

April 2016

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

Health Benefits of Laughter

By: E.C. LaMeaux



April 6th @ 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 8th —Love Languages
with Aubree

April 15th —National
Healthcare Decision Day –
Sunshine Terrace

April 27th —Parkinson Aware-
ness —Sunshine Terrace

April 29th Renew Home and
Health

Join us on Thursdays as we watch documentaries. Come learn with us as we travel to different places. Learn the mysteries of Museums and learn of different cultures through these documentaries.

Stepping up classes

The Bear River Health Dept. will be hosting a series of classes beginning the 15th of March. This class will run for a 6 week period. They will be every Tuesday at 10 am. and will meet in the Library.

One of the best feelings in the world is the deep-rooted belly laugh. It can bring people together and establish amazing connections. Everything from a slight giggle to a side-splitting guffaw can change the temperature of a room from chilly unfamiliarity to a warm family-like atmosphere.

There is so much to love about laughter that it seems greedy to look for more, but that's exactly what researchers Dr. Lee Berk and Dr. Stanley Tan at the Loma Linda University in California have done. These two doctors have researched the benefits of laughter and found amazing results. Get ready to get your giggle on!

Laughing lowers blood pressure: People who lower their blood pressure, even those who start at normal levels, will reduce their risk of strokes and heart attacks. So grab the Sunday paper, flip to the funny pages and enjoy your laughter medicine.

2. Reduces stress hormone levels: You benefit from reducing the level of stress hormones your body produces because hormone-level reduction simultaneously cuts the anxiety and stress impacting your body.

3. Fun ab workout: One of the benefits of laughter is that it can help you tone your abs. When you are laughing, the muscles in your stomach expand and contract, similar to when you intentionally exercise your abs. Meanwhile, the muscles you are not using to laugh are getting an opportunity to relax. Add laughter to your ab routine and make getting a toned tummy more enjoyable.

4. Improves cardiac health: Laughter is a great cardio workout, especially for those who are incapable of doing other physical activity due to injury or illness. It gets your heart pumping and burns a similar amount of calories per hour as walking at a slow to moderate pace. So, laugh your heart into health.

5. Boosts T cells: T cells are specialized immune system cells just waiting in your body for activation. When you laugh, you activate T cells that immediately begin to help you fight off sickness. Next time you feel a cold coming on; add chuckling to your illness prevention plan.

6. Triggers the release of endorphins: Endorphins are the body's natural pain killers. By laughing, you can release endorphins, which can help ease chronic pain and make you feel good all over.

7. Produces a general sense of well-being: Laughter can increase your overall sense of well-being. Doctors have found that people who have a positive outlook on life tend to fight diseases better than people who tend to be more negative. So smile, laugh and live longer!

Laughter
is an
instant
vacation.
- Milton Berle

Older Consumers Targeted By Fraudsters Not Once, But Twice!

BY STACY CANAN AND CORA HUME - Consumer Financial Protection Bureau

After reviewing complaints submitted by consumers, we have discovered a financial scam targeting older consumers who had previously been victims of fraudulent money-making schemes, such as bogus timeshare investments and in-home business opportunities. So-called asset recovery companies are contacting these past victims, promising to get refunds for a substantial fee, failing to deliver promised services, and leaving consumers financially worse off than before.

What does this scam look like?

The asset recovery company contacts the defrauded older consumer claiming that they can get their money back for an upfront fee of several hundred to thousands of dollars. The company often claims it has unique expertise to help victims of fraud recover their funds. Once the older consumer pays the upfront fee, the company fails to perform any service that the consumer could not have done themselves. For example, if the consumer used a credit card to pay the original scammer, the asset recovery company usually will do nothing beyond disputing the charge with the credit card company, which the consumer can do themselves, for free. They often submit a complaint to an agency that does not charge anything to process a complaint – like us, the Consumer Financial Protection Bureau (CFPB). Moreover, they often do not even adequately follow through with the worthless services they offer; filing claims that are too old to be legally valid or without proper documentation to support the consumer's claims.

Don't Be Scammed Twice! Ways to Protect Yourself.

Here are some warning signs that can help you avoid becoming a victim of an asset recovery scam:

- **Upfront fees to recover money** — Don't pay for any part of a service that has not been performed. You have the right to refuse service and verify the legitimacy of any organization.

