

Cache County Senior Center

June 2018

Photo by Mike Bullock

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

**June 6th
@ 8:30 am
Commodities Pickup**

***In July Commodities Pickup
will be on July 2nd due to
Holiday***

Lunch and Learn: 12:15

June 15 Ice Cream & Dad's —
Sunshine Terrace
June 20th — AARP (Lunch
Provided by AARP)
June 27—Wells Fargo

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.

Appointments with Attorney will
be July 19th 1-4 pm
schedule apt. with front
office

Care Giver Academy
6week education course
3:30—5pm @ Cache County
Senior Center
Please call:
Valoy Reese-435-713-1472
Carolyn Reed 435-713-1466
Jason Bohman 435-239-1083

Cache County Senior Center Presents

Benefit Dance

Meals On Wheels Program

Featuring: Epiphany Ridge

Friday June 29

7pm–9pm

\$5.00

Ballroom Style of
Dance
240 N 100 E Logan

PosterMyWall.com

Nutrition News

If you're tired of eating potatoes all the time (you know, like me), and are on the lookout for a new side dish that's as delish as it is healthy, look no further: Butternut squash is where it's at. The nutrition and health benefits of butternut squash are a plenty, and there are oodles of different ways you can enjoy it—baked, boiled, or sautéed on its own, or added to stir fries and salads. It's the perfect side dish to any entree, and also makes for a mouthwatering soup.

Nutrition and Health Benefits of Butternut Squash

1. Prevents high blood pressure One cup serving of butternut squash contains almost 500 mg of potassium, which can help decrease your blood pressure by counteracting the effects of sodium in your diet. Keeping your blood pressure in a healthy range can help you steer clear of serious health issues like heart disease and stroke.
2. Promotes regularity- One cup of butternut squash contains almost 7 grams of fiber, which can help prevent constipation and maintain a healthy digestive tract by supporting healthy bacteria in the gut.
3. Keeps bones strong Since it contains about 17 percent of your RDA of manganese, butternut squash can help your body maintain healthy bone structure, calcium absorption, and improve the mineral density of the spinal column.
4. Protects your skin- Butternut squash also contains nearly half of your dai-

ly dose of vitamin C, which has been linked to healthier skin: 5. Boosts immune function-

While vitamin C may not cure the common cold, it may help reduce your risk of developing further complications, such as a lung infection or pneumonia. It may also help protect you from other immune system deficiencies, such as cardiovascular disease.

6. Reduces inflammation- Because of its high antioxidant content, butternut squash may have anti-inflammatory effects, helping you to reduce your risk of inflammation-related disorders like rheumatoid arthritis.

7. Aids in weight loss With less than 100 calories, 26 carbohydrates, and almost no fat in a one cup serving, it goes without saying that butternut squash is the cheese to your diet's macaroni. The fiber content alone helps increase satiety (the feeling of fullness), which can help you manage your weight. Add this nutrition-packed food to a larger portion of your meals, and your weigh scale won't even know you're standing on it. (Kidding. Sort of.)

<http://www.organicauthority.com/8>

I'm not fat,
God gave me
airbags cause
I'm precious.



Good Things To Eat

Sweet Butternut Squash Soup

Ingredients

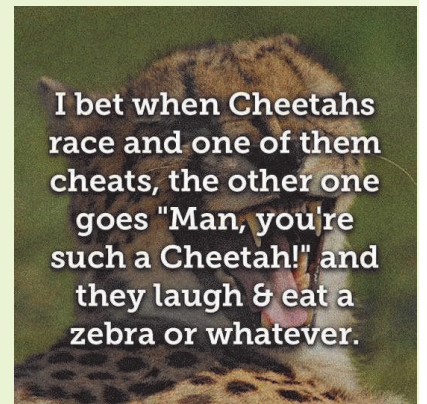
- 1 (12 ounce) package refrigerated cubed butternut squash, such as Green Giant brand or Marketside (Walmart brand)
- ½ cup finely chopped onion
- 2 tablespoons unsalted butter
- 1 (14.5 ounce) can reduced-sodium chicken broth
- 1 (12 fluid ounce) can fat-free evaporated milk
- 1 teaspoon packed brown sugar
- ½ teaspoon kosher salt
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground white pepper (more if desired)
- Fresh thyme sprigs (optional)
- Freshly grated nutmeg (optional)



