

# CACHE COUNTY SENIOR CITIZEN CENTER

July 2014

## July 2nd 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"

July 11th—CAPSA

July 18th— CNS Advanced Directives

**We will be closed July 4th and July 24th and 25th.**

Don't forget to sign up for the activities and trip.

## Director's Message

When I see the American flag, I am so thankful for the freedoms I enjoy. Thank you to those men and women who have served and are serving our country to give us those freedoms. Thank you for your dedication to protect and serve our country. YOU are heroes!

Henry Ward Beecher said "Our flag means all that our fathers meant in the Revolutionary War. It means all that the Declaration of Independence meant. It means justice. It means liberty. It means happiness...every color means liberty. Every thread means liberty. Every star and stripe means liberty."



*Fireworks, with bright lights and loud noises,  
but nothing to fear.*

*Men marching in parades,*

*holding the flag that waves every year.*

*The 4th of July, a time to remember and celebrate  
all that we have, all that we've fought for  
and all that we hold dear.*

**240 North 100 East**

**Logan, Utah 84321**

**PHONE: (435)755-1720**

**FAX: (435)752-9513**

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

**Monday—Friday**

**[www.cachecounty.org](http://www.cachecounty.org)**

**Facebook:**

**cache county senior citizens  
center**



Please come join us at the Cache County Senior Citizens Center, we have lots of fun activities, programs and many things to do.



# Easy-To-Do Mental Exercises For Seniors

Ready for some gymnastics, seniors? Gymnastics, as in mental gymnastics, to sharpen the mind and improve memory. There are many ways in which seniors can engage in mental exercises. On their own, with a friend or family member, or with a caregiver. Participating actively in physical exercise also helps keep the mind keen.

**Let's get started.**

## How Much Time Does It Take?

A mere hour per day of mental exercise is enough to keep memory active and the mind sharp, according to The National Institutes of Health (NIH). Benefits last up to five years, and seniors who actively exercise their brains are more able to maintain control over daily tasks including money management, according to the NIH.

## Engage the Body

One surefire way to stay sharp is to get moving. A daily 20-minute walk improves memory skills and concentration and abstract reasoning.

## Learn Something

**Today's word.** Use a dictionary to look up a word you read in a book, heard someone else use, or saw on a TV show. Or look up a random word, then write a paragraph using that word.

**Research a subject.** Find a subject that interests you and head to the library to find books on the subject and/or use the Internet for research.

**Engage in a new activity.** Learning a hands-on activity will engage the sense of touch, along with mental challenges. The activity could be learning how to play Chess, cribbage, or a new card game. Or try something artistic including pottery or painting.

**Start a blog or journal.** Blogging presents new challenges and learning opportunities for seniors, while giving them a creative and expressive outlet. Seniors who blog are in good company, as 22 percent of people 65 and older were using the Internet as of 2004, according to the Pew Internet and American Life Project.

## Games

**Play a simple memory game with a deck of cards.**

Turn over the cards, face down and turn over two at a time looking for matches. Keep the cards face down when no match is found.

**Play board or computer games, puzzles, or group games including Bingo.** Regular games of Bingo help keep brains sharp, according to the Franklin Institute.

## Organizing Exercises

Name the members of your family alphabetically. Try it again by age, including youngest to oldest and oldest to youngest. Or, try a list of names in order of their birthdays, starting with January.

Name the states in alphabetical order, or try naming cities, colors, types of birds or dogs, or any other group of information with which you are familiar.

## The Basics

Read. Seniors should continue to read, and have a caregiver help them with eye wear if they need new glasses. Read books, newspapers or magazines on any subject that interests you.

Challenge yourself by recalling the information you read by relaying it to someone you know.

