

# Cache County Senior Center

February 2018



Photo by Mike Bullock

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

**February 7th**  
**@ 9:00 am**  
**Commodities Pickup**

### Lunch and Learn:

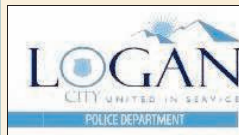
February 12th: Heart  
Health and Strokes

TBA: Driving Safety:  
Cache County Sherriff  
office

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.  
Feb. 13 & Feb. 27

### **Income Tax**

It's time to get your in-  
come taxes done again.  
We will be setting up ap-  
pointments starting Febru-  
ary 1st. Schedule your  
appointment at the front  
office or by calling 755-  
1720. This service is for  
seniors who are 60 years  
and older. We only do  
basic preparation.



Residents of Cache  
County can now sign  
up for a new safety  
initiative,  
Smart911, which is  
available to all individuals. Smart911 is a  
free service that allows individuals and  
families to sign up online and provide  
key information to 9-1-1 centers. This  
information enables faster 9-1-1 and  
more effective emergency response by  
law enforcement, fire, and emergency  
medical services.

The Smart911 platform saves critical  
time in an emergency when seconds can  
be the difference between life and death.  
The additional information provided in a  
Smart911 Safety Profile helps 9-1-1 pro-  
fessionals send the right response to the  
right location with the right information.

Smart911 enables residents to create a  
Safety Profile at [www.smart911.com](http://www.smart911.com) for  
their entire household. Residents can cus-  
tomize their profile and share any infor-  
mation they want 9-1-1 and response  
teams to have in the event of an emer-  
gency. All information in the Safety Pro-

file is private and secure. It is automati-  
cally displayed to 9-1-1 professionals  
ONLY when the resident dials 9-1-1.

The benefits of this additional infor-  
mation on a 9-1-1 call from a cell phone  
are immeasurable. Mobile phones do not  
provide an exact address to the  
9-1-1 call takers. In situations like a  
house fire, seconds matter and the addi-  
tional information with the Smart911  
platform enables help to arrive faster.  
Additionally, Smart911 allows 9-1-1  
dispatchers to send & receive SMS text  
messages to mobile phone message  
callers that placed a 9-1-1 call, but can-  
not safely communicate audibly.

Citizens are encouraged to create their  
Safety Profile with Smart911 today to  
have their information immediately  
available to 9-1-1 and first responders.  
Smart911 is private and secure, is only  
used for emergency responses, and only  
made available to the 9-1-1 system in the  
event an emergency call is made.  
Contact: Shelley Peterson, 911 Director  
Logan City Police Communications Di-  
vision



**A New Year Commitment to Good Health**

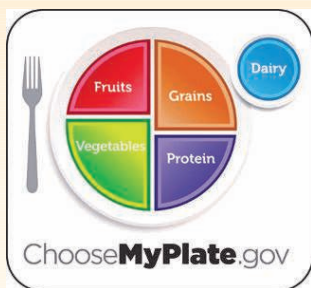
The new year offers us an opportunity to look at our nutritional intake and decide if what and when we are eating is the best we can do to maintain good health. Nutrition is just one aspect in maintaining or improving our health but it definitely is a very important factor. It is something we can control and improve upon. Will it make a difference?

The Department of Health and Human Services along with the US Department of Aging have recommended the following guidelines for seniors. Everyone is different and have different health conditions that influence what we eat. A wise approach when reviewing these daily recommendations is to decide which elements work for you and what needs to be improved to attain good health.

- 1-2 cups of milk
- 6 oz of meat, fish poultry, cheese, eggs, or legumes
- 2-3 servings of fruits
- 2-3 servings of vegetables
- 4-6 servings of grains

Each group provides different nutrients. Foods can be provided in various forms. Only you can determine which foods need to be restricted for your health.

Incorporate changes gradually. We often get stuck in ruts and are resistant to change. When you know these changes can positively influence your health, it is certainly worth the risk. To improve your health, you must take the first step—adjust your intakes to benefit yourself. Try choosing one area to improve upon. Gradually you can modify your intakes to improve your health. Your senior nutrition program aim is to meet at least a third of these goals.



