



# CACHE COUNTY SENIOR CITIZEN CENTER

September 2013

We are pleased to announce a change in Senior University. It will be held at the Senior Center, Thursdays at 1:15 beginning Sept 19. Class schedules will be available from the front office. Registration will begin Sept 5. The cost is \$10.00 for 10 classes and a closing social.

Monday, Sept. 23 12:30 we will have a Fall prevention presentation from Bear River Health Dept. in the dining room.

The cost of non-senior lunch, which means anyone younger than 60 years of age, will now be \$5.00.

Pickleball is being played every Friday at 11:00. Come join in the fun.

Bobbin lace is coming back to the center after being at the American West Heritage Center for the summer. It will meet Wednesdays at 1:00 beginning Sept 4.

*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*

## Director's Message

I found this on the internet the other day, interestingly I remember some of these things.

A young person asked the other day, 'What was your favorite fast food when you were growing up?' 'We didn't have fast food when I was growing up,' I informed him. 'All the food was slow.' 'C'mon, seriously. Where did you eat?' 'It was a place called 'at home,' I explained. 'Mom cooked every day and when Dad got home from work, we sat down together at the dining room table, and if I didn't like what she put on my plate I was allowed to sit there until I did like it.'

By this time, the kid was laughing so hard I was afraid he was going to suffer serious internal damage, so I didn't tell him the part about how I had to have permission to leave the table.

But here are some other things I would have told him about my childhood if I figured his system could have handled it :

- Some parents NEVER owned their own house, never wore Levis, never set foot on a golf course, never traveled out of the country or had a credit card. In their later years they had something called a revolving charge card. The card was good only at Sears Roebuck.
- My parents never drove me to soccer practice. This was mostly because we never had heard of soccer.
- We didn't have a television in our house until I was 19. The television was, of course, black and white, and the station went off the air at midnight, after playing the national anthem and a poem about God; it came back on the air at about 6 a.m.. and there was usually a locally produced news and farm show on, featuring local people.
- I was 21 before I tasted my first pizza, it was called 'pizza pie.' I never had a telephone in my room. The only phone in the house was in the living room and it was on a party line. Before you could dial, you had to listen and make sure some people you didn't know weren't already using the line.
- Pizzas were not delivered to our home. But milk was. All newspapers were delivered by boys and all boys delivered newspapers --my brother delivered a newspaper, six days a week. It cost 7 cents a paper, of which he got to keep 2 cents. He had to get up at 6AM every morning.
- Movie stars kissed with their mouths shut. At least, they did in the movies. There were no movie ratings because all movies were responsibly produced for everyone to enjoy viewing, without profanity or violence or most anything offensive.

If you grew up in a generation before there was fast food, you may want to share some of these memories with your children or grandchildren Just don't blame me if they bust a gut laughing.

*Kristine*

## Identity theft: protect yourself

Identity theft is a serious crime that happens when someone uses your personal information without your consent to commit fraud or other crimes.

Personal information includes things like your name and your Social Security, Medicare, or credit card numbers.

### Prevent identity theft: keep your personal information safe

- Don't give your personal information to someone who calls or comes to your home uninvited to get you to join a Medicare plan.
- Give personal information to only:
  - Doctors, other health care providers, and plans approved by Medicare.
  - Any insurer who pays benefits on your behalf.
  - Trusted people in the community who work with Medicare, like your State Health Insurance Assistance Program (SHIP) or Social Security

Be familiar with how Medicare uses your personal information. If you join a Medicare plan, the plan will let you know how it will use your personal information.

Check to see if a supplier is approved by Medicare

If you suspect identity theft, or feel like you gave your personal information to someone you shouldn't have, contact the Federal Trade Commission.

Source: Medicare.gov

## ***Elder Abuse—Stress of Elder Care***

It's difficult to take care of a senior when he or she has many different needs, and it's difficult to be elderly when age brings with it infirmities and dependence. Both the demands of caregiving and the needs of the elder can create situations in which abuse is more likely to occur.

### **Risk factors among caregivers**

Many nonprofessional caregivers — spouses, adult children, other relatives and friends — find taking care of an elder to be satisfying and enriching. But the responsibilities and demands of elder caregiving, which escalate as the elder's condition deteriorates, can also be extremely stressful. The stress of elder care can lead to mental and physical health problems that make caregivers burned out, impatient, and unable to keep from lashing out against elders in their care.

