

CACHE COUNTY SENIOR CITIZEN CENTER

January 2014

We would like to thank Smith's Market Place at 750 North Main, Logan for their generous Christmas donation to our Senior Center. They donated a new sewing machine, popcorn for our movie day and a variety of BINGO prizes (paper towels, toilet tissue, Mac & Cheese, and granola bars.)

Join Us on Facebook

We are now on Facebook. Make sure to click "like" on the Cache County Senior Citizens Center Facebook page. We will be posting events, upcoming activities, new announcements and the ins and outs of the senior center.

January 8th at 9:00—Commodities pickup

January 20th - We will be closed for Martin Luther King Jr. Day

Every Friday at 12:10 we are going to have a "Lunch and Learn". This will consist of a musical program or spotlight a service that is available in our community to help seniors and their families. We are finding that this is the only time for all of us to gather together and share important information. If you are not interested in the topic that will be presented or the program please quietly leave and let the rest of us enjoy the program or learn about things that are important to us. If there are cakes to be raffled it will be done after the program.

To report Elder & Vulnerable Adult abuse call: 1-800-371-7897

240 North 100 East Logan,
Utah 84321

PHONE: (435)755-1720

FAX: (435)752-9513

HOURS: 9:00 A.M. – 4:00 P.M.

NEW YEAR'S RESOLUTIONS FOR SENIORS

Participate in cognitive health activities: Keep your mind engaged and stimulated through a language class, book club or by playing brain games and trivia on the computer.

Exercise or start a new physical activity: Exercise doesn't have to be exhausting, and it certainly doesn't have to feel like work. The Cache County Senior Citizens Center offers: Line Dancing - Monday, Wednesday and Friday at 9:10, Tia Chi - Monday and Wednesday at 10:15, Sit-n-Be Fit - Monday-Friday at 11:15, Walking class - Monday at 10:30 and Pickle Ball - Friday at 11:15.

Eat more fresh foods: Make a promise to eat more fresh, healthy fruits and vegetables.

Make your home safer: According to the Centers for Disease Control, one in three adults over the age of 65 falls each year. Many of these falls are preventable, especially if home safety tips are implemented. Tips like moving cords out of walkways, having good lighting near beds and taping down edges of carpet and rugs can help tremendously to decrease the number and severity of falls for seniors.

Schedule regular checkups: Unfortunately, with age come an increased risk of illness and other complications such as high blood pressure, osteoporosis and other medical conditions. Making sure that you schedule a regular annual checkup can help in early detection and prevention.



10 Symptoms of Caregivers Stress

1. **Denial** about the disease and its effect on the person who has been diagnosed. *(I know Mom is going to get better.)*
2. **Anger** at the person with Alzheimer's, anger that no cure exists or anger that people don't understand what's happening. *(If he asks me that one more time I'll scream!)*
3. **Social withdrawal** from friends and activities that once brought pleasure. *(I don't care about getting together with the neighbors anymore.)*
4. **Anxiety** about the future. *(What happens when he needs more care than I can provide?)*
5. **Depression** that begins to break your spirit and affects your ability to cope. *(I don't care anymore.)*
6. **Exhaustion** that makes it nearly impossible to complete necessary daily tasks. *(I'm too tired for this.)*
7. **Sleeplessness** caused by a never-ending list of concerns. *(What if she wanders out of the house or falls and hurts herself?)*
8. **Irritability** that leads to moodiness and triggers negative responses and actions. *(Leave me alone!)*
10. **Lack of concentration** that makes it difficult to perform familiar tasks. *(I was so busy, I forgot we had an appointment.)*
11. **Health problems** that begin to take a mental and physical toll. *(I can't remember the last time I felt good.)*

Call our 24/7 Helpline at 800.272.3900

www.alz.org/utah

We are looking for flannel or baby print material to make baby quilts for the Bear River Head Start. They are a non-profit organization whose goal is to help children of low-income families by providing high-quality child development services. As part of their services, they provide support to expectant mothers and to new-born children and they are in need of warm baby quilts.



Tips to manage stress

If you experience signs of stress on a regular basis, consult your doctor. Ignoring symptoms can cause your physical and mental health to decline.

Know what resources are available. Adult day programs, in-home assistance, visiting nurses and meal delivery are just some of the services that can help you manage daily tasks. Use our online Community Resource Finder or contact your local Alzheimer's Association chapter for assistance in finding Alzheimer's care resources in your community. Use Alzheimer's Navigator, our free online tool that helps evaluate your needs, identify action steps and connect with local programs and services.

