

June 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/senior

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

**June 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

Lunch and Learn

**June 5th—Exercise as we Age
(Renew home health)**

**June 12th —Men's Health
(Sunshine Terrace)**

**June 19th—Volunteer
Opportunities (America West
Heritage)**

**June 26th — Medication safety
(Reed's Pharmacy)**

**** Living with Diabetes? ****

**The Bear River Health Dept.
will be hosting a class at the
Senior Center. It's a 6 week
program every Tuesday 10-12
in the Library all this month.**

****ASK A LAWYER****

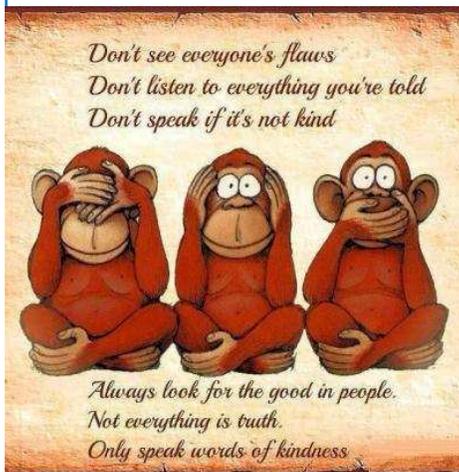
Utah Legal Services will be visiting the Senior Center on July 9th. They will be here from 1:00 to 4:00 pm. Call Marisol for an appointment.

Directors Message

Over the past few weeks I have been the recipient of a few signed and anonymous letters sent to my office. Letters of criticism, letters pointing out things that we as a staff are doing wrong, letters filled with misinformation. Some are informative, and then there are others that are just mean. We also have seniors that are concerned that other seniors are busy going about bearing false witness of how things are being run at the Senior Center. I appreciate the information sent to me because it is another pair of eyes seeing maybe something that we have not. With every concern presented to me, I ponder the information, and we as a staff look for ways to make improvements and make things better at the Cache County Senior Citizen Center. There are some issues that we just cannot resolve especially those which come with misinformation. I have learned over the years that sometimes we as individuals feel that we know best, and in reality we know the least. Case in point: every program that is brought here to the center is on a volunteer basis. We being a nonprofit agency, and having very low donations this year, do not have the monetary means to pay for performances. We are indeed grateful to every person who donates their time, and talents to the center. With our past performance, while arrangements were being made, our performer let us know that she did not want anyone handling her equipment. She had a certain way of bringing in her equipment, and putting her things away. For this reason you did not see any staff helping her. With every entertainment program, our program coordinator makes an effort to express our gratitude on behalf of the Center.

My door is always open. I would rather visit with you face to face about a problem, and be able to solve or understand how you feel than hear the mean gossip that you aim to be spread around. As in most cases, if the individual would just sit down with me they would find out that the information in which they are viciously, and unkindly sharing is not true. One of the many lessons I have learned in life is that you will never find the best when you are looking for the worst. We have a wonderful senior center. We have a wide variety of programs and activities. With every activity provided, we try our best to make it a wonderful experience for those involved. We do our best to offer good lunches to seniors that come to the Senior Center, as well as those who receive Meals on Wheels. Are we perfect – NO! But we are trying to do our best. I have a saying by my computer that reminds me daily that "The senior citizens of Cache County are never interruptions of our work they are our work!" My staff and I work each day to make your day a little brighter, to provide services that will help you. I am grateful that we have the Cache County Senior Center a place that we can gather, enjoy life, look for the good in others and in our Senior Citizens Center.

Kristine



MAN UP.



TAKE CONTROL OF YOUR HEALTH

Men face unique health challenges, and one of the most dangerous is their reluctance to seek health care. In fact, according to Agency for Healthcare Research and Quality (AHRQ), men are 24 percent less likely than women to have seen a doctor in the past year.

Men's Health Today

A snapshot of men's health in the United States shows that they sometimes experience different, but no less serious, health problems than women. Heart disease, cancer, and accidents (unintentional injuries) are the top causes of death for men. The most commonly diagnosed cancers among men include prostate, lung, and colorectal types. A recent study shows that men die from heart disease and chronic liver disease at a greater rate than women.

Men's Health Step by Step

Step 1: Prevention

Many of the major health risks that men face – such as heart disease and colon cancer – can actually be prevented and treated with earlier diagnosis. Screening tests can often find these diseases early, when they are easier to treat. For these reasons, it is crucial that men go against their tendency of avoiding health care and begin having regular checkups and screenings – for their sake and the sake of their families.

Get routine check-ups and preventive screenings (see Step 2 below).

Be more physically active.

Make healthy food choices.

Get to your healthy weight and stay there.

Become tobacco free.

Drink only in moderation.

Manage stress.

Step 2: Monitor Your Health

Monitoring your health can help you stay one step ahead of some of the things that put you at risk for discomfort and disease. Ask your health care provider about how often you should come in for a check up. And, if there's something that's bothering you – a new ache or pain that's hanging around for more than a week – or getting worse, check in with your health care provider. He or she can help you decide what may be causing the discomfort.

