

# Cache County Senior Center

March 2018

Photo by Mike Bullock

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

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

### Lunch and Learn:

\*March 7th: National  
Parks Service

\*March 8th: Brain Health  
w/ Karlie Mountjoy, nutri-  
tional health coach with  
Natural Grocers

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.

### **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.



## **The History of 'APRONS'**

by Tina Charlene

I don't think our kids know what an apron is. The principal use of Grandma's apron was to protect the dress underneath because she only had a few. It was also because it was easier to wash aprons than dresses and aprons used less material. But along with that, it served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids.

And when the weather was cold, Grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.

Chips and kindling wood were brought into the kitchen in that apron.

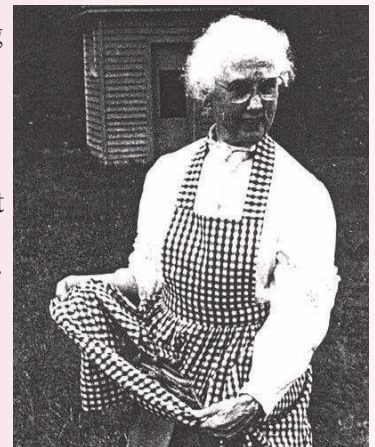
From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

In the fall, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men folk knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes.





## Asparagus



The ultimate spring vegetable, asparagus is rich in potassium and low in sodium, which helps your body achieve proper electrolyte balance and works to reduce bloating. Add the plant's anti-inflammatory phytonutrients and health-promoting antioxidants—like glutathione, a detoxifying compound that helps break down carcinogens and other harmful free radicals—and you've got yourself a powerful weight-loss arrow in your quiver. That's why asparagus is one of the [30 Healthiest Foods for Women](#).

Another anti-aging property of this delicious spring veggie is that it may help our brains fight cognitive decline. Like leafy greens, asparagus delivers folate, which works with vitamin B12—found in fish, poultry, meat and dairy—to help prevent cognitive impairment. In a study from Tufts University, older adults with healthy levels of folate and B12 performed better on a test of response speed and mental flexibility. (If you're 50-plus, be sure you're getting enough B12: your ability to absorb it decreases with age.) It contains high levels of the amino acid asparagine, which serves as a natural diuretic, and increased urination not only releases fluid but helps rid the body of excess salts. This is especially beneficial for people who suffer from edema (an accumulation of fluids in the body's tissues) and those who have high blood pressure or other heart-related diseases.

The most common type of asparagus is green, but you might see two others in supermarkets and restaurants: white, which is more delicate and difficult to harvest, and purple, which is smaller and fruitier in flavor. No matter the type you choose, asparagus is a tasty, versatile vegetable that can be cooked in myriad ways or enjoyed raw in salads.

## Cheesy Baked Asparagus

### INGREDIENTS

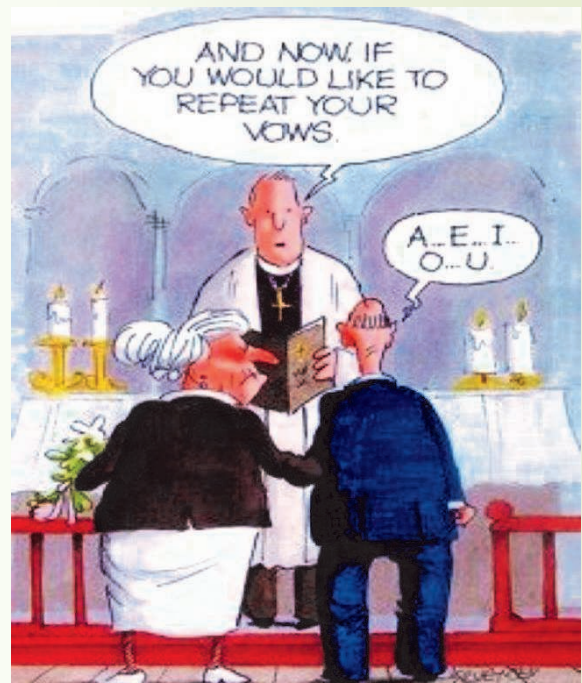
- 2 lb. asparagus, stalks trimmed
- 3/4 c. heavy cream
- 3 cloves garlic, minced
- kosher salt
- Freshly ground black pepper
- 1 c. freshly grated parmesan
- 1 c. shredded mozzarella

### DIRECTIONS

Preheat oven to 400°. Place asparagus in a shallow baking dish.