Directions

- Pour contents of the butternut squash package into a 2-quart microwave-safe baking dish with a lid. Add 2 tablespoons water. Cover. Microwave on 100 percent power (high) for 3 minutes. Stir. Microwave on 100 percent power (high) for 3 minutes more. Stir again. Microwave on 100 percent power (high) about 2 minutes more or until squash is very tender. Using a pastry blender or potato masher, mash squash.
- Meanwhile, in a heavy medium saucepan cook onion in hot butter until tender, stirring frequently.
- In a food processor or blender combine cooked onions, mashed squash, broth, evaporated milk, brown sugar, salt, the ½ teaspoon ground nutmeg, and the white pepper. Cover and process or blend until smooth. Return soup to the saucepan. Cook and stir over medium-high heat until heated through. If desired, garnish with thyme and freshly grated nutmeg.

I bet when Cheetahs race and one of them cheats, the other one goes "Man, you're such a Cheetah!" and they laugh & eat a zebra or whatever.



What are the health benefits of Tai Chi??

Hour for hour, tai chi brings in more benefits and enjoyment than most other exercises. It is an ancient art with great depth, yet requiring no special equipment. People of any age or physical condition can gain better health, enjoyment and progression to higher level. It is even fun and can be practiced alone or in a group. What's more importantly, tai chi helps you to like yourself more, which, in turn, leads not only to better health, but also harmony within yourself and with others.

Tai chi is non competitive, non judgmental – a wonderful activity for all ages – making it an ideal socializing time. Often referred to as meditation in motion, tai chi involves a series of moves performed in a slow, focused manner accompanied by deep breathing- by doing so, it promotes serenity through gentle, flowing movements. Here are the Top 10 from Health Fitness Revolution and author of the book ReSYNC Your Life Samir Becic:

*Balance: Tai Chi movements are steady and slow, shifting from one side to the other with coordinating upper body movements. These movements help the core regain balance and reduces the risk of falling in elderly.

*Strength and Endurance: Research shows that individuals who practiced Tai Chi at least 3 times a week on the regular, had higher strength and performance level.

*Flexibility: In tai chi the range of movements helps improve one's flexibility as well.



Continued on Pg.5



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The Many Gifts of Gratitude

By Susan Stiles, PhD |

Gratitude is getting a lot of airplay these days ... and for good reason.

The upsides to expressing gratitude are many. Studies have shown that gratitude has a uniquely powerful relationship with health and well-being, both our own and of those around us.

When people have higher levels of gratitude, they tend to have lower levels of depression, better sleep quality, and stronger biomarkers, such as higher rates of good cholesterol. In addition, they are better able to handle stress and are more socially connected.

Gratitude encourages us to focus on what *is* rather than what is not, to think carefully about what we have and can be thankful for, rather than what we don't have (and maybe do not even need). In this way, gratitude is closely associated with mindfulness. In NCOA's [Aging Mastery Program®](#), we've put gratitude and mindfulness front and center, and combined them as one of our six dimensions of aging well.

When things are going well in our lives, it can be relatively easy to express gratitude. But what happens when things are not going so well? It's at these moments when we need gratitude the most.

By practicing gratitude over time, we can learn to notice and appreciate not only the positives, but also develop better attitudes about the negatives ... the challenges, losses, and frustrations that we all face as we age. Adopting an attitude of gratitude means tackling the negative things and challenging ourselves to find ways to be grateful for them.

The best way to practice gratitude over time is to build it into your daily routine as a habit, much the same way that you make brushing your teeth a daily habit. Here are some tips from [Aging Mastery®](#) participants on how they incorporate gratitude into their lives:

- "I ask myself every morning, 'What am I grateful for today?'"
- "I send thank-you cards to old friends, family, and acquaintances. This weekend, I'll write thank-you cards to my health care providers to say 'thanks' for their care this year."
- "I write down and then say out loud what I am grateful for."
- "I keep a gratitude journal. I see so much more to be grateful for and I'm happier."

As you can see, there is no one-size-fits-all approach, but practice does make perfect. The added benefit of practicing gratitude every day is that, over time, you can watch your good thoughts accumulate which can be a source of both inspiration and solace in your life.

