

# CACHE COUNTY SENIOR CITIZEN CENTER

October 2014

## **October 1st @ 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"**

October 3rd—Reeds Pharmacy  
Medication Safety  
**We will be closing at 1:00 pm to have the carpets cleaned.**

October 10th—Sunshine Terrace  
(Breast cancer Awareness)

October 17th—CNS

October 24th—Harmony Home and Health /Reeds Pharmacy

October 31—Cache County Attorney's Office

## ***Directors Message***

I came upon a quote the other day that I felt was very fitting for the subject that needs to be addressed in our newsletter. The quote is by H. E. Luccock: "No one can whistle a symphony. It takes a whole orchestra to play it." Just like each instrument working together makes beautiful music it takes each one of us doing our part at the Senior Center to make it successful. We offer a wide variety of physical fitness classes, educational classes, programs, activities, and field trips including lunches to both Meals on Wheels and to those that eat at the Senior Center. We enjoy working and associating with each one of you. But the one thing we need to remember is that it costs a lot of money to run a building, staff to make sure things run and the variety of things that we offer. A large portion of our money comes from your donations and those donations are way down. In fact they are a 1/3 of what they have been in the past. Our lunches are at a \$2.75 donation; please donate if you possibly can. Each meal costs around \$6.00 to make (food, electricity, and kitchen staff). If you ride the bus to the Senior Center there is a \$2.00 suggested donation. And please don't forget to shop or donate items to be sold in our gift shop. All of the money goes towards running the Senior Center. Your donations are so important! Remember when one instrument plays the wrong note the music doesn't sound just right, but if we all step up and do our best we can make beautiful music together.



Marie Kimmey decided that if George HW Bush could jump at 90 years old she could parachute out of an airplane at 91. Eleven members of her family joined Marie in jumping 12,000 feet out of planes on August 30th near the municipal airport in Ogden, Utah. Pictured are four generations of women: great granddaughter: Reygan Bodily, granddaughter: Roma Christiansen, daughter: Linda Snow and Marie Kimmey.

**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***

# Facts about Breast Cancer in the United States

## Symptoms and Signs

Every person should know the symptoms and signs of breast cancer, and any time an abnormality is discovered, it should be investigated by a healthcare professional.

Most people who have breast cancer symptoms and signs will initially notice only one or two, and the presence of these symptoms and signs do not automatically mean that you have breast cancer.

By performing monthly breast self-exams, you will be able to more easily identify any changes in your breast. Be sure to talk to your healthcare professional if you notice anything unusual.



## Neighborhood Walk for a Cure

Join us as we put on a jacket and take a quick walk through the neighborhood for a walk for a cure in celebration of National Breast Cancer Awareness Month. October 20th at 10:30 am.

- **One in eight women will be diagnosed with breast cancer in their lifetime.**
- **Breast cancer is the most commonly diagnosed cancer in women.**
- **Breast cancer is the second leading cause of death among women.**
- **Each year it is estimated that over 220,000 women in the United States will be diagnosed with breast cancer and more than 40,000 will die.**



**Although breast cancer in men is rare, an estimated 2,150 men will be diagnosed with breast cancer and approximately 410 will die each year.**

## Bulletin Board Trivia

Be sure to check out the bulletin board for some trivia questions. If you know the answers visit Marisol and tell her your answers. You will be given a chocolate bar if you are correct!!!



## October is Billiards Month

What a great reason to have snacks and drinks in our billiards room!! On October 27th don't forget to stop and visit the billiards room and try your hand at pool. If its been a while come and try this fun game. We have a good group of guys and gals that are knowledgeable and can teach you. For those that know how to play Come join our fun group!!

## 2015 Medicare Part D

October 15 to December 7, 2014 - Open Enrollment- Here is your chance to join a Medicare Part D plan for the 2015 plan year (however your plan will not take effect until January 1, 2015 ). If you already have a Medicare Part D plan, this is your time to look back over 2014 and make an enrollment decision for your coverage for 2015. Should you stay with your existing coverage or make a change? If you make no decision, you will remain in the same plan as you elected in 2014. There is no enrollment required to renew your present coverage. (If you do not enroll during this period, your next chance for coverage is January 2016.)

### How to switch to the best Medicare Part D plan for 2015

#### 1) Compare Drug Coverage

While many people focus on the Part D monthly cost (called premiums), the first thing you want to review is the plan's covered drug list. Each plan has a list of covered medications called the "formulary" and each list can vary dramatically from plan to plan.

