

# CACHE COUNTY SENIOR CITIZEN CENTER

August 2013

Flu shots are available early this year. We are having a Flu Shot Clinic & Health Fair on Wednesday, August 28, at 9:30 to 12:00. Just bring your Medicare card to pay for your flu shot. Otherwise, the cost is \$25.00. Come see the agencies from across the county who will provide services such as blood pressure, and education for you. We hope to see you there.

Is it time to clean out your sewing room? The Senior Center is in need of fabric for our quilts. The completed quilts go into the Gift Shop to help finance the center. Other quilts go to the Humanitarian center for those in need. If you have fabric to donate, please drop it off, or if you can't get it here, we will gladly pick it up.

Beginning September 1, 2013, the cost for a NON senior lunch will increase to \$5.00. Please pay at the front office window and get a receipt.



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## Director's Message

I love motivational stories; they inspire me to be a better person. I found this on the internet the other day and thought you might enjoy it.

### One Glass Of Milk

One day, a poor boy who was selling goods from door to door to pay his way through school, found he had only one thin dime left, and he was hungry. He decided he would ask for a meal at the next house. However, he lost his nerve when a lovely young woman opened the door.

Instead of a meal he asked for a drink of water. She thought he looked hungry so brought him a large glass of milk.

He drank it slowly, and then asked, "How much do I owe you?"

"You don't owe me anything," she replied. "Mother has taught us never to accept pay for a kindness."

He said, "Then I thank you from my heart."

As Howard Kelly left that house, he not only felt stronger physically, but his faith in God and man was strong also. He had been ready to give up and quit.

Years later that young woman became critically ill. The local doctors were baffled. They finally sent her to the big city, where they called in specialists to study her rare disease.

Dr. Howard Kelly was called in for the consultation. When he heard the name of the town she came from, a strange light filled his eyes. Immediately he rose and went down the hall of the hospital to her room.

Dressed in his doctor's gown he went in to see her. He recognized her at once. He went back to the consultation room determined to do his best to save her life. From that day he gave special attention to the case.

After a long struggle, the battle was won. Dr. Kelly requested the business office to pass the final bill to him for approval. He looked at it, then wrote something on the edge and the bill was sent to her room.

She feared to open it, for she was sure it would take the rest of her life to pay for it all. Finally she looked, and something caught her attention on the side of the bill. She began to read the following words: "*Paid in full with one glass of milk.*" Signed, Dr. Howard Kelly.

Author unknown

## Local Events

### Loaves and Fishes Community Meal

The food is free of charge. Come and enjoy food, friendship and connections. What a great way to meet new people as everyone is welcome. 11:30—1 pm. August 3rd and 17th, First Presbyterian Church, 200 West and Center Street. Any questions call Rachel at 435.554.1081.

### Music at the Tabernacle

If you have not made it to the Tabernacle for the music at noon, you have better get there fast, as the last day of concerts is August 9th. Those who have mentioned going have called these programs awesome, wonderful and absolutely delightful. Don't miss out on this outstanding chance to hear very talented performers for free. There will be an encore performance August 16th at 7 pm.

### Low Vision Fair

Options for Independence is having a Low Vision Fair on August 6th at 10 - 12:00. Come talk to specialists and consultants, try out assistive devices and learn how you can continue doing the things you love to do even if your eyesight isn't what it used to be.

## *Elder Abuse—Signs and Symptoms*

At first, you might not recognize or take seriously signs of elder abuse. They may appear to be symptoms of dementia or signs of the elderly person's frailty — or caregivers may explain them to you that way. In fact, many of the signs and symptoms of elder abuse do overlap with symptoms of mental deterioration, but that doesn't mean you should dismiss them on the caregiver's say-so.

The following are warning signs of some kind of elder abuse: Frequent arguments or tension between the caregiver and the elderly person. Changes in personality or behavior in the elder. If you suspect elderly abuse, but aren't sure, look for clusters of the following physical and behavioral signs.

**Physical abuse:** Unexplained signs of injury such as bruises, welts, or scars, especially if they appear symmetrically on two side of the body, broken bones, sprains, or dislocations, report of drug overdose or apparent failure to take medication regularly (a prescription has more remaining than it should), broken eye-glasses or frames, and signs of being restrained such as rope marks on wrists, and caregiver's refusal to allow you to see the elder alone.

**Emotional abuse:** Threatening, belittling, or controlling caregiver behavior that you witness, behavior from the elder that mimics dementia, such as rocking, sucking, or mumbling to oneself.

