

Cache County Senior Center

240 N 100 East Logan, Utah 84321
435-755-1720 | Fax: 435-752-9513
Hours: Mon-Fri 9am -4pm
www.CacheCounty.org/Senior
Photo by Mike Bullock



December 2016

December 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

Lunch and Learn

Dec. 16th—Safety Tips for the Holidays
Hosted by Sunshine Terrace

NO Spanish Class for the months of January & February

Larry Dawson from the VA will assist you with all of your benefit needs on December 6th and December 20th from 9:00-12:00. Please call 435-713-1462 to schedule an appointment.

The Cache County Senior Citizens Center is located at 240 North 100 East, Logan City and is open Monday through Friday from 9 AM - 4 PM. We offer a broad spectrum of activities and services such as nutrition, health/wellness services, education, information and assistance, transportation, supportive services, creative arts, recreation and volunteer opportunities.

Please stop in and see our Gift Shop. We have a wide variety of items and beautiful quilts for sale. All proceeds help to support the Meals on Wheels program.



Directors Message



Best wishes for the holidays and for health and happiness throughout the coming year.

The Staff

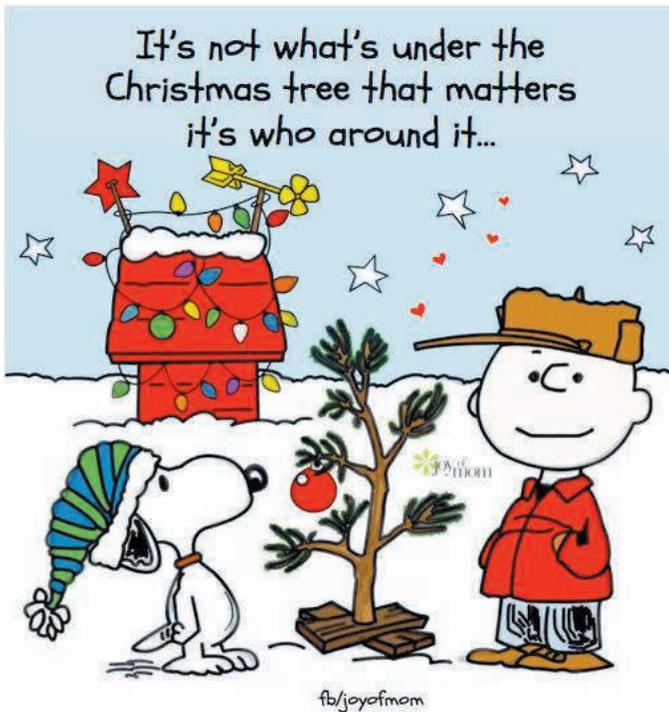
Good Things To Eat

Homemade Hot Chocolate

- 1/4 C cocoa
- 1/2 C sugar
- 1/2 tsp salt
- 1/3 C water
- 4 C milk
- 1 tsp vanilla



In a saucepan mix the dry ingredients. Add the water and bring to a boil. Keep boiling for one minute, then add the milk. Heat until it's the temp you like. Take off the heat and add the vanilla, stir and serve.



Christmas Past

By Carice Williams

*Each Christmas I remember
The ones of long ago;
I see our mantelpiece adorned
With stockings in a row.*

*Each Christmas finds me dreaming
Of days that used to be,
When we hid presents here and there,
For all the family.*

*Each Christmas I remember
The fragrance in the air,
Of roasting turkey and mince pies
And cookies everywhere.*

*Each Christmas finds me longing
For Christmases now past,
And I am back in childhood
As long as memories last.*

- 1 REDUCES THE RISK OF STROKE**
- 2 PROMOTES HEART HEALTH**
- 3 LESSENS YOUR RISK OF CHRONIC DEGENERATIVE DISEASE LIKE DIABETES**
- 4 MAY HELP SHARPEN YOUR BRAIN AND KEEP YOU SMART**
- 5 BOOSTS MOOD AND HELPS WITH STRESS RELIEF**



HOW TO STOP A COLD

One day you're fine. The next you have a scratchy throat, watery eyes and a runny nose. There's a tickle in the back of your throat, and your normal high energy is nowhere to be found. Yes, these are early signs that you're coming down with something. But don't grab your tissue box and hop into bed just yet -- there are ways to nip that cold in the bud.

