

Cache County Senior Center

July 2018

Photo by Mike Bullock

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

July 2
@ 8:30 am
Commodities Pickup

Lunch and Learn: 12:15

June 20: Lunch & Learn:
Wells Fargo

A representative from the VA will assist you with all of your benefit needs on July 10th & July 31st. Please call Deborah Crowther at 435-713-1462 to schedule an appointment.

A lawyer will be coming on Thursday July 19th from 1:00—4:00 p.m. If you have a legal issue, schedule an appointment with the front office.

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



Come enjoy the singing, dancing, and unique talents of our Seniors here at the Senior Center.

Seniors Got Talent Competition!

Wednesday July, 18 12:00

All are invited to participate. Come and share your wonderful talents with us!

Questions Please call Giselle 755-1720 or Amy 754-0223



HEALTH BENEFITS

10

WATERMELON

IMPROVES EYE HEALTH

REDUCES BODY FAT

A NATURAL DIURETIC

IMPROVES MOOD

IMPROVES ATHLETIC PERFORMANCE

HYDRATES THE BODY

KEEPS KIDNEYS HEALTHY

REDUCES INFLAMMATION

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IMPROVES IMMUNITY

VITAMIN C

16%

COPPER

7%

VITAMIN A

5%

BIOTIN

5%

POTASSIUM

5%

Good Things To Eat

5 Minute, Easy Watermelon Sorbet

Ingredients

2 cups watermelon
1/2 lime

Directions

Dice your watermelon, and place the pieces in the freezer. After several hours in the freezer, you can proceed, but if the watermelon isn't completely frozen, the sorbet will have more of a slushy texture rather than be a solid sorbet. 2. Place your diced, frozen watermelon into the food processor, and add some lime juice. I used 2-3 cups of watermelon for each half lime, but it's a good idea to just add a little at the beginning, adding more, to taste, later on. Don't add too much liquid at the beginning or it will tend to fly out of your food processor. Start with just a few drops, and slowly add in more as you process your sorbet. 3. Continue to process your watermelon and lime juice in your food processor until you get a sorbet-like texture. You can add a little more lime juice as needed for taste and texture. 4. If you want a sweeter sorbet, Adding liquid stevia extract works as a healthy option 5. Serve immediately.

<https://thethingswellmake.com/5-minute-easy-watermelon-sorbet/>



SHRED EVENT!

Cache County Senior Center Annual Shred Event

From 11 am—2 pm

July 18th 2018

Bring all important papers that need to be shredded to this Fantastic event!

Free Event: Sponsored by The Utah Senior Medicare Patrol—Utah Division of Aging & Adult Services



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Have you ever suffered from depression? Have you experienced increasing social isolation in recent years, the death of loved ones, or feelings of hopelessness? You may be at risk for suicidal thoughts or actions.

If you or someone you know has thought about suicide, you are not alone. In 2013, the highest suicide rate (19.1%) was among people 45 to 64 years old. The second highest rate (18.6%) occurred in those 85 years and older. According to the CDC, an estimated 10,189 older Americans (ages 60 and up) died from suicide in 2013. Notably, the suicides are particularly high among older, white males (32.74 suicides per 100,000 people). In fact, the rate of suicide in the oldest group of white males (ages 85+) is over four times higher than the nation's overall rate of suicide.

Identifying Warning Signs for Suicide

A person who may be thinking about suicide likely does not want to die, but is in search of some way to make pain or suffering go away. Older people who attempt suicide are often more isolated, more likely to have a plan, and more determined than younger adults. Suicide attempts are more likely to end in death for older adults than younger adults, especially when attempted by men. But suicide is 100% preventable. Use the checklist on the next page to determine if you or someone you know may be showing warning signs of suicidal thoughts.

Risk Factors and Warning Signs

Suicidal thoughts in older adults may be linked to several important risk factors and warning signs. These include, among others:

- Depression
- Prior suicide attempts
- Marked feelings of hopelessness; lack of interest in future plans
- Feelings of loss of independence or sense of purpose
- Medical conditions that significantly limit functioning or life expectancy
- Impulsivity due to cognitive impairment
- Social isolation
- Family discord or losses (i.e. recent death of a loved one)
- Inflexible personality or marked difficulty adapting to change
- Access to lethal means (i.e. firearms, other weapons, etc)
- Daring or risk-taking behavior
- Sudden personality changes
- Alcohol or medication misuse or abuse
- Verbal suicide threats such as, "You'd be better off without me" or "Maybe I won't be around"

Giving away prized possessions

Preventing Suicide

It is crucial that friends and family of older adults identify signs of suicidal thoughts and take appropriate follow-up actions to prevent them from acting on these thoughts.