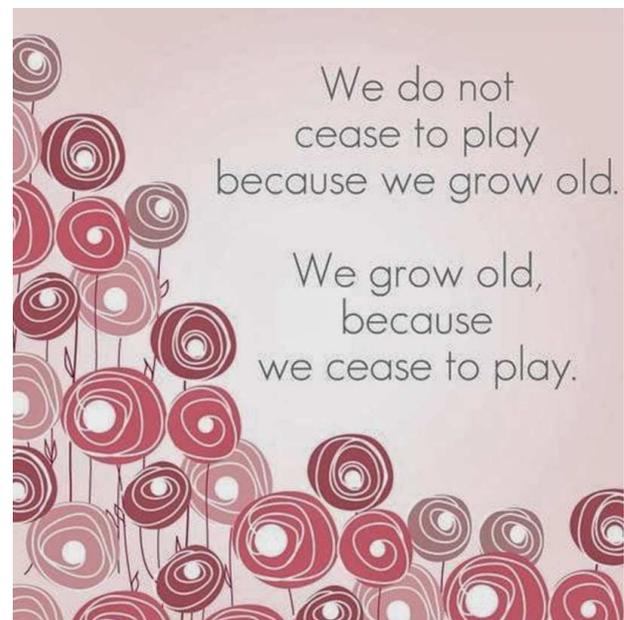
## Try Something Different

Slightly change the way you perform a daily activity in order to engage the senses. For example, switch hands when you use a computer mouse, eat or brush your teeth. This technique is referred to as Neurobics.

Neurobic activities are intended to help strengthen and preserve brain cells, according to the Franklin Institute.

## Break Your Routine

Break up your routine, including your mental exercise routine, recommends the American Society on Aging. Continue to challenge yourself with mental exercises and learning pursuits that are a challenge, and slightly outside your comfort zone.



## Medicare Info

### Local Events Loaves and Fishes Community Meal

Every 1st & 3rd Saturday. Free of charge. Come enjoy food, friendship and connections.

Everyone welcome. Wheelchair and ramp access is available on the East side of the church building. It will take place from 11:30 am – 1:00 pm July 5th and July 19th 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.

### Available Farmers Markets

Our valley is lucky to have two farmers markets on Saturday mornings. They are the best places to find fresh, locally grown produce.

Located at Willow Park, 419 West 700 South in Logan at 9:00 am or Poor Richards Produce at 145 North 100 East in Logan from 7:00 am—1:00 pm.

### 42nd Annual Sidewalk Sale

All are invited to the Annual Summer Sidewalk Sale in historic downtown Logan. This is the 42nd year for this bargain shopping and craft festival. Enjoy food booths and entertainment as you save money in a festive, fun atmosphere. Thursday July 10th - Friday July 11th - Saturday July 12th from 10:00 am - 8:00 pm.



### SPANISH 101

Beginning in July every Thursday we will have Spanish class available. If you have ever wanted to learn, this is the perfect opportunity to do so. Classes will be taught by a Spanish teacher. She has been teaching English at the ELC but she also teaches English in her home. Classes begin July 3rd in the Stage Room at 1:30 pm.

### Virtual Vacation

This month Susan Nelson is going to take us on our virtual vacation to Europe. She visited England, Wales, and Scotland. She is so delighted to share with us her vacation. There will be a picture slide show of the locations that she visited and she is even going to make a delicious treat...Trifle! Join us July 31 at 11:00 am.



### Services that Part B covers

#### Cardiac rehabilitation

Medicare covers comprehensive programs that include exercise, education, and counseling for patients who meet certain conditions. Medicare also covers intensive cardiac rehabilitation programs that are typically more rigorous or more intense than regular cardiac rehabilitation programs. Services are covered in a doctor's office or hospital outpatient setting. You pay 20% of the Medicare-approved amount if you get the services in a doctor's office. In a hospital outpatient setting, you also pay the hospital a copayment. The Part B deductible applies.

#### Cardiovascular disease (behavioral therapy)

Medicare will cover one visit per year with a primary care doctor in a primary care setting (like a doctor's office) to help lower your risk for cardiovascular disease. During this visit, the doctor may discuss aspirin use (if appropriate), check your blood pressure, and give you tips to make sure you're eating well. You pay nothing if the doctor or other qualified health care provider accepts assignment.

#### Cardiovascular disease screenings

These screenings include blood tests that help detect conditions that may lead to a heart attack or stroke. Medicare covers these screening tests once every 5 years to test your cholesterol, lipid, lipoprotein, and triglyceride levels. You pay nothing for the tests, but you generally have to pay 20% of the Medicare-approved amount for the doctor's visit and the Part B deductible may apply.

