

# CACHE COUNTY SENIOR CITIZEN CENTER

September 2014

## September 3rd @ 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

## \*Every Friday at 12:20 we are going to have a "Lunch and Learn"

September 1st—Closed Labor Day

September 5th—Sunshine Terrace—  
Alzheimer's

September 12th—Medicaid/Musical  
Entertainment

September 19th—Bridgerland  
Audiology

September 26th—CNS –Caring for  
Caregivers

**240 North 100 East**

**Logan, Utah 84321**

**PHONE: (435)755-1720**

**FAX: (435)752-9513**

**HOURS: 9:00 A.M. - 4:00 P.M.**

**Monday—Friday**

**[www.cachecounty.org](http://www.cachecounty.org)**

**Facebook:**

**cache county senior citizens  
center**

## *Directors Message*

September is Healthy Aging Month, a month dedicated to helping individuals gain a more positive outlook about growing older. To keep with this theme we will be holding our annual "Flu Shot & Health Fair", on September 11th from 9:00-12:00. We have invited several agencies that will provide you with healthy tips, tests, and information about their services just in case you might need them some day. Plus don't forget to stop at the Bear River Health Department's table and get your flu shot; there is no cost if you bring your Medicare card.

Here are a few healthy tips to help us enjoy this month and celebrate life.

- 1. Get moving:** Exercise regularly to maintain a healthy body and brain. Join us in line dancing, Sit-n-Be Fit and clogging.
- 2. Stay social:** Take a class, volunteer, play games, see old friends, and make new ones.
- 3. Bulk up:** Eat beans and other high-fiber foods for digestive and heart health.
- 4. Add some spice:** Add herbs and spices to your meals if medications dull your taste buds.
- 5. Stay balanced:** Practice tai chi to improve agility and prevent falls. We offer a Tia Chi class every Monday & Wednesday at 10:15 a.m.
- 6. Take a walk:** Brisk daily walks this September can bolster both your heart and lungs.
- 7. Sleep well:** Talk to a sleep specialist if you don't sleep soundly through the night.
- 8. Beat the blues:** If you've been down for a while, see a doctor. Depression can be treated.
- 9. Don't forget:** To aid your memory, make lists, follow routines, slow down, and organize.



## September is Healthy Aging Month Focusing Attention on Physical and Mental Wellness

Posted by Nancy Wurtzel

September is Healthy Aging® Month, a national observance focusing attention on the positive aspects of growing older. Recognized as a national wellness campaign, Healthy Aging® Month is designed to put a spotlight on the longevity of our citizens and how they can successfully age; avoiding declines in physical, mental and emotional health. "Since our population is living longer, people are developing higher expectations for a better quality of life in their senior years," says Dr. Lorne S. Label, board-certified neurologist and director of the Brain Longevity Center (www.brainlc.com) in Thousand Oaks, California. "It's vital that we teach people how to keep their bodies and minds working at their full capacity." A healthy aging program includes exercise, good nutrition, stress reduction, sufficient sleep, and avoiding obvious health hazards such as smoking.



"The medical community once thought that while the body benefited from good health choices, very little could be done to help regenerate the brain. We now know that the brain is very resilient and it is possible to keep the brain sharp and agile as one grows older," says Dr. Label. In fact, recent cognitive research has shown that the brain can continue to renew cells throughout a person's lifetime. It doesn't matter if you are nine or ninety. You can still learn - it may just take a little longer. New medical evidence also shows that a planned, individualized program can help slow the progression of cognitive decline and thereby increase the quality of life.

What steps can you take to optimize your brain function? First, most things that are good for the body are good for the brain. It's also important to be socially active, maintain a positive attitude, look for the humor in life and keep learning. In fact, learning is the real key to maintaining good cognitive function. This means tackling new tasks and hobbies, such as taking a dance class, mastering a musical instrument, traveling to new places, trying your hand at art projects, learning a computer program or even studying a new language.

Like your body, your brain needs to be exercised frequently. Brain games and activities, sometimes called "neurobics," will engage the brain's memory, reasoning, visual spatial and information processing. These brain games should be fun and interesting, and they must be progressively more challenging - so you have the best cognitive workout.

