

Cache County Senior Center

May 2019

Photo by Mike Bullock

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

Lunch and Learn: 12:15

Friday, May 3rd
Hearing Loss:
Virginia Parker

Friday, May 10: Mothers
Days Entertainment:
Colleen Gordin

Wednesday, May 22nd Tai
-Chi & Arthritis:
Sharon Marcyes

Friday, May 24th
National Sunscreen Day:
Rocky Mtn. Dermatology

Wednesday, May 29th
Health Fair

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.

We will have a lawyer here
from Utah Legal
Services on Wednesday
May 22nd from 1:00 to 4:00
pm. If you need legal assist-
ance please make an ap-
pointment with
the front office.

Cache County Senior
Center
**COMMUNITY
WELLNESS FAIR**
Wednesday, May 29
10:00AM - 1:00PM

Workshops:
10:30 Making Smart Food Choices-Natural Grocers
11:00 Staying Safe During Exercise-Sunshine Terrace- Physical
Therapist
11:30 Health Benefits of Tai-Chi and Qigong-Sherrie Mitchell

This free event will offer vendor booths,
Ask a Pharmacist, Ask a Nurse and Much
More!

PostatWVall.com

Nutrition News



Pineapples are tropical fruit that are rich in vitamins, enzymes and antioxidants. They may help boost the immune system, build strong bones and aid indigestion. Also, despite their sweetness, pineapples are low in calories.

Pineapples' nutritional benefits are as fascinating as their anatomy. "Pineapples contain high amounts of vitamin C and manganese," said San Diego-based nutritionist Laura Flores. These tropical treats are also a good way to get important dietary fiber and bromelain (an enzyme).

For all its sweetness, one cup of pineapple chunks contains only 82 calories. Pineapples are also fat-free, cholesterol-free and low in sodium. Not surprisingly, they do contain sugar, with 16 grams per cup.

The nutritional profile for canned pineapple is different from raw pineapple. According to the U.S. Department of Agriculture, canned pineapple in light syrup has 131 calories per cup and 31.88 grams of sugar. It also contains fewer vitamins and minerals. If you do opt for canned pineapple, try to get it with no added sugar or look for a variety that is canned in fruit juice instead of syrup.

Good Things To Eat

Aloha Grilled Chicken



Ingredients

- 1 c. unsweetened pineapple juice
- 3/4 c. ketchup
- 1/2 c. low-sodium soy sauce
- 1/2 c. brown sugar
- 2 cloves garlic, minced
- 1 Tbsp. freshly minced ginger
- 1 lb. boneless skinless chicken breasts
- 1 tsp. vegetable oil, plus more for grill
- 1 pineapple, sliced into rings & halved
- Thinly sliced green onions, for garnish

Directions

In a large bowl, whisk together pineapple juice, ketchup, soy sauce, brown sugar, garlic and ginger until combined. Add chicken to a large resealable plastic bag and pour in marinade. Let marinate in the fridge at least 2 hours and up to overnight. When ready to grill, heat grill to high. Oil grates and grill chicken, basting with marinade, until charred and cooked through, 8 minutes per side. Toss pineapple with oil and grill until charred, 2 minutes per side. Garnish chicken and pineapple with green onions before serving.



Out to Lunch Bunch

Out to Lunch Bunch will be venturing out at **11:30 am on May 28th** to Sabores. This is truly an international establishment with offerings from South America all the way to Europe and Asia. Want to try something exotic you have never had? Or you can play it safe with a tasty sandwich or burger. Please sign up at the front desk so we can make a reservation.



Cooking Class



On Wednesday, **May 8th** right after bingo we will be headed out to the Patio for Cooking Class. We will be experimenting with great new grilling ideas! Please join us for some tasty treats!

Cooking Class: 11:15 AM

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The Best Exercises for Achy Backs, Knees, Hips and More

by Hallie Levine, AARP, February 1, 2019

While it might be the last thing you feel like doing when your back or knees are bothering you, staying active is one of the top ways experts recommend to beat back age-related aches and pains, particularly around major joints such as your back, knees, hips and shoulders. But which strengthening and stretching exercises work best for what? We asked physical therapists and experts from the American Academy of Orthopedic Surgeons to lay out options for the most commonly reported trouble spots. Some work to provide relief in the moment, while others build up strength that fends off pain down the road.

