

# Cache County Senior Center

240 N 100 East Logan, Utah 84321  
435-755-1720 | Fax: 435-752-9513  
Hours: Mon-Fri 9am -4pm  
www.CacheCounty.org/Senior  
Photo by Mike Bullock



October 2016

## October 5th @ 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\*

Oct. 7—Mytrex: Rescue Alert

Oct. 14—CNS: Breast Cancer Awareness

Oct. 18—BRAG: HEAT Program

### Activities hosted by:

Oct. 12—Symbii—Cooking Class

Oct. 19—Symbii-Bingo

Oct. 21—Right at Home-Bingo

Oct. 28—Sunshine Terrace-Bingo

Oct. 31—Integrity Halloween party

**We will have a Lawyer at the Senior Center on November 10th from 1:00-4:00 please call for an appointment.**

The Cache County Senior Citizens Center is located at 240 North 100 East, Logan City and is open Monday through Friday from 9 AM – 4 PM. We offer a broad spectrum of activities and services such as nutrition, health/wellness services, education, information and assistance, transportation, supportive services, creative arts, recreation and volunteer opportunities.

Please stop in and see our Gift Shop. We have a wide variety of items and beautiful quilts for sale. All proceeds help to support the Meals on Wheels program.

## Directors Message

I can't believe it is October. It seems time just ticks by too fast. Falling leaves, pumpkins, the colors of orange and black, cool days with frost in the morning are among the many things which ushers in a change of the season. William Browne (b.1591) said, "There is no season such delight can bring, as summer, autumn, winter and the spring".

Just as change comes to the seasons, change also can come in our lives. This month starts an exciting change in our monthly newsletter. We will be working with a company called LPi Express. They will be providing us with a full color newsletter, paid by local advertisers. There is no cost to us. Our part is to put in the text and send it to them

No puedo creer que sea Octubre. Parece que el tiempo va demasiado rápido. La caída de las hojas, las calabazas, los colores naranja y negro, los días más fríos con heladas en la mañana están entre las muchas cosas que trae consigo un cambio de la temporada. William Browne (b.1591) dice, "No hay temporada tal delicia, puede traer, verano, otoño, invierno y primavera". De la misma manera que el cambio viene de las temporadas, el cambio también puede venir en nuestras vidas. Este mes comienza un emocionante cambio en nuestro boletín mensual. Estaremos trabajando con una compañía llamada LPi Express; ellos proporcionaron un pleno hoja informativa en color, pagado por los anunciantes locales. No hay costo para nosotros, nuestra parte es poner en el texto y enviarlo a ellos

for the printing and shipping. The newsletter will be available to pick up on the 1<sup>st</sup> working day of each month or you can find it at [www.cachecounty.org](http://www.cachecounty.org). Also, please take the time and check out our logo on the front page of our newsletter. It is a beautiful picture of the Wellsville Mountains and our valley. This photo was taken by Mike Bullock who works at the Cache Valley Visitors Bureau. We appreciate his willingness to share his talent with us.

We hope you will join us at the Senior Center. Please take the time to stop in, have lunch and participate in one of our many activities. I know if you do, you will have a delightful day.

*Kristine*

para la impresión y el envío. El boletín estará disponible para recoger en el primer día de cada mes, o usted puede encontrarlo en [www.cachecounty.org](http://www.cachecounty.org). Además, por favor tome el tiempo y compruebe nuestro logotipo en la portada de nuestro boletín, es una hermosa imagen de la montañas de Wellsville y del valle. Esta foto fue tomada por Mike Bullock, trabaja en la oficina de visitantes del Valle. Agradecemos su disposición a compartir su talento con nosotros. Esperamos que se unan a nosotros en el centro de la tercera edad. Por favor, tómese el tiempo para parar a almorzar y participar en una de nuestras muchas actividades. Sé que tendrán un día maravilloso.

*Kristine*

Please come join us on Thursdays at 10:00 as we learn & play the game Mahjong. Mahjong is a game of both skill and luck that originated in China many centuries ago. Mahjong is a game that is usually played by 3-5 players, and played with 1 set of 136 tiles with assorted Chinese symbols and characters. The game involves using strategic skills, calculation, techniques, and a certain degree of chance. If you would like to learn this new game or maybe already know how to play, please join us. All levels are welcome.



