

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



May 2017

May 3rd @ 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 5th—Estate Planning
by Jase Allen

May 26th—Skin Cancer Melanoma
Prevention and Detection
by Bryce from Symbii

Larry Dawson from the VA will assist you with all of your benefit needs on May 9th & May 30th from 9:00-12:00.

Please call 435-713-1462 to schedule an appointment.

Walking Club
Mon. & Wed. 10:00-11:00

Wii Bowling Tournament
May 4th 9:00-12:00
“May the Force be With You”

Cinco de Mayo Party
May 5th 11:15

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.

Directors Message

We are excited for the arrival of our new Meals on Wheels trucks! The Cache County Senior Citizens Center applied for a grant through the Community Development Block Grant program last year. The Community Development Block Grant (CDBG) is one of the longest-running programs of the U.S. Department of Housing and Urban Development. This grant (CDBG) funds local community development activities; such as affordable housing, anti-poverty programs, and infrastructure development. The Community Development Block Grant (CDBG) program was enacted in 1974 by President Gerald Ford through the Housing and Community Development Act of 1974 and took effect in January 1975.



We want to make it clear that these trucks were not purchased by the County or by the Senior Center but through the CDBG grant.

We have been waiting for this opportunity now for a long time; our “used” trucks were hitting the 300,000 mile mark. Over the years our two Meals on Wheels trucks, which go to the north and south side of our valley have traveled many miles and have aided in the delivery of approximately 800,000 meals.

This grant through CDBG is a very integral part of many nonprofit organizations. It is through this grant that many organizations are able to receive the necessary funding for their projects needed to maintain organizations.



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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.

Good Things To Eat

3 Ingredient Meat-Loaf

1.5 – 2 lbs. of Hamburger

1 box of Kraft Stove-Top Stuffing Mix

1/2 cup of Milk

Add all three ingredients into a large mixing bowl. Mix until everything is evenly distributed.

Place the mixture into a baking dish and cover with foil.

Pre-heat your oven to 350 degrees Fahrenheit, and then place your meatloaf into the oven, and bake for one hour.



My Mother Made A Meat loaf

By Jack Prelutsky

My mother made a meat loaf that provided much distress, she tried her best to serve it,
but she met with no success, her sharpest knife was powerless to cut a single slice,
and her efforts with a cleaver failed completely to suffice.

She whacked it with a hammer, and she smacked it with a brick,
but she couldn't phase that meat loaf,
it remained without a nick, I decided I would help her
and assailed it with a drill, but the drill made no impression,
though I worked with all my skill.

We chipped at it with chisels, but we didn't make a dent,
it appeared my mother's meat loaf was much harder than cement,
then we set upon the meat loaf with a hatchet and an ax,
but that meat loaf stayed unblemished and withstood our fierce attacks.

We borrowed bows and arrows, and we fired at close range,
it didn't make a difference, for that meatloaf didn't change,
we beset it with a blow torch, but we couldn't find a flaw,
and we both were flabbergasted when it broke the power saw.

We hired a hippopotamus to trample it around,
but that meat loaf was so mighty that it simply stood its ground,
now we manufacture meat loaves by the millions, all year long,
they are famous in construction, building houses tall and strong.

Hospital rules state that patients checking out must have a wheelchair.

One day a newly graduated nurse assistant came into the room to find an elderly man fully dressed. He was sitting on the bedside chair, with a piece of packed luggage at his side, all ready to go.

When he was shown the wheelchair, he was adamant that he was fully capable of walking himself to the parking lot.

But the assistant told him rules were rules, so he relented and let her wheel him out.

In the elevator, the assistant asked the elderly man if his wife was coming to meet him.

"I don't think so," he replied. "It takes her awhile to change her clothes, so she's probably still upstairs in the bathroom taking off her hospital gown and getting dressed."



