

# May 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](http://www.cachecounty.org/senior)

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



#### May 4th @ 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\*

May 6th—Pioneer Valley Lodge  
May 27th — Sunshine Terrace  
(Healing After a Loss)

We need your help in naming our hamburger ... We don't know what to call it? So we will be running a burger naming contest and the winner will see his/her chosen burger name in our June Menu. June 3rd we will be having "The American West Gunfighters" come and put on a gun show for us during lunch. They will be dressed in western clothes + the whole works. No actual bullets or blanks will be fired but we do want to make you aware of them in the building.



We're excited to welcome **Even Stevens Logan** to Cache Valley! For every sandwich purchased they will donate one sandwich to local non-profit partners including the Cache Community Food Pantry, Capsa, and the Cache County Senior Citizens Center.

Not only are these sandwiches great for the community, they taste great too!  
131 N Main  
Street, Logan



At any age, gardening is one of the best activities we can do outdoors. It stimulates all of the senses; awakens our connection with nature and with each other; and rewards us with fresh flowers and vegetables. Gardening is also an excellent way for aging bodies to get a moderate-intensity aerobic workout, shed calories and stay flexible. Still, there's no question that bending, lifting, kneeling, squatting, weeding and pruning—not to mention dealing with sun, heat and bugs—all become more challenging as we grow older. Here are more tips for aging gardeners.

#### Rethink the Landscape

- Reassess the yard with an eye to lowering maintenance. Wherever possible, remove lawn and replace it with ground covers, mulched beds, and paved areas or paths. Add benches or chairs under shady trees.
- Create raised beds to improve drainage and make harvesting easier. Make the beds narrow, so anyone can reach into the center without straining.
- Make vertical gardens by growing vining plants upward using trellises, tomato cages, bamboo stakes, fences, walls or arbors as supports. It will cut down on bending and make harvesting easier.
- Change steps to wide, curving, gently sloping paths. Use pavers or fine gravel to line paths rather than wood chips or river rocks. Paths should be at least four feet wide to allow walker and wheelchair access, and wider at the end so wheelchairs can turn around.
- Install an irrigation system to cut down on watering, and low-voltage lighting to improve visibility on paths and steps in the evenings.
- Put pots on casters. Avoid hanging baskets, since they dry out quickly, require frequent fertilization, and can be difficult to reach.

#### Tend to the Gardener

- Work in the morning and evening, when it's coolest. Bring a water bottle to prevent dehydration.
- Wear sturdy shoes, a broad-brimmed hat and gardening gloves.
- Bend at the knees and hips to avoid injury.
- Move from one activity to another to avoid stressing any particular muscle group.
- Paint tool handles in neon colors or wrap them in brightly colored tape so they're easy to find if dropped.
- Hire labor (or commandeer adult children and grandchildren) to do the heaviest lifting, digging and grading.
- If a garden-loving senior becomes bedridden, bring the outdoors inside. Plant a mini-garden in pots on the windowsill, or create a maintenance-free terrarium in an old glass or plastic container. [www.agingcare.com](http://www.agingcare.com)



## Medicare Notices and Appeals

### What is an appeal?

If you have been denied coverage for a health service or item you may file an appeal. An appeal is formal request to ask Medicare or your plan to reconsider its coverage decision. How you appeal depends on whether you have coverage under Original Medicare or a Medicare Advantage Plan.

