

# SENIOR ..... ...MOMENTS



**August 2010 Volume 4 Issue 8**

•435) 257-9455•fax(435)257-9454•435-230-0309•510 W 1000 N • [mlayne@tremontocity.com](mailto:mlayne@tremontocity.com)

## Happenings

QUILTING EVERY DAY  
Sitting Exercises daily 10:30

Billiards daily

1<sup>st</sup> Weight Watchers 5:00

4<sup>th</sup> SUMMER PICNIC

### Foot Massage

(no clipping toe nails).

6<sup>th</sup> Odell Summers 11:30

7<sup>th</sup> CLASS REUNION

Contact Max Adams

9<sup>th</sup> Weight Watchers 5:00

11<sup>th</sup> Lunch and Learn 11:30

Breast Cancer -with Alpine

Home Care & Hospice

12<sup>th</sup> FOOT CLINIC

Self Essentials - Oils

Beginners 6:30-

Advanced 7:30

13<sup>th</sup> Becky Kimball 11:30

16<sup>th</sup> Weight Watchers 5:00

17<sup>th</sup> Medicare Reform 1:00

18<sup>th</sup> Lunch and Learn 11:30

Heart Disease – Alpine

With Home Care and Hospice

20<sup>th</sup> Westernaires 11:30

23<sup>rd</sup> USU Ext. presents a

Lunch and Learn

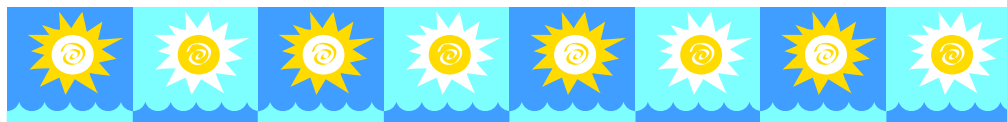
Weight Watchers 5:30

FAIR WEEK

27<sup>th</sup> Best Friends 11:30

Take a Trip Week – Call us  
and see where we are going.

30<sup>th</sup> Weight Watchers 5:00



Don't forget our summer picnic On **Wednesday AUGUST 4th**  
(Please make your reservation by **Aug.2<sup>nd</sup>**, so we will have  
enough yummy food ) Activities include... Early Morning Walk  
at 8:30, Brunch at 9:30, for those who come and walk (please  
sign up), Fish Pond, Games, we will draw for the quilt ... You  
can still purchase tickets for it. We will have a busy morning.  
Foot Massages will be done by Love Health Care free... 10-12

Don't forget to take a tour of the Fair this month.  
Get brave enough to enter something in the fair.  
**SUPPORT your County Fair.**



## Memory Lane

Oh sure, we had our problems then, just like we do today,  
And always we were striving, trying for a better way.

Oh, the simple life we lived still seems like so much fun,  
How can you explain a game, just kick the can and run?

And boys would put baseball cards between the bicycle  
spokes,  
And for a nickel red machines had little bottled Cokes!

That life seemed so much easier and slower in some ways,  
I love the new technology but I sure do miss those days.

So, time moves on and so do we, and nothing stays the  
same,  
But I sure love to reminisce and walk down memory lane

*'I totally take back all the times I didn't want to nap when I was younger'*

## August Birthday's

Leon Anderson, Lola Anderson, Lowell Anderson, Ruth Angeli, Robert Belew, Elma Bell, Anita Bennett, Mildred Bergener, Shirlee Blum, Joey Bowcutt, Gwendolyn Burnett, John Carter, A Marius Christensen, Maja Christensen, Ron Colby, Gary Conger, Joseph Corbett, Louise Corbett, Vernon Cutler, Arlene Daniels, John Deters, Lillian Deters, Arlene Eakle, Barbara Erickson, Rosemarie Fallis, LeRoy Firth, Wilma Fridal, Kenji Fuji Kawa, Mich Fukui, Maxine Goring, Arlene Harris, Maureen Hashimoto, Leslie Hayes, Edna Hess, Mike Hulce, Kathryn Hutchen, Beverly Jenkins, Floyd Johnson, Duane Kerr, Judy Lafeen, Althera Larkin, Glade Loveless, Mercy Madsen, Laura Mahnke, Beva Marble, Susan Moen, Alta Munns, Gloria Nelson, Bob Nunn, Rae Peterson, Gwen Rupp, Paul Sagez, Janice Schafer, Cal Scoffield, Jeanna Smith, Wilma Spence, Warren Stoddard, Sandra Sullivan, Mary Summers, Cora Thinnes, LaRita Udy, Phyliss Udy, Richard Walbridge, Elsie Welling, Patsy Womack, Janet Wood, Colleen Woodbury, Charlotte Worthen, Frances Miller