Rest and Cut Your Stress: Listen to your body when you feel a cold coming on. Get all the sleep you can. Get a handle on your stress -- it can quickly send a cold into high gear. When you're stressed out, you're more likely to get a cold. To give your immune system a charge, do something that relaxes you: Listen to music, meditate or do a light workout. And don't forget to rest.

Drink Up: It's no fun to have to blow your nose or walk around with a head full of thick gunk. If this sounds like you, fluids are your friend. They'll help unclog your nose and thin any mucus so you can cough or blow it out.



Sip Hot Tea and Honey: Drinking warm liquids helps to open up your stuffy nose and soothe a sore throat.

Act Fast: Start with over the counter medications like antihistamines with decongestants. You can take pain medicine like ibuprofen and acetaminophen for aches and pains.

THE BIGGEST LIE I TELL MYSELF IS "I DON'T NEED TO WRITE THAT DOWN, I'LL REMEMBER IT."

Some people call them grey hairs, I call them stress highlights.



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Medicare

Do I have to sign up for Part D if I already have prescription drug coverage?

Part D enrollment is optional, but if you do not sign up for Part D you may have a late enrollment penalty if you enroll at a later time. The Part D late enrollment penalty is one percent of the national average Part D premium for each month that you delayed Part D enrollment and were not covered by creditable drug coverage.

You can delay Part D without penalty if you are currently covered by creditable drug coverage. Creditable drug coverage is coverage that has an overall value that is as good as or better than standard coverage under Part D. You may receive creditable coverage from your current employer insurance, retiree insurance, military benefits, or Federal health benefits. If your drug coverage is creditable, you should receive notice from the plan around September each year. If you do not receive this notice, you should contact your benefits manager to get this information in writing. Keep these notices because you will need proof of your creditable coverage if you decide later that you want to enroll in Medicare Part D. If you drop or lose your creditable prescription drug coverage through no fault of your own, you will have a Special Enrollment Period (SEP) to sign up for Part D

for up to 63 days after your coverage ends. If you drop or lose your current or former employer-based prescription drug coverage, regardless of whether it is creditable, you will also have an SEP to sign up for Part D for up to 63 days after coverage ends. In order to avoid a late enrollment penalty, this employer-based coverage must have been creditable. There may be consequences if you sign up for Part D in addition to your current drug coverage. You should ask your employer or retirement benefits administrator if you can keep their coverage and have Part D at the same time. You could lose your employer, retiree or other benefits if you sign up for a Part D plan. It is important to keep this in mind if your plan covers a spouse or dependents because if you lose coverage, they will too, and it is unlikely you will be able to get the coverage back.

Medicare Open Enrollment 2017

**October 15, 2016-
December 7, 2016**

Appointments available:

Monday 9:00-2:00

Tuesday 9:00-3:00

Wednesday 9:00-2:00

Make changes to your Advantage plan (Part C) or your stand alone Part D drug plan. Also this is a good time to review your current plan.
Call 755-1720

Coping with Stress During the Holidays

Although the holidays are supposed to be a time full of joy, good cheer and optimistic hopes for a new year, many people struggle during the holiday season when expectations are high and disrupted routines can feel overwhelming. However, some mental preparations and planning can help everyone cope with the season -- and even enjoy it.



Self-care. Pay special attention to your eating, sleeping and downtime. If your weekend will include the stress of traveling, visiting or other activities out of your normal routine, don't forget to factor in downtime. Planning every hour might seem like a great idea, until you realize there is no time left to unwind.

Fun, not perfection. Resist the urge to do everything you can to make the season perfect for everyone. Just have as much fun as you can and don't expect it to be perfect.

Anticipate stress. Plan ahead of time what your strategy will be when times get stressful. Is it possible to take a walk outside for 15 minutes when a family gathering gets stressful?

Keep expectations manageable. Try to set realistic goals for yourself. Pace yourself. Organize your time. Make a list and prioritize the important activities.

Be realistic about what you can and cannot do. Don't put the entire focus on just one day (i.e. Christmas Day). Remember that it's a season of holiday sentiment, and activities can be spread out to lessen stress and increase enjoyment.

