

CACHE COUNTY SENIOR CITIZEN CENTER

April 2014

April 2nd 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

*Every Friday at 12:20 we are going to have a "Lunch and Learn"

*Beginning April 1st we will begin to have activities in the afternoon. Please see changes on the activities page.

***Loaves and Fishes
Community Meal
Every first and third Saturday. Free of charge.
Come enjoy food, friendship and connections.
Everyone welcome. 11:30 am—1:00 pm. April 5th
and April 19th at the
First Presbyterian
Church 178 West Center
Street in Logan. Any
questions call Rachel at
435.554.1081 or Amy at
435.881.9211.**

Not many people know that April is National Volunteer Month. It is equally important that we honor the people who dedicate themselves to taking action in helping in our communities. We are excited to celebrate national volunteer week (April 7-11) with our meals on wheels program. During this week of celebration we would like to bring awareness and community involvement for our Meals on Wheels program. Last year we served 35,857 meals to homebound seniors throughout cache county. National volunteer week is a time for many to join forces with different organizations that make a difference in peoples lives. We have invited leaders from our community



to ride along with one of our many volunteer drivers, to see first hand how important the Meals on Wheels program is. Meals on Wheels would not be possible if it were not for our volunteers. There are 13 routes with over 80 volunteers to help deliver these meals through the week.

Director's Message



The other day I heard someone say that these are the best years of our life. Please come join us at the Senior Center and share those best years together with us. Studies have proven that people with social relationships are happier than those who are isolated. Working on making new friendships and nurturing old ones can bring much satisfaction into our lives. Being involved brings happiness, and true happiness is what makes life worthwhile.

Ten Rules to Make Every Day a Great Day!

1. Think good things will happen.
2. Express gratitude to a loved one.
3. Put your gripes away in a box.
4. Be patient with an annoying person.
5. Do something special for yourself.
6. Reach out to someone who needs comfort.
7. Focus deeply on each moment.
8. Learn from a mistake.
9. Look closely at a flower or tree you haven't noticed before.
10. SMILE!



*Sweet April
showers do
spring May
flowers
Thomas Tusser*



240 North 100 East Logan,

Utah 84321

PHONE: (435)755-1720

FAX: (435)752-9513

HOURS: 9:00 A.M. - 4:00 P.M.

www.cachecounty.org

Facebook:

***cache county senior citizens
center***

Caregiving!

Date: April 24, 2014—Thursday

Booths: 5:30-6:00 p.m.

Speakers: 6:00-8:00 p.m.

Place: Cache Valley Adult Day Care Center

1488 N. 200 West Logan, Utah

(C.N.A. care provided as needed)

Topics include the Perspective of the Care Recipient and Art Therapy

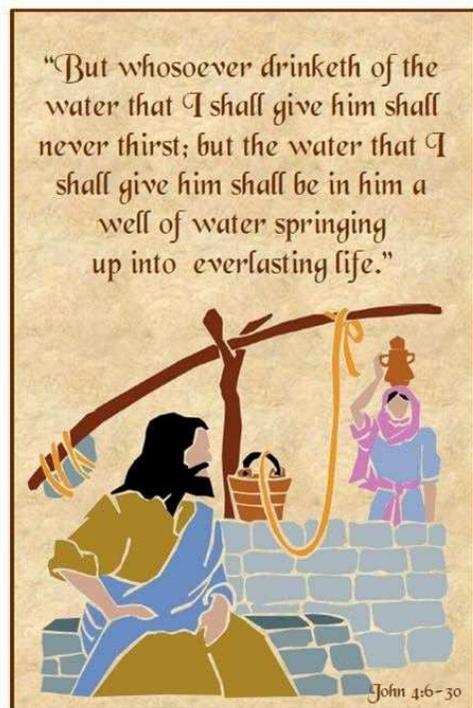
Taste delicious desserts from the participants of our cook off!

RSVP TO DEBORAH CROWTHER

AT 435-713-1462



Are you needing a Visiting Teaching



"But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life."

Handout for April? Visit our gift shop. We will begin to carry little handout and gifts that you can give. This month it is a water bottle with this cute handout. April's price is \$1.00.

Spring Boutique!

You're invited to attend Legacy house annual boutique.

