

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



March 2017

March 1st @ 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

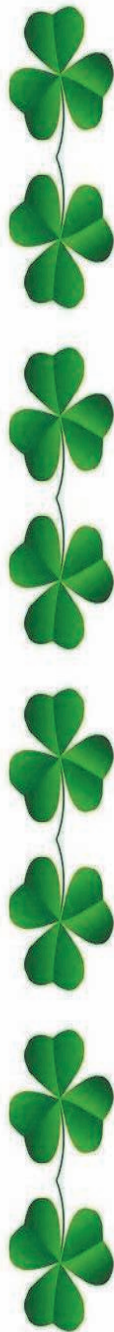
March 3rd—Medicine Management/Medical Records
by Brandy Pehrson
March 10th—Prepare to Care by
Sunshine Terrace

Larry Dawson from the VA will assist you with all of your benefit needs on March 7th & March 28th from 9:00-12:00.

Please call 435-713-1462 to schedule 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.



Stories abound in the media about how seniors are going to bankrupt the health care system, and how Social Security will collapse under the burden of a growing senior population. What we don't hear in the midst of all of these doomsday stories — which are not based in evidence, and are simply wrong — is how seniors contribute to society. The fact that people live longer than ever should be celebrated as one of the biggest success stories in history. As the saying goes: “Getting old is better than the alternative.”

How do seniors contribute to society? Like any younger person, they shop, they use services (which employ people), and they pay taxes. They also volunteer; in fact, many organizations would be hard pressed to function without their older volunteers.

Seniors babysit; they look after grandchildren. One can only imagine what would happen to our economy if, suddenly, no grandparents were available to look after grandchildren. How many parents would have to scramble to find other care options (already scarce) — or would have to miss work because they couldn't find alternatives? How many soccer games or ballet classes would be missed if grandma or grandpa were not there to drive the grandchildren?

Seniors do housework, home maintenance and yard work — not just for themselves, but for others as well. They provide transportation or run errands for others. They provide emotional support and friendship, like the senior who looks in on a house-bound friend to make sure that everything is alright and stays for a chat. Seniors also provide care for spouses or friends.

Acknowledging seniors' contributions would help to make ours a more age-inclusive society that does not pit one generation against the other. It would also be a more accurate reflection of how most of us engage with each other in our every day lives.

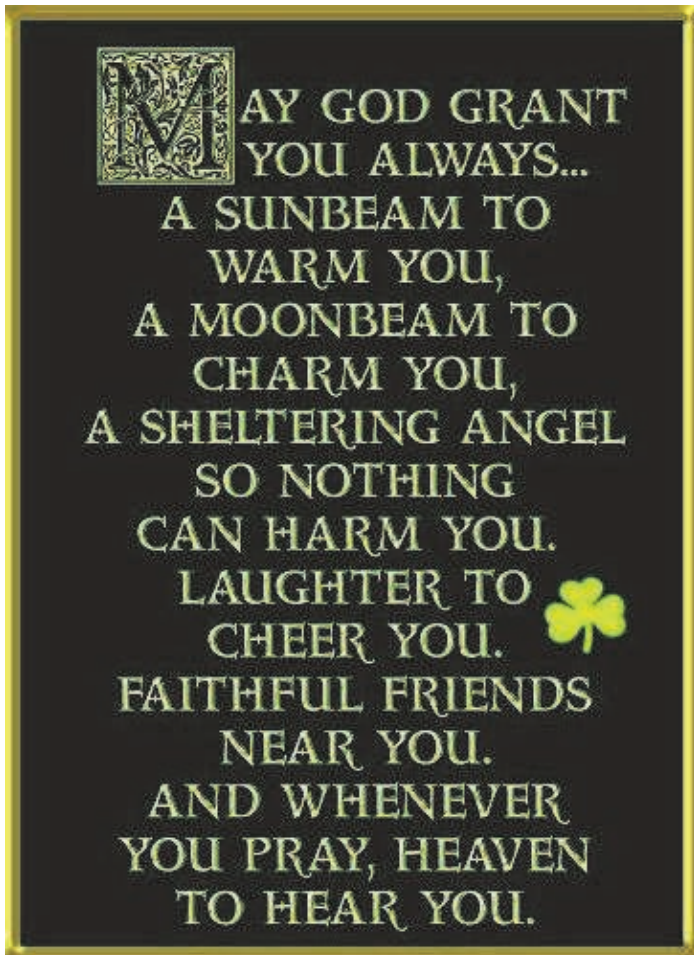
Verena Menec is an expert advisor with EvidenceNetwork.ca, a Professor in the Department of Community Health Sciences at the Faculty of Medicine, and Director of the Centre on Aging at the University of Manitoba.

