

May 2015

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/senior

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

**May 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

Lunch and Learn

May 1st—Name That Tune with Dianne Hardy

May 15th— Physical Fitness and You by Encompass

May 21st—Living with Chronic Diabetes by BRHD

May 22nd—Senior Fitness Day Lunch Entertainment: Colleen Gordin

May 29th—Stroke Awareness by Sunshine Terrace

**** Living with Diabetes? **
The Bear River Health Dept. will be hosting a class at the Senior Center. It's a 6 week program every Tuesday 10-12 in the Library beginning May 26th.**

Loaves & Fishes Community Meal. May 2nd & May 16th. Everyone is welcome. Free of charge. First Presbyterian Church 178 West Center in Logan. Meals served 11:30 a.m.—1:00 p.m.

****ASK A LAWYER****

Utah Legal Services will be visiting the Senior Center on July 9th. If you have a legal question, please set up an appointment with Marisol in the front office. They will be here from 1:00 to 4:00 pm.

Cache County Senior Citizens Center

SENIOR FITNESS & SHRED EVENT DAY

May 22, 2015

We will begin the festivities and registration at 9:00 a.m. with a variety of activities going on.

9:00 Join us as we “WALK THE BLOCK”. All participants will receive a prize for participating in this effort. We will be walking around the Tabernacle block.

9:00-1:00—Do you have receipts, documents, check stubs, and important papers that need shredding? We will have a shred truck at our Senior Fitness day to help you with that.

9:00-10:00 Demos: Line Dancing, Tia Chi, Clogging

9:00-12:00 Sunshine Terrace: Blood Pressure, CNS: Oxygen, BRHD: Diabetes info

10:15-10:45 BINGO

11:00 Lee's Market Place will be doing a food demo on super veggies and fruits and produce in season.

12:00 Lunch (Hamburgers and all of the fixins') Please make your reservation for lunch by May 21st. Cost: \$2.75 donation for seniors, \$5.00 for non-seniors

12:30 music program with Colleen Gordin



We also will be holding a BAKE SALE and selling TAMALES If you would like to buy tamales please put your order in by May 20th. We will have chicken and/or green chili with cheese, cost: \$13.50 per dozen.

DIABETES



Diabetes affects millions of people – are you one of them? Find out if you're at risk for developing type 2 diabetes – a condition characterized by high blood glucose levels caused by either a lack of insulin or the body's inability to use insulin efficiently. Type 2 diabetes develops most often in middle-aged and older adults. Many people with diabetes don't know that they have it, but Medicare covers screening tests so you can find out if you do. If you have diabetes, Medicare covers many of your supplies, including insulin, test strips, monitors, lancets and control solutions. In some cases, Medicare also covers therapeutic shoes if you have diabetic foot problems. You pay 20% of the Medicare-approved amount for these supplies (If you have an advantage plan please contact your provider) Medicare also covers diabetes self-management training to help you learn how to better manage your diabetes. You can learn how to monitor your blood sugar, control your diet, exercise, and manage your prescriptions. Talk to your doctor about how this training can help you stay healthy and avoid serious complications. Take control of your health – talk to your doctor today about screening tests and what supplies and training you may need for your health.

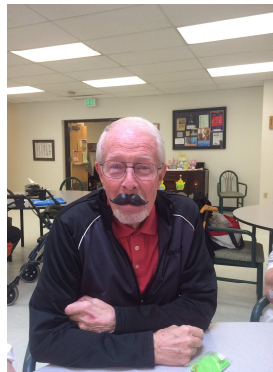
Beginning May 26th the Bear River Health Dept. will be hosting a class for those living with diabetes. The class is a 6 week course held every Tuesday in the Library from 10-12.

Medicare and You 2015 Part B covers:

Kidney dialysis services and supplies Generally, Medicare covers 3 dialysis treatments per week if you have End-Stage Renal Disease (ESRD). This includes all ESRD-related drugs and biologicals, laboratory tests, home dialysis training, support services, equipment, and supplies. The dialysis facility is responsible for coordinating your dialysis services (at home or in a facility). You pay 20% of the Medicare-approved amount, and the Part B deductible applies.

* Have Medicare questions please schedule an appointment with either Kristine or Giselle 755-1720.

The Cache County Senior Center does not endorse products or service providers. Our aim is to protect the elderly from undue coercion. The Center is not a market place. We neither approve nor condone solicitation of business within our facilities. We offer a variety of information classes, but do not endorse any speaker. The presenters have been asked not to solicit or call any clients and to give information ONLY.



