

Cache County Senior Center

April 2019

Photo by Mike Bullock

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

**April 3rd
@ 8:30 am
Commodities Pickup**

Lunch and Learn: 12:15

- 4/12 Kim Moore: Reverse Mortgages
- 4/16 Advanced Directives with Allison Richman
- 4/19 Logan City: Fraud Prevention
- 4/26 Trash or Treasure with Theresa Nowling

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

A Big Thank You to our two interns Becca and Jonathan. We wish them well on their future endeavors and Congrats on graduating!



I have always loved this quote by Winston Churchill. It is a very true statement. For all the many volunteers who serve our older population I am amazed and humbled by your willingness to serve. You reflect so much goodness. We have had such tremendous support over the years and many of our programs we provide here could not function with out You. Thank you for your compassion and your awareness, for seeing the need and responding.

Thank you for your patience, respect and perseverance. But most of all, thank you for your kindness, care and love and for being an inspiration.

Thank You for your continuing support to all our patrons of the Cache County Senior Citizens Center. This month is dedicated to honoring all of the volunteers in our community. On behalf of the Senior Center we would like to thank all Volunteers who contribute to our center; Meals on Wheels volunteers, senior volunteers; line dancing, tai chi, quilters, writers group, sit-n-be fit, photography. Also a big thank you to home health agencies/nurses that host our blood pressure/foot clinics; Rocky Mtn., Sunshine Terrace, Bridgerland, CNS & Integrity. Many thanks to representatives from home health agencies that have given of their time in sponsoring activities; student volunteers from USU; partnering agencies from the community that have contributed their time for our lunch and learn hour, we say THANK YOU! With your help in 2018 we were able to serve 7,972 hours! What an incredible accomplishment. Because of you we have a strong, thriving Senior Center that does so much good for our community.

Thank You, Thank You, Thank You

–Giselle 

Health Benefits of Mint That Make It Cooler Than Ever

It's anti-inflammatory

Like other plant-based foods (veggies, fruit, nuts, seeds, beans, and 100% whole grains), mint contains phytonutrients with antioxidant-like properties, which may reduce cellular damage caused by oxidative stress. What's more, the primary anti-inflammatory compounds of mint may limit the initiation of chronic inflammation.

And since one food can't exactly undo the effects of an otherwise poor-quality diet: Use mint for cooking and flavoring with veggie-heavy, plant-based meals and snacks — not solely for health benefits.

It's got immune-boosting benefits

In addition to its antioxidant activities, 1/4 cup of flavorful spearmint provides nearly half of your daily needs of vitamin A. The plant-based form of the vitamin helps protect your cells from damage by scavenging free radicals that can cause damage to organ tissue, helping reduce your risk of chronic diseases like heart disease, diabetes, and some cancers. Another possible benefit: Compounds found in peppermint leaves have been linked to inhibiting enzymes that promote tumors.

It can help you cut back on sodium

Cutting back on salt without using flavor requires complementary herbs and spices to help boost flavor profile — and mint is no exception! Using mint on anything from veggie (or fruit!) salads, fish, meat, and poultry can help limit the amount of salt you add to food without sacrificing taste, raising cost, or increasing recipe time.

Health Benefits of Mint Leaves

- Promotes digestion
- Relieves allergy symptoms
- Relieves skin issues like acne and insect bites
- Clears up congestion due to cough and cold
- Helps boost immunity and lose weight
- Keeps the mouth clean and germ free
- Effective remedy for nausea and headaches



www.twopinkcanaries.com

<https://www.goodhousekeeping.com/health/diet-nutrition/a47308/health-benefits-mint/>

Happiness in a glass is possible with this Strawberry Mint Lemonade! Fresh pureed strawberries are muddled with mint, then mixed with freshly squeezed lemonade!



