

Cache County Senior Center

240 N 100 East Logan, Utah 84321
435-755-1720 | Fax: 435-752-9513
Hours: Mon-Fri 9am -4pm
www.CacheCounty.org/Senior
Photo by Mike Bullock



April 2017

April 5th @ 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

April 7th—Pre-need Funeral Plans
by James Allen/Allen Mortuary
April 14th—Stress & Anxiety
Hosted by The Gables

Larry Dawson from the VA will assist you with all of your benefit needs on April 11th & April 25th from 9:00-12:00. Please call 435-713-1462 to schedule an appointment.

Poker

Hosted by: Bruce Lee
at ComForCare
Monday, April 10th @
10:30—Noon

The game will start promptly at
10:30

NO LATE COMERS
We will play poker every
2nd Monday at 10:30



The Cache County Senior Citizens Center is located at 240 North 100 East, Logan City and is open Monday through Friday from 9 AM - 4 PM. We offer a broad spectrum of activities and services such as nutrition, health/wellness services, education, information and assistance, transportation, supportive services, creative arts, recreation and volunteer opportunities.



Smile

A smile costs nothing, but gives much. It enriches those who receive, without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever. None is so rich or mighty that he can get along without it, and none is so poor, but that he can be made rich by it. A Smile creates happiness in the home, fosters good will in business, and is the counter-sign of friendship. It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and it is nature's best antidote for trouble. Yet it cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone, until it is given away. Some people are too tired to give you a smile; Give them one of yours, as none needs a smile so much as he who has no more to give.

Spring is when you feel like whistling even with a shoe full of slush.

In the spring I have counted one hundred and thirty-six different kinds of weather inside of four and twenty hours.
~Mark Twain



The sun was warm but the wind was chill. You know how it is with an April day.
~Robert Frost

Smile
happy looks good on you

A Smile

A smile creates such sunshine
Where ever it is found.
It makes the poor feel very rich
To the home it is the crown.
It costs nothing to give away
But enriches all it
meets,
The weary, the down
trodden
Even people on the
street.



So if you have a smile inside
You must give it away.
It can't be borrowed or be bought
So go brighten every day!

Shirley Hallstrom

Cache County Senior Citizens Center



Please stop by our gift shop that is located at the front of our Senior Center. If you need a gift for a friend, birthday, holiday, baby or just something for yourself we have it. We have beautiful hand sewn quilts. All proceeds go to our Meals on Wheels program.

Rain

I opened my eyes
And looked up at the rain,
And it dripped in my head
And flowed into my brain,
And all that I hear as I lie in my bed
Is the slishity-slosh of the rain in my head.



I step very softly,
I walk very slow,
I can't do a handstand--
I might overflow,
So pardon the wild crazy thing I just said--
I'm just not the same since there's rain in my head.



Good Things To Eat

Baked Banana Chips

10 ripe (or as many as you would like), but firm bananas, thinly sliced freshly squeezed lemon juice (1 lemon is plenty). Preheat oven to 200F. Cover a sheet pan with foil and lightly grease with cooking spray. Toss the bananas in lemon juice. Arrange the bananas in a single layer on prepared baking sheet. Bake for 2 hours, flip the slices with a metal spatula, and continue to bake for 1.5 hours longer, or until desired crispness. Remove from oven and transfer the chips to a wire rack. Cool completely. The longer they cool, the crunchier they will get. Store in an airtight container.



Benefits of *Bananas!*

1. Reduce depression
2. Regulate the bowel system
3. Reduce blood pressure & risk of heart disease
4. Help our bones grow stronger
5. Help individuals to quit smoking
6. Help prevent anemia
7. Provide us with energy
8. Reduce menstrual pains
9. Power our brains
10. Help prevent ulcers



A woman was trying hard to get the ketchup to come out of the jar. During her struggle the phone rang so she asked her four year old daughter to answer the phone. "It's the minister, Mommy," the child said to her mother. Then she added, "Mommy can't come to the phone to talk to you right now, she's hitting the bottle."



A tour bus driver is driving with a bus load of seniors down a highway when he is tapped on his shoulder by a little old lady. She offers him a handful of peanuts, which he gratefully munches up. After about 15 minutes, she taps him on his shoulder again and she hands him another handful of peanuts. She repeats this gesture about five more times. When she is about to hand him another batch again he asks the little old lady, 'Why don't you eat the peanuts yourself?' 'We can't chew them because we've no teeth', she replied. The puzzled driver asks, 'Why do you buy them then?' The old lady replied, 'We just love the chocolate around them.'