For your back:

“The most important thing with back pain is to keep moving, especially with activities that keep your core strong, such as walking, yoga or tai chi,” says physical therapist Meredith Harris, a spokesperson for the American Physical Therapy Association. In fact, yoga is just as effective as physical therapy for treating folks with chronic low back pain, according to a 2017 study published in the *Annals of Internal Medicine*. But if you just can’t get into a Downward Dog, try these moves instead.

Kegel:

“It strengthens the transversus abdominis, one of our major core muscles that supports our low back,” explains Christi Reinhardt, a physical therapist at the Hospital for Special Surgery in New York City. Try it: The trickiest part of the Kegel is identifying the right muscles: You can do this by stopping your flow of urine midstream. Once you’ve done that, start with tightening these muscles for five seconds, then relaxing them for five seconds, five times a day. As you get comfortable, build up to 10 seconds at a time. Eventually, you want to do three sets of 10 reps each day.

Superman:

This exercise strengthens your entire upper and lower back, Harris says. Try it: Lie on your stomach on a flat surface and raise both your arms and your legs at the same time, as though you are flying. Hold for five seconds, then return to starting position. Repeat 10 times.

Bridge:

“People often assume a plank is best for core and back strength, but if you do it wrong, it can irritate the back,” Reinhardt says. A hip bridge works all the same muscles, but is more forgiving.

Try it: Lie on your back either on the floor or on a bed, your arms at your sides, knees bent, and your feet flat.



Tighten your tummy and butt muscles, then lift your pelvis so your body is in a straight line from your shoulders to your knees. Hold for 15 seconds, then slowly return to your start position. Repeat five times.

Knee to chest stretch:

This stretches out your lower back as well as the front of your hip and inner thigh, Reinhardt says.

Try it: Lie on your back on the floor, then lift one leg and bring your knee toward your chest. Hold for five seconds, with your abdominals tight and your spine pressed to the floor. Release and repeat on the other side. Repeat the sequence 10 times.

Posture check:

One reason for back pain among older adults is poor posture. “People don’t even realize the slow subtle changes that can occur as back muscles age,” says physical therapist James Nussbaum, clinical and research director of ProHealth & Fitness PT OT in New York City. But as you slide into slouching, more and more pressure is put on your spine, causing pain.

What to do: Stand with your back, buttocks and heels against the wall. If you can’t get into this position, or can only do it with your chin lifted up, you need to practice perfecting your posture, Nussbaum says. Place a couple of towels behind your head, then press your head and back against the wall. Imagine you’re trying to bring your belly button toward your spine. Hold for a minute, and repeat four to six times each day.

For your knees:

Any activity that strengthens muscles around the knee will help relieve knee pain, since it takes pressure off of the joint, Harris says. Simply walking every day can yield dramatic results: People with knee osteoarthritis who walked 6,000 steps daily reported less difficulty and pain doing everyday activities such as walking up the stairs, according to a study published in *Arthritis Care & Research*. If that’s too painful, consider walking in a pool, which offers the same benefits with much less pressure on your joints, adds registered nurse Barbara Resnick, the Sonya Ziporkin Gershowitz Chair in Gerontology at the University of Maryland School of Nursing.

Continued on Pg. 8

Celebrating May Day

May 1st is celebrated around the world as International Workers Day. In April, we asked for submissions of work stories from you. Here we highlight two of them.

I was administering an IQ test to an elementary school student. One of the questions was, "Name the four seasons." The young man replied "deer, trout, squirrel and rabbit." He did not get any points for his answer but I got a good laugh later. Their school was in a rural area where hunting and fishing were popular and an important source of food. I personally thought the boy's answer was good. -Mary Norton

It was twilight out in deep woods. I was trying to find the corner of a fence line. Suddenly, a form came at me out of a tree. As it flew by my head, it made a noise and I realized I had disturbed the nest of a good sized turkey. I decided to forget about looking for the corner and went back to my car. - Jim Norton

For centuries, May Day was celebrated by people throughout Europe as a spring time celebration. There are many different traditions, like dancing around the maypole, flower wreaths on the head, festivals and gift giving.



Join us for a little celebration of our own, and make a may day basket while learning about this ancient holiday. May 1st, after bingo in the gym.

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MAY 2019

Monday

Maypole Dance

Dancing 'round the Maypole,
Sunlight dapples trees.
Then—a whirl of whooshing -
Sudden springtime breeze.
Ribbons go a-blowing,
So do tops and skirts.
We've tangled 'round the Maypole
Laughing till it hurts.

