

## CACHE COUNTY SENIOR CITIZEN CENTER



As you can tell from the picture of Frosty the Snowman (aka Barry), with Lillium, the Christmas lunch was a great success. Our kitchen staff is quite amazing as they prepare huge quantities of food for our holiday dinners. Thank you again for all you do to make the Senior Center a fun place to be. Thanks to Norm Goings for all the door prizes. Thank you to all those who volunteered to set up the room and serve food.

### Director's Message

*Reading the daily newspaper or watching the evening news can bring sadness, anger, frustration and worry in to one's life. Sometimes we spend precious time asking 'Why isn't the world a better place?' It will only be time wasted, because the question to ask is 'How can I make it better? To that there is an answer! The other day at the store I overheard someone ask a lady why she was so happy all of the time. She responded that she works on having a positive attitude, always looking for good and sharing that happiness with others. I want to be that kind of person. So I decided that I could do an experiment that maybe we could all try. The rules are easy, you don't have to tell anyone what you're up to, you don't have to recruit others to do it with you and you don't need to make a big deal out of it. Just wake up with the attitude that no matter what happens throughout the day, you are going to give your life the very best you have to offer. You are going to live your life in a way that makes you want to be a better person. I just want to forewarn you, this new you could change everything it could be a start to make the world a better place. Good luck! Kristine*

**HAPPY  
NEW  
YEAR**

#### ADDRESS

240 North 100 East Logan, Utah 84321

PHONE: (435)755-1720

FAX: (435)752-9513

HOURS: 9:00 A.M. – 4:00 P.M.

#### WEB SITE

[Cachecounty.org](http://Cachecounty.org)

## Ten Warning Signs of Alzheimer's

Memory loss that disrupts daily life may be a symptom of Alzheimer's or another dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. Every individual may experience one or more of these signs in different degrees. If you notice any of them, please see a doctor.

1. Memory loss that disrupts daily life: What's a typical age related change? *Sometimes forgetting names or appointments, but remembering them later.*
2. Challenges in planning or solving problems: What's a typical age related change? *Making occasional errors when balancing a checkbook*
3. Difficulty completing familiar tasks at home, at work or at leisure: What's a typical age related change? *Occasionally needing help to adjust the settings on a microwave or to record a television show.*
4. Confusion with time or space: What's a typical age related change? *Getting confused about the day of the week but remembering it later.*
5. Trouble understanding visual images and spatial relationships: What's a typical age related change? *Vision changes related to cataracts.*
6. New problems with words in speaking or writing: What's a typical age related change? *Sometimes having trouble finding the right word.*
7. Misplacing things and losing the ability to retrace steps: What's a typical age related change? *Misplacing things from time to time and retracing steps to find them.*
8. Decreased or poor judgment: What's a typical age related change? *Making a bad decision once in a while.*

9. Withdrawal from work and social activities: What's a typical age related change? *Sometimes feeling weary of work, family & social obligations.*

10. Changes in mood & personality: What's a typical age related change? *Developing very specific ways of doing things and becoming irritable when a routine is disrupted.*

If you noticed any of the **ten warning signs** in yourself or someone you know, don't ignore them. Schedule an appointment with your doctor.

### With early detection you can:

Get the maximum benefit from available treatments

Have more time to plan for the future

Help for you and your loved ones

For additional information, please visit our website at [www.alz.org](http://www.alz.org) or call our 24/7 Helpline at 800.272.3900.

## BRIDGE CLASS RETURNS

Bridge class is coming back on Mondays and Wednesdays at 11:00. Classes are about 50 minutes. Come learn from the experts. This series of classes begins on January 14.



## Free Diabetes Self-Management Classes

Come learn tips how to better control your diabetes using the fun and interactive Conversation Maps. We will discuss food and nutrition, medications, stress management, blood glucose testing, exercise and more. The classes are led by a Certified Diabetes Educator and Registered Dietitian.