Claims of insider information and connections — Submitting complaints to federal agencies, such as the CFPB or the Federal Trade Commission, or state attorneys general offices are free to the public and easy to use. Private companies do not have special access to these free consumer complaint resources.

Requests for secrecy — Never allow anyone to discourage you from seeking information, support, and advice from family members, friends, or trusted advisors before making a financial transaction.

How do I get help?

Alert your bank or credit card company immediately if you believe you have been a victim of fraud. Be sure to ask the bank to prohibit future withdrawals, debits or credit card payments made by or to the scammer. If your bank account information, debit card or credit card number was used without your permission, ask the bank to restore the funds taken from your account. If asset recovery services you paid for with your credit card aren't provided as promised, you might be able to dispute the charges.



If scammed, report it promptly to your local law enforcement office, and submit a complaint to the Federal Trade Commission at [ftccomplaintassistant.gov](https://www.ftccomplaintassistant.gov). If you have an issue with a financial product or service, you can submit a complaint to us at consumerfinance.gov/complaint.

1 large Frozen ripe banana, peeled, cut into chunks
12 large strawberries, sliced in half
1/2 cup pineapple juice (or orange juice)
Popsicle mold

Blend all of the ingredients together on high speed until smooth - about 2 minutes. Scrape down the sides of the blender as needed as you go.

Pour the mixture into popsicle molds. If your popsicle mold has slots for sticks, you can insert them before freezing - if not, freeze for 2 hours, then put a wooden popsicle stick in the middle. Continue to freeze for an additional 6 hours or overnight - overnight is recommended for easy removal.

Run popsicle molds under warm water to easily remove. Eat on a hot day. Enjoy!

Taste the mixture before freezing. If you prefer the popsicles to be sweeter, you can add a bit of honey. If your strawberries and banana are ripe, you shouldn't need additional sweetener.

Strawberry Banana Popsicles



There's nothing like spotting the first sweet ripe strawberries of the season. Here are some interesting facts about strawberries:

Strawberries are the only fruit that wear their seeds on the outside. The average berry is adorned with some 200 of them. **Strawberries are members of the rose family.** Should you come upon a bush of them growing, you'll see: they smell as sweet as they taste.

The strawberry plant is a perennial. This means if you plant one now, it will come back next year and the following and the year after that. It may not bear fruit immediately, but once it does, it will remain productive for about five years.

Americans eat an average of three-and-a-half pounds of fresh strawberries each per year. It's closer to five pounds if you count frozen ones. They're nature's candy!

Native Americans ate strawberries long before European settlers arrived. As spring's first fruit, they were a treat, eaten freshly picked or baked into cornbread.

The ancient Romans thought strawberries had medicinal powers. They used them to treat everything from depression to fainting to fever, kidney stones, bad breath and sore throats. **Strawberries are believed to help reduce the risk of heart disease and certain cancers.** They are low in calories and high in vitamins C, B6, K, fiber, folic acid, potassium and amino acids.

Strawberries contain high levels of nitrate. This has been shown to increase blood and oxygen flow to the muscles. Research suggests that people who load up on strawberries before exercising have greater endurance and burn more calories.

California produces some 80% of the strawberries in the U.S. They grow about 2 billion pounds of the heart-shaped fruits per year. Every state in the U.S. and every province in Canada grows their own.

To store fresh strawberries, wash them and cut the stem away. However, if you plan to keep them in the fridge for a few days, wait until before you eat them to clean them. Rinsing them speeds up spoiling.



The Red Hat ladies group had a nice treat in March.

AJ from the restaurant The Crepery came and did a food demonstration.

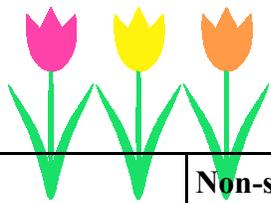


"I avoided the flu all winter... but spring fever finally got me."