The companies can change the formulary list during the year so it is important to make sure the drugs you are currently taking are still covered under your existing plan and compare it to new plans.

#### 2) Compare Monthly Costs

The average 2014 monthly cost for Rx coverage is \$30. If you are paying significantly more than this you will want to shop around. New plans often are priced less expensive than older popular plans so

make sure you look into some of the brand new plans that are offered each year. For example, the AARP Medicare Rx Saver Plus was introduced this year with premiums averaging \$15 a month. While your monthly cost is very important, see point 3 below to learn why going with the cheapest plan isn't always the best idea.

#### 3) Compare Deductibles

If you have narrowed down a few plans that cover the drugs you are currently taking, you will also want to examine the deductible cost. Each Medicare Part D plan is allowed to charge deductibles of up to \$310 in 2014. Many Part D plans waive or reduce this deductible, so compare what your current plan is charging with the new plans available. Plans that remove this deductible will often cost more each month. Therefore you'll want to do the math and see if a no deductible plan is worth paying a little more for. For example, a plan that costs \$25 more each month could actually save you money if there is not a deductible attached.

#### 4) Compare Copayments

Some plans also reduce the amount of copayments you may have to pay. You'll want to compare copays for different drug tiers to see which plan is actually right for you.

With the information above you should be in great shape to switch Part D plans. Please Visit with Giselle or Kristine for any assistance you may need in this.

## Medicare 101

On October 8th join us as we go over the different parts of Medicare. We will be learning about Parts A B D and C (Medigap and Advantage plans). We will meet in the computer room at 1:00 pm.



## Diabetes

Have you been told you're diabetic? Here's what is happening in your body, and what you can do to stay healthy.

The food we eat is broken down into a variety of nutrients including glucose (sugar). The liver stores some of this glucose, but most of it enters our bloodstream. Normally, after we eat a meal and glucose is released into our bloodstream, our pancreas sends a hormone called insulin to the cells of our body. Insulin acts like a key to open each cell door, and allows glucose to exit the bloodstream and enter each cell.

If you have diabetes, your body doesn't make enough insulin, it may not make any at all, or the insulin it makes may not be able to unlock those cell doors and allow glucose to do its job. This means glucose is stuck in your bloodstream which can be dangerous to your health.

High blood glucose levels can damage your blood

vessels and artery walls putting you at risk for heart attack, stroke, kidney damage, blindness, nerve damage, and risk of the loss of a limb (amputation). Here are five things you can do to manage your Diabetes:

1. Be physically active. An active lifestyle can improve your body's ability to use insulin.
2. Watch what you eat. A good rule of thumb is to devote half of your dinner plate to vegetables and green salad. Split the other half between protein and starchy carbohydrates. Fruit, rather than concentrated sweets, makes a great dessert choice.
3. Take your medication. Diabetic medication improves your ability to keep your blood glucose in your target range.
4. Check your feet. Because of nerve damage in your feet, wounds may not be felt. Look at every part of your feet daily to monitor for any red or open areas. To see the soles of your feet better, use a mirror.
5. See your doctor. Regular checkups will allow your physician to monitor your overall health and watch for any complications related to diabetes.

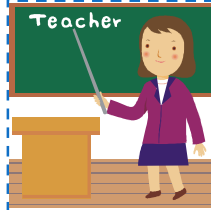


Mark your Calendars... October 31st we will be having a black and orange party!



Don't forget to wear those colors.

Come for food food food oh and treats!! 10:45 am -12:00 noon!



**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.

### REEDS

#### Pharmacy Flu Shot



If you did not make it to the health fair that we hosted last month and really want to have a flu shot, do not despair. We will be having a flu shot come-back day on Oct 6th from 9:00 am -12:00 noon. REED'S pharmacy will be offering onsite flu shots right here at the Senior Center. Do not forget to bring your insurance card with you and if there is no insurance coverage the flu shot cost is \$25.00.

### Reading Corner:

Hope you all enjoyed reading "Sarah: Women of Genesis" by Orson Scott Card. The new book we will be reading this next month is "Heaven is Here". Come join us on October 16th for the book club. We will be meeting in the computer room at 1:00 pm.



### Senior University

Senior U classes have begun. Classes will be every Wednesday at 1:15 pm. There will be no tuition fee for this class.