Tuesday



Wednesday

6
8:30 Sit and Be Fit w/ Darrell
9:15 Cinco De Mayo Breakfast Club
1:00 Needle Work Group

7
10:30 Board Games w/ Sarah
1:00 Movie: Music From Another Room 1h44m

1
8:30 Commodities
11:30 May Day Baskets
8:30 Sit and Be Fit w/ Darrell
8
8:30 Sit and Be Fit w/ Darrell
11:15 Cooking Class on the Patio
12-4 AARP Driver Safety Course
1:00 Book Club
1:30 Cribbage

13
8:30 Sit and Be Fit w/ Darrell
9:15 Go Fly a Kite Breakfast Club
10:30 Poker hosted by ComForCare
1:00 Needle Work Group

14
10:30 Board Games w/ Sarah
1:00 Movie: Lover, Come Back 1h47m

15
8:30 Sit and Be Fit w/ Darrell
11:15 Craft with Colby
1:00 Foot Clinic by Sunshine Terrace Charge of \$10.00
1:30 Cribbage

20
8:30 Sit and Be Fit w/ Darrell
1:00 Needle Work Group

21
1:00 Movie: La Bamba 1h38m

22
8:30 Sit and Be Fit w/ Darrell
12:15 Lunch and Learn: Tai-Chi & Arthritis: Sharon Marcyes
1:00 Lawyer Appointments
1:30 Cribbage

27 **CLOSED FOR**

28
10:30 Board Games w/ Sarah
11:30 Out to Lunch Bunch: Sabores
1:00 Foot Clinic by Integrity Home Health—Charge of \$10.00
1:00 Movie: Fat Man and Little Boy 2h6m

29

8:30 Sit and Be Fit w/ Darrell
10:00-1:00 Health Fair & Shred Truck
1:30 Cribbage

MAY 2019

Daily Activities

Thursday

2
10:30 Writers Group
1:00 Documentary: The Zoo Keepers Wife 2h7m
NO SPANISH CLASS

9
8:30 Qigong
10:30 Writers Group
1:00 Documentary: The True Cost 1h32m
NO SPANISH CLASS

16
8:30 Qigong
10:30 Writers Group
1:00 Documentary: The Great American Farm Tour 1h57m

23
8:30 Qigong
10:30 Writers Group
1:00 Red Hat Activity

30
8:30 Qigong
10:30 Writers Group
1:00 Documentary: Pearl Harbor: Into the Arizona 55m

Friday

3
8:30 Sit and Be Fit w/ Darrell
10-12 Blood Pressure
10:30 May the 4th be With You Bingo
12:15 Lunch and Learn: Hearing Loss: Virginia Parker
1:00 Movie: Star Wars episode IV 2h5m

10
8:30 Sit and Be Fit w/ Darrell
10-12 Blood Pressure
12:00 Mothers Days Entertainment: Colleen Gordin
1:00 Movie: Mary Poppins (original) 2h20m

17
8:30 Sit and Be Fit w/ Darrell
10-12 Blood Pressure
1:00 Movie: Mary Poppins Returns 2h10m
5-7:00 Caregiver Workshop

24
8:30 Sit and Be Fit w/ Darrell
10-12 Blood Pressure
10:30 Bingo Hosted by Molina
12:15 Lunch and Learn: National Sunscreen Day
1:00 Movie: A Home of Our Own 1h44m

31
8:30 Sit and Be Fit w/ Darrell
10-12 Blood Pressure
10:30 Nails with Symbii
1:00 Movie: Baby Boom 1h50m



National Pizza Day

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
12:30 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
12:30 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
4:30 pm Knotty Knitters
5:00 pm TOPS

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
12:30 Bridge
1:00 Movie

Continued from pg. 4

Other exercises that can help include:

Straight leg raises:

This move strengthens your quadriceps, the group of muscles located in front of your thighs, Reinhardt says. These types of exercises helped relieve pain among patients with knee osteoarthritis, according to a Journal of Physical Therapy Science study.

Try it: Lie on the floor, your elbows directly under your shoulders, one leg straight while the other is bent so your foot is flat on the floor. Tighten the thigh muscle of your straight leg and raise it six to 10 inches off of the floor. Hold for five seconds, then return to starting position. Repeat 10 times, then switch sides. Aim for three sets of 10, four to five times a week.

