

June 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**

**June 1st @ 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

June 2nd—12:15—Cowboy Poetry:
Hosted by Rick Mayo: Beehive Homes

June 3rd—12:15— The American West
Gunfighters Show

June 9th—12:15—Relay Utah

June 10th—12:15—BRHD: National
Diabetes Prevention Program

June 17th—12:15—Father's Day
'Rootin Tootin' entertainment
hosted by Rocky Mtn. Join us for
root beer floats after the performance.



June 22nd—State of Utah Low
Vision Services

Day Trip

Join us June 28th as we visit the LDS Church History Museum. We will leave at 9:15 am. Lunch will be at the Chuck A Rama restaurant and each senior is responsible to pay for their own lunch. RSVP with \$5.00 for bus fare at the front desk with Marisol.

We will have a lawyer here on July 14th from 1:00–4:00. If you need legal advice make an appointment with Marisol

**Deals for Meals on Wheels
& the Senior Center**



If you are cleaning out your closets and are decluttering, we will take donations. We will be having a Yard sale, July 30th to help the Meals on Wheels & our Senior Center programs. Your generous donations and your support means some of our most vulnerable neighbors and friends will have access to the nutrition they need to live at home with independence and dignity and you will also be helping the many programs and activities offered at the Senior Center. Please contact Kristine or Giselle

Directors Message

Over the past years we have had a "Free Table" in our multipurpose room. This was a table in which people could drop off good discarded items for seniors to come and take. We have observed over the past year and have received many complaints that the same few seniors were taking all the items. Some of them were even going to the trouble of coming in and going through the items on the table many times a day and taking the items so they could hold a garage sale for themselves and make money. This was not the intention. The purpose of the table was to give unwanted or unneeded items to those who might need an item or might not have the money to purchase the items at full price at the store. So instead of assigning a staff member or a volunteer to watch the table to keep this from happening, I decided to do some research and find what other senior citizens centers do. Many Centers throughout the nation have gift/thrift shops where seniors donate used items or make and donate items to be sold to further the programs/activities of their senior center. Locally we have a non-profit business called Somebody's Attic, which has made a big impact on our community. Their slogan is "a second hand store with a first rate cause". All the funds they generate from donated items they sell help CAPSA (Citizens Against Physical and Sexual Abuse) and The Family Place (formerly the Child and Family Support Center).

We have a first rate cause right here at the Senior Center! All of our lunches, Meals on Wheels, activities, programs, services, classes, field trips, transportation, basically everything is on a donation basis. And believe me, the donations we have received over the past year are the lowest that we have ever seen. One way we can make up that difference (\$ donations), with your help is to use the same successful concept as Somebody's Attic. By using those donated items which are brought in for the free table and selling them at an extremely reduced price, you will not only be helping fellow seniors with things they might need, but help fund the Senior Center. When the "Gift Shop" was originally established many years ago, the mission was to provide a place to purchase donated or homemade items at a discounted price with the money being used to run

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the programs of the Senior Center. Today our Gift Shop is filled with reasonably priced quilts, baby items, clothes, jewelry, purses, books, yarn, fun gifts and homemade items which are but a few of the many things for sale. The best part is this gift shop is not just for seniors, but is open to the public. And all of the money raised is used for Meals on Wheels and everything offered at the Senior Center. So from now on there no longer will be a “Free Table”. All donations will be taken to the Meals on Wheels office. All items will be sorted and taken to the gift shop to be sold at an extremely reduced price. Those items we can’t use will be donated to other non-profit agencies to help them. We feel this solution will not only solve the problem, but it will be a continual way to help seniors and the Senior Center. We will be accepting all kinds of donations (listed below). We will still have a place (free) for magazines for people to take or just look at. When the summer produce (free) comes in we will make sure there is a place to put the donated items for all seniors to take not the few. Please take the time and come and shop in our gift shop. Even though our space is small, we have quite an assortment of goodies. One way which everyone can help is if you’ve done some “spring cleaning” around your home and are looking for a place to donate clothing or household items, we hope you’ll donate to the Senior Center Gift Shop. Remember, all proceeds directly benefit the Senior Center and the Meals on Wheels program.

To help make the community aware of the importance of our Gift Shop and the purpose behind it, we will be holding a “Meals on Wheels & Senior Center Yard Sale” - July 30th – Saturday from 9:00 am—12:00 pm. We also have arranged to have a shred truck for those that have papers which need to be shredded. So if you are cleaning your closets and decluttering, we will be taking donations and all proceeds will go to the Senior Center and the Meals on Wheels programs.

