

# CACHE COUNTY SENIOR CITIZEN CENTER

August 2014

## August 6th @ 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"

August 1st—DJ-Folk Music

August 6th —BRHD Medication Safety and Poison Control

August 8th— Salin Nelson-Brain Exercises

August 15th—Musical Entertainment

August 20th—Medicare 101

August 22nd—CNS

August 22nd—Utah Legal Services by appointment only 1-4 pm

August 29th—Knight Tours and Cruises

**240 North 100 East**

**Logan, Utah 84321**

**PHONE: (435)755-1720**

**FAX: (435)752-9513**

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

**Monday—Friday**

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

**Facebook:**

***cache county senior citizens center***

## ***Smith's Community Rewards Funding Opportunity***

Smith's is offering a new way for the Cache County Senior Citizens Center to raise money in 2014 and you can help. It is simple, all you have to do is use your Smith's Community Rewards Card. If you don't have a Rewards Card just ask for one at the Smith's Customer Service Desk. Just enroll, shop at Smith's and swipe your Reward's Card.

Here is how to enroll:

Go to <https://www.smithsfoodanddrug.com/topic/communityrewards-3>

Click Sign In or Create an account to enroll.

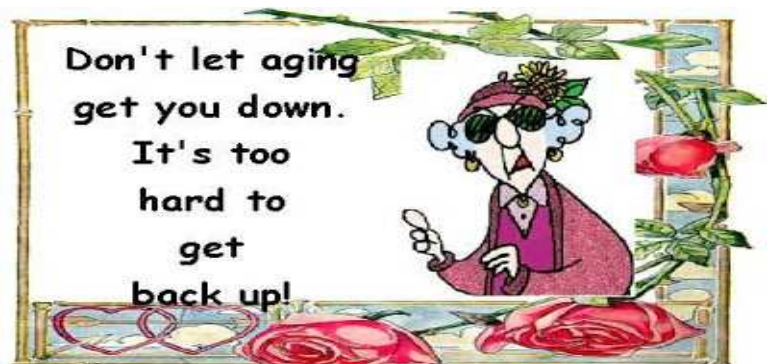
Once signed in you can enroll in Smith's Community Rewards or update your existing account settings.

Link your Smith's Rewards Card to the Cache County Senior Citizens Center on line at [www.SmithsCommunityRewards.com](http://www.SmithsCommunityRewards.com)

Click on "Enroll" and use Cache County Senior Citizens Center - name and /NPO number 96085 to link your Smith's Rewards Card.

Each time you shop at Smith's and use your Rewards Card, the Cache County Senior Citizens Center automatically starts earning money from Smith's. ***This will not affect your fuel points credit at the pump or coupon discounts.***

All funding from Smith's will go directly toward expanding services at the Senior Center and not for administration purposes.



# Reach Your Goals

By Jim McDonald

As one sage put it: If you don't know where you are going, any road will get you there. And yet many of us do not have specific goals to focus on and motivate us to "get up and go." In fact, a lack of goals may be robbing us of an active, interesting life as a senior.

Goals make a difference no matter what your age. You may have heard of the kindergarten teacher who walked around her classroom observing each child's artwork. As she got to one little girl who was working diligently, she asked what the drawing was. The girl replied, "I'm drawing God." The teacher paused and said, "But no one knows what God looks like."

Without missing a beat, or looking up from her drawing the girl replied, "They will in a minute." That little girl knew exactly what she wanted to accomplish, **a drawing of God, one minute from now**. That was her goal statement; a clear, concise statement of an end result.

Most people don't spend much time thinking about their goals. They accept what comes their way and move with the flow wherever it takes them. Seldom do they stop to think that they can in fact control their time and their life if they want to. That's because most people are not sure what they want.

If you happen to be at a fork in your road, anxious to change but unsure of what to do, start taking control of your life by setting goals and establishing priorities. Goal setting will cause you to focus on what you really want, and move you in the direction of a more fulfilling lifestyle. For the 50-plus group there are at least six goal categories worthy of pursuing: family, health & wellness, financial, educational, social & pleasure, and spiritual. Your goal must be a clear, concise statement of an end result or desired outcome. Follow these five guidelines to get that result.

**Put it in writing:** When you write a goal you create a contract with yourself and set in motion a process that helps you carry through. Furthermore by putting your goals in writing you clarify your thoughts and arrive at a precise statement of what you want to accomplish.