Remember the holiday season does not banish reasons for feeling sad or lonely. There is room for these feelings to be present, even if the person chooses not to express them.

Leave "yesteryear" in the past and look toward the future. Life brings changes. Each season is different and can be enjoyed in its own way. Don't set yourself up in comparing today with the "good ol' days."

Do something for someone else. Try volunteering some of your time to help others.

Enjoy activities that are free, such as taking a drive to look at holiday decorations, going window shopping or making a snowman with children.

Spend time with supportive and caring people. Reach out and make new friends, or connect with someone you haven't heard from in a while.

Save time for yourself! Recharge your batteries! Let others share in the responsibility of planning activities.

The insurance agency I work for draws business from a retirement community. Once, when applying for auto insurance for a client, I asked him how many miles he drives in a year. He said he didn't know. "Well, do you drive 10,000 miles a year?" I asked, "or 5,000?" He said the numbers sounded high. "What month is this?" he asked. I told him it was July. "Maybe this will help," he said. "I filled the car with gas in February."



Five steps to help prevent falls

F

Fear. Don't let fear of falling prevent social interaction and regular activity in or out of the home.

A

Assistive devices (walkers, canes, wheelchairs) should be used correctly and only as needed to prevent dependency and weakness.

L

Look for outside factors that can cause falls (poorly fitting shoes, inadequate lighting, etc.), then correct them.

L

Let your support system (family, friends, doctors) know of any near falls or unsteadiness. They could be related to medication side effects that can be corrected.

S

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DECEMBER 2016

Milk offered daily

Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Shepard's Pie Green Beans Apricots Biscuit	2 Turkey Tetrazzini Cascade Veggies Mandarin Oranges Wheat Bread
5 Tuna Sandwich Vegetable Cheddar Soup Pineapple Chips	6 Baked Potato w/ Chicken Gravy Country Trio Mixed Veggies Pears Bran Muffin	7 Hot Roast Beef Sandwich Mashed Potatoes w/ Gravy Peas & Carrots Peaches	8 Tuna Rice Casserole Beets Applesauce Wheat Bread	9 Fish 'n Chips Sunshine Carrots Mixed Fruit Muffin
12 Ham Rollups Au Gratin Potatoes Fiesta Blend Veggies Mandarin Oranges	13 Turkey Sandwich Minestrone Soup Peaches Cookie	14 Chicken Enchiladas Chuck Wagon Corn Sliced Apples Chips & Salsa	15 Chili Tossed Salad Mixed Fruit Cornbread Muffin	16 Chicken Cordon Bleu Roasted Potatoes Brussel Sprouts Pineapple Roll
19 Rosemary Chicken Rice Pilaf Capri Veggies Peaches Biscuit	20 French Dip Sandwich Barry's Foo Foo Salad Pasta Salad Chips	21 Ham Sandwich Lentil Soup Fruited Jell-O Cookie	22 CLOSED FOR EMPLOYEE TRAINING	23 CLOSED 
26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED	30 CLOSED

Our doors open at 9:00 a.m. and we close at 4:00 p.m. Please make a reservation to eat by 3:00 p.m. and if you need a ride to the Senior Center call by 3:00 for a seat on the bus the next day.



For those 60+ and their spouse the suggested donation is \$3.00

Don't forget to call in by 3:00 p.m. the day before you eat.

The full cost of the meal is \$5.00 for those under age 60. Please pay at the front desk to receive your meal.

DECEMBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday	
<p><i>We will be closed December 22, 2016 through January 2, 2017. We will re-open Tuesday January 3, 2017.</i></p>				<p>1 10:00 Gift Wrap with CNS 12:15 The Price is Right 1:00 Documentary: Titanic's Final Mystery</p>	<p>2 10-12 Blood Pressure 1:00 Movie: Mr. Holmes</p>
<p>5 9:15 Breakfast Club 12:30 Jeopardy</p>	<p>6 9-12 VA Outreach 1:00 Movie: It's A Wonderful Life</p>	<p>7 9:00 Commodities 11:15 Frost Sugar Cookies 12:15 Sing along with Jaycee</p>	<p>8 12-4 AARP Driver Safety Course 1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only 1:00 Documentary: Slingshot</p>	<p>9 10-12 Blood Pressure 11:00 Karaoke with Symbii 12:15 Robert Hall plays the saxophone 1:00 Movie: The Polar Express</p>	
<p>12 10-11 Hot Cocoa Day/Hot Cocoa Bar 9:15 Breakfast Club 12:30 Jeopardy</p>	<p>13 10:00 Gift Wrap with Symbii 1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only 1:00 Movie: Miracle on 34th St.</p>	<p>14 10:00 Nail Painting 11:15 Cooking Class \$1.00 12:15 Logan High Crimson Colony 1:00 Book Club</p>	<p>15 10:00 Cards with CNS 1:00 Documentary: Bella Vita 1:00 Red Hat Activity 2:00 Spanish Class</p>	<p>16 10-12 Blood Pressure 11:00 Gingerbread house making 12:15 L&L: Sunshine Terrace—Safety Tips for the Holidays 1:00 Movie: A Boyfriend for Christmas Closed at 2:30 pm for carpet cleaning</p>	
<p>19 NO Line Dancing 9:15 Breakfast Club 12:30 Jeopardy</p>	<p>20 9-12 VA Outreach 1:00 Movie: The Bishops Wife</p>	<p>21 NO Line Dancing 11:15 Craft \$1.00 12:15 Musical Entertainment 1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only</p>	<p>22 CLOSED FOR EMPLOYEE TRAINING</p>	<p>23 CLOSED</p> <div style="text-align: center;">  </div>	
<p>26 CLOSED</p>	<p>27 CLOSED</p>	<p>28 CLOSED</p>	<p>29 CLOSED</p>	<p>30 CLOSED</p>	

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

Tuesday
9:00 Fitness Room
9:00 Quilting
9:00 Pool Room
9:00 Ceramics
9-12 Painting Group
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
1:00 Bobbin Lace

Thursday
9:00 Fitness Room
9:00 Quilting
9:00 Pool Room
9-12 Painting Group
9:15 Clogging
9:30 Wii Bowling
10:00 Mahjong
1:30 Spanish 101

Friday
9:00 Fitness Room
9:00 Quilting
9:00 Pool Room
9:10 Line Dancing
9:30 Adult Coloring
10:30 Bingo
11:00 Pickle Ball
11:15 Sit-n-be-fit
1:00 Bridge/Movie/
Internet Help

SENIOR HEALTH

What is shingles? Shingles is a painful skin rash. It is caused by the varicella zoster virus. Shingles usually appears in a band, a strip or a small area on one side of the face or body. It is also called herpes zoster. Shingles is most common in older adults and people who have weak immune systems because of stress, injury, certain medicines or other reasons. Most people who get shingles will get better and will not get it again. But it is possible to get shingles more than once.

What causes shingles? Shingles occurs when the virus that causes chickenpox starts up again in your body. After you get better from chickenpox, the virus "sleeps" (is dormant) in your nerve roots. In some people, it stays dormant forever. In others, the virus "wakes up" when disease, stress or aging weakens the immune system. Some medicines may trigger the virus to wake up and cause a shingles rash. It is not clear why this happens. But after the virus becomes active again, it can only cause shingles, not chickenpox. You can't catch shingles from someone else who has shingles. But there is a small chance that a person with a shingles rash can spread the virus to another person who hasn't had chickenpox and who hasn't gotten the chickenpox vaccine.

What are the symptoms? Shingles symptoms happen in stages. At first you may have a headache or be sensitive to light. You may also feel like you have the flu but not have a fever. Later, you may feel itching, tingling or pain in a certain area. That's where a band, strip or small area of rash may occur a few days later. The rash turns into clusters of blisters. The blisters fill with fluid and then crust over. It takes 2 to 4 weeks for the blisters to heal, and they may leave scars. Some people only get a mild rash. And some do not get a rash at all. It's possible that you could also feel dizzy or weak. Or you could have long-term pain or a rash on your face, changes in your vision, changes in how well you can think or a rash that spreads. If you have any of these problems from shingles, call your doctor right away. Shingles is treated with medicines. These medicines include antiviral medicines and medicines for pain. Starting antiviral medicine right away can help your rash heal faster and be less painful. So if you think you may have shingles, see your doctor right away. Take care of any skin sores, and keep them clean. Take your medicines as directed. If you are bothered by pain, your doctor may write a prescription for pain medicine or suggest an over-the-counter pain medicine.

