

CACHE COUNTY SENIOR CITIZEN CENTER

February 2014

February 5th at 9:00—Commodities pickup

February 17th - Presidents Day—closed

To report Elder & Vulnerable Adult Abuse
please call: 1-800-371-7897

Every Friday at 12:20 we are going to have a
“Lunch and Learn”.

*Friday-February 7th: Dignity Home & Health

*Friday-February 14th: Valentines Musical pro-
gram with Colene Gordin

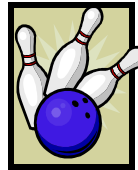
*Friday-February 21st: Warning signs of Alz-
heimer’s

*Friday-February 28th Connecting the Genera-
tions—USU.

*Thursday’s at 1:15 we will be holding our Sen-
ior University Classes. The classes will last 10
weeks and the cost is \$10.00 for the semester.

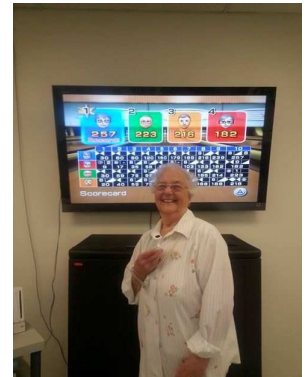
*Do you need your income taxes done? Call our
office and we will schedule an appointment for
you.

* Monday’s at 9:15 we are starting a
“BREAKFAST CLUB”. We will be discussing
current events, and participating in activities
that will wake us up and get our brains a going.
Please come join us!



Marvie scored a 257 in Wii
bowling!! It was quite the
thrill to see her bowl 7
strikes in a row!!! Come

join us Tuesday and Thursday from
9:30-12. We will be taking a break
for Lunch and continue playing after-
wards.



Would you believe it!!!!
Steve bowled a perfect
game!!! He scored
300!!!!...

This guy is my bowling
hero!!! Come on by the
Center and see if you can
match that score!



DIRECTORS MESSAGE

The other day a gentleman brought in a funeral pro-
gram for a dear lady that came to our Senior Center. She
was ninety years old and had lived a full life. It made me
think about all the things she had done in her lifetime for
her family and friends.

It reminded me of a poem by Linda Ellis called “The
Dash”. It tells of a man that is speaking at a funeral for a
friend. “He refers to the dates on her tombstone, from the
beginning...to the end”. And then he says “what mat-
tered most of all was the dash between those years.”
“What matters is how we live and love and how we spend
our dash.”

How do you spend your dash? How do you treat oth-
ers, is it with kindness and respect? Do you look for the
good in others? Are you a good person? Are you a good
example by the things you do and say? What are people
going to remember about you? “So, when your eulogy’s
being read with your life’s actions to rehash... Would
you be proud of the things they say about how you spent
your dash?”

240 North 100 East Logan, Utah 84321

PHONE: (435)755-1720

FAX: (435)752-9513

HOURS: 9:00 A.M. – 4:00 P.M.

www.cachecounty.org

Facebook: cache county senior citizens
center



The kids are gone, the house is too big, the lawn takes too much work; or maybe you want to move closer to the center of town or be part of a community of older adults. For most older adults, there comes a time when you need or want to downsize. The easy part may be packing up your possessions. The harder aspect is saying good-bye to what may be a lifetime of memories or choosing what is essential for you. What can you give away or give up? Who or what should be the recipient? What should you keep?

For adults over 60, only a spouse's death and divorce rank as more stressful than moving to a nursing or retirement home, according to the Social Readjustment Rating Scale—the Stress Scale. Preserving Documents and Photos

If you have boxes of old photos and documents (your college paper on Darwin or the kindergarten note from your daughter) that are too bulky to keep around but are still meaningful, one option is to digitize them. Not only can you get rid of the storage boxes, but the documents and photos are instantly accessible on your computer.

You can either scan the paper products yourself or use a service that will do it for a fee. Most flatbed scanners or multifunction printers will scan photos, but if you're looking for quality and speed, you should buy a device that's only for scanning photos and/or old slides.

If you don't have time for scanning, websites such as GoPhoto, SnapFish and ScanMyPhotos will digitize your photos. These services can often edit the photos, as well as provide a DVD or CD. For preserving and turning videos and films into DVDs, online services such as ScanDigital.com or local places such as Walgreens are available to help. You can store your photos online or on your computer, although an online backup for treasured pictures is a good idea.

