

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](http://www.CacheCounty.org/Senior)
Photo by Mike Bullock

November 2017

November 1st @ 9:00 am Commodities Pickup

*Are you concerned someone you love or care about may be the victim of abuse?
Don't be silent.
Call 1-800-371-7897

Lunch and Learn

November 3rd—The Gables
November 30th—Integrity

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 will assist you with all of your benefit needs. Please call Deborah Crowther at 435-713-1462 to schedule an appointment.

WE BE CLOSED
Nov. 10 , Nov. 23 AND
Nov. 24



In this Season of Giving Thanks and pondering the amazing connections we have made through out the year I can say that my heart is full. We live in a beautiful valley filled with some of the most wonderful people you will ever meet. We are a community of giving. I have met so many individuals in this community that truly love giving back. I am deeply humbled and grateful to live in this valley. We at Cache County Senior Citizens Center would like to extend our deepest gratitude and appreciation to each member of our center as well as to our volunteers who have unselfishly sacrificed their time and devoted their time and energy in supporting this wonderful organization. This fall we had the pleasure of partnering with Rocky Mountain Health. We are thankful for their collaboration in putting together our emergency kits. For the Volunteers that came and helped assemble, Wow...Thank you! We are thankful to all for their continuing service and contribution to the Senior Center. Coming to work is my happy place. I thoroughly enjoy the spirit of family that is here. To see you come to the Center and participating in the activities is the best feeling. As we know, the answer to our complete happiness to make someone else happy. "I would maintain that thanks are the highest form of thought, and that gratitude is happiness doubled by wonder."

-Gilbert K. Chesterton

 Giselle



Veteran's Day Dance

NOVEMBER 9, 2017 | 6-8PM

CACHE COUNTY SENIOR CITIZEN CENTER
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Food, music, Big Band Swing Dancing & a Raffle

(ALL RAFFLE PROCEEDS GO TO SUPPORT MEALS ON WHEELS)



Tips for Staying Healthy in the Fall

By Emily Hoffman, MS, RD
Logan Regional Hospital

Fall can be a great time to work on health and weight goals, because the temperature is cooler and the seasonal produce is abundant! One way to stay healthy in the fall is eating healthy. This time of year there is a lot of good, healthy, seasonal produce available. Try eating some fresh pears and apples, they make a great snack or dessert. Other vegetables that ready and fresh in the fall are Brussel sprouts, sweet potatoes, squash, cauliflower and parsnips. Try grabbing some at the farmer's market, out of your garden or your neighbor's garden! When eating seasonal produce, you get fresher better tasting food. Eat them raw or cooked, you can't go wrong. Try putting new vegetables in soups or stews when it gets cold or eat them as a healthy side dish.

Another tip for staying healthy is to stay hydrated. With the summer months behind us we tend to drink a lot less water. Water is essential for many different processes in our body, including metabolism. Still aim for your 6-8 cups of water a day. Try filling a water bottle and carrying it around with you. Aim for filling up and drinking your water bottle several times a day to ensure adequate water.

The last tip for staying healthy in the fall is to get moving. The temperatures have cooled down so you can walk or exercise at home during the day. Exercise is good for your mood and your memory. Fall is a great time to walk since the temperatures are cooler and the fall leaves are fun to look at. Go with a friend or your family daily. It is a great family activity. Get your grandkids to come with you and have them find pretty leaves, it will be fun for everyone.



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Moderate physical activity linked to increases in metabolism across brain regions

September -2017



Can exercise change how your brain works? A new study suggests that how, and how often, older adults exercise could impact breakdown of glucose in the brain. Decreases in brain metabolism (hypometabolism) have been shown to be a characteristic of Alzheimer’s disease and predictive of cognitive decline and the conversion to Alzheimer’s in older adults. Physical activity has been shown to modulate brain glucose metabolism, but it is unclear what level of intensity and duration may be beneficial.

A recent NIA-supported study from the University of Wisconsin led by Dr. Ozioma Okonkwo found that even moderate physical activity may increase metabolism in brain regions important for learning and memory. The study asked cognitively normal, late-middle age (average age 64 years old) participants to wear an accelerometer for 7 consecutive days to measure daily physical activity. Scientists were then able to determine the amount of time each individual engaged in light (e.g., a slow walk), moderate (e.g., a fast walk), and vigorous activities (e.g., run). The physical activity data were analyzed to determine how they corresponded with glucose metabolism within brain areas that have been demonstrated to be impacted in people with Alzheimer’s.

