

# Cache County Senior Center

December 2024

Photo by Mike Bullock



As the holiday season draws near, we'd like to take a moment to express our heartfelt wishes to each of you for a Merry Christmas and a joyful New Year.

We have had a lot of growth at the center. We have a little over 3,000 registered clients. We are excited to see such growth! This last month I received a letter that touched my heart. A patron wrote me a letter sharing their concern about donations and patrons of the center. All patrons are asked to only give a suggested donation. Because we receive money through the Older Americans Act— federal money that provides money for nutrition programs to States- we can not expect anyone to pay for a meal if they can not provide the suggested donation. This suggested donation is for the patron to decide if they would like to donate. We would never mandate someone over 60 to pay. We have always stated if you can donate, wonderful, if not, that is ok, what matters is

that you are provided a nutritious meal. I thought I would share the cost of this nutrition program. The cost of the nutrition program for 2023 was a little over \$700,000 a year. In federal and state grants we received about \$330,000 (2023). Average donation from Meals on Wheels patrons is \$66,128.000 (2023) and Congregate meal donation is \$15,440 (2023). This means the County is covering the cost of the remaining \$285,432 (2023). We have been very fortunate to not have to cut programs nor limit the number of clients that we serve. We are so very thankful to our County Council for helping the senior center in this way. As a team we strive our best to meet the needs of all. The decision is yours if you would like to donate or not, what matters to us is that you are you receive a meal. This year has been one of growth and togetherness, and it has been wonderful to see our center thriving, thanks to your participation and support. Your

presence and engagement have made our community stronger and our activities more vibrant. Every event, class and gathering has been enriched by each of you, and we are grateful for your continued enthusiasm. We also want to extend a special thank you to our dedicated staff and volunteers, whose hard work and their compassion is the heart of this center. Their efforts have made a positive impact on all of us, creating a warm and welcoming environment where friendships are made and memories are cherished.

As we look forward to another year, we are excited to continue growing together and bringing more opportunities for connection, learning, and joy. Wishing you all a wonderful holiday season filled with love, laughter, and peace.

Warmest wishes,  
Giselle Madrid  
Sr. Center Director



## Peppermint Bark

Peppermint bark is one of the sweetest Christmas treats there is! Crushed candy canes dot a blend of white and semi sweet chocolate for that festive mint chocolate flavor. They are the perfect no bake treat for gifting.

### Ingredients

- 10 oz semi-sweet chocolate chips
- 10 oz white chocolate bark
- 1-2 teaspoons oil
- 1/2 teaspoon peppermint extract
- 1/4 cup crushed peppermint candy or candy canes

### Instructions

Start by adding some parchment paper to a baking sheet that's about 14" long.

Add the semi-sweet chocolate to a microwave safe measuring pitcher, add 1 teaspoon of oil and heat for 1 minute.

10 oz semi-sweet chocolate chips, 1-2 teaspoons oil

Remove and stir, if not fully melted, reheat for 30 seconds at a time until fully melted.

Once melted, sift the smallest candy crumbs into the chocolate and stir to mix.

1/4 cup crushed peppermint candy

Pour the chocolate onto the parchment and spread it to fill most of pan. Make sure it's even.

Let the chocolate cool until mostly hardened.

Add the white chocolate to a microwave safe measuring pitcher, add 1 teaspoon of oil and heat for 1 minute.

10 oz white chocolate bark

Remove and stir, if not fully melted, reheat for 30 seconds at a time until fully melted.

Stir in the peppermint extract and mix.  
1/2 teaspoon peppermint extract

Pour the white chocolate onto the dark chocolate and spread it to cover dark chocolate. Make sure it's even.

Sprinkle the candy bit across the entire pan and let cool for at least 1 hour until it has hardened.

Cut the bark into squares and enjoy.

### Notes

Be careful not to scorch the chocolate! It is done as soon as you can stir it so it is smooth. Overcooking the chocolate will cause it to seize up and is just not tasty!

Evenly spreading the chocolate is key.

To crush the peppermints, you can either rough chop them in a food processor or put them in a sealed bag and pound them with a meat mallet or crush them with a rolling pin.