Suicidal thoughts are often a symptom of depression and should always be taken seriously.

Passive suicidal thoughts include thoughts of being "better off dead." They are not necessarily associated with increased risk for suicide, but are a sign of significant distress and should be addressed immediately.

In contrast, active suicidal thoughts include thoughts of taking action toward hurting or killing oneself. An example of an active suicidal thought would be answering yes to the question "In the last two weeks, have you had any thoughts of hurting or killing yourself?" These thoughts require immediate clinical assessment and intervention by a mental health professional.

If someone you know has a suicide plan with intent to act, you should not leave them alone—make sure to stay with them until emergency services are in place.

Key Takeaway

If you or someone you know is experiencing passive or active suicidal thoughts, or has described a plan with intent to act, it is essential that you intervene and get help from a mental health professional immediately. A timely and appropriate intervention can prevent suicide, and addressing issues sooner rather than later often results in better treatment outcomes.

Medicare Helps Cover Mental Health Services

Worrying about health insurance costs should never be a barrier to treatment. Visit the Medicare QuickCheck® on MyMedicareMatters.org to learn more about all of the mental health services available to you through Medicare.

Medicare Part A

Medicare Part A (hospital insurance) helps cover mental health care if you're a hospital inpatient. Part A covers your room, meals, nursing care, and other related services and supplies.

Medicare Part B

Medicare Part B (medical insurance) helps cover mental health services that you would get from a doctor as well as services that you generally would get outside of a hospital, like visits with a psychiatrist, clinical psychologist or clinical social worker, and lab tests ordered by your doctor. Part B may also pay for partial hospitalization services if you need intensive coordinated outpatient care.

Medicare Part D

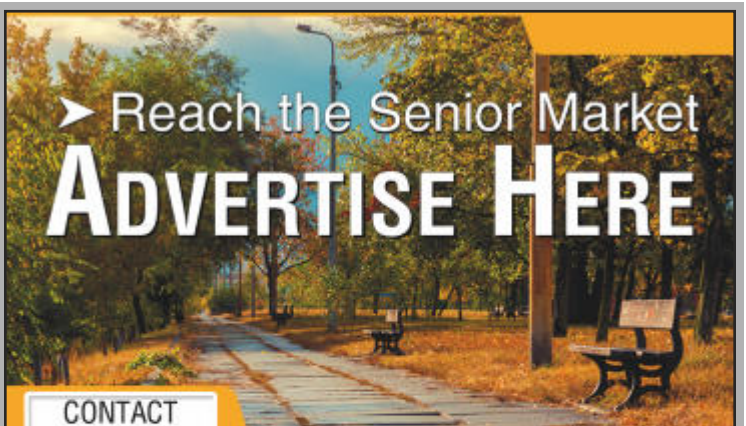
Medicare Part D (prescription drug coverage) helps cover drugs you may need to treat a mental health condition.

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JULY 2018

Monday	Tuesday	Wednesday
<p>2</p> <p>8:30 Commodities</p> <p>10:30 Poker hosted by ComForCare</p> <p>10:30 Drawing for your Health</p> <p>1:00 Needle Work Group</p> 	<p>3</p> <p>1:00 Movie: At War With The Army With Dean Martin and Jerry Lewis 1h32m</p>	<p>4</p> <p>CLOSED FOR</p> 
<p>9</p> <p>10:30 Drawing for your Health</p> <p>1:00 Needle Work Group</p> 	<p>10</p> <p>9-12 VA Outreach</p> <p>12:15 Wheel of Fortune w/ The Gables</p> <p>1:00 Foot Clinic by Rocky Mtn Care</p> <p>1:00 Movie: The African Queen 1h45m</p>	<p>11</p> <p>11:15 Cooking Class \$1.00</p> <p>12-4 AARP Driver Safety Course</p> <p>1:00 Book Club</p> <p>1:00 Cribbage</p>
<p>16</p> <p>9:30 Picnic to Tony Grove Field Trip</p> <p>10:30 Drawing for your Health</p> <p>1:00 Needle Work Group</p>	<p>17</p> <p>1:00 Movie: Ladies in Lavender 1h44m</p>	<p>18</p> <p>11:00—2:00 Shred Event</p> <p>12:15 Seniors Got Talent</p> <p>1:00 Foot Clinic by Rocky Mtn Care</p> <p>2:00 Cribbage</p>
<p>23</p> <p>9:15 Breakfast Club w/ The Gables</p> <p>10:30 Drawing for your Health</p> <p>1:00 Needle Work Group</p>	<p>24</p> <p>Closed Pioneer Day</p> 	<p>25</p> <p>1:00 Cribbage</p> 
<p>30</p> <p>10:30 Drawing for your Health</p> <p>1:00 Needle Work Group</p>	<p>31</p> <p>10AM Out to Lunch Bunch: The Rusted Spoon and drive down the fruit Highway</p> <p>9-12 VA Outreach</p> <p>1:00 Foot Clinic by Integrity Home Health—Charge of \$10.00</p> <p>1:00 Movie: Phenomenon 2h3m</p>	

