

Cache County Senior Center

March 2019

Photo by Mike Bullock

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

**March 6th
@ 8:30 am
Commodities Pickup**

Lunch and Learn: 12:15

Tuesday, 3/5: Bear River
Health Department: Poison
Control Awareness

Friday, 3/8:
Karli Mountjoy with
Natural Grocers: National
Nutrition Month

Tuesday, 3/26: Symbii:
National Diabetes
Awareness Month

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.

Daylight Saving Time
begins March 10th

A Light Exists in Spring

by Emily Dickinson

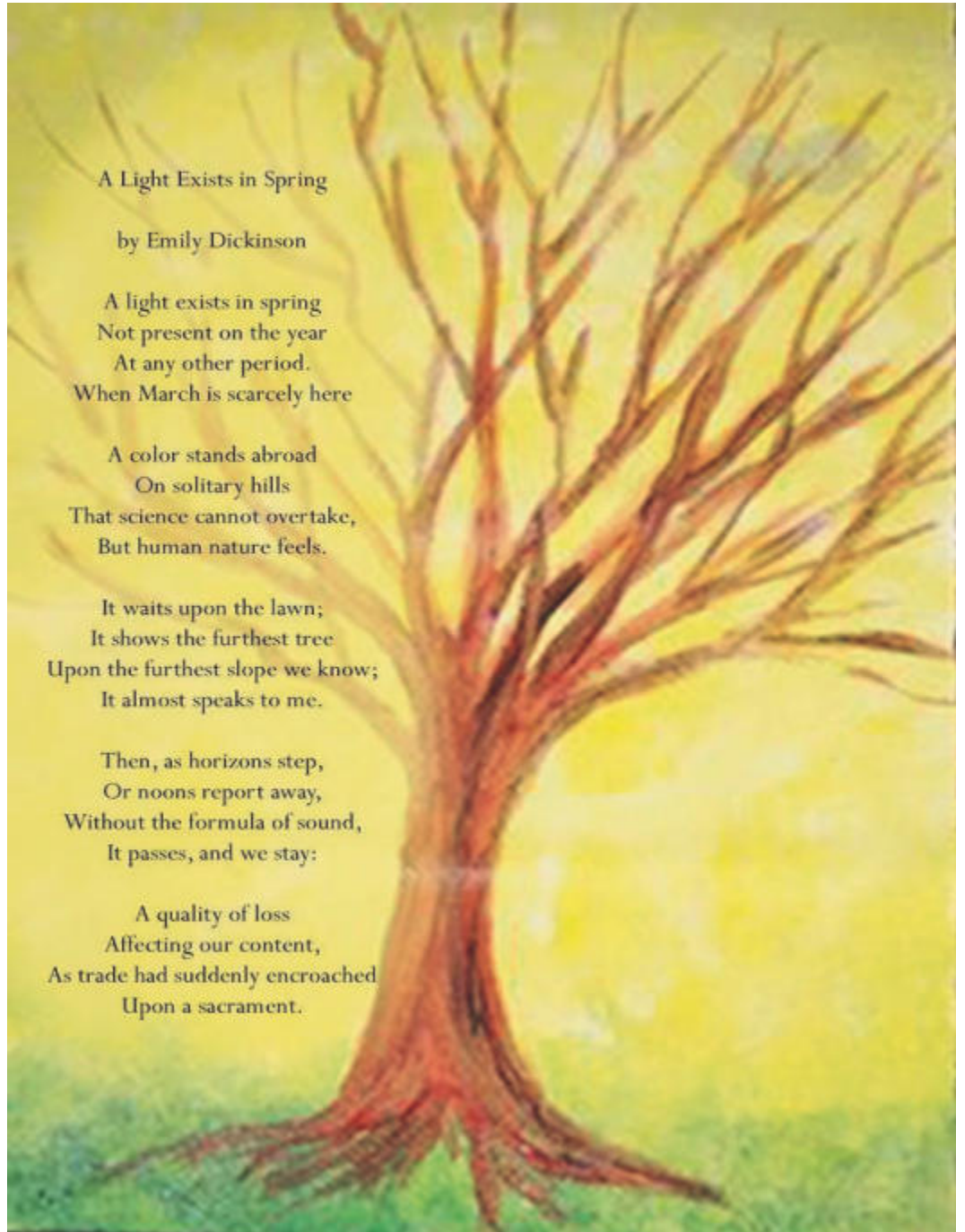
A light exists in spring
Not present on the year
At any other period.
When March is scarcely here

A color stands abroad
On solitary hills
That science cannot overtake,
But human nature feels.

