

CACHE COUNTY SENIOR CITIZEN CENTER

December 2013

Holiday Lunch & Program

December 6th—Friday at 12:00

We are on the final countdown for comparing costs and changing prescription drug coverage during this open enrollment period. The final date to make these changes is Dec 7th. I would strongly suggest you DO NOT wait until the last day to make any changes. Make an appointment, with Giselle 755.1726 if you would like some help.

We have a delicious meal & wonderful program planned. Please call Marisol at 755-1720 before Dec. 4th @3:00 for your reservation as our seating is limited. Cost: donation \$2.75

*Dec. 4 COMMODITIES Pickup at 9:00

Director's Message

Dec. 19 at 10:30 Gift Wrapping

Sending the warmest Christmas wishes to you and your family. May God shower his choicest blessings on you



Dec. 12—10:30 Card making

*December 24th—Christmas Eve

We will be closing at 12:00—noon.

***Bear River Health Dept.** Flu Shots Available: Flu Shots are \$25 if there is no insurance- NO APPOINTMENT NECESSARY AND NO CO-PAY.

We accept Medicaid, Medicare Part B, Medicare HMO based on private policy, Select Health, EMI Health, PEHP, Blue Cross and Blue Shield and Altius. Please bring you insurance card. There is no cost with these insurances.

Kristine

Marisol

Regina

Barry

Kris

Denece

Rod

Jeff

Tim

Tammy

Lizbeth

Giselle



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Utah 84321

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Cache County Senior Center Gift Shop

Incredibly adorable and affordable gifts quilts, Christmas gifts, baby items, kitchen towels & scrubbies, cards, bookmarks, pillowcases, jewelry, friend and neighbor gifts and much more! All money goes towards running the Senior Center.

Playing in December

Tuesdays are
Movie Days,
Come and enjoy
popcorn and a Movie !

OZ the Great and Powerful (2013 PG) Playing Dec. 3



The film is based on L. Frank Baum's Oz novels and also pays homage to the 1939 MGM film, The Wizard of Oz. Set 20 years before the events of the original novel, Oz the Great and Powerful focuses on Oscar Diggs, who arrives in the Land of Oz and encounters three witches: Theodora, Eva Nora and Glinda. Oscar is then enlisted to restore order in Oz, while struggling to resolve conflicts with the witches and himself.

ARM CHAIR TRAVEL

Starting in January we will be traveling around the world right from our very own flat screen TV. Come and Learn with us. We will also have a light snack that corresponds with the Country in Learning.

Jan 6 Australia
Jan 13 Nicaragua
Jan 20 Spain
Jan 27 Germany



It's a Wonderful Life
(1946) playing Dec.10

It's a Wonderful Life is a 1946 American Christmas drama The film is considered one of the most loved films in American cinema and has become traditional viewing during the Christmas season.

Miracle on 34th St. (PG) Playing Dec. 17



Miracle on 34th a 1947 Christmas film written and directed by George Seaton, based on a story by Valentine Davies. It stars Maureen O'Hara, John Payne, Natalie Wood and Edmund Gwenn. The story takes place between Thanksgiving Day and Christmas Day in New York City, and focuses on the impact of a department store Santa Claus who claims to be the real Santa. The film has become a perennial Christmas favorite.

That's the Good news?

A patient went to see his doctor for a consultation over some lab test. "I've got good news and bad news" said the doctor. Give me the good news first," said the patient. "The good news is you only have 24 hours to live."
 "Geez!" said the patient. "If that's the good news, what's the bad news?" " I forgot to call you yesterday," said the doctor.



Holiday Blues - Depression among the Elderly

November 11, 2013 - By the NCPC (National Care Planning Council)

Authors: Valerie Michel Buck & Jed Winegar

The holiday season offers many opportunities to spend quality time with family and friends. If you are a caregiver or family member of an aging loved one, you may observe a change in their mood or behavior during the holidays. You may notice unusual signs of fatigue or sadness or perhaps limited interest in the holiday season.

The winter holiday season (and the colder months which accompany it) can intensify feelings of sadness which aging seniors often experience. Most often it is not the holiday itself that cause these types of emotions among the elderly, rather the fact that the holidays tend to bring memories of earlier, perhaps happier times.



Seasonal Affective Disorder

Seasonal Affective Disorder (SAD), also termed winter depression, winter blues, summer depression, summer blues, or seasonal depression, was originally considered a mood disorder among those with normal mental health throughout most of the year who experience depressive symptoms at a certain time of year. Recently, in the Diagnostic and Statistical Manual of Mental Disorders, SAD is no longer classified as a unique mood disorder, rather as a specifier for a recurrent major depressive disorder called "with seasonal pattern" that occurs only during a specific time of year and fully remits thereafter. Although initially skeptical, experts now recognize this condition as common disorder, with prevalence among adults ranging from 1.4% in Florida to as many as 9.7% in New Hampshire.