Who gets shingles? Anyone who has had chickenpox can get shingles. You have a greater chance of getting shingles if you are older than 50 or if you have a weak immune system. The shingles vaccine lowers your chances of getting shingles and prevents long-term pain that can occur after shingles.

FRAUD AND SCAMS

Money-making scheme targets older people and veterans

Amy Hebert

Consumer Education Specialist, FTC

If you're just getting by, and someone offers you the chance to earn more money through a business opportunity, you might be willing to listen, right?

**SCAM
ALERT**

Unfortunately, those offers often turn out to be just another scam. Today the FTC announced charges against three people and multiple companies behind a telemarketing scheme that targeted older people and veterans, and took millions of dollars from people with promises they would multiply their investment. Here's how it played out: Doing business under names like "Titan Income," "Wyze Money," "Prime Cash," and "Building Money," telemarketers called people about an "opportunity" to participate or invest in e-commerce websites. The callers said people would earn a hefty income sharing in the revenue from the sites. They even said it was "risk-free" and promised a 100% money-back guarantee.

For a few months, the scammers made it seem like everything was going according to plan as people awaited their first earnings payment at the end of the quarter. During that time, some people who initially paid hundreds of dollars were convinced to pay thousands of dollars more to increase their return. The company even helped people move their now-huge credit card balances to new accounts with temporarily low or zero-interest balance transfers.

But it was all a lie. As soon as it was time for people to get paid, all contact stopped. There were no e-commerce earnings or investments. Anyone trying to get a refund of their investment was out of luck. Many people lost as much as \$20,000.

If you're considering putting money into a business opportunity, do some research first. By law, business opportunity promoters must give you certain information before you hand over any money.

Many of the people "Building Money" called were on the Do Not Call Registry. If a company is ignoring the Registry, there's a good chance it's a scam. If you get calls like these, hang up and file a complaint with the FTC.

Cache County
Senior Citizens Center



Gift Shop

Please stop by our gift shop which is located at the front of our Senior Center. If you need a gift for a friend, birthday, holiday, baby or just something for yourself we have it. We have beautiful hand sewn quilts. All proceeds go to our Meals on Wheels program.

Years ago on my first day as a telemarketer, I called a house and a real nice lady answered the phone. She was really helpful and friendly, the type of a lady that helps a telemarketer get through a long day.

After some pleasantries I asked if Mr. Smith was in. 'I'm sorry', she answered. 'I'm afraid he doesn't live here anymore.'

Now that was a real disappointment being that she was a nice lady and all, but I took it all in stride.

"I'm sorry to hear that ma'am. Do you

happen to have his new number?"

"Sure thing!" the woman cheerfully replied, listing off his new number.

I hung up the phone and quickly called the new number and was surprised to hear a recording – "Thank you for calling Green Acres Cemetery...".



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the smallest things take up
the most
room
in your
heart



babble

It'll turn out
ALL RIGHT
in the end.
You'll see.