No classes October 8th and 15th

### Music Club

Come and join us every 3rd Wednesday of the month for music fun! You don't have to have musical abilities to come and be a part of the Music Club. We will introduce a new instrument Boom Whackers! First class will be October 15th at 11:15 am in the library.



### October is National Pasta Month!

Pasta lovers eat their favorite food seven times a month - nearly twice a week! It shouldn't surprise anyone that when asked what food they could not live without 60% of those surveyed chose pasta, even instead of chocolate! There are so many ways a food lover can celebrate National Pasta Month, from learning how to cook the perfect pasta to trying out a new pasta shape, or even creating a pasta dish with a healthy twist. Don't forget to come to this fun cooking class as we enjoy yummy Pasta and try some different pasta shape goodness! Cooking class is October 8th at 11:15 am.



### Mechanics 101



We will be having a class to retouch our skills on changing a tire and jump starting a car. This is a class that will be presented by Darrell and we invite you to join us on October 22nd at 11:15 am. We will be meeting in the library.

### Health Corner



Do you want to know more about a certain health topic concerning you or a loved one but don't want to wait until your next appointment to inquire about it? Topics such as: incontinence, drug interactions, arthritis, chronic pain or depression etc. We are excited to partner with Harmony Home Health Agency in offering a place where suggestions can be submitted and be discussed by a doctor, nurse or a pharmacist. Every month we will have a section in the newsletter that will feature these health topics. If you have a suggestion please place it in the box located on the table under the Senior Center Events bulletin board. These can all be done anonymously.

### Ladies:

Our Red Hat Group will be meeting on Wednesday, October 22nd at 1:00 P.M. Be sure to sign up.

Remember to wear your Red and Purple. Come and join us for some great fun!!!



## 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  
1:30 Bobbin Lace

### **Thursday**

9:00 Fitness Room  
9:00 Quilting  
9:00 Pool Room  
9:15 Clogging  
9:30 Wii Bowling  
1:00 Wii Bowling  
1:30 Spanish 101

### **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



Last year more than 5,500 older adults were killed and more than 183,000 were injured in motor vehicle crashes. This amounts to 15 older adults killed and 500 injured in crashes on average every day around the country. These are troubling statistics.

Each year, more than 30,000 people are killed in traffic accidents around the country. So far this year, 10 people have been killed in vehicle accidents in Cache County. Out of our 10 deaths, 5 of them were over the age of 60. We, at the Cache County Attorney's Office, are trying to make our roads a little safer for everyone: drivers, passengers, bicyclists and pedestrians.

This past week, the Cache County Attorney's Office, held a week-long media campaign about the dangers of driving. The Herald Journal wrote heartfelt stories of families who have lost a loved one due to a traffic accident and the week ended with a Traffic Safety Fair; at the Fair, several thousand people pledged to "Drive Safely".

To kick off the Traffic Safety Awareness campaign, Cache County Attorney James

Swink and Director of Victim Services Terryl Warner, teamed up for a red and yellow ribbon event; they organized red and yellow ribbons to be placed at the scenes of all fatal accidents over the past fifteen years – more than 250 ribbons were put up in memory of a baby, youth or adult who had lost his or her life to a traffic accident here in Cache County.

What does it mean to "drive safely?" It means:

- Everyone in the vehicle wears his or her seatbelt.
- The driver will not use a cell phone to text or talk while driving.
- The driver will not drive while under the influence of medications that have a warning label indicating the medication may cause drowsiness (cough syrups, prescription medication, allergy medication – CHECK THE LABEL!)
- The driver will not drive while under the influence of any alcohol or illegal drug.
- The driver will have at least 6.5 hours of sleep before driving.
- The driver will pay attention to his or her surroundings.

If we all pledge to "drive safely", the roads in Cache County will be safer for all of us.

## **FOUR SUPPLEMENTS SENIORS SHOULD TAKE**

From UCLA Division of Geriatrics

With so many choices of supplements and ever-changing evidence, it is difficult to know which ones are necessary and what they can do for your health. Based on government guidelines and expert opinions from UCLA nutritionists, only four dietary supplements qualified as ones every older adult should seriously consider. Before taking any supplement, check with your doctor.

**Multivitamins:** As people get older, their diets may not be as well balanced as they once were and the quantity of food taken in is decreased due to decrease in activity and metabolic rate. Nutrients are not as well absorbed as the body ages. As a result, a multivitamin with minerals is a good insurance tablet for older adults.