It waits upon the lawn;
It shows the furthest tree
Upon the furthest slope we know;
It almost speaks to me.

Then, as horizons step,
Or noons report away,
Without the formula of sound,
It passes, and we stay:

A quality of loss
Affecting our content,
As trade had suddenly encroached
Upon a sacrament.



Nutrition News

Tilapia Fish: Benefits and Dangers

Tilapia is an inexpensive, mild-flavored fish. It is the fourth most commonly consumed type of seafood in the United States.

Many people love tilapia because it is relatively affordable and doesn't taste very fishy.

Tilapia is a pretty impressive source of protein. In 3.5 ounces (100 grams), it packs 26 grams of protein and only 128 calories.

Even more impressive is the amount of vitamins and minerals in this fish. Tilapia is rich in niacin, vitamin B12, phosphorus, selenium and potassium.

Tilapia is also a lean source of protein, with only 3 grams of fat per serving.

However, the type of fat in this fish contributes to its bad reputation. Omega-3 fatty acids are healthy fats that lower inflammation and blood triglycerides. They have also been associated with a reduced risk of heart disease.

The bad news for tilapia is that it only contains 240 mg of omega-3 fatty acids per serving — ten times less omega-3 than wild salmon.



Good Things To Eat

INGREDIENTS


5 tbsp. fresh lime juice
kosher salt
Pepper
1 small Red Onion
3 tbsp. sour cream
1/2 small green cabbage
1 jalapeño (seeded for less heat, if desired)
1 c. all-purpose flour
1 tbsp. cornstarch
1 tbsp. chili powder
1 tsp. baking powder
1/4 tsp. cayenne pepper
1 large egg
1 c. beer (such as Corona, Tecate or another lighter beer)
canola oil
1 lb. tilapia fillets
1/2 c. roughly chopped fresh cilantro
8 small flour tortillas



DIRECTIONS

In a small bowl, stir together 2 tablespoons lime juice with 1/4 teaspoon each salt and pepper. Add the onion and toss to coat. Let sit, tossing occasionally, until the fish is ready. 1. In a large bowl, whisk together the sour cream, remaining 3 tablespoons lime juice, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Add the cabbage and jalapeño and toss to coat. Let sit, tossing occasionally, until the fish is ready. 2. In a medium bowl, whisk together the flour, cornstarch, chili powder, baking powder, cayenne, 1 teaspoon salt, and 1/2 teaspoon pepper. Transfer 1/4 cup of the flour mixture to a shallow bowl or plate. Stir the egg and beer into the remaining flour mixture until smooth. 3. Fill a large cast-iron or deep skillet with 1/2 inch canola oil and heat to 350 degrees F. Place a cooling rack in a rimmed baking sheet. 4. Working in batches, coat the fish in the dry flour mixture, patting off any excess, then dip in the batter. Let excess drip off and carefully place in the oil. Cook, turning once, until the batter is golden brown and the fish is opaque throughout, 2 to 3 minutes total. Transfer to the prepared baking rack. 5. Fold the cilantro into the cabbage mixture. Fill the tortillas with the fish and top with the slaw and pickled onions.

Join as we celebrate




Dr. Seuss

Birthday

What better way to celebrate Dr. Seuss's birthday than with a Dr. Seuss Bingo Game!

Friday March 1st: 10:30 am



YOU COULD NOT, WOULD NOT, WANT TO MISS A CELEBRATION AS FUN AS THIS!

Lets **EAT**

PLAY BINGO & Be

IRISH

Join Us

MARCH 15 10:30 AM

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National Kidney Foundation®

March is National Kidney Month and the NKF is urging all Americans to give their kidneys a second thought and a well-deserved checkup.

Kidneys filter 200 liters of blood a day, help regulate blood pressure and direct red blood cell production. But they are also prone to disease; 1 in 3 Americans is at risk for kidney disease due to diabetes, high blood pressure or a family history of kidney failure. There are more than 30 million Americans who already have kidney disease, and most don't know it because there are often no symptoms until the disease has progressed.

