

November 2014

CACHE COUNTY SENIOR CITIZEN CENTER

240 North 100 East Logan, Utah 84321

HOURS: 9:00 A.M. – 4:00 P.M. Monday—Friday

PHONE: (435)755-1720 FAX: (435)752-9513

www.cachecounty.org

**Visit us on Facebook:
Cache County Senior
Citizens Center**

Free workshop on Chronic Conditions. Class will be 6 weeks and will begin in November. Please visit the website brhd.org (Bear River Health Department) for information or call 792-6521 (David)

**November 5th @ 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"**

November 4th— National Hospice Awareness Month Hospice Coalition Balloon Release

November 5th—Sky View Encore Entertainment

November 7th—CNS Hospice Awareness Month

November 10th—Storytelling with Rex Nelson

**Closed November 11th for
Veterans Day**

November 14th— Peaceful Healing— Amy with Sunshine Terrace

November 21st— Interns Offer Entertainment

November 25th—Performance by Interlude String Trio

**Closed November 27th &
28th for Thanksgiving**



The Cache County Senior Citizens Center is eager to wish everyone the very happiest of holidays, and what better way to ring in the season than by being part of the annual Holiday Lunch? This year's lunch begins at 12:00 p.m. Friday December 5th. The Holiday Lunch is a great opportunity to thank staff and friends for a good year, to visit with old friends and make new

ones, and to win prizes courtesy of the agencies through out the valley. Please call Marisol at 755-1720 for your reservation as our seating is limited. Deadline for reservations is December 3rd before 3:00 p.m.

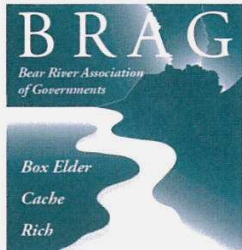
Directors Message

It's hard to believe that we're entering the holiday season. Thanksgiving marks the beginning of the season of gratitude and joy, it is the very first national holiday, proclaimed by President George Washington in 1789 as "a day of public thanksgiving and prayer."

Americans from all walks of life gather with their family and friends to reflect on their blessings and to give thanks. Thanksgiving is the time of year we all reflect on our many blessings. Although life is filled with many challenges, this is the time of year we are grateful for the kind people in our lives who love and support us. Glen Beck once stated "Happiness is a choice, one you have to make every day when you wake up. If you wake up and decide to be angry, pessimistic, and ungrateful – it affects not only you but everyone around you. It's not easy to choose to be happy, especially if you are awake and paying attention to what is going on in the world. You can't renew yourself without first taking a personal inventory of the things you are thankful for. This Thanksgiving, make the choice to be happy. Make the choice to be thankful. First and foremost on the list is giving thanks to God – because all things come from Him and it is He alone who provides hope, even in (especially in) the difficult times."

Best wishes to you and your families for a happy, blessed and healthy Thanksgiving holiday. If you will be traveling over the holiday weekend, we wish you safe travels.





*Serving Utah's Bear River Region
for over 40 years*

**Have you or someone you know
served in the Military?**

**You may be eligible to receive
Veteran Benefits.**

Possible Benefits Include:

- **Enrollment in the Veterans Medical System**
- **Veterans Assistance with Nursing Home, Assisted Living, Home Care Costs**
- **Free Assistance with Filing a Claim with the Veterans Administration**
- **Veterans Survivor Pensions**
- **Pensions for Low-income War Time Veterans**
- **Home Modification**
- **Veterans Disability Claims...It's Never too Late to Make a Claim**
- **Special Compensation for Spouses if the Veterans Died of a Service Connected Disability (DIC)**
- **Utah State Veterans Nursing Homes (Ogden, Salt Lake City, Payson & Ivins)**
- **Veterans Burial and Memorial Benefits**
- **Utah State Veterans Benefits that are Unique to Utah**

Contact Deborah Crowther at the Bear River Association of Governments 1-435-713-1462 or 1-877-772-7242 for detailed information or to connect a veteran or caregiver of a veteran to Veteran's Benefits and Services.

Overcoming Obstacles: Inspiration for Caregivers

Britten Schenk

Thursday, November 6th at 6:30 pm

Cache Valley Assisted Living

233 North Main, Providence

Hit by a bus in 2012 while serving an LDS mission in Sao Paulo, Brazil, Britten continues to recover from a traumatic brain injury. He has had to relearn speech and manage the frustrations of memory loss and daily bouts of pain and nausea. Through it all, Britten has remained remarkably *upbeat*, stunning family, friends and therapists with his swift recovery and his knack for putting others at ease. Staying positive has been hard but Britten, along with his family, will share how he has learned to *get the strength needed* to change bad situations and do the best we can every day.