I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

Elephant Stew

1 Elephant

Brown Gravy

2 Rabbits

Salt and Pepper

Cut elephant into bite-sized pieces. Takes about 2 months. Using large kettles, simmer equal parts elephant and vegetables with enough broth to cover. Cook over kerosene fire about 3 weeks at 165 degrees. If more are expected for dinner, 2 rabbits may be added. Only do this if necessary.

Personal note: Add rabbits only if necessary as most people do not like to find hare in their stew.



Happy April Fool's Day



165 E. 1400 North Suite 150
Logan, UT

Bruce Lee
Owner



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Office: 844-877-7046

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ad

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What Part A covers

What's covered?

Medicare covers services (like lab tests, surgeries, and doctor visits) and supplies (like wheelchairs and walkers) considered necessary to treat a disease or condition. If you're in a Medicare Advantage Plan or other Medicare plan, you may have different rules, but your plan must give you at least the same coverage as Original Medicare. Some services may only be covered in certain settings or for patients with certain conditions.



In general, Part A covers:

- Hospital care
- Skilled nursing facility care
- Nursing home care (as long as custodial care isn't the only care you need)
- Hospice
- Home health services

2 ways to find out if Medicare covers what you need

Talk to your doctor or other health care provider about why you need certain services or supplies, and ask if Medicare will cover them. If you need something that's usually covered and your provider thinks that Medicare won't cover it in your situation, you'll have to read and sign a notice saying that you may have to pay for the item, service or supply. Find out if Medicare covers your item, service or supply.

Medicare coverage is based on 3 main factors

- Federal and state laws.
- National coverage decisions made by Medicare about whether something is covered.
- Local coverage decisions made by companies in each state that process claims for Medicare. These companies decide whether something is medically necessary and should be covered in their area.

What Seniors Can Do To Spring Into Shape

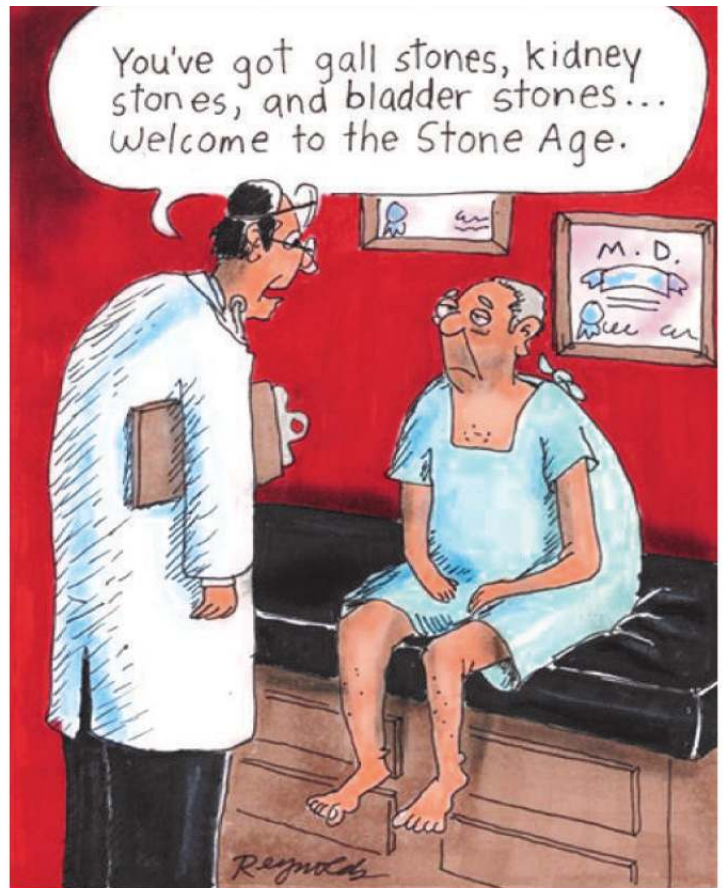
- * Taking the stairs – stair climbing exercises the same muscles necessary for keeping your balance while rising from a chair, so it is important to keep these muscles strong.
- * Sign up for line dancing or Tai Chi classes at the Senior Center.
- * Making little changes that add up – parking farther away from church, or a store entrance and walking the extra distance – every little bit helps.
- * Exercising at home with exercise programs on TV, or with a DVD or home workout video.
- * Swimming – check into the fitness centers or gyms.
- * Wear shoes with rubber grips to prevent falls in slick weather conditions.
- * Wear sunscreen.
- * Remember to warm up before and cool down and stretch after any exercise activity to lower risk for injury and to keep you motivated to continue.
- * Drink water to stay hydrated.
- * Set an exercise goal, aiming for 2.5 hours each week of moderate to vigorous activity for cardiovascular fitness and resistance (strengthening) exercise.
- * Make increasing physical activity part of a daily routine.
- * We need fewer calories as we age, so the quality of the diet is even more important. Make every calorie count by including nutrient-rich foods: whole grains, lean protein, low-fat or non-fat dairy, healthy fats, and plenty of fruits and vegetables.
- * Choose fiber rich foods such as whole grain breads and cereals, beans, fruits and vegetables to help control weight, keep you regular, and lower your risk of heart disease and diabetes.
- * Aim for three servings of low-fat or non-fat milk or yogurt each day for bone strengthening calcium and vitamin D.
- * Prevent overeating by keeping hunger in check. Eat well balanced meals or snacks every 4 hours. Balance your plate by filling half your plate with vegetables, and the other half with moderate portions of starch like potatoes, pasta, rice or other grains, and lean protein, such as fish, skinless chicken, or lean cuts of pork or beef.
- * Add-in small amounts of healthy fats like nuts, seeds, or avocado to salads, yogurt, or cereal and cut back on unhealthy fats like bacon, butter, cream, and cream cheese.
- * Don't eat out of the bag or box. Place one serving in a small bowl or cup to limit how much you have of high fat and high sugar snacks like chips, crackers, candy, ice cream or cookies.