Half-squat:

Contrary to popular belief, squats are actually great for strengthening sore, arthritic knees, Harris says. The key is doing them correctly — go too deep and you'll cause pain.

Try it: Stand with your feet shoulder distance apart, hands in front of you. Lower your hips about 10 inches, as if you're sitting down in a chair, with your weight in your heels. Hold for five seconds, then stand back up. Do three sets of 10, four to five times a week. As the exercise becomes easier, gradually add in hand weights, beginning with 3 pounds or 5 pounds and working your way up to 10 pounds.

Knee extension:

Try it: Sit at the edge of a chair, chest high, abdominals engaged so that your belly button is toward your spine. Slowly straighten one knee, raising that leg as high as possible, your toes pointed upward. Hold for two seconds, then slowly return to the starting position. Do two sets of eight with each leg, four to five times a week.

For your hips:

Chronic hip pain is often due to osteoarthritis, which can be exacerbated by tight glute (butt) muscles, Reinhardt says.

Clamshell:

This exercise helps stretch out tight hip muscles that can trigger pain.

Try it: Lie on your side, legs stacked and knees bent at a 45-degree angle. Keeping your heels touching, raise your upper knee as high as you can (like an opening clamshell) without shifting your hips. Hold for two seconds, then return to starting position. Repeat 10 to 15 times, then repeat on the other side.

Hip extension:

If this is too hard to do on the floor, you can do this exercise on your bed instead, Harris says.

Try it: Lie on your stomach with a pillow under your hips. Bend one knee at a 90-degree angle and lift it

straight up, then slowly lower, counting to five. Do eight to 12 repetitions on each side. As the exercise becomes easier, add ankle weights in 1-pound increments.

Standing hip abduction:

This exercise helps promote strength and stability in your hip muscles, and is simple enough that you can do it twice a day when you're standing in front of your bathroom sink, Resnick says.

Try it: While standing, tighten your abdominal muscles and slowly move one of your legs out to the side, maintaining balance with the opposite leg. (If that's too hard, you can hold onto the edge of the sink to steady yourself.) Hold for a few seconds, then return to the starting position. Do three sets of 10 on each leg.

For your shoulders:

Gradual wear and tear as you age can lead to arthritis in your shoulders, and pain can develop for seemingly no reason at all. "It can be something as innocuous as turning to see something in the back seat of your car, triggering strain and pain," Harris says. Exercises to keep shoulders in shape include:

Shoulder blade squeeze:

This exercise improves posture, which is crucial for shoulders to work correctly, Reinhardt says.

Try it: Stand straight and tall. Pull your shoulder blades down and back to bring your elbows back and inward. Return to the starting position. Do three sets of 10.

Arm circles:

This is an easy shoulder stretch you can do anywhere, Harris says.

Try it: Stand with your feet shoulder-width apart and your arms at your sides. Keeping your arms straight, move them around in big circles going forward. After you have done 15 to 20 reps, switch directions.

Plank:

This move is a great full body exercise that strengthens your back and core as well as your shoulders, Harris says. Do them on your elbows instead of your hands in order to reduce shoulder strain.

Try it: Lie on your stomach with your elbows bent on the floor. Tighten your abdominal muscles and lift your hips and knees up off the floor. Hold for 30 seconds, then return to starting position. Rest 30 seconds, then repeat. Gradually work your way up to five a day.



Caregiver Workshop

We are *always* capable of adding beauty to the world—through both art and music—whether we are young, old, caregiving or dependent.

Join us as we celebrate those in our community caring for senior family members and discover **together** new ways to express ourselves and communicate.

Friday, May 17th

Cache County Senior Center

Appreciation Dinner: 5:00 pm

Art and Music Therapy: 6:00 pm

Sponsored by the Area Agency on Aging
and the Cache County Caregiver Coalition

RSVP: Deb Crowther at 713-1462 for more information

Enjoy the evening together—no cost to attend!

National Sunscreen Day

Sunscreen Day is celebrated on May 27th this year. The day is a clear sign that the summer is coming. With the rising intensity of the sun it is important to use sunscreen to protect the skin from dangerous and painful sunburns. We are happy to welcome Rocky Mtn. Dermatology for a Lunch and Learn presentation on Friday May 24th at 12:15. They will not only encourage us to wear sunscreen, but also information about our skin. You no longer have an excuse for not getting that spot checked! So come enjoy lunch and meet the wonderful staff of Rocky Mtn. Dermatology.