### Tips for Appealing

- Sometimes you have the option of starting an appeal in writing or over the phone. **We recommend writing an appeal letter.** The address where you send the appeal should be on the denial notice. Look below where it says "Important Information About Your Appeal Rights." If you are unable to locate the address, call your plan or 1-800-MEDICARE for assistance.
- If you have the option to fax an appeal, consider both mailing and faxing your appeal. **Keep photocopies and records of all communication**, whether written or oral, with Medicare concerning your denial. Send your appeal certified mail or delivery confirmation.
- Be brief and concise in your appeal letter. Clearly state which denied service you are appealing.
- In most cases, having a doctor's letter of support is helpful for your appeal. The letter should state why your health service, item, or medication is medically necessary.
- Keep a copy of everything you send to your plan and detailed records of everyone you talk to.
- Keep the receipts if you pay out of pocket for your services. You will be reimbursed if you win your appeal.
- There are multiple levels of the appeal process. If Medicare or your plan denies your appeal, you can continue appealing by following the instructions on your denial notice.
- If you missed the deadline to appeal at any level, you can ask for a Good Cause Extension. Common reasons for requesting a Good Cause Extension are:
  - You did receive a denial notice, or you received it late
  - You were seriously ill and this prevented you from filing an appeal
  - An accident destroyed your records
  - You were unable to obtain the documents you needed within the time frame
  - You could not understand the documents

The list above is not comprehensive. If you have a good reason for not appealing in a timely way but it is not on this list, request the extension anyway.

#### 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.

## 11 Summer Safety Tips for the Elderly

The summertime is a time of fun and relaxation for most people. But for seniors, the heat and sun can be dangerous if the proper precautions aren't taken. Here are some great tips that seniors, as well as caregivers, can use to make sure they have a fun, safe summer.

1. Stay Hydrated- Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. They also can become less aware of their thirst and have difficulty adjusting to temperature changes. Remember to drink water often, and be sure to pack some for those long summer drives.

Dr. William Greenough, of Johns Hopkins Geriatric Center, says that caregivers should make sure seniors are drinking sweat replacement products (that contain salt and potassium) to replace water they lose during the summer.

2. Talk to Your Doctor- Check with your medical team to make sure any medications you are on won't be affected by higher temperatures -- especially if you don't have air conditioning in your home. Some medications are less effective if stored at temperatures higher than room temperature (approximately 78 degrees Fahrenheit), and the last thing anyone wants is for a preventable medical condition to become aggravated due to high temperatures.

3. Keep Your Cool- Even small increases in temperature can shorten the life expectancy for seniors who are coping with chronic medical conditions. Shopping malls, movie theaters and libraries provide welcome, cool spaces if a senior's own home isn't air conditioned. They also afford a great opportunity to get out of the house and get some exercise, without the exhaustion of the heat. Contact your local Area Agency on Aging to inquire if there are any programs to assist seniors with fewer resources to get air conditioners. "Seniors are much more vulnerable to the harmful effects of heat, as their bodies do not adjust as well to sudden changes in temperature," shares Dr. Lubna Javed of HealthCare Partners Medical Group. "Some chronic medical conditions and prescription medications can impair the body's ability to react efficiently to rising temperature."

4. Stay in Touch—High temperatures can be life-threatening, so communication plays an important role in ensuring the safety of the elderly. For seniors, you should let friends and family know if you'll be spending an extended period of time outdoors, even if you're only gardening." Caregivers should check on the health and welfare of their loved ones at least twice a day," suggests Dr. Javed.

5. Meet Your Neighbors-Get in touch with those who live in your neighborhood and learn a bit about them and their schedules. If you are elderly, see if a younger neighbor -- perhaps even one of their kids -- can come by and check on you occasionally to make sure everything is all right. The extra company and friendship that can result is a bonus!

6. Know Who to Call—Prepare a list of emergency phone numbers and place them in an easy to access area. This way, the right people can be called to help quickly preventing any further issues or preventing medical problems from getting worse.



7.- Protect Your Eyes-Vision loss can be common among the elderly, and too much exposure to the sun can irritate eyes and cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.

