

Cache County Senior Center

September 2018

Photo by Mike Bullock

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

September 5th
@ 8:30 am
Commodities Pickup

Lunch and Learn: 12:15

9/26 Sepsis Awareness:
Ally with the Logan Regional Hospital Emergency Room

9/12 Diabetes: Northern Utah Rehabilitation Hospital

9/14 Sunshine Terrace

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.

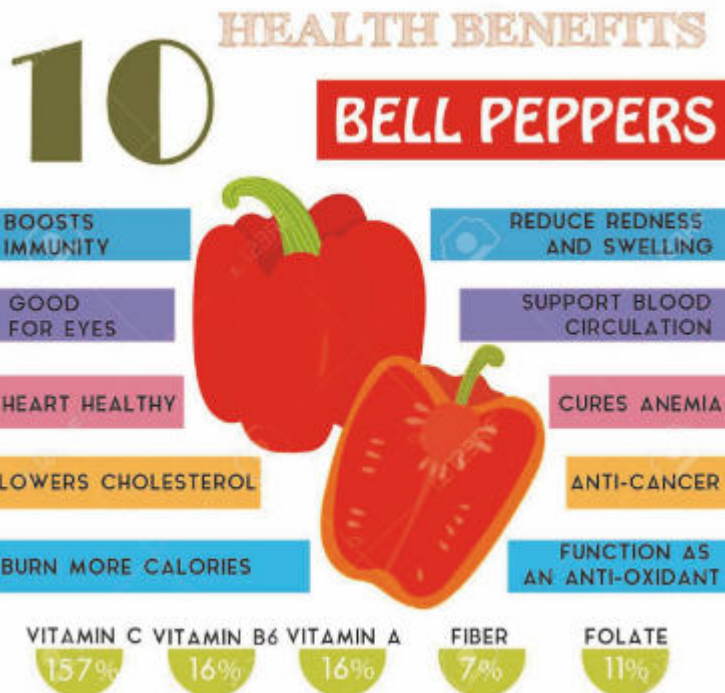
The Fall

It might be a while
Until you hear from me.
Because I just fell
Out of a tree
I climbed up there
To see a nest
My timing now
Just wasn't the best,
I seen the babies
All fuzzy and brown
With great big beaks
But I couldn't get down
And their claws on now,
Was long as well
I'm thinking they are eagles
Its hard to tell
Then momma came
Just screeching at me
So I knew now
I had to get out of that tree
So cautiously
I took my stance
Until I hit
The second branch
Then the third
And fourth one too
I hit the ground
What could I do
There was momma eagle
Just circling that tree
And I could have sworn
she was laughing at me

-Terri B

Thank you all for your submissions into our first writing contest. I thoroughly enjoyed reading them! We have such talented people who have quite the knack with words. For the remainder of the year we will be submitting many of the entries. I feel that they are all worth reading. On my mind these days is the memory of my first days of school. When I think of fall, I think of school shopping; clothes, supplies, shoes etc. It brings memories of many "first day of school" mornings when we were so excited for the first day. The energy in the air was full of happiness and fear. I will always remember my mother brushing my hair and sitting so still as she brushed through my long hair. This same event was repeated this morning in my home. The rush of excitement, the surge of positive energy, the packing of lunches, girls and boys looking a little longer in the mirror to look their very best! The smiles and the tears of first day jitters. Do you remember your first day of school? How was the routine in your home the first day? Think of those and I hope they bring sweet memories of times past—*Giselle*





Bell peppers are loaded with various vitamins and minerals, and are exceptionally rich in vitamin C.

- **Vitamin C:** One medium-sized red bell pepper contains 169% of the RDA for vitamin C, making it one of the richest dietary sources of this essential nutrient.
- **Vitamin B6:** Pyridoxine is the most common type of vitamin B6, which is a family of nutrients that are important for the formation of red blood cells.
- **Vitamin K1:** A form of vitamin K, also known as Phyllo Quinone. It is important for blood clotting and bone health.
- **Potassium:** An essential mineral that may improve heart health if consumed in adequate amounts.
- **Folate:** Also known as folic acid, folacin, or vitamin B9, folate has a variety of functions in the body. Adequate folate intake is very important during pregnancy.
- **Vitamin E:** A powerful antioxidant, essential for healthy nerves and muscles. The best dietary sources of this fat-soluble vitamin are oils, nuts, seeds and vegetables.
- **Vitamin A:** Red bell peppers are high in pro-vitamin A (beta-carotene), which is converted into vitamin A in the body.