Where: Cache County Senior Center (240 N. 100 E., Logan)

When: Fridays at 11:00-12:00 am on January 11, 18, 25 and Feb 1

Call 797-7327 to register or sign up on the clipboard at the Senior Center. Classes are free but space is limited.



The [American Association of Diabetes](#) recommends these quick tips for those seniors living with diabetes day-to-day:

- Bottom line: your health is up to you
- Eating the right kinds of foods at the right amounts
- Getting active
- Checking your blood glucose
- Taking medicine if prescribed by your doctor
- Quit smoking
- Learn all you can about diabetes

## Saving money on health costs: Extra Help program

*By: Jonathan Blum, Acting Principal Deputy Administrator and Director of the Center for Medicare*

If you've ever found yourself skipping a day of your medication or cutting your pills in half to make your supply last a little longer, there's help. Medicare has a special program called "[Extra Help](#)." If you have limited income and resources you can sign up to get help paying things like monthly premiums, annual deductibles, and prescription copayments in your Medicare drug plan. Did you know that the Extra Help program is estimated to be worth about \$4,000 dollars per person, per year? Even if you're not sure you'd qualify, it's worth filling out an application to see.

Estimates show that about 2 million people with Medicare may be eligible for the Extra Help program but don't even know it. Are you or a family member one of these people?

It's easy and free to apply for Extra Help. Here's how:

- Apply online at [ssa.gov](http://ssa.gov)
- Call Social Security at 1-800-772-1213
- Apply at your local Social Security office in Ogden at 324 25<sup>th</sup> Street or call 1-877-378-9081

Don't wait – apply today to see if you qualify for some extra help



## LIVING WITH HEARING LOSS

Chances are, you or someone you know has hearing loss. You are not alone! The National Institutes of Health (NIH) reports that as many as one in five Americans have some degree of hearing loss, and as many as 50% of people 65 and older have hearing loss! Hearing loss is a hidden problem - and many people do not do everything they can to overcome it. Help is out there, though!

Cache County Senior Citizens Center has teamed up with the Utah State Office of Rehabilitation (USOR) to bring you "Living with Hearing Loss", a free, fun class about hearing loss. Take charge of your life, and visit us at the center every Tuesday from 10 - 11 a.m., for six weeks beginning February 5.

If you have hearing loss, you know how isolating it can be. You may miss out on group conversations; you may no longer hear the tiny beautiful voices of your grandchildren. You may be less willing to go to your favorite activities, such as Church, or family dinners, or fun events at the center! Well, that's no good - we all deserve to, and can, enjoy these things! You just have to learn how to again.

That is why we are offering this class. You will learn about technology available to you that helps to amplify and direct sound to you. You will learn how to effectively communicate in difficult situations - for example, we will discuss how you can effectively ask for repetition of missed information. Your friends and family will learn strategies to assure better communication with you! *Most important, you will learn that you are not alone. Your experiences are not singular. You will meet others with hearing loss, and you will all learn to navigate this together.*

Please come to our class, and bring your family and friends. This class will be transcribed: everything the speaker says will be projected in print on an overhead screen. We will also have "assistive listening devices" for you to try out. Nobody will miss out! Your instructor is an employee of USOR who lost her hearing suddenly at 18. Nobody understands your hearing loss better!

Please register by January 28, either in person at CCSCC, by email ([kate.seader@utah.gov](mailto:kate.seader@utah.gov)), or leave a message at 541-230-5655. This class is FREE and is open to the whole community. Please spread the word!

### Oven Roasted Vegetables

Preheat oven to 425° Peel and dice all vegetables into one inch cubes. Put vegetables in a large bowl, drizzle with a little olive oil and season with salt and pepper. Toss well to coat. Spread on a cookie sheet in a single layer. Avoid overcrowding. Roast for recommended amount of time.