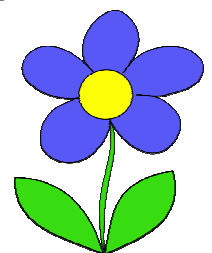
8.- Know the Risks of Hyperthermia-During the summer, be particularly cautious about abnormally high body temperatures -- a condition known as hyperthermia. Heat stroke is an advanced form of hyperthermia that can be life-threatening. Make sure to know the warning signs and get medical attention immediately if you or anyone you know is experiencing these symptoms: Body temperature greater than 104 degrees A change in behavior, such as acting confused, agitated or grouchy, Dry, flushed skin, Nausea and vomiting, Headache Heavy breathing or a rapid pulse, Not sweating, even if it's hot out, Fainting. "Elderly individuals have a harder time knowing when they are dehydrated and their bodies have more difficulty regulating their temperatures," says Dr. Ronan Factora of the Cleveland Clinic says. "As a result, they are more prone to heat stroke." If you (or an elderly loved one) start to feel any of these symptoms, ask for medical help and then get out of the heat, lie down and place ice packs on your body.

9.- Rub on Sunscreen and Wear Hats-Everyone, young and old, should wear sunscreen when outdoors. The elderly especially need the extra sun protection to help keep them healthy. Caregivers, family and friends can help by gently reminding loved ones about applying sunscreen and helping to put it on when necessary. Hats are also a great idea, especially for those with light colored hair and those with only distant memories of a full head of hair.

10. Apply Bug Spray- The elderly is particularly prone to West Nile Virus and encephalitis, Dr. Factora notes. If you live in areas where there are a lot of mosquitoes and where West Nile Virus is present, and if you spend a lot of time outdoors (particularly at night), use mosquito repellent to help reduce the risk of getting bit by a mosquito carrying this virus.

11. Exercise Smart- If you enjoy outdoor activities such as walking or gardening, make sure to wear the proper clothing and protective gear. It is also important to keep track of time. Do not stay out for long periods and make sure to drink even more water than usual when exercising. Also consider getting outdoor exercise earlier in the morning or later in the evening when the sun is not at its peak. Read more about Exercise and Fitness for Seniors.

\*\*\*Gillian Kruse is a freelance writer in Houston

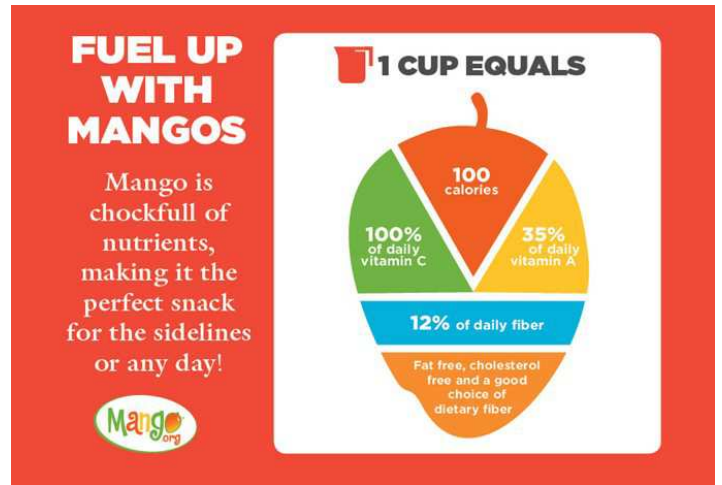




## What Is the Nutritional Value of a Mango?

Mangoes may be considered an exotic fruit, and therefore are not as popular as traditional apples, oranges and bananas. However, mangoes provide a nutritious snack option. Vitamin A is responsible for many necessary functions in the body. According to the National Institute of Health's Office of Dietary Supplements, vitamin A keeps the skin and mucous membranes strong, as well as the linings of the intestinal and respiratory tracts. The form of vitamin A from plant sources such as mangoes is beta-carotene. A study published in the journal of "The American Society for Nutritional Sciences" reports that beta-carotene reduces the size of cancerous tumors and protects the body from developing them. One mango provides between 25 and 40 percent of the RDA, which according to the NIH Office of Dietary Supplements is 5,000 IU. More Anti-Oxidants-Mangoes are also a good source of vitamins C and E, which are powerful antioxidants right along with vitamin A. The vitamin C content of mangoes is very high, with one cup of sliced mango delivering 45 mg, which is over 70 percent of the RDA. The vitamin E content is 1.8 mg--almost 10 percent of the RDA. While you may think you should skip the mango and simply take an antioxidant supplement, think again. Taking antioxidant supplements does not have the same health effects on the body that getting the antioxidants from fresh fruit and vegetables has. The theory behind this is that there is more than just vitamins C, E and beta-carotene in fruit. There are numerous vitamins and

