

January 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

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

**January 7 @ 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

***January 21st Cooking Class
We will be making TAMALES!**

***Lunch and Learn**

— **January 16th** — **Sunshine
Terrace Glaucoma Testing**

— **January 30th** — **AFI Estate
Planning**

Loaves & Fishes Community Meal
January 3rd & January 17th.

Everyone is welcome. Free of charge.
First Presbyterian Church 178 West
Center in Logan. Meals served 11:30
a.m.—1:00 p.m.

****Classes for “Stepping On” (Fall
Prevention Class) provided by Bear
River Health Dept. begins January
20th**

****We want to take this
opportunity to thank Allen-Hall
Mortuary and Nelson Funeral
Home for their generosity this past
year. They have been donating
every month towards congregate
meals and we truly appreciate
them.****

**We will be closed January 19th
for Martin Luther King's
Jr. birthday.**



Happy New Year!

Directors Message

On the best sunny day, the most powerful magnifying glass will not light paper if you keep moving the glass. But if you focus and hold it, the paper will light up. That is the power of concentration.

A man was traveling and stopped at an intersection. He asked an elderly man, "Where does this road take me?" The elderly person asked, "Where do you want to go?" The man replied, "I don't know." The elderly person said, "Then take any road. What difference does it make?"

How true. When we don't know where we are going, any road will take us there.

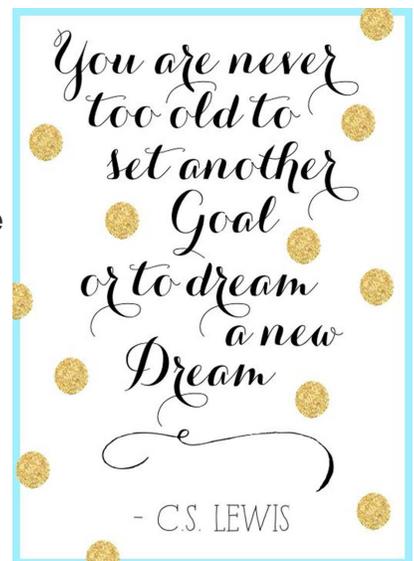
Suppose you have all the football eleven players, enthusiastically ready to play the game, all charged up, and then someone took the goal post away.

What would happen to the game?

There is nothing left. How do you keep score?

How do you know you have arrived?
**Enthusiasm without direction is like
wildfire and leads to frustration.**

Goals give a sense of direction.
Would you sit in a train or a plane
without knowing where it was going?
The obvious answer is no. Then why
do people go through life without
having any goals?





The Silent Thief of Sight

Glaucoma is a group of eye disorders that lead to damage of the optic nerve and result in vision loss and blindness. Because there are usually no symptoms or pain associated with the onset of Glaucoma, it's called the Silent Thief of Sight.

GLAUCOMA IS A LEADING CAUSE OF BLINDNESS. An estimated 120,000 Americans are blind as a result of glaucoma. That represents 9% to 12% of all causes of blindness in the U.S.

ONLY AN EYE EXAM CAN DETECT GLAUCOMA. Glaucoma can only be diagnosed through a comprehensive eye health examination. The most efficient diagnosis is with dilation or a retinal scan.

What are the Different Types of Glaucoma?

Open-angle glaucoma

Chronic open-angle glaucoma is the most common form of glaucoma. The "open" drainage angle of the eye can become blocked leading to gradual increased eye pressure. If this increased pressure results in optic nerve damage, it is known as chronic open-angle glaucoma. The optic nerve damage and vision loss usually occurs so gradually and painlessly that you are not aware of trouble until the optic nerve is already badly damaged.