Light Refreshments will be provided

Sponsored by **The Cache County Caregiver Coalition:**

Access Home Health and Hospice, The Alzheimer's Association, Bear River Area Agency on Aging, Cache County Senior Center, Cache County Adult Day Center, Cache Valley Assisted Living, Community Nursing Services, Encompass Home Health and Hospice, Legacy House Assisted Living, and Sunshine Terrace Foundation.

For more information, contact Deborah Crowther at **435-713-1462**

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.

Grandma always said, "Don't put *anything* in your ear that is smaller than your elbow!" Not only does earwax help to keep dust and dirt away from the eardrum, it also provides some antibacterial and lubricating perks. Your ears basically clean themselves. Once earwax dries, every motion of your jaw, chewing or talking, helps move the old earwax out of the opening of your ear. Using a cotton swab actually pushes the wax deeper into the ear where it gets stuck in parts that don't clean themselves.

WHEN SHOULD THE EARS BE CLEANED?

Under ideal circumstances, the ear canals should never have to be cleaned. However, that isn't always the case. The ears should be cleaned when enough earwax accumulates to cause symptoms or to prevent a needed assessment of the ear by your doctor. This condition is called cerumen impaction, and may cause one or more of the following symptoms:

Earache, fullness in the ear, or a sensation the ear is plugged. Partial hearing loss, which may be progressive
*Tinnitus, ringing, or noises in the ear *Itching, odor, or discharge *Coughing

HOW CAN I CLEAN MY EARS AT HOME?

Warm to body temperature one of the following liquids:
Mineral oil *Mixture of equal parts white vinegar and rubbing (isopropyl) alcohol *Mixture of equal parts

hydrogen peroxide and water. Tilt ear up towards the sky. Your head should be tilted sideways. Do this while sitting down to make the application of the solution easier. Using either an eyedropper or a cotton ball soaked in the solution, to squeeze a few drops into ear. Wait for gravity to bring the liquid down through the wax. If using the alcohol/vinegar solution, you should feel a warming sensation as the alcohol hits the skin and dissolves. If using the hydrogen peroxide/water solution, you should feel a tingling sensation as the bubbles fizzle in your ear. Allow wax to soften for a few minutes. Then, tilt your head the opposite way, and wait for any remaining solution to drain out. A gentle warm shower with the water directed into the ear may also be effective to remove loosened wax. Towel dry ear. You may also use a hair dryer, set on low and a few inches from your ear, to dry it completely.

WHAT CAN I DO TO PREVENT EXCESSIVE EARWAX?

There are no proven ways to prevent cerumen impaction, but not inserting cotton-tipped swabs or other objects in the ear canal is strongly advised. If you are prone to repeated wax impaction or use hearing aids, consider seeing your doctor every 6 to 12 months for a checkup and routine preventive cleaning.



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

History of Hospice

How does hospice care work? Hospice focuses on caring, not curing and in most cases care is provided in the patient's home. Hospice care also is provided in freestanding hospice centers, hospitals, and nursing homes and other long-term care facilities. Hospice services are available to patients of any age, religion, race, or illness. Hospice care is covered under Medicare, Medicaid, most private insurance plans, HMOs, and other managed care organizations.

Typically, a family member serves as the primary caregiver and, when appropriate, helps make decisions for the terminally ill individual. Members of the hospice staff make regular visits to assess the patient and provide additional care or other services. Hospice staff is on-call 24 hours a day, seven days a week.

The hospice team develops a care plan that meets each patient's individual needs for pain management and symptom control. The team usually consists of:

- The patient's personal physician
- Hospice physician (or medical director)
- Nurses
- Home health aides
- Social workers
- Clergy or other counselors
- Trained volunteers
- Speech, physical, and occupational therapists, if needed.

What services are provided? Among its major responsibilities, the interdisciplinary hospice team:

- Manages the patient's pain and symptoms
- Assists the patient with the emotional and psychosocial and spiritual aspects of dying
- Provides needed drugs, medical supplies, and equipment
- Coaches the family on how to care for the patient
- Delivers special services like speech and physical therapy when needed
- Makes short-term inpatient care available when pain or symptoms become too difficult to manage at home, or the caregiver needs respite time
- Provides bereavement care and counseling to surviving family and friends.

