

Cache County Senior Center

November 2018

Photo by Mike Bullock

Center Hours: Mon-Fri
8:30am –4:00 pm
[www.CacheCounty.org/
Senior](http://www.CacheCounty.org/Senior)

November 7th
@ 8:30 am
Commodities Pickup

Lunch and Learn: 12:15

Nov. 9: 12:15: Logan Eye
Institute: Diabetic Eye
Disease

Nov 12: 12:15: Hospice
101 w/ Sunshine Terrace

Nov. 30: Aging Services
of BRAG : Carolyn Reed:
Aging Services Director

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**Please join us in honoring all
those who served our country.**

What: A special Veterans brunch, guest
speaker and live entertainment

When: Saturday, November 10, 2018 @
10:00 A.M

Where: Cache County Senior Center
240 North 100 East in Logan

Who: Free for Veterans 60+ and Guest

How: Tickets are required and available at
Cache County Senior Center

Posting of
Colors by
Troop 376

Guest Speaker Ret. Lt Col. Greg Stuart US Army

Entertainment and military tribute
provided by the band
Down Yonder

Questions? Call (435) 755-1720

Nutrition News

What are root vegetables?

Root vegetables grow underground at the base of a plant. Technically they're not all roots; some are bulbous growths that store nutrients to feed the plant in colder months.

Examples include bulbs (fennel, onions), corms (celery root, water chestnut), rhizomes (ginger, turmeric), tap roots (beets, carrots, parsnips), tuberous roots (sweet potatoes, yucca), and tubers (potatoes, yams).

The bulbs, roots, and tubers absorb water and nutrients to feed the rest of the plant. Those nutrients make them dietary powerhouses for us.

The pros of root vegetables

Root vegetables are low in calories and high in antioxidants. Each one contains a wide variety of vitamins and minerals. Some have nutrients in surprisingly high amounts. For example:

The flesh of a medium baked sweet potato has only 103 calories and enough vitamin A — 1,096 micrograms (mcg) — to meet your entire Recommended Dietary Allowance for the day (for adults 51 or older, that's 700 mcg for women, 900 mcg for men). Carrots are also a good source of vitamin A, with 1,069 mcg in a cup of chopped raw carrots.

A cup of mashed turnips has 51 calories and 76 milligrams (mg) of calcium — as much calcium as half of a slice of cheddar cheese.

A medium baked russet potato (including its skin) has 164 calories and 935 mg of potassium (more than twice the potassium of a medium-sized banana).

The cons of root vegetables

Most root vegetables are also starches — a kind of carbohydrate that the body breaks down into glucose for energy. For example, there are 37 grams of carbs in a baked russet potato, and 24 grams in a medium baked sweet potato.

If you eat more carbs than your body needs, it will store them as fat, leading to weight gain. Eating too many carbs in one sitting can spike your blood sugar. Frequent spikes of blood sugar can increase the chance of developing diabetes and make it more difficult to manage diabetes if you already have it. Still, some root vegetables have fewer carbs than others. For example, a cup of chopped raw carrots has only 12 grams of carbs; a large cooked onion has 13 grams of carbs.

Another potential problem: how you prepare root vegetables. When you eat mashed potatoes you're probably adding butter and other unhealthy ingredients.

Root vegetables are still fresh whole foods that contain many vitamins and minerals. Eating a variety of them is good for your health.

<https://www.health.harvard.edu/staying-healthy/the-pros-and-cons-of-root-vegetables>

Good Things To Eat

Thanksgiving is the mother of all meals in America.

The one day when tradition trumps food trends and the tables are groaning under the weight of all the food. Many people have to recreate exactly the same Thanksgiving meal year after year, most being absolutely unbending on the menu. They MUST have the same overcooked turkey, sweet potatoes with marshmallows and the green bean casserole. But, why not consider introducing a new side dish this year...



