

CACHE COUNTY SENIOR CITIZEN CENTER

Director's Message

"A friend is one who believes in you when you have ceased to believe in yourself". This quote describes the role that a friend plays in your life. Friends are the ones who are always there for you, whether the times are good or bad. They never leave your side, even in the worst of circumstance. When you are sitting with a friend, you don't feel the need to say words. He/she understands even your silence.

Friends are always there for us, to laugh with us in the happy times and to provide us with a shoulder, when we feel like crying. They serve as one of the biggest supports in our life.

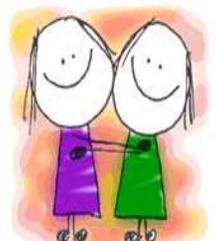
You can always count on your friends, whether you need any advice or any help. They will shy away from none. The best part is that a friend's advice will always be for your betterment, whether it hurts you or pleases you.

After family, friends are the one who care for you. They bring a smile on your face when you are sad and they go out of the way to make things alright for you.

Friends are the ones with whom we can share our darkest secrets, without being worried of them being leaked. They acknowledge our worst ideas and try to fulfill our silliest of wishes.

Friends feel happy at your success and sad at your failure. They share all your feelings and make you feel that there is somebody who still cares for you. When you have friends, you never ever feel lonely.

Friends love you and care for you. They always make you feel special and never expect anything in return, other than your love and friendship. They stay true to you throughout their lives.



Here are our Valentine's Day Tournament of Roses Wii Bowling winners. Marion Welch and Darrell Johnson, (on right) tied for first with a 181 score. Craig Johnson (left) was third with a 173. We had a great time practicing for 5 weeks on Tuesdays and Thursdays for the tournament. All participants received a chocolate rose and certificate. Come join us for the fun. We will have future tournaments, so watch for details.

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

March 6 HCNU will present a seminar on mindfulness at 11:15.

March 15 we have a Disney Music Program presented by D J Jones. This will be at 12:30.

March 29, Alpine Orthopaedics Specialists will present a program on their services at 10:00.

Malnutrition: 5 Million Seniors at Risk

Everyone has probably experienced hunger at one point or another in their lives. For many seniors the feeling of hunger is a weekly or even daily occurrence. According to a report by the Meals on Wheels Association of America (MOWAA), over five million American seniors experience some form of “food insecurity.” That number is equal to 11.4 percent of Americans age 65 and older. Despite the fact half of all at-risk seniors live above the federal poverty line, poverty is still a major cause of malnutrition in seniors.

Other factors like physical, social and psychological limitations play a large part in senior hunger or malnutrition. Health risks that can also lead to malnutrition include: the ability to maintain a healthy and balanced diet, the ability to go shopping or prepare meals, difficulty chewing or swallowing, diminished appetites due to changes in the body or side effects from medications, prolonged illness, and depression.

In cooperation with the Cache County Senior Center, we at Williamsburg Retirement Community are making an effort to fight senior malnutrition. Our kitchen staff is dedicated to meeting the individual needs of each of our residents. Whether it be a high protein diet, diabetic options, meat alternatives, or just “I don’t like that.” All meals are approved by a licensed dietitian and taste good too. Stop by and we’ll send you home with a free loaf of homemade bread.

(435) 753-5502

Williamsburg Retirement

132 W 300 N Logan



Thanks to the
Skyview
High School
Social Dance
group who
performed at
the center.

LOCAL EVENTS

Loaves and Fishes Community Meal every third Saturday. Free of charge. Come enjoy food, friendship and connections. Everyone welcome. 11:30—1 pm. March 16th First Presbyterian Church, 178 W Center, Any questions call Rachel at 435.554.1081 or Amy at 435.881.9211.

There will be an **8 ball pool tournament** on Wednesday March 13 at 10 am. Sign up in the pool room.

Some wigs have been donated to Community Nursing Services. These wigs are gently used and available for those who may need them. Please call Colby at 435.232.0772 if you would like one and have the need.

The Cache County Alzheimer Coalition is having a workshop on April 11 at 6 pm at the Cache County Administration Building on Main Street. These workshops are great places to learn about coping methods as a caregiver or family member of those who have dementia. If you would like more information, please call Jan at 435.755.1726.

March 1, 2 & 3 Cache Valley Cowboy Rendezvous at Mountain Crest High School. For information go cachevalleycowboyrendezvous.com



Did you know...

Research published in the Journal of Pain & Symptom Management found that: **terminally-ill patients who received hospice care lived on average 29 days longer than those who did not opt for hospice near the end of life.**

Our Hospice Team offers specialized knowledge & support at the end of life just as obstetricians & midwives lend support & expertise at the start of life.

Hospice can reduce anxiety in both the terminally ill patient & their family by helping them make the most of the time remaining & achieve some level of acceptance.



When terminally ill patients make the decision to receive hospice care instead of continued curative treatment, they avoid the dangers of over-treatment.

In-home care from a hospice team often means **the patient receives greater monitoring than he or she would in a hospital.**

In addition to focusing on the physical health & comfort of a patient, **our hospice team also focuses on the emotional needs & spiritual well-being of the terminally ill & their loved ones.**

Since we offer substantial support & training for family caregivers, **it also helps many patients feel less of a burden to their loved ones.**

Call us today to see if you or a loved one qualify for Hospice Benefits 435-753-8220

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Medicare and Glaucoma tests

Do you have diabetes, a family history of glaucoma, or are you African American and age 50 or older? If so, your risk of getting glaucoma may be higher. It's the perfect time to schedule a regular eye exam to check for glaucoma. You can prevent vision loss by finding and treating problems early.