Butterball Turkey Talk-Line ...For three decades, the Butterball Turkey Talk-Line has answered the desperate pleas of hundreds of thousands of holiday cooks. As you can imagine, in that time the staff of 50-plus experts have heard some pretty outlandish tales of Turkey Day mishaps and questions. The following are just a few favorite conversations from the Butterball Turkey Talk-Line.

When a Talk-Line staffer asked a caller what state her turkey was in (meaning how thawed was it) the caller responded with, "Florida."

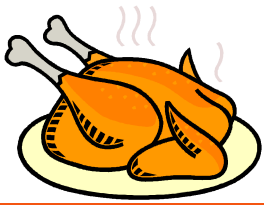
A lady from Colorado called about "how to thaw" her frozen Butterball. She proudly shared the fact that her turkey was stored in a snow bank outside! It had snowed the night before and it then

dawned on her that she didn't have a clue which snow bank her turkey was in.

At that point, the conversation was really over because she was now on a mission to go find her turkey!***A first-time Thanksgiving chef called Marge Klinger, a 20+ year Talk-Line veteran, in tears Thanksgiving morning last year.

She was so proud to have thawed the turkey successfully and continued to rinse the turkey – with dish soap! The tears started flowing when the turkey wouldn't stop sudsing. If only she called before she would have found out you don't have to rinse the turkey – just pat it dry with paper towels.





Hot Turkey Sandwich Recipe

Prep time: 5 minutes
Cook time: 5 minutes
Yield: Serves 4

Ingredients:

- 1 and 1/2 pound leftover turkey meat, sliced
- 1/2 cup or so of leftover turkey gravy
- Stock or water (to thin the gravy if needed)
- 4 large slices of rustic bread

Method

1. Heat gravy in a skillet until bubbly. If the gravy is too thick, thin with a little stock or water.
2. Add pieces of sliced cooked turkey meat to the gravy. Coat with the gravy on all sides and heat until the meat is heated through.
3. Arrange a slice of bread (rustic French or Italian loaf would work great) on a plate. Top with sliced turkey and gravy.

Turkey is low in fat and high in protein. It is an inexpensive source of iron, zinc, phosphorus, potassium and B vitamins. A serving of turkey is a 2 to 3-ounce cooked portion. The Food Guide Pyramid suggests 2 to 3 servings from the meat group each day.

The portions below represent 100 grams, approximately 3 1/2 ounces, of sliced meat from a whole roasted turkey. A 3 1/2-ounce portion of turkey is about the size and thickness of a new deck of cards. The fat and calorie content varies because white meat has less fat and fewer calories than dark meat and skin. One gram of fat contains 9 calories, and one gram of protein contains 4 calories.

<u>Meat Type</u>	<u>Calories</u>	<u>Total Fat</u>	<u>Protein</u>
Breast with skin	194	8 grams	29 grams
Breast w/o skin	161	4 grams	30 grams
Wing with skin	238	13 grams	27 grams
Leg with skin	213	11 grams	28 grams
Dark Meat with skin	232	13 grams	27 grams
Dark Meat w/o skin	192	8 grams	28 grams
Skin only	482	44 grams	19 grams

Resource: USDA Nutrient Data Laboratory—Turkey (Young Hen)

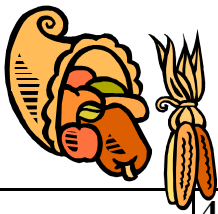
It's a bird, it's a plane...no no no... it's a duck, dog, sheep or whatever you imagine! LaRue was working away in her garden trying to dig this Potato out and low and behold this potato weighing a little over 4 lbs. emerged. We have all enjoyed looking at it and trying to decipher what it looks like. Thanks La Rue!



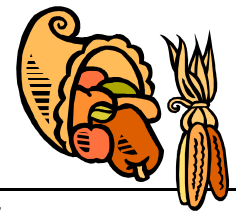
We forgot one! May came up to me and told me she too had planted a pumpkin! She tells me


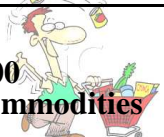







it was so neat to see it growing first in her window sill and then she planted it in her daughters garden. She forgot about it and when she remembered she was quite shocked to see how much her plant had grown.