Fall Roasted Vegetable Medley

Ingredients

- 1 fennel bulb, fronds discarded, cored and sliced
- 2 sweet potatoes, peeled and cubed
- 5 carrots, tops trimmed, and chopped
- 3 Russet potatoes, peeled and cubed
- 4 Peruvian purple potatoes (or Yukon Gold potatoes if you can't find them)
- 4 red potatoes, cubed 1 large onion, peeled and cubed
- 3 tbsp organic olive oil
- 3 tbsp pure maple syrup
- 1 tbsp fresh or dried rosemary Kosher salt and freshly ground black pepper
- 2 tbsp maple-vinegar, optional

Instructions

Set a rack in the center of the oven and preheat to 350° F. Rinse all the vegetables in clean water and place on a cutting board. Chop or cube as directed and place in a large, shallow roasting pan. Drizzle the oil and maple syrup over the top and sprinkle with the rosemary, salt and pepper. Add the maple vinegar if using. Toss the vegetables until everything is mixed and coated with the oil and maple syrup. Place pan in the hot oven and roast for 20 minutes. Carefully stir the vegetables and continue roasting for another 30 to 45 minutes or until a fork can be easily inserted in the largest pieces. Remove from the oven, toss again, and serve hot. If made ahead, cool and store in a covered container in the refrigerator. Reheat before serving. Can be made up to two days in advance. Serves 8-10

Pumpkin Pie Party
November 13th
12:15 - 1:00

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NATIONAL CLEAN OUT YOUR REFRIGERATOR DAY

National Clean Out Your Refrigerator Day is observed annually on November 15

KAREN BELZ <https://hellogiggles.com/fashion/7-great-reasons-clean-fridge/>

April 11, 2014 10:00 am

All you wanted was a cold soda, but now you can't avoid it – something stinks in your fridge. Like, really stinks. In fact, it smells like organisms might have developed and gained some type of intellect on Planet Deli Ham. You could avoid the problem, and hope that someone else takes responsibility (after all, you're probably not the only person who uses the fridge – unless you live alone, in which this is all on you, buddy). Or, you could be a responsible adult (or, if you prefer the title, "Food Detective") and take action.



If you're in need of some motivation, here are seven solid reasons as to why cleaning out your fridge should be a practice you incorporate into your weekly routine.

1. Remnants Of Past Food Makes All Food Pretty Unappetizing

Food should be enjoyed, and you just can't get the most out of it while looking at the stain left when you lost grasp of your fruit juice. You were in a rush that morning, and – well – kind of got used to staring at it after a few days.

Trust me – it only takes a few seconds, and it'll make you look forward to opening up your fridge.

Speaking of food spills, make sure that all meat, poultry and seafood are wrapped and placed on the bottom shelf of the fridge – that way, you won't risk meat juice contaminating the rest of your food.

2. Your Fridge Is, Strangely Enough, One Of Your Most Important Appliances

A well maintained refrigerator will prevent you from getting sick. Food poisoning is real – and I'm sure that if you've experienced it at least once before, you know that you never want it to happen again. Also – while some expiration dates seem to be more like "suggestions," others should be taken seriously. Don't trust that yogurt that's been wedged near the back.

Always remember this simple rhyme: When in doubt, throw it out!

3. You'll Save Money

Listen, you guys. Every week, I used to buy a vat of spinach. Like, a Popeye-enhancing mound of the green stuff. And every week, I eat maybe 1/8th of it. Forgetting the fact that I don't consume greens with every meal, I bought more and more spinach on a weekly basis. Let's just say that it piled up, and turned into a disgusting disaster. I felt close to being a vegetable hoarder. By cleaning your fridge, you have a weekly inventory in your mind. Not only have I stopped buying large amounts of spinach, but the spinach I have is fresh – no questions asked.

4. It's Great For Your Mind

Cleaning up your fridge gives you the same good feelings that cleaning any other room in the house does. By taking a big trash bag and tossing all of the questionable food, you'll have the "out with the old, in with the new" feeling without emotions attached. (As in – throwing out the shirt you met your ex-boyfriend in 7 years ago? Sad. Throwing out mostly-bad celery? Fantastic.)

