

# SENIOR ..... ...MOMENTS



Volume 4 Issue 2 February

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## Happenings

### QUILTING EVERY DAY

Sitting Exercises daily 11:00am ,

1<sup>st</sup> Weight Watchers

2<sup>nd</sup> Cabin Fever Quilters

Breakfast for your Brain (B&B Club) 9:30

Call if you are coming

Arthritis Exercise 11:00 am

3<sup>rd</sup> Alpine Home Health Care Class 12:20

USU Master Gardener Class 5-9 pm

4<sup>th</sup> Women's civic Club

Reflections

5<sup>th</sup> Health Fair sponsored by CMNS

9:00-10:30 am

Odel Summers Entertainment 11:30

8<sup>th</sup> Garland DUP

Stagecoach DUP

9<sup>th</sup> Breakfast for your Brain (B&B Club)

Arthritis Exercise 11:00

10<sup>th</sup> BINGO

USU Master Gardener Class 5-9 pm

11<sup>th</sup> Valentines Party

Heat Assistance \* call the Perry Office  
for appointment

Reflections

Self Essentials 6:30- 9:00 Couples Night

Foot Technique and the Lymph System

12<sup>th</sup> Becky Kimball Entertainment

15<sup>th</sup> CLOSED

Weight Watchers

16<sup>th</sup> Breakfast for your Brain

(B&B Club) 9:30 am

Midland DUP

Mardi Gras Day Celebration

USU Ext. Food on a Budget 6:30 pm

17<sup>th</sup> Card Making 10:30 am

Master Gardener Class 5-9 pm

Senior Day at the Legislature is February 10:30am-2:00pm

If you can't attend, it is very important that our elected officials hear your voice. Please call, email or write and ask them to support senior programs. There will be plenty of cuts in the State's budget and we want everyone to share in the cuts. Not just senior programs. Please make a call and voice your opinion.

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18<sup>th</sup> Women's Civic Club

Reflection

American Legion

19<sup>th</sup> Westernaires Entertainment 11:30-1:00

20<sup>th</sup> Lamont Wells 80<sup>th</sup> birthday open-house

---(It's a Surprise Please)

22<sup>nd</sup> Weight Watchers

23<sup>rd</sup> Breakfast for Your Brain (B&B Club) 9:30

24<sup>th</sup> Master Gardener Class 5-9 pm

25<sup>th</sup> USU" Extension Beef Producers Lyle Holmgren

Reflections

26<sup>th</sup> Best Friends Entertainment 11:30-12:30



**BLACK HISTORY  
MONTH**



## Happy Birthday To:

Calvin Hunsaker, Marie Housley, Erma Furness, Mavis Johnson, Karla Holt, Winona Gardner, Judy Thompson, Ileen Barfuss, Darlene Abel, Rhonda Gephart, Lujean Wise, Alta Johnson, LaRene Braegger, Betty Hatch, Sylven Haltiner, Shirleen Anderson, Eileen Nicholas, Ferrin Bodily, Don Hansen, Metta Palmer, Charles Goodliffe, Dorothy Bigoness, Valaine Hunsaker, Joyce Lemon, Lenna Christensen, Fumiko Nishiguchi, Doris Shaw, Joe Huggins, Stanley Stokes, Allen Christensen, Barbara Gill, Valaine Sorenson, GayNell Rose, LaMont Wells, Jo Lasley, Hyrum Moss, Corma Peterson, Julee Brown, Reed Jensen, Tamara Judkins, David Kilfoyle




Happy Valentine's Day

## How can I move toward a healthier weight?

Reaching a healthier weight is a balancing act. The secret is learning how to balance your "energy in" and "energy out" over the long run.

"Energy in" is the calories from the foods and beverages you have each day. "Energy out" is the calories you burn for basic body functions and physical activity.