The bottom line is that taking charge of your wellbeing is the key to successful aging. Healthy Aging® Month can be a catalyst for those who have been putting off making the necessary lifestyle changes.

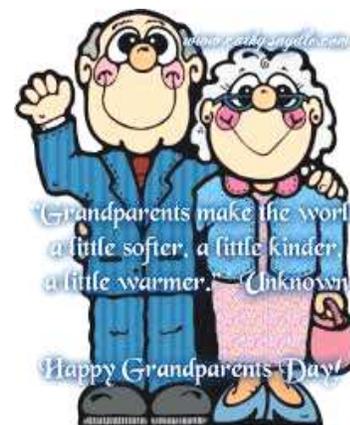
"It's never too late to improve your health. If you haven't had a recent medical check-up, then schedule a physical exam. The results will show the current status of your health and reveal any underlying medical concerns. This will give you a basis for creating a proactive program that you can integrate into your life. If you take these steps, you will have a healthier body and mind to enjoy your senior years to the fullest," says Dr. Label.

## Happy Grandparents Day!...September 7, 2014

In 1978, U.S. President Jimmy Carter signed a proclamation creating the holiday, knowing it was important to recognize the millions of grandparents in the country for the love and support they give their families. Proclamation 4580 - National Grandparents Day, August 3, 1978. By the President of the United States of America-A Proclamation: Our nation was shaped by the wisdom and courage of our founding fathers, and by the steadfastness of succeeding generations who have sustained their vision through two turbulent centuries of challenge and growth.

Each American family is similarly shaped and guided by its forbears. Just as a nation learns and is strengthened by its history, so a family learns and is strengthened by its understanding of preceding generations. As Americans live longer, more and more families are enriched by their shared experiences with grandparents and great-grandparents.

The elders of each family have the responsibility for setting the moral tone for the family and for passing on the traditional values of our Nation to their children and grandchildren. They bore the hardships and made the sacrifices that produced much of the progress and comfort we enjoy today. It is appropriate, therefore, that as individuals and as a nation, that we salute our grandparents for their contribution to our lives.—



A handwritten signature in black ink that reads "Jimmy Carter".

### Local Events

#### Loaves and Fishes Community Meal

Every 1st & 3rd Saturday. Free of charge. Come enjoy food, friendship and connections.

Everyone welcome. Wheelchair and ramp access is available on the East side of the church building. It will take place from 11:30 am – 1:00 pm September 6th and September 20th at the First Presbyterian Church 178 West Center Street in Logan. Any questions call Rachel at 435.554.1081 or Amy at 435.881.9211.

#### Available Farmers Markets

Our valley is lucky to have two farmers markets on Saturday mornings. They are the best places to find fresh, locally grown produce.

Located at Willow Park, 419 West 700 South in Logan at 9:00 am or Poor Richards Produce at 145 North 100 East in Logan from 7:00 am—1:00 pm.

#### Brigham City Peach Days

Brigham City's Annual Peach Days Celebration is scheduled for September 5th and 6th starting at 10:00 am. Peach Days is one of the largest festivals in Northern Utah. Beginning in 1904 this is one of the longest running traditions in Utah and is what Brigham City is famous for. The weekend event hosts 2 parades, a carnival, entertainment, a Jr. Peach Queen Pageant, the Miss Brigham City Pageant, a Motorcycle Show, over 200 craft and food vendors, and the largest free custom car show in the Western United States with over 1,000 cars on display. This year Midas Whale, is the headlining entertainment for Peach Days with a free concert on Saturday, September 6th at 7:30 p.m. on the Main Street Stage. Downtown Brigham City located at 6 North Main Street.

#### REEDS Pharmacy Flu Shot

If you can not make it to the health fair that we will be hosting this month and really want to have a flu shot, do not despair. We will be having a flu shot come-back day on Oct 6th from 9 –12. REED'S pharmacy will be offering onsite flu shots right here at the Senior Center. Do not forget to bring your insurance card with you and if there is no insurance coverage the flu shot cost is \$25.00



### What does Medicare part B cover?

#### Colorectal cancer screenings

Medicare covers these screenings to help find precancerous growths or find cancer early, when treatment is most effective.