Get help. Trying to do everything by yourself will leave you exhausted. Seek the support of family, friends and caregivers going through similar experiences. Tell others exactly what they can do to help. The Alzheimer's Association 24/7 Helpline (800.272.3900), online message boards and local support groups are good sources of comfort and reassurance.

Use relaxation techniques. There are several simple relaxation techniques that can help relieve stress. Try more than one to find which works best for you. Techniques include:

Visualization (mentally picturing a place or situation that is peaceful and calm)

Meditation (which can be as simple as dedicating 15 minutes a day to letting go of all stressful thoughts)

Breathing exercises (slowing your breathing and focusing on taking deep breaths)

Progressive muscle relaxation (tightening and then relaxing each muscle group, starting at one end of your body and working your way to the other end) Learn more about relaxation techniques on the Mayo Clinic website.

Get moving. Physical activity — in any form — can help reduce stress and improve overall well-being. Even 10 minutes of exercise a day can help. Take a walk. Do an activity you love, such as gardening or dancing.

Make time for yourself. As a caregiver, it's hard to find time for yourself, but staying connected to friends, family and activities that you love is important for your well-being. Even if it's only 30 minutes a week, carve out a pocket of time just for yourself.

Become an educated caregiver. As the disease progresses, new caregiving skills may be necessary. The Alzheimer's Association offers programs to help you better understand and cope with the behaviors and personality changes that often accompany Alzheimer's.

Take care of yourself. Visit your doctor regularly. Watch your diet, exercise and get plenty of rest. Making sure that you stay healthy will help you be a better caregiver.



Wii Bowling Tournament

Date: January 21st

You need to be registered

by January 14th.

We will be competing
against

teams that work for
Cache County.



LOCAL EVENTS

Loaves and Fishes Community Meal

Every first and third Saturday.
Free of charge. Come enjoy
food, friendship and connections.
Everyone welcome.

11:30—1 pm. Jan 4th & 18th,
First Presbyterian Church,
Center Street and 200 West.
Any questions call Rachel at
435.554.1081 or Amy at

LIFE
is about
using
the
whole
box of
crayons



With the New Year here we are all thinking of goals to achieve. The most popular New Year's resolutions per USA Today include:

- Drink Less Alcohol
- Eat Healthy Food
- Get a Better Education
- Get a Better Job
- Get Fit
- Lose Weight
- Manage Debt
- Manage Stress
- Quit Smoking
- Reduce, Reuse, and Recycle
- Save Money
- Take a Trip
- Volunteer to Help Others

Many of us will start a diet and exercise program this month. If this year is anything like all the others, and why wouldn't it be? The majority of us will quit the diet and stow the gym clothes before the snow even melts. What I suggest is to find answers to your health questions, find a friend with common goals to help keep each other on track and then celebrate success, and most importantly, realize that moderation in all things applies to both eating, exercise routines and goal setting.

Please stay safe with the ice and snow increasing our risk of falls and injury. Keep walks and stairs cleared using ice melt or sand for extra traction. Wear nonslip shoes and use a walker or cane if you have been encouraged to by a doctor or therapist. Eating a variety of fresh fruits and vegetables will help you stay healthy. See your doctor when needed. If you have Diabetes, please monitor your blood sugar, watch what you eat and keep an eye on your feet.

Moisturizing them daily will not only help keep them from cracking but also help you in recognizing a problem early. Wash your hands often. This can't be stressed enough that most germs are introduced by us not washing our hands with soap often enough and for long enough. Whether your resolution is to move extra each day or to eat healthier, we wish you a Healthy and Happy New Year!

We at Dignity Home Health and Hospice want you to be healthy. If you do get sick, need assistance to help you remain in your home, rehabilitation therapy, hospice for a loved one, or wound care, we want to help you with your health care needs. We provide nursing care, personal care by CNAs, Physical Therapy, Occupational Therapy, Speech Therapy, Nutritionist, Social Worker, Massage Therapist, Hospice Chaplain, Hospice Medical Director, and respite and other services through the Hospice Volunteer Program.

Dignity is new to Logan with the newest site being opened in November. The staff, however, is all from Cache Valley and have over 125 years combined experience. The Logan site is located inside the Pioneer Valley Lodge. Dignity has been serving Utah clients since 2007.

Our monthly foot clinics with Dr. David Bell are held in our office. Personal Care service can be covered through many waivers and programs. We work with VA to get benefits for both those that served in any war but also their spouses. We are a preferred provider for BRAG and will assist you in getting the assistance you need.

If you are looking for an opportunity to serve and would like to be a hospice volunteer, please contact us at 435-374-4030.

