

Photo by Mike Bullock

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

**April 4th**  
**@ 9:00 am**  
**Commodities Pickup**

**Lunch and Learn:**


**April 18: Financial Scams:**  
**Wells Fargo**

**April 20: Prescription drug**  
**and safety: BRHD**

**April 27: CNS**

**April 27– Bingo Night**  
**Fundraiser 6:00 PM**

**Larry Dawson from the VA**  
**will assist you with**  
**all of your benefit needs on**  
**April 10th & April 24th**  
**from 9-12 pm.**  
**Please call**  
**Deborah Crowther**  
**at 435-713-1462 to**  
**schedule an appointment.**



## The Elephant Rope

As a man was passing the elephants, he suddenly stopped, confused by the fact that these huge creatures were being held by only a small rope tied to their front leg. No chains, no cages. It was obvious that the elephants could, at anytime, break away from their bonds but for some reason, they did not.



He saw a trainer nearby and asked why these animals just stood there and made no attempt to get away. “Well,” trainer said, “when they are very young and much smaller we use the same size rope to tie them and, at that age, it’s enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free.” The man was amazed. These animals could at any time break free from their bonds but because they believed they couldn’t, they were stuck right where they were. Like the elephants, how many of us go through life hanging onto a belief that we cannot do something, simply because we failed at it once before? Failure is part of learning; we should never give up the struggle in life.

How many times do we hesitate to try something new for fear? Have we been conditioned like this grown elephant to not break away from our every day routine and try something new?

I hope you are continuing to set goals; to socialize, interact and participate more here at the Center. We have many classes and activities available. I hope that as you look over our calendar you might set the goal to try something new. Maybe try line dancing one day or even Tai chi. You might be surprised that ceramics group is really quite relaxing. Maybe joining us on one of our Out to Lunch trips. Whatever the interest, I encourage you to try something new this year. If there is an interest in a particular class please do not hesitate to ask about the possibility of starting one here. With that said I am interested in seeing if there is an interest in a tap dancing class, starting a pinochle group, yoga class, or Zumba class? Please share your thoughts with Colby or Giselle.

**When the world says “Give Up” Hope whispers, Try it one more time” -**  
**- Author unknown**



## Nutrition News



With a firm texture and mild taste, halibut often appeals to people who don't like fish. Plus, with lots of nutrients in a low-calorie package, halibut is a top choice for anyone.

Consider the following:

- At 158 calories for a 4-ounce serving, halibut is an excellent source of protein, minerals (selenium, magnesium, phosphorus, and potassium), and B vitamins (B12, niacin, and B6).
- Halibut is also a great source of essential omega-3 fatty acids. These acids are known for reducing the risk of blood clotting and providing anti-inflammatory effects linked to reducing such health risks as heart disease, stroke, and cancer.
- People with diabetes and excess abdominal fat often have elevated triglycerides, which increase the risk of cardiovascular disease. As few as two servings of fish per week may help lower triglycerides to the preferred level -- less than 150 mg/dl, as cited by the American Heart Association.
- Halibut is available fresh from spring through mid-fall, but it can be found frozen all year long.

The heart association recommends that people without heart disease eat at least two servings of fish, especially fatty fish, every week. Each serving is 3.5 oz., or about 3/4 cup of flaked fish. Those with heart problems benefit from consuming about 1 g of EPA and DHA per day.

If you see a rabbit laying  
little brown eggs,  
Don't eat them,  
It's not chocolate!

Happy Easter  
Every Bunny!

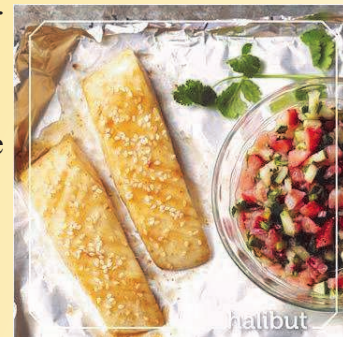


## Good Things To Eat

### Halibut with Strawberry Salsa

#### Ingredients

- 4 1/2 teaspoons plum sauce
- 4 1/2 teaspoons lime juice
- 1/4 teaspoon grated fresh ginger
- 1/8 teaspoon salt
- Dash ground black pepper
- 1/2 cup coarsely chopped strawberries
- 1/4 cup chopped seeded cucumber
- 1 tablespoon thinly sliced green onion
- 1 tablespoon snipped fresh cilantro
- 1/4 of a small fresh jalapeno chile pepper, seeded and finely chopped
- 24 - ounces fresh or frozen halibut steaks, cut 3/4 inch thick
- 1/2 teaspoon sesame seeds



