

# Cache County Senior Center

October 2018

Photo by Mike Bullock

## October 3rd @ 8:30 am Commodities Pickup

### Lunch and Learn: 12:15

10/3: United Healthcare  
Q & A 1:00 pm

10/5: State of Utah:  
Living with Hearing Aids

10/10: Cache County  
Attorney Office: Teryl  
Warner: Identify theft  
and scams that target seniors

10/17: Karren Erickson:  
HEAT Assistance

A representative from the  
VA will assist you with  
all of your benefit needs  
on October 9th & 23rd  
from 9:00 am to 12:00  
pm.

Please call  
Deborah Crowther  
at 435-713-1462 to  
schedule an appointment.

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

*On my daily walks, my thoughts seem to gravitate to thinking of the people whom I miss. I think of my many friends that I have met here at the center and who have since passed. I am saddened by the loss of their presence, but I am filled with joy in knowing that because of this center many smiles and laughter were shared. Because of this wonderful place, I know they made amazing connections with many of you.*

*Our senior center is a special place. A place where every one welcomes each other, a place where stories are shared. Friendships are plenty. It is a refuge for some, a second home. We are a family. I see how each of you lookout for one another. How you worry for each other and I feel your sorrow when we lose a dear friend. This quote expresses just how I feel...*

*"It takes a day to find a friend, a moment to lose them but a lifetime to forget them."*

Giselle

This is a poem you want to hear  
It is about things that happen here  
I go to the Center every day  
Just to pass the time away  
I get to say Hi to the people I know  
Like the painters, coloring group,  
dancers and who knows  
Then I go in to play the game of pool  
People make good shots that make it so cool  
Then I go play Bingo and give hugs to  
people who are so kind  
They say they like hugs and I tell them I don't mind  
Then I go set up my table to eat  
Every day there is new people to meet  
We have lunch & learns and we have good  
Interns  
Most everyone is there with a big smile on  
their face  
I love to go to the center it is a nice place  
I like the time we spend with the staff  
They make time for us even when it gets  
tough  
Most of the people there are kind to each  
other  
Sometimes I think they are my 2nd mother  
Time to quit this poem  
I must go home  
I walk out the sliding doors  
Ready to come back the next day to learn  
some more

Darrell Johnson 8-7-18

## Nutrition News

Parsnips contain a high level of potassium, which acts as a vasodilator as well as reduces blood pressure and stress on the heart. The high levels of folate in parsnip reduce homocysteine levels in the blood, which are generally associated with a higher risk of heart diseases. The fiber found in this root helps reduce the cholesterol levels. Thus, parsnips help in preventing stroke, atherosclerosis and other coronary issues.

Parsnips have been praised for their high fiber content, particularly, because they are composed of soluble fiber. This variety is closely associated with reducing cholesterol levels, lowering blood glucose levels, preventing diverticulitis, reducing obesity, enhancing digestion and more.

Parsnips packed with antioxidants, vitamins, and organic compounds improve immunity by protecting the body from foreign invaders as well as toxic by-products from our own cellular metabolism. Vitamin C and E act as antioxidants in the body and eliminate or neutralize the harmful free radicals, providing relief from oxidative stress.

The soluble dietary fiber in parsnips is a key component of our digestive process, facilitating healthy movement of food through the digestive tract. It aids in reducing constipation and preventing other gastrointestinal disorders.

Parsnips being rich in manganese, calcium and zinc help improve bone health. Manganese is a co-factor of glycosyltransferases, which helps in producing cartilage and strengthening bone as well as resolves skeletal issues like osteoporosis. Furthermore, the anti-inflammatory properties of parsnips reduce the symptoms of arthritis.

<https://www.organicfacts.net/health-benefits/vegetable/parsnips.html>



## Good Things To Eat

### Roasted Parsnip Soup with Walnut Pesto



#### INGREDIENTS

2 pounds medium parsnips, peeled, cut into 1/2-inch pieces

3 tablespoons extra-virgin olive oil, divided

Kosher salt and freshly ground black pepper

2 tablespoons walnuts, toasted

2 tablespoons finely chopped mixed fresh herbs (such as tarragon, flat-leaf parsley, and chives)

1 teaspoon fresh lemon juice

4 cups vegetable stock

#### DIRECTIONS

Preheat oven to 400°. Toss parsnips with 1 Tbsp. oil in a large bowl and season with salt and pepper. Arrange parsnips in a single layer on a rimmed baking sheet and roast until tender and lightly caramelized, 22–25 minutes.