Pour over heavy cream and scatter with garlic. Generously season with salt and pepper, then sprinkle with parmesan and mozzarella.

Bake until cheese is golden and asparagus tender, 25 to 30 minutes. (Broil the last 2 minutes, if desired.)





## Senior Discounts: Stores Offering Discounts for Senior Citizens

Gone are the days of your grandmother's "early bird special" at the local diner. As our baby boomers reach retirement age, hundreds of retailers are featuring new and improved discounts exclusively for the 60 and older crowd.

### Restaurant Discounts:

Applebee's: 10-15% off (varying by location) and may require a Golden Apple Card (60+).

Arby's: 10% off (55+).

A&W All American Food: 10% senior discount, varies by location.

Chick-fil-A: Free refillable senior drink, not including coffee. Varies by location.

Chili's: 10% off (55+).

Denny's: 15% off for AARP members, all other senior discounts vary by location.

Dunkin' Donuts: AARP members receive a free donut with the purchase of a L or XL beverage at participating restaurants.

El Pollo Loco: 10% senior discount (60+).

Golden Corral: Senior discount varies by location. IHOP: Great discounts on senior menu items (55+).

KFC: Free small drink with any meal (55+).

Krispy Kreme Senior Discount: 10% off (50+). (Age and discount varies depending on location).

McDonald's: Discounts on coffee everyday (55+).

Sizzler: Offers "Honored Guest Menu" (60+) varies by location.

Sonic: 10% off or free beverage (60+) varies by location.

Subway: 10% off (60+) varies by location.

Taco Bell: 5% off; free beverages for seniors (65+).



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## Health and Wellness

Research has found that exercise and healthy eating can enhance readiness for surgery and potentially lead to improved outcomes.

Surgery can be hard on older adults, resulting in serious complications and death far more often than in younger patients. But many seniors aren't adequately prepared for possible risks.

Innovative hospitals are working to change that. In the weeks leading up to surgery, they prescribe exercise to seniors, make sure they're eating healthy foods and try to minimize anxiety and stress. Research suggests these interventions can enhance seniors' readiness for surgery and potentially lead to improved outcomes.

In that vein, next year the American College of Surgeons (ACS) plans to launch a national effort to improve surgical care for seniors, after defining a broad array of standards that hospitals should meet. The goal is to promote and recognize "centers of excellence in geriatric surgery" across the U.S., said Dr. Ronnie Rosenthal, chair of ACS' geriatric surgery task force.

New evidence from Duke University's POSH (Perioperative Optimization of Senior Health) program demonstrates the value of prepping at-risk seniors for surgery, a strategy endorsed by the newly published standards. Researchers reported that older adults who went through the POSH program before major abdominal operations spent less time in the hospital (four days versus six days for a control group), were less likely to return to the hospital in the next 30 days (7.8 percent vs. 18.3 percent), and were more likely to return home without the need for home health care (62.3 percent vs. 51.1 percent). They also had slightly fewer complications.

POSH is an interdisciplinary model of care, bringing together surgeons, geriatricians, anesthesiologists and social workers while actively engaging older patients and their families.