**Sexual abuse:** Bruises around breasts or genitals, unexplained venereal disease or genital infections, unexplained vaginal or anal bleeding, torn, stained, or bloody underclothing.

**Neglect by caregivers or self-neglect:** Unusual weight loss, malnutrition, dehydration, untreated physical problems, such as bed sores, unsanitary living conditions: dirt, bugs, soiled bedding and clothes, being left dirty or unbathed, unsuitable clothing or covering for the weather, unsafe living conditions (no heat or running water; faulty electrical wiring, other fire hazards), desertion of the elder at a public place

**Financial exploitation:** Insignificant withdrawals from the elder's accounts, sudden changes in the elder's financial condition, items or cash missing from the senior's household, suspicious changes in wills, power of attorney, titles, and policies, addition of names to the senior's signature card, unpaid bills or lack of medical care, although the elder has enough money to pay for them, financial activity the senior couldn't have done, such as an ATM withdrawal when the account holder is bedridden, and unnecessary services, goods, or subscriptions

# What is Medicare supplement (Medigap) Insurance?

A Medicare supplement (Medigap) insurance, sold by private companies, can help pay some of the health care costs that Original Medicare doesn't cover, like copayments, coinsurance, and deductibles.

Some Medigap policies also offer coverage for services that Original Medicare doesn't cover, like medical care when you travel outside the U.S. If you have Original Medicare and you buy a Medigap policy, Medicare will pay its share of the *Medicare-approved amount* for covered health care costs. Then your Medigap policy pays its share.

A Medigap policy is different from a Medicare Advantage Plan. Those plans are ways to get Medicare benefits, while a Medigap policy only supplements your Original Medicare benefits.

## 8 things to know about Medigap policies

1. You must have Medicare Part A and Part B.
2. If you have a Medicare Advantage plan. You can apply for a Medigap policy, but make sure you can leave the Medicare Advantage Plan before your Medigap policy begins. You cannot have a Medigap policy with a Medicare Advantage Plan, you will have to go back to Original Medicare.
3. You pay the private insurance company a monthly premium for your Medigap policy in addition to the monthly Part B premium that you pay to Medicare.
4. A Medigap policy only covers one person. If you and your spouse both want Medigap coverage, you will each have to buy separate policies.
5. You can buy a Medigap policy from any insurance company that is licensed in your state to sell one.
6. Any standardized Medigap policy is guaranteed renewable even if you have health problems. This means the insurance company can not cancel your Medigap policy as long as you pay the premium.
7. Some Medigap policies sold in the past cover prescription drugs, but Medigap policies sold after January 1, 2006 are not allowed to include prescription drug coverage. If you want prescription drug coverage, you can join a Medicare Prescription Drug Plan. (Part D).
8. It is illegal for anyone to sell you a Medigap policy if you have a Medicare Medical Savings Account (MSA) Plan.

## Medigap policies don't cover everything

Medigap policies generally don't cover long-term care, vision or dental care, hearing aids, eyeglasses, or private duty nursing. Source: Medicare.gov

*This is your first heads up that open enrollment for 2014 begins the middle of October and ends December 7th. It is always a good idea to review your coverage, any new prescriptions you may have gotten during the year, and the premium costs.*

## Cache County Senior Center Gift Shop

Incredibly adorable and affordable gifts  
quilts, baby items, kitchen towels & scrubbies,  
cards, bookmarks, pillowcases, jewelry,  
friend and neighbor gifts and much more!

All money goes towards running the Senior Center.

Open Monday-Friday 9:00 a.m.-4:00 p.m.

### Summer Food Safety

\*Wash your hands well and often with soap and water for 20 seconds, especially after using the bathroom and before cooking or eating. If there are no water taps available, use a water jug, some soap and paper towels or moist disposable towelettes.

\* Keep raw food separate from cooked food. Do not place cooked food on a plate that previously held raw meat, poultry, seafood or anything else and hasn't been cleaned in hot, soapy water.

\*Marinate food in the refrigerator, not on the counter. Don't reuse marinade that contained raw meat.

\*Cook food thoroughly in order to kill any harmful bacteria that may be present. Use a food thermometer to make sure food has reached the recommended minimum temperature, which is 160 degrees F for hamburger and 165 degrees F for chicken. If you use the microwave, stove or oven to partially cook food to reduce grilling time, do so immediately before you place the food on the barbeque.

\*Try to refrigerate or freeze leftovers immediately. Never leave food out for more than an hour when the temperature is above 90 degrees F.

