

November 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**

**November 4th @ 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

Nov. 6th—Advanced Directives by Sunshine Terrace

Nov. 16th—Health Presentation by Derek Sudweeks

Nov. 20th—Diabetic Eye Disease by Integrity

Nov. 6th from 1-4 pm we will have a lawyer here to answer any legal questions that you may have. Please make your appointment with Marisol in the front office.

We will not be holding a Holiday Dinner this year instead we have planned a month's worth of fun activities, crafts, and programs for all to enjoy.

Watch for the December newsletter. All who participate at the Senior center are invited to the Veterans Day Brunch. Don't forget to sign up.

**Loaves and Fishes Thanksgiving
Dinner Saturday,**

November 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.

We would like to invite all Veterans that are 60 years and older and a guest to our Veterans Breakfast, on Tuesday, November 10th at 10:00 a.m. Please make sure that you sign up by stopping at the front office or calling 755-1720. This will be a special day as we honor all Veterans. The willingness of American's veterans to sacrifice for our country has earned them our lasting gratitude. We say thank you to all who have and continue to serve.

We want to thank Right at Home, Rocky Mountain Care and Herms Inn for partnering with us on this special event.



HONORING ALL WHO SERVED

**VETERANS
BREAKFAST**



**WHEN: TUESDAY,
NOVEMBER 10 @ 10:00 A.M.**

**WHERE: Cache County Senior Center
240 North 100 East in Logan**

WHO: Free for Senior Veterans & Guest
Tickets are required and available at the Cache County Senior Center

PLAN TO ATTEND OUR SENIOR VETERANS DAY CELEBRATION

*Color Guard posted by U.S. Army
Full Breakfast provided by Herm's Inn
Musical Tribute by Logan High's Crimson Colony
Guest Speaker from the Utah Honor Flight
Guest Speaker SGT Keli R. Anderson*

PROUDLY SPONSORED BY:



QUESTIONS? CALL (435) 755-1720

Diabetic Eye Disease

The early stages of diabetic retinopathy usually have no symptoms. The disease often progresses unnoticed until it affects vision. Bleeding from abnormal retinal blood vessels can cause the appearance of “floating” spots. These spots sometimes clear on their own. But without prompt treatment, bleeding often recurs, increasing the risk of permanent vision loss. If DME occurs, it can cause blurred vision.

How are diabetic retinopathy and DME detected?

Diabetic retinopathy and DME are detected during a comprehensive dilated eye exam that includes:

1. **Visual acuity testing.** This eye chart test measures a person’s ability to see at various distances.
2. **Tonometry.** This test measures pressure inside the eye.
3. **Pupil dilation.** Drops placed on the eye’s surface dilate (widen) the pupil, allowing a physician to examine the retina and optic nerve.
4. **Optical coherence tomography (OCT).** This technique is similar to ultrasound but uses light waves instead of sound waves to capture images of tissues inside the body. OCT provides detailed images of tissues that can be penetrated by light, such as the eye.



A comprehensive dilated eye exam allows the doctor to check the retina for:

1. Changes to blood vessels
2. Leaking blood vessels or warning signs of leaky blood vessels, such as fatty deposits
3. Swelling of the macula (DME)
4. Changes in the lens
5. Damage to nerve tissue



If DME or severe diabetic retinopathy is suspected, a **fluorescein angiogram** may be used to look for damaged or leaky blood vessels. In this test, a fluorescent dye is injected into the bloodstream, often into an arm vein. Pictures of the retinal blood vessels are taken as the dye reaches the eye.



How can people with diabetes protect their vision? Vision lost to diabetic retinopathy is sometimes irreversible. However, early detection and treatment can reduce the risk of blindness by 95 percent. Because diabetic retinopathy often lacks early symptoms, people with diabetes should get a comprehensive dilated eye exam at least once a year. People with diabetic retinopathy may need eye exams more frequently. Women with diabetes who become pregnant should have a comprehensive dilated eye exam as soon as possible. Additional exams during pregnancy may be needed.

Studies such as the Diabetes Control and Complications Trial (DCCT) have shown that controlling diabetes

slows the onset and worsening of diabetic retinopathy. DCCT study participants who kept their blood glucose level as close to normal as possible were significantly less likely than those without optimal glucose control to develop diabetic retinopathy, as well as kidney and nerve diseases. Other trials have shown that controlling elevated blood pressure and cholesterol can reduce the risk of vision loss among people with diabetes.

Treatment for diabetic retinopathy is often delayed until it starts to progress to PDR, or when DME occurs. Comprehensive dilated eye exams are needed more frequently as diabetic retinopathy becomes more severe. People with severe non proliferative diabetic retinopathy have a high risk of developing PDR and may need a comprehensive dilated eye exam as often as every 2 to 4 months.