How to weigh yourself and get the most accurate result. I can't believe I have been doing it wrong all these years!



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APRIL 2017

Milk offered daily



Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Spaghetti Green Beans Pears Garlic Bread	4 Tuna Sandwich Cream of Cauliflower Soup  Apricots Chips	5 Teriyaki Chicken Fried Rice Peas & Pearl Onions Peaches Fortune Cookie	6 Pork Burrito Pie Country Trio Veggies Applesauce Cornbread	7 Rosemary Chicken Mashed Potatoes with Gravy California Mix Veggies Mandarin Oranges Roll
10 Chicken Tenders Mac & Cheese Capri Veggies Tropical Fruit Muffin	11 Sloppy Joes Broccoli Salad  Pears Chips	12 Cordon Bleu Lasagna Mixed Veggies Mandarin Oranges Garlic Roll	13 Turkey Sandwich Cheddar Veggie Soup Peaches Cookie	14 Tortellini Italian Veggies Fruit Crisp Cheese Bread
17  Tuna Noodle Casserole Sunshine Carrots Mixed Fruit Biscuit	18 Busy Day Steak Baked Potato Beets Mandarin Oranges Muffin	19 Cincinnati Chili California Mix Veggies Sliced Apples Garlic Bread	20 Chicken Fried Steak Mashed Potatoes with Gravy Green Beans Pineapple Wheat Bread	21 Egg Salad Sandwich Tortilla Soup Peaches Cookie 
24 Sweet & Sour Chicken Rice Eggroll Mandarin Oranges Fortune Cookie	25 Pork Riblets Scalloped Potatoes Capri Veggies Pears Bran Muffin	26 Ham Sandwich Vegetable Soup Fruited Jell-O  Cookie	27 Tacos Refried Beans Chuck Wagon Corn Peaches Doritos	28 Turkey Burgers Chinese Cabbage Salad Pineapple Chips
		<p><i>Our doors open at 9:00 a.m. and we close at 4:00 p.m. Please make a reservation to eat by 3:00 p.m. and if you need a ride to the Senior Center call by 3:00 p.m. for a seat on the bus the next day. Lunch is served between 12:00 Noon and 1:00 p.m.</i></p>		

Lunch is served from 12:00 noon to 1:00 p.m. For those 60+ and their spouse the suggested donation is \$3.00. Don't forget to call in by 3:00 p.m. the day before you eat.

