

CACHE COUNTY SENIOR CITIZEN CENTER

November 2013

THANK YOU! to all those who served our country during wars. This includes those who were left at home to pack parachutes, or work on airplanes or keep the home fires burning, also. Veteran's Day is about all of you who lived through those times.

Nov 3, Don't forget to "fall back" and change your clocks back to Mountain Standard time.

November 6th - 9:00—Commodities pickup

November 8th—12:15 Relay Utah will be at the Senior Center (see info on page 3)

November 11th - We will be closed for Veteran's Day.

You have until Dec 7th to make any changes in your Medicare part D coverage. Stop by and see Kristine if you want to evaluate your coverage.

Smart Bites class has started. Come learn about good nutrition. Every Friday at 10:15 in the Ceramic Room.

Non-senior lunch is now \$5.00, which means anyone younger than 60 years of age, needs to be receipted at the front desk.

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

Holiday Lunch & Program December 6th—Friday

This year instead of our annual Thanksgiving and Christmas lunch we will be holding a "Holiday lunch and program" on December 6th. We have a delicious meal and a wonderful program planned. Please call Marisol at 755-1720 for your reservation as our seating is limited.

Director's Message

Thanksgiving has always been one of my favorite holidays. It was a time in which we would spend the whole day at Grandma's house with cousins and family. I especially loved Thanksgiving because my grandmother made the most wonderful pumpkin pies. When I was first married I tried to make a pie just like hers. Even though I had her recipe it never tasted the same. She would always say just add a little bit of this and a little bit of that and it should taste like mine. I needed exact measurements. After many years of failed pies I finally decided to just follow the recipe off the pumpkin can. My pies do not taste like grandma's pies but they will do. I still have the memory of what it should taste like. My memories are like the last verse in the poem "Thanksgiving Day" by Lydia Maria.

Over the river and through the wood;
Now Grandmother's cap I spy!
Hurrah for the fun!
Is the pudding done?
Hurrah for the pumpkin pie!



May your Thanksgiving be filled with happy memories.

Happy Thanksgiving!

Kristine

Preventing Elder Abuse and Neglect

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.

We can help reduce the incidence of elder abuse, but it'll take more effort than we're making now. Preventing elder abuse means doing three things:

- Listening to seniors and their caregivers
- Intervening when you suspect elder abuse

Educating others about how to recognize and report elder abuse

What you can do as a caregiver to prevent elder abuse

If you're overwhelmed by the demands of caring for an elder, do the following:

- Request help, from friends, relatives, or local respite care agencies, so you can take a break, if only for a couple of hours.

Find an adult day care program. Call the Cache Valley Adult Day Care Center: 435-512-8454.

- Stay healthy and get medical care for yourself when necessary.
- Adopt stress reduction practices.
- Seek counseling for depression, which can lead to elder abuse.
- Find a support group for caregivers of the elderly.

And remember, elder abuse helplines offer help for caregivers as well.

What you can do as a concerned friend or family member

- Watch for warning signs that might indicate elder abuse. If you suspect abuse, *report it*.
- Take a look at the elder's medications. Does the amount in the vial jive with the date of the prescription?
- Watch for possible financial abuse. Ask the elder if you may scan bank accounts and credit card statements for unauthorized transactions.
- Call and visit as often as you can. Help the elder consider you a trusted confidante.

Offer to stay with the elder so the caregiver can have a break — on a regular basis, if you can.

How you can protect yourself, as an elder, against elder abuse

- Make sure your financial and legal affairs are in order. If they aren't, enlist professional help to get them in order, with the assistance of a trusted friend or relative if necessary.
- Keep in touch with family and friends and avoid becoming isolated, which increases your vulnerability to elder abuse.

If you are unhappy with the care you're receiving, whether it's in your own home or in a care facility, *speak up*. Tell someone you trust and ask that person to report the abuse, neglect, or substandard care to your state's elder abuse helpline or long term care ombudsman, or make the call yourself. The life you save down the line may be your own.



Open Enrollment for Medicare Part D

Whether you have original Medicare, Medicare Advantage or a Medicare Part D prescription drug plan, you have one opportunity each year to make any changes you want. Medicare open enrollment begins on Oct. 15 and ends on Dec. 7. Any changes you make to your Medicare selections will go into effect on Jan. 1, 2014. . During this past year, have you: Changed the medications you take? Been diagnosed with a new medical condition? Any of those changes could mean your current Medicare plan no longer meets your needs. The costs of your plan can go up or down, and prescription drugs can be added or dropped from the list of drugs (the formulary) included in your plan. Some Medicare plans change the benefits they offer or stop offering coverage in a particular location. You can compare the plans available in your area, and enroll in a new plan if you choose, by visiting Medicare.gov or calling 800-MEDICARE (800-633-4227). Also call the Senior Center 755-1720 and set up an appointment with Kristine.