**Pear and Bacon Grilled Cheese**

Perk up ordinary grilled cheese with salty bacon, sliced pears, and a dollop of jam.



**Ingredients**

- 2 tablespoons unsalted butter
- 2 tablespoons currant or jam
- 2 slices white sandwich bread
- 2 slices Cheddar
- 2 slices cooked bacon
- 1/4 small pear, thinly sliced

**How to Make It**

- Step 1. Melt the butter in a small skillet over medium low heat. Spread the jam on 1 slice of the bread and form a sandwich with the cheese, bacon, and pear.
- Step 2 Cook the sandwich, covered, until the bread is toasted and the cheese is melted, 2 to 3 minutes per side. Serve warm and ENJOY!

**Nutrition: Pears**

A fresh, juicy pear is a fall treat you might anticipate all year, and when you eat one, you're doing something good for your health.



Pears are an impressive source of fiber, and they also contain a wealth of vitamins and minerals that keep you healthy. Pears come in a range of colors and they're inexpensive, making them a smart addition to your healthy eating plan. They are rich in important antioxidants, flavonoids, and dietary fiber and pack all of these nutrients in a fat-free, cholesterol-free, 100-calorie package.

The fiber in a pear helps keep your heart healthy and might reduce your risk of certain types of cancer as well. Pears might also help people with pre-diabetes and diabetes better manage their condition. A 2015 in-vitro study published in Food Research International found that consuming a healthy diet that includes pears may provide better blood sugar control for people with pre-diabetes and diabetes.



## VALENTINE'S DAY GREETINGS

In addition to the United States, Valentine's Day is celebrated in Canada, Mexico, the United Kingdom, France and Australia. In Great Britain, Valentine's Day began to be popularly celebrated around the 17th century. By the middle of the 18th, it was common for friends and lovers of all social classes to exchange small tokens of affection or handwritten notes, and by 1900 printed cards began to replace written letters due to improvements in printing technology. Ready-made cards were an easy way for people to express their emotions in a time when direct expression of one's feelings was discouraged. Cheaper postage rates also contributed to an increase in the popularity of sending Valentine's Day greetings.

Americans probably began exchanging handmade valentines in the early 1700s. In the 1840s, Esther A. Howland began selling the first mass-produced valentines in America. Howland, known as the "Mother of the Valentine," made elaborate creations with real lace,

ribbons and colorful pictures known as "scrap." Today, according to the Greeting Card Association, an estimated

1 billion Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. (An estimated 2.6 billion cards are sent for Christmas.) Women purchase approximately 85 percent of all valentines.



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### Holiday Flu and You

The holiday season can be a gleeful time with friends and family and provide a special window to visit with loved ones that may not live close by. This is also usually the time of year when countless people are out shopping and hunting for great gift buying sales. While braving the crowds you could come in contact with someone who has an infection, which might cause you to catch their illness. You may also be unknowingly exposed to airborne viruses that commonly thrive this time of year. Even touching an item a sick person recently came into contact with could pass on that infection to you. Coming down with something like the flu can make your holiday season a nightmare.



**Influenza Virus** Here are some basic things you may not know about the influenza virus. There are four primary types of the influenza virus: A, B, C, and D which are commonly known as “the flu”. The types that are usually responsible for causing seasonal epidemics each winter are the human influenza A and B viruses. People who are infected with influenza virus C usually suffer from mild respiratory problems. Flu virus D, for the most part, only affects animals such as cattle. It is both types A and B of the virus that predominantly cause a danger to people. Normally, the groups of people that are at the highest risk of infection are infants and the elderly. This is because an infant’s immune system has not developed enough to fight off this type of viral infection. The elderly are likely more at risk because the immune system typically weakens as they age. They may not be able to fight off a significant infection from something like the flu that wreaks havoc on their immune system.

