

Cache County Senior Center

December 2018

Photo by Mike Bullock

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

December 5th
@ 8:30 am
Commodities Pickup

Lunch and Learn: 12:15

Wednesday, December
12th Logan City Fire
Department: Holiday Fire
Safety

Friday, December 14th
Karlie Mountjoy with
Natural Grocers:
Cranberries

Wednesday, December
19th Q&A with Molina
Medicaid

A representative from the
VA will assist you with all
of your benefit needs.

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

**DECEMBER 24-
JANUARY 1 :**
Senior Center Closed
For Holiday Break



CHRISTMAS LUNCH

Special Entertainment by:
Musicality Singing Trio

December 19

12PM-1:30PM

All Participants must RSVP 755-1720

Cache County Senior Citizens Center

240 N 100 E **Suggested \$3.00 Donation**

PosterMyWall.com

Cold Weather Safety for Older Adults

If you are like most people, you feel cold every now and then during the winter. What you may not know is that just being really cold can make you very sick.



Older adults can lose body heat fast—faster than when they were young. Changes in your body that come with aging can make it harder for you to be aware of getting cold. A big chill can turn into a dangerous problem before an older person even knows what's happening.

Doctors call this serious problem hypothermia.

Here are some tips for keeping warm while you're inside:

- Set your heat to at least 68–70°F. To save on heating bills, close off rooms you are not using. Close the vents and shut the doors in these rooms, and keep the basement door closed. Place a rolled towel in front of all doors to keep out drafts.
- Make sure your house isn't losing heat through windows. Keep your blinds and curtains closed. If you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.
- Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.
- When you go to sleep, wear long underwear under your pajamas, and use extra covers. Wear a cap or hat.
- Make sure you eat enough food to keep up your weight. If you don't eat well, you might have less fat under your skin. Body fat helps you to stay warm.
- Drink alcohol moderately, if at all. Alcoholic drinks can make you lose body heat.
- Ask family or friends to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.
- You may be tempted to warm your room with a space heater. But, some space heaters are fire hazards, and others can cause carbon monoxide poisoning. The Consumer Product Safety Commission has information on the use of space heaters.

National Institute on Aging :[https://](https://www.nia.nih.gov/health/cold-weather-safety-older-adults)

www.nia.nih.gov/health/cold-weather-safety-older-adults

Good Things To Eat

Twix™ Cookie Bars

Ingredients

- 1 roll (16.5 oz) Pillsbury™ refrigerated sugar cookies
- 1 bag (11 oz) caramels, unwrapped
- 1/3 cup heavy whipping cream
- 1 1/2 cups milk chocolate chips
- 3 Twix™ cookie bars (1.79 oz each), chopped (about 1 cup chopped)



Steps

1. Heat oven to 350°F. Line 13x9-inch pan with foil, leaving extra hanging off sides; spray bottom with cooking spray. Press dough in bottom of pan; bake 20 minutes. Cool 5 minutes on cooling rack.
2. In 2-quart saucepan, heat caramels and whipping cream over medium heat 5 to 10 minutes, stirring constantly, until caramels are melted. Remove from heat. Spread over warm cookie base.
3. Bake 5 minutes; return to cooling rack. Sprinkle chocolate chips evenly over top; let stand 2 to 3 minutes. Spread melted chips evenly over filling. Let cool 30 minutes. Sprinkle with Twix™ bar pieces; pressing in lightly.
4. Refrigerate bars until chocolate is firm, about 1 hour. Remove from pan using foil as handles. Cut into 4 rows by 3 rows; cut each bar in half diagonally for a total of 24 triangle-shaped bars.





If you have Medicaid and Molina is your provider than please come to this important Q&A opportunity to visit with a Molina representative.

Q&A for Molina Medicaid recipients
Dec 19th 12pm-1pm

Thank You for providing dessert Christmas Luncheon

SNOWBALL

~ SHEL SILVERSTEIN

I MADE MYSELF A SNOWBALL,
AS PERFECT AS COULD BE,
I THOUGHT I'D KEEP IT AS A PET,
AND LET IT SLEEP WITH ME.

