

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



September 2017

September 6th @ 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

September 6th—Medicare Open Enrollment with BRAG
September 15th—Symbii

Larry Dawson from the VA will assist you with all of your benefit needs on September 19th and September 26th from 9:00-12:00.

Please call Deborah Crowther at 435-713-1462 to schedule an appointment.

*Flu Shots— Sept. 21st -10:00-12:00


We are excited to welcome our new employees to the Senior Center!

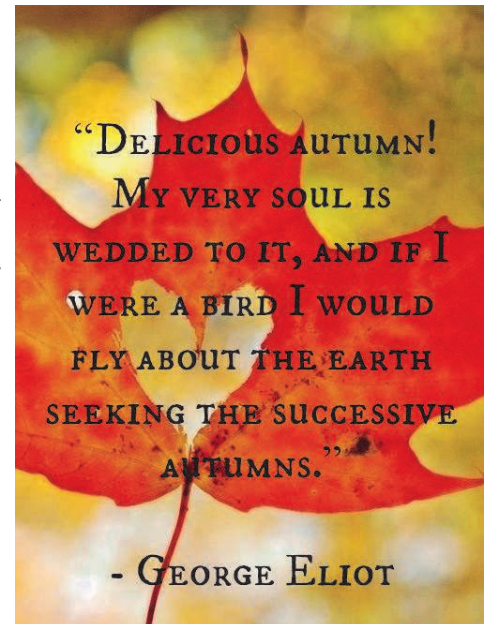
You will see a new face in our kitchen. Susan is our new Kitchen Supervisor. She brings years of experience. Another new face is Colby who is our new Assistant Director/ Outreach Coordinator. Her warm smile and friendly personality fits right in with our center!

Our previous director worked diligently to enhance your experience here at the senior center. The community will be forever indebted to her for the work and passion she poured into this Senior Center. As the new Center Director, it is my mission to continue the good work that has already been completed at the center and to further enhance the programs available each week. It takes a lot of work to keep up the Senior Center. Being a non-profit means that we have to rely heavily on the dedication of volunteers. We are so appreciative of them and are indebted to their good work for sharing their time, talents, and resources to keep the Center thriving. We are also so very thankful to many of you and to organizations that donate. We are always humbled by donations from our generous community be it individual or businesses.

It is an honor to serve you! Every day is a happy day for me! I thank each of you for your beautiful smiles, your happy outlook on life and your spirit of perseverance. It inspires me every day to strive for the good!

This wonderful place is full of activity and service for the community. If you have not visited, come find your place at the Center by participating in the many activities that are offered. We welcome you and are happy to meet new faces each day! Come see for yourself what makes this place special and maybe you'll catch yourself making memories of your own. Life is so extraordinary, so glorious and sometimes even adventitious!

For now, I have been given the opportunity to learn and grow from each of you, whom I call my friends. I am thrilled for this opportunity to serve you! __Giselle 



HEALTH BENEFITS OF BEET

Organic Facts
www.organicfacts.net



Nutrients*	Vitamins*	Minerals*
Dietary Fiber 11% Protein 3% Carbohydrate 3% Calories 2%	Folate 27% Vitamin C 8% Vitamin B6 3% Thiamin 2%	Manganese 16% Potassium 9% Magnesium 6% Copper 4%

Prevents skin, lung & colon cancer	< >	Stimulates liver function
Boosts immune system & heart health	< >	Reduces birth defects
Reduces macular degeneration	< >	Prevents respiratory ailments

Caution: People with kidney/gallbladder problems should avoid consumption of beet
*% Daily Value per 100g. For e.g. 100g of Beet provides 27% of daily requirement of Folate



Stop by our gift shop that is located at the front entrance of the center. If you need a gift for a friend, birthday, holiday, baby or just something for

yourself we just may have it! We have beautiful hand sewn quilts and a variety of hand crafted items. 100% of the proceeds go to our Meals on Wheels program.



