

# CACHE COUNTY SENIOR CITIZEN CENTER

July 2013

A very heartfelt thank you to Peggy Johnson for her many years of service at the center. She is now retired and will find many fun and new things to keep her busy. We hope she will come back and enjoy socializing with the many friends she had made over the years.

Legal services will be available July 12 starting at 1:00. If you need to see an attorney, please call for an appointment 755.1720. This is a free service but with limited appointments.

We have equipment to play indoor pickleball. We have a smaller space, (than a tennis court), so we are actually playing **pickleball jr.** Come try out this great game. We have had a few play and they thoroughly enjoyed it. If you would like to reserve a time to play in the afternoon, call 755.1726.

240 North 100 East Logan, Utah  
84321

PHONE: (435)755-1720

FAX: (435)752-9513

HOURS: 9:00 A.M. – 4:00 P.M.

WEB SITE

[Cachecounty.org](http://Cachecounty.org)



## Director's Message

### *Law Of The Garbage Truck*

I found this story the other day and I thought that you would enjoy it - a way to look at life.

One day I hopped in a taxi and we took off for the airport. We were driving in the right lane when suddenly a black car jumped out of a parking space right in front of us. My taxi driver slammed on his brakes, skidded, and missed the other car by just inches! The driver of the other car whipped his head around and started yelling at us. My taxi driver just smiled and waved at the guy. And I mean, he was really friendly. So I asked, 'Why did you just do that? This guy almost ruined your car and sent us to the hospital!' This is when my taxi driver taught me what I now call, 'The Law of the Garbage Truck.' He explained that many people are like garbage trucks.

They run around full of garbage, full of frustration, full of anger, and full of disappointment.

As their garbage piles up, they need a place to dump it and sometimes they'll dump it on you.

Don't take it personally. Just smile, wave, wish them well, and move on. Don't take their garbage and spread it to other people at work, at home, or on the streets. The bottom line is that successful people do not let garbage trucks take over their day.

Life's too short to wake up in the morning with regrets, so ... Love the people who treat you right. Pray for the ones who don't.

Life is ten percent what you make it and ninety percent how you take it!

***Have a garbage-free day!***



## Redesigned with you in mind – your Medicare Summary Notice

The Medicare Summary Notice has a new look to help you better understand your Medicare information. We're excited to announce that you will soon start to see the award-winning, redesigned Medicare Summary Notice (MSN) hitting your mailboxes. The new design puts clear language in an easy-to-follow format, so that your Medicare information is easier to understand.

As part of our "Your Medicare Information: Clearer, Simpler, At Your Fingertips" initiative, we listened to you and made the MSN better with:

- An easy-to-understand snapshot that puts the information you care about most (like deductible status, a list of provider visits, and claim status) in one convenient place.
- A dedicated section that tells you how to spot potential fraud.
- Clearer language, descriptions and definitions.
- Larger type that makes the MSN easier to read.
- Preventive services information to help you stay healthy.
- A clearer description of the appeal process to follow if you disagree with a claim.

If you have Original Medicare, you can expect this new design for the MSN to arrive in your mailbox throughout the next few months. Or, better yet, go to [MyMedicare.gov](https://www.mymedicare.gov), where you can check your Medicare claims information online 24 hours a day, 7 days a week, 365 days a year.

Source: Medicare.gov

### ***Elder Abuse***

The most common forms of "Elder Abuse" are defined below:

\***Physical elder abuse** is non-accidental use of force against an elderly person that results in physical pain, injury, or impairment. Such abuse includes not only physical assaults such as hitting or shoving, and inappropriate use of drugs, restraints, or confinement.

\***Emotional or psychological senior abuse:** people speak to or treat elderly persons in ways that cause emotional pain or distress.

\***Verbal forms of emotional elder abuse:**

Intimidation through yelling or threats, humiliation and ridicule, habitual blaming or scapegoating

\***Nonverbal psychological elder abuse** can take the form of

Ignoring the elderly person, isolating an elder from friends or activities

\***Terrorizing or menacing the elderly person**

\***Sexual elder abuse** is contact with an elderly person without the elder's consent. Such contact can involve physical sex acts but activities such as showing an elderly person pornographic material, forcing the person to watch sex acts, or forcing the elder to undress are also considered sexual elder abuse.

\***Elder neglect**— failure to fulfill a caretaking obligation, constitutes more than half of all reported cases of elder abuse. It can be active (intentional) or passive (unintentional, based on factors such as ignorance or denial that an elderly charge needs as much care as he or she does).

\***Scamming** - either by a caregiver or an outside scam artist.

An unscrupulous caregiver might

Misuse an elder's personal checks, credit cards, or accounts

Steal cash, income checks, or household goods, Forge the elder's signature

\***Identity theft**, typical rackets that target elders include

Announcements of a "prize" that the elderly person has won but must pay money to claim, phony charities

Investment fraud

\* Abuse carried out by unethical doctors, nurses, hospital personnel, and other professional care providers, examples of healthcare fraud and abuse regarding elders include not providing healthcare, but charging for it, overcharging or double-billing for medical care or services, getting kickbacks for referrals to other providers or for prescribing certain drugs, overmedicating or under medicating, recommending fraudulent remedies for illnesses or other medical conditions Medicaid fraud

## 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. July 6th and 20th, First Presbyterian Church, 200 West and Center Street. Any questions call Rachel at 435.554.1081.

