

February 2015

CACHE COUNTY SENIOR CITIZEN CENTER

240 North 100 East Logan, Utah 84321

HOURS: 9:00 A.M. – 4:00 P.M. Monday—Friday

PHONE: (435)755-1720 FAX: (435)752-9513

www.cachecounty.org

**Visit us on Facebook:
Cache County Senior
Citizens Center**

**February 4 @ 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

Lunch and Learn

**February 13th — Valentine
Special Entertainment by
Colleen Gordin**

**February 19th — 9:30 –
12:00 Wii Bowling
Tournament Hosted by
CNS**

**February 19th —12:15 Sky
View Social Dance Club
Entertainment**

**February 20th — Heart
Health with Sunshine
Terrace**

**February 27th — Cache
Valley Mortuary**

Loaves & Fishes Community Meal. February 7th & February 21st. Everyone is welcome. Free of charge. First Presbyterian Church 178 West Center in Logan. Meals served 11:30 a.m.—1:00 p.m.

****Do you need your
income taxes done? Sched-
ule your appointment with
Marisol in the front office
starting February 2nd.****

****We will be closed on
February 16th for
Presidents Day.****

Directors Message

Once upon a time there was a woman who loved to gossip. Every day she would sit with her friends gossiping about the bad things others may have done. "Can you believe he did that?" "Can you believe she said that?" "And did you see what he was wearing? A man of his age..." On and on and on she would gossip. One day the Rabbi asked to see her. "There's something I want you to do for me," he told her. He gave her a cushion and told her to go outside, cut it open and release all the feathers to the wind. "But why?" she pleaded. "Just do as I ask," he told her. The woman went outside, slit the cushion open and released all the feathers to the wind where they were quickly blown far and wide and out of sight. "Now," said the Rabbi, "I would like you to go out and bring back all the feathers." "But I can't," she pleaded. "They've been blown from pillar to post, down the street, over the hill. I'll never be able to bring them all back." The Rabbi looked at her sternly. "And so it is with words and idle gossip," he told her. "Words once spoken can never be taken back. There is no telling how far they will travel and what harm they could do. From now on, I want you to think before you speak." And she did.



When we detract from others in our speech, our malicious words are scattered abroad and cannot be gathered back. They continue to dishonor and divide many days, months, and years after we speak them as they linger in people's minds and pass from one tale-bearer to the next.

We often do not realize the power of our words. Our words can be used to build up or to tear down. We can have a positive impact on other people's lives when we use our words for good. Consider how much we appreciate it when someone takes time to express words of gratitude, honor, or praise; or how enriched we are when someone takes a genuine interest in our lives. Conversation that focuses on what is good and honorable can edify other people's lives and help strengthen the community.

Very often, however, our speech is used in a destructive way. When we detract from others in our speech, our malicious words are scattered abroad and cannot be gathered back. They continue to dishonor and divide many days, months, and years after we speak them as they linger in people's minds and pass from one tale-bearer to the next. We tear down others when we point out their weak points, criticize them, or complain about them when they are not present.

Another sin of speech is backbiting, which denies or disparages one's good points. It speaks ill of another person when he or she is not present "in order to blacken his good name". Backbiting can be done by speaking falsely about someone, presenting his faults as greater than they really are, or ascribing a bad intention to his good deed, because we do not want their reputation to be enhanced.

Another sin of speech that is just as bad is tale-bearing which is one who seeks to disparage someone's good name and seeks to do it in secret. Tale-bearing works with the specific intention to divide friendships.

Gossip, backbiting, and tale-bearing can cause injury to other's good name and divide people from each other. When our conversation is charitable and focuses on what is true, good, and beautiful, it edifies others and builds deeper communion among people.

I hope that as we start this new year we will take the time to ask ourselves these questions everyday: Do I create unity around me? Or do I cause division by gossip, criticism, or envy? Do I look for the good in others?

Low Vision Awareness Month—February

February is National AMD/Low Vision Awareness Month. AMD or Age-Related Macular degeneration is the leading cause of vision loss affecting over 15 million adults over the age of 50. To understand how AMD affects your vision. Take your left hand and cover your left eye, now make a fist with your right hand. Take your right fist and place it directly in front of your right eye. The only thing you should see is images in your periphery or side vision. Now imagine that this is how you are to function within the world.