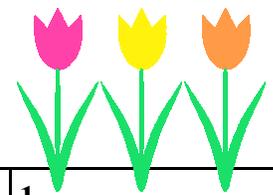
April 2016



<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 1:00 Bobbin Lace 1:30 Spanish 101	9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:15 Clogging 9:30 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 10-12 Blood Pressure  1:00 Movie: To Kill a Mocking Bird
4 9:15 Breakfast Club  12:30 Jeopardy	5 10:00 Stepping on Class 1:00 Movie: Singing in the Rain	6 9:00 Commodities  12:20 Who Am I?	7 1:00 Mysteries at the Museum 	8 10-12 Blood Pressure  Lunch & Learn: Love Languages with Aubree 1:00 Movie: Pillow Talk
11 9:15 Breakfast Club  12:30 Jeopardy	12 10:00 Stepping on Class 1:00 Foot Clinic by Rocky Mountain Care  1:00 Movie: Finding Neverland	13 11:15 Cooking Class  1:00 Book Club 	14 12-4 AARP Driver Safety Course 1:00 Foot Clinic by Rocky Mountain Care  1:00 Secrets of Underground London	15 10-12 Blood Pressure  Lunch & Learn: National Healthcare Decision Day – Sunshine Terrace 1:00 Movie: Father of the Bride
18 9:15 Breakfast Club  12:30 Jeopardy	19 10:00 Stepping on Class 1:00 Movie: Quartet	20 11:15 Craft w/ Giselle \$1.00 1:00 Foot Clinic by Rocky Mountain Care 	 1:00 Mysteries of the Unseen World	22 10-12 Blood Pressure   1:00 Movie: The Help
25 9:15 Breakfast Club  12:30 Jeopardy	26 1:00 Foot Clinic by Integrity Home Health  1:00 Movie: Call Northside 777	27 12:15 Lunch & Learn: Parkinson Awareness—Sunshine Terrace	28 1:00 Red Hat Activity  2:00 Spanish 101	29 10-12 Blood Pressure  Lunch & Learn: Renew Home and Health 1:00 Movie: The Illusionist



April 2016



<p>Menus can change with out notice</p>	<p>Non-seniors: \$5.00 must be receipted at front desk before you eat. Don't forget to call in by 3:00 pm the day before you eat. Senior Donation: \$2.75</p>			<p>1</p> <p>Fajitas Refried Beans Capri Veggies Peaches Muffin</p>
<p>4</p> <p>Tuna Noodle Casserole Carrots Mixed Fruit Wheat Bread</p>	<p>5</p> <p>BBQ Beef Sandwich Veggies Salad Fruit Cobbler</p>	<p>6</p> <p>Chicken Fried Steak Mashed Potatoes w/ Gravy Green Beans Mandarin Oranges Cheese Biscuit</p>	<p>7</p> <p>Minestrone Soup Turkey Sandwich Applesauce Chips</p>	<p>8</p> <p>Pork Riblets Scalloped Potatoes Capri Veggies Peaches Bran Muffin</p>
<p>11</p> <p>Chicken Tenders Mac & Cheese Peas Tropical Fruit</p>	<p>12</p> <p>Turkey Mashed Potatoes w/ Gravy Cascade Veggies Mixed Fruit Dill Roll</p>	<p>13</p> <p>Lentil Soup Ham Sandwich Fruited Jell-O Chips</p>	<p>14</p> <p>Italian Pasta Bake Italian Blend Veggies Sliced Apples Garlic Bread</p>	<p>15</p> <p>Sweet & Sour Pork Rice Egg Roll Pineapple Fortune Cookie</p>
<p>18</p> <p>Sloppy Joes Broccoli Salad Pears Cookie</p>	<p>19</p> <p>Patio Soup Tuna Sandwich Relish Tray Applesauce</p>	<p>20</p> <p>Cordon Bleu Lasagna California Mix Veggies Peaches</p>	<p>21</p> <p>Chicken Pot Pie Biscuits Mandarin Oranges Cake</p>	<p>22</p> <p>Meatloaf Au Gratin Potatoes Peas & Carrots Pears Roll</p>
<p>25</p> <p>Veggie Soup Chicken Salad Sandwich Sliced Apples Chips</p>	<p>26</p> <p>Burrito Pie Black Beans & Corn Pears Cookie</p>	<p>27</p> <p>Turkey Burgers Chinese Salad Pineapple Sun Chips</p>	<p>28</p> <p>Busy Day Steak Noodles Beets Fruit Cobbler</p>	<p>29</p> <p>Hot Roast Beef Sandwich Mashed Potatoes w/ Gravy Broccoli Peaches</p>