**Living Well with Chronic Conditions** such as asthma, arthritis, joint pain, fibromyalgia, diabetes and more. Wednesdays at 1:00 in the Bonneville room of the Logan Library. Call Anna at 435.753.5353 for details. Sponsored by the Bear River Health Department.

**Cruise In at the Fairgrounds** Thurs, Friday and Saturday, and 4th of July activities in Lewiston and Hyrum. Fireworks on Wednesday, July 3rd at the Stadium.

**Pioneer Day activities** are in Logan on July 24th at Willow Park. There are booths, food and entertainment, in addition to a parade.

**Noon music at the tabernacle** continues every day including the two holidays. We have the schedule of performers, so come see us and get a schedule. Also "Sunday in the Park near Old Main" will be each Sunday in July at 1:00. Bring your lawn chair for a delightful presentation in the park adjacent to Old Main. We have the list of presenters also.

As I was looking for fun and interesting things to add to the newsletter, I came across a website full of wonderful stories which were collected from senior residents of Newfoundland. I though you might enjoy reading this particular story.

**Baby In A Mailbag** as told by Hilda Menchions

***Today Hilda Menchions is a senior citizen living in St. John's. In December of 1919 she was just a baby aboard the steamer S.S. Ethie. Her mother and grandfather were aboard when the ship ran into a storm. Captain English, acting on the advice of his purser, decided to run the Ethie aground in a sheltered cove. Little Hilda Batten was sent ashore to safety in a mail bag.***

WE WERE DOWN AT FLOWER'S COVE at the time. Dad worked in the Newfoundland Customs office there. Government was about ready to close at the end of the month, so Mother decided to come up to Norris Point in Bonne Bay and visit her family. That was how we came to be aboard the *Ethie*. This was in December, 1919. Later, Dad was supposed to come up on the last boat out and continue with us to Bareneed, Conception Bay. My grandfather Joseph Batten built the Anglican church at Flower's Cove, so he was down there working. He was aboard with mother and me when the storm struck. I heard mother say that she was in the stateroom, lying down. They had to have everything they could find piled up against her bunk, so she wouldn't roll out of it. When the time came for the rescue she wouldn't go first. I had to go before her. Of course Mom made sure that grandfather went ashore to take me when the mail bag landed. He couldn't do anything else for me. I did hear her say the worst time she ever felt was when she put me in that mailbag. I think it was the worst storm they had ever experienced up to that time on that coast. They had to put me down in the mailbag because you couldn't hold onto a baby and the bo'sun's chair. Grandfather went ahead, and I guess she probably followed me to make sure I was all right. Mother never talked about it too much because it was a frightening experience for her. I know one thing. She kept the mailbag. They gave her the mailbag and she looked after it. She kept it safe and clean somewhere in the house. She had it folded up and it was never dirty looking.

**The Mailbag** Mother died and I had no children, so my husband and I decided to give the mailbag away. Both of us were no longer young, and if anything happened, there was nobody to take it. We thought we would put it in the Gros Morne National Park for safekeeping. I gave it to them and I had the picture taken, and as plain as could be, there was a band of red. Because the old mailbags were that colour. A band of red and then bands of white on the outside. A few years ago my husband's cousins visited from B.C. We took them to Bonne Bay to see the bag. When the parks fella took it out it was black. It looked like it had been in a coal bin or something. That's the truth. I said, "Gosh, that's not it." Mainlanders are more outspoken than some of us Newfoundland women are. One of our visitors went along and said, "Mrs. Menchions is not very pleased about that mailbag. She says it is not

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the right mailbag." That's one thing I'm disappointed about. Very, very upset.

My husband Clayton was a clergyman. When we lived on Walwyn Street in St. John's, we always turned on the radio in the morning for Peter Miller's show. One morning he was talking about the *Ethie*. Frank Galgay and Mike McCarthy had written the story and said there was no baby involved. At this, Clayton jumped up and went to the phone. He asked for Miller. "That's a strange thing," he said. "I just listened to the radio. You're saying there's no such thing as Hilda Batten being on the *Ethie*. I'm sitting down eating breakfast opposite her this morning!" I spoke to Peter Miller then myself, and I also had a call from Captain English's daughter.

I have never talked much about it at all. I always kept it to myself. Clayton often said, "My, if I were like you, I'd make a fortune, because I could go on telling my story." He was just joking, but he was right. I have always been shy about it. Now, I can't tell you much more, because mother didn't talk about it very much. You can understand that. I guess it brought back memories that she didn't want to remember. She had to go through quite a lot, didn't she? She was stuck in that bunk, and they were all thinking they were going to be lost, until this Walter Young thought about the and bar. \*

[Walter Young was the purser, who knew the coast very well. He recommended a spot where Captain English could run the ship aground. All 92 crew and passengers were saved.]

