



# CACHE COUNTY SENIOR CITIZEN CENTER

June 2014

## Director's Message

### June 4th 9:00 am - Commodities pickup

\*Are you concerned someone you love or care about may be the victim of abuse? Don't be silent.  
Call 1-800-371-7897

### \*Every Friday at 12:20 we are going to have a "Lunch and Learn"

June 6th—Allie Harrison Dietician from Sunshine Terrace

June 13th—Cache Valley Transit

June 20th—Dale Robins Adult Protective Services

June 27th—Kristine Clark USU Alzheimer's Prevention

Periodically I receive an email from a company called Simple Truths, they are a business that deals with motivation/inspirational messages. The other day I received one which I especially liked and wanted to share it with you.

The year was 1983. In Australia, the long-distance foot race from Sydney to Melbourne was about to begin, covering 875 kilometers—more than 500 miles! About 150 world-class athletes had entered, for what was planned as a six-day event. So race officials were startled when a 61-year-old man approached and handed them his entry form.

His name was Cliff Young, and his "racing attire" included overalls and galoshes over his—work boots.

At first, they refused to let him enter. So he explained that he'd grown up on a 2,000-acre farm, with thousands of sheep. His family could afford neither horses nor tractors so, when the storms came, his job was to round up the sheep. Sometimes, he said, it would take two or three days of running.

What was the key to Cliff Young's success? It goes by various names: determination, perseverance, persistence, tenacity. It means keeping one's eye fixed steadfastly on a goal, and not stopping, no matter the difficulties or the obstacles, until that goal is achieved.

Thank you for being an example of determination, perseverance, persistence, tenacity to me. Thank you for keeping your heads high, a bright smile on your faces and keeping your eyes on the road ahead. How you lived your life shows how you treated yourself and others. There is a quote: you never know the journey another person has walked, so be kind to everyone. That is success.

A strong will, a settled purpose, an invincible determination, can accomplish almost anything; and in this lies the distinction between great men and little men.

-Thomas Fuller

**240 North 100 East**

**Logan, Utah 84321**

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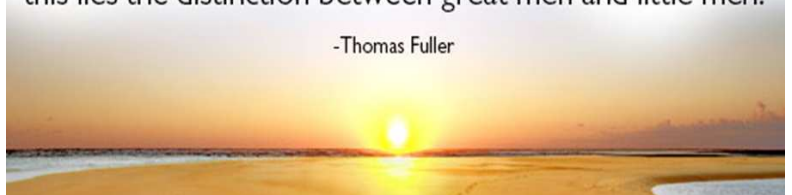
**HOURS: 9:00 A.M. - 4:00 P.M.**

**Monday—Friday**

**[www.cachecounty.org](http://www.cachecounty.org)**

**Facebook:**

**cache county senior citizens center**





## 10 Things to Give Up in Exchange for Happiness

By Tamara Star

### I'm told happiness is a choice.

Unfortunately we complicate our lives to the point of being unable to recognize happiness when it appears before our eyes. So how to clear the slate? Here are 10 things you'll need to give up in exchange for your happiness.

1. **Give up caring what other people think of you.** I know it seems counter intuitive as we humans are primal pack animals that don't want to be cast from the village, but spending time worrying what others think is a waste of energy. You'll never please everyone and it's none of your business what others think of you.
2. **Give up trying to please everyone.** Unless you're living life to the beat of your own drum, your tribe won't be able to find you. Be the best version of *you*, you can be, and you'll naturally attract in the people that are supposed to surround you.
3. **Give up participating in gossip.** 100 percent of the time, those sharing gossip *with you* will gossip *about you*. Believing gossip is like gambling everything on a horse sight unseen. It's naïve.
4. **Quit worrying.** Where thoughts go, energy

flows. Worry is investing time and energy in something you don't want to have happen. Learn to let go and trust.

