



March 5th at 9:00—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".

*Friday-March 7th: Irish Dancers

*Friday-March 14th: Occupational Therapy

*Friday-March 21st: Cache Valley Transit

*Friday-March 28th: Cache County Sherriff Office—Emergency Preparedness

Family Financial Management Seminar

Wednesday, March 5, 2014 at 7:00-8:30 p.m.

BRAG Office Conference Room

170 North Main Logan

The Bear River Association of Governments (BRAG) is offering a no-cost financial management seminar to the general public. The seminar will include budgeting, credit management and credit repair, debt reduction, homeownership, and income tax preparation. Call 752-7242 to reserve a seat.

Don't forget to set your clocks ahead on March 9th.

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

Income Tax Assistance

- Cache County Senior Citizens Center—755-1720 until all appointments are filled
- BRAG—752-7242—site closes 4/8/2014
- Department of Workforce Services 792-0300—site close 4/10/14

Emergency Action for Poisoning

National Poison Prevention week is March 16-24th. The Utah Poison Control Center was established in 1954 and since that time has responded to more than 1 million calls for assistance. Of the potential poisonings, 61% of these cases involved children less than 6 years of age and 5% involved adults 60 years of age.

Inhaled Poison: Quickly get the person to fresh air. Do not breath the fumes. Open doors and windows wide.

Poison on the skin: Remove contaminated clothing. Rinse skin continuously with water for 15 minutes.

Then wash gently with soap and water. Rinse again.

Poison in the eye: quickly start rinsing the eye with lukewarm (not hot) water and continue for 15 minutes.

Have person blink as much as possible while rinsing the eye do not force eyelid open. Do not use eye drops.

Swallowed poison: do not make the person vomit.

Medicine: do not give anything by mouth unless so advised by the control center or a doctor.

Chemical or Household products: if the person is awake and is able to swallow,

quickly give a glass of water (2-8 ounces. Do not follow first aid instructions on product label—they may be wrong.



Aging And Your Eyes

Have your eyes checked regularly by an eye care professional. People over age 65 should have yearly eye exams. During this exam, the eye care professional should put drops in your eyes that will widen (dilate) your pupils so that he or she can look at the back of each eye. This is the only way to find some common eye diseases that have no early signs or symptoms. See an eye care professional right away if you:

Suddenly cannot see or everything looks blurry, see flashes of light, have eye pain, experience double vision, have redness or swelling of your eye or eyelid. Protect your eyes from too much sunlight by wearing sunglasses that block ultraviolet (UV) radiation and a hat with a wide brim when you are outside.



The following common eye problems can be easily treated. But, sometimes they can be signs of more serious issues.

- **Presbyopia** (prez-bee-OH-pee-uh) is a slow loss of ability to see close objects or small print. It is normal to have this as you get older. People with presbyopia often have headaches or strained, tired eyes. Reading glasses usually fix the problem.
- **Floater**s are tiny specks or “cobwebs” that seem to float across your vision. You might see them in well-lit rooms or outdoors on a bright day. Floaters can be a normal part of aging. But sometimes they are a sign of a more serious eye problem such as retinal detachment. If you see many new floaters and/or flashes of light, see your eye care professional right away. This is a medical emergency.
- **Tearing** (or having too many tears) can come from being sensitive to light, wind, or temperature changes, or having dry eyes. Wearing sunglasses may help, as might trying eye drops. Sometimes tearing is a sign of a more serious eye problem, like an infection or a blocked tear duct. Your eye care professional can treat these problems.

Eyelid problems can result from different diseases or conditions. Common eyelid problems include red and swollen eyelids, itching, tearing, and crusting of eyelashes during sleep. These problems may be caused by a condition called blepharitis (ble-fa-RI-tis) and treated with warm compresses and gentle eyelid scrubs.

The following eye conditions can lead to vision loss and blindness. They may have few or no early symptoms. Regular eye exams are your best protection. If your eye care professional finds a problem early, there are things you can do to keep your eyesight.