Some common things to be screened for are:

Blood pressure

Cholesterol

Diabetes (blood sugar)

Mental health issues (depression, anxiety, etc.)

Weight

The frequency of screenings depends on your age and your risk factors for disease. Your health care provider can help you figure out how often you should be screened. Weight and body mass index are easy to determine. You can weigh yourself in your home, at the fitness center, etc. Then just plug your weight and your height into a BMI calculator.

Step 3: Immunization

Another great way to prevent pain and disease is through immunization. The CDC recommends that you get a yearly flu shot. This will protect you from the most likely strains to hit that particular season. If you have certain medical complications or you're over 65, you should also get a shot to prevent pneumonia. In addition, if you plan to travel internationally or you're sexually active, you may also want to consider getting vaccinated for hepatitis A and B. Discuss which immunization would be best for you on your next visit with your health care provider.

Step 4: Taking Control

If you have been diagnosed with some chronic – or even short-term-condition or disorder, it may be time to make a slight attitude adjustment and take control of your health and your condition. You might even tell yourself: "Now's the time I need to concentrate on healing and taking better care of myself."

Men's Health Month (June) is a chance for both men and women to increase their awareness of the potentially significant health problems that men face, as well as what steps they can take to prevent such problems. Taking care of yourself is part of being the best man you can be. There's nothing manly—or beneficial—about ignoring your health.



Come join ME for this fabulous play! The production is put on by the Four Seasons theater company. The performances are performed at Sky View high school, 520 S 250 E, in Smithfield. There will be no transportation available. You must meet me there. We will be going to the June 20th venue. Tickets will need to be purchased with me (Giselle) in advance. I will print off tickets for you. Call for more information and ticket price. Hope to see you there!



Charlene, Elizabeth and Barbara enjoy a game of Dominos at the Red Hat activity.

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.



The Cache County Senior Center does not endorse products or service providers. Our aim is to protect the elderly from undue coercion. The Center is not a market place. We neither approve nor condone solicitation of business within our facilities. We offer a variety of information classes, but do not endorse any speaker. The presenters have been asked not to solicit or call any clients and to give information ONLY.

Senior Centers Are Important

How important are senior centers to older adults? Recently the California Commission on Aging conducted a research project to examine the existing understanding about senior centers. They found that senior centers are designated as community focal points that not only provide helpful resources to older adults, but serve the entire community with information on aging; support for family caregivers, training professionals and students; and developments of innovative approaches to aging issues.

Study findings suggest:

- Activity participation is essential to quality of life.
- Activity has important life benefits: * Reduces risk of depression * Reduces global cognitive decline * Enhances social connectedness

The role of senior centers will continue to expand and have an increasing impact on structuring the quality of life of older adults.

This study also concluded that successful aging is more likely when individuals are actively engaged in life. Senior centers are one of the most accessible, friendly and inexpensive places that offer programs and services that promote active engagement and enjoyment of life by older adults.



FRITO PIE

Chili

1 lb. uncooked ground beef
1/2 yellow onion, diced
2 cans tomato sauce
2 cans red kidney beans
2 tsp granulated garlic
1 Tbsp chili powder
1 tsp oregano
1 tsp cumin



Brown ground beef and drain grease. Add onions, cook until slightly tender. Add the next two ingredients. Mix seasonings together and add to the chili mixture. Heat until it reaches desired temperature.

Toppings

Corn chips, grated cheese, shredded lettuce, sliced olives, chopped green onions, diced tomatoes, sour cream, salsa.

4-Bean Salad



1 can green beans
1 can yellow wax beans
1 can red kidney beans
1 can garbanzo beans
Drain and rinse

1/2 red onion thinly sliced
1 cup granulated sugar
3/4 cup oil
2 cups apple cider vinegar
1 tsp salt
1 1/2 tsp black pepper
1/2 Tbsp granulated garlic

Mix all ingredients together and marinate for 2-3 hours or overnight.

Red Kidney Beans Nutrition

Kidney beans are named for their shape—like that of the kidney organ—and generally come in red and white colors. Kidney beans are sturdy and hold their shape well. They also readily absorb surrounding flavors in a dish. These characteristics make them an ideal ingredient for hearty and spicy dishes, such as chili. They are rich in nutrients and high in dietary fiber, making them a healthful food. One cup of cooked red kidney beans provides 225 calories, 1 gram of fat, 15 grams of protein, 40 grams of carbohydrates, 13 grams of dietary fiber and 4 milligrams of sodium. The majority of the calories come from carbohydrates. The rough caloric breakdown is 70 percent from carbohydrates, 26 percent from protein and 4 percent from fat. Since they are a source of fiber-rich complex carbohydrates they should play a large role in your diet, according to the US Department of Agriculture. Carbohydrates provide energy for your body's cells and are the sole energy source for the nervous system. They are a good source of lean protein, providing 17 percent of your recommended daily allowance. If you pair kidney beans with a whole grain, such as brown rice, the meal provides all of the essential amino acids. Amino acids are necessary for forming the basic structure of your body's cells, tissues and muscles.