#### Directions

In small bowl, combine plum sauce, lime juice, and ginger. Remove half of the mixture; stir in salt and black pepper. Set aside. For salsa: Stir strawberries, cucumber, green onion, cilantro, and jalapeno pepper into remaining plum sauce mixture. Cover and chill for up to 1 hour.

Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Place fish on greased unheated rack of a foil-lined broiler pan. Brush fish with reserved plum sauce mixture; sprinkle with sesame seeds.

Broil about 4 inches from heat for 6 to 9 minutes or until fish flakes easily with fork. Serve fish with salsa. Makes 2 servings.

Nutrition Facts Per Serving:

Servings Per Recipe: 2

PER SERVING: 190 cal., 3 g total fat 36 mg chol., 312 mg sodium, 15 g carb. (2 g fiber, 3 g sugars), 25 g pro.



In April we will have a Presentation from a group of children attending the **Center for Creativity, Innovation and Discovery (CCID)**. This is a new school in Providence. CCID uses research-supported instructional strategies, a positive learning environment, and collaborative student-community partnerships to foster a passion and curiosity for the STEM disciplines. Children from the 4th grade class would like to come and present their project/research that they have been working on. We welcome them and are intrigued to hear what they have to share.


## Magic Night

Watching the Moon paint the old oak tree  
 Wild and free, hearing the crickets, sing their lullaby  
 Sunshine saying goodbye, Sleepiness washing over me,  
 You see that is the Magic of the night.  
 I lay down on my bed and rest my head and slowly drift to sleep

by Olivia M. and Madison W. Students at CCID




Live your **BEST** life possible  
 by staying in your own home!



**Bruce Lee**  
 Owner

Call us for our affordable rates.  
 Office: (435) 754-7676  
[www.comforcare.com/n-utah](http://www.comforcare.com/n-utah)

**ROCKY MOUNTAIN**  
**Dermatology**  
 MEDICAL • SURGICAL • COSMETIC

*Northern Utah's Premier  
 Skin Care Provider.*

Come See Our New Mohs Surgery Center.



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

[www.rmdmed.com](http://www.rmdmed.com)



**Cache Valley PHARMACY** 

**435-787-1212**

FREE DELIVERY  
 Special Medication  
 Packaging Available

2380 N. 400 E #E  
 North Logan

➤ Reach the Senior Market  
**ADVERTISE HERE**

CONTACT

**Bill Clough to place an ad today!**  
**wclough@4LPi.com or (800) 950-9952 x2635**




**LOGAN EYE INSTITUTE™**

810 S. 100 W. • Ste A  
 Logan, UT 84321  
**435-787-7200**  
 Dr. Bryan Monson, MD

*We offer the most advanced cataract surgery technology available anywhere!*





## Are You Losing Your Hearing?

by Michelle Crouch

Do you turn up the volume on the TV? Have trouble hearing children's voices? Ask friends and family members to repeat themselves?

If the answer is yes to any of those questions, it's time to get your hearing checked.

Before you panic, remember that treating your hearing loss may be as simple as cleaning out built-up wax in your ear canal. Even if you need hearing aids, they are smaller and smarter than ever before and can help you participate more fully in your relationships and other aspects of your life.

"There's unfortunately still a stigma associated with hearing loss," says Nicholas Reed, Au.D., an audiologist and hearing researcher at Johns Hopkins University. He notes that people with hearing loss wait an average of eight years to get help. "The first step is simply getting out the door."

Here's what to do if you think you might have hearing loss.