Sites such as Shutterfly, Photobucket, Flickr, SmugMug and Google's Picasa provide storage space, which is sometimes limited. You can purchase more space for a nominal monthly fee, often as little as \$2. Facebook is another free and popular option. If you don't trust the Internet, an external hard drive that attaches to your computer is another good choice.

Tips for Downsizing

Start slowly: It will be emotionally easier to tackle one room or part of a room at a time, giving yourself some breaks in between.

You can start with an easier room, like a bathroom, that has less emotional impact.

Organize: Figure out exactly how much space you will have in your new home, including storage in the kitchen, closets and cabinets. To stay organized, create piles for things you want to keep, give to family and friends, sell/donate or throw away. To make letting go easier, take photos of what you're leaving behind. To help with the decision-making process, it's sometimes easier to ask, "What do I absolutely need" or "Which is my favorite piece" and then see how much room is left for anything else.

Get help: Because downsizing can be a painful process, both emotionally and physically, don't be afraid to ask for help. It's an opportunity to go down memory lane with friends and family. At the same time, you can give away possessions to your loved ones, including items you may have been planning to give them after your death. Passing them on now means you can tell the story behind the gift or reiterate your affection for the person— Make sure you shred any documents with personal information, account identification and especially Social Security numbers.

Selling or Giving It Away

After sorting and packing possessions, you arrive at the big task of getting rid of the stuff you chose not keep.

If you think an item is worth money, there are several approaches: auction houses, antique dealers, consignment shops, garage sales, eBay or Craigslist.

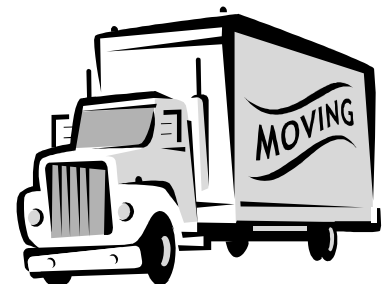
Each has advantages and disadvantages, including varying costs. You can use an appraiser to determine the value, but you need to

have enough items to make the appraiser's visit worthwhile. Auction houses want to sell things at the highest prices and will therefore often offer you more than antique dealers, who want to purchase items at the lowest price.

Whatever you can't sell, you can give away. The main donation outlets include Goodwill, the Salvation Army, AmVets and Purple Heart. You can also find charities that might be more in line with your values, such as the Humane Society or a hospital/hospice outlet. You can target certain items for certain places; for example, take musical instruments to schools or old tools to auto repair shops. Non-profits or local schools can use old magazines for art projects, and homeless shelters or abused women shelters can take unused toiletries. Even worn-out items, such as towels and blankets, are welcome at animal shelters.

Getting Professional Help

With the population of older adults growing, it's no surprise that businesses catering to all aspects of helping seniors move are increasing. The number of local companies registered with the National Association of Senior Move Managers has grown from 30 to more than 800 since 2002, according to the group. Companies such as Car-ing Transitions can help manage the process and carry out your wishes. Senior move managers specialize in helping older adults with both the emotional and practical dimensions of late-life transitions. Managers can arrange estate sales, locate and deliver items to storage facilities or coordinate donations to charities ("New businesses help unload the stress of moving seniors," USA Today). Hourly rates range from \$30 to \$90 depending on location.



LOCAL EVENTS

Loaves and Fishes

Community Meal

Every first and third Saturday.
Free of charge. Come enjoy
food, friendship and connec-
tions. Everyone welcome.
11:30—1 pm. Feb. 1st & 13th,
First Presbyterian Church,
Center Street and 200 West.
Any questions call Rachel at
435.554.1081 or Amy at
435.881.9211.

If you have any of the following
and are not using or needing
them any more could you
please donate them to the
Senior Center. We would
greatly appreciate it:

- *Puzzles with all of the pieces
- *Buttons *Fabric
- *Batting *Yarn
- *Books for our library

MEDICARE INFO

It is important to note that
people who have Medicare
coverage are not affected by
the Affordable Care Act.
Medicare is not a part of the
Affordable Care Act's Health
Insurance Marketplace. If
you are a Medicare benefi-
ciary, your Medicare benefits
are not changing. You do not
need to replace your Medi-
care coverage with Market-
place coverage.

Volunteers Needed!