JULY 2018

Daily Activities

Thursday

5
10:30 Cards with CNS

1:00 Documentary: Bombshell: The Hedy Lamarr Story 1h28min

12
9:00 Hill Aerospace Museum Field Trip

1:00 Foot Clinic by Rocky Mtn Care
1:00 Documentary: American Masters: This is Bob Hope 1h53m

19

1:00 Documentary: Born in China 1h19m

1-4 Lawyer Appointments

26

1:00 Red Hat Activity



Friday

6

10-12 Blood Pressure

1:00 Movie: 1776 (the musical) 2h48min

13

10-12 Blood Pressure
1:00 Movie: Dirty Rotten Scoundrels 1h50m
6:30pm Classic Movie Night: **Random Harvest** with Ronald Colman and Greer Garson 2h6m

20

10-12 Blood Pressure

12:15 Lunch and Learn: Wells Fargo

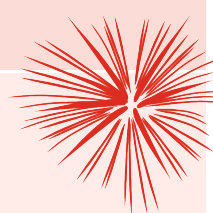
1:00 Movie: Throw Mama From the Train 1h27m

27

10-12 Blood Pressure

10:30 Nails with Symbii

1:00 Movie: Wonder Woman? 2h29m



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

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

If you meet certain income and resource limits, you may qualify for Extra Help from Medicare to pay the costs of Medicare prescription drug coverage.

In 2018, costs are no more than \$3.35 for each generic/\$8.35 for each brand-name covered drug.

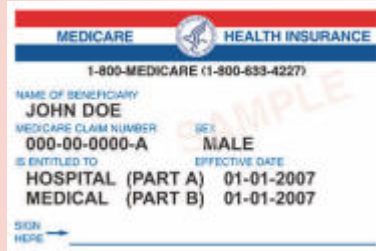
Other people pay only a portion of their Medicare drug plan premiums and deductibles based on their income level.

In 2018, you may qualify if you have up to \$1,518 in monthly income, (\$18,210 in yearly income) \$2,058 monthly for married couple (\$24,690 yearly or a married couple) and up to \$14,100 in resources/assets (\$28,150 for a married couple).

If you don't qualify for Extra Help, your state may have programs that can help pay your prescription drug costs. Contact your Medicaid office or your State Health Insurance Assistance Program (SHIP) for more information. Contact Giselle or Colby, they will be happy to help you apply for this program.

Call to make an apt.
435-755-1720

Remember, you can reapply for Extra Help at any time if your income and resources change.



Free or Low-Cost Health Screenings for women ages 40-64 through the Bear River Health Department. Screenings may include: · Mammogram · Clinical Breast Exam · Pap Test · Blood