Look at this chart to find where your energy balance is:

<p><b>Maintaining weight</b></p>	<p>Energy In = Energy Out</p> 	<p>Your weight will stay the same when the calories you eat and drink equal the calories you burn.</p>
<p><b>Losing weight</b></p>	<p>Energy In &lt; Energy Out</p> 	<p>You will lose weight when the calories you eat and drink are less than the calories you burn.</p>
<p><b>Gaining weight</b></p>	<p>Energy In &gt; Energy Out</p> 	<p>You will gain weight when the calories you eat and drink are greater than the calories you burn.</p>

Which box did you choose? Where would you like to be? Many people want to lose weight. To do this the strategy is simple – the challenge is putting it into practice every day. If you are overweight or obese, here are some basic steps to help you gradually move toward a healthier weight:

- 1) Learn [what to eat](#) from each food group.
- 2) Focus on [how much you eat](#). Watch your portion sizes!
- 3) Choose "[nutrient-dense forms of foods](#)". These foods are packed with nutrients, but low in "extras" that just add calories.
- 4) Get moving! [Physical activity](#) can help you reach and keep a healthier weight.
- 5) Follow your progress by [tracking](#) your food intake and physical activity. Check your weight weekly.

Actual notices in bulletins: The sermon this morning: "Jesus Walks on Water." The sermon tonight: "Searching for Jesus" "ladies don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Don't forget you husbands." "The peacemaking meeting scheduled for today has been cancelled due to a conflict." "Bertha Belch, a missionary from Africa, will be speaking tonight at Calvary Methodist. Come hear Berthat Belch all the way from Africa."

No word in the English language rhymes with "Month"      Elephants are the only animals that can't jump.  
It is possible to lead a cow upstairs but not downstairs.      The Main Library at Indiana University sinks over an inch every year because when it was built, engineers failed to take in account the weight of all the books that would occupy the building.

## CNS HEALTH FAIR

COMMUNITY NURSING SERVICES

**DATE: Friday, February 5,**

**TIME: 9:00 am to 11:00 am**

**PLACE: Senior Center 510 W 1000 N  
Tremonton, UT**



### Sponsors:

Alpine Orthopedic Specialists (Podiatry)  
Tremonton Community Pharmacy  
Cache Valley Oxygen Hearing Zone  
CNS Blood Pressure Options for Independence  
CNS Physical Therapist



Please come in and see what is new and how to improve your health. Stay for lunch if you would like, but let us know on Thursday if you are coming to dine with us.

Beginning MARCH 1, 2010

Utah seniors will have a  
UTAH SENIOR LEGAL HELPLINE.

1-800-662-1772

The Utah Senior Legal Helpline is a toll-free, state wide, legal information, advice and referral service for Utah senior citizens (60 years and older).

You can receive free, confidential legal advice and referrals Monday through Friday, 9:00 a.m. to 2:00 p.m. The helpline provides free legal information, advice and referrals on a variety of civil legal topics including, but not limited to:

- Public benefits
- Consumer
- Elder Abuse
- Housing
- Estate planning

The Helpline is a Utah Legal Services program made possible by a grant from the Federal Administration on Aging.

## SOCIAL SECURITY ADMINISTRATION

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## CHUBBY CHECKER ANNOUNCES NEW "TWIST" IN MEDICARE LAW

By Mickie Douglas

Social Security Public Affairs Specialist in Salt Lake City, UT

If you've been thinking about applying for *extra help* with your Medicare prescription drug costs, then now's the time to get on the dance floor and hop to it.

Chubby Checker, the Grammy Award winning rock and roll legend most known for his hit, "The Twist," has teamed up with Michael J. Astrue, Commissioner of Social Security, to tell people about a new "twist" in the law. The change in the law makes it easier for people with Medicare to qualify for *extra help* with their prescription drug costs.

"The changes in the Medicare law will allow hundreds of thousands of Americans who are struggling to pay their prescription drug costs to get *extra help* during these tough economic times," said Commissioner Astrue. "I am thrilled that Chubby Checker has volunteered to help us spread this important message through a new television, radio, and Internet spot as well as pamphlets and posters."