The Motor Rehabilitation and Learning Lab is part of
the Health, Physical Education and Recreation Depart-
ment at Utah State University. We are looking for volun-
teers ages 65 and over to help us understand how to
maintain certain activities of daily living as we age. Par-
ticipating in our studies can be a great way for older
adults in our community to get involved. What to ex-
pect? Our research is non-invasive and behavioral. For
example, participants may be asked to reach and grasp
objects while seated at a desk during their visit. Visits
typically last only about 1-2 hours, and may occur over
several days.

Participants will also be compensated for their time
with \$5 per visit. All research within the Motor Rehabil-
itation and Learning Lab is approved by the Utah State
University Institutional Review Board and conducted by
trained research assistants.

**If you want to learn more, or are interested in
being a research participant, please contact Ab-
bie Waite by phone at 435-797-1894 or by
email at motorlab@usu.edu. You can also find
us at [http://www.schaefermrlab.org/
participation.html](http://www.schaefermrlab.org/participation.html). We look forward to hearing
from you!**

HAND WASHING

Too many people are ***not*** washing their hands cor-
rectly, despite all the advice to get scrubbing. The
U.S. earned a measly B- on a report card that was is-
sued by the Soap and Detergent Association based on
the results of an independent telephone survey. Fre-
quent hand-washing, as often as 10 times a day, is
one of the most recommended defenses against the
flu, but 39% of respondents seldom or never wash
after coughing or sneezing. And almost half of the re-
spondents who do wash only do so for 15 seconds or
less, despite recommendations to wash for 20 sec-
onds or more.

Whistle "Happy Birthday" twice while scrubbing all
surfaces on hands and between fingers,
and dry hands completely. Turn off the
faucet and open the bathroom door with a
paper towel to keep hands clean.



We had a fun time competing in our Wii bowling competition. We would like to thank CNS community Nursing Services, the Logan fire dept., Smiths Market Place, and Dignity home and Health for coming and playing. We sure had such a great time !! A big Thank you to Smiths Market Place for providing the yummy snacks. I have to say I was pretty proud of our group. Our seniors had the highest scores through out the whole day.

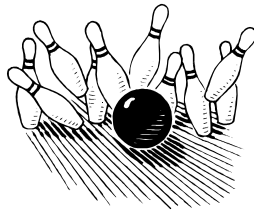
*Barbara 176 *Mary (CNS) 159
 *Marvie 165 *Craig 153 *Darrell 175
 *Norm 210 *Jeremie (Fire fighter)
 159 *Justin (fire fighter) 161 *Kitty
 166 *Denece 158 *Camilie (Smiths)
 150 *Sunny (Smiths) 155 *Jessica 184
 *Marion 156 *Hal 118 *Jeff 156 *Heidi
 (Dignity) 156

*Henny 168 *Kristi (Dignity) 156
 *Keith 161 *Steve 217 *Jan 216
 *Tammy (Smiths) 155 *Jessie
 (Smiths) 145

We will be doing this again on Feb. 25 and Feb. 27. If interested don't forget to sign up. We will invite friends from the community to join us again. CNS will be giving a gift card to the highest scored individual during these two days of playing.

*** A special thank you to Norm Goings and Darrell Johnson for their help in planning this competition. Norm even made delicious fried pickles for us!***

Wii Bowling Tournament



If you Love to quilt or want to learn how, COME JOIN US!! We have a wonderful group of ladies that have a wonderful time quilting. Many of our quilts are sent to the Humanitarian Center for the LDS church, as well as local agencies through out the valley.



Are You a Hospital Inpatient or Outpatient?

If You Have Medicare – Ask!

