

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



July 2017

July 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

July 7th—Successful Aging by
Sunshine Terrace

Larry Dawson from the VA will assist you with all of your benefit needs on July 11th and July 25th from 9:00-12:00.

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

We will have a lawyer here on July 14th from 1:00—4:00 pm. If you have any legal questions please schedule your appointment with the front office.

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 volun-



Attitude is Everything

There once was a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head.

'Well', she said, 'I think I'll braid my hair today?'

So she did and she had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head.

'H-M-M,' she said, 'I think I'll part my hair down the middle today?'

So she did and she had a grand day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head.

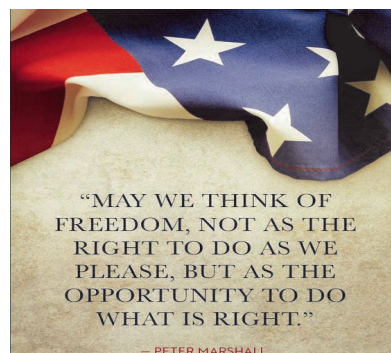
'Well,' she said, 'today I'm going to wear my hair in a pony tail.'

So she did and she had a fun, fun day.

The next day she woke up, looked in the mirror and noticed that there wasn't a single hair on her head.

'YEA!' she exclaimed, 'I don't have to fix my hair today!'

Author Unknown



Cache County

Senior Citizens Center



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.

Our Beautiful Flag

Unknown Author

Our flag stands for freedom,
And we are so very proud,
When it waves in the breeze,
It usually draws a crowd.

Its colors are so beautiful,
The red, white and blue,
And when you see them up close,
They are so very true.

So today we celebrate our flag,
And this I want to say,
Wave your flag with honor,
On this very special day.



Good Things To Eat

Red, White & Blue Cheesecake Strawberries

- 1 (8-ounce) package cream cheese, softened
- 1/2 cup confectioners' sugar
- 1 cup whipped topping, thawed
- 1/2 teaspoon almond extract
- 12 large strawberries, cut in half
- 36 blueberries



Using an electric mixer, beat cream cheese and sugar until smooth. With mixer on LOW, beat in whipped topping and almond extract.

Place filling in a pastry bag fitted with a large star tip. Pipe filling on the cut side of each strawberry.

Gently press 3 blueberries into the filling on each strawberry.

The benefits of
Blueberries

ANTIOXIDANT Heroes

Blueberries are #1 in healthy antioxidants!

Blueberries help inhibit the growth of hard to treat breast cancers & can help prevent it.

HELP Prevent CANCER

BERRY of YOUTH

The antioxidants help slow down the signs of aging!

3 servings per week can help fight

HEART DISEASE **MEMORY LOSS** **INDIGESTION**

Hot Summer Facts

- The first day of summer is called the summer solstice. The term solstice is Latin for sun stand still. The sun is higher in the sky throughout the day, and its rays beam on the Earth at a more direct angle, causing the hotter temperatures we associate with summer.
- While we try to beat the heat in the northern hemisphere, it's winter in the southern hemisphere. It's also the longest day of sunlight for places in the northern hemisphere and the shortest day for cities south of the equator.
- You'll hear the term "The Dog Days of Summer" often, but the real "dog days" refers to the weeks between July 3rd and August 11th. They are named after the Dog Star (Sirius) in the constellation of Canis Major.
- Frances's Eiffel Tower grows by more than six inches in summer due to the expansion of the iron on hot days.
- Watermelon is the summer's favorite vegetable. Yes, vegetable and not a fruit. It is part of the cucumber, pumpkin and squash family. Fruit or veggie, this juicy favorite is 92 percent water and the average American eats 15 pounds of watermelon a year.
- Seventy-five degrees Fahrenheit is the perfect temperature for pools in the summer time. Any temperature over 90 degrees Fahrenheit is too hot and under 70 degrees Fahrenheit is too cold.
- The last day of summer is September 20th. The first day of autumn begins on September 21st. So enjoy the summer while it lasts.



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VIBRANT
ad

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Medicare

Medicare covers care that you receive while in the hospital. This can be care you receive when you stay overnight, or when you enter and leave the hospital on the same day.