<https://www.healthline.com/nutrition/foods/bell-peppers>

Bell Pepper Egg-in-a-Hole

INGREDIENTS

- 2 teaspoons olive oil
- 1 bell pepper (any color), cut into four 1/2-inch-thick rings
- 4 large eggs
- Coarse salt and ground pepper
- 2 teaspoons grated Parmesan
- 4 slices multigrain bread, toasted
- 8 cups mixed salad greens



DIRECTIONS

In a large cast-iron or nonstick skillet, heat 1 teaspoon oil over medium-high. Add bell pepper, then crack 1 egg into the middle of each pepper ring. Season with salt and pepper and cook until egg whites are mostly set but yolks are still runny, 2 to 3 minutes. Gently flip and cook 1 minute more for over easy. Sprinkle with Parmesan and place each egg on a slice of toast.

<https://www.marthastewart.com/319104/bell-pepper-egg-in-a-hole>

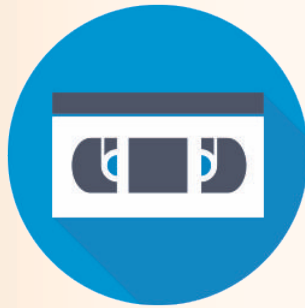
avocados be like

1:00pm: not ready
 1:01pm : just wait a little
 1:02pm : almost ready
 1:03pm : jk still not ready
 1:04pm : READYYYYYYYYYY!
 1:05pm : lol you missed your chance



Do you have old VHS tapes, cassette tapes, vinyl records and 35 millimeter slides stored away? Check the digital

media located in the Logan Library. You can transfer your photos, recordings and music into digital format. If you need assistance, you can book a librarian to walk you through the process. They also have a digital piano for public use and a 3D printer for patrons to submit STL files to have printed by staff. Check out the Logan Library!



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

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Health and Wellness

A Sense of Control of Your Life Can Lower Your Subjective Age

Study finds that older adults who feel that they're in charge also feel younger

by Kent Allen, August 13, 2018



Having the sense that you are in control of your life can make you feel younger — whatever your chronological age, a newly released study has found.

“Our research suggests that subjective age changes on a daily basis and older adults feel significantly younger on days when they have a greater sense of control,” researcher Jennifer Bellingtier of Friedrich Schiller University told last week’s annual convention of the American Psychological Association (APA). Such feelings can lead to improved cognitive abilities, longevity and overall quality of life, researchers believe.

Participants in the study represented two age groups – 18 to 36 and 60 to 90. In both groups, researchers found a wide range in subjective age on a day-to-day basis. But only in the older group was there a “significant association between perceived level of control each day and subjective age.”

Bellingtier suggested that family, friends and caretakers can provide opportunities for older adults to exercise more control of their lives, which could allow them to keep a youthful outlook. Such interventions could range from “a regular meeting with a therapist to discuss ways to take control in situations” to smartphone apps offering daily examples of how to take control.

In line with a number of similar findings in recent years, researchers also reported in a separate study presented at the APA convention that increased physical activity generally serves to lower one’s subjective age.

<https://www.aarp.org/health/healthy-living/info-2018/feel-younger-longevity-cognitive-abilities.html?cmp=SNO-ICM-FB-AO->

Labor Day, an annual celebration of workers and their achievements, originated during one of American labor history’s most dismal chapters.

In the late 1800s, at the height of the Industrial Revolution in the United



States, the average American worked 12-hour days and seven-day weeks in order to eke out a basic living. Despite restrictions in some states, children as young as 5 or 6 toiled in mills, factories and mines across the country, earning a fraction of their adult counterparts’ wages.

People of all ages, particularly the very poor and recent immigrants, often faced extremely unsafe working conditions, with insufficient access to fresh air, sanitary facilities and breaks.

As manufacturing increasingly supplanted agriculture as the wellspring of American employment, labor unions, which had first appeared in the late 18th century, grew more prominent and vocal. They began organizing strikes and rallies to protest poor conditions and compel employers to renegotiate hours and pay.