**Things to Watch Out For** When it comes to illnesses such as the flu, there are a few things to be on the lookout for during the holiday season. Some of the more common symptoms of an influenza infection are a sore throat, cough, and/or a stuffy or runny nose. Everyone’s body and immune system are different, so signs of illnesses could vary from person to person. People that have the flu may experience diarrhea or vomiting but these symptoms are not always present. These symptoms are noteworthy due to the likelihood of dehydration if they occur, which can be extremely dangerous. A few of the other severe and potentially dangerous symptoms of flu are body or muscle aches, fatigue or tiredness, headaches, and fever. If present, fever is one thing you will probably need to keep a close eye on because it can cause brain damage if left unchecked. Also, it can exacerbate symptoms or medical conditions you already have. The flu and its symptoms can come on suddenly. If you or a loved one starts to have chills or aches throughout the body, then chances are you will want the best thermometer to check for a fever. If the temperature gets too high, approximately one-hundred and three degrees Fahrenheit, or spikes suddenly it may be a good idea to take them to the doctor or emergency room.

### I WOULD SWIM THE OCEAN FOR YOU...

Lol just kidding, there are sharks in there.



**Prepare for the Holiday Season** To best prepare for the holidays, you will want to keep a few things in mind to be ready to prevent illness whenever possible. Go ahead and get your influenza vaccination as early as possible from a local pharmacy or your trusted physician. Making sure you wash your hands as much as possible is one of your best tools in illness and flu prevention. You will want to stock up on fluids, especially those that replenish electrolytes. Another great idea is to have fever reducers and other such over the counter medications on hand. Having these available to you during the holidays prevents you from making an unwanted trip to an already crowded store if you are unfortunately sick.



## Art Show



Our new class, Drawing for Your Health, invites you to an open house to display and showcase their work. Light refreshments will be served.

**Open house: Monday, February 5th 11-1pm**

Following the open house the pieces will be displayed in the hall for the remainder of the month.



## 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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# FEBRUARY 2018

**Monday**

**Tuesday**

**Wednesday**

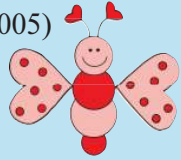
**Always bear in mind that your own resolution to succeed is more important than any other.**

- John F. Kennedy



5  
10:30 Drawing for your Health  
11:00 ART SHOW  
1:00 Needle Work Group

6  
10:30 Stepping On Class  
1:00 Movie: Sahara (2005)



7  
9:00 Commodities  
1:00 Movie Special Showing: The Crown Season 2

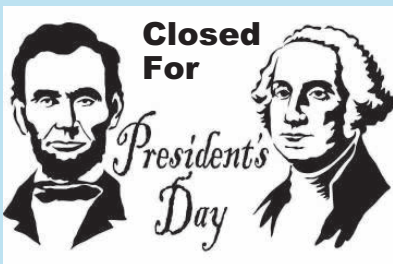
12  
10:30 Drawing for your Health  
10:30 Poker hosted by ComForCare  
12:15 Lunch and Learn: Heart Health and Strokes  
1:00 Needle Work Group

13  
10:30 Stepping On Class  
1:00 Foot Clinic by Rocky Mtn Care  
1:00 Movie: Barefoot in the Park

14  
11:15 Cooking Class \$1.00  
12-4 AARP Driver Safety Course  
12:00 Valentines Day Party  
1:00 Book Club



19



20  
10:30 Stepping On Class  
1:00 Movie: The American President

21  
11:15 Craft with Colby \$1.00  
1:00 Foot Clinic by Rocky Mtn Care  
1:00 Movie Special Showing: The Crown Season 2

26  
10:30 Drawing for your Health  
1:00 Needle Work Group

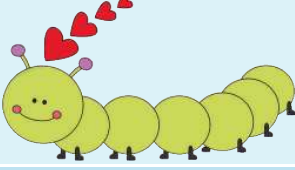


27  
1:00 Foot Clinic by Integrity Home Health—Charge of \$10.00  
1:00 Movie: Big Jake