We are having a ...



Musta-fabulous



Time with our friends !!!



Join us at our Breakfast Club Mondays @ 9 am



Fitting Exercise and Physical Activity into Your Day

To get the most out of exercise and physical activity, they need to be a regular part of your life. Here are some tips to help you put physical activity at the top of your “to do” list every day.

Make it a priority Remember that being active is one of the most important things you can do each day to maintain and improve health. Try being active first thing in the morning before you get too busy.

Make it easy You are more likely to exercise if it's a convenient part of your day. Walk the entire mall or every aisle of the grocery store when you go shopping. Join us at the Senior Center with a wide variety of fitness activities.

Make it social Many people agree that an “exercise buddy” keeps them going. Join us in Line Dancing, Tia Chi, Clogging. Check our calendar for times and days of the week.

Make it fun Do things you enjoy, but pick up the pace a bit. If you love the outdoors, try biking or hiking. Listen to music while you garden or wash the car.

Make it happen Choose to be active in many places and many ways. Get off the bus one or two stops early and walk the rest of the way. We would love to have you join us as we Walk Around The Block on May 22nd at 9:00 a.m.

Quick Tip Try scheduling 30 minutes of exercise every day. Mark it on your calendar.



Trying our very best at
Wii DANCE!



Are you spring cleaning?? Do you happen to have baskets and don't know what to do with them? We would gladly accept them. We are in need of baskets for projects here at the Center. Don't forget about us as you de-clutter and spring clean your house!

Red Hat Corner

Something new is happening in the gift shop, we have a little Red Hatter Corner. There you will find an assortment of red and purple accessories, hats, and gifts. Come and take a look!



Meditation Class

We are beginning a new class in May! A meditation class will be held every Friday at 11:15 in the multi-purpose room. Meditation is a practice in which an individual trains the mind or induces a mode of consciousness, either to realize some benefit or for the mind to simply acknowledge its content without becoming identified with that content, or as an end in itself.



An Alzheimer's educational series will be held on the fourth Thursday of every month from 2 to 3:30 p.m. at Logan Regional Medical Center. Please call 800-272-3900 for more details.

A Conversation Project Event

Join us for a discussion on how to talk with your family to reach a simple goal: to have individual wishes for end of life care expressed and respected. Open to all seniors & those who love them. 179 N. Main St. Suite 11 May 7th 4-5 pm Amy: 535-5296

Easy Chicken Strawberry Salad

1/2 cup bottled poppy-seed dressing
1/4 cup minced green onions
3 tablespoons chopped fresh basil
1/2 teaspoon freshly ground pepper
4 cups chopped cooked chicken
2 cups diced fresh strawberries
Salt to taste

1 cup chopped toasted pecans
*Stir together poppy-seed dressing, minced green onions, chopped fresh basil, and freshly ground pepper in a large bowl. Fold in chicken and strawberries; add salt to

taste. Cover and chill 2 hours. Stir in pecans just before serving.



In the early 2000s, chicken overtook beef and pork as the most commonly eaten meat in the United States. Americans currently consume nearly 60 pounds of chicken per person annually.

Fortunately, chicken is not only rich in a variety of vitamins and minerals, it is low in saturated fat and high in protein. In 2004, a study published in the "Journal of Nutrition" found that eating lean protein like chicken can help suppress appetite and promote weight loss. Choose low-fat preparation methods like grilling, broiling or roasting to maximize the benefits you receive from chicken.—Michelle Kerns, Demand Media

Strawberries

Fortunately for strawberry lovers, one serving of berries offers 85 mg of vitamin C, or 160% of the Recommended Daily Value.



Every day, research confirms that strawberries are an important part of a healthy diet. Eating just one serving of strawberries, or about eight of these sweet fruits per day, may help improve heart health, lower the risk of developing some cancers and lower blood pressure. Research also shows that individuals who eat strawberries on a regular basis have higher blood levels of folate, vitamin C and phytonutrients, and a higher intake of fiber than those who don't eat strawberries. So, it appears that including strawberries in your diet might just help you achieve and maintain a lowered risk for developing certain diseases.

Don't forget to come to Red Hatters, May 27th @ 1 pm. Lunch will be provided.









ATTITUDE IS everything!



All classes, activities and events arranged at the Cache County Senior Citizens Center are for the convenience and pleasure of the participants who desire to attend. Many of the activities have a cost to them such as: batteries for the Wii remotes, cooking classes, craft classes, Red Hat activities etc.... Donation cans will be available at each activity. If possible please make a donation. This will help keep our costs down and help us continue with each activity.