Many of these events turned violent during this period, including the infamous Haymarket Riot of 1886, in which several Chicago policemen and workers were killed. Others gave rise to longstanding traditions: On September 5, 1882, 10,000 workers took unpaid time off to march from City Hall to Union Square in New York City, holding the first Labor Day parade in U.S. history.

The idea of a “workingmen’s holiday,” celebrated on the first Monday in September, caught on in other industrial centers across the country, and many states passed legislation recognizing it. Labor Day is still celebrated in cities and towns across the United States with parades, picnics, barbecues, fireworks displays and other public gatherings. For many Americans, particularly children and young adults, it represents the end of the summer and the start of the back-to-school season.

<https://www.history.com/topics/holidays/labor-day>

Remembering September 11th, 2001

I woke up turned the TV on just as I always do,
I saw people running, buildings falling, and lots of smoke too.
Soon it hit me what had happened and I started to cry,
A lot of things went through my mind, all I could say was "Why?"
I sat speechless and in shock, a day no one will forget,
In my heart I knew it wasn't over yet.

When I think of America I think of being safe, protected, free from harm,

At times like this it makes me think how vulnerable we are.

We have lost friends, family, and those we hold dear,

They will stay within our hearts and we'll know that they are near.

We will keep fighting for America and be proud that we are free,

To all those who sadly died... May you Rest In Peace.

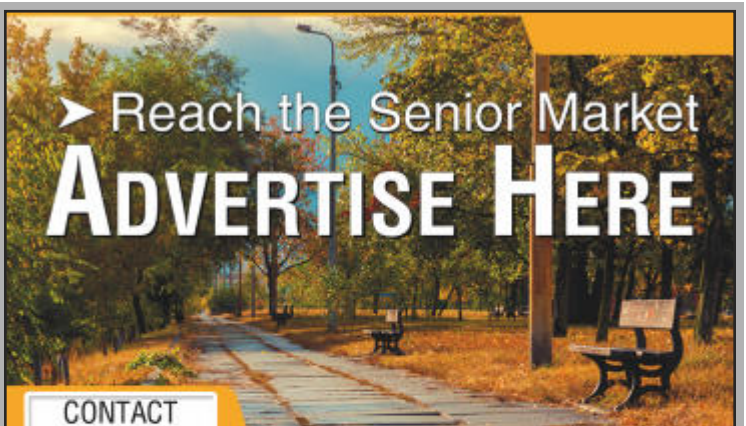
By: Darrell Johnson September 12, 2001



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Cache County Senior Center, Logan, UT

B 4C 05-1038

SEPTEMBER 2018

Monday	Tuesday	Wednesday
<p>3</p> <p>CLOSED FOR</p> 	<p>4</p> <p>1:00 Movie: Murder on the Orient Express 1h54m</p>	<p>5</p> <p>8:30 Commodities 1:30 Cribbage</p> 
<p>10</p> <p>10:30 Drawing for your Health 10:30 Poker hosted by ComForCare 1:00 Needle Work Group</p>	<p>11</p> <p>1:00 Foot Clinic by Rocky Mtn Care</p> <p>1:00 Movie: Only The Brave 2h14m</p>	<p>12</p> <p>11:15 Cooking Class \$1.00 12-4 AARP Driver Safety Course 12:15 Lunch and Learn: Diabetes with the Northern Utah Rehabilitation Hospital 1:00 Book Club 1:30 Cribbage</p>
<p>17</p> <p>10:30 Drawing for your Health 1:00 Needle Work Group</p>	<p>18</p> <p>1:00 Movie: Calamity Jane 1h41m</p>	<p>19</p> <p>11:15 Craft \$2.00 with Colby/Sara</p> <p>1:00 Foot Clinic by Rocky Mtn Care 1:30 Cribbage</p>
<p>24</p> <p>10:30 Drawing for your Health 11:30 Out to Lunch Bunch: Capriotti's 1:00 Needle Work Group</p> 	<p>25</p> <p>1:00 Foot Clinic by Integrity Home Health—Charge of \$10.00</p> <p>1:00 Movie: Please Don't Eat the Daisies 1h52m</p>	<p>26</p> <p>12:15 Lunch and Learn: Sepsis Awareness with Ally from the Logan Regional Hospital Emergency Room 1:30 Cribbage</p>
<p>Autumn</p> <p>Descending leaves fall to the ground, Twirling, twisting, round and round, Autumn season is almost here, The smell of freshness is oh so near.</p> <p>The crisp, cool breeze, Shakes the leaves from the trees, Autumn takes away the green, Golden-bronze and brown is all that can be seen.</p> <p>Source: https://www.familyfriendpoems.com/poem/</p>		