Cache County Senior Citizens Center



Gift Shop

Please stop by our gift shop that is located at the front of our Senior Center. If you need a gift for a friend, birthday, holiday, baby or just something for yourself we have it. We have beautiful hand sewn quilts. All proceeds go to our Meals on Wheels program.



Good Things To Eat

Irish Champ (Mashed Potatoes)

- 5 lb. Russet Potatoes
- 1/4 c. Scallions chopped
- 1/4 c. Milk
- 4 tbsp. Butter
- Salt and Pepper to taste




Peel the skins from the potatoes and cut into even cubes. Place the potatoes in a large pot. Fill the pot with cold water so it covers the potatoes. Bring the pot to a boil on top of the stove and cook until the potatoes are fork tender; approximately 20 minutes. Drain the water from the potatoes and place the potatoes back in the pot. Add the scallions, milk and butter and mash using a hand masher or an electric mixer. Season with salt and pepper and garnish with some chopped scallions.

10 Health Benefits of...

Potatoes

1. Rich in Vit C, B6, Copper & Manganese
2. Helps Control Blood Sugar Levels
3. Best Energy Producing Veggie
4. Resists Stroke & Heart Attack
5. Reduces Inflammation
6. Liver Cleansing
7. High in Fibre
8. Low in Sodium
9. High in Vitamin A
10. Prevent Kidney Stones

 EatHealthyLiveFit.com



Why do potatoes make good detectives? Because they keep their eyes peeled.

What do you call a potato that is reluctant to jump into boiling water? "Hez a tater."

What do you call a potato that is never motivated, but are content to watch others? "Speck Tators"!



While working for an organization that delivers lunches to elderly shut-ins, I used to take my four year old daughter on my afternoon rounds. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs. One



day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, "The tooth fairy will never believe this!"

It was the end of the day when I parked my police van in front of the station. As I gathered my equipment, my K-9 partner, Jake, was barking, and I saw a little boy staring in at me. "Is that a dog you got back there?" he asked. "It sure is," I replied. Puzzled, the boy looked at me and then towards the back of the van. Finally he said, "What'd he do?"



A little boy opened the big family bible. He was fascinated as he fingered through the old pages. Suddenly, something fell out of the bible. He picked up the object and looked at it. What he saw was an old leaf that had been pressed in between the pages. "Mama, look what I found", the boy called out.



"What have you got there, dear"? With astonishment in the young boy's voice, he answered, "I think it's Adam's underwear?"

ComForCare
HOME CARE 

165 E. 1400 North Suite 150
Logan, UT

Bruce Lee
Owner



Cell: 435-890-9785
Office: 844-877-7046
www.comforcare.com/n-utah

ROCKY MOUNTAIN **YOUNG**
Dermatology Skin Care

Complimentary Consultations for
any of our services.

Proudly Serving the Cache Valley for Over 18 Years.



1760 N. 200 E. Suite 101
North Logan
435-787-0560

www.rmdmed.com



MAPLE Springs
OF NORTH LOGAN
Senior Living Community
Assisted Living, Memory Care,
Skilled Nursing & Rehabilitation



Your Life, Your Way.
Give us a Call Today!
Now taking reservations.
350 E. 2200 N. • Logan, UT
(435) 753-9400
www.MapleSpringsLiving.com

Want to buy or
sell a home?
Call a senior
REALTOR®... 

