

August 2016

CACHE COUNTY SENIOR CITIZEN CENTER

240 North 100 East Logan, Utah 84321

HOURS: 9:00 A.M. – 4:00 P.M. Monday—Friday

PHONE: (435)755-1720 FAX: (435)752-9513

www.cachecounty.org/senior

**Visit us on Facebook:
Cache County Senior
Citizens Center**



**August 3rd @ 9:00 am
Commodities Pickup**

*Are you concerned someone you love or care about may be the victim of abuse? Don't be silent. Call 1-800-371-7897

Lunch and Learn

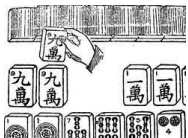
**August 5th— ComeforCare—
Are you smarter than a 5th
grader?**

**August 12th— Sunshine
Terrace—Get a Grip**

**August 19th—Roxene Bates:
Traditional Oriental Medicine**

Field Trip

Join us on August 9th as we tour the Humanitarian Center in Salt Lake City. Bus will leave at 9:15 am. Reserve your spot \$5.00 bus fare with Marisol at the front desk.



**Mahjong is back!
Classes will be
held in the Library
every Monday 10
am.**

**Stepping up class hosted by
the Bear River Health Dept.
(BRHD) to begin August
16th at 10 am in the library.**

Directors Message

The Meals on Wheels & Senior Center Yard Sale was a success! We were able to raise \$979.70. We still have chocolates, cute planters, cookies and goodies for sale plus many fun items in our Gift Shop. Please stop in and help us make our \$1,000.00 goal. This money will be used for the Meals on Wheels program and programs/activities offered at the Senior Center.

We would like to thank all those who were so generous and donated items to this sale. We would also like to thank those who came and supported us by purchasing items.

A special thanks also goes to the Staff at the Senior Center, they put in a lot of time and hard work. We also had help from Nathan Huntzinger who was working on his BSA Eagle project. We appreciate all of the help he brought.

There is a saying: many hands make light work. This was truly the case.

Thank You to everyone!

August 21st is National Senior Citizens Day. This day is celebrated by giving thanks and possibly providing support to older people in our communities. It is also a time to recognize the achievements and contributions senior citizens have made. Senior Citizens Day is not a federal national holiday but rather an observance to recognize and be supportive of our senior citizens.

In his Presidential Proclamation on August 19, 1988, President Ronald Reagan said "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute." Prior to 1988 when the day was created, some people already celebrated a similar day on August 14th as Senior Day because that is the day Franklin Roosevelt signed the Social Security Act in 1935.



National Senior Citizens Day

Medicare Coverage of Durable Medical Equipment: Competitive Bidding Spotlight

Medicare Requirements for DME Coverage

Covered under Medicare Part B, durable medical equipment (DME) is reusable equipment prescribed by your doctor that is:

- Durable, meaning you can use it again
- Designed to help treat your medical condition or injury
- Meant for use in your home, although you can also use it outside the home
- Likely to last for three years or more

DME includes items such as walkers, wheelchairs, hospital beds, and oxygen equipment. You may need to have a face-to-face exam with your doctor to obtain a signed order, prescription, or certificate stating that you need DME for a medical condition or injury.

Note: If you are in a skilled nursing facility (SNF) or are a hospital inpatient, your DME is covered under Part A.

DME Costs

DME may be purchased or rented. Be sure only to use suppliers that are enrolled in Medicare to avoid high out-of-pocket costs.

If you have Original Medicare: Medicare will usually cover 80% of the cost of your DME as long as you use suppliers who accept Medicare assignment. You or your supplemental insurance will be responsible for the remaining 20%. Be aware that many suppliers are approved by Medicare but do not accept assignment. You typically pay more if you use these suppliers, as they are not limited in the amount they can charge you after Medicare pays its 80% share.

If you have a Medicare Advantage Plan: Your plan can set its own DME costs and restrictions. You must follow your plan's rules for getting your DME. Your plan may require you to receive its approval before you fill an order, to order from its network of providers, or to use preferred brands. Contact your plan to find out its coverage rules before you order your DME.

