

Cache County Senior Center

February 2019



Photo by Mike Bullock

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

February 6th
@ 8:30 am
Commodities Pickup

Lunch and Learn: 12:15

February 11: -CCID 2nd
grade Performance

February 14: -CCID 2nd
grade performance

February 22: -Kim Moore:
Reverse Mortgages

**The Senior Center will be
Closed :**

February 15-
Staff Training

February 18 -
Presidents Day

A representative from the
VA will be here on
February 12th and
February 26th to assist you
with all of your benefit
needs. Please call
Deborah Crowther
at 435-713-1462 to
schedule an appointment.

The holiday we know today got its name from a man named Valentine. While a few different stories are told about what he did to inspire the holiday, many people believe he's celebrated for his role as a Roman priest who helped couples secretly get married.

As the story goes, Emperor Claudius II of Rome—who reigned from the year 268 A.D. to 270 A.D.—banned marriage because he thought unmarried men made better soldiers. Valentine thought this was unfair and decided to break the rules and perform marriages anyway.

He kept the ceremonies quiet, but he was eventually caught and later killed on February 14 of the year 270 for defying the emperor. Right before he died, Valentine supposedly wrote the first-ever “valentine” to his jailer’s daughter, with whom he’d fallen in love. Later, in the 5th century, Pope Gelasius I declared the day of his death as St. Valentine’s Day. <https://kids.nationalgeographic.com/explore/celebrations/valentines-day/>

Valentines Day is not just for lovers. While we celebrate Valentines Day appreciating those we love, we also should take time for ourselves and appreciate where we are in life.

I truly believe if you don't love yourself then how do you love others. I am not talking about a narcissistic behavior but about being content with yourself and having confidence in your abilities and skills. A narcissistic personality is to the extreme, they are so in love with themselves they do not see beyond themselves.

They are the only person who is important and they are very self-centered. Accepting yourself and being happy and content with yourself is what I am talking about. And when you are able to do this you are able to help others in many different ways.

Not all of us are destined to have that one special person in our lives. Some of us will remain single for all of our lives. Being single does not mean that you don't love others and it does not mean that you don't need love. But if you are single does that mean you should not recognize or celebrate on February 14th? In my opinion, we should all recognize and celebrate this day, as a day of sharing and expressing our love to those around us.

Here are some suggestions of things that you can do on Valentines Day:

1. Look around you and appreciate those who care about you. People who you feel affection and a fondness for. Be thankful they are in your life. We all need to feel love. That is a human need that all of us have. You can express your love by a phone call, by sending valentine poems in an email, or a card, it doesn't have to be a big thing, even something as simple as sending a Valentines Day quote to brighten someone's day can make a difference.

Cont. pg. 2



2. Make a list of all the things you like about yourself. Don't be modest; this list is for you, no one else. You could also consider picking one area and setting a goal to improve your skills in one area. A skill that you would like to have, one that would be of interest to you.

3. Treat yourself on Valentines Day. Buy that one thing that you want - it doesn't have to be expensive, but it has to be a treat that you will enjoy. Sometimes we tend to always be buying for other people but rarely stop and buy for ourselves. On this day pick one thing you would like to have and treat yourself.

4. Call your mum or your dad, or that someone who made a difference in your life. Thank them for caring about you. It is amazing the feeling that someone gets when someone makes the time and expresses their appreciation for them. We sometimes take for granted the people that we are closest to and we don't tell them how much they mean to us. Never underestimate the power of expressing appreciation. Make the time and tell them!

5. Enjoy your day. Remember, "what you do today is important because you are exchanging a day of your life for it." We should do this everyday not just on Valentines Day, but it is a good reminder for us to think of this saying.

6. Take 5 minutes and sit quietly and reflect on all the blessings in your life. Remember there are always those who are in a worse situation than you. No matter what your situation, you do have blessings. Don't take for granted the simple things in life that you have. From something as simple as running water to a home to live in. In many parts of the world people do not have these luxuries but we often don't even consider them as a blessing.