Ruthie
(435) 512-3223

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Stephen Wunder to place an ad today!
swunder@4LPi.com or (800) 950-9952 x2556

UPGRADE TO A
VIBRANT ad
Contact us for details
800-950-9952



Between January 1 – March 31 each year

You can sign up for Part A and/or Part B during the General Enrollment Period between January 1–March 31 each year if both of these apply:

- You didn't sign up when you were first eligible.
- You aren't eligible for a Special Enrollment Period (see below).

You must pay premiums for Part A and/or Part B. **Your coverage will start July 1.** You may have to pay a higher premium for late enrollment in Part A and/or a higher premium for late enrollment in Part B.

Once your Initial Enrollment Period ends, you may have the chance to sign up for Medicare during a Special Enrollment Period (SEP). If you're covered under a group health plan based on current employment, you have a SEP to sign up for Part A and/or Part B anytime as long as:

- You or your spouse (or family member if you're disabled) is working.
- You're covered by a group health plan through the employer or union based on that work.

You also have an 8-month SEP to sign up for Part A and/or Part B that starts at one of these times (whichever happens first): The month after the employment ends.

The month after group health plan insurance based on current employment ends. Usually, you don't pay a late enrollment penalty if you sign up during a SEP.



Walking Is Good For You



Walking is the best wonder drug for senior citizens. The advantages of walking as exercise include alleviation of arthritis symptoms, less anxiety and depression and overall heart health, among other perks.

Start Smart

The secret to a successful walking program is choosing a sensible plan and sticking to it. Don't be overly ambitious. The big benefits of walking come over time. Tailor your time and energy output to an appropriate level for your age and health status.

Warming up

Before launching a vigorous walking program make sure that you warm up your muscles and do a balance check. Start out slowly. Stand up straight and raise your arms above your head. If you're feeling steady, rotate your arms in a windmill motion. This gets your blood going and loosens up your arm and shoulder muscles.

Setting the Pace

Before you begin, know where you're going. Choose a route that you're familiar with and start out slow. A flat and broad surface without too many hills is best for beginners. Use your entire body, including arms, as you walk. Swing your arms back and forth with an easy motion -- but don't overdo it -- it shouldn't hurt. When you incorporate arm motion into a walking routine you work your entire torso and maximize aerobic benefits. Set a sensible pace to start and give yourself at least 5 to 10 minutes at that speed before you start to push yourself. Walking gives your entire system a boost and can be a key part of a healthy and independent senior lifestyle. For best result, be reasonable and realistic when starting your walking routine. The idea is to give yourself the benefits of exercise while learning your limits and getting to know your own body.



Leaving the store, I couldn't find my keys. They weren't in my pockets. Suddenly I realized I must have left them in the car. Frantically, I headed for the parking lot. My husband has scolded me many times for leaving my keys in the car's ignition. He's afraid that the car could be stolen.



As I looked around the parking lot, I realized he was right. The parking lot was empty. I immediately called the police. I gave them my location, confessed that I had left my keys in the car, and that it had been stolen.

Then, I made the most difficult call of all to my husband: "I left my keys in the car and it's been stolen."

There was a moment of silence. I thought the call had been disconnected, but then I heard his voice. "Are you kidding me?" he barked, "I dropped you off!"

Now it was my turn to be silent. Embarrassed, I said, "Well, come and get me."

He retorted, "I will, just as soon as I convince this cop that I didn't steal your car!"