**Vitamin D:** 90% of older ones are

deficient in Vitamin D or the sunshine vitamin. Vitamin D can be made by the body but this decreases as we age, are exposed to the sun less, and have greater periods of cold weather that keep us indoors. Without Vitamin D bones become more brittle and thin. It is recommend that you take greater than 600 IU of this vitamin daily as well as keep up your eating of dairy foods high in Vitamin D and Calcium.

**Calcium:** Calcium needed by the body increases as we age because of our need to keep bones healthy, help muscles function properly and to normalize blood pressure. 1200 mg of Calcium is optimal for bone health between food and supplements. Splitting the Calcium tablets into two 600 mg doses may allow for better absorption.

**Fish Oil:** Fish oils tend to keep triglyceride levels down. It is recommended that we eat 3 oz of fish twice a week. If you don't, a fish oil concentrate with 300 mg of omega-3, three times a day might help.



## Proteins—Just how important are they?

WHY does protein remain important at all ages? To maintain your body and keep it in good repair is only one of the functions of protein rich foods. It is also necessary to the body's immune system.

The consequences of inadequate protein intakes can be accelerated loss of muscle mass, increased risk of infection, poor tissue healing and low reserves of energy during periods of trauma or infection.

WHAT dietary plan is best? A balanced eating plan is a major step in staying healthy. As we grow older, our need for increased calories is reduced while our need for vitamins and minerals remains the same and our need for protein actually increases. The goal is for a diet high in protein and lower in fat and calories. Generally seniors need 65-75 grams for a healthy intake daily. WHO is at risk of not getting adequate protein in their diets? Seniors are at increased risk who have financial constraints, chewing / gum and or swallowing problems, limited preparation abilities, individual who have multiple preferences, individuals with allergies such as lactose restrictions or who follow restrictive diets such as vegans. If you are on a budget, quality proteins like meat, poultry and fish can be expensive but can be served in smaller portions or stretched in casseroles. Consider using other, less expensive protein sources such as eggs, legumes, or peanut butter. Soy products can be used such as soy milk, yogurt or tofu. Your goal is 5-6 ounces daily.



Perfect Wii bowling score—300!

Congratulations Norm Goings!!

## Taco Soup

### Ingredients:

- 1 lb hamburger or turkey burger
- 1-2 TB McCormick taco seasoning
- 1 medium sweet onion, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 15 oz can black beans, drained
- 1 15 oz can kidney beans, drained
- 1 15 oz can pinto or white beans

- 1 15 oz can corn
- 1 can rotel tomato's
- 1 15 oz can diced tomato's
- 1/4 cup salsa (fresh is best)
- 1 15 oz can tomato sauce

### Instructions:

1. Brown hamburger in a large pan over medium heat. Add in the onions, bell peppers and sauté for a few minutes.
2. Add in the remaining ingredients

and stir until combined. Let simmer for about 20 minutes, stirring occasionally. You can add a little water if it starts getting too thick. You could also put this soup in a crock pot and let cook on low for several hours.

Top with sour cream and cheese. Serve with tortilla chips. Enjoy!



## Congratulations

are in order for Ben, Winnifred and Mary. They took the challenge and planted the sunflower and pumpkin seeds that we handed out during our gardening class this spring. Ben and Winnifred now have in their front yard this very tall and lovely sunflower plant that has grown over 7 feet tall. Mary has a beautiful pumpkin growing in her back yard. How fun I bet it has been to see this grow. For their participation they have received a gift basket plus a gift certificate for a yummy hamburger.