7. Don't be hard on yourself. Change your self-talk to positive self-talk. When we feed our minds with such thoughts they can soon become our reality. Keep your mind positive, look at mistakes or failures as learning tools not as self defeating tools.

8. Cook or buy your favorite meal for dinner. What a treat that would be. Enjoy!

9. Last but not least, start keeping a journal of your accomplishments. Then when you feel down, or feel that you are not making progress you can review your journal and it will remind you of all the accomplishments you have achieved. It will boost your self-esteem. Remember, it is not large accomplishments that makes success, it is the little things we do every day that over time turn into success.

<https://www.wow4u.com/vdl/>

This last weekend I received a text that put me in a panic. A person sent me a personal text to share with me their concern of their friend and their mental health. A safety check was done and all of us were relieved that it was nothing, our friend was happy, healthy and fine.

This is truly a center that is special and unique. I am grateful that friendships are being made, connections and lives are intertwined and have formed into a whole new dimension that has been achieved, a senior center family.

You're like an extension of my family. I am so blessed to be able to be part of your lives every day. I appreciate the opportunity to serve you.

Working with you makes me appreciate things in a different light. You were raised in a different time, and the way you view things is, for our generation, a reminder to slow down and appreciate all around us. You teach us so much just by being who you are.

— Giselle

A TRUE FRIEND

A true friend is someone you can count on in your darkest moments to be there for you, to lift your spirits and to remind you of the beauty that is all around you.

A true friend can make you laugh when you don't even want to smile.

A true friend will tell you the truth when you need to hear it no matter how painful.

A true friend is a gift from the heavens because they do not have to be in your life they choose to be in your life and for that you should be truly thankful. So today why not let your true friend know just how much you appreciate them even if it is just a text to say "thank you for being in my life".

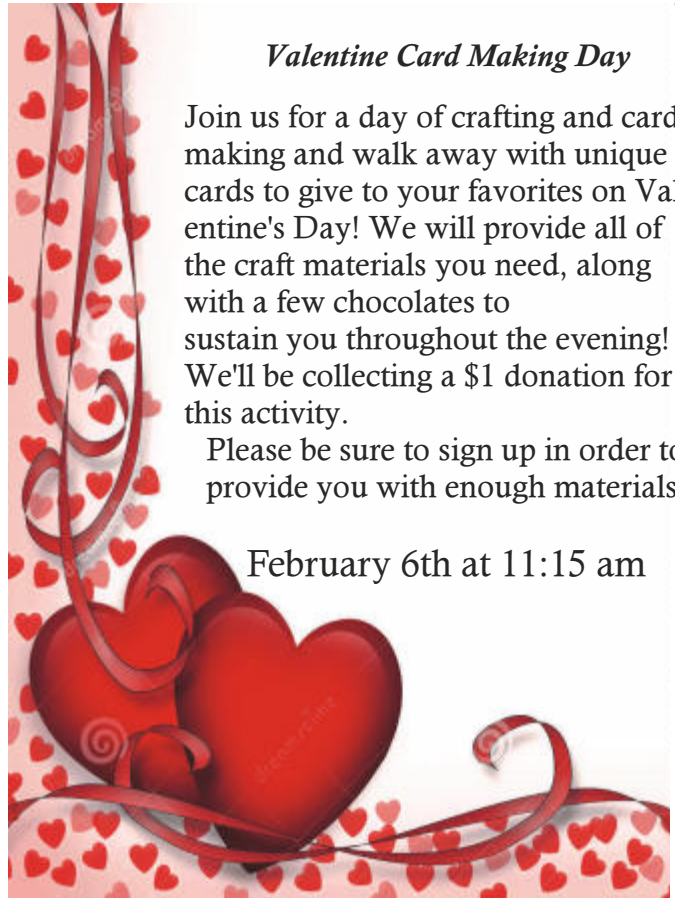
by build your confidence.

