens Center to be a place where everyone feels welcome. It is our goal to foster a warm environment where individuals can explore and enjoy activities and services designed to meet the needs and enrich the lives of our diverse older adult population.

May we each live our lives, and treat others so that our actions demand no explanation and no apology. Let us remember to treat others how we would like to be treated.

Kristine

Protect your bones—Medicare can help

Do you keep putting off exercise? You may be hurting your bones. Lack of exercise is one of the risk factors that can lead to osteoporosis. When people have osteoporosis their bones become less dense. You may not know that you have osteoporosis until your bones are so weak that a sudden strain, bump, or fall causes your wrist to break or your hip to fracture.

Medicare can help you prevent or detect osteoporosis at an early stage, when treatment works best. Talk to your doctor about getting a bone mass measurement, it may be free.

Medicare Part B covers this test, which helps to see if you're at risk to broken bones, once every 24 months (more often if medically necessary) for people who meet the criteria below. Medicare only covers this test when it's ordered by a doctor or other qualified provider.

All qualified people with Medicare who are at risk for osteoporosis and meet one or more of these conditions are eligible:

- A woman whose doctor determines she's estrogen deficient and at risk for osteoporosis, based on her medical history and other findings
- A person whose X-rays show possible osteoporosis, osteopenia, or vertebral fractures
- A person taking prednisone or steroid-type drugs or is planning to begin this treatment
- A person who has been diagnosed with primary hyperparathyroidism
- A person who is being monitored to see if their osteoporosis drug therapy is working.

Source: Medicare.gov

Meals on Wheels Grant



Meals on Wheels volunteers

Grant Carling (10 years service) George Atwood (15 years service)



Kris Albretsen (Meals on Wheels Coordinator), Denece Miller (Asst. Coordinator), and Kristine Johnson (Director)

We are so excited to announce that we were chosen to receive \$2,500 in grant money from Select Health to help with our Meals on Wheels program. Select Health is a local nonprofit health insurance company serving members in Utah and Idaho. Based in Salt Lake City, it is a subsidiary of Intermountain Healthcare

The Select25 grants began with the nonprofit's 25th anniversary in 2008 and has become an annual event, awarding more than \$62,000 to local charitable organizations each month. Each year, they award \$2,500 to 25 winners in Utah. These donations help individuals and organizations make a healthy difference in their communities.

This grant will be used to help with food containers and fuel costs for the delivery trucks which travel more than 7,200 miles per year. Last year with the help of 100 volunteers we were able to deliver 45,255 meals to our Meals on Wheel clients.

LOCAL EVENTS

Loaves and Fishes Community Meal 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 is welcome. 11:30—1 pm. **June 1 & 15, First Presbyterian Church, 200 West and Center Street, Any questions call Rachel at 435.554.1081**

The Cache Valley Gardeners' Market has moved to Horseshoe Park near Willow Park at 500 West and 500 South. This market begins every Saturday at 9:00 and runs until Oct 19.

Noon music at the Tabernacle. FREE to the public Performances at noon Monday - Friday from June 3 - August 9. (Except during Summerfest) Encore performance at 7 p.m. on Friday, August 16. Monday performances (except June 3) feature artists from Utah Festival Opera and Musical Theatre.

Summerfest Arts Faire, June 13-15, is a juried art festival that features live music, good food and more than a hundred fine artists whose media include watercolor, fiber art, photography, acrylic, sculpture, pottery, jewelry and more. Summerfest festivities include a children's art yard where youngsters can create a variety of arts projects themselves. This is on the grounds of the Tabernacle on Main Street.

Building A Social Life as a Senior Citizen

Determine what activities you used to enjoy. Did a loss cause you to set aside favorite hobbies or pursuits? Pick them up from where you left off. Or try new activities with the help of a local club, group, church or even through Internet and library research. Use the local newspaper to keep abreast of upcoming events of interest. Visit university lectures on topics you know nothing about to stretch your imagination and improve your knowledge.

Return to keeping fit. While climbing Mt. Everest may no longer be in the cards, there is certainly nothing stopping you from continuing physical activities involving walking clubs, or other fitness activities made available especially for seniors. Staying fit is a sure way to build confidence and regain a healthy outlook on life!

Find a buddy. If you feel reluctant to go out on your own, there are many volunteer organizations that will help by providing transportation. Invite a friend or neighbor to attend events with you. Get back into the rhythm of meeting new friends. Little by little, you'll become less fearful of going out alone.

Be open to new suggestions. This may feel uncomfortable at first, especially if it involves new technology. Consider trying new activities that are possible given your level of health and fitness, and that you find interesting. Try not to react negatively to suggestions from others who try to help. Think things through before rejecting the ideas altogether. You may discover something you wished you'd tried earlier.

Become a mentor for younger people. Young people are eager and willing learners when they discover that you have knowledge that you are willing to share. Offer your services at local clubs to give talks, to teach a skill or to guide people (museums, zoos, parks etc.). Elderly people are respected for their knowledge; capitalize on this by sharing it.

Remain positive. The pain will always be there; that is the nature of loss. You deserve the best after giving so much of yourself to the world. Smile when you're feeling down. Smiling induces positive chemical changes in the brain and brings us back up. Take in a light movie or rent an old classic to watch at home. Listen to comedy on the radio, check out a humorous book or two from the library and have a good hearty chuckle. Rediscover your sense of humor and your well-being will improve; this is all the more important if you have buried yourself under a load of sadness, self-pity and sorrow.