How You Can Help the Senior Center

Smith’s is committed to helping the Senior Center provide services to the seniors in our community. You too can help by using your Smith’s Community Rewards card and designating the Cache County Senior Center as the recipient. There is no cost to enroll, and enrollment will not affect you fuel points or coupon discounts. It’s easy – go to Smith’s service desk to obtain a card and enroll, or if you have a card just enroll at <http://cetcsupports.org/smiths-community-reward-program/>. (your personal information is protected and never shared) Be sure to link your card to the Cache Senior Citizens Center. Then shop using your rewards card and earn money for the senior center. Thanks you for your help.

Making Sense of Your Medicare Statements

Point 2: Understand the statements you receive about your Medicare Part D coverage. In addition to an EOB or MSN that details your Medicare health coverage, you will also receive a summary statement for your Medicare Part D plan. These statements are also called EOBs. Remember, if you have Original Medicare, you must get your Medicare Part D prescription drug coverage through a private stand-alone prescription drug plan. If you are enrolled in a Medicare Advantage Plan, your Medicare Part D prescription coverage is generally provided through your Medicare Advantage Plan. Regardless of how you get your Medicare benefits, you will get a separate EOB for each month in which you had prescriptions filled.

Point 3: Keep track of what you may owe for your health and drug benefits, and identify if additional action is needed.

When reviewing your Medicare statements, identify the services or medications you have received and your share of the cost for each item. Your statement will clearly mark the services received, the amount that Medicare or your plan will cover, and the maximum amount that you can be billed for the service. These statements will also list if Medicare or your plan has denied coverage for care or medications you have received. It is important to check your statements for any denials of coverage. Your provider will also send you a separate bill for any fees you owe.



Mrs. Barbara enjoying herself on craft day!

Do you need to change your Medicare Part D Prescription Drug Plan for 2016, how about changes to your advantage plan for 2016?

The 2016 Open Enrollment Period (OEP) for Medicare will run from October 15, 2015, through December 7, 2015. Below are some important dates and deadlines to be aware of:

If you need assistance with changes to your Medicare part D or changing Advantage Plan we are here to help! Ship or State Health Insurance and Assistance Programs are not a source of funding for eldercare. SHIPs are free, state counseling services that help seniors understand their Medicare, Medicare Advantage, Medigap and Medicaid benefits. Anyone with Medicare related questions is free to call a SHIP's counselor even if they are not currently enrolled in Medicare.

Please call Giselle (435) 755-1720 to schedule an apt. Ship office hours are Tuesday & Thursday 9-11am, 1-3 pm.

Dementia Conversations

Come learn how to have an honest and caring conversation with family members about topics such as:

-Planning and building a care team

-going to the doctor

-when to stop driving

-making legal and financial plans

Friday, November 6th 1-2:30 pm

Steven Henagar College

755 South Main Street, Logan

Presented by the Cache Valley Caregiver

Coalition in partnership with Alz.org,

Alzheimer's Association

The Cache County Senior Center does not endorse products or service providers. Our aim is to protect the elderly from undue coercion. The Center is not a market place. We neither approve nor condone solicitation of business within our facilities. We offer a variety of information classes, but do not endorse any speaker. The presenters have been asked not to solicit or call any clients and to give information ONLY.

Medicare— Lower your Prescription Drug Costs!

If your monthly income is not more than \$1,471.25 for singles (\$1,991.25 for couples) and your assets are not more than \$13,640 for singles (\$27,250 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 and can help you with your needs. Please call for an appointment and inquire about applying for the Extra Help. 755-1720

TLC (Thanksgiving Leftover Casserole)

Ingredients

4 cups seasoned stuffing cubes
4 cups cubed cooked turkey
2 celery ribs, finely chopped
1 cup frozen peas
1 cup fresh or frozen cranberries
1/2 cup chopped sweet onion
1/4 cup all-purpose flour
4 large eggs
3 cups 2% milk
1 can (8-1/4 ounces) cream-style corn
1/2 teaspoon salt
1/2 teaspoon pepper
2 tablespoons butter
1/3 cup coarsely chopped pecans

Directions

1. Preheat oven to 350 degrees. Layer first six ingredients in a greased 13x9 inch baking dish. In a large bowl, whisk flour, eggs and milk until smooth. Add corn, salt and pepper; mix well. Pour over top; let stand 15 minutes. Dot with butter and sprinkle with pecans.

2. Cover and bake 35 minutes. Uncover and bake 30-35 minutes or until a knife inserted near the center comes out clean.

Yield: 8 servings



Pumpkin walk 2015



Don't get all weird about getting older!
Our age is merely the number of years the world has been enjoying us!!



