

**March 2015**

**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**

**March 4 @ 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\***

**March 13**—Name That Tune with Dianne Hardy

**March 17**—Music with DJ

**March 27**—Foot Health presentation by Rocky Mtn. Home Health and Hospice

You've seen Wii Bowling... how about Wii Dance?? On Monday March 16th Seniors from Williamsburg and Legacy House are going to join us as we try our hand at this fun interactive game. So get your dancing shoes!

Loaves & Fishes Community Meal. March 7th & March 21st. Everyone is welcome. Free of charge. First Presbyterian Church 178 West Center in Logan. Meals served 11:30 a.m.—1:00 p.m.

**Senior University will be starting on March 26th and will last for 4 weeks. Classes will be held at 1:00 PM in the Stage Room.**

**\*\*Do you need your income taxes done? Schedule your appointment with Marisol in the front office.\*\***

***Directors Message***

I found a statement the other day by Confucius which stated: "It does not matter how slowly you go as long as you do not stop." Each of us have our own trials and things that we need to deal with. How we deal with them is what makes the difference in our life. Moving in a positive forward direction will determine what our end result is. It doesn't matter the speed in which we go just that we are moving. There is a story of a frog who was hopping around a farmyard, when it decided to investigate the barn. Being somewhat careless, and maybe a little too curious, he ended up falling into a pail half-filled with fresh milk.



As he swam about attempting to reach the top of the pail, he found that the sides of the pail were too high and steep to reach. He tried to stretch his back legs to push off the bottom of the pail but found it too deep. But this frog was determined not to give up, and he continued to struggle.



He kicked and squirmed and kicked and squirmed, until at last, all his churning about in the milk had turned the milk into a big hunk of butter. The butter was now solid enough for him to climb onto and get out of the pail!

The moral of the story?  
**"Never Give Up!  
Keep moving and don't stop!"**



**Cache County Senior Citizens Center**



Come in and check our gift shop out. We have a wide variety of items for sale. Please stop by and see what we have. If you are interested in helping make things for the gift shop we would love to visit with you. All of the money made from the gift shop goes towards the many activities that we have.

*Quilts \* Baby items \* Holiday gifts \* Cards \* Lots of fun stuff*



## Chronic Kidney Disease

An estimated 31 million people in the United States are living with chronic kidney disease (CKD).

### What is CKD?

The term “chronic kidney disease” (CKD) means lasting damage to the kidneys that can get worse over time. If the damage is very bad, your kidneys may stop working. This is called kidney failure, or end-stage renal disease (ESRD). If your kidneys fail, you will need dialysis or a kidney transplant in order to live.

### Who is at risk?

Anyone can develop kidney disease, but you are more at risk if you:

Have diabetes

Have high blood pressure

Have heart disease

Have a family member with kidney disease

Are African-American, Hispanic, Native American or Asian

Are over 60 years old

### How can I prevent CKD?

Diabetes and high blood pressure are the two leading causes of CKD. The best thing you can do to help protect your kidneys is to work with your doctor to keep these in control. A healthy lifestyle can also help you prevent CKD. Eat a diet low in fat and salt Exercise most days of the week. Have regular check-ups with your doctor. Avoid tobacco. Limit alcohol

### How do I know if I have CKD?

CKD usually has no symptoms until it is very far along. The only way to be sure how your kidneys are working is to get tested. Being tested for kidney disease is simple. Ask your doctor about these tests:

+ eGFR (estimated Glomerular Filtration Rate)

This test tells your doctor how well your kidneys clean your blood. Your doctor tests your blood for a kind of

waste called creatinine. Healthy kidneys filter creatinine out of your blood. Your doctor will then use your creatinine test result to figure out your eGFR.

An eGFR less than 60 for 3 months or more may be a sign of kidney disease.

+Urine Test

This test tells your doctor if there is blood or protein in your urine. Your doctor may test your urine in the office or ask you to collect your urine at home.

