

September 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

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Cache County Senior  
Citizens Center

**Labor Day**

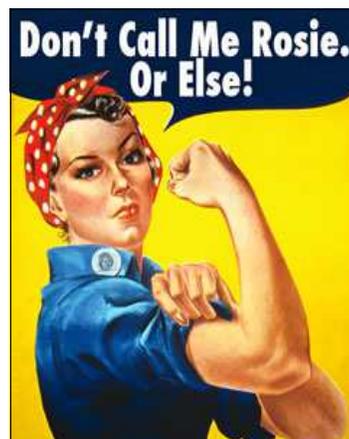
Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

Through the years the nation gave increasing emphasis to Labor Day. The first governmental recognition came through municipal ordinances passed during 1885 and 1886. From these, a movement developed to secure state legislation. The first state bill was introduced into the New York legislature, but the first to become law was passed by Oregon on February 21, 1887. During the year four more states — Colorado, Massachusetts, New Jersey, and New York — created the Labor Day holiday by legislative enactment. By the end of the decade Connecticut, Nebraska, and Pennsylvania had followed suit. By 1894, 23 other states had adopted the holiday in honor of workers, and on June 28 of that year, Congress passed an act making the first Monday in September of each year a legal holiday in the District of Columbia and the territories.

Certainly, one of the more readily recognizable icons of labor is "Rosie the Riveter," the indefatigable World War II-era woman who rolled up her sleeves, flexed her arm muscles and said, "We Can Do It!" But, this isn't the original Rosie.

In 1942, as World War II raged in Europe and the Pacific and the song "Rosie the Riveter" filled radio waves across the home front, manufacturing giant Westinghouse commissioned artist J. Howard Miller to make a series of posters to promote the war effort. One such poster featured the

image of a woman with her hair wrapped up in a red polka-dot scarf, rolling up her sleeve and flexing her bicep. At the top of the poster, the words 'We Can Do It!' are printed in a blue caption bubble. To many people, this image is "the" Rosie the Riveter. But it was never the intention to make this image "Rosie," nor did many Americans think of her as "Rosie." The connection of Miller's image and "Rosie" is a recent phenomenon. continued page 4



September 7th @ 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\***

September 6th —Emily Jewkes  
BRHD Stepping up class  
September 23— Rick Mayo-  
Beehive Homes—Fall Prevention

**September 29th**

Flu Shot Clinic  
9:00-12:00

Bring your Medicare Card

**Reminder**

Please call by 3:00 the day before you need a ride to the Senior Center and/or if you are planning to join us for lunch.

*Have a safe Labor Day*



## Planning Ahead: Advance Directives and Long-term Care

An advance directive is a written statement that explains how you want medical decisions to be made if you are unable to make them for yourself. It is important to think about who should be responsible and what choices they should make on your behalf. Some states have a standardized or statutory form, while other states allow you to draft your own document. Contact your State Health Insurance Assistance Program (SHIP) to learn more about the rules of your state.

<p><b>Health Care Proxy</b></p>	<p>This document allows you to appoint another person (called a proxy or agent) to make health care decisions for you if you are unable to do so. Your proxy should make health care decisions for you according to your wishes or according to his/her assessment of your wishes, including your religious or moral beliefs. There are two circumstances where a health care agent will be needed:</p> <ol style="list-style-type: none"> <li>1. <b>Temporary inability</b> to make health care decisions: For example, if something unexpected happens while you are having a surgical procedure and are under general anesthesia, and you are temporarily unable to make your own decisions. If a health care decision needs to be made, your health care agent may make the decision.</li> <li>2. <b>Permanent inability</b> to make health care decisions: For example, if you are in a persistent vegetative state or suffer from an illness that leaves you unable to communicate, your health care agent can be your voice and make your health care decisions.</li> </ol>
<p><b>Power of Attorney</b></p>	<p>This document allows you to appoint another person (your agent or attorney) to make health, financial, and other legal decisions on your behalf if you are unable to do so. For example, your power of attorney can deal with issues of medical insurance such as choosing health insurance policies for you (selecting your Medicare health or drug plan), paying for health care, and appealing coverage denials, when applicable.</p>
<p><b>Living Will</b></p>	<p>This document describes the type of care you'd like to receive in specific situations if you are incapacitated. The living will provides information directly for your physician and does <b>not</b> appoint an agent to make decisions for you. For example, you can express your desire to not be resuscitated if your illness or injury progresses to a certain stage, or you can state that all viable medical options are to be used as aggressively as possible in all situations, or that certain treatments should not be administered under any circumstances.</p>