## Health and Wellness



The Centers for Disease Control and Prevention (CDC) has recommended a new recombinant zoster vaccine (RZV) for shingles prevention, replacing the zoster vaccine live (ZVL). And for the first time, the agency is recommending a vaccine for anyone 50 or older; the previous threshold was 60. The Advisory Committee on Immunization Practices (ACIP) had recommended the new vaccine last fall in an 8-to-7 vote and the lower age threshold in a 14-to-1 vote. The findings and guidance on the use of both vaccine types in adults were published online in the January 26 Morbidity

and Mortality Weekly Report. With the recommendation now official, insurance coverage is more likely to kick in for RZV, marketed by GlaxoSmithKline under the name Shingrix. The analysis shows that it is more than 90 percent effective. ZVL is marketed by Merck under the name Zostavax. About 1 in 3 adults contract shingles, with annual rates of about five cases per 1,000 for Americans ages 50 to 59, and 11 per 1,000 for those 80 and older. The most common symptom for shingles is a painful rash with blisters, often with a burning sensation, that develops on the face or torso. The blistering rashes scab over in seven to 10 days and clear up in two to four weeks. It is caused by the latent varicella (chicken pox) zoster virus. The new vaccine, available since October, consists of two intramuscular doses that are to be given two to six months apart.

<https://www.aarp.org/health/drugs-supplements/>



## March Madness

### Senior Center March Madness Bracket!

We will be posting a large follow along bracket in the lunch room. See Colby to get your own and to pick your teams. **Compete along and win some prizes!!**



## 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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# MARCH 2018

Monday	Tuesday	Wednesday
<p><b>Daffodowndilly</b> by A.A. Milne</p> <p>She wore her yellow sun-bonnet, She wore her greenest gown; She turned to the south wind And curtsied up and down. She turned to the sunlight</p>	<p>And shook her yellow head, And whispered to her neighbour: "Winter is dead."</p> 	
<p><b>5</b></p> <p>10:30 Drawing for your Health</p> <p>1:00 Needle Work Group</p>	<p><b>6</b></p> <p>9:15 Living Well with Diabetes</p> <p>1:00 Movie: Donavan's Reef (1h 48min)</p>	<p><b>7</b></p> <p>9:00 Commodities</p> <p><b>12:15 Lunch and Learn with the National Parks Services</b></p> <p>1:00 The Crown Special Showing</p> 
<p><b>12</b></p> <p>10:30 Drawing for your Health</p> <p>10:30 Poker hosted by ComForCare</p> <p>1:00 Needle Work Group</p>	<p><b>13</b></p> <p>9:15 Living Well with Diabetes</p> <p>1:00 Foot Clinic by Rocky Mtn Care</p> <p>1:00 Movie: The Choice (1h 51min)</p>	<p><b>14</b></p> <p>11:15 Cooking Class \$1.00</p> <p>12-4 AARP Driver Safety Course</p> <p>1:00 Book Club</p>
<p><b>19</b></p> <p>10:30 Drawing for your Health</p> <p>1:00 Needle Work Group</p>	<p><b>20</b></p> <p>9:15 Living Well with Diabetes</p> <p>1:00 Movie: The Lost City of Z (2h 21min)</p> 	<p><b>21</b></p> <p>10-11:30 Hobby Table— Hats</p> <p>11:15 Craft with Colby \$1.00</p> <p>1:00 Foot Clinic by Rocky Mtn Care</p> <p>1:00 The Crown Special Showing</p>
<p><b>26</b></p> <p>10:30 Drawing for your Health</p> <p>1:00 Needle Work Group</p>	<p><b>27</b></p> <p>10:15 Vintage Quilt Exhibition field trip</p> <p>1:00 Foot Clinic by Integrity Home Health—Charge of \$10.00</p> <p>1:00 Movie: Freedom Writers (2h 3min)</p>	<p><b>28</b></p> 



