

December 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**

**December 2nd @ 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

December 2nd—Kenyan Smith:
Piano

December 8th—Sky View
High School: Bella Voce

December 11th—Division of
Services to the deaf and blind and
hard of hearing program –
State of Utah

December 15th—Diane Hardy:
Name That Tune

December 17th—Sky View
High School: Encore

December 23rd—DJ: Holiday
Entertainment

**December 7th CNS will be here
to wrap presents for you.
Wrapping paper will be
provided. Don't forget to
bring your presents in!**

**December 10th at 11:15 am. We
have a special guest with us-
Judy Jensen will be hosting our
craft day. Cost is \$5.00**

**December 18th —Happy
birthday to BINGO !! Join us as
we celebrate this fun birthday.
Hosted by Sunshine Terrace.**

Directors Message

On Christmas Eve many years ago when our children were still young there was a special on TV about celebrating Christmas on Sesame Street. My children loved the characters of Burt & Ernie, Big Bird, Elmo, Cookie Monster and who could forget Kermit the frog. That night those characters shared a holiday message of love, happiness, togetherness and giving. Over the years we have remembered the chorus of the song they sang, words that reminded us that the holidays were more than memories of presents and shopping but remembrances of family, friends and times spent together. The chorus went like this: So, keep Christmas with you, all through the year, when Christmas is over, save some Christmas cheer. These precious moments, hold them very dear. And keep Christmas with you all through the year.

This year we are going to do something different, we will not be holding a holiday dinner, instead we are going to be celebrating all through the month of December. Each week we will be making "precious moments" to remember by holding activities, crafts, special treats and programs to bring the holiday spirit into our Senior Center. Please join us as we celebrate the holidays together and work to keep Christmas all through the year.

May the peace and joy of the holidays be with you now and throughout the new year. And may this season bring lots of happiness and love to you and your family.

Kristine



5 Ways To Make Your Holidays Merrier

The AgingCare.com community has seen an increase in stress-related issues amongst seniors. One senior said, "I feel more stressed every year...It starts before Thanksgiving and lasts through the New Year. Holiday planning always falls on my shoulders. Last year, Mom was in the hospital, which added to the stress. I keep promising myself to get more involved in something other than caregiving...to recharge myself."

Here is some advice for weary caregivers.

1. Take a Break

Reducing stress is vital to your health. Family caregivers have higher illness rates than non-caregiving peers. Respite care offers short-term care for dependent adults and provides you some relief – even more important during the holidays. Types of respite include adult day care, in-home help, and assistance from family and friends.

2. Ask for Help

Many caregivers avoid asking for help and try to do everything themselves. But once you ask for help, you might find it is easier than you expected. Many times, family members and friends are willing to help, but don't know how. Here are some tips for getting family to help out.

3. Make a "To-Do List"

Making daily lists helps you stay organized during this busy season.

4. Simplify

Pare down the cookies, leave the bookcase full of Santa figures for another year – but keep the Christmas tree. You can "decorate lite." Let family and friends know that the holidays are being simplified this year.

5. Accept Imperfection

You might not feel you're not doing enough, that someone else would do better. But no one is perfect. There is no such thing as a perfect caregiver. Do your best, then accept and forgive yourself for imperfections.

These tips ensure you will have time to enjoy the holidays, while also taking care of yourself. This is vital for your health and well-being. And it can help you to be a better caregiver who is more rested, healthier -- both physically and mentally -- and less apt to feel resentful. It might even make caregiving a little easier.



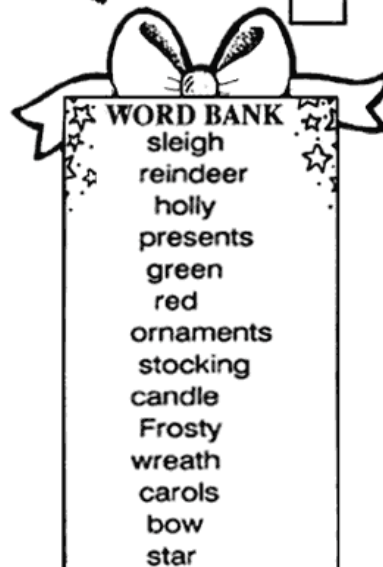
Christmas Crossword Puzzle

ACROSS

4. Another name for decorations
8. Christmas songs
9. This evergreen has red berries
11. The name of a famous snowman
12. A traditional Christmas color
13. Bright heavenly body visible at night

DOWN

1. Another name for gifts
2. Made of wax, this gives off light
3. Santa has eight of them
5. Hang this over your fireplace
6. A decoration made with ribbon
7. Horses pull this over the snow
10. A decorative ring hung on doors
14. The color of Rudolph the Reindeer's nose



Understanding Medicare's Hospice Benefit

Medicare's hospice benefit covers comprehensive care you receive if you are terminally ill. Understanding the scope and limitations of Medicare's hospice benefit can help you better advocate for yourself and loved ones during this difficult time.



Step 1: Understand Medicare's coverage of the hospice benefit.