The full cost of the meal is \$5.00 for those under age 60. Please pay at the front desk to receive your meal.

APRIL 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:15 Breakfast Club 10:00 Stepping on Class with BRHD	4 1:00 Movie: Finding Altamira	5 9:00 Commodities 12:15 Wheel of Fortune	6 10:30 Cards with CNS 1:00 Documentary: The Crown	7 10-12 Blood Pressure 10:30 Bingo hosted by CNS 12:15 Lunch & Learn: Allen Mortuary—Pre-need Funeral Plans 1:00 Movie: Woman in Gold
10 9:15 Breakfast Club hosted by Symbii 10:00 Stepping on Class with BRHD 10:30 Poker hosted by ComForCare	11 9-12 VA Outreach 1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only 1:00 Movie: The Vikings	12 11:15 Cooking Class \$1.00 1:00 Book Club	13 12-4 AARP Driver Safety Course 12:15 Games with Integrity 1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only 1:00 Documentary: Magnus	14 10-12 Blood Pressure 12:15 Lunch & Learn: The Gables—Stress & Anxiety 1:00 Movie: The Book Thief Hosted by The Gables
17 9:15 Breakfast Club Hosted by Sunshine Terrace 10:00 Stepping on Class with BRHD	18 1:00 Movie: Easter Parade	19 11:15 Craft Hosted by Sunshine Terrace \$1.00 1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only	20 1:00 Documentary: Prince Phillip: The Plot to Make a King	21 10-12 Blood Pressure 1:00 Movie: The Giver
24 9:15 Breakfast Club 10:00 Stepping on Class with BRHD 12:30 Jeopardy hosted by Symbii	25 9-12 VA Outreach 1:00 Foot Clinic by Integrity Home Health—Charge of \$10.00 1:00 Movie: Silverado	26 	27 1:00 Red Hat Activity	28 10-12 Blood Pressure 10:00 Mini Manicures hosted by Symbii 11:15 Karaoke with Interns 1:00 Movie: Moana
				

Monday
 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

Tuesday
 9:00 Fitness Room
 9:00 Quilting
 9:00 Pool Room
 9:00 Ceramics
 9-12 Painting Group
 9:30 Wii Bowling
 1:00 Movie

Wednesday
 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

Thursday
 9:00 Fitness Room
 9:00 Quilting
 9:00 Pool Room
 9-12 Painting Group
 9:15 Clogging
 9:30 Wii Bowling
 10:00 Mahjong
 2:00 Spanish 101

Friday
 9:00 Fitness Room
 9:00 Quilting
 9:00 Pool Room
 9:10 Line Dancing
 9:30 Adult Coloring
 10:30 Bingo
 11:00 Pickle Ball
 11:15 Sit-n-be-fit
 1:00 Bridge/Movie/
 Internet Help

HOME SAFE HOME

PART 2: ILLUMINATION

Use consistent lighting levels throughout the house

Use low-glare bulbs

Install shades

Place night lights in bedroom, bathrooms, and hallways

Install illuminated light switches

Place light switches at top and bottom of stairways

Use a clap-on, clap-off lighting system

Flashlights should be easily accessible in all rooms, especially bathrooms



Newest scam and how it works:

You receive a recorded call from someone who provides an introduction about a business or agency they supposedly represent. Scam reports have indicated that the callers have represented themselves as being from various companies, such as a home security agency, a cruise line or sometimes from the government. After the introduction, the recording will ask if you can hear the caller clearly.

If you answer "yes" there's a possibility that the scam artist behind the phone call has recorded you and will use your agreement to sign you up for a product or service and then demand payment. If you refuse, the caller may produce your recorded "yes" response to confirm your purchase agreement.

There are other ways scammers might get you to say yes such as: Are you the homeowner? Are you over 18? Do you pay the household bills? Do you have a home computer?

Keep in mind, a scammer may already have gotten their hands on some of your personal information, such as credit card numbers, which they can use in tandem with your recorded affirmation to push through charges.

How to Protect Yourself:

First and foremost, do not answer calls from numbers you do not recognize. If it's a legitimate contact, they will leave a message. Even if a scammer leaves a message, this will give you time to think about what is being asked of you.

If you do answer the call and are asked questions that seem to be fishing for a 'yes' or 'no' answer, do not respond and hang up immediately.