5. **Let go of insecurity.** When we take ourselves too seriously, we think everyone else does too. There is one version of you on the planet. Be it, own it and quit worrying about it. No one really cares or watches you that closely.
6. **Stop taking everything personally.** Truth is, most people are too consumed with their own life to really consider what you're doing. As my first boss said so well: "The world doesn't revolve around you. Most people's reactions have nothing to do with you, so let it go."
7. **Give up the past.** We've all been hurt, we all had parents that made mistakes and we've all been through hell. You didn't listen to your parents when you were younger, so why are you still listening to their voices in your head now? Every experience in life has taught you something or made you stronger.
8. **Give up spending money on what you don't need in effort to buy happiness.** Living simply allows the space for life to flow. We complicate our lives by spending too much money and filling our home with "things". Less is truly more.
9. **Give up anger.** Anger burns a hole in the hand of the person still holding on to it. Move it out once and for all.
10. **Give up control.** Control is an illusion. We live in an out of control world. Learn to embrace the new and welcome change; otherwise you'll grow old through your own rigidity. Learn to let go.

### Valley Shopping trip

Who's ready to go shopping? On June 10th we will be heading to Pepperidge farms, Gossner cheese, La Tienda for some scratch and win tickets, and Caspers ice cream. A sack lunch (\$2.75 donation) will be provided. A \$2.00 reservation fee will need to be paid to Marisol at the front desk. Bus will leave at 10:00 am.



## Local Events

### Loaves and Fishes Community Meal

Every 1st & 3rd Saturday. Free of charge. Come enjoy food, friendship and connections. Everyone welcome. Wheelchair and ramp access is available on the East side of the church building.

11:30 am – 1:00 pm. May 3rd & May 17th at the First Presbyterian Church 178 West Center Street in Logan. Any questions call Rachel at 435.554.1081 or Amy at 435.881.9211.

### Gardener's Market

Saturday mornings finds a vibrant community of people shopping, listening to music, visiting and having fun. The Market today is not only the best place in Logan to find fresh, locally grown produce, but people can also stroll through a weekly Fine Arts and Crafts Fair. Located at Willow Park 419 West 700 South in Logan every Saturday at 9:00 am.

### Summer fest June 12-14

This is an annual juried event held on the grounds of the Logan Tabernacle at 50 North Main Street. Summer fest celebrates the arts in Cache Valley by bringing people together to enjoy a festival of high quality art, music and food.

Thursday & Friday 11:00 am to 10:00 pm.

Saturday 10:00 am to 9:00 pm.

Free Admission

### Gallery Walk Friday June 13 at 6:00 pm

Join CVCA in downtown Logan for the 2nd Friday Gallery Walks every even month from 6-9 pm.

This free walk will feature at least 9 of Cache Valley's local businesses, galleries, and nonprofit art spaces. Art lovers of every description will have the opportunity to socialize and tour a full spectrum of spaces and mediums – all in one evening.

Start at any participating location and pick up a map; just look for the businesses marked with the official yellow banner or download online at

[www.cachearts.org](http://www.cachearts.org).

Free Admission

## Medicare Info

### Services that Part B covers

#### \*Blood

If the provider gets blood from a blood bank at no charge, you won't have to pay for it or replace it. However, you'll pay a copayment for the blood processing and handling services for each unit of blood you get, and the Part B deductible applies. If the provider has to buy blood for you, you must either pay the provider costs for the first 3 units of blood you get in a calendar year or have the blood donated by you or someone else.

#### \*Bone mass measurement (bone density)

This test helps to see if you're at risk for broken bones. It's covered once every 24 months (more often if medically necessary) for people who have certain medical conditions or meet certain criteria. You pay nothing for this test if the doctor or other qualified health care provider accepts assignment.

#### \*Breast cancer screening (mammograms)

Medicare covers screening mammograms to check for breast cancer once every 12 months for all women with Medicare who are 40 and older. Medicare covers one baseline mammogram for women between 35–39. You pay nothing for the test if the doctor or other qualified health care provider accepts assignment.