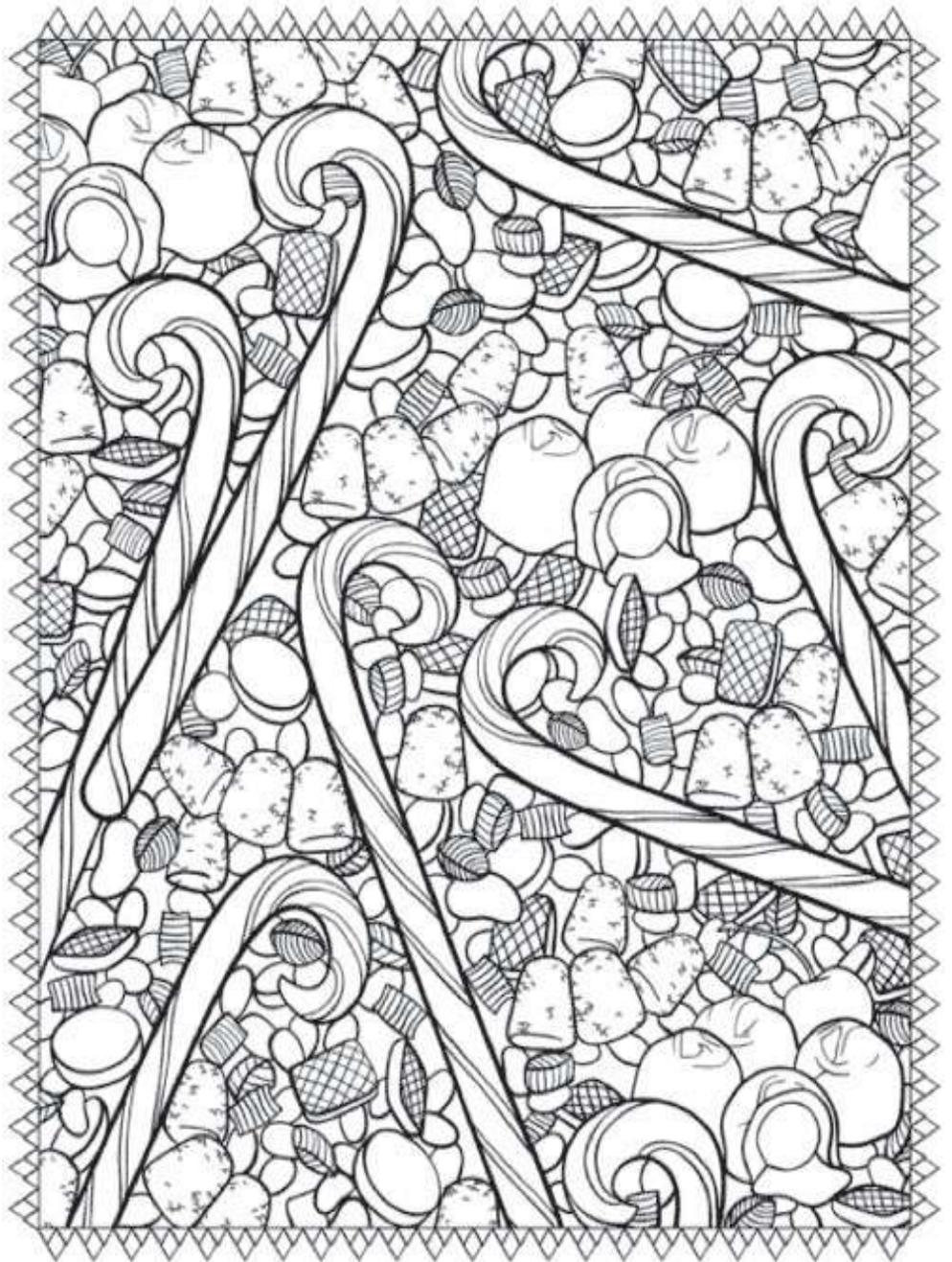


babble

How
lucky
I am to have something
that makes saying goodbye
so hard



babble



Most people want to continue driving for as long as they can do so safely. However, for many people, a time will come when they must limit or stop driving, either temporarily or permanently. Following are some warning signs that indicate a person should begin to limit or stop driving.

1. Almost crashing, with frequent "close calls"
 2. Finding dents and scrapes on the car, on fences, mailboxes, garage doors, curbs, etc.
 3. Getting lost, especially in familiar locations
 4. Having trouble seeing or following traffic signals, road signs, and pavement markings
 5. Responding more slowly to unexpected situations, or having trouble moving their foot from the gas to the brake pedal; confusing the two pedals
 6. Misjudging gaps in traffic at intersections and on highway entrance and exit ramps
 7. Experiencing road rage or causing other drivers to honk or complain
 8. Easily becoming distracted or having difficulty concentrating while driving
 9. Having a hard time turning around to check the rear view while backing up or changing lanes
- Receiving multiple traffic tickets or "warnings" from law enforcement officers

Still Getting Around



At the senior center a group of seniors were playing cards and talking about all their ailments. "My arms have gotten so weak I can hardly lift this cup of coffee," said one. "Yes, I know," said another. "My cataracts are so bad I can't even see my coffee." "What? Speak up! What? I can't hear you!" said a third. "I can't turn my head because of the arthritis in my neck," said another, to which several nodded weakly in agreement. "My blood pressure pills make me so dizzy I can hardly walk!" explained another. "I forget where I am, and where I'm going," said an elderly gent. "I guess that's the price we pay for getting old," winced an old man as he shook his head. The others nodded in agreement. "Well, count your blessings," said one woman cheerfully. "Thank goodness we can all still drive!"