SEPTEMBER 2018

Thursday

6
10:30 Cards with CNS
10:30 Writers Group
1:00 Documentary: NOVA: Secrets of Noah's Ark 53m

13
1:00 Foot Clinic by Rocky Mtn Care
10:30 Writers Group
1:00 Documentary: Somebody Feed Phil: Buenos Aires and Copenhagen 2h

20
10:30 Writers Group
1:00 Documentary: Queen Mimi 1h16m

27
10:30 Writers group
1:00 Red Hat Activity

Friday

7
10-12 Blood Pressure
1:00 Movie: I Can Only Imagine 1h50m



14
10-12 Blood Pressure
12:15 Lunch and Learn: Amy with Sunshine Terrace
1:00 Movie: The Guernsey Literary and Potato Peel Pie Society 2h4m

21
10-12 Blood Pressure
1:00 Movie: Tank 1h54m
6:30 Friday Night Movie : Victoria & Abdul 1hr52min

28
10-12 Blood Pressure
10:30 Nails with Symbii
1:00 Movie: Secret in Their Eyes 1h48m
10-12 Flu Clinic BRHD



Be sure to check in with Colby...
USU Grand friends will begin this month ... as soon as we have a date we will keep you posted!

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

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
9:15 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

What home health services does Medicare cover?

Home health care includes a wide range of health and social services delivered in the home to treat illness or injury. Services covered by Medicare's home health benefit include:

- **Skilled nursing services:** Services performed by or under the supervision of a licensed or certified nurse to treat your injury or illness.
- **Skilled therapy services:** Physical, speech, and occupational therapy services that are reasonable and necessary for treating your illness or injury, and performed by or under the supervision of a licensed therapist.
- **Home health aide:** Medicare pays for an aide if you require skilled care. A home health aide provides personal care services, including help with bathing, toileting, and dressing. Medicare will not pay for an aide if you only require personal care and do not need skilled care in the first place.
- **Medical social services:** If you qualify for home health care, Medicare pays for services ordered by your doctor to help you with social and emotional concerns you have related to your illness. This may include counseling or help finding resources in your community.
- **Medical supplies:** Medicare pays for certain medical supplies, such as wound dressings and catheters, when provided by a Medicare-certified home health agency.
- **Durable Medical Equipment (DME):** Medicare pays 80% of its approved amount for certain pieces of medical equipment, such as a wheelchair or walker.

What home health services does Medicare not cover?

- Medicare's home health benefit does not cover:
- 24-hour per day care at home
- Prescription drugs (if you need prescription drugs, enroll in a Part D plan)
- Meals delivered to your home
- Housekeeping services, although home health aides may perform some housekeeping services when visiting to provide other health-related services

MEDICARE (Spanish)

What home health services does Medicare cover?

Atención médica en el hogar incluye una amplia gama de servicios de la salud y los servicios sociales que se prestan en el hogar para tratar enfermedades o lesiones. Servicios cubiertos por Medicare's home beneficios de salud incluyen:

- **Servicios de enfermería especializada:** servicios realizados por o bajo la supervisión de una enfermera licenciada o certificada para tratar su lesión o enfermedad.
- **Servicios de terapia especializada:** servicios de terapia física, del habla y ocupacional que son razonables y necesarios para tratar su enfermedad o lesión, y se realizan bajo la supervisión de un terapeuta licenciado.
- **Ayudante de salud en el hogar:** Medicare paga por un ayudante si necesita atención especializada. Un ayudante de salud en el hogar provee servicios de cuidado personal, incluyendo ayuda para el baño, aseo y aderezo. Medicare no pagará por un ayudante si sólo requiere atención personal y no necesita atención especializada en primer lugar.
- **Servicios sociales médicos:** si reúne los requisitos para recibir atención médica en el hogar, Medicare paga por los servicios que su médico le ordena para ayudarlo con las preocupaciones sociales y emocionales que tiene relacionadas con su enfermedad. Esto puede incluir consejería o ayuda para encontrar recursos en su comunidad.
- **Suministros médicos:** Medicare paga ciertos suministros médicos, tales como apósitos para heridas y catéteres, cuando es proporcionado por una agencia de salud en el hogar certificada por Medicare.
- **Equipo médico duradero (DME):** Medicare paga el 80% de su monto aprobado para ciertas piezas de equipo médico, como una silla de ruedas o un andador.

