

April 2015

CACHE COUNTY SENIOR CITIZEN CENTER

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/senior

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

**April 1 @ 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

April 3rd—Interns Activity-
Name that BABY

April 10th—Cooking with
Diabetes by Sunshine Terrace

April 17th—Magic Show with
Ronald McDonald

Loaves & Fishes Community
Meal. April 4th & April 18th.
Everyone is welcome. Free of
charge. First Presbyterian Church
178 West Center in Logan. Meals
served 11:30 a.m.—1:00 p.m.

We have just a few appointments
left to get your taxes done so
schedule your appointment with
Marisol in the front office.

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 infor-
mation ONLY.

Important Message

We are always looking for ways at the senior center to make things more efficient, productive and to simply just make life easier for the seniors we serve. So after much thought there is going to be a change with the distribution of the monthly commodities: everyone who comes in will get a pre-packaged commodities food bag and a bread item. We are also going to discontinue the Friday bread pickup. We are concerned that someone is going to get injured. We have tried to solve this problem (the bread rush) many times and in many ways and have been unsuccessful. A few weeks ago when the bread carts came out there was such a rush on the bread that our Friday program was pushed out of the way by senior citizens pushing and shoving trying to be the first to get a loaf of bread. We feel these changes will be safer, easier and fair for all seniors. It will also be easier for those that are picking up commodities for others, and there will no longer be a need to be the first in line, everyone will get the same items. A prepackaged commodities bag and a bread item. Commodities pick up will be on the 1st Wednesday of the month at 9:00-10:00. Bags of food/bread will be available throughout the day at the front office until we run out.



USU Senior University

Classes will be held at the
Cache County Senior Center at 1:00 pm.

March 26th —Professor Andy Anderson; Exercise and Physiology:
Easy ways to Improve
April 9th—Professor Thayne Sweeten; Vaccine issues: MMR,
Autism and the Flu
April 16th —Professor Russell Winn; TV News: Arguments &
Political Punditry

Admission is Free, Come Join Us!!

The beautiful thing about learning is that no one can take it away from you!

Stress Awareness Month has been held in April in the United States since 1992 to help alert people to the causes, effects and management of stress.

The situations and pressures that cause stress are known as stressors . We usually think of stressors as being negative, such as an exhausting work schedule or a rocky relationship. However, anything that puts high demands on you or forces you to adjust can be stressful. This includes positive stressors events such as getting married, buying a house, going to college, or receiving a promotion.

What causes stress depends, at least in part, on your perception of it. Something that's stressful to you may not faze someone else; they may even enjoy it. Whether the stressors are good or bad, too much stress over time is not healthy for your mental or physical well being. The body was not meant to have a Fight-or-Flight response on a daily basis but rather for real danger. Some people inappropriately respond to perceived danger the same as real danger. If you exhibit some of the symptoms of stress, you may want to try these 10 healthy habits recommended by the American Heart Association

- Talk with family and friends - Call, write or email.
- Engage in daily physical activity - Exercise helps burn excess energy caused by stress and increases endorphins, which trigger positive feelings.
- Accept the things you cannot change - Choose to focus on what you can do.
- Remember to laugh - Laughter makes you feel good.
- Give up the bad habits - Too much alcohol, cigarettes or caffeine can increase stress.
- Slow down - Try to "pace" instead of "race."
- Get enough sleep - Try to get six to eight hours of sleep each night.
- Get organized - Use "to do" lists to help you focus.
- Practice giving back - Volunteer or help others.
- Try not to worry - Things may need to get done, but not necessarily today.

While you can't avoid stress, you can minimize it by changing how you choose to respond to it. Remember, you have the ability to choose your response to stressors and implement strategies to combat them. Setting aside just 10-15 minutes a day for yourself can help. Try yoga, meditation, go for a walk, have a cup of tea or take a bath. The ultimate reward for your efforts is a healthy, balanced life, with time for work, relationships, relaxation, and fun.



