

January 2016

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



January 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\*

January 15th—How to Say No! - Sunshine Terrace

January 22nd— Fall Prevention- Skyline Medical

January 12th 9-12 Veterans outreach by apt. only

January 26th 9-12 Veterans outreach by apt. only



Join us as we celebrate the Kings' Birthday!!!

January 7th in the Library @ 11:00

We will re-open after the holidays on January 4, 2016.

Please join us as we enjoy the 2016 New Year!



New year resolution: Laugh a little louder, smile a little bigger, love a little deeper, and walk through life a little slower.

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Have You Or Someone You Know Served in the Military?

You may be eligible to receive veteran's benefits as a veteran or a widower of a veteran. Benefits may include:

- Health Care
- In-home Services
- Low Income Pension
- Veterans Disability Claim
- Home Modification
- Assistance with Payment for Nursing Home or Assisted Living Care
- Burial and Memorial Benefits
- Special Compensation for Spouses if the Veteran Died of a Service Connected Disability

Help and information about these benefits and others are available through Bear River Association of Governments (BRAG). Call their veteran's specialists, Deborah Crowther at 713-1462 or Alyson Frederick at 713-1469, to schedule an appointment.

Deborah and Alyson value the opportunity to help veterans and their families. Please use them as a resource to help learn about and navigate veterans benefits.



Your prescription drug costs and coverage depend upon which part of Medicare covers your drug. Understanding which part of Medicare should cover your drugs will point you toward the Medicare rules you need to follow. You can get Medicare prescription drug coverage through a Part D stand-alone prescription drug plan or through a Medicare Advantage Plan that includes prescription drug coverage.

Part B usually covers:	Part D usually covers:
<ul style="list-style-type: none"> <li>Drugs your provider administers.</li> <li>Drugs administered at a dialysis facility (that buys the drugs themselves).</li> <li>A small number of outpatient prescriptions you get from the pharmacy (mainly certain oral cancer drugs for chemotherapy).</li> <li>Certain vaccines (usually only flu, pneumonia, and Hepatitis B). Make sure the pharmacy accepts your Part B coverage. If you have a Medicare Advantage Plan, check their rules about flu shot coverage.</li> <li>If you are a hospital outpatient, Part B should cover all medications that relate to the reason for your hospital visit.</li> <li>Tip: You usually pay a 20 percent coinsurance after meeting the Part B deductible. If you have a Medicare Advantage plan, different costs may apply. If you get your medications from a pharmacy, make sure the pharmacy accepts your coverage.</li> </ul>	<ul style="list-style-type: none"> <li>Most drugs you get from the pharmacy or through mail order (outpatient drugs).</li> <li>Most prescription drugs that you can administer yourself.</li> <li>Vaccines not covered under Part B, including the shingles vaccine.</li> <li>If you are a hospital outpatient, Part D will cover medications that you administer yourself and do not relate to the hospital visit.</li> <li>Tip: Make sure it is included in your plan's formulary, which is the list of drugs they cover, and use a preferred network pharmacy.</li> <li>Tip: You usually pay a co-payment for your medications, once you meet a deductible. The amounts vary based on your plan and how much you have spent on prescription drugs so far this calendar year.</li> </ul>

**Open Access** is a program offered by BRAG (Bear River Association of Governments). This program is for area businesses and offers education to employers and their staff members to help them understand how to better serve persons with disabilities and to do their part to increase mobility for persons of all abilities in the Bear River Area. The presentation for businesses is free of charge. Positive points exhibited by each businesses will be listed on the website; "[bearrivermobility.org](http://bearrivermobility.org)". As businesses strive to better accommodate persons with disabilities, we hope customers will in turn support these dedicated Logan businesses. Recent businesses to join the Open Access program include:

1. Stylish Fabrics (Bernina) 138 No. Main Street 752-4186

2. Spirit Goat, 28 Federal Ave. 512-9040
3. Earthly Awakenings, 21 Federal Ave. 755-8657
4. BRAG, 170 North Main Street 752-7242
5. Zion's Bank, 102 No. Main Street 750-0216
6. Options for Independence, 106 E. 1120 No. 753-5353
7. Edwards Furniture, 26 So. Main Street 752-4526
8. Common Ground Outdoor Adventures, 335 N. 100 E. 713-0288
9. The Fun Park, 255 E 1770 N. North Logan 792-4000
10. Alpine Home Medical, 1395 No. 400 E. 752-2227

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.