Valentine Card Making Day

Join us for a day of crafting and card making and walk away with unique cards to give to your favorites on Valentine's Day! We will provide all of the craft materials you need, along with a few chocolates to sustain you throughout the evening! We'll be collecting a \$1 donation for this activity.

Please be sure to sign up in order to provide you with enough materials.

February 6th at 11:15 am



Beginning February 1, 2019, the cost of meals for non-seniors will be \$7.50

Non-seniors will need to continue to visit the front desk for a receipt. For seniors age 60 and older meal donation is \$3.00. Please make a reservation to eat by 3:00 p.m. by at least the day before.



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*an ideal food source for certain types of bacteria (like Bifidobacteria and Lactobacilli)

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Potato Leek Soup



INGREDIENTS

- 3 tablespoons unsalted butter
- 4 large leeks, white and light green parts only, roughly chopped (about 5 cups)
- 3 cloves garlic, peeled and smashed
- 2 pounds Yukon Gold potatoes, peeled and roughly chopped into 1/2-inch pieces
- 7 cups low sodium chicken or vegetable broth
- 2 bay leaves
- 3 sprigs fresh thyme
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup heavy cream
- Chives, finely chopped, for serving

INSTRUCTIONS

Melt the butter over medium heat in a large soup pot. Add the leeks and garlic and cook, stirring regularly, until soft and wilted, about 10 minutes. Adjust the heat as necessary so as not to brown. Add the potatoes, stock, bay leaves, thyme, salt and pepper to pot and bring to a boil. Cover and turn the heat down to low. Simmer for 15 minutes, or until the potatoes are very soft. Fish out the thyme sprig and bay leaves, then purée the soup with a hand-held immersion blender until smooth. (Alternatively, use a standard blender to purée the soup in batches) Add the heavy cream and bring to a simmer. Taste and adjust seasoning with salt and pepper. If soup is too thin, simmer until thickened. If it's too thick, add water or stock to thin it out. Garnish with fresh herbs if desired.

<https://www.onceuponachef.com/recipes/potato-leek-soup.html>

Leeks

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Aphrodisiac.

Prevent brain defects in babies.

Help improve concentration and memory.

Cleanses the colon.

i-am-stronger.tumblr.com

Healthy Day ...Begins with a healthy morning



If you are looking to be fit this coming new year join Darrell every Monday, Wednesday and Friday as he leads this class at 8:30 a.m. He is excited to begin this Sit N be fit class so strap on your shoe laces and come to the center ready to stretch, move and get healthy!

Writers Group

Special Writing Group Seminar!

Introducing guest lecturer Roger Lincoln, who will share with us "How to Write your Personal History."

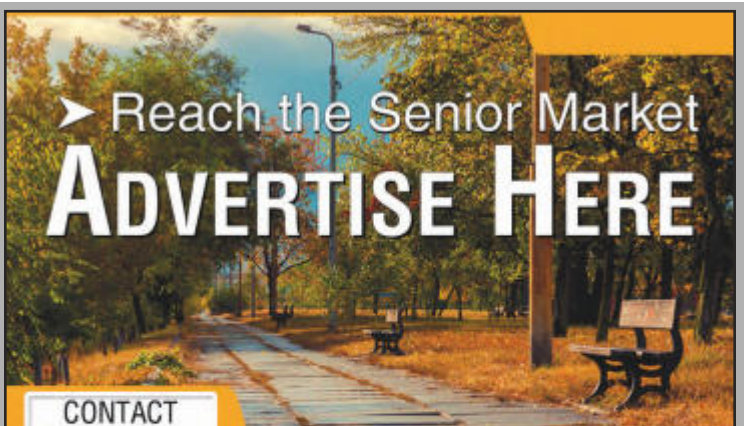
Everybody has a story to tell.

Join us on Thursday, February 7th at 10:30 am in the computer room and learn tips on how to tell yours. Everyone welcome, beginners to experienced writers.