During National Kidney Month in March, and in honor of World Kidney Day on March 14, the NKF offers the following health activities to promote awareness of kidneys, risk factors and kidney disease:

- **Free Screenings:** On World Kidney Day and throughout the Month of March, NKF is offering free screenings to those most at risk for kidney disease – anyone with diabetes, high blood pressure or a family history of kidney failure. Locations and information can be found on the calendar on our website.
- **Live Twitter Chat with Dr. Joseph Vassalotti:** The National Kidney Foundation's Chief Medical Officer, Dr. Joseph Vassalotti, will be hosting an Interactive kidney Q&A on World Kidney Day, Thursday, March 14, from 12-2 pm ET. Ask your questions at www.twitter.com/nkf using the hash-tag #WorldKidneyDayNKF

About The Kidneys:

The kidneys are two, fist-sized organs in your lower back. They maintain overall health through the following functions: Filtering waste out of 200 liters of blood each day. Regulating of the body's salt, potassium and acid content. Removing of drugs from the body. Balancing the body's fluids. Releasing hormones that regulate blood pressure. Producing an active form of vitamin D that promotes strong, healthy bones. Controlling the production of red blood cells.

Quick Facts on Kidney Disease:

- * Kidney disease is the 9th leading cause of death in the country.
- * More than 30 million Americans have kidney disease, and most don't know it.
- * There are over 95,000 people waiting for kidney transplants.

* More than 590,000 people have kidney failure in the US today.

KIDNEY EVALUATION PROGRAM (KEP)

Free Kidney Screenings:

KEP is a free health screening program offered by the National Kidney Foundation of Utah & Idaho for individuals with an increased risk of developing kidney disease.

Why?

The two main causes of kidney disease are diabetes and high blood pressure (almost 75%). Because kidney disease can be 'silent' until the very late stages it is advised that those at risk be screened. With added information and testing, you will be better prepared to discuss any risk factors as well as a treatment plan with your doctor that may prolong or prevent the need for dialysis or transplantation.

Who?

You should attend a KEP screening if you are 18 years or older and have one or more of the following: diabetes, high blood pressure, or a relative with high blood pressure or kidney disease.

When?

Check our News and Events page for a date and location near you!

Tests?

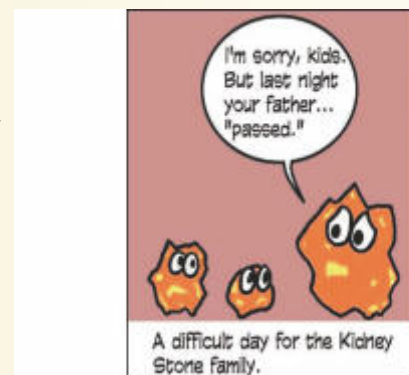
The following will be provided to you at the screening: height, weight, blood pressure, and blood tests. Blood tests will target the blood glucose (blood sugar), hemoglobin (test for anemia), serum creatine (blood filtering), and glomerular filtration rate (kidney function).

Follow-Up?

The National Kidney Foundation will contact you with results.

How?

To obtain more information on a Kidney Evaluation Program (KEP) in your area, check the calendar of events on this website or call the office of the National Kidney Foundation of Utah & Idaho, 1-800-869-5277 (statewide) or 226-5111 for (Utah County).



- 9 out of 10 people with prediabetes do not know they have it!
- Come to a program that can lower your risk of Diabetes by 58%
- Learn how to make better food choices and increase physical activity

Next Class Starts
March 25, 2019
Logan Senior Center
240 N 100 E Logan

\$250 for the 1 year class
Covered by Medicare
Limited financial assistance available
Call 435-792-6500 to see if you qualify and to register for the class



American Diabetes Association.
ALERT! DAY

One in three Americans is at risk for developing type 2 diabetes, a serious disease that can lead to complications such as kidney disease, blindness, and amputations. But type 2 diabetes doesn't have to be permanent—it can be prevented or delayed with healthy lifestyle modifications.