Medicare and You 2015 Part B covers:

Hepatitis B shots Medicare covers these shots for people at medium or high risk for Hepatitis B. Some risk factors include hemophilia, End Stage Renal Disease (ESRD), diabetes, if you live with someone who has Hepatitis B, or if you're a health care worker and have frequent contact with blood or body fluids. Check with your doctor to see if you're at medium or high risk for Hepatitis B. You pay nothing for getting the shot if the doctor or other qualified health care provider accepts assignment. Hepatitis C screening test Medicare covers a one-time Hepatitis C screening test. Medicare also covers repeat screening annually for certain people at high risk, like those who have a current or past history of illicit injection drug use, had a blood transfusion before 1992, or were born between 1945 and 1965. Medicare will only cover Hepatitis C screening tests if they're ordered by a primary care doctor or other primary care provider. You pay nothing for the screening test if the provider accepts assignment.

The Cache County Caregiver's Coalition Stand up! Speak up! A guided discussion on Self Advocacy

Become an active participant in your life circumstances.
Take charge of healthcare decisions for you and your loved ones.
Learn how to effectively communicate your needs to your healthcare providers.

Thursday, April 30th at 6:00 P.M.

Location: Aquaworx at 209 W. 300 N., Logan

Refreshments will be provided by some of our local Senior Communities.

**Led by a panel including: Wendy Simmons from NAMI, Sheri Newton, DLC Advocate
Marilyn Teuscher, MSW, Daniel Musto, MMA, State Long Term Care Ombudsman

RSVP to Deborah Crowther 435-716-1462

Lessons from an Oyster

by: Author Unknown, Source Unknown

There once was an oyster
Whose story I tell,
Who found that some sand
Had got into his shell.

It was only a grain,
but it gave him great pain.
For oysters have feelings
Although they're so plain.

Now, did he berate
the harsh workings of fate
That had brought him
To such a deplorable state?

Did he curse at the government,
Cry for election,
And claim that the sea should
Have given him protection?

'No,' he said to himself
As he lay on a shell,
Since I cannot remove it,
I shall try to improve it.

Now the years have rolled around,
As the years always do,
And he came to his ultimate
Destiny - stew.

And the small grain of sand
That had bothered him so
Was a beautiful pearl
All richly aglow.

Now the tale has a moral,
for isn't it grand
What an oyster can do
With a morsel of sand?

What couldn't we do
If we'd only begin
With some of the things
That get under our skin.





Beef Orange Stir Fry Recipe

Ingredients

- 1 tablespoon cornstarch
- 1/4 cup cold water
- 1/4 cup orange juice
- 1 tablespoon reduced-sodium soy sauce
- 1/2 teaspoon sesame oil

- Dash crushed red pepper flakes
- 1/2 pound boneless beef sirloin steak, cut into thin strips
- 2 teaspoons canola oil, divided
- 3 cups frozen sugar snap stir-fry vegetable blend, thawed
- 1 garlic clove, minced
- 1 cup hot cooked rice

Directions

1. In a small bowl, combine the first six ingredients until smooth; set aside.
2. In a large skillet or wok, stir-fry beef in 1 teaspoon oil for 3-4 minutes or until no longer pink. Remove with a slotted spoon and keep warm.
3. Stir-fry vegetable blend and garlic in remaining oil for 3 minutes. Stir cornstarch mixture and add to the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Add beef; heat through. Serve with rice. Yield: 2 servings.

A 3-ounce serving of raw sugar snap peas provides 50 milligrams of vitamin C, more than half the recommended daily intake



for that antioxidant nutrient. It is also a rich source of some B-complex vitamins, giving you nearly half the niacin and one-tenth of the folate you need each day, boosting your intake of these nutrients that help your body convert food to energy. It gives you one-fifth of the vitamin K you need, ensuring that your blood clots properly and supporting your bone health. Boiled sugar snap peas have 40 milligrams of vitamin C and about the same amount of niacin, folate and vitamin K as raw sugar snap peas. Sugar snap peas provide a modest amount of minerals that can supplement your diet. Each 3-ounce serving of raw sugar snap peas has 1.75 milligrams of iron, 20 milligrams of magnesium, 45 milligrams of phosphorus and 168 milligrams of potassium, giving men and women 5 to 10 percent of their recommended daily intake for these minerals. A serving of sugar snap peas provides 20 percent of the iron men need daily, but only about 10 percent of the iron a woman needs each day.



