

SENIOR

...MOMENTS

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Happenings : BILLIARDS & QUILTING EVERY DAY Exercises daily 10:30am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Arth. Exercise 9:30 Exercise 10:30 Bear River Valley Care Center sponsors lunch call and reserve your chair. Weight Watchers 5:00	4 Exercise 10:30 Foot clinic with Cathy. Call for appointment Tatting 12:00 Reflections 4:00	5 Wii bowling Arth. Exercise 9:30 Exercise 10:30 Encompass lunch and Learn BINGO 12:30 Good Sammers 6-8	6 Exercise 10:30 Care for the Care Giver 10:30 CNS Blood Pressure Reflections 4:00	7 Exercise 9:30 Odell Summers
10 Arth. Exercise 9:30 Exercise 10:30 Weight Watchers 5:00	11 Exercise 10:30 Mystery Tour 1:00 Tatting 12:00 Reflections 4:00	12 Wii bowling Arth. Exercise 9:30 Exercise 10:30 Pass the Buck with Integrity 12:30	13 Exercise 10:30 Happy Harvesters Quilt Guild 9:30 Reflections 4:00	14 Exercise 9:30 Becky Kimball
17 Arth. Exercise 9:30 Exercise 10:30 Weight Watchers 5:00	18 Exercise 10:30 IHC Blood Pressure Kevin Kula 11:30 Tatting 12:00	19 Wii bowling Arth. Exercise 9:30 Exercise 10:30 Integrity Foot Clinic Call for app. Card making DoTerra 6:30	20 Exercise 10:30 Care for the Care Giver 10:30 CNS Blood Pressure Rudd Funeral Home sponsors Lunch Reflections 4:00	21 Exercise 9:30 Westernaires Birthday Cake Day
24 Arth. Exercise 9:30 Exercise 10:30 Weight Watchers 5:00	25 Exercise 10:30 Chuck -O-Rama Tatting 12:00	26 Wii bowling Arth. Exercise 9:30 Exercise 10:30	27 Exercise 10:30	28 Exercise 9:30 Best Friends

If a family were a fruit, it would be an orange, a circle of sections, held together but separable – each segment distinct ~ Letty Cottin Pogrebin

Whenever you are to do a thing, though it can never be known but to yourself, ask yourself how you would act were all the world looking at you, and act accordingly. ~ Thomas Jefferson

WE WILL BE CLOSED ON THE 4TH AND 5TH OF JULY

Happy Birthday to:

Leonard Goertzen, Nola Hale, Margaret Jensen, Dean Andersen, Jim Chapman, Lamont Harris, Doris Roche, Jerry Stam, Ray Collom, Curtis Dan Jensen, Meredith Weese, Ann Potter, Dennis Barfuss, Nancy Hunsaker, Marjorie Kidman, Delfina Barela, Mary Jo Cole, Melvin Wysong, Tamara Zollinger, Voris Austin, Helen Holman, Connie Miller, Vern Deakin, Sherm Kitchen, Thelma Austin, Robert Bouchie, Jeannette Switzer, Wesley Coffee, Thelma Cox, Marcus Lee, David Lefgren, Alma Cadena, Vivian Evans, Shirley Josephson, Nikki Smith, Edith Berry, Marie Carter, Arline Parker, Thomas Glade Anderson, Kay Oman, Beth Snow, Jean Dunn, LaDene Jeppesen, Irene Payne, Emily Jensen, Lee Summers, Roma Bourne, Margie Goring, Thelma Manning, Mareen McCardle, Doris Arellano, Judy cline, Rulon Duncan, Floyd Jensen, Max Adams, Judy Mieure, Garry Carter, June Lewis, Roger Oyler, Dora Petersen, Paul Larsen, Blaine Mauchley, Mary Courter, Evelyn Isaacson, Rosa Moosman, Judy Deakin, Melba Didericksen, Leona Austin, Sheila Burnett, Doug Coombs, Robert Michaelis, Arva Archibald, Carma Bradshaw, Patsy Creager, Dorothy Gunnell, Judy Smith, Jim Farley

With Early Detection and Proper Treatment, Millions of Americans Can Avoid Blindness Caused By Diabetic Retinopathy and Macular Degeneration

CHICAGO, IL – April 30, 2013 – During Healthy Vision Month in May, the American Society of Retina Specialists (ASRS) urges adults to schedule an eye examination to check for early signs of diabetic retinopathy or age-related macular degeneration (AMD), the 2 leading causes of new cases of vision loss and blindness among adults.

Diabetic retinopathy is a complication of diabetes that affects more than 4 million Americans and results in the most new cases of blindness in typical working-age adults age 20-74. An estimated 15 million adults also have some form of macular degeneration, which can progress to an advanced stage in more than 100,000 people age 60 and older each year and lead to blindness if not detected and treated promptly.

These diseases can severely damage the retina, the light-sensitive layer of tissue at the back of the eye that provides clear, sharp images. Symptoms include blurred or distorted vision, spots or shadows in the field of vision, difficulty reading or recognizing faces, and vision loss. Often, both diseases go undetected for years until these noticeable changes occur.

No one should take their vision for granted. During a routine examination, an ophthalmologist can see early signs of these and other retinal diseases, long before vision loss begins and, if diagnosed, refer the patient to a retina specialist who can begin a treatment regimen to prolong vision.

Retina specialists are highly trained physicians who specialize in the treatment of diabetic retinopathy, macular degeneration, and other eye conditions and diseases. These physicians treat patients by slowing the progression of AMD, diabetic retinopathy, and other retinal diseases and making living with them very manageable.

Take the first step in preserving vision. Visit www.savingvision.org to learn about these and other retinal diseases and locate a retina specialist.

About ASRS

ASRS is the largest retinal organization in the world, representing more than 2,400 members in the US and more than 55 countries.

Its mission is to provide a collegial open forum for education, to advance the understanding and treatment of vitreoretinal diseases, and to enhance the ability of its members to provide the highest quality of patient care.

Chris Jorgensen
Director of Member and Corporate Communications
American Society of Retina Specialists

Doug Newman won the quilt !



Integrity Home Health & Hospice
Game Day with "Pass the Buck"
Wed. June 12th at 12:30
and Foot Clinic Wed.
June 19th -Call and make an
appointment please

**Bear River Valley
Care Center
Sponsor lunch 1st Monday
of each month
June 3rd 12:00**



**Ever Notice What the World Is like in
TV Land?**

1. If a woman is running away from someone she will trip and fall.
2. Your car will always start immediately unless you are being chased by a maniacal killer or a monster of genetic creation.
3. Crazy maniacs have super-human strength.
4. The suburbs are exciting
5. Good guys always shoot better than bad guys.
6. Good guys are always outnumbered.
7. Good guys always win and get the girl/
8. Good guys are always good looking.
9. Ugly people are always bad guys.
10. There are no ugly women, only ugly men.

We have been given a large amount of yarn to be made into baby afghans to donate to Rudd Funeral Home. If you would like to make one for us, call or come in and talk to us. We would love to have you share your talents for this worth-while program.

We started our - Walk to Fitness - program the last week of May. Come on in and sign up. Let us know you want to participate. We will add your miles your walk each week to the total and in September, we will have a celebration and find out how far we walked. Lots of prizes to encourage you, as you work towards a goal of better health. Please come in and pick up your paper to track you miles. You need to turn them in weekly. So START WALKING .



**Encompass
Home Care & Hospice
435-734-1300
Lunch & Learn - 12:15
Wed. June 5, 2012**

**Don't forget !!!
Rudd Funeral Home sponsors
lunch, on the third Thursday,
Thurs June 20th , 12:00.
Please call to make your
Reservation.**

Do a check up on your Medicare: Changing Medicare monthly premiums What you pay if you have Original Medicare



If Your Yearly Income in 2011 was		You pay (in 2013)
File individual tax return	File Joint tax return	
\$85,000 or less	\$170,000 or less	\$104.90
above \$85,000 up to \$107,000	above \$170,000 up to \$214,000	\$146.90
above \$107,000 up to \$160,000	above \$214,000 up to \$320,000	\$209.80
above \$160,000 up to \$214,000	above \$320,000 up to \$428,000	\$272.70
above \$214,000	above \$428,000	\$335.70

Part D monthly premium

The charts below show your estimated prescription drug plan monthly premium based on your income as reported on your IRS tax return from 2 years ago. If your income is above a certain limit, you'll pay an income-related monthly adjustment amount in addition to your plan premium.

If Your Yearly Income in 2011 was		You pay (in 2013)
File individual tax return	File Joint tax return	
\$85,000 or less	\$170,000 or less	<u>Your plan premium</u>
above \$85,000 up to \$107,000	above \$170,000 up to \$214,000	\$11.60 + Your plan premium
above \$107,000 up to \$160,000	above \$214,000 up to \$320,000	\$29.90 + your plan premium
above \$160,000 up to \$214,000	above \$320,000 up to \$428,000	\$48.30 + your plan premium
above \$214,000	above \$428,000	\$66.60 - your plan premium

GETTING OLDER: A distraught senior citizen phoned her doctor's office. "Is it true," she wanted to know, "That the medication you prescribed has to be taken for the rest of my life?" "Yes, I'm afraid so." The doctor told her. There was a moment of silence before the senior lady replied, "I'm wondering then just how serious is my condition because this prescription is marked "NO REFILLS"..."

An older gentleman was on the operating table awaiting surgery and insisted that his son, a renowned surgeon perform the operation. As he was about to get the anesthesia he asked to speak to his son. "Yes, Dad" what is it?" "Don't be nervous son; do your best, and remember if it doesn't go well, if something happens to me, your mother is going to come and live with you and your wife..."



JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
3 Tater-tot Casserole Carrots Cottage-cheese/ Pear salad Bread Juice Peach Cobbler	4 Chicken Pillows Mixed Vegetables Depepe Salad Juice Lemon Poppy-seed Cake	5 Sloppy Joes Cabbage Potato Salad Chips Fruit Brownies	6 Taco Salad Fruit Corn Bread Juice Robert Redford Cake	7 Chicken Stuffing Casserole Mixed Vegetables Pina' Cola Salad Roll Juice Oatrageous Cookie Bar
10 Cod Potato Bake Coleslaw Green Beans Applesauce Spice Bars	11 Hoagies Beets Fruit Juice Chips Broccoli Salad Pineapple Cake	12 Meat Loaf Baked Potato Carrots Pistachio Salad Juice Upside down German Chocolate	13 Chow Mein Rice Chinese Salad Egg roll Fruit Juice Peanut Butter Fingers	14 Pork Roast Potatoes/gravy Mixed Vegetables Working Girl Salad Juice Roll Ice Cream
17 Busy Day Steak Potatoes/gravy Peas & Carrots Parfait Salad Juice Rice Krispie treats	18 Ham Balls Rice Mixed Vegetables Orange Fluff Salad Fruit Mint Brownies	19 Chicken Casserole Peas Juice Fruit Cup Cheese Cake	20 Lasagna Green Beans Green Salad Bread Fruit Chocolate Chip Cookies	21 Turkey Steak Potatoes/gravy Carrots Cranberry Salad Juice Roll Lemon Bars
24 Chicken Fried Steak Potatoes/gravy Mixed Vegetables Six Cup Salad Rice Pudding	25 Egg Salad Sandwich Juice Beets Fresh Fruit Cup Peanut Butter Pie	26 Burger Bundles Potatoes/gravy Cabbage 3-Bean Salad Fruit Banana Cake	27 Chef Salad Bread Fruit Juice Éclair Dessert	28 Ham Potato Bake Peas Fruit Roll Jell-O Salad Surprise Cake
Menu is subject to change without notice.	Please call a day ahead for reservations.			

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it. This is so true. I love to hear them say "you don't look that old."

Some people try to turn back their odometers. Not me! I want people to know why I look this way. I've traveled a long way and some of the roads weren't paved.

Ah, being young is beautiful, but being old is comfortable.