

December 2014

CACHE COUNTY SENIOR CITIZEN CENTER

240 North 100 East Logan, Utah 84321

PHONE: (435)755-1720 FAX: (435)752-9513

HOURS: 9:00 A.M. – 4:00 P.M. Monday—Friday

www.cachecounty.org

**Visit us on Facebook:
Cache County Senior
Citizens Center**

**December 3 @ 9:00 am
Commodities pickup**

*Are you concerned someone you love or care about may be the victim of abuse? Don't be silent. Call 1-800-371-7897

***Every Friday at 12:15 we are going to have a "Lunch and Learn"**

December 5th — Holiday Luncheon

December 9th— Visit the Gift Shop for our Christmas Boutique 9-4 pm.

December 12th — CNS

December 18th — "Stepping On"
Presented by Bear River Health Department

December 19th — Holiday Entertainment with Henny and Cindy

* Need help wrapping Christmas Presents this year?

CNS elves will be here on December 8th at 10:00 am to wrap any gifts that you would like. They will provide the wrapping paper.



****We will be closing on Wednesday December 24th at noon and will reopen on Monday January 5th.****

Loaves & Fishes Community Meal Dec. 6th & 20th. Everyone is welcome. Free of charge. First Presbyterian Church 178 West Center in Logan. Meals served 11:30 a.m.—1:00 p.m.

Directors Message

A Gift of Peace and Hope

Tragedy struck the home of America's most popular poet. On July 9, 1861, Henry Wadsworth Longfellow's wife, Fanny, was near an open window sealing locks of her daughter's hair in a packet, using hot sealing wax. It was never known whether a spark from a match or the sealing wax was the cause, but suddenly her dress caught fire and engulfed her with flames. Her husband, sleeping in the next room, was awakened by her screams. He desperately tried to put out the fire and save his wife. He was severely burned on his face and hands.

She, tragically burned, slipped into a coma the next day and died. His grievous burns would not even allow him to attend her funeral. He seemed to lock the anguish within his soul. Because he continued to work at his craft, only his family knew of his personal suffering. They could see it in his eyes and observe his long periods of silence. His white beard, so identified with him, was one of the results of the tragedy - the burn scars on his face made shaving almost impossible. Although a legend in his own time, he still needed the peace that God gives to His children. On Christmas Day, three years following the horrible accident - at age 57 - he sat down to try to capture, if possible, the joys of the season. He began:

"I heard the bells on Christmas day.
Their old familiar carols play,
And wild and sweet the words repeat
Of peace on earth, good will to men."

As he came to the third stanza he was stopped by the thought of the condition of his beloved country. The Civil War was in full swing. The Battle of Gettysburg was not long past. Days looked dark, and he probably asked himself the question, "How can I write about 'peace on earth, good will to men' in this war-torn country, where brother fights against brother and father against son?" But he kept writing - and what did he write?

"And in despair I bowed my head:
'There is no peace on earth,' I said,
'For hate is strong, and mocks the song
Of peace on earth, good will to men!'"

It seems as if he could have been writing for our kind of a day. Then as all of us should do, he turned his thoughts to the One who solves all problems - the One who can give true and perfect peace, and continued writing:

"Then pealed the bells more loud and deep:
God is not dead, nor doth He sleep;
The wrong shall fail, the right prevail,
With peace on earth, good will to men."

And so we have the marvelous Christmas carol "I Heard the Bells on Christmas Day." A musician named John Baptiste Calkin wrote the musical setting that has helped make the carol a favorite.

Just as that Christmas in 1864 was made better for Longfellow, may we experience a Christmas that will be the greatest ever. May we actually find the peace that Longfellow wrote about in the carol - true peace with God, for this is one of His greatest gifts to us. May the spirit of Christmas bring you peace, The gladness of Christmas give you hope, The warmth of Christmas grant you love.



In the News

Officials are alerting residents of a scam in which people are served a phony arrest warrant via email. Iron County Sheriff's Office was contacted Wednesday about a scam that involved an emailed arrest warrant for "non-paid loan and check fraud." The email included an official-looking document attached to the email, the sheriff's office said. "Although it may appear to be from a legitimate email, this is not the way the government will contact a person in regards to an arrest warrant," the sheriff's office wrote in a news release. In addition to the method of contact, the sheriff's office noted several other inconsistencies in the document compared to official documents, including: an attorney from another state on the letterhead, an invalid phone number that directs callers to a non-government entity or non-working line, a false claim of outstanding debt and items on the warrant that appear to be copied. Additionally, misspellings can be seen on the false warrant. "These are all clues this is a scam and a scare tactic used to get money

from unsuspecting victims," the sheriff's office said. Anyone who receives a similar email should disregard it and not contact the sender.