The U.S. National Library of Medicine notes that: "some people experience a serious mood change when the seasons change. They may sleep too much, have little energy, and may also feel depressed. Though symptoms can be severe, they usually clear up ... The condition in the summer can include heightened anxiety."

What causes depression in the elderly?

Depression can be caused by a minor or serious medical problem; chronic pain or complications of an illness; memory loss; poor diet; loss of a spouse, close friend or companion; a move to a care facility; lack of exercise; change in routine; general frustrations with aging. Symptoms to look for include: Depressed or irritable mood
*Feelings of worthlessness or sadness *Expressions of helplessness *Anxiety *Loss of interest in daily activities
*Loss of appetite *Weight loss *Lack of attention to personal care and hygiene* Fatigue* Difficulty concentrating * Irresponsible behavior* Obsessive thoughts about death and suicide

How do you know if your loved one is dealing with depression or dementia?

Depression and dementia share similar symptoms. A recent article from Helpguide.org gives some specific differences: In depression there is a rapid mental decline, but memory of time, date and awareness of the environment remains. Motor skills are slow, but normal in depression. Concern with concentrating and worry about impaired memory may occur.

On the other hand, dementia symptoms reveal a slow mental decline with confusion and loss of recognizing familiar locations. Writing, speaking and motor skills are impaired and memory loss is not acknowledged as being problem by the person suffering dementia.

Whether it is depression or dementia, prompt treatment is recommended. A physical exam can help determine if there is a medical cause for depression. A geriatric medical practitioner is skilled in diagnosing depression and illnesses in the elderly. If you are a care taker of an elderly person it may be beneficial for you to seek out a geriatric health care specialist.

How can you help an elderly loved one during the holidays?

As a care giver or family member of a depressed older person, make it your responsibility to get involved. The elder person generally denies any problems or may fear being mentally ill, which can make it that much harder to know if the elder person is having any issues. You can help the elder person feel the magic of the season and feel loved by including them in general activities such as:

Making holiday cookies - Including distributing them to neighbors, family and friends. *Church Activities - If you or the elderly person is a church goer, churches are filled with holiday activities that need volunteers. *Shopping - Holiday shopping can be time consuming, but it's always nice to have a companion. *Seasonal Crafts - So much to be made in such a little time. *Vacation - Make it simple or complicated, visit family or even stay in town and see the sites as if you've never been. *Caroling *Decorating - Decorating a house can be time consuming, pulling out all the boxes and going through everything. Get the kids involved, make a day of it. * Holiday Parties - It seems like people make the rounds, including an elderly person can help keep them occupied and social. *Gift Wrapping - It seems like this never ends and it is an easy task. *Christmas Lighting - Adding indoor lights can help get everyone in the season and aid in relief of Seasonal Affective Disorder. *Volunteering - Remember to find something that fits the physical limitations of the elderly person. If they love kids, visit a children's hospital. Feeding the homeless can be fun and humbling. *Event Planning - Have a party you need to throw, help the elderly person feel productive and useful by making them the party organizer, even if it's a small get together. Their opinion is important not only to them. Let them delegate tasks to you. *Gift Making - Making gifts and being thrifty is the new Rolex of gifts, go on Pinterest and find some easy crafts or projects. Their blog will contain cost effective and fun gifts you can make during the season. *Having a dance or a talent show - Keeping the kids and the elderly person busy, you can organize something easy and offer a fun prize.* Ballet - This is a beautiful night out that any soul can appreciate.* Introduce foods with better nutrition - Some depression can be caused in whole or in part by lack of good nutrition. Introduce and share food with the elderly that are high in Vitamins and Minerals. Remember that some foods can affect medications and spark flare ups of symptoms in certain ailments. *Exercise - Physical limitations of most elderly make this hard. Try simple exercises and work your way up to more complicated ones with time.