Appreciating the world around us from the moment we wake up until the moment we go to sleep is a skill to be learned and incorporated into daily living. It is the starting point of aging both masterfully and gracefully.



THANK YOU
to all who
contributed
and
participated
in our
Bingo Fundraiser.
Because of you, we were
able to raise funds to
cover over 200 Meals for
the Meals on Wheels
Program! We
shout
Hooray and
HIGH FIVE!



What are the health benefits of Tai Chi?

Continued from Pg. 3

*Posture: helps one maintain a good posture from constant practice of Tai Chi

*Chronic Illness prevention: helps in the treatment chronic illnesses like heart disease, blood pressure, arthritis, digestive disorders, depression and a few others.

*Improves coordination: helps with hand eye coordination as well as upper and lower body coordination with the slow rhythmic movements involved.

*Regulates the respiratory system: Breathing is one of the three parts of Tai Chi. The deep breathing helps treat respiratory alignments such as asthma, bronchitis, and emphysema.

*Aerobic Capacity: helps improve one's aerobic capacity- researchers say that Tai Chi is a form of aerobic exercise as well.

*Stress: The mellow rhythmic movements and breathing helps distract from a hectic lifestyle. The breathing coordination along with the hand eye movement is proven to promote calmness.

We are happy to announce that we now have 2 Board Certified Instructors to teach Tai Chi for Arthritis, for Fall Prevention and a new class starting, Seated Tai Chi. Look in our activities calendar for this new class. We are so thankful for our instructors Sharon Perry and Sharon Marceyes for their time and dedication to this class.

THINK OF THE CIRCULAR PATH
OF EACH MOVEMENT,
IN TAI CHI EVERY MOVEMENT
IS IN A CURVE OR CIRCLE
THAT HAS NO ENDING
OR BEGINNING.

-PAUL LAM

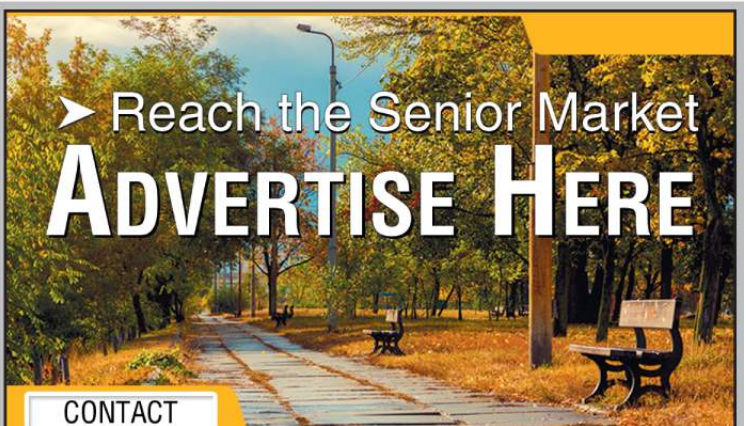
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Cache County Senior Center, Logan, UT

B 4C 05-1038

JUNE 2018

| Monday | Tuesday | Wednesday |
|---|--|---|
| <p style="color: #d81b60; font-size: 1.2em;">"A father is neither an anchor to hold us back nor a sail to take us there, but a guiding light whose love shows us the way." —Unknown</p> | | |
| <p>4</p> <p>10:30 Drawing for your Health</p> <p>1:00 Needle Work Group</p> | <p>5</p> <p>10:30 Picnic by the Poppy Field in Mantua</p> <p>1:00 Movie: Cat on a Hot Tin Roof 2hr 24min</p> <p>2-4 Living Well with Chronic Conditions</p> | <p>6</p> <p>8:30 Commodities</p> <p>11:15 Cards with CNS</p> <p>1:00 Cribbage</p> <div style="text-align: right;">  </div> |
| <p>11</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>12</p> <p>1:00 Foot Clinic by Rocky Mtn. Care</p> <p>1:00 Movie: Black or White 2hr 1min</p> <div style="text-align: center;">  </div> | <p>13</p> <p>11:15 Cooking Class \$1.00</p> <p>12-4 AARP Driver Safety Course</p> <p>1:00 Book Club</p> <p>2:00 Cribbage</p> |
| <p>18</p> <p>10:30 Drawing for your Health</p> <p>1:00 Needle Work Group</p> <div style="text-align: center;">  </div> | <p>19</p> <p>1:00 Movie: The Over-The-Hill Gang 1hr 17min</p> | <p>20</p> <p>11:15 Craft with Colby</p> <p>12:15 Lunch & Learn w/ AARP</p> <p>1:00 Foot Clinic by Rocky Mtn. Care</p> <p>1:00 Cribbage</p> |
| <p>25</p> <p>10:30 Drawing for your Health</p> <p>1:00 Needle Work Group</p> | <p>26</p> <p>1:00 Foot Clinic by Integrity Home Health—Charge of \$10.00</p> <p>1:00 Movie: The Secret Garden 1hr 46min</p> | <p>27</p> <p>1:00 Cribbage</p> <p>12:15 Lunch & Learn: Wells Fargo</p> <div style="text-align: right;">  </div> |