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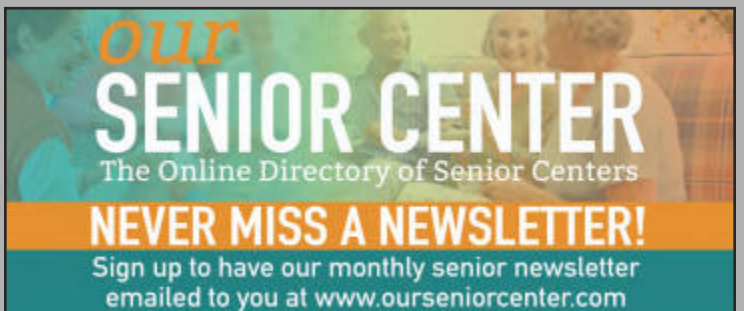
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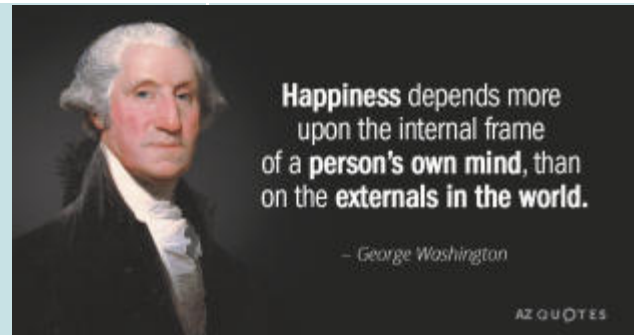
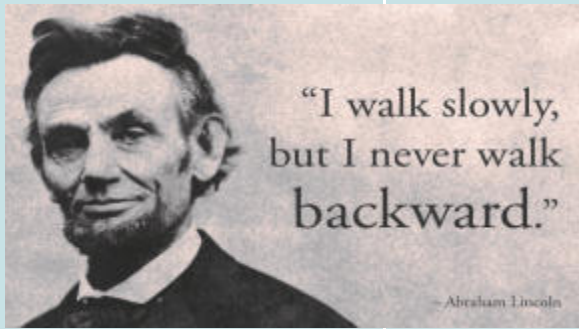


FEBRUARY 2019

Monday

Tuesday

Wednesday



4

1:00 Needle Work Group

5

10:30 Chinese New Years Party!

1:00 Movie: Solo: A Star Wars Story
2h15m



6

8:30 Commodities

11:15 Valentine Card Making

1:30 Cribbage

11

10:30 Poker hosted by ComForCare

1:00 Needle Work Group

12

9-12 VA Outreach

10:30 Board Games with Sarah

11:30 Out to Lunch Bunch: Hu Hot

1:00 Foot Clinic by Rocky Mtn Care

1:00 Movie: Meet the Patels 1h27m

13

11:15 Cooking Class \$1.00

12-4 AARP Driver Safety Course

1:00 Book Club

1:30 Cribbage

18



CLOSED

19

1:00 Movie: Jailhouse Rock 1h36m

20

11:15 Craft with Sarah

1:00 Foot Clinic by Sunshine Terrace

1:30 Cribbage



25

1:00 Needle Work Group

26

9-12 VA Outreach

10:30 Board Games with Sarah

1:00 Foot Clinic by Integrity Home
Health—Charge of \$10.00

1:00 Movie: The Four Season's
1h49m

27

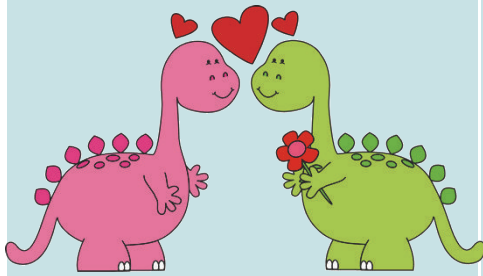
1:30 Cribbage

FEBRUARY 2019

Daily Activities

Thursday

Friday



1
10-12 Blood Pressure

1:00 Movie: Groundhog Day 1h42m

7
10:30 Writers Group Seminar: How to write your personal story
1:00 Documentary: Cave of Forgotten Dreams 1h35m
6:15 USU Grandfriends