AMD

Age-Related Macular degeneration can develop so slowly that it's not until the vision is getting severely bad that the patient will notice. Age-Related Macular Degeneration primarily destroys the sharp central vision controlled by a spot at the back of the retina called the macula. Sharp central vision is needed to read, drive, identify faces, watch television and perform daily tasks that require straight ahead vision.

Risk Factors

The exact cause of AMD is not known. But there are a number of risk factors that may play a role. Some you can help control, some you can't. The same things that put you at risk for heart disease and stroke also put you at risk for AMD. These include:

- High blood pressure— High cholesterol —Obesity—Smoking.

Risks you cannot control include age, family history, gender and race.

Symptoms

AMD symptoms include blurriness, wavy lines, or a blind spot. You may also notice visual distortions such as:

- Straight lines or faces appearing wavy —Doorways seeming crooked —Objects appearing smaller or farther away —If you notice any of these symptoms, you should see an ophthalmologist as soon as possible.

If you are diagnosed with wet AMD, it is important to see a Retina Specialist for the most appropriate care.

Living with AMD

Make the Most of your Vision. Millions of people have macular degeneration and millions of them continue to do everything they always did. Because you never become blind with AMD, there is always sight available if you know how to use it.

The peripheral vision you have helps you to get around the house and outside. There are devices and techniques for everything from reading to cooking to watching sports on TV. You may have to stop driving at some point, but for everything else, there is a solution.

If you are losing sight, there are some simple things you can do on your own to improve your ability to see. Don't become discouraged! You will probably need to try out multiple devices before you find one that works for you. These range from magnifiers that are held in the hand or suspended on a stand to devices that attach to your glasses or computers that help you to read.

Things you can do on your own:

- Improve the lighting in your home and office. This may not necessarily mean that you should increase the lighting or the brightness. Glare is often a problem for people with low vision. You'll need to experiment to see what works best for you. Special lights are available through many catalogs.
- Use high contrast for reading and writing. Write in large letters with a broad felt tip pen on white or light paper.
- Use large print books or try other media, like books on tape, disk or mp3. Most libraries have a section of these or you can find them online. There are also special libraries for visually impaired.
- Use a hand held magnifier. In the beginning, you may find some help at your local drug store by trying out the various small hand-held magnifiers available. If one of them helps your vision, you should certainly use it. Other magnifying devices may be more useful if your vision is very bad.

Medicare Info

Flu shots

Medicare generally covers one flu shot per flu season. You pay nothing for the flu shot if the doctor or other qualified health care provider accepts assignment for giving the shot.

Foot exams and treatment

Medicare covers foot exams and treatment if you have diabetes-related nerve damage and/or meet certain conditions. You pay 20% of the Medicare-approved amount, and the Part B deductible applies. In a hospital outpatient setting, you also pay the hospital a copayment.

We will have a tamale sale again.

If you would like to purchase, prices are \$13.50 for a dozen, \$6.75 for a half dozen.

Single tamales are \$1.50 each. Get your orders in with Marisol no later than February 13th. They will be pork with red sauce. Pick up will be on February 20th.





Exercise benefits people of all ages, and those with heart conditions are no exception. Adapted from The American Council on Exercise's top 10 list of reasons seniors should exercise, here are the top five:

1. Optimize heart health

Regular, cardiovascular exercise combined with a healthy diet helps prevent heart disease. But you can still benefit if you have heart problems. Appropriate cardiovascular training can help improve your circulation, regulate your blood pressure and get diabetes under control.

"Exercise programs such as cardiac rehab help guide patients through lifestyle changes such as diet and physical activity," says Cleveland Clinic Cardiac Rehab Supervisor Michael Crawford, MS.

"Performing physical activity in the right way, along with optimizing diet, has shown good improvements with reducing LDL cholesterol, reducing triglycerides and increasing HDL cholesterol."

2. Keep diabetes at bay

Regular aerobic exercise also helps regulate your blood sugar levels, which in turn helps manage type 2 diabetes (along with proper diet and medications). By carefully balancing diet and exercise, you can possibly reduce your dependence on prescription medications for diabetes.

3. Keep your strength up

Weight bearing or resistance exercise builds up your muscle mass. In addition to making you stronger, increased muscle mass can help boost your metabolism and help you lose unhealthy fat tissue.

Strength building exercise is particularly beneficial for seniors who are recovering from heart surgery. Crawford explains, "After heart surgery, a person can lose up to 15 percent of their strength in just one week of lying in bed. Introducing strength (resistance training) at the appropriate time will help recover the loss of strength after heart surgery."