## Good Things To Eat

### Pumpkin Bars

- 4 eggs
- 2 c sugar
- 1 c oil
- 16 oz. pumpkin
- 2 c flour
- 2 tsp. baking powder
- 1 tsp. baking soda
- 2 tsp. cinnamon
- ½ tsp. ginger
- ½ tsp. cloves
- ½ tsp. nutmeg
- ½ tsp. salt



Cream eggs, sugar, oil and pumpkin. Add sifted dry ingredients. Pour into greased and floured sheet cake pan (15x17). Bake at 350° for 25-30 minutes.

#### ICING:

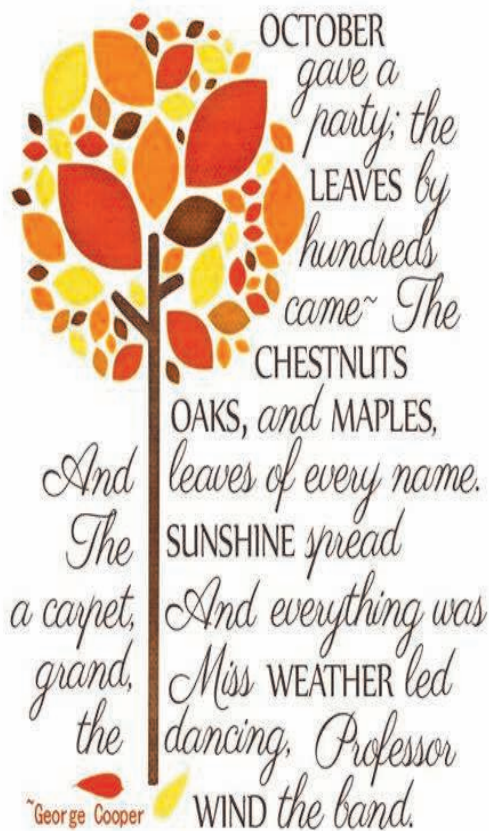
- ¾ c margarine or butter
  - 6 oz. cream cheese
  - 1 tsp. vanilla
  - 1 tsp. milk
  - 4 c powdered sugar
- Mix ingredients together. Spread over cooled pumpkin bars.



### PUMPKIN PUREE & THE IMMUNE SYSTEM

A cup of cooked pumpkin contains more than 200% of your recommended daily intake of **VITAMIN A**, which aids vision, particularly in dim light as well as helps support cell reproduction, bone health, **IMMUNE** function & healing. It also has more of the refueling nutrient **POTASSIUM**, than a banana. Pumpkin puree provides vitamin C, an antioxidant that supports tissue repair & immunity, as well as vitamin E, which fights disease-causing free radicals. The **IRON** in pumpkin is more readily absorbed due to the Vitamin C also included in it.

[DHERBS.COM](http://DHERBS.COM)





Ever wonder about the history behind bingo? Well a lottery game called "Il Giuoco del Lotto d'Italia" was being played in Italy by about 1530. In eighteenth-century France playing cards, tokens and the calling out of numbers were added. In the nineteenth century a game like this was widely played in Germany to teach children spelling, animal names and multiplication tables.

The French game *Le Lotto* appeared in 1778, featuring 27 squares in a layout of three rows and nine columns. Five squares in each row had numbers ranging from 1 through 90, which led to the modern design.

In the early 1920s Hugh J. Ward standardized the game at carnivals in and around Pittsburgh and the Western Pennsylvania area. He copyrighted it and published a rule book in 1933.

The game was further popularized by Edwin Lowe. While at a traveling carnival near Atlanta in December 1929 the toy merchandiser saw people eagerly playing a game called "Beano" following Ward's rules, with dried beans, a rubber stamp and cardboard sheets. Lowe took the game to New York where friends liked playing it. The Lowe-produced Bingo game had two versions, a 12-card set for \$1.00 and a \$2.00 set with 24 cards. By the 1940s there were Bingo games throughout the US. The origin of the name *Bingo* is unknown but may date to the middle 1920s. There are claims that one of Lowe's friends was so excited to have won that she yelled out "Bingo" instead of "Beano," or that the word echoes the sound of a bell.

**We play BINGO at the Senior Center on Wednesdays and Fridays at 10:30. Please come and join us. Suggested donation \$.50 a card.**





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**Logan, UT**

Bruce Lee  
Owner



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## Is My Diabetes Supplies Covered?

This is an important question, as Medicare covers diabetes supplies in different ways depending on what you need. Original Medicare Part B (medical insurance) covers some diabetes supplies, and Medicare Part D (prescription drug benefit) covers others.

Specifically, Part B covers certain diabetes supplies as **durable medical equipment (DME)**. This means that you must get a prescription from your doctor and use an appropriate provider. For Original Medicare, this can be a supplier that is part of a **competitive bidding** program or a Medicare-certified supplier, depending on where you live.

