

March 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



March 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

March 1st—Cabin fever —Access
March 4th— Practicing Receiving—Sunshine Terrace

Welcome: Jan Lundahl our new kitchen supervisor

Stepping on classes

The Stepping On program is a research proven method to reduce falls in older adults. The Bear River Health Dept. will be hosting a series of classes beginning the 15th of March. This class will run for a 6 week period. They will be every Tuesday at 10 am. and will meet in the Library.



We will have a lawyer here on Friday March 11th from 1-4 pm to answer any legal questions you may have. Schedule your appointment with the front office.

It's time to get your income taxes done again. Schedule your appointment at the front office.



Directors Message

The True Meaning of Stress

A young lady confidently walked around the room while leading and explaining stress management to an audience; with a raised glass of water, and everyone knew she was going to ask the ultimate question, 'half empty or half full?'..... She fooled them all... "How heavy is this glass of water?" she inquired with a smile. Answers called out ranged from 8 oz. to 20 oz.. She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes." She continued, "and that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on." "As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better each time practiced. So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night... pick them up tomorrow.

Whatever burdens you're carrying now, let them down for a moment. Relax, pick them up later after you've rested. Life is short. Enjoy it and the now 'supposed' stress that you've conquered!"

- 1 * Accept the fact that some days you're the pigeon, and some days you're the statue!
2 * Always keep your words soft and sweet, just in case you have to eat them.
3 * Always read stuff that will make you look good if you die in the middle of it.
4 * Drive carefully... It's not only cars that can be recalled by their Maker..
5 * If you can't be kind, at least have the decency to be vague
6 * If you lend someone \$20 and never see that person again, it was probably worth it..
7 * It may be that your sole purpose in life is simply to serve as a warning to others.
8 * Never buy a car you can't push.
9 * Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
10 * Nobody cares if you can't dance well. Just get up and dance.

When you're stressed, You eat ice cream, cake, chocolate and sweets. Why? because stressed spelled backwards is desserts. (Image of a Minion chef)

Medicare Minute -Understanding Medicare Enrollment Periods

When can I enroll in Medicare Part A and/or Part B?

When you're first eligible for Medicare, you have a 7-month Initial Enrollment Period (IEP) to sign up for Part A and/or Part B. Your IEP includes the three months before, the month of, and the three months following your 65th birthday. The date your Medicare coverage begins depends on when you sign up. For example, let's say you turn 65 on June 20th, the following chart shows when you can enroll in Medicare and when your coverage would start.

You can enroll anytime in:	Your coverage starts:
March	June 1st
April	June 1 st
May	June 1 st
June	July 1st
July	September 1 st
August	November 1st
September	December 1st

Note about a small exception: Due to a Social Security Administration rule that says a person attains age 65 on the day before his or her birthday, Medicare coverage actually starts on the first of the *preceding* month for a person whose birthday falls on the first day of any month. For example, Medicare coverage would start on May 1st for a beneficiary whose birthday is June 1st because s/he attains age 65 on May 31.

Note about if you have to buy Part A and/or Part B: You can only sign up during a valid enrollment period.

If you did not enroll in Medicare during your seven-month Initial Enrollment Period (IEP), you can sign up during the General Enrollment Period (GEP), which occurs annually from January 1 through March 31. However, your coverage will not begin until July 1. This enrollment period can be used if you:

- Declined Part B when you were first eligible, during your IEP;
- Canceled your Part B coverage without having other insurance and would now like to re-enroll; OR
- Did not enroll in Part B within eight months after your employer or union coverage ended.

You will have to pay a 10 percent Part B premium penalty for each 12

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 are to give information ONLY.

-month period you delayed enrolling in Part B. In most cases, you will have to pay this penalty in addition to your monthly Part B premium amount for as long as you have Part B. Relatively few people have to pay a premium for Part A coverage. Those who do, and who delay enrollment, may have to pay a separate 10 percent Part A late enrollment surcharge for a limited time.



How to protect your home from crime

Making an elderly person's home secure: It is a sad fact of life that many criminals target senior citizens in the very place they should feel most safe - in their own homes. However, there are precautions that seniors (or their relatives, friends or care givers) can take to minimize the risk of crime in their homes.

