

**September 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**

**September 2nd @ 9:00 am  
Commodities Pickup**

Mark your calendars: November 10th we will have a Veterans Day Brunch @ 10:00 a.m. catered by Herms, hosted by Rocky Mountain Care. Look for more info in our October newsletter

**\*Lunch and Learn\***

**Sept. 18th—Healthy Aging in Place—  
Sunshine Terrace**

September 2nd come craft with Giselle. We will be making a beautiful patriotic wreath just in time for Labor day. \$3.00

**September 17th we are going to Rainbow Gardens, BDO outlet store, ceramics store and Savers thrift store. Bus leaves at 9:15 a.m. Lunch will be at the Greenery restaurant and each senior is responsible to pay for their own lunch. RSVP with \$2.00 bus fare at the front desk with Marisol.**

*Who doesn't love root beer floats??  
September 24th be sure to join us on the back patio for a fun social as we enjoy root beer floats. Hosted by Sunshine Terrace.*

*Our Fall prevention class hosted by the Bear River Health Dept. will be Thursdays 10-12 in the Library.*

**Flu Clinic: September 29th 2015  
9:00-12:00**

**Don't forget to bring your  
Medicare card with you.**

***Directors Message***

Fall, the season of change. Summer is gone and another season is on its way in. I enjoy the changing of the seasons. In the fall I look forward to the changing of the leaves and the crispness in the air. Prince Philip of England said, "Change strengthens us, change is a challenge and an opportunity, not a threat." Change is good for us personally. It is fun to do something you haven't done before, to test your limits and to find out you're just a bit wiser or wittier than you thought you were. I hope that you will embrace the many opportunities that change can bring. And while you are expanding your personal horizons, please come and enjoy us at the Senior Center. We have some fun ideas for cooking class, Red Hat activities, book club and programs that we know will bring interest and growth to all those who participate. Stop in and pick up a newsletter and see what we have to offer.

Kristine



**10 Rules for Staying Positive**

- #1. Wait To Worry
- #2. Keep An Attitude Of Gratitude
- #3. Your Health Is Your Wealth
- #4. The Serious Benefits Of Belly Laughs
- #5. Joy Boomerangs
- #6. Losing The Fight? Write
- #7. Keep The Faith, Baby
- #8. Learn To Say "No" Graciously
- #9. Understand The Power Of Discipline



**#10. Surround Yourself With Positive People**

[www.simpletruths.com](http://www.simpletruths.com)

## Dealing With Stress

Stress can have an enormous impact on your health and your quality of life at any age—and even more so as you get older. In fact, according to a recent study published in the *Journal of the American Geriatrics Society*, depression and anxiety are linked to physical decline in seniors. Concerns like: "Will there be enough money now that I'm retired?" and "What will happen if I get a serious illness or become disabled?" are common in older adults.

As you age, you're also more likely to experience **emotional trauma associated with loss**—the deaths of people close to you (friends, family members, spouse), your own health, and/or your independence. For many seniors, dealing with the loneliness caused by multiple losses can lead to a diminished investment in life—especially when combined with other issues, like financial concerns.

Try these **tips to help deal with difficult changes**:

- Focus on being thankful. Appreciate and enjoy your life and don't take people or things for granted.
- Acknowledge your feelings and express them. Talk to a friend, family member or health care professional, write in a journal or join a support group.
- Embrace your spirituality.
- Accept that some things are out of your control.
- Try to keep your sense of humor.

Seniors are at **increased risk for depression**. If you're feeling overwhelmed, or unable to cope or deal with stress, it's important to reach out to family, friends, caregivers and health care providers.



## September is National Cholesterol Education Month

What role does screening play?

Screening is the key to detecting high cholesterol. Because high cholesterol does not have symptoms, many people do not know that their cholesterol is too high. Your doctor can do a simple blood test to check your cholesterol level. The National Cholesterol Education Program recommends that adults aged 20 years or older have their cholesterol checked every 5 years. You may need to have your cholesterol checked more often if any of the following statements applies to you: Your total cholesterol is 200 mg/dL or higher.

You are a man older than age 45 or a woman older than age 50. Your HDL cholesterol is lower than 40 mg/dL.

You have other risk factors for heart disease and stroke. Although the number of people who said they were screened for cholesterol within the previous 5 years increased from 73% to 76% from 2005-2009, only a handful of states have met the 82% Healthy People 2020 objective, and disparities in getting screened persist.

