

CACHE COUNTY SENIOR CITIZEN CENTER

May 2014

Director's Message

May 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

*Every Friday at 12:20 we are going to have a "Lunch and Learn"

May 2nd—Sunshine Terrace—
Physical Therapist

May 9th—Diane Hardy : Name that tune.

May 16th—USU Food Sense.

May 23rd—Soup and Stroke-Sydney Schafer (CPD,IHC, Sunshine Terrace)

May 30th—Motor Rehabilitation and Learning Lab Research USU, Abbie Waite and Sydney Schafer

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally, he decided the animal was old, and the well needed to be covered up anyway; it just wasn't worth it to retrieve the donkey.

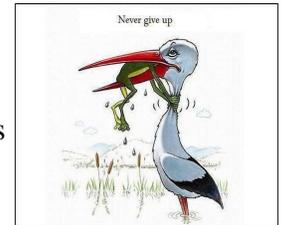
He invited all his neighbors to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement he quieted down.

A few shovel loads later, the farmer finally looked down the well. He was astonished at what he saw. With each shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up.

As the farmer's neighbors continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and happily trotted off!

MORAL : Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a steppingstone. We can get out of the deepest wells just by not stopping, never giving up! Please stop by the Senior Center we would love to have you join us.

Kristine



240 North 100 East Logan, Utah

84321

PHONE: (435)755-1720

FAX: (435)752-9513

HOURS: 9:00 A.M. - 4:00 P.M.

www.cachecounty.org

Facebook:

cache county senior citizens center

In Flanders Fields
By: Lieutenant Colonel
John McCrae, MD (1872-
1918)
Canadian Army

In Flanders Fields the poppies blow
Between the crosses row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie

In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.





May is Older Americans Month

Each May, the nation celebrates Older Americans Month to recognize older Americans for their contributions and provide them with information to help them stay healthy and active. The 2014 Older Americans Month theme is *Safe Today. Healthy Tomorrow. Older adults are at a much higher risk of unintentional injury and even death than the rest of the population.* Unintentional injuries to this population result in at least 6 million medically treated injuries and more than 30,000 deaths every year. By taking control of their safety, older Americans can live longer, healthier lives.

History of Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing, however. In April of 1963, President John F. Kennedy's meeting with the National Council of Senior Citizens served as a prelude to designating May as "Senior Citizens Month."

M. is for the million things she gave me

O ..means only that she's growing old

T.. Is for the tears shed to save me

H.. Is for her heart of purest gold,

E.. is for her eyes with love— light shining,

R.. means right and right she'll always be

Put them all together, they spell "Mother", a word that means the world to me.



—Howard Johnson (c.1916)

In celebration of "Mothers Day" we invite all women to enjoy a sweet treat, stop by the library on May 9th at 11:00 am.

Ok Wii bowlers, we as staff of the Center are ready to take you on in a tournament! This will be held May 22 Starting at 9 am. As time allows we each will try our hand at bowling. We admit we do not have the skills you possess, but we are up to the challenge!!



May 23 is National Back yard games day!! We invite you to join us as we head outdoors for some fun. There will be various games that you can try ...toss the bean bag...Senior Style...Bananagrams, lawn Jenga, Bocce and horseshoes.



Make sure to come and join us, we will have ice— cream too!!



THANK YOU

We want to give a big THANK YOU to United Way of Cache Valley. We appreciate their support and donations to our Meals on Wheels and transportation programs. United Way of Cache Valley was founded to distribute community resources more fairly, and to raise funds for deserving programs more efficiently. The United Way of Cache Valley is now the largest, most efficient fundraiser in the community, helping thousands of Cache Valley residents each year. On May 22, 2014 United Way will be holding their annual fundraising dinner at 6:00 p.m. at the USU Taggart Student Center Ballroom. This year's event is titled "Legacy of Service", and will feature guest speaker, Jon M. Huntsman Sr. Money raised from this event will help to support programs offered by 19 different partner agencies, one of which is the Cache County Senior Citizens Center. If you would like more information and would like to purchase a ticket for this event contact Kristine at 755-1729.



Local Events

Loaves and Fishes Community Meal

Every 1st & 3rd Saturday. Free of charge. Come enjoy food, friendship and connections. Everyone welcome. 11:30 am – 1:00 pm. May 3rd & May 17th at the First Presbyterian Church 178 West Center Street in Logan. Any questions call Rachel at 435.554.1081 or Amy at 435.881.9211.