I MADE IT SOME PAJAMAS,
AND A PILLOW FOR ITS HEAD,
THEN LAST NIGHT IT RAN AWAY,
BUT FIRST - IT WET THE BED!

FUNNY CHRISTMAS

Homemade
COOKIES MADE EASY

poems



Live your BEST life possible by staying in your own home!

Bruce Lee
Owner



Call us for our affordable rates.
Office: (435) 754-7676
www.comforcare.com/n-utah

ROCKY MOUNTAIN Dermatology

MEDICAL • SURGICAL • COSMETIC
Northern Utah's Premier
Skin Care Provider.

Come See Our New Mohs Surgery Center.



1760 N. 200 E. Suite 101
North Logan
435-787-0560



www.rmdmed.com



➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Bill Clough to place an ad today!
wclough@lpiseniors.com or (800) 950-9952 x2635

LOGAN EYE INSTITUTE™

810 S. 100 W. • Ste A
Logan, UT 84321
435-787-7200

Dr. Bryan Monson, MD

We offer the most advanced cataract surgery technology available anywhere!



Health and Wellness



Keys to Managing Your Holiday Stress

From the US Department of Veteran Affairs Health Library

Stress is a physical and emotional response to overwhelming responsibilities, events, and changes. There are several keys to managing stress in your life. First, learn to recognize when you're under stress and what triggers it. Next, find positive ways of responding to your triggers. Be sure to take good care of your health and make time to relax. Read on to learn more about the keys to managing stress.

Recognizing Stress

Learn to recognize your stress and find out what triggers it. To do this, try to be aware of how you feel each day. If you notice your heart racing or your muscles tightening, your body may be responding to stress. Ask yourself why. Then write down your answer. To keep the process going, make a list of all the things that trigger stressful feelings.

Living a Healthy Life

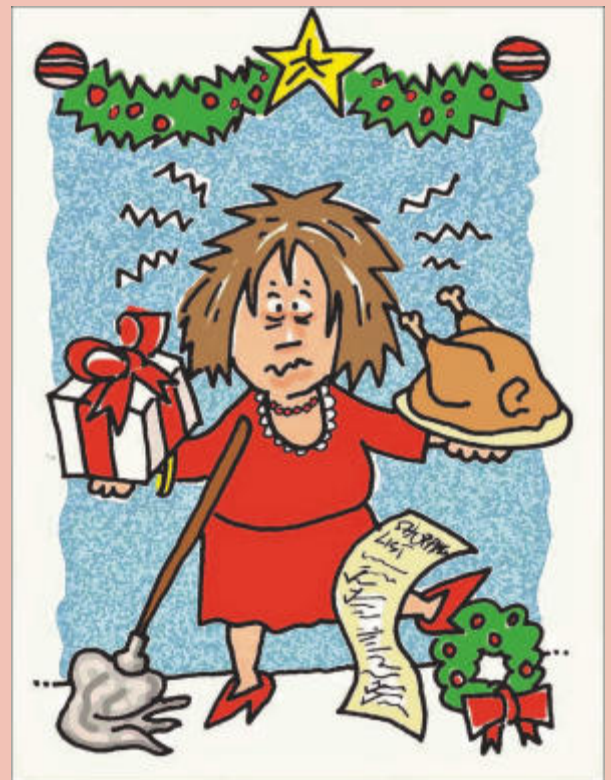
Keeping yourself healthy helps you deal better with stress. This means getting enough sleep, eating right and getting regular physical activity. It also means knowing what you value most in life, and making time for yourself. You may find it helpful to keep a daily health journal to see how well you're doing these things. Or, you can make it a practice to reflect on your stress management successes and struggles at the end of each day or week. If you don't take good care of yourself, you may feel more stressed.

Responding Better to Stress

Life is full of stressors that you can't control. But you can learn more positive ways of responding to them. This will help you feel more in control. To begin, try this tip: Think about how much effort you want to put into dealing with a certain stressor. Do you really need to handle that stressor? If so, decide on the best way to do this. Change what you can. But if the stressor isn't important, or if it's out of your control, then why worry about it?