Ingredients

- 3/4 cup granulated sugar
- 3-4 cups water divided
- 1 cup mint leaves fresh
- 1 cup lemon juice divided (from about 5 lemons)
- 1 1/2 cups strawberries fresh
- Lemon slices for garnish
- Mint leaves for garnish
- Fresh strawberries for garnish

Instructions

Combine the sugar, 1 cup of water, and mint leaves in a medium saucepan. Bring to a low boil, stirring occasionally, until the sugar is dissolved, then reduce the heat and simmer for 1 minute.

Remove from the heat and allow to steep for 30 minutes.

Pour the cooled simple syrup through a strainer into a mason jar or bottle. Discard the mint (or save for garnishing.)

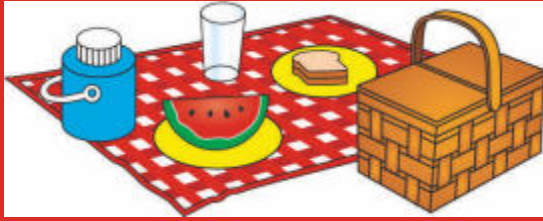
In a blender, combine 1/4 cup of lemon juice with the fresh strawberries. Blend well, then pour the liquid into a pitcher through a strainer to remove the berry seeds (if desired - if you like texture, leave it all in!)

Add the remaining lemon juice and 2-3 cups of water to the pitcher and stir well. Add the minted simple syrup to taste (I used the whole batch!), stir, then chill.

Serve over ice, and garnish with lemon slices, sliced strawberries, and sprigs of mint.

<https://thecrumbykitchen.com/strawberry-mint-lemonade-recipe/>

Out to Lunch Bunch



Out to Lunch+ Field Trip

We hope you are as excited as we are for Spring! Join us as we attend the exhibit at Utah State University (USU). They are showcasing its exceptional collection that focuses on history of the art west of the Mississippi River since 1920. Featuring work by 114 artists. After, we are going to a park for a picnic in celebration of National Picnic Day.

Tuesday, April 23rd
Departure time: 10:00 am
\$1.00 donation for bus transportation
Entry to museum: Free
\$3.00 suggested donation for sack lunch

Craft Class

Cutest craft award has got to be this one!



How cute are these bunny pots?!
Nothing says its spring like bunnies and gardening.
We have decided to combine these two for our fun craft class
Craft class: April 17th
11:15 am
\$2.00 for supplies

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Health and Wellness



National Healthcare Decisions Day (April 16) exists to inspire, educate and empower the public and providers about the importance of advance care planning.

Thinking about getting sick can be scary.

Sometimes people think the conversation is only for when you're sick or older. And, many times, our loved ones feel uneasy talking about the subject. But having a conversation about advance care planning is very important. Even though it's hard, the best time to talk about it is now. It's easier than waiting until you become ill. Having the time for discussion and reflection can often help families and loved ones understand each other's views about end of life care. We're more likely to talk to our kids about safe sex and drugs than to talk to our parents about end-of-life care. We tell ourselves it's too soon. Until one day we realize it's too late.

Nearly half of Americans say they would rely on family or friends to carry out their wishes about end-of-life care, but most have never expressed those wishes. Some would want everything that medical technology has to offer. Others would opt for a gentle, pain-free death if their quality of life were seriously diminished. There's no right or wrong. Every person has the right to make that decision. Experts say that the best way to get others to discuss end-of-life care is to do so yourself.

Many people execute an Advance Directive for Healthcare at the same time they write their will, but according to a Gallup survey in 2016 only 44% of us have a will. You don't need an attorney to execute an Advance Directive for Healthcare. If you need assistance in completing the form, contact your primary care physician, your local hospital or Utah Legal Services (any Utah resident age 60 or older can call 800-662-1772 between 9 am and 2 pm for assistance). Advance Directives are an important step, but it is still important to reflect thoughtfully on your wishes and communicate openly and often with those who may have to make decisions for you.