Part B covers the following

- Glucose
- Blood sugar (glucose) test
- Lancet devices
- Glucose control
- Therapeutic shoes or inserts
- Insulin that is used with an insulin pump

You pay 20 percent of the cost of the Medicare-approved amount and Medicare pays 80 percent of the cost. If you have questions about durable medical equipment and diabetes supplies, you can call 1-800-MEDICARE for more information, and to find a supplier in your area (Or the Local Utah SHIP Program 800-541-7735).

Alternatively, if you inject your insulin with a needle, then Part D covers the cost of insulin and the supplies necessary to inject the insulin. This includes syringes, needles, alcohol swabs and gauze. Your stand-alone Part D plan will also cover other medications to treat your diabetes at home, as long as they are on your plan's list of covered drugs. Depending on the type of supplies you are using, either Medicare Part B or Part D will cover the cost of the supplies you need. You can speak with your doctor to learn more about your health care needs.

## ¿Está cubiertas mi suministros de Diabetes?

Esta es una pregunta importante, ya que Medicare cubre suministros de diabetes en diferentes maneras dependiendo de lo que usted necesita. Original Medicare parte B (seguro médico) cubre algunos suministros de diabetes, y otras cubiertas de Medicare parte D (medicamentos recetados de).

En concreto, la parte B cubre ciertos suministros de diabetes como equipo médico duradero (DME). Esto significa que debe obtener una receta de su médico y utilice un proveedor adecuado. Para Medicare Original, esto puede ser un proveedor que es parte de un programa de licitación competitiva o un proveedor certificado por Medicare, dependiendo de donde usted vive.

**La parte B cubre los siguientes**

- Glucosa                      Azúcar en la sangre (glucosa) prueba
- Lancet dispositivos
- control de glucosa
- zapatos terapéutico o insertos
- insulina que se utiliza con una bomba de insulina

Usted paga el 20 por ciento del costo de la cantidad aprobada por Medicare y Medicare paga el 80 por ciento del costo. Si usted tiene preguntas sobre el equipo médico duradero y suministros de diabetes, usted puede llamar a 1-800-MEDICARE para más información y para encontrar un proveedor en su área (o el SHIP un programa ed Utah 800-541-7735).

Alternativamente, si usted se inyecta la insulina con una aguja, entonces parte D cubre el costo de la insulina y los suministros necesarios para inyectar la insulina. Esto incluye las jeringas, agujas, hisopos de alcohol y gasa. Su stand-alone parte D plan abarcará también otros medicamentos para tratar su diabetes en su casa, mientras están en su plan la lista de medicamentos cubiertos. Según el tipo de suministros que usted está usando, Medicare Parte B o la parte D cubrirá el costo de los suministros que usted necesita. Usted puede hablar con su médico para aprender más acerca de sus necesidades de cuidado de la salud.

### Medicare

#### Open Enrollment 2017

October 15, 2016—December 7, 2016

Appointments available:

Monday 9:00-2:00

Tuesday 9:00-3:00

Wednesday 9:00-2:00

Make changes to your Advantage plan (Part C) or your stand alone Part D drug plan. Also this is a good time to review your current plan. Call 755-1720

### Medicare

#### Inscripción abierta 2017

October 15, 2016—December 7, 2016

Citas disponibles:

Lunes 9:00-2:00

Martes 9:00-3:00

Miercoles 9:00-2:00

Si tiene que hacer cambios en su plan de Parte C o su plan de la medicina de la Parte D independiente. También esto es un tiempo bueno para examinar su plan corriente.

Llame 755-1720



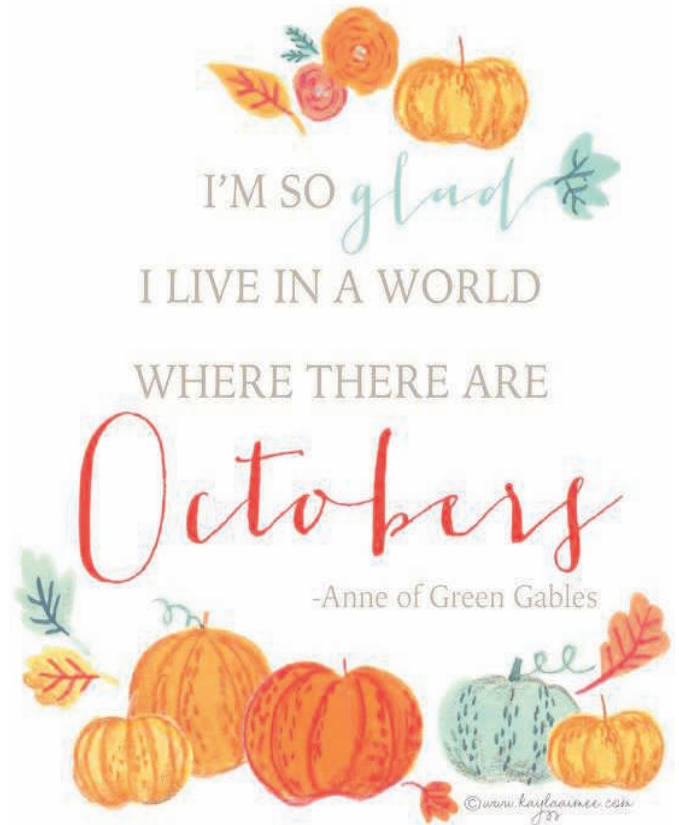
## Utility and heating bill assistance programs

