

# 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



October 2017

## October 4th @ 9:00 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

**The Senior Center is now Open On Thursday Nights! Come join Giselle & Colby along with USU students w/ Grandfriends club. We have Fun activities planned so join the fun, bring a friend and come enjoy some goodies!**

**\*Lunch and Learn\***  
October 13th—CNS  
October 20th—  
Sunshine Terrace

**The Center will be Closed October 9th for Columbus Day**

We will have a lawyer here on November 16th from 1:00—4:00 pm. If you have a legal issue, schedule an appointment with the front office.

**Larry Dawson from the VA can assist you with all of your benefit needs. Please call Deborah Crowther at 435-713-1462 to schedule an appointment.**

A monk decides to meditate alone, away from his monastery. He takes his boat out to the middle of the lake, moors it there, closes his eyes and begins his meditation.

After a few hours of undisturbed silence, he suddenly feels the bump of another boat colliding with his own. With his eyes still closed, he senses his anger rising, and by the time he opens his eyes, he is ready to scream at the boatman who dared disturb his meditation.

But when he opens his eyes, he sees it's an empty boat that had probably got untethered and floated to the middle of the lake.

At that moment, the monk achieves self-realization, and understands that the anger is within him; it merely needs the bump of an external object to provoke it out of him.

From then on, whenever he comes across someone who irritates him or provokes him to anger, he reminds himself, "The other person is merely an empty boat. The anger is within me."

Some useful timeless tips

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay 'them'.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever.. Never let the brain idle. 'An idle mind is the devil's workshop.' And the devil's name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity.

AND ALWAYS REMEMBER: Life is not measured by the number of breaths we take, but by the moments that take our breath away.

We all need to live life to its fullest each day, Worry about nothing, pray about everything!!!





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!

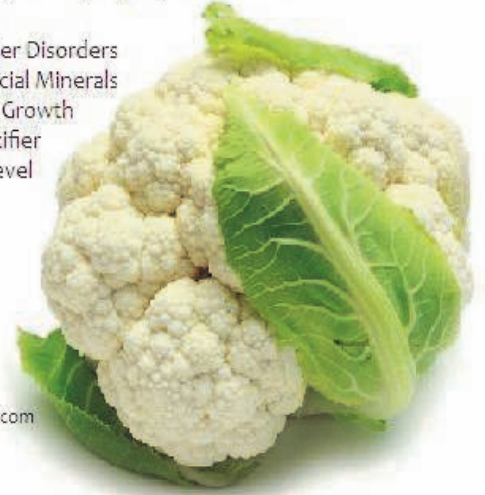
We have beautiful hand sewn quilts and a variety of hand crafted items. 100% of the proceeds go to our Meals on Wheels program.



## Good Things To Eat

### 10 Health Benefits of... Cauliflower

1. Assists Kidney & Bladder Disorders
2. Contains Many Beneficial Minerals
3. Improves Healthy Cell Growth
4. Blood and Liver Detoxifier
5. Healthy Cholesterol Level
6. Reduce Cancer Risk
7. Purifies Blood
8. Anti-Oxidant
9. Rich in Fibre
10. Anti-Cancer



EatHealthyLiveFit.com

### Loaded Cauliflower Mashed Potatoes

#### Ingredients

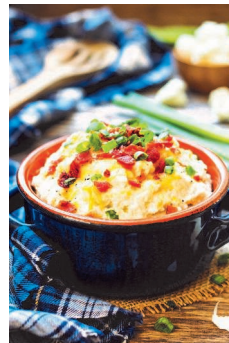
- 1 large head cauliflower cut into large pieces
- 1 clove garlic
- 3 T butter or olive oil
- ½ t salt
- 1/8 t pepper
- 1 T sour cream
- 4 slices cooked bacon crumbled
- Green Onions finely chopped
- Cheese shredded

#### Instructions

Boil a large pot of water. Place cut cauliflower into boiling water, reduce to a simmer and let cook for 8-10 minutes.

Drain water from cauliflower. Pat cauliflower completely dry.

Add cauliflower to food processor, or high-powered blender, with garlic, butter or olive oil, salt, pepper and sour cream.



Process for 2 minutes, scraping the sides of the bowl every 30 seconds.

Serve mashed cauliflower while still warm. Top with bacon crumbles, green onions and cheese and enjoy!