One or more of these tests may be covered:

- Screening fecal occult blood test—This test is covered once every 12 months if you're 50 or older. You pay nothing for the test if the doctor or other qualified health care provider accepts assignment.
- Screening flexible sigmoidoscopy—This test is generally covered once every 48 months if you're 50 or older, or 120 months after a previous screening colonoscopy for those not at high risk. You pay nothing for the test if the doctor or other qualified health care provider accepts assignment.
- Screening colonoscopy—This test is generally covered once every 120 months (high risk every 24 months) or 48 months after a previous flexible sigmoidoscopy. There's no minimum age. You pay nothing for the test if the doctor or other qualified health care provider accepts assignment.

Note: If a polyp or other tissue is found and removed during the colonoscopy, you may have to pay 20% of the Medicare-approved amount for the doctor's services and a copayment in a hospital outpatient setting.

- Screening barium enema—This test is generally covered once every 48 months if you're 50 or older (high risk every 24 months) when used instead of a sigmoidoscopy or colonoscopy. You pay 20% of the Medicare-approved amount for the doctor services. In a hospital outpatient setting, you also pay the hospital a copayment.

#### Medicare— Lower your Prescription Drug Costs!



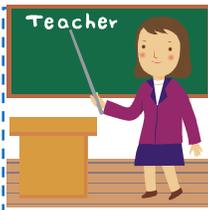
If your monthly income is not more than \$1,460 for singles (\$1,967 for couples) and your assets are not more than \$13,300 for singles (\$26,580 for couples), you may be eligible for

**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 that can help you with your needs. Please call for an appointment and inquire about applying for the **Extra Help**.

## ROCK Painting Class!

I have a fun idea to make these....Join me September 9th at 11:00 am. We will have a lot of fun! Please bring flat round oval shaped rocks to paint.



## SPANISH 101

Spanish classes available every Thursday. If you have ever wanted to learn,

this is the perfect opportunity to do so. Classes will be taught by a Spanish teacher. This class will be in the Stage Room at 1:30 pm.

## Fall Canyon field trip

Join us as we go on one last adventure this summer.



We will have an end of summer picnic up in the canyon. Lunch will be provided for a suggested donation of \$2.75 as well as a \$2.00 reservation fee paid at the front office. This will take place on September 16th. Bus will leave at 10:00 am.

## Reading Corner:

Hope you all enjoyed reading "And Then There Were None" by Agatha Christie.



The new book we will be reading this next month is "Sarah: Women of Genesis" by Orson Scott Card. Come join us on September 18th for the book club. We will be meeting in the computer room at 1:00 pm.



## Cooking Class

Wondering what to do with all those food items from commodities? For our cooking class this

month we are going to share some fun ideas that will change how you think of commodities. Cooking class will meet at 11:15 am on September 10th.



Have you ever wanted to see the Herald Journal being printed? Join us on September 23rd as we head over to the printing company where the

newspaper is mass produced. The bus will leave at 10:00 am. Lunch will be provided for a suggested donation of \$2.75 as well as a \$2.00 bus reservation fee paid to Marisol at the front office.

We will be taking a bus trip on the CVT



on September 18th. CVT transit will be picking us up at 10:00 am and giving us information on the routes and schedules. If you are interested please sign up at the front desk with Marisol.

## Medicare 101

We will be offering a Medicare 101 class in the evening for those that were not able to come to our presentation in August. We will have a Medicare specialist available to answer those difficult questions. Don't forget to bring note paper and pencil to this very informative class. This class will be on September 17th at 6:30 pm.

## Arm Chair Travel

We really enjoyed seeing the slides and presentations presented both



by Henny and Susan over the Summer. For our Arm Chair travel this Month on September 8th at 10:30 am we will be watching a video on Greece. There will be a light snack served.

