

CACHE COUNTY SENIOR CITIZEN CENTER

October 2013

Fall has come and hopefully so have cooler temperatures, so we are prepared to begin our walking clubs. We will begin with an introduction class on Monday, Oct 7th at 10:15 in the library. At that time we will introduce all the particulars of the club and the classes to attend in order to receive wonderful incentives. Come check out this great activity to help you maintain your personal lifestyle.

Senior university is continuing at the Senior Center on Thurs at 1:15. The University has gathered an outstanding group of speakers so you can learn things you never thought you would learn, speakers come from political science, music, health, English and social work departments.

Pickle ball jr. is being played on Fridays after BINGO at 11:00. We have had great fun playing and learning this game that is sweeping the country. If you don't want to play, come watch, cheer and laugh with us.

HCNU is coming to present a class on Oct . 7th at 11:15. This should be very informative.

Smart Bites is coming back. Dietetic students will be presenting classes in nutrition beginning Oct 4 at 10:15. Hope to see you there.

Come join us as we make a Halloween Card October 10th at 10:30, no charge. Please make sure that you sign up.

240 North 100 East Logan, Utah
84321

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HOURS: 9:00 A.M. – 4:00 P.M.

Director's Message

October 14th is the 521st anniversary of Columbus discovering America. So I thought that I would share some historical sayings that have been passed down throughout the ages.

*Did you know the saying "God willing and the Creek don't rise" was in reference to the Creek Indians and not a body of water? It was written by Benjamin Hawkins in the late 18th century. He was a politician and Indian diplomat. While in the south, Hawkins was requested by the President of the U.S. to return to Washington . In his response, he was said to write, "God willing and the Creek don't rise." Because he capitalized the word "Creek" it is deduced that he was referring to the Creek Indian tribe and not a body of water.

*Common entertainment included playing cards. However, there was a tax levied when purchasing playing cards but only applicable to the 'Ace of Spades. To avoid paying the tax, people would purchase 51 cards instead. Yet, since most games require 52 cards, these people were thought to be stupid or dumb because they weren't 'playing with a full deck.

*In George Washington's days, there were no cameras. One's image was either sculpted or painted. Some paintings of George Washington showed him standing behind a desk with one arm behind his back while others showed both legs and both arms. Prices charged by painters were not based on how many people were to be painted, but by how many limbs were to be painted. Arms and legs are 'limbs,' therefore painting them would cost the buyer more. Hence the expression, 'Okay, but it'll cost you an arm and a leg.' (Artists know hands and arms are more difficult to paint)

*In the late 1700's, many houses consisted of a large room with only one chair. Commonly, a long wide board folded down from the wall, and was used for dining. The 'head of the household' always sat in the chair while everyone else ate sitting on the floor. Occasionally a guest, who was usually a man, would be invited to sit in this chair during a meal. To sit in the chair meant you were important and in charge. They called the one sitting in the chair the 'chair man.' Today in business, we use the expression or title 'Chairman' or 'Chairman of the Board.



“Medicare & You” handbook

Love your red, white, and blue “Medicare & You” handbook but love the convenience of getting information on your computer, tablet, or phone even more?

You can get all of the same information in your printed handbook online at Medicare.gov. Learn what’s new, get Medicare costs, and find out what Medicare covers. Even better, the handbook information on the web is updated regularly, so you can instantly find the most up-to-date Medicare information.

On Medicare.gov, you can also do a lot of things on your own like replace your Medicare card, change your address, sign up or make changes to your Medicare coverage, and find out important dates. All this in time for October 15 – the start of open enrollment.

Take advantage of some other great features to get just what you need:

- Search quickly for what you want and print only the pages you need, while getting the latest, up-to-date official Medicare information, including the most recent list of available plans
- Get “Medicare & You” in different formats like large print, eBook or audio
- Subscribe to get an e-mail when information is updated
- Access personalized information

And, if you’d like to trade in your printed copy for a paperless version, we’ve got you covered. You can choose to get your next “Medicare & You” handbook electronically by using the “go paperless” option. In a few simple steps, you’ll be all set. Sign up today and we’ll send you an e-mail including a link to the new online Medicare & You. It’s instant, current, and convenient.

Source: Medicare.gov



Legal Services is coming Oct 18th. If you need legal advice, please make an appointment at the front office.

Reporting Elder Abuse

If you are an elder who is being abused, neglected, or exploited, tell at least one person. Tell your doctor, a friend, or a family member whom you trust. Other people care and can help you.

And if you see an older adult being abused or neglected, don’t hesitate to report the situation. Don’t assume that someone else will take care of it or that the person being abused is capable of getting help if he or she really needs it.