Ah
Here we go
Martha
To adjust
the tension
control
on your
Miracle
Lift chair
simply turn
the
release knob
counter-clockwise



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Health

What's not to like about walking? It's free. It's easy to do, and it's easy on the joints. And there's no question that walking is good for you. Walking is an aerobic exercise. A University of Tennessee study found that women who walked had less body fat than those who didn't walk. It also lowers the risk of blood clots, since the calf acts as a venous pump, contracting and pumping blood from the feet and legs back to the heart, reducing the load on the heart. Walking is good for you in other ways as well. Join me, Giselle, as I try to meet my goal of 60,000 steps in the month of May! To achieve this goal, we will start a walking club and walk Monday and Wednesday from 10-11 am. We will meet outside by the bench just outside our doors to the Senior Center.

Here are 11 reasons that walking is good for you:

- Walking improves circulation
- Walking shores up your bones
- Walking leads to a longer life
- Walking lightens mood
- Walking can lead to weight loss
- Walking strengthens muscles
- Walking improves sleep
- Walking supports your joints
- Walking improves your breath
- Walking slows mental decline
- Walking lowers Alzheimer's risk.



How Medicare Works with Current Employee Insurance

When you have Medicare and current employee insurance, Medicare either pays first (primary) or second (secondary) for your health care. Medicare and current employee insurance work together to cover your health care costs. Use the chart below to find out if your current employee insurance pays **primary** or **secondary** to Medicare. Medicare pays primary or secondary depending on how you are eligible for Medicare and how many people work at your company.

* If you are eligible for **Medicare due to age**, current employee insurance can be from your or your spouse's current work.

** If you are eligible for **Medicare due to disability**, current employee insurance can be from your, your spouse's, or your family member's current work.



Situation	How many employees?	Primary	Secondary
65+ with insurance based on current employment*	Fewer than 20 employees	Medicare	Employee Insurance
	20 or more employees	Employee Insurance	Medicare
Under 65 and disabled with insurance based on current employment**	Fewer than 100 employees	Medicare	Employee insurance
	100 or more employees	Employee insurance	Medicare

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A reporter from the Washington Post, Jose A. DelReal, stated in his article that “The Trump administration will slash more than \$6 billion in funding for the Department of Housing and Urban Development and eliminate community development grants...the budget proposal would eliminate funding for the Community Development Block Grant program, which supports a wide range of urban-renewal projects and received \$3 billion in funding for 2017. The decades-old grant program has been used to fund such projects as the Lafitte Greenway in New Orleans and to support Hurricane Sandy recovery efforts.”

We truly hope the grants through the CDBG will not dissolve. We as a non-profit organization and all participants of the Senior Center have benefitted from this grant. We agree with this statement: “While we don’t know the exact impact yet, cuts of any kind to these highly successful and leveraged programs would be a devastating blow to our ability to provide much-needed care for millions of vulnerable seniors in America, which in turn saves billions of dollars in reduced healthcare expenses” said Ellie Hollander, President and CEO of Meals on Wheels America.

Many questions have been asked if the Meals on Wheels program in our area will be cut. Michelle Benson, Director over the Aging Program for the Bear River Agency on Aging (BRAG) sent out the following statement: “With the Presidents proposed budget, everyone is concerned about how the Meals on Wheels program is funded in our state and region. BRAG does not use any CDBG funds directly to provide food for Meals on Wheels. If you receive CDBG money for your senior center/vehicles, etc., that would be the exception.”

We want to thank the many Meals on Wheels volunteers that we have had throughout the years, they have helped so many individuals. Without our volunteers the Meals on Wheels program would not be possible. They have selflessly given of their time. We are truly indebted to them. These volunteers take meals to homebound seniors. These meals offer nutritious midday meals that are Monday through Friday. For many seniors, the volunteer who shows up every day with a hot meal and a warm smile is the only person they see or speak with all day. With this delivery comes a safety check which ensures that, in the case of an emergency or problem, medics will be called, families will be notified and our seniors will not be forgotten.