28  
1:00 Movie Special Showing: The Crown Season 2



# FEBRUARY 2018

| Thursday  | Friday   |
|---|--|
| <p>1</p> <p>10:00 Living with Hearing Loss</p> <p>10:30 Cards with CNS</p> <p>1:00 Documentary: Beak &amp; Brain Genus Birds From Down Under</p>  | <p>2</p> <p>10-12 Blood Pressure</p> <p>1:00 Movie: Hatari</p>  |
| <p>8</p> <p>9:15 Living Well with Diabetes</p> <p>10:00 Living with Hearing Loss</p> <p>1:00 Foot Clinic by Rocky Mtn Care</p> <p>1:00 Documentary: Mekong w/ Sue Perkins Part 1</p> <p>5:30 P.M. Care Giver Support</p> <p>6:15 P.M. USU Grand Friends</p> | <p>9</p> <p>10-12 Blood Pressure</p> <p>1:00 Movie: Taste of Romance</p>   |
| <p>15</p> <p>9:00 <b>Olympic Games</b></p> <p>9:15 Living Well with Diabetes</p> <p>10:00 Living with Hearing Loss</p> <p>1:00 Documentary: Mekong w/ Sue Perkins Part 2</p>  | <p>16</p> <p>10-12 Blood Pressure</p> <p>1:00 Movie: Cool Runnings</p>   |
| <p>22</p> <p>9:15 Living Well with Diabetes</p> <p>10:00 Hobby Table: Sea Shells</p> <p>1:00 Red Hat Activity</p> <p>5:30 P.M. USU Grand Friends – Pot Luck Bingo</p> <p>5:30 P.M. Care Giver Support</p>   | <p>23</p> <p>10-12 Blood Pressure</p> <p>10:30 Nails with Symbii</p> <p>1:00 Movie: Unleashing Mr. Darcy</p>                                     |
| <p><b>Put your heart, mind, and soul into even your smallest acts. This is the secret of success.</b></p> <p>-Swami Sivananda</p>   |  |

## 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  
 5:00 pm TOPS  
 6:00 pm Knotty Knitters

## 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



Getting Medicare right

## What's New in 2018



LOCAL HELP FOR PEOPLE WITH MEDICARE

**Part A premium**- Free if you've worked 10 years or more \*\$232 per month if you've worked 7.5 to 10 years \*\$422 per month if you've worked fewer than 7.5 years. **Part A hospital deductible** \*\$1,340 each benefit period **Part A hospital** -coinsurance \*\$0 for the first 60 days of inpatient care each benefit period- \*\$335 per day for days 61-90 each benefit period \*\$670 per lifetime reserve day after day 90 in a benefit period. (You have 60 lifetime reserve days that can only be used once. They are not renewable.) **Skilled nursing facility** coinsurance \*\$0 for the first 20 days of inpatient care each benefit period \*\$167.50/day for days 21-100 each benefit period.

**Part B premium** (for those with incomes below \$85,000) \*\$134 is the standard premium

**Part B deductible** \*\$183 per year **Part B coinsurance** \*20% on most services Part B covers

Your Part B premium might be lower if you are protected by the hold harmless provision. The hold harmless provision means that your Social Security benefits cannot go down from year to year. If your Part B premium increase is more than the dollar amount of the cost of living adjustment (COLA) to your Social Security award, your premium will only increase the same dollar amount as your COLA. This means your Part B premium will be less than \$134. About a quarter of people will pay less than \$134 for their Part B premium in 2018. Check your Social Security benefits statement to learn what you will pay for Part B in 2018, or call the Social Security Administration at 800-772-1213.

**What if I can't afford my Part B premium?** If you have a limited income and assets, you may be eligible for a Medicare Savings Program, which pays the Part B premium and, in some cases, the Part A premium if you have one, and Part A and B deductibles, copays, and coinsurances. Contact your local SHIP to learn more about Medicare Savings Program eligibility and how to apply.