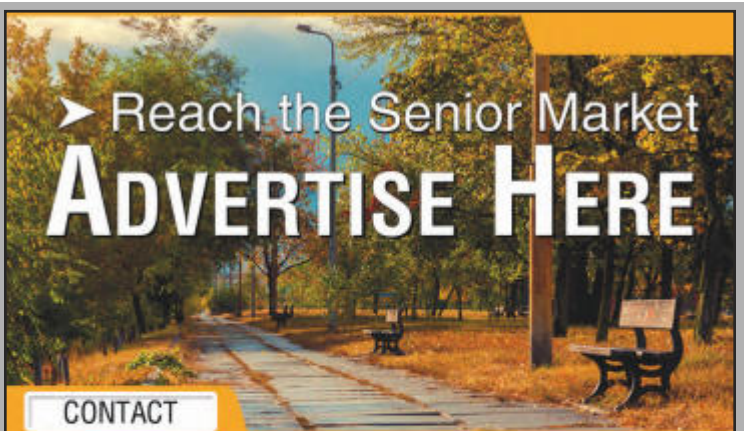
Held the last Tuesday of March each year is American Diabetes Association Alert Day®.

Please Join us for a Lunch and Learn on March 26th, hosted by Symbii.



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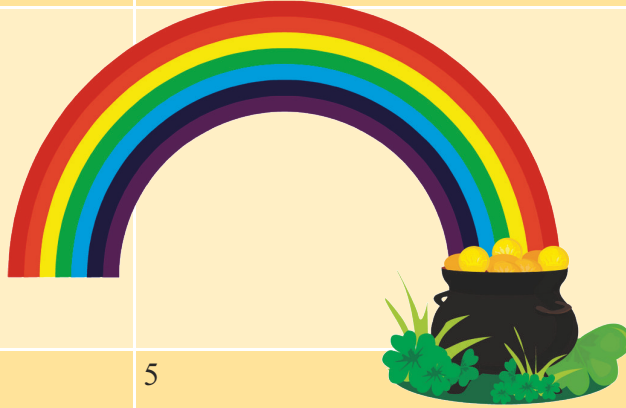
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MARCH 2019

Monday

Tuesday

Wednesday



4

8:30 Sit and Be Fit w/ Darrell

1:00 Needle Work Group



11

8:30 Sit and Be Fit w/ Darrell

9:15 Breakfast Club National Cereal Day

10:30 Poker hosted by ComForCare

1:00 Needle Work Group

1:00 Photography Seminar

5

10:30 Board Games with Sarah

12:15 Lunch and Learn: Bear River Health Department: Poison Control Awareness

1:00 Movie: High Noon 1h25m

12

10:30 Board Games with Sarah

1:00 Foot Clinic by Rocky Mtn Care

1:00 Movie: Marilyn Hotchkiss' Ballroom Dancing and Charm School 1h44m

6

8:30 Commodities

8:30 Sit and Be Fit w/ Darrell

1:30 Cribbage

13

8:30 Sit and Be Fit w/ Darrell

11:15 Cooking Class \$1.00

12-4 AARP Driver Safety Course

1:00 Book Club

1:30 Cribbage

18

8:30 Sit and Be Fit w/ Darrell

1:00 Needle Work Group

19

10:30 Board Games with Sarah

1:00 Movie: The Secret of the Roan Inish 1h43m

20

8:30 Sit and Be Fit w/ Darrell

11:15 Craft with Sarah

1:00 Foot Clinic by Sunshine Terrace Charge of \$10.00

1:30 Cribbage



25

8:30 Sit and Be Fit w/ Darrell

1:00 Needle Work Group

26

12:15 Lunch and Learn: Symbii: National Diabetes Awareness Month

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

1:00 Movie: Love Letters 1h41m

27

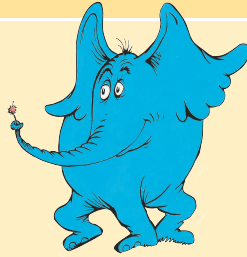
8:30 Sit and Be Fit w/ Darrell

1:30 Cribbage

MARCH 2019

Daily Activities

Thursday



Happy Birthday
Dr. Seuss!

Friday

1
8:30 Sit and Be Fit w/ Darrell
10-12 Blood Pressure
10:30 Dr. Seuss Bingo
1:00 Movie: Talk of the Town 1h57m

7

10:30 Writers Group
10:30 Cards with CNS

1:00 Documentary: Chicken People 1h23m

8

8:30 Sit and Be Fit w/ Darrell
10-12 Blood Pressure
12:15 Lunch and Learn: Karli Mountjoy with Natural Grocers: National Nutrition Month

1:00 Movie: Forever My Girl 1h48m

14

10:30 Writers Group
12:00 National Pi Day Observance!
1:00 Documentary: Your Inner Fish 2h