## Commodities & Food Boxes

**Dec. 17th  
12:45 PM 3:00PM**

# Resources

## Transportation Vouchers

Clients can be reimbursed for travel costs to doctor appts., to social service programs, like the Senior Center, and or other medical care. If you are 60 you automatically qualify. Call BRAG to schedule an assessment and see if you qualify for this program that can reimburse friends and family for taking you to your Dr. appts. 752-7242.

## Medicare Cost Sharing Program

Medicare Savings Programs help individuals with some of the out-of-pocket costs for Medicare, including Medicare Part A and Part B premiums, deductibles, copayments and coinsurance. Eligibility for certain Medicare Savings Programs automatically qualifies you for the Extra Help program as well, which helps pay the cost of prescription drugs. Contact Giselle or Colby to see what cost sharing program works best. For an appt. Please call 755-1720.

## Extra Help

Do you need help paying for your prescriptions? You could qualify for a federal program that helps pay some or in some cases all of the part D drug plan. If you make less than \$1,903.00 a month (\$2,575 for married couples), and your assets are below \$16,660 (\$33,240 for married couples) you may qualify for the "Extra Help" program. It could reduce your prescription costs for generics and for brand-name drugs.

Contact Giselle or Colby for an appt. at 755-1720

## VA Benefit Program

A representative from the VA will assist you with all of your benefit needs. Please call Shanna Andersen at 713-1460.

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YOUR WAY

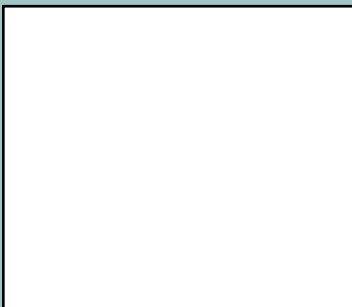


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## MEDICARE PREVENTIVE CARE

Preventive care is the care you receive to prevent illness, detect medical conditions, and keep you healthy. Medicare Part B covers many preventive services with no cost-sharing, as long as you meet the eligibility requirements and follow the guidelines below.

### Is the preventive care covered by Medicare?

Preventive services recommended by the U.S. Preventive Services Task Force are covered with zero cost-sharing, so you will not owe any deductible or coinsurance when you receive them.

You can find a list of those services:

[medicare.gov/coverage/preventive-screening-services](http://medicare.gov/coverage/preventive-screening-services)



Call 1-800-MEDICARE



Medicare & You handbook



### Do you meet the coverage criteria?

For many covered preventive services, you have to meet certain criteria based on your age, sex, or certain risk factors. Your health care provider should be able to tell if you qualify.

### Are you seeing the right kind of provider?

Medicare Advantage and Part D plans usually change each year. Make sure that your drugs will be covered next year and that your providers and pharmacies will still be in the plan's network.

#### Original Medicare

To get preventive services with no cost-sharing, you should see a provider that accepts assignment, also known as a Medicare-participating provider. Many providers accept assignment, but you should ask your provider in advance if they accept assignment. If you see a non-participating or opt-out provider, you may be responsible for part or all of the cost of your service.

#### Medicare Advantage

It is usually best to receive services from an in-network provider. Contact your provider to learn if they are in-network for your plan, or contact the plan to learn which providers are in-network. If you go out-of-network, you might be responsible for part or all of the cost of your preventive service.



#### SHIP

State Health Insurance Assistance Program  
[www.shiphelp.org](http://www.shiphelp.org)

Contact your SHIP if you would like to learn more about how Medicare covers preventive services or if you are confused why a provider is charging you for preventive care.

Even if a preventive service is covered with no cost-sharing, you might be responsible for other costs. For example, you may have to pay a facility fee depending on where you get the service, and you may be charged for a doctor's visit if you meet with a physician before or after the service.