# OCTOBER

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KALE	
MELONS	
PEARS	
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RADICCHIO	
RADISHES	
SHALLOTS	





# Medicare

## National and local resources for personalized help

### New Medicare Cards Are Coming

Medicare will mail new Medicare cards between April 2018 and April 2019. The new card will have a new Medicare number that is unique to the person with Medicare, instead of their Social Security Number. It will help to protect their identity. For more information, go to CMS.gov.

### One-on-One Medicare Counseling Program Safe in the Senate

This week, future funding for State Health Insurance Assistance Programs (SHIPs) is once again at stake. SHIPs provide unique one-on-one, in-person counseling to help people with Medicare understand their rights and navigate their coverage options. Despite their high value and low cost, SHIPs have been under threat for the past several years, but have survived through a combination of strong advocacy and diverse Congressional support.

The Cache County Senior Center has SHIPs available for seniors to help them with their Medicare questions and decisions. Call for an appointment.

## Open Enrollment Medicare

October 15 thru December 7, 2017, for a January 1, 2018 effective date, you can switch your Part D or Medicare Advantage plan.



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## Tips for Managing Chronic Pain

By Susan Bernstein

For many people with arthritis, chronic pain is a constant companion. But there are things you can do to feel better.

Many people who have some form of arthritis or a related disease may be living with chronic pain. Pain is chronic when it lasts three to six months or longer. But arthritis pain can last a lifetime. It may be constant, or it may come and go. Chronic pain can make it hard to perform daily activities like cleaning the house, dressing, or looking after your kids. However, there are ways to effectively manage chronic arthritis pain. Here is what you can do to feel better.

### Take Your Medications

Prescription and over-the-counter drugs recommended by your doctor help control inflammation and pain. If you have side effects that keep you from taking your medications, or if you have trouble affording their cost, speak to your doctor.

### Manage Your Weight and Stay Active

Excess weight can cause more pressure on the weight-bearing joints and increase pain. Plus adipose tissue (aka: fat) sends out chemical signals that increase inflammation. And being overweight is bad for your overall health, as it increases your chances for heart disease, diabetes and even some cancers. Watch what and how much you eat. Make sure you eat plenty of vegetables, fresh fruit, whole grains and lean protein, such as beans, poultry, and fish. Stay away from processed foods, red meat, and sugary drinks. In addition to helping control weight, activities like walking, water aerobics at your local gym, or yoga can help reduce joint pain and improve flexibility, balance and strength.

Cardiovascular exercise, like biking on a stationary bike, also helps keep your heart in shape. If you are new to exercise, talk to your doctor or physical therapist to find out what may be best for you. With exercise, you will also feel more energetic and it can help you sleep better.

### Keep a Positive Attitude

Many people with chronic arthritis pain find that a positive attitude can significantly boost their ability to cope with pain. Try not to give in to pain. Find ways to keep your mind off it. Do the things you enjoy – like a hobby or spending time with family and friends – to keep your spirits high. Ask your doctor about how hypnosis, meditation and breathing techniques can help you ease your pain.

## FRAUD AND SCAMS

If you have a credit report, there's a good chance that you're one of the 143 million American consumers whose sensitive personal information was exposed in a data breach at Equifax, one of the nation's three major credit reporting agencies.

Here are the facts, according to Equifax. The breach lasted from mid-May through July. The hackers accessed people's names, Social Security numbers, birth dates, addresses and, in some instances, driver's license numbers. They also stole credit card numbers for about 209,000 people and dispute documents with personal identifying information for about 182,000 people. And they grabbed personal information of people in the UK and Canada too.

There are steps to take to help protect your information from being misused. Visit Equifax's website, [www.equifaxsecurity2017.com](http://www.equifaxsecurity2017.com). Find out if your information was exposed. Click on the "Potential Impact" tab and enter your last name and the last six digits of your Social Security number. Your Social Security number is sensitive information, so make sure you're on a secure computer and an encrypted network connection any time you enter it. The site will tell you if you've been affected by this breach.

Continued pg. 5



Whether or not your information was exposed, U.S. consumers can get a year of free credit monitoring and other services. The site will give you a date when you can come back to enroll. Write down the date and come back to the site and click "Enroll" on that date. You have until November 21, 2017 to enroll.


You also can access frequently asked questions at the site.