—The Cache Valley Volunteer Center is inviting people who are elderly, disabled, home-bound or have other limitations to get help shoveling their walks this winter through the Sidewalk Snow Removal Assistance program. Snow Removal Assistance is in its second year. The program was instigated by Logan city to ensure sidewalks are cleared in accordance with city code, understanding that some people are physically unable to do so. The volunteer center works with different community groups to have them shovel walks after each snowfall. Typically, they can get the walks shoveled within the day or evening after a storm. If people signed up last winter, they need to sign up again if they want snow removal services this year. To sign up for snow removal, call Byington at 764-6311.

KSL News <http://www.ksl.com/index.php?sid=32351358&nid=148&title=email-scams-sends-phony-arrest-warrant-sheriffs-office-warns>

What does Part B cover?

Defibrillator (implantable automatic)

Medicare covers these devices for some people diagnosed with heart failure. If the surgery takes place in an outpatient setting, you pay 20% of the Medicare-approved amount for the doctor's services. If you get the device as a hospital outpatient, you also pay the hospital a co-payment. In most cases, the copayment amount can't be more than the Part A hospital stay deductible. The Part B deductible applies. Surgeries to implant defibrillators in a

hospital inpatient setting are covered under Part A. See Hospital care (inpatient care) on page 38.

Depression screening

Medicare covers one depression screening per year. The screening must be done in a primary care setting (like a doctor's office) that can provide follow-up treatment and referrals. You pay nothing for this test if the doctor or other qualified health care provider accepts assignment.

Winterizing Your Vehicle:

Just as it's important to prepare yourself for winter you must also prepare your car. Driving in the winter means changes in the way you drive. Snow sleet and ice can lead to slower traffic, hazardous road conditions and unforeseen dangers. You can avoid many dangerous winter travel problems by planning ahead. Have your vehicle maintenance service done as often as the manufacturer recommends. In addition to that, every fall complete the following checklist items to get your vehicle set for the winter season ahead:

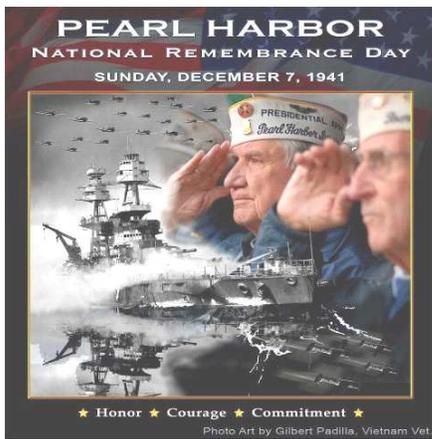
Keep gas tank near full to avoid ice in the tank and fuel lines

- Check antifreeze levels
- Check windshield wiper fluid and be sure it's a stronger cleaner/de-icer fluid solution
- Check power steering fluid
- Check heater and windshield defroster
- Check brakes and brake fluid
- Check ignition system
- Check emergency flashers and lights
- Check exhaust
- Check tire pressure and wear
- Check fuel
- Check oil
- Check battery
- Check radiator

Personal Preparedness Kit:

Thinking ahead and being equipped for any emergency that may arise is one of the best lines of defense one has when it comes to traveling during the winter. It doesn't matter if you are driving across the country or to the corner store, always being prepared for what could happen brings valued peace of mind. The following items should be in your vehicle at all times:

- A shovel for snow removal
- Jumper cables
- Emergency flares
- A properly inflated spare tire, wheel wrench and car jack
- A bag of salt, cat litter or a small piece of carpet for added traction when stuck
- A first-aid kit
- A basic tool kit
- A working flashlight with extra batteries
- Blankets, warm clothing and gloves
- An ice scraper with snow brush
- Wooden matches in a water-proof container
- Extra windshield washer fluid
- Reflective triangles and a bright-colored cloth
- Non-perishable, high-energy foods such as unsalted nuts, hard candy and dried fruits
- A compass
- Water in a plastic container that won't break if it freezes
- Two 2x4 wood planks for jack support



Arguably one of the most tragic days in U.S. military history, veterans and U.S. citizens across America remember Pearl Harbor Day as one of the worst days in U.S. military history. 2,402 member of the U.S. armed forces were killed on Dec. 7, 1941, which President Roosevelt called a date which will live in infamy, and an additional 1,282 were wounded in the attacks. Pearl Harbor Day is also remembered, however, as the beginning of U.S. involvement in World War II. Of the eight U.S. battleships damaged or destroyed during the Pearl Harbor attacks on Dec. 7, 1941, all but two were raised, repaired and utilized during WWII, battling Japanese forces from 1942 to 1945.