Medicare will provide coverage for your hospice care if you have Part A and meet all of the following:

A hospice doctor and your primary care physician (if you have one) certify that you are terminally ill.

That means you are expected to live six months or less, if your illness runs its normal course. Medicare will still pay for hospice care beyond 6 months if your illness does not run a normal course.

You accept palliative care – pain and symptom relief -- instead of care to cure your terminal illness

You sign a statement choosing hospice care instead of other Medicare-covered treatments for your terminal illness and related conditions

You receive care from a Medicare-certified hospice agency

When you elect the hospice benefit, Original Medicare pays for all care related to your terminal condition, even if you have a Medicare Advantage Plan.

Step 2: Understand the services that are covered under your plan of care.

Hospice care is usually provided where you live, unless your hospice medical team determine you need short term inpatient stays for managing pain and symptoms. Once you begin hospice care, you will develop a plan of care with the hospice director and your physician. The plan of care defines the specific services you will receive in hospice. Discuss with your doctor and the hospice provider whether the following services are appropriate for you:

Skilled nursing services

Medical social services

Pain management services

Skilled therapy services

Pastoral care

Respite care

Aide and homemaker services

Nutrition and dietary counseling

Durable medical equipment (DME) Prescription drugs

Unlike most other Medicare-covered services, you pay almost nothing for hospice care. The only costs you can incur related to your terminal illness are a \$5 copayment for outpatient prescriptions for pain and symptom management and, if you need inpatient respite care, 5% of Medicare's approved amount for respite.

Step 3: Understand how to look out for hospice fraud.

The fact that beneficiaries who need hospice care are particularly vulnerable, in addition to the often higher provider reimbursement rates, can make Medicare's hospice benefit a target for fraud. Some fraudulent providers have been known to offer gifts to beneficiaries to entice them to agree to a hospice level of care. Others have falsely certified that a patient is terminally ill. Another way that some individuals commit fraud

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.

is to bill for services you never received. Check your Medicare Summary Notices (MSNs) to ensure the services listed were necessary, were part of your plan of care, and were received. Also, never accept gifts in return for services! Report anything suspicious to your Senior Medicare Patrol (SMP).





Lemon Sour Cream Pie

Makes 1 pie, prep 15min, cook 10 min, adapted from Recipezaar

Ingredients

- 1 9-inch pie crust
- 1 cup sugar
- 3 1/2 tbsp corn starch
- 1 tbsp lemon zest, grated
- 1/2 cup lemon juice
- 3 egg yolks
- 1 cup milk
- 1/4 cup butter
- 1 cup sour cream
- whipped cream, for topping

Directions

1. Carefully pat pie crust into a pie dish and flute the edges. Prick all over the bottom and sides with a fork. Bake at 350°F about 8 minutes or until golden brown.
2. In a sauce pan combine sugar, cornstarch, lemon zest and juice, egg yolks and milk. Heat over medium, whisking constantly.
3. Cook filling until very thick, whisking constantly, about 10 minutes. Remove from the heat and stir in butter.
4. Allow filling to cool slightly, then stir in sour cream until well combined.
5. Pour filling into pie shell and refrigerate until completely cold and set. Top with sweetened whipped cream before serving.

The health benefits of lemons and lemon juice are pretty well known. But if you're like the majority of people, you are probably squeezing out the lemon juice and tossing the left over lemon peel in the trash! I used to do that too! But wait, wait, wait, that lemon peel contains even more nutrients, vitamins, and health benefits than the lemon juice. **Nutrients And Health Benefits In Lemon Peels** Lemon peels contain about 5 to 10 times more vitamins than lemon juice! Yep, that's what you've been wasting! They are also an excellent source of fiber, potassium, magnesium, calcium, folate, and beta carotene. Lemon peels improve bone health too! Since they contain high amounts of calcium and vitamin C, lemon peels have been shown to aid preventing osteoporosis, inflammatory polyarthritis, and rheumatoid arthritis.

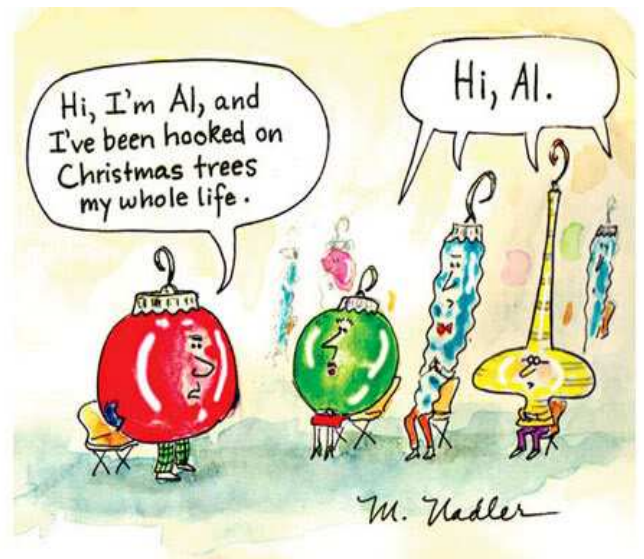
Don't forget all the fiber you will get from lemon peels! 3.5 oz of lemon peels contains 10.6 grams of fiber.