JUNE 2018

Thursday



7

1:00 Documentary: Secret Gardens of England 1hr 53min
3:30 Care Giver Academy

14

1:00 Foot Clinic by Rocky Mtn Care
1:00 Documentary: The John Wayne Story: The Early Years 1hr 20min
3:30 Care Giver Academy

21

10:30 Out to Lunch Bunch: Le Beus in Bear Lake
1:00 Documentary: The John Wayne Story: The Later Years 1hr 20min
3:30 Care Giver Academy

First Day of SUMMER !



28

1:00 Red Hat Activity– Hosted by The Gables
3:30 Care Giver Academy

Friday

1

10-12 Blood Pressure

1:00 Movie: Indiana Jones and the Kingdom of the Crystal Skull
2hr 4min

8

10-12 Blood Pressure

10:15-10:45 Seated Tai Chi
10:30 BINGO hosted by The Gables
1:00 Movie: The Big Stone Gap 1hr 43min
6:30 pm Classic Movie Night : Splash

15

10-12 Blood Pressure
10:15-10:45 Seated Tai Chi
12:15 Sunshine Terrace –Ice-cream & Dad's
1:00 Movie: A River Runs Through It
2hr 4min

22

10-12 Blood Pressure
10:15-10:45 Seated Tai Chi
1:00 Movie: Arrival 1hr 56min

29

10-12 Blood Pressure
10:15-10:45 Seated Tai Chi
10:00 Nails with Symbii
1:00 Movie: The Phantom of the Opera 2hr 23min
7-9 pm Benefit Dance

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 by apt.

MEDICARE

Part D Appeals FAQs

Q: What should I include with my appeal?

A: Your appeal should explain why you need the drug and should address the reasons that the drug was denied. If you do not understand why the drug was denied, you should call your Part D plan. If your doctor is not appealing on your behalf, your appeal should contain a letter from your doctor explaining why the drug is medically necessary.

Q: Can I have someone help me with my appeal?

A: Yes. You can appoint a representative to assist with your appeal. The representative can be a friend, family member, doctor, or lawyer.

Q: I've been paying out of pocket for my drugs since I started appealing. Will my plan reimburse me if I win my appeal?

A: Yes. If you pay out of pocket for the drugs your plan is denying, and if you win your appeal, the plan should reimburse you. Keep receipts and submit them to your plan.

Q: I'm frustrated with my Part D plan's customer service. Should I file an appeal?

A: Not necessarily. You should file an appeal only if you are requesting that your plan cover a drug or lower your copay for a drug. For complaints about customer

service or other problems that you have with your Part D plan, you should file a grievance. Contact your plan using the number on the back of your insurance card to ask where to get a grievance form.

Q: What if I missed the deadline to appeal?

A: If you missed the deadline at any level of the appeals process, you can request a good cause extension for your late appeal to be considered. To make this request, send your appeal as you normally would and include a clear explanation of why your appeal is late. If the reason has to do with illness or medical conditions, include a letter or supporting documentation from your doctor.