Meditation Class

We are beginning a new class in May! A meditation class will be held every Friday at 11:15 in the multi-purpose room. Meditation is a practice in which an individual trains the mind or induces a mode of consciousness, either to realize some benefit or for the mind to simply acknowledge its content without becoming identified with that content, or as an end in itself.



Something new is happening in the gift shop, we have a little **Red Hatter Corner**. There you will find an assortment of red and purple accessories, hats, and gifts. Come and take a look!



All classes, activities and events arranged at the Cache County Senior Citizens Center are for the convenience and pleasure of the participants who desire to attend. Many of the activities have a cost to them such as: batteries for the Wii remotes, cooking classes, craft classes, Red Hat activities etc.... Donation cans will be available at each activity. If possible please make a donation. This will help keep our costs down and help us continue with each activity.



June 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 Healing Meditation 1:00 Bridge/Movie/ Internet Help
1 9:15 Breakfast Club  10:30 Computer Class 12:30 Jeopardy	2 10-12 Chronic Diabetes Class 1:00 Movie: Funny Girl	3 9:00 Commodities  1:30 Spanish 101	4 1:30 Spanish 101	5 10-12 Blood Pressure  9:15 Walking Club 12:20 Lunch and Learn: Renew Home & Health 1:00 Movie: The Longest Day
8 9:15 Breakfast Club  10:30 Computer Class 12:30 Jeopardy	9 10-12 Chronic Diabetes Class 1:00 Foot Clinic by Rocky Mountain Care 1:00 Movie: Akeelah and The Bee	10 11:15 Cooking Class (Hosted by Natural Grocers) 1:30 Spanish 101	11 12-4 AARP Driver Safety Course 1:00 Foot Clinic by Rocky Mountain Care 1:30 Spanish 101	12 10-12 Blood Pressure  9:15 Walking Club 11:15 Craft W/ Giselle 12:20 Lunch and Learn: Sunshine Terrace 1:00 Movie: Water
15 9:15 Breakfast Club  10:30 Computer Class 12:30 Jeopardy	16 10-12 Chronic Diabetes Class 1:00 Movie: Catch Me if You Can	17 9:00 OGDEN TRIP 1:00 Foot Clinic by Rocky Mountain Care NO Classes For Spanish 101	18 1:00 Book Club  NO Classes For Spanish 101	19 10-12 Blood Pressure  9:15 Walking Club 12:20 Lunch and Learn: America West Heritage 1:00 Movie: Grumpy Old Men
22 9:15 Breakfast Club  10:30 Computer Class 12:30 Jeopardy	23 10-12 Chronic Diabetes Class 1:00 Foot Clinic by Integrity Home Health & Hospice 1:00 Movie: The Longest Trailer	24 1:00 Red Hat Activity  NO Classes For Spanish 101	25 NO Classes For Spanish 101	26 10-12 Blood Pressure  9:15 Walking Club 12:20 Lunch and Learn: Reed's Pharmacy 1:00 Movie: Australia
29 9:15 Breakfast Club  10:30 Computer Class 12:30 Jeopardy	30 10-12 Chronic Diabetes Class 10:00 Cards W/ CNS 1:00 Movie: Field of Lost Shoes	1	2 Lunch and Learn 4th of July	3 Center Closed 

June 2015



1 Beefy Mac Green Beans Pears Muffin	2 Minestrone Soup Tuna Salad Sandwich Chips Peaches	3 Poppy Seed Chicken Baked Potato Parsley Carrots Mandarin Oranges Roll	4 Taco Casserole Chuck Wagon Corn Green Salad Applesauce Cornbread	5 Salisbury Steak Mashed Potatoes with Gravy Mixed Veggies Apricots Roll
8 Steak Fajitas Red Beans & Rice Corn Pears & Jell-O	9 Orange Chicken with Rice Broccoli Egg Roll Mixed Fruit Fortune Cookie	10 Garden Chowder Chicken Salad Sandwich with Croissant Pineapple	11 Baked Ziti Mixed Veggies Tropical Fruit Roll	12 Chicken Parmesan with Noodles California Mix Veggies Peaches Garlic bread
15 Club Sandwich w/ fixings' Chips Watermelon Carrot Raisin Salad	16 Shepherds Pie Green Beans Peaches Banana Muffin	17 Ham Creamed Potatoes Peas & Carrots Applesauce Biscuit	18 BBQ Riblet Baked Potato Mixed Veggies Pears Roll	19 Grilled Hotdogs Chips Broccoli Salad Mixed fruit
22 Tuna Noodle Casserole Beets Apricots Wheat Bread	23 Baked Potato Bar w/ Chicken Gravy Broccoli Pears Roll	24 French Bread Pizza Green Salad Carrots Fruited Jell-O	25 Loaded Baked Potato Soup Ham Sandwich Pea Salad Peaches	26 Baked Fish Cheesy Potatoes Peas & Carrots Tropical Fruit Bran Muffin
29 Chicken Alfredo with Noodles Capri Veggies Pears Garlic Bread	30 Egg Salad Sandwich Chips 4 Bean Salad Peaches	Menu is subject To change without notice.	Don't forget to call in by 3:00 pm the day before you eat. Senior Donation: \$2.75	Non-seniors: \$5.00 must be receipted at front desk before you eat.