Gardener's Market

Saturday May 10th is the opening day of the 2014 Season.

Saturday mornings finds a vibrant community of people shopping, listening to music, visiting and having fun. The Market today is not only the best place in Logan to find fresh, locally grown produce, but people can also stroll through a weekly Fine Arts and Crafts Fair. Located at Willow Park 419 West 700 South in Logan every Saturday at 9:00 am.



Two elderly women were out driving in a large car. Both could barely see over the dashboard. As they were cruising along, they came to an intersection. The stoplight was red, but they just went on through. The woman in the passenger seat thought to herself, "I must be losing it. I could have sworn we just went through a red light." After a few more minutes, they came to another intersection, and the light was red again. They went right through it. This time, the woman in the passenger seat was almost sure that the light had been red and was really concerned that she was losing it. She was getting nervous and decided to pay very close attention to the road and the next intersection to see what was going on. At the next intersection, the light was definitely red, and sure enough, they went right through again. She turned to the other woman and said, "Mildred! Did you know we just ran through three red lights in a row? You could have killed us!" Mildred turned to her and said, "Oh my, am I driving?"

Medicare Info

Services that Part B covers Ambulance Services

Medicare covers ground ambulance transportation when you need to be transported to a hospital, critical access hospital, or skilled nursing facility for medically necessary services, and transportation in any other vehicle could endanger your health. Medicare may pay for emergency ambulance transportation in an airplane or helicopter to a hospital if you need immediate and rapid ambulance transportation that ground transportation can't provide. In some cases, Medicare may pay for limited non-emergency ambulance transportation if you have a written order from your doctor stating that ambulance transportation is necessary due to your medical condition. Medicare will only cover ambulance services to the nearest appropriate medical facility that's able to give you the care you need. You pay 20% of the Medicare-approved amount, and the Part B deductible applies.

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 that can help you with your needs. Please call for an apt. and inquire about applying for the **Extra Help**.



Telephone Scams

There's been a huge spike in robocall scams in the U.S. over the past few years. In fact, the Federal Trade Commission (FTC) gets more than 200,000 complaints every month about this widespread problem. Here's what you should know, along with some tips that can help you protect yourself.

Robocall Scams

Whenever you answer the phone and hear a recorded message instead of a live person, it's a robocall. You've probably gotten robocalls about Candidates running for office or charities asking for donations. These robocalls are legal and allowed. But if the recording is a sales message and you haven't given your written permission to get calls from the company on the other end, the call is illegal. In addition to the phone calls being illegal, their pitch most likely is a scam. Some common robocall scams that are making the rounds these days are offering lower credit card interest rates, mortgage relief, free vacations, medical alert devices or home security systems, or they falsely notify you about changes in your health benefits or bank account. But be aware that new scams are constantly evolving, and they all have only one goal in mind -- to get your personal and financial information.

The reason for the spike in robocalls is technology. Fraudulent robocallers are using auto dialers that can send out thousands of phone calls every minute for an incredibly low cost, and are very difficult to trace. When these kinds of calls come in, your caller ID usually displays "spoofed" (fake) numbers or just says "unknown."

Protect Yourself

Your first step to limiting at least some unwanted calls is to make sure your phone number is registered with the National Do Not Call Registry (see donotcall.gov

or call 888-382-1222). This, however, will not stop telemarketing scams or illegal robocalls.

Another tip, if you have a caller ID, is to simply not answer the phone unless you recognize the number. But if you do answer and it's a robocall, you should just hang up the phone. Don't press 1 to speak to a live operator and don't press any other number to complain about the call or get your number off the list.

If you respond by pressing any number, you're signaling that the auto dialer has reached a live number and it will probably lead to more robocalls. You should also consider contacting your phone provider to ask them to block the number, and whether they charge for that service. But keep in mind that telemarketers change caller ID information easily and often, so it might not be worth paying a fee to block a number that will change.

Another call blocking option you should check into is Nomorobo. This is a free new service and works only for people who have an Internet-based VoIP phone service. Anyone with phone service from Comcast and Time Warner Cable can use it too.