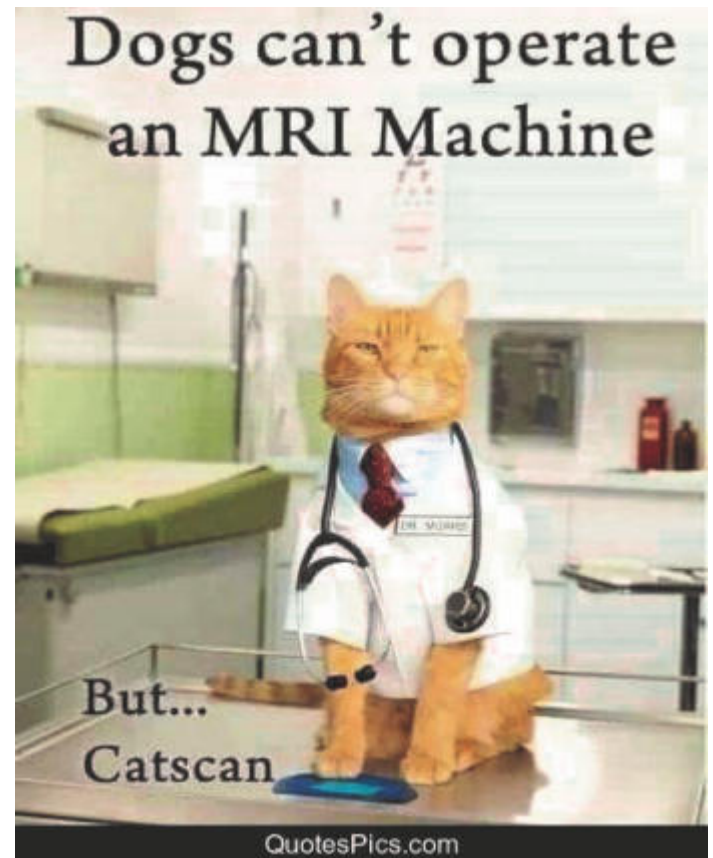
Pressure · Cholesterol · Blood Sugar. A Health Coach will work with you to set personal wellness goals. It's easy to qualify. Call 1-800-717-1811 today.



HEY FRIENDS....Let's Do Lunch! One Hour, One Day per Week... Drop off a warm meal and get more than you expect!

We are looking for Meals on Wheels Drivers Monday—Friday from 11:00-12:00

Please call Kris 755-1720 to sign up!



August Field Trip

Heads Up! We have ANOTHER Field Trip on Thursday, August 2nd. Please Sign up now!

Sea Quest

Located at Layton Hills Mall, SeaQuest takes you on an adventure through rainforests, deserts and the depths of the seas. With exciting exhibits and activities, you'll be able to get wet with the stingrays, feed the toucans, encounter the caimans, marvel at the sharks, take selfies with the snakes and more.



Bus leaves at 8:30am
 Bus Fee \$5.00
 Admission \$12.95
 (Plus optional feeding Tokens)
 Lunch at Layton Mall

Out to Lunch Bunch



The Rusted Spoon we have heard people talk about your breakfast burrito, French dip, chicken fried steak, crunchy French toast, hash browns and so much more so ...we have decided to give this place a try!

Located in Perry we will enjoy a fabulous lunch plus visit the fruit stands along the highway!

Beware: This restaurant has a couple steps to get in and so is not considered wheel chair accessible.

Tuesday, July 31st

Departure time: 10am

Bus Fee \$5.00

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JULY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 Biscuits & Gravy Sausage Patty Potatoes O'Brien Veggie Medley Fresh Banana	3 Chicken Fajitas Mexicali Corn Spanish Rice Orange Fluff	4 CLOSED FOR INDEPENDENCE DAY	5 Tilapia Wild Rice Buttered Peas Peach Bread Pudding	6 Sloppy Joes Potato Salad Carrot/Raisin Salad Fresh Fruit Cup Chips
9 Tacos Mexican Street Corn Salad Fruit Salad Churro	10 Beef Stroganoff Buttered Noodles Cascade Veggies Fresh Berries & Cream	11 Chicken Fried Steak Potatoes & Gravy Roasted Veggies Fruited Jell-O Dinner Roll	12 Cheese Omelet Crispy Bacon Veggie Hash Fresh Orange Slices	13 Chicken Alfredo Pasta Italian Veggies Ambrosia Salad Breadstick
16 Hot Dog Macaroni Salad Hawaiian Cheesecake fruit Salad Poppy Seed Muffin	17 Chicken Salad Croissant Fresh Veggies w/Ranch Dip Grape Salad	18 Pork Loin Au Gratin Potatoes Garden Veggies Spiced Apples Dinner Roll	19 French Toast Sausage Patty Scrambled Eggs Chilled V-8 Juice Fruit & Yogurt	20 Philly Beef Sandwich Sautéed Onions & Peppers Lemon Pudding w/Berries
23 Tomato Mac Soup Grilled Cheese Celery Sticks Banana Cream Pudding	24 CLOSED FOR PIONEER DAY	25 Pulled Pork Sandwich Broccoli Salad Pears Chocolate dipped Cookie	26 Lemon Pepper Cod Rice & Quinoa Roasted Squash Cherry Pie	27 Lasagna Strawberry & Spinach Salad Garlic Bread
30 Minestrone Soup Chef Salad Cornbread Diced Peaches	31 Hamburgers Lettuce/Tomato/ Pickles Sun Chips Frog-eye Fruit Salad	<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 receipt