## Health Corner

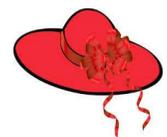


Do you want to know more about a certain health topic concerning you or a loved one but don't want to wait until your next appointment to inquire about it? Topics such as: incontinence, drug interactions, arthritis, chronic pain or depression etc. We are excited to partner with

Harmony Home Health Agency in offering a place where suggestions can be submitted and be discussed by a doctor, nurse or a pharmacist. Every month we will have a section in the newsletter that will feature these health topics. If you have a suggestion please place it in the box in the front office. These can all be done anonymously.

## Ladies:

Our Red Hat Group will be meeting on Wednesday, September 24th at 1:00 P.M. Be sure to sign up. Remember to wear your Red and Purple. Come and join us for some great fun!!! We will be meeting on the east side of the dining room.



## Daily Activities

### Monday

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

### Tuesday

9:00 Fitness Room  
9:00 Quilting  
9:00 Pool Room  
9:00 Ceramics  
9:30 Wii Bowling  
1:00 Movie

### Wednesday

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  
1:30 Bobbin Lace

### Thursday

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

### Friday

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  
1:00 Bridge/Movie/  
Internet Help



September is the annual Healthy Aging Month when Americans nationwide are reminded to

focus on the positive aspects of growing older and take personal responsibility for one's health-physically, socially, mentally or financially. Please join us September 11th from 9:00 am to 12:00 pm for our annual health fair/ flu clinic. There will be many agencies on hand to provide you with information on services they provide, as well as healthy tips to keep us up to date. Don't forget to get your flu shot! There is no charge for your flu shot if you bring your Medicare Card.



### Four Seasons Theater Company

will be performing The Wizard of Oz. We plan to meet at Sky View High

School. We are planning to attend the show together. Mark your calendars September 6th for the matinee showing time at 1:00 pm. We here at the Center have been fortunate to receive discounted tickets for \$5.00 for the showing. If you want to attend, contact Giselle to purchase your ticket.

Looking for those that

would be interested

in working on crafts for our Gift Shop. We have the supplies but we need the extra help. Please contact Kristine if you are interested.



### Cache Valley New Horizons Orchestra Debuts in September!

The New Horizons Orchestra will create an opportunity for adults to begin study of a musical instrument, and a "re-entry point" for those who may have been away from music making for many years. It will also serve as a laboratory for USU music education majors and a vehicle for identifying and studying the ways music can affect family life.

Are you an adult who would like to start learning a string instrument? Did you play in high school but haven't played your instrument in years? This class is for you!

Cache Valley Center for the Arts and Utah State University announce: Cache Valley New Horizons Orchestra! Classes begin September 2014.

This orchestra will be open for adults (ages 40 and older) who are true beginners as well as those who have studied a string instrument earlier in life and have not played in a long time.

Visit [www.CacheArts.org](http://www.CacheArts.org) or call 435-227-5556 for more information.





## Health Benefits of Peaches

Wonderfully delicious peaches are low in calories (100 g just provide 39 calories) and contain no saturated fats. Nonetheless, they are packed with numerous health promoting compounds, minerals and vitamins. Fresh peaches are a moderate source of antioxidant, *vitamin C*. Vitamin-C has anti-oxidant effects and is required for connective tissue synthesis in the body. Consumption of foods rich in vitamin C helps the body develop resistance against infectious agents, and help scavenges harmful free radicals. Fresh fruits are also a moderate source of **vitamin A** and **β-carotene**. β-carotene is a pro-vitamin, which converts into vitamin A in the body. Vitamin A is essential for vision. It is also required for maintaining healthy mucus membranes and skin. Consumption of natural fruits rich in vitamin A is known to offer protection from lung and oral cavity cancers. They are rich in many vital minerals such as potassium, fluoride and iron. Iron is required for red blood cell formation.



Fluoride is a component of bones and teeth and is essential for prevention of dental caries. Potassium is an important component of cell and body fluids that help regulate heart rate and blood pressure. Peaches contain health promoting flavonoid poly phenolic antioxidants such as *lutein*, *zea-xanthin* and *β-cryptoxanthin*. These compounds help act as protective scavengers against oxygen-derived free radicals and reactive oxygen species (ROS) that play a role in aging and various disease processes.