**Get personal:** Your goals must belong to you and state what you want to achieve for your own reasons.

**Make it measurable:** A written goal statement must be specific and include such things as dates, times and amounts so that your achievement or lack of it can be measured. If for instance, you write a goal

statement about becoming more physically active, you must include a start date.

**Be realistic:** When writing a physical activity goal, take into account your present age and your health. If you are not sure, consult with your health-care professional. Don't set your goals so high there's no hope of achieving them, for then you're sure to fail and that's no fun.

**Focus on results:** When preparing your goal statement, focus on the goal, not the action steps of how to get there. By its very nature, a goal is a statement of something you intend to accomplish in the future and that's your focus.

**Action Steps:** Your goals will not become a reality just because you write them down, or because you would like to see them accomplished. You must take action to make them happen. To identify the steps necessary to reach your goal, ask yourself these questions. What information, knowledge or skills do I need to achieve this goal? What assistance or resources do I need? What roadblocks will I have to overcome?

**Write your own 'Health and Wellness' goal statement and action steps.**

Goals are not cast in stone, they reflect your best judgment today and they are subject to revision as your life changes.

Good luck.



## Medicare Info

### 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. It will take place from 11:30 am – 1:00 pm August 2nd and August 16th 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.

#### Available Farmers Markets

Our valley is lucky to have two farmers markets on Saturday mornings. They are the best places to find fresh, locally grown produce.

Located at Willow Park, 419 West 700 South in Logan at 9:00 am or Poor Richards Produce at 145 North 100 East in Logan from 7:00 am—1:00 pm.

#### Cache County Fair & Rodeo August 7, 8 & 9

Celebrating 135 years at the fair! The annual Cache County Fair & Rodeo features carnival rides, food booths, exhibits, stage entertainment, Rodeo Queen contest, Cache Fair Idol competition and the PRCA Rodeo. The Fair starts at 11:00 am each day and Rodeo starts at 8:00 pm each night. Rodeo & Carnival tickets will be available at the Cache County Administration Building, Macey's Food & Drug, IFA Country Store and Lee's Marketplace.

#### 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 appointment and inquire about applying for the **Extra Help**.



### Services that Part B covers

#### Cervical and vaginal cancer screening

Medicare covers Pap tests and pelvic exams to check for cervical and vaginal cancers. As part of the exam, Medicare also covers a clinical breast exam to check for breast cancer. Medicare covers these screening tests once every 24 months. Medicare covers these screening tests once every 12 months if you're at high risk for cervical or vaginal cancer or if you're of child-bearing age and had an abnormal Pap test in the past 36 months. You pay nothing if the doctor or other qualified health care provider accepts assignment.

#### Chemotherapy

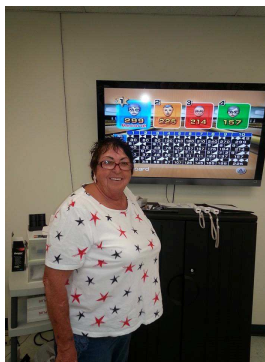
Medicare covers chemotherapy in a doctor's office, freestanding clinic, or hospital outpatient setting for people with cancer. For chemotherapy given in a doctor's office or freestanding clinic, you pay 20% of the Medicare-approved amount. If you get chemotherapy in a hospital outpatient setting, you pay a copayment for the treatment. For chemotherapy in a hospital inpatient setting covered under Part A, see Hospital care (inpatient) on page 32.

#### Chiropractic services (limited coverage)

Medicare covers these services to help correct a subluxation (when one or more of the bones of your spine move out of position) using manipulation of the spine. You pay 20% of the Medicare-approved amount, and the Part B deductible applies. Note: You pay all costs for any other services or tests ordered by a chiropractor (including X-rays and massage therapy).

### Getting to know your Curio

Do you happen to have a beautiful collection of items that interest you, whether from places traveled or a particular hobby? We are interested in knowing a little about you and your interests. We invite you to notify Giselle if you would like to display your collection in a curio for a month. We will take turns every month.

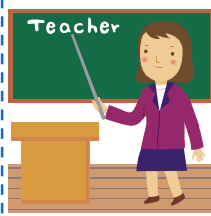


She DID IT, she really really did it!! Jan scored a 299 in Wii bowling. A perfect score as you know is 300. Way to go Jan!! Come join us every Tuesday and Thursday for Wii bowling.



