

Cache County Senior Center

November 2019

Photo by Mike Bullock

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

**Lunch and Learn Dates
to be Announced :
12:15**

National Stress
Awareness Day

Heat: Brag

Area Agency on Aging
Resources &
Family Caregiver Month

Hospice
Awareness: Integrity



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.



You Are Invited To Join Us!

Veterans Day Brunch

*Saturday, November
9th 10:30 am*

All veterans, their spouses and all adults
60 yrs. and older are invited to attend this
FREE brunch. Please RSVP 755-1720

Posting of colors by USU ROTC
Guest Speaker Ron Geode & Phil Scambia
National Anthem; Hadlie Huskinson

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Good Things To Eat

Artichoke Grilled Cheese

Delicious Easy
Sandwiches Piled High with Cheese and
Artichokes!

Ingredients:

- 4 oz cream cheese softened
- 3/4 c. mayonnaise
- 1 c. shredded cheddar cheese
- 1 c. shredded Mozzarella cheese
- 1/2 tsp garlic powder
- 1/8 tsp seasoned salt
- 1 14 oz can quartered Artichoke Hearts, chopped
- 1 loaf French Bread cut 1/2" thick

Instructions:

In a bowl, beat cream cheese and mayonnaise until smooth. Stir in garlic powder, seasoned salt, cheeses and artichokes. Butter one side of bread slice. Spread unbuttered side of bread with cheese mixture. Top with another slice of bread, buttered side facing out. Cook in skillet over medium heat until outside of bread is golden brown and cheese is melted.



Nutrition News



Some new exciting studies have shown that artichokes contain an unusual amount of anti-oxidants, in the form of phytonutrients and in a study done by the United States Department of Agriculture, artichokes rank as the number one vegetable in anti-oxidant count. Among the most powerful phytonutrients are Cynarin and Silymarin, which have strong positive effects on the liver. It is interesting to note here, that over the years, artichokes have been reputed to help in the cure of liver diseases, liver cancer and to cure hangovers!

The typical American diet is notoriously lacking in fiber, due to the heavy reliance on processed foods and meat products. Adding a large artichoke to the daily diet would add 6 grams of dietary fiber or one-fourth the amount recommended by the USDA and the Department of Health and Human Services. One medium artichoke has more fiber than a cup of prunes!

Artichokes are

- a low calorie food
- a fat free food
- a cholesterol free food
- low in sodium
- a good source of fiber
- a good source of vitamin C
- a good source of folate
- a good source of magnesium

<http://artichokes.org/recipes-and-such/health-and-nutrition>

Community Pantries

Food banks and food pantries were intended to serve as an emergency source of food for individuals needing temporary assistance to meet their dietary needs. As the economic landscape has changed, food banks and food pantries have become a staple for individuals. During the holidays food pantries try more than ever to ensure that people utilize the pantry. Pantries are community partnerships where donations from individuals and organizations contribute and are greatly appreciated. Pantries are always looking for donations. If you find you have a

large harvest, the food pantry is a great location to donate the excess amount of food. If you find that your food supply is low and you are in need of some help please contact our local pantry.

Cache Community Pantry
359 South Main St.,
Logan, Utah
(435) 753-2122

If you do not want to go through the food pantry you are welcome to pick up Commodities at the senior center. We hand out a bag of commodities the 1st Wednesday of every month.

VA Benefit Appointments

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.

Lower your Medicare Prescription Drug Cost

If you meet certain income and resource limits, you may qualify for a program called Extra Help from Medicare to pay the prescription costs, premiums, deductibles, and coinsurance of Medicare prescription drug coverage. In 2019, you may qualify if you have up to \$18,735 in yearly income (\$25,365 for a married couple) and up to \$14,390 in resources (\$28,720 for a married couple).

If you don't qualify for Extra Help, your state may have programs that can help with pre-

scription costs. Contact Giselle or Colby 755-1720. Remember, you can reapply for Extra Help at any time if your income and resources change.

Utah Foodbank

Older adults who are 60 + that meet the income guidelines can receive a food box through the Utah Food Bank. The USDA ships nutritious foods directly to Utah Food Bank; including canned fruits, vegetables, cereal, cheese and more. If you are interested please visit with Giselle or Colby for an application. The food items vary from month to month, this is a great way to fill your food pantry with non perishable foods. All applications must be turned in by November 8th.