The U.S. Arizona, one of the battleships sunk during Pearl Harbor, marks the resting place of

1,102 of the 1,177 sailors killed during the Pearl Harbor attacks. It is now a national memorial site and a National Historic Landmark.



The American Occupational Therapy Association (AOTA) Older Driver Safety Awareness Week (December 1–5, 2014) aims to promote understanding of the importance of mobility and transportation to ensuring older adults remain active in the community—shopping, working or volunteering—with the confidence that transportation will not be the barrier to strand them at home. It is a fact of life that people grow older everyday. With increasing age come changes in physical, mental and sensory abilities that can challenge a person's continued ability to drive safely. But there are a variety of safe travel options for people of all ages. The real need is a broader awareness of the solutions, rather than a narrow focus on the problem. AOTA's Older Driver Safety Awareness Week aims to promote understanding of the importance of mobility and transportation to ensuring older adults remain active in the community—shopping, working or volunteering—with the confidence that transportation will not be the barrier to strand them at home. We all experience physical and mental changes as we age. Some may be so minor that we don't notice them, while others may interfere with daily life. Slower reaction time, night blindness, and pain and stiffness can affect driving skills but do not need to prohibit driving. "As part of the aging process, some people experience physical, cognitive, and sensory changes that can affect driving. Medical advancements have more people living longer and able to age in their homes," says Elin Schold Davis, OTR/L, CDRS, project coordinator for AOTA's Older Driver Initiative. "When an ache or pain begins hindering driving ability, many older drivers are able to continue driving safely after making a few adjustments." For example, drivers who find it painful to rotate their body to reach the seatbelt can benefit from a cloth loop attached to it so they can pull the seatbelt on with only slight turning. Those with stiff fingers from arthritis can depress the seatbelt latch with a small tool that they leave in the car. Even getting into and

out of the car can become much easier through something like a Handybar. Physical challenges can often be compensated for by equipment, adding to a driver's safety and confidence. If neck turning is limited or painful, a wide-angle mirror may offer a solution. If foot pedals are harder to manage when diabetic changes have resulted in partial amputation, hand controls can offer a safe alternative. Examples of adaptive equipment include:

- Low-effort steering: Modification to the power steering system that reduces the effort required to turn the steering wheel, which is helpful for those with painful arthritic shoulders and limited flexibility.
- Ribbon attached to seatbelt: A simple adaptation that allows the driver or passenger to pull the seatbelt across the body without twisting and reaching behind the shoulder.
- Hand controls: Adaptive equipment allowing drivers to control the accelerator and brake functions with their hands.
- Handybar: Removable grab bar that hooks onto the door latch to give the driver something to hang on to when transferring into and out of the vehicle
- Extra or extended mirrors: Add-on or replacement mirrors to help broaden peripheral vision and expand the field of view to minimize head turning.
- Swing-out seat: A replacement seat with a swivel base that extends the seat beyond the car threshold so drivers don't have to maneuver around the steering column to get in and out.
- Siren detector: An electronic device that detects the high-decibel sound waves of an ambulance or fire truck and alerts drivers who have a hearing impairment.

For more ideas please visit: <http://www.aota.org/Conference-Events/Older-Driver-Safety-Awareness-Week/Thursday-full-article.aspx#sthash.BwgePcOa.dpuf>

Berry Cheesecake Dessert



If you love cheesecake but avoid it because it's too high in fat and calories, try this creamy dessert. It has the wonderful flavor of cheesecake but far less fat. And because it makes only two servings, leftovers won't tempt you.

1 1/2 cups fresh raspberries, blueberries, and/or sliced strawberries
 2 gingersnaps or chocolate wafer cookies, broken (optional)
 Fresh mint (optional)

Directions

In a medium bowl, combine cream cheese, ricotta cheese, sugar, orange peel, and orange juice. Beat with an electric mixer on medium speed until smooth. Cover and chill for 4 to 24 hours.

To serve, divide cream cheese mixture between two parfait glasses or dessert dishes. Top with berries. If desired, sprinkle with the broken cookies. If desired, garnish with mint.