# MARCH 2018

Thursday	Friday
<b>1</b> 10:30 Cards with CNS  1:00 Documentary: Treasures from the Wreck of the Unbelievable (1h 30 min)	<b>2</b> 10-12 Blood Pressure  1:00 Movie: The Man in the Iron Mask (2h 12min)
<b>8</b> <b>12:15 Lunch &amp; Learn: Brain Health w/ Natural Grocers</b> 1:00 Foot Clinic by Rocky Mtn Care  1:00 Documentary: The Pilgrims (1h 30min)  5:30 P.M. Care Giver Support  6:15 P.M. USU Grand Friends	<b>9</b> 10-12 Blood Pressure  1:00 Movie: Goodbye Christopher Robin (1h 47min)
<b>15</b> 12:00 Senior Center March Madness   1:00 Documentary: Chasing Coral (1h 33min)	<b>16</b>  All Day: Hide The Leprechaun 10-12 Blood Pressure 10:30 St. Patrick's Bingo & Party  1:00 Movie: The Quiet Man (2h 9min)
<b>22</b> 1:00 Red Hat Activity  5:30 P.M. USU Grand Friends – Pot Luck Bingo  5:30 P.M. Care Giver Support	<b>23</b> 10-12 Blood Pressure  10:30 Nails with Symbii  1:00 Movie: The Curious Case of Benjamin Button (2h 46min)
<b>29</b> 1:00 Documentary: Naledi: A baby Elephants Tale (1h 30min)	<b>30</b> 10-12 Blood Pressure  1:00 Movie: Mary Poppins (2h 20min) 

## Daily Activities

### 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/ Ping Pong**  
**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**  
**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**

# MEDICARE



## Is this preventive service covered at 100% by Medicare?



AL HELP FOR PEOPLE WITH MEDICARE

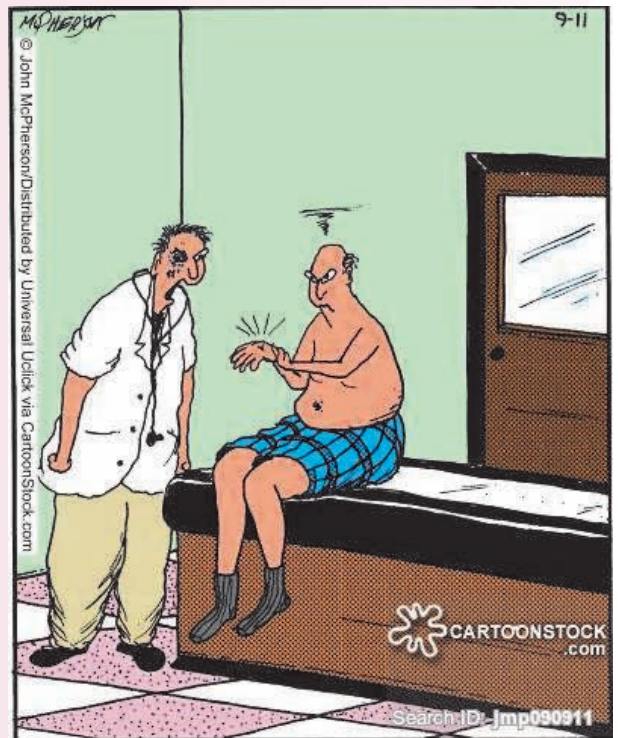
Preventive care is the care you receive to prevent illness, detect medical conditions, and keep you healthy. Medicare Part B covers many preventive services with no cost-sharing, as long as you meet eligibility requirements and follow the guidelines below.

- ✓ Is it one of the services that Original Medicare covers at 100% of the Medicare-approved amount? Preventive services recommended by the U.S. Preventive Services task force are covered with zero cost-sharing, so you will not have to pay any deductible or coinsurance when you receive them. Flu shots, many cancer screenings, and glaucoma tests are some examples of preventive services with zero-cost sharing. You can find a list of those services here: <https://www.medicare.gov/coverage/preventive-and-screening-services.html>
- ✓ Do you meet the coverage criteria? For many of the covered preventive services, you have to meet coverage rules based on your age, gender, or certain risk factors. Your health care provider should be able to tell you if you qualify.
- ✓ Are you seeing the right kind of provider?

**Original Medicare:** To get preventive services with no cost-sharing, you should see a provider that accepts assignment. If you see a non-participating or opt-out provider, you may be responsible for part or all of the cost of your service.

**Medicare Advantage:** You should receive services from an in network provider. If you go out-of-network, you might be responsible for part or all of the cost of your preventive service.

- ✓ Remember, even if a preventive service is covered with no cost-sharing, you might be responsible for other costs. For example, you may have to pay a facility fee depending on where you get the service, and you may be charged for a doctor's visit if you meet with a physician before or after the service.