Angle-closure glaucoma

Angle-closure glaucoma results when the drainage angle of the eye narrows and becomes completely blocked. In the eye, the iris may close off the drainage angle and cause a dangerously high eye pressure. When the drainage angle of the eye suddenly becomes completely blocked, pressure builds up rapidly, and this is called acute angle-closure glaucoma. The symptoms include severe eye pain, blurred vision, headache, rainbow haloes around lights, nausea and vomiting. Unless an ophthalmologist treats acute angle-closure glaucoma quickly, blindness can result. When the drainage angle of the eye gradually becomes completely blocked, pressure builds up gradually, and this is called chronic angle-closure glaucoma. This form of glaucoma occurs more frequently in people of African and Asian ancestry, and in certain eye conditions.



Medicare Info

EKG or ECG (electrocardiogram) screening

Medicare covers a one-time screening EKG/ECG if referred by your doctor or other health care provider as part of your one-time "Welcome to Medicare" preventive visit. See pages 59–60. You pay 20% of the Medicare-approved amount, and the Part B deductible applies. An EKG/ECG is also covered as a diagnostic test. See page 57. If you have the test at a hospital or a hospital-owned clinic, you also pay the hospital a copayment.

Eyeglasses (limited)

Medicare covers one pair of eyeglasses with standard frames (or one set of contact lenses) after cataract surgery that implants an intraocular lens. You pay 20% of the Medicare-approved amount, and the Part B deductible applies. Note: Medicare will only pay for contact lenses or eyeglasses provided by a supplier enrolled in Medicare, no matter who submits the claim (you or your supplier).

Glaucoma tests

These tests are covered once every 12 months for people at high risk for the eye disease glaucoma. You're at high risk if you have diabetes, a family history of glaucoma, are African-American and 50 or older, or are Hispanic and 65 or older. An eye doctor who's legally allowed by the state must do the tests. You pay 20% of the Medicare-approved amount, and the Part B deductible applies. In a hospital outpatient setting, you also pay the hospital a copayment.

Computers For Kids

Sadly some local families cannot afford even a basic computer. Here is a chance for you to help these local families in our community. If you happen to have an old computer or know of someone who does, **THINK of SMART COMPUTERS** here in Logan. They are committed to providing computers to those families 100% free of charge. Their staff will donate their time, supplies and parts. All you need to do is donate. Last year they refurbished 30 computers and donated all of them to local schools.



Call 563-8324 and ask for Derik

Fraud Target: Senior Citizens

Senior Citizens especially should be aware of fraud schemes for the following reasons:

- Senior citizens are most likely to have a “nest egg,” to own their home, and/or to have excellent credit—all of which make them attractive to con artists.
- People who grew up in the 1930s, 1940s, and 1950s were generally raised to be polite and trusting. Con artists exploit these traits, knowing that it is difficult or impossible for these individuals to say “no” or just hang up the telephone.
- Older Americans are less likely to report a fraud because they don’t know who to report it to, are too ashamed at having been scammed, or don’t know they have been scammed. Elderly victims may not report crimes, for example, because they are concerned that relatives may think the victims no longer have the mental capacity to take care of their own financial affairs.
- When an elderly victim does report the crime, they often make poor witnesses. Con artists know the effects of age on memory, and they are counting on elderly victims not being able to supply enough detailed information to investigators. In addition, the victims’ realization that they have been swindled may take weeks—or more likely, months—after contact with the fraudster. This extended time frame makes it even more difficult to remember details from the events.
- Senior citizens are more interested in and susceptible to products promising increased cognitive function, virility, physical conditioning, anti-cancer properties, and so on. In a country where new cures and vaccinations for old diseases have given every American hope for a long and fruitful life, it is not so unbelievable that the con artists’ products can do what they claim. **Additional Resources on Frauds Impacting Seniors:** - [USA.gov Resources for Seniors](#)
- [Resources from the United States Senate Special Committee on Aging](#)



Common Fraud Scams

- Telemarketing Fraud
- Nigerian Letter or “419” Fraud
- Identity Theft
- Advance Fee Schemes
- Health Care Fraud/Health Insurance Fraud
- Redemption/Strawman/Bond Fraud

