

**August 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](http://www.cachecounty.org/senior)

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

**August 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

**\*Lunch and Learn\***

August 7th — Alzheimer's Presentation

August 14th — Musical Therapy with Sunshine Terrace

August 21st — Think Smart Computers – Computer Scams

**August 4th at 10:00 am**

Billiards/Pool Tournament hosted by Williamsburg \*\*\*

Please mark it on your calendar:  
Flu Clinic: September 29th  
9:00-12:00

Interested in being a foster grandparent school tutor please call: Foster Grandparent Program of Northern Utah 1-800-209-2503

**We would like to welcome our new kitchen supervisor Bill Scott. Stop by the kitchen and say hello.**



**Directors Message**

I am sure that you have heard the saying "When life gives you lemons, make lemonade." To make lemonade out of lemons is to take something that is not so great and turn it into something good. So exactly how do we do it.

Think about your lemons in a more positive manner. Can you find a golden, scented lining to your lemon moments?

Think about the lesson that is offered by the lemon moment. What is it about the hardship or challenge that you can draw a lesson from? Perhaps it's just life reminding us that it's possible to make lemonade from sour times in order to prevent us from dehydrating from the more mediocre and less rocky times.

Take the lemon moment and convert it into something you can remember through the idea of a brain-game.

L - Laugh - it's the best medicine

E - Embrace others and surround yourself with those who want you to thrive

M - Move forward with a fixed focus to make a tangible difference one day at a time

O - Open your mind and your heart

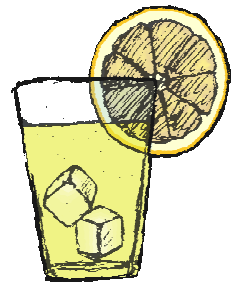
N - Notice all the things in your life to be thankful for

A - Adjust your attitude and expectations

D - Decide to challenge your circumstances and do unto others as you would have done unto you

E - Evaluate your actions instead of blaming others and remaining in "victim" mode.

Choose to live your life making a difference. We all know individuals who have lived their life in a noble and honorable way, one day at a time. And those same everyday heroes have had a basket full of lemons too. The difference is that some decide to do more than make lemonade; they use their lives to show each one of us what it truly means to face life's greatest struggles with dignity, compassion, and an overwhelming love for others. They laugh, embrace, move forward, open our hearts and minds, notice the beauty around them, adjust, decide to go the distance, and evaluate their significance in the universe. Measure your life not by lemons, but by lifting high a glass of lemonade and toasting bright promises. So when life gives you lemons, try as hard as you can to make lemonade. *Kristine*



Several preventable diseases cause significant illness and even death in unvaccinated seniors. An estimated 45,000 adults die annually from complications due to vaccine-preventable diseases. Many adults feel that they do not need vaccinations, or worry about side effects from the vaccine itself, but people age 65 and older are at higher risk of complications from the actual diseases. It is important for older adults to keep vaccines current: they may not have been vaccinated as a child, new vaccinations may now be available, immunity may have faded, and most importantly, seniors are more susceptible to serious and possibly life-threatening infections. The most important vaccinations seniors should discuss with their physicians include the flu vaccine, pneumococcal vaccine to prevent pneumonia, shingles vaccine, and a tetanus-diphtheria-pertussis vaccine (Tdap).



**Tetanus-Diphtheria-Pertussis (Tdap)** You should get this vaccine if you are less than 64 years old to replace one of the series of tetanus vaccines. It contains the same components as the tetanus-diphtheria vaccine with the addition of the pertussis component. More and more seniors are getting pertussis, or whooping cough, possibly due to fading immunity. If you are 65 years or older, get the tetanus-diphtheria vaccine without the pertussis component. Discussing which vaccinations are right for you with your doctor, and making sure to have the needed vaccines on schedule, will help you prevent disease and maintain a healthy active lifestyle.