Relaxing to Slow Down

Relaxing can help you prevent or relieve stressful feelings. This tip may help: When you're facing a stressor, pause for a moment. Then take a deep breath and slowly breathe out as you count to 10. This will help clear your mind so you can respond to stress better. You can also try progressive muscle relaxation. Sit in a comfortable chair or lie down on your back. Inhale deeply through your nose for a few seconds. Then exhale slowly through your mouth. After a few minutes of this deep breathing, tighten the muscles in your feet as you inhale. Notice how it feels. Hold the tension for a few seconds. Exhale while releasing the tension in these muscles. Repeat this exercise for each part of your body. This can help you relax and relieve muscle tension that is often brought on by stress. Other relaxation techniques you may find helpful include visualization and meditation. Activities, such as yoga and tai chi, may be helpful as well.



*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. If you need a
ride to the Senior Center call by 3:00 p.m.
for a seat on the bus the next day.*



Text-to-911 now available in Cache County

In cases of emergency, citizens in Cache County can now text 911. This is a valuable service to our deaf and hard of hearing community, as well as others who cannot safely make a voice call to 911 in an emergency. This featured shouldn't be used excessively. The best way to contact 911 is by making a voice call.

Here are 3 scenarios when texting 911 is appropriate:

- If the person trying to contact 911 is deaf, has a speech disability or is hard of hearing.
 - If the caller is unable to speak due to a medical emergency or another condition.
- If the person is in an emergency situation that would put them in more danger if they made a voice call. These types of situations include: abduction, domestic violence or active shooter.
 - Provide your exact address or location.
 - Briefly explain the type of emergency.
- Be prepared to answer any questions that the 911 telecommunicator texts back.
 - Use plain language; no abbreviations, symbols, emoticons or photos.
 - Messages should be brief and concise.

LOGAN REGIONAL HOSPITAL

Our therapy pools are among the many physical therapy services we offer. For information call 435.716.5303.

Intermountain
Logan Regional Orthopedics
and Sports Medicine

► Reach the Senior Market
ADVERTISE HERE

CONTACT

Bill Clough to place an ad today!
wclough@lpiseniors.com or
(800) 950-9952 x2635

The
Tables
of North Logan
Assisted Living
& Memory Care

Take A Tour Today!
Care • Compassion • Comfort

435-258-8828
455 E 2500 N
thegablesassistedliving.com

our
SENIOR CENTER
The Online Directory of Senior Centers

NEVER MISS A NEWSLETTER!
Sign up to have our monthly senior newsletter
emailed to you at www.ourseniorcenter.com



DECEMBER 2018

Monday

3

11:00 Cookie Decorating w/ Symbii

1:00 Needle Work Group



10

10:30 Poker hosted by ComForCare

1:00 Needle Work Group

17

10:00 Gift Wrapping w/ CNS

1:00 Needle Work Group



24

CLOSED FOR CHRISTMAS HOLIDAYS

31

CLOSED FOR NEW YEAR HOLIDAYS

Tuesday

4

10:30 Board Games with Sarah

1:00 Movie: Yours, Mine, and Ours
1h51m

11

10:30 Board Games with Sarah

11:30 Out to Lunch Bunch: The Blue Bird

1:00 Foot Clinic by Rocky Mtn Care

1:00 Movie: It's a Wonderful Life
2h15m

18

10:30 Board Games with Colby

1:00 Movie: The Christmas Note
1h25m

25

1

Wednesday

5

8:30 Commodities

11:15 USU Rec. Activities with Students

1:00 Movie: The Grinch 1h50m

1:30 Cribbage

12

11:15 Cooking Class: Ginger Bread Houses w/ Sunshine Terrace

12:15 Lunch and Learn: Logan City Fire Department: Holiday Fire Safety

12-4 AARP Driver Safety Course

1:00 Book Club

1:30 Cribbage



19

12:15 Musicality Singing Trio

1:00 Movie: A Holiday Heist 1h30m

1:00 Foot Clinic by Rocky Mtn Care

1:30 Cribbage

26



DECEMBER 2018

Daily Activities

Thursday

6
 10:30 Cards with CNS
 10:30 Writers Group
 1:00 Documentary: I am Santa Claus 1h29m
 6:15 USU Grandfiends Activity

