

# Cache County Senior Center

January 2018

Photo by Mike Bullock

Center Hours: Mon-Fri  
8:30am –4:00 pm  
[www.CacheCounty.org/  
Senior](http://www.CacheCounty.org/Senior)

## January 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:

January 4th: 12:15 Let's Talk about Hearing Loss

January 26th: 12:15 Utah Assistive Technology Program

Larry Dawson from the VA will assist you with all of your benefit needs. Please call Deborah Crowther at 435-713-1462 to schedule an appointment.

Beginning in January the Senior Center will have **NEW HOURS**

8:30 am—4:00 pm



I was asked in an interview the other day what I did previous to this position. In that moment I reflected on my past experiences and as of yet I have been examining my life and analyzing exactly what brought me to this chapter of life. When I was 16 years old we lived next door to Helen. She lived alone. She was a very independent woman. I often saw her as she came home from her Saturday outings. If she needed help with her groceries we would go over and help. That was the most of our interactions with her for about 4 years. One day we received a phone call, Helen had suffered a stroke. She was recovering in a nursing home. When we went to visit her she cried and through her slurred speech she told my mother that she did not want to be there. She wanted to go home. My mother made a split decision in that moment, one that would change our lives. She sympathized with Helen, she comforted her and told her that our family would take care of her. She could talk to her children and let them know that we would help. I am sure Helen with her stubborn streak told her 2 kids that she was going home and that Rosa and the girls would look after her. Sure enough within a few weeks Helen was home. Our lives were changed that year. After school my sister and I each took turns going over and spending the evening with her. We painted her nails, lightly house cleaned, watched Wheel of Fortune, played Skip Bo and other card games. Often times I listened to her life story. I loved hearing the stories of her as a young woman going to dances and dating handsome sailors. In Helen I found a friend, someone I could confide in. Having her in my life at this time I feel helped me through the difficult years of being a teenager. When it was time for college my mother took charge of caring for Helen. She became her principal caregiver. When I was in my sophomore year of college I

remember the phone call that broke my heart. Our dear Helen had passed. My heart was saddened. I have always felt that Helen is with me. During my time at Utah State I majored in Family Human Development. I am so grateful I did. I was so unsure of exactly what I wanted to major in. My advisor suggested this major and as we studied the life span and the development at every stage I took an interest in gerontology and fell in love with social work. I worked for a few years after college as a social worker and as a preschool teacher. This degree helped me learn so much. After being home with my little bundles of joy for 7 years, I decided to head back to work. I will forever be grateful for this Senior Center. In it I have felt at home, I have thoroughly been touched by all my motherly advice I receive. I have had the best experience in sharing my stories of my kids silly happenings in their life and sharing in the laughter of their little mishaps. Whenever I walk into this building I am surrounded by your friendship and I feel my dear Helen with me. I feel that she is watching down on me and is happy to see me happy. I feel that as I look back on what led me to this place I would never change it for the world. As I continue to grow and learn in this position I hope to provide this Senior Center with fun, informative classes and activities. I hope to continue making this center a place where all who walk through our doors feel welcome. We have an amazing staff who all are very kind. They have caring hearts and like me, are passionate in serving you. Please never hesitate to ask for help. We will do all we can to assist you in your questions.

—Giselle

## AGING IS NOT FOR THE FAINT OF HEART. SENIORS NEED YOUR SUPPORT.

One-funding for meals is expiring... this will  
**Eliminate 66,650 senior center and meals on wheels for the State of Utah**



As it stands now the budget for the state of Utah on Meals on Wheels and Senior Center meals includes \$550,000 one time funding that needs to be voted on every year. We are asking you to please contact your legislature. We would like this budget to be an **on-going funding** to the base budget of the Division of Aging and Adult Services for Meals on Wheels and Senior Center meals, so we can continue to serve seniors who rely on these meals.

How would this loss affect our Cache County Senior Citizen Center? This would affect meals, for both **Congregate and Meals on Wheels** in Cache County. Without this one time funding we would **lose \$17,000.00**. We urge everyone to please use your voice and call your legislator to ask them to reauthorize this funding.

### CURRENT FUNDING LEVELS DON'T MEET THE INCREASING NEED

#### Senior Population Growth

73.1% increase in senior population in Utah from 2000-2015

#### Funding Growth

5.4% increase in State General Funds from 2007-2017

In Utah 80,456 seniors are isolated, living alone  
57,397 seniors are threatened by hunger  
94,790 seniors are living in or near poverty Nationally, 1 in 6 seniors struggles with hunger  
440,428 seniors are in Utah. Only 2.1% (1 in 47) receive Meals on Wheels.