At the age of 65 my grandma started walking 5 miles a day

She's 92 now. We have no idea where she is.

funny-joke-pictures.com

Protecting **Seniors** Nationwide 24 SEVEN
 Medical Alert System



\$29.95/Mo. billed quarterly

- One Free Month
- No Long-Term Contract
- Price Guarantee
- Easy Self Installation

Call Today! Toll Free 1.877.801.7772

The Gables of North Logan
 Assisted Living & Memory Care

Take A Tour Today!
 Care • Compassion • Comfort



435-258-8828
 455 E 2500 N
 thegablesassistedliving.com

LET US *carry* YOUR MESSAGE TO THE *Senior* Community



For advertising info call: 1-800-950-9952


Home Care ROCKY MOUNTAIN HOME CARE™

Why Choose Rocky Mountain Home Care?

Our professional, caring staff understand people are more comfortable and heal more rapidly in their own homes.

Home Health Care Services are performed under the supervision of your physician. Services are available 24 hours a day to meet your needs and schedule.

Medicare, Medicaid, and many insurance companies cover home health services. In addition, many social service organizations and agencies can help pay for home health care services.



- Living happier
- Living healthier
- Living more independently

These are the goals of Rocky Mountain Home Care.

Logan Home Care 435.753.8220
 Call Central Intake at 1.800.574.7666
 www.rmcare.com

Simply, the best care™

MARCH 2017

Milk offered daily

Menu subject to change without notice.



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>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 p.m. for a seat on the bus the next day.</i></p>		<p>1</p> <p>Frito Pie Tossed Salad Tropical Fruit Biscuit</p>	<p>2</p> <p>Chicken Nuggets Fries Peas & Carrots Mandarin Oranges</p>	<p>3</p> <p>Pork Riblet Garlic Potatoes California Mix Veggies Fruit Cobbler</p>
		<p>6</p> <p>Busy Day Steak Noodles Sunshine Carrots Applesauce Wheat Bread</p>	<p>7</p> <p>Chicken Noodle Soup Tuna Sandwich Pears Chips</p>	<p>8</p> <p>Chicken Chow Mein w/Chinese Noodles Egg Roll Tropical Fruit Fortune Cookie</p>
<p>13</p> <p>Oriental Beef Casserole Cascade Veggies Pears Biscuit</p>	<p>14</p> <p>Ham Au Gratin Potatoes Brussel Sprouts Sliced Apples Wheat Bread</p>	<p>15</p> <p>Minestrone Soup Roast Beef Sandwich Pineapple Chips</p>	<p>16</p> <p>Chicken Alfredo Noodles Peas Mandarin Oranges Muffin</p>	<p>17</p> <p>Irish Stew Peaches Soda Bread Cookie</p> 
<p>20</p> <p>Vegetable Soup Turkey Sandwich Orange Brownie</p>	<p>21</p> <p>Chicken Paprika Rice Lima Beans Pears Muffin</p>	<p>22</p> <p>Beef & Tater Tot Casserole Beets Peaches Roll</p>	<p>23</p> <p>Pulled Pork Sandwich Broccoli Salad Pineapple Chips</p>	<p>24</p> <p>Pizza Capri Veggies Sliced Apples Garlic Bread</p>
<p>27</p> <p>Shepard's Pie Green Beans Mandarin Oranges Muffin</p>	<p>28</p> <p>Breakfast for Lunch V8 Juice Applesauce Breakfast Cookie</p>	<p>29</p> <p>Baked Potato with Chicken Gravy Mixed Veggies Tropical Fruit Roll</p>	<p>30</p> <p>Lentil Soup Ham Sandwich Fruited Jell-O Cookie</p>	<p>31</p> <p>Hamburgers w/fixins 3 Bean Salad Peaches Chips</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.