Nomorobo uses a "simultaneous ring" service that detects and blocks robocalls on a black list of known offender numbers. It isn't 100 percent foolproof, but it is an extra layer of protection. To sign up, or see if Nomorobo works with your phone service provider, visit Nomoro.com. It's also important that you report illegal robocalls you receive to the FTC at ftccomplaintassistant.gov or call 888-382-1222.

http://www.huffingtonpost.com/jim-t-miller/how-seniors-can-guard-against-robocallscams_b_4885931.html



Daily Activities

Monday

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/Board
Games

Tuesday

9:00 Fitness Room
9:00 Quilting
9:00 Pool Room
9:00 Ceramics
9:30 Wii Bowling
1:00 Movie

Wednesday

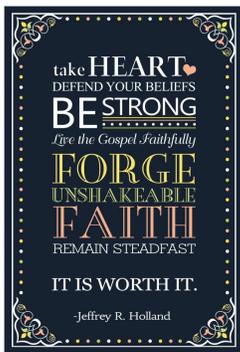
9:00 Fitness Room
9:00 Quilting
9:00 Pool Room
9:10 Line Dancing
10:15 Tai Chi
10:30 Bingo
11:15 Sit-n-be-fit/
Ping-Pong
1:00 Bridge/Ping-
Pong/Pickle Ball
1:30 Bobbin & Lace

Thursday

9:00 Fitness Room
9:00 Quilting
9:00 Pool Room
9:15 Clogging
9:30 Wii Bowling
1:00 Wii Bowling

Friday

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



Visiting

Teaching

Handout for May

May is one of my favorite months to create a visiting teaching

handout because it gives me the opportunity to look through all the General Conference talks from April and then choose one of my favorites to share. I particularly enjoyed Elder Holland's talk The Cost- and Blessings- of Discipleship. If you too want to share this talk with the sisters you visit, and would like a nice little hand out we will have some in the gift shop. Price \$1.00

Club will be meeting the third Thursday of every month. Come join us on May 15th. We will be meeting in the Library at 1:00 pm.

5 De Mayo Cooking

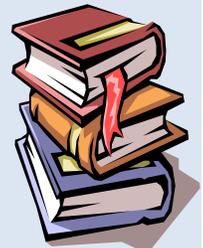
Class with Kristine and Giselle. We will be firing up the grill for this cooking class. We will be grilling corn, carne asada, and making fresh salsa. May 7th @ 11:00 am.



Reading

Corner:

Remember the Book



Seen any good movies lately?? Here are a few that we have seen recently and have enjoyed.

- *Saving Mr. Banks
- *Catching Fire
- *Divergent



Be sure to check them out.

Ladies, It's time for some more Red Hatter fun on Wednesday, May 28th at 1:00 P.M. Our theme for this month is The Gift of Friendship.

Remember to wear red and purple! Come join us for a great time!



Strawberries and your Health

Strawberries pack a healthy punch. Their antioxidants help as a immunity booster. They help promote eye health. They suppress cancer cell growth. They help with blood pressure, heart health and bad cholesterol. They help reduce inflammation. And they help with digestion. With all that, the best thing is they taste so good!



Healthy eating over 60: What your body needs

Adults over 60 can feel better immediately and stay healthy for the future by choosing healthy foods. A balanced diet and physical activity contribute to a higher quality of life and enhanced independence as you age.

Fruit – Focus on whole fruits rather than juices for more fiber and vitamins and aim for around 1 ½ to 2 servings each day. Break the apple and banana rut and go for color-rich pickings like berries or melons.



Sweet and Tart Strawberry Salad



1 1/2 pounds fresh strawberries, rinsed and sliced
1 tablespoon balsamic vinegar

2 1/2 tablespoons brown sugar
1/4 teaspoon freshly ground black pepper

Directions

1. In a large bowl, toss berries with sugar and let stand at room temperature for 10 minutes.
2. In a small bowl, combine the vinegar and pepper. Pour over berries and toss to coat.
Divide berries among 4 serving bowls and serve. Enjoy!

SPRING

Find and circle all of the words that are hidden in the grid. The remaining letters spell a message about Spring.