**You  
Are  
Not  
Alone**

Wouldn't it be wonderful to have some other broad shoulders and warm hearts to help you carry the burden as a caregiver?



Remember, you are *not* alone, and there are others who are able, willing and anxious to support you!

#### Join our Care Giver Support Group

Where: Cache County Senior Citizen Center

When: 2nd and 4th Thursday (Library)

Time: 5:30 p.m. – 7:15 p.m.

For information, Please call:

Carolynn Reed – 435-753-1466 or

Jason Bohman – 435-239-1083

Sponsored by Bear River Area Agency on Aging



Does What You Eat Make a Difference in Your Blood Pressure?



By Harvard Women's Health Watch, October 2017

High blood pressure, often known as hypertension, is often considered a disease or condition. It can also be a risk factor for heart disease and stroke, and it's a risk factor for cognitive decline and dementia. This is reported by Dr. Natalia Rost, a stroke neurologist at Massachusetts General Hospital and associate professor of neurology at Harvard Medical School. "Blood pressure measures how hard your blood is pushing against the walls of your arteries as your heart pumps it through your body. Sometimes blood pressure increases temporarily for a good reason, like when you are exercising and your heart pumps more forcefully to get blood to the organs that need it. But if you have persistently high blood pressure, the force can eventually damage your arteries, causing scarring and plaque formation. Ultimately this may set the stage for heart attack or a stroke. In some cases, high blood pressure causes a series of small, silent strokes that inflict progressive damage inside your brain, leading to cognitive decline and dementia."








**Symptoms:** High blood pressure rarely produces symptoms and is often referred to as the "silent killer". When blood pressure is dangerously high, symptoms such as headaches, blurry vision or general malaise may appear.

**Are you at risk?:** Men and women over 45 develop high blood pressure at about the same rate but women 65 and older are more likely to develop high blood pressure. If you have a family history of high blood pressure, your chances are higher that you too will develop this. As you age, high blood pressure is more likely. African Americans are at higher risk.

**Risk reduction actions you can take:** Exercise regularly—150 minutes of aerobic activity each week. Lose weight if you are overweight. Get adequate rest at night.

**Focus on healthy eating:** Reduce salt in your diet. Eat a variety of foods and balanced diet. It is recommended that you include colorful fruits and vegetables, whole grains, fish, poultry lean meats, legumes, nuts, seeds, vegetable oils and healthful dairy products. Limit fatty red meats and process meats, sugar-sweetened items. Avoid smoking and drink moderately.



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### Opioid Addiction and Treatment

By Lisa Esposito, Staff Writer | Sept. 1, 2017, at 11:07 a.m. ( U.S. News)

Older adults aren't immune from the opioid epidemic sweeping the U.S. However, seniors have unique backgrounds, vulnerabilities and needs for addiction treatment. Many feel ashamed to seek help for problems with prescription painkillers like OxyContin. Addiction rises as the senior population grows. Across the board, the proportional risk of addiction is constant for adults, says Dr. Stuart Gitlow, former president of the American Society of Addiction Medicine. The difference lies in individual response, he says. When given an opiate drug, most people will feel some nausea and physical discomfort, and wake with an unpleasant sensation. "But about 20 percent of the population will say, 'Oh, that feels amazing,'" he continues. "Those are the people we worry about. And you're just as likely to run across those 20 percent in older age as you are in younger age." With 65 million Americans now 60 or older, that adds up to a significant number at risk.



**Years of chronic pain treatment add up.** The medical community has awakened to the need for greater caution in prescribing opioid painkillers. According to new guidelines, for most patients, these drugs should be used for short periods only to ease acute pain, like after surgery, and as a last resort for hard-to-treat chronic pain. Yet that doesn't address seniors who've been prescribed these drugs for decades, Gitlow points out, such as laborers like miners or truckers with chronic back pain. Age-related conditions like arthritis, with its debilitating joint pain, can also contribute to opioid overreliance.

**Drug-sharing is a problem.** "You got a bad hip? I do too – here, I've got some of these old pills left." That's what seniors may hear from well-intentioned friends, Iliff says. As addictions develop, some older adults begin to obtain prescriptions illegally. Even when used as ordered, these drugs are subject to another kind of shared use. When seniors don't store medication safely, drug diversion by visiting relatives or houseguests, including kids, poses an unfortunate but real threat.