Know if you are an inpatient or outpatient

The only way to know your hospital status is to **ask**. There are no specific characteristics of your hospital stay that automatically make you an inpatient or outpatient. Medicare covers your care differently if you are an inpatient or outpatient.

Hospital inpatient: Your attending physician has **formally admitted** you as an inpatient.

Hospital outpatient: You are **not formally admitted** to the hospital as an inpatient.

What are observation services?

Observation services are **outpatient services**. They are ongoing short-term treatment and assessments of whether you should be admitted as an inpatient or if you can be discharged. Observation services may include an overnight or longer stay, but that does not mean you are an inpatient.

Remember to always ask your doctor if you are an inpatient or outpatient. If you are receiving outpatient observation services for more than 24 hours, you should receive a notice from your hospital that tells you that you are an outpatient. This notice will also explain why you are an outpatient. Your doctor should explain this notice in person.

This handout focuses on Original Medicare. If you have a Medicare Advantage Plan, contact your plan to learn about costs and coverage. Medicare Advantage Plans must cover the same services as Original Medicare, but may have different costs and rules.

Health

Have you noticed that reaching for objects on high kitchen shelves or doing basic activities, such as getting dressed, aren't as easy as they used to be? Do your muscles often feel tight? You may need to add some stretches to your daily routine. Stretching is something you should do every day to help you maintain your range of motion as you age. It's best to warm up for three to five minutes before stretching by walking or simply marching in place. Then slowly move your body into each stretch, holding the pose for at least 10 seconds. Continue breathing throughout the entire stretch. You can also do your stretches after you finish exercising. Remember that stretching should never be painful. If you feel sharp pain while stretching, or soreness the next day, you're pushing too far. Try this simple neck stretch while standing or sitting down:

1. Slowly turn your head toward the right until you feel a slight stretch.
 2. Don't tilt your head backward or forward.
 3. Hold this pose for 10 to 30 seconds.
4. Then slowly turn your head to the left. Hold for another 10 to 30 seconds.
 5. Repeat three times in each direction.



Seniors Got Talent Competition!

Whether you sing, play, dance or entertain in your own unique way, the Cache County Senior Citizens Center invites those 60+ to join in the 3rd annual head turning, toe tapping, competition.

Friday, July 21st at 12:15 p.m.

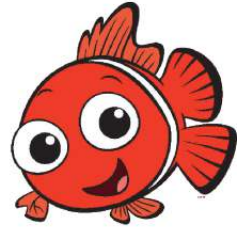
Free and Open to the public

Register in person or call Giselle (435) 755-1720

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**Loveland Living
Planet Aquarium Field
Trip**



July 18th — Tuesday

We will be leaving the Senior Center at 8:00 a.m.

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by July 14th.

You will be responsible for your entrance fee - \$14.95 into the Aquarium and your own lunch.



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JULY 2017

Milk offered daily



Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Nuggets Mac & Cheese California Mix Veggies Pears Wheat Bread	4 CLOSED 	5 Hot Dog Carrot Raisin Salad Mixed Fruit Cookie	6 Busy Day Steak Mashed Potatoes with Gravy Cascade Veggies Peaches Biscuit	7 Ham & Au Gratin Potatoes Capri Veggies Mandarin Oranges Roll
10 Hawaiian Haystacks Rice Peas & Carrots Pineapple & Coconut Muffin	11 Hot Roast Beef Sandwich Mashed Potatoes with Gravy Mixed Veggies Tropical Fruit	12 Santa Fe Chicken Spanish Rice Country Trio Veggies Peaches Cheese Biscuit	13 Frito Pie Green Salad Pears Corn Muffin	14 Chicken Alfredo Noodles Beets Watermelon Wheat Bread
17 Baked Potato with Chicken Gravy Sunshine Carrots Mandarin Oranges Bran Muffin	18 Sloppy Joes Broccoli Salad Fruited Jell-O Chips	19 Sweet & Sour Chicken Rice Eggroll Pineapple Fortune Cookie	20 Shepard's Pie Green Beans Peaches Wheat Bread	21 Baked Fish Rice Pilaf Cascade Veggies Pears Cheese Bread
24 CLOSED  PIONEER DAY	25 Tuna Sandwich Pea Salad Apple Slices Chips	26 Chicken Burrito Refried Beans Corn Pears	27 Cheeseburger Potato Salad Cantaloupe Cookie	28 Turkey Stuffing Casserole Mixed Veggies Mandarin Oranges Roll
31 CLOSED FOR STAFF TRAINING	<div style="border: 2px solid orange; padding: 10px;"> <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> </div>			

Lunch is served from 12:00 noon to 1:00 p.m. 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.

