

Cache County Senior Center

December 2022

Photo by Mike Bullock



WE WISH YOU A

*Merry
Christmas*

AND A HAPPY NEW YEAR

-Cache County Senior Center Staff

Blackberry Turnovers

Blackberry Turnovers are easy to make as they are delicious! A perfectly simple homemade filling is wrapped with flaky puff pastry and drizzled with a 2 ingredient glaze. These turnovers will be plucked off the plate and gone before you know it!



Ingredients

Blackberry Filling

12 ounces blackberries can use frozen blackberries too
1/3 cup granulated sugar
2 tablespoons water
1/4 teaspoon salt
2 tablespoons fresh lemon juice
1 tablespoon cornstarch

Turnover Ingredients

17.25 ounces puff pastry 1 package, two sheets, thawed
1 egg
1 tablespoon water

Glaze Ingredients

1/2 cup powdered sugar
2 tablespoons heavy cream or milk, add more as needed

Instructions

Prepare the Filling

Place blackberries, sugar, water, salt and lemon juice in a medium saucepan.

Bring mixture to a simmer over medium-low heat, stirring frequently. Continue cooking for 3 to 4 minutes until the blackberries begin to break down and release their juices.

Stir in cornstarch and continue simmering for another 1 to 2 minutes until thickened. Remove from the heat and let cool.

Assemble Turnovers

Preheat the oven to 400°F. Line a large baking sheet with parchment paper and set aside.

Gently roll out the thawed pastry sheets on a lightly floured surface. Use a sharp knife or pizza cutter to cut

each puff pastry sheet into 4 squares.

Spoon about 2 tablespoons of the cooled blackberry filling into the center of each square.

Prepare the egg wash by whisking the egg and water together in a small bowl. Brush the edges of each square with the egg wash.

Gently fold the pastry square on the diagonal to make a triangle, being careful to keep the filling in the center and not get it close to the edge.

Use a fork to gently press the edges together and seal the pastry edges together. Carefully transfer the pastries to the prepared baking sheet.

Use a sharp knife to cut 3 slits in the top of the turnovers or use a fork to poke holes in the top. This allows the steam to escape so the turnovers don't burst open in the oven.

Bake for 18 to 21 minutes or until the pastry is golden brown and puffed. Remove from the oven and allow to cool before adding the glaze.

Prepare the Glaze

Whisk together the powdered sugar and heavy cream in a small bowl until smooth. Once the turnovers have mostly cooled, drizzle the glaze over the top of each one. Allow the glaze to set for a few minutes before serving.

Commodities & Food Boxes

Dec. 20th 12:45 PM– 3:00PM

Commodities- Bagged Commodities will ONLY be available on Dec. 20th.

Food Boxes- You must pick up food boxes on Dec. 20th, if not you will have to wait until January 3rd.

If you need to speak with Marisol for lunch & activity reservations, etc. PLEASE CALL her direct line: 755-1728.

Holiday Crafting



Come make
Holiday Ornaments
with us!

Thurs, 01 Dec, 1pm | \$2

Please RSVP: 435-755-1720



Come make Snow Globes with
Colby during Craft & Chit Chat!

Thursday, Dec 15th, 12:30

Please RSVP: 435-755-1720 | \$1

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Cache County Senior Center, Logan, UT

A 4C 05-1038

Medicare

Dear Marci,

I have Veterans Affairs (VA) health coverage and am turning 65 in late March of this next year. Do I need to enroll in Medicare?

Dear Chris,

For our other readers, let's start with a quick review of Veterans Affairs benefits, also called VA benefits. VA benefits are administered by the federal government for veterans—people who served on active duty in the U.S. Armed Forces for a required period of time and received an honorable discharge or release. VA benefits include pensions, educational stipends, and health care, among other benefits.

It is important to know that VA benefits do not work with Medicare, though you can be enrolled in both.

- In order for your VA coverage to pay for your care, you must generally receive health care services at a VA facility.
- In order for Medicare to pay for your care, you must receive care at a Medicare-certified facility that works with your Medicare coverage.
- VA benefits will not pay for Medicare cost-sharing like deductibles, copayments, or coinsurances.