### 1. Start with your family doctor.

Your family physician can check for wax buildup and discuss possible medical causes of your hearing loss (some insurance plans require a medical referral from a doctor to see an audiologist). But if that visit doesn't solve your problem, your next stop should be to an audiologist, a practitioner who specializes in hearing, says Barbara Kelley, executive director of the Hearing Loss Association of America. "If your family doctor says, 'There's nothing that can be done; it's just a part of getting older,' don't believe it," she says. "Hearing aids today are very sophisticated, and many issues can be helped with technology."

### 2. Make an appointment with an audiologist.

Ask friends who wear hearing aids to recommend an audiologist, or check the Hearing Loss Association's searchable database at [www.hearingloss.org](http://www.hearingloss.org). Look for one who is licensed and certified and who works with different brands of hearing aids, rather than just one. Keep in mind that there's a difference between an audiologist — a trained health care professional with at least a master's degree — and a hearing aid or hearing instrument dispenser, who does hearing tests primarily for the purpose of selling hearing aids.

### 3. Talk about treatment options.

The audiologist will ask questions about your hearing loss and lifestyle, check for physical problems and do a comprehensive hearing test. The consultation may include a pressure test, to check your eardrum; a tone test, to see how you hear different pitches; and a speech test, in which you repeat sounds. Afterward, the audiologist will go over your results using an audiogram (a visual representation of your hearing) and recommend a course of action. If the audiologist believes that your hearing loss can be surgically corrected, you'll be

referred to an ear, nose and throat (ENT) doctor.

### 4. Decide whether to try a hearing aid.

If your audiologist recommends a hearing

aid, you don't have to get one right away, Kelley says. "It's OK to go home, think it over and come back to talk about hearing aids after you've had time to process the diagnosis," she says. When you're ready, ask your audiologist about the pros and cons of different types of hearing aids. Many people think they want the smallest device possible, but slightly larger ones may have Bluetooth that can help with watching TV and making phone calls, or a telecoil that can be helpful at movie theaters, conference centers and churches. You can also discuss over-the-counter products that provide hearing enhancement, such as earbuds that work with smartphone apps or a listening device called a Pocket Talker.

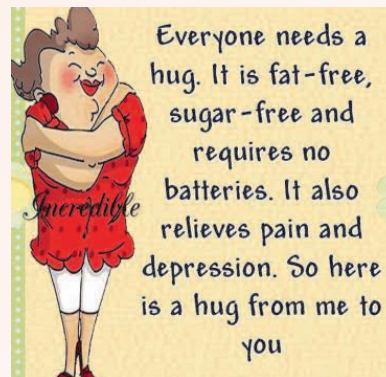
### 5. Give yourself time to adjust.

Unlike glasses, which correct your vision immediately, hearing aids frequently don't work perfectly right away. "You often need adjustments to get the full benefit," says Deborah Berndtson, Au.D., an audiologist at the American Speech-Language-Hearing Association. "Take note of what's working and what's not, and go back to your audiologist a few times for tuning." It will also take your brain time to adapt to hearing new sounds and background noises, she says. Most states require a mandatory 30-day trial period for hearing aids; some devices have even longer trial periods.

### 6. Find support.

If you're the only one in your family or circle of friends with hearing loss, ask your audiologist about local support groups, or search online for a local chapter of the Hearing Loss Association of America. "Learning that you have hearing loss can come as a big shock," Kelley says. "It's important to connect with someone who understands what you're going through."

<https://www.aarp.org/health/conditions-treatments/info-2018/hearing-tests-treatments-fd.html?cmp=SNO-ICM-FB-AO->



# CACHE COUNTY FAMILY CAREGIVER EDUCATION & COUNSELING



## Evening Appointments

**@ Cache County Senior Center**  
**240 North 100 East**  
**Logan UT**  
**2<sup>nd</sup> & 4<sup>th</sup> Thursday**  
**5:30 – 7:00 pm**

### **For Appointment – Contact:**

*Carolyn Reed @ 435-713-1466 Jason Bohman @ 435-239-1083*



## **LOGAN REGIONAL HOSPITAL**

Our therapy pools are among the many physical therapy services we offer. For information call 435.716.5303.