Locks and doors: It is a good idea to ensure that seniors have good quality locks on both the doors and windows of their home. However, many elderly people, even if they do have decent locks, sometimes forget to use them. One way to remember is to use sticky notes on the doors and windows with a reminder to make sure that they are locked before the elderly person leaves the house. Another idea is to have a check list of locks to check by the front door. Whenever the elderly person leaves the house, they can consult the check list to make sure that all the doors and windows have been closed and locked.

Spy holes and door chains: Another suggestion is to install spy holes and door chains on the front door. Spy holes are lenses that allow you to see who is at the front door before you open it. They are one way, so the person outside cannot look in. Door chains are chains that allow you to open the door, but only to a certain degree. They allow the elderly person to check the identity of the person at the door before opening it in full.

House alarms for the elderly: Another sensible precaution if you can afford it is to install a house alarm (burglar alarm) which will go off if anyone tries to break into your house. Some alarms can be linked to the local police station. Panic alarms are similar - they can be activated by an elderly person if they feel they are under threat in any way. Panic alarms can also be linked to the local police station or a security firm who monitors the alarm systems day and night.

Movement sensitive lighting: Elderly people can consider installing movement sensitive light on outside their home. The general idea is that a bright light is switched on by any movement outside the house and this alone can be a deterrent for any burglar or trespasser.

CCTC cameras: Some elderly people install CCTV cameras at their front door and at strategic points around their property. These cameras can be linked to a TV screen so that the elderly person can constantly monitor what is going on outside of their house. CCTV cameras and intercoms can mean that the elderly person does not need to open the front door unless they are certain of the identity of the person who is calling.

Other common sense advice to protect the elderly in their own homes:

1) Do not leave keys under the mat, or under pot plants. These are the first places burglars will look. Instead, arrange to leave a set of keys with a trusted next door neighbor, relative or friend.

2) If someone calls who claims to be delivering something or from a utility company, always ask to see their photo ID. If they do not have photo ID, do not let them in your house. If you feel anything uncomfortable about them, ask them to wait outside and call their company to verify that they are who they say they are. However, never verify their identity by using a telephone number that they have given you.

3) Never keep large amounts of cash in your house.

4) Mark all your valuables with your name and address.

5) Never keep your check book and check card together.

6) Make sure you have a telephone extension by your bed so you can make calls easily at night if you suspect that anything is amiss in your home.



Pistachio Cake

1 package Yellow Cake Mix (18.25 Oz)
1 package Instant Pistachio Pudding Mix (3.4 Oz)
4 whole Eggs
1-½ cup Water ¼ cups Vegetable Oil
½ teaspoons Almond Extract

Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10-inch tube pan.

In a large bowl mix together cake mix and pudding mix. Make a well in the center and pour in eggs, water, oil, and almond extract. Blend ingredients, then beat for 2 minutes at medium speed.

Pour into the prepared 10-inch tube pan. Bake in the preheated oven for 50 to 55 minutes, or until cake springs back when lightly pressed. Cool in the pan 15 minutes. Turn out onto a wire rack and cool completely.



Pistachio Nuts

The **pistachio** nut is a member of the cashew family. They are kernels obtained from fruits belonging to the *Anacardiaceae* family. The plant is a medium sized broad, bushy tree, which spreads 25 to 30 feet, with one or several trunks. The trees are inclined to spread and droop, and may initially need staking. The trees are believed to have originated in the mountain ranges of West-Asia and Turkey region.

The tree was first introduced into the United States in 1854 by Charles Mason, who distributed seed for experimental plantings in California, Texas and some southern states. In 1875 a few small pistachio trees, imported from France were planted in Sonoma, Calif. Commercial production of pistachio nuts began in the late 1970's and rapidly expanded to a major operation in the San Joaquin Valley California

In this country the pistachio is best adapted to the hot, drier regions of California and the Southwest, especially California's central valley and southern California inland areas. Pistachio trees are not particularly suitable as container plants.



Pistachios are recognized for their wholesome nutrition properties. Together with walnuts, almonds, and cashew, they offer good sources of protein, fats, and minerals.

Volunteers Needed!





















The Motor Rehabilitation and Learning Lab is part of the Health, Physical Education and Recreation Department at Utah State University. We are looking for volunteers ages 45 and over to help us understand how to maintain certain activities of daily living as we age. Participating in our studies can be a great way for older adults in our community to get involved. What to expect? Our research is non-invasive and behavioral. For example, participants may be asked to reach and grasp objects while seated at a desk during their visit. Visits typically last only about 1-2 hours, and may occur over several days.