We appreciate all your support and understanding! Your donations are so important to the success of the Senior Center and the many programs, services and activities we all participate in.

If you are interested in helping us as a volunteer with the Gift Shop and/or the upcoming garage sale please contact Kristine or Giselle.

If you have any questions or concerns please stop in my office I would love to visit with you. Thanks for all of your support! Kristine

We will accept: all ages of clothing (clean and not stained), books, collectibles, kitchenware, household items, cd’s, DVD’s, holiday items, jewelry, purses, fabric, yarn and furniture. Please make sure that all items are clean and in good condition. We will not accept: Broken or damaged merchandise, carpet remnants, chemicals, food, mattresses & pillows, tires, and TVs. If you have large items please talk to the front desk before bringing those items into the building.



***Deals for
Meals on Wheels
& the Cache County
Senior Center Programs***

**July 30, 2016—Saturday
9 am – 12 pm**

**We will also have a Shred Truck
For your documents which need to be shredded.**

6 Types of Normal Memory Lapses and Why You Needn't Worry About Them



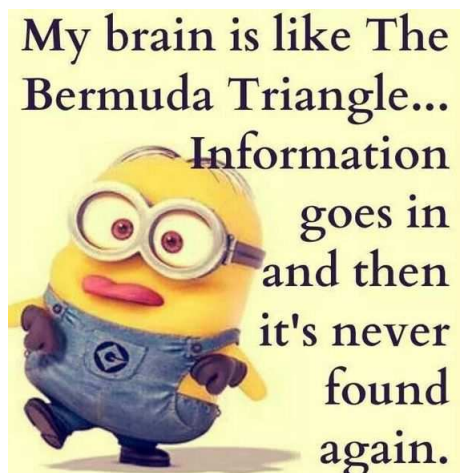
Maybe it starts with simply forgetting something. You can't remember the route to a restaurant you've been to many times before or the birthday present a friend gave you a month ago. Then comes the worry. Is your forgetfulness a sign of something serious? Such brain freezes happen to most of us, to different degrees, as we age. Even experienced public speakers have their "oops" moments, when a word or term they use on a daily basis simply refuses to come to mind. But while such common memory lapses are frustrating, they don't necessarily mean you're losing your marbles. If your lapses aren't disrupting your life, there's no need to be actively worried, experts say.

"The key issue is whether cognitive changes are significantly interfering with daily activities," says Kirk R. Daffner, M.D., chief of the division of cognitive and behavioral neurology at Boston's Brigham and Women's Hospital. If that's happening, you should consult your doctor. Your lapses may well have very treatable causes. Severe stress, depression, a vitamin B-12 deficiency, insufficient sleep, some prescription drugs and infections can all play a role.

Even if these factors don't apply to you, your memory isn't completely at the mercy of time. Studies have shown that people who exercise, stay mentally active, socialize regularly and eat a healthy diet can minimize memory loss.

Still worried? Here are six types of normal memory lapses that are not a cause for worry.

1. **Absent mindedness.** Where in the world did you leave your keys? Or why the heck did you walk into the living room anyway? Both of these very common lapses usually stem from lack of attention or focus. It's perfectly normal to forget directions to somewhere you haven't visited in a while. But "if you've lived on a block for 10 years, and you walk out the door and get lost, that's much more serious," says Debra Babcock, M.D., of the National Institute of Neurological Disorders and Stroke.
2. **Blocking.** This is the frustrating tip-of-the-tongue moment. You know the word you're trying to say, but you can't quite retrieve it from memory. It usually happens when several similar memories interfere with each other. A 2011 study, published in the journal *Brain Research*, showed that elderly participants had to activate more areas of the brain to perform a memory task than the study's young subjects. "We're all accessing the same brain networks to remember things," says Babcock, "but we have to call in the troops to do the work when we get older, while we only have to call in a few soldiers when we're younger."
3. **Scrambling.** This is when you accurately remember most of an event or other chunk of information, but confuse certain key details. One example: A good friend tells you over dinner at a restaurant that she is taking out a second mortgage on her home. Later, you correctly recall the gist of her news but think she told you during a phone conversation. Research points to the importance of the hippocampus - a region of the brain crucial in the formation of memories about events, including the particular time and place they occurred. Scientists estimate that, after the age of about 25, the hippocampus loses 5 percent of its nerve cells with each passing decade.
4. **Fading away.** The brain is always sweeping out older memories to make room for new ones. The more time that passes between an experience and when you want to recall it, the more likely you are to have forgotten much of it. So while it is typically fairly easy to remember what you did over the past several hours, recalling the same events and activities a month, or a year, later is considerably more difficult. This basic "use-it-or-lose-it" feature of memory known as transience is normal at all ages, not just among older adults.
5. **Struggling for retrieval.** You were just introduced to someone, and seconds later, you can't remember her name. Or you saw a great film, but when you tell a friend about it the next day, you've completely forgotten the title. Aging changes the strengths of the connections between neurons in the brain. New information can bump out other items from short-term memory unless it is repeated again and again.
6. **Muddled multitasking.** At some point the number of things you can do effectively at one time diminishes. Maybe you can't watch the news and talk on the phone at the same time anymore. Not such a bad thing, really. Studies show that, the older we get, the more the brain has to exert effort to maintain focus. Further, it takes longer to get back to an original task after an interruption. - Mary A. Fischer