8
10-12 Blood Pressure

1:00 Movie: Alpha 1h37m



14
10:30 Writers Group
1:00 Foot Clinic

1:00 Movie: It Happened One Night 1h45m
5:30 Valentines Day Potluck



21
10:30 Writers Group

1:00 Documentary: My Beautiful, Broken Brain 1h26m
6:15 USU Grandfriends

22
10-12 Blood Pressure
10:30 Nails with Symbii
12:15 Reverse Mortgages

1:00 Movie: The Boy in the Striped Pajamas 1h34m

28
10:30 Writers Group

1:00 Red Hat Activity
No Movie



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

Now 53 years old, Medicare has higher rates of satisfaction from its 60 million members than almost any other form of health insurance. It is about to get better. Here are seven improvements to Medicare that will take effect in 2019. Some of the changes will affect all beneficiaries while others will apply just to individuals who select Medicare Advantage plans.

Donut hole An expensive element of the Medicare Part D prescription drug benefit requires enrollees with high prescription costs to pay more for their medicines after they reach a certain level of spending in one year. This creates a coverage gap – also called the “donut hole.” After a beneficiary’s out-of-pocket spending reaches a second threshold, they enter catastrophic coverage and pay substantially less. Under the Affordable Care Act (ACA), the donut hole was scheduled to close in 2020. But the spending bill Congress passed in March will close the donut hole for brand-name drugs in 2019. The gap will close for generic drugs in 2020.

Therapy cap gone

Beneficiaries of original Medicare won’t have to pay the full cost of outpatient physical, speech or occupational therapy because Congress permanently repealed the cap that has historically limited coverage of those services.

Better information

Medicare is updating the handbook it sends to beneficiaries every fall. It will include checklists and flowcharts to make it easier to decide on coverage. The online Medicare Plan Finder tool will be easier to use and an improved “coverage wizard” will help enrollees compare out-of-pocket costs and coverage options between original Medicare and Medicare Advantage.

More telemedicine

Medicare is steadily broadening the availability of telehealth programs that let patients confer with a doctor or nurse via telephone or the internet. In 2019, it will begin covering telehealth services for people with end-stage renal disease or during treatment for a stroke.

Lifestyle support

Beginning in January, Medicare Advantage plans have the option to cover meals delivered to the home, transportation to the doctor’s office and even safety features in the home such as bathroom grab bars and wheelchair ramps. To be covered, a medical provider will have to recommend benefits such as home-safety improvements and prepared meals.

In-home help

Medicare Advantage plans also will have the option to pay for assistance from home health aides, who can help beneficiaries with their daily activities including dressing, eating and personal care. These benefits represent a revised and broader definition of the traditional requirement that Medicare services must be primarily health related.

Plan test drives

New regulations will let people try an Advantage plan for

MEDICARE En Español

up to three months and, if they aren’t satisfied, they can switch to another Medicare Advantage plan or choose to enroll in original Medicare. Congress required this flexibility in the 21st Century Cures Act, designed to accelerate innovation in health care.

<https://www.aarp.org/health/medicare-insurance/info-2018/medicare-changes-2019.html>

Medicare que ya tiene 53 años, tiene mayores índices de satisfacción entre sus 60 millones de beneficiarios que casi cualquier otro tipo de seguro médico. Y mejorará. A continuación, siete mejoras a Medicare que entrarán en vigor en el 2019. Algunos de los cambios afectarán a todos los beneficiarios, mientras que otros afectarán solo a aquellas personas que hayan seleccionado los planes Medicare Advantage.