**If you're in a Medicare Advantage Plan (like an HMO or PPO) or have other insurance, your costs may be different. Contact your plan or benefits administrator directly to find out about the costs.**

### Medicare– Lower your Prescription Drug Costs!

If your monthly income is not more than \$1,460 for singles (\$1,967 for couples) and your assets are not more than \$13,300 for singles (\$26,580 for couples), you may be eligible for **EXTRA Help**, a federal program that helps you pay some or most of the costs of Medicare prescription drug coverage (Part D). Assets include bank accounts, stocks, bonds, 401k etc. Giselle and Kristine are SHIP counselors here at the Center that can help you with your needs. Please call for an apt. and inquire about applying for the **Extra Help**.





**On June 11 @11:15** we will celebrate national camping month by having a cooking class with a fun interesting



spin on tacos. These are easy to make even if you don't plan on going camping! Our dessert will of course involve marshmal-

lows and chocolate. We will be learning how to make walking tacos, and campfire cones. See you there!!



Reading Corner:  
We all enjoyed reading On the Corner of Bitter and Sweet. If you have not read it and are looking for a good read ...I say this is a must read book!!! The new book we will be reading is The End of Your Life Book Club. Come join us on June 19th for book club.



We will be meeting in the computer room at 1:00 pm.

### Virtual Vacation

Don't have the time (or money) to see the castles of Japan or the castles of England? Not to worry -- you're not alone in not being able to travel. We here at the Center have the perfect plan, with no tickets required, no money to spend, no leaving beautiful Cache Valley, and no hassle of airports. Just come visit us at the Center as we enjoy a virtual vacation. We will begin this summer season with our guest, Henny, his and his lovely wife, Stijne. They will be speaking to us a little about their country and even bring in some souvenirs from Holland. We will have a chance to experience this beautiful place first hand through their stories and pictures provided. If you have traveled and would like to share your experience with us please contact Giselle. Join us June 26 at 11:00 am. A light snack will be provided.



### **Did you know???**

Sonora Dodd of Washington state had the first idea of "Fathers day". She wanted to honor her father, who was widowed and who raised her and her 5 siblings. He was a Civil War veteran. The first fathers day celebration was held on June 19, 1910 in Spokane Washington. In 1924, President Calvin Coolidge supported the idea of a national Father's day. It was not until 1966 that President Lyndon Johnson signed a proclamation declaring the 3rd Sunday in June as Father's Day.



### **Doughnuts, ties and dads...**

Come join us for a yummy treat on June 13, we will be in the library. There will be lots of yummy desserts and doughnuts to choose from. So, don't forget to drop by anytime throughout the day. Please look in your closets and dig out all those old ties. We ask for your help as we gather ties to donate to humanitarian services. These ties will be shipped all over the world. They will be used for church attire, work attire, job interviews, etc. So don't forget to look and bring them to the center.



Ladies, Be sure and join us for a flip flop of fun at our **Red Hat Activity** on **Wednesday, June 25th at 1:00 P.M.** Sign up sheet will be

in the front office, flip flop your way there and don't forget to sign up. Remember your red and purple and we'll see you there!



## Daily Activities

### Monday

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/Board  
Games

### Tuesday

9:00 Fitness Room  
9:00 Quilting  
9:00 Pool Room  
9:00 Ceramics  
9:30 Wii Bowling  
1:00 Movie

### Wednesday

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/Ping-  
Pong/Pickle Ball

### Thursday

9:00 Fitness Room  
9:00 Quilting  
9:00 Pool Room  
9:15 Clogging  
9:30 Wii Bowling  
1:00 Wii Bowling

### Friday

9:00 Fitness Room  
9:00 Quilting  
9:00 Pool Room  
9:10 Line Dancing  
10:30 Bingo  
11:00 Pickle Ball  
11:15 Sit-n-be-fit  
1:00 Bridge/Movie/ Internet  
Help



### Visiting Teaching Handout for June

The Visiting Teaching Message for this month is called **The Divine Mission of Jesus Christ: Minister** and reminds us of our ability to be instruments in the hands of the Lord and follow His example as we serve those around us. One of the quotes I really loved is from David L. Beck,

“Heavenly Father will guide you, and angels will assist you. You will be given power to bless lives and rescue souls.”

Would you too like to share this handout with the sisters you visit or as a gift for a friend? Visit our gift shop where we will have this nice handout for the price of \$1.00 with a little bag of Popcorn attached.