**Cache HEAT Program** (435-752-7242) offers utility and electric bill programs. The services they offer will help low to moderate income households in the community pay a portion of their winter utility and heating bills, and/or provide grants for emergency utility assistance to prevent shut-off of a service. In addition, they also administers the Utility Moratorium Program which will prevent winter utility shut-off between November 15 and March 15 of each and every winter.

This year Seniors that are **HOMEBOUND** will be able to apply for assistance beginning OCT 3rd—End of April. If you are not homebound assistance will begin in November.



**HEAT  
PROGRAM**



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\*First Three Months

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SPECIAL**



## Home Care

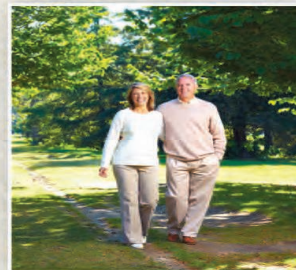


### Why Choose Rocky Mountain Home Care?

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- Living healthier
- Living more independently

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TO *Senior*  
THE *Community*

For advertising info  
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# OCTOBER 2016

*Milk offered daily  
Menu subject to change without notice.*



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Tater Tot Casserole Green Beans Mixed Fruit Wheat Bread	<b>4</b> Ham Sandwich Vegetable Soup Sliced Apples Cookie	<b>5</b> Beef Stew Mandarin Oranges Homemade Bread	<b>6</b> Poppy Seed Chicken Baked Potato Carrots Peaches Muffin	<b>7</b> Cincinnati Chili Country Veggies Pears Cornbread
<b>10 Closed</b> 	<b>11</b> Pizza Italian Veggies Apricots Garlic Bread	<b>12</b> Tuna Sandwich Chicken Noodle Soup Fruited Jell-O Chips	<b>13</b> Broccoli & Chicken Casserole Cascade Veggies Blueberry Cobbler	<b>14</b> Sweet & Sour Meatballs Red Potatoes & Garden Veggies Pineapple Wheat Bread
<b>17</b> Turkey Sandwich Tomato Soup Carrot Raisin Salad Peaches Chips	<b>18</b> Meat Sticks Mashed Potatoes w/gravy Peas Pears Wheat Bread	<b>19</b> Ham Casserole Capri Veggies Pineapple Biscuit	<b>20</b> Sloppy Joes Pasta Salad Applesauce Brownie	<b>21</b> Chicken & Cheese Ziti Oregon Veggies Apricots Honey Bran Muffin
<b>24</b> Pulled Pork Sandwich Coleslaw Mixed Fruit Cookie	<b>25</b> Chili Mac Sunshine Carrots Peaches Cheesy Garlic Biscuit	<b>26</b> Santa Fe Chicken Baked Potato Cascade Veggies Pears Muffin	<b>27</b> Fish Sandwich Broccoli Salad Working Girl Salad Chips	<b>28</b> Chicken Chow Mein Noodles Broccoli Pineapple Fortune Cookie
<b>31</b> Eye Balls (Swedish Meatballs) Scrambled Brains (Noodles) Sauteed Fingers (Baby Carrots) Baked Ectoplasm (Applesauce Cake)	 <p> <b>Max:</b> What would you find on a haunted beach?  <b>Sam:</b> I'm stumped.    <b>Max:</b> A sand-witch!  <b>Tim:</b> What is a ghost's favorite dessert?  <b>Tom:</b> What?    <b>Tim:</b> Booberry pie.           </p>			

For those 60+ and their spouse the suggested donation is \$3.00

Don't forget to call in by 3:00 p.m. the day before you eat.