COLD REMEDIES

Cold Remedy #1: Drink plenty of fluids to help break up your congestion. Drinking water or juice will prevent dehydration and keep your throat moist. You should drink at least 8 to 10 eight-ounce glasses of water daily. Include fluids such as water, sports drinks, herbal teas, fruit drinks, or ginger ale. Your mother's chicken soup might help too! (Limit cola, coffee, and other drinks with caffeine because it acts like a diuretic and may dehydrate you.)

Cold Remedy #2: Inhale steam to ease your congestion and drippy nose. Hold your head over a pot of boiling water and breathe through your nose. Be careful. If the steam burns your nose, breathe in more slowly. You can buy a humidifier, but the steam will be the same as the water on the stove. Moisture from a hot shower with the door closed, saline nasal spray, or a room humidifier is just as helpful to ease congestion.

Cold Remedy #3: Blow your nose often, but do it the proper way. It's important to blow your nose regularly when you have a cold rather than sniffing mucus back into your head. But when you blow hard, pressure can carry germ-carrying phlegm back into your ear passages, causing earache. The best way to blow your nose is to press a finger over one nostril while you blow *gently* to clear the other.

Cold Remedy #4: Use saline nasal sprays or make your own salt water rinse to irrigate your nose. Salt-water rinsing helps break nasal congestion while also removing virus particles and bacteria from your nose. Here's a popular recipe:

Mix 1/4 teaspoon salt and 1/4 teaspoon baking soda in 8 ounces of warm water. Fill a bulb syringe with this mixture (or use a Neti pot, available at most health foods stores). Lean your head over a basin, and using the bulb syringe, gently squirt the salt water into your nose. Hold one nostril closed by applying light finger pressure while squirting the salt mixture into the other nostril. Let it drain. Repeat two to three times, and then treat the other nostril.

To avoid exposing yourself to other bacteria and infections, it's important to watch what you put in your nose. According to the CDC, if you are irrigating, flushing, or rinsing your sinuses, use distilled, sterile, or previously boiled water to make up the irrigation solution. It's also important to rinse the irrigation device after each use and leave open to air dry.

Cold Remedy #5: Stay warm and rested. Staying warm and resting when you first come down with a cold or the flu helps your body direct its energy toward the immune battle. This battle taxes the body. So give it a little help by lying down under a blanket to stay warm if necessary.

Cold Remedy #6: Gargle with warm salt water. Gargling can moisten a sore or scratchy throat and bring temporary relief. Try a half teaspoon of salt dissolved in 8 ounces of warm water four times daily. To reduce the tickle in your throat, try an astringent gargle -- such as tea that contains tannin -- to tighten the membranes. Or use a thick, viscous gargle made with honey, popular in folk medicine. Steep one tablespoon of raspberry leaves or lemon juice in two cups of hot water; mix with one teaspoon of honey. Let the mixture cool to room temperature before gargling.

Cold Remedy #7: Drink hot liquids. Hot liquids relieve nasal congestion, prevent dehydration, and soothe the uncomfortably inflamed membranes that line your nose and throat. If you're so congested you can't sleep at night, try a hot toddy, an age-old remedy. Make a cup of hot herbal tea. Add one teaspoon of honey and one small shot (about 1 ounce) of whiskey or bourbon if you wish. Limit yourself to one. Too much alcohol inflames those membranes and is counterproductive.

Cold Remedy #8: Take a steamy shower. Steamy showers moisturize your nasal passages and relax you. If you're dizzy from the flu, run a steamy shower while you sit on a chair nearby and take a sponge bath.

Cold Remedy #9: Try a small dab of mentholated salve under your nose to help open breathing passages and help restore the irritated skin at the base of the nose. Menthol, eucalyptus, and camphor all have mild numbing ingredients that may help relieve the pain of a nose rubbed raw.

Cold Remedy #10: Apply hot packs around your congested sinuses. You can buy reusable hot packs at a drug store. Or make your own. Take a damp washcloth and heat it for 30 seconds in a microwave. (Test the temperature first to make sure it's right for you.)

Cold Remedy #11: Sleep with an extra pillow under your head. This will help relieve congested nasal passages. If the angle is too awkward, try placing the pillows between the mattress and the box springs to create a more gradual slope.

Cold Remedy #12: Learn about natural remedies like zinc, echinacea, and vitamin C. People looking for natural cold remedies often turn to supplements. Many of these remedies have not been shown to help and some hurt. *Zinc:* While early studies showed that zinc could help fight off a cold more quickly, the latest consensus seems to be that zinc has a minimal benefit at best. According to the Food and Drug Administration, zinc nasal spray can cause permanent loss of smell.