13
 1:00 Foot Clinic by Rocky Mtn Care
 10:30 Writers Group
 12:15 Ukulele Sing Along
 1:00 Documentary: Christmas from Hollywood 1h12m
 7:00-9:30 pm- Ties That Bind

20
 10:30 Writers Group
 1:00 Red Hat Activity
 No Movie



27

**CLOSED FOR
 CHRISTMAS HOLIDAYS**



Friday

7
 11:15 Craft with Becca
 10-12 Blood Pressure
 1:00 Movie: Skating to New York 1h33m



14
 10-12 Blood Pressure
 10:30 Holiday Bingo w/CNS
 12:15 Lunch and Learn: Karlie w/ Natural Grocers: Cranberries
 1:00 Movie: The Bishops Wife 1h49m

21
 10-12 Blood Pressure
 10:00 Nails with Symbii
 12:15 Hicken Family Singers
 1:00 Movie: Crown for Christmas 1h27m

28

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

MEDICARE

Medicare and Mental Health Services

From the Medicare Rights Center

Medicare covers medically necessary mental health care—services and programs that are intended to help diagnose and treat mental health conditions.

If you have Original Medicare, **Part A covers inpatient mental health services** that you receive in either a psychiatric hospital (a hospital that only treats mental health patients) or a general hospital. Your provider should determine which hospital setting you need. If you receive care in a psychiatric hospital, Medicare covers up to 190 days of inpatient care in your lifetime. If you have used your lifetime days but need additional mental health care, Medicare may cover your additional inpatient care at a general hospital.

Be aware that you will have the same out-of-pocket costs with Original Medicare whether you receive care in a general or psychiatric hospital:

- The Part A deductible: Before Medicare covers the cost of inpatient care, you have to meet the deductible for the benefit period. In 2018, the deductible is \$1,340.
- Days 1-60: After you meet the deductible, Medicare pays in full for the first 60 days of your care.
- Days 61-90: Medicare pays part of the cost, and you are responsible for a daily coinsurance. In 2018, the coinsurance is \$335.
- Lifetime reserve days: For up to 60 lifetime reserve days, Medicare pays part of the cost, and you are responsible for a daily coinsurance. The coinsurance in 2018 is \$670.

Medicare Part B covers outpatient mental health care, including the following services:

- Individual and group therapy
- Substance abuse treatment
- Tests to make sure you are getting the right care
- Occupational therapy
- Activity therapies such as art, dance or music therapy
- Training and education (such as training on how to inject a needed medication or education about your condition)
- Family counseling to help with your treatment
- Laboratory tests
- Prescription drugs that you cannot administer yourself, such as injections that a doctor must give you.
- An annual depression screening that you receive in a primary care setting. Speak to your doctor or primary care provider for more information.
- The depression screening is considered a preventive service, and Medicare covers depression screenings at 100% of the Medicare-approved amount.

Original Medicare covers these outpatient mental health services (with the exception of the annual depression screening) at 80% of the Medicare-approved amount. This means that as long as you receive services from a provider who accepts assignment (meaning they accept Medicare's approved amount as full payment for a service), you will pay a 20% coinsurance after you meet your Part B deductible.

Medicare Part B also covers partial hospitalization for mental health treatment for people who meet coverage requirements. Partial hospitalization programs provide care that is more intensive than other forms of mental health care, but less intensive than inpatient care.

If you have a Medicare Advantage Plan, your plan must cover the same inpatient and outpatient mental health services as Original Medicare, but they may impose different rules, restrictions, and costs. If you need information about a plan's costs and coverage rules, or if you are experiencing problems, contact your Medicare Advantage Plan.