MARCH 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Why do leprechauns hate running? They'd rather jig than jog!</p> <p>Why are so many leprechauns florists? They have green thumbs!</p>		<p>1</p> <p>9:00 Commodities</p>	<p>2</p> <p>10:30 Cards w/CNS</p> <p>1:00 Documentary: The Crown</p>	<p>3</p> <p>10-12 Blood Pressure 10:30 Bingo hosted by Integrity 12:15 Lunch & Learn: Brandy Pehr- son: Medicine Man- agement/Medical Records 1:00 Movie: Unbroken</p>
<p>6</p> <p>9:15 Breakfast Club</p> <p>12:30 Jeopardy</p>	<p>7</p> <p>9-12 VA Outreach</p> <p>1:00 Movie: The Quiet Man</p>	<p>8</p> <p>11:15 Cooking Class hosted by Symbii \$1.00</p> <p>1:00 Book Club</p>	<p>9</p> <p>12-4 AARP Driver Safety Course</p> <p>1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only</p> <p>1:00 Documentary: Chasing Ice</p>	<p>10</p> <p>10-12 Blood Pressure 12:15 Lunch & Learn: Sunshine Ter- race: Prepare to Care</p> <p>1:00 Movie: Sabrina</p>
<p>13</p> <p>9:15 Breakfast Club Hosted by CNS</p> <p>12:30 Jeopardy</p>	<p>14</p> <p>1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only</p> <p>1:00 Movie: For Whom the Bell Tolls</p>	<p>15</p> <p>10:30 Bingo hosted by Sunshine Terrace 11:15 Craft with Giselle \$1.00</p> <p>1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only</p>	<p>16</p> <p>1:00 Documentary: Tales of Irish Castles</p>	<p>17</p> <p>10-12 Blood Pressure 10:30 Bingo hosted by Maple Springs 11:15 St. Patrick's Party hosted by Maple Springs 1:00 Movie: Leap Year</p>
<p>20</p> <p>9:15 Breakfast Club</p> <p>12:30 Jeopardy</p>	<p>21</p> <p>1:00 Movie: The Fugitive</p>		<p>23</p> <p>1:00 Red Hat Activity hosted by The Gables</p> <p>1:00 Documentary The True Cost</p> <p>2:00 Spanish Class</p>	<p>24</p> <p>10-12 Blood Pressure</p> <p>10:00 Manicures hosted by Symbii</p> <p>1:00 Movie: Dancing at Lughnasa</p>
<p>27</p> <p>9:15 Breakfast Club</p> <p>10:00 Stepping on Class with BRHD</p> <p>12:30 Jeopardy</p>	<p>28</p> <p>9-12 VA Outreach</p> <p>1:00 Foot Clinic by Integrity Home Health—By Appt.</p> <p>1:00 Movie: Waking Ned</p>	<p>29</p> 	<p>30</p> <p>1:00 Documentary: First Position</p>	<p>31</p> <p>10-12 Blood Pressure</p> <p>1:00 Movie: The Horse Whisperer</p>

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
9-12 Painting Group
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
1:00 Bobbin Lace

Thursday
9:00 Fitness Room
9:00 Quilting
9:00 Pool Room
9-12 Painting Group
9:15 Clogging
9:30 Wii Bowling
10:00 Mahjong
1:30 Spanish 101

Friday
9:00 Fitness Room
9:00 Quilting
9:00 Pool Room
9:10 Line Dancing
9:30 Adult Coloring
10:30 Bingo
11:00 Pickle Ball
11:15 Sit-n-be-fit
1:00 Bridge/Movie/
Internet Help

SAFETY OUTDOORS

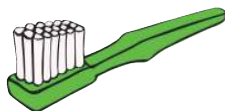
Make sure all walkways, paths, steps, decks, porches & entrance ways have good lighting, solid traction & handrails for support

Keep sand or rock salt by the door for icy weather

Install a wheelchair ramp at a gentle incline if needed

Install exterior motion sensing floodlights

Four year old son Zachary came screaming out of the bathroom to tell mommy he'd dropped his toothbrush in the toilet. So she fished it out and threw it in the garbage. Zachary stood there thinking for a moment, then ran to mommy's bathroom and came out with her toothbrush. He held it up and said with a charming little smile, "We better throw this one out too then, cause it fell in the toilet a few days ago."