Increasing levels of engagement in moderate physical activity were associated with increases in cerebral glucose metabolism across all brain regions examined. Vigorous activity showed an increase in metabolism only in the hippocampus (an area important for learning and memory). Light physical activity was not associated with changes in metabolism in any of the brain regions examined. Further, how long one engaged in moderate physical activity impacted the amount of brain glucose metabolism. The more time spent performing moderate level of physical activity (average 43.3 min/day to average 68.1 min/day), the greater the increase in brain glucose metabolism.

Overall, this study adds to encouraging evidence that physical activity may be beneficial for neurometabolic function. Specifically, it makes a critical contribution to the efforts to identify the intensity and duration of physical activity that confer the most advantage for combating Alzheimer’s-related changes in mid-life.

Reference: Dougherty RJ, et al. Moderate physical activity is associated with cerebral glucose metabolism in adults at risk for Alzheimer’s disease. *Journal of Alzheimer’s Disease*. 2017;58:1089–1097. <https://www.nia.nih.gov/news/moderate-physical-activity-linked-increases-metabolism-across-brain-regions>.

Slow-Cooker Two-Bean Minestrone Soup



Ingredients

- 1 can (15 oz) dark red kidney beans, drained
- 1 can (15 oz) garbanzo beans, drained
- 1 bag (12 oz) frozen mixed vegetables
- 1 can (14.5 oz) diced tomatoes with basil, garlic and oregano, undrained
- 1 large vegetarian vegetable bouillon cube
- 1 can (11 oz) vegetable juice
- 1 cup water
- 1/2 cup uncooked elbow macaroni Save \$
- 1 container (7 oz) refrigerated basil pesto

Steps

1. In 3 1/2- to 4-quart slow cooker, mix all ingredients except macaroni and pesto.
2. Cover; cook on Low heat setting 8 to 10 hours.
3. Stir in macaroni. Cover; cook on Low heat setting about 15 minutes or until macaroni is tender. Top each serving with spoonful of pesto.

Health Benefit: Beans can prevent heart disease



Beans are a super healthy, super versatile and super affordable food. Beans are high in antioxidants, fiber, protein, B vitamins, iron, magnesium, potassium, copper and zinc. Eating beans regularly may decrease the risk of diabetes, heart disease, colorectal cancer, and helps with weight management. Studies have shown that people who eat more legumes have a lower risk of heart disease, and the phytochemicals found in beans might be partially to thank, since they protect against it. Beans contain a wide range of cancer-fighting plant chemicals, specifically, isoflavones and phytosterols which are associated with reduced cancer risk. Beans provide the body with soluble fiber, which plays an important role in controlling blood cholesterol levels. Studies find that about 10 grams of soluble fiber a day—

-Continued on pg. 3

the amount in 1/2 to 1 1/2 cups of navy beans—reduces LDL cholesterol by about 10 percent. Beans also contain saponins and phytosterols, which help lower cholesterol. Beans are a diabetes sufferer's superfood! The balance of complex carbohydrates and protein provides a slow, steady source of glucose instead of the sudden surge that can occur after eating simple carbohydrates.

Health Risk: Beans can interfere with vitamin absorption

Some beans, like soybeans, contain substances that interfere with the absorption of betacarotene and vitamins B12 and D. The heat from cooking inactivates most of these substances, making vitamin absorption more likely. But it's still smart to compensate for potential vitamin loss by consuming plenty of fresh fruits and yellow or dark green veggies (to up your betacarotene) and lean meat (for vitamin B12). If you suffer from gout, talk to your doctor about your bean consumption. People with gout are often advised to forgo dried peas, beans, lentils, and other legumes because of their high purine content. In susceptible people, purines increase levels of uric acid and can precipitate a gout attack.




Don't Forget...

Red Hat Sassy Sisters will be meeting November 16th at 1:00 p.m.