Food distribution will be the November 22nd, or 23rd.

HEAT Utility Assistance Program

The Home Energy Assistance Target (HEAT) program provides winter utility assistance to low-income households targeting those who are truly vulnerable – the lowest-income households with the highest heating costs, the disabled, elderly, and families with preschool-age children. This service is funded through the U.S. Department of Energy Low-Income Home Energy Assistance Program (LIHEAP).

This assistance is available between November and April. Appointments are scheduled on a first-come first-serve basis beginning November 1st.



Jasen Nordberg

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Health and Wellness



Some people love the beauty and serenity of winter while others simply tolerate it until spring returns once more. Whatever your feelings about winter, the change of weather means it's time to prepare your home — or the home of a senior loved one — for the cooler days ahead. Here is a list of winterizing tasks to help you get started.

1. Shut off outdoor water faucets

No one wants to deal with the after effects of burst pipes during the coldest days of winter. That includes outdoor water faucets. Most homes have at least one or two. Take time to drain those pipes of standing water and turn off the tap before the first freeze arrives.

2. Have the furnace inspected

Having a furnace that works well is important for more than just heating the home. If your furnace has a crack or leak, it can put the entire household at risk for deadly carbon monoxide poisoning. Be sure to schedule the inspection before the temperature falls and you need to turn the furnace on.

3. Develop a snow removal plan

Shoveling snow can be dangerous for older adults, as can maneuvering on icy sidewalks and driveways. Before the first snow flies, have a solid plan in place for removing snow and salting walkways. If you don't know anyone who can handle these tasks, call your local senior center or agency on aging. Both often maintain a list of trusted vendors you can call for pricing.

4. Stock up on basic supplies

Don't wait to head to the grocery store until your local meteorologist predicts an ice or snow storm. Stock up now. Have a stash of basic food supplies in your pantry and freezer, such as bottled water, canned goods, bread, peanut butter, and other non-perishables. Don't forget to keep extra pet food on hand, too.

Then there are safety supplies to organize in case of a winter emergency. Flashlights, a battery-operated cell phone charger, extra batteries, blankets, paper towels,

and a battery-operated weather radio are a few suggestions. Also be mindful of your medication supply. Don't let them get too low before getting refills.

5. Test smoke alarms and carbon monoxide detectors

Smoke alarms can reduce your risk of dying in a fire by 50 percent. Any experienced firefighter can tell you story after story of injuries and fatalities in homes without a working smoke detector.

The same is true for carbon monoxide detectors.

These safety devices reduce the risk of carbon monoxide poisoning. Before winter weather arrives, check all these devices in your home and the home of your senior loved one's to make sure they work.

If you are looking for more advice on preparing for winter, the Centers for Disease Control and Prevention (CDC) has some very detailed suggestions. From weather stripping to cleaning out the gutters, visit CDC.gov to learn more ways to get ready for winter.



Out to Lunch Bunch:

Get ready for our 2nd annual “Christmas for a Dollar” activity and Out to Lunch Bunch! This year we will be going to the Dollar Tree and The Bluebird restaurant.

We will be leaving here Monday November 18th @10:30 and plan on eating @11:30. If you are interested please sign up at the front desk, even if you are planning on meeting us there. The bus will be \$1 to ride.



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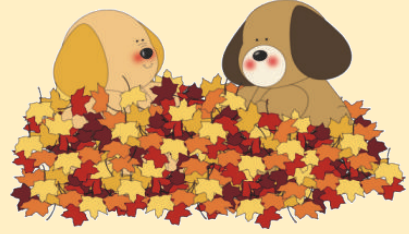