The full cost of the meal is \$5.00 for those under age 60. Please pay at the front desk to receive your meal.

# OCTOBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 9:15 Breakfast Club  12:30 Jeopardy	<b>4</b>  1:00 Movie: <b>On Moonlight Bay</b>	<b>5</b> 9:00 Commodities	<b>6</b> 10:00 Mahjong 10:00 Stepping On class BRHD 10:30 Cards with CNS  1:00 Documentary: Mystery Files	<b>7</b> 10-12 Blood Pressure 9:30 Adult Coloring 12:15 L&L: Mytrex-Rescue Alert  1:00 Movie: <b>Show Boat</b>
<b>10</b>  Closed   <i>Columbus Day</i>	<b>11</b> 9-12 VA Outreach  1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only  1:00 Movie: <b>Sea Biscuit</b>	<b>12</b>  11:15 Cooking Class w/ Symbii \$1.00  1:00 Book Club	<b>13</b> 10:00 Mahjong 10:00 Stepping On class BRHD 12-4 AARP Driver Safety Course 1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only 1:00 Documentary: Being Elmo	<b>14</b> 10-12 Blood Pressure 9:30 Adult Coloring 12:15 L&L: CNS—Breast Cancer Awareness  1:00 Movie: <b>The Valley of Light</b>
<b>17</b> 9:15 Breakfast Club  12:30 Jeopardy	<b>18</b> 12:15 L&L: BRAG-HEAT program  1:00 Movie: <b>The Glen Miller Show</b>	<b>19</b> 10:30 Bingo w/ Symbii  11:15 Craft w/ Giselle \$1.00  1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only	<b>20</b> 10:00 Mahjong  10:00 Stepping On class BRHD  1:00 Documentary: The Day Kennedy Died	<b>21</b> 10-12 Blood Pressure  10:30 Bingo w/ Right at Home 9:30 Adult Coloring  1:00 Movie: <b>Outsourced</b>
<b>24</b> 9:15 Breakfast Club  12:30 Jeopardy	<b>25</b> 9-12 VA Outreach  1:00 Movie: <b>Best Foot Forward</b>  1:00 Foot Clinic by Integrity Home Health—By Appt. Only	<b>26</b>	<b>27</b> 10:00 Mahjong  10:00 Stepping On class BRHD  1:00 Red Hat  2:00 Spanish 101	<b>28</b> 10-12 Blood Pressure 9:30 Adult Coloring 10:30 Halloween Party/Bingo with Sunshine Terrace  1:00 Movie: <b>Mr. Holmes</b>
<b>31</b> 9:15 Breakfast Club  11:00 Halloween Party w/ Integrity  12:30 Jeopardy				

*Our doors open at 9:00 a.m. and we close at 4:00 p.m. Please make a reservation to eat by 3:00 p.m. and if you need a ride to the Senior Center call by 3:00 for a seat on the bus the next day.*

**Monday**  
 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

**Tuesday**  
 9:00 Fitness Room  
 9:00 Quilting  
 9:00 Pool Room  
 9:00 Ceramics  
 9:30 Wii Bowling  
 1:00 Movie

**Wednesday**  
 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

**Thursday**  
 9:00 Fitness Room  
 9:00 Quilting  
 9:00 Pool Room  
 9:15 Clogging  
 9:30 Wii Bowling  
 1:30 Spanish 101

**Friday**  
 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  
 1:00 Bridge/Movie/  
 Internet Help



# FRAUDE Y ESTAFAS/FRAUD AND SCAMS

Aquí hay tres cosas que pueden ayudar a evitar a los estafadores que tratan de llamar:

## **Cuelga robollamadas.**

Si recoge el teléfono y oye una promoción de ventas registrada, cuelga

y lo relata al FTC. Estas llamadas son ilegales. Y abundante. No apriete 1, 2 o ningún número para quitarse una lista o hablar a una persona. Esto sólo significa que conseguirá aún más llamadas.

**No confíe su caller ID.** Los piratas informáticos pueden hacer que el caller ID parece que cualquier persona te esta llamando: el IRS, un negocio o una oficina gubernamental... incluso su propio número de teléfono. Si te dicen que tiene que pagar dinero por cualquier razón, o pedir su cuenta financiera, cuelgue! Si usted piensa que el llamador puede ser legítimo, volver a llamar a un número que usted sabe es genuina, no el número que le dieron.

**Diríjase a alguien.** Antes de que des dinero o información, diríjase a alguien en que confía. Estafadores quieren que usted tome decisiones en prisa. Toma su tiempo, compruebe la historia, busque en el internet – o sólo habla con un amigo. Encontramos que la gente que se dirige a alguien – cualquier persona – tienen menos probabilidad de ser engañado por Estafadores.