- **Cataracts** are cloudy areas in the eye’s lens causing blurred or hazy vision. Some cataracts stay small and don’t change your eyesight a lot. Others become large and reduce vision. Cataract surgery can restore good vision. It is a safe and common treatment. If you have a cataract, your eye care professional will watch for changes over time to see if you would benefit from surgery.
- **Corneal diseases and conditions** can cause redness, watery eyes, pain, problems with vision, or a halo effect of the vision (things appear to have an aura of light around them). Infection and injury are some of the things that can hurt the cornea. Some problems with the cornea are more common in older people. Treatment may be simple—for example, changing your eyeglass prescription or using eye drops. In severe cases, surgery may be needed.
- **Dry eye** happens when tear glands don’t work well. You may feel itching, burning, or other discomfort. Dry eye is more common as people get older, especially for women. Your eye care professional may tell you to use a home humidifier, special eye drops (artificial tears), or ointments to treat dry eye.
- **Glaucoma** often comes from too much fluid pressure inside the eye. If not treated, it can lead to vision loss and blindness. People with glaucoma have no early symptoms or pain. You can protect yourself by having regular dilated eye exams. Glaucoma can be treated with prescription eye drops, lasers, or surgery.
- **Retinal disorders** are a leading cause of blindness in the United States. Retinal disorders that affect aging eyes include:
- **Age-related macular degeneration**, or AMD. AMD can harm the sharp vision needed to see objects clearly and to do common things like driving and reading. During a dilated eye exam, your eye care professional will look for signs of AMD. There are treatments for AMD. If you have AMD, ask if special dietary supplements could lower your chance of it getting worse.
- **Diabetic retinopathy**. This problem may occur if you have diabetes. Diabetic retinopathy develops slowly and with no early warning signs. If you have diabetes, be sure to have a dilated eye exam at least once a year. Keeping your blood sugar under control can prevent diabetic retinopathy or slow its progress. Laser surgery can sometimes prevent it from getting worse.
- **Retinal detachment**. **THIS IS A MEDICAL EMERGENCY**. When the retina separates from the back of the eye, it’s called retinal detachment. If you see new floaters or light flashes, or if it seems like a curtain has been pulled over your eye, go to your eye care professional right away. With surgery or laser treatment, doctors often can prevent loss of vision.
- **Low vision** means you cannot fix your eyesight with glasses, contact lenses, medicine, or surgery. You may have low vision if you:

Can’t see well enough to do everyday tasks like reading, cooking, or sewing, can’t recognize the faces of your friends or family, have trouble reading street signs, or find that lights don’t seem as bright

If you have any of these problems, ask your eye care professional to test you for low vision. There are special tools that can help people with low vision to read, write, and manage daily tasks. These include large-print reading materials, magnifying aids, closed-circuit televisions, audio tapes, electronic reading machines, and computers with large print and a talking function. Other changes that may help are: change the type of lighting in your room, write with bold, black felt-tip markers, use paper with bold lines to help you write in a straight line., put colored tape on the edge of your steps to help you see them and prevent you from falling, install dark-colored light switches and electrical outlets that you can see easily against light-colored walls, use motion lights that turn on by themselves when you enter a room. These may help you avoid accidents caused by poor lighting. Use telephones, clocks, and watches with large numbers; put large-print labels on the microwave and stove, ask your eye doctor if your vision is okay for safe driving.

LOCAL EVENTS

Loaves and Fishes

Community Meal

Every first and third Saturday. Free of charge. Come enjoy food, friendship and connections. Everyone welcome. 11:30—1 pm. March 1st and March 15th at the First Presbyterian Church, Center Street and 200 West. Any questions call Rachel at 435.554.1081 or Amy at 435.881.9211.

We would greatly appreciate the following items if you would like to donate them:

*Puzzles with all of the pieces

*Buttons *Fabric

*Batting *Yarn

*Books for our library

Just A Reminder

Just a reminder, we do Medicare counseling. If you have a Medicare question please call Giselle or Kristine and we would be happy to set up an appointment to help you. Call: 755-1720

May you have the hindsight to know where you've been, the foresight to know where you are going, and the insight to know when you have gone too far.