After you complete an Advance Directive:

Keep the original copy of your health care Advance Directive in a place where it can be easily found. Do not lock your directive in a safe deposit box, safe, or other inaccessible location. Give your health care agent or proxy a copy of the Directive plus any notes. Make sure your agent knows where to find the original. Give your doctor a copy of your Directive. Make certain it is put in your medical record. Make sure your doctor will support your wishes. If your doctor has objections, you need to work them out or find another doctor. If entering a hospital or nursing home, take a copy of your Directive with you and ask that it be placed in your medical record. You can make a new Advance Directive if your wishes change. To revoke an old Advance Directive, you may destroy the old one, write "revoked" across the old one, write a new one, or tell someone that you want to revoke it. If you tell someone that you want to revoke the Advance Directive, you should do so in the presence of an adult witness who should then sign and date a written statement confirming that you have revoked it. If you change your Advance Directive, it is important to notify everyone who has a copy of your old forms. Adapted from Utah Commission on Aging Tool Kit for Advance Healthcare Planning (2012).

We recognize that beginning the conversation may be difficult. We have "Conversation Starter Kits" available. "What a conversation can do is provide a shared understanding of what matters most to you and your loved ones. This can make it easier to make decisions when the time comes." If you would like to have a starter kit please visit Giselle or Colby, Meals on Wheels recipients please let Kris know and we will be sure to send those out.

<https://www.upmc.com/patients-visitors/patient-info/advance-directives/start-conversation>

<https://www.vitas.com/resources/end-of-life-care/3-questions-can-start-the-end-of-life-conversation>

<https://www.pathfinderpatientadvocacy.com/your-decisions-matter-or-do-they/>

Cooking Class Field Trip



We are going on a Field Trip! The cooking class for April will be on a different day and at a

different place. On TUESDAY, April 9th we will take the bus to Natural Grocers for a class taught by Karli Mountjoy. We have to reserve space so you must RSVP with Marisol at the front desk. The normal \$1 donation will be your bus fee this month. This will be a ton of fun, and we will learn something too!

Cooking Class Field Trip

Bear River Health Department will be providing a class for individuals that are pre-diabetic. This is an evidence based class that is recognized by the CDC to promote a lifestyle change in helping prevent or delay prediabetes.

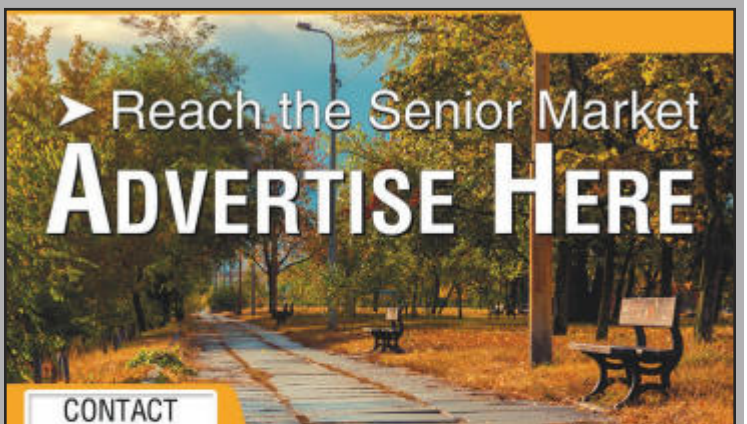
**There is still room in this class if you or someone you know is at risk for Type 2 diabetes. Please call the health department to register and for more information. (435) 792-8500
Covered by Medicare**

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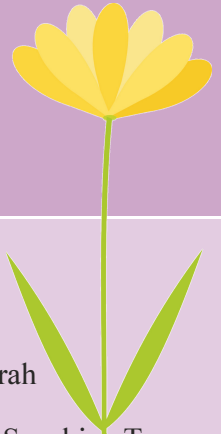
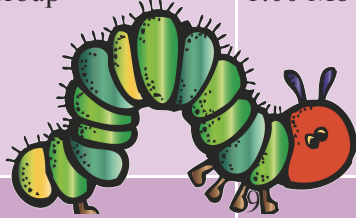
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APRIL 2019