15

8:30 Sit and Be Fit w/ Darrell
10-12 Blood Pressure
10:30 St Paddy's Bingo and appearance by Lester the Leprechaun
1:00 Movie: Ocean's 8 1h51m



21

10:30 Writers Group
1:00 Documentary: The Story of the Royals 2h43m



22

8:30 Sit and Be Fit w/ Darrell
10-12 Blood Pressure
10:30 Nails with Symbii
11:30 Tropical Island Party
12:30 Polynesian Student Union
1:00 Movie: Tortilla Soup 1h43m



28

10:30 Writers Group
1:00 Red Hat Activity



29

8:30 Sit and Be Fit w/ Darrell
10-12 Blood Pressure
10:00 Waffles and Bingo!
1:00 Movie: Top Gun 1h50m

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

Kidney dialysis services and supplies. Generally, Medicare covers 3 dialysis treatments per week if you have End Stage Renal Disease (ESRD). This includes most ESRD-related drugs and biologicals, and all laboratory tests, home dialysis training, support services, equipment and supplies. The dialysis facility is responsible for coordinating your dialysis services (at home or in a facility). You pay 20% of the Medicare-approved amount, and the Part B deductible applies. Kidney disease education services. Medicare covers up to 6 sessions of kidney disease education services if you have Stage IV chronic kidney disease, and your doctor or other health care provider refers you for the service. You pay 20% of the Medicare-approved amount, and the Part B deductible applies.

You should now have your new Medicare card. If you haven't received your card:

1. Look around the house for any old or unopened mail.
2. Sign in to [MyMedicare.gov](https://www.medicare.gov) to get your number or print your official card.
3. Call 1-800-MEDICARE. There may be something that needs to be corrected, like your mailing address.

For more information visit: www.medicare.gov/newcard



Bingo and Waffles

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March 29th @
10:00



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Cache County Senior Center, Logan, UT

C 4C 05-1038

MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>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.</i></p>				<p>1 Turkey Noodle Bake Strawberry Spinach Salad Beet Salad Wheat Roll</p>
<p>4 Sliced Roast Beef Creamed Peas w/ Over Diced Potatoes Pear Strudel Orange Roll</p>	<p>5 Beef Chili w/Beans Mixed Green Salad Lemon Pudding w/ Berries Corn bread</p>	<p>6 Teriyaki Meatballs Fried Rice Brussel Sprouts Mandarin orange</p>	<p>7 Club Sandwich Chefs Salad Peach Bread Pudding</p>	<p>8 BBQ Shredded Chicken Sandwich Potato Salad Carrot/Raisin Salad Fresh Fruit Cup Chips</p>
<p>11 Loaded Baked Potato Buttered Broccoli Mandarin Oranges Banana Cream Pudding Breadstick</p>	<p>12 Beef Stroganoff Buttered Noodles Cascade Veggies Fresh Berries & Cream</p>	<p>13 Hot open Faced Turkey Sandwich Mashed Potatoes & Gravy Peas & Carrots Banana Cream Pudding</p>	<p>14 Cheese Omelet Crispy Bacon Veggie Hash Fresh Orange Slice</p>	<p>15 Corn Beef & Cabbage Red Potatoes Apricots Lime Dessert Roll</p>
<p>18 Beef Enchilada Pie Spanish Rice Fiesta Vegetable Blend Tropical Fruit Salad</p>	<p>19 Flank Steak Au Gratin Potatoes Garden Veggies Spiced Apples</p>	<p>20 French Toast Sausage Patty Scrambled Eggs Chilled V-8 Juice Fruit & Yogurt</p>	<p>21 Tomato Mac Soup Grilled Cheese Celery Sticks Banana Cream Pudding</p>	<p>22 Chefs Choice</p>
<p>25 Beef Chili Dog Baked Beans Coleslaw Apple-berry Crisp</p>	<p>26 Turkey Stew Caesar Salad Ambrosia Fruit Salad</p>	<p>27 Pulled Pork Sandwich Broccoli Salad Pears Chocolate dipped Cookie</p>	<p>28 Smothered Chicken Burrito Black Bean Salsa Spanish Rice Pineapple/Orange Delight</p>	<p>29 Lasagna Strawberry & Spinach Salad Garlic Bread</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 \$7.50 for those under age 60. Please pay at the front desk to receive your meal.