This means that if you choose not to enroll in Medicare and to keep only your VA coverage, you will not have health insurance for facilities outside the VA system. Enrolling in Medicare gives you more flexibility in what doctors and facilities you go to, while also having VA benefits to cover things not covered by Medicare, such as hearing aids and dental care.

Some people choose to enroll in Medicare Part A for added hospital insurance because it's often premium-free, but they turn down Part B because of the monthly premiums. In this scenario, though, you would likely face a premium penalty and coverage gap if you decided to enroll in Part B in the future.

VA benefits do offer creditable drug coverage. This means that if you are enrolled in VA drug coverage, you can delay Medicare Part D enrollment without having a late enrollment penalty. Be sure to compare the costs and benefits of Part D and your VA drug coverage to decide which best suits your needs. Typically, VA drug

coverage has no premiums and no or limited copayments for prescriptions—but you must use VA pharmacies and facilities. You may want Part D coverage if you:

- Live far from a VA pharmacy or facility, or do not want to use a VA provider to get prescriptions.
- Want the flexibility of filling prescriptions at retail pharmacies or find the VA formulary too restrictive.
- Reside in a non-VA nursing home and want to get prescriptions from the long-term care pharmacy that works with your nursing home.
- Qualify for full Extra Help, which has lower copays than VA coverage.

If you decide to enroll in Medicare Part B and Part D, you should do so during your Initial Enrollment Period (IEP). Your IEP is the three months before your 65th birthday month, the month of your 65th birthday, and the three months after. Because you are turning 65 in March, your Initial Enrollment Period is from December through June.

-Marci



CAREGIVER WORKSHOP

COME JOIN US AT OUR FIRST ANNUAL
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THE BEAR RIVER AREA AGENCY ON AGING
CAREGIVER COALITION

ROB PHELPS RN, BSN
DEMENTIA VS. DELIRIUM VS. ANXIETY
RECOGNITION AND MANAGEMENT

MELANIE ELLIOT: DRUMS ALIVE

FRIDAY DECEMBER 2, 2022

TIME: 1:00 P.M.

LOCATION: BEAR RIVER VALLEY SENIOR CENTER
510 W 1000 N, TREMONTON, UT 84337

PLEASE RSVP : DEBORAH CROWTHER (435) 713-1462

EMAIL: deborahc@brag.utah.gov

WORKSHOP WILL BE AVAILABLE VIA ZOOM

Lunch Series | Tuesday Movies

December Lunch Series



*Unless otherwise specified,
presentations start at
12:10 in the Cafeteria*



- Dec 7: Holiday Music by Marly
- Dec 13: Lunch & Learn: Learn about Reindeer with Jesse
- Dec 14 @ 12:30: Christmas Carol Sing-along Party with Diane
- Dec 16: Lunch Music: Colleen Gordin
- Dec 19: Lunch & Learn: Learn about Kwanzaa
- Dec 20: Ugly Christmas Sweater Contest (wear your best/worst!)



Movies every Tuesday at 1pm

Dec 6: A Christmas Carol
(1951, NR, 1h 26m)


Dec 13: Miracle on 34th Street
(1947, NR, 1h 41m)

Dec 20: A Christmas Story
(1983, PG, 1h 34m)