**What is SHIP?**- The Senior Health Information Program (SHIP) is a free service to help people who are eligible, or will soon be eligible, for Medicare with their health insurance questions including the Medicare Prescription Drug Program. The Senior center has 2 trained counselors who understand Medicare benefits, can help you explore Medicare Advantage options, understand the Medicare drug program, understand Medicaid programs including Medicare Cost Sharing Programs. We are happy to assist in providing information as well as assist in paperwork and enrolling into Medicare programs. Call 435-755-1720 to schedule an apt. with Giselle or Colby.

Under Medicare, a **benefit period** begins the day you're admitted as an inpatient and ends when you haven't received any inpatient care for 60 days in a row. If you go into a hospital or a skilled nursing facility after one benefit period has ended, a new benefit period begins. There's no limit to the number of benefit periods. This applies to those with Original Medicare.





## Senior Center Winter Olympics



The 2018 Winter Olympics are being held in PyeongChang, South Korea... BUT the Center will also be hosting some Olympic Games!

Please join us for some Grand Games including an Olympic sized Wii Bowling, Ping Pong, and Billiards Tournaments. Please sign up ahead of time with Colby. Gold Medals Included!

### **Thursday, February 15th**

Opening Ceremony at 9am  
 9:15 Wii Bowling  
 10:30 Ping Pong  
 11:15 Billiards  
 12:00 Closing Ceremony with Awards

The Crown Season 2 has arrived! We are so excited to continue this beloved saga. We will be having special Wednesday showings through February. Please join us at 1:00 p.m. for popcorn and drama!



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



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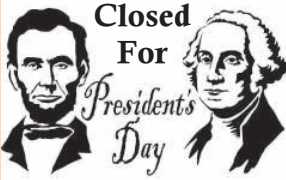
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# FEBRUARY 2018

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|---|--|---|---|--|
|    |  |                                        | <b>1</b><br><b>Breaded Pork Chop</b><br>Au Gratin Potatoes<br>Chuck Wagon Corn<br>Frog-eye Salad<br>Biscuit   | <b>2</b><br><b>Garlic Parmesan Chicken</b><br>Squash Blend<br>Veggies<br>Spiced Pears<br>Blueberry Muffin                |
| <b>5</b><br><b>Chicken Alfredo</b><br>Italian Veggies<br>Garlic Breadstick<br>Orange Fluff  | <b>6</b><br><b>Minestrone Soup</b><br>Turkey Sandwich<br>Lettuce & Tomatoes<br>Mixed Berry<br>Shortcake          | <b>7</b><br><b>Pot Roast</b><br>Mashed Potatoes with Gravy<br>Roasted Squash<br>Fruit Jell-O<br>Wheat Dinner Roll       | <b>8</b><br><b>BBQ Chicken</b><br>Macaroni & Cheese<br>Carrot & Raisin Salad<br>Cherry Pie<br>Cheese Biscuit  | <b>9</b><br><b>Lemon Pepper Cod</b><br>Quinoa<br>Asparagus w/Lemon Butter<br>Peach Bread<br>Pudding                      |
| <b>12</b><br><b>Loaded Baked Potato</b><br>Buttered Broccoli<br>Mandarin Oranges<br>Banana Cream<br>Pudding<br>Breadstick         | <b>13</b><br><b>Salisbury Steak</b><br>Seasoned Rice<br>Sun-Shine Carrots<br>Pear Strudel<br>Orange Roll         | <b>14</b><br><b>Chicken Cordon Bleu</b><br>Roasted Potatoes<br>Garden Blend<br>Veggies<br>Raspberry Parfait<br>Biscuit  | <b>15</b><br><b>Tomato Mac Soup</b><br>Chef Salad<br>Roll<br>Banana Jell-O Mold<br>Cookie   | <b>16</b><br><b>Pulled Pork Sandwich</b><br>Coleslaw<br>Macaroni Salad<br>Apple Crumb Bar                                |
| <b>19</b><br> <b>Closed For President's Day</b> | <b>20</b><br><b>Beef Stroganoff</b><br>Buttered Noodles<br>Capri Veggies<br>Pears<br>Coconut Cream<br>Pudding    | <b>21</b><br><b>Chicken Fried Steak</b><br>Potatoes & Gravy<br>Vegetable Medley<br>Fresh Fruit in Season<br>Dinner Roll | <b>22</b><br><b>Tilapia</b><br>Wild Rice<br>Roasted Fresh<br>Vegetable Mix<br>Lemon Pudding w/<br>Fresh Fruit   | <b>23</b><br><b>BBQ Flank Steak</b><br>Cheesy Potatoes<br>Buttered Corn w/<br>Red Peppers<br>Cherry Crisp<br>Dinner Roll |
| <b>26</b><br><b>Cheesy Potato Bacon Soup</b><br>Turkey Sandwich<br>Broccoli Salad<br>Ambrosia Fruit Salad                         | <b>27</b><br><b>Stuffed Pork Loin</b><br>Scalloped Potatoes<br>Peas & Pearl Onions<br>Apple Salad<br>Dinner Roll | <b>28</b><br><b>Smothered Chicken Burrito</b><br>Black Bean Salsa<br>Spanish Rice<br>Pineapple/Orange<br>Delight        | <p><i>Our doors open at 8:30 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> |  |