## How can you prevent or treat high cholesterol?

Make therapeutic lifestyle changes by eating a healthy diet. Avoid saturated fats and trans fats, which tend to raise cholesterol levels. Other types of fats, such as polyunsaturated fats, can actually lower blood cholesterol levels. Eating fiber also can help lower cholesterol. Exercising regularly. Physical activity can help lower cholesterol. The Surgeon General recommends that adults engage in moderate-intensity exercise for 2 hours and 30 minutes every week

Maintaining a healthy weight. Being overweight or obese can raise your cholesterol levels. Losing weight can help lower your cholesterol. Not smoking. If you smoke, quit as soon as possible. Be sure to follow your doctor's instructions and stay on your medications, if prescribed, to control your cholesterol.



# Medicare drug program premiums expected to stay about the same in 2016 <http://seniorjournal.com/>



The monthly premium for a basic Medicare Part D prescription drug plan in 2016 is estimated to be \$32.50, when Open Enrollment begins October 15. For the past five years – plan years 2011-2015 – the average monthly premium for a basic plan has been between \$30 and \$32. This good news from the Centers for Medicare & Medicaid Services (CMS) comes despite the fact that total Part D costs per capita grew by almost 11 percent in 2014, driven largely by high cost specialty drugs and their effect on spending in the catastrophic benefit phase.

As the Medicare Payment Advisory Commission (MedPAC) recently reported, total Medicare payments to plans for reinsurance have grown by more than three times the pace of premium growth. However, growth in per-Medicare enrollee spending continues to be historically low, averaging 1.3 percent over the last five years. The recent 2015 Medicare Trustees report projected that the Medicare Trust Fund will remain solvent until 2030, thirteen years longer than they projected in 2009, prior to passage of the Affordable Care Act (ACA). “Seniors and people with disabilities are continuing to benefit from stable prescription drug premiums and a competitive and transparent marketplace for Medicare drug plans,” said acting CMS Administrator Andy Slavitt. “While this is good news, we must ensure that Medicare Part D remains affordable for Medicare beneficiaries so that they can have access to the prescription drugs that they need.”

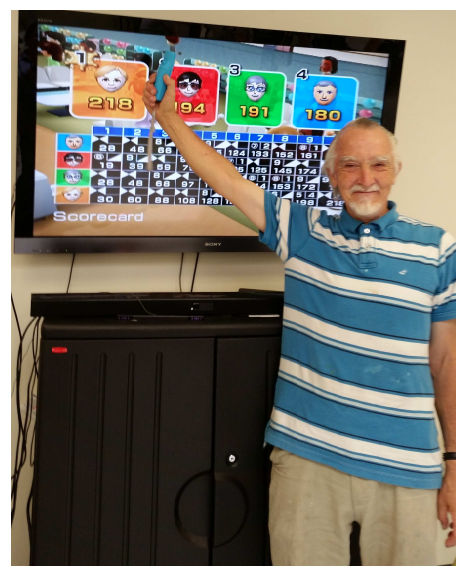
Seniors and people with disabilities are continuing to see savings on out of pocket drug costs as the ACA closes the Part D donut hole over time. Since the enactment of the ACA, more than 9.4 million seniors and people with disabilities have saved over \$15 billion on prescription drugs, an average of \$1,598 per beneficiary. Today’s projection for the average premium for 2016 is based on bids submitted by drug and health plans for basic drug coverage for the 2016 benefit year and calculated by the independent CMS Office of the Actuary. The upcoming annual open enrollment period – which begins October 15 and ends December 7 – allows people with Medicare to choose health and drug plans next year by comparing their current coverage and plan quality ratings to other plan offerings. New benefit choices are effective January 1, 2016.

**If you need assistance with changes to your Medicare part D or changing Advantage Plan we are here to help!** Ship or State Health Insurance and Assistance Programs are not a source of funding for eldercare. SHIPs are free, state counseling services that help seniors understand their Medicare, Medicare Advantage, Medigap and Medicaid benefits. Anyone with Medicare related questions is free to call a SHIP’s counselor even if they are not currently enrolled in Medicare.

**Please call Giselle (435) 755-1720 to schedule an apt.  
Ship office hours are Tuesday & Thursday 9-11am, 1-3 pm.**

## 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. Please call for an appointment and inquire about applying for the Extra Help.