**Detox may take longer.** Treatment for addiction starts with helping the person get through withdrawal. Opioid withdrawal can be extended for seniors, Iliff says, with the process lasting up to nine days in some cases. "Because they're older, it takes longer to detox because you have to bring them down slower," she says. "We don't want people to be uncomfortable." However, as Gitlow points out, a drug called Suboxone can ease the process and also be used for maintenance treatment.

Shame prevents some seniors from seeking treatment. Especially among "older, older" adults in their 70s, 80s and beyond, even the need to be in a treatment center causes "huge shame," Iliff says. They're often traditionalists, some from families with Prohibition-era attitudes. Addiction can feel like a major failure for someone who's led a long, successful life. She recalls a recent patient with a glowing career and wide philanthropic interests. "I have no idea what a guy like me is doing in a place like this," he told her. He just couldn't fathom it, Iliff says.

**Age-tailored treatment helps.** Senior Hope, Inc., an outpatient substance use program in Albany, New York, is geared to people ages 50 and older. Of the adults who seek counseling there, many grew up when discussing mental health and addiction issues was uncommon, and when such services weren't readily available, says executive director Nicole MacFarland. Mature adults benefit by being treated alongside others of similar ages and life stages, she says, because they're better able to relate and connect with one another. General-age support groups may leave seniors feeling like parental figures, she adds, taking on the role of helping others while their own needs go unmet.

<https://health.usnews.com/health-care/patient-advice/articles/2017-09-01/12-ways-opioid-addiction-and-treatment-differ-in-older-adults>.



## Good Things To Eat

### Dump-and-Bake Chicken & Ravioli in Alfredo Sauce

#### Ingredients

- 24 ounces frozen miniature cheese ravioli
- 9 ounce (about 1 ¾ cups) chopped or shredded cooked chicken
- 36 ounces (about 4 ¼ cups) Alfredo sauce
- 1 cup frozen peas
- 1 cup shredded mozzarella cheese



#### Instructions

Preheat oven to 400 degrees F. Spray a 9x13-inch dish with cooking spray.

Stir together ravioli (still frozen is fine), chicken, and Alfredo sauce in the dish. Cover with foil and bake for 30 minutes.

Uncover, stir in the peas, and top with cheese.

Continue baking, uncovered, for 10 minutes or until cheese is browned and ravioli is tender.

Recipe by The Seasoned Mom at [https://](https://www.theseasonedmom.com/chicken-ravioli-alfredo-sauce/)

[www.theseasonedmom.com/chicken-ravioli-alfredo-sauce/](https://www.theseasonedmom.com/chicken-ravioli-alfredo-sauce/)

## Needle work

We are starting a new Needle Work Group! Socializing can provide a number of benefits to your physical and mental health. Did you know that connecting with friends may also boost your brain health and lower your risk of dementia? If you need reasons to help justify spending extra time lingering over your needle work and visiting with friends, or setting aside time in your busy schedule to connect with your creativity, we invite you to join us as we work on our needle work projects.



We will be meeting on Mondays @ 1:00 pm.  
In the cafeteria

All ages welcome.. come make new friends!



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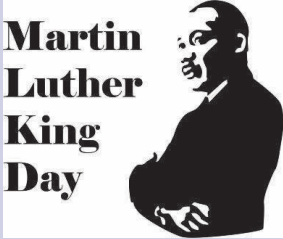

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# JANUARY 2018

Monday	Tuesday	Wednesday
<p>1</p> <p>CLOSED FOR NEW YEARS</p> 	<p>2</p> <p>1:00 Movie: Sahara</p>	<p>3</p> <p>9:00 Commodities</p>
<p>8</p> <p>10:30 Drawing for your Health 10:30 Poker hosted by ComForCare 1:00 Needle Work Group</p>	<p>9</p> <p>10:30 Stepping On Class 1:00 Foot Clinic by Rocky Mtn Care 1:00 Movie: Sense and Sensibility</p>	<p>10</p> <p>11:15 Cooking Class \$1.00 12-4 AARP Driver Safety Course 1:00 Book Club</p>
<p>15</p> <p>CLOSED</p> 	<p>16</p> <p>10:30 Stepping On Class 11:30 Out to Lunch Bunch: Fredrico's Pizza 1:00 Movie: Furies</p>	<p>17</p> <p>11:15 Craft with Colby \$1.00 1:00 Foot Clinic by Rocky Mtn Care</p>
<p>22</p> <p>10:30 Drawing for your Health 1:00 Needle Work Group</p>	<p>23</p> <p><b>10:30 Stepping On Class Cancelled Today Only</b> 1:00 Foot Clinic by Integrity Home Health—Charge of \$10.00 1:00 Movie: Persuasion</p>	<p>24</p> 
<p>29</p> <p>10:30 Drawing for your Health 1:00 Needle Work Group</p>	<p>30</p> <p>10:30 Stepping On Class 1:00 Movie: Hidden Figures</p>	<p>31</p>