minerals that have to work together and can not function the same when isolated from one another. If you are watching your weight, or blood pressure, mangoes are a great snack alternative. According to Elements4Health, a respected nutritional research firm, mangoes have a low glycemic index, which is a benefit to those who want to keep their blood sugar in check. With only 60 calories in a half-cup serving, mangoes also contain no fat and no sodium, which is great for those concerned about blood pressure, as well as for anyone who wants to take off, or keep away, those extra pounds. It also contains water and 1 gram of fiber. The average adult needs between 20 and 30 grams of fiber daily.



## Sparkling MANGO WATER

Prep time 5 mins

Sparkling Mango Water is incredibly delicious and refreshing! This summer, try this incredibly delicious refreshing sparking mango water! You are going to love it.

Serves: 2

### INGREDIENTS

1 cup frozen mangos  
1 cup water,  
1 can carbonated water  
granulated sugar or truvia, to taste (optional)

## INSTRUCTIONS

Add the frozen mangos and water to a blender. Blend on high until the mangos are pureed. Add ice to two glasses. Pour the mango mixture into the two glasses and top with carbonated water. Add granulated sugar or truvia to taste.

Realhousemoms.com



## Mahjong

Please come join us on Monday's at 11:00 as we learn & play the game Mahjong. Mahjong is a game of both skill and luck that originated in China many centuries ago. Mahjong is a game that is usually played by 3-5 players, it is played with 1 set of 136 tiles with assorted Chinese symbols and characters. The game involves using strategic skills, calculation, techniques, and certain degree of chances. If you would like to learn this new game or maybe already know how to play, please join us. All levels are welcomed. If you have any questions contact Kristine.

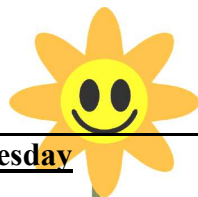


As a kid i think i ate too many rice krispies .

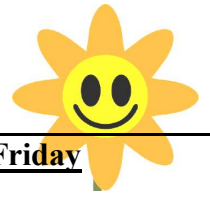
now all ,my body does it snap crackle and pop !






















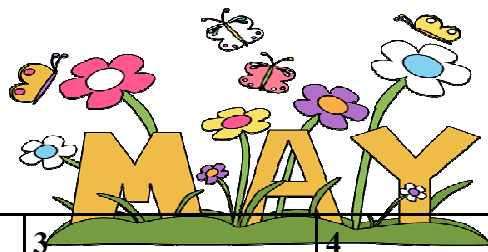
JUST FOR JOKE AND FUN  
www.facebook.com/jf16ceeb1