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NOVEMBER 2019

Monday	Tuesday	Wednesday
	<p>I have lived a hundred lives And died in all but one, But memory of ninety nine Gives value to the sum.</p> <p>– Gary W. Leavenworth</p>	
<p>4</p> <p>10:00 Diabetes Class</p> <p>9:15 Doughnut Breakfast Club</p> <p>1:00 Needle Work Group</p>	<p>5</p> <p>10:00 Stepping On class</p> <p>1:00 Foot Clinic by Integrity Home Health—Charge of \$10.00</p> <p>1:00 Movie: Sweet November 2h</p> <p>* ELECTION DAY*</p>	<p>6</p> <p>8:30 Commodities</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>1:30 Cribbage</p> <p>7:00: Bright Star Theater Production</p>
<p>11</p> <p>CLOSED</p> <p>NOV. 11</p> <p>VETERANS DAY</p> <p>HONORING ALL WHO SERVED</p>	<p>12</p> <p>9:30: Music Class with CCID 5th grade class</p> <p>10:00 Stepping On class</p> <p>11:15 Cooking Class</p> <p>1:00 Movie: Flying Tigers 1h41m</p>	<p>13</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>11:15 Kindness Tree Activity</p> <p>12-4 AARP Driver Safety Course</p> <p>1:00 Book Club</p> <p>1:30 Cribbage</p>
<p>18</p> <p>10:00 Diabetes Class</p> <p>10:30 Christmas for a \$1 & Out to Lunch Bunch</p> <p>1:00 Needle Work Group</p> <p>4:00 Diabetes Class by BRHD</p>	<p>19</p> <p>1:00 Movie: Lucky Me 1hr 41 m</p> 	<p>20</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>11:15 Craft with Sarah</p> <p>1:00 Foot Clinic by Sunshine Terrace Charge of \$10.00</p> <p>11:00 Photography Class</p> <p>1:30 Cribbage</p>
<p>25</p> <p>10:00 Damon's Poker Party</p> <p>1:00 Needle Work Group</p> 	<p>26</p> <p>1:00 Foot Clinic by Integrity Home Health—Charge of \$10.00</p> <p>1:00 Movie: A Rumor of Angels 1h34m</p>	<p>27</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>12:15 MelOldies Band</p> <p>1:30 Cribbage</p> 

NOVEMBER 2019

Daily Activities


Thursday

Friday

	<p>1 8:30 Sit and Be Fit w/ Darrell</p> <p>10-12 Blood Pressure</p> <p>1:00 Movie: Hoosiers 1h55m</p> <p>1:00 Rose Ceremony (National Hospice Month)</p>
<p>7</p> <p>10:30 Writers Group</p> <p>10:30 Cards w/ CNS</p> <p>1:00 Documentary: In Search of Greatness 1h20m</p> <p>5:30 Tai Chi 24</p>	<p>8</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>10-12 Blood Pressure</p> <p>1:00 Movie: By The Light Of The Silvery Moon 1hr 41 m</p>
<p>14</p> <p>10:30 Writers Group</p> <p>11:00 Yoga Class</p> <p>12:15 Entertainment: Sherid Peterson</p> <p>1:00 Documentary: The Millionaires Unit 1h59m</p> <p>5:30 Tai Chi 24</p>	<p>15</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>10-12 Blood Pressure</p> <p>1:00 Movie: The Rosa Parks Story 1h34m</p>
<p>21</p> <p>10:30 Writers Group</p> <p>1:00 Red Hat Activity</p> <p>5:30 Tai Chi 24</p>	<p>22</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>10-12 Blood Pressure</p> <p>10:30 Nails with Symbii</p> <p>1:00 Movie: Milton's Secret 1h27m</p>
<p>28</p> <p style="text-align: center;">CLOSED FOR THANKSGIVING</p>	<p>29</p> 