For this scam, and all others, never give out any personal identifying information over the phone when you are not sure of the caller.

If you believe you may have fallen for this, contact your bank and credit card companies to flag your accounts. Check your account daily - the earlier you identify unauthorized charges on your accounts, the easier it will be to recover any lost money.

How To Grow A Windowsill Herb Garden

Choose Your Herbs

Good choices for a windowsill herb garden include basil, cilantro, dill, oregano, rosemary, sage and thyme. You can start herbs from seed or purchase small plants. Annual herbs are especially easy to start from seed; most perennial herbs take longer to germinate and grow so it's easier to start with plants.

Choose Containers

Use individual pots for each herb so you can give each plant the specific care it needs. Be sure containers have drainage holes and waterproof saucers. If you want to plant multiple types of herbs in a single container, make sure they have the same cultural requirements.

Plant the Herbs

If starting seeds, fill container with potting mix. Use a commercial seed-starting mix or potting soil, or a 50:50 combination of the two. Avoid using garden soil, which tends to be heavy and may contain disease organisms. Sow seeds, checking the seed packet to determine planting depth. Learn what conditions each herb prefers; for example, basil prefers warmth, while sage and rosemary like cooler temperatures. Consider choosing compact or dwarf varieties to fit your space.

Provide Proper Care

Place containers in a sunny, south-facing window. A south-facing window is adequate for most herbs, although supplemental fluorescent lights will help in winter. To prevent injury to foliage, don't allow leaves to touch cold windows. Water your herbs to keep soil moist but not soggy, and drain saucers after watering. Fertilize every two weeks with a half-strength solution of an all-purpose fertilizer. Pinch back branching plants, such as basil, to keep them shrubby rather than leggy.



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PLAN AHEAD

Pre-arranged funerals can be arranged to cover funeral costs so that no financial burden remains.
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Mensaje de Directora

Una sonrisa no cuesta nada, pero da mucho. Enriquece a quienes la reciben, sin hacer pobre a los que dan. Se tarda sólo un momento, pero la memoria de a veces dura para siempre. Ninguno es tan rico o poderoso que pueda vivir sin ella, y ninguno es tan pobre, pero que puede hacerse rico por ello. Ninguno es tan rico o y no es tan malo, sino que puede hacerse rico.