Filing a DME Complaint

You can use one of the following to file a complaint about DME:

1. You can file a complaint with your supplier. Within five calendar days, your supplier must let you know they received your complaint and are investigating it. Within 14 calendar days, your supplier must send you the result of your complaint and their response in writing.
2. You can file a complaint by calling 1-800-MEDICARE (800-633-4227) and speaking to a representative.
3. Complaints that can't be resolved with a 1-800-MEDICARE representative, will be referred to the Competitive Acquisition Ombudsman (CAO). The CAO responds to individual and supplier inquiries, issues, and complaints, and helps make sure that your complaint is resolved. The CAO also works closely with CMS and its contractors, as well as with external partners, to facilitate program improvements.

* If you have Original Medicare: The suppliers you must use depend on your area and what item you are ordering. If you live in a region that is part of the Durable Medical Equipment, Prosthetics, Orthotics and Supplies (DMEPOS) Competitive Bidding Program, Medicare pays for certain DME only from a select group of suppliers known as contract suppliers. This program is designed to reduce your out-of-pocket expenses, and ensures that you have access to quality durable medical equipment (DME), supplies, and services from suppliers you can trust. In other areas, you can use any supplier that has signed up to bill Medicare—but remember that it costs the least to use suppliers that accept assignment (that is, they take the Medicare-approved amount as full payment).

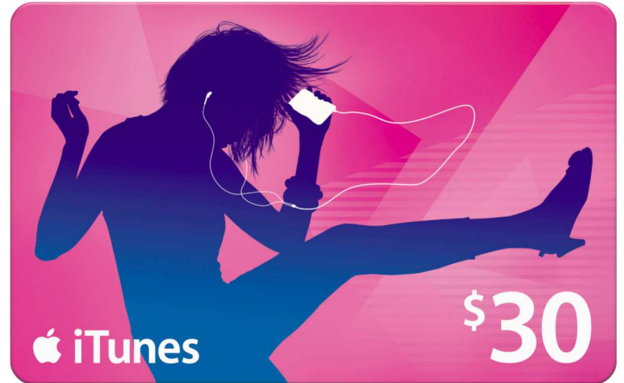
Contract Supplier: If you live in or visit a region affected by Medicare's Competitive Bidding Program, Medicare may only help pay for equipment and supplies if they're provided by contract suppliers. For equipment/supplies included in the program, contract suppliers can't charge you more than the usual 20% coinsurance and any unmet yearly deductible.

The IRS doesn't want your iTunes cards

July 7, 2016

by Bridget Small

Consumer Education Specialist, FTC



If anyone tells you to buy iTunes cards to pay the IRS, qualify for a grant, get a loan or bail out a family member, say “No.” They’re trying to scam you. The only place to use an iTunes card is at the iTunes store, to buy online music, apps or books. People have told the FTC about scammers who called and demanded iTunes cards as “payment.” Bogus “IRS agents” told people they owed back taxes and would be arrested soon, unless they bought an iTunes card and gave the code to the “agent.” Phony “government grant” officers called and promised a big payout, after the person bought an iTunes card and read the code to the “grant officer.” Other fraudsters told people their grandkids were in jail and the only way to help was — you guessed it — to buy an iTunes card and read the code over the phone. All the stories were false.

There’s a reason scammers insist on getting iTunes cards: Once you tell a scammer the code from the back of an iTunes card, he takes control of the value on the card. He can use the code or sell it. After a person redeems the code, you can’t get your money back.

If you gave someone the code from an iTunes card and you think it was a scam, call Apple Support at 1-800-275-2273 right away (you may have to spend some time on hold). Tell them what happened and ask if they can disable the card. Also, go back to the store that sold you the card and talk with their customer service staff. And if you hear from someone who wants you to send an iTunes card, please tell the FTC.

6 ways to get seniors to drink more water

- 1. Remember there are many sources of fluids:** Older adults don’t have to drink only plain water to get hydrated. Coffee, tea, fruit juice, sweetened beverages, fruits, and vegetables all contain water. If your senior really hates drinking fluids, serve them more foods with high water content to increase their hydration.
- 2. Keep water easily accessible:** Sometimes, making it easy for seniors to serve themselves could encourage them to drink more water. Try putting a lightweight pitcher of water and a cup near their favorite seat.
- 3. Experiment with beverages at different temperatures:** Your senior may prefer hot drinks to cold, or the other way around. Experiment to find out which type they like better. Try warming up juices, making decaf iced coffee with cream, or adding soda water to make drinks bubbly.
- 4. Try something savory:** Those who like savory foods may enjoy drinking hot soup broth. The broth can come from a can, box, or powder, but some older adults really like it – especially in cold weather.
- 5. Make popsicles:** Homemade popsicles made from fruit juice or a mix of juice and water are a great summer treat. But they’re also a great way to get fluids into your senior.
- 6. Offer smoothies, milkshakes, Ensure, sports drinks:** Some stubborn older adults may really resist drinking fluids. If so, you can try enticing them with smoothies, milk shakes, Ensure, or sports drinks. Sometimes they’ll like the flavor or texture and be willing to drink these beverages.