Investment-Related Scams

- Letter of Credit Fraud
- Prime Bank Note Fraud
- Ponzi Schemes
- Pyramid Schemes



Internet Scams

- Internet Auction Fraud
- Non-Delivery of Merchandise
- Credit Card Fraud
- Investment Fraud
- Business Fraud
- Nigerian Letter or “419” Fraud

Fraud Target: Senior Citizens

- Health Care Fraud/Health Insurance Fraud
- Counterfeit Prescription Drugs
- Funeral and Cemetery Fraud
- Fraudulent “Anti-Aging” Products
- Telemarketing Fraud
- Internet Fraud
- Investment Schemes
- Reverse Mortgage Scams



Vegetarian Chili

- 1 tablespoon vegetable oil
- 1/2 cup chopped yellow bell pepper
- 2 cups chopped onions
- 1/2 cup chopped green bell pepper
- 2 garlic cloves, minced
- 1 tablespoon brown sugar
- 1 1/2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 (16 ounce) cans stewed tomatoes, undrained
- 4 (15 ounce) cans kidney beans, undrained

Mix everything in a large stock pot. Bring to a boil. Simmer on low heat for 1 hour. Top with

sour cream and shredded cheddar cheese if desired.



Kidney beans are an excellent source of iron and provide vitamin C and vitamin A, among other nutrients your body needs for overall health.

They are also a good source of protein and fiber. This source of protein is particularly good for you because it doesn't have the saturated fats and cholesterol that many other protein sources contain, such as red meats. This gives your heart health another healthy boost from kidney beans. Fiber comes in two forms, soluble and insoluble, and kidney beans provide both. Soluble fiber helps reduce the amount of cholesterol you absorb from food, and insoluble fiber provides necessary bulk for good digestive health and bowel movements.



We are going to have a very festive day on January 21st during our cooking class...we will be making Tamales!! If you already know how to prepare them

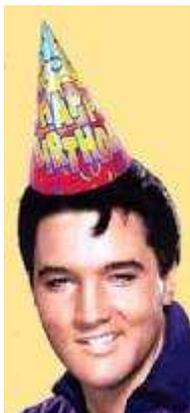
than come and help us assemble them. We invite all to come!! We also will have some tamales already made and ready to sell. If you would like to purchase some prices are \$13.50 for a dozen \$6.75 for a half dozen. Single tamales are \$1.50. Get your orders in with Marisol no later than January 16th. They will be pork with red sauce.



THE *Ultimate* LIST

1. GET MORE SLEEP.
2. DRINK MORE WATER.
3. GET MORE EXERCISE.
4. READ MORE.
5. GET MORE ORGANIZED.
6. CLEAN MORE OFTEN.
7. EXPLORE MORE.
8. RELAX MORE.
9. HAVE MORE PATIENCE.
10. FORGET DOING 'MORE'.

Just try your best.

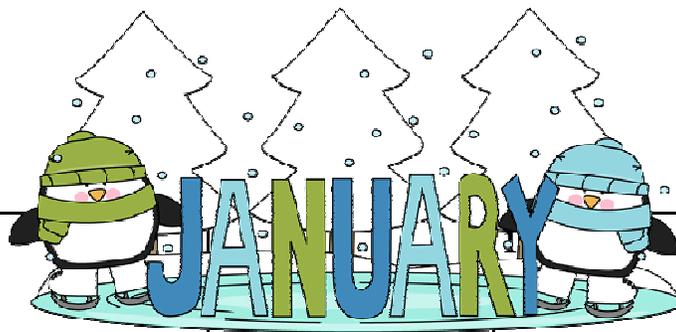


Join Us As we celebrate Elvis's birthday January 8th at 11:00 am. We will have his favorite sandwich...Peanut butter, banana and bacon sandwich! Of course no party is complete with out cake and Ice cream.