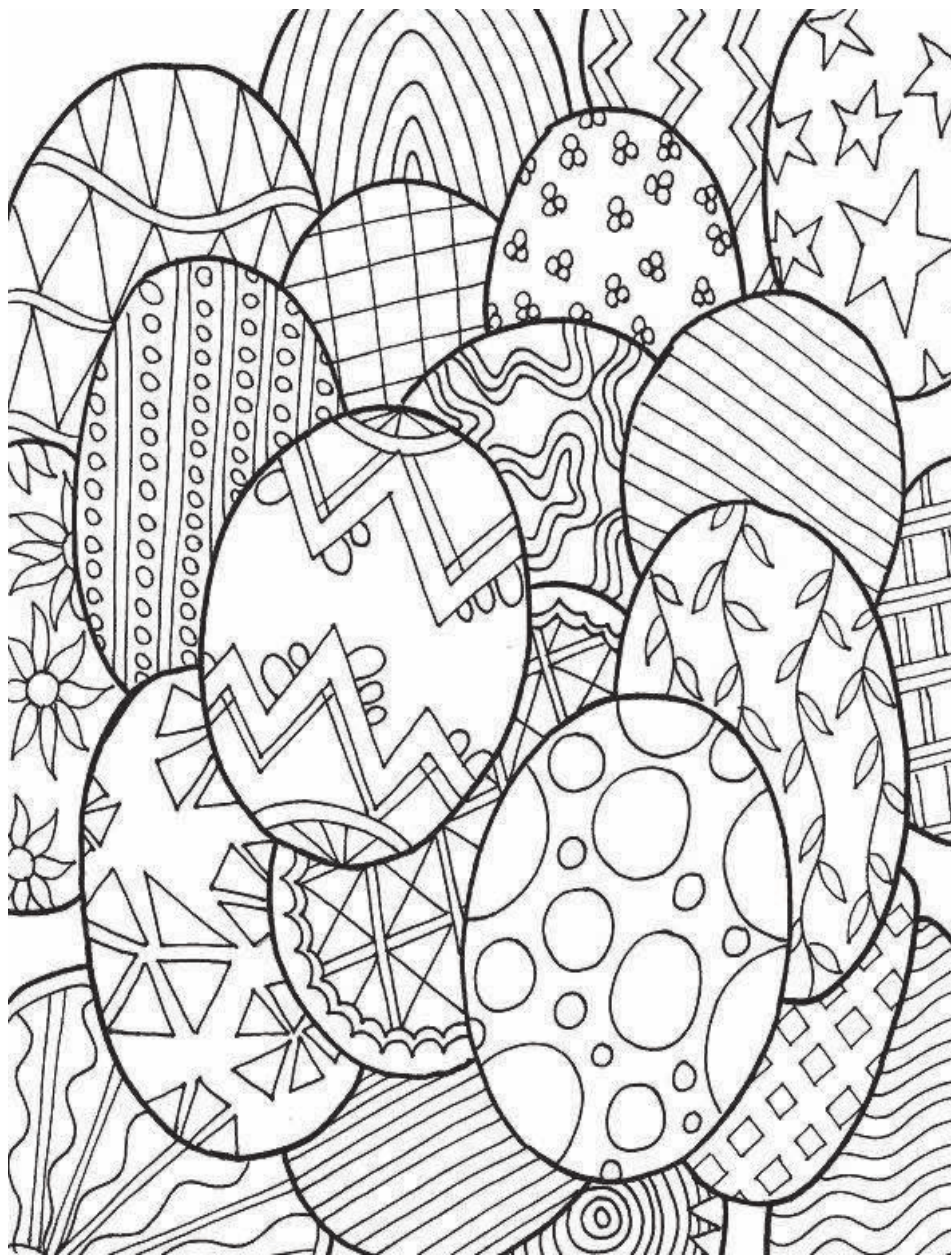
Una sonrisa crea felicidad en el hogar, promueve la buena voluntad en los negocios y es la contraseña de la amistad. Trae descanso al cansado, anima a los desanimados, trae felicidad al triste, y el de la naturaleza es el mejor antídoto para el problema. Pero no puede ser comprada, rogó, prestada o robada, porque es algo que no tiene ningún valor para nadie hasta que se regala.

Algunas personas son demasiado cansado para darle una sonrisa; Darles uno de los suyos, nadie necesita una sonrisa tanto como quien no tiene más que dar.

**a smile
is the
prettiest
thing
you can
wear.**



Old folks are worth a fortune, with silver in their hair, gold in their teeth, stones in their kidneys, lead in their feet, and gas in their stomachs.



**OLD
IS WHEN YOU'RE NAPPING...**



**BUT EVERYONE'S WORRIED
THAT YOU'RE DEAD!**

You know you're getting old when you have to take inventory every time you sneeze..
teeth..check! glasses..check!
depends..check!



Nueva estafa y cómo funciona:

Recibe una llamada grabada de alguien que ofrece una introducción sobre una empresa o agencia que supuestamente representan. Informes de estafa han indicado que los llamadores se han representado como una línea de cruceros, de diversas empresas, como una agencia de seguridad en el hogar, o a veces del gobierno. Después de la introducción, la grabación le preguntará si usted puede oír claramente la persona que llama. Si su respuesta es "sí" allí es una posibilidad que el estafador detrás de la llamada telefónica le ha grabado y usará su acuerdo para contratarle para un producto o servicio y luego exigir el pago. Hay otros caminos scammers podría conseguir que usted dijera sí como: ¿es el propietario? ¿Es más de 18? ¿Paga las cuentas domésticas? ¿Tiene un ordenador personal? Tenga presente, un scammer puede haber conseguido ya sus manos en un poco de su información personal, como números de la tarjeta de crédito, que pueden usar en el tándem con su afirmación registrada para empujar a través de gastos.



Como proteger a usted mismo:

Primero y más importante, no contesta llamadas de números que no reconoce. Si es un contacto legítimo, dejaran un mensaje. Incluso si un estafador deja un mensaje, esto le dará tiempo a usted para pensar en lo que piden.

Si responder y preguntas frecuentes que parecen estar pescando para un 'sí' o 'no' respuesta, no responder y colgar inmediatamente.