+Protein or blood in your urine may be a sign of kidney disease.

+Blood Pressure

This test tells your doctor how hard your heart is working to pump your blood. High blood pressure can cause kidney disease, but kidney disease can also cause you to have high blood pressure. For most people, a normal blood pressure is less than 120/80 (120 over 80). Ask your doctor what your blood pressure should be.

### How is CKD treated?

With CKD, the damage to your kidneys is usually permanent. It cannot be fixed, but you can take steps to help slow down the CKD and keep the damage from getting worse. Control your blood sugar if you have diabetes

Keep a healthy blood pressure

Eat a heart healthy diet (low in salt and fat)

Exercise most days of the week

Keep a healthy weight

Do not smoke or use tobacco

Limit alcohol

Talk to your doctor about medicines that might help protect your kidneys

If you treat kidney disease early, you may be able to slow it down!

\*If kidney disease is not treated, it can cause your kidneys to fail, and you will need dialysis or a kidney transplant in order to live.

## Medicare Info

**Glaucoma tests** These tests are covered once every 12 months for people at high risk for the eye disease glaucoma. You're at high risk if you have diabetes, a family history of glaucoma, are African-American and 50 or older, or are Hispanic and 65 or older. An eye doctor who's legally allowed by the state must do the tests. You pay 20% of the Medicare-approved amount, and the Part B deductible applies. In a hospital outpatient setting, you also pay the hospital a copayment. **Hearing and balance exams** Medicare covers these exams if your doctor or other health care provider orders them to see if you need medical treatment. You pay 20% of the Medicare-approved amount, and the Part B deductible applies. In a hospital outpatient setting, you also pay the hospital a copayment. Note: Original Medicare doesn't cover hearing aids or exams for fitting hearing aids.

## When Should you call A Podiatrist?

You should call a podiatrist anytime you experience pain, discomfort, or notice changes in your feet. Key indicators include:

- You have persistent pain in your feet or ankles.
- You see noticeable changes to your nails or skin.
- Your feet are severely cracking, scaling, or peeling.
- There are blisters on your feet.
- Your toenail is getting thicker and causing you discomfort.
- You have heel pain accompanied by a fever, redness or numbness and tingling in your heel.
- You have diabetes or certain other diseases that affect your feet.



If your feet hurt regularly, or even occasionally, you're not alone. According to the American Podiatric Medical Association, approximately 20 percent of the U.S. population experiences at least one foot problem annually. Given that the average person logs over 115,000 miles on their feet in a lifetime, avoiding foot issues should be a priority. With the amount of time we spend on our feet each day, it's easy to overwork the joints and soft tissue of even the healthiest feet. Here are five of the most common conditions that lead to visits to foot and ankle specialists: Plantar Fasciitis – Referred to by some as heel spur syndrome, this condition results from inflammation at the area of the heel bone where the plantar fascia is anchored. It can be caused by excess strain on the plantar fascia and causes pain on the bottom of the heel when bearing weight. Athlete's Foot – Caused by a fungal infection of the skin, this condition is characterized by red, scaly rashes on the soles and sides of the feet or a whitening of the skin between the toes due to excess moisture retention. Toenail Fungus – Most often caused by fungal infections that occurs underneath the toenail, resulting in brown or yellow discoloration of the nail as well as thickening of the nail. Corns and Calluses – Corns are small areas of deep, thickened skin that can be painful. They are often found over bony structures such as toe joints and are the result of friction against these areas. Calluses are larger areas of thickened skin, and are often found on the soles or side of the feet. Bunions – Caused by abnormality in foot function, these bumps on the side or top of the big toe joint are accompanied by redness, pain and a big toe that appears displaced toward the other toes.

## Baby Pictures

Our Interns are working on a project here at the Center where they would like to gather pictures of you as a baby or earliest picture available. Now we know these are very special pictures and so when you bring your picture in we will make a color copy of it right there and then return it to you. They would like to have all the pictures by March 19th.