<p>Monday</p> <p>8:30 Fitness Room</p> <p>8:30 Quilting</p> <p>8:30 Pool Table Room</p> <p>9:10 Line Dancing</p> <p>9:15 Breakfast Club</p> <p>10:15 Tai Chi</p> <p>11:15 Sit-n-be-fit/ Pickle Ball</p> <p>12:30 Jeopardy</p> <p>12:30 Bridge</p>
<p>Tuesday</p> <p>8:30 Fitness Room</p> <p>8:30 Quilting</p> <p>8:30 Pool Table Room</p> <p>8:30 Ceramics</p> <p>9-12 Painting Group</p> <p>9:30 Wii Bowling</p> <p>1:00 Movie</p>
<p>Wednesday</p> <p>8:30 Fitness Room</p> <p>8:30 Sit N be fit w/ Darrell</p> <p>8:30 Quilting</p> <p>8:30 Pool Table Room</p> <p>9:10 Line Dancing</p> <p>10:15 Tai Chi</p> <p>10:30 Bingo</p> <p>11:15 Sit-n-be-fit/12:30 Bridge</p> <p>1:00 Bobbin Lace</p>
<p>Thursday</p> <p>8:30 Fitness Room</p> <p>8:30 Quilting</p> <p>8:30 Pool Table Room</p> <p>9-12 Painting Group</p> <p>9:15 Clogging</p> <p>9:30 Wii Bowling</p> <p>10:00 Mahjong</p> <p>2:00 Spanish 101</p> <p>4:30 pm Knotty Knitters</p> <p>5:00 pm TOPS</p>
<p>Friday</p> <p>8:30 Fitness Room</p> <p>8:30 Quilting</p> <p>8:30 Sit N be fit w/ Darrell</p> <p>8:30 Pool Table Room</p> <p>9:10 Line Dancing</p> <p>9:15 Adult Coloring</p> <p>10:15-10:45 Seated Tai Chi</p> <p>10:30 Bingo</p> <p>11:00 Pickle Ball</p> <p>11:15 Sit-n-be-fit</p> <p>12:30 Bridge</p> <p>1:00 Movie</p>

Scams and Fraud Concerns



SMP

Do not accept cheek swabs for genetic screening services at senior centers, health fairs, or in your home.

Be suspicious of anyone offering you "free" testing without your treating physician's order. Decline the offer.	Genetic tests and cancer screenings must be medically necessary and ordered by the treating physician to be covered by Medicare.	The words "gene analysis" or "molecular pathology" on an MSN may indicate questionable genetic testing.
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Report genetic screening offers to the Senior Medicare Patrol at www.smpresource.org.

Maize Day



Maize Day is celebrated every year to mark the special role that maize has played in food history. Maize, which the Europeans came to call "corn," has an ancient and interesting history and plays central roles in many native myths and legends. And anyone who's ever eaten corn on the cob with fresh creamy butter and a pinch of salt knows that corn more than deserves its own holiday!

History of Maize Day

With the help of their legends, the natives of America could trace the history of maize to the beginning of time. Maize was, they believed, the food of the gods that had created the Earth, and so it played a central role in many native myths and legends. It also came to be one of their most important foods.

In fact, the word maize itself derives from the Spanish form of the indigenous word for plant. In one form or other, maize made up roughly 65 percent of the native diet. In fact, maize was so important to the natives that when Europeans first came to North America in search of gold and asked the natives about whether there was any precious yellow substance to be found there, the natives showed them corn, for to them there was almost nothing more valuable than that grain.

The European settlers had in fact brought their own grains with them, but they soon found that their barley and oats did not fare as well in North America as they had in Europe, and so they began grinding corn kernels to make meal that was later used to make bread. And like the natives, colonial farmers also found that different parts of the plant had a number of useful by-products and purposes. They used cobs to start fires and to fuel slow-burning fires. They used its stalk and leaves for livestock feed.

They used husks to make brooms and chair bottoms as well as to pad mattresses and collars for draft animals. Maize was the first-ever crop to be domesticated by Native Americans and this impressive crop is now used in numerous types of food including chewing gum, bread, corn flakes, and popcorn. Maize is almost universally used as one of the main ingredients of feed for cows and horses. "Feed maize" is being used increasingly for heating; it is burned in special corn stoves.

All in all, maize is thought to have been around since 1500 B.C., and once it was first cultivated it began to spread rapidly. Until this day, it is the staple food in many South American countries and is also enjoyed as a side dish by people all over the world.

MEDICARE BENEFICIARIES REPORTING EASY PAY ISSUES

Due to a process error, approximately 411,000 beneficiaries who directly pay their Medicare premiums through Easy Pay had their premiums deducted twice from their bank accounts.

Medicare is working to have the erroneous deductions credited back to the beneficiaries' bank accounts, as soon as possible.

