



Photo by Mike Bullock

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

**August 1st**  
**@ 8:30 am**  
**Commodities Pickup**

**Lunch and Learn:**

12:15: August 15th:  
Cache County  
presenting on  
Tax Relief programs

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.

We would like welcome  
our 2 new employees:

Esvin Perez & Sarah  
Price

Make sure to say hello  
when you see them. We  
are happy to have them  
here with us!

## Heat-related health dangers for older adults soar during the summer

As we age, our ability to adequately respond to summer heat can become a serious problem. Older people are at significant increased risk of heat-related illnesses, known collectively as hyperthermia, during the summer months. Hyperthermia can include heat stroke, heat edema (swelling in your ankles and feet when you get hot), heat syncope (sudden dizziness after exercising in the heat), heat cramps, and heat exhaustion.

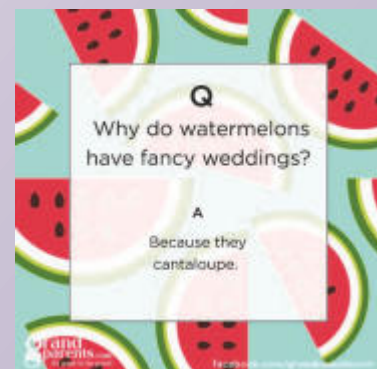
Experts at the National Institute on Aging, part of the National Institutes of Health, say knowing which health-related factors may increase risk could save a life. Those factors include:

- Age-related changes to the skin such as poor blood circulation and inefficient sweat glands
- Heart, lung, and kidney diseases, as well as any illness that causes general weakness or fever
- High blood pressure or other conditions that require changes in diet, such as salt-restricted diets
- Reduced sweating, caused by medications such as diuretics, sedatives, tranquilizers, and certain heart and blood pressure drugs
- Taking several drugs for various conditions (It is important, however, to continue to take prescribed medication and discuss possible problems with a physician.)
- Being substantially overweight or underweight
- Drinking alcoholic beverages
- Being dehydrated

Lifestyle factors can also increase risk, including extremely hot living quarters, lack of transportation, overdressing, visiting overcrowded places, and not understanding how to respond to weather conditions.

Older people, particularly those at special risk, should stay indoors on particularly hot and humid days, especially when there is an air pollution alert in effect. To stay cool, drink plenty of fluids and wear light-colored, loose-fitting clothes in natural fabrics. People without fans or air conditioners should keep their homes as cool as possible or go someplace cool. Senior centers, religious groups, and social service organizations in many communities provide cooling centers when the temperatures rise. Or visit public air conditioned places such as shopping malls, movie theaters, or libraries.

Heat stroke is a severe form of hyperthermia that occurs when the body is overwhelmed by heat and unable to control its temperature. Someone with a body temperature above 104 degrees Fahrenheit is likely suffering from heat stroke. Symptoms include fainting; a change in behavior (confusion, combativeness, staggering, possible delirium or coma); dry, flushed skin and a strong, rapid pulse; and lack of sweating. Seek immediate medical attention for a person with any of these symptoms, especially an older adult.



### *Pasta: Good or Bad?*

*Thankfully, the low-carb diet craze is on its way out, but during the anti-starch explosion, pasta took a severe beating. But pasta is GOOD! Here's why...*

#### **The Nutrition Facts**

One cup of cooked spaghetti has approximately 220 calories, 1 gram of fat and no cholesterol. Most pastas on the market are enriched with iron too. Whole grain pastas contain about the same calories as regular pasta but have more protein, fiber and vitamins. As an added bonus, all that protein and fiber means that you'll feel more satisfied by eating less.

Pasta is great source of carbohydrate, the body's primary source of energy (your brain runs on carbs and carbs alone -- that's pretty important, no?).

So instead of looking at pasta as the enemy, embrace it as a vital energy source. The trick is making pasta part of a varied diet (read on).

#### **Serve It Up!**

Portion control is most important. Eating huge portions of pasta smothered with cheese or a heavy cream sauce expands waistlines. Keep portions to 1 to 1 1/2 cups per person and add vegetables and lean meats, beans or fish to balance out the meal.