**Here are some other steps to take to help protect yourself after a data breach:**

Check your credit reports from Equifax, Experian, and TransUnion — for free — by visiting [annualcreditreport.com](http://annualcreditreport.com). Accounts or activity that you don't recognize could indicate identity theft. Visit [IdentityTheft.gov](http://IdentityTheft.gov) to find out what to do.

Consider placing a credit freeze on your files. A credit freeze makes it harder for someone to open a new account in your name. Keep in mind that a credit freeze won't prevent a thief from making charges to your existing accounts. Monitor your existing credit card and bank accounts closely for charges you don't recognize. If you decide against a credit freeze, consider placing a fraud alert on your files. A fraud alert warns creditors that you may be an identity theft victim and that they should verify that anyone seeking credit in your name really is you. File your taxes early — as soon as you have the tax information you need, before a scammer can. Tax identity theft happens when someone uses your Social Security number to get a tax refund or a job. Respond right away to letters from the IRS.

Remember,  
If we get caught,  
you are deaf  
and  
I don't speak English!




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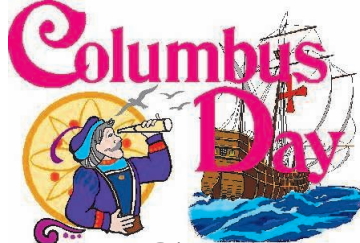


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# OCTOBER 2017

Monday	Tuesday	Wednesday
<p>2</p> 	<p>3</p> <p>9:00 Zumba Gold</p> <p>1:00 Movie: <b>Wizard of Oz</b></p>	<p>4</p> <p>9:00 Commodities</p> <p>10:30 Bingo with Barry</p>
<p>9</p>  <p><b>Columbus Day</b></p> <p>Center Closed</p>	<p>10</p> <p>9:00 Field Trip to This is the Place</p> <p>9:00 Zumba Gold</p> <p>1:00 Foot Clinic by Rocky Mtn Care</p> <p>1:00 Movie: <b>Edward Scissorhands</b></p>	<p>11</p> <p>11:15 Cooking Class \$1.00</p> <p>12-4 AARP Driver Safety Course</p> <p>1:00 Book Club</p>
<p>16</p> <p>10:30 Poker w/ Comforcare</p> 	<p>17</p> <p>9:00 Zumba Gold</p> <p>1:00 Movie: <b>Young Frankenstein</b></p>	<p>18</p> <p>11:15 Craft with Colby \$1.00</p> <p>1:00 Foot Clinic by Rocky Mtn Care</p>
<p>23</p> <p>12:30 Jeopardy hosted by The Gables</p>	<p>24</p> <p>9:30 Pumpkin Walk and Fall Picnic</p> <p>9:00 Zumba Gold</p> <p>1:00 Foot Clinic by Integrity Home Health—<b>Charge of \$10.00</b></p> <p>1:00 Movie: <b>Casper</b></p>	<p>25</p> <p>10:00–12:00 Hobby Table</p> 
<p>30</p> 	<p>31</p> <p>9:00 Zumba Gold</p> <p>11:15 Halloween Party!</p> <p>1:00 Movie: <b>The Witches</b></p>	

## Costume Party / Dance Party



Thursday October 26th w/ USU Grandfriends 6:15 p.m.  
Games, Prizes and Spooky Surprises Await. Wear Your Spookiest Costume!

Join Us a Night of Halloween Fun.



# OCTOBER 2017

Thursday	Friday
<b>5</b> 10:30 Cards with CNS 1:00 Documentary: <b>Vikings Unearthed</b> 6:15 pm Speed Dating w/ USU	<b>6</b> 10-12 Blood Pressure 1:00 Movie: <b>A Walk to Remember</b>
<b>12</b> 1:00 Foot Clinic by Rocky Mtn Care 1:00 Documentary: <b>The Polar Man</b> 6:15 pm Poker w/ USU	<b>13</b> 10-12 Blood Pressure <b>12:15 Lunch &amp; Learn: CNS</b> 1:00 Movie: <b>The Goonies</b>
<b>19</b> 1:00 Documentary: <b>Bright Lights: Staring Carrie Fisher and Debbie Reynolds</b> 6:15pm Potluck & Pumpkin Painting	<b>20</b> 10-12 Blood Pressure <b>12:15 Lunch and Learn: Sunshine Terrace</b> 1:00 Movie: <b>The Burbs</b>
<b>26</b> <b>1:00 Red Hat Activity</b>  <b>6:15 pm Halloween Dance and Costume Party</b>	<b>27</b> 10-12 Blood Pressure 1:00 Movie: <b>Hocus Pocus</b>
	

**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



**Field Trip!**

We will be going to This is the Place Heritage Park in Salt Lake City on Tuesday, October 10th. The cost of admission is \$5.00. The transportation fee is 5.00. If you would like to go please sign up at the front desk.