# JANUARY 2018

## Thursday

4  
10:30 Cards with CNS  
  
12:15 Lunch and Learn: Let's Talk about Hearing Loss  
  
1:00 Documentary: Footprints: The Path of Your Life

11  
10:00 Living with Hearing Loss  
1:00 Foot Clinic by Rocky Mtn Care  
1:00 Documentary: Mr. Dynamite  
5:30 P.M. Care Giver Support  
6:15 P.M. USU Grand Friends

18  
10:00 Living with Hearing Loss  
  
1:00 Documentary: Happy People: A Year in Taiga

25  
10:00 Living with Hearing Loss  
  
1:00 Red Hat Activity  
  
5:30 P.M. USU Grand Friends – Pot Luck Bingo  
5:30 P.M. Care Giver Support



## Friday

5  
10-12 Blood Pressure  
  
1:00 Movie: Our Souls at Night



12  
  
**Senior Center Closed For Floor Maintenance**

19  
10-12 Blood Pressure  
  
1:00 Movie: The Sound of Music



26  
10-12 Blood Pressure  
  
10-12 Hobby Table: Light Houses  
  
12:15 Lunch and Learn: Utah Assistive Technology Program  
  
1:00 Movie: Quigley Down Under

## Monday

8:30 Fitness Room  
8:30 Quilting  
8:30 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

8:30 Fitness Room  
8:30 Quilting  
8:30 Pool Room  
8:30 Ceramics  
9-12 Painting Group  
9:30 Wii Bowling  
1:00 Movie

## Wednesday

8:30 Fitness Room  
8:30 Quilting  
8:30 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

8:30 Fitness Room  
8:30 Quilting  
8:30 Pool Room  
9-12 Painting Group  
9:15 Clogging  
9:30 Wii Bowling  
10:00 Mahjong  
2:00 Spanish 101

## Friday

8:30 Fitness Room  
8:30 Quilting  
8:30 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



## 2018 Medicare Parts A & B Premiums and Deductibles Announced

The Centers for Medicare & Medicaid Services (CMS) announced the 2018 premiums, deductibles, and coinsurance amounts for the Medicare Part A and Part B programs.

**Medicare Part B Premiums/Deductibles:** Medicare Part B covers physician services, outpatient hospital services, certain home health services, durable medical equipment, and other items. The standard monthly premium for Medicare Part B enrollees will be \$134 for 2018, the same amount as in 2017. Some beneficiaries who were held harmless against Part B premium increases in prior years will have a Part B premium increase in 2018, but the premium increase will be offset by the increase in their Social Security benefits next year. “Medicare’s top priority is to ensure that beneficiaries have choices for affordable, high-quality care that fit their needs,” said CMS Administrator Seema Verma. “Next year, no beneficiary protected by the hold-harmless provision will see a Part B premium increase that is greater than the increase in their Social Security benefits. We encourage Medicare beneficiaries to explore their options to make an informed choice between Original Medicare and Medicare Advantage before Open Enrollment ends on December 7.”

CMS recently released the benefit, premium, and Star Ratings information for Medicare health and drug plans which shows that there will be more health coverage choices, improved access to high-quality health choices, and de-

creased premiums in 2018. CMS estimates that the Medicare Advantage average monthly premium will decrease by \$1.91 (about 6 percent) in 2018, from an average of \$31.91 in 2017 to \$30. More than three-fourths (77 percent) of Medicare Advantage enrollees remaining in their current plan will have the same or lower premium for 2018. The average basic premium for a Medicare prescription drug plan in 2018 is projected to decline to an estimated \$33.50 per month. This represents a decrease of approximately \$1.20 below the average basic premium of \$34.70 in 2017. The Medicare prescription drug plan average basic premium is projected to decline for the first time since 2012.

CMS also announced that the annual deductible for all Medicare Part B beneficiaries will be \$183 in 2018, the same annual deductible in 2017. Premiums and deductibles for Medicare Advantage and Medicare Prescription Drug plans are already finalized and are unaffected by this announcement.