# 10 Creative and Cheap Ways to Exercise at Home

## Tone up while doing everyday activities, no equipment needed

by Carolyn Crist, July 21, 2015

Exercise is crucial to the health of your brain and body, but that doesn't mean you have to work out at the gym. These 10 moves can boost your metabolism, improve your memory, combat stress and slim your waist line. Even gym regulars can benefit from adding a few of these moves to their daily routines. "If we had a pill that could give all the benefits that regular physical activity provides, it would be the No. 1-selling pill in the world," says Edward Laskowski, co-director of the Mayo Clinic Sports Medicine Center.

- **Extra Steps**—The Centers for Disease Control and Prevention recommends at least 150 minutes of exercise each week. Break that into chunks and take extra steps each day by moving around the house while doing everyday chores, such as putting up groceries or folding laundry. Do a "small dose of fitness" each day, even when you don't feel like it, says Leslie Sansone, creator of the Walk at Home fitness program.
- **TV Stepping**—Americans watch an average of three hours of TV per day, according to the American Time Use Survey, conducted annually by the Bureau of Labor Statistics. You can enjoy your leisure time and still get in some exercise by standing up and walking in place during commercials, says Jeremy Steeves, an associate professor at the University of Wisconsin-Milwaukee. "The key is creating a cue, such as the commercial break, to trigger your new habit," he adds.
- **Island Ballet**—Don't stand around the kitchen and wait for water to boil — practice your ballet moves. Stand in front of a kitchen counter or stool and place your hands on the surface for balance. Stand on your toes to work your calves, or do pliés by turning out your toes and lowering your knees over your toes to work your thighs. By the time that water boils, you can get in several sets of 10.
- **Sofa Squats**—To break up couch time, stand up and move. The ability to rise from a seated position is a crucial measure of longevity, says a Brazilian study. Squat down until your butt touches the sofa, tighten the muscles around your core and stand back up again. "Just trying to stand more throughout the day and disrupt those long periods of extended sitting will provide health benefits," says Peter Katzmarzyk, a public health professor at Pennington Biomedical Research Center in Baton Rouge, La. This move works great on a chair as well.
- **Stair Push-Ups**—Strengthen your arms with angled push-ups at the stairs. Face the staircase with both feet on the floor. Place your hands shoulder-width apart on a step so your body is roughly at a 45-degree angle. Keeping your body straight and abs tight, lower yourself slowly, then push back up. The lower the step, the harder it will be.
- **Chair Dips**—Studies show we should take a break each hour from the computer screen to stretch and move. Sit on the chair with your hands holding the edge of the seat. Scoot to the front of the chair so that your butt is on the edge. Lower yourself off the chair and bend your elbows to work your arms. Repeat five to 10 times. "By moving just a bit more, you can move the needle on your health and burn calories," UW-Milwaukee's Steeves says.
- **Singing Aerobics**—While completing everyday chores such as vacuuming or mopping, tighten your core as you move forward and backward, exaggerating your movements and changing hands to give both sides of your body a workout and burn more than 40 calories each 15 minutes. Crank up your favorite tunes and belt them out to get motivated and amp up the cardio factor, Walk at Home's Sansone says singing burns 130 calories an hour. Can't do that at the gym.
- **Activity Bursts**—While walking around your home, make an effort to step up your fitness level and raise your heart rate. The new cardio trend is high-intensity interval training (HIIT), which you can adapt at home. Jog to your mailbox in the afternoon and then lunge from side to side before sitting down to open your mail. "We're finding that high-intensity intervals — a 30-second to 90-second burst of activity — provide many of the same benefits that longer periods of exercise provides," the Mayo Clinic's Laskowski says.
- **Step Tracker Challenge**—Research shows that people stick with an exercise routine when they do it with someone else. Use a step tracker device or an app such as Matchup.io to set a goal with friends and family members to take a certain number of steps each day. You may find yourself pacing around the house to win the competition. "Create a challenge to show you're committed," Steeves says.
- **Make Like a Mountain**—Standing still is simple, right? But many aches and pains, including back and neck pain, are linked to poor posture. Whether you are cooking dinner or waiting for the microwave to ding, take a minute to do the mountain pose, recommends Carol Krucoff, author of Yoga Sparks. Place your feet hip-width apart. Extend the top of your head toward the sky. Relax your shoulders away from your ears and release tension in your face and throat. Align your body so that your ears are over your shoulder, shoulder over hip, hip over knee and knee over ankle. Take a few full and easy breaths, filling and emptying your lungs.