Reduce Oxidative Stress We all want to reduce our levels of oxidative stress. Lemon peels contain citrus bioflavonoids which are very powerful at reducing your levels of oxidative stress. This portion of the lemon also aid in eradicating toxic elements in the body and removing carcinogenic elements.

Help Fight Cancer Lemons have been used to prevent and treat cancer. Lemons are anti-microbial and ward off against bacterial infections and fungi. When lemon peels are consumed, they have been shown to prevent various types of cancers, including skin cancer, colon cancer, and breast cancer. Lemon peels contain salvestrol Q40 and limonene, which have been shown to prevent and treat cancer. These components fight against present cancerous cells in the body.

Take advantage of the whole lemon and don't just juice and toss!

<http://www.healthextremist.com/>















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.



December 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 1:00 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
	1 1:00 Movie: Christmas in Handcuffs	2  9:00 Commodities 12:15 Kenyan Smith: Piano 1:30 Spanish 101	3 1:30 Spanish 101	4  10-12 Blood Pressure 11:15 Meditation 1:00 Movie: The Bishops Wife
7 9:15 Breakfast Club  10:00 CNS gift wrapping 12:30 Jeopardy	8  1:00 Foot Clinic by Rocky Mountain Care 12:15 Sky View High School: Bella Voce 1:00 Movie: It's a Wonderful Life	9 11:00 Cooking Class \$1.00 donation 1:30 Spanish 101	10 11:15 Craft w/ Giselle \$5.00  1:00 Book Club 12-4 AARP Driver Safety Course 1:00 Foot Clinic by Rocky Mountain Care  1:30 Spanish 101	11  10-12 Blood Pressure 11:15 Meditation 12:20 Lunch and Learn: Hard of Hearing program 1:00 Movie: The Christmas Carol
14 9:15 Breakfast Club  12:30 Jeopardy	15 12:15 Diane Hardy: Name That Tune 1:00 Movie: A Boyfriend for Christmas	16  1:00 Red Hat Activity 1:00 Foot Clinic by Rocky Mountain Care  2:00 Spanish 101	17 12:15 Sky View High School: Encore 1:30 Spanish 101	18  10-12 Blood Pressure 10:30 Happy Birthday Bingo! 11:15 Meditation 1:00 Movie: A Season of Miracles
21 9:15 Breakfast Club  12:15 Music Hosted by Sunshine Terrace 12:30 Jeopardy	22  1:00 Foot Clinic by Integrity Home Health & Hospice 1:00 Movie: White Christmas	23 12:15 DJ: Holiday Entertainment 1:30 Spanish 101	24 Center Closed	25 Center Closed
28 Center Closed	29 Center Closed	30 Center Closed	31 Center Closed	

December

2015

<p>Menus can change with out notice</p>	<p>1 Chicken Stuffing Bake Green Beans Mixed Fruit Wheat Roll</p>	<p>2 Baked Ziti Garlic Bread Carrots Cherry Cobbler</p>	<p>3 Tuna Salad Sandwich Lentil Soup Ramon/Cabbage Salad Apricots</p>	<p>4 Poppy Seed Chicken Baked Potato Broccoli Peaches Roll</p>
<p>7 Tuna Noodle Casserole Beets Apple Crisp</p>	<p>8 Ham Sandwich Creamy Veggie Soup Pea Salad Pears</p>	<p>9 Baked Potato Bar w/Chicken Gravy Green Beans Mixed Fruit French Bread</p>	<p>10 Taco Casserole Corn Refried Beans Corn Muffin Pears</p>	<p>11 Chicken Tenders Mac & Cheese Peas & Carrots Apricots Roll</p>
<p>14 Beefy Mac Broccoli Peaches Bran Muffin</p>	<p>15 Minestrone Soup Chicken Salad Sandwich Carrot Raisin Salad Applesauce</p>	<p>16 Ham Au Gratin Potatoes Capri Veggies Fruited Jell-O Wheat Roll</p>	<p>17 French Bread Pizza Carrots Cherry Cobbler</p>	<p>18 Chicken Alfredo w/Noodles California Veggies Pears French Bread</p>
<p>21 Salisbury Steak Mashed Potatoes w/Gravy Mixed Veggies Apricots Wheat Roll</p>	<p>22 Potato Soup Turkey Sandwich 3 Bean Salad Pears</p>	<p>23 Sloppy Joes Chips Coleslaw Peaches</p>	<p>24 Center Closed</p>	<p>25 Center Closed</p>
<p>28 Center Closed</p>	<p>29 Center Closed</p>	<p>30 Center Closed</p>	<p>31 Center Closed</p>	<p>Non-seniors: \$5.00 must be receipted at front desk before you eat. Don't forget to call in by 3:00 pm the day before you eat. Senior Donation: \$2.75</p>