# October 2014



		<b>1</b> <b>9:00 Commodities</b>  <b>1:00 Foot Clinic by Harmony Home Health &amp; Hospice</b> 1:15 Senior U	<b>2</b> 12-4 AARP Driver Safety Course 10:30 Craft w/ CNS 1:00 Movie: <b>The Dirty Dozen</b> 1:30 Spanish 101	<b>3</b> <b>10-12 Blood Pressure</b> 12:20 Lunch & Learn: Reeds Pharmacy—Medication Safety <b>1:00 closing to clean carpets</b>
<b>6</b> <b>9:15 Breakfast Club</b>  9-12 Flu shots W/ Reeds Pharmacy 10:30 Arm Chair Travel: <b>The Golden Gate Bridge</b>	<b>7</b> 1:00 Movie: <b>Second Hand Lions</b>	<b>8</b> 11:15 Cooking Class 1:00 Medicare 101 <b>*No Senior U Class</b>	<b>9</b> <b>1:00 Foot Clinic by Rocky Mountain Care</b> 1:30 Spanish 101	<b>10</b> <b>10-12 Blood Pressure</b> 12:20 Lunch & Learn: Sunshine Terrace—Breast Cancer Awareness 1:00 Movie: <b>Gravity</b>
<b>13</b> <b>Closed for Columbus Day</b>	<b>14</b> 1:00 Movie: <b>1492 Conquest of Paradise</b>	<b>15</b> 11:15 Music Club <b>1:00 Foot Clinic by Rocky Mountain Care</b> <b>*No Senior U Class</b>	<b>16</b> <b>1:00 Book Club</b>  1:30 Spanish 101	<b>17</b> <b>10-12 Blood Pressure</b> 12:20 Lunch & Learn: CNS 1:00 Movie: <b>The Prestige</b>
<b>20</b> <b>9:15 Breakfast Club</b>  10:30 Walk For a Cure (walk around the block )	<b>21</b> 1:00 Movie: <b>El Dorado</b> with John Wayne	<b>22</b> 11:15 Mechanics 101 1:00 Red Hat Activity  1:15 Senior U	<b>23</b> * No Spanish Class	<b>24</b> <b>10-12 Blood Pressure</b> 12:20 Lunch & Learn: Harmony Health & Reeds Pharmacy 1:00 Movie: <b>Sherlock Holmes</b>
<b>27</b> <b>9:15 Breakfast Club</b>  <b>National Billiards month celebration in Pool Table Room</b>	<b>28</b> <b>1:00 Foot Clinic by Integrity Home Health &amp; Hospice</b> 1:00 Movie: <b>Snow White and The Huntsman</b>	<b>29</b> 1:15 Senior U	<b>30</b> * No Spanish Class	<b>31</b> <b>10-12 Blood Pressure</b> <b>10:45 –12:00 Halloween Party!!</b> 12:20 Lunch and Learn: Cache County Attorney’s Office 1:00 Movie: <b>Wait Until Dark</b>



# October 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> Sloppy Joes Potato Chips Pasta Veggie Salad 4-bean Salad Pineapple</p>	<p><b>2</b> Chili Green Salad Corn Bread Pears</p>	<p><b>3</b> BBQ Riblets Cheesy Potatoes Peas &amp; Carrots Apricots Wheat Bread</p>
<p><b>6</b> Minestrone Soup Egg Salad Sandwich Coleslaw Peaches</p>	<p><b>7</b> Shepherd's Pie Green Beans Pear Crisp Roll</p>	<p><b>8</b> Spaghetti California Blend Mandarin Oranges Garlic Bread</p>	<p><b>9</b> Chef's Choice</p>	<p><b>10</b> Chicken &amp; Broccoli Casserole Beets Applesauce Muffin</p>
<p><b>13</b> <b>Closed for Columbus Day</b></p>	<p><b>14</b> Club Sandwich Carrot Raisin Salad Chips Applesauce Brownie</p>	<p><b>15</b> Hearty Beef Stew Green Salad Cheddar Biscuits Pears Jell-O</p>	<p><b>16</b> Chicken Fajitas Corn &amp; Black Bean Salad Apricots</p>	<p><b>17</b> Porcupine Meatballs Baked Potatoes Peas &amp; Carrots Peaches Roll</p>
<p><b>20</b> Breakfast for Lunch</p>	<p><b>21</b> Pork Burritos Corn Green Salad Strawberry Shortcake</p>	<p><b>22</b> Breaded Chicken on a Multigrain Bun Chips Broccoli Salad Pears</p>	<p><b>23</b> Baked Potato Bar Capri Veggies Tropical Fruit Roll</p>	<p><b>24</b> Salisbury Steak Mashed Potatoes With Gravy Sunshine Carrots Mixed Fruit Roll</p>
<p><b>27</b> Patio Soup Tuna Sandwich Chips Pea Salad Mixed Fruit Cookie</p>	<p><b>28</b> Ham Scalloped Potatoes Broccoli Applesauce</p>	<p><b>29</b> Lasagna California Mix Garlic Toast Pears</p>	<p><b>30</b> Rosemary Chicken With Noodles Mixed Veggies Peaches Roll</p>	<p><b>31</b> Yummy Mummies Witch Soup Cauldron Mr. Bones &amp; Double Dip Wormy Brain Spooky Cupcakes</p>