

February 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

**Visit us on Facebook:
Cache County Senior
Citizens Center**



**February 3rd @ 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

****February 12th—Bingo Hosted
by Sunshine Terrace*****

Lunch and Learn

**February 11th—Musical Entertain-
ment by Lisa Pulotu hosted**

by Pioneer Valley Lodge

February 12th—Musical

Entertainment hosted by CNS

February 26th—Fraud

Prevention by Wells Fargo

**Aubree, our wonderful intern,
will be hosting a series of tourna-
ments this month. This month is
National Heart Health month.
Join us on:**

- ⇒ February 5th @ 11:15 Ping Pong tournament
- ⇒ February 18th 9:30-11:00 Billiard tournament
- ⇒ February 19th @ 11:15 Pickle Ball tournament
- ⇒ February 25th @ 9:15-11:00 Wii bowling tournament

**It's time to get your income
taxes done again. We will be
setting up appointments
starting February 1st.
Schedule your appointment
at the front office.**

Directors Message

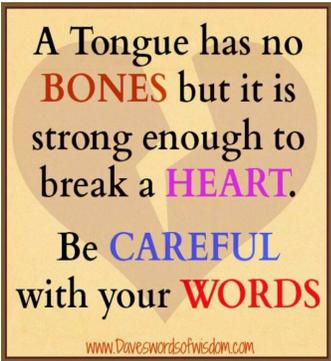
As parents we always felt we needed to listen carefully to our children. We encouraged them to use kind words to each other, to their friends and those they associated with. Using kind words reflected what kind of person they were and would become. "Watch your words" was the advice that we often repeated to our children, but this advice is good for adults. Words are very powerful, it is very important to make sure that we choose our words carefully. Once they are spoken, they can only be forgiven, never forgotten. Once said or sent, today more than ever, words last forever. They can be apologized for, but they cannot be unsaid. Even in those instances when an apology is accepted, the damage is not forgotten. Here are a few thoughts to remember:

* There is power of life and death in the tongue. An encouraging word to someone who is down can lift them up and help them make it through the day.

* A destructive word to someone who is down can be what it takes to kill him or her.

* Be careful of what you say. Speak life to those who cross your path. The power of words.... it is sometimes hard to understand that an encouraging word can go such a long way. Anyone can speak words that tend to rob another of the spirit to continue in difficult times.

*Special is the individual who will take the time to encourage another.



Words Are Powerful

You Can Lift Someone Up
Or Put Someone Down.

You Can Help Someone
Or Hurt Someone.

You Can Love Someone
Or Hate Someone.

You Can Make A Difference
In Someone's Life.

Please Choose Your words Carefully!

Medicare Costs in 2016

Hospital Insurance (Part A) Costs

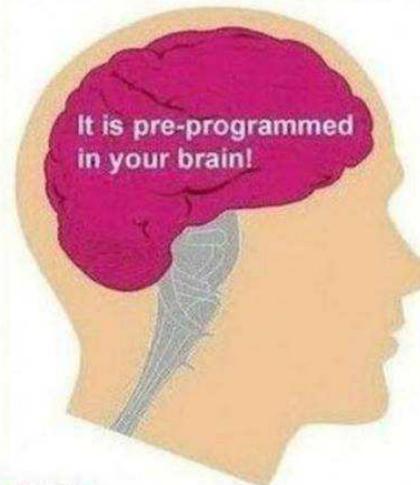
Part A Premium:	\$0 if you've worked 10 years or more \$226 per month if you've worked between 7.5 to 10 years \$411 per month if you've worked fewer than 7.5 years
Part A Hospital Deductible:	\$1,288 each benefit period
Part A Hospital Coinsurance:	\$0 for the first 60 days of inpatient care each benefit period \$322 per day for days 61 - 90 each benefit period \$644 per lifetime reserve day after day 90 in a benefit period (You have 60 lifetime reserve days that can only be used once. They're not renewable.)
Skilled Nursing Facility Coinsurance:	\$0 for the first 20 days of inpatient care each benefit period, after a minimum 3-day inpatient hospital stay \$161/day for days 21-100 each benefit period

Medical Insurance (Part B)

Part B Premium:	\$104.90 for most people, just like in 2015, due to "hold harmless protection" (see terms on next page) \$121.80 for people who are new to Medicare with an annual income below \$85,000 for singles and \$170,000 for couples
Part B Deductible:	\$166 per year
Part B Coinsurance:	20 percent or most services Part B covers



HOW SMART IS YOUR RIGHT FOOT?