¿Cómo puedo presentar una queja del consumidor al FTC? Para relatar el fraude, el robo de identidad o una práctica empresarial injusta, visita [ftc.gov/complaint](http://ftc.gov/complaint), hace clic en el Ayudante de Queja del FTC en el icono y contesta a las preguntas. Más información que puede proporcionar sobre la situación, más útil su queja será. De ser posible, esté preparado para proveer:

Su información de contacto: nombre, dirección, número de teléfono, correo electrónico. El tipo de producto o servicio implicó la información sobre la compañía o vendedor: nombre comercial, dirección, número de teléfono, sitio web, dirección de correo electrónico, el nombre del representante. Detalles sobre la transacción: la cantidad que pagó, cómo pagó, la fecha. El FTC no puede resolver quejas del consumidor individuales, pero puede dar puntas para ayudarle a recuperar su dinero.



Here are three things that can help you avoid scammers who try to call you:

## **Hang up on robocalls.**

If you pick up the phone and hear a recorded sales pitch, hang up and report it to the FTC. These calls

are illegal. And plentiful. Don't press 1, 2 or any number to get off a list or speak to a person. That just means you'll get even more calls.

**Don't trust your caller ID.** Scammers can make caller ID look like anyone is calling: the IRS, a business or government office...even your own phone number. If they tell you to pay money for any reason, or ask for your financial account numbers, hang up! If you think the caller might be legitimate, call back to a number you know is genuine – not the number the caller gave you.

**Talk to someone.** Before you give up money or information, talk to someone you trust. Scammers want you to make decisions in a hurry. Slow down, check out the story, search online – or just tell a friend. We find that people who talk to someone – anyone – are much less likely to fall for a scam. How can I submit a consumer complaint to the FTC? To report fraud, identity theft, or an unfair business practice, visit [ftc.gov/complaint](http://ftc.gov/complaint), click on the FTC Complaint Assistant icon, and answer the questions. The more information you can provide about the situation, the more useful your complaint will be. If possible, be prepared to provide:

Your contact information: name, address, phone number, email. The type of product or service involved. Information about the company or seller: business name, address, phone number, website, email address, representative's name. Details about the transaction: the amount you paid, how you paid, the date. The FTC cannot resolve individual consumer complaints, but can give tips to help you get your money back.



Pumpkin pumpkin big and round,  
I'm glad you grow upon the ground.  
I'm glad you don't grow in a tree  
for then you might fall down on me.







## Are You Entitled to VA Benefits?

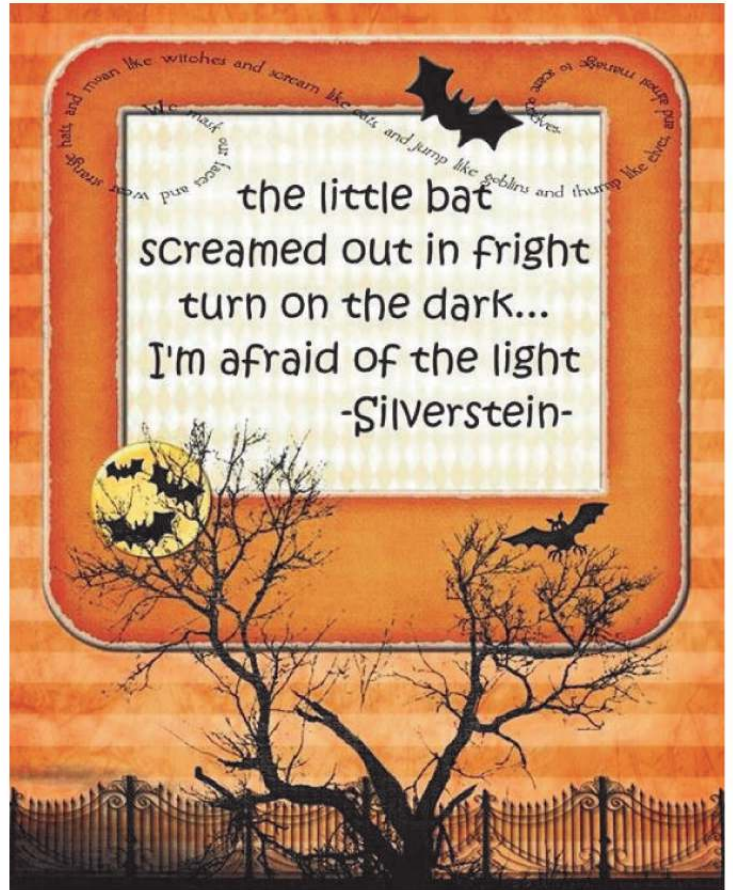
Larry Dawson from the VA will be at the Cache Senior Citizens Center to assist you with all of your benefit needs on October 11th from 9:00-12:00 and October 25th from 9:00-12:00.