Makes: 2 servings
 Prep 15 minutes
 Chill 4 hours to 24 hours

Ingredients

1/4 8 ounce tub (1/4 cup) fat-free cream cheese
 1/4 cup light ricotta cheese
 1 tablespoon sugar
 1/4 teaspoon finely shredded orange peel
 2 teaspoons orange juice

Berries Keep You Mentally Sharp and good for your Heart!

Women who eat about two servings of strawberries or one serving of blueberries a week experienced less mental decline over time than peers who went without these nutrition powerhouses, research published in the *Annals of Neurology* found. In the study, researchers reviewed data from 16,010 women over age 70. Those with the highest berry intake postponed cognitive decline by about two and a half years. "We think that the effect might be related to a class of compounds called anthocyanidins, which is a type of flavonoid," explains study author Elizabeth Devore, ScD, an associate epidemiologist at Brigham and Women's Hospital and a professor at Harvard Medical School in Boston. "These compounds, found almost exclusively in berries, are known to cross the

blood-brain barrier and locate in learning and memory centers in the brain. These colorful fruits are high in antioxidants and polyphenols, which help fight chronic disease and cancer. And their health benefits just keep getting sweeter!



A recent study in the journal *Circulation* suggests that sprinkling just a few more blueberries in your yogurt or blending strawberries into your morning smoothie may help reduce heart attack risk.

- <http://www.everydayhealth.com/diet-nutrition-pictures/amazing-health-benefits-of-berries.aspx#02>
- http://www.health.com/health/gallery/0,,20665789_4,00.html



Yuko Suzuki & Eiko Anderson with Cathy & LaRue

See what fun we had at our Halloween Party!!!!!!!!!!!!