Participants will also be compensated for their time with \$30 per visit. All research within the Motor Rehabilitation and Learning Lab is approved by the Utah State University Institutional Review Board and conducted by trained research assistants.

If you want to learn more, or are interested in being a research participant, please contact Caitlin Henagge by phone at 435-797-1894 or by email at motorlab@usu.edu. You can also find us at <http://www.schaefermrlab.org/participation.html>. We look forward to hearing from you!







March 2016

<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 1:30 Spanish 101	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 12:15 Lunch & Learn: Cabin Fever— Access Home and Health 1:00 Movie: Little Boy	2 9:00 Commodities 	3  National Anthem Day	4 10-12 Blood Pressure  12:15 Lunch and Learn: Practicing Receiving with Sunshine Terrace 1:00 Movie: Do Not Disturb
7 9:15 Breakfast Club  12:30 Jeopardy	8 1:00 Foot Clinic by Rocky Mountain Care  1:00 Movie: Secrets of War	9 11:15 Cooking Class 1:00 Book Club 	10 12-4 AARP Driver Safety Course 1:00 Foot Clinic by Rocky Mountain Care 	11 10-12 Blood Pressure  1:00 Movie: Pirates of the Caribbean 1-4 Lawyer Appts.
14 9:15 Breakfast Club  12:30 Jeopardy	15 10:00 Stepping on Class 1:00 Movie: Hombre	16 11:15 Craft w/ Giselle \$1.00 1:00 Foot Clinic by Rocky Mountain Care 	17  Happy Saint Patrick's Day 10:00 Pot of Gold Scavenger Hunt	18 10-12 Blood Pressure  Bingo w/ CNS 1:00 Movie: The Love Letters
21 9:15 Breakfast Club hosted by CNS  12:30 Jeopardy	22 10:00 Cards w/ CNS 10:00 Stepping on Class 1:00 Foot Clinic by Integrity Home Health  1:00 Movie: River of No Return	23 12:15 The Price is Right 	24 1:00 Red Hat Activity  2:00 Spanish 101	25 10-12 Blood Pressure  1:00 Movie: Dr. Zhivago
28 9:15 Breakfast Club  12:30 Jeopardy	29 10:00 Stepping on Class 1:00 Movie: Julia	30  Basketball shoot out 11:00 Hosted by Access Home and Hospice	31	



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Menus can change with out notice	1 Frito Pie Tossed Salad Mixed Fruit Corn Muffin	2 Veggie Soup Turkey Sandwich Fruited Jello 	3 Oriental Rice Casserole Broccoli Pears Bran Muffin	4 Baked Potato Bar w/Chicken Gravy Harvard Beets Peaches Bread
	7 Lentil Soup Tuna Sandwich Mixed Fruit Cookie	8 BBQ Chicken Mac & Cheese Green Bean Casserole Peaches	9 Pizza Cascade Veggies Pineapple Brownie 	10 Baked Chicken'n Noodles Sunshine Carrots Mixed Fruit Pie
14 Meatball Stew Mandarin Oranges Wheat Bread Cookie	15 Chicken Tortilla Soup Cheese Sandwich Apricots	16 Breakfast for Lunch Sliced Apples Blueberry Muffin	17 Corned Beef Casserole Capri Veggies Barry's foo foo Soda Bread 	18 Pork Roast Rice Pilaf California Mix Applesauce Roll
21 Chicken Chow Mein Egg Roll Tropical Fruit Fortune Cookie	22 Baked Spaghetti Italian Veggies Applesauce Garlic Bread 	23 Patio Soup Egg Salad Sandwich Peaches	24 Chicken Paprika Wild Rice Green Beans Mandarin Oranges Muffin	25 Ham Au Gratin Potatoes Mixed Veggies Fruit Cobbler Dill Roll
28 Chicken Alfredo w/Noodles Capri Veggies Peaches Bread	29 Cheese Burgers Pea Salad Pears Chips	30 Beef & Tator Tots Casserole Beets Applesauce Muffin	31 Corn Chowder Ham Sandwich Fruit Cobbler	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