Just about every cuisine on the planet has traditional pasta dishes. Enjoy wheat pasta with tomato and olives or a light cream sauce. Try rice noodles wrapped with veggies, or lo mein noodles (made from wheat flour) with an Asian-inspired sauce.

#### **The Bottom Line:**

As with everything, enjoy pasta in moderation -- be mindful of portion sizes and experiment with all the glorious *varieties*.

<https://www.foodnetwork.com/healthyeats/recipes/2009/02/pasta-good-or-bad>

Are you concerned  
someone you love or  
care about may be the  
victim of abuse?  
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Call 1-800-371-7897

### *Chicken Tetrazzini*

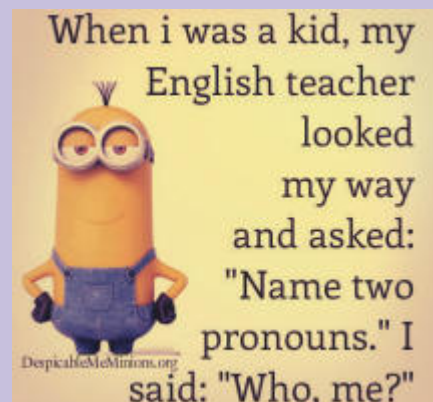
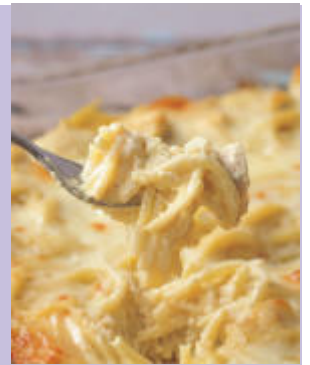
Easy and delicious Cheesy Chicken Tetrazzini - Chicken and pasta in a creamy sauce with lots of flavor - a family favorite dinner meal!

Serves: 8

#### Ingredients

- 16 oz linguini, cooked
- ½ cup butter, softened
- 4 chicken breasts, cooked, diced
- 2 cans cream of chicken soup light
- 2 cups sour cream (light)
- 1 tsp kosher salt
- ½ tsp ground pepper
- ½ cup chicken broth
- 2 TB parmesan cheese
- 2 cup shredded mozzarella

Instructions 1. Cook noodles according to box instructions. Set aside. 2. In a medium bowl, combine ½ cup butter, cooked chicken, soup, sour cream, salt, pepper and chicken broth. Mix well and then add in cooked noodles. 3. Spray a 9x13 pan and pour in noodle mixture. Sprinkle cheeses on top. Bake at 350 for 40-45 minutes. ENJOY! Recipe by Lil' Luna at <https://lilluna.com/chicken-tetrazzini/>





Cache County has a variety of property tax relief programs; Veteran with a Service Related Disability, Active Duty Armed Forces, Blind, Homeowner's Credit (Circuit Breaker), and Indigent (Hardship). All applications must be submitted on an annual basis with the exception of the disabled veteran's exemption that only has to be renewed when there is a change in circumstance like percentage of disability or residence. On all property tax relief only the primary residence and up to one acre of primary residential land is eligible.



All applicants must complete the Combined Tax Relief form before **September 1st** and provide all required documentation to verify eligibility. We strongly encourage applicants to apply early. Application forms can be found online on the auditor's website at [www.cachecounty.org/auditor](http://www.cachecounty.org/auditor) under "Tax Relief" or can be picked up at the county administration building in the auditor's office at 179 North Main Suite 102. It is helpful to review the application to ensure you have all the required documentation before submitting the application to the auditor's office. Citizens with questions can call Chief Deputy Auditor Dianna Schaeffer at (435)755-1706.



Dianna Schaeffer :  
Chief Deputy  
Auditor will host a

Lunch and Learn on  
August 15; 12:15 to  
discuss these programs.

We hope to see you there!