# OCTOBER 2017

*Milk offered daily*

*Menu subject to change without notice.*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Breaded Pork Chops Scalloped Potatoes Garden Veggies Applesauce Spice Cake	<b>3</b> Fish Fillet Rice Pilaf Green Beans with Almonds Fruited Jell-O Dinner Roll	<b>4</b> Smothered Chicken Burritos Buttered Corn Black Beans Strawberry Fruit Pizza	<b>5</b> Cheesy Potato Bacon Soup Tuna Sandwich Pears Lemon Pudding	<b>6</b> Parmesan Garlic Chicken Roasted Potatoes Capri Veggies Apple Salad Biscuit
<b>9</b> <b>CLOSED FOR COLUMBUS DAY</b>	<b>10</b> Beef & Mushrooms Mashed Potatoes Peas & Carrots Peach Crisp Dinner Roll	<b>11</b> Taco Soup Relish Cup Corn Bread Tres Leches Bread Pudding with Strawberries	<b>12</b> Poppy Seed Chicken Couscous Mixed Veggies Orange Fluff Muffin	<b>13</b> Sloppy Joes Macaroni Salad Chips Tropical Fruit Pumpkin Bars
<b>16</b> Pasta with Chicken & Mushroom Alfredo Italian Veggies Breadsticks Mixed Fruit	<b>17</b> Herb Salmon Quinoa Asparagus Pineapple Cream Cake	<b>18</b> Pot Roast Mashed Potatoes Butternut Squash Mixed Fruit Dinner Roll Pudding	<b>19</b> Malibu Chicken Rice Pilaf Spinach/Strawberry Salad with Poppy Seed Dressing Brownie	<b>20</b> Cowboy Brunch Casserole Zucchini & Tomato Casserole Au Gratin Potatoes Apple Crisp
<b>23</b> Chicken Enchiladas Spanish Rice Pinto Beans Pineapple Cookie	<b>24</b> Shredded Beef Ragu Pasta Tossed Salad Mozzarella Melon Salad Garlic Bread	<b>25</b> Glazed Sliced Ham Cheesy Potatoes Candied Carrots Pear Streusel Dinner Roll	<b>26</b> Swiss Cheese Chicken Seasoned Rice Green Beans Peaches Lemon Bar	<b>27</b> Lemon Pepper Cod Wild Rice Brussel Sprouts Fruit Salad Banana Bread Blondies
<b>30</b> Philly Beef Sandwich Pasta Salad Chips Peach Shortcake	<b>31 Halloween</b> Bloody BBQ Chicken Mummy Mac & Cheese Zombie Slaw Eye of Newt Salad Grave Yard Cupcakes	<p><i>Our doors open at 9:00 a.m. and we close at 4:00 p.m.</i></p> <p><i>Please make a reservation to eat by 3:00 p.m.</i></p> <p><i>If you need a ride to the Senior Center call by 3:00 p.m.</i></p> <p><i>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.**





# Save the Date!

The Cache County Senior Citizens Center is hosting a **USO Dance** in honor of Veterans Day.

**Thursday,  
November 9th  
6-8 pm**

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## Mensaje de Directora

Un monje decide meditar en soledad, lejos de su monasterio. Él toma su barco en medio del lago, cierra sus ojos y comienza su meditación.

Después de unas horas de imperturbable silencio, que de repente se siente el choque de otro barco colisionando con el suyo propio. Con sus ojos cerrados, intuye su ira aumentando, y por el momento en que abre los ojos, él está listo para gritar al barquero que se atrevió a perturbar su meditación.

Pero cuando abre sus ojos, ve en él un vacío bote que había probablemente tenido ataduras y flotaba en medio del lago.

En ese momento, el monje logra la auto-realización, y entiende que el enojo es dentro de él; solamente necesita la protuberancia de un objeto externo a provocarla fuera de él.

A partir de entonces, cada vez que viene a través de alguien que le provoca irritación o provoca su ira, recuerda a sí mismo, "La otra persona es simplemente un barco vacío. La ira está dentro de mí".