January 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 1:30 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 1:00 Bridge/Movie/ Internet Help
			1 CLOSED FOR THE HOLIDAYS	2 CLOSED FOR THE HOLIDAYS
5  9:15 Breakfast Club 12:30 Jeopardy	6 1:00 Movie: Ever After	7  9:00 Commodities 10-3 REDCROSS blood drive 1:00 Foot Clinic by Harmony Home Health & Hospice	8  1:00 Foot Clinic by Rocky Mountain Care Elvis B day Party! Join Giselle in having PB&J sandwiches 1:30 Spanish 101	9  10-12 Blood Pressure 1:00 Movie: The Lucky Texan
12  9:15 Breakfast Club 12:30 Jeopardy	13 1:00 Movie: Oh Brother Where Art Thou	14 11:15 Music Class— Win it in a Music Minute!	15 12-4 AARP Driver Safety Course 1:00 Book Club  1:30 Spanish 101	16  10-12 Blood Pressure 12:15 Lunch & Learn: Sunshine Terrace Glaucoma Testing 1:00 Movie: The Road Home
19 Closed for Martin Luther King Jr. Day	20 10:00 Fall Prevention Class 1:00 Movie: Jakob the Liar	21 11:15 Cooking Class Tamales!  1:00 Foot Clinic by Rocky Mountain Care	22 1:30 Spanish 101	23  10-12 Blood Pressure 1:00 Movie: The Kid
26  9:15 Breakfast Club 12:30 Jeopardy	27 10:00 Fall Prevention Class 1:00 Foot Clinic by Integrity Home Health & Hospice 1:00 Movie: Mirror Mirror	28 11:15 Grief Preparedness Class 1:00 Red Hat Activity 	29 1:30 Spanish 101	30  10-12 Blood Pressure 12:15 Lunch & Learn: AFI Estate Planning 1:00 Movie: Bringing up Baby



2015

<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>		<p>CLOSED FOR THE HOLIDAYS</p>	<p>2 CLOSED FOR THE HOLIDAYS</p>
<p>5 Tomato Florentine Soup Tuna Salad Sandwich 4-Bean Salad Applesauce</p>	<p>6 Hawaiian Haystacks Peas Roll Peach Cobbler</p>	<p>7 Pig in a Blanket Mac & Cheese Carrots Mixed Fruit Cake</p>	<p>8 Beef Enchiladas Refried Beans Corn Pears</p>	<p>9 Chicken Fried Steak Mashed Potatoes with Gravy Green Beans Apricots Roll</p>
<p>12 Rosemary Chicken over Noodles Mixed Veggies Pears Roll</p>	<p>13 Potato Soup Ham Sandwich Coleslaw Apricots</p>	<p>14 Steak Fajitas Spanish Rice Corn Peaches</p>	<p>15 Spaghetti Italian Veggies Applesauce Garlic Bread</p>	<p>16 Ham Au Gratin Potatoes Peas Mixed Fruit Roll</p>
<p>19 CLOSED FOR MARTIN LUTHER KING JR. DAY</p>	<p>20 Breakfast for Lunch</p>	<p>21 Sweet n Sour Meatballs with Rice Oriental Salad Egg Roll Tropical Fruit Fortune Cookie</p>	<p>22 Baked Fish Cheesy Potatoes Mixed Veggies Peaches Bran Muffin</p>	<p>23 Pizza California Blend Veggies Green Salad Fruit Jell-O</p>
<p>26 Baked Potato Bar Mixed Veggies Apricots Roll</p>	<p>27 Chicken Alfredo Blend Veggies Garlic Bread Pears</p>	<p>28 Patio Soup Egg Salad Sandwich Applesauce Cookie</p>	<p>29 Lasagna California Blend Veggies Tropical Fruit Garlic Bread</p>	<p>30 Santa Fe Chicken with Rice Capri Blend Veggies Applesauce Dessert</p>