Cache Valley Adult Day Center

1488 North 200 West, Logan, Utah 84321

435-753-0400

Caring for a loved one who wants to stay in their home?

Your loved one could spend the daytime with us and enjoy the comforts and familiarity of their own home in the evenings.

- ◆ Music Therapy * Caring & Qualified Staff
- ◆ Arts & Crafts * Pick-up & Drop-off Service
- ◆ Reminiscence * Lunch & Snacks
- ◆ Exercise * Movie & Popcorn on Fridays

We accept older adults as well as anyone at least 18 y/o with a physical disability.

DAILY, HALF-DAY & HOURLY RATES

We're in the CV Bible Fellowship Building

on 200 W. behind the D. I.



Steps you can take in your daily life to help protect you from getting the flu.

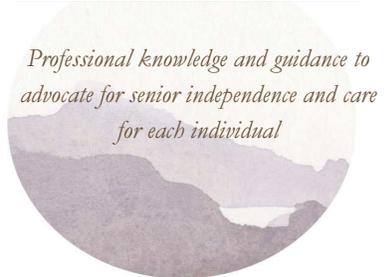
- Wash your hands often with soap and water or an alcohol-based hand rub.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Practice good health habits. Get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine.



According to the Merriam-Webster Dictionary, advocacy is defined as “the act or process of advocating or supporting a cause”. I believe that our seniors very much need advocacy when interacting with our healthcare system. Even an office visit to their primary care physician, can be more beneficial to the information conveyed to the physician and from the physician for the senior to take home and follow through with. There is a phenomenon called “white coat syndrome” which means an increased level of stress on the individual seeing the doctor usually reflected in a higher than usual blood pressure. I think seniors also tend to have a stress affect in which they cannot remember all the information told by the doctor. I have also seen many a visit in which the senior tells the doctor how well everything is going and forgets to make the doctor aware of recent occurrences like falls or fainting or dizziness. For this reason, I believe that with each healthcare occurrence it is beneficial to the effectiveness of the encounter to have someone with that older person to be their eyes and ears and to remind them of the things they wanted to tell the physician.

With the average face to face visit with physicians being 8 minutes in one Johns Hopkins School of Medicine study, to 14 minutes in another, very few seniors will bring up concerns or issues that trouble them without some prompting of the “advocate”. The advocate could be a spouse, son or daughter, caregiver or grandchild. Dr. Michael Smith, chief medical editor at WebMd states “by being prepared for your doctor’s visits and working closely together, you can get the most out of the time you have with your doctor.” Dr. Ravi Grivois-Shah, a family physician, recommends a short list of the senior’s concerns or questions drafted ahead of time and brought to the appointment. This senior advocate can take notes and help remember the post-appointment information such as dosage changes and follow-up. Without these interventions, brief appointments are often a disservice to everyone. Physicians complain of feeling they have scratched the surface and not taken the time the patient really needed. Patients often feel the doctor does not have the time for their needs. Additional issues affecting the effective office encounter can be hearing impairment such that the senior does not hear large portions of the conversation, but does not let on. So, without advocacy the appointment may have become a waste of time for all concerned. Patricia Sadoski - Cache Valley Senior Consulting www.cvseniorconsulting.com.

[CACHE VALLEY SENIOR CONSULTING](http://www.cvseniorconsulting.com)



White coat Syndrome

Have you ever sat in a doctor’s office and felt that your nerves were getting the best of you?? Did feel as if you were about to have an anxiety attack right then and there? Does the sight of a needle make your face pale or even faint? Does thinking of the lab work that needs to occur make you worry with what the results will be? If so than you are not alone. This is an actual syndrome. White coat syndrome, is a phenomenon in which patients exhibit elevated blood pressure in a clinical setting but not in other settings. It is believed that this is due to the anxiety some people experience during a clinic visit. In an article written by Richard Shine a WebMD feature writer, he states that though it's a rare soul who truly enjoys visiting the doctor, there is a significant minority of people who have fear and anxiety which prevents them from getting vital care. This problem has grown in importance with medicine's increasing emphasis on preventive care. With screenings such as mammograms, colorectal exams, cholesterol checks, and digital rectal exams needed for preventive care people's willingness to submit to uncomfortable procedures well before symptoms have emerged can be the problem for some. Another fear is Blood tests, as we know these test are one of the most important diagnostic tools that doctors have. What determines whether we seek proper health care or avoid it? “Fear aroused in the absence of any sense of what to do -- of a coping procedure -- is more likely to lead to delay and avoidance,” says Howard Leventhal, PhD, director of the Center