Meanwhile, pulse walnuts and herbs in a mini-processor until very finely chopped. (Alternatively, crush walnuts and herbs with a mortar and pestle to form a coarse paste.) Add remaining 2 Tbsp. oil and lemon juice and pulse to combine. Season pesto to taste with salt and pepper. Set aside.

Let parsnips cool slightly, then transfer to a blender. Add stock; purée until smooth. Pour soup into a large saucepan and heat over medium heat until warmed through. Season with salt and pepper and divide among bowls. Drizzle with pesto and serve.



## Home Energy Assistance Target (HEAT) Program

The HEAT Program is a federally funded assistance program. The program opens November 1st through April 30th or until funds are exhausted. Eligibility and benefit amounts are determined by number of U.S. residents or permanent residents in the household, household income, household size and energy costs (fuel and electric bills). Household must be under 150% of the Federal Poverty Level.



HEAT benefits are a one time payment and will not cover the entire winter heating costs.

Office is located in the BRAG offices 170 N Main. To schedule an apt. please call 435-713-1444.

Karren Erickson will provide a lunch and learn on October 10th @ 12:15 pm. She will be discussing the HEAT Program as well as the weatherization program.



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## 13 Ways to a Healthy Liver

### October is Liver Awareness Month

The best way to fight liver disease is to avoid it, if at all possible. As we observe Liver Awareness Month in 2018, here are 13 ways to achieve liver wellness. Appropriately, that's one useful tip for each year of the new century!

- Maintain a healthy weight. If you're obese or even somewhat overweight, you're in danger of having a fatty liver that can lead to non-alcoholic fatty liver disease (NAFLD), one of the fastest growing forms of liver disease. Weight loss can play an important part in helping to reduce liver fat.
- Eat a balanced diet. Avoid high calorie-meals, saturated fat, refined carbohydrates (such as white bread, white rice and regular pasta) and sugars. Don't eat raw or undercooked shellfish. For a well-adjusted diet, eat fiber, which you can obtain from fresh fruits, vegetables, whole grain breads, rice and cereals. Also eat meat (but limit the amount of red meat), dairy (low-fat milk and small amounts of cheese) and fats (the "good" fats that are monounsaturated and polyunsaturated such as vegetable oils, nuts, seeds, and fish). Hydration is essential, so drink a lot of water.
- Exercise regularly. When you exercise consistently, it helps to burn triglycerides for fuel and can also reduce liver fat.
- Avoid toxins. Toxins can injure liver cells. Limit direct contact with toxins from cleaning and aerosol products, insecticides, chemicals and additives. When you do use aerosols, make sure the room is ventilated and wear a mask. Don't smoke.
- Use alcohol responsibly. Alcoholic beverages can create many health problems. They can damage or destroy liver cells and scar your liver. Talk to your doctor about what amount of alcohol is right for you. You may be advised to drink alcohol only in moderation or to quit completely.
- Avoid the use of illicit drugs. In 2012, nearly 24 million Americans aged 12 or older were current illicit drug users, meaning they had used an illicit drug during the month prior to the survey interview. This estimate represents 9.2 percent of the population aged 12 or older. Illicit drugs include marijuana/hashish, cocaine (including crack), heroin, hallucinogens, inhalants, or prescription-type psychotherapeutics (pain relievers, tranquilizers, stimulants, and sedatives) used non-medically.
- Avoid contaminated needles. Of course, dirty needles aren't only associated with intravenous drug use. You ought to follow up with a medical practitioner and seek testing following any type of skin penetration involving sharp instruments or needles. Unsafe injection practices, though rare, may occur in a hospital setting, and would need immediate follow-up. Also, use only clean needles for tattoos and body piercings.
- Get medical care if you're exposed to blood. If for any reason you come into contact with someone else's blood, immediately follow up with your doctor. If you're very concerned, go to your nearest hospital's emergency room.
- Don't share personal hygiene items. For example, razors, toothbrushes and nail clippers can carry microscopic levels of blood or other body fluids that may be contaminated.
- Practice safe sex. Unprotected sex or sex with multiple partners increases your risk of hepatitis B and hepatitis C.
- Wash your hands. Use soap and warm water immediately after using the bathroom, when you have changed a diaper, and before preparing or eating food.
- Follow directions on all medications. When medicines are taken incorrectly by taking too much, the wrong type or by mixing medicines, your liver can be harmed. Never mix alcohol with other drugs and medications even if they're not taken at the same time. Tell your doctor about any over-the-counter medicines, supplements, and natural or herbal remedies that you use.
- Get vaccinated. There are vaccines for hepatitis A and hepatitis B. Unfortunately, there's no vaccine against the hepatitis C virus.