**"Just so you know, a broken wrist caused by punching your doctor in the eye is NOT covered by your insurance!"**





## Saint Patrick's Day Bingo and Party!

Friday 3/16

Special Hide the Leprechaun Event:  
All day long a Leprechaun will be hidden in the Center. If you can find him, bring him to Colby for a Gold Coin!

10:30 St. Paddy's Bingo

11:30 St. Paddy Party: Come Dressed in Green and get a BEER (Root Beer of course). Have some treats and play some games!



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



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# MARCH 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<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>			<p>1 <b>Herb Crusted Salmon</b> Rice Pilaf Malibu Veggies Cherry Pie</p>	<p>2 <b>Sloppy Joes</b> Carrot Raisin Salad Potato Chips Berry Fluff Fruit Salad</p>
<p>5 <b>Bean &amp; Ham Soup</b> Egg Salad Sandwich Coleslaw Pears</p>	<p>6 <b>Street Tacos</b> Black Bean Salsa Spanish Rice Raspberry Parfait</p>	<p>7 <b>Roast Turkey</b> Potatoes &amp; Gravy Peas &amp; Carrots Cranberry Fruit Salad Dinner Roll</p>	<p>8 <b>Sausage/Pepperoni Pizza</b> Green Salad Fresh Fruit</p>	<p>9 <b>Biscuits &amp; Gravy</b> Potatoes Obrien Veggie Medley Fresh Banana</p>
<p>12 <b>Chicken Alfredo</b> Italian Veggies Ambrosia Fruit Salad Breadstick</p>	<p>13 <b>Pork Loin</b> Au Gratin Potatoes Garden Blend Veggies Spiced Apples Dinner Roll</p>	<p>14 <b>French Dip Sandwich</b> Pasta Salad Fresh Orange Slices Cookie</p>	<p>15 <b>Lemon Pepper Cod</b> Rice Pilaf Butternut Squash Lemon Pudding w/Fresh Fruit Blueberry Muffin</p>	<p>16 <b>Flank Steak</b> Glazed Carrots Green Salad Fruit &amp; Yogurt Cheese Biscuit</p>
<p>19 <b>Chicken Fajitas</b> Onions &amp; Peppers Spanish Rice Mexicali Corn Orange Fluff</p>	<p>20 <b>Butternut Squash Soup</b> Spinach Salad w/Strawberries Raspberry Muffin</p>	<p>21 <b>Hamburgers</b> Lettuce/Tomato &amp; Pickles Tater Tots Coleslaw Fruited Jell-O</p>	<p>22 <b>Tilapia</b> Wild Rice Sunshine Carrots Peaches</p>	<p>23 <b>Swiss Cheese Chicken</b> Roasted Potatoes Green Beans Fruit Cocktail Dinner Roll</p>
<p>26 <b>French Toast Sticks</b> Sausage Patty Chilled V-8 Juice Cottage Cheese &amp; Pineapple</p>	<p>27 <b>Beef Tips</b> Potatoes &amp; Gravy Garden Blend Veggies Mixed Berry Shortcake</p>	<p>28 <b>Chicken Pasta Bake</b> Malibu Veggies Fresh Fruit Cookie</p>	<p>29 <b>Tomato Basil Soup</b> Chef Salad Banana Pudding Dinner Roll</p>	<p>30 <b>Glazed Baked Ham</b> Cheesy Potatoes Capri Veggies Pineapple Coleslaw Biscuit</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.



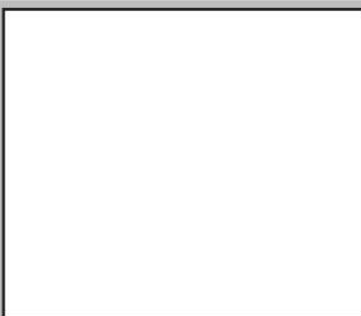
## FIELD TRIP

### Vintage Quilt Exhibition



Join us as we go on our first field trip! We will be going to the Brigham City Museum and admiring the quilts that are cherished heirlooms and others that are historic treasures from travels that will hang in the Museum. The pieces combine patchwork, applique and embroidery in endless combinations, and nearly all have been produced before 1940. Families throughout Utah have unrolled or unfolded about 50 quilts to share with the museum.