Monday	Tuesday	Wednesday
<p>1</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>1:00 Needle Work Group</p> <p>5:30 Diabetes Class</p>	<p>2</p> <p>10:30 Board Games with Sarah</p> <p>1:00 Movie: High Lonesome 1h21m</p>	<p>3</p> <p>8:30 Commodities</p> <p>8:30 Sit and Be Fit w/ Darrell</p>
<p>8</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>10:30 Poker hosted by ComForCare</p> <p>12:15 Celtic Dancers</p> <p>1:00 Needle Work Group</p> <p>5:30 Diabetes Class</p>	<p>11:00 Cooking Class Field Trip</p> <p>1:00 Foot Clinic by Rocky Mtn Care</p> <p>1:00 Movie: Sepia Cinderella 1h10m</p>	<p>10</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>12-4 AARP Driver Safety Course</p> <p>1:00 Book Club</p> <p>1:30 Cribbage</p>
<p>15</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>1:00 Needle Work Group</p> <p>5:30 Diabetes Class</p>	<p>16</p> <p>10:00 Wii Bowling Tournament</p> <p>12:15 Lunch and Learn: Advanced Directives with Allison Richman</p> <p>1:00 Movie: Three Husbands 1h16m</p>	<p>17</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>11:15 Craft with Sarah</p> <p>1:00 Foot Clinic by Sunshine Terrace Charge of \$10.00</p> <p>1:30 Cribbage</p>
<p>22</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>10:30 Earth Day Planters</p> <p>1:00 Needle Work Group</p> <p>5:30 Diabetes Class</p>	<p>23</p> <p>10:00 Museum Trip and Out to Lunch</p> <p>1:00 Foot Clinic by Integrity Home Health—Charge of \$10.00</p> <p>1:00 Movie: Easter Parade 1h48m</p>	<p>24</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>1:30 Cribbage</p>
<p>29</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>1:00 Needle Work Group</p> <p>5:30 Diabetes Class</p>	<p>30</p> <p>9:00 Special Board Game Day: Monopoly</p> <p>1:00 Movie: Loaded Pistols 1h18m</p>	