Blackberry-Lemon Ice Cream Pie

In this healthy ice cream pie recipe, crumbled ginger-snaps make an easy and tasty crust for the blackberry and lemon filling made with nonfat vanilla Greek yogurt.

Ingredients

Crust

2 cups coarsely crumbled gingersnap cookies (see Tip)
3 tablespoons canola oil

Filling & Topping

3/4 cup heavy cream
1/3 cup sugar
1 cup nonfat vanilla Greek yogurt
3 cups blackberries, divided
2 teaspoons lemon zest

Preparation

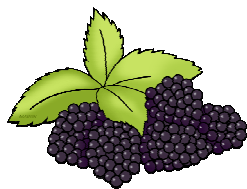
To prepare the crust: Preheat oven to 350°F. Coat a 9-inch pie pan with cooking spray. Process cookies in a food processor until finely ground. Add oil and process until well combined. Using your fingertips or the back of a spoon, press the crumb mixture into the bottom and

up the sides of the prepared pan. Bake until just set, 10 to 12 minutes. Transfer to a wire rack to cool.

To make the filling: Whip cream in a medium bowl with an electric mixer until starting to thicken. Add sugar and continue whipping until stiff peaks form. Gently fold in yogurt. Clean out the bowl of the food processor and puree 2 cups blackberries.

Pour the puree through a sieve into the yogurt-cream mixture, pressing on the solids to strain out as much of the puree as possible. Add lemon zest and gently fold the flavorings into the yogurt-cream mixture. Spread the flavored yogurt-cream mixture into the cooled crust.

Top with the remaining 1 cup blackberries. Freeze until very firm, at least 5 hours. To serve, let the pie stand at room temperature until softened slightly, about 15 minutes, before slicing.



Nothing says “Summer!” like a fresh fruit salad and if blackberries aren’t in the mix, you’re definitely missing out! Sweet and succulent, this fruit belongs to the same family and closely resembles dewberries and raspberries.

The nutrient list of blackberries is extensive. They are loaded with vitamin C (a 100g serving has 23 mg or 35 percent of the recommended daily allowance or RDA), but are low in calories (only 43 calories per 100g serving) and sodium. They are an excellent source of both soluble and insoluble fiber. A 100g serving of whole blackberries contains 5.3 g of fiber, which is 14 percent of the RDA. The humble blackberry contains impressively high levels of phenolic flavonoid phytochemicals. These antioxidant compounds protect against aging, inflammation, cancer, and other neurological diseases. Blackberries may also have beneficial effects on your brain health. According to an article published in the Journal of Agricultural and Food Chemistry, the high antioxidant levels in blackberries, strawberries, and other berries may help prevent age-related memory loss. There is a growing body of research claiming that berries such as blackberries may be among the most potent cancer-fighting fruits. Blackberries are rich in cyanidin 3-glucoside, ellagic acid, lignans, and the flavonoid myricetin –substances that may have cancer-protective properties.

A BIG thanks to all who participated in helping us name our hamburger.

Listening and reading your ideas was sure fun!

The winner for our hamburger naming contest is:

“The Old Timer Burger” - Thanks, George Hill!



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.

I'm Ready For Summer!

WHO'S WITH Me?!



I need a time out!

Send me to the beach and don't let me come back till my attitude changes



AT NIGHT I CAN'T SLEEP.



IN THE MORNING I CAN'T WAKE UP..

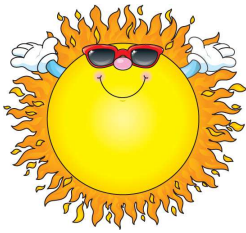




















I hate that moment when you're tired and sleepy but as soon as you go to bed, your body is like Just Kidding..