The circuit breaker and hardship programs require income verification. The circuit breaker program is aimed at helping low-income elderly tax payers, and full year residents older than 66 with a gross annual income of less than \$32,738 can apply. They must also provide a prior year tax return or other income verification documentation as determined by the auditor's office. Hardship assistance is handled on a "case-by-case" basis and requires the applicant to complete the Combine Tax Relief Form and the Low Income Supplemental Packet. In addition to income verification they must prove extreme hardship or medical disability.



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Cache County Senior Center, Logan, UT

A 4C 05-1038

# Health and Wellness

If you suspect that someone is suffering from a heat-related illness:

Call 911 if you suspect heat stroke.

Get the person out of the heat and into a shady, air-conditioned or other cool place. Urge them to lie down.

If the person can swallow safely, offer fluids such as water and fruit or vegetable juices, but not alcohol or caffeine.

Apply a cold, wet cloth to the wrists, neck, armpits, and groin. These are places where blood passes close to the surface of the skin, and a cold cloth can help cool the blood.

Encourage the person to shower, bathe, or sponge off with cool water if it is safe to do so.

If you are having a hard time paying for home cooling and heating costs, there are some resources that might help. Contact the National Energy Assistance Referral service, your local Area Agency on Aging (BRAG office) or social service agency.

## Too Old to Exercise? Studies Say No!

Together, exercise and lifestyle changes, such as becoming more active and eating healthy food, reduce the risk of diabetes in high-risk older people. In one



study, lifestyle changes led to a 71 percent decrease in diabetes among people 60 and older.

In another study, moderate exercise was effective at reducing stress and sleep problems in older women caring for a family member with dementia. Older people who exercise moderately are able to fall asleep quickly, sleep for longer periods, and get better quality of sleep.

Researchers also found that exercise, which can improve balance, reduced falls among older people by 33 percent.

Walking and strength-building exercises by people with knee osteoarthritis help reduce pain and maintain function and quality of life.

There are many fun exercise programs that are offered at the senior center. Tai Chi, Clogging, Line Dancing, Wii-bowling, Sit-N-Be Fit. Come out and give one of these fun classes a try!

### TIPS TO AVOID THE MEDICARE CARD SCAMS



THAT SMPS ARE SEEING

-  The new Medicare cards don't cost anything!
-  You do not need to get personal.
-  Your Medicare insurance will not be canceled.



<https://www.smp.org/faq/faq-reduce-card-scams/>

Not everyone  
thinks the way you think,  
knows the things you know,  
believes the things you believe,  
nor acts the way you would act.

Remember this  
and you will go a long way  
in getting along with people.

- Arthur Forman -

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# NATIONAL SENIOR CITIZENS DAY

Each year on August 21 across the United States we recognize National Senior Citizens Day.

“This day was created as a day to support, honor and show appreciation to our seniors and to recognize their achievements. Their valuable contributions to our communities create better places to live.

For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older — places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity. “

~ President Ronald Reagan – August 19, 1988 Proclamation 5847



*Your valuable contributions to our communities create better places to live...  
CHEERS TO YOU!*

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# AUGUST 2018

## Monday

## Tuesday

## Wednesday

The sun rises with its beaming glory. Everyday it starts with a new story, the chirping of birds, the sound so sweet, the sweetness of the pleasant heat, the summer is here and so is the fun. It says the day has just begun!



1  
8:30 Commodities  
1:30 Cribbage

6  
10:30 Drawing for your Health  
1:00 Needle Work Group

7  
1:00 Movie: The Money Pit 1h31m

8  
11:15 Cooking Class \$1.00  
12-4 AARP Driver Safety Course  
1:30 Cribbage



13  
9:15 Breakfast Club celebrating Navajo Code Talkers plus Fry Bread  
10:30 Drawing for your Health  
10:30 Poker hosted by ComForCare  
1:00 Needle Work Group

14  
1:00 Foot Clinic by Rocky Mtn Care  
1:00 Movie: My Man Godfrey 1h33m

15  
11:15 Craft with Colby  
12:15 Cache County Lunch and Learn  
1:00 Foot Clinic by Rocky Mtn Care  
1:00 Book Club  
1:30 Cribbage