## Living Well With Chronic Conditions

This is a FREE, fun, interactive 6 week workshop. Anyone with or who cares for someone with: arthritis, heart disease, fibromyalgia, cancer, depression PTSD, or any other chronic condition. Two classes are available:

- March 16th at 5:00 p.m. at the Health Department  
655 E. 1300 N. Logan—call 435-792-6510
- March 17th at 1:00 p.m. at Options for Independence,  
call 435-753-5353

*This workshop helps participants to self-manage their condition: when people are empowered, their potential is limitless.*

## Cream of Asparagus Soup

### Ingredients:

3 cups (1/2 inch) sliced asparagus (about 1 pound)  
2 cups fat-free, less-sodium chicken broth  
3/4 teaspoon fresh thyme, divided  
1 bay leaf  
1 garlic clove, crushed  
1 tablespoon all-purpose flour  
2 cups 1% low-fat milk  
Dash of ground nutmeg  
2 teaspoons butter  
3/4 teaspoon salt  
1/4 teaspoon grated lemon rind



### Preparation:

Combine asparagus, broth, 1/2 teaspoon thyme, bay leaf and garlic in a large saucepan over medium-high heat; bring to a boil. Reduce heat, cover and simmer 10 minutes. Discard bay leaf. Place asparagus mixture in a blender; process until smooth.

Place flour in pan. Gradually add the milk, stirring with a whisk until blended. Add pureed asparagus and ground nutmeg; stir to combine. Bring to a boil. Reduce heat; simmer 5 minutes, stirring constantly. Remove from heat, and stir in 1/4 teaspoon thyme, butter, salt and lemon rind.

## Health Benefits of Asparagus

Asparagus is a very low calorie vegetable. 100 grams of fresh spears carries just 20 calories. Its spears contain moderate levels of dietary fiber. 100 grams of fresh spears provide 2.1 grams of roughage. The shoots are also rich in B-Complex group of Vitamins such as Thiamin, Riboflavin, Niacin and Vitamin B-6. Asparagus also contains fair amounts of anti-oxidant Vitamins such as Vitamin C, Vitamin A and Vitamin E. Its shoots are also a good source of Vitamin K. Asparagus is good in minerals, especially Copper and Iron. In addition, it has small amounts of some other essential minerals and electrolytes such as Calcium, Potassium, Manganese and Phosphorus.



Some people, no matter how old they get, never lose their beauty - They merely move it from their faces to their hearts.

~ Martin Buxbaum



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<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
<b>2</b>  9:15 Breakfast Club  12:30 Jeopardy	<b>3</b> 10:00 Fall Prevention Class  1:00 Movie: <b>Sunset Blvd.</b>	<b>4</b> <b>9:00 Commodities</b>  	<b>5</b>  1:30 Spanish 101	<b>6</b> <b>10-12 Blood Pressure</b>   1:00 Movie: <b>To Sir, With Love</b>
<b>9</b>  9:15 Breakfast Club  12:30 Jeopardy	<b>10</b> <b>1:00 Foot Clinic by Rocky Mountain Care</b>   1:00 Movie: <b>The Treasure of the Sierra Madre</b>	<b>11</b>  11:15 Cooking Class	<b>12</b> 12-4 AARP Driver Safety Course  <b>1:00 Foot Clinic by Rocky Mountain Care</b>  1:30 Spanish 101	<b>13</b> <b>10-12 Blood Pressure</b>   12:15 Dianne Hardy <b>Name That Tune</b>  1:00 Movie: <b>Casanova Brown</b>
<b>16</b>  9:15 Breakfast Club 11:00 Wii Dance Party! 12:30 Jeopardy	<b>17</b> <b>Happy St. Patrick's Day!!!</b>  <b>Don't Forget to Come in Green !!!</b> 12:15 Music with DJ 1:00 Movie: <b>True Grit</b>	<b>18</b>  11:15 Music Class  <b>1:00 Foot Clinic by Rocky Mountain Care</b> 	<b>19</b> 11:00 Cards with CNS  <b>1:00 Book Club</b>  1:30 Spanish 101	<b>20</b> <b>10-12 Blood Pressure</b>   11:15 Spring Craft  1:00 Movie: <b>Funny Girl</b>
<b>23</b> 9:15 Breakfast Club (Hosted by Encom- pass Home Health and Hospice)  12:30 Jeopardy	<b>24</b> <b>1:00 Foot Clinic by Integrity Home Health &amp; Hospice</b>   1:00 Movie: <b>27 Dresses</b>	<b>25</b>  11:15 Cell Phone 101  1:00 Red Hat Activity 	<b>26</b> 1:00 Senior U—Dr. Andy Anderson— Physiology of Exercise for Seniors 1:30 Spanish 101	<b>27</b> <b>10-12 Blood Pressure</b>   12:15 Lunch & Learn Foot Health by Rocky Mtn. Hospice  1:00 Movie: <b>Singing in the Rain</b>
<b>30</b>  9:15 Breakfast Club  12:30 Jeopardy	<b>31</b>  1:00 Movie: <b>Laura</b>			