**Medicare Part A Premiums/Deductibles:** Medicare Part A covers inpatient hospital, skilled nursing facility, and some home health care services. About 99 percent of Medicare beneficiaries do not have a Part A premium since they have at least 40 quarters of Medicare-covered employment.

The Medicare Part A annual inpatient hospital deductible that beneficiaries pay when admitted to the hospital will be \$1,340 per benefit period in 2018, an increase of \$24 from \$1,316 in 2017.

## I am a Seenager. (Senior teenager)

I have everything that I wanted as a teenager,  
only 60 years later.

I don't have to go to school or work.

I get an allowance every month.

I have my own pad.

I don't have a curfew.

I have a driver's license and my own car.

The people I hang around with are not scared  
of getting pregnant and they do not use drugs.

And I don't have acne.

**Life is great.**

shared



## Lower your Prescription Drug Costs!

If your monthly income is not more than \$1,528 for singles (\$2,050 for couples) and your assets are not more than \$13,820 for singles (\$27,600 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 Colby are SHIP counselors here at the Center and can help. Please call for an appointment and inquire about applying for the **Extra Help**.





# JANUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>CLOSED FOR NEW YEARS</b>	2 <b>Minestrone Soup</b> Turkey Sandwich Lettuce & Tomatoes Mixed Berry Shortcake	3 <b>BIRTHDAY LUNCH</b> <b>Pot Roast</b> Mashed Potatoes with gravy Roasted Squash Fruit Cocktail Wheat Dinner Roll *Birthday Cake*	4 <b>BBQ Chicken</b> Macaroni & Cheese Carrot & Raisin Salad Cherry Pie Cheese Biscuit	5 <b>Lemon Pepper Cod</b> Quinoa Asparagus w/lemon Butter Peach Bread Pudding
8 <b>Loaded Baked Potato</b> Buttered Broccoli Mandarin Oranges Banana Cream Pudding Breadstick	9 <b>Salisbury Steak</b> Seasoned Rice Sun-Shine Carrots Pear Strudel Orange Roll	10 <b>Chicken Cordon Bleu</b> Roasted Potatoes Garden Blend Veggies Raspberry Parfait Biscuit	11 <b>Tomato Mac Soup</b> Chefs salad Roll Banana Jell-O Mold Cookie	12  <b>Center Closed</b>
15 <b>CLOSED FOR DR. MARTIN LUTHER KING DAY</b>	16 <b>Beef Stroganoff</b> Buttered Noodles Capri Veggies Pears Coconut Cream Pudding	17 <b>Chicken Fried Steak</b> Potatoes & Gravy Vegetable Medley Fresh Fruit in Season Dinner Roll	18 <b>Tilapia</b> Wild Rice Roasted Fresh Vegetable Mix Lemon Pudding w/ fresh fruit	19 <b>BBQ Flank Steak</b> Cheesy Potatoes Buttered Corn w/ Red Peppers Cherry Crisp Dinner Roll
22 <b>Cheesy Potato Bacon Soup</b> Turkey Sandwich Broccoli Salad Ambrosia Fruit Salad	23 <b>Stuffed Pork Loin</b> Scalloped Potatoes Peas & Pearl Onions Apple Salad Dinner Roll	24 <b>Smothered Chicken Burrito</b> Black Bean Salsa Spanish Rice Pineapple/Orange Delight	25 <b>Lasagna</b> Spinach Strawberry Salad Seasonal mixed fruit Breadstick Marble Cake	26 <b>Orange Chicken</b> Fried Rice Oriental Veggies Egg Roll Melon Cup Fortune Cookie
29 <b>Salmon</b> Rice Pilaf Peas & Carrots Cherry Crips Wheat Roll	30 <b>Philly Beef Sandwich</b> Peppers & Onions Pasta Salad Oranges	31 <b>Roast Turkey</b> Potatoes & Gravy Vegetable Blend Cranberry Salad Dinner Roll	<div style="border: 2px solid black; 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. 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.



# New Classes



Are you or a family member frustrated and isolated because of a hearing loss? Join us as we begin a new Class here at the Center: **Living with Hearing Loss**. This is a 6 week class. Classes begin Jan. 11th from

10:00-11:30 am. The Living with Hearing Loss class is to help individuals and families to improve communication barriers. The goal is to have a network of trained assistants throughout Utah to identify individuals, who are isolated and not aware of available services. Hard of Hearing Assistants can provide information on equipment and resources, and teach classes to aid with adjustment. They teach same classes as the Hard of Hearing specialist, assist senior citizen and others with hearing loss, educate others about assistive technology, cochlear implant, and resources, be a peer mentor to others with hearing loss, help individuals with employment issues relating to hearing loss, develop a network of hearing loss service providers in the state of Utah, help the Hard of Hearing Specialist with one-on-one situations, give information/referrals about resources and support groups.