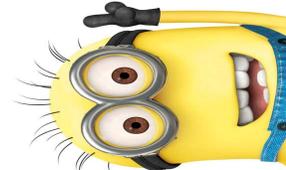
### Flu Shot Clinic

September 29, 2016—Thursday

9:00-12:00

Please bring your Medicare card with you

**DON'T FORGET!**



## Helpful Tips for Advance Directives

To help you get the best care, your loved ones need a full picture of your health, past and present. You should talk about:

- Current health conditions that you are being treated for (can include allergies or food restrictions)
- Current symptoms: How do you feel now? Have you or anyone else noticed any changes in your health? Are you having any trouble with daily activities?
- Current medications: You should have a list of everything you are taking, including over-the-counter medications and alternative remedies. You should also list the dosages.
- Creating documents that express your wishes for your future health care in the event you are unable to make decisions
  - Keep the original copies of your advance directives where you can easily find them
  - Give a copy to your health care proxy, health care providers, hospital, nursing home, and loved ones
  - Carry a card in your wallet that says you have an advance directive
  - Review your advance directives each year and update based on changes in your condition or preferences

**Note:** By law, Medicare must have your written permission (an authorization) to share your personal medical information with others. A power of attorney form that authorizes someone to make health care and financial decisions functions as this written permission, but you need to fill out a separate form for anyone else who may be helping you. To give your health care proxy or other representative, including a family member who is helping you, access to your health records, fill out and submit a Medicare Authorization to Disclose Personal Health Information form online at [www.Medicare.gov/Medicareonlineforms](http://www.Medicare.gov/Medicareonlineforms).

## Long-term Care Insurance

Long-term care refers to a range of medical, personal, and social services designed to meet your needs if you have a disability, chronic illness, or limitations in your ability to function independently. Care may be delivered at home, in a nursing home, adult day care facility or other facility, and can involve both skilled and custodial care. Some people choose to purchase long-term care insurance to assist with the cost of this type of care, since Medicare coverage has limits. Some people may be eligible for Medicaid if they meet the income and asset criteria. Medicaid covers long-term care services that Medicare does not. Contact your SHIP for counseling on the options available to you.



## Meals on Wheels Substitute Drivers

We are in the process of compiling a list of drivers that will be just on call when necessary and can be used as a substitute as opposed to having a regular route. This list will be used in case a driver calls and is unable to deliver his/her route.

If you are interested in helping us please contact

Kristine or Kris at 755-1720

*All Meals on Wheels drivers now have to go through a criminal back ground check (cost: \$15.00 this is at their own expense). They have to have a clean driving record and automobile insurance. And after filling out the appropriate paperwork which includes the above items they have to be officially cleared by Cache County before they can drive.*

The "Rosie" image popular during the war was created by illustrator Norman Rockwell (who had most certainly heard the "Rosie the Riveter" song) for the cover of the Saturday Evening Post on May 29, 1943 — the Memorial Day issue. The image depicts a muscular woman wearing overalls, goggles and pins of honor on her lapel. She sports a leather wrist band and rolled-up sleeves. She sits with a riveting tool in her lap, eating a sandwich, and "Rosie" is inscribed on her lunch pail. And, she's stepping on a copy of Adolph Hitler's book "Mein Kampf."

The magazine cover exemplified the American can-do spirit and illustrated the notion of women working in previously male-dominated manufacturing jobs, an ever-growing reality, to help the United States fight the war while the men fought over seas.

The cover was an enormous success and soon stories about real life "Rosies" began appearing in newspapers across the country. The government took advantage of the popularity of Rosie the Riveter and embarked on a recruiting campaign of the same name. The campaign brought millions of women out

of the home and into the workforce. To this day, Rosie the Riveter is still considered the most successful government advertising campaign in history.

After the war, numerous requests were made for the Saturday Evening Post image of Rosie the Riveter, but Curtis Publishing, the owner of the Post, refused all requests. The publishing company was possibly concerned that the composers of the song "Rosie the Riveter" would hold them liable for copyright infringement.