Para este tipo de fraude y todos los demás, nunca dar cualquier información de identificación personal por teléfono cuando usted no está seguro de la persona que llama.

Si usted cree que se involucro con esto, contacte su Banco y tarjeta de crédito. Compruebe su cuenta diariamente - cuanto antes de que se identifica cargos no autorizados, va ser más fácil recuperar el dinero perdido.



Qué cubre parte A

Qué está cubierto?

Medicare cubre servicios (como exámenes de laboratorio, cirugías y visitas al médico) y suministros (como sillas de ruedas y andadores) consideradas necesarios para tratar una enfermedad o condición. Si estás en un Plan Medicare Advantage o en otro plan de Medicare, puede tener diferentes reglas, pero tu plan tiene que darle por lo menos la misma cobertura que Medicare Original. Algunos servicios pueden cubrirse sólo en ciertos ámbitos o para pacientes con ciertas condiciones.

En general, cubiertas de la parte A:

- Hospital atención
- Especializada atención en un establecimiento
- De ancianos cuidado de enfermería (como la atención de custodia no es el único cuidado que necesita)
- Hospicio
- Servicios de salud de casa

2 formas para averiguar si Medicare cubre lo que usted necesitan

Hable con su médico u otro proveedor de atención médica acerca de por qué usted necesita ciertos servicios o suministros y pregunta si Medicare cubrirá los. Si usted necesita algo que normalmente está cubierta y su proveedor cree que Medicare no cubre en su situación, deberás leer y firmar una nota diciendo que usted tendrá que pagar por el artículo, servicio o suministro. Encontrar hacia fuera si Medicare cubre tu artículo, servicio o suministro.

Cobertura de Medicare se basa en 3 factores principales

- Federal y las leyes del estado.
- Cobertura nacional decisiones de Medicare acerca de si algo es cubierto.
- Cobertura local las decisiones tomadas por las empresas en cada Estado que procesan las reclamaciones de Medicare. Estas empresas decidan si algo es médicamente necesario y se debe cubrir en su área.



April Word Search

H	I	E	L	U	L	I	K	C	D	A	I	O	S	V	U	Z	M	Q	K
S	V	R	S	K	N	O	H	M	L	I	T	W	I	G	V	D	G	X	B
S	T	K	V	F	N	D	Q	B	E	M	J	Z	I	Y	H	U	R	G	P
N	T	U	Q	Q	M	M	L	N	Y	Z	V	P	D	A	J	T	H	T	D
U	T	L	O	R	N	C	M	S	N	K	N	R	A	Q	E	D	O	A	Y
M	N	V	F	Y	E	C	N	Y	T	O	Z	D	I	Q	Z	I	K	Z	N
N	C	X	J	C	L	K	M	O	K	D	N	Y	N	Z	U	O	P	F	Y
M	A	L	Y	Q	G	A	S	Q	G	G	E	O	M	Z	I	X	E	F	N
O	D	J	S	M	N	L	L	X	X	E	Q	Z	A	A	G	A	D	S	G
V	B	V	V	Y	L	G	G	D	V	S	C	F	N	O	C	R	A	N	L
T	D	D	W	O	U	D	R	J	M	F	W	F	T	N	X	R	Y	O	U
K	N	J	W	X	L	U	M	R	X	I	J	A	S	J	Y	E	T	Q	G
M	Q	W	K	M	Z	Q	F	G	W	H	F	N	J	O	V	L	D	N	B
V	H	P	R	Z	J	N	F	E	A	B	Z	M	H	I	B	P	B	E	T
A	M	H	A	J	D	A	G	C	O	T	F	H	E	P	H	G	K	F	B
Z	Y	D	E	F	G	M	Y	V	T	Y	F	X	M	V	A	I	Y	C	R
L	J	F	X	A	Z	Y	K	O	Y	X	Y	Q	Z	J	L	G	Y	K	E
Q	D	C	X	B	S	A	Z	L	C	W	P	Q	C	C	L	Q	G	W	P
H	B	T	R	U	G	Y	C	Y	J	P	O	K	R	L	S	E	R	R	O
F	F	U	N	S	M	H	J	L	U	T	M	Q	G	H	A	Y	O	A	A



April
Spring
flowers
rabbits
chicks
jellybeans

umbrella
rain
showers
puddles
plants
baseball

eggs
baskets
chocolate
jokes
pranks
fools