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December 2022

Monday	Tuesday	Wednesday
<p><i>“Little Tree” by E.E. Cummings</i> <i>little silent Christmas tree you are so little you are more like a flower who found you in the green forest and were you very sorry to come away? see i will comfort you because you smell so sweetly i will kiss your cool bark and hug you safe and tight just as your mother would,</i></p>	<p><i>only don't be afraid look the spangles that sleep all the year in a dark box dreaming of being taken out and allowed to shine, the balls the chains red and gold the fluffy threads, put up your little arms and i'll give them all to you to hold every finger shall have its ring and there won't be a single place dark or unhappy...</i></p>	
<p>5 11:00 Bingo 12:30 Jeopardy</p>	<p>6 11:00 Sugar Cookie Decorating! 1:00 Movie: <i>A Christmas Carol</i> (1951)</p>	<p>7 12:10 Lunch Music: Holiday Music by Marly</p>
<p>12 11:00 Music Bingo: Holiday songs! 12:30 Jeopardy</p>	<p>13 10:00 Hot Cocoa & Storytime 12:10 Lunch & Learn: Learn about Reindeer! 1:00 Movie: <i>Miracle On 34th Street</i> (1947)</p>	<p>14 12:30 Christmas Carol Sing-along Party with Diane</p>
<p>19 11:00 Bingo 12:10 Lunch & Learn: Learn about Kwanzaa 12:30 Jeopardy 2:00 Book Club: <i>Winter Solstice</i></p>	<p>20 11:00 Breakfast Club: White Elephant Gift Exchange (bring a wrapped gift!) 12:10 Ugly Sweater Contest! 12:45-3:00 Commodities 1:00 Movie: <i>A Christmas Story</i> (1983)</p>	<p>21 Senior Center Closed for Holidays</p> 
<p>26</p> 	<p>27 Senior Center Closed for Holidays</p>	<p>28</p> 

December 2022

Thursday	Friday
1 11:15 Card-Making with Brenda 12:45 TED Talk: <i>The power of kindness</i> 1:00 Craft: Wood Holiday Ornaments (\$2)	2 10:00 Sewing: Quilt Block of the Month (\$2) 11:00 Cooking Class 11:00 Blood Pressure 1:00 Technology Assistance
8 11:00 Winter Car Care, with Darrell 12:45 TED Talk: <i>Why having fun is the secret to a healthier life</i>	9 10:00 Sewing Catch-up Day (\$2) 11:00 Music-making with Boomwhackers 1:00 Technology Assistance
15 9:00-12:00 Gift Wrapping 12:30 Craft & Chit Chat (\$1)	16 10:00 Sewing: Project of the Month (\$2) 11:00 Gingerbread Houses! 11:00 Blood Pressure 12:10 Lunch Music with Colleen Gordin 1:00 Technology Assistance
22	23
 <p>Senior Center Closed for Holidays</p>	
29	30
<p>Senior Center Closed for Holidays</p> 	

Daily Activities

8:30-2:30 Computers
8:30 Fitness Room
8:30 Library
8:30 Pool Tables
8:30-2:30 Quilting

Monday

9:30 Walking Group
11:00 Bingo
12:30 Jeopardy
1:00 Tai Chi

Tuesday

8:30 Ceramics
10:30 Tai Chi
11:00 Creative Writing
12:30 Mahjong
1:00 Movie

Wednesday

11:00 Line Dancing
12:15 Bridge
1:00 Tai Chi
1:00 Bobbin Lace

Thursday

8:30 Ceramics
10:00 Bingocize
11:00 Chair Yoga
2:30 Clogging

Friday

10:00 Painting Group
1:00 Tai Chi
1:00 Technology Assistance
2:15 Mindfulness Group

Staying Healthy This Winter

Staying Healthy This Winter: by Jessica Migala, AARP, October 28, 2022

COVID lingers, flu season is at hand and germs are everywhere. Here's how you can reduce your risk:

If there's one thing we can agree on, it's that nearly three years of pandemic living has left us sick of sickness. But as sure as fall leads to winter, so will virus season soon be upon us. COVID-19 variants now outnumber Tom Brady's Super Bowl wins, the flu's latest model is in the showroom, and more than 200 viruses lurking out there are capable of causing the common cold.

Here's the thing: You have the power to reduce your risk of getting sick significantly.

What's important is to start taking the precautions you need today to reduce your risk of getting a cold, the flu and COVID, and make it through the winter healthy and safe. So we called up the experts and pressed them to answer some of your most common questions.

COVID seems much milder now. Do I still have to worry about it? While the majority of Americans have gotten COVID at least once, the virus that causes it, SARS-CoV-2, continues to evolve and mutate, sending thousands of people to the hospital every day.

No one knows exactly where this bug is headed, says Panagis Galiatsatos, M.D., an assistant professor of pulmonary and critical care medicine at Johns Hopkins School of Medicine. He's predicting more cases as the weather cools, with a potential wave of yet another subvariant of the omicron variant.