Many seniors don’t report the abuse they face even if they are able. Some fear retaliation from the abuser, while others believe that if they turn in their abusers, no one else will take care of them. When the caregivers are their children, they may be ashamed that their children are behaving abusively or blame themselves: “If I’d been a better parent when they were younger, this wouldn’t be happening.” Or they just may not want children they love to get into trouble with the law.

How do I report elder abuse?

As difficult as reporting elder abuse can be, it’s important for you to stand up for an older adult in need. It is important that you report all suspicions of abuse, neglect or exploitations of vulnerable adults to Adult Protective Services: Utah - 1-800-371-7897.

LOCAL EVENTS

Loaves and Fishes Community Meal every first and third Saturday. Free of charge. Come enjoy food, friendship and connections. Everyone welcome. 11:30—1 pm. Oct 4 & 18, First Presbyterian Church, Center Street and 200 West. Any questions call Rachel at 435.554.1081 or Amy at 435.881.9211.

Options for Independence is hosting an open house Wednesday Oct. 2nd at 4-6 pm. Please come see our new facility at 106 East 1120 North which is north of Home Depot and east of TJ Maxx. For more information contact us at 435.753.5353.

Gardner's Market's last day is Oct 19. Hurry while you still have a chance to buy all the fresh produce still available. There are also craft items, bakery items and jewelry available. It's a great place to see and visit all your friends.

Pumpkin Walk in North Logan begins Thurs, Oct 24 and continues the 25, 26, 28 and 29th. This years theme is "A Walk to Remember". For more information and photos from previous years go to pumpkin-walk.com.



Needs of a Caregiver

Reasons for seeking long-term care vary from person to person. In addition to potentially offering a more comfortable and safer environment for the aging loved one, long-term care may be necessary for the mental and physical health of the caregiver. A family meeting can move the topic of long-term care to a more focused discussion that can lead to a plan. Here is a potential checklist to help you prepare for a family meeting.

- * A medical update
- * Current daily care giving needs
- * Checklist of Personal Care and Home environment needs
- * Financial concerns
 - Current expenses
 - Retirement planning
 - Health coverage
 - Medicare and Medicaid benefits
- * Who will make decision
 - Living will
 - Durable power of attorney for finances
 - Durable power of attorney for health care
- * What support role each family member will play
- * What support the primary caregiver needs
- * Care options moving forward
- * Next steps to moving forward

Consider options of Home Care Aides, Home Health Aides, Adult Day Care, Adult Day Health Care, Assisted Living Homes, Skilled Nursing Facilities.

If you have questions about any of these suggestions, please call us at 787.1484 or email rmayo@beehivehomes.com or come see us at 352 South 500 West in Logan.

Beehive Homes of Logan

Quality Senior Living In A Residential Setting

Smart Bites: A free healthy lifestyle workshop for seniors

Fridays beginning Oct 4 at 10:15

Tired of the same old, routine, food and activities? Looking to try new foods, increase your energy levels, and meet great new people? If you answered yes to any of these questions, sign up for the Smart Bites healthy lifestyle workshops and add a little spice to your life! *Smart Bites* are free weekly workshops held at the Cache County Senior Center for eight weeks beginning in October. Each class is packed with valuable nutrition information, tasty food, and quick, easy, exercise ideas.

The *Smart Bites* workshops focus on the newest healthy lifestyle information for seniors and will include topics such as how to get more fruits and vegetables into your diet, why to choose whole grains, healthy proteins and fats, and more! Participants not only learn about different types of food, but also help prepare and taste them. Each class consists of a short cooking demonstration that features an easy recipe - perfect for one or two people! Every workshop also includes easy and effective exercises to help keep you energized throughout the day!

APPLES HELP KEEP THE DOCTOR AWAY



A delicious and crunchy apple is one of the most popular fruits around. The antioxidants in apples have much health promoting and disease prevention properties; thus truly justifying the adage, "*an apple a day keeps the doctor away.*" Apples are low in calories, they provide 50 calories. They contain no saturated fats for cholesterol. The fruit is rich in fiber. Fresh apples are readily available in stores all year round.

Choose fresh, bright, firm textured apples. Avoid fruit with pressure marks over their surface as they indicate underlying mottled of pulp. Fresh apples can be kept at room temperature for a few days and stored inside the refrigerator for two to three weeks. Wash them in clean running water before use.