Wayne Bush



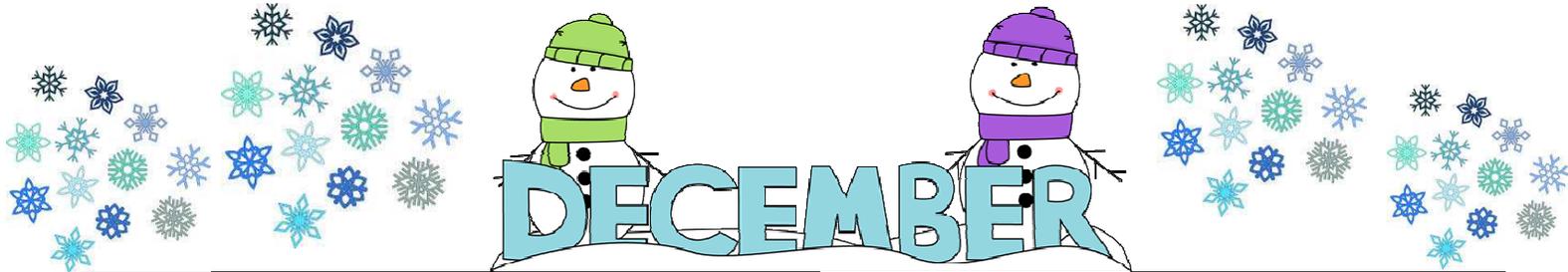
Cathy Rae



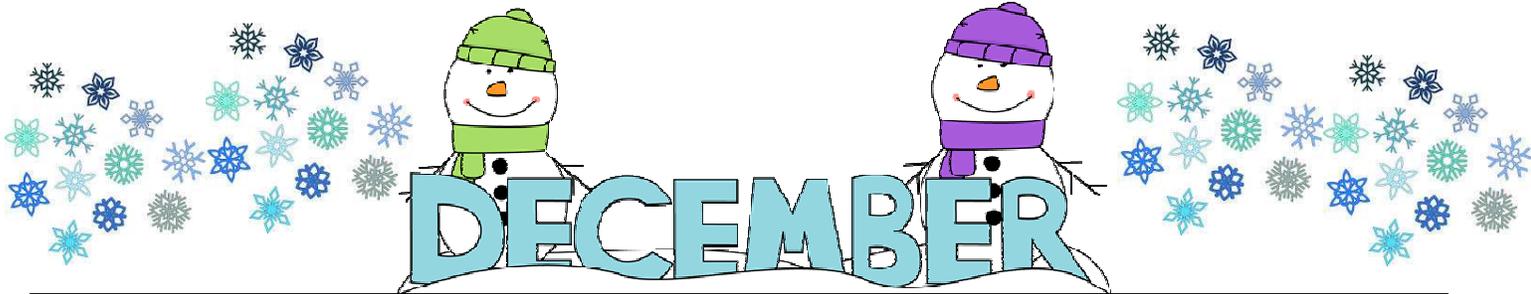
Cathy Rae & Terri Barnes



LaRue Koeven



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:10 Line Dancing 10:15 Tai Chi 11:15 Sit-n-be-fit/ Pickle Ball 12:30 Jeopardy 1:00 Bridge	9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:00 Ceramics 9:30 Wii Bowling 1:00 Movie	9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:10 Line Dancing 10:15 Tai Chi 10:30 Bingo 11:15 Sit-n-be-fit/ Ping-Pong 1:00 Bridge/Ping- Pong/Pickle Ball 1:30 Bobbin Lace	9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:15 Clogging 9:30 Wii Bowling 1:00 Wii Bowling 1:30 Spanish 101	9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:10 Line Dancing 10:30 Bingo 11:00 Pickle Ball 11:15 Sit-n-be-fit 1:00 Bridge/Movie/ Internet Help
1  9:15 Breakfast Club 12:30 Jeopardy	2 1:00 Movie: The Bishops Wife	3  9:00 Commodities 1:00 Foot Clinic by Harmony Home Health & Hospice	4 10:30 Craft W/ CNS 12-4 AARP Driver Safety Course 1:30 Spanish 101	5  12:00 HOLIDAY LUNCHEON 1:00 Movie: Santa Claus 1
8  9:15 Breakfast Club 10:00 CNS wrapping presents 10:30 Arm Chair Travel 12:30 Jeopardy	9 9-4 Gift Shop Christmas Boutique 1:00 Movie: Jack Frost	10 11:15 Cooking Class 	11  1:00 Foot Clinic by Rocky Mountain Care 1:30 Spanish 101	12  10-12 Blood Pressure Lunch & Learn: CNS 1:00 Movie: Miracle on 34th Street
15  9:15 Breakfast Club 12:30 Jeopardy	16 1:00 Movie: The Polar Express	17 1:00 Foot Clinic by Rocky Mountain Care  1:00 Red Hat Activity	18 *No Book Club 1:30 Spanish 101	19  10-12 Blood Pressure 12:15 Lunch & Learn: Entertain- ment with Henny and Cindy 1:00 Movie: Christmas Carol
22 *No Breakfast Club *No Jeopardy	23  1:00 Foot Clinic by Integrity Home Health & Hospice 1:00 Movie: It's A Wonderful Life	24 Center closes at 12:00 	25 Center Closed 	26 Center Closed
29 Center Closed	30 Center Closed	31 Center Closed		



<p>1 Taco Casserole Cali Blend Veggies Peaches Muffin</p>	<p>2 Chicken & Broccoli Casserole Beets Applesauce Wheat Bread</p>	<p>3 Porcupine Meatballs Baked Potatoes Peas and Carrots Apricots Roll</p>	<p>4 Chicken Tortilla Soup Coleslaw Pears Corn Muffin</p>	<p>5 Holiday Dinner</p>
<p>8 Chicken Nuggets Mac & Cheese Carrots Mixed Fruit</p>	<p>9 Baked Spaghetti Sicilian Blend Veggies Apricots Garlic Bread</p>	<p>10 Breakfast <i>Egg and Sausage Sandwich</i> <i>Hash Browns</i> <i>Fruit Parfait</i></p>	<p>11 Beef Stroganoff over Noodles Mixed Veggies Pears Muffin</p>	<p>12 Pork Burritos Chuck Wagon Corn Tomato & Black Bean Salad Peaches</p>
<p>15 Fish Cheesy Potatoes Broccoli Mix Peach Cobbler Wheat Bread</p>	<p>16 Sweet & Sour Pork with Rice Oriental Veggies Egg Roll Mandarin Oranges Fortune Cookie</p>	<p>17 BBQ Riblets Baked Potatoes Green Beans Applesauce Muffin</p>	<p>18 Minestrone Soup Egg Salad Sandwich Mixed Fruit Brownie</p>	<p>19 Meatloaf Mashed Potatoes With Gravy Peas Pears Roll</p>
<p>22 Breaded Chicken Sandwich Pea Salad Chips Apricots Cookie</p>	<p>23 Chili Green Salad Mixed Fruit Corn Bread</p>	<p>24 Center Closes at 12:00</p>	<p>25 Center Closed  Merry Christmas</p>	<p>26 Center Closed</p>
<p>29 Center Closed</p>	<p>30 Center Closed</p>	<p>31 Center Closed</p>	<p>Don't forget to call in by 3:00 pm the day before you eat. Senior Donation: \$2.75</p>	<p>Non-seniors: \$5.00 must be receipted at front desk before you eat.</p>