APRIL 2019

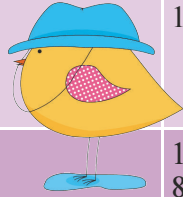
Thursday

4

10:30 Writers Group

1:00 Documentary: The End of Meat 1h45m

6:15 USU Grandfriends



11

10:30 Writers Group

1:00 Documentary: The Honest Liar 1h32m

18

10:30 Writers Group

1:00 Documentary: After Brave Heart 1h55m

6:15 USU Grandfriends

25

10:30 Writers Group

1:00 Red Hat Activity

Friday

5

8:30 Sit and Be Fit w/ Darrell

10-12 Blood Pressure

1:00 Movie: The Mighty Mac 1h39m

12

8:30 Sit and Be Fit w/ Darrell

10-12 Blood Pressure

12:15 Lunch and Learn: Kim Moore: Reverse Mortgages

1:00 Movie: The Bounty 2h12m

19

8:30 Sit and Be Fit w/ Darrell

10-12 Blood Pressure

11:00 Dye and Hunt Easter Eggs

12:15 Lunch and Learn: Logan City Fraud Prevention

1:00 Movie: The Darkest Hour 2h5m

26

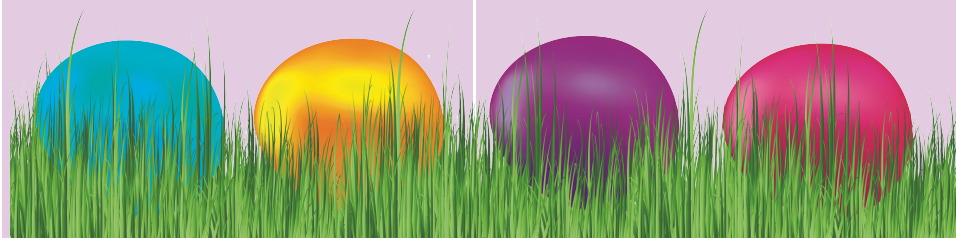
8:30 Sit and Be Fit w/ Darrell

10-12 Blood Pressure

10:30 Nails with Symbii

12:15 Lunch and Learn: Trash or Treasure with Theresa Nowling

1:00 Movie: The Make Over 1h35m



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

Enrolling in Medicare Part B When Your Employer Group Health Plan Ends

By Mickie Douglas
Social Security Public Affairs Specialist in Salt Lake City, UT

People are living longer today and many find themselves still employed when they reach age 65.

Most are covered either by their own employer's group health plan or by a working spouse's group health plan. Because they already pay a premium for that employer coverage, and because Medicare Part B also requires a monthly premium, people may not enroll in Medicare Part B until they or their spouse stops working and they lose the employer's health coverage. They enroll for Medicare Part B during a Special Enrollment Period.

Most have already enrolled in Part A and now want to add Medicare Part B. Adding Part B to your Part A coverage is easy to do. (You cannot add Part B to Part A by filing online. If you are ready to begin receiving retirement benefits and need to add Part B at the same time, you can file online.) Adding Part B to Part A requires the completion and submission of two forms, CMS-40B Application for Enrollment in Medicare Part B and CMS-L564 Request for Employment Information. Both forms are available through a link on the Social Security website at www.ssa.gov/forms.

The beneficiary completes the CMS 40B, but takes the CMS L564 to his employer's Human Resources department for completion. You can make a copy of both forms to retain for yourself and mail them to your local Social Security office. (Make note of when you mailed the completed forms to Social Security and to which office.)

The CMS 40B is a statement by the beneficiary that they want to enroll in Medicare Part B. The CMS L564 requires the employer to verify the dates of coverage of the employer's group health plan. The enrollment rules for a Special Enrollment Period require that the beneficiary maintained continuous group health coverage from age 65 throughout their continued employment to avoid a potential Medicare Part B premium.

Knowing how to sign up for Medicare Part B after Medicare Part A is important information to use when navigating Medicare health coverage.

MEDICARE

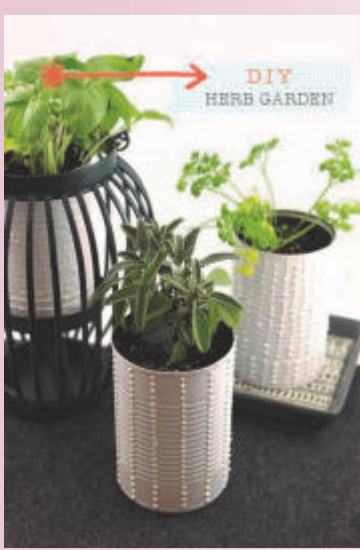
La gente vive más tiempo hoy y muchos se encuentran todavía empleados cuando alcanzan la edad de 65. Muchos están cubiertos ya sea por el plan de salud grupal de su propio empleador o por el plan de salud grupal de un cónyuge trabajador. Debido a que ya pagan una prima por esa cobertura del empleador, y porque la parte B de Medicare también requiere una prima mensual, las personas no tienen que inscribirse en la parte B de Medicare hasta que ellos o su cónyuge deje de trabajar y pierdan la cobertura de salud del empleador. Se inscriben en la parte B de Medicare durante un período de inscripción especial. La mayoría ya se ha inscrito en la parte A y ahora desean agregar la parte B de Medicare. Agregar la parte B a su cobertura de la parte A es fácil de hacer.