# May 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	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 1:00 Bridge/Movie/ Internet Help
<b>2</b> <b>9:15 Breakfast Club</b>   <b>11:00 Mahjong</b>  12:30 Jeopardy	<b>3</b>  1:00 Movie: <b>Charade</b>	<b>4</b>  <b>9:00 Commodities</b> 	<b>5</b>  <b>1:00 Muscle Shoals</b>	<b>6</b> <b>10-12 Blood Pressure</b>   12:15 Lunch & Learn: <b>Pioneer Valley Lodge</b>  1:00 Movie: <b>My Fair Lady</b>
<b>9</b> <b>9:15 Breakfast Club</b>   <b>11:00 Mahjong</b>  12:30 Jeopardy	<b>10</b> <b>1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only</b>   1:00 Movie: <b>My All American</b>	<b>11</b> 11:15 Cooking Class   <b>1:00 Book Club</b> 	<b>12</b> <b>12-4 AARP Driver Safety Course</b>   <b>1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only</b>   1:00 Kids for Cash	<b>13</b> <b>10-12 Blood Pressure</b>   1:00 Movie: <b>Loving Layla</b>
<b>16</b> <b>9:15 Breakfast Club</b>   <b>11:00 Mahjong</b>  12:30 Jeopardy	<b>17</b>  1:00 Movie: <b>Moonrise Kingdom</b>	<b>18</b> 11:15 Craft w/ Giselle \$1.00  <b>1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only</b> 	<b>19</b> 12:15 Skyview Social Dance class  <b>1:00 American Experience: The Amish Shunned</b>	<b>20</b> <b>10-12 Blood Pressure</b>   1:00 Movie: <b>Casa Blanca</b>
<b>23</b> <b>9:15 Breakfast Club</b>   <b>11:00 Mahjong</b>  12:30 Jeopardy	<b>24</b> <b>1:00 Foot Clinic by Integrity Home Health—By Appt. Only</b>   1:00 Movie: <b>The Chorus</b>	<b>25</b>	<b>26</b> <b>1:00 Red Hat Activity</b>   2:00 Spanish 101	<b>27</b> <b>10-12 Blood Pressure</b>   12:15 Lunch & Learn: <b>Healing After a Loss by Sunshine Terrace</b> 1:00 Movie: <b>Walt Before Mickey</b>
<b>30</b> <b>Closed for memorial DAY</b> 	<b>31</b>  1:00 Movie: <b>Follow Me Boys</b>			



# 2016

<p>2</p> <p>Pizza Capri Veggies Fruit Cobbler Pretzel Bites</p>	<p>3</p> <p>Beef Stroganoff w/ Noodles Peas &amp; Carrots Applesauce Bran Muffin</p>	<p>4</p> <p>Poppy Seed Chicken Baked Potato Cascade Veggies Peaches</p>	<p>5</p> <p>Pulled Pork Sandwich Tossed Salad Mixed Fruit</p>	<p>6</p> <p>Spaghetti Italian Mix Veggies Pears Garlic Bread</p>
<p>9</p> <p>Chicken Nuggets Mac &amp; Cheese Peas Tropical Fruit</p>	<p>10</p> <p>Pork Burrito Southwest Eggroll Refried Beans Peaches</p>	<p>11</p> <p>Broccoli Cheese Soup Roast Beef Sandwich Carrot Raisin Salad Sliced Apples</p>	<p>12</p> <p>Turkey Stuffing Bake Green Beans Cranberry Salad Biscuit</p>	<p>13</p> <p>Frito Pie Tossed Salad Apricots Corn Muffin</p>
<p>16</p> <p>Ham Creamed Peas &amp; Potatoes Pineapple Biscuit</p>	<p>17</p> <p>Lentil Soup Tuna Sandwich Mixed Fruit Cookie</p>	<p>18</p> <p>Lasagna California Mix Veggies Applesauce Roll</p>	<p>19</p> <p>Baked Potato Bar w/Chicken Gravy Mixed Veggies Mandarin Oranges Roll</p>	<p>20</p> <p>Broccoli &amp; Chicken Casserole Sunshine Carrots Peaches Cookie</p>
<p>23</p> <p>Cream of Potato Soup Turkey Sandwich Pistachio Salad Chips</p>	<p>24</p> <p>Meatloaf Au Gratin Potatoes Cascade Veggies Pears Biscuit</p>	<p>25</p> <p>Baked Chicken 'n Noodles Green Beans Tropical Fruit Wheat Bread</p>	<p>26</p> <p>Baked Ziti Cucumber Salad Mixed Fruit Garlic Bread</p>	<p>27</p> <p>Lemon Pepper Chicken Rice Capri Veggies Fruit Cobbler Roll</p>
<p>30</p> <p><b>CLOSED FOR MEMORIAL DAY HOLIDAY</b></p>	<p>31</p> <p>Baked Chicken Mashed Potatoes w/Gravy Broccoli Peaches Muffin</p>		<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>