You already know the immune system weakens with age, making infections more precarious and recovery time longer. More than 75 percent of COVID deaths have been in those age 65 and over, a risk that increases if you have underlying medical conditions. But there's another issue to keep in mind: A prolonged recovery time — and the bed rest that can go with it — puts you at an increased risk for a cadre of complications, from loss of muscle mass and strength to prolonged immobility and falls, leading to a potential downward spiral. That's true for COVID, the flu and even the common cold.

Should I get the new COVID booster? And if so, when?

For a person 65 and older, being up to date on your vaccinations significantly reduces the likelihood of heading to the hospital. So yes, you want that booster.

And right now is the perfect time for it, assuming you've already had the initial vaccine. The recently introduced booster targets the most contagious of the omicron subvariants, so adding it to your previous vaccinations is like donning a full-body suit of immunity armor. And since it's also the right time of year to get your flu vaccine, you can combine them into one simple appointment.

Just getting over COVID? According to the Centers for Disease Control and Prevention (CDC), you may want to wait three months from the onset of symptoms (or a positive test) before getting the booster. That gives your immune system time to reset its own natural defenses before you add the additional protection of the vaccine. (If you experienced rebound COVID, wait until three months after the return of symptoms or a positive test.)

However, if you suffer from chronic liver or lung disease, diabetes, heart problems or other health issues that put you at increased risk, consult your health care provider about vaccine timing, says Cameron Wolfe, M.D., an infectious disease specialist at the Duke University School of Medicine.

I've already had COVID once. Does that make me less likely to get it again?

Not fully. Think of COVID as like a supercharged common cold: Coming down with it once doesn't mean you can't get sick again. "The virus changes enough over time that the immune response you develop against one version is enough to protect against serious illness but not from developing another infection," says Steven Lawrence, M.D., Washington University infectious disease specialist at Barnes-Jewish Hospital. And every new infection brings new risk of complications — including long COVID.

Holiday Activities

Christmas Carol Sing-along Party with Diane



Wed, Dec 14th @ 12:30 PM



GIFT wrapping

Allow us to HELP YOU wrap your gifts for your loved ones!

Santa's helpers will even provide the wrapping paper

Thursday, Dec 15th, 9am-noon

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December 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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 to the direct line of the front desk: 755-1728 The full cost of the meal is \$7.50 for those under age 60. Please pay at the front desk to receive your meal.</p> <p>**Menu is subject to change***</p>			<p>1</p> <p>Sweet & Sour Chicken Fried Rice Stir Fry Veggies Pineapple Fortune Cookie</p>	<p>2</p> <p>Corned Beef & Hash Biscuits & Gravy Peas Sliced Oranges</p>
<p>5</p> <p>Mini Corn Dogs Tater Tots Cascade Vegetables Fruit</p>	<p>6</p> <p>Butternut Squash Soup Croissant Turkey Sandwich Mixed Fruit</p>	<p>7</p> <p>Chicken Pasta Bake Capri Vegetables Mixed Fruit Sliced Bread</p>	<p>8</p> <p>Sloppy Joes Carrot Salad Fruit Chips</p>	<p>9</p> <p>Polynesian Meat Balls Rice Pilaf California Blend Vegetables Fruit</p>
<p>12</p> <p>Cheesy Vegetable Soup Croissant Chicken Salad Fruit Crackers</p>	<p>13</p> <p>Chefs Choice</p>	<p>14</p> <p>Honey Pineapple Baked Ham Whipped Yams Winter Vegetables Applesauce Dinner Roll Spiced Cake</p>	<p>15</p> <p>Hot Dog Baked Beans Cole Slaw Mixed Fruit</p>	<p>16</p> <p>Chicken Alfredo w/ Noodles California Vegetables Mixed Fruit Wheat Roll</p>
<p>19</p> <p>Creamy Ham & Peas Casserole Sun Kissed Carrots Pears</p>	<p>20</p> <p>Chicken Stuffing Bake Green Beans Mixed Fruit Wheat Roll</p>	 <p>Senior Center Closed for Holidays</p>		



Senior Center Closed for Holidays



Holiday Activities

Come decorate with us!