La adición de la parte B a la parte A requiere la terminación y presentación de dos formularios, la solicitud CMS-40B para la inscripción en la parte B de Medicare y la solicitud de información de empleo de CMS-L564. Ambos formularios están disponibles a través de un enlace en el sitio web de Social Security en www.ssa.gov/forms.

El beneficiario completa el CMS 40B, pero lleva el CMS L564 al Departamento de recursos humanos de su empleador para su finalización. Usted puede hacer una copia de ambos formularios para retener por sí mismo y enviarlas por correo a su oficina local del seguro social. (Tome nota de Cuándo envió los formularios completados a la seguridad social y a qué oficina.)

El CMS 40B es una declaración del beneficiario que desea inscribir en la parte B de Medicare. El CMS L564 requiere que el empleador Verifique las fechas de cobertura del plan de salud grupal del empleador. Las reglas de inscripción para un período de inscripción especial requieren que el beneficiario mantenga una cobertura continua de salud grupal desde los 65 años a lo largo de su empleo continuado para evitar una multa potencial de la parte B de Medicare.

Saber cómo inscribirse en la parte B de Medicare después de la parte A de Medicare es información importante para usar al navegar la cobertura de salud de Medicare.



Herbs are my safety plant. They are fairly easy to grow and fun to add to homemade meals. Just wait until you can tell people that you made that fancy pesto dinner with basil from your garden. What a perfect way to celebrate earth day by making these easy

and practical herb containers. Join Sarah on April 22. She will have all supplies ready for you to assemble your herb containers.

**Earth Day Planters:
April 22 @ 10:30 am**



The Irish word céili originally referred to a gathering of neighbors in a house to have an enjoyable time, dancing, playing music and storytelling. Today it refers to an informal evening of dancing. Céilis are held in large towns and country districts where young and old enjoy together group dances. The céili can be traced back to pre-famine times, when dancing at the cross-roads was a popular rural pastime. These dances were usually held on Sunday evenings in summer when young people would gather at the cross-roads. The music was often performed by a fiddler seated on a three legged stool with his upturned hat beside him for a collection.



We are happy to announce that once again we will have the Celtic dance class from USU perform for us.

**Celtic Dancers
April 8th: 12:15**



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APRIL 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Fish and Chips Roasted Vegetables Pineapple Chunks Tapioca Pudding	2 Meat Loaf Scalloped Potatoes Sun-kissed Carrots Cinnamon Pear Dinner Roll	3 Broccoli Cheese Soup Egg salad sandwich Strawberry-banana Fruit Salad	4 Chicken Lasagna Zucchini & Yellow Squash Apple Slices Sliced Wheat Bread	5 Beef Tacos Black Bean Salad Spanish Rice Tropical Fruit
8 Chicken Salad Sandwich Broccoli Salad Mandarin Oranges	9 Cauliflower Soup Roast Beef Sandwich Mixed Fruit	10 Tater Tot Casserole Green Bean Salad Peach Crisp Dinner Roll	11 Creamy White Chili Green Salad Spiced Pears Cinnamon Roll	12 Chef's Choice
15 Cheesy Vegetable Soup Turkey Sandwich 7 Layer Salad Seasonal Fruit	16 Turkey Tetrazzini Peas and Carrots Pineapple Grape Salad Sliced French Bread	17 Parmesan Chicken Italian Veggies Fruit Salad Garlic Bread Stick	18 Baked Chicken Mashed Potatoes & Gravy Veggies Orange Slices	19 Swedish Meat Balls over Noodles Roasted Squash Fruit Cocktail Salad
22 Cheesy Egg & Sausage Brunch Baked Zucchini & Tomato Fruit Cocktail Poppy Seed Muffin	23 Chicken Teriyaki White Rice Asian Roasted Carrots & Broccoli Fresh Fruit	24 Baked Ziti Italian Blend Veggies Peaches Sliced Herb Bread	25 Chicken Pot Pie Collard Greens Warm Spiced Apples	26 Chef's Choice
29 Taco Casserole Chuck Wagon Corn Green Salad Apple Sauce Cornbread	30 Lentil Soup Ham Sandwich Pineapple Coleslaw Fruit Cocktail	<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 \$7.50 for those under age 60. Please pay at the front desk to receive your meal.