4. Improve your mood

Ever notice how your troubles seem far away after a brisk walk or bracing swim? There's a scientific explanation for that. Exercise boosts endorphins, which are the "feel-good" hormones that help elevate your mood. And regular exercise keeps on improving your body and your mind.

Dealing with heart disease isn't easy. Crawford explains that exercise "gives a person a sense of accomplishment and normalcy." Cardiac rehab allows heart patients in similar situations to work together toward common goals. "This creates support and well-being for those on their way to recovery," he says.

5. Independence

Exercise helps you maintain your independence. When you're stronger, you can do more things for yourself. Instead of relying on others for help, you can maintain more control over your life.

Heart surgery and heart conditions impact people of all ages, but it is especially important for seniors to maintain their strength and capacity to maintain regular activities. Recovery from heart surgery is a lifelong effort. Exercise can be your best ally in being fit, optimistic and self-sufficient.

Remember, always ask your physician before you start an exercise regimen or resume exercise after heart surgery or a heart attack.

Take Control of Your Health: 6 Steps to Prevent a Fall

Every 14 seconds, an older adult is seen in an emergency department for a fall-related injury.

Many falls are preventable. Stay safe with these tips!

1. Find a good balance and exercise program. Look to build balance, strength, and flexibility. Join our Tai Chi class! Every Monday and Wednesday at 10:15 a.m.
2. Talk to your health care provider. Ask for an assessment of your risk of falling. Share your history of recent falls.
3. Regularly review your medications with your doctor or pharmacist. Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.
4. Get your vision and hearing checked annually and update your eyeglasses. Your eyes and ears are key to keeping you on your feet.
5. Keep your home safe. Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
6. Talk to your family members. Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.



**** The Bear River Health Dept. is hosting a series of classes on fall prevention. The class is 7 weeks long. They are held every Tuesday at 10:00 a.m. in the Library. ***



Seared Scallops with Warm Fruit Salsa

A hot skillet is key to a deep golden sear on the scallops. Prepare the Warm Fruit Salsa in the same skillet as the

scallops for an easy one-pan cleanup. Jasmine rice rounds out the meal.

Ingredients

12 large sea scallops (about 1 1/4 pounds)

Cooking spray

1/4 teaspoon freshly ground black pepper

1/8 teaspoon salt

Warm Fruit Salsa

4 teaspoons sliced green onions

Preparation

1. Pat scallops dry with paper towels. Heat a large nonstick skillet over medium-high heat. Coat pan with

cooking spray. Sprinkle scallops evenly with pepper and salt. Add scallops to pan; cook 3 minutes on each side or until done. Remove scallops from pan; keep warm.

2. Prepare Warm Fruit Salsa.

3. Discard any accumulated juices from scallops; top evenly with Warm Fruit Salsa and onions. Serve immediately.

Warm Fruit Salsa

2 teaspoons olive oil

1 garlic clove, minced

2 cups diced pineapple

1 1/4 cups chopped red bell pepper

1/4 cup green tea with mango (such as Snapple)

2 teaspoons low-sodium soy sauce

1 tablespoon chopped fresh mint

Preparation

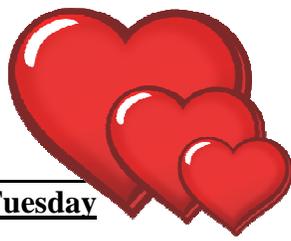
1. Heat oil in a large nonstick skillet over medium-high heat. Add garlic; sauté 1 minute. Stir in pineapple and next 3 ingredients, scraping pan to loosen browned bits; cook 3 minutes. Stir in mint.

Scallops are good sources of three minerals—phosphorus, magnesium and potassium. Next to calcium, phosphorus is the most abundant mineral in the body. Phosphorus is particularly important for strong bones and teeth. Each portion of scallops contains about 300 milligrams of phosphorus, about 30% of the daily value. Magnesium is also important for bone health and also plays a role in more than 300 biochemical reactions in the body. A serving of scallops provides about 19% of the daily value for magnesium.

Potassium is an essential mineral for cardiovascular health as well as the proper functioning for all body cells. Potassium plays a role in normal muscular function and can maintain normal blood pressure levels. Scallops provide 444 milligrams of the 2000 needed daily for children and adults over the age of 10.



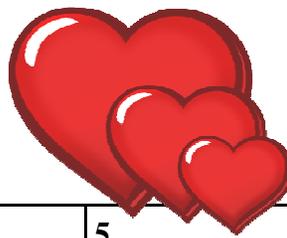
We had a wonderful time preparing our own Tamales during cooking class last month! Don't forget to come to Cooking Class on Wednesday February 11th at 11:15 a.m.