# Hearing Aids 101



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October 25th—November 15th

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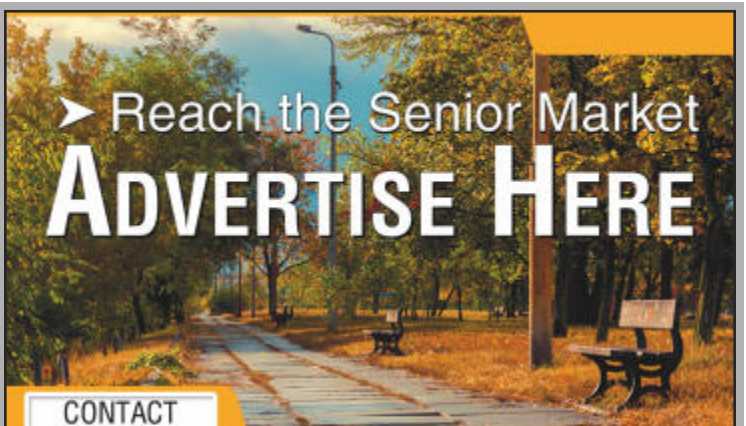
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Cache County Senior Center, Logan, UT

B 4C 05-1038

# OCTOBER 2018

Monday	Tuesday	Wednesday
<p>1</p> <p>1:00 Needle Work Group</p>	<p>2</p> <p>11:00 Out to Lunch Bunch: Idle Isle</p> <p>1:00 Movie: Chaplin 2h23m</p>	<p>3</p> <p>8:30 Commodities</p> <p>1:00 United Health Care Q&amp;A</p> <p>1:30 Cribbage</p> 
<p>8</p> <p><b>CLOSED FOR</b></p>  <p><i>Columbus Day</i></p>	<p>9</p> <p>9-12 VA Outreach</p> <p>10:30 Board Games with Sarah</p> <p>1:00 Foot Clinic by Rocky Mtn. Care</p> <p>1:00 Movie: Woman of the Year 1h54m</p>	<p>10</p> <p>11:15 Cooking Class \$1.00</p> <p>12-4 AARP Driver Safety Course</p> <p>12:15 Lunch &amp; Learn: Cache County Attorney Office: Teryl Warner: Identify theft &amp; scams that target seniors</p> <p>1:00 Book Club</p> <p>1:30 Cribbage</p>
<p>15</p> <p>1:00 Needle Work Group</p>	<p>16</p> <p>10:30 Board Games with Sarah</p> <p>1:00 Movie: Hitchcock 1h38m</p> 	<p>17</p> <p>11:15 Craft with Sarah</p> <p>12:15 Lunch and Learn: Heat Assistance w/ Karren Erickson</p> <p>1:00 Foot Clinic by Rocky Mtn Care</p> <p>1:30 Cribbage</p>
<p>22</p> <p>1:00 Needle Work Group</p>	<p>23</p> <p>9-12 VA Outreach</p> <p>10:30 Board Games with Sarah</p> <p>1:00 Foot Clinic by Integrity Home Health—Charge of \$10.00</p> <p>1:00 Movie: Hush, Hush, Sweet Charlotte 2h15m</p>	<p>24</p> <p>1:30 Cribbage</p>
<p>29</p> <p>1:00 Needle Work Group</p>	<p>30</p> <p>10:30 Board Games with Sarah</p> <p>1:00 Movie: Ghost Busters 1h45m</p>	<p>31</p> <p>10:30 Halloween Bingo Hosted by Sunshine Terrace</p> 

# OCTOBER 2018

## Thursday

## Friday

4  
10:30 Cards with CNS  
  
1:00 Documentary: The Real Sleeping Beauty 47m  
  
6:15 USU Grandfriends

5  
10-12 Blood Pressure  
  
12:15 Lunch and Learn w/ Virginia Parker from The State of Utah: Living with Hearing Aids  
  