20  
10:30 Drawing for your Health  
1:00 Needle Work Group

21  
11:30 Out to Lunch Bunch: Black Bear Diner  
1:00 Movie: A Chorus Line 1h58m



22  
1:30 Cribbage

27  
10:30 Drawing for your Health  
1:00 Needle Work Group

28  
1:00 Foot Clinic by Integrity Home Health—Charge of \$10.00  
1:00 Movie: Wallaby Jim of the Islands 1h7m hosted by the Gables

29  
**Center Closed for Training**



# AUGUST 2018

## Daily Activities

### Thursday

2  
8:30 Field Trip to SeaQuest  
10:30 Cards with CNS  
  
1:00 Documentary: All the Queens Horses 1h10m

9  
1:00 Foot Clinic by Rocky MtnCare  
  
1:00 Documentary: Somebody Feed Phil: Dublin and Venice 1h59m

16  
  
1:00 Documentary: Bound By Flesh 1h30m



23  
Wii Bowling Tournament at Sunshine Terrace 9:30  
  
1:00 Red Hat Activity

30  
  
**Center Closed for Training**

### Friday

3  
Tai Chi CANCELLED  
10-12 Blood Pressure  
  
1:00 Movie: Journey to the Center of the Earth 1h33m

10  
10-12 Blood Pressure  
  
12:15 Shannon's Hit Parade  
1:00 Movie: Nights in Rodanthe 2h9m

17  
10-12 Blood Pressure  
  
1:00 Movie: Calamity Jane and Sam Bass 1h22m

24  
10-12 Blood Pressure  
  
1:00 Movie: Stone of Destiny 1h36m

31  
10-12 Blood Pressure  
10:30 Nails with Symbii  
  
1:00 Movie: Meatballs 1h33m

### 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 (cancelled till Sept. 6th)  
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  
9:15 Adult Coloring  
10:15-10:45 Seated Tai Chi  
10:30 Bingo  
11:00 Pickle Ball  
11:15 Sit-n-be-fit  
1:00 Bridge/Movie/  
Internet Help by apt. only

## MEDICARE

### Getting a second opinion before surgery

A second opinion is when another doctor (in addition to your regular doctor) gives you his or her view about:

\*Your health problem, \*How to treat it

It can help you make a more informed decision about your care. When your doctor says you have a health problem that needs surgery, you have the right to:

\*Know and understand your treatment choices

\*Have another doctor look at those choices with you (second opinion) \*Participate in treatment decisions by telling your doctor what you do and don't want

#### When to get a second opinion

If your doctor says you need surgery to diagnose or treat a health problem that isn't an emergency. It's up to you to decide when and if you'll have surgery. If your doctor tells you that you should have certain kinds of major non-surgical procedures. Medicare doesn't pay for surgeries or procedures that aren't medically necessary, like cosmetic surgery. This means that Medicare won't pay for second opinions for surgeries or procedures that aren't medically necessary.

#### Finding a doctor for a second opinion

Make sure the doctor giving the second opinion accepts Medicare. Find a doctor that accepts Medicare. Ask your doctor for the name of another doctor to see for a second opinion. Don't hesitate to ask—most doctors want you to get a second opinion. You can also ask another doctor you trust to recommend a doctor.

Ask your local medical society for the names of doctors who treat your illness or injury. Your local library can help you find your local medical society.

#### What to do when you get a second opinion

Before you visit the second doctor, you may want to:

Ask your doctor to send your medical records to the doctor giving the second opinion. That way, you may not have to repeat the tests you already had. Also, call the second doctor's office and make sure they got your records.

Write down a list of questions to take with you to the appointment. Ask a friend or loved one to go to the appointment with you. During the visit with the second doctor, you may want to:

Tell the doctor what surgery you're considering.

Tell the doctor what tests you already had.

Ask the questions you have on your list. Encourage your friend or loved one to ask any questions that he or she may have.