for the Study of Health Beliefs and Behavior at Rutgers University. If a person feels any anxiety over what the results will be and the actual thought of it dooms him, or even not trusting the doctors, may lead into this fear. Fortunately, there are proven methods to help relieve fear of doctors. But dealing with the problem first requires fessing up to it. Some people may hide their fear by saying they don't have time for a doctor's visit, one of the first things that will help us is admitting that we have fear. Here are some tips experts suggest to cope with fear of doctors or medical procedures:

1. Identify what worries you. If you identify what it is, that makes it much easier to manage because you can evaluate your coping potential."
2. Confront anxieties and deal with them rationally. This could be a useful way to overcome fear of screening tests.
3. Ask for sedatives or anesthetics. These can be helpful for people with needle phobia.
4. Ask for a preview of what pain you might feel and how long it will last.
5. Seek a new doctor. If you're afraid of your doctor, you might want to seek out a new one who evokes a more calming reaction.



Online Banking and Credit card Purchases

Make sure you are only shopping online with a credit card that offers online fraud protection. Never use your banking debit card. Most credit cards will refund a fraudulent transaction but most banks won't.

If you log in to banking websites to check your statements, use a different password for each site. An easy way to make a password you can remember is to take a word and switch the vowels for numbers or symbols. At least 8 characters. Be sure to capitalize the first letter or last letter. For example "password" would be "p4ssw0rd" or "P@ssW0rd" the o is a zero. How about "B@NK_of_Ut@h_1234" J

NEVER give anyone information over the phone or via email. Almost every HACK is accomplished by using a small series of tricks to get small pieces of information over time. You don't know what they already have. They may have for your address and now they just need your mother's maiden name for example. They may need you to download something or go to a website. If you are suspicious of a call or an email, close the email or hang up and call the bank directly or got to the banks website directly by typing it yourself. Never use a link, type it in.

Change your passwords from time to time.

Unfortunately, as the recent Target issue has demonstrated, there is no full proof anything in this brave new digital world. However, by changing a few small things you can dramatically improve your security and protect yourself. You can't stop the "target hacks" out there but the truth is the vast majority of theft comes from average people being tricked and NOT elaborate banking server hacks. You are your own worst enemy.



Simple Changes for Making a Home Senior-Friendly



There are lots of small adjustments and simple modifications you can do to make your home safer and livable as you age that are very inexpensive or completely free. Here are several to consider.

Fall-Proofing: Since falls are the leading cause of home injury among seniors, a good place to start is by picking up any possible clutter that can cause you to trip like newspapers, books, shoes, clothes, electrical or phone cords.

If you have throw rugs, remove them or use double-sided tape to secure them. And if you have stairs, consider putting handrails on both sides.

Good lighting is also very important, so add lamps or light fixtures where needed, and install brighter full-spectrum bulbs in existing fixtures to improve visibility. Also purchase some inexpensive plug-in night lights for the bedroom, bathroom and hallways, and consider installing motion sensor lights outside the front and back doors and in the driveway

In the bathroom get some non-skid bath rugs for the floors, put a non-slip rubber mat or self-stick strips on the floor of the tub/shower and have a carpenter install grab bars inside the tub/shower.

And in the kitchen, organize your cabinets so the things you use most often are within easy reach without using a step stool.

Simple Modifications: Growing old can also bring about various physical limitations which can make your home more difficult to use. Some simple solutions, for example, that can help weak or arthritic hands is to replace round doorknobs with lever handles, or get some inexpensive doorknob lever adapters. The same goes for twist knob kitchen or bathroom faucets. You can easily replace them with lever faucet handles that you can purchase for a few dollars in most hardware stores, or get a single lever handle faucet installed.