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 citizens 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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The Online Directory of Senior Centers

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## Scams and Fraud Concerns

### Questions on your money back from Western Union?

by Karen Dodge  
Staff Attorney, Midwest Region, FTC



Since we told you it's time to ask for your money back from Western Union's settlement with the FTC, we've gotten some questions about who can make a claim, when, and how it works. Here are some answers. If you lost money to a scammer who had you pay using Western Union between January 1, 2004 and January 19, 2017, you can file a claim. You have until **February 12, 2018**, to file your claim. You do not have to pay to get your money back. To file a claim, you have to give your Social Security number or Individual Taxpayer Identification Number (ITIN) on the claim form. But nobody will call you to ask for those numbers, or for your bank account or credit card number. Anyone who does is a scammer, so tell the FTC right away. If you don't have either a Social Security number or an ITIN, check the box that says so. When asked for a reason, you can explain that you're not a U.S. citizen – or whatever other explanation applies. The U.S. Department of Justice (DOJ) is managing the claims process through the company they hired, Gilardi & Co. Your claim will go to Gilardi, but we suggest you start at [FTC.gov/WU](http://FTC.gov/WU), which will link you to the claims website. If you had reported your loss to Western Union, the FTC, or another government agency earlier, you might have gotten a pre-filled claim form in the mail. But even if you didn't, you can still file a claim.

To prove how much you lost, it helps to have documentation – like a receipt or transfer send form. If you don't have those, file anyway. Give as much information as you can about your wire transfer and the money you lost, including when and why you sent it. That will help DOJ validate your claim. We know it's not that safe to send your Social Security number through the mail to someone you've never heard of. That's why we suggest filing your claim online, starting at [FTC.gov/WU](http://FTC.gov/WU). But if you got a claim form in the mail from Gilardi and you want to return it by mail, the only address to send it to is: United States v. The Western Union Company, PO Box 404027, Louisville, KY 40233-4027.

If you have power of attorney for someone, or you represent their estate, you can file a claim on their behalf. How much money you get back depends on how many people file a claim, and how many claims DOJ can validate. It might take a year for DOJ to process all the claims and send out checks. Check [FTC.gov/WU](http://FTC.gov/WU) for updates and answers to other questions.

## Mental Health

### AGING ALONE DOESN'T HAVE TO MEAN LONELY

People confuse the word "alone" with lonely. In a society where marriage has been held up as the ideal, they misunderstand how



those who've never married, or who are widowed or divorced, experience living alone. Loneliness is not tied to relationship status, and it's a fallacy to assume that marriage or cohabitation is the solution. Ask anyone who's been in an unhappy, non-communicative marriage. Eric Klinenberg, the author of "Going Solo," a book about living alone, looks at the emergence of the one-person household as an increasingly preferred living choice. "People who live alone do get lonely," Klinenberg says, "but so do people in marriages."