Roasted Beets 'n' Sweets

This is a great autumn or winter side dish, especially for those who like things sweet and salty. The colors are beautiful and make a nice autumn presentation



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Ingredients

- 6 medium beets, peeled and cut into chunks
- 2 1/2 tablespoons olive oil, divided
- 1 teaspoon garlic powder
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 1 teaspoon sugar
- 3 medium sweet potatoes, cut into chunks
- 1 large sweet onion, chopped

Directions

1. Preheat oven to 400 degrees F
2. In a bowl, toss the beets with 1/2 tablespoon olive oil to coat. Spread in a single layer on a baking sheet.
3. Mix the remaining 2 tablespoons olive oil, garlic powder, salt, pepper, and sugar in a large resealable plastic bag. Place the sweet potatoes and onion in the bag. Seal bag, and shake to coat vegetables with the oil mixture.
4. Bake beets 15 minutes in the preheated oven. Mix sweet potato mixture with the beets on the baking sheet. Continue baking 45 minutes, stirring after 20 minutes, until all vegetables are tender.



Medicare Open Enrollment Notices

You can make changes to your Medicare coverage each year during Medicare's Open Enrollment Period, which runs October 15 to December 7. Around September, you will start to receive notices with information about any changes to your coverage for the coming year. Read these notices carefully so you can decide if your coverage will continue to meet your needs or if you should change it. An Annual Notice of Change (ANOC) and Evidence of Coverage (EOC) were sent to people who have a Medicare Advantage Plan or Part D prescription drug plan. Notices include any changes for your plan in 2018. A Medicare and You handbook was sent to everyone enrolled in Medicare. If you don't receive the handbook, call 1-800-MEDICARE to request a copy with information for your region. This handbook includes information about Medicare-covered services and lists Medicare Advantage Plans and Part D prescription drug plans in your area.

Look for changes in:



The plan's costs




The plan's provider network




The plan's formulary (list of drugs your plan covers)

If you are unhappy with any changes to your plan, you may want to enroll in a different plan for 2018.



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Dietary supplement concerns? Tell the FTC and FDA

Ever bought a dietary supplement or other health-related product that didn't work as promised? Maybe you had side effects, or the claims just seemed unbelievable. Know this: the government holds companies accountable for making baseless claims about products marketed as dietary supplements. The Federal Trade Commission (FTC) and the Food and Drug Administration (FDA) have enforcement programs to protect consumers from false and misleading claims about the safety and benefits of products marketed as dietary supplements. Both agencies have authority over the marketing of these products. You can help. Tell the FTC or the FDA if:

You bought a dietary supplement that didn't work as advertised – or you had an adverse reaction or illness. You're suspicious that a company is making false or overstated claims in its labeling or marketing. (Watch for claims about so-called "treatments" or "cures" for diseases like Alzheimer's, cancer, heart disease, arthritis, opiate addiction and others. Dietary supplements cannot lawfully claim to diagnose, mitigate, treat, or prevent a disease.) You're concerned about the content, purity, or safety of the product.

So who should you contact about what issue with products marketed as dietary supplements? Labeling claims, content, purity, safety: The FDA looks at whether claims on dietary supplement product labels and other packaging materials are true and accurate. They also oversee manufacturing, content, purity, and safety – including tracking any adverse reactions. Concerned about a statement made on a product label or other packaging, or about the content or purity of the product? Report it to the FDA. If you or your doctor think you've had an adverse reaction to a product marketed as a dietary supplement, report it – or other safety concerns – to the FDA's Safety Reporting Portal.

If you find a website you think is illegally selling human drugs, animal drugs, medical devices, biological products, foods, dietary supplements or cosmetics over the Web, please select one of the three options below to report to FDA.

If your report:

Involves a life-threatening situation due to an FDA-regulated product you purchased from a website, Call 1-866-300-4374 or 301-796-8240 immediately. (Also

contact your health professional for medical advice.) Involves a serious reaction or problem with an FDA-regulated product, Fill out FDA's MedWatch reporting form.

Mary Engle, Associate Director, Division of Advertising Practices, FTC and Steven Tave, Director, Office of Dietary Supplement Programs, FDA

Smart

My dad gave me one dollar bill
'Cause I'm his smartest son,
And I swapped it for two shiny quarters
'Cause two is more than one!

And then I took the quarters
And traded them to Lou
For three dimes -- I guess he didn't know
That three is more than two!

Just then, along came old blind Bates
And just 'cause he can't see
He gave me four nickels for my three dimes,
And four is more than three!

And then I took the nickels to Hiram Coombs
Down at the seed-feed store,
And the fool gave me five pennies for them,
And five is more than four!