Lunch & Learn: Sunscreen and YOU!

**May 24th
12:15**

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MAY 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. 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 Frito Pie Mixed Fruit Tossed Salad Corn Muffin	2 Ham Roasted Sweet Potatoes Apple Crisp Wheat Roll	3 Creamy Chicken Noodle Soup Green Salad Fresh Grapes
6 Sweet Pork Salad Cilantro Rice Pinto Beans Mango Cobbler Wheat Tortilla	7 BBQ Beef Sandwich Pasta Salad Watermelon Potato Chips	8 Omelet Veggie Hash Fresh Orange Slices Poppy Seed Muffin	9 Baked Ravioli w/ Cheese Italian Veggies Caesar Salad Garlic Toast	10 Salmon Garlic Mashed Potatoes Green Beans Raspberry/Banana
13 Beef & Barley Soup Mixed Green Salad Pears Cheese Biscuit	14 French Dip Sandwich Broccoli Salad Fruit Cocktail	15 Chef's Choice	16 Turkey Rollups Mashed potatoes w/gravy Green beans Peaches Roll	17 Pizza Caesar Salad
20 Clam Chowder Cole Slaw Frog-eye Fruit Salad Fluffy Biscuit	21 French Toast Sticks Sausage Patty Chilled V-8 Juice Cottage Cheese & Pineapple	22 Baked Potato Broccoli w/Cheese Apricot Crisp Blueberry Muffin	23 Swedish Meat Balls Brown Rice Peas & Carrots Fresh Fruit Wheat Roll	24 Alpine Chicken Brown Rice Greens Beans Peaches
27 CLOSED FOR 	28 Hamburger N' Fix n's Broccoli Salad Watermelon Chips	29 Apricot Chicken Malibu Veggies Fresh Fruit Dinner Roll	30 Club Sandwich Pineapple & Banana Relish Tray Cookie	31 Baja Fish Sticks w/ Salsa served with a Cilantro Lime Cole Slaw Tropical Fruit

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.

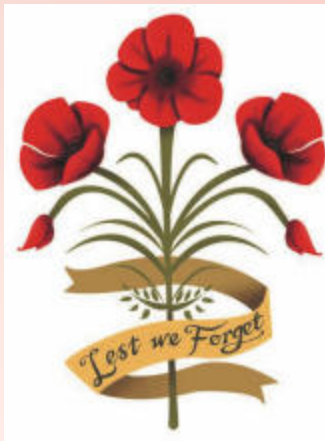
The full cost of the meal is \$7.50 for those under age 60. Please pay at the front desk to receive your meal.

Craft with Colby

Poppies are the traditional flower for Remembrance Day.

This month we will be making a beautiful poppy craft in honor of Memorial Day.

Craft will be displayed in foyer. Join me as we prepare for Memorial day with Poppies!



Craft Class with Colby
May 15th: 11:15

\$1.00 Donation. RSVP at front desk

Breakfast Club

Breakfast Club is a group that meets every Monday morning to chat about our weekends, talk about current events and do some fun activities to stimulate our brains. Please join us for some fun Breakfast Club days this month.

On May 6th we will be celebrating Cinco De Mayo by learning about Mexico's Independence and taste testing some salsas!



May 13th is National Kite Day. At our breakfast club we will be making kites!



May 20th we will be playing some fun games.

Breakfast Club Meets Every Monday at 9:15 am.

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Scams and Fraud Concerns

SMP Warning: “Free” Genetic Testing or Cancer Screenings Offers Are a Scam

Posted by Karen Fletcher on April 1, 2019 in Fraud & Abuse, Fraud & Abuse, Professionals

If you are approached by someone who offers a “free” genetic testing or cancer screening, turn it down. This is not a free test and needs to be performed by your primary physician if medically necessary. These scams are currently one of the top three reported to our California Senior Medicare Patrol (SMP).

One way these scammers reach lots of people is by approaching senior centers or the coordinators of senior residence homes. Sometimes scammers offer an “ice cream social” to increase the allure and other times they just say they want to come offer a free presentation to residents about “free” genetic testing and/or cancer screenings. In the presentation, they’ll ask residents or seniors for their Medicare numbers to bill insurance thousands of dollars for these “free services.” Again, these services are NOT free and are not offered across-the-board to all beneficiaries. They are only covered if prescribed by your primary physician and it is deemed medically necessary.