May 2015



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
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	9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:00 Ceramics 9:30 Wii Bowling 1:00 Movie	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	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	9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:10 Line Dancing 9:10 Line Dancing 10:30 Bingo 11:00 Pickle Ball 11:15 Sit-n-be-fit Meditation 1:00 Bridge/Movie/ Internet Help
				1 10-12 Blood Pressure 12:20 Lunch & Learn: Name That Tune with Dianne Hardy 1:00 Movie: Labor Day
4 9:15 Breakfast Club  12:30 Jeopardy	5 1:00 Movie: Maid in Manhattan	6 9:00 Commodities  1:30 Spanish 101	7 Closed for Staff Training	8 10-12 Blood Pressure 11:15 Craft with Giselle 1:00 Movie: The Saratov Approach
11 9:15 Breakfast Club  12:30 Jeopardy	12  1:00 Foot Clinic by Rocky Mountain Care 1:00 Movie: Driving Miss Daisy	13 11:15 Cooking Class 1:30 Spanish 101	14 12-4 AARP Driver Safety Course 1:00 Foot Clinic by Rocky Mountain Care 1:30 Spanish 101	15 10-12 Blood Pressure 12:20 Lunch & Learn: Physical Fitness and You by Encompass 1:00 Movie: Shall We Dance
18 9:15 Breakfast Club  12:30 Jeopardy	19 Cards w/ CNS 10:00 1:00 Movie: A Little Bit of Heaven	20 1:00 Foot Clinic by Rocky Mountain Care 1:30 Spanish 101	21 12:15 Lunch & Learn: Living with Chronic Diabetes by BRHD 1:00 Book Club  1:30 Spanish 101	22 10-12 Blood Pressure 9-11 Senior Fitness Day! Lunch Entertainment: Colleen Gordin 1:00 Movie: Camila
25 Closed for Memorial Day	26 10-12 Chronic Diabetes Class 1:00 Foot Clinic by Integrity Home Health & Hospice 1:00 Movie: Elsa & Fred	27 1:00 Red Hat Activity  2:00 Spanish 101	28 1:30 Spanish 101	29 10-12 Blood Pressure 12:20 Lunch & Learn: Stroke Awareness by Sunshine Terrace 1:00 Movie: Holes

May 2015



<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>			<p>1 BBQ Pork Riblet Romanoff Potatoes Green Beans Applesauce Banana Muffin</p>
<p>4 Tomato Florentine Soup Ham Sandwich Carrot Raisin Salad Mixed Fruit</p>	<p>5 Beef Enchiladas Refried Beans Corn Melon Mix Dessert</p>	<p>6 Polynesian Meatballs with Rice Peas & Carrots Pears Cake</p>	<p>7 Closed for Staff Training</p>	<p>8 Pizza Mixed Veggies Green Salad Lemon Fruit Salad</p>
<p>11 Frito Pie Green Salad Peaches Corn Muffin</p>	<p>12 Spaghetti Tuscan Blend Veggies Garden Salad Garlic Bread Fruit Jell-O</p>	<p>13 Hearty Vegetable & Barley Soup Egg Salad Sandwich Coleslaw Apricots</p>	<p>14 Breakfast for Lunch</p>	<p>15 Chicken Fried Steak Mashed Potatoes with Gravy California Blend Veggies Mixed Fruit Roll</p>
<p>18 Pulled Pork Sandwiches Pea Salad Chips Applesauce</p>	<p>19 Beef Stroganoff with Noodles Mixed Veggies Fruit Crisp Roll</p>	<p>20 Sweet & Sour Pork Rice Egg Roll Broccoli Mandarin Oranges Fortune Cookie</p>	<p>21 Hearty Beef Stew Coleslaw Peaches Blueberry Muffin</p>	<p>22 Hamburger with Fixins' Potato Salad Watermelon Dessert</p>
<p>25 Closed for Memorial Day</p>	<p>26 Broccoli Cheddar Soup Turkey Sandwich Pears 4-Bean Salad Cookie</p>	<p>27 Fish Au Gratin Potatoes Parsley Carrots Apricots Wheat Bread</p>	<p>28 Lasagna Green Beans Apple Crisp Garlic Bread</p>	<p>29 Chicken Tenders Mac & Cheese Peas & Carrots Peaches Biscuit</p>

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