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## Lunch Series

I

## Tuesday Movies

### December Lunch Series



- Dec 4: Yellow Dot Safe Driving  
DEC 5: Sunshine in the snow,  
boosting your mood this winter, Ian  
Hancock, LCSW  
Dec 10: Caption Call  
Dec 11: Music by Marly  
Dec 12: Hot cocoa bar & story time  
Dec 18: Holiday Karaoke  
Dec 19: Music by Mike Bailey



Movies every Tuesday at 1pm

**Dec 03: *The Bishop's Wife***  
(1947, NR, 1h 45m)

**Dec 10: *Christmas with the  
Kranks***  
(2004, PG, 1h 38m)

**Dec 17: *Elf***  
(2003, PG, 1h 30m)

**Dec 31: *Phantom of the Opera***  
(2004, PG-13, 2h 20m)

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# December

Monday	Tuesday	Wednesday
<b>2</b> 9:30 Snowman Craft: \$2.00 11:00 Bingo 12:30 Jeopardy 1:00 Knitting/Needlework Group	<b>3</b> 9:00 Spanish Class 11:00 Socialization & Mind Fitness 11:30 Silver Sneakers 1:00 Movie: The Bishop's Wife	<b>4</b> 11:00 Cooking Class: Upside Down Pastries 12:10 Yellow Dot Safe Driving <b>1:00 Surviving the holidays with hearing loss</b>
<b>9</b> 11:00 Bingo 12:30 Jeopardy 1:00 Gingerbread Houses!	<b>10</b> 11:00 Socialization & Mind Fitness 11:30 Silver Sneakers 12:10 Lunch & Learn: Caption Call 1:00 Movie: Christmas with the Kranks	<b>11</b> 8:30 Out to Breakfast Bunch: Herms (\$2) 11:00 Craft: Sequin Ornaments (\$1) 12:10 Holiday Music by Marly
<b>16</b> 11:00 Music Bingo: Holiday songs! 12:30 Jeopardy	<b>17</b> 11:00 Socialization & Mind Fitness 11:30 Silver Sneakers <b>12:45 Snowball Party</b> 12:45-3:00 Commodities 1:00 Movie: Elf	<b>18</b> <b>10:00 Craft: Snowflakes</b> <b>11:00 White Elephant Gift Exchange</b> 12:30 Holiday Karaoke 2:00 Book Club
<b>23</b> 	<b>24</b> 	<b>25</b> 
<h2>Senior Center Closed for Holidays</h2>		
<b>30</b> 11:00 Bingo 12:30 Jeopardy 1:00 Learn about Hanukkah with Gail	<b>31</b> 11:00 Socialization & Mind Fitness 11:00 New Years Party 11:30 Silver Sneakers 1:00 Movie: Phantom of the Opera	

# December

Thursday	Friday
<b>5</b> <b>11:00 Bereavement Class</b> 11:15 Card-Making with Brenda <b>12:10 L&amp;L: Sunshine in the snow: Boosting your mood this winter, Ian Hancock, LCSW</b>	<b>6</b> 10:30 Sewing 10:00 Holiday Poker Tournament by Comforcare 11:00 Ornament: Snowmen (\$2) 11:00 Blood Pressure 1:00 Technology Assistance
<b>12</b> 11:00 Craft & Chit Chat: Holiday Sign (\$5)  <b>12:00 Hot Cocoa Bar &amp; Storytime</b>	<b>13</b> <b>11:00 Sugar Cookie Decorating!</b>  10:30 Sewing 1:00 Technology Assistance
<b>19</b> <b>9:00-12:00 Gift Wrapping</b>  <b>12:10 Lunchtime Music by Mike Bailey</b>  <b>12:30 Ugly Sweater Contest!</b>	<b>20</b>  <p style="text-align: center;"><b>Senior Center Closed for Holidays</b></p>
<b>26</b>	<b>27</b>
 <p style="text-align: center;"><b>Senior Center Closed for Holidays</b></p>	
<p><b>I Like to See Christmas</b></p> <p>I like to see the stockings                      I like to see the gifts                      I like to see the bells                      I like to see the tree                      And I like to see Santa                      Looking at me!</p>	
	