How often is it covered?

Medicare Part B (Medical Insurance) covers glaucoma tests once every 12 months for people at high risk for glaucoma. The screening must be done or supervised by an eye doctor who is legally allowed to do this test in your state.

Who's eligible?

All people with Medicare who are at high risk for glaucoma are covered. This includes people with diabetes, people with a family history of glaucoma, African Americans 50 or older, and Hispanic Americans 65 or older.

Your costs in Original Medicare

You pay 20% of the Medicare-approved amount for the doctor's services and the Part B deductible applies for the doctor's visit.

In a hospital outpatient setting, you pay a copayment.

TOMATOES

Tomatoes, aside from being tasty, are very healthy as they are a good source of vitamins A and C. Vitamin A is important for bone growth, cell division and differentiation, for helping in the regulation of immune system and maintaining surface linings of eyes, respiratory, urinary and intestinal tracts. Vitamin C is important in forming collagen, a protein that gives structures to bones, cartilage, muscle and blood vessels. It also helps maintain capillaries, bones and teeth and aids in the absorption of iron. Tomatoes are an excellent source of Lycopene a very powerful antioxidant which can help prevent the development of many forms of cancer. Cooked tomatoes and tomato products are the best source of lycopene since the lycopene is released from the tomato when cooked. A raw tomato has about 20% of the lycopene content found in cooked tomatoes. However, raw or cooked tomatoes are considered the best source for this antioxidant.



OLD FASHION HAMBURER GOULASH

2 cups uncooked elbow macaroni

1 onion diced

1 lb. hamburger

1—8 oz. can of tomato sauce

1 qt. stewed tomatoes or 2 – 15 oz. diced tomatoes

1 diced green pepper (optional)

Salt and pepper to taste

Cook macaroni until tender. Fry hamburger with onions and peppers. Drain macaroni and add to cooked hamburger mixture, tomato sauce, and diced tomatoes. Season to taste with salt and pepper. Heat until hot and serve.

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<p>This menu is subject to change</p>				<p>1 Breaded chicken sandwich Potato chips Carrot raisin salad Pears</p>
<p>4 Green bean casse- role Tatar tots Applesauce Wheat bread</p>	<p>5 Turkey pot pie Mixed fruit Biscuit</p>	<p>6 Baked potato w/chili Carrots Foo foo salad Roll</p>	<p>7 Chicken tortilla soup Green salad Cottage cheese Peaches</p>	<p>8 Hamburger w/fixins Potato salad Fruited jello</p>
<p>11 Meatloaf Mashed potatoes w/ gravy Mixed veggies Fruit dessert Roll</p>	<p>12 Club sandwich Chips Pea salad Mandarin oranges</p>	<p>13 Chicken enchiladas Chuckwagon corn Green salad Peaches</p>	<p>14 Fish sandwich Macaroni salad Pears</p>	<p>15 Corned beef and cabbage Red potatoes Mixed fruit Roll</p>
<p>18 Tuna noodle casse- role Beets Apricots Wheat bread</p>	<p>19 Orange chicken Rice Oriental veggies Pineapple Fortune cookie</p>	<p>20 Ham & cheesy mac- aroni Cucumber & tomato salad Italian veggies Mandarin oranges Roll</p>	<p>21 Rosemary chicken Noodles Mixed veggies Fruit crisp Roll</p>	<p>22 Tomato soup Sandwich 4 bean salad Peaches</p>
<p>25 Malibu chicken Cheesy potatoes Broccoli Tropical fruit Roll</p>	<p>26 Cheeseburger cas- serole Mixed veggies Blueberry bread pudding</p>	<p>27 Brunch for lunch</p>	<p>28 Swiss steak Mashed potatoes Green beans Applesauce Roll</p>	<p>29 Pulled pork sandwich Fries Coleslaw Peaches</p>

March 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 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 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 10-12 Blood pressure 10:15 Smart Bites</p>
<p>4 1:00 Beading</p>	5	<p>6 9:00 Commodities 11:15 Mindfulness seminar 1:45 Bobbin Lace 2:00 Senior U</p>	<p>7 12:30 AARP defensive driving</p>	<p>8 10-12 Blood pressure 1:00 Legal Services</p>
<p>11 1:00 Beading</p>	<p>12 11:00 Blood sugars, O₂, heart rate</p>	<p>13 1:45 Bobbin Lace 2:00 Senior U</p>	<p>14 10:30 Arm Chair Travel 1:00 Foot Clinic</p>	<p>15 10-12 Blood pressure 12:30 Disney Music program</p>
<p>18 1:00 Beading</p>	19	<p>20 1:00 Foot Clinic 1:45 Bobbin Lace</p>	<p>21 12:30 AARP defensive driving</p>	<p>22 10-12 Blood pressure</p>
<p>25 1:00 Beading</p>	<p>26 1:00 Foot Clinic</p>	<p>27 1:45 Bobbin Lace</p>	<p>28</p> <div style="text-align: center;">  </div>	<p>29 10:00 Alpine Orthopaedic program</p>