And then I went and showed my dad,
And he got red in the cheeks
And closed his eyes and shook his head --
Too proud of me to speak!



Search ID: b7mb64
"I'M JUST SAYING, IF OUR INCOME IS
'FIXED', HOW COME WE'RE 'BROKE'?"

FLU MYTHS VS. FLU FACTS

For more flu myths and facts, go to www.cdc.gov/flu/keyfacts.htm or www.cdc.gov/flu/about/ga/misconceptions.htm

MYTH THE FLU SHOT CAN GIVE ME THE FLU

FACT FLU VIRUSES USED IN FLU SHOTS ARE INACTIVATED, SO THEY CANNOT CAUSE INFECTION

FACT GETTING THE FLU SHOT PROVIDES BENEFITS SUCH AS THE POTENTIAL TO REDUCE ILLNESS AND PREVENT TIME LOST FROM WORK

MYTH IT IS BETTER TO GET THE FLU THAN TO GET A FLU VACCINE

MYTH VACCINES ARE NOT PROVEN TO PREVENT THE FLU

FACT IF YOU GET THE FLU VACCINE, YOU ARE ABOUT 60% LESS LIKELY TO NEED TREATMENT FOR THE FLU

MYTH I SHOULD WAIT TO GET VACCINATED SO THAT I'M COVERED THROUGH THE END OF THE SEASON

FACT PEOPLE SHOULD GET A FLU SHOT AS SOON AS THEY ARE AVAILABLE BECAUSE IT TAKES ABOUT TWO WEEKS FOR ANTIBODIES TO DEVELOP

gsk do more feel better live longer

Walking just 30 minutes a day is recommended for seniors and people of all ages. A brisk walk can help you lead a happier, healthy life well into old age. It is very important as you get older to stay active. Maintaining your muscle mass and flexibility goes a long way in keeping you healthy and independent. It will also greatly reduce the need for a walker or other type of walking aid. Study's have shown that walking can stop bone loss, improve circulation and even sleep. Walking is also good for your joints. When you move around nutrition is supplied to your joints through synovial fluid. If you aren't moving you can starve the cartilage in your joints. Walking can also slow down mental decline. Women who walked an average of 2.5 miles per day were able to lower their mental decline to 17%, rather than 25% for women who walked less than 0.5 miles per week. Cardiovascular exercise, such as walking, will help your body release endorphins which will improve mood and keep you HAPPY!



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SEPTEMBER 2017

Monday	Tuesday	Wednesday
<p>With the new lay out please remember to look to the right hand side where you will see all of the daily activities</p> 		
<p>4 Center Closed</p> 	<p>5 9:00 Zumba Gold 9:15 Living Well with Diabetes Class 10:30 Cards w/ CNS 1:00 Movie: She Wore a Yellow Ribbon</p>	<p>6 9:00 Commodities 12:15 Lunch & Learn: Medicare Open Enrollment w/ BRAG</p>
<p>11 10:30 Poker hosted by ComForCare</p> 	<p>12 9:00 Zumba Gold 9:15 Living Well with Diabetes Class 9:30 Wii Bowling Tournament w/ Sunshine Terrace 1:00 Foot Clinic by Rocky Mtn Care 1:00 Movie: A Field of Dreams</p> 	<p>13 11:15 Cooking Class \$1.00 12-4 AARP Driver Safety Course 1:00 Book Club</p> 
<p>18</p>	<p>19 9-12 VA Outreach 9:00 Zumba Gold 9:15 Living Well with Diabetes Class 1:00 Movie: Sayonara</p>	<p>20 11:15 Craft with Colby \$1.00 1:00 Foot Clinic by Rocky Mtn Care</p>
<p>25</p> 	<p>26 9-12 VA Outreach 9:00 Zumba Gold 9:15 Living Well with Diabetes Class 1:00 Foot Clinic by Integrity Home Health—Charge of \$10.00 1:00 Movie: Night at the Museum</p>	<p>27</p>




Looking for something to do on Thursday nights? ...

Join us for a fun evening spent with USU Grandfriends! We are partnering with USU grandfriends every Thursday, beginning September 14th, at 6:15 p.m. at the Cache County Senior Center. Our first activity will be Poker! Come join us for some activities and make friends across the generations!

Please note that the Knotty Knitters and Tops are also in the building on this evening. They would also love to meet you!