Among caregivers, significant risk factors for elder abuse are:

- Inability to cope with stress (lack of resilience)
- Depression, which is common among caregivers
- Lack of support from other potential caregivers
- The caregiver's perception that taking care of the elder is burdensome and without psychological reward

Even caregivers in institutional settings can experience stress at levels that lead to elder abuse. Nursing home staff may be prone to elder abuse if they lack training, have too many responsibilities, are unsuited to caregiving, or work under poor conditions.

In many cases, elder abuse, though real, is unintentional. Caregivers pushed beyond their capabilities or psychological resources may not mean to yell at, strike, or ignore the needs of the elders in their care.

If you are an elder who is being abused, neglected, or exploited, tell at least one person. Tell your doctor, a friend, or a family member whom you trust. Other people care and can help you.

And if you see an older adult being abused or neglected, don't hesitate to report the situation. Don't assume that someone else will take care of it or that the person being abused is capable of getting help if he or she really needs it.

## LOCAL EVENTS

### **Loaves and Fishes Community Meal**

every first and third Saturday.  
Free of charge. Come enjoy  
food, friendship and connec-  
tions. Everyone welcome.  
11:30—1 pm. Sept 7 & 21, First  
Presbyterian Church, Center  
Street and 200 West. Any  
questions call Rachel at  
435.554.1081 or Amy at  
435.881.9211.

**Health Fair, Saturday, Sep-  
tember 14th, 10-2 Willow Park.**  
Free Health screenings, fun  
family activities. Free T shirt to  
the first 200 people. This event  
includes a raffle in which all  
proceeds will be used to pro-  
vide free or low cost mammog-  
raphy screenings for low-  
income women.

**Walk to End Alzheimer's  
Saturday, Sept 21, 9:00 regis-  
tration, 10:00 walk begins.**  
Willow Park. Get a team to-  
gether and walk to benefit a  
worthy cause. You may sign up  
online at [alz.org/walk](http://alz.org/walk) and  
choose the Logan UT walk.  
Information is also available on  
that website.

**Gardener's Market** is still  
going strong in September. If  
you haven't gone down to Wil-  
low Park to enjoy all the fresh  
vegetables, fruits and other  
great items, you should make  
it a point to go. 9:00 - 1:00 eve-  
ry Saturday.



### **Senior Perks**

Ah, the golden years...sometimes a little more yellow than gold. We all know life isn't always a bed of roses, but there's usually always a good reason to stop and smell those roses. Being a senior comes with its own unique set of challenges as well. There's always more than enough chills, pills, and spills. On the other hand, there are a lot of perks to being a senior as well.

For example:

In a hostage situation, you are likely to be released first.

Things you buy now won't wear out.

You can eat dinner at 4:00p.m.

Your eyes won't get much worse.

You can have a party and the neighbors don't even realize it.

Your secrets are safe with your friends because they can't remember them.

Your supply of brain cells is finally down to a manageable size.

And there's nothing left to learn the hard way.

Hope you had a good laugh on us. Call us today, or stop by, to find out how you can enjoy the senior perks Williamsburg Retirement Community has to offer. Receive a free loaf of home-made bread on your visit.

(435) 753-5502

[smonson@williamsburgretirement.com](mailto:smonson@williamsburgretirement.com)



**Tips For Healthy Aging**  
**Advanced Spine and Health Center**  
**(435) 752-5522.**

The number of people living longer is increasing dramatically. An estimated 4.2 million U.S. residents now fall into the age group of the “oldest old”—85 years and older—with more than 40,000 having reached the age of 100. In fact, centenarians (those 100 and older) are the fastest-growing subpopulation of the elderly, and by 2050, according to census projections, 1 million Americans will celebrate their 100th birthdays. At the same time, a growing body of evidence suggests that good genes are only a small part of the longevity puzzle. In fact, researchers now believe that chronic illness is not an inevitable consequence of aging, but it results more often from lifestyle choices that we’re perfectly free to reject. So what are centenarians’ secrets to healthy old age?

Experts recommend the following:

**Embrace a Positive Attitude**

**Limit Stress and Stay Connected**

**Support Your Body with Exercise**

**Choose a Good Health Care Provider**

**Stimulate Your Mind**

**Take Advantage of Your Genes**

**Make Healthy Diet Choices**

**Chiropractic Care Can Help**



## ***Corn \* Corn \* Corn***



Corn is a popular food that’s known for its yellow color, its pleasant taste, and its unique ability to be eaten on the cob. While corn is normally viewed as a vegetable, it is actually a grain, and it contains starch. A half cup of corn contains around 80 calories and 10 calories from fat, while a 5 inch ear of corn contains 65 calories. While canned corned contains roughly the same amount of calories, there might be additional sodium added, and the nutritional content might not be as potent as in fresh corn. Corn can benefit your health, as it delivers B vitamins, foliate, vitamin C, beta-carotene, protein and fiber.