**Influenza vaccine** Experts recommend an annual flu vaccination for most adults, and any patient with underlying high-risk conditions such as heart disease or diabetes. Getting an annual flu vaccine is necessary since immunity is short-lived and vaccine manufacturers update it every year to make sure it is as effective as possible against the current virus. You can usually get the vaccine at your doctor's office, starting in the fall each year. It is commonly available September through April each year depending on supplies. Speak to your doctor before getting the flu shot if you are allergic to eggs, latex, have had a severe reaction to the flu vaccine previously or have Guillain-Barre syndrome. Patients with fevers should wait to be vaccinated until the illness subsides.

**Pneumococcal vaccine** Pneumonia causes significant illness in seniors and is responsible for 60,000 deaths each year. Seniors and others who are high risk for developing pneumonia should receive the pneumococcal (pneumonia) vaccine as a one-time vaccination. Patients older than 65 who have previously been vaccinated can get a one-time repeat vaccination, if 5 years or more have elapsed since the original shot and they were younger than 65 at the time of their primary vaccination.



**Zoster vaccine** The zoster vaccine, which has only been available for a few years, helps to prevent or minimize a shingles outbreak. Shingles is a very painful, contagious blistering rash. The vaccine may decrease your risk of having shingles by about 50 percent, or at least minimize its severity. Experts recommend it for anyone 60 or older. There are risks with the vaccine for people with certain conditions, so be sure to discuss any health problems you have with your doctor.

## CODE OF CONDUCT

In order for everyone at the Senior Center to have a pleasant experience a Code of Conduct has been written by the Cache County Attorneys office and approved by Craig Butters the Cache County Executive. We have attached a copy in this newsletter, please take the time to read it.

### Options for Independence

#### *Low Vision Support Group*

Date: Tuesday, August 4, 2015 at 10:00-11:30 a.m.

Where: Options for Independence  
106 East 1120 North Logan

RSVP your attendance and request transportation needs to Royella at 753-5353

### *Need a Ride to the Fair or Rodeo?*

The CVTD is offering free rides to the Cache County Fair and Rodeo on Thursday Aug. 6th , Friday Aug. 7th and Saturday Aug. 8th.

Bus Stops: CVTD Transit Center, Logan Post office and Cache County Court House

There will be one every 15 minutes—zero fare



Cache County will be holding its annual "Walk to End Alzheimer's" on Saturday, August 29, 2015. Registration will be at 9:00 a.m. at Willow Park (500 West 700 South Logan). Opening ceremonies at 10:00 a.m. and the 2 mile walk will begin at 10:30 a.m. All funds raised through Walk to End Alzheimer's is to further the care, support and research efforts of the Alzheimer's Association. Any questions call Nick Hutchinson at 801.882.5310



### Homemade Lemonade

3 Cups fresh lemon juice (about 20 lemons)

2 1/4 Cups sugar

12 cups chilled water

Combine juice and sugar in a one-gallon container; stir until sugar dissolves. Stir in water. Serve over ice.



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.



## Garden Bruschetta

### Ingredients:

- 1 medium zucchini, cut into 1/4 inch thick diagonal slices
- 1 large shallot or small red onion, thinly sliced
- 1 teaspoon olive oil
- 1/4 teaspoon black pepper
- 2 slices whole wheat bread (preferably artisan bread)
- 1 clove garlic, crushed
- 2 small plum tomatoes, thinly sliced
- 1/4 teaspoon dried oregano, divided
- 1/2 to 1 tablespoon chopped fresh basil (optional)
- 3 jumbo pimiento-stuffed olives, thinly sliced
- 3 tablespoons shredded Parmesan cheese, divided

### Directions:

1. Preheat grill to medium-high heat. Place zucchini and shallot slices in grill basket or vegetable grate. Brush with oil and sprinkle with pepper. Grill 3 to 5 minutes per side, or until tender and lightly browned. Remove from heat.
2. Rub bread slices with garlic; discard garlic. Grill bread 1 to 2 minutes or until lightly browned. Or, toast bread slices under broiler 20 seconds or until browned.