¿Qué servicios de salud en el hogar no cubre Medicare?

El beneficio de salud en el hogar de Medicare no cubre:

- atención 24 horas por día en casa
- Medicamentos recetados (si necesita medicamentos recetados, inscribese en un plan de parte D)
- Comidas entregadas a su casa
- Servicios de limpieza, aunque los asistentes de salud en el hogar pueden realizar algunos servicios de limpieza cuando visiten para proporcionar otros servicios relacionados con la salud

September is Sepsis Awareness Month

Sepsis can and does affect people of all ages. However, more than 80% of sepsis cases occur among people aged 50 years and older. Often incorrectly called blood poisoning, sepsis is the body's often deadly response to infection. Sepsis kills and disables millions and requires early suspicion and rapid treatment for survival. If left untreated, sepsis can progress to septic shock and death.

As people age, they may develop chronic illnesses, such as diabetes, kidney disease, or heart failure. It's not unusual to see someone with two or more chronic diseases. Diseases such as cancer, chronic obstructive pulmonary disease (COPD), hypertension, liver cirrhosis, and HIV are common conditions among people who have sepsis. Any type of infection can cause sepsis, from the flu to an infected bug bite. The most common infections that trigger sepsis among older people are pneumonia and urinary tract infections (UTIs). Infections can also happen through abscessed teeth or sores on the skin, either from a simple skin tear because the skin may be dry or fragile, or a pressure sore from sitting in a wheelchair or lying in bed. It's not always easy to spot infections among older people. For example, symptoms of a UTI usually include frequent urination, burning or pain while urinating, and cloudy and foul-smelling urine. For many seniors though, the first sign of a UTI is a change in mental status – they become confused or disoriented.

What are the signs and symptoms of sepsis? Sepsis is a toxic response to an infection. There is no single sign or symptom of sepsis. It is, rather, a combination of symptoms. Symptoms can include ANY of the following: S – Shivering, fever, or very cold E – Extreme pain or general discomfort (“worst ever”) P – Pale or discolored skin S – Sleepy, difficult to rouse, confused I – “I feel like I might die” S – Short of breath.

The key to preventing sepsis is to prevent an infection from occurring in the first place. If an infection does set in, it must be treated as quickly and effectively as possible. Many illnesses can be and are prevented through regular vaccinations, such as for the flu or pneumonia. The risk of getting an infection also drops with proper hand washing. Infections can also be reduced by proper care of all wounds, even the smallest scrape or cut. A thorough cleaning with soap and water will help remove bacteria at the wound opening.

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SEPTEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED FOR LABOR DAY HOLIDAY	4 French Dip Sandwich Broccoli Salad Pears	5 Salmon Garlic Mashed Potatoes Green Beans Raspberry/Banana Muffin	6 Baked Ravioli w/ Cheese Italian Veggies Caesar Salad Garlic Toast	7 Chicken Zucchini Casserole Rice Pilaf Peas & Pearls Waldorf Salad Pudding w/ Berries
10 Club Sandwich Pineapple & Banana Cole slaw Cookie	11 Pot Roast Potatoes & Gravy Roasted Veggies Orange Fluff Wheat Roll	12 Hot Dogs Potato Salad Creamy Cucumber Salad Cheesecake Fruit Salad	13 Parmesan Chicken Roasted Potatoes Biscayne Veggies Peach Bread Pudding	14 Biscuits & Gravy Crispy Bacon Potatoes O'Brien Veggie Medley Fresh Banana
17 Swiss Steak w/ Seasoned Marinara Egg Noodles Green Beans Bread Stick	18 Lemon Pepper Cod Rice Pilaf Cascade Veggies Lemon Pudding w/ fruit	19 Baked Potato Broccoli w/cheese Banana Cream Pudding Blueberry Muffin	20 Mac & Cheese w/Ham Caesar Salad Cherry Crisp	21 Mushroom Pork Chops Steamed Rice Pea's & Carrots Fresh Fruit Wheat Roll
24 Sweet Pork Salad Cilantro Rice Pinto Beans Mango Cobbler Flour Tortilla	25 Clam Chowder Cole Slaw Frog-eye Fruit Salad Fluffy Biscuit	26 Apricot Chicken Malibu Veggies Fresh Fruit Dinner Roll	27 Turkey Steak Potatoes & Gravy Buttered Pea's Cranberry Salad	28 Spaghetti w/ Meat sauce Italian Veggies Diced Peaches Breadstick