SEPTEMBER 2017

Thursday	Friday
	1 10-12 Blood Pressure 1:00 Movie: Ever After
7 9:00 Zumba Gold 1:00 Documentary: Inside McDonald's	8 10-12 Blood Pressure 1:00 Movie: To Be or Not to Be
14 9:00 Zumba Gold 1:00 Foot Clinic by Rocky Mtn Care 1:00 Documentary: Into the Inferno 6:15 P.M. USU Grand Friends-Poker 	15 10-12 Blood Pressure 12:15 Lunch & Learn: Symbii 1:00 Movie: Pillow Talk
21 10-12 Flu Clinic / BRHD 9:00 Zumba Gold 1:00 Documentary: Secrets of Selfridges 6:15 USU Grand Friends	22 10-12 Blood Pressure 1:00 Movie: Kelly's Heroes
28 9:00 Zumba Gold 1:00 Red Hat Activity w/ The Gables 6:15 USU Grand Friends 	29 10-12 Blood Pressure 10:00 Nail's w/ Symbii 10:30 Bingo w/ CNS 11:30 Out to Lunch Bunch: The Bluebird 1:00 Movie: Life is Beautiful

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

The Bear River Health Department will be here September 21st to administer flu shots from 10:00 a.m.-12:00 p.m. Please bring your insurance card.



SEPTEMBER 2017

Milk offered daily

Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
<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. 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>				<p>1 Tomato Florentine Soup  Egg Salad Sandwich  Mixed Fruit</p>
<p>4 CLOSED FOR </p>	<p>5 Chicken Cacciatore Tuscan Veggies Pineapple & Apricot Crisp Bread Stick</p>	<p>6 Beef Pot Pie Green Salad Fruited Jell-O Roll</p>	<p>7 Baked Potato Bar Sun-kissed Carrots Peaches Brownie </p>	<p>8 Salisbury Steak Mashed Potatoes with Gravy Green Beans Mixed Fruit Roll</p>
<p>11 Chili Tossed Salad Corn Bread Pears Chocolate Pudding</p>	<p>12 Crispy Fish Bake Blended Veggies Applesauce Wheat Roll Cookie</p>	<p>13 Turkey Ala-King Peas Apple Crisp Bran Muffin</p>	<p>14 Chicken Alfredo w/ Noodles California Vegetables Upside Down Apricot Cake</p>	<p>15 Corn Chowder Ham Croissant Sandwich Chips Mixed Fruit</p>
<p>18  Enchiladas Chuck Wagon Corn Spanish Rice Spiced Apples</p>	<p>19 Rosemary Chicken w/ Rice Pilaf Peas & Carrots Peaches Bread Pudding</p>	<p>20 Minestrone Soup Turkey Sandwich Apple Cranberry Salad</p>	<p>21 BBQ Ribs Baked Beans Coleslaw Corn Bread Spiced Pears</p>	<p>22 Beef Stroganoff over Noodles Blended Veggies Tossed Salad Banana Cream Pie</p>
<p>25 Baked Fish Cheesy Potatoes Broccoli Normandy Whole Grain Roll Berry Fluff</p>	<p>26 Teriyaki Chicken White Rice Japanese Vegetables Pineapple Upside – Down Cake</p>	<p>27 Shepherd's Pie Green Beans Cherry Cobbler Roll </p>	<p>28 Brisket Tuscan Vegetables Tennessee Peach Pudding</p>	<p>29 Pulled Pork Sandwich Garlic Parmesan Macaroni and Cheese Coleslaw Orange Fluff</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.

Getting older is like being on a roller coaster...there are highs, lows, laughter and tears and sometimes...you just may pee your pants a little!



Have a laugh, share with friends and enjoy the giggles!



Why did the pepper need a sweater?
Because he was a little chili

How do astronauts celebrate a birthday?
They planet.