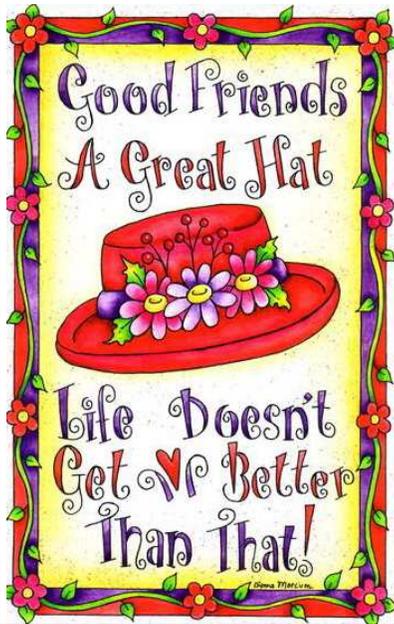
In the kitchen, you can make your cabinets and pantry easier to access by installing pullout shelves or lazy susans. And D-shaped pull-handles for the cabinets and drawers are also recommended because they're more comfortable to grasp than knobs.

In the bathroom, consider getting a hand-held adjustable shower head installed and purchasing a shower or bathtub seat so you can shower from a safe seated position if need be. And for easier toilet access, purchase a toilet seat riser for a few dollars. This can make sitting down and standing up a little easier, especially if you're 6" or taller.

And, if you get to the point where you need to use a walker or wheelchair, you can adapt your house by installing ramps on entrance steps, and mini-ramps to go over high entrance thresholds. And, you can widen the doorways an additional two inches by installing "swing clear" offset door hinges.



Ladies, please join us for some Red Hatter fun on Wednesday, March 26th at 1:00 . Don't forget:



Red Hatters always wear red and purple so look through your closets and find those colors and we will see you in March.

While working the lunch shift at a local restaurant, I watched as an elderly couple ate. It seemed as if the man was the only one eating. First his appetizer, then his main, and then finally his dessert. All the while with his wife just looking on, not even touching her food. Confused, I approached the



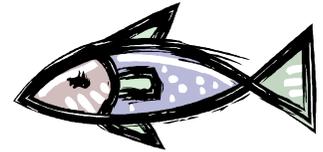
woman and asked if there was anything I could get for her. "No thank you," came her answer, "it's his turn for the teeth."

"My memory is gone Mildred, so I changed my password to "Incorrect." That way when I log in with the wrong password, the computer will tell me... "Your password is incorrect."



Nutritional Info on Salmon

The benefits of eating fish high in omega-3 fatty acids, like salmon, keep growing, and include: cutting the risk of coronary- and stroke-related deaths, lowering the risk of Alzheimer's disease, and even helping prevent macular degeneration, the leading cause of blindness in people older than 49. Another benefit of salmon: it's low in mercury. Salmon is a highly nutritious food. A 4 ounce serving of wild salmon provides a full day's requirement of vitamin D and contains over half of the necessary B12, niacin, and selenium, and is an excellent source of B6 and magnesium. Canned salmon also contains large amounts of calcium (due to the bones of the fish).



Easy Salmon Recipe

1 Tablespoon garlic powder
2 Tablespoon butter

(4) 6 oz. salmon
½ teaspoon salt

1 Tablespoon dried basil
4 lemon wedges

Directions

1. Stir together the garlic powder, basil, and salt in a small bowl; rub in equal amounts onto the salmon fillets.
2. Melt the butter in a skillet over medium heat; cook the salmon in the butter until browned and flaky, about 5 minutes per side. Serve each piece of salmon with a lemon wedge. Serves 4



March 2014

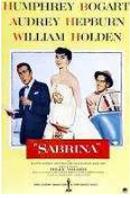
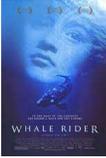