TRY THIS:

- 1) While sitting in front of your computer, lift your right foot and make clockwise circles.
- 2) Now, while doing that, draw the number 6 in the air with your right hand. Your foot will change direction. And there's nothing you can do about it.

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 are to give information ONLY.

Seeking Family Forgiveness Through Caregiving

How a black sheep can become a white knight

By: Barry J. Jacobs

One of my patients, Marla (not her real name), spent decades paying the price for being a rebellious teenager, quitting school and moving several states away. As an adult, she and her parents never talked about those troubled years during their weekly phone calls, but her family didn't ever fully trust her again. She felt helpless to gain their forgiveness and shed her negative image. Then her mother had a devastating stroke and, not long afterward, her father died suddenly. All at once, Marla saw an opportunity to help her mother, but also to redeem herself — to prove once and for all that she was a good daughter, capable and dependable. She hoped to finally win some respect and love. In the crucible of caregiving — when stakes are high and loyalties are tested — many caregivers seek to change their family reputations. Little sisters, perhaps once dismissed as immature by bossy elders, step up to become steely-eyed decision-makers. Older husbands who've long been seen as self-involved workaholics might demonstrate their devotion to disabled wives. But in the real world, there's no guarantee that caregiving will produce a happy ending. When Marla offered to move into her mother's house to serve as the hands-on caregiver, her sisters first scoffed and then reluctantly agreed to the plan. She still received only grudging thanks after weeks of attending to her mother's daily needs. Her mother watched her tensely, as if she still half-expected Marla to steal her jewelry and run away.

It's not easy to change long-held beliefs within a family. But good behavior while caring for a loved one can increase your chances of being viewed positively. Here are some ideas for improving how you're perceived.

- ♦ **Be consistent.** If you failed them previously, your family members will be watching. Even one slipup, such as a forgotten appointment, can undermine fragile trust. Show steady evidence of dependability to affirm that you've changed.
- ♦ **Express remorse.** Although you may have already apologized for hurting members of your family — and it all seems to you like ancient history — apologize again. Your current position as caregiver may create a new context where your words are better received than they were in the past.
- ♦ **Give loving care regardless of recognition.** If you try too hard to play the caregiving hero, then your efforts may look self-serving. Remember that you're caring for an aging parent because it reflects your values — not primarily because you'll be viewed in a new light — and your sincerity is more likely to shine through.

Marla did just that: She continued to plug away at caregiving for her mother without expectation. After a few months, her mother seemed more accepting, if not exactly warm. Marla tried to be patient. She made a point of telling her mother she was sorry for the pain she had caused her long ago and was glad to be back in her life again. Her mother said little in response at the time but began to soften her tone, and the tension between them lessened. This wasn't exactly redemption, in Marla's mind, but it was a start.

Barry J. Jacobs, a clinical psychologist and family therapist, is a member of the AARP Caregiving Advisory Panel.



SEVEN LAYER BARS



Seven glorious layers of graham crackers, nuts, chocolate chips, white chocolate chips, butterscotch chips, coconut and sweetened condensed milk!

INGREDIENTS:

½ cup unsalted butter, melted
9 whole graham crackers, crushed

(about 1½ cups crumbs)

1 cup finely chopped pecans (can substitute walnuts)

1 cup semisweet chocolate chips

½ cup white chocolate chips

½ cup butterscotch chips

1 cup sweetened flaked coconut, toasted

1 (14-ounce) can sweetened condensed milk

DIRECTIONS:

1. Adjust an oven rack to the lower-middle position and preheat to 350 degrees F. Spray a 9x13-inch baking pan

with non-stick spray. Line the pan with two overlapping pieces of foil or parchment paper, leaving the overhang to act as handles for lifting the bars out of the pan. Spray with non-stick spray.