Please call 435-713-1462 to schedule an appointment.

### 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



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**ALLEN MORTUARIES**

[www.allenmortuaries.net](http://www.allenmortuaries.net)  
Logan North Logan

**PLAN AHEAD**

Pre-arranged funerals can be arranged to cover funeral costs so that no financial burden remains.  
For a free consultation, call (435) 752-3245





So you want to start adult coloring, do you? Perhaps you remember coloring as a child and loving it, or you're just looking for a little stress relief. If so, an adult-targeted coloring book may be just what you are looking for. Coloring has been with most of us since childhood, but many of us as adults can rediscover the joy this hobby has to offer. It all started in 2011, when a British publisher asked Johanna Basford to draw a children's coloring book. Basford suggested that she should draw a coloring book aimed at adults instead, and she managed to convince her publisher.

If you want to get into adult coloring, you're going to need two things: Something to color and something to color with.

To help you decide where to get started, here are some of the most popular tools:

**Colored Pencils:** Colored pencils are the best place for novice colorers to start. They're easy to use, and they offer unparalleled versatility when it comes to applying color.

**Markers or Pens:** If you're an experienced colorer and want to experiment with new techniques, try using markers and pens. Look for non-alcohol based inks – alcohol-based inks have a tendency to bleed.

**Pencil Sharpener:** Any sharpener will do!

**Good Quality Paper:** If you're printing your own coloring pages at home, be sure to print them on a high quality paper for the best results.



**We are going to start an Adult Coloring Club. It will be held on Friday mornings at 9:30-10:30, just before BINGO. We will strive to keep the coloring club a judgment free zone. Inside the lines, outside the lines, it's not how or what you color—it's that you color. Maybe someone just needs to scribble as a way to release stress, and that's ok too. Feel free to bring your own books and crayons or colored pencils. We will also have some supplies for you to use. Come join us for a morning of coloring.**





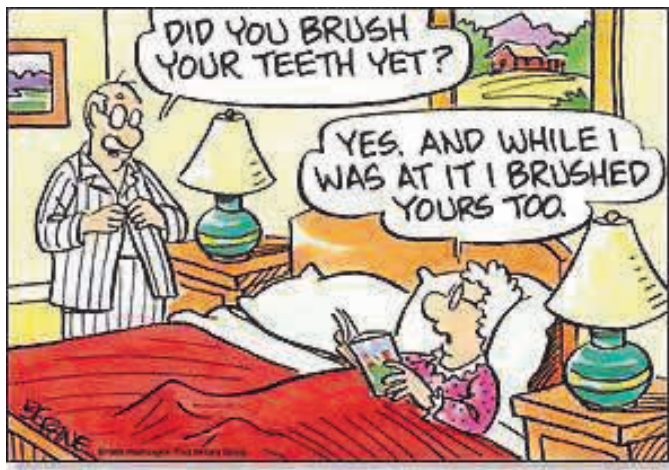
## Oral Hygiene Tips for Seniors

Daily brushing and flossing of natural teeth is essential to keeping them in good oral health. Plaque can build up quickly on the teeth of seniors, especially if oral hygiene is neglected, and lead to tooth decay and gum disease.

To maintain good oral health it's important for all individuals -- regardless of age -- to:

- Brush at least twice a day with a fluoride-containing toothpaste
- Floss at least once a day
- Rinse with an antiseptic mouthwash once or twice a day
- Visit your dentist on a regular schedule for cleaning and an oral exam

Antibacterial mouth rinse can reduce bacteria that cause plaque and gum disease, according to the American Dental Association.



## THE ONE WHO INVENTED TRICK OR TREAT

Yes, I invented "trick or treat"  
So you could fill your mouth with sweets—  
Candy bars and lemon drops,  
Marshmallows and Tootsie Pops,  
Butterscotch and bubble gum.  
Hold out your hand—they'll give you some  
Chocolate kisses, Jujubes,  
Sourballs and jelly beans.  
Have a cake—some cookies too.  
Take a couple—grab a few  
Peppermint sticks and Mary Janes,  
Licorice whips and candy canes.  
Slurp some soda, munch a pie,  
Don't let those M&M's go by,  
Chew that toffee, munch those treats,  
Get that caramel in your teeth.  
Then come see me, I'll be here—  
I'm your friendly dentist, dear.