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<p><b>2</b> Sloppy Joes Potato Chips Coleslaw Fruited Jell-O</p>	<p><b>3</b> Porcupine Meatballs Baked Potatoes Peas Apple Crisp Roll</p>	<p><b>4</b> French Bread Pizza Italian Veggies Apricots Cake</p>	<p><b>5</b> Split Pea Soup Egg Salad Sandwich Carrot Raisin Salad Pears</p>	<p><b>6</b> Taco Casserole Chuck Wagon Corn Refried Beans Peaches Corn Muffin</p>
<p><b>9</b> Minestrone Soup Club Sandwich Chips Pears Rice Crispy Treats</p>	<p><b>10</b> Baked Ziti California Blend Veggies Applesauce Garlic Toast</p>	<p><b>11</b> Chicken Cordon Bleu Baked Potatoes Peas &amp; Carrots Pineapple Roll</p>	<p><b>12</b> Hamburger with fixins Chips Veggie Pasta Salad Mandarin Oranges Brownie</p>	<p><b>13</b> Chicken Tenders Mac &amp; Cheese Broccoli Apricots Blueberry Muffin</p>
<p><b>16</b> Tuna Noodle Casserole Beets Applesauce Wheat Bread</p>	<p><b>17</b> Corned Beef with Cabbage Red Potatoes Apricots Lime Dessert Roll</p>	<p><b>18</b> Creamy Cauliflower Soup Ham Sandwich Pea Salad Mixed Fruit</p>	<p><b>19</b> Orange Chicken with Rice Egg Roll Oriental Veggies Tropical Fruit Fortune Cookie</p>	<p><b>20</b> Grilled Hot Dogs Potato Salad Peas &amp; Carrots Mandarin Oranges</p>
<p><b>23</b> Fish Cheesy Potatoes Sunshine Carrots Peach Cobbler Wheat Bread</p>	<p><b>24</b> Lentil Soup Turkey Sandwich 4-Bean Salad Mixed Fruit Jell-O</p>	<p><b>25</b>  Breakfast for Lunch</p>	<p><b>26</b> Chicken Enchiladas Chuck Wagon Corn Green Salad Orange Fluff</p>	<p><b>27</b> Meatloaf Mashed Potatoes with Gravy Mixed Veggies Pears Banana Muffin</p>
<p><b>30</b> Corn Chowder Tuna Salad Sandwich Cucumber Tomato Salad</p>	<p><b>31</b> Pork Burritos Spanish Rice Corn Mandarin Oranges</p>		<p><b>Don't forget to call in by 3:00 pm the day before you eat. Senior Donation: \$2.75</b></p>	<p><b>Non-seniors: \$5.00 must be receipted at front desk before you eat.</b></p>