### Get Out Of The Car!

This is a true account recorded in the Police Log of Sarasota, Florida.

An elderly Florida lady did her shopping and upon returning to her car found four males in the act of leaving with her vehicle. She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her lungs, "I have a gun, and I know how to use it! GET OUT OF THE CAR!"...The four men didn't wait for a second threat. They got out and ran like mad. The lady, somewhat shaken, then proceeded to load her shopping bags into the back of the car and got into the driver's seat. She was so shaken that she could not get her key into the ignition. She tried and tried, and then she realized why. It was for the same reason she had wondered why there was a football, a Frisbee, and two 12-packs of beer in the front seat. A few minutes later she found her own car parked four or five spaces farther down. She loaded her bags into the car and drove to the police station to report her mistake. The sergeant to whom she told the story couldn't stop laughing. He pointed to the other end of the counter, where four pale men were reporting a carjacking by a mad, elderly woman described as white, less than five feet tall, glasses, curly white hair, and carrying a large handgun. No charges were filed.

Moral of the story? If you're going to have a senior moment...make it memorable!



# Health Benefits of Grapes

Grapes are rich in polyphenolic phytochemical compound resveratrol. Resveratrol is one of the powerful anti-oxidants, which has been found to play a protective role against cancers of colon and prostate, coronary heart disease (CHD), degenerative nerve disease, Alzheimer's disease and viral/ fungal infections.

Grapes are a rich source of micronutrient minerals like copper, iron and manganese. Copper and manganese are an essential co-factor of antioxidant enzyme, superoxide dismutase. Iron is especially concentrated more in raisins. In addition, 100 grams of fresh grapes contain about 191 mg of health benefiting electrolytes and potassium.

They are an also good source of vitamin-C, vitamin A, vitamin K, carotenes, B-complex vitamins such as pyridoxine, riboflavin, and thiamin.



## Chicken and Grape Spread

- 2 1/2 cups diced cooked chicken
- 1 cup grapes
- 1 cup finely chopped celery
- 1 cup chopped walnuts
- 1 small minced onion
- 1/2 teaspoon salt
- 1 teaspoon Worcestershire sauce
- 1/2 cup Miracle Whip

**Mix everything together and serve on bread or crackers**

## Clipping

### Coupon Class

**June 19, 2014 Thursday**

**at 2:00 in the Library**

Cassie from the Herald Journal will teach us how to save 25%-75% off of our groceries each week.

Plus learn about how to organize your shopping and how to clip coupons and save money.




















"Could you hold off clipping your coupons until I've finished reading the paper?"



# JUNE 2014



<p><b>2</b> 9:15 <b>Breakfast Club</b>  10:30 Arm Chair Travel: <b>Madagascar</b></p>	<p><b>3</b> 1:00 Movie: <b>Arsenic and Old Lace</b></p>	<p><b>4</b> 9:00 Commodities  1:00 Foot Clinic </p>	<p><b>5</b> 10:30 <b>Card making with CNS</b> 12-4 AARP</p>	<p><b>6</b> 10-12 Blood Pressure  12:20 Lunch &amp; Learn 1:00 Movie: <b>Pete's Dragon</b></p>
<p><b>9</b> 9:15 <b>Breakfast Club</b> </p>	<p><b>10</b> 10:00 <b>Shopping Trip-don't forget to sign up</b> 11:00 Blood Pressure &amp; Oxygen check  1:00 Movie: <b>The Help</b></p>	<p><b>11</b> 11:15 Cooking Class celebrating National Camping Month  Musical entertainment with Roger</p>	<p><b>12</b> 1:00 Foot Clinic </p>	<p><b>13</b> 10-12 Blood Pressure  Desserts &amp; Doughnuts 12:20 Lunch &amp; Learn 1:00 Movie: <b>Life of Pi</b></p>
<p><b>16</b> 9:15 <b>Breakfast Club</b> </p>	<p><b>17</b> 11:00 To celebrate national fruit and veggie month we will have fruit smoothies 1:00 Movie: <b>Please Don't Eat the Daisies</b></p>	<p><b>18</b> 1:00 Foot Clinic </p>	<p><b>19</b>  <b>1:00 Book Club</b>  2:00 Clipping Coupon Class</p>	<p><b>20</b> 10-12 Blood Pressure  12:20 Lunch &amp; Learn 1:00 Movie: <b>The Greatest Show on Earth</b></p>
<p><b>23</b> 9:15 <b>Breakfast Club</b> </p>	<p><b>24</b> 1:00 Foot Clinic  1:00 Movie: <b>Finding Never land</b></p>	<p><b>25</b> 1:00 Red Hat Activity </p>	<p><b>26</b> 11:00 Virtual Vacation</p>	<p><b>27</b> 10-12 Blood Pressure  12:20 Lunch &amp; Learn 1:00 Movie: <b>All About Eve</b></p>
<p><b>30</b> 9:15 <b>Breakfast Club</b> </p>				