FIELD TRIPS

Hill Aerospace Museum and Lunch at the Pizza Pie Café

This HUGE Museum exhibits more than 90 military aircraft, missiles, and aerospace vehicles on the grounds and inside the Major General Rex A. Hadley Gallery and the Lindquist Stewart Fighter Gallery. The collection includes a wide variety of ordinance and munitions, an assortment of aerospace ground equipment, military vehicles, uniforms, and thousands of other historical artifacts.

Thursday 7/12. Bus leaves at 9am. Admission is FREE! Bus Fee \$5.00. Buy your own Lunch at Pizza Pie Café. Please Sign Up at the Front Desk.



Picnic to Tony Grove

Come explore the majestic mountain of Logan Canyon and the beauty of Tony Grove Lake! Monday, **July 16th** we will leave the Center at 9:30am so we can beat the heat. We will spend our time walking around the lake on the walking path and then enjoy a picnic. Sack lunch provided by the Center.

Departure time: 9:30am
\$3.00 suggested donation for lunch
\$5.00 Bus Fee

****Sign up by July 11th at the front desk. ****

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Cache County Senior Center, Logan, UT

D 4C 05-1038

Senior Fun



downloadable adult coloring pages

Scams and Fraud Concerns

Planning a summer vacation? You may be looking for deals on cheap flights or discounts at hotels and resorts – but some promotions may come with strings attached, and others can be downright scams. Before you pack your bags, keep these travel tips in mind.

Avoid “free” trips that require you to pay. A company that offers you a free vacation – but then pressures you to buy extras or add-ons, or to verify your identity with a credit card number – is probably trying to scam you.

Say No to robocalls. If you get a cold call trying to sell you something, ignore it. Robocalls are usually illegal. If you get an unwanted call, report it to the FTC. Also, avoid offers that come through text or an unexpected email.

Know the cancellation policies. Ask about the refund policies for flight reservations, car rentals, and rental properties, and get them in writing.

Pay by credit card. When it’s time to buy, paying by credit card gives you more protection than paying with a debit card, cash or check. There are laws to protect you if your credit card information is lost or stolen. And, in case you don’t get what you paid for, you may be able to dispute the charges with your credit card company.

For more information, visit [ftc.gov/travelscams](https://www.consumer.ftc.gov/travelscams). And if you’ve spotted a travel scam, report it to the FTC.



<https://www.consumer.ftc.gov/blog/2018/06/tips-scam-free-travel>



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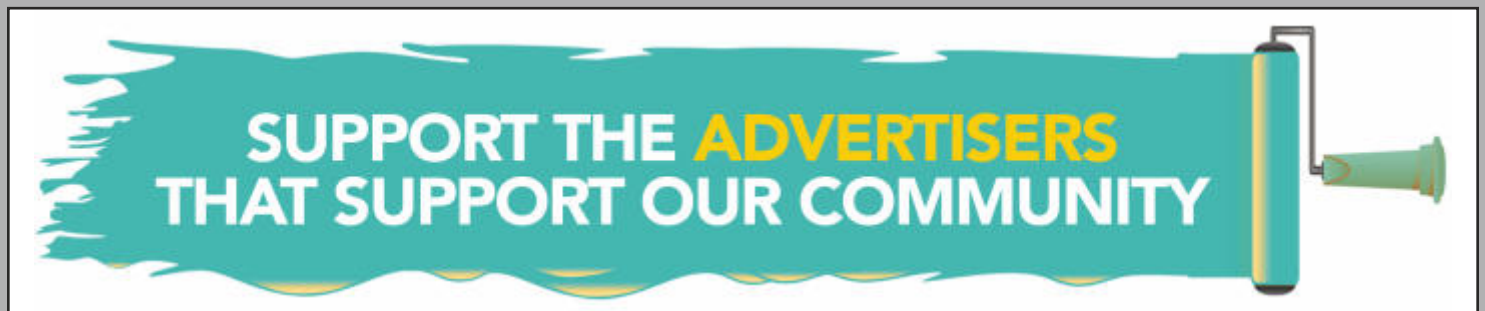
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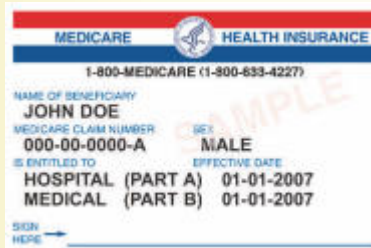