Período sin cobertura

Un aspecto costoso del beneficio para medicamentos recetados de la Parte D de Medicare requiere que los beneficiarios con costos altos de medicamentos recetados paguen más por estos después de alcanzar un nivel determinado de gastos en un año. Esto da lugar a un período sin cobertura, conocido en inglés como el “donut hole”.

Después de que los gastos de bolsillo del beneficiario alcanzan un segundo límite, entra en vigor la cobertura catastrófica y la persona paga significativamente menos. Bajo la Ley del Cuidado de la Salud a Bajo Precio (ACA), el cierre del período sin cobertura estaba programado para el 2020. Pero bajo la ley de gastos que el Congreso aprobó en marzo, el período sin cobertura para los medicamentos de marca desaparecerá en el 2019. El período sin cobertura para los medicamentos genéricos desaparecerá en el 2020.

Mejor información

Medicare actualizará el manual que envía a sus beneficiarios cada otoño. Incluirá listas de control y diagramas de flujo para facilitar la toma de decisión en cuanto a la cobertura. Será más fácil usar el buscador de planes del sitio web de Medicare y un “asistente de cobertura” mejorado ayudará a los beneficiarios a comparar los costos de bolsillo y las opciones de cobertura entre Medicare Original y Medicare Advantage.

Eliminación de los límites para terapias

Los beneficiarios de Medicare Original no tendrán que pagar todos los costos de terapias físicas, del lenguaje u ocupacionales ambulatorias porque el Congreso revocó de manera permanente los límites que históricamente han limitado la cobertura de esos servicios.

Más telemedicina

Medicare gradualmente está poniendo a disposición de los pacientes programas de telesalud, que les permite consultar con médicos o enfermeros por teléfono o internet. En el 2019, comenzará a cubrir los servicios de telesalud para personas con enfermedades renales en etapa final o durante el tratamiento de derrames cerebrales. Cont. pg. 9

Apoyo de estilos de vida

A principios de enero, los planes Medicare Advantage tendrán la opción de cubrir las comidas con entrega a domicilio, el transporte a los consultorios médicos e, incluso, características de seguridad en viviendas, como agarraderas en baños y rampas para sillas de ruedas. Un proveedor de atención médica tendrá que recomendar los beneficios, como mejoras de seguridad en la vivienda o comidas preparadas, para que estos se puedan cubrir.

Cuidados en el hogar

Los planes Medicare Advantage tendrán la opción de pagar por la ayuda de auxiliares de cuidados en el hogar, quienes pueden ayudar a los beneficiarios con sus actividades diarias, incluidas vestirse, comer y atención personal. Estos beneficios representan una definición revisada y más amplia del requisito tradicional que establece que los servicios de Medicare deben estar relacionados principalmente con la salud.

Pruebas del plan

Las nuevas regulaciones permitirán que las personas prueben un plan Medicare Advantage durante un período de hasta tres meses y, si no están satisfechos, pueden cambiarse a otro plan Medicare Advantage o elegir inscribirse en el plan Medicare Original. El Congreso exigió este tipo de flexibilidad bajo la Ley de Curas del Siglo XXI, diseñada para acelerar la innovación en los cuidados de salud. <https://www.aarp.org/health/medicare-insurance/info-2018/medicare-changes-2019.html>

Valentine's Day Cooking Class

We are bringing you a very special cooking class, a Valentine's Day dessert cooking class! The best part is that you get to take an extra one home for you or your sweet heart.

February 13th at

11:15 am



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Cache County Senior Center, Logan, UT