If you have limited income and assets and you are struggling to pay for covered prescription drugs, consider applying for Extra Help. Extra Help is a federal program that helps pay for the costs of Medicare prescription drug coverage. You can apply for Extra Help online at www.ssa.gov or at the Cache County Senior Center. Giselle or Colby 755-1720

Your state might also have a State Pharmaceutical Assistance Program (SPAP) that helps save money on prescription drugs. To find out if your state has an SPAP and learn how to apply, contact your State Health Insurance Assistance Program (SHIP) by calling 877-839-2675 or visiting www.shiptacenter.org.

MEDICARE (Español)

Parte D y como Apelar

P: ¿Qué debería incluir con mi apelación?

R: Su apelación debe explicar por qué necesita el medicamento y debe abordar los motivos por los cuales se le denegó el medicamento. Si no entiende por qué se le denegó el medicamento, debe llamar a su plan de la Parte D. Si su médico no está apelando en su nombre, su apelación debe contener una carta de su médico que explique por qué el medicamento es médicamente necesario.

P: ¿Puedo hacer que alguien me ayude con mi apelación?

A: Sí. Puede designar a un representante para ayudar con su apelación. El representante puede ser un amigo, un familiar, un médico o un abogado.

P: He estado pagando de mi bolsillo por mis medicamentos desde que comencé a apelar. ¿Mi plan me reembolsará si gano mi apelación?

A: Sí. Si paga de su bolsillo los medicamentos que su plan está negando, y si gana su apelación, el plan debería reembolsarle. Guarde recibos y envíelos a su plan.

P: Estoy frustrado con el servicio al cliente de mi plan Parte D. ¿Debo presentar un ¿apelación?

A: no necesariamente. Debe presentar una apelación solo si está solicitando que su plan cubra un medicamento o que reduzca su

copago por un medicamento. Para quejas sobre el servicio al cliente u otros problemas que tenga con su plan de la Parte D, debe presentar un reclamo.

Póngase en contacto con su plan utilizando el número que figura en el reverso de su tarjeta de seguro para preguntar dónde obtener un formulario de reclamo.

P: ¿Qué pasa si me perdí el plazo para apelar?

R: Si no cumplió con la fecha límite en cualquier nivel del proceso de apelaciones, puede solicitar que se considere una extensión de causa justificada para su última apelación. Para re-alizar esta solicitud, envíe su apelación como lo haría normalmente e incluya una explicación clara de por qué su apelación se retrasa. Si el motivo tiene que ver con una enfermedad o afecciones médicas, incluya una carta o documentación de respaldo de su médico.

Si tiene ingresos y Bienes limitados y está luchando para pagar los medicamentos recetados, considere solicitar la Ayuda Adicional. Ayuda adicional es un programa federal que ayuda a pagar los costos de la cobertura de medicamentos recetados de Medicare. Puede solicitar Ayuda Adicional en línea en www.ssa.gov or at the Cache County Senior Center. Giselle or Colby 755-1720

www.shiptacenter.org.



At our Bingo Fundraiser we had an entry in the bake off that was quite exceptional. The staff at Sunshine Terrace prepared Lemon Parfaits that were such a hit, we just had to share the recipe!

Sunshine Lemon Parfaits

by Michelle Billings

Lemon Curd:
 5 egg yolks & 2 whole eggs
 Zest of 1 lemon
 1/2 cup lemon juice (approx. 3 lemons)
 1/4 cup butter (cubed)
 3/4 cup sugar



Cheese Cake Filling:
 3 lbs cream cheese
 32 oz whipped topping
 1/2 bag powdered sugar

Crust:
 Crushed vanilla wafer or graham crackers mix with melted butter.

Fresh fruit of choice

Create layers with crust on bottom, cheese cake filling and lemon curd. Depending on your serving dish, you can create 1-3 layers. Top with fruit. Makes 36