Loaves and Fishes Community Meal

every 1st & 3rd Saturday. Free of charge. Come enjoy food, friendship and connections. Everyone welcome. 11:30—1 pm. Nov. 1 & 15, First Presbyterian Church, Center Street and 200 West. Any questions call Rachel at 435.554.1081 or Amy at 435.881.9211.

**Nov. 4th at 12:20
Birthday Cake
and Celebration
sponsored by
Pioneer Valley Lodge**

**Cache County
Caregiver's Coalition
Debunking the
Myth of Alzheimer's:
The Genetics of the Disease
Guest Speaker
John "Keoni" Kauwe, PhD
November 7, 2013 @ 6:30 pm
Cache County
Counsel Chambers
199 North Main, Logan**

**Are you or a family member
frustrated and isolated be-
cause of a hearing loss?
Once a week starting Janu-
ary 13, 2014, at 11:00. We
will be offering a series of
classes, please sign up.**

Inter-Faith Thanksgiving Program

November 24th –Sunday @ 7:00 at
the Logan Tabernacle



Helping Utah Connect • Dial **7 1 1**

Relay Utah—Helping Utahns Connect

You may have experienced missing a name when talking with a friend on the phone, or not clearly hearing your doctor's office when they were calling to confirm an appointment time. If you have trouble hearing the person on the other end of the line, you are not alone. The good news, there is help.

Relay Utah, a state program managed by the Utah Public Service Commission, provides telecommunication equipment and relay services to hard of hearing and deaf Utahns to help them communicate more independently with each other and with hearing individuals. Relay Utah provides hearing equipment, at no charge, to Utah's hard of hearing and deaf individuals to help them to more easily communicate with family and friends or to get help in the case of an emergency. The equipment can be made available at no charge as it is purchased for Utah's hard of hearing and deaf with funds that are attained through a \$.10 telephone surcharge that all Utahns pay, through their phone bill, to support this program.

The hearing assistive equipment program offers several devices to make telephone communication easier.

Telecommunication equipment for the hard of hearing:

- **Amplified Phones** with volume and multiple tone controls.
- **CapTel** enables hard of hearing individuals to both hear and see what is being said. CapTel uses voice-recognition technology to automatically transcribe what is being spoken.

Jitterbug® cell phone: Once your request for a phone is received by Relay Utah, we contact you and schedule an appointment for a Relay representative to go out to your home. While there, we will have you try several phones to see which one best fits your particular hearing needs.

In addition to the equipment program, the 7-1-1 "relay" translation service facilitates thousands of calls between deaf, hard-of-hearing and hearing individuals. This free service is available by dialing 7-1-1. A Relay CA "relays" communication between the person using telecommunication equipment and a person using a standard phone. Relay Utah is also offered in Spanish.

***We will be at the Cache County Senior Center on
November 8th at 12:15.***

COLDS / FLU - CONTAGIOUS ILLNESSES

Seasonal (or common) flu is one of the most highly contagious illnesses. It is spread by "respiratory drops"-coughing and sneezing. Someone may touch something with the flu virus on it-such as door knobs, telephones or shopping cart handles -then unwittingly touch their mouth or nose

Flu symptoms include fever, chills, runny or stuffy nose, headache, sore throat, cough, extreme fatigue, and muscle aches. Nausea, vomiting and diarrhea are sometimes present, but rarely prominent.

Seniors 65 years of age and older are more vulnerable to influenza and its related complications. Each year in the United States, more than nine out of 10 flu-related deaths and more than six out of 10 flu-related hospital stays occur in people over the age of 65.

Vaccination is the best way to help protect against influenza Staying away from work or crowded places while sick is important to prevent spreading the flu to others

During flu season, practicing good hygiene can help people avoid catching or spreading the flu. Wash hands frequently, especially after touching door knobs and stair rails in public places. Always cover nose and mouth when coughing or sneezing, and immediately wash hands afterward. And, of course, stay away from people who are sick . As a gathering place for seniors, we ask that if you have any flu like symptoms, please be considerate of others and not come to the Senior Center until you are feeling better. I know you would expect that same consideration from others.



Lentils

Lentils are super foods, not only high in protein but also fiber and a variety of other nutrients; it's one of the top 10 sources of iron. And they're virtually fat-free.

Even though lentils are among the oldest cultivated crops in the world, they may take a little getting-to-know. Typically sold dry, the most common types of lentils are green or brown, but they come in a rainbow of colors, from yellow, orange and red to black. The most common types tend to retain their shape after cooking, while those colorful varieties are more likely to turn to a mush.