Since then, the J. Howard Miller "We Can Do It!" image has replaced Norman Rockwell's illustration as "Rosie the Riveter" in the minds of many people. Miller's Rosie has been imprinted on coffee mugs, mouse pads, and countless other items, making her and not the original "Rosie" the most famous of all labor icons.



### Have You Or Someone You Know Served in the Military?

You may be eligible to receive veteran's benefits as a veteran or a widower of a veteran. Benefits may include:

- Health Care
- In-home Services
- Low Income Pension
- Veterans Disability Claim
- Home Modification

- Assistance with Payment for Nursing Home or Assisted Living Care
- Burial and Memorial Benefits
- Special Compensation for Spouses if the Veteran Died of a Service Connected Disability

Help and information about these benefits and others are available through Bear River Association of Governments (BRAG). Call their veteran's specialists, Deborah Crowther at 713-1462 or Alyson Frederick at 713-1469, to schedule an appointment.

### Butternut Squash Soup

- 1 (2 to 3 pound) butternut squash, peeled and seeded
- 2 tablespoons unsalted butter
- 1 medium onion, chopped
- 6 cups chicken stock
- Nutmeg
- Salt and freshly ground black pepper



Cut squash into 1-inch chunks. In large pot melt butter. Add onion and cook until translucent, about 8 minutes. Add squash and stock. Bring to a simmer and cook until squash is tender, about 15 to 20 minutes. Remove squash chunks with slotted spoon and place in a blender and puree. Return blended squash to pot. Stir and season with nutmeg, salt, and pepper. Serve.

Recipe Courtesy of Food Network Kitchens

One cup of butternut squash provides a whopping 437% percent of your vitamin A needs for the day, as well as 52% of vitamin C and 10% or more of vitamin E, thiamin, niacin, vitamin B-6, folate, pantothenic acid, magnesium and manganese. Its seeds are rich in protein, healthy fats and zinc, making a satisfying snack. Butternut squash is a nutrient-dense food, providing much nutrition in few calories. All in all, butternut squash has an ample supply of health-promoting goodness. Butternut squash supplies a variety of nutrients in significant quantities without serving up many calories. Indeed, 1 cup of baked squash cubes contains just 82 calories and yet supplies 6.6 grams of fiber, one-third of the vitamin C RDA for men and half of that for women, one-tenth of the RDA for folate, and over one-fourth of the RDA for potassium.

# September 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	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 1:00 Bridge/Movie/ Internet Help
			<b>1</b> 10:00 Mahjong 10:30 CNS cards  <b>1:00 Documentary:</b> How to win the U.S. presidency	<b>2</b> <b>10-12 Blood Pressure</b>   1:00 Movie: <b>Secret life of Bees</b>
<b>5</b>  <b>CLOSED FOR            LABOR DAY            HOLIDAY</b>	<b>6</b>  12:15 Lunch & Learn: BRHD – Stepping up class  1:00 Movie: <b>For Whom the Bell            Tolls</b>	<b>7</b>  <b>9:00 Commodities</b>	<b>8</b> 10:00 Mahjong  12-4 AARP Driver Safety Course  <b>1:00 Documentary:</b> Butch Cassidy and the Sundance kid  <b>1:00 Foot Clinic by            Rocky Mountain            Care—By Appt.            Only</b> 	<b>9</b> <b>10-12 Blood Pressure</b>   1:00 Movie: <b>Mama Mia!</b>
<b>12</b>  <b>9:15 Breakfast            Club</b>  12:30 Jeopardy	<b>13</b> <b>Veterans Outreach            9-12 Apt. Only</b>  <b>1:00 Foot Clinic by            Rocky Mountain            Care—By Appt.            Only</b>  1:00 Movie: <b>The Pelican Brief</b>	<b>14</b>  <b>11:15 Cooking            Class \$1.00</b>  <b>1:00 Book Club</b> 	<b>15</b>  10:00 Mahjong  <b>1:00 Documentary:</b> Team Fox Catcher	<b>16</b>  <b>10-12 Blood            Pressure</b>  10:30 Bingo hosted by Cache Valley Mortuary  1:00 Movie: <b>The Manchurian            Candidate</b>
<b>19</b>  <b>9:15 Breakfast            Club</b>  12:30 Jeopardy	<b>20</b> 10:00 Stepping Up Class with BRHD  1:00 Movie: <b>The Water is Wide</b>	<b>21</b>  <b>1:00 Foot Clinic by            Rocky Mountain            Care—By Appt.            Only</b> 	<b>22</b> 10:00 Mahjong  <b>1:00 Documentary:</b> Steak Revolution	<b>23</b>  <b>10-12 Blood            Pressure</b>  12:15 Lunch & Learn Fall Prevention by Rick Mayo  1:00 Movie: <b>Agatha Christie's:            Poirot</b>
<b>26</b>  <b>9:15 Breakfast            Club</b>  12:30 Jeopardy	<b>27 Veterans Outreach            9-12 Apt. Only</b>  10:00 Stepping Up Class with BRHD  <b>1:00 Foot Clinic by            Integrity Home            Health—By Appt.            Only</b>  1:00 Movie: <b>War Horse</b>	<b>28</b>  11:15 Craft w/ Giselle \$1.00	<b>29</b> Flu Shot Clinic: 9:00-12:00 *Bring your Medicare Card with you 10:00 Mahjong 1:00 Red Hats 2:00 Spanish 101	<b>30</b>  <b>10-12 Blood            Pressure</b>  1:00 Movie: <b>The Valley of Light</b>