"Listen up, America! For 50 years, people of all ages and backgrounds have danced the Twist," Chubby Checker said. "Now it's important everyone learn about this new twist in the law. Check it out at [www.socialsecurity.gov](http://www.socialsecurity.gov)."

There are income and resource limits a person needs to meet to qualify for the *extra help*. But the new Medicare law eases those requirements in two ways:

- The cash value of life insurance no longer counts as a resource; and
- Assistance people receive from others to pay for household expenses, such as food, rent, mortgage, or utilities, no longer counts as income.

A bonus "twist" is that the application you file for *extra help* can now start the application process for Medicare Savings Programs as well — state programs that provide help with other Medicare costs. These programs help pay Medicare Part B (medical insurance) premiums. For some people, the Medicare Savings Programs also pay Medicare Part A (hospital insurance) premiums, if any, and Part A and B deductibles and co-payments.

To learn more about the *extra help* program and to view the new television spot featuring Chubby Checker, visit Social Security online at [www.socialsecurity.gov/extrahelp](http://www.socialsecurity.gov/extrahelp).



# February



Monday	Tuesday	Wednesday	Thursday	Friday
1 Sloppy Joes Green Beans Yogurt/Granola Juice Brownie	2 Salmon Patties Macaroni/cheese Coleslaw Mixed Vegetables Cookie Juice Bread	3 Meat Loaf Baked Potato Peas Bread Green Salad Cherry Cobbler	4 Broccoli w Chicken Cass. Rice Bread Carrots Jell-o Salad Surprise Cake	5 Roast Beef Potatoes/gravy Fruit Salad Mixed Veggies Roll Banana Splits
8 Minestrone Soup Hoagie Red Beets Fruit DePepe Fruit Salad Pudding	9 Corn Beef Casserole Blueberry Jell-o Cabbage Bread Juice O'Henery Bars	10 French Dip Sandwich Macaroni Salad Banana Juice Carrots Cake	11 Busy Day Steak Potatoes/gravy Carrot Salad Green Beans Bread Rice Krispie Treat	12 Russian Chicken / Rice Green Salad Mixed Vegetable Roll Sugar Cookie
15 <b>CLOSED PRESIDENTS DAY</b>	16 Stroganoff Noodles Fruit Cup Peas Bread Juice Carrot Cake	17 Sweet & Sour Rice Chinese Salad Egg Roll Green Beans Cookie	18 Mad Hatter Meatballs / Rice Red Beets Coconut Salad Peanut Butter Fingers	19 Ham Baked Potato Sea Foam Salad Broccoli Roll Apple Crisp
22 Biscuits & Gravy Working Girl Fruit Juice Apple/Raisin Dessert	23 Baked Chicken Stuffing Jell-o Salad Carrots Bread Juice Better Than Cake	24 Fish Pasta Salad Peas/Carrots Potato Bake Bread Juice Cinnamon Rolls	25 Spaghetti Soup Egg Sandwich Colorful Veg Salad Green Beans Juice Cheese Cake	26 Meat Log w Red Sauce / Rice Pistachio Salad Mixed Vegetables Roll Pumpkin Cake

### *For Family & Friends*

1. *I love you not because of who you are, but because of who I am when I am with you.*
2. *No man or woman is worth your tears, and the one who is, won't make you cry.*
3. *A true friend is someone who reaches for your hand and touches your heart.*
4. *Never frown, even when you are sad, because you never know who is falling in love with your smile.*
5. *To the world you may be one person, but to one person you may be the world.*
6. *Don't waste your time on a man/woman, who isn't willing to waste their time on you.*
7. *Don't cry because it is over, smile because it happened.*
8. *Make yourself a better person and know who you are before you try and know someone else and expect them to know you.*
9. *Don't try so hard, the best things come when you least expect them to.*
10. *Remember whatever happens, happens for a reason.*