  
Intermountain  
Logan Regional Orthopedics  
and Sports Medicine



➤ Reach the Senior Market  
**ADVERTISE HERE**

**CONTACT**

**Bill Clough to place an ad today!**  
**wclough@4LPi.com or**  
**(800) 950-9952 x2635**

  
**The Tables**  
of North Logan  
Assisted Living  
& Memory Care

**Take A Tour Today!**  
*Care • Compassion • Comfort*



**435-258-8828**  
**455 E 2500 N**  
**thetablesassistedliving.com**

**our**  
**SENIOR CENTER**  
The Online Directory of Senior Centers

**NEVER MISS A NEWSLETTER!**  
Sign up to have our monthly senior newsletter  
emailed to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)



# APRIL 2018

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
<p><b>2</b></p> <p>10:30 Drawing for your Health</p> <p>1:00 Needle Work Group</p> 	<p><b>3</b></p> <p>1:00 Movie: The Producers (Original) 1h 30m</p>	<p><b>4</b></p> <p>8:30 Commodities</p> <p>1:30 Cribbage</p>
<p><b>9</b></p> <p>10:00 Hobby Table (Vintage Jewelry)</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>10</b></p> <p>9-12 VA Outreach</p> <p>1:00 Foot Clinic by Rocky Mtn Care</p> <p>1:00 Movie: Steel Magnolias 2h 3m</p>	<p><b>11</b></p> <p>10:30 Bingo w/ Sunshine Terrace</p> <p>11:15 Cooking Class \$1.00</p> <p>12-4 AARP Driver Safety Course</p> <p>1:00 Book Club</p> <p>1:30 Cribbage</p>
<p><b>16</b></p> <p>10:30 Drawing for your Health</p> <p>1:00 Needle Work Group</p>	<p><b>17</b></p> <p>11:00 Lunch Bunch: Maddox</p> <p>1:00 Movie: The Greatest Showman 1h 46m</p>	<p><b>18</b></p> <p>11:15 Craft with Colby \$1.00</p> <p>12:15 Lunch &amp; Learn: Financial Scams: Wells Fargo</p> <p>1:00 Foot Clinic by Rocky Mtn Care</p> <p>1:30 Cribbage</p>
<p><b>23</b></p> <p>10:30 Drawing for your Health</p> <p>1:00 Needle Work Group</p>	<p><b>24</b></p> <p>9-12 VA Outreach</p> <p>1:00 Foot Clinic by Integrity Home Health—Charge of \$10.00</p> <p>1:00 Australia 2h 45min</p>	<p><b>25</b></p> <p>12:15 Wheel of Fortune</p> <p>1:30 Cribbage</p>
<p><b>30</b></p> <p>10:30 Drawing for your Health</p> <p>1:00 Needle Work Group</p>		

# APRIL 2018

Thursday	Friday
<b>5</b> 10:30 Cards w/ CNS  1:00 Documentary: Life off the Grid	<b>6</b> 9:45 Farm Animal Days ??? 10-12 Blood Pressure 1:00 Movie: Some Where in Time 1h 48m
<b>12</b> 1:00 Foot Clinic by Rocky Mtn Care 1:00 Documentary: Ladies First 5:30 P.M. Care Giver Support (Apt. only) 6:15 P.M. USU Grand Friends: Closing Social	<b>13</b> 12:15 Price is Right 10-12 Blood Pressure  1:00 Movie: Emma 2h 3m  6:30 pm : Movie Night at the Senior Center : Jumanji
<b>19</b> 1:00 Documentary: Life of Z	<b>20</b> 10-12 Blood Pressure  12:15 Lunch & Learn: Prescription Drug Safety w/ BRHD  1:00 Movie: Saints and Soldiers 1h 30m
<b>26</b> 1:00 Red Hat Activity  5:30 P.M. Care Giver Support	<b>27</b> 10:00 Nails w/ Symbii 10-12 Blood Pressure 12:15 Lunch & Learn: CNS 1:00 Movie: My Dog Skip 1h 35m 6:00 pm –8:00 pm Bingo Night Fundraiser

## New Group

Cribbage will be every Wednesday @ 1:30



## 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/  
 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  
 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



LOCAL HELP FOR PEOPLE WITH MEDICARE

## How Medicare works with Federal and Military Benefits

I'm a federal employee or the spouse of a federal employee covered by FEHB How does my insurance work if I...