## **Summer Corn Fritters**

- 1/3 cup shredded carrot
- 1/2 cup all-purpose baking mix
- 1/4 cup cornmeal
- 1/4 cup milk
- 1 large egg
- 3/4 cup cooked corn, cut from the cob
- 1/2 cup shredded zucchini
- Oil for frying



Microwave shredded carrot 30 seconds to soften, then set aside.

In a medium bowl, combine baking mix, cornmeal, and sugar. Stir in milk and egg, and mix well. Stir in corn, zucchini, and shredded carrot.

In a skillet, heat a small amount of oil. Gently spoon dollops of fritter mixture into oil and fry, turning once, until golden brown and cooked through, about 4 minutes.

Drain on paper towels, serve warm.



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<p>2 Closed for Labor Day</p>	<p>3 Potato soup Ham sandwich Carrot raisin salad Tropical fruit</p>	<p>4 Chicken Cacciatore Tuscan veggies Pineapple &amp; apricot crisp Breadstick</p>	<p>5 Chicken strips Mashed potato w/ gravy Carrots Mixed fruit</p>	<p>6 End of Summer lunch Hamburger w/fixins Chips Melon</p>
<p>9 Green bean casse- role Tator tots Apricots Wheat bread</p>	<p>10 Tuna noodle casse- role Beets Peaches</p>	<p>11 Ham Au Gratin potatoes Spinach Pears Wheat roll</p>	<p>12 Broccoli cheese soup Turkey sandwich Chips Mixed fruit</p>	<p>13 Parmesan chicken Noodles Italian veggies Applesauce</p>
<p>16 Hawaiian haystacks Peas Banana Roll</p>	<p>17 Meatloaf Mashed potatoes Capri veggie Fruit dessert Roll</p>	<p>18 Vegetable soup Chicken salad sand- wich Chips Pears Cookie</p>	<p>19 Grilled hot dogs Pasta veggie salad Melon mix</p>	<p>20 Taco casserole Mixed veggies Peaches Muffin</p>
<p>23 Sloppy Joes Chips Coleslaw Applesauce Cookie</p>	<p>24 Bean and cheese burrito Corn Orange fluff</p>	<p>25 Autumn chicken Scalloped potatoes Mixed veggies Apricots Roll</p>	<p>26 Hearty Kielbasa bake Mixed veggies Apple crisp Roll</p>	<p>27 Chili Green salad Corn bread Pears</p>
<p>30 Malibu Chicken Baked potatoes Mixed veggies Fruit Roll</p>		<p><b>This menu is subject to change</b></p>	<p>Please sign up for lunch one day in advance by calling 755-1720. Suggested donation per meal is \$2.75 for those 60 years &amp; older. Guests under 60 years must be re- ceipted at the front desk - cost: <b>\$5.00.</b></p>	



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<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            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            11:15 Sit-n-be-fit            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            1:00 Bridge</p>	<p>9:00 Fitness Room            9:00 Quilting            9:00 Pool Room            9:15 Clogging            9:30 Wii Bowling            11:15 Sit-n-be-fit            12:30 Sing Along</p>	<p>9:00 Fitness Room            9:00 Quilting            9:00 Pool Room            9:10 Line Dancing            10:30 Bingo            11:15 Sit-n-be-fit            1:00 Bridge</p>
<p>2            Closed for            Labor Day</p>	<p>3            10-12 Low Vision Support Group</p>	<p>4            9:00 Commodities            1-3 Bobbin Lace</p>	<p>5            12:30 AARP defensive driving</p>	<p>6            10-12 Blood pressure            11:00 Pickleball</p>
<p>9</p>	<p>10            10-4 Low vision clinic             11:00 Blood sugar check/O<sup>2</sup></p>	<p>11            1-3 Bobbin Lace</p>	<p>12            1:00 Foot clinic</p>	<p>13            10-12 Blood pressure            11:00 Pickleball</p>
<p>16            NO Jeopardy</p>	<p>17</p>	<p>18            1:00 Foot clinic            1-3 Bobbin Lace</p>	<p>19            12:30 AARP defensive driving             1:15 Senior University</p>	<p>20            10-12 Blood pressure            11:00 Pickleball</p>
<p>23            Fall prevention 12:30</p>	<p>24            1:00 Foot clinic</p>	<p>25            1-3 Bobbin Lace</p>	<p>26            1:15 Senior University</p>	<p>27            10-12 Blood pressure            11:00 Pickleball</p>
<p>30</p>				