Calling all Seniors for Holiday Fun

The Holidays can be full of Joy when you celebrate with good friends. The Cache County Senior Center is no exception! We have a ton of fun things going on in December and we would love for you to join us. Some of the highlights are cookie decorating, ginger bread houses, making holiday ornaments, singing groups as well as sing alongs with ukuleles. Remember Shannon, who sung our favorite old hits at lunch time? She will be coming back with a whole singing group of ladies, Musicality, to serenade us with Holiday tunes. There will be one last Grandfriends activity of the semester, and we will have a group of students coming for a day of activities. We will have some great holiday tips at our lunch and learns, and will have all of the regularly scheduled activities you enjoy year round. Please read your activities calendar carefully for details, times and dates. There are some things you don't want to miss. When it gets cold outside don't shut yourself in, bundle up and venture out to the Center for some good times.



AUDIOLOGY AND HEARING AIDS HEARING ZONE

SERVING LOGAN & BRIGHAM FOR 19 YEARS



575 E. 1400 N. #140 • Logan

(435) 753-7171

East of Logan's Lee's

We are also in Brigham City

862 S. Main #7 • Brigham City

(435) 723-2727



Dave Robinson, Au.D. ~ Doctor of Audiology

- Latest hearing aid technology
- We work with insurance companies
- 40 day trial period
- Free consultations

Have You Pre-Planned
With Another Funeral Home?

YOU CAN TRANSFER HERE!

Ask our staff how easy it is to move
your plan to our funeral home

435-753-7111

753 South 100 East, Logan, UT 84321

www.NymanFH.com

Nyman Funeral Home
a family serving your family

LEGACY
HOUSE
Logan

Caring for loved ones
for over 15 years!

Senior Living Community
Assisted Living-Memory Care
Stop by for a Tour Today!

330 E. 1400 N. • Logan, UT • 84341

435-755-2877 • haydenn@wslm.biz
www.legacylogan.com



December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 Soup Ham Sandwich Pineapple Coleslaw Fruit Cocktail Cake	4 Meatloaf Scalloped Potatoes Sun-kissed Carrots Pear Strudel Dinner Roll	5 Mongolian Salmon Green Beans Wild Rice Pudding with Fruit Cheese Biscuit	6 Parmesan Chicken Bow Tie Pasta Zucchini & Yellow Squash Apple Crumb Bars	7 Baked Ziti Italian Blend Veggies Lemon Cream Salad Raspberry Parfait
10 Tilapia Wild Rice Veggie Medley Peach Bread Pudding	11 Creamy Cauliflower Soup Pea Salad Breadstick Mixed Fruit Brownie	12 Sweet & Sour Chicken Fried Rice Stir Fry Veggies Pineapple Fluff Fortune Cookie	13 Creamy White Chili Apple Craisin Salad Cinnamon Roll Spiced Pears	14 Baked Chicken Scalloped Potatoes Winter Blend Veggies Rye Roll Orange Fluff
17 Cheesy Vegetable Soup Turkey Sandwich Chef Salad Glazed Carrots Peach Cobbler Wheat Roll	18 Swedish Meatballs Buttered Noodles Roasted Squash Fruit Cocktail Salad Dinner Roll	19 Honey Baked Ham Sweet Potatoes Roasted Vegetables Dinner Roll	20 Tacos Black Bean Salad Spanish Rice Mexican Veggies Tres Leches Cake	21 Turkey Tetrazzini Lemon Buttered Noodles Pineapple Orange Salad French Bread Christmas Sugar Cookie
24	25	26	27	28
CLOSED FOR THE CHRISTMAS AND NEW YEARS HOLIDAYS				
31	1			
CLOSED FOR CHRISTMAS AND NEW YEAR HOLIDAYS				

Out to Lunch Bunch

The Blue Bird has remodeled! Lets check out the new space in our old favorite. Please join us for the Out to Lunch Bunch on Tuesday, December 11th at 11:30 am. Transportation in the bus is complementary, or you can meet us there. However, please sign up at the front desk so we can make an accurate reservation. And don't forget about all the delicious hand poured chocolates available for your own dessert or for holiday gifts!



our SENIOR CENTER

The Online Directory of Senior Centers

NEVER MISS A NEWSLETTER!