Daily Activities
8:30-2:30 Computers 8:30 Fitness Room 8:30 Library 12:00-1:00 Lunch 8:30 Pool Tables 8:30-2:30 Quilting
<p style="text-align: center;"><u>Monday</u></p> 11:00 Bingo 12:30 Jeopardy 1:00 Coloring Group 1:00 Game: Hand & Foot 1:00 Tai Chi
<p style="text-align: center;"><u>Tuesday</u></p> 8:30 Ceramics <b>10:15 Tai Chi (New Time)</b> 10:30 Writers Group 11:00 Socialization & Mind Fitness 12:30 Mahjong 1:00 Movie
<p style="text-align: center;"><u>Wednesday</u></p> 9:45 Chair Yoga 11:00 Line Dancing 1:00 Bobbin Lace Group 1:00 Bridge 1:00 Tai Chi
<p style="text-align: center;"><u>Thursday</u></p> 8:30 Ceramics 10:00 Bingocize 10:30 Sit & Be Fit
<p style="text-align: center;"><u>Friday</u></p> 10:00 Painting Group 10:30 Sewing 11:00 Board Games 1:00 Tai Chi 1:00 Tech Assistance 2:15 Mindfulness Group

# FRAUD

## Reverse Mortgage Scams

The FBI and the U.S. Department of Housing and Urban Development Office of Inspector General (HUD-OIG) urge consumers, especially older citizens, to be vigilant when seeking reverse mortgage products. Reverse mortgages, also known as home equity conversion mortgages (HECM), have increased more than 1,300 percent between 1999 and 2008, creating significant opportunities for fraud perpetrators. Reverse mortgage scams are engineered by unscrupulous professionals in a multitude of real estate, financial services, and related companies to steal the equity from the property of unsuspecting older citizens or to use these citizens to unwittingly aid the fraudsters in stealing equity from a flipped property.

In many of the reported scams, victim citizens are offered free homes, investment opportunities, and foreclosure or refinance assistance. They are also used as straw buyers in property flipping scams. Older citizens are frequently targeted through local churches and investment seminars, as well as television, radio, billboard, and mailer advertisements.

A legitimate HECM loan product is insured by the Federal Housing Authority. It enables eligible homeowners to access the equity in their homes by providing funds without incurring a monthly payment. Eligible borrowers must be 62 years or older who occupy their property as their primary residence and who own their property or have a small mortgage balance.

Tips for Avoiding Reverse Mortgage Scams:

Do not respond to unsolicited advertisements.

Be suspicious of anyone claiming that you can own a home with no down payment.

Do not sign anything that you do not fully understand.

Do not accept payment from individuals for a home you did not purchase.

Seek out your own reverse mortgage counselor.

If you are a victim of this type of fraud and want to file a complaint, please submit information through the FBI's electronic tip line or through your local FBI office. You may also file a complaint with HUD-OIG at [www.hud.gov/program\\_offices/housing/sfh/hcc](http://www.hud.gov/program_offices/housing/sfh/hcc) or by calling HUD's hotline at 1-800-347-3735.

Read the FBI's intelligence bulletin on reverse mortgages.

**What to Look For and How to Protect Yourself and Your Family**  
The elderly are the fastest growing segment of our society and they are also an important part of our country's economy. America's growing older adult population is uniquely vulnerable to a broad range of exploitation and abuse. Financial crimes in particular are targeted at older adults with alarming frequency, and are all too often successful.

The Federal Bureau of Investigation (FBI) Common Fraud Schemes webpage provides tips on how you can protect you and your family from fraud.

Older adults especially should be aware of fraud schemes for the following reasons:

Older citizens are most likely to have a "nest egg," to own their home, and/or to have excellent credit—all of which make them attractive to con artists.

People who grew up in the 1930s, 1940s, and 1950s were generally raised to be polite and trusting. Con

artists exploit these traits, knowing that it is difficult or impossible for these individuals to say "no" or just hang up the telephone.

Older adults are less likely to report a fraud because they don't know who to report it to, are too ashamed at having been scammed, or don't know they have been scammed.

Elderly victims may not report crimes, for example, because they are concerned that relatives may think the victims no longer have the mental capacity to take care of their own financial affairs.

When an elderly victim does report the crime, they often make poor witnesses. Con artists know the effects of age on memory, and they are counting on elderly victims not being able to supply enough detailed information to investigators. In addition, the victims' realization that they have been swindled may take weeks—or more likely, months—after contact with the fraudster. This extended time frame makes it even more difficult to remember details from the events.