C 4C 05-1038

FEBRUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Our doors open at 8:30 a.m. and we close at 4:00 p.m. Please make a reservation to eat by 3:00 p.m. the day before. 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>				1 Pork Carnitas Spanish Rice Mixed Bean Salad Wheat Tortilla Pineapple Tidbits
4 Belgium Waffles w/ Berries Sausage & Eggs Asparagus Fresh Fruit & Yogurt	5 Spaghetti w/Meat Sauce Steamed Broccoli Berry Fruit Tart Garlic Bread	6 Hawaiian Haystacks Buttered Peas Pineapple & Mandarin Oranges Corn Muffin	7 Chicken Alfredo Italian Veggies Ambrosia Fruit Salad Breadstick	8 Sloppy Joes Carrot Raisin Salad Potato Chips Berry Fluff Fruit Salad
11 Pinto Bean & Ham Soup Egg Salad Sandwich Coleslaw Pears	12 Shredded Chicken-Tacos Southwest Corn Salad Raspberry Parfait Churro	13 Sausage/Pepperoni Pizza Green Salad Fresh Fruit	14 Chicken Cordon Bleu Veggie Cascade Tropical Fruit Wheat Roll Cheesecake	15 
18  CLOSED	19 Sheppard's Pie Mixed Salad Spiced Apples Dinner Roll	20 Roasted Chicken/Apricot Glaze Pasta Salad Fresh Orange Slices Cookie	21 Tilapia Rice Pilaf Butternut Squash Lemon Pudding w/Fresh Fruit	22 Hearty Beef Stew Spinach Salad Pear Crisp Bread Stick
25 Chicken Fajitas Spanish Rice Cucumber-Tomato Salad Orange Fluff	26 Butternut Squash Soup Mixed Salad w/Strawberries Raspberry Muffin	27 Hamburgers Lettuce/Tomato & Pickles Tater Tots Coleslaw Fruited Jell-O	28 Chicken -Pesto Cavatappi Grilled Garden Salad Peaches	

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 \$7.50 for those under age 60. Please pay at the front desk to receive your meal.

Scams and Fraud Concerns

Fake calls about your SSN

The FTC is getting reports about people pretending to be from the Social Security Administration (SSA) who are trying to get your Social Security number and even your money. In one version of the scam, the caller says your Social Security number has been linked to a crime (often, he says it happened in Texas) involving drugs or sending money out of the country illegally. He then says your Social is blocked – but he might ask you for a fee to reactivate it, or to get a new number. And he will ask you to confirm your Social Security number.

In other variations, he says that somebody used your Social Security number to apply for credit cards, and you could lose your benefits. Or he might warn you that your bank account is about to be seized, that you need to withdraw your money, and that he'll tell you how to keep it safe.

But all of these are scams. Here's what you need to know:

The SSA will never (ever) call and ask for your Social Security number. It won't ask you to pay anything. And it won't call to threaten your benefits.

Your caller ID might show the SSA's real phone number (1-800-772-1213), but that's not the real SSA calling. Computers make it easy to show any number on caller ID. You can't trust what you see there.

Never give your Social Security number to anyone who contacts you. Don't confirm the last 4 digits. And don't give a bank account or credit card number – ever – to anybody who contacts you asking for it.

Remember that anyone who tells you to wire money, pay with a gift card, or send cash is a scammer. Always. No matter who they say they are.

If you're worried about a call from someone who claims to be from the Social Security Administration, get off the phone. Then call the real SSA at 1-800-772-1213 (TTY 1-800-325-0778). If you've spotted a scam, then tell the FTC at ftc.gov/complaint.



	<p><i>our</i> SENIOR CENTER The Online Directory of Senior Centers NEVER MISS A NEWSLETTER! Sign up to have our monthly senior newsletter emailed to you at www.ourseniorcenter.com</p>	
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**DON'T SHOP.
AD  PT.**

A photograph of a beagle dog with brown, white, and black fur, looking out from behind the metal bars of a wire cage.

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VALENTINES
Potluck Dinner

FEBRUARY 14TH 2019

Cache County Senior Center

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friendship. Please bring a wrapped white
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Please Join the Out to Lunch Bunch on **Tuesday, February 12th at 11:30** for a trip to the Hu Hot in Logan. Please RSVP at the front desk. Drive yourself and meet us there or ride the Centers bus for \$1.00

HuHot Mongolian Grill is a customizable Asian restaurant experience with over 50 locations across the US. Create your own unlimited stir fry!