National Home Care and Hospice Month

Join us November 3rd at 11:00 a.m. to celebrate National Homecare and Hospice Month. Let us highlight the role of Hospice in our lives as they provide comfort, love, and respect to individuals, families, and especially our loved ones.



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NOVEMBER 2017

Monday

Tuesday

Wednesday



1

9:00 Commodities

10:30 Cards with CNS

6

10:30 Drawing for your Health

7

9:00 Zumba Gold

1:00 Movie: The Great Escape



8

11:15 Cooking Class w/ Symbii \$1.00

12-4 AARP Driver Safety Course

1:00 Book Club



13

10:30 Drawing for your Health

10:30 Poker hosted by ComForCare



14

9:00 Zumba Gold

1:00 Foot Clinic by Rocky Mtn Care

1:00 Movie: The 7 Year Itch

15

11:15 Craft w/ The Gables \$1.00

1:00 Foot Clinic by Rocky Mtn Care

20

10:30 Drawing for your Health

21

9:00 Zumba Gold

10:00 Shopping Field Trip! Sign up at the front desk

1:00 Movie: Free Birds

22

10:00 Giftwrapping w/ CNS

27

10:30 Drawing for your Health

11:30 Out to Lunch Bunch: LD's Cafe

28

9:00 Zumba Gold

1:00 Foot Clinic by Integrity Home Health—Charge of \$10.00

1:00 Movie: A Christmas Story

29



We have Started a New Class here at the Center. Join Sharon in Tai Chi as she begins as a National New Certified Instructor for Tai Chi for arthritis and fall prevention. This is an evidence based class. Classes are Monday and Wednesday at 10:15 am. She will be teaching on Wednesdays.

NOVEMBER 2017

Thursday	Friday
<p>2</p> <p>1:00 Documentary: Happy</p> <p>6:15 P.M. USU Grand Friends</p>	<p>3</p> <p>10-12 Blood Pressure</p> <p>10-12 Hobby Table</p> <p>10:30 Bingo w/ Next of Kin</p> <p>12:15 Lunch and Learn: The Gables</p> <p>1:00 Movie: The Thrill of it All</p>
<p>9</p> <p>1:00 Foot Clinic by Rocky Mtn Care</p> <p>1:00 Documentary: Hiroshima BBC History of WW2</p> <p>6:00 P.M. USU Grand Friends</p> <p>USO DANCE</p>	<p>10</p> <p>CLOSED FOR VETERANS DAY</p> 
<p>16</p> <p>1:00–4:00 Lawyer appointments</p> <p>1:00 Red Hat Activity</p> <p>6:15 P.M. USU Grand Friends</p>	<p>17</p> <p>10-12 Blood Pressure</p> <p>10:30 Nails with Symbii</p> <p>11:15 Intro to Aeronautics by: Howard Morrill</p> <p>1:00 Movie: Beauty and the Beast</p>
<p>23</p>  <p>CLOSED FOR THANKS GIVING HOLIDAY</p>	<p>24</p>  <p>HAPPY THANKSGIVING CLOSED FOR THANKSGIVING HOLIDAY</p>
<p>30</p> <p>12:15 Lunch and Learn: Integrity</p> <p>1:00 Documentary: Nat King Cole: Afraid of the Dark</p> <p>5:30 P.M. USU Grand Friends potluck Bingo</p>	

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

USU Grandfriends November Activities:

2nd: Poker

9th: USO Dance

16th: Tournament Night with a variety of games

23rd: OFF for Thanksgiving

30th: 5:30 Potluck and Thanksgiving Bingo



usugrandfriends

Equifax isn't calling

By Lisa Weintraub Schifferle
Attorney, FTC, Division of Consumer
and Business Education



Ring, ring. "This is Equifax calling to verify your account information." Stop. Don't tell them anything. They're not from Equifax. It's a scam. Equifax will not call you out of the blue.

That's just one scam you might see after Equifax's recent data breach. Other calls might try to trick you into giving your personal information. Here are some tips for recognizing and preventing phone scams and imposter scams:

Don't give personal information. Don't provide any personal or financial information unless you've initiated the call and it's to a phone number you know is correct.

Don't trust caller ID. Scammers can spoof their numbers so it looks like they are calling from a particular company, even when they're not.