5. Stop Fooling Yourself. You'll Never Eat Those Leftovers

One of my personal fridge-demons is the almighty leftover. While leftovers can be amazing for lunches the next day, they're just a waste of space if they remain in your fridge space for a few days. Even worse, if they're not labeled, you might lose track of how old they actually are. When you decide to save the leftovers, make sure you have a plan for them. Also, make sure to label them with the date in which they were originally made. This will help keep you more organized, and free of the dreaded feeling of discovering mold in one of those Tupperware containers.

6. Because You're An Adult

And if you're not officially an adult, you're an adult-in-training. And you're old enough to figure out the best way to clean out those lesser-seen areas of your fridge. All glass shelves and crisper drawers should be at a room temperature before cleaning to prevent cracking when you wash them. And a great place to wash them? Your bathtub. Not only will you have a bunch of room, but it won't seem as daunting as cleaning them in your tiny sink.

7. Because You Deserve It

Seriously – you deserve it! Open up your fridge, and take a look inside. Get a reality check on your situation, and then ask yourself if you really deserve to be surrounded by food clutter. Do you really need 9 jars of mayonnaise? No. The answer to that will always be no, unless you're planning on making potato salad for 18 people this weekend.

You deserve more room, and you deserve a chance to find what you're looking for without having an obstacle course in your way. If you think about it, your fridge can very easily symbolize your life. The best lives, as well as the best fridges, have order to them.

Free Book Lending Library

Our free book lending service allows members of the Senior Center to borrow many different books for free. This service operates on the honor system. We also are taking donations of books in GOOD condition for the Book Lending Library. Thank you in advance.



Book clubs are the perfect way to keep reading, talk about what you're reading, and make friends with other readers. Our book club is a casual get together, for anyone who likes to read, join our fun group! We select a diversity of books, including fiction, nonfiction, historical, mysteries, classics, contemporary, etc. - the list could go on! If you like to read, want to meet and make new friends, then the Senior Center's Book Club is for you. The only requirement is that you bring your love of books and discussion to share your insights.



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NOVEMBER 2018

Monday

Tuesday

Wednesday



Join us for a special Veterans Day brunch with guest speaker Ret. Lt Col. Greg Stuart US Army on November 10th at 10:00 a.m.

Live entertainment provided by Down Yonder

Posting of Colors Troop 376

Request tickets at front desk 755-1720

5

1:00 Needle Work Group

6

10:30 Board Games with Sarah

1:00 Movie: A Bridge Too Far
2h56m

7

8:30 Commodities

1:30 Cribbage



12

CLOSED FOR VETERANS DAY



13

10:30 Board Games with Sarah
10:30 Poker w/ Comforcare
12:15 Pumpkin Pie Party
1:00 Foot Clinic by Rocky Mtn. Care
1:00 Movie: Solid Gold Cadillac
1h39m

World Kindness Day

14

11:15 Cooking Class \$1.00
12-4 AARP Driver Safety Course
1:00 Book Club
1:30 Cribbage
6:15 USU Grand friends B-Ball Game

19

10:30 Winterizing Your Car
1:00 Needle Work Group



20

10:30 Board Games with Sarah
11:30 Out to Lunch Bunch : Pizza Pie Café & \$1 shopping
1:00 Movie: It Happened to Jane
1h37m

21

11:15 Craft \$2.00 with Colby/Sara
1:00 Foot Clinic by Rocky Mtn. Care
1:30 Cribbage

26

10:30 Gift wrapping w/ CNS
10:30 Winterizing Your Car
1:00 Needle Work Group

27

10:30 Board Games with Sarah
1:00 Foot Clinic by Integrity Home Health—Charge of \$10.00
1:00 Movie: Down to Earth 1h40m