3. To assemble bruschetta, arrange 1 sliced tomato on each bread slice. Sprinkle 1/8 teaspoon oregano and basil, if desired, over each bread slice. Top with zucchini and shallot. Arrange sliced olives over vegetables. Sprinkle 1 1/2 tablespoons cheese on each serving.
4. Place bruschetta on grill rack or vegetable grate 2 minutes or until hot. Or, place on baking sheet under broiler 20 seconds or until hot.

### Note:

To roast vegetables instead of grilling them, arrange zucchini and shallot slices on baking sheet sprayed with nonstick cooking spray. Roast in preheated 425 degree oven 15 minutes or until tender.



## Health Benefits of Zucchini

Zucchini is one of the very low calorie vegetables; only 17 calories per 100 g. It contains no saturated fats or cholesterol. Its peel is good source of dietary fiber that helps reduce constipation and offers some protection against colon cancers. Zucchini, especially golden skin varieties, are rich in flavonoid poly-phenolic antioxidants such as *carotenes, lutein and zea-xanthin*. These compounds help scavenge harmful oxygen-derived free radicals and reactive oxygen species (ROS) from the body that play a role in aging and various disease processes. It is a very good source of potassium, an important intra-cellular electrolyte. Potassium is a heart-friendly electrolyte and helps bring the reduction in blood pressure and heart rates by countering pressure-effects of sodium. They are rich in vitamin A; provide about 200 IU per 100 g. Fresh pods are good source of anti-oxidant vitamin-C. Provide 30% of daily-required levels per 100 g. In addition, they contain moderate levels of B-complex group of vitamins like thiamin, pyridoxine, riboflavin and minerals like iron, manganese, phosphorus, and zinc.



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!















### Medicare— Lower your Prescription Drug Costs!

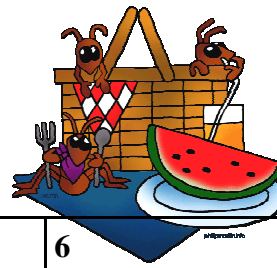
If your monthly income is not more than \$1,460 for singles (\$1,967 for couples) and your assets are not more than \$13,300 for singles (\$26,580 for couples), you may be eligible for EXTRA Help, a federal program that helps you pay some or most of the costs of Medicare prescription drug coverage (Part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



# August 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 10:30 Bingo 11:00 Pickle Ball 11:15 Sit-n-be-fit Healing Meditation 1:00 Bridge/Movie/ Internet Help
<b>3</b>  <b>CLOSED FOR STAFF TRAINING</b>	<b>4</b> 10:00 Pool Tournament Hosted by Williamsburg  1:00 Movie: <b>Runaway Bride</b>	<b>5</b> <b>9:00 Commodities</b>    1:30 Spanish 101	<b>6</b>  1:30 Spanish 101	<b>7</b>  <b>10-12 Blood Pressure</b> 11:15 Meditation 12:20 Lunch and Learn: <b>Alzheimer's Presentation</b> 1:00 Movie: <b>National Treasure</b>
<b>10</b> <b>9:15 Breakfast Club</b>   12:30 Jeopardy	<b>11</b>  <b>1:00 Foot Clinic by Rocky Mountain Care</b>  1:00 Movie: <b>The Butler</b>	<b>12</b> 11:00 Cooking class \$ 1.00 donation  1:30 Spanish 101	<b>13</b> 12-4 AARP Driver Safety Course  <b>1:00 Foot Clinic by Rocky Mountain Care</b>  <b>1:00 Book Club</b>  1:30 Spanish 101	<b>14</b>  <b>10-12 Blood Pressure</b>  11:15 Meditation  12:20 Lunch and Learn: <b>Musical Therapy with Sunshine Terrace</b>  1:00 Movie: <b>The Quiet Man</b>
<b>17</b> <b>9:15 Breakfast Club</b>   12:30 Jeopardy	<b>18</b>  1:00 Movie: <b>A Mile in His Shoes</b>	<b>19</b>  <b>1:00 Foot Clinic by Rocky Mountain Care</b>  1:30 Spanish 101	<b>20</b>  11:00 Craft w/ Giselle  1:30 Spanish 101	<b>21</b>  <b>10-12 Blood Pressure</b> 11:15 Meditation 12:20 Lunch and Learn: <b>Think Smart Computers- Computer Scams</b>  1:00 Movie: <b>The Way We Were</b>
<b>24</b> <b>9:15 Breakfast Club</b>   12:30 Jeopardy	<b>25</b> 10:00 Cards with CNS  <b>1:00 Foot Clinic by Integrity Home Health &amp; Hospice</b>  1:00 Movie: <b>Maverick</b>	<b>26</b> 1:00 Red Hat Activity    2:00 Spanish 101	<b>27</b>  <b>10:00 Fall prevention class..</b>  1:30 Spanish 101	<b>28</b>  <b>10-12 Blood Pressure</b>  11:15 Meditation  1:00 Movie: <b>Austenland</b>
<b>31</b> <b>9:15 Breakfast Club</b>   12:30 Jeopardy				