Turkey is a lean white meat, traditionally served as a whole roasted bird at Thanksgiving or Christmas gatherings. Turkey isn't just for holidays though, and can be enjoyed any day as a whole bird, or as breasts, cutlets, tenderloins or even ground. Its versatility makes it an excellent, healthful and nutritious alternative to chicken, pork or beef in a variety of dishes. Per 100g serving, turkey provides 160 calories with 72 calories coming from fat. It delivers 20g of proteins, 8g of fat and no carbohydrates. The same serving size also provides the vitamins niacin, B6, B12, pantothenic acid, and riboflavin. Turkey also contains the minerals iron, phosphorus, potassium, zinc and is particularly rich in selenium. Turkey is a relatively inexpensive source of protein, with more protein per gram than both chicken and beef, while remaining lower in fat and cholesterol than other meats. It also delivers vitamins and minerals, especially niacin, which facilitates the conversion of food into available energy, and Vitamin B6, which is important for the health of the nervous system. Turkey also has selenium, which is essential for proper thyroid and immune function. Turkey is also a natural source of tryptophan, an amino acid. Because tryptophan is a precursor to serotonin, a brain chemical that is associated with relaxation and sleep, it was wrongly concluded that turkey would make you sleepy. However, the amount of tryptophan in a single serving is not enough to produce sleepiness. It is more likely that the high amount of carbohydrates consumed at traditional turkey dinners is to blame.

November 2015



<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 1:00 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 Healing Meditation 1:00 Bridge/Movie/ Internet Help
2 9:15 Breakfast Club  12:30 Jeopardy	3 11:15 Cooking Class 1:00 Movie: Divergent	4 9:00 Commodities  11:15 Craft w/ Giselle Hosted by CNS 1:30 Spanish 101	5 11:00 National Hospice Kick Off 1:30 Spanish	6 10-12 Blood Pressure 11:15 Meditation 12:20 Lunch and Learn: Advanced Directives by Sunshine Terrace 1-4 Lawyer Apt. 1:00 Movie: Leave Her To Heaven
9 9:15 Breakfast Club  12:30 Jeopardy	10 10-11 Veterans Day Brunch 1:00 Foot Clinic by Rocky Mountain Care 1:00 Movie: Waitress	11 CLOSED FOR VETERANS DAY	12 12-4 AARP Driver Safety Course 1:00 Foot Clinic by Rocky Mountain Care 1:30 Spanish	13 10-12 Blood Pressure 11:15 Meditation 1:00 Movie: Into The Wild
16 9:15 Breakfast Club  12:15 Derek Sudweeks Health Presentation 12:30 Jeopardy	17 9-12 Wii Bowling Tournament Hosted by Sunshine Terrace 1:00 Movie: Inception	18 12:20 String Trio performing 1:00 Foot Clinic by Rocky Mountain Care 1:00 Red Hat Activity 2:00 Spanish 101	19 1:00 Book Club  1:30 Spanish	20 10-12 Blood Pressure 11:15 Meditation 12:20 Lunch and Learn: Diabetic Eye Disease by Integrity 1:00 Movie: Second Hand Lions
23 9:15 Breakfast Club  12:30 Jeopardy	24 1:00 Foot Clinic by Integrity Home Health & Hospice 1:00 Movie: Flipped	25 1:30 Spanish 101	26 CLOSED FOR THANKS-GIVING	27 CLOSED FOR THANKS-GIVING
30 9:15 Breakfast Club  12:30 Jeopardy				



November 2015

<p>2 Chicken Fried Steak Mashed Potatoes w/Gravy Green Beans Mixed Fruit Muffin</p>	<p>3 Ham Sandwich Split Pea Soup Ramon Cabbage Salad Pears</p>	<p>4 Hawaiian Haystacks Green Peas Pineapple Roll Birthday Cake</p>	<p>5 Beef Enchiladas Chuck Wagon Corn Refried Beans Applesauce</p>	<p>6 Pork Riblets Baked Potatoes Capri Veggies Apricots French Bread</p>
<p>9 Spaghetti Italian Veggies Peach Cobbler Garlic Bread</p>	<p>10 Hot Dog Chips Carrot Raisin Salad Mandarin Oranges</p>	<p>11  Closed for Veterans Day</p>	<p>12 Egg Salad Sandwich Creamy Veggie Soup Broccoli Salad Mixed Fruit</p>	<p>13 Meat Loaf Mashed Potatoes w/Gravy Carrots Pears Roll</p>
<p>16 Frito Pie Tossed Salad Mixed Fruit Corn Muffin</p>	<p>17 Club Sandwich Corn Chowder Pea Salad Apricots</p>	<p>18 Porcupine Meatballs Baked Potatoes Broccoli Roll Fruit Jell-O</p>	<p>19 Chicken Chow Mein w/Rice Egg Roll Mandarin Oranges Fortune Cookie</p>	<p>20 Turkey in Gravy w/ Mashed Potatoes Stuffing Green Beans Peaches</p>
<p>23 Pizza Casserole Mixed Veggies Garlic Bread Pears</p>	<p>24 Pork Burrito Chuck Wagon Corn Red Beans & Rice Applesauce</p>	<p>25 Fish Scalloped Potatoes California Veggies Apricots Roll</p>	<p>26  Closed for Thanksgiving</p>	<p>27 Closed for Thanksgiving </p>
<p>30 Beef Stroganoff Peas & Carrots Peaches Bran Muffin</p>		<p>Menus can change with out notice.</p>	<p>Don't forget to call in by 3:00 pm the day before you eat. Senior Donation: \$2.75</p>	<p>Non-seniors: \$5.00 must be receipted at front desk before you eat.</p>