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JUNE 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 Butternut Squash Soup Spinach Salad w/strawberries Cornbread</p> |
| <p>4 Hawaiian Haystacks Buttered Peas Pineapple/Oranges</p> | <p>5 Spaghetti w/ Meat Sauce Italian Veggies Peach Cobbler Garlic Bread</p> | <p>6 French Dip Sandwich Pasta Salad Fresh Oranges Cookie</p> | <p>7 Breaded Pork Chop Scalloped Potatoes Harvard Beets Applesauce</p> | <p>8 Nacho's Grande Lettuce/Tomato Refried Beans Fruit Salad Churro</p> |
| <p>11 Belgium Waffles w/Berries Sausage Patty Scrambled Eggs Asparagus</p> | <p>12 Salmon Rice Pilaf w/Quinoa California Blend Veggies Cherry Pie</p> | <p>13 Pot Roast Potatoes & Gravy Roasted Veggies Grapes Dinner Roll</p> | <p>14 Tomato Basil Soup Chef Salad Cheese Biscuit Fruit Jell-O</p> | <p>15 Hot Dog Baked Beans Creamy Cucumber Salad Strawberry Shortcake</p> |
| <p>18 Turkey Croissant Sandwich Tomato & Cucumber Salad Potato Chips Fruit & Yogurt</p> | <p>19 Loaded Baked Potato Broccoli w/Cheese Sauce Banana Pudding Blueberry Muffin</p> | <p>20 Chicken Pasta Bake Capri Veggies Fresh Apple Cookie</p> | <p>21 Lemon Pepper Cod Wild Rice Roasted Squash Lemon Pudding w/ Fresh Fruit</p> | <p>22 Malibu Chicken Green Beans Roasted Sweet Potatoes Orange Fluff</p> |
| <p>25 Salisbury Steak Seasoned Rice Sun-Shine Carrots Fruit Cocktail Poppy Seed Muffin</p> | <p>26 Cheesy Potato Bacon Soup Chef Salad Pears Dinner Roll</p> | <p>27 BBQ Ribs Mac & Cheese Coleslaw Fresh Fruit Apple Pie</p> | <p>28 Strawberry Crepes Sausage Patty Baked Zucchini & Tomatoes Fresh Banana</p> | <p>29 Hamburgers Lettuce & Tomato Tater Tots Watermelon</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

Let's take a Picnic! The poppies are in bloom and are a sight to behold. There is a beautiful field full of them by the Bear River Camp Ground in Mantua.

The center will be going on a picnic to breathe the fresh air and smell the flowers.

June 5th @ 11:00am

Bus fee: \$3.00

Sack Lunch provided by the Center. The normal \$3.00 Suggested Lunch Donation applies and you will still need to sign the lunch list. Sign up at the front desk.



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Scams and Fraud Concerns

Beware of Funeral Frauds

Avoid these common ploys used to deceive the grieving

by Sid Kirchheimer,
AARP Bulletin

The emotional toll of a funeral is tough enough.

With an average cost of more than \$7,000, funerals are also expensive — and planning one is a prime time to get buried in fraud.

Here are three ways to avoid the most common ploys.

1. Insist on the 'lists'

At initial contact, federal law requires that funeral homes provide you with three pricing lists: one for all goods and services offered, another for caskets and a third for grave liners or "outer burial containers." This so-called Funeral Rule also forbids funeral homes from requiring services that must be optional by law (such as embalming), or insisting that caskets and other items be directly purchased from them as a condition of providing memorial services. Nor can you be charged extra for services if you choose to buy the casket elsewhere, a common way to save money. Each year, the Federal Trade Commission (which oversees the Funeral Rule) conducts undercover visits to test compliance. In 2013, as in past years, roughly 1 in 4 funeral homes surveyed by this method was in violation in some way, most often for failing to provide pricing lists.

2. Prepaying? Use caution

Long-range planning for a funeral is always wise. Before there's an immediate need, your family — or even you — can comparison shop with pricing lists in hand and ensure that arrangements are made exactly as desired. But you can face serious risk in prepaying for a funeral, which you may do to reduce the financial burden on your survivors or, as allowed in many states, to reduce your assets so you can qualify for Medicaid.

Consider a recent FBI bust of a prepaid funeral scheme in which some 97,000 people in 16 states lost more than \$450 million in funeral goods and services that were paid for in advance but never provided. "And there are certainly other cases where new owners buy a funeral home and then run off with the money," says Tregillus.

Even with well-established, legitimate funeral homes, he says, you need to consider: "If you retire out of state, will your prepaid funds be honored? State laws vary on whether prepaid funds are transferable — or by how much. Will that home still be in business when you die?"