# August 2015



<p><b>3</b></p> <p><b>CLOSED FOR STAFF TRAINING</b></p>	<p><b>4</b></p> <p>Chicken Fried Steak Mashed Potatoes &amp; Gravy Green Beans Mixed Fruit Roll</p>	<p><b>5</b></p> <p>Baked Fish Party Potatoes Peas &amp; Carrots Apricots Biscuit</p>	<p><b>6</b></p> <p>Taco Casserole Black Beans &amp; Corn Applesauce Corn Muffin</p>	<p><b>7</b></p> <p>Shepherds Pie Carrots Pears Blueberry Muffin</p>
<p><b>10</b></p> <p>Club Sandwich Garden Vegetable Soup Peaches Cookie</p>	<p><b>11</b></p> <p>Pork Riblets Baked Potatoes Capri Vegetables Mixed Fruit Muffin</p>	<p><b>12</b></p> <p>Pizza Carrots Pears Strawberry Short Cake</p>	<p><b>13</b></p> <p>Meat Loaf Mashed Potatoes &amp; Gravy Green Beans Apricots Roll</p>	<p><b>14</b></p> <p>Corn Bread Stuffing Casserole Mixed Vegetables Applesauce Cookie</p>
<p><b>17</b></p> <p>Sloppy Joe's Chips Fruit Jell-O Carrot Raisin Salad</p>	<p><b>18</b></p> <p>Pork Roast Peas &amp; Carrots Peaches Sweet Potato Casserole Roll</p>	<p><b>19</b></p> <p>Spaghetti Italian Vegetables Fruit Crisp Garlic Bread</p>	<p><b>20</b></p> <p>Chicken Salad Sandwich Veggie Cheese Soup Broccoli Salad Pears</p>	<p><b>21</b></p> <p>Beef Stroganoff Capri Vegetables Apricots Roll</p>
<p><b>24</b></p> <p>Chicken Chow Mein Egg Roll Mixed Fruit Carrots Fortune Cookie</p>	<p><b>25</b></p> <p>Chicken Tenders Mac &amp; Cheese Broccoli Applesauce Fruit Muffin</p>	<p><b>26</b></p> <p>Beef Macaroni Green Beans Peaches Bran Muffin</p>	<p><b>27</b></p> <p>Tuna Sandwich Potato Soup 4 Bean Salad Pears</p>	<p><b>28</b></p> <p>Porcupine Meatballs Cheesy Potatoes Capri Vegetables Fruit Salad Cookie Roll</p>
<p><b>31</b></p> <p>Pulled Pork Sandwich Coleslaw Applesauce Chips Cookie</p>	<p><b>1</b></p> <p>Frito Pie Mixed Fruit Tossed Salad Corn Muffin</p>	<p><b>Menus can change with out notice.</b></p>	<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>



## CACHE COUNTY SENIOR CITIZEN CENTER

240 North 100 East Logan, Utah 84321

Phone: 435-755-1720

### **Mission Statement**

Cache County Senior Citizens Center provides programs and activities that will enable residents of Cache County who are 60 years of age or older to live healthy and independent lives

The philosophy of the Center is based on these premises: that aging is a normal development process; and, that human beings need peers with whom they can interact and who are available as a source of encouragement and support.