## Stepping On

Building Confidence and Reducing Falls



Falling is very common; it can result in injury and can shake your confidence. The threat of falling can be a barrier to safely doing all the things you want to do at home and in the community. That's why preventing falls is critical to maintaining independence. Stepping On is a fun and interactive fall prevention program for older adults who have fallen or who have a fear of falling. Stepping On helps participants recognize and carry out behaviors to take control of their fall risk. The class is taught by Bear River Health Department.

**Class begins: January 9th:  
10:30 – 12:00 Meet in the Library.**

Classes held @ The Cache County Senior Center

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## Scams and Fraud Concerns

### Offers You Get About Low-Cost Prescriptions

If you get emails saying free or low-cost prescription drugs are just a phone call away — or you visit a website that says it can help you get free prescription drugs for a fee — it's likely to be a scam.

However, many prescription drug companies offer free or low-cost drugs for people who:

don't have prescription drug coverage

can't afford to pay for medication out of pocket, or

have used their insurance's annual allowance.

But the programs have qualification standards. Your income and the cost of the drugs you need can affect whether you qualify. Information on these programs is free — and publicly available — from your physician, pharmacists, and the government.

Where To Learn More

For more on generic drugs...

Visit the FDA website at [www.fda.gov/drugs](http://www.fda.gov/drugs). FDA also has a toll-free hotline to answer questions about drug safety and efficacy: 1-888-INFO-FDA (1-888-463-6332). You can look up information on specific generic and brand-name drugs on the Drugs and Supplements page at [MedlinePlus.gov](http://MedlinePlus.gov).

For more on assistance programs for people who don't have prescription drug coverage...

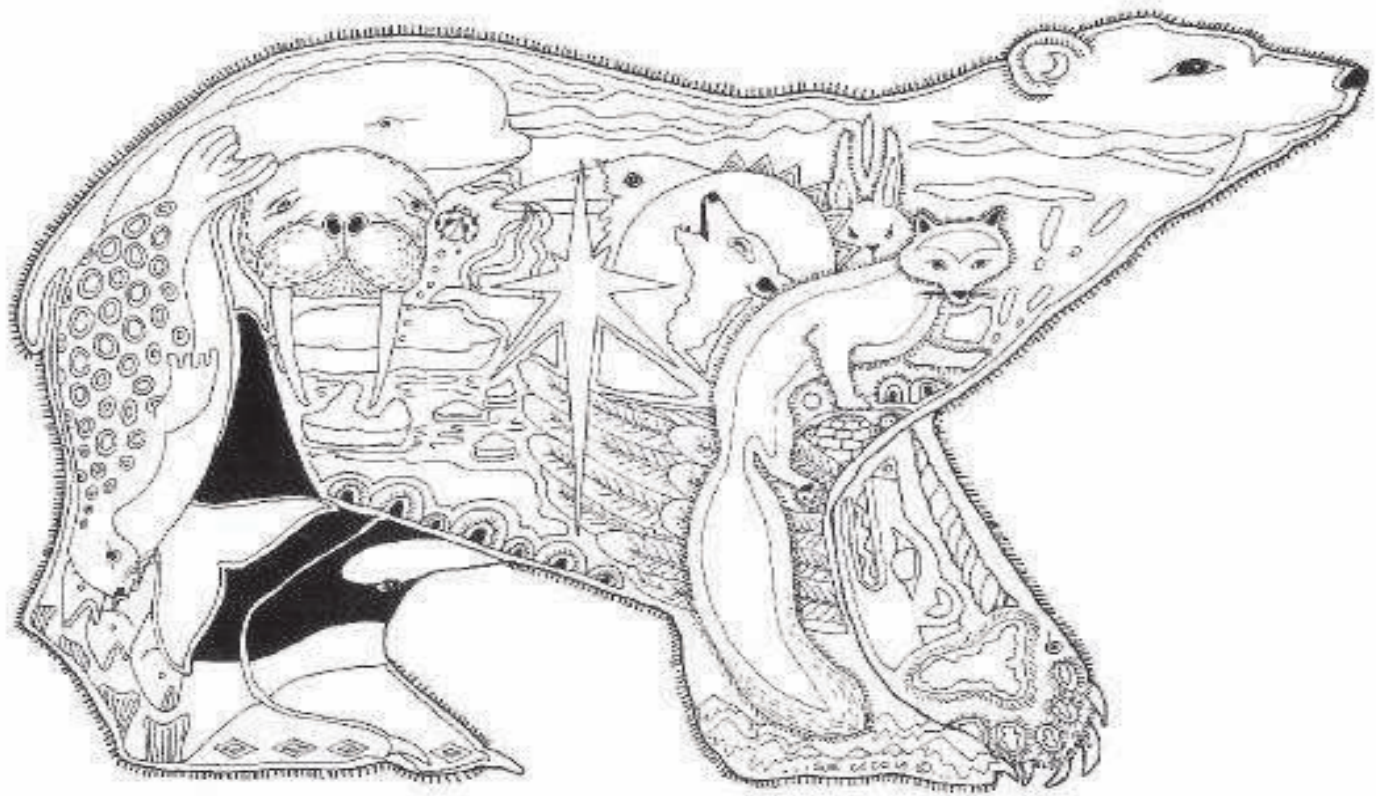
At [www.pparx.org](http://www.pparx.org), a "one-stop" website sponsored by a drug company trade group, you can apply for free or low-cost prescription programs or medicines, or you can ask your health care provider to do it for you. A computer program determines whether there's a match for you among the various programs. Health care providers have to approve most applications for these assistance programs.