CMS STATEMENT

Kindness Day



Celebrate National Kindness Day

November 13th @ 11:15

Join us in filling the tree with Kind Messages and Thankful Thoughts

The Breakfast Club

THE Breakfast Club's DOUGHNUT DAY CELEBRATION

November 4TH @9:15 AM

Come join us in the cafeteria for some yummy doughnuts and great conversation!

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Cache County Senior Center, Logan, UT

C 4C 05-1038

NOVEMBER 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 Pork Chops Roasted Sweet Potatoes Capri Veggies Apple Crisp</p>
<p>4 French Dip Sandwich Broccoli Salad Pears</p>	<p>5 Salmon Garlic Mashed Potatoes Green Beans Raspberry/Banana Muffin</p>	<p>6 Omelet Veggie Hash Fresh Orange Slices Poppy Seed Muffin</p>	<p>7 Baked Ravioli w/ Cheese Italian Veggies Caesar Salad Garlic Toast</p>	<p>8 Chicken Zucchini Casserole Rice Pilaf Peas & Pearls Waldorf Salad Pudding w/ Berries</p>
<p>11 CLOSED <i>THANK YOU</i>  <i>FOR YOUR SERVICE</i></p>	<p>12 Sweet Pork Salad Cilantro Rice Pinto Beans Mango Cobbler Flour Tortilla</p>	<p>13 Turkey Mashed Potatoes Mixed Vegetables Cranberry Salad Dinner Roll Pumpkin Pie</p>	<p>14 BBQ Beef Sandwich Pasta Salad Seasonal Fruit Potato Chips</p>	<p>15 Crispy Chicken Mac & Cheese Caesar Salad Cherry Crisp</p>
<p>18 Clam Chowder Coleslaw Frog-eye Fruit Salad Fluffy Biscuit</p>	<p>19 French Toast Sticks Sausage Patty Chilled V-8 Juice Cottage Cheese & Pineapple</p>	<p>20 Baked Potato Broccoli w/Cheese Banana Cream Pudding Blueberry Muffin</p>	<p>21 Mushroom Pork Chops Steamed Rice Peas & Carrots Fresh Fruit Wheat Roll</p>	<p>22 Alpine Chicken Brown Rice Carrot Raisin Salad Beet Salad</p>
<p>25 Baja Fish Sticks w/ Salsa served with a Cilantro Lime Coleslaw</p>	<p>26 Hamburger N' Fix n's Broccoli Salad Watermelon Chips</p>	<p>27 Apricot Chicken Malibu Veggies Fresh Fruit Dinner Roll</p>	<p>28 CLOSED FOR THANKSGIVING DAY HOLIDAY</p>	
<p>29 </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. The full cost of the meal is \$7.50 for those under age 60. Please pay at the front desk to receive your meal.

Menu is subject to change with out notice.

Craft with Sarah



Cooking Class



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MEDICARE

Fall Open Enrollment runs from October 15 through December 7 every year. During this time, you can make changes to your health insurance coverage, including adding, dropping, or changing your Medicare coverage. Even if you are happy with your current health and drug coverage, Fall Open Enrollment is the time to review what you have, compare it with other options, and make sure that your current coverage still meets your needs for the coming year.

You can make as many changes as you need to your Medicare coverage during Fall Open Enrollment. The changes that you can make include:

- Joining a new Medicare Advantage Plan
- Joining a new Part D prescription drug plan
- Switching from Original Medicare to a Medicare Advantage Plan
- Switching from a Medicare Advantage Plan to Original Medicare (with or without a Part D plan)

The last change you make will take effect on January 1, 2020. To avoid enrollment problems, it is best to call 1-800-MEDICARE (1-800-633-4227) when making any changes to your health and/or drug coverage.

Regardless of how you receive your Medicare coverage, you should consider:

- Your access to health care providers you want to see
- Your access to preferred pharmacies
- Your access to benefits and services you need
- The total costs for insurance premiums, deductibles, and cost-sharing amounts

If you have Original Medicare, visit www.medicare.gov or read the 2020 Medicare & You handbook to learn about Medicare's benefits for the upcoming year. You should review any increases to Original Medicare premiums, deductibles, and coinsurance charges. You can find the most up-to-date information about Medicare cost-sharing on Medicare.gov or by calling 1-800-MEDICARE.