One of our SMP liaison volunteers, Claire Pisching, recently spotted a genetic testing scam while on a trip to her local grocery store. A woman had set up a table right in front of the store with a sign for “free genetic testing”. Knowing of these scams, Claire went up to ask the woman some hard questions and asked for her business card. Not satisfied with the answers, and this woman having no business cards available, Claire confirmed that this was indeed a scam. Claire warned another man who looked interested not to sign up.

After going in the store to do her shopping, Claire came out to find this man giving the woman his Medicare card and watching her take a picture of it with her phone. Claire then gave the man her card and said, “Call me when you get your bill and we’ll work this out.” Claire then called the store manager to tell him about this woman who was scamming their customers right outside their door. Claire also said that as an SMP volunteer, she was available to help any of the other customers that may have been scammed. After explaining the scenario, the manager

had this woman leave and told her never to come back.

That is one of MANY scam scenarios happening out there. One way to protect yourself, your loved ones, clients and/or residents is to watch for people offering free presentations on free genetic testing or cancer screenings. Also be on the look out for cold calls about genetic testing kits. The caller usually offers to send a free genetic testing kit and only asks you to return the completed kit “with your insurance information”. This is so they can bill Medicare for thousands of dollars of expensive, medically Unnecessary genetic testing. If you come across any such scams, report them to our California SMP at 1-855-613-7080.

Remember:

Don’t give your DNA away to a stranger! Beware of folks who are visiting senior centers and senior apartments to advertise free genetic testing and cancer screenings. Check with your doctor first! Don’t become a victim of medical theft. Watch out for folks who promise genetic testing and cancer screenings covered 100% by Medicare. Medicare only covers tests and procedures that are medically necessary and at 80% of the approved amount. If Medicare does not pay, you may be on the hook for thousands of dollars worth of tests.

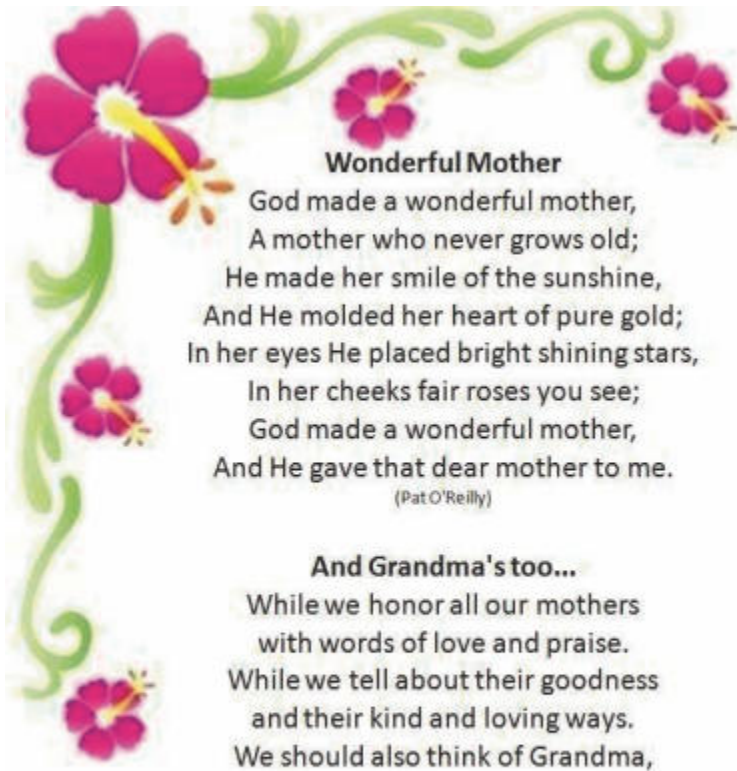
Look for charges on your Medicare Summary Notice statements for unnecessary tests or screenings that you did not want or were not ordered by your doctor. And again, if you do come across such a scam, please report it to our California Senior Medicare Patrol (SMP) at 1-855-613-7080.



SMP Warning!

Individuals promoting genetic testing of Medicare Patients through meetings and educational sessions could be using these tests to commit Medicare fraud and abuse.

Genetic Testing Scam!



Wonderful Mother

God made a wonderful mother,
A mother who never grows old;
He made her smile of the sunshine,
And He molded her heart of pure gold;
In her eyes He placed bright shining stars,
In her cheeks fair roses you see;
God made a wonderful mother,
And He gave that dear mother to me.

(Pat O'Reilly)

And Grandma's too...