Where do cats go when they die?
Purrgratory

How many tickles does it take to make an octopus laugh?
Ten-tickles



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PLAN AHEAD

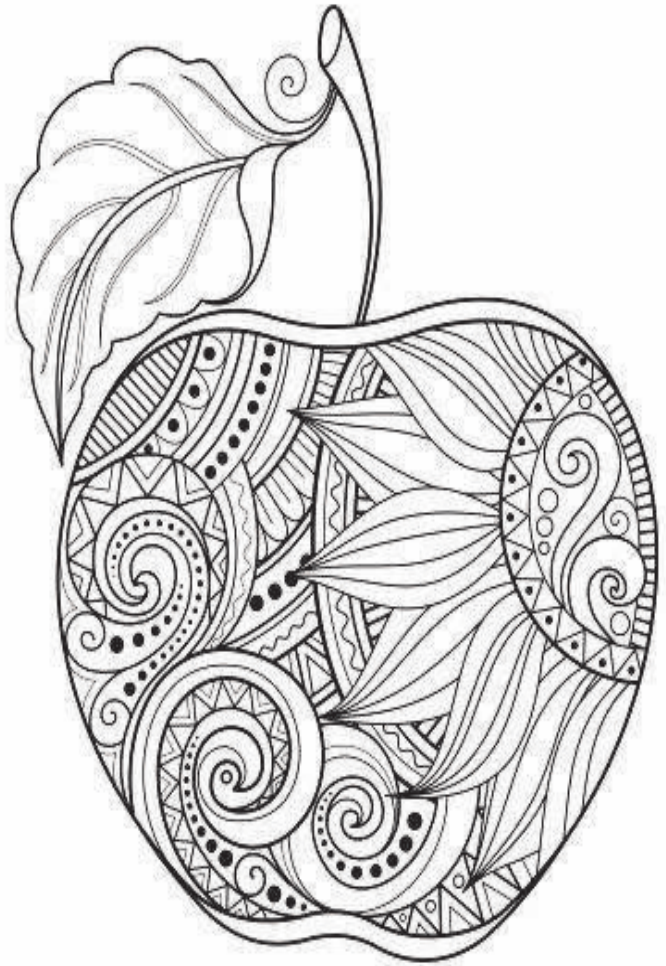
Pre-arranged funerals can be arranged to cover funeral costs so that no financial burden remains.
For a free consultation, call (435) 752-3245

Mensaje de Directora

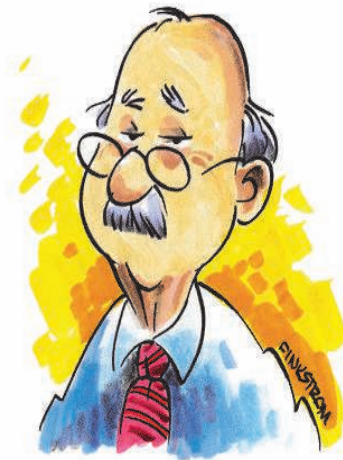
Nuestra directora anterior trabajó diligentemente para mejorar su experiencia aquí en el centro de la tercera edad. La comunidad estará siempre en deuda con ella por el trabajo y la pasión que vertió en este centro. Como la nueva directora del centro, es mi misión continuar el buen trabajo que ya se ha completado en el centro y mejorar aún más los programas disponibles cada semana. Se necesita mucho trabajo para mantener el centro. Ser un sin fines de lucro significa que tenemos que depender en gran medida de la dedicación de los voluntarios. Estamos tan agradecidos de ellos y estamos en deuda con su buen trabajo por compartir su tiempo, talentos y recursos para mantener el centro prosperando. También estamos muy agradecidos a muchos de ustedes y a las organizaciones que donan. Siempre nos humillan las donaciones de nuestra generosa comunidad ya sea individualmente o negocios. ¡ Es un honor servirlos! Cada día es un día feliz para mí! Agradezco a cada uno de ustedes por sus hermosas sonrisas, su feliz visión de la vida y su espíritu de perseverancia. ¡ me inspira todos los días para luchar por el bien! este maravilloso lugar está lleno de actividad y servicio para la comunidad. Si usted no ha visitado, venga a buscar su lugar en el centro participando en las muchas actividades que se ofrecen. ¡ le damos la bienvenida y estamos encantados de conocer nuevas caras cada día! Ven a ver por ti mismo lo que hace que este lugar especial y tal vez te atrapará haciendo recuerdos de su propia. ¡ la vida es tan extraordinaria, tan gloriosa y a veces incluso adventicia!

por ahora, me han dado la oportunidad de aprender y crecer de cada uno de ustedes, a quienes llamo mis amigos. ¡ Estoy encantado por esta oportunidad de servirlos!

__Giselle



I DON'T DO DRUGS...