*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.

Out to Lunch Bunch

Capriotti's is the place this month! We are anxiously excited to try this new location out. Capriotti's was founded in Wilmington, Delaware in 1976. The restaurant is named after the founders' grandfather, Philip Capriotti. In 1988, the second restaurant location opened in New Castle, Delaware. In 1991, Capriotti's began franchising their restaurants.

In 1993, the first restaurant location in Las Vegas, Nevada was opened on Sahara Avenue, near Las Vegas Boulevard.

This new franchise opening up in Providence is one that many fans have been wanting for a long time. Capriotti's specializes in cold, grilled, and vegetarian submarine sandwiches. Each restaurant roasts whole turkeys for 12 hours nightly, hand pulls meats, and makes their own meatballs and coleslaw. Can we say YES...YES AND YES!!!

Out to Lunch Bunch
Sept. 28th
Capriotti's in Providence
11:30 am
Sign up to reserve your spot!

Health does not
always come from medicine.
Most of the time it comes
from peace of mind, peace in the
heart, peace of soul. It comes
from laughter and love.



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Cache County Senior Center, Logan, UT

D 4C 05-1038

Scams and Fraud Concerns



Medical Identity Theft

Medical identity theft occurs when a beneficiary's Medicare number is misused, either by a provider, a supplier, or by someone posing as the real beneficiary in order to receive medical care. Such Medicare numbers are considered "compromised." Medicare numbers are for life, even if stolen or misused, so a beneficiary whose number is compromised may be affected forever by false claims against his or her Medicare number.

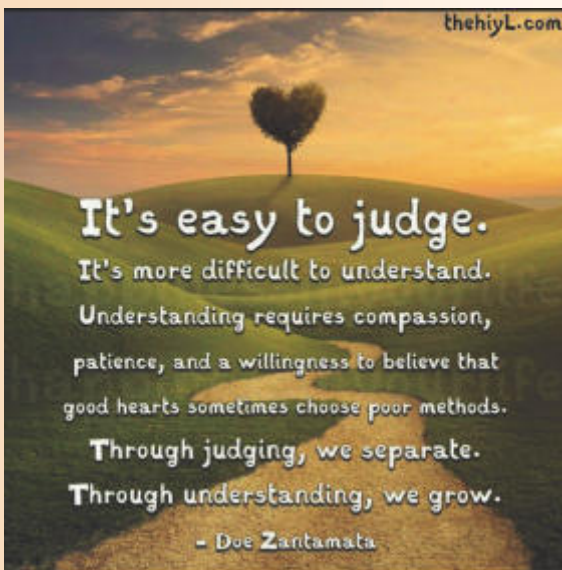
Health Impact

Receiving health care from a fraudulent provider can mean the quality of the care is poor, the intervention is not medically necessary, or worse: The intervention is actually harmful. A beneficiary may later receive improper medical treatment from legitimate providers as a result of inaccurate medical records that contain:

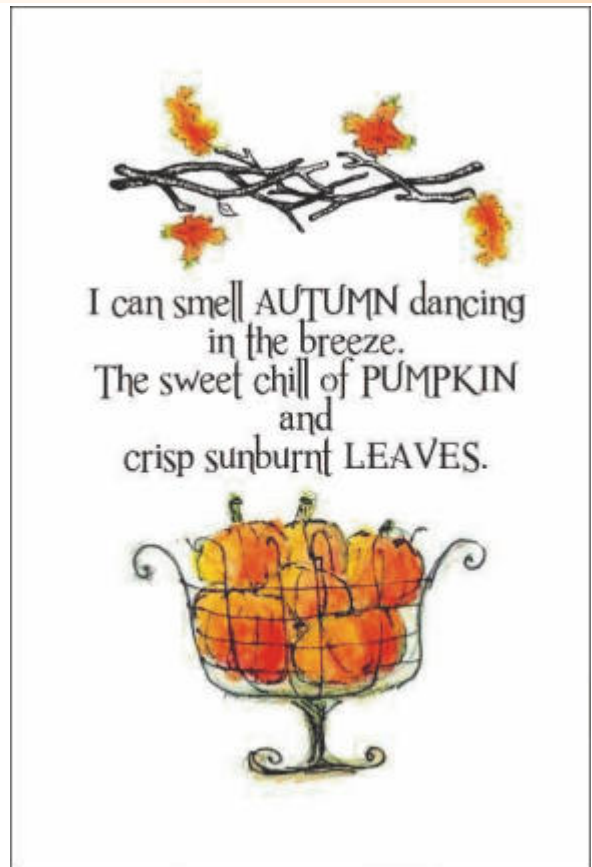
- False diagnoses
- Records showing treatments that never occurred
- Misinformation about allergies
- Incorrect lab results

Additionally, because of inaccurate or fraudulent claims to Medicare, beneficiaries may be denied needed Medicare benefits. For example, some services have limits. If Medicare thinks such services were already provided, they will deny payment.

<https://www.smpresource.org/Content/Medicare-Fraud/Fraud->



Volunteering for Meals on Wheels is a great way to make a huge impact in a short amount of time. By delivering meals you bring nutritious food and a friendly visit to 8 to 10 seniors in your community. Anyone can deliver meals, and it's a great volunteer opportunity for families and teams of employees, as well. Sign up today and find out how easy and rewarding it is to bring nutrition and independence to your neighbors! Call Kris and join the group of volunteers...755-1720 Delivering meals is also a great social activity – you can do it with a friend or a group and you'll get to know your neighbors who also deliver. And you'll leave knowing the 8 to 10 people on your route received the nourishment and personal connection they need. Sign up today to deliver meals and know you'll make an immediate impact on the lives of recipients in your neighborhood.



NEW Writing Group

For those of us who write and those who wish to write I want to announce that on September 6th at 10:30am we will be starting our very own writers club held in the Senior Center library. It will be an activity you won't want to miss. We will begin with a study of poetry; what it is and what it is not, then advance to the short story. Our goal of what will be known as the Writers club of Logan is to improve writing skills through peer interaction and in learning tools useful in creating a more interesting work for your readership.

Those of us who are avid readers also have our favorite authors. As we've discovered no two writers write the same. Writing styles are as unique as those who write. It is not our objective to tamper with how a person writes, but rather to give additional helps to the writer. Come see how much fun you can have by being part of the team. Please come prepared with a writer's notebook and your imagination. We'll supply the rest.

Group to be held every Thursday at 10:30am in the Library.



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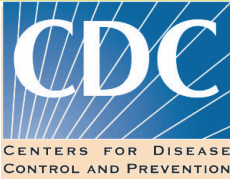
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It has been recognized for many years that people 65 years and older are at greater risk of serious complications from the flu compared with young, healthy adults because human immune defenses become weaker with age.

While flu seasons can vary in severity, during most seasons, people 65 years and older bear the greatest burden of severe flu disease. In recent years, for example, it's estimated that between 71 percent and 85 percent of seasonal flu-related deaths have occurred in people 65 years and older and between 54 percent and 70 percent of seasonal flu-related hospitalizations have occurred among people in that age group. So influenza is often quite serious for people 65 and older.