If you get a robocall, hang up. Don't press 1 to speak to a live operator or any other key to take your number off the list. If you respond by pressing any number, it will probably just lead to more robocalls.

If you've already received a call that you think is fake, report it to the FTC.

If you gave your personal information to an imposter, it's time to change any compromised passwords, account numbers or security questions. And if you're concerned about identity theft, visit IdentityTheft.gov to learn how you can protect yourself.

For more information about the Equifax breach, visit Equifax's website,

www.equifaxsecurity2017.com (This link takes you away from our site. Equifaxsecurity2017.com is not

controlled by the FTC.) or contact their call center at 866-447-7559.



THANKSGIVING BECOMES AN OFFICIAL HOLIDAY

Pilgrims held their second Thanksgiving celebration in 1623 to mark the end of a long drought that had threatened the year's harvest and prompted Governor Bradford to call for a religious fast. Days of fasting and thanksgiving on an annual or occasional basis became common practice in other New England settlements as well. During the American Revolution, the Continental Congress designated one or more days of thanksgiving a year, and in 1789 George Washington issued the first Thanksgiving proclamation by the national government of the United States; in it, he called upon Americans to express their gratitude for the happy conclusion to the country's war of independence and the successful ratification of the U.S. Constitution. His successors John Adams and James Madison also designated days of thanks during their presidencies.

In 1817, New York became the first of several states to officially adopt an annual Thanksgiving holiday; each celebrated it on a different day, however, and the American South remained largely unfamiliar with the tradition. In 1827, the noted magazine editor and prolific writer Sarah Josepha Hale—author, among countless other things, of the nursery rhyme "Mary Had a Little Lamb"—launched a campaign to establish Thanksgiving as a national holiday. For 36 years, she published numerous editorials and sent scores of letters to governors, senators, presidents and other politicians. Abraham Lincoln finally heeded her request in 1863, at the height of the Civil War, in a proclamation entreating all Americans to ask God to "commend to his tender care all those who have become widows, orphans, mourners or sufferers in the lamentable civil strife" and to "heal the wounds of the nation." He scheduled Thanksgiving for the final Thursday in November, and it was celebrated on that day every year until 1939, when Franklin D. Roosevelt moved the holiday up a



week in an attempt to spur retail sales during the Great Depression. Roosevelt's plan, known derisively as Franksgiving, was met with passionate opposition, and in 1941 the president reluctantly signed a bill making Thanksgiving the fourth Thursday in November.

Medicare

When "Medicare" Might Call You:

Medicare will not call you for your personal information, but there are times when the employee of a Medicare contractor have good reason to contact people with Medicare.

Medicare Current Beneficiary Survey

You may be contacted by mail for this survey with a follow-up phone call.

Health Risk Assessments (HRA)

Medicare Advantage plans (part C) might send a provider, like a doctor or nurse to your home so assess your needs.

Medication Therapy Management (MTM)

Part D drug plan representatives contact beneficiaries who have multiple chronic conditions, or very expensive drug costs. The program includes consultations, educations and incentives to participate but you can opt out.

NEW CLASSES

Come join us for some fun and interesting new classes!



Intro to Aeronautics. Have you ever been interested in airplanes? Want to know how they fly? Howard Morrill works at Hill Air Force Base and is an expert. He will be teaching a class, catered to our seniors. If the class is popular it will become a regular on the schedule. First class will be in the multi-purpose room on **November 17th at 11:15.**

Drawing for your Health. Love to draw? Can't draw a straight line? Which ever describes you, this class is great. Often described as meditative doodling, this technique helps with hand eye coordination, dexterity, calming anxiety and more. And its really fun! **Come every Monday at 10:30 to the library.** All supplies will be provided and the class is **FREE!**



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Cache County Senior Center, Logan, UT.