28

1:30 Cribbage



NOVEMBER 2018

Daily Activities

Thursday

1
10:30 Living w/ Hearing Aides

10:30 Cards with CNS

10:30 Writers Group

1:00 Documentary: Searching for Sugar Man 1h26m

Friday

2

10-12 Blood Pressure

11:00 National Hospice Rose Ceremony

1:00 Movie: Parent Trap 2h9m



8
10:30 Living w/ Hearing Aides

1:00 Foot Clinic by Rocky Mtn Care

10:30 Writers Group

1:00 Documentary: The Ghost Army 1h7m
6:15 USU Grand friends

6:15 Ties that Bind Quilting Guild

9

10-12 Blood Pressure

12:15 Logan Eye Institute: Diabetic Eye Disease Awareness

1:00 Movie: Red Dawn 1h59m

15
10:30 Living w/ Hearing Aides

10:30 Writers Group

1:00 Documentary: Monty python: Before the Flying Circus 55m

16

10-12 Blood Pressure

12:15 Hospice 101 w/ Sunshine Terrace: Dennis Wildman

1:00 Movie: Facing the Giants 1h51m

22

HAPPY THANKSGIVING!
CLOSED

23

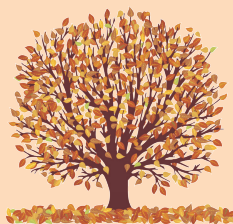
CLOSED

29

10:30 Writers group

1:00 Red Hats

NO MOVIE



30

10-12 Blood Pressure

10:00 Nails w/ Symbii

12:15: Aging Services of BRAG : Carolyn Reed: Aging Services Director

1:00 Movie: The Fifth Quarter 1h 29m

Monday

8:30 Fitness Room
8:30 Quilting
8:30 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

8:30 Fitness Room
8:30 Quilting
8:30 Pool Room
8:30 Ceramics
9-12 Painting Group
9:30 Wii Bowling
1:00 Movie

Wednesday

8:30 Fitness Room
8:30 Quilting
8:30 Pool Room
9:10 Line Dancing
10:15 Tai Chi
10:30 Bingo
11:15 Sit-n-be-fit/
Ping Pong
1:00 Bridge
1:00 Bobbin Lace

Thursday

8:30 Fitness Room
8:30 Quilting
8:30 Pool Room
9-12 Painting Group
9:15 Clogging
9:30 Wii Bowling
10:00 Mahjong
2:00 Spanish 101
5:00 pm TOPS
6:00 pm Knotty Knitters

Friday

8:30 Fitness Room
8:30 Quilting
8:30 Pool Room
9:10 Line Dancing
9:15 Adult Coloring
10:15-10:45 Seated Tai Chi
10:30 Bingo
11:00 Pickle Ball
11:15 Sit-n-be-fit
1:00 Bridge/Movie/
Internet Help by apt. only

Charity scams follow hurricane's wake

As Hurricane Michael barrels its way toward Florida's Gulf Coast, scammers continue to con people who want to help those affected by past hurricanes. Case in point: The FTC and its state and local partners are getting reports about sham charities following Hurricane Florence's devastating impact on North and South Carolina.

In recent weeks, a slew of new websites related to Hurricane Florence have popped up. They accept donations on behalf of victims without saying who is running the sites or how the funds will be used. Some sites claim – without any clear way to verify it – that a certain percentage of donations go to certain groups, like first responders. Other sites invoke the names of well-recognized groups like the Red Cross but, again, with no easy way to confirm a relationship.

To make sure your donation counts, and to avoid fraud, follow these tips:

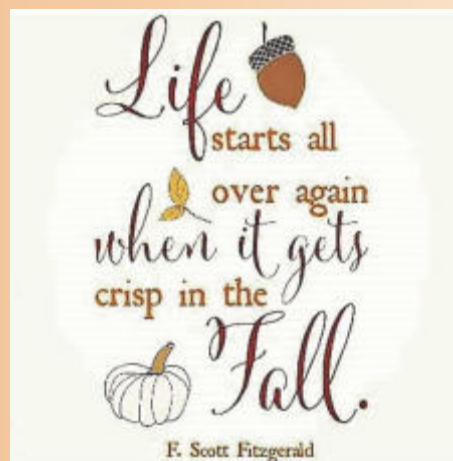
Check out the charity with the [Better Business Bureau's \(BBB\) Wise Giving Alliance](#), [Charity Navigator](#), [Charity Watch](#), or [GuideStar](#).

Find out if the charity or fundraiser must be registered in your state by contacting the [National Association of State Charity Officials](#). If they should be registered, but they're not, consider donating through another charity.