- **Have FEHB and Medicare Parts A and B while I'm still working?** Your FEHB plan pays primary and Medicare pays secondary.
- **Have FEHB and Medicare Parts A and B after I retire?** Medicare pays primary and your FEHB plan pays secondary.
- **Have FEHB and decline Medicare Part B while I'm still working?** Your FEHB plan is your primary insurance, and you will have a Special Enrollment Period to enroll in Medicare when you stop working.
- **Have FEHB and decline Medicare Part B after I retire?** Your FEHB plan will be the primary insurance, but if you later decide to enroll in Medicare Part B, you will likely face a late enrollment penalty and gaps in coverage.



## Medicare and TRICARE

I'm an active duty service member (ADSM) or the family member of an ADSM who is eligible for TRICARE. How does my insurance work if I...

- **Have TRICARE and Medicare Parts A and B while I'm still active duty?** TRICARE pays primary and Medicare pays secondary.
- **Have TRICARE for Life (TFL) and Medicare Parts A and B after I retire?** Medicare pays primary and TFL pays secondary.
- **Am eligible for TRICARE for Life and decline Medicare Part B after I retire?** TRICARE for Life (TFL) requires that you enroll in Medicare Parts A and B. If you decline either part, you will not have any TRICARE coverage.

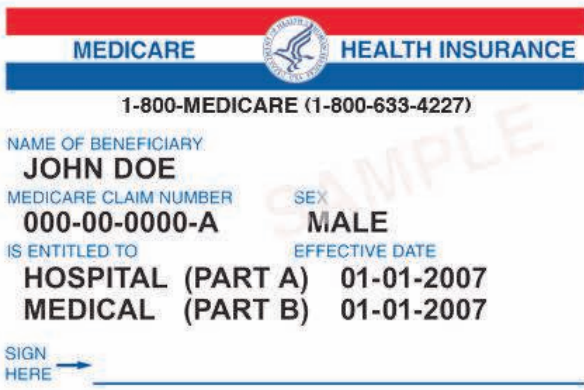
**Primary insurance** is health insurance that pays first on a claim for your medical and hospital care.

**Secondary insurance** covers your health care after the primary insurance on a claim for medical or hospital care. It usually pays all or some of the costs that the primary insurer did not cover.



- Don't leave your dryer running when you are sleeping, or not at home.
- If your smoke or carbon monoxide detectors are more than 10 years old, it's time to replace them! Remember that carbon monoxide is a deadly, odorless, colorless gas – you cannot smell it or see it. Having a working carbon monoxide detector is crucial to senior safety!





**New** Medicare cards are coming! Medicare is mailing new cards between April 2018 and April 2019. The new card has a Medicare Number unique to you, instead of your Social Security Number. Your new card will automatically come to you—just make sure Social Security has your most up-to-date address. For more information, visit [go.medicare.gov/newcard](http://go.medicare.gov/newcard).

Medicare is taking extra steps to ensure your security. Not all of them are working though.

For starters, Medicare's new ID cards — meant to curb ID theft by replacing the Social Security number with a randomly generated 11-digit code — have prompted a new wave of scammers. In this latest attempt at medical identity theft, a caller posing as a Medicare representative will ask for payment in exchange for the new ID. (The cards, which will be automatically sent sometime between April 2018 and April 2019, are free and require no extra steps.)

The same goes for someone asking if you want to purchase Medicare's prescription drug coverage, known as Part D. In this case, a scammer may try to persuade you to buy Part D or lose your Medicare coverage. (Part D is voluntary and has no impact on your health plan.)

Another common ruse is that you're owed a refund from your insurance company and the caller needs your bank account number and Social Security number to deposit it. A similar fraud also involves a caller claiming to be with Medicare requesting to update or confirm your information.

In each of these attempts at medical identity theft, scammers can then use your insurance to see a doctor, obtain prescriptions, buy medical equipment or even file a false claim.