Medicare

¿Tengo que inscribirme para la parte D si ya tengo cobertura de medicamentos recetados?

La inscripción de la parte D es opcional, pero si no se contrata para la Parte D puede tener una multa por tardanza en la inscripción si se inscribe en un momento posterior. La multa por inscripción tarde es el un por ciento del premio de la Parte D de media nacional para cada mes que retrasó la inscripción de la Parte D y no fue cubierto por la cobertura de medicamentos. Puede retrasar parte D sin pena si actualmente está cubierto por la cobertura acreditable. Cobertura acreditable es la cobertura que tiene un valor general que es tan bueno o mejor que la cobertura estándar de la parte D. Usted puede recibir la cobertura acreditable de su empleador actual, los seguros, el seguro para el jubilado, ventajas militares, o beneficios Federales para la salud. Si su cobertura de medicamentos es acreditable, usted debe recibir aviso del plan alrededor de Septiembre de cada año. Si usted no recibe esta notificación, debe ponerse en contacto con su administrador de beneficios para obtener esta información por escrito. Mantenga estos avisos, porque tendrá la prueba de su cobertura acreditable si más tarde decide inscribirse en Medicare Parte D. Si pierde su cobertura de medicamentos recetados sin culpa suya, tendrá un período de inscripción especial (SEP) para in-

scribirse en la parte D hasta 63 días después de que termine su cobertura. Si pierde su actual o antiguo empleador que ofrecía cobertura de medicamentos acreditable, también tendrá un SEP para inscribirse en la parte D hasta 63 días después de que finaliza la cobertura. A fin de evitar una penalización por inscribirse tarde, esta cobertura de medicamento debe ser acreditable. Puede haber consecuencias si usted se enscribe en la Parte D, además de su actual cobertura de medicamentos. Usted debe pedir a su Administrador de beneficios de jubilación si puede mantener su cobertura y tener parte D al mismo tiempo. Usted podría perder su beneficios de empleador, jubilado, u otras ventajas si te inscribes en una plan parte D. Es importante tener esto en cuenta si su plan cubre un cónyuge o dependientes, porque si pierdes la cobertura, ellos también lo harán, y es poco probable que usted será capaz de recuperar la cobertura.

Medicare Inscripción abierta 2017

October 15, 2016 -

December 7, 2016

Citas disponibles:

Lunes 9:00-2:00

Martes 9:00-3:00

Miércoles 9:00-2:00

Si tiene que hacer cambios a su plan de Parte C o su plan de la medicina (Parte D). También esto es un buen tiempo para examinar su plan corriente.

Llame 755-1720

Christmas Word Search



G L E T W C R S T O C K I N G
 Y I P I D A E R B R E G N I G
 A C O V T R P Y A E C E F F U
 R E A S L E Q I X O C T A P Z
 E M I R Y H A U D P S A J O N
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 W C E N E M E S I W F E T A N
 O B M K A J L O Z Y E G V M A
 N E R N O L U H M G O T E L M
 S O G I E O Y D N A C X O N E
 V E R B I J O T H U W B K A N
 R E E D N I E R Q C A E E R T



- | | | |
|----------------|--------------|--------------|
| 1. Bells | 9. Holly | 17. Sleigh |
| 2. Bethlehem | 10. Jesus | 18. Snowman |
| 3. Candy | 11. Manger | 19. Star |
| 4. Carol | 12. Merry | 20. Stocking |
| 5. Christmas | 13. Ornament | 21. Toys |
| 6. Elves | 14. Peace | 22. Tree |
| 7. Gifts | 15. Reindeer | 23. Wisemen |
| 8. Gingerbread | 16. Santa | 24. Yuletide |