## Preparing for the Holidays

For many senior citizens, especially those on a fixed income, the holidays can be a financial challenge due to purchasing gifts for many family members, not knowing what to buy family members and standing in long shopping lines. To reduce stresses consider these ideas:

Let your grandchildren choose from among a list of ways to spend time with you. Create a list that allows activities or just time to get to know that family member.

Give your children something from your household they have always expressed interest in and a desire for. Allow them to pick it up and take it home on Christmas day.

Share something of your memorabilia with siblings that you know they would enjoy. Perhaps it is something that came from your collective grandparents or other relatives.

Send to those not present for the holiday a gift card that allows them to go to a movie this year.

Select a gift card for older persons that allow them to go out to eat with a friend.

Make up a packet of gift notes, stamped and addressed envelopes for someone who lives far away.

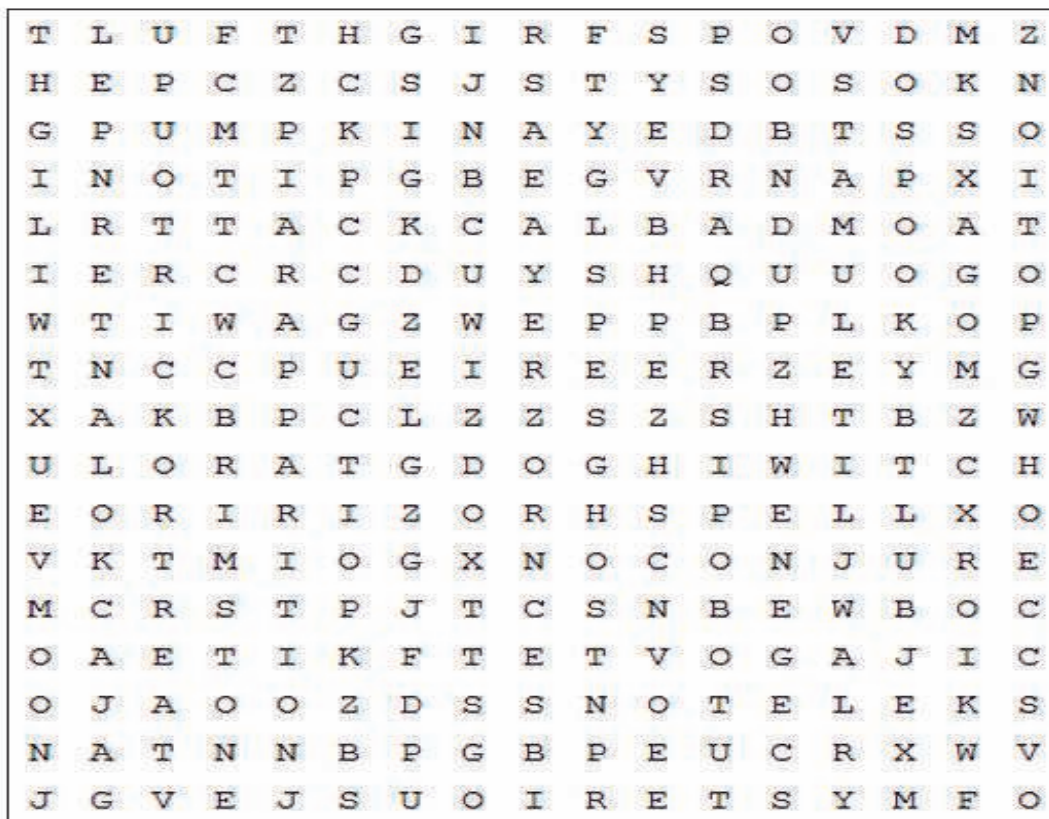
Send an uncle or a nephew or grandson a gas card for a tank of gas.

Some of these ideas might cost a little, but remember the plan is to eliminate stress and enjoy the holidays and family.





# Happy Halloween



AMULET  
APPARITION  
BATS  
BLACK CAT  
BOO  
BRIMSTONE  
CAKLE  
CAULDRON  
COBWEB

CONJURE  
EERIE  
FRIGHTFUL  
GHOST  
GOOSE BUMPS  
JACK-O-LANTERN  
MOON  
MYSTERIOUS  
PHANTOM

POTION  
PUMPKIN  
SKELETON  
SPELL  
SPOOKY  
TRICK OR TREAT  
TWILIGHT  
WITCH