- Don't assume that charity messages posted on social media are legitimate. Research the organization yourself.
- When texting to donate, confirm the number with the source before you donate. The charge will show up on your mobile phone bill, but donations are not immediate.
- If you know the charity is legitimate and you are ready to donate, designate the disaster so you can ensure your funds are going to disaster relief, rather than a general fund that the charity could use for any of its work.

If you think you've donated to a sham charity, report it to the FTC at ftc.gov/complaint. Your complaints help us stop rip-off artists and scammers.

To learn more, go to ftc.gov/charity and help us spread the word. Share this post on Facebook, Twitter, LinkedIn, your own blog, or add it to your website.



MEDICARE

MEDICARE (Spanish)

Medicare 2019 Open Enrollment



It's that time of year again where you will make a decision to stay with your current health insurance plan or choose to join another plan. Do you know if your plan is changing to meet the needs of 2019? Did you know Medicare health and drug plans change each year? Do you have questions

and need answers, if so do not hesitate to call the office and make an appointment with either Giselle or Colby (435) 755-1720. You may learn that you are paying too much each month for your prescription drug plan (part D) as well as learning how you can save with the Medicare Savings Program. Remember Open enrollment is only from October 15 thru December 7, 2018.

Inscripción abierta de Medicare 2019



Es esa época del año otra vez donde usted tomará la decisión de permanecer con su plan de seguro médico actual o optar por unirse a otro plan. ¿Sabe si su plan está cambiando para satisfacer las necesidades de 2019? ¿Sabía usted que los

planes de salud y medicamentos de Medicare cambian cada año? ¿Tiene preguntas y necesita respuestas, si es así no dude en llamar a la oficina y hacer una cita con Giselle o Colby (435) 755-1720. Puede aprender que usted está pagando mucho cada mes por su recetas con su plan de medicamentos. Inscripción abierta de Medicare Octubre 15-Diciembre 7, 2018.

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NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Our doors open at 8:30 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. For those 60+ and their spouse the suggested donation is \$3.00. The full cost of the meal is \$5.00 for those under age 60. Please pay at the front desk to receive your meal.</p> <p>Menu subject to change without</p>			<p>1</p> <p>Hawaiian Haystacks</p> <p>Buttered Peas</p> <p>Pineapple</p>	<p>2</p> <p>Chili</p> <p>Carrot Raisin Salad</p> <p>Corn Muffin</p> <p>Pears</p>
<p>5</p> <p>Pork Loin</p> <p>Scalloped Potatoes</p> <p>Capri Veggies</p> <p>Spiced Apples</p>	<p>6</p> <p>Tomato Mac Soup</p> <p>Turkey Sandwich</p> <p>Mixed Fruit</p>	<p>7</p> <p>Lasagna</p> <p>Green Salad</p> <p>Fruited Jell-O</p> <p>Breadstick</p>	<p>8</p> <p>Chicken Alfredo</p> <p>with Pasta</p> <p>Italian Veggies</p> <p>Breadsticks</p> <p>Ambrosia Fruit</p>	<p>9</p> <p>Baked Fish</p> <p>Harvard Beets</p> <p>Pineapple/Lemon Fluff</p> <p>Cornmeal Roll</p>
<p>12</p> <p>CLOSED FOR VETERANS DAY</p> 	<p>13</p> <p>Pulled Pork Sandwich</p> <p>Mac & Cheese</p> <p>Coleslaw</p> <p>Spiced Apples</p>	<p>14</p> <p>Roast Turkey</p> <p>Potatoes and Gravy</p> <p>Vegetable Blend</p> <p>Cranberry Salad</p> <p>Pumpkin Pie</p> <p>Dinner Roll</p>	<p>15</p> <p>Beef Stroganoff</p> <p>Buttered Noodles</p> <p>Cascade Veggies</p> <p>Apple Salad</p>	<p>16</p> <p>French Toast Sticks</p> <p>Sausage Patty</p> <p>Scrambled Eggs</p> <p>Fruit & Yogurt</p>
<p>19</p> <p>Bean & Ham Soup</p> <p>Egg Salad Sandwich</p> <p>Coleslaw</p> <p>Pears</p>	<p>20</p> <p>Chicken Pot Pie</p> <p>Mashed Potatoes</p> <p>Peas & Carrots</p> <p>Lemon Fruit Salad</p> <p>Ice Cream</p>	<p>21</p> <p>Sloppy Joes</p> <p>Potato Salad</p> <p>Fresh Fruit</p> <p>Chips</p>	<p>22</p>  <p>HAPPY THANKSGIVING!</p> <p>CLOSED</p>	<p>23</p>  <p>CLOSED</p>
<p>26</p> <p>Salisbury Steak</p> <p>Mashed Potatoes</p> <p>Winter Blend Veggies</p> <p>Peaches</p> <p>Dinner Roll</p>	<p>27</p> <p>Chicken Fajitas</p> <p>Onions & Peppers</p> <p>Spanish Rice</p> <p>Corn</p> <p>Orange Fluff</p>	<p>28</p> <p>Corn Ham Chowder</p> <p>Tossed Green Salad</p> <p>Tropical Cheesecake Salad</p> <p>Cheddar Biscuit</p>	<p>29</p> <p>Loaded Baked Potatoes</p> <p>Buttered Broccoli</p> <p>Waldorf Salad</p>	<p>30</p> <p>Spaghetti & Meatballs</p> <p>Strawberry Spinach Salad</p> <p>Wheat Roll</p>