## Who's ready to Compete??



Back in April many of you came to the class that was hosted by Andersen Seed and during that class, pumpkin seeds and sunflower seeds were handed out to those that wanted to participate in a friendly competition to see who could grow the biggest or tallest plant. If you have been taking care of your garden treasure and are ready to show it off please let us know. Prizes are ready to be awarded to the tallest sunflower or the fattest pumpkin. We would love to take a picture of your beauty to show it off in the newsletter.

## Senior University

Senior U will begin September 10th. Classes will be every Wednesday at 1:15 pm. If interested in attending classes please sign up at the front desk with Marisol. There will be no tuition fee for this class.



## Fresh Peach Cobbler

4 cups fresh peaches  
1 tablespoon lemon juice  
1 cup flour  
1 cup sugar  
1/2 teaspoon salt  
1 egg, beaten  
6 tablespoons butter melted



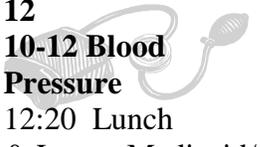
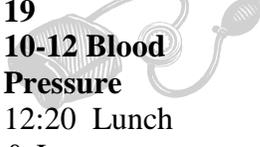
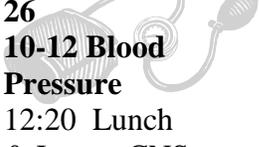
### Directions:

- 1- Place peaches in bottom of 9x9 pan or casserole.
- 2- Sprinkle lemon juice over peaches.
- 3- Sift dry ingredients.
- 4- Beat egg slightly and add to dry ingredients, toss with fork until crumbly.
- 5- Sprinkle over peaches.
- 6- Drizzle butter over top.
- 7- Bake at 375 degrees for 35-40 minutes.



# September 2014



<p>1</p> <p><b>Closed for Labor Day</b></p>	<p>2</p> <p>1:00 Movie: <b>La Bamba</b></p>	<p>3</p>  <p><b>9:00 Commodities</b></p> <p><b>1:00 Foot Clinic by Harmony Home Health &amp; Hospice</b></p>	<p>4</p> <p>10:30 Cards with CNS 12-4 AARP Driver Safety Course</p> <p>1:30 Spanish 101</p>	<p>5</p>  <p><b>10-12 Blood Pressure</b> 12:20 Lunch &amp; Learn: Sunshine Terrace-Alzheimer's</p> <p>1:00 Movie: <b>Dial M for Murder</b></p>
<p>8</p>  <p><b>9:15 Breakfast Club</b></p> <p>10:30 Arm Chair Travel: <b>Greece</b></p>	<p>9</p> <p>11:00 Rock Painting</p> <p>1:00 Movie: <b>Hatari</b></p>	<p>10</p> <p>11:15 Cooking Class</p> <p>1:15 Senior U</p>	<p>11</p> <p>9-12 Health Fair</p> <p><b>1:00 Foot Clinic by Rocky Mountain Care</b></p> <p>1:30 Spanish 101</p>	<p>12</p>  <p><b>10-12 Blood Pressure</b> 12:20 Lunch &amp; Learn: Medicaid/Musical Entertainment</p> <p>1:00 Movie: <b>To Have &amp; Have Not</b></p>
<p>15</p>  <p><b>9:15 Breakfast Club</b></p>	<p>16</p> <p>10:00 Canyon Fall Trip</p> <p>1:00 Movie: <b>The Goodbye Girl</b></p>	<p>17</p> <p><b>1:00 Foot Clinic by Rocky Mountain Care</b></p> <p>1:15 Senior U</p> <p>6:30 pm Medicare 101</p>	<p>18</p> <p>10:00 CVT bus field trip</p> <p><b>1:00 Book Club</b></p>  <p>1:30 Spanish 101</p>	<p>19</p>  <p><b>10-12 Blood Pressure</b> 12:20 Lunch &amp; Learn: Bridgerland Audiology</p> <p>1:00 Movie: <b>Good Will Hunting</b></p>
<p>22</p>  <p><b>9:15 Breakfast Club</b></p> <p>First Day of Autumn</p>	<p>23</p> <p>10:00 Herald Journal Field Trip/printing press</p> <p><b>1:00 Foot Clinic by Integrity Home Health &amp; Hospice</b></p> <p>1:00 Movie: <b>Mrs. DoubtFire</b></p>	<p>24</p> <p>1:00 Red Hat Activity</p>  <p>1:15 Senior U</p>	<p>25</p> <p>12-4 AARP Driver Safety Course</p> <p>1:30 Spanish 101</p>	<p>26</p>  <p><b>10-12 Blood Pressure</b> 12:20 Lunch &amp; Learn: CNS-Caring for Caregivers</p> <p>1:00 Movie: <b>The Mirror Has Two Faces</b></p>
<p>29</p>  <p><b>9:15 Breakfast Club</b></p>	<p>30</p> <p>1:00 Movie: <b>Clear and Present Danger</b></p>			