2. Combine the melted butter and graham cracker crumbs in a small bowl. Toss with your fingers until the butter is evenly distributed. Spread the crumbs evenly over the bottom of the prepared pan (this is not meant to be a crust, so you don't need to press it flat and there will be some small bare spots along the bottom, that's okay).

3. In this order, sprinkle the pecans, chocolate chips, white chocolate chips, butterscotch chips, and coconut over the graham crumbs. Pour the condensed milk evenly over the entire dish.

4. Bake until the top is golden brown, about 25 minutes. Cool in the pan on a wire rack to room temperature, about 2 hours.

5. Remove the bars from the pan using the foil or parchment handles and transfer to a cutting board. Using a sharp knife or bench cutter, cut into 2 by 3-inch bars.

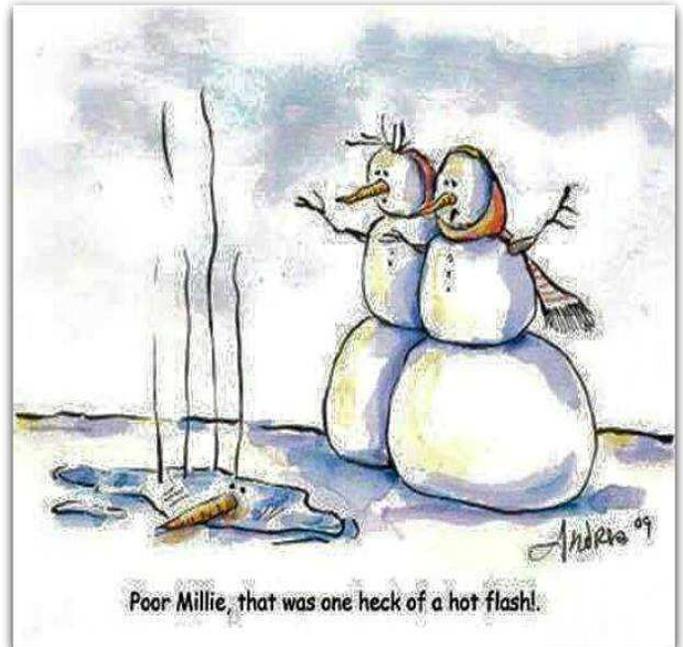
Pecans

Cholesterol-Lowering Pecans

Pecans also play a role in lowering cholesterol. Clinical research published in the *Journal of Nutrition* (September 2001) compared the Step I diet (28 percent fat), recommended by the American Heart Association for individuals with high cholesterol levels, to a pecan-enriched (40 percent fat) diet. The results showed the pecan-enriched diet lowered total cholesterol by 11.3 percent and LDL "bad" cholesterol levels by 16.5 percent – twice that of the Step I diet, without any associated weight gain. Research conducted by Dr. Ronald Eitenmiller at the University of Georgia has also confirmed that pecans contain plant sterols, which are known for their cholesterol-lowering ability. The U.S. Food and Drug Administration (FDA) has acknowledged this and related research and approved the following qualified health claim: "Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as pecans, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease."

Weight Control and Pecans A review of pecan and other nut research, published in the *American Journal of Clinical Nutrition* (September 2003), suggests that nuts like pecans may aid in weight loss and maintenance. The review cited studies indicating that nut consumption may increase metabolic rates and enhance satiety. When used in conjunction with a healthy low-fat diet, nuts also offer increased flavor, palatability and texture that can lead to greater dietary compliance, according to the review. A one-ounce serving of pecans (approximately 20 halves) contains 196 calories, 20.4 grams total fat (1.8 saturated fat), 0 mg cholesterol, 0 grams sodium, 2.7 grams dietary fiber and over 19 vitamins and minerals including vitamin A, vitamin E, calcium, potassium and zinc.

Pecans are also a good source of oleic acid, vitamin B1, thiamin, magnesium and protein.



Medicare– Lower your Prescription Drug Costs!

If your monthly income is not more than \$1,460 for singles (\$1,967 for couples) and your assets are not more than \$13,300 for singles (\$26,580 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.