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MEDICARE

Si cumple con ciertos límites de ingresos y recursos, puede reunir los requisitos para la Ayuda Adicional de Medicare para pagar los costos de la cobertura de medicamentos recetados de Medicare. En 2018, los costos no son más de \$ 3.35 por cada medicamento genérico / \$ 8.35 por cada medicamento cubierto de marca. Otras personas pagan solo una parte de sus primas y deducibles del plan de medicamentos de Medicare en función de su nivel de ingresos. En 2018, puede calificar si tiene hasta \$ 1,518 en ingresos mensuales (\$ 18,210 en ingresos anuales) \$ 2,058 mensuales para parejas casadas (\$ 24,690 anuales o una pareja casada) y hasta \$ 14,100 en recursos / activos (\$ 28,150 para una pareja casada) . Si no califica para la Ayuda Adicional, es posible que su estado tenga programas que puedan ayudarlo a pagar los costos de sus medicamentos recetados. Comuníquese con su oficina de Medicaid o su Programa Estatal de Asistencia sobre Seguros de Salud (SHIP) para obtener más información. Póngase en contacto con Giselle o Colby, estarán encantados de ayudarlo a solicitar este programa. Llamar para hacer un apt. 435-755-1720 Recuerde, puede volver a solicitar la Ayuda Adicional en cualquier momento si sus ingresos y recursos cambian



In honor of Pioneer Day, enjoy this story of the Parker family as they journeyed to Utah. We each can learn much from these early pioneer ancestors, whose struggles and heartaches were met with resolute courage and an abiding faith. Giselle 

Arthur Parker-Fell Asleep

Falling asleep at the wrong place had greater hazards for six-year-old Arthur Parker. He had crept into the shade to rest during a morning break on a sultry June day in 1896 and had been left behind. His parents, Robert and Ann Parker, had assumed he was playing along the way with other children and did not miss him until they stopped that afternoon to make camp in the face of a sudden thunderstorm. It was then they realized Arthur was not with them.

Who can imagine the rising panic these parents felt in the next two days as the company remained while the men searched for their son? Finally, on July 2, with no alternative, the company was ordered west. Robert Parker went back alone to continue searching for his missing child. As he was leaving, his wife pinned a red shawl around his shoulders and said words such as these: "If you find him dead, wrap him in the shawl to bury him. If you find him alive, use this as a flag to signal us." Then with a sinking heart, she and their other children struggled on. Out on the trail each night Ann scanned the horizon for her husband, eyes straining for the sign. Day after frightening day-nothing. Then, just at sundown on July 5, she saw a figure approaching from the east. In the last light of the setting sun she saw the glimmer of the bright, red shawl.

One of the diaries records, "Anne Parker fell in a pitiful heap upon the sand, and that night, for the first time in six nights, she slept." On July 5, Archer Walters recorded, "Brother Parker came into camp with a little boy that had been lost. Great joy through the camp. The mother's joy I cannot describe." It seems the little boy, sick with illness and terror, had been found by a woodcarver who had cared for him until his father had found him.



TAX ABATEMENT

The purpose of the low income abatement (also known as the circuit breaker or the homeowner's tax credit program) is to provide general property tax relief to certain taxpayers who have income below statutorily mandated levels and who own their residence. Any permanent resident providing their own financial support who is 66 years of age in the year of application or is a surviving spouse that meets the household income requirements is eligible.



Filing Deadline is September 1st
Applications available online, Senior Center and Auditor office, application must be turned in at the auditor's office

Clerk/Auditor Office Auditor's Office (435) 755-1706

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

AUGUST
 BEACH
 BIKES
 CAMPING
 CARNIVAL
 COOKOUTS
 FIREFLIES
 FIREWORKS
 FISHING
 FLIPFLOPS

FUN
 HULA HOOPS
 ICE CREAM
 JULY
 JUMPROPE
 JUNE
 MOVIES
 PARADES
 PARTIES
 PICNICS
 POOL

POPSICLES
 ROLLERCOASTER
 SANDALS
 SPLASH
 SPRINKLER
 SNOWCONES
 SUNGLASSES
 SUNSCREEN
 SWIMMING
 THEME PARK
 VACATION