If you have a Medicare Advantage Plan or a stand-alone Part D plan, read your plan's Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC). Review these notices for any changes in:

- The plan's costs
- The plan's benefits and

coverage rules

- Or, The plan's formulary (list of drugs your plan covers)

Make sure that your drugs will still be covered next year and that your providers and pharmacies are still in the plan's network. If you are unhappy with any of your plan's changes, you can enroll in a new plan. If you want assistance receiving your options, contact your State Health Insurance Assistance Program (SHIP) for unbiased counseling. You can reach your SHIP by calling 877-839-2675.

Even if you are happy with your current Medicare coverage, consider other Medicare health and drug plan options in your area. For example, even if you do not plan to change your Medicare Advantage or Part D plan, you should check to see if there is another plan in your area that will offer you better health and/or drug coverage at a more affordable price. Research shows that people with Medicare prescription drug coverage could lower their costs by shopping among plans each year; there could be another Part D plan in your area that covers the drugs you take with fewer restrictions and/or lower prices.

Fall Colors

-a color poem-

Red is a bowl full of warm chili.

Blue is the crisp fall air.

Green is a pumpkin vine.

Yellow is the long corn maze.

Purple is a cozy scarf.

Gray is the fall rain.

Pink is comfortable boots.

Black is a big spider.



National Stress Awareness

NATIONAL STRESS AWARENESS DAY

National Stress Awareness Day is observed annually on the first Wednesday in November. This is a day to identify and reduce the stress factors in your life. While it's healthy to have some stress in your life, too much can be detrimental to your career and well-being. Although it's not possible to completely eliminate all stress, wellness coach Elizabeth Scott details in her book "8 Keys to Stress Management" how you

1. Become aware of your stressors.
2. Learn to quickly reverse your stress response.
3. Take care of your body.
4. Get into the right frame of mind.
5. Cut down on stressors with systems and better time management.
6. Avoid toxic people.
7. Put positive psychology into action.
8. Practice long-term resilience-forming habits.

National Hospice Month



Join us in celebrating our lost loved ones at the annual

Rose Ceremony

November 1st @ 1:00

National Hospice and Pallative Care Month

Sponsored by: Cache Valley Hospice Coalition



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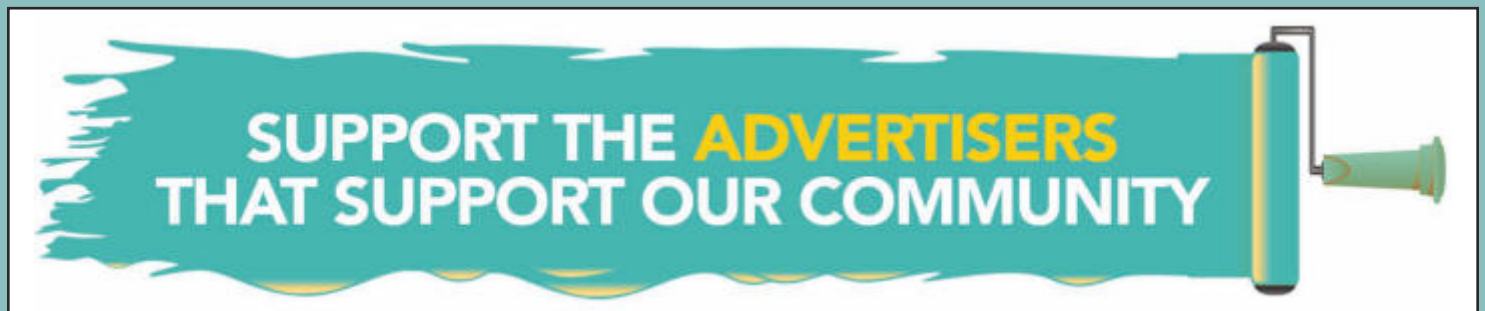
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◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.

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Inspirational Story



Once a Zen master was teaching the art of gardening to the king of Japan. After three years of teaching he said, “Now I will come

and see your garden — that will be the examination of what you have done in these three years.” And he told him before that “Whatever you are learning go on practicing in your palace garden, any day I may come.”