<u>15-20 minutes</u>	<u>20-25 minutes</u>	<u>25-35 minutes</u>
Broccoli	Beets	Gold potatoes
Cauliflower	Sweet potatoes	Red potatoes
Brussels Sprouts	Carrots	Fennel
Green Beans	Parsnips	Butternut squash
	Turnips	



# January 2013

<p><b>This menu is subject to change</b></p>	<p><b>1</b> NEW YEARS DAY</p> <p>CLOSED</p>	<p><b>2</b></p> <p>Tomato soup Sandwich Pea salad Apricots</p>	<p><b>3</b></p> <p>Parmesan chicken w/noodles Tuscan blend veggies Herb biscuit Parfait</p>	<p><b>4</b></p> <p>Hamburger w/fixins Macaroni salad Chips Fruited jello</p>
<p><b>7</b></p> <p>Hawaiian haystacks Peas Roll Peach cobbler</p>	<p><b>8</b></p> <p>Broccoli cheese soup Club sandwich Chips Apricots</p>	<p><b>9</b></p> <p>Salisbury steak Mashed potatoes w/ gravy Green beans Mixed fruit Roll</p>	<p><b>10</b></p> <p>Pig in a blanket Mac &amp; cheese Carrots Pears</p>	<p><b>11</b></p> <p>Enchilada pasta bake Chuck wagon corn Spiced apples</p>
<p><b>14</b></p> <p>Chicken Alfredo Noodles Blend veggies Roll Fruit</p>	<p><b>15</b></p> <p>Ham Creamed potatoes Peas Roll Tropical fruit</p>	<p><b>16</b></p> <p>Pork burritos Spanish rice Mixed veggies Pears</p>	<p><b>17</b></p> <p>Chicken broccoli casserole Beets Muffin Applesauce</p>	<p><b>18</b></p> <p>Crispy fish bake Winter mix veggies Wheat bread Peach cobbler</p>
<p><b>21</b></p> <p>Martin Luther King, Jr Day</p> <p>CLOSED</p>	<p><b>22</b></p> <p>French dip sandwich Carrot raisin salad Chips Pears</p>	<p><b>23</b></p> <p>Baked ziti Capri veggies Garlic bread Mixed fruit</p>	<p><b>24</b></p> <p>Sweet &amp; sour meatballs Rice Oriental salad Egg roll Pineapple &amp; mandarin oranges</p>	<p><b>25</b></p> <p>Turkey roll ups Mashed potatoes w/gravy Mixed veggies Mixed fruit Roll</p>
<p><b>28</b></p> <p>Bistro chicken Baked potato Capri blend veggies Mandarin oranges</p>	<p><b>29</b></p> <p>Roast beef Mashed potatoes w/ gravy Green beans Pears Roll</p>	<p><b>30</b></p> <p>Beef stroganoff w/ noodles Carrots Wheat bread Apple crisp</p>	<p><b>31</b></p> <p>Chicken fajitas Rice &amp; beans Corn Peaches</p>	

# January 2013

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 12:30 Jeopardy 1:00 Bridge	9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:00 Ceramics 11:15 Sit-n-be-fit 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 1:00 Bridge	9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:15 Clogging 10:15 Sit-n-be-fit 12:30 Sing Along	9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:10 Line Dancing 10:30 Bingo 11:15 Sit-n-be-fit 1:00 Bridge
	1 <b>CLOSED</b> NEW YEARS DAY	2 9:00 Commodities	3	4 10-12 Blood pressure
7 1:00 Beading	8 11:00 Blood sugars, O <sup>2</sup> , heart rate	9	10 10:30 Arm Chair Travel 12:30 AARP defensive driving 1:00 Foot Clinic	11 10-12 Blood pressure 11:00 Diabetes class
14 11:00 Bridge class 11:15 Complementary therapies/essential oil 1:00 Beading	15	16 11:00 Bridge class 1:00 Foot clinic	17	18 10-12 Blood pressure 11:00 Diabetes class
21 <b>CLOSED</b> Martin Luther King, Jr Day	22 1:00 Foot clinic	23 11:00 Bridge class	24 12:30 AARP defensive driving	25 10-12 Blood pressure 11:00 Diabetes class
28 11:00 Bridge class 11:15 Complementary therapies/essential oil 1:00 Beading	29	30 11:00 Bridge class	31	