JULY 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:15 Breakfast Club	4 CLOSED 	5 9:00 Commodities 10:30 Bingo hosted by The Gables 12:30 Ice Cream Social hosted by The Gables	6 9:00 Zumba Gold 10:30 Cards with CNS 1:00 Documentary: Above and Beyond	7 10-12 Blood Pressure 10:30 Zumba Gold 12:15 Lunch & Learn: Sunshine Terrace—Successful Aging 1:00 Movie: Flash of Genius
10 9:15 Breakfast Club 10:30-11:00 Horse Shoe Tournament	11 9-12 VA Outreach 9:00 Zumba Gold 9:15 Living with Chronic Pain Class 1:00 Foot Clinic by Rocky Mountain Care 1:00 Movie: Radio	12 11:15 Cooking Class \$1.00 12-4 AARP Driver Safety Course 1:00 Book Club	13 9:00 Zumba Gold 1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only 1:00 Documentary: Super Massive Black Hole	14 10-12 Blood Pressure 10:30 Zumba Gold 10:45 Meet & Greet with representative of Senator Lee 1-4 Lawyer Appts. 1:00 Movie: Barefoot Contessa
17 9:15 Breakfast Club 10:30 Poker hosted by ComForCare	18 8:00 Aquarium Field Trip \$5.00 bus fare 9:00 Zumba Gold 9:15 Living with Chronic Pain Class 1:00 Movie: Pay it Forward	19 11:15 Craft with Giselle \$1.00 1:00 Foot Clinic by Rocky Mountain Care	20 9:00 Zumba Gold 1:00 Documentary: Unbranded	21 10-12 Blood Pressure 10:30 Zumba Gold 12:15 Seniors Got Talent hosted by Sunshine Terrace 1:00 Movie: Remember the Titans
24 CLOSED 	25 9-12 VA Outreach 9:00 Zumba Gold 9:15 Living with Chronic Pain Class 1:00 Foot Clinic by Integrity Home Health—Charge of \$10.00 1:00 Movie: The Davinci Code	26 9:30 DI Shopping Trip \$3.00 bus fare	27 9:00 Zumba Gold 1:00 Red Hat Activity	28 10-12 Blood Pressure 10:30 Zumba Gold 10:30 Out to Lunch Bunch \$3.00 bus fare 1:00 Movie: The Man with the Iron Mask
31 CLOSED FOR STAFF TRAINING				

Monday
 9:00 Fitness Room
 9:00 Quilting
 9:00 Pool Room
 9:10 Line Dancing
 9:15 Breakfast Club
 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

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
 2:00 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

FRAUD AND SCAMS

Seniors, Pay Attention!

A major scamming effort is underway targeting Medicare recipients and those eligible for services. The attack is being mounted on three fronts — mail, phone and internet and includes multiple tactics.

Why are con artists attracted? Medicare represents a huge "cash cow" waiting to be milked by scammers. According to the Kaiser Family Foundation, in 2015 Medicare covered 57 million people at an expense of \$632 billion — 15 percent of the entire federal budget. Adding to the attraction is the reality that Medicare is often difficult to understand, complex and undergoing change, making it a playground for con artists.

Telephone and email scams focus on the upcoming changes to Medicare accounts. In 2018, Social Security numbers will be dropped from the cards and replaced with numbers unique to Medicare. Fraudulent emails and calls focus on this change by requesting verification of current Medicare numbers as part of this process. Medicare and Social Security do not use phone calls or email to communicate. Letters are sent for this purpose and contain secure contact information for inquiries. Any calls or emails requesting Medicare numbers are scams!

Mail scams involving Medicare are far less frequent due to cost and postal tracking.

A current scam comes via postcard from a medical equipment provider. Displaying the business name The Pain Center, the postcard advises the recipient of eligibility for "A Medicare or Insurance Covered Back or Knee Support."

The card requests telephone verification, provides numerous assurances, and displays a numeric code to use when calling. Also included is a deadline to make contact for this benefit.