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MAY 2017

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Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pulled Pork Sandwich Coleslaw Pineapple Chips 	2 Baked Potato with Chicken Gravy Cascade Veggies Mandarin Oranges Bran Muffin	3 Lemon Pepper Chicken Mashed Potatoes Green Beans Peaches Roll	4 Turkey Tetrazzini Sunshine Carrots Pears Wheat Bread 	5 Chicken Enchilada Corn Fruit Cobbler Doritos 
8 Tuna Sandwich Carrot Raisin Salad Mandarin Oranges Chips Cookie 	9 Breakfast Peaches 	10 Lasagna Country Trio Mix Pears Garlic Bread	11 Broccoli & Chicken Casserole Malibu Mix Veggies Apple Slices Muffin 	12 Swiss Steak Baked Potato Zucchini & Tomatoes Tropical Fruit Roll Cake
15 French Dip Sandwich English Chips Peas & Carrots Pears	16 Orange Chicken Rice Eggroll Mandarin Oranges Fortune Cookie 	17 Swedish Meatballs Noodles Scandinavian Blend Veggies Peaches Homemade Bread	18 Pizza  Capri Blend Veggies Mixed Fruit Garlic Bread	19 Ham Creamed Peas & Potatoes Tropical Fruit Cheese Biscuit
22 Spaghetti & Meatballs Italian Veggies Applesauce Wheat Bread	23 Lentil Soup Roast Beef Sandwich Barry's foo foo Salad Chips 	24 Cordon Bleu Scalloped Potatoes Mixed Veggies Mandarin Oranges	25 Chili  Tossed Salad Peaches Corn Muffin	26 Cheeseburgers 3 Bean Salad Fruited Jell-O Chips 
29 CLOSED 	30 Tuna Rice Casserole Peas Peaches Biscuit 	31 Sloppy Joes Macaroni Salad Pears 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.</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.

MAY 2017

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Stepping On Class with BRHD 10-11 Walking Club 12:30 Jeopardy hosted by Sunshine Terrace	2 9:30—10:00 Zumba Gold in a chair 1:00 Movie: Queen of Katwe	3 9:00 Commodities 10-11 Walking Club	4 9-12 Wii Bowling Tournament 10:30 Cards with CNS 1:00 Documentary: The Crown	5 10-12 Blood Pressure 11:15 Cinco de Mayo Party 12:15 Lunch & Learn: Jase Allen—Estate Planning 1:00 Movie: Hidden Figures
8 10-11 Walking Club 10:30 Poker hosted by ComForCare	9 9-12 VA Outreach 9:30—10:00 Zumba Gold in a chair 1:00 Foot Clinic by Rocky Mountain Care—By Appt. 1:00 Movie: Saving Mr. Banks	10 10-11 Walking Club 11:15 Cooking Class \$1.00 1:00 Book Club	11 11:30-1:00 Manicures hosted by Integrity 12-4 AARP Driver Safety Course 1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only 1:00 Documentary: Witness	12 10-12 Blood Pressure 12:15 Mother's Day Entertainment hosted by The Gables 1:00 Movie: Pillow Talk
15 10-11 Walking Club 12:30 Jeopardy hosted by Symbii	16 9:30—10:00 Zumba Gold in a chair 1:00 Movie: Secretariat	17 10-11 Walking Club 11:15 Craft with Giselle \$1.00 1:00 Foot Clinic by Rocky Mountain Care—By Appt.	18 1:00 Documentary: Operation Light House Rescue	19 10-12 Blood Pressure 1:00 Movie: The Light Between Oceans
22 10-11 Walking Club	23 9:30—10:00 Zumba Gold in a chair 1:00 Foot Clinic by Integrity Home Health— Charge of \$10.00 1:00 Movie: O Brother, Where Art Thou?	24 10-11 Walking Club	25 1:00 Red Hat Activity 	26 10-12 Blood Pressure 12:15 Lunch & Learn: Bryce from Symbii—Skin Cancer Melanoma Prevention 10:00 Manicures hosted by Symbii 1:00 Movie: Lion
29 CLOSED  Memorial DAY	30 9-12 VA Outreach 9:30—10:00 Zumba Gold in a chair 1:00 Movie: The Searchers	31 10-11 Walking Club	What flowers grow on faces? Tulips (Two-lips)! What did the tree say to spring? What a re-leaf.	