Think outside the square. Research the Internet for stories of the more challenging things senior citizens are doing; cycling across countries, skiing, writing a first novel, entering the Masters' Games etc. All these things and more are possible with the right attitude. You are as old as you let yourself be; your dreams are as expansive as you let them be. So, what about all those things you promised yourself you'd do someday? Maybe today is that day. *Source: <http://www.wikihow.com/Build-a-Social-Life-as-a-Senior-Citizen>*

Elder Abuse

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 what to do if you suspect 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.



Wrinkles should merely indicate where smiles have been.

Mark Twain

It's important to have a twinkle in your wrinkle.

Author Unknown

*Middle age is when you choose your cereal
for the fiber, not the toy.*

Author Unknown

*I am getting to an age when I can only enjoy
the last sport left. It is called hunting*

for your spectacles.

Edward Grey

Old age is no place for sissies.

Bette Davis

Bananas

Bananas contain 20% of the Daily Value of Vitamin B6. Vitamin B6 contributes to red blood cell formation, the reduction of fatigue and transporting iron through the body. Bananas contain 15% of the Daily Value of Vitamin C. Vitamin C contributes to the reduction of fatigue; helps develop and maintain skin, bones, cartilage, blood vessels, gums and teeth, while reducing free radicals and protecting cells from oxidative damage. Bananas contain 13% of the Daily Value of Potassium. Potassium helps maintain a normal blood pressure (already within normal limits) and muscle function. A single serving (one medium-sized Chiquita banana) also contains 12% of the daily-recommended dietary fiber intake

for a normal adult. Fiber has been shown to improve digestive function.

If the bananas you buy are still a little too green for your liking, try putting them in a brown paper bag with an apple or tomato overnight to speed up the ripening process.

If your bananas get too ripe for your taste before you have a chance to eat them, don't throw them out. Peel them, put them in a freezer bag, and freeze them to use later in banana bread and other baked goods, as well as in smoothies and shakes. Try breaking them into pieces before you freeze so that when you're ready you can use just the right amount.



BANANA BREAD

3 mashed bananas

1 cup sugar

1 tsp. Baking soda

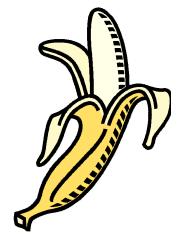
½ tsp. Salt

½ cup shortening

2 eggs

2 cups flour

½ cup nuts



Mix all ingredients together. Pour into 2 bread pans. Bake for 350 degrees for 35-45 minutes or until a knife comes out clean. After taking out of the oven butter the top of the bread and sprinkle with sugar.



June 2013

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.

This menu is subject to change.

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|---|---|--|---|--|
| 3 Pizza casserole Carrots Mixed fruit Herb roll | 4 Swiss Steak Mashed potatoes w/ gravy Green beans Peaches Roll | 5 Soup Day Egg salad sandwich Applesauce Brownie | 6 Chicken strips Mac & cheese Peas Mandarin oranges Wheat bread | 7 Sloppy Joes Coleslaw Potato chips Apricots Cookie |
| 10 BBQ Riblets Cheesy potatoes Mixed veggies Pears Roll | 11 Chicken enchiladas Refried beans Corn Mixed fruit | 12 Rosemary Chicken Mashed potatoes w/ gravy Capri veggies Apricots | 13 Turkey Ala King Rice Mixed veggies Apple crisp Bran muffin | 14 Baked Ziti Summer squash Mixed fruit Garlic bread |
| 17 Potato soup Roast beef sandwich Carrot raisin salad Tropical fruit | 18 Shepard's Pie Green beans Peach cobbler Roll | 19 Tuna noodle casse- role Beets Mandarin oranges Wheat bread | 20 Hearty Kielbasa bake Tuscan veggies Applesauce Roll | 21 Honey Glazed chicken Fried rice Egg roll Pineapple Chinese almond cookie |
| 24 Spaghetti Green salad Applesauce Garlic bread | 25 Santa Fe chicken Spanish rice Blend veggies Pears | 26 Ham/pineapple Dutch oven potatoes Peas Fruited jello | 27 Breaded chicken sandwich w/fixins Veggie tray Chips Mixed fruit | 28 Fish & chips Broccoli Barry's Foo Foo salad |



June 2013

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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> |
| 3 | 4 10-12 Options for Independence low vision support group | 5 9:00 Commodities | 6 12:30 AARP defensive driving | 7 10-12 Blood pressure |
| 10 10:30 Arm Chair Travel | 11 10-4 Low vision clinic 11:00 O ² & blood sugar check | 12 | 13 1:00 Foot clinic | 14 10-12 blood Pressure 10-1 Shred fest 11:00 Casey MacGill Trio concert |
| 17 | 18 | 19 9:30 Pool Tournament 1:00 Foot Clinic | 20 12:30 AARP defensive driving | 21 10-12 Blood pressure |
| 24 | 25 1:00 Foot clinic | 26 | 27 | 28 10-12 Blood pressure |

Call to reserve afternoon indoor pickleball, available after June 12. 755.1726
We have a ping pong table, and horseshoes for anyone who would like to play.
Bridge class is Mondays and Wednesdays at 11:00.
9 Ball tournament on June 19 beginning at 9:30, call 755.1720 to sign up.