Saturday, April 12th 10:00 AM - 4:00 PM 330 E

1400 N. If you need to shop for mothers day gifts, decorations and beauty products, this is the place!



Find out if Medicare covers your test, service, or item

What services does Medicare cover? Medicare covers certain medical services and supplies in hospitals, doctors' offices, and other health care settings. Services are either covered under Part A or Part B. If you have both Part A and Part B, you can get all of the Medicare-covered services listed in this section, whether you have Original Medicare or a Medicare health plan. To get Medicare-covered Part A and/or Part B services, you must be a U.S. citizen or be lawfully present in the U.S.

What does Part A cover?

Part A (Hospital Insurance) helps cover: Inpatient care in hospitals, Inpatient care in a skilled nursing facility (not custodial or long-term care) Hospice care services, Home health care services, Inpatient care in a religious nonmedical health care institution. You can find out if you have Part A by looking at your Medicare card. If you have Original Medicare, you'll use this card to get your Medicare-covered services. If you join a Medicare health plan, in most cases, you must use the card from the plan to get your Medicare-covered services.

What do I pay for Part A-covered services?

Copayments, coinsurance, or deductibles may apply for each service listed in the following chart. Visit [Medicare.gov](https://www.Medicare.gov), or call 1-800-MEDICARE (1-800-633-4227) to get specific cost information. TTY users should call 1-877-486-2048.

If you're in a Medicare health plan or have other insurance (like a Medicare Supplement Insurance (Medigap) policy, or employer or union coverage), your costs may be different. Contact the plans you're interested in to find out about the costs, or visit the Medicare Plan Finder at [Medicare.gov/find-a-plan](https://www.Medicare.gov/find-a-plan).

What does Part B cover?

Medicare Part B (Medical Insurance) helps cover medically necessary doctors' services, outpatient care, home health services, durable medical equipment, and other medical services. Part B also covers many preventive services. You can find out if you have Part B by looking at your Medicare card.

For more details about Medicare-covered services, visit [Medicare.gov/publications](https://www.Medicare.gov/publications) to view the booklet "Your Medicare Benefits." Call 1-800-MEDICARE to find out if a copy can be mailed to you.

Part B-covered services

We will begin a series of preventive care that Part B covers, please look in the newsletter each month as we will pick one or two preventative services and list details. For more detailed idea of what it covers.

Abdominal aortic aneurysm screening

Medicare covers a one-time screening abdominal aortic aneurysm ultrasound for people at risk. You must get a referral for it as part of your one-time "Welcome to Medicare" preventive visit. See page 53.

You pay nothing for the screening if the doctor or other qualified health care provider accepts assignment.

Note: If you have a family history of abdominal aortic aneurysms, or you're a man 65 to 75 and you have smoked at least 100 cigarettes in your lifetime, you're considered at risk.

Alcohol misuse screening and counseling

Medicare covers one alcohol misuse screening per year for adults with Medicare (including pregnant women) who use alcohol, but don't meet the medical criteria for alcohol dependency. If your primary care doctor or other primary care practitioner determines you're misusing alcohol, you can get up to 4 brief face-to-face counseling sessions per year (if you're competent and alert during counseling). A qualified primary care doctor or other primary care practitioner must provide the counseling in a primary care setting (like a doctor's office). You pay nothing if the qualified primary care doctor or other primary care practitioner accepts assignment.



Daily Activities

Monday

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/Board
Games

Tuesday

9:00 Fitness Room
9:00 Quilting
9:00 Pool Room
9:00 Ceramics
9:30 Wii Bowling
1:00 Movie

Wednesday

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

Thursday

9:00 Fitness Room
9:00 Quilting
9:00 Pool Room
9:15 Clogging
9:30 Wii Bowling
1:00 Wii Bowling

Friday

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



On April 9th we will have the owner of Anderson Seed and Garden here to talk to us about getting our garden ready. After this presentation we will be handing out seeds to those interested in joining us in our first ever pumpkin and sunflower growing competition!! If you do not have a garden plot, do not worry, you can plant your seeds in our garden boxes. In the fall we will take a tour of all the participants gardens and take pictures of the pumpkins and sunflowers. Can yours be the best, the tallest, the roundest? Get your green thumbs ready and let the gardening begin! There will be prizes. If you are planting a vegetable garden things to consider planting now are broccoli, Brussels sprouts, cabbage, kohlrabi, lettuce, onion, peas, radish, spinach, turnip, cauliflower.



***On April 10** we are going to pull up our sleeves and sew away to make doggie beds to donate to the Cache Humane Society. We need old towels, please bring in your old towels and even scraps of batting. Come join us and work on a much needful service project!



April 14 DIY lovers will love this...bring 4 of your old silverware to craft with. We are going to make wind chimes with these!