Algunos consejos intemporales útiles

1. Arroja números no esenciales. Esto incluye edad, peso y estatura. Deja que los doctores se preocupen por ellos. Por eso los pagas.
2. mantener sólo amigos alegres. Los enojandos te derriba.
3. Siga aprendiendo. Aprenda más sobre la computadora, la artesanía, la jardinería, lo que sea. Nunca dejes que el cerebro esté ocioso. 'una mente ociosa es el taller del diablo'. Y el nombre del diablo es Alzheimer.
4. disfruta de las cosas sencillas.
5. reír a menudo, largo y fuerte. Ríete hasta que PODES respirar.
6. las lágrimas suceden. Aguanta, llora y sigue adelante. La única persona que está con nosotros toda

nuestra vida, somos nosotros mismos. Estar vivo mientras estás vivo.

7. rodeate de lo que amas, ya sea familia, mascotas, recuerdos, música, plantas, hobbies, lo que sea. Tu casa es tu refugio.
8. ACARICIE su salud: si es bueno, preservelo. Si es inestable, mejorarla. Si está más allá de lo que puede mejorar, consiga ayuda.

9. no tomes viajes de culpa. Tome un viaje al centro comercial, incluso al siguiente Condado; a un país extranjero, pero no a donde está la culpa.

10. Dile a la gente que amas que los amas, en cada oportunidad.

y recuerda siempre: la vida no se mide por el número de respiraciones que tomamos, sino por los momentos que nos quitan el aliento.

todos necesitamos vivir la vida al máximo cada día, preocuparnos por nada, orar por todo!!!





## FRAUDE Y ESTAFAS

Si tiene un informe de crédito, hay una posibilidad buena que sea uno de los 143 millones de consumidores americanos cuya información personal sensible fue expuesta en una violación de datos en Equifax, una de las tres oficinas de información del crédito principales nacionales. Aquí están los hechos, según Equifax. La violación duró de mediados de mayo en julio. Los hackers tuvieron acceso a nombres de la gente, Números de seguridad social, fechas de nacimiento, direcciones y, en algunos casos, números del permiso de conducir. También robaron números de la tarjeta de crédito para aproximadamente 209,000 personas y documentos de la disputa con la información de identificación personal para aproximadamente 182,000 personas. Y agarraron la información personal de la gente en el Great Britain y Canadá. Hay pasos para tomar para ayudar a proteger su. Visite el sitio web de Equifax, [www.equifaxsecurity2017.com](http://www.equifaxsecurity2017.com). Averigüe si su información fue expuesta. Haga clic en la etiqueta "Potential Impact" y entre en su apellido y los seis últimos dígitos de su Número de seguridad social. Su Número de seguridad social es la información sensible, así asegúrese que está en un ordenador seguro y una conexión de la red criptografiada cualquier tiempo entra en ello. El sitio le dirá si ha sido afectado por esta violación. Si su información fue expuesta, los consumidores estadounidenses pueden conseguir un año de la escucha del crédito libre y otros servicios. El sitio le dará una fecha cuando pueda volver para matricularse. Anote la fecha y vuelva al sitio y haga clic en "Enroll" en esa fecha. Se tiene que matricular hasta el 21 de noviembre de 2017. También puede tener acceso

a preguntas con frecuencia hechas en el sitio. Aquí están algunos otros pasos para tomar para ayudar a protegerse después de una violación de datos: Compruebe sus informes de crédito de Equifax, Experian y TransUnion — gratis — visitando [annualcreditreport.com](http://annualcreditreport.com). Las cuentas o la actividad que no reconoce podrían indicar el robo de identidad. Visite a [IdentityTheft.gov](http://IdentityTheft.gov) para averiguar que hacer. Considere la colocación de una helada del crédito en sus archivos. Una helada del crédito lo hace más difícil para alguien abrir una nueva cuenta de su nombre. Tenga presente que una helada del crédito no impedirá a un ladrón hacer carga a sus cuentas existentes. Supervise su tarjeta de crédito existente y cuentas bancarias estrechamente para gastos que no reconoce. Si se decide en contra de una helada del crédito, considere la colocación de una alarma de fraude en sus archivos. Una alarma de fraude advierte a acreedores que puede ser una víctima de robo de identidad y que deberían verificar que cualquiera que busca el crédito de su nombre realmente es usted. Archive sus impuestos temprano — tan pronto como tiene la información fiscal necesita, antes de que un scammer puede. El robo de identidad fiscal pasa cuando alguien usa su Número de seguridad social para conseguir un reintegro de impuestos o un trabajo. Responda en seguida a cartas del IRS.