Medicare– Lower your Prescription Drug Costs!

If your monthly income is not more than \$1,460 for singles (\$1,967 for couples) and your assets are not more than \$13,300 for singles (\$26,580 for couples), you may be eligible for EXTRA Help, a federal program that helps you pay some or most of the costs of Medicare prescription drug coverage (Part D). Assets include bank accounts, stocks, bonds, 401k etc. Giselle and Kristine are SHIP counselors here at the Center and can help you with your needs. Please call for an appointment and inquire about applying for the Extra Help.

EASY GREEK TZATZIKI CHICKEN SALAD

PREP TIME

15 mins

TOTAL TIME

15 mins

INGREDIENTS

¾ cup reduced fat greek yogurt
2 tablespoons freshly squeezed lemon juice
3 cloves garlic, minced
1 medium cucumber, chopped
4 cups shredded rotisserie chicken
6 cherry tomatoes, quartered
½ medium onion, chopped
3 oz feta cheese, crumbled
¼ cup kalamata olives, chopped

2 tablespoons fresh dill, chopped
2 tablespoons parsley, chopped
Kosher salt, to taste
6 pitas, for serving

DIRECTIONS

In a large bowl, combine all of the ingredients except the pitas and mix well. Chill until ready to serve, at least 30 minutes. Serve on pita bread.



Tzatziki is a great healthy alternative to mayo. Tzatziki is made of greek yogurt, lemon juice, garlic, cucumber, herbs, and a pinch of salt. That all adds up to less than 10% of the calories by weight than mayo, and 10 times the protein. Kalamata olives are rich in Monounsaturated Fat



While Kalamata olives are high in fat considering their serving size, the majority of their fat is monounsaturated, also known as a “healthy” fat. A 4-tablespoon serving of Kalamata olives has 2.7 grams of monounsaturated fats, and 0.3 grams of polyunsaturated fats. The rest is saturated fat, and a serving contains no cholesterol. Monounsaturated fats may help lower your cholesterol level, reducing your chances of a heart attack or stroke, according to the American Heart Association. They are considered healthy when eaten in place of saturated or trans fats. Kalamata olives are also a source of calcium. Getting enough calcium keeps bones strong and can encourage sleep. Your body absorbs calcium best when you also consume potassium, magnesium, and vitamin C. Just six olives contain half as much fiber as a raw orange. That means you can enjoy olives as part of a meal that otherwise wouldn’t provide much roughage.



Have You Or Someone You Know Served in the Military?






















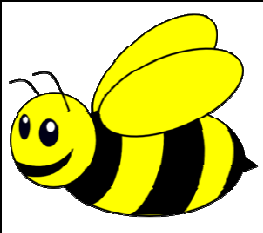
You may be eligible to receive veteran’s benefits as a veteran or a widower of a veteran. Benefits may include:

- Health Care
- In-home Services
- Low Income Pension
- Veterans Disability Claim
- Home Modification
- Assistance with Payment for Nursing Home or Assisted Living Care
- Burial and Memorial Benefits
- Special Compensation for Spouses if the Veteran Died of a Service Connected Disability

Help and information about these benefits and others are available through Bear River Association of Governments (BRAG). Call their veteran’s specialists, Deborah Crowther at 713-1462 or Alyson Frederick at 713-1469, to schedule an appointment.

The Cache County Senior Center does not endorse products or service providers. Our aim is to protect the elderly from undue coercion. The Center is not a market place. We neither approve nor condone solicitation of business within our facilities. We offer a variety of information classes, but do not endorse any speaker. The presenters have been asked not to solicit or call any clients and are to give information ONLY.