The king had prepared the garden and he was waiting for that great day; he rejoiced that the day had come. For those three years he had used nearly one thousand gardeners to implement everything in the minutest detail. And for that whole day and night — because tomorrow morning the master would be there — the garden was cleaned, everything was put exactly right, as it should be, no error, no mistake...

The master came. The king was very happy because whatsoever the master had said had been absolutely fulfilled; it was impossible to find any fault. But the master looked at the garden and became very serious — which was not natural to the master. He was a man of laughter. He became sad.

As they moved into the garden he became more and more serious and the king started feeling a little trembling inside: Was he going to fail? What had gone wrong? The silence of the master was too heavy. Finally the king asked, “What is the matter? I have never seen you so serious. I was thinking you would be immensely happy that your disciple had worked hard.”

The master said, “Everything is right but where are the golden leaves? I don’t see any dead leaves, yellow leaves fluttering in the wind. Without that the garden looks dead; there is no song, no dance. Without that the garden looks very artificial.”

The king had removed all the dead leaves, not only from the ground but even from the plants and trees. He had never thought of it, that death is also part of life, that it is not its opposite but its complementary, that without it there would be no life. And certainly the master was right: Yes, the garden was beautiful, but it looked as if it were a painting, not

alive.

The master said, “The golden wind is missing. Where is Ummon’s golden wind? Bring the golden wind!” The master took a bucket and went out of the garden, outside the gate to where all the leaves have been thrown. He collected the leaves in the bucket, came back and threw the leaves on the path.

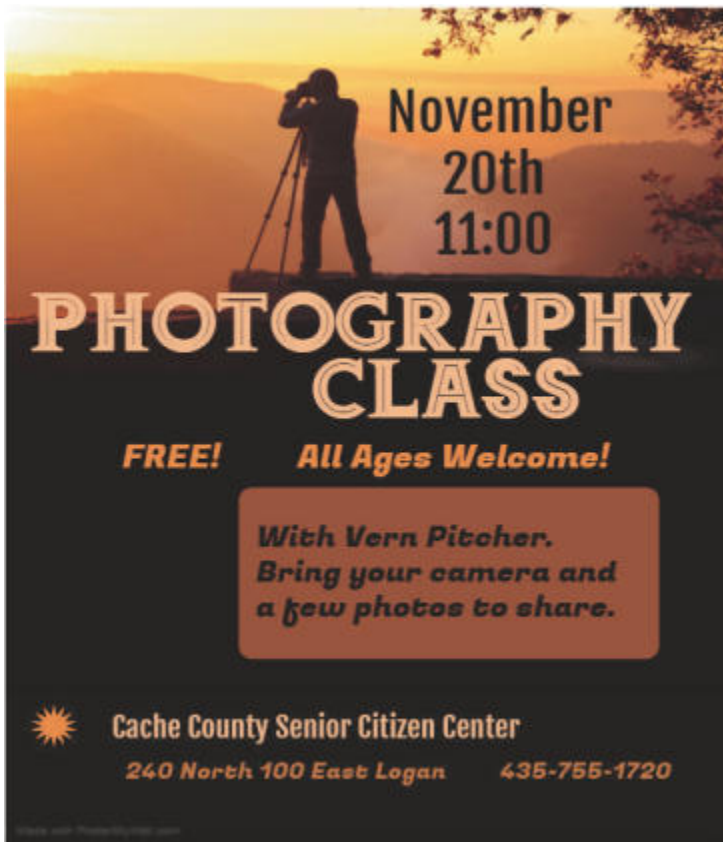
Suddenly the wind started blowing them here and there, and there was noise and there was music, and there was dance. The master said, “Now there is life! The wind is golden again.”

Inspirational Stories

This is Ummon’s golden wind: when all thoughts fall down from your mind and your consciousness stands absolutely bare and naked. Deep down near your roots the wind is blowing and all your thoughts are fluttering far away from you, no more part of you. They still remain there, they don’t go anywhere, but they are no more part of you. You have transcended; you are standing above them, a watcher on the hills. That’s what meditation is.



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