Actions To Take This Flu Season:

Get Your Flu Shot: The best way to prevent the flu is with a flu shot. CDC recommends that everyone 6 months of age and older get a seasonal flu vaccine each year by the end of October if possible. However, as long as flu viruses are circulating, vaccination should continue throughout flu season, even in January or later. Vaccination is especially important for people 65 years and older because they are at high risk for complications from flu. Flu vaccines are often updated each season to keep up with changing viruses and also immunity wanes over a year so annual vaccination is needed to ensure the best possible protection against influenza. A flu vaccine protects against the flu viruses that research indicates will be most common during the upcoming season. The 2016-2017 vaccine has been updated from last season's vaccine to better match circulating viruses. Immunity from vaccination sets in after about two weeks. People 65 years and older can get any injectable vaccine (flu shot) that is approved for use in that age group. This includes cell-based, recombinant and flu shots made using traditional egg-based manufacturing processes. There are two vaccines designed specifically for people 65 and older:

The "high dose vaccine" is designed specifically for people 65 and older and contains 4 times the amount of antigen as the regular flu shot. It is associated with a stronger immune response following vaccination (higher antibody production). Results from a clinical trial of more than 30,000 participants showed that adults 65 years and older who received the high dose vaccine had 24% fewer influenza infections as compared to those who received the standard dose flu vaccine. The high dose vaccine has been approved for use in the United States since 2009.

The adjuvanted flu vaccine, Fluzone, is made with MF59 adjuvant which is designed to help create a stronger immune response to vaccination. In a Canadian observational study of 282 persons aged 65 years and older conducted during the 2011-12 season, Fluzone was 63% more effective than regular-dose unadjuvanted flu shots. There are no

randomized studies comparing Fluzone with Fluzone High-Dose. This vaccine will be available for the first time in the United States during the 2016-2017 season. The high dose and adjuvanted flu vaccines may result in more of the mild side effects that can occur with standard-dose seasonal shots. Mild side effects can include pain, redness or swelling at the injection site, headache, muscle ache and malaise.

Note: People 65 years of age and older should not get the nasal spray flu vaccine (which is not recommended for use in any population for the 2016-17 season), the intradermal flu shot, or jet injector flu vaccine.

Practice good health habits; including covering coughs, washing hands often, and avoiding people who are sick. Seek medical advice quickly if you develop flu symptoms to see whether you might need medical evaluation or treatment with antiviral drugs. CDC recommends that antiviral drugs be used as early as possible to treat flu in people who are very sick with flu (for example, people who are in the hospital), and people who are sick with flu and have a greater chance of getting serious flu complications, like people 65 and older. Benefit is greatest if treatment is started within the first 2 days of illness.

Get pneumococcal vaccines.

People who are 65 years of age and older should also be up to date with pneumococcal vaccination to protect against pneumococcal disease, such as pneumonia, meningitis, and bloodstream infections. Talk to your doctor to find out which pneumococcal vaccines are recommended for you.

Pneumococcal pneumonia is an example of a serious flu-related complication that can cause death. You can get the pneumococcal vaccine your provider recommends when you get the flu vaccine.

Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with the flu and have respiratory symptoms without a fever.



Flu Shot Clinic

September 28th

Cache County Senior Center

10 am-12 pm

Sponsored by Bear River Health Dept.

Please bring Health Insurance card

Hello, my name is Sarah Price. I am the new Recreation Specialist here at the senior center. I want to get to know all of you but until I do here is a little bit about me so you can get to know me as well.

I grew up here in Cache Valley where I have lived most of my life. I am the youngest of 5 kids and now between marriages and births in my family it has more than doubled. I currently live in Smithfield with my husband and little girl.

My husband and I met at the Logan Lee's Marketplace where we worked together for a few years before both quitting and changing our field of work.

Growing up I loved watching TV and movies. Most nights I would stay up with my mom as late as she would let me watching shows she remembered watching as a young girl such as Perry Mason, My 3 Sons, and The Andy Griffith Show. Sunday's would usually be western nights with John Wayne (our family's favorite actor) or a musical.

My mom and I also have a shared love of music and quiz each other on the current song playing anytime we listen to the radio together. I always love hearing new trivia about music, movies, or almost any other subject, so if you have any trivia let me know.

Some activities I enjoy now as an adult are baking (not cooking, my husband took over that task early on in our marriage after many burnt dinners but I am always trying to improve), painting, any craft, clay sculpting, and still watching movies and listening to music as much as my busy life and toddler allow.

I also enjoy traveling and hope to do more in the future. I have been to Mexico a few times and to Europe once. History has always been my favorite subject in school so I love going to places I've learned about and seeing all of the different cultures in the world. I am always open to recommendations on where I should go next. I am so excited to be working here and to have the opportunity to meet all you wonderful people.



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