SOOTHING SORE THROAT DRINK

Squeeze the juice from half to a whole lemon

1 cup of very warm water

1-2 TB of honey

Stir and serve!



A 248-page report, "The Health Benefits of Citrus Fruits," released December 2003 by Australian research group, CSIRO (The Commonwealth Scientific and Industrial Research), reviews 48 studies that show a diet high in citrus fruit provides a statistically significant protective effect against some types of cancer, plus another 21 studies showing a non-significant trend towards protection.

Citrus appears to offer the most significant protection against esophageal, oropharyngeal/laryngeal (mouth, larynx and pharynx), and stomach cancers. For these cancers, studies showed risk reductions of 40-50%. One large US study reviewed in the CSIRO report showed that one extra serving of fruit and vegetables a day reduced the risk of stroke by 4%, and this increased by 5-6 times for citrus fruits, reaching a 19% reduction of risk for stroke from consuming one extra serving of citrus fruit a day. An orange has over 170 different phytonutrients and more than 60 flavonoids, many of which have been shown to have anti-inflammatory, anti-tumor and blood clot inhibiting properties, as well as strong antioxidant effects. Oranges' health benefits continue with their fiber; a single orange provides 12.5% of the daily value for fiber, which has been shown to reduce high cholesterol levels thus helping to prevent atherosclerosis. Fiber can also help out by keeping blood sugar levels under control, which may help explain why oranges can be a very healthy snack for people with diabetes. In addition, the natural fruit sugar in oranges, fructose, can help to keep blood sugar levels from rising too high after eating. The fiber in oranges can grab cancer-causing chemicals and keep them away from cells of the colon, providing yet another line of protection from colon cancer. And the fiber in oranges may be helpful for reducing the uncomfortable constipation or diarrhea in those suffering from irritable bowel syndrome. In addition to oranges' phytonutrients, vitamin C and fiber, they are a good source of thiamin, folate, vitamin A (in the form of beta-carotene), potassium and calcium.

Soft Orange Cookies

2 medium navel oranges
ing
1 cup sugar
2 cups all-purpose flour
1/2 teaspoon baking soda
2-1/2 cups confectioners' sugar

1/2 cup butter-flavored shorten-

1/2 cup milk
1 teaspoon baking powder
1/2 teaspoon salt
1 tablespoon butter, melted



Directions

With a sharp knife, score each orange into quarters; remove peel. Use knife to remove white pith from peel and fruit; discard. Quarter oranges and place in a blender. Add peel; cover and process until smooth (mixture should measure 3/4 cup).

In a large bowl, cream shortening and sugar until light and fluffy.

Beat in milk and 6 tablespoons orange mixture. Combine the flour, baking powder, baking soda and salt; gradually add to creamed mixture until blended.

Drop by rounded teaspoonful's 2 in. apart onto greased baking sheets. Bake at 350° for 10-13 minutes or until set and edges are lightly browned. Remove to wire racks to cool.

For frosting, in a small bowl, combine confectioners' sugar, butter mix and spread on cooled cookies

24 Servings Bake: 10 min.

Refrigerator and Left Over Food Safety

- **Maintain your refrigerator between 34°F and 40° F.** Refrigerator thermometers are available to help monitor the temperature inside the appliance. This will keep perishable foods out of what's called the "danger zone" 40°F or above. Keep a refrigerator thermometer inside your refrigerator at all times!
- Use food quickly, and don't expect food to remain high-quality for the maximum length of time. Opened and partially used items usually deteriorate more quickly than unopened packages.
- Foil, plastic wraps or bags or airtight containers are the best choices for storing most foods in the refrigerator. Open dishes may result in refrigerator odors, dried-out foods, loss of nutrients and mold growth.
- Don't stack foods tightly or cover refrigerator shelves with foil or any material that prevents air circulation from quickly and evenly cooling the food.
- Some foods, including milk, meats and leftovers, should be kept colder than others.
- The coldest part of the refrigerator is usually the area nearest the freezer compartment, but a refrigerator thermometer will provide an accurate check for each appliance.
- Refrigerate foods quickly and at a proper temperature to slow the growth of bacteria and prevent food poisoning. Leftover foods from a meal should not stay out of refrigeration longer than two hours. In hot weather (90° F or above), this time is reduced to one hour.
- Perishable leftovers from a meal should not stay out of refrigeration longer than two hours. In hot weather (80°F or above), this time is reduced to one hour.

**Here are general guidelines for storing leftovers:
WHEN IN DOUBT, THROW IT OUT!**

DEEP IN OUR REFRIGERATOR

BY JACK PRELUTSKY

Deep in our refrigerator,
there's a special place
for food that's been around awhile . . .
we keep it, just in case.
"It's probably too old to eat,"
my mother likes to say.
"But I don't think it's old enough
for me to throw away."