FRAUD AND SCAMS

IRS Warns of a New Tax Bill Scam

by Seena Gressin
Attorney, Division of Consumer & Business Education, FTC

**SCAM
ALERT**

We certainly understand if the latest IRS imposter scam makes you queasy: it involves a fake IRS tax notice that claims you owe money as a result of the Affordable Care Act.

The IRS says the fake notices are designed to look like real IRS CP2000 notices, which the agency sends if information it receives about your income doesn't match the information reported on your tax return. The IRS says many people have gotten the bogus notices, which usually claim you owe money for the previous tax year under the Affordable Care Act. It's one of many IRS imposter scams that have popped up. As tax season nears, we'll see more. The good news? There are red-flag warnings that can help you avoid becoming a victim. For example, the IRS will never:

- Initiate contact with you by email or through social media.
- Ask you to pay using a gift card, pre-paid debit card, or wire transfer.
- Request personal or financial information by email, texts, or social media.
- Threaten to immediately have you arrested or deported for not paying.

In the new scam, the fake CP2000 notices often arrive as an attachment to an email — a red-flag — or by U.S. mail. Other telltale signs of this fraud:

- There may be a "payment" link within the email. Scam emails can link you to sites that steal your personal information, take your money, or infect your computer with malware. Don't click on the link.

- The notices request that a check be made out to "I.R.S." Real CP2000s ask taxpayers to make their checks out to "United States Treasury" if they agree they owe taxes.

In the version we saw, a payment voucher refers to letter number LTR0105C, and requests that checks be sent to the "Austin Processing Center" in Texas. But scammers are crafty. They could send messages with a variety of return addresses.

The month of March is always thought of as coming "in like a lion" and going "out like a lamb." It's a phrase passed down from generation to generation. But where did it come from? Many scholars trace the phrase back to the early U.S. settlers. Without fancy radar equipment, these hunters, gatherers and farmers relied on keen weather observations to forecast the weather. Often times, as they observed, early March was marked by biting cold and winter storms. The month begins with a lion's roar. But, by the end of the month, the weather can often be warm, spring-like, and docile. Kind of like a gentle lamb. It happens that way a lot, but not all the time (as we here in Utah know?) Still, the origin of the March lion and lamb can be traced even further back, to ancient times and those who watched the stars. March begins as the Constellation Leo is crossing toward the meridian. Leo is the Lion. As Leo marches away, the Constellation Aries begins to rise toward the end of the month. Aries is the ram: what many lambs will become someday! So, based on the stars, March "comes in like a lion and goes out like a lamb."



The Power of YET

"I don't get it."
"I can't do this."
"This doesn't work."

Take a deep breath. Go for a short stroll. Then add a "yet" to the end of your sentence:

As in:
"I don't get it... yet."
"I can't do this... yet."
"This doesn't work... yet."



Cache Valley's Most Trusted Name in Hearing Aids

Proud Supporter of the Cache Valley Senior Center

485 North Main St. in Logan

435-753-HEAR (4327)

www.cachehearing.com

Dr. Paul Daines
Board Certified in Audiology



the **SUNSHINE FOUNDATION**



Bringing More to Life,
For Over 65 Years

**A Campus of Caring, offering security, style, and savings.
Continuum of Care**

The Sunshine Group provides the most complete and comprehensive collection of professional care giving services available in Utah's beautiful Cache Valley. This is because of the many service facilities under the umbrella of the Sunshine Group, all part of the Sunshine Terrace Foundation.



AQUAWORX PHYSICAL THERAPY & FITNESS
SUNSHINE SKILLED NURSING & REHABILITATION
TERRACE GROVE ASSISTED LIVING
SUNSHINE HOME HEALTH & HOSPICE

SCHEDULE A TOUR TODAY: 435-752-0411
WWW.SUNSHINETERRACE.NET

ALLEN MORTUARIES

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

Mensaje de Directora

Abundan las historias en los medios sobre cómo las personas mayores van a quebrar el sistema de salud, y cómo se derrumbará el Seguro Social bajo la carga de un mayor crecimiento de la población. Lo que no escuchamos en medio de todas estas historias del fin del mundo que no se basan en pruebas y están simplemente equivocados, es cómo las personas mayores contribuyen a la sociedad.