Older citizens are more interested in and susceptible to products promising increased cognitive function, virility, physical conditioning, anti-cancer properties, and so on. In a country where new cures and vaccinations for old diseases have given every American hope for a long and fruitful life, it is not so unbelievable that the con artists' products can do what they claim.





# Holiday Activities

## COOKIE DECORATING

DECEMBER  
13TH AT 11AM

RSVP @ FRONT DESK



## Gingerbread House Decorating

Monday, Dec. 9th at 1pm  
Join us in the cafeteria to  
decorate some Gingerbread  
houses!



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# December

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Tuna Salad</b> <b>Croissant Sandwich</b> Carrot Raisin Salad Fruit Cocktail	<b>3</b> <b>Turkey Noodle Soup</b> Mixed Vegetables Mandarin Oranges Roll	<b>4</b> <b>French Dip Sandwich</b> Winter Blend Vegetables Grapes	<b>5</b> <b>Baked Salmon</b> Lemon Couscous Steamed Broccoli Mixed Fruit	<b>6</b> <b>Sweet &amp; Sour Chicken</b> Brown Rice Stir Fry Vegetables Pineapple
<b>9</b> <b>Pork Chops w/ Mushroom Gravy</b> Rice Pilaf Glazed Carrots Pears Cookie	<b>10</b> <b>Parmesan Chicken Pasta</b> Green Beans Mixed Fruit	<b>11</b> <b>Butternut Squash Soup and Croissant Turkey Sandwich</b> Mixed Fruit	<b>12</b> <b>Chicken Pesto Casserole</b> Capri Vegetables Mixed Fruit Sliced Bread	<b>13</b> <b>Swedish Meatballs</b> Jasmine Rice California Blend Vegetables Fruit
<b>16</b> <b>Taco Soup</b> Fire Roasted Corn Spiced Peaches	<b>17</b> <b>Baked Ziti</b> Roasted Zucchini Mixed Fruit Garlic Breadstick	<b>18</b> <b>Honey Pineapple Baked Ham</b> Whipped Yams Winter Vegetables Dinner Roll Spiced Cake	<b>19</b> <b>Chicken Stuffing Bake</b> Green Beans Mixed Fruit Wheat Roll	<b>20</b> Senior Center Closed for Holidays
<b>23</b> 	<b>24</b>	<b>25</b> 	<b>26</b> 	<b>27</b>  A Very Merry Christmas And all the Best Wishes for A Happy New Year!
<b>30</b> <b>Creamy Chicken Noodle Soup</b> Mixed Vegetables Mixed Fruit Roll	<b>31</b> <b>Ham and Cheese Casserole</b> Sun Kissed Carrots Pears	<p>For those 60+ and their spouse the suggested donation is \$4.00                      Don't forget to call in by 3:00 p.m. the day before to the direct line of the front desk: 755-1720                      The full cost of the meal is \$12.00 for those under age 60.                      Please pay at the front desk to receive your meal.</p> <p align="center">**Menu is subject to change**</p>		



# Holiday Activities

## December Crafts

\*MON, DEC. 2ND @ 9:30AM  
SNOWMAN CRAFT  
\$2

\*FRI, DEC. 6TH @ 11AM  
SNOWMAN ORNAMENT  
\$2

\*WED, DEC. 11TH @ 11AM  
SEQUIN ORNAMENT  
\$1

\*THURS, DEC. 12TH @ 11AM  
HOLIDAY SIGN \$5

\*THURS, DEC. 18TH @ 10AM  
SNOWFLAKE CRAFT  
FREE

RSVP AT THE  
FRONT DESK TO  
PARTICIPATE!