## Gift Shop News

Don't pass up the gift shop as you enter the Senior Center. The new arrival of merchandise is fantastic! Check them out, you may find a little treasure! Also there are visiting teaching hand-outs and sweet friendship cards that would make anyone's day.



**SPANISH 101**  
Spanish classes available every Thursday. If you have ever wanted to learn, this is the perfect opportunity to do so. Classes will be taught by a Spanish teacher. This class will be in the Stage Room at 1:30 pm.

## Reading Corner:

Hope you all enjoyed reading "The Whistling Season". The new book we will be reading this next month is "And Then There Were None" by Agatha Christie. Come join us on August 21st for the book club. We will be meeting in the computer room at 1:00 pm.



## Trip to the Fair

August 7th we will be heading to the Cache County Fair. A \$2.00 reservation fee will need to be paid to Marisol at the front desk. Bus will leave at 10:00 am. And pick you up at 12:00.



## Ask A Lawyer



Utah Legal Services will be visiting the

Senior Center August 22nd. If you have a legal question please set up an appointment with Marisol at the front desk. They will be here from 1-4 pm.

## Luau

To celebrate Hawaii's statehood this month we will be having a LUAU! Come for a day filled with fun crafts, good food and wonderful entertainment! August 22nd at 11:15 am. Don't forget to wear fun colorful flower print shirts!



## Virtual Vacation

On August 28th Susan will again take us on a tour of Europe. She had so much to share last time that her main focus this time will be England. Presentation will be at 11:00 am in the Library.



To celebrate American Adventures month join us on August 12th as we head to Brigham City

for the International Quilt Invitational Exhibition. Afterwards we will visit the local fruit and vegetable stands. Bus will leave at 10:00 am. A \$2.00 reservation fee will need to be paid to Marisol at the front desk. Sack lunches will be provided for a suggested donation of \$2.75.

## Cooking Class

Zucchini Zucchini Zucchini!!



This class is going to be all about Zucchini! Come join us as we share a few favorite recipes of what to do with all of that zucchini we have growing in our gardens or that friends and family keep giving us! August 13th at 11:15 am.

## Vacation packages

Thinking about traveling but not sure where to go? We have many travel agencies' flyers available for you to take home. There are many wonderful tours and vacation packages available. Just ask Marisol at the front desk for a flyer.



## Ladies:

Our Red Hat Group will be meeting on Wednesday, August 27th at 1:00 P.M. Our theme this month is "Mad Hatter Party". Be sure to sign up. Remember to wear your Red and Purple. Come and join us for some great fun!!! We are collecting donations of lace, flowers, rickrack, straw hats, etc. Any miscellaneous item that we can use for crafts would be wonderful.



## 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

### 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



Our annual health fair/ flu clinic will be on September 11th from 9-12. There will be many agencies on hand to provide you with information on services they provide. Don't forget to get your

flu shot!  
You will need your Medicare Card.



Looking for those that would be interested in working on crafts for our Gift Shop. We have the supplies but we need the extra help. Please contact Kristine.

## Medicare 101

Medicare can sometimes be confusing, and simply frustrating! We are here to help. On August 20th we will be hosting a Medicare 101 class to help you in understanding Medicare and its programs a little better. Class will be held as a lunch and learn at 12:20 pm. If you are unable to attend this class we will hold another class in the evening in September. Start writing your Medicare questions down and don't forget to bring them with you.

### Four Seasons Theater Company

will be performing The Wizard of Oz. We plan to meet at Sky View High School and attend the show together. Mark your calendars September 6th for the matinee showing time. If you want to attend contact Giselle about the cost.



### Cache Valley New Horizons Orchestra Debuts in September!

The New Horizons Orchestra will create an opportunity for adults to begin study of a musical instrument, and a "re-entry point" for those who may have been away from music making for many years. It will also serve as a laboratory for USU music education majors and a vehicle for identifying and studying the ways music can affect family life.

Are you an adult who would like to start learning a string instrument? Did you play in high school but haven't played your instrument in years? This class is for you!

Cache Valley Center for the Arts and Utah State University announce: Cache Valley New Horizons Orchestra! Classes begin September 2014.