El hecho de que la gente vive más que nunca debe ser celebrada como uno de los mayores éxitos en la historia. Como dice el refrán: "Envejecer es mejor que la alternativa".

¿Cómo contribuyen las personas mayores a la sociedad? Como cualquier persona joven, compran, utilizan servicios (que emplean a personas), y que pagan impuestos. Ellos también hacen trabajo voluntario; de hecho, para muchas organizaciones sería difícil funcionar sin los voluntarios mayores.

Las personas mayores cuidan a los niños; cuidan a sus nietos. Uno sólo puede imaginar lo que sucedería a nuestra economía si, de repente, no estaban disponibles para cuidar nietos. ¿Cuántos padres tendrían que esforzarse para encontrar otras opciones de atención (ya escasa) — o tendrían que faltar al trabajo porque no pudieron encontrar alternativas?

¿Cuántos partidos de fútbol o clases de ballet serían faltadas si la abuela o abuelo no están allí para llevar los nietos?

Las personas de mayor edad se dedican a los haceres domésticos, el mantenimiento de la casa y trabajan en el jardín, no sólo para ellos, sino también para otros. Ofrecen transporte o hacen mandados para los demás. Ellos proveen apoyo emocional y la amistad, como el que cuide a su amigo que esta atado a la casa para asegurarse de que todo está bien y pasar un ratitio vistando. Las personas de mayor edad también prestan atención a los cónyuges o amigos. Si Reconocemos las contribuciones de los adultos mayores ayudaría a hacer de la nuestra una sociedad más incluyente en la edad que no oprime una generación contra la otra. También sería un reflejo más exacto de cómo la mayoría de nosotros nos involucramos en nuestra vida cotidiana.

Verena Menec es asesor experto con EvidenceNetwork.ca, un profesor en el Departamento de comunidad Ciencias de la salud de la Facultad de medicina y Director del centro sobre envejecimiento en la Universidad de Manitoba.



FRAUDE Y ESTAFAS

IRS le advierte sobre una nueva estafa de cuenta impuestos

by Seena Gressin
Attorney, Division of Consumer & Business Education, FTC



Ciertamente entendemos si la última estafa que usan los impostores con el disfraz del IRS le hacen sentir mal: se trata de un falso aviso de impuestos del IRS que afirma que usted debe dinero por resultado de la Affordable Care Act (Obama Care).

El IRS dice que los avisos falsos están diseñados a parecer como los avisos reales del IRS, en forma de una notificación CP2000. Este aviso, informa la Agencia, se envía cuando la información que recibe sobre sus ingresos no coincide con la información reportada en su declaración de impuestos. El IRS dice que muchas personas han recibido los falsos avisos, el falso aviso generalmente declara que deben dinero del año anterior de impuestos bajo el Affordable Care Act. Es uno de los muchos fraudes que los impostores le manipulan a uno usando el nombre del IRS. Como se acerca la temporada de impuestos, vamos a ver más. ¿La buena noticia? Hay advertencias de bandera roja que pueden ayudarle a evitar convertirse en víctima. Por ejemplo,

El IRS nunca:

- * Iniciar contacto con usted por correo electrónico o a través de las redes sociales.
- * Pedir que pague con una tarjeta de regalo, tarjeta de débito prepagada, o transferencia bancaria.
- * Solicitar su información personal o financiera por correo electrónico, textos o social media.
- * Nunca te amenazara con detenerlo inmediatamente o deportado por No pagar.