YOU'RE INVITED TO

## White Elephant AND KARAOKE

December 18th at 11:00am

for Gift Exchange

12:30pm for karaoke

RSVP @ the front desk

Gifts can be either \$5 or less or  
something from home

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Cache County Senior Center, Logan, UT

D 4C 05-1038



## “Good Grief”

### Bereavement Support

Whether the person who died was your parent, spouse, child, or friend, one thing is the same: someone you love is no longer near you. Your loved one can no longer play the same role in your life, and you can no longer play the role you played for your loved one. It's going to be hard to get used to. How will you

manage? The truth is no one can answer this for you. Your grief is every bit as unique as your loved one, and you must find your own way through it. But you can find help by learning from the experiences of other people who have grieved and from accepting help from helpful tools with insight into grief and how it works.



**“Good Grief”**  
An Educational Grief Group

**The 1st Thursday of every Month @ 11:00 am**  
\*Starting Dec. 5th

**Who Can Attend?**  
Families, residents, and the public are welcome to join the Grief & Loss Support Group

**Where Is It Located?**  
**Cache County Senior Center**

**Why Should You Attend?**  
Grief can come in many forms: an unexpected diagnosis, the loss of a loved one, or even the death of a pet. People can be affected by different situations in different ways, and it's important to allow yourself to grieve in order to heal.



## Medicare

Dear Marci,  
I'm going in for my first routine colonoscopy and want to know if I'll have a copay at the doctor's office. I was told colon cancer screenings were free through Medicare. Do you know if that's right?  
-Mateo (Santa Fe, NM)

Dear Mateo,

Medicare covers preventive screenings, including colonoscopies, in full. This means that you will have no cost-sharing as long as:

- The service is preventative, meaning you haven't had any related symptoms that triggered the testing
- You see a participating provider for your colonoscopy if you have Original Medicare, or
- You see an in-network provider if you have a Medicare Advantage plan

If you meet the above requirements, you won't have a copay for your colonoscopy. You

should be aware, though, that if during your exam, the doctor determines that they need to perform more testing due to any findings or that they need to treat any findings, these additional services would be diagnostic and normal cost-sharing rules would apply. If the doctor removes any tissue or polyps during the screening colonoscopy, you will have a copay for that portion of the service, but the Part B deductible will not apply.

If you are at high risk for colorectal cancer, you will be eligible for another screening colonoscopy 24 months (2 years) after your first. If you are not at high risk, your next fully covered screening colonoscopy will be after 120 months (10 years).

To learn more about colon cancer screenings visit, Medicare Interactive.

-Marci

# Holiday Activities

## COMPETE IN THE UGLY CHRISTMAS SWEATER CONTEST!



Thursday, Dec. 19th @ 12:30pm  
Bring your ugliest Christmas  
sweater and win a prize!



## Upside Down Pastries



JOIN KYLIE ON WED,  
DEC. 4TH AT 11AM

RSVP WITH ANA (\$2)

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Cache County Senior Center, Logan, UT

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# Health and Wellness

## Caregiver stress: Tips for taking care of yourself

Caring for a loved one strains even the most resilient people. If you're a caregiver, take steps to preserve your own health and well-being.

As the population ages, more people are doing caregiving. About 1 in 3 adults in the United States is an informal or family caregiver.

A caregiver is anyone who helps another person in need. A person in need might be an ill spouse or partner, a child with a disability, or an aging friend or relative.

Caregivers report higher levels of stress than do people who are not caregivers. It's important for caregivers to know that they, too, need help and support.

## Caregiving is rewarding but stressful

Caregiving can have many rewards. For most caregivers, caring for a loved one feels good. And it can make your relationship stronger.

But the demands of caregiving also cause emotional and physical stress. It's common to feel angry, frustrated, worn out or sad. And it's common to feel alone. Caregiver stress can put caregivers at risk of changes in their own health. Factors that can increase caregiver stress include:

- Caring for a spouse.
- Living with the person who needs care.
- Caring for someone who needs constant care.
- Feeling alone.
- Feeling helpless or depressed.
- Having money problems.
- Spending many hours caregiving.
- Having too little guidance from health care professionals.
- Having no choice about being a caregiver.
- Not having good coping or problem-solving skills.