Allergies	Green	Spring Break
April	Growth	Spring Cleaning
Baseball	Irises	Tulips
Bees	Lilies	Warmer
Crocuses	March	Wet
Cyclamens	May	
Daffodils	New Leaves	
Dandelions	Planting	
Easter	Rain	
Equinox	Renewal	
Flowers	Robins	
Frogs	Season	
Golf	Snowmelt	
Grass	Softball	



May 2014



			1 12-4 AARP	2 10-12 Blood Pressure  12:20 Lunch & Learn 1:00 Movie: Father of the Bride
5 9:15 Breakfast Club  10:30 Arm Chair Travel : Mexico	6 1:00 Movie: Rio	7 9:00 Commodities  11:00 Cooking Class. Cooking on the grill 1:00 Foot Clinic 	8 Center Closed for Staff Training	9 10-12 Blood Pressure  11:00 Mothers Day Treat (In library) 12:20 Lunch & Learn 1:00 Movie: High Noon
12 9:15 Breakfast Club 	13 10:30 Alpine Medical repair wheelchairs & walkers 11:00 Blood Pressure & Oxygen check  1:00 Movie: Strangers on a Train Alfred Hitchcock	14 Lots of Fun! Please Join Us!	15 1:00 Book Club 	16 10-12 Blood Pressure  12:20 Lunch & Learn 1:00 Movie: Tangled
19 9:15 Breakfast Club 	20 1:00 Movie: The Philadelphia Story	21 1:00 Foot Clinic 	22 9:00 Wii Bowling Tournament against CENTER STAFF!	23 10-12 Blood Pressure  10:30 Outdoor games 12:20 Lunch & Learn 1:00 Movie: It Happened One Night
26 Memorial Day Center Closed 	27 1:00 Foot Clinic  1:00 Movie: Road to Bali with Bob Hope	28 1:00 Red Hat Activity 	29	30 10-12 Blood Pressure  12:20 Lunch & Learn 1:00 Movie: 17 Miracles



May 2014

<p>Don't forget to call in by 3:00 pm the day before you eat.</p> <p>Senior Donation: \$2.75</p> <p>Non-seniors: \$5.00 must be receipted at front desk before you eat.</p>			<p>1</p> <p>Chicken Pot Pie Green Salad Grapes Biscuit Cookie</p>	<p>2</p> <p>Beef Enchiladas Refried beans Chuck wagon corn Watermelon</p> 
<p>5</p> <p>Split Pea Soup Turkey sandwich Pears Cookies-N-Cream</p>	<p>6</p> <p>French bread Pizza Peas Green Salad Applesauce</p>	<p>7</p> <p>Marisol's Chicken Crunch Mashed potatoes California blend veggies Strawberry cake Roll</p>	<p>8</p> <p>☆ ☆ ☆ ☆</p> <p>Closed for Staff Training</p> <p>☆ ☆ ☆ ☆</p>	<p>9</p>  <p>Fish Potato wedges Capri veggies Apple cobbler</p>
<p>12</p> <p>Chili Corn Muffin Green Salad Apricots</p> 	<p>13</p> <p>Baked Ziti Sicilian Blend veggies Pears Garlic bread Tapioca pudding</p>	<p>14</p> <p>Chicken Tenders Mac-N-cheese Green beans Mixed fruit Muffin</p>	<p>15</p> <p>Cheddar Broccoli soup Egg sandwich Carrot raisin salad Applesauce</p>	<p>16</p> <p>Chef's Choice</p>
<p>19</p> <p>Beef stir-fry Rice Egg roll Mandarin Oranges Fortune Cookie</p> 	<p>20</p> <p>Minestrone Soup Ham sandwich Fruit Salad Cookie bar</p>	<p>21</p> <p>Chicken Alfredo Mixed veggies Peaches Garlic Bread</p>	<p>22</p> <p>Grilled Hotdogs Coleslaw Watermelon Rice Crispy Treat</p> 	<p>23</p> <p>Meatloaf Mashed Potatoes w/ Gravy Peas & Carrots Pears Roll</p>
<p>26</p> <p>☆ ☆ ☆ ☆</p> <p>HOLIDAY</p> <p>Closed!</p> <p>☆ ☆ ☆ ☆</p>	<p>27</p> <p>Breaded Chicken sandwich w/ a multigrain bun Pea salad Mixed Fruit Brownie</p>	<p>28</p> <p>Ham Scalloped potatoes Green beans Roll Pears</p> 	<p>29</p> <p>Pulled pork sandwich Chips 4-bean salad Crushed Pineapple Jell-O</p>	<p>30</p> <p>Kielbasa sausage w/ red potatoes Carrots Peaches Bread pudding</p>