1:00 Movie: The Glass Castle 2h7m

11  
1:00 Foot Clinic by Rocky Mtn Care  
  
1:00 Documentary: Somebody Feed Phil: Cape Town and New York City 2h

12  
10-12 Blood Pressure  
  
1:00 Movie: The Courage to Love 1h27m



18  
1:00 Documentary: The Lion in your Living Room 50m  
  
6:15 USU Grandfriends

19  
10-12 Blood Pressure  
  
1:00 Movie: Witches in Stiches followed by The Goonies 2h20m  
  
6-8 Caregiver Coalition Conference

25  
10:30 Living W/ Hearing Aids  
  
1:00 Red Hat Activity

26  
10-12 Blood Pressure  
10:30 Bingo Hosted by CNS  
10:30 Nails with Symbii  
  
1:00 Movie: Hocus Pocus 1h36m  
  
6:30 Friday Night Movie: Whatever Happened to Baby Jane 2h15m

Looking for something new...Try to the Tai Chi Class. It is a fun educational class meant to help you get stronger and fit!



## 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  
9:15 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

Medicare's Open Enrollment runs October 15 through December 7, and is the time of year when you can make changes to your Medicare coverage. You can make as many changes as you need to your Medicare coverage during Medicare's Open Enrollment. The last change you make will take effect on January 1, 2019. Take action to make sure your coverage will meet your needs in 2019.

## Know the changes you can make during Medicare's Open Enrollment

The changes you can make include:

- Joining a new Medicare Advantage Plan or Part D prescription drug plan
- Switching from Original Medicare to a Medicare Advantage Plan
- Switching from a Medicare Advantage Plan to Original Medicare (with or without a Part D plan)

## Review your coverage for 2019

Medicare Advantage and Part D plans usually change each year. Make sure that your drugs will still be covered next year and that your providers and pharmacies will still be in the plan's network. Explore other plan options in your area. You may find a cheaper plan that meets your health care and prescription drug needs. Research shows you can lower your costs by shopping around for a new plan.

Note that beginning in 2019, there will be some enrollment period changes.

If you have a Medicare Advantage Plan, beginning in 2019, you will be able to change your coverage between January 1 and March 31. During this time, you can switch from one Medicare Advantage Plan to another or switch from a Medicare Advantage Plan to Original Medicare, with or without a Part D prescription drug plan. If you are enrolled in Original Medicare, you will not be able to make changes during this time.

Call our office to schedule an apt.  
755-1720





# Out to Lunch Bunch

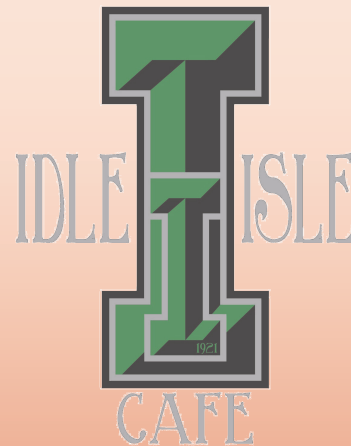
Please Join us for a beautiful fall drive through Sardine Canyon to Brigham City and have lunch at the Idle Isle Cafe.

Tuesday, October 2nd. Bus Leaves at 11:00. \$5.00 Transportation Fee. Sign up at the Front Desk.

“When you come to the Idle Isle Cafe in Brigham City, UT, it is like taking a step back in time, as well as a time to think back on special experiences throughout one’s life. In other words, the history is rich here, and it is felt in all the best ways.

The history of the Idle Isle Cafe, like our country, includes it’s survival of The Great Depression era, World War II, and many other significant historical events that impacted the population and economy of the region. The Idle Isle Cafe was established in May of 1921, with its location along the main highway ideal for local residents and travelers. The unique decor of the 1920’s still remains. Though changes have been necessary to maintain operation, the handcrafted wood booths, the marble and onyx soda fountain, the grandfather clock, and other unique equipment remain unchanged and a feature attraction for visiting guests.

The tradition remains unchanged, and it remains a part of the dream and vision of the establishment: to provide a high quality experience of service and food for it’s guests.”