Did you know that even if you stay in the hospital overnight, you might still be considered an “outpatient”? Your **hospital status** (whether the hospital considers you an “inpatient” or “outpatient”) affects how much **you pay** for hospital services (like X-rays, drugs, and lab tests) and may also affect whether Medicare will cover care you get in a skilled nursing facility (SNF). You’re an **inpatient** starting the day you’re formally admitted to the hospital with a doctor’s order. The day **before** you’re discharged is your last inpatient day. You’re an **outpatient** if you’re getting emergency department services, observation services, outpatient surgery, lab tests, or X-rays, and the doctor **hasn’t** written an order to admit you to the hospital as an inpatient. In these cases, you’re an outpatient even if you spend the night at the hospital. **Note:** Observation services are hospital outpatient services given to help the doctor decide if the patient needs to be admitted as an inpatient or can be discharged. Observation services may be given in the Emergency Department (ED) or another area of the hospital. **If you’re in the hospital more than a few hours, always ask your doctor or the hospital staff if you’re an inpatient or an outpatient.** What do I pay as an **inpatient**? •Medicare Part A (Hospital Insurance) covers inpatient hospital services. Generally, this means you pay a one-time deductible for all of your hospital services for the first 60 days you’re in the hospital. •Medicare Part B (Medical Insurance) covers most of your doctor services when you’re an inpatient. You pay 20% of the Medicare-approved amount for doctor services after paying the Part B deductible. What do I pay as an **outpatient**? •Medicare Part B covers outpatient hospital services. Generally, this means you pay a copayment for each individual outpatient hospital service. This amount may vary by service. Note: The copayment for a single outpatient hospital service can’t be more than the inpatient hospital deductible. However, your total copayment for all outpatient services may be more than the inpatient hospital deductible. •Part B also covers most of your doctor services when you’re a hospital outpatient. You pay 20% of the Medicare-approved amount after you pay the Part B deductible. Generally, the prescription and over-the-counter drugs you get in an outpatient setting (like an emergency department), sometimes

called “self-administered drugs,” aren’t covered by Part B. Also, for safety reasons, many hospitals have policies that don’t allow patients to bring prescription or other drugs from home. If you have Medicare prescription drug coverage (Part D), these drugs may be covered under certain circumstances. You likely will need to pay out-of-pocket for these drugs and submit a claim to your drug plan for a refund. Call your plan for more information. For more detailed information on how Medicare covers hospital services, including premiums, deductibles, and copayments, visit www.medicare.gov/publications to view the “Medicare & You” handbook. You can also call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048. What are my rights? No matter what type of Medicare coverage you have, you have certain guaranteed rights. As a person with Medicare, you have the right to all of the following: •Have your questions about Medicare answered. Learn about all of your treatment choices and participate in treatment decisions. Get a decision about health care payment or services, or prescription drug coverage. Get a review of (appeal) certain decisions about health care payment, coverage of services, or prescription drug coverage. File complaints (sometimes called grievances), including complaints about the quality of your care. For more information about your rights, the different levels of appeals, and Medicare notices, visit www.medicare.gov/publications to view the booklet “Your Medicare Rights and Protections.” You can also call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.





We have decided to start a Red Hat Society group for all of the ladies at the Cache County Senior Citizens Center. Everyone (ladies) is welcome; we will meet on the Fourth Wednesday of each month at 1:00. We will be planning activities where we will be having fun, celebrating life, expanding our friendships, discovering and exploring new interests. Red Hatters always wear red and purple so look through your closets and find those colors and we will see you February 26th at 1:00.



POTATOES

Potatoes are a very popular food source. Unfortunately, most people eat potatoes in the form of greasy French fries or potato chips, and even baked potatoes are typically loaded down with fats such as butter, sour cream, melted cheese and bacon bits. Such treatment can make even baked potatoes a potential contributor to a heart attack. But take away the extra fat and deep frying, and a baked potato is an exceptionally healthful low calorie, high fiber food that offers significant protection against cardiovascular disease and cancer.

Our food ranking system qualified potatoes as a good source of vitamin B6, vitamin C, copper, potassium, manganese, and dietary fiber.

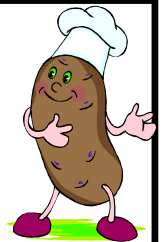
Potatoes also contain a variety of phytonutrients that have antioxidant activity. Among these important health-promoting compounds are carotenoids, flavonoids, and caffeic acid, as well as unique tuber storage proteins, such as patatin, which exhibit activity against free radicals.



Oven-Baked Potatoes - Pre-heat the oven to 425°F. Rub the potatoes with olive oil, sprinkle them with salt and pepper, and prick them with the tines of a fork. You can lay them directly on the oven rack or place them on a baking sheet. Cook the potatoes for 45-60 minutes, until their skin is crispy and sticking one with a fork meets no resistance.

Potatoes Wrapped in Foil - Follow the same directions as for oven-roasted potatoes, but wrap the potatoes in foil before cooking.