Lunch and Learn



March is National Nutrition Month. Karlie Mountjoy will join us for an informative lunch and learn on this topic March 8th at 12:15

As you get older, your body changes. These changes can increase the chances that you'll have side effects when you take medications. Older people often have more health problems and take more medications than younger people. Because of this, older adults are more likely to experience harmful interactions between different medications. In fact, one in six adults age 65 or older will likely have one or more harmful reactions to a medication or medications. This is why it's important to identify and help reduce the use of medications that are associated with more risks than benefits in older people.

POISON Help
1-800-222-1222

Available 24-hours a day, 365 days a year. Free and Confidential. TDD for the hearing impaired and translators for non-english speaking callers.

Join us on March 5th @ 12:15 for our Lunch and Learn series as we hear from a representative from Bear River Health Dept. touch on this informative topic.

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Scams and Fraud Concerns



Criminals who plot to defraud Medicare have a new target: people with diabetes. Although the precise method may vary, the scheme generally involves a caller pretending to be from the Government, a diabetes association, or even Medicare. The caller offers "free" diabetic supplies, such as glucose meters, diabetic test strips, or lancets.

The call is a scam.

If you receive such a call, Senior Medicare Patrol (SMP) recommends the following actions:

1. Protect Your Medicare and Other Personal Information

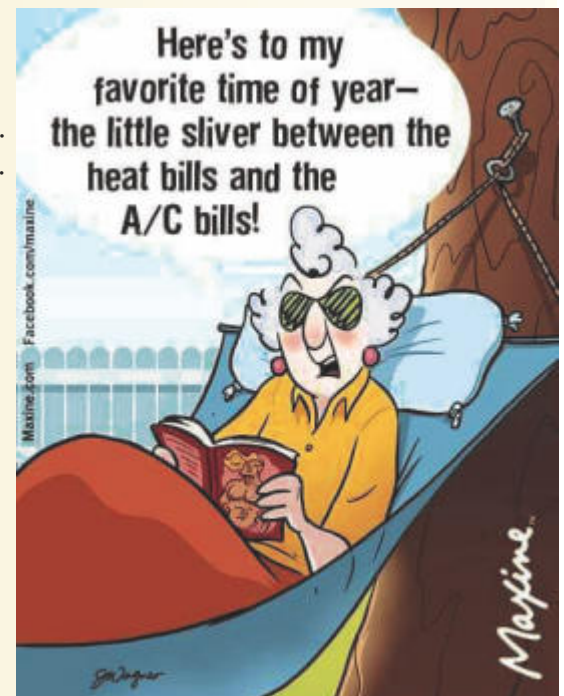
Do not provide your Medicare number or other personal information. Be suspicious of anyone who offers free items or services and then asks for your Medicare or financial information. These calls are not coming from Medicare, diabetes associations, or other similar organizations. While the caller says the items are "free," the items are still billed to Medicare.

2. Check Your Medicare Summary Notice

Check your Medicare Summary Notice and other medical information to see if Medicare was charged for items you did not order or did not receive. Also, check for supplies items that may have been incorrectly billed multiple times. Report any irregular activity to your health care provider and the SMP Hotline at 1-877-272-8720.

3. Do Not Accept Items That You Did Not Order

You are under no obligation to accept items that you did not order. Instead, you should refuse the delivery and/or return to the sender. Keep a record of the sender's name and the date you returned the item(s) to help SMP catch any future illegal billing.





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Eat Healthy Over 60

Seniors aged 60 and older on a limited income can qualify to receive a monthly food box worth \$45 to \$55. The box includes canned fruits, vegetables, and meat as well as cereal and grain products and cheese and milk.



Eligibility Qualifications

- Age 60 or older
- Income at or below \$1,316 a month

\$1,784 for a household of 2



How to Sign UP

- Proof of address (utility bill)
- State issued ID (driver's license or birth certificate)



Renew Every 6 Months

- Accept a phone call every 6 months to renew your participation

Extend your Grocery Budget

If you are looking for an easy way to extend your grocery budget we may have the answer.

Seniors 60+ that meet income guidelines can receive a box of groceries every month. USDA Commodities are boxed by volunteers the third Wednesday of every month and are available to be picked up by qualified individuals. Delivery is also available.