While we honor all our mothers
with words of love and praise.
While we tell about their goodness
and their kind and loving ways.
We should also think of Grandma,
she's a mother too, you see....
For she mothered my dear mother
as my mother mothers me.

Author Unknown

I want to thank you, Lord, for being close to me so far this day. With your help, I haven't been impatient, lost my temper, grumpy, judgmental or envious of anyone.

**But, I will be getting out of bed in a minute, and I think I'll really need your help then.
Amen**




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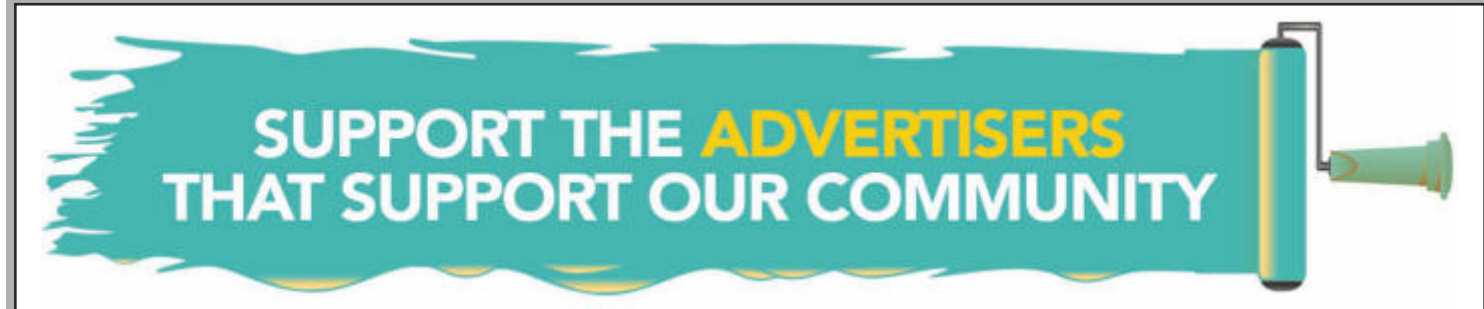
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MEDICARE

Since signing up for Original Medicare, I have decided I don't want to take Part B. Can I switch to only Part A?

If you have coverage through your job or an actively working spouse, you may not want to enroll in Part B until later. If your Medicare hasn't started yet, there are two ways to drop Part B:

- If you were automatically enrolled in both Part A & Part B and sent a Medicare card, follow the instructions that come with the card and send the card back. If you keep the card, you keep Part B and will pay Part B premiums.

If you signed up for Medicare through Social Security, contact Social Security.

I'm signed up for Medicare Parts A & B. Can I sign up for Part C?

If you want to enroll in a Medicare Part C (Medicare Advantage) plan, you can only do so during specific times:

- **You are new to Medicare** – Initial Enrollment Period (IEP): This is the 7-month period when you are first eligible for Medicare. After you enroll in Parts A & B, you can choose to enroll in a Medicare Advantage plan.
- **You have enrolled in Medicare Parts A & B already** – The Annual Election/Open Enrollment Period (OEP): Each year between October 15 and December 7, you can switch from Original Medicare to a Medicare Advantage plan, or vice versa.

The date your coverage starts depends on the period in which you enroll. Remember not to drop your existing coverage, if any, until your coverage with your Medicare Advantage plan has started.

Beware that if you have original Medicare with a Medicare with a Medigap/Supplemental policy and switch to Medicare Advantage, You most likely will not be able to get a Medigap policy again if you switch back.

<https://www.mymedicarematters.org/after-enrollment/time-to-re-evaluate/>

MEDICARE

Desde que se suscribiera a Medicare original, he decidido que no quiero tomar parte B. ¿Puedo cambiar a solo la parte A?

Si usted tiene cobertura a través de su trabajo o de un cónyuge que trabaja activamente, es posible que no desee inscribirse en la parte B hasta más tarde. Si su Medicare no ha comenzado todavía, hay dos maneras de abandonar la parte B:

- Si se inscribió automáticamente en la parte A y la parte B y envió una tarjeta de Medicare, siga las instrucciones que vienen con la tarjeta y envíe la tarjeta de vuelta. Si mantiene la tarjeta, mantendrá la parte B y pagará las primas de la parte B. **Si se inscribió en Medicare a través de social Security, comuníquese con el seguro social.**

Me inscribí en las partes A y B de Medicare.