Our trip will be March 27th with departure time 10:15 am. After admiring the quilts we plan to have lunch at the Brigham Senior Center. \$3.00. Please sign up and reserve your spot with Marisol at the front desk with a \$3.00 transportation donation.



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# Basketball Word Search

I	C	D	R	I	B	B	L	E	V	A	X	N	B	N	Z	F	B	Z
B	O	D	R	X	T	E	S	N	E	F	E	D	E	N	O	Z	U	Y
Z	M	D	D	T	E	N	X	G	P	P	K	R	E	T	S	O	R	E
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Z	I	S	L	A	M	D	U	N	K	U	R	C	A	R	V	B	S	C
L	F	B	D	T	P	O	D	M	B	E	K	E	O	X	L	A	S	G
D	E	A	D	B	A	L	L	L	L	E	S	U	Y	O	S	S	E	U
K	I	R	I	A	J	U	E	E	Y	C	T	D	C	A	X	K	S	A
G	Y	F	A	J	G	T	A	H	I	X	T	K	W	F	U	E	S	R
U	S	I	D	L	E	S	O	W	O	R	I	L	N	A	S	T	I	D
E	K	A	F	A	E	L	H	T	E	N	R	O	O	K	I	E	O	S
Q	J	U	M	H	E	M	Y	I	G	Y	S	D	N	U	O	B	N	I

ASSIST  
BASKET  
BLOCKING  
BREAK  
CLEAR OUT  
DEAD BALL  
DOUBLE TEAM  
DRIBBLE

END LINE  
FAKE  
FLOOR  
FRONTCOURT  
GUARDS  
INBOUNDS  
KEYHOLE  
LAYUP

OPEN  
PASS  
PIVOT  
POSSESSION  
RELEASE  
ROOKIE  
ROSTER  
SHOOTER

SLAM DUNK  
THROW-IN  
TIMEOUT  
TRAVELING  
TURNOVER  
ZONE DEFENSE



### That's not your neighbor calling



When your phone rings and it looks like a local call, you may be more likely to answer. Scammers count on this and can easily fake caller ID numbers. They even can match the first six digits of your own number, which is called “neighbor spoofing.” The urge to answer can be tough to resist, since you might worry it’s a neighbor who needs help, or the school nurse. If you see a number like this on your caller ID, remember that it could be faked. Letting it go to voicemail is one option. If you do pick up and don’t recognize the caller — hang up.

But what else can you do? Call blocking services that block or flag unwanted calls can help. These services include mobile apps, features built into your mobile phone, cloud-based services, call-blocking devices, or services provided by your phone service carrier. Some are free and others cost money.

You also can register your number with the Do Not Call Registry. The Do Not Call Registry is designed to stop sales calls from legitimate companies, so it won’t stop calls from scammers. But it could make it easier for you to spot scam calls. If a company is ignoring the Registry, there’s a good chance it’s a scam.

You also can help by reporting unwanted calls. They take the phone numbers you report and release them to the public each business day. This helps phone carriers and other partners that are working on call blocking solutions. Your reports also help law enforcement identify the people behind illegal calls.

<https://www.donotcall.gov/register/reg.aspx>

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# MEDICARE

El cuidado preventivo es el cuidado que usted recibe para prevenir enfermedades, detectar afec- ciones médicas y mantenerlo saludable. Medicare parte B cubre muchos servicios preventivos sin compartir costos, siempre y cuando cumpla con los requisitos de elegibilidad y siga las pautas que se indican a continuación.