As an integral part of the aging network, the Center serves community needs, assists other agencies in serving older adults, and provides opportunities for older adults to develop their potential as individuals within the context of the entire community. The Center's programs consist of a variety of individual and group services and activities. It serves as support for family caregivers, trains professional and lay leaders and students, and develops innovative approaches to addressing aging issues.

### **Code of Conduct**

In order for everyone at the Center to have a pleasant experience, all who enter shall be expected to respect the rights, diversity, and dignity of others. To this end, all individuals at the Center shall adhere to the following policies:

- Show courtesy and consideration for all individuals;
- Refrain from engaging in behavior that will unreasonably disturb other center participants;
- Refrain from using language that other reasonable participants would find to be abusive, threatening, obscene, or offensive;
- Refrain from using hate speech or epithets (e.g. racial, ethnic, sexist, homophobic and religious slurs);
- Refrain from fighting, physical abuse, or challenging others to fight;

- Refrain from soliciting or approaching any individual at the Center for favors, preferential treatment or personal financial gain;
- Maintain personal hygiene that is not offensive or unhealthy;
- **Not** participate in activities at the Center while under the influence of alcohol or illegal drugs;
- Use the Center equipment in a safe and appropriate manner;
- Treat the Center materials, equipment, furniture, grounds, and facility with respect;
- Keep the Center building and grounds neat, clean, and litter free;
- Obey the Utah Clean Air Act which prohibits smoking in public buildings (smoking is not permitted within 25 feet of any entrance-way, exit, open window, or air intake of a building where smoking is prohibited);
- Obey all federal, state, county, and city laws and ordinances;
- Must be able to function independently, or have a caregiver present to assist with personal needs;
- Be able to walk safely and independently in the Center or use assistive devices independently;
- Refrain from laying down or sleeping on the furniture;
- Avoid any danger of damage to the computer equipment;
- Refrain from eating or drinking in the computer room;
- Refrain from deliberately accessing, displaying, downloading or sending unacceptable or illegal material (racist, sexist, violent, anti-social, obscene or pornographic).



## **Rights of Senior Center Participants**

All individuals at the Center have the right to:

- Expect other individuals to follow the Center's Code of Conduct;
- Expect other individuals to obey all federal, state, county, and city laws and ordinances;
- Receive information about the Center's services and activities in a language and/or format they understand;
- Be treated with respect and dignity by other individuals;
- Expect that personal information disclosed to the Center's staff will be kept confidential;
- Expect protection by the Center's staff from unsolicited or unapproved commercial and/or business enterprises and researchers while in the center;
- Established and accessible procedures for complaints and appeals of grievances.

## **Procedures for Violation of the Senior Center Code of Conduct and Appeals Process**

Individuals who violate the Center's Code of Conduct and/or interfere with the rights of other Center participants will be subject to the following procedure:

**STEP ONE:** Center staff will discuss the violation with the offender and attempt to reach an appropriate resolution. Center staff will verbally inform the offender of the consequences of repeating the offensive behavior and present the offender with a copy of the Center's Code of Conduct. If the Center Director/Assistant Director, in his/her sole discretion, determines that the offender should no longer participate at the Center (either for a temporary period or permanently), the Center Director/Assistant Director may immediately deny or prohibit the offender from any further participation at the Center.

**STEP TWO:** The offender or the offended party may appeal the resolution resulting from "Step One" by filing a written "Notice of Appeal" with the Cache County Executive within ten (10) days of notice of the decision. The Notice of Appeal shall set forth the matter being appealed and the specific reason(s) for the appeal.

**STEP THREE:** The County Executive shall review the matter de novo ("anew"). The County Executive may uphold the initial resolution, modify the initial resolution or reverse the initial resolution. Written notice of the decision of the County Executive shall be provided to the parties within ten (10) days of the filing of the Notice of Appeal. The decision of the County Executive is final.