Cinnamon Swirl Cake

Cake:

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| 1 box Betty Crocker® SuperMoist® yellow cake mix | 1 ¼ cups water |
| ¾ cup sour cream | ¼ cup butter, melted |
| 3 eggs | |
| 2 small apples, peeled, grated & squeezed dry | |

Cinnamon Swirl Filling:

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| 1 medium apple, chopped | ½ cup packed brown sugar |
| 1/3 cup chopped pecans | 1 tablespoon unsweetened baking cocoa |
| 2 teaspoons ground cinnamon | 1 teaspoon grated lemon peel |
| 1 tablespoon lemon juice | |



Heat oven to 350°F. Spray 13x9-inch pan with cooking spray. In large bowl, beat cake mix, water, sour cream, melted butter and eggs with electric mixer on medium speed 2 minutes. Stir in grated apples.

In medium bowl, stir together all filling ingredients.

Pour half of the cake batter into pan; sprinkle evenly with filling. Top with remaining batter. With knife, cut through batter several times to swirl filling.

Bake 28 to 30 minutes or until toothpick inserted in center comes out clean. Cool completely in pan on cooling rack. Garnish individual pieces with whipped cream and caramel topping. Walnuts or almonds can be substituted for the pecans. Peaches or pears can be substituted for the apples.



October 2013



<p>This menu is subject to change</p>	<p>1 Chicken Alfredo w/ noodles Green beans Mixed fruit Garlic roll</p>	<p>2 Pulled pork sandwich Pasta salad Coleslaw Peaches</p>	<p>3 Santa Fe chicken Spanish rice Carrots Pears</p>	<p>4 Beef stew Green salad Fruited jello Biscuit</p> 
<p>7 Baked fish Cheesy potatoes Mixed veggies Peaches Bran muffin</p>	<p>8 Lasagna California mix veggie Tropical fruit Garlic bread</p>	<p>9 Chicken Fried steak Mashed potatoes w/ gravy Green beans Pears Roll</p>	<p>10 Butternut squash soup Turkey sandwich 4 bean salad Apricots</p>	<p>11 Chicken enchiladas Refried beans Corn Orange fluff</p>
<p>14 Closed for Columbus Day</p> 	<p>15 Breaded chicken sandwich Pea salad Mixed fruit Chips</p>	<p>16 Spaghetti Broccoli mix veggies Pears in jello Garlic bread</p>	<p>17 Breakfast for lunch</p> 	<p>18 Ham Baked potato Mixed veggies Peaches Muffin</p>
<p>21 Tomato soup Egg salad sandwich Carrot raisin salad Applesauce</p>	<p>22 Orange chicken Rice Oriental salad Pineapple crisp Fortune cookie</p>	<p>23 Porcupine meatballs Parsley potatoes Peas & carrots Tropical fruit Wheat bread</p>	<p>24 Salisbury steak Mashed potatoes w/ gravy Mixed veggies Mandarin oranges Roll</p>	<p>25 Pizza Sunshine carrots Peaches</p>
<p>28 Rosemary chicken Au Gratin potatoes California mix veggies Pears Roll</p>	<p>29 French dip sandwiches Veggie tray Mixed fruit Chips</p>	<p>30 Chicken & broccoli casserole Beets Apple crisp Roll</p>	<p>31 Eyeball soup Smashed apple mush Jack O'Lantern cheese bread Creepy mummy cake</p> 	<p>Please call 755.1720 one day in advance for reservation. Suggested donation is \$2.75 for seniors Non-seniors must be receipted at the front office \$5.00.</p>



October 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>
	<p>1</p> 	<p>2 9:00 Commodities</p>	<p>3 1:15 Senior University -Political Science dept.</p>	<p>4 10-12 Blood pres- sure 10:15 Smart Bites 11:00 Pickleball</p>
<p>7 10:15 Walking club 11:15 HCNU Education class</p>	<p>8 11:00 Blood sugar & O₂ check</p>	<p>9 1-3 Bobbin Lace</p>	<p>10 10:30 Card Making 1:00 Foot clinic 1:15 Senior University -Women & Gender Center</p>	<p>11 10-12 Blood pres- sure 10:15 Smart Bites 11:00 Pickleball</p>
<p>14 Closed for Columbus Day</p>  <p>Christopher Columbus</p>	<p>15</p>	<p>16 1:00 Foot clinic</p>	<p>17 12:30 AARP defen- sive driving 1:15 Senior University -Early Childhood dept.</p>	<p>18 10-12 Blood pres- sure 10:15 Smart Bites 11:00 Pickleball 1:00 Legal Services</p>
<p>21 10:15 Hydration class for walking club</p>	<p>22 1:00 Foot clinic</p>	<p>23</p>	<p>24 1:15 Senior University -Music dept.</p>	<p>25 10-12 Blood pres- sure 10:15 Smart Bites 11:00 Pickleball</p>
<p>28</p> 	<p>29</p>	<p>30</p>	<p>31 1:15 Senior University -Health dept.</p>  <p>HAPPY HALLOWEEN</p>	