#### What if the first & second opinions are different?

If the second doctor doesn't agree with the first, you may feel unsure what to do. In that case, you may want to:

Talk more about your condition with your first doctor.

Talk to a third doctor. Medicare helps pay for a third opinion.

Getting a second opinion doesn't mean you have to change doctors. You choose which doctor you want to do your surgery.

## MEDICARE (Spanish)

### Obtener una segunda opinión antes de una cirugía

Una segunda opinión es cuando otro médico (además de su médico regular) da su punto de vista sobre:

\*Su problema de salud \*Cómo tratarlo

Esto puede ayudarle a tomar una decisión más informada sobre su cuidado.

Cuando su médico determina que usted tiene un problema de salud que necesita cirugía, usted tiene el derecho a:

\*Conocer y comprender sus opciones de tratamiento

\*Hacer que otro médico revise esas opciones con usted

(segunda opinión) \*Participar en las decisiones de tratamiento comentándole a su médico qué desea y qué no desea usted

#### Cuándo se debe obtener una segunda opinión

Si su médico determina que usted necesita una cirugía para diagnosticar o tratar un problema de salud, eso no constituye una emergencia. Es su decisión optar por someterse a una cirugía o no y cuándo hacerlo. Si su médico le dice que debería someterse a ciertos tipos de procedimientos no quirúrgicos principales. Medicare no paga cirugías ni procedimientos que no sean necesarios por razones médicas, como las cirugías estéticas. Esto significa que Medicare no pagará por segundas opiniones para cirugías o procedimientos que no sean necesarios por razones médicas.

#### Buscar un médico para una segunda opinión

Asegúrese de que el médico que dé la segunda opinión acepte Medicare. Busque un médico que acepte Medicare.

Pregunte a su médico el nombre de otro médico para buscar una segunda opinión. No dude en preguntar, la mayoría de los médicos quieren que usted obtenga una segunda opinión.

También puede pedir a otro médico en quien confíe que le recomiende un colega. Pida a la sociedad médica del área en la que reside los nombres de médicos que tratan la enfermedad o la lesión que padece. En la biblioteca local puede encontrar la sociedad médica de su área.

#### Qué hacer después de obtener una segunda opinión

Antes de visitar al segundo médico, quizás desee hacer algo de lo siguiente: Pida a su médico que envíe sus registros médicos al médico que dará la segunda opinión. De esa manera, quizás no tenga que repetir las pruebas a las que ya se sometió.

Además, llame al consultorio del segundo médico y asegúrese de que hayan recibido sus registros.

Escriba una lista de las preguntas que desea hacer durante la visita. Pida a un amigo o ser querido que lo acompañe a la visita. Durante la visita al segundo médico, quizás desee hacer algo de lo siguiente: Decirle al médico qué tipo de cirugía está considerando. Decirle al médico a qué pruebas ya se sometió. Haga las preguntas que haya incluido en su lista. Aliente a su amigo o ser querido a que haga todas las preguntas que desee.

#### ¿Qué sucede si la primera y la segunda opinión son diferentes?

Si el segundo médico no está de acuerdo con el primero, puede que usted no esté seguro sobre qué hacer. En ese caso, quizás desee: Hablar más sobre su condición con el primer médico.

Hablar con un tercer médico. Medicare ayuda a pagar una tercera opinión. Obtener una segunda opinión no significa que

tenga que cambiar de médico. Usted elige qué médico desea que realice la cirugía.



# Out to Lunch Bunch



The Out to Lunch Bunch will be trying out a brand new restaurant in Logan this month. Join us for a trip to the Black Bear Diner! August 21st at 11:30am we will head out to try this fun to new diner. Since the trip is so close no transportation fee, but **please sign up** so a reservation can be made.

From the Black Bear Diners website, "Legend has it that a giant grizzly bear named Old Ephraim roamed the Wasatch Mountains in the early 20th century – since Old Ephraim is long gone, we're bringing a new kind of bear to the valley. Our business partners here,

a mother-son duo, knew the Black Bear theme and family appeal would fit the community perfectly. Bring your loved ones for breakfast, lunch, or dinner and feast on some awe-inspiring meals surrounded by a rustic atmosphere and friendly servers catering to your every need."