C 4C 05-1038

NOVEMBER 2017

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 Lasagna Green Salad Breadstick Rosy Applesauce No-Bake Cookie</p>	<p>2 Baked Fish Orzo Harvard Beets Pineapple/Lemon Fluff Cornmeal Roll</p>	<p>3 Chicken Cordon Bleu Capri Veggies Roasted Potatoes Peach Crumb Bars Whole Wheat Roll</p>
<p>6 Loaded Baked Potatoes Buttered Broccoli Waldorf Salad Banana Cream Pudding Dinner Roll</p>	<p>7 Tomato Mac Soup Turkey Sandwich Lettuce/Tomatoes Arabian Peach Mold Cookie</p>	<p>8 BBQ Flank Steak Dutch Oven Potatoes Green Beans Green Salad Strawberry Shortcake</p>	<p>9 Salmon Patties with Dill Sauce Peas & Onions Rice Pilaf Cherry Pie Wheat Roll</p>	<p>10 CLOSED FOR</p> 
<p>13 Chicken Alfredo with Pasta Italian Veggies Breadsticks Ambrosia Fruit</p>	<p>14 Pulled Pork Sandwich Mac & Cheese Coleslaw Spiced Apples</p>	<p>15 Roast Turkey Potatoes and Gravy Vegetable Blend Cranberry Salad Pumpkin Pie Dinner Roll</p>	<p>16 Beef & Cheese Burrito Lettuce/Tomatoes Mexican Pasta Salad Fresh Fruit in Season</p>	<p>17 Basil Chicken Pad Thai Stir Fry Vegetables Pudding Fruit Cup Buttermilk Biscuit</p>
<p>20 Corn Chowder Ham & Cheese Croissant Broccoli Salad Mandarin Oranges</p>	<p>21 Chicken Pot Pie Mashed Potatoes Peas & Carrots Lemon Fruit Salad Ice Cream</p>	<p>22 Salisbury Steak Mashed Potatoes Winter Blend Veggies Peaches & Cream Bars Dinner Roll</p>	<p>23</p>  <p>24</p>	
<p>27 Salmon Chowder 1/2 Club Sandwich Cabbage/Banana Slaw Yogurt/Fruit Parfait</p>	<p>28 Baked Pork Chops Sweet Potatoes Veggie Medley Fruit Cocktail Mold Marble Cake</p>	<p>29 Hawaiian Haystacks Peas Tropical Fruit Salad Dinner Roll</p>	<p>30 Turkey Pumpkin Chili with Sour Cream Dollop Carrot Raisin Salad Corn Bread Apricot Tarte Tatin</p>	<p><i>Milk offered daily Menu subject to change without notice.</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.

Keeping Perspective: Gearing Up for the Holidays

It is hard to believe it is November already. With the holidays approaching, it is especially important to take stock of how you spend your time and consider what you can legitimately add to your plate while still enjoying yourself and leaving time for the things that truly fulfill you.

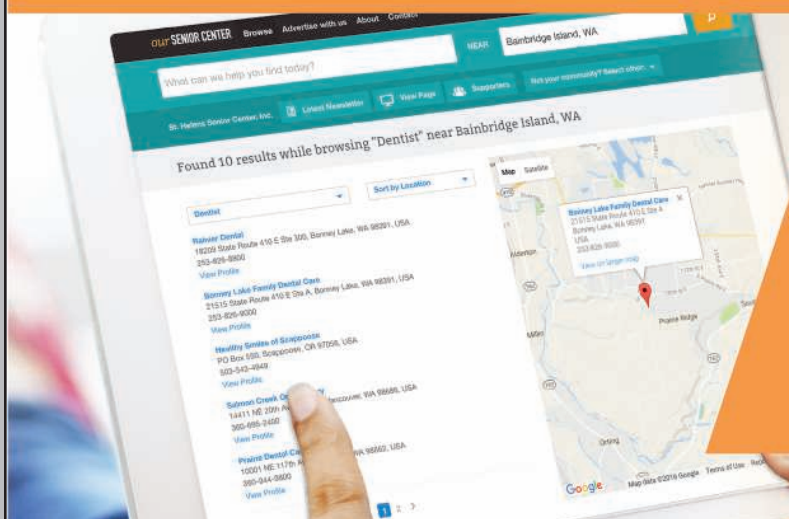
Anyone in the role of family caregiver may have to make an even bigger commitment to enjoying the holidays and balancing their time. Caring for a loved one whose health is failing or mental ability is declining can leave you desperately searching for something to be grateful for. The monotony of daily caregiving and lack of recognition for your sacrifices can leave you less than excited to celebrate the holidays. Family caregiving often places strain on sibling relationships as well, especially when one sibling is handling the majority of the caregiving responsibility. As difficult as it can be, letting go of your resentment and anger can free you up emotionally to relax and focus on what you are thankful for. Learning to say no and asking for help can be the two best gifts you give yourself this year.