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<p><b>Menus can change with out notice</b></p>	<p><b>Non-seniors: \$5.00 must be receipted at front desk before you eat.</b></p>	<p><b>Don't forget to call in by 3:00 pm the day before you eat. Senior Donation: \$3.00</b></p>	<p><b>1</b></p> <p>Breakfast for Lunch Fruit Breakfast Cookie</p>	<p><b>2</b></p> <p>Chicken Tenders Mac &amp; Cheese Mixed Veggies Mixed Fruit Biscuit</p> 
<p><b>5</b></p> <p><b>CLOSED FOR LABOR DAY HOLIDAY</b></p>	<p><b>6</b></p> <p>Corn Chowder Turkey Sandwich Peaches Cookie</p> 	<p><b>7</b></p> <p>Chicken Parmesan Noodles Mixed Veggies Pears Garlic Bread</p>	<p><b>8</b></p> <p>Oriental Rice Casserole Egg Roll Peas &amp; Carrots Mandarin Oranges</p> 	<p><b>9</b></p> <p>Pork Roast Mashed Potatoes with Gravy Green Beans Apricots Roll</p>
<p><b>12</b></p> <p>Cheeseburger Pie Corn Applesauce Cookie</p> 	<p><b>13</b></p> <p>Tuna Noodle Casserole Carrots Pineapple Corn Muffin</p>	<p><b>14</b></p> <p>Turkey Burgers Potato Salad Fruited Jell-O Chips</p> 	<p><b>15</b></p> <p>Lemon Pepper Chicken Rice Beets Pears Muffin</p>	<p><b>16</b></p> <p>Cordon Bleu Lasagna Sunshine Carrots Cherry Cobbler Herb Biscuit</p>
<p><b>19</b></p> <p>French Dip Sandwich Coleslaw Mandarin Oranges Cake</p>	<p><b>20</b></p> <p>Chicken Breast Rice Pilaf Cascade Veggies Applesauce Muffin</p>	<p><b>21</b></p> <p>Ham Scalloped Potato Capri Veggies Apricots Muffin</p>	<p><b>22</b></p> <p>Turkey Salad Sandwich Pasta Salad Grapes Chips</p> 	<p><b>23</b></p> <p>Meatloaf Mashed Potatoes with Gravy Peas &amp; Pearl Onions Peaches Roll</p>
<p><b>26</b></p> <p>Baked Spaghetti Italian Veggies Mixed Fruit Garlic Bread</p> 	<p><b>27</b></p> <p>Lentil Soup Tuna Sandwich Broccoli Salad Pears Cookie</p>	<p><b>28</b></p> <p>Baked Chicken 'n Noodles Succotash Peaches Muffin</p>	<p><b>29</b></p> <p>Baked Potato with Chicken Gravy Cascade Veggies Apple Cobbler</p> 	<p><b>30</b></p> <p>Orange Chicken Rice Broccoli Mandarin Oranges Fortune Cookie</p>