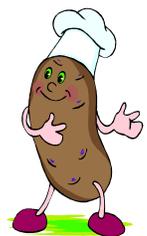
\*Keep hot foods at or above 140 degrees F and keep cold foods at or below 40 degrees

### Summer Potato Salad

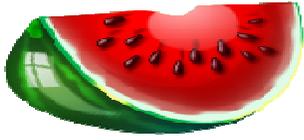
#### Servings: 8

8 medium potatoes  
4 Tablespoons mustard  
1 teaspoon salt  
1/2 teaspoon black pepper

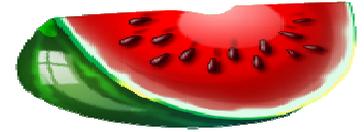
1-1/2 cup mayonnaise  
5 whole green onions  
1/2 teaspoon paprika  
4 whole hard boiled eggs



Cut potatoes in in small chunks, then boil until fork tender. Drain and cool. Fold potatoes together with mayonnaise, mustard, green onions, salt, pepper, and other seasonings you like. Fold in pickles and eggs, and then taste for seasonings, adding more salt, mustard, or mayo as needed. You may also splash in juice from the pickle jar if salad needs a little moisture. Don't forget to keep this salad cold!



# August 2013



<p>Please sign up for lunch one day in advance by calling 755-1720. Suggested donation per meal is \$2.75 for those 60 years &amp; older. Guests under 60 years must be receipted at the front desk - cost: \$4.00. This menu is subject to change.</p>					1 Corn Chowder Tuna salad sandwiches Fruit crisp	2 Hamburger w/fixins Chips Melon
5 Turkey Tetrazzini Mixed veggies Apricots Cheesy garlic bread	6 Split pea soup Egg salad sandwich Pears Cookie	7 BBQ chicken Potato wedges Squash Peaches Roll	8 Pork burritos Corn Green salad Applesauce	9 Poppy seed chicken Rice Peas Mandarin oranges Roll		
12 Hearty chicken noodle soup Caesar salad Pineapple Roll	13 Roast beef sandwich Chips Broccoli salad Mixed fruit	14 BBQ pork riblet Romanoff potatoes Carrots Pears Wheat bread	15 French bread pizza Italian veggies Peaches	16 Pigs in a blanket Baked beans Chuck wagon corn Pistachio salad		
19 Baked potatoes w/ chicken gravy Green beans Tropical fruit Roll	20 Polynesian meatballs Rice Peas Pineapple upside down cake	21 Club sandwich Carrot raisin salad Chips Apple	22 Beef stroganoff Noodles California mix veggies Apricot cobbler Wheat bread	23 Chicken fajitas Red beans & rice Mixed veggies Barry's tu tu salad		
26 Fish sandwich Tator tots Coleslaw Fruit	27 Turkey roll ups Mashed potatoes w/gravy Capri blend veggies Mixed fruit	28 Sweet & sour pork Rice Oriental veggies Egg roll Pineapple	29 Breakfast for lunch	30 <b>Closed for staff training</b>		

# August 2013

<p>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            12:30 Jeopardy            1:00 Bridge</p>	<p>9:00 Fitness Room            9:00 Quilting            9:00 Pool Room            9:00 Ceramics            9:30 Wii Bowling            11:15 Sit-n-be-fit            1:00 Movie</p>	<p>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            1:00 Bridge</p>	<p>9:00 Fitness Room            9:00 Quilting            9:00 Pool Room            9:15 Clogging            9:30 Wii Bowling            11:15 Sit-n-be-fit            12:30 Sing Along</p>	<p>9:00 Fitness Room            9:00 Quilting            9:00 Pool Room            9:10 Line Dancing            10:30 Bingo            11:15 Sit-n-be-fit            1:00 Bridge</p>
			1	2 10:00 Blood pressure
5	6 10-12 Low Vision Fair	7 9:00 Commodities	8 1:00 Foot Clinic	9 10:00 Blood pressure
12 10:30 Arm Chair Travel	13 10-4 Low Vision Clinic 11:00 O <sup>2</sup> /blood sugar check	14	15 12:30 AARP defensive driving	16 10:00 Blood pressure
19	20	21 1:00 Foot Clinic	22	23 10:00 Blood pressure
26	27 1:00 Foot Clinic	28 9:30 Flu Shot Clinic & Health Fair	29	30 <b>CLOSED FOR STAFF TRAINING</b>