*Nothing sucks more than that moment during an argument when you realize you are wrong.*

*...Bad decisions make good stories...*



## Staying Cool and Hydrated on Hot Summer Days Preventing Heat Related Illness

By [Tracee Cornforth](#), About.com Guide

The summer season is upon us and it's time to think about preventing dehydration and heat-related illness. Did you know that about 318 Americans die every year of heat-related illnesses, according to the Centers for Disease Control (CDC)? The sad fact is that most of these deaths are preventable -- if the victims understood the realities of dehydration and heat-related illness more clearly.

Regular exercise, often done outdoors, is just as important during the hot months of summer as it is during the cooler seasons. Unfortunately outdoor activities often place people at serious risk of dehydration which can lead to other heat-related illnesses including -- heat exhaustion -- heat stroke -- and in severe cases, death. Millions of Americans are at risk for heat-related illnesses; however, the risk is significantly increased for 4 groups of our population. Those most at risk include:

**Children: Athletes and exercisers: Outdoor workers:**

**Elderly people:** There is a fine line between how heat affects most adults and how it can affect the elderly in a more profound way. It's extremely important for senior citizens to practice a gradual acclimatization to heat that puts emphasis on hydration.

**Is Your Body Acclimatized to Heat?**

How many of you think, "I'm used to the heat; it doesn't affect me?" That statement may seem common sense; however, nothing could be further from the truth when it comes to heat-related illness and dehydration.

**Drinking for Hydration**

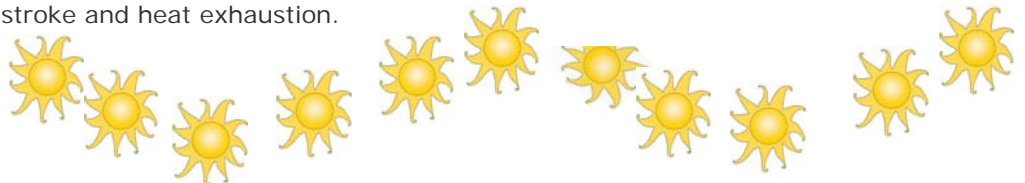
The best time to consume fluids is before you are thirsty -- by the time you are thirsty, your body is already dehydrated. It's best to drink on a schedule when it is hot outside. Avoid drinks containing caffeine or alcohol while in the sun or heat. These types of drinks stimulate the production of urine thereby promoting dehydration. The best drinks are water, or one of the many flavored sports drinks that are on the market.

According to Dr. Nequin, "Research clearly shows that a properly formulated sports drink like Gatorade combines flavor and sodium to encourage people to drink more than they would when they only have access to water. Sports drinks help to replace some of the electrolytes you lose through sweat and provide carbohydrate energy to working muscles."

According to Dr. Noel D. Nequin, president of the American Medical Athletic Association, "Being 'used to' the heat or 'acclimatized' is necessary for the body to perform in hot, humid conditions without overheating. But acclimatization increases your need for fluid to match the increase in sweat rate, which puts you at higher risk for dehydration and heat illness."

How does one acclimatize their body to heat? It takes about 10 to 14 days of working or exercising in the heat for your body to adjust or become acclimatized. You should cut down on the intensity of your exercise or activity during these first days. Once your body is heat acclimatized, the amount of sweat you produce, and other total body fluid losses, increases because you sweat sooner and more than before you became acclimatized.

The good news about summer heat is that staying healthy is as easy as becoming educated about your body's need for fluids, and the signs and symptoms of dehydration which can lead to heat-related illnesses such as heat stroke and heat exhaustion.



## Seniors Confused about Health Reform;

A new national survey commissioned by NCOA finds most seniors are still confused about important aspects of the new health reform law—including how it will affect their own Medicare coverage.

### Confused about health reform? Wondering what it means for older Americans?

We're out to set the record straight. We've launched a national educational campaign to help seniors understand what's in the new health reform law and how it will affect them. Our facts are drawn from the law itself and from numerous non-partisan sources.

Only 22% of seniors understood that the new law would not cut their basic Medicare benefits. Almost twice as many seniors (42%) held the incorrect view that the law would cut their basic Medicare benefits, while 37% said they did not know.