## MEDICARE

### Nuevas tarjetas de Medicare


Medicare enviará nuevas tarjetas de Medicare entre abril 2018 y abril 2019. La nueva tarjeta tendrá un nuevo número de Medicare que es único para la persona con Medicare, en lugar de su número de seguro social. Ayudará a proteger su identidad. Para obtener más información, vaya a [CMS.gov](http://CMS.gov).

El seguro en el Senado esta semana, el financiamiento futuro para los programas estatales de asistencia de seguro de salud (buques) está de nuevo en juego. Los buques proporcionan un asesoramiento único en persona,

Programa de orientación de la asistencia médica esta seguro en el senado. Esta semana, la futura financiación para Programas de Ayuda de Seguro médico estatales (SHIP) está otra vez en juego. El programa de SHIP provee orientación a la persona para ayudar a la gente con la Asistencia médica a entender sus derechos y navegar sus opciones de cobertura. Nuestro Senior Center tiene ayuda disponible para personas mayores de edad para ayudarlos con sus preguntas y decisiones de Medicare. Pide una cita. 755-1220

### Open Enrollment Medicare

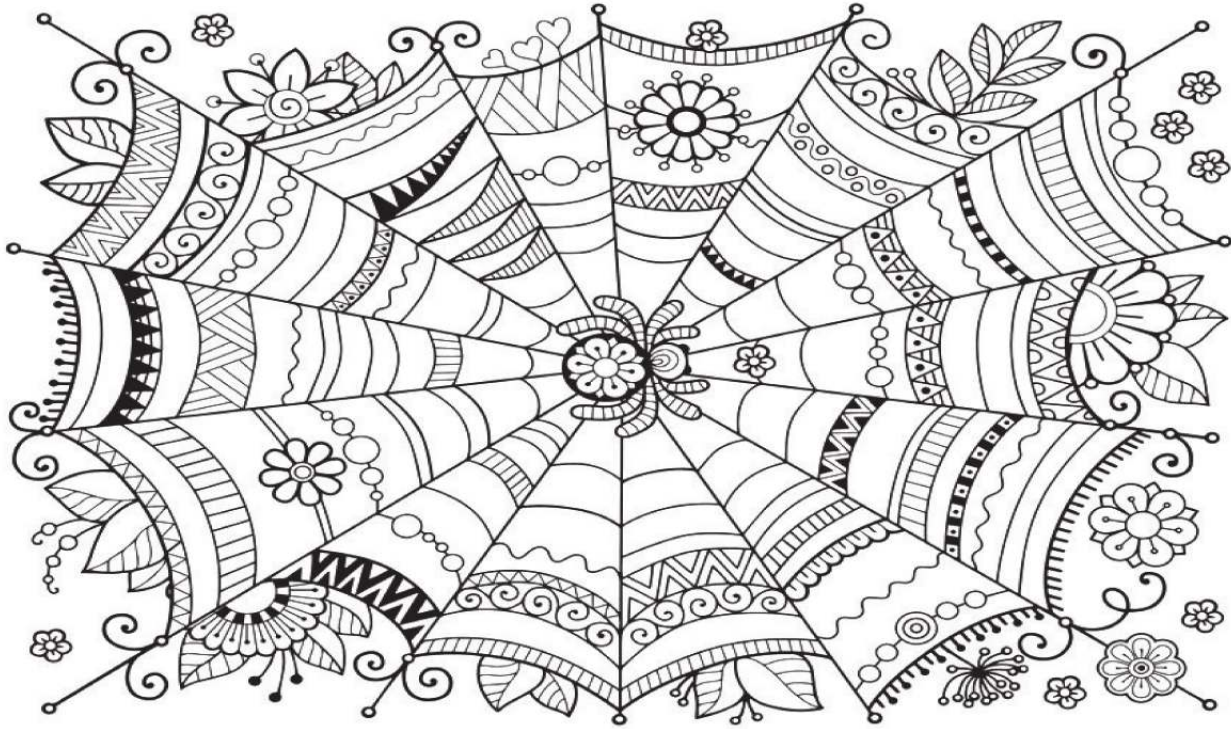
October 15 thru December 7, 2017, for a January 1, 2018 effective date, you can switch your Part D or Medicare Advantage plan.



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