Microwaved Potatoes - Rub the potatoes with olive oil, sprinkle them with salt and pepper, and prick them with the tines of a fork. Place all the potatoes on a microwave-safe dish and microwave at full power for five minutes. Turn them over and microwave for another 3-5 minutes. If still hard in the middle, microwave in additional 1-minute bursts until cooked through.



Baked Potato Topping

1 cup cheddar cheese, shredded

¼ cup butter softened

½ cup sour cream

2 Tablespoons chopped green onions or chives.

Whip all ingredients together and served with a baked potato



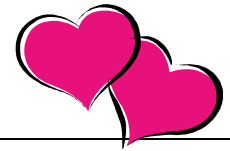
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<p>Please call 755.1720 one day in advance for reservation.</p>	<p>Suggested donation is \$2.75 for seniors . Non-seniors must be receipted at the front office \$5.00.</p>			
<p>3 Breaded Chicken on a multigrain bun Broccoli Salad Mandarin oranges</p> 	<p>4 Poppy seed chicken Rice Peas Applesauce Bran Muffin</p>	<p>5 Meatloaf Mashed Potatoes w/ Gravy Green beans Fruited Jell-O Roll</p>	<p>6 Chili Veggie Tray Cornbread Peach Pie</p> 	<p>7 BBQ Riblet Cheesy Potatoes Carrots Apricots Wheat Bread</p>
<p>10 Shepherd's Pie Green Beans Applesauce Roll</p>	<p>11 Pig in a blanket Mac & Cheese Broccoli Peaches</p>	<p>12 Cheesy Veggie Soup Chicken Salad sand- wich Apricots Brownies</p>	<p>13 Pizza Italian Veggies Green salad Fruit Crisp</p> 	<p>14 Stuffed Pork loin Baked Potato Carrots Pears Roll</p> 
<p>17 Presidents Day Closed</p> 	<p>18 Breakfast for lunch</p>	<p>19 Baked Ziti Sicilian Blend veg- gies Pears Garlic bread</p>	<p>20 Sweet n Sour Meat- balls w/ rice Oriental Salad Egg Roll Tropical Fruit Fortune Cookie</p>	<p>21 Hamburger w/ fixins Potato salad Peaches</p> 
<p>24 Beef stew Green Salad Fruited Jell-0 Herb Biscuit</p>	<p>25 Hearty Kielbasa Bake Sunshine Carrots Applesauce Wheat bread</p>	<p>26 Chicken Enchiladas Chuck wagon Corn Green salad Peaches</p>	<p>27 Soup Day Egg salad sandwich Coleslaw Pears</p> 	<p>28 Turkey roll-ups Potatoes w/gravy Capri Blend Veggies Mixed Fruit Roll</p>



February 2014



<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/ Pickle Ball 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/ Ping-Pong 1:00 Bridge 1:00 Bobbin and Lace</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: Pickle Ball 11:15 Sit-n-be-fit 1:00 Bridge</p>
<p>3 10:30 Arm Chair travel 9:15 Breakfast Club</p> 	<p>4 1:00 Movie Rear Window</p> 	<p>5 9:00 Commodities</p> 	<p>6 AARP 12-4 1:00 Foot Clinic 1:15 Senior USU</p>  	<p>7 Lunch & Learn Dignity Home Health Blood Pressure 10-12</p>
<p>10 9:15 Breakfast Club</p> 	<p>11 10:30 Alpine medical repair wheelchairs and walkers. 11:00 Blood Pressure and oxygen check 1:00 Movie</p> 	<p>12</p>	<p>13 10:30 Card Making 1:00 foot Clinic 1:15 Senior USU</p>  	<p>14 Lunch & Learn Colene Gordin Blood Pressure 10-12</p>  
<p>17 Presidents Day Closed</p> 	<p>18 1:00 Movie The Searchers</p> 	<p>19 1:00 Foot clinic</p> 	<p>20 1:15 Senior USU</p> 	<p>21 Lunch and Learn Warning signs of Alzheimer's Blood Pressure 10-12</p>
<p>24 9:15 Breakfast Club</p> 	<p>25 1:00 Foot Clinic 1:00 Movie</p>  	<p>26 Red Hat Activity 1:00</p> 	<p>27 1:15 Senior USU</p> 	<p>28 Lunch and Learn Connecting the Generations—USU Blood Pressure 10-12</p>