Do you see that NUMBER300?? You are Seeing it correctly...Darrell scored a perfect score in Wii bowling !!! He has come close many times but this last time sure was the perfect day to finally bring it to 300!!! Way to go Darrell for a perfect game!!!!

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.



April 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
		1 9:00 Commodities  1:30 Spanish 101	2 1:30 Spanish 101	3 10-12 Blood Pressure  12:15 Lunch & Learn: Interns Activity-Name that BABY 1:00 Movie: Radio
6 9:15 Breakfast Club  12:30 Jeopardy	7 1:00 Movie: Patch Adams	8 11:15 Cooking Class Easter Theme: Suggested donation \$1.00 1:30 Spanish 101	9 12-4 AARP Driver Safety Course 1:00 Senior U 1:00 Foot Clinic by Rocky Mountain Care  1:30 Spanish 101	10 10-12 Blood Pressure  12:15 Lunch & Learn: Cooking with Diabetes by Sunshine Terrace 1:00 Movie: Sabrina
13 9:15 Breakfast Club  12:15 Tai Chi Class demonstration 12:30 Jeopardy	14 1:00 Foot Clinic by Rocky Mountain Care  1:00 Movie: The Man Who Shot Liberty Valance	15 11:00 Music Class 1:00 Foot Clinic by Rocky Mountain Care  1:30 Spanish 101	16 1:00 Book Club  1:00 Senior U 1:30 Spanish 101	17 10-12 Blood Pressure  12:15 Magic Show with Ronald McDonald 1:00 Movie: Skyfall
20 9:15 Breakfast Club  12:30 Jeopardy	21 1:00 Movie: While You Were Sleeping	22 1:00 Red Hat Activity 1:30 Spanish 101 	23 1:30 Spanish 101	24 10-12 Blood Pressure  1:00 Movie: The Perfect Game
27 9:15 Breakfast Club  12:30 Jeopardy	28 1:00 Foot Clinic by Integrity Home Health & Hospice  1:00 Movie: Rudy	29 1:30 Spanish 101	30 1:30 Spanish 101	



2015

<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>	<p>1 Chicken Alfredo With noodles Mixed Veggies Apricots Garlic Bread Cake</p>	<p>2 Breaded Chicken Sandwich Chips Oriental Salad Pears</p>	<p>3 Ham Creamy Potatoes Peas Applesauce Roll Dessert</p>
<p>6 Hawaiian Haystacks California Mixed Veggies Pineapple Salad Roll</p>	<p>7 Chicken & Broccoli Casserole Beets Fruit Crisp</p>	<p>8 Beef Soft Tacos Roasted Corn and Black Beans Applesauce</p>	<p>9 Zucchini Soup Chicken Salad Sandwich Broccoli Salad Peaches Cookie</p>	<p>10 Baked Fish Scalloped Potatoes Capri Veggie Mix Apricots Vanilla Pudding Muffin</p>
<p>13 Beef Fajitas Chuck Wagon Corn Peaches</p>	<p>14 Turkey Roll-ups Mashed Potatoes with Gravy Green Beans Pears Sweet Potatoes Muffin</p>	<p>15 Baked Potato Bar Mixed Veggies Carrots Apricots Roll</p>	<p>16 Baked Ziti California Mixed Veggies Green Salad Tropical Fruit Garlic Toast</p>	<p>17 Loaded Baked Potato Soup Ham Sandwich Carrot Raisin Salad Mixed Fruit Brownie</p>
<p>20 Rosemary Chicken with Rice Peas & Carrots Wheat Bread Pineapple Upside-down cake</p>	<p>21 Club Sandwich Chips 4-Bean Salad Peaches Cookie</p>	<p>22 Sheppard's Pie Green Beans Mandarin Oranges Bread Pudding</p>	<p>23 Chicken Chow Mein Noodles Broccoli Egg Roll Pears Fortune Cookie</p>	<p>24 Baked Chicken Potato Salad Mixed Veggies Barry's Foo Foo Salad</p>
<p>27 Pigs in a Blanket Tator Tots Mixed Veggies Tropical Fruit</p>	<p>28 Italian Chef Day!</p>	<p>29 Swiss Steak Mashed Potatoes with Gravy Mixed Veggies Peaches Muffin</p>	<p>30 Cheesy Veggie Soup Turkey Sandwich Pears Cookie</p>	