Sign up to have our monthly senior newsletter emailed to you at www.ourseniorcenter.com



Call today to schedule a visit and complimentary meal!

Life is easier with us.

HOLIDAY
RETIREMENT

Pioneer Valley Lodge

Independent Retirement Living

North Logan, UT

435-216-1617



©2017 HARVEST MANAGEMENT SUB LLC, HOLIDAY AL MANAGEMENT SUB LLC, HOLIDAY AL NIC MANAGEMENT LLC.



For ad info. call 1-800-950-9952 • www.4pi.com

Cache County Senior Center, Logan, UT

D 4C 05-1038

Scams and Fraud Con-

Empower yourself against utility scams

September 17, 2018
by Lisa Lake

Consumer Education Specialist, FTC

You get a call saying your electricity or water will be shut off unless you pay a past due bill. You may not think you have a past due bill. But the caller sounds convincing, and you can't afford to ignore it, especially if you're running a small business.

Actually, you can't afford to believe it.

The FTC has been hearing about scammers impersonating utility companies in an effort to get your money. Here are some warning signs of a utility scam:

If you know you already paid, stop. Even if the caller insists you have a past due bill. That's a big red flag. Never give out your banking information by email or phone. Utility companies don't demand banking information by email or phone. And they won't force you to pay by phone as your only option.

Did the caller demand payment by gift card, cash reload card, wiring money or cryptocurrency? Don't do it. Legitimate companies don't demand one specific method of payment. And they don't generally accept gift cards (like iTunes or Amazon), cash reload cards (like MoneyPak, Vanilla, or Reloadit), or cryptocurrency (like bitcoin).

If you get a call like this, here are some things you can do:

Concerned that your bill is past due? Contact the utility company directly using the number on your paper bill or on the company's website. Don't call any number the caller gave you.

Never give banking information over the phone unless you place the call to a number you know is legitimate.

Tell the FTC. Your reports help us fight these scams. And report it to the real utility company. If you already paid, tell the payment provider – such as the wire transfer or gift card company. You may not get your money back, but it's important to tell them about the scam.

Upcoming Events



Who Doesn't Love Yummy Cookies...or better yet decorating them and then eating them?

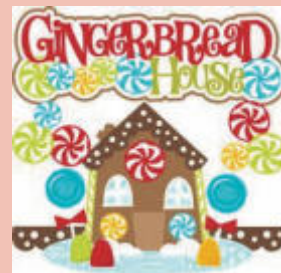
Bryce with Symbii Home Health will be hosting this fun

get together on **December 3rd @ 11:00 am**

Join us for our annual event of Ginger Bread House decorating! All you have to do is come and use your creativity to make the most beautiful ginger bread house...

All supplies will be provided

December 12th @ 11:15 am: This fun event will be hosted by Sunshine Terrace



Christmas UKULELE

Sing- A- Long

December 13th

You don't want to miss this fun day! Join us for lunch and come with a Hawaiian shirt to enter for a drawing

12:15



Upcoming Events

The Tradition Continues...

The Hicken family singers will be here to share their musical talents with us on December 21st @ 12:15



Congratulations for future singer, baby number 8, on the way!



**Red Hat Ladies ...
Will meet on
December 20th @ 1pm.**

**Red Hat Holiday Party!
Join us for Food & Fun!**

Please RSVP 755-1720



➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

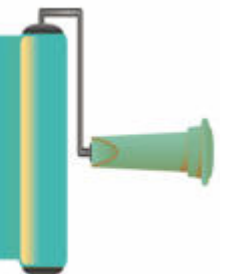
**Bill Clough to place an ad today!
wclough@lpieniors.com or
(800) 950-9952 x2635**

LET US *carry*
YOUR MESSAGE
TO *Senior*
THE *Community*

For advertising
info call:
1-800-950-9952



**SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY**



On Santa's Team

Author Unknown

My grandma taught me everything about Christmas. I was just a kid. I remember tearing across town on my bike to visit her on the day my big sister dropped the bomb: "There is no Santa Claus," jeered my sister. "Even dummies know that!"