**Way to go Keith!!! 218 is Great!**



## QUINOA ENCHILADA CASSEROLE

### INGREDIENTS

1 cup quinoa  
1 (10-ounce) can Old El Paso™ mild enchilada sauce  
1 (4.5-ounce) can Old El Paso™ chopped green chiles, drained  
1/2 cup corn kernels, frozen, canned or roasted  
1/2 cup canned black beans, drained and rinsed  
2 tablespoons chopped fresh cilantro leaves  
1/2 teaspoon cumin  
1/2 teaspoon chili powder  
Kosher salt and freshly ground black pepper, to taste  
3/4 cup shredded cheddar cheese, divided  
3/4 cup shredded mozzarella cheese, divided  
1 avocado, halved, seeded, peeled and diced  
1 Roma tomato, diced

### INSTRUCTIONS

In a large saucepan with 2 cups of water, cook quinoa according to package instructions; set aside.  
Preheat oven to 375 degrees F. Lightly oil an 8x8 or 2 quart baking dish or coat with nonstick spray.  
In a large bowl, combine quinoa, enchilada sauce, green chiles, corn, black beans, cilantro, cumin and chili powder;

season with salt and pepper, to taste. Stir in 1/2 cup cheddar cheese and 1/2 cup mozzarella cheese. Spread quinoa mixture into the prepared baking dish. Top with remaining cheeses. Place into oven and bake until bubbly and cheeses have melted, about 15 minutes. Serve immediately, garnished with avocado and tomato, if desired.



Researchers have recently taken a close look at certain antioxidant phytonutrients in quinoa, and two flavonoid—quercetin and kaempferol—are now known to be provided by quinoa in especially concentrated amounts. In fact, the concentration of these two flavonoids in quinoa can sometimes be greater than their concentration in high-flavonoid berries like cranberry or lingonberry. In comparison to cereal grasses like wheat, quinoa is higher in fat content and can provide valuable amounts of heart-healthy fats like monounsaturated fat (in the form of oleic acid). Quinoa can also provide small amounts of the omega-3 fatty acid, alpha-linolenic acid (ALA). Given this higher fat content, researchers initially assumed that quinoa would be more susceptible to oxidation and resulting nutrient damage. However, recent studies have shown that quinoa does not get oxidized as rapidly as might be expected given its higher fat content. This finding is great news from a nutritional standpoint. The processes of boiling, simmering, and steaming quinoa do not appear to significantly compromise the quality of quinoa's fatty acids, allowing us to enjoy its cooked texture and flavor while maintaining this nutrient benefit. Food scientists have speculated that it is the diverse array of antioxidants found in quinoa—including various members of the vitamin E family like alpha-, beta-, gamma- and delta-tocopherol as well as flavonoids like quercetin and kaempferol—that contribute to this oxidative protection.



Join us as we end the summer with a fun outing to Rainbow Gardens, Western America's largest gift emporium & Utah's #1 seasonal store, Loft house cookies outlet (BDO outlet store), Sue's ceramics store and Savers thrift store in Ogden.

Mark your calendars for Sept. 17th. Bus leaves @ 9:15a.m. We will be having lunch in the Greenery restaurant at Rainbow Gardens. Each senior is responsible to pay for their own lunch. Please RSVP with \$2.00 bus fare at the front desk.















**Are you concerned someone you love or care about may be the victim of abuse?**

**Don't be silent.**

**Call 1-800-371-7897**

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.