People who grew up in the 1930s, 1940s, and 1950s were generally raised to be polite and trusting. Con artists exploit these traits, knowing that it is difficult or impossible for these individuals to say “no” or just hang up the telephone.

Make sure to come to a very important Lunch and Learn on April 19th as the Logan City Police Department presents on Fraud and how to keep our selves safe.

Lunch and Learn:
Logan City
April 19th: 12:15

Lunch and Learn:
Logan City
April 19th: 12:15

Games



Announcing a special day of board games with Sarah! On Tuesday, April 30th a smashing game of Monopoly will begin at 9:00

am so all the money bags will have time to gobble up properties and bankrupt your rivals! Please show up at 9:00 am to start on time!

Also, its time for a spring Wii Bowling Tournament! Please join us on Tuesday April 16th at 10:00 to compete to win for both glory and prizes!



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Scams and Fraud Concerns

Financial institutions report widespread elder financial abuse

By Naomi Karp and Hector Ortiz – FEB 27, 2019

Financial institutions are seeing vast numbers of their older customers fall prey to financial exploitation by perpetrators ranging from offshore scammers to close family members—and they're filing hundreds of thousands of reports with the federal government about these suspicions.

Today the Bureau released a report about key facts, trends, and patterns revealed in these Suspicious Activity Reports—or SARs—filed by banks, credit unions, casinos, and other financial services providers. The Bureau analyzed 180,000 elder financial exploitation SARs filed with the Financial Crimes Enforcement Network (FinCEN) from 2013 to 2017, involving more than \$6 billion. This first-ever public analysis provides a chance to better understand elder fraud and to find ways to improve prevention and response.

What we learned:

SAR filings on elder financial exploitation quadrupled from 2013 to 2017. In 2017, financial institutions filed 63,500 SARs reporting elder financial abuse. Yet these SARs likely represent only a tiny fraction of the actual 3.5 million incidents of elder financial exploitation estimated to have happened that year.

Elder financial exploitation isn't just happening at banks or credit unions. Money services businesses, used by many people to wire money, have filed an increasing share of these SARs (58 percent in 2017). Older adults ages 70 to 79 lost on average \$43,300. And when the older adult knew the suspect, the average loss was even larger—about \$50,000.

While financial institutions are increasingly filing elder financial exploitation SARs, they often do not indicate that they reported the suspicious activity directly to first responders. Fewer than one-third of elder financial exploitation SARs specify that the financial institution reported the activity to adult protective services, law enforcement, or other authorities. If the financial institution is not reporting to these authorities, this is a missed opportunity to strengthen prevention and response.

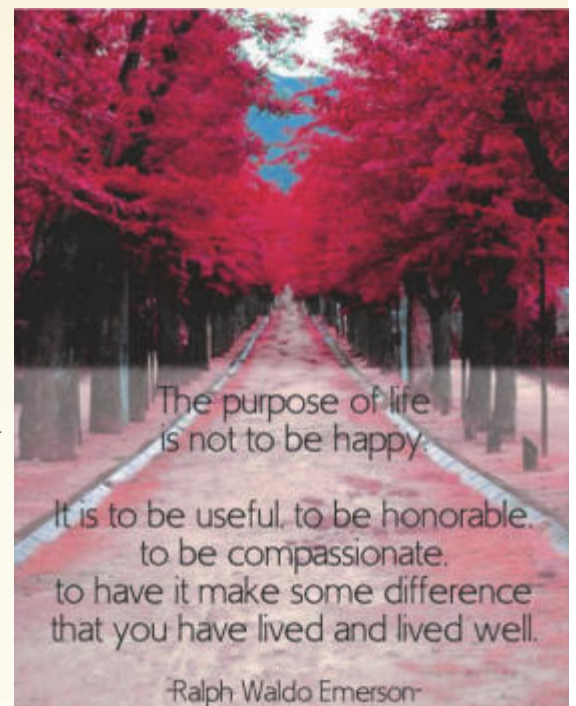
Speak up about elder financial exploitation:

If you believe that you or someone you know is a victim of financial exploitation, contact your local adult protective services (APS) agency. You can find out how to reach your APS office from the Eldercare Locator at eldercare.acl.gov or by calling 1-800-677-1116.