¿Puedo inscribirte en la parte C?

si desea inscribirse en un plan de Medicare parte C (Medicare Advantage), solo puede hacerlo durante horarios específicos:

- **Usted es nuevo en Medicare** – período de inscripción inicial (IEP): este es el período de 7 meses en que usted es elegible para Medicare por primera vez. Después de inscribirse en las partes A y B, puede optar por inscribirse en un plan Medicare Advantage.
- **Usted ya se ha inscrito en las partes A y B de Medicare** – el período anual de inscripción (OEP): cada año entre el 15 de octubre y el 7 de diciembre, puede cambiar de Medicare original a un plan Medicare Advantage, o viceversa.

La fecha de inicio de la cobertura dependerá del período en el que se inscriba. Recuerde no dejar caer su cobertura existente, si la hubiera, hasta que su cobertura con su plan Medicare Advantage haya comenzado.

Tenga en cuenta que si tiene Medicare original con un Medicare con una póliza Medigap/suplementaria y cambia a Medicare Advantage, lo más probable es que no pueda obtener una póliza



The wearing of poppies in honor of America's war dead is traditionally done on Memorial Day. In war-torn battlefields, the red field poppy was one of the first plants to

grow. Its seeds scattered in the wind and sat dormant in the ground, only germinating when the ground is disturbed - as it was by the very brutal fighting during World War I.

The practice of wearing of poppies was inspired by the poem *In Flanders Fields*, written in 1915 by Canadian soldier John McCrae. McCrae was a poet, physician, author, artist and soldier during World War I and a surgeon during the Second Battle of Ypres in Belgium in 1915. McCrae's friend Lt. Alexis Helmer was killed during the battle and his burial inspired the poem which was written on May 3, 1915. McCrae saw the poppies during burials around his artillery position. On January 28, 1918, while still commanding No. 3 Canadian General Hospital (McGill) in Boulogne, McCrae died of pneumonia.

In Flanders Fields

by John McCrae, May 1915

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky

The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.

If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

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NEW CLASS!



Introducing our new volunteer...Sherrie Mitchell!

My name is Sherrie Mitchell. I have been a licensed massage therapist for the last 24 years.

I have come across Tai Chi and Qigong throughout the past 25 years and have practiced it sporadically, especially when feeling depleted. In the last year and a half, I have had 100 hours of training through the Institute of Integral Tai Chi and Qigong for Practice leader and Teacher training. I have incorporated this daily practice in my life.

The greatest benefits that I have noticed are, better sleep, less illness, less pain, an ability to slow down, a calming of my nervous system and having a more relaxed body and mind state throughout my day. Mostly, Qigong has cultivated more awareness to what choices deplete my energy and what choices feed my energy. I have led and enjoyed Qigong and Tai Chi Easy Classes as a Practice leader for the past year. My favorite place to practice is in my back yard. I also practice anytime I hike, as drawing the healing energy from nature increases the healing benefits.

Join us as on Thursdays from 8:30 am to 9:10 am—On the lawn to the north of the building (inside in the gym in the event of bad weather).

Qigong can be done seated or standing and no experience is needed. Start your day tapping into your inner healing. We will have short meditation, learn self massage techniques for self healing, activating internal healing with breathing techniques, learn postural alignments and gentle slow movements.

What is Qigong?

Qigong, and later Tai Chi, were developed by Traditional Chinese Medicine practitioners to heal the body, mind and spirit thousands of years ago. It is still being practiced today creating health, vitality and inner peace using gentle movement, breath practice, self-massage and relaxation meditation. We will access healing by increasing lymph flow, slowing the heart rate, lowering blood pressure, calming the nervous system and improving balance.

This beginner class is easy, fun and calming for all ages and abilities! Those who participate should expect to leave feeling alert and awake, yet relaxed.

Healing Benefits

STRESS RELIEF: Induces a relaxed, meditative state of mind that helps relieve stress. Bringing nervous system to “rest and digest” rather than “fight or flight”.

BALANCE: Emphasis on good posture and shifting weight from foot to foot improves balance.

HEART HEALTH: Lowers heart rate, lowers blood pressure and increases circulation by dilating the blood vessels.

IMMUNE BOOST: Encourages Lymph flow, eliminating waste, toxins and helps carry immune cells to fight disease.

MENTAL FOCUS: Calms the mind by slowing down brain patterns improving focus and attention and helping to promote positive attitudes.