# September 2014

<p><b>1</b></p> <p><b>Closed for Labor Day</b></p>	<p><b>2</b></p> <p>Baked Fish English Chips Mixed Veggies Mandarin Oranges Muffin</p>	<p><b>3</b></p> <p>Zucchini Soup Chicken Salad Sandwich Carrot Raisin Salad Pears</p>	<p><b>4</b></p> <p>French Bread Pizza Peas Green Salad Peaches</p>	<p><b>5</b></p> <p>Taco Casserole Mixed Veggies Spiced Apples Corn Bread</p>
<p><b>8</b></p> <p>Chicken Tenders Mac-N-Cheese Broccoli Mixed Fruit Bran Muffin</p>	<p><b>9</b></p> <p>Salmon Loaf Baked Potato Mixed Veggies Cheesy Roll Fruit Crisp</p>	<p><b>10</b></p> <p>Baked Spaghetti Italian Veggies Applesauce Garlic Bread</p>	<p><b>11</b></p> <p>Pulled Pork Sandwich Chips Coleslaw Crushed Pineapple Jell-O</p>	<p><b>12</b></p> <p>Hearty Chicken Noodle Soup with Crackers Green Salad Barry's Foo Foo Roll</p>
<p><b>15</b></p> <p>Beef Stroganoff Noodles Peas &amp; Carrots Pears Blueberry Muffin</p>	<p><b>16</b></p> <p>Split Pea Soup Turkey Sandwich Peaches Cookie</p>	<p><b>17</b></p> <p>Autumn Chicken Scalloped Potatoes Scandinavian Veggies Apricots Roll</p>	<p><b>18</b></p> <p>Sweet &amp; Sour Pork Rice Egg Roll Oriental Veggies Mandarin Oranges Fortune Cookie</p>	<p><b>19</b></p> <p>Pork Chops Au Gratin Potatoes Capri Veggies Applesauce Roll</p>
<p><b>22</b></p> <p>Tuna Noodle Casserole Beets Applesauce Cookie Wheat Bread</p>	<p><b>23</b></p> <p>Ham Sandwich Chips Pea Salad Pears Cookie</p>	<p><b>24</b></p> <p>Chicken Enchiladas Chuck Wagon Corn Green Salad Peaches</p>	<p><b>25</b></p> <p>Breakfast for Lunch</p>	<p><b>26</b></p> <p>Chicken Fried Steak Mashed Potatoes With Gravy Green Beans Apricots Roll</p>
<p><b>29</b></p> <p>Beef Stir-Fry Rice Egg Roll Mandarin Oranges Fortune Cookie</p>	<p><b>30</b></p> <p>Chicken Stuffing Bake Mashed Potatoes California Blend Veggies Peach Cobbler Roll</p>		<p><b>Don't forget to call in by 3:00 pm the day before you eat. Senior Donation: \$2.75</b></p>	<p><b>Non-seniors: \$5.00 must be receipted at front desk before you eat.</b></p>