**If you're in a Medicare Advantage Plan (like an HMO or PPO) or have other insurance, your costs may be different. Contact your plan or benefits administrator directly to find out about the costs.**

### 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 appointment and inquire about applying for the **Extra Help**.



**We had such a great time shopping last month!! We have decided to go again. We all love a great**

**bargain, for this reason we will be heading to Deseret Industries in Brigham City and Ogden. A \$2.00 reservation fee will need to be paid to Marisol at the front desk. Bus will leave at 9:30 am on July 22.**

**Reading Corner:**



Hope you all enjoyed reading "The End of Your Life Book Club." The new book we will be reading this next month is "The Whistling Season". Come join us on July 17th for book club. We will be meeting in the computer room at 1:00 pm.

Who doesn't love pizza?...



But wait! Have you ever grilled your

pizza? Join us, as we all take part in creating mini pizzas that we then will grill! Our cooking demonstration will be July 9th at 11:00 am. We will be outside on the patio.



**WHO'S READY TO CELEBRATE THE 4TH OF JULY? JOIN US AS WE MAKE THESE FUN DIY CANDLES. THEY WILL BE PERFECT FOR A BACKYARD BBQ OR AS A CENTER PIECE FOR YOUR HOME. JULY 2 AT 11:15 AM**

**Visiting Teaching / Friendship cards/ handout for July**

Would you too like to share a handout with the sisters you visit or as a gift for a friend? Visit our gift shop where we will have this nice card/handout for the price of \$1.00

**Ladies:**



Our Red Hat Activity will be on Wednesday, July 30th at 1:00 P.M. Our theme this month is "America the Red White and Blue". Be sure to sign up. Remember to wear our signature colors. Hope to see you there!!!!

## 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

### **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

## **Why The American Flag Is Folded 13 Times**

Have you ever wondered why the flag of the United States of America is folded 13 times when it is lowered or when it is folded and handed to the widow at the burial of a veteran? Here is the meaning of each of those folds and what it means to you.

1. The 'first fold' of our flag is a symbol of life.
2. The 'second fold' is a symbol of our belief in eternal life.
3. The 'third fold' is made in honor and remembrance of the veterans departing our ranks who gave a portion of their lives for the defense of our country to attain peace throughout the world.
4. The 'fourth fold' represents our weaker nature, for as American citizens trusting in God, it is to Him we turn in times of peace as well as in time of war for His divine guidance.
5. The 'fifth fold' is a tribute to our country, for in the words of Stephen Decatur, "Our Country, in dealing with other countries may she always be right; but it is still our country, right or wrong."
6. The 'sixth fold' is for where our hearts lie. It is with our heart that we pledge allegiance to the flag of the United States Of America, and to the Republic for which it stands, one Nation under God, indivisible, with Liberty and Justice for all.
7. The 'seventh fold' is a tribute to our Armed Forces, for it is through the Armed Forces that we protect our country and our flag against all her enemies, whether they be found within or without the boundaries of our republic.
8. The 'eighth fold' is a tribute to the one who entered into the valley of the shadow of death, that we might see the light of day, and to honor mother, for whom it flies on Mother's Day.
9. The 'ninth fold' is a tribute to womanhood; for it has been through their faith, their love, loyalty and devotion that the character of the men and women who have made this country great has been molded.
10. The 'tenth fold' is a tribute to the father, for he, too, has given his sons and daughters for the defense of our country since they were first born.
11. The 'eleventh fold', in the eyes of a Hebrew citizen represents the lower portion of the seal of King David and King Solomon, and glorifies in their eyes, the God of Abraham, Isaac, and Jacob.
12. The 'twelfth fold', in the eyes of a Christian citizen, represents an emblem of eternity and glorifies, in their eyes, God the Father, the Son, and Holy Spirit.

When the flag is completely folded, the stars are uppermost reminding us of our nation's motto, "In God We Trust". After the flag is completely folded and tucked in, it takes on the appearance of a cocked hat, ever reminding us of the soldiers who served under General George Washington, and the sailors and Marines who served under Captain John Paul Jones, who were followed by their comrades and shipmates in the Armed Forces of the United States, preserving for us the rights, privileges, and freedoms we enjoy today.

The next time you see a flag ceremony honoring someone that has served our country, either in the Armed Forces or in our civilian services such as the Police Force or Fire Department, keep in mind all the important reasons behind each and every movement. They have paid the ultimate sacrifice for all of us by honoring our flag and our Country.