This orchestra will be open for adults (ages 40 and older) who are true beginners as well as those who have studied a string instrument earlier in life and have not played in a long time.

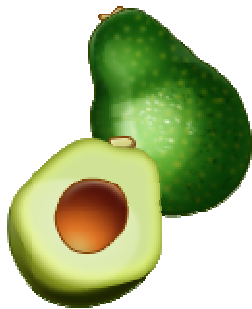
Visit [www.CacheArts.org](http://www.CacheArts.org) or call 435-227-5556 for more information.



## Tangy Cucumber and Avocado Salad

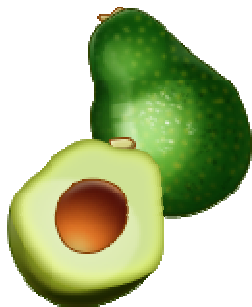
### Ingredients

2 medium cucumbers,  
cubed  
2 avocados, cubed  
4 tablespoons chopped  
fresh cilantro  
1 clove garlic, minced  
2 tablespoons minced green onions (optional)  
1\4 teaspoon salt  
Black pepper to taste  
1\4 large lemon  
1 lime



### Directions

In a large bowl, combine cucumbers, avocados, and cilantro. Stir in garlic, onions, salt and pepper. Squeeze lemon and lime over the top and toss. Cover and refrigerate at least 30 minutes. Makes 4 servings.



## Health Benefits of Avocados

**Avocados may be fatty, but that doesn't mean that they are bad for your health.**

**Healthy fats** - fats account for around three quarters of the calorie count of an avocado. Most of it is monounsaturated fat, in the form of oleic acid.

Monounsaturated fat is considered to be a "good fat" which reduces levels of bad cholesterol in your blood and lowers your risk of stroke and heart disease.

**Protein** - an average avocado contains around 4 grams of protein, which is much more than most other fruits.

**Sugar** - avocado's sugar content is low compared to other fruits. Half an avocado contains approximately 0.2 g of sugar.

**Vitamins and minerals** - avocados are an excellent source of potassium (containing more per weight than bananas). In addition, avocados are rich in vitamin K, Vitamin B<sub>9</sub>, vitamin B<sub>6</sub>, vitamin B<sub>5</sub> vitamin C, and vitamin E.

**Dietary fiber** - a medium avocado contains 11 grams of fiber, which is close to half of the daily recommended minimum intake.

Apart from being an excellent source of fiber and vitamins, research suggests that there may be a number of other benefits associated with the fruit, including: lowering cholesterol levels, reducing the risk of diabetes, promoting lower body weight, and preventing cancer.

So there was this female business executive who was late for a meeting. She is going 65 on a street where the speed limit is 40. A cop pulls her over and says "ma'am, can I please see your license?" She says "I'm sorry, officer, but I got it revoked two years ago for drunk driving." His brow furrows and he straightens up. "Well, can I please see the registration of your car?" She says "I stole the car and I killed the driver; he's in the trunk." "Ma'am, DON'T MOVE, I'm calling for backup."

He mutters furiously into his walkie-talkie....

Five minutes later, half the squad pulls up, the Chief of Police walks over to the woman's window. "Ma'am, can I see your license?" he asks sternly. "Of course, officer," she smiles demurely and pulls out a license from her purse. He squints warily at it. "This looks legitimate," he mumbles. "Can I see the registration to this car?" She pulls it out of the glove compartment and hands it to him. "Ma'am, stand back!" He bangs open the trunk of the car and flinches: but it was completely empty...

The woman brandishes a finger at the first cop and says accusingly, "And I'll bet that liar told you I was speeding too!!"


