En la nueva estafa, los avisos falsos de "CP2000" a menudo llegan como un archivo adjunto a un correo electrónico, - a veces llegan por correo de los Estados Unidos. Otros signos reveladores de este fraude: Los correos electrónicos fraudulentos pueden vincularle a sitios que roban tu información personal, te quitan el dinero o infectan tu computadora con malware. No haga clic en el enlace.

Los avisos solicitan que se haga un cheque a "I.R.S." En el notificación real de CP2000, la forma pide a los contribuyentes que hagan sus cheques a "Tesoro de los Estados Unidos" solo y cuando aceptan que deben impuestos.

En la versión que vimos, un vale de pago se refiere a la letra número LTR0105C, y solicita que los cheques sean enviados al "Austin Processing Center" en Texas. Pero los estafadores son astutos. Pueden enviar mensajes con una variedad de direcciones de retorno.



MEDICARE



Entre el 1 de Enero y el 31 de Marzo de cada año

Puede inscribirse para la parte A o parte B durante el período de inscripción General entre el 1 de enero – 31 de marzo de cada año si ambos aplican

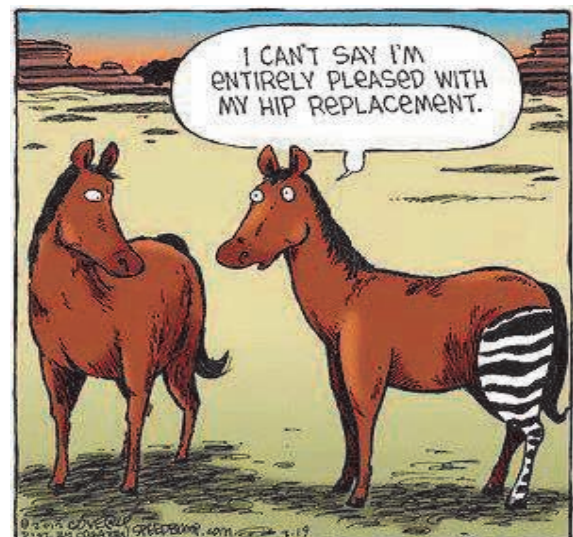
- Usted no se inscribió cuando fuiste elegible.
- No eres elegible para un período de inscripción especial (perdida de cobertura o).

Debe pagar las primas de la Parte A y / o la Parte B. **Su cobertura comenzará el 1 de Julio.** Es posible que tenga que pagar una prima más alta por inscripción tardía en la Parte A y / o una prima más alta por inscripción tardía en la Parte B.

Una vez finalizado su período de inscripción inicial, puede tener la oportunidad de inscribirse en Medicare durante un Período de inscripción especial (SEP).

- Si está cubierto bajo un plan de salud grupal basado en el empleo actual, tiene un SEP para inscribirse en la Parte A y / o en la Parte B en cualquier momento siempre y cuando: Usted o su cónyuge (o miembro de la familia si está discapacitado) está trabajando.
- Usted está cubierto por un plan de salud grupal a través del empleador o sindicato basado en ese trabajo.

También tiene un SEP de 8 meses para inscribirse en la Parte A y / o en la Parte B que comienza en uno de estos momentos (lo que suceda primero): El mes después de que el empleo termine El mes después de que termine el seguro de salud de grupo basado en el empleo actual. Por lo general, no paga una multa por inscripción tardía si se inscribe durante una SEP.





ST. PATRICK'S DAY WORD SEARCH



c i r e l a n d s i p
j s w e u m a r c h t
p f p a c u h s d a r
f a o i k a c p s r a
a o t u y h e a h t i
l e p r r e c h a u n
u m a a i t r r m w b
i e r r o c e s r x o
r r a s d l k p o t w
i a d g g o l d c h n
s l e a r v l l k t d
h d s c h e s a i n t
k w e e r r e f r i e
h c g o h o l n t f k

Irish
Emerald
Clover
Lucky'
Ireland

Parade
Leprechaun
Patrick
Gold
Rainbow

Pot
Shamrock
Green
Saint
March