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# AUGUST 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<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.  <b>Don't forget to call in by 3:00 p.m. the day before you eat.</b>  <b>The full cost of the meal is \$5.00 for those under age 60. Please pay at the front desk to receive your meal.</b></p>		<p>1  <b>Loaded Baked Potato</b>                      Buttered Broccoli                      Mandarin Oranges                      Banana Cream Pudding</p>	<p>2  <b>Salmon</b>                      Rice Pilaf                      Buttered Green Beans                      Lemon-Raspberry Fluff</p>	<p>3  <b>Poppy-Seed Chicken</b>                      Rice Pilaf                      Broccoli w/ cheese                      Banana Blueberry Muffin</p>
<p>6  <b>Biscuits &amp; Gravy</b>                      Crispy Bacon                      Potatoes O'Brian                      Veggie Medley                      Fresh Banana</p>	<p>7  <b>Chicken Fajitas</b>                      Mexicali Corn                      Spanish Rice                      Orange Fluff</p>	<p>8  <b>Tilapia</b>                      Wild Rice                      Buttered Peas                      Peach Bread Pudding</p>	<p>9  <b>BBQ Flank Steak</b>                      Scalloped Potatoes                      Glazed Carrots                      Fresh Fruit                      Dinner Roll</p>	<p>10  <b>Sloppy Joes</b>                      Cole Slaw                      Fresh Fruit Cup                      Chips                      Cake</p>
<p>13  <b>Taco Salad</b>                      Mexican Street Corn                      Mixed Fruit Salad                      Churro</p>	<p>14  <b>Beef Stroganoff</b>                      Buttered Noodles                      Cascade Veggies                      Fresh Berries &amp; Cream</p>	<p>15  <b>Cheese Omelet</b>                      Sausage Patty                      Veggie Hash                      Fresh Orange Slices</p>	<p>16  <b>Chicken Fried Steak</b>                      Potatoes &amp; Gravy                      Roasted Veggies                      Pineapple Fluff                      Dinner Roll</p>	<p>17  <b>Philly Beef Sandwich</b>                      Sautéed Onions &amp; Peppers                      Lemon Pudding w/Berries</p>
<p>20  <b>Pork Loin</b>                      Roasted Potatoes                      Garden Veggies                      Spiced Apples                      Dinner Roll</p>	<p>21  <b>Hawaiian Haystacks</b>                      Buttered Peas                      Mandarin Fruit Salad                      Cookie</p>	<p>22  <b>Chicken Salad Croissant</b>                      Fresh Veggies w/Ranch Dip                      Grape Salad</p>	<p>23  <b>French Toast</b>                      Sausage Patty                      Scrambled Eggs                      Fruit &amp; Yogurt</p>	<p>24  <b>Chicken Alfredo Pasta</b>                      Italian Veggies                      Ambrosia Salad                      Breadstick</p>
<p>27  <b>Tomato Mac Soup</b>                      Grilled Cheese                      Celery Sticks                      Banana Cream Pudding</p>	<p>28  <b>Sweet &amp; Sour Chicken</b>                      Fried Rice                      Snap Peas                      Berry Watermelon Salad</p>	<p>29  <b>Center Closed for Training</b>  <b>MOW ONLY</b></p>	<p>30  <b>Center Closed for Training</b>  <b>MOW ONLY</b></p>	<p>31  <b>Lasagna</b>                      Strawberry &amp; Spinach Salad                      Garlic Bread</p>



# Did You Know?

Did you know?

There are some pretty fantastic programs and activities here at the Center! This month take a moment to explore some possible new interests and hobbies. Did you know the center has a book club? We typically meet on the 2nd Wednesday of the month to discuss the book we just read and check out the new book for the month and would love to have you.