*** April 15** Come celebrate McDonald's 50th Anniversary!!!. We will be going to McDonalds and ordering ice-cream. You will need to sign up with the front desk. The bus will be leaving at 11:00 am.

Ladies, please join us for some Red Hatter fun on Wednesday, April 23rd at 1:00 P.M. Our theme for this month is Spring has Sprung! Come and learn all about planting an herb garden. And how to use the herbs that you harvest. Don't forget: Red Hatters always wear red and purple so look through your closets and find those colors and we will see you then.



Pool tournament April 10th

Come join us for our tournament!!
Sign up in the pool room at the senior center.

Tournament will begin at 10 am., on Thursday, April 10th.



AARP DRIVING CLASS

Date: April 3, 2014

Time: 12:00-4:00



Going on vacation?

Don't post it on Facebook !!

That's right, vacation season is starting and spring break is here. If you are going out of town for a few days, it's better not to post that fact anywhere on the internet. In fact, you shouldn't post until you get home. You never know who may be reading your Twitter or Facebook pages etc.. If people know you are not home, even "friends", it's a great opportunity to rob your house. Take lots of pictures and share them when you get home. People will enjoy

them just as much and you will be safer. Remember, don't work hard, Think Smart!



Income Tax Assistance

- Cache County Senior Citizens Center—755-1720 until all appointments are filled
- BRAG—752-7242—site closes 4/8/2014
- Department of Workforce Services 792-0300—site closes 4/10/14

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 apt. and inquire about applying for the **Extra Help**.



Senior Center Happenings



Need help navigating the internet, e-mail, or even face-book? Join us in our computer room on Fridays at 1:00 pm at the Senior Center.

To celebrate Spring and Easter this month we will be having a special cooking class on April 16 @ 11:00 AM. This fun activity will be taught by Kristine and Giselle. Make sure to stay and participate.



Reading Corner: Looking for a great book to read? Here are a few that we here at the Center have read.

"Austenland" by Shannon Hale

"Skin" by Ted Dekker

"The Memory Keepers Daughter" by Kim Edwards



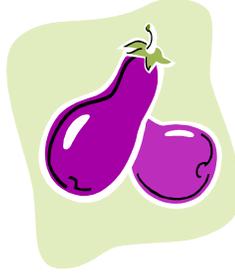
We will begin a book club every 3rd

Thursday starting in April. We will be meeting in the Library at 1 pm.

Eggplant and your health

While eggplants don't have an overwhelming supply of any one nutrient, they do contain an impressive array across the board of many vitamins and minerals, such as excellent amounts of fiber, folate, potassium and manganese, as well as vitamins C, K, and B6, phosphorus, copper, thiamin, niacin, magnesium, and pantothenic acid. Studies indicate that eggplant has a number of health benefits from all these ingredients, as well as traditional uses. Sometimes, the leaves and roots are juiced or boiled to make a tonic for throat and stomach troubles, asthma, skin diseases, rheumatism, inflammation, intestinal hemorrhages, foot pain, coughs, anorexia, toothache, or as a general stimulant. Modern-day scientists found that the Black

Magic variety of eggplant contains nearly three times the amount of antioxidant phenolics they found in other eggplant types. Phenols are known to be one of the most powerful free radical scavengers, which can prevent cancer development and heart disease, but it's these very attributes that give eggplants a slight bitter taste. Another study found that anthocyanin phytonutrients in the skin of eggplants, called nasunin, is a potent antioxidant that zaps free radicals and protects the lipids (fats) in brain cell membranes from damage.



ADULT TRUTHS

- *Sometimes I'll look down at my watch 3 consecutive times and still not know what time it is.
- *Nothing sucks more than that moment during an argument when you realize you're wrong.
- * I totally take back all those times I didn't want to nap when I was younger.
- *There is great need for a sarcasm font.
- *How the heck are you supposed to fold a fitted sheet?
- *Was learning cursive really necessary?
- *Map Quest really needs to start their directions on # 5. I'm pretty sure I know how to get out of my neighborhood.
- *Obituaries would be a lot more interesting if they told you how the person died.
- *I can't remember the last time I wasn't at least kind-of tired.
- *Bad decisions make good stories.



EGGPLANT PARMESAN

A classic Italian baked eggplant Parmesan casserole with fried eggplant slices layered with Mozzarella, Parmesan, basil, and tomato sauce.

Ingredients

Yield: Serves 8.