Monday
 9:00 Fitness Room
 9:00 Quilting
 9:00 Pool Room
 9:10 Line Dancing
 9:15 Breakfast Club
 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

What Kids Say About Mothers

Why did God make mothers?

1. She's the only one who knows where the scotch tape is.
2. Mostly to clean the house.
3. To help us out of there when we were getting born.

What kind of little girl was your Mom?

1. My Mom has always been my Mom and none of that other stuff.
2. I don't know because I wasn't there, but my guess would be pretty bossy.
3. They say she used to be nice.

Why did your Mom marry your Dad?

1. My dad makes the best spaghetti in the world. And my Mom eats a lot.
2. She got too old to do anything else with him.
3. My grandma says that Mom didn't have her thinking cap on.

Who's the boss at your house?

1. Mom doesn't want to be boss, but she has to because dad's such a goof ball.
2. Mom. You can tell by room inspection. She sees the stuff under the bed.
3. I guess Mom is, but only because she has a lot more to do than Dad.

What's the difference between Moms and Dads?

1. Moms work at work & work at home, & Dads just go to work at work.
2. Moms know how to talk to teachers without scaring them.
3. Dads are taller & stronger, but Moms have all the real power 'cause that's who you got to ask if you want to sleep over at your friend's.
4. Moms have magic, they make you feel better without medicine.

If you could change one thing about your Mom, what would it be?

1. She has this weird thing about me keeping my room clean. I'd get rid of that.
2. I'd make my Mom smarter. Then she would know it was my sister who did it and not me.
3. I would like for her to get rid of those invisible eyes on her back.

FRAUD AND SCAMS

Global Connect Technical Support Scam

Last fall, the FTC shut down an operation called Global Connect, which sent deceptive pop-up messages to people's computers.

The pop-ups claimed the computers had problems when they really didn't, and the operators scared thousands of people into paying hundreds of dollars each for tech support services they didn't need.

We recently learned that some of these same people are getting called again. The callers claim to be working with the company the FTC shut down, sometimes using the name "Global Connect." People report that the caller asks for remote access to their computer, either to reestablish service or to process a refund into the person's bank account.

Don't do it. Never give someone who calls you control of your computer. Instead, hang up and report it to the FTC. And, in this particular case, none of the companies involved in the FTC's case against Global Connect should be calling you. They have no legitimate reason to call you – and, anyway, almost all of them are out of business. But, if you get one of these calls, be sure to tell the FTC.



Sitting on the side of the highway waiting to catch speeding drivers, a State Police Officer sees a car puttering along at 22 MPH. He thinks to himself, "This driver is just as dangerous as a speeder!" So he turns on his lights and pulls the driver over. Approaching the car, he notices that there are five old ladies-two in the front seat and three in the back-wide eyed and white as ghosts. The driver, obviously confused, says to him, "Officer, I don't understand, I was doing exactly the speed limit! What seems to be the problem?" "Ma'am," the officer replies, "you weren't speeding, but you should know that driving slower than the speed limit can also be a danger to other drivers."

"Slower than the speed limit? No sir, I was doing the speed limit exactly ...Twenty- two miles an hour!" the old woman says a bit proudly.

The State Police officer, trying to contain a chuckle explains to her that "22" was the route number, not the speed limit. A bit embarrassed, the woman grinned and thanked the officer for pointing out her error. "But before I let you go, Ma'am, I have to ask... Is everyone in this car OK? These women seem awfully shaken and they haven't muttered a single peep this whole time," the officer asks with concern.

"Oh, they'll be all right in a minute, officer. We just got off Route 119."



SPRING

I am going to try to pay attention to the spring. I am going to look around at all the flowers, and look up at the hectic trees. I am going to close my eyes and listen.

Anne Lamott

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Mensaje de Directora

¡Estamos muy contentos por la llegada de nuestras nuevas camionetas del programa Meals on Wheels! centro solicitó una subvención a través del programa Community Development Block Grant el año pasado. La subvención (CDBG) es uno de los programas de largo-funcionamiento del Departamento de vivienda y desarrollo urbano de los Estados Unidos. Este grant (CDBG) financia actividades de desarrollo comunitario local; como vivienda, programas contra la pobreza y el desarrollo de infraestructura. El programa de subvención (CDBG) fue promulgado en 1974 por el presidente Gerald Ford a través de la vivienda y la ley de desarrollo comunitario de 1974 y entró en vigor en enero de 1975.