Have you checked out the Drawing for Your Health class? Deb is a wonderful and experienced teacher. You don't need any experience or supplies, just a little time and soon you could be creating art while calming your mind and improving your dexterity! If coloring is your thing we have a group for that too. Friday mornings at 9:30 pass the time waiting for bingo by coloring and making new friends, pencils and pages provided.

Have you heard of the Red Hat Society? The Red Hat Society is an international society of women that connects, supports and encourages women in their pursuit of fun, friendship, freedom, fulfillment and fitness while supporting members in the quest to get the most out of life. The Red Hat Society's primary purpose is social interaction and bonding among women. The Red Hat group; Sassy Sisters, meet once a month for an activity. Typically it includes some learning, some games, some food, and always some fun.

Mums are better than any CSI. They know you did it, how you did it, whom you did it with, and they can hear you trying to hide the evidence.



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## Scams and Fraud

### No prizes from the Federal Trade Commission (FTC)



Recently, someone showed up at the door of the FTC to ask about his prize. He had a mailing saying he'd won \$5 million – and the FTC had “certified and verified” it. The letter told him to act immediately to get the money. Otherwise, his millions would be given to somebody else. He'd talked with the so-called officials, who wanted him to pay \$500 in fees to claim his (ahem) prize. But here's the thing: the FTC doesn't give free prizes, certify prizes, or verify prizes. Anyone who says we do is lying and trying to get your money. And companies that give free prizes don't charge you to collect your winnings. Anyone who asks you to pay for a prize will take your money, but you'll never get the promised pay-out.

Scammers are good at making their tall tales seem real. This man's letter looked real, with a picture of our building and our seal. But the important parts are fake: the FTC does not certify or validate prizes. And we don't call, email or write to ask you for money for any reason. So: if you get a letter like this, that's a scam. Tell the FTC. If anybody asks you to pay them – or give your bank account or credit card number – to claim a prize, that's a scam. Tell the FTC. And if anybody says you must pay by wiring money or buying a gift card, that's a scam. Always. And tell the FTC.

If ever you wonder about a letter, call, or message that says you've won (or that you must pay for some other reason), do what this man did. Stop and check it out. Talk to someone you trust. Sign up for our scam alerts to keep up with the latest scams – and, when you spot one: tell the FTC.

### USPS warns of secret shopper scam, don't cash checks



LYNCHBURG, Va. (WSET) -- Officials across the United States are warning about a secret or mystery shopper scam that many people have fallen victim to.

The scam involves a check for thousands of dollars that you get in the mail with a letter saying you should deposit it, wire back some of the money to the company, keep part as payment, and then use the rest to shop at another store.

The U.S. Postal Service warns that if you deposit the check, you'll get a notice from the bank that it bounced.

So, then the victim is left with the amount of money they wired.

Police say to be wary of any job that requires payment before any wages are earned.

Postal Inspectors advise that if you receive this offer, do not respond, but instead report it to the Postal Inspectors online or call them at 1-877-876-2455.

<http://kutv.com/news/nation-world/usps-warns-of-secret-shopper-scam-dont-cash-checks>





## Medicare Counseling

It is not enrollment season but there is still a lot to think about and prepare. Giselle and Colby are available for one on one appointments to discuss Medicare, opportunities to

change your advantage plan, Medicaid, Low Income Subsidy ( Extra Help), Social Security, Medicare cost sharing programs. Reserve your appointment today! 755-1720

Preventive care is the care you receive to prevent illness, detect medical conditions, and keep you healthy. If you meet the coverage rules and guidelines for a preventive service, Part B of Original Medicare or your Medicare Advantage Plan must cover that service.



## 2018 Silver Pen Writing Contest

We were so impressed with the Poetry reading at our Seniors Got Talent Event in July, we have decided to have a Silver Pen Writing Contest! Entries can be in Essay or Poetry.

Entries based on "Fall" can be submitted now until September 3rd to Giselle or Colby. All winners of the contest will be announced and notified. Prizes will be awarded for 1st, 2nd, and 3rd place in each category.

1st place winner will have their work published in our September News Letter.



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Institutional Review Board Approved: IRB-9083

## Gift Shop at the Cache County Fair



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