- 2 lbs. (about 2 large) eggplants
- Kosher salt
- 1 28-oz can whole peeled tomatoes
- 1 clove garlic, peeled and minced
- Olive oil
- Freshly ground black pepper
- 1/2 cup all-purpose flour
- 1/2 cup fine dry breadcrumbs
- 4 large eggs, beaten
- 1 1/2 lbs. of fresh mozzarella cheese,

sliced into 1/4 inch rounds
• 1 cup grated high quality Parmesan cheese



1 Cut eggplants lengthwise into 1/4 inch slices. Arrange one layer in the bottom of a large colander and sprinkle evenly with salt. Repeat with remaining eggplant, salting, until all eggplant is in the colander. Weigh down the slices with a couple of plates and let drain for 2 hours. The purpose of this step is to have the eggplant release some of its moisture before cooking.

2 While the eggplant is draining, prepare tomato sauce. Combine tomatoes, garlic and 1/3 cup olive oil in a food processor. Season with salt and pepper to taste and set aside.

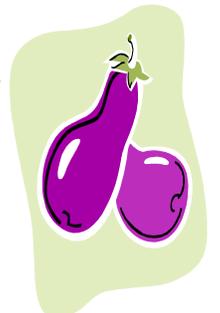
3 When eggplant has drained, press down on it to remove excess water, wipe off the excess salt, and lay the slices out on paper towels to remove all the moisture. In a wide, shallow bowl, combine flour and breadcrumbs. Mix well. Pour beaten eggs into another wide shallow bowl. Place a large, deep skillet over medium heat, and pour in a half inch of olive oil. When oil is shimmering, dredge the eggplant slices first in the flour mixture, then in the beaten egg. Working in batches, slide coated eggplant into hot oil and fry until golden brown on

both sides, turning once. Drain on paper towels.

4 Preheat the oven to 350°F. In the bottom of a 10x15 inch glass baking dish, spread 1 cup of tomato sauce. Top with one third of the eggplant slices. Top eggplant with half of the mozzarella slices. Sprinkle with one third of the Parmesan and half of the basil leaves.

5 Make a second layer of eggplant slices, topped by 1 cup of sauce, remaining mozzarella, half the remaining Parmesan, and all of the remaining basil. Add remaining eggplant, and top with the remaining tomato sauce and Parmesan.

6 Bake until cheese has melted and the top is slightly brown, about 30 minutes. Allow to rest at room temperature for about 10 minutes before serving.





April 2014



	<p>1 12:15 Minute to Win It!</p> <p>1:00 Movie The Hallelujah Trail</p>	<p>2 9:00 Commodities</p> 	<p>3 12-4 AARP 1:00 Foot Clinic 1:15 Senior USU</p> 	<p>4 Lunch & Learn Alpine Medical</p> <p>1:00 Movie Deception Betty Davis birthday we'll celebrate with cupcakes</p>
<p>7 Volunteer Week Begins 9:15 Breakfast Club</p>  <p>10:30 Arm Chair Travel Belgium</p>	<p>8 10:30 Alpine medical repair wheelchairs and walkers. 11:00 Blood Pressure and oxygen check</p>  <p>1:00 Movie Girl Happy</p>	<p>9 10:00 Anderson Seed Store— Preparing our Gardens</p> 	<p>10 10:00 Pool Tournament</p>  <p>11:00 Make doggie beds to donate to cache humane society</p> <p>1:00 foot Clinic</p> 	<p>11 Lunch & Learn Bear River Health Dept. Blood Pressure 10-12</p>  <p>1:00 Movie Singing in the Rain</p>
<p>14 9:15 Breakfast Club</p>  <p>11:00 DIY wind chimes out of old silver ware</p>	<p>15 11:00 Trip to McDonalds for Ice-cream 12:15 "Springtime in the Rockies"— lunchtime entertainment</p> <p>1:00 Movie State Fair</p>	<p>16 11:00 Easter cooking class with Kristine & Giselle</p>  <p>1:00 Foot clinic</p> 	<p>17 1:00 Book Club</p> 	<p>18 Lunch & Learn Sunshine Terrace Stoke Awareness</p> <p>10:30 Make cards to celebrate national card making and letter writing day.</p> <p>10-12 Blood Pressure</p>  <p>1:00 Movie Frozen</p>
<p>21 9:15 Breakfast Club</p> 	<p>22 Earth Day 11:00 Make lady bug rocks 1:00 Foot Clinic</p>  <p>1:00 Movie Pillow Talk</p>	<p>23 1:00 Red Hat Activity</p> 	<p>24</p>	<p>25 Lunch & Learn Logan City 10-12 Blood Pressure</p>  <p>1:00 Movie 42</p>
<p>28 9:15 Breakfast Club</p> 	<p>29 1:00 Movie North to Alaska</p>	<p>30</p>	<p>1</p>	<p>2</p>