### Straight Talk Fact Sheets

- 5 Key Facts on the Affordable Care Act (Health Reform)
- Frequently Asked Questions about Health Reform and Seniors
- Medicare Advantage Plans
- Long-Term Care
- Financing the Medicare Program
  
- Only 14% of seniors knew that the law does not cut Medicare payments to doctors; 45% answered incorrectly and 41% said they did not know.
- Only 24% of seniors knew that it is projected to extend the solvency of the Medicare Trust Fund.
- Only 28% knew that the law improves the availability of long-term care at home for seniors with disabilities.
- Only 22% knew about improvements in chronic care.
- Only 33% knew about the new, free yearly wellness visit Medicare will now provide.
- Two out of three seniors either did not know (43%) or gave the wrong answer about the future growth of Medicare spending. Only 34% knew that it will continue to grow under the new law, just more slowly.

**We will have a presentation on Tuesday, August 17<sup>th</sup> at 1:00 pm. It will be in the Multi-purpose room at the Senior Center.**

Items to purchase for Food Storage...

21 lbs. wheat (date for rotation)  
Add battery powered radio to 72-hour kit; check batteries  
Add 1 lb. dried fruit to 72-hour kit (date for rotation)  
Add basic first aid kit    Add \$10 cash to emergency cash stash

•••••  
• I disagree with Kay Jewelers. I  
• would bet on any given Friday or  
• Saturday night, more kisses begin  
• with Miller Lite, than Kay.  
•••••



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Salisbury Steak Potatoes / gravy Green Beans Juice Biscuit Parfait Apple Sauce	<b>3</b> Taco Salad Corn Bread Fruit Jell-O Cake	<b>4</b> <b>Summer Party</b> Fried Chicken Coleslaw Roll Potato Salad Baked Beans Strudel	<b>5</b> Oriental Chicken Rice Eggroll Mixed Vegetables Chinese Salad Juice Cookie	<b>6</b> Turkey Steak Stuffing / Gravy Peas Seafoam Salad Roll Ice Cream
<b>9</b> Sloppy Joe Carrots Juice Fruit Cup Rice Krispy Treat	<b>10</b> Egg Salad Sandwich Veggie Tray Broccoli Salad Robert Redford Cake Juice	<b>11</b> Stroganoff Noodles Green Beans Pistachio Salad Juice Bread Rice Pudding	<b>12</b> Fish Macaroni & Cheese Coleslaw Peas Bread Juice Cookie	<b>13</b> Lemon Pepper Chicken Rice Mixed Vegetable Fruit Salad Roll German Choc. Cake
<b>16</b> Busy Day Steak Potatoes/Gravy Green Beans Bread Banana Ambrosia Salad 7 Layer Bar	<b>17</b> Chicken Pot Pie Depepe Salad Cabbage Juice Lemon Cake	<b>18</b> Spaghetti Green Salad Bread Mixed Vegetables Root Beer Floats	<b>19</b> Hoagie Fruit Salad Tomatoes Fresh Vegetables Peanut Butter Pie	<b>20</b> Pork Roast Potatoes / Gravy Peas & Carrots Jell-O Salad Roll Mint Brownies
<b>23</b> Chicken Fried Steak Potatoes/Gravy Crunch Salad Mixed Vegetables Corn Flake Candy	<b>24</b> Zucchini Turkey Casserole Carrots Juice Cottage Cheese/ Pear salad Cake	<b>25</b> Meat Loaf Baked Potato Beet  3- salad Ice cream	<b>26</b> Chicken Enchilada Green Beans Green Salad Juice Éclair Pie	<b>27</b> Ham Potato Bake Peas Fruit Salad Roll Carrot Cake
<b>30</b> Tuna Casserole Mixed Vegetable Working Girl Salad Bread Fruit Apple Crisp	<b>31</b> Chicken Pillows Beets Carrot Salad Juice Banana Bars	<b>STAY COOL</b>	<b>REMEMBER THE FAIR THIS MONTH</b>	<b>Menu is subject to change without notice. Milk available at all meals.</b>

*If you can, please call 257-9455, a day or two ahead of the day you want to come and eat with us. It makes it possible to have enough food prepared for everyone. If you think of us on the spur of the moment, don't stay home and eat alone...you are still welcome to come and enjoy a good meal at the senior center with us.*

"With hurricanes, tornados, fires out of control, mud slides, flooding, severe thunderstorms tearing up the country from one end to another, and with the thread of bird flu and terrorist attacks, are we sure this is a good time to take God out of the Pledge of Allegiance?"

~ Jay Leno