Sugar Cookies & Gingerbread Houses

Sugar Cookies: Tue, Dec 6th @ 11am

Gingerbread Houses: Fri, Dec 16th @ 11am



HOT COCOA & STORYTIME

TUES, DEC 13TH @ 10AM

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Mantente Saludable en el Invierno

por: Jessica Migala, AARP, 28 de octubre de 2022

Si hay algo en lo que podemos estar todos de acuerdo es que los casi tres años de convivencia con la pandemia nos han dejado hartos de las enfermedades. Pero con la misma certeza con que después del otoño llega el invierno, la temporada de los virus pronto estará con nosotros. Las variantes de COVID-19 ahora son más numerosas que las victorias de Tom Brady en el Super Bowl, el último modelo de la gripe acaba de debutar y hay más de 200 virus al acecho capaces de causar el resfrío común.

Pero hay un factor positivo: tú tienes el poder de reducir considerablemente el riesgo de enfermarte.

Lo importante es comenzar a tomar hoy las precauciones que necesitas para reducir el riesgo de contraer un resfrío, una gripe o COVID, y pasar el invierno con salud y a salvo. Por eso es que convocamos a los expertos y les pedimos que respondieran algunas de las preguntas más comunes.

La COVID parece ser mucho más leve ahora.

¿Todavía debo preocuparme? Sí. Aunque la gran mayoría de las personas del país han tenido COVID al menos una vez, el virus causante de la enfermedad —el SARS-CoV-2— continúa evolucionando y mutando, y miles de personas ingresan cada día al hospital por su causa.

Nadie sabe exactamente hacia dónde se dirige este virus, dice el Dr. Panagis Galiatsatos, profesor adjunto de Medicina Pulmonar y de Atención Crítica en la Facultad de Medicina de Johns Hopkins. Él predice que habrá más casos a medida que bajen las temperaturas, con una posible ola de otra subvariante de la variante ómicron.

Ya sabemos que el sistema inmunitario se debilita con la edad, lo que aumenta la vulnerabilidad a las infecciones y prolonga el tiempo de recuperación. Más del 75% de las muertes por COVID correspondieron a personas mayores de 65 años, y el riesgo aumenta si existen trastornos médicos subyacentes. Pero hay otro factor que debemos tener en cuenta: una recuperación prolongada —y el tiempo en cama que puede requerir— aumenta el riesgo de una serie de complicaciones, desde pérdida de masa muscular y fuerza hasta inmovilidad prolongada y caídas, lo que podría ser el comienzo de una espiral descendente. Eso se aplica a la COVID, a la gripe y hasta al resfrío común.

¿Debería aplicarme el nuevo refuerzo contra la COVID? De ser así, ¿cuándo?

Para las personas mayores de 65 años, estar al día con las vacunas reduce en un 94% la probabilidad de acabar en el hospital. Por eso, sí, deberías aplicarte el refuerzo. Y este es el momento perfecto para hacerlo, suponiendo que ya has recibido la dosis inicial. El refuerzo más reciente ataca las subvariantes más contagiosas de ómicron, por lo que agregarlo a tus vacunas anteriores es como colocarte una armadura de inmunidad completa. Y como también esta es la época del año para vacunarte contra la gripe, puedes combinar ambas vacunas en una sola cita.

Estoy saliendo de una infección de COVID. ¿Debo esperar para aplicarme el refuerzo? Sí. Según los Centros para el Control y la Prevención de Enfermedades (CDC), deberías esperar tres meses desde la aparición de los síntomas (o de una prueba positiva) para aplicarte el refuerzo. Eso le da tiempo al sistema inmunitario a reconfigurar sus propias defensas naturales antes de agregarle la protección adicional de la vacuna. (Si experimentas el efecto rebote de COVID, espera tres meses desde el retorno de los síntomas o desde una prueba positiva).

Sin embargo, si tienes alguna enfermedad crónica del hígado o de los pulmones, diabetes, problemas cardíacos u otros trastornos de salud que aumentan tu riesgo, consulta a tu médico sobre el momento de vacunarte, dice el Dr. Cameron Wolfe, especialista en Enfermedades Infecciosas en la Facultad de Medicina de Duke University.