Remember I have become a little older since I saw you last, changes have come into my life since then. I am seeing five gentlemen every day. As soon as I wake up Will Power helps me get out of bed. Then I go see John. Then Charlie Horse comes along and when he is here he takes a lot of time and attention. When he leaves Arthur Ritis shows up and stays the rest of the day. He doesn't like to stay in one place very long so he takes me from joint to joint. After such a busy day I am really tired and glad to go to bed with Ben Gay. What a life!

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Mensaje de Directora



En esta temporada de dar gracias y pensar en las conexiones increíbles que hemos hecho a través del año puedo decir que mi corazón está lleno. Vivimos en un hermoso valle lleno de algunas de las personas más maravillosas que jamás conocerás. Somos una comunidad de bondad. He conocido tantos individuos en esta comunidad que verdaderamente aman dar su si mismo. Estoy profundamente agradecida de vivir en este valle. Nosotros en el centro nos gustaría extender nuestra más profunda gratitud y aprecio a cada miembro de nuestro centro, así como a nuestros voluntarios que han sacrificado generosamente su tiempo y dedicado su tiempo y energía en apoyar esta maravillosa organización. Este otoño tuvimos el placer de asociarnos con Rocky Mountain Health. Agradecemos su colaboración en la puesta en común de nuestros kits de emergencia. Para los voluntarios que vinieron y ayudaron a armar los kits, Wow ... ¡Gracias! Agradecemos a todos por su continuo servicio y contribución al centro. Venir a trabajar es me hace feliz. Disfruto plenamente del espíritu de familia que está aquí. Verlos venir al centro y participar en las actividades es la mejor sensación. Como sabemos, la respuesta a nuestra completa felicidad es hacer que alguien más feliz. "Mantendría que las gracias son la forma más alta del pensamiento, y que la gratitud es la felicidad doblada por la maravilla". - Gilbert K. Chesterton

 Giselle

FRAUDE Y ESTAFAS

Equifax no le va llamar

By Lisa Weintraub Schifferle
Attorney, FTC, Division of Consumer
and Business Education



Ring, ring. "Esto es Equifax llamando para verificar la información de tu cuenta." Stop. No les digas nada. No son de Equifax. Es una estafa. Equifax no te llamara fuera del azul. Eso es sólo una estafa se puede ver después de Equifax la reciente fuga de datos. Otras llamadas pueden intentan engañarlo para que proporcione su información personal. Aquí están algunos consejos para reconocer y prevenir estafas telefónicas e impostora estafas: No dar información personal. No proporcione ninguna información personal ni financiera a menos que usted haya iniciado la llamada es a un número de teléfono se sabe que es la correcta. No confíe en Caller ID. Los piratas informáticos pueden falsificar sus números, por lo que parece que están llamando desde una empresa en particular, incluso cuando no lo están. Si consigues un robocall, cuelgue. No pulse 1 para hablar con un operador vivo o cualquier otra tecla para tener su número en la lista. Si usted responde pulsando cualquier número, es probable que sólo conducen a más robocalls. Si ya has recibido una llamada que usted piensa que es falso, informe de ello a la FTC. Si usted dio su información personal a un impostor, es hora de cambiar cualquier robo de contraseñas, números de cuenta o preguntas de seguridad. Y si te preocupa el robo de identidad, visite IdentityTheft.gov para aprender cómo puede protegerse. Para obtener más información acerca del Equifax incumplimiento, visite Equifax en la página www.equifaxsecurity2017.com o llame 866-447-7559.

**MY TEACHER POINTED ME
WITH HIS RULER AND SAID:
"AT THE END OF THIS RULER
THERE'S AN IDIOT!"**



**I GOT DETENTION AFTER
ASKING WHICH END.**

MEDICARE

Quando Medicare llame:

Medicare no le llaman por su información personal, pero hay veces cuando el empleado de un contratista de Medicare tiene una buena razón para ponerse en contacto con personas con Medicare.