February 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 1:30 Spanish 101	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
1  9:15 Breakfast Club 12:30 Jeopardy	2 1:00 Movie: An Affair to Remember	3 9:00 Commodities 	4	5 10-12 Blood Pressure  11:15 Meditation 11:15 Ping Pong Tournament w/ Aubree 1:00 Movie: The Quiet Man
8  9:15 Breakfast Club 12:30 Jeopardy	9  1:00 Foot Clinic by Rocky Mountain Care 1:00 Movie: Picture Bride	10 11:15 Cooking Class (cake pops) \$1.00 1:00 Book Club 	11 12:15 Musical Entertainment Lisa Pulotu 12-4 AARP Driver Safety Course 1:00 Foot Clinic by Rocky Mountain Care 	12 10-12 Blood Pressure  11:15 Meditation 10:30 Bingo Hosted by Sunshine Terrace 12:15 CNS Valentine Entertainment 1:00 Movie: Grace Of Monaco
15 CLOSED FOR PRESIDENTS DAY 	16 1:00 Movie: Desk Set	17 11:15 Craft w/ Giselle \$1.00 1:00 Foot Clinic by Rocky Mountain Care 	18 9:30-11:00 Billiard (8 ball) tournament W/ Aubree	19 10-12 Blood Pressure  11:15 Meditation 11:15 Pickle Ball Tournament w/ Aubree 1:00 Movie: Take Me Home
22  9:15 Breakfast Club 12:30 Jeopardy	23  1:00 Foot Clinic by Integrity Home Health 1:00 Movie: Laura	24 	25 9:15-11:00 Wii Bowl- ing tournament w/ Au- bree 1:00 Red Hat Activity  2:00 Spanish 101	26 10-12 Blood Pressure  11:15 Meditation 12:15 Lunch and Learn: Fraud Prevention by Wells Fargo 1:00 Movie: His Girl Friday
29  9:15 Breakfast Club 12:30 Jeopardy				



FEBRUARY

<p>1</p> <p>Ham Scalloped Potatoes Mixed Veggies Peaches Cheese Biscuit</p>	<p>2</p> <p>French Dip Sandwich Ramen Cabbage Salad Mandarin Oranges Chips</p>	<p>3</p> <p>Pork Burrito (enchilada style) Red Beans & Rice Chuck Wagon Corn Mixed Fruit</p>	<p>4</p> <p>Beef Stroganoff w/ noodles Carrots Applesauce Bran Muffin</p>	<p>5</p> <p>Poppy Seed Chicken Roasted Potatoes w/ Peppers & Onions Pears Roll</p>
<p>8</p> <p>Sloppy Joes Coleslaw Apricots Chips</p>	<p>9</p> <p>Hot Turkey Sandwich Mashed Potatoes w/ Gravy Green Beans Peaches</p>	<p>10</p> <p>Pork Riblets Baked Potato Peas Apple Muffin</p>	<p>11</p> <p>Chicken Noodle Soup Tuna Sandwich Mixed Fruit</p>	<p>Baked Ziti Italian Veggies Peaches Dill Rolls</p>
<p>15</p> <p>CLOSED FOR PRESIDENTS DAY</p> 	<p>16</p> <p>Hawaiian Haystacks Peas Pineapple Bran Muffin</p>	<p>17</p> <p>Hot Dog Potato Salad Peaches Chips</p>	<p>18</p> <p>Tomato Macaroni Soup Egg Salad Sandwich Mixed Fruit Cookie</p>	<p>19</p> <p>Meatloaf Au Gratin Potatoes Broccoli Pears Roll</p>
<p>22</p> <p>Tamale Pie Green Beans Mandarin Orange Salad</p>	<p>23</p> <p>Corn Chowder Ham Sandwich Pasta Salad Apricots</p>	<p>24</p> <p>Lasagna Normandy Veggies Pears Garlic Bread</p>	<p>25</p> <p>Chicken Nuggets Mac & Cheese Peas & Carrots Mixed Fruit Bran Muffin</p>	<p>26</p> <p>Beef Stew Peaches Cheese Bread</p>
<p>29</p> <p>Pizza California Mix Vegetables Pears</p>		<p>Menus can change with out notice</p>	<p>Non-seniors: \$5.00 must be receipted at front desk before you eat. Don't forget to call in by 3:00 pm the day before you eat. Senior Donation: \$2.75</p>	