There are several "red herrings" on the postcard: The word "covered" implies a medical benefit but such a benefit can only be accessed when deemed necessary by a doctor or authorized service; the card threatens a fine or prison sentence for obstructing delivery; there is no return address on the card; and, the card posts a deadline for the benefit (medically necessary supplies do not carry deadlines). Calling the telephone number on the card provides the scammer with your number to be used in future attempts.

All of this information is valuable to anyone with Medicare benefits but what does it have to do with younger readers? Awareness of these scams places additional eyes on the problem. The children and grandchildren of seniors can help protect boomers and their families. Be watchful and aware of mailings and pay attention in conversations involving medical services, particularly if the conversation involves free or covered medical services.

When dealing with suspected Medicare fraud, there are a few critical steps to take.

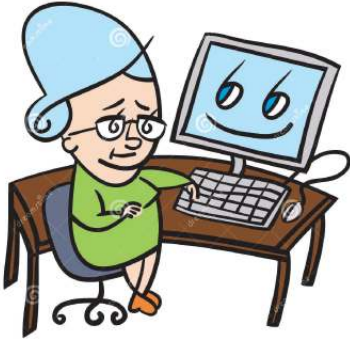
In all cases of suspected fraud, do not respond to any questions posed by callers, by email, or in the mail bearing promises of free services. Any answers you give adds to information scammers may already have and make you a target for future attempts.

Record all information, regardless of how unimportant it may seem: company or individual names; date/time of the contact; related phone numbers, addresses and web or email addresses. All of this information may assist in prosecuting criminals or thwarting scams.

Contact appropriate authorities who deal with Medicare Fraud: Medicare at www.medicare.gov or by calling 1-800-633-4227. In addition, the Senior Medicare Patrol (SMP) in each state is empowered by the federal Department of Health and Human Services to assist with Medicare issues including fraud. As with all forms of fraud, the results of Medicare fraud can be personally and financially devastating. The best defense for everyone is continuous education.

Elliott Greenblott is a coordinator for the AARP Fraud Watch Network and writes this biweekly column. If you suspect that you may be a victim of a computer-based scam, call the AARP Fraud Watch Network hotline at 877-908-3360.





My memory really sucks, so I changed my password to "incorrect." That way when I log in with the wrong password, the computer will tell me... "Your password is incorrect."

What did one flag say to the other flag?
Nothing. It just waved!

What dance was very popular in 1776?
Indepen-dance!

Teacher: "Where was the Declaration of Independence signed?"
Student: "On the bottom!"



DI SHOPPING TRIP

July 26th, 2017—Wednesday

We will be leaving the Senior Center at 9:30 a.m.

RSVP \$3.00 for a ride on the bus by July 21st, 2017

You will be buying your own lunch.



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PLAN AHEAD

Pre-arranged funerals can be arranged to cover funeral costs so that no financial burden remains.
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Mensaje de Directora

Una vez había una mujer que se despertó una mañana, miró en el espejo y notó que tenía sólo tres pelos en su cabeza. 'Bien', dijo, '¿Creo que trenzaré mi pelo hoy?'

Por tanto lo hizo y tuvo un día maravilloso.

Al día siguiente se despertó, miró en el espejo y vio que tenía sólo dos pelos en su cabeza.

'H-M-M', dijo, '¿Creo que separaré mi pelo abajo el medio hoy?'

Por tanto hizo y tenía un magnífico día.

Al día siguiente se despertó, miró en el espejo y notó que tenía sólo un pelo en su cabeza.

'Bien', dijo, 'hoy voy a llevar mi pelo en una cola del poni'. Por tanto hizo y tenía una diversión, día divertido.

Al día siguiente se despertó, miró en el espejo y notó que no había un pelo solo en su cabeza.

'¡SÍ!' exclamó, '¡No tengo que fijar mi pelo hoy!'

Autor desconocido



Out to Lunch Bunch

July 28th, 2017—
Friday



We will be leaving the
Senior Center at
10:30 a.m.

RSVP \$3.00 for a ride on the bus by
July 21st, 2017

We are going to Jeremiah's in Ogden
and you will need to buy your own
lunch.