For the federal government's Medicare information...

Got to [medicare.gov](http://medicare.gov) or call 1-800-MEDICARE. You also can learn more about applying for help with Medicare prescription drug costs at [ssa.gov/prescriptionhelp](http://ssa.gov/prescriptionhelp).







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Me preguntaron en una entrevista el otro día lo que hice antes de esta posición. En ese momento reflexioné sobre mis experiencias pasadas y hasta ahora he estado examinando mi vida y analizando exactamente lo que me llevó a este capítulo de la vida. Cuando tenía 16 años vivíamos al lado de Helen. Vivía sola. Era una mujer muy independiente. A menudo la veía cuando llegaba a casa de sus salidas de sábado. Si ella necesitaba ayuda con sus comestibles nos gustaría ir y ayudar. Esa fue la mayor parte de nuestras interacciones con ella durante unos 4 años. Un día recibimos una llamada telefónica, Helen sufrió un derrame cerebral. Se estaba recuperando en un asilo. Cuando fuimos a visitarla, lloró y a través de su confusa charla le dijo a mi madre que no quería estar allí. Quería irse a casa. Mi madre tomó una decisión dividida en ese momento, una que cambiaría nuestras vidas. Ella empató con Helen, ella la consoló y dijo que nuestra familia cuidaría de ella. Podía hablar con sus hijos y hacerles saber que le ayudaríamos. Estoy seguro de que Helen con su racha obstinada le dijo a sus dos hijos que iba a casa y que rosa y las chicas se ocuparían de ella. Con seguridad en unas semanas Helen estaba en casa. Nuestras vidas fueron cambiadas ese año. Después de la escuela, mi hermana y yo tomamos turnos para pasar la noche con ella. Pintamos sus uñas, limpiamos ligeramente la casa, vimos la rueda de la fortuna, jugamos Skip bo y otros juegos de cartas. Muchas veces escuché su historia de vida. Me encantó escuchar las historias de ella como una mujer joven va a bailar y salir con guapos marineros. En Helen encontré un amigo, alguien en quien podía confiar. Tenerla en mi vida en este momento me ha ayudado a superar los difíciles años de ser adolescente. Cuando era hora de la Universidad, mi madre se encargó de cuidar a Helen. Se convirtió en su principal donante de cuidados. Cuando estaba en mi segundo año de Universidad recuerdo la llamada telefónica que me rompió mi corazón.