I GET THE SAME EFFECT
BY STANDING UP FAST!



Dietary supplement concerns? Tell the FTC and FDA

¿alguna vez compró un suplemento dietético u otro producto relacionado con la salud que no funcionó como se prometió? Tal vez tuviste efectos secundarios, o las afirmaciones parecían increíbles. Sepa esto: el Gobierno responsabiliza a las empresas por hacer reclamos infundadas sobre productos comercializados como suplementos dietéticos. La Comisión Federal de Comercio (FTC) y la administración de alimentos y medicamentos (FDA) tienen programas de aplicación para proteger a los consumidores de reclamaciones falsas y engañosas sobre la seguridad y los beneficios de los productos comercializados como suplementos dietéticos. Ambas agencias tienen autoridad sobre la comercialización de estos productos. Puedes ayudar. Dígale a la FTC o a la FDA si: usted compró un suplemento dietético que no funcionó según lo anunciado – o si tuvo una reacción o enfermedad adversa. Usted sospecha que una compañía está haciendo reclamaciones falsas o exageradas en su etiquetado o mercadeo. (Vigile las reclamaciones sobre los llamados "tratamientos" o "curas" para enfermedades como el Alzheimer, el cáncer, las enfermedades cardíacas, la artritis, la adicción a los opiáceos y otros. Los suplementos dietéticos no pueden alegar legalmente diagnosticar, mitigar, tratar, o prevenir una enfermedad.) Usted está preocupado por el contenido, la pureza o la seguridad del producto.

así que ¿a quién debe usted contactar acerca de qué problema con los productos comercializados como suplementos dietéticos? Etiquetado de reclamaciones, contenido, pureza, seguridad: la FDA examina si las reclamaciones sobre las etiquetas de los productos de suplementos dietéticos y otros materiales de empaque son verdaderas y precisas. También supervisan la fabricación, el contenido, la pureza y la seguridad, incluyendo el seguimiento de cualquier reacción adversa. ¿preocupado por una declaración hecha en una etiqueta del producto u otro embalaje, o sobre el contenido o la pureza del producto? Informe a la FDA. Si usted o su médico piensan que usted ha tenido una reacción adversa a un producto comercializado como un suplemento dietético, informe-u otras preocupaciones de seguridad-al portal de informes de seguridad de la FDA. Si usted se encuentra en un sitio web que cree que está vendiendo ilegalmente drogas humanas, medicamentos para animales, dispositivos médicos, productos biológicos, alimentos, suplementos dietéticos o cosméticos a través de la web, por favor reporte a la FDA. 1-866-300-4374 or 301-796-8240

Medicare Open Enrollment Notices

Usted puede hacer cambios a su cobertura de Medicare cada año durante el período de inscripción abierta de Medicare, que se extiende del 15 de octubre al 7 de diciembre. Alrededor de septiembre, usted comenzará a recibir avisos con información sobre cualquier cambio en su cobertura para el próximo año. Lea estas notificaciones cuidadosamente para que pueda decidir si su cobertura continuará cumpliendo sus necesidades o si debe cambiarla. Se envió un aviso anual de cambio (ACNO) y evidencia de cobertura (EDC) a personas que tienen un plan de Medicare Advantage o un plan de medicamentos recetados de la parte d. Los avisos incluyen cualquier cambio para su plan en 2018. Se envió un manual de Medicare y usted a todos los matriculados en Medicare. Si no recibe el manual, llame al 1-800-Medicare para solicitar una copia con información para su región. Este manual incluye información sobre los servicios cubiertos por Medicare y enumera los planes de Medicare Advantage y los planes de medicamentos recetados de la parte D en su área.

Si usted no está satisfecho con los cambios a su plan, usted puede inscribirse en un plan diferente para 2018.



Labor Day Word Search

See if you can find the hidden words associated with Labor Day.

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

BARBECUE
 BREAK
 COMMUNITY
 COOKOUT
 HOLIDAY
 JOB
 LABOR
 MCGUIRE
 MONDAY
 MOVEMENT
 ORGANIZE
 PARADE
 PARTY
 PICNIC
 RIGHTS
 RALLY
 SECURITY
 SEPTEMBER
 STRIKE
 SUMMER
 TRADE
 TRIP
 UNION
 VACATION
 WEEKEND
 WORKERS