After the interview, as I was leaving, Rev. Menchions remarked that it was an emotional event in his mother-in-law's life. He recalled sitting with her one day when Newfoundland writer Cassie Brown was on the radio, recounting the event. As Mrs. Batten listened, tears flowed freely down her cheeks. - G. Cranford

## *Fruits and Vegetables*

Fruits and vegetables are the foundation of a healthy diet. They are low in calories and nutrient dense, which means they are packed with vitamins, minerals, antioxidants, and fiber. Try to eat a rainbow of fruits and vegetables every day and with every meal—the brighter the better. Colorful, deeply colored fruits and vegetables contain higher concentrations of vitamins, minerals, and antioxidants—and different colors provide different benefits, so eat a variety. Aim for a minimum of five portions each day.

**Greens.** Branch out beyond bright and dark green lettuce. Kale, mustard greens, broccoli, and Chinese cabbage are just a few of the options—all packed with calcium, magnesium, iron, potassium, zinc, and vitamins A, C, E, and K.

**Sweet vegetables.** Naturally sweet vegetables—such as corn, carrots, beets, sweet potatoes, yams, onions, and squash—add healthy sweetness to your meals and reduce your cravings for other sweets.

**Fruit.** Fruit is a tasty, satisfying way to fill up on fiber, vitamins, and antioxidants. Berries are cancer-fighting, apples provide fiber, oranges and mangos offer vitamin C.

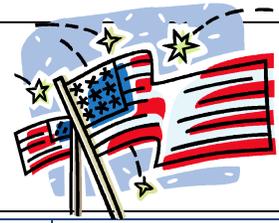


### *Raspberry Muffins*

1/2 cup old-fashioned oats (uncooked)	2 cups flour	1/2 cup sugar
1/2 cup sugar	1 Tbsp. baking powder	1/4 cup oil
1/4 tsp. salt	1 egg	3/4 cup milk
2 cups raspberries		

Preheat oven to 350°F. Coat 12 large (1/2-cup) muffin cups with cooking spray or line with paper liners. In a skillet on stovetop, toast the oats until golden brown. Set aside. Blend the wet ingredients in a bowl. Add the dry ingredients. Mixture will be lumpy. Fold in the oats and then the berries. Spoon into muffin cups. Bake 20 minutes. If baking in a muffin pan remove from pan immediately.

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1 Tomato soup Turkey sandwich Carrot raisin salad Applesauce	2 Chicken broccoli casserole Beets Apple crisp	3 Grilled hot dogs Veggie pasta salad Watermelon	4 <b>CLOSED</b> <b>ENJOY</b> <b>YOUR</b> <b>HOLIDAY</b>	5 Green bean casserole Tator tots Pears Wheat bread
8 Chicken nuggets Mac & cheese Peas Peaches	9 Breakfast for lunch	10 Salisbury steak Mashed potatoes w/ gravy Green beans Apricots Herb roll	11 Mexican haystacks Chuck wagon corn Lemon fruit salad Brownie	12 Chicken parmesan w/noodles Tuscan blend veggie Mandarin oranges Breadstick
15 Pulled pork sand- wich Coleslaw Applesauce	16 Orange chicken Rice Oriental veggies Egg roll Pineapple Fortune cookie	17 Minestrone soup Ham sandwich Grapes cookie	18 Chicken fried steak Mashed potatoes w/gravy Sunshine carrots Pears Roll	19 Meat & cheese en- chiladas Refried beans Corn Fruited jello
22 Crispy fish bake Mixed veggies Apricots Wheat bread	23 Pork medallions w/stuffing Parsley carrots Mixed fruit Roll	24 <b>CLOSED</b> <b>ENJOY</b> <b>YOUR</b> <b>HOLIDAY</b>	25 French dip sand- wich Potato salad Veggie tray Peaches	26 Baked spaghetti Italian vegetables Grapes Garlic bread
29 Ham and potato cas- serole Mixed vegetables Peaches Roll	30 Chicken Jambalaya Green beans Fruit salad Cornbread	31 Chicken Cordon Bleu casserole Baked potatoes California blend vegetables Applesauce	<p><b>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.</b></p> <p><b>This menu is subject to change.</b></p>	



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<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>
<p>1</p>	<p>2</p>	<p>3            9:00 Commodities</p>	<p>4            CLOSED            INDEPENDENCE            DAY</p>	<p>5            10:00 Blood pres-            sure</p>
<p>8            10:30 Arm Chair            Travel</p>	<p>9            10-4 Low Vision            clinic            11:00 O<sup>2</sup> /blood            sugar check</p>	<p>10</p>	<p>11            1:00 Foot Clinic</p>	<p>12            10:00 Blood pres-            sure            1:00 Legal Ser-            vices</p>
<p>15</p>	<p>16</p>	<p>17            1:00 Foot Clinic</p>	<p>18            12:30 AARP defen-            sive driving</p>	<p>19            10:00 Blood pres-            sure</p>
<p>22</p>	<p>23            1:00 Foot Clinic</p>	<p>24            CLOSED            PIONEER DAY</p>	<p>25</p>	<p>26            10:00 Blood pres-            sure</p>
<p>29</p>	<p>30</p>	<p>31</p>		