June 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	9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:15 Clogging 9:30 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
		1 9:00 Commodities  <u>Say Something Nice Day!</u> <i>Be kind to everyone. Help Celebrate this day, spread cheer and goodwill by focusing on the good of all people. Say something nice.</i>	2 12:15 Cowboy Poetry: Hosted by Beehive Homes / Rick Mayo 1:00 Documentary First Man on the Moon	3 10-12 Blood Pressure  12:15 The American West Gunfighters show  1:00 Movie: To Kill a Mocking Bird
6  9:15 Breakfast Club 12:30 Jeopardy	7 1:00 Movie: The Martian	8 11:15 Cooking Class  1:00 Book Club 	9  12-4 AARP Driver Safety Course 12:15 Lunch & Learn: Relay Utah 1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only  1:00 Documentary Yindi the last Koala	10  10-12 Blood Pressure 12:15 Lunch & Learn: BRHD National Diabetes Prevention Program 1:00 Movie: The Princess Bride
13  9:15 Breakfast Club 12:30 Jeopardy	14 1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only  1:00 Movie: The Truman Show	15 11:15 Craft w/ Giselle \$1.00 1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only 	16 1:00 Documentary Bigger than T. Rex	17  10-12 Blood Pressure 12:15 Rocky Mtn. 'Rootin Tootin' Tunes 1:00 Movie: Murphy's Romance
20  9:15 Breakfast Club 12:30 Jeopardy	21 1:00 Movie: You Can't Take it With You	22 12:15 State of Utah Low Vision Services	23 9:30 Wii bowling Tournament at Sunshine Terrace 1:00 Red Hat Activity  2:00 Spanish 101	24  10-12 Blood Pressure 1:00 Movie: Brooklyn
27  9:15 Breakfast Club 12:30 Jeopardy	28 9:15 LDS Church History Museum field trip 1:00 Foot Clinic by Integrity Home Health—By Appt. Only  1:00 Movie: Indiscreet	29 	30 10:30 CNS cards 1:00 Documentary Tesla: Master of Lighting	



2016

<p>Menus can change with out notice</p>		<p>1</p> <p>Breakfast Mandarin Oranges Breakfast Cookie</p>	<p>2</p> <p>Tuna Rice Casserole Peas & Carrots Pears Wheat Bread</p>	<p>3</p> <p>The Old Timer Burger Coleslaw Jell-O Salad Chips</p>
<p>6</p> <p>Turkey Sandwich Vegetable Salad Apricots Cookie</p>	<p>7</p> <p>Creamy Ranch Chicken Rice Carrots Mixed Fruit Muffin</p>	<p>8</p> <p>Ham & Swiss Broccoli Pasta Cascade Veggies Peaches Wheat Bread</p>	<p>9</p> <p>Grilled Chicken Sandwich Pea Salad Applesauce Cake</p>	<p>10</p> <p>Salisbury Steak Mashed Potatoes & Gravy Capri Veggies Pears Roll</p>
<p>13</p> <p>Orange Chicken Rice Mixed Veggies Mandarin Oranges Fortune Cookie</p>	<p>14</p> <p>Pork Chops Mashed Potatoes & Gravy Mixed Veggies Applesauce Bread</p>	<p>15</p> <p>French Dip Sandwiches Relish Tray Jell-O Salad Chips</p>	<p>16</p> <p>Beefy Mac California Mix Veggies Peaches Cookie</p>	<p>17</p> <p>Chicken Parmesan Noodles Mixed Veggies Mixed Fruit Garlic Bread</p>
<p>20</p> <p>Taco Burgers Coleslaw Pineapple Corn Chips</p>	<p>21</p> <p>Turkey Tetrizzini Cascade Veggies Mandarin Oranges Muffin</p>	<p>22</p> <p>Tuna Sandwich Chicken Noodle Soup Apricots Chips</p>	<p>23</p> <p>Turkey Meatballs & Gravy Noodles Carrots Pears Muffin</p>	<p>24</p> <p>Pork Riblets Baked Potatoes Broccoli Peaches Roll</p>
<p>27</p> <p>Ham Sandwich Cottage Cheese & Tomato Salad Mixed Fruit Chips</p>	<p>28</p> <p>Swiss Steak Rice Pilaf Capri Veggies Peaches Bread</p>	<p>29</p> <p>Cheddar Chicken Casserole Peas Mandarin Oranges Honey Bran Muffin</p>	<p>30</p> <p>Pizza Tossed Salad Pineapple Garlic Toast</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>