Getting a treatment

A great haircut or hot shave can make you feel wonderful. A pedicure is a bonus for both men and women, most salons also do a leg massage during the pedicure. *Friends - It is easy to neglect friends throughout your life, the same happens with the elderly, especially those who rely on a caregiver. Calling their friends and getting them together regularly can be a big help. No one relates better to the elderly, then the elderly. They are a great support system and can recommend items and products to each other to help with their needs. *Fresh Air and Sunshine * Cold or warm, sunshine and fresh air is good for the soul, it also helps with Vitamin D. *If an elderly person's depression is linked to a passed loved one, the holiday season can make things particularly painful but discussing and reminiscing about the departed may result in sharing feelings that many have and need to let out. After the death of Prince Albert, Queen Victoria had maids set out Prince Albert's clothing for the remainder of her life. Many of us absorb the grief in different ways. The following might help: Scrapbooking about the person carrying on their story is very important for younger generations. *Buying the deceased a gift - This can be a reminder of happier times and assist with openly keeping the deceased's memory alive. *Making the deceased's favorite food *Remembering aloud - Go around the room and each person says what you miss/love about those who have passed. This can help younger generations remember the deceased in a good light and help them manage death better in the later years..

**Loaves and Fishes
Community Meal**
every first and third Saturday.
Free of charge. Come enjoy
food, friendship and connec-
tions. Everyone welcome.
11:30—1 pm. Dec. 7 & 21, First
Presbyterian Church, Center
Street and 200 West. Any
questions call Rachel at
435.554.1081 or Amy at
435.881.9211.

Harmony Home Health is now serving the Cache Valley area with our specialty diabetic program. Today there are approximately 25.8 million Americans with Diabetes, of those 18.8 million are diagnosed with another 7 million undiagnosed. If you or a loved one are insulin dependent, and are unable to manage or get your blood sugars under control, our specialized nurses can assist you in your home with your diabetic cares at no cost to you through your insurance benefits. Our services include: Skilled nursing to assist in your diabetic management including insulin administration while overseeing other health concerns you may have. We work with your physician to help advocate and communicate your needs on a routine basis. At Harmony Home Health our mission is to impact the lives of everyone we touch in very meaningful, sincere and deliberate way every single day. Give us a call at 877-463-3322 to



Differences between Medicare Parts A, B, C and D

There are four parts to Medicare:

- Medicare Part A, Hospital Insurance;
- Medicare Part B, Medical Insurance;
- Medicare Part C (Medicare Advantage), which was formerly known as Medicare + Choice; and
- Medicare Part D, prescription drug coverage.

Generally, people who are over age 65 and getting Social Security automatically qualify for Medicare Parts A and B. So do people who have been getting disability benefits for two years, people who have amyotrophic lateral sclerosis (Lou Gehrig's disease) and receive disability benefits, and people who have permanent kidney failure and receive maintenance dialysis or a kidney transplant.

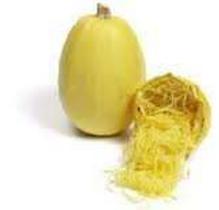
Part A is paid for by a portion of Social Security tax. It helps pay for inpatient hospital care, skilled nursing care, hospice care and other services.

Part B is paid for by the monthly premiums of people enrolled and by general funds from the U.S. Treasury. It helps pay for doctors' fees, outpatient hospital visits, and other medical services and supplies that are not covered by Part A.

Part C (Medicare Advantage) plans allow you to choose to receive all of your health care services through a provider organization. These plans may help lower your costs of receiving medical services, or you may get extra benefits for an additional monthly fee. You must have both Parts A and B to enroll in Part C.

Part D (prescription drug coverage) is voluntary and the costs are paid for by the monthly premiums of enrollees and Medicare. Unlike Part B in which you are automatically enrolled and must opt out if you do not want it, with Part D you have to opt in by filling out a form and enrolling in an approved plan.

Health Benefits of Spaghetti Squash



Spaghetti Squash contains omega-3 essential fatty acids and omega-6 fatty acids. While omega-3 fatty acids help prevent heart diseases, inflammation occasioned by arthritis and different types of cancers, omega-6 fatty acids are ideal for promoting proper brain function. Omega – 6 has a variety of minerals and vitamins, which are essential for proper functioning of your body. Some of the recent conducted health studies have proven that spaghetti squash helps in curing prostate cancer and benign prostate enlargement. Spaghetti squash is highly rich in beta carotene, which is essential in preventing atherosclerosis. It also has numerous health benefits especially for people with insulin deficiency. The fact that spaghetti squash has a lot of potassium makes it the ideal diet for people with blood pressure. It can amazingly lower high blood pressure if consumed over time. The folate contained in the spaghetti squash helps in strengthening the walls of blood vessels besides enhancing blood circulation.

Spaghetti squash is a great source of both vitamin C and vitamin A, which are also antioxidants. They can, therefore, prevent cell damage. Because spaghetti squash has plenty of vitamin B, it promotes proper cellular functioning.