February 2015

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
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	9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:00 Ceramics 9:30 Wii Bowling 1:00 Movie	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	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	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
2  9:15 Breakfast Club 12:30 Jeopardy	3 10:00 Fall Prevention Class 1:00 Movie: Sweet Home Alabama	4  9:00 Commodities 1:00 Foot Clinic by Harmony Home Health & Hospice	5 11:00 Cards with CNS 1:30 Spanish 101	6  10-12 Blood Pressure 11:15 National Potato Day! Tasting all types of potato chips 1:00 Movie: An Affair to Remember
9  9:15 Breakfast Club (CNS Hosting) 12:30 Jeopardy	10 10:00 Fall Prevention Class 1:00 Movie: Roman Holiday	11 11:15 Cooking Class Breakfast Favorites	12 12-4 AARP Driver Safety Course  1:00 Foot Clinic by Rocky Mountain Care 1:30 Spanish 101	13  10-12 Blood Pressure 12:15 Musical Entertainment by Colleen Gordin 1:00 Movie: The 100 Foot Journey
16 CLOSED FOR PRESIDENTS DAY	17 10:00 Fall Prevention Class 1:00 Movie: The African Queen	18 11:15 Music Class (Music Ringo)  1:00 Foot Clinic by Rocky Mountain Care	19 9:30 –12:00 Wii Bowling Tournament Hosted by CNS 12:15 Sky View Social Dance Club Entertain- ment  1:00 Book Club 1:30 Spanish 101	20  10-12 Blood Pressure 12:15 Lunch & Learn: Heart Health with Sunshine Terrace 1:00 Movie: The Philadelphia Story
23  9:15 Breakfast Club 12:30 Jeopardy	24 10:00 Fall Prevention Class 12:15 Snowball Party (Hosted by CNS)  1:00 Foot Clinic by Integrity Home Health & Hospice 1:00 Movie: Pride & Prejudice	25 11:15 Cooking For 2!!  1:00 Red Hat Activity	26 1:30 Spanish 101	27  10-12 Blood Pressure 12:15 Lunch and Learn: Cache Valley Mortuary 1:00 Movie: Leap Year

February 2015



<p>2 Roast Beef Sandwich with the works Chips Carrot Raisin Salad Mixed Fruit</p>	<p>3 Hearty Chicken Noodle Soup with Crackers Green Salad Peaches Brownie</p>	<p>4 Sheppard's Pie Carrots Apricots Roll Cake</p>	<p>5 Swedish Meatballs with Noodles Peas & Carrots Pineapple Roll</p>	<p>6 Chicken & Broccoli Casserole Beets Apple Crisp</p>
<p>9 Sweet & Sour Pork Rice Oriental Veggies Mandarin Oranges Almond Cookie</p>	<p>10 Baked Spaghetti Broccoli Pears in Jell-O Garlic Bread</p>	<p>11 Beef Stroganoff with Noodles Mixed Veggies Pear Buckle Roll</p>	<p>12 Cream of Broccoli Cheddar Soup Turkey Sandwich Chips Barry's Foo Foo</p>	<p>13 BBQ Riblet Au Gratin Potatoes Green Beans Spiced Apples Wheat Bread</p>
<p>16 CLOSED FOR PRESIDENTS DAY</p>	<p>17 Chicken Stuffing Bake Mashed Potatoes & Gravy Cali Blend Veggies Pears Roll</p>	<p>18 Chili Green Salad Peaches Corn Muffin</p>	<p>19 Beefy Mac Green Beans Cherry Cobbler Corn Bread</p>	<p>20 Poppy Seed Chicken Baked Potatoes Carrots Apple Crisp Roll</p>
<p>23 Pulled Pork Sandwiches Coleslaw Applesauce Cookie</p>	<p>24 Beef Stir-Fry Rice Egg Roll Apricots Fortune Cookie</p>	<p>25 Chicken Pot Pie Green Salad Grapes Biscuit Cookie</p>	<p>26 Chef's Choice</p>	<p>27 Parmesan Chicken with Noodles Capri Blend Veggies Garlic Bread Pears</p>
			<p>Don't forget to call in by 3:00 pm the day before you eat. Senior Donation: \$2.75</p>	<p>Non-seniors: \$5.00 must be receipted at front desk before you eat.</p>