FRAUDE Y ESTAFAS

Una de las estafas principales es de Medicare y aquellos elegibles para servicios. El ataque está siendo montada sobre tres frentes: correo, teléfono e internet e incluye varias tácticas. ¿Por qué están los estafadores atraídos? Medicare representa un enorme "dinero en efectivo" a la espera de ser ordeñadas por estafadores. Según la Fundación Kaiser Family Foundation, en 2015, Medicare cubre 57 millones de personas, con un gasto de \$632 billones de dólares—el 15 por ciento de todo el presupuesto federal. Agregando a la atracción es la realidad que Medicare es a menudo difícil de entender, complejo y están experimentando cambios, convirtiéndolo en un “patio de recreo” para los estafadores.

En 2018, los números de la Seguridad Social va a ser excluida de las tarjetas y reemplazados con números únicos para Medicare. Los correos electrónicos fraudulentos y llamadas se están enfocando en este cambio por el que solicitaba la verificación actual de Medicare números como parte de este proceso. **Medicare y el Seguro Social No utilice llamadas de teléfono o correo electrónico para comunicarse.** Se envían cartas para este propósito y contienen información de contacto para consultas. Las llamadas o correos electrónicos solicitando Medicare números son estafas!

Estafas por correo con Medicare son mucho menos frecuentes, debido al costo y la trazabilidad postal. En todos los casos de sospecha de fraude, no responde a ninguna de las preguntas planteadas por las personas que llaman, por correo electrónico o por correo. Llevando promesas de servicios gratuitos. Las respuestas que da agrega información a los estafadores, información que ya pueden tener y hacer obtener su información para futuros intentos.

Registre toda la información, independientemente de lo insignificante que parezca: nombres individuales o de empresa; la fecha/hora del contacto; relacionadas números de teléfono, direcciones y web o direcciones de correo electrónico. Toda esta información puede ayudar en la persecución de delincuentes o frustrar las estafas. Póngase en contacto con las autoridades competentes que se ocupan con Medicare Fraude: Medicare www.medicare.gov o llamando al 1-800-633-4227. Además, el Senior Medicare Patrol (SMP) en cada Estado está facultado por el Departamento federal de Salud y Servicios Humanos para ayudar con Medicare cuestiones como el fraude.

Como con todas las formas de fraude, los resultados de Medicare el fraude puede ser personalmente y económicamente devastadora. La mejor defensa para todos es la educación continua.

Elliott Greenblott es un coordinador para la AARP Fraude Watch Network y escribe este quincenal de columna. Si sospecha que puede ser víctima de un equipo basado en la estafa, llamada la AARP Fraude Watch Network hotline al 877-908-3360.

MEDICARE

Medicare cubre la atención que usted recibe en el hospital. Esto puede ser cuidado que usted recibe cuando usted permanecer durante la noche o al entrar y salir del hospital el mismo día.

Know if you are an inpatient or outpatient

La única manera de saber si su hospital estado es preguntar. No hay características específicas de su estancia hospitalaria que automáticamente hacerle paciente ambulatorio o internado. Medicare cubre el cuidado de su salud de forma diferente si usted es paciente ambulatorio o internado.

Hospitalización: su médico tratante tiene oficialmente admitidos como pacientes hospitalizados.

Ambulatorio: Usted no están formalmente ingresados en el hospital como pacientes hospitalizados.

What are observation services?

Los servicios de observación son los servicios ambulatorios. Se están realizando el tratamiento a corto plazo y las evaluaciones de si debe ser admitido como paciente interno o si puede ser descargada. Los servicios de observación puede incluir una noche o quedarse más tiempo, pero eso no significa que usted está hospitalizado. Recuerde; siempre pregúntele a su médico si usted es paciente ambulatorio o internado. Si usted está recibiendo atención ambulatoria los servicios de observación durante más de 24 horas, recibirá un aviso de su hospital que indique que usted es paciente ambulatorio. Este aviso también explicará porqué eres paciente ambulatorio. El médico debe explicar este aviso en persona.





United States Senator
MIKE LEE

MOBILE OFFICE

A Member of U.S. Senator Mike Lee's Staff
Available at The Cache County
Senior Citizens Center

Friday July 14, 2017
10:45 AM – 1:00 PM

Cache County Senior Citizens Center
240 N 100 E
Logan, UT 84321