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# OCTOBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Tilapia</b> Wild Rice Glazed Carrots Fruited Jell-O	2 <b>Omelet</b> Veggie Hash Fresh Orange Slices Poppy Seed Muffin	3 <b>BBQ Beef Sandwich</b> Pasta Salad Watermelon Potato Chips	4 <b>Pork Chops</b> Roasted Sweet Potatoes Capri Veggies Apple Crisp	5 <b>Creamy Chicken Noodle Soup</b> Green Salad Fresh Grapes Dinner Roll Marble Cake
8 <b>CLOSED FOR COLUMBUS DAY</b>	4 <b>French Dip Sandwich</b> Broccoli Salad Pears	5 <b>Salmon</b> Garlic Mashed Potatoes Green Beans Raspberry/Banana Muffin	6 <b>Baked Ravioli w/ Cheese</b> Italian Veggies Caesar Salad Garlic Toast	7 <b>Chicken Zucchini Casserole</b> Rice Pilaf Peas & Pearls Waldorf Salad Pudding w/ Berries
10 <b>Club Sandwich</b> Pineapple & Banana Cole slaw Cookie	11 <b>Pot Roast</b> Potatoes & Gravy Roasted Veggies Orange Fluff Wheat Roll	12 <b>Hot Dogs</b> Potato Salad Creamy Cucumber Salad Cheesecake Fruit Salad	13 <b>Parmesan Chicken</b> Roasted Potatoes Biscayne Veggies Peach Bread Pudding	14 <b>Biscuits &amp; Gravy</b> Crispy Bacon Potatoes O'Brien Veggie Medley Fresh Banana
17 <b>Swiss Steak</b> w/ Seasoned Marinara Egg Noodles Green Beans Bread Stick	18 <b>Lemon Pepper Cod</b> Rice Pilaf Cascade Veggies Lemon Pudding w/ Fruit	19 <b>Baked Potato</b> Broccoli w/Cheese Banana Cream Pudding Blueberry Muffin	20 <b>Mac &amp; Cheese w/Ham</b> Caesar Salad Cherry Crisp	21 <b>Mushroom Pork Chops</b> Steamed Rice Peas & Carrots Fresh Fruit Wheat Roll
24 <b>Sweet Pork Salad</b> Cilantro Rice Pinto Beans Mango Cobbler Flour Tortilla	25 <b>Clam Chowder</b> Cole Slaw Frog-eye Fruit Salad Fluffy Biscuit	26 <b>Apricot Chicken</b> Malibu Veggies Fresh Fruit Dinner Roll	<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 your meal.



**Come join us for a NEW Activity!** Sarah will be playing board games in the library on Tuesdays at 10:30 am ..... And we would love for you to play too. Also, remember some of our other fun offerings. Mahjong is a game played with tiles. It's a lot of fun and very challenging. Keep your brain young by coming to play on Thursdays at 10:00 am. Like to knit or crochet? We have 2 groups for you! Needlework meets Monday at 1:00 pm and Thursday evenings at 6:00 pm. Speaking of Thursday evenings... USU Grandfriends is BACK! Come on out at 6:15 pm on the 1st and 3rd Thursday of every month and join the students for some food and fun!

	<p><i>our</i> <b>SENIOR CENTER</b> The Online Directory of Senior Centers</p> <p><b>NEVER MISS A NEWSLETTER!</b> Sign up to have our monthly senior newsletter emailed to you at <a href="http://www.ourseniorcenter.com">www.ourseniorcenter.com</a></p>	
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	<p><b>Call today to schedule a visit and complimentary meal!</b></p>	<p><i>Life is easier with us.</i></p> <p><b>HOLIDAY</b> RETIREMENT</p> <p><b>Pioneer Valley Lodge</b> Independent Retirement Living North Logan, UT 435-216-1617</p> <p>  ©2017 HARVEST MANAGEMENT SUB LLC, HOLIDAY AL MANAGEMENT SUB LLC, HOLIDAY AL NIC MANAGEMENT LLC</p>
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## Scams and Fraud Concerns

### Scammers create fake emergencies to get your money

July 3, 2018

by Carol Kando-Pineda

Attorney, Division of Consumer and Business Education

“I lost my wallet and ID. I’m stranded — please wire money.”

“Your grandson is being held in jail. He needs bail money right away.”

Scammers try to trick you into thinking a loved one is in trouble. They call, text, email or send messages on social media about a supposed emergency with a family member or friend. They ask you to send money immediately. To make their story seem real, they may claim to be an authority figure, like a lawyer or police officer; they may have or guess at facts about your loved one. These imposters may insist that you keep quiet about their demand for money to keep you from checking out their story and identifying them as imposters. But no matter how real or urgent this seems — it’s a scam.

If you get a call or message like this, what to do?