Please call 755.1720	one day in ad- vance for reser- vation.	Suggested donation is \$2.75 for seniors .	Non-seniors must be receipted at the front office \$5.00.	
3 Yot in a Pot Who Roast Beast sandwiches Assorted Greens and other things Truffula Fruit  Dr. Seuss Birthday!	4 Hawaiian Haystacks Sunshine Carrots Pears Roll	5 Crispy Fish Bake Green Beans Applesauce Wheat bread 	6 Taco Casserole California Mix Peaches Bread Pudding	7 Parmesan Chicken w/ noodles Italian Veggies Apple Crisp Garlic bread
10 Pulled Pork sanwich Tater tots Broccoli salad Pears Cookie	11 Chicken tortilla soup Green salad Peaches Corn muffin 	12 Salisbury Steak Mashed Potato w/ Gravy Mixed Veggies Mixed Fruit Roll	13 Club Sandwich Chips Pea salad Mandarin oranges 	14 Coned beef w/ cab- bage Red potatoes Apricots Dessert Roll 
17 St. Patty's Day Liz's cabbage patch stew Carrot raisin salad Barry's foo foo Roll 	18 Marisol's beef strog- anoff noodles Broccoli Pears Bran muffin	19 Pork burritos Chuck wagon corn Green salad Fruited jell-o-	20 Grilled hot dogs Veggie pasta salad Chips Mandarin orange cake 	21 Chicken Strips Mac-n-cheese Peas Peaches Wheat bread
24 Baked potato bar Mixed veggies Mandarin oranges Roll 	25 Sloppy Joes Potato chips Coleslaw Pears Dessert	26 Orange chicken Rice Oriental veggies Pineapple crisp Fortune cookie 	27 Creamy cauliflower soup Turkey sandwich Mixed fruit Rice pudding	28 Chicken fried steak Mashed potato w/ gravy Green beans Peaches Roll
31 Tuna Noodle casse- role Beets Apricots Cookie Wheat bread	1 French Bread pizza Italian veggies Green salad Mixed fruit 	2 Porcupine meat balls Baked potato Peas and carrots Peaches Roll	3 Kris's carrot chow- der Ham sandwich 4 bean salad Pears Brownies	4 Ham cheesy potato Ham Carrots Applesauce 



March 2014



<p>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</p>	<p>9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:00 Ceramics 9:30 Wii Bowling 1:00 Movie</p>	<p>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</p>	<p>9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:15 Clogging 9:30 Wii Bowling 12:30 Sing Along</p>	<p>9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:10 Line Dancing 10:30 Bingo 11: Pickle Ball 11:15 Sit-n-be-fit 1:00 Bridge</p>
<p>3 10:30 Arm Chair travel ALASKA  9:15 Breakfast Club </p>	<p>4 1:00 Movie Sabrina </p>	<p>5 9:00 Commodities </p>	<p>6 AARP 12-4 1:00 Foot Clinic 1:15 Senior USU  </p>	<p>7 Lunch & Learn Blood Pressure 10-12 </p>
<p>10 9:15 Breakfast Club </p>	<p>11 10:30 Alpine medical repair wheelchairs and walkers. 11:00 Blood Pressure and oxygen check 1:00 Movie </p>	<p>12</p>	<p>13 10:30 Card Making 1:00 foot Clinic NO SENIOR USU </p>	<p>14 Lunch & Learn 10-12 Blood Pressure 10 </p>
<p>17 9:15 Breakfast Club  Happy  St. Patricks Day</p>	<p>18 1:00 Movie The Searchers </p>	<p>19 1:00 Foot clinic </p>	<p>20 1:15 Senior USU </p>	<p>21 Lunch and Learn Blood Pressure 10-12 </p>
<p>24 9:15 Breakfast Club </p>	<p>25 1:00 Foot Clinic 1:00 Movie Whale Rider </p>	<p>26 Red Hat Activity 1:00 </p>	<p>27 1:15 Senior USU </p>	<p>28 Lunch and Learn Blood Pressure 10-12</p>
<p>31 9:15 Breakfast Club </p>	<p>1 1:00 Foot Clinic 1:00 Movie My Fair Lady  </p>	<p>2</p>	<p>3 1:15 Senior USU </p>	<p>4 Lunch and Learn Blood Pressure 10-12 </p>