Cheesy Spaghetti Squash Casserole

I really enjoy pasta. Ok. Who am I kidding. I OBSESS over pasta!! And who doesn't love the creaminess of Alfredo sauce? Am I right? This Spaghetti Squash Casserole delivers all that creamy goodness.

Ingredients (Serves 4)

2 spaghetti squash
1 jar (10-15 oz) Light Alfredo Sauce
1 and 1/3 cups of shredded mozzarella cheese
salt and pepper to taste.

Instructions

1. Place squash on a rimmed baking sheet. Make 2-3 vents in the squash by poking deep slits with a sharp knife. Bake in oven for 60-65 minutes at 350 degrees. Remove from oven and let rest for 10-15 minutes.
2. Cut squash in half, length wise, and scoop out seeds.
3. With a fork, shred the inside of the squash, forming your "spaghetti noodles". Season with a little salt and pepper.
4. Now add in 1/4 cup of Alfredo sauce to each squash half. Mix well until all your squash noodles are covered. Top with 1/3 cup of shredded cheese.
5. Place squash under the broiler for 2-3 minutes until bubbly and melted. EAT AND ENJOY!



December 2013



<p>2 Hawaiian Haystacks Peas Mandarin Oranges Roll</p>	<p>3 Sloppy Joes Potato chips Coleslaw Pears</p>	<p>4 French bread pizza Italian Veggies Mixed Fruit</p>	<p>5 Soup Day Ham Sandwich Carrot Raisin Salad Jell-O- salad</p>	<p>6 Holiday lunch </p>
<p>9 Tuna noodle casserole Beets Apricots Wheat bread</p>	<p>10 Baked ziti California Mix Garlic Toast Applesauce</p>	<p>11 Fish  Cheesy Potato Carrots Pears</p>	<p>12 Breakfast for Lunch</p>	<p>13 Taco Casserole Mixed veggies Peaches Corn muffin</p>
<p>16 Swiss Steak Mashed potato w/gravy Green beans Mandarin Oranges Roll</p>	<p>17 Soup day Turkey Sandwich Chips Barry's Foo Foo Salad </p>	<p>18 Green Bean Casserole Tater Tots Applesauce Wheat Bread</p>	<p>19 Ham Baked Potatoes Green Beans Pears Roll</p>	<p>20 Spaghetti Italian Veggies Apricots</p>
<p>23 Pulled Pork sandwich Veggie Tray Peaches Cookie</p>	<p>24 Close at 12:00 noon No lunch served</p>	<p>25 Closed for Christmas</p>	<p>26 Closed for Christmas</p>	<p>27 Closed for Christmas</p>
<p>30 Closed for Christmas</p>	<p>31 Closed for Christmas</p>	<p>Please call 755-1720 one day in advance for reservation. Suggested donation is \$2.75 for seniors Non-seniors must be receipted at the front office \$5.00.</p>		

December 2013



<p>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 12:30 Jeopardy 1:00 Bridge</p>	<p>9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:00 Ceramics 9:30 Wii Bowling 11:15 Sit-n-be-fit 1:00 Movie</p>	<p>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 1:00 Bridge</p>	<p>9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:15 Clogging 9:30 Wii Bowling 11:15 Sit-n-be-fit 12:30 Sing Along</p>	<p>9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:10 Line Dancing 10:30 Bingo 11: Pickle Ball 11:15 Sit-n-be-fit 1:00 Bridge</p>
<p>2 10:15 First aide for walking club 12:30 Pioneer Valley lodge will be celebrating the December birthdays</p>	<p>3</p>	<p>4 9:00 Commodities 1-3 Bobbin and Lace</p>	<p>5 </p>	<p>6 Holiday Lunch 12:00 <i>Regular activities cancelled we will have a Christmas movie showing in the multi-purpose room at 10:00</i></p>
<p>9 </p>	<p>10</p>	<p>11 1-3 Bobbin and Lace</p>	<p>12 10:30 Card making 12:00—4:00 pm AARP Foot Clinic</p>	<p>13 Blood pressure 10-12 12:00 Blue Grass Band</p>
<p>16</p>	<p>17</p>	<p>18 1-3 Bobbin and Lace Foot Clinic</p>	<p>19 10:30 CNS will be wrapping Christmas presents</p>	<p>20 Blood Pressure 10-12 12:00 Colleen F. Gordon Guitarist/ Singer</p>
<p>23 </p>	<p>24 Christmas Eve Closed at 12:00 noon</p>	<p>25 Closed for Christmas </p>	<p>26 Closed for Christmas</p>	<p>27 Closed for Christmas</p>
<p>30 Closed for Christmas</p>	<p>31 Closed for Christmas</p>	<p><i>Merry Christmas</i> </p>		