Ya tuve COVID una vez. ¿Eso reduce la probabilidad de volver a contagiarme?

No totalmente. Piensa en la COVID como en un resfrío común muy potente. Contraerlo una vez no significa que no puedes enfermarte de nuevo. “El virus cambia tanto con el tiempo que la respuesta inmunitaria que creaste contra una versión es suficiente para protegerte contra la enfermedad grave, pero no contra una nueva infección”, dice el Dr. Steven Lawrence, especialista en Enfermedades Infecciosas de Washington University en Barnes-Jewish Hospital. Y cada nueva infección trae un nuevo riesgo de complicaciones, incluida la COVID prolongada.

Holiday Activities



YOU ARE INVITED TO
THE BREAKFAST CLUB
HOLIDAY
Gift Exchange
Tuesday
Dec. 20th
11am-12pm

Bring a wrapped new or used gift from home to exchange (no buying allowed!)

Decorative elements: yellow bow, bells, stars, gift box, Christmas trees.



UGLY SWEATER **DEC 20TH**
CONTEST
Fun!

Join us in sporting your ugliest sweater, Winners will be announced at lunch!

Holiday fun on our last day open in 2022!

Decorative elements: reindeer, Christmas tree, snowflake.

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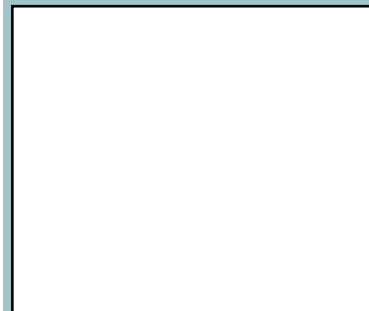
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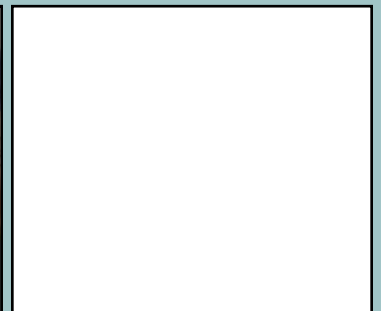
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Spot and avoid home-related fraud this winter

By Gema de las Heras, Consumer Education Specialist October 13, 2022

Between inflation and soaring energy prices, many of us are thinking about how much more it's going to cost to stay warm this year. Getting an email, a call, or a knock on your door with an offer to cut your utility bill may seem like hitting the savings lottery. But before you say "yes," know that scammers may hide behind some of those offers. They're after your money and information and will leave you out in the cold.

As you look for ways to improve your home's energy efficiency and cut costs, here's how to spot and avoid weather-related fraud this winter:

- Be skeptical of products or services that promise drastic savings. Search online for the company or product name with words like "scam" or "complaint."
- Resist high-pressure door-to-door sales calls for heating systems, windows, and other home improvement products. Pressure to act fast is a sign of a scam. Find a contractor who's licensed and reputable, and remember that the Cooling-Off Rule gives you three business days to cancel, if you sign the contract anywhere other than the contractor's permanent place of business.
- Get any offers to reduce your utility bills in writing before you accept or sign a contract. Consider how long the offer or discount will be valid for. Ask about the length of the contract or commitment, and if it involves early termination fees.
- Spot utility scams. Recognize scammers impersonating your utility company and threatening to shut off your service. One way to tell: anyone who tells you to pay with a gift card, cryptocurrency, or by wiring money through companies like Western Union or MoneyGram is a scammer.
- Check to see if you can get help from the Low Income Home Assistance Energy Assistance Program (LIHEAP).
- Learn more at [ftc.gov/SavingEnergy](https://www.ftc.gov/SavingEnergy)



Holiday Activities

Join our book club as we read:



For the month of December discussion date has changed. Please note change of Dec. 19th @ 2pm

Monday Dec 19th @ 2pm

Sewing

10am Fridays in December

02 Dec: Quilt Block of the Month (\$2)

09 Dec: Open sewing, catch-up day for quilt blocks (\$2)

16 Dec: Project of the Month (\$2)



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