## Feeling the need to give care at all times.

### Signs of caregiver stress

As a caregiver, you may be so focused on your loved one that you don't see how caregiving affects your own health and well-being. The signs of caregiver stress include:

- Feeling burdened or worrying all the time.
- Feeling tired often.
- Sleeping too much or not enough.
- Gaining or losing weight.
- Becoming easily irked or angry.
- Losing interest in activities you used to enjoy.
- Feeling sad.
- Having frequent headaches or other pains or health problems.
- Misusing alcohol or drugs, including prescription medicines.
- Missing your own medical appointments.

Too much stress over time can harm your health. As a caregiver, you might feel depressed or anxious. You might not get enough sleep or physical activity. Or you might not eat a balanced diet. All of these increase your risk of health conditions, such as heart disease and diabetes.

### Tips to manage caregiver stress

The emotional and physical demands of caregiving can strain even the strongest person. Many resources and tools can help you care for your loved one and yourself. Make use of them. If you don't take care of yourself, you won't be able to care for anyone else.

To help manage caregiver stress:

- Ask for and accept help. Make a list of ways in which others can help you. Then let them choose how to help. Ideas include taking regular walks with the person you care for, cooking a meal for you and helping with medical

appointments.

- Focus on what you can do. At times, you might feel like you're not doing enough. But no one is a perfect caregiver. Believe that you're doing the best you can.
- Set goals you can reach. Break large tasks into smaller steps that you can do one at a time. Make lists of what's most important. Follow a daily routine. Say no to requests that are draining, such as hosting meals for holidays or other occasions.
- Get connected. Learn about caregiving resources in your area. There might be classes you can take. You might find caregiving services such as rides, meal delivery or house cleaning.
- Join a support group. People in support groups know what you're dealing with. They can cheer you on and help you solve problems. A support group also can be a place to make new friends.
- Seek social support. Stay connected to family and friends who support you. Make time each week to visit with someone, even if it's just a walk or a quick cup of coffee.
- Take care of your health. Find ways to sleep better. Move more on most days. Eat a healthy diet. Drink plenty of water.
- Many caregivers have trouble sleeping. Good sleep is important for health. If you have trouble getting a good night's sleep, talk to your health care professional.
- See your health care professional. Get the vaccines you need and regular health screenings. Tell your health care professional that you're a caregiver. Talk about worries or symptoms you have.



## Out to Lunch

# Herm's inn

*Last Chance for Great Food!*

## BREAKFAST LUNCH BUNCH

WEDNESDAY  
DECEMBER 11TH  
HERM'S INN  
8:30AM  
RSVP @ FRONT DESK (\$2)

## Spanish Classes

WE WOULD LIKE TO THANK BAILEY FOR  
TEACHING OUR SPANISH CLASSES FOR  
US.

OUR LAST SPANISH CLASS IS ON  
TUESDAY, DECEMBER 17TH.  
GRACIAS, BAILEY!

# ¡Muchas GRACIAS!

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# Activity Sign up Sheet- December 2024

Please place a "X" in the left column and place the dollar amount or N/C ( No Cost) in the right column for each activity that you would like to participate in.

*The day that the newsletter is available for all patrons is when you will be able to sign up for activities. Please note: The senior center will no longer be able to offer refunds. You can transfer funds to another activity.*

X	Date	Activity	Time	Cost	Total
	12/2	Snowman Craft	9:30 am	\$2.00	
	12/4	Cooking Class: Upside Down Pastries	11:00 am	\$2.00	
	12/6	Craft :Snowmen Ornaments	11:00 am	\$2.00	
	12/9	Decorating Gingerbread Houses	1:00 pm	Free	
	12/11	Out to Breakfast Bunch: Herms	8:30 am	\$2.00	
	12/11	Craft: Sequin Ornaments	11:00 am	\$1.00	
	12/12	Craft & Chit Chat: Holiday Sign	11:00 am	\$5.00	
	12/13	Sugar Cookie Decorating	11:00	Free	
	12/18	White Elephant Gift Exchange	11:00 am	Free	
	12/18	Craft: Snow Flake	10:00 am	Free	
	12/19	Gift Wrapping	9:00 am – 12:00 pm	Free	

**Total :**

**Office Use Only**

Paid:  Cash  Check  Credit Card

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Processed by: \_\_\_\_\_

Date: \_\_\_\_\_