# Spinach-Ravioli Lasagna

Garnishes: chopped fresh basil, paprika

## Ingredients

- 1 (6-oz.) package fresh baby spinach, thoroughly washed
- 1/3 cup refrigerated pesto sauce
- 1 (15-oz.) jar Alfredo sauce

- 1/4 cup vegetable broth\*
- 1 (25-oz.) package frozen cheese-filled ravioli (do not thaw)
- 1 cup (4 oz.) shredded Italian six-cheese blend

## Preparation

1. Preheat oven to 375°. Chop spinach, and toss with pesto in a medium bowl.
  2. Combine Alfredo sauce and vegetable broth. Spoon one-third of alfredo sauce mixture (about 1/2 cup) into a lightly greased 2.2-qt. or 11- x 7-inch baking dish. Top with half of spinach mixture. Arrange half of ravioli in a single layer over spinach mixture. Repeat layers once. Top with remaining Alfredo sauce.
  3. Bake at 375° for 30 minutes. Remove from oven, and sprinkle with shredded cheese. Bake 5 minutes or until hot and bubbly. Garnish, if desired.
- \*Chicken broth may be substituted.

## Health Benefits of Cheese

Cheese contains a host of nutrients like calcium, protein, phosphorus, zinc, vitamin A and vitamin B12. Calcium is one of the nutrients most likely to be lacking in the American diet. According to government statistics, nine out of 10 women and six out of 10 men fall short of calcium recommendations. The high-quality protein in cheese provides the body with essential building blocks for strong muscles. For a complete listing of the nutrients in cheese, see the table below.

If you are lactose intolerant, many cheeses, particularly aged cheeses such as Cheddar and Swiss, contain little or no lactose and are often well tolerated.

For the past 30 years or so, saturated fat—found in meats, eggs, cheese, butter, whole milk, lard and some oils—was considered a primary cause of heart disease. New research, however, is showing that saturated fat has a minimal impact on heart disease risk, which is changing the "saturated fat is bad" paradigm and allowing people to enjoy more cheese and other favorite foods. Further research is needed showing significant scientific agreement.

Even if saturated fat is less of a concern, calories still matter. To reduce calories, you can grate or sprinkle harder cheeses over your dishes or use small amounts of aromatic and sharp cheeses for their delicious cheese flavor. Many reduced-fat varieties of cheeses are also available. This 2014 article in the Food and Nutrition Magazine provides more information on the Charms and Challenges of Cheese.



## Medicare– Lower your Prescription Drug Costs!


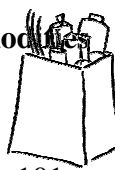











If your monthly income is not more than \$1,460 for singles (\$1,967 for couples) and your assets are not more than \$13,300 for singles (\$26,580 for couples), you may be eligible for EXTRA Help, a federal program that helps you pay some or most of the costs of Medicare prescription drug coverage (Part 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.