Younger people have made living alone a choice; in the under-65 demographic, 15 million live alone and many are actively choosing single lives, at the same time proving that the old equation between living alone and being unhappy no longer holds true. Younger singles are just as happy and healthy as younger people in committed relationships. But what about the 11 million seniors who are leading single lives? According to researchers, many older singles are not doing so well. As we age, many of us start worrying what living alone will be like. Who'll help if I become ill? What if I feel lonely and isolated? We worry about maintaining social connections if we lose mobility. Those of us who sought a single life and chose not to remarry after a divorce or spouse's death might find ourselves rethinking our priorities.

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Continued on pg. 13



Should advancing age cause people like me who are single to rethink our status? Is it time to find a partner? In an effort to quantify the feeling of loneliness – a sense of not having meaningful contact with others, accompanied by painful distress – geriatric specialists at the University of California, San Francisco, asked 1,604 adults age 60 and older how often they felt isolated or left out, or lacked companionship. Sixty-two percent of those who reported being lonely were married. Maybe what we need as we plan for old age is to expand our social connections and interactions – not look for a husband.

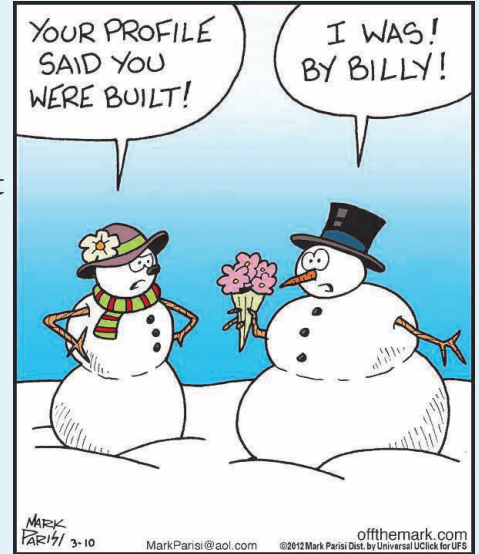
**With Friends-**We long for meaningful relationships and social connections. That may be why increasing numbers of older people are turning to online dating sites, which offer a way to connect with others and make new friends, even if they don't deliver a life partner.

There are other ways to connect and grow our social circles, too. Facebook is a great place to chat, keep up with friends' activities and even play games with them, like the popular game Word with Friends.

Some websites offer forums and chat rooms that encourage users to interact with others. Online friendships can supplement real life relationships.

We need social interactions and people in our lives who care about us, but living alone doesn't always lead to loneliness, just as living with others is no guarantee of happiness. We can maintain our independent lifestyles as we age and build strong social connections at the same time.

<https://seniorplanet.org/aging-alone-doesnt-have-to-mean-lonely/>



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## Mensaje de Directora

Los residentes de caché del condado puede registrarse para una nueva iniciativa de seguridad, los residentes Smart911, que está disponible para todas las personas. Smart911 es un servicio gratuito que permite a individuos y familias a inscribirse en línea y proporcionar información clave a 9-1-1 centros. Esta información permite un rápido 9-1-1 y respuesta de emergencia más eficaz mediante la aplicación de la ley, bomberos y servicios médicos de emergencia.

Smart911 plataforma ahorra tiempo crítico en una emergencia cuando los segundos pueden ser la diferencia entre la vida y la muerte. La información adicional proporcionada en un Smart911 Perfil de seguridad ayuda a 9-1-1 profesionales enviar la respuesta correcta a la ubicación correcta con la información adecuada.

Smart911 permite a los residentes a crear un perfil de seguridad en [www.smart911.com](http://www.smart911.com) para toda su familia. Los residentes pueden personalizar su perfil y compartir cualquier información que desee 9-1-1 y los equipos de respuesta en caso de emergencia. Toda la información contenida en el perfil de seguridad privada y segura. Se muestra automáticamente al 9-1-1 profesionales

sólo cuando el residente marca 9-1-1. Los beneficios de esta información adicional sobre un 9-1-1 llamada desde un teléfono celular son inconmensurables. Los teléfonos móviles no proporcionan una dirección exacta para el 9-1-1 llamada secuestradores. En situaciones como un incendio, segundos asunto y la información adicional con el Smart911 plataforma permite ayudar a llegar más rápido. Además, Smart911 permite 9-1-1 los despachadores para enviar y recibir mensajes de texto SMS a teléfono móvil mensaje llamadores que colocó un 9-1-1 llamada, pero no puedan comunicarse de forma audible.