3. Beware of fake invitations

In many schemes, funeral homes overcharge you. But there's another type that involves crooks stealing your identity. In recent months, foreign-based cybercrooks have been emailing fake funeral notifications. Bearing the stolen name and logo of a legitimate funeral home, it appears to be an invitation to a funeral or remembrance service for an unnamed friend or acquaintance.

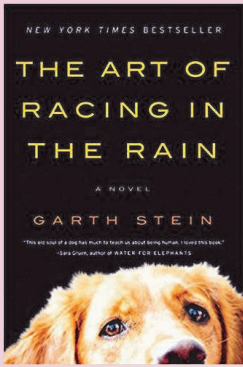
By clicking on a link or opening an attachment, you can supposedly get details. But when you do, malware is unleashed on your computer to steal files, passwords and other sensitive information. Subject lines are typically "funeral notification" or "passing of your friend." Don't take the bait! Legitimate funeral notifications include the name of the deceased.

<https://www.aarp.org/money/scams-fraud/info-2014/beware-of-funeral-fraud.html>



summer is messy,
summer is fun,
summer is spending all
day in the sun.
summer is campfires,
s'mores, and late nights,
summer is windy days
spent flying kites.
summer is tan lines and
splashing in lakes,
summer is mornings with
chocolate pancakes.
summer is time spent
with family and friends,
summer is hoping that it
never ends.

Book Review



Enzo knows he is different from other dogs: a philosopher with a nearly human soul (and an obsession with opposable thumbs), he has educated himself by watching television extensively, and by listening very closely to the words of his master, Denny Swift, an up-and-coming race car driver.

Through Denny, Enzo has gained tremendous insight into the human condition, and he sees that life, like racing, isn't simply about going fast. On the eve of his death, Enzo takes stock of his life, recalling all that he and his family have been through.

A heart-wrenching but deeply funny and ultimately uplifting story of family, love, loyalty, and hope, *The Art of Racing in the Rain* is a beautifully crafted and captivating look at the wonders and absurdities of human life...as only a dog could tell it.

Gratitude Corner

Thank You!!!



We couldn't have done it without you!

A special Shout out to the wonderful team at Valley Dry Wall Inc. for coming and working on our kitchen wall that needed patching. We are so grateful for your service ...

THANK YOU for helping us out!!



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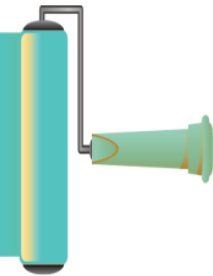
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Out to Lunch Bunch



Join us for some fun in the Sun! The Center will be taking a trip to Bear Lake for the June Out to Lunch Bunch. And a trip to Bear Lake calls for a shake! La Beau's Drive-In is the original for famous raspberry shakes. The New York Times even wrote an article about them in 1989,

going on about how surprisingly delicious they are. How could we pass up a trip for a hamburger and shake while taking in the beautiful scenery?

So on to the details... We will be leaving at **10:30 on Thursday, June 21st**. The Bus fee is **\$5.00**. We will eat at La Beau's, and pay for our own lunches.

We will take in the sights and then head home, returning around 2:00pm.

Please Sign up at the front desk and pay your bus fee to hold your spot. If there is enough interest we will be taking multiple vehicles.



Meet & Greet With



**Republican Candidate
For the Utah House of
Representatives District 4**

**Wednesday June 6th
12:30**

Join AARP Utah for "Real Possibilities" University, a free and exciting program that will be shown on DVD, that features experts on three very important subjects: (1) Keeping Your Brain Fit and Your Memory Sharp by Dr. Kevin Duff, University of Utah Brain Institute (2) Avoid Becoming a Victim of Fraud and Scams by Keith Woodwell, Director, Utah Division of Securities (3) Living Wills and Trusts: What You Need to Know by Alan Ormsby, AARP Utah State Director.



**Date: Wednesday, Jun 20, 2018
From 12pm to 1pm (Lunch and Learn)**

A free lunch is included at the Senior Center during the presentation....Don't Forget to sign up for Lunch on this day!



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Fundraiser for Meals on Wheels Program

**It's a TRUNK & Bake SALE in the
Senior Center
Parking Lot!**

**Join us for a Community Garage
Sale!**

Saturday, June 23 9am-1pm

**Cache County Senior Center:
240 N 100 E: Logan**