# JUNE 2014

<p><b>2</b></p> <p>Parmesan Chicken w/ Noodles Italian Veggies Apple Crisp Garlic Bread</p>	<p><b>3</b></p> <p>Vegetable Soup Chicken Salad Sandwich Chips Pears</p>	<p><b>4</b></p> <p>Baked Potato Bar Capri Veggies Mandarin Oranges Roll Birthday Cake</p>	<p><b>5</b></p> <p>Fish Scalloped Potatoes 5-way Mixed Veggies Apricots Wheat Bread</p>	<p><b>6</b></p> <p>Chicken Strips Mac-N-Cheese Green Beans Peaches Muffin</p>
<p><b>9</b></p> <p>Taco Soup Corn Muffin Apricots Cole Slaw</p>	<p><b>10</b></p> <p>French Dip Chips Carrot Raisin Salad Peaches Pudding</p>	<p><b>11</b></p> <p>Beef Stroganoff Noodles Parsley Carrots Pears Blueberry Muffin</p>	<p><b>12</b></p> <p>Chicken Enchiladas Corn Green Salad Orange Fluff</p>	<p><b>13</b></p> <p>Baked Spaghetti Italian Veggies Applesauce Herb Roll</p>
<p><b>16</b></p> <p>Tuna Noodle Casserole Beets Apricots Cookie Wheat Bread</p>	<p><b>17</b></p> <p>Sloppy Joes Potato Chips Coleslaw Pears Cookie</p>	<p><b>18</b></p> <p>Chicken Fried Steak Mashed Potatoes w/ gravy Mixed Veggies Peaches Roll</p>	<p><b>19</b></p> <p>Lentil Soup Club Sandwich Pea Salad Pears</p>	<p><b>20</b></p> <p>Hamburgers w/ fixins Potato Salad 4-Bean Salad Watermelon</p>
<p><b>23</b></p> <p>Chicken Noodle Soup w/ crackers Green Salad Barry's Foo Foo Salad Roll</p>	<p><b>24</b></p> <p>Club Sandwich Pasta Salad Chips Apple Cookie</p>	<p><b>25</b></p> <p>Breakfast for Lunch</p>	<p><b>26</b></p> <p>Sweet-N-Sour Pork Rice Broccoli Strawberry Jell-O Fortune Cookie</p>	<p><b>27</b></p> <p>Salisbury Steak Mashed Potatoes w/ Gravy Peas &amp; Carrots Apricots Roll</p>
<p><b>30</b></p> <p>Rosemary Chicken Rice Mixed Veggies Mandarin Oranges/Pineapple Roll</p>	<p><b>1</b></p> <p>Pork BBQ Riblet Au Gratin Potatoes Broccoli Pears w/ Jell-O Wheat Roll</p>	<p><b>2</b></p> <p>Pizza Carrots Green Salad Applesauce</p>	<p><b>3</b></p> <p>Chicken Stuffing Bake Baked Potato Parsley Carrots Mixed Fruit Roll</p>	<p><b>Don't forget to call in by 3:00 pm the day before you eat.</b></p> <p><b>Senior Donation: \$2.75</b></p> <p><b>Non-seniors: \$5.00 must be receipted at front desk before you eat.</b></p>