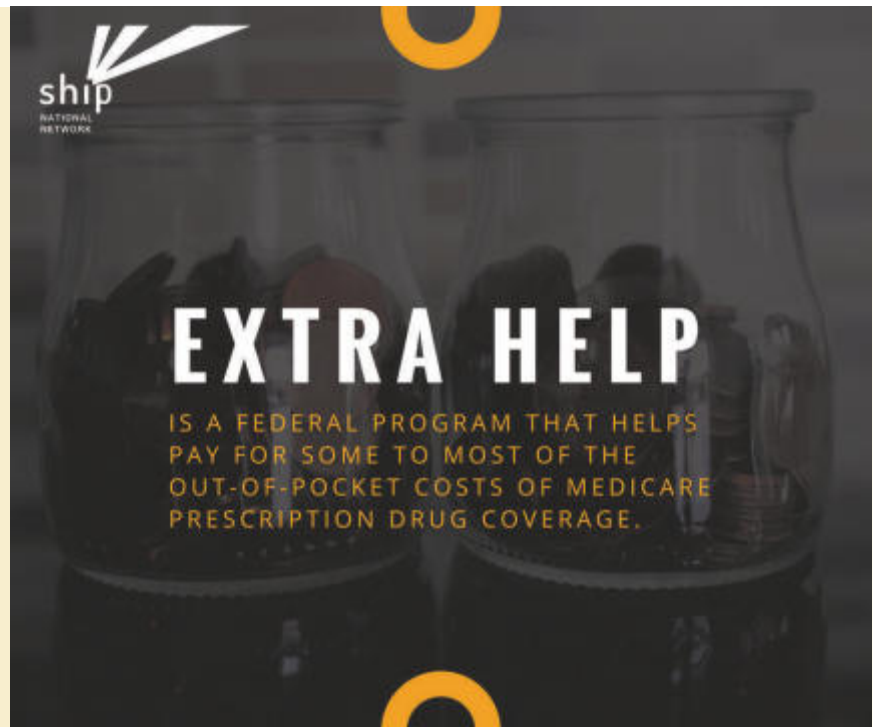

These groceries vary from month to month. Sometimes it is the opportunity to try a new product or build your food storage.

Participant's are able to not only pick up a bag of commodities, Plus they are also able to get a food box. Applications can be obtained at the Senior Center. Please call Giselle or Colby for more Information: 755-1720

Lower your Medicare Prescription Drug Cost!
If your monthly income is not more than \$1538 for singles (\$2078 for couples) and your assets are not more than \$14,100 for Singles (\$28,150 for couples), you may be eligible for Extra Help, a federal Program that helps you pay some or most of the cost of Medicare prescription drug coverage (Part D).

If you are enrolled in Medicaid, Supplemental Security Income (SSI), or a Medicare Savings Program (MSP), you automatically qualify for Extra Help regardless of whether you meet Extra Help's eligibility requirements. If you have Medicare but do not have Medicaid, SSI, or an MSP, contact your local SHIP to find out if you qualify.

Contact Giselle or Colby 755-1720 for an apt. for assistance applying with Extra Help.

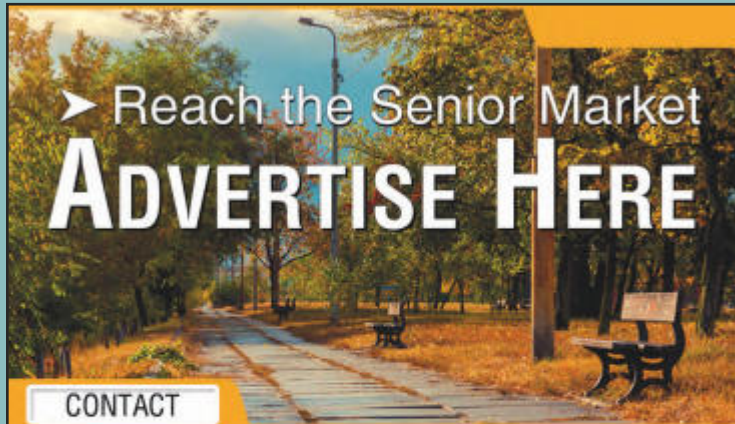


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 N M Z B G T E A E O Z P E N J M O
 Y D B M P G A R N I X A W A J E U
 G S Y C T X S G I U R V O T N V V
 G I S N Q E T X H V U L H Q X Q C
 E V P F J V E K S Y U S S Z B Y L
 V D T L C P R E N A P R E E Q M I
 K D W O R Y D R U M B R E L L A W
 M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