Jessica Dickler | Sharon Epperson: Published 8:30 AM ET Thu, 8 Feb 2018

## AUDIOLOGY AND HEARING AIDS

# HEARING ZONE

SERVING LOGAN & BRIGHAM FOR 19 YEARS



575 E. 1400 N. #140 • Logan  
**(435) 753-7171**

*East of Logan's Lee's*

---

We are also in Brigham City  
862 S. Main #7 • Brigham City  
**(435) 723-2727**



- Latest hearing aid technology
- We work with insurance companies
- 40 day trial period
- Free consultations

**Dave Robinson, Au.D. ~ Doctor of Audiology**

Protecting **Seniors** Nationwide
Medical Alert System



**\$29.95/Mo.** billed quarterly

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

**Call Today! Toll Free 1.877.801.7772**

## HELP PROTECT YOUR FAMILY & HOME

**CALL NOW! 1-888-891-6806**

**AUTHORIZED DEALER**

**HOME SECURITY TEAM**



**LEGACY HOUSE**  
*Logan*

**Caring for loved ones for over 15 years!**

Senior Living Community  
Assisted Living-Memory Care  
Stop by for a Tour Today!

330 E. 1400 N. • Logan, UT • 84341

435-755-2877 • [haydenn@wslm.biz](mailto:haydenn@wslm.biz)  
[www.legacylogan.com](http://www.legacylogan.com)

# April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Belgium Waffles</b> Sausage & Eggs Asparagus Fresh Fruit & Yogurt	3 <b>Spaghetti w/Meat Sauce</b> Steamed Broccoli Grape Salad Garlic Bread	4 <b>Hawaiian Haystacks</b> Buttered Peas Pineapple & Mandarin Oranges Corn Muffin	5 <b>Herb Crusted Salmon</b> Rice Pilaf Malibu Veggies Cherry Pie	6 <b>Sloppy Joes</b> Carrot Raisin Salad Potato Chips Berry Fluff Fruit Salad
9 <b>Bean &amp; Ham Soup</b> Egg Salad Sandwich Coleslaw Pears	10 <b>Street Tacos</b> Black Bean Salsa Spanish Rice Raspberry Parfait	11 <b>Roast Turkey</b> Potatoes & Gravy Peas & Carrots Cranberry Fruit Salad Dinner Roll	12 <b>Sausage/Pepperoni Pizza</b> Green Salad Fresh Fruit	13 <b>Biscuits &amp; Gravy</b> Potatoes Obrien Veggie Medley Fresh Banana
16 <b>Chicken Alfredo</b> Italian Veggies Ambrosia Fruit Salad Breadstick	17 <b>Pork Loin</b> Au Gratin Potatoes Garden Blend Veggies Spiced Apples Dinner Roll	18 <b>French Dip Sandwich</b> Pasta Salad Fresh Orange Slices Cookie	19 <b>Lemon Pepper Cod</b> Rice Pilaf Butternut Squash Lemon Pudding w/Fresh Fruit Blueberry Muffin	20 <b>Flank Steak</b> Glazed Carrots Green Salad Fruit & Yogurt Cheese Biscuit
23 <b>Chicken Fajitas</b> Onions & Peppers Spanish Rice Mexicali Corn Orange Fluff	24 <b>Butternut Squash Soup</b> Spinach Salad w/Strawberries Raspberry Muffin	25 <b>Hamburgers</b> Lettuce/Tomato & Pickles Tater Tots Coleslaw Fruited Jell-O	26 <b>Tilapia</b> Wild Rice Sunshine Carrots Peaches	27 <b>Swiss Cheese Chicken</b> Roasted Potatoes Green Beans Fruit Cocktail Dinner Roll
30 <b>French Toast Sticks</b> Sausage Patty Chilled V-8 Juice Cottage Cheese & Pineapple				

***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.***

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

## BABY ANIMAL DAYS

Nothing says WELCOME SPRING than attending baby animal days! Join us on April 6 as we go and visit the American West Heritage Center. We will watch an old-fashioned sheep shearing, meet and learn about search and rescue dogs, and of course grab a bag of their famous Kettle Corn! We'll see what's cooking at the 1917 living farm and visit the Woodwright Shop and carpenters in action, most definitely will say hello to the Mountain Men in the traders cabin and say hello to the pioneers in their encampment as well.

We plan to see all of these fun exhibits and we will see lambs, piglets, calves, kids, foals, chicks and ducklings and I hear baby bears are there as well.