Medicare Encuesta

Usted puede ser contactado por correo para esta encuesta con una llamada de seguimiento.

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Los planes de Medicare Advantage (parte C) pueden enviar a un proveedor, como un médico o una enfermera a su hogar, para evaluar sus necesidades.

Terapia de medicación

Los representantes del plan de medicamentos de la parte D contactan a los beneficiarios que tienen múltiples afecciones crónicas, o costos de drogas muy caros. El programa incluye consultas, educación e incentivos para participar pero usted puede optar.



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Benefits of Tai Chi



We are excited to being this new class with a certified instructor. Sharon Perry has been involved with our Tai Chi program for a few years now. We are excited to have her be a certified instructor for Tai Chi for health institute. We are so very grateful for her generous desire to teach our clients this evidence based version of Tai Chi. It is Tai Chi for Arthritis and for Fall Prevention. In 1997, Dr Paul Lam led a team of tai chi and medical specialists to create this program. It is easy, enjoyable and safe for people with arthritis to learn. Medical studies have shown the program to relieve pain for people with arthritis and improve their quality of lives, as well as preventing falls for the older adults. For this reason, arthritis foundations around the world and the Centers for Disease Control and Prevention in America are giving it their full support. Although especially effective for arthritis, it is a great start for beginner to improve health and wellness. The program is proven to be effective to prevent falls, that is why health departments around the world have utilized it for this purpose.

Falls and Tai Chi

According to the US Centers for Disease Control and Prevention (CDC), one in three adults over the age of 65 fall each year. Treatment of injuries due to falls is the most expensive health cost, estimated 2015 by CDC to be 31 billion dollars per year in USA. There are many studies on measures to prevent falls. A recent review of 111 randomized trials involving over 55,000 subjects singled out tai chi and individually prescribed exercise programs to be effective. There remain skeptics who see tai chi as too gentle an exercise to have such significant effects. True, tai chi movements appear to be gentle and graceful, but like the force beneath a seemingly calmly flowing river, tai chi movements contain much power and internal strength. What is fascinating is that the fear of falling often results in more falls; hence, confidence in “not falling” will help to reduce falls. With regular practice, tai chi improves balance by strengthening muscles and co-ordination; at the same time, it strengthens the mind, thereby improving calmness and confidence in not falling. Thus, both physically and mentally, tai chi is an extremely effective exercise for fall prevention. A great bonus, at the same time, tai chi also improves almost all aspects of health!

How Tai Chi Works

No matter what forms of tai chi, if specific tai chi principles are incorporated into tai chi practice, the result will be better balance and reduced falls. The principles are:

1. Movement control

Tai chi movements are slow, smooth and continuous, helping to strengthen internal muscles, like the deep stabilizers that support and strengthen the spine. Additionally, tai chi practitioners move against a gentle resistance to build full muscular strength. Slow and smooth movements calm the mind, helping to reduce falls resulting from sudden movements that lead to significant blood pressure drop, especially in elder people taking medication that can cause change of blood pressure.

2. Weight transference

Tai chi practitioners are mindful of transferring weight with each step, helping to improve mobility, coordination and balance. This, in addition to emphasis on upright and supple posture, further strengthens muscles.

3. Integration of mind and body

Tai chi is an internal art, which stresses the integration—and balance—of mind and body. Tai chi practitioners focus, calm their minds, and loosen and relax their joints and ligaments. A number of studies indicate that being confident results in less falls, since the fear of falls increases the risk of falling. Practicing a mind body exercise, such as tai chi, builds confidence, thus alleviating the fear of falling.

As the practice of tai chi improves many aspects of health, it can also be an ideal preventive intervention. The U.S. National Institute of Health’s National Center for Complementary and Alternative Medicine suggests that people practice tai chi for a variety of health-related purposes, such as:

- for benefits associated with low-impact, weight-bearing, aerobic exercise;
 - to improve physical condition, muscle strength, coordination, and flexibility;
 - to improve balance and decrease the risk for falls, especially in elderly people;
 - to ease pain and stiffness—for example, from osteoarthritis;
 - to improve sleep;
 - for overall wellness.

Tai– Chi– Classes are every Monday and Wednesday at 10:15 am. Come Try it Out!