## Health Benefits of Bananas

Bananas contain good amounts of health benefiting anti-oxidants, minerals, and vitamins. The pulp is composed of soft, easily digestible flesh with simple sugars like fructose and sucrose that when eaten replenishes energy and revitalizes the body instantly. The fruit holds a good amount of soluble dietary fiber that helps normal bowel movements thereby reducing constipation problems. It is also a very good source of **vitamin-B6**, providing about 28% of the daily-recommended allowance. Pyridoxine is an important B-complex vitamin that has a beneficial role for the treatment of neuritis, and anemia. Further, it helps decrease *homocystine* (one of the causative factors in coronary artery disease (CHD) and stroke episodes) levels within the body. The fruit is also a moderate source of **Vitamin C**. Consumption of foods rich in Vitamin C helps the body develop resistance against infectious agents and scavenge harmful oxygen-free radicals. Fresh bananas provide adequate levels of minerals like copper, magnesium, and manganese. Magnesium is essential for bone strengthening and has a cardiac-protective role as well. Manganese is used by the body as a co-factor for the antioxidant enzyme *superoxide dismutase*. Copper is required in the production of red blood cells. Fresh banana is a very rich source of potassium. 100 g fruit provides 358 mg potassium. Potassium is an important component of cell and body fluids that helps control heart rate and blood pressure, countering bad effects of sodium.

## Fruit Smoothie

### Ingredients

- 1 frozen banana, peeled and sliced
- 2 cups frozen strawberries, raspberries, or cherries
- 1 cup milk
- 1/2 cup plain or vanilla yogurt
- 1/2 cup freshly squeezed orange juice
- 2 to 3 tablespoons honey or to taste



### Directions

Put all the ingredients in a blender and process until smooth. Pour into glasses and serve.

## Rock Painting

**We had such a rockin' time with this project last time, here we go again! If you have a rock in your yard that is screaming to be painted, then bring it with you. If no rocks are to be found, no worries I have plenty from my yard to share! We will also be writing inspirational words on them. Join us on July 15 at 11 am.**

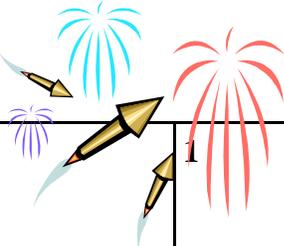
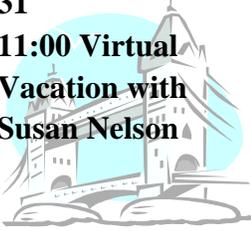


## Congratulations!!!!!!

**Darrell Johnson** and **Steve Nelson** both got a score of 299 last month in Wii Bowling! Wow!!!!!! Can anyone beat that score this month? Come give it a try. We play on Tuesdays and Thursdays at 9:30