RSVP with Marisol at the front desk with \$2.00 donation for transportation. Bus leaving at 9:45am. We will be back to the center for lunch.

Entry fee \$6.00



You asked  
and we  
listened....

With the  
weather now  
warming we  
are ready to  
head out  
again with  
our lunch  
bunch group!



Join as we chow down at  
**MADDOX** in Brigham City  
**April 17th 11 am – 3pm**  
\$5.00 transportation fee  
RSVP with Marisol at the front desk.

\*\* Lunch prices \$12.00- \$16.00

*our*  
**SENIOR CENTER**  
The Online Directory of Senior Centers  
**NEVER MISS A NEWSLETTER!**  
Sign up to have our monthly senior newsletter  
emailed to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)



**Call today to schedule a visit  
and complimentary meal!**

*Life is easier  
with us.*

**HOLIDAY**  
RETIREMENT

**Pioneer Valley Lodge**  
Independent Retirement Living  
North Logan, UT  
435-216-1617



©2017 HARVEST MANAGEMENT SUB LLC, HOLIDAY AL MANAGEMENT SUB LLC, HOLIDAY AL NIC MANAGEMENT LLC.

## Watch out for these new tax scams

by Colleen Tressler  
Consumer Education Specialist, FTC

They're at it again... tax scammers scheming new ways to steal personal information and money.

In the first scenario, identity thieves file a fake tax return and have the refund deposited into your bank account. The thieves then contact you, often by phone, and — posing as the IRS or debt collectors for the IRS — demand you return the money to the IRS. But following the thieves' instructions actually sends the money to them.

In another version, after you get that erroneous refund, you get an automated call, allegedly from the IRS, threatening you with criminal fraud charges, an arrest warrant, and “blacklisting” of your Social Security number. The caller gives you a case number and a telephone number to call to return the refund.

Don't take the bait. If you or someone you know gets an unexpected tax refund, follow the guidance outlined by the IRS for how to return the funds to the agency. The steps for returning paper checks and direct deposits differ.

In a different scam, criminals are using imposter tax preparation sites and phone numbers to steal peoples' personal information. Here's how this scam works: You go online to find a tax preparation service to prepare and e-file your tax return. But instead of landing on a legitimate site, you mis-click to a look-alike site created by scammers. The site looks real, and it's set up to collect personal information that can be used to commit fraud, including identity theft.

The FTC has these tips to fight tax identity theft:

File your tax return early in the tax season, if you can.

Use a secure internet connection if you file electronically, or mail your tax return directly from the post office.

When using an online tax preparation service, look for the tax preparer identification number. The IRS requires all paid tax preparers to have one before filing any returns.

To determine if a website is encrypted, look for https at the start of the web address (the “s” is for secure). Some websites use encryption only on the sign-in page, but if any part of your session isn't encrypted, your entire account could be vulnerable. Look for https on every page you visit, not just when you sign in.

Ask tax preparers about their data security policies, and how they protect your information.

Respond to all mail from the IRS as soon as possible.

If tax identity theft happens to you, visit [IdentityTheft.gov](http://IdentityTheft.gov) to report it to the FTC, file an Identity Theft Affidavit with the IRS electronically, and get a personal recovery plan.

For more information, check out our imposters webpage.

If you spot a scam, report it at [ftc.gov/complaint](http://ftc.gov/complaint). Your reports help the FTC and other law enforcement investigate scams and bring crooks to justice.





# Dementia Care Giver Conference

*Featuring a live performance of "Portrait caregiver"*

Topics include: \*Dementia Overview \*Caring for the caregiver \*End-of-life conversations \*Resources available in your Area \*Q&A with panel experts



Date: April 18, 2018

Location: The Grove Event Center: 2427 Main St.  
North Logan

Seats are limited\*\*\* register by APRIL 10, 2018

Lunch will be provided \*\*\* There is no cost to Attend \*\*\*

Register at: <http://ly/demcarecon> or call Carolyn (435) 752-4242



► Reach the Senior Market  
**ADVERTISE HERE**

**CONTACT**

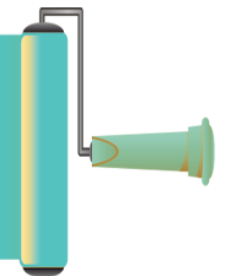
**Bill Clough to place an ad today!**  
wclough@4LPi.com or  
(800) 950-9952 x2635