Out to Lunch Bunch



Join us as we do our 1st ever Christmas for a \$1.00 shopping trip. We plan to head to the dollar store and to do some Christmas shopping, then we needed to

have a reason to celebrate the beautiful fall colors so we are having an out to lunch bunch at the Pizza Pie Café! They have an all you can eat pizza bar, all you can eat pasta and salad bar!! If you have not tried the Oreo pizza dessert...then this shall be an experience you will never forget!

We are leaving at 11:30 am. Sign up at the front desk, \$2.00 for transportation



**Red Hat Ladies ...
Will meet on November
29th @ 1pm.**

**We will be working on
our service project for
Little Lambs**

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Cache County Senior Center, Logan, UT

D 4C 05-1038

The Greatest Gift is Love

by STEPHEN on NOVEMBER 20, 2012 ·
in INSPIRATIONAL STORIES

A woman came out of her house and saw 3 old men with long white beards sitting in her front yard. She did not recognize them.

She said, "I don't think I know you, but you must be hungry. Please come in and have something to eat."

"Is the man of the house home?", they asked.

"No", she said. "He's out."

"Then we cannot come in", they replied. In the evening when her husband came home, she told him what had happened.

"Go tell them I am home and invite them in!" The woman went out and invited the men in. "We do not go into a house together," they replied.

"Why is that?" she wanted to know. One of the old men explained: "His name is Wealth," he said pointing to one of his friends, and said pointing to another one, "He is Success, and I am Love." Then he added, "Now go in and discuss with your husband which one of us you want in your home."

The woman went in and told her husband what was said. Her husband was overjoyed. "How nice!!", he said.

"Since that is the case, let us invite Wealth. Let him come and fill our home with wealth!"

His wife disagreed. "My dear, why don't we invite Success?"