Queremos dejar claro que estos carros no fueron comprados por el condado o el centro sino a través de la subvención CDBG.

Que hemos estado esperando esta oportunidad ahora para mucho tiempo, nuestros otros camionetas tenían mas de 300,000 millas. Nuestros dos camionetas, que van para el lado del norte y del sur de nuestro valle han viajado muchas millas y han ayudado en la entrega de aproximadamente 800,000 comidas.

Esta concesión a través de CDBG es una parte muy integrante de muchas organizaciones sin fines de lucro. Es a través de esta subvención que muchas organizaciones son capaces de recibir los fondos necesarios para sus proyectos necesarios para mantener las organizaciones.

Spring Fever

Four high school boys afflicted with spring fever skipped morning classes. After lunch they reported to the teacher that they had a flat tire. Much to their relief she smiled and said, "Well, you missed a test today so take seats apart from one another and take out a piece of paper." Still smiling, she waited for them to sit down. Then she said: "First Question: Which tire was flat?"



Global Connect estafa de soporte técnico

El otoño pasado, la FTC cerró una operación llamada Global Connect, el cual envió engañosos mensajes pop-up para los ordenadores de la gente. Los pop-ups alegó los equipos tuvieron problemas cuando realmente no lo era, y los operadores de miedo a miles de personas a pagar cientos de dólares para cada uno de los servicios de asistencia técnica que no necesitan.



Recientemente hemos aprendido que algunas de esas mismas personas están recibiendo llamados de nuevo. Los llamantes dicen estar trabajando con la compañía la FTC apagado, a veces usando el nombre "Global Connect." Personas informan que la persona solicita para el acceso remoto a su equipo, ya sea para restablecer el servicio o para procesar un reembolso a la persona la cuenta bancaria.

No lo hagas. Nunca dar a alguien que te llama el control de su equipo. En su lugar, cuelgue y reportarlo a la FTC. Y, en este caso en particular, ninguna de las empresas involucradas en la FTC contra Global de conexión deben estar llamando a usted. No tienen ninguna razón legítima para llamar a usted - y, de todos modos, casi todos ellos están fuera del negocio. Pero, si usted recibe una de estas llamadas, asegúrese de decirle a la FTC.

**Zumba Gold in a Chair
Tuesdays at 9:30 am**

Come join us as we start a new exercise class! Zumba Gold in a chair! We will dance and exercise while sitting in chairs or wheelchairs. A typical class will last 30 minutes. Our goal is to get people moving within their abilities and to keep them smiling and grooving to fun music.

Zumba Gold, seated classes can help with: Muscle strength, balance, flexibility, mental awareness & functioning, mood and much more.



Cuando usted tiene Medicare y seguro de su trabajo actual, es posible que Medicare paga primero (primaria) o segundo (secundario) para el cuidado de su salud. Su empleado actual y Medicare trabajan juntos para cubrir sus gastos de salud. Use la tabla a continuación para averiguar si su seguro actual de empleado paga primaria o secundaria a Medicare. Medicare paga la primaria o secundaria dependiendo de cómo usted es elegible para Medicare y cuántas personas trabajan en su empresa.

* Si usted es elegible para Medicare debido a edad, su seguro puede ser por su empleo o puede ser del trabajo actual de su cónyuge.

** Si usted es elegible para Medicare debido a discapacidad, su seguro puede ser de su empleado, su cónyuge o trabajo actual de miembro de su familia.

Situación	¿Cuántos empleados	Primaria	Secudaria
65+ with insurance based on current employment*	Fewer than 20 employees	Medicare	Employee Insurance
	20 or more employees	Employee Insurance	Medicare
Under 65 and disabled with insurance based on current employment**	Fewer than 100 employees	Medicare	Employee Insurance
	100 or more employees	Employee Insurance	Medicare





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