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Heart-Healthy Habits for Seniors

By Diana Rodriguez

Medically Reviewed by Pat F. Bass III, MD, MPH

Many seniors believe that heart disease risks are inevitable in old age. In truth, there are plenty of ways to keep your heart in great shape; start with these seven. Heart disease is a major threat to senior health — in fact, 84 percent of people age 65 years and older die from heart disease. Though heart disease risks increase with age, it doesn't have to be an inevitable part of getting older. The right lifestyle habits and a heart-healthy diet can help protect you.

What exactly is heart disease? It's the term given to a group of different health conditions that affect the heart. In the United States, the most common form of heart disease is called coronary artery disease (CAD). CAD is often responsible for serious cardiovascular events like a heart attack, heart failure, chest pain, and irregular heartbeat, also called arrhythmia.

Know the Symptoms of Heart Disease

The warning signs of heart disease often don't appear until you're having a heart attack. Symptoms of an emergency or impending heart attack may include:

- Feeling faint
- Weakness or a sensation of light-headedness
- Having a hard time catching your breath
- Feeling nauseous or vomiting
- Feeling very full or having indigestion
- Pain in the chest or an uncomfortable pressure in the chest
- Unusual pains in the back, shoulders, or neck
- Sweating
- An irregular heartbeat

How to Reduce Your Heart Disease Risks

Many health conditions can contribute to heart disease and increase your risk of having a heart attack. Heart disease treatment and heart attack prevention requires that you treat all other contributing health problems and keep them under control. To treat heart disease you should:

- Lower high blood pressure and high cholesterol levels
- Keep diabetes under control
- Take medication to treat angina (chest pain)

There are medications that can help treat the various aspects of heart disease. To manage chest pain, nitrates, beta-blockers, and calcium channel blockers may be rec-

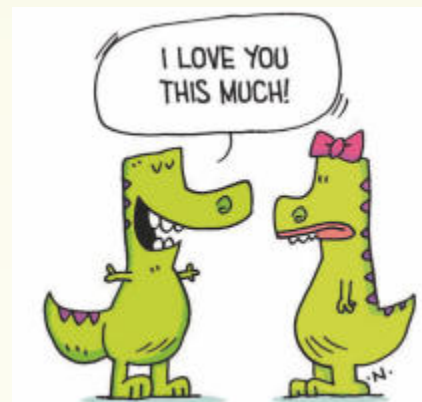
ommended. Your doctor may also suggest taking a daily aspirin to help reduce the risk of a heart attack.

7 Steps to Heart Disease Prevention

You can keep your heart healthy no matter how old you are, but it does take effort — possibly even changes in your everyday habits, such as eating a heart-healthy diet and increasing your activity level. Here's how to get started:

- Get enough exercise. This means at least 30 minutes of exercise almost every day of the week.
- Quit smoking. If you do smoke, it's time to quit.
- Eat a heart-healthy diet. Load up on fresh fruits and vegetables while limiting saturated fats, salt, and foods containing cholesterol, like fatty meats.
- Watch your numbers. Get regular check-ups to monitor health conditions that affect the heart, including high blood pressure, high cholesterol, and diabetes, and make sure they're under control with medication.
- Reduce your alcohol intake. Excess alcohol consumption can worsen health conditions that contribute to heart disease, like blood pressure, arrhythmias, and high cholesterol levels.
- Minimize stress in your life. Stress can compound many heart disease risks that seniors already face, steering you toward an unhealthy lifestyle. Find healthy outlets to relieve stress and lower your heart disease risk.
- Watch your weight. Too many pounds can add up to increased heart disease risk. To help prevent heart disease, maintain a healthy body weight for your size.

Working with your doctor can help keep health problems under control. It's never too late to start living a healthy lifestyle and getting your heart disease risks in check. <https://www.everydayhealth.com/senior-health/heart-healthy-habits-for-seniors.aspx>



Senior Fun



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