Fortunately, among legumes, lentils are among the most versatile and easy to work with. Unlike other beans that need to be soaked overnight, lentils can be prepared in as little as 20 minutes. Boil three cups of water per cup of lentils while you separate and rinse the dry beans. Add the lentils to the boiling water and allow the pot to return to a simmer before covering and letting cook for 20-30 minutes, until they're tender.

Slow Cooker Lentil and Ham Soup

- | | |
|------------------------|--------------------------|
| 1 cup dried lentils | 1 cup chopped celery |
| 1 cup chopped carrots | 1 cup chopped onions |
| 2 cloves garlic minced | 1 ½ cup diced cooked ham |
| ½ tsp. dried basil | ¼ tsp. dried thyme |
| ½ tsp. dried oregano | 1 bay leaf |
| ¼ tsp. pepper | 32 oz. chicken broth |
| 1 cup water | 8 tsp. tomato sauce |



In a 3 1/2 quart or larger slow cooker combine the lentils, celery, carrots, onion, garlic and ham. Season with basil, thyme, oregano, the bay leaf and pepper. Stir in the chicken broth, water and tomato sauce. Cover and cook on Low for 11 hours. Discard the bay leaf before serving.



November 2013

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.



1
BBQ Riblet
Potatoes Romanoff
Green beans
Pears
Wheat bread

4
Hearty Chicken Noodle soup
Broccoli salad
Pineapple
Roll



5
Jambalaya
Green Beans
Corn Bread
Peach Cobbler

6
Pork Burritos
Corn
Strawberry short-cake



7
Club sandwich
Chips
Carrot raisin salad
Mixed fruit

8
Pig in a blanket
Mac & Cheese
Broccoli
Mandarin orange

11 CLOSED for
Veteran's Day



12
Chicken tenders
Mashed potatoes
Gravy
Veggie
Peaches
Wheat bread

13
Beef stroganoff
Noodles
Carrots
Pear buckle
Roll

14
Minestrone soup
Ham sandwich
Apricots
cookie

15
Poppy seed chicken
Baked potato
Peas
Spiced apples
Roll

18
Parmesan chicken
Noodles
Mixed veggies
Garlic bread
Pears

19
Chef's choice



20
Hamburger with the fixings
Pasta salad
Grapes
Brownie

21
Sweet & sour
Pork
Rice
Oriental veggies
Pineapple
Almond cookie

22
Cincinnati chili
Green beans
Peaches
Corn bread



25
Baked potato bar
Mixed veggies
Applesauce
Wheat bread

26
Sheppard's pie
Carrots
Apricots
Roll

27
Corn chowder
Tuna salad sandwich
Citrus beet salad
Mixed fruit

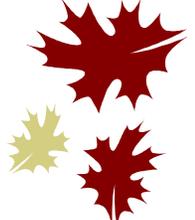
28
Closed for Thanksgiving

29
Closed for Thanksgiving





November 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>Please sign up for lunch one day in advance by calling 755-1720. Suggested donation per meal is \$2.75 for those 60 years & older. Guests under 60 years must be receipted at the front desk - cost: \$5.00.</p>				<p>1 10—12 Blood pressure 10:15 Smart bites 11:00 Pickleball</p>
<p>4 10:15 Hydration class for walking club 12:20—Birthday Cake and Celebration sponsored by Pioneer Valley Lodge</p>	<p>5 </p>	<p>6 9:00 Commodities 1-3 Bobbin Lace</p>	<p>7 12:30 AARP defensive driving 1:15 Senior University</p>	<p>8 10—12 Blood pressure 10:15 Smart bites 11:00 Pickleball 12:15 Relay Utah</p>
<p>11 Closed for Veteran's Day </p>	<p>12 11:00 Blood sugar & O₂ check</p>	<p>13 1-3 Bobbin Lace</p>	<p>14 1:00 Foot Clinic 1:15 Senior University</p>	<p>15 10—12 Blood pressure 10:15 Smart bites 11:00 Pickleball</p>
<p>18 10:15 First Aid class for walking club</p>	<p>19 </p>	<p>20 1:00 Foot Clinic 1-3 Bobbin Lace</p>	<p>21 12:30 AARP defensive driving 1:15 Senior University</p>	<p>22 10—12 Blood pressure 10:15 Smart bites 11:00 Pickleball</p>
<p>25 </p>	<p>26 1:00 Foot Clinic</p>	<p>27 1-3 Bobbin Lace</p>	<p>28 29 Closed for Thanksgiving </p>	