# August 2014



				<b>1</b> <b>10-12 Blood Pressure</b> 11:15 First Aide class (CNS) in Library 12:20 Lunch & Learn: DJ performs folk music 1:00 Movie: <b>Send Me No Flowers</b>
<b>4</b> <b>9:15 Breakfast Club</b> 	<b>5</b> 1:00 Movie: <b>Peter Pan</b>	<b>6</b> <b>9:00 Commodities</b>  <b>12:20 BRHD Poison Control medication safety</b> <b>1:00 Foot Clinic</b> 	<b>7</b> 10:00 Field trip to the fair! 12-4 AARP Driver Safety Course 1:30 Spanish 101	<b>8</b> <b>10-12 Blood Pressure</b> 12:20 Lunch & Learn: Salin Nelson Brain Exercises 1:00 Movie: <b>The Three Lives of Thomasina</b>
<b>11</b> <b>9:15 Breakfast Club</b> 	<b>12</b> 10:00 Brigham City field trip 1:00 Movie: <b>The Carson City Kid with Roy Rogers</b>	<b>13</b> 11:15 Cooking Class	<b>14</b>  <b>1:00 Foot Clinic</b> 1:30 Spanish 101	<b>15</b> <b>10-12 Blood Pressure</b> 12:20 Lunch & Learn: Musical Entertainment 1:00 Movie: <b>Julie &amp; Julia</b>
<b>18</b> <b>9:15 Breakfast Club</b> 	<b>19</b> 1:00 Movie: <b>Dr. No</b>	<b>20</b>  <b>1:00 Foot Clinic</b> <b>12:20 Lunch &amp; Learn: Medicare 101</b>	<b>21</b> <b>1:00 Book Club</b>  1:30 Spanish 101	<b>22</b> <b>10-12 Blood Pressure</b> 11:15 Luau 12:20 Lunch & Learn: CNS 1-4 Utah Legal Services by apt. only 1:00 Movie: <b>The Illusionist</b>
<b>25</b> <b>9:15 Breakfast Club</b> 	<b>26</b>  <b>1:00 Foot Clinic</b> 1:00 Movie: <b>The Wizard of Oz</b>	<b>27</b> 1:00 Red Hat Activity 	<b>28</b> 11:00 Virtual Vacation 1:30 Spanish 101	<b>29</b> <b>10-12 Blood Pressure</b> 12:20 Lunch & Learn: Knight Tours and Cruises 1:00 Movie: <b>Ephraim's Rescue</b>



# August 2014

<p><b>Don't forget to call in by 3:00 pm the day before you eat. Senior Donation: \$2.75</b></p>	<p><b>Non-seniors: \$5.00 must be receipted at front desk before you eat.</b></p>			<p><b>1</b> Spaghetti California Blend Tropical Fruit Garlic Toast</p> 
<p><b>4</b> Ham Creamed Potatoes Scandinavian Blend Fruited Jell-O Roll</p>	<p><b>5</b> Breaded Chicken Sandwich Chips Carrot Raisin Salad Mixed Fruit Dessert</p>	<p><b>6</b> Polynesian Meatballs Rice Green Beans Egg Roll Pineapple Cake</p>	<p><b>7</b> Lentil Soup Ham Sandwich Pea Salad Peaches</p>	<p><b>8</b> Chicken Tenders Mashed Potatoes with Gravy Cali-blend veggies Apple Salad Roll</p>
<p><b>11</b> Baked Potato Bar Mixed Veggies Fruit Crisp Roll</p> 	<p><b>12</b> Tomato Florentine Soup Turkey Sandwich Coleslaw Tropical Fruit</p>	<p><b>13</b> Chicken Alfredo with Noodles Peas Apricots Muffin</p>	<p><b>14</b> Pigs in a Blanket Mac N Cheese Carrots Pears Dessert</p>	<p><b>15</b> Chicken Cordon Bleu Baked Potato Mixed Veggies Fruit Salad</p>
<p><b>18</b> Beefy Mac Green Beans Cherry Cobbler Corn Bread</p>	<p><b>19</b> Breakfast</p>	<p><b>20</b> Swiss Steak Mashed Potatoes with Gravy Mixed Veggies Applesauce Roll</p>	<p><b>21</b> Baked Ziti Sicilian Blend Veggies Apricots Garlic Bread</p>	<p><b>22</b> Chicken Teriyaki Hawaiian Macaroni Salad Broccoli Salad Pineapple Jell-O</p>
<p><b>25</b> Meatloaf Mashed Potatoes with Gravy Parsley Carrots Pears Roll</p>	<p><b>26</b> Corn Chowder Tuna Salad Sandwich Oriental Salad Mixed Fruit</p>	<p><b>27</b> Hamburger with fixins Potato Salad 4-Bean Medley Melon</p> 	<p><b>28</b> Parmesan Chicken Tuscan Blend Veggies Peaches Garlic Bread Cookie</p>	<p><b>29</b> Beef Enchiladas Refried Beans Chuck Wagon Corn Berry Mix</p>