My grandma was not the gushy kind, never had been. I fled to her that day because I knew she would be straight with me. I knew Grandma always told the truth, and I knew that the truth always went down a whole lot easier when swallowed with one of her world-famous cinnamon buns.

Grandma was home, and the buns were still warm. Between bites, I told her everything. She was ready for me.

"No Santa Claus!" she snorted. "Ridiculous! Don't believe it. That rumor has been going around for years, and it makes me mad, plain mad. Now, put on your coat, and let's go."

"Go? Go where, Grandma?" I asked. I hadn't even finished my second cinnamon bun.

"Where" turned out to be Kerby's General Store, the one store in town that had a little bit of just about everything. As we walked through its doors, Grandma handed me ten dollars. That was a bundle in those days.

"Take this money," she said, "and buy something for someone who needs it. I'll wait for you in the car." Then she turned and walked out of Kerby's.

I was only eight years old. I'd often gone shopping with my mother, but never had I shopped for anything all by myself. The store seemed big and crowded, full of people scrambling to finish their Christmas shopping. For a few moments I just stood there, confused, clutching that ten-dollar bill, wondering what to buy, and who on earth to buy it for. I thought of everybody I knew: my family, my friends, my neighbors, the kids at school, the people who went to my church.

I was just about thought out, when I suddenly thought of Bobbie Decker. He was a kid with bad breath and messy hair, and he sat right behind me in Mrs. Pollock's grade-two class. Bobbie Decker didn't have a coat. I knew that because he never went out for recess during the winter. His mother always wrote a note, telling the teacher that he had a cough; but all we kids knew that Bobbie Decker didn't have a cough, and he didn't have a coat. I fingered the ten-dollar bill with growing excitement.

I would buy Bobbie Decker a coat. I settled on a red corduroy one that had a hood to it. It looked real warm, and he would like that. I didn't see a price tag, but ten dollars ought to buy anything. I put the coat and my ten-dollar bill on the counter and pushed them toward the lady behind it.

She looked at the coat, the money, and me. "Is this a Christmas present for someone?" she asked kindly. "Yes," I replied shyly. "It's ... for Bobbie. He's in my class, and he doesn't have a coat." The nice lady smiled at me. I didn't get any change, but she put the coat in a bag and wished me a Merry Christmas.

That evening, Grandma helped me wrap the coat in Christmas paper and ribbons, and write, "To Bobbie, From Santa Claus" on it ... Grandma said that Santa always insisted on secrecy.

Then she drove me over to Bobbie Decker's house, explaining as we went that I was now and forever officially one of Santa's helpers. Grandma parked down the street from Bobbie's house, and she and I crept noiselessly and hid in the bushes by his front walk.

Suddenly, Grandma gave me a nudge. "All right, Santa Claus," she whispered, "get going."

I took a deep breath, dashed for his front door, threw the present down on his step, pounded his doorbell twice and flew back to the safety of the bushes and Grandma. Together we waited breathlessly in the darkness for the front door to open. Finally it did, and there stood Bobbie. He looked down, looked around, picked up his present, took it inside and closed the door.

Forty years haven't dimmed the thrill of those moments spent shivering, beside my grandma, in Bobbie Decker's bushes. That night, I realized that those awful rumors about Santa Claus were just what Grandma said they were: Ridiculous!

Santa was alive and well ... AND WE WERE ON HIS TEAM!



**Wishing All a Very
Merry Christmas
From all of us at the
Senior Center**

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.



Mary with CNS will be here December 6th 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



SUPPORT THE **ADVERTISERS**
THAT SUPPORT OUR COMMUNITY

► Reach the Senior Market
ADVERTISE HERE

CONTACT

Bill Clough to place an ad today!
wclough@lpiseniors.com or
(800) 950-9952 x2635

ALLEN
MORTUARIES

www.allenmortuaries.net
Logan North Logan

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



Senior Fun