April 2014



<p>Don't forget to call in by 3:00. the day before you eat.</p> <p>Senior Donation: \$2.75</p> <p>Non-seniors: \$5.00 must be receipted at front desk before you eat.</p>	<p>1</p> <p>French Bread Piz-za</p> <p>Italian Veggies</p> <p>Mixed Fruit</p> 	<p>2</p> <p>Porcupine Meat-balls</p> <p>Baked potato</p> <p>Peas and carrots</p> <p>Pineapple Roll</p>	<p>3</p> <p>Kris' Carrot Chowder</p> <p>4-bean salad</p> <p>Pears Roll</p> <p>Brownies</p>	<p>4</p> <p>Ham</p> <p>Cheesy Potatoes</p> <p>Carrots</p> <p>Applesauce Roll</p>
<p>7</p> <p>Fish</p> <p>Mac-N-Cheese</p> <p>Broccoli</p> <p>Peach Cobbler</p> <p>Blueberry Muffin</p>	<p>8</p> <p>Chicken Alfredo w/ noodles</p> <p>Mixed Veggies</p> <p>Spiced Apples</p> <p>Wheat Bread</p>	<p>9</p> <p>Honey glazed chicken w/ Rice</p> <p>Oriental Veggies</p> <p>Mandarin Oranges</p> <p>Chinese Almond cookie</p>	<p>10</p> <p>Poppy seed chick-en</p> <p>Bake Potato</p> <p>Peas</p> <p>Pear Buckle Roll</p>	<p>11</p> <p>Lasagna</p> <p>California Mix</p> <p>Garlic Toast</p> <p>Tropical Fruit</p> <p>Pineapple Crush</p> <p>Jell-O</p>
<p>14</p> <p>Potato Soup</p> <p>Chicken Salad sandwich</p> <p>Oriental Slaw</p> <p>Apricot</p>	<p>15</p> <p>Chicken Cordon Bleu</p> <p>Au Gratin Potatoes</p> <p>Mixed veggies</p> <p>Applesauce Roll</p>	<p>16</p> <p>Brunch For Lunch!!!</p>  <p><i>(Baked Denver Omelet, Hash brown, Fruit Parfait, Bran muffin)</i></p>	<p>17</p> <p>Rosemary Chicken</p> <p>Mashed Potato w/ gravy</p> <p>Mixed veggies</p> <p>Orange Roll</p>	<p>18-Easter Weekend</p> <p>Hamburgers w/ fixins</p> <p>Macaroni salad</p> <p>Melon Mix</p> <p>Dessert </p>
<p>21</p> <p>Club Sandwich</p> <p>Chips</p> <p>Carrot Raisin Salad</p> <p>Mixed fruit</p> <p>Cookie</p>	<p>22</p> <p>BBQ Riblets</p> <p>Baked Potato</p> <p>Scandinavian Veggies</p> <p>Apple Crisp</p> <p>Wheat bread</p>	<p>23</p> <p>Chicken N</p> <p>Broccoli casserole</p> <p>Beets</p> <p>Apricots</p> <p>Dessert</p>	<p>24</p> <p>Pig in a blanket</p> <p>Baked Beans</p> <p>Parsley Carrots</p> <p>Peaches</p>	<p>25</p> <p>Santa Fe Chicken</p> <p>Rice</p> <p>Capri Blend veg-gies</p> <p>Applesauce</p> <p>Dessert</p>
<p>28</p>  <p>Spaghetti</p> <p>Tuscan Blend Veggies</p> <p>Pineapple Upside Cake</p> <p>Garlic Toast</p>	<p>29</p> <p>Corn Chowder</p> <p>Tuna Salad Sand-wiches</p> <p>Cucumber & toma-to Salad</p> <p>Mixed Fruit</p>	<p>30</p> <p>Swiss Steak</p> <p>Mashed potatoes w/ gravy</p> <p>Green beans</p> <p>Mandarin Oranges</p> <p>Roll</p>	<p>1st of May</p> <p>Chicken Pot Pie</p> <p>Green Salad</p> <p>Grapes</p> <p>Biscuit</p> <p>Cookie Bar</p>	<p>2nd of May</p> <p>Beef Enchiladas</p> <p>Refried beans</p> <p>Chuck wagon corn</p> <p>Watermelon</p>