- Check it out before you act. Look up that friend or family’s phone number yourself. Call them or another family member to see what’s happening. Even if the person who contacted you told you not to.
- Don’t pay. Don’t wire money, send a check, overnight a money order, or pay with a gift card or cash reload card. Anyone who demands payment in these ways is always, always, always a scammer. These payment methods are like giving cash — and nearly untraceable, unless you act almost immediately.
- If you sent money to a family emergency scammer, contact the company you used to send the money (wire transfer service, bank, gift card company, or cash reload card company) and tell them it was a fraudulent transaction. Ask to have the transaction reversed, if possible.

## Did ou know?

### Christopher Columbus

Christopher Columbus was an Italian-born explorer who set sail in August 1492, bound for Asia with backing from the Spanish monarchs King Ferdinand and Queen Isabella.

Columbus intended to chart a western sea route to China, India and the fabled gold and spice islands of Asia. Instead, on October 12, he landed in the Bahamas, becoming the first European to explore the Americas since the Vikings established colonies in Greenland and Newfoundland during the 10th century.

Did you know? Contrary to popular belief, most educated Europeans in Columbus’ day understood that the world was round, but they did not yet know that the Pacific Ocean existed. As a result, Columbus and his contemporaries assumed that only the Atlantic lay between Europe and the riches of the East Indies.

Later that October, Columbus sighted Cuba and believed it was mainland China; in December the expedition found Hispaniola, which he thought might be Japan. There, he established Spain’s first colony in the Americas with 39 of his men.

In March 1493, Columbus returned to Spain in triumph, bearing gold, spices and “Indian” captives. The explorer crossed the Atlantic several more times before his death in 1506.

It wasn’t until his third journey that Columbus finally realized he hadn’t reached Asia but instead had stumbled upon a continent previously unknown to Europeans.





We would like to extend a **HUGE Thank You** to **Debbie Barnes** for volunteering her time to be an awesome instructor for **Drawing for Your Health**.

She is an incredibly talented asset to our Seniors. We are so grateful for her time. We appreciate all that you have taught us!

This class will be taking a break till the end of the year. It will come back in January with exciting new techniques and exercises. Look for future announcements.

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# Poems & Jokes

- What would you get if you crossed a vampire and a teacher? Lots of blood tests!
- Why did Dracula's mother give him cough medicine? Because he was having a coffin fit.
- Why wasn't there any food left after the monster party? Cuz everyone was a goblin.
- Why did the vampire's lunch give him heartburn? It was a stake sandwich.
- Dracula decided he needed a dog, which breed did he choose? A bloodhound.
- What would you call the ghost of a door-to-door salesman? A dead ringer.
- What do skeletons always order at a restaurant? Spare ribs!
- Who was the most famous French skeleton? Napoleon bone-apart.
- Who won the skeleton beauty contest? No body.

## Young School Days

Wash my face and hurry up now  
Grab my backpack, gotta go.  
Can't be late to my dear school room  
Lots of classmates I'll get to know.  
Teachers smiling, children laughing  
Lots to learn and games of fun  
Cross guards, principal, tons of teachers  
All these children on the run.  
Find my desk, quickly get seated  
No time to lose, just take my turn.  
Eyes alert, and ears to listening  
Its good that I am here to learn.  
Heaps of books upon the bookshelf  
Grab the ones that's mine to keep.  
Read and think and write the answers  
Each thing I do, make it complete.  
Sure is grand with all this learning  
Makes me smart from head to toe.  
I'll keep working hard and then some  
More and more, I'll get to know.  
There's the school bell, time for leaving,  
Grab the backpack, gotta go.  
Get some sleep and back tomorrow  
There's so much more to learn and grow!

Shirley Hallstrom

I love the fall because the leaves are on the trees.

In the early morning you can feel the gentle breeze.

Not too hot and not too cold. It is just right when you are old.

The trees are showing their colors, red yellow and blue. If you listen, the trees are telling you what to do. Come and sit under my tree. Then look up, you might see me.

The colors are getting black and it is starting to rain. I must go now before it hits my window pane.

I can't run anymore I just walk so slow. I look back at the tree and say "the rain will help you grow" just walking in the rain getting socks wet. Looking out my window and saying glad we met.

Darrell Johnson



"Sorry. Bigfoot or not, only one piece of candy per trick-or-treater."





# PUMPKINS



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

CANDLES ORANGE  
 CARVE PATCH  
 COOK PIE  
 COOKIES PULP  
 CREASES SEEDS  
 DECORATE SHELL  
 DELICIOUS SOIL  
 GIANT STEM  
 GOURD THANKSGIVING  
 GREEN THICK  
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