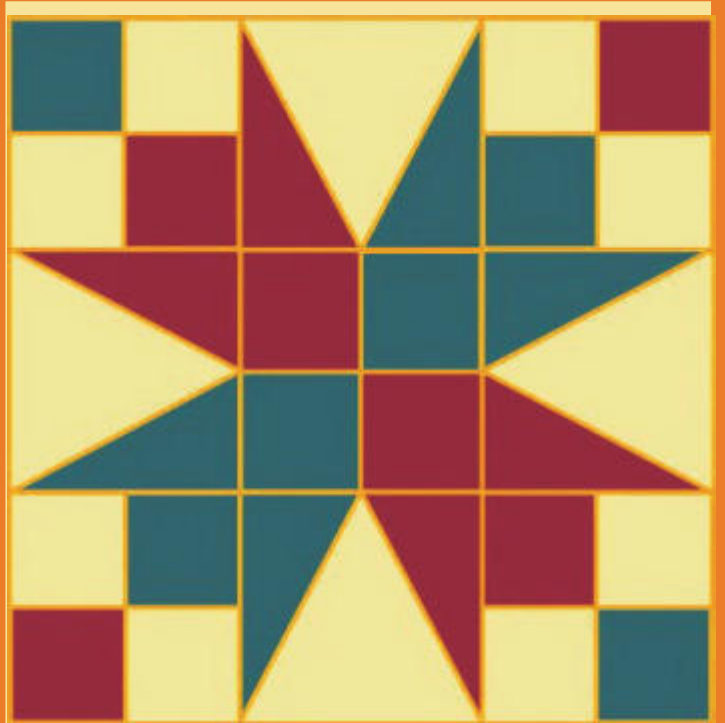
Their daughter-in-law was listening from the other corner of the house. She jumped in with her own suggestion: "Would it not be better to invite Love? Our home will then be filled with love!"

"Let us heed our daughter-in-law's advice," said the husband to his wife. "Go out and invite Love to be our guest."

The woman went out and asked the 3 old men, "Which one of you is Love? Please come in and be our guest." Love got up and started walking toward the house. The other 2 also got up and followed him. Surprised, the lady asked Wealth and Success: "I only invited Love, Why are you coming in?"

The old men replied together: "If you had invited Wealth or Success, the other two of us would've stayed out, but since you invited Love, wherever He goes, we go with him. Wherever there is Love, there is also Wealth and Success!"

Author Unknown



**A new club is joining the
Senior Center!**

**The Guild: Ties That Bind
will meet here the 2nd
Thursday from
7:00 pm—9:30pm**



November 4th is Daylight Savings



What better way to prepare your car for winter than to attend our 2 classes on winterizing your car

November 19th @ 10:30 am in the Library

November 26th @ 10:30 am in the Library

Classes hosted by Darrell Johnson

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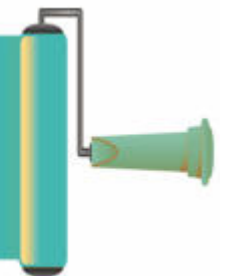
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NATIONAL HOSPICE AND PALLIATIVE CARE MONTH – NOVEMBER 2018



What is Hospice:

For more than 35 years, the Medicare hospice program has helped people spend their final months at home, surrounded by family and friends, with comfort and dignity. In an increasingly fragmented health care system, hospice shows how health care can – and should – work at its best. Your priorities are hospice’s priorities. Hospice care helps people focus on living. The Medicare Hospice Benefit provides a person centered approach to care, offering services based on a person’s unique care needs and wishes. Hospice offers a team-oriented approach to treatment that includes expert medical care, comprehensive pain management, and emotional and spiritual support. Living life to the fullest is what hospice care is all about.

What is Palliative Care:

Palliative Care Can Help. When you or someone you love has a serious illness, time is precious. And palliative care can provide comfort and support to make the most of that precious time. Palliative care delivers expertise to improve quality of life and relief from pain, right where the patient lives. Care may be provided any time during an illness – during and after treatment, from diagnosis on. Remember, hospices are some of the best providers of community-based palliative care and are an important resource if you need help.

Spending the end of our lives at home, in comfort and surrounded by loved ones, is a gift every one of us deserves.

Join us as we celebrate National Hospice Month by having a Rose Ceremony in remembrance of our loved ones who have since passed. This special event will take place November 2nd @11 am in the multi purpose room



Mary with CNS will be here November 26th to wrap your presents! If you have already planned ahead and have your shopping done, come in and she will gift wrap your presents

Gift wrapping w/ CNS @ 10:30 am in the cafeteria



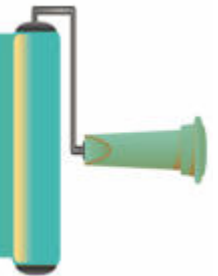
CALLING ALL MUSICIANS!



Do you play an instrument? Do you want to be involved with others that do? If so, please sign up at the front desk to be contacted

about forming a band or playing with other musicians here at the Center. All genres and types accepted.

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