# September 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>1</b>  1:00 Movie: <b>The Prize Winner of            Defiance, Ohio</b>	<b>2</b>  <b>9:00 Commodities</b>  11:00 Craft w/ Giselle Labor Day wreath  1:30 Spanish 101	<b>3</b> <b>10:00 Fall prevention            class</b>  1:30 Spanish 101	<b>4</b>  <b>10-12 Blood            Pressure</b>  11:15 Meditation  1:00 Movie: <b>Three Coins in the            Fountain</b>
<b>7</b>  <b>CLOSED            FOR            LABOR            DAY</b>	<b>8</b>  <b>1:00 Foot Clinic by            Rocky Mountain Care</b>  1:00 Movie: <b>Mrs. Brown</b>	<b>9</b> 11:00 Cooking class \$1.00 donation  1:30 Spanish 101	<b>10</b> <b>10:00 Fall prevention            class</b> 12-4 AARP Driver Safety Course  <b>1:00 Foot Clinic by            Rocky Mountain            Care</b>  1:30 Spanish 101	<b>11</b>  <b>10-12 Blood            Pressure</b>  11:15 Meditation  1:00 Movie: <b>Sabrina</b>
<b>14</b> <b>9:15 Breakfast            Club</b>   12:30 Jeopardy	<b>15</b>  1:00 Movie: <b>Miss Annie Rooney</b>	<b>16</b>  <b>1:00 Foot Clinic by            Rocky Mountain            Care</b>  1:30 Spanish 101	<b>17</b> <b>9:15 Ogden Trip</b>  <b>10:00 Fall prevention            class</b>  <b>1:00 Book Club</b>  1:30 Spanish 101	<b>18</b>  <b>10-12 Blood            Pressure</b> 11:15 Meditation  12:20 Lunch and Learn: <b>Healthy            Aging in Place:            Sunshine Terrace</b>  1:00 Movie: <b>National Treasure 2</b>
<b>21</b> <b>9:15 Breakfast            Club</b>   12:30 Jeopardy	<b>22</b>  <b>1:00 Foot Clinic by            Integrity Home Health            &amp; Hospice</b>  1:00 Movie: <b>The Way</b>	<b>23</b> 1:00 Red Hat Activity    2:00 Spanish 101	<b>24</b> <b>10:00 Fall prevention            class</b> <b>1:00 Root beer float            Social (outside patio)</b>   <b>1:30 Spanish 101</b>	<b>25</b>  <b>10-12 Blood            Pressure</b>  11:15 Meditation  1:00 Movie: <b>The Sixth Sense</b>
<b>28</b> <b>9:15 Breakfast            Club</b>   12:30 Jeopardy	<b>29</b> <b>9-12 Flu Clinic</b>  10:00 Cards w/ CNS  1:00 Movie: <b>The Double</b>	<b>30</b>  No Spanish Class		



# 2015

<p><b>Menus can change with out notice.</b></p>	<p><b>1</b> Frito Pie Mixed Fruit Tossed Salad Corn Muffin</p>	<p><b>2</b> Ham Sandwich Creamy Vegetable Soup Pea Salad Pears</p>	<p><b>3</b> Poppy Seed Chicken Baked Potato Broccoli Normandy Peaches Roll</p>	<p><b>4</b> Hamburgers Potato Salad Watermelon Vegetable Tray</p>
<p><b>7</b> <b>CLOSED</b> <b>FOR</b>  <b>Labor Day</b></p>	<p><b>8</b> Sloppy Joes Chips Cole Slaw Apricots</p>	<p><b>9</b> Orange Chicken Rice Oriental Veggies Egg Roll Tropical Fruit Fortune Cookie</p>	<p><b>10</b> Fall Lentil Soup Tuna Sandwich Ramon/Cabbage Salad Grapes</p>	<p><b>11</b> Ham Au Gratin Potatoes Peaches Green Peas Roll</p>
<p><b>14</b> Baked Ziti Carrots Cherry Crisp Garlic Bread</p>	<p><b>15</b> Chicken Alfredo w/ Noodles California Veggie Mix Apricots Biscuit</p>	<p><b>16</b> Minestrone Soup Chicken Sandwich Carrot Raisin Salad Applesauce</p>	<p><b>17</b> Chicken Tenders Mac &amp; Cheese Green Beans Mixed Fruit Bran Muffin</p>	<p><b>18</b> Baked Potato Bar /w Chicken Gravy Peas &amp; Carrots Pears Roll</p>
<p><b>21</b> Tuna Noodle Casserole Beets Applesauce French Bread</p>	<p><b>22</b> Beefy Mac Broccoli Peaches Muffin</p>	<p><b>23</b> Chicken &amp; Stuffing Green Beans Apple Crisp Roll</p>	<p><b>24</b> Potato Loaded Soup Turkey Sandwich Broccoli Raisin Salad Apricots</p>	<p><b>25</b> Taco Casserole Chuck Wagon Corn Melon Corn Muffin</p>
<p><b>28</b> French Bread Pizza Broccoli Normandy Peach Cobbler</p>	<p><b>29</b> Chili Chips &amp; Salsa Tossed Salad Orange</p>	<p><b>30</b> Salisbury Steak Mashed Potatoes w/ Gravy Tropical Fruit Mixed Vegetables Wheat Roll</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>