It stays there for a month or more
to ripen in the cold,
and soon we notice fuzzy clumps
of *multicolored mold*.
The clumps are larger every day,
we notice this as well,
but mostly what we notice
is a certain special smell.

When finally it all
becomes
a nasty mass of
slime,
my mother takes it
out, and says,
"Apparently, it's
time."

She dumps it in the
garbage can,
though not without
regret,
then fills the space with other food
that's not so ancient yet.



Medicare Enrollment Period—January 1st—February 14th

If you're in a Medicare Advantage Plan, you can leave your plan and switch to Original Medicare. Your Original Medicare coverage will begin the first day of the following month. If you switch to Original Medicare during this period, you will have until February 14 to also join a Medicare Prescription Drug Plan to add drug coverage. Your prescription drug coverage will begin the first day of the month after the plan gets your enrollment form.

Note: During this period, you can't:

- Switch from Original Medicare to a Medicare Advantage Plan.
- Switch from one Medicare Advantage Plan to another.
- Switch from one Medicare Prescription Drug Plan to another.
- Join, switch, or drop a Medicare Medical Savings Account Plan.



January 2014



<p>Please call 755.1720 one day in advance for reservation.</p>	<p>Suggested donation is \$2.75 for seniors . Non-seniors must be receipted at the front office \$5.00.</p>	<p>1 New Years' Day Closed </p>	<p>2 Tomato Florentine Soup Egg Salad Sandwich Mixed Fruit</p>	<p>3 Chicken Cordon Bleu Rice Carrots Pears Roll</p>
<p>6 Turkey Tetrizzini Mixed Veggies Applesauce Roll</p>	<p>7 Lentil Soup Club Sandwich Pea salad Mandarin oranges</p>	<p>8 Crispy Fish Bake Mixed Veggies Apricots Wheat bread</p>	<p>9 Meat & cheese en- chiladas Refried beans Corn Pears in Jell-O</p>	<p>10 Chicken Fried Steak Mashed Potatoes w/ gravy Green beans Peaches Roll</p>
<p>13 Potato Soup Ham Sandwich 4 bean salad Apricot</p>	<p>14 Rosemary Chicken over Noodles Mixed Veggies Fruit Crisp Roll</p>	<p>15 Steak Fajitas Spanish Rice Corn Peach Melba Pudding</p>	<p>16 Baked Spaghetti Italian Veggies Apple Sauce Garlic bread</p>	<p>17 Ham Mac & Cheese Peas Mixed Fruit Roll</p>
<p>20 Martin Luther King Day Closed</p>	<p>21 French Dip Sand- wich Chips Carrot raisin salad Peaches Cookie</p>	<p>22 Swedish Meatballs w/ egg noodles Peas Apple Salad Roll</p>	<p>23 Chicken tenders Mashed potatoes w/ country gravy Green beans Pears Wheat bread</p>	<p>24 Chicken & broccoli casserole Beets Apple crisp</p>
<p>27 Baked Potato Bar Mixed veggies Apricots Roll</p>	<p>28 Chicken Alfredo Blend Veggies Bananas Garlic bread</p>	<p>29 Patio Soup Spinach Salad Apricots Roll Cookie</p>	<p>30 Lasagna California Mix Garlic Toast Tropical Fruit</p>	<p>31 Sweet & Sour pork w/ rice Egg Roll Oriental Veggies Pineapples Fortune Cookie</p>



January 2014



<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 1:00 Bobbin and Lace</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>
		1 Center Closed	2	3 Blood Pressure 10-12
6 10:30 Arm Chair travel (Australia) 12:30 Pioneer Lodge / Birthdays	7 1:00 Movie The Winning team 	8 9:00 Commodities 	9 10:30 Card Making 1:00 Foot Clinic	10 Lunch and Learn Alpine Medical "Mobility" Blood Pressure 10-12
13	14 10:30 Alpine medical repair wheelchairs and walkers. 1:00 Movie To Catch a Thief 	15 1-3 Bobbin and Lace Foot Clinic	16	17 Lunch and Learn BRHD Medication Safety Blood Pressure 10-12
20 Martin Luther King Day Closed	21 1:00 Movie  Gypsy	22	23	24 Lunch and Learn Brain Health USU Blood Pressure 10-12
27	28 1:00 Foot Clinic 1:00 An Affair to Remember  to Remember	29	30	31 Lunch and Learn Logan Fire Department Blood Pressure 10-12