Se alienta a los ciudadanos a crear su perfil de seguridad con Smart911 hoy para tener su información de inmediato disponible para 9-1-1 y los primeros en responder. Smart911 es privado y seguro, sólo se utiliza en caso de una emergencia, y sólo se pone a disposición del sistema 9-1-1 en el caso de una llamada de emergencia se re-



## MEDICAREMEDICARE

Parte a Premium-gratis si has trabajado 10 años o más \* \$232 por mes si has trabajado 7.5 a 10 años \* \$422 por mes si has trabajado menos de 7.5 años. Parte a Hospital deducible \* \$1340 cada período de beneficios parte a Hospital-coaseguro \* \$0 para los primeros 60 días de atención hospitalaria cada período de beneficios- \* \$335 por día por días 61-90 cada período de beneficios \* \$670 por vida reserva día tras día 90 en un período de beneficios. (Tiene 60 días de reserva de por vida que sólo se pueden utilizar una vez).

Parte B Premium (para aquellos con ingresos menos de \$85,000) \* \$134 es la prima estándar

Parte b deducible \* \$183 por año parte b coaseguro \* 20% en la mayoría de los servicios cubre parte b

Su premio de la Parte B podría ser más bajo si es protegido por el asimiento provisión inocua. La provisión inocua del asimiento significa que sus ventajas de la Seguridad social no pueden disminuir del año al año. Si su aumento del premio de la Parte B es más que el monto en dólares del ajuste del costo de la vida (COLA) a su premio de la Seguridad social, su premio sólo aumentará el mismo monto en dólares que su COLA.

¿Qué pasa si no puedo pagar mi prima de la parte B? Si usted tiene un ingreso y activos limitados, usted puede ser elegible para un programa de ahorros de Medicare, el cual paga la prima de la parte B y, en algunos casos, la parte a prima si usted tiene uno, y los deducibles, copagos y coaseguros de la parte a y B.

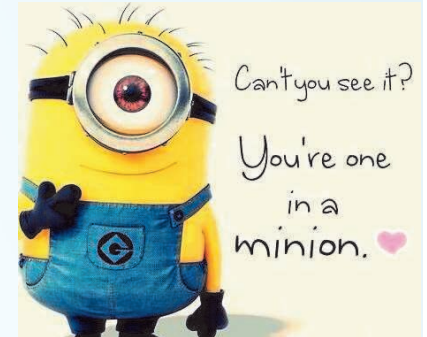
Comuníquese con su SHIP para obtener más información sobre la elegibilidad del programa de ahorros de Medicare y cómo solicitarla.



2-6  
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By  
Caiti  
JEFF  
KEANE

"Daddy, how much snow does it take to close a school? I need to know whether to do my homework."



Can't you see it?  
You're one  
in a  
minion. ♡



## MEDICAREMEDICARE

¿Qué es Ship?-el programa de información de salud (Ship) es un servicio gratuito para ayudar a las personas que son elegibles, o que pronto serán elegibles, para Medicare con sus preguntas de seguro de salud, incluyendo el programa de medicamentos recetados de Medicare. El centro de ancianos tiene 2 consejeros entrenados que entienden los beneficios de Medicare, pueden ayudarle a explorar las opciones de Medicare Advantage, entender el programa de medicamentos de Medicare, entender los programas de Medicaid incluyendo los programas de costo compartido de Medicare.

Estamos encantados de ayudar a proporcionar información, así como ayudar en el papeleo y la matriculación en los programas de Medicare. Llame 435-755-1720 para programar un apt. con Giselle o Colby.

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**

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