# JANUARY

# 2016

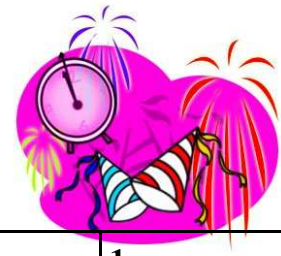


MARTIN

<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
				<b>1</b> <b>CLOSED FOR</b> <b>THE</b> <b>HOLIDAYS</b>
<b>4</b> <b>9:15 Breakfast</b> <b>Club</b>  12:30 Jeopardy	<b>5</b> 1:00 Movie: <b>Unknown</b>	<b>6</b> <b>9:00 Commodities</b>  1:30 Spanish 101	<b>7</b> 11:00 Elvis Birthday Party 1:30 Spanish 101	<b>8</b> <b>10-12 Blood</b> <b>Pressure</b>  11:15 Meditation 1:00 Movie: <b>Star Dust</b>
<b>11</b> <b>9:15 Breakfast</b> <b>Club</b>  12:30 Jeopardy	<b>12</b> 9:30-11:30 Wii bowling tournament at Sunshine Terrace <b>1:00 Foot Clinic by</b> <b>Rocky Mountain Care</b> 9-12 by appointment <b>Veterans Out Reach</b> 1:00 Movie: <b>Til The Clouds Roll By</b>	<b>13</b> 11:15 Cooking Class (\$1.00) 1:30 Spanish 101	<b>14</b> 12-4 AARP Driver Safety Course <b>1:00 Foot Clinic by</b> <b>Rocky Mountain</b> <b>Care</b>  1:30 Spanish 101	<b>15</b> <b>10-12 Blood</b> <b>Pressure</b>  11:15 Meditation <b>10:30 RSVP Martin</b> <b>Luther King</b> <b>Documentary</b> 12:15 Lunch and Learn: <b>“How to Say</b> <b>No!” by Sunshine</b> <b>Terrace</b> 1:00 Movie: <b>Cinderella Man</b>
<b>18</b> <b>CLOSED</b> <b>FOR</b> <b>MARTIN</b> <b>LUTHER</b> <b>KING JR.</b> <b>DAY</b>	<b>19</b> 1:00 Movie: <b>Hidalgo</b>	<b>20</b> 11:15 Craft w/ Giselle—Water color mug <b>1:00 Foot Clinic by</b> <b>Rocky Mountain</b> <b>Care</b>  1:30 Spanish 101	<b>21</b> 1:00 Book Club  1:30 Spanish 101	<b>22</b> <b>10-12 Blood</b> <b>Pressure</b>  11:15 Meditation 12:15 Lunch and Learn: <b>Fall Preven-</b> <b>tion-Skyline</b> <b>Medical</b> 1:00 Movie: <b>Kate and Leopold</b>
<b>25</b> <b>9:15 Breakfast</b> <b>Club</b>  12:30 Jeopardy	<b>26</b> Card making w/ CNS <b>1:00 Foot Clinic by</b> <b>Integrity Home Health</b>  1:00 Movie: <b>Flawless</b> 9-12 by appointment <b>Veterans Out Reach</b>	<b>27</b> 1:30 Spanish 101	<b>28</b> 1:00 Red Hat Activity  2:00 Spanish 101	<b>29</b> <b>10-12 Blood</b> <b>Pressure</b>  11:15 Meditation 1:00 Movie: <b>Anna and the King</b>



# January 2016



<p><b>Menus can change with out notice</b></p>	<p><b>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</b></p>			<p><b>1</b> <b>CLOSED FOR THE HOLIDAYS</b></p>
<p><b>4</b> Busy Day Steak Potatoes/gravy California Blend Veggies Pears Roll</p>	<p><b>5</b> Breakfast For Lunch</p>	<p><b>6</b> Rosemary Chicken w/noodles Broccoli Peaches Bran Muffin</p>	<p><b>7</b> Roast Beef Sandwich Tomato Soup 3 Bean Salad Apricots</p>	<p><b>8</b> Baked Spaghetti Green Beans Applesauce Garlic Bread</p>
<p><b>11</b> Cheese Burgers Veggie Mac Salad Pears Chips</p>	<p><b>12</b> Pizza Carrots Peach Cobbler</p>	<p><b>13</b> Turkey Potatoes / gravy Mixed Veggies Apricots Roll</p>	<p><b>14</b> Pulled Pork Sandwich Creamy Coleslaw Applesauce</p>	<p><b>15</b> Chicken Parmesan w/ noodles California Blend Veggies Tropical Fruit</p>
<p><b>18</b> <b>CLOSED FOR MARTIN LUTHER KING JR. DAY</b></p>	<p><b>19</b> Chicken &amp; Broccoli Casserole Beets Cherry Crisp Bran Muffin</p>	<p><b>20</b> Veggie Soup Ham Sandwich Carrot Raisin Salad Mixed Fruit Chips</p>	<p><b>21</b> Shepherds Pie Green Beans Apricots Wheat Bread</p>	<p><b>22</b> Santa Fe Chicken Baked Potato Peas &amp; Carrots Peaches Corn Muffin</p>
<p><b>25</b> Sweet &amp; Sour Chicken w/ rice Egg Roll Broccoli Mandarin Oranges Fortune Cookie</p>	<p><b>26</b> Swiss Steak Potatoes/gravy Peas Peaches Roll</p>	<p><b>27</b> Lasagna Mixed Veggies Fruit Cobbler Garlic Bread</p>	<p><b>28</b> Broccoli Cheese Soup Turkey Sandwich Pea Salad Chips</p>	<p><b>29</b> Chicken Cordon Bleu Au Gratin Potatoes Carrots Mixed Fruit Roll</p>