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

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



**SUPPORT THE ADVERTISERS  
THAT SUPPORT OUR COMMUNITY**



# MEDICARE



LOCAL HELP FOR PEOPLE WITH MEDICARE

## Cómo trabaja Medicare con beneficios federales y militares

**Soy un empleado federal o el cónyuge de un empleado federal cubierto por FEHB ¿cómo funciona mi seguro...**

- **¿tiene FEHB y Medicare partes A y B mientras sigo trabajando?** Su plan de FEHB paga el primario y Medicare paga secundario.
- **¿tiene FEHB y Medicare partes A y B después de jubilarme?** Medicare paga primaria y su plan de FEHB paga secundario.
- **Tiene FEHB y niega Medicare parte B mientras todavía esta trabajando?** Su plan de FEHB es su seguro primario, y usted tendrá un período de inscripción especial para inscribirse en Medicare cuando deje de trabajar.
- **Tienes FEHB y disminuyendo la parte B de Medicare después de jubilarse?** Su FEHB plan será el seguro primario, pero si posteriormente decide inscribirse en la parte B de Medicare, es probable que se enfrentan a la penalización por inscripción tardía y las lagunas en la cobertura.

## Medicare y TRICARE

**Soy un miembro de servicio activo (ADSM) o el miembro de la familia de un ADSM que es elegible para TRICARE. ¿Cómo funciona mi seguro si...**

- **Tengo TRICARE y Medicare Parte A y B mientras que todavía estoy en servicio activo?** TRICARE paga primario y Medicare paga secundario.
- **¿tiene TRICARE para la vida (TFL) y las partes A y B de Medicare después de que me jubile?** Medicare paga primaria y TFL paga secundaria.
- **¿Soy elegible para TRICARE para toda la vida y rechazo la parte B de Medicare después de jubilarme?** TRICARE for Life (TFL) requiere que usted se inscriba en las partes a y B de Medicare. Si declina cualquier parte, no tendrá cobertura de TRICARE.

El seguro primario es un seguro de salud que paga primero en una reclamación por su atención médica y hospitalaria.

El seguro secundario cubre su cuidado médico después del seguro primario en un reclamo para atención médica o hospitalaria. Por lo general, paga todos o algunos de los costos que el asegurador primario no cubrió.





# The Senior Center will host a Movie Night !

## Friday: April 13th: 6:30 PM

Plot: Four high school kids discover an old video game console and are drawn into the game's jungle setting, literally becoming the adult avatars they chose. What they discover is that you don't just play Jumanji - you must survive it. To beat the game and return to the real world, they'll have to go on the most dangerous adventure of their lives, discover what Alan Parrish left 20 years ago, and change the way they think about themselves - or they'll be stuck in the game forever.



**Come and enjoy a fun entertaining evening and don't forget the fresh popped popcorn for everyone !**



*Cache Valley's Most Trusted Name in Hearing Aids*

*Proud Supporter of the Cache Valley Senior Center*

485 North Main St. in Logan

**435-753-HEAR (4327)**

[www.cachehearing.com](http://www.cachehearing.com)



**Dr. Paul Daines**  
Board Certified in Audiology



➤ Reach the Senior Market  
**ADVERTISE HERE**

**CONTACT**

**Bill Clough to place an ad today!**  
**wclough@4LPi.com or**  
**(800) 950-9952 x2635**

# ALLEN

---

## MORTUARIES

[www.allenmortuaries.net](http://www.allenmortuaries.net)  
Logan North Logan

### PLAN AHEAD

Pre-arranged funerals can be arranged to cover funeral costs so that no financial burden remains.  
For a free consultation, call (435) 752-3245



Cache County Senior  
Citizens Center

# Bingo Night

Fundraiser

for Meals on Wheels Program

With a Dessert Bake Off

**April 27th**

6:00PM-8:00PM

\$5 per card -\$5 dessert tasting

240 N 100 E LOGAN  
435-755-1720