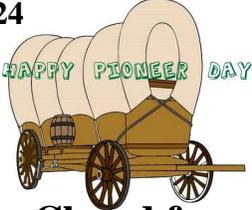


# JULY 2014

	<p><b>1</b></p> <p>1:00 Movie: <b>The Monuments Men</b></p>	<p><b>2</b></p> <p><b>9:00</b> <b>Commodities</b></p>  <p>11:15 DIY 4th of July Candle</p> <p><b>1:00 Foot Clinic</b></p> 	<p><b>3</b></p> <p>10:30 Card making with CNS</p> <p>12-4 AARP</p> <p>1:30 Spanish 101</p>	 <p><b>Closed for the Holiday</b></p>
<p><b>7</b></p> <p><b>9:15 Breakfast Club</b></p> 	<p><b>8</b></p> <p><b>11:00 Blood Pressure &amp; Oxygen check</b></p>  <p>1:00 Movie: <b>It's a Mad Mad Mad World</b></p>	<p><b>9</b></p> <p>11:00 Cooking Class: making mini pizzas</p> 	<p><b>10</b></p> <p><b>1:00 Foot Clinic</b></p>  <p>1:30 Spanish 101</p>	<p><b>11</b></p> <p><b>10-12 Blood Pressure</b></p> <p>12:20 Lunch &amp; Learn</p> <p>1:00 Movie: <b>War Horse</b></p> 
<p><b>14</b></p> <p><b>9:15 Breakfast Club</b></p> 	<p><b>15</b></p>  <p><b>11:00 Rock Painting</b></p> <p>1:00 Movie: <b>That Touch of Mink</b></p>	<p><b>16</b></p> <p><b>1:00 Foot Clinic</b></p> 	<p><b>17</b></p> <p><b>1:00 Book Club</b></p>  <p>1:30 Spanish 101</p>	<p><b>18</b></p> <p><b>10-12 Blood Pressure</b></p> <p>12:20 Lunch &amp; Learn</p> <p>1:00 Movie: <b>Sea Biscuit</b></p> 
<p><b>21</b></p> <p><b>9:15 Breakfast Club</b></p> 	<p><b>22</b></p> <p>9:30 Shopping Trip</p> <p>12:00 "Down Yonder" blue grass band</p> <p><b>1:00 Foot Clinic</b></p>  <p>1:00 Movie: <b>A League of Their Own</b></p>	<p><b>23</b></p> <p>National Hot Dog and Vanilla Ice Cream Day!!!</p> <p>Come join us for lunch to enjoy these favorites!!!</p>	<p><b>24</b></p> <p><b>Closed for the Holiday</b></p>	<p><b>25</b></p> <p><b>Closed for the Holiday</b></p>
<p><b>28</b></p> <p><b>9:15 Breakfast Club</b></p> 	<p><b>29</b></p> <p>1:00 Movie: <b>The Book Thief</b></p>	<p><b>30</b></p> <p>1:00 Red Hat Activity</p> 	<p><b>31</b></p> <p><b>11:00 Virtual Vacation with Susan Nelson</b></p>  <p>1:30 Spanish 101</p>	



# JULY 2014

<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>	<p><b>1</b> Porcupine Meatballs Baked Potato Green Beans Fruit Cobbler</p>	<p><b>2</b> Pizza  Carrots Green Salad Applesauce</p>	<p><b>3</b> BBQ Chicken Loaded Mashed Potatoes Peas Peaches Muffin</p>	<p><b>4</b>  <b>Closed for Holiday</b></p>
<p><b>7</b> Patio Soup Egg Salad Sandwich Coleslaw Apricots</p>	<p><b>8</b> BBQ Riblet Au Gratin Potatoes Broccoli Pears with Jell-O Wheat Roll</p>	<p><b>9</b> Chicken &amp; Broccoli Casserole Beets Apple Crisp Muffin</p>	<p><b>10</b> Orange Chicken Rice Egg Roll Oriental Salad Lemon Fruit Salad Fortune  Cookie</p>	<p><b>11</b> Turkey Steak Mashed Potatoes with Gravy Peas &amp; Carrots Peaches Roll</p>
<p><b>14</b> Chicken Fajitas Corn &amp; Black Bean Salad Pineapple/Apricot Crisp</p>	<p><b>15</b> Pork Medallions with Stuffing Parsley Carrots Mixed Fruit Roll</p>	<p><b>16</b> Hawaiian Haystacks (rice) Sunshine Carrots Pears Cookie</p>	<p><b>17</b> Salmon Loaf Au Gratin Potatoes Mixed Veggies Peaches Muffin</p>	<p><b>18</b> Pork Burritos Corn Green Salad Strawberry Shortcake</p>
<p><b>21</b>  Baked Fish Cheesy Potatoes Mixed Veggies Mandarin Orange with Jell-O Muffin</p>	<p><b>22</b> Potato Soup Ham Sandwich Carrot Raisin Salad Banana</p>	<p><b>23</b> Grilled Hotdogs Chips Fresh Veggie Relish Tray Melon Dessert </p>	<p><b>24</b>  <b>Closed for Holiday</b></p>	<p><b>25</b> <b>Closed for Holiday</b></p>
<p><b>28</b> Poppyseed Chicken Baked Potato Broccoli Applesauce Roll</p>	<p><b>29</b> Santa Fe Chicken Spanish Rice Green Salad Peaches</p>	<p><b>30</b> Sheppard's Pie Carrots Applesauce Brownie</p>	<p><b>31</b> Hamburgers with fixins  Potato chips 4-Bean Salad Watermelon</p>	<p><b>1</b> Spaghetti California Blend Tropical Fruit Garlic Toast</p>