November 2014



<p>3 9:15 Breakfast Club</p>  <p>10:30 Arm Chair Travel: South Dakota</p>	<p>4 National Hospice Awareness Month Hospice Coalition Balloon Release</p> <p>1:00 Movie: The Philadelphia Story</p>	<p>5 9:00 Commodities</p>  <p>12:15 Sky View Encore Entertainment</p> <p>1:00 Foot Clinic by Harmony Home Health & Hospice</p> <p>1:15 Senior U</p>	<p>6 12-4 AARP Driver Safety Course</p> <p>*No Spanish Class</p>	<p>7 10-12 Blood Pressure</p>  <p>12:20 Lunch & Learn: CNS—Hospice Awareness Month</p> <p>1:00 Movie: Heaven is Real</p>
<p>10 9:15 Breakfast Club</p>  <p>12:15 Storytelling with Rex Nelson</p>	<p>11 CLOSED FOR VETERANS DAY</p>	<p>12 11:15 Cooking Class</p> <p>1:15 Senior U</p>	<p>13 1:00 Foot Clinic by Rocky Mountain Care</p>  <p>1:30 Spanish 101</p>	<p>14 10-12 Blood Pressure</p>  <p>10:30 Craft with CNS</p> <p>12:20 Lunch & Learn: Peaceful Healing— Amy with Sunshine Terrace</p> <p>1:00 Movie: Gone With The Wind (part 1)</p>
<p>17 9:15 Breakfast Club (With CNS)</p> 	<p>18 1:00 Movie: The River Of No Return</p>	<p>19 11:15 Music Club</p> <p>1:00 Foot Clinic by Rocky Mountain Care</p>  <p>1:00 Red Hat Activity</p> 	<p>20 1:00 Book Club</p>  <p>Book: Olive Kitteridge</p> <p>1:30 Spanish 101</p>	<p>21 10-12 Blood Pressure</p>  <p>12:20 Lunch & Learn: Interns Offer Entertainment</p> <p>1:00 Movie: Gone With The Wind (part 2)</p>
<p>24 9:15 Breakfast Club</p> 	<p>25 12:15 Performance by <u>Interlude String Trio</u></p> <p>1:00 Foot Clinic by Integrity Home Health & Hospice</p>  <p>1:00 Movie: A Place in the Sun</p>	<p>26 11:15 Storytelling Tag w/Interns</p>	<p>27 CLOSED FOR THANKS GIVING</p>	<p>28 CLOSED FOR THANKS GIVING</p>



November 2014

<p>3 Parmesan Chicken w/noodles Tuscan Blend Veggies Peaches Garlic Bread</p>	<p>4 Tomato Soup Ham Sandwich Carrot Raisin Salad Pears Cookie</p>	<p>5 Chicken Tenders Mashed Potatoes with gravy Peas Apricots Wheat Bread Cake</p>	<p>6 French Bread Pizza Mixed Veggies Green Salad Mixed Fruit</p>	<p>7 Poppy Seed Chicken Baked Potato Peas & Carrots Applesauce Roll</p>
<p>10 Baked Fish Cheesy Potatoes Broccoli Mandarin Oranges Muffin</p>	<p>11 CLOSED FOR VETERANS DAY</p>	<p>12 Chicken Alfredo Winter Mix Veggies Pears Garlic Bread</p>	<p>13 Tuna Noodle Casserole Beets Apricots Wheat Bread</p>	<p>14 Hamburger with fixins Chips Pasta Salad Peaches</p>
<p>17 Hawaiian Haystacks Sunshine Carrots Lime Jell-O with Pears Wheat Bread</p>	<p>18 Chef's Choice</p>	<p>19 Baked Ziti Capri Veggies Garlic Bread Peaches</p>	<p>20 Pigs in a Blanket Mac & Cheese Broccoli Applesauce</p>	<p>21 Chicken Cordon Bleu Baked Potatoes Mixed Veggies Apricots Roll</p>
<p>24 Beef & Barley Soup Egg Salad Sandwich 4-Bean Salad Mixed Fruit</p>	<p>25 Orange Chicken with Rice Oriental Veggies Egg Roll Pineapple Fortune Cookie</p>	<p>26 Sloppy Joes Chips Pea Salad Peaches Cookie</p>	<p>27 CLOSED FOR THANKS GIVING</p>	<p>28 CLOSED FOR THANKS GIVING</p>
			<p>Don't forget to call in by 3:00 pm the day before you eat. Senior Donation: \$2.75</p>	<p>Non-seniors: \$5.00 must be receipted at front desk before you eat.</p>