Report scams or fraud to the Federal Trade Commission at ftc.gov/complaint.

Share a Money Smart for Older Adults guide with those in your community. Money Smart for Older Adults is an elder financial exploitation awareness and prevention program the Bureau created with the Federal Deposit Insurance Corporation (FDIC).

https://www.consumerfinance.gov/about-us/blog/financial-institutions-report-widespread-elder-financial-abuse/?utm_source=newsletter&utm_term=20190227OAnewsltr



National Healthcare Decisions Day (April 16)

Talking about end-of-life issues is hard. However, doing so may be the best gift you can give to your loved ones. Helping them to navigate difficult, emotional decisions with confidence will provide peace when it is needed most. Allison Richman with Advocates for Independence will be here April 16th for a lunch and learn presentation to discuss this topic. She will also be available to help answer questions regarding advance directives.



You're Invited!



Who doesn't love a dying eggs and having good Easter egg hunt! We know the Ester Bunny is fun family tradition that brings much joy to us as adults. Join as we keep this family tradition alive here at the center.

April 19th
Egg dying: 11:00
Easter Egg Hunt: 11:45

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Eat Healthy Over 60

Seniors aged 60 and older on a limited income can qualify to receive a monthly food box worth \$45 to \$55. The box includes canned fruits, vegetables, and meat as well as cereal and grain products and cheese and milk.



Trying to extend your grocery budget?

We have partnered with the Utah Food Bank to bring Seniors that are 60+ and who meet income guidelines a box of groceries. These boxes can be picked up the third Thursday and Friday of April. For clients on Meals on Wheels these boxes will be delivered to your home.

These groceries vary from month to month. Included are vegetables, grains, canned meat, cheese and milk, all of which are non perishable.

Participant's are able to not only pick up a bag of commodities, they are also able to get a food box.

Applications can be obtained at the Senior Center. Please call Giselle or Colby for more Information: 755-1720

Writing Submissions

May Day is a May 1 celebration with a long and varied history, dating back millennia. Throughout the years, there have been many different events and festivities worldwide, most with the express purpose of welcoming in a change of season (spring in the Northern Hemisphere).

A popular tradition of May Day involves the maypole. While the exact origins of the maypole remain unknown, the annual traditions surrounding it can be traced back to medieval times, and some are still celebrated today. The maypole never really took root in America, where May Day celebrations were discouraged by the Puritans. But other forms of celebrations did find their way to the New World. May Basket Day was celebrated across the country, where baskets were created with flowers, candies and other treats and hung on the doors of friends, neighbors and loved ones.

In the 19th century, May Day took on a new meaning, as an International Workers' Day grew out of the 19th-century movement for labor rights and an eight-hour work day in the United States. The connection between May Day and labor rights began in the United States. During the 19th century, at the height of the Industrial Revolution, thousands of men, women and children were dying every year from poor working conditions and long hours.

On May 1, 1886, more than 300,000 workers in 13,000 businesses across the United States walked off their jobs in the first May Day celebration in history. In Chicago, the epicenter for the 8-hour day agitators, 40,000 went out on strike with the anarchists in the forefront of the public's eye.

Our seniors have contributed countless hours to their careers and have such diverse experiences... And to celebrate May Day we want to hear some of your stories! So, we are calling on you to write some short stories or poems about your work and submit them to us by mid April so we can highlight them in the May Newsletter!



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