✓ Es uno de los servicios que Medicare Original cubre al 100% de la cantidad aprobada por Medicare)? Los servicios preventivos recomendados por los EE.UU. Preventive Services Task Force están cubiertos con coste cero de beneficios, por lo que no tendrá que pagar un deducible o coseguro al recibirlos. Las vacunas contra la gripe, muchos exámenes de detección de cáncer, y glaucoma pruebas son algunos ejemplos de servicios preventivos con cero costo compartido. Puede encontrar una lista de los servicios aquí: <https://www.medicare.gov/coverage/preventive-and-screening-services.html>

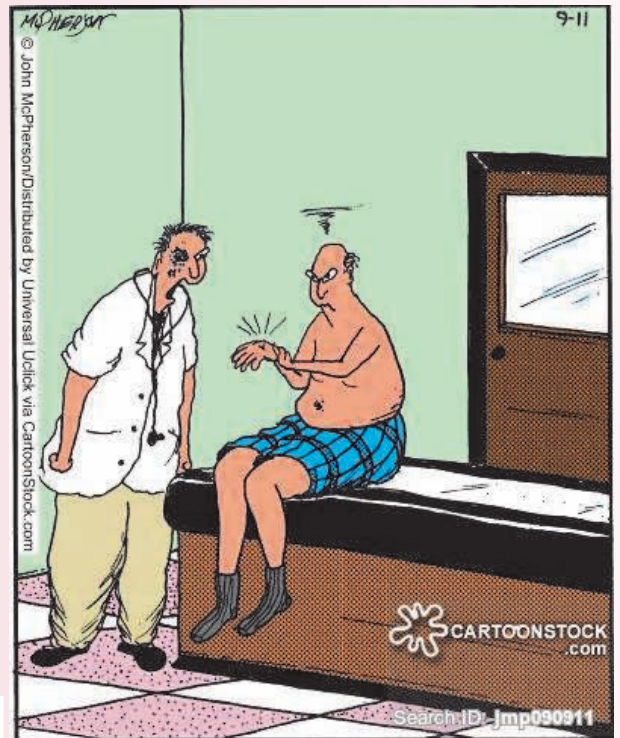
✓ ¿Cumple los criterios de cobertura? Para muchas de las cubiertas de los servicios preven- tivos, se tienen que cumplir reglas de cobertura basado en la edad, el género, o ciertos fac- tores de riesgo. Su médico podrá decirle si usted califica.

✓ Estás viendo el proveedor correcto?

Si tiene Medicare Original: para obtener servicios preventivos sin costo-beneficios, usted debe ver a un proveedor que acepta la asignación. Si usted ve un no participante o opt-out proveedor, usted puede ser responsable de todo o parte del costo de su servicio.

Medicare Advantage: Usted debe recibir los servicios de un proveedor de red. Si usted está fuera de la red, usted podría ser responsable de parte o todo el costo de su servicio de prevención.

✓ Recuerde que, incluso si un servicio preventivo está cubierto con ningún costo-beneficios, usted podría ser responsable de otros gastos. Por ejemplo, puede que tenga que pagar una tarifa para el uso de instalaciones dependiendo de dónde obtener el servicio, y podrá ser cobrado por una visita al médico si te encuentras con un médico antes o después del servicio.



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Regardless of your heritage, everyone's Irish on March 17th! Get your green on, bust out your brogue, and impress your friends and family with this fun St. Patrick's Day trivia. See how much you really know about Ireland, St. Patrick and the traditions that surround the annual celebration of him.

What does the word "shamrock" mean in Gaelic? Shamrock translates to "young clover," and many kinds of clover can be a shamrock.

When was the first St. Patrick's Day Parade held in Dublin, Ireland? Shockingly, the first parade in Dublin did not occur until 1931. The holiday wasn't a national holiday in Ireland until 1903.

When did the first New York City St. Patrick's Day parade take place? In 1762, British soldiers from Ireland marched through the streets of New York City to honor St. Patrick. Irish soda bread is popular on St. Patrick's Day.

Why is it tradition to cut a cross on the top of the loaf? The cross is cut into the dough with a knife before baking to ward off the devil. Green has not always been the color associated with St. Patrick and St. Patrick's Day.

What was the first color associated with St. Patrick? Hard to believe, but it was blue. The Order of St. Patrick, established in 1783, selected blue as its color because dark green was already taken. Green became popular with the 1798 Irish Rebellion when wearing a clover on a lapel became a sign.



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