Nuestra querida Helen había pasado. Mi corazón estaba entristecido. Siempre he sentido que Helen está conmigo. Durante mi tiempo en el estado de Utah me especializaron en desarrollo humano de la familia. Estoy muy agradecida de haberlo hecho. Yo estaba tan inseguro de exactamente lo que quería especializarme. Mi Asesor sugirió esta especialización y mientras estudiamos el período de vida y el desarrollo en cada etapa estaba seguro de que quería estar en un entorno preescolar. Mi primer trabajo a la derecha fuera de la Universidad era un trabajadora social de la familia con el Bear River Head Start. Cuando el Centro De la Familia comenzó en Providence, decidí que quería servir a la población latina. Me encantó trabajar como maestra. ¡lo malo, siempre estaba enferma! Cuando la posición se abrió para un especialista de la familia lo tomé y me enamoré del trabajo social. Después de estar en casa con mis pequeños durante 7 años, decidí regresar a trabajar. Estaré agradecido por este centro. En él me he sentido en casa, he sido tocado a fondo por todo mi maternal aconsejo que recibo. He tenido la mejor experiencia en compartir mis historias de mis hijos tontos acontecimientos en su vida y compartir en la risa de sus pequeños percances. Cuando alguna vez entro en este edificio estoy rodeado de tu amistad, siento mi querida Helen conmigo. Siento que ella me está observando y está feliz de verme feliz. Siento que como miro hacia atrás en lo que me llevó a este lugar nunca lo cambiaría por el mundo. A medida que continúo creciendo y aprendiendo en esta posición, Espero proveer este centro Senior con clases y actividades divertidas e informativas. Espero seguir haciendo de este centro un lugar donde todos los que caminan por nuestras puertas se sientan bienvenidos. Tenemos un personal increíble que todos son muy amables. Tienen corazones cariñosos y como yo, son apasionados en servirle. Por favor, nunca dude en pedir ayuda.

—Giselle

Primas/deducibles de la parte B de Medicare: Medicare parte B cubre los servicios médicos, servicios hospitalarios ambulatorios, ciertos servicios de salud en el hogar, equipos médicos duraderos y otros artículos. La prima mensual estándar para los afiliados de la parte B de Medicare será de \$134 para 2018, la misma cantidad que en 2017. CMS también anunció que el deducible anual para toda la parte B de Medicare los beneficiarios será de \$183 en el 2018, el mismo deducible anual en 2017. Las primas y deducibles de Medicare Advantage y planes de recetas médicas de Medicare están ya finalizado y no se ven afectados por este anuncio.

La parte A de Medicare/primas deducibles: la parte A de Medicare cubre al hospital, institución de enfermería especializada, y algunos servicios de salud en casa. Alrededor del 99 por ciento de los beneficiarios de Medicare no tienen una parte de una prima ya que tienen por lo menos 40 trimestres de Medicare-empleo cubierto. La parte A de Medicare anual de servicios hospitalarios deducible que los beneficiarios paguen cuando ingresó en el hospital será de \$1,340 por período de beneficio en el 2018, un aumento de \$24 a \$1,316 en 2017.

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Si sus ingresos mensuales son no más de \$1,528 para solteros (\$ 2,050 para parejas) y sus bienes son no más de \$13,820 para solteros (\$27,600 para parejas), puede ser elegible para la **Ayuda Adicional**, un programa federal que le ayuda a pagar a unos o la mayor parte de los gastos de la cobertura de medicamentos recetados de la Asistencia médica (la Parte D). Los Bienes incluyen cuentas bancarias, reservas, obligaciones, 401k etc. Giselle y Colby son consejeros del SHIP aquí en el Centro y pueden ayudar. Por favor pida una cita y pregúntese de la solicitud del Suplementario.



# Clogging! at Cache County Senior Center

When you think of clogging, do you envision swirly skirts, petticoats and shiny white shoes? And do you hear fiddles, banjos and some straight-time clacking of taps? Time to leave the past behind! Although some people still enjoy traditional clogging, today's cloggers are just as likely to dance to hip-hop beats. In fact, modern clogging looks suspiciously similar to tap dancing. Both involve metal-tipped shoes, fast-paced music and a lot of stomping!

In fact there are health benefits to Clogging ...

- Lowers blood pressure
- Increases lung capacity
- Helps coordination and rhythm
- Develops flexibility
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- Best of All... You can burn up to 400 calories per hour!

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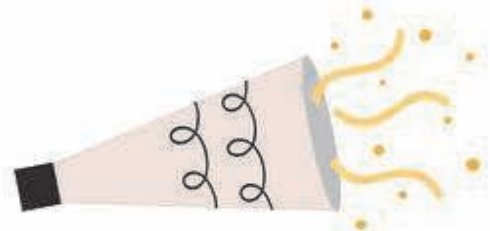
## PLAN AHEAD

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

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# HAPPY NEW YEAR!



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 R M Q G Q X Y B N O I S E M A K E R G F  
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Countdown  
 Confetti  
 Midnight  
 Balloons

Celebration  
 Fireworks  
 January  
 Happy



New Year  
 Clock  
 Cheers  
 Goals

Party Poppers  
 Noisemaker  
 Resolution  
 Sparklers



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