August 2016

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
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/ Pickle Ball 12:30 Jeopardy 1:00 Bridge	9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:00 Ceramics 9:30 Wii Bowling 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/ Ping-Pong 1:00 Bridge/Ping- Pong/Pickle Ball	9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:15 Clogging 9:30 Wii Bowling 1:30 Spanish 101	9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:10 Line Dancing 10:30 Bingo 11:00 Pickle Ball 11:15 Sit-n-be-fit Healing Meditation 1:00 Bridge/Movie/ Internet Help
1 9:15 Breakfast Club  10:00 Mahjong 12:30 Jeopardy	2 9-12 Veteran's Outreach 1:00 Movie: The Impossible	3 9:00 Commodities Happy National Watermelon Day!! Join us on the Patio after lunch for a slice of Watermelon!! 	4 10:30 Cards with CNS 1:00 Documentary: Fight for Justice	5 10-12 Blood Pressure  12:15 Comefor-Care—Are you smarter than a 5th grader? 1:00 Movie: The Best Exotic Marigold Hotel
8 9:15 Breakfast Club  10:00 Mahjong 12:30 Jeopardy	9 9:15 Field Trip Humanitarian Center \$5.00 Reservation 1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only  1:00 Movie: October Sky	10 11:15 Cooking Class \$1.00  1:00 Book Club 	11 12-4 AARP Driver Safety Course  1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only  1:00 Documentary: Pelican Dreams	12 10-12 Blood Pressure  12:15 Sunshine Terrace—Get a Grip 1:00 Movie: Miracles From Heaven
15 9:15 Breakfast Club  10:00 Mahjong 12:30 Jeopardy	16 10:00 Stepping up class BRHD 1:00 Movie: The Giver	17 11:15 Craft w/ Giselle \$1.00 1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only 	18 1:00 Documentary: I'll be Me 	19 10-12 Blood Pressure  12:15 Roxene Bates: Traditional Oriental Medicine 1:00 Movie: The Trouble With Angels
22 9:15 Breakfast Club  10:00 Mahjong 12:30 Jeopardy	23 9-12 Veteran's Outreach 10:00 Stepping up class BRHD 1:00 Foot Clinic by Integrity Home Health—By Appt. Only  1:00 Movie: Les Misérables	24 	25 1:00 Red Hat Activity  2:00 Spanish 101	26 10-12 Blood Pressure  1:00 Movie: Race
29 9:15 Breakfast Club  10:00 Mahjong 12:30 Jeopardy	30 10:00 Stepping up class BRHD 1:00 Movie: Where Angels Go Trouble Follows	31 		

August 2016

1 Tuna Noodle Casserole Peas Peaches Bread	2 Lasagna Blended Veggies Mixed Fruit Garlic Bread	3 Turkey Sandwich Broccoli Salad Fruit Cookie	4 Oriental Chicken Rice Mixed Veggies Pineapple Bran Muffin	5 Busy Day Steak Mashed Potatoes with Gravy California Mixed Veggies Mandarin Oranges Biscuit
8 Pizza Italian Veggies Apple Slices Cheese Biscuit	9 Egg Salad Sandwich Cabbage Ramen Salad Fruited Jell-O Chips	10 Baked Ziti Cauliflower Apricots Garlic Bread	11 Rosemary Chicken Baked Potatoes Green Beans Peaches	12 Cheeseburgers Potato Salad Barry's Foo Foo Salad Chips
15 Zucchini Turkey Casserole Beets Pears Biscuit	16 Meatloaf Mashed Potatoes with Gravy Capri Veggies Applesauce Cheese Bread	17 Chicken Enchiladas Corn Mixed Fruit Cookie	18 Ham Sandwich Macaroni Salad Peaches Chips	19 Fish 'n Chips Mixed Veggies Fresh Fruit Muffin
22 Sweet & Sour Pork Rice Egg Roll Carrots Mandarin Oranges Fortune Cookie	23 Ham Creamed Peas & Potatoes Mixed Veggies Pineapple Biscuit	24 BBQ Chicken Baked Potatoes Peas and Carrots Fruit Cobbler	25 Soft Tacos Refried Beans Fruited Jell-O Chips and Salsa	26 Hot Turkey Sandwich Mashed Potatoes with Gravy Cascade Veggies Peaches
29 Poppy Seed Chicken Rice Pilaf Peas Pears Muffin	30 Tuna Sandwich 3 Bean Salad Creamy Fruit Salad Chips	31 Hamburger Stroganoff Noodles Capri Veggies Peaches Roll	<p>Menus can change with out notice</p>	<p>Non-seniors: \$5.00 must be receipted at front desk before you eat. Don't forget to call in by 3:00 pm the day before you eat. Senior Donation: \$3.00</p>