

October 2015

CACHE COUNTY SENIOR CITIZEN CENTER

240 North 100 East Logan, Utah 84321

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

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

www.cachecounty.org/senior

Visit us on Facebook:
Cache County
Senior Citizens
Center

**October 7th @
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

Lunch and Learn

October 6th—Stroke
Prevention —Northern
Utah Rehab Hospital
October 23rd—Breast
Cancer —CNS

Join us as we go to the
pumpkin walk October
22nd bus leaves at 9:30
am \$2.00

October 30th— 10:30
Halloween Party!! Be
sure to come dressed in
your costume! No masks!
We are going to have a
spooky time enjoying
treats and playing games!
Bingo will be Halloween
themed as well. Hosted
by **Integrity**

We will have a lawyer
here to answer any
legal questions on
November 6th 1-4 pm.
Schedule your appt. with
Marisol at the front desk.

HONORING ALL WHO SERVED

**VETERANS
BREAKFAST**



**WHEN: TUESDAY,
NOVEMBER 10 @ 10:00 A.M.**

**WHERE: Cache County Senior Center
240 North 100 East in Logan**

WHO: Free for Senior Veterans & Guest
*Tickets are required and available
at the Cache County Senior Center*

PLAN TO ATTEND OUR SENIOR VETERANS DAY CELEBRATION

*Color Guard posted by U.S. Army
Full Breakfast provided by Herm's Inn
Musical Tribute by Logan High's Crimson Colony
Guest Speaker from the Utah Honor Flight
Guest Speaker SGT Keli R. Anderson*

PROUDLY SPONSORED BY:



QUESTIONS? CALL (435) 755-1720

When Can I Join a Medicare Part D Prescription Drug Plan for 2016?

The 2016 Open Enrollment Period (OEP) for Medicare will run from October 15, 2015, through December 7, 2015. Below are some important dates and deadlines to be aware of:

October 15, 2015: Medicare Open Enrollment starts. This is the first day to enroll in a 2016 Medicare plan, whether you're a current beneficiary or new to the program. During this time, you can sign up for any Medicare part, including Traditional Medicare (Parts A and B), Medicare Advantage (Part C) and Part D, or you can change your coverage.

If you need assistance with changes to your Medicare part D or changing Advantage Plan we are here to

help! Ship or State Health Insurance and Assistance Programs are not a source of funding for eldercare. SHIPs are free, state counseling services that help seniors understand their Medicare, Medicare Advantage, Medigap and Medicaid benefits. Anyone with Medicare related questions is free to call a SHIP's counselor even if they are not currently enrolled in Medicare. Please call Giselle (435) 755-1720 to schedule an apt. Ship office hours are Tuesday & Thursday 9-11 am, 1-3 pm.



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Making Sense of Your Medicare Statements

Point 1. Statements about your Medicare coverage contain important information about the costs of medical care and prescriptions you have recently received. This Medicare Minute will explain two main types of Medicare statements: the Medicare Summary Notice (MSN) and the Explanation of Benefits (EOB). It is important to note that MSNs and EOBs are not bills. Rather, they provide a summary of health care services you have received during the previous months and should be saved for about seven years, as you might need them in the future to prove that a payment was made. Know which statement you will receive about your Medicare health services.

If you have Original Medicare, you will receive an MSN in the mail every 3 months for your Medicare Part A and Part B covered services. If you do not receive any services or medical supplies during that 3-month period, you will not get an MSN for that particular 3-month period. You can also create an account at www.mymedicare.gov and view your MSNs online at any time. Keep in mind that Medicare provides separate MSNs for Part A and Part B covered services. The MSN will list the services or supplies that providers and suppliers billed to Medicare during the 3-month period, what Medicare paid, and the maximum amount you may owe the provider.

If you have a Medicare Advantage Plan, you may receive EOBs on a monthly basis (if you received services). Other plans send an EOB for each claim and then also a quarterly summary of your health claims. Many also give you the option of creating an online account that allows you to access your EOB any time.

Medicare— Lower your Prescription Drug Costs!

If your monthly income is not more than \$1,460 for singles (\$1,967 for couples) and your assets are not more than \$13,300 for singles (\$26,580 for couples), you may be eligible for EXTRA Help, a federal program that helps you pay some or most of the costs of Medicare prescription drug coverage (Part D). Assets include bank accounts, stocks, bonds, 401k etc. Giselle and Kristine are SHIP counselors here at the Center and can help you with your needs. Please call for an appointment and inquire about applying for the Extra Help.

Your EOB tells you how much your provider billed, the approved amount your plan will pay, and how much you have to pay. While all EOBs provide the same basic information, the layout and other specifics may vary. If your EOB shows that an item or service is not being covered, look for a section that includes footnotes, comments, or remarks to find out the reason why. You should contact your plan to get more information if any of your services or items were not covered.

*Point 2 of making sense of Medicare Statements will be covered in the November newsletter.

Coping With the Death of Your Pet

Given the intense bond most of us share with our animals, it's natural to feel devastated by feelings of grief and sadness when a pet dies. While some people may not understand the depth of feeling you had for your pet, you should never feel guilty or ashamed about grieving for an animal friend. Instead, use these healthy ways to cope with the loss, comfort yourself and others, and begin the process of moving on. For many people a pet is not "just a dog" or "just a cat." Pets are beloved members of the family and, when they die, you feel a significant, even traumatic loss. The level of grief depends on factors such as your age and personality, the age of your pet, and the circumstances of their death. Generally, the more significant the loss, the more intense the grief you'll feel.

Grief can be complicated by the role the animal played in your life. For example, if your pet was a working dog or a helper animal such as a guide dog, then you'll not only be grieving the loss of a companion but also the loss of a coworker or the loss of your independence. If you cared for your pet through a protracted illness, you likely grew to love him even more. If you lived alone and the pet was your only companion, coming to terms with his loss can be even harder. If you were unable to afford expensive veterinary treatment to prolong the life of your pet, you may even feel a profound sense of guilt.

People love their pets and consider them members of their family. Caregivers celebrate their pets' birthdays, confide in their animals, and carry pictures of them in their wallets. So when your beloved pet dies, it's not unusual to feel overwhelmed by the intensity of your sorrow.

Understanding how you grieve and finding ways to cope with your loss can bring you closer to the day when memories bring smiles instead of tears. The grief process is as individual as the person, lasting days for one person or years for another. The process typically begins with denial, which offers protection until individuals can realize their loss. Some caregivers may try bargaining with a higher power, themselves, or even their pet to restore life. Some feel anger, which may be directed at anyone involved with the pet, including family, friends, and veterinarians. Caregivers may also feel guilt about what they did or did not do; they may feel that it is inappropriate for them to be so upset. After these feelings subside, caregivers may experience true sadness or grief. They may become withdrawn or depressed. Acceptance occurs when they accept the reality of their loss and remember their animal companion with decreasing sadness.

Here are a few suggestions to help you cope with grief:

Acknowledge your grief and give yourself permission to express it.

Don't hesitate to reach out to others who can lend a sympathetic ear.

Write about your feelings, either in a journal or a poem, essay, or short story.

Call your local humane society to see whether it offers a pet-loss support group or can refer you to one.

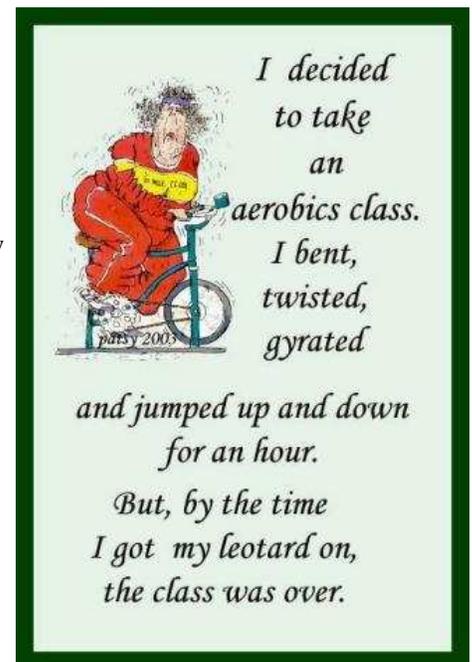
Prepare a memorial for your pet.



You may also want to ask your veterinarian or local animal shelter about available pet-loss hotlines. Explore the Internet for pet-loss support groups and coping information.

Expressing your own grief may reassure your child that sadness is ok and help her work through her feelings. Coping with the loss of a pet can be particularly hard for seniors. Those who live alone may feel a loss of purpose and an immense emptiness. A pet's death may also trigger painful memories of other losses and remind caregivers of their own mortality. What's more, the decision to get another pet is complicated by the possibility that the pet may outlive the caregiver and that the decision to get another pet hinges on the person's physical and financial ability to care for a new pet. For all these reasons, it's critical that senior pet owners take immediate steps to cope with their loss and regain a sense of purpose. Many people will tell you to get another pet but rushing into this decision isn't fair to you or your new pet. Each animal has her own unique personality and a new animal cannot replace the one you lost. You'll know when the time is right to adopt a new pet after giving yourself time to grieve, carefully considering the responsibilities of pet ownership, and paying close attention to your feelings.

The Cache County Senior Center does not endorse products or service providers. Our aim is to protect the elderly from undue coercion. The Center is not a market place. We neither approve nor condone solicitation of business within our facilities. We offer a variety of information classes, but do not endorse any speaker. The presenters have been asked not to solicit or call any clients and to give information ONLY.





Cream of Pumpkin Soup

"A creamy pumpkin soup for Autumn. This soup is smooth and flavorful. The addition of ginger lends a sweet and

spicy flavor to a traditional seasonal dish. The cinnamon croutons are lovely and make the soup reminiscent of pumpkin pie."

Ingredients

3 tablespoons margarine, softened
1 tablespoon brown sugar
1/4 teaspoon ground cinnamon
4 slices whole wheat bread
1 cup chopped onion
2 tablespoons butter, melted
2 (14.5 ounce) cans chicken broth
1 (15 ounce) can pumpkin puree
1 teaspoon salt
1/4 teaspoon ground cinnamon
1/8 teaspoon ground ginger

1/8 teaspoon ground black pepper
1 cup heavy whipping cream

Directions

Preheat oven to 400 degrees F(200 degrees C). Combine butter, brown sugar, and cinnamon. Spread butter mixture evenly over one side of each bread slice. Place bread, buttered side up, on a baking sheet. Bake 8 to 10 minutes, or until bread is crisp and topping is bubbly. Cut each slice of bread into 8 small triangles or squares. Sauté onion in butter in a medium saucepan until tender. Add 1 can chicken broth; stir well. Bring to a boil; cover, reduce heat, and simmer 15 minutes. Transfer broth mixture into the container of a blender or processor. Process until smooth. Return mixture to saucepan. Add remaining can of broth, pumpkin, salt, ground cinnamon, ground ginger, and ground pepper; stir well. Bring to a boil; cover, reduce heat, and simmer 10 minutes, stirring occasionally. Stir in whipping cream and heat through. Do not boil. Ladle into individual soup bowls. Top each serving with Cinnamon Croutons.

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When you think about pumpkins, what comes to mind? Jack-o'-lanterns? Pumpkin pie? Charlie Brown? Pumpkin spice lattes? Well, there's more to these orange gourds than Halloween and sugary (but delicious!) desserts and drinks. Pumpkins have numerous health benefits -- none of which take center stage in autumn's most frequent offerings. **Why you crave pumpkin flavors in the fall** Are you skeptical about taking the pumpkin out of the pie (or cup)? These health benefits may change your mind: Pumpkin is rich in fiber, which slows digestion. "Pumpkin keeps you feeling fuller longer," says Caroline Kaufman, MS, RDN and an upwave diet and nutrition expert. "There's seven grams of fiber in a cup of canned pumpkin. That's more than what you'd get in two slices of whole-grain bread." Pumpkin may be filling, but it's also a low-calorie superstar. "Canned pumpkin is nearly 90 percent water, so besides the fact that it helps keep you hydrated, it has fewer than 50 calories per serving," Kaufman says. **Sharper vision** Pumpkin's brilliant orange coloring comes from its ample supply of beta-carotene, which is converted to vitamin A in the body. Vitamin A is essential for eye health and helps the retina absorb and process light. A single cup of pumpkin contains over 200 percent of most people's recommended daily intake of vitamin A, making it an outstanding option for optical health. Pumpkin also contains lutein and zeaxanthin, two antioxidants that are thought to help prevent cataracts and may even slow the development of macular degeneration. **Better immunity** Looking for a way to ward off illness and improve your immune system? Try pumpkin. The large shot of vitamin A the fruit provides helps your body fight infections, viruses and infectious diseases. Pumpkin oil even helps fight various bacterial and fungal infections. Plus, pumpkin is packed with nearly 20 percent of the recommended amount of daily vitamin C, which may help you recover from colds faster. **Younger-looking skin** Sure, eating pumpkin can help you look younger (beta-carotene in pumpkin helps protect us from the sun's wrinkle-causing UV rays), but the pulp also makes a great, all-natural face mask that exfoliates and soothes. All you need is 1/4 cup pureed pumpkin (not pumpkin pie), an egg, a tablespoon of honey and a tablespoon of milk. Mix, then apply it, wait for 20 minutes or so and wash it off with warm water. **Lower cancer risk** Beta-carotene is great for your eyes and skin, but you know what else it's good for? Fighting cancer. Research shows people who eat a beta-carotene-rich diet may have a lower risk of some types of cancer, including prostate and lung cancer. Vitamins A and C are "a kind of cell defense squad," Kaufman says. "[They] are both antioxidants, and they act as shields for your cells against cancer-causing free radicals." **It may help treat diabetes** In scientific tests, pumpkin has been shown to reduce blood glucose levels, improve glucose tolerance and increase the amount of insulin the body produces. More testing needs to be done before we can say for sure what pumpkin's benefits for diabetics will be, but if you have diabetes, munching on pumpkin certainly won't hurt.



October 2015



Monday	Tuesday	Wednesday	Thursday	Friday
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 1:00 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 Healing Meditation 1:00 Bridge/Movie/ Internet Help
			1 10:00 Fall Prevention Class 1:30 Spanish 101	2 10-12 Blood Pressure 11:15 Meditation 1:00 Movie: Black Widow
5 9:15 Breakfast Club  12:30 Jeopardy	6 12:20 Lunch and Learn: Stroke Prevention by Northern Utah Rehab Hospital 1:00 Movie: Suspicion (1941)	7 9:00 Commodities  1:30 Spanish 101	8 12-4 AARP Driver Safety Course 1:00 Foot Clinic by Rocky Mountain Care 1:30 Spanish 101	9 10-12 Blood Pressure 11:15 Meditation 1:00 Movie: Arsenic and Old Lace
12 CLOSED FOR COLUMBUS DAY	13 1:00 Foot Clinic by Rocky Mountain Care 1:00 Movie: Goonies	14 11:00 Cooking Class \$1.00 donation 1:30 Spanish 101	15 11:15 Craft w/ Giselle \$2.00  1:00 Book Club 1:30 Spanish 101	16 NO Blood Pressure today 11:15 Meditation 1:00 Movie: ET
19 9:15 Breakfast Club  12:30 Jeopardy	20 1:00 Movie: Vertigo	21 1:00 Foot Clinic by Rocky Mountain Care 1:30 Spanish 101	22 9:30 Pumpkin Walk 1:30 Spanish 101	23 10-12 Blood Pressure 11:15 Meditation 12:20 Lunch and Learn: Breast Cancer by CNS 1:00 Movie: Hocus Pocus
26 9:15 Breakfast Club  12:30 Jeopardy	27 1:00 Foot Clinic by Integrity Home Health & Hospice 1:00 Movie: The Addams Family	28 1:00 Red Hat Activity 2:00 Spanish 101 	29 1:30 Spanish 101	30 10-12 Blood Pressure 10:30 Halloween Party!! (hosted by Integrity) 11:15 Meditation 1:00 Movie: Men in Black



2015

<p>Menus can change with out notice.</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>	<p>1 Club Sandwich Ramon Cabbage Salad Chips Pears</p>	<p>2 Chicken Enchiladas Refried Beans Chuck Wagon Corn Fruited Jell-O</p>
<p>5 Breakfast for Lunch</p>	<p>6 Roast Beef Sandwich 3 Bean Salad Apricots Chips</p>	<p>7 Rosemary Chicken w/Noodles Veggies Peaches Roll</p>	<p>8 Baked Spaghetti Italian Veggies Applesauce Garlic Bread</p>	<p>9 Busy Day Steak Mashed Potatoes & Gravy California Blend Veggies Pears Roll</p>
<p>12 CLOSED FOR COLUMBUS DAY</p>	<p>13 Chicken & Broccoli Casserole Beets Cherry Crisp</p>	<p>14 Corn Chowder Ham Sandwich Mixed Fruit</p>	<p>15 Shepherds Pie Green Beans Apricots Bran Muffin</p>	<p>16 Santa Fe Chicken Baked Potato Peas & Carrots Peaches Roll</p>
<p>19 Cheese Burgers Veggie Macaroni Salad Pears Chips</p>	<p>20 Pizza Tossed Salad Melon Mix</p>	<p>21 Turkey Mashed Potatoes & Gravy Carrots Apricots Roll</p>	<p>22 Pulled Pork Sandwich Creamy Coleslaw Applesauce Chips</p>	<p>23 Fish Mac & Cheese California Blend Veggies Tropical Fruit Fruit Muffin</p>
<p>26 Sweet and Sour Chicken w/Rice Egg Roll Broccoli Mandarin Oranges Fortune Cookie</p>	<p>27 Swiss Steak Mashed Potatoes & Gravy Peas Peaches Roll</p>	<p>28 Lasagna Mixed Veggies Fruit Cobbler Garlic Bread</p>	<p>29 Broccoli Cheese Soup Turkey